



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

Volume 43, Number 2

Published 10 Times Yearly by OMS, Inc. February 2016

Competitive Animals!

by Charlie Helm

December 20th saw the annual Canby Animal Meet and this year the competitive animals showed up in force. How competitive was it? Three of the defending champs from last year competed and were unable to win their titles back as new challengers took the coveted Canby Animal Meet Gargoyle Trophy!

Just to refresh your memory, this meet is different than the standard meet. There are 3 Animal categories and each category is divided by men and women. No age group divisions—all ages go for it together by gender. Each Animal category does an I.M., a Fly, and a distance Free. The Sprint category does the shorter, the Animal does the middle distance, and the Grand does the long distance of each event. These folks are the true animals and are heard growling in the water after each event. Not all swimmers do the Animal categories, they pick and choose their favorite events, but you have to do the specific Animal events to win the Gargoyle Trophy. This year's champs were, for the Sprint Animal: Amanda Metz and Adam Arzner. The middle Animal was: Emily Melina and Matthew Marceau. The Grand Animals were: Mattie Fowler and Robbert Van Andel. The most competitive event was the men's Grand Animal where Robbert and defending champ Matt Miller were close and going for it hard in all 3 events with Robbert edging Matt out by only about 2.6 seconds. For those who follow my events closely, I beat all my entry times, which were my times from last year, and maintained my lock on last place in the Sprint Animal category for like the 5th or 6th year in a row. Domination! See you all at Chehalem, January 30th!

Grand Animal Champs



Robbert Van Andel



Mattie Fowler

Middle Animal Champs

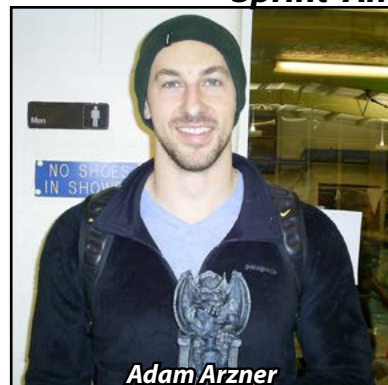


Matthew Marceau



Emily Melina

Sprint Animal Champs



Adam Arzner



Amanda Metz

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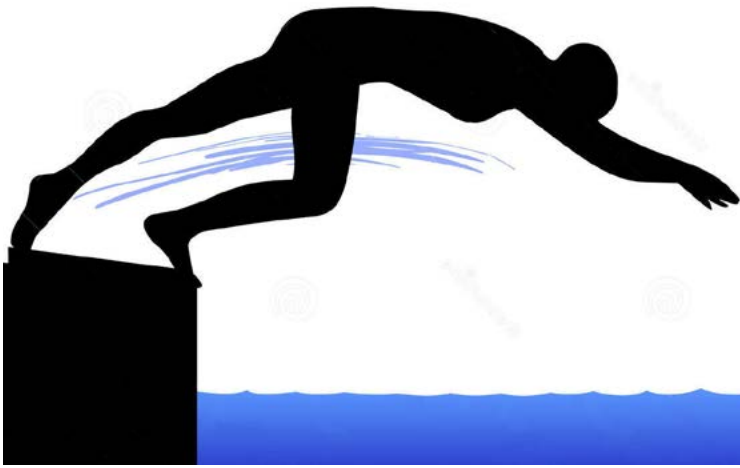
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Aqua-Master is the official publication of Oregon Masters Swimming. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to Susie Young all other questions to Jackie Parker

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Off the Block

Food, Sex, and Attractiveness The Role of Skin (Color, Oiliness, and Acne) and Body Odor <https://www.drmcDougall.com/misc/2015nl/dec/foodandsexp2.htm>

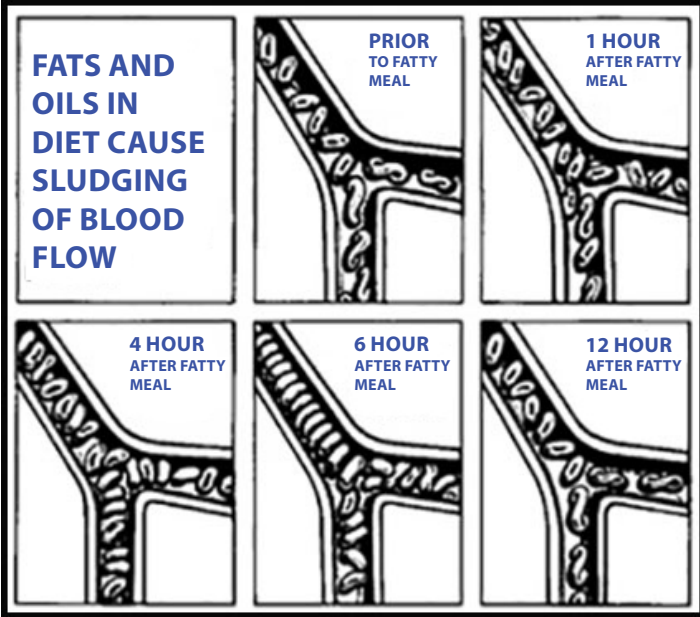
Excellent health is attractive. Our appearance to others is within our control and largely dependent upon the food choices we make. The November, 2015, newsletter (Part 1: The Role of Body Weight) focused on the role of body fatness in attractiveness. The rest of the picture of health involves the appearance of our skin and the odor of our body.

