

# The **REC** **RD** **TIMES**

MONTHLY NEWSLETTER FOR THE MEMBERS OF DAVIS AQUATIC MASTERS



Davis Aquatic Masters  
P.O. Box 921  
Davis, CA 95617  
www.damfast.org  
(530) 757-SWIM

August , 2004



## DAM Introduces Dues Direct Payment

About 30 years ago, a group of people in Davis who enjoyed swimming formed the Davis Aquatic Masters (DAM). Over the years DAM has grown and prospered due to dedication of all the coaches, staff, board members and all members who have contributed to DAM.

DAM has grown to be one of the largest masters clubs in the United States with a membership base that rivals clubs in Dallas, Long Beach and Boston. Yet in spite our large member base, we have remained true to our humble beginnings as an informal swimming club. Despite this, changes are inevitable.

Some changes have included ways to minimize costs and maximize the value of our swimming experience in order to maintain our very competitive dues. In a continuing effort to keep costs low, we are pleased to announce changes that will make it easier to pay DAM dues and reduce the time (and cost) to manage our finances.

Called Direct Payment or Automated Clearing House (ACH), dues will be paid monthly directly from each member's checking or savings account. No more monthly or quarterly nagging about when dues should be paid or (thank you Barbara) when they are late. No more "reminder" lists of people who forgot or "conveniently forgot" to pay their dues on time.

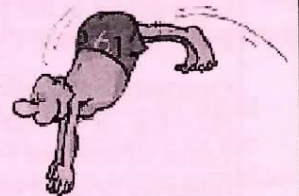
The process will work like this: Members authorize DAM to schedule monthly dues payments (i.e. regular dues are \$40.00 per month) from your checking or savings account. DAM will be authorized only for the amount of the dues (and PMS renewal in December, if that is requested). The bank and DAM's internal audit and controls will not allow amounts over the authorized dues to be withdrawn. The payments will typically occur on the 3<sup>rd</sup> of each month.

All new members will be required to pay via Direct Payment. All existing members will be required to participate as well although we are planning to phase-in the

*(Continued on page 2)*

### What's inside...

- 2) Coach's Corner
- 4) New Members, July Birthdays,
- 5) Swimmer of the Month
- 6) Building Fundraising Campaign
- 7) Board Contact Info, Upcoming Dates to Re-member



## Workout Schedule

### MONDAY - FRIDAY

#### Civic Center Pool

Russell & B Street

6:00 am - 7:00 am

7:00 am - 8:00 am

10:00 am - 11:00 am

11:00 am - 12:00 pm

12:00 pm - 1:00 pm

1:00 pm - 2:00 pm

6:15 pm - 7:15 pm

7:15 pm - 8:15 pm

#### Community Pool

(Tuesday and Thursday)

5:45 am - 7:00 am

#### Arroyo Pool

(Monday, Wednesday, Friday)

5:45 am - 7:00 am

### SATURDAY

#### Civic Center Pool

7:30 am - 8:30 am

8:30 am - 10:00 am

10:00 am - 1:00 pm

(lap swim)

### SUNDAY

#### Civic Center Pool

10:00 am - 1:00 pm

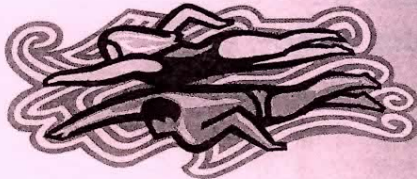
(lap swim)

### DUES INFORMATION

\$40 per month, due on the 1st  
(\$5 late fee added after the 7th)  
\$35 for senior swimmers 65 or older.

Make checks payable to DAM and  
leave in slot at the pool or mail to  
P.O. 921, Davis, CA 95617

Quarterly re-enrollment is mandatory  
(\$2 fee if re-enrollment is late).  
Leave of absence fee is \$2 per month  
(reserves priority number).



