

# The Rime

Volume 9 Number 2

November, 2003

## 2003 LONG COURSE NATIONALS AT RUTGERS - AUGUST 13-17

by John Feinstein

There's an old cliché about the best laid-plans of mice, men and swimmers. Okay, maybe it is just mice and men but what the heck, it fits when the subject of the 2003 Long Course Nationals, held on the campus of Rutgers University this past August, comes up.



When it was first announced that Rutgers would host nationals, it seemed logical to think that a large Ancient Mariner turnout was likely. After all, Rutgers is located slightly more than a three hour drive north of the various pools where the members of ANCM train, it is a pool many team members are very familiar with because of zone meets held there, and, with no plane reservations to worry about and the ability to get home relatively quickly, the largest nationals contingent since Baltimore in 2000 was expected.

It didn't turn out quite that way. Sixteen members of the team ended up entering the meet. Some were scared off by memories of that Baltimore nationals--one eight lane pool, close to 1,300 entrants and long days journeys into night the first three days of the meet. This wasn't just true for the Ancient Mariners but for most of the

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### FROM THE EDITOR

◆ Check out all the meet results and upcoming events on the Montgomery Ancient Mariners website at <http://www.ancientmariners.org>.

◆ Please send comments and suggestions to: [dbuch@mindspring.com](mailto:dbuch@mindspring.com)

## CROSSING THE CHESAPEAKE BAY THE HARD WAY

by Cari Shane Parven

Like Ariel (of *Little Mermaid* fame), I emerged from the Chesapeake Bay, Sunday, onto legs unsure of the balancing act they were required to perform. I crossed the finish line nearly falling over as a race volunteer disconnected the computer chip timer attached to my ankle. After more than two hours of the flutter kick, my legs were shaky. I exited the icy water and entered a sea of shivering swimmers in black wetsuits and volunteers eager to help with reassuring smiles, chocolate chip cookies and metallic warming blankets.

I had just accomplished something I'd been worrying about and training for for more than 6 months. Frankly, I was relieved that it was over. I wouldn't use the word "fun" to describe the 4.4 mile swim across the Chesapeake, from Shady Point State Park to Hemingway's Marina; but, it was definitely worth it.

To prepare for this day I swam knock-my-self-out laps in the pool five to six days a week with my friend, Dr. Patrick Hwu, a cancer research doctor at NIH. But, I had failed to do what everyone – including the bay director, Chuck Nabit – had suggested, swim a practice open water swim. I had never done anything but laps in a pool.

One thing I did do, though, was test out my full-length wet suit. The first time, I put it on inside out. The second time, I put it on backwards. I kid you not. It occurred to me that someone may have been trying to tell me something! Like, don't do the swim! The third time, with assistance from Pat, I finally did it right. By Sunday, the day of the Bay, I slipped it on like a pro.

With more than a month of rain and below

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## 2003 SHORT COURSE NATIONALS - ANCMs PLACE THIRD AT TEMPE NATIONALS - MAY 15-18

by Tom Denes

The men's team placed third out of 112 teams in the small division of the USMS short course nationals held in Tempe, Arizona in May, 2003. The results of the meet are below:



Jeff Roddin (30-34)  
50 Freestyle 21.62 5th  
50 Backstroke 25.47 4th  
100 Backstroke 53.74 5th  
50 Butterfly 23.76 5th  
100 Butterfly 51.51 2nd  
100 I.M. 53.77 3rd

Clay Britt (40-44)  
50 Freestyle 21.71 2nd  
50 Backstroke 24.35 1st  
200 Backstroke 1:56.06 1st  
100 I.M. 53.55 2nd

Mike Fell (40-44)  
50 Freestyle 21.79 4th  
100 Freestyle 48.48 6th

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### MONTGOMERY ANCIENT MARINERS

Tom Denes, President  
Jeff Roddin, Vice President  
Lisa Berger, Secretary  
Mauricio Rezende, Treasurer  
Dottie Buchhagen, Editor, Webmaster  
Jeff Roddin, Recordkeeper  
Tom Denes, Registrar  
Coaches: Macro Quinonez, Bengt Bengtsson,  
CJ Hall, Andy Fraser, Peter Johnson  
At-large officers: Mike Boyle, John Feinstein,  
Dave Harmon, Peter Johnson, Richard Sachs,  
Amy Weiss

## ANCM PROFILE: LISA BERGER

by Dottie Buchhagen

**Q. First, let's talk a bit about the swimming: when did you join the Ancient Mariners?**

I joined the team about ten years ago, after becoming bored with Stairmasters, weight machines, and lap swimming. When I first started swimming, I couldn't do 25 yds without stopping to catch my breath.

