



# Aqua Master

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***"Swimming for Life"***

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## **Pentathlons in the Spring!**

By Charlie Helm

Spring seems to have been the time for the Pentathlon meets with COMA hosting their LCM Pentathlon plus the first open water event of the year the Lake Juniper swim on the weekend of May 16<sup>th</sup> and 17<sup>th</sup>. More recently, T-Hills hosted their LCM Pentathlon on June 6<sup>th</sup>. Sad to say, I was hit with a respiratory illness and missed both events which really bummed me out. Sorry to say, this means no photos of me hanging out on deck at these events that so many of you look forward to every month.

The COMA meet featured both a traditional Pentathlon plus a freestyle only version to accommodate those swimmers who prefer to suffer in freestyle only. I did not get a report of any records for that meet, but I see there were some competitive swims based on the results. The Lake Juniper swim on Sunday showed 32 swimmers braved the unpredictable waters

of the lake to successfully navigate the buoys. COMA is always a good host and the reports I got was everyone seemed to have a fun weekend in Bend.

The T-Hills Pentathlon was also in the LCM format and our OMS records guru reports that there was 11 new LCM pentathlon records set plus 5 individual records. The five individual records were set by Arlene Delmage, Janet Gettling, Jerri Kawabata-2 records, and Wink Lamb. Again, the reports I got from various sources say there were some good competitive swims and heats at the T-Hills meet.

We're now getting into our summer season which means both open water events and a few pool meets are coming fast and furious. Enjoy the beginning of summer and I'll see you at the pool or the lake!

## **Pentathlons for All Bend and Beaverton**



***Juniper Swim and Fitness Center, Bend, Oregon***



***Tualatin Hills Aquatic Center, Beaverton, Oregon***

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Send address changes to [Susie Young](mailto:Susie Young) all other questions to [Jackie Parker](mailto:Jackie Parker)

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# Fit to Swim



## Something New

**Coach Aubree Gustafson**

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Summer is finally here and it's a great time to try something new. Maybe you've always wanted to try a triathlon, there are many beginner triathlons held all summer long. Maybe this is the year for you to compete in as many open water swims in the Oregon Open Water Series as you can. Maybe instead of competing in a specific event this summer, you are giving back by volunteering your time with a new organization, or giving of yourself by becoming a first time blood donor. Instead of an article this month, I'd like to ask you the reader, what are you going to try this summer? Others might like to try it too. Please share your events and ideas by emailing me at [fitness@swimoregon.org](mailto:fitness@swimoregon.org), and I will highlight your comments in

this summer's Fit to Swim articles. Thanks in advance for your participation!

**\*\*It's that time again!** The USMS 5K/10K ePostal National Championships, to be completed in a 50 meter pool between May 15<sup>th</sup> and September 15<sup>th</sup> of this year, are on! Grab yourself a lane and lap counter and test your stamina with one of these longer Postal swims. Online event registration and information can be found at [www.usms.org](http://www.usms.org) under the "Events and Results" tab, below "Open Water & ePostals", select "National Championships". Good luck! \*\*

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## US swimming pools ban long breath-holding after deaths

<http://www.msn.com/en-us/news/us/us-swimming-pools-ban-long-breath-holding-after-deaths/ar-BBknpDt?ocid=HPCDHP>

A U.S. Navy SEAL hopeful and his friend, an off-duty lifeguard, were barreling through underwater drills in a pool just 3.5 feet (1 meter) deep. No one realized anything was wrong until their limp, unconscious bodies were noticed beneath the surface.

This summer, nearly four years after those deaths in a Staten Island pool raised alarms about a little known hazard called shallow-water blackout or hypoxic blackout, New York City is putting up warning signs at all public pools prohibiting prolonged breath holding.

It is part of a movement to raise awareness of the peril that has killed accomplished swimmers and to stop it by banning lengthy breath holding in the nation's estimated 300,000 public pools.

Shallow-water blackout occurs when a person tries

to swim underwater for an extraordinarily long time, typically to build endurance. Swimmers often start by taking multiple deep breaths to go a longer distance underwater, causing their blood levels of carbon dioxide to plunge. Once underwater, carbon dioxide levels fail to rise quickly enough to signal the brain to breathe, oxygen levels fall rapidly, and the swimmer faints underwater and drowns.

