



Aqua Master

Award-winning newsletter of Oregon Masters Swimming

"Swimming for Life"

Volume 47 • Number 7

Published 10 Times Yearly by OMS, Inc.

August • 2020

Amazing Tim, the Lifesaver

by Jeanne Teisher

Hello Swim Family.

We all know that Tim Waud has a wide variety of special gifts. When he does something he gives it his all, whether it is coaching, presiding over committee meetings, officiating, building teams, writing, running swim meets, making friends, caring for people, etc. There is one more gift I would like to add to the list – SAVING LIVES!

Last night [June 23], if it weren't for Tim's quick action, Jim (my husband) would not be here today. He and Tim were swimming in the Clackamas Cove Lake, in Oregon City, at 6:00 PM. After a while they stopped and just treaded water and visited. When they started to swim again Tim noticed Jim slipping under the water and knew immediately something terrible was wrong. He pulled Jim to shore and instructed someone to call 911 while he began CPR. He estimated he did CPR about 5 minutes until the EMTs arrived, who ended up shocking Jim three times. Tim gathered Jim's items on the shore, got into our Prius and tried to find Jim at one of the local Oregon City hospitals. In the mean time I received a call, from Meridian Park Hospital, who informed me that Jim had suffered cardiac arrest and was in the ER. Tim called soon after to inform me what had happened. I was able to inform him where Jim was and where I would be. Tim saved Jim's life!!!!

I have been with Jim until about an hour ago [7:15 PM] when I came home so I could get a good night's

sleep. He is doing well. He is suffering from short term memory, which can be normal in these situations, but we are hoping and expecting the memory will improve in time. His chest is really sore from the CPR but he is totally fine with that problem. We know the pain will go away in time. He's alive! The cardiologist is not sure what caused the arrest but they are going to be inserting a defibrillator (ICD) tomorrow. We hope he can come home on Friday.

I just wanted to share with you this amazing story of our amazing friend.

Thank you, Tim.

Jeanne / Jim

For an update on Jim, see page 15

Tim Waud and Jim Teisher



Oregon Masters Swimming, Inc.

Board Members

CHAIRMAN OF THE BOARD

Tim Waud • timpwaud@gmail.com

VICE CHAIRMAN - SANCTIONS

Robbert van Andel • swimmer1974@gmail.com

SECRETARY

Kristina Franklin • kristina.l.franklin@gmail.com

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

COACHES CHAIR

Matt Miller • matt@flytrapcare.com

DATA MANAGER — SWIM MEETS

Gary Whitman • all5reds@comcast.net

FITNESS CHAIR

Colette Crabbe • colettecrabbe@hotmail.com

HOST/SOCIAL

Michelle Jacobs-Brown • Goblin34.mjb@gmail.com

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 • financialwizard2@comcast.net

SAFETY

Joy Ward • silenteclipse1210@hotmail.com

SOUVENIERS

Jeanna Summers • jeanna.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

PRINCIPAL FOUNDER OF OMS

Connie Wilson

CONTENTS

Regular Articles

- 3** Chair's Corner
- 4** Off the Block
- 5** Fit to Swim
- 6** Coaches Chair
- 7** Long Distance Swimming

Records and Links to Meet Results

- 8** Bellevue Club Masters Mile—SCM

Articles & Announcements

- 9** Swimmer Spotlight
- 10** Intercontinental Swims
- 11** Open Water Safety Rules
- 12** Member News
- 13** My Swimming Event
- 15** Dear McDougall Friends,
- 15** 2019-2020 Open Water Schedule

Event Schedule — Back Page

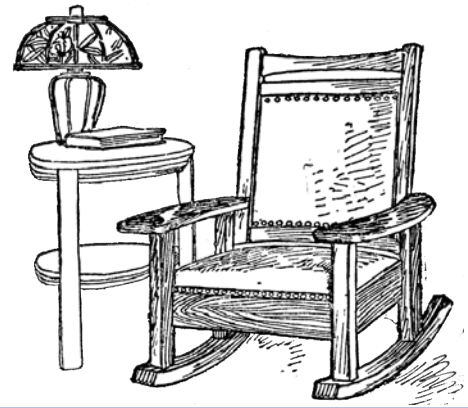
United States Masters Swimming, Inc. (USMS), can not and does not accept responsibility for the content of any information or material not authorized by USMS. All opinions stated in any such material are solely those of the author(s) and not necessarily those of USMS or Oregon Masters Swimming. *Aqua Master* is the official publication of Oregon Masters Swimming (OMS). OMS is a Local Masters Swimming Committee (LMSC) and part of USMS. Information is also available online at www.swimoregon.org.

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

Volume 47 • Number 7 • August 2020

Chair's Corner

Tim Waud
OMS Board Chairman



Swimming with a Buddy

Have you ever gone swimming in open water alone? Many swimmers, myself included, love swimming in the great outdoors, even if we can't find someone to go with us. But swimming alone in open water can be dangerous. A recent incident made me realize just how much, and has helped me make a few safety changes to my own open water swimming.

