



Aqua Master

Award-winning newsletter of Oregon Masters Swimming

"Swimming for Life"

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Eel Lake Swims

by Ralph Mohr

The Eel Lake swims August 14-15, were a weird weekend. Wednesday night before the meet, I received a phone call from Bob Bruce who was supposed to run the paper half of the meet. I usually do physical setup and swimmer safety. He'd had a heart problem while swimming that day in Bend and was calling from the hospital. We decided to officially cancel the meet as of Thursday AM.

On Saturday I showed up anyway because we had over 30 swimmers still at Eel. Some had rented yurts in April. Others wanted to avoid the smoke and 100°+ temperatures east of the coast. So we gathered together at the usual spot, I gave a safety speech, and off we went in various directions on Eel Lake.

I swam across the base of the peninsula, with some newbies to open water swimming, to the far East bench point 1000 meters from the boat ramp, and then treaded water for a while watching swimmers come and go.

We had three safety craft, a McKenzie River row boat, a kayak and a paddle board. They split up duties following different groups. The McKenzie boat came over to the East arm. The other two craft were on the West arm.

Swimmers were mostly in groups of two or four. I knew who the singletons were. Everyone was checking everyone they were with, and were careful where they went. It was wonderful on a sunny, windless day.

Finally I swam back to the beach and asked if Ed had come back, the only person I wasn't sure of. He had returned. It had been a glorious day! We then decided to swim Sunday, 9 AM.

I brought my boat Sunday, and 12 swimmers had stayed around for another day's swim. I gave the shortest safety speech on record. "Whatever you did looking out for each other yesterday, do it again!" Everyone laughed.

The biggest decision was who might want to go all the way to the end of East arm and back, 8000 yards total. Two did, Sue Phillips and Todd Lantry. Four others went 2500 yards up and back the East arm, 5000 total. The rest went up the West arm or across the base of the peninsula again.

I rowed with the East arm swimmers, more than two hours of swimming. Todd and Sue had put water and bars in their orange floats for the turn-around and back they went.

We did a head count again, cleaned up the starting site, and went home. I personally had a great time with spur of the moment swims both days. Open water swimmers are thoughtful, careful, co-operative and reasonable.



A Great Blue Heron—one can see much of nature on an open water swim—beautiful! Photo taken by Jen Allender, Pat's sister-in-law.

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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

Tex-Mex Potatoes

By Mary McDougall

Serves: 6
Prep Time: 20 min
Cook Time: 40 min



Ingredients

6 Large red potatoes
2-15 Ounce Cans Pinto beans, drained and rinsed
4 Ounce Can Green chilies, diced
1 Cup Fresh salsa
1 Onion, chopped
1 -2 Cloves Garlic
1/4 Cup Fresh cilantro, chopped
1/2 Tsp Chili powder
1/2 Tsp Cumin
1 Tomato, chopped
1/4 Cup Corn
2 Green onions, chopped
Taco-Tofu Topping (optional)

Directions

1) Preheat oven to 375 degrees. Scrub the potatoes and cut lengthwise into wedges. Place on a baking sheet and bake until lightly browned, about 40 minutes.

2) Meanwhile, combine the beans, salsa, chilies, onion, garlic, 2 tablespoons of the cilantro, the chili powder and cumin in a saucepan. Cook over low heat about 15 minutes. Combine the tomato, corn kernels and the remaining cilantro. Set aside.

3) To assemble: Place the baked potato wedges on a serving platter. Spoon the warm bean mixture over the potatoes and top with the fresh tomato mixture. Garnish with several tablespoons of Taco-Tofu topping, if desired.

Hint: Frozen corn kernels may be used in this recipe. Thaw under cold running water and drain well before using. To make a delicious Taco-Tofu topping, process 1 package

of lite silken tofu in a food processor until very smooth. Transfer to a bowl and combine with one package of taco seasoning mix. (Bearitos makes a wonderful taco seasoning mix.) Chill for several hours for the best flavor. This also makes an excellent dip for cooked, chilled potato chunks or raw vegetables.

