

# The Rime

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## ANCIENT MARINERS 2.0: THE NEXT GENERATION

by Tom Denes

The Montgomery Ancient Mariners team has never been stronger. We have 230 members and \$20,000 in our bank account. We have workouts in four pools every single day somewhere in Montgomery County. Our signature meet, the Albatross Open, attracts more than 200 swimmers year after year.

And yet our days are numbered.

When we founded this team in 1991, we were young and energetic—emphasis on the young. Our first set of officers in 1993 averaged 37 years old. We were:

- Tom Denes (36), President
- Stephanie Srouer (31), Vice-President
- Pat Bowditch (36), Treasurer
- Heidi Yacker (44), Secretary
- Kathleen Costello (42), Newsletter Editor

- Dave Harmon (43), Record Keeper
- Clay Britt (32), Head Coach

Our current set of officers averages 56 years old and includes some of the same people from our inception.

So, in 20 years, the average age of our officers has risen 19 years.

When we formed our team, DC Masters were the largest masters swimming club in the Potomac Valley. They boasted hundreds of members. They hosted two large meets every year. However, their leadership never changed.

Today, DC Masters has 33 swimmers.

Clearly, the path we are on is unsustainable. The team cannot continue to have the same people do the same duties year after year. We need young members to join the ANCM board and take on leadership roles. We need new people with new ideas, not to mention new energy.

Don't let us follow the footsteps of DC Masters. Step up and become the next generation of ANCM leaders.

## FAST TIMES AT THE 2013 ALBATROSS OPEN

by Tom Denes

When the whistle sounded for the final heat of the women's 50-meter freestyle, a hush came over the crowd at the Kennedy Shriver Aquatic Center. Would defending champion Margaret Conze win a third straight title and fifth overall, and once again be known as the Fastest Woman in the Water? But at 42, Margaret was hearing the footsteps of younger swimmers.



Driving up from North Carolina to challenge Margaret was another 40-plus-year-old swimmer, Erika Braun, 40, from North Carolina Masters. Erika boasted sterling credentials, having been only the second woman over 40—the first was Dara Torres—to qualify for the U.S. Olympic Trials in the 50-meter freestyle last summer.

Earlier in the meet, Erika had posted a jaw-dropping 57.58 in the 100 meter freestyle, just missing the FINA World Record by .03 seconds. Later in the meet she broke a world record in the 50-meter butterfly with a sizzling 28.19.

Another, younger challenger was 30-year-old Ruth Jones, also a North Carolina Masters swimmer. Ruth had posted a lightning-fast 58.56 in the 100-meter freestyle earlier in the day.

When the horn sounded, all swimmers entered the water cleanly. But through the thrashing arms and legs, it became apparent that the baton would pass to another champion. Erika touched the wall in a new world record of 26.22 closely followed by Ruth in 26.41. Margaret finished third.

(Continued on page 6)

### OFFICERS

- Jeff Roddin, President
- Peter Johnson, Vice President
- Tom Denes, Secretary
- Mauricio Rezende, Treasurer
- Dottie Buchhagen, Webmaster/Newsletter Editor
- Tom Denes, Past President
- Jeff Roddin, Recordkeeper
- Clay Britt, Registrar
- At-large officers: Dave Harmon, Cathy Gainor, Debbie Kelsey

### FROM THE EDITOR

- ◆Check out all the meet results and upcoming swimming events on our website at [www.ancientmariners.org](http://www.ancientmariners.org)
- ◆Please send comments and suggestions: to [dbuch@mindspring.com](mailto:dbuch@mindspring.com)

# SWIMMING ON BOTH SIDES OF THE POND

by Donna Minha



When Dottie asked me if I would like to write an article about my swim team back home in Israel, I figured it had something to do with the fact that I was constantly telling everybody about it... Since the subject

is close to my heart, I grabbed the opportunity with both hands (I can't guarantee it will make me stop talking about it, though).

I am not a professional swimmer, but swimming has become a very important part of my life. I come from a small town in Israel called Shoham, which is located between Tel-Aviv and Jerusalem. For the past eight years I have been swimming with "Maccabee Shoham" swim team.

