



Aqua Master

Award-winning newsletter of Oregon Masters Swimming

"Swimming for Life"

Volume 47 • Number 9

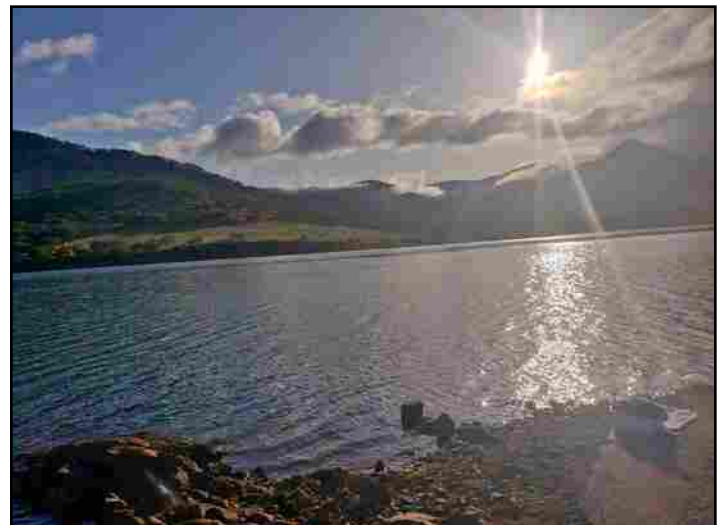
Published 10 Times Yearly by OMS, Inc.

October • 2020

Open Water Swimming in Southern Oregon

By Erika Schumacher

On Saturday August 29, five SOMA swimmers met at Lake of the Woods for an open water swim. The group met in the morning and swam about 1.5 miles with Mt. McLoughlin in the backdrop. Some SOMA swimmers began swimming open water in May while the pools were still closed. In the Medford area we are lucky to have many choices for open water, Emigrant Lake, Lake of the Woods, Squaw Lake and Lost Creek Reservoir. So far Squaw Lake seems to be a SOMA favorite.



Emigrant Lake

The joy of Open Water swimming is enjoying the outdoors. We have had the joys of seeing Bald Eagles, Egrets, deer, geese and goslings, ducks and ducklings and Merganser's. At Squaw Lake we were lucky to see lilies in full bloom -- a sea of pink. Fish were amazed at being invaded by humans swimming along with them. Until the water turns too cool we will continue to meet once a week for the open water swims.



Vickie Roe at Squaw Lake



Connie Wilson at Lost Creek Reservoir

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AQUA MASTER EDITOR

Alice Zabudsky • azabudsky@msn.com

AWARDS — ANNUAL

Sara Shepherd • ssobx5@yahoo.com

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Matt Miller • matt@flytrapcare.com

DATA MANAGER — SWIM MEETS

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HOST/SOCIAL

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MEMBERSHIP PROMOTION

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MEMBERSHIP

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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

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OREG CLUB REP

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USMS REP

Sandi Rousseau • swim@gorge.net

TOP TEN

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

Volume 47 • Number 9 • October 2020



Off the Block

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

Esther: My New Life

My decision to start "The McDougall Program for Maximum Weight Loss" began July 13, 2016. I weighed 257 and was having considerable knee pain which hindered my ability to travel.

After looking at my X-rays, my doctor informed me that my knees were almost bone on bone but he could not even refer me to orthopedics for possible knee replacements until I lost 70 pounds! Losing that much weight seemed insurmountable!

Fortunately, a dear friend had given me a copy of Dr. McDougall's book, "The McDougall Program for Maximum Weight Loss" at that time and I read it. I was desperate since I did not want to continue using pain medication and wanted to have a choice in having knee replacements, if necessary, so I could continue to travel.

I made the big decision to follow Dr. McDougall's Program. My body was going to be my own laboratory and I'd put the book to the test. I believed that if I followed it completely, I would know that it was responsible for any improvements in my health.

It didn't seem like it was any time at all before I started losing inches on my knees and after just a few weeks, I was off my pain medications.

Travel did not hinder me from keeping my commitment. We love to take cruises and I learned that I could have steel cut oatmeal (yes, I did have to ask for it) and fresh fruit for breakfast, a big salad with balsamic vinegar



Esther at 257 pounds

for lunch, and discovered that the cruise line had a special menu for vegans, vegetarians and gluten-free guests which gave me some options. Most of the time I just asked for a salad, a sweet potato, a side of broccoli and a cup of fresh berries for dessert.

