



Northwest Zone Chatter

September 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 all my fellow swimmers!

This chair report is going to be short, BUT so full of awesome news!! Below are some great NW Zone swimming highlights and statistics from 2022.

- I am so excited to report that we are growing!!!! In the NW Zone we grew by 20% in total membership from 2021 to 2022. That is so great!
- We have a new Webmaster (somewhat old news but thought it was noteworthy for the Annual Zone Meeting) welcome Dave Cabrey!!
- We had hundreds of swimmers participate in this year's Short and Long Course National Championships. Way to go!
- In the 2022 season we had 395 total Top 10 swims!
- During Short and Long Course national championships we had 18 USMS and World records set by 2 swimmers: Rick Colella (PSM) and Willard Lamb (Oregon Masters).
- Numerous non-competitive events were conducted all throughout the zone from socials to service events.

I am just so impressed with how the people I am blessed to interact with both locally and nationally in Masters Swimming enrich my life. I am proud to call you my friends. I hope we continue to grow and move forward in the years to come.

As some of you may or may not know, I am stepping down as Chair effective after the annual meeting. It has been a great pleasure serving as your Chair for the last 2 years. The decision to step down is not something that was easy to make. But sometimes you have to let some things go and prioritize in life to focus on others. I am asking anyone who may be interested in taking over as chair, to let me know, and we will conduct a vote at the Annual Zone Meeting.

Aaron Norton,
NW Zone Chair

Zone News

- Next Zone meeting – **Thurs, Sept 1 at 6 pm Pacific** via Zoom. This is the 3rd Quarter Zone Meeting, AKA the “Annual Meeting”. Registration is required and non-delegates may attend. Go to <https://www.usms.org/volunteer-central/annual-meeting/2022-annual-meeting>, scroll down to Annual Meeting Schedule, and select the NW Zone meeting to get the Zoom information.

Reports from LMSC chairs

Note: All membership data and officer information are from USMS website as of Aug 25, 2022.

Alaska

Membership **2021 – 2022:** 233 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>

Unfortunately, Alaska will not be represented at this year's Annual Meeting. No report submitted.

Inland Northwest

Membership 2021 – 2022: 338 members, 10 clubs, no workout groups
2020 – 2021: 318 members, 11 clubs, no workout groups

Elected Officers

Chair *Matt Bronson*
Vice-chair *Michael Hamm*
Secretary *Rob Heath*
Treasurer *Wes Bratton*

Recent and/or upcoming events:

- The LMSC Annual Membership Meeting will be held in October 2022.
- Kroc Masters hosted the LMSC's first USMS-sanctioned Open Water Swim since August of 2007 (15 years) on 16 Jul 2022 in Coeur d'Alene.
- Kim Bowler (Kroc Masters) became the first person to swim length of Lake Coeur d'Alene (38.6 km, from south shore of Heyburn State Park to north shore of Tubbs Hill) in 16 hours and 38 minutes.
- **Paige Buehler** and **Robert Heath** will be attending the USMS Annual Meeting in Denver in person; **Brian Johnson** will be attending virtually.

Montana

Membership 2021 – 2022: 186 members, 4 clubs, 4 workout groups under club BSMT
2020 – 2021: 161 members, 4 clubs, 3 workout groups under club BSMT

Elected Officers

Chair *Donn Livoni*
Vice-chair *Richard Weber*
Secretary *Mackenzie Jones*
Treasurer *Jeanne Ensign*

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.

Notable news:

- Board updates: **Josh Huckeby** is the new Records/Top 10 recorder and he is busy updating records and submitting meet results for Top 10 recognition.
- **Jeanne Ensign** and **Donn Livoni** will be attending the USMS Annual Meeting in Denver in person.

Oregon

Membership 2021 – 2022: 1066 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 *Tim Waud*
Vice-chair/Sanctions *Robbert van Andel*
Secretary *Kristina Franklin*
Treasurer *Kermit Yensen*

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>		

Recent events:

- The **Portland Bridge Swim** had over 90 competitors who completed the Ultra-marathon 17K Open Water swim – [results](#).
- The **Southern Oregon Open Water Swims** (Applegate Lake) were a success with a smaller group than usual this year – results: [Saturday 10K/5K/2.5K](#); [Sunday 1500](#).
- The **Cascade Lakes Swim Series and Festival** had a large turnout this year – results: [5000](#); [1500](#).
- Several Oregon swimmers competed this year at the **2022 Mission Viejo SPMS Summer LCM Championship** – [results](#) – and **2022 Washington State Senior Games** – [results](#).
- The **2022 Oregon Senior Games** were held August 21, in Corvallis, Oregon. Several Oregon Masters swimmers competed in this annual event. Athletes from California, Washington State and New Mexico also participated.

Upcoming events:

Clinics and Courses

- USMS Level 3 Coach Certification – **Oct 29/30, 2022** – Hood River, OR – [information and registration](#).
- Clinic Course for Coaches – **Oct 30, 2022** – Hood River, OR – [information and registration](#).
- USMS Stroke Development Clinic – **Oct 30, 2022** – Hood River, OR – [information and registration](#).
- ALTS Instructor Certification – **Oct 30, 2022** – Hood River, OR – [information and registration](#).