The "Maccabee Shoham" swimming association was founded in 2004 by Rafi Stoffman, who had then returned to Israel after living in the United States for several years. During his stay in the US, he trained with the Boston College Masters swim team, and this motivated him to establish a masters swim team in his home town.

These days, the "Maccabee Shoham" swimming association consists of 135 junior swimmers and 60 masters swimmers. The masters swimmers train in three separate groups, each group having two to three workouts a week. In each workout, which lasts for 90 minutes, we swim an average distance of 2.3 miles. One of the masters teams is coached by Olympic swimmer Itai Chammah, and another is coached by Uri Kleinman, the former coach of the Israeli national junior team.

Twice a year the teams participate in the national masters meets. The women are ranked fourth in the country, and the men are ranked sixth. The association also holds a semi-annual local swimming meet. In this festive event, both junior swimmers and masters swimmers take part.

Our swim team is not just about swimming and there is a lot of social activity going on. We hold about three parties a year, and we try to do something different

each time. In addition to the parties, we occasionally have lectures on different topics, such as nutrition and sports psychology. We also have swimming camps in which we combine intensive workouts together with social activities. Holidays, birthdays and personal record breaking are all perfect excuses for celebration. We all gather around after a workout, make a toast, and eat cake (gaining back all the calories burnt during the workout).

The association also has a very active Facebook group page, in which both adult and junior swimmers post photos, videos, messages, and share their thoughts and reflections.

As for open water events, every once in a while - whenever the weather permits it - we go swimming in the Mediterranean Sea, and once a year we participate in the annual event of crossing the sea of Galilee (the Kinneret). In this event, masters swimmers and junior swimmers swim together, either in the 2.2-mile course or in the 1-mile course.

Many of the masters swimmers have kids who train in the junior team. It is always nice to see both parents and children share the challenges and support each other in swim meets. All of this makes us not just a swim team, but also a

seems as if swimming is only an excuse for getting together...

There is no wonder, then, that as soon as I arrived in the United States I started looking for a local swim team that I could join. At my first workout with the ANCMs, I was glad to meet such a nice and welcoming group of people and right away I knew that this was the local swim team I had been looking for (still, you should have seen my face when Tom Denes told me that the team usually swims about 12 miles per workout).

Swimming with the ANCMs has made me realize that swim workouts are probably very much alike wherever you go on the globe. Yet, there are minor differences. For example, in Israel we have the same coach all year round, while here we have different coaches on different days. Back home we use paddles and fins as part of the workout, and here we use fins only for the kick drill (and usually the short ones, and not my "mega fins," as Sally MacKenzie calls them).

Of course, I had to get used to the different terminology. For instance, at first I didn't realize that the opposite of "down" is "back" and not "up". Neither did I understand that in swim "meets" you

*(Continued on page 3)*



Donna (lower left) and the "Maccabee Shoham" swim team

# SWIMMING AND DRUMMING

by Sarah King

Four years ago while feeling a certain lack of excitement in my mid-life I embarked on two very different pursuits: swimming and drumming. The first involved joining my husband, Andrew (Shipman), and the rest of the ANCMs in the pool to take up swimming. I had never really done much swimming before as I had only a few years earlier taken a lesson at the Y to learn how to do a proper free-style. The second endeavor likewise involved something wholly new to me: joining a band and learning to play a drum.

Although I had never played a musical instrument of any sort, I had heard the all-woman, Afro-Brazilian, samba-reggae band, Batala, once the year before. I was so moved by the rhythms that I looked into the band further. To my great relief I discovered that no experience was necessary to join. After attending weekly rehearsals for several months, I made my performance debut at the 2009 Cherry Blossom Parade down Constitution Avenue along with 30 of my bandmates. Since then I have performed in venues ranging from the Kennedy Center to the Marvin Gaye Community Center in Anacostia, from the American Museum of



Sarah in her Ogun costume

Visionary Art in Baltimore to the 9:30 Club (a nightclub in downtown D.C.). I have played annually for five hours straight to cheer on Marine Corps marathoners at Mile 20 as they prepare to face the grueling headwinds of the 14<sup>th</sup> Street Bridge. I have paraded up Fifth Avenue in New York City multiple times and opened for the Rolling Stones at the Academy of Music in Brooklyn this past December. But the most challenging performance I have ever attempted came in February when I traveled to the city of



Sarah (front row center) and Batala Washington musicians

Salvador in the Brazilian state of Bahia to parade during Carnaval.

