

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** October-18-15 7:51 AM  
**To:** Fran Craig; Steve Baird; Blake Christie; Brian Hill; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby  
**Subject:** Carleton Masters Swimming Newsletter #402

## Carleton Masters Swimming Newsletter #402

Sunday, October 18<sup>th</sup>, 2015

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

**Bcc:** Those registered for Fall 2015 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (38 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (3 addresses), Masters "Alumni" (39 addresses)

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### Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 19<sup>th</sup>**.
- The Fall 7:30am and 6pm groups are full. Wait lists are available. There are just 2 spots left at 8:30am, and 7 spots at 7:10pm. (Still lots of room on Saturdays.) Please let me know if you are on a wait list.

### Masters Swimming Ontario Suspension!

The power struggle between Swimming Canada/Swim Ontario and Masters Swimming Canada/Masters Swimming Ontario has reached a new level. They have been bickering for years about whether MSC/MSO should pay fees to SNC/SO, and, if so, how much and what those fees are used for. You can read a bit about it here:

<http://swimswam.com/masters-swimming-ontario-suspended-2016-canadian-masters-nationals-loses-sanction/>. I've had no luck getting a more recent update for this newsletter. I am hopeful that this will be resolved soon.

### Masters Swimming Ontario (MSO) Registration

If you would like to enter any Masters swimming competitions this season, you must register with Masters Swimming Ontario as a member of Carleton University Masters. The cost is **\$38** (cheque or cash payable to me, Lynn Marshall) for all meets between now and the end of 2016. Payment can be given directly to me or any of the other coaches. If you are registering with MSO as a Carleton Masters swimmer for the first time, I also need:

- name (as you would like it on swim meet programs and results)
- gender

- date of birth
- full address (including postal code) and phone number

Those registered with MSO as a Carleton Masters swimmer for 2014-2015, your current registration is good until December 31<sup>st</sup>, but if you renew now you won't forget!

## Swimmer Notes

### Swimmer Updates:

- **Date for Your Calendar:** The annual Carleton Masters Holiday Party will be held on **Sat Nov 28<sup>th</sup>** at **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps)'s house. More details coming soon!

- Looking for a fun Halloween swim-themed activity? How about a **Vampire Swim**? Details under Masters Swimming Competitions, but open to everyone.

- Masters Swimming Canada is hosting its first annual speaker series in Toronto on **Sat Nov 7<sup>th</sup>**: <https://www.mastersswimmingontario.ca/events/msc-1st-annual-speaker-series-november-7-2016/>. The next day, **Sun Nov 8<sup>th</sup> at 9:30am** is the Masters Swimming Canada AGM: [http://mymsc.ca/Features/201509/2015AGMNotice\\_en.pdf](http://mymsc.ca/Features/201509/2015AGMNotice_en.pdf).

- **Job ad for students: Meredith Curren** (Whitecaps) is looking for a responsible young person (or a dog loving master!) to walk her dog Xavier 2 to 3 times a week during the workday, for about 20-30 minutes per walk. Xavier lives near Riverside and Uplands. Please contact **Meredith** directly at [meredithc@rogers.com](mailto:meredithc@rogers.com) if you're interested!

- **Parking Lot 5 Closures for Home Football Games:** Note that there will be home football games on **Fri Oct 9<sup>th</sup>** and **Sat Oct 24<sup>th</sup>**. Parking Lot 5 will likely be closed or partly closed for most or all of the day on those dates. Those with parking passes will be allowed to park in other lots, but allow a little extra time!

- **Norine Naguib** (7:30am Earlybirds, [norine.naguib@gmail.com](mailto:norine.naguib@gmail.com)) is looking for a squash partner to play at Carleton on Monday or Tuesday evenings for an hour between 6pm and 8pm. She says that she is a new and mediocre player but motivated to elevate her game with someone more seasoned.

- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week on Sundays from 4:30-5:30pm. The workout is at the Bob MacQuarrie pool except for January and February, when it will be at the Ray Friel pool. Please pass this on to anyone else who may be interested. For more details, contact coach **Kristin Kernohan** at [kristinkernohan@gmail.com](mailto:kristinkernohan@gmail.com).

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps. 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! Caps are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. This is what the caps look like:



### News and Links:

- **Penney Gilbert** (University of Toronto) is working on using stem cells to enhance muscle regeneration in the elderly: <http://www.gilbert-lab.com/news/news-info/> [thanks to **Jamie Chalmers** (7:30am Earlybirds)]

- Preventing Muscle Cramps During Exercise: <http://well.blogs.nytimes.com/2015/10/13/ask-well-preventing-cramps-during-exercise-do-not-post/>

- How to be a More Coachable Swimmer: <http://swimswam.com/how-to-be-a-more-coachable-swimmer/>

- Five Ways to Swim out of Your Comfort Zone: <http://swimswam.com/5-ways-swim-comfort-zone/>

- Seven Fixable Reasons You're Not Achieving Maximum Success in the Pool: <http://www.yourswimlog.com/7-fixable-reasons-you-arent-achieving-success-in-the-water/>

- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/10/10/this-week-in-food-health-fitness-4/> and <http://www.sheilakealey.com/2015/10/16/this-week-in-food-health-and-fitness-26/>

**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/Thursday: **Sean**; Tuesday: **Mits**

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

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

Exceptions will be noted here.

