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typed on manual

"THE WET SET"  
Pacific Northwest Association of Masters Swimmers  
19114-111th Street S.W., Tacoma, Wa. 98498

September 1979

pg 1-2 Reg Respects missing

BOARD of DIRECTORS  
Pres-Judy Harrison-822-3988  
P-Jim Miles-232-7050

Publicity-Evelyn Lercher-825-1038  
Sunshine-Lee Holme-825-3939  
Team Wear & Money Raiser-???????????????

Sec-Suzanne Dills-232-3654  
Treas-Carolyn Behse-747-3889  
Rep-at Fred Wiggin-542-4857  
Large Russell Hall-631-6685

Travel & Social-Susan Dearborn-324-4945  
Banquet-Rosie Latta-243-4575  
Finance-Jack Miller-776-2091

COMMITTEE CHAIRPERSONS  
Awards-Bill Castner-246-1726

Membership-Gretchen Anderson-747-3233  
Newsletter-Kathy Grandell-588-4879  
Records-Diana Kennerud-824-5016

Constitution-Tom Foley-937-5585  
Community Service-Janet Twilight-525-2572  
Meets-???HELP!??? Newsletter Staff-Florence Miller, Marietta James, Marty Dabrock

Stroke Clinic-Neville Johnson-824-2953  
Team & Club Coord-Paul Murphy-938-3735

MEET SCHEDULE & CALENDAR

Oct 10	Yakima	Feb 16 & 17	Spokane
Oct 20	1650 meet at Shoreline	Apr 4-6 or 11-13	Ore Champ. @ Albany
Oct 23	PNA Board meeting @ Kent, 7:30	April	PNA Champ. @ Ft. Steil
Nov 11 or 18	Eugene, Ore.	May 2,3,4	Reg. XII Champ, Tualatin
Nov 18	Pullman	May 18-20	Hill Rec. Center Pool,
Dec 1	Rules meeting, Las Vegas	June 8 or 15	SC Nat'ls, Ft. Lauderdale
Dec 9	Missoula, Montana	July 13 or 20	Corvallis, Ore. (LC)
Jan 6 or 13	Portland Comm. College, Ore.	Summer 1980	Mt. Hood Comm. Coll, (
Feb 3 or 10	1650 meet @ Lake Oswego, Ore.		LC Nat'ls, San Fran, Ca.
March 9 or 16	other host open		

Went outside margin - can't do that

Dear Swimmers,

PRESIDENT'S CORNER

Thought you might enjoy seeing this: "I would like to thank all the local Masters swimmers who showed me such hospitality at your Region XII Championships. As a visitor from San Diego, I was really impressed, and I really enjoyed myself. Thank you for letting me swim in your meet, and I hope to swim with you again if you have another meet before I return south." With warm feelings, Tom Dowell

AND THAT'S WHAT MASTERS SWIMMING IS ALL ABOUT!

With fall and a new short course season upon us, the PNA Board would like to know your feelings about the meets last year. Please fill out the following questionnaire and return it to: Fred Wiggin, 16741-15th Ave. NW, Seattle, Wa. 98177 (542-4857)

1. Would you favor more meets? YES NO
2. One a month? YES NO
3. Fewer meets? YES NO
4. Every other month? YES NO
5. If you favor more meets would you serve as a meet director? YES NO
6. Would your home pool host a meet? YES NO

We would like to try alternating our board meetings from the Tacoma area to Seattle to Everett. By changing locations we hope to draw more of you to our meetings. We would love to know how you feel about any changes in the PNA. Please come and give us your ideas.

SUNSHINE NEW SWIMMERS!!

(This kind is always wet!)  
Born to: Susan & Paul Murphy-a daughter  
Carrie, 6lbs. 14oz., 20" long-Aug 27  
Born to: Jeffri & Dennis Donovan- a son  
Adam-Sept 3 or 4? CONGRATULATIONS!!

EVERYBODY BACK IN THE POOL!!!!!!  
The PNA wishes a speedy recovery and a quick return to the pool to:

DANN MUSSELLIN who was hospitalized with an intestinal ailment & is now at home.  
SUE DILLS who had back surgery in August and is now at home recuperating.  
MARGE WIGGIN who has just recovered from eye surgery.\*\*\*\*\*



Keep Swimming,  
Judy Harrison

!!!WANTED!!! DESPERATELY!!! WANTED!!!

