



Aqua Master

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"Swimming for Life"

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United States Aquatic Sports Convention Jacksonville, Florida September 26-30, 2018



Representatives from NW Zone who attended USAS

If you look carefully, you will be able to find the following representatives from Oregon: Bob Bruce, MJ Caswell, Barry Fasbender, Christina Fox, Matt Miller, Ginger Pierson, Sandi Rousseau, Nancy Vincent and Tim Waud. Bob is on the far left and Matt is on the far right; the rest of the group are concentrated together near the center in the first two rows.

Oregon Masters Swimming, Inc. Board Members

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Tim Waud • timpwaud@gmail.com

VICE CHAIRMAN - SANCTIONS

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TREASURER

Kermit Yensen • kermit.yensen@gmail.com

REGISTRAR

Susie Young • Swim.pdx@gmail.com

AQUA MASTER EDITOR

Alice Zabudsky • azabudsky@msn.com

AWARDS — ANNUAL

Sara Shepherd • ssobx5@yahoo.com

COACH'S CO-CHAIR

Sara Shepherd • ssobx5@yahoo.com

DATA MANAGER — SWIM MEETS

Gary Whitman • all5reds@comcast.net

FITNESS CHAIR

Colette Crabbe • colettecrabbe@hotmail.com

HOST/SOCIAL

LONG DISTANCE CHAIR

Bob Bruce • coachbobbruce@gmail.com

MEMBERSHIP PROMOTION

Carolyn DeMarco • adairpete@msn.com

MEMBERSHIP

Christina Fox • foxkohnert@peak.org

OFFICIALS — SWIM MEETS

Jacki Allender • jacki.allender@gmail.com

OMS EMAIL GROUP MAINTENANCE

Susie Young • swim.pdx@gmail.com

PAYMENTS ADMINISTRATOR

Ginger Pierson • gingerpierson7857@comcast.net

PROGRAM DEVELOPMENT

Marlys Cappaert • m.cappaert@comcast.net

RECORDS

Stephen Darnell • inancialwizard2@comcast.net

SAFETY

Joy Ward • silenteclipse1210@hotmail.com

SOUVENIERS

Jeanna Summers • eanna.summers@optumhealth.com

OREG CLUB REP

Nancy Vincent • ncsvincent@comcast.net

USMS REP

Sandi Rousseau • swim@gorge.net

TOP TEN

MJ Caswell • mjcaswell@earthlink.net

WEB MASTER

Matt Miller • matt@flytrapcare.com

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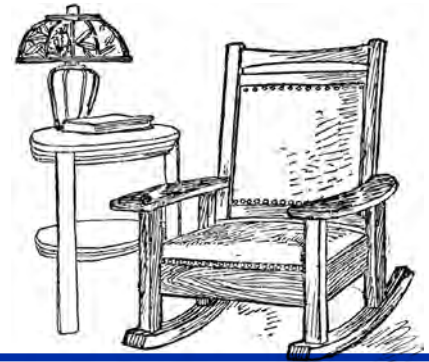
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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Chair's Corner

Tim Waud
OMS Board Chairman



Greetings Fellow Masters Swimmers,

Last month, nine Oregon Masters Swimming volunteers attended the 40th United States Aquatic Sports Convention in Jacksonville, Florida. The Annual USAS Convention is represented by the five National Governing Bodies: USA Swimming, U.S. Masters Swimming, USA Water Polo, USA Synchro, and USA Diving. These five national governing bodies come together to update rules, legislation, finances, and to hold workshops. Several of our OMS Board members are on National Committees: Bob Bruce, Open Water Committee Chair; MJ Caswell, Top Ten Committee; Barry Fasbender, Championship, Recognition and Awards Committees; Christina Fox, Rules Committee; Sandi Rousseau, Championship Committee; Matt Miller, Long Distance Committee; Ginger Pierson, Recognition and Awards Committee; Tim Waud, Coaches Committee; and Nancy Vincent, Oregon Club Vice-President attending her first USAS Convention. Susie Young could not attend convention, but is on the Finance Committee.

Matt Miller was nominated and won the NW Zone At-Large-Director position which puts him on the USMS Board of Directors. Congratulations Matt!

Willard "Wink" Lamb was honored at the International Masters Swimming Hall of Fame Induction Ceremony at the USAS convention as one of "Swimming World's Twelve World Masters Swimmers of the Year". Willard and his son Doug made the trip to Jacksonville and enjoyed attending a House of Delegates meeting and visiting with Masters swimmers from around the United States. Walt Reid from Pacific Northwest Association, was inducted into the IMSHOF Hall of Fame for his service to FINA and U.S. Masters Swimming. April Cheadle from PNA and Bainbridge Island Masters, was awarded the "2018 U.S. Masters Swimming Coach of the Year." Congratulations to Willard, Walt, and April!

Oregon Masters will be hosting the 2019 Ultra-Marathon Open Water National Championship on July 7, 2019. ~~(This will be the page 15)~~ year in a row that the Portland Bridge Swim will play host to a USMS OW National Championship. Congratulations Marisa Frieder as event director! The 2019 U.S. Masters Swimming National Championships will be: Spring Nationals April 25-28, in Mesa, Arizona, and Summer Nationals August 7-11, in Mission Viejo, California. The 18th FINA World Masters Championship will be held August 5-18, 2019, in Gwanju, South Korea. U.S. Masters Swimming will be celebrating 50 years at the 2020 Spring National Championship to be held in San Antonio, Texas, April 23-26, 2020. The 2020 Summer National Championship will be held in Richmond, Virginia, August 13-16.

As we look forward to the 2019 season we are busy planning the pool and swim clinic schedule. If you are interested in hosting a swim meet or hosting a swim clinic, please contact: timpwaud@gmail.com. We are always looking for new facilities in which we can host pool competitions and swim clinics.

Swimmingly,

Tim Waud-OMS Chair



Off the Block



This column presents whatever information is deemed of interest by the editor.

Cured Crohn's Disease

by Christine

(Crohn's disease is a chronic inflammatory bowel disease that causes scarring and thickening of the intestinal walls and frequently leads to obstruction.)

Crohn's disease was something I had never heard of before.

