



THE OLD GUARD NEWS

From The President . . . Hank Bagelmann



Hank Bagelmann
NAFYR President

Last month, I described the work of the NAFYR Committee and Task Force Chairs to recognize their continuing diligence and good works.

This month, I will acknowledge the contributions of the members of the NAFYR Board of Directors.

John Preis and **Harold Smith** serve as voting consultants to the NAFYR Board. No one could ask for more support and forthrightness of counsel than that provided by **John** and **Harold**. It isn't that we confer all that often, but knowing they are there is invaluable. We are indeed fortunate to have the continuing presence of these men, both of whom are respected throughout the Movement.

Additionally, we have the ongoing participation of **Rich Hill**, who serves as John Preis' representative. Rich readily involved himself as consultant and hands-on provider as we wrestled through a multitude

of opportunities during the past two years.

Stew Brown isn't a member of the NAFYR Board, but as a Past President, has been a regular contributor to its work. As he provided for my predecessor, **Jim Lipscomb**, Stew continues to be a highly valued advisor, coach and someone ready to hold my feet to the fire.

Past President **Jim Lipscomb** began my training program six months before I took office. He has taken on numerous assignments, including the Membership Development Task Force which became the Organization Development Task Force in September, 2006. Jim has never said no, even though he knew the tasks assigned would test the very roots of NAFYR. I appreciate him more than he can ever know.

Bill Moss is another one of those people who doesn't say "no." When long-term *Old Guard News* Editor **Bob Rule** asked to retire from this responsibility, Bill stepped up and said he would give it a try. It's no easy task following a winner – most of us know something about that – and we are all grateful that Bill said "yes."

Our NAFYR Secretary is **Mike Andrassy**. Mike holds an office that is usually known only to the members of the Board of Directors and the General

Council. He is the guy who writes down what we said – not necessarily what we remember. I appreciate his candor, his great sense of humor and the thoroughness he brings to his job.

We currently have three Vice-Presidents: **Betty Olson**, **Doug McNeel** and **Jack Pearse**.

Betty has concentrated on working with the Chapters west of the Mississippi. **Doug** tracks the east side, plus he carries the load of bringing newly retired YMCA staff into the NAFYR fellowship. **Jack** is responsible for all of Canada, and will continue to give leadership as the Copeland-Budge folks evolve into their soon to be formed independent organization.

I saved this recognition for last, because she is definitely first in the collective hearts of NAFYR. **Dottie Eley** is "One of a Kind." There is no effort too large or too small for **Dottie**. For me, she is a counselor, mentor, confidant, and trusted administrator. **Dottie** has strong convictions and opinions, especially about those things that make a difference in our organizational life. She serves as our Treasurer – but in my world, she is a "Treasure!"

Thanks to all of you for all you do.

Live the Spirit of 17:21...

Hank

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Special Points of Interest

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Health Hints . . . By Audrey and Len Covello



Len and Audrey Covello

Improve your emotional well-ness.

A growing body of evidence indicates **happy** people live longer and enjoy better health.

- Enjoy the lovely fall weather.

Have a picnic with loved ones or friends or revisit a special place – around the corner or across the country.

- **Make eye contact** with your spouse, children, friends and smile.

- **Laugh** - read a funny book or listen to a favorite comedian.

- **Sing loud**—shout it out—don't worry who can hear you.

- **Take it easy!!** Every day give yourself 10-15 minutes to sit, relax and just breathe.

What Your EAF Contributions Provide . . . by Dale Ventres

As I was folding the final sheets for my EAF Mid-Year mailing to Chapter Representatives, Presidents and Editors, plus NAFYR Officers and VIPs, my fax rang so I took a break from folding to see if it might be another grant request, and it was. This was the kind I hate to receive, however, as it was for a just born son of a Y director and his wife.

It was known, at twenty weeks gestation, a very serious congenital heart defect would require immediate surgery, which was performed three days after birth. More open heart operations were necessary and completed, with even more in the immediate future.

