



The Don Burns Story

by
Sherry Brooks and Tom Turner

The 30th Annual Don Burns One-Mile Open Water Swim was held at Corona Del Mar Beach last Saturday, August 22nd. It is a fundraiser for the Don Burns Lifeguard College Scholarship. This is the twenty-second year the Newport Beach Ocean Lifeguard Association (NBOLA) has awarded the Don Burns Scholarship to a Newport Beach lifeguard. Scholarship winners must attend an accredited college or university and are chosen based on who best exemplifies the traits and qualities that were so important to Don who was a wonderful man that provided leadership to Newport Beach lifeguards for 38 summers before his death in 1993.

Don Burns was born on August 8, 1926, and served in the Air Force during World War II. He was stationed in Amarillo, Texas. Don was a backup quarterback for USC in 1949 and 1950. He taught and coached at Newport Harbor High from 1953 to 1959 with local legendary coach and lifeguard Al Irwin. Don transferred to Costa Mesa High School when it opened in 1959, and he was the Mustang's first Head Football Coach.



2015 Don Burns Open Water host Newport Beach Lifeguard Captain Gary Conwell and SPMS Open Water Chair Sherry Brooks



Don taught at Costa Mesa from 1959 to 1972. In 1972, he moved to Estancia High where he coached high school football and track. He retired in 1984 as the Eagle's Athletic Director. Don was one of the teachers that everyone knew, everyone remembered, and everyone had kind words for. In the picture taken at the Don Burns swim this year, Ken Brisbin, Mark Moore and Rose Burns share stories about Don.

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The Don Burns Story

As a lifeguard, Don was hired by the City of Newport Beach in 1956. He worked until his passing in 1993. Don worked as a tower guard, unit guard, seasonal supervisor and cadet supervisor. Don assisted in teaching the rookies for over twenty years with Al Irwin and US Masters swimming great Newport Beach Lifeguard Captain Buddy Belshe. (Buddy created the Newport Pier-to-Pier Swim in 1976 and hosted the swim through 1989.) Don ran the cadet lifeguard program, the precursor to the Junior Lifeguard program, from 1975 through 1993, preparing hundreds of future Newport Beach lifeguards. Don also headed up the CPR program at Newport Beach Lifeguards from 1975 through 1993. CPR was a favorite topic of Don's. He taught dozens of City employees annually during his career and was the City's Affiliate Faculty to the American Heart Association for ages. Don was wonderfully supportive of his students and lifeguards, always asking the guards how school or college was going and what they were studying. He was never shy to offer advice and kind, supportive words. Lifeguards loved seeing Don and appreciated seeing him backing them up on rescues. He cared about the public's safety and ensured that we understood the importance of keeping our beach patrons safe too!

Don sailed in the Trans-Pacific yacht race, from Southern California to Hawaii, on the *Pattycat* in 1966, and *Polynesian Concept*, with Buddy Ebsen of the TV show Beverly Hillbillies fame, in 1968.

The qualities that Don exemplified and are the criteria for selection for the scholarship are:

1. Service, dedication and outstanding performance as a lifeguard
2. Friendliness, generosity of time and energy in the service of others
3. Interest in education and youth development
4. Sports involvement and sportsmanship
5. Development and improvement of lifeguarding and lifesaving associations, i.e. NBOLA, California Surf Lifesaving & US Lifesaving Associations

Don Burns passed away from a heart attack on November 13, 1993 in Newport Beach. He was 67. Newport Beach lifeguards have honored Don each year since his passing by awarding college scholarships to Newport Beach seasonal lifeguards. Over \$30,000 has been raised through hosting the Don Burns Scholarship Swim in Corona Del Mar the Saturday before Labor Day weekend each year. Don's widow, Rose, contributes to the scholarship each year, attends the race with her family, and presents awards to the US

Masters swimmers.

Don was a wonderful and generous, gentle man. He was a friend to all and a genuinely caring individual. He went out of his way daily to help others and assist others in becoming better individuals. He had a kind word for everyone he encountered and always had a story from the old days of lifeguarding. He is truly missed.



San Luis Obispo Firecracker Meet

Over July 4th weekend, Kenny Brisbin and Robin Smith attended the annual San Luis Obispo Firecracker meet held at the San Luis Obispo Swim Center. This meet had dual purpose as it was a USS and USMS swim meet. The meet was seeded by time which resulted in USS and Masters competing in the same heats where USS would touch Masters and vice versa. It was moving to watch father and son, or mother and daughter compete in the same heat and even side-by-side. The mixed relays were just as exciting.

