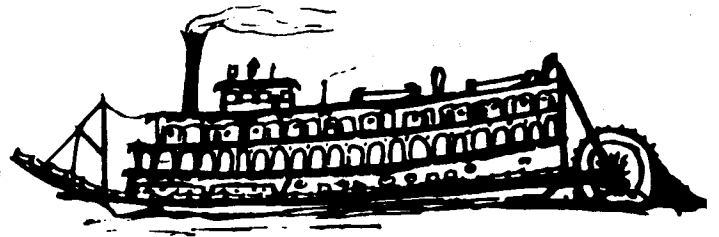


OLD STERNWHEELER'S

Masters Monthly



Volume IV, number 9

UNMATCHED PROPAGANDA

September 25, 1979

SPECIAL "BACK TO POOL" ISSUE

Hello again, sea nymphs! And despite the fervent prayers of many, I have returned. Very special thanks to Sunfish, the Swamp Fox, Muffin, Thunder Thighs, and Captain America for filling in so ably in my absence. It has been a super summer, all of it spent on and in the water. But it is good to be back in the saddle again. I've missed the fun of giggling to myself late at night as I battle the keys.

Northern Shores sent 20 swimmers to Dearborn, Michigan for the Long Course Nationals. At this writing, the team scores were not available, but the team probably finished 5th or 6th out of 100 teams. Ray Hakomaki won the 50m Free to be the only National Champion from Minnesota, but the kids from the North took 8 seconds: Mamie Brown in the 50 Free and 200 Back; Vion Kaye in the 100 and 200 Breast; Ray again in the 200 Breast; Warren Kaye in the 1500 Free; Marianne Schulze in the 100 Back; and the Women's 45 & Over 200 Free Relay of Eileen Sylvester, Carol Harris, Jean Cronje, and Vion Kaye. Third Places were won in 14 individual events, and by 6 relay teams. Look for the results in next mailing!

There were numerous highlights: every time Mamie Brown entered the water, it was special. There was a nifty thunderstorm on Thursday, which twice postponed the meet, and eventually caused the rescheduling of the last 3 events until the next day. Marsha Soucheray was swimming her 200 IM as a line squall came screaming across eastern Michigan: "I flipped over into my backstroke and all I could see was lightning."

Sue Sherin, Jean Cronje, Marianne Schulze, Vion and Warren Kaye, Roger Bosveld (who was disqualified in the 100m Back for allegedly pulling on the lane lines) all had super meets, with dozens of personal records. Robin Kleffman, Bill Earley, and Bob Davidson placed well and swam fast in the toughest men's age group, the 30 - 34's. Carol Harris was her usual steady (and fast) self, and carried the flag for Minnesota in the Opening Ceremony. We saw old friends (Former Minnesotans Gail Dummer and John Wanner) and made new ones (like the man who first beat Johnny Weismuller, Bill Prew; and Yvonne Catrall, who may still have Bill Earley's room key down her suit -- but don't worry Brenda, Bill's was the 87th key to take the dive down her Speedo. And 80 year old Ruth Deal, who swam the 200 IM, with a butterfly split of about 20 minutes! And Jim Kervin of Wisconsin, who could teach the rest of the country about sportsmanship. And crazy Paul Windrath, who suited up in drag to be one of the two required females on the Beer Relay for the "victorious" Olympic Club. And the Henry Ford Museum, and Greenfield Village, with the first 200 steam engine powered electric dynamo ever built. If you've seen one steam engine powered dynamo, you've seen them all. But the cars, planes, stoves, sewing machines!

The trip, as in the past, was a smashing success, our only regret -- the absence of other teams from Minnesota. You don't have to be great to have a great time. As we announce the dates and times of upcoming meets, get your friends together and haul a relay out to the Nationals. It is a trip you'll never forget.

As we promised in several announcements at the Nationals, we have the results of the BEER RELAY sponsored by the Rocky Mountain Masters. The Northern Shores Acorns finished in the top half of the 24 team heat, which was won by the bogus Olympic Club team, which boasted 4 of the top men sprinters in the meet, and for the two women who were to round out the team, they drafted Paul Windrath and some other closet transvestite.

Julie Johnston distinguished herself as a Power Chugger, and lots of credit should go to our team manager, Marianne Schulze, whose inspirational leadership and timely water splashing was a key to our success!