Devastating medical expenses

have taken all savings and resources and now his wife is also scheduled for surgery in August. This specialized hospital is many miles from home requiring added living expenses.

Prognosis for mother and son appear hopeful, but the countless thousands of dollars debt will take almost a lifetime to repay.

Your Emergency Assistance Fund granted a maximum ten thousand dollars to this family, which will help with immediate expenses and allow them to remain in their home.

One hundred four years ago some forward thinking YMCA Secretaries established our EAF (under a different name)

to “*Bear Ye One Another’s Burdens,*” and this latest example explains how your dollars and mine are making life a bit less stressful for those experiencing emergencies.

(As this was being typed another grant request was received and this man will also receive a maximum amount due to a major stroke in early May. Initial examination showed “no brain activity”, but he rallied, completed rehabilitation and is now staying with his mother. It is highly unusual to receive two requests one day apart.)

Thank You again for your fine support of EAF.

Dale



Dale Ventres, Chair Emergency Assistance Fund



Keeping In Touch . . .

Stew Brown, Nathrop, CO, was written up in “The Mountain Mail” for his interest in and portrayal of **Zebulon Pike**. Sharing his enthusiasm for the history of Pike’s expedition and making people aware of the local Pike heritage has been rewarding, Stew said.

Gary and Kay Curto have relocated to Cookeville, TN where Gary is Executive Director of the Cookeville Regional Medical Center Foundation. Recently, Kay was diagnosed with Stage 3 breast cancer and is undergoing treatment at Vanderbilt Medical Center. Gary solicits your prayers during this difficult time.

Hugh Davis, Goleta, CA serves as President of the Board of Habitat for Humanity, Southern Santa Barbara County and as chair of the Channel Islands YMCA Annual Good Friday Breakfast.

Don McKiernan, Southport, NC still writes poetry and has written several hundred poems and has had many of them

published in many places for over 80 years (he is 87). He wrote one for **Yolana** for their 60th anniversary this month.

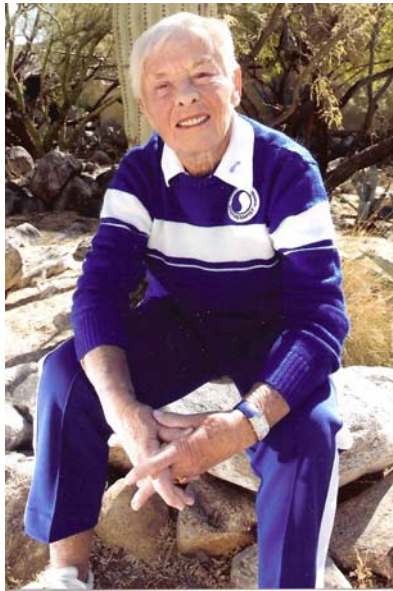
Tony and Joyce Sagare’s garden was one of six on the Yakima (WA) Area Arboretum Annual Garden Tour in June.

Here's Bonnie . . . By Chuck Swineford

If you were around a Y Physical Department in the late 50's or any time in the 60's, the name **Bonnie Prudden** is not new to you. Many times I have been asked about her current interests.

First of all some background, in case you were not interested in physical fitness in those days. **Dr. Harold Frierwood** was the national Y's point staff person with the responsibility for training in all forms of physical education. He provided opportunities for local staff to keep up to date on the latest teaching methods. "Frier" utilized nationally known educators in workshops. NOTE: "This quality of Leadership has not been provided since." Most popular among these leaders was **Bonnie Prudden**. With a combination of local Y visits and her annual workshops, she taught more Y fitness instructors than anyone in those years.

When she visited a local Y, she always promoted the local Y's program on radio, TV and certainly in the print media. The increased membership qualified her as a one person membership campaign. She certainly was responsible for increased revenue.