In 2006, I was 17 and still in high school. I remember when I started to feel sick. It came in waves, several times a day. It consisted of chills, cramping, diarrhea, weakness and burning acid reflux. Surprisingly, I hid it well. Over the course of 7 months, battling this by myself due to embarrassment and stubbornness, I lost 30 lbs. Later, I learned this was due to malabsorption. I lost my after-school job due to poor attendance and I dreaded leaving the house.

I became nauseous, vomiting occasionally. Then came the pain in my right side (I learned later, this pain was caused by the ulcers in my ileum). It became painful to walk. One particularly unbearable night, tears streaming down my face, I looked to Google for an answer. Predictably, I was frightened at the search results. I woke my mother at midnight, panicked, telling her about the symptoms I had been enduring for months.

The next day, the tests started. An ultrasound, CT scan, and bloodwork. Then an endoscopy, and colonoscopy (At the time, they used conscious sedation for colonoscopies. (I woke up during the procedure, in distress, which was quite traumatic).

The diagnosis for Crohn's disease came a few days later. I was started on steroids and an anti-diarrheal. I asked questions like, "Why did this happen?" and "Are there any foods I should avoid?". Doctors told me that no one knew what

caused Crohn's. It could be genetic or it could be bad luck. I was told that my diet didn't matter and I would need to be on medication for the rest my life. They told me this was an autoimmune disease and nothing could have stopped it and nothing could have changed it's course. Every single APRN, PA, and doctor told me the same thing.



After some trial and error, my gastroenterologist found a combination of medication that worked for me. Pentasa 500mg (8 gigantic pills a day) and Loperamide 2mg daily or as needed. I became uninsured after I turned 18, and Pentasa was very expensive. My gastroenterologist was kind enough to give me samples to help stretch out my costly prescriptions. I began experimenting with my dosage to see how long I could go without my medication. I could never go more than 2-3 days without the pain coming back.

Fast forward to 2016 when I became vegan after watching the movie Cowspiracy. I watched Forks Over Knives, and became fascinated with all of the plant based doctors (though I remained a self-proclaimed "junk food vegan" until June, 2017). I joined vegan support groups, and I kept seeing recommendations for Dr. McDougall and "The Starch Solution". I emailed Dr. McDougall to ask him about Crohn's disease. He graciously replied with a lot of information. He was confident and encouraging. I read The Starch Solution and started eating copious amounts of potatoes, rice, beans, corn, lentils, oats, starchy vegetables, non starchy vegetables and some fruits. My digestion improved, my joint pain vanished and my asthma essentially disappeared. I lost 20 lbs in 3 months. I recommended the Starch Solution to anyone that would listen. Nearly everyone responded the same way, "Don't potatoes make you fat?" or "I would gain weight if I ate all those carbs!"

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Progression, Progression, Progression = Improvement

When you start any new fitness plan, it is always best to start slowly, and progressively ease into it to avoid injuries, quick burnout and quitting after a little while. However, most people I know are impatient and are looking for immediate results. It does not work that way. Improving and staying fit for the long run does require long steady work. Swimming is no exception, but offers a few big advantages:

1. Compared to a lot of other sports, it is a non-impact sport, reducing greatly the risk of injuries. It also allows you to swim more often per week and for a longer time. This is a nice advantage for the energizer bunnies amongst us. The water also provides a nice cushion all around your body which helps you feel weightless, and massages your tired and sore muscles. Maybe it is the reason why swimming is often recommended when recovering from injuries.
2. Thru swimming you will be able to work all your muscles and all your energy systems. If you design or have somebody design for you a well-balanced training plan (we do have some on the US Masters Swimming website), you will be able to “rotate” working each of your muscles, giving them a break. You can also easily work all your energy systems if you can balance sprint days, with endurance days, with easy technique days. When mixing up all four strokes, the possibilities are almost endless, and the workouts can be varied and fun.
3. Swimming is technical. To swim well and effortlessly, this does require a progression of drills and a lot of thinking. Even the best swimmers still have some fine technique to work on and improve upon. Whatever your age and your level and experience in swimming, there is room for progression and improvement.

Improvement means feeling good about yourself and proud of your achievement.

If you are a swimmer, just starting a new swim routine, you should follow these major basic steps of progression and build upon them. Based on your previous swimming experience, each step will take more or less time, but you should not skip any of these:

Step 1: TECHNIQUE: THIS IS THE FOUNDATION

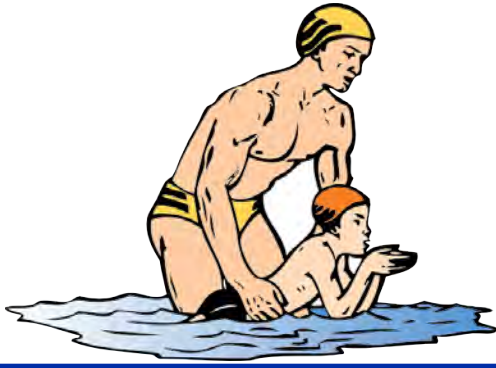
Within this category, there are three main areas of focus with multiple levels of progression in each:

- A. *Horizontal position of the body on top of the water:* can you stay afloat on top of the water, practice a lot of balance drills, learn how to kick, how to use your core to stay in alignment, etc.
- B. *Effectiveness of your arm movements:* are you catching the water, are you pushing the water towards the back, are you accelerating, etc.
- C. *Timing of the stroke:* are you breathing at the right time, are your arms and legs coordinated or are they working against each other. This is particularly important in breast stroke and fly.

Even if you had a swimming background and you are starting back after 5, 10 or 30 years, you need to spend some time on technique to re-discover your feel for the water. Your body might have changed, technique key points have evolved and you might have lost the timing of the stroke, particularly in fly and breast stroke.

If you have access to an experienced coach, this is a good investment as good technique will prevent
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Coach's Chair

Coach Matt Miller
OMS Coaches Co-Chair

Why You Should Give an ePostal a Try

Those of you who don't participate in the USMS ePostal National Championships are missing out on excellent training opportunities, great annual conditioning benchmarks, and fun team-building events. Here is a little background information for those of you who may not know much about these events.

