

Manatee Masters Swimming

December Update

Message from the President

While it is the season “to be jolly”, recent developments have cast a bit of gloom about the pool. I think we were all disappointed to learn that our ten-year relationship with Mills College is coming to an end this spring. During that time, the club has prospered and our challenge now is to maintain, as best we can, a strong, positive, convenient, and affordable program for Masters swimming.

In the coming weeks, the Board will continue to investigate various options. The key factors will continue to be location, cost, and available hours. It is very possible that our current offering of 22-24 hours a week at a single location will be modified. This might mean different hours at different pools or reduced hours at a single pool. What is a virtual certainty is that will cost more money for pool time than what we have been paying. Not only are there a limited number of pool options in the immediate Oakland vicinity, i.e. it is a seller’s market, but the reality is that we have benefited from extraordinarily low pool costs for many years. While no one was complaining about this for the past decade, we are about to encounter some “sticker shock”. While we may be able realize some savings from modest reductions in some costs, the most viable option to maintain a strong program is to raise membership dues.

On the positive side, we have a few months to work through these issues. In addition, I am pleased that the entire Board membership has agreed to continue their participation. This is particularly important inasmuch as the Board represents all aspects of the club and therefore the interests of all the members will be considered. As is the tradition of the club, the position of President will fall to another member. We should all be grateful that **Rebecca Perry** has agreed to assume this responsibility. For the past several years, she has been a tireless volunteer on many projects including the 2X1 and team survey. I know she will provide cool and steady leadership as we enter this period of uncertainty and that the Board and membership will be well served. I would urge that membership unanimously confirm her nomination and that of the remaining Board members at the annual meeting on January 5, which is disguised as the Holiday Party.

Speaking of which, I know there is an article elsewhere in this newsletter about the party, but I hope that everyone makes an effort to attend. This is our major celebration of the year with great food and dancing for all. Hope to see you there!!

Many thanks to Annmarie Hallin for all her efforts in putting together the newsletter. She is one of the many unsung heroines and heroes of the club that make it all work.

...Dan Altemus

SAVE THE DATE!!!

Saturday, January 5, 2008

See Holiday Party details following the winter break schedule below.

Coaches Corner

Hey Manatees,

Happy Winter Solstice! Once again we migrate up the hill to our spawning grounds on the campus of Holy Names University for our 3 weeks of altitude training. Here's the schedule in case you lost, err, misplaced the one I sent last week. **Weekday practices at Holy Names EXCEPT on Tuesday January 1 (Campolindo).**
Weekend practices at Campolindo.

Holy Names University Practices for 2007

Winter Break:

Monday 12/17: 6, 7 & 8 AM

Tuesday 12/18: 6 & 7 AM, 6:30 to 7:30 PM

Wednesday 12/19: 6, 7 & 8 AM

Thursday 12/20: 6 & 7 AM, 6:30 to 7:30 PM

Friday 12/21: 6, 7 & 8 AM

Monday 12/24: 6, 7 & 8 AM

Tuesday 12/25/07 CLOSED

Wednesday 12/26: 6, 7 & 8 AM

Thursday 12/27: 6 & 7 AM, 6:30 to 7:30 PM

Friday 12/28: 6, 7 & 8 AM

Monday 12/31: 6, 7 & 8 AM

Tuesday 1/1/08: at Campolindo

Wednesday 1/2: 6, 7 & 8 AM

Thursday 1/3: 6 & 7 AM, 6:30 to 7:30 PM

Friday 1/4: 6, 7 & 8 AM

Campolindo High School, Soda Aquatic Center Practices for 2007 Winter Break:

Saturday 12/22: 10 & 11 AM - one hour

10 to 11:30 AM - 1 ½ hour

Sunday 12/23: 8 & 9 AM one hour practice

Saturday 12/29: 10 & 11 AM - one hour

10 to 11:30 AM - 1 ½ hour

Sunday 12/30: 8 & 9 AM one hour practice

Tuesday 1/1/08: 9 & 10 AM

Saturday 1/5/08: 10 & 11 AM one hour

10 to 11:30 AM 1 ½ hour

Sunday 1/6/08: 8 & 9 AM one hour practice

Manatees care about the World's Hungry

I know this is the time of year when you're inundated with requests for help from your favorite charities to help those less fortunate. Here's a way to help that's fun, educational, and it doesn't involve opening your checkbook. The United Nations World Food Program has a website designed to test your vocabulary skills and get rice to needy people at the same time. It's a dandy little site that quizzes you on common and not so common words, for every correct answer you'll send 20 grains of rice to feed someone who needs it. Now 20 grains doesn't seem like much but that's only one word, you know much more than one, right? Visit the site at www.freerice.com/ and start playing. Go earn some rice with your brain, it's painless.

...Coach Brian

Manatee Holiday Party

Hey folks, it's a note from your MAM Social Committee...

Big changes are coming to our team, and now more than ever, we need to cherish our time together, and strengthen our team bonding. There are so many wonderful Manatees, but rarely do we have the opportunity to just hang out together. Well, January 5th, we will have that once-a-year opportunity, and we hope each and every one of

you will don your party apparel, and come on over to Piedmont for a gathering of Manatees.

Our annual post-holiday celebration will be held from 6:30pm – 11pm on Saturday, Jan. 5, 2008, at the Piedmont Veterans Memorial Hall (above the police station in Piedmont). The team will provide alcoholic beverages, turkey, ham, and music (same band as last year—great dance music).

We're counting on all of you to bring something else to share, pot-luck style.

Possibilities are endless, but we would love salads, side-dishes, desserts, or whatever you can bring. Be on the lookout for an electronic sign-up **E-mailed to you on December 17 from Coach Brian**, and please let us know (electronically) that you plan on attending, and what you might

bring. That will help us plan better, and make sure we have enough good food to share. 'Cause we all know, no party is a party unless there is enough good food and drink!

Mark your calendars, and we look forward to seeing you all on January 5th, 2008, at the Piedmont Veterans Memorial Hall.

... **Robin Lovel**

I heard it in the Locker Room...

This dish was **THE** favorite at Thanksgiving. No one was more shocked than I about how much the guests loved this dish. I pass along so all Manatees can shock themselves and their families.

Caraway Marinated Kale and Lentils

1 bunch kale, shredded with stems removed
2 cups lentils, sprouted a day or two
1 shallot, minced
1 garlic clove, pressed
1 lemon, squeezed
2 Tablespoons cider vinegar
4 Tablespoons extra virgin olive oil
1 1/2 Tablespoons raw honey or agave nectar
1 sprinkle cayenne pepper
1 dash sea salt
1 1/2 teaspoons caraway seeds

Make the marinade: In a big bowl mix together the honey, lemon juice, vinegar, pressed garlic, minced shallot, oil, salt, cayenne, and caraway seeds. Adjust to taste.

Put the kale in a warm/hot water bath so that they wilt ever so slightly.

Mix the bite sized pieces of kale with the marinade. Stir well to coat.

Pack tightly into a sealable container, so that the kale has no choice but to steep in the marinade.

Marinate for 8 - 18 hours, no more.

Mix with the lentil sprouts and serve.

Notes: I like to add finely chopped ripe red tomatoes to the dish. It gives great holiday color and depth of taste. You can make your own sprouted lentils very easily (Google for directions). Or, head to the Saturday Farmers Markets in Berkeley or Claremont Ave. Both have booths that offer these or similar sprouts.

...**Heather Haxo Phillips**

Editors note

Many thanks to **Susanne Rublein** for electronically sending each issue of the newsletter to the Manatees.

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	Alexi Ueltzen

Information Hotline (510) 273-9093

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...Annmarie Hallin, editor