Bonnie Prudden

After moving from Stockbridge, MA, to Tucson, her interest became Myotherapy which is devoted to the

elimination of muscle pain i.e.:

www.bonnieprudden.com

This photo taken in December '05 at age 91 indicates "she's still Bonnie". She will celebrate her 94th birthday in January of '08.

Even after 3 hip replacements and triple bypass surgery, which was allowed only because of her excellent physical condition (she swims regularly). Jane and I visited Bonnie and her long time associate, Enid Whittaker in June of this year. *(Aside I have had 2 hip replacements, one hang nail and I'm slightly younger than Bonnie.)* She moves better than I! Why would I expect anything different? So **HERE'S BONNIE.**

One more anecdote . . . The March 28, 1961 issue of the Detroit Free Press featured photos and an article about the Northeastern Y's Baby Swim Class. **Bonnie Prudden** had

suggested the Y's swimming instructors, **Harold** and **Mary Ann Cook**, bring their infant daughter to the pool for instruction. Actually, on that date there was no class. Two days later, because of the newspaper coverage, there were six classes. Bonnie had predicted a huge response, and as usual she was correct.

Shown in this 2007 photo (below) is 1963 instructor, **Mary Ann** (left) and daughter **Cheryl** (center), the first YMCA swim baby. Shown on the right is **Kate**, Cheryl's daughter and of course Mary Ann's granddaughter.



"Contentment is not the fulfillment of what you want, but the realization of how much you already have." Author Unknown

We Remember . . .



Myron B. (Pinky) Parker, National Staff for Southeast Region. Survived by Lila, 6952 Country Road, Germantown, TN 38138

Patricia C. Daley, 86 survived by her son, Thomas T. Winant, 8591 Gallberry Circle, Port St. Lucie, FL 34952

Helen B. Duncan, 89, Manager of Services. Survived by her daughter, Duthena B. Swanigan, 319 West 32nd Street, Indianapolis, IN 46208

William Manis, 76, Executive Director. Survived by Mary Manis, 1504 Philippen Street, Manitowoc, WI 54220-6150

Richard Voit, 75, Club Manager/Athletic Director. Survived by his children Joseph W. Voit, Jr., Betty Kenner and Kathy Romano, 5144 N Oak Park Avenue, Chicago, IL 60656-3742

Harold E. Nyberg (Edna A.) 12401 N 22nd St -Apt C712, Tampa, FL 33612-3154

We Welcome . . .

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

Dr. Jacob and Phyleata Rhodes, CEO, Atlanta Butler Street YMCA, 270 Acton Drive, Fayetteville, GA 30215, 678-817-0568, Jrhodestn@yahoo.com

Laurie Waugh and Joseph Brower, Membership Services, Metuchen YMCA, 52 Charles Terrace, Piscataway, NJ 08854, 732-572-3166, LSLR0915@aol.com

Raymond R Rebmann, Membership Services, Buffalo, NY, 127 Somerville Avenue, Tonawanda, NY 14150-8705, 716-833-4073

Travel Club Update . . . By Phil Wortman

New Orleans Epicurean Experience

"I want to eat where the locals go." That's your opportunity with the new Orleans Epicurean Experience. Ask the locals where the best food is and they'll tell you about the Italian Shrimp and Oyster's Mosca and Mosca's ... or the soft shell crab and gumbo and Mandina's. They'll talk to you about Arnaud's, Galato-

rie's, or Muriel's in the French Quarter ... or maybe Comander's Place in the Garden District. These are the restaurants highlighted in this "once in a lifetime" event.

Additionally, get to tour Katrina's devastation and see the historical sights of New Orleans ... attend a Cajun cooking school ... stay and shop in the French Quarter ... all while enjoying

the fellowship of other NAFYR members and being led by local Y retirees who know all the inside stuff to make the event more interesting and memorable.

Email or call **Phil Wortman** for more information at wortmanii@aol.com or 863-712-2944. Do it now, because there is limited space left.