ST. PAUL CLASSIC

Sanctioned by MAAU

7/21/79

MEET RESULTS FOR ST. PAUL CLASSIC

MEN-S UNDER 25			MEN-S 45 TO 49			400 FREE		
50 FREE			400 FREE			SHERIN, SUE	39	6.13.37
CROOKE, BILL	23	29.91	50 BREAST			100 BACK		
MEN-S 25 TO 29			BROWN, HARRY	45	39.11 S	SHERIN, SUE	39	1.38.90 S
50 FREE			100 BREAST			50 FLY		
JOHNSON, WILLIAM	29	31.07	BROWN, HARRY	45	1.29.10 S	SOUCHERAY, MARSHA	38	36.16
100 FREE			100 BREAST			WOMEN-S 45 TO 49		
BAUGH, SEEMAN	26	1.04.85	BENTZ, CAL	46	3.23.91	100 FREE		
JOHNSON, WILLIAM	29	1.09.74	MEN-S 55 TO 59			HARRIS, CAROL	47	1.41.49
400 FREE			50 FREE			LENTZ, MARILYN	46	1.48.68
BAUGH, SEEMAN	26	5.10.13	HAKOMAKI, RAY	58	30.41	400 FREE		
50 FLY			HEINSOHN, ARNOLD	58	34.94	CARL, CORKY	47	7.44.81 S
JONES, DAVE	25	31.27	100 FREE			HARRIS, CAROL	47	7.51.88 S
JOHNSON, WILLIAM	29	34.38	HEINSOHN, ARNOLD	58	1.24.84	LENTZ, MARILYN	46	8.29.29
100 FLY			50 FLY			50 BACK		
BAUGH, SEEMAN	26	1.15.39	HAKOMAKI, RAY	58	44.32	OLSON, NANCY	45	54.85 S
MEN-S 30 TO 34			50 FLY			100 BACK		
100 FREE			HAKOMAKI, RAY	58	3.14.63	LENTZ, MARILYN	46	1.53.62 S
DAVIDSON, BOB	30	1.03.49	MEN-S 65 TO 69			OLSON, NANCY	45	1.57.59 S
EARLEY, BILL	31	1.06.05	50 FREE			50 BREAST		
400 FREE			O'MARA, ED	65	45.30	HARRIS, CAROL	47	52.71 S
DAVIDSON, BOB	30	5.16.37 S	50 BACK			OLSON, NANCY	45	55.53 S
50 BREAST			O'MARA, ED	65	1.04.47 S	WOMEN-S 50 TO 54		
EARLEY, BILL	31	37.80 S	WOMEN-S UNDER 25			50 FREE		
100 BREAST			50 FREE			CRONJE, JEAN	54	48.87 S
JONES, DON	31	1.39.70	WALLACE, JANET	23	31.89 S	50 BACK		
100 FLY			100 BACK			CRONJE, JEAN	54	1.00.67 S
DAVIDSON, BOB	30	1.15.55	WALLACE, JANET	23	1.32.10 S	50 BREAST		
JONES, DON	31	1.19.00	100 BACK			CRONJE, JEAN	54	1.04.18
MEN-S 35 TO 39			WALLACE, JANET	23	3.12.32	WOMEN-S 75 TO 79		
100 FREE			WOMEN-S 25 TO 29			50 FREE		
BOSVELD, ROGER L	39	1.09.88 S	50 FREE			BROWN, MAMIE	75	1.14.17 S
SIMPSON, JERRY	37	1.44.34	SYLVESTER, JAMIE	29	41.54	400 FREE		
400 FREE			100 FREE			BROWN, MAMIE	75	14.13.08 S
BOSVELD, ROGER L	39	5.21.75 S	JONES, ANGIE	26	1.07.01 S	50 BACK		
50 FLY			LAUX, JAN	29	1.16.77	BROWN, MAMIE	75	1.32.27 S
SIMPSON, JERRY	37	33.66	GOIFFON, JOANN	25	1.21.77	MIXED 25 & OVER		
50 FLY			SYLVESTER, JAMIE	29	1.28.53	200 MEDLEY REL		
SIMPSON, JERRY	37	3.03.98	400 FREE			JONES, JONES, JONES,	2.32.11	
MEN-S 40 TO 44			JONES, ANGIE	26	5.30.58 S	& JONES		
50 BREAST			GOIFFON, JOANN	25	6.29.74	DAVIDSON, DAVIDSON,	2.46.56	
KANSAS, BILL	43	40.37	SYLVESTER, JAMIE	29	7.21.95	BUTTS, BOSVELD		
100 BREAST			50 FLY			25 & OVER		
KANSAS, BILL	43	1.29.44	LAUX, JANN	29	40.12	200 MIXED RELAY		
50 FLY			WOMEN-S 30 TO 34			JONES, JONES, JONES,	2.14.28	
KANSAS, BILL	43	41.19	50 FREE			& JONES		
MEN-S 45 TO 49			JONES, LANA	33	43.36			
400 FREE			50 BREAST					
BROWN, HARRY	45	5.58.77 S	BUTTS, KAREN	31	43.47 S			
MEDELMAN, JOHN	45	5.59.15 S	JONES, LANA	33	50.00 S			
BENTZ, CAL	46	6.29.22	WOMEN-S 35 TO 39					
			100 FREE					
			SHERIN, SUE	39	1.15.50			

The day I discover the Fountain of Youth, I'll forget the Dixie Cups.

