



THE OLD GUARD NEWS

Volume 77, Number 4 April 2006

Easter Glass . . . Harold C. Smith

Then the angel said to the women in reply, "Do not be afraid! I know that you are seeking Jesus the crucified. His is not here, for he has been raised just as he said. Come and see the place where he lay . . ."

—Matthew 28:1-10

Silicon dioxide—sand. Purify it, remove any traces of iron, bleach it. Add limestone and sodium carbonate. Heat it until the sand melts—1700 degrees. The result: glass. Glass that can inspire as a part of a cathedral's brilliant stained glass window, glass that can illuminate when blown into the form of an incandescent bulb, glass so beautiful it takes your breath away in the form of Waterford crystal. But it starts with sand—sand that has ceased to be sand and has given over its properties to create something greater.

Sand and glass are a parable of the wondrous

Easter Miracle. At first glance, we see in the crucifixion on Good Friday a God/Father who is unable to protect his Son from such evil violence. But look deeper. In the complete story, we realize a God who takes on our humanity and then gives it over to create something greater. In his Passover from sand to glass, by offering his own humanity for the sake of our own humanity, the Christ of God transforms despair into hope, grief into joy, and, most amazingly, death into life. At Easter we behold the one true and only God who loves his creation enough to humble himself to become sand and then to endure suffering and death in order to rise to become glass for all eternity.

And to us and the world he gives the promise and the means to transform the hard sand of our lives into the light and brilliance and

beauty of glass that is the eternal life with and in God.

By such love, a handful of sand becomes the crystal of heaven itself.

A prayer this Easter: Father of unfathomable compassion and love, re-create us in the great love you loosed upon the world in the passion, death and resurrection of your true Son Jesus. Never let us lose hope that your love can transform the darkest nights of our lives into the glorious morning of Easter joy. May we be willing to let our own needs and wants and lives die in order that you might raise us to something better and greater: sharers in the resurrection of Jesus your Christ. Amen.



HE IS RISEN, INDEED!



Harold C. Smith

Inside this issue:

Health Hints	2
My Mentor, Dwile Heggem	2
From the President	3
From the Chapters	4
Keeping In Touch	5
Golden Treasures	6
A Personal Story From WWII	7

Special points of interest:

- Health Hints . . . Learn about the value of BANANAS.
- My Mentor . . . A new series on people who influenced our YMCA careers.
- War Is Not the Answer . . . A personal experience from WWII.
- Int'l Senior Service Corps . . . You can have an experience of a lifetime.

Health Hints . . . By Audrey and Len Covello



**Len and Audrey Covello
Health Hints**

Yellow — the color of many of our spring flowers and of everyone's favorite fruit — BANANAS!

Did you know: Bananas contain three natural sugars - sucrose, fructose and glucose.

Two bananas can give you enough energy for a 90 minute workout!

Bananas help overcome or prevent a number of illnesses. Serotonin in ba-

nanas helps overcome DEPRESSION — enabling you to relax and feel happier.

Bananas stimulate the production of hemoglobin in the blood helping cases of ANEMIA.

Bananas are high in potassium, low in salt. A perfect food to beat HIGH BLOOD PRESSURE.

Bananas are high in fiber — helping to overcome CON-

STIPATION

If you suffer from HEART-BURN or UPSET STOMACH eat a banana for soothing relief. Or make a banana milk shake, sweetened with honey, to build up your depleted blood sugar level while the milk soothes and rehydrates your system.

Head to your grocery store and stock up on that yellow fruit!!

Thanks to Gaylord Thomson's letter to the editor suggesting a series on people who had an influence on our YMCA careers, we received some response. Here is the first of a series.

My Mentor, Dwile Heggem . . . By Fred Pahl

I will never forget that long trip from San Diego to the "Alhambra YMCA" which later became the "West San Gabriel Valley YMCA" in Alhambra, California. That "big ole YMCA" building stood on the corner of Main and Almansor Street. What was I doing here? I didn't know anything about the YMCA!

Was this building a YMCA? The front of the building had an advertisement for a "flower shop" and a tuxedo shop ." But, as you looked around the corner on Almansor, there it was . . . the entrance!

This was it...going into the lobby, I asked for Mr. **Dwile Heggem** who would not only turn out to be my first YMCA mentor, but eventually a good friend of our family for life.

Dwile (I called him Dwillee) impressed me from day one with his professionalism and friendly nature! After the committee interview he immediately offered me the position as Youth Program Director in charge of Y-Indian Guides; Day Camp; Gra-Y and some resident camping. The top of our salary range is \$489 he explained plus health insurance

and retirement! Wow, not bad I thought!

