



# 93<sup>RD</sup> FRA/88<sup>TH</sup> LA FRA NATIONAL CONVENTION

## Spokane Valley, WA, October 2 – 9, 2021

### 2021 CONVENTION NEWSLETTER #2



#### NATIONAL CONVENTION COMMITTEE

##### FRA CHAIRMEN

PRPNW Pete Lazzaretti  
pr@frabranh18.org

##### FRA CO-CHAIRMEN

PRPNW Margret "Peg" Burke  
fra.nwregion@gmail.com

##### LA FRA CHAIRMEN

PNP Doris Fri  
doriscfri@gmail.com

##### LA FRA CO-CHAIRMEN

PNP Christina Murray  
christinamurray.lafra@gmail.com

##### CEREMONIES

PNP John Johnson  
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##### FINANCIAL OFFICER

RVPNW Michelle Davis  
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##### SECRETARY/TREASURER

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##### JOURNAL

S/M Sarah Andrews  
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##### MEALS

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##### RAFFLES/AUCTION COORDINATOR

RPNW Danny Hunt  
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This year's convention is hosted by the Northwest Region. The dates are October 2 – 9 2021 in Spokane Valley, Washington. We will continue to follow CDC guidelines for group gatherings if still in effect. The safety and the wellbeing of our members is our priority.

The site is located at the Mirabeau Park Hotel and Convention Center, 1100 N. Sullivan Road, Spokane Valley, WA. Free on-site Parking and WIFI; Complimentary shuttle to and from the Hotel within a five-mile radius of hotel. On site is the MAX restaurant (check on line for Menus & Reviews), nearby is a shopping center and outdoor recreation by the river. To learn more about the hotel and surrounding area the hotel website is [www.mirabeauparkhotel.com](http://www.mirabeauparkhotel.com); you can also book your rooms on their website or call the Hotel at 509-924-9000, using code FRAV21. The rate is \$114 per night, Plus 12.2% tax and \$2.00 Tourism. The cut-off date for the block of rooms will be held until Thursday, September 9, 2021. Quoted rates will be offered based on availability 2 days before and 2 days after the convention dates. Check -in Time begins after 3:00PM and Check-Out is 12:00 Noon. Nearest Airport: Spokane, WA.

We are working with FRA Headquarters on details for the agenda to be available in the future newsletter. The Northwest Region is researching on Tours and Activities that will be announced in the future. On page two of this newsletter will give you an overview of important dates so that you can plan your trip. On page three is the Meals Description for the Breakfast, Luncheons and Banquet. On page four is the Order Form for the meals. On page five is the Order Form for the Convention Journal Adds and the following pages is information, when available, to reserve tables for Vendors and Information Table; Scooter Rentals, Tuxedo Rentals; tours, etc.

The Welcome Aboard Party will be held on Tuesday October 5 2021 at 1830 in the Tamarack and Spruce Rooms. The Theme of the event will be announced in the future newsletter. However, we need your help to ensure that you will have a pleasant and entertaining evening. Admission to the "Welcome Aboard Party" will be \$10.00 per person, order ticket on the Meals Order Form.

A Note: At the Banquet, table(s) will only be reserve for the incoming FRA and LA FRA National Presidents.

## 2021 FRA/LA FRA National Convention Spokane Valley, WA

October 2 – 9, 2021

### Key Event Dates of Convention for Travel Plans

Detail Agenda will be published in future newsletters, below is a brief overview to assist in your travel plans, this convention year the Opening Ceremony and Installation days have changed.

- 08-31-2021 Deadline to Submit Ads for the Convention Journal  
09-02-2021 Due Date to Order on Line and Mail in Meals Order  
09-09-2021 Cutoff Date to book Rooms, using code FRAV21, Hotel Number 509-924-9000, Mirabeau Park Hotel and Convention Center, 1100 N. Sullivan Road, Spokane Valley, WA. On site is the MAX restaurant (check on line for Menus and Reviews); Hotel Website [www.mirabeauparkhotel.com](http://www.mirabeauparkhotel.com); Free on-site Parking; Complimentary shuttle to and from the Hotel within a five-mile radius of hotel. Rate \$114 per night, Plus 12.2% tax and \$2.00 Tourism. Nearest Airport: Spokane, WA.  
09-10-2021 Due Date to reserve Vendor/Information Tables

