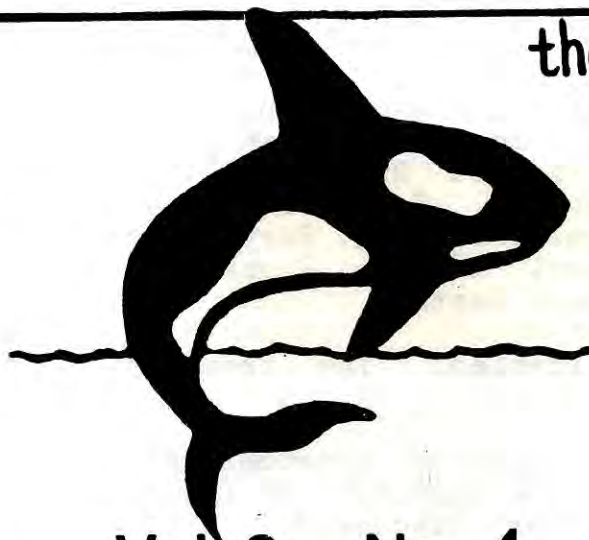


the  
WET  
SET



the OFFICIAL PNA  
MASTERS  
NEWSLETTER

EDITOR  
Kathy Casey  
11114 111th SW  
Tacoma, WA 98498  
206-588-4879

APRIL 10, 1987

Vol. 6 No. 4

Schedule • Calendar

Apr. 24-26	SC REG'L CHAMPS, Orca, Hazen	Aug. 21-24	LC NAT'LS, The Woodlands TX
Apr. 25	REG'L BANQUET, Golden Steer Restaurant, Kent, WA	May 1988,	1988 Canadian SC Nat'ls Vancouver, BC Canada
May 15-18	SC NATIONALS, Stanford, CA	Oct. 8-14	LC 1988 WORLD CHAMPS Brisbane, Australia

BOARD MEETING, APR 28 AT TACOMA YMCA FAMILY FITNESS CENTER, 1002 SO. PEARL ST.  
TACOMA, AT 7.00 PM. 206-564-9622

EDITOR'S CORNER...

CONGRATULATIONS TO OUR NEW PNA OFFICERS!

President-	Rondi-Beth White, 7001 Topaz Dr. SW Tacoma, WA 98498 (206-582-0532)	
Vice-President-	Dave Addleman	
Secretary-	Debbie Lewis	
Treasurer-	Bob Miller	ZIP CODE AREA
Representatives-at-Large-	Terri Highland	98000 - 98099
	Lisa Farin	98100 - 98199
	Gloria Masters	98200 + above

PNA CRUISE AT NATIONALS!! There will be a cruise on Darryl Swenson's 52' yacht Friday night at Nationals! The yacht will be in San Francisco Bay instead of Santa Cruz, so it will be closer to Stanford and the cruise can start earlier. Please R.S.V.P. by May 1. (See page 20 for information and R.S.V.P.)

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<u>Evergreen Results</u>	<u>5-10</u>	<u>Seymour Rapids Entry</u>	<u>17</u>
<u>Meet Bids</u>	<u>11</u>	<u>Region XII Banquet</u>	<u>19</u>
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<u>Stanford SC Nat'ls Entry</u>	<u>13-14</u>	<u>Region XII SC Entry</u>	<u>22-23</u>

PNA BOARD MEETING, MARCH 13, 1987

Following the March Swim meet at Evergreen Pool the board meeting was called to order at 3:30pm in the home of Bill Castner. In attendance were Jane and Hugh Moore, Ann Gindroz, Forest Brooks, Cathy Brooks, Carolyn Baldwin, Kathrine Casey, Marlene Holmes, Gordon Gray, Jan Kavadas, Tom Taylor, Donna Phelan, Rick Ingraham, Lowell Johnson, Bert Peterson, Rhondi White, Florence Miller, Chuck Martin, Darryl Swenson, Frank Newquist, Julie Corman, Rick Peterson, Walt Reid, and Bill Castner.

Minutes were read and corrected. The treasurer reported a balance of \$5,075.47.

President Hugh asked the board to consider amending the recently passed sanction policy to avoid the conflict of interest expressed by the current membership chair. Ideas were discussed. A motion was made to amend the policy to add membership chair or "his/her designee". Motion was approved. Rick then appointed the board to make the decision and Hugh to sign the sanction request. Chair called for approval of the sanction - which was given by the board unanimously.