"Because the swimmer has low oxygen level at the time of the fainting, brain damage occurs within a couple of minutes, and death is very likely," a doctor warns in a recent public service announcement. Afterward, Olympic Gold Medalist Michael Phelps urges coaches to end the risky swim team tradition of marathon breath-holding workouts.

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# Shake and Swim with “Bake”

## Diving for Masters

*Coach Dennis Baker*

As we start our summer season of meets here are some thoughts on Diving into the pool and some tips for all the four different stroke starts.

1. NEVER DIVE IN WARM UPS until the end when the announcer stipulates a practice start-diving lane.
2. Don't try to do the same start as when you were in high school. That's the one we know but not the one that will serve us best as we get older. The goal should be the smoothest of entries. If that means easing up on how far you try to dive out there then so be it.
3. Don't ever be afraid or embarrassed to start from the side. You may not have learned a good dive yet. You may have an injury. Lastly it may just be actually safer and faster in the long run to just push off the side, don't sweat it.
4. Butterfly Start: After you dive or push off don't stay too long underwater unless you have trained to do so. You don't want to lose any momentum from dive or push. One, two, or three dolphin kicks under water is just fine.
5. Backstroke Start: You may try to use the gutter instead of the blocks. I do this myself and find I get a much better angle into the water. Again, not too much time underwater and flutter kick for most of us is just as fast as dolphin. Either way, before you break to the surface switch to flutter for best results.
6. Breaststroke Start: After the dive or push off you may want to forgo the underwater pull down. If it is not effective it will be just stopping your momentum. I have seen tests where there is very little difference from just starting your stroke right away.
7. Freestyle Start: Again if you're doing dolphins underwater you must switch to flutter before you get to surface. This will pop you up and forwards much better.

Try these tips and see what you think. The main goal is to be as smooth as possible on entry and don't lose the momentum gained from the dive or push off.

### **BREATH-HOLDING**

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New York City, and Santa Barbara, California, are among the first U.S. cities to outlaw long breath holding in public pools.

The hazard recently drew a national spotlight when the U.S. Centers for Disease Control and Prevention on May 22 published a New York City Health Department

study on “dangerous underwater breath-holding behaviors.” The study said New York City's ban on long breath holding, passed with little fanfare in 2013 after the Staten Island deaths, could serve as a model for other cities.

Santa Barbara intensified enforcement efforts of its existing ban after the 2014 death of college water polo player Nick Johnson, 19. The city has overhauled life-guard training and posted bright yellow signs warning against the forbidden behavior.



## USMS Spring National Championship — SCY

April 23-26, 2015; San Antonio, Texas

Full results for this meet can be found at:

<http://www.usms.org/comp/scnats15/results/>

**New Records: 10 Oregon, 2 Zone**

Sex/AgGrp	Event	Name	Time	Record
Women 25-29	50 Yard Freestyle	Stacy, Jessica	24.56	Oregon
Women 25-29	200 Yard Breaststroke	Stacy, Jessica	2:27.06	Oregon
Women 25-29	50 Yard Butterfly	Stacy, Jessica	25.97	Oregon
Women 35-39	50 Yard Butterfly	Skinner, Sonja	26.69	Oregon, Zone
Women 35-39	200 Yard Individual Medley	Skinner, Sonja	2:18.73	Oregon
Women 65-69	50 Yard Breaststroke	Gettling, Janet	39.29	Oregon, Zone
Women 65-69	100 Yard Butterfly	Gettling, Janet	1:25.11	Oregon
Women 65-69	200 Yard Individual Medley	Gettling, Janet	3:03.09	Oregon
Men 55-59 100	Yard Breaststroke	Allender, Patrick	1:06.06	Oregon
Men 55-59 200	Yard Breaststroke	Allender, Patrick	2:22.46	Oregon



## COMA Pentathlon — LCM

May 16, 2015; Bend, Oregon

Full results for this meet can be found at:

<http://swimoregon.org/results>

**New Records: 3 Oregon, 1 Zone**

### Pentathlon Records

**Sprint course** (400 meters = 50 each of fly, back, breast, free & 200 IM)

Sex/AgGrp	Name	Time	Record
Women 40-44	Tammy Fischer	6:18.10	Oregon

**Mid-Distance course** (600 meters = 100 each of fly, back, breast, free & 200 IM)

Women 40-44	Teresa Anderson	9:43.53	Oregon
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### LCM Individual Records

