

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** November-20-14 4:37 PM  
**To:** Fran Craig; Steve Baird; Alex Joubert; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby  
**Subject:** Carleton Masters Swimming Newsletter #377

## Carleton Masters Swimming Newsletter #377

Thursday, November 20<sup>th</sup>, 2014

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2014 and Alumni 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (41 addresses), 7:10pm Whitecaps II (23 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (4 addresses), Masters "Alumni" (28 addresses)

"Always be a first-rate version of yourself, instead of a second-rate version of somebody else." – Judy Garland

### Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 20<sup>th</sup>**.
- The 6pm and 7:30am groups are full for Fall. Wait lists are available. Please let me know if you are on a wait list!
- Details on the Fall and Winter programs can be found near the end of the newsletter.

### Swimmer Notes

#### Swimmer Updates:

- Final Reminder: The not-to-be-missed **Carleton Masters Holiday Party** will be held once again at **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps)'s house: 376 Hamilton Ave South, from **6:30pm Sat Nov 29<sup>th</sup>**. Full details [here](#). A big thank you to **Don** and **Joanie** for hosting! Everyone is welcome to attend and I look forward to seeing many of you there!

- **Sat Nov 29<sup>th</sup>** is the 5<sup>th</sup> annual Sports Day in Canada (as well as the **Carleton Masters Holiday Party** – see above). All Saturday swimmers are invited to bring a friend (free of charge). Coach **Sean** is planning a "fun" workout!

- **Marie-Odile Junker** (8:30am Earlybirds) is in Australia on sabbatical until Christmas. Here's hoping that she has a great time there!

- It was great to see **Ahmed Doha** (Earlybirds/Whitecaps) and his son Yusuf at the pool on Mon Nov 10<sup>th</sup>. We hope to see **Ahmed** back in the pool in January!

- **Anne Trepanier** (8:30am Earlybirds) has an organic Spartan apple orchard in the Ile d'Orléans, by Québec City. She is selling her apples, in order to keep her orchard viable. Her apples are very good to eat on their own, and to cook with. As they are organic, you can keep the peel with no worries of pesticide residue. As well as bringing some to the pool for us to sample, she has already donated many to food banks, and to schools for fundraisers. She is selling her organic apples for \$1.25/lb, cheaper than non-organic. She also has prepared apple sauce (with the peel pureed in, without sugar) - \$6/litre; \$4/500 ml. Also on offer are 250 ml jars of apple jelly/ \$6; and apple butter with vanilla, also \$6. Her apples are good value, and she is just interested in keeping her family's farming heritage, and not in a business venture. Please contact her directly if you would like to place an order: [anne\\_trepanier@carleton.ca](mailto:anne_trepanier@carleton.ca).

- **Jeanne Carlsen** (55-59), an Alberta Masters distance swimmer who has set 4 individual World Masters Records and numerous Canadian Masters Records, was diagnosed with stage 4 pancreatic cancer last year. You can read a bit about her here: <https://albertacancer.ca/Jeanneswimteam2015>. I am joining her **Jan 1<sup>st</sup>, 2015** 100 x 100m swim to raise money

for pancreatic cancer. If you'd like to join me, let me know, or you may make a contribution at this link:  
<http://albertacancer.ca/jeanneteamlynn>.

- **Andrea Chandler** (6pm Whitecaps) and **Derek Baas** (x-Whitecaps) younger son, **Stuart**, has been cast as a bear cub in Ballet Jorgen's Ottawa productions of the Nutcracker at Centrepointe Theatre at 1pm and 4pm on **Dec 13<sup>th</sup>**, and at the Shenkman Arts Centre at 7pm on **Dec 14<sup>th</sup>**, and at 1:30pm and 7pm on **Dec 15<sup>th</sup>**. Ticket information here:  
[http://centrepointetheatre.ca/en/events\\_tickets/december2014/nutcracker/](http://centrepointetheatre.ca/en/events_tickets/december2014/nutcracker/) and  
[http://shenkmanarts.ca/en/calendar\\_calendrier/december\\_decembre\\_2014/nutcracker\\_cassenoisette/index.htm](http://shenkmanarts.ca/en/calendar_calendrier/december_decembre_2014/nutcracker_cassenoisette/index.htm).

- Carleton Athletics is now offering **PD Day Sports Camps**: <http://athletics.carleton.ca/camps/march-break/pd-day-camps/>.

