
LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - September 15, 2006



Virginia Swimmers at Worlds

The following Virginia swimmers participated in the FINA World Masters Championships at Stanford University in Palo Alto, California:

Giles Biscos, M55, ACAM
Carol Miller, F46, SQST
Barbara Boslego, F55, VMST
Kitten Braaten, F51, VMST
Howard Butts, M65, VMST
John Calvert, M61, VMST
Eric Cornell, M36, VMST
Stacey Cornell, F33, VMST
Terry Sue Gault, F56, VMST
Dave Holland, M39, VMST
David Malsbury, M45, VMST
Jim Miller, M56, VMST
Patricia Miller, F45, VMST
Erick Rawlings, M25, VMST
Cyle Sage, M41, VMST
Beth Schreiner, F65, VMST
Chris Stevenson, M42, VMST
Tom Woods, M63, VMST
Barbara Zaremski, F69, VMST

Complete results can be found at www.usms.org.
There is a link to the results on the home page.

Medal winners:

Kitten Braaten, 7th 200 Fly, 3:22.31
John Calvert, 1st 800 free 10:09.12, 1st 200 back 2:39.01 (WR), 1st 400 IM 5:41.07 (WR), 1st 200 IM 2:35.07 (WR), 4th 200 free 2:18.60. See page 4 for more about John.
Terry Sue Gault, 2nd 100 fly 1:21.98, 3rd 800 free 11:24.42, 5th 400 free 5:30.30, 6th 50 fly 35.91

Dave Holland, 6th 200 fly 2:14.28
David Malsbury, 6th 50 breast 32.99, 6th 50 back 30.80, 9th 100 back 1:07.90
Patricia Miller, 4th 200 breast 3:07.33, 5th 50 breast 38.55, 5th 100 breast 1:24.52
Beth Schreiner, 2nd 50 free 34.57, 3rd 100 free 1:19.11, 3rd 200 free 3:01.30, 5th 50 fly 43.55
Chris Stevenson, 2nd 200 fly 2:15.91, 2nd 50 back 29.49, 3rd 100 back 1:02.66, 4th 2:16.58, 8th 100 fly 1:01.17
Barbara Zaremski, 3rd 50 free 36.37, 8th 100 free 1:24.62, 9th 200 back 3:59.50

Relays:

Men 200 Medley 160+, 6th 1:53.25

Stevenson, Malsbury, Holland, Cornell

*Dave Holland,
Eric Cornell,
Chris
Stevenson,
Dave
Malsbury*

*6th Place
Relay Team*



In this issue...

- ❖ Entry for the Nov 4 meet in Virginia Beach
 - ❖ Remember that meet results and open water are no longer published in the newsletter. Check the website. If need a printed copy, contact me and I will mail a copy to you.
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**Entries are available at websites listed below.
Or, contact me (the editor) and I will send the
entry to you.**

October 29: GMU Sprint Classic

Entry is at the PV website.

November 4: VMST SC Meters, Virginia Beach

Entry is in this newsletter.

December 2-3: SCM at College Park, MD

See PV website

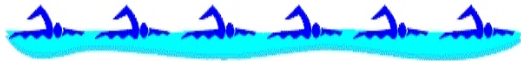
December 10: 1000/1650 at Catholic University

See PV website

December 8-10: Colonies Zone SCM

The College of NJ, Trenton, NJ

See the Colonies Zone website



Newsletter Editor

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LMSC Meeting

October 22

St. Catherine's School in Richmond.

All teams should send a representative.

Election of new officers.

*The Nominating Committee will have the slate on
the LMSC website by the time this issue is received.*

Web Sites

Masters Swimming in VA

VASwim.org

Information, entries, registration forms, and links.

USMS

usms.org

Results from Nationals, Top 10, articles.

SwimInfo.com

Latest info on all levels of swimming.

