



# Splash!

Volume 2

Fall/Winter 2011

## Message from the Director,

### Marilyn Stadler

Everyone is happy to return to Fidalgo Pool & Fitness Center after our long six-week shutdown. It was certainly a busy maintenance time for our facility managers and staff. If you check out our website – [fidalgopool.com](http://fidalgopool.com), you can click on the shutdown photos to see some of the many projects tackled.

As it turns out, we accomplished about \$300,000 worth of projects, which includes labor, equipment and other related expenses. One of the items we discussed in the last newsletter was the necessity of replacing our old boiler with a new ThermoSteam GXT system. The cost for the system was approximately \$95,000. Remember we originally planned to replace the boiler in the next levy time frame, but the system didn't make it. We had enough money to pay for 25% of the boiler and its installation now, but we had to obtain a bank loan to cover the rest until our next levy.

The pool refinishing proceeded as planned, and the result is not only functional, but dramatic. Our vendor repaired 43 cavities in the pool floor, retiled the target and lane lines, and tiled around the gutter.

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## Friends of the Fidalgo Pool Membership Drive

*We Want YOU!*



It gives us great pleasure to invite you to join the **Friends of Fidalgo Pool and Fitness Center!**

If you love the pool like we do, WE WANT YOU!! The Friends of the Pool have a great time supporting the pool in a number of ways. We would love to have your support – it can be as little as volunteering to bake cookies for a bake sale to chairing our annual Pool Festival to anything in between. Please see pages 6 & 7 for more information on becoming a member.

### Current Fall Fundraising:

A Raffle for a two bedroom condo for ten days in Hawaii! Tickets are \$20, see front desk for details and to purchase tickets.

Garage Sale at the Pool! Don't wait until spring to clean out your house. Donate your gently used items for our upcoming Garage Sale Fundraiser.

We meet monthly in the pool's meeting room. Come join us!! Our meeting schedule is as follows:

October 11, 2011  
November 8, 2011  
December 6, 2011  
January 10, 2012  
February 7, 2012  
March 6, 2012

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What we didn't expect during the shutdown was an additional \$50,000 worth of projects. This included fixing an electrical conduit in the conference room, replacing the Ozone system with an Ultra-violet system, rebuilding pump assemblies and three motors, and handling several crucial smaller issues.

Grant funds from state, federal and private sources continue to be unavailable, so we have to button down the hatch a little tighter. In the meantime, our Friends of Fidalgo Pool and Fitness Center has stepped up to the plate, and are offering a raffle to Hawaii. The managers and commissioners are also sponsoring a garage sale in October to help raise funds for Friends and the pool.

On a final shutdown note, I would like to thank the Thunderbird Aquatic Club for financing and building a new computer stage in the pool area and upgrading the electrical in the conference room, to the scoreboard and in the coach's office. They worked hard to complete these projects before we re-opened and did an excellent job as well.

I want to finish by saying we are thrilled to have you here and welcome back! We appreciate that you come here and support the pool the way you do!

**Marilyn Stadler, Director**

## GARAGE SALE

OCTOBER 21 9AM – 3PM

DONATE FOR A CAUSE

Due to unexpected repairs during the summer shutdown, we are in fundraising mode. We are asking you to donate your gently used items to our garage sale. Please deliver your items between October 17-19.

Please no clothes, computers, shoes, or old televisions. Baby clothing and baby items will be accepted. Contact us if you need help with delivery or are willing to help out with the sale. Call Judy at 293-0673 for more information.

Lastly, come by Friday, October 21<sup>st</sup> and BUY, BUY, BUY. Great deals are to be had. Don't miss it!!

## Thunderbird Aquatic Club Masters (TACM)

TACM is a program based on individual needs and ability. Do you like to swim in a competitive environment? Are you looking to swim with friends? Are you interested in becoming a better swimmer while receiving high quality instruction? This program may be for you!

The cost of this program is a \$50 monthly club fee, which includes fitness room and anytime lap swim in addition to all Master practices. Forty three hours of lap time are available with paid membership. You can also purchase a \$30 ten punch card used only for Master practices.

### Practice Times:

Tuesday 6:30-7:30pm

Wednesday 12:00-1:00pm

Thursday 5:30-6:30pm

Saturday 7:00-8:00am

### How to Join:

Drop in on any of the scheduled practice times to observe or participate. You can also contact Jason Hunter at 360-293-0673 ext. 14 or email him at [jhunter@fidalgopool.com](mailto:jhunter@fidalgopool.com) for more information.



