



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

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



### 2021 CONVENTION NEWSLETTER - #3



#### 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  
mwjohn4@comcast.net

##### FINANCIAL OFFICER

RVPNW Michelle Davis  
medavis@q.com

##### SECRETARY/TREASURER

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

##### JOURNAL

S/M Sarah Andrews  
office@frabranh18.org

##### MEALS

LA FRA JrPNP Bea Parco  
arpsw2014@gmail.com

##### RAFFLES/AUCTION COORDINATOR

RPNW Danny Hunt  
danhnt1197@gmail.com

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, Spokane Valley, WA. To learn more about the hotel and surrounding area the hotel website is [www.mirabeauparkhotel.com](http://www.mirabeauparkhotel.com); Quoted rates will be offered based on availability 2 days before and 2 days after the convention dates (see page 2). Check -in Time begins after 3:00PM and Check-Out is 12:00 Noon.

- **Page 2** gives you an overview of important dates so that you can plan your trip. *(Tours have been added.)*
- **Page 3** is the Meals Description for the Breakfast, Luncheons and Banquet. *(LAFRA NP Lunch has an additional choice.)*
- **Page 4** is the Order Form for the meals. *(2<sup>nd</sup> choice for LAFRA NP Lunch has been added.)*
- **Page 5** is the Order Form for the Convention Journal Ads.
- **Page 6** is information to reserve tables for Vendors and Information; Scooter Rentals, Tuxedo Rentals; and the Tours/Activities. **These will be on 10/4/2021 (Latah Creek Wine Cellars), 10/6/2021 (Coeur d'Alene Sunset Dinner Cruise), and 10/7/2021 (Northern Quest Casino night).**

The Welcome Aboard Party will be held on Tuesday October 5, 2021, at 1830 in the Tamarack and Spruce Rooms. 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.

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

*The Convention website is not working as well as we hoped for the ordering of meals, journal ads, etc. Therefore, please submit your requests for these items via U.S. Mail.*

## 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 online 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 online 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

---

|            |           |             |  |
|------------|-----------|-------------|--|
| 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                       |
|            |           | <b>1000</b> | <b>1<sup>st</sup> Winery Tour – Latah Creek Wine Cellars</b> |
|            |           | 1300        | FRA PRE BOARD Meeting  |
|            |           | 1300        | LA FRA PRE BOARD Meeting                                     |
|            |           | <b>1500</b> | <b>2<sup>nd</sup> Winery Tour – Latah Creek Wine Cellars</b> |
| 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                                    |
|            |           | <b>1800</b> | <b>Coeur d’Alene Sunset Dinner Cruise</b>                    |
| 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                      |
|            |           | <b>1800</b> | <b>Northern Quest Casino Night</b>                           |
| 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                                    |

---

**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.

[LA FRA National President's Luncheon/ Classic CHICKEN Picatta;](#) With Herbs De Provence Seared Chicken Breast, Lemon Caper Sauce, Chef's Choice Seasonal Vegetable, 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

=====

**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.

**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 |
| CHICKEN PICATTA      |     | X | 26.00 | = |       | Meals |
|                      |     |   |       |   | \$    |       |

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

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

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

|  |  |  |  |  |             |    |
|--|--|--|--|--|-------------|----|
|  |  |  |  |  |             |    |
|  |  |  |  |  | GRAND TOTAL | \$ |

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

Phone Number: \_\_\_\_\_ Branch/Unit No. \_\_\_\_\_

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

**NO REFUNDS, UNLESS CONVENTION IS CANCELED**

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

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

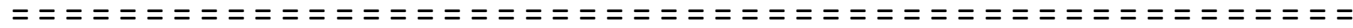
\_\_\_\_\_ Half Page \$75.00

\_\_\_\_\_ 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)



**"Artwork and booster lists can be emailed to [pr@frabranh18.org](mailto:pr@frabranh18.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 _____ \$25.00 = _____ |
| <b>Information Table (6-Foot Table – No Charge) due by 9/10/21</b>    |                               |
| No. of days   | _____ \$00.00 = _____         |

**Tours / Activity**

|  |                |                    |   |                                 |                        |
|--|----------------|--------------------|---|---------------------------------|------------------------|
| <b>Mon</b>   | <b>10/4/21</b> | <b>1000 – 1200</b> | <b>Tour</b>   | <b>Latah Creek Wine Cellars</b> | _____ x \$5.00 = _____ |
|  |                | <b>1500 – 1700</b> | <b>Tour</b>   | <b>Latah Creek Wine Cellars</b> | _____ x \$5.00 = _____ |
| <b>Wed</b>   | <b>10/6/21</b> | <b>1800 – 2200</b> | <b>Coeur d’Alene Sunset Dinner Cruise</b> _____ x \$50.75 = _____ |                                 |                        |
| Buffet of Roast Beef & Baked NW Salmon with green, fruit, & pasta salads, vegetables. Potatoes, breads, iced tea, lemonade, and strawberry cheesecake for dessert. |                |                    |   |                                 |                        |
| <b>Thurs</b>   | <b>10/7/21</b> | <b>1800 – 2200</b> | <b>Northern Quest Casino Night (Shuttle bus)</b> _____            |                                 |                        |

**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 scooters reserved ahead of time will be at the hotel prior to your arrival.* The convention committee will only provide check in and out services.

