

SPRING 2020

DOLPHIN LOG

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



Once 'Round the Cove

Dolphin Log

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Cover: Where have all the people gone? (photo: Robert Reed)

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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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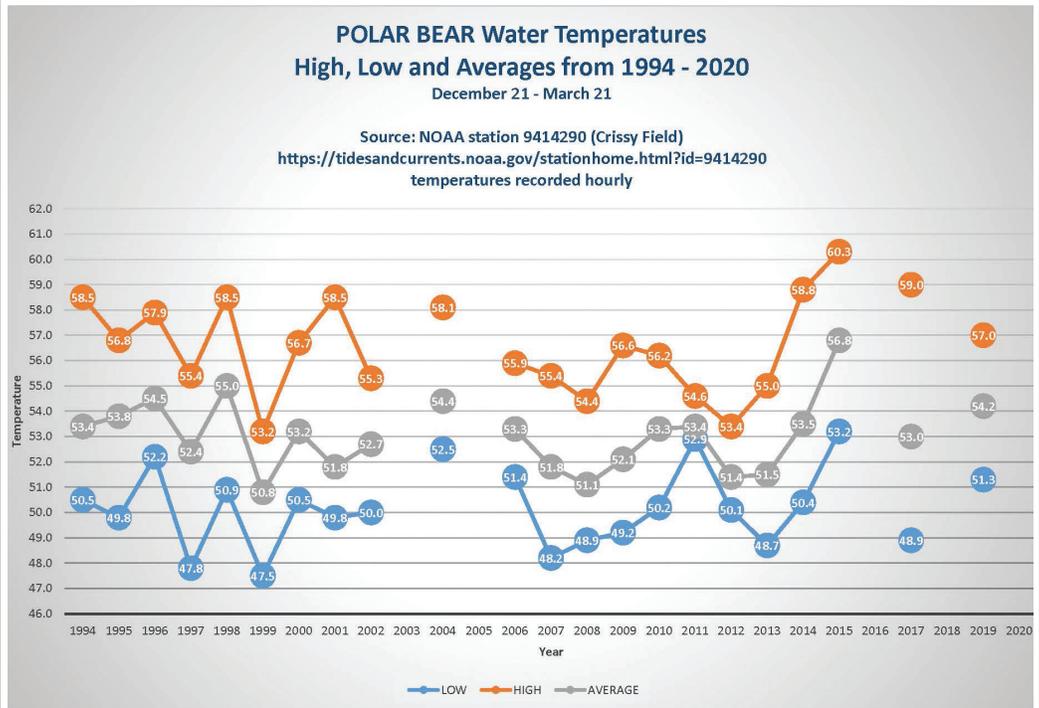
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 Motorized Skills and Safety Training: Larry Heine, Holland Ja, Mark Gustin

Although Board minutes around the time of the Spanish flu pandemic of 1918 are missing, we can't be sure of its effects on the activities in Aquatic Cove, it appears that 2020 is the first year in the history of the Dolphin Club that its members were locked out. The axe came down on the ides of March. A month later, it has yet to be lifted and despite outward optimism, no realistic end is in sight. While largely stuck in our homes, suspended in space and, it seems, in time, the club's camaraderie has blossomed, and the desire, the need for full immersion—still undertaken by some—is as strong as ever. We will emerge from this ordeal more buoyant than before.

-The Editors



Polar Bear Stats

Low water 52.7°
 High water 57.4°
 Low air 44.4°
 High air 62.6°

Coldest combined 97.1°
 Highest combined 115.8°
 7 days total where temps went below 100° combined
 All readings are 6am from FTCP1 buoy

Other Athletics

DC/SERC TRI Captain: Open
 EFAT: Gina Rus
 Handball Captain: Paul Brady
 Running Commissioner: Anna Olsen
 Weight Room Captain: Robert Selsted

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: Stephen Crawford

Social

Entertainment Commish: Robin Rome
 Book Club: Kate Matthey, Anne Sasaki
 Club Mixer: Todd Bloch, Nanda Palmieri
 DC Forum: Joe Illick
 Event Requests: Janice Wood
 Ukulele Club: Carolyn Hui

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Comm Committee: Andrea Morgan
 Facebook: James Dilworth
 Group.io: James Dilworth
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Club & Women's Locker Room: Piper Murakami
 Men's Locker Room: Hal Offen

Other

Dolphin Foundation: Chris Wagner
 DC Youth Swim Fund: Diane Walton
 Fundraising Committee: OPEN
 Government: Ken Coren, Meg Reilly
 Renovation Committee: Jay Adams, Peter van der Sterre
 Save Aquatic Park Pier: Diane Walton
Swag: Andrea Morgan
 Volunteer Coordinator: Natasha Bernie

DOLPHIN SWIMMING AND BOATING FOUNDATION

The Dolphin Swimming and Boating Foundation is the successor to the Dolphin Club Building Fund, which was created in 1998 to develop and maintain an additional source of capital for major building-related projects. The foundation also supports classes and education on swimming, rowing, and boat building provided to the public.

Thank you Donors for your generous contributions of \$100,000 in 2019

BLUE

Contributions up to \$500

Gregory Anderson · Joni Beemsterboer · Kate Bennett · Roy Bergmann
Maureen Conners · Duke Dahlin · Peggy Dodge · Anthony DuComb
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Contributions over \$5,000

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Neal and Darragh Powers · Don Reid · Anonymous

Special thank you to Jim Frew, Susanne Frederick, Rich Cooper and Morgan Kulla for their volunteer support in creating the foundation brand, website and preserving the history of the club.

www.dolphinfoundationsf.org

How to contribute

Write a check to:

Dolphin Swimming & Boating
Foundation

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Go on-line to donate with a credit or
debit card

www.dolphinfoundationsf.org

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Many companies offer match-giving
programs. Thank you Rich Cooper,
Dodi Marosi, and Ryan Utsumi for
their respective company matches

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Receive charitable contribution
deduction equal to the stock's fair
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Arnie Thompson was the first to
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Honor someone special with a
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Thank you Emily Nogue for honoring
John Nogue, and Carrie & ____ Gann,
honoring their grandfather
James Keely

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Include the Foundation in your estate
plans through a bequest, life income
plan, or other type of planned gift.

Dolphin Swimming and Boating
Foundation is a registered 501(c)(3)
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Questions, please contact:
treasurer@dolphinfoundationsf.org

“How it all began”

Bang up Jollifications and Borrowed Boats

By Sidney Hollister

Thanks to Walt Schneebeli for his remarkable archives and to Rich Cooper for his meticulous research

In San Francisco, on the eve of July 24, 1877, rioting against shipping line owners and the Chinese they were hiring at starvation wages came to a climax. After two days of mayhem by mostly out-of-work Irish immigrant dockworkers who had rampaged through Chinatown, destroying twenty Chinese-owned laundries and killing several people, the authorities had had enough. Local police, bolstered by the state militia and a hastily deputized “pick-ax brigade” of a thousand or more vigilantes, fought a pitched battle on Rincon Hill to stop the ethnic violence, routing the dock workers and their fellow laborers. One worker was killed, though who shot him was never determined. It was the third and last time such vigilantes were used in San Francisco.

The rioting was predictable. By 1877, the recession that started after the Civil War had deepened into a depression that bludgeoned the East Coast for several years before reaching San Francisco and filling its streets with unemployed men.