I proved to myself that under any circumstances, I could enjoy the benefits of eating this way. I lost 96 pounds as of March, 2018 (size 24 to 14) and had lost 5 inches off each knee.

I do not have any pain in my knees and do not need knee replacements. I no longer take medication for high cholesterol, pain or for sleeping, and have reduced my thyroid meds twice. I have lowered my blood sugar and am no longer pre-diabetic. I have not had a day of constipation since starting this program. My blood pressure is now normal. And as an added benefit, my vision has improved twice in the past year! My energy level is high and I want to spread the good news to everyone.

I have a new passion for telling anyone who will
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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Quality over Quantity

As September is here, the kids are back in school (at least virtually) and the pools in the tri-counties of the Portland area might finally reopen with some restrictions, it is time to reset the start button. If you have children at home and a full-time job, your schedule and routine are probably hectic. So first and foremost, choose quality over quantity. If you have all the time in the world because of COVID, but your time in the pool is now limited, choose quality over quantity.

Swimming remains one of the best sports around if you like to have a good workout in the least amount of time. It is also one of the safest sports around because your head is in chlorinated water and you are huffing and puffing in the water and not in the air.

What do I mean by Quality over Quantity?

Most of the pools which are open, still have restrictions (number per lane, time in the pool, etc..) If you are limited to 30 minutes, 45 minutes, or an hour, do not plan a longer practice, or your usual practice before COVID, because you will be disappointed. Do not stress if your mileage is down, it is OK, work on quality (technique and intensity). Swimming allows me to make my heart rate go up and down very quickly, and it is probably what I missed the most when I tried other sports during the lockdown of the pools. I like to do sets where I am going, for example, one to three or four in intensity. For example, I will do sets of 4 X 100 or 4 X 50 going 1 to 4. The first 100, I only focus on a part of my technique I want to work on: one technical aspect, such as my left arm early vertical forearm before pulling, or the timing

of my breath, or my horizontal position, or keeping my hands in alignment with my shoulders, or whatever you need to improve in your stroke. The second 100, I will try to swim at a moderate pace while keeping my technique. The third 100, I am going at a strong pace by pulling and kicking harder where I can feel I am getting higher on top of the water. The fourth one, I am increasing my tempo, my kick, my pull, and I am really huffing and puffing. I now need rest. I am not able to keep going. I now need a slow recovery swim where I start again with focusing on technique.

Quality also means working all your muscle groups. Swimming is an excellent sport to fire up all your big muscles groups, all at the same time. It will work your arms, legs and core. Swimming all four strokes will tweak your muscles even more. Even if you are a long-distance freestyle swimmer, you will be amazed at how you can improve your swimming by incorporating a short butterfly, backstroke or breaststroke set in your routine. It will challenge your stamina, will work some different muscles, will make you practice different moves and may help you avoid some overuse injuries.

Quality means balance in your workouts. COVID has unfortunately cancelled a lot of team practices and therefore access to coaches. Most swimmers must swim alone and design their own workouts. Before going to the pool, it is nice to have a plan, so you do not swim endlessly without any purpose. Most of your workouts must have a goal (endurance, speed, free, worst stroke, best stroke, kick, technique, hard sets, easy sets and of course some time for warm up and cool down). The USMS website has a workout library which might give you

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Swimmer Spotlight

— submitted by Arlene Delmage

Name: Jayette Pettit
Age: 53
Local Team: SOMA Southern Oregon Masters Aquatics
Occupation: Retail Store Manager for The Real Mother Goose Gallery at PDX (started in 1991 - soon to be unemployed)

(Note: by Arlene Delmage — Jayette lives in Vancouver, WA, but swims with SOMA because of their participation in open water events.)