Our most sincere congratulations and bundles of love flow out to Debbie and Steve Hoff on the birth of their first child, a son, Steven William. I held Steven William last night, a 5lb. treasure, all cheeks and forehead. Debbie swam up until 3 days before the delivery, which was an easy one, due to the great shape she is in. "He will be a swimmer." says Deb.

Yes, Virginia, WE HAVE A LOGO!!! The culmination of a contest which was begun almost two years ago has presented us with a classy logo from the pen of Tom Erickson of ABC Masters. Due to lack of space in this issue, you will have to wait until next month to see the logo. Special thanks should go to Carol Harris, Sue Sherin and Marsha Soucheray who took charge of the project, which had all but died on the vine in the Old Sternwheeler's vinyard.

Superior !

FOR A SUPERIOR SATURDAY !! - TRY THIS ...

WHEN: SATURDAY, OCTOBER 13, 1979 - 11:00 A.M.

WHERE 'BOUTS: UNIVERSITY OF WISCONSIN at SUPERIOR ...Take I 35 into Duluth. Turn onto I 535 and go across high bridge into Wisconsin. Go straight off the bridge (you've got to be kidding!). Oh--onto Hammond Ave.--to the first stop light (not stop sign), about 9 - 10 blocks; this is Belknap. Turn left and go one block past the second stop light, about 6 blocks. Turn right. There's a football stadium on the right, then a parking lot, then Gates Gymnasium. The pool is in Gates Gym. You can park in the lot next to the gym.

MEET DIRECTORS: Paul Lukens (715) 392-8101, and Marilyn Sturm

HOSTED AND SPONSORED BY (pick one):
 a. Duluth Masters
 b. Duluth YMCA
 c. Duluth-Superior Masters
 d. Twin Ports
 e. Gary/Wes Bastie Memory Meet
 f. All the above

ANSWER: Probably "f" - The more the merrier!

SANCTIONED ? YES, by the Minnesota Association of the AAU.

GO FOR THIS... To partake in the SUPERIOR Fun, Fitness and Fellowship of Masters Swimming.

AND/OR THIS... RIBBONS FOR ALL !! 1st, 2nd and 3rd places.

WHEN TO BE THERE: Registration and warm-ups will begin at 11:00 AM: the gun will signal the first event around NOON.

BRING ALONG... AAU REGISTRATION CARD if you have yours; if not, you can register at the meet. AAU cost is \$3.50 thru Dec. 1979. Insurance is an additional \$1.50.

And...REMEMBER your suit, towel, and other necessities!

A SUPERIOR POOL- 25 yards, 6 lanes, starting blocks at shallow end, lane markers, pool depth from 3½ - 12 ft., and water--lots of that!

IT'S STILL A CHEAP THRILL !! Only 50¢ per event; relays cost \$2.00 (50¢ per swimmer).

WE'LL BE SWIMMING SCHEDULE "A"...

- | | | |
|--------------------|----------------------|--------------------|
| 1. 200 Back | 8. 200 Fly | 15. 100 Fly |
| 2. 50 Breast | 9. 100 IM | 16. 400 IM |
| 3. 100 Free | 10. 50 Back | 17. 100 Back |
| 4. 200 IM | 11. 500 Free | 18. 100 Breast |
| 5. 50 Fly | 12. 200 Breast | 19. 200 Free Relay |
| 6. 200 Mixed Relay | 13. 200 Medley Relay | 20. 1650 Free |
| 7. 200 Free | 14. 50 Free | |

4

SAMPLE WORKOUTS As usual, for about 2000 yards.

700 Swim	400 Warm-up	300 Swim	550 Swim
2 x 150 Kick	200 IM Kick	3 x 100 on 2:30	4 x 125 (rest :45)
2 x 100 Pull	200 1 arm pull	200 Kick	250 Pull, R.B.
2 x 75 Restricted Breathing	100 EZ	4 x 50 K on 1:30	600 Fartlek-- 50 Fast, 50 Easy
4 x 50 Swim Strong	500 for time	300 Pull	100 EZ Cool Down
200 EZ	500 (add :30)	4 x 75 P on 2:00	
4 x 25 IM order	100 EZ	400 for stroke	
150 EZ			

SCHEDULE UPDATE

<u>Date</u>	<u>Location</u>	<u>Schedule</u>	<u>Warm-up</u>	<u>Start</u>
Sat. Oct. 13	Superior (U-W Campus)	Open A	11:00 am	12:00 noon
Sun. Nov. 11	Mankato St. College	Open B	10:30 am	11:30 am

We also hope to add a mini meet at the Mpls. YWCA sometime between these two dates.

I'd rather have a bottle in front of me than a frontal lobotomy.

Stay tuned for more fun in the months to come: stroke hints, a special serial in the flavor of the 1940's high school readers "Chums in the Tank", letters, and all the other garbage that makes this so distinctive.

Sue Sherin
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White Bear Lake MN 55110

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