- All Masters Coaches' names and addresses. Please send them to Jim Sherrard, Tacoma YMC., 1002 S. Pearl St., Tacoma, Wa. 98401
- Ideas for a first place patch for SC Regionals! Send all suggestions to Bill Castner, 16915 Maplewild SW, Seattle, WA 98148
- CLUBS TO HOST MEETS!!! Contact Fred Wiggin, 16741-15th Ave NW, Seattle, Wa. 98177
- Names for our whale mascot! Send suggestions to Kathy Grandell, 11114-111th St SW, Tacoma, Wa. 98498 or Dawn Musselman, 17 Valley Ave NE, Puyallup, Wa. 98371 (848-XXXX)
- A MEET COMMITTEE CHAIRMAN! PLEASE!
- A team wear and money raiser chairman

AN UPDATE OF SWIM TEAMS AVAILABLE FOR MASTERS SWIMMERS

- BELLEVUE POOL-501 113rd NE 747-4245**  
 Adult swim 12:00-1:00 PM Mon.-Fri.  
 8:30- 9:30 PM Tue.-Thur.  
 1:00- 2:00 PM Sat.-Sun.
- REDMOND POOL-17535 NE 104th 885-3600**  
 Adult Swim 6:00- 7:30 AM Mon.-Fri.  
 12:00-1:00 PM Mon.-Fri.  
 8:00-9:00 PM Mon, Wed, Fri.  
 Women only 8:00-9:00 PM Tue.- Thur.
- ISSACUAH POOL-50th NE Clark St. 392-1650**  
 Early Riser 7:00-8:00 AM Mon.- Fri.  
 Adult Lap 12:30-1:30 PM Mon.-Sat.  
 8:30-9:30 PM Mon.-Thur.
- WONTEL POOL-19030 1st NE 363-4845**  
 Early Riser 5:30-7:00 AM Mon.-Fri.  
 Adult Lap 9:00-10:00am Mon.-Fri.  
 8:15-9:15 PM Mon.-Fri.
- MERCY ISLAND POOL-8815 SE 40th 232-7370**  
 Early Riser 6:00-8:00 AM Mon, Wed, Fri.  
 6:00-7:30 AM Tue, Thur.  
 Adult Lap 12:00-1:15 PM Mon.-Fri.  
 8:00-9:00 PM Mon, Wed, Fri.
- KIPP DISTRICT POOL-2401 104th SE 854-3260**  
 Early Riser 6:30-7:30 AM Mon, Wed, Fri.  
 Adult Swim 12:00-1:00 PM Mon.-Sat.  
 8:00-9:00 PM Mon.-Thur.
- TACOMA POOL-18230 2110th Kent 432-1948**  
 Adult Swim 12:00-1:00 PM Mon.-Fri.
- FEDERAL WAY POOL-30421 16th Ave S 839-1000**  
 Early Riser 6:00-8:00 AM Mon.-Fri.  
 Adult Lap 12:00-1:00 PM Mon.-Fri.  
 9:00-10:00 PM Mon.-Thur.
- MT. RAINIER POOL-22722 19th Ave S, Des Moines 824-1728**  
 Early Riser 6:30-7:30 AM Tue.-Thur.  
 Adult Lap 12:00-1:00 PM Mon.-Sat.  
 8:00-9:00 PM Mon.-Thur.
- SOUTH CENTRAL POOL-4441th S-Seattle 242-2787**  
 Early Riser 6:00-7:30 AM Mon.-Fri.  
 Adult Swim 11:30-1:00 PM Mon.-Sat.  
 8:00-9:00 PM Mon.-Fri.
- WINTERBURN POOL-606 SW 116th-Seattle 246-1610**  
 Adult Swim 12:00-1:30 PM Mon.-Sat.  
 8:00-9:00 PM Mon.-Thur.
- RAINIER BEACH POOL-8825 Rainier Ave S-Seattle 723-5900**  
 Adult Swim 1:00-2:30 PM Mon, Wed, Fri.  
 4:00-6:30 PM Mon, Wed, Thur.  
 Lap Swim 11:00-12:00am Sat.
- SOUTHWEST POOL-2801 SW Whistle St-Seattle**  
 Adult Lap 12:00-1:30 PM Mon.-Fri.  
 5:00- 6:30 PM Mon.-Fri.
- COLUMBIA POOL-Lincoln Park-500tr.outdr.-Seattle**  
 Lap Swim-1st & last hr. of public swim  
 Public Swim 12:30-7:00 PM daily
- WEDGEMOUNTAIN POOL-500 23rd-Seattle 324-2560**  
 Adult Swim 7:00-8:30 PM Mon.-Thur.
- MERIDIAN MADISON POOL-13401 Meridian N-Seattle**  
 Adult Swim 12:00-1:00 PM Mon.-Thur.  
 12:00-1:30 PM Sat.  
 Lap Swim 5:00-6:00 PM Mon, Wed, Fri.

