

# Davis Aquatic Masters

# NEWSLETTER

Box 921 Davis, California

April, 1982

## CALENDAR OF EVENTS

Monday, April 19	TAM Short Course Entries Due
Sunday, May 2	TAM Short Course; Novato
Tuesday, May 4	Travel Fund Committee Meeting 8:00 PM; 672 Flamenco
Tuesday, May 11	Board of Directors Meeting 7:30 PM; 752 N. Campus Way
Saturday, May 22	DAM Pentathlon; 8:00 AM Warmup 9:00AM Start
Sunday, June 6	Lake Berryessa, 2 Mile Open Water Swim
Monday, June 14	Reenrollment (Summer)
Friday, June 25	
Saturday, June 19	Walnut Creek Long Course
Sunday, June 20	

## THANKS

\*Special thanks to Allen Deyo, who has rigged up anchored and workable starting blocks for both our pools.

## VOLUNTEER NEEDED

We need a volunteer chairman to coordinate design, ordering and distribution of silkscreened team garments (caps, T-shirts, warmups, etc.) Interested individuals should contact a DAM Coach or Member/Director.

## "Dear Orca"

Dear Orca,

One of the swimmers who shares my lane regularly has breath like a dog. It is nauseating to swim with him/her. What should I do?

Signed, Suffering in the intermediate Lane

Dear Suff,

Without question there's a lot of inhalation and exhalation between tough repeats. Inhaling a lanemate's rotten breath can turn one's stomach. Discretion is the key in bringing up the subject to the offender. Two solutions to this matter are commonly accepted. Most common is writing the bad breathed swimmer's name with a thick magic marker on a bottle of mouthwash. The bottle is placed at the end of your lane as a surprise. If such a hint fails, a bolder approach may be necessary. After the coach explains a set and tells you to begin, ask the lanemate with halitosis a question about the coach's instructions, pretending you didn't hear. When they answer, reply, "OK, DOGBREATH," push off and swim like hell.

(Problems or comments to "ORCA," care of this newsletter.)

The Newsletter is published monthly, on the Monday following the meeting of the Board of Directors (usually the second Tuesday of the month). Announcements and other items must be submitted no later than 5:00pm the day after the meeting of the Board, or by special arrangement with Newsletter staff:

### THANKS AND VOLUNTEER NEEDED

Our thanks to Cindy Baier who has been typing the Newsletter. Cindy is planning to return to school and will no longer be able to type. So--- we need a volunteer typist.

What's involved? Type the Newsletter about every other month. It takes a couple of hours -- depending on how fast you type and how much news there is. We get the stuff on Friday night and try to get it typed sometime Saturday and Sunday and take it to be copied.

Access to an electric typewriter as needed. If your available (see next item), call Fran Zeman at 753-2118 after 8 PM.

### THE COACH PREACHES "PARTICIPATION"

Grateful as some of us are for the benefits afforded us through membership with the Davis Aquatic Masters, it is not often that we really stop to consider how lucky we at DAM are. Few masters swimming programs in the world have pool time year round, everyday. Fewer yet staff every workout with knowledgeable, experienced coaches. Fewer yet enjoy the benefits of facilities located within easy biking distance of 90% of their members homes or workplaces. And none share our ability to split expenses among 350+ members to offer all the aforementioned benefits for less than \$20.00 per month.

Monthly dues for comparable programs, of which there are admittedly few, are averaging three times more than ours. It's a blessing of security that we maintain such affordable rates in these times of inflation, budget cuts and unemployment.

Your DAM coaches, board of directors and special events chairpersons want to help keep our fees low. They can not do this though, without every member's aid. Each time you swim in, participate in or help run a team function, you help keep your fees down. Some of the financial benefits of your participation are obvious, others subtle but none-the-less important. Helping to time at meets or to run events where we benefit by entry fees have obvious consequences. Beyond the fees though, our having enough help to run an event quickly and smoothly causes more participants to show at our ensuing events. When we offer a good competitive experience to others, they spread the word and bring more participants with them (hence more entry fees!) when they attend the next time.

On a more subtle level, your participation in competitive events keeps your dues down too. Other teams notice when we reciprocate by attending their events like they attend ours. When we solicit sponsors for our events as team fundraisers, they are impressed by the number of participants we have from DAM at the different events. Sponsors want to be identified with a winner too. Each top competitor from our club is noticed, as are noticed the number of participants we have in the events we run. The notariety of sponsoring a winner is nearly as valuable as spreading your name amongst a 300 participant event in a sponsor's eyes.

Granted it takes some of your free time to work for or participate with DAM. Keep in mind though, your checkbook each time you volunteer to serve as a board member, chair an event or support group or even when you're on the starting block. You could be saving yourself some money.

### TRAVEL FUND NEWS

At April's Travel Fund meeting, the triathlon was again the main topic of discussion. The entry form was reviewed, and has been sent to the printer. This year's triathlon is planned for Sept. 25 and will be limited to the first 550 entrants.

### TRAVEL FUND NEWS (continued)

The various committees needed to run this event smoothly will be starting to form. If you expressed interest in helping in various areas (via the attachment to the reenrollment form) you will be contacted. The registration committee will be meeting April 20 at 8:00 pm at 646 Elmwood. In other news, 10 motel rooms have been reserved in Portland, Ore. for the Long Course Nationals August 26-29. If you're planning to attend Nationals and want a spot saved, contact Andy Kuniyuki, 753-4827. The next travel fund meeting will be Tuesday, May 4 at 8:00 PM at 672 Flamenco Place.

