



Aqua Master

Award-winning newsletter of Oregon Masters Swimming

"Swimming for Life"

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Congratulations Bob Bruce

Breaking News: May 11, 2021

Oregon Masters member Bob Bruce has received this year's Captain Ransom J. Arthur M.D. Award, U.S. Masters Swimming's most prestigious award for volunteers.

"Bob has worked tirelessly and with professional vigor for the past 23 years on every level within U.S. Masters Swimming," Oregon Masters member Tim Waud writes. "He is a coach, mentor, meet director, event director, committee chair, legislator, and he embodies the spirit of 'Swimming for Life.'"

"Whether it be the pool, lake, river, or House of Delegates, Bob uses his experience and expertise to create a unique environment for everyone to be safe, knowledgeable, and engaged. Bob's exceptional commitment and enthusiasm for our sport and USMS are apparent in his dedication as a swimmer himself as well as the profound amount of time and energy he invests as a volunteer to ensure high-quality opportunities exist for USMS members to participate."

Shortly after moving to Bend, Oregon, in the mid-1990s, Bruce started coaching the Masters program. Many of his swimmers had a background in open water swimming, an area in which he wanted to expand his knowledge, leading him to become the Oregon LMSC Coaches Chair in 1998.

The initiatives he led in that position, included providing clinics, a coach on deck at all Oregon LMSC meets, and a coach on deck at USMS national championships. Bruce describes this as "probably some of the best work I've ever done."

Because of that work he received the USMS Coach of the Year Award in 2003, meaning he's one of very few members who have received USMS's highest awards for both volunteerism and coaching.



Through his coaching, Bruce became more interested in and an expert at open water swimming. He works as the event director for multiple open water events each year, including this year's USMS 2-Mile Cable Open Water National Championship on June 26.

On the USMS Long Distance and Open Water Committees, he was the rules wrangler—"That's an official title," he says—on the Long Distance Committee for 12 years, a time in which hundreds of rule proposals passed through his hands.

Bob was the inaugural recipient of the Open Water Service Award in 2013 and the inaugural recipient of the Long Distance National Championship Award in 2019. He also received a Dorothy Donnelly Service Award in 2012.

His extensive local- and national-level volunteerism led to his receiving the Capt. Ransom J. Arthur M.D. Award, which is presented annually to a volunteer who has done the most to further the objectives of Masters Swimming. He learned he was receiving the award during an Oregon LMSC call on Monday

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Off the Block

Since this column is called "Off the Block", whatever information is deemed of interest, by the editor, is presented

This information on genes should be of particular interest due to the 'shots' that are being distributed as "vaccines." Messenger RNA (mRNA, which is in the shots) may have the ability to change our genetic code, which defines who we are.

Human Genes are Turned On and Off by Diet

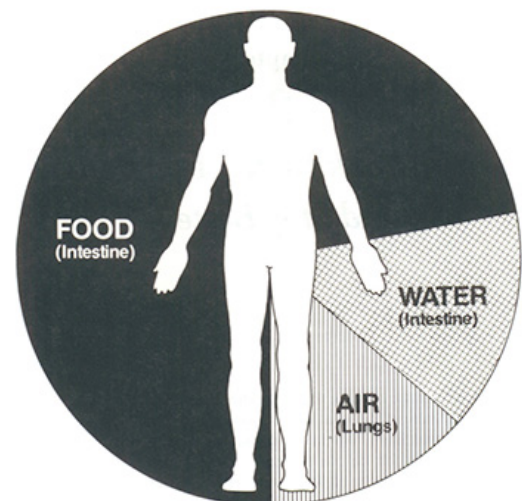
by Dr. John McDougall

Scientists once believed that genetic information was fixed at the time of fertilization, and therefore was beyond any outside influences. This has been found to be untrue. Good genes are "turned on" by a healthy environment, just as "bad genes" are silenced by a healthy environment. In practical terms "a healthy environment" means a diet based on a plentiful supply of starches, vegetables, and fruits (avoiding animal-derived foods and oils). The [biochemistry](#) involved is complex, but may be of interest to you.

Genetics is the study of heredity in general and genes (DNA) in particular. *Expression* of the information stored in our genes changes rapidly and is effected by pressures from the outside environment. Epigenetics is the study of these timely adaptations. (The Greek prefix epi- in "epigenetics" refers to biologic changes that occur that are "on top of" or "in addition to" those directed by our basic set of genes that we inherit from our parents.)

Reading the Genetic Code

The most fundamental form of epigenetics accounts for our entire development. Life begins with genetic information from the father (sperm) and the mother (egg) joining together to form a fertilized egg; thereby the basic genetic code for a person is established. Within this one cell is all the information required to grow all the parts of a baby, including perfectly formed hair, a nose, lips, a heart, and two legs. To accomplish this remarkable differentiation during the development of the embryo, specific segments of the



MOLECULE FOR MOLECULE FOOD IS THE STRONGEST CONTACT WITH OUR ENVIRONMENT.

genetic code (DNA) either become active or remain silent at specific times within specific cells. For a nose to grow on a child's face, the "nose genes" in a few embryonic cells must be turned on while unrelated genes are turned off. Exactly how these precisely orchestrated events play out is still a mystery.

