

FALL 2021

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



## Dolphin Log

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## Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

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Danny DeLeon, Andrew Cassidy

**Club Manager:** John Ingle

## Correction

The original decision to approve the  
current building was in 1895, not  
1885 as stated in John Hornor's  
Cupola article in the Summer 2021  
Log

## Swimming

Swim Commissioners: Tom Neill, Elaine Van  
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Boat Night: Jon Bielinski, Julia Hechanova

# Once 'Round the Cove

## News from the Archives

**T**hough you have not seen us working  
at the Club, we have been busy.

There are now over 1,360 entries in our  
CatalogIt database, including all six  
Dolphin COVID masks. We've also been  
organizing better archival storage for the  
documents, photographs, and artifacts.  
Well, doing the best we can in wooden  
building next to the Bay!

I am excited to announce two recent  
donations: a collection of invitations,  
flyers, and regatta programs dating 1890-  
1930 from a member of the public, Debbie  
McKelvie; and 1940s-1950s rowing  
memorabilia from Life Member Jim  
Morino.

You can view most of these donations  
on our database's internet platform the  
"HUB" in the Ephemera and Artifacts  
folders, just posted in October. Take a  
look: <https://hub.catalogit.app/375> Or  
google "CatalogIt HUB," then look in "All  
Collections" for the Dolphin Swimming  
and Boating Club.

The Archives welcomes donated  
materials with historic connections to  
the Club. Currently, we are looking for  
original copies of Dolphin Logs dating  
from 1949 through June 1977.

In addition to assisting researchers,  
members, and with questions from the  
public, we are working on several ongoing  
projects. First, we're cataloging annual Life  
Member group photos taken at the Old  
Timers Lunches. It is important to try to  
identify everyone, not an easy job. Please  
help out when you see my requests on  
[groups.io](https://groups.io) to help with missing names.

We found very few documents in the

Archives on the three lawsuits that so  
changed the club, with the admission of  
women and public access. Thus, a second  
project is obtaining copies of documents  
from the first lawsuit (1974-1977) in SF  
Superior Court to understand the details  
of the case. I have a third project, to  
find copies of all SF Recreation & Parks  
Commission documents concerning the  
Dolphin Club since the 1930s. These  
are critical to trace the evolution of the  
relationship between the Aquatic Park  
rowing clubs and the City.

Archive Volunteers' workdays are  
coming. And there are jobs you can do at  
home if you prefer. You don't need special  
skills, just your computer and an interest  
in Dolphin Club history. Watch for work  
dates on the bulletin board and [goups.io](https://groups.io).  
For questions or suggestions, contact me at  
[archives@dolphinclub.org](mailto:archives@dolphinclub.org)

## Sidebar:

Looking through old Logs in the  
Internet Archives, I found some gems:  
September 1949: "Perhaps a few members  
feel that their stature of manliness is  
directly proportional to the amount of  
verbal garbage they can spread. ...The  
Board will take action on this matter."  
March 1950: The Valentine's Day party  
featured a fundraising raffle; first prize was  
a 16" screen Admiral Console television.  
"A gent named Louis Marcelli, who  
just dropped in for the event, was the  
winner."

*Morgan Kulla*

## Other Athletics

DC/SERC TRI Captain: Danny DeLeon

EFAT: Gina Rus

Handball Captain: Paul Brady

Running Commissioner: Anna Olsen

Weight Room Captain: Deborah Sherwood

## Lockers

Women's Captain: Jane Mermelstein

Men's Captain: David Zovickian

## Club House

Gardens: Susanne Fredrick, Andy Stone

Deck Landscape: Steve Krolik

Green Team: OPEN

Pier & Deck Hands: Stephan Crawford

## Social

Entertainment Commish: Robin Rome

Club Mixer: Todd Bloch, Nanda Palmieri

DC Forum: Joe Illick

Ukulele Club: Carolyn Hui

## Communications

Comm Committee: Diane Walton

Facebook: James Dilworth

Group.io: Ward Bushee

Instagram: Anne Hamersky

Twitter: Nancy Friedman

Website Manager: Alana Harrington

## Lost & Found

Club & Women's Locker Room: Piper

Murakami

Men's Locker Room: Hal Offen

## Other

Dolphin Foundation: Davis Ja

DC Youth Swim Fund: Aniko Kurczinak

Fundraising Committee: Anthony DuComb,  
Robin Rome

Government: Ward Bushee, Ken Coren, Diane  
Walton

Renovation Committee: John Hornor, Peter van  
der Sterre, Ward Bushee

Save Aquatic Park Pier: Diane Walton

Swag: Andrea Morgan



A post-swim favorite created by Nanda Palmieri, using her many years of experience in professional kitchens.

### ***Flavorful Food for Forty***

For each full-size, medium-depth hotel pan:

**Bread:** 1 1/2 ciabatta (Semifreddi's), cut into large cubes

**Custard:**

25 eggs (organic, pastured eggs)

10 cups half and half (organic half and half)

2 1/2 teaspoons salt

Black pepper

**Cheese:** 11/2lbs cheese (Kerrygold or good white cheddar), grated

**Vegetables:** Many options here! These work really well:

2lbs onions + 1 1/2 lbs mushrooms (or greens) plus fresh thyme

Also: olive oil for sautéing, butter to grease pans, more salt

for vegetables

1. Chop vegetables and strip the thyme leaves from the stems.

2. Sauté onions in olive oil with some salt until lightly caramelized. Add other vegetables to sauté. Add in fresh thyme near the end.

3. Grate cheese (use food processor with grating blade)

4. Butter hotel pans. Cut ciabatta into large cubes and put into pans

5. Prepare custard in a large bowl: beat eggs, whisk in half and half, salt, and pepper.

6. Divide sautéed vegetables evenly between pans and layer over bread cubes. Divide grated cheese evenly between pans next. Finally, pour each bowl of custard mixture over the contents of each pan.

7. Cover and refrigerate overnight.

8. Bake at 375° for about 90 minutes until puffed and browned.

9. Make sure to rotate pans from top to bottom racks and front to back to help with even baking.

*Each pan serves about 40 people.*

## In Memoriam

### *Jack Aguirre Feb 1, 1939 - March 19, 2021*

My father Jack Aguirre, a life-time member of the Dolphin Club, passed away in El Paso Texas, on March 19, 2021. He died suddenly from a fever, at age 82, after living several years with Parkinson's. Jack was very strong and even could try to walk in his last days.

He really enjoyed his time spent at the Club. He used it as his quick workout hop, after many hours of working in his Downtown Mission District office\* as a Store Planner.

\*He had three mission district offices through the years. However, the first two were closed down due to earthquake damage. Through the years, he designed over 100 furniture stores, large and small: many Living Spaces, Mathis Bros, and Warren Buffet's Nebraska Furniture.

He also traveled and designed major stores in Saudi Arabia, Puerto Rico, and Taiwan. Jack Aguirre lived in Piedmont CA during the 70s, 80s and 90s, and in Pacifica during his last 17 years in the San Francisco Bay Area. He was often found running and collecting seashells and colorful stones

on the Linda Mar beach of Pacifica. Jack made friends through the Club and appreciated a place where the big city has a chance to slow down, and find a peaceful beachside location.

*Terissa Aguirre Milton*



### *Anthony Treacy*

Life Member Anthony Treacy, age 69, passed away on July 28, 2021, at his home in Corte Madera. Anthony was a true waterman: a world-class surfer, four-decade member of the Dolphin Club, and a lover of family, food, friends, and all things aquatic. Anthony grew up in Marin County, and loved all of the Bay Area's magic: the beaches and hills, our local wines and wineries, the best restaurants, and, above all, the S.F. Giants.

When he wasn't working as a successful ship broker, you could find Anthony surfing at Ocean Beach or Fort Point. Try as we might, we could never get him to paddle out at some of the smaller, more user-friendly breaks like Linda Mar—Anthony had an excellent eye for the best waves, and his graceful style once up and riding, was something to behold. He was not going to "waste time at a break like Lindamar."

