



# Aqua Master

Award-winning newsletter of Oregon Masters Swimming

**"Swimming for Life"**

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## Tom's Last Post on "Caring Bridge"

*Dear Friends. Our dear husband, father, brother and friend went over the final pass early Thursday morning, February 25th, at 6:26 AM. Because you have followed our blog post for six years, you knew the struggle he was going through. A few days earlier Tom had announced that he was ... "on his last legs". [A note from Tom's wife, Madeline and family.]*

### Lung Power: Now & Then

*Last "Caring Bridge" Journal Entry by Tom Landis  
January 12, 2021*

January 8th was another milestone, the sixth anniversary of my being diagnosed with esophageal cancer. I must say, in spite of all the health challenges I have overcome since, I am very grateful for those six years of life. There has been a lot to live for!



Tom Landis

Six years ago, although the cancer started in my esophagus, my lungs were also severely tested in getting rid of it. I won't go into detail about that. Suffice it to say, my lungs have been the source of most of my medical problems

ever since. Their degradation has been almost imperceptible at times. I measure it by my lung capacity; that is, how easy or difficult it is to breathe. In late November it reached its nadir, as I communicated to you in my last posting.

Today my lung capacity is still not all that great, but it is significantly better than it was. My doctors theorize about what caused such a shocking downturn, but the results of myriad tests don't show any clear answer, but their best guess was drug toxicity. They stabilized the downturn with antibiotics and then put me on a 14 day course of steroids (Prednisone). During that time I gradually regained lung function as I will detail below. And, equally important, I've gained about 5 pounds! There's room for improvement there too but we're happy and grateful. (More thanks to Barb, Lisa, Jane, Karen, Dean, & Mad for cooking, and family sending sweets!) Right now I feel pretty good. In fact, I'm going to take a walk before I continue writing.

I am back. I walked about two miles through the neighborhood and forest at a slow enough pace that I avoided suffering. In early December I could not walk a mile without suffering. A few days ago Mad and I walked three miles along the river, with a little uphill thrown in and I felt pretty good. No suffering except when I climbed a short hill. That was right at the end of my steroid course. And... we saw five playful otters!

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# Off the Block

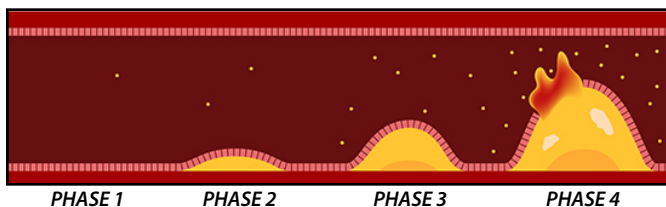
Since this column is called "Off the Block", whatever information is deemed of interest, by the editor, is presented

## ***How to Keep Your Arteries Clean and Reverse Atherosclerosis***

*by Dr. John McDougall*

Blocked arteries affect the brain, eyes, hearing, dizziness; myocardial infarction; renal failure; gangrene; impotence.

### ***Atherosclerosis***



1) All stretched out, you have 60,000 miles of blood vessels in your body. Your diet will affect the health of every inch of every vessel from your scalp to the soles of your feet. Bathe the arteries with the unhealthy blood, which results from an unhealthy diet, and the vessel walls will stiffen within minutes. Over weeks to months, streaks of fat accumulate in walls. As the disease rages on, the walls sometimes thicken enough to compromise the flow of blood.

2) Many diseases are caused by compromising the flow of blood to various tissues. Close the arteries to the brain and you have a stroke; to the eye, macular degeneration; to the inner ear, hearing loss, tinnitus (ringing), and vertigo (dizziness); to the heart, myocardial infarction; to the kidneys, renal failure; to the leg, gangrene; and to the penis, impotence.

3) The effects of diets are very complex and the only accurate statement is: "the rich Western diet is the cause of artery disease and a starch-based diet with vegetables and fruits is the prevention and cure." Many damaging compo-

nents of the rich Western diet have been identified, including oxidized cholesterol, antibodies to dairy proteins, animal protein, and fat. Some healing components of plant-foods are plant fats, fibers, sugars, proteins, antioxidants, and other phyto (plant)-chemicals.

4) When the blood flowing through the arteries is unhealthy, "sores," (consisting of "pustules" and "ulcers"), form on the inner surfaces (see photo on the left). Think of these pustules as being like pimples on a teenager's face—filled with necrotic, semi-liquid debris and white blood cells. Sores are continuously forming and healing throughout the miles of arteries. Unfortunately, because injury from the fork and spoon outpaces the body's healing capacities, the overall disease progresses. In the later stages of healing, when the disease is severe, the sores become fibrous stable bulges, called plaques. In most cases these rock-hard plaques cause the patient no trouble at all. However, some plaques become large enough to interfere with blood flow—causing chest pain (angina) and the problems mentioned above.

