



Aqua Master

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"Swimming for Life"

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Masters World Records Galore at the Oregon City Meet!

by Matt Miller

For the fifth consecutive year, the Oregon City Swim Team and Oregon City Tankers Masters team hosted their dual-sanctioned USMS/USA Swimming meet on March 4th and 5th. The Oregon City Spring Ahead Meet is the one meet held annually in Oregon that plays hosts to both age group swimmers and Masters swimmers. The 12 & under age groupers swim in the morning session and the open/Masters swimmers race in the afternoon session. There were several families in attendance who swam together and I also saw a few coaches being cheered on by their younger athletes while swimming their events. How fun!

One of my favorite swims of the meet was watching 9-year-old Grace Duffy racing the 400 meter freestyle in 6:12. Grace has a beautiful freestyle stroke and held consistent splits throughout the swim, competing well with the other kids in the event, all of whom were at least 5 years older than she!

By far, the biggest story of the meet was the 95-year-old legend Willard (Wink) Lamb. This meet was Willard's first competition in his new age group (95-99) and he wasted no time demolishing seven world records. Wink set new Masters world records in the 50, 100, 200 and 400 freestyle and the 50, 100 and 200 backstroke. His biggest improvement on a World record was in the 400 SCM Freestyle, where he dropped over 2 minutes off the previous mark of 10:51.93, going 8:13.42. Wow!

Other individual Oregon and Zone records were claimed by Karen Andrus-Hughes, Colette Crabbe, Arlene Delmage, and Joy Ward. There were also two relays that set national Masters records:



Sonja Skinner, Karen Andrus-Hughes, David Radcliff and Brent Washburne celebrate their Oregon record-setting 200 meter medely relay

Women 280-319	400 SC Meter Medley Relay	6:32.56
Oregon, Zone, National		
1) Ward, Joy	2) Pierson, Ginger	
3) Gettling, Janet	4) Mary Anne Royle	
Mixed 320-359	200 SC Meter Free Relay	2:40.07
Oregon, Zone, National		
1) Gettling, Janet	2) Ward, Joy	
3) Lamb, Willard	4) Radcliff, David	

Congratulations, swimmers, and way to represent Oregon! In total, there were 23 Oregon, 20 Zone, 9 U.S. National, and 7 FINA World records set. A full list of records set at the meet is on page 8. A huge thanks goes out to Steve Darnell, the OMS records guru, for compiling these records.

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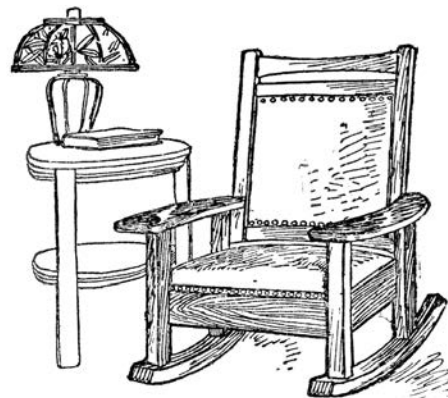
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Aqua-Master is the official publication of Oregon Masters Swimming. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to Susie Young all other membership questions to Christina Fox.

Chair's Corner

Tim Waud
OMS Board Chairman



Greetings Fellow Masters Swimmers,

The month of April is very exciting for our membership. Central Oregon Masters Aquatics will be hosting our Annual Short Course Yard Association Championship April 7-9, 2017. This is a time when we come together to celebrate all of the hard work in and out of the pool. Our Large, Medium and Small teams will be vying for the State Championship banners, and our most spirited teams will be competing for the annual Team Spirit award.

The OMS Board of Directors will be having our annual membership meeting. This is a time to introduce those who serve on the board, and also open up the meeting to those who have questions. We value our membership and we want to hear from you.

Following our general meeting, we will be having our awards presentation. This annual event is where we recognize swimmers and volunteers. We will be awarding the Male and Female Swimmers of the Year, and those who have excelled in the pool and open water events. Our annual volunteer awards will also be presented during the awards social.

I invite everyone to attend the social on Saturday night. This is a great time for you to meet new friends and enjoy the camaraderie we all share with swimming. COMA always puts on a good show, and let's give them all of our support during this Championship weekend.