Anthony's son, Jack, also a world-class surfer and avid waterman, will continue the family tradition of swimming at the Club and enjoying all the Club activities. His daughter, Katie, and stepson, Ryan, both live in Colorado. Were it not for that inconvenience, we are certain they would both be enjoying the Bay waters (along with Anthony's two grandchildren).

We held a very moving swim-out in Anthony's memory at the Club a few weeks after he passed away. The family was very appreciative. In lieu of flowers, donations can be made to the Surfrider Foundation in his name at:

<https://app.mobilecause.com/vff/SURFRIDER/AnthonyTreacyMemorial>

Anthony will be missed dearly but never forgotten. Swim on...



*In Memoriam continues on page 6*



Source: Bancroft Library

*Mission Bay 1904*

## The Golden Era of Competitive Rowing on San Francisco Bay

*James Dilworth*

For the Annual Rowing Regatta of 1904, the SF Chronicle estimated a crowd of 25,000 people turned out to watch rowers from the Dolphin Club compete against their rivals from the Alameda, South End, and Ariel rowing clubs.

Held on July 4th of each year, the Annual Regatta of the Pacific Association of Amateur Oarsmen (PAAO) was the biggest event of the rowing calendar. Large cash prizes and prestige were awarded to the winning rowers and their clubs. These and other regattas regularly drew crowds of several thousand and were worthy of headline news.

Clips from our local newspapers, and minutes of Club meetings at the turn of the last century, reveal a time when competitive rowing was the main activity at the Dolphin Club, and the Club was one of the leading rowing clubs on the Pacific Coast.

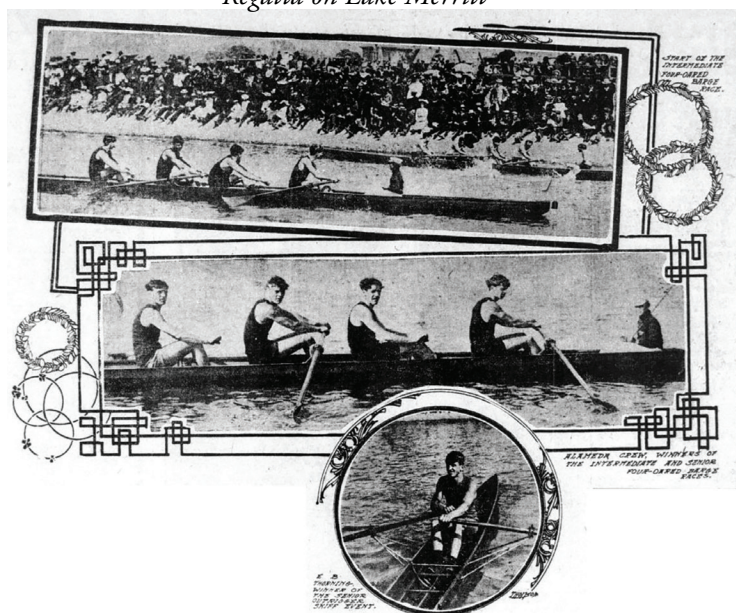
This was a time when swimming at the Club was mostly a leisure activity. Swimmers would take dips while avoiding coal tar floating in the water. The front crawl had barely been invented, and members could be fined for swimming without a shirt. Competitive rowing was here before the handball court, before electric lighting, and before the Club had so much as a solarium to warm up in.

Throughout the year, rowers would travel to Stockton, Vallejo, Sausalito, Alameda, and even as far as San Diego and Astoria to compete. There were events for singles, for doubles; and the highlight was the four-oared crew. For these the Club would field teams in junior, intermediate and senior races.

The Club owned a fleet of racing skiffs, shells, and four-oared boats. With our position on the north shore of San Francisco, rowers trained in challenging waters, and the boats needed to be both lightweight and seaworthy.

The lighter rowing shells had to be used with care. An 1892 story in the *Examiner* describes how a four-man crew training on the *Cuckoo* narrowly escaped with their lives after capsizing in rough waters while trying to make it back to the Club at night.

*Regatta on Lake Merritt*



*The crowd was large numerically and in enthusiasm. It fairly packed the sloping banks extending half a mile on each side of the course and scores of boats laden with passengers flitted around the starting point and frequently provoked the judges to profanity by their trespassing upon the water reserved for the contestants. Two brass bands alternated in producing good music and the throng never slighted an opportunity to cheer. Each race was started amid encouraging shouts and finished amid a mighty acclaim complementary to the victor.*  
SF Call – September 10, 1904



*The farther they got down the bay the rougher became the water, and at last realizing the folly of trying to drive such a frail craft through such a heavy sea, the men decided to turn back and effect a landing at Meiggs wharf. The long slender raceboat had all she could do to keep afloat while bow on to the sea and as soon as the attempt was made to turn around she got in the trough and capsized. In an instant the entire crew were battling for their lives.*  
(SF Examiner, June 23 1892)

It was a close call. They were in the water for an hour before their cries for help were finally heard, and they were rescued.

In those early days, many club members were worried that our location on the north shore of San Francisco was too rough for rowing. But the conditions drove innovation and a local style of four-oared racing barges evolved. Local boat builders competed to make boats that were strong enough for the waters, yet light enough for competition.

The *California* was the Club's most notable four-oared racing barge in the late 1890s. At the turn of the century, it was joined by a new racing barge, the *Dolphin*, purchased for \$140.

Both underwent numerous changes during their lives to make them faster and more competitive, giving them a low sleek look. Newspapers would report on these developments to the betting public.

*The old barge (California) is practically a new one as forty pounds of oak timbers have been taken out and two and a half pounds of pine put in its place.*  
(SF Chronicle – September 15, 1901)

But did the experimentation go too far? The *California* was swamped and badly damaged in 1905, and then lost in 1906 after a marathon race between the Dolphins and the Ariel Rowing Club.

*After the race, as the several boats of the Dolphin Club were returning to the boathouse at the foot of Van Ness avenue, the California, the second racing barge of the club, was struck by a heavy sea and swamped. The next sea, which was just as heavy, lifted the barge on its crest and broke it in two.*  
(SF Chronicle – April 16, 1906)

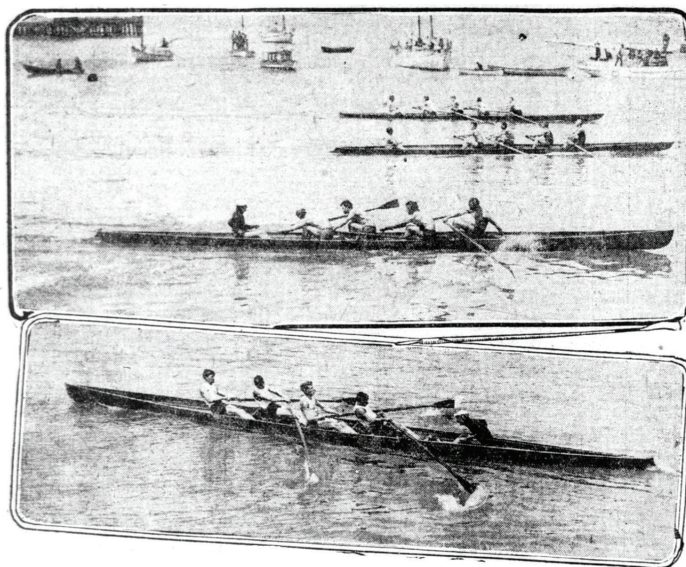
More four-oared racing barges were built in the following years. We know at least of *Yosemite*, *Eureka* and *Oakland*, and there may have been more.

The rowing clubs soon gained rivals from Southern California, and despite the geographical challenges, San Diego Rowing Club in particular would go on to develop a long standing friendly rivalry with the Dolphin Club.

But San Diego would also spur the introduction of new rules and changes to the design of the boats.

