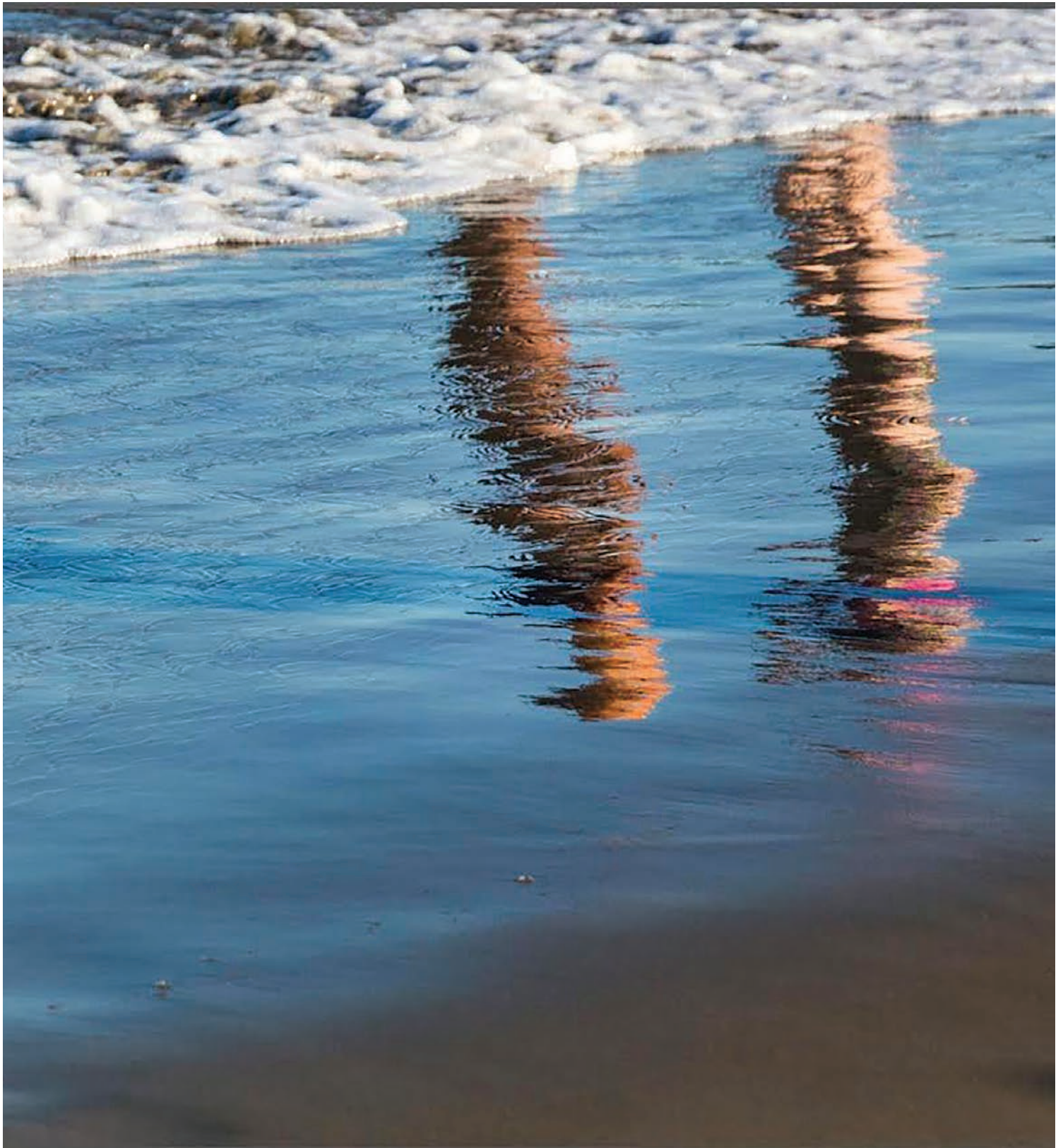


DOLPHIN LOG

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



Dolphin Log

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Once 'Round the Cove

Sixty Years Ago

The club celebrates the 75th Anniversary of the JOHN WIELAND barge on April 29, 1962, by rowing to Tiburon with major press and TV coverage. The honored crew consists of old-time oarsmen guided by coxswain Dr. A. W. Ward proudly wearing his 1905 rowing medal.



Pictured Left to Right: Wally Smith, Joe Weiss, Lawton Hughes, Tom Troneum, Dr. A.W. Ward, Les Hendry, and Howard Hall. Photo published in the San Francisco Examiner, April 30, 1962.

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Other

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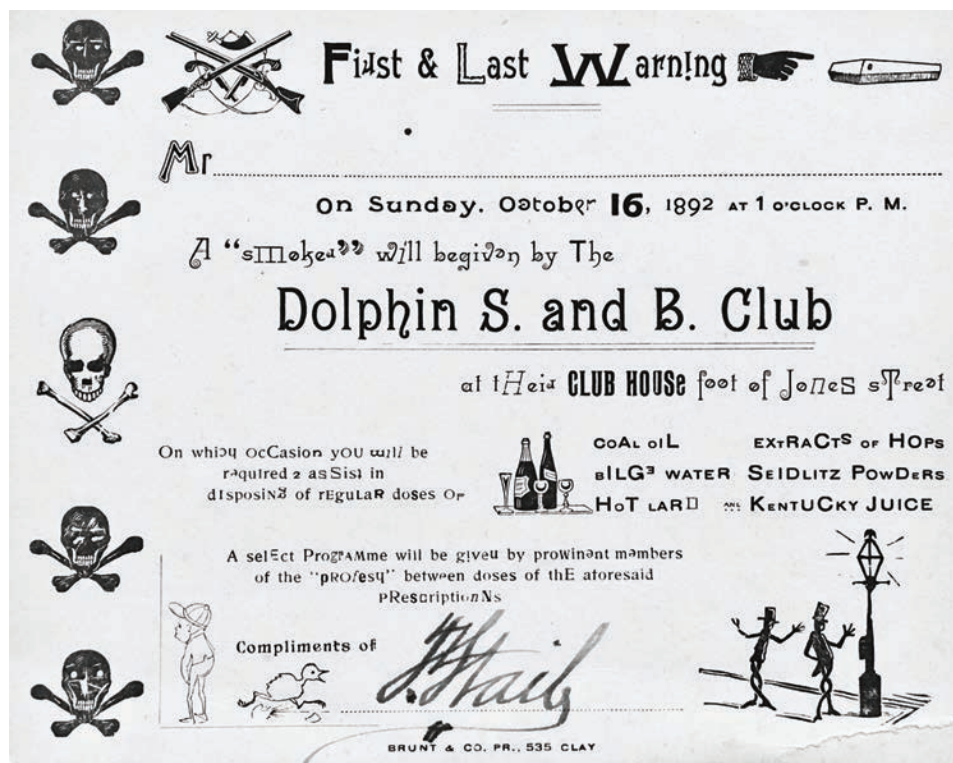
News from the Archives

You know they are there, in drawers, on shelves, and around your house. Sometimes you see them, sometimes they are invisible. Yes, your Dolphin Club trinkets!

But now they coming out into the light... and you can view them in the newest Archives folder, the Trinket Gallery. So far there are only 119 entries, but I know there are at least that many more out there. So, send us your trinkets! You keep the trinket, all we need is a clear photo of the trinket (side and back if necessary), the measurements, and a few words about why it still lives with you. Send to: archives@dolphinclub.org.

The other new Archives folder is for Ephemera. What is ephemera? This an archivist's term for scrapbooks and various printed memorabilia intended for short term use. Collectively, ephemera are a window onto the varied, and surprising, athletic and social activities in the earlier days of the Dolphin Club, including some wild and crazy parties.

An October 1892 invitation card is the First and Last Warning of an upcoming "smoker" party at the Dolphin Club House. The humorous invitation features different size/oriented fonts, small drawings, and five skull and crossbones. Attendees will be "required 2 assist in disposing of regular doses of such things as coal oil, bilge water, hot lard, extracts of hops, seldlitz powders, and



Kentucky juice.

An October 1917 letter reminds members of the upcoming "basket party" cruise, featuring dancing on board to "our new Dolphin orchestra" and continues, "the word 'jazz' is too weak to describe the way they play the very latest pulsating, pants-ripping melodies."

On January 20 th of this year, a previously unknown (to us) website "Broke Ass Stuart" featured news from the Dolphin Club groups.io on the recent pinniped antics. Stuart concluded his report with this advice: "If you're curious about the Dolphin

Swimming and Boating Club, which has been in operation since 1877, check out their website here, and their epic historical archives here." Thank you, Stuart, our Archives are totally EPIC!

For even more fun, come help out with the Archives. Watch groups.io for upcoming volunteer session dates. And take a look at all the goodies in the two newest Dolphin Archives folders at <https://hub.catalogit.app/375>.

Morgan Kulla

Errata

An article in the Fall 2021 Log, "The Delta's Message for the Bay", was mistakenly attributed to me. It was written by the staff at Baykeeper. I simply edited it and, of course, stand by its message. Joseph IllickJohn Horner's article, "The Distinguishing Cupola", Summer 2021, contained a mistake on the date the Board of Supervisors approved the building of a new Dolphin Club boathouse at the foot of Van Ness. The correct year is 1895. (*San Francisco Call*, November 7, 1895.)

