SOUTHWEST REGION WEBSITE PAGE



Southwest - Geographic Boundaries

California, south of the east-west line drawn between Monterey, Kings, Tulare and Inyo Counties to the north, and San Luis Obispo, Kern and San Bernadino Counties to the south; Nevada, south of a line running east-west from the Arizona-Utah border; Arizona, New Mexico, and Texas, west of a line extending north-south from the eastern New Mexico-Texas border. **Units:** 61 Chula Vista, 70 Poway, 84, San Diego, 163 Valley of the Sun, 289 Imperial Beach, 302 Carson

REGIONAL OFFICERS 2024-2025

PRESIDENT

MYRNA C SALES 1843 E 214th STREET CARSON CA 90745-1830 310-483-8832 mrynasales88@gmail.com

VICE PRESIDENT

JINISE CLAGETT-ROSTRATA 2645 HOLDERNESS LANE SAN DIEGO CA 92154 619-392-7678 jlrostrata@gmail.com

CHAPLAIN

LYN TRANSFIGURACION 2890 FASHION AVENUE LONG BEACH CA 90810-2849 562-618-4860 lyntrans@outlook.com

2025 REGIONAL MID-YEAR

Dates: Location: Reservations: Rates: Contact:







2025 REGIONAL CONVENTION d

Dates: August 17-19, 2025

Location: Gold Coast Hotel & Casino Las Vegas NV

Reservations: 800-675-3267 Cutoff date

Rates: \$44.00 + tax

Mention: FRAH25C

Contact: FRA Jon Wray Br 90 702-600-7289 - wayjonk@msn.com

LAFRA Shirley Ferrill Unit 61 619-267-2519 Shirley/AZF36@gmail.com

PICTURES TELL THE STORY



LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION

SOUTHWEST REGION

[Unit 61 Chula Vista V Unit 70 Poway V Unit 163 Valley of the Sun V Unit 289 Imperial Beach V Unit 302 Carson]

SOUTHWEST NEWSLETTER No. 1

FEBRUARY 2025

PAGE1

Regional SW President

Myrna Sales Unit 302 Carson 1843 East 214th Street Carson, CA 90745 Phone: 310-483-8832 Email: myrnasales88@gmail.com

Regional SW Vice President

Jinise Clagett-Rostrata Unit #289 Imperial Beach 2645 Holderness Ln San Diego, CA 90745 Phone: 619-392-7678 Email: jlrostrata@gmail.com

Regional SW Secretary

Erna Vergara Unit #302 Carson 23508 Nicolle Ave Carson, CA 90745 Phone: 310-919-6421 Email: vergara.erna@yahoo.com

Regional SW Chaplain

Lyn Transfiguracion, PNC Unit #302 Carson 2890 Fashion Ave Long Beach, CA 90810 Phone: 562-618-4860 Email: lyntrans@outlook.com

Regional SW Parliamentarian

Nadine Fulton, PNP Unit #289 Imperial Beach 330 Ebony Ave Imperial Beach, CA 91932 Phone:619-200-7706 Email: pnpnadinefulton@gmail.com

Regional SW Jr Past President

Marilyn Quesnel Unit #289 Imperial Beach 951 Thermal Ave San Diego, CA 92154 Phone: 619-830-9462 Email: marilynq2023@yahoo.com

Greetings and Happy Heart Month!

First & foremost, my sincerest thanks for electing me as your Regional President. For those of you who may not know me, allow me to introduce myself: my name is Myrna Sales and I have been a member of the Auxiliary for 35 years. I started off slowly, getting involved with Unit activities, made many lifetime friends, and eventually took on several officer positions over the years as the Unit Financial Secretary, Secretary, Treasurer, and President. Other than the LA FRA, I am also active with other community organizations within the City of Carson. I have held positions as the City of Carson Parks & Recreation Commissioner, Trustee/Treasurer of the Philippine Independence Day Foundation, and President of the Tingguian Culture of America. I recently received a "Certificate of Recognition" from CA State Senator Steven Bradford, District 35; a "Leadership Award" from CA Assemblymember Mike A Gipson, 65th District and "Community Award" from the City of Carson at the Filipino American History Month Celebration held last October 12, 2024. I am married to Shipmate Sonny Sales (Treasurer, Branch 302) and we are blessed with two daughters (Kristina and Krizia), one son (Kristopher), and one grandson (Gian). In between family and social activities, I work in the insurance industry as a licensed Property/Casualty Agent.