*The southerners want the law in relation to barges altered so that the men will sit over the keel of the boat instead of at the sides as at present. The San Diego men claim that for men who use shells, the barges in use by the clubs on this bay are impracticable and spoil all form and style for shell rowing...*

SF Call – August 15, 1911



*Top: From Outside, SERC, Alameda, Dolphins line up  
Bottom: Dolphins Junior Barge  
Source: SF Call – May 10, 1910*

In September 1911, the PAAO voted to allow rowers to sit over the centerline of the barges, and to allow the use of outriggers to hold the oars farther out. This significant change allowed for the boats to become narrower and faster, and more like the rowing shells we row today.

After the Great War, enthusiasm for rowing seemed to fade in the popular press, and competition moved towards calmer waters behind Mission Bay. As rowing shells became lighter, the Dolphin Club became less and less suitable for training. When the city granted the Club a home at Lake Merced, most rowing competitions moved there.

Meanwhile, on the north shore of San Francisco, swimming began to rise in popularity. Rowers became essential as pilots, and the club began to acquire heavier boats capable of carrying swimmers. Our doubles, *Farrell*, *Hughes*, and *Cronin*, are named after some of the great



*Dolphin 4-man barge crew 1913-1915*

rowers at the club.

What happened to those four-seat racing barges is hard to say. An article from 1934 shows Irish and German teams at the club competing against each other, and there's one more picture from 1947 of a four-seater barge rowing in the cove. But then, that's about it. Hearsay from old timers suggest they may have been lost, cut up, or moved to Lake Merced, then hidden in tunnels under the Great Highway. The South End still has one of their four-seat barges in the rafters of their boathouse.

That might have been the end of the story, but change is once again afoot in the rowing world.

A new class of "Coastal Rowing" is gaining momentum around the world. In countries like Hong Kong, Portugal, the UK, Italy, and Australia, rowers are venturing beyond lakes and rivers to experience the thrill of rowing in rougher waters, currents, and surf. New coastal boat designs are evolving to punch through waves and chop – without sinking. And four-seat coastal quads are now the big ticket at coastal rowing events. It's possible, even likely, that the Los Angeles 2028 Olympics may change to this style of open-water rowing.

We know this new style. It's our style. Dolphin Club waters are ideal for coastal rowing, and we've been at it since 1877.

The Club now has a four-seat coastal racing barge once again, along with coastal singles and doubles. We're encouraging neighboring clubs to join us in competition, and we have enthusiastic new coxswains working on forming teams with the hopes of more coastal racing.

So, if you see young eager rowers launching lightweight shells from our dock, I hope you will join me in cheering them on, for they are carrying forward our almost 150-year-old tradition of coastal rowing at the Dolphin Club. The golden era of competitive rowing on San Francisco Bay might actually be about to begin.



*Dolphin 4-man barge Storm 2021*

## In Memoriam (continued)

### *Robert Selsted*

Longtime member and weight room captain Robert Selsted passed away 9/26/21 still in the saddle. He was a beloved and active part of our club, and will be sorely missed. His daughter Erica sent us this note about her dad, and we will send out his formal obituary when it is available. Condolences to all who knew and loved Robert; he was a smart, lovely, and very active member of our club.

"Dolphin Club member for 20-ish years. Originally a swimmer, but had a passion for the weight room, running on the beach, and wooden boats. He passed away at the VA Hospital after a short but fierce battle with stage four cancer. He was 79 years old. My father was an SF resident and a self-described "North Beach bum." A union organizer and administrator, but also a lifelong carpenter and US Marine. He was a native Californian, born in Modesto, I never knew him to leave the state. He felt that California gave him every joy he needed. Survived by me, his daughter Erica, and a well-loved VW van."

Robert was a quiet and incredibly effective commissioner. He committed himself to the weight room and made it possible to have a decent, functioning, and clean weight room. He insured that the equipment was functioning and well maintained. Robert was extremely fit and independent. Every summer, he hiked up the Trinity Alps and eventually built a small open air cabin out of materials and early 20th century hand tools he packed on his back to the Alps. He would spend weeks there alone and enjoying the nature. He was truly a unique and special person who asked nothing for himself but gave much to the Club. *Davis Ja*

This is sad and unexpected. He simply was the best gym commish, always paying attention to each member's needs and preferences in the gym. He was always receptive to getting us new toys for our CrossFit sojourn, and understood that we needed higher weights, especially of kettle balls. He kept the gym clean and organized. His kind and gentle soul will be remembered by us CrossFit women. *Sibylle Scholz*



### *Antone Gelardi*

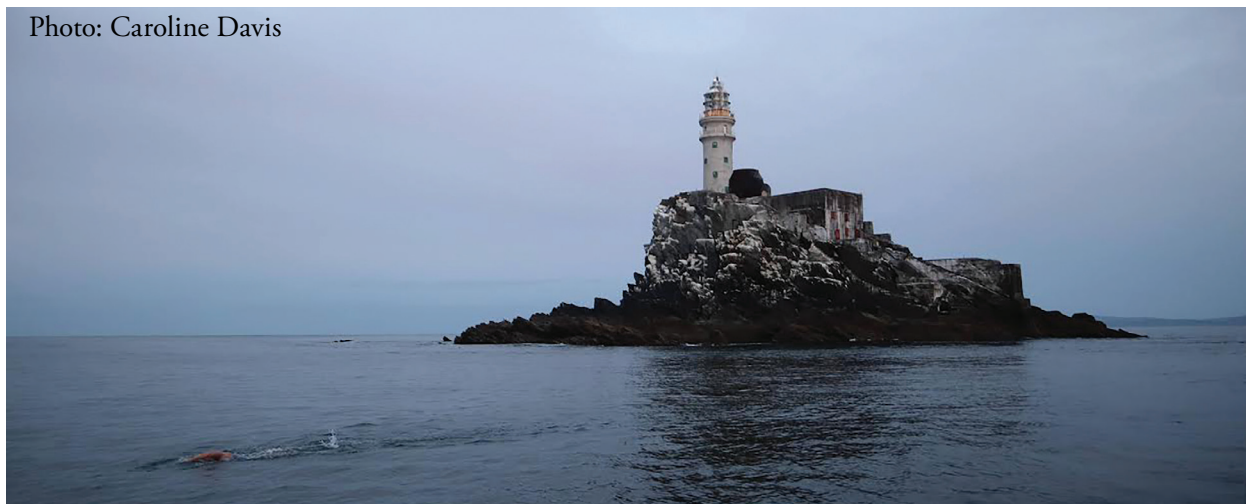
Antone Gelardi, the longest Dolphin Club member (80 years), died last October age 98. His life story was featured in the Spring 2016 Issue of the *Log*



# Suzanne's Swimming Summer Part 1: Fastnet

*Suzanne Heim-Bowen and Keith Howell*

Photo: Caroline Davis



*Suzanne Heim-Bowen leaves Fastnet Rock on record-breaking swim to Irish mainland*

Four times a day, every day for 100 years, the BBC broadcasts the shipping forecast, part of the weather report. It is a catechism that, for landlubbers, might as well be in Latin. The seas are divided into sectors with words in a different vocabulary. A few are familiar, such as “Dover” or “Forth”, but “Cromarty” is an obscure estuary, and “Dogger” must be Dogger Bank in the North Sea, where for hundreds of years cod used to congregate on their way to the chippies around Britain. They don’t anymore because it was a one-way journey, and now there is none left. Then, there are the ominous sounding places such as “Biscay” and “Fastnet.” Fastnet is not the name of an Internet browser. It may have gotten its name because of the large number of fishers who

abandoned their gear, caught on its rocky shores.

Fastnet Rock is also known as Ireland’s teardrop, as it was the last bit of land the Irish emigrants saw as they sailed to North America. The island is little more than a pad for a critically important 50-meter lighthouse. It was built in 1897 out of dovetailed blocks of granite that were individually numbered and assembled twice on land before being built on the rock.

The island gained notoriety in 1979 when the biennial 700-mile, five-day Fastnet sailing race from the Isle of Wight, round the Fastnet Rock, and back to the English Channel ran into a serious storm. Nineteen people died in what became the biggest maritime rescue in history. That was just the last and worst tragedy associated with the race.

