



Number 19, March 30, 2006

**To: Members, Friends and Supporters of the Louisiana Senior Olympic Games (LSOG)**

**From: Mark Rayner – LSOG Executive Director**

### **A Final Note from Dusty Lyons and Mark Rayner**

Some of you have learned that March 31<sup>st</sup> is the last day for **Dusty Lyons** and **Mark Rayner** to work for the **LSOG**. We confirm this news is correct. We both leave the **LSOG** with very good memories of working for all of you across the state of Louisiana.

Dusty has been Administrative Assistant, the “**queen bee and backbone**” of the **LSOG state office**, for more than eight years and supported two Executive Directors during that time. Mark has been Executive Director for one year. While some people viewed us as the “**Odd Couple**” we truly enjoyed working together as **teammates**. We shared similar distorted senses of humor that blended together naturally! We enjoyed working for and serving you - **Our Members...Our Customers...Our Friends**. It has been an honor to have the responsibility to manage the State Office for you. We have many memories as we laughed, smiled, frowned and sometimes cried with you in past experiences.

The participating members of the **LSOG** are truly what this organization is all about - The **Charlie Richards** across this state who bring outstanding athletic abilities and accomplishments to every competition...The **Trent Lanes** across this state who took up competition much later in life, made new friends and uncovered hidden athletic talents...The **little lady from Galliano** we met last year during the **Bayou River District Games** who told us how much she looks forward to the games to help her stay sharp, alert and handle the aging process better. While she didn't win any event that day, she captured our hearts by helping us realize what we do for the **LSOG** is important and appreciated by many.

There are members like **Millie Coleman, Anna Sanders, Carl Jarratt, Felix Sagona, Jairo Alvarez** and many others who volunteered their time and expertise helping us in the office with projects. Without the support of our individual sports coordinators, the State Championship Games would not be possible. We thank all coordinators for the vital work they perform for the **State Championship Games** and ask you to also thank them and support them again this year as they make sure each sport is handled to the best of their abilities:

Archery – **Clinton Rouyea**; Badminton – **Jackson Kon and Marshall Vidrine**; Baitcasting – **Anita Thibodeaux and the Governor's Office of Elderly Affairs**; Billiards – **Gwen Bruton**; Bowling – **Carol Frain and the Governor's Office of Elderly Affairs and Nick Lawless**; Cycling – **Patrick, Butch and Barbara Gipson, Jairo Alvarez and William Cheramie of the Tiger Cycling Foundation**; Dance Team – **Doug Wilkinson and Shane-Michael Dougherty**; Fitness Challenge – **Carey Long and Southdowns Gym**; Horsheshoes – **Landry and Jenny Camardelle and State Farm Insurance**; Pickleball – **Allen and Sadie Guidry and John Lopez and the Baton Rouge Junior League**; Racquetball – **Dwayne Fontenot**; Shooting – **Jim and Dozine Sanders**; Shuffleboard – **Doyle Blasingame and NW Athletes Association**; Swimming – **John Roy and Heather Stringer**; Table Tennis – **Mel and Shirley Coulon**; Tennis – **Matt Thomas**; Throws (Accuracy, Free Throw, Distance) – **Taylor Ahrens and St. James Place, Sabrina Sonnier and Avoyles Council on Aging, Jim Blouin and Capital Area on**

**Aging; Track and Field – Spud Mitchum, Butch Gipson, Lew Carter, Paul Stelly, Dwight Woosley, Russell Faust and State Farm Insurance; Walkathon – Bobby and Elaine Fontenot; Weighlifting (Olympic Lifts) Gayle Hatch and Spectrum Fitness; Washer Pitch – BlueCross BlueShield of Louisiana and Bill Laird; Weighlifting (Power Lifts) Paul Fletcher.**

All the people we cited above, who participated and volunteered for your organization, represent many other members and volunteers across Louisiana that form the spirit of the **Louisiana Senior Olympic Games**. While staff members will change over time, we are confident **LSOG members** will keep the spirit thriving that makes this organization so special.

Membership renewals in the first quarter of 2006 are soaring, even following the devastation we experienced from the hurricanes. The **LSOG** has a **Web site** <http://www.lzog.net> that is attracting national attention. A very effective communication tool like this **Field Post** e-mail newsletter allows the State Office to communicate efficiently to you on a regular basis. We proudly leave these and other tools we developed operating for continued success of this organization.

Considering all that happened in 2005 from hurricanes that devastated our state, we hope you will participate in this year's events on both the **district and state levels**. Some members lost a lot from the storms – property, jobs and family and friends who perished. You might not feel like participating this year. However, we ask you to consider attending an event, because, if nothing else, **your attendance** will help you **stand in defiance** of Hurricane Katrina and Hurricane Rita to symbolically demonstrate **you are coming back**. **That is what the spirit of the Louisiana Senior Olympic Games is all about!**

We wish everyone the very best in the **2006 District Games and State Championship Games** and look forward to learning about your accomplishments. Best regards and continued success to all of you.

### **Stay Active and Healthy!**

Dusty Lyons and Mark Rayner

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