BLUE LOBSTAH NEWS

Register for a Swim Race in 2017!

Seven reasons to swim a race this year

Here are seven reasons you should swim a race in 2017!

1. It's fun!
2. You know you want to!
3. Gives you motivation to train!
4. The camaraderie!
5. It will give you something cool to post on Instagram!
6. It will impress your family & friends!
7. It builds character!

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Just have fun

State of the MESC Address – by Tim Lecrone

This MESC summer has been and continues to be a busy one. We've had stellar meets at both Belfast and Bangor YMCAs with record breaking attendance of 56 swimmers at the First Annual Gary Isherwood Memorial Meet, and there's still so much to do! IN just over a week we'll have the Dover Meet at the Jenny Thompson Pool in beautiful Dover, NH. The goal remains to get 30 Lobstahs competing. Right now we have approximately 15 committed swimmers, so be sure to get your registration in soon. This is going to be a team competition, scored meet, and we are ready to show Great Bay just who rules the north (aside from the Starks)!

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Maine Masters and Swimming Saves Lives – By Bill Meier

Hello, Mainers! This September, I will be coming to the Portland area to teach the USMS Adult Learn to Swim Certification class and I would like to personally invite you to take part. Whether you do it for yourself, because others on your team are doing it or because you want to help your community, I can promise that you will leave with a certificate in hand and a sense that a new door has opened for you. The possibilities for you and the people you teach are endless!

This program was born and raised right here in New England. Developed first as a volunteer program in my pool seven years ago, we presented the idea of an LMSC-wide program to the board the following year. With unanimous approval, 12 teams were trained across our region and the first April is Adult Learn to Swim Month was born. With over 200 adults taught in that first offering, the USMS National office took notice and using our program as a template, presented the ALTS certification program to our members on January 3, 2015 in Indianapolis, IN.

We have now certified over 1000 USMS members to teach other adults in their communities. There are nine Lead Instructors spread across the country offering more certification classes. The program has been recognized by the American Red Cross and YMCA and we now work collaboratively with them so that we can help more people across the country.

Now, it is your turn! Please consider taking this class so that you can not only help individuals learn to enjoy the water, but help your whole community be safer. When you teach a parent to swim, the likelihood that they will get lessons for their children goes up exponentially. By taking away people's fear of the water, you open a world of possibilities that was not previously available to them. We know swimming is the best sport. Sharing this secret is one of the best gifts you will give to your friends, family and neighbors!

So get involved. Help us help your community. As a part of a region with so much available water, you will help lead the nation in opening this world to our fellow citizens!

Save The Date!!

USMS Adult Learn to Swim Instructor Training on September 30th

In Portland Maine!!!

State of the MESC Address (Continued from page 1)

Right around the corner we have the Peaks to Portland open water event on 7/22 followed by the Hobbs Pond swim on 8/6 and then the Portmile and Nubble Light Challenge both falling on 8/12. MESC is a sponsor this year for the Nubble Light swim!

Enjoy the water during these warm months. Swim inside. Swim outside. Just make it an amazing experience, and don't forget that before you know it for 45+ masters peeps the Senior Games will be popping up in the early fall!

The Oceans Seven– By Pat Gallant-Charette:

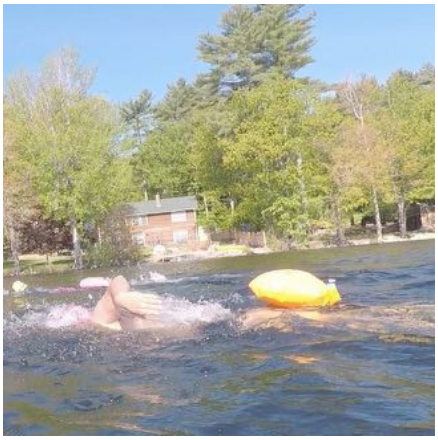
Pat is a world record holding marathon swimmer, recently becoming the oldest swimmer to swim the English Channel.