In spite of this tumultuous social and economic atmosphere, on August 18th, John Wieland, an immigrant from Württemberg, with four sons, two in their late teens, and Valentine Kehrlein, Sr., an immigrant from Bavaria, also with four sons, founded the Dolphin Swimming and Boating Club. Anti-German feelings were strong in San Francisco at the time, sentiment tending to side with the French, whom the Germans defeated in the Franco-Prussian war of 1870. As a result, when Wieland and



Original 25 members of the Dolphin Club, plus the two founders and a few older supporters and honorary members

Kehrlein’s sons broke into song at a party or ball, as Germans are wont to do, few friendly voices joined them. So the fathers of these young men, lovers of song and in the flush of youth, built them their own club where they could sing as often as they damn pleased. Of course the healthy young lads were also drawn to rowing and swimming, having watched races and regattas held by the more than a dozen rowing clubs around San Francisco Bay as well as up-river in Sacramento and Stockton. At the start, membership was limited to twenty-five young men, most of German-speaking ancestry. Two Wieland and three Kehrlein sons joined the other 20 charter members. Emil Kehrlein was elected as the Club’s first president, with a term of six months.

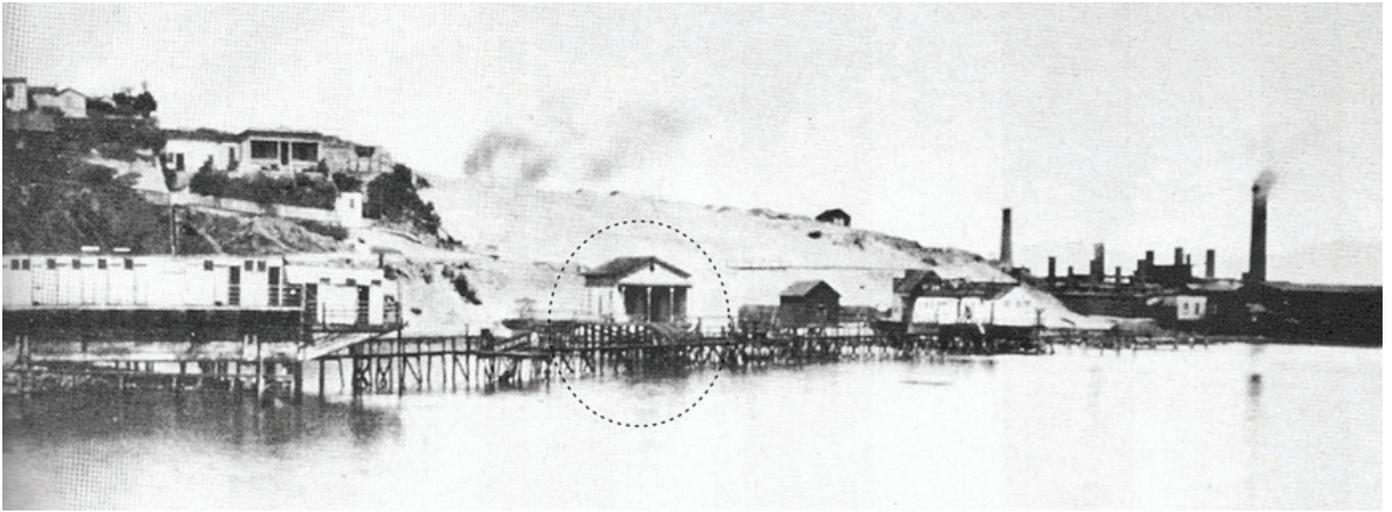
Perhaps because none of their fathers was a farmer or laborer, not one of the 25 worked with a pick and shovel or pushed wheelbarrows of baled goods around the docks, which may explain why the riots of the month before had little effect on the Club’s founders or its original members, who were all in the crafts or trades. The economics of a person’s position in society still kept those

who practiced a trade, for the most part, separate in their social and occupational lives from day laborers. Most people worked at least five and a half or six days a week, so those who worked with the sweat of their brows had little energy left for all-night bang-up jollifications.

The first Dolphin clubhouse was a surplus wooden structure obtained from the Union Iron Works that may have been sitting on shore for a short time until the pier

could be built at the foot of Leavenworth (which ended at North Point). The first Club members put it in place on the north slope of Russian Hill, at the time a large sand dune, at the end of Leavenworth Street overlooking Black Point Beach. To reach it, you had to wend your way over the shifting sand along a walkway of wooden planks, not an easy stroll for women in long skirts. From this simple structure, made suitable as a clubhouse by the charter members, a short ramp was built down to Black Point beach so club boats could be launched. The first Ladies Day was held by the Club that fall, along with a Rowing Regatta in Black Point Cove, renamed Aquatic Park Cove in 1939. The first annual club ball was held a year later in Platt’s Hall at the northeast corner of Bush and Montgomery, where the Mills Building now stands. The program, which consisted of twenty-four dances, did not conclude until near dawn. It was the first of many club parties and dances, which earned it a reputation in the rowing community and the City for having the very best bang-up jollifications.

During the 1870s, San Francisco’s population grew by 80,000 people to



The original boat house, circled, was built on a pier at what is now the corner of North Point and Leavenworth. To the right is the Selby Lead Smelting Company which was located just to the east of the club's current location.

more than 234,000, almost a fourth of California's entire population. Over a fifth were Chinese, and close to a fifth were Irish. Many from both groups came after May of 1869, when the golden spike was driven home at Promontory Point, Utah, ending their backbreaking work of laying rail to unite the country. Third in numbers were immigrants who, several decades earlier, had come from the many states that in 1870 were united as Germany. Another stream of job seekers came from the Central Valley where a four-year drought drove thousands of unemployed farm workers into San Francisco.

As you might expect, given where the founders were born, 16 of the original 25 members had fathers who were German born or who themselves were born in Germany. The original members were all young, ranging in age from 17 to 23. Adolph and Hermann Wieland worked in the family business, the Philadelphia Brewing Company. Four sons of Valentine Kehrlein, were also charter members. The youngest, Boniface "Barney", was an engraver, as was his brother Emil; Valentine, Jr., started his commercial career selling musical instruments and sheet music. Emil originally worked as a jeweler; Joseph was a wheelwright and eventually owned a stationary store. Adolph Lutgens was a draftsman, later an architect, his brother, Ernest, a jeweler. Albert Rothkopf and Louis Schroeder were

also jewelers, all of them, at one time or another, working for the same jeweler. William Eichel was a school custodian and a maestro of the zither, performing at many Club social gatherings. Herman Metzler and Edward Kalben were in the beer brewing and bottling business, like Club co-founder Wieland. Louis Matthias, Jr. was an electrotypist, later called a linotypist, a skilled craft when newspapers set print in hot type. August Shuppert was an upholsterer whose German-born father started the first brewery in California. Peter Orth, who was born in Germany, owned a shoe and boot store.

Three members were of French ancestry. Accountant George Baraty's parents were both French. The father of Henry Hartman was French, while his mother was German; James Luttringer, a maker of fine furniture, was born in France. Hartman was a boat builder, the only such craftsman among the original members. James Higgins, another jeweler, was born in England and Thomas Fraser, a druggist, had Scottish roots. Edward Borremans was an engraver whose parents came from Belgium. Gottfried "Fred" Deucher was born in Switzerland, and worked in the beer bottling business. Adolph Prinz, whose parents were Hungarian, was a purveyor of wines and liquors; his compatriot, Charles Wores, maintained a shop that sold hats.