5) Most heart attacks and strokes are not caused by the slow buildup of fibrous stable plaques—but are rather events of rapid onset. The trigger of such events is the sudden inward rupture of a tiny pustule. With this rupture, the inner contents of pus and associated "products of tissue injury" are released into the flowing blood, and the body reacts by forming a blood clot which can immediately interfere with the flow of blood. When the blood clot (medically called a thrombus) completely occludes the artery, the tissue that lies downstream of the clot (such as the heart muscle or brain) usually dies. The event is called a heart attack (coronary artery thrombosis) or stroke (cerebral artery thrombosis).

continued on page 12

# Fit to Swim

**Coach Colette Crabbe**  
*OMS Fitness Chair*



## *Spring is the best time to be consistent with a healthy lifestyle*

Spring is here, the days are getting longer, the sun is peeking thru the clouds. This is usually my favorite time of the year. It feels like renewal. A time open to new opportunities.

Covid-19 is still here, but the vaccination campaign is under way. The pools and gyms are slowly reopening and/or relaxing the rules. The great outdoor is offering us a full new array of available exercise activities.

The garden is waking up. It is time to think about planting those seeds which will bring us a bounty of healthy fruits and vegetables to spice up our meals.

Spring means the end of the tunnel, an optimistic mood, the best and easiest time to commit to health and fitness. New Year resolutions are hard to keep because it means starting in the middle of winter when the days are the shortest and the weather is rainy, snowy, and cold. The pandemic is offering us an incredible opportunity. We will set and start our new goals in March, and keep at it all summer and fall. By next winter, it will be such a part of our routine, it will be a breeze to remain consistent during the cold months.

Whatever your fitness goal is, researchers have found only one characteristic common to those who succeed with exercise. They move toward their goal one step at a time and are committed to constant, never-ending improvement. The challenge is not any hard session or day in particular, the challenge is showing up workout after workout, day after day, week after week. Fatigue is setting in, but you are

chipping away, and it is gratifying to feel your fitness building. Whatever goal you are working toward, the important thing is to keep showing up. **Consistency and persistency are keys to success.**

Regardless of anything else- busy work schedules, lack of energy, lack of time, feeling old, feeling lazy, hating exercise, you make no excuses! At the same time, as an adult athlete of any age, you are able to effectively listen to your body and not be exercise obsessed. If you remain consistent and persistent thru the humps and bumps, you will reach your own goal. If you want to be healthy and fit 10 years from now, it is not what you do over the next six weeks that matters, it is what you do over the next 10 years. A commitment to health and fitness must be followed for the rest of your life.

The starting point of that journey is the hardest, and there is no better time to start than during spring. The days are getting longer, offering more opportunities after work. The Pacific Northwest Outdoor is a paradise for outside workouts, and the variety of sports is endless. Consistency does not mean the old same routine every single day. If the pool is not available for your hour swim, what about a bike ride, a stroll, a jog, kayak, paddleboard, ski, surfing, sailing, water rafting. Staying active day in and day out is your passport to health and fitness, even if no swimming competitions are held or swim practices are organized. The challenge is to show up workout after workout and get it ingrained in your DNA, so that you will be able to keep that active routine even when the cold and dark months of winter roll around.

Ready, set, go. Start and enjoy your new active lifestyle!! Be persistent, be consistent.





# Coaches Chair

**Coach Kevin Cleary**  
*OMS Coaches Chair*

## ***How To Be a Master Athlete***

*(Gold Medal Not Required)*

*Part 2: The Basics*

This is the second in my series of articles discussing the attributes of a great athlete. If you haven't read the first part, I would highly recommend that you do so, as the concepts in this article will be very difficult to put into practice without the solid foundation of a great work ethic!

As discussed in Part 1, a master athlete has a work ethic that is both strong and smart, and cultivated over many years of training and experience. What also differentiates a master from a novice is a mastery of basic skills, both sport specific and general.

I will go over each briefly, and plan on dedicating future articles to them, and in much greater detail.

For swimmers, the most basic skill is breathing. When one learns to swim, the first thing they must master is putting the face and head in the water, and becoming accustomed to inhaling and exhaling at the proper time. In swimming, breathing is a "necessary evil", as turning or moving the head creates resistance and puts the body in a less bouyant position. Thus, it behooves the swimmer to practice and master the art of turning or raising the head only enough to clear the airway for inhalation.

One of the best examples of this is Nathan Adrian, one of the premier sprinters in swimming history. You can find footage of him online. Take note of how minimally he turns his head to breathe out of the corner of his mouth.

Contrast that with those less experienced swimmers who roll over onto their back and gape at the sky/ceiling! With time and practice, they will become far more efficient.

Next on the list is the streamline. One might even define the act of swimming as moving from one streamlined position into another, and returning to the same position.

Consider each of the competitive strokes. Each starting position is a form of streamline. The propulsive phases of freestyle and backstroke begin and end with a single arm extended in front of the body. Breaststroke and butterfly begin and end with two arms in front.

High level swimmers are masters of moving from the streamline, through the propulsive phase, and back to streamline as smoothly and efficiently as possible. Great swimming is truly an art, a fact that is easily apparent when one watches Olympic Trials, the Games themselves, and other high-level meets.

It should also be noted that the underwater dolphin kick (the "fifth stroke") is nothing more than a streamline, and is a far more efficient way to move through the water than any of the strokes.