**Q. Do you participate in meets? What events?**

I do one or two meets a year, but nothing too ambitious – just 50s for fun. However, this spring I did a 2.4 mi open water swim off Florida, and that was great. I actually trained for it, which helped enormously. Made the swim pretty easy, and of course the 83 degree, calm water helped a lot.

**Q. I understand that quality wall time is very important to you.**

I swim to fight flab and stay fit, including my mental health. There's nothing like a dopey joke at the wall to make a 200 IM almost fun!

**Q. Scuba diving is another water activity that you enjoy. When did you take up that sport?**

I've been diving about ten plus years, and go a couple of times a year. It's a great way to visit exotic parts of the world.

**Q. One of the things that you do when you aren't swimming or diving is writing. When did you begin to write professionally?**

I started as a freelance magazine writer about 20-plus years ago, writing on everything from arcane stock market investments to pet psychiatry.

**Q. What was your first book?**

It was *Cashing In* and about how to sell a small business. Warner Books published it in the mid-1980s when mergers and acquisitions were hot, and entrepreneurs were looking for guidance in how to flip their companies.

**Q. Was the book that you wrote with your sister about her bipolar son a painful one to write?**

It was very difficult. I spent months talking to my nephew about what it is like to be psychotic and it was obvious that his life is very confused and limited. He's

still very sick, and the tragedy of his lost life is very sad.

**Q. Did you and your sister become closer as a result of the collaboration?**

Of course, we talked daily. But the best part was that family gatherings became a tax-deductible business expense.

**Q. Was *Under Observation* an outgrowth of that undertaking?**

My nephew finally got treated at a wonderful hospital outside Boston and I became friends with his doctor there, Alex Vuckovic. So Alex and I ended up collaborating on *Under Observation*, which is an inside account of life in a psychiatric hospital.

**Q. Had you been interested in research-**



**ing and writing about medical topics prior to *We Heard the Angels of Madness*?**

No, I stumbled into medical writing. It was a bit of kismet that I found a niche of collaborating with doctors who want to write books, because there are lots of them.

**Q. What other medical topics have you written about in books or articles?**

Besides mental illness and psychiatry, I've written books on chronic pain, dying "well," "brain fitness" and most recently, memory.

**Q. How do you decide what topic you will tackle? For example, why did you decide to write about pain?**

Sometimes I come up with an idea, and sometimes my agent or a publisher will suggest something. Occasionally, a doctor with a good idea will contact me. The idea for the pain book came from my agent.

**Q. Was it difficult to make the transition from financial to medical topics?**

There was an enormous learning curve

moving from writing about money to writing about medical topics. Fortunately, the doctors I've worked with have been very generous in their time, and helped educate me. That's one of the nice things about collaborating – I've got an expert-on-call to answer my questions and point me in the right direction. And, I've had to acquire a large medical library.

**Q. Do you have a specific schedule and routine for writing, say 3-4 hours at a specific time during the day, in a specific room or longhand, typewriter or computer?**

I rent an office a few blocks from my house and go there every day, more or less 9 to 5. I'm not an early morning or late night person – more of a lunch person -- so I like a large chunk of work time in the middle of the day.

**Q. I understand that you just completed a book. What is it about?**

It's about a special kind of memory, but not what most people think of as memory. It's not about why you can't remember someone's name or find your car keys but "Intelligent Memory," which is the memory and thinking people use to solve problems, have brilliant insights, and produce creative ideas.

**Q. How long did it take you to write it?**

It took almost 4 years, much longer than any of my other books. It took so long because the Intelligent Memory concept is completely new and an amalgam of findings from various medical and scientific fields. It took four years for my collaborator, Barry Gordon, and me to shape and define the concept, and then figure out how it could be illustrated, tested and strengthened.

**Q. Tell us a bit about the collaborative process.**

I more or less end up living with my collaborators. I spend weeks, months with them, learning all I can about how they think and practice medicine. One of my docs said I moved inside his head, which I consider a great compliment.

**Q. When will *Intelligent Memory* be in the bookstores?**

It's in the bookstores now at the usual outlets, like Barnes and Noble, Borders, and available online, like from Amazon.

**Q. Have you written any fiction?**

I tried it a year or so ago and discovered by my great dismay that I'm an awful fiction writer. The manuscript was truly

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## CHESAPEAKE BAY

(Continued from page 1)

normal air temperatures, I was shocked to hear race director Chuck Nabit proclaim that the water temperature was higher than I expected, a balmy 65 degrees. His announcement was met by 600 cheering swimmers waiting to dive in to the frigid Bay. According to the *Post* the water temperature was actually 63 degrees, the coldest bay swim temperature in 20 years. 65 people had to be pulled out of the water before the finish. One was taken to the hospital for observation. I knew none of this as I made my way between the bridges. They say ignorance is bliss. Whoever “they” are, they’re right!