On Tuesday, June 23rd, my friend Jim Teisher and I went for a swim in the Clackamas Cove. Jim and I met up with Tanker, Aaron Hawkins. Aaron and I have been swimming on a regular basis in both the Cove and Willamette River.

It was a beautiful, sunny day. There were dozens of people enjoying the warm weather and the cool water. We decided to swim to the eastern corner of the Cove, which is about 500 meters away, and then swim back to our entry point. When we were halfway, we stopped and checked in with each other. We talked for a few minutes and then swam back to the start.

Feeling good, we decided to keep going, only this time about half the distance we swam earlier. Our destination was the first set of white buoys which are part of a training course used by the Clackamas County Sheriff's Marine Unit. Jim and I took a break at the buoys and spent some time catching up, treading water, and enjoying the day. Just as we were about to begin swimming, Jim started to slip underwater. At first, I thought he was just retying his swimsuit, but then I realized something was wrong.

Immediately, I grabbed hold of Jim and rolled him

onto his back. I began swimming as fast as I could, kicking harder than I ever have in my life. While towing Jim in, I repeatedly asked if he was okay while checking to see if he had a pulse and was breathing. Getting no response, I whistled and yelled as loud as I could for someone to call for 911. Heading toward the Clackamas County Sheriff's Marine Unit dock, I was swimming fast with the help of my fins and adrenalin, but realized I needed to get to the shore instead, and as fast as possible. I yelled for someone with a stand-up paddle board, thinking I could roll Jim onto the board and make a quicker extraction. It didn't take long for a kayaker to come and offer help and tow me to the closest shore.

Once we reached the shore, I immediately began CPR, and tried to give Jim mouth-to-mouth resuscitation. Shortly after, Aaron joined me for two-person CPR. We continued until professional rescuers arrived on the scene. The rescue crew was able to get Jim's heart restarted by using an AED and creating an airway. Because the shoreline was too steep, the Clackamas County Sheriff's Marine Unit had to get a boat into the Cove and take Jim to the Clackamette River boat launch a half mile away.

Jim's wife, Jeanne, and I both arrived at the hospital at the same time. She was able to enter the hospital to see Jim. I stayed outside, anxiously waiting for a report. After a few minutes, Jeanne came out to tell me that Jim was okay. He was alert, complained of a very sore chest, and could not remember what had happened. Finally, able to take a deep breath, I felt a wave of relief and emotion.



continued on page 15



Off the Block

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

Editor's Note: In the early days of Masters Swimming, SWIM-MASTER became the official publication of the AAU Masters Swimming Committee. Below is an editorial from one of the first issues: December, 1972. June Krauser was the first editor. Just a bit of interesting history.

Back to the Beginning

"SWIM-MASTER" Editorial

by June Krauser

Back in 1970 I received an entry blank to a National Masters Swimming meet. I did not enter, but 50 swimmers 25-years-of-age or older did.

And in 1971, again I received an entry blank to the 2nd Annual National Masters Swimming Championships. This time I also received a phone call from John Spannuth trying to entice me to enter. I did not enter but 137 swimmers did participate in the meet.

John's enthusiasm for the Masters Swimming Program finally rubbed off and I promised that I would try working out for one year and enter the 1972 National Masters Swimming Championships. I did and so did 324 others!

I decided to start (working out) on May 1, 1971. On that day I went to my mother's 10 yard (30 ft) backyard pool located on Middle River in Ft. Lauderdale, just a few minutes away. I found it very difficult just to swim 10 lengths (100 yards) without stopping. I used my old training methods - kick, swim, pull. During this time I also tried the dolphin kick. Mother would



June Krauser & John Spannuth

look out the kitchen window and comment, "but June, you're not moving". And it was so true. I just could not move forward on a kick board using the dolphin kick.

By June, I was up to 1500-2000-yds in the 10-yd pool and getting very dizzy. I could also swim 200-yds now without stopping. I decided to try a 25-yd course, and so went to the SHOF diving well during my son's water polo practice time. This was a real experience! I thought I would never get to the end, and it was so much harder swimming 100-yds in the 25-yd course. And when I tried kicking 50-yds, I thought my legs would drop off.

In the meantime, I learned that the Masters Swimming Program might become an AAU Program. John selected me to write up the initial legislation for submission to the AAU Joint Swimming Committees. This

continued on page 8

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



How to shed that COVID layer?