As evidence that the seas just south of Ireland have been tamed, at least temporarily, there is now a swim from that now notorious rock to the town of Baltimore on the southern edge of the Irish mainland. Technically, the first person to try the swim was Stephen Redmond, the Irishman made famous by conceiving the idea of the Oceans Seven, involving seven straits and channels from around the world, and then swimming them all. (But he, being the irrepressible swimmer that

he is, swam to the island and back and took a longer route.) It is still a relatively new swim on the Open Water circuit, but it captured the attention of the Dolphin Club’s own legend, Suzanne Heim-Bowen. As she tells it:

“I have always wanted to travel to Ireland...beautiful, lush countryside, and rich in history. So, I picked the destination and then picked the swim. There is always the intimidating North Channel, but honestly that would be too much training! I just did not want to work that hard. When I asked my friend Ned Dennison, who lives in Ireland about other potential swims he suggested Fastnet Rock. I was immediately struck by its splendor, lore, and then, upon further research, found that this area is teeming with incredible sea life---I had to make a visit!

The tides, currents and water temperature are like SF Bay---my perfect training ground for Fastnet. So, for twelve weeks I swam three to four days in a pool, and two to three days in the Bay, making sure to take one day off a week for rest, and then gradually increasing pool yardage and swim time in the Bay. I used the Tahoe Width swim in mid-July as a training swim, which was 4 hours 56 minutes, and then regularly swam three to four hours in the Bay with my swim partners, the indefatigable Jeff Gunderson from the South End Rowing Club, and the under-the-radar speedster Ryan Utsumi. I felt that my



Photo: Caroline Davis

*Suzanne's crew in Ireland: Nathan Timmins (lead and previous record holder), Noel Browne, Kieran Collins (pilot)*

preparation for a 6 to 8 hour swim was adequate—making sure to keep the acclimation to chilly water and keeping up general aerobic conditioning in the pool.

My course was a little over twelve miles from Fastnet to Baltimore. Water temperature ranged from 55 to 61 degrees F. I not so patiently waited for a break in the weather for eight days. Additionally, a north wind several days before my swim had dropped the water temperature to a solid 55° F. However, as the wind settled down so did the sea thus an increase in temperature. But oh, I was stressed! I had to call up putting on my big girl pants just in case. I received the phone call to meet at the boat twelve hours before the scheduled jump time. I organized my feeds and packed very warm clothes for after the swim. We loaded the boat, the pilot had the safety briefing, and then we left the dock in the dark at 5:30 a.m. with a jump time of 6:30 a.m.. The ocean was becalmed--and the sunrise breathtakingly gorgeous. While I had the usual pre-swim jitters, I was distracted by the magnificent lighthouse in front of me. I also wanted to get into the water as quickly as possible because sometimes I become seasick on a boat. The pilot noted this and wanted me in the water as soon as possible as well. Upon our arrival to Fastnet, he gave me instructions to start the swim right where a fur seal was sitting!!

Given my background with not-too-friendly sea lions I was fearful, but he assured me these seals would not bite! As I swam to shore the seal plopped in the water right in front

of me and set my heart rate rising. I was able to grab on to a piece of kelp attached to the rock because there was an extraordinarily strong surge. Then the pilot blasted the horn I unceremoniously pushed off the rock and began the swim. So, after days of waiting for the right conditions, I could not have asked for a more perfect day. But Fastnet was more than a swim...

As an older woman traveling solo from the United States, I have never felt so welcomed, safe, and well cared for both on land and in the water by Kieran, Noel, Nathan, and Rianne. I had not met any of them before the swim and had limited communications with Nathan and Rianne over six months to sort out the changing issues with traveling during the pandemic.

When I arrived in Baltimore, Rianne, an open water swimmer herself, welcomed me to the Stonehouse B&B. She took incredibly good care of me--loaned me her changing robe, kept me well fed with goodies, suggested places where I could train and what to see and do in Baltimore. When I had to change accommodations for three days, Rianne was able to sort that out, arranging for my luggage to be picked up while I was out swimming. Rianne had any unexpected situation covered. She was there to greet me at the end of the swim, drove me to the house, made sure I was warm and--of course--well fed and hydrated. I was so lucky to have her extraordinary and tireless support.

The boat crew, through their experience and competence, made me feel confident that this swim would go well. One of the most important things to have on a swim is a knowledgeable and experienced crew, because they have your life in their hands. Pilot, Kieran of the Radiance is a man of the sea, from commercial fishing to now running Eco tours. Kieran has local knowledge since he grew up in the area and has piloted many swimmers. He was calm, professional, and has an incredible sense of how to read the sea. For me, to have a speedy swim required not only perfect conditions, but more importantly, someone with the knowledge of the tides/currents that are so tricky at Fastnet. I know that my quick swim time—6 hours, 9 minutes, the first American and the eldest (that were all records) --were due in large part to Kieran's navigational skills. As far as crew, both Nathan

and Noel are experienced open water swimmers and race directors—they know what it takes to have a safe swim, which added to my confidence. Noel was lead crew for Stephen Redmond, so again I felt so lucky to have someone with such experience. The first person to complete the Fastnet to Baltimore swim course was Noel the Observer—and he had asked his sister (a nurse), to come along “for a boat ride” as the temperatures in the ocean had been fluctuating drastically between 55°F and 61°F. Noel was taking precautions in case I became chilled. This eased my mind, so I was not going to worry about hypothermia issues—Noel had that covered. Nathan was my lead crew and the previous Fastnet record holder. What a gracious person to support me and my swim. The feeds were perfect. PERFECT. It was as if Nathan and I had worked together as crew/swimmer many times. He anticipated what I needed and “read the swimmer.” There was an issue with my feeds as he saw that I was not taking in enough fluids, so he encouraged me to drink more during my feeds. We debriefed afterwards about this, and I have noted it for future swims. Nathan wanted to make sure I did not “bonk.” If I had “bonked” there would have been no record setting swim. Additionally, I was not disappointed in the wildlife—and made sure to stop and enjoy the view. I had a Minke whale escorting me and a pair of dolphins.

As we know in marathon swimming there is nothing solo about a solo swim. I told the crew I wanted a nice swim and if there was wildlife I wanted to stop and look--and I did. I did not want to know time as I just wanted to swim, so when I landed it was more than a pleasant surprise to have a fast swim. However, I understand the only reason that I had such a great swim, and to whom I owe my success, is the crew—they were the ones who supported and guided me. This was such a memorable and epic life experience—way more than just a record setting swim and I have Kieran, Noel, Nathan and Rianne and my training partners to thank for giving me this opportunity of a lifetime at age 63!”

Wait....another swim opportunity materialized upon my return from Ireland and less than eight weeks later I found myself swimming down the Potomac—the 2021 Inaugural DC Marathon Swim 20.5 miles. *Next issue*

Photo: Caroline Davis



*Suzanne breaks for fast food*



**The Dolphin Swimming and Boating Foundation would like to thank our 2021 donors!**

Bluest  
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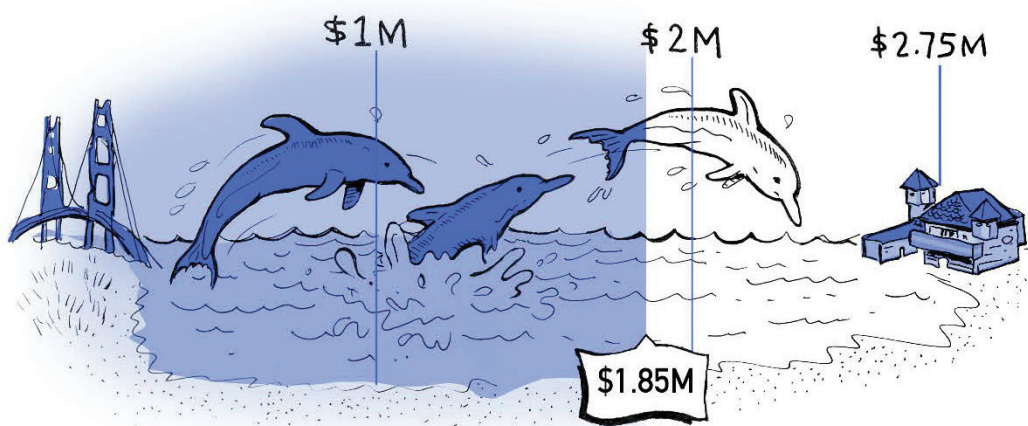
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[admin@dolphinfoundationsf.org](mailto:admin@dolphinfoundationsf.org). Learn more about ways to give at [www.dolphinfoundationsf.org](http://www.dolphinfoundationsf.org).



