



# Aqua Master

*USMS 2004 and 2007 Newsletter of the Year*

## *"Swimming for Life"*

*Volume 43, Number 3*

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## Chehalem Meet

### Fast times at the season opener

by Tim Waud

The 2016 OMS swimming season kicked off in Newberg on January 30, 2016. The annual Chehalem meet hosted 113 competitors from Oregon and Washington, and Linda Larson coming from Florida. The meet started with the 400 IM, the most exciting race of the meet with Grant Aldred and David Hathaway battling it out until the end. There were several close races and a lot of fast times. The meet concluded with a dual to the finish in the 500 Freestyle, between Tom Phipps and Tessa Reeves with Tom edging out Tessa by .05 second. The University of Oregon, Sandy Tritons, and the Oregon City Tankers were well represented at this meet. It was great to see so many coaches on deck. It looks like OMS is going to have a really great year of swimming, while training hard for the 2016 Summer Nationals being held at Mt. Hood Aquatic Center.

Sara Shepherd set a new OMS record in the Women's 30-34 100 SCY Backstroke, posting a time of 1:02.22. Chris Hiatt, swimming in the men's 75-79 age group, set new records in three events: 50 SCY Backstroke 35.75 (Oregon, NW Zone), 200 SCY Backstroke 2:51.07 (Oregon),w and the 100 SCY Individual Medley 1:20.09 (Oregon, Zone). Special thanks to Meet Director Michael Rubottom and his team of volunteers from Chehalem Swim Team. The pool was cool and fast this year. OMS Officials Pat and Jacki Allender made the trip from Corvallis to ensure the smooth running of the meet.

Next up, March 5 & 6, is the Oregon City Spring Ahead meet. This is a Dual Sanctioned USA Swimming and US Masters Swimming competition. The young ones swim in the morning and the seasoned swimmers swim in the afternoon. Several World Records have been set in Oregon City the past 3 years, and a women's relay from California will be attempting to set World Records in the 200 and 400 Freestyle and Medley relays.



**Michael Rubottom, Meet Director**



**Mickey Aberle (Oregon City Tanker) and his wife Daro. Mickey returns to swimming after a 15 year break. Mickey's daughters are Mia and Tessa, they both compete on Oregon City Swim Team.**

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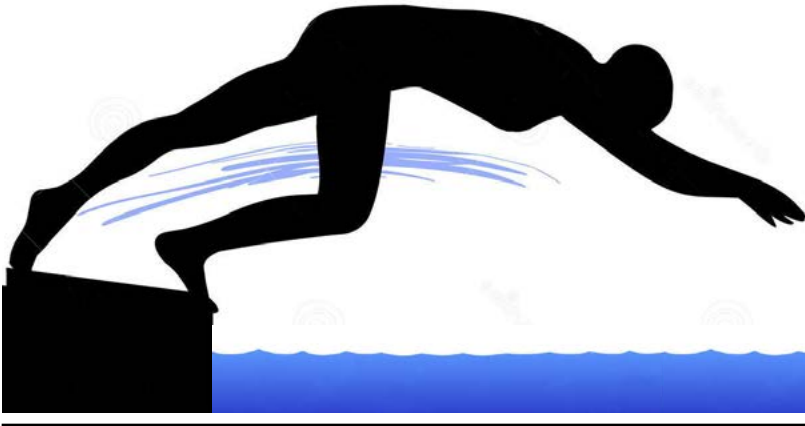
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Aqua-Master is the official publication of Oregon Masters Swimming. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States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

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

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# Off the Block



## Mediterranean Bowl

Everyone loves this dish because they can make it how they like it. The tofu is optional and your choices of grains, beans and vegetables will make each dish yours. What is listed are just suggestions, feel free to use your imagination.

Preparation Time: 15-30 minutes

Cooking Time: 15 minutes

Servings: 4

1 ½ cups uncooked bulgur wheat

3 cups water

6-8 cups assorted chopped vegetables – corn, kale, broccoli and carrots

1-2 cups sautéed tofu cubes or cubed, steamed potatoes

1 ½ cups cooked garbanzo beans

Additional Fresh Toppings: chopped cucumber, tomatoes, scallions

Sauce of your choice (see hints below)



In a medium pot, bring water to a boil, add bulgur, cover, remove from heat and let sit for 20 minutes. Fluff with a fork when done.

Steam the vegetables just until tender. Remove from heat and place in a bowl.