Nearby LMSCs

North Carolina: NCMasters.org

Maryland: Maryland@usms.org

Potomac Valley: PVMasters.org

Colonies Zone

www.ColoniesZone.org



Officers

Chair: Charlie Cockrell

cockrellsva@cox.net

Vice Chair: Harry DeLong

harry.delong@comcast.net

Secretary: Lisa Bennett

swimlab56@msn.com

Treasurer: Mike Duignan

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Registrar: Dee DeLong

deedelong@comcast.net

Sanctions: Judy Martin

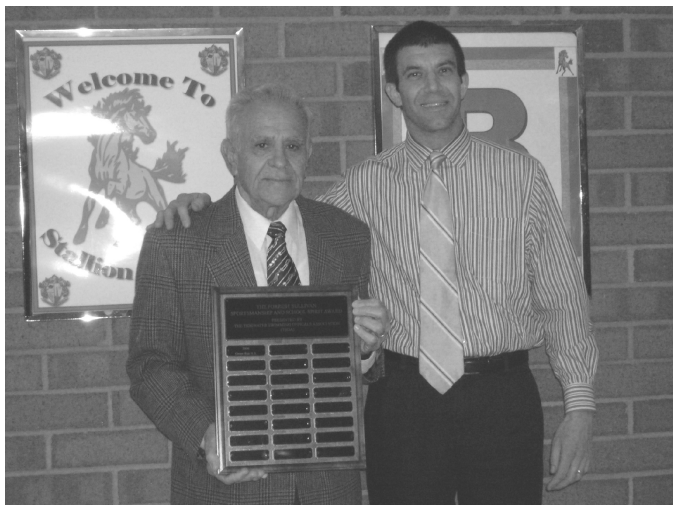
jmartin240@cox.net

Records and Top Ten: Alice Phillips

aphil65@comcast.net



Graphics from www.swimgraphics.com



Forrest Sullivan and Rick Valente

Swim officials name new award after their own

by Alan Keck

*(This article appeared on August 3 in **The Beacon**, which is **The Virginian-Pilot** insert for Virginia Beach.)*

For 12 years, Forrest Sullivan ruled the pool deck with unwavering fairness and quiet efficiency.

The retired Navy Mustang – he joined as an enlisted man and retired a lieutenant – brought a lifetime of love for swimming and a no-nonsense attitude to each meet as a representative of the Tidewater Swimming officials Association.

So when TSOA went looking for a name to honor its new team spirit/sportsmanship award, it didn't look any further than Sullivan.

"He's been with us from day one," said Rick Valente, TSOA commissioner for swimming officials. "He's one of our founding members. He helped set up the organization. He was always the rock that we had."

Valente said it was natural to name the award after Sullivan, 76, who retired after last season. He never said "no" to a request, served as treasurer and was always a big influence in whatever was happening.

Sullivan grew up in Columbus, Ohio. They didn't have high school swimming in his area, so he spent his spare time at local pools.

"It's been my passion since I was a little boy," he said.

His aquatic talent helped him go from a Navy senior chief to a radar intercept officer on an F-4 Phantom.

"Swimming was a very large factor in people not getting through pre-flight," Sullivan said. Sullivan didn't have the educational foundation many of the others had, so he traded swimming instruction for academic assistance with his buddies.

"And we all made it through," Sullivan said.

Sullivan retired from the Navy and settled locally in 1971. Looking for a way to keep swimming, he and others, such as Betsy Durrant, helped set up local U.S. Masters Swimming.

He began to swim competitively for the first time and set many state and national records, mostly in the backstroke. A shoulder injury sidelined him from competitive swimming a year and a half ago.

Since then, he took up "spinning," a form of indoor, stationary cycling in groups. And he still hits the water for recreational laps.

"I'm retired, but the bike and swimming, that's like a job," he said.

Every Saturday morning he swims with friends at the Seatack Rec Center and then goes out to breakfast.

"My closest friends are all connected with swimming," he said.

Except his wife, Phyllis. She's his No. 1 fan, but she doesn't do water.

"She's a native of Norfolk, but she's never been able to swim," Sullivan said. "I've had swim instructors give her private lessons. Nothing could get to her."

Sullivan said local swimming has blossomed in the past few decades. He gets tremendous joy from watching the kids progress from year to year.

He was deeply honored when TSOA named their award after him. Although he's retired from officiating and admits the meets could be long and hard, he never thought of it as a job. Nothing that involves swimming could be.

It's something I love," he said. "That's not work."

John Calvert at Worlds

First Place Finishes: 4

World Records: 3

I started to swim when I was seven years old and was asked to join the summer swim team when I was eight. I swam at Rose Valley Swim Pool outside of Philadelphia, PA. My first coach was Peter Daland. He helped coach Yale under Don Kippeth and later became the coach of Los Angeles Aquatic Club, and the University of Southern California. He was a multiple time Olympic coach, and I believe he is a member of the International Swimming Hall of Fame. When I was ten I won the 50 freestyle in the Suburban Swim League championships (summer swimming). I started to swim year-round for Suburban Swim Club in the Philadelphia area when I was 12 and continued with them until I went to college. Once in college I switched to Vesper Boat Club under George Breen.