My primary goal as the Regional President is to increase our membership and to continue to build connections with other Units in the region and abide by our three cardinal principles of the LA FRA "Loyalty, Protection and Service."

It's already been 6 months post Regional Convention and we only have 6 more months to go. My, how time flies when you're having fun! Here are some details about the upcoming **68th Southwest Regional Convention:**

DATE: August 17-18, 2025

PLACE: Gold Coast Hotel & Casino – Las Vegas, NV Convention committees had their 1st zoom meeting last Jan 20th. More info to follow on my next Newsletter.

Regional Appointments – SEE ATT-1

• ALL Unit Presidents will be appointed as Chairman for each Committee Report. If you are unable to attend the regional convention, please delegate to a member from your Unit who will be attending the convention.

To those who are ill or have lost a loved one, my love and prayers goes out to you. To those celebrating their birthdays, anniversaries – Best wishes and Congratulations!

I remain, Yours in Loyalty, Protection and Service,





[Unit 61 Poway Vunit 70 Chula Vista Vunit 163 Valley of the Sun Vunit 289 Imperial Beach Vunit 302 Carson]

NEWS LETTER No. 1 - 2024-2025

Page 2

National Convention Highlights

The 96th FRA and 91st LA FRA annual National Convention and FRA Centennial celebrations were held on November 12-15, 2024 at Double Tree by Hilton Hotel in Annapolis, Maryland. At the 91st LA FRA National Convention, delegates elected the following National Officers:

2024-2025 LA FRA National Officers National President Kelly Pena (Unit 287) National Vice President PNP Gini Larson (Unit 94) National Executive Secretary Laurie Starkey (Unit 31) National Financial Secretary PNP Pat Suckow (Unit 269) National Treasurer Sharon Lippitt (Unit 124) National Chaplain Dorothy Smiley (Unit 99) National Parliamentarian PNP Helen Courneya (Unit 274)

2024-2025 LA FRA Regional Presidents

NE/NEng Regional President Nicholas Luz (Unit 31) SE Regional President PNP Carolyn Whitaker (Unit 126) SC Regional President John Neal (Unit 162) WC Regional President Tina Pederson (Unit 137) EC Regional President Loretta Jorden (Unit 24) NC Regional President Donna Licktieg (Unit 161) NW Regional President TBA SW Regional President Myrna Sales (Unit 302)

C&BL Changes: Passed and ratified by LA FRA NBOD at Post-Convention Board Meeting

Resolved, that Section 401(b) be changed to state "Initial application and dues of members shall be presented to the Unit Secretary or other Unit Officer as may be delegated by the Unit's C&BL's or Standing rules for verification and then mailed to the NFS according to currently prescribed procedures. The NFS may receive renewals directly by mail from a member of a Unit or Members-at-Large if membership has not lapsed."

Resolved, that the Preamble be amended to state: PREAMBLE OF THE AUXILIARY OF THE FLEET RESERVE ASSOCIATION: Having a keen sense of responsibility, being true Americans, and bearing in mind the Preamble of the Fleet Reserve Association, We, the members of the **Auxiliary of the Fleet Reserve Association,** do band together to Aid, Assist, and Promote in all matters pertaining to welfare, social and patriotic work, for the benefit of the Fleet Reserve Association, its members and their families. Thus, do we associate and declare these principles to be the foundation and the preamble to the constitution of the **Auxiliary of the Fleet Reserve Association**.

