

Manatee Masters Swimming

September - October Update

Message from the President

As another summer winds down, the Manatees can take pride in another successful year. Our competitive swimmers have had an extraordinary year, performing at the highest levels. Information about and participation in these events was facilitated by the tireless efforts of Jim Clemmons. Under the distinguished tutelage of Gordon Jacoby, the hard work of Rebecca Perry, Shannon Pedderer, the Social Committee (ably chaired by Robin Lovell and Christina Smith) and many others, the 21st Annual 2 x 1 Relay was a resounding success as was the post race picnic.

The summer ended with a worthy tribute, coordinated by Andrew Ezer, to our longtime Head Coach, Brian Stack, for his twenty years of service to the team. Throughout this time, the essence of our team, i.e. the daily workouts, continued under the direction of our great group of coaches.

Notwithstanding all our positives, there are the some issues with the club which continue to lurk in the shadows. Obviously, the biggest issue is our future at Mills. On that front there is nothing new to report. While we have made inquiries about the future, the College has recently undergone an administrative reorganization and it is not yet clear with whom we should be speaking. The Board is working hard on this issue and we will do our

best to keep everyone up to date. In the meantime, remember that we are guests at Mills and that a smile and friendly word goes a long way.

Another chronic issue is the very small percentage of swimmers who fall behind in their dues. For the most part, the Board has taken a low key approach to this problem in the hopes that most folks will ultimately meet their financial obligations to the team. As the team has grown, however, this has proven a slippery slope. As a result, the Board has developed and approved an addendum to the dues policy which will hopefully address this situation.

While printed in it entirety elsewhere in this newsletter, the essence of the change is that if a swimmer becomes more than two months behind in the payment of their dues, they will be required to provide a valid credit card account from which dues payments will automatically deducted. While we understand that there may be occasions when exigent circumstances may cause someone to fall behind, there have been an increasing number of situations (although still a very small number) where people seem to feel they can continue swimming without paying their dues. As we attempt to deal with those situations, the dues policy addendum is an effort to avoid having similar situations arise in the future.

...**Dan Altemus**

Coaches Corner

October already? Yep, '07's rounding the far turn and heading for the home stretch, but don't lose hope cause there's plenty of swimmin' to do.

The passing of summer signals an end to our freestyle obsession, and a return to our ongoing

examination of the phenomena that conspire to make all things swimming.

Toward the end of October we'll begin our quest to understand all four strokes by examining the fundamentals of posture, line and balance in the

long and short axis modes. So it will be a couple of weeks of review, and then a stroke a week until April.

In the meantime we'll be attending the Pacific Masters Short Course Meters Championships in Walnut Creek. We'd like to encourage as many seasoned competitors, and rookies as we can get to attend. This event is one in which we've finished second in our division several times and it is time to take the next step. I know that sounds strange, but hey I'll try anything to motivate Manatees!!! Seriously tho', this meet is not usually a very large meet, so it's your chance to swim a PMS or National Top Ten Time right close to home. Everyone knows that it's relays that make a meet fun and memorable, so come and swim some relays too!

Am I really that old? Yipes! 20 years on deck with wacko swimmers, who'da think it could be so much fun? I'd like to thank everyone on the team for the great party on September 23. It was the first time in a while that I was rendered speechless, what a wonderful way you all found to do it. So many good memories were brought back on Sunday, and a realization dawned that there are many more memories to make.

Thank you all for the opportunity to do something positive every day. To help you realize a goal, and to grow our team together is a joy. Thanks for sharing your good times and not so good times and for letting me be part of your lives, you all are a major part of mine.

...Coach Brian

Be sure to check out the Manatee web page for photos and results of the 2 x 1 event.

Did you know that there is now a longer workout option on Thursday evenings?

Coach Claire has us working out for 90 minutes from 6:30 to 8:00 p.m. Check it out!

Dues Policy Addendum

Any member who misses two consecutive monthly payments shall be required to pay by month with an automatic credit card charge. Any member who misses a quarterly payment shall be required to pay by month or quarter with an automatic credit card charge. Any member who refuses such a change shall be dropped from the membership.

Any member whose credit card is declined two times in a row shall be dropped from membership until they arrange with the Team Registrar and Team Treasurer to pay off the balance and provide a valid credit card.

The Registrar and/or the Treasurer shall contact those members with continuous late payment problems to advise them of this policy and seek payment of back dues.

Those members who are dropped from membership for having an outstanding balance and a history of late payments (or non-payments) can rejoin the Manatees upon 1) payment of the outstanding dues and a reinstatement fee and 2) agreement to be billed by a valid credit card account thereafter. A dropped member may petition the Board for reinstatement on other terms based upon extenuating circumstances.

I heard it in the Locker Room...

I heard it on the pool deck: It's clear that the Manatees traveled to the four corners of the earth this summer. One favorite was a bike trip around Ireland. Check out irondonkey.com - Iron Donkey Bicycle Touring offers a unique range of bicycle tours in Ireland, England, Wales and Italy.