Swimmingly,

Tim Waud
OMS Chair

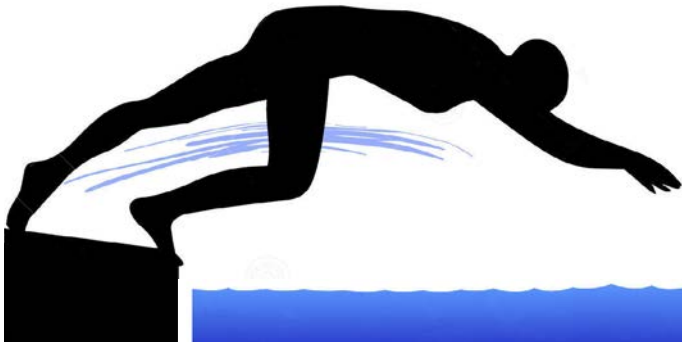
USMS Educational Offerings Coming Up In Portland

At the following web sites are flyers for the upcoming educational offerings which USMS will be bringing to Portland, OR, on Saturday & Sunday, May 13 & 14, 2017. OMS OFFERS SCHOLARSHIPS; CONTACT TIMPWAUD@GMAIL.COM FOR MORE INFORMATION.

USMS Stroke development clinic - <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=73955>

USMS Clinic course for coaches - <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=73954>

USMS coach certification Level 1 & 2 - <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=73941>



Off the Block

This column is called "Off the Block", therefore, whatever information is deemed of interest is presented.

Diet, Not Genes, Controls Destiny

by Dr. John McDougall

You can regain your health and take control of your life. All the beneficial things that you associate with health – looking good, optimal weight, positive energy, vitality and a deep sense of well-being – can be yours. What's more, you can accomplish these goals by the simplest method imaginable: eating the wholesome, fresh foods your body was designed to enjoy.

I have been practicing medicine for over 33 years and I have treated virtually every type of chronic illness common to the developed world. In my efforts to help people restore their health, I have tried almost every type of test and medical treatment available. But in all my years I have seen only one form of treatment work consistently and, quite often, even miraculously.

This approach has been effective even when all other medical therapies have failed. Patients whose doctors have given up on them – who are told there are no more drugs or operations that might save them – have restored their health using this singular approach.

Your body is meant to be healthy; it shouldn't need drugs or surgery except in times of emergency. Why, then, have we become so dependent on these interventions? The answer is this: all too often it's the food we eat that is making us sick.

Our blood, arteries, and cells are not designed to function under so much fat and cholesterol. Our intes-



tines are not designed to function in the absence of fiber. Our immune system is not designed to function without an abundant supply of plant-based nutrients and phytochemicals.

With our cells drowning in fat, cholesterol, animal proteins and artificial chemicals, and our immune system deprived of what it needs to maintain itself, it's no wonder so many of us get cancer, heart disease, high blood pressure, adult-onset diabetes, arthritis, osteoporosis, and other age-related illnesses. In fact, it is a testament to the strengths of the human body, that anyone has the slightest semblance of health, eating like we do today.

A Revelation: Your Health is Not Determined by Heredity

I began practicing medicine on the big island of Hawaii where extended families were the norm. I treated people who worked on sugar plantations, mostly ethnic Chinese, Japanese, Korean, and Filipino. It was not uncommon for me to closely observe three and sometimes four generations within the same family. I got to know many of these families, treating the children, parents, grandparents, and sometimes even the great-grandparents of a single family.

At the outset of my medical career I was not the least bit interested in diet and nutrition. My medical training had included nothing about it and, consequently, I considered the subject irrelevant to health. But as I practiced medicine in Hawaii I

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



The Magic of Water

During the registration process, we received some feedback from a new member who describes him or herself as a very heavy-set person. He or she felt intimidated to join the Masters group at the pool because they did not feel he/she will ever be able to follow even the slowest swimmer.

First I really want to acknowledge the problem. It is indeed very intimidating to first get into a swim suit on a pool deck next to some very fit Masters swimmers. Kudo to you for having taken the first step. All Masters swim team members are very welcoming and supporting but often some logistic and pool space constraints will get in the way. If you live in a big metropolitan area, we do have a few larger swim teams who can offer way more pool time and space. Those may not be available at your local pool.