I went in expecting to be cold. I poured warm water in my wetsuit before getting in, a trick a fellow Ancient Mariner — Mick Boyle -- showed me. It kept me warm as my body met the cold bay for the first time and icy water trickled in to my wetsuit. Under my red, race-issued cap I wore a second cap for extra insulation and a set of ear plugs to keep my ears warm. I saw 6 people in bathing suits, only. “Insane,” I thought to myself, feeling snug in my full length, full sleeve neoprene suit.

Pat and I had planned to swim in tandem. We’d talk, look at the bridge span, encourage each other to keep going. Within 30 seconds that plan and Pat’s red cap number 444 disappeared into a sea of flailing arms and legs affectionately dubbed the cuisinart start. I was on my own. I thought two hours in the Bay would give me a lot of time to think. But, instead of drifting into the Zen-like state of pool laps, I was on constant alert. I accidentally hit and kicked a few people and I was hit a few times myself. Eventually, all the swimmers spread out, the faster ones

speed off in front of me, the slower ones fell behind.

Then, I realized, there were waves to contend with. First from the left, then suddenly from the right. I tried to ride them and fought off dizziness and disorientation.

Most of the time I thought about nothing but my stroke, rolling my body and relaxing my arms. I did say some prayers and I remembered what my 4 year-old son said when he wished me luck earlier in the day, “good luck Mama, don’t drown.” I laughed, accidentally swallowed some of the bay, and said another prayer.

For most of the rest of the swim I could only see a few other swimmers around me, five or 6 at best. The only other company I had was the kayakers who were there to help guide or save struggling swimmers. I swam close enough to one to ask the time. She told me I’d been in for an hour and 10 minutes and had already passed the 2-mile mark. I felt great, shocked I’d been in that long already. I decided to take the advice of some of those who’d done this before. I turned over and swam on my back to take in the architectural wonder of the two bridges. Looking at the massive bridge supports I noticed a group of birds perched on a ledge. In my somewhat woozy state, I could swear I saw them shaking their heads at me, like I was crazy. I felt very small and a little foolish. I turned back over on my front and got back to the task at hand.

I tried to keep up with a couple of the swimmers near me, swim behind them and catch their draft so I wouldn’t have to work as hard. Even so, my arms started to feel like lead. I wasn’t necessarily tired, just tired of swimming. What kept me from just hailing down a safety boat and crying “uncle” was a comment my husband had made a couple of days earlier. Though strapped with a bay-crazed wife, piles of ignored laundry, and the brunt of my kids’ (8, 7 and 4) bed-time ritual (I was out swimming), my dear husband said, “I’m so proud of you, awed by your drive and commitment. You’re amazing for doing this.” I felt a warm tear against my cold face.

By now, I was convinced the swim should be over. But, with no watch, no wall and no visuals by which to measure (my three favorite lap pool “accessories”), I really had no idea how much more of this I had left. It definitely wasn’t like being in

a pool.

Then, to my amazement, I realized I was about to exit the bridge span and enter the home stretch. I was in the zone. The finish line was within view. It turned out to be the longest ¼ mile of my life. I swam into some trash. So much for a clean finish.

Then, I heard my name. My husband, waiting at Hemingway’s Marina with my kids, had spotted me. I stood up in the shallow water and waved my aching arms. I had accomplished what I’d set out to do.

Two hours and 17 minutes after diving into the Chesapeake Bay at Sandy Beach State Park, I not very gracefully surfaced to the hoots and hollers of on-lookers waiting at Bay Bridge Marina. I scanned the beach, found my husband and kids,

About an hour later, during a congratulatory phone call, my mother-in-law asked if I was going to swim the bay next year. I told her that was like asking a first time mother who’d just given birth if she was going to have more children. The usual answer is an adamant “no”; but, the average American family has more than one child.

You do the math!

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*Editor’s note: Cari’s article was published in the Washington Post on June 9, 2003.*

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## ANCM: LISA BERGER

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dreadful, but at least now I won’t waste my time trying fiction.

**Q. Do you have your next project lined up?**

Barry Gordon (the cognitive neurologist I wrote *Intelligent Memory* with) and I are working on a number of other projects. I’m helping him bring out a new edition of an old memory book and we’re beginning to assemble pieces for a book about the evolution of thinking. And, my sister and I are working on a new edition of the book on manic depression and mental illness.

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*Editor’s note: Lisa swims at the MAC. Her latest book, Intelligent Memory (Viking Penguin), is her tenth. She specializes in popular nonfiction and usually writes on medical or health topics.*



## RUTGERS NATIONALS

(Continued from page 1)

country. Meet organizers were telling people a year out they expected AT LEAST 1,500 swimmers, perhaps close to 2,000. Those predictions were no doubt part of the reason only 871 swimmers showed up--about half of them (or so it seemed to some of us) in the men's 45-49 age group. By the time the meet actually began, only nine team members actually made it to a starting block.