The Skin's Role in Attractiveness

Beyond the health messages conveyed by the amount of fat carried under the skin, a closer look at the skin itself reveals other fundamental clues to our health. A sick person will often be described as "looking gray." Pallor and blue/gray skin tone is a result of poorly oxygenated blood in the blood vessels close

to the skin's surface. When the red blood cells in the arteries and capillaries are rich in oxygen, they are naturally bright red. Red blood cells turn blue in color as they release their oxygen to organs, such as the brain, liver, lungs, and skin. This is why veins, for example those on your forearm that return blood to the lungs for re-oxygenation, are blue.

Impairment of circulation results in the reduction in the actual number of cells present in the capillaries, thereby producing pallor (paleness). With poor circulation, cells also linger in the vessels, allowing time for red cells to turn blue and changing skin to a blue/gray tone. A person may then be described as "not being in the pink." These bloodless signs of poor health are unattractive.



Microscopic Examination of Blood Cell Flow Impaired by Dietary Fat

Unsightly Oily Skin and Acne

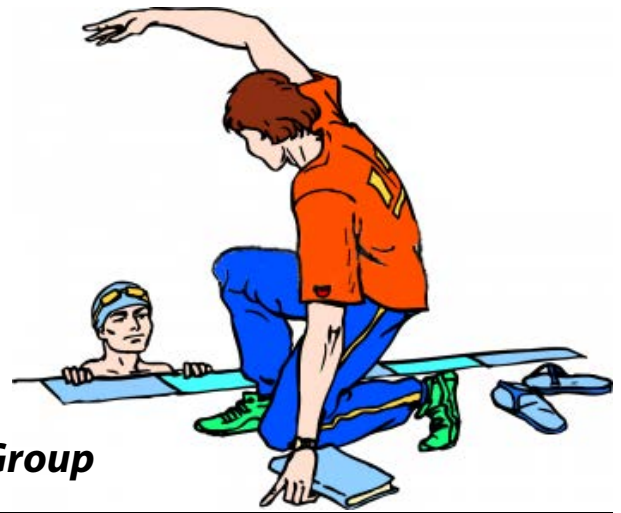
The standard dogma that we hear from essentially all medical doctors is that oily skin and acne have nothing to do with the foods we eat. This belief dates back to a single article published by Dr. James Fulton in the Journal of the American Medical Association almost half a century ago (1969). The results of this study have been justifiably criticized and the conclusion discounted for more than 35 years.

Dr. Fulton studied 30 adolescents (14 girls and 16 boys) attending an acne clinic and 35 young adult male prisoners with mild to moderate acne. The Chocolate Manufacturers Association of America funded the research and provided two kinds of candy bars: one with and one without chocolate. Both bars were made mostly of fat and sugar and had similar amounts of calories (557 to 592 per bar). The subjects added one or the other bar to their usual daily food intake for the next four weeks. Nothing else was changed in their diet during the experiment. Dr. Fulton and colleagues then counted the pimples

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Coach Tim's Tips

Coach Tim Waud
Coaches Chairman



How to Build a Successful Masters Workout Group

Successful workout groups are contingent on a few common traits. The first step is having a stable pool situation. If you are trying to start a workout group in a facility that doesn't offer a Masters program, work with the aquatic director. Many pools have scheduled activities, and also times that are not being used at varying times during the day. This can be a perfect opportunity to offer a variety of coached practice times, and generate extra revenue for your aquatic facility. This is a win-win situation for swimmers who want to have a structured workout regime.

If you are a coach and want to start a Masters program, there are a few key concerns. Do you have the leadership skills to coordinate a successful program? Are you willing to make an investment in your team? Continuing education and accreditations are values your swimmers will be seeking from a coach. A coach needs to maintain a standard of excellence. Take interest in your swimmers and develop a relationship that meets each individual's personal goals. Be on time for practice and look professional. Measure your individual swimmers progress by participating in team building events such as: local swim meets, USMS ePostal swims, Open Water Swims, and Triathlons. Consider hosting a sanctioned swimming meet, offer stroke clinics, and offer Adult Learn-to-Swim programs at your facility.

Where do you find Masters swimmers to build a team? The majority of swimming pools have USA Swimming teams. Many of the age-group swimmers have parents who are former swimmers. Tri-athletes are always looking for stroke technique feedback and advice on how to improve the swim portion of their race. Post-collegiate swimmers, former high school, and age-group swimmers

might be interested in getting back into a structured swimming environment. Regular fitness, and lap swimmers might be interested in improving their swimming ability. These are the places in which you will be able to determine interest and identify your target audience. Tailor workouts for all Masters Swimmers, including competitive, fitness and tri athletes.

