

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: August-02-16 11:26 AM
To: Fran Craig; Steve Baird; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mark Blenkinsop; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #423

Carleton Masters Swimming Newsletter #423

Tuesday, August 2nd, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, Winter 2016, Spring 2016, Summer 2016, and Alumni: 7:30am Earlybirds I (51 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (49 addresses), 7:10pm Whitecaps II (37 addresses), Saturday Only (2 addresses), Masters "Alumni" (42 addresses)

"Crossing the starting line may be an act of courage, but crossing the finish line is an act of faith. Faith is what keeps us going when nothing else will. Faith is the emotion that will give you victory over your past, the demons in your soul, & all of those voices that tell you what you can & cannot do & can & cannot be." – John Bingham

Masters Program Notes and Cancellations

- The Summer session runs until **Sat Sept 3rd**.
 - Note that while the Saturday workout is from **12:15-1:25pm** in August, it will be from **8:15-9:25am** on **Sept 3rd**.
- Registration for Fall 2016 and Winter 2017 starts tomorrow: Wed Aug 3rd. Program details and prices are in the next section.
- A reminder that both the Summer 7:30am group and the 6pm group include Saturday (12:15-1:25pm). In addition, it is also possible to sign up for Saturdays only.
- The Summer 6pm group is full with a wait list available. Please let me know if you are on the wait list!
 - There are a few spots left for Summer at 7:30am and for Saturday only.

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration opens **Wed Aug 3rd** (tomorrow!) 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. 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 2016: Tue Sept 6th to Thu Dec 22nd; no workouts Mon Oct 10th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 12285; cost: \$148+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 12286; cost: \$148+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 12291; cost \$168+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 12293; cost: \$152+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 12287; cost: \$60+HST

Winter 2017: Tue Jan 3rd to Fri Apr 7th; no workouts Mon Feb 20th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 12288; cost: \$132+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 12289; cost: \$132+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 12292; cost \$148+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 12294; cost: \$132+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 12290; cost: \$52+HST

Swimmer Notes

Swimmer Updates:

- **Mits** and **Marijan** sent a thank you note for the cards and gifts. I will post it on the Masters bulletin board (near the stairs to the sun deck).
- **Dave Caldwell** (7:30am Earlybirds)'s surgery went well. We look forward to seeing him back in the pool once he's up to it!
- After my swim meet in College Park, Maryland in early July, I stayed on and visited Washington, D.C. for a couple of days. Well worth a visit. Here are a few photos:
<https://www.facebook.com/media/set/?set=a.10157285498810604.1073741839.669015603&type=1&l=772fa24bdb>.
- **Mary Lou Davies** (8:30am Earlybirds) is doing the Ottawa to Cornwall MS Bike ride this year on **Aug 6-7th**. She's looking for sponsors to raise funds to help combat this disease – every little bit helps. Thank you for your support. [Click here to visit her page.](#)
- **Kevin Graham** (7:30am Earlybirds) is renting out an apartment. It would be ideal for a Carleton student looking for a clean, quiet place. Available August 1st or September 1st. Details and photos here: <http://www.kijiji.ca/v-view-details.html?requestSource=b&adId=1173402543>.
- **Sarah Zhang** (6pm Whitecaps) works in an exercise physiology lab at U of Ottawa. Here's an opportunity to get involved:
"We are currently looking for older participants (55+ yo) to come in and participate in our research. Our research looks at different responses and performances in the heat, with an emphasis on more vulnerable populations (chronically ill, aging, etc.). All our participants receive a free aerobic fitness test as well as body composition analysis, which we give in a fitness report as compensation. The testing would take place in July most likely."
If anyone is interested, please e-mail Sarah at szhan139@uottawa.ca.
- Carleton University Whitecaps swim caps, great for training and competition, are available for \$5 each:



News and Links:

- Is Swimming the Most Age-Friendly Sport of them All?: <http://montrealgazette.com/health/diet-fitness/fitness-is-swimming-the-most-age-friendly-sport-of-them-all>
- **Natalie Coughlin** Inspirational Video: <https://t.co/8U8bQVgCqX>
- **Michael Phelps** Quotes to Get Fired Up: <https://swimswam.com/8-michael-phelps-quotes-get-fired/>
- Great Ad for Rio Games: <http://www.insidethegames.biz/articles/1039640/sir-philip-craven-channel-4-advert-for-rio-2016-gives-me-goose-bumps>
- Benefits of Immersion in Water: <http://www.nytimes.com/2016/07/17/opinion/sunday/pool-neuroscience.html>
- Manatee Visits Woman on Paddleboard: <http://wsvn.com/news/local/florida-woman-experiences-rare-moment-of-manatee-on-her-paddle-board/>

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.