San Francisco in the late 19th Century was a wide open city, vying

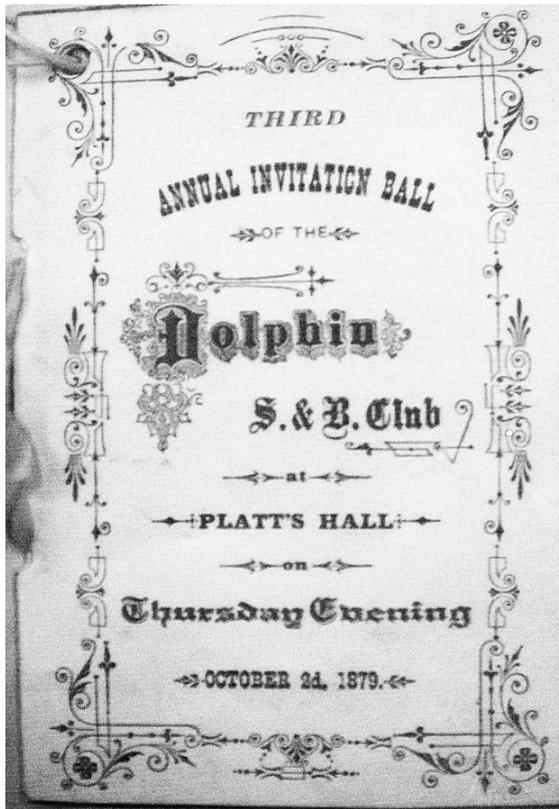
with other West Coast ports for all kinds of business from incoming ships. One way to get and keep some of that business was to look the other way at the salacious behavior of prostitutes and their madams.

"...where the traveler finds a nocturnal animation that leaves him speechless is in Dupont Street (Grant Avenue) and its vicinity...With few exceptions it is composed of dwellings inhabited by sirens who devote their charms to luring the fragile...beauties in fancy dress crowd the doorways. Sultanas, priestesses, Grecian women, Amazons, Olympian goddesses call out in every language..."

**More San Francisco Memoirs 1852-1899, the Ripening Years Compiled and introduced by Malcolm E. Barker, Londonborn Publications San Francisco 1996 p.253*

Saloons and dwellings with Olympian goddesses were, naturally, places that drew young men. Such lads had to be alert, for such dens were hangouts for scoundrels intent on shanghaiing the unwary to fill the crew needs of waiting ships. The seniors Wieland and Kehrlein hoped the Dolphin Club would keep their young men away from such places—most of the time. One reason, no doubt, why it took only a few months for the Club to stage its first Ladies Day.

The cove was a popular place to swim. In fact, it was the only city



There wasn't much room for parties in the original Club boathouse, so the regular balls were held in several spacious halls.

beach on the west side of the Bay where the water was not polluted—most of the time. Yet it, too, was hemmed in by industrial enterprises. Among its neighbors were the Pioneer Woolen Mills, which supplied the Union Army with blankets and uniforms during the Civil War. The smoke-belching Selby Smelting Works, located where Fisherman's Wharf now commercially thrives, was the largest processor of lead, gold and silver in the country. Several biscuit makers, canneries, and sugar mills were also in the mix. Like the rest of the waterfront, the area was open to industrial development until the 1890s, although as early as the 1870s the workshops and factories it spawned drew the ire of city residents.

Industry was slowly forced to the East Bay and to the southern part of the city, near Potrero Hill, where factories and workshops engulfed the rowing clubs located near Long Bridge. (Photo from library) The mile-long span was often the site of rowing competitions on Sunday afternoons when several thousand spectators would pack it end to end. A modern, much shorter, version of that bridge, which spanned now filled-in

Mission Bay, is the Third St. Bridge.

The notable windings of Dolphin Swimming and Boating Club, today the oldest club of its kind in continuous operation west of the Mississippi, were often held at people's homes or at halls that catered to such gatherings. There was always enough dancing to make your head spin and your feet tired. Clubs like the Malvasca Literary and Social Club, or the Arcadia Musical and Dramatic Club, or the Lyra Gesang Verein (singing club), with many Dolphins among its members, made musical performances and dramatic presentations the center of their gatherings, which, in the absence of live symphony orchestras and theatrical groups, drew the city's lovers of song and stage. The San Francisco Call reports, for example, that on March 3, 1879, a "pleasant entertainment and ball was given at the new

Turner Hall on Turk Street by the Dolphin Club." After a welcoming address by Club president, A. C. Lutgens, the entertainment began: Songs by Verdi, a recitation, a piano duet, another recitation, a piano solo, an aria, a display of gymnastic skills on the horizontal bar by three Club members, and finally a comic opera. Dancing until dawn to a full orchestra ended the festive evening. Wow!

At events of the Irish National League, the Danish Norden Society or the Scottish Caledonian Club, members gathered to celebrate their common heritage in traditional songs and dances. For the Dolphins, the most popular place for these "socials" was Saratoga Hall, which opened its doors at 818 Geary St. in January 1880. The Dolphins made the owner's son an honorary member.

Supper at these windings was served usually around midnight, after the performances and before the dancing. An opening course might tempt diners with a selection of strawberries, figs, grapes, apples, pears, peaches, and melons. A principal course would follow and

could include venison, pork, mutton, or beef, as well as salmon, perch, smelt, oysters, frogs, quail, and turkey, with sweet potatoes, large luscious tomatoes, and other vegetables as side dishes. Most of these delectable offerings came from the Bay itself or from the rural areas around it. California was a land of plenty: fish and shellfish abounded in the Bay waters, game was plentiful in the hills and woods to the north and east, and most of the fruit and vegetables were grown in the nearby commercial gardens. Even the ice cream that rounded off the supper came from one of the several dozen dairies that thrived in what is now Cow Hollow.

A House Warming

The new residence of Mr. and Mrs. A. Sbarboro, on the northwest corner of Sutter and Steiner Streets, was the scene of a brilliant gathering last Saturday evening... A company of some thirty-five friends was present, musicians discoursing lively operatic airs, and a table spread with the best of wines and viands. At 10:30 o'clock, the guests were seated at the table... and a large dish resembling a bird pie was placed at the head of the table before the hostess to serve. At the first incision the cover was removed and out flew a beautiful white pigeon, wearing around its neck a bunch of various-colored narrow ribbons, each bearing in gold letters an appropriate motto for the person for whom it was intended.

San Francisco Chronicle 3/21/1881

For the rowing clubs, the opening of the "season," was often marked by a party and intraclub regatta. Larger and more significant regattas open to all rowers were put on by one or several clubs and usually held on such holidays as the Fourth of July or Thanksgiving.

Swimming contests also enlivened the city's and the Club's aquatic life. According to the San Francisco Chronicle in October of 1878, there was a "...grand swimming and diving tournament at the Neptune and Mermaid Baths at North Beach... in the course of which amateurs will contest for the championship of the Pacific Coast and expert swimmers will give exhibitions of fancy swimming and diving." The Baths were created between floating piers that extended from the beach into the popular Black Point Cove between



Between Rincon and Potrero hills was Long Bridge, a wooden causeway popular with fishermen and the thousands of spectators who would gather to watch rowing races.

Hyde and Larkin Streets. Bathhouses lined the beach and rafts between the piers provided diving platforms. By 1880 the Dolphin Club was sponsoring this championship.

In the rowing world, the Dolphin Club competed in its first four-oared barge race in a borrowed boat in October 1879. Their competitors were the Pioneer Rowing Club of San Francisco, and Oakland's St. George Rowing Club. The Dolphins took the lead at the turn and bested the Pioneer boat by three lengths, both boats leaving the St. George boat far behind.

San Francisco was a young city in 1877 and not in robust economic health, but you could get a schooner of beer--a pint or more--for a quarter plus the equivalent of a seven-course meal to go with it.