Banana-Strawberry Delight

By Mary McDougall

A delicious, thick, pudding-like dessert that is even better made with fresh strawberries when they are available. Use about 2 cups of fresh sliced strawberries in place of the frozen ones.

Serves: 8
Prep Time: 10 min
Cook Time: 20 min

Ingredients

4 Ripe bananas, cut up
1 1/2 Tbsp Lemon juice
16 Ounce Package Frozen, unsweetened strawberries, thawed
2 Cups Water
1/2 Cup Quick-cooking tapioca

Directions

Place bananas and lemon juice in blender jar. Blend until smooth. Place banana mixture in saucepan. Add the thawed strawberries and their juice. Add water and tapioca. Mix well. Let stand 5 minutes. Heat to boiling, stirring frequently. Remove from heat. Let stand for 20 minutes. Then stir and spoon into dessert cups. Refrigerate until chilled, about 2 hours.

HELPFUL HINTS: Try frozen raspberries instead of strawberries. While mixture is cooking, gently crush berries against side of pan to release more flavor and color.

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Make a plan for a realistic balanced fitness

January and September are usually the two months of the year where the most people are attempting to start a new fitness program and get into shape. This year is no different but with the spread of COVID still looming, you still need to be ready for sudden changes and restrictions which may happen, competitions and gatherings which may be cancelled and despite all this, still stay the course.

If you have not been active these last few years, make sure your path to fitness is realistic and achievable. Don't plan to work out seven days a week if you are just starting out. Under that scenario, if you are very motivated and strong-willed, you may last 2 weeks, and most of us will last about one week. Your body needs time to adjust to the new regimen and recover. Probably three times a week (for consistency), and for 20 to 30 minutes (with no more than 10% increase per week) might be enough. There is no worse fitness plan than the one you just quit because it was too hard and not enjoyable.

Your plan also needs to be balanced, which means you are hitting all key fitness components: cardio, strengthening and flexibility.

Cardiovascular exercise will improve your heart, lungs, circulatory systems, muscles, mental health, sleep and more. It will improve your entire body's physiology, and swimming is a prime example of a cardio exercise. To benefit from it, ideally you need to perform sustained aerobic activities for a minimum of 20 minutes. If you are just starting out, just swimming 20 minutes with as much rest as you need will do the trick, slightly increasing the intensity, time or distance while progressively reducing your rest in between. If you

are at a higher level of fitness, already used to swimming one hour or more, make sure you start including high intensity interval training to improve your speed and challenge your higher intensity energy system.

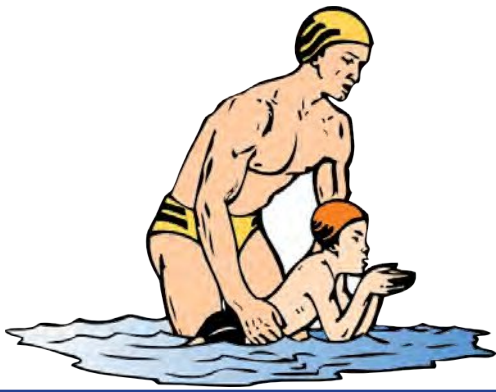
Strengthening: You need to challenge your muscles by lifting weights, moving your body against gravity, or using other resistance-training tools. In the pool it might just mean pulling with some paddles. However, if you are new to swimming, make sure your technique is good and your paddles are not too big to safely pull without getting injured. For the novice swimmer, I would recommend using small weights or stretch cords on land as a first step to strengthening exercises. Squats, lunges, step-ups, climbing stairs, and core conditioning are all staple exercises.

Flexibility: As we age, we lose elasticity in our tissues. This negatively affects our quality of movement, our postural alignment, and increases our risk for injury. To be able to swim correctly with good technique, you need effective flexibility, which means a good pain-free range of motion with stability and strength to support movement at the joint (some can be too flexible!). Incorporate movements that extend your range of motion as well as reinforce the muscles around your joints. If you cannot get into a streamline position or extend your arm in front of your shoulders on land, you will not be able to do it in the water. Are your ankles flexible enough to have an efficient kick? If not, attending a yoga or Pilates class can be helpful.