**MIRABEAU PARK HOTEL SHUTTLE BUS TO & FROM AIRPORT**

Convention attendees should call the hotel at (509) 924-9000 to schedule their airport pick up, and when they are at the hotel they can schedule their return shuttle times with the front desk. Comfortably they can fit 12 people plus luggage in their shuttle bus and about 5-6 in their van plus luggage. Attendees should coordinate their arrival times as close together as possible for those that would like to share. The hotel will let our FRA Convention Attendees group use the shuttle at a flat \$50.00 round trip shuttle, whether 1 person or 12 in the bus. The hotel will keep a log on who has paid since they normally charge per person round trip, so make sure you give the shuttle bus driver your name when you get on.

**ALTERNATE PRIVATE ARRANGEMENTS FOR A GROUP TO SHARE THE COST**

Advanced Transportation Taxi and Shuttle Service at (509) 483-4000

Per FRA Headquarters’ research these arrangements can be made by the group leader (not the hotel). This is a private reservation. Must pay full amount at the time of reservation, no refunds. Reserving a 6-passenger van the estimate cost could be \$62 (one way?). “Offer 24-hour service 7 days a week and discounted flat rates to Hotels”. They can accommodate up to 7 passengers in some of their minivans; the other ones can accommodate up to 6 passengers. <https://www.yelp.com/biz/advanced-transportation-taxi-and-shuttle-service-spokane-4>

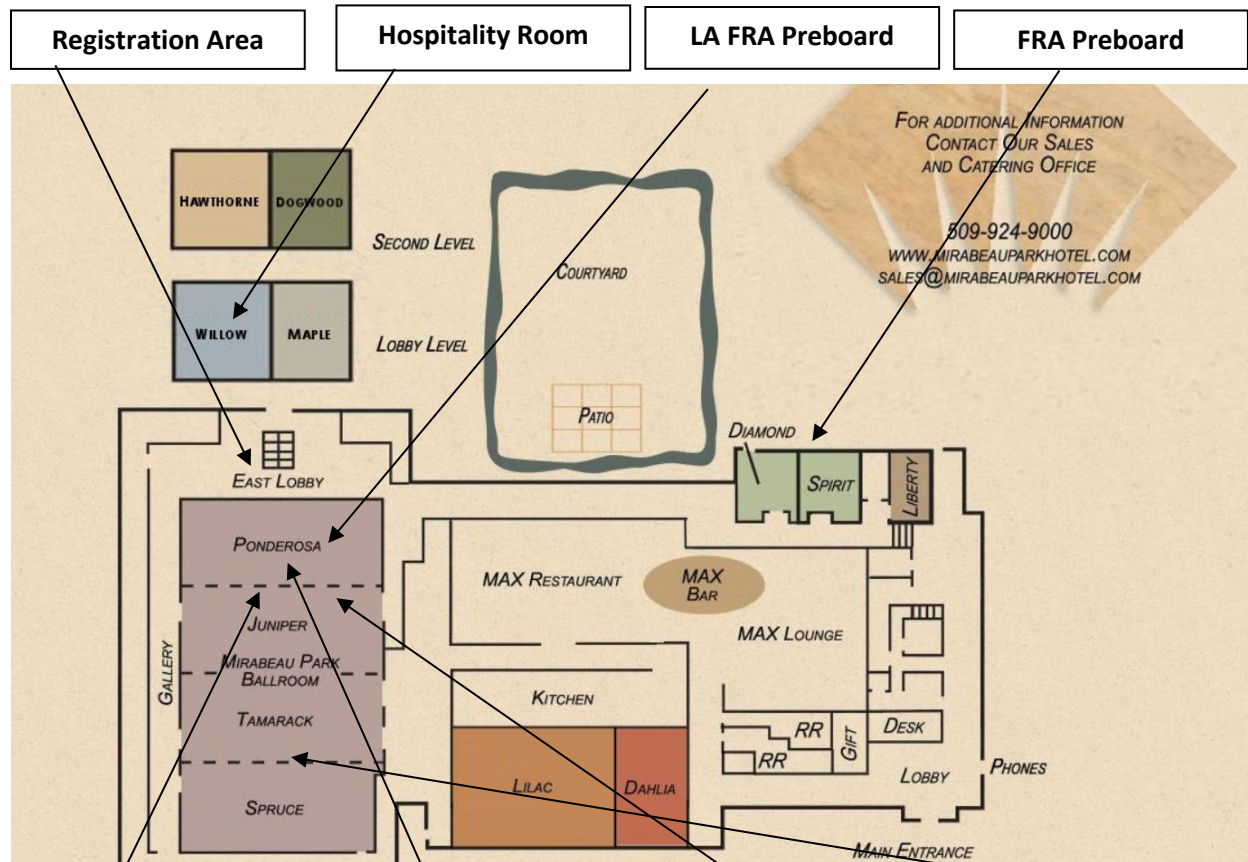
**TUXEDO RENTALS**

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.

**Mirabeau Park Hotel & Convention Center Layout**  
 (Review Newsletter for all Locations/Date/Time on Meetings, Workshops and Meals)



|   |   |   |  |
|---|---|---|--|
| <b>Opening Ceremony</b><br>Ponderosa & Juniper Room | <b>LA FRA NP Luncheon</b><br>Ponderosa Room | <b>Joint Installation</b><br>Ponderosa & Juniper Room | <b>Banquet</b><br>Spruce and Tamarack Room |
|---|---|---|--|

|                             |               |                                |              |
|-----------------------------|---------------|--------------------------------|--------------|
| <b>FRA OFFICE</b>           | Lilac Room    | <b>LA FRA OFFICE</b>           | Liberty Room |
| <b>FRA BUSINESS SESSION</b> | Tamarack Room | <b>LA FRA BUSINESS SESSION</b> | Juniper Room |

**WELCOME ABOARD** – Tuesday 10-5-2021 – 1900 -2300 - Tamarack / Spruce Room and Courtyard