

# Davis Aquatic Masters



Box 921 Davis, California

JUNE, 1982

## DON'T FORGET TO REENROLL

Reenrollment for the Summer Quarter is from June 14 - 25. I'd like to pass on a few 'tips' to make reenrollment easier. The first, for your benefit: Don't put it off until the last minute. Sometimes it gets in too late because the mail is slow. Second, please fill out the entire form. Your name, address, phone number and workout choices are obvious. Your current priority number helps me to get the forms in order. Both emergency forms need to be filled out identically and completely. They are kept on file at the two pools in case there is an emergency. The forms don't do any good if you forget to put your name on both of them.

Barb Paulson

## SUMMER QUARTER SCHEDULE

<u>TIME</u>	<u>COACH</u>	<u>POOL</u>
6:00 AM	ROSS	CIVIC CENTER
7:05 AM	ROSS	CIVIC CENTER
11:00 AM	MIKE	CIVIC CENTER
12:00 NOON - INTENSIVE	MIKE	CIVIC CENTER
1:00 PM	MARY	CIVIC CENTER
5:30 PM - SENIORS ONLY	ROSS	CIVIC CENTER
6:00 PM	MARY	COMMUNITY
6:30 PM - INTENSIVE	ROSS	CIVIC CENTER
*7:30 PM *8:30 PM	ROSS/MARY	CIVIC CENTER

\* To run only if enrollment warrants it.

Optional: Woodland Long Course Tuesdays and Thursdays, 6/15 thru 8/24, 8 - 9 PM

## CALENDAR OF EVENTS

Monday, June 14 - Friday, June 25	Reenrollment (Summer Quarter)
Saturday, June 19 - Sunday, June 20	Walnut Creek Longcourse
Friday, July 2	USMS Long Course Nationals Entries Due
Saturday, July 3	6:00 PM DAM "Fourth of July" Picnic
Wednesday, July 7	8:00 PM Travel Fund Committee Meeting
	581 E. 9th #29
Sunday, July 11	S.F. Cove Open Water Swim
Wednesday, July 14	7:30 PM Board of Directors Meeting
	3307 Canoe Place
Friday, July 16 - Sunday, July 18	PMSA Long Course Championships - Novato
Saturday, July 24	Tahoe Relays
Saturday, August 14	Donner Lake Open Water Swim
Sunday, August 15	Solano Long Course - Suisun
Thursday, August 26 - Sunday, August 29	USMS Long Course Nationals
Saturday, September 25	Davis Triathlon

The Newsletter is published monthly on the Monday following the meeting of the Board of Directors (usually the second Tues of the month). Announcements and other items of interest to members must be submitted no later than 6:30 PM on the Friday after the Board meeting. Items should be submitted to:

Ross Yancher 753-6920 or at the pools.



CARPOOLS TO WOODLAND LONGCOURSE WORKOUTS

June 15 through August 24 the Woodland 50-Meter Pool (155 N. West Street) is reserved for optional DAM workouts Tuesday and Thursday nights, 8:00 to 9:00 PM. Carpools to that workout will leave the Civic Center lot on workout evenings at 7:30 PM. Directions are: 113 north to Main Street (Woodland); Main Street west to West Street; West Street north to Pool.

INDEPENDENCE DAY PICNIC JULY 3

The annual potluck-BBQ at Mary Horton's place on Cassidy Lane will be held this year on Saturday, July 3, from 6 PM until whenever. As usual you are asked to bring the meat you would like to BBQ for yourself and either an hors d'oeuvre, salad or dessert for the potluck. It has been a tradition that those of us with ice cream freezers bring them and make home made ice cream. The club will supply a keg and some other potable substances. You supply your own (paper/real) plate and (plastic/real) utensils. Please bring a serving spoon for your potluck dish if one is needed. Suggestion: put your name on a piece of tape on any bowl and serving spoon you bring.

