

# MOVY MINUTE

A Newsletter of Missouri Valley Local Masters Swimming Clubs

## Upcoming Events

- \***April** - All USMS events  
CANCELED due to CoVID-19  
Pandemic
- \***5/9** - LC Masters Meet Lee's  
Summit, MO - POSTPONED
- \***6/7** - Iowa Senior Games,  
West Des Moines, IA (50yo+)
- \***7/12** - Shawnee Mission  
Triathlon & Duathlon, Shawnee  
Mission Park, KS
- \***5/15-9/15** - 5K/10K ePostal  
Natl. Championship - any 50m  
pool
- \***7/10-12** - BZRK Tyr Ragnarok,  
Joplin, MO
- \***7/18-19** - Iowa Summer  
Games, Ames, IA
- \***7/25** - Cornhusker State  
Games Open Water events  
and pool events, various  
locations, NE

## Fast Fitness 3x thru

- 15 jumping jacks
- 10 squats
- 5 burpees
- 30 seconds rest

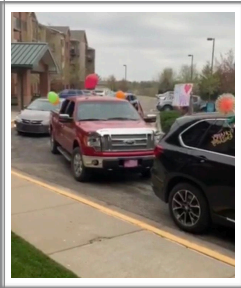
- 15 pushups
- 10 crunches
- 5 hip bridges
- 30 seconds rest



## Welchlin Receives Dorothy Donnelly Service Award

The Dorothy Donnelly Service Award, according to the USMS website, is presented annually “to individuals whose volunteer service has contributed to the growth, improvement or success of USMS locally, regionally, and/or nationally. Selection is base on accomplishments that meet USMS goals and objectives.” Bob Welchlin of the Kansas City area, was nominated for this honor by teammate and fellow board member, Anthony Thompson. Factors leading to Welchlin’s nomination for this award included his service as LMSC Chair from 2007-2010, LMSC Treasurer from 2010-2019. Bob has also provided leadership for local swimming events, hosted and participated in social events and





## Birthday Parade for Nan Bohl, 91

Due to the sheltering in place order in Kansas, long-time Masters swimmer and national record-holder, Nan Bohl was unable to join her family and friends for a birthday celebration out on the town. Never fear, Nan's daughter organized a car parade of family, friends and fellow swimmers. With streamers, posters, and balloons decorating their cars, celebrants and well wishers honked and waved and gave a "Happy Birthday" shout as they drove by Nan's home where she could stand on the third floor balcony to wave and receive the honor and attention she deserved on her 91st birthday. If you are interested in reading more about Nan Bohl, search her name to find her stellar achievements listed on the [usms.org](https://usms.org) website, and read the article "Nan Bohl, In Her Own Words - A long history of swimming"

## Wanted: Submittals

What's happening in your neck of the woods? Do you have an event or a person we could feature? Please submit your ideas to [heather.huettner@yahoo.com](mailto:heather.huettner@yahoo.com)

the annual meeting, mentored successive board members, and has often served as meet director and meet official. Welchlin is an accomplished swimmer, contributing individual points to the MOVY National Team scores along with a gold medal performance in the 55+ men's 200 free relay at the 2018 Nationals. Bob continues to stay connected to MOVY swimming by coaching a couple of nights a week at The Athletic Club, formerly Prairie Life Center - Olathe and making regular lunch hour swims with other team mates.

A hearty congratulations to this Missouri Valley National Award Recipient. We are proud to have Bob Welchlin as part of this LMSC!



Past Dorothy Donnelly Service Award winners from Missouri Valley are:

Anne Lea (Roof) Matysek / Anthony Thompson / Bill Sherman

We would love to see that list lengthened and broadened throughout the region. Please take time to nominate volunteers and coaches in your various clubs and submit them by July 1. All awards and nomination forms can be found at <https://www.usms.org/admin/awards/>

## Good To Go - Energy Bites

Combine 1 1/4 C toasted rolled oats, 1/2 C each toasted shredded coconut & flaxseed meal, 1/4 C each chopped golden raisins & sunflower kernels, & 1 Tbsp chia seeds. In a bowl combine 2/3 C almond butter, 1/3 C honey, 1 tsp orange zest, and 1/2 tsp vanilla. Stir into oat mixture. Shape into 1" balls. Store in airtight container in the fridge. Makes 30 bites.