One need only watch races from any high-level championship meet to see the truth of this (more on this later).

Our sport is leg driven, which brings us to the next attribute: the kick.

One thing that I really like to tell my athletes (especially the younger ones) is that if you want to be a good swimmer, you have to be a great kicker; if you want to be a great swimmer, you have to be an exceptional kicker; if you want to be an exceptional swimmer, you have to be an elite kicker.

Newer swimmers tend to place too  
continued on page 12



# Swimmer Spotlight

— submitted by Karen Andrus-Hughes

**Name:** Marcie Adelman  
**Age:** 55  
**Local Team:** Stafford Hills Club

Hello, Nǐ hǎo, 你好,

I am writing this from my new home away from home in Taipei, Taiwan. I arrived in Taiwan on January 18<sup>th</sup> with my husband Dave, who will be working here for the next four years. It has been an interesting experience to make an international move during a global pandemic. The last six weeks of transition has included ups and downs, new swim experiences and many hopes for the next four years.

After a 14-hour flight, we landed at the airport in Taipei. Before leaving the airport, we had to move through a series of stations including health checks and registering our phones with the government for tracing purposes. When we arrived at our hotel, we were whisked up the back elevator to our room where we spent the next 14 days in quarantine, never leaving the room. Three meals a day were delivered outside of the door. We were contacted daily by the government to check our health status. If you leave the room, you are fined heavily. At first, I was able to enjoy the freedom of having nowhere to be and no meals to cook. Then restlessness set in. The restriction of not being able to open a window for fresh air or walk farther than 16 steps across the room for 14 days became confining. Lots of reading, Netflix, puzzle building and people watching from the window filled the hours. That was a unique experience that I will never forget and hope to never repeat.

On February 2<sup>nd</sup> we left quarantine. The warm breeze and walking around city streets felt so good. Because of the diligent COVID-19 prevention procedures, Taiwan is essentially Covid free. Everything is open and life is relatively normal. There is no social distancing. Restaurants are full, the MRT subway system is crowded, and shops and markets are bustling. People are shaking hands and giving hugs. Best of all, the pools are open with no time limits or reservations required. Sharing lanes is allowed. The first day out of quarantine I was able to swim in the rooftop pool of my new hotel. It was almost 25 yards long, had 3 lanes, and music playing. I was thrilled to be swimming again!

Swimming has become a big part of my life over the last



*Marcie Adelman by the pool where she now swims*

seven years. Before my move and pre-Covid times, I was swimming consistently at Stafford Hills in Tualatin with the Master's team. They are a fun group of supportive and encouraging swimmers and friends. They have helped me gain confidence as a swimmer and competitor. I grew up swimming on an AAU club team in Florida and swam through high school. Over the years I swam off and on, but it had been 30 years since swimming consistently, and my first time ever with a Masters group. While I really loved attending Masters practices, I wasn't so sure about trying a swim meet. My team gently nudged me to give it a try. I swam in my first Masters meet in Newberg seven years ago. It was both terrifying and exhilarating at the same time. It felt like an accomplishment and reminded me of my younger days as a swimmer. Since then, I've made it a goal to swim in a few meets a year as motivation to work harder and swim faster. A highlight was swimming at Summer Nationals in Gresham in 2016. It was a high energy, exciting meet and fun to see teams from all over the United States come together to compete. With pools closed this summer and no meet opportunities, I began swimming consistently in Lake Oswego and developed

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## Swim Bits

by Ralph Mohr

A doctor I once saw loved the Finns. Finland has a homogeneous population, not too large (five and half million), and medical record-keeping that goes back to at least 1910. Finland is perfect for longitudinal studies on health, diet, and practically anything else you'd want.

A recent article in "Scientific American" (January 2021, p. 24) describes two new studies about physical and cognitive aging in Finnish adults born in 1910 and 1914 with those born 30 years later. Then the same age groups were compared to similar Finnish age groups (not the same people) in 1989-90 and 2017-18.

You might ask what does this have to do with swimming? One, we are all getting older. Two, the later groups were clearly superior in all physical and cognitive tests.

I quote: "The later-born group could walk faster, had a stronger hand grip and could exert more force with their lower legs. Such metrics are reliable predictors of disability and mortality. On cognitive tests, the later cohort had better verbal fluency, ... and scored higher on a test matching numbers to symbols."

Now comes the question: Why?

The obvious answers were improved medical care and a drop in smoking since 1910. The biggest factors, however, were that "the later-born adults were more physically active and had bigger bodies, which suggests better nutrition."

This describes swimmers perfectly. We're doing the right things to live longer and to be healthier in older age. We exercise regularly and are careful with our diet for the most part.

The article continued: "For brain function, the key seems to be more years of education." The US National Institute on Aging agrees.

The Scientific Director of the Institute points out that more education leads to larger income, better access to medical facilities, good nutrition, and a job that is not wiping out your body. All this seems obvious to Masters swimmers, because our demographics match these criteria very well.

I will leave it to others to link the above to what we should be doing as a nation to help everyone in this country live longer in good health. For Masters swimmers, keep doing what you have been doing: swimming, eating well, and continuing to learn something.