## Thunderbird Aquatic Club (TAC)

TAC is one of the premier swimming programs in Northwest Washington and provides competitive swimming opportunities for Skagit Valley swimmers of all ages, from the beginner to the most skilled. Quality coaches guide this age-group youth program with the goal of creating a lifetime of fitness.

If you are interested in learning more about this program, please contact Head Coach Jason Hunter at 360-293-0673 ext. 14. A two week trial period is offered free of charge for prospective members.

## Special Appreciation

*From the Staff & Friends of the Fidalgo Pool*

The Penny Drive was a HUGE success! The Staff & Friends of Fidalgo Pool would like to thank the following organizations and people:

A-1 Mobile Lock & Key  
Ace Hardware  
Adrift  
Anacortes Automotive  
Anacortes Chamber of Commerce  
Anacortes Printing  
Bike Spot  
Blockbuster  
Bob's Chowder Bar  
Calico Cupboard  
Compass Wines  
Country Corner  
Donut House  
Econo Wash  
El Jinete  
Fidalgo Drive-In  
Gere-a-Deli  
Hallmark  
Harold's Market  
Island Café  
Johnny Picasso's  
Kiwanis  
La Conner Country Inn  
Lake Erie Store  
Les Schwab  
Little Caesar's  
Marine Hardware  
Medicap Pharmacy  
Napa Auto Parts  
Old Town Bakery  
Opulence Salon  
Penguin Coffee  
Pizza Factory  
Quilt Shop  
Radio Shack  
Randy's Pier 61  
Read Me a Story  
Red Snapper  
Rite Aid  
Rosario Market  
San Juan Lanes  
Sebo's Hardware  
Senior Activity Center

Sheely's Floral & Gifts  
Soroptimist  
Thai Seasons  
The Mailbox  
Thunderbird Aquatic Club  
Walgreens  
Watermark Books  
West Marine  
Zap Pro Lube & Brake



Norm & Ricky Beets  
Jo Britten  
Heather Burke  
Martha Coleman  
Rosie Gallatin  
Nancy Halton  
Donna Halverson  
Vicki Hoges  
Rob Hoxie  
Helen Jung  
Sandy Lane  
Mark Linneman  
Doris Noaker  
Joan Olson  
Bruce Rooney  
Sharon Scott  
Paul Sherman  
Simone Spiess  
Margaret Studer  
Paul Weisz

With the funds raised from the Penny Drive, the Pool was able to purchase aquatic equipment for public use during open and family swim. **A great, big thank you to all who participated!!**

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***Lifeguards Wanted!! Become certified and join our staff. A great part-time job.***

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# Manager's Corner

## By Judy Jensen

### Water of Drugs

Many people across the nation suffer from chronic pain daily. Many people are on over the counter or doctor prescribed medicine to relieve pain. One alternative that people may not know of is water.

Immersing a body in water can relieve pain without the side effects of taking daily pain relief medications. Buoyancy does relieve pain due to relieving stress and compression forces on the joints. Exercise has been proven to release pain; and combining water and exercise can induce natural pain relief without the need of daily pain medications.

Immersion in water is generally found to be pleasurable, creating an almost universal feeling of relaxation. Water exercise enables greater movement, greater range of motion, increases balance, and allows the individual to do much more movement than on land. Combining both water and exercise will enable the individual to obtain a double benefit: reduce pain throughout daily living skills and possible decreasing pain medications. (Always check with your doctor.)

The aquatic environment is also a great place to begin and continue an aerobic workout. Especially for those individuals who find working on land does not work for them. Remember intensity is the key to reaching the aerobic effect. Ability to reach at least a 60% VO<sub>2</sub> max could be correlated with moderate to high intensity in the pool setting. The greater the effort, the greater chance of reaching pain relief.

Working in the water is a superior way to get ready for joint surgery and/or recovery from joint surgery. Aquatic Therapy at our facility is offered through Island Hospital Physical Therapy. Water exercise/aerobic classes are a great way to follow your therapy and to begin to work out in a group setting. Not only will you feel better but the joys of laughter and making friends is an additional benefit.

Please check our pool schedule for a listing of our water workout classes. We offer a class daily to meet your needs with excellent instructors.