To serve, place a scoop or two of the bulgur in a medium bowl (or on a plate). Layer some of the vegetables over the grains, followed by the tofu or potatoes (and beans, if you wish). Top it all off with fresh vegetables and a sauce of your choice.

Hints: Chop the vegetables into similar sized pieces so they steam in about the same length of time. Use the sauce below, or your favorite oil-free salad dressing, salsa or hummus.

More 'Bowl' recipes at:

<https://www.drmcDougall.com/misc/2016nl/jan/recipes.htm>



## Tahini Sauce

1 cup roasted tahini

¾ cup water

¼ cup fresh lemon juice

2 cloves garlic, minced

1 teaspoon Sriracha Hot Chili Sauce (optional)

dash sea salt

Combine all ingredients listed above in a food processor and process until smooth.

Place in a bowl to serve.



# Fit to Swim

**Coach Aubree Gustafson**  
OMS Fitness Chairman

## Brain Candy

As athletes, we are very focused on keeping our bodies healthy. Working out, eating a balanced diet and getting enough sleep become part of our daily routines. You may not know it, but maintaining physical fitness is also important for keeping your brain healthy. Physical exercise helps improve cognitive function and memory, not to mention reducing stress and helping you feel better and have a better outlook on life. Below are some other ways to challenge your mind and keep your brain healthy.

Every person has a dominant left or right hand. Completing a task using your non-dominant side is a great way to exercise your brain. Try brushing your teeth with your non-dominant hand, or writing with your opposite hand. The next time you're at the pool, try breathing or flip-turning to your opposite side. The action of using your non-dominant hand or side stimulates the somatosensory cortex, the part of the brain responsible for somatic sensation, responding to visual stimuli and movement planning.

Being able to visualize yourself in a race scenario, completing the event, achieving what you've set out to do, is an

important part of goal setting and preparation for big events. It's also very beneficial to your brain. Active visualization, or mental imagery, helps stimulate the brain and enhances creativity. Mental imagery helps activate the perceptual parts of your brain involved in sight, sound, smell, taste and touch. The more vivid the mental imagery becomes, the more exercise for your brain.

Ever had a coach give you a workout that was confusing? Feel like there is too much to remember and you're left asking, "Where's the white board?" If your coach is anything like me, they may be doing this on purpose. These types of workouts are like brain candy; a way to exercise both body and mind, helping to improve short term memory, cognitive function and concentration. Word searches and crossword puzzles can accomplish the same thing out of the water.

It's always exciting to try something new. New activities or skill sets help maintain and improve the function of less frequently used areas of the brain. This encourages brain growth and helps you stay mentally fit. The next time you learn something new, you may just get a new wrinkle in your brain.

*Parts adapted from [healthyliving.azcentral.com](http://healthyliving.azcentral.com)*

## COACH TIM'S TIPS

continued from page 5

- ✓ Standardized curriculum
- ✓ Certified professional instructor
- ✓ Enhanced adult programming
- ✓ Marketing
- ✓ Increased membership and member retention
- ✓ A program that provides a community service
- ✓ Recognition on the USMS website as a USMS-Certified

ALTS location

- ✓ Grants and fundraising opportunities

I plan on becoming an instructor and using this curriculum in Oregon City. I would love nothing more than to qualify for a "Swimming Saves Lives" grant and offer Adult Learn-to-Swim lessons to the community. Please join me in this crusade to address the problem of adult drowning. Together, our swimming community can help eradicate senseless tragedy.

# Setting the Pace with Coach Tim

**Coach Tim Waud**  
OMS Coaches Chairman



## Adult Learn-to-Swim and the Benefit to Your U.S. Masters Swimming Workout Group

OMS will be hosting an Adult Learn-to-Swim (ALTS) Instructor Training Course on Saturday, March 12, 2016, in Portland, Oregon. I encourage everyone to attend this training course for the long term benefits to your Masters Swimming program. The cost of the course is \$300 and the class size is limited to 25 people. The annual cost is \$30, and ensures your instructor designation and benefits remain active. OMS provides scholarships to those in need.

To become a USMS-Certified ALTS Instructor, you must:

- ✓ Be a member of USMS
- ✓ Attend the USMS ALTS Instructor Certification Program course
- ✓ Successfully complete the end-of-course tests

This one-day course, with classroom and in-water instruction, is taught throughout the country by USMS-certified instructor trainers. The curriculum draws from nationally recognized experts and includes the five basic water competencies identified by the American Red Cross. At the conclusion of the course, successful candidates will receive USMS ALTS instructor certification.