Dolphin Club Lease

March 2022, I signed the lease with the city that will enable the Dolphin Club to exist in its clubhouse and on its property for almost the next half-century. The new lease is for 25 years, with an option of 24 years thereafter. The lease replaces the previous one signed in 1979. It stirs the imagination to wonder what the club and its members will be like by the 2070s when this lease expires. But it seems certain that the joy we experience with our waterfront home and our special sense of Dolphin community will be as unique 49 years from now as it is today. As can never be said enough, Clint Callan and Diane Walton deserve our thanks and appreciation for seeing this essential and oftentimes demanding project through so many hoops.

Ward Busbee

In Memoriam

Tom Silk 1937-2022

Tom Silk passed away on February 4, 2022, after a brief illness. Tom was the guru of non-profit law. He represented hundreds of NPOs, especially in the Bay Area, including the Tides Foundation, Glide Memorial, Oceanic Society; and he lectured on the subject in the emerging countries of East Asia. Tom joined the Dolphin Club in October 1973, primarily to play handball. In 1976, he was asked to represent the Club as it entered negotiations about admitting women members. He ascertained that the City of San Francisco was the Club's landlord, and so, he explained, there was no wriggle room. He was promptly fired. Tom was later married for a while to one of the first ladies to join the Club.



Patrick Kelly 1928-2022

Life Member Pat Kelly died on January 8, 2022, in Chico, California, where he had resided for the last forty years. Pat was 93. Born in Missouri, he studied at the Sorbonne, and earned degrees from the University of Mexico and San Jose State before becoming a reference librarian. Pat joined the Dolphin Club in April 1961. He was a handball player, rower, and one of our top runners. Pat also swam the Golden Gate in 1963, and served on the Board in 1965. Pat continued to jog and bike in retirement. He was a conservationist and enjoyed outdoor hobbies, growing his own food, collecting mushrooms, panning for gold, and fishing.

(photo: Patrick Kelly - 2nd from Left)



Ray Mondini 1940-2022

Raymond Mondini passed away on January 4, 2022, at age 81. He was born in San Francisco, and attended SF State and the University of Perugia, Italy. Ray became a highly respected scholar, lecturer, and longtime chair of the Humanities Department at the SF Art Institute from 1968 through 2004. In October 1981 he joined the Dolphin Club and was active in all the Club swims. Ray also piloted, completed Polar Bear many times, was a weightlifter, and served on the Board. In recent years, Ray simply enjoyed his leisurely morning swims.



Hiroshi Tsuyumine 1921-2021

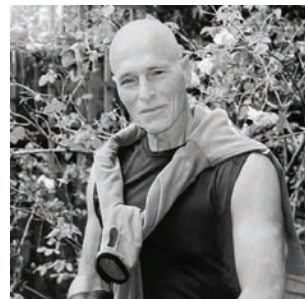
Life Member Hiroshi "Hiro" Tsuyumine passed away on December 14, 2021, aged 100. Hiro was born in San Francisco, graduated from Polytechnic High School, and was interested in art before the attack on Pearl Harbor changed everything. Like other Japanese-Americans on the West Coast, the Tsuyumine family was forced to relocate. They were held at Topaz Camp in desolate central Utah. Returning to San Francisco after the war, Hiro met Frank "Cecco" Mennucci while working in the old produce market and heard about the Dolphin Club. He also became a longshoreman and met more Dolphins, including his gang boss, Frank Drum, president of the Club. Hiro joined the Dolphin Club in July 1974, hoping to find wholesome exercise and friendship.

Hiro told fascinating stories of a much different club back then, including sunbathing naked on the roof deck, old-timers smoking while playing gin rummy, and the coke machine in the Staib room dispensing beer. He was an enthusiastic swimmer, and, when not competing in club races, Hiro would be a timer or helper. Or, you might have spotted Hiro tanning on the deck with a wood block pillow and eye shields. Along the wharf, from the BV to Scoma's to IHOP, Hiro's appetite is still legendary.



Jerry Jacoby 1936-2022

Jerrold "Jerry" Jacoby passed away in San Francisco on February 22, 2022, at the age of 86. Jerry was superbly educated at Lowell HS and UC Berkeley. He joined the Dolphin Club in May 1982 with a passion for fitness. Jerry was a fixture at the Club, busy in the weight room and erging (rowing) on the deck, but always happy to pause, chat, and share his wisdom with anyone.



William McKown 1944-2021

Bill McKown, a valued Life Member, passed away on November 25, 2021, at age 77. Born in St Louis, he served on a destroyer in Vietnam. After his service, he earned an MBA degree from the University of Southern California, and then enjoyed a distinguished career in banking and equipment leasing. Bill became a Dolphin in May 1983, and was soon a swimmer, helper, Dipsea Trail runner, and triathlete. Bill learned to play the bagpipes at age 50 and entertained us at our Robert Burns celebrations.



William 'Bill' Fink 1943-2020

We only recently learned that Bill Fink died in Bodega Bay on February 10, 2020, at age 77. Bill joined the Club in July 1983 and was a talented sculler at Lake Merced. He represented the club in many rowing regattas. Bill graduated from Yale in 1964, and became a Rhodes Scholar. Locally, he was well-known for promoting and selling vintage hand-built Morgan sports cars, dealing with all the import restrictions, and keeping the brand alive in America.



Bob Danielson 1930-2022

A landscape architect and lecturer at UC Davis, Bob Danielson worked on many large scale landscapes including Shoreline Center in Mill Valley, Yosemite and Sacramento International Airports, and the Lakes (multi-family housing) in Mountain View. Over his career, he estimated he was responsible for planting over 100,000 trees and shrubs. Bob was an active swimmer all his life. He competed in open water swims, Masters World Championships and even traveled to Sweden and Italy to compete internationally. He swam regularly on the Masters team at USFs Koret Center, and in 1984 joined the Dolphin Club where he kayaked and piloted for 35 years. For decades he was always the first to arrive at the club every morning at 5 am, switch on the sauna, swim backstroke along the buoy line and then enjoy the camaraderie in the sauna sitting in his favorite spot in the southeast corner. Although diagnosed with cancer some years ago, he never chose to talk about it.



Suzanne's Swimming Summer Part 2:

The Inaugural Potomac Swim

Suzanne Heim-Bowen

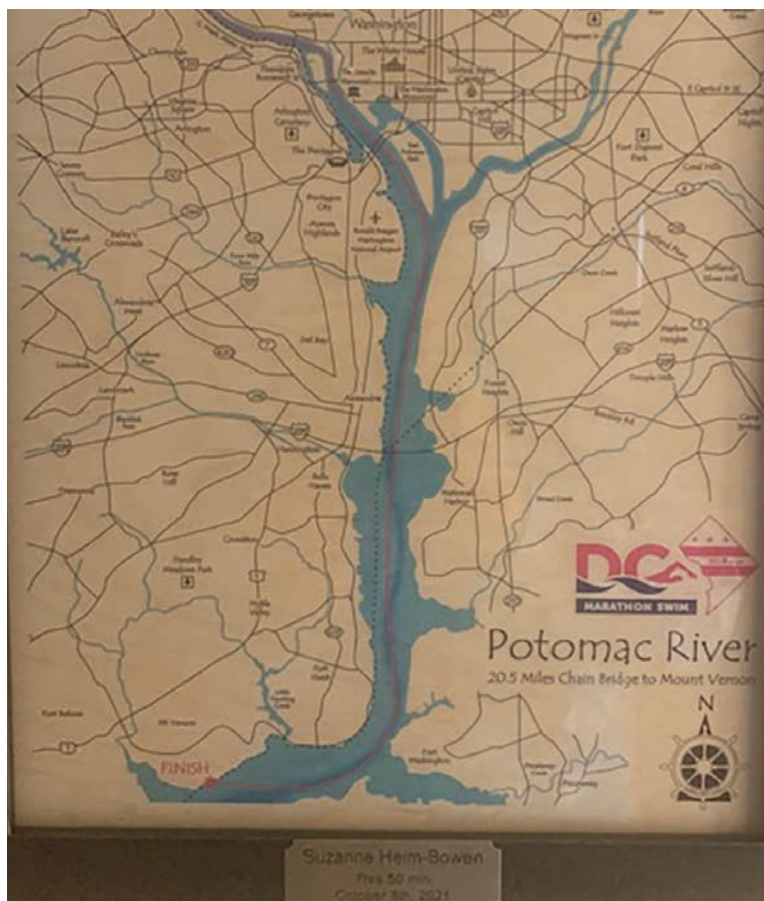
My participation in the DC swim began with an inadvertent email that was sent to me from my friend Michelle Squyer of SERC, several days before I left for Ireland for the swim from Fastnet Rock (see Fall 2021 Log), and that was my focus. However, I had never been to DC and the idea of seeing the monuments from the water really intrigued me, so I responded to race director Denis Crean. Well, neither Michelle nor I had read the email carefully, and the email was not to be forwarded. OOPS....! I had already responded by email and then called Denis right away to explain the oops. I asked to be put on the wait list, as there were only ten swimmers invited. He could not give me a definitive answer if I would even be considered, which was fine, because I was about to leave for Ireland, and I put the thought of a 20.5 mile and potential 10-hour swim out of my mind. But I did contact Colin, one of my high school friends who lives in the DC area, to see if he would be able to help me out (just in case). Colin and I played Boys' Water Polo together at San Rafael High, and at one point he was a competitive triathlete, so I knew he understood the mindset of a long-distance race. Colin was "all in", though I still didn't know if my application would be accepted.