What is the solution?

First, remember **the magic of water**: once in water, you are losing a lot of gravity and you are floating, the heavier you are, the more you are floating. What a nice feeling! Freedom of movement. I remember when I was a lifeguard, we often had some very heavy-set persons coming in wheelchairs to the pool for the water aerobics class, my job was to move them from the wheelchair to the lift. Not an easy task, they could not take one step. They were confined all day in their wheelchair, but once in the water, they could move and do the aerobics class. Isn't that magic? So worst case scenario, the pool is your

only option of exercises and should be your first step. It will keep you moving, it will massage your body, it will improve your aerobic capacity and regulate your breathing. Why do you think doctors and coaches often recommend to their injured athletes to go to the pool in order not to lose their fitness level?

Now the step-by-step approach again.

1. The first step might be an aerobics water class, it is social, you will have a supporting instructor and a lot of other welcoming people of all ages, shapes and forms with whom you might better relate. After the class, try to swim just a few laps.
2. The second step might be to go to your local pool for public lap swimming time, try to go on a regular basis at the same time. You will notice, people are creatures of habits and you will often meet the same people. Find somebody who is swimming at about your level and you will have your first lap partner and probably a new friend.
3. Now you might be ready to do the last step and join a Masters swim team.

I can tell you if you have fully followed the process, you are probably a few pounds lighter, more fit and those master swimmers are looking way less intimidating. They are now your friends. Don't be discouraged, the process is a long one, it can take a few months to a few years. Some will find their love in water aerobics or independent lap swimming and will never join the team, it is OK as long as you stay with it and enjoy that new fitness.



Coaches Chair

Coach Matt Miller
OMS Coaches Co-Chairman

Rotation Provides Power

Rotation is a critical skill to swimming fast. Why? Proper rotation achieves two primary things:

- 1) By rotating our body to initiate the underwater pull, we are in a more favorable position to use more powerful muscle groups, namely our back muscles and the large latissimus dorsi muscle (commonly called "lats").
- 2) Rotating our bodies creates a force to pull against. This is a bit harder to visualize than the first reason, but it is just as important. When our bodies rotate, we're no longer pulling against just the motionless water molecules, but we also have the stabilizing force the core of our body provides as it rotates that gives us something to generate power against.

To elaborate a bit on the harder-to-visualize point #2, think about a full stroke cycle starting with your right hand entering the water. As the right hand enters, your body is rotated to the left. As you begin the catch, the body begins the counter-rotation back to the right. This point where the counter-rotation begins is called the "connection" between the arm and core/hips. This counter-rotation creates a stabilizing force for your body and gives you something to pull against so you can exert more force on the water.

Some coaches and swimmers believe that good rotation in freestyle and backstroke is beneficial because rotation reduces frontal drag. However, many swimming experts disagree, arguing that if frontal drag were

reduced significantly by rotating to our sides, swimmers would move through the water faster when kicking on their sides than when on their stomachs, which is not what actually happens. What is actually beneficial about rotation is the enhanced ability to use powerful muscle groups, and the creation of a force to pull against.

Rotation of the body doesn't happen automatically. You have to make it happen and that requires a concerted and directed effort and a lot of core strength (it's not a coincidence that most elite-level swimmers have a chiseled set of abdominals!). However, the dividends paid back on a fast and well-timed rotation are large. The force generated by proper rotation allows swimmers to cover more distance with each stroke and thus move through the water faster.

So how much rotation is enough? The fastest freestylers and backstrokers rotate their shoulders to either side about 30 degrees from the surface of the water. See the photos in the links below for a sample set of some of the best freestylers and backstrokers in the United States:

http://www.usaswimming.org/Rainbow/images/Tips_and_Training/free-rotation.gif
http://www.usaswimming.org/Rainbow/images/Tips_and_Training/back-rotation.gif

In freestyle and backstroke it is far more common to see someone with too little rotation rather than too much. And it's most often the hips that are left out of the rotation. The shoulders, torso and hips should all roll together as one.