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10-03-2021	Sunday	0900	FRA Budget & Finance Committee
10-04-2021	Monday	0700	FRA NBOD Breakfast and Meeting
		0900	FRA & LA FRA Registration – East Lobby
		1300	FRA PRE BOARD Meeting
		1300	LA FRA PRE BOARD Meeting
10-05-2021	Tuesday	0730-0830	FRA & LA FRA Registration – East Lobby
		<b>0900</b>	<b>OPENING CEREMONY</b>
		1130-1300	FRA & LA FRA Registration – East Lobby
		1115	“Closed Luncheons” FRA & LA FRA PNP’s, RP, RPE, RVP
		1300	FRA 1 <sup>st</sup> Business Session
		1300	LA FRA 1 <sup>st</sup> Business Session
		1900	Welcome Aboard Party (OPEN)
10-06-2021	Wednesday	0700	FRA PRP Breakfast
		0800	LA FRA 2 <sup>nd</sup> Business Session
		0900	FRA Committee Meetings
		1100	LA FRA PRP Luncheon
		1300	FRA 2 <sup>nd</sup> Business Sessions
		1300	LA FRA Committee Meetings
10-07-2021	Thursday	0900	FRA 3 <sup>rd</sup> Business Session
		0900	LA FRA 3 <sup>rd</sup> Business Session
		1100	LA FRA National President Luncheon (OPEN)
		1300	FRA 4 <sup>th</sup> Business Session
		1300	LA FRA 4 <sup>th</sup> Business Session
10-8-2021	Friday	1000	FRA & LA FRA Joint Installation Rehearsals
		1600	FRA & LA FRA Official Pictures
		<b>1800</b>	<b>FRA &amp; LA FRA Joint Installation</b>
		1930	FRA & LA FRA Banquet & Dance (OPEN)
10-9-2021	Saturday	0830-1000	FRA POST BOARD Meeting
		0830-1000	LA FRA POST BOARD Meeting

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Tours and Activity to Be Announced may be Schedule for Monday, Wednesday and Thursday

**2021 FRA/LA FRA National Convention, Spokane Valley, WA.  
MEALS DESCRIPTIONS**

**\*Breakfasts Descriptions:**

Served breakfast entrees include assorted breakfast pastries, orange juice, fresh ground French roast coffee and premium black and herbal teas.

**Country Fresh EGG SCRAMBLE;** Scrambled Eggs with Apple Wood Smoked Bacon with, Home Style Red Potatoes

**Classic BISCUITS & SAUSAGE GRAVY;** Buttermilk Biscuits topped with our Classic Sausage Gravy, Served with Chive Scrambled Eggs

**\*Luncheons Descriptions:**

Luncheon entrees include iced tea, lemonade, and brownies or dessert bars for the table.

**TURKEY CLUB Wrap;** Roasted Turkey Breast, layered with Swiss Cheese, Sliced Tomatoes, Lettuce, Onion, Apple Wood Smokey Bacon, Avocado Spread, in a Garlic Herb Wrap, serviced with Chef's choice side salad.

**CHICKEN SALAD Sandwich;** House Made Chicken Salad with Golden Raisins, Leaf Lettuce, Vine Ripe Tomato on Whole Wheat served with Chef's choice side salad.

**CHICKEN CAESAR Salad;** Julienne Grilled Chicken, Crisp Romaine with Fresh Parmesan Cheese Garlic Croutons Tossed in our Traditional Caesar Dressing served with Garlic Herb Bread Sticks.

**CHOP CHOP Salad;** Crisp Romaine and Iceberg Lettuce with Provolone, Salami, Garbanzo Beans, Green Onion, Smoked Turkey Breast, Diced Tomatoes, Champagne Tarragon Vinaigrette served with Garlic Herb Bread Sticks

**LA FRA National President's Luncheon/ Chef's Traditional MEATLOAF**  
With Garlic Roasted Mashed Potatoes, Red Wine Mushroom Sauce, Chef's Choice Seasonal Vegetables, Fresh Market Salad with House Dressing & Bread Service.

**\*Banquet Friday 10/8/2021**

Dinner Entrees are served with fresh market salad, bread and butter service, Chef's seasonal vegetables, Chef's choice dessert, and fresh ground French roast coffee, and premium black and herbal teas.