Some had very legitimate excuses. Margot Pettijohn and Marshall Greer, two of the team's most consistent performers at nationals year in and year out, suffered injuries that made swimming impossible. Mike Fell and Chip McElhattan had fam-



Jeff Roddin, Amy Weiss, Mina Kushner

ily emergencies to deal with. Jason Crist was Jason Crist, perhaps the most understandable excuse of all. And so, it was the Mariner Nine against the world. Or something like that.

Those who did show up were treated to the sight of a Rutgers campus that looked as if a bomb had been dropped on it. The entire campus was under construction and what was once about a three minute drive from the last traffic light to the parking lot often took a solid 20 minutes by the time drivers wended their way around the various blocked roads and construction sites. Then again, the hotel was in much better shape--except that no one received a phone message there for four solid days. At last check, the hotel engineers were, "working on the problem." At least the meet was held in New Jersey--not across the river in New York--where the blackout hit on Thursday afternoon, the second day of the meet. At Rutgers, the lights flickered for a few seconds and that was it. Maybe that flickering explains the last 10 meters of my 100 fly. Then again, maybe it doesn't.

Those who made it to Piscataway, found the parking lot and dealt with the phone situation, had a good deal of fun and produced some memorable swims, none more memorable than Dave Harmon's in the 200 and 400 IM, which produced his first and second top ten individual finishes at nationals, arguably the most impressive feat of the meet, given that the 50-54 age group was the SECOND most stacked age group in the meet. (Did I mention 45-49?).

On the women's side, new team member Andrea Luallen, still on the mend after shoulder surgery last winter, produced a fairly dominant performance in the 35-39 age group, winning all three backstrokes and, just for the heck of it, threw in a first place in the 200 I.M. She added a fifth and a sixth in the 50 and 100 freestyle events, all of it making for a very impressive debut as an ANCM. One age group down, in her second long course nationals, Amy Weiss managed to top five in all five of her events (how's that for consistency). She produced seconds in the 50 free and the 800 free--not too many folks who can go from sprint to distance free and back like that--and had fourths in the 200 free and the 200 back. She was also fifth in the 100 freestyle, a very solid meet. Like Luallen, Weiss has dealt with injury problems in the past year with a chronically sore back.

Perhaps the most versatile Mariner of them all is Penny Bates, who will swim just about anything, anytime, anywhere--and often back-to-back. What may have been her last meet as an ANCM (she's moving to Bellingham, Washington this fall) was vintage Bates: six events in two days. Every time you looked up, she was back on the starting block. In all, Bates swam one distance freestyle event: 800 free--fourth place; one bruising IM event: the 400 in which she finished third; a middle distance freestyle event: the 200, an eight place; the 100 and 200 breaststrokes--a seventh and a fifth--and the 100 fly, in which she was fourth. The only surprise was that she didn't offer to swim an exhibition 200 fly, normally the event which makes her smile the most. Sadly, it was on Sunday and she had to leave before then.

Moving up an age group or two, Myriam Pero once again proved her consistency, swimming three events, placing in three events: she was ninth in the 200 free in 50-54; eighth in the 50 free and fourth in the 400 free with an outstanding time of 6:10.30. Then there was Ruth Anne Rod-

din, matriarch of the grandest Mariner family of them all. Now, Ruth Anne may not be a rocket scientist but she did RAISE a rocket scientist and it is pretty clear that young Jeff's smarts are not an accident. Choosing her events wisely, Ruth Anne finished second in the 50 fly in the 60-64 age group and then came back with a fourth in the 50 free. There's an old saying: "Swimmers never die, they just swim 50s." Ruth Anne is my role model.

On the men's side, in what was almost as big a surprise as the sun rising in the east each morning, Ruth Anne's husband and son did most of the scoring. Hugh, who only gets faster as he (allegedly) gets older won two of the toughest events in swimming in 60-64, the 200 fly (every hear the one about the 200 fly being an intelligence test? If you swim it, you flunk) and the 200 backstroke. He won the 200 fly by a stunning THIRTEEN seconds, a Michael Phelps-like performance. He also produced a stunning 1:12.65--similar to his time of 15 years ago--while finishing second in the 100 fly and was second in the 100 backstroke and the 400 IM. Clearly, Ruth Anne is the brains in the family and Hugh is the



Hugh, Ruth Anne, and Jeff Roddin

brawn.

Jeff, proving once again why he is a rocket scientist, passed on the 200 fly, leaving that to dad. Instead, he swam the 50 and 100 fly; the 100 and 200 back and the 50 free (proving to be his mother's son) and, in the 30-34 age group he finished second four times and third (in the 50 free) once. That's not bad for someone who ages up next March. His race in the 100 fly with 30-year-old stud Curtis Sawin was decided in the last two strokes with Sawin's height (6-5) proving the difference. Jeff went 59.92, a good time for most of his teammates for 100

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## RUTGERS NATIONALS

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YARDS.

