

Richard Nixon Presidential Library  
White House Special Files Collection  
Folder List

<u>Box Number</u>	<u>Folder Number</u>	<u>Document Date</u>	<u>Document Type</u>	<u>Document Description</u>
4	19	n.d.	Form	Membership form for Former Members of Congress, Inc., with RN's information filled in in pencil. Actual sender, recipient, or person completing form unspecified. 1 pg.
4	19	06/15/1970	Form	Copy of membership form for Former Members of Congress, Inc., with RN's information typed in. Note at bottom indicates \$50 check for membership was mailed with form. Actual sender, recipient, or person completing form unspecified. 1 pg.
4	19	n.d.	Form	Blank membership form for Former Members of Congress, Inc. Sender, recipient unspecified. 1 pg.
4	19	n.d.	Memo	Memo from Ehrlichman to Rose Woods re: RN's membership in Ninth Assembly District Republican Club, which RN will not retain due to his move to Washington. 1 pg.
4	19	n.d.	Letter	Copy of handwritten letter from unspecified sender (but added handwritten note at top says "file Bob Spindell") to RN recommending golf practice and specifying golf tips, drills, advantages. 3 pgs.

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(FOR USE ONLY BY FORMER MEMBERS OF CONGRESS, INC.)

MEMBERSHIP INFORMATION

NAME Richard Nixon

ADDRESS FOR FMC DIRECTORY The White House, Washington, DC, ZIP \_\_\_\_\_

ADDRESS FOR MAILING PURPOSES \_\_\_\_\_ ZIP \_\_\_\_\_  
(IF DIFFERENT)

TELEPHONE NUMBER 456-1414 PROFESSION \_\_\_\_\_

YEARS OF REPRESENTATION IN THE HOUSE: 19 47 THRU 19 50

IN THE SENATE: 19 51 THRU 19 52

JURISDICTION REPRESENTED \_\_\_\_\_

MAJOR COMMITTEE ASSIGNMENTS WHILE IN THE CONGRESS:

House Comm. EDUCATION + LABOR Sen. Comm. on the Exec. Depts. *EXPENDITURES IN*  
House Comm. on UN-American Activities Sen. Comm. on LABOR + PUBLIC WELFARE

POSITION(S) HELD IN EXECUTIVE OR JUDICIAL BRANCHES, IF ANY:

Vice President of the United States 1953 TO 1/20/61

President of the United States 1969 TO \_\_\_\_\_

PLEASE CHECK WHICH, IF ANY, OF THE FOLLOWING ACTIVITIES YOU MAY BE INTERESTED IN PARTICIPATING:

- LECTURES  DEBATES  PANEL DISCUSSIONS   
TO COLLEGE STUDENTS  HIGH SCHOOL STUDENTS  CIVIC GROUPS   
FORUM ON NATIONAL ISSUES  ORAL HISTORY PROJECT   
CONGRESSIONAL REORGANIZATION STUDY   
OTHER PROJECTS TO AID THE CONGRESS AS AN INSTITUTION

COMMENTS OR SUGGESTIONS FOR ACTIVITIES:

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MEMBERSHIP INFORMATION

NAME Richard Nixon

ADDRESS FOR FMC DIRECTORY The White House, Washington, D. C. ZIP \_\_\_\_\_

ADDRESS FOR MAILING PURPOSES Attention: Rose Mary Woods ZIP \_\_\_\_\_

(IF DIFFERENT)

TELEPHONE NUMBER 456-1414 PROFESSION \_\_\_\_\_

YEARS OF REPRESENTATION IN THE HOUSE: 19 47 THRU 19 50

IN THE SENATE: 19 51 THRU 19 52

JURISDICTION REPRESENTED 12th Cong. Dist., California; State of California

MAJOR COMMITTEE ASSIGNMENTS WHILE IN THE CONGRESS:

House: \_\_\_\_\_ Senate \_\_\_\_\_

Education and Labor \_\_\_\_\_ Expenditures in the Executive Depts. \_\_\_\_\_

Non-American Activities \_\_\_\_\_ Labor and Public Welfare \_\_\_\_\_

POSITION(S) HELD IN EXECUTIVE OR JUDICIAL BRANCHES, IF ANY:

Vice President of the United States \_\_\_\_\_ 1953 TO 1/20/61

President of the United States \_\_\_\_\_ 1969 TO \_\_\_\_\_

PLEASE CHECK WHICH, IF ANY, OF THE FOLLOWING ACTIVITIES YOU MAY BE INTERESTED IN PARTICIPATING:

LECTURES  DEBATES  PANEL DISCUSSIONS

TO COLLEGE STUDENTS  HIGH SCHOOL STUDENTS  CIVIC GROUPS

FORUM ON NATIONAL ISSUES  ORAL HISTORY PROJECT

CONGRESSIONAL REORGANIZATION STUDY

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COMMENTS OR SUGGESTIONS FOR ACTIVITIES:

Mailed with check No. 20096 \$50, dated June 15, 1970 for charter membership

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MEMBERSHIP INFORMATION

NAME \_\_\_\_\_

ADDRESS FOR FMC DIRECTORY \_\_\_\_\_ ZIP \_\_\_\_\_

ADDRESS FOR MAILING PURPOSES \_\_\_\_\_ ZIP \_\_\_\_\_

(IF DIFFERENT)

TELEPHONE NUMBER \_\_\_\_\_ PROFESSION \_\_\_\_\_

YEARS OF REPRESENTATION IN THE HOUSE: 19 \_\_\_\_\_ THRU 19 \_\_\_\_\_

IN THE SENATE: 19 \_\_\_\_\_ THRU 19 \_\_\_\_\_

JURISDICTION REPRESENTED \_\_\_\_\_

MAJOR COMMITTEE ASSIGNMENTS WHILE IN THE CONGRESS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

POSITION(S) HELD IN EXECUTIVE OR JUDICIAL BRANCHES, IF ANY:

\_\_\_\_\_ 19 \_\_\_\_\_ TO \_\_\_\_\_

\_\_\_\_\_ 19 \_\_\_\_\_ TO \_\_\_\_\_

PLEASE CHECK WHICH, IF ANY, OF THE FOLLOWING ACTIVITIES YOU MAY BE INTERESTED IN PARTICIPATING:

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COMMENTS OR SUGGESTIONS FOR ACTIVITIES:

To: Rose Mary Woods

From: John Ehrlichman

Subject: RN's Membership in Ninth Assembly District Republican Club

Charlie McWhorter advises that he will explain to the Ninth Assembly District Republican Club that RN will no longer be a dues paying member now that he is moving to Washington. (per Ed Morgan)

*file*

# ADVANTAGES

File  
Bob  
Spentell  
Spt

1. Hitting 40 to 60 balls with your woods and long irons over a 20 minute period would exercise most of the important muscles in your body. It would also stir up your circulation beautifully. It is excellent, concentrated exercise.

2. It is fun - much fun.

3. In several important respects it is the best way to improve your golf game.

① It enables you to practice your swing every day, so that you can swing consistently when playing on the golf course.

② It is an ideal place to have a golf lesson. The lesson should be about 45 minutes. A half hour is too short and one hour is too long. Bryn Nelson is considered by the pros to be the best teaching pro.

③ The mirror is invaluable in helping you see your own swing and check whether you are following the pro's suggestions. It is a great self teacher. Indeed, the mirror can frequently help you change from <sup>hitting</sup> indifferent shots to that wonderful feeling that comes from hitting the ball square 8 or 10 times in a row.

4. Since your time for playing on the golf course will be limited, the inside practice will enable you to play well when you do play. It will give you a grooved swing and confidence.

④ You should of course also practice your

short iron shots on the White House lawn as President Eisenhower did.

④ I have an excellent suggestion to help you practice putting inside effectively. The first time I played outside this Spring I did not three put a single green and sank several six footers. I am sure that the same type of practice - 5 or 10 minutes at a time - would help you to do likewise.

5. This would be the fastest way to take exercise and have fun every day. Practice of only 20 minutes a day would make you feel very much alive. All you need to do is walk to where it is, loosen your collar, take off your coat, put on a pair of rubber soled shoes and start hitting! You will not even need a glove after you are on the track. After all, those hands of yours should be pretty strong by now!

⑤ If you really want the additional exercise, you can stoop over and pick up the balls instead of using the ball pick-it-upper!

⑥ The entire elapsed time from parlot <sup>and return</sup> to parlot should not take more than 30 minutes.

⑦ I often do it at night, one hour after dinner. The doctor says this is fine. Don't do it too soon before going to bed, because it is too exhilarating and may keep you awake.

6. You should not have any spectators as such - the secret service men, Bud Wilkinson and golf buddies are all right - because you must concentrate completely on every shot. No distractions.

7. Best of all, you cannot think of anything else while you are hitting golf balls! Taking your mind off a problem may be a good way to help solve it. In any case, this may be of real therapeutic value during or after a tough day, which means, of course, every day!

8. If you follow the suggestions on page 3 of my yellow draft, which Bud Wilkinson has damn sure that you can play consistently in the 80 ties, even if you play only once every two weeks.