There are 5 USMS ePostal National Championships each year. They are:

- USMS 1-Hour ePostal National Championship, swum in a pool 25-yard or longer (recent rule change).
- USMS 5K & 10K ePostal National Championships, swum in a 50-meter pool
- USMS 3000 & 6000 ePostal National Championships, swum in a 25-yard or 25-meter pool

The 1-Hour ePostal National Championship runs from January 1st through February 28th. The 5K and the 10K ePostal National Championships run simultaneously and must be swum between May 15th and September 15th. The 3000 and the 6000 ePostal National Championships also run simultaneously and must be swum between September 15th and November 15th.

The Oregon Club has a long history of performing well on the national level in these events but we have been sliding in the rankings the last few years. We need you to come out and swim these events!! Not only will you help continue the success of Oregon Masters Swimming on the national level, but you will also reap the great training benefits of these events. As someone who does all 5 of these events annually, I can personally speak to the benefits of using these events as training swims when strategically placed in your training schedule.

The 3000 and 6000 ePostal National Championships are

open for entries right now! Information and rules about the swim can be found here, along with registration once you have completed the swim:

https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=10720

BIG NEWS AND BIG MOTIVATION – a very generous donor on the Oregon Masters Swimming Board has agreed to pay 2020 USMS & Oregon club membership dues (a \$64 value) to any Oregon Club swimmer who completes 3 or more ePostal National Championship swims in 2019. Wow! That's great motivation to start planning now, which 3 ePostal swims you will be participating in. The 1-hour, 3000 and 6000 can likely be done in your local training pool and possibly even during team practice if you can sort out a date with your coach. Some teams take turns counting for each other in consecutive practices and that works well.

By far the hardest ePostal swims to complete, largely due to limited access to a 50-meter pool for most people, are the 5K and 10K ePostal. But there is even more good news!! The Oregon LMSC is aware of this issue of LCM pool availability and, the last few years, has provided opportunity for participation for all membership by renting the Amazon Pool in Eugene for 4 hours on a Saturday or Sunday afternoon at the end of May and charging a nominal fee (usually \$20) for swimmers to participate. This event has proven to be extremely successful. As such, the Oregon Board agreed to fully subsidize rental of the Amazon Pool next year (2019) so there will be **no cost** for swimmers to swim their 5K or 10K ePostal! The date will likely be May 25th or 26th, so be sure to keep that weekend free and get your name on the list early to reserve your spot. An announcement will go out sometime after the rental agreement is finalized in late winter or early



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Long Distance Swimming

Coach Bob Bruce
OMS Long Distance Chairman



At the end of each summer season, OMS awards the Mike Morehouse Award to a pair of deserving swimmers, selected and voted upon by those who have previously won the award. The Award citation reads: "The Mike Morehouse Spirit Award is given annually to a person or persons who display the highest character of sportsmanship during the Oregon Open Water Series, past and present. A sportsman is defined as one who engages in sports, a person who is fair and generous, and a good loser and graceful winner. Mike Morehouse was all of the above and more. A true gentleman, Mike was always thoughtful of others; wishing everyone well was his trademark, as well as enjoying his friendships." You can find a brief biography, the citation, and the full list of past honorees on the OMS website at <http://swimoregon.org/history/longdistance/LDWebMorehouse19.pdf>.

As usual, our clan of previous honorees has done us proud, and selected a group of terrific swimmers for this honor this year. The women's voting was a tie, which I chose not to break because both nominees were outstanding, each in her own special way. The male nominee was a near-unanimous pick, despite not having swum in even one open water event this year. Here are our 2018 Mike Morehouse Award honorees:

Caryl Schiavon: Caryl learned to swim as an adult and joined the OMS open water scene in 2014, with just three swims. Since then, she has successfully tackled longer events and more of them. Generally being one of those who gets the most out her entry fee, Caryl always displays a radiant smile, a twinkle in her eye, a subtle and pointed wit, and an impossible level of care for the rest of us, for which we love her. We also love her for the way that she keeps Robin Bragg in line. Well done, Caryl!

Jessica Kieras: Jessica first joined us in 2012, and has

continued each year since then. Because Jessica likes her swims long and likes to prepare well for them, I saw her often in the pool as she prepared for this year's challenges. Her great accomplishment this summer was the End-Wet, a 36-mile swim (fortunately downstream) in the Red River of the North, finishing fourth overall. She sprinted a little bit too, winning the 10-km National Championships at Applegate Lake. Jessica is very friendly, helpful, and caring, a perfect Morehouse Award selection. Follow her swimming blog at <https://oregonlakebagging.wordpress.com/>. Splendid job, Jessica!

Tom Landis: An icon in World Masters Swimming and a long-time OMS standout, Tom has been largely sidelined in the past few years by esophageal cancer and its complications. He hasn't raced with us in a few years, although we can look to the record books for his stunning level of achievement. But he's still in the game; he has served—superbly!—as the Safety Director for the 2017 & 2018 Championships at Foster Lake, and for the Cascade Lakes Swim Series at Elk Lake this year. For many years, Tom has been a friend and confidante to all of us in the swimming world. Best of all, he helps keep me sane. Tom, awesome as always!

Good luck and good swimming!



Swimmer Spotlight

submitted by Karen Andrus-Hughes

Sue Calnek-Morris

Age: 75

Local Team: Oregon Reign Masters

Occupation: Retired

Climb the trapeze instead of the pool fence! I was three years old, climbing the fence to get to the neighbor's pool, and just like clockwork; another spanking. We lived in the Bronson Canyon under the HOLLYWOOD sign, surrounded by pools. I knew better not to jump in, because we had a 3 foot deep cement block wading pool and I was familiar with water, just wanted to be closer to the pool. My Dad realized that my disobedience could not be deterred. Since I was always climbing the large trees on our hillside, Dad wanted to change my focus from the pool to climbing, so he had a gym/trapeze built for my brother and me. The idea worked! New challenges now, and of course, I just had to compete with my brother Archie (2 years older) and try to do what he and his friends could do. My parents never stopped us from doing anything outside! I never heard them say, "Be careful, don't do that, you could hurt yourself." Instead my Mom stayed in the house. Good. My Dad often tended his White King Pigeon show birds that were in the same area as our play. The only thing he would say or do was to offer common sense, "Just be damn sure that when you are climbing a tree that you have a good grip with your bare feet and hands (I only wore shoes to school), know the branch you are moving to and the adjustments you need to make before you make your next reach." (Dad was a doctor, USC) My parents were the opposite of helicopter parents, but my Dad was big on common sense and values. Mom stressed etiquette, respect and manners. Times were different though. At ages 7 to 10, I used to ride my Indian Princess bike down to Hollywood and Vine (across the street from the Brown Derby), lean the bike against the building, and walk through the Broadway Hollywood and use the escalators. When I finished, my bike would be waiting for me where I left it!