How different genes are expressed is also the result of changes in our environment. This plasticity of our genetic material has been clearly demonstrated by "[twin studies](#)." Identical twins begin life as a single fertilized egg that splits into two with identical genes in each egg. If the expression of our genetic code were fixed then identical twins would remain identical throughout life. They would develop similarly and go on to have the same health issues. However, that is not what is observed. Furthermore, as twins age, their [DNA actually becomes more dissimilar](#). The differences

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



The Core Of Your Fitness Program Should Be Your Core

Whatever your sport, core exercises are an important part of a well-rounded fitness program. Your core muscles are your muscles all around your trunk, and it pays to get them in shape.

Core exercises improve your balance and stability.

Core exercises train the muscles around your pelvis, lower back, hips, and abdomen to work in harmony. This leads to better balance and stability, either in the pool, or in all your daily activities. As we age and osteoporosis is creeping in, avoiding a fall or an injury can be a big plus.

Core exercises will improve your technique, performance and help you reach your fitness goals. Strong core muscles make it easier to do many activities and excel in sports. In swimming, strong core muscles will help you stay on top of the water, avoiding water resistance and having a more efficient technique. For the most advanced swimmers, strong core muscles will allow them to hold their streamline position longer and be more efficient off the walls.

Core exercises will improve your daily quality of life. Weak core muscles leave you susceptible to poor posture, lower back pain and a myriad of related injuries. As you all probably have noticed, with age we have a tendency to add a small layer of fat around our middle section. Core exercises will slim you down and help you avoid a lot of illnesses, often linked with a round middle section.

Core exercises do not require big, specialized equipment or even a gym membership. Any exercise that involves the use of your abdominal and back muscles in a coordinated fashion counts as core exercise. Whatever your level of fitness, simple and easy exercises can be found

and adapted. Any exercises that improve your balance, and stretch and reinforce your middle section, are excellent starters. Lifting one leg to a 90-degree angle while keeping straight is an example (make sure you stay close to a wall or chair if you need support for balance). On the floor on all fours, extending one arm and the opposite leg is another example. Doing the “cat and dog,” which is rounding your back, then stretching it, just feels good, and is considered a core exercise. Just contracting your abs and gluteus constantly on and off during the day, while doing your usual daily activities at home, at the office, at the pool, at the park is all it takes.

However, if you are new to core exercises, it might be good to have someone watch you to see if you are doing the exercise correctly. For example, some of the basic core exercises are sit-ups, but those can lead to lower back problems if not done correctly (make sure you do not arch your back, and keep your lower back on the floor), the plank (keep it a straight plank and not a broken and/or bent plank), the bridge (slowly lifting your hips off the floor while lying down with your knees bent), fitness ball exercises, etc. You can learn a lot of the core exercises by following a good yoga class, Pilates class and/or abs class offered at your gym, virtually or thru an exercise tape.

In the pool, you can also have great core exercises. The water will support you and may help you avoid injuries if you do not yet have the perfect form. For example, just floating on your back and contracting your abs to keep your toes at the surface for as long as you can, practicing nice dolphin underwater kicks and or dolphin kicks on your

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Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair

“I Can’t” vs. “I Don’t Want To”

As a coach, I often hear my athletes say to me, “I can’t do this!” or “I can’t keep going!” or some other version of “I can’t!” in the middle of a tough practice.

A couple of years ago, I was knee-deep in a particularly intense training session, and at one point, I caught myself saying, “I can’t do this!”

Taken aback, several things went through my head in the span of a moment: I analyzed several things - namely, my breathing, technique and power output - and although difficult, nothing was going awry; while tired, I was more than capable of pressing on, and realized that when I told myself “I can’t do this,” what I was really saying was “I don’t want to do this.”

So, I sucked it up, carried on, and finished the workout.

We’ve all been there before: lungs burning, muscles aching, a voice in our minds screaming at us to quit, etc. Where do you draw the line? At what point do you really need to back off or take a break?

Consider for a moment the Rate of Perceived Exertion (RPE) scale. It’s a 1-10 scale, 1 being a level of activity that you feel like you can continue on indefinitely, where you’re barely breaking a sweat or even breathing remotely hard, and 10 being you feel like you’re about to die. It’s a great starting point, and is often used in group exercise classes... perhaps you’ve seen it on a poster in a gym or pool.

The problem is that it’s totally subjective. For an untrained individual unaccustomed to physical activity, or even a relatively seasoned athlete, it’s quite possible that

anything even remotely uncomfortable might be considered in the 8-10 range. For a veteran athlete accustomed to the rigors of training, what they are experiencing might be rated in the 4-6 zone.