- BLANCKENHORN POOL-10515 95th NE-Seattle 365-**  
 Adult Swim 6:30-8:00 AM Mon.-Fri.  
 12:00-1:30 PM Mon.-Fri.  
 9:00-10:00 PM Mon.-Fri.
- BALLARD POOL-1471 NW 67th-Seattle 782-0282**  
 Early Riser 6:00-7:30 AM Mon.-Fri.  
 Adult 12:00-1:15 PM Mon.-Fri.
- QUEEN ANN POOL-1920 1st S-Seattle 625-2282**  
 Adult Lap 6:30-8:20 AM Mon.-Fri.  
 Adult Swim 12:00-1:15 PM Mon., Fri, Sat.  
 7:30-9:30 PM Tue., Thur.  
 5:30-7:00 PM Mon.

- YACOMA Y-196-Red Rd. 746-9900**  
 Lap Swim 6:00-7:00 AM Mon, Wed, Fri.  
 9:00-10:00 AM Mon, Wed, Fri.  
 5:00-5:30 PM Mon.-Fri.  
 12:00-2:00 PM Sat.
- YACOMA Y-Members only 564-9622**  
 Lap Swim 6:00-8:00 AM  
 9:00-11:00 AM

- EVERETT LAKE FOREST POOL**  
 Early Birds 6:00-8:30 AM Mon.-Fri.  
 Lap Swim 5:15-6:15 PM Mon.-Fri.

- MASTERS TRAILS**  
**FORT STELLACOOH-community College Pool 961**  
 \$15/mo. 11:00-1:00 PM Mon, Wed, Fri.  
 7:00-8:15 PM Mon (starting Dec)  
 5:30-7:00 PM Wed, Thur.  
 Coach-Kathy Grandell-Tacoma 508-4879
- NEPORT MASTERS- Newport Hills Pool**  
 \$16/mo. 6:30-7:30 AM Mon.-Fri.

- SEATTLE SWIM CLUB-Melene Madison Pool**  
 \$18/mo. 5:15-6:45 AM Mon.-Fri.  
 Dean Sawhill 363-4845 Jan Wright 535-2472
- HIGHLAND COMM. COLLEGE POOL- \$50/qr.**  
 Masters swim 6:30-7:30 PM Mon, Wed, Fri.  
 Neville Johnson 824-2953
- SUNSET POOL-1707 Main St.**  
 5:30-6:50 AM Mon.-Fri.  
 Lynda Bloomquist 845-3612

OOPS!!



Apologies to JAN TRIGHT who earned 8th place not 19th in the 200 backstroke at SC Nationals and to MARIETTA JAMES who earned 12th place not 21st also in the 200 backstroke. Congratulations!  
 For any clarifications, updates, or new info. concerning other pools serving PMA masters not submitted here contact:  
 PAUL MURPHY 10644 MARINE VIEW DR SW SEATTLE, WA. 98146 938-3735

\*\*\*\*\* We need names and phone numbers of all team representatives. \*\*\*\*\*

AN UPDATE OF SWIM TEAMS AVAILABLE FOR MEETERS SWIMMERS

BELLEVUE POOL-561 143rd NE 787-4245

Adult swim 12:00-1:00 PM Mon.-Fri.  
8:30- 9:30 PM Tue.-Thur.  
1:00- 2:00 PM Sat.-Sun.

REDMOND POOL-17535 NE 104th 885-3600

Adult swim 6:00- 7:30 AM Mon.-Fri.  
12:00-1:00 PM Mon.-Fri.  
8:00-9:00 PM Mon, Wed, Fri.  
Women only 8:00-9:00 PM Tue.- Thur.

ISSACUAH POOL-50th NE Clark St. 392-1650

Early Riser 7:00-8:00 AM Mon.- Fri.  
Adult Lap 12:30-1:30 PM Mon.-Sat.  
8:30-9:30 PM Mon.-Thur.