I attended North Carolina State University where I swam on the freshman team for one year (freshmen were not eligible to swim varsity during my time in college) and then was a member of the varsity team for the next three years. My coach at State was Willis Casey who really helped shape me as a swimmer. During my time at NCSU I was fortunate enough to win 7 individual ACC championships and placed 2nd, 3rd and 4th in the 400 IM at NCAA championships, as well as, 7th in the 200 IM and 200 back. I also swam in the 1964 and 1968 Olympic trials, I competed in a number of National AAU (now USS or USA Swimming) championships, where I scored in the top 6 in at least 5 different events.

I "retired" from competitive swimming in 1968 and did not get near a pool except to teach some swimming lessons until 1984 when I returned to college at NCSU for a graduate degree. I needed a stress outlet so I started swimming a couple days a week just to relieve the tension of classes and work. That was in September or October of 1984. By the next September or October I was swimming 5 days

a week and 7 days a week by the following year. I started to compete again after meeting Bruce Mallette one day at the pool during one of my stress relief workouts. I was doing 100 repeats on 1:10 and he said if I could do that I should swim in a couple of meets.

I haven't stopped since except for the times when I have been forced to stop because of injuries. My first Masters nationals was in 1987 at Stanford

where I won the 400 IM and the 1000 free.

Presently I swim at Chinquapin recreation center in Alexandria during the indoor season. During this time I coach and swim with the group. We try to complete about 4000 to 4400 meters each day, except for our quality days where the most we achieve is 3000. The workouts are one-hour and fifteen minutes and we put in some intense sets. During the summer I have been swimming with John Flanagan at Hains Point in DC. The workouts

there range from 5000+ meters-a-day down according to the lane assignment. I averaged about 4000 meters each day since my body can't take all the grind like it used to when I was younger. Three surgeries (to repair back, neck and shoulder) and age have started to take their toll.

When I am not swimming I work for the United States Patent and Trademark Office in Alexandria, VA. For the past 8 plus years I have been a Supervisory Patent Examiner in the area of Textile Technology. Recently I have been moved to a the new position as head of the Office of Consumer Outreach. In my new position I will be making trips to various colleges and universities as a guest lecturer on intellectual property, working with individual inventors across the country to assist them in protecting their inventions and discoveries and working with the Small Business



See Calvert on page 5.

Calvert continued from page 4.

Administration in assisting start-up companies understand the need for intellectual property protection. In other words I will be living out of a suitcase for the next few months. My only salvation is most of my visits will be where I can find a pool or a workout group so I can attempt to maintain some kind of conditioning.

On a personal note, my wife and I just celebrated our 36th wedding anniversary this week (August 15). We have two grown married children. Our son used to swim with VMST, but now has started to compete in triathlons. He and his wife have two children and live in Virginia Beach. Our daughter has started to talk about swimming as a master. No movement that way yet, but she has the potential to be a great swimmer with a little work. She has some of the best natural talent I have ever seen.



Comments about Worlds ...

From Tom Woods...

Betsy: We missed you at the World Meet. We also missed the banner. I only saw Jim & Cyle the first day. (Reminded me of my Missouri Valley days). It looks like I've grown dependent on my teammates as part of the fun I have at the meets. I know I sound like a broken record when I say I really love VMST. Some day I will carry through with my threat to actually visit Virginia. I think FINA really knows what they are doing. The only thing I didn't like was that they wouldn't let your team mates count laps. It works out that I meet a new (to me) teammate at every meet. It's cool that there is an inexhaustible supply of swimmers in VA.

From Barbara Boslego...

Considering what a mess it is in much of the world, it was really great to be someplace where over 7,000 people from 74 countries could have fun together!

I wasn't among those who set world records or even did best times, but it was very interesting to

spend time with other VMST swimmers, many of whom I didn't know, and watch all the folks I read about in swimming magazines.

It was also a wonderful change of pace from East Coast weather to need to wear a parka to warm-ups.

What an experience!

From Beth Schreiner...

Stanford University was a great venue for the World Masters. The pools were excellent. The Stanford campus was probably the most beautiful I've ever seen. Palo Alto is completely charming and loaded with great restaurants. With over 7200 swimmers participating in the meet, I expected complete chaos. The organizing committee did a remarkable job of bringing order to the whole event. That said, I was glad that I wasn't one of the many non-English speaking competitors trying to figure out what to do. They certainly could have used lots of signs in 5 or 6 European languages stating "No diving in the warm-up pool" and "No smoking on the premises!" Somehow, we all got to the marshaling area to line up for our heats. One of the officials there pleasantly reminded everyone, "It's not the time you get, it's the time you have!" Whenever she repeated it, she got a cheer for reminding us to have a good time.