So, how do you know if you really “Can’t” or are simply out of your comfort zone and “Don’t Want To” keep going?

Here are a few indicators, specific to our sport:

Injury/Illness: If you’ve truly hurt yourself or are experiencing a medical emergency, STOP!!!

Stroke Count: The best habit that I ever got into as a swimmer, and a concept that I am constantly driving home with my athletes, is the importance of counting your strokes. You should know how many strokes it takes you per length of the pool, for each stroke, and for any given sprint or distance. As you become more fatigued, your stroke count will naturally increase as your power output per stroke diminishes. If your stroke count begins to skyrocket, that’s an indicator that you are approaching that dreaded “failure” barrier - if you recall from one of my earlier articles, “Training to failure is training to fail.”

Technique: This should go without saying. We’ve all seen that poor swimmer at the end of the 200-fly whose technique has completely failed. They’re dragging the proverbial piano, everyone in the stands is hoping they’ll be able to gut it out, the swimmer is hoping to be put out of their misery. It’s painful to watch, and even more painful to experience. They’ve pushed themselves so hard that they are physically incapable of executing proper form. I liken it to pushing down on the gas pedal when your car has an empty tank: no matter how hard you slam on it or pound

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



Despite all manner of pool closures and/or restrictions earlier this year during the event's January through March dates, the Oregon Club managed a relatively strong performance in the 2021 USMS One-Hour Postal National Championships. Of course, our overall participation was way down. But those who were able to swim did well, and there were many fine swims. The Oregon Club placed second Overall. The Oregon LMSC will reap a modest financial benefit for running the event.

Oregon Participation summary:

- 48 Oregon swimmers entered the event
- 27 women & 21 men swam and entered, relatively equal numbers which really helps for mixed relays
- 8 Oregon clubs/local teams were represented, lower than usual but reflective of pool availability

Congratulations to...

- Our TWO individual National Champions (USMS Long Distance All-Americans), Dan Kirkland and Ralph Mohr
- Our FIFTEEN other individual swimmers who made the top ten (and thus received medals)
- Our THREE relay team National Champions (USMS Long Distance Relay All-Americans)
- Our THIRTEEN other relay teams who made the top three (and thus medaled)
- Our TWO relay teams that broke Oregon Relay Records:
 - Womens 65+ team of Jeanna Summers, Lizzie Cheney, and Colette Crabbe, going 11,465 yards
 - Mixed 65+ team of Lizzie Cheney, Colette Crabbe, Jeff Piette, and Dan Kirkland, going 16,970 yards
- Colette, who broke the Oregon individual record in the Womens 65-69 age group, going 4265 yards
- Our TWO swimmers, Valerie Jenkins (4670 yards) and Hardy Lussier (5115 yards), who topped the Oregon womens and mens categories respectively
- Our TWELVE swimmers whose performances qualified

or moved them up on the Oregon All-Time Top Twelve list for the One-Hour Swim. This list is ever harder to make

Thanks to:

- Everyone who participated!
- Tim Waud and his small crew from OCT who stuffed envelopes and mailed the awards & souvenirs
- And I guess a small pat on the back for me for being the Event Director; biggest postal I've ever run

There's a bonus—48 Oregon-registered swimmers have now completed the first of the three legs of the Oregon Postal Participation Award. These swimmers just have to swim & enter two more swims—the 5 or 10-km postal and/or the 3000 or 6000-yard postal—later this year to snag this award. You've seen the patches—now you can earn your own. Put these swims on your calendar! Of course, the truly compulsive swimmers—like me—plan to complete all four remaining postal swims this year. BUT WAIT! The USMS Long Distance Committee has decided that just THREE e-Postal National Championship swims & entries will qualify for the national participation award. This looks like a two-for-one opportunity, Oregon and USMS participation awards for the same effort! Go for it!

Where do we go from here in 2021? Keep on swimming—the essence of the postal events is to do them. Next up are the 5 & 10-km postal national championships, to be done between May 15 and September 15 in a long course pool. We are working to arrange pool time and space for these. And let's get back to full strength for 2022!

Look for the full 2021 Oregon LMSC One-Hour Swim results in this *Aqua Master*.

Good luck and good swimming!



Swimmer Spotlight

—submitted by Karen Andrus-Hughes

Name: Chuck La Tourrette
Age: 78
Local Team: Grants Pass Masters
Occupation: Retired Juvenile Court Counselor/Motivational Business

Approximately 3 years ago at age 75, I decided to enroll in the Adult Learn to Swim (ALTS) class at the Grants Pass Family YMCA. The instructor and coach was Michael Grant.