# SWIM REPORT & RESULTS - Thomas Neill, and Elaine Van Vleck

There is excitement brewing in the club which was felt during the Golden Gate swims. There are times when it seems that we are almost touching normalcy. We are happy that we have been able to have two traditional swims, Pier 39 and the twin Golden Gates, and we look forward to a full season in 2022. The swim commissioners want to balance Dolphin tradition by maintaining the regular structured swims, but also experimenting or trying out new ideas. An example was the first Golden Gate in where we allowed swim aids such as wetsuits and fins. Earlier in the year during the simple swims, we received positive feedback

from swimmers who joined the swims when they were allowed to use aids. We want to enable more Dolphins to participate in swims both in and out of Aquatic Park. Commissioner Elaine held a series during early Fall that we called Monday Madness. These were fun swims in the cove that anyone could join and share refreshment afterwards. We plan to restart these swims in the Spring when the days become a little longer. We are looking for members who would like to join in, but also to occasionally lead or help facilitate these swims. If you have ideas of how to encourage Dolphins to swim more often or for longer, please let us

know. And if you would like to plan a swim, reach out to us; we would like to support you. Members have many different reasons for swimming in the bay. The Swim Commissioners know that regular exercise leads to healthier and happier lives and this, in itself, is reason to encourage regular swimming. The Dolphin Club also offers a very special opportunity to walk from the city sidewalk, down the beach and step into a wilderness experience with currents, tides and wild animals, all elements that we do not control. Submerging ourselves into this space is consistently refreshing and rejuvenating. Hope to see you all in or on the water.

## GOLDEN GATE Swim OCTOBER 30-31, 2021

The Joe Bruno Golden Gate swim was performed over two days: heat 1, October 30, was for slower swimmers, heat 2, October 31 for faster swimmers. In Heat 1 the A group swam with swim aids, a B group swam with swim buoys. The C group swam the classic way. Groups B and C were placed together, since there does not appear to be an advantage or disadvantage to swim buoys. One swimmer in group A, Phil Gaal, swam his first Golden Gate swim 70 years ago. Way to go, Phil. The consolidated list of all the group B and C swimmers in both heats contains the official results. Both days were good swim days. Heat 1 was accompanied by harbor porpoises, always a thrill. Thanks to all the pilot and help volunteers who made both days successful; special thanks to Elaine Van Vleck and Tom Neill, the Swim Commissioners, and Tim Kreutzen, the Pilot Captain. Special thanks also to Nanda Palmieri and John Thorpe for holding the finish line double in place.

### Consolidated Heat 1 and 2, groups B and C results:

Place	Heat	F Name	L Name	Time	Group
1	2	Catherine	Breed	19:36	C
2	2	Ben	Chun	22:12	C
3	2	Suzanne	Heim	23:02	C
4	2	Ryan	Utsumi	23:03	C
5	1	Justin	Hughes	23:43	C
6	1	Erik	Peterson	24:00	C
7	2	Andrea	Amato	24:00	C
8	2	John	Renko	24:39	C
9	1	Devan	Nielsen	24:53	B
10	2	David	Holscher	24:59	C
11	1	Kate	Mapstone	25:12	C
12	2	Michael	Tschantz-Hahn	25:29	C
13	1	Erika	Kettleson	25:37	B
14	2	Lauren	Au Brinkmeyer	25:41	C
15	1	Mike	Walsh	27:18	C
16	1	Justin	Fisch	27:40	C
17	2	Steve	Carlson	27:49	C
18	2	César	Manzano	28:04	C
19	2	Tor	Lundgren	28:09	B
20	1	Lindzy	Bivings	28:20	C
21	1	Victor	Jakubiuk	28:28	C
22	2	John	Stassen	28:33	C
23	2	Chris	Kelly	28:39	C
24	2	Jaron	Ness	29:06	C
25	1	Kathleen	Seccombe	29:15	C
26	1	Chris	Kawaja	29:18	C
27	1	Alfred	Seccombe	29:20	C
28	1	David	O'Reilly	29:24	C

29	1	Augusta	Hopkins	29:27	C
30	1	Kerry	LaBelle	29:33	C
31	1	Bianca	Liederer	29:35	C
32	1	Jeanne	Hallacy	29:42	C
33	2	Zach	Curtis	29:52	C
34	1	Eileen	Buckley	29:58	C
35	2	Sean	McFadden	30:03	C
36	1	Dean	Badessa	30:15	C
37	1	Ken	Coren	30:24	C
38	1	Elizabeth	Ozer	30:29	C
39	1	Tommaso	Trionfi	30:31	C
40	2	Donald	Thornburg	30:35	C
41	1	Lewis	Haidt	30:39	C
42	1	Laura	Grubb	30:55	C
43	2	Elspeth	Farmer	31:03	C
44	1	Nancy	Hornor	31:12	C
45	1	John	Hornor	31:20	C
46	1	Keith	Nelson	31:26	C
47	1	Zachary	Walton	31:30	B
48	1	Janine	Corcoran	31:34	B
49	1	Hal	Offen	31:37	B
50	2	Morgan	Kulla	32:10	C
51	1	Nancy	Booth	32:18	B
52	1	Andy	Stone	32:33	C
53	1	Joni	Beemsterboer	32:48	C
54	1	Emily	Silverman	32:59	B
55	2	Michael	O'Connell	33:02	C
56	1	Anne	Barbarett	33:04	C
57	1	Lisa	Domitrovich	33:11	B
58	2	Thomas	Reynolds	33:15	C
59	2	Fasica	Alemayehu	33:25	C
60	2	Derrick	Rebello	33:43	C
61	1	Michael	Thoresen	34:24	C
62	2	David	O'Reilly	34:25	C
63	2	John	Gibbon	34:35	C
64	1	Eliana	Agudelo	34:38	B
65	1	Will	Kushner	34:46	C
66	2	Gina	Rus	34:55	B
67	1	Ken	Miller	35:03	C
68	2	John	Haymaker	35:17	C
69	1	Crissa	Williams	35:25	C
70	1	Jim	Frew	35:27	C
71	1	Kathleen	Duffy	35:35	C
72	2	Kristofer	Milonas	35:37	C
73	2	Lawrence	Remstedt	35:44	C
74	1	Peter	Neubauer	35:45	C
75	2	George	Morris	35:53	C
76	2	Ted	Tilles	36:05	C
77	2	Kaitlin	Talley	36:22	C