Saturday, March 12

Check-in: 8-8:30 a.m.

Classroom instruction: 8:30 a.m.-1:30 p.m.

Lunch: 12:30 p.m., provided by USMS

In-water pool instruction: 2-4 p.m.

Instructor Mike Hamm is a USMS ALTS certified lead instructor and USMS Certified Level 3 Masters Coach. He has coached swimming for 46 years, including 21 at the Masters level. He is currently the head Masters coach at the Kroc Center in Coeur d'Alene, Idaho. He also owns the Hamm Swim School in Coeur d'Alene, where they specialize in individual instruction for all levels of swimmers. He is an Olympic Trials qualifier, USA-Swimming All-American, and USMS All-American, and he set several NCAA Division II National Records while in college.

According to the Centers for Disease Control and Preven-

tion, 37 percent of American adults can't swim the length of a pool, which puts them at risk of being one of the 10 people who drown every day in the United States.

USMS's resources and expertise uniquely positions us to address the problem of adult drowning. In 2013, the Swimming Saves Lives Foundation launched the inaugural "April is Adult Learn-to-Swim Month" campaign to bring awareness to the staggeringly high drowning rate and to effect change by providing funds to programs offering adult learn-to-swim opportunities in communities across the country. The governors of the State of Washington and the State of Oregon have proclaimed "April is Adult Learn-to-Swim Month."

The purpose of "April is Adult Learn-to-Swim Month," is to encourage Masters Swimming Programs and USMS members to give of their time teaching other adults the skills of Swimming, that will instill confidence and hopefully a desire to continue swimming with a Masters Swimming Program in their community. This can directly benefit your workout group. Masters swimming is all inclusive, and our programs cater to everyone from the competitive swimmer, triathlete, and fitness swimmer. This is a great community service for your workout group. Teaching adult swim lessons is much more than just teaching swimming.

There are several benefits to your Masters volunteers.

- ✓ To teach is to learn
- ✓ A shared mission creates lasting friendships
- ✓ Community leadership
- ✓ Learned empathy
- ✓ Volunteering is the greatest gift we can give
- ✓ Team building
- ✓ The team becomes a community resource
- ✓ Camaraderie is the glue that holds a team together

What are the benefits of having a USMS ALTS program and instructor at your facility?

continued on page 4

# Recent Meets & Records

## **Anacortes Masters Meet— SCM**

**January 24, 2016; Anacortes, WA**

Results for Oregon Swimmers at this meet can be found at:

<http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20160124TACMS>

### **New records established by Oregon Masters Swimmers**

<b>Age Group</b>	<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Records set</b>
Women 70-74	50 SCM Breast	Ginger Pierson	OREG	48.20	NW Zone
Women 70-74	100 SCM Breast	Ginger Pierson	OREG	1:44.45	NW Zone
Women 70-74	200 SCM Breast	Ginger Pierson	OREG	3:53.16	NW Zone

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## **Chehalem Meet — SCY**

**January 30, 2016; Newberg, OR**

Oregon results for this meet can be found at:

[http://swimoregon.org/results\\_pdfs/2015-2016/ResultsChehalem\\_SCY\\_Splits.htm](http://swimoregon.org/results_pdfs/2015-2016/ResultsChehalem_SCY_Splits.htm)

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<b>Age Group</b>	<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Records set</b>
Women 30-34	100 SCY Back	Sara Shepherd	OREG	1:02.22	Oregon
Men 75-79	50 SCY Back	Chris Hiatt	OREG	35.74	Oregon, NW Zone
Men 75-79	200 SCY Back	Chris Hiatt	OREG	2:51.07	Oregon
Men 75-79	100 SCY I.M.	Chris Hiatt	OREG	1:20.09	Oregon, NW Zone

# Swimmer Spotlight

## Steve Darnell

Age 61

**LaCamas Headhunter Swim Team (LHST)**  
**Retired Corporate Finance Executive**

I have ALWAYS loved to be in the water, on the water, or by the water. So when I was asked to write this article, I realized that water has ALWAYS been a key part of my life. I grew up near Wilmington, Delaware, & my mom taught me to swim when I was about 4-5 years old. She had been a lifeguard and swim instructor as a teenager, and had gone swimming in Lake Erie during the summers as a kid. At age 6, I started swim lessons at the YMCA which in those days was men-only; no women were allowed inside. So the little boys took swimming lessons NAKED! You can just imagine about a dozen little six-year old boys running around naked, jumping off the diving boards, climbing on the water polo nets, and throwing the water polo balls at each other. It must have been quite a sight, but seemed natural to us at the time.