Brian Fitzgerald/Fitzgerald Photo

Steven Munatones of the World Open Water Swimming Association created the concept of the Oceans Seven. He wanted to give open water swimmers a global long distance swim challenge. He based his idea on the Seven Summits a challenge for mountain climbers to climb seven of the highest mountain peaks. As soon as Steven presented his idea to the marathon swim community, I was captivated by this challenge. The Oceans Seven consist of the North Channel (21 miles) between Ireland and Scotland, the English Channel (21 miles) between England and France, the Strait of Gibraltar (9 miles) between Spain and Africa, the Tsugaru Strait 12 miles in Japan, Molokai Channel (26 miles) between Molokai Island and Oahu in the Hawaiin Islands and Catalina Channel (21 miles) between Catalina Island and the mainland of California and Cook Strait (12 miles) in New Zealand. So far I have completed six of the seven swims. Each challenge has it's unique degree of difficulty. Last year, I cross the North Channel known as the most difficult of the Seven due to very cold water temperature in the low fifties and prolific blooms of Lion's Mane jellyfish (I was stung over every inch of my body). This year I crossed the 26 mile Molokai Channel in a time of 23 hours and 54 minutes. I had close encounters with pilot whales that spouted rainbows, painful jellyfish, and curious dolphins (I was bumped during the night). Molokai channel was the most difficult for me due to strong currents. Four weeks after my Molokai Channel swim, I crossed the English Channel on June 17 in a time of 17 hours and 55 minutes. The EC water temperatures was mostly in the low to mid-fifties. I felt very cold during the whole duration of my swim and thought of quitting on several occasions. However, as soon as I saw the coastline of France, I quickly became focused on reaching the finish line. I had a very close encounter with a large ocean sunfish. It's dorsal fin looked very similar to a shark's fin. My past three marathon swims have set records for the oldest woman. I am scheduled to swim Cook Strait in New Zealand in 2019. I swim marathons because I absolutely love the sport of open water swimming. I have no intention of retiring from this sport. And, I will forever be grateful to Steven Munatones for creating the Oceans Seven..... an adventure of a lifetime.

Leaving My Wetsuit Behind – My Evolution as an Open Water Swimmer

By John Gale



Compared to many in the Maine Masters, I did not grow up in the world of age group, high school, or college swimming. I am an adult onset swimmer that took up swimming after almost 30 years of long distance running took its toll on my right knee. As I am rather attached to what is left of my knee joint, I started searching for another sport to remain active. Swimming seemed like a good choice.

I followed a fairly normal path in my evolution to the open water world. I started swimming at the Riverton Pool on my own (which meant that I was coached by someone who had no clue about the complexity of proper technique). I eventually took adult lessons with Jeannette Strickland and joined her Masters group. I later started swimming with Larissa Herold and the Cumberland Masters and continue to do so as my "home" swimming community. I have been working on changing my stroke with Kirsten Reed. Swimming is clearly a process.

I soon discovered open water swimming and found a group of kindred souls. Like many new open water swimmers, I wore a wetsuit for the insulation, flotation, and compensation for my less than perfect technique. I swam happily in my wetsuit for many years.

As a former marathoner, I was intrigued by longer events such as Boston Light and other traditional events do not allow wetsuits. The idea of giving up a wetsuit was a real challenge for me however. Despite this, I tried a few of these events but went back to my wetsuit after the events were over. I began to realize that going back to a wetsuit made it harder to make the changes necessary to feel comfortable without it. I also started to get to know Kellie Joyce, Susan Knight, John Shumadine, Pat Gallant-Charette, Elaine Howley, and other non-wetsuit swimmers who encouraged me to go without. Slowly, I began to try a few more events that pushed me beyond my comfort zone. This year, I have decided to leave my wetsuit in storage and swim Peaks and Nubble in the non-wetsuit category. I have to reconcile myself to the fact that these will be different swims for me. I will also do Boston Light again this year. I have begun to explore other swimming goals that this change necessary.