Before you start to design your plan to health and fitness, make sure you talk with your health care provider to assess your level of fitness and take care of existing health conditions. Once you have the go ahead, create a weekly balanced exercise plan, not too ambitious but consis-

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Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair

Slow is Smooth...Smooth is Fast

I would like to dedicate this article to a topic that has been on my mind for a while now: the importance of mastering techniques before learning to perform them fast.

When you begin to learn a new skill or technique – be it in the pool or otherwise – it is crucial that you take the time to teach your body how to do it properly before putting any real force behind it. Going through the motions in a slow and smooth manner will ensure that you understand the principles behind whatever it is you are trying to learn.

First, you need to ISOLATE the movement pattern.

Let's use the front crawl as an example.

A new swimmer should not attempt to side-breathe on freestyle before they have a firm grasp on what the arms and legs are supposed to be doing. Without proficient strokes, a side breath will most likely be ill-timed and throw the rest of the body even more out of alignment than it already is.

And without a strong kick, good luck on getting any of the above to come together, period. Each of the skills must first be learned in an individual, slow and controlled manner.

This takes a good deal of time and patience, and at first, it might seem like you are making little or no progress whatsoever, but there will come a time (oftentimes sooner than you think) where it will just click and feel better than ever.

Only then should you begin to COORDINATE your new skill with others. In most cases, putting two or more skills together creates a new one entirely. In our example, once a

swimmer has mastered both the flutter kick and arm strokes as individual skills, they are ready to combine them to create a new skill: the front crawl.

And once they have conquered the front crawl, they can begin to learn how to breathe to the side...first practicing it by itself, and then plugging it in to the full stroke.

All of the above is done slowly, with a keen attention to timing and detail. And even after all of the practice and preparation, a swimmer may not be able to move very far before they become too exhausted to continue with satisfactory technique. At that point, they enter the ESCALATION phase, that is, increasing distance and learning how to perform the stroke fast.

It is a matter of slowly building up some endurance, going a little bit farther each time and training the body to last longer, as well as learning how to swim faster while maintaining proper technique.

Having taught swim lessons and coached competitive swimmers for many years, I've encountered many teachers and coaches who rush their students through the skills, and add speed and distance to their lessons, hoping to appease both them and their parents by moving them on to the next level before they are ready. It only sets up future problems (including possible injuries) and unnecessary drama.

The same ISOLATE – COORDINATE – ESCALATE principle holds true for all athletes on the planet.

No two swimmers are alike. Each has their own strengths and weaknesses, and it is crucial that all parties – swimmers and coaches alike – understand this. Everyone

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Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

* = split



OR State Senior Games—SCY

August 22, 2021

Corvallis, Oregon

Results by swimmer or by club: <https://www.usms.org/comp/meets/meet.php?MeetID=20210822SRGAMEY>

Age Group	Event	Name	Age	Time	Record set
Women 70-74	200 Butterfly	Gettling, Janet	73	3:35.33	Oregon, Zone
Men 80-84	100 Backstroke	Hiatt, Chris L	81	1:26.04	Oregon



FIT TO SWIM

continued from page 4

tent and enjoyable, so you can easily stay with it. Measure your current level of fitness, set up small measurable and achievable goals, increase slowly and progressively the intensity and make sure to include time for recovery. Celebrate progress, be adaptable and most importantly have fun with it. You are on your way to a healthier YOU.

so don't be in such a big rush to learn a technique that you're not quite ready for.

If you do your due diligence and focus on the here and now – which could be something as simple as learning how to execute a proper flip-turn or do a perfect push-up – you'll find that it probably won't take as long as you think, especially if you're making the effort to appreciate where you're currently at.

Learning something slowly will result in smooth techniques, and it ends up being a lot more fun, too.

COACHES CHAIR

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progresses at their own rate. It is both unreasonable and unfair to compare one swimmer with another.

No two swimmers' circumstances are alike.