I considered myself a beginner because:

- I never learned how to properly swim in my youth even though it was always fun to be in the water
- Poor health and a bout with prostate cancer, a hernia operation, gall bladder removal and a severe medicine allergic reaction made exercise difficult
- Obesity (I hate that designation) at 290 lbs. made some exercises difficult
- I needed a low impact exercise which was easy on my joints due to a knee difficulty and a hip possibly in need of repair

Enough about why I took lessons, it was necessary for my health to do something to improve my dreary situation. Tai Chi and Swimming were my core strengthening exercises which I took seriously.

Conditioning in the pool was difficult at first, being lucky to swim 20 feet with my head out of the water. I never learned how to lateral and bi-lateral breathe. I did well treading water (very buoyant) and blowing bubbles.

Swimming 5 days a week, which included 2 lessons a week, soon improved my conditioning and I learned:

- Lateral and bi-lateral breathing
- Flip turns
- Freestyle, backstroke, breaststroke and dolphin kick
- Continually striving for time and endurance improvement

Progressing through intermediate and advanced swim classes, the habit of swimming produced results in other areas of my life.



- My knee and hip issues improved; surgery was no longer a necessity.
- Now at age 78, I weigh under 200 lbs. with a goal of 175.
- Tai Chi now has a new instructor, since my improved conditioning and flexibility **promoted me** to Instructor for the advanced 54 posture class.
- Both my wife and I have improved our diet and no longer are pre-diabetic, or at risk of high blood pressure and high cholesterol.
- Life is good! I'm getting a new wardrobe and love the change.
- People who haven't seen me for a few months have to do a double-take since they don't recognize me.

Swimming has been severely hampered by the events with Covid 19, and I was only able to do a few lake swims with other swimmers at Applegate Lake. When the YMCA pool opens in mid-June 2021, swimming will again become a regular part of my exercise.

Swimming for an hour is easy. Lake swims are a pleasure, and the future of my aquatic endeavors includes some swim meets and whatever else I can accomplish.

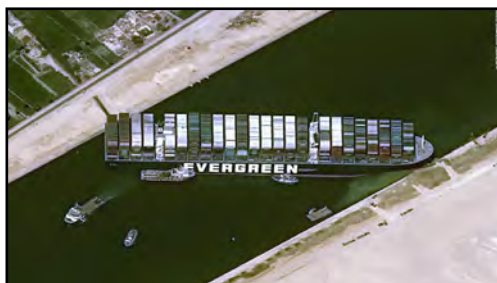
I would be remiss to forget the many new friends I have made. They are all so supportive and a pleasure to know and be around.

Editor's Note: Chuck is currently on the Grants Pass YMCA board of directors, President of the Rogue Communicators Toastmasters Club, Emeritus honorary board member of the Rogue Valley Boys & Girls Club and past District Governor and Chairman of the Council of Governors for Lions.

Freed By The Moon

by Joe Oakes

Long ago Brother Lucas, my high school physics teacher told me that I would weigh less if I were standing on top of the tallest peak in the Andes than I would if I were standing in Death Valley. He explained that every object in the universe exerts a pull on every other object in the universe, and that the force of the pull depends on three things: (1) the mass of the first object, multiplied by (2) the mass of the second object, divided by (3) the square of the distance between their centers. *Weight* is not to be confused with *mass*: on earth my weight is the force produced by the pull of the huge mass of the earth on the mass of my puny body. But because the distance between my body on the mountain top and the center of the earth is *greater* than the distance between my body in Death Valley and the center of the earth, I would weigh less on the mountain, but my mass would be the same. Confusing? It takes a bit of mulling.



In Egypt the unfortunate Captain of the Ever Given freighter got the ship's nose stuck in the muck in the Suez Canal.

As a result, hundreds of ships were idled. Nothing could move in either direction in one of the world's busiest shipping channels. Gazillions of dollars were lost. All the king's tugs and all the king's engineers couldn't pull the Ever Given straight again. They huffed and they puffed and they pulled and they shoved with no discernible results. Then Brother Lucas's physics came along and solved the problem.

Remember how he told us that every object exerts a pull on every other object in the universe? The moon is a very massive object, and the sun is a much more massive object. They both are constantly pulling on our massive earth. (That is what keeps the earth in its orbit.) But the sun, as big as it is, is 93,000,000 miles away, while the moon is only a wee fraction of that distance. The pull depends *inversely* on the *square* of the distance between objects. So the contest of pulling on the earth is won by the moon, with the sun not giving up, just settling for a lesser effect because of the greater distance. Now consider that three quarters of the earth's surface is covered by water. As the moon rotates around the earth it is constantly

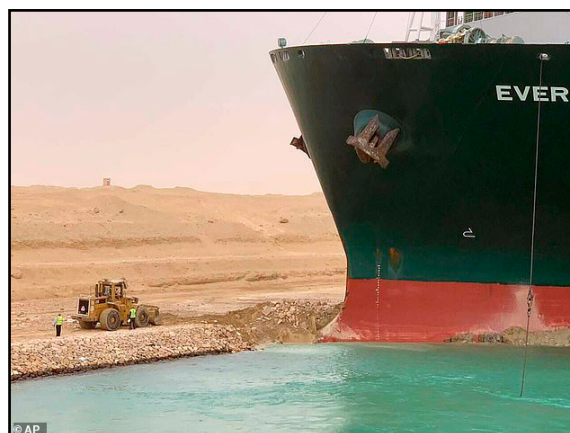
pulling on the oceans, causing what we call tides, the raising and lowering of the surface.