78	2	Karin	Christenson	36:28	C	<b>Pilots:</b> Nathaniel Berger, Jon Bielinski, George Chamales, Barry Christian, KC Crowell, Peter Depenaloza, James Dilworth, Quinn Duffy, Tony Foe, John Grunstad, Steve Hanson, Terry Horn, Davis Ja, Diane Jackson, Margaret Keenan, Brian Kiernan, Timothy Kreutzen, Mickey Lavelle, Dominic Lusinchi, Sean Marshall, Tim McElligott, Joseph Omran, Donald Osborne, Nanda Palmieri, Holly Reed, John Renko, Gina Rus, Eric Shackelford, Deborah Sherwood, Antonio Signorelli, Scott Stark, John Thorpe, Eliana Agudelo, Susan Allen, Julie Ask, Marcus Auerbuch, Nathaniel Berger, Scott Cauchois, Thomas Davis, James Dilworth, Brian Dineen, Chris Germain, Julia Hechanova, Simao Herdade, Augusta Hopkins, Libbie Horn, Terry Horn, Carolyn Hui, Brian Kiernan, Timothy Kreutzen, Eric Lam, Grant Mays, Tom McCall, Tim McElligott, Mikhail Melnikov, Nanda Palmieri, Will Powning, John Robiola, Maile Smith, Arnie Thompson, John Thorpe, Nihan Tiryaki, Radha Tomassetti, Lisa Weaver, Eliana Agudelo, Susan Allen, Julie Ask, Marcus Auerbuch <b>Helpers:</b> Susan Allen, Michael Barber, Nancy Booth, Steve Carlson, Andrew Cassidy, Karin Christenson, Peter Cullinan, John Davis, Kathleen Duffy, Nancy Friedman, Susan Garfield, Anne Hamersky, John Henderson, Krist Jake, Heather Kremer, Andrea McHenry, Helen McKinley, David O'Reilly, Hal Offen, Beth Ohanneson, George Robin, Polly Rose, Emily Savinar-Nogue, Eric Shupert, Andy Stone, Kaitlin Talley, Michael Tschantz-Hahn, Spring Utting, Zachary Walton, Ramsey Williams, Rebecca Wolski, Janice Wood <b>Test swim: (October 29)</b> Peter Cullinan, Peter Depenaloza, James Dilworth, Chris Germain, Justine Juson, Hal Offen, Sona Sondhi, Nathaniel Berger, Scott Cauchois, Duke Dahlin, Augusta Hopkins, Terry Horn, Elizabeth Kantor, Brian Kiernan, Timothy Kreutzen, Will Kushner, Tim McElligott, Tom Neill, John Robiola, Emily Silverman, Nobuya Takahashi <b>Group A swimmers:</b> Julie Ask, George Carvalho, Phil Gaal, Ann-Kathrin Koch, Emily Savinar-Nogue, David Wagner, Katherine Wendelsdorf
79	1	Scott	Cauchois	36:40	B	
80	2	Maggie	Loneragan	36:40	C	
81	2	Paul	Chong	36:52	C	
82	2	Jonathan	Wright	37:00	C	
83	1	Jamie	Robinson	37:01	C	
84	1	Rory	Enke	37:32	C	
85	2	Bobby	Lu	37:35	C	
86	1	Robin	Rome	37:54	C	
87	2	Sean	Lavelle	38:03	B	
88	2	David	Nosrati	38:04	C	
89	2	Mickey	Lavelle	38:14	B	
90	2	Robert	Blum	38:46	C	
91	1	Alix	Marduel	38:50	C	
92	1	Carolyn	Hui	39:10	C	
93	2	Terry	Huwe	39:10	C	
94	2	Brandon	Esenether	39:18	C	
95	2	Peter	Cullinan	39:42	C	
96	2	Marcy	Michael	39:59	C	
97	2	Margaret	Keenan	40:41	C	
98	1	Scott	Halsted	40:47	C	
99	2	Holly	Reed	40:55	B	
100	1	Sheila	Gleeson	41:50	C	
101	1	Sarah	Roberts	41:57	C	
102	2	Richard	Wallace	42:34	C	
103	1	Bob	Tandler	45:20	C	
104	1	Michael	Barber	45:25	B	
105	1	Will	Powning	46:04	C	
106	1	Lorna	Newlin	47:08	C	
107	1	Stuart	Gannes	47:21	B	
	2	Jean	Allan		C	
	2	Marlin	Gilbert		B	
	2	Jonathan	Sip		C	

Escape From Alcatraz Triathlon  
OCTOBER 26, 2021

Place	Name	Swim	Bike	Run	FINISH
1	Bernstein, Joby	0:32:00	0:50:00	2:53:00	4:15:00
2	Milonas, Kristoffer	0:49:34	0:58:26	2:37:00	4:25:00
3	Matthay, Brian	0:51:50	0:59:10	2:36:00	4:27:00
4	Nguyen Thierry	0:52:35	1:00:25	2:36:00	4:29:00
5	Badertscher, Peter	0:48:15	0:47:45	2:56:00	4:32
6	Mapstone, Kate	0:45:52	0:59:08	2:47:00	4:32:00
7	Rahn, Ken	0:46:44	0:53:10	2:56:06	4:36:00
8	Reid, Daniel	0:46:44	0:59:16	2:56:00	4:42:00
9	Dinh, Joseph	0:42:26	0:49:34	3:21:00	4:53:00
10	Brown, Thomas	0:44:32	0:57:28	3:12:00	4:54:00
11	Gibbon, John	0:47:20	0:53:10	3:15:30	4:56:00
12	Thompson, Jason	0:58:55	0:57:05	3:06:00	5:02:00
13	McKellips, Terry	0:49:48	0:50:12	3:26:00	5:06:00
14	Jakubiuk, victor	0:55:00	1:08:00	3:12:00	5:15:00
15	Burrell, andrew	0:40:37	0:53:23	3:45:00	5:19:00
16	Long, Matt	0:47:22	1:05:38	3:26:00	5:19:00
17	Hill, Laura	0:46:52	1:02:08	3:31:00	5:20:00
18	Bartu, Peter	0:42:34	1:03:16	3:43:10	5:29
19	Schwarz, Ken	0:41:45	1:08:15	3:41:00	5:31:00
20	Haymes, Richard	0:50:53	0:59:48	3:40:52	5:31:33
21	Sigal, Alex	0:58:24	1:02:36	3:32:00	5:33:00
22	Sheridan, Kathleen	0:48:03	1:13:57	3:31:30	5:33:30
23	Calder, Allan	0:47:02	1:02:58	3:51:30	5:41:30
24	Egami, Jay	0:49:49	1:12:11	3:40:00	5:42:00
25	Power, Conor	0:49:47	0:57:13	3:57:00	5:44:00
26	Hill, John	0:41:14	0:57:46	4:07:00	5:46:00
27	Waterbury, Laura	0:44:28	1:18:32	3:54:00	5:57:00
28	Siegel, Kevin	0:49:30	1:22:30	3:54:00	6:06:00
29	Chong, Paul	0:53:44	1:17:16	3:57:00	6:08:00
30	Harper, Greg	0:54:47	1:14:13	3:59:00	6:08:00
31	Wendelsdorf, Katherine	1:01:00	-1:01:00	6:11	6:11
32	Kushner, Will	1:08:13	1:00:47	4:04:00	6:13:00
33	Leffers, Matt	1:02:22	1:14:38	4:09:00	6:26:00
34	Davis, Thomas	0:50:44	1:18:16	4:20:00	6:29:00
35	Montgomery, Matt (Monty)	0:47:17	1:32:43	4:09:00	6:29:00
36	McKee, Sunny	0:52:06	1:14:54	4:25:00	6:32:00

Place	Name	Swim	Bike	Run	FINISH
37	Lillios, Tony	0:47:15	1:05:35	4:41:10	6:34:00
38	Offen, Hal	1:00:18	1:13:42	4:43:00	6:57:00
39	Kenvin, Seth	1:02:45	1:34:15	4:31:00	7:08:00
40	Webb, Mike	1:00:02	1:33:58	5:19:00	7:53:00
41	Nowell, Keith	1:16:31	1:49:29	5:49:53	8:55:53
42	Taylor, Phil	1:17:07	1:53:53	5:54:00	9:05:00
	Cable, Bob	47:30:00			injured
	Klevay, Shay	51:50:00			lost-cut it short