Sex/AgGrp	Event	Name	Time	Record
Women 55-59	800 LCM freestyle	Mary Sweat	11:14.54	Oregon, Zone

# Lake Juniper Buoy Swim — OW

May 17, 2015; Bend, Oregon (not USMS sanctioned)

Full results for this meet can be found at:

<http://swimoregon.org/results>

## Course Records

Sex	AgGrp	Name	Age	Time	Female/Male	Overall
F	18-24	Carew, Katie	19	23:26.2	5	12
F	25-29	Gibson, Lisa	25	17:48.8	1	3
F	30-34	O'Malley, Meghan	30	25:56.3	10	20
F	35-39	White, Tiffany	38	21:10.1	3	8
F	40-44	Edwards, Bonnie	43	20:10.4	2	7
F	45-49	Young, Kim	47	22:30.7	4	10
F	70-74	Ziemer, Judy	70	29:48.3	14	26
M	35-39	Miller, Matt	37	16:50.1	2	2
M	40-44	Tujo, Christian	43	19:19.5	3	4
M	45-49	Lussier, Hardy	49	16:16.9	1	1
M	55-59	Asbury, Doug	55	19:59.0	4	5

# Tualatin Hills Pentathlon — LCM

June 6, 2015; Beaverton, Oregon

Results for this meet can be found at:

<http://swimoregon.org/results>

**New records: 16 Oregon; 3 Zone**

## Pentathlon Records

### Sprint course (400 meters = 50 each of fly, back, breast, free & 200 IM)

Sex/AgGrp	Name	Time	Record
Women 18-24	Melody Hendrix	7:20.30	Oregon
Women 30-34	Arienne Benedetto	5:42.12	Oregon
Men 45-49	Scott Ferguson	6:12.99	Oregon
Men 55-59	David Hathaway	5:02.63	Oregon
Men 60-64	Mike Tennant	5:10.36	Oregon

### Mid-Distance course (600 meters = 100 each of fly, back, breast, free & 200 IM)

Sex/AgGrp	Name	Time	Record
Women 35-39	Stephanie Elwonger	8:31.47	Oregon
Women 40-44	Teresa Anderson	9:33.23	Oregon
Men 45-49	Matthew Roth	7:38.15	Oregon
Men 60-64	Kermit Yensen	8:58.64	Oregon

### Long Distance course (1200 meters = 200 each of fly, back, breast, free & 400 IM)

Sex/AgGrp	Name	Time	Record
Women 60-64	Elke Asleson	24:57.05	Oregon
Men 55-59	Patrick Allender	16:55.13	Oregon

## LCM Individual Records

Sex/AgGrp	Event	Name	Time	Record
Women 50-54	200 LCM Fly	Arlene Delmage	2:47.76	Oregon & Zone records
Women 65-69	100 LCM Fly	Janet Gettling	1:40.77	Oregon record
Women 80-84	50 LCM Free	Jerri Kawabata	54.27	Oregon record
Women 80-84	100 LCM Free	Jerri Kawabata	2:01.35	Oregon & Zone records
Men 90-94	50 LCM Free	Willard Lamb	43.50	Oregon & Zone records

# Mike Popovich, “Godfather of Oregon Swimming”

Mike Popovich was born in Chicago on April 18, 1927, and died at the age of 88 on June 1, 2015.

Growing up in Chicago, Mike dropped out of high school his sophomore year. “My dad was killed in an automobile accident on Christmas day in 1941 when I was 14 years old and my mother could speak little English,” he said. “I was the oldest of three children and I decided I needed to care for the family.”

Mike served in the Navy during World War II from 1944 to 1946. After his military service, his brother Joe, convinced him that they could use their swimming talents to earn a college scholarship. The brothers went to the coach at UCLA and when he saw them swim, he wanted them on his team. Since Mike had dropped out of high school and was not eligible to attend UCLA, the coach encouraged them to attend Santa Monica Community College to get their necessary credits to be able to attend UCLA.

Mike comments, “Santa Monica didn’t have a swim program so we started one. My brother went on to swim at UCLA. He encouraged me to take a scholarship to the University of Oregon, where I played football and swam.”

