

 * WARNING!
 * THIS IS YOUR LAST NEWS-
 * LETTER! IF YOU WANT THE
 * NEXT ONE, PAY THE 1981
 * FEE OF \$12 TO COOKIE JUSTESEN NOW!
 * *****



Pacific Northwest Association
 of Masters Swimmers
 11114 - 111th St. S. W.
 Tacoma, Wa. 98498
 588-4879

JANUARY, 1981

MEET SCHEDULE & CALENDAR

- | | | | |
|------------|---|------------|---------------------------------|
| Feb. 14 | CAPRI Relay Meet at Helene
Madison Pool | April 12 | Cheney Meet (IEA) |
| Feb. 20-21 | UPS Meet, Tacoma | May 1-3 | SC Regional Champs., UW Pool |
| Feb. 24 | Board Meeting | May 22-25 | SC Natls., Irvine, Ca. |
| March 8 | Summer Meet | June 6 | Corvallis, Or., LC |
| March 8 | Richland Meet (IEA) | June 20-21 | Hermiston, Or., LC |
| April 3-4 | PNA Championships, Ft. Steilacoom Community College | July 12 | Mt. Hood, Or., LC |
| | | July 24-26 | LC Regional Champs. (Tentative) |
| | | Aug. 13-16 | LC Natl. Champs., Kent, Ohio |



 SEATTLE--President Judy Harrison called the meeting to order. Secretary Sue Dills read the minutes. Carolyn Behse read the treasurer's report and distributed the 1981 budget. Dave Addleman presented a design for new medals along with the awards report. For the PNA and Regional Championships only, swimmers over 65 will receive one free medal and pay for any others they collect. This is a new policy due to increasing costs. Dave reminded all teams to be thinking now about their "most special team swimmer" award to be presented at the PNA banquet. Dan Twilight reminded everyone of the CAPRI Relay Meet, this year's PNA community service project. Cookie Justesen, membership chairman, expressed her appreciation to those people who promptly paid the extra money they owed on their 1981 PNA/AAU applications. Fourteen people still owe money and should send it to Cookie immediately. Fred Wiggin reported that a meet is set for February 20 & 21 at the University of Puget Sound in Tacoma. Entry forms for both the UPS meet and the March 8th Summer meet are in this newsletter. The PNA Championships will be held at Ft. Steilacoom Community College April 3 & 4 and will be hosted by Clover Creek Aquatic Club. The PNA Banquet is being planned for Saturday, April 4. Swimmers will be asked to fill out and send in their own time cards for the PNA Championships. Pick the cards up at the meets prior to the championships or from your team representative or a board member. Fred also presented the Oregon long course meet schedule. Walt Reid reported that 26 new PNA records were set at the last meet. Judy announced that Walt Reid, Sue Dearborn, and Tom Foley comprise the nominating committee. Walt Reid will chair that committee. Any volunteers or suggestions for president, vice-president, secretary, treasurer, or two representatives-at-large should be referred to a member of the nominating committee. The meeting was adjourned by Judy Harrison. The next board meeting will be Tuesday, February 24, at 7:30 p.m. at Sue Dearborn's, 3401 East Mercer, Seattle.

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TIDBITS FROM JAN

CAPRI RELAY MEET--Entries (or donations) for this meet are due on February 10. We have received a lot of interest so far and hope to see a number of swimmers, expert or novice, out to have FUN. Remember you do not need to join PNA or have an AAU (USAS) card to swim in this meet. Come and try it!!

Jan Twight, chairman, wants to thank Donna Burkhardt for sharing in the organization of this meet when it appeared Jan would not be in town on the 14th.

Helene Madison Pool is being donated by Seattle Park Department for this meet.

PARKS, RECREATION, and OPEN SPACE COMMITTEE--This is the committee which is working on proposals for many park and recreation facilities including the 50 meter pool. If you have any ideas that should be included or pictures showing Masters Swimmers at Mt. Hood, Mission Viejo, Texas, etc., Jan Twight would like copies for any presentations which will be needed. (Bob Musselman, what have you?)

Incidentally, the chairman of this committee, Frank Pritchard, is also the chairman of the CAPRI board. We hope to have him attend the relay meet.

T-SHIRT--Cascade Swim Club has a new edition of the t-shirt: "Chlorine: the breakfast of champions". Some of you have asked about this and it is now available. Sizes from Youth 10-12 to Adult X-Large, \$5. See Jan Twight. Color this time is blue heather with navy collar and sleeve trim.