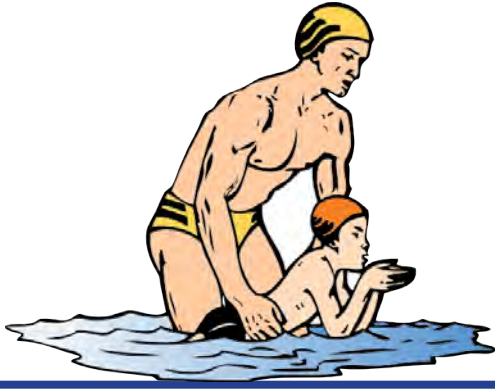
As we all know, the COVID-19 virus is a tough enemy. It is still all around us; it is hard to beat, it is mutating but mostly it is very contagious. So, wear your mask, wash your hands, and keep your social distance. Some of the few consequences for most of us were: 1) we could not swim, all the public pools were closed, 2) our normal routine was thrown out the window, we had to adapt 3) we gained a COVID layer, you know what I mean: that sneaky layer of weight around the waist and thighs!! First and foremost, do not stress out if you did gain a few extra pounds and/or fell out of shape. More stress is not going to help anything. Instead focus on the steps you can take to start feeling better and the weight will take care of itself.

Pools around the State are slowly reopening although with a lot of new rules and guidelines, Masters swim team may or may not hold practices. So, time to adapt again.

1. Start slowly: focus on technique. You need to get back your feel for the water (horizontal position, efficiency of arms and legs movements, breathing pattern). At first, the breathing in the water might feel the hardest and you might feel tired and out of breath very quickly. A good thing, some of the pools are limiting your time in the water!! In this first phase, regularity is more important than time and/or distance. Enjoy just being in the water again and the good feeling afterwards.
2. If you wanted to make a change in your stroke and technique, it might be the perfect time to refine it. It will redirect your energy towards a positive goal and currently there are no swim meets and no performance expectations whatsoever.
3. Keep doing what other sports you were enjoying during the stay at home period: hiking, biking, jump roping, golfing, fishing, playing with your kids, exploring your area (most travels far away are still not allowed). Keep moving and enjoying life but avoid crowded areas. Cross training will improve your performance in any sport.
4. Focus on good nutrition and hydration. Plan your meals based on a balanced and healthy diet. Try to fill up on fruits and veggies and practice portion control. Avoid eating late at night.
5. Sleep as much as you can. Sleep is when your body recovers and repairs. It will help you get back in shape. Currently it is still not recommended to go to bars and to big parties anyway. Sorry, use that time to go to bed!!!

All in all, 2020 certainly has not been the year we expected. We are challenged in many ways and we must adapt. Be realistic about your expectations both in and out of the pool. Keep a positive attitude and do not beat yourself up about your swim fitness, especially the extremely competitive swimmers amongst us. Laugh about it, look forward to the improvements that inevitably will come from being back in the water.





Coaches Chair

Coach Matt Miller
OMS Coaches Chair

Workouts for Those Swimming Without a Coach

Many of us are either not swimming at all right now, or we are not swimming with our regular workout groups due to the impact COVID-19 has had on the ability of aquatic facilities to operate. Based on information from swim friends around the state and country, it seems that, if pools are operating at all, in most cases teams aren't yet swimming together and swimmers must sign up in advance to reserve lane time, which is limited.

If you are back in the pool and swimming with a team, you are one of the very lucky and very few. As I understand it, most aquatic facilities are limiting swim time to 45 minutes per individual, and are only allowing one or two people per lane. As such, swimmers will likely not be swimming in coached workouts for a while, and will likely be self-coached for the foreseeable future.

Thankfully, the USMS national office has been working on providing USMS members with ways to continue to stay active during this time. In fact, you

should have recently received an email with a link to the new online workout library. Accessing it requires a USMS membership, and you must be logged into the website. The library can be found at this URL: <https://www.usms.org/workout-library>

This is a great asset at this time where many of us are swimming alone. For those just getting back in the water after a multi-month break, I'd suggest starting with the "Low-Volume or Limited Mobility Training" when initially getting back in the pool. Then, as your fitness begins to progress and you feel stronger and more fit, work your way into whatever your preferred training regimen typically is – i.e. open water training, high-intensity (sprint) training, stroke and IM training, etc.

If you aren't able to get back in the pool yet, whatever you do be sure to "Just keep moving"! I hope to see some of you again in the not too distant future at a sanctioned USMS event. Until then, stay active, fit, and healthy!



Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



Let's lead off these notes with a description of a swimming incident on Tue 23 Jun, as told by OMS Past-President Jeanne Teisher: "Last night if it wasn't for Tim Waud's quick action, Jim (my husband) would not be here today. He and Tim were swimming in the Clackamas Cove Lake, Oregon City, at 6:00 PM. After a while they stopped and just treaded water and visited. When they started to swim again Tim noticed Jim slipping under the water and knew immediately something terrible was wrong. He pulled Jim to shore and instructed someone to call 911 while he began CPR. He estimated he did CPR about 5 minutes until the EMTs arrived who ended up shocking Jim 3 times. Tim gathered Jim's items on the shore, got into our Prius and tried to find Jim at one of the local Oregon City hospitals. In the mean time I received a call from Meridian Park Hospital who informed me that Jim had suffered cardiac arrest and was in the ER. Tim called soon after to inform me what had happened. I was able to inform him where Jim was and where I would be. Tim saved Jim's life!!!!"