---

## Memories of Tom Landis—OMS Members

**Arlene Delmage**—Really makes me sad but I will try to focus on the light he has shone on this world.

**Kermit Yensen**—RIP Tom. His, and Maddie's postings on Caring Bridge were inspirational insights into dealing with a life-threatening challenge in a positive, clear-eyed way. I will miss Tom.

**Sandi Rousseau**—I am so very sad to hear this. I considered Tom a very special person and one who openly shared his battle with cancer, and his philosophy in dealing with it.

**Joy Ward**—He was a warrior and very positive. I will miss him very much. RIP Tom. Have fun in that 50-meter pool with all the other greats we have lost. My prayers to Mad and family. He will be missed.

**MJ Caswell**—I am very sorry we have lost such a brave

spirit. I hope his family and friends will be comforted by their memories of him.

**Kevin Cleary**—I'm saddened to hear about Tom's death. Tom was a regular at meets and events when I first started Masters swimming. He was always kind and I really looked up to him. RIP.

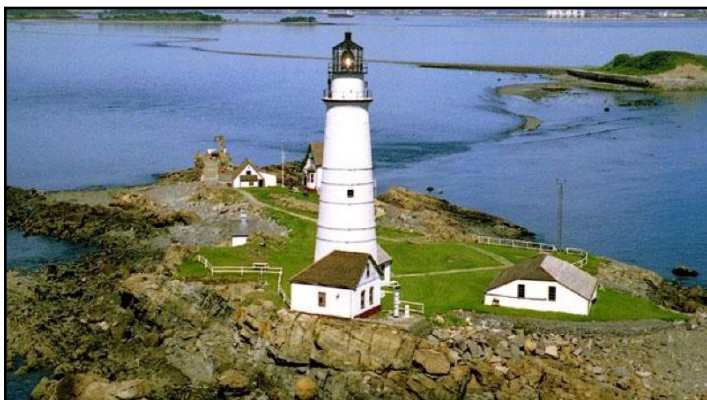
**Doug Brockbank**—I just heard that Tom lost his long battle w/ Cancer, and am still trying to dry some tears. I've enjoyed many long conversations and visits with him over the last 10 years—especially at Foster and Elk Lake—and will miss him terribly. I've come to admire him deeply for SO much more than his incredible swimming career. He had become a truly wise and caring friend. Masters Swimming has lost a legend for the ages, and I feel honored to have known such a man. Not that I needed a reminder of how precious swimming friendships are, but it nevertheless reminded me of how much I appreciate you.

# The Boston Light Swim

by Joe Oakes

We all know that the oldest and most famous marathon run in the USA is the Boston Marathon. The 26 mile-365-yard race starts in the small town of Hopkinton and finishes in downtown Boston. It has been contested annually on Patriots Day since April, 1897. Every year thousands of men and women from all over the world apply for an entry after meeting the rigid time qualifications.

But can you name the oldest open water swimming event in the USA? A Bostonian would not have to look far for the answer. It is the Boston Light Swim. Sounds like a diet beer? Ships coming into Boston have to navigate around a series of islands in Boston Harbor. Several miles from downtown Boston is a lighthouse on Little Brewster Island, said to be America's first lighthouse. It was built long ago to guide ships around those islands and safely into the harbor.



*Little Brewster Island Lighthouse*

One hundred and fourteen years ago (1907) a group of local swimmers thought that it would be a good idea to put on a swim race from the lighthouse into Boston, finishing at what is known as the "L-Street Brownies" clubhouse. (You may have heard of the Brownies' annual New Year's Day frigid Polar Bear ocean swim, the grandfather of polar bear swims.) The distance is at least eight miles, depending on your route, always done on a rising tide. The course takes a swimmer on a zigzag route around several of the offshore islands, where rip currents can be brutal. In the summer the water temperature is in the low fifties. All swimmers must have pilot boats accompanying them for navigation and for safety. And like the English Channel, no wetsuits. Does it sound like fun?

There is an easier way to do it. If there is room, the organizers allow a few relay teams to participate, and that is how I was able to be a part of the swim. There were six of us on our team. No one was a great swimmer, but we were all good enough and looking for a great day in the water. It went 'swimmingly' until one of our swimmers (not me) got turned around in the gyre of currents off an island. It cost us a half hour of laughing to catch up.

A couple of years later I had the pleasure of crewing for Beaverton's Michelle Macy, a very strong distance swimmer, who entered the Boston Light Race as a solo swimmer. We motored out to the lighthouse on Little Brewster Island and dropped anchor as Michelle swam to the shore start. On the shore the swimmers were nervously fidgeting, jumping up and down to keep warm, anxious to get moving. At precisely eight AM the starter's gun went off. **BAM!** The swimmers hurried into the cold water, flailing away to hook up with their pilot boat. They would be flailing for a long time. My job was to be on Michelle's pilot boat and help to find the best currents for Michelle, and from time to time give her sustenance. From the beginning she led the pack and she stayed there for seven miles. Every half hour she was given her feedings. She was feeling good. Michelle was eating away at the miles keeping a steady pace and a good lead. All of a sudden, we spotted a pair of swimmers, two young men swimming together from one boat. Their boat was not far behind us and closing the gap fast. It was clear that they were taking turns drafting off each other to save energy, a rule violation. Shortly before the finish at the Brownie's Pier, they overtook Michelle, coming in first overall. Michelle officially finished in second place, the first woman.