Batala Washington is part of a family of bands with 19 chapters world-wide, most of which are in Europe. We all play the same composed music that is rooted in the Afro-Brazilian culture of Bahia. Samba-reggae was born of the modern civil rights movement of Brazil and is seen in full-flower in Salvador, which was the first capital of Brazil and the entry point for the vast majority of enslaved Africans. The city retains its African character, which is much in evidence during the annual Carnaval, which skews toward celebrating the traditional Afro-Brazilian religion of candomblé, perhaps more than Catholicism.

Most of the 11 days I spent in Brazil were spent rehearsing with the other members of "Mundo Batala" which totaled about 35 performers this year. Only three came from the DC band -- most hailed from Paris. Salvador is world famous for its Carnaval celebration with each of the six days and nights from February 7<sup>th</sup> through 12<sup>th</sup> packed with parades, stages, and street parties. We paraded with our sister-band, Cortejo Afro, through the Campo Grande parade route from about 10 p.m. until 4 a.m. We wore outlandish costumes meant to represent the candomblé deity, Ogun, but looked more like the sentries of Oz with tall hats, full skirts and gold slippers. As is the usual arrangement, we paraded along behind what is called a 'trio electrico' which is a tractor-railer truck with an unbelievably powerful sound system and singers and celebrities on top. The public is invited to purchase and wear a special outfit

that allows them to dance along behind the drum corps and inside the roped-off area of the paraders, which offers some protection from the chaos.

In spite of my enthusiasm, I confess that I was only able to march in one of the four scheduled parades. It turns out that I'm not as hardy as I had hoped and the loud music and heat were too much for me. I did watch the next parade on Sunday, which was the first Afrodromo, a celebration of the historically marginalized Afro-Blocos. If you're interested, keep your eyes open for a Spike Lee documentary on the topic.

Go to [www.batalawashington.com](http://www.batalawashington.com) for more information on Batala Washington and to keep up with our schedule of events and performances. See you at the pool!

## BOTH SIDES OF THE POND

*(Continued from page 2)*  
don't just meet swimmers from other teams, but you also compete against them. Adjusting to the lane etiquette is another thing I had to do (In Israel we hardly have any!).

Putting these minor differences aside, I found out that no matter where you come from, whether you swim for fitness or for competition, whether you are a pro or an amateur, we all share the same addiction to chlorine and are willing to wake up early in the morning or drag ourselves out late at night to the pool just to have another taste of it.

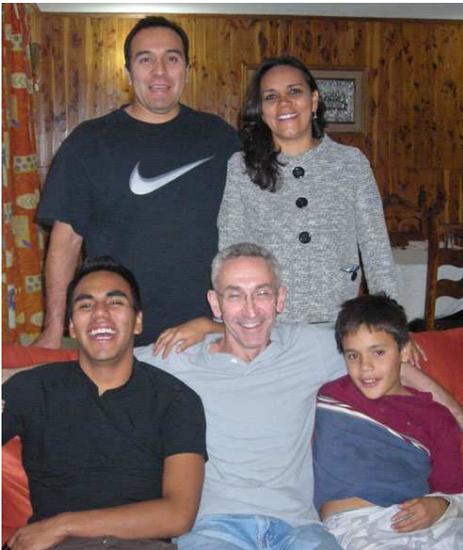
## Submersion Spanish

by Tom Denes

After years of consideration, I took the plunge into Spanish immersion and traveled to Cuernavaca, Mexico, to spend a week with a local family and attend five hours of daily Spanish classes.

I didn't spend a lot of time doing research. I more or less took the first thing that came up on my Google search: Instituto Chac-Mool. The website showed photos of smiling people, sitting in cabanas surrounded by palm trees and flowers. They offered two locations, one in Tulum, a coastal get-away featuring Mayan ruins perched over the Caribbean, and Cuernavaca, a historic town situated on a mountain plateau in central Mexico. Since I had already visited Tulum, I selected Cuernavaca.