"Preamble is reflective and inclusive of all members and continuity of recitation"



[Unit 61 Poway ♥ Unit 70 Chula Vista ♥ Unit 163 Valley of the Sun ♥ Unit 289 Imperial Beach ♥ Unit 302 Carson]

NEWS LETTER No. 1 - 2024-2025

Page 3

The Southwest Region was very well represented at the National Convention (there were 20 delegates from Branch/Unit 302 plus from other Branch/Unit of the Region). We look forward for more delegates to the upcoming National Convention to be held on November 3 – 8, 2025 at the Oasis Hotel & Conference Center – 2546 N Glenstone Ave., Springfield Missouri.

Pearl Harbor Commemoration Day on December 7, 2024

The celebration was held at Bowlin Plaza Stadium, Phoenix, Arizona. Attended by all branches of the military organization; State and City Officials headed by Adman Fontes, Arizona Secretary of State and John Scott, Director of Arizona Dept. of Veterans Service.

FRA/LA FRA represented by yours truly; FRA Regional President Ed Labao; FRA-PRPSW Roger Bacud (Branch 302 President); S/M Sonny Sales (Branch 302 Treasurer); from Unit 163 Bea Parco, AFRA PNP; Branch 163 S/M Bryan Ginter, RVPSW; S/M Joe Bland. THANK YOU Madam PNP Bea Parco for sharing our pictures published in the January Triangle.

National President Project for 2024-2025 "Paws for Purple Hearts"

Our NP Kelly Pena's Project "Paws for Purple Hearts". Their mission is to improve the lives of American Warriors facing mobility challenges and trauma-related conditions (PTSD and TBI) by providing the highest quality Assistance Dogs and canine-assisted therapy programs, and by building public awareness about the important role dogs play in helping Warriors along the road to recovery. Three ways to donate to this organization:

1] Mail a check to LA FRA National Financial Secretary at PO Box 706, Goose Creek, SC 29445 – put a note on the memo line "2024-2025 NP Project"

2] Click on <u>www.pawsforpurplehearts.org</u> and click on "DONATE". Then go in the "how did you hear about us" field and type in LA FRA 2024-2025 National President Project.

3] Venmo to Paws for Purple Hearts@Paws4ph and enter "LA FRA" in the notes field when you donate.

National Vice-President Project for 2024-2025 "Bring Them Back"

Let us give full support to our NVP Gini Larson's Project "BRING THEM BACK". She will contact members who did not renew their membership and bring them back to the Ladies Auxiliary of the Fleet Reserve Association.

Message from National Financial Secretary Pat Suckow, PNP lafranfspat@gmail.com

To Unit Vice-President/Secretary/Membership person:

Starting next month, when you receive your Unit Reports, I am requesting that you send me an email each month no later than the <u>10th of the month</u>. You are responsible to reach out to the members that are on the 30-day past due list. I would like an email showing their name when you called and what their response was. Example: my check is in the mail, not interested, no answer but I sent a letter.

We are losing members. I receive calls saying I did not realize I was 60 days past due which tells me that the Vice Presidents are not contacting them. Dues notices are sent out each month, members do not notify me of a change of address and the post office does not forward mail.



[Unit 61 Poway Vunit 70 Chula Vista Vunit 163 Valley of the Sun Unit 289 Imperial Beach Vunit 302 Carson]

NEWS LETTER No. 1 - 2024-2025

Page 4

REMINDER(s)

TRIANGLE – all members can receive the Triangle by e-mail at no charge. Please encourage all members to submit their e-mail address to the National Executive Secretary Laurie Starkey, <u>lafrastarkey@outlook.com</u>

SCAM ALERT!!!

There are emails being sent by scammers posing as LA FRA members requesting money and/or payments via Venmo, PayPal, gift cards, etc. If you receive email solicitation,

[1] Do NOT CLICK nor open the email;

[2] please CALL the person sending the email to confirm they sent the request;

[3] DELETE the email.