The Fastnet Swim was beyond my expectations in many ways. I reveled in its success for a few days... then curiosity got the best of me, and I contacted the DC people and found out that my application had been accepted, but the swim was moved up a week to October 8, 2021. I was

not set to return from Ireland until August 13th! As far as training goes, I had just tapered and rested, which means I now had to increase my swim yardage quickly, as I needed to be ready for a 10-hour swim in less than 8 weeks! UGH. However, I was drawing my inspiration from some of my swimmer friends who can spend hours (14 – 15 hours) in the water during their North Channel/Catalina/English Channel swims---and swimmers who even do "doubles" of those swims. Some names that come to mind are my Dolphin Club members Lauren Lesyna and Duke Dahlin. Then Sarah Thomas--swimming four "laps" of the English Channel...just how? I told myself to stop whining and jump on the training with a set plan. I diligently followed the plan, alternating 4-hour and 6-hour swims, and with a maximum yardage of 55-65K meters

a week for 3 weeks. Unfortunately, for the first time in 45 years, I became ill with a bacterial infection. I was out of the water for four days and became weak from a GI upset. I did not want to take antibiotics because that could potentially give me other issues, so I let the GI problem self-resolve. I did lose about six pounds, but no worries because I know how to put on weight. No problem! I returned to long distance training but with limited intensity, and by that time I was almost ready to "rest and taper", with not much to taper from! I reminded myself that I would be swimming "only" 10 hours and that there are others who train far less and spend a lot longer in the water, so I just had to be mentally strong.

I arrived at the DC National Airport on Wednesday, October 6, in the evening. There was a Zoom briefing the next morning, where I virtually met Ellis, the Observer, and Ryan, the Kayaker. We needed to be at the staging area, Washington Canoe Club (WCC), at 5:30 am the following morning. I had yet to meet the boat pilot. However, I did have several conversations with race directors Jim Loreto and Denis Crean, and while I like to know who is going to be on the boat and connect with the crew beforehand, I knew that Denis and Jim had the details of the swim organized. Planning a swim in the Potomac is not easy. I asked them how many agencies they had to work with to obtain permits...they said they lost count at seven: Harbor patrols, clean water agencies, Homeland Security (we were swimming by the Pentagon and other National Monuments),



DC Marathon Swim 20.5 Miles Potomac River Course Map



Crew: Eiko Chinn, Suz HB, Colin Chinn

and various state agencies, since we were swimming between different states. They also they had to organize boats, kayakers, and observers, and a brunch the following day. This huge undertaking had to be a labor of love. There was another purpose to this swim, to prove that the water quality of the Potomac had significantly improved for people to recreate in or on the river. The water had been tested daily for two weeks to make sure that it was safe for swimming. It is brackish water, like San Francisco Bay, but the water temperature was quite comfortable low 70s at least.

Ellis was staying at a hotel nearby and agreed to meet at my hotel at 4:30 am, when Colin and his wife were going to chauffeur us to the staging area at WCC. It is important that the crew try and stay together as much as possible before a swim—so no one gets lost traveling. Ryan was going to arrive earlier to gear up the kayak. I assumed that we would be appointed a pilot when we arrived. The drive to WCC was beyond interesting. I felt like a rat in a maze---freeway on/off ramps, construction zones, small back streets and finally ending up under a bridge on a dead end street where we found the WCC. It was an amazing bit of navigational savvy in the pitch black. There were two waves of swimmers. The first wave of five was set to take off an hour before the second wave, where I was seeded. Those five swimmers were assigned their boats and then motored two miles up the river to the start—Fletcher's Cove. With the small dock cleared of the first swimmers, the second wave, solo

kayak began taking on water and I had to help pull it ashore where we found it had a crack! That time I dove back in the water to continue swimming while the kayaker drove home and retrieved another kayak. However, nothing was going to stop me from having an enjoyable time on this swim. I just welcomed the opportunity to do some aquatic historic sightseeing no matter what happened. Ryan re-rigged the kayak and made sure to tell me that the water temperature was tropical. With the kayak tipping behind us, the next thing we were waiting for was a boat. Well, everyone had left the dock except the Referee boat, and we still did not have a boat! But I was confident Denis and Jim had the situation under control. They told us to board the Referee boat and we would motor up to the start and sort things out when we got there? Yes, there was a boat waiting for us, but we had to start immediately to take

and relay swimmers, were beginning to gather. Ryan put the kayak in the water to test it out. This was the first time he had used this kayak issued by WCC. As soon as he stepped into the kayak he fell into the water! OMG I was thinking Ryan told me he was an experienced kayaker? I remembered one of my 6-hour training swims in La Jolla Cove in 2019, the

advantage of the little max .08 knot ebb, and then beat the 1.4 knot push against us later in the afternoon. No time to get our gear/feeds to our boat, so Ryan put his kayak in the water from the Referee boat and I jumped in the water ready for the start. Ryan made sure to have about 4 hours' worth of feeds on the kayak in case there really was a boat situation. When the horn blasted for the start, I left Colin and Ellis to sort things out with the new boat pilot! YUP....my job is to swim, and I let the crew be in control and figure things out. Less than 15 minutes later I saw Colin, Ellis, and the mysterious boat pilot, so I knew all the gear and feeds had been transferred. The conditions at the start and for much of the swim were flat as a pancake. For 98 percent of the swim the weather was slightly overcast, air and water temp in the low 70s. Since it was the beginning of fall, there were a lot of leaves in the river, and there was a storm a few days earlier with a number of sticks and tree parts that were not a lot of fun to swim into! About hour five or six of the swim, I went "mindless", meaning that I had checked out and was on remote swimming, when suddenly something hit me on the head! I was jolted awake, my entire body became tense, and as I tensed up, I gave myself a cramp in my calf. I swam into a large takeout Styrofoam container...yuck.

I was swimming at a good pace keeping my stroke rate at about 68 – 70 strokes per minute, which is a quick stroke rate for me. It was flat water so that means "push the pace", as opposed to choppy water



Swimming by the Lincoln Memorial

when I relax into the chop or swells. Swimming in San Francisco Bay, I know what happens when a swimmer meets crazy tides and currents, so I was doing my best to race to the finish at Ferry Point below Mt. Vernon, and try to not meet that flood. I was not that disciplined because I did want to sightsee...remember? I really wanted to take part in this event and view the sights via the water. Some of the highlights: the beginning fall colors of the trees, the spires of Georgetown, National Cathedral, Lincoln Memorial, Kennedy Center, Capitol, Pentagon, tip of White House, Naval Research Center, Fort Washington, Mt. Vernon, and of course the homes where the one percent live. This swim was made especially for me since most of the sights were on my left and I breathe to my left. I even had a conversation with another swimmer during the swim as well cheering each other on, "You go girl!". One of my instructions to the crew was that this was going to be a fun swim and I did not want to know where I was in relation to the other swimmers. I was not going to be doing any water ballet or cruising, as I knew I had to beat the tide, but it was all about seeing the sights. One of my favorite sights was following a red trolley. I was in the water, and it was on land. The trolley takes sightseers on a general tour of the highlights of DC. I made a mental note of that and the following day I took the tour.

While I was swimming, I noticed that the Observer was particularly engrossed in reading a laminated nautical map. Well, this crew was not lacking in brain power nor open water experience: Ellis had attended Annapolis and MIT, and had been an officer in the Navy as a nuclear submarine engineer, as well as the oldest to complete the 8-mile Boston Light Swim two years ago. Colin, a Rear Admiral (ret.) attended Johns Hopkins, is a medical doctor, served as the advisor to the Surgeon General and participates in triathlons and events. Ryan attended Princeton, works for Bloomberg Research and has completed an ultra-marathon swim around Atlantic City. The boat pilot has been running a marina on the Potomac for years and spends many hours on the river so has local knowledge. Everything was perfect as far as crew/swimmer working together. Ryan was a total rockstar



Finish at Mt. Vernon Colin Chinn, Suzanne Heim-Bowen and Ryan McCabe

knowing where to place the kayak so I could sight, and navigating me through the sticks and branches. Colin made sure feeds were delivered quickly, and Ellis and the boat captain gave me a great course. They encouraged me throughout the swim with big smiles and cheers. I know that the crew had a good time, because the boat pilot had "connections", and made some phone calls to have his friends deliver pizza via jet ski to them during the swim!

We were about 6 1/2 hours into the swim and I asked how much farther. Up to this time I had no clue where the finish was and how far we had to go. I knew that we were out of the middle of the shipping channel as the water was beginning to flood, and we were close to the shore. We were so close that when I took a feed and my legs dropped, they touched mushy mud.... big yuck! I do not like touching the bottom! I let out a little scream...and asked if we could please get into slightly deeper water. About this time, I recognized that the water was turning against me. I had about three miles to go to the finish and I was doing math calculations in my head to figure out about how long it would take me to swim three miles fighting that tide. Suddenly my pilot boat took off for a few minutes to visit the Referee boat nearby. Apparently, the finish was hidden behind George Washington's Gazebo at Mt. Vernon. Ellis came well prepared and had binoculars, which concerned me because I figured that if he was looking for the finish it must be far

away. When they returned, they set the course so I would have a direct line to the finish. Then I heard this ear-piercing horn! We were done! Finished! 7 hours and 50 minutes, first solo, and yes, it has been reported that it is a course record. But then again it was the Inaugural swim... so.... the bar has been set.