Swimmers like to be involved with people who share the same interests. Create an identity by establishing a name and a logo. Get to know your swimmers; many people possess the skills that will help make a successful program. Give your swimmers ownership by delegating responsibilities. Team apparel, newsletters, websites, and social media groups can be managed by different people. Have team parties and include family members in group activities. Annual holiday get-togethers and awards dinners are great social activities that build team camaraderie. Recognize your swimmers with awards and acknowledgement of their individual achievements.

If you are unable to umbrella your Masters program with an existing USA program, come up with a business plan. Base your club membership dues on pool rentals, lifeguard fees, payroll and other expenses. A registered workout group must consider U. S. Masters Swimming and LMSC registration fees, workout group registration fees, club services, website fees, social functions, marketing and promotional materials. Unless you're on-deck coach is a volunteer, consider compensating them for their time and allowing a budget for continuing education and membership dues. Creating a board of directors, mission statement, and a guide to operations, may be necessary as a team continues to grow.

Long Distance Swimming



Coach Bob Bruce
Long Distance Chairman

We will remember 2015 as the frustrating year that Oregon Club slipped a lot in ePostal swim participation and a few other teams in the nation caught up:

- In 2012, 256 Oregon swimmers did at least one Postal swim; in 2014, that number had fallen to 214; by 2015, that number had again slipped a lot to 143.
- In 2015, three other clubs—Indy Masters, Swim Ft. Lauderdale Masters, and Davis Aquatic Masters—improved their participation and beat us in club national championship standings. Indy edged us by a mere 50 yards (out of 376,000+) in the One Hour Swim to win the Large Team title. Swim Ft. Lauderdale slipped past us by 1500 points (out of 22,000+) in the 5-km ePostal, ending our seven-year win streak. And both Swim Ft. Lauderdale and Davis beat us solidly in the 3000-yd ePostal, also ending our seven-year win streak.

We cannot control what other teams are doing—frankly, I appreciate and applaud the competition—but we need to take care of business at our end. Unless we increase our participation dramatically this year, our long reign of national dominance in the ePostal swims (29 Club National Championships out of 40 swims since 2008) will be over. Most clubs would happily settle for 2nd or 3rd place finishes, but given our history and pride I don't think that we should settle for anything but being the best. I hope that the Oregon Club ePostal performance in 2015 is a hiccup and not a trend, but that is up to YOU!

Wrapping up the 2015 USMS Postal Championships, the Oregon LMSC capped another year with a decent showing in the USMS 3000-yard and 6000-yard Postal National Championships, but not close to our usual sterling performance. Here's a quick summary:

3000-yard: 51 Oregon swimmers (22 women & 29 men) entered—WAY DOWN from last year's entry. Jayna Tomac, Dave Radcliff, and Willard Lamb each won the national title in their

respective age groups. Five Oregon Club Relay teams won their events, and six were runners-up. In club scoring, Oregon dropped to third in the race for the national championship title, breaking a seven-year winning streak.

6000-yard: 18 Oregon swimmers (4 women & 14 men) entered, also down from last year's entry. Jayna Tomac, Hardy Lussier, and Dave Radcliff won national titles. Five Oregon Club relay teams won their events. In club scoring, the Oregon Club squeaked out the national championship title by a narrow margin, winning it for the eighth consecutive year.

Congratulations to...

- Our 6 individual National Champions (USMS Long Distance All-Americans!);
- Jayna Tomac and Dave Radcliff, our double National Champions;
- Willard Lamb, our National Record Breaker;
- Our 10 relay team National Champions (USMS Long Distance Relay All-Americans);
- Our 4 Oregon Individual Record breakers—Jayna Tomac, Willard Lamb, Matt Miller and Hardy Lussier (2x);
- Those swimmers who accounted for 22 new listings on the All-Time Oregon Top Twelve in these events;
- Everyone who participated. The Oregon LMSC generally does well in overall participation, which is ultimately the bottom line, but didn't shine as usual this year. Obviously, I'd like to see more Oregon swimmers participating in these excellent fitness events.

The link to the full Oregon results is
http://swimoregon.org/results_pdfs/long-distance/2015-OMS-3000&6000-Results.pdf

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Recent Meets & Records

Canby Animal Meet: SCY

December 20, 2015; Canby, OR

Results for this meet can be found at:

http://swimoregon.org/results_pdfs/2015-2016/ResultsCanbyAnimal_Splits.htm

Sprint, Middle and Grand Animal Scores can be found here:

<http://swimoregon.org/results/>

No new records were established by Oregon Masters swimmers

LONG DISTANCE

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2015 Oregon ePostal Series: Sixteen Oregon LMSC swimmers—many fewer than all previous years—qualified for the Oregon Postal Series by swimming in three or more of the USMS Postal Championship Swims during the year. I'll send Oregon Postal Participation patches and chevrons as soon as I receive them! In a large and surprising contrast—and the brightest spot of our ePostal year!—THIRTEEN of those swimmers swam all five events, thus earning the USMS Postal Participation Award, an achievement that only 59 swimmers in the nation won this year! See the ePostal Series summary in this *Aqua Master*, page 7.