When trying to swim faster or slower, think about changing your rotational rhythm. To swim faster, increase the cadence of your rotation. This incorporates use of your powerful core muscles instead of just your arms and legs. The bigger you are

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



Advanced Open Water Swim Clinic, featuring Olympian & World Champion Alex Meyer At Juniper Swim & Fitness Center in Bend, Oregon – May 20, 2017

Due to great venues, awesome events, hospitable hosts, and strong bidding, USMS has awarded Oregon teams two open water National Championship swims in 2017 and three in 2018. No LMSC has ever received such a large bounty in such a short time period! Here's the list of these championships for your planning pleasure:

- The Two-Mile Cable Swim at the Foster Lakes Cable swims on June 24, 2017
- The Five-Kilometer Open Water Swim at the Cascade Lakes Swim Series & Festival at Elk Lake on July 31, 2017
- The Eleven-mile Open Water Swim at the Portland Bridge Swim on July 8, 2018
- The Two-Mile Cable Swim at the Foster Lakes Cable swims on July 12, 2018
- The Ten-Kilometer Open Water Swim at Apple-gate Lake on July 14, 2018

And expanding our horizon slightly, we note that our neighbors in Washington are also hosting the One-Mile Open Water National Championships at Angle Lake (near SeaTac airport) on September 23, 2017. That makes THREE USMS national championship swims close to us in each of the next two years! What an opportunity for national participation and glory!

To help prepare us for this exciting but challenging

rating gauntlet, COMA will host an Advanced Open Water Clinic along with the annual pool open water swim in Lake Juniper. This clinic will feature Alex Meyer, Olympian, World Champion, and long-time member of the U.S. National Open Water Team. COMA Coach Bob Bruce will assist. **This will be an outstanding learning opportunity and value!**

Alex started his youth swimming career in upstate New York, where he won state high school titles in the 500 free as a junior and senior. At Harvard College, he was team captain, high point winner, and NCAA All-American in the pool. He then hit the international open water swim scene, winning the 2010 25-km World Championship, finishing fourth in the 2011 10-km World Championship, placing tenth in the 2012 Olympic 10-km championship, and finishing as runner-up in the 2015 25-km World Championship.

Obviously a great swimmer, Alex is also an outstanding clinician. He is very well-spoken, easily able to pass on his knowledge and experience to other swimmers. He has offered many clinics—to unanimous raves—in the past few years. For ease of instruction and swimmer comfort, Alex prefers to hold his clinics in a 50-meter pool, which we will honor. Having chatted with Alex, I guarantee that he will teach you some things about open water swimming about which you have never even thought! And he has even expressed interest in swimming the 1200-meter swim with us in Beautiful Lake Juniper on Sunday morning.

Preliminary Advanced Open Water Swim Clinic short outline:

- Introductions & clinic framework (pool deck).
- Basic skills review: swimming straight & navigating (water; breaks as needed)
- Advanced skills: Pack swimming, drafting, buoy turns, starts, & finishes (water); feeding (discussion).