Starting on the job September of 1965 - Dwile began to help me get organized with my first "date" book. " Planning is the key to any successful YMCA Directors career, he said."

He pointed me in the right direction. If you want to learn, learn from the best. Go see **Dave Mercer** about Y-Indian Guides; go see **Anthony Garcia** about Gra-Y; learn Camping, go see **Dean Maxson**.

Dwile met with me weekly to review the plans that I now had for my YIG; Gra-y and Day Camp programs. He gave me the freedom to be creative, plan and yes, at times fail. But, he was always there to encourage and offer advice and direction.

When he hired me, he said, "You will be in the YMCA Retirement program." I had no idea what it was all about, but am I glad it was mandatory that I sign up! Not only has the YMCA Retirement been great, but he also helped me to realize the value of a good investment program for years to come. (By the way, he still

gives me good advice!)

Dwile also laid the ground work for me to learn and become active in the Y's Sustaining Membership Campaign and to understand the value it played in providing dollars for the youth of our community. Not only did it raise money for our programs...but it was one of the best "adult programs" the YMCA offered.

After Dwile left the "Alhambra YMCA" we continued to work together on "Southwest Area YMCA" programs and events together. He was never too busy to call me and ask, "How are you doing and how are things going, need any help?"

Dwile was and is one of the great professionals in our movement that will never be forgotten! As my mentor and friend, he inspired me and provided me the guidance to enjoy a successful and gratifying 27 year YMCA career.

Thanks Dwile for being my YMCA mentor and friend for over 40 years...Your coaching and help will never be forgotten.



Fred Pahl retired in 1992 as CEO of Riverside City/County YMCA and now lives in Carlsbad, CA.

From the President . . .

The "talking heads" are already in full stride, invading our homes with speculations of the likely candidates for the 2008 US Presidential election.

Fortunately for NAFYR, we rarely (translate: never) make the evening news. However, I have it on good authority that the NAFYR Nominating Committee is gearing up to identify a slate of officers who will assume leadership in 2007.

NAFYR has six elected officers. A Treasurer, a Secretary, three Vice Presidents (one for Canada; one for the US West; and one for the US East), and a President.

On the surface, the task of the Nominating Committee would seem simple enough. Call a meeting, contact the six souls who

surface as the most likely prospects, and submit that list for election by the General Council.

But, we all know - nothing is simple!

It is a time to bring the NAFYR community together.

Therefore, by the authority vested in me, I'm appointing each of you as a Deputy nominating committee member for the purpose of identifying individuals for our six elected offices.

You might even want to come together as a "posse" to pool your resources.

Take the question of NAFYR leadership to your Chapter/Cluster meeting. Create an open dialogue on the question of leadership, and about those individuals who should be con-

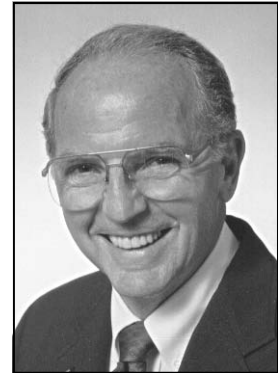
sidered for leadership positions. Think about colleagues in your cluster, your chapter, or people you just know would be good for this organization.

I know a lot of people. So do you. But, none of us knows all of us. Out there, somewhere, is an individual who would be just right for service to NAFYR. These good people are not always known beyond their immediate area. Help bring them to the surface.

Final step: call, write, e-mail nominating chair **Jim Lipscomb** with your thoughts. You'll find him in the directory in this newsletter.

Live the spirit of 17:21...

Hank



Hank Bagelmann
NAFYR President

“Out there, somewhere, is an individual who would be just right for service to NAFYR”

Emergency Assistance Fund . . .



Dale Ventres,
EAF Chair

Seven months have lapsed since a NAFYR member received an EAF grant, but that will soon change as we have now submitted another Request for Grant to the Support Services Committee of AYP.

This case was initiated by a NAFYR chapter EAF

Representative, with the approval of the chapter President.

"This was an especially tragic situation of a retiree suffering several cancer operations plus other assorted health related problems, which began years ago. Those problems dictated an early disability retirement from the YMCA", according to **Dale Ventres**, NAFYR's EAF Chair.

Ventres said this was one of the worst cases he has administered, "But because of this man's upbeat spirit and enthusiasm to continue his volunteer work, it

was a pleasure to come into contact with such a delightful personality."