One year several people brought guitars and banjos and we had some singing and listening - thats a hint to bring such musical instruments as you might enjoy playing!

A map will be put up on the bulletin board to show you how to find the place. Bring your spouse/friend. If you bring your kids, please bring something to keep them occupied.

Come and meet people from other workouts.

TEAM T-SHIRTS

The DAM T-Shirt Committee still welcomes suggested drafts of logos for our summer team shirts. A design will be selected through polls of the workouts and board prior to the PMSA Longcourse Championships and orders will be taken soon thereafter. Ideas have been posted on the Civic Center Bulletin Boards. Let your coach, board rep or Gwen Stephens know what you think of them.

WATER POLO ANYONE?

On non-meet weekends, we will have use of the Community Pool for Sunday Water Polo sessions, 10 am to noon. Fundamentals, drills and scrimmages will be the brunt of the offering. Play Days will be posted on the bulletin boards and announced at all workouts.

VOLUNTEER NEEDED

Our thanks go to Kate Skinner who has been writing the Swimmers-of-the-Month section each month. After next month, Kate is moving to Philadelphia. Therefore, if this series is to continue, we need a new person to write it. If you'd like to interview and write up one or two of these each month, call Fran Zeman at 753-2118 after 8 PM to volunteer. (Kate said it was fun!)



BOARD MEETING NOTES

The following are items from the June meeting of the Board:

- 1) Enrollment is up to 408
- 2) Evaluation of the coaches will be done by the swimmers on Monday, June 14, and Tuesday, June 15. The workout representative will collect the forms and put them in an envelope. These evaluations will be used to improve the program and each swimmer is urged to fill one out.
- 3) The Meet Committee does not yet have a final financial report. It will be forthcoming.
- 4) A "Goals Committee", has been established. It will consist of Laurie Wright, Ross Yancher and Bob Rucker and will attempt to establish some common goals for the club.
- 5) The Board voted to award an Honorary Membership to David Scott.
- 6) The discussion of capital improvements, including the renovation of Civic Center Pool, was postponed until the next City Council meeting. As a result, there was no report to the Board.
- 7) Board meetings for the remainder of the summer will be on Wednesdays, instead of Tuesdays, so that those who wish to go to the long course workout a Woodland may do so.

TRAVEL FUND NEWS

Many events during the summer will be sponsored by the Travel Fund. Coming up soon will be the Aquatic Cove Swim (July 11), PMSA Long Course Championships - Novato (July 16, 17, 18), Tahoe Relays (July 24), Donner Lake (Aug. 14), and Longcourse Nationals in Portland, Oregon (Aug. 26-29).

In order to sponsor events for next year the Travel Fund is organizing a Garage Sale early in October. Start saving! Remember - one person's junk is another person's treasure! If you'd like to help plan and organize for the Garage Sale, contact Sue Milburn, 6:30 PM workout or 756-1859, eve).

Another item discussed was the Triathlon. Expect a call soon if you signed up on the Winter enrollment forms to help. The Triathlon Committee is organizing volunteers now! We need lots and lots of help.

The next Travel Fund Meeting is scheduled for Wednesday, July 7, at Sue Milburn's, 581 E 9th St., Apt # 29.

DEAR ORCA

Dear Orca,

While leafing through some of last year's swimming results and memorabilia, I found this poem. Feel free to print it.

(signed) Amazed at 7:05 AM (12-81)

ODE TO CATCH UP DRILL

ANONYMOUS

Let us examine the catch up drill.

We relish the pattern - It gives us a thrill.

We'll be hot dog swimmers, no dragging our buns.

But we're still in a pickle due to John Bracchi's puns'

Dear Amazed,

Thanks for sharing this unique literary work. I held it a long time and now I've finally mustard up the courage to print it.

(Problems or comments to "ORCA" may be sent c/o this newsletter.)



