

FEDERAL way Kings

c u r r @ n T S



M A S T E R S S W I M M I N G

NOVEMBER 2009

PRESIDENT'S LETTER

By Hugh Moore

Federal Way Kings,

I encourage everyone to attend our annual meeting, scheduled for Saturday, 11/21. It will be held at the Federal Way Community Center following morning practice. The meeting will start around 9 and should last for 30 to 45 minutes.

I'd like to thank the nominating committee of **Pat Duggan, Mary Ann White, Lee Spencer, and Steve Freeborn.**

The slate of officers presented from the nominating committee is:

- President: **Mike Murphy**
- VP: **Paul Havick**
- Secretary: **Jean Blackburn**
- Treasurer: **Judy Williams**
- Membership : **Angela Turley**

Nominations will also be accepted from the floor.

NEXT UP:
FEDERAL WAY KINGS ANNUAL MEETING
Saturday, November 21, 2009
FWCC (following practice)

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COACH'S COLUMN

By Wendy Neely

Federal Way Kings,

'Tis the season of colds, the flu, intestinal illnesses and preventative vaccinations. We all know to wash our hands, cover our sneezes and coughs and make a decision about getting vaccinated. I am not sure if anyone realizes that what we are putting into our bodies or not putting into our bodies could be aiding in wellness or illness.

We can not see heart disease, cancer, colds or flu. We only see them when the symptoms arise. I believe we have been trained to see symptoms and think they cause illness.

For example when we have a runny nose or a cough we reference that as why we have a cold. This is the same as saying that if someone has a stroke, then it was the stroke that caused the

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TEAM OFFICERS

- President: **Hugh Moore**
 Vice President: **Mike Murphy**
 Secretary: **Jean Blackburn**
 Treasurer: **Judy Williams**
 Membership: **Julie Montiel**
 Webmaster: **Dan Smith**

Federal Way Masters
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SUPPLEMENTS MAY LOWER HEART DISEASE

USANA Health Sciences reported recently that researchers from the Fred Hutchinson Cancer Research Center at the University of Washington recently analyzed the use of multivitamin supplements, vitamin C, and vitamin E over a ten year period. Correlations between 5-year total mortality and death from cancer or cardiovascular disease (CVD) were assessed.

Data from 77,719 Washington residents aged 50 to 76 were obtained by questionnaire. A series of analyses showed that use of multivitamins was associated with a **16%** lower risk of death from cardiovascular disease. Intakes of vitamin E over 215 milligrams per day over the course of ten years were also associated with a **28%** reduction in the risk of death from CVD.

Multivitamin use alone was not associated with a decreased risk of total mortality, but both vitamin C and E were associated with decreases in risk of total mortality. Similarly, vitamin C did not correlate with a reduced risk of death from CVD while both multivitamins and vitamin E did.

In similar news, Omega-3 polyunsaturated fatty acids are known to have beneficial effects on many forms of cardiovascular disease, and new evidence indicates a positive effect on prognoses for survivors of acute myocardial infarctions (AMI), or heart attacks.

A September 2009 article from Circulation

Journal reported an association between decreased levels of the omega-3 fatty acid eicosapentaenoic acid (EPA) in women and a greater risk of all-cause mortality following a heart attack.

The study included 365 men and 143 women enrolled in the Infarction Prognosis Study registry of acute myocardial infarction. Blood samples were analyzed for glucose, lipids, eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and other factors. The subjects were followed for an average of 16.1 months.

Over the follow-up period, 29 patients died of cardiovascular causes and 7 from non-cardiovascular causes. Those who died were older and tended to have a lower body mass index (BMI), a history of hypertension, lower total and LDL cholesterol levels and higher C-reactive protein levels (a marker of inflammation). EPA levels in survivors comprised 1.49 percent of total plasma phospholipids, compared to 1.24 percent in non-survivors. Lower plasma levels of EPA (but not DHA) were an independent predictor for all-cause-mortality in patients with AMI, but this relationship was significant only in female patients.

The researchers attribute this particular benefit of EPA to its anti-inflammatory effect, which has been found to be greater than DHA in some studies

SAVE THE DATE:

**FEDERAL WAY KINGS
HOLIDAY PARTY**

Friday, December 11th, 2009





PRESIDENT'S LETTER, Continued

Our bylaws require our fees to be approved by the general membership. King County does not adopt their budget and fees for the next year until December. Therefore, we cannot adopt a budget yet. However, the board expects to be able to adopt a balanced budget without raising our current fees. The board had discussed a number of items that will affect the budget and recommends that the following proposals be approved by the general membership.

1) Our treasurer, **Judy Williams**, has been working on setting up credit card/debit card capability for paying monthly fees. We expect to have this offered by the beginning of the year. The board would like to encourage everyone to pay by credit card or debit card. We currently have an option of receiving a 5% discount when paying in advance for 3 months. This discount will not work with credit card payments. The board recommends that we eliminate the quarterly payment discount.