All NAFYR members are requested to "keep alert to needs of fellow members" and report any problem to their EAF Rep or President.

Ventres added he was "truly gratified" by the 700 retirees who pledged a record \$66,285 to EAF last year, but indicated he was "pressing" for increased pledges payable in May, August and November 2006. He also stated "additional retirees need to pledge this year".



From the Chapters . . .



Joan Crawford vamps Phil Wortman as Gail looks on at the Willis Chapter event in Fort Myers.

Upper Midwest Chapter Spring meeting will be at the Old Log Theatre in Excelsior, Minnesota, Wednesday, April 26 at 11:15am. There will be a short Chapter meeting followed by the play, "Don't Dress For Dinner" at 1pm.

Marston Chapter is planning a Picnic and Concert in Balboa Park in June and a World Service meeting in September.

Grand Canyon Chapter is going to the Diamondbacks vs. the Rockies baseball game on April 12. A chap-

ter meeting and dinner will precede the game. A fall meeting is planned for October 18-19 at the Franciscan Hotel in Casa Grande. Golf will be played in the morning of the 18th.

Sam Schreiner Chapter is conducting a survey of

their membership. They are asking seven questions, the answers to which will be shared at their Chapter meeting this month. The purpose of the survey is to improve Chapter programs and services to members.



"Heartland Hospitality"

September 25-28, You are invited to enjoy the fellowship of YMCA colleagues and friends in Springfield, Illinois Get information at:

www.ymcaretiree.org

Join the Majority To Get It There . . .

Dear Fellow Retirees:

Electronic delivery is the safest and fastest way to have your YMCA Retirement Fund annuity income sent to your bank. In fact, 7,600 YMCA retirees participate in the Fund's "Electronic Funds Transfer" program each month.

Consider joining the majority and sign up today to

have your monthly annuity sent directly to your bank. It's convenient, timely, and secure— your money is in your account on the first business day of the month.

You can get the enrollment form on the Fund's website at :

<http://www.yretirement.org/ymcarf/pdpf/ben-13.pdf> or

have one sent to you by contacting our Customer

Service Department at 1-800-738-9622. Complete the form and mail it to the YMCA Retirement Fund at 140 Broadway, New York 1005-1197.

Join the majority and try it. You'll like it.

Cordially,

Rich Hall
YRF Representative

Have
your
monthly
annuity
sent
Directly
to
your
bank.

We Welcome . . .

. . .the following members into the fellowship of YMCA retirees, linked together by our common heritage and our service to humanity.

Joan Brown (Steve), Aquatic Director, New Castle PA, 220 Reno Lane, New Castle PA 16101

JEF Craig (Karen), General Director, Keene NH, PO Box 513, Fitzwilliam NH 03447

Tom Feller (Loretta), Executive, Xenia OH, 1378 Cowman Court, Beavercreek OH 45434

Wayne Goeldner (Susan), Sr Program Director, Chicago IL, 1175 Knollwood Dr, Grafton WI 53024

Charlotte Guth (Thomas), Technical Specialist, Tampa FL, 6803 Murry Hill Ct, Tampa FL 33615

Cary Massey (Trish) Management Consultant, YMCA-USA, 143 St Andrews Dr, Hendersonville TN 37075

Gary Meister (Laura), Executive, Peru IL, 214 Elm St, Cambridge WI 53523

Janet Pinn (Steve), Member Services, San Jose CA, 6164 Silberman Dr, San Jose CA 95120

Nora Samson (Gerald), Receptionist, Lansdowne PA, PO Box 81, Montpelier VT 05601

Nancy Wallace, Membership Director, Ridgewood NJ, 10-05 Campbell Rd, Fair Lawn NJ 07410

Peter Walsh (Linda), Executive Director, Frankfort KY, 243 Crown Point Dr, Frankfort KY 40601

Keeping In Touch . . .

Health issues top the list for many of our members in Keeping in Touch . . .

George Zeise, Summerfield, FL continues to battle cancer.

Debbie Brewster, Sun Lakes, AZ is doing Cyberknife radiation after three surgeries.

Jeanne Shallman, Tucson, AZ began radiation in January after 2 surgeries.

Peg Andrews, Sun City West, AZ just got her neck brace off before Christmas while **Andy** is recovering from a fall and hip replacement.

Len Covello, Prescott, AZ is also recouping after getting a new hip .

Doris Cords, Oceanside, CA had cataract surgery in November and January.

Lucille Hall, Nokimos, FL suffered a heart attack last summer but has recovered. **Phil** continues with his dialysis.