There were two things wrong with what those guys did. First, there is supposed to be one swimmer to a boat, and this boat had two swimmers. Second, drafting is cheating, pure and simple. I asked Michelle about it: Should I post a protest? She smiled and told me that she had come to Boston to swim, she had a great swim, and that it was not important to her to enter a protest. Michelle is a class act. Then we went into town for a big bowl of clam chowder.



*Michelle Macy*



# More “Green Dragons”

by Elmer Humphry

*Editor’s Note: When I talked with Elmer at Costco he said he wanted to send me some material on the Green Dragons, and asked for my address. I wrote it on a product wrapper in his shopping cart. A letter arrived a few days later telling more about the Green Dragons, a fleet of 32 ships, which worked independently. He was assigned to one of them. Below is his letter. You may want to re-read the previous article from the March, 2021, issue, for reference.*

There is one little thing you might not know for openers.

There are two main fleets in the navy;

- the battle fleet with ships – of the line such as in battleships, aircraft carriers, cruisers and destroyers
- the auxiliary or “A” fleet, with tankers, supply and troop ships, each with identifying letters and number.

The APD’s were originally DDs, or destroyers, built around the early 20th century and WW I. Their new assignment in WW II, from retirement, resulted in some redesigning. These ships had two engine rooms, two fire rooms each with two boilers. The boilers in the front, number one fire room and the two forward smoke stacks were removed. The now empty fire room became a living compartment for small troop occupancy. Most assault armament was removed and four Davis davits were installed, two on each side of the ship, for four landing craft. Combat engagement was not the purpose of an APD. If you read the flyer completely you can tell that this special fleet operated all over the world and in places you never heard of. They are there. (flyer is on the next page)

Probably no two ships operated the same. We worked with the Third Marine Raiders and the Fourth Underwater Demolition Team on pre-invasion necessities. The ship was camouflaged to the extreme and the crew dress was standard navy dungaree but everything we wore...everything...was dyed black. And, although the ships company was not part of the Special Forces per se, we worked closely together and we always wore a Marine Kay-Bar combat knife to cut rigging and

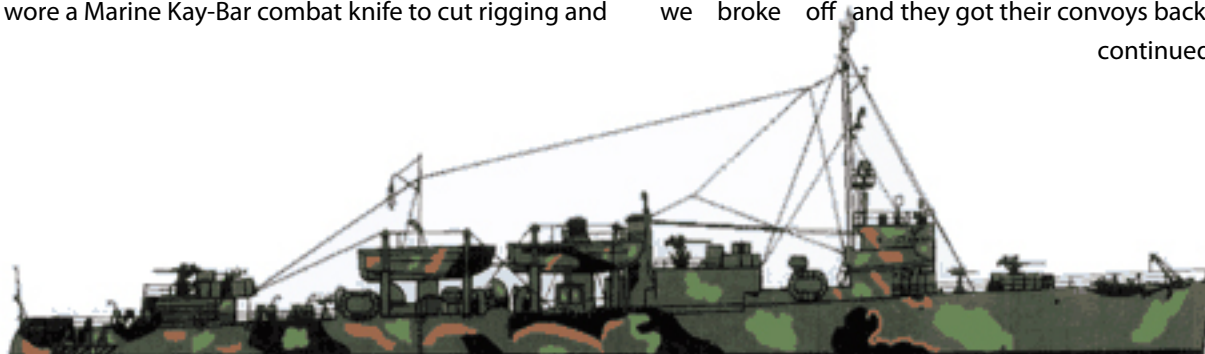
anything else that got in the way.

The U.D.T.s were all breath divers...Scuba had not yet been developed by a French sole-mate who got tired of holding his breath. Their gear was a face mask, an oversized snorkel, normal beach swim trunks and regular swim fins. I always get a kick out of the reaction I get from almost everyone when I mention “no scuba” It is almost universal. “No scuba?????”

We operated a lot in fading light or dark and our signalmen communicated with an Infrared system which was not visible to outside observers. Sneaky, sneaky. Radar and sonar were in their infancy but I won’t go into that.

There was one side point. Ordinarily ships like ours, small and aged, would have a middle ranked officer as the Skipper. Our skipper was a high, top-drawer Commander, the reason -apparently because we did sneaky work in unusual locations and decisions had to be made on the spot depending on the situation. He couldn’t call home for help. It showed up sometimes when we were at sea, going from A to B, and we would join a convoy going the same way just to add strength to the unit. These convoys were usually formed with newer, bigger, prettier ships, but convoys are commanded by a lead ship skippered by the S.O.P. A. -- Senior Officer Present Afloat - and our skipper, with our old, beat up expendable junker, always out-ranked any of them so we hoisted the proper pennant to the yardarm and took command, much, we hoped, to the exasperation of the other ships. When we got to where we were going, we broke off and they got their convoys back.

continued on next page



**A highly camouflaged Green Dragon like the one Elmer was on. Notice the davits on the side.**



Davits



Elmer sent me this copy of a plaque that is dedicated to the crew members of the 32 "Green Dragons." You can see the locations where the "Green Dragons" sailed and worked.