Meets were discussed. To correct the errors made on the form for Champs the following action was taken: A motion was passed to allow a 6-event limit for 1987 Champs. (Hugh recommended discussing this 6-event policy at a summer retreat.) A call will be made by a phone committee to those who entered 5 events on the old form to let them know they could swim 6-events and rectify entries accordingly. Phone committee will take added entries and seed times and pass on to Kathy who will send info to meet directors. Phone committee: Kathy, Tom, Rondi, Linda and Rick. It was moved and passed to type the correct statement of release and have the meet director put names of mee entrants on a list by this corrected statement to be signed by all at the meet. Regionals has the correct waiver form.

As yet no summer bids have been made. Jan indicated there was some interest in hosting 25M meets and Rick volunteered to check on the possibility of a June meet at South Kitsap.

Questions and suggestions were raised regarding the present fee structure. Hugh suggested that proposals be written up on next months' agenda to be discussed by the board.

Approximately 15 bid packets for Short Course 86-87 will be sent out mid-March with current information to be returned by June 15th. Jan recommended sending out policy revisions to the meet directors when selections are made in June. Jan passed out current bid packets so that several revisions could be made at this time.

A motion was passed to modify warm up procedures calling for sprint lanes to be adjacent and on the same side. No diving will be allowed in other lanes. A lane on the other side will be open for exiting the pool.

Secondly, it was moved and passed for meets starting with the 400M freestyle or longer events, a minimum of 30 minute warm-ups will be held before and after this distance event. The remainder of the meet will start no earlier than a set time to be stated on the entry form.

A third motion was passed regarding pool safety as follows:

1. No diving in designated warm-up areas during meet.
2. Signs will be posted stating NO DIVING.

3. An exception to this is when warm-ups during a meet are held in a separate pool, then pre-meet warm-up policy prevails. Jan reminded us that as of January 1, 1987, with hand-timing that national policy requires 2 finish times per lane. With this in mind it was moved that PNA policy request that meet directions should make every effort to have 2 "finish" times per lane. Motion carried.

Committee reports were presented.

Membership stands at 450. By acclamation the board and attendees gave a round of applause to thank Jane for doing the duties of membership so well.

Social committee presented cruise information in connection with Nationals.

The next board meeting will be on April 28th with the location to be announced by Rondi.

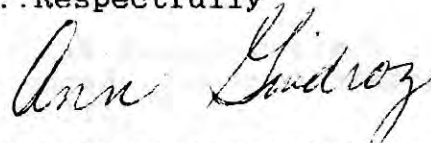
Teamwear requested an assistant to help carry goods to meets. He indicated that host teams sell through their concessions and make 10% on sales.

Tom Taylor then presented information regarding a 50 meter pool proposal at Seattle Pacific University in connection with the forthcoming 1990 Goodwill Games. He moved to have PNA declare unqualified support at this time for 50M natatorium complex proposed by Seattle Pacific University and pledge support for this effort. Motion was seconded and approved. Arrangements will be made to have Dan Tripp present this proposal in a slide show at Champs or Regional banquet.

A special thanks was extended to Ian Thompson for his efforts in coordinating the Musselman/Cancer Swim

A motion was passed to allow each team to present their swimmer of the year award at the PNA banquet. Meeting was adjourned before 6:00pm.

...Respectfully



\*\*\*\*\*

A P R I L   B O A R D   M E E T I N G

The April Board Meeting will be on Tuesday, April 28th at 7:00pm at the Tacoma YMCA Family Fitness Center, 1002 So. Pearl Street. We will meet in the Board Room. Take the highway 16 (Bremerton) exit off I-5, pass the only light at 19th then take the 6th Ave. exit. Turn left on 6th Ave. and left at Pearl Street. The Y will be on your right about 500 yards after you turn. See you there!