Dave Harmon came to New Jersey with several goals: he wanted to break seven minutes in the 400 IM and three minutes in the 200 IM. He wanted to place at least once in the 50-54 age group. He met all those goals, crushing 7 minutes in the 400 IM (6:50.03) while finishing 10th, then topping that with a 2:57.78 for seventh in the 200 IM. He added two excellent freestyle swims in the 200 and 400 free and left, justifiably, with a smile on his face.

So did I--if only because I swam the first 1,500 of my life and met my goal--finishing. I managed eighth place in the event and eighth and ninth in the 100 fly and 50 fly (have I mentioned how fast the 45-49 age group was?). Okay, let me just give you one example since I know you're dying to hear it: a year ago in the 100 fly I went 1.4 seconds slower than this year--and finished fourth. I promise not to say another word. Seriously.

The team did manage to cobble together one mixed relay--Weiss, Luallen, Roddin and Feinstein which finished third in the 120+ 200 freestyle. We all thought that was a pretty good performance with two women recovering from injury, a rocket scientist who decided to swim 55 meters as an experiment leading off and an old anchor guy who was hoping not to get caught by any women. Informed of the relay's third place finish by phone that night, noted sports pundit Brigid Feinstein, age five, had this comment: "Wow dad, just think how fast you might have gone if you weren't so fat!"

Which brings up another old cliché: "Insanity is hereditary. You get it from your children."

Next summer, Savannah, where the temperature won't get above 110. Note to Ancient Mariners: please come, it's an indoor pool. Note to the rest of my age group: stay home, it's too damn hot in Georgia in Au-

## TEMPE NATIONALS

(Continued from page 1)  
50 Backstroke 25.67 6th  
100 Backstroke 56.39 5th

Jason Crist (40-44)  
200 Freestyle 1:52.88 24th  
50 Butterfly 25.16 21st  
100 Butterfly 56.62 20th  
200 Butterfly 2:04.93 6th  
100 I.M. 57.39 12th  
200 I.M. 2:07.62 12th

Rory Lewis (40-44)  
50 Freestyle 23.01 24th  
50 Breaststroke 29.7 13th  
50 Butterfly 24.93 15th

Wally Dicks (40-44)  
50 Breaststroke 26.25 3rd  
100 Breaststroke 57.04 2nd  
200 Breaststroke 2:04.99 1st - National Record

Chris Weissman (40-44)  
100 Breaststroke 58.94 4th  
200 Breaststroke 2:11.15 3rd  
200 I.M. 1:59.66 2nd

Hugh Roddin (60-64)  
100 Backstroke 1:08.73 5th  
200 Backstroke 2:28.61 2nd  
100 Butterfly 1:03.34 1st  
200 Butterfly 2:27.35 1st  
400 I.M. 5:21.30 3rd

Ruth Roddin (60-64)  
50 Freestyle 36.20 14th  
50 Butterfly 42.29 7th

Relays  
200 Medley Relay 1:34.75 3rd  
Clay Britt (24.53), Wally Dicks (25.53),  
Jeff Roddin (23.13), Mike Fell (21.56)

200 Freestyle Relay 1:27.50 2nd  
Mike Fell (22.14), Chris Weissman  
(21.80), Rory Lewis (22.21), Clay Britt  
(21.35)

## 2003 USMS CONVENTION NOTES

by Jeff Roddin

In September (10 -14), I attended the annual USMS convention (part of the USAS Convention) in San Diego. Full minutes of the convention are available on the USMS website at: <http://www.usms.org/admin/conv03/> Below are some of the highlights from some of the meetings I attended:

- 1) 2004 Colonies Zone SCY Championships will be at GMU on April 2-4, 2004.
- 2) 2005 LCM Nationals awarded to Mission Viejo, CA.
- 3) 2005 SCY Nationals still out for bidding. Board of Directors will vote after bidding closes on October 31.
- 4) USMS will likely submit a bid for 2006 FINA World Masters Championships (at Stanford). If we are awarded the meet there will NOT be a USMS LCM Nationals that summer.
- 5) Minimum pool depth required to use blocks is now 4 feet (was 3.5 feet).
- 6) To be certified, all pools must have measurements on file for all competition lanes of the pool (prior to January 1, 2003 only 3 lanes were required). Bulkhead pools still require a confirmation at the end of the session for three lanes. Pools that were previously on file with only 3 lanes will need to have all lanes measured to comply.
- 7) USMS is considering a "virtual" SCM Championships where several Zone type meets have their results merged.
- 8) Congrats to Dave Diehl for receiving the 2003 Dorothy Donnelly Service Award from the Colonies Zone and to Debbie Morrin-Nordlund for being elected the new Colonies Zone Chair.