This meet gave special awards to the Masters which were King and Queen of the pool. To win this award, you had to compete in a 50 of each of the 4 strokes plus the 200 Individual Medley. Winners were determined by the lowest overall combined time. Robin Smith swimmer and coach for Irvine Novaquatics Masters won Queen of the Pool, and King of the Pool was Harlan Pinto from Menlo Park Masters.

There was a learning curve for some of the Masters swimmers competing in a *combined* sanction meet: fly-over starts were used, necessitating seeding of Masters Swimmers in the outside lanes in the longer events for easy exit; USA-S rules were enforced which included *no breaststroke kick* in the butterfly events; and separate warm-up lanes were designated for Masters swimmers.

The parents of the USS swimmers along with the timers were excited to watch the Masters swimmers compete and asked many questions regarding becoming Masters swimmer and on the availability of adult swimming lessons.



**Mission Viejo Nadadores
SCM Masters Swim Meet
Sunday, September 27, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 335-S021**

Facility: Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo is an outdoor, 8-lane competition 25 m pool with additional warm-up lanes. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions & Parking: From the north or south, take the 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot.

Rules: United States Master's swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

Entries: Pre-entry postmark deadline and early online registration: Saturday, September 19, 2015. Online registration is open until 11:59 p.m. on Wednesday, September 23, 2015. On deck registration is permitted. Deck entries will close at 7:45 a.m. for the 1500 and at 9:30 a.m. for events 2 to 8. All other events will close at 11:00 a.m. Age on December 31, 2015 determines age group for the meet. You must be at least 18 years old to compete.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries or online entries after Saturday, September 27, 2015 allowed for a total of \$35.00. Meet entry fees are non-refundable and non-transferable.

Checks payable to: Mission Viejo Nadadores

Mail consolidated entry card, a copy of your USMS 2015 card, and check to: Mission Viejo Nadadores — Mark Moore, 27474 Casta Del Sol-unit B, Mission Viejo, CA 92692.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers *must* check in to swim the 1500 m Freestyle and the 400 m Freestyle.

Relays: All relays will be deck entered. Relay fees are \$5.00 per relay, due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

Snack Bar: A snack bar will be available serving hot and cold food and drinks.

Questions: Meet Director, Mark Moore (949) 489-1847,
coachmark@mastersmvnswim.org.

**Sunday, September 27, 2015
1500 warm-up at 7:00 a.m.
1500 starts at 8:00 a.m.**

1. 1500 m Freestyle

Additional warm-up after the 1500

Event #2 starts no earlier than 10:00 a.m.

2. 400 m Individual Medley
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Breaststroke
6. 50 m Freestyle
7. 100 m Butterfly
8. 200 m Backstroke
9. 200 m Freestyle Relay **(men, women, mixed)**
10. 200 m Individual Medley
11. 200 m Medley Relay **(men, women, mixed)**
12. 50 m Breaststroke
13. 100 m Freestyle
14. 200 m Butterfly
15. 50 m Backstroke
16. 100 m Breaststroke
17. 200 m Freestyle
18. 100 m Individual Medley
19. 400 m Freestyle

**UCLA Bruins Masters
SCM Swim Meet
Sunday, October 18 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # pending**

Facility: UCLA's Spieker Aquatics Center. The address is 114 Easton Drive, Los Angeles, CA 90095. The pool is an outdoor 52m x 8 lane, all deep water competition pool. Warm-up lanes are available behind the bulkhead. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Directions & Parking: Take the 405 to Sunset Blvd – East. Take Sunset Blvd approximately ¾ mile to the intersection of Bellagio Drive (just after the intersection of Veteran Blvd, across from the West Bel-Air Gate). Turn right onto the UCLA campus. Go to the second stop sign and turn left on DeNeve Drive. Go straight until you reach the Sunset Village Lot on the right. Use the pay station to purchase a daily pass for \$8.00. No parking allowed beside the pool – it is for UCLA permits only. NOTE: Parking enforcement does ticket on weekends.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Age on December 31, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is October 10, 2015. Online entries will close @ 11:59 p.m. on Wednesday, October 14, 2015. On deck registration is permitted. Deck entries for the 800 m Freestyle if spots remain, will close at 8:30 a.m. All others event entries will close at 10:00 a.m. Swimmers are limited to four individual events plus relays. There will be a limit of 40 swimmers for the 800 m Freestyle.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries are allowed for \$40.00 flat fee. For swimmers in relays only, the fee is \$10.00.