(Continued from page 1)

program's implementation. The deduction for members on leave, members who are active through Peak Performance or Physical Edge and seniors will be only what they are required to pay. Members who have paid in advance will also be required to participate but will not be charged as long as they have prepaid dues.

By August 15, 2004, we hope to get everyone signed up so that we can start the process in earnest for the month of September. From October through December 2004, DAM will still accept checks or cash but beginning in January the monthly dues will need to include a \$2.00 per month surcharge to cover bank and administrative costs. Cash and checks will continue to be accepted for red card swimming. Also, the IRS requires that we include the following statement:

Dues and contributions to DAM are not tax deductible.

We have also researched the cost of internet based credit card payments. This option is too costly for monthly dues payments to DAM, but we are seriously considering it for DAM sponsored events like Lake Berryessa. The internet credit card payment system also requires extensive one-time costs relating to the bank's set-up charges and the costs associated with changes to DAM's web page and linking to the secure credit card payment system.

Hopefully, this article provides an adequate explanation of the what, when and why DAM is taking advantage of the opportunity to automate our dues payments at this time. The authorization form is available via e-mail, pool side from the coaches and as part of this newsletter. **Please complete and return the authorization form as soon as possible.** Should you have any questions, contact Doug Brewer @ [dabrewer@sbcglobal.net](mailto:dabrewer@sbcglobal.net).

## Coach's Corner



Another wonderful trip is now only memories. In their own words here are the participants' comments about our trip to Brazil.

**Laurel King:** Most memorable moments included the \$10 massage on the beach (not to be compared with Rick's \$1 haircut); swimming in the lagoon through the flowering plants; living on less money than I do at home; watching Don do his first ever racing start; cheering on the one-armed Brazilian man who beat most of the others in his heat in the 50 fly.

**Betty Dugan:** It was the best of times....it was the worst of times.....a great group of people to laugh with and laugh at. We indulged in lavish feasts, so good and so inexpensive. But then there was

(Continued on page 3)

*(Continued from page 2)*

the diarrhea! And always, shopping, shopping, shopping.

**Jon Curtis:** An experience of a lifetime and what better way to do it than with 20+ friends. Ate like kings, but spent pennies, and you don't know chocolate until you have had Brigadeiro ice cream in Sao Luis.

**Jeri Pappone:** This has been the best vacation I have ever had, better than both honeymoons!

**Eric Engelhard:** My favorite part of the trip was the lagoon swim and the riverboats. Not only was the water clean and warm, but the 'weeds' were all water lilies. The dinner on the pier over the river was my favorite meal.

**Anica Moss:** Favorites included the four-wheel drive ride through water holes and then running down the huge, footprint-less sand dunes; watching and then participating in the incredible, colorful folklore festival dances in Sao Luis; running along the beach early mornings in Recife with Rick and Karen.

**Susan Munn:** Rio: Copacabana beach, Ipanema beach, Leblon beach, Sugarloaf, Christ Statue, smiling faces, enthusiastic greetings, faces of many different flesh tones, people who sing to themselves or hum while working or walking; running down a sand dune and diving into a lagoon; DAM in footprints on the dune by Karen Gilligan; swim meet in Recife, lots of rain, never-ending rain at the meet, trading shirts, trading swim caps, watching the Pre-Masters win a trophy and DAM another trophy and DAM winning the trophy for traveling the farthest to the meet.

**Julie Cho:** Exotic beaches, white sand dunes, boat rides, superb cuisine and flawless human beauty both inside and out. I will always look back with a smile on my face thinking of the 75-yr. old Brazilian woman wearing the high cut Brazilian Speedo and dancing on the pool deck to the DJ music at the meet in Juiz de Fora. It was so incredible to experience a different culture and seeing a real way of life that exists on the other side of the equator. It was the most refreshing experience of my life.