Mike earned both his Bachelor’s and Master’s degrees from the University of Oregon, graduating in the mid to late 1950s. There, at the University of Oregon, Mike met Dr. Don Van Rosen, who later became the University of Oregon’s Swimming Coach. Together they promoted aquatics, including competitive swimming.

His first Aquatic Director/Teacher/Swim Coach position was in North Bend, Oregon, in the late 1950s.

He became the Aquatic Director for the Gresham Centennial School District in the early 1960s where he helped with the design of Gresham, Centennial, and later Barlow High School Swimming Pools.

During the 1960s he organized a swimming league called the Columbia Basin Swim League, (CBSL). This winter league included all year round swimming clubs in Oregon and Southwest Washington, with the exception of the Multnomah Athletic Club. The goal of the CBSL was to promote the team concept of competitive swimming by establishing conferences based on team size, with a conference championship at the end of the winter season. As he was the Commissioner of this league, this may have been when Mike got the name, “The Godfather of Oregon Swimming”.



At this time, Mike also established The Portland Area Aquatic Council. This was a professional outlet for the area’s Aquatic Directors in the public and private sector. This group met monthly with the goal of promoting and marketing all areas of Aquatics.

In the late 1960s Mike took the position of Aquatic Director of the Mountain Park Aquatic Center. He played a role in the design and construction of Oregon’s first fifty meter indoor pool built since the opening of the Multnomah Club’s facility. This venue hosted the Summer Long Course Regionals for many years. He was also instrumental, along with Dr. Don Van Rosen, in the MPAC being awarded the Pac-10 Men’s Conference Swimming Championships. The first time it was held in the Pacific Northwest in several decades.

Mike moved on to become the Aquatic Director of the Mount Hood Community College Aquatic Center, while still in the blue print plan, in the mid-1970s. He played a major role in the design of the facility; a facility that included a detailed outdoor water park, that was lat-

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# OMS Association Meet Survey

Submitted by Elke Asleson

Health and P.E. Department/Western Oregon University and coach of Oregon Mid-Valley Masters (OMVM), based in Albany at the YMCA

The students in PE at Western Oregon University were able to obtain some extra credit by volunteering for the swim meet, filling out a survey from their experience, and by interviewing some Master swimmers. The 29 completed surveys have been summarized for your reading enjoyment!

## Masters Swim Meet Observation Summary

**Reasons for Swimming:** Masters swimmers had many different reasons for competing in swim meets. They included the physical benefits of being active and staying in shape; enjoying the social aspects of swimming in a team environment, including the friendship, encouragement and support of fellow swimmers; the desire to compete, improve their times and the satisfaction of being a champion and the love of swimming ~ the ability to enjoy a lifetime sport.

**Observation of Swimming Levels:** There were various levels of swimming observed at the meet from beginning to Olympic level swimmers. Accordingly, there were also broad differences in ability levels for strokes, starts and turns with the most distinction observed in the dives off the starting blocks. It was obvious that experienced

swimmers knew what they were doing and exhibited the talent, speed, stroke technique and endurance to compete in multiple events. Many enjoyed the opportunity to “re-live” their former competitive swim experience albeit somewhat slower in an older body carrying a few more pounds.

**Reasons to Compete:** Serious competitors pushed themselves to win their heats, beat their previous race times and set personal records. They swim to experience the thrill of competition but also enjoy the fun and fitness of swimming. Most just loved swimming and enjoyed the camaraderie of fellow athletes.

**Why They Were Racing:** Most raced on a recreational basis to stay in shape, swimming more for fun than for winning. Some were trying to improve their times and said that winning was a bonus.

**Miscellaneous Observations:** There was a very positive vibe of respect and fellowship among swimmers. A spirit of encouragement and support prevailed among all swimmers who were observed to be a tight knit group that looked out for each other. There were no hard feelings or bad blood between swimmers or teams at the meet. Swimmers were observed to be very friendly and genuinely care for and support each other, especially in the last few laps of an event. Swimmers enjoyed talking about themselves and were very open with each other. Observers were amazed at the fitness level of older swimmers, particularly a 92 year old participant. There were long lasting bonds among swimmers, many of whom have been swimming most of their lives.