I shook hands with my crew and climbed aboard my boat and introduced myself to the pilot... his name is Witt. Nothing like an introduction after the swim. What an extraordinary experience. Not only a stellar crew, but also Race Directors Denis and Jim, and the many volunteers who made this event happen. So, this is what happens when you receive a forwarded email and do not read it thoroughly! Yes, I crashed the party and it sure was a fun party. The brunch the next morning was a wonderful event...chatting with the other swimmers and crew, and meeting some of the icons in the Marathon Swimming Community: Caroline Block five crossings of the North Channel; Courtney Paulk Double English Channel, Double Catalina, and Double Manhattan; Eileen K. Howley long, long distance swims and award-winning writer. These ladies are tough, as their swim times ranged from 9:38 to just under 13 hours they had to fight the tide! We were presented with beautiful awards—a framed picture of our course down the Potomac. So yes, this was another destination swim and an amazing experience, and not just the swimming.

First Woman to Swim the English Channel

Trudy Ederle

Larry Scroggins

Fifty years after Matthew Webb swam the English Channel, only four other men had replicated his feat. It wasn't for lack of trying. The Dover Express, considered the authority of Channel swimming at the time, estimated that the number of attempts since 1875 exceeded 1,000. Jabez Wolffe single-handedly contributed at least twenty-two and maybe as many as forty failed attempts to this number, without a single success.

In 1911, Bill Burgess finally became the second man to swim the English Channel, after several failed attempts of his own. After the Great War, 1923 represented a break-through year for Channel crossings. Three more men joined the rank of successful swimmers. And then, in 1926, Gertrude (Trudy) Ederle became the first woman, the sixth human being, and the fastest to cross the Channel. Her feat shattered both speed and gender barriers, but the worldwide claim and recognition she deserved fell victim to the ethos and social media of the time.

In 1915, most swim instruction was exceptionally primitive. The innovation of Henry Ederle was to apply his skills learned wrapping meat at the butcher counter to create a harness out of cotton clothesline. Trussing his youngest daughter, Gertrude, he strolled onto the Patten Line Pier near their home in the New Jersey Highlands and spooled out the line below. Snuggling up the rope, he encouraged her to enter the water from the beach. The clothesline acted like training wheels on a bicycle. Within minutes, she was performing a vigorous, thrashing dog paddle without assistance from her dad. She was in heaven. As reported by Glenn Stout in *Young Woman and the Sea*, Gertrude would later say, "To me, the sea is like a person, like a child that I've known a long time. It sounds crazy, I know, but when I swim in the

sea I talk to it. I never feel alone when I'm out there."

Perhaps part of her affinity for being immersed in the water sprang from her diminished hearing. When she was five years old, an attack of measles left her with an ear infection and hearing loss. In noisy settings with a gabble of conversations, she became confused and distracted. Although she was outgoing and lively with her family and friends, around strangers she appeared shy. She



Gertrude Ederle with unsympathetic coach Jabez Wolffe on her first Channel attempt.

regularly retreated to her private world through swimming and reading, spending hours in the open water around the Highlands or burying herself in dime novels of the day.

In one of several fortunate coincidences, 1917 was the year that Charlotte Epstein created the Women's Swimming Association in New York City. Trudy's mother immediately recognized the opportunity and signed up all three of her daughters. In another fortunate coincidence, Louis de Breda Handley was the swim coach

for the WSA. An Italian immigrant and champion swimmer in his own right, Mr. Handley co-invented the "American crawl" stroke. Known today simply as "freestyle," this is the stroke he taught to swimmers at the WSA. Far superior to the popular "trudgeon" and "Australian crawl" strokes the WSA competitors used, the American crawl dominated the 1920 Olympic swimming trials and then the Olympic swim events themselves.

Practicing three times a week at the WSA pool in the winter, Trudy Ederle was mastering the new crawl stroke but showing little interest in competition. It was her sister Margaret who registered her for a three-and-a-half-mile open water swim from Manhattan Beach to Brighton Beach in 1922. The swim featured the WSA Olympic swimming stars as well as Hilda James of England. The Liverpool native carried the reputation as Europe's greatest woman swimmer. The stellar quality of the competition made no impression on Trudy Ederle. Now sixteen years old and perfectly content in open water, given her Highlands experience, she finished nearly a minute ahead of her closest competitor and burst upon the swimming scene. With her youth and unforced charm and modesty, she quickly became the new face of the WSA.

By 1924, Gertrude Ederle and Johnny Weissmuller were the stars of the U.S. Olympic swim team. Although she won three medals, Ms. Ederle's performance along with the rest of the women's contingent suffered from mismanagement of the team's logistics in Paris, and any thrill she had ever mustered for pool competition waned dramatically.

Charlotte Epstein of the WSA had new plans, though. Given the lull between Olympic years, she saw an opportunity in the English Channel to keep the WSA in the newspaper headlines and attract donors. No woman had yet swum the Channel and she convinced the WSA board to authorize a \$5,000 budget for the

project. Charlotte Epstein and Louis Handley believed that they had a swimmer who could not only become the first woman, they also believed that she could best the record time of Enrique Tiraboschi by as much as two hours. This woman was Helen Wainwright. Biographer Glenn Stout muses that, "this was a measure of just how far Trudy's star had fallen, for Wainwright, despite all her talent, didn't have nearly as much experience as Trudy in open water."

Fate intervened when Ms. Wainwright slipped while exiting a trolley and tore a muscle in her thigh. Once again, Margaret Ederle immediately began a campaign to convince her younger sister to take up the challenge. Trudy Ederle was the obvious choice of the press and the coaches to provide a backup. The WSA board authorized additional funds to take two swimmers.

While making the arrangements, Ms. Epstein had the choice of two well-credentialed coaches for the endeavor. Jabez Wolffe was based in England and could certainly boast vast, if unsuccessful, experience. Bill Burgess, the other obvious choice given his success in 1911, was based in France. Ms. Epstein believed that the best course of action was to train in England and then attempt the crossing from France. She went with Mr. Wolffe.

Jabez Wolffe had a strict, thundering, and bombastic style. He continually browbeat his young charge and constantly drilled her on the dangers of the English Channel. He berated her American crawl and recommended the breaststroke. He lambasted her stroke rate of twenty-eight per minute and suggested eighteen or twenty as more suitable for the Channel distance. He tried to interfere with the training schedule Louis Handley had given her. He insisted that Ms. Ederle accept deep, vigorous massages to "harden" the muscles and make them immune to fatigue. The aspiring Channel swimmer resisted all of these entreaties. By the time they moved camp across the Channel to Boulogne, France, the battle lines were deeply drawn.

On August 17, 1925, Ms. Ederle began her attempt from a rocky outcrop at Cap Gris Nez. During the crossing, she and Mr. Wolffe continued to spar. He continually

chided her for swimming too fast and insisted that she stop every thirty minutes for chocolate and beef tea. Tim Dahlberg in *America's Girl* says, "Trudy would later talk about her distrust of the beef broth and Wolffe's insistence that she drink it. It gave her a warm, burning sensation, which made her think it might be wine or liquor. Wolffe would tell her it was just juices of genuine beef, but this butcher's daughter knew what beef and its broth tasted like, and it tasted nothing like this." Many experts at the time believed that doses of whisky or brandy helped to warm the blood and stem the effects of cold



Ederle covered in grease.

water. However, Ms. Ederle simply didn't like alcoholic beverages of any kind and firmly refused Mr. Wolffe's efforts to get her to imbibe during training. Some historians even allude to the possible addition of opiates or barbiturates.

In any case, Gertrude swam swiftly for close to nine hours to get within six and a half miles of the English

coast. Then, in a moment that remains controversial, Jabez Wolffe ordered Ishaq Helvi to "grab her", or some command to that effect. Mr. Helvi was a large, gregarious Egyptian who had become friends with Ms. Ederle during her stay in France. He was a Channel aspirant himself with multiple attempts under his belt. He was in the water acting as a pacer at the time and once he touched Trudy, she was disqualified. The swim was over, her attempt a failure.

Ms. Ederle returned from England to both cheers and jeers. Much of the reaction split along the schism that prevailed in 1925 relating to ideas of a woman's proper place in the world. The cheers celebrated Trudy Ederle's massive effort as a testimony to women's athletic potential and an example of the true grit of the female gender. The jeers lamented the coarsening of the female ideal, the threat that athletic endeavor presented to potential motherhood, and the prospect of an emasculated race of men. In her influential monthly column in the *Washington Post*, Dorothy Greene wrote, "the whole matter is not worth a fiftieth of the publicity which it has received, and we are tempted to agree that 'woman's place, though it may not be in the home, is certainly not in the English Channel.'"

For Ms. Ederle, the lure of independence offered by turning professional beckoned, and she knew the WSA was disinclined to sponsor another Channel effort. Forgoing amateur status, she and several of her compatriots, including Helen Wainwright, took positions as iconic swim instructors at large hotels in Florida. And as a motoring enthusiast, Ms. Ederle found a product she could endorse: the REO Roadster. She was well on her way to financing another attempt at the English Channel on her own.

The true financial breakthrough came from the newspaper industry. It was becoming obvious to publishers that stories which lent themselves to serialization sold papers. Joseph Medill Patterson of the *Chicago Tribune-Daily News* signed a deal with Ms. Ederle. She would write regular dispatches from France, and Patterson would pay her \$5,000, with an additional \$2,500 if she were successful.

For this attempt, Ms. Ederle hand-

picked a support team in which she had complete confidence—her father Henry and her sister Margaret. Henry Ederle helped negotiate a contract with Bill Burgess for ten thousand francs, including a retainer to guarantee that he train Trudy and no one else. Margaret helped her design a new pair of eye goggles that they hoped would work better than those the year before. Rounding out the team, Joe Patterson hired Joe Cortes and the tug *Alsace* to provide escort exclusively to Ms. Ederle until she achieved her goal. The newspaper publisher published the cost of three hundred francs per hour a small price to ensure that no other Channel swimmer had access to the vessel.