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps that she ordered in time for Masters Nationals. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups "Whitecaps", that doesn't mean these caps are intended only for evening swimmers! **Carolyn** got extra caps printed so that everyone on the team can get one (or two!). They are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. A very big thank you to **Carolyn** and her daughter for doing this!! This is what the caps look like:



## News and Links:

- Things Swimmers Do [thanks to **Maureen Mahoney** (6pm Whitecaps) for bringing this to my attention]:  
<https://www.youtube.com/watch?v=Ye3u6ujLEI0&list=TLqjY806DEUig>
- Devastating Pattern of Sexual Abuse in Competitive Swimming [thanks to **Brad O'Connell** (6pm Whitecaps) for bringing this to my attention]:  
[http://www.slate.com/blogs/xx\\_factor/2014/11/13/outside\\_magazine\\_s\\_story\\_on\\_sexual\\_abuse\\_in\\_competitive\\_swimming\\_is\\_devastating.html](http://www.slate.com/blogs/xx_factor/2014/11/13/outside_magazine_s_story_on_sexual_abuse_in_competitive_swimming_is_devastating.html)
- Most Difficult Sports in the World (Swimming is #2): <http://sporteology.com/most-difficult-sports-in-the-world/>
- Can Shorter Swimmers Compete at an Elite Level?: <http://coachrickswimming.wordpress.com/2014/11/01/can-short-swimmers-compete-at-the-highest-levels/>
- Four Reasons to Quit "W" Sitting, Including Breaststroker's Knee: <http://www.swimmingworldmagazine.com/news/4-reasons-quit-w-sitting-breaststokers-knee/>
- **Bill Meyer** (55, has swum with Carleton Masters) playing Varsity Water Polo:  
<http://ottawa.ctvnews.ca/video?clipId=486843&binId=1.1164511&playlistPageNum=1>
- Does Our Generation Sit Too Much?: <http://athletics.carleton.ca/2014/generation-sit-much/>
- Lifestyle Study Finds Significant Heart Benefits: <http://www.medpagetoday.com/Cardiology/MyocardialInfarction/47770>
- How to Not Fail at Failing: Checklist: <http://athletics.carleton.ca/2014/fail-failing-non-extensive-checklist/>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2014/11/12/training-update/>,  
<http://www.sheilakealey.com/2014/11/07/week-food-health-fitness-29/>  
and <http://www.sheilakealey.com/2014/11/14/week-food-health-fitness-30/>

**Swim Suits for Sale:** The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

**Caps and Goggles to Borrow:** I always have a "lost and found" bag full of spare caps and goggles to borrow if you forget (or break) yours.

**Swim Caps for Sale:** The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$2). Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

**Nose Clips for Sale:** Cost \$5. Contact me if you are interested.

## Fall Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday/Tuesday: **Sean**; Thursday: **Mits**

7:10pm Whitecaps: Shallow End; Monday: **Sean**; Tuesday: **Alex**; Thursday: **Mits**

8:10pm Whitecaps: Shallow End; Tuesday: **Alex**; Thursday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

### Fin Days:

Tue Oct 28<sup>th</sup> / Wed Oct 29<sup>th</sup>

Thu Nov 27<sup>th</sup> / Fri Nov 28<sup>th</sup>

### Time Trials:

Thu Oct 16<sup>th</sup> / Fri Oct 17<sup>th</sup>: 400fs or IM

Thu Oct 23<sup>rd</sup> / Fri Oct 24<sup>th</sup>: two 50s choice

Mon Nov 3<sup>rd</sup>: 200 choice

Tue Nov 18<sup>th</sup> / Wed Nov 19<sup>th</sup>: 800 / 1500fs

Tue Dec 2<sup>nd</sup> / Wed Dec 3<sup>rd</sup>: 100 choice

Thu Dec 18<sup>th</sup> / Thu Dec 19<sup>th</sup>: fun day (relays)

This information and more can be found with the Fall workout themes

at: <http://carletonmasters.tripod.com/mastplanfall14.pdf>.

Thanks to those who participated in the 800/1500 time trial on Tue Nov 18<sup>th</sup> / Wed Nov 19<sup>th</sup>. There were lots of big improvements, led by **Manuel Lebron** (8:10pm Whitecaps) who improved by 3min and 17sec! **Aaron Holtzman** (8:30am Earlybirds) improved by 1min 49sec, and **Mike Halasz** (7:10pm Whitecaps) by 1min 17sec. **Ursula Scott** (7:30am Earlybirds) would normally do the 1500, but due to an appointment had to leave workout early, so her 1min 31sec improvement in the 800 has an asterisk next to it! The full list of improvements follows.