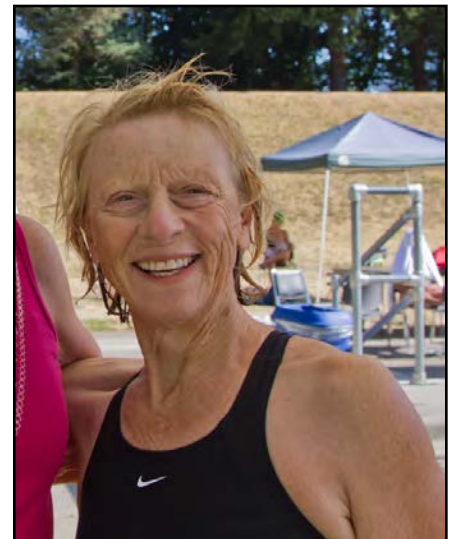
I had perfect attendance throughout my school years. Dad had a rule: if you are sick, stay home and stay in bed. You may get out of bed only to use the bathroom, and you can read a book. They never told me to do my homework, it was just part of my job to do it well, and then I could escape to play in the California evening. My goal was the honor society each semester.

Time for swim lessons. Dad hired Marion and Virginia Hopkins when I was 6 or 7 for private swim lessons at the Hollywood Athletic Club (now a fitness gym). We were the only 4 people in the pool, with a high dive platform! They were professional, pleasant and absolutely no nonsense. We already knew never to talk when an adult was talking, and never to talk back, so lessons went well. They talked to us as if we were much older; no rubber duckies or toys. During the last 5 minutes we got to jump from the high dive platform. In each lesson they taught the 6 beat kick, strong sculling drills and the inverted breaststroke. They said if you could scull well, you will swim well. Now, I think the strong sculling has been the cornerstone of my swimming, especially in the long distance. It helps with grabbing the water and changing hand positions a few times, but also promotes balance and position. Inverted breaststroke taught me streamlining, and balanced smoothness with lots of sculling.

Earl Walters and I were visiting one time at a MAC meet. Earl and Gail Roper used to swim at the L.A. Athletic Club. Gail knew of my swim instructors, Marion and Virginia, who also swam and competed at the L.A. Club. Virginia set a World Record in 1938 in the 50 Free. Our teachers competed with Esther Williams in the 1939 National AAU Meet in Iowa, breaking the 400 meter relay record. The gals, with Esther, set a 300 yard medley relay record at the L.A. Club in 1939. Virginia intended to be in the movies with Esther, but sadly died in 1954.

Later in High School, I joined the Synchronized swim team for all 3 years. I am thrilled that this sport is finally recognized in the Olympics!

I was married in 1963 and moved to Portland the day we married. In Los Angeles, we could not see across the street through the "pea soup smog." I tried to take a deep breath and choked half-way; my eyes stung and watered from the burning smog. We drove up the coast in an old truck and flipped a coin to see on which side of the river we would move to. The



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SWIMMER SPOTLIGHT

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east side won. In 1972 my husband was injured and spent the next 32 years in a nursing home with a severe brain injury. My little son was 1-1/2 and my daughter was 4-years-old. Our house had just sold, but we had a small down payment on an old homestead past Sandy and up the mountain; replete with wood heat, bats in the attic and 10 acres of timber and pasture.

Soon we had all our own cheese, milk and meat from our goats, cows and chickens. We made hay and the animals ate from our land. Our goats loved the blackberries. We drove to orchards to pick peaches, pie cherries, apples, crab apples, pears, you name it. Everything was canned; even all the goat milk was canned for the winter. Some of the old timer women taught me how to make our own bread, jams, pies and cobblers. We had to adapt. The men taught me how to tend the animals, get the firewood, etc. The kids loved the freedom to roam and play in the shallow stream by our home where we found an old still! This lifestyle surely helped me to become a strong swimmer years later.

I needed to make money, so went to work for a logger making hand split cedar shakes with a froe (made from the leaf-spring of a truck) and a mallet. I soon went to work for myself, and learned to scale the old growth cedar. I bought small salvage sales from Crown Zellerbach in Estacada and Milwaukee Plywood in Eagle Creek. You should have seen the men at Crown Z when I put my son (still in diapers) on the counter and asked to buy salvage cedar! I was grateful to work from home, making 5 square a day (equal to 20 bundles of cedar shakes), with a waiting list for our taper split shakes, which was now a family business. My children carried off the scrap and spalts, fed the chickens and picked the vegetables for dinner. The shake bolts were 36 inches tall and often weighed 75 lbs. With every other split with the froe, the bolt had to be turned end for end to get each taper. It's ironic that just 9 years prior I was spending most days after school with friends at the beach in Malibu. When there was no cedar, I pulled on the green chain (a lumber sorting process) at Milwaukee Plywood. Pulling too slowly meant that people further on down the chain had to pick up your missed pieces and you were shunned from the lunch room!

Often my kids and I would hike 3 times a week. One time we were hiking (off trail) with a group of 5 big men on the Yokum Ridge near Zig Zag when we came across an old growth cedar grove. Five of us with arms outstretched could barely

reach the circumference! This kind of a grove was protected by the Forest Service, but unfortunately totally rare in this area now. Some afternoons we would drive up to Austin Hot Springs and sit for a couple of hours. One time was so memorable when large snowflakes fell along with the autumn leaves for the year's first snowfall. I made a few squares of cedar shakes for Bagby Hot Springs. We knew of most hikes in Mt. Hood forest; my favorite area was in the Ripplebrook Ranger Station area. Bull of the Woods, Pansey Lake, Serene Lake are all wonderful. Pool swimming was not in the picture; we swam in the mountain lakes.