Gertrude chose to make home base in France. On reaching France, the first order of business was to confront Bill Burgess for violating his contract and agreeing to coach Lillian Cannon as well. Eventually, Ms. Ederle and Burgess negotiated a compromise and Trudy laid down her own set of rules. She insisted that he not try to convince her to use the breaststroke, that he not attempt to interfere with her stroke rate, and that he absolutely had no authority to pull her from the Channel unless she, herself, requested.

On August 6, Trudy entered the water in France slathered in layers of olive oil, lanolin, lard, and Vaseline until she looked like a “basted chicken.” She was wearing a shocking two-piece bathing suit, designed and sewed by her sister, to eliminate the horrible chafing associated with women’s swimsuits of the day.

By mid-morning, the weather started to turn. The wind began to blow from the southwest and the waves began to get rougher. Bill Burgess began to worry. He had been afraid that the weather would deteriorate and that he might have to stop the swim and take Trudy out of the water, but all he had heard for the last two months, from Gertrude and Meg and Henry Ederle, was that once Trudy started to swim, she would not stop, and no one, absolutely no one, was to touch her and take her from the water, no matter what, unless she called for help herself. As they approached the shallow Goodwin Sands, Bill Burgess and Joe Cortes, the tug pilot, began to fear for the safety of both the swimmer and the



Second time a success!

boat. They called Mr. Ederle into the pilothouse and demanded he call off the swim or sign papers relieving them of responsibility. With a snort, Henry signed the release.

This sparked a loud argument among the seasick passengers. In the confusion, someone whose identity is lost to history leaned over the rail and shouted, “Come on out, girl! Come on out!” Trudy Ederle famously rolled on her back and shouted back, “What for?” Effortlessly, she had created a catch phrase to spark the imagination and inspire Americans for some time to come.

Finally at 9:40 pm, she walked out of the water onto a Kingsdown Beach that was alight with the bonfires and flares of the people assembled to greet her. She was the sixth person and the first woman to have swum the English Channel. She also owned the record. With a crossing time of 14:39, she had bested Enrique Tirabocchi by almost two hours.

Before her manager could

lock down the various lucrative offers that flowed Ms. Ederle’s way, Mille Gade Corson became the second woman to successfully swim the English Channel. Although Ms. Corson was one hour slower, she was a mother of two children. Shortly after this, Ernst Vierkoetter set a new crossing record of twelve hours and forty minutes. The pile of offers meant for Ms. Ederle were withdrawn and replaced with smaller ones.

Still, Trudy Ederle made a decent living capitalizing on the fame of her historic conquest of the English Channel. Later in life, she taught deaf

children to swim. She died at the age of ninety-seven in New Jersey, having never married. Before she died, she told a reporter, “I have no complaints. I am comfortable and satisfied. I am not a person who reaches for the moon as long as I have the stars.”



I am not a person who reaches for the moon as long as I have the stars.” (G Ederle)

Procrastination

Two Minutes, that's all it takes

Author: Jana Ašenbrennerová

Illustration: Michael Tschantz-Hahn



Skipping a swim might not seem consequential, but there are other things we might skip with the same ease that are more meaningful. Learning to handle procrastination with lower priority items trains us to better handle the things that matter the most.

If we train to be just a little uncomfortable on a daily basis through small tasks our tolerance for discomfort in other areas of our lives improves significantly. I can't think of a better way to train than submerging into cold water.

I believe that our ability to overcome procrastination lies in our strength to overcome the discomfort of getting started. All we need is two minutes of effort to push us through that roadblock.

The most reliable tool I have found to combat procrastination is commitment. It is stronger than motivation, as it doesn't care how we feel on any given day. Once we commit, we shift our focus from motivation to accountability. Our perspective changes so there is no need for bargaining anymore. We just go and get it done.

We learn to understand there is a whale of a reward awaiting and we will see it the moment we pass the two minutes of necessary plankton.

Let me confess something to you.

I used to be the most accomplished procrastinator on the planet! Even today, I occasionally go down that path. I marvel at the profound qualities and depth of procrastination expertise I have acquired over the years by focusing on what doesn't matter while everything else worth doing stands still.

I see procrastination as a defense mechanism to avoid discomfort as a result of not properly seeing the reward that waits at the end. We perceive discomfort as a whale and the reward as plankton – instead of the other way around.

Any discomfort is an obstacle to our pleasure-seeking nature and there is a lot of discomfort to be found in cold water. It's a significant struggle to earn just a little bit of joy or as my friend Robin Rome validates, "The 20 percent of the ordeal is very wonderful." No reward is earned free of struggle, because what really matters doesn't come with ease.

The most challenging moment of every swim is entering the water, especially now in wintertime, when the body screams profanities the moment it touches the chilly water's edge. The anticipation of the cold can be just as discouraging as the sensation itself.

As you can imagine, the desire to postpone that torture is constant.

In the past, I relied on motivation to swim in the cold. It was easy, since it was a new adventure. I didn't know exactly what to expect and was looking forward to each new surprise. Now, after enough repetitions, I know with reasonable certainty what awaits and how my body responds to the initial discomfort.

To rely on motivation to push through hesitation is problematic because motivation cannot be sustained in the long run. It lacks consistency. It vanishes the moment we have a bad day, are tired, or simply don't feel like it.

We procrastinate in patterns.



Mass Procrastination

Deadman's Cove

Unnerving Encounter off China Beach

Scott Cauchois

Displaced from the Dolphin's private beach, Club members found alternatives throughout the Bay Area. One of the most popular was China Beach in the Presidio, close to Land's End. That spot became a favorite for Chris Wagner, who could be found there on many mornings during COVID, swimming west to Deadman's Point and back.

He was on one of his swims on December 9th last year, a typical overcast winter's day. The water was 52°F, plus a blustery cold wind, and choppy four-foot waves. In those conditions, you need to keep swimming hard and not overstay your welcome. "A washing machine type day," he remembers. Struggling through the surf and getting pounded, he was coming back on a high tide from Deadman's Point, when that name suddenly became eerily appropriate: he collided with a body. It was face down, clothed, and unconscious.

"I'm just fortunate to have had CPR training," Chris says. "I could have panicked and not known what to do. I suspect if I hadn't run into this victim, he could have floated out to sea, as a large ebb tide was about to kick in. There would have been

no closure for the family – it would have been a missing person. I don't know if there was a bigger reason why I was the one that ran into this person...to have the ability in those conditions to retrieve this person from being lost forever."

If it had been me, I couldn't have done it.

In fact, Chris had just completed his CPR recertification a month prior. "As a coach with the USF Masters Swim Team, it was part of my first aid training. It included a step-by-step process focused on techniques for dealing with just this situation. I was a lifeguard when I was going through college. My lifeguard instincts—and adrenaline—kicked in." With the person on his back across Chris's chest, he did the scissors kick and stroked with one arm, struggling through the rough water.

There's a small beach among the rocks between Deadman's Point and Eagle's Point and he headed for that.



Map of Land's End

Exhausted, with knees wobbling, he pulled the body up the beach, tried to remember his training, and began CPR.

After ten minutes he was cold and exhausted, and knew he still had to swim back to China Beach. The person was showing no signs of responding. "I yelled up the cliff, but there was no sign of help and I could feel hypothermia coming on. That was the toughest thing I had to do... to leave this guy alone on the beach." Chris finally made it back, and climbed the stairs to the deck overlooking the beach. He had been in the water for over an hour. His jaw was frozen, but he managed to say 911 to his brother David, a fellow Dolphin, and local swimmer Kel Yip.

By the time he was dressed, the Fire Department Rescue had appeared with wetsuits and surfboards. "I told them where to find the victim and



Deserted beach near Land's End where Chris came ashore.



Climbing down the cliffs is not encouraged for good reason.

they gave me heating pads to help me warm up.” Chris would be mentioned in the department’s report as a “bystander swimmer.”

“Then the calvary came in - two jet skis and two Fire Department rescue boats. They came whipping out from underneath the bridge, around the corner. The guys on the surfboards brought the body to the jet skis, and the jet skis brought the body to the boat. At some point on the boat, he was declared dead.”

When the Medical Examiner’s Office contacted Chris after the drowning, they informed him that the victim was a 36-year-old male, fully clothed. He had been in the water for less than an hour, had a fractured foot, and had suffered a contusion on his forehead.

Even though the patient could not respond on this occasion, this harrowing story emphasizes the importance and the value of CPR training. We are all engaged in a high-risk activity. It’s not just Dolphin Club members that we need to be concerned with, it’s also our guests, members of the public, and anyone whom we encounter in and near the water.

Do Dolphin Club members know where all the AEDs are located? How many members are CPR certified?

Because of COVID-19, CPR training has not been offered at the Dolphin Club or the SERC. However, as we now emerge from the pandemic, what types of training and processes should we consider implementing to reduce risk?

In speaking with board members from the Dolphin Club and SERC, our two clubs are roughly in the same position and level of readiness



Author Chris Wagner emerges at China Beach after a displaced Covid swim.

with regard to CPR training. As the pandemic subsides, there will be a renewed focus on CPR training, including club-offered CPR certification, inventorying and maintenance of AEDs, and perhaps tracking of our members who are CPR certified.

Chris told me, “There’s been a tremendous outpouring of support from my swimming pod, friends, family, and old friends who are still lifeguards and have gone through this experience. I think about it, especially when I am swimming by that spot. And when I swim into small debris it’s a bit more startling these days.”

