



2023 FRA/LAFRA NATIONAL CONVENTION

NEWSLETTER # 5

SEPTEMBER 23 TO 30 2023

NUGGET CASINO RESORT, SPARKS
NEVADA



Your 95th FRA & 90th LAFRA National Convention Committee members are:

PNP FRA Gary Blackburn, Chairman
RTWC Robert Smith, Treasurer
Marcues Pena,
PRPSW John Quesnel
Robert Mattson
PRPSW Don Kelley

PNP LA FRA Cindy Rodham Tuck, Co- Chair
PNP LA FRA Diane Hoover, Secretary
RPWC Kelly Pena
RPSW Marilyn Quesnel
RPEC Dorothy Smiley
PNT Linda Telly

Shipmates and Auxiliary members the 2023 convention committee is diligently working to gather all the separate detail information needed to make this convention a great but stressless time for all, so please save the date.

The room rates are \$102.00 plus 13.5% tax and a \$2.00 Tourism Fee for a total of \$117.77 per night (may not be exact, but very close) single or double. There is a fee of \$10.00 per person for each additional person, with a limit of four per room. The hotel provides a free shuttle service to and from Reno/Tahoe Airport. The reservation link for the hotel is posted on the FRA Website if you wish to make reservations that way or you may call 1-800-648-1177 or 775-356-3300. **Be sure to use the code GFRAC23.** If you need to make reservations for an ADA (handicap) room you need to call the hotel directly and not use the link. **A standard ADA room has a tub/shower with grab bars but if you need a roll-in shower this will need to be specified also. The rooms with roll-in shower are in the other tower so additional walking will be needed** (but if you are using a scooter it shouldn't be any problem). Remember as with any hotel the number of ADA rooms is limited so please make your reservations early. If you want a room other than the standard king/double queen room you will need to call directly to reserve (**do not forget to use the code GFRAC23**). **The reservation cut off date is 31August.** All rooms have a refrigerator and a Keurig coffee maker. Though Keurig cups are provided, if you drink a lot of coffee or like a special brand it is recommended you bring Keurig coffee cups with you.

The hotel has several restaurants with a wide variety of food choices, Starbucks coffee stand, Game On, Island Grill, Rosie's Café, Oyster Bar and Anthony's Chophouse. There are also several local restaurants close enough to easily walk to with a variety of menu options.

Those who will need a tuxedo rental may contact their local Men's Wearhouse for sizing and fitting. This information will be forwarded to the local Reno store (store # 2403) for pickup. The rental price for the basic package is \$99.99 (paid at your local store at time of fitting) which includes tuxedo pants and jacket, shirt, tie, cummerbund and shoes.

Scooter and wheelchair rental information and rental agreement are attached. As the Nugget Hotel also has rental scooters available the Convention Committee will have a member to assist our FRA/LAFRA members with their rental pickup and return to help avoid any confusion.

Those who have done any shopping lately know that all prices, especially food puts a major toll on our funds. This has come to be a major obstacle for us but we are working on providing a delicious meal choice with a tolerable price for those attending the open and/or closed meal venues on the convention schedule.

Your Convention Committee is looking forward to having many of our Shipmates and Auxiliary Members join us in Reno/Sparks for a wonderful convention.

Schedule of Events (Subject to change)

Sunday 24 September

Arrival Day ? FRA & LA FRA REGISTRATION 1400-1800 FOYER NUGGET 1

Monday 25 September

0700 to 0900	FRA PRP Board Bkfst Meeting	Rosie's Cafe
0900 to 1600	FRA & LA FRA Registration	Foyer Nugget 1
1000 to 2300	Hospitality Room	Casino Tower Grand Suite
1300 to 1600	FRA Pre Board of Directors	Cascade 2
1300 to 1600	LA FRA Pre Board of Directors	Cascade 1
1600 to 1700	Education Foundation Meeting	Redwood 6