"There are two classes of saloons where these midday repasts are furnished—'two bit' [25 cents] places and 'one bit' [15 cents] places. They consist, in the better class of establishments, of soup, boiled salmon, roast beef of the best quality, bread and butter, potatoes, tomatoes, crackers and cheese. Many of the places are fitted up in a style of

almost Oriental grandeur. A stranger entering one of them casually... would find immense mirrors reaching from floor to ceiling; carpets of the finest texture and the most exquisite patterns; luxurious lounges, sofas, and arm-chairs; massive tables covered with papers and periodicals; the walls embellished with expensive paintings..."

Gas lighting, which had come to San Francisco in the early 1850s, brightened the central urban area, though outlying areas remained uninvitingly dark and the gas company saved money on moonlit nights by not turning on the lamps until 1 a.m. That might explain why so many parties of San Francisco's rambunctious social life lasted all night. Going home by horse and buggy or on foot, especially in the cold rains of winter or the wind-driven fogs of summer, was an uninviting experience until the rising sun brought light to the shadowy streets and drove away would-be hoodlums.

In the late 1870s, the Pelton water wheel, developed for hydraulic mining in the Sierra, began to generate electricity for the city and

was successful enough that the Palace Hotel replaced its thousands of gas lamps with electric lighting in 1879. San Francisco, in that same year, became the first city in the nation with a central power station.

By 1880, the Dolphin Swimming and Rowing Club, according to the San Francisco Chronicle, "...was the most active and popular organization of its kind on the coast..." No small achievement for a group that had only existed for two years and whose first rowing victories were in borrowed four-oar barges. Of course, those bang-up jollifications certainly helped.

Author Sid Hollister would like to complete a history of the Dolphin Club beginning with the research on the Club's early years that he did with Walt Scheebelli. This would be a soft-cover publication of some 100 pages with many photos. There will be some costs to cover the writing (Sid), design, and printing, so some financial help would be welcome. Anyone interested should contact shollister@mindspring.com



LIFE MEMBERS 2020



Go Green—or Blue

By Robert Reed



Recycle Central, a 200,000-square-foot recycling plant operated by Recology on San Francisco's Pier 96. (Recology)

Before dawn on some cold winter mornings, you may see a young woman shining a flashlight where the night's tide deposits small debris. She searches the beach for plastic bottle tops, lids from disposable coffee cups, plastic straws, and other single-use plastics. One of the items she picks up most often – shiny Mylar packets that held chocolate squares given freely to visiting tourists.

Globally, we produce 3.5 million tons of trash per day. If we packed it all in garbage trucks and lined them up bumper to bumper, they would stretch from Miami, Florida to Seattle, Washington – a distance of 2,800 miles – every day. Most of America's trash gets buried in landfills, an estimated 2,000 of them nationwide. The largest landfills take in more than 5,000 tons a day.

In 1960 Americans produced 88 million tons of trash per year. Today, we produce three times as much, 268 million tons a year according to the EPA, that's 4.5 pounds of trash per person per day, which is more than people in any other country.

Around the world landfills are filling up, but many other developed countries choose to send their garbage to trash incinerators. Incinerators are expensive to operate and highly polluting, producing three types of ash: bottom ash trucked to landfills;

fly ash caught by large filters, and nano ash. All are toxic. Nano ash and dioxins that come from burning plastics pass through the incinerators' filters and pollute air, land, and water. Until recently, China was far and away the largest importer of bales of paper and plastics to be recycled. But countries sending recycled material to China were not doing a good job cleaning and sorting their recyclables so it began to limit its imports. In January 2018, China announced it would no longer accept shipments of foreign waste with more than one-half of one percent impurities. (*Do you clean your recycling that well?*) That policy effectively closed China's door. Its exit from the market has created a major challenge for recycling programs all around the world.

In the wake of China's action the businesses that buy recyclable plastics have become a buyers' market. They have cut the price per ton they are willing to pay and they have demanded further reductions in the amount of impurities they will accept.

For the past two years US cities have struggled to find buyers for their plastics. There are too many different types. And there are few to no markets for low-quality plastics such as plastic bags and other film or flimsy plastic. In recent months, news agencies have reported that more than 90 percent

of the plastics ever manufactured never got recycled. Instead, they have wound up in landfills, incinerators, in the environment. Nearly half of discarded plastic is produced as packaging materials; most of that never sees a recycling bin. And it keeps coming. National Geographic reports that more than half of the plastic ever produced has been manufactured in the last 15 years.

Researchers estimate eighteen billion pounds of plastic ends up in the ocean each year. Over time—decades, millennia—it breaks down, first into trillions of small pellets that are the building blocks, and then even further into nano particles that can be consumed by zooplankton and enter the food chain.

Micro plastics are now found in snow and rainwater, not to mention human excrement. Scientist Gabrielle Black of UC Davis is taking samples of biosolids from sewer treatment plants in California and tracking chemicals from plastics, in human waste. She reports the presence of these chemicals in our bodies is going up.

While the loss of China as a buyer for bales of recyclable plastic has caused some cities to pull back from recycling, others including San Francisco, have stepped up. Recology has invested \$20 million over three

years in state-of-the-art optical and robotic sorters. We are sorting more plastics than other cities, recycling clamshell containers and clear plastic boxes.

While most plastics do not get recycled, most aluminum cans do. There is a worldwide market for this magic metal. Aluminum is lightweight, flexible, and strong.

A machine called an eddy current separator repels aluminum cans off the line as they move down the conveyor belt inside Recycle Central, the 200,000-square-foot recycling plant Recology operates on San Francisco's Pier 96. They host tours, two Saturdays a month.

A powerful magnet pulls steel and tin cans off the line. A mechanical

You can help

Use a kitchen compost pail for food scraps.
Use a metal water bottle.
That reduces plastic bottles and saves you money.
Keep reusable tote bags at the ready when shopping.
Refuse single-use plastics whenever possible.
Young people around the world are becoming part of the zero waste movement.
Join them. It feels great!

screen with large, spinning wheels creates a stream of recycled cardboard. Approximately 80 percent of the material in our recycling bins is paper and cardboard. Then a series of spinning disks that look a little like fish ladders, separates paper from bottles and cans. Glass bottles arriving at Recycle Central get mechanically sorted from other recycling and go to a glass plant near Modesto.

San Francisco now produces bales of recycled paper with less than 1 percent impurities. And unlike other cities, we make bales of recyclable cardboard that are clean enough to meet the new Chinese standards.

With the marketplace now demanding we take measures to protect the quality of that paper, there is a national push to keep liquids and food out of recycling bins. Empty your soda cans and

shake out your food containers before recycling them. When cleaner, drier materials arrive at recycling facilities, sorters have a better shot at recycling the discards.

Recyclables do not have to be pristine, just reasonably clean. City recycling specialists audit recycle bins at businesses and large apartment buildings and notify customers who fail to make reasonable efforts to sort their recyclables. If large customers* continue to mix recyclables with trash, all their material is considered trash and they get charged accordingly.

While the news about plastics is bad, one of the best things happening in San Francisco is the food scrap composting collection program. We collect more than 800 tons of food scraps and yard trimmings a day for composting. That means curbside composting, measured in tons collected per day, has surpassed curbside recycling in this city. That is a major accomplishment which is helping achieve multiple and significant environmental benefits.