No surprise that Chris broke down a bit when asked about his current state of mind concerning the incident and the victim.

“It was a very tragic incident. My heart goes out to the family – it’s extremely sad. He was 36 – a

young guy. Hopefully knowing the cause of death and having his body brings closure to the family, versus somebody just ‘gone missing.’”

Chris’ sentiments were addressed to a degree upon receiving a note from the victim’s brother on February 18th, 2022. Having reached out to the US Park Police for information, the victim’s brother wrote to Chris: “I am contacting you because I want to thank you from the bottom of my heart. Thank you for trying to save my brother. You selflessly put yourself in danger to save a stranger. My family and I owe you a debt. You are a great and very brave person. It was an extremely stressful situation and I’m sorry you had to experience it. But you did your best! THANKS!

You’re a hero, Mr. Wagner!”



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DOLPHIN LOG SWIM STATISTICS

Gas House Cove Swim FEBRUARY 13, 2022

This year's Gashouse Cove swim was swum in 3 heats, with no more than 12 to a heat, so that the number of people in the sauna would be spread out and minimized. No times were captured, but the swim was a success: nice weather, a bit of a push from the flood, and smiles all around. Thanks to all who participated, especially those in the test swim who helped make the decision to push the starts back by 15 minutes.

All swimmers including the test swimmers have completed one qualifying swim for the Golden Gate and Alcatraz swims. Anyone who helped or piloted, but does not show in the list below, please contact apcassidy@gmail.com to get their credit.

Swimmers: Dean Badessa, Barry Baskin, Nancy Booth, Peter Cullinan, Jim Frew, Joe Gannon, Marlin Gilbert, John Haymaker, Kati Hopman, Morgan Kulla, Kerry LaBelle, Mickey Lavelle, Mark Lenz, Bianca Liederer, Kristofer Milonas, Neal Mirchandani, Devan Nielsen, Emily Nogue, David O'Reilly, Hal Offen, Lawrence Remstedt, Wafaa Sabil, Emily Silverman, Beth Stein, Don Thornburg, Michael Tschantz-Hahn, Mike Walsh, Dana Watt **Pilots:** Susan Allen, Holly Baskin, Raine O'Connor, Philip Chan, Thomas Davis, Jim Frew, Stuart Gannes, John Grunstad, Steve Hanson, Terry Horn, Diane Jackson, Margaret Keenan, Timothy Kreutzen, Kate Mapstone, Richard McClellan, Nanda Palmieri, Holly Reed, John Robiola, Gina Rus, William Schroeder, John Thorpe, Diane Walton, Madhuri Yechuri **Helpers:** Andrew Cassidy, Scott Cauchois, Cynthia Cristilli, Peter Cullinan, Lisa Domitrovich, Erin Gasser, Marlin Gilbert, Helen McKinley, David O'Reilly, Eric Shupert, Don Thornburg, Rebecca Wolski **Test Swimmers:** Karin Christenson, Charlie Cross, Kathleen Duffy, Amanda Ernzer, Steve Hanson, Brian Johnson, Julia Peterson, Will Powning, Holly Reed, Robin Rome, Farrah Spott

Pier 39 Swim MARCH 12, 2022

Pier 39 was a triumph: 45 swimmers, all finished (and credited with a swim toward the Alcatraz and Golden Gate swims) on a slightly windy, slightly bumpy swimming day. Good current helped and there was a fine gathering afterwards with a great galley full of food. Compliments to the three Swim



photo by George C.

Tim McElligott, Nathan & Tim Kreutzen - Piloting Gash House Cove

Commissioners: Tim McElligott, Tom Neill and Elaine Van Vleck, and to all the team leaders. Comments were heard to the effect: "this is what normal should be."

Place	Name	Time
1	Suzanne Heim	23:33
2	Michael T-Hahn	26:43
3	Steve Carlson	27:36
4	Tor Lundgren	28:11
5	Don Thornburg	28:13
6	Peter Bartu	28:38
7	Lindsay Stripling	29:41
8	Ben Clark	29:50
9	Fasica Alemayehu	30:01
10	Dana Watt	30:10
11	Beth Stein	30:11
12	Tom Reynolds	30:14
13	Kristofer Milonas	30:30
14	Mickey Lavelle	31:01
15	George Morris	31:51
16	Jon Wright	32:54
17	Mike Walsh	33:02
18	David Nosrati	33:18
19	David O'Reilly	33:40
20	Julia Peterson	33:54
21	Joel Mendelson	34:42
22	Nancy Booth	35:00
23	Rick Perez	35:16
24	Dean Badessa	35:18
25	Tommaso Trionfi	35:28
26	Farrah Spott	35:41
27	John Mattox	35:50
28	Wafaa Sabil	36:01
29	Nancy Hornor	36:22
30	Michael Thoresen	36:24
31	Peter Bostelmann	36:48
32	Lewis Haidt	37:10
33	Mark Lenz	37:31
34	Jim Frew	38:02
34	Pia Hinckle	38:02
36	Hal Offen	39:10
37	Laura Grubb	39:11
38	Barry Baskin	39:40
39	Lisa Domitrovich	39:57
40	Eliana Agudelo	40:35
41	Will Powning	43:02
42	Joe Gannon	43:09
43	Donna Schumacher	43:50
44	Michael Barber	44:08
45	Emily Nogue	45:00

Pilots: Blair Adamson, Nathaniel Berger, Natazha Bernie, James Dilworth, Marlin

Gilbert, John Grunstad, Steve Hanson, Terry Horn, Carolyn Hui, Diane Jackson, Margaret Keenan, Timothy Kreutzen, Eric Lam, Dominic Lusinch, Grant Mays, Alexander Mulder, Brian O'Flynn, Nanda Palmieri, John Robiola, William Schroeder, Eric Shackelford, John Thorpe, Radha Tomassetti, Diane Walton, Ramsey Williams, Madhuri Yechuri **Helpers:** Eliana Agudelo, Andrea Allen, Cynthia Barnard, Barry Baskin, Nancy Booth, Scott Cauchois, Carol Clark, Janine Corcoran, Peter Cullinan, Lisa Domitrovich, Kathleen Duffy, Phil Fernandez, Nancy Friedman, Sue Garfield, Sheila Gleeson, Mara Iaconi, Kellock Irvin, Kerry LaBelle, Mark Lenz, Bianca Liederer, Linda Mazzera, Marla McGowan, Andrea McHenry, Helen McKinley, Emily Nogue David O'Reilly, Hal Offen, Johanna Pitocchelli, George Robin, James Robinson, Polly Rose, Wafaa Sabil, Eric Shupert, Farrah Spott, Beth Stein, Don Thornburg, Rebecca Wolski **Test Swimmers:** Lauren Au Brinkmeyer, Peter Cullinan, Kathleen Duffy, Elspeth Farmer, Joe Ferrero, Morgan Kulla, Kerry LaBelle, Bianca Liederer, Devan Nielsen, John Blackman, Tim Dumm, Jim Frew, Joe Gannon, Terry Horn, Thomas McCall, Kristofer Milonas, Holly Reed, Emily Silverman, David Zovickian

Yacht Harbor Swim APRIL 2, 2022

This year's Yacht Harbor swim was scheduled for the morning after a new moon: the flood tide was running well when the swimmers started. It was a beautiful day, the Bay was calm, the sky was clear and the biggest hazard was the position of the sun: in the eyes of swimmers as they swam through the opening and toward the finish. All swimmers finished within 16 minutes of each other – something that rarely happens during our swims. Afterwards, with the galley providing a generous spread for the participants, the socializing was back to the pre-pandemic level: will this become the new normal? Many expressed the hope that that would be the case.

Place	Name	Time
1	Suzanne Heim	27:37
2	Nolan Mattox	29:48
3	Michael T-Hahn	30:03

DOLPHIN LOG SWIM STATISTICS

4	Peter Bartu	31:10
5	Ben Clark	31:23
6	Don Thornburg	31:45
7	Lindsay Stripling	31:51
8	John Gibbon	32:00
9	Fasica Alemayehu	32:05
10	Evan LaMarre	32:08
11	Scott Morris	32:14
12	Joey Murphy	32:17
13	Devan Nielsen	32:50
14	Tom Reynolds	33:33
15	Mickey Lavelle	33:46
16	Lawrence Remstedt	33:49
17	George Morris	34:01
18	Edwin Purselle	34:14
19	Kaitlin Talley	34:35
20	Margaret Keenan	34:41
21	Morgan Kulla	34:50
22	Elsbeth Farmer	35:07
23	David Nosrati	35:51
24	Camila Pesce	35:53
25	Mike Walsh	36:19
26	Kristofer Milonas	36:26
27	David O'Reilly	36:40
28	David Green	36:52
29	Dean Badessa	37:22
30	Joel Mendelson	37:28
31	Emily Silverman	37:31
32	Tommaso Trionfi	37:38
33	Nancy Booth	37:46
34	Mark Lenz	37:48
35	Peter Cullinan	37:50
36	Hal Offen	38:08
37	Joe Ferrero	38:23
38	Holly Reed	39:04
39	Pia Hinckle	39:24
40	Lisa Domitrovich	39:30
41	James Robinson	39:30
42	Peter Neubauer	39:48
43	Ken Miller	40:27
44	John Wilde	41:21
45	Joe Gannon	42:26
46	Claire Perry	43:17
47	Kati Hopman	43:26
48	Sheila Gleeson	43:40