### 5 Foods That'll Make You Look Younger

By Nancy Kalish, [Details magazine](#)

Kicking nicotine and avoiding excessive sunlight will help, but the secret to healthy-looking skin is the food you eat. "The wrong choices cause inflammation down to the cellular level," says dermatologist Nicholas Perricone, the author of *Forever Young*, a book about how eating right can keep you looking younger than your years. "And while you can't see it, that inflammation leads directly to wrinkling, sagging, and premature aging." Here is what to eat to prevent that from happening.

#### 1. Sweet Potatoes

Beta-carotene, which makes these tubers orange, balances your skin's pH, helps combat dryness, and promotes cell turnover, all resulting in smoother skin.

#### 2. Wild Salmon

The pigment that makes the fish pink, astaxanthin, is a powerful foe of free radicals, rogue molecules that damage cell membranes and DNA and cause skin to age. A study found that eating one serving every five days can prevent actinic keratoses—ugly rough patches that are precancerous.

#### 3. Tomatoes

The fruit's red pigment, lycopene, is a potent antioxidant that shields skin from sun damage—like sunscreen, but from the inside out. To best absorb lycopene, eat tomatoes with olive oil.

#### 4. Citrus Fruits

Vitamin C is essential to building collagen, a vital component of young-looking skin, which starts breaking down in your twenties. Citrus also contains bioflavonoids, which protect skin from UV rays and help prevent cell death.

#### 5. Leafy Greens

Spinach, kale, and other greens contain lutein, which protects skin from sun-induced inflammation and wrinkles.



“The difference between try and triumph is just a little umph!”

Marvin Phillips

## Taking Steps for Good Health

Even a moderate amount of exercise can lower your cancer risk, improve your mood, help you lose weight, and more. So what are you waiting for?

Here are some tips for getting started and overcoming exercise barriers:

### Squeeze in brief walks throughout the day.

Even short spurts of exercise, such as 10 minutes of walking spaced throughout the day, offer benefits.

**Schedule it.** Write exercise time in your daily calendar.

**Make it part of your routine.** Then it isn't a “should I, or shouldn't I” decision. You just do it.

**Take small steps.** If you don't exercise, begin by walking for short periods. Add a few minutes every week to the length of your walks.

**Mix it up.** For example, if you usually run on a treadmill, take an aerobics swim class. Or do some strength training exercises one day, and aerobic activity the next.

**Find a fitness buddy.** Knowing someone else is depending on you is good motivation.

**Get up earlier.** If your days are packed and the evening hours hectic, get up 30 minutes earlier a few times a week to exercise.

**Park further away.** Park in the back row of the parking lot or even a few blocks away and walk to your destination.

**Revamp your rituals.** Instead of the weekly Saturday matinee with the kids or your best friend, go for a bike ride, take a yoga class, or swim at the local pool.

**Make exercise fun.** Think of activities that give you joy – maybe it's something like roller skating, or dancing. Catch up with a friend while walking.

**Walk the dog.** He needs exercise too, and he'll never, ever be too tired.

Source: [www.ghc.org](http://www.ghc.org) | NW Health Summer 2011



## Cream of Pumpkin Soup

Nothing says fall better than pumpkin! With its high levels of Vitamin A, C and fiber, it is the perfect healthy meal.

### Ingredients

- 1 teaspoon olive oil
- 1 onion
- 1/4 teaspoon ground ginger
- 1 teaspoon thyme
- 4 cups pumpkin puree (fresh or canned)
- 1 cup water
- 2 cups skim milk
- 1/4 cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

### Method

1. In a large saucepan, sauté onion in olive oil until tender. Add ginger and thyme and cook until fragrant (about 30 seconds). Add pumpkin puree and water and continue to heat until thickened.
2. Puree in a food processor and return to sauce pan. Stir in milk and continue to heat until hot but not boiling.
3. Remove from heat and sprinkle with parsley and Parmesan cheese. Season with salt and pepper, if desired.

Number of Servings: 4

### Nutrition Content (per serving)

144 [calories](#), 3 g [fat](#), 2 g [saturated fat](#), 21 g [carbohydrates](#), 10 g [sugars](#), 3 g [fiber](#), 9 g [protein](#), 167 mg [sodium](#), 280 mg [calcium](#)

Source: [www.thatsfit.com](http://www.thatsfit.com)



## Come Join the Friends of Fidalgo Pool & Fitness Center!

Monthly meetings are normally on the 2<sup>nd</sup> Tues of each month, 6:30 pm, in the meeting room at the pool. But there are many other ways to help if coming to meetings is difficult.