**Karen Gilligan:** This trip was an amazing opportunity to broaden one's horizons and has sparked an interest in foreign languages and communicating across cultural and language barriers. Best memories: dune buggy ride; workout and frolicking in the lagoon; shopping and bargaining in the handicraft market and looking for items that would fit as a carryon. Thanks for making my first trip out of the country easy, fun, safe, and affordable.

**Don Yee:** I had a great time. I couldn't ask for a better group of people to travel with. They were all supportive of each other. Brazil is a great country full of warm and interesting people.

**Kari Fish:** This DAM trip was truly a great experience for me. The diversity of places we went: one night gazing at the dazzling lights of Rio atop a mountain, another day bouncing around in a dune buggy. Wherever we went in Brasil, I was greeted with sincere generosity by the Brazilians. They are a very gracious and friendly people.

**Karen Galbreath:** I enjoyed the numerous modes of transportation and the incredible territory traveled around Brasil. Rick did an excellent job preparing for and organizing this trip and was consistently patient with the daily bombardment of questions from everyone. Without Rick's ability to converse in several languages we couldn't have done what we did. Cruising the dunes in four-wheel drives was a blast. The plusses about the meets include the ability to romp with or near the many gorgeous Brazilian athletes.

Brasilian wine sucks. Go Chilean!

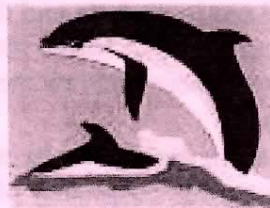
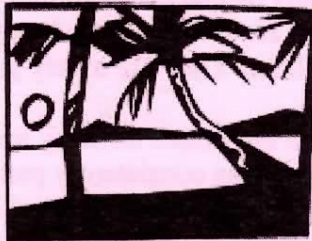
**Kiby Hornof:** I really enjoyed Rio. The stories of the slums which we could see in pockets and the contrast with the beautiful beaches; the caipirinha drinks, the Brazilian beverage of choice which fueled the DAM team; the cultural experience of staying in the village where donkey carts were everywhere and raw meat hung in the open air in front of stores (called sun dried meat, and it actually tasted good).

**Doug Brewer:** The highlight of our trip wasn't swimming in a tropical lagoon or seeing Rio by night from the Christ statue. It wasn't the beauty of Brazil or the genuine warmth and generous hospitality of the people. It also wasn't the incredibly inexpensive but wonderful food or Coach Rick's patience while introducing Brazilian culture to us. Nor was it competing in swim meets where you don't understand when the starter says: "Swimmers, take your mark," nor having my name spelled and announced DONQ.

It was all of these and more, connecting our group by the common threads of swimming, our coach, and DAM that intertwined over the course of the trip to weave a fine tapestry of memories to treasure for years to come.

## Welcome New Members!!!

Rosemary Walzem  
 Andrew Riffel  
 Monica Garcia  
 Jackie Ward  
 Nicholas Pothong  
 Benjamin Leachman  
 Philip Watt  
 Adam Feeney  
 Deirdre Vrancken  
 Melanie Ingram  
 Michelle Mayr  
 Leslie Berry  
 Nancy Mathews  
 Emily Harris  
 Heather Charron  
 Jenelle Edge  
 Bret Weaver  
 Kay Moreau  
 Bryan Plude  
 Laura Shearer  
 George Veith  
 Graham Northrop  
 Daniel Braunschweig  
 Laura DiPalermo