Relay Teams					
		Swim	Bike	Run	FINISH
1st- The Turtles	Callan, Peter	0:41:41	0:44:49	2:12:30	3:39:00
	Clark, Benjamin	0:41:41	0:44:49	2:12:30	3:39:00
	Nosrati, David	0:41:41	0:44:49	2:12:30	3:39:00
2nd- Vaccinated & Victorious	Broad, John	0:38:04	0:47:56	3:39:00	5:05:00
	Dyer, Dean	0:38:04	0:47:56	3:39:00	5:05:00
	Gable, Emily	0:38:04	0:48:36	3:38:20	5:05:00
3rd- The Quaranteens	Liskamm, Thea	0:52:22	1:02:38	3:22:00	5:17:00
	Sondhi, Sona [1]	0:52:22	1:02:38	3:22:00	5:17:00
	Wachs, Megan	0:52:22	1:02:38	3:22:00	5:17:00
4th- Team SERC	Ling, Emma	0:42:47	1:14:13	4:21:00	6:18:00
	Starr, Elisabeth	0:42:47	1:14:13	4:21:00	6:18:00
	Young, Elizabeth	0:42:47	1:14:13	4:21:00	6:18:00
5th- The Turtles	Horner, John	1:10:05	0:57:55	4:13:00	6:21:00
	Neubauer, Peter	1:10:05	0:57:55	4:13:00	6:21:00
	Smith, Lisa	1:10:05	0:57:55	4:13:00	6:21:00
6th- Just under the Wire	Dods Suzie	0:57:40	0:56:20	5:02:00	6:56:00
	McKee, Mark	0:57:40	0:56:20	5:02:00	6:56:00
	Rome, Robin	0:57:40	0:56:20	5:02:00	6:56:00
	Schwaab, Andrew	0:57:40	0:56:20	5:02:00	6:56:00



# The Delta's Message for the Bay

From slate gray to earthy green to sky blue, the Bay comes in many colors. Its waters are constantly, beautifully, in flux.

But the color of the Bay may not be so pretty in the years ahead. Worrying developments this summer in the Delta foreshadow what may come to pass along San Francisco's waterfront, as outbreaks of toxic blue-green algae become larger and more numerous. San Francisco's water use—both how much it takes from mountain rivers and how it discharges wastewater into the Bay—fosters blooms in the Delta and threatens to make them more common in the Bay itself.

As mentioned in the last edition of *The Log*, San Francisco and agricultural water districts take most of the Tuolumne River's flow—about 80 percent in an average year and upwards of 90 percent in drier years. This means little water is left over to flow into the San Joaquin River, which the Tuolumne feeds into, and then into the Delta and Bay.

As a result, flows into the Delta are often reduced to a stagnant, contaminated dribble, and create conditions that promote toxic algal blooms. For the past several years, Stockton and Discovery Bay have endured sickly green waters for months at a time. Fish, wildlife, and even the family dog can be killed by toxins that emanate from these "harmful algae blooms" (HABs), and people can be sickened, too. There's additional risk when the HABs toxins become airborne.

So what does this have to do with the Bay? For one, it's important to remember that the Bay is not a closed system. The toxic baggage generated upstream is carried by water travelling from the Sierra to the Golden Gate. Algal toxins traced to the Delta have already been detected in Bay shellfish.

Even more worrying, conditions in the Bay itself are becoming increasingly conducive to HABs. High levels of nitrogen and phosphorus found in HABs elsewhere around the world have turned lakes and estuaries the color of pea soup. Some of those water bodies have lower levels of nitrogen and phosphorus than is



currently measured in the Bay, and waters warmed by climate change only amplify the threat.

"The City of San Francisco is putting the Bay at risk because of its shortsighted water policies," said Baykeeper scientist Ian Wren. "We're taking too much water from the Tuolumne, and then we only use it once before flushing it and a heavy load of nutrients into the Bay."

There's no question that the spread of toxic algae in the Bay would be devastating for swimmers and boaters—not to mention any human or animal that spends time on or near the water. But there's a fairly straightforward solution to addressing HABs that currently dominate the Delta as well as those that could, in the future, turn San Francisco Bay green. Water recycling—treating and purifying wastewater so it can be re-used—reduces demand for water diverted from Bay tributaries, while simultaneously reducing the nitrogen and phosphorous that is released into the Bay.

Other cities in the western U.S. have learned the lessons of repeated droughts and are recycling water to reduce their burden on rivers, while increasing the reliability of their supply. For instance, Orange County is a global leader in using advanced wastewater treatment for potable reuse. In the Las Vegas area, recycled wastewater goes to irrigate parks and golf courses, although most is filtered through wetlands and returned into Lake Mead. San Diego is currently implementing a

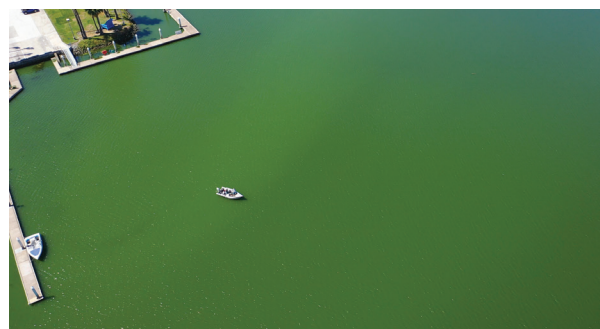
wastewater recycling project that will provide more than 40 percent of the city's water supply locally by the end of 2035.

But SFPUC lags behind. Unlike its southern California peers, San Francisco currently has no plans to make recycled water widely available in the next 25 years.

"San Francisco is facing both a challenge and an opportunity," said Wren. "The science tells us SFPUC's current water diversions and wastewater discharges are unsustainable. If the city fails to plan now, it could mean disaster for the Bay, as well as its flora and fauna and the fishing and recreation industries that depend on it. By recycling its wastewater, the city can take less from our Sierra rivers and keep the Bay blue."

It would be a terrible tragedy if San Franciscans only wake up to this connection—and to the City's shortsightedness—when the Bay turns a poisonous pea green. Like wildfires and their ominous orange skies, this toxic green brew will become a new horrific seasonal tradition if things don't change soon.

*Joe Illick*



*Discovery Bay last summer*

## PRESIDENT'S REPORT - Ward Bushee

It was one of those stunning autumn afternoons, and Ken Coren and I sat down in the Staib Room and took it all in. Before us scores of Dolphins were swimming, a few were rowing, pilots were working on the motorized, and other members in deck chairs were bathing in the warm afternoon sunshine. There was a relaxed, giddy vibe in the air. Inside, the usual weekday crowd bustled with activity. "It's nice to see the club coming back to life again," observed Ken. So true. Though the club on that splendid day was far from being fully back to pre-pandemic normal, and may never be completely, it had come a long way back from the full-locked down building of 12 months before. The year 2021, the 144th year of the Dolphin Club, was a pandemic roller coaster.

My intro note as the new club president in 2021 came after I was allowed entrance into the chilly, drafty closed building. Alone inside, I felt like I was trespassing. It felt cold and dead and. I wrote: "Although limited essential work continues occasionally inside, our living museum felt eerily like seeing those underwater videos of the sunken Titanic – empty of human life but full of memories."

Thus, our members began 2021 outside with the 2020 carryover of scheduled swimming and rowing slots for members, all using a back-gate check-in system monitored mostly through the generous help of hearty volunteers. During the winter afternoons they bundled up to the max and holed up in the boat shed to avoid a whipping from the constant wind. Club Manager John Ingle, braced for the cold, long days, often looked like he just stepped off an Alaskan trawler from Deadliest Catch.

But there was some light on the horizon. Vaccinations were starting to hit the arms and we all hoped for herd immunity and some return to comfortable life. Throughout the year, the city Department of Health orders shifted and re-shifted. And the club adjusted, even going beyond mandated guidelines with additional restrictions in the name of safety.

It was a world record year for Club

rules. We throttled through COVID swings with rules added, subtracted, restored, and sometimes retired. Doors and walls were billboards of papered rule announcements.



*President Ward Bushee in tuxedo emerges after jumping off the pier, part of the celebration during the Dolphin Foundation fundraising party.*

Members were updated on the changes, but it was hard to keep up. My thanks to those many members who did follow the rules to the letter. You helped keep yourself and others safe.