*Jeff Roddin is Potomac Valley Registrar for United States Masters Swimming and is Vice President of the Montgomery Ancient Mariners*

### WANTED: HEAD COACH

The Manor Woods Terrapins Swim Team in Rockville is looking for a head coach for the 2004 MCSL season. Please see our coaching ad on the MCSL website at [www.mcsl.org](http://www.mcsl.org) for complete details. Contact Michael Wolf at [marathon-dad@comcast.net](mailto:marathon-dad@comcast.net) or call 301-460-6853 for further information.

### FOR SALE

Equipment and apparel in team colors of gold and black with the ANCM logo.

T-shirts \$11

Swim caps \$ 3

Contact Tom Denes at 301-564-4234 or by email [WaterPrfCh@aol.com](mailto:WaterPrfCh@aol.com)

## ANNUAL MEETING- NOVEMBER 2, 2003

by Lisa Berger, Secretary

This year's meeting was a huge success – not only did we dispense with various thorny issues and make some decisions that everyone's going to like, but we were out of Tom's house in just over an hour. A team record for brevity. The usual suspects were there: Tom Denes, Jeff Roddin, Dottie Buchhagen, Amy Weiss, Richard Sachs, Peter Johnson, John Feinstein, Margot Pettijohn, Dave Harmon, Yours Truly, and some new faces: Kathleen Etxegoien, and Eric Smith.

The first item of business was nomination of officers, namely: President: Tom Denes; Vice President: Jeff Roddin; Secretary: Lisa Berger; Treasurer: Mauricio Rezende; Newsletter editor and Webmaster: Dottie Buchhagen; Record keeper: Jeff Roddin; Registrar: Tom Denes; At-large Members: Richard Sachs, Mike Boyle, Peter Johnson, Dave Harmon, John Feinstein, and Amy Weiss. (We can have as many at-large members as we want and all you have to do is read and respond to emails. Something to think about for next year. The emails can be pretty entertaining.)

Tom gave the President's Report: The Ancient Mariners ended the year with 238 registered swimmers, down a bit from last year. The registration in the Montgomery County Recreation Department workouts is down to about 115 members, which we hope is an aberration and the temporary result of the pool difficulties last spring and summer. Secretary's Report: After waiting at the Olney pool one morning for an hour for a pool operator to show up, I sent a letter to Doug Fox, the county Aquatics Program Director complaining about that and curtailed practice times this summer. He wrote back saying he'd do what he could to make sure the absent operator problem wouldn't happen again and that the Master's team was treated no differently than any other swim group. Treasurer's Report: Jeff Roddin gave Mauricio Rezende's report and said that we made \$3,400 last year and that we've got \$11,500 in the bank. (Bucks up! Time for a party – read on). Newsletter editor report: Dottie reported that the team purchased a digital camera and it's available

for members to use at meets. Talk to her. She also said that it's been hard getting copy for the newsletter and so we're down to two or three issues a year.

Proposed Budget: Tom presented the budget for '04. Because we made money last year, we will run at a deficit this year: -\$710. Our income comes from two sources: team dues and the Albatross Open, and Tom does not anticipate that changing much in the coming year. He projects total income around \$8,610. The five major categories of expenses are the Albatross Open, \$5,450, socials, \$1,000, newsletter, \$910, equipment, \$460, national team and relay costs, \$300, and miscellaneous, \$1,200.

Albatross Open: We need three people to run it, and after a period of squirming and hemming and hawing, we corralled three good ones: Richard Sachs, Tom Denes, and Jeff Roddin. Doug Markoff has agreed to cater the social again. The date of the meet is Saturday, March 20<sup>th</sup>.

Things picked up during the New Business Report: Amy Weiss talked about the water temperature at the Olney pool and said that it regularly gets into the 90s. In talking about it, we learned that county policy is for the pool to be around 84 degrees, so it's not an official problem but perhaps an engineering problem at the pool. Amy is going to document the temperatures and then we'll talk to the pool people.

Swimmers in the end lanes next to the walls have been complaining and so we decided to switch some lanes on alternate Sundays so that people get a break from swimming in wall backwash. Every other Sunday (on odd number days), lane 2 and lane 7 swimmers will take the lane along the wall.

We're running out of swim caps (every member gets a free one) so I volunteered to order and distribute new ones. I can report that they're on the way and that we're getting two varieties this time (a fashion upgrade) – black on yellow and yellow on black. I'll be handing them out on the deck before practice. Also in the realm of fashion, John Feinstein volunteered to order new team baseball caps.

Dottie talked about the newsletter and said that she would like a co-editor to help with it. Please talk to her if you have any interest in working on the newsletter – it's not heavy lifting, it's indoor work, and fun.