**Demographics:** Swimmers were 60% men and 40% women and were an average of 40 years of age.

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## MIKE POPOVICH

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er deleted due to lack of funds. The MHAC hosted numerous Regional/Sectional Championships. He also hosted numerous Masters Meets, both locally and on a national level. He was also a worthy Masters competitor in his age group. Many swim clubs utilized the outdoor pool for long course training. It also became the main venue for the Oregon High School State Swimming Championships for all classifications in the state.

To many in the swimming community, Mike has earned the nickname of “Godfather of swimming”. What did he do to get that title?

“He has made many great contributions to aquatics,” says Bud Taylor. “He was able to do a lot of things other people couldn’t do. He is known for his credibility

and dedication to the sport. Popovich was an extraordinary organizer for aquatic facilities and events. Very few people have his ability to promote aquatics programs and train people to run them. He has been a consultant for many swim facilities in Oregon and the Northwest.”

Mike comments, “When I came to Gresham in 1962, 55 to 60 percent of the kids were non-swimmers. I’ve coached, I’ve been a lifeguard and I’ve taught water safety. I helped to build pools so children could learn to swim and learn respect for the water. I think the discipline taught in swimming carries on to other sports and to life.” That pretty well sums it up.

Mike Popovich was voted Oregon Swimmings James J. Richardson’s Award in 1979. An award given annually to an individual contributing to the success of Oregon Swimming.



# Personal Memories of Mike Popovich

The first time I saw Mike Popovich, I was in high school and at a swim meet in Coos Bay. The next time I encountered him, I was applying for a lifeguard job at the Gresham high school pool. To get the job, I had to “save” him—no small task. And then, of course, where I got to know him was through Master’s swimming and the Sandy pool. One of the things that stands out about Mike is that whenever I saw him there was that great big smile and a “How are you?” He will be greatly missed.

—Chris Clum; former OMS swimmer

My earliest recollection of Mike was when I was a teenager. I swam for Parkrose Swim Club and Mike was coaching in Gresham. Parkrose and Reynolds merged. My father got involved at meets as a starter and when he met Mike there was an instant bond. They were both Serbians and only spoke Serbian to each other. They rarely saw each other but they would pass messages to one another through me - in Serbian. No, I don’t speak or understand a word of the language. Well, one day my dad told me what to say to Mike and then he laughed. When I relayed the message, Mike laughed and relayed one back. I asked Mike what was so funny and he told me. They were calling each other swear names in Serbian (you SOB, etc). Hence, the “passing of notes” ceased. Ever since, when I would see Mike, he would say, “will you give a message to your father”? I’d just smile.

—Ginger Pierson; OMS swimmer

I have known Mike Popovich since the Fall of 1974 both as a friend and professionally. I’ve admired his knowledge and organizational abilities in the field of aquatics. During that time, he was very active in the field of education, coaching and aquatic safety. He was instrumental as a leader, in the planning, organization and building of the MHCC Aquatic Facility. He and others had the foresight to see the need for such a facility. It has become and continues to be an asset to the East County communities. He also organized and served as chairman of the East County Aquatic Council for many years.

After retirement, Mike settled down in Sandy. He joined and was an active member of the “Friends of The Pool,” a non-profit organization. He advised and promoted many of their endeavors focusing on the aquatic center and school swim instruction.

Throughout the state he was a knowledgeable and highly respected educator, aquatic director, Masters swimmer, coach, advisor, and mentor to many. He supported and inspired others to become better aquatic

professionals and individuals. He was always willing to listen and give of his time.

Mike Popovich dedicated a major portion of his life to the advancement of aquatics and safety. He was one of the top aquatic leaders in Oregon. A man with a huge desire to help others. Yet, his family was always foremost in his thoughts. He was an incredible and supportive friend and will definitely be missed.

—Mark Smith; Aquatic Director/Swim Coach – Retired  
Olin Y Bignall Aquatic Facility – Sandy, Oregon

I first met Mike Popovich at the Mt Hood Aquatic Center when he was the Aquatic Director. He came to Masters swim meets and then showed up in Sandy to swim during lap swim. He was always willing to offer tips for better swimming. One day, after observing me swim, he said, “You look like you are going fast but you aren’t.” Then he showed me how to be more efficient instead of working so hard for very little speed. He always made a person feel special with his friendly ways and big smile. Yes, I will miss him.