Jim is safe at home, and I wish and hope for his speedy and complete recovery.

It is obvious that Tim is a HERO; he saw what needed to be done and he did it. But it is instructive and critically important to look at how Tim did this and how well he was prepared:

- Tim had a safety plan for swimming in the Cove. This included talking about the swim beforehand, wearing a Safety Tow Buoy, swimming in pairs or a group, paying attention to one another, and having a set emergency procedure if something went amiss.

- Tim was alert. When Jim got into trouble, Tim noticed and reacted quickly.
- Tim made the rescue based on his lifeguard certified skills and practice.
- Tim continued the rescue with the right moves on shore. Remembering to have someone else call 9-1-1 right away, Tim proceeded immediately to perform Basic Life Support for at least five minutes (trust me, this amount of time seems interminable when you're doing it). His training worked.
- Tim followed up by gathering Jim's gear, tracking Jim, and calling Jeanne.

In the past 20 years in Oregon open water swimming, I have required thorough safety plans for all sanctioned open water events, and have helped our event directors prepare and review them as needed. In the past seven years, with a little help from me in my role on national committees, USMS has formalized this safety planning process in a variety of ways. This incident underlines how critical it is to have strong safety planning for practice situations as well as for sanctioned events. Landings must always equal takeoffs!

Tim, you're my hero! Well done!

In other news...

Oregon LMSC Open Water swims:

- The swims at Lake of the Woods are still scheduled for Saturday, continued on page 14



Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

* = split

Bellevue Club Masters Mile —SCM

January 19, 2020—Bellevue, WA

Results: <https://www.usms.org/comp/meets/meet.php?MeetID=20200119BCMiles>

Age Group	Event	Name	Age	Time	Record set
Women 25-29	1500 Meter Freestyle	Emily Arcuri	28	19:04.22	Oregon

OFF THE BLOCK

continued from page 4

assignment really “whetted my appetite” and I worked very hard on it, and at my swimming.

As I worked out in the 25-yd course I gradually started glancing at the pace clock on the wall. All of the new training methods -- repeats, interval training, etc. -- came to my mind. I have two children in competitive swimming; have attended many swimming clinics; have attended many National AAU conventions; have attended National Championships as a competitor and official; etc. It was time to experiment with all of these new training techniques that I had listened to and observed over the past fifteen years. And so a new dimension was added to my workouts - the pace clock. I started keeping my repeat times in a note book. I swim all four strokes at different distances and found that I couldn't remember my times from one day to the next. If I did 10 x 50 fly I would average my time and write it down when I got home. This again increased my enthusiasm and gave me goals and objectives to work towards.

I kept glancing over at the BIG 50-meter pool next to the diving well and just dared myself to try it. And so one day -- I did. It had been 25 years since my last workout. I found no difficulty swimming over the 50 meter course. By now I could cover 3000 to 3500 yards or meters at

one time. A few times I tried 4000 but found it a little too much and I would really hurt the next day.

I found myself feeling more refreshed; keeping my weight steady; and being able to eat just a little more. During the fall of 1971, I found myself looking for a meet to enter. We finally had a meet in Miami in December of 1971. My first meet in 25 years! My times were much better than I thought they would be. We held the first AAU Masters Meet on January 1, 1972 at the SHOF pool in Ft. Lauderdale. It was loads of fun competing again. I especially enjoy the race when it is seeded by time no matter what the age. Jack Kelly, President of the AAU was on hand to participate.

And so, during the year 1972, I swam in five meets; two were the National AAU Masters Championships. My husband became ill in May and I found myself trying to run the family business. I am most grateful for this new Masters Swimming Program, as it has afforded me a few hours a week in which I can “get away from it all”.

SWIM-MASTER! I wish to thank each and every one of you for subscribing and allowing me to be the editor. I really enjoy doing it and “creating” each issue. And thanks to all of those that have contributed material, for without their assistance our publication would not be nearly so interesting. And my special thanks to John Spannuth; the mastermind behind SWIM-MASTER!

Swimmer Spotlight

— submitted by Karen Andrus-Hughes

Name: Toni Hecksel
Age: 54
Local Team: Columbia Gorge Masters
Occupation: Physical therapist practicing in the home health setting. Geriatrics is my specialty and that population is dear to my heart. Every day that I work is a reminder to take care of myself TODAY and surround myself with a solid, supportive group.

My name is Toni Hecksel and I am in my second year as president of Team OREG. I currently swim with Columbia Gorge Masters at the top of the 50-54 age group. I have always been drawn to the water. As a baby, I would try to crawl over the edge of the pool when no one was looking. Apparently I wanted to swim before I could walk!

Growing up, my family moved around often, causing me to attend a different school every year until high school. Throughout these years, I begged to be on a swim team, but it just never happened. When I was ten years old my father was diagnosed with a brain tumor. We were living in Puerto Rico at the time and quickly moved back to the states for his cancer treatment. When I was twelve, and my father was actively dying, my mom finally let me try out for our local team in Ventura, CA. I will never forget the head coach, Mason Parish, who allowed me to swim on the team without charge as my family could not afford the dues. That act of kindness forever changed my life. I rode my bike to all the practices, and was able to attend meets with other swim team families as my own family was deep in crisis.