The decision to go neoprene-free triggers some interesting reactions. Some in the traditional swimming world are adamantly opposed to wetsuits and consider them to be "cheating". Conversely, I know of wetsuit swimmers that feel "judged" by those who go without. The reality is that the right position is somewhere in the middle of these two extremes. Wetsuits have helped to make the sport more accessible to people who would not consider it otherwise and can serve as a stepping stone for those exploring different aspects of open water swimming.

It is important to avoid judgement regardless of where you fall on the wetsuit issue. I know many strong swimmers that have trouble with cold and would be less likely to swim without their wetsuits. For others, open water swimming is just a more enjoyable activity with neoprene. I am fortunate, due to a fluke of physiology, to have a high tolerance for cold. I do, however, miss the free speed and have to accept that I am unlikely to equal my wetsuit times. One the other hand, there is a certain satisfaction to mastering another swimming skill set. At the end of the day, open water swimming is fun and there is little room for judgement. Wetsuit or not, everyone should do what works best for them.

My Mentor and My Hero is My Dad Sterling Fulmer – by Joe Fulmer

Dad's almost 89 and won three events at the YMCA Masters Nationals meet in Sarasota in April. He's a top 10 in the 85-89 100 and 200 Free and just 2 older swimmers in the US had faster times in the 50, 100 and 200 Free this year.

When I was a kid Dad was right there at most every meet, game and practice…. timing, driving and cheering. Somehow, he stayed fit despite a crazy schedule as a business executive and husband while chasing me and my siblings around. He loved to run, but his knees didn't love it as much….he found biking and swimming instead….aside from a few runs and sprint triathlons never competed.

I grew up in South Williamsport PA in the early 1970's, about ½ mile from the Little League Baseball World Series complex. Playing baseball was required if you lived in that town. I fit in football as a punter and placekicker…but I loved swimming most.

I started swimming competitively at age 12…..pretty late because I lived too far out of town to get to the YMCA. As a kid we swam two seasons….summer was an outdoor regional age group league while winter was the YMCA league. My high school was small and couldn't support a swimming program but I was able to swim in the district and state meets. Dad was the coach of the one-swimmer high school team.

In the mid 80's I was back in the pool, coaching the Waterville Dolphins Boys Club / YMCA Team for 7 years….including a young swimmer…Tim Lecrone.

Then in the late 80's my Dad and I set out for long distance biking trips, across the US one year and down most of the west coast a couple of years later. Dad was in his 60's at the time. Dad continued to cycle and swim for fitness over the years.

For me, swimming took a 25 year hiatus because of family priorities. Three years ago at 58 I was back in the pool. I found the passion for swimming again….along with many new great friends.

Today Dad lives in Sanibel Island, Florida….close to the YMCA Nationals in Sarasota. In 2015 I decided to swim at the meet…of course Dad jumped on the opportunity to cheer. (I signed him up for the 50 and 100 Free 85-89 age group but didn't tell him at the time).

5 minutes before the 100 Free event Dad decided he would swim. He won the event by :00.2 seconds and was the YMCA National Champion. The next day he placed second in the 50 Free.

Dad swam Y Nationals in 2016 and again this year. In his entire life …. 7 events, a YMCA National Champion 6 times, USMS top ten 6 times.

He teaches us that a satisfying successful life is all about A.T.T.I.T.U.D.E. The cup IS half full…care for your body and soul…do what you know is right….work hard, love life.

Swimming IS a life-long sport and my Dad is proof. I'm hoping he'll come to Maine for a Blue Lobster meet so you'll have the opportunity to meet this inspiring man.

Swimmer Story - By Christopher Ray

One of my favorite childhood memories was participating in my first swim meet with Pine Tree Swim Club at the age of 10. I loved swimming both competitively and also recreationally. It was a central part of my life throughout the years including high school. Swimming to me was about setting goals, working towards them and hopefully achieving success. It was hard work but provided me with an outlet from the rigors of school. I swam for Seacoast Swim Club and later in high school, where I found friendships with other swimmers that gave me support and motivation.