Summer Session Information

Dates: Mon Jul 4th to Sat Sept 3rd; excluding Mon Aug 1st.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End (plus 2 lanes Shallow End as needed); **Lynn**

6pm Whitecaps: Shallow End: **Sean**

12:15pm Saturdays (except: 8:15am Sept 3rd): Usually Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Sean coached for me on **Mon Jul 25th**, **Wed Jul 27th**, and **Fri Jul 29th**. Thanks, **Sean!**

Fin Day:

Thu Aug 4th / Fri Aug 5th

Time Trials:

Mon Jul 11th: timed 400fs or IM

Mon Jul 18th: timed 50 and 100 choice

Tue Aug 9th / Wed Aug 10th: 800 / 1500fs

Tue Aug 16th / Wed Aug 17th: 200 choice

Thu Sept 1st / Fri Sept 2nd: fun day (relays)

This information and more can be found with the Spring/Summer workout themes

at: <http://carletonmasters.tripod.com/mastplansprsum16.pdf>.

Thanks to those who participated in the **100m and 50m time trials on Mon Jul 18th**. There were seven improvements (and one tie), led by **Ilana Hanes** (6pm Whitecaps) with a 7.7 second improvement in 100fs. Both **Mars Nienhuis** (6pm Whitecaps) and **Jerome Cyr** (7:30am Earlybirds) improved in both 50 and 100fs (and by exactly the same amounts)! A full list of improvements follows:

100fs (4)

Ilana Hanes (6pm Whitecaps) 7.7

Jerome Cyr (7:30am Earlybirds) 0.6

Mars Nienhuis (6pm Whitecaps) 0.6

Justin Kernot (7:30am Earlybirds) 0.4

100IM (1)

Cathy Crawley (7:30am Earlybirds) 0.2

50fs (2+1 tie)

Jerome Cyr (7:30am Earlybirds) 0.5

Mars Nienhuis (6pm Whitecaps) 0.5

Justin Kernot (7:30am Earlybirds) 0.0 (tie)

Here are the weekday attendance statistics for this term. If you notice any mistakes, please let me know! Those with the best attendance will receive certificates early next term.

Note: Attendance will be updated next time!

7:30am Earlybirds: July 4-15th (6 workouts); range 19-29; average: 23.0

Perfect Attendance: **Bob T, Jamie C, Jerome C, Justin K, Liliane C, Mike M, Ursula S**

6pm Whitecaps: July 4-15th (6 workouts); range 23-30; average: 25.3

Perfect Attendance: **Cam D, Don W, Elaine Y, Jennifer M, Luz O, Mindy F, Nicole D, Peter L**

Ask the Coach

Dear Coach: Are the Masters groups for Fall the same as last year? When can I sign up for Fall Masters? Eager Swimmer

Dear E. Swimmer: I now have this information – see the top of the newsletter! Yes, the groups are the same and you can sign up starting tomorrow for both Fall and Winter.

Dear Coach: Should I sign up right away, or can I wait until September to register for Fall and until January to register for Winter? Watching My Budget

Dear W.M. Budget: The 7:30am and 6pm groups tend to fill the most quickly. In each newsletter I include information on the groups that are close to full, so you can keep an eye on that.

Dear Coach: Our lane is having issues with swimmers of different speeds and some swimmers not following good lane etiquette. What should we do? Swimmer in Dysfunctional Lane

Dear S.i.D. Lane: If there are issues with your lane, be sure to let your coach know. The coach can help by rearranging the lanes and explaining lane etiquette.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016 is available: cost \$38.** If you register in the Fall, your registration will be good until December 2017. Note that you must register with MSO before the **due date** of the entry for your first competition. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past few years, I just need to know if any of your information has changed. You may pay by e-transfer, 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 Aug 6th 750m, 1.5k, and 4k Riverkeeper Swim or Relay, Aylmer (MSO registration not required)

<https://www.events.runningroom.com/site/?raceId=13280>

Sat Aug 6th 4km Open Water Swim Orillia (MSO registration not required) Child Advocacy Fundraiser

<http://www.cacsimcoemuskoka.ca/page/swim-city-register>

Sun Aug 7th Elma Couture Open Water Swim, Welland <http://www.mastersswimmingontario.ca/elma-couture-open-water-swim-aug-7-2016/elma-couture-open-water-swim-aug-7-2016>

Sat Aug 13th Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required)

<https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>

Sat Aug 27th to Tue Aug 31st Swimming at the Americas Masters Games, Vancouver (Note: This event is not sanctioned. Thus, it is open to everyone, no MSO registration is required, but your times don’t count towards records, statistics, etc.): <https://www.americasmastersgames2016.com/>

Oct 29th to Nov 6th Swim Camp in Barbados <http://katiebrambley.wix.com/freestyleexperience>

Sat Nov 19th Swim Ottawa Willy Lee Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/annual-willy-lee-invitational-nov-19-2016/>

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

Sat Jul 9th Meech Lake Triathlon (1.2k/23.5k/6.4k; 179 participants)

Congratulations to all the Carleton swimmers who took part – especially to **Jordan** and **Margaret** for their overall podium finishes, and to **Bailin**, **Nancy** and **Annemarieke** for age group podium finishes!! **Julia Aimers** (7:30am Earlybirds) was one of the organizers. Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=35915>.

