



Northwest Zone Chatter

June 2022

Northwest Zone Website: <http://www.northwestzone.org/w>

Chair – Aaron Norton (UT): norton_aaron@yahoo.com

Treasurer – Ken Winterberger (AK): kwinterberger@gmail.com

Webmaster –David Cabrey (IW): dcabrey@charter.net

Zone Records – Stephen Darnell (OR): financialwizard2@comcast.net

Secretary & Awards – Sally Dillon (PN): salswmr@comcast.net

Newsletter – Christina Fox (OR): foxkohnert@peak.org

USMS At-Large Director from the Northwest Zone – Paige Buehler: paige@galacticnorth.net

LMSC websites in the NW Zone

ALASKA www.akmswim.org

INLAND NW www.inlandnwmasters.org

MONTANA <http://swimmontana.org/>

OREGON www.swimoregon.org

PACIFIC NW www.swimpna.org

SNAKE RIVER www.snakerivermasters.com

UTAH www.utahmasters.org

Report from the Chair

Hello fellow happy swimmers!

This past week my son graduated from high school. With that, I have been reflecting lately on milestones, life goals and life planning. Of course, the big question is what to do after high school. My son has chosen to go to a trade school and we are excited to see what he will accomplish. But I also have been thinking about swimming in my adult age and what we can do as swimmers to set milestones. For many I am sure those goals and milestones can be swim meets like Nationals or something similar. Or a triathlon or some long-distance open water event. But as I get older, I am finding that there are many other milestones or goals that we can set in swimming and they don't have to be competition focused. One swimmer on our team had made a goal to get more comfortable swimming without leaning heavily on his fins. And two others are swimming in order to pass their Navy life rescuer entrance test. To me, those are goals just as important as Spring Nationals - and for many of us more realistic.

So, I would like to put a challenge to all Masters swimmers in the NW zone. Set a personal swimming goal or milestone that fits your current situation and have it be something to achieve during the next quarter. Write it down and then share with your fellow lane mates what it is and share regularly your progress on it. See if that helps you feel more purpose and connection with yourself swimming later in life. I know it will!

Aaron Norton,
NW Zone Chair

Zone News

- 2nd Quarter Zone Meeting – **Sunday, June 5**, via Zoom
- Thank you to David Cabrey (IW) who has taken over the role of NW Zone Webmaster from Hugh Moore.
- USMS Annual Meeting – **Zone Meeting date and time to be announced.**

Reports from LMSC chairs

Note: All membership data and officer information are from USMS website as of May 29, 2022.

Alaska

Membership **2021 – 2022:** 223 members, 2 clubs, 8 workout groups under club AKMS
 2020 – 2021: 200 members, 2 clubs, 5 workout groups under club AKMS

Elected Officers

Chair	<i>Ken Winterberger</i>
Vice-chair	<i>Matthew Reilly</i>
Secretary	<i>Carole Triem</i>
Treasurer	<i>Kristina Miller</i>

No report submitted

Inland Northwest

Membership **2021 – 2022:** 285 members, 10 clubs, no workout groups
 2020 – 2021: 318 members, 11 clubs, no workout groups

Elected Officers

Chair	<i>Matt Bronson</i>
Vice-chair	<i>Michael Hamm</i>
Secretary	<i>Rob Heath</i>
Treasurer	<i>Wes Bratton</i>

Recent and/or upcoming events:

- The LMSC Annual Membership Meeting was held 10 April 2022.
- Kroc Masters Open Water 1K/2K – **Jul 16, 2022** – Coeur D'Alene, ID.

Montana

Membership 2021 – 2022: 171 members, 4 clubs, 4 workout groups under club BSMT
2020 – 2021: 161 members, 4 clubs, 3 workout groups under club BSMT

Elected Officers

Chair	<i>Donn Livoni</i>
Vice-chair	<i>Richard Weber</i>
Secretary	<i>Mackenzie Jones</i>
Treasurer	<i>Jeanne Ensign</i>

Recent and/or upcoming events:

- The Montana State SCY Championship Meet was held on Apr 8 and 9, 2022 at the Butte YMCA. There were 46 swimmers entered. The meet went very well and the facility is wonderful.
- The Montana LMSC Annual Meeting was held at on Fri, Apr 8 at a local pizza restaurant with approximately 20 members in attendance.
- The next BOD meeting is scheduled for **Monday, June 20, 2022.**

Notable news:

- Board updates: **Josh Huckeby** is the new Records/Top 10 recorder; new Bozeman Club rep is **Suzette Harkin.**
- One new Club – Deer Lodge Swim Club (DLSC) – no members yet.