I was six months old when my family moved to Texas from Ohio. Because of the heat, we spent most days at the pool or around water. I was put on the swim team as young as they would take me. In 1979, when I was 12, we moved to Corvallis, Oregon. The new team and pool could not have been more different than where I came from. The coach at that time could not even swim. If the team won a meet, we had to throw him in the shallow end. So, I lost interest in swimming. Even though I stopped swimming, I still tried pretty much every other sport. The water was not out of my life completely though. My older sister was a star swimmer, so I was dragged to swim meets almost every weekend. In high school, her swim coaches convinced me to put on my goggles again. After years of not swimming, my strokes were completely out of date. It was clear to me that my skills lay in long-distance. I was never going to beat the sprinters.

My coach, Jeff Storie, started doing triathlons and encouraged me and a few other long distance swimmers to train with him during the summer. We raced in the Bud Light Triathlon Series and shorter local triathlons. We would train together in an unheated pool at 6 am every other day. To say it was cold would be an understatement, it was bone chilling. The pool pump was broken and they just dumped cold freshwater in. The water never got warm and neither did we. That was my introduction to open water swimming.

In high school and college (Oregon State) I worked at the Aquatic Center in Corvallis. I was always around the pool. I hung out with the other lifeguards, and that is where I met my husband Greg. We would tell each other bad jokes and solve the problems of the day during our shifts. The bad jokes worked because now Greg and I have three children

and have been living in the Portland area for 28 years. Unfortunately, once again I stopped swimming, because between work and running the kids around to school and ballet lessons there simply was no extra time. Greg and I both agreed that our children needed to know how to swim. I started taking them to the Propstra pool in Vancouver, WA. Once they were old enough that I could trust them to be on their own in the water, I started to sneak in a few laps. Sometimes when I was swimming I would see this wicked fast woman. As hard as I tried I could not keep up with her. She would swim in the lane near me and she had a fitting dolphin tattoo.



Jayette Pettit

When the pool changed their hours, I was no longer able to swim there. However, I was really enjoying swimming and knew I could not stop again. I joined a health club that had two swimming pools and flexible hours. I started work at 5:45 a.m. Every day, rain or shine, I commuted over the I 205 bridge by bike. I couldn't find a Masters team that trained in the afternoons so I swam by myself.

At the club I noticed that the girl with the dolphin tattoo was also swimming there. She swam around the same time I did in the afternoon. We started doing sets together, then whole workouts. That is how I met Suzy Jajewski. She followed what was going on with Masters swimming and seemed to know all the other swimmers. Susy encourage me to get involved in Masters events and convinced me to do the Oregon open water series. I have participated in

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Swim Bits

by Ralph Mohr

“Why We Swim” — written by Bonnie Tsui
A Book Review by Ralph Mohr

In Iceland everyone swims. It is a government requirement. Bonnie Tsui in her book, *Why We Swim*, starts with the story of Guthlaugur Frithorsson, an Icelandic fisherman, who, when his fishing boat capsized and sank, swam three and a half miles to shore in 41°F water.

It helped that Frithorsson was shaped like a seal with 14 millimeters of fat. He was also 22 and stubborn. He did not want to die in the frigid water like his four ship-mates.

So our first reason to swim is survival. We all most likely had swim lessons as a child, or we lived by water: lake or river. My first pool, for instance, was Lake Atsion in the pine barrens of New Jersey when I was two years old. In a photo my swimming companions are two ducks.

It is possible that swimming prolongs longevity, the other side to survival. Swimming helps with high blood pressure and arthritis, so says Dr. Hirofumi Tanaka, director of the Cardiovascular Aging Research Laboratory at the University of Texas. He also said, “Over the last four or five years a funky thing happened — we realized that the effects of swimming actually surpassed the magnitude of the effects of walking. Much of Tsui’s book is about the group, mostly men, who swim in the San Francisco Bay every day of the year near the Muni pier. As the swimmers leave the Dolphin Club, they can see a quotation from Henry David Thoreau’s “Walden” on the wall: “Renew thyself completely each day; do it again, and again, and forever again.”

Swimming is also about challenges. Tsui writes about swimming from Alcatraz to The City and about Lynn Cox — perhaps the greatest cold water swimmer ever. Cox, too, is built like a seal. It helped Cox in both the Antarctic and Bering Sea waters.

Another swim hero for Tsui is Kim Chambers, who severely injured her left leg in a 2007 accident, but became a long distance warrior. The leg healed. So swimming can heal.