Pilots: Marcus Auerbuch, Nathaniel Berger, John Blackman, Barry Christian, Ken Coren, KC Crowell, Thomas Davis, Peter DePenaloza, James Dilworth, Jim Frew, Marlin Gilbert, Steve Hanson, Terry Horn, Diane Jackson, Brian Kiernan, Timothy Kreutzen, Charmaine Leonard, Dominic Lusinchi, Sean Marshal, Grant Mays, Alexander Mulder, Don Osborne, Era Osibe, Steven Peletz, John Robiola, David Wagner, Diane Walton, Gabriella Wong

Helpers: Cynthia Barnard, Nancy Booth, Diane Campbell, Steve Carlson, Andrew Cassidy, Janine Corcoran, Peter Cullinan, Nancy Friedman, Sue Garfield, Sheila Gleeson, Sharon Gross, Suzanne Heim, Pia Hinckle, Carolyn Hui, Tom Hunt, Mara Iaconi, Margaret Keenan, Morgan Kulla, Mark Lenz, Bianca Liederer, Helen McKinley, Fiona McLaren, Ken Miller, Peter Neubauer, Emily Nogue, Hal Offen, Emily Pimentel, Eric Reed, George Robin, Polly

Rose, Wafaa Sabil, Jari Salomaa, Marie Sayles, Andy Stone, Lindsay Stripling, Don Thornburg, Radha Tomasseti, Monica Towers, Michael Tschantz-Hahn, Mike Walsh, Rebecca Wolski **Test Swimmers:** Andrew Cassidy, Aniko Kurczinak, Bianca Liederer, Tom Neill, Hal Offen, Peter Bostelmann, Joe Gannon, Terry Horn, Tom McCall, Tim McElligott, Kristofer Milonas, Rick Perez, Holly Reed, Emily Silverman, David Wagner

Polar Bear Results Dec 21, 2021-Mar 21, 2022

First Name	Last Name	# of miles	Virgin/Old Goat?	PB Notes
Tom	Neill	128	OG	40 on 1/15/22
Sal	Ballistreri	111	OG	
Randall	Edwards	102		
Duke	Dahlin	100	OG	40 on 1/12/22
Rick	Perez	88		
Joseph	Illick	87.5	OG	
Peter	Cullinan	82	OG	
Kalani	Leifer	80	V	
Cesar	Manzano	70		
James	Robinson	70		
Philip	Scarborough	70		
Neal	Powers	68.5	OG	
Laura	Merki	67.25	OG	
Renzo	Sereni	67	OG	
Wafaa	Sabil	65		
Hal	Offen	62	OG	
Michael	Thoresen	62		
Peter	Bartu	61		
Ted	Tilles	61		22nd consecutive PB
Lawrence	Remstedt	58.5		
Mike	Walsh	57		
Kamran	Atabai	56		
Kati	Hopman	55		
Heejay	Chung	54.5	V	
John	Gibbon	53		
Daniel	Handler	53		
Lauren	Lesyna	53		
George	Robin	52.25	OG	
John	Renko	51.5		
Michael	Tschantz-Hahn	51.5		
Thorsten	Anderson	51.25		
Laura	Burtch-Zovickian	50		
Lisa	Domitrovich	50	OG	
Kathleen	Duffy	50	OG	
Pieter	Kruit	50		
Kristofer	Milonas	50		
Holly	Reed	50	OG	
David	Holscher	49	OG	
Elaine	Van Vleck	49		
Luca	Pozzi	48.5		
Jonathan	DePriest	48.25		
John	Mervin	48		
John	Stassen	48		
Beth	Stein	47.5	OG	
Vincent	Huang	47	OG	44th Consecutive PB
Scott	Morris	47	V	
Sona	Sondhi	46		
Bianca	Liederer	45.5		
Carter	Seddon	45.5		
Steve	Carlson	45		
John	Haymaker	45		
Claire	Perry	45	V	
Fasica	Alemayehu	44.5		
Oliver	Fader	44.5	V	
David	O'Reilly	44.5		
Natazha	Bernie	44		
Jim	Frew	44		
Leland	Smithson	44	OG	
Joe	Spallone	44		
Madhuri	Yechuri	44		
Peter	Bostelmann	43.5	V	
Rebecca	Handler	43.5		
Egon	Terplan	43.5		
Gary	Arabatyan	43		
Charlie	Cross	43	OG	
Joey	Murphy	43	V	
Maria	Sereni	43		
Lewis	Haidt	42.75		
Kevin	McAlea	42.5	OG	
Lindsay	Stripling	42.5		
Alex	Buehlmann	42.25		
Mickey	Lavelle	42.25	OG	
Camila	Pesce	42.25		
Edwin	Purselle	42.25	V	
Joe	Gannon	42	OG	
Morgan	Kulla	42	OG	
Sean	Lavelle	42		
Joseph	Mannion	42	OG	
Jari	Salomaa	42		
Rebecca	Tilley	42	OG	
Gabriella	Cross	41.5	OG	
Gavin	Jefferies	41.5		
Brian	Johnson	41.5	OG	

Ann-Kathrin	Koch	41.25	
Arnie	Oji	41.25	
Ellana	Agudelo	41	
Stuart	Gannes	41	OG
Aniko	Kurczinak	41	OG
Nobuya	Takahashi	41	
Tor	Lundgren	40.75	
Sam	Ferguson	40.5	
Kerry	LaBelle	40.5	
Nancy	Lange	40.5	OG
Sunny	McKee	40.5	OG
John	Ottersberg	40.5	
Daniel	Pearce	40.5	
Calus	Vannouhuys	40.5	
Larry	Scroggins	40.25	OG
Peter	Badertscher	40	
Jim	Barron	40	OG
Michael	Caniglia	40	
Victor	Critchfield	40	
Erik	Cuffino	40	
Amanda	Ernzer	40	
Erin	Gasser	40	
Pejmun	Haghighi	40	
Mark	Harrold	40	
Joel	Mendelson	40	
Derrick	Rebello	40	
Wolf	Richter	40	
Jeff	Russell	40	
Noah	Springwater	40	
Ben	Springwater	40	
Kaitlin	Talley	40	
Dana	Watt	40	V
Rudeen	Monte	35	OG
Ken	Miller	34	OG
Joni	Beemsterboer	31	OG
Michaelynn	Meyers	30.75	OG
Joanne	Carr	30	OG
Dean	Badessa	29.5	OG
Steve	Hanson	29.5	OG
Denise	Dugan	28.25	V/OG
Marlin	Gilbert	28	OG
Lolly	Lewis	27	OG
Deborah	Sullivan	27	OG
John	Dugan	26.25	OG
Daragh	Powers	25.25	OG
Bradford	Adams	25	OG
Terry	Horn	25	OG
John	Mattox	25	OG
Monica	Towers	24	OG
Krist	Jake	23.5	OG
Peter	Neubauer	23	OG
Elizabeth	Ozer	23	OG
Debra	Rose	23	OG
Robin	Rome	22.5	OG
Julian	Sapirstein	22.5	OG
Barry	Baskin	22.25	OG
Sue	Garfield	22.25	OG
Joel	Kramer	22.25	OG
Elsbeth	Farmer	22	OG
Michael	Matthay	22	OG
Lindsay	Boswell	21.75	OG
Nancy	Hornor	21.5	OG
Kevin	Shanahan	21.25	OG
Diane	Campbell	21.125	OG
Terry	Huwe	21	OG
Kate	Matthay	20.75	OG
Tom	McGraw	20.75	OG
Terry	Keenan	20.5	OG
Karin	McClune	20.5	OG
Julie	Haas	20.25	OG
Mark	Lenz	20.25	OG
Larry	Ellis	20	OG
Keith	Howell	20	OG
Bob	McKenzie	20	OG
Helen	McKinley	20	OG
Jon	Nakamura	20	OG
Will	Powning	20	OG
Anne	Sasaki	20	OG



Newest member of the Dolphin Pod,
Miss Cora Au Brinkmeyer

**2022
25 year
Life Members**

Phil Scarborough, Richard Reesin, Ahn Oppenheimer, Tom O'Connell, John McAuliffe, Roger Hanson, Thomas Coyne, Duke Dahlin, Dolores Meehan



Life Members 2022 - 50+ years

Front Row: Mike Garibaldi, Philip Sturiale, Steve Pinett L to R Back Row: Chuck Stagliano, Aldo Cuneo, Dino Landucci Jr., Brian Gilbert, Phil Gaal, Ed DeCassio Jr., John Davis

Photo Colin Gift

ROW REPORT

Growing up as a kid in England, San Francisco was almost a mythical place. We knew about Alcatraz and the Golden Gate Bridge from movies. I even knew the reputation of the waters that swirled around them. I would never have imagined that one day I'd be rowing, paddling, and swimming in those very waters.

Yet here I am. Last Friday I rowed the Mo-B down to the south tower of

the Golden Gate Bridge. A light rolling swell pushed the boat up and down, while the beat of vehicles droned down from overhead. West of the bridge, out by the red nun buoy, I could see the dying ebb colliding with the back-eddy that pushes in from Baker Beach. It's often rough there, with turbulent water and waves standing up on end. I decided not to risk passing that way, but stayed east of the buttresses, and rowed out towards the middle of the

span where giant boils of water from deep below create big circular patches of calm on the surface. Porpoises crisscrossed around me, feeding in the current, and I could feel the tug of the ebb trying to suck me out. But my time was up. As I started rowing back towards the club, I found the light ocean swell matched the speed I was rowing. For a delightful few minutes, the boat and I surfed our way down the swells. I let out little yelps of delight

(continues on page 19)

Longest Standing Editor of *The Dolphin Log*

Ward Bushee and Keith Howell

Three times a year, Dolphin Log editor Keith Howell starts from scratch to produce a newspaper for Dolphin Club members in which not one of his writers or editors is paid a cent. And neither is Howell.