Dear Swimmers,

To all our new PNA Masters Swimmers, "Welcome!" Once again a splendid meet in the beautiful BAC facilities! Thank you, Klaus!

It is time once again to appoint a nominating committee. Our board of directors is made up of representatives appointed by the different Masters clubs. We are all volunteers. We need new and fresh faces in the management of our organization.

To recruit new members we need the cooperation of the clubs. Please appoint your "81" team reps and pay the club dues (\$5 to be eligible for club trophies at the championships).

Prior to the January meet there was some criticism of the newsletter staff. Let us remember that we are all volunteers doing our very best to make this organization work for you! Would you be willing to give us a hand and attend the board meetings and have a voice as to how and when things are done? Please contact me!!!!

Hope to see you all at the CAPRI relay meet!!

Keep Swimming,
Judy Harrison

TEAM FEE PAYMENT FORM

Team Name _____

Team Rep _____

\$5.00 Fee Enclosed _____

Make checks payable to:
PNA MASTERS SWIMMERS

SEND FORM & PAYMENT TO:

Carolyn Behse
1321 - 177th N. E.
Bellevue, Washington 98008
(747-3889)

ATTENTION ALL TEAMS! The yearly team fee of \$5.00 is due NOW. Pay Carolyn Behse as soon as possible. If there are any questions, call Carolyn.

FOR IEA MEETS CONTACT:
Harry J. Lewis
E. 944 - 39th Ave.
Spokane, Wa. 99204

FOR ORE MEETS CONTACT:
Earl Walter
3904 S. W. 57th Avenue
Portland, Oregon 97221

FOR MONTANA MEETS CONTACT:
Montana Grizzlies, Jim Wardwell
2400 Old Ford Road, #221
Missoula, Montana 59801

N OPEN CHRISTMAS LETTER TO:

In last month's Newsletter we noticed you included a little item headed "Roses! Roses!" Perhaps that should be the heading of this little item.

We have a daughter, Marlene Holmes, who is a member of the Ft. Steilacoom Club. She turns out regularly and has participated in some meets. For quite awhile, Marlene--and we, her family--have wanted to express to the Masters organization, and especially to the members of the Ft. Steilacoom Club, our love, appreciation and gratitude. And we wanted to do this publicly for our own very special reasons.

You see, Marlene was encouraged to join the Masters and be a fully participating member by Kathy Crandell--even though Kathy well knew of Marlene's handicap: neurological damage--speech and balance problems--learning disabilities. But Kathy also understood something else--how much it meant to Marlene to "be a member of the Team", to do one's best in competition", and especially to "belong"! Kathy helped Marlene in many ways (beyond the requirements of coaching) so that Marlene could participate. And as other members of the club became acquainted, they too, reached out and included Marlene, extending to her warmth and friendship. But they did these things quietly and naturally--without fanfare and in no way was she made to feel "different"! And this is still an ongoing situation under the coaching of Roy Litts.

We noticed last year, an appeal in the Newsletter for Masters to try to contribute to "swimming" and to "being a good neighbor" by giving of some of their time to the Special Olympics. We personally know of this to be a worthy cause and we commend the Masters for their support. But (forgive us) we had to smile just a little--with special pride and affection--for our Ft. Steilacoom Club. For we knew our "special" athlete had been truly accepted by our club as one of their own! We thought this might be sort of an appropriate little story for the Christmas month Newsletter. And as we think about it--perhaps a bouquet of "stars" would be even more fitting than a bouquet of "roses"!

Ft. Steilacoom Masters--a special Christmas blessing to you, and best Holiday Wishes to all the Masters.

Sincerely,

Mrs. Lillie Holmes

This page was deleted from the last newsletter due to postage costs.

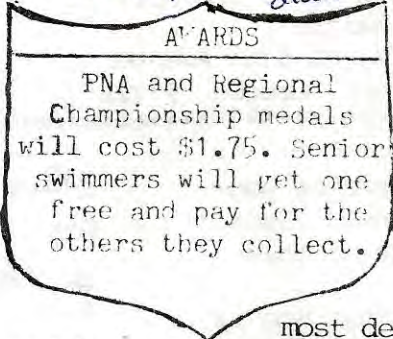
POOL TIMES UNDER REVISION Did you notice the absence of the pool times page? It is under revision due to the addition of 3 new teams and several pools which have changed or added time available to Masters for swimming. Look for the revisions in next month's "Wet Set".