Swimming can change our moods. Dr. Tanaka in his research does “assessments of mood states,” from swimming. He says, “With identical exercise programs in running, cycling and swimming, people place the highest enjoyment in swimming.” In other words, people keep swimming because they like it.

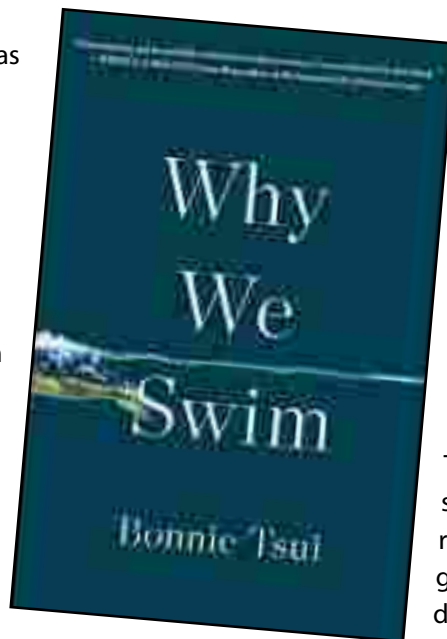
Tanaka was asked, What makes swimming so good for aging bodies. Weightlessness, he says. Gravity is an enemy, and swimming takes away gravity. Kim Chambers adds, “There is a giddiness in being in that water.... Swimming is a way for us to remember how to play.” Perhaps we should play more in practice. Even in a workout we can smile and think this is silly. Then why are we swimming? Because we can, and it feels good to be in the water.

Another recommendation for living longer is to be part of social groups. Those I swim with are one such group. Tsui spends several chapters on the camaraderie at a pool with regulars who meld into a group. The group happened to be in Baghdad, and during the 2008 “surge” the pool became a place where rank and the dangers of the war disappeared. In a swim suit, one cannot tell who is the officer and who is the grunt.

Let us not forget competition. Tsui focuses on Dara Torres who swam in five Olympics, a feat more outstanding than all of her medals. Torres was the epitome of being a Navy SEAL. “Focus on your job.” Torres’ job was to swim as fast as possible from one wall to the next.

Phelps’ mantra was “Stay in your lane.” He ignored his competitors in races, urged on by his coach, who said, “Don’t say ‘can’t.’” That is also good advice for practice. Someone once said, “Comparisons are odious.” Swim within and for yourself. After you are done, you can be convivial and become part of the tribe again.

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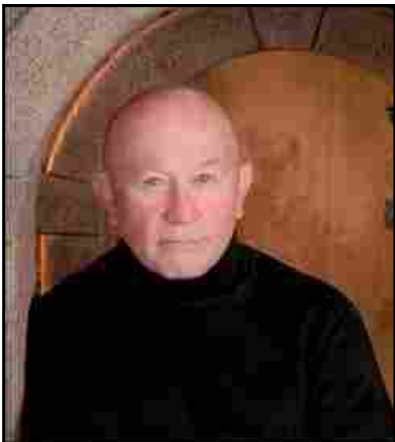


Eighty Six

by Joe Oakes

"86" is a journalism term for a columnist's final column. For me and Dave Radcliff, 86 has a more personal meaning this year.

Dave is one of the greats in USMS swimming, and in swimming in general. He represented the USA as a 1,500-meter swimmer in the 1956 Olympic Games in Melbourne, Australia. As a Master's swimmer he has knocked down many age group records over the years. And like the Energizer Bunny, he just keeps on going at full throttle. He is also a decent and generous person. But in recent years Dave has come to embrace the reality of life moving along. He now refers to himself as a SLOTH: Slow Old-Timer Holding On. He was invited to join as a chartered member.



Joe Oakes

For me life is so much better in the slow lane.

Dave Radcliff and I have something else in common. We were both born in 1934, Dave in May and I in early September, in the midst of the Great Depression. For the mathematically oriented among us, we both turned 86 this year. For reasons that I no longer remember, I have always celebrated my birthday on Labor Day, the first Monday in September, which in 2020 was my actual birthday. For many years, I have done a birthday swim wherever I happened to be, and often it has been in Hood River at the annual Cross Channel Swim. This year, however, Because of the COVID pandemic there would be no organized swim on Labor Day in Hood River.