For the next 6 years I spent every day during the summer at the community pool. My brother and I would ride our bikes to the pool in the morning for swim team practice, then stay at the pool all day long playing "Marco Polo", swimming and diving from the 1-meter and 3-meter boards. The first time I went off the 3-meter board at age 7, I did a belly-flop and knocked myself unconscious, so the alert lifeguard had to pull me out of the water.

My dad taught us to canoe on the Brandywine River, and to sail on the Delaware River. He also taught me to use a sextant, which mariners have been using for centuries to determine their ship's longitude on long ocean voyages. For family summer vacations, we would sometimes go to the New Jersey shore to swim in the ocean, or to a lake cabin in the Pocono Mountains to swim, sail, and canoe there. During our early teenage years, my brother and I attended YMCA summer camp on the Chesapeake Bay in Maryland. There, we could swim and sail and canoe every day to our heart's content. That's where I learned to water-ski.

During high school, I was on the varsity swim team. But I wasn't fast enough to be among the two best swimmers on our team in any event, so the coach made me swim the 100-yard fly, since no one else wanted to do it. In the meet races, sometimes I was ahead at the 50-yard mark, but usually fin-

ished 3<sup>rd</sup> or 4<sup>th</sup> out of 4 swimmers. I earned my (American Red Cross) Senior Lifesaving certification, and then my Water Safety Instructor certification. I was a lifeguard at multiple pools & taught Senior Lifesaving classes for the next 5 years--that kept me busy during high school and college summers, along with teaching swimming and coaching junior swim teams.

Attending Yale University, I had no chance at all of making the varsity swim team. Yale swim teams had dominated inter-collegiate competition for a good part of the 20<sup>th</sup> century, producing outstanding swimmers like five-time Olympic champion Don Schollander (who now lives in Lake Oswego, Oregon). Yale coaching legend Robert Kiphuth led the Yale team to an astounding dual meet record of 528 wins and 12 losses over 42 years, and served as the U.S. Olympic team head coach five times. I was happy to serve as Captain of an intramural swim team instead. I taught Senior Lifesaving classes in the main 25-yard competition pool with varsity swim coach Phil Moriarty (also in the International Swimming Hall of Fame).

After college, I moved with one of my Yale roommates (also a varsity swimmer and lifeguard) to Los Angeles. We lived right on Sunset Boulevard for a while. Once I moved to Santa Monica, every weekend morning I would walk or ride my bike to the beach, there to swim in the Pacific Ocean. I always looked for Arnold Schwarzenegger (the Terminator) and Lou Ferrigno (the Incredible Hulk) working out on Muscle Beach in Venice (near Gold's Gym) but never did see them there. I tried surfing one time with a friend at Dana Point. Never stood up on the board for more than 1.5 seconds before wiping out. But I had fun trying. I think you have to start surfing at age 6 to be successful at that water sport.

While pursuing an MBA degree at UCLA, I did as much studying as possible (sometimes not much) in between swims at the outdoor 50-meter pool on campus. Hundreds of students did the same thing, lying on towels with textbooks on the grassy areas in the sun until it got too hot, then we'd jump in the pool to swim a few hundred meters to cool off.

I worked for ARCO in the Los Angeles corporate headquarters from 1982-1985, then transferred to the Financial Planning & Evaluation group at ARCO Alaska, in 1985-1994. In Alaska, it was too cold to swim in Cook Inlet. More importantly, the tides were much too dangerous. But it was still wonderful to take a picnic lunch to watch the whales cavorting in Turnagain Arm (named by Captain Cook when he failed again

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## SWIMMER SPOTLIGHT

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to find the fabled Northwest Passage) in the summer. Up on the North Slope of Alaska, at Prudhoe Bay, the Beaufort Sea ice pack would only recede from shore for a few weeks every summer. A few intrepid swimmers would take a quick dip in the 27F (salt) water each summer. That cold swim never appealed to me. But I was able to WALK on the Beaufort Sea, on about 8 feet of ice, in 24-hour darkness in the winter with ambient air temp of -60F.