\*\*\*\*\*

RELAYS-M E N 200 YD. FREE

35 +

MIKE JACKSON	37 PNA	1:43.55
TIM PFLEUGER	39	
DICK JOHNSON	36	
RON JOHNSON	37	

RELAYS-M E N 200 YD. MEDLEY

25 +

CASH O'DONNELL	38 HSKY	1:56.70
JEFF GROSS	36	
LARRY WRIGHT	38	
PAT BOHWERT	32	

35 +

RON JOHNSON	37 PNA	2:01.70
TIM PFLEUGER	39	
MIKE JACKSON	37	
DICK JOHNSON	36	

RELAYS-MIXED 200 YD. MEDLEY

19 +

CAROL HASEGAWG	25 PNA	2:06.44
SUZI SIMPSON	21	
DAN WARD	29	
JOHN ELTISON	26	
WALTER SHERMAN	66 PNA	2:32.15
RAY POPE	26	
LISA WILSON	25	
JUDY JOHNSON	20	

THE FOLLOWING SWIMMER  
EXCEEDED THE 5 SWIM MAX  
AND ALL SWIMS PAST THE  
5TH WERE DROPPED

WALTER BLOCK

TRY THIS:

The following will be a set or two every month that you might like to try in your workouts. Some may be new; some you may recognize. Some may work for you; some may not. If you don't understand, catch me at a meet. CONTRIBUTIONS WELCOME!

...K.C.

The following workout comes to us from Hugh Moore immediate past president of PNA. It's called an "I.M. Full House" and consists of 4 sets of 250 yards each for a total of 1000 yards. In set #1 do 100 yards butterfly, 75 yards backstroke, 50 yards breaststroke and 25 yards freestyle. In Set #2 do 75 yards butterfly, 50 yards backstroke, 25 yards breaststroke, 100 yards freestyle and so on as indicated in the chart below. Either assign a send-off (i.e.-25 yd. on :30, 50 yd. on 1:00, 75 yd. on 1:30, 100 yd. on 2:00) or a rest period for each distance (i.e.- 25 yd. - 10 seconds rest, 50 yd. - 15 secs. rest, 75 yd. - 20 secs. rest, 100 yd. - 30 secs. rest). Allow 30 seconds to one minute rest between each set of 250 yards. For sprint training all distances can be broken into 25's (i.e.- set # 1 would be 4 X 25 yd. butterfly, 3 X 25 yd. backstroke, 2 X 25 yd. breaststroke, and 1 X 25 yd. freestyle).

I.M. Full House - 4 X 250 yd.

#1- 100yd fly, 75yd back, 50yd breast, 25yd free  
#2- 75yd fly, 50yd back, 25yd breast, 100yd free  
#3- 50yd fly, 25yd back, 100yd breast, 75yd free  
#4- 25yd fly, 100yd back, 75yd breast, 50yd free

....K.C.

Following is a list of places to swim in the Puget Sound area.  
If you have any corrections or additions, please send them to Hugh.