Me? I describe myself as a "slow-be": My swimming *curriculum vitae* includes dips in the sea in many places around the world, just because I love it. I am a believer in the old axiom that speed kills. Bearing graphic witness to that philosophy, I have tattoos on my arms in Russian (*potik-honko*), Chinese (*man-man-lai*) and Italian (*piano, piano*): Go slowly, they caution.

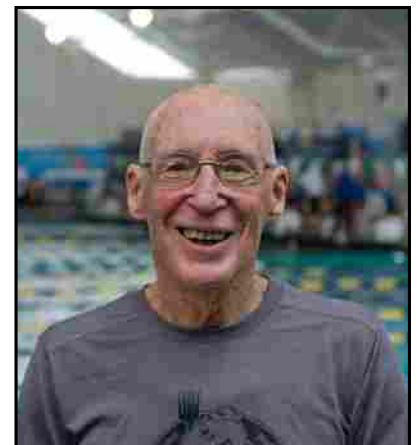
What to do? I decided to improvise and invite a few friends to swim with me on Labor Day, my birthday, at Gleason Beach on the Columbia River in Portland, a delightful and protected place where I frequently swim. Only one brave person accepted the invitation, Dave Radcliff. It was going to be an auspicious swim, with two 86-year-old swimmers celebrating my birthday in aquatic style. How rare would that be? Together we are 172 years old.

But I did mention COVID, didn't I? To prevent a huge increase in COVID infections, Governor Brown made an impassioned plea to all Oregonians to stay home over the Labor Day weekend. Naturally that put an end to our Labor Day extravaganza. But you know what? It is okay. Neither of us wants to get COVID or to infect anyone else with it. And we are only 86, so there will be lots of birthdays in the future that we can celebrate. Maybe at 90? That's only four years from now. I am told that 90 is the new 65. The Columbia River will surely be there when we are ready. I can wait.

So, 86 for now.

Post Script by Dave Radcliff

Shortly after Labor Day, Oregon's magnificent, heavily treed forests were beset by several large fires, devastating many thousands of acres, taking lives and destroying homes and towns in their wake. Here in Portland the heavy, acrid smoke made it impossible to do anything out of doors, including swimming in the Columbia River. 2020 will be a year that will be long remembered. The fact that we swimmers lost our opportunities for fun and exercise is a miniscule sacrifice in comparison to the losses suffered by so many of our neighbors. As I write (September 13, 2020) the fires are still burning.



Dave Radcliff

Member News

Arlene Delmage sent these pictures of her activities with her friends. If you have activities related to swimming, please send a picture and a caption, or a paragraph or two if you want. Your contributions make the Aqua Master more interesting to our OMS members.



On a very windy, smokey day Vancouver swimmers Arlene Delmage, Doug Brockbank and Suzy Jajewski workout together at Cascade Athletic.



Vancouver swimmers Suzy Jajewski, Jayette Pettit, and Arlene Delmage meet for an early morning swim in the Columbia River. This is our workout "bubble".



A Historical Note

presented by Ralph Mohr

Below is a list of coaches from the 1961 North Bend Invitational Swim Meet. Why is it here? Check the names. You might recognize some of them.

Grants Pass Swim Club
McMinnville Swim Club
Medford YMCA
North Bend Aquatic Club
Reedsport Swim Club
Roseburg Swim Club
Salem YMCA
Sweet Home Swim Club

Alan Takashima
Bob Gregson
Ken Lyons
Mike Popovich
Don Jacklin
Fred McGinnis
Margarete Lengyel
Keith Marshall



Connie Wilson and Vickie Roe at Lake of the Woods

THANK YOU

Opportunity to Thank Others

We are calling for 100% OMS swimmer participation; no, this is not for the 1-hour postal, it is something much easier than that! In fact, you don't even have to leave your computer to do this.

All of us have people with whom we interact every day; we are not an island to ourselves. So, here is your opportunity to send a big THANK YOU to those people in the swimming world whom you appreciate. Whenever you feel thankful for someone in OMS, write to the *Aqua Master* Editor with your THANKS. Tell us who you are thanking and what they have done to make you appreciate them. We will publish that appreciation here in this feature. You can write a "Thank You" every month if you want — just once is not enough! This will be an ongoing feature if there is enough interest. Write to azabudsky@msn.com. [Also give your name, for email addresses don't always give names.]