## Area of Operations

Pearl Harbor – Aleutians – Solomon Islands – Dutch & British New Guinea – Bismarck Archipelago  
 Marshall Islands – Western Caroline Island – Marianas – Philippines – Iwo Jima – Okinawa – Italy & Southern France

Pearl Harbor  
 Dutch Harbor  
 Atka  
 Adak  
 Kiska  
 Attu  
 Sitka  
 Chernofski  
 Kodiak  
 Nome  
 Guadalcanal  
 Tulagi  
 Russells  
 New Georgia  
 Enogai  
 Onaiavisi  
 Rendova  
 Rice Anchorage  
 Vangunu  
 Vella Lavella  
 Viru  
 Munda  
 Treasury  
 Mono  
 Sterling  
 Bougainville  
 Emirau  
 Green Is (Recon)  
 Green Is. (Land)

## The Four Stack APD Veterans of World War Two

Dedicate This Plaque To  
 The Crew Members Of

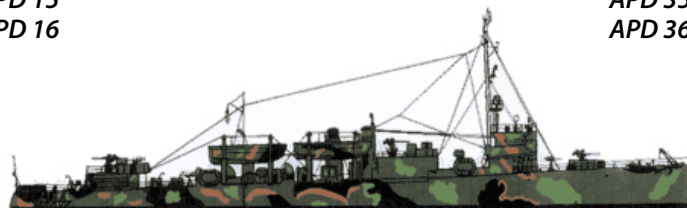
### The Thirty Two "GREEN DRAGONS"

*Who Sailed In Harms Way*

201 Battle Stars  
 262 Engagements  
 8 Navy Unit Commendations  
 7 Presidential Unit Citations  
 Numerous Individual Awards

APD 1  
 APD 2  
 APD3  
 APD4  
 APD 5  
 APD 6  
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 APD 31  
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 APD 33  
 APD 34  
 APD 35  
 APD 36



Elbe – Pianosa – Levant Is. – Port Cros – Hyeres Is.  
 ASW Assessments & HUK Group Operations

New Britain  
 Hollandia  
 Cape Torokina  
 Cape Gloucester  
 Sarmi Pt  
 Biak  
 Arawe  
 Lae  
 Aitape  
 Admiralty Is.  
 Kwajalein Atoll  
 Marjuro Atoll  
 Palau  
 Saipan  
 Guam  
 Tinian  
 Leyte  
 Ormoc Bay  
 Luzon  
 Mindoro  
 Lingayen Gulf  
 Manila Bay  
 Bicol  
 Subic Bay  
 Nasugbu  
 Mariveles  
 Corregidor  
 Iwo Jima  
 Okinawa Gunto

## FAST DESTROYER TRANSPORTS OPERATING IN SUPPORT OF

Marine Raiders – Under Water Demolition Teams – Special Service Forces  
 Army Rangers – Airborne Troops – CBs – Australian Commandos – Fiji Is. Scouts – Coast Watchers

## TOM LANDIS

continued from page 1

What do I mean about suffering, you ask? There are lots of definitions, but for an athlete it can be injury, muscle pain or, most of all, aerobic. For me, pushing myself to the limit aerobically is suffering, even though I have done it all my life and get satisfaction from the sense of accomplishment it brings.

This is something all athletes learn. Heavy exertion may not be much fun, at least for me it's not, but great rewards can be realized, whether they be climbing a high peak, surfing a big wave or setting a world record in swimming.

Some athletes enjoy pushing the limits, enjoy working out, because they get an "endorphin high". I have never experienced such, so workouts and suffering aerobically are always a drag. For me, the motivation has always been the competition, whether against person or nature, and I have busted my butt to accomplish my competitive goals. Now I can't really even work out. I am still competing, but against diseases that are out to destroy my lungs. Eventually they will get me, but I'm competing as hard as I can to put off that day as long as possible.

Sixty-five years ago I started to learn about suffering on a boy scout backpack trip. It was my first long trip, seven days in the High Sierra. The first day we climbed Piute Pass, seven miles and about 2,000 feet elevation gain. As my backpacking "career" has progressed through adulthood, I realize that it is one of the easiest passes, but on that day it kicked my 14 year old ass. I suffered getting over and might have just lain down by the trail if older scouts had not been there to goad me on. Our route was ambitious, entailing two more passes much harder than Piute. The younger boys, of which I was one, were so slow that the leaders eventually threw in the towel, shortened the trip and retreated back the way we came.

Not a very auspicious beginning to my backpacking career. Since then I have learned to gain fulfillment from pushing myself physically to get over high passes. I've been over Piute Pass many times. I've had to goad a lot of kids over many passes, the same way older boy scouts encouraged me. I took particular pride in watching teenage girls who had never really pushed themselves physically morph from whiney wimps to studettes as they learned to push themselves aerobically. My mantra: "You can make it! All it takes is a little suffering!"

