

Cascade Community Pool News

VOLUME 11, ISSUE 3

MAY 25, 2010

826-2124 www.cascadecommunitypool.com

1000 MILE CLUB

This month our 100 Mile Club started in 2003 became the 1000 mile club as two swimmers reached this goal within a couple of weeks of each other.

Cindy Sweet and **Juliana Kelsall** have been counting their miles since we began the chart. **Cindy** reached 1000 miles on May 7th and **Juliana** reached 1000 miles on May 17th.

We congratulate these two ladies for setting a goal and reaching it. Now they are on their way to 1100 miles. Both ladies have been swimming at least five days a week.

Juliana, who has multiple sclerosis, at times has combined other types of exercise with swimming and attended the pool three days a week. She also spent a couple of summers out of town and since we only count the miles she swims at Cascade Community Pool, her lap swimming during those summers did not count.

Juliana who has used the internet as a resource (see "Total Immersion" February 2010 Newsletter) has streamlined her swimming so she can now swim 1 1/2 to 2 miles a day instead

of the mile she was previously doing. The amazing thing is she is doing this with little use of her legs.

Cindy, who works in the prosthetics department at SORC has been a member of the pool since February, 1999. She swims about 5 miles a week. Cindy started swimming two days a week in the middle of April and on Saturdays in order to reach her goal. This encouraged Juliana to also swim twice a day though her energy level would ebb towards the end of the second swim.

When we started the 100 Mile Club we never envisioned anyone going past 100 miles. Many have started and then quit for various reasons but we have 14 swimmers many of whom have swum more than 100 miles. **Connie Smith** swam 834 miles and is on her way to 900.



\$\$\$FINANCES\$\$\$

Mar./Apr. 2010

Income - \$17,478.58

Expense - \$13,304.06

Profit \$4,174.52

Donations & Grants -

(Pacific Power - \$1,223.40)

(Avista - \$1,832.35)

Income - A-,542

Expense - \$16,007.93

Profit - \$6,534.63

(Pacific Power - \$1,352.82)

(Avista - \$1,432.20)

Donations/Grants - \$8,714

ATTENDANCE

March, 2009 - 4,680

March, 2010 - 4,246

April, 2009 - 4,761

April, 2010 - 3,560

MONTHLY SWIM LESSON TIMES

TUES. & THURS.

9 - 11 A.M.

2 - 4:30 P.M.

5:30 - 7:30 P.M.

WEDNESDAY

5:30 - 7:30 P.M.

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

INSIDE THIS ISSUE

Member News	2
Zimmerman Memorial	2
Summer Schedule	2
Hearts-A-Flutter Races	2
Volunteers Needed	2

WANTED!

E-mail addresses for sending Newsletter!

**CLOSED
MEMORIAL
DAY!!!**

**NO NOON LAP
SWIM JUNE 21ST
TO
JULY 2ND**

UPCOMING EVENTS



- **Memorial Day Parade May 31st 1:00 P.M.**
- **Open Swim Wednesday nights 7:30 - 8:30 P.M. June 2nd**
- **Daily Open Swim 1:00 to 2:00 P.M. starts Wednesday, June 16th**
- **Daily Swim Lessons starts 12:00 to 1:00 P.M. June 21st.**
- **Tuesday & Thursday Open Swims begin on Tuesday, June 22nd, 7:30 to 8:30 P.M.**

Member News

Lorane Zimmerman passed away in April. She will be missed by all.

Merle Wilson is in intensive care in the hospital with problems brought on by a severe sinus infection. She is beginning to get her kidney function back and they feel she will recover. She cannot have cards, flowers, or visitors while she is in ICU.

Claire Anchick, who exercised in our fitness classes several years ago is under hospice care for cancer which was first detected in early April.

Steve Hornbuckle spent a weekend in the hospital with a prescription drug reaction. He is now recuperating at home. He was in severe pain when he was admitted to the hospital,

ZIMMERMAN MEMORIAL

On Sunday, April 25th we held a Memorial Pot Luck for **Lorane Zimmerman**, who exercised in this pool for 22 years. She and her husband, Bob, were fond of pot lucks so it was only fitting to honor her this way.

We all miss her, willing to speak her mind and no putting up with nonsense manner.

She would tell new people they were exercising wrong, and then show them the correct way to do it.

She was always generous to the pool and helped us purchase the dehumidifier with a large loan.

Her family donated \$2,000 in her memory to fund the Bob & Lorane Zimmerman Memorial Fund which we will use to offer scholarships for swim lessons and fitness classes. Each year we will ask for donations to replenish this fund. The family requested that her name be added to the plaque on the lifeguard chair which we did.

Cliff Partridge warns us that if anyone sees Lorane in the future do not play scrabble with her.

SUMMER SCHEDULE

This year we will only cancel noon lap swimming for two weeks from June 21st through July 2nd from 12 to 1 P.M. During that time we will have our only **daily swim lesson session**.

Our **daily open swims** from 1:00 to 2:00 P.M. will begin on Wednesday, June 16th.

Monday & Wednesday night open swims 7:30 to 8:30 will begin on June 2nd and continue through August.

Tuesday and Thursday night open swims, 7:30 to 8:30 P.M. will begin on Tuesday, June 22nd and run through August 31st.

DONORS TO ZIMMERMAN MEMORIAL FUND

Mary & Leon Guild, Helen Wolgammott, Dorothy Stecker, Fountain Plaza Resident Council, Zimmerman Family Trust, Carol & Jake Jacobs, Luetta Miller, Kay Tooker, Connie Smith, Joy Reich

TOTAL DONATIONS = \$2,540

SURVEY

We need to know more about our members. There are people in our midst with many skills that would help make our pool an even better place.

We will create a register of our members skills and hobbies.

CARPENTER GRANT

We received \$6,000 grant from the Carpenter Foundation for capacity building. This means we are hoping to increase our membership base and usage of the pool. We also asked for money from The Oregon Community Foundation. We have yet to hear from them.

HEARTS-A-FLUTTER RACES

On Saturday, May 15th children participated in races in the front crawl, back stroke, breast stroke, and butterfly. The children received medals created by Harold Thies of Table Rock Trophies and Engraving.

Seahorse, Goldfish, Trout classes

- Adam Aguirre**
- Caitlyn Gardell**
- Jazmin Elwood**
- Kyan Myers**
- Paislie Kane**
- Ryan Goodrich**
- Savanna Hunter**
- Sydney Boren**

Salmon, Steelhead, Dolphin

- Ava Willits**
- Bailey Olson**
- Branden Boatwright**
- Clayre Shaffer**
- Connor Goodrich**
- Emilio Bedola**
- Holly Hulce**
- Jeremiah Fontenant**
- Kerwin Dewberry Jr.**

VOLUNTEERS NEEDED

To cover the office in emergencies

Fold and address newsletters/letters

Enter computer data

Garden/Yard Work

SPEC STD
 U.S. POSTAGE
 PAID
 Eagle Point, OR
 Permit #4

CASCADE COMMUNITY POOL
 78 00 DIVISION RD.
 WHITE CITY, OR 97503