2015 ePostal Swims in Very Brief Review: 143 Oregon swimmers from 16 local teams (221 swims overall) participated in at least one National ePostal Swim. COMA again led the way with 48 swimmers, 93 swims, and 8 Oregon Series qualifiers. CGM had 23 swimmers participate in the One-Hour Swim, and EA had 12 swimmers involved. The Oregon Club won 2 (of 5) USMS Club Championships. Well done, but a significant decline from the previous 8 years!

Despite the highlights listed above, we can do much better than this. Good luck and good swimming in 2016!

Editor's note — Steve Darnell, who was Willard Lamb's counter and timer, says: This morning (January 12, 2016) I timed for Willard Lamb for his 2016 USMS ePostal One-Hour Swim.— 2,892 yards.— a little short of his national record 2,991 yards from last year. But still nearly certain to finish first in his age group nationally.

Bonnie Speer placed third nationally last year in the women 80-84 age group, and promises to swim her 2016 postal one-hour swim soon.

Willard Lamb and Bonnie Speer are certainly doing their share to help Oregon win 1st place in the 2016 1-hour ePostal! Thank you Wink and Bonnie! You are such an inspiration!

More RVM—from Team Life, p. 11



**Todd Lantry on a very snowy Sunday;
Underwater with Frank Philipps and Todd Lantry**



Oregon ePostal Series 2015

Final Standings Summary

1. Scoring through ten places: 11-9-8-7-6-5-4-3-2-1. All five events count.
2. Points advance with swimmer when moving up an age group (indicated by asterisk)
3. Oregon Postal Series: Swim and enter three events in the calendar year.
4. Oregon Participation Award: Swim and enter the One Hour Swim, 5 or 10-km Swim, and the 3000 or 6000-yard Swim in the calendar year.
5. USMS Participation Award: Swim and enter all five events in the calendar year.

Name	Team	1-hr.	5-km	10-km	3000-yd	6000-yd	Points	Swims	Place	OMS	USMS
F 40-44											
Tomac, Jayna	COMA	11	11	11	11	11	55	5	1	x	x
Edwards, Bonnie	ORM	9	8	9	8	9	43	5	2	x	x
F 50-54											
Delmage, Arlene	ORM	11	11	11	11	11	55	5	1	x	x
Matson, Karen	COMA	7	9	9	9	9	43	5	2	x	x
Bowman, Marcie	OMVM	3	8		6		17	3	3	x	
M 35-39											
Miller, Matt	RVM	11	11	11	11	11	55	5	1	x	x
M 40-44											
Tujo, Chris	COMA	9	11	11	11	11	53	5	1	x	x
M 50-54											
Lussier, Hardy*	COMA	11	11	11	11	11	55	5	1	x	x
M 60-64											
Richardson, Brooks	COMA	7	9	9	9	11	45	5	1	x	x
Larson, Allen	ORM	5	8	7	7	9	36	5	2	x	x
Darnell, Steve	LHST	2	6		5		13	3	3	x	
M 65-69											
Bruce, Bob	COMA	9	9	11	9	11	49	5	1	x	x
Carew, Mike	COMA	7	8	8	7	8	38	5	2	x	x
Johnson, Steve	EA	11			11	9	31	3	3	x	
M 70-75											
Mohr, Ralph	COMA	9	11	11	11	11	53	5	1	x	x
M 80-84											
Radcliff, Dave	THB	11	11	11	11	11	55	5	1	x	x
Totals										16	13

Canby Animal Meet Gargoyles



Swim Bits

by Ralph Mohr
Central Oregon Masters Aquatics (COMA)

Yogi Berra — Swim Coach

It is little known, but Yogi Berra, Hall Of Fame Yankee catcher, was obviously a swimming enthusiast. He was involved in the landing during D-Day where almost all, except paratroopers, got wet. He got wet many times after the many Yankee's World Series victories he was in.

It is also obvious that he was thinking of swimming in many of the sayings and aphorisms he is famous for. Let's look at some of these, with very few changes at all [marked by brackets], and see how they apply to swimming.

The most basic one is, "He hits from both sides of the plate. He's amphibious." Swimmers are also amphibious. We spend half of our meaningful lives in the water. Yogi knew that was important.

He also had good advice for swimmers to learn from other swimmers. "You can observe a lot just by watching." Good advice, but he also cautions, "If you can't imitate him, don't copy him." Not all of us can swim butterfly like Denny Baker.

Yogi also talked about focus. "If you don't know where you are going, you'll end up somewhere else." Therefore, be sure to set goals, or you'll just keep swimming in circles. Be decisive, as he also said, "When you come to a fork in the road, take it."

Yogi recognized that swimming is a mental game when he said, "[Swimming] is 90 per cent mental. The other half is physical." How true. We have to keep that in mind.



He also considered that you can't succeed all of the time, "Even Napoleon had his Watergate," but we have to recognize our mistakes, otherwise, "It's déjà vu all over again."

He recognized the problem of aging and getting slower by saying, "The future ain't what it used to be." And "A nickel ain't worth a dime anymore."