The day before I left, I visited Google Images to take a peek at Cuernavaca. (You would have thought that I would have done this earlier.) I saw lots of pictures of palm trees, historic forts, churches, and mountains. As I scrolled,



Front row: Kike, Tom, Lalo; back row: Enri-

however, I started seeing photos of bodies. Lots of them. I quickly looked up some articles and learned that the narco wars had reached Cuernavaca sometime in 2010. But at this point I was kind of committed....

The next day I was off on my adventure. I landed uneventfully at the Benito

Juarez International Airport in Mexico City. As instructed, I found the direct bus to Cuernavaca. Seated on the bus, I watched a young woman wearing the bright red uniform of the bus company strolling down the aisle while filming with a video camera. "Hola!" I waved to the camera. They must be doing a promotional video, I thought. She continued down the aisle filming everyone. If anyone wore a hat, she asked them to remove it as she filmed their face. This was not a family fun video she was creating but rather a video log of everyone on the bus in case someone tried to do something "funny" on the trip.

Fortunately the two-hour trip to Cuernavaca was uneventful. I hopped in a taxi. I had forgotten what the real urban Mexico looks like -- it is a fortress against itself. All the homes are barricaded behind high walls topped with (pick one: barbed wire, jagged glass, electrified wire). The taxi driver dumped me and my bag on a steep narrow street. I buzzed the door and waited. And waited. I had no backup plan. It turned out, though, that I was at the wrong address. I moved one gate to the left and buzzed. Within seconds, Ana Nava opened the gate.

Ana was a friendly-looking woman in her late 30s. She said something (in Spanish, of course) to the gist of yes, I was in the right place, and yes, this was my new home, and yes, she would do everything possible to make me comfortable. She cooked me some soup and enchiladas and sat with me while I ate. She was doing everything possible to make me comfortable while I was thinking that it must be really weird for her to have a complete stranger in her house. But I was to learn that she had been hosting students for five years and that I was one of many. She told me, "Mi casa es su casa" ("my house is your house").

Then she walked me around the neighborhood and showed me the school, only 10 minutes from her house. The young man who opened the gate to the school was her son, Kike, short for Enrique. He was a tall 16 year old and... a swimmer! It turned out that Ana and her husband, Enrique, had also been swimmers in their youth. An immediate bond.

Ana, Kike, and I walked back to the house. By this time, her other son, Lalo,

11, had arrived home from school. He and a friend played with Cañela, the dachshund, and busied themselves with a video game.

Then her daughter, Andrea, 21, and Andrea's boyfriend, Alfredo, arrived. Next her husband, Enrique, came home. He was an industrial engineer at the nearby Ford plant.

I fully expected that the kids would retire to their rooms but no, everybody sat around the family room and talked. Friends and relatives dribbled into the house as we talked. This is what they do. They socialize. They actually like each other. This pattern was repeated almost every night.

That is not to say that they don't sit around and stare at their computers or smartphones once in a while. Kike was particularly enamored by his little green smartphone, which rarely left his grip. And the TV was on a lot. Showing bad reality TV -- all from the United States -- dubbed in Spanish. *Repro*, *Cheaters*, *Wipeout*. Oh, and we saw the Miss Universe Pageant.

Initially, the family kept a tight leash on me. Maybe they hadn't lost anybody and didn't want to start with me. The second night Kike walked me to the historic district, which included the Cathedral, the Palacio de Cortés, the Robert Brady Museum, and the Borda Gardens. He even showed me his training pool, a nice 25 meter outdoor pool. But no, I didn't get to swim that week. He didn't either. His team was on a holiday break. Plus the unheated pool is cold. Even though it is more than 80 degrees every day, the nights go down to about 50 degrees.

The Institute was behind a gate that hid a peaceful green paradise -- green grass, flowers, and a small pool. Along one side of the lawn were a series of small cabanas in which the classes were held. The course work consisted of lectures, readings, exercises, games, songs, and even a video of "Shrek" in Spanish. "Vayate, Donkey!"