We watched the sea otters in Valdez harbor use their paws to hold a rock and crack open clams to eat. Traveled in a float plane to remote Katmai National Park, to watch (from less than 15 meters away!) the huge coastal brown bears catch salmon in the waterfalls of the Brooks River. Went whitewater rafting in the Matanuska River, and the Nenana River near Denali National Park. Both rivers are glacier-fed, thus they are a milky light green color from all the rock sediment scraped off by glacial flow, and are a near-constant chilly 34 degrees.

Living in Alaska, we liked to get away to the Hawaiian Islands every year during the winter. So I've had a chance to swim and snorkel off many beaches on Maui, Kauai, Oahu, and the Big Island. My favorite two water memories over 30 years: para-sailing offshore Lahaina and Ka'anapali, and swimming/snorkeling with the giant sea turtles in Kapalua Bay (2014).

I'm now retired from a career as a Corporate Finance executive. My two biggest projects were managing the financial aspects of a major natural gas handling expansion for the Prudhoe Bay (Alaska) oil field (about \$1.5 billion) and negotiating the sale of a national residential mortgage portfolio for about \$8 billion. Over the years, I worked in Finance for Control Data, Computer Sciences, ARCO, First Interstate Bank, and Hewlett-Packard. Those companies moved me around from L.A. to Denver to L.A. to Anchorage, AK, to Scottsdale, AZ, to Vancouver, WA.

My first exposure to Masters Swimming was in 2000 or so. I saw an article about Masters Swimming competition at the State Games of Oregon, and went as a spectator to check it out. I really expected to see dozens of swimmers like Mark Spitz and John Naber and be intimidated. But the competitors were mostly average folks like you and me! I realized they mostly wanted to stay fit and have fun, and did not expect to set records. Then I met a friendly guy in the stands named Bob Bruce, and he convinced me to give it a try. So I registered, trained for a year, and entered my first swim meet at the 2001 USMS National LCM Championships in Federal Way, WA. Swam 4 events, and got three 16<sup>th</sup> places and one 12<sup>th</sup> place. The enthusiasm and friendly support from everyone was overwhelming, and I was hooked!

I really believe that it is important to give back to the

communities to which we belong. One of my major volunteer commitments since January, 2005, has been to serve as the Records Chair for OMS. A bonus is the opportunity to work with the other enthusiastic volunteers who serve on the OMS Board, who make the Masters Swimming experience fun and rewarding for all. As Records Chair, my responsibilities include maintaining and updating these sets of records:

- Oregon SCY records (individual, relays)
- Oregon LCM records (individual, relays)
- Oregon SCM records (individual, relays)
- NW Zone SCY records (individual, relays)
- NW Zone LCM records (individual, relays)
- NW Zone SCM records (individual, relays)
- Oregon Pentathlon records (SCY, LCM, SCM)

As the OMS Records Chair, I was honored to receive one of the USMS Dorothy Donnelly volunteer service awards for 2013.

As far as my local OMS team, I joined LaCamas Swim & Sport Club in 1997 when they had just one indoor pool with 3 lanes. Later the club added an outstanding covered outdoor 25-meter pool for serious swimming. Nancy Vincent and I are probably the longest-tenured team members from LaCamas, even before Bert Petersen joined our team as coach and built the program up to 40+ swimmers. Many of us continue to be inspired by the energy and enthusiasm of older OMS swimmers like Willard Lamb and Dave Radcliff, and hope to continue swimming to that age and beyond.

In the last year or so, my swimming has been limited by a right shoulder rotator cuff injury, which was made worse by a bad fall playing tennis last summer, when I also fractured a rib. So I'm only swimming about one hour per week. But I have recently adopted Pickleball as my new #1 sport, and it serves as good aerobic cross-training for swimming. My first Pickleball tournament was at the Tualatin Hills Rec Center in September, 2015, and my second tournament was in Vancouver at the end of January. I won a Silver Medal in Men's 3.0 Doubles, and a Silver Medal in Mixed 3.0 Doubles. I'm psyched to have two sports that I really enjoy, and hope to continue for decades!

I hope that most of you will train for and enter the 2016 Summer National LCM Championship meet, even if you're not a super-fast swimmer. OMS is hosting the event, so there are no excuses to skip it. I can't meet any of the qualifying times, but everyone is allowed to enter at least 3 events, so I will swim the 3 backstroke events. The Nationals will be a wonderful experience, so I hope to see you there.

This photo above was taken at my favorite Pacific Coast location at Depoe Bay, Oregon. Thanks for reading my aquatic story!

