

**82nd Fleet Reserve Association and  
80th Auxiliary of the FRA  
East Coast Regional  
Convention**



**Hilton Garden Inn Richmond Innsbrook**  
**4050 Cox Rd, Glen Allen, VA 23060**  
**July 23, 2026 to July 26, 2026**



82<sup>nd</sup> FRA and 80<sup>th</sup> Auxiliary of the FRA  
East Coast Regional Convention  
Newsletter #1 March 2026

Hosted by The East Coast Red and Gray Hats  
FRA Chairman, PRPEC Paul Phelps  
Auxiliary of the FRA Co-Chairman Christina Murray PNP  
Secretary JrPRPEC Robert Oliveira

Shipmates and Auxiliary Members,

Make reservations for the 82<sup>nd</sup> FRA and 80<sup>th</sup> Auxiliary of the FRA East Coast Regional Convention. As you represent your Branch and Unit, we hope that you will come early to visit the historic attractions in Richmond and discover its historical attractions, museums, regional cultural arts, local restaurants, and shopping.

The convention hotel is Hilton Garden Inn Richmond Innsbrook, 4050 Cox Rd, Glen Allen, VA 23060. This is a pet friendly hotel (with an additional fee). Handicap rooms are available. But must call Hotel directly. Call (804) 521-2900 for reservations and mention "**FRA**" to receive the \$119.00 Convention room rate, which is only available for July 23<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup> & 26<sup>th</sup>. The rate does not include Breakfast. A Breakfast buffet is available at discounted rate of \$10.95 per person.

Scooter Rental is available from 101 Mobility of Richmond at the rate of \$50.00 per day, \$175.00 Delivery and Pickup. To reserve a scooter, contact 101 Mobility of Richmond via phone, (804) 552-5671.

Vendor Tables are available for rental during the convention. Please refer to the attached information. For additional information, contact PRPEC Loretta Jorden (410)-533-1902 or [sticherydesignz@gmail.com](mailto:sticherydesignz@gmail.com).

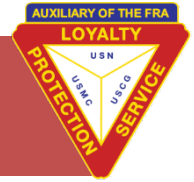
Special Menus have been prepared for the FRA and Auxiliary's Gray Hat Luncheons and the Banquet. Order forms are attached for submission.

FRA's East Coast Region President, Valerie Toulotte and Auxiliary of the FRA East Coast Region President Virginia Jorden will preside over the convention business meetings.





82nd FRA and 80thth Auxiliary of the FRA  
East Coast Regional Convention  
Newsletter #1 March 2026



The Convention's Hospitality Room will remain open for social activities and a complimentary Pizza Night will be held July 23, 2026, 6 pm. As always, the Pass the Ace game will always be available. New players are always welcome to join the fun.

Come ready to have fun at the Welcome Aboard Party with lite appetizers. A Patriotic themed Party will be held Friday, July 24, 2026. Prizes will be awarded for the Best Attire, Hat, and more. Christina Murray will host this casual fun filled evening with DJ Fresh Murray providing music that is sure to keep your toe tapping.

To conclude the convention festivities, the mock Installation Ceremony for the incoming FRA and Auxiliary of the FRA Regional Presidents 2026-2027 will be held followed by the Convention's Banquet with music by the DJ Chris Murrigan. Make reservations for an enjoyable evening with special Door Prizes.

Branch and Unit Officers are encouraged to attend the convention and distribute convention newsletters or information to the membership via email or phone. Please encourage your members to attend the convention. We look forward to seeing you at the 2026 East Coast Regional Convention.

Yours in Loyalty, Protection and Service

Paul Phelps PRPEC FRA, Chairman

paulphelps57@gmail.com  
757-633-5994

Christina Murray PNP Auxiliary of the FRA,  
Co-Chairman

christinamurray.lafra@gmail.com  
757-439-6135

Robert Oliveira jrPRPEC FRA, Convention Secretary

frabranh293@gmail.com  
252-338-3431





**82nd FRA and 80th Auxiliary of the FRA  
East Coast Regional Convention  
July 23-July 26, 2026**

**Tentative Schedule of Events**

**Wednesday July 22, 2026**

Convention Setup Committee	0800	Hallway
Registration	0800	Foyer

**Thursday July 23, 2026**

Breakfast Buffet \$10.95	0600 - 1000	The Garden Grille & Bar
Hospitality Room Opens	1630- 2359ish	Suite TBD
Registration	1200- 1600	Foyer
Complimentary Papa John's Pizza Party	1800	Suite TBD