Continued on page 10

Recent Meets & Records

Oregon City Spring Ahead Dual Sanction Meet — SCM

March 4-5 (Saturday - Sunday); Oregon City, OR; Sanction #377-S001

*denotes split

New records established: 23 Oregon, 20 Zone, 10 U.S. National, ___ FINA World

Results: <http://swimoregon.org/results/> — click on meet name

Women 55-59	400 SC Meter Freestyle	Arlene Delmage	55	OREG	5:14.26	Oregon, Zone
Women 55-59	50 SC Meter Butterfly	Arlene Delmage	55	OREG	32.78	Oregon, Zone
Women 60-64	50 SC Meter Freestyle	Karen Andrus-Hughes	60	OREG	30.42	Oregon
Women 60-64	50 SC Meter Backstroke	Karen Andrus-Hughes	60	OREG	34.32	Oregon, Zone
Women 60-64	100 SC Meter Backstroke	Karen Andrus-Hughes	60	OREG	1:15.71	Oregon, Zone
Women 60-64	200 SC Meter Backstroke	Karen Andrus-Hughes	60	OREG	2:47.42	Oregon, Zone
Women 60-64	200 SC Meter Breaststroke	Colette Crabbe	61	OREG	3:07.25	Oregon
Women 60-64	200 SC Meter Butterfly	Colette Crabbe	61	OREG	2:57.56	Oregon, Zone
Women 75-79	50 SC Meter Backstroke	Joy Ward	75	OREG	*48.22	Oregon, Zone
Women 75-79	100 SC Meter Backstroke	Joy Ward	75	OREG	*1:43.81	Oregon, Zone
Women 75-79	200 SC Meter Backstroke	Joy Ward	75	OREG	3:45.95	Oregon, Zone
Men 95-99	50 SC Meter Freestyle	Willard Lamb	95	OREG	46.04	Oregon, Zone, National, World
Men 95-99	100 SC Meter Freestyle	Willard Lamb	95	OREG	1:47.23	Oregon, Zone, National, World
Men 95-99	200 SC Meter Freestyle	Willard Lamb	95	OREG	3:57.88	Oregon, Zone, National, World
Men 95-99	400 SC Meter Freestyle	Willard Lamb	95	OREG	8:13.42	Oregon, Zone, National, World
Men 95-99	50 SC Meter Backstroke	Willard Lamb	95	OREG	1:00.12	Oregon, Zone, National, World
Men 95-99	100 SC Meter Backstroke	Willard Lamb	95	OREG	*2:09.61	Oregon, Zone, National, World
Men 95-99	200 SC Meter Backstroke	Willard Lamb	95	OREG	*4:27.45	Oregon, Zone, National, World

Women 280-319	400 SC Meter Medley Relay	OREG	6:32.56	Oregon, Zone, National
1) Ward, Joy	2) Pierson, Ginger	3) Gettling, Janet		4) Mary Anne Royle
Mixed 240-279	200 SC Meter Medley Relay	OREG	2:20.17	Oregon
1) Andrus-Hughes, Karen	2) Washburne, Brent	3) Skinner, Sonja		4) Radcliff, David
Mixed 280-319	200 SC Meter Medley Relay	OREG	2:42.58	Oregon, Zone
1) Ward, Joy	2) Sullivan, Scot	3) Crabbe, Colette		4) Lamb, Willard
Mixed 320-359	200 SC Meter Free Relay	OREG	2:40.07	Oregon, Zone, National
1) Ward, Joy	2) Gettling, Janet	3) Lamb, Willard		4) Radcliff, David
Mixed 320-359	400 SC Meter Free Relay	OREG	7:08.09	Oregon, Zone
1) Lamb, Willard	2) Pierson, Ginger	3) Ward, Joy		4) Radcliff, David

Snag Holmes Invitational — SCY

March 10-12; Jupiter, FL; Sanction #507-S003

Women 70-74	100 Yard Breaststroke	Ginger Pierson	70	OREG	1:32.76	Oregon, Zone
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Swimmer Spotlight

Bonnie Speer

—submitted by Denise Stuntzner

Bonnie B. Speer; Age 83
Retired Program Analyst for Federal Government
Local Team: LaCamas Headhunters

It was in the spring of 1967 when I found myself living in Naha, Okinawa, Japan. I was 33 years old and a stay-at-home mom with 3 young children. My husband had been assigned to the Naha Air Force Base. Because the conflict in Vietnam was raging, many military members had been assigned to bases on the island. There was not enough housing on the bases to accommodate all of the families, so we were encouraged to stay in the United States. If we did go, we would have had to live in a Japanese style house off base with no air conditioning or telephone. I really wanted to go, so there I was! It was a fascinating and unusual place to live. But, indeed, it was hot with a humidity to match.

The Air Base had a great 50-meter swimming pool near the main gate close to where we lived. As soon as the school year ended, the American Red Cross initiated a swimming program for the many American children who were living there. I enrolled my 3 children and was taking them for lessons every day. It looked like so much fun! I was a non-swimmer as were so many of the other mothers whose children were having lessons. The director of the swimming program decided to start an adult class. Most of us were delighted about it and enrolled in the class.

Little did we know when we registered what a fun summer we would have. During that summer, we progressed from non-swimmers through intermediate level swimmers. In the fall, several of us continued on with senior life saving and then Water Safety Instructor. In those days, the Red Cross programs were all about water safety and not so much about perfect strokes and speed. I was so proud when I received my WSI Certificate!

All too soon our 2 years were over, and we were assigned to Dover Air Force Base, Delaware. And what do you know, there

was a big 50-meter swimming pool just across the street from the housing area. The Red Cross Volunteers had just cut off registration after enrolling 400 children for their beginners' summer swimming program. When I told them I was a "WSI", they relented and registered my 3 children if I would teach in the program. Wow! I was delighted with the opportunity.