Oregon

Membership 2021 – 2022: 991 members, 4 clubs, 18 workout groups under club OREG
2020 – 2021: 974 members, 4 clubs, 23 workout groups under club OREG

Elected Officers (next elections to be held in October 2022)

Chair	<i>Tim Waud</i>
Vice-chair/Sanctions	<i>Robbert van Andel</i>
Secretary	<i>Kristina Franklin</i>
Treasurer	<i>Kermit Yensen</i>

Other board members

Membership Coordinator	<i>Christina Fox</i>	Payments Administrator	<i>Ginger Pierson</i>
Club/Workout Group Liaison	<i>Christina Fox</i>	Records	<i>Stephen Darnell</i>
Top Ten	<i>MJ Caswell</i>	USMS Rep	<i>Sandi Rousseau</i>
Coaches	<i>Kevin Cleary</i>	Souvenirs	<i>Jeanna Summers</i>
Officials	<i>Jacki Allender</i>	Awards	<i>Sara Shepard</i>
Newsletter	<i>Alice Zabudsky</i>	Data Manager	<i>Gary Whitman</i>
Fitness	<i>Colette Crabbe</i>	Safety	<i>Joy Ward</i>
Webmaster	<i>Matt Miller</i>	OREG Club Representative	<i>Nancy Vincent</i>
Adult Learn-to-Swim	<i>Marlys Cappaert</i>	Past Chair	<i>Jeanne Teisher</i>
OW/Long Distance	<i>Bob Bruce</i>		

Update on pool availability and workout activity:

The majority of pools are open with the exception of Mt Hood Aquatic Center.

Recent and/or upcoming events:

- Portland Bridge Swim – **Jul 10, 2022** – Portland, OR
- Southern Oregon Open Water Swims – **Jul 16, 2022** – Applegate Lake, OR
- Cascade Lakes Swim Series and Festival – **Jul 30, 2022** – Elk Lake, OR
- Oregon Coast Wild Swims – **Aug 13, 2022** – Lakeside, OR
- Oregon Senior Games (SCY) – **Aug 21, 2022** – Corvallis, OR

Notable news:

- Oregon Masters Swimming recently hosted the 2022 Oregon Masters Association/NW Zone SCY Swimming Championship in Molalla, Oregon. There were 26 Oregon records, 12 Northwest Zone records and 2 U.S. National records set during this event. Congratulations to our Oregon stars for this meet:
Colette Crabbe – 2 National records, 4 Zone records, 6 Oregon records.
New Zone records – **Ginger Pierson, Jane Nichols, Kurt Grote, Mike Self, and Willard Lamb.**
- Oregon Masters swimmers competed in the 2022 U. S. Masters Swimming Spring National Championship. Several records were established. Congratulations to our Oregon stars for this meet:
Sara Shepherd – 4 second places, 3 Oregon records, 1 Zone record
Sonja Skinner – 4 second places
Jane Nichols – 3 National Championships, 2 second places, 6 Oregon records, 3 Zone records
- Central Oregon Masters Aquatics recently hosted an LCM swim meet on May 14, 2022. There were 24 Oregon records, 14 Northwest Zone records, 8 U.S. National records and 6 FINA World records set.
Wink Lamb, Joy Ward, Colette Crabbe, and Dan Kirkland competed in the 800 Free relay in the 320-359 age group (their ages total 320 years) to break the old World record of 14:43.93 with a time of 14:25.49.
Willard Lamb also broke five individual World records competing as a 100-year-old.

Pacific Northwest

Membership: 2021 – 2022: 1497 members, 5 clubs, 21 workout groups under club PSM
2020 – 2021: 1474 members, 4 clubs, 25 workout groups under club PSM

Historical membership data (as of May 20, 2022):

PNA MEMBERSHIP BY MONTH AND YEAR															
2017-2021, 2022 Reg Year YTD (05-20-2022)															
YEAR	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	Annual Total	May YTD	Difference
2022	371	577	280	49	110	71	30						1488	1488	-
2021	254	432	207	52	53	54	64	64	87	56	67	84	1474	1116	372 (33%)
2020	305	574	357	93	29	5	7	30	17	23	19	28	1487	1370	118 (9%)
2019	335	554	331	83	86	100	66	68	36	45	61	42	1807	1555	-67 (-4%)
2018	390	507	358	88	74	63	59	55	50	33	48	42	1767	1539	-51 (-3%)
2017	418	550	246	95	65	68	68	44	29	52	50	53	1738	1510	-22 (-1%)

Elected Officers

Chair *Linda Chapman*
Vice-chair *Kathy Casey*
Secretary *Steve Peterson*
Treasurer *Lucianne Pugh*
At-Large Director *Dick Green*