After high school, I lost my focus in swimming, pursuing other athletic activities like triathlons and cycling and later marriage and a family. Swimming was always in the back of my mind as the physical toll of biking took hold. Friends who swam kept encouraging me to reconnect with the sport. One challenged me to swim the Peaks to Portland open water event and I finally agreed. 6 months before the Peaks to Portland event, I entered back into the familiar pool at Greely High School, where I logged so many hours 40 years ago. The ironic thing was other swimmers in the pool there and at the YMCA were those I swam with or competed against over 40 years ago. Swimming the Peaks to Portland was a big challenge for me. I did not have the background in open water distance swims. My preference in swimming was always sprinting. Where the blue line on the bottom of the pool showed me the way to the finish. My first year swimming Peaks was intimidating, but exhilarating upon completing the race. With the help of friends who reminded me many times "…. it is less than an hour of discomfort." I have been able to continue this tradition and am preparing for my 4th year on July 22.

Swimming today has brought back goal setting, encouragement, friendships, focus and success. All things that were important to me when I was younger.

Finding Dory:
Swimming From the non-Master's Swimming Perspective- By Anne Uecker

Admittedly, I did not see this movie, though I did look up the cliff notes for it using Wikipedia. Talk about a convoluted plot!! Also, even though I did not see the movie, I found my own human Dory!! She is a new swimmer at the Waterville pool. Dory's hair looks chlorine-bleached blonde and thus she looks like a seasoned swimmer. Dory, however, is not a swimmer. She currently is swimming because she has one of those running injuries, maybe a shin splint. She's not really sure how she feels about swimming but is committed for at least a month. Barriers for Dory include the pool hours. The Waterville pool opens at 5:30 and when she is able to run, she has already completed her run by this time. Dory also finds it difficult to coordinate her breathing with the arms and legs movements required for swimming. Although Dory thinks adult swim lessons are a good idea, she probably would not take any herself. Dory's favorite swimming memory is the pool in her grandmother's yard when she was growing up. Dory's least favorite memory is when a person had her sitting on his shoulders and jumped into the water hanging tight onto her legs. Dory is not sure what she does for her typical workout. She usually loses count of how many laps she does, though her goal is to improve her endurance over the next month.

So even if we have not yet fully hooked the non-fish human Dory, maybe you the reader are wondering what this article is about. It is about the swimming goals and swimming perspective of non-master's swimmers. Several "casual" swimmers were talked with and their swim perspective gathered. Mac, for example, swims so that he will not drown in his triathlon events. I told the people I talked with I would not use names, though Mac indicated everyone in the state of Maine would know who he was. If you ever saw Mac swim, you would know why. Mac NEVER puts his face in the water. NEVER. This is despite his swimming for a long time, frequently 30 to 45 minutes several times a week. Despite Mac's whipping his head back and forth with every stroke, he says his neck does not ever hurt. I think if I swam like Mac, I might need life-long physical therapy. Mac has resisted gentle encouragement to put his face in the water. In talking with Mac to learn more about his swimming perspective, I learned he doesn't put his face in the water because he likes to be able to breathe. He was a firefighter for 20 years and is very fearful of sucking in and asphyxiating. Mac described his biggest swimming barrier is the walls. Mac actually does not do too bad! Mac's favorite swimming memory is when a lifeguard overheard him tell another swimmer that he was going to swim three miles. The lifeguard's response: that's impossible. You all know what Mac did next. Other individuals I talked with were not at all in the competitive realm. Most individuals I talked with (about 10) like swimming because of its low impact nature and describe it as the most pleasurable exercise. One swimmer indicated non-swimmers do not know what they are missing. Another person described swimming as beauty in motion. One 65 year old individual learned to swim when she was 49. Her favorite swimming memory is playing in the water at Lake Sweet Spot in Massachusetts. She also remembers being in a lake in Maine with 15 loons all around. She was awestruck. Her least favorite swimming memory is she had a friend who drowned. Consequently, this person likes to be in control. When she is in the water. When she swim, she starts out with breaststroke, moves to the backstroke, and then to the freestyle. She would love to be able to learn butterfly.

