



93RD FRA/88TH LA FRA NATIONAL CONVENTION

Spokane Valley, WA, October 2 – 9, 2021



****2021 CONVENTION NEWSLETTER - #4 – FINAL****



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

PRPNW Pete Lazzaretti
pr@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; 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.

- **Page 2** has the Meals Description for the Breakfast, Luncheons and Banquet.

(LAFRA NP Lunch has an additional choice.)

- **Page 3** is the Order Form for the meals.

LAST CHANCE TO ORDER – Due by 9/2/2021

- **Page 4** is the Order Form for the Convention Journal Ads.
SUBMISSION due by 8/31/2021

Page 5 & 6 information to reserve:

Tables for Vendors and Information
Tours/Activities.

10/4/2021 (Latah Creek Wine Cellars)

10/6/2021 (Coeur d'Alene Sunset Dinner Cruise)

10/7/2021 (Northern Quest Casino night).

Scooter Rentals

Tuxedo Rentals

Ground Transportation (shuttle services)

Requests must be made by 9/10/2021

- **Page 6 & 7** gives you an overview of important dates so that you can plan your trip

Please submit your requests for the above items via U.S. Mail.

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

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 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 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 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 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 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 | = | | |
| 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: _____

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

| |
|---|
| Your Choice to Pay ON LINE OR SEND A Check |
| PAID ON LINE DATE: _____ |
| MAILED CHECK DATE: _____ |
| NO REFUNDS, UNLESS CONVENTION IS CANCELED |

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)

=====

"Artwork and booster lists can be emailed to 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

Mail checks for Tables and Tours/Activities to:
FRA NW Region 14707 N. Farragut Ln Mead WA 99021-9286.

Tables for Gallery Area

| | | |
|---|----------------------|------------------------|
| Vendor Table (6-Foot Table - \$25) due by 9/10/21 with payment | | |
| No. of Days | _____ X _____ | \$25.00 = _____ |
| Information Table (6-Foot Table – No Charge) due by 9/10/21 | | |
| No. of days | _____ | \$00.00 = _____ |

Tours / Activity

| | | | | | |
|--|---------|-------------|--|--------------------------|------------------------|
| Mon | 10/4/21 | 1000 – 1200 | Tour | Latah Creek Wine Cellars | _____ x \$5.00 = _____ |
| | | 1500 – 1700 | Tour | Latah Creek Wine Cellars | _____ x \$5.00 = _____ |
| Wed | 10/6/21 | 1800 – 2200 | Coeur d’Alene Sunset Dinner Cruise _____ 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. | | | | | |
| Thurs | 10/7/21 | 1800 – 2200 | Northern Quest Casino Night (Shuttle bus) _____ | | |

SCOOTER RENTALS – Requests must be made by 9/10/2021

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.

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. 2nd 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.

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>

Key Event Dates of Convention for Travel Plans October 2 – 9, 2021

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.