SPORTHILL POOL-19030 1st NE 363-4845

Early Riser 5:30-7:00 AM Mon.-Fri.  
Adult Lap 9:00-10:00 AM Mon.-Fri.  
8:15-9:15 PM Mon.-Fri.

NEPTUNE ISLAND POOL-8615 SE 40th 232-7370

Early Riser 6:00-8:00 AM Mon, Wed, Fri.  
6:00-7:30 AM Tue, Thur.  
Adult Lap 12:00-1:15 PM Mon.-Fri.  
8:00-9:00 PM Mon, Wed, Fri.

KING DISTRICT POOL-24401 104th SE 854-3260

Early Riser 6:30-7:30 AM Mon, Wed, Fri.  
Adult Swim 12:00-1:00 PM Mon.-Sat.  
8:00-9:00 PM Mon.-Thur.

TACOMA POOL-18230 SE 210th-Kent 432-1948

Adult Swim 12:00-1:00 PM Mon.-Fri.  
FEDERAL WAY POOL-30421 16th Ave S 839-1000  
Early Riser 6:00-8:00 AM Mon.-Fri.  
Adult Lap 12:00-1:00 PM Mon.-Fri.  
9:00-10:00 PM Mon.-Thur.

ST. RAFAEL POOL-22722 19th Ave S, Des Moines 824-1728

Early Riser 6:30-7:30 AM Tue.-Thur.  
Adult Lap 12:00-1:00 PM Mon.-Sat.  
8:00-9:00 PM Mon.-Thur.

SOUTH CENTRAL POOL-14414 S-Seattle 242-2787

Early Riser 6:00-7:30 AM Mon.-Fri.  
Adult Swim 11:30-1:00 PM Mon.-Sat.  
8:00-9:00 PM Mon.-Fri.

WINTHROP POOL-606 SW 116th-Seattle 246-1610

Adult Swim 12:00-1:30 PM Mon.-Sat.  
8:00-9:00 PM Mon.-Thur.

RAINIER BRACK POOL-8825 Rainier Ave S-Seattle 723-5900

Adult Swim 1:00-2:30 PM Mon, Wed, Fri.  
7:00-8:30 PM Mon, Wed, Thur.  
Lap Swim 11:00-12:00 AM Sat.

SOUTHWEST POOL-2801 S Whistle St-Seattle

Adult Lap 12:00-1:30 PM Mon.-Fri.  
5:00- 6:30 PM Mon.-Fri.

CORLIAN POOL-Lincoln Park-500tr.outdr.-Seattle

Lap Swim-1st & last hr. of public swim  
Public Swim 12:30-7:00 PM daily

LYDCAR WILB POOL-500 23rd-Seattle 324-2560

Adult Swim 7:00-8:30 PM Mon.-Thur.

EMERSON MADISON POOL-13401 Meridian N-Seattle

Adult Swim 12:00-1:00 PM Mon.-Thur.  
12:00-1:30 PM Sat.  
Lap Swim 5:00-6:00 PM Mon, Wed, Fri.

BLANDFORD POOL-19515 35th N-Seattle 365-

Adult Swim 6:30-8:00 AM Mon.-Fri.  
12:00-1:30 PM Mon.-Fri.  
9:00-10:00 PM Mon.-Fri.

BALLARD POOL-1471 NW 67th-Seattle 782-0262

Early Riser 6:00-7:30 AM Mon.-Fri.  
Adult 12:00-1:15 PM Mon.-Fri.

QUEEN ANN POOL-1920 1st N-Seattle 625-2282

Adult Lap 6:30-8:20 AM Mon.-Fri.  
Adult Swim 12:00-1:15 PM Mon., Fri, Sat.  
7:30-9:30 PM Tue., Thur.  
5:30-7:00 PM Mon.

YACA POOLS

BELLEVUE Y-Bel-Red Rd. 746-9900

Lap Swim 6:00-7:00 AM Mon, Wed, Fri.  
9:00-10:00 AM Mon, Wed, Fri.  
5:00-5:30 PM Mon.-Fri.  
12:00-2:00 PM Sat.

TACOMA Y-Members only 564-9622

Lap Swim 6:00-8:00 AM  
9:00-11:00 AM

EVANETT LAKE FORST POOL

Early Birds 6:00-8:30 AM Mon.-Fri.  
Lap Swim 5:15-6:15 PM Mon.-Fri.