### 1500fs (13)

**Manuel Lebron** (8:10pm Whitecaps) 3:17

**Aaron Holtzman** (8:30am Earlybirds) 1:49

**Mike Halasz** (7:10pm Whitecaps) 1:17

**Kim Fever** (7:30am Earlybirds) 47

**Harley Gifford** (7:30am Earlybirds) 27

**Matthew Tucciarone** (6pm Whitecaps) 25

**Malika Shaath** (7:30am Earlybirds) 24

**Kevin Graham** (7:30am Earlybirds) 21

**Bill Westcott** (6pm Whitecaps) 19

**Brad Shapansky** (7:30am Earlybirds) 11

**Mike Mopas** (7:30am Earlybirds) 5

**Rocio Aranda** (8:10pm Whitecaps) 4

**Jennifer Murdock** (7:30am Earlybirds) 1

### 800fs (1)

**Ursula Scott** (7:30am Earlybirds) 1:31

Here is the weekday attendance to date. Please let me know of any errors! Those with the best attendance will be recognized with certificates.

**6pm Whitecaps:** Sept 2-Nov 18<sup>th</sup> (33 workouts): range 15-33; avg.: 23.6

Perfect Attendance: **Deb L**

Missed 1 Workout: **Peter L**

Missed 2 Workouts: **Don W**

Missed 3 Workouts: **Nicole D**

**7:10pm Whitecaps:** Sept 2-Nov 18<sup>th</sup> (33 workouts): range 7-18; avg.: 13.0  
Missed 1 Workout: **Joanie C**

**8:10pm Whitecaps:** Sept 2-Nov 18<sup>th</sup> (23 workouts): range 5-13; avg.: 8.7  
Perfect Attendance: **Lynn B**  
Missed 1 Workout: **Manuel L**

**7:30am Earlybirds:** Sept 3-Nov 19<sup>th</sup> (33 workouts): range 23-34; avg.: 26.6  
Perfect Attendance: **Bruce B, Harley G, Mike M**  
Missed 3 Workouts: **Brad S, Christiane W, Jennifer M**

**8:30am Earlybirds:** Sept 3-Nov 19<sup>th</sup> (33 workouts): range 14-26; avg.: 20.8  
Perfect Attendance: **Penny E**  
Missed 2 Workouts: **Amir B**  
Missed 3 Workouts: **Colleen H, Mark B**

## Ask the Coach

**Dear Coach:** I get water up my nose when I push off the wall on backstroke. Any suggestions? Sneezing Swimmer

Dear S. Swimmer: As you push off, tuck your chin and blow out through your nose. If you want to work on staying underwater for the maximum distance (15m) a nose clip is recommended. (Even some of the backstrokers at the Olympics wear nose clips.)

**Dear Coach:** It takes me a long time to do a backstroke turn. What am I doing wrong? Slow Turning Backstroker

Dear S.T. Backstroker: When doing a backstroke open (non-flip) turn, you must touch the wall on your back (with any part of your body) and leave the wall on your back. The quickest way to do the backstroke turn is to touch the wall with one hand and spin on your back. This is the old backstroke "bucket turn" from before backstroke flip turns were permitted. Ask your coach for a demo.

**Dear Coach:** I find the backstroke to breaststroke turn difficult. What are the rules and how can I do this efficiently? Working on My IM Turns

Dear W.o.M.I. Turns: You must touch the wall on your back (with any part of your body) and leave the wall on your front. (Note that anything up to a 90 degree turn to the side counts as on your back, and same for your front. If you go past 90 degrees, you are disqualified.) The "bucket turn" described above may also be used for the back to breast turn. The only difference is that as you spin, you also rotate. Again, ask for a demo!