I earned my WSI at Shattuck Hall Pool in 1966 when 7 months pregnant. My first job was with Gresham/Centennial school and my test was to retrieve Mike Popovich lying face down in the deep end. This was the last time I ever swam in a pool until the late 80s when I met Alice Zabudsky at the Sandy pool. Alice explained USMS and convinced me to enter my first meet, the State Games. My lifestyle gave me boundless energy and enthusiasm for goals and challenges.

In the mid 80s I worked in the shipyards for N.W. Marine Iron Works. It was a long commute and paid only \$8.50 per hour. I started on the Exxon Valdez as a laborer mucking oil. Looking 100 feet up through the ullage I could see the sky, which looked to be the size of the head of a pin. Each day I was working with a new group of men, because they didn't last long. I stuck with it start to finish. We wore waders past the knee, oil slicks top to bottom and proper gloves. I wanted to work on deck, so I convinced the lead I could operate the pneumatic winch to lift the barrels. The wind was so strong and cold I had to tie myself off to a rail. Soon the Exxon Valdez set sail. The rest is history!

Soon they offered me an apprenticeship training to become a Marine Machinist, of course with better pay. I worked on many Navy ships, including the *USNS Okinawa*, *Foster*, Hospital Ship *Mercy*, Love Boats, Merchant Ships and decommissioning *USNS Observation Island*, a radar ship. I had to carry my 75 lb. tool box down those horrible ships' ladders into the engine rooms and the bilges. One time on a merchant ship some fellows in the engine room ran to me and offered to carry my tool box on down. I said Please! And Thank You! I even got to climb around on the main condenser units, and wear fall protection to clean out the grain silos over the river in Vancouver. (There are countless hours and hours of stories from the shipyards, all funny and all great.) It was sad to see N.W. Marine Ironworks close shop.

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SWIMMER SPOTLIGHT
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I love to swim. From 1992 to the present I placed in the Top 10 every year but two - one I had moved, the other I moved to Cadiz, Spain, and swam for the Andalusian Masters. I loved the team. We competed in Ceuta, Marbella, Algecerias, Costa Tropicale, etc. Darn fun, and *truly a very different swim culture*. I am still friends with some teammates.

My first All-American was at the Nationals in Santa Clara. No coach yet, but Bert Petersen offered advice on how to swim the 1,500, breaking down the swim into very specific intervals well suited for me. I had 2 weeks to practice the intervals. It worked and boy was I thrilled! I bought a red jacket there and planned to start getting the USMS patches. Those darn patches have sometimes kept me coming back to swimming when I wanted to quit. "Just one more patch," I would say to myself.



There are patches on the back of the sleeves and on the back of the coat. Sue sewed on the first patch in 1992. She also has patches from the 1985 and 1986 Columbia River Cross Channel Swim.

Actually there are a few things that kept me competing. Another was Lavelle Stoinoff; she was the hook. When I watched this tiny woman accomplish those incredible times I was determined to someday beat her time in just one event. Just one! This past Gil Young meet I missed her 100 meter free Oregon/Zone record by ONE DAMN SECOND. I really smiled to myself over this - just not meant to be YET. I am supposed to continue the "Roadrunner" thing. Meep meep!

The third incentive was a "Never, Never Give Up," framed

award Dennis and the Oregon Wetmasters (now Oregon Reign Masters) Team gave me in 2006. This award is the first thing I see each morning and night! It helps my swimming and my life.

I had not competed for more than a year due to pain, and the left arm just didn't work well. I entered the Gil Young meet anyway. I asked Coach Dennis Baker if he thought I could do the 1500 in one hour with the left arm problem. He said I could do it in 30 minutes. He really is always right when it comes to swimming and knowing what each of us can do. Surprise! I finished the 1500 meter free in 28:36.12 and started up the ladder by the judges, when Jackie and Aubrey told me I had broken an Oregon record. I said, "You are lying to me, really?" I was surprised to also break Oregon records in the 50 breast, 50 free and 800 free. I never learned the breaststroke well, so I had taken a few lessons from Dennis. With my first breaststroke lesson I got out of breath going one lap; I was doing it all wrong. Just two lessons were good enough for me to enter the 50 breaststroke and to do it in a good time and not get out of breath. Coach Aubrey also helped with breaststroke advice from the deck, and Colette Crabbe, passionately demonstrated the breaststroke arm movement in the locker room. The team is awesome! I will take some freestyle lessons from Dennis; guaranteed there is always something I will learn from him. Even if you think you are doing each stroke beautifully and correctly, Dennis will help you improve the stroke and your race.

Stanford Swim Camp in 1998 was a fun learning experience with Skip Kennedy, Richard Quick and Bill Boomer. I had no idea there were so many components to swimming.

My first time to swim the mile at State Games caused real anxiety. The announcer said, "You should be heading to the blocks now for the 1500." That was my cue! Exit stage left! In a panic I ran to the restroom, locked myself into the first stall and stood on the toilet seat. Next thing I heard was Nancy Milner's unmistakable voice yelling at me to come out, all the way in from the deck. Nancy said, "I know you're in here Sue ... why is this door locked but I see no feet?" Suddenly she appeared under the stall door and told me to come out and do the race. She quickly marched me to the block as the announcer said, "Stand behind the blocks." Thank you, Nancy. Since then I have come to love the 1500; try it next time! At first I thought it was boring and thought about a new recipe or a song, but then I learned that each stroke, each wall coming in and out, the entire race is unraveled slowly as you apply your interval training. Your muscle memory knows the speed it needs to go. Don't go

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SWIMMER SPOTLIGHT

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out too fast, fast in and out of the wall, keep the form as perfect as you can, streamline, come up past the flags (not good, but I always have to breathe on the first stroke). Each stroke is thinking and planning. It is more fun if you have someone near you that is your competition, you can stay behind, then pass her at the end to win ... other tricks. Love it. The long distance races are a game for me. Give it a go next time! You might even see Nancy!