—Alice Zabudsky; OMS swimmer

The North Bend Swimming pool was built in 1957. Shortly afterwards the fifth and sixth grades from Glasgow Elementary School, where I taught sixth grade and was principal, went one day a week the nearly 4 miles to town on a school bus to the new pool for swimming. Usually the first part of the hour dealt with instruction and then a few minutes of recreational swimming. Both the fifth grade teacher and I could swim but were not familiar with actually teaching swimming. Mike Popovich opened the new pool in North Bend. He met with all of the classroom teachers for in-service training about swimming instruction, rules, safety, etc. He lived near us in North Bend. He was a great friend, neighbor and swimming coach/administrator.

—Lew Holt; retired school teacher and principal

## THE SMILE!



# Swimmer Spotlight

**Name/Age: Geraldine "Jerri" Kawabata / 81**  
**Workout group: Tualatin Hills Barracudas**

—submitted by Karen Andrus-Hughes

As a family our early experiences with water were the Pacific Ocean, Blue Lake and Pudding River. We learned to swim with help from our dad, but I remember having swimming lessons at the YMCA on 39th and Sandy Blvd. in the early 1940s. As a young person, however, the greater part of physical activity was spent in a neighborhood with many young people and in schools where there were good PE classes, intramural and sometimes intramural competitions. I am thankful for some educators at Rose City Park Elementary School for organizing these activities. I was fortunate to spend my freshman year at Gresham High School. Dorothy Craven was girls' physical education director and organized a program with many activities that I never experienced anywhere else. These are treasured memories.

As a young person, I remember casually thinking I would like to swim with a group but did not know how to pursue it. There were park pools in Portland but we were not allowed to go to them because of the polio scare in those days. I just took part in athletic activities that were easily available during the rest of high school and university.

After completing university I taught in Rainier, Oregon and then had a chance to teach in East Africa. The school was a military dependent school. I married and moved to a number of places with my husband, who was a security investigator for the Army Security Agency. After eight years we left the army and moved to Portland. We joined a developing athletic club near where we lived. Our five children took swimming lessons and eventually began swimming with the team there. Ty Steinbock was the director and coach at that time. The club had an exercise room there and calisthenic classes were offered. There were also racquetball courts. I spent some time taking advantage of those activities. While watching my children's swim workouts I was motivated to begin swimming laps. I experienced an elevated energy level and excellent sleep.

I read Kenneth Cooper's book, **Aerobics**, and began regular lap swimming. Eventually I used his point schedule for motivation and have continued this for years. We moved to the David Douglas High School area for the swim program. My lap swimming routine continued for about twelve years. During this time I did swim in one meet at Mt. Hood Community College in the 1970s. I believe it was organized by Connie Wilson. Sometime in the 1980s I began to do less swimming. I took aerobic classes, walked, biked and jogged a bit. I used a mini trampoline at home and climbed stairs on my lunch hour at work to augment the routine. Near the turn of the century I began to think of returning to swimming, thinking of the benefits to an aging skeleton.

My daughter, Karen Andrus-Hughes, was the actual motivator for my return to swimming. She wanted my 90 year old father; my son, Jerry; my granddaughter, Lauren; and me to swim a four generation relay at the 2004 State Games. My dad had been swimming laps for years and was recovering from a broken hip. Karen suggested that I go to Tualatin Hills Recreation Center and experience a 50 meter swim. Afterward she mentioned that Dave Radcliff suggested I go to a noon Barracuda workout for some stroke work. Laurie Kilbourn was the coach. We did swim the four generation, 200 meter relay. My dad swam the 50 meter freestyle doing backstroke.

My husband, Fred, decided to join the noon swim with Laurie. I also began to swim in the morning with Jon Clark from time to time. Early in 2006 he asked me if I had thought about going to the FINA World Masters Championships in Palo Alto. He said I would be eligible. I had encouragement from coaches and my daughter, Karen, and decided it was an experience I wanted. I have continued to compete from time to time and want to do well but my main goal is fitness. A wonderful benefit to Masters swimming is the friends and coaching. It is wonderful to live where we have the facilities.