—submitted by Denise Stuntzner



# ***And They Lived Happily Ever After...***



Tim Waud and Jill Shrake were married on February 7, 2016, on the 3rd anniversary of their first date. They first met in 1979 and attended grade school and high school together. In 2012, Tim and Jill reconnected on the pool deck at Mt. Hood Aquatic Center where Tim was competing in a USA Swimming competition. Jill Waud is now an official member of the Oregon City Tankers and U.S. Masters Swimming.



***Rick Fuller, Jilly Bean and Tim Waud at Pioneer Church at Baker Cabin. These are two of Tim's best friends from childhood***



## **Swim an ePostal 10K early!**

***Amazon Pool - Eugene  
May 29, Sunday, 2-6 PM***

***\$15 - Bring a timer***

***Watches and split sheets will be provided.***

***For more information: Ralph Mohr, [rmohr1565@charter.net](mailto:rmohr1565@charter.net)  
541-269-1565***

# AquaMusements

by Jackie Parker (Workout Group: OPEN)

## Let's Make Delicious Flan

### from leftover Gu

Use up the gross flavors that you always have left from the variety pack!



#### INGREDIENTS

- 1 3/4 cups whipping cream
- 1 cup milk
- Pinch of salt
- 1 tsp. vanilla or vanilla Gu packet
- 1 cup sugar
- 1/3 cup water
- 3 large eggs
- 2 large yolks
- 1 packet Gu!
- 7 tablespoons sugar



Pour custard through small sieve into prepared ramekins, dividing evenly (mixture will fill ramekins). Pour enough hot water into baking pan to come halfway up sides of ramekins. It's like a hot tub for your flan!



Combine 1 cup sugar and 1/3 cup water in another heavy medium saucepan. Stir over low heat until sugar dissolves and turns brown. Quickly pour caramel into six 3/4-cup ramekins or custard cups. Be incredibly careful when doing this! True story: a few years ago, a friend of mine was making flan and during this step, burned herself to the extent that she required a skin graft on her hand...from skin from her leg! Do you want to have to shave your hands?! Proceed with caution!



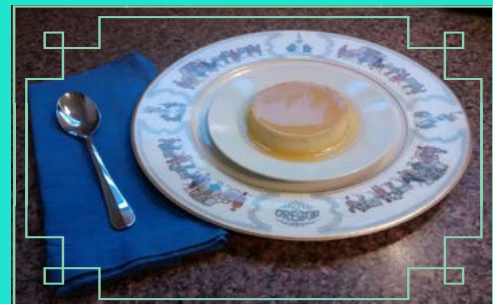
Position rack in center of oven and preheat to 350°F. Bake until centers of flans are gently set, about 40 minutes. Once cool, chill until cold, about 2 hours. Cover and chill overnight.



Combine cream, milk and salt in heavy medium saucepan. Bring to simmer over medium heat. Remove from heat and cool 5 minutes. Whisk eggs, egg yolks and 7 tablespoons sugar in medium bowl just until blended. Gradually and gently whisk cream mixture into egg mixture and then add your Gu packet.

Voila!

Enjoy your delicious Gu flan!



Recipe credit:

<http://www.epicurious.com/recipes/food/views/the-perfect-flan-1902>

# 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](mailto:azabudsky@msn.com)*

## Canby Masters Gators — CMG

- Kayla Scheafer shared the following information.
- We don't have a logo as we're a pretty small team.
- We practice Tues/Thurs from 12-1pm at the Canby Swim Center. There are about 8-10 of us who swim and we have been swimming together for about 4 years.
- Our group is semi-informal and we like to participate in open water swims, especially doing the relay for the bridge swim.
- We also enjoy the Foster Lake Cable swim and any other open water series that we can get a group to go to. There have also been several pool swim meets we swim at as well.
- We all love the water and help keep each other motivated. We all enjoy getting together for the occasional BBQ or cider party.
- Coach Nathan Templeman leads our workouts and continually keeps us on our toes, while reminding us of the similarities we have to his 8 and under swimmers!! Coach Nathan is also the coach for the club swim team at our pool. We're always looking for new people to come join our group!
- In December, CMG had a Canby Pool Swimmers Social with a black bean chili and corn bread dinner. They also had home-pressed sweet apple cider! The catch line was "Come visit and see your fellow swimmers with their clothes on!" We can all relate to that!