And here is the most interesting part. Approximately twice a month the earth the moon and the sun are in a straight line. The moon and sun join forces and gang up on the earth. That happens when there is a new moon and again when we have a full moon, two weeks apart. That configuration produces a double whammy effect on the tides: we get very high tides and very low tides at the full moon and again at the new moon. Deep sea fishermen and sailors live by that bit of knowledge and make use of it.

Mother Nature came to the rescue of the Ever Given by raising the tide in the Mediterranean Sea on the north end of the Suez Canal, at the same time raising the level of the tide in the Red Sea on the south end of the Suez Canal. All that rising water came rushing into the Suez Canal. And guess what happened? The Ever Given was lifted from the mucky bottom by all that rising water.

All those experts in Egypt could have saved themselves a lot of trouble and expense if they had known about Brother Lucas and the laws of physics. Perhaps the engineers and sea captains will remember that lesson next time a ship gets stuck in the mud.

How does that law of physics apply to swimming? Not much if you are swimming in a pool. But when you swim in the ocean or when you enter the water in a tidal river (including the lower Columbia) you had best be aware of the tides and the resulting currents. I have yet to meet a swimmer who is stronger than a fast-moving river.



The Ever Given megaship blocked Egypt's Suez Canal and crippled world trade for nearly a week and has now been 'seized' on court orders until the vessel's owners pay \$900 million in compensation for lost trade, canal authorities said.



Swim Bits

by Ralph Mohr

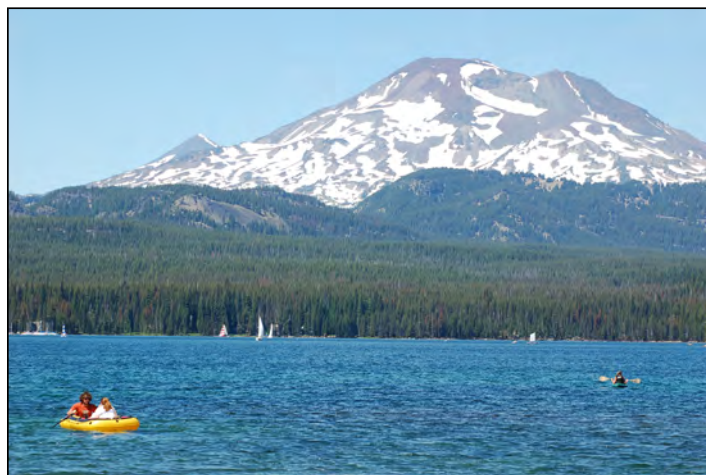
We in the US have not been aware of it very much, but swimming outdoors in rivers, lakes, ponds, the oceans, etc., is called “wild swimming” in the British Isles, and there is a long tradition there of swimming all year around everywhere.

Here in the US we have always had a few groups who have done the same, notably in San Francisco Bay or warmer places such as Florida, Hawaii and Southern California. In Oregon most outdoor open water swimming has been focused on USMS and OMS events, but there have been regular groups in Bend and on the coast who have regularly swum “wild,” mostly when the water temperature gets above 60°F.

At Eel Lake we have started as soon as April like last year. This year we waited until late May before most ventured into low 60°F water. We have often been able to swim into late October at Eel. Last year two swimmers were still swimming there in November, though the water was below 60°F, and one of those swimmers never stopped all winter.

On one level, wild swimming (I’ll no longer use quotation marks around the words.) seems to be becoming a fad. On another level, COVID has forced many of us to reconsider where we will swim when pools are closed. Wild swimming may be the only option.

With that in mind, I checked the Internet for information on wild swimming, and discovered many sources, most from the



Elk Lake with South Sister in Background

British Isles. There is even an organization, called “The Outdoor Swimming Society.” For more information on it, go to <https://www.outdoorswimmingsociety.com/10-tips-for-summer-swim-safety/>

At that particular section of the site, they have ten reasonable tips for beginning and practiced open water swimmers. I’ll point out specifically #4. “INCREASE YOUR EXPOSURE TO OPEN WATER GRADUALLY: Enter the water slowly, getting used to the temperature. Cold water shock ‘gasp reflex’ can be triggered in water below 15°C (59°F).”

When entering the water, you can sing the song, “I walked into the water and got my ankles wet. I walked into the water and got my knees all wet,” etc., until you are neck deep. Splash some water on your face to avoid the “gasp reflex” mentioned above. I then bob two to three times, blowing air out forcefully underwater to get my breathing under control.