Recology's curbside composting collection program has kept more than 2 million tons of food scraps and yard trimmings out of landfill. They go to modern compost facilities, the largest is near Modesto. The composting process includes 11 steps and takes 60 days and can make custom blends that give farmers a viable alternative

** The Dolphin Club does a pretty good job of sorting, but we must stop putting recyclables in plastic bags. And clean those paper plates.*



Recycle Central, another sorting station deeper in the facility.

Resources:

- BetterAtTheBin.com, a Recology site.
- "Planet or Plastic," *National Geographic* special issue, June 2018
- Drawdown, edited by Paul Hawkin
- *Waste Free Kitchen Handbook* by Dana Gunders
- *La Maison du Zéro Déchet*, Zero Waste France
- "Biggest Little Farm," documentary film, producers John Chester & Sandra Keats
- *Kiss The Ground*, book & documentary film, Joshua & Rebecca Tickell, Big Picture Ranch

to chemical fertilizers. A half-inch of finished compost is spread across local fields where it is quickly consumed by microbes in the topsoil.

California vineyards use San Francisco compost to grow mustard and other cover crops that pull carbon out of the atmosphere and sequester it deep in the soil. By applying compost to grow cover crops, farms and vineyards can capture more than one ton of carbon per acre per year.

One of the biggest environmental issues in the world today is desertification; higher temperatures are drying out topsoil in many regions around the planet. Applying compost can rejuvenate soil and help regions survive drought. Compost by weight is 50 percent humus which is a natural sponge that attracts and retains water. San Francisco compost helped many vineyards survive the four-year



In much of the world, trash, including plastic, is burned in incinerators.

drought in California. Farms that farm naturally with compost grow 30 percent more food in times of drought – healthy food that we help grow by composting, healthy food that comes back to our kitchen tables to support our good health.

Soil made healthy by applying compost also helps our oceans. That’s because plants that flourish in healthy soil pull carbon out of the atmosphere, and less carbon in the atmosphere reduces carbon pressure on our oceans.

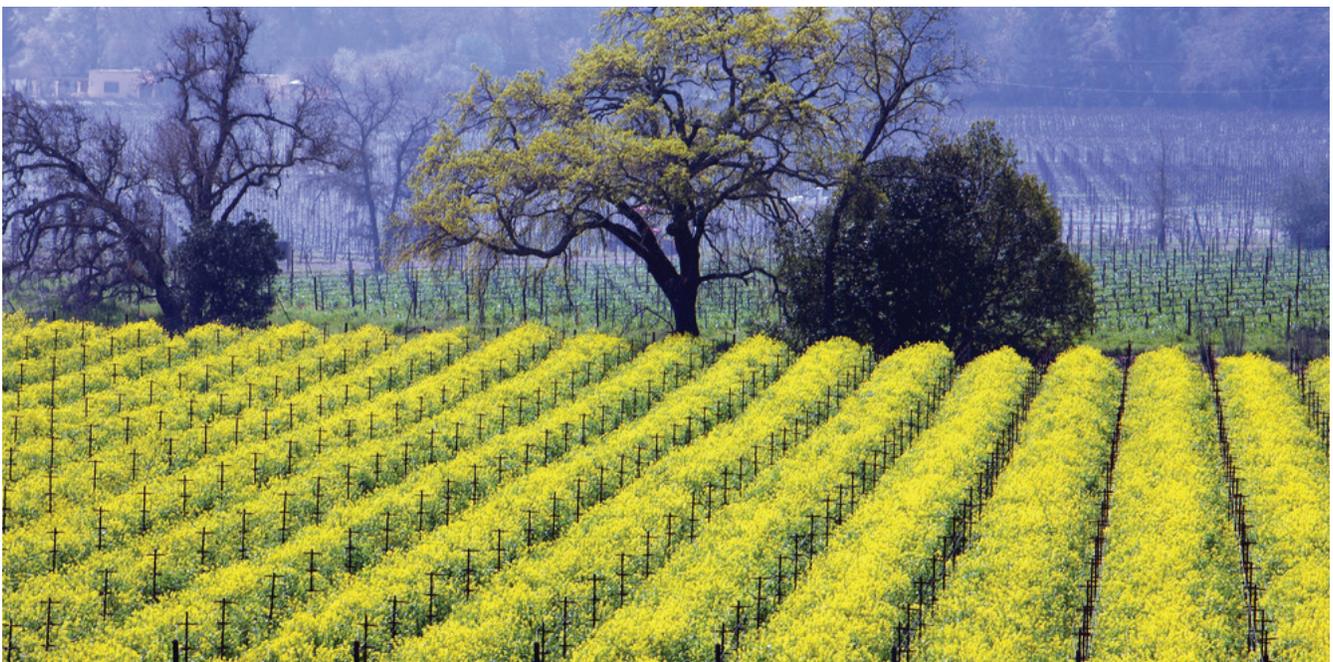
Need more reasons to get in the game? Recycling one ton of paper saves 17 trees, and we need trees now more than ever before. And recycling creates 10 times more jobs than landfilling or incineration.

10 Reasons to Compost

1. Keeps materials out of landfills, which saves space and reduces gas emissions, such as methane and other potent greenhouse gases.
2. Returns nutrients and minerals to farms to help keep soils fertile.
3. Promotes microbial activity in topsoil. That switches on the life web in soil, making micronutrients available to plant roots and discouraging soil diseases.
4. Helps protect precious topsoil on farms and orchards from erosion.
5. Saves tremendous amounts of water. Good quality compost is 50 percent humus by weight, and humus is a natural sponge that attracts and retains water.
6. Sequesters carbon deep in the soil, especially when used to grow cover crops that shade topsoil and increase photosynthesis.
7. Creates three times more jobs than landfills.
8. Helps cities make significant progress toward achieving zero waste.
9. Turns food scraps and plant cuttings into fruits, vegetables, and fine wines. Healthy soil equals healthy plants.
10. Improves a city’s recycling program. When food scraps are collected separately, they do not come in contact with paper, which helps the city ship higher-quality recyclable paper. Paper mills now demand bales have one percent or less impurities.

Source: Recology

Robert Reed is a San Francisco-based writer and spokesman for Recology, San Francisco’s recycling company.



San Francisco’s compostable trash is turned into nutrient-rich compost used on local farms and vineyards.

SWIM COMMISSIONERS REPORT

Open water swimming, and in particular swims beyond the protection of our Aquatic Park home, provides a unique and transformative wilderness experience readily accessible from our urban San Francisco setting. Swimmers are revitalized through the dynamic and ever changing water, air, and light as the elements intermingle and provide constantly evolving visuals upon the Bay, ocean, and surrounding hills. Our unique fauna includes the young Heron wading under our dock curiously gawking at us as we take a plunge, the longtime resident Mallards who happily coexist with our members, the ever-present Gulls squawking and hunting, and the Grebes placidly floating in the center of the cove or by the Alma. However, fate is a cruel mistress. A sublime day in and on the water can quickly become tumultuous -- this was experienced by all of us when we had to recently abort one of our out of cove swims.

We awoke on the morning of February 9th to a high wind advisory calling for NNE winds of 15 to 30 mph with gusts up to 50 mph. For once, the meteorologists' predictions came true and our Gas House Cove

swim was unfortunately cancelled. Trees and power lines throughout the Bay Area were blown over — the wind even shattered a reinforced window at the Millennium Tower — and all ferry service on the Bay was cancelled. Nearly ninety swimmers signed up for the Gas House Cove swim and most arrived at the club prepared to test the waters. However, it was readily apparent as we saw the white crests that we could not safely venture outside of the cove. Several members mentioned that their cars were shaking from the wind as they drove to the club. When the cancellation was officially announced, a look of relief played across the faces of our normally intrepid swimmers.

From the Staib Room, we bore witness to waves crashing against and over the breakwater. Whitecaps were everywhere and heavy chop appeared to be two to three feet high — sublime conditions for many of us who like the rough water. Many of our Dolphins who braved the conditions in the cove experienced one of the roughest swims in memory. The shape and narrowness of the opening produced nearly six-foot waves, making it almost impossible to swim ten yards north of the buoy. One

very able swimmer stumbled into the sauna mumbling that it was the hardest cove he had ever completed.

Aside from our swimming adventures in the cove, the Bay itself was similarly challenging. Several sailboats, with furled sails, were seen trying to make it safely back to harbor. A pair of kite surfers had to be rescued near the Golden Gate Bridge — I suppose if you have a lapse of judgement, then at least buddy up! Needless to say, the Coast Guard was extremely relieved to hear that we had decided to cancel our swim.

As we write this log entry the day before our Pier 39 swim, a Small Craft Advisory for coastal waters is in effect. However, we Dolphins will congregate with aspirations that the conditions will be manageable and safe for our pilots and swimmers — and that we can take pleasure from a hearty swim aided by a fair ebb tide. (The day turned out perfect, hardly any wind at all.) As we sign off for now, we expect that our swimmers will continue to log their miles for the 2019-2020 Polar Bear Challenge, while relishing the warmth of our saunas and community during the cold season.

NY Day Cove & Alcatraz Swims JANUARY 1, 2020		Pier 41 Swim JANUARY 18, 2020																																																																																																																																																												
<p>The New Year's Day Cove was enthusiastically swum by those wishing to greet the new year in the usual Dolphin Cove fashion – swim to Eppelton Hall, or swim to the flag, or swim all the way around the cove. No registration required, no place or time kept. The annual New Year's Day Alcatraz swim, run by South End Rowing Club, had terrific conditions: minimal tidal action, low wind, and sunny day. The following is the order in which the Dolphins finished, with the "place" column indication where in the 100 swimmers from both the DSBC and SERC finished.</p> <table border="0"> <thead> <tr> <th>Place</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>2</td><td>Suzanne Heim</td><td>27:21</td></tr> <tr><td>5</td><td>Ryan Utsumi</td><td>30:55</td></tr> <tr><td>11</td><td>Lauren Au</td><td>33:45</td></tr> <tr><td>14</td><td>Amanda Ernzer</td><td>34:39</td></tr> <tr><td>16</td><td>Duff Hearon</td><td>35:01</td></tr> <tr><td>17</td><td>Michael T-Hahn</td><td>35:02</td></tr> <tr><td>19</td><td>Sean McFadden</td><td>35:19</td></tr> <tr><td>29</td><td>Steve Carlson</td><td>38:30</td></tr> <tr><td>30</td><td>John Gibbon</td><td>38:49</td></tr> <tr><td>33</td><td>Chris Germain</td><td>39:28</td></tr> <tr><td>34</td><td>Tor Lundgren</td><td>39:50</td></tr> </tbody> </table>	Place	Name	Time	2	Suzanne Heim	27:21	5	Ryan Utsumi	30:55	11	Lauren Au	33:45	14	Amanda Ernzer	34:39	16	Duff Hearon	35:01	17	Michael T-Hahn	35:02	19	Sean McFadden	35:19	29	Steve Carlson	38:30	30	John Gibbon	38:49	33	Chris Germain	39:28	34	Tor Lundgren	39:50	<table border="0"> <tbody> <tr><td>39</td><td>Tom Neill</td><td>40:25</td></tr> <tr><td>40</td><td>Cesar Manzano</td><td>40:38</td></tr> <tr><td>41</td><td>Kathleen Sheridan</td><td>40:48</td></tr> <tr><td>43</td><td>Xander Groeneveld</td><td>40:55</td></tr> <tr><td>44</td><td>Gina Rus</td><td>41:10</td></tr> <tr><td>55</td><td>Sean Lavelle</td><td>43:20</td></tr> <tr><td>57</td><td>Richard Goozh</td><td>44:16</td></tr> <tr><td>59</td><td>Thomas Kuglen</td><td>44:44</td></tr> <tr><td>63</td><td>Danny De Leon</td><td>45:43</td></tr> <tr><td>65</td><td>Richard Haymes</td><td>46:08</td></tr> <tr><td>68</td><td>Andrew Cassidy</td><td>46:35</td></tr> <tr><td>76</td><td>Quinn Duffy</td><td>48:10</td></tr> <tr><td>80</td><td>Maggie Lonergan</td><td>50:41</td></tr> <tr><td>82</td><td>Andy Stone</td><td>51:41</td></tr> <tr><td>83</td><td>John Gower</td><td>52:38</td></tr> <tr><td>84</td><td>Kathleen Duffy</td><td>53:20</td></tr> <tr><td>98</td><td>Mick Lavelle</td><td>1:10:00</td></tr> </tbody> </table> <p>Pilots: Marcus Auerbuch, Jon Bielski, John Blackman, George Chamales, Barry Christian, Jim Frew, Stu Gannes, Larry Heine, Gavin Jefferies, Brian Kiernan, Tim Kreutzen, Mary Magocsy, Tom McCall, Mikhail Melnikov, Jane Mermelstein, Dave Nettell, Joseph Omran, Will Powning, Phil Reiff, John Robiola, Gabe Scurlock, Diane Walton Helpers: Tom Hunt Test swimmers: Peter Cullinan, Hal Offen</p>	39	Tom Neill	40:25	40	Cesar Manzano	40:38	41	Kathleen Sheridan	40:48	43	Xander Groeneveld	40:55	44	Gina Rus	41:10	55	Sean Lavelle	43:20	57	Richard Goozh	44:16	59	Thomas Kuglen	44:44	63	Danny De Leon	45:43	65	Richard Haymes	46:08	68	Andrew Cassidy	46:35	76	Quinn Duffy	48:10	80	Maggie Lonergan	50:41	82	Andy Stone	51:41	83	John Gower	52:38	84	Kathleen Duffy	53:20	98	Mick Lavelle	1:10:00	<p>The first Dolphin Club swim of the year: a chilly but fun and easy one-mile swim (4 squares). No peculiar weather conditions or tidal conditions.</p> <table border="0"> <thead> <tr> <th>Place</th> <th>Name</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>1</td><td>Joby Bernstein</td><td>17:20</td></tr> <tr><td>2</td><td>John Renko</td><td>18:55</td></tr> <tr><td>3</td><td>Chris Wagner</td><td>19:46</td></tr> <tr><td>4</td><td>Michael T-Hahn</td><td>19:56</td></tr> <tr><td>5</td><td>Stephen Schatz</td><td>20:09</td></tr> <tr><td>6</td><td>Cesar Manzano</td><td>21:10</td></tr> <tr><td>7</td><td>Tim McElligott</td><td>21:22</td></tr> <tr><td>8</td><td>Jaron Ness</td><td>21:25</td></tr> <tr><td>9</td><td>Tor Lundgren</td><td>21:30</td></tr> <tr><td>10</td><td>Steve Carlson</td><td>21:33</td></tr> <tr><td>11</td><td>John Stassen</td><td>23:01</td></tr> <tr><td>12</td><td>Michael Coren</td><td>23:19</td></tr> <tr><td>13</td><td>Thomas Reynolds</td><td>23:28</td></tr> <tr><td>14</td><td>Erik Cufino</td><td>24:15</td></tr> <tr><td>15</td><td>Aniko Kurczinak</td><td>24:10</td></tr> <tr><td>16</td><td>Charlie Cross</td><td>23:35</td></tr> <tr><td>17</td><td>Matt Clark</td><td>24:49</td></tr> <tr><td>18</td><td>Andrew Braithwaite</td><td>24:54</td></tr> <tr><td>19</td><td>Terence Huwe</td><td>25:02</td></tr> <tr><td>20</td><td>Marie Sayles</td><td>25:09</td></tr> <tr><td>21</td><td>Maggie Lonergan</td><td>25:12</td></tr> <tr><td>22</td><td>Richard Goozh</td><td>25:13</td></tr> </tbody> </table>	Place	Name	Time	1	Joby Bernstein	17:20	2	John Renko	18:55	3	Chris Wagner	19:46	4	Michael T-Hahn	19:56	5	Stephen Schatz	20:09	6	Cesar Manzano	21:10	7	Tim McElligott	21:22	8	Jaron Ness	21:25	9	Tor Lundgren	21:30	10	Steve Carlson	21:33	11	John Stassen	23:01	12	Michael Coren	23:19	13	Thomas Reynolds	23:28	14	Erik Cufino	24:15	15	Aniko Kurczinak	24:10	16	Charlie Cross	23:35	17	Matt Clark	24:49	18	Andrew Braithwaite	24:54	19	Terence Huwe	25:02	20	Marie Sayles	25:09	21	Maggie Lonergan	25:12	22	Richard Goozh	25:13
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DOLPHIN LOG SWIM STATISTICS

23	Danny De Leon	25:20
24	P.J. Skarlanic	25:26
25	Morgan Kulla	26:06
26	Andy Stone	26:09
27	Zach Walton	26:13
28	Julian Sapirstein	26:22
29	Peter Cullinan	26:27
30	David Strasburg	26:28
31	Nancy Booth	26:29
32	Richard Haymes	26:42
33	Keith Nelson	26:47
34	Phil Rollins	26:57
35	Marcy Michael	27:11
36	Holly Reed	27:13
37	Tommaso Trionfi	27:44
38	Marlin Gilbert	27:48
39	Joni Beemsterboer	28:09
40	Bobby Lu	28:20
41	Bill Burke	28:34
42	George Robin	28:36
43	Kathleen Duffy	29:22
44	Talia Brinton	29:45
45	John Hornor	29:46
46	Hal Offen	29:55
47	Robin Rome	30:50
48	Keith Howell	30:55
49	Lucia Pacca	31:05
50	Michael Barber	31:38
51	Joe Gannon	32:34
52	Arnie Thompson	33:54
53	Will Powning	34:07
54	Stuart Gannes	34:29
55	Michael Sesko	35:15
Pilots: Jean Allan, Marcus Auerbuch, Jon Bielinski, Laura Zovickian, Scott Cauchois, Duke Dahlin, James Dilworth, Paul DuBois, Tim Dumm, Jim Frew, Brad Gambrell, Chris Germain, Lewis Haidt, Larry Heine, Nancy Hornor, Davis Ja, Margaret Keenan, Brian Kiernan, Kristina Kordesch, Wendy Kordesch, Tim Kreutzen, Mick Lavelle, Tracy Lorenz, Martin Machado, Grant Mays, Bri McCarthy, Mikhail Melnikov, Tom Neill, David Nettell, John Robiola, Kathleen Sheridan, Deborah Sherwood, Maile Smith, Lance Starin, Omer Thompson, Nihan Tiryaki, Diane Walton, David Zovickian Helpers: Andrea Allen, Joni Beemsterboer, Peter Bianucci, Nancy Booth, Lindsay Boswell, Bill Burke, Steve Carlson, Andrew Cassidy, Daniel Cavey, Peter Cullinan, Lisa Domitrovich, Kathleen Duffy, Pauline F-Koppenol, Susan Garfield, Marlin Gilbert, Brian Gilbert, Richard Haymes, Tom Hunt, Terence Huwe, Mara Iaconi, Erika Kettleson, Joel Kramer, Morgan Kulla, Michelle Kuroda, Helen McKinley, Jane Mermelstein, Ken Miller, Keith		

Nelson, Jaron Ness, Emily Nogue, Nanda Palmieri, Regan Pritzker, Phil Rollins, Robin Rome, Suzanne Scott, Eric Shupert, John Stassen, Sam Suttle, Kaitlin Talley, Arnie Thompson, John Thorpe, Cheryl Wallace, Zach Walton, Rebecca Wolski, Janice Wood **Test swim:** Jean Allan, Andrew Cassidy, Scott Cauchois, Peter Cullinan, Nancy Hornor, Bri McCarthy, Jon Bielinski, Joe Gannon, Steve Hanson, Terry Horn, Tim Kreutzen, Maggie Lonergan, Thomas McCall, Tom Neill, Kathleen Sheridan, Diane Walton

Pier 39 Swim MARCH 1, 2020

Despite wind warnings, both the swim itself and the test swim were performed with little difficulty, since the wind did not pick up until the swim and test swim were nearly finished. On the whole, a beautiful morning on the Bay, enough ebb current to quicken times and all who swam finished and added a qualified swim toward the GG and Alcatraz swims.

Place	Name	Time
1	Quinn Fitzgerald	24:22
2	Suzanne Heim	24:42
3	Chris Wagner	26:24
4	Laura Zovickian	26:52
5	Stephen Schatz	27:07
6	Travis Bickham	27:17
7	Michael T-Hahn	27:22
8	Jaron Ness	28:11
9	Mauricio Prieto	28:32
10	Matt Clark	28:34
11	Peter Bartu	28:43
12	John Gibbon	28:47
13	Cesar Manzano	29:12
14	Matthias Fore	29:15
15	Steve Carlson	29:23
16	John Stassen	29:46
17	John Haymaker	29:50
18	Erika Kettleson	29:51
19	Kaitlin Talley	30:03
20	Kate Mapstone	31:51
21	George Morris	32:31
22	Jason Prodoehl	32:38
23	Richard Haymes	33:49
24	Quinn Duffy	34:25
25	Marie Sayles	34:30
26	Jennifer Sturgill	34:44
27	Nancy Booth	34:46
28	Karin Christenson	35:05
29	Andy Stone	35:15
30	Keith Nelson	35:26
30	Zach Walton	35:26
32	Jean Lamming	36:11
33	Dean Badessa	36:22
34	Marcy Michael	36:27
35	Megan Wachs	36:30

36	Tommaso Trionfi	36:35
37	Lindzy Bivings	36:42
38	Holly Reed	36:56
39	Joni Beemsterboer	37:10
40	Bastiaan Koch	37:39
41	Kathleen Duffy	37:43
42	Derrick Rebello	37:49
43	Mark Lenz	37:50
44	Gretchen Coffman	38:20
45	Daniel Wolfe	39:21
46	Paco Rosas	39:34
47	John Hornor	39:35
48	Lisa Domitrovich	40:09
49	Lindsey Hoshaw	41:30
50	Robin Rome	41:53
51	Keith Howell	42:24
52	Jim Frew	43:08
53	Michael Barber	43:45
54	Joe Gannon	44:35
55	Scott Halsted	47:12
56	Stuart Gannes	48:19
57	Donna Schumacher	53:47
58	Kate Matthay	53:56
59	Suma Snehalatha	59:20
Pilots: Jon Bielinski, John Blackman, Scott Cauchois, Barry Christian, James Dilworth, Tim Dumm, Erin Figel, John Grunstad, Julia Hechanova, Larry Heine, Evan Hirsch, Nancy Hornor, Diane Jackson, Margaret Keenan, Brian Kiernan, Tim Kreutzen, Eric Lam, Mary Magocsy, Rob Martinez, Thomas McCall, Tom Neill, Jesse Pence, John Robiola, Kathleen Sheridan, Nihan Tiryaki, Diane Walton, David Zovickian Helpers: Andrea Allen, Lindzy Bivings, Ward Bushee, Steve Carlson, Andrew Cassidy, Karin Christenson, Matt Clark, Lisa Domitrovich, Kathleen Duffy, Pauline Farmer-Koppenol, Susan Garfield, John Gibbon, Brian Gilbert, Richard Haymes, John Hendersson, Lindsey Hoshaw, Carolyn Hu, Tom Hunt, Terry Huwe, Mara Iaconi, Bastiaan Koch, Kristina Kordesch, Cesar Manzano, Marcy Michael, Keith Nelson, Jaron Ness, Lorna Newlin, Nanda Palmieri, Derrick Rebello, Polly Rose, Gina Rus, Marie Sayles, Susan Saylor, Suzanne Scott, Eric Shupert, Suma Snehalatha, Jennifer Sturgill, Sam Suttle, Kaitlin Talley, John Thorpe, Michael Tschantz-Hahn, Nico Van Dongen, Chris Wagner, Zach Walton, Daniel Wolfe, Rebecca Wolski, Janice Wood Test swim: Andrew Cassidy, Scott Cauchois, Erin Figel, Matthias Fore, Nancy Hornor, Carolyn Hui, Mara Iaconi, John Blackman, Duke Dahlin, Tim Dumm, Jim Frew, Joe Gannon, Terry Horn, Tim Kreutzen, Tom Neill, Nanda Palmieri, Kathleen Sheridan, John Thorpe, Chris Wagner		

PRESIDENT'S REPORT - *Diane Walton*

In 1877, John Wieland and Valentine Kehrlein formed The Dolphin Swimming & Boating Club, creating space for their families to be together and enjoy the Bay. One hundred years later, unanticipated at the outset, women became members. Today, unimagined in 1877, we are 1700+ strong, following gratefully in those footsteps as we enjoy the bay, row and swim, and celebrate each other. Equally unimagined, even last month, we know what it takes to flatten the curve of an extraordinary virus, what we can do as a club and as individuals to strengthen our community. What do we want our Club's future to be?

We know we will still be swimming! This year, we have more Polar Bear swimmers than ever, we have 17 big organized swims, lots of smaller ones, including two Bay-to-Breakers, and our swimmers will participate in other swims around the world, as well as swim in the Cove and the Bay as often as possible. We support under-served local youth through the Youth Swim Fund, providing opportunities to learn how to swim. While we have Intro to Bay Swimming, greatly appreciated by all, one recent suggestion has been to add some more advanced swim courses; other ideas include using swimming to build the next generation of the Club, and supporting more private piloted out-of-cove swims. And swimming has of course continued during the Club closure, at Aquatic Park and elsewhere around the Bay. What else might we be doing with and for our swimmers?

We know we will still be rowing! Our fleet has grown from those early days, still the Whitehalls, heavy wooden singles and doubles, plus the Vikings, the Wieland, a roster of single and double shells at Aquatic Park and Lake Merced, and 4 LiteBoats- two singles, a double and a quad. Plus personal and Club kayaks and SUPs. How will the fleet grow to meet members' needs? We row for pleasure, for fitness, for piloting our swims, and for competition - we sponsor 3 regattas, and participate in others. Suggestions are coming in for more non-competitive rows together, more multi-station boats, using rowing to build the next generation of the Club, and some different Club-led challenges. What else might we be doing with and for our rowers?

We will also still be lifting weights, running and playing handball. We will still be eating and drinking, working on the boats, and cleaning up the locker rooms, together. The Foundation will still be funding swimming, rowing and boat-building outreach to the community, as well as supporting the best facility possible here at Aquatic Park. We will still be celebrating the Bay, those who work to keep it healthy, and each other.

What might we do now to best assure the Club we want others to enjoy tomorrow? We will still have our unique identity, our legacy as Dolphins, but maybe we will have different ways to partner with like-minded friends. Maybe we will have lessons learned from COVID19, lessons of the joys of simply getting to do what we get to do. Maybe we will want to earn additional revenue to fund new challenges. Maybe we will have a more diverse membership. Maybe we will have a third location. Maybe the Foundation will be a primary force for expanding San Franciscans' access to rowing, swimming and boat-building. Please send your thoughts, your maybes, to me at President@dolphinclub.org. I look forward to the conversations, to strategizing, prioritizing and taking action!



President Diane Walton sporting a Robin Rome mask



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2020 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Wed TBD	*New Year's Day Alcatraz
Jan 1	Wed TBD	New Year's Day Cove Swim
Jan 18	Sat 8:30 am	*Pier 41
Feb 1-2	Sat/Sun	24 hour cove relay
Feb 9	Sun 8:30 am	*Gas House Cove
Feb 16	Sun TBD	Old Timer's Lunch
Mar 1	Sun 8:00 am	*Pier 39
Mar 14	Sun 7:15 am	*John Nogue Swim for Science Pier 15
Mar 15	Sun TBD	McCovey Cove Regatta
Mar 21	Sat 8:00 am	*Yacht Harbor
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 11	Sat 11:00 am	Dick Beeler Crazy Cove
Apr 25	Sat 11:00 am	*Coghlan Beach (fun swim)
May 23	Sat TBD	Rowers Festival
May 30	Sat 8:00 am	*Bay Bridge
Jun 1	Mon 5:00 am	100-Mile Swim Begins
Jun 20	Sat 9:30 am	*Pride Swim
Jun 21	Sun 9:15	Baykeeper Relay
Jun 27	Sat 5:00 pm	*Under 30 & 30-45
Jun 27	Sat 5:00 pm	*Doc Howard Over 45
Jul 18	Sat TBD	Trans Tahoe
Jul 19	Sun 9:00 am	*Crissy Field
Aug 1/2	Sat/Sun	*Santa Cruz Pier Swim
Aug 15	Sat 11:00 am	Walt Schneebeli Over 60 Cove
Aug 30	Sun 8:00 am	*Fort Point
Sep 12	Sat 9:30 am	*Alcatraz
Sep 27	Sun TBD	Swim Across America
Oct 3	Sat 10:00 am	Dolphin/South End Triathlon
Oct 10	Sun 8:30 am	*Joe Bruno Golden Gate
Oct 17	Sat	Angel Island Regatta
Oct 24	Sat 7:45 am	Escape from Alcatraz Triathlo
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 14	Sat TBD	Pilot Appreciation Dinner
Nov 22	Sun 5:00 am	Grizzly Bear Challenge
Nov 26	Thur 9:00 am	Thanksgiving Day Cove
Dec 20	Sun 8:00 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Mon 5:00 am	Polar Bear Swim Begins
Dec 31	Tue 11:00 pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays aT 9:00 am

January 18

February 22

March 21

April 18

May 16

June 20

July 18

August 22

September 19

October 17

November 21

December 19

Intro to bay swimming *usually*
offered on the Saturday *or*
Sunday following the monthly
Board Meetings, check website
www.dolphinclub.org

Alcatraz Island
1.4 miles



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. To swim Golden Gate or Alcatraz, members must 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.)

Pier 41 1/2
1.2 miles

Pier 43
1 mile

Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gashouse Cove
1 mile

Aquatic Park Cove

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