Ilene Davis, San Diego, CA had a total knee replacement. Not to be outdone, **Don** fell and fractured his kneecap and now wears a brace.

Chuck Swineford, Naples, FL is recovering from a hip replacement.

Bill Scofield, Oceanside, CA made a certified hole-in-one on the golf course near his home on February 6.

Bob Shelton, Goodyear, AZ

is directing a capital campaign for Fitzgibbon Hospital in Marshall, MO.

Roger Martin, San Diego, CA is involved with the annual YMCA campaign and Senior Olympic Board.

Bob and Barb Schmidt, San Diego, CA enjoyed a trip to Hawaii. Bob celebrated his 80th birthday February 23rd.

Bob and Jeanne Swearingen, Encinitas, CA plan to celebrate their 60th anniversary and Bob's 86th birthday with a cruise to Alaska in September.

Carol and Doug McLeod, St. Augustine, FL are preparing for a 3-week Elder Hostel to Scandinavia in May.

Why Ask Why? . . .

Sometimes the answer is irrelevant — it's the question that counts.

If money doesn't grow on trees, why do banks have branches?

What color hair do bald men put on their driver's license?

When French people swear, do they say, "Pardon my English"?

Why is it so hard to remember how to spell "mnemonic"?

How do you know when it's time to tune your bagpipes?

How did the "Keep Off the Grass" sign get there in the first place?

How do you throw away a garbage can?

When two airplanes almost collide, why is it a "near miss"? Shouldn't it be a "near hit"?

Let us

know

what you

have been

doing.

Send your

successes

and

your

adventures

to

the OGN Editor

at

wbmclm@aol.com



We Remember . . .

Marie M. Bellavia, 20480
Veterans Blvd, Apt 213, Port
Charlotte, FL 33954

Samuel A. Edgar, President,
St. Louis, MO, 620 Claymont
Drive, Ballwin, MO 63011

Norman H. Ludlow, 1550
Portland Avenue, #22120,
Rochester, NY 14621-3026

William J. McCartney, 2649
South Lake Drive, Adrian, MI
49221

Donald H. Meyncke, 90West
Lake Road, #E-113, Palm
Harbor, FL 34684

Wallace J. Musselman, 711
South 5th Street, Gadsden,
AL 35901-5113

Leonard Robinson, Executive,
Washington Park Branch,
Chicago, IL, 115 Hay Street,
Park Forest, IL 60466

Ellen Fensholt Sorensen ,
Glacier Hills, Ann Arbor, Michi-
gan

NAFYR E-MAIL DIRECTORY

Joan/Walt Jacoby, Penney Farms, FL wijacoby@bellsouth.net

Joan Mason, Barnes, WI masonjwoanwillow@yahoo.com

Jane West, Sacramento, CA Dudleydame@sbcglobal.net

From the E-Mails received:

*We received a number of E-mails from Canada like the fol-
lowing:*

We recently received the March 2006 issue of OGN and
read the Travel Tips article on Montreal. Thanks so much for
such a nice description of the city.

Unfortunately, a key piece of YMCA information is miss-
ing. The YMCA of Greater Montreal was the first YMCA in
North America established in November 1851 just ahead of
Boston.

*Thank you, all. We regret the omission and we stand
corrected. - Editor*

List Your Golden Treasure

Clark Koechel is keeper of the records for Golden
Treasures. Send your listing to him at:

N7576 Sandy Beach Road
Fon du Lac, WI 54935
or email: ick2@charter.net

GOLDEN TREASURES — APRIL

65 YEARS

Helen and Hartwell Brooks, Round Rock, TX, April 24

63 YEARS

Doris and Lewis Janney, Phoenix, AZ, April 1

61 YEARS

Pat and Hal Marckwardt, Sherman Oaks, CA, April 7

60 YEARS

Ruth and Len Conner, Oxford, OH, April 3

Dorothy and Vern Miller, Sacramento, CA, April 24

Hazel and Tony Silveira, Taunton, MA, April 27

59 YEARS

Pearl and Al Bostrom, Seattle, WA, April 25

58 YEARS

Barbara and Dick Mooney, Rockland, MA, April 4

Dottie and Ralph Cromer, Kettering, OH, April 10

57 YEARS

Jodie and Dale Ventres, Redlands, CA, April 3

Eva and Bill Devlin, Front Royal, VA, April 4

Adine and Bob Hepburn, Tuscaloosa, AL, April 16

56 YEARS

Grace and Earnest Uno, Honolulu, HI, April 2

Phillis Hartley and George Brening, Sarasota, FL, April 21

Beatrice and Gail Weedman, Kokomo, IN, April 29

55 YEARS

Alice and Jim Coatas, Tulsa, OK, April 29

54 YEARS

Catherine and Theodore Dusselberg, New Bern, NC, April 27

53 YEARS

Dorothy and Eudean Jones, Birmingham, AL, April 24

52 YEARS

Doris and Thomas Bethune, Charlotte, NC, April 18

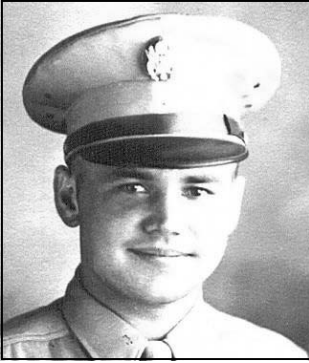
Esther and John Bryant, University Park, TX, April 25

51 YEARS

Addeen and Bob Brunken, Woodbury, MN, April 2

JoEvelyn and L.O. "Jack" Paslay, Arlington, TX, April 7

Marjorie and Everett Heer, Surprise, AZ, April 30



Lou Albrecht, 1943

The 84th Infantry Division got to the front line and were sent into action in November '44 on the Siegfried Line. In mid-November our Company was assembled and entrenched in an open field in front of a battery of 155mm howitzers. Around midnight we were ordered to move out to go to the front line — but as this order was given a German Bomber dropped several bombs on the Artillery pieces. One of our squad of 12 men was wounded and never returned to action. We marched through

mud up past our ankles and took positions in fox-holes. Because we were under constant shell and small arms fire we spent the next 11 days and nights keeping below ground level as much as possible, during rainy and freezing weather. One of my squad was shot through the jaw during that time. On the 12th day we were ordered to advance over open ground toward the town of Lindern. One of my squad was killed in the first few yards of our advance. Pinkey, a good friend, and I advanced toward a covered German position that had a white flag raised. Pinkey was anxious to take prisoners and dashed around one side and I went around the other side. I saw a machine gun firing on us from a few yards away. I went back and pulled Pinkey back. Other American troops silenced the machine gun. Pinkey had been shot through the

side, but not through vital organs. He recovered and returned to action. We went on — minus 4 at this time. We continued our advance and I was standing beside our Sergeant when a high velocity armor piercing shell, aimed at an American tank behind us, cut his legs off, just below the groin. His wounds were mortal. He never got to see his child that had been born a few months before. We got into the town and found safety in the brick ovens of a brickyard but two of us had to be in the fox-hole defending against a possible counter attack. Peters, our oldest soldier, and I had the duty at the 4:00 a.m. shift. He went to pieces (battle fatigue) and I had to send him to the aid station. I then decided to make contact with the other part of our Company and my best friend, Hoey, went with me. It was pitch dark and as we went toward our destination four soldiers appeared. We were uncertain whether they

were our troops so we yelled. Three raised their guns and fired as they were a part of the counter attacking force. The other one jumped on me as I hit the ground. I saw Hoey upended as a bullet hit him between the eyes, and I knew he was killed instantly. I was stronger than my adversary and he was quick to understand he was my prisoner. We crawled away and got back to our fox hole position and I found I had been hit as a bullet had creased my skull. I was the eighth member of 12 that became a casualty. I was in the hospital in England for two months but returned to action in February of 1945. Of course not all periods of time were this extreme. Suffice it to say — of our 180 men at the start of action, six survived without being a casualty. Many like me, were wounded and recovered without permanent damage. Fifty-two were KIA (killed in action).

Continued on Page 8

In My Opinion . . . Chuck Swineford

"The Y certainly is not like it used to be". How many times have you heard that said in a group of Y retirees? My opinion is that it (the Y) indeed is not as it used to be. Furthermore we should be grateful that it isn't.

I think it is difficult for most of us to admit our work goes on whether we're there or not.

In most cases the work is better and certainly holds a higher visibility in the community than ever before.

In large measure this is due

to the training we have done to bring the young staff along on the trip to greater and better community service. Isn't that the way life should be? We wish that for our own children. We do everything we can to make their life and their accomplishments greater than ours.

Although our training of young staff, when we were active, is one important reason our profession is better, it isn't the only reason.

Lay leadership is more suc-

cessful raising capital and current operating dollars than ever before. Just look around the country. Ys are springing up in medium and small towns that we would never before thought possible.