### MEET COMMITTEE REPORT

Considering all the stormy weather, the April 4 meet was successful. The Club made over \$200 and the meet ran very smoothly. Many thanks to all who helped and swam.

### First Annual Lake Berryessa two Mile Championship Swim

The meet committee is setting its sights on Lake Berryessa, and encourages every DAM to do the same for many reasons.

A two mile swim around Goat Island is scheduled for June 6 at Acorn Beach in Oak Shores Park. The park is 2 miles north of Spanish Flat and it takes one hour to get there from Davis.

Lake Berryessa is an ideal location for an organized swim. The water is calm and the temperature should be close to 70 degrees F. The course will be carefully marked and patrolled so that swimmers will be safe from other motor boats and waterskiers using the lake. The most obvious marker in the course is Goat Island, which is .7 mile from the beach. The course will be out and around Goat Island.

Acorn Beach marks the start and finish of the swim. Since, there are many picnic tables, shade trees, and barbecue grills, a big picnic is planned for after the swim.

For several years V. Santoni and Co. (Budweiser distributors) has supported many of DAM's Fundraising events. This year's First Lake Berryessa Two Miles Championship Swim will also be supported by V. Santoni and Co. The first 200 entrants will receive commemorative glass mugs. It should be a fun event. If you'd like to help organize it, check the bulletin boards for more information or talk to Lisa Nowell (756-0112) or Missy Le Strange (753-7788).

### BUNNY HOP

The Bunny Hop Dinner Dance was a sophisticated, rollicking success, thanks to the efforts of Mike McKinley, members of the social committee, including Andy Kuniyuki, Mark and Barbara Lundin, Cynthia Cilensek, Anne Garson, Jacqueline Konas, Linda Gaylen, Eric Wilhelmsen, Keith Hopper, Marie Paquette and 70 club members who attended.

### SWIMMERS - OF - THE - MONTH by Kate Skinner

Both Carol Lane and John Bracchi are very strong swimming enthusiasts. Carol has always been involved in athletics such as marathon running, and is a long-time DAM swimmer (eight years in October, now swimming with the 6 am workout. She used to like long free-style swims such as the 1650s but now prefers to concentrate on breast stroke.

John, a 7:05 am swimmer, began swimming with the Masters less than a year ago, after a try at the Double Century bike race convinced him that it was time to get back into shape. John is the kind of person who likes to give his all to anything he does, and so he is already getting interested in swimming competitively, and is working hard for

the club as a member of the Board of Directors and as chairman of the September 25th Triathlon Meet Committee. The competitions appeal to John for two reasons, because they make it possible to measure or give standards to his physical fitness, and because they are very rewarding social situations too, making it possible to meet like-minded folks from other communities.

Both Carol and John were 1964 graduates of UCD (Microbiology and Zoology). They both liked living in Davis ("There is always someone friendly to talk to," says John.), and were devoted members of the Davis Aquarium Society when they get together again and got married in 1978. Now they are working together at their landscaping business, John Bracchi Enterprises, digging and designing swimming pools and hot tubs, solar heaters and spas, and landscaping beautiful gardens. Their own backyard attests to their skill. They had ten tons of rocks delivered to their driveway and they knew just what to do with them to make a graceful garden. Their own beautifully tiled spa must have felt good after hauling some of those boulders around the yard. Carol is also studying nursing at Sacramento City College and plans to become a nurse practitioner. Since nurses are needed everywhere, she hopes this will give them greater mobility. John would also like to be able to travel to do the photography which he loves. He is working up his portfolio now, which includes a wide variety of subjects such as nature and portrait photography and lots of sports subjects.

Beth Hoover grew up in Ohio. She was a student at Ohio State, taught music, married, and started her family of five children there. Then, eight years ago, she and her husband Marty, a photographer, decided to make an interesting and adventurous life change. They thought they wanted something very different, so they sold his photography business, packed up the van with the kids and the cat, and left their families and their home for Davis, California. They had considered moving to some other parts of the country, Aspen, Colorado, for example, but decided on Davis for several reasons. They had visited Beth's sister, Jane Deamer, in the previous summer and satisfied themselves that the schools here were high quality. They wanted a community where the arts are appreciated and supported, and they loved the physical beauty of California; so the move was made. Beth thinks some people might have felt it was a foolish move but she liked Davis right away and was pleased that the children made such a good adjustment to the change. She feels Davis was a good choice, a "safe launching pad" for their new life.

Beth now teaches general music at two elementary schools in the Sacramento Unified School District. Her husband became a goldsmith and now owns the Gold Lion on F Street. Beth feels lucky to be a specialty teacher, because the students like the classes and that makes teaching a pleasure. She teaches vocal music, dance, music theory, melody and also directs the choirs and participates in specialty and composite choirs such as the 200-student, all-city group which is now rehearsing their spring festival performance.

After the Hoovers became established here, Beth signed up with the DAM. Swimming helps keep Beth in shape for other activities such as skiing and backpacking with the whole family in the high Sierra. The family also enjoys travel, and has made eighteen transcontinental trips in the van, mostly to visit family back in Ohio. Beth would like to take a year or so to live abroad, so that she and her husband can explore their artistic interests in another culture.