This month Lex Higlett and I have so many people to thank that we have to save some for future *Aqua Master* issues. If your name isn't mentioned this month, it may be next month. Please send your "Thank You" to me ASAP.

I want to thank Daemon Anastas, for easing me into Open Water swimming safely, for helping me be safe and comfortable in cold water & in the river, and for all the new challenges he dreams up including Run Swims & Full Moon Night swims. —Lex Higlett

A thank you to Steve Darnell. He does the proofing of most of the articles for the *Aqua Master*. —Alice Zabudsky

I want to thank George & Jill who organized pool space so we can train together during all of this. Which is kind of a miracle. —Lex Higlett

A thank you to Matt Miller. After I prepare the pdf for the *Aqua Master*, I send Matt the formatted articles, pictures and the pdf *Aqua Master*. He posts them on the OMS website, and sends me the links where the articles are located. Then I prepare the e*AquaMaster* and mail it to each of you readers. —Alice Zabudsky

I want to thank John H McComish & Pam O'Shea for being so generous with their access, every week. The swims they've enabled me to do have been my favorite part of the last few months. And their generosity and warmth is what Masters swimming is about. I hope to be able to repay the favor, or pass it on one day. —Lex Higlett

OFF THE BLOCK

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listen about the benefits of eating this way. On one of our cruises, I was invited to tell my story to some of the Tai Chi students. It was recorded and put on YouTube as “Esther Loveridge’s Drastic Weight Loss Secret”. The ladies in the pool at the gym even talked me into starting a Facebook group. This allows me to easily share stories of my journey and refer people to Dr. McDougall’s program.

My husband initially said, “I could never eat like you,” but he now follows a diet of no animal or dairy products. Life is good.

I am so thankful for Dr. McDougall for “saving my life” and the ripple effect it is having on my family and friends.

By the way, I am 74 years old and have learned that it is not too late to restore my body to good health.

Update On Esther’s Continued Success

In order to increase my knowledge and credibility and as a way of thanking Dr. McDougall (since all of his education has been free), I took The Starch Solution Certification Course this summer and I was able to attend the McDougall 3-Day Intensive Weekend in Santa Rosa in September with my husband and two friends. I especially enjoyed getting to thank Dr. McDougall for what his program has done for me. The 3-day Program was very informative and jam-packed with good speakers who were available to answer questions, and the food was abundant and delicious – even for those following the MWL program. People came from all over the country. I highly recommend it.

About a year ago, I created “Esther’s Nutritional Journey”, a group to support others on Facebook, and continue communicating with other members on a daily basis. I have also posted some short videos on YouTube under “Esther Loveridge”. I recorded an hour-long podcast with Corinne Nijjer from Australia (When Life Gives You Lemons – Go Vegan, Episode 54) and was asked if I would speak to a group in Canada. Spreading the good news of how to be healthy continues to be my passion.

In July, 2018, I was able to declare that I am officially off ALL medications. The last to go after 30 years, was the

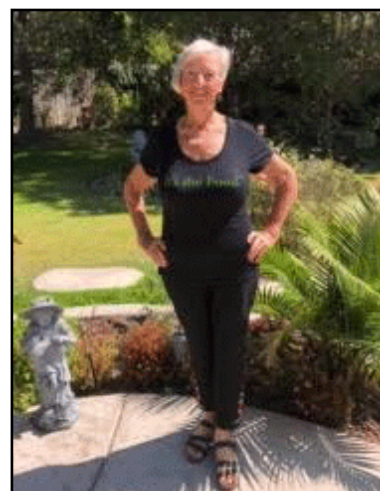
levothyroxine for my low thyroid – an outcome I never expected. Life just keeps getting better. I just turned 75 in October and have never felt better. “It’s the Food!”

Esther’s Ongoing Triumphs

Forward to July 6, 2020: Esther now weighs in at 127 pounds and wears a size 6. Esther’s

husband, Ben, the man who said, “I could never eat like you,” gave up eating animals, dairy and oil over a 9 to 12 month period and dropped from 220 pounds down to 160 pounds!