There were two instructors, Paulina, a 20-something chica, and Salvatore. There was only one other student, Ron, a Franciscan monk. Ron didn't speak much Spanish so he and I rotated between Paulina and Salvatore for what turned out to

(Continued on page 5)

## TROPICAL SPLASH - FEBRUARY 3

by Dave Harmon

On February 3, five ANCMs journeyed to Alexandria to participate in the Tropical Splash swim meet put on by the Alexandria Masters. The hosts outdid themselves in conjuring up a festive tropical atmosphere for the day. All the timers had Hawaiian shirts and there were tropical fish, pink flamingos and palm trees everywhere. Every participant was issued an official lei that most wore while they were not swimming. Bananas, oranges and other tasty treats were available in the host area. Given that the meet was held on a typical cold gray Washington winter day, the meet provided a welcome alternative to the weather. This is definitely a meet I will try not to miss next year.

The ANCMs who attended performed well and all left with first place ribbons. I believe we set a few meet records that day but I cannot confirm them because they have not been posted yet. Here are the results:

Margot Pettijohn	50 Breast	1	41.55
	200 Fly	1	3:18.34
	400 IM	1	6:27.68
David Friedland	50 Fly	1	32.86
	100 Fly	1	1:15.81
	100 IM	2	1:23.91
Jeffrey Bryan	50 Back	1	31.76
Dave Harmon	200 Fly	1	3:12.44
	200 IM	1	2:43.53
	400 IM	1	6:07.57
Louis Diamond	50 Breast	1	39.24
	100 Breast	1	1:31.34

## SUBMERSION SPANISH

(Continued from page 4)

be a week of one-on-one instruction.

They also offered some evening activities. One evening was a cooking lesson, held conveniently at Ana's house. I learned how to make a mean salsa. (The secret is cooking the tomatoes first.) Another evening, Paulina offered salsa lessons. Ron skipped this activity and I was the lone student. I flopped around like an enormous frog to the bouncy salsa beat. We cut the lesson off early.

That was my life for a week. I never felt in danger from the narcos. Luckily. But the threat, I think, weighs on people's minds. Some of the buses carried this message on their sides: "El mayor regalo, la paz y la seguridad para Cuernavaca." ("The best gift is peace and security for Cuernavaca.")

## ANCM HUGH RODDIN RETIRES FROM SWIM COACHING

by Dottie Buchhagen

Hugh Roddin retired from coaching the girls swim team at Roosevelt High School in Wyandotte, MI last fall. Hugh

started coaching the boys in 1967 (he gave that up five years ago) and the girls swim team in 1974 (a total of 46 years of coaching!). In honor of his many years of coaching, the swim center at Roosevelt was named the Hugh J. Roddin Natatorium in December 2003. A national USMS record holder, ANCM Hugh swims at meets with other members of his family — wife Ruth Anne, son Jeff, daughter Jill, and daughter-in-law Julie.



Hugh, Ruth Anne, Jeff, and Julie at the 2012 USMS LCM Nationals in Omaha

## LANE ETIQUETTE

- Make sure you are swimming in the appropriate lane for your speed.
- The fastest swimmer leads the lane.
- Swim to the right!
- Turn on the cross and swim to the right after you turn.
- Finish to the left - to make room for your lanemates.
- Always leave 5 seconds between swimmers (unless you agree to 10 seconds).
- Do not tailgate. If you're faster than the swimmer in front of you, pass him at the wall or go ahead of him in the next set.
- Always wait for the other swimmers in your lane unless you're on a rest or time interval.
- Do not stop in the middle of the lane – only at the wall.
- If you are hanging out at the wall, stay to the right away from the cross.
- Do not start swimming when someone is coming to the wall for a turn. Wait until after that swimmer pushes off.
- If you are late, join the set when your lanemates finish at the wall.
- Lane consensus is required to modify sets.
- Do not use paddles in a crowded lane.
- Be aware of what is going on within your lane and where your lanemates are.
- Be friendly, helpful, and have fun.

# ALABTROSS OPEN

(Continued from page 1)

But Margaret and husband Dietrich combined in the Couples Relay to post the fastest time in the history of the event, 53.59, and became known as the Fastest Couple in the Water.

In the men's drop-dead sprint, Michael Stefanick of Germantown Maters blasted a 25.23 to claim Fastest Man in the Water.

Not to be overlooked was Leslie Livingston of Patriot Masters who always arrives at the meet in great shape. Once again, she demonstrated her superb training by setting a new world record of 29.25 in the 50-meter butterfly.