Take your time and let your body adjust to the temperature even as you start swimming. If you have to, roll over on your back into what we call “the otter position” until your breathing relaxes.

The fun part about wild swimming at any lake, though, is getting far enough out into the lake itself, stopping for a moment, spinning 360 degrees, and looking at the horizon while
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Group of Swimmers in a Lake

BOB BRUCE RECEIVES USMS AWARD

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night. He will also be honored on June 26 at the USMS 2-Mile Cable Open Water National Championship, an event for which he's the event director.

"One of the reasons we do the work is so that the organization runs and people have good experiences," Bruce says. "It's that level of service which is really why we do all the work. Don't get me wrong: It's nice to be recognized. This is one of the honors that I'm going to sit here and ponder for a long time. But we do it for the service. We don't do it for the awards."

OFF THE BLOCK

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are even more apparent when twins are raised in distinctly different environments (this happens when they are separated after birth, for example).

Diet-induced Epigenetic Changes Are Also Inherited

Epigenetic changes that appear in sperm or egg cells prior to fertilization can be transferred to subsequent generations. For example, the effects of severe starvation that took place in the German-occupied Netherlands during the Dutch famine of WWII (1944–1945) were subsequently seen in following generations of Dutch children. Epigenetic changes that allowed a pregnant mother to survive on 580 calories a day for six months appeared in their offspring. In essence, "thrifty genes" were turned on in the fetus in preparation for survival during very lean times. Unfortunately, this enhanced efficiency turned out to be detrimental because post WWII were times of plenty in Western Europe, with an abundance of meat, dairy products, cakes, and cookies.

Daughters born to mothers starved during the Dutch famine were found to have even higher risks of diseases typically caused by over-nutrition. They had over twice the risk of breast cancer, more hypertension, and developed heart disease three years sooner than daughters born to mothers who were well nourished during pregnancy. In line with adaptations made to survive in a world of food scarcity, the daughters born to "starved" mothers were also found to be more capable of reproduction than girls born to mothers who were well nourished.

Prolific reproduction enhances survival of the species.

Another example of the influences of food shortages on epigenetic changes is provided by the study of several generations of people from Overkalix, Sweden. Records show that during the years of 1800, 1812, 1821, 1836 and 1856 there was total crop failure followed by extreme suffering. However, 1801, 1822, 1828, 1844 and 1863 were years of food abundance. Not surprisingly, Swedish men exposed during pre-adolescence to the periods of famine, were less likely to die of cardiovascular disease. What was surprising is that similar advantages were passed on to the next generations. Grandsons (of once starving men) were at one-fourth the risk of developing type-2 diabetes, and died on average six years later in life than the grandsons of fathers who were well nourished during a similar time in life.

These differences in the health of offspring from the Dutch and Swedish famines may seem to be contradictory: Mothers pregnant during lean times passed on epigenetic changes that harmed their daughters in times of plenty, whereas fathers passed on changes that seemed to help their grandsons, even though these offspring also ate a rich diet. Adequate explanations for the different outcomes are not available, but both observations point to the fact that sudden changes in the environment (the availability and type of food) can cause rapid changes in gene expressions that are remembered and passed down to subsequent generations.

Epigenetics in Times of Over-Nutrition

We now live in a world where diseases caused by over-nutrition are far more common than diseases of under-nutrition (starvation). Based on observations from times of under-nutrition, we can expect that our bodies are efficiently making epigenetic changes that will enhance the human race. Genes are being turned on to deal with excesses of fat, protein, cholesterol, and environmental chemicals; all at levels never before faced by past populations. Although epigenetic changes may blunt the impact of all this toxicity, they cannot compensate fully. And as before, these adaptations will be passed on to subsequent generations with unknown results to their health.

Fortunately, modifications in gene expression now being caused by over-nutrition are reversible. Studies of people and laboratory animals have identified many chemicals found in foods that result in both helpful and harmful gene expressions. Not surprisingly, plants make beneficial chemicals. For ex-

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OFF THE BLOCK

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ample, folate from plants causes favorable epigenetic changes. For maximum benefit and minimal risk, this natural chemical must be consumed in the right package—like a bean or banana—not as a pill.

Folate-deficiency causes birth defects (neural tube defects), so the obvious solution would be to enrich a reproductive woman's diet with foliage (plants)—the natural source of folate. Instead, women have been told to take folic acid pills before pregnancy, and the food supply in many countries has been supplemented (folic acid is added to flours and cereal products). Folic acid supplied in this manner, as an isolated concentrated nutrient, results in fewer birth defects but offers no added protection against the risk of death, cancer, and heart disease for the general population.

Animal foods, such as meat, poultry, cheese, milk, and eggs are well recognized as the primary cause of obesity, heart disease, and common cancers in people following the Western diet. Choline, a chemical found in high concentration in animal foods, has profound effects on gene expression and is considered to be an important factor in our modern day diseases.

