

# Member News

Arlene Delmage sent in these pictures of swimmer activities. 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".*