**CHICKEN-Roasted Herb Chicken Breast;** Frenched Chicken Breast, Sundried Tomato Cream Sauce, Roasted Garlic Mashed Potato

**FISH-Cajun Blackened Tilapia;** Vanilla Bean Mashed Potato, Tropical Fruit Relish Mango Ginger Beurre Blanc

**PORK-Oven Roasted Bone-In Pork Loin Chop;** Herb Brined, Apple Raisin Chutney, Brandy Pan Jus, Yukon Gold Potatoes

**BEEF-Grilled Bistro Steak, Herb Marinated Steak;** Cremini Mushroom Glace Viande, Herb Roasted Baby Potatoes, Frizzled Onions

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**Wellness Menu available:** Those individuals having special dietary restrictions there are special meals being Gluten Free or Lactose Free, or Vegetarian available. Please indicate on the reservation form when submitted with payment your special needs.

**ONLINE ORDER (<https://fra2020.org>) OR MAIL IN FORM & CHECK DUE BEFORE September 2, 2021**

**2021 FRA/LA FRA National Convention, Spokane Valley, WA.**

**MEALS ORDER FORM**

**(FRA NBOD) FRA PRP Board of Directors Breakfast (Closed), Dahlia Room, Mon 10-4-2021**

	QTY		Cost	=	TOTAL	
SCRAMBLED EGGS/BACON		X	22.00	=		Total
BISCUITS & SAUSAGE GRAVY		X	22.00	=		Meals
					\$	

**(FRA PNP) FRA Past National Presidents Lunch (Closed), Dahlia Room, Tues 10-5-2021**

	QTY		Cost	=	TOTAL	
TURKEY CLUB WRAP		X	26.00	=		Total
CHOP CHOP SALAD		X	26.00	=		Meals
					\$	

**(LA FRA PNP) LA FRA Past National Presidents Lunch (Closed), Diamond Room, Tues 10-5-2021**

	QTY		Cost	=	TOTAL	
CHICKEN SALAD SANDWICH		X	26.00	=		Total
CHICKEN CAESAR SALAD		X	26.00	=		Meals
					\$	

**FRA REGIONAL President/Regional Pres-Elect/ R Vice Pres Lunch (Closed), Maple Room, Tues 10-5-2021**

	QTY		Cost	=	TOTAL	
TURKEY CLUB WRAP		X	26.00	=		Total
CHOP CHOP SALAD		X	26.00	=		Meals
					\$	

**LA FRA REGIONAL President/Regional Pres-Elect/R Vice Pres Lunch (Closed), Spirit Room, Tues 10-5-2021**

	QTY		Cost	=	TOTAL	
CHICKEN SALAD SANDWICH		X	26.00	=		Total
CHICKEN CAESAR SALAD		X	26.00	=		Meals
					\$	

**WELCOME ABOARD PARTY - OPEN - Tamarack & Spruce Room, Tues 10-5-2021**

	QTY		Cost	=	TOTAL	
FINGER FOODS/SNACKS		X	10.00	=		Total
					\$	Meals

**(FRA PRP) FRA Past Regional Presidents Breakfast (Closed), Tamarack Room, Wed 10-6-2021**

	QTY		Cost	=	TOTAL	
SCRAMBLED EGGS/BACON		X	22.00	=		Total
BISCUITS & SAUSAGE GRAVY		X	22.00	=		Meals
					\$	

**(LA FRA PRP) LA FRA Past Regional Presidents Lunch (Closed), Spruce Room, Wed 10-6-2021**

	QTY		Cost	=	TOTAL	
TURKEY CLUB WRAP		X	26.00	=		Total
CHOP CHOP SALAD		X	26.00	=		Meals
					\$	

**LA FRA National President's Luncheon - OPEN - Ponderosa Room, Thurs 10-7-2021**

	QTY		Cost	=	TOTAL	
TRADITIONAL MEATLOAF		X	26.00	=		Total
					\$	Meals

**B A N Q U E T - OPEN - Spruce & Tamarack Room, Friday 10/8/2021**

	QTY		Cost	=	TOTAL	
CHICKEN - Roasted Chicken Breast		X	38.00	=		Total
FISH - Cajun Blackened Tilapia		X	38.00	=		
PORK - Bone - In Pork Loin Chop		X	38.00	=		
BEEF - Grilled Bistro Steak		X	38.00	=		Meals
					\$	

**WELLNESS Meals Indicate Dietary Restrictions: Such as Gluten Free or Lactose Free or Vegetarian**

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**GRAND TOTAL** \$

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Branch/Unit No.** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**WEBSITE TO PAY ON LINE:** \_\_\_\_\_

**TO WRITE A CHECK, MAKE IT PAYABLE TO:** **NW Region FRA**

**MAIL FORM AND CHECK TO:**  
 Bea Parco  
 2021 Convention Meals  
 1302 W. Ajo Way, Lot# 152  
 Tuscon, AZ 85713-5716

<b>Your Choice to Pay ON LINE OR SEND A Check</b>
PAID ON LINE DATE: _____
MAILED CHECK DATE: _____
<b>NO REFUNDS, UNLESS CONVENTION IS CANCELED</b>