Meets

- Hood River Swim Meet (SCM) – **Nov 12, 2022** – Hood River, OR.
- COMA All-Around Challenge (Pentathlon) Meet (SCM) – **Dec 10, 2022** – Bend, OR.

Notable news:

- **Oregon Masters Swimming (LMSC)** celebrated 50 years of service to our membership the weekend of July 9-10. The 50th Anniversary celebration began with an informal dinner on Saturday evening and concluded with a Beach Party Celebration at the finish of the Ultramarathon Portland Bridge Swim. Custom gold 50th Anniversary celebration swim caps were distributed to our members via their workout groups.
- **Willard Lamb** set 9 USMS National Records and 8 FINA World Records at the **2022 USMS Summer National Championship** – [results](#).
- **Bob Bruce, MJ Caswell, Arlene Delmage, Christina Fox** and **Tim Waud** will be attending the USMS Annual Meeting in Denver in person; **Sandi Rosseau** will be attending virtually.

Pacific Northwest

Membership: 2021 – 2022: 1623 members, 6 clubs, 22 workout groups under club PSM

2020 – 2021: 1474 members, 4 clubs, 25 workout groups under club PSM

Historical membership data (as of Aug 17, 2022):

PNA MEMBERSHIP BY MONTH AND YEAR															
2017-2021, 2022 Reg Year YTD (08-17-2022)															
YEAR	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	Annual Total	Aug YTD	Difference
2022	371	577	280	49	110	71	46	53	36	24			1617	1617	-
2021	254	432	207	52	53	54	64	64	87	56	67	84	1474	1323	294 (22%)
2020	305	574	357	93	29	5	7	30	17	23	19	28	1487	1440	177 (12%)
2019	335	554	331	83	86	100	66	68	36	45	61	42	1807	1704	-87 (-5%)
2018	390	507	358	88	74	63	59	55	50	33	48	42	1767	1677	-60 (-4%)
2017	418	550	246	95	65	68	68	44	29	52	50	53	1738	1635	-18 (-1%)

Elected Officers

Chair	<i>Linda Chapman</i>
Vice-chair	<i>Kathy Casey</i>
Secretary	<i>Steve Peterson</i>
Treasurer	<i>Lucianne Pugh</i>
At-Large Directors	<i>Dick Green</i> <i>Marysia Smith</i>

Recent and/or upcoming events:

- Lake Stevens *Call of the Vikings* Meet (SCY) – **Sep 25, 2022** – Lake Stevens, WA.
- BAMFest (SCY) – **Oct 9, 2022** – Bainbridge Island, WA.
- Snohomish Masters Meet (SCY) – **Nov 6, 2022** – Snohomish, WA.

Notable news:

- PNA BOD Changes - **Marysia Smith** will complete the remainder of the open At-Large PNA Board position. Marysia swims with the group up at Western Washington University (WWUS).
- PNA will have a total of 7 delegates for the USMS Annual Meeting:
Steve Peterson (Legislation), **Kathy Casey** (Rules), and **Walt Reid** will attend in person.
Sally Dillon, Jim Davidson (Long Distance), **Sarah Welch, Linda Chapman** will attend virtually.

Snake River

Membership 2021 – 2022: 88 members, 3 clubs, no workout groups

2020 – 2021: 89 members, 2 clubs, no workout groups

Elected Officers

Chair	<i>Jim Clemmons</i>
Vice-chair	<i>Jeff Erwin</i>
Secretary	<i>Suzy Cavanagh</i>
Treasurer	<i>Brigitta Gruenberg</i>

Other board members

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

Recent and/or upcoming events:

- The **West YMCA Aquatic Center** held a dual sanctioned LCM meet the weekend of July 9 and 10, allowing USMS registered swimmers to participate. Seven SAWS members participated.
- Nampa Rec Center hosted the **Idaho Senior Games (SCY)** on Friday, August 12. There were 49 swimmers who participated. Those swimmers that are USMS registered are being identified prior to forwarding and posting of results. The LMSC and host had the meet recognized by USMS.
- The YMCA has indicated they will allow USMS registered swimmers to participate in both the TYR Thanksgiving meet (weekend prior to Thanksgiving) and the Candy Cane meet (mid-December); both meets will be SCY formats.
- **One- and Two-mile SAWS Open Water** event held at Broadside Harbor in Caldwell, June 4, had 23 registered swimmers of which 18 made it to the event and participated.

Notable news:

- 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 are expected to arrive shortly. The outer shell support structure is almost completed and opening of the facility is currently scheduled for 2nd quarter 2023.
- **Jill Wright, Teri White** and **Jim Clemmons** will be attending the USMS Annual Meeting in Denver in person.

Utah

Membership **2021 – 2022:** 299 members, 11 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:

- Thirty-eight (38) swimmers participated in the **Utah Summer Games LCM meet** in Cedar City, UT on Jun 9-11.
- Huntsman World Senior Games (50+) SCM meet – **Oct 5-7, 2022** – St. George, UT.
- Annual South Davis Masters SCY Swim Meet – **Nov 12, 2022** – South Davis, UT.

Notable news:

- **Bruce Schroeder** will be attending the USMS Annual Meeting in Denver in person. Aaron Norton will be Zooming.

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>