**Phil Wortman, Chair
NAFYR Travel Club**



**Peg Andrews, Chair
ISSC**

I'm thinking as I write this of the saying "There's bad and good in everything." The good is that I have had seven wonderful years being the chairperson of the International Senior Service Corps from its beginning. It has been a real joy ride with road blocks now and then which always occur

Change Makes Life Exciting . . . By Peg Andrews

when you are growing. You as NAFYR members came to our aid every time and we thank you from the bottom of our hearts which are very deep. The bad (only for me) is that I will be stepping down and passing the reins to **Ray and Muriel Jacoby** who volunteered for Beijing two times. Fresh blood is always invigorating and I know this will happen as Ray and Muriel have many new and exciting ideas. Keep posted.

The ISSC has mainly served Asia and we know there are many YMCAs in Europe, Russia, and South American who would love to have our retired experience if they only knew it was available. This will be a prime

area of interest to Muriel and Ray. These foreign YMCAs need to request our help.

Anyone interested in representing ISSC as a volunteer please send your inquiries and resumes to Ray and Muriel at jacoby@together.net or call then at 802-372-6847.

I will be around for any help they may desire and will still be a guest writer for the OGN now and then.

Lois Keim of the Hoosier-Buell Chapter will be leaving for Beijing on September 5th and will be keeping us informed of all her experiences as her six months roll by. Her ex-

periences will appear in the OGN as at the present she does not have a blog.

Bill Hawkins is moving in the right direction and hopefully will be at home by the end of September if not before. He is finally getting some pureed foods. I will constantly be putting Bill's updates on the NAFYR website as change is happening faster these days.

He is talking on the computer now and trying to answer all his friends and family. Our prayers are still with you Bill. Get better soon.



President Hank addresses the joint meeting of the Lyon and Marston Chapters.

Barb Schmidt reports—The meeting was held June 14 2007 at the El Adobe de Capistrano Restaurant in San Juan Capistrano. **Bea Halk, Marston Chapter** (Southern CA from Santa Ana to Mexican border) President and **Mary Lou Mesplou, Lyon Chapter** (Southern CA and Las Vegas, NV) President welcomed 13 Marston members and 20 Lyon members. Bea chaired the meeting, gave the Invocation and introduced **Janice Patrick** who recently moved to Rancho Bernardo after retiring from the Valley of the Sun YMCA in Phoenix.

After a delicious lunch, **Dale Ventres** gave an interesting report on the impact of EAF utilizing the special ads from AYP Perspective Magazine to feature the human side of EAF's responsive assistance. He highlighted three retirees who had very serious problems and who were assisted by EAF last year. **Dale** thanked the Marston Chapter for their recent contribution and noted that there were still a number of Lyon and Marston members who have not contributed personally this year.

Bea introduced **Hank Bagelmann** who gave an infor-

mative and entertaining presentation. He indicated that the ultimate success of the organization was the success of the chapters. He also mentioned the NAFYR web site (encouraged members to check it out), the newly formed travel club scheduled for New Orleans and reported that the Canadians will separate from NAFYR to form their own organization for Y retirees in Canada. This may necessitate a name change for NAFYR.

The four main issues that **Hank** has addressed during his term were: continuity in the leadership (overlapping tenure of officers); development of a succession plan (recruitment of officers well before terms end); maintaining a reliable revenue stream, and creating a modern record keeping system. He went on to outline progress that had been made in those areas and gave numerous examples of NAFYR membership services.

Bea and **Mary Lou** thanked **Hank** for taking the time to visit our chapters and for his great presentation. **Bea** presented **Hank** with a book on the 125 Year History of the YMCA of San Diego County authored and

autographed by **Myron Lewis**.

Chuck Holmes reports—A trip to historic Stillwater, the birthplace of Minnesota, for a cruise, lunch, and fellowship aboard a paddle wheel river boat on the beautiful St. Croix River was the summer meeting July 31 enjoyed by some 28 **Upper Midwest Chapter** (MN, ND, SD) members. Following the cruise chapter members visited the many antique malls and unique gift shops of one of Minnesota's most interesting getaway towns.