Everyone is on their own journey...take the time to appreciate where you're currently at, whether it's at home, work, athletics, or some other endeavor. Each stage is unique, and will likely never come again once you've reached the next one,

And throughout it all, a funny thing happens that probably won't make any sense right away, until you really sit down and think about it...or at least experience it over and over again. By going slowly and smoothly, developing proper habits and becoming a master of whatever stage you're at, you'll naturally be able to go fast, especially when adrenaline kicks in during your race.

Slow is Smooth...Smooth is Fast.

This is a concept that comes from special operators like the Navy SEALs, but holds true for anyone seeking to master any physical endeavor!

Swimmer Spotlight

—submitted by Karen Andrus-Hughes

Name: Vicky Buelow
Age: 40
Local Team: Oregon Reign Masters
Occupation: Public Health Data & Policy Analyst

I grew up on the eastside of Seattle and started swimming around 3 or 4 years old. My parents say they noticed my love for the water when we made our yearly family vacation out to Hawaii. When I was 5, my mom took me to St. Edwards pool in Kirkland, WA, to sign me up for synchronized swimming. Turns out you needed to be 6 years old to join the synch team, so she signed me up for swim team instead (phew!).

I spent my entire childhood swimming for Totem Lake Swim Team/WAVE Aquatics/Juanita High School. I remember when the King County Aquatic Center opened in Federal Way, and some of my fondest memories are hanging out with my teammates playing Uno and eating bagels in the hallways between prelims and finals of meets. I've spent a good chunk of my life at that pool.

I had the opportunity to swim in college, but I decided at that point I was done. I really struggled swimming with the senior group on my team, mostly because I missed or was late to so many morning practices. (Those who know me know that I am NOT a morning person, and if I am in the water before noon then you bet I'll have my poolside coffee with me.) Even though I didn't swim in college, I never let swimming get too far away from me. I swam for PE credits, did lap swim on my own, worked as a lifeguard and taught swim lessons throughout college and grad school.

I moved to Portland in 2005 and spent some years lap swimming at Columbia Pool. In 2008, I dislocated my shoulder when I fell off a skateboard. I remember I sat on the couch in a sling that summer and watched Michael Phelps get his 8 gold medals. I was over 30, had a bum shoulder, and realized I had become the perfect Masters Swimming candidate. I looked for a team that had evening practices (remember, I don't do mornings), found ORM and have been swimming with them ever since. At this point I have been swimming Masters almost as long as I swam age group. Before, I would have said that I was a butterflyer/IMer, but I've learned that I'm much better at the technical aspects/5th stroke (underwater dolphin) rather than

straight over the water swimming. I'm probably best at starts and walls over anything else – give me short course or give me death! And to this day I'm still not even sure how breaststroke works.

I have also learned that swimming is what I need to do to maintain my sanity, especially during these crazy pandemic times. There is nothing like diving in an outdoor pool on a sunny day – I absolutely live for those bouncing blue light reflections at the bottom of the pool. Though I'm fine with counting hairballs and bandages during the indoor season too. The goal is to keep showing up and remain present in the process of getting slower and slower. I'm definitely in it for the long-haul!

Outside of the pool I work as a data and policy analyst for the Oregon Public Health Division. I help collect and track alcohol, tobacco and cannabis-related data, and use it to help inform policy development and health communications efforts. I deal with numbers most of the day, so by the time I get to practice, my brain can't seem to keep count of anything over a 200. I'm also a warm-weather scuba diver and enjoy staring out into the deep blue nothingness under the sea (ocean life is pretty cool too).



Vicky Buelow



Vicky blasting off the block as a teenager.

Camaraderie

by Joe Oakes

We all have birthdays and each of us celebrates the day in our own way. My preference for my birthday celebration is taking a swim, often a memorable swim, in good company. So a group of comrades, fellow swimmers, joined me on September 6, Labor Day to have fun in the Columbia River for my 87th birthday. (My actual birthday is on the seventh, but I like to celebrate on Labor Day: It is my fantasy that my birthday has been proclaimed a National Holiday, maybe Joe's Day.)

Four other swimmers joined me boarding Mark's boat at 0730. Mark Sepulveda, D.C., had volunteered his boat and to pilot for us, and his wife Tracy took on the incredibly difficult job of staying on a board and guiding us all the way. We drew lots for our swim order, and I got lucky with the last leg.