Yes, this is my opinion. It is based on some valid observations. Since my official retirement, I have made over 170 visits to Ys across the country. The purpose of these visits was as a Safety and Risk Consultant. They have allowed me to meet not only professional staff, but also key lay persons.

As I have observed these Ys over the last 12 years, I say to you, they are GOOD.

Rest well. We have done a good job training today's leadership.



Chuck Swineford retired CEO of the Las Vegas YMCA, lives in Naples, FL



- President HANK BAGELMANN**
1501 Horton Road
Waverly, IA 50677
319-352-1198
HBagelmann@aol.com
- Vice President JACK PEARSE**
Canada 274 Shakespeare Drive
Waterloo, ON N2L 2T6
CANADA
519-885-6097
JackPearse@rogers.com
- Vice President DOUG MCNEEL**
East 1128 Arborhill Drive
Woodstock, GA 30189
770-928-3304
DJMCNEEL@COMCAST.NET
- Vice President BETTY OLSON**
West 136 Lost Creek Drive
Folsom, CA 95630
916-988-5292
BOlson170B@aol.com
- Secretary MIKE ANDRASSY**
RR #2
Almonte, ON KOA 1A0
CANADA
613-256-1401
Andrassy@trytel.com
- Treasurer DOTTIE ELEY**
YMCA of Seattle
909 Fourth Avenue
Seattle, WA 98104
(O) 206-382-5003
(H) 206-282-1693
DEley@seattleyymca.org
- Editor OGN BILL MOSS**
7326 East Monte Vista
Scottsdale, AZ 85257
480-945-0958
wbmclm@aol.com
- Past President JIM LIPSCOMB**
308 Morrow NE
Albuquerque, NM 87106
505-255-4031
jlipsco32@aol.com
- Consultant JOHN PREIS**
YMCA Retirement Fund
140 Broadway
New York, NY 10005
Preis@ymcaret.org
- Consultant HAROLD SMITH**
105 Duane Street, Apt 26B
New York, NY 10007
212-566-4452
HCSmith1@email.msn.com

International Senior Service Corps . . . By Peg Andrews



Peg Andrews, Chair
ISSC

The International Senior Service Corps is a big part of NAFYR reaching out to help our international YMCA friends around the world. As Chairman of this I want to reach out to NAFYR members to expand their horizons while sharing the skills learned in their YMCA training. China has opened their arms to welcome us in many ways. Presently the ISSC has two couples volunteering in China. Ray and Muriel Jacoby are on a second tour to Beijing as they wished to keep alive and growing what they had started in China. Ray has gotten Springfield College to send two Interns for a semester and he is supervising them. He would like this to continue when he leaves in May. New Interns would be going in October 2006.

Anyone interested in volunteering in either Beijing or ChengDu for six months beginning around October 2006 please contact Peg Andrews at pandrews1@cox.net or at 623-546-9514. The ChengDu YMCA would also like the Lievings teachings to continue. Just this morning I got this note from Carole and Larry Lieving presently volunteering in ChengDu. They write " We will be very sad to say goodbye to these beautiful, loving students. They have really stolen our hearts. The Chengdu YMCA-YWCA is serving the Chinese people, and in turn, is making the world a better place. We thank NAFYR for giving us this opportunity, and we will be more than happy to talk to anyone who would consider coming to Chengdu YMCA-YWCA. It has been the "adventure" of our lifetime!"

Also Gene and Jeanne Sacha/Shallman volunteered in ChengDu. All of these people plus Peg Andrews have had experiences of a lifetime and will answer any questions you might have.

War Is Not the Answer (Cont'd. from Page 7)

There is no way to describe the dirt, grime, swollen feet, 40-plus days without a bath, sanitation i.e. using water from shell holes — even for drinking at times. A short poem is descriptive of how many "front line" soldiers felt. "When I get to Heaven's gate, St. Peter I will tell. Just send me straight to Heaven, Pete. I've served my time in Hell." War is NOT the answer!



Lou Albrecht 2006,
now lives in Crete, NE

Reminder . . .

NAFYR lives on contributions. Unlike our chapters, NAFYR has no annual dues. NAFYR's national budget depends on your generosity. And remember, \$12 of your contribution covers your subscription to receive this OGN

newsletter.

You should have received a letter from Dottie Eley last December with an enrollment card. Perhaps your letter and card got lost in the Christmas mail, BUT it is not too late. Just

write a check to NAFYR and drop it in the mail to:

Dottie Eley
NAFYR
909 4th Avenue
Seattle, WA 98104

Your gift will be much appreciated.