Recent and/or upcoming events:

Pool

- Cannonball Classic – dual sanctioned – **Jun 11-12, 2022** – Federal Way, WA
- Snohomish Masters Meet – **Nov 6, 2022** – Snohomish, WA

Open Water

- Whidbey Adventure Swim – **Jun 11, 2022** – Langley, WA
- Fat Salmon – **Jul 16, 2022** – Seattle, WA

Notable news:

- A nominating committee is working on replacement for an open At-Large position on the PNA BOD.
- PNA will have a total of 7 delegates for the USMS Annual Meeting:
Automatic delegates: **Steve Peterson** (Legislation), **Kathy Casey** (Rules), **Jim Davidson** (Long Distance)
Delegates based on membership: **Sally Dillon, Walt Reid, Sarah Welch, Linda Chapman**

Snake River

Membership 2021 – 2022: 78 members, 3 clubs, no workout groups
2020 – 2021: 89 members, 2 clubs, no workout groups

Elected Officers

Chair *Jim Clemmons*
Vice-chair *Jeff Erwin*
Secretary *Suzy Cavanagh*
Treasurer *Brigitta Gruenberg*

Other board members

Membership Coordinator *Jill Wright*
Sanctions *Paula Moores*
Top Ten *Ellen Reynolds*
Coaches/Open Water/Postals *Brigitta Gruenberg*
Officials *Jeff Erwin*
Editor *Suzy Cavanagh*
Webmaster *Tom Arnold*
Fitness *Lisa Galane*

Recent and/or upcoming events:

- No pool meets are planned as there is still no update on the YMCA allowing dual sanctioned meets at the current time.
- One- and Two-mile SAWS Open Water Swims – **Jun 4, 2022** – Caldwell, ID
Entries are open; sanction is pending

Notable news:

- The Snake River LMSC held its annual meeting by Zoom, April 4, 2022; all of the current LMSC board members agreed to remain on the BOD for another year.
- The BOD voted to provide each registered club with \$30 per member from the LMSC funds. This equates to \$120 for Idaho Falls Masters (4 members) and \$1680 for Sawtooth Masters (56 members). Numerous attempts have been made to contact Streamliners (1 member) but have not received a response to inquiries regarding their status and who is “in charge.”
- Treasurer’s annual report (to the National Office) and LMSC tax report were submitted in February.
- Ground has been broken for the Idaho Competitive Aquatics (ICA) 25y x 50m and 6 lane, 25y warm-up/down pools. The Myrtha pool and system hardware have been ordered and expected to arrive sometime this fall.

Utah

Membership **2021 – 2022:** 231 members, 10 clubs, no workout groups
 2020 – 2021: 293 members, 10 clubs, no workout groups

Elected Officers

Chair	<i>Bruce Schroeder</i>
Vice-chair	<i>Gerald Treiman</i>
Secretary	<i>TBA</i>
Treasurer	<i>Joe Linford</i>
Membership	<i>Dean Stonehocker</i>

Recent and/or upcoming events:

Pool

- The Ski-n-Swim and State Championship SCY meet was hosted by QUAC Club on Feb 26, 2022 in Salt Lake City; 80 swimmers participated.
- The Hilltop Spring Kickoff LCM meet was hosted by Hilltop Masters Club on May 14, 2022 in American Fork; 29 swimmers participated.
- Utah Summer Games LCM meet – **Jun 9-11, 2022** – Cedar City, UT
- Huntsman World Senior Games (50+) SCM meet – **Oct 5-7, 2022** – St. George, UT
- Annual SDRC Masters SCY Swim Meet – **Nov 12, 2022** – South Davis, UT

Open water

- Utah Open Water Series (not USMS sanctioned) – **Jun 11, July 16, Aug 13, 2022**

LMSC Resources

The LMSC Development Committee and Volunteer Central provides information to the volunteer calendar, upcoming webinars, archived webinar recordings and meeting minutes and lots of other useful information/resources. Key links are provided below.

Volunteer calendar: <https://www.usms.org/volunteer-central/volunteer-working-calendar>

Webinar page: <https://www.usms.org/volunteer-central/lmscs/peer-to-peer-calls>

Webinar recordings and minutes: <https://www.usms.org/admin/minutes/index.php>

An upcoming webinar that may be of interest is the following listed under **National Initiatives** on the Webinar page (<https://www.usms.org/volunteer-central/lmscs/peer-to-peer-calls>):

Webinar - Vision for the future of U.S. Masters Swimming – **Tues, May 31, 2022**

This webinar will go over the board's new strategic priority of placing greater emphasis on the local experience of our members as well as the structural changes we hope the House of Delegates will consider this year and next.