But Yogi was mainly an optimist, especially for anyone who swims events over 200 yards. He said, "It ain't over 'til it's over." I'll remember that in the 10K next summer.

Yogi Berra never thought he would be taken seriously, being humble when he said, "I never said most of the things I said." We should discount such modesty and realize that if we follow Yogi's advice, we can be much better swimmers.

A Swimmer—On WHY We Swim

Swimmers don't swim because it's fun. Ask any of us; most of us hate it. But we couldn't imagine our lives without it. It's part of us, it's something we live for. We live for the 3 hour practices, the team parties, the cheers, the long bus rides, the invitationals, the countless swim caps, the chlorine, the jokes, the friendships, the laughs, the coaches you hate but appreciate later. We live for the way it feels when you beat the person next to you by a tenth of a second because we know how much it matters, and you know those two extra laps you did in practice were worth it. We live for the way you jump every time you hear a buzzer, or the way you scream whenever you hear the gun on the 500 even though you hear it every time. We live for the workouts and the goals we set at the beginning of the season. We live for the way you become a family with your team. We live for the countless songs you sing in your head while swimming laps. We live for the people who scream at you even though all you hear is BLAH, BLAH, BLAH. We live for the competition, the friends, the practices, and for the pain. We live for the race, the sprint, the distance, the team. It's a part of us because we are swimmers.i (and we love it)

Swimmer Spotlight

Sonja Skinner

Age 39; Oregon City Tankers (OCT)
Salon owner/Hairstylist

I joined Masters Swimming just over 4 years ago, with my first meet being the Canby Animal meet in 2011. I fell back in love with swimming right away after feeling so disconnected from it. I didn't call myself a swimmer anymore, I was just a person who used to swim. Now I'm a swimmer again! When I talk about a swim meet people assume it's for my kids. I tell them 'no' and watch their confused faces as I explain Masters Swimming. I use swim meets as feedback towards achieving my goals. Something that I didn't expect coming back to competitive swimming was all the great people I have met. I have met people from all over Oregon that love swimming just as much as I do.

My most memorable Master swim moments to date both happened at this past Spring Nationals in San Antonio, TX. In the 50 butterfly, I went a 26.69 and came in 3rd in my age group. When I was younger I always thought that if the 50 fly event were offered, that would have been my thing! So, it's been awesome to be able to swim that event. The facilities in San Antonio are AMAZING. If you are going to swim fast it's going to happen in that pool! My next memorable moment was my last event on the last day of nationals. I was feeling good after a great meet, though was a bit nervous anticipating the pain of a 200 IM at the end of a long meet. I went into it with the mindset of leaving it all in the pool. I ended up winning the race! I went a 2:18.73. I'm pretty sure that may be a lifetime best, although I'm not sure. It was definitely a great moment.

I swim for the Oregon City Tankers, which has been a great experience. For me it's a chance to feel like a kid again. Our coach, Tim Waud, is awesome and treats all the swimmers as equals regardless of experience. The feel of the team is just like the feel of being on a kid's team. Tim writes the workouts and we do them. It's great getting the workouts done early. We have

great camaraderie among the team because there is only one option for workouts: 5am. I love my Tankers. I would not get out of bed so early for anyone else or any other sport!



I've always loved swimming. As a kid it was something I was good at, and made me feel good about myself. I gained a lot of confidence in myself from swimming. In high school I took swimming a little bit more seriously. It was fun setting goals for myself and trying to achieve them. When I was younger I was really hard on myself when I didn't reach certain goals. When you're young, you lack perspective. As a Masters swimmer you have more perspective and awareness. I still use swimming as a source of pride and confidence. I also still really enjoy setting goals and trying to achieve them. The difference now is I'm not so hard on myself. In fact, I don't even look at races the same at all. I never see a race as a bad race. I see it as, OK, what do I have to do next time

to swim better? If you've heard of the term "Flow", that's what swimming is for me. It's basically when you are fully immersed in a feeling of involvement and enjoyment in an activity. Swimming is definitely one of the places in which I experience "Flow" and I get to feel it every other morning. Also, I get to swim with my sister Tessa! It's been an awesome journey together! I feel very lucky!

Sonja recently purchased a small salon in Milwaukie, and worked hard to give it a refreshed, updated look. She is re-energizing her career after working just one day a week for the past seven years in order to stay at home with her young children. The salon's grand opening was in January. Sonja and her husband Shawn have two children – Simone, age 7 and Bryce, age 6. In the summer, the family enjoys camping and hiking.