And meanwhile, sadly, there were the roots of division growing from within, as elsewhere in the country, over people's decisions about getting vaccinations and masking. We can only hope the division will subside with time. But like so many other things in a pandemic era, nothing is certain.

By late May, the club slowly began to open locker rooms for "vaxxed" members to shower and dress, with the provision of social distancing and masking in dressing areas where fresh, cool air streamed through windows. Saunas remained shuttered and showers were limited to a few minutes. But members were relieved to return indoors even with the cold,

ghost-like atmosphere.

At long last the highly anticipated June 15 grand reopening of California, San Francisco, and the Dolphin Club gloriously arrived.

But in August it all came crashing back down with the surge of the Delta variant. We returned to our pandemic survival stance. Shelved were indoor social gatherings as well as many scheduled water events. Then by late summer, once again, the virus settled down and with COVID safeguards in place, we began climbing back. We emphasized fresh-air gatherings and resumed Club swims, rowing programs, special events, mixers and even a big rocking, fund-raising gala. And all that happened before fall had seriously set in.

As I write this note, still in a time of uncertainty, and still several weeks from the 145th year of the Dolphin Club, we are again riding the high of recovery. But this time

we take the ride with some skepticism. This time we are more aware, more jaded perhaps, more prepared to accept or decline the risks of a social situation, but ever more anxious for an exit from the pandemic's tyranny.

While so many things stopped and sputtered and slowed our progress, I would be remiss if I didn't acknowledge and salute our Dolphin superstar volunteers who kept the club remarkably marching forward this year. (The highlights are included in the sidebar.)

And so what's ahead and important in 2022?

We've still got a building to fix and more money to raise. We are growing much faster than we expected, but still doing many things like a club of a few hundred members. We need to prepare for our future. And, perhaps also a byproduct of growing pains, too few key people are doing too much of the work. All of these things and more



## PRESIDENT'S REPORT - *Ward Bushee*

need to be addressed in 2022. But as we do, we can take some comfort that we are financially in good shape and the future looks secure. I'm hoping we can put the worst part of pandemic era behind us. The outlook is brighter but, yes, still uncertain. Maybe the mask mandates will go away and members will be able to make their own decisions. Maybe we will be able to more fully resume our lives. Maybe the roller coaster of 2021 will become a singular, unique year in the club's long history. Maybe. ...

Even in the COVID year, so much accomplished!

In some ways, it was a very good year. The list of outstanding volunteer contributors in 2021 shine brightly and didn't stop with the highlight list below. It goes on and on. Thanks to all of you.

- Our new lease with the city, which will ensure the Club's future for 49 more years, was delivered to the finish line after years of effort, led by Diane Walton and Clint Callan.
- Our insurance coverage, frighteningly outdated and limited, was upgraded with new, broader policies to protect us, thanks to the super work of Jean Allan.
- Hundreds of members showed proof of vaccination and had their fobs activated, allowing them to return inside the Club. Many thanks to the tireless work of Membership Director Karen Heisler.
- The enlightened People and Culture Committee created programs for inclusion, respect, support and understanding among the membership -- a trail map for

what the club will become as a better place for all members.

- Led by Anthony DuComb and Robin Rome, the fund-raising effort, which included a Nov. 6 gala dance, presidential dunk, and auction night, pushed the total amount raised or pledged toward the club's building renovation to about \$2 million.
- The Communications Committee, and yes, led by Diane again, worked with dozens of volunteers to greatly enhance the Dolphin Club website; and they created the complete, online members' guide with the new Community Handbook.
- Our historical archives were enriched by Club archivist Morgan Kulla.



*Ward relaxes*

### 2021 Hundred Mile Challenge June 1 to October 31, 2021

Place	Name	# of miles
1	Tom Neill	329
2	Ryan Utsumi	230
3	Julie Ask	167.06
4	Chris Wagner	159
5	Peter Cullinan	158
6	Suzanne Heim	150
7	Lauren Au Brinkmeyer	142.5
8	Andrew Wynn	137.75
9	Joe Illick	134
10	Luca Pozzi	130
11	Laura Zovickian	124
12	Maggie Lonergan	118.86
13	Lawrence Remstedt	113.13
14	Randall Edwards	111
15	Matthias Fore	110
16	Steve Carlson	109
17	John Stassen	109
18	Lauren Lesyna	108

19	Lisa Domitrovich	107
20	Mike Walsh	105.45
21	Terry Huwe	105
22	Kaitlin Talley	105
23	Pejmun Haghighi	103
24	David O'Reilly	103
25	Paul Chong	102.7
26	Richard Haymes	102.5
27	Wolf Richter	102
28	Madhuri Yechuri	101.95
29	Tor Lundgren	101.5
30	David Holscher	101.5
31	Jeanne Hallacy	101
32	Nancy Lange	101
33	Holly Reed	101
34	Elaine Van Vleck	100.75
35	Michael Thoresen	100.5
36	Duke Dahlin	100
37	Kathleen Duffy	100
38	Elizabeth Ozer	100
39	Steve Schatz	100
40	Ralph Wenzel	100



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## 2022 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Sat TBD	*New Year's Day Alcatraz
Jan 1	Sat 9:30 am	New Year's Day Cove Swim
Jan 9	Sun 8:00 am	*Pier 41
Feb 13	Sun 7:30 am	*Gas House Cove
Feb 20	Sun TBD	Old Timers' Lunch
Mar 12	Sat 8:30 am	*Pier 39
Mar 21	Mon 11:00 pm	End of Polar Bear
Mar 22	Tue 5:00 am	Start of Walt Stack Challenge
Apr 2	Sat 9:30 am	*Yacht Habor
Apr 30	Sat 9:00 am	*Coghlan Beach Fun Swim
TBD		McCovey Cove Regatta
May 14	Sat 11:00 am	Walt Schneebeli Over 60 Cove
TBD		Rowers' Festival
May 22	Sun 7:30 am	*John Nogue Swim for Science Pier 15
May 30	Tue 23:00 pm	End of Walt Stack Challenge
Jun 1	Wed 5:00 am	100-Mile Swim Begins
Jun 4	Sat 3:45 pm	*Doc Howard Gas House Cove-Over 45
Jun 4	Sat 3:45 pm	*Gas House Cove-Under 30 & 30-45
Jun 26	Sun 9:00 am	Pride Swim
Jul 17	Sun 7:30 am	*Bay Bridge
Jul 30	Sat TBD	*Santa Cruz 1 mile swim
Jul 31	Sun TBD	*Santa Cruz 2 mile swim
Aug 27	Sat 9:00 am	*Fort Point
Sep 10	Sat TBD	Dolphin/South End Triathlon
Sep 24	Sat TBD	Swim Across America
Oct 2	Sun 7:00 am	Escape from Alcatraz Triathlon
Oct 15	Sat 9:45 am	*Joe Bruno Golden Gate
Oct 29	Sun 8:45 am	*Alcatraz
TBD		Angel Island Regatta
Oct 31	Mon 11:00 pm	100-Mile Swim Ends
Nov 12	Sat 6:00 pm	Pilot Appreciation Dinner
Nov 24	Thur 10:00 am	Thanksgiving Day Cove
Dec 17	Sat 10:00 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Sat 5:00 am	Polar Bear Swim Begins

### 2022 Intro to Bay Swimming 9-11am

January 22

March 19

May 15\*

July 24\*

Sep 18\*

Nov 13\*

\*tentative date

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
  2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
  3. Swimmers are required to wear orange caps on all scheduled swims.
  4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
  5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
  6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
  7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
  8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
  9. Swimmers must register during check-in and attend the swim briefing in order to swim.
  10. Successfully complete at least three qualifying swims and help on at least three swims.
  11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island  
1.4 miles



Pier 41½  
1.2 miles

Pier 43  
1 mile

Fort Point  
3.5 miles

Yacht Habor  
1.5 miles

Gashouse Cove  
1 mile

Aquatic Park Cove

Crissy Field  
2.5 miles

All times are approximate & subject to change.  
TBD means "to be determined".