One the best aspects of the whole experience was the opportunity to observe the other competitors. Virginia Masters was sandwiched between Costa Rica and Scotland for much of the meet. There seemed to be silent agreement that the Costa Rican bikinis were mighty fine. Now the Scots also stripped out of their racing suits and into their bikinis but, well, let's just say they shouldn't have been sitting so close to the Costa Ricans. What the Scots had going for them, in addition to their large blue and white Scottish flags hung on the fence, were their kilts. They all had silver and blue racing suits and kilts to match. On the relay day, they put on the kilts over the matching racing suits when they went to the marshaling area and didn't remove them (the kilts, that is) until they were behind the blocks for their race. And, no, that

See Comments on page 6.

Comments from page 5.

doesn't answer the age-old question of what a Scotsman wears under his kilt!

Several Virginia Masters stayed in the Sheraton which was also the team hotel for a large Japanese group. There was a hospitality desk to help the Japanese swimmers, who were mostly in the older age groups, negotiate the culture of Palo Alto. These elderly Japanese, mostly ladies, needed no help in negotiating the all-American buffet breakfast at the hotel. Ladies tinier than my 10 year-old granddaughter were putting down a massive breakfast every morning. One evening, the Japanese group was having a buffet dinner in one of the party rooms of the hotel. As I passed by on my way to the lobby, they were being entertained by a mariachi band playing "La Cucaracha." When I returned, they were all singing "Aye, aye, aye, aye" along with the mariachi band! I couldn't see if they were having a massive Mexican buffet for their dinner.

My son and his family came on Sunday to watch me swim. While I was standing behind the blocks waiting for my heat, the 5 of them plus my husband shouted in unison, "Go Grandma!" And then they dissolved in laughter as they realized that every woman up there was probably somebody's grandma.

The meet provided an opportunity for me to renew some friendships with the friendly ladies of the Masters of South Texas. One of the highlights of the meet for me was seeing the pure joy they experienced when they realized that their MOST 280+ relay team had won first place. Now we older VMST ladies need to keep in shape so we can do that in a few years!

From Eric Cornell...

A Look Back at Worlds

First off, I need to get this out...."Wow!!! What an experience!!!" This meet was exactly what I expected and in some cases, more! I know, I know, everyone wants to hear about the chaos of 5,600

swimmers from 78 countries trying to warm up, get to their lanes, get all of the paperwork, and be done swimming before 10 PM every night....Guess what?? You're not going to hear about it! This meet was extremely well run, well organized, and well staffed with both officials and volunteers. Most days we were done by 5 PM which gave us enough time

to get back to Embassy Suites and enjoy 'happy hour'! But we'll save those stories for another article!

The Avery Aquatic Center located on the Stanford Campus is an amazing facility. The competition pools for this event were 2 10-lane 50 meter pools. Also, available for warm-up and warm-down, was



Eric Cornell (picture from Chris Stevenson)

the main Stanford 25 yard competition pool plus an additional diving well that was 25 yards wide. With all of these lanes available, I never had any issues warming up or warming down. Going into this meet, that was my biggest apprehension. I did not want to warm-up between 6:30-7:30 AM in the main pools and then wait until 1 or 2 PM to swim. I found I could show up later and do a full warm-up in these additional pools with out much hassle. Again, this is an amazing facility that was a perfect venue for this event.

The VMST team had a total of 18 members out in California. And as a whole, we all did very well. Almost everyone swam their best times of the year, a few swims will even go down as new Virginia state records. And then there is John Calvert. Three of his swims will go down as state records and, also, World Records! Our Virginia teammates John Calvert, Terri Sue Gault, Patti

See Cornell on page 7.

Cornell continued from page 6.

Miller, Chris Stevenson, and Beth Schreiner all placed in the Top 5 in at least one of their events. While Dave Holland, Kitten Bratten, Barbara Zaremski, Troy Johnson, and Dave Malsbury (without his trunks) all scored in the Top 10. With the level of competition at this meet, the ability to place in the Top 10 is an incredible accomplishment. Congratulations to all who swam. It was fun to be there and fun to watch!