Complete this form and turn it in at the front desk or give it to a member of Friends of the Pool. We'll be in touch. Thank you so much!

Your Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
Email Address \_\_\_\_\_  
Phone Number \_\_\_\_\_ Today's date \_\_\_\_\_

Check the activities you can help with.

- I am a planner – I can come to most of the monthly meetings and help organize projects.
- I like parties – I can help plan and put on events.
- I am creative – I can help decorate for events, create displays or scrapbook, etc.
- I like to cook – I can contribute food for events.
- I am crafty – I can help with projects like the Holiday Wreath.
- I am good at talking with people – I can help with phone calls, staff a table at a resource fair, arrange publicity, sell raffle tickets, etc.
- I am good with computer graphics, displays, and/or writing – I can help with creating printed or online materials.
- The Pool and Fitness Center is so important to me – I just want to help in whatever way I can.



## So, what does the Friends Organization really do?

The Friends of FPFC work on projects like the annual Pool Festival, providing information at the Senior Resource Fair (Navigating the Future), and giving back to the community by creating a wreath for auction at Island Hospital's yearly fundraiser. We raise money, offer expertise, collect donations, provide volunteer help, and we have fun!

- \* We promote the Pool and Fitness Center as a community resource for wellness, exercise, recreation, and fun. We support the development of new wellness, health promotion, and water safety programs.
- \* We help address gaps in programs and services, including those needed by senior citizens, people recovering from injuries, young children, and individuals with disabilities.
- \* We raise money to help maintain and improve the pool and fitness center. Now in its thirty-fifth year, the facility has ongoing maintenance needs. A warm water pool for senior citizens, young children, and therapy clients is in the planning stages.
- \* We purchase special equipment for aquatic and fitness programs, especially items useful to new swimmers and individuals with health issues.
- \* We work to make sure the community understands the pool levy, voted on every three years by residents of the Fidalgo Island Park and Recreation District. The District's five elected commissioners are responsible for operating and maintaining the facility.

Financial support is always needed! Cash donations can be made at the front desk. Checks payable to Friends of Fidalgo Pool and Fitness Center may be mailed to Fidalgo Pool & Fitness Center, 1603 22nd Street, Anacortes, WA 98221. Your donation to the Friends of Fidalgo Pool & Fitness Center District is a tax-deductible charitable contribution under IRS publication 526.

Friends of Fidalgo Pool and Fitness Center is a 501(c)(3) nonprofit charitable organization registered with the Internal Revenue Service and formed to support Fidalgo Pool and Fitness Center District, a municipal corporation and special purpose district in Washington state. If you have any questions, do not hesitate to contact Marilyn Stadler, Director, at 360-293-0673 or by email at [mstadler@fidalgopool.com](mailto:mstadler@fidalgopool.com).



## Wanna Go to Hawaii?

Now that we've caught your attention, find out how you could win a 10 day two bedroom condo in beautiful Hawaii AND support the pool at the same time!

Friends of Fidalgo Pool & Fitness Center invites you to purchase a \$20 chance to win 10 days in the five star rated World Mark in Kona or other available destinations in Hawaii! Proceeds will help our beloved pool with some unexpected repairs. Only 250 tickets will be sold. Drawing will be held once all tickets have been sold. Nine months are needed to secure date for your stay. Winner will schedule with the owner of the property. There is no expiration date.

Please contact Marilyn Stadler at [mstadler@fidalgopool.com](mailto:mstadler@fidalgopool.com) or call 360-293-0673 if you have questions or would like to purchase raffle tickets.

**THANK YOU FOR YOUR SUPPORT!!**

### Splash! Newsletter Committee

Thank you for reading our newsletter! If you have any suggestions, ideas or tips for the next newsletter, please feel free to email them to [Christina@almobilelock.com](mailto:Christina@almobilelock.com).

Thank you!

Vicki Clement  
Joan Olson  
Christina Olson

### Commissioner's Corner

The Commissioners meet the first Thursday of every month at 6:30pm in the pool's meeting room. The community is welcome to join in any of these meetings. If you would like to contact them, please email [mstadler@fidalgopool.com](mailto:mstadler@fidalgopool.com).

Heather Burke  
Kim Jenssen  
Pamela Lambeth  
Andrew Olson  
Bill Turner