Elain Goldberg leads Upper Midwest Chapter members off the paddle wheeler following cruise and lunch.

Paul Sharar reports—Shades of Autumn Cruise Saturday, October 6. This Fall foliage cruise on the Hudson will see some of the most breathtaking scenery, along with the leisurely, most enjoyable and relaxing fellowship of the McBurney-Morse Chapter (northern NJ, NYC, Long Island, Lower Hudson Counties, Fairfield County, CT), no speeches, nothing to sell or buy, and no business agenda. Just good time fellowship. A Certified

Tour Guide will narrate the historic sights along our merry way.

Len and Ann Cuneo report—The **New England Chapter** (all New England states) conducted two events during the summer. The entire Chapter tried for the first time to conduct a summer get-together at the Publick House Sturbridge, MA. We had fifteen members in attendance which is a little low for our Chapter, with all having a great time. We welcomed new member **Patricia Anastasio** to her first NAFYR meeting since recently retiring from the Greater Hartford YMCA.

Our second summer event was for YMCA retirees who live on Cape Cod, MA. It was conducted at the home of **Jeanne Shellenberger** in Brewster, MA, who is the widow of **Don Shellenberger**. Some seventeen YMCA retiree's and spouses attended and shared a pot luck supper together. The get together was held on Tuesday August 7th. It was good to see **Ann and Jim Tompkins** in attendance. They are celebrating 60 years of marriage during August. All who attended had a wonderful time.

Our Fall Annual Meeting will be on Tuesday and Wednesday September 18th & 19th at the Historic Mystic Seaport, Mystic, CT. The meeting will highlight a report from all Directors, Treasurers Report, election of officers for the next two years which will be led by Co-Presidents **Andy** and **Barbara Anderson** and a Memorial Service which will be lead by **Matt Johnson**.



SEPTEMBER GOLDEN TREASURES ...

70 Years

Freeda and Bob Apgar, Orange City, FL Sep 4

64 Years

Carol and Harry Wardell, Camden ME Sep 7
Zama and Orwell Tousley, West Hartford, CT Sep 12

60 Years

Bess and Bob Simpson, Birmingham, AL Sep 10
Yolana and Don McKiernan, Southport, NC Sep 13
Audrey and Len Covello, Prescott, AZ Sep 27

59 Years

Olive and Bob Carlson, Charlotte, NC Sep 11
Betty and Dale Soble, Winter Haven, FL Sep 11
Ada and Dick Taylor, Walla Walla, WA Sep 18
Dorothy and Robert Karmgard, Chicago, IL Sep 25

58 Years

Mary Lou and Joe Mesplou, Torrance, CA Sep 10
Patricia and Frederick Zitzer, Bozeman, MT Sep 10
Ericka and Mike Andrassy, Almonte, ON Sep 17
Martha and Ray Bardin, Rowlett, TX Sep 30

57 Years

Buena and Scotty Washburn, Salem, OR Sep 3
Shirley and John B. Tisdale, San Diego, CA Sep 5
Jean and Bill Fesperman, Barnaersville, NC Sep 9

56 Years

Phyllis and John Barclay, Westfield, MA Sep 8
Ann and Jack Cole, Golden Valley, MN Sep 21
Claudean and Sam Bixler, Chandler, AZ Sep 28
Erma and Robert Sanders, Jr., Richmond, VA Sep 29

55 Years

Jan and Gil Mosher, Lockport, NY, Sep 13
Keitha and Russ Davey, Orillia, ON, Sep 20

54 Years

Hope and Tom Patton, Dover, OH Sep 15
Phyllis and Norb Wittmer, Mt. Prospect, IL Sep 26

53 Years

Mary and Howie Merrick, Hamilton Sq., NJ Sep 11
Gretchen and Roy Nelson, Warwick, MD Sep 11
Arlene and Tom Hetrick, Hickory, NC Sep 18
Florence and Don Toft, Sioux Falls, SD Sep 24