*Team at the Canby Aquatic Center*



*Portland Bridge Swim relay team with kayaker Nathan*



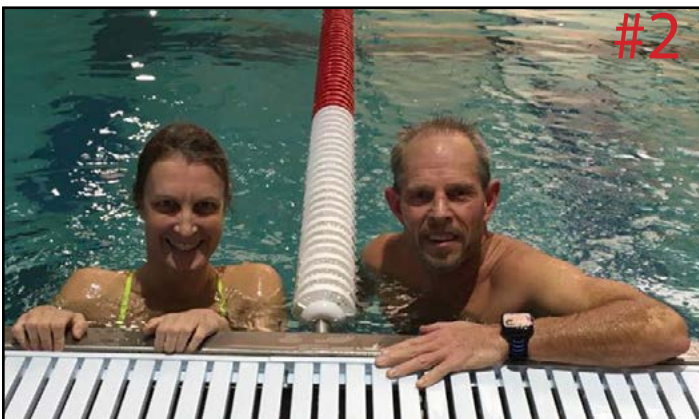
*After Portland Bridge Swim*



*Canby Masters  
Janice, Kayla  
Scheafer, Karri-  
Ann Benthin and  
Madie Yoder.*

## Columbia Gorge Masters — CGM

- Although CGM has previously been featured in the *Aqua Master*, the workout group is very active on their Face Book page; shown are some pictures of interest that were posted recently
- Mark Frost's award — Long Distance National Record (Photo 1)
- Carolyn Frost and Edward Tynnismaa swam their first-ever 1 hr swim (Photo 2)
- Clint Bogard, Mark Ribkoff, Sue Sutherland and Sue Harrington have done their 1 hr swim for 2016 (Photo 3)
- Outdoor saltwater pool for Sun Valley Masters swim practice (Photo 4)
- "I used to be faster...now I'm a Master" (Photo 5)
- All these people doing the 1 hour swim should make Bob Bruce, OMS Long Distance Chair, very happy! Don't forget to register your swim with USMS.



# A Clandestine Affair

Joe Oakes

Portland area USMS Swimmer (Unattached)

Sylvia and I will be celebrating our 59<sup>th</sup> wedding anniversary later this year, and I do not want to tell her about her competition for my affections. I simply do not know what to do.

It all started about two years ago when I had a bad fall and injured my spine. After surgery I got back into the swimming pool as soon as I was able. Not that I actually *like* swimming in a pool, but it beats not swimming at all and becoming dehydrated. But because of the back injury I have been unable to kick off the wall every 25 yards: it hurts. So I devised a simple tether arrangement so I can swim in place: at one end a bungee cord was tied to the ladder in the deep end of the pool, the other hooked to the waist belt that I 'borrowed' (*mea culpa*) from a bathrobe on a cruise ship. That way I can swim thousands of yards (I actually count strokes) without having to kick off a wall. Crawl, breast and backstroke, mind you.

Boring? You bet. But what option do I have in the winter in Portland, Oregon? So I go to the deep end, put on my goggles, loop the belt through one end of the bungee, tie it around my waist, tie the other end of the bungee to the ladder, drop into the water and swim in place, like a treadmill. I have been doing that five or six days a week for several months, usually an hour or so at a clip.

And I have started having these fantasies. When you are swimming in place that much, you can develop a personal relationship with ... *the pool tiles*. I have gotten to know every frigging tile in that corner of the pool, and one of them quite intimately. We are very close. As I swim along at my moderate pace, breathing on my right side, there she is to my right, always, just inches from my face. Let me describe her to you. She is five inches tall and five inches wide, just above the water line, like hundreds of other tiles. Her only distinguishing features are a blue number '9' followed by the letters 'FT'. A sane person would merely read this as telling that the water is nine feet deep at this point, but to me, she, '**9 FT**', is very personal. I use the feminine pronoun because that is how I have gotten to feel about her. She watches every stroke that I take, more so than any coach I have ever had. She never leaves my side for an instant.



And she speaks to me in her own way. When I am slacking off, with a weak stroke, she somehow jumps ahead of me, a gentle reminder that I must pick up the pace. And when I am putting in significant effort, there she is, watching me a foot or so behind, tacitly voicing her approval. If I am getting tired, there she is to let me know that it is time for a rest, or maybe I should end today's workout. There is never a word of reproach, nor, for that matter, praise or approval. Someday, if and when I return to swimming full laps, or return to swimming in the sea, I think that I will miss her. But in the meantime, there she is, '**9 FT**', always there, always watching me, always monitoring my progress.