—submitted by Karen Andrus-Hughes

Team Life

If you would like your team featured in "Team Life" please send information in an email to the Editor at azabudsky@msn.com



Oregon Reign Masters — ORM



- Oregon Reign Masters is a team of over 100 adult swimmers – ages 18-70
- Two pools – 13 coached practices per week
- Skills – from beginners to world record holders
- Compete, or not – includes pool, open water, tri and distance
- Social activities – includes parties, meets, and new friends
- The 2015 Holiday party was a White Elephant Party and Pot Luck. White Elephant was a gift around \$10 for exchange and stealing! Awards were given for Most Valuable — Bonnie Edwards; for Most Inspirational — Ken Myers; and for Most Improved swimmer — Torrie Timbrook.
- Coaches: Dennis Baker, Aubree Gustafson, Dawn Markell



Vicky Buelow



Laura Chan



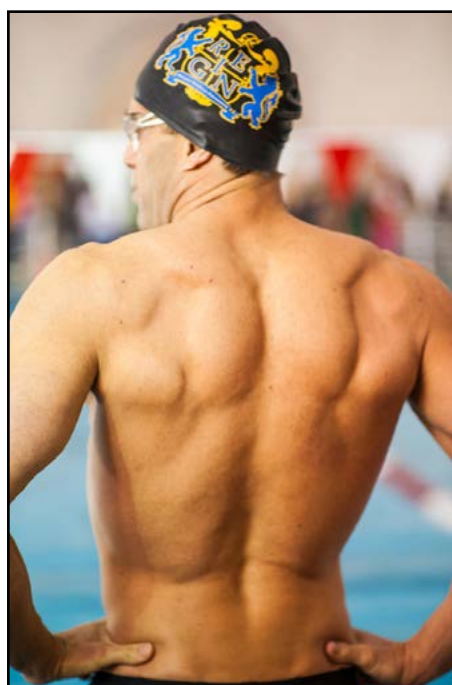
Karon Rakoz



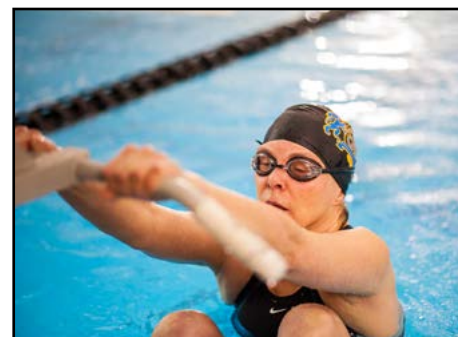
Laura Miller



Jeanna Summers



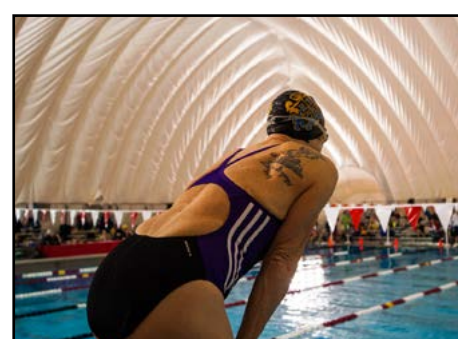
Gabe Duus



Mary Anne Royle



Take your mark!



Sue Calnek

Team Life — continued

Rogue Valley Masters — RVM



- Rogue Valley Masters had 32 USMS-registered swimmers in 2015
- The team has existed since at least 1985
- They have been hosting the Southern Oregon open water swim (Applegate Lake Swim) since 1985
- RVM has some swimmers that have been on the team since inception, and a good mixed group of long-time and newer swimmers that like to swim together
- In 2016 they are hosting the USMS 10k National Open Water Championship again



Setting up for Applegate Lake Swim that RVM hosts

- Since Southern Oregon University does not want to run a pool, the pool will be demolished and a gymnasium will be put in its place. RVM is essentially pool-less.
- Usually at the awards party, there is a slide show (Animoto) that has photos from throughout the year of all members “with our clothes on,” with our families at special events, our trips both near and far, other pools where we swim, team events and more. It’s a lot of fun to see what our fellow swimmers are doing when they are not swimming with us
- RVM has an annual tradition of giving out awards — the prior years’ awardee makes up a diddy, poem, and presentation to bestow the current years’ awardee with the accolade.
- The awards given are:

- ☞ **Princess Award** — Actual award is a well-loved Barbie doll that has her own mermaid suit, flippers, paddles and goggles. Lately we have added a tiara and boa.

This award goes to anyone who exhibits princess-like behavior during the year (water temp always not right, parties with the best of them, treats themselves royally, etc.)

- ☞ **The Reveille** — Actual award is an engraved bugle



We swim early in the morning and this award is given to the person who embodies the wake-up-and-do-it attitude, and can rally team spirits that early in the morning, etc.

- ☞ **The Punisher Award** — This coveted award is a vintage lunchbox and matching thermos from the Marvel superhero, the Punisher.

The Punisher is awarded to the person who “punishes” the rest of us by making us work hard.

- ☞ **The Wooden Spoon** — Recently introduced, this is a hand-crafted wooden spoon made by one of our team members, John Weston. Each year it is engraved with the recipient’s name.

The wooden spoon basically goes to a person who “stirs it up!”