MASTERS TEAMS

NORTH SEWILLACOM-community College Pool 961

15/mo. 11:00-1:00 PM Mon, Wed, Fri.  
7:00-8:15 PM Mon (starting Dec)  
5:30-7:00 PM Wed, Thur.

Coach-Kathy Crandell-Tacoma 588-4879

NEWMPORT MASTERS- Newport Hills Pool

16/mo. 6:30-7:30 AM Mon.-Fri.

SEATTLE SWIM CLUB-Melene Madison Pool

16/mo. 5:15-6:45 AM Mon.-Fri.

Dean Sawhill 363-4845 Jan Wright 535-2472

NIGHTING COMY. COLLEGE POOL- 450/qtr.

Masters swim 6:30-7:30 PM Mon, Wed, Fri.  
Neville Johnson 824-2953

SUNNY POOL-1707 Main St.

16/mo. 5:30-6:50 AM Mon.-Fri.

Lynda Bloomquist 845-3612

OOPS!

Apologies to JAN  
TAMM who earned  
8th place not  
19th in the 200  
backstroke at  
SC Nationals and



to ARIETTA JAMES who earned 12th place  
not 21st also in the 200 backstroke.  
Congratulations!

For any clarifications, updates, or new  
info. concerning other pools serving PMA  
Masters not submitted here contact:  
PAUL MURPHY 10641 MARINA VIEW DR SW  
SEATTLE, WA. 98146 938-3735

\*\*\*\*\* We need names and phone numbers of all team representatives. \*\*\*\*\*

NEED MEET INFORMATION???????

FOR IEA MEETS CONTACT:

Harry J. Lewis  
W. 2311-16th #64  
Spokane, Wa. 99204

FOR ORE. MEETS CONTACT:

Earl Walter  
3904 SW 57th Ave.  
Portland, Ore. 97221

FOR MONTANA MEETS CONTACT:

Mont. Grizzlies, Jim Wardwell  
2400-Old Fort Road #221  
Missoula, Montana 59801

SEATTLE SWIM CLUB INAUGURATES FIRST ANNUAL LAKE SWIM

Seattle Swim Club Masters on September 1st entered Lake Washington at O.O. Denny Park at about 7:20 a.m. for a swim across the lake to Matthews Beach. Swimmers claim the distance was in excess of one mile. Swimmers participating included Fred Wiggin, Dean Sawhill, Linda Kulchinski, Dennis Ochsner, Ken Peirce, Joy Rogers, Chaya Amiad, Pam Atterbury, Nancy Seffernick, Lisa Kemeling, Steve AlanReim, Jan Twilight, Win Whitman, and Jim Burton. Fred Wiggin who erroneously started in the slow group still finished ahead of the fast swimmers in about 40 min. Oldest and best. Following the swim, the group repaired to a hot tub and breakfast. Terry Rogers and Linda Kulchinski's parents peopled a canoe and motor boat support. The weather cooperated with calm waters and no rain during the swim.

Seattle Swim Club is presently working out with Dean Sawhill as coach at Shoreline Pool from 5:15 a.m. to 6:45 a.m. Two days a week at other pools may be worked out. Start your day right by swimming regularly.

Jan Twilight

AAU NATIONAL 10 BEST TIMES-taken from "SWIM MASTER", Sept.1979 issue, exactly as printed including misspellings. Anyone left out notify Kathy Crandell, 11114-111th St. SW, Tacoma, 98498.

WOMEN 30-34

50 Breast 8- :36.60 K Crandell  
100 breast 7-1:17.50 K Crandall  
200 Breast 10-2:56.55 K Crandall  
35-39

50 Breast 4- :37.50 M Haugland  
9- :38.60 C Behse  
100 Breast 4-1:21.78 C Dewell  
200 Breast 4-2:58.62 C Dewell  
200 IM 9-2:43.23 C Dewell

40-44

50 Free 1- :27.80 J Correa  
100 Free 1-1:00.90 J Correa\*  
200 Free 1-2:14.80 J Correa\*  
100 Back 1-1:12.69 J Correa  
200 Back 1-2:40.11 J Correa  
50 Breast 4- :37.70 M Haugland  
100 Breast 3-1:23.30 M Haugland  
100 IM 8-1:19.70 M Haugland