Finding Dory Continued: All of the individuals spoken with believed all individuals would benefit by knowing how to swim. Several expressed surprise by the number of people who don't know how to swim. All individuals thought adult swimming lessons was a good idea. Several indicated they would enroll in lessons if offered on a regular swimmers put out. One described the master's group at Waterville are like big kids having fun, though with adult dedication. One lady wistfully stated she wished she could go so fast. Perseverance and dedication were shared recognized attributes.

One individual talked with is a former Bowdoin swimmer (from a few decades back). This person described how swimming had helped him to develop the dedication and stick-to-it-iveness to go to medical school. This swimmer's current swimming barrier is getting in the water. Sitting at the side of the pool observing the swirls tends to be a several minute pastime for this swimmer and an important ritual preceding every swim. Even so, once in the water this person has beautiful and enviable efficiency. Favorite swim memories include training trips to Puerto Rico and team bonding. Least favorite memories include EARLY morning workouts in the Midwest that were then followed by an afternoon workout. Doubles? Been there, done that! Also, who never said that ice hair was not cool?

During the week that I was talking with people for this article, one regular morning swimmer was turning 70. Her goal during the week was to swim a mile. I think she swam a mile all three times she swam this week. This is another individual relatively new to swimming. A different casual swimmer described she had not started swimming until seven years ago. When she began she was unable to complete even a lap. Now she swims a mile each time she swims. (Interestingly, both of the above swimmers had different definitions of what comprised a mile swim. [Let's make this easy. Both were right.] Another casual swimmer wondered why swimmers get their own version of a mile. He insisted, the 1650 does not a mile make.

I talked with one mother who is now a grandmother. Her favorite swim memory is her son's first race that occurred when he was six years of age. It was a relay leg he was not supposed to swim. He swam it because his friend needed to go to the bathroom. The least favorite memory that sticks with this person is that her mother almost drowned when she was a young kid. I remember Brad Burnham telling me most swimmers, from the least experienced to the most elite, frequently have a fear of drowning or not being able to get their breath.

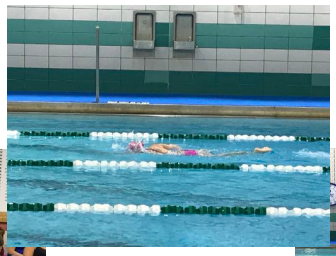
So gang, how are we going to convince Dory to be one of us regulars? How about: there is no need to be competitive, just enjoy. Your swimming compadres say swimming results in an overall good feeling to the body, from top to bottom. Combined with that early morning caffeine jolt, it is one of the best ways to start the day. Swimming builds companionship. That cold feeling of the water may be unpleasant initially, but then you get to walk away feeling better. Each and everyone of us has grown stronger with our discipline, with a resultant feeling of personal pride. Dory, you may not come to view the pool as your second home, though once your month's membership has expired, I hope you take up Dory the fish's motto of Just Keep Swimming. For now, swim on, heal well, and know you are supported. What you desire, is accomplishable. Don't forget us.