My father died the night before my first championship meet: I was thirteen.

Within 3 weeks of my father's death, my mom moved my sister and me to Corvallis, Oregon, so she could attend Genesis Bible School and ultimately graduate from OSU. That first year in Corvallis I tried to quit swimming but my mom would not let me. I am so, so thankful that my mom understood how much I loved swimming, encouraging me to hang in there as I adjusted to a new team and teammates. I attended and swam for Crescent

Valley High school and also swam for CAT. Little known fact: Mark Worden was my high school swim coach and boss at Osborn Aquatic Center. It was during high school that I experienced my first Masters swim meet as a timer. From the very beginning, I was hooked! Seeing those fit adult swimmers having so much fun was something that I knew was for me. At that very first introduction to Masters, I resolved that this was something I would do after college.

I did go on to swim in college at Pacific University, and also went on to be assistant coach for the Forest Grove Dragons, as well as the Forest Grove High School swim teams. After graduating with my Masters in Physical Therapy, I immediately (like the next week) joined the Tualatin Hills Barracudas. During my time at T-Hills I came to understand the value of Masters as a community of friends and support. I am so thankful for that start of life-long friendships, and for the fun and accepting environment T-Hills provided as I embarked on my career and marriage.

After living in the Portland area for several years, my husband, Jeff, took the job as City Manager of Monmouth. That meant I had the pleasure of returning to Osborn Aquatic Center, this time as a bona fide Masters swimmer! The CAT Masters welcomed me with open arms. I felt that instead of leaving my T-Hills friends, I had just added more family on! It was beginning to dawn on me what an amazing group of people Oregon Masters swimmers are. It was also during this time that I had 2 beautiful boys.

My husband's next job took us to Colorado for 12 years. The City of Glenwood Springs was building a new



Toni Hecksel

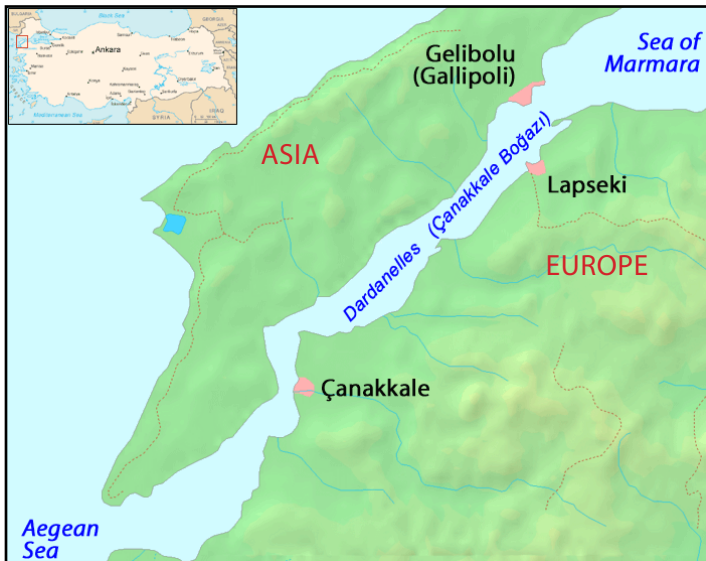
continued on page 13

Intercontinental Swims

by Joe Oakes

I am aware of three intercontinental swims that can truly be called “*Intercontinental!*”

The first is the *Dardanelles* in Turkey, from the European side to the Asian side, not very far from Istanbul. It is not a very long swim, but it is difficult for two reasons. First, there is a lot of commercial traffic between the Black Sea and the Mediterranean. Second, it is not easy to get permission from the Turkish government to swim there. (Another nearby possibility is an organized swim in the Bosphorus, in Istanbul.)



When I did it in 2001 I had obtained permission, I had a good pilot and was trained and ready. My route was from the Gallipoli Peninsula to the town of Canakale on the Asian side. Aside from my pilot boat, there was another boat full of looky-loos and journalists watching as I walked to the end of a pier. When I looked down into the clear water I was shocked to see thousands of six-inch jelly fish carpeting the surface. No backing out now. I prayed and I jumped. Whew! Aside from catching hold of a slimy one every few strokes, they were harmless, just icky.

About three quarters of the way across, my pilot shouted that I had to make a left turn, FAST. There was a massive Russian LNG supertanker, much bigger than I, coming fast, right across my path. Left turn, 300 meters, then a right turn across the churning wake, and

resume my swim. The problem was that I was now well off course. When I touched shore I was now on a Turkish military base, with three screaming soldiers waving Kalashnikovs headed my way. I did a quick u-turn and swam south to Canakkale, a half hour late, where my friends doused my head with champagne.