2) The board had discussed starting a scholarship fund to help swimmers who have temporary financial challenges. The board recommends that we establish a scholarship fund of up to \$2000 per year,

provided that a balanced budget is still adopted.

3) New swimmers have been charged a one-time \$30 fee. Coupled with USMS/PNA registration fees, first time swimmers are faced with much higher fees during their initial month. The board recommends that we eliminate the \$30 new swimmer administration fee.

4) The board discussed methods to encourage swimmers to run for board positions. The board recommends that board members be offered one month of free fees each year.

Annual Meeting Agenda

- Elections
- Proposals from the board
- Christmas Party Info
- Feedback from members

See you on the 21st.

Sincerely,

Hugh Moore



Be sure to welcome our new members who recently joined or returned:

New swimmers:

Alison Greely
Karen Johnson
Rich Jones
Kris Tebb
Jude Verzosa
Paul Whyatt



COACH'S COLUMN, Continued

damage, or that having a tumor is the reason we have cancer.

In reality it is totally the opposite. In our society we are treating symptoms because they are what are alerting us that something is wrong in our body, but they are not the cause of the illness or disease. For example the stroke that Malcolm suffered is what took him down. The bottom line cause though was his atrial fibrillation which caused congestive heart failure, which in turn created a blood clot, which in turn created the stroke.

This leaves us wondering what is really making us sick. Free Radicals are the culprit! It doesn't matter if you have a cold, heart issue or cancer, free radicals alter or destroy cells. Cells that die and cells that replicate in a damaged state are known to be the contributors of:

- premature aging
- viruses
- diseases

Where Do Free Radicals Come From?

- Foods/pesticides
- Exercise
- Medications
- Treated Drinking water
- Many more

So, what is the solution?

The solution is anti-oxidants! Antioxidants are your bodies defense against free radi-

icals. An easy way to understand this process is thinking of your body as wood burning in a fire place. We all know it is unavoidable that sparks jump out of the fire place and can burn holes in the floor and could potentially start a fire. We know this so we put up a screen to prevent fire. In this same way, anti-oxidants are like putting a screen up in our body to help shield and neutralize the oxidation of free radicals which in turn can help reduce your chances for disease.

Where do Antioxidants Come From?

- Fruits
- Vegetables
- Nuts, oils, beans etc.

Please protect yourself by eating a well balanced diet with plenty of fruits, vegetables and getting plenty of sleep. Especially now through March, consider taking a high quality multivitamin and Vitamin D (to help get over the lack of sun). If you get freaked out about taking nutritional "supplements", instead of fearing them educate yourself.

Here is an really informative web site:

http://www.crnusa.org/about_gen.html

Council for responsible nutrition.

Keep the fire burning this season and overcome seasonal illnesses.

Sincerely,

Wendy Neely

FACEBOOK

We have a group on Facebook now. If you have a facebook account, search and join the group, "**Federal Way Masters Swim Team**". You will be able to invite friends from swim team into and stay in touch.



Local and Regional Events Calendar

<i>Date</i>	<i>Event</i>	<i>Type</i>	<i>Contact or Link</i>	<i>Location</i>	<i>Entry Deadline</i>
Nov 22, 2009	1st Annual Whidbey Island Meet	SCM	Entry Form	Oak Harbor, WA	11/11/2009



National and Postal Events Calendar

<i>Date</i>	<i>Event</i>	<i>Type</i>	<i>Contact or Link</i>	<i>Location</i>	<i>Entry Deadline</i>
Jan 1 - Dec 31, 2009	USMS Go The Distance	FITNESS	Entry Form Basic Spreadsheet Advanced Spreadsheet	POSTAL	the 5th of each month
Jan 1 - Dec 31, 2009	USMS Check Off Challenge	POSTAL	Entry Form	POSTAL	12/15/2009



**** NOTE:** To open Entry Forms using links, go to our website at <http://www.fwmasters.com/calendar>

THE FINISH LINE



Bill Kelly celebrates his victory in the men's wetsuit division at the Men and Women of Steel Lake mile. Bill joined the team a day before the race and won the coveted Superman etched pitcher.

Mike Murphy looks on, eyeing the prize and thinking about next year, "gotta get me one of those".

**FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; A-M**

Below is a listing businesses of team members. Swimmers are a friendly group and many of us who would love to have fellow swimmers help them out once they are aware of what they do for a living.

Do you have a business, service, idea or skill that you would like to make known to other Federal Way Kings? You can put your business contact information here for free. Send your info to dans@bkbusiness.com.