- Like any Master's team, we are a diverse group who truly enjoys our time together. You can see that by the fact that we're swimming wherever we can until the Rogue Valley realizes (through our hard efforts) that we need a competitive facility in the region.
- Fridays are Coffee Days for the team to go out and spend time together
- Club President is Todd Lantry. He also is the swimming coach (boys/girls) at Ashland High School. Other swimmers on the team (Matt Miller, Shannon Keegan) assist him (or have assisted him) this year and last year.
- All RVM swimmers are the coaches, so all swimmers take their turns on deck.
- Jocelyn Wilkie-Sanford, an RVM swimmer, has been a volunteer coach for the Ashland Water Polo teams (boys/girls) for over 10 years and also coach for United States Water Polo/ODP

Weather conditions on New Years Day; during morning workout



New Years Day Swim

This is RVMs current swimming facility. It is heated but the water splashed on the deck New Years day, froze, making an ice rink between the pool and the locker rooms! The parks department opened it up for the high school swim season. After that season is over (Feb 20) we'll be homeless again until summer when they reopen this pool. We're working on future options but nothing is in motion at the moment.



Andy Gramley, his wife Molly and sons Riley and Owen at Applegate Lake



Annual Lake of the Woods swim



Janice Tacconi and her sister at Applegate Lake

AND THE AWARD GOES TO ...

OMS members prepare annually for the Association Championships where not only a team is crowned #1, but a **VOTE BY YOU** selects individuals for various awards.

The following are the awards in which you should nominate someone you feel worthy:

CONNIE WILSON AWARD: This award is given annually to an individual who has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming.



OL'BARN AWARD: This award is given annually to the individual who has shown outstanding leadership, dedication, and devotion throughout the year to the organization and to Masters Swimming.

HAZEL BRESSIE SPIRIT AWARD: This award is given to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.



GIL YOUNG SPIRIT AWARD: This award is given to the male who has show enthusiasm and spirit to his team and/or other Masters swimmers during the past year.

SPECIAL SERVICE AWARD: This award is given to an individual, organization, business, or group that has gone the "extra mile" by contributing outstanding service to a team or OMS.



The time is NOW to submit your vote for any of the awards listed for an individual you feel worthy (be sure to tell WHY the individual is worthy). Send votes to Ginger Pierson (awards chair): gingerpierson7857@comcast.net 1302 NW 23rd Ave. Camas, WA 98607 or (360)210-7446. Nominations are due by **February 20.**

Make someone proud that you thought enough of him/her that you made a nomination. It will be much appreciated.

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on their young faces. Forty-six of the 65 subjects stayed the same, 10 were better and 9 were worse. Not unexpectedly, the rate of sebum (a fatty substance) excretion increased by 60% with the addition of either kind of the high-fat, high-sugar candy bar, with or without chocolate, in all subjects. The conclusion from this work, affecting the lives of billions of people for nearly half a century, is that "diet has nothing to do with acne."

Multiple studies of people living on their traditional native diets, almost all of which are low fat-diets, based on starches, vegetables, and fruits, have found that these people have little or no acne. However, when they start eating the Western diet, acne becomes an epidemic among their population, as do other diseases of modern civilization (obesity, heart disease, diabetes, and prostate and breast cancer). Examples of well-studied populations living without acne include the Kitavan Islanders of Papua New Guinea, who live on a diet of 70% carbohydrate from plant foods (sweet potato, taro, cassava), and the Ache' of Eastern Paraguay, with a diet of about 70% of the calories coming from manioc (cassava, a root vegetable).

Africans eating plant-food-based diets show similar freedom from acne. Southern African Bantu adolescents have an incidence of acne of 16% compared to the whites in Africa with a 45% incidence. The Zulu have been reported to develop acne only after they move from the villages to the cities and adopt a Western diet. People in both Kenya and Zambia have far less acne than do blacks in the USA. People from Malaysia living on rice-based diets have been reported to have no acne problems.



Nina and Randa Will Tell You About Their Vegan Acne Troubles

A rice-centered diet is also the reason people in rural Japan have had very few skin troubles until recently. Even Europeans following lower-fat diets (Crete, Southern Italy) have less acne compared to those in Western Europe on higher fat diets. The Yemenite Jews following a healthier, lower-fat diet than European Jews report less acne, too.

The Western diet is clearly the cause of acne, which affects up to 85% of teenagers living in industrialized countries. More importantly, replacing meat, dairy, vegetable oils, and other junk foods with very low-fat, starch-based foods cures the acne. Please note: Many people following a vegan diet suffer with oily skin and acne, because they consume plentiful amounts of vegetable oils, margarines, soy cheeses, and vegan cheese-cakes.

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OFF THE BLOCK

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Blackheads and whiteheads result as dietary fat accumulates in blocked sweat/sebaceous ducts of the skin. Fortunately, with a change to a healthy, low-fat diet the excess oil found on the skin and hair vanishes within about four days, and after a month the unsightly acne pustules, blackheads, and whiteheads are also healed.

Body Odor's Role in Attractiveness

Chemicals in the air enter our nostrils and then stimulate small nerve endings from a stalk in our brain known as the "olfactory lobe." These nerves directly enter into the emotional centers of our brain called the "limbic system." Here odors stimulate our most intimate emotions, including love, sexual desire, and anger. Billions of dollars are spent on sprays, liquids, creams, and lotions in an attempt to cover up unpleasant body odor, and many scents are specifically intended to increase sexual attractiveness. In reality, no amount of manufactured chemicals in perfumes and deodorants will cover up malodors exuded from the bodies of people eating an animal-food based diet.