There were no workouts **Mon Oct 12<sup>th</sup>**. **Brian** coached for **Mits** on **Tue Oct 13<sup>th</sup>**. **Mits** coached for **Sean** on **Thu Oct 15<sup>th</sup>**.

### Fin Days:

Tue Oct 27<sup>th</sup> / Wed Oct 28<sup>th</sup>

Thu Nov 26<sup>th</sup> / Fri Nov 27<sup>th</sup>

### Time Trials:

Thu Oct 15<sup>th</sup> / Fri Oct 16<sup>th</sup>: 400fs or IM

Thu Oct 22<sup>nd</sup> / Fri Oct 23<sup>rd</sup>: two 50s choice

Mon Nov 2<sup>nd</sup>: 200 choice

Tue Nov 17<sup>th</sup> / Wed Nov 18<sup>th</sup>: 800 / 1500fs

Tue Dec 1<sup>st</sup> / Wed Dec 2<sup>nd</sup>: 100 choice

Thu Dec 17<sup>th</sup> / Thu Dec 18<sup>th</sup>: fun day (relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall15.pdf>.

Thanks to those who participated in the **400 free or IM time trial on Thu Oct 15<sup>th</sup> / Fri Oct 16<sup>th</sup>**. Details of the evening improvements will be included next time. There were six morning swimmers who improved in 400 free – details below. The biggest improvement was nearly 20 seconds by **Colleen Hyslop** (8:30am Earlybirds). Kudos also to **Chris Kent** (8:30am Earlybirds), **Jamie Chalmers** (7:30am Earlybirds), and **Natalie Aucoin** (8:30am Earlybirds) for doing a 400IM, and to **Mark Blenkinsop** (8:30am Earlybirds) for doing an 800fs!

### 400fs (6)

**Colleen Hyslop** (8:30am Earlybirds) 19.3

**Jordan Monnink** (8:30am Earlybirds) 16.9

**Matthew Tucciarone** (7:30am Earlybirds) 14.5

**Isabelle Fradette** (8:30am Earlybirds) 10.0

**Susan Hulley** (7:30am Earlybirds) 6.4

**Lisa Meyer** (8:30am Earlybirds) 3.0

Here are the weekday attendance stats to date. Those with the best attendance will receive certificates. Let me know of any errors!

**7:30am Earlybirds:** Sept 9-Oct 16<sup>th</sup>; 16 workouts; range: 17-28; average: 23.5

Perfect Attendance: **Bruce B, Christian C, Jamie C, Jessica T, Margaret K, Mike M, Susan N-Y, Ursula S**

**8:30am Earlybirds:** Sept 9-Oct 16<sup>th</sup>; 16 workouts; range: 19-32; average: 26.8

Perfect Attendance: **Amir B, Colleen H, Lorne M, Mark B**

Missed 1 Workout: **Bill G, Rod H, Sebastien R-C**

**6pm Whitecaps:** Sept 8-Oct 13<sup>th</sup> (Oct 5, 8, and 15<sup>th</sup> will be included next time); 13 workouts; range: 20-32; average: 25.0

Perfect Attendance: **Dave G, Francois P, Joanne D, Rachel B**

Missed 1 Workout: **Cam D, Don W, Elaine Y, Nicole D**

**7:10pm Whitecaps:** Sept 8-Oct 13<sup>th</sup> (Oct 5, 8, and 15<sup>th</sup> will be included next time); 13 workouts; range: 11-21; average: 15.9

Perfect Attendance: **Monica F**

Missed 1 Workout: **Heather MacP, Lynn B**

## Ask the Coach

**Dear Coach:** I'd like to learn to do flip turns. Can you help? New Morning Masters Swimmer

Dear N.M.M. Swimmer: Yes! We are going to do a series of 3 to 4 clinics leading up to flip turns. First you need to learn proper push offs, and open (non-flip) turns, and then progress to flip turns. Just let me know if you're interested and I'll be sure to include you.

**Dear Coach:** I have terrible problems with muscle cramping during races and sometimes training. Any suggestions? Cramping Swimmer

Dear C. Swimmer: Muscle cramps are still not well understood. There is a new article on cramps in the "News and Links" section above. Also, **Paul Scully** (8:30am Earlybirds) has done some research into this, and has tried a magnesium supplement from MgBright (<http://www.mgbright.com/>), which has helped, but not resolved his issues.