The second intercontinental swim is in the Bering Strait. It is a cheater because it does not actually touch the Asian and North America continents. But because it is between a Russian Island (Ratmanova) and an Alaskan Island (Little Diomede) it qualifies. The distance is about four kilometers (~2.5 miles). The water is normally 35°-45° F in the summer. The north bound current can be quite strong. But the big problem is that it is a very sensitive political area for the Russian government. The great American swimmer, Lynne Cox, had made the east to west crossing several years before me. No one had ever done the swim from west to east, Russia to Alaska. (This swim was actually a leg of my non-motorized circumnavigation of the earth.)

[See February 2017, Aqua Master, p. 12, for details of Joe swimming from Russia to Alaska. See: <https://swimmoregon.org/AquaMaster/2017/02February2017AM.pdf>]



Little Diomede (Alaska) on left, Ratmanova (Russia) on right. Photo shows current lines. Taken from helicopter in route to Little Diomede.

Little Diomede is a very difficult place to visit. It took four flights to get there. Moses Milligrok, the head man of the local clan of Diomedes Eskimos was my host and my guide. We set out from Little Diomede in his umiak on 20

continued on page 11

INTERCONTINENTAL SWIMS

continued from page 10

July 1993, crossed the International Date Line, and arrived at Ratmanova, Russia, on 19 July. I will not go into details about the legality of the swim, but let it suffice that on that day I became the first person to swim from Russia to Alaska. The sun was shining, the water was predictably very cold. I wore a wet suit, hood, gloves and booties. I even saw a whale during my swim. (If you want to read the whole story, please see Chapter XII in my book, "With a Single Step.")

The third intercontinental swim is between Europe and Africa, across the Strait of Gibraltar. This swim is more of a classic, and requires permission from both Spain and Morocco. A group of six of us had permission from Spain to do a relay to Morocco. But there was a little problem



about the sovereignty of a group of islands, the Persiles, claimed by both Spain and Morocco. They were having a shouting war over the islands. As a result, the Moroccans refused the request by the Spanish authorities for us to land on Moroccan soil. A solution was at hand: Spain still owns two colonial cities on the coast of Morocco, the cities of Ceuta and Melilla, several miles to the east of the Strait.

So instead of doing the classic swim across the Strait of Gibraltar, we did a new never-before-done swim from

European Spain to African Spain, ending in the city of Ceuta. Rafael Gutierrez Mesa, the Port Captain of Tarifa, Spain, gave us a pilot boat and a Red Cross zodiac with two lifeguards. The water was delightful. There was heavy traffic, but our pilot kept us on a course to avoid the big ships. All the way across we were accompanied by a school of playful dolphins. When we reached Ceuta on the African coast, we were welcomed by the locals for making the first ever crossing. What a day!

There is actually a *fourth* possibility for an international crossing, and I do not think that it has ever been done. The distance is about 50 kilometers from Saudi Arabia on the Asian side to Egypt in Africa. The route would pass the southern coasts of Jordan and Israel on the Gulf of Aqaba. The problem, of course, is that both Saudi Arabia and Egypt are currently ruled by tyrannical governments and getting permissions would be difficult at best. But maybe, someday, when the world comes to its senses, maybe a swim across from Asia to Africa would be possible. Maybe. It is something to hope for. Want to join me on a relay swim when and if it ever happens?



Open Water Safety Rules

Thoughts for open water safety, according to what our smarter, more careful river swimmers, do in the Columbia River

- Swim with one buddy
- Swim side by side with a few feet between you but so you can visualize the other person
- Always wear a visible buoy
- Check in frequently as to how each is doing (important for cold water)

Member News

To report an activity in the "Aqua Master", send an email and picture to the Editor: azabudsky@msn.com



Christian Tujo, Alexis Tujo and Lee O'Connor (not in picture) logged roughly 20,000 Meters of swimming over the July 4 weekend, and Alexis completed her first 4,000 meter open water swim!! Lee and Christian are training for a 21.2 Mile swim, the length of "Big Blue" aka Lake Tahoe, on September 11, 2020!!!

Today the coach in me was in charge and I had a planned set.

Warm up 200 swim, 200 kick and 200 pull. Main set 3 X 300 speed play on 5:30 (just a little over 30 seconds rest). 300 I.M. kick, followed by 2 X 25 fly, 2 X 25 back and 2X 25 breast on 40 seconds and finished with 4 X 75 pull 3 pattern breathing, 5 pattern breathing and 2 breaths by 25 in each 75 and that was the 45 minutes and 2250 yards.

Looking forward to Wednesday and my next swim.

Here and There

- Columbia Gorge Masters are back in the water
- Corvallis Masters (CAT) are back in the water.
- Southern Oregon pools are open [Mingus, etc.]
- The YMCA and the LaCamas pool in Vancouver, WA, are open
- Juniper aquatic center in Bend is open
- Chehalem aquatic center in Newburg is open
- McMinnville's pool is open



MJ Caswell's kitchen and living room remodel started July 8. "We are all moved over to the guest unit for the kitchen and living room. Lots of work to empty all three rooms so the walls can come down. Walls between living room and dining room are coming out." How exciting!