Finally, calorie-restricted diets have been shown to result in epigenetic changes that are associated with weight loss, and a reduced risk of developing diabetes, heart disease, and cancers. Other than by involuntary starvation (as seen with the Danes and Swedes), the natural, appetite-satisfying, health-enhancing way to restrict calories is to replace meat, dairy, and oils in the diet with starches (beans, corn, potatoes, rice, etc.), vegetables, and fruits.

The science of epigenetics is new and interactions between our environment and our genes are complex. But we know enough about epigenetics to stem the tide in the rise of obesity, heart disease, and cancers for people living in western societies for now and the future. Proper nurturing (by health-supportive foods) will bring out the best in our genes. The fact that the vast majority of people have survived successfully on plant- (more exactly, starch)- based diets for all of verifiable human history should be sufficient evidence for us to make the right food choices now.

Sign up for Dr. McDougall's newsletters: <https://www.drmcDougall.com/health/education/>

FITNESS

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back are all core exercises. Enrolling in a water aerobics class should also help with strengthening your core.

As always, keep it simple and enjoyable. You do not need to show a "6-pack" abdomen. A stronger core will help you stay healthy and fit, while improving greatly your quality of life as you age up.

COACHES CHAIR

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on the steering wheel or scream at it to move, it's not going anywhere. Worse still, exerting oneself in such a manner comes with a high cost, especially as one gets older: it requires tons of recovery time, and that could mean diminished performances in any upcoming races or the next few days at practice. If you feel your technique begin to deteriorate or your coach notices it, you either need more rest, or the set is over. Technique-wise, the last stroke should be as good as the first. CrossFit has a famous acronym, AMRAP - As Many Reps As Possible; rather, it should be As Many Reps As PRETTY.

Pace: This is one of the simplest and easiest to keep track of. If your goal for the training session is to practice your race pace for any given event, and you reach a point where that is no longer possible with good technique and a reasonable stroke count, then it's time to back off.

Breathing: If your breathing gets out of control - i.e. you are barely able to speak more than a couple words at a time and/or you are gasping and heaving, you're entering that danger zone. Also, any strenuous physical activity has what is known as a *biomechanical breathing match*. That is to say, your breathing should happen at a specific point in the exercise. For swimmers, it's a simple enough concept. In our sport, if you're having to prolong (or in the case of butterfly, *try* to prolong) your stroke in order to take more breaths, you're in trouble. One of the most glaring examples is a freestyler who gapes up at the ceiling, gasping, for several seconds between strokes. This is a form of technical failure, and should be avoided at all costs.

At the Hillsboro HEAT, one of our many mottos is "Get Com-

Oregon LMSC Postal One-Hour Swim Results 2021

Place numbers are national places
 OR = Oregon Record; NR = National Record
 * = made the Oregon All-Time Top Twelve