Besides the swimming, the stories from around the pool deck were amazing. Many of us ran into old Masters or college teammates, but my favorite story was from Chris Stevenson. A little history first, Chris lived in Greece from ages 13-16 (or something like that). While he was walking around the deck at this meet, he ran into the lone Greek swimmer at the meet....His swim coach from those years he lived in Greece! One of those small world stories that people where having all around the pool deck. In general, you tended to make friends with new people all around you. It made for quite a fun experience.

Lastly, the entertainer of the meet, the M.C. and former VMST swimmer **Mark Gill**. I hope many of you remember Mark...very funny...very outgoing. As the announcer for the meet, he would identify World Record attempts, former Olympians, and also any items that were lost and found. The lost and found items provided Mark with an outlet for his humor. Throughout the meet you would hear Mark make announcement about items and it might sound like this: "A pair of glasses were found....very thick lenses...so if you happen to be running into walls and bumping into people because you can not see, have someone walk you over to the announcers table because we have your glasses." Mark made the meet go by much more quickly with his entertainment factor.

So, all in all, it was a great time.

*Eric and
Stacy Cornell*



NEWS

Dear Betsy et al,

I wanted to congratulate all of you - the race directors of both open water events and the webmaster for the Virginia LMSC, as well as VMST organizationally. You folks have really turned things around. It is noticed; it is appreciated.

The Jack King swim was extremely well-run, and the results were really easy to peruse; the Chris Greene swim was also extremely well-run, and the results were available in what appeared to be record time. The Newsletter remains a strong point - (thanks, Betsy) - and the website is really taking a great new shape!

Thanks to all of you! (Y'all deserve a good massage for all your efforts! See me next swim meet...)

Here's to the upcoming Lake Montclair!

Jim McFarland, CMT

LC Zone Results

by Betsy Durrant

There were 171 entries in the meet, but no super large teams. VMST had 21 entered (19 who were able to attend) and we had an overwhelming team victory. VMST 2259 points; second place 1168 points. The big difference was the relays. Once again, we swam the 200 relays, the 400 relays, and the 800 relays. In the last two events, VMST had the only female team entered. Gee, some teams didn't want to swim a 400 and an 800 relay at the end of a two day meet. We did it.

Meet results are on the PV website. Many thanks to Susan (Butch) Henley who is ready to swim any relay at any distance. After she swam the first 2 relays and the first 2 events, even the stroke and turn judge asked her how she could do that!

Many thanks to Dick Cheadle and Bud Swiger who helped create relays. But most of all we have to thank Jo Downing and Debbie Jaeger.

See *VMST* on page 8.

VMST continued from page 6.

Jo was our on-deck coach and relay coordinator. We entered 21 relays and all made it to the blocks. Relays were posted and updated as we went along.



Jo Downing with the Championship Plaque.

I thought the meet was a lot of fun with a combination of newer VMST members and long-time members who we haven't seen for awhile. Thanks to everyone who represented the team and to everyone who was willing to man those relays!

News from Richmond

from Alice Phillips

We resurrected the monster relay this summer. I don't know if you remember, but it's a four person medley relay, each swimming an hour of their stroke. Inspired by an article in the magazine about the New England Masters, we first did this back in 2001 and the women won. This time the guys were victorious, though we won the culinary portion of the contest (the boys had Einstein bagels while the ladies had fresh fruit and Bronnie's homemade muffins for their post event snacks).

Here are the results:

Men's A Team - 17,515 yds

(Bk) Chris Stevenson - 5025 (Br) Todd Bassett - 3675
(Fl) Dave Holland - 4015* (Fr) Brian Bortell - 4800

Men's B Team - 13,770 yds

(Bk) Jim Miller - 3475 (Br) Lang Meem - 3620
(Fl) Robb Sultzer - 2075 (Fr) George Sushkoff - 4600

Women's A Team - 14,720 yds

(Bk) Bronnie Lewis - 3700 (Br) Patty Miller - 3570
(Fl) Gina Lenzi - 3150 (Fr) Kate Jenkins - 4300
Cherie Fernandez (a second freestyler) - 4000

Coaches Will Fitzhugh, Jim Miller, Shannon

Malkerson, and Mark Bennett (along with me) all helped organize, recruit, count laps and take care of the non-monsters (we swam this during our regular practice time). Robb Sultzer designed a delightful counting form, and both he and Brian Bortell helped count laps. If anyone else wants info on how to do this, they can just email me. We had a good time talking trash to each other about it, and we are even considering a rematch in the winter during the postal swim season.