All-around coach Tim Waud

There is almost nothing Coach Tim wouldn't do for his Tankers. Whether he is poolside babysitting, providing post-workout coffee and treats or checking in on an ill team member, Tim goes far beyond his job as merely our swim coach. I love this photo! It was taken pre-C-19 — Oregon City pool is still closed.

Allen Larson says:

Oh happy days! Today was my second swim. My first 45 minute swim I only got 1800 yards, but that was more just getting the feeling of the water and where I was at.

My Swimming Event

by Jim Teisher

On Tuesday, June 23, I went swimming at Clackamas Cove, as I had done several times before. Since I was swimming alone, I usually try to find someone to pair up with for a swim, but there weren't any other swimmers that day, so I swam back and forth about 50 yards from shore. I know I shouldn't swim alone, but I swim well enough that I could swim 50 yards with one arm or one leg if I got into trouble and needed to swim back to shore. So, I swam there going back and forth for about an hour that day. Everything was fine.

The next day, Tuesday, I went back and met a fellow United States Masters Swimmer (USMS) swimmer, Tim Waud, and a friend of his for another swim at Clackamas Cove. We would swim for a little bit, stop and talk for a while, then swim a little more. We had been in the water for about an hour, and we made our last stop before swimming the last 100 yards into shore. We talked for a little while, and the next thing I knew I was in the hospital. I had had a cardiac arrest. My heart had just stopped. Just prior to that I had felt fine. I had no symptoms. I did not feel lightheaded or have any numbness in any of my

limbs. I felt fine.

I think of myself as a rather good swimmer. I have been on a USMS team for about 30 years, and I am a USMS certified level II coach. Several times I have been ranked in the top 10 in the nation in my age group in pool meets, but what I really enjoy is open water swimming. Oregon Masters Swimming hosts a series of open water swims every summer, and I have competed in many of those in the last 15 to 20 years. I have also done the Portland Bridge Swim twice. That is swimming from the Sellwood bridge to St John's bridge. I have done it twice, once solo and once as part of a relay. I have done the Alcatraz swim, swam across Crater Lake, and done the English Channel as part of a relay. The only one where I wore a wet suit was Crater Lake, and that was only because the organizer required it. In preparing for the English Channel we did cold water training. I did one short swim in 48° water and several 1-hour swims in 52° water, and yes, I wasn't wearing a wetsuit. On Tuesday, the temperature in Clackamas Cove was about 68°.

In the past I have always tried to find someone to swim with. But if I couldn't find someone to swim with, I didn't let that hold me back. Now my views have changed. From now on, I will always find someone to swim with, or not get in the water.

SWIMMER SPOTLIGHT

continued from page 9

pool, but it did not have a Masters group. After swimming for almost a year in the Hot Springs (it was HOT!), the new pool opened, and with the help of another like-minded swimmer, I started a Masters work out group. It is called Team Sopris Masters and, besides raising my boys, is one of the things I look back on in pride during my time in Colorado. If you are ever in Glenwood Springs, join them for a workout!

I loved living in Colorado, but dearly missed my Oregon swimming buddies.

About four years ago, my husband's work brought us back to Oregon, this time to Hood River. So, here I am, swimming with the Columbia Gorge Masters! Once again, an OMS work out group that has welcomed and embraced me.

For those of you who know me, you know that open water is my passion. I am so thankful for the open water

venues and events we have here in Oregon. (I naively thought CO would be the same.) At the moment, I am super grateful to be living on the mighty Columbia River, which provides ample open water opportunities. Those of you who have trained with me in the pool know that I am up for just about anything, and have swum everything from sprints to distance, freestyle to 400 IM or 200 fly. I have found that my lane mates have the most influence on which events I swim in the pool. I guess I am a sucker for swim peer pressure. As an avid open water competitor, my preference is for 3k or longer, with the 10K being my favorite.

Like most of you reading this, I love the physical benefits of swimming and the way the water makes me feel. I also love the relationships that swimming has brought into my life, as well as the grounding effect it has had on my psyche during career, marriage, kids and life stressors. It has been a constant in my life since I was twelve, trying to navigate and process the death of my father. I cannot imagine my life without swimming.

LONG DISTANCE SWIMMING

continued from page 7

September 12, but I am a bit skeptical about whether there will be enough entries to support this event. Event Director Matt Miller will let us know soon. Stay tuned.

- With no permit forthcoming, the swim at Eel Lake has been canceled. Several swimmers plan to keep their camping reservations at Tugman Park and do some informal swims together that weekend. Please contact Eel Lake Guru Ralph Mohr at mohr1565@charter.net for information.
- The Beautiful Lake Juniper swim at JSFC in Bend, originally scheduled for Sunday, May 17, and postponed until early fall, has been canceled. I haven't figured out how to run this event with appropriate social distancing.
- The other four of the seven Oregon Open Water swims were canceled earlier.