**Friday July 24, 2026**

Breakfast Buffet \$10.95	0600 - 1000	The Garden Grille & Bar
Registration	0900 - 1600	Foyer
Vendor Tables Set up	Morning	
Hospitality Room	0900 - 1200	Suite TBD
Auxiliary Committee Meetings	0900	See Committee Chair
Memorial Service Rehearsal	1115	Meridian & Emerald
Opening Ceremonies	1300	Meridian & Emerald
Foxy Ladies Club	1530-1630	Suite TBD
Hospitality Room	1630	Suite TBD
FRA Committee Meeting	1530	TBD
Welcome Aboard Party	1900	Meridian & Emerald

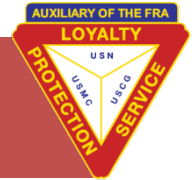
**Saturday July 25, 2026**

Breakfast Buffet \$10.95	0700-1100	The Garden Grille & Bar
Registration	0800-1600	Foyer
FRA Business Session	0900-1600	Meridian & Emerald
Auxiliary Business Session	0900	Providence & Windsor
FRA Gray Hat Luncheon	1130	Meridian & Emerald
Auxiliary Gray Hat Luncheon	1130	Meridian & Emerald
Vendor Break down	Before 1200	Hallway
FRA Business Session	1300	Meridian & Emerald
Auxiliary Business Session	1300	Providence & Windsor
Martini Club 15 min after FRA Meeting	COB-1630	Suite TBD
Hospitality Room	1630-1830	Suite TBD
Mock Installation	1830	Meridian & Emerald
Banquet/Entertainment	1900-2200	Meridian & Emerald
Hospitality Room	2100-2359ish	Suite TBD

**Sunday July 26, 2026**

Breakfast Buffet \$10.95	0700-1100	The Garden Grille & Bar
Hospitality Room Break Down	Before 1100	Suite TBD





# Meal Order Form

**Welcome Aboard Party** \_\_\_\_\_ X \$15.00 Total \_\_\_\_\_  
Mini desserts, fresh fruit and cheese, vegetable crudités, Dancing with the DJ.

**FRA Gray Hat and Auxiliary of the FRA Luncheon**  
**(Open to ALL)** \_\_\_\_\_ X \$30.00 Total \_\_\_\_\_

It's a Wrap \*pick your wrap

- Turkey & Swiss **or** Ham & Provolone
- Italian or Veggie, tossed salad,
- Italian pasta salad,
- Potatoes chips
- Cookies/brownies
- Tea and water

**Banquet (Served dinner)** \_\_\_\_\_ X \$55.00 Total \_\_\_\_\_

Choice of: \_\_\_\_\_ Chicken Cordon Blue or \_\_\_\_\_ Baked Salmon

- Smashed Red Potatoes with garlic & herbs
- Grilled vegetable medley
- Garden Salad,
- Fresh baked rolls
- Dessert
- Coffee Service and Iced Tea

\*\*\*\*Any special dietary requirements and allergies need to be specified on meal reservation forms.

**All Meals Total** \_\_\_\_\_

Please make checks payable in the amount of \$ \_\_\_\_\_ to:

**FRA 2026 East Coast Regional Convention**

Mail check and completed form to:

**PRPEC Gabriel Falu**  
**1925 Rip Rap Court**  
**Virginia Beach, VA 23456**  
(757)-581-8390

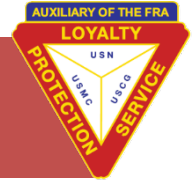
**Name** \_\_\_\_\_  
**Email** \_\_\_\_\_

**Branch/Unit** \_\_\_\_\_  
**Phone Number** \_\_\_\_\_

Contact PRPEC Gabriel Falu (757)-581-8390 or Email: gabrielfalufra99@aol.com

Completed Form and Payment Must Be Received by **July 1, 2026**  
Prices for meals include taxes and gratuities





# Vendor Tables

The Convention Committee will provide vendor tables for a minimal fee of \$25.00. This fee is to offset cost associated with the convention.