MEET COMMITTEE REPORT

As most of you know, the First Lake Berryessa Two-Mile Championship Swim around Goat Island held on June 6th was a TREMENDOUS success. Of the 319 swimmers that finished the race, nearly 100 were D.A.M. members.

Special congratulations are extended to:

	TIME
<u>Wendy Pratt</u> (3rd overall and 1st woman to finish)	35:12
<u>Lance Halsted</u> (5th overall and 2nd man 19-29)	36:27
<u>Susan Munn</u> (1st woman 40-49)	49:27
<u>Patti Gay</u> (1st woman 50+)	

The most senior competitor was Edie Goldman from Walnut Creek who is 71 years old and who was not the last to finish! All who finished should be proud of themselves as swimming two miles in a cool lake is certainly an accomplishment.

Although the race start was postponed 1/2 hour, it ran smoothly and safely and was over in 1.5 hours. The fun and excitement wasn't over yet, however. Commemorative glass mugs, beer, and awards ceremony, and picnic lunches kept a throng of people gathered at Acorn Beach throughout the afternoon.

Besides being an exciting swimming experience and a fun social event the swim generated over \$1500 for D.A.M.'s treasury. We owe special thanks to V. Santoni & Co., the local Budweiser Distributor who helped D.A.M. sponsor the swim. Special recognition and thanks also go to the Park Rangers, Sacramento Search and Alert Organization, Monticello Water Ski Club, and Vicki Good who went out of their way in providing their services and expertise for the event and D.A.M.

More thank yous to Committee Chairs, who worked hard during and long before the race:

- Boats: Doug Frederick
- Communications: Mark Williams
- Course: Andy Kuniyuki
- Set-up: Evan Auberry
- Registration: Jean Liebmann
- Finish and Results: Carolyn Cole
- Promotion and Publicity: Francesca Miller and Stan Robinson
- Referee: Kathy Gill
- Announcer and Adviser: Verne Scott
- Beer: Mike McKinlay, John Bracchi and Andy Kuniyuki
- Coordinators: Missy LeStrange, with Denise LeStrange, Lisa Nowell and Leah Weinberg

And finally, thanks to those DAM members and their friends who worked on the day of the race. An event of his size and kind would not have been successful ( or even possible) without these volunteers:

- |                          |                 |                    |
|--------------------------|-----------------|--------------------|
| Evan Auberry             | Hedy Miller     | Roy Henrickson     |
| Karen Austin             | Leigh Morioka   | Susan Keizer       |
| John Bracchi             | Sue Munn        | Karen Koevary      |
| Eleanor Caulkin          | Lisa Nowell     | Andy Kuniyuki      |
| Carolyn Cole             | Mollie Pro      | Mona Lamb + friend |
| Linda Davis-Reed         | Amy Samuels     | Carol Lane         |
| Allen Deyo + friend Carl | Janet Sanderson | Denise LeStrange   |
| Ingrid Ferreira          | Margaret Turano | Missy LeStrange    |
| Doug Frederick           | Paul Turano     | Jean Liebmann      |
| Anne Garson + friend Rob | Leah Weinberg   | Mike McKinlay      |
| Kathy Gill               | Jerry Weiner    | Sue Milburn        |
| Cliff Gravem             | Russ White      | Bryan Miller       |
| Lisa Hausmann            | Mark Williams   |                    |



### INFORMATION FOR NEW MEMBERS

Civic Center Pool is open for DAM members only for recreational swimming 10:45 - 12:45 every Saturday and Sunday. Your dues pay for this, so feel free to come.

Minutes of the meetings of the Board of Directors are posted on the bulletin board (the one closest to the machinery). Be sure to read them. Know what your Board is doing.

Each workout has a representative to the Board meetings. Comments, complaints and suggestions can be carried to the Board by your representative.

Remember that this organization operates mostly on volunteer labor. If you will respond when asked to volunteer, it will help keep costs (dues) within reason.