Later in the meet, North Carolina Masters boasted a super Medley Relay (200-239 age group) consisting of Frances McEachran, Jon Blank, Erika Braun and Jonathan Klein. (Jonathan is the brother

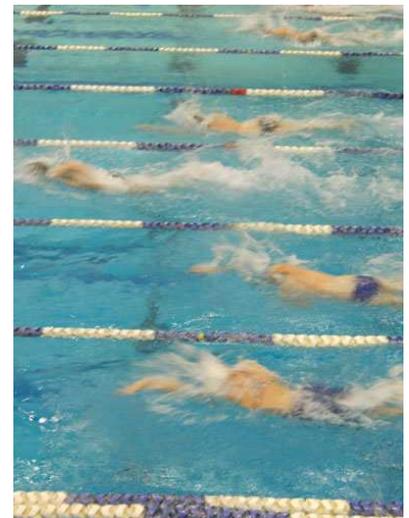
of ANCM Nanci Sundel.) When Jonathan touched the wall, the clock blinked out a new World Record of 4:27.64, almost 5 seconds faster than the previous record.

The crowd also enjoyed watching Olympian Frederik Hviid, 39, of Germantown Masters slice through the water. Although of Norwegian heritage, Frederick swam for Spain in both the 1996 and 2000 Olympics. Especially enjoyable was watching him swim a 4:46.63 in the 400-meter individual medley.

Not to be forgotten were ANCMs Susan Williams and Marshall Greer who set new meet records.

So who won the meet? Sadly, the ANCMs were sadly outclassed once again by Germantown Masters who collected 916 points compared to 542 for the Ancient Mariners.

P.S. Kudos to nine-years-in-a-row Meet Director Cathy Gainor and Entries Chair Jeff Roddin for putting together a great meet.



## ANNUAL HOLIDAY PARTY

The Annual ANCM Holiday Party was held on Saturday, January 5, at Kathy Kirmayer's house. Many swimmers, friends, and family members turned out to celebrate the beginning of a new year. Jeff Dubin brought his delicious Chewy Peanut-Caramel Bars. Jeff got a lot of requests for the recipe — here it is:



### Chewy Peanut-Caramel Bars

#### Chewy Peanut-Caramel Bars

Makes about 32 bars

These are what Snickers bars would be if they were turned into bar cookies. Nancy Baggett says these irresistible bars are runaway best sellers at school bake sales. Our recipe tester's daughter took some to her high school and instantly became "Miss Popularity." These are good cold from the refrigerator, good at room temperature, and good frozen (like when you try to keep them in the freezer for unexpected guests, but your family finds them and eats them anyway).

Adapted from Baggett's "The All-American Dessert Book" (Houghton Mifflin, 2005).

#### For the crust:

- 1 1/4 cups flour
- 2 1/4 tablespoons sugar
- Rounded 1/4 teaspoon salt
- 6 tablespoons unsalted butter, cold and cut into chunks
- 5 tablespoons heavy cream
- 1 teaspoon vanilla extract

#### For the topping:

- 1 1/4 cups tightly packed light brown sugar
- 1/2 cup light corn syrup
- 1/2 cup heavy cream
- 3 tablespoons unsalted butter, cut into chunks
- 1/4 teaspoon salt
- 3 cups chopped unsalted peanuts
- 1 1/2 teaspoons vanilla extract
- 1 1/2 cups (9 ounces) semisweet chocolate morsels or mini-morsels

Position a rack in the middle of the oven and preheat the oven to 375 degrees. Prepare a 9-by-13-inch baking dish by lining it with aluminum foil and coating the foil with nonstick spray oil.

blend the flour, sugar and salt. Add the butter and pulse until the mixture resembles coarse crumbs. Add the cream and vanilla extract and pulse just until the dough holds together, being careful not to overprocess. Press the dough firmly and evenly across the bottom of the baking dish and prick the crust all over with a fork. Bake for 20 to 25 minutes, or until just tinged with brown all over and slightly darker at the edges. Transfer to a wire rack to cool.