For additional information, contact **PRPEC Loretta Jorden** (410)-533-1902 or [sticherydisignz@gmail.com](mailto:sticherydisignz@gmail.com).

Please provide the following information before **July 1, 2026**.

Name (Branch/Unit): \_\_\_\_\_ Number of Tables: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Make checks payable to: **FRA 2026 East Coast Regional Convention**

**Mail check and completed form by to:  
PRPEC Loretta Jorden  
2825 Whitehouse Road  
Riva MD 21140**

\*\*\*\*\*

## **Directions by Automobile**

**From the North** - Traveling on I-95 SOUTH toward Richmond. Keep left to stay on I-95 S. Take exit 84B for I-295 toward Charlottesville. Use the left 2 lanes to take the ramp to US-1 S/Richmond. Use the left lane to merge onto I-295 N via the ramp to I-64 W. Use the left 2 lanes to take the exit toward I-64 E. Continue onto Exit 53B (signs for I-64 E/US-250/Richmond). Merge onto I-64 E. Take exit 178B to merge onto US-250 E/W Broad St. Merge onto US-250 E/W Broad St. Turn left onto Dominion Blvd. Turn right 348 ft.

**From the East (Including Williamsburg/Newport News Intl. And Norfolk Intl. Airports)** - Traveling on I-64 West to Richmond. Use the right 2 lanes to turn slightly right to stay on I-64 W (signs for I-195 S/Powhite Pkwy/Charlottesville). Take exit 178B to merge onto US-250 E/W Broad St. Merge onto US-250 E/W Broad St. Turn left onto Dominion Blvd. Turn right 348 ft.

**From the West (Including Richmond Intl. Airport)** - Traveling on I-64 EAST toward to Richmond, VA. Use the right 2 lanes to turn slightly right onto I-64 W (signs for I-195 S/Powhite Pkwy/Charlottesville). Take exit 178B to merge onto US-250 E/W Broad St. Merge onto US-250 E/W Broad St. Turn left onto Dominion Blvd. Turn right 348 ft.

**From the South** - Traveling on I-95 NORTH toward Richmond. Use the right 2 lanes to turn slightly right onto I-64 W (signs for I-195 S/Powhite Pkwy/Charlottesville). Take exit 178B to merge onto US-250 E/W Broad St. Merge onto US-250 E/W Broad St. Turn left onto Dominion Blvd. Turn right 348 ft.





**82nd FRA and 80th<sup>th</sup> Auxiliary of the FRA  
East Coast Regional Convention  
Journal**

To place an advertisement in the Fleet Reserve Association 2026 East Coast Regional Convention Journal, please send the Ad to Journal Chairman, Christina Murray, 512 Hyde Park Rd Norfolk VA 23503, along with a check payable to: **"FRA 2026 East Coast Regional Convention"**. Please email digital file to [christinamurray.lafra@gmail.com](mailto:christinamurray.lafra@gmail.com). An EIN is available upon request. Must be received by **July 1, 2026**

1. Full Color back page	\$200.00
2. Full Color back inside page	\$175.00 <b>Sold</b>
3. Full Color front inside page	\$175.00 <b>Sold</b>
4. Full Color page	\$150.00
5. Full page black and white	\$100.00
6. One Half page	\$ 75.00
7. One Quarter page	\$ 50.00
8. Business Card	\$ 25.00
9. Booster Name	\$ 1.00
10. Patron Name	\$ 3.00
11. Life Member	\$ 3.00
12. Memorial Name Only	\$ 1.00

**All Ads must be in one of the following formats for best results.**

1. **Word.doc with Write up and Names**
2. **PDF - Pictures**
3. **JPEG - Pictures**
4. **PNG - Pictures**

Please direct questions to **Christina Murray** 757-439-6135.