### SWIMMERS-OF-THE-MONTH

(written by Kate Skinner)

Rick Lieber swam the Berryessa cold water race because he wanted to get involved in competitive swimming. He has been running since he was on the high school track team in Walnut Creek, and has done some marathons, so he thought a long swim would be interesting. While he liked the idea that it brought together many different types of swimmers, he found it basically a lonely kind of event. For long distances he swam next to "G42", in a blue suit, and he was sorry that he never had a chance to meet that person. He considers himself a competitive athlete and plans to be in some of the pool meets coming up.

Rick was a Physiology major as an undergraduate at Davis and was then accepted as a medical student but decided to do the Zoology PhD instead because that seemed to offer more intellectual freedom during the student years. He studies the mechanism of muscle contraction and has developed a computer program that recognizes the state and speed of contraction of a muscle from the diffraction pattern of a laser beam applied to it. His work describes some of the fundamental properties of visco-elastic materials and also has possible diagnostic applications for muscle injuries. For some types of problems (compression syndromes and possibly muscular dystrophy) this might enable doctors to avoid destructive surgery for diagnosis. Rick will take these skills and techniques with him to San Diego to a post-doctoral position at the Medical School Department of Orthopedic Surgery. He is very concerned about the cost to society of expensive basic research and plans to do clinical research so that his work will be of more immediate help to people. He began thinking about the place of the academic community in our society when he taught science as a volunteer in an elementary school in Davis. The kids loved the practical applications of science that he showed them but had little understanding of how new knowledge is acquired.

He and his wife, Debbie Chippendale (a teacher of biology and physics at St. Francis High School) are also looking forward to establishing a home near San Diego. They chose southern California largely because they wanted to be close to her family. They have already picked out a house and hope to start their own family soon. (Rick is an uncle to triplets and has a list of names already picked out.) Davis has been good to them: Rick speaks with special affection of the people in the Bible study group of the Covenant Church where he is a deacon, but acknowledges that soon it will be time to move on.



Barbara Paulson applied to be treasurer of DAM because it sounded interesting and it was something special she could do for the club at home. She has discovered that it is interesting but also monotonous. When new members call, she feels good about repeating the same thing over again because it is a real service. Some of the questions are routine (workout times? locker room facilities?), but some she has found surprising. Very many people ask if they will have to swim for the whole hour or if the coaches will try to make them swim faster than they can. Often people call thinking that she keeps the DAM "office"; in fact Barb works out of her kitchen, reminding swimmers, for example, to be sure and turn in an enrollment card even when they are going to leave, when at the same time she is kneading the bread.

Barb was born in Michigan, grew up in Chicago and did her BA (Mathematics) at Illinois. But when her husband, Ken, had job offers at Illinois and Davis, Barbara pushed for Davis, and is glad she did. Bob and Lynn Schroeder got her involved in masters back in 1976, and swimming has been her special thing ever since. Breaststroke is her favorite and she is proud of winning ribbons in competitive swimming. Her husband is also proud of what she can do as a swimmer because "he just doesn't swim as well". He is the gardener in the family. Second to swimming, she enjoys sewing, crochet and baking. She makes all the bread for the family which includes three growing just-teenagers, Chris, 14, Tim, 12, and Lisa, 10.

A special accounting class at Sacramento City College taught Barb "why you do what you do" when organizing all our paperwork. Working as treasurer keeps Barb very busy, especially during the first month of the quarter when she has to make the enrollment list and keep track of those 400-plus checks. Barb also has to report to the Board, do the taxes and answer the phone. She says, in her quietly patient way, that yes, she does enjoy all of it, except maybe answering calls between 5 and 7, the family dinnertime. When enrollment time comes around, there is a lot to do. She has to check all the numbers (most people underestimate their priority number), shuffle the forms into the right order and write up the lists. Then she brings the big black ledgers up to date and moves the old records into the huge boxes which store our old records.

Then she gets to go to the 11 am workout to relax a bit.