

# Cascade Community Pool News

VOLUME 11, ISSUE 1

FEBRUARY 3, 2010

826-2124      www.cascadecommunitypool.com

## STRATEGIC PLAN READY

Your Board of Directors has been working with Roi Crouch, consultant, to construct a multi-year plan for the pool. Roi's compensation was covered by a grant from The Ford Family Foundation.

The Board members have spent time in committee meetings to determine how we want the pool to look in the future. We want to keep the family feel to our pool, keep it well maintained, economize on fixed expenses, increase our membership, attendance, and swim lessons. Our community committee is responsible for increasing commitment to the pool from our members, make them feel a part of something valuable.

The executive director committee is helping put a succession plan into effect. This means finding a way to pay a salary for an Executive Director. This committee also researched grants that match our needs.

The Facility Committee has listed and prioritized all the repairs and maintenance needed at the pool during the next five years.

The Funding Committee has planned events to increase our income.

Joy and Roi have worked on a four-year budget.

All of these efforts are necessary to apply for grants. The Foundations want to see a multi-year budget and a strategic plan.

At the Board meeting in January a motion passed authorizing Joy to send grants to The Carpenter Foundation and the Oregon Community Foundation requesting \$11,800 to fund a capacity building grant. This will increase our memberships and swim lessons which in turn will increase our income.

The grants have been written and submitted. Now we must wait until the Foundations meet to make their decisions. The Board for the Carpenter Foundation interview people who request grants from them.



## MONTHLY SWIM LESSON TIMES

**Tuesday, Feb. 2nd**

**9 - 11 A.M.**  
**2 - 4:30 P.M.**  
**5:30 - 7:30 P.M.**

**\$28 - 30 min.**  
**\$50 - 1 hr.**

**Private Lessons**  
**\$20 per 1/2 hour**



## \$\$\$FINANCES\$\$\$

### NOV/DEC 2009

**Income - \$9,817.22**

**Expense - \$15,616.71**

**Loss \$ 5,799.49**

**Income - \$21,383.30**

**Expense - \$10,253.12**

**Profit \$11,130.18**

#### DONATIONS

**"Water Safety" - \$5,850**

**General Fund - \$4,957.40**

A special thanks to all the generous people who gave in response to our donation request letter.

## ATTENDANCE

**Nov. 2008 - 2,920**

**Nov. 2009 - 2,431**

**Dec., 2008 - 2,430**

**Dec., 2009 - 2,259**

## RAISE MONEY LAP SWIMMERS

We have pledge envelopes available for anyone who would like to see how much money they can earn for the pool by swimming laps for 1 hour on March 6th.

There will be prizes for the most money turned in, the most laps in an hour, the oldest lap swimmer, and the youngest lap swimmer.

Every participant will receive a bracelet for taking part in the event.

Fruit and water will be provided.

Swimmers should bring a buddy to count their laps.

Help make this event a success!

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## WANTED!

E-mail addresses for sending Newsletter!

## TOT & ME

**March Lessons**

**10:30 A.M.**

**5:30 P.M.**

**7:00 P.M.**

## ZUMBA

*"Dancing in the Pool"*  
**Saturday, 9 - 10 A.M.**  
**Wednesday, 6:30 - 7:30**

## UPCOMING EVENTS



- **February 2nd - Swim Lessons**
- **February 12th - 13th Ford Leadership Class**
- **Open Swim President's Day, Feb. 15th 1 - 3**
- **Little Butte 3rd Grade "Water Safety" classes Feb. 22nd**
- **March 2nd - Monthly Swim Lessons Begin**
- **March 6th - Lap-A-Thon 10:00 A.M.**
- **Open Swims every Saturday in Mar. 1 - 3 P.M.**
- **Open Swim 1 - 2 P.M. Mon. - Fri. 3/22 - 3/26**

## Member News

We welcome **Cecile DeJanvier, Bev & Tom Jensen, Alice Orcutt** back to the pool after being out with surgery or illness.