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014-2015 is now open and cost is \$38. Note that you must register with MSO before the **due date** of the entry for your first competition. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions (e.g. the Masters World Championships in Montreal next summer). If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>. For Quebec competitions see: <https://www.swimming.ca/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions, mostly in Ontario and Quebec, for 2014-2015. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Sat Nov 22<sup>nd</sup> Swim Ottawa Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/willy-lee-invitational/>  
Sat Nov 22<sup>nd</sup> Coupe de Quebec, Claude Robillard Pool, Montreal  
<https://registration.swimming.ca/MeetInfo.aspx?meetid=17020>  
Sat Dec 6<sup>th</sup> Montreal Nord Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=16978>  
Sun Dec 7<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-7-2014/>  
Sun Dec 7<sup>th</sup> North York Pentathlon <http://www.mastersswimmingontario.ca/events/gators-pentathlon/>  
Sun Dec 7<sup>th</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-excuses-clarington-masters-invitational-swim-meet-december-7-2014/>  
Sun Jan 18<sup>th</sup> U of T Masters Meet <http://www.mastersswimmingontario.ca/events/u-of-t-january-18/>  
Sun Jan 18<sup>th</sup> Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-40th-annual-scy-swim-meet/>  
Sat Jan 24<sup>th</sup> Pointe Claire Masters Meet (TBC)  
Sun Feb 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-1-2015/>  
Sat-Sun Feb 7-8<sup>th</sup> Quebec City LC Masters Meet (details TBD)  
Sun Feb 8<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2015/>  
Sat-Sun Feb 14-15<sup>th</sup> La Salle Masters Meet, Montreal (TBC)  
Sat Feb 21<sup>st</sup> Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/winterlude-2015/>  
Sun Mar 1<sup>st</sup> Cote St-Luc, Montreal (details TBD)  
Sun Mar 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-1-2015/>  
Sun Mar 1<sup>st</sup> (or Mar 8<sup>th</sup>) Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-spring-invitational-swim-meet/>  
Sat Mar 14<sup>th</sup> Dollard-des-Ormeaux, Montreal (TBC)  
Thu-Sat Apr 2-4<sup>th</sup> (or Apr 3-5<sup>th</sup>) Ontario Provincials, Etobicoke <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championship-2015/>  
Fri-Sun Apr 17-19<sup>th</sup> Quebec Provincials, Quebec City (details TBD)  
Sun Apr 19<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>  
Sat Apr 25<sup>th</sup> All Out Swim LC, Toronto (TBC)  
Fri-Mon May 15-18<sup>th</sup> Nationals, Montreal (details TBD)  
Sat Jun 6<sup>th</sup> Longueuil LC, Montreal (details TBD)

**Race Results:** (Please send in your results, and/or let me know if I missed anyone.)

### Sun Nov 9<sup>th</sup> Technosport Masters Meet, U of Ottawa

**Harley Gifford** (7:30am Earlybirds) and **Lynn Marshall** (Coach) were Carleton's two swimmers at this competition, which lasted about 1 hour! Congratulations to Harley on two PBs! Full results here: <http://mymsc.ca/ShowMeet.jsp?id=706>.

**Harley Gifford** (7:30am Earlybirds; 55-59): 1<sup>st</sup>: 50fs (32.42 PB), 100fs (1:13.34 PB), 50bk (38.34)

**Lynn Marshall** (Coach; 50-54): 1<sup>st</sup>: 100bk (1:16.33), 200bk (2:37.75), 50br (42.50), 200br (3:11.50), 50fl (34.17), 100IM (1:16.65)

### 2014 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2014 rankings, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **July 30<sup>th</sup>**).

### Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Fall is:

Mon and Fri: 9:40-10:40am

Some evenings will likely be available in December.

#### Prices:

**Private:** \$52.50 per hour, plus HST.

**Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for the exact schedule and more details.

### Reminders

## Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for both Fall and Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. Note that the 8:10pm group will run only Tuesday and Thursday evenings (twice per week). As usual, Saturdays are **not** included in your weekday registration for Fall/Winter. Pro-rated prices are available, space permitting, after about a month of each term. The information below is also on the web site:

<http://carletonmasters.tripod.com>.

### Fall 2014: Tue Sept 2<sup>nd</sup> to Sat Dec 20<sup>th</sup>; no workouts Mon Oct 13<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8642; cost: \$142+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8643; cost: \$142+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Sean**; Thu: **Mits**; barcode 8648; cost \$160+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8650; cost: \$142+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm TuTh (shallow): Coaches: Mon/Tue: **Alex**; Thu: **Mits**; barcode 8652; cost: \$100+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8644; cost: \$56+HST

### Winter 2015: Mon Jan 5<sup>th</sup> to Fri Apr 10<sup>th</sup>; no workouts Mon Feb 16<sup>th</sup>, Fri Apr 3<sup>rd</sup>, Mon Apr 6<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8645; cost: \$120+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8646; cost: \$120+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Sean**; Thu: **Mits**; barcode 8649; cost \$140+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8651; cost: \$124+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm TuTh (shallow): Coaches: Tue: **Alex**; Thu: **Mits**; barcode 8653; cost: \$88+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8647; cost: \$45.50+HST

**Newsletter:** An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

**Suggestions for Workouts or Interested in Making up a Workout or a Set?:** If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

**Interested in Copies of my Workouts?:** Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

**Triathletes:** Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

**General Information:** Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know ([lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))

Club website: <http://carletonmasters.tripod.com>