For the topping: In a heavy, medium saucepan over medium-high heat, add the brown sugar, corn syrup, cream, butter and salt. Bring the mixture to a boil, stirring frequently. Add 2 1/2 cups of the peanuts. Cook, stirring frequently, for 2 1/2 minutes, adjusting the heat so the mixture boils briskly. Immediately remove from the heat and stir in the vanilla extract. Pour the hot topping over the crust, covering the entire surface as evenly as possible and smoothing it with a greased table knife, if necessary. Let cool for 20 minutes. Sprinkle the chocolate morsels on top and let stand for a few more minutes or until the chocolate is partially melted. Using a table knife, spread the melted chocolate over the topping. Sprinkle the remaining 1/2 cup peanuts on top. Let cool completely before cutting into bars about 1 1/2 by 2 1/4 inches.

The bars can be kept in an airtight container at room temperature for up to 10 days or frozen for 2 months. Bring to room temperature, if desired, before serving.

Per serving: 244 calories, 5 g protein, 25 g carbohydrates, 13 g fat, 18 mg cholesterol, 6 g saturated fat, 41 mg sodium, 2 g dietary fiber  
 Recipe tested by Candy Sagar; e-mail questions to food@swazipool.com

## LANE CHAT

◆Jacob Hugh Roddin was born on March 4. His father, Jeff, reported that “Jacob was 6 pounds, 1 ounce and 19.5 inches long. Most certainly he will be a sprinter - he made his arrival about 15 minutes after we arrived at Shady Grove hospital! Rachel, Mommy and Daddy are doing great.”

◆Cheryl Wagner of Potomac Valley LMSC received the 2012 Dot Donnelly Award for her extensive volunteer work that includes many years as editor for the Potomac Valley *Swimmers Ear* newsletter. Cheryl also served as LMSC secretary and has been meet director for the annual 7.5-mile Potomac River Open Water Swim since 2002.

◆Kathy Levintow and her husband Nick have left us and moved to Wilmington, N.C. Kathy was an ANCM since 1992!



Jeff, Jacob, Julie, and Rachel Roddin

## VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

Photo credits: p.2—Donna Minha; p.3—Sarah King; p.4—Tom Denes; pp.6-7—Dottie Buchhagen; ; p.7—Jeff Dubin (recipe); ; pp.5,8—Jeff Roddin

## SUMMER SESSION BEGINS ON SUNDAY, APRIL 21 - GO ONLINE TO REGISTER ([www.ancientmariners.org/registration.htm](http://www.ancientmariners.org/registration.htm))

### TEAM GEAR

- **SWIM CAPS:** All registered ANCMs will receive one free swim cap.
- **OTHER GEAR:** Swim bags: \$45, swim caps: \$3, cotton T-shirts \$11.

### Clay Britt Single Day Clinics

These clinics are geared to helping you swim faster. The clinics include classroom discussions, underwater videotaping, our “feel for the water” tools, and in-the-water instruction from Clay and his experienced coaching staff. You will receive a list of swim drills, techniques, and our “Swim Drills on Video” DVD and a copy of your swim on DVD with voiceover critique.

For more information email [clay@claybrittswimming.com](mailto:clay@claybrittswimming.com) or visit [www.claybrittswimming.com](http://www.claybrittswimming.com)

## EVENT CALENDAR

**5/04:** Hurricane Man 2.4-mile and 1000-meter swims, Pass-a-Grille, FL <http://www.stpetemasters.org>

**5/09-5/12:** USMS Spring National Championships , Indianapolis, IN <http://www.usms.org/comp/event.php?MeetID=20130509NATLY>

**5/25-5/26:** Jim McDonnell Lake Swims, 1– and 2–miles. The 1-mile swim is a Colonies Zone Championship for open water. Lake Audubon, Reston, VA. Entry deadline May 17. <http://www.restonmasters.com/jmls-lake-swim/event-weekend-timelines/>

**6/09:** 4.4-mile Great Chesapeake Bay Swim and 1-mile Chesapeake Challenge, <http://www.lin-mark.com/> - These events are full

**7/13:** Swim For Life Chestertown, MD <http://www.swimdcac.org/DCAC/swimforlife/Home.html>

**8/04:** 2013 U.S. Masters 2.4-mile Open Water National Championship, Dana Point, CA

**12/07:** The first annual “Solstice” SCM meet. Sponsored by the Germantown Masters Swim Team. Germantown Indoor Swim Center, Boyds, Maryland (entries open in the fall).



These are only some of the upcoming swim events. Go to <http://www.ancientmariners.org/event.htm> for more listings