Business Swimmer/Email/Web	Address / Description	Phone	Fax
American Drapery, Blind and Carpet			
<i>Don Williams</i> donw@american-drapery.com www.freeinhome.com	700 S 3 rd Street in Renton, WA 1555 N.W. Market Street, Seattle WA 7990 Leary Way in Redmond, WA <i>We have been in business 54 years. We sell and install custom drapery treatments, mini blinds, cellular shades, vertical blinds and wood blinds all made in our factory. We furnish and install all lines of carpet, vinyl flooring, laminate and wood floors. We sand and refinish hardwood floors. We offer free in home estimates.</i>	425-981-4642	425-277-2244
American Viking Claim Service			
<i>Frank Newquist</i> f.newquist@amvikingclaims.com	PO Box 11006 Tacoma, WA. 98411-0006	253-517-8596 866-375-5991	
<i>I have been in business 24 years working as a claims adjuster. I subcontract to out-of-state insurance companies and self-insured businesses here in Washington. I do only bodily injury work, interviewing people who have been injured at work or in a situation such as a car accident, obtaining all of the factual information relating to the incident.</i>			
Bell'adesso Day Spa & Personal Fitness Training			
<i>Karen A Kuykendall</i> karen@belladesso.com www.belladesso.com	PMB 123 26828 Maple Valley Hwy. Maple Valley, WA 98038 <i>Lifestyle & Weight Management Consultant</i>	206-423-4518 425-432-8787	
BK Business Systems			
<i>Dan Smith</i> dans@bkbusiness.com www.bkbusiness.com	14241 Ambaum Blvd SW Seattle, WA 98168 <i>Specializing in supporting small business computing needs, we service all areas of information technologies from building workstations and servers, installing and maintaining networks, custom programming, website development, repairs and consulting services.</i>	206-246-2525 206-356-1663	206-246-5102
Ecoquest International/Independent Dealer			
<i>Paul Stoermer</i> paulandlee@earthlink.net	5509 55th St Ct West University Place, WA. 98467 <i>I am an Independent Dealer for high-tech Air and Water Purification Systems and eco-friendly Laundry Pure system</i>	hm: 253-476-1172 cell: 253-227-6919	
Empowering Lives Today			
<i>Amber Thiel</i> Personal Trainer empoweringlives2day@gmail.com http://athiel.usana.com	<i>Specializing in providing people with information on how to maintain and optimize their health through advanced cellular nutrition programs and paraben (preservative) free hygiene products. I offer support for individuals' healthy weight loss and weight management goals through life coaching and personal training. Please e-mail or call if you would like invitations to my upcoming free health seminars or more information.</i>	419-306-1264 253-859-1311	

**FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; F-Z***Freeborn Law Offices, P.S.*

Stephen L. Freeborn
 freebornlaw@qwest.net
 33516 9th Avenue South #6
 Federal Way, WA 98003
 253-661-0200 253-838-0202
 206-624-5313
General law practice: criminal defense, debtor/creditor bankruptcy issues; business and contract law, landlord-tenant law, restrictive covenants and homeowner associations; homeowner property/boundary disputes. My wife, Sue - also an attorney - specializes in wills and estate issues, guardianship law and also her masters in clinical counseling with 3 offices, Seattle, Federal Way, and Enumclaw.

Jockey Person to Person / Cookie Lee

Zena Courtney
 zenacourtney@hotmail.com
 1853 Overview Drive NE
 Tacoma, WA 98422
 253-927-3695
I am a Jockey Person to Person Comfort Specialist and a Cookie Lee Jewelry Consultant offering economical, versatile, easy-care, fashion forward women's clothing that goes from work to play, ranging from sizes XS to 3XL and coordinating fine fashion jewelry through FREE pre-planned presentations and private one-on-one consultations. Enjoy stress-free dressing in one session!
 www.jockeypersontoperson.com
 m/zenacomfortzone
 www.cookielee.com

Longevity Medical Clinic

Emma Coulson
 Emma.Coulson@longevitymedicalclinic.com
 425.605.8714 425.605.8717
 866.569.6864
We are a medically based clinic that specializes in longevity and wellness medicine. We attempt to correct the underlying disease process to help cure diabetes, heart disease and high blood pressure as well as symptoms related to aging including weight gain, loss of libido, depression, and fatigue. We provide each patient with a customized medical program, we address overall lifestyle issues like diet, exercise, and supplementation. We also use bio-identical hormone replacement and formulate our own natural supplements.
 www.longevitymedicalclinic.com

St. Joseph Medical Clinic

Greg Collins, LMP
 notmaui06@earthlink.net
 1708 South Yakima Ave. suite
 110
 Tacoma, WA. 98405
 253-593-8449 253-502-5977
Greg specializes in deep tissue massage, with an emphasis on Trigger Point Therapy. He has spent the last 12 years practicing preventive and remedial treatment of muscles and soft tissue for the management of pain, stress and soft tissue injuries. Greg is a past member of the AMTA National Sports Massage Team, and the Washington State Sports Massage Team. Greg was director of Massage Services for the 2001 USMS Long Course Nationals.
 https://www.fhshealth.org/doctor/doctor.asp?ID=1382

Travel 4 Fun

Linda E. Sullivan
 Travel4FunLinda@aol.com
 253-569-9788
I am co-founder of Travel 4 Fun, a Travel Agency affiliated with Partners in Travel. I can meet or beat Internet sites and provide the service they are lacking. A straight 10% from the commission is now being offered and donated to our Fun Fundraiser for Coach Wendy's travel in team events.
 www.Travel4FunAgents.com
 www.travel4funagents.blogspot.com