I had one free lesson from Milt Nelms years ago. He told me to swim using my entire body, not just the individual parts. My brain understood the words but they were only words. Not an easy concept for me, but I am getting it. I just finished a new biography of Bruce Lee*. Bruce said, "Real punching power is generated, not from the shoulder and arms, but from the entire body working in unison. The more the muscles relax, the more power they can generate--softness combining with hardness, like yin and yang." Same deal for swimming as martial arts. Worked for Bruce! Works for me too. The more I practice concentrating on the relaxing phase and the power out, has really made a difference.

In 2017 I told Dennis that I had to stop swimming. My left arm just wouldn't work right and was too painful. I had three whiplashes over the years from being rear ended while at a stop sign. Age 7 I was body surfing with my brother at Pismo Beach when one fierce wave crashed me head first onto the sand. It felt like my neck almost snapped off, I started to faint and the pain was horrible. My parents were on a blanket nearby (they could not swim), but I never told them. I was afraid they would make me get out of the water. I had to lie down and rest a bit, but surely it caused spine damage.

Now, 68 years later, there are some problems with my spine, and of course, a worn rotator cuff. I got ticked at myself

staying home and not being with the team, so I rejoined and was determined to work on the problem. I had tons of PT and nothing worked. So I remembered some PT from 30 years ago with a shoulder bursa issue. I began that old training at home and it seemed to be helping; so I started training at the gym 2 to 3 days a week working all parts, and especially focusing on the muscles surrounding the left shoulder. There has been much improvement. Now and then the entire left arm and hand goes totally numb, but the feeling comes back soon. The doctors say there is nothing that can be done for it.

Lesson learned: There is no free lunch! I learned to take care to strengthen all muscles, especially the ones supporting the main working areas. I work out at least 2 days a week, even in my living room, with small weights. The upper back, lower legs, all shoulder components ... the works. I hit it all. It doesn't have to be heavy body building, just strengthening. Really, it is only common sense; logical. I worry about children's teams - constant hard practices at such young ages, and racing, but no muscle support training.

One thing I had to give up was Open Water Swimming. This is the best ever there was. Swam the Alcatraz in 2009 and trained so hard daily in the Chetco River. I've swum many OMS lake races, but my left arm is just not strong enough anymore for currents and waves.

Well Lavelle, like the Roadrunner, I'll keep chasing your times. It has been 28 years trying to beat just one of your times. Looks like the 100 free is my best chance. "Never, Never Give Up!" You younger gals coming up ...brace yourselves when it comes to breaking Lavelle's records, it won't be easy. Meep, meep.

Never, Never Give Up!

**Bruce Lee: a Life, by Mathew Polly*

Save Print Your Own USMS Membership Card

For anyone who wants a printed USMS membership card, you can do it yourself. Just go to this web site and Presto! Mark this web site as a favorite in your computer, for it can't be found by searching the USMS web site, or by any 'path' that I could find. Save this information so when you register for 2019 you will be able to print your card. This announcement has been repeated for emphasis! Please **SAVE** the link below! Printing your own card would make the Resigtrar's job a LOT easier.

<https://www.usms.org/reg/getcard.php>

Save

Volunteer Award Winners from OMS honored at USAS Convention in Jacksonville, Florida

September 26-30, 2018

Kerry O'Brien Coaching Award

The U.S. Masters Swimming Coaches Committee initiated a new award in 2008 with the goal of recognizing USMS coaches who are building our membership in communities throughout our country. Originally named the Grassroots Coaching Award, it has been renamed to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck. It is with the efforts of individuals like these that U.S. Masters Swimming will most certainly move to a greater level.

Matt Miller

Matt has been an enthusiastic Oregon Masters swimmer for some years now, but in the past four years he has made a huge contribution in the area of coaching. While he unofficially coached a group of southern Oregon swimmers by writing workouts, encouraging swimmers to set goals, and helping them achieve those goals, he went beyond this in the Fall of 2017 and formed a local workout group, Southern Oregon Masters Aquatics. He recruited members (now up to 42), created a team logo, ordered swag for team members, and generally created much enthusiasm in his swimmers. He brought 28 SOMA swimmers to Oregon's Association Championships in April, 2018, with about half of them having never swum in a prior meet.

Matt creates workouts that challenge swimmers of all abilities, including the 'I want to go the distance' swimmer, triathletes, novice swimmers, and competitive swimmers. He is skilled in stroke technique and in communicating that information to swimmers. His workouts are creative, interesting, and challenging, and he brings an enthusiasm that is motivating to swimmers of all abilities.

Matt has also become a guiding hand for one of our 95 year old swimmers for whom he enters meets on line, figures out splits he needs to apply for records, enters him in Nationals, makes airline reservations, and rooms with him. Matt does this with a smile and compassion to assist someone, and thoroughly enjoys the experience.

Two years ago Matt assumed the co-chair position of the OMS Coaches Committee and has worked to offer and staff stroke clinics in various parts of the state for Masters Swimmers. He is always willing to offer stroke advice to any swimmer. He has served as the Oregon Club's coach at Nationals four times, and

has done a superlative job in this position.

Matt is an avid open water swimmer, has served as an event director and took on researching, purchasing, and testing a chip system for Oregon Masters events to assure their success.

Being an Information technology expert, Matt assisted OMS with getting to the 'cloud'. He stepped up to host the OMS website and worked with our webmaster in developing the revamped OMS website. He eventually assumed the position of Webmaster and currently serves in that position. He assisted with organizing Oregon's bid to host the 2016 Summer Nationals and revamped how OMS delivers information to our swimmers. He also assists with video presentations at Oregon Masters Association Champs social/award presentations.

He attended the U.S. Aquatics Sports convention in 2017, is now serving on the U.S. Masters Swimming Long Distance Committee, and attended convention in 2018 as well. Matt is available, responds timely, is an active Board of Directors participant,

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USMS VOLUNTEER AWARDS

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and is always willing to take on a new responsibility.