- Auburn**  
Auburn, 516 4th NE, Auburn 839-6168  
lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM
- Bellevue**  
Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900  
workouts: M-F: 6:45 - 7:45 AM  
contact: Kevin O'Shea 746-9900  
lap swim: M-F: 7:45-9 AM, 11:30 AM-1 PM, 5:30-6:15 PM / S&S 12:30-2 PM  
Samaena Club, 15231 Lake Hills Blvd., Bellevue 746-1160  
lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM  
Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510  
workouts: M - F: 6:30 - 7:30 AM  
contact: John Underbrink 828-6733  
Bellevue Athletic Club, 11200 SE 6th, Bellevue 455-1616  
Bellevue, 601 143rd NE, Bellevue 747-4245  
lap swim: M-Sat.: noon - 1:30 PM  
P.R.O. Racquet & Health Club, 4455 148th Ave. NE 885-5566
- Bremerton**  
Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376  
lap swim: M-F: 11:15 - 12:30 PM; Tu/Th: 6:30-9:00 PM; F: 6-7 PM  
Olympic Aquatic Center, 7070 Stampede Blvd., Bremerton 692-3192  
workouts: TU/TH - 6:30 - 7:30 AM  
contact: Geoff Pentz 692-3192  
lap swim: M-F: 5:30-8:00 AM; M-TH: 8:00 - 9:00 PM
- Burien**  
Evergreen, 606 SW 116th, Burien 246-1610  
workouts: T, Th: 7:30 - 8:30 AM / M-F: 4:30 - 6:00 PM  
contact: Laird Chambers or Tom Anderson 246-1610  
lap swim: M-F: 6:10-30 AM, 11 AM-2 PM, 6-9:30 PM / Sat.: Noon-2 PM  
Burien Swim Club, 626 SW 154th, Burien 433-7900
- Des Moines**  
Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728  
workouts: M-W: 8-9:30 PM / F: 6-7 PM  
contact: Chet Palmer 242-1354  
lap swim: M-F: 6:00 - 8:30 AM / M-Th: 8:00 - 9:00 PM
- Enumclaw**  
Enumclaw, 420 Semanski S., Enumclaw 825-1188  
lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM
- Federal Way**  
Federal Way, Temporarily Closed - Workouts at Mt. Rainier pool  
workouts: M-F 6:00 - 7:00 AM  
contact: Hugh Moore 941-3100
- Fife**  
Fife Community, 5410 20th St. E, Fife 922-P00L  
lap swim: M-F: 8:00 - 9:00 AM, 10:30 AM - noon, 1-3 PM, & 4-5 PM
- Issaquah**  
Issaquah, 50 SE Clark, Issaquah 392-1650  
workouts: M,W,F: 6:00 - 7:00 AM  
lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30
- Kent**  
Kent, 25401 104th SE, Kent 854-3260  
lap swim: M,W,F: 6:30 - 7:30 AM / T, TH: 8:00 - 9:00 PM
- Tahoma**  
Tahoma, 16230 SE 240th, Kent 432-1948
- Kirkland**  
Juanita, 10601 NE 132nd, Kirkland 828-3251
- Mercer Island**  
Mercer Island District Pool, 8815 SE 40th 232-7370  
workouts: Tu, Th: 11:00 AM - noon  
contact: John Underbrink 828-6733  
lap swim: M-F: 6:00 - 7:30 AM, noon - 1 PM, & 8:00 - 9:00 PM
- North Bend**  
Si View, 41600 SE 122nd, North Bend 888-1447  
lap swim: M,W,F: 6:30 - 8:30 AM / M,W: 5:30 - 6:30 PM
- Olympia**  
The Evergreen State College, Campus Recreation Center, Olympia 866-6000  
lap swim: M-F: 11:30 AM-3 PM, 5-9 PM / S&S: 1-6:30 PM
- Poulsbo**  
North Kitsap, 1881 Hostmark, Poulsbo 779-3790  
lap swim: M-F: 5:45-9:00 AM, 11:30-12:30, 5-6 PM, 7:30-8:30  
Redmond, 17535 NE 104th, Redmond 885-3600  
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
- Renton**  
Renton, 16740 128th SE, Renton 226-9230  
lap swim: M-F: 11:30 - 12:30  
Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227  
Seattle
- Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531**  
workouts: Tu, Th: 6:30 - 7:30 AM; F: 4:30 - 5:30 PM  
contact: Stacy McInelly 526-3531 - note: Military personnel only  
lap swim: M-F: 10:30 - 1:30 & 4:30 - 5:30
- Ballard, 1471 NW 67th, Seattle 783-7176**  
Evans, 7201 E. Green Lake Dr. N., Seattle 625-4258  
Helene Madison, 13401 Meridian N., Seattle 362-5344  
Meadowbrook, 10515 35th NE, Seattle 365-9933  
Medgar Evers, 500 23rd, Seattle 324-2560  
Queen Anne, 1920 1st W, Seattle 625-2282  
Rainier Beach, 8825 Rainier S., Seattle 723-5919  
Southwest, 2801 SW Thistle, Seattle 935-6006  
Northshore, 9815 NE 188th, Bothell 486-9177  
lap swim: M-F: 6:00 - 7:30 AM, noon - 1:30 PM, & 8:30 - 9:30 PM  
Shoreline, 19030 1st Ave. NE, Seattle 363-4845  
workouts: M-F: 5:30 - 7:00 AM  
contact: Robin O'Leary 241-0623
- South Central, 4414 S 144th, Seattle 242-2287**  
lap swim: M-F: 5:30 - 7:00 AM & 11:30 - 12:30  
lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05
- YMCA, 909 4th, Seattle 382-5010**  
YMCA, 1118 5th, Seattle 447-4868  
Aquatic Development Clinic, 11009 1st S., Seattle 232-3474  
Red Shield, 9050 16th SW, Seattle 767-3150  
Seattle Athletic Club, 333 NE 97th, Seattle 522-9400  
workouts: M,W,F: 6:30 - 7:30 AM / M,W: 7:00 - 8:00 PM  
contact: Jody Kleven 326-4600 (day) or 367-2350 (eve.)
- View Ridge Club, 5815 NE 77th, Seattle 524-3500**  
Wedgwood, 7727 28th NE, Seattle 523-8211
- Summer**  
Summer High School, 1707 Main, Summer 863-8110  
workouts: M,W,F: 5:00-6:00 PM  
contact: Donna Phelan 862-8777  
lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM
- Tacoma**  
South End, 402 E. 56th, Tacoma 474-3821  
workouts: (through Aug. 15th) M - F: 5:30 - 7:00 PM  
contact: Hugh Moore 941-3100  
lap swim: M - F: 11:30 AM - 1:00 PM  
Ft. Steilacoom, 9401 Farwest Dr., SW, Tacoma 964-6678  
workouts: M - Th: 5:00 - 7:00 PM; Sat. 8 - 10 AM  
contact: Kathy Grandell 588-4879  
Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9622  
workouts: M-W-F: 7:30 - 9:00 PM  
contact: Mike Stipek 564-9622  
Eastside Community Pool, 35th & L, Tacoma 591-2042  
lap swim: M-F: 6-7:30 AM, 11:45 AM - 1 PM / M,W,F: 4-6 PM / T, Th: 8-9 PM