65-69

50 Free 1- :22.89 D Musselman\*  
100 Free 1-1:17.10 D Musselman\*  
200 Free 1-2:59.30 D Musselman\*  
500 Free 1-8:37.75 D Musselman\*  
1650 Free 2-29:41.06 D Musselman  
9-40:19.66 M Mueller  
50 Back 1- :41.70 D Musselman\*  
100 Back 1- 1:32.70 D Musselman  
7- 1:59.30 M Mueller  
200 Back 1- 3:29.90 D Musselman\*  
5- 4:20.78 M Mueller  
50 Breast 4- :54.10 D Musselman  
100 IM 2- 1:43.00 D Musselman

MEN 25-29

100 Back 10- :57.28 G Hafer  
35-39  
50 Free 9- :23.60 P Murphy  
50 Fly 6- :25.70 D Emery  
100 Fly 5- :59.50 D Emery

MEN 40-44

500 Free 10- 5:44.08 T Long  
1650 Free 4-19:48.80 T Long  
200 Breast 3- 2:30.75 T Long  
45-49  
100 Breast 5- 1:13.34 R Taylor  
60-64  
200 Back 8- 3:05.40 F Wiggin  
100 Breast 9- 1:26.30 K Frederick  
100 Fly 9- 1:29.30 K Frederick  
400 IM 6- 6:43.10 F Wiggin  
65-69  
1650 Free 9-28:15.83 E Caddey  
200 Back 6- 3:17.79 E Caddey  
50 Breast 8- :40.50 K Frederick  
100 Breast 6- 1:29.00 K Frederick  
200 Breast 5- 3:22.96 K Frederick  
50 Fly 9- :38.70 K Frederick  
100 Fly 3- 1:27.35 E Caddey  
4- 1:27.60 K Frederick  
200 Fly 2- 3:23.60 E Caddey  
100 IM 6- 1:24.10 E Caddey  
200 IM 3- 3:06.23 E Caddey  
400 IM 2- 6:47.80 E Caddey  
75-79  
50 Back 8- :60.00 J Matthews  
100 Back 6- 2:15.00 J Matthews

*typed on elec*

FREE RELAYS

35+ 3- 2:01.02 Correa-Anderson-Rogers- Dewell

MEDLEY RELAYS

35+ 5- 2:21.85 Rogers-Jewell-Anderson-Correa

MIXED RELAYS

35+10- 1:52.15 Thornburg-Hill Graef-Pyykkoi

(is that supposed to be Correa-Anderson-Adams-Taylor?)

65+ 1- 2:30.90 Musselman-Caddey-Mueller-Frederick

**COACH'S CORNER**

I compete in all races except breast.

One of my favorite workouts:

500 Free - 1st 300 easy, last 200

accelerating

5 x 200 - free on 3 min., desc.

1 x 400 IM - choice of skill drill

for each stroke

400 Im kick

7 x 100 IM - Desc. on 1:45 or 2 min.

(depending on how pooped I am)

Once a week I do 10 x 100 free on 1:30 desc. to check my conditioning.

I call this a "test set".

Dennis Donovan

Sr. stroke coach for Chinook Aquatic Club Mgr. Edgebrook Club

**HAVE SLIDES WILL TRAVEL**

Paul Murphy and Russ Hall are available to speak to groups about the Masters Program and present a slide show. Take advantage of this opportunity to encourage potential members or enlighten the community about our worthwhile program.

**ROSES!!**

-For the good time had by all at the long course Regionals Aug. 11 & 12 (especially those who participated in the beer relay). THANKS FRED!!

-To you budding authors! Keep contributing!

**NEXT! BOARD MEETING! NEXT!**

The next board meeting will be hosted by Russ Hall at Red Carpet Nu Way Realty, 24007-104th SE, Kent 98031, Tue. Oct. 23 at 7:30 pm. home phone (631-6685) work phone (852-2565). Directions on this page.

**NEXT! NEWSLETTER DEADLINE! NEXT!** The next newsletter deadline will also be Oct. 23. Send all articles, items and corrections to Kathy Crandell, 11114-111th St SW, Tacoma, 98498. Articles and contributions will also be collected at the board meeting. All items will be printed as submitted and must be submitted in written form or dictated to Kathy directly. The articles sent in by PNA members have been wonderful! So don't be shy! Send it

**NEXT! SUNSHINE! NEXT!**

While Sunshine chairman Lee Holme is vacationing in Africa, send all celebrations, births, etc., to Kathy Crandell, 11114-111th St SW, Tacoma, 98498, 588-4879. (Lee will be back in time for her birthday Oct. 27.)