Southwest Region – Unit Officers

Unit No/Name	President	Vice-President	Secretary
61	Shirley Ferrill, PNC	Carrie Campbell-Wood	Carrie Campbell-Wood
Chula Vista	Phone: 619-267-2516	Phone: 619-778-5937	Phone: 619-778-5937
	Shirleyazf36@gmail.com	rwccw@cox.net	rwccw@cox.net
70	Dominic Kowalski	Vicki Jason	Rachelle Jensen
Poway	Phone: 858-204-3867	Phone: 760-746-4980	Phone: 858-437-7141
5	Dominic_kowalski@yahoo.com	vickijason@cox.net	Rachellejensen85@yahoo.com
163	Virginia Ginter	Remy Ginter	Colleen Rogers
Valley of the Sun	Phone: 602-942-6093	Phone: 602-896-9699	Phone: 602-908-2733
-	Alnav5@juno.com	remyginter@gmail.com	Nunu42@cox.net
289	Barbara Morrison	Jesse Kuneff	Susan Agellon
Imperial Beach	Phone: 619-522-4747	Phone: 619-523-3641	Phone: 619-753-7951
	Barbm62530@gmail.com	jmkuneff@yahoo.com	susanagellon@gmail.com
302	Esperanza Batucal	Cristina Almazan	Wynda Gabriel
Carson	Phone: 310-635-0730	Phone: 310-834-1729	Phone: 310-619-0655
	No email	No email	wyndagabriel@hotmail.com



[Unit 61 Poway ♥ Unit 70 Chula Vista ♥ Unit 163 Valley of the Sun ♥ Unit 289 Imperial Beach ♥ Unit 302 Carson]

NEWS LETTER No. 1 - 2024-2025

PICTORIAL(s) *Please share/forward your Unit activity photo(s) so they can be included on future Newsletter!*



Photo with PNP Nadine Fulton and NP Kelly Pena at the National Convention.



Photo with CA Senator Steven Bradford and with City of Carson Mayor Lula Davis-Holmes

	LAFRA SOUTHWE	ST REGIONAL OFFICERS, A	APPOINTEES, CONVENTION C	OMMITTEES 2024 - 2025		
	Mail SW Regio	onal 2024-2025 Reports to both	Chairman and Regional President, ke	eep one copy for your Unit		
	NAME	ADDRESS	CITY	EMAIL	PHONE	UNIT
Regional President	Myrna Sales	1843 East 214th Street	Carson, CA 90745	myrnasales88@gmail.com	310-483-8832	302
Reg Vice President	Jinise Rostrata	2645 Holderness Ln	San Diego, CA 92154	jlrostrata@gmail.com	619-392-7678	289
Regional Secretary	Erna Vergara	23508 Nicole Ave	Carson, CA 90745	vergara.erna@yahoo.com	310-919-6421	302
Regional Chaplain	Lyn Transfiguracion PNC	2890 Fashion Ave.	Long Beach, CA 90810	lyntrans@outlook.com	562-618-4860	302
Reg. Parliamentarian	Nadine Fulton, PNP	330 Ebony Ave	Imperial Beach, CA 91932	pnpnadinefulton@gmail.com	619-200-7706	289
Regional Jr. Past	Marilyn Quesnel	951 Thermal Ave	San Diego, CA 92154	marilynq2023@yahoo.com	619-830-9462	289
Reg Sgt-at-Arms	Peggy Loa					302
Marshall						
AUDIT AND FINANCE						
Chairman	Nadine Fulton, PNP	330 Ebony Ave	Imperial Beach, CA 91932	pnpnadinefulton@gmail.com	619-200-7706	289
Member	-					
Member	-					
BUDGET						
Chairman	Gail Doloway, PNP	3897 San Andres Ave	Las Vegas, NV 89121	gaildo@embarqmail.com	702-451-3355	289
Member			-			
Member]					
REGIONAL C&BL'S						
Chairman	Gigi Hermes	678 Floyd Ave	Chula Vista, CA 91910	Lv.mcts.5@gmail.com	619-421- 7400	61
Member	Deanna Lewandowski PR	1488 Pequena St	San Diego, CA 92154-3642	cookied16@cox.net	619- 990- 0421	289
Member						
AMERICANISM						
Chairman	Shirley Ferrill	2712 E 14th St	National City, CA 91950	shirleyazf36@gmail.com	619-267-2516	61
Member						
Member	-					