Our route? At 0834 our first swimmer, Erin, went into the water by the north shore of the river, about a quarter mile east of the I-205 Bridge and swam the first 15-minute leg, passing off to Jillian after speeding under the bridge. (Like kids yelling when the car goes through a tunnel, we love to turn onto our backs and shout when we swim under a bridge. Nothing wrong with acting like a kid sometimes.) Jillian took us past the east end of the runway at PDX before tapping Dena for leg three. Dena brought the team as far as the runway tower at PDX, then came David, who got us in the vicinity of Broughton Beach where we had boarded the boat this morning. Finally, it was my turn to swim. We were about halfway to our end point. At my age I do not remember how to hurry: that was long ago. Long strokes, no intention of getting fatigued, enjoying the swim, I put in my 15 minutes and turned it over to Erin again for round two.

During the first half of the swim there were plenty of fishing boats at anchor in mid-river. Not easy to tell how successful they were. As it got later boat traffic started to pick up. Fishermen were speeding on their way home, either celebrating the



Swimmers and crew of the Birthday relay.

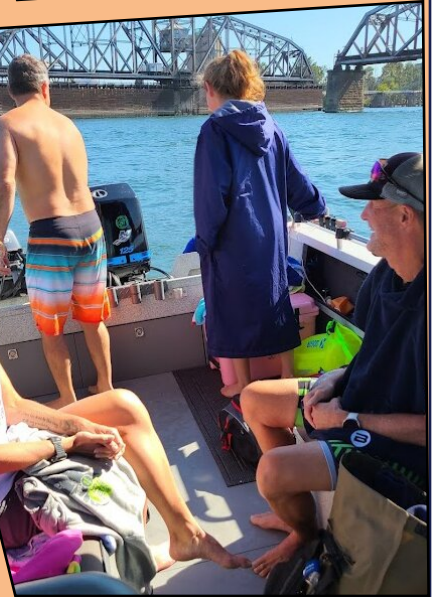
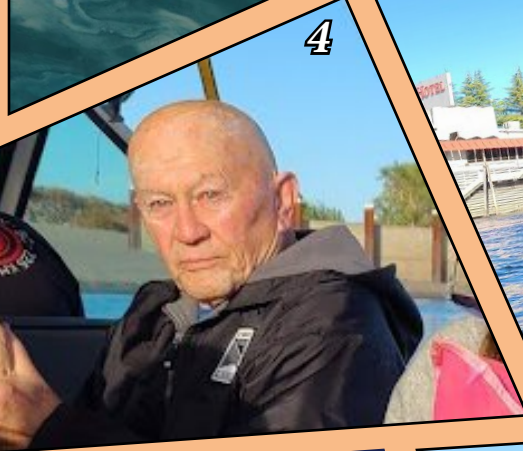
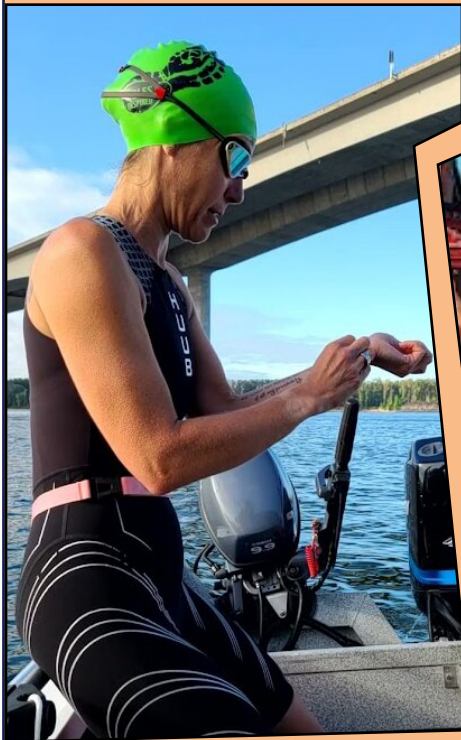
\$200 salmon that they had bagged, or angry because they did not bag one. Mark skillfully snaked us through the oncoming traffic. Erin, Jillian and Dena brought us closer and closer as we approached our second bridge. On David's second leg he relished the opportunity to swim under the I-5 bridge, turning on his back for the tribal yell. On my final leg I swam under the third bridge, the railroad bridge, and I got in my back-stroke yell.