Pl	Name	Age	Team	Yards	Pl	Name	Age	Team	Yards
Women 40-44					12	Phipps, Tom	68	OCT	4030
5	Kiefer, Stacey	43	COMA	4460	17	Ramsey, Ed	65	THB	3800
Women 45-49					21	Yensen, Kermit	68	COMA	3645
8	Criscione, Anicia	48	CAT	4215	24	Brockbank, Doug	68	ORM	3500
11	Jajewski, Suzy	46	SOMA	4015	25	Larson, Allen	68	ORM	3495
14	Sortor, Rebecca	49	COMA	3990	Men 70-74				
16	Shindel, Marci	47	CAT	3935	1	Kirkland, Dan	73	SOMA	4695
23	Martell, Beth	49	OR-un	3500	4	Bruce, Bob	73	COMA	4295
Women 50-54					14	Henderson, Matt	72	COMA	3410
12	Salton, Gillian	53	COMA	4280*	24	Carew, Mike	72	COMA	3100
17	Pettit, Jayette	54	SOMA	4015	Men 75-79				
24	Ahrendt, Julie	51	CAT	3800	12	Foges, John	77	COMA	2750
31	Hirsch, Christine	52	CAT	3595	Men 80-84				
40	Horsman, Sophia	53	NCMS	2620	1	Mohr, Ralph	80	COMA	3560*
Women 55-59					5	Fasbender, Barry	84	SOMA	2960
5	Jenkins, Valerie	58	SOMA	4670*	RELAYS				
20	Delmage, Arlene	59	SOMA	4005	Women 35+: 3 x One-hour				
Women 60-64					3	OREG (Sortor, Jajewski, Kiefer)			12,465
11	Hanson, Betsy	60	COMA	4125*	Women 45+: 3 x One-hour				
18	Worden, Laura	64	CAT	3980*	3	OREG (Pettit, Criscione, Salton)			12,510
21	Roussain, Kerri	62	COMA	3940*	Women 55+: 3 x One-hour				
31	Vincent, Nancy	62	LHST	3660	2	OREG (Delmage, Hanson, Jenkins)			12,800
38	Fox, Christina	61	CAT	3480	Women 65+: 3 x One-hour				
Women 65-69					2	OREG (Summers, Cheney, Crabbe)			11,465 OR
2	Crabbe, Colette	65	ORM	4265* OR	Men 45+: 3 x One-hour				
9	Cheney, Lizzie	65	OCT	3650*	3	OREG (Ramsey, Holland, Phipps)			11,850
11	Summers, Jeanna	67	ORM	3550	Men 55+: 3 x One-hour				
31	Devine, Ann	68	CAT	3060	2	OREG (Allender, Stewart, Lussier)			14,345
36	White, Sue	66	COMA	2925	Men 65+: 3 x One-hour				
Women 70-74					1	OREG (Bruce, Piette, Kirkland)			13,350
17	Wilson, Connie	73	SOMA	3000	Men 75+: 3 x One-hour				
27	Stark, Carol	73	ORM	2105	2	OREG (Foges, Fasbender, Mohr)			9,270
Women 75-79					Mixed 35+: 4 x One-hour				
11	Ziemer, Judy	77	COMA	2615	2	OREG (Pettit, Kiefer, Holland, Phipps)			16,525
Women 80-84					Mixed 45+: 4 x One-hour				
5	Magmer, Jeanne	81	NCMS	2025*	3	OREG (Criscione, Salton, Bruce, Allender)			17,240
Men 45-49					Mixed 55+: 4 x One-hour				
9	Holland, Nick	46	OR-un	4020	1	OREG (Hanson, Jenkins, Stewart, Lussier)			18,690
Men 50-54					Mixed 65+: 4 x One-hour				
30	Waud, Tim	54	OCT	3495	1	OREG (Cheney, Crabbe, Piette, Kirkland)			16,970 OR
Men 55-59					Mixed 75+: 4 x One-hour				
3	Lussier, Eilhard (Hardy)	56	COMA	5115* OR	2	OREG (Magmer, Ziemer, Fasbender, Mohr)			11,160
7	Stewart, Doug	57	CAT	4780*	2021 National Club Placement (Overall Category):				
33	McNamara, Tank	58	COMA	3725	Place	Club	Swimmers	Yards	
Men 60-64					1	New England Masters	77		271,005
8	Allender, Pat	63	CAT	4450	2	OREGON	48		176,405
35	Graeber, Doug	62	COMA	3555	3	BMST	46		147,115
54	Delmage, Peter	60	SOMA	2185					
Men 65-69									
5	Piette, Jeff	66	SOMA	4360*					

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2021 (as of 7 Mar 2021)

Date(s)	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category	Sanctioned
Sat 26 June	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable [USMS Nat'l Champs]	Featured	Yes
	(Sprint Swims)				1-mile cable	Featured	
Sat 31 July	Cascade Lakes Swim Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 1500-meter [Ass'n Champs]	Qualifying Featured	Yes
Sat 14 Aug	Central Oregon Coast Swims at Eel Lake	Lakeside	COMA	Bob Bruce Ralph Mohr	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured	Yes
Sat 11 Sep	Southern Oregon Swims at Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured	Yes?
Sun 3 Oct	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	Yes

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

COACHES CHAIR

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portable Being Uncomfortable." The Navy SEALs have a similar, albeit more blunt, version: "Embrace the Suck." Effective training is difficult, but not impossible. Some days and some sessions will be tougher than others, and there are times to really put the pedal to the metal and see what you're made of and test your spirit. The next time you find yourself in the middle of a tough one, ask yourself (and be VERY honest) if all of the above indicators are still in good working order. If so, then you have the green light to keep going, and are giving yourself valuable practice and should expect to see great results, both in sport and in everyday life!

SWIM BITS

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doing so. You can stare at the South Sister at Elk Lake or the stately fir trees at Eel. You can swim out to the vegetation islands in Tahkenitch Lake south of Florence. Every lake is different.

I can also recommend the "Atlas of Oregon Lakes" website, which lists at least 205 lakes in the state. There is a group in Corvallis that was counting how many lakes in the AOL they have swum in. I'm up to 47, a paltry number. See: <https://oregonlakesatlas.org/map>

Summary

Records & Results. . .

No meets; hence no meet results

Looking Ahead. . .

Registration for all events can be found at <http://swimoregon.org/events/>

Pool Schedule

NOTHING SCHEDULED

Open Water Schedule *(see page 13)*

Quote for the month. . .

“I think goals should never be easy, they should force you to work, even if they are uncomfortable at the time.” Michael Phelps

If you have set up your USMS login, you will be able to:

- *Update your own USMS registration information—<https://www.usms.org/reg/member/updateinfo.php>*
- *Print Your Own USMS Membership Card—<https://www.usms.org/reg/getcard.php>*

If you swim in any meet outside of Oregon and want your time considered for a record, you are the one who is responsible for notifying the OMS Records-keeper, Steve Darnell, at financialwizard2@comcast.net.