52 Years

Mary Ann and Les Sommers, Glen Ellyn, IL Sep 4
Mary Alice and Dick Davis, Vineland, NJ Sep 5
Beverly and Alfred Hansen, Pascoag, RI Sep 10
Betty and Al Olson, Oak Run, CA Sep 10
Juanita and Ed Jezek, Edmond, OK Sep 17
Barbara and Joe Morgan, Edgewater, FL Sep 22
June and Dan Harris, Pickens, SC Sep 24
Barbara and Alexander Smolenski, Scotia, NY Sep 25

51 Years

Virginia and Whitey Luehrs, Bloomington, MN Sep 15

50 Years

Joyce and Donald Leak, Camano Island, WA Sep 8

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

In 1886, during the International Conference of General Secretaries, **Robert R. McBurney**, the legendary secretary of the New York City YMCA, endorsed the year-old School for Christian Workers, now Springfield College. Since that day, the relationship between the College and the YMCA has evolved and grown into a shared mission central to both institutions.

By 1895 some twenty percent of all YMCA secretaries and physical educators had been trained at the School. The Training School rapidly expanded its curriculum, preparing students for boys work, railroad YMCAs, and foreign religious work. During World War I the College trained more than 1000 YMCA workers to serve our armed forces on the front. Many postcards sent home by our troops record the important work of the Y's famous war effort. The Springfield College Archives and Special Collections (online at

<http://www.spfldcol.edu/archives>) preserves the history of many pioneering leaders of



Robert McBurney at his desk.

the YMCA movement including such figures as **David Allen Reed, Jacob Bowne, Luther H. Gulick, and Laurence L. Doggett**, who all served Springfield College and the YMCA. Also, the Archives houses one of the largest and most extensive collections of YMCA journals, postcards, and other historical material.

The mission begun by **David Allen Reed, Robert McBurney** and others at Springfield College continues to be expressed in contemporary programs that address the educational needs of YMCA professionals at varied levels of their careers. The education of the whole person in spirit, mind, and body for leadership in service to humanity is still embraced by the YMCA and Springfield College. Indeed, Springfield

College is known worldwide as an institution that develops leaders in human services, business management, physical education, and sports management as well as many other human-helping fields.

There is always an open invitation to all current and retired YMCA leaders to visit or contact the Springfield College



**Paige Roberts
College Archivist**

Archives and Special Collections to research YMCA history. In addition, the Archives welcomes offers of privately owned materials that document the history of the YMCA. Donations may include the records of individual YMCAs (such as correspondence, reports, subject files etc.), photographs, audio and video tapes, films, scrapbooks, etc. Contact **Paige Roberts**, College Archivist, Springfield College. tel. 413-748-3309 or email proberts@spfldcol.edu

World Service – Retiree Update . . . By Mary Tikalsky

Thank you to **Peter Post** for his leadership as Chair and all the Y Retiree Division Campaigners for their exceptional feedback and support so far this year, as well as **Hank Bagelmann** and **Bill Moss** for their wonderful support in sharing YMCA World Service news through NAFYR visits and OGN. We also extend many thanks to **Dave Bast** for including a link to the new World Service website on the NAFYR website. Please visit the new World Service website at : www.ymca.net/worldservice for more updates of the impact in changing lives, or to make your contribution online.

Letters for leading gifts for World Service were sent out in

July and follow up calls are now in process. Letters to all Y Retirees were sent out in the beginning of August. NAFYR Chapter and individual YMCA Retiree contributions are already at **\$45,826 for the 2007 World Service Campaign**. Our goal is to increase participation, improve communication and exceed the 2006 total giving of \$90,654, which we are on track to achieve. The 2007 YMCA World Service Campaign overall status from all divisions is currently at \$795,226.