# Oregon Swimming at the 2015 USMS Spring Nationals

*By Matt Miller*

There were twenty Oregon swimmers who made the trip to San Antonio, and Oregon was well represented by some very fast swimming. Throughout the entire meet, there were threats of thunderstorms, but thankfully the storms seem to work around the meet schedule! There were some interesting nighttime storms, but thankfully nothing serious during the days. Most of the days were overcast, which helped give swimmers a much-appreciated break from the heat of Texas. But the swimming in the pool was hot and fast!

Oregon was able to put together 10 relays, most of which placed well. We had three people who were national champions, winning a total of four events. Janet Gettling was a two-time national champion, winning both the 50 breaststroke and 200 butterfly for the women 65-69 age group. Allen Stark pulled out a win in the 100 breaststroke for the men 65-69 age group after nearly winning the 50 breaststroke the day before. Sonja Skinner became a first-time national champion by winning a very exciting race in the 200 IM for the women 35-39 age group on the final day of the meet. And many Oregon swimmers finished very high in their age groups in their events. What a great showing for such a small group from Oregon!

Videos of the above listed swims, along with the majority of other swims by Oregonians, can be viewed here: <https://www.youtube.com/playlist?list=PLEWUCucgkxVu pVSm3pc1Y9NDdFGdqWzCl>

Additionally, there were ten Oregon and two Zone records that were established. Jessica Stacy (women 25-59) set Oregon records in the 50 freestyle (24.56), 200 breaststroke (2:27.06) and 50 butterfly (25.97). Sonja Skinner (women 35-59) set an Oregon and Zone record in the 50 butterfly (26.69) and an Oregon record in the 200 IM (2:18.73). Janet Gettling (women 65-69) set an Oregon and Zone record in the 50 breaststroke (39.29) and Oregon records in the 100 butterfly (1:25.11) and 200 IM (3:03.09). And Patrick Allender (men 55-59) set Oregon records in the 100 breaststroke (1:06.06) and 200 breaststroke (2:22.46).

Oregon swam very well as a team and placed 8th out of 21 regional teams. But most importantly the group got along amazingly well and everyone had a lot of fun!

The team dinner was held on Friday evening and was well attended with 17 people, 13 swimmers and 4 supporting non-swimmers, sitting at one large table at the restaurant Aldino's at the Vineyard. Everyone seemed to be happy with the atmosphere and food and it was a very fun evening.

I had a lot of fun serving as the head coach for the 2015 Oregon National Team. I want to take a chance to thank the OMS board for the opportunity to serve OMS in such a capacity.

-- Matt Miller swims with RVM (Rouge Valley Masters)

**Part of the OMS swimmers who went to the USMS Spring Nationals**

**Left to right**  
**Andrew Scott**  
**Mike Peyton**  
**Matt Miller**  
**John Foges**  
**Allen Larson**  
**Sonja Skinner**  
**Tom Phipps**  
**Jessica Stacy**  
**Tessa Reeves**  
**George Thayer**  
**Allen Stark**



## Oregon Masters Swimming: TENTATIVE Open Water Race Schedule for 2015 (as of 25 Jan 2015)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sun 12 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver	Featured	Unaffiliated
Sat 18 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Andy Gramley	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter 1500-meter 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned 375-W004
Sun 19 Jul								
Fri 31 Jul Sat 1 Aug Sun 2 Aug	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter (Ass'n Champs) 5000-meter 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Sanctioned 375-W002
Sat 15 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	COMA	Bob Bruce	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured	Sanctioned 375-W003

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place. Participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

# Summary . . .

## Records For:

USMS Spring National Championships—SCY  
COMA Pentathlon—LCM  
Lake Juniper Buoy Swim—OW  
Tualatin Hills Pentathlon—LCM

# Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
July 12	OW*	Portland Bridge Swim	Portland, OR
July 18-19	OW*	Applegate Lake Swims	Ruch, OR
July 31-Aug 2	OW*	Cascade Lakes Swim Series	Bend, OR
August 6-9	LCM	USMS Summer National Championship	Geneva, OH
Aug 15	OW*	Eel Lake Swims	Lakeside, OR
August 21-23	LCM	Gil Young LCM Zone Championship	Gresham, OR
November 21-22	SCM	SCM Zone Championship	Federal Way, WA

\*Open Water details on page 12



## OMS Board Meetings

(contact a Board member for location)

July 13, 2015  
August 10, 2015

# Let's Swim