## Happy Birthday this Month to...

Jack Palmer	8/1	Henrich Brunke	8/24
Kelly Nelson	8/1	Steve Carlson	8/26
Daniel Scherer	8/2	Bill Steuart	8/26
Joe Kisiday	8/3	Jerry Paiz	8/26
Libby Wood	8/3	David Kaplan	8/26
Bill Watkins	8/6	Stacy Wright	8/27
Kris Kordana	8/6	Erin Perry	8/27
Sandra Basic	8/6	Jean Lamming	8/27
Jeffrey Ruda	8/7	Yoshie Kyhos	8/28
Marg Bartosek	8/8	Robert Parmelee	8/29
Marjie Armstrong	8/9	Dorothy Scott	8/30
Laura Shearer	8/9	Boris Ruebner	8/30
Meagan O'Malley	8/10	Rob Anagnoson	8/30
Sally Colvin	8/12	Matthew Wilkins	8/30
Graham Northrop	8/12	Cheryle O'Donnell	8/30
Tom Brown	8/13	Seta Hanoian	8/31
Paul Brady	8/14	Christine Calverly	8/31
David Zetland	8/14	Patti Gay	9/1
Ted Deacon	8/15	Cliff Dimond	9/1
Patty Newman	8/15	Erin McLean	9/2
Sinisa Novakovic	8/16	Carolyn Thomas	9/4
Bret Weaver	8/17	Anne Dulcich	9/5
Allison Higgins	8/18	David Bressler	9/7
Twanda Thirkill	8/20	Hal Linebarger	9/8
Daniel Braunschweig	8/20	Cathy Wenner	9/8
Robert Gagen	8/21	Scott Harris	9/9
Sally Wood	8/22	Megan Zupancic	9/9
Jennifer VanDenBroeke	8/22	Amber Cottingham	9/10

### 10% off for DAM Members! (First-time clients)

**Certified Therapeutic Massage  
 Swedish/Sports/Neuromuscular**  
 by Zann Gates (DAM member)

- 13 years experience
  - 1000+ hours of training
  - Member Associated Bodywork and Massage Professionals
  - Licensed by the City of Davis
- \$50 per hour – or \$45 your first session**



**Tired, sore muscles?  
 Aching shoulders?  
 It's time to thank your  
 body for all the hard  
 work!**

Email: [zanngates@yahoo.com](mailto:zanngates@yahoo.com)  
**Phone: (530) 297-5440**  
 Home office 3 blocks from Civic Center  
**Stress Reduction – Sports Maintenance –  
 - Injury Relief -**

# Swimmer of the Month

## ED BRANAM

Ed's illustrious swim career began on August 1, 1981 with Russ White (long-time ex-DAM'er) escorting him to Davis Sport Shop for the purchase of his first Speedo and then off to his first DAM workout. When interviewed, Ed attributed his astounding swimming success to the many lane mates that have been instrumental in refining his swim technique over the years. Major contributors have included Boris Reubner who first introduced him to the "Civic Center turn," Alex Ardans who artfully demonstrated the finer points of the "mid-pool goggle check" (typically while viewing a coed in the next lane), and Karen Galbreath's version of the highly successful "lane line pull."

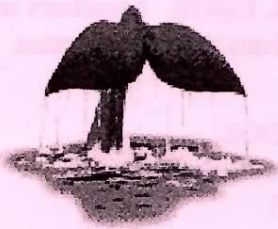
Ed has also enjoyed many other benefits of DAM membership. They include a constant supply of belts for his dress pants provided freely by his 6 AM teammates (he keeps forgetting his) and an array of very nice shoes from Gerry O'Hara. The latest pair was very nice brown dress sandals.

In return for the clothing and many years of free technical advice, Ed freely shares his secret for making it through tough workouts with those around him – dreaming about food. Favorites include extended discussions on the medicinal benefits of his famous sourdough pancakes, cinnamon rolls and double shot lattes from the Farmers Market and burritos from Dos Coyotes.

When informed of his Swimmer of the Month honor, Ed immediately assumed his selection must be the direct result of his amazing boat driving demonstration at last month's Berryessa swim. Following the event, Ed was loading his ski boat at the very boat ramp he had earlier tripped over while trying to extract himself from the lake at the end of the 2-mile swim. Only this time as he drove his boat on the trailer, he managed to break one of the trailer's skid pads, bend the support brackets and scrape the bottom of the boat across the length of the metal trailer frame. Net, net – he destroyed the trailer and tore the bottom out of his boat all in the same motion! Eyewitness Tony Christo agreed with Ed's assessment of the carnage as truly an amazing maneuver. Good news - four grand later, Ed has been assured that when repairs are completed later this summer, his boat will once again float. A floating boat and a free meal at Caffé Italia. Life is good!