Margot, who's been in charge of the videos the team owns, said that we need more and so is ordering them. FYI, these are instructional videos, like Mike Phelps talking about the butterfly, not our private Blockbuster collection. Anyone who wants to borrow one should talk to Margot.

On the entertainment front, we're having a holiday party again this year. It's going to be on Saturday, December 20, at the penthouse party room in Andy Fraser's apartment building (see p.7 for details and directions). And once again, we'll be handing out awards PLUS we're having drawings for prize gift certificates. The food will be potluck – stay tuned for your assignment – but the liquid refreshment will be quality booze. Kathleen Etxegoien volunteered to help Andy with the planning.

All the nominated officers were re-elected, the meeting adjourned and we

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## 2003 LATYCAR Meet

by Myriam Pero

The LATYCAR (Latin America and Caribbean) Championship Meet held in Barbados from August 31 through September 6 was a very good excuse to reunite with teenage swim friends from many years ago. This year our Colombian team consisted of nine women (three of them sisters!) and three men. Seven of the females swam in the same league back in the 1960's; another belonged to the same group of friends and same club and, although she never swam competitively when she was young, has been competing at the masters level for the past seven years. The ninth female swimmer is one of my newest friends -- I met her two years ago at the LATYCAR in Costa Rica. I was happy to reunite with one of the male teammates, as he also was part of the same group who swam and partied with us years ago. This year's championship gave me the opportunity to meet two new masters swimmers from Colombia. The only sad part was that my twin sister was not able to join me this year, as she has for the past two meets in 1999 and 2001.

The women's team did very well this year even though I did not again win the overall prize in my age group. However,

*(Continued on page 7)*



**2003**

**Ancient  
Mariners -  
a Sunday  
morning  
practice**



### **2003 LATYCAR**

*(Continued from page 6)*

three of my teammates were very close to receiving that prize as one had 51 points and two had 49 points each. The winner was from Bermuda with 52 points. Our women's team won a total of 64 medals (36 individual and 20 in relays). Of the 36 individual medals, 16 (12 gold, 3 silver and 1 bronze) were earned by the three top female swimmers. We also broke four LATYCAR records as well a South American Record in the Female Medley Relay 200-239.

The next LATYCAR will be in 2005 in Sao Paulo, Brazil. It will be open to all Canadian and USA swimmers. See you there.



Colombian team at LATYCAR - Myriam Pero is third from the left

## **ANCIENT MARINERS HOLIDAY PARTY**

**You and are invited to the Montgomery Ancient Mariners Holiday Party!**  
**This will be an opportunity to meet your fellow swimmers and catch up with old friends.**  
**We especially encourage new swimmers to attend.**

- When:** Saturday, December 20 from 7:00 - 11:00 P.M.  
**Where:** THE WATERFORD CONDO PENTHOUSE! (3333 University Blvd, Kensington, MD)  
**Who:** You, your spouse, significant other, friend, etc.  
**Food:** This is a potluck event. Drinks, munchies and dessert will be provided. Please bring a main dish or salad.  
**Awards:** We will be presenting the Board of Director's awards at this party.

#### **Directions from Rockville :**

Take Randolph Road East toward Glenmont.  
Right on Veirs Mill Road (towards Wheaton) (2-3 Miles).  
Right on University Blvd (less than 1/2 mile).  
The WATERFORD CONDO will be on your right.

#### **Directions from Bethesda/DC:**

Get on Connecticut Ave N towards Kensington.  
Stay on your right when you reach Kensington.  
The road forks and if you stay on the right, Connecticut will turn into University Blvd.  
Go about 1/2 mile - the WATERFORD CONDO will be on your left. Pass it and make a U-TURN into the parking lot

Park anywhere in front or back of the building except for reserved/handicapped or garage.  
At the entrance computer type #0002 and you will be buzzed in. Take Elevator to Penthouse.  
If lost call Andy @ 301-213-2424.

## BULLETIN BOARD

♥ Barbara Clifford-Dicks and Wally Dicks have a new baby girl. Alexandra Elizabeth Helen Dicks was born Monday September 22 at 4:30 pm. She was 8 lbs and 22inches and was wearing goggles!!!  
♥ Hoda Atia Moustafa's son (Amir Moustafa) was born on August 31st at 5:38am. He weighed 7 lbs, 7 oz and was 21 inches tall!



Photo credits: Cari Shane Parven, Myriam Pero, Dottie Buchhagen,

**REMEMBER TO GIVE YOUR USMS  
REGISTRATION DUES AND SWIM FEES  
TO ONE OF THE COACHES.**

**FREE**

All registered ANCMs are eligible to receive a free swim cap. Contact Tom Denes at 301-564-4234 or by email Water-PrfCh@aol.com if you have not gotten yours.