He's been doing so since Club then-president Ken Coren caught him at the "right moment" and asked Keith to take over the editorship of the Log in 2005. Now, with 17 years and counting at the editing helm, Keith is the longest serving top editor in the history of the Log.

Ken wasn't making a lucky guess on the new editor. Keith, a UK native and University of Edinburgh grad, had been a career editor and publisher, having just retired after working 15 years as a publication editor at the Academy of Sciences. Previously, Keith had spent much of his working years in editing and publishing roles for companies and organizations in the United States and other corners of the world.

On the Log masthead, Keith and Joe Illick share the editor title. Joe technically is the associate editor, a supporting role he dutifully played at the Log even before Keith took over as editor, when Sid Hollister stepped aside in 2005.

Ever since, Keith has overseen the content, production, and deadlines of the Log from his San Francisco home, as well as soliciting stories (and occasionally rejecting some) and photo contributions from Club members. As Keith and his team roll on overseeing the Log, writing quality and accuracy continues to be a hallmark (thanks in no small part to the sharp editing eyes of Joe, graphic designer Sunny McKee, and proofreader Janice Wood).

The Log has evolved as the Club newspaper and grown as new members have come aboard. He has brought more color images on to its pages, upgraded to a higher grade of recycled paper stock, and cut production time

to a few days. The stories he seeks are "significant achievements and unusual experiences in the sporting life or journey." As with any good editor, he's always looking for a different angle and avoids cliché stories, such as "My first experience

by Life Member and noted Golden Gate swimmer Roland Demarais, who had served as the longest tenured editor (16 years) until Keith. Before the Log, members depended on newsletters, flyers and single-page announcements for Club news.

As has been chronicled in earlier Log articles, the first edition came out in 1949 as mimeographed copies with content embellished by line drawings for an audience of 134 Club members. Demarais offered a bottle of bourbon to any member who could come up with a better name than the Log. No one could. He served as both Log editor and Club president in 1952 and '55, guiding improvements to the newspaper that included printing it on a press for the first time in 1953, increasing the page count, and upping publication to as many as 12 editions a year.

It is probably no coincidence that the beginnings of the Dolphin Log coincided with the later stages of the golden newspaper era. San Francisco had some players in that flourishing era of newsprint. The Club began a decade before a young William Randolph Hearst Jr. was given the San Francisco Examiner in 1887 by his wealthy father, Sen. George Hearst. Before the Chronicle became the dominant newspaper in the late 1960s and '70s, three large

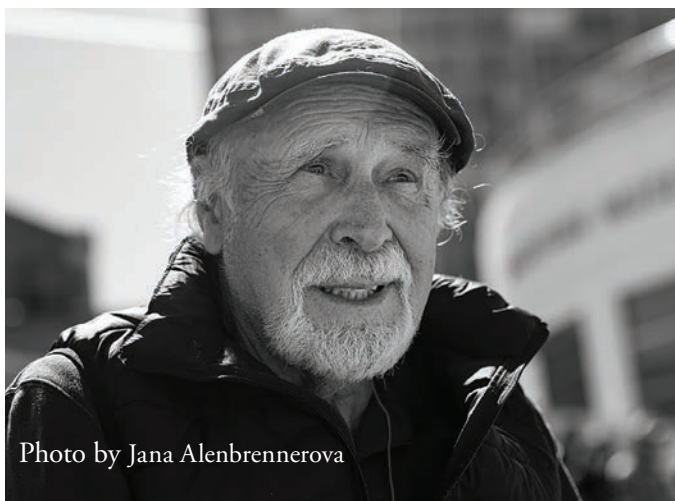


Photo by Jana Alenbrennerova

Log Editor Keith Howell

swimming in cold water." One sign of his vision and editing is that the Log is always a lively and interesting newspaper that is compelling to read.

The Log also functions as a local newspaper of sorts with its news of records (swim results, including pilots), events calendar, members' milestones, obituaries of members (In Memoriam), and some other regular fixtures.

And of course, the Log has the advantages of a 145-year, well-chronicled history, and a highly active archivist (Morgan Kulla) and historian (Rich Cooper), who both write articles or are resources for others contributing stories.

As Rich describes it, the Log began with the "mission of witnessing the collective life of the membership and their times," a statement that has guided editors for almost 74 years since. The Log was founded



Photo by Jackie Merovich

Editorial confab" From left: Designer Sunny McKee, Editor Keith Howell, Proofreader Janice Wood, Fellow Editor Joe Illick

dailies were competing for city readers when the Log was created. Newspapers were everywhere and read by almost everyone. But by 2000, the newspaper industry was sliding into decline because of the Internet age.

Unlike newspapers, the Log's future is assured because it is funded by revenue from dues. Every member contributes to printing and mailing costs. And it is available digitally. Each Log edition can be found on the Dolphin Club website; historical Log archives are searchable for members. In 2021, when some questioned the wisdom of a publishing a physical Log, a Club survey found only a few members actually wanted to opt out of the print edition.

Today, more 1700 copies of the Log are printed with each edition, a number that would rival some smaller neighborhood weeklies. Log editors face the challenges of other publications. They are trying to serve a growing, changing Club community that is more diverse, and, in particular, trying to get contributions from younger members who are newer to the

Club. Actual readership of the Log is unknown, but it's a good bet that those who have a stake of many years and friendships at the Club are the most avid readers.

Keith's favorite stories and their authors are hardly surprising: Duke Dahlin writing about swimming and the Polar Bear season; stories on the characteristics of super swimmers Catherine Breed and Suzanne Heim; Larry Scroggins' authoritative chronicles of the Dolphin Club on different swim distances and landmarks around Aquatic Cove ("I steal and adopt his blog," says Keith); Linda Mahnken on the evolution of Club handball popularity during the World War II years; Club historical accounts by Rich Cooper (and, until a few years ago, the late Walter Schneebeli); and the many contributions of Joe Illick over the years.

Keith even became a Log foreign correspondent at one point. After member Pete Perez moved to Saipan and started a Dolphin Club branch, Keith went to live there for three

months and dispatched a Log story.

Being the Log editor is one of the most demanding jobs in a club of volunteers. We have been fortunate to have the thoughtful and soft-spoken Keith Howell overseeing our newspaper for so many years, ensuring its quality, consistency, and continuity for Log readers. A member since 1981, he turned 80 last summer and still swims through the winter. When not in the water, he can be seen frequently around the Club talking to his many friends in search of promising Log stories.

"Keith does a great job. The writing has been good and consistent under Keith, which is no surprise because of his editing background," said Sid Hollister, who was editor for three years before Keith took over. "But it's time consuming. You have to go to the Club all hours of the day to find different people to write stories. It's a big commitment."

We can all be thankful that Keith continues to enrich the Club with that big commitment after 17 years.

(continued from page 17)

along the way. It was a perfect way to start a typical Tuesday.

It amazes me what we have at our club: a fleet of boats that we can use to play on these waters. There's really something for everyone. I like to go far, but I delight in watching the ease with which members can grab a paddleboard and play in the cove. I love the persistence of Era Osibe as she paddles against the wind towards the flag; or members grabbing kayaks to shadow swimmers and explore the nooks and crannies of the cove; or the regularity with which I see Jim and John take out a double Whitehall to row around Alcatraz.

Where we go is only limited by experience and dedication. Once you're certified, you can join members who have been rowing regularly down to the Farmers Market on Saturdays, or push yourself for a row around Angel Island or Treasure Island. In early March six members, led by Jon Bielinski, rowed all the way to Sacramento. Bigger adventures are rarely advertised, but if you show up and get involved, you'll soon find yourself in the middle of them.

The waters of the Bay can be rough, the currents can be strong, and it's easy to get into trouble. As Boat

Captain, I worry about this a lot. So, please, remember the obvious things - don't go out in conditions you're not comfortable with, wear a PFD, bring a radio, and sign out in the logbook so we know where to look for you.

Knowledge and experience are the best ways to stay safe. We're introducing a new 'Bay Safety' course online that will become one of the cornerstones of becoming certified to paddle or row outside of the cove. We'll be asking even experienced boaters at the Club to go through this to refresh and remind themselves. And take opportunities to row/paddle with others. Don't be afraid to ask for help and advice.

Once you build experience, training newer members is one of the best ways you can give back. We're always looking for help with instruction. You don't have to teach a class by yourself, but we'd love your help as assistant instructors and mentors.

Over the summer there'll be regular activities to build skills, community, and opportunities to connect. We have Boat Night on Tuesday evenings; Social Rowing on Friday mornings;



*Kayak club on Wednesdays!
James Dilworth, Emily Pimentel, Rick Perez.*

Kayak Club probably on Wednesday evenings. And keep your eye on the calendar for crew rowing, out-of-cove swims, and weekend adventures. All boating activities are organized by volunteers, so if there's not something on a day that works for you, then help start something!

For news, keep an eye on the Boating section of the website, on the notice board at the front door, or on the Boating mailing list on Groups.io. We also have WhatsApp groups for rowing, kayaking, and paddling.

Wishing you a great summer ahead. I hope to see you on the water soon!

James Dilworth (DC Boat Captain)



The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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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

Aquatic Park Cove

Gas House Cove
1 mile

Yacht Habor
1.5 miles

Crissy Field
2.5 miles

Fort Point
3.5 miles

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