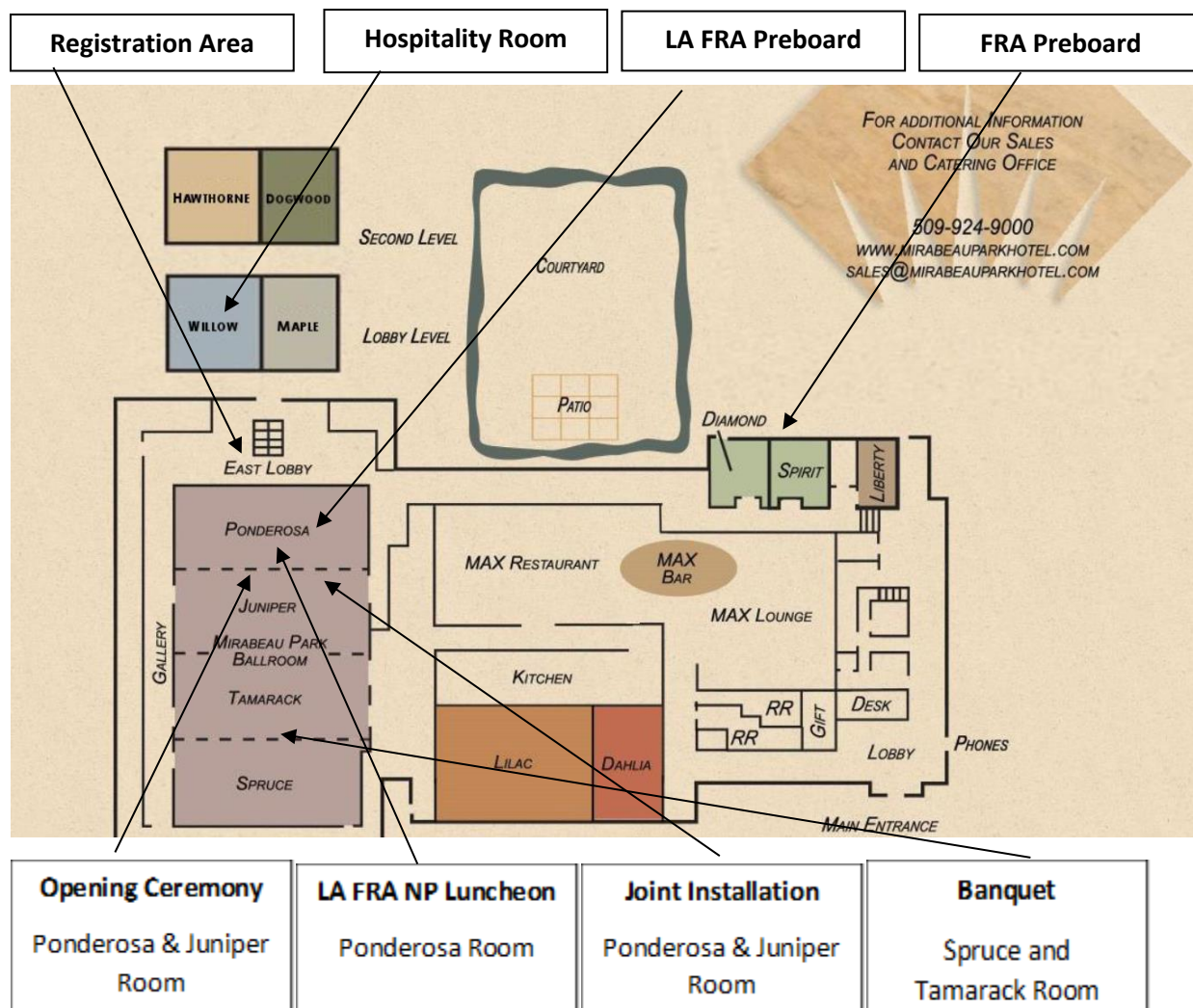
- 08-31-2021 Deadline to Submit Ads for the Convention Journal
09-02-2021 Due Date to Order online and Mail in Meals Order
09-09-2021 Cutoff Date to book Rooms, using code FRAV21, Hotel Number 509-924-9000, Mirabeau Park Hotel and Convention Center, 1100 N. Sullivan Road, Spokane Valley, WA. On site is the MAX restaurant (check online for Menus and Reviews); Hotel Website www.mirabeauparkhotel.com; 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 1000 1st Winery Tour – Latah Creek Wine Cellars 1300 FRA PRE BOARD Meeting 1300 LA FRA PRE BOARD Meeting 1500 2nd Winery Tour – Latah Creek Wine Cellars |
| 10-05-2021 | Tuesday | 0730-0830 FRA & LA FRA Registration – East Lobby 0900 OPENING CEREMONY 1130-1300 FRA & LA FRA Registration – East Lobby 1115 “Closed Luncheons” FRA & LA FRA PNP’s, RP, RPE, RVP 1300 FRA 1 st Business Session 1300 LA FRA 1 st Business Session 1900 Welcome Aboard Party (OPEN) |
| 10-06-2021 | Wednesday | 0700 FRA PRP Breakfast 0800 LA FRA 2 nd Business Session 0900 FRA Committee Meetings 1100 LA FRA PRP Luncheon 1300 FRA 2 nd Business Sessions 1300 LA FRA Committee Meetings 1800 Coeur d’Alene Sunset Dinner Cruise |
| 10-07-2021 | Thursday | 0900 FRA 3 rd Business Session 0900 LA FRA 3 rd Business Session 1100 LA FRA National President Luncheon (OPEN) 1300 FRA 4 th Business Session 1300 LA FRA 4 th Business Session 1800 Northern Quest Casino Night |

| | | | |
|-----------|----------|-------------|--|
| 10-8-2021 | Friday | 1000 | FRA & LA FRA Joint Installation Rehearsals |
| | | 1600 | FRA & LA FRA Official Pictures |
| | | 1800 | FRA & LA FRA Joint Installation |
| | | 1930 | FRA & LA FRA Banquet & Dance (OPEN) |
| 10-9-2021 | Saturday | 0830-1000 | FRA POST BOARD Meeting |
| | | 0830-1000 | LA FRA POST BOARD Meeting |

Mirabeau Park Hotel & Convention Center Layout

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



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