---

Branch, Unit, or Business: \_\_\_\_\_

Point of Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Size of Ad Requested: \_\_\_\_\_

Payment: \$ \_\_\_\_\_

Payable to: **FRA 2026 East Coast Regional Convention**

**Mailed to:**  
**Christina Murray**  
**512 Hyde Park Rd**  
**Norfolk VA 23503**





**82nd FRA and 80thth Auxiliary of the FRA  
East Coast Regional Convention  
Newsletter #2 March 2026**

To defray the cost of hosting the convention, the convention committee is offering the members of the FRA and Auxiliary an opportunity to be a Patron or a Booster

Patron Roll      A donation of \$3.00 per person;

_____	_____	_____
_____	_____	_____
_____	_____	_____

Booster Roll      Minimum donation of \$ 1.00 per person

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Life Member      A donation of \$3.00 per person

_____	_____	_____
_____	_____	_____

Memoriam      A donation of \$1.00

_____	_____	_____
_____	_____	_____

Make Checks Payable to: **FRA 2026 East Coast Regional Convention**

**Mailed to:  
Christina Murray  
512 Hyde Park RD  
Norfolk, VA. 23503**





# “Spirit of '76

Happy Birthday USA!”



## It's the 82nd East Coast Regional Convention

### Welcome Aboard Party

Join us at the Welcome Aboard and Honor America's 250 Years of history. The theme is “Spirit of '76”. Come as your favorite U.S. historical figure or as yourself in patriotic attire.

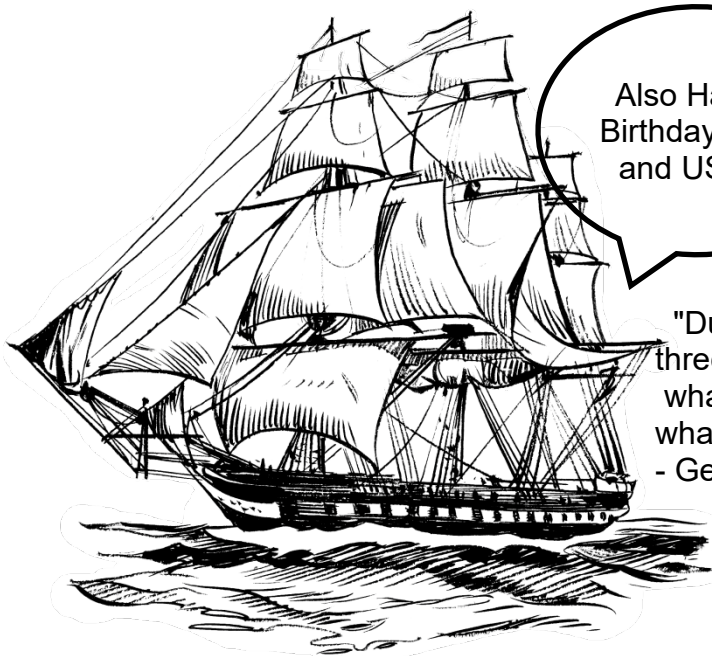
Friday July 24<sup>th</sup> at 1900

Mini desserts, fresh fruit and cheese, vegetable crudité's.

Cash bar 7 to 9

Dancing with the DJ.

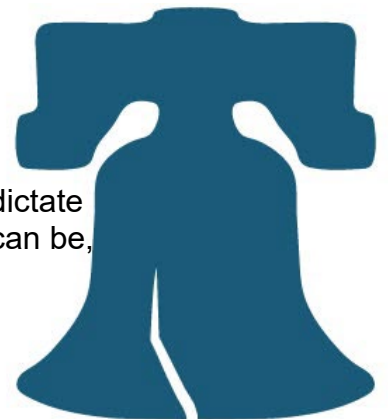
Games and Prizes



Also Happy  
Birthday USN  
and USMC

"Duty, honor, country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be."

- General Douglas MacArthur





**EC Regional Convention Fundraiser**  
**Grand Prize Hand**  
**Crafted Quilt**

**Celebrating our Nation's 250<sup>th</sup> Birthday**

**Raffle \$1 each or 6 for \$5**

**More than 25 prizes**

**Grand Prize Hand Crafted Quilt**

Raffle tickets please contact PRPEC Gabriel Falu (757)-581-8390 or Email: [gabrielfalufra99@aol.com](mailto:gabrielfalufra99@aol.com)

Please make checks payable to:

**FRA 2026 East Coast Regional Convention**