**Marcia Petrasek** had back surgery recently. She will be back soon.

**Kay Tooker's** husband, **Ron**, passed away on Friday, January 15th.

**Marianne & Bob Van Hoy** have returned to the pool. In December **Bob** was in the hospital a week with congestive heart failure. **Marianne** injured her knee while hunting last fall and had to have some repair work done on her knee.

**Jean Lund** has been having heart problems.

**Nadine Welch** is moving to The Dalles. We will miss her.

**Dorothy Stecker** is recuperating quickly from surgery on her toe.

### DEHUMIDIFIER TALES

Since June S & S Sheetmetal has been trying to discover the problem with the dehumidifier.

Recently David from S & S Sheetmetal arrived on the scene. He was determined to find out what was wrong.

He spent two days working on it, then took the manual home and studied it over the weekend. Monday, he returned and told me he had ordered the parts and would be back.

On Wednesday he installed the new parts and the dehumidifier has been working ever since.

The best part of all was that it was still under an extended warranty and his parts and 24 hours of labor were covered by the warranty. It is nice to have everything dry again.

### TOTAL IMMERSION

By **Juliana Kelsall**

Lap swimmers – Do you ever feel like you’ve reached a stage of “terminal mediocrity” in your swimming– not getting any better or faster in spite of trying harder? Would you just like to feel more smooth and comfortable in the water? It can be done, and I am living, swimming proof.

In my search for ideas about how to improve my lap swimming, I recently came across an approach called “Total Immersion” (“TI”) swimming. Developed by coach and Masters swimmer Terry Laughlin, this method encourages swimming “smarter” rather than “harder,” cooperating with the water rather than pulling or kicking against it, and improving each stroke rather than just getting through a set number of laps.

The results for me have been encouraging: In one month, I’ve increased my maximum one-hour distance from 47 to 59 laps. I can now swim all freestyle during that hour, rather than needing to alternate with breast stroke in order to “rest” fatigued muscles. At the end of my lap swimming sessions, I am not worn out from working too hard. Instead, from beginning to end, I am learning to focus on refining various aspects of my stroke from head to toe. There are still tough laps (and tough days), but there is also renewed enjoyment, especially knowing that improvement is still possible for me, even at the age of 48 and MS-related disability. If it can work for me, it can work for others as well.

The official website is [www.totalimmersion.net](http://www.totalimmersion.net). You’ll find video clips, forums, blogs, and products there. Access is free without registering, but registration (which is also free) allows you to post messages in the forums. I’ve gotten some helpful tips from more experienced “TI” swimmers that way.

Video clips are also available on [www.youtube.com](http://www.youtube.com) – just do a search for “Total Immersion swimming” and several choices will pop up. Two excellent clips are: “Perpetual Motion Freestyle” (demonstration by Terry Laughlin) and “Total Immersion Swimming Freestyle Demo by Shinji Takeuchi” (a certified “TI” coach). For actual video lessons on the “TI” approach, you can try renting the “Easy Freestyle” DVD through Netflix for starters.

Remember, group and private lessons are also available for swimmers of all ages from the experienced instructors at Cascade Community Pool. Small changes can make a big difference, both in swimming skill and enjoyment. Find what works for you and go for it!

Questions for Juliana? Find her swimming laps on Monday-Wednesday-Friday from 4:00 to 5:30 am, or give her a call at 541-665-0429 (no later than 8:00 pm, please).

### LOCKER MAINTENANCE

Now that the dehumidifier is working again we hope to treat the rusty spots inside the lockers.

Several of them had rust when we purchased them from the old Grace Christian High School in Jacksonville. I spoke with a person from the paint store and they suggested we spray to get rid of the rust and then give that spot a coat of paint.

We will let you know when this is going to happen so if there is rust in your locker we can treat it. We will probably do this on a Sunday in March.