In the fall the Red Cross Volunteers started an evening program at Delaware State College and asked me to help with it. They included a mixed adult class in the program, but none of the younger and more experienced instructors wanted to work with it. How could I not volunteer! Some of the men were quite large, but we always had a life guard on duty-after all, "safety first".

Our next assignment was Scott Air Force Base in Southern Illinois. By then, I was a regular with the Red Cross swimming programs and loved every minute of it. My children had become good swimmers and one of them would accompany me as my helper and demonstrator. My husband retired from the Air Force, and we moved to Denver, Colorado.

In Denver, I started a Federal Civil Service career of my own. And guess what, my first position was with the Air Force. At the time, they were promoting volunteerism as a way to give back to the community, and actually gave me paid time off work to teach swimming in the summer Red Cross Program at Lowery Air Force Base. One of my most rewarding experiences was teaching a class of young airmen. They were young men from small towns and places where there was no opportunity to have swim lessons and swim teams. They had grown up non-swimmers like me. My big reward was that they all learned to swim. They were always so enthusiastic and appreciative. It was against the rules, but on our last class day, I took them to the diving area and taught them how to dog paddle. They were like 5-year olds! I just considered it safety training.



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OFF THE BLOCK

Continued from page 4

observed a rather startling phenomenon that changed my life: the older generations were in exceedingly good health even after they were well into their eighth, ninth and tenth decades of life. Their health contrasted remarkably with their children and, even more so, with their grandchildren. The younger the patient the more likely they were to suffer from gout, high blood pressure, heart disease, diabetes, colon cancer, and obesity.

When I looked more closely at my patients, I found that they had a lot in common. They all had physically demanding work and they observed many of the same customs. The single greatest difference between the older and younger generations was their diet.

The older patients followed the traditional diets of their ancestors. Their regimens were based primarily on plant foods: grains (like rice), fresh vegetables, beans, and fruit. The younger generation had modern diets based primarily on animal foods. They also ate enormous quantities of processed and refined foods that were loaded with fat, sugar, salt, and artificial ingredients. If genes were the cause of disease, then why wasn't the younger generation protected against common chronic illnesses like their older relatives? Why was the younger generation deteriorating so rapidly? Something more than genetics must be involved.

Researchers Discover that Diet Controls Destiny

My observation caused me to plunge into the study of the relationship between health and nutrition – a pursuit that changed my practice and my life forever. It wasn't long before I realized that the observations and conclusions I was drawing from my medical practice were being replicated on a much larger scale by researchers around the world. Scientists were finding that the people who had diets based primarily on plant foods escaped the scourges of degenerative illnesses. In contrast, populations that subsisted on the modern diet, rich in meats, dairy products and processed fare, were ravaged by ailments we now regard as all-too-common.

I learned something else, too: given the right diet and lifestyle the body will recover. When we remove the poisons from our lives and replace them with health-promoting food, the body can heal itself, even from illnesses deemed "incurable."

LONG DISTANCE SWIMMING

Continued from page 7

- Videos (pool deck).
- Q & A & poolside wrap-up (pool deck).
- Social (brew pub to be determined).

Although COMA has yet to set the final clinic schedule, we tentatively plan to meet about 1:45pm on Saturday, May 20, 2017, and go at the pool until 5:00pm or so. Maybe longer. The Social will follow shortly thereafter. Clinic fee will be \$80, which will be an extraordinary value for you. We'll post the registration form and final details soon, perhaps even before you read this...

Good luck and good swimming!

COACHES CHAIR

Continued from page 6

and the faster you rotate, the more energy you create to couple with the pull and thus propel yourself through the water faster. Add in the fact that you are using more powerful muscle groups when rotating, and it definitely makes it worth the extra effort to rotate the body. Good rotation is a great tool for swimmers who want to swim faster and more efficiently. Not to mention the core-muscles you'll develop!



Willard Lamb (front, 4th from right) and son Doug with Dave and Nancy Radcliff

SWIMMER SPOTLIGHT

Continued from page 9

As I got promoted in my career and moved on to work in other Government Agencies, there was no more time off to teach swimming. Over my 32-year career I worked for the Department of Justice, the Department of Defense, the Department of Health and Human Services, and the Social Security Administration. I tried to find time to swim myself when I could.