Tuesday 26 September

0700 to 0830	FRA & LA FRA Registration	Foyer Nugget 1
0900 to 1100	Opening Ceremony	Cascade 2
1115 to 1245	FRA RP, RPE & RVP Lunch	Casino Tower Grand Suite
1115 to 1245	LA FRA RP, RPE & RVP Lunch	Casino Tower Grand Suite
1115 to 1245	FRA PNP Lunch	LA FRA NP Room
1115 to 1245	LA FRA PNP Lunch	FRA NP Room
1300 to 1700	FRA 1 st Business Session	Cascade 3 & 4
1300 to 1700	LA FRA 1 st Business Session	Cascade 1 & 2
1630 to 1830	Workshop	Redwood 6
1700 to 1900	Hospitality Room	Casino Tower Grand Suite
1900 to 2300	Welcome Aboard Reception	Orozko Lounge (near Resort Tower elevators)

Wednesday 27 September

0700 to 0830	FRA PRP Breakfast	Cascade 5
0700 to 0900	FRA & LA FRA Registration	Foyer Nugget 1
0730 to 0830	Workshop Breakfast	Southern Pacific E & F
0800 to 1700	LA FRA 2 nd Business Session	Cascade 1 & 2
0900 to 1100	Constitution & By Laws	Redwood 5
0900 to 1100	Veteran Services	Redwood 8
0900 to 1100	Honorary Membership	Southern Pacific A & G
0900 to 1100	Time & Place	Central Pacific C
0900 to 1100	Future Planning	Central Pacific A
0900 to 1100	Youth Activities	Southern Pacific C
0900 to 1100	Public Relations	Southern Pacific D
0900 to 1100	Hospital & Welfare	Southern Pacific F
0900 to 1100	Membership	Southern Pacific B
0900 to 1100	Budget, Finance & Audit	Redwood 3
1130 to 1245	LA FRA PRP Lunch	LA FRA NP Room
1130 to 1245	Workshop Lunch	Redwood 6
1300 to 1600	FRA 2 nd Business Session	Cascade 3 & 4
1630 to 1830	Workshop with Snacks	Redwood 6
1700 to 2300	Hospitality Room	Casino Tower Grand Suite

Thursday 28 September

0700 to 0830	FRA & LA FRA Registration	Foyer Nugget 1
0900 to 1100	FRA 3 rd Business Session	Cascade 3 & 4
0900 to 1100	LA FRA 3 rd Business Session	Cascade 1 & 2
1100 to 1230	LA FRA NP Luncheon	Redwood 6
1300 to 1600	FRA 4 th Business Session	Cascade 3 & 4
1300 to 1600	LA FRA 4 th Business Session	Cascade 1 & 2
1630 to 1830	Workshop	Redwood 6
1700 to 2300	Hospitality Room	Casino Tower Grand Suite

Friday 29 September

0900 to 1600	FRA/LA FRA Pictures & Rehearsal	Cascade 3, 4 & 5
1800 to 1930	FRA/LA FRA Joint Installation	Cascade 3, 4 & 5
1930 to 2300	Banquet	Chalet Terrace

Saturday 30 September

0830 to 1000	FRA Post BOD Meeting	Cascade 3
0830 to 1000	LA FRA Post BOD Meeting	Cascade 4

Fund Raising

No fund raisers by individuals, Branches or Units will be allowed. The only fund raisers allowed will be those conducted by and for the National Convention Committee.



95TH FRA/90TH LA FRA NATIONAL CONVENTION

CONVENTION JOURNAL ADS AND BOOSTER ROLL

Name: _____ Branch/Unit: _____

Address: _____

Phone: _____ Email: _____

_____ Inside Cover (Front or Back) \$200.00

_____ Back Cover \$250.00 (color)

_____ Full Page \$150.00

_____ Half Page \$80.00

_____ ¼ Page \$45.00

_____ Business Card \$20.00

_____ Booster Roll \$1.00 per name (suggested)

Please submit all Ads and Booster Roll lists in camera ready black & white PDF format to;
rsmattsonbob@gmail.com

PLEASE MAKE CHECKS PAYABLE TO:

FRA & LA FRA 95TH NATIONAL CONVENTION

Mail to:

Robert Smith, Treasurer
95th National Convention
205 San Andreas Way
Vallejo CA 94589-1436

Deadline for Ads to be published in the Journal is 10 August 2023

FRA/LA FRA Meals and Special Events 2023 National Convention

All events will require a ticket!!! Cutoff date Wednesday 6 September 2023!