Checks payable to: UC Regents. Mail consolidated entry card, a copy of your USMS 2015 card, and check to: Sunset Canyon Recreation Center, c/o Dana Dickerson, 111 Easton Drive, Los Angeles, CA 90095.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 800 m Freestyle must check in to be seeded.

Relays: For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: UCLA ribbons for places 1 to 3. Relay: UCLA ribbon for first place.

Questions: Meet Director: Alina de Armas, alina@dearmas.co

**Sunday, October 18, 2015
800 m Freestyle warm-up at 8:00 a.m.
800 m Freestyle starts at 9:00 a.m.
Event 2 will start no sooner than 10:30 a.m.**

1. 800 m. Freestyle
2. 200 m Individual Medley
3. 200 m Freestyle Relay **(men, women, mixed)**
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 200 m Medley Relay **(men, women, mixed)**
10. 100 m Breaststroke
11. 100 m Freestyle
12. 50 m Butterfly
13. 50 m Breaststroke
14. 100 m Individual Medley

SPMS South West Zone Championships Mission Viejo August 14-16, 2015

Hey Swim Fans - just flew out of Orange County after the big regional swim meet and boy are my arms tired (there's a swimming or flying joke in there somewhere). The weather in Mission Viejo was wonderful right up to the day before the meet began, and then the heat kicked in. The meet ran smoothly with excellent support from the admin tent maintaining flexibility throughout the meet. A tip (if you hadn't heard already) watch the *Take it Live* <http://takeitlive.tv/liveswim/> broadcast from the comfort of a Waffle House on your handheld device, and you can see real time swims which allows you to *pop in* for your swim right at the last minute. High Point awards handed out to the usual suspects and the appearance of a new Masters Team in Burbank, Golden Road Aquatics. It is great to see kids (anyone under 40) getting into Masters swimming and performing well. In fact times ranged from novice swims to national and world records. There were four National and World Records broken, 3 relay were set by Ventura Masters Men's 240-279 and 1 individual record by Kohei Kawamoto, 35-39 age group in the 50 m Butterfly.



Combined Team Scores

1. Rose Bowl Masters - 2035
2. Mission Viejo Masters - 1377
3. Golden Road Aquatics - 1285
4. San Diego Swim Masters - 1080
5. Novaquatics Masters - 866
6. Conejo Valley Multisport Masters - 334