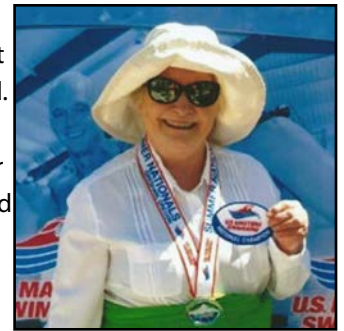
In an effort to improve myself, I began attending college in the evening. I also took advantage of the many training opportunities offered to me by the government. My most challenging opportunity was a 6-year development program with the Social Security Administration. The very intense classroom time was spent studying Social Security laws and regulations. After each segment, we would then have a field assignment to try to apply what we had learned. It was “sink or swim” time and a realization of just how complex laws and regulations are! After the 6 years, I was promoted to Program Analyst and assigned to the Denver Regional Quality Assurance Office. For the next 15 years, along with many other things, I was required to travel about 1 week per month to one of the 6 states in our region: North Dakota, South Dakota, Montana, Wyoming, Utah and Colorado. In a small sample of certain error-prone cases, we had to visit the claimants in their homes and collect information and evidence to make sure the letter of the law had been followed.

In 1991, I had a fusion in my cervical spine. My neurosurgeon told me that “swimming” was the best therapy he could think of to aide my recovery. He didn’t know how much I loved swimming, but that is when I began to be more serious about finding a place and time to swim.

Hiking is another activity that I have enjoyed. In Colorado, I belonged to the Colorado Mountain Club and did high altitude hiking. I have hiked segments of all 3 of America’s “Triple Crown Hiking Trails” (The Appalachian, Pacific Crest, and Continental Divide). I have traveled most of my adult life, living in all 4 U.S. Time Zones multiple times and visiting 45 of our 50 states. Since my retirement in 2003, I have visited many of the European Countries, but my most fascinating trips were to the Patagonian Region of Argentina and Chile, Easter Island, and my 2 African Safari adventure trips to 5 Southern African countries. I also enjoy reading and listening to classical music.

I had been retired 3 years when I moved to Camas, Washington, in 2006. I was delighted when I discovered the LaC-

amas Swim and Sport Club right in my neighborhood. One look at the Grass Valley pool, and I joined. I wanted to improve my swimming skills so I registered for their Swim Clinic 1. It taught a new and different style of swimming from the one I had learned in Okinawa back in 1967. Soon, I adapted to the new method and enjoyed it so much I continued on with Clinics II, III, and IV. I was always in the pool practicing my swimming.



In 2007, I had an unfortunate rotator cuff injury. It was a full-thickness tear of the supraspinatus and infraspinatus tendons in my right shoulder, and was determined (by the doctors) to be surgically irreparable. I also had osteoarthritis in my shoulders. I was sent to physical therapy for a long period of time and was told I would probably have to give up swimming. I remembered what the neurosurgeon had told me in 1991 and went back to the pool. At first, I could awkwardly swim about 3 laps, but I kept going back. Gradually, I kept doing better and swimming longer always mindful of my injured shoulder.

Swimming in competition in a meet had never occurred to me, but there was “talk” around the pool about a meet in Bend, Oregon to take place in April, 2009. I didn’t think I was accomplished enough to register for the meet. Several of the other swimmers, and club owner and coach, Denise Croucher kept working on me. Anyway, I went to Bend and swam in my first meet at age 75. I had always thought “The Headhunters” were such an awesome group and now I was one of them! It was a thrill to get my first blue ribbon and the most points for my team. I didn’t know about the age thing until that meet.

I now have quite a collection of blue ribbons and a few red ones, too. I also have a collection of medals for the I-hour Postal Swim I do every year. I can’t leave out my “Oldest Woman” trophy I received for completing the 69th Annual Roy Webster Columbia River Cross-Channel Swim. This past summer, in August 2016, I swam in my first Nationals at Mt. Hood College in Gresham and received 2 gold medals and 1 silver.