ONLINE ORDER/or MAIL IN FORM & CHECK ARE **Due NO Later Than September 2, 2021**



2021 NATIONAL CONVENTION  
SPOKANE VALLEY, WASHINGTON  
CONVENTION JOURNAL ADS SOLICITATION



Name of Advertiser: \_\_\_\_\_ Branch/ Unit: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

- \_\_\_\_\_ Inside Cover (Front or Back) \$200.00      \_\_\_\_\_ Back Cover \$250.00
- \_\_\_\_\_ Full Page \$150.00      \_\_\_\_\_ Half Page \$75.00
- \_\_\_\_\_ 1/4 Page \$40.00      \_\_\_\_\_ 1/8 Page (Business Card) \$25.00
- \_\_\_\_\_ Center Spread (In Color) \$500.00

Booster Rolls (\$1.00 per name donation preferred)

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**"Artwork and booster lists can be emailed to [pr@frabbranch18.org](mailto:pr@frabbranch18.org)"**  
**Acceptable formats are .doc, .pub, .png, and .jpg."**

**PLEASE MAKE CHECKS PAYABLE TO:**

**NW Region FRA**

**And mail to:**

**2021 National Convention Committee**

**14707 N. Farragut Lane, Mead, WA 99021-9286**

**Deadline for Ad to be published is 31 August 2021**

### Tables for Gallery Area

<b>Vendor Table (6-Foot Table - \$25) due by 9/10/21 with payment</b>		
No. of Days _____	x _____	<b>\$25.00 = _____</b>
<b>Information Table (6-foot Table - No Charge) due by 9/10/21</b>		
No. of Days _____		<b>\$00.00 = _____</b>

### Tours/Activity

Mon	10/4/21	1200 – 1700	Tour	<b>(Enter activity)</b>	_____ x \$TBD = _____
Wed	10/6/21	1200 – 1700	Tour	<b>(Enter activity)</b>	_____ x \$TBD = _____
Thurs	10/7/21	1600 – 2200	Tour	<b>(Enter activity)</b>	_____ x \$TBD = _____

### TUXEDO RENTALS

Our Tuxedo provider is **Tuxedo Gallery Downtown**, the basic package that includes coat, vest, pants, shirt, tie, shoes, etc. is \$160, plus tax. Without shoes it would be \$150, plus tax. All renters are responsible for placing their orders at **509-455-8344** (Manager is Michaela) for pick-up at the tux shop to make sure everything fits appropriately on Friday the 8th. The shop is located 304 W. 2<sup>nd</sup> in downtown Spokane. Tuxedo Gallery’s warehouse is also at this location and any alterations that are needed can be done at this site.

We will work on getting a way to transport everyone to the tux shop during the week of the convention prior to picking up their order. Returns will be handled through a conference room at the hotel on Saturday morning and will be announced in a later newsletter.

At one time this vendor had four outlets, one in Coeur d’Alene, ID, one each in Seattle, Spokane Valley, and Spokane, WA. Since the pandemic started, they have reduced their outlets to the main store in Spokane, WA. All the other sites have been closed.

