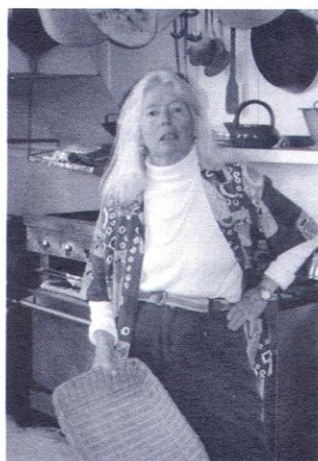


On March 4th Dolphins participated in the Tahoe Gar Woods Polar Bear Swim. Braving 38 degrees waters were Suzie Dods, Mary Cantini, Mary Sancimino, Amber Rhett, John Ottersberg, Rick Avery, Sean McFadden, Vic Pizarro, Tim Harwood, Brian Herrick, