



Penguin Pipeline

December 2011

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Notes from Management:

- Lot's to catch up on But first, a little holiday reflection on the past Penguin year.

In 2011, the Penguin Swim Program continued to grow and improve. We offered year round swimming to over 150 youth and 40+ masters. Our swimmers continue to achieve in the pool. A number of our swimmers participated in the Junior Olympics and High School League championships this year. In addition, we have proudly sent two of our swimmers on to Division I colleges with swim scholarships. Trey Herbert started at the University of Hawaii last year and Dillon Virva just committed to swim at UNLV.

Our summer swim lesson program, taught and organized by PST swimmers/coaches, sold out this summer! The PST swim lesson program is a very important part of our team's mission. While not every child will grow up to be a competitive swimmer, all kids should be safe in and around the water. In an area such as ours which is rich in aquatic recreational activities, water safety is crucial. Through a partnership with the Welz Foundation, our summer program was able to provide free lessons to over 30 underprivileged youth from our community.

Finishing the year with the Penguins awards banquet seems fitting. We end the year recognizing the goals our kids have achieved; best times, meets attended, and league recognition are all tangible evidence that the commitment we give to our team pays dividends in our kids.

On to the news

- Every year, generous local businesses help us by sponsoring the Penguin Plunge. This year, we want to thank Baker Diamond LLC and Mountain View Rehabilitation Services for their Plunge sponsorship. Both firms have helped us for a number of years. If you get a chance, please thank these firms for their support.
- New pool update - haven't heard anything about the new pool in a while? That's because not much has happened. However, a couple of updates. When our research started, the new indoor pool in Fort Bragg seemed to be the model we wanted to follow...a beautiful indoor pool, paid for by a local donor, coupled with a community center. However, recently, that pool has faced financial problems due to high operating costs. Heating that thing is running up to \$20,000 a month, and they aren't bringing in enough revenue to pay the utility bills. That sobering and disappointing news has caused the informal pool committee (Bren and Steve) to regroup. Before we head too far down the new pool path, we want to make sure there are enough uses to pay for the operation.



The next step is therefore to do a forecast of operating costs and expenses to make sure a new pool is sustainable.

- Any body who missed the *General Membership* meeting at the Pawlowski's in November (by the way, thanks Cindy for hosting) missed the financial report that we made a bit more money on the Plunge this year compared to last, and that overall our financial condition is improved from last year. But, the biggest news is that Karen Walden has been elected as a new Director-at-Large to the Board. Congrats to Karen (be sure to thanks her when you see her on the pool deck). In addition, Richard Morehead was elected Vice President.

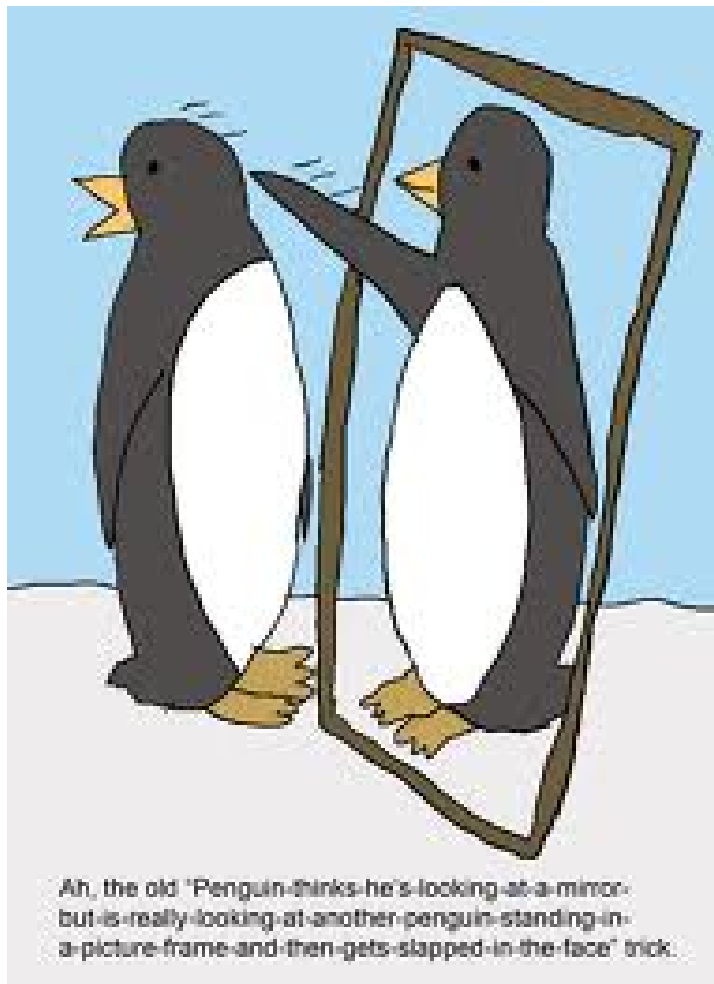
Volunteers

Swim meet jobs, registration, event planning, and officiating are all among the thankless tasks we tackle to keep our team running. The team attempts to make them a little less thankless by tossing out an occasional nod in the newsletter. However, there are some parents who are so engaged that a newsletter cudo is hardly worthy. To attempt to remedy that, the Penguins Board of Directors has established a new recognition for volunteers who go so far above and beyond the call of duty that only a plaque bearing their name will begin to express our true appreciation.

But what to call such an award? The Super Volunteer Award? The Super Duper Volunteer Award? Neither seems sufficient. The best idea was to name the award after a family so dedicated to the Penguin Swim Team that the award would clearly demonstrate appreciation. Hence, the creation of the Herbert Family Volunteer Award, and recognition for the first recipients of the award, Tom and Lois Herbert.

Both Tom and Lois have been active in the team for a long time. The Herbert home has always been a haven for swimmers both Herbert and otherwise. Lois hands out the awards at meets and keeps the Union full of Penguins related news articles. Tom has always had an active role in running our meets. These past two years, Tom has gone above and beyond by stepping into the vacant Board President position, stepping into a temporarily vacant coaching position, defaulting into the vacant meet director position, and also filling in on the vacant facilities negotiating lead position. And, in case there is any question, yes, Tom does actually have a job.

Every year from now, the Board will recognize a volunteer family with the presentation of the Herbert Family award. And with this award, we hope to also express our continued thanks to the Herbert family for what they have done for the team.



Ah, the old "Penguin-thinks-he's-looking-at-a-mirror-but-is-really-looking-at-another-penguin-standing-in-a-picture-frame-and-then-gets-slapped-in-the-face" trick.

Five Rivers League - At the top of the Jeff Kirkpatrick legacy is the creation of the Five Rivers swim league this past summer. A swim meet that only takes 3 hours on a Friday afternoon ... a short drive to a nice pool ... friendly competition against our friends at BEAR, FRAC, and WAC ... tons of best times. Seriously, what could be better?

July 5 Five Rivers Meet



Thanks Coach Heidi



The Avatars?



August 5 Five Rivers Meet





Cheer those relay teams!



Top 5 Healthy Holiday Foods by CHRIS ROSENBLOOM, PHD, RD, CSSD (for USA Swimming). *Chris Rosenbloom is the sports dietitian for Georgia State University Athletic Department and is the editor of the American Dietetic Association's Sports Nutrition Manual, 5th edition, scheduled for publication in 2012.*

From Thanksgiving to New Year's Day there will be a lot of media stories on weight gain during the holidays. Dire warnings will be issued about high fat and high calorie holiday dishes. But, what receives less media attention is the abundance of healthy foods that appear on mom and grandma's table from November to January.

So, load up your plates with these performance boosting foods:



Sweet potatoes. Fresh sweet potatoes often appear on the holiday table in a sweet potato casserole or soufflé. These dishes are very good sources of the antioxidant nutrients vitamins A and C that can help repair sore muscles and support your immune system to fight off winter colds and the flu. Sweet potatoes are naturally low in sodium and high in potassium, an electrolyte that is often overlooked but is needed by athletes. Frozen or canned sweet potatoes don't contain as many nutrients as fresh produce, so fresh sweet potatoes are the healthiest. And, if you have never tried a baked sweet potato you are missing a great side dish or healthy snack...naturally sweet and delicious, there is no need to drown it in butter and sour cream like a baked white potato. For a holiday conversation starter, ask your family if they know the difference between a sweet potato and a yam. The yam is a completely different vegetable and is not as rich in vitamins as sweet potatoes.

Turkey. Turkey breast might be your favorite, but don't be afraid of the dark. The dark meat contains only slightly more fat than white meat but it is higher in iron and zinc. Iron helps make hemoglobin needed to deliver oxygen to working muscles and zinc is important in muscle repair and immunity. If your family likes to deep-fry the turkey, as long as the frying oil is at the proper temperature and the turkey is removed from the oil as soon as it is cooked it won't contain much more fat than a traditional roasted turkey.

Greens. It doesn't matter if they are turnip greens or collards, steamed spinach or a salad with Romaine lettuce, greens are loaded with healthy nutrients like the B-vitamin folate, fiber, beta-carotene and vitamin C. Collards and turnip greens have an added nutrition boost by being a good source of calcium.

Cranberries. This tart berry was said to be served at the first Thanksgiving in 1621. Our ancestors probably didn't know that they contain a plant compound called bioflavonoids which help prevent disease. Cranberries may show up on the table as a traditional cranberry jelly or sauce but you can also snack on dried cranberries. Cranberries are very tart so sweeteners are usually added to make them less sour.

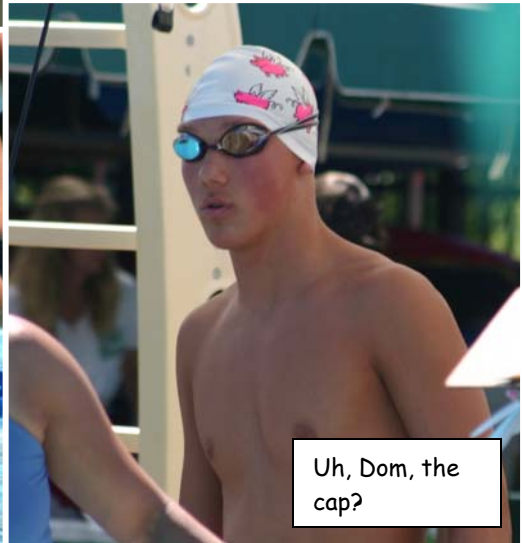
Pumpkin pie. Holidays would not be the same without pumpkin pie. Pumpkin, like a sweet potato, has a deep orange color that is bursting with nutrients. One slice of pumpkin pie has about 350 calories but the same slice of pecan pie has over 500 calories so pumpkin pie is the more nutrient-rich choice. This holiday, choose performance-boosting foods while enjoying great taste at the same time.

Long Course Junior Olympic

In July, Penguins sent a contingent of swimmers to the Long Course Junior Olympic in Redding.



Herron 1



Uh, Dom, the cap?