Jordan Monnink (8:30am Earlybirds; 25-29): 1st overall, 1st man and 1st in category in 1:19:41.6 (17:16 swim)

Margaret King (7:30am Earlybirds; 50-54): 33rd overall; 3rd woman and 1st in category in 1:41:37.9 (22:30 swim)

Paul Scully (8:30am Earlybirds; 45-49): 58th overall, 53rd man and 11th in category in 1:48:57.0 (25:46 swim)

Bailin Xie (8:30am Earlybirds; 15-19): 67th overall, 9th woman and 2nd in category in 1:50:57.0 (25:10 swim)

Nancy Manning (8:30am Earlybirds; 60-64): 106th overall, 26th woman and 1st in category in 1:58:04.7 (27:00 swim)

Annemarieke Goldsmith (8:30am Earlybirds; 55-59): 124th overall, 36th woman and 3rd in category in 2:02:00.9 (25:36 swim)

Janet Whitley (8:30am Earlybirds; 50-54): 134th overall, 43rd woman and 10th in category in 2:05:01.7 (24:32 swim)

Sat-Sun Jul 9-10th Outrigger Canoe and Dragon Boat Races

The Sportchicks participated in two events during the weekend of July 9-10th. Six members (including Carleton swimmers: **Natalie**, **Isabelle**, **Dawn**, and **Colette**) participated in a 22km 6-person outrigger canoe race, which took just over 2 hours. They placed 4th out of 8 boats. The same weekend, the Sportchicks (including more Carleton swimmers) participated in a Dragon Boat Festival in Montreal. They placed 5th in the 500m and 9th in the 2000m races. Great results considering they didn't have as many paddlers to choose from! Congratulations to all the paddlers!

Sun Jul 10th Muskoka 70.3 Triathlon (1.9k/90k/21.1k)

Congratulations to **Christian Cattan** and **Nicole Mikhael** on their races. Great results, despite a challenging bike course! **Nicole** was 5th in her age group! Full results: <http://www.ironman.com/triathlon/events/americas/ironman-70.3/muskoka/results.aspx#axzz4EmmP2xQa>.

Nicole Mikhael (6pm Whitecaps; 30-34): 210th overall; 29th woman and 5th in category in 5:31.24 (37:34 swim)

Christian Cattan (6pm Whitecaps; 35;39): 2424th overall; 350th man and 48th in category in 5:57:38 (39:50 swim)

Fri-Sun Jul 15-17th John Hale Under 16 Water Polo Tournament, Whittier, California

Bogdan Djerkovic (7:30am Earlybirds/6pm Whitecaps) is a member of Team Ontario that won this tournament. He also scored lots of goals! Congratulations, **Bogdan**!

Sat Jul 16th Bring on the Bay 3k Open Water Swim, Ottawa (581 participants)

This list has **Miguel** added – hope I didn't miss anyone else! Awesome job by everyone, especially those finishing in the top 10 in their categories: **Tim** (1st), **Mars** (2nd), **Harley**, **Miguel** and **Renee** (3rd), **Linz** (5th), **Gillian** (7th), **Julia** (9th), **Bill** and **Joanie** (10th). Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=30065>.

Non-Wetsuit Swimmers:

Tim Kilby (Coach; 50-59): 18th overall; 13th man and 1st in category in 43:31.8

Linz Buckingham (6pm Whitecaps; 20-29): 71st overall; 28th woman and 5th in category in 48:16.6

Bill Westcott (6pm Whitecaps; 50-59): 116th overall; 74th man and 10th in category in 50:56.0

Gillian Massel (6pm Whitecaps; 20-29): 132nd overall; 49th woman and 7th in category in 52:38.3

Cheri Reddin (7:30am Earlybirds; 40-49): 229th overall; 109th woman and 16th in category in 59:04.2

David Moore (6pm Whitecaps; 40-49): 235th overall; 124th man and 18th in category in 59:35.9

Miguel Chavez (7:30am Earlybirds; 20-29): 272nd overall; 140th man and 3rd in category in 1:02:35.4

Joanie Conrad (6pm Whitecaps; 50-59): 286th overall; 138th woman and 10th in category in 1:03:06.1