From one of Matt's SOMA swimmers — Matt personifies a well-rounded person with many skills and demonstrates many attributes with ease, to all who have the good fortune to come into contact with him, i.e. he's friendly, sociable, thoughtful, and helpful. He's also a very motivated hard worker, no matter the task. He takes on responsibilities with dedication. In the swimming world, this translates to a very passionate pro-active person, whether he is providing coaching, organizing swim meets, forming a new team, managing websites, or promoting swimming in a myriad of different ways. Matt is always upbeat and excited about anything and anyone related to swimming! Matt has consistently demonstrated these skills and with a certain humility. It is always a pleasure to encounter Matt, whether it be pool-side on-deck or in the water. He goes out of his way to be helpful to everyone.

Matt is a model Masters coach — knowledgeable, fun, enthusiastic, creative, motivating, and reliable.

.....

2018 Dorothy Donnelly USMS Service Award

This Award is presented annually to USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally. Dot' Donnelly was a member of USMS at its inception. She tirelessly served as coach, meet director, and ambassador for our organization, and served as our elected Secretary, maintaining the national office from her home for many years. Individuals are selected based on their accomplishments that meet the USMS goals and objectives.

Christina Fox

Christina has served on the Oregon Masters Board of Directors in the capacity of Membership Services chair for nine years. In this role she contacts workout group and club representatives, updates information for the website, and responds to questions from newly forming teams. She has worked to increase the LMSC membership by making sure USMS marketing materials

are sent to anyone inquiring about Masters swimming as well as providing the Oregon workout groups and club representatives with these materials to assist with promoting Masters swimming at local pools. She is an ambassador at her local pool where she approaches swimmers about the benefits of Masters swimming and recruits

these swimmers into USMS members. During open water swim events at which Oregon Masters allows one-event registrations, Christina is also proactive in trying to recruit one-event swimmers into full USMS membership.

Christina contributes regularly to Board discussions and assists with meet evaluations and actively brings up issues regarding both competitive and fitness swimmers as to how we as a leadership team can better recruit and serve our membership.

Christina has also served as meet director for some of Oregon's largest championship meets and volunteered at the Solutions table for the entire 2016 Oregon Summer Nationals. She has more recently become active at the national level attending conventions, and is currently serving; she is a contributing member on the USMS Rules Committee.

Christina competes regularly at the local and national level and is a most thoughtful and encouraging teammate. She is quick to offer a kind word and knows most of the swimmers at our local meets. Others who also compete look forward to seeing her at meets, and she has regularly won or placed in our local most splashes competition that honors those who attend meets and swim the most events.

Christina has demonstrated a long term commitment to Oregon Masters Swimming and is excited about her contributions to U.S. Masters Swimming. She has contributed much to USMS.



Call for Nominations for Annual OMS Awards

Every year we ask our members for nominees for the five OMS Awards described below. This is your opportunity to give recognition to a worthy individual, organization, business or group that has contributed outstanding service to a team or to OMS during 2017.

Awardees are announced and celebrated at the annual meeting held during the Association Championship meet. **The due date for submitting nominations is January 25, 2019.**

How to submit your nomination(s):

1. Read through the award descriptions below.
2. Look through the list of past OMS Award Recipients to assure that the awards go to different nominees each year.
3. Submit the name of the award, the nominee's name and a brief explanation of why you think your nominee is deserving of the award. If you can, we would appreciate a photograph of the nominee for publication later.
4. Email/mail your nomination information **by Friday, January 25, 2019** to:

Sara Shepherd (OMS Awards Chair)
 ssobx5@yahoo.com

Ballots will be prepared and emailed to the OMS Board, and the two designated non-board members, by January 30. Completed ballots will be due by February 15, 2019.



Ol' Barn Award: Given to the individual who has shown outstanding leadership, dedication, and devotion throughout the past year, to OMS and Masters swimming.



Hazel Bressie Award: Given to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.



Gil Young Award: Given to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.



Connie Wilson Award: Given to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters swimming.



Special Service Award: Given to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a team or to OMS.

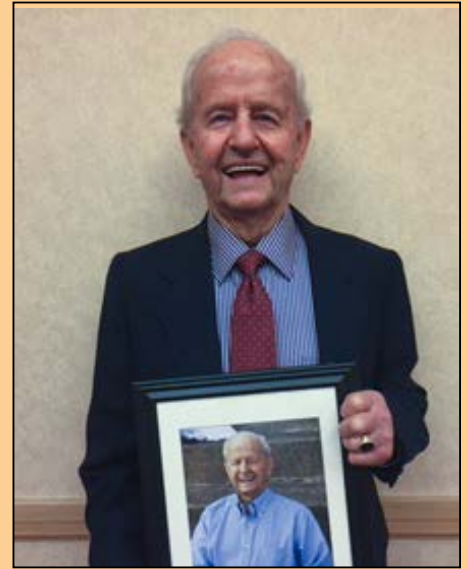
USAS Convention Award Winners



April Cheadle from PNA and Bainbridge Island Masters, was awarded the "2018 US Masters Swimming Coach of the Year."



Walt Reid from Pacific Northwest Association, was inducted into the IMSHOF Hall of Fame for his service to FINA and US Masters Swimming.



Willard "Wink" Lamb was honored at the International Swimming Hall of Fame Induction Ceremony as one of "Swimming World's Twelve World Masters Swimmers of the Year".

Congratulations to April, Walt, and Willard!



Oregon delegation at the USAS Convention—minus Bob Bruce. With additions of Willard Lamb and Doug.

Super Thanks to All Volunteers

by Joy Ward

Hi to all in the OMS Swimming family. The 2019 year is coming to an end. We have had a fun season of swimming, but without all of our dedicated Volunteers the season would not have been so much fun. They are the ones that make the meets, open water events, postal swims, and clinics happen. From the officials, starters, Hy-Tek crew, timers, runners, hospitality and all other persons that participate in making our events successful, OMS APPLAUDS your efforts and wants you to know how very grateful we are for your contribution. OMS is looking forward to another big season of swimming in 2019, and wants to see everyone again, enjoying what we love to do.

Thank

THANK YOU VOLUNTEERS
from the OMS Board of Directors

You!

Print Your Own USMS Membership Card

For anyone who wants a printed USMS membership card, you can do it yourself. Just go to this web site and Presto! Mark this web site as a favorite in your computer, for it can't be found by searching the USMS web site, or by any 'path' that I could find. Please save this information so when you register for 2019 you will be able to print your card. This announcement has been repeated for emphasis! Please **SAVE** the link below! Printing your own card would make the Registrar's job a LOT easier.