SWIMMERS! Please make our membership chairperson's job easier by filling out your meet entry form completely! Cookie Justesen has the job of checking all entry forms to ensure that all swimmers entering a meet are eligible to swim. That means you must put your AAU number on the entry form. The AAU # is the one beginning with 36----- and has eight (8) digits. Also, those of you who sent in \$10. after Nov. 1 need to send in an extra \$2. to cover the increased AAU fee. You will receive a letter from Cookie to that effect.

ROSES! ROSES! ROSES! To Judy and David Harrison for hosting the potluck supper for the board and committee chairpersons this month. The food was delicious and the conversation stimulating. Judy, David and children are canoeing enthusiasts, skiers and swimmers. To Scott Lautman for the exceptionally well-run, well-attended meet. There were 184 entries, the biggest regular season meet the PNA has ever held. To Kathy Crandell for the new "Wet Set" logo and for her support in general. To Russ Hall for his article in this newsletter explaining the purposes for the membership fees.

ARE YOU BORED with the same old workouts? Bill Miller, the a.m. coach of FSCC Masters, suggests you try to swim a "meet". That's right, begin with a 1650 warmup and swim in order every individual event scheduled in a Masters' meet. If you have enough swimmers at workout, do the relays too. He claims it can be done--he did it last week.

I need a new ribbon. It was dark, but didn't print dark



ROSES! ROSES! ROSES! To Jim and Donna Miles for hosting that wonderful potluck dinner after the Bellevue meet. The food, fellowship, and hospitality were fabulous. To Klaus Shenk and the Bellevue Athletic Club for a great meet. To Cookie Justesen for her tireless work as membership chairman. Her work requires hours and hours of work especially at this time of year. To Judy Harrison and Jim Miles for volunteering to help Cookie. To Florence Miller for taking over as newsletter chairman from June through December. The newsletter is another job that requires hours and hours of work. To all members who so promptly paid the extra money they owed on PNA/AAU membership applications.

PLAN NOW!..To honor this year's most special member of your team at the PNA banquet. Each team is to select one person who has been an outstanding team member whether it be for most inspirational, most energetic, most valuable, most dedicated, etc., for whatever reason. Each team is to appoint someone to announce their selection at the banquet. The PNA will provide certificates of award for each person being honored (to be filled out at the banquet).

DO YOU OWE MONEY? Fourteen people still owe money for their 1981 PNA/AAU membership. Letters requesting the additional money have been sent out. Please pay that money to Cookie immediately.

CHANGE OF ADDRESS? If you have moved recently or anticipate a move in the near future, notify Kathy Crandell, 11114 - 111th St. S. W., Tacoma, Wa. 98498, (588-4879) of your change of address.

NOMINATING COMMITTEE: If you wish to volunteer for or have a suggestion for the offices of president, vice-president, secretary, treasurer, and two reps-at-large, notify Walt Reid, 847-2972, Tom Foley, 937-5585, or Sue Dearborn, 324-4945.

1981 PNA MASTERS SWIMMERS #79310 and AAU APPLICATION

PNA/AAU for 1981 is a combined total fee of \$12.00. This includes \$6.00 for the AAU which covers mandatory insurance coverage. Senior citizens pay only 1/2 the PNA portion for a total fee of \$9.00.

Please complete the form, sign it, and mail it with payment to: COOKIE JUSTESEN
22704 - 73rd Pl. W.
Mountlake Terrace, Wa.
98043

DATE: _____
FULL NAME: _____ M F BIRTHDATE _____ AGE _____
ADDRESS: _____ CITY _____ ZIP _____
COUNTY: _____ U.S. CITIZEN? YES NO PHONE _____
OCCUPATION: (optional) _____ BUS. PHONE _____

1. If previously registered and you represented a different association (i.e., Oregon, IEA, Snake River, etc.) what was the date of your last competition as a member of that association? PNA/AAU \$12.00
Senior Citizens (65+) pay..... \$ 9.00
2. If you were previously registered in another association, indicate which one and the year(s): TOTAL ENCLOSED \$ _____

ASSOCIATION NAME: _____ YEAR(S) _____
APPLICANT SIGNATURE _____

MAKE ALL CHECKS PAYABLE TO: PNA MASTERS SWIMMERS

Only this copy smudged