USMS Postal Championship swims:

- Our own SOMA team is hosting with USMS 5 & 10-km Postal Championships this year. It's a fundraiser, so please support them if you can!
- The USMS Long Distance Committee, realizing that access to 50-meter pools might be challenging, will allow these events to be completed in short course pools. Individual results from short course swims will not count for the championship results, but will count towards the annual five-swim national Postal Participation Award. Details will be available on the USMS website shortly.
- The season for swimming the 5 & 10-km events has been extended two weeks, to Wednesday, September 30. I hope that this helps!
- Matt Miller is still negotiating with Amazon Pool in Eugene to offer a special opportunity for 10-km swims (and 5-km swims if room is available) later this summer. I will also try to secure a date in Bend in August or September for these swims.

Stay tuned for updates.

- OMS will continue to offer our annual three-swim Postal Participation Challenge this year, so be sure to stay in the game by doing one or both of these postal swims this summer if you can.

Other open water opportunities:

- Swim a lot in your usual favorite local open water spots.
- Participate in an open water virtual swim or virtual swim series. These are similar to postal swims in that you do the swims on your own, then enter online. Check the event information about requirements and reporting; most of them require using a dedicated swim watch—like Apple, Garmin, etc.—that some of us already use.
 - I've chosen the 2020 Grand Slam event hosted by my friend Mark Johnston; see https://www.clubassistant.com/club/meet_information.cfm?c=2303&smid=13415.
 - USMS has recently developed the 2020 Toyota USMS Virtual Championships, to be done August 12-23, 2020. There are both pool and open water components. The open water distances are 1-mile, 2-mile, 5-km, 10-km, and 10-mile. Check out the details—including the charitable information—at <https://www.usms.org/events/virtual-championships> and try this out.
- Go adventure swimming by trying some Oregon lakes where you have never gone before. Several years ago, I discovered that Ralph Mohr and several others had been identifying suitable Oregon Lake in the Atlas of Oregon Lakes (<https://www.pdx.edu/center-for-lakes-and-reservoirs/atlas-of-oregon-lakes>), going to them for a swim, and logging their "conquests". Set your own standard for a successful swim; I have chosen a 15-minute minimum in-water swim time and allow wetsuits (mostly to extend the swimming season). Go to it. I'd love to hear of your adventures!

Good luck and good swimming!

Oregon Masters Swimming: Open Water Race Schedule for 2020

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category
TBD	1	Beautiful Lake Juniper Buoy Swim (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured
CANCELLED							
Sat. 1 August	1	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter	Qualifying
CANCELLED							
Sat. 8 August	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter	Featured
CANCELLED						500-meter Predicted Time	Participation
						1500-meter	Featured
Sat. 12 Sept.	1	Southern Oregon Swims at Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter	Featured
						1500-meter	Featured

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.

Dear McDougall Friends,

Since mid-April Dr. McDougall's Health & Medical Center has offered all digital content on our website for free. We hope you have benefited from and shared Dr. McDougall's powerful teachings with friends and family. Please note, on August 1st our digital content will revert back to paid content. Both online courses will resume offering continuing education, and certification for The Starch Solution Course will be reinstated.

The McDougall Team

AMAZING TIM, THE LIFESAVER

continued from page 1

Update, July 7, 2020: Jim is getting better and stronger every day. He still has chest pains but they are easing. Walking 2-3 times a day is helping to increase his endurance. His short term memory is back, which is good. The nurse stated that the wound where he received his implantable cardioverter defibrillator (ICD), which looks like an oversize pace maker, is looking very good, and that he should be able to begin raising his arms and resume normal activity within a week. He is so ready to get back in the water but will have to wait until his chest pains are gone as breathing (and coughing) is still difficult.

CHAIR'S CORNER—SWIMMING WITH A BUDDY

continued from page 3

I have gone swimming solo over a dozen times in the Clackamas Cove, but I will never swim alone again. I will always swim with a buddy, wear a tow float with a whistle, and if possible, have an escort. It is also important to be aware of your surroundings and stay close to the shoreline.

Stay safe my friends and be responsible

Tim Waud/OMS Chair

Summary

Records & Results. . .

Bellevue Club Masters Mile — SCM

Looking Ahead. . .

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

Pool Schedule

Date		Course	Swim	Location
August 12-16	CANCELLED	LCM	USMS Summer Nationals	Richmond, VA
August 21-23	CANCELLED	LCM	NW Zone/Oregon Association/Gil Young Meet; MHCC Gresham, OR	
November 14; Saturday		SCM	NW Zone SCM Meet; Columbia Gorge Masters	Hood River, OR
December; Saturday		SCM	December All-Around Challenge—12 th Annual	Bend, OR

Open Water Schedule (see page 15)

Quote for the month. . .

You can always breathe later

- 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 OMS Records-keeper, Steve Darnell, at financialwizard2@comcast.net.