		LAFRA SOUTHWE	ST REGIONAL OFFICERS, A	PPOINTEES, CONVENTION	COMMITTEES 2024 - 2025		
		Mail SW R	egional 2025 Reports to both Cha	irman and Regional President, kee	ep one copy for your Unit		
		NAME	ADDRESS	CITY	EMAIL	PHONE	UNIT
HOSPITAL							
	Chairman	Reme Ginter	1629 W Acoma Dr	Phoenix, AZ 85023	remyginter@gmail.com	602-896-9699	163
	Member						
	Member						
PUBLICITY							
	Chairman	Barbara Morrison	4046 Caseman	San diego, CA 92154	barbm62530@gmail.com	619-522-4747	289
	Member	_					
	Member	_					
UNIT ACTI	VITIES						
	Chairman	_Marilyn Quesnel, PRPSW	951 Thermal Ave	San diego, CA 92154	marilynq2023@yahoo.com	619-830-9462	289
	Member	_					
	Member	_					
UNIT REPO	1						
	Chairman	Bea Parco, PNP	1302 West Ajo Way #152	Tucson, AZ 85713- 5716	arpsw2014@gmail.com	602- 550- 6690	163
	Member	_					
	Member	7					
WELFARE							
	Chairman	Dominic Kowalski	14315 Loueta Ln	Poway, CA 92064	dominic_kowalski@yahoo.com	858-204-3867	70
	Member						
	Member						
YOUTH AC			20200 Appalace Ave	Corresp. CA.0074/	None	210 (25 0720	202
	Chairman	Esperanza Batucal	20209 Annalee Ave	Carson, CA 90746	None	310-635-0730	302
	Member						
	Member	7					

	LAFRA SOUTHWEST REGIONAL OFFICERS, APPOINTEES, CONVENTION COMMITTEES 2023-2024									
	Mail SW Regional 2024 Reports to both Chairman and Regional President, keep one copy for your Unit									
		NAME	ADDRESS	CITY	EMAIL	PHONE	UNIT			
MEMBER	SHIP (RVP)									
	Chairman	Jinise Clagett-Rostrata	2645 Holderness Ln	San Diego, CA 92154	jlrostrata@gmail.com	619-392-7678	289			
CREDENT	TALS (RVP)									
	Chairman	Jinise Clagett-Rostrata	2645 Holderness Ln	San Diego, CA 92154	jlrostrata@gmail.com	619-392-7678	289			
REGISTR	ATION									
	Chairman	Wynda Gabriel	407 B Realty St	Carson, CA 90745	wyndagabriel@gmail.com	310-619-0655	302			
TALLY	Chairman	Lyn Transfiguracion	2890 Fashion Ave	Long Beach, CA 90810	lyntrans@outlook.com	562- 618-4860	302			
	Convention Chair Image: Convention Chair Image: Convention Chair Image: Convention Chair Image: Convention Chair									
Conventi	orCo-Chair									