* Dave Holland, aka the guy who swam 14 miles in the James back in June, actually swam TWO HOURS of fly. The first hour he did about 3800. When he realized how he would need to adjust to get to 4000, he decided to swim a second hour. The key to this feat? Iced tea, says Dave (along with general lack of good sense).

Any other workout groups want to accept the challenge? Alice can be reached at: aphil65@comcast.net

Another Crazy Challenge

Bud Swiger swam the Postal 10K - an event to be swum in a 50 meter pool between May 15-September 15. Bud used the 50 meter pool at George Mason University.

Now, he is interested in doing the 6000 yard swim, to be done in a 25 yard pool between September 15 and November 15. Bud is looking for others who may want to do the swim at the same time. You can reach Bud at mssswim@aol.com.

Chuck- isms

Chuck Wilmore swam at LC Zones, his first meet in awhile. A few comments from Chuck:

When asked if he would swim an 800 relay: "If you're not in a hurry, I'd be glad to do."

When describing an attractive young woman he saw in the weight room: "She was in her 20's and I realized that the t-shirt I was wearing was older than she was."

Jessie Painter to the Rescue

from Ray McDaniels

Ray and June McDaniels are the race directors for the Jack King Swim. Their daughter, Jessie Painter, is working as a lifeguard on the beaches of south Florida. Jessie swam in the Jack King this year, placing 3rd in the Women's 18-24 age group and 29th overall out of 82 finishers.

Below are excerpts from an article that Ray sent.

5 Rescued from Rough Waters after Boat Swamps at Hillsboro Inlet

*By Robert Nolin, South Florida Sun-Sentinel
(Posted August 9 2006)*

Five boaters, tossed from a flipped vessel into turbulent water, were buffeted by wind and waves and nearly slammed into jetty rocks before a dramatic rescue Tuesday afternoon.

It was the second boating accident within 12 hours at the Hillsboro Inlet, which marine officials say is often treacherous for the inexperienced to navigate.

A man thrown from the capsized boat had already slipped beneath the waves and likely would have drowned, rescuers said, but for a lifeguard who dove in and brought him to the surface.

"He was starting to submerge when we got to him," Pompano Beach lifeguard Capt. Wade Rickerson said.

Sheriff's marine officers maneuvered their patrol boat between the overturned vessel and the rocks, and began throwing life jackets to people thrashing in the water. "They were all over the place," said lifeguard **Jessie Painter**, who along with Colbert paddled out on a 12-foot rescue board. "They were very panicked."

The marine officers pulled some into their boat, while Colbert and Painter secured others to their rescue boards. A rigid inflatable piloted by two other lifeguards also arrived to help.



VMST Team Meeting

from Betsy Durrant, VMST President

There will be a team meeting on November 4. We will start the meeting toward the end of the social after the meet.

In the October VMST newsletter, there will be draft copy of the 2007 budget. This will be the basis for our discussion of projects. We'll look at our current financial status (expenses/income) and decide what we want to do for next year.

For the last two years, VMST expenses have exceeded our income. When the new officers met in March, we agreed that we had to stick closely to the budget for 2006 (adopted at a team meeting in June, 2005). We have been careful with expenditures. In addition, meets and open water events seem to be doing well.

It has become traditional to give a team gift to everyone who represents the team at nationals. We need to discuss how much to budget for these items. This year, we have team t-shirts, but we ordered extra to sell at cost to all members.

One of the projects in our budget this year was offering a stipend for on-deck coaches who are not swimming in the meet and can be available to team members and can coordinate relays. We need to evaluate this program and decide whether to continue or not and if we continue, do what to make some changes. At SC Zones, Harry DeLong was the on-deck coach with assistance on the last day from Nancy Miller. At LC Zones, Jo Downing was on-deck coach and coordinated the relays. We did not have a non-swimming coach on deck at SC Nationals or at Worlds. Of course, team members who were swimming and are also coaches were generous with their time and helped. At SC Nationals we did have someone on deck to get relay splits.

The last item is medals. Another supply of medals was ordered this summer, but only enough for one year. If we want to change the design, we need to have some suggestions for a new design. We have key chains (from open water events) and pins left, but swimmers are tired of receiving these. Does anyone have any good ideas on how to use them?

Local Masters Swim Committee for Virginia
Dee DeLong, Registrar
6103 Eagles Nest Circle
Manassas, VA 20112-3029

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Terry Sue Gault at Worlds - John Calvert in the background



***Kitten Braaten, Patty Miller, Eric Cornell,
and Terry Sue Gault***