Ten years ago Mad and I decided to do a 10 day trip starting over 11,352' Taboose Pass. I had avoided this pass through-

out my adulthood because it is such a bitch. Go figure why I waited until 69 years of age to attempt it. It's around 10 miles and 6,000 feet of elevation gain, starting at relatively low elevation in Owens Valley and climbs all the way up to the Sierra crest. We were in great shape, having done two 10 day backpack trips right before that. We did the whole thing in one day, grunting our way up, up, up. Slowly, step after step, cursing the 45 pound pack on my back with ten days' worth of food therein. Talk about heavy breathing as the air got thinner too. In this sort of situation one is always on the aerobic edge, setting a pace that can be maintained hour after hour. I was totally spent by the time we got over the top and found a campsite down a ways on the other side. [Mad: we ate a celebratory piece of Jane's pan forte on top!] But the exertion, the aerobic suffering was worth it. Never mind that the next day we only hiked two miles in recovery mode. What great memories!!



Why am I telling you all this? It's because at 68, for my age, I had super human lungs, but now I don't. It's because day before yesterday I walked a three mile flat route along the river and by the time I got home I was almost as tired as I had been ten years previously when I topped out Taboose Pass. It's because I want to put into perspective for you what age and disease can do to diminish one's power.

I don't want you to think I am complaining; I don't want you to feel sorry for me. It's just what is. And I am trying to live my life with gratitude for what I have right now. I have so many great memories about suffering for lofty goals. That they are only memories that I cannot duplicate anymore is okay.

Some of you like it when I open a window into my head, my mental state, when I get off on tangents like this that don't have a lot to do with the details of my medical challenges. Whatever you may get from my ramblings, I love you all for your caring support and wish you a happy, healthy new year!



*Mad and Tom—Thanksgiving, 2020*

## OFF THE BLOCK

continued from page 3

6) Angioplasty is performed over 1 million times annually in the US. During this surgical procedure a balloon-tipped catheter is passed into an area of severe artery obstruction. Inflation of the balloon bursts the fibrous plaque, which is the intention. But an unwelcome consequence is that this “plaque rupture” releases “products of injury” which cause the formation of artery-occluding blood clots. As a result, half of the arteries so treated become completely closed down within 5 months of surgery. One potential solution to this expected complication has been the placement of a wire mesh stent to prop the artery open after bursting the plaque with the catheter. Unfortunately stents fail patients too. The bottom line is: any prospective customer of the heart surgery business needs to know that 8 out of 8 studies show angioplasty, with or without stents, does not save lives.

7) Surgery to bypass partially obstructed arteries is performed on 400,000 people annually in the US. The benefits for survival and improving the quality of the patient’s life from employing this operation are questionable. Brain damage caused by being attached to the heart-lung machine for hours should be expected. The primary reason heart surgery (angioplasty and bypass surgery) does not save lives is that the operation is performed on the stable fibrous non-lethal plaques—and nothing is done for the volatile tiny pustules that suddenly rupture to form occluding, and lethal, blood clots.

8) Both heart artery surgeries can relieve chest pains from closed arteries and this may be a reason to do either operation. My preference would be for an angioplasty, rather than major bypass surgery when the patient suffers from incapacitating chest pains unrelieved by good medical therapy. Medications, such as nitrates and beta blockers, can effectively relieve chest pains, and should be a part of a patient’s initial medical care, rather than them being rushed off to surgery—as is almost always the case.

9) Medications can be helpful in preventing artery closure and saving lives. One baby aspirin (81 mg) daily will “thin the blood” and reduce the risk of a blood clot forming when a pustule ruptures. Cholesterol-lowering medications, such as statins, may aid in the healing of the arteries and have a small effect on reducing the chances of a stroke or heart attack. Both medications should be reserved for use in people at very high risk for artery closure—such as those with a history of a previous heart attack or heart artery surgery. Unfortunately, most

doctors have been trained by drug companies to dispense these drugs as if they were harmless and universally beneficial.

10) Get the hamburger out of your chest. Changing to a plant-food based diet will cause a 90% reduction in the frequency of chest pain episodes (the primary reason for heart surgery) in less than 3 weeks. Over months, actual healing of the artery disease (reversal of atherosclerosis) can be demonstrated in almost all patients who follow a low-fat, starch-based diet. The overall result is a much healthier person with the very real likelihood of never doing business with doctors and drug companies again.

Sign up for Dr. McDougall’s newsletter at: <https://www.drmcDougall.com/health/education/mailings/>

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## COACHES CHAIR

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much of an emphasis on their arms and upper body. I see this on a daily basis, and every time I coach a meet with newer 10-unders: they’ll take seemingly thousands of strokes per length, with their legs dragging behind them, doing nothing.

When high-buoyancy racing suits were banned after the 2009 World Championships, coaches and swimmers needed to find a way to compensate for that lost buoyancy.

Enter a greater emphasis on training the kick. It took several years, but eventually, swimmers blew through the 40-odd records that were set in those illegal suits, and out of an unfortunate situation and circumstances, our sport evolved.