FLEET RESERVE ASSOCIATION

68TH Annual REGIONAL Convention



August 18 & 19, 2025, Gold Coast Hotel & Casino Las Vegas, NV

NOTES OF INTEREST	Greetings Shipmates and Auxiliary members of the Southwest Region. This is				
<u>Registration:</u>	the 1st Newsletter for the 68 th Annual Southwest Region Convention. Your				
Monday Aug .18 th 2025	Convention Committee hosting Branch/Auxiliary will be Imperial Beach				
Sierra Foyer 8AM – 3PM	Branch/Unit 289, Branch/Unit 302 and Las Vegas Branch 90. <u>Attach is the</u>				
<u>Opening Ceremonies:</u>	Meals Form.				
Monday, Aug 18th 2025	In this issue per the Reservations Room Coordinator, below are the rooms that				
Sierra Ballware 0.0 0 0 1(00)	have been blocked for us:				
Sierra Ballroom 8 & 9 @ 1600 <u>Meet n Greet:</u> Salon A NV Ballroom East Monday Aug 18th 2025 Starting 1800 <u>Business Sessions:</u> Tuesday, Aug 19, 2025 <u>LA FRA Business Session</u> Salon A NV Ballroom East 8:00AM - 4:00PM. <u>FRA Business Session</u> Salon CD Ballroom East 8:00AM - 4:00PM Joint Installations: Tuesday, Aug 19, 2025 Salon CD Ballroom East 1630 / 4:30PM <u>President's Banquet Dinner:</u> Tuesday, Aug 19, 2025 Sialon CD NV Ballroom 1800 - 2200	Type Rooms Deluxe Room Block <u>Remember</u> <u>If you need a list, and all handicap access</u> You can ask what blocked ro instead. Convention dates: August 1 2025. Contracted Rates are The contracted rates vary ba ask what is your room rate i \$31.99 per day and room ta Room reservations, Meet n same cutoff date of July 18, strongly encouraged to diss Scooter Rentals: Company \$170.00 per 5 days. When the reservation agent know	bible rooms need to be required to the room and the room and the room of the sounday, Aug 17 – We assed on the type of room resist plus taxes and resort fees. At currently 13.38%. Greet and the President's B 2025. ALL BRANCHES AND eminate this Newsletter to a sound the root of the	iested when you call in. book one of those in cutoff date is July 18, dnesday, Aug 20, 2025. served so make sure to Current Resort fees are anquet: All have the UNITS are very ALL of your membership tes is \$65.00 per day; m reservation, just let		

Southwest Regional 2025 Convention Committee							
FRA REGIONAL PRESIDENT Ed Labao	LA FRA REGIONAL PRESIDENT Myrna Sales						
FRA Convention Chairman	LA FRA Convention Chairman						
Jon Way	Shirley Ferrill						
Branch 90 Secretary	Unit 61 LA FRA President						
Tel: 702-600-7289	Tel: 619-267-2519						
Email: wayjonk@msn.com	Email: ShirleyAZF36@gmail.com						
FRA Convention Vice Chairman	LA FRA Convention Vice Chairman						
Roger Bacud	Myrna Sales						
Branch 302 President	Unit 302 Treasurer						
Email: bregor4559@sbcglobal.net	Tel: 310-483-8832						
CHAIRMAN EMERITUS: PRPSW JOHN QUESNEL	Email: <u>MyrnaSales88@gmail.com</u>						



FLEET RESERVE ASSOCIATION

68TH Annual REGIONAL Convention



August 18 & 19, 2025, Gold Coast Hotel & Casino Las Vegas, NV

NEWSLETTER #1 (Mar 2025) – Page 2

REMINDERS:

- DEADLINE FOR THE HOTEL RESERVATIONS AT THE CONTRACTED RATES IS JULY 18. 2025.
- DEADLINE AND PAYMENTS FOR THE MEET N GREET AND PRESIDENT'S BANQUET IS JULY 18 2025.
 - PRESIDENT'S BANQUET DINNER \$55.00 PER PERSON BY July 11, 2024. AFTER THAT DATE \$60.00 PER PERSON

FRA SW REGIONAL CONVENTION 2025 FUNDRAISER VENUES

The traditional Fundraising season is ongoing until the start of the Convention. Please keep doing fundraising, and Shipmate Regional President Ed Labao will be delivering 3-2-1 Booklets during his Branch Visits. We will still be doing 3-2-1 tickets, 50/50 boards, raffle baskets and prizes while at the Convention.