Herron 3



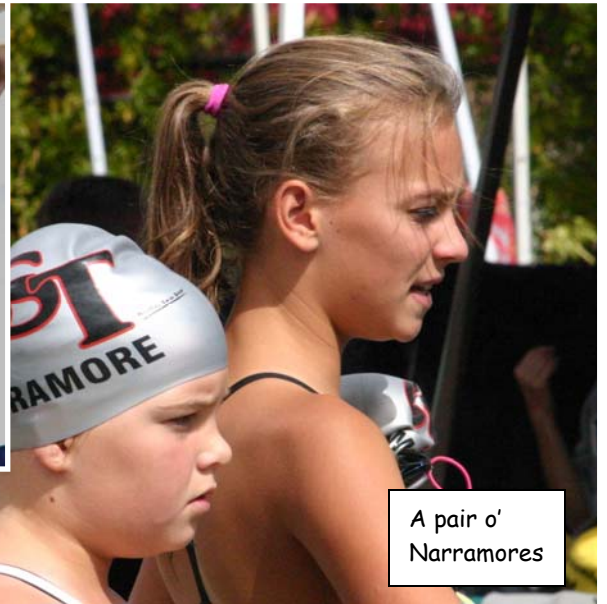
Herron 2



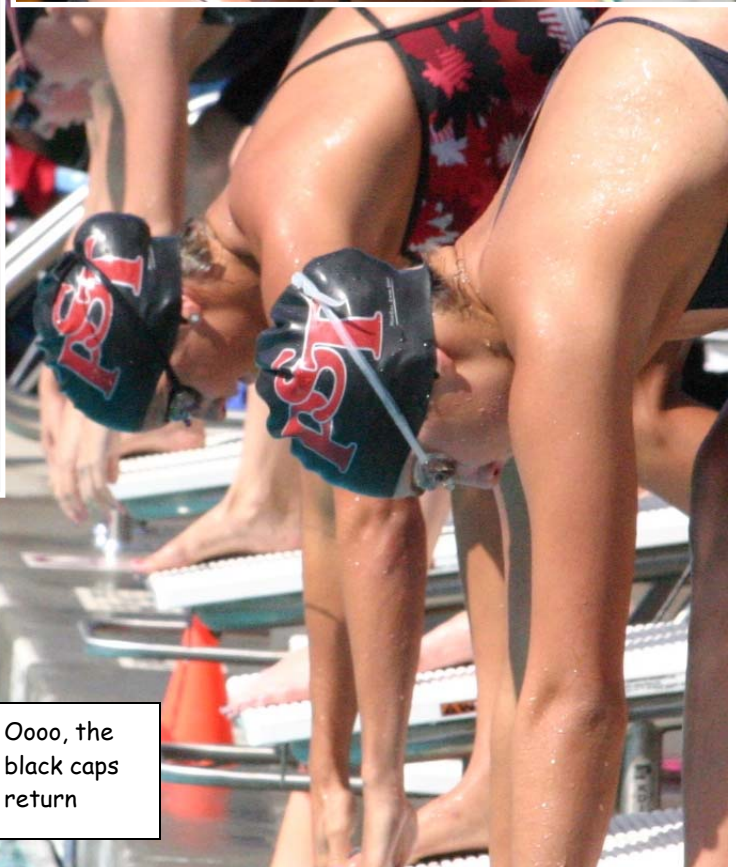
Raise Funds Year Round with E-Script!!

Register at eScrip today. This is the easiest way to fundraise for our swim team! Just go to www.escrip.com, go to "sign-up" and designate the Penguin Swim Team to receive contributions. Our group ID # is 3712655. For more information just log on to www.escrip.com. Don't forget to sign up your grandparents, aunts and uncles, too!!! The Team earns money while you shop at Safeway and other escrip registered stores. SPD now honors scrip purchases!

And don't forget the September Penguin Plunge



A pair o' Narramores



Oooo, the black caps return



She kinda looks like one of the coaches





What's that BEAR guys doing in there?



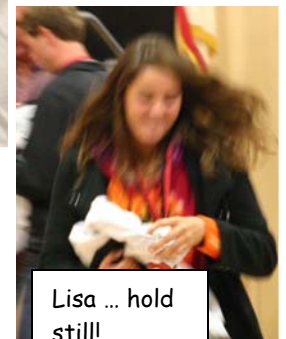
Go PTS?



Jeff leads the team in a hokey pokey game warm-up



And, the Awards Banquet



Lisa ... hold still!



Some of the Penguin decorations look almost lifelike



Man, those seniors burn a lot of calories

