

Field Post Number 7 – October 12, 2005

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

From: Mark Rayner – LSOG Executive Director

Field Post Archives

Since August, when the **first Field Post** was sent, several hundred new e-mail addresses have been added to the distribution list. The **Field Post** is extremely popular with our membership and friends. It provides list members current **LSOG information** and **Senior Games news**. If you recently added your name to the **Field Post distribution list**, you can now visit the **LSOG** Web site and **view all previous issues of the Field Post you might have missed**. In addition to viewing the archives, the Web site has instructions to subscribe to the list. Send the link to your friends! There is no charge to subscribe to the list.

<http://www.lzog.net/Field%20Post.htm>

Recovery Continues

The **LSOG** office continues to receive calls and e-mail from members who are gradually returning home and beginning repairs to their homes and property. We still haven't heard from some of our members. Please call the office or send an e-mail when you can to let us know how you and your family members are doing. **LSOG Board Member, Wayne Ory** and his wife, **Charleen**, contacted us this week with an update from **Harvey, LA**. Wayne went back to work this week and continues repairs on their home. You can read Wayne's message in the **Katrina Stories** section on our Web site.

<http://www.lzog.net/Katrina%20Stories.htm>

Vote for Trent!

The **Michelob Ultra GeezerJock of the Year** award program is still accepting votes to celebrate the best 40-and-over athletes in the world. **Trent Lane**, one of the LSOG's members, from **Baker, LA**, is a nominee in the men's 80+ category! Make Trent and the **LSOG** proud by casting your vote for him at www.geezerjock.com/vote.

Find a Flu Clinic Near You!

Flu vaccines begin to get in high demand in October. Protect yourself by making sure you get a **flu vaccine** this year. The following link will bring you to a **Louisiana flu shot clinic** near you.

<http://www.lhcr.org/html/community/Search.asp>

Stay Active and Healthy!

Mark Rayner, Executive Director
Louisiana Senior Olympic Games

<http://www.LSOG.net>

1-800-799-8309

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