As heart-warming and exciting as the blue ribbons and medals are, it is really not so much about the winning. It is the lure of the water, and about the joy and tranquility that swimming brings. It is about all the health and fitness benefits. And it is especially about all of the nice people you meet along the way, the great coaches and the comradery of the best group of people in the world.

THANK YOU FOR YOUR DONATIONS

The following OMS swimmers have generously donated to OMS

Name	Level	Name	Level	Name	Level
Stephen Darnell	Diamond	Michael Brinster	Silver	Jan Irene Miller	Silver
Willard Lamb	Diamond	Charles Bushey	Silver	Edwin Morgan	Silver
Mike Tennant.....	Diamond	Michael Dix	Silver	Sue Nesbitt	Silver
		Earl Ellis	Silver	Frank Philipps	Silver
Tim Cespedes.....	Gold	John Foges.....	Silver	James Proffitt	Silver
Colette Crabbe	Gold	Karen Gaffney	Silver	John Raisin.....	Silver
Stephen Kevan	Gold	Patricia Gayman	Silver	Robert Richardson	Silver
Roy Lambert.....	Gold	Dan Gipe.....	Silver	Charles Roome	Silver
Michelle Macy.....	Gold	Shirlene Gonzalez.....	Silver	Kaleo Schroder	Silver
Keith Peters.....	Gold	Sue Harrington	Silver	Chuck Schuler	Silver
Sandi Rousseau	Gold	Alexander Hermann	Silver	Michael Silvey	Silver
Scot Sullivan.....	Gold	Kjell Karlsen	Silver	Bonnie Speer.....	Silver
Nancy Vincent.....	Gold	Rebecca Kay	Silver	Jessica Stacy	Silver
Sumner Williams	Gold	Lori Lamoureux.....	Silver	Charlie Swanson	Silver
		Allen Larson.....	Silver	George Thayer	Silver
Elke Asleson.....	Silver	Craig Limoges.....	Silver	Tyler Thessin	Silver
Kris Asleson.....	Silver	David Livengood	Silver	Robert Voll	Silver
Jeanette Bello	Silver	Jeanne Magmer	Silver	Dick Weick.....	Silver
Peter Berghaus	Silver	Steve Mann.....	Silver	KermitYensen.....	Silver
Lou Boone.....	Silver	Karl Mawson.....	Silver		

Joy Ward at the Oregon City meet. She set 3 Oregon and 3 Zone records at the meet.

The Oregon City Tank in action. Eighty-eight Masters swimmers entered the meet. There were about 402 splashes, not counting relays.



Oregon Masters Swimming: Tentative Open Water Swim Schedule for 2017 (as of 20 Feb 2017)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sat 20 May	1	Advanced OW Clinic	Bend	COMA	Bob Bruce	Basic Open Water Clinic	xx	Unsanctioned
Sun 21 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	Unsanctioned
Sun 11 Jun	1	Hagg Lake	Forest Grove	PTriClub	?	2000-meter 800-meter 4000-meter	Featured Qualifying Featured	Unsanctioned
Sat 24 Jun	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable (Nat'l Champs) 1-mile cable	Featured Featured	Sanctioned 377-W002
Sun 9 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	Sanctioned 377-W001
Sat 15 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Matt Miller	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 Yes — TBD
Sun 16 Jul								
Fri 28 Jul	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter 5000-meter (Nat'l Champs) 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Sanctioned 377-W003
Sat 29 Jul								
Sun 30 Jul								

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 & Results...

Oregon City Spring Ahead Meet — SCM
Snag Holmes Invitational — SCY

Looking Ahead...

Long Distance Schedule (see page 13)
Pool Schedule

Date April 7-9; Friday - Sunday
Course SCY
Meet Association Championships
Pool Juniper Swim and Fitness Center
Location Bend, OR

Date April 27-30; Thursday - Sunday
Course SCY
Meet USMS Spring National Championship
Pool Riverside Aquatics Complex
Location Riverside, California

Date June 17; Saturday
Course LCM
Meet Oregon Senior Games
Pool Juniper Swim and Fitness Center
Location Bend, OR

Date August 25-27; Friday - Sunday
Course LCM
Meet Gil Young/NW Zone
Pool Mt. Hood Community College
Location Gresham, OR

Quote for the month...

Winners have simply formed the habit of doing things
losers don't like to do.