Esther recently published the inspirational book *From Donuts...To Potatoes*. The book is a testament to Esther’s determination and resolution to help anyone be successful by offering words of encouragement for those who have “tried everything to lose weight and [have] almost given up hope.” The book is designed to be read as posts on a daily basis, allowing you to reflect and work on yourself while giving you the support you need to triumph over any hurdle. You may purchase Esther’s book on Amazon.



Esther at 127 pounds

FITNESS

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ideas for well-planned workouts. Do not forget to adjust it for your level of swimming, as well as for the time you have in the pool. Be creative, try to work all strokes and energy systems. The more variety in your workout, the more fun it will be; the more quality.

Quality means good nutrition and hydration. Eat local and healthy food of good quality and be mindful of the quantity. Make sure you keep hydrated, especially before a workout. Think about at least 10 ounces of liquid per 100 pounds of your weight, two to four hours before practice, and bring your bottle with you to the pool. Take some sips between sets. It might help you avoid those pesky leg cramps!!

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SWIMMER SPOTLIGHT

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open water for the past four years, swam in two Association Meets, and joined SOMA.

Suzy and I have a lot in common. We swim at about the same speed although she is still a bit faster. We both like really long workouts. Together we can be seen swimming excessively long distances in as much open water as possible due to our mutual hatred of flip turns! After swimming together for a few months, we realized that we were both taking the same exit to go home. Come to find out, we live one street away from each other!!

Other Masters swimmers can tell when we are at the pool because we stand on deck for a good 20 minutes talking about the day's events. Our husbands know that when we are swimming it will be at least 3 hours before we return home. Normally we swim 6 to 7 days a week (aiming for 5000 meters or more), but lately we have been swimming almost every day in open water around Vancouver. One of my favorite swims that we have done this year was at Lake Merwin. The water is clean, the surrounding area is beautiful, and we have seen several fish. Suzy is a great friend and swimming partner. We help motivate each other to swim faster and farther, but most importantly I know that she's got my back. We both are worried about jet skiers not seeing us. I am most impressed with Suzy's ability to withstand the cold water and how many yards she is willing to put in. I am always trying to keep up. Thank you, Suzy, for always being willing to swim a few extra yards.



Jayette Pettit and Suzy Jajewski (the girl with the dolphin tattoo)

SWIM BITS

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Tsui, with a Japanese background, investigated samurai swimming. Samurai had to swim in full armor, keeping their swords dry. But what was most important was "mizu no kokoro," (mind like water), and "nihon eiho," (mind and water together).

When we are swimming across a lake, for instance, the wind may come up, and we must change our stroke. It is useless to fight the wind and its waves. We must use "nihon eiho," and fit our stroke to the pattern and frequency of the waves.

In similar fashion, when the lake is flat with no wind, "mizo no kokoro" comes into play. We just swim and eventually meld into the water.

The hard part is to duplicate either of these attitudes in a pool. We are interrupted by turns. Chlorine and people in other lanes distract us. We lose the SEAL attitude or samurai focus that swimming is really about.

Ishmael once said, "Meditation and water are wedded together." It was popular once to say, "go with the flow." Tsui says we still can if we swim.

FITNESS

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As you prepare your new fitness plan and routine, make sure you assess your current level of fitness. Do not assume it is the same as before. Swim a set of 50 or 100 at a moderate pace (one you can sustain). This will give you your basic speed and help you figure out your sendoff time. Make sure you tailor your workout based on those findings and the time you are allowed in the pool. Increase slowly and progressively. You will get back to your previous level of fitness and beyond, but you need to be patient. Now we are almost there, get organized: take your reservation at the pool and stay on top of it (know the guidelines for your pool or fitness center), bring your water bottle and your mask, make sure you have no COVID symptoms and head to the pool for a quality swim workout. Have fun and feel good about it.

Summary

Records & Results. . .

All meets have been cancelled, hence no results.

Looking Ahead. . .

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

Pool Schedule

Date	Course	Swim	Location
November 14; Saturday	CANCELLED SCM	NW Zone SCM Meet; Columbia Gorge Masters	Hood River, OR
December; Saturday	CANCELLED SCM	December All-Around Challenge—12 th Annual	Bend, OR

Quote for the month. . .

There's enough water in the pool already, so quit crying and swim

- 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.