We would like to thank everyone who has donated TIME, MONIES AND FOR PARTICIPATING in all of the Fundraising activities. Without your support, the Convention could not happen, so THANK YOU ALL very much.

RESERVATION PROCEDURES

Direct call and On-line: Prior to cut off date, individuals are encouraged to book their reservation on-line. To receive your special group rate, assigned link will be created for the attendees to book their reservation through hotel website. If someone would prefer to call-in, they can call 800-675-3267 and reference group code: FRAH25C. Reservation 2025must be made on or before 7/18/2025 to ensure availability of group rate.

Standard Check-In at 4PM, Early Check in is based on availability at 12PM. Check Out 11AM. Complimentary wireless internet access. Bathrooms have complimentary toiletries and hair dryers. Iron/Board, combination safes and desks. Phones local calls and 800 # are free as well as free Wi-Fi in Java Vegas Coffee shop and high speed internet access at Business Center. In rooms Coffee Pots available. No Microwaves. Wheelchairs and Scooters are \$45.00 per day. If you need the handicap bathroom rooms, you need to signify that when you make reservations as well. There will be a \$100.00 security/damaged deposit added to your bill on check in, it will be released on checkout if nothing to be charged. If you are going to go down the strip, use UBER or LYFT.

Hotel offers FREE PARKING, both surface and garage. Valet parking is also free with service charge at customer discretion.

MENU'S

Meet and Greet Menu: To be determined next issue, but will be held in Salon A -NV Ballroom East this year \$15.00 Per Person

President Banquet Menu: Traditional Dinner Buffet - \$55 per person, \$60 after July 18.



FLEET RESERVE ASSOCIATION

68TH Annual REGIONAL Convention



August 18 & 19, 2025, Gold Coast Hotel & Casino Las Vegas, NV

Meet & Greet					
*Cost will increase to \$15					
Monday August 18 th 2025 @ 1800 (6:00PM) Number of Meals: X \$15.00 Total ->>					
Meet n Greet will be held in Salon A -East NV Ballroom					
Presidents Banquet					

	Tresidents banquet							
*Cost will	*Cost will increase to \$60 if reserved after July 18, 2025							
Tuesday	August 19 th 2025	@	1800 (6:00PM) Number of Meals:	X \$55.00 Total ->>				

TRADITIONAL DINNER BUFFET

Mixed Greens salad w/condiments & asst dressings, Vine Ripe Tomatoes, Onions w/Blue Cheese Vinaigrette or Roasted Vegetable Salad. Pepper Crusted Salmon w/Mustard Sauce, Sliced Marin. London Broil w/Red Wine & Shallot demi Glace, Breast of Chicken Grilled w/Lemon & Rosemary Herb Butter, Penne Pasta w/ Basil Cream SauceHerb Roasted Potatoes, Chef's Selection of Veggies, Rolls & Butter Chef's Dessert Selection, Sugar Free Desserts, Reg & Decaf Coffee, Asst Tea & Iced Tea

CHALLENGE COIN:									
2023 SW Regional Convention Challenge Coins Number of Coins: X \$15.00 Total ->>									
Shipmate / Unit Member Name: Name(s) of other Party:									
Branch / Unit Number:	Branch / Unit Number: Total Amount Enclosed by cash or check:								
	For credit card payments (MasterCard or Visa) complete the information below. Note: The credit card transaction will show up on your statement as a charge from "BEACCAUS"								
Credit Card Number									
Name on Credit Card									
Full Billing Address on Credit CardStreetCityStateZip Code									
Card Expiration Date Month Year 3-Digit CVV code on back of card									
DEADLINE: Payment must be received no later than July 18, 2025; prices increase after. Make checks payable to: FRA Branch 289 Regional Convention Account									

Mail form and Payment to:

SWR CONVENTION TREASURER/FRA BRANCH 289 ATTN: JOHN QUESNEL 659 SILVER STRAND BLVD IMPERIAL BEACH, CA 91932