The final days of summer seems to be all about the Tomato and the Corn. Here is a dinner menu to match, as well as a morning start-me-up:

Fresh Corn Salad with Cilantro

Dressing a la Elaina Love

Salad:

- 4 fresh ears of corn cut from the cob
- 1 diced red bell pepper
- 1 avocado, cubed
- 2 tsp flax or olive oil

Dressing:

- 1 minced clove of garlic
- 1 small onion (red)
- ½ jalapeno pepper
- 1 small bunch cilantro (1 cup)
- 1 lime / lemon juiced
- ½ tsp sea sale
- ½ tsp cumin powder

Directions

Combine the salad ingredients and set aside.

In a blender or food processor, combine the dressing ingredients in the order listed. Pulse until finely chopped.

Mix salad and dressing together

For variety add: 1 tomato or 1 cup sprouts. The dressing is also good on regular salads, but you may want to add more oil to thin it out.

Gazpacho

- 1 medium cucumber peeled & chopped
- 1 - 2 ears corn cut off the cob
- 1 stick celery minced
- 1 large bell pepper chopped
- ½ cup red onion diced
- ½ cup cilantro chopped
- 7 tomatoes coarsely chopped
- 2 T raw apple cider vinegar
- 4 T olive oil
- 2 cloves garlic minced
- 2 t ground cumin (optional)
- 2 t fresh lime / lemon juice
- 1 t sea salt
- 1 avocado cubed

1. Put 5 of the tomatoes and the garlic in the blender and mix until smooth.
2. Put this mixture into a large bowl, and mix in all the other ingredients except the avocado.
3. Put ½ of the mixture from step #2 into the blender. Blend on low for about 30 seconds. The soup in the blender should still be a bit chunky.
4. Put the two parts back together in a bowl again. Stir in the avocado.
5. Chill for at least 30 min and serve.

The Cukalope Smoothie

Cucumber – Kate - Cantaloupe
1 cuke – a handful of kale – ½ cantaloupe

It's shocking how delicious this smoothie is! Why add greens? Greens give you extra energy, fiber and mellow out the super-sweet taste.

Pour at least 2 cups of water in the blender
Take peel off one cucumber. Cut into small pieces and put in a blender.
Take the spine off 3 - 5 pieces of kale and put in the blender
Cut one cantaloupe in half. Scoop out the seeds and throw them away.
Cut rind of the cantaloupe.
Cut the remaining cantaloupe into pieces and put in the blender.

Blend on high until smooth.

For enhanced sweetness and consistency, add in ½ frozen or fresh banana. Feel free to use any greens you have on hand: spinach, lettuce, dandelions.

Drink this for breakfast, before exercise or as a snack.

...Heather Haxo Phillips

The Wandering Manatee

SAN FRANCISCO I am so not a golfer. But I can definitely appreciate the charms of having a Memphis-style BBQ lunch outside, overlooking a nice green in the middle of Golden Gate Park. With an ice-cold Anchor Steam beer. Yeah, not too shabby.

The next time it's a sunny day and you're craving a little in-city escape, ~**IRONWOOD BBQ**~ is a fun little adventure—just pull off 47th Avenue into Golden Gate Park and soon enough you'll see it. Order inside, and then grab a table on the outdoor patio and watch the golfers whack away while you get messy with some ribs. It's a downright peaceful setting, with lots of fresh air.

The BBQ smoker they use here is pretty serious: there are only three John Willingham Wham Turbo BBQ Pits on the West Coast, and Bill Gates owns of 'em. At Ironwood, they dry rub pork roast, beef brisket, ribs, and chicken, and then refrigerate the meat overnight so the seasoning can permeate, and then slow cook everything with pure oak wood the next day.

You can get baby back ribs (1/2 rack for \$13 or a full rack for \$22), or there are the house plates (\$12), with your choice of a 1/2 pound of either pulled pork, chicken, or beef brisket with two sides, like scalloped potatoes, baked beans, or cole slaw. My friend and I particularly liked the tasty BBQ sauce they make with Anchor Steam beer. All the sides are made fresh daily, and while they weren't the best scalloped potatoes I've ever had, I appreciated the home-cooked touch. There are also some house-baked goods, like muffins and dessert for those of you with a sweet tooth.

Owner Bruce Olsen is a really friendly guy, in fact everyone here is. Bruce mentioned they will be enclosing the patio in the winter, so even on a chilly day, if the mood for some 'cue strikes, you'll be able to eat outside comfortably. And kudos to them for using biodegradable silverware and recycled plates. Get those napkins ready!

Ironwood BBQ

47th Avenue @ Fulton Street
San Francisco
415-751-8987

Tuesday – Sunday 11am – 7pm

Sandwiches \$5.50 - \$7.50
House plates \$12.00

...Tannis Reinhertz

Where to find the help you need

Manatee Aquatic Masters

PMP 516, 6114 La Salle Ave, Oakland, CA 94611
<http://www.manateeswimming.org>

Pool location: Trefethen Swim Center, Mills College,
5000 MacArthur Blvd., Oakland, CA

Coaches

Brian Stack, Head Coach – brianstack@sbcglobal.net

Andy Brown Gyasi Coles
Claire Donaldson Peter Finney
Andrew Ezer Susanne Rublein
Erin Lucas

Information Hotline (510) 273-9093

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