The problem for me is this: *How do I tell Sylvia about her?* Maybe I won't. It isn't something that I sought out. I am hoping that when the weather warms up I will move outside, either to an outdoor pool or maybe to the Columbia River, maybe even the coast. But there will always be a heaviness deep inside me, both because of the guilt I am carrying and because I will really miss '9 FT'. Life is never easy.



<b>Name</b>	<b>Level</b>
Russ Alvarez	Silver
Elke Asleson	Silver
Marg Bartosek	Silver
Peter Berghaus	Silver
Lou Boone	Silver
Michael Brinster	Silver
Charles Bushey	Silver
Diane Buswell	Silver
Doug Carmean	Silver
Colette Crabbe	Gold
Stephen Darnell	Diamond
Arlene Delmage	Silver
Mike Dirksen	Silver
Earl Ellis	Silver
Sean Finn	Silver
Rupert Fixott	Silver
John Foges	Silver
Christina Fox	Gold
John Gabriel	Silver
Karen Gaffney	Silver
Jane Garrick	Silver
Patricia Gayman	Silver
Richard Gellman	Silver

<b>Name</b>	<b>Level</b>
Dan Gipe	Silver
Stan Hardy	Silver
David Harrington	Silver
Sue Harrington	Silver
Christy Hartman	Silver
Charlie Helm	Silver
Rebecca Kay	Silver
Stephen Kevan	Gold
Phillip King	Silver
Willard Lamb	Diamond
Roy Lambert	Diamond
Lori Lamoureux	Silver
David Langan	Silver
Allen Larson	Silver
Larissa Lodzinski	Silver
Michelle Macy	Silver
Steve Mann	Silver
Karl Mawson	Silver
Jan Irene Miller	Silver
Bob Needham	Silver
William Noftsker	Silver
Keith Peters	Gold
Susan Pettit	Silver

<b>Name</b>	<b>Level</b>
Frank Philipps	Silver
James Proffitt	Silver
Sandi Rousseau	Gold
Wes Seckler	Silver
Michael Silvey	Gold
Bonnie Speer	Silver
Carol Stark	Silver
Allen Stark	Silver
Geoff Strommer	Silver
Scot Sullivan	Silver
David Sutherland	Silver
George Thayer	Silver
Tyler Thessin	Gold
Ann Thomas	Silver
Edward Tyynismaa	Silver
Nancy Vincent	Gold
Jeffrey Wannamaker	Silver
Elizabeth Watkins	Silver
Dick Weick	Silver
Sumner Williams	Silver
Kermit Yensen	Silver

## NW Zone Open Water Championship

Hosted by COMA (OR)  
1500 meter swim at Elk Lake, OR (near Bend) (part of the 3-day Cascade Lakes OW series)  
July 30, 2016  
Contact: Bob Bruce, 541-317-4851, coachbobbruce@gmail.com

## NW Zone SCM Championship

Hosted by KROC Masters (I-NW)  
Salvation Army Kroc Center; 1765 W. Golf Course Rd, Coeur d Alene, ID  
November 12-13, 2016  
Contact: Michael Hamm, 208-765-1575, swimdude41@aol.com

**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)	Bend			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 ( <b>Nat'l Champs</b> ) 1500-meter ( <b>Ass'n Champs</b> ) 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned
Fri 29 July Sat 30 July	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter ( <b>Zone Champs</b> ) 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

Anacortes SCM

Chehalem SCY

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## Looking Ahead...

### Meet Schedule

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
March 5-6	SCM	Spring Ahead Dual Sanctioned Meet	Oregon City, OR
April 8-10	LCM	Oregon Association Championships	Beaverton, OR
May 14	LCM	Road to Nationals	Bend, OR
June 4	LCM	Dual Sanctioned Meet	Beaverton, OR
June 11	LCM	Oregon Senior Games	Bend, OR
June 25	OW	Foster Lake Cable Swims	Sweet Home, OR
July 10	OW	Portland Bridge Swim	Portland, OR
July 16-17	OW	Southern Oregon Applegate Lake Swims	Ruch, OR
July 29-31	OW	Cascade Lakes Swim Series & Festival at Elk Lake	Bend, OR
August 17-21	LCM	USMS Summer Nationals	Gresham, OR

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## Quote for the day...

"It's just you and the pool"