Breathing, streamlines, and kicking are three essential basics that anyone, from the casual lap swimmer to the elite, must master.

The next time you watch races at a high-end meet, keep an eye out for these, and take note of how easy and effortless those athletes make them appear! That apparent ease is earned over many years of training and dedication - the work ethic that I described in my previous article.

Next month, I will build on this and conclude this series of three articles!

## SWIMMER SPOTLIGHT

continued from page 6

a greater love for open water. Masters swimmers from Stafford, as well as some new friends, met regularly for swims in the lake. It was beautiful and serene in the mornings. Those swims helped me to stay positive through the days when Covid was taking so much away. A highlight was swimming half the perimeter of Lake Oswego with a Stafford Masters group, and then a month later the whole 5.5-mile perimeter. That was a fun challenge that kept me motivated to keep swimming through the summer.

After five long weeks of transitions, we moved into an apartment on February 25. I am starting to feel more settled in my new home away from home. We are learning our way around, and attempting to learn some basic Chinese. This is a slow-going process, but my experience so far has been that the people are very kind, helpful and patient in general, especially with my attempts at speaking Mandarin. Because of my love for swimming, my hope was to live near a pool. There are many in the Taipei area, and thankfully that ended up working out. We live 2 blocks from a local swim center that has a 50-meter outdoor pool and a 30-meter indoor pool. It is pretty rustic and in need of some TLC, but it's been great to be able to walk to the pool and have an indoor/outdoor, long course/short course option with no time limits or required reservations. This almost makes the two weeks I spent in quarantine worth it. Unfortunately, there is no Masters or organized team for adults at this pool to swim with. A few days before I left for Taiwan, my Stafford teammates presented me with a creative binder of laminated swim workouts. I have been taking these with me to the pool as my motivation. It includes a traditional custom birthday workout, which I swam on my March birthday. Swimming alone is not the same. I am missing my teammates.

I hope to eventually find a community of swimmers here in Taiwan, as well as try some open water swimming. While I haven't heard of any Masters groups, I was told there is a triathlete group that swims together in the summers. There is an annual lake swim event in September called the **Sun Moon Lake International Swimming Carnival**. It's a 3000-meter cross-lake swim with over 10,000 swimmers participating from all over the world. I would like to swim in that event and some meets if possible. Taiwan's island landscape with its mountains, lakes and beaches is beautiful and will be fun to explore. I'm excited to learn more about the culture. When quarantine is lifted, we hope to travel to other countries in Asia.

Two years ago, I joined the Jesuit High School Swim Team as a varsity assistant coach. I enjoyed this new role coaching

high school swimmers, sharing what I've learned, and encouraging them in their swimming and competing. We have 2 children, Lauren and Ryan, who attend college at Boston University and University of Alabama respectively. We have a beloved golden retriever, Tebow, who is living with friends while we are gone. I'm thankful to still have a home in Oregon to come back to, for summer and winter breaks.

Happy Swimming in 2021!

2021 Nián kuàilè yóuyǒng 年快樂游泳

Zàijiàn, 再見



*Sun Moon Lake International Swimming Carnival.*



*Marcie Adelman standing on a busy street in Taipei*

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

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category
Sun 16 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured
<b>POSTPONED until Sun, October 3 (note change in date)</b>							
Sat 26 June	1	Foster Lake Cable Swims (Sprint Swims)	Sweet Home	COMA	Bob Bruce	2-mile cable [USMS Champs] 1-mile cable	Featured Featured
<del>Sun 11 July</del>	<del>1</del>	<del>Portland Bridge Swim in the Willamette River</del>	<del>Portland</del>	<del>PBS, LLC</del>	<del>Marisa Frieder</del>	<del>17 km downriver (individual &amp; relays)</del>	<del>Featured</del>
<b>CANCELLED</b>							
<del>Sat 17 July</del>	<del>2</del>	<del>Southern Oregon Swims at Applegate Lake</del>	<del>Ruch</del>	<del>RVM</del>	<del>Todd Lantry</del>	<del>2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter)</del>	<del>Qualifying Qualifying</del>
<b>CANCELLED</b>							
<del>Sun 18 July</del>						<del>10,000-meter [USMS Champs] 1500-meter 3 x 500-meter Pursuit Relay</del>	<del>Featured Featured Participation</del>
<del>Fri 30 July</del>	<del>3</del>	<del>Cascade Lakes Swim</del>	<del>Bend</del>	<del>COMA</del>	<del>??</del>	<del>3000-meter</del>	<del>Qualifying</del>
Sat 31 July		Series & Festival at Elk Lake				500-meter	Qualifying
<b>One Day!</b>						1500-meter [Ass'n Champs]	Featured
<del>Sun 1 Aug</del>						<del>5000-meter 1000-meter</del>	<del>Featured Qualifying</del>
Sat 14 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured
Sat 11 Sep	1	Southern Oregon Swims at Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured

Swimmers must participate at three venues 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.

# 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

**NOTHING SCHEDULED**

### Open Water Schedule (see page 14)

## Quote for the month. . .

*It's not pain, it's exercise-induced discomfort.*

*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](mailto:financialwizard2@comcast.net).*