The most offensive smells to human beings are produced by the breakdown of proteins by bacteria into individual amino acids in the intestinal tract. More specifically, the digestion of sulfur-containing amino acids, cysteine and methionine, produce malodorous hydrogen sulfide and methyl mercaptan, respectively. To appreciate the aroma of these volatile sulfur compounds, think of rotten eggs or the sulfur pits at Yellowstone National Park. Foods of animal origin contain far more sulfur-containing amino acids than do plant foods. (A few plants foods like garlic and onions, however, are noted for their high sulfur content and distinct odor.)

The sulfur gasses produced in the gastrointestinal tract next diffuse through the bowel wall into the bloodstream. Traveling to the lungs the circulating sulfur is exhaled, producing bad breath (halitosis). Thoroughly cleaning the mouth by brushing and flossing, will not remove the outward flow of mal-

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odorous sulfur vapors that appear with each breath. However, improving breath odor is quickly accomplished by eliminating high-sulfur foods: meat, poultry, cheese, eggs, fish, and all other animal-derived foods from the diet.

Patients attending the McDougall Clinic have been tested at the beginning and the end of the Program for sulfur compounds in their breath with a monitor, called a Halimeter. After seven days of eating starches, vegetables, and fruits, and eliminating all meat, dairy, fish, eggs, and other animal foods, the volatile sulfur compounds found in their breath were cut in half.

Circulating blood also brings the malodorous sulfur compounds from the bowels to the skin, creating repugnant body odors (BO). The effect of diet on body odor has been tested in a real life experiment: seventeen male odor donors were tested on a "meat" and a "nonmeat" diet for two weeks. Axillary (armpit) pads were used to collect body odor during each separate period. Thirty women assessed the axillary pads for their pleasantness, attractiveness, masculinity, and intensity. The women reported that the odor of donors when on the non-meat diet was "judged as significantly more attractive, more pleasant, and less intense."

The final destination of this sulfur gas is at the end of the intestinal tract with the flatus and the stool. Attendees of the McDougall Program report a consistent change in their gas from their high-fiber, vegan diet. They joke, "We do make more gas now, but it smells better. Before when we ate meat, poultry, fish, and dairy foods, it smelled like something died."

Beyond Intimacy

Beyond activities related to sexual reproduction, as discussed in "Part 1: The Role of Body Weight", attractiveness gained from better health plays important roles in most other interactions between people. Consider the value of health to a business. Unhealthy employees spend valuable work hours worrying about and dealing with their minor and major ailments, from constipation to cancers. Many employees feel so poorly that they dread starting their workday. Poor health in the workplace results in reduced productivity and intellectual capacity, as well as increased absenteeism. Overweight people and those with diabetes have been found to have fewer opportunities for a higher education and better employment. Because illness contributes to the failure of businesses, everyone involved will be consciously or unconsciously attracted by clues of good health.

It's the food! People spend thousands of dollars buying expensive cars and clothes to distract from their underlying unpleasant appearances. Many suffer the pain of plastic surgery to enhance their desirability, yet most have failed to bring out their real underlying magnetism; at no financial cost at all. After saving the money you once spent on beefsteaks, feta cheese, and potato chips, you will then be able to purchase those outward trappings that were once your only option to superficially enhance your attractiveness.

Comparison of Sulpher (Methionine) in Various Foods

(Based on calories consumed):

Beef provides 4 times more than pinto beans

Eggs have 4 times more than corn

Cheddar cheese has 5 times more than white potatoes

Chicken provides 7 times more than rice

Tuna provides 12 times more than sweet potatoes

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2016 (as of 1 Jan 2016)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category	USMS Status
Sat 14 May	1	JSFCC OW Clinic	Bend	COMA	Bob Bruce	Basic Open Water Clinic	xx	Unsanctioned
Sun 15 May	1	Lake Juniper (pool)				1200-meter	Featured	Unsanctioned
Sun 19 June	1	Hagg Lake	Forest Grove	PTriClub	?	2000-meter 800-meter 4000-meter	Featured Qualifying Featured	Unsanctioned
Sat 25 June	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable 1-mile cable	Featured Featured	Sanctioned
Sun 10 July	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	Sanctioned
Sat 16 July	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 (Nat'l Champs) 1500-meter (Ass'n Champs) 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned
Fri 29 July	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter (Zone Champs) 5000-meter 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Sanctioned
Sun 31 July								

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, and participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Summary...

Records Established

No New Records

Looking Ahead...

Meet Schedule

<u>Date</u>	<u>Course Meet</u>	<u>Location</u>
January 30	SCY Chehalem Meet	Newberg, OR
March 5-6	SCM Spring Ahead Dual Sanctioned Meet	Oregon City, OR
April 8-10	LCM Oregon Association Championships	Beaverton, OR
August 17-21	LCM USMS Summer Nationals	Gresham, OR

Quote for the day...

"Home is where the pool is"