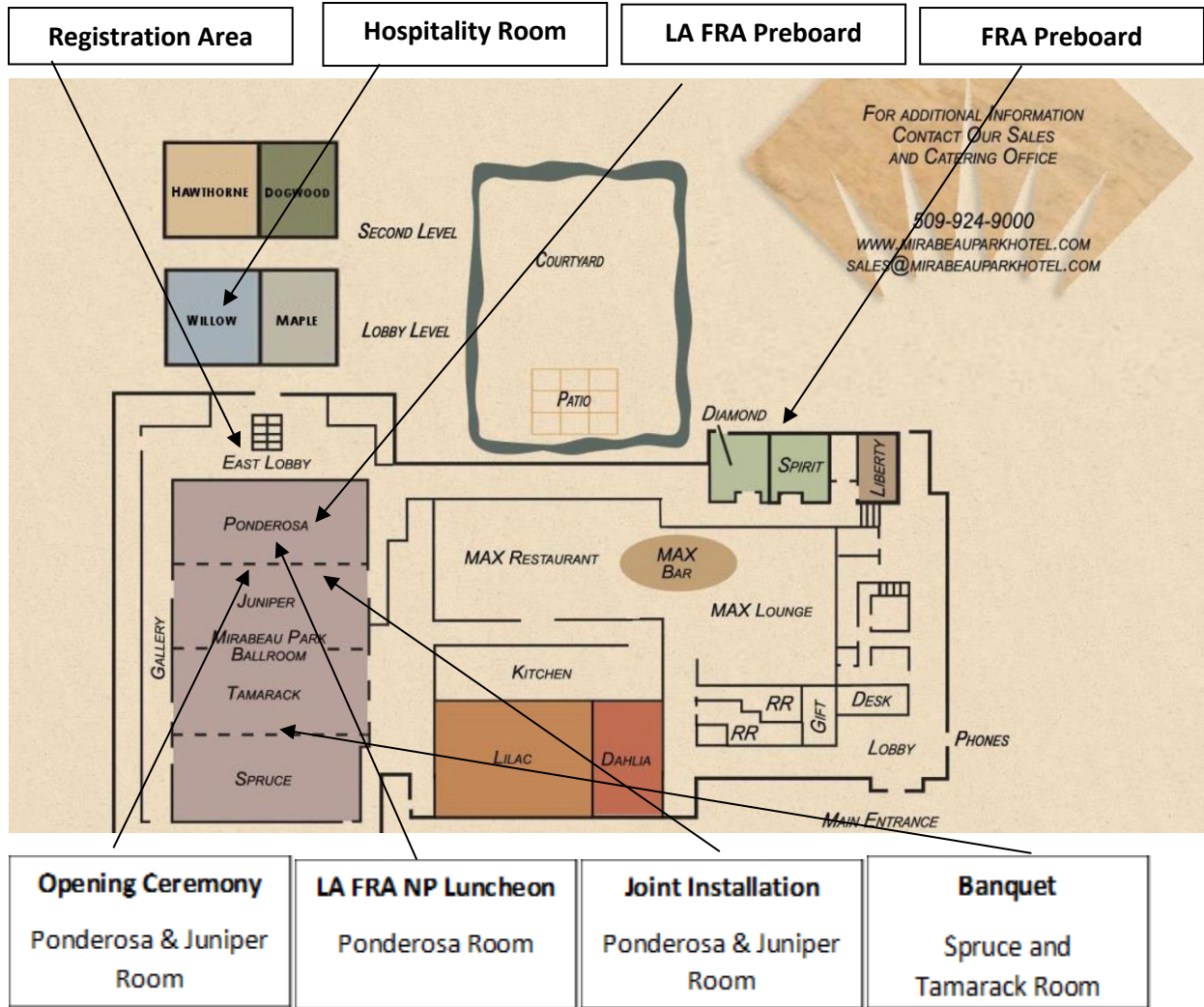
### SCOOTER RENTALS

The Powered Mobility provider is **Norco Medical Supplies** in Spokane, WA. The rate for the week’s rental is \$50, plus any applicable sales tax. Their scooters have a 350 lb capacity. The area for pick up and drop off will be added in a later newsletter. All interested parties must contact the above vendor (Manager is Andrew Tolman) at **509-822-6897** with a credit card to reserve and pay for your rental. **Shipmates and Auxiliary Members are responsible for their own rental arrangements.** The convention will only provide check in and out services.

2021 FRA 93<sup>RD</sup> and LA FRA 88<sup>TH</sup> National Convention, Spokane Valley, WA, Oct 2-9 2021

Mirabeau Park Hotel & Convention Center Layout

(Review Newsletter for all Locations/Date/Time on Meetings, Workshops and Meals)



FOR ADDITIONAL INFORMATION  
CONTACT OUR SALES  
AND CATERING OFFICE  
  
809-924-9000  
WWW.MIRABEAUPARKHOTEL.COM  
SALES@MIRABEAUPARKHOTEL.COM

<b>Registration Area</b>	<b>Hospitality Room</b>	<b>LA FRA Preboard</b>	<b>FRA Preboard</b>
<b>Opening Ceremony</b> Ponderosa & Juniper Room	<b>LA FRA NP Luncheon</b> Ponderosa Room	<b>Joint Installation</b> Ponderosa & Juniper Room	<b>Banquet</b> Spruce and Tamarack Room

**FRA OFFICE** Lilac Room      **LA FRA OFFICE** Liberty Room  
**FRA BUSINESS SESSION** Tamarack Room      **LA FRA BUSINESS SESSION** Juniper Room  
**WELCOME ABOARD** – Tuesday 10-5-2021 – 1900 -2300 - Tamarack / Spruce Room and Courtyard