UNITED STATES MASTERS HOUR SWIM  
NATIONAL CHAMPIONSHIPS RESULTS

<u>WOMEN 25-29</u>				<u>WOMEN 65-69</u>			
Julie Wilson	28	#5	4840 yd.	Marion Chadwick	65		2785 yd.
Sheila Roark	28		3350 yd.	Maxine Carlson	67		2750 yd.
<u>30-34</u>				<u>70-74</u>			
Annette Clark	34		3370 yd.	Lee Holm	72	#9	2430 yd.
<u>35-39</u>				<u>MEN 30-34</u>			
Kathrine Casey	38	#7	4490 yd.	Hugh C. Moore	32		4685 yd.
Jane A. Moore	36		3675 yd.				
<u>40-44</u>				<u>35-39</u>			
Marga Stya	41		3100 yd.	Ian Thompson	37	#7	4800 yd.
				Gordon Clark	35	(Husky)	4630 yd.
				Rick Stafford	39		4240 yd.
<u>50-54</u>				<u>40-44</u>			
Carolyn Baldwin	52		2900 yd.	Gordon Gray	41		4285 yd.
<u>55-59</u>				<u>45-49</u>			
Patricia Dotson	59	#2	3740 yd.	Frank Newquist	49		4075 yd.
Janet Kavadas	55		3005 yd.				
<u>60-64</u>				<u>55-59</u>			
Muriel Flynn	63	#8	3170 yd.	Thomas Taylor	56	#11	4025 yd.

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SEYMOUR RAPIDS MEET INFORMATION

Ron Andrews Community Centre is situated in North Vancouver, B.C.. The easiest route to approach the pool is by heading west on Highway 1 into North Vancouver over the Second Narrows Bridge. Take the third exit (note that the first exit is at the end of the bridge, don't forget to count this one). When you take the exit stay on the right hand side. Follow this road (Mount Seymour Parkway). You will approach an intersection with traffic lights. The cross street is Riverside Drive. Proceed through the lights (on the green light, of course!). The road proceeds up a small hill to a pedestrian controlled signal. The cross street is Lytton Street. Turn right at this intersection then take the first right into the parking lot.

Ron Andrews Pool 25 metres long, six lanes wide, shallow end area available for warmup and swim down. Limited seating on bleachers. Lockers available in both changing rooms, 25¢. Deck surface is tile.

BRAIN TEASER!

The following are actual thoughts of a Masters Swimmer during a race. Your job is to try and guess what the race was. (CLUE: It was over 50 yards long!)

1. Drat! My foot slipped and now those idiots are half a body length ahead of me. Slow pool anyway.
2. My suit isn't tied tight enough; I know it's holding me back like a drag 'chute. Good excuse!!
3. Oops! That just might have gotten me disqualified. Hope old "snoopy" up there wasn't looking.
4. Who needs this public humiliation anyway. I'll just take it easy - I don't care, anyway - stupid sport!
5. Please God, ruler of the universe, make my arms and legs go numb or something - just so they don't hurt like this anymore. P.S. Give me air!
6. I like chlorine in my eyes - I like chlorine in my eyes - I like .....stupid goggles!