Tuesday, September 26 2023 Welcome Aboard Theme: "Red, White & Blue" (\$15.00)

Tuesday, September 26 2023 FRA PNP, LA FRA PNP & RP, RP(elect), RVP Luncheons! (\$15.00)

Prepared Sandwich Tray, Assorted Chips, Cookies and Drink

Wednesday, September 27 2023 FRA PRP Breakfast Buffet (\$40.00)

**Freshly Squeezed Orange, Grapefruit Juice & assorted chilled fruit juices, Sliced seasonal fruits & berries, Assorted fruit & vanilla yogurts, Assorted Freshly baked breakfast pastries & muffins, Assorted dry cereals, granola, whole & skim milk, Farm fresh scrambled eggs ,O'Brien potatoes, Sauteed peppers & onions
Applewood Smoked Bacon, Grilled Pork Link Sausage,
Coffee, Decaffeinated Coffee and Deluxe Herbal Teas**

Wednesday, September 27 2023 LA FRA PRP Luncheon (\$15.00)

Prepared Sandwich Tray, Assorted Chips, Cookies and Drink

Thursday, September 28 2023 LA FRA NATIONAL PRESIDENT'S Luncheon (\$55.00)

MENU SELECTIONS

1. **Chicken Breast Dijonnaise** with Potato Gratin, Seasonal Greens, Mustard Sauce

or

2. **Pacific Seared Salmon** with Haricot Vert & Artichoke Fricassee, Potato Rosti, Dried Tomato Vinaigrette

with

Baby BLT Salad

Baby Iceberg Wedge, Shaved Red Onion, Heirloom Cherry Tomatoes, Crisp Smoked Bacon, Buttermilk Dressing
and

Fresh Baked Apple Pie with Caramel Sauce

Friday, September 29 2023 INSTALLATION BANQUET (\$60.00)

MENU SELECTIONS

1. **Pan Seared Salmon** with Roasted Fingerlings, Sauteed Artichokes, Spinach and capers, Sundried Tomato
Cream

2. **Herb Grilled Chicken Breast** with Sweet Potato Puree, Bourbon Jus

3. **Pork Tenderloin** with Mustard Rosemary Crust, Sweet Potato Gratin, Caramelized Apples

with

Classic Caesar Salad

Hearts of Romaine, Herbed Garlic Croutons, Shaved Parmigiano-Reggiano

and

Tiramisu

Please note that all foods are prepared in a kitchen utilizing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans and other foods that been identified to cause food allergies in sensitive individuals.

Please be sure to indicate on your order form so the appropriate care for your safety can be taken.

We will to make every effort to meet your needs.

FRA / LA FRA Meal Reservation Form 2023 National Convention!

NAME: _____ Branch/Unit _____
Address: _____ City _____ State _____ Zip _____
Phone Number: _____ Email: _____s

Tuesday September 26 2023

Welcome Aboard (Open to all)