Erin is a strong swimmer, and so is Jillian. The rest of us less so, but we were a *team*, each carrying our piece of the job. All the way, Tracy stayed close to each of us on her board as we put in our time in the water. Mark is a great pilot, and no one contributed more than Tracy. We swam, for sure, but because it was a relay, we did a lot of chatting in the boat. With five swimmers, this is how we handled it: The "Next-Up" swimmer had the responsibility of keeping a close watch on the swimmer in the water. The rest of us relaxed, snacked and yacked. Good company. That is a luxury that most swimmers do not experience, because our solitary sport does not often give us the time to chill with each other.

It was also a sightseeing tour. You would not believe the array of huge, magnificent mansions on the Washington shore, east of Vancouver. Some of them were more like high-end hotels. As we moved to the west, the mansions got smaller, finally morphing into condos and apartments. On the Portland side the size of the runways at PDX seemed much longer than what we experience in the few seconds when our plane lands. Just shy of downtown Vancouver there remain the bones of shipyards that built ships for the US Navy in WWII. Then the final two bridges, I-5 and the railroad bridge down-river from it. In the air above us Canada geese were on the move, ospreys were patrolling their territory, and swallows did the job of clearing the air of gnats.



Magnificent mansions on the Washington shore east of Vancouver



Camaradire

#1 The old guy climbing onto the board after his leg is me (Joe). That is how we got into the boat after our swims. The person in the background is our pilot, Doctor Mark Sepulveda, D.C.

#2 Our best swimmer was Erin. Note the orange float behind her. That serves two purposes. Most important it makes the swimmer very visible to boat traffic. Also, in case it is needed, it provides some flotation in an emergency.

#3 The happy smile is on the face of Tri-Girl Jillian, glad to be getting into the boat for a well-earned rest.

#4 The author, Joe Oakes.

Open Water Swimming in OR & WA



*Jayette Pettit, Doug Brockbank, Suzy Jajewski, Beth Martell
at Lake Merwin, WA*



*Doug Brockbank, Suzy Jajewski, Jayette Pettit, Beth Martell
at Lake Merwin, WA*



Mark Crosby, Jayette Pettit, Beth Martell, Arlene Delmage, Suzy Jajewski, and Doug Brockbank, enjoy a beautiful day on the Columbia River

Vancouver swimmers Mark Crosby, Jayette Pettit, Beth Martell, Doug Brockbank, Suzy Jajewski, and Arlene Delmage enjoy a beautiful day on the Columbia River. With fall rapidly approaching water temperatures in the area are dropping quickly. The “Wim Hoff” award goes to Mark Crosby and Suzy Jajewski. If you don’t know what that means, look it up!

Todd Lantry and Sue Phillips' 8k swim



Todd writes: "here are some photos from the 8K Eel Lake swim that Sue and I did with Ralph rowing along. Robin Bragg was also there keeping us company for a bunch of it. We had a great swim!"

The swim took them about 2 hours 28 minutes. Congratulations, Sue and Todd!



Correction

"Swimmer Spotlight" on Art Noxon, in the September, 2021, issue.

Art wrote that he was DQd for doing three strokes of "back fly". We edited it to read that he did three strokes of "double-arm backstroke."

That gave the wrong impression of what he really did. Double-arm backstroke implies that he dropped the dolphin kick for flutter kick, which he would never do. Art's "back fly" was what we would call a double arm backstroke WITH a dolphin kick).

Summary

Records & Results. . .

OR State Senior Games—SCY

Looking Ahead. . .

Pool Schedule

No Pool Meets are scheduled in Oregon

Open Water Schedule

Open Water Season has ended in Oregon

Quote for the Month. . .

Our goals and dreams should stretch, prod and challenge us. They should take us to our limits and beyond, forcing us to reconsider what we consider ourselves capable of.

—Michael Phelps

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

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.