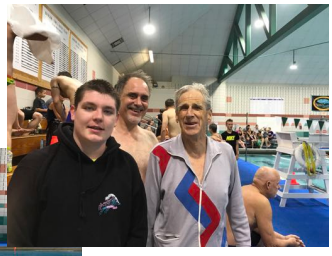
FACES IN THE WATER – BELFAST MEET

Photos courtesy of Carolyn Steeves

FIRST ANNUAL GARY ISHERWOOD MEMORIAL MASTERS SWIM MEET

Many thanks and kudos to the Maine Masters' family and the Bangor Y for a great 1st Annual Gary Isherwood Memorial Masters Meet! I was a sophomore at John Bapst Memorial High School when Gary started coaching there having had great success as a swim coach in other states. My senior year we placed third in the Class B State Meet and I went on to swim at UMaine because I was willing to do the 1,000 and 500 and whatever else was needed and Gary was a great part of that endeavor. He also spearheaded a fun open water swim, the Beach to Beach Swim for Breast Cancer on Green Lake. Gary would've loved the meet and will continue to smile down on many more to come. I'd like to give a special nod to Taylor Rogers and Matt Cook at the Bangor Y as well as my brother from another mother Tim Lecrone for putting the meet together. Also, thank you Mara Crans and John Gillis for key goggle loaning as my last pair broke at the blocks for the 200IM! - (Brendan)





My family and I are overwhelmed and happy to say this was a huge success. My father loved seeing not just what his swimmers could push themselves to do in the pool but more importantly what they could do outside of it and contribute positively to society. My hope is this happens yearly and continues to raise money for the scholarship in his name. Huge thanks to Tim Lecrone, Brendan Trainor the Bangor Y and Maine Masters for this event. Thank you! (Tyler)

A huge thanks to all that came out today to support this tremendous event! Unofficially we had 56 swimmers and many fans there to cheer everyone on. Approximately $2000 was raised for the scholarship fund in Gary's name. This was an amazing example of how much he impacted the swim community. Thanks again, and get ready for next year! (Tim)

Thank you so much to everyone who came out and supported this. This means so much to my family and I. My dad loved coaching but really loved seeing his swimmers after they graduated and went on with their lives and finding ou what they did. This meet will directly support that. I know my dad was there today, he would have loved this. Thank you all! (Tyler)

Maine Masters Florida Reunion – By Bill Jones

Hope master swimmer Bill Jones recently turned 80. He is struggling to get recorded times in all of 53 recognized events quickly before he getting any slower. He has covered the 18 events in 25-yard pools, but the 35 events in metric pools are a problem. 25-meter meets in certified pools are rare in Maine; Maine has no Olympic pools.

In May, Jones and Hans Wendel, a Maine Master swimmer now from Hudson FL, teamed up for 10 25-meter-course golds at the Canadian National Championships in Quebec City. Wendel and Jones joined up again last weekend (June 10 & 11) at the Sarasota FL Bumpy Jones Classic to assault 50-meter-course records and national rankings.

The fabled Sarasota Y Olympic pool is looked after by ex-Maine Master Reed Lowden, formerly of Rockland. Reed and spouse Antje Zgrzebski were familiar faces at PenBay Y and Maine Masters' swim meets.

Ex-Maine Master Diann Uustal was the meet star, among other accomplishments, setting a world record in the 50-meter butterfly. She and husband Don have moved to Jamestown RI. Other ex-Maine Masters were Gerhard Schaefer and Martha Samuelson, formerly of Trenton, and Cheryl Kupan now of St. Petersburg, who used to be 1/4 of Maine Masters' best-ever women's relay. Gerhard is recovering from surgery and expected back in the pool soon.

For details of just what Maine Masters and ex-Maine Masters – 7 of the 131 competitors -- did, see below. In addition to her world record, Diann Uustal had near-records in two other events. Jones has now swum 32 of the 53 events at 80, 7 more at Sarasota, of which one New England and four Maine records. Wendel & Jones rarely swim together in breaststroke. In Sarasota, they did in the 50 and 100 with Jones coming from behind to win narrowly. Wendel, however, retains the Maine records, which he set last year, and handily won he 200 breast.