**HAPPY BIRTHDAY TO YOU....  
VISIT OUR WEBSITE FOR BIRTHDAYS OF ALL TEAM MEMBERS  
(<http://www.ancientmariners.org>)**

### SCHEDULE OF EVENTS

**Dec 7:** Terrapin 1000/1650 meet UM Campus Rec Natatorium, College Park, MD Deck-entries allowed. Info: Dave Diehl 301-946-0649 (H) before 9pm please or 301-314-5372 (W) Email: dd119@umail.umd.edu Web: <http://www.crosslink.net/~cherylw/meet1000.htm>

**12/31:** Swim in the New Year; Campus Rec Facility University of Maryland, College Park, MD. Call Bob Lazzaro 410-442-7649 H (before 9PM) [cherylw@crosslink.net](mailto:cherylw@crosslink.net) <http://www.crosslink.net/~cherylw/ny02.htm>

#### 2004

**Jan 1:** Penguin Swim Ocean City MD Princess Royale Hotel, 91st St. & Coastal Hwy. Annual New Year's Day plunge into the Atlantic Ocean to benefit Atlantic General Hospital. Registration, noon; swim, 1 pm Janis Foley, 410-641-9644. <http://www.atlanticgeneral.org>

**Jan 1- Jan 31:** 2004 USMS 1 Hour Postal Championship PST-LD; Nancy Ridout, 580 Sunset Pkwy, Novato, CA 94947, 415-892-0771, [nancyridout@mindspring.com](mailto:nancyridout@mindspring.com); Chris Foote, 415-457-9645, [dummy4me80@hotmail.com](mailto:dummy4me80@hotmail.com); Sponsored by Tamalpais Aquatic Masters

**Feb 1:** Tropical Splash - Alexandria, VA SCY; Ray Novitske, PO Box 4935, Alexandria, VA 22303, 703-960-8199, 703-960-4598, [rnovitske@usms.org](mailto:rnovitske@usms.org); <http://www.alexandriamasters.com>; Entry Deadline 1/28/2004

**Feb 14:** Virginia Masters Winter Invitational - Riverside Wellness and Fitness Briarwood SCY; Sanctioned by LMSC for Va. #124-0001; Entry deadline February 6, 2004 <http://www.vaswim.org>

**Mar 6-7:** Maryland Masters Winter Meet - UMBC, Catonsville, MD SCY; Barbara Protzman, 7919 Main Falls Cir, Catonsville, MD 21228-2421, 410-788-2964(h), [swimbarb@hotmail.com](mailto:swimbarb@hotmail.com); <http://maryland.usms.org>

**Mar 20:** Albatross Open Montgomery Aquatics Center Bethesda, MD SCM <http://www.pvmasters.org>

**Apr 2-4:** Colonies Zone SCY Championships - George Mason Univ, Fairfax, VA SCY; Cheryl Ward, 4207 University Dr, Fairfax, VA 22030, 703-359-5366, [cherylaward@yahoo.com](mailto:cherylaward@yahoo.com) <http://www.patriotmasters.org/Colonies.April2004.Entry.pdf>; Entry Deadline 3/20/2004

**Apr 22 - Apr 25:** 2004 USMS Short Course Championships - Indiana University Natatorium, Indianapolis, IN SCY; Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289, [goldstein@mindspring.com](mailto:goldstein@mindspring.com); Sanctioned by IN LMSC

**May 15 - Sept 30:** 2004 USMS 5 & 10K Postal Championship PST-LD; Bruce Hopson, 711 Old Ballas Rd #102, St. Louis, MO 63141, 314-569-2220, 314-569-0382, [bhopson@swbell.net](mailto:bhopson@swbell.net); Sponsored by St. Louis Area Masters Swimming; Sanctioned by OZ LMSC

**May 30:** Jim McDonnell 1 & 2 Mile Lake Swims - Lake Audubon, Reston, VA OW; Gordon Gerson, Reston Masters Swim Team, 703-845-SWIM (7946), [usna58@comcast.net](mailto:usna58@comcast.net); Entry processing and scoring by Lin-Mark Computer Sports. Online entries to be avai Savannah, GA 31419, 912-927-7016, [scottrabalais@compuserve.com](mailto:scottrabalais@compuserve.com); Sanctioned by GA LMSC

**Jun 5:** Potomac River Swim for the Environment, 7.5 mile swim across the mouth of the Potomac Ricer, Pt. Lookout State Park, Scotland, MD, Cheryl Wagner Web: <http://www.crosslink.net/~cherylw/pr2004i.htm> Email: [cherylw@crosslink.net](mailto:cherylw@crosslink.net)

**Jun 13:** Chesapeake Bay 4.4 Mile Swim and 1 Mile Challenge <http://www.lin-mark.com>

**THESE ARE ONLY SOME OF THE EVENTS SCHEDULED  
CHECK THE ANCM WEBSITE (<http://www.ancientmariners.org>) FOR A COMPLETE LISTING**