*Caffé Italia is the proud sponsor of DAM's Swimmer of the Month Recipients will receive a gift certificate for 2 meals at Caffé Italia*



REMAX Gold Featured Listings: 1)909 Sycamore, 3 bed./2 bath 1532 sq. ft. home in Central Davis, offered at \$525,000. 2)3449 Oyster Bay, unique property in West Davis, being sold "as is", 7 bed., 4 bath, 4334 sq. ft. home, offered at \$525,000. 3)715 Robin Pl. 3 bed./4 bath 2986 sq. ft. Northstar home, Offered at \$849,900. For professional assistance in buying or selling a home, please give me a call.

*Integrity,  
Service & Results  
Personified*



**Edwin Y. Maeda**  
**REALTOR, REMAX Gold**  
603 Second St.  
Davis, CA. 95616  
(530)757-3616  
www.edmaeda.com  
e-mail: maeda@edmaeda.com

## New Aquatics Building Fundraising Campaign

The City has approved the construction of the new aquatics building jointly proposed by the Davis Aquadarts and the Davis Aquatic Masters [DAM]. The structure will be next to the Civic Center Pool, immediately west of the pool area, between the parking lot and the pool area delineated by the existing fence. The fence and shrubs will be removed but the existing shade trees will remain. The area of the building is about 1300 sq. ft. and will contain a general purpose meeting/stretching/exercise room, with a capacity of 49, as well as offices and storage areas for each Club. The offices for the coaches are badly needed and having them at the pool and close to the meeting room will be a great benefit. The present on-deck storage sheds will be removed, and the plan is eventually to replace them by something more attractive such as flowerpots and picnic tables with umbrellas. A plan of the structure, patios and surroundings is posted on the board at Civic Center Pool.

The structure is estimated to cost \$240,000 and the City will provide \$100,000 with the two Clubs sharing the remaining cost. In addition, the Clubs will also be responsible for furnishing costs. Thus the Davis Aquadarts and DAM are asking for contributions from their members and from the community. Each donation will be recognized with an engraved brick on the building patio or a plaque on the building's structure. The Club Boards have approved recognition levels set at \$100, \$250, \$500, and \$1,000. The first three donation levels will be recognized with engraved bricks. These three donation levels will be recognized in different areas of the plaza. The \$1000 donation level will be recognized on the building plaque. Those who have donated previously will be recognized by the appropriate donation level. There is space (a total of about 40 letters on three lines) on each brick for the donor's name, and/or the donor can honor a friend, relative or past DAM swimmer. An engraved brick can be seen at Civic Center Pool.

Contributions are needed as soon as possible as we are shooting for a groundbreaking date later this year. They should be in the form of checks made out to either Davis Aquadarts and sent to Chris Higgins at PO Box 186, Davis, 95617, or, for DAM members, to the Davis Sports Foundation and sent to Barbara Paulson at PO Box 921, Davis, 95617. In this way donations will be tax deductible to the extent of the law. Please indicate how you wish names to appear on the brick or plaque. Questions can be addressed to Chris Higgins [Chris.Higgins@conservation.ca.gov] or to Paul Brady [pbradyus@yahoo.com or 753-5929] or to Paul Kelly [pkelly@ospr.dfg.ca.gov ].

## NEED MORE OF A WORKOUT?

DAM has 2 health club partners: PEAK PERFORMANCE and PHYSICAL EDGE. Members who join one of these clubs pay \$30 to both DAM and the club—a substantial discount from the regular rates. See Coach Rick for more information or visit one of the clubs today.

**PEAK PERFORMANCE**  
2795 2nd St  
(530) 759-7746

**PHYSICAL EDGE**  
1970 Lake Blvd, Suite 4  
(530) 753-9355