SPMS Club Swimmer of the Month Award

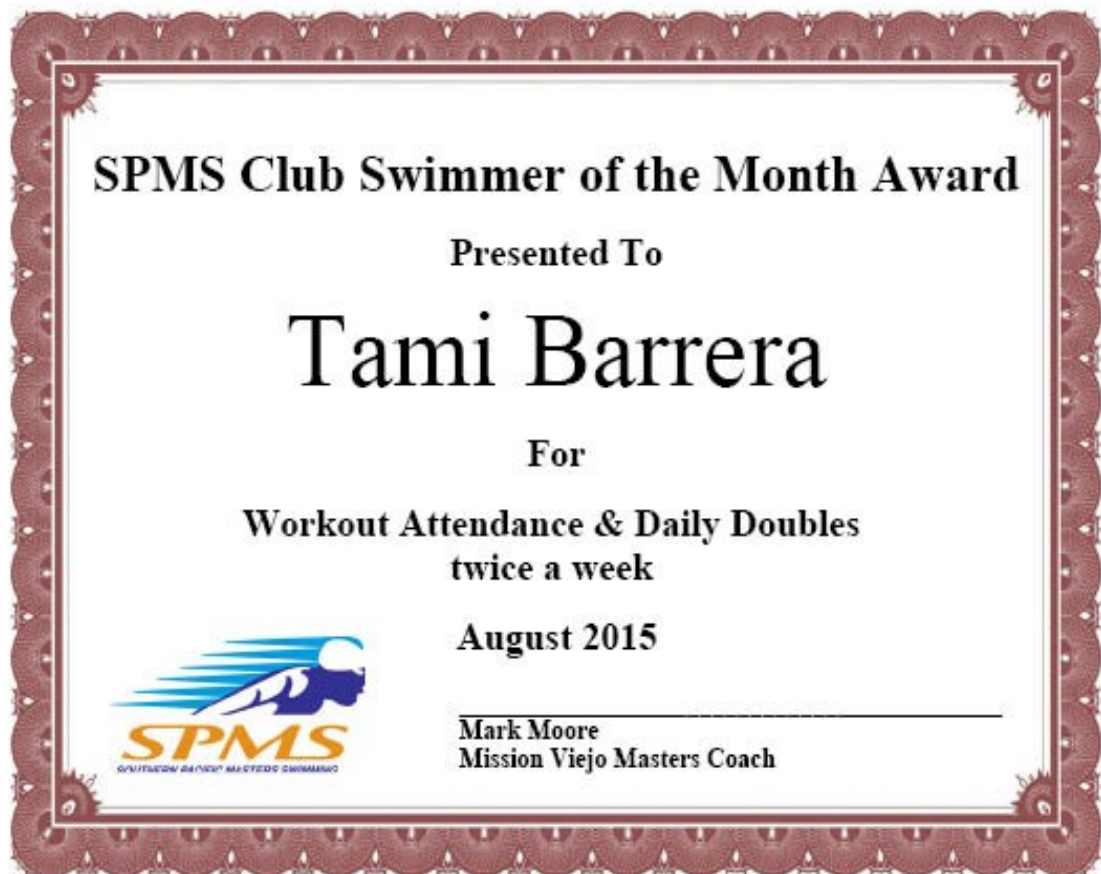
Congratulations to our very first SPMS Club Swimmer of the Month recipient, Tami Barrera from Mission Viejo! Thank you Coach Mark Moore for participating to help make this new award program successful.

There is a new award now available for you to win for being an outstanding member of your swim club in a variety of ways. You need not be the fastest swimmer in your age group nor your workout lane. Just be your wonderful self at workouts or meets or whatever and receive recognition from your coach and teammates.

Recipients will receive a certificate worthy of framing, and his or her name listed on the SPMS Club Swimmer of the Month Award web page. Below is the very first official SPMS Club Swimmer of the Month Certificate! You could be the first recipient from your SPMS Swim Club!

For more information visit the SPMS Website Awards or email me at Marketing@spmasterswim.org.

Anita Cole
Marketing SPMS 24/7



Hello from the SPMS Coaches Chair,

The 2015 – 2016 SPMS and US Masters Swimming season is upon us. One of the tasks that the SPMS coaches chair does is plan, coordinate, and present the yearly coaches clinic.

The SPMS coaches clinic is free to all of our coaches across our large LMSC. The clinic is a forum for the coaches to learn, network, and commune with each other. We have had coaches from South Orange County to Avila Bay and San Luis Obispo area as well as the Las Vegas area attend our clinic. Next year will be the 5th year we have hosted this clinic.

Would you like for your USMS/SPMS Masters Team to host our event?

We are looking for a centrally located club. Please send an e-mail to Christine at coaches@SPMasterSwim.org

Past clubs that have hosted the SPMS Coaches Clinic:

- Fall 2011 - Irvine NOVA
- Fall 2012 - Conejo Multi Sport Masters
- Winter 2014 - La Mirada Masters
- Spring 2015 - UCLA Masters

What coaching topics would you like to see taught at the 2016 clinic?

Do you have a presenter in mind?

Please send your ideas to Christine at coaches@SPMasterSwim.org

Past presenters and topics include:

- Building A Successful Masters Team – Coach Chad Durieux Rose Bowl, Coach Nancy Reno CVMM
- Masters Workouts & Videoing Technique – Coach Mike Collins & Dickie Fernandez Irvine NOVA
- Open-Water Training – Steve Munatones World Open Water Swimming Association
- Triathlon & the Heart – Ingrid Miller Fearless Swimming for Triathletes
- The Heart Rate Monitor & Why You Would Use It In Training – Suzy Degazon Ultra-triathlete
- The Heart Rate Workout – Coach Mark Moore Mission Viejo Masters
- Dry Land Training For Masters – Chris Ritter Performance Coach
- Over 20 Medicine Ball Exercises for Masters Swimmers – Lucy Johnson
- Recovery & Nutrition – Jeremy Vail Director of Rehabilitation for UCLA Athletics
- 4 Strokes & Power With Efficiency – Katie Arnold USA Swimming High Performance Consultant
- Competitive Performance – Jax Cole SPMS Member-At-Large
- Ultra Short Race Pace Training – Glen Gruber USMS World Record Holder

Looking forward to hearing you!

