



BIG SKY Masters Swimmers

VOLUNTEERS **GLENN DEHEKKER**

Volunteer, Swimmer, Fun Loving

Glenn Dehekker started swimming Masters after Senior Olympics Games in Helena in June 2016. Because Glenn had not swam in a meet since high school, he entered all events with NT (no time). What he didn't know was that he'd be in the first heat every time sometimes swimming solo. He enjoyed all his events and with the encouragement of the meet official, Peggy Stringer, he joined Masters. "Doesn't she do that with every swimmer she meets?" Glenn laughed.

He started swimming with Carrie Jacob in Whitefish. Glenn was hooked. With the encouragement of Coach Carrie, Glenn swam at several Masters Meets in Montana and during travels visiting family, across the country, including Minneapolis, MN; Madison, WI; St George, UT; Coeur d'Alene, ID, and Hood River, OR.

His most memorable swim meet was 2017 Masters Championship Meet in Kalispell because his friends helped at the meet, cheered swimmers on, and he swam with Kalispell and Whitefish teammates.

Glenn jumped right into Masters in 2017 by volunteering, and soon becoming President of Big Sky Masters, which he held for two years. In 2019 he became treasurer of Big Sky Masters. Glenn has since moved to Bellingham, WA and will remain on Big Sky Masters Board.

In Bellingham, he plans to dust off his wetsuit and do more open water swimming. "Larrabee and Marine Park are definitely neither Flathead Lake nor Lake McDonald, but it's year-round in the "semi-warm" bays." Glenn bragged. While here, he's also participating in "Swim for Hope" and "Taming the Beast", both Montana made virtual events. He is hoping everyone will join in. There's still time!

SPOTLIGHT VOLUNTEERS



Glenn Dehekker (top row 2nd from left) with Kalispell team

THANKS VOLUNTEERS!

AUDREY WOODING

Severed as Montana Masters' LMSC Membership Coordinator for the past 5 years & she said, "It was Fun! I hope to be more active in Masters after I retire. "

PHIL LUEBKE

Severed as Montana Masters' top-10 Recorder for many years. Phil did a great job making sure that all top-10 records were up-to-date and accurate. Phil has moved to Seattle and is enjoying open water swimming there!

(Continue page 2)

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JANELLE MUNSON-MCGEE

Janelle coached Master swimmers in Bozeman until she moved Maine. She volunteered as the Coaches Chair until January 2021. With a degree in studio arts and Japanese studies, she decided to go back to graduate school for a master degree in data science. She has graciously agree to maintain the Montana Masters' website
Check it out <https://swimmontana.org/>.

WELCOME NEW VOLUNTEERS

SUZETTE HARKIN

Has volunteered as chair of the nominating committee for Montana Masters LMSC officers. She is looking for USMS swimmers who are interested serving on the Montana Masters LMSC Board. If you would like to serve on the board contact Suzette at (406) 600-9296 or suzetteharkin@gmail.com. This is a wonderful opportunity to give back to Montana Swimmers.

PAUL LANDES

Is the new Coaches' Coach, AKA Coaches Chair for MT Masters. When restrictions ease, Paul is excited to host clinics in Montana that focus on proper stroke technique not only to benefit swimmers but coaches as well. Paul would like coaches and swimmers to contact him with any suggestions to make this year one where we can engage swimmers in challenging and rewarding experiences, both in and out of the pool. Paul coached Masters in Northern California before moving to Helena. He has 30+ years of polo experience and would like to see if we can generate interest for master's polo in Montana. Contact Paul at paulhlandes@gmail.com or 406-916-8881.

Big Sky Masters workout groups

registered 2021 with USMS.
Helena Ridley Masters (HRM),
Hamilton Masters (HAM),
Missoula Masters (MISS),

MARCIE BOCHMAN

Is the new Membership Coordinator for MT Masters. She is responsible for maintenance of the MT Membership list, Club affiliation & sending out email to Montana Masters. She swims with Kalispell. Loves open waters swimming! If you want to change clubs or join a club or have questions about your registration, you can email her at MTRegistrar@usms.org.

If you swim on a relay team at a National Swim Meet all members of your relay team must be from the same club.

RUSTY DAGUE

Is the new top-10 Recorder for MT Masters! Rusty swims in Missoula with Ellen Parchen for his health. He is a retired nurse practitioner and served as a paratrooper in the 82nd Airborne Division out of Fort Bragg.

If you swim in any USMS sanctioned event and have set new MT Masters records please let Rusty know by emailing him at rdague02@gmail.com.

Message from the board

Covid restrictions will continue to challenge our swim community this year but Big Sky Masters Swim Club is fully committed to finding ways for all of us to stay active and participate in meaningful and fun events. Please share your ideas with any of our board. If you're interested in serving on the board contact Peggy Stringer 406 459 9748.

BIG SKY BOARD MEMBERS

Peggy Stringer, President
stpmls@gmail.com

Patrick Murtagh, Vice President
patrickm57@msn.com

Glenn Dehekker, Board Member
gdehekker@gmail.com

Stephanie Knapp, Secretary
stephanie25knapp@gmail.com

Lydia Kuderna, Stroke & Turn
lydiak@bresnan.net



Making Waves to Stop Suicide

SWIMMING BINGO

Challenge will run February 1st- 28th

The Mission of the AFSP is to Save Lives and Bring Hope to Those Affected by Suicide. Montana has one of the highest rates of suicide in the country and it's the 2nd leading cause of death in people ages 10-44 in the state. The AFSP Montana Chapter works to educate Montana about suicide prevention, advocate for legislation that will save lives, and support those who've experienced loss or who have lived the experience. We believe that suicide *can be prevented* and that with enough people doing the work, spreading the message.

How to Participate:

Registration is \$20. You can register at:

www.afsp.org/swim4hope

Printable Bingo Cards will be sent out via email on January 31st or you can check in with your local coach (Montana Only)

Complete activities on the card to earn a BINGO!

What's in for me?

In addition to your Bingo card, participants will receive one of our limited-edition "Swim for HOPE" swim caps as well as a 20% off coupon to FINIS. (10% of profits from these sales will go toward the AFSP).

For every bingo row completed, (horizontal, vertical or diagonal) participants will be entered into a raffle drawing for a chance to win some great swag! (7 rows max)

Timed Swims: There are various timed swims on the bingo card. Submit your swim time for each event with your bingo card. Top swimmers, by age group and event, will receive an additional raffle entry.

Participants who submit a BLACKOUT Card or raise \$100 will receive a Swim for Hope t-shirt.

When will I find out if I have won?

·Winners of timed events and the raffle prizes will be announced by March 5th.

For more information, please contact:

Contact Name: Katie Levine

Contact Email:klevine@afsp.org

CALENDAR

e-postal Hour swim

Complete your swim before **Midnight Local Time on February 28, 2021.**

[Hour swim registration](#)

Swim for Hope

February 1st- 28th

www.afsp.org/swim4hope

Stroke & Turn Clinic

Big Sky Master is excited to offer an online Stroke & Turn Clinic <https://strokeandturn.com/> to properly prepare you to judge competitive swimming. There are many similarities between masters and youth. We will provide a handout that list the differences between masters and youth. Once you complete the course Big Sky Masters will reimburse the registration fee of \$24.99.

For more information, Contact Peggy Stringer 406-459-9748 or Lydia Kuderna lydiak@bresnan.net.