ANSWER: If you guessed any race whatever over 50 yards in duration, you win.....a personal, on-deck, stroke-technique lecture from.....

.....THE FANTUM  
\*\*\*\*\*

PNA CRUISE AT NATIONALS

Friday evening, May 15, 1987, all PNA swimmers attending Short Course Nationals at Stanford are invited on a cruise on Darryl Swenson's 52' yacht which will be moored at Brisbane (in San Francisco Bay), south of San Francisco. There are enough life jackets for 45 people to go out on the cruise. (There have been up to 90 people on the boat at the dock, so there's plenty of room!) Brisbane is about a thirty minute drive from Stanford. You can leave after your last event at the meet on Friday. If you need a ride, let us know. The boat will depart about one hour after the last event is over. A professional captain will navigate the boat. There will be no cost, but bring your own beverage and something to eat on board. (Suggestion: There are plenty of stores or fast food places to stop at on the way. You could bring cold cuts, bread, other sandwich items, fruit, cheese, etc.) There is plenty of room inside the boat for everybody, but bring warm clothes for going out on deck. Directions to Brisbane will be available at Regionals and at Nationals.

It is really important that you R.S.V.P. this invitation so Darryl can make sure there are enough life jackets available. There is an R.S.V.P. for the cruise attached to the Relay form for you to send to Kathy Casey. Or you can contact Darryl Swenson, P.O. Box 45157, Seattle, WA 98145 (284-6529,home), (343-2316, office). WE MUST HAVE A "NOSE COUNT" BY MAY 1 FOR LIFE JACKETS. Come join the fun!

RSVP FOR CRUISE: Friday evening, May 15, after the meet at Nationals  
\_\_\_ Yes, I will be attending. There will be \_\_\_\_\_ people in my party,  
\_\_\_ No, I will not be attending.

Signed \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

\*\*\*\*\*

The PNA would like to welcome the following new swimmers who have registered in the past month

Valerie Aleta	Sandee Eshom	Peggy Pomeroy
Kevin Almon	Germaine Fitzgerald	Francis Porter
Mark Appleby	Christa Friedrich	Thomas Price
Sharon Belk-Krebs	Forrest German	Arthur Rausch
Alan Bell	Nancy Hartzell	Cliff Rigsbee
Lynn Bell	Carol Hasegawa	David Roberts
Rick Boskovich	Peter Hebert	Jim Rogerson
June Brooks	Kathleen Hopkins	Suzi Simpson
John Bryant	Michael Jacobs	Susan Slagle
Paige Bryant	Marcis Katica	Jackie Starks
Susan Burnham	Paul Kavadas	Delores Syrovatka
Robert Churchill	James Klein	Robert Taylor
John (Jack) Connelly	John Konold	Steve Underbrink
Paul Craig	Steven Lawrence	Neil Westover
Tom Dunning	Steven Lay	David Williams
Christian Edison	Alex Morris	Tina Wolfe
	Dave Mounce	Helen Wronski

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LOOKING FOR HOUSING AT SHORT COURSE NATIONALS?

If you are going to Short Course Nationals at Stanford in May, there may be housing available for you. If you are interested in staying at a local Masters Swimmer's home during Nationals, contact: Terry Highland,  
206 Mt. Park Blvd. SW #D-205  
Issaquah, WA 98027  
(206) 392-5994

for more information.

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FROM WETSET READERS

Wet set readers are encouraged to send articles to the Wet Set editors. Articles will be reviewed by the editors and published if they are felt to be appropriate, and if space permits. Articles will not be edited. Therefore, the PNA and the Wet Set editors do not guarantee the accuracy of the articles printed. Furthermore, the articles do not necessarily reflect the view of the PNA or the Wet Set editors.

\*\*\*\*\*

!!! NSF CHECKS !!!

Just a reminder - Your checks travel through a bureaucratic maze before reaching the bank. Sometimes they are cashed as much as two months after they are written. Please take this into consideration before emptying your account.

- Your Treasurer -

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