Name: _____ Br/Unit _____ # _____ x \$15.00= \$ _____ Subtotal \$ _____

Tuesday September 26 2023

FRA PNP Luncheon/Meeting (Closed) 1115-1245

Name _____ Br _____ # _____ x \$15.00= \$ _____

LA FRA PNP Luncheon/Meeting (Closed) 1115-1245

Name _____ Unit _____ # _____ x \$15.00= \$ _____

FRA RP,RP (elect), RVP Luncheon/Meeting (Closed) 1115-1245

Name _____ Br _____ # _____ x \$15.00= \$ _____

LA FRA RP,RP (elect), RVP Luncheon/Meeting (Closed) 1115-1245

Name _____ Unit _____ # _____ x \$15.00= \$ _____ Subtotal \$ _____

Wednesday September 27 2023

FRA PRP Breakfast/Meeting (Closed) 0700-0845

Name _____ Br _____ # _____ x \$40.00= \$ _____

LA FRA PRP Luncheon/Meeting (Closed) 1115-1245

Name _____ Unit _____ # _____ x \$15.00= \$ _____ Subtotal \$ _____

Thursday September 28 2023

LA FRA National President's Luncheon (Open to all) 1115-1245

Name _____ Br/Unit _____ # _____ x \$55.00= \$ _____
Selection # 1 _____ Selection # 2 _____ Subtotal \$ _____

Friday 29 September 2023

Installation Banquet (Open to all) 1900-2300

Name _____ Br/Unit _____ # _____ x \$60.00= \$ _____
Selection #1 _____ Selection #2 _____ Selection #3 _____ Subtotal \$ _____

Total Amount \$ _____

Mail completed form and check to:

FRA/LA FRA National Convention
205 San Andreas Way
Vallejo CA 94589-1436

Med-Tech Services, Inc.
555 Gentry Way
Reno, Nevada 89502
(775) 826-2022
(775) 826-6040 (fax)

Scooter Rates - FRA/LA FRA 95th National Convention

REQUEST: SCOOTER RENTAL
WHEELCHAIR RENTAL
DISCOUNTED EVENT RATES

The following discounted rates have been prepared for the FRA/LA FRA 95th Convention (9/23/2023-9/30/2023) when renting a **Scooter** from Medtech Services. Please be advised that the prices below include pick-up and delivery from The Nugget*

1 Day	\$60.00
2Days	\$90.00
3 Days	\$120.00
4Days	\$140.00
5 Days	\$160.00
6Days	\$180.00
?Days	\$200.00
8Days	\$220.00

The following discounted rates have been prepared for the FRA/LA FRA 95th Convention (9/23/2023-9/30/2023) when renting a **Wheelchair** from Medtech Services. Please be advised that the prices below include pick-up and delivery from The Nugget*

1 Day	\$15.00
2Days	\$20.00
3 Days	\$25.00
4Days	\$30.00
5 Days	\$35.00
6Days	\$40.00
?Days	\$45.00
8Days	\$50.00

ALL RESERVATIONS ARE REQUIRED TO SHOW PHOTO ID TO BELL DESK BEFORE PICKUP

Anyone wishing to rent a scooter or wheelchair in advance shall complete the following attached form and send a copy of photo ID. This form and ID can be faxed to 775.826.6040 - emailed to: vrosales@medtechmail.com - or mailed to: 555 Gentry Way, Reno, NV 89502. In addition, we will accept **telephone reservations: (800) 633-8324 and a CS Representative will take the reservation.** All correspondence should reference The FRA/LA FRA 95th Convention. All rentals are required to send Photo ID and to have a Credit Card # on file in case anything should happen to the scooter or wheelchair before rental can be delivered.

*Note: Please call office if you are unable to send Photo ID before rental reservation is made.

JV(ecltech. Services Inc.
Rental Checklist

Note: This form is for a private pay Rental, not a rental being paid for by the hotel. If a hotel is paying we need the name of the person ordering, the check in information and how long the rental is going to be used. Also, we need to ask if a purchase order is required or how the authorization is given (i.e., person's name, guest name, etc.)

Customer Name (verify Spelling) _____

DOB _____

Email _____

Customer Address _____

City _____ State ____ Zip _____

Name of Person Placing Order _____

_____ | Home# _____

Hotel Name _____

Check in Date _____ Time _____

Check Out Date _____ Time _____

Hotel Reservation Under the Name of _____

User Height _____ User **Weight**-----

Note: We only charge for the days the rental is being used. Remember we do not deliver/pick up on weekends!

Credit Card Information

___ MasterCard ___ American Express ___ Discover

Card# _____

Expiration Date ----- Security Code _____

Name on Card _____

Billing Address _____

City _____ State _____ Zip ____