Coach Christine D. Maki

Squeaky Joints and Elbow Grease

Arthritis can be a debilitating and painful condition. Different types can affect any joint at any time; this is because it is your own system attacking your joint complexes. There is obviously more to it, but it is an autoimmune disease.



Swimming has been the activity of choice for arthritis as it is low impact and the cool waters (or in some cases warm-ish water) tends to provide some relief. What you may not have known is that the constant resistive pressure on the bones and joints from swimming is actually making things better. Yep, swimming is constantly stabilizing and strengthening those arthritic joints.

In 1996, Harvard University did a study that took bone on bone arthritic patients and gave them ground up chicken bone marrow as a supplement. In the beginning,

this study was said to be laughable, but 90 days later 97% had complete remission of arthritic symptoms to the point that they were deemed “cured” of arthritis. This study and others like it show us that even bone, cartilage and tissue can grow back, even in the elderly. So, good supplementation can really have a huge effect on those that really want to change. Careful study and consultation can provide you with a good source for the types of supplement and amounts you will wish to use.

Have you ever heard of the idiot light? Well, if you are as young as my kids are you might not have; but, the idiot light was the old school dashboard warning system in the car. If that little light went on then something was wrong with the car; a smart person would pull over and/or get the vehicle looked at ASAP, a less smart (idiot) might not have time to deal with the light so they would just cut the wire to the light and ... problem solved!?! , no more flashing light.



Well friends *cutting the idiot light* is just like using pain medication (like NSAIDs, anti-Inflammatories, steroids or other) just to get through an exercise or to mask symptoms. There are obvious times when you should be using that type of medicines but if you are using them daily for arthritic pain and discomfort you may be travelling down a road you do not wish to strut down. This is because when you use pain killers you may not even feel damage you are doing to that joint, or even other bodily components. A recent article published by PubMed showed that even one acetaminophen can increase depression, not to mention cause gastric bleeding and incite ulcers and kidney failure. Please consult with your medical professional when it is appropriate to use medications for pain and tolerance; you may be doing way more damage than you think you are.

Lastly, because arthritis is an autoimmune disease make sure that your nervous system is in good shape. It cannot be stressed enough to have a healthy nervous system, in order to maintain a solid immune system.

Dr. Kyle Durieux, B.Sc.,D.C.
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Office: (435) 688-0444

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For archived newsletters,
Please go to:

<http://www.spmasterswim.org/w/SPMS/newsletter-archives/>



SPMS Current Newsletter Calendar of Events

<u>Date</u>	<u>Event</u>
9/5-6	West Hollywood Sports Festival at UCLA
9/17	SPMS Committee Conference Call
9/27	Mission Viejo Nadadores SCM Swim Meet
10/15	SPMS Committee Conference Call
10/18	UCLA Bruins SCM Swim Meet

For a complete and updated list of all events go to www.spmasterswim.org

Hello Swim Fans! If you recently attended the LCM championships in **BEAUTIFUL** Mission Viejo you may have heard those words of welcome. My name is Jeff Taylor, and I helped out with the announcing at the meet, and evidently, I am a part of the Nadadores Masters team. As is the case with most of you, I love to swim. I also love to travel, especially by car, around the state and the country. This is the pool at Ooltiwah, Tennessee. A great place to swim. Here is the view of sky in the morning practice at the North Shore Pool (allegedly home to the oldest continuous Masters swim meet in the country).



When I travel, I'm always looking for a place to swim. The USMS website provides some information about *places to swim* and it does a great job. What is the place really like? Is there a drop-in fee? Do they have a practice set up for my skill level? Does the coach work with the athletes or is it a glorified lap swim making up my (our) own practice? These and a host of other questions that I will try to answer in articles titled "How Fun Was That?" I'm going to explore some of the local (and some not so local) programs to dig a little deeper other than just listing the



website and practice times as on the *places to swim* section of the website. So get your reading glasses on, and let's check out some *places to swim*!