Peter Post has met with the YUSA International Group twice this year to discuss ways to lift up YMCA World Service with retirees and the YMCA move-

ment, as well as ways to improve communication. A YMCA World Service quarterly e-news-letter will be sent to all NAFYR Chapter Presidents and leaders. If you did not receive it and are interested, please email matikalsky@ymca.net and she will be glad to add your name to the list.

Jim Kaufmann, YUSA Consultant, will be presenting YMCA World Service and international work at the Allen-Stone Chapter meeting in September at their retreat and Renata Ferrari, YUSA International Group colleague, will be presenting at the Grand Canyon Chapter meeting in Arizona in November. Please contact **Mary Tikalsky** if you know of

other chapters that would like to include a speaker on YMCA World Service to their chapter.

7 NAFYR Chapter Gifts:

C.B. Willis	\$ 370
Central Atlantic	\$ 450
D. Willard Lyon	\$ 400
Geo. W. Marston	\$ 300
Grand Canyon	\$ 17
Hoosier-Buell	\$1,640
McBurney-Morse	\$ 300
Total	\$3,477

Y Retiree Gifts: \$42,349

**Total NAFYR Giving :
Year-to-date: \$45,826**

Summary of Services Available . . . By Lou Falk



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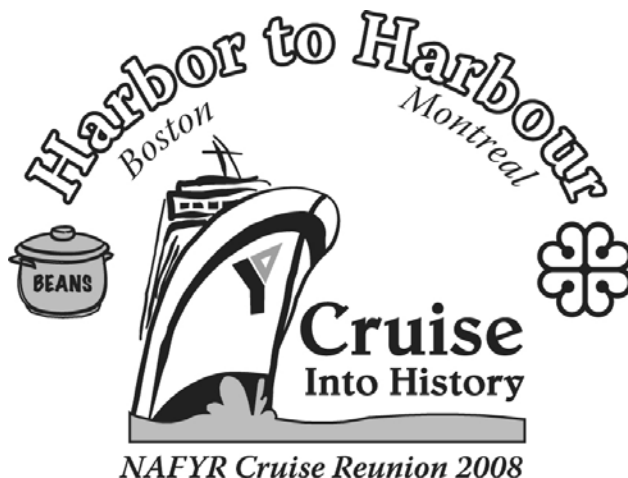
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As we begin to approach the 200 people mark for registrations for the Harbor to Harbour Cruise into History (Cruise Reunion 2008) we felt it would be useful to provide this chart of Services along with the correct contact entity for each of the services.

We encourage you to clip this out and post it on your refrigerator so you will always have a handy guide available for your questions. It would be good to note that you can save money by paying the NAFYR registration fee by 12/31/2007 in

addition to the deposit for the cruise (see item #2). Also, another reminder.....check your passport's expiration date, or if you don't have one yet, now is the time to begin that process!!!

SERVICE	CONTACT FOR SERVICE	PAYMENT METHOD
Holland America Cruise Passage	White Travel	Check or Credit Card
NAFYR registration fee (\$65/person by 12/31/2007 or \$90/person after 1/1/08)	White Travel	Check only. Payable to "NAFYR", send to White Travel
NAFYR Bus from hotel to ship August 30 (\$12.50/person)	White Travel	Check only. Payable to "NAFYR", send to White Travel
Holland America Bus from Montreal back to Boston September 6 (\$129/person)	White Travel	Check or Credit Card
Holland America booked air transportation	White Travel	Check or Credit Card
Holland America booked hotel	White Travel	Check or Credit Card
Travel Guard travel insurance	White Travel	Check or Credit Card
Boston/Revere Logan International Airport Comfort Inn (\$129/room/night)	1-800-4-CHOICE ask for rate code LNAFYR Reservation accepted starting September 18,2007 for both hotels	Determined by hotels
Montreal Centre-ville Downtown Clarion Hotel Suites (\$130-\$145/person/night)		
Independently booked air transportation to/from Boston or Montreal to home	airline of choice via internet, phone or travel agent	Determined by carrier

The deadline for articles and notices to appear in The Old Guard News is the 6th of each month for the following month's issue.