Kupan is closing in on the performances that made her National Top Ten last year. Distance-specialist Zgrzebski, just back from retirement, far exceeded expectations. Lowden, also re-entering competition, interrupted his pool-managing duties to swim 6 events. His 200m breast would have been 13th nationally last year. Martha Samuelson was national Top Ten last year in 200m breast; her Bumpy Jones time should be this year too and her 100m & 50m breast may be too. The Sarasota YMCA Sharks' 240+ 400m free relay – Reed, Antje, Martha, & a non-Mainer – swam a time that would have been 9th nationally last year, & probably will make Top Ten this year.

Violent, tropical lightning storms and torrential rains underscored the meet's drama. Lowden had the critical, obvious, but not always popular responsibility of clearing the entire venue. Despite major delays, 6 events were cancelled. The BBQ party had to be postponed a day. Mainers , ex-Mainers and others stuffed themselves on pulled pork, beer and baked beans, and hoped to get together again soon.

Results

800m free				
Cheryl Kupan	50-54 women	11:46.85	2nd	
Antje Zgrzebski	50-54 women	16:32.29	3rd	
Martha Samuelson	65-69 women	17:28.95	2nd	
Bill Jones	80-84 men	19:16.37	1st	
400m free				
Cheryl Kupan	50-54 women	5:39.26	2nd	
Antje Zgrzebski	50-54 women	8:02.39	4th	
Bill Jones	80-84 men	8:45.70	1st	ME record
200m free				
Bill Jones	80-84 men	3:43.22	1st	ME record
50m free				
Diann Uustal	70-74 women	34.00	1st	
Reed Lowden	60-64 men	36.36	5th	
100m back				
Diann Uustal	70-74 women	1:28.68	1st	
Martha Samuelson	65-69 women	1:55.37	2nd	
Bill Jones	80-84 men	1:56.91	1st	ME record
200m breast				
Reed Lowden	60-64 men	3:35.33	2nd	
Martha Samuelson	65-69 women	4:20.62	1st	
Hans Wendel	80-84 men	4:50.12	1st	

100m breast

Reed Lowden	60-64 men	1:35.48	3rd
Cheryl Kupan	50-54 women	1:39.82	2nd
Martha Samuelson	65-69 women	2:00.02	1st
Bill Jones	80-84 men	2:08.44	1st
Hans Wendel	80-84 men	2:12.22	2nd

50m breast

Reed Lowden	60-64 men	41.82	2nd
Cheryl Kupan	50-54 women	45.62	2nd
Martha Samuelson	65-69 women	52.52	2nd
Bill Jones	80-84 men	56.28	1st
Hans Wendel	80-84 men	58.70	2nd

100m butterfly

Cheryl Kupan	50-54 women	1:30.21	1st
Reed Lowden	60-64 men	1:37.60	2nd

50 butterfly

Diann Uustal	70-74 women	35.56	1st	WORLD RECORD
Cheryl Kupan	50-54 women	37.72	1st	
Reed Lowden	60-64 men	40.45	5th	

400m individual medley

Cheryl Kupan	50-54 women	6:43.51	2nd	
Bill Jones	80-84 men	9:53.91	1st	ME & NE record

Mixed 240-279 400m free relay

Lowden (M63), Zgrzebski (F54), Samuelson (F68), Mark Krakower (M74) 7:25.41 3rd

Mixed 200-239 200m medley relay

Gerry Chojnowski (M68, back), Lowden (M63, breast), Betsy Cefalu (F51, fly), Zgrzebski (F54, free) 3:16.29 2nd

Wicked Shahp Blue Lobstah Branded Stuff

Blue Lobtah T Shirts – Only $10 bucks! Wow!!

Email Tim Lecrone to place your order before they are gone forever!

Tlecrone@msn.com

Upcoming Meet Schedule

Visit

www.mainemasters.org

To access all upcoming meets, important meet information, and signup forms.

Note from the Editor

I appreciate all of the support from the writers of all of the articles and everyone's willingness to participate.

Please keep the letters/emails/feedback/article ideas/ pictures coming!

Thanks!

Mike Hurd

P.S. – if you would like to write an article for a future newsletter please let me know!

To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with