**Dear Coach:** I know you explained this previously, but what does "descend" mean? Learning the Terminology

Dear L.t. Terminology: "Descend" means to get faster each time. The descending is the amount of time it takes for each swim (the effort is increasing!). Thus 3 x 100 descending 1 to 3, means that 100 #1 is moderate, 100 #2 a little faster, and 100 #3 is fast. In addition, you would stop after each 100 until your pace time is up or until your rest interval is up, depending on whether you are following a pace time or rest interval.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2015-2016 is now available: cost \$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. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, gender, 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/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, 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 in Ontario and Quebec. 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 Oct 24<sup>th</sup> Brossard Masters Meet, Montreal <https://www.swimming.ca/en/meet/18461/>  
Sat Oct 31<sup>st</sup> Technosport Britannia Beach 25m Vampire Swim (for Canadian Blood Services), MSO registration not required: [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/vampire-swim-ottawa/](http://www.technosport.ca/technosport_swim_and_triathlon_club/vampire-swim-ottawa/)  
Sun Nov 1<sup>st</sup> Levis Masters Meet <https://www.swimming.ca/en/meet/18574/>  
Sun Nov 8<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-november-8-2015/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sun Nov 8<sup>th</sup> Etobicoke Masters Meet <http://www.mastersswimmingontario.ca/events/semi-serious-nov-8-2015/>  
Sun Nov 15<sup>th</sup> Cote St-Luc Masters Meet, Montreal <https://www.swimming.ca/en/meet/18297/>  
Thu Nov 19<sup>th</sup> Elliot Lake Masters Meet (TBC)  
Sat Nov 21<sup>st</sup> Swim Ottawa Meet, Brewer Pool (date confirmed; details TBA)  
Sun Nov 22<sup>nd</sup> Coupe de Quebec, Claude Robillard Pool LC, Montreal (TBC)  
Sat Dec 5<sup>th</sup> Montreal Nord Masters Meet <https://www.swimming.ca/en/meet/18260/>  
Sun Dec 6<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-6-2015/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sat-Sun Dec 5-6<sup>th</sup> Ste-Foy Masters Meet (TBC)  
Sun Dec 6<sup>th</sup> Clarington Masters Meet (TBC)  
Sun Dec 13<sup>th</sup> North York Pentathlon <https://www.mastersswimmingontario.ca/events/north-york-gators-pentathlon-dec-13-2015/>  
Sun Jan 17<sup>th</sup> U of T Masters Meet (TBC)  
Sun Jan 17<sup>th</sup> Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-41st-annual-scy-swim-meet-january-17-2016/>  
Sat-Sun Jan 23-24<sup>th</sup> Pointe Claire Masters Meet (TBC)  
Sat-Sun Feb 6-7<sup>th</sup> Quebec City LC Masters Meet <https://www.swimming.ca/en/meet/18523/>  
Sun Feb 7<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-7-2016/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sun Feb 7<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2016-february-7-2016/>  
Sat-Sun Feb 13-14<sup>th</sup> La Salle Masters Meet, Montreal (TBC)  
Sun Feb 21<sup>st</sup> Nepean LC Masters Meet <https://www.mastersswimmingontario.ca/events/2016-nepean-masters-long-course-swim-meet-february-21-2016/>  
Sat Feb 27<sup>th</sup> Riviere-du-Loup Masters Meet (TBC)  
Sun Feb 28<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>  
Sun Mar 6<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-6-2016/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sat Mar 19<sup>th</sup> Dollard-des-Ormeaux, Montreal (TBC)  
Fri-Sun Apr 1-3<sup>rd</sup> Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>  
Fri-Sun Apr 15-17<sup>th</sup> Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>  
Sun Apr 17<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sat Apr 23<sup>rd</sup> All Out Swim LC, Toronto (TBC)  
Fri-Mon May 20-23<sup>rd</sup> Nationals (TBC)  
Sat Jun 4<sup>th</sup> Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>  
Sat Jun 25<sup>th</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>  
Sat Jul 23<sup>rd</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>  
Sat Aug 13<sup>th</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>  
Sat Aug 14<sup>th</sup> Elma Couture Open Water Swim, Welland <https://www.mastersswimmingontario.ca/events/elma-couture-open-water-swim-aug-14-2016/>

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

No results this time!



## 2015 Statistics Summary: 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 **June 23<sup>rd</sup>**).

## Private and Semi-Private Masters Swim Lessons

For Fall, lessons are available at the following times:

Monday 9:40-10:40am

Friday 9:40-10:40am

Additional lunch-time/afternoon/evening lessons are available the last week of October.

Additional times will also 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 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 not run this year due to low registration. As usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site:

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

#### Fall 2015: Tue Sept 8<sup>th</sup> to Sat Dec 19<sup>th</sup>; no workouts Mon Oct 12<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10100; cost: \$140+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10101; cost: \$140+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10106; cost \$156+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10108; cost: \$140+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10102; cost: \$58+HST

#### Winter 2016: Mon Jan 4<sup>th</sup> to Fri Apr 8<sup>th</sup>; no workouts Mon Feb 15<sup>th</sup>, Fri Mar 25<sup>th</sup>, Mon Mar 28<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10103; cost: \$127+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10104; cost: \$127+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10107; cost \$146+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10109; cost: \$130+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10105; cost: \$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 ([lynmarshall@sympatico.ca](mailto:lynmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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

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