Mary Donaghy (7:30am Earlybirds; 50-59): 457th overall; 244th woman and 21st in category in 1:17:45.9

Wetsuit Category:

Harley Gifford (7:30am Earlybirds; 60-69 wetsuit): 137th overall; 87th man and 3rd in category in 52:55.5

Mars Nienhuis (6pm Whitecaps; 20-29 wetsuit): 145th overall; 54th woman and 2nd in category in 53:23.9

Julia Aimers (7:30am Earlybirds; 50-59 wetsuit): 205th overall, 93rd woman and 9th in category in 57:24.8

Janet Whitley (8:30am Earlybirds; 50-59 wetsuit): 225th overall; 106th woman and 12th in category in 58:44.2

Renee Robert (6pm Whitecaps; 60+ wetsuit): 302nd overall; 151st woman and 3rd in category in 1:04:19.5

Tatjana Molitor (6pm Whitecaps; 40-49 wetsuit): 472nd overall; 259th woman and 40th in category in 1:20:48.6

Sun Jul 17th MEC Sprint Triathlon, Ingleside (750m/19k/5k; 151 participants)

Congratulations to **Linz** and **Bailin** on their podium finishes! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=31423&status=results>.

Linz Buckingham (6pm Whitecaps; 25-29): 22nd overall; 5th woman and 3rd in category in 1:16:07.7 (swim 13:07)

Bailin Xie (8:30am Earlybirds; 20-24): 31st overall; 6th woman and 1st in category in 1:18:42.9 (swim 15:37)

Sun Jul 24th Canadian Sprint Distance Triathlon Championships (750m/20k/5k; 204 participants)

Congratulations to the **Holtzman** family for their races – their kids also participated in the Kids of Steel! If anyone else participated in the weekend events, please let me know! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=40224>.

Aaron Holtzman (7:30am Earlybirds; 40-44): 90th overall, 69th man, and 8th in category in 1:16:16.8 (17:25 swim)

Megan Holtzman (7:30am Earlybirds; 35-39): 164th overall, 64th woman, and 9th in category in 1:27:26.5 (15:17 swim)

Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **July 10th**).

Private and Semi-Private Masters Swim Lessons

The schedule for July and August is:

Monday 4:30-5:30pm, 5:30-6:30pm

Tuesday 4:30-5:30pm, 5:30-6:30pm

Wednesday 5:30-6:30pm, 6:30-7:30pm

Thursday 4:30-5:30pm, 5:30-6:30pm

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.

Notes and Reminders

Summer Masters Swimming Programs, Barcodes and Prices

Registration is open for both Spring and Summer registration. 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. Saturdays are included in your weekday registration for Summer (but not for Spring). The information below is also on the web

site: <http://carletonmasters.tripod.com/index.html#schedSpringSummer>.

Summer 2016: Mon Jul 4th to Sat Sept 3rd; no workouts Mon Aug 1st

7:30am Earlybirds: 7:30-8:30am MWF and 12:15-1:25pm Sat (MWF deep; Sat shallow):

Coaches: Weekdays: **Lynn**; Saturdays: **rotating schedule**; barcode 11257; cost: \$100+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean**;

Saturdays: **rotating schedule**; barcode 11262; cost \$112+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat, except: Sept 3rd 8:15-9:25am (shallow): Coaches: **rotating schedule**; barcode 11259; cost: \$35+HST

Carleton Masters Swim Team Photos:

Fall 2015 Evening groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

We have identified **19** current swimmers in the old photos: **Joanie Conrad** (7:10pm Whitecaps), **Cam Dawson** (6pm Whitecaps), **Joanne Dawson** (6pm Whitecaps), **Sean Dawson** (then child safety supervision; now Coach), **Nicole Delisle** (6pm Whitecaps), **Cori Dinovitzer** (Summer 7:30am Earlybirds), **Fiona Hill** (7:30am Earlybirds), **Karen Jensen** (7:30am Earlybirds), **Tim Kilby** (Coach), **Mike Lau** (6pm Whitecaps), **Sandy Lawson** (7:30am Earlybirds), **Peter Lithgow** (6pm Whitecaps), **Lynn Marshall** (Coach), **Carolyn Odecki** (6pm Whitecaps – on sabbatical), **Lina Vincent** (6pm Whitecaps), **Jose Vivanco** (7:10pm Whitecaps), **Don Wells** (6pm Whitecaps), **Bicki Westerheide** (7:10pm Whitecaps), and **Debby Whately** (6pm Whitecaps). Also **Derek Baas** is in an old photo, and his wife, **Andrea Chandler** (6pm Whitecaps), swims now. Did we miss anyone else?

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).

Happy lengths!
Lynn

lynmarshall@sympatico.ca (or for quicker response: lynmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>