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<https://www.usms.org/reg/getcard.php>

Save

OFF THE BLOCK

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One day, I was absentmindedly listening to Dr. Michael Greger's live Q&A. I overheard him mention that people with Crohn's disease should not consume nutritional yeast. I was floored. Just hours before this, I had eaten a baked potato loaded with nutritional yeast!

After stopping yeast, I was able to get off my anti diarrheal medication (Loperamide) within 3 days. The medication I had needed for ten years! Medication that allowed me to leave the house and function like a human being. The whole time it was as simple as not consuming yeast?! The agonizing hand eczema I had acquired around the time I was diagnosed with Crohn's — that vanished too after I eliminated yeast. I was shocked.

This made me question other food intolerances I might have been unaware of. Through trial and error, I realized that

mushrooms, bananas, and soy seemed to cause inflammation and aggravate the ulcers in my ileum. After eliminating those foods, I was able to stop taking Pentasa. When I was doing my medication experiments, I could not go longer than 3 days without the pain returning and now it has been about 6 months. No medication needed.

I spent over a decade feeling like a victim to my genetics. If only I had known about the healing abilities of starch. If only I had known about yeast aggravating Crohn's disease. Instead of feeling helpless, I could have felt empowered. I am in awe of Dr. McDougall, and his four decades of consistent success with something as simple, cheap, and delicious as starch. I am so grateful for the tireless efforts of Dr. Greger, always searching for the truth. Thanks to these pioneers of plant based nutrition, I feel like I am in control of my health. It is my goal to help and inspire others in the same way.

For information about other illnesses, see <https://www.drmcDougall.com/health/education/health-science/stars/> Stories are on the right side of the page under the illness name.

FITNESS

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injuries, will make swimming so much easier and will make improvements a breeze. For the beginner and intermediate swimmers, it is a must.

Oregon Master Swimming is currently trying to offer clinics, specifically designed to the beginner and/or intermediate swimmers. The intent would be to analyze your strokes and send you off with some drills and /or tips to improve.

Step 2: ENDURANCE: TO BUILD YOUR FITNESS LEVEL

Once you master some basic technique, it might be good to progressively build some endurance. That does not mean to sharply increase your mileage. It is usually recommended to increase your mileage by no more than 10% per week. It also means, "Do not mindlessly swim and swim, just to swim and increase your distance". Technique should remain the focus, never practice bad technique. When you start getting tired, it is the prime time to revisit your technique. Am I still in alignment? How is my kick? Am I still on top of the water or are my hips sinking? If you do the correction, you might notice it is getting easier to finish the set.

The best way to gauge your improvement in fitness is to have a basic set, for example 10X50 on 1:30 ,which you will

swim on a regular basis (but no more than once a week). With that, there are a lot of ways to assess your improvements, can I now do 11X, can I do them on 1:25, do I feel less tired, am I getting more rest, can I do 2X in free then 1X in another stroke? You get the pictures. You are progressively improving, you are getting fit and you are getting motivated to keep going.

Step 3: SPEED: TO REALLY GET BETTER

The last step of the equation is speed. The thrill of it! Swimming fast is fun but is also very taxing on your body. This is the reason you need to incorporate it in your training even if you will never compete, or if you will be swimming very long distance at a slower pace (Open water swimmers and triathletes can you hear me). Sprints will activate the fast twitch muscles, will stimulate your metabolic system and your whole body. It will put you in anaerobic mode, it will improve your fitness level in half the time!! But beware, don't do it every day, as your body needs to recover from it.

Once you have gone through the whole progression, keep at it. And do not forget: there are four strokes in swimming (freestyle, backstroke, breaststroke and butterfly), plus kicking, underwater streamlines, open turns, flip turns, dives. There are so many opportunities to start the process again and to make some more improvements. There are so many ways to keep swimming fun and challenging. It is a lifetime sport.

COACH'S CHAIR

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spring, and reservation preference is first-come-first-served, but priority will be given to those swimming a 10K over those attempting a 5K.

Lastly, I'd like to mention another unique and fun ePostal opportunity: the ePostal Two-Mile Relay. I'll echo what Long Distance Chair Bob Bruce wrote about it last month. This postal relay is done as a sequential relay (you know, the kind we do in swim meets) rather than the cumulative relays that we put together for ePostal National Championships & cable swim events. This is hosted by our own Event Director Jim Teisher & the Tualatin Hills Barracudas, and done between October 1st and November 30th. Swimmers—who must be USMS members and follow USMS & event rules—will swim as a two, three, or four-member team in strict rotation for 3600 yards (or 3600

meters, to be converted), approximately two miles. Timers take splits each 100 (a special split sheet is available in event info). After the swim, a team captain enters the team in the event. See www.tinyurl.com/2MileRelay for details and entry.

This Two-Mile ePostal event is a great opportunity for a very fun practice for a sprint day and for working on starts. Depending on the number of swimmers on a team (2, 3 or 4), the swim to rest time ratio will be about 1:1, 1:2, or 1:3; all excellent for sprint training. Practice will almost certainly be more focused and intense than usual that day! These relay swims will help our speedwork as we prepare for the short course meters meets later this fall. And best of all, we get to have a lot of fun swimming with and cheering on our teammates!

So get signed up now and start planning for a great time, I think you'll really enjoy the ePostals!

Summary

Records & Results

No meets to report

Looking Ahead. . .

Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
Nov. 10, Sat.	SCM	Hood River Fall Meet	Hood River Pool	Hood River
Dec. 8, Sat.	SCM	COMA All-Around Challenge	Juniper Aquatic Center	Bend
Jan. 13, 2019 Sun.	SCY	Canby Animal Meet	Canby Swim Center	Canby
Jan. 27, 2019 Sun.	SCY	Chehalem Meet	Chehalem Aquatic Center	Newberg
Mar. 9-10, 2019	SCM	Spring-Ahead Meet	Oregon City Pool	Oregon City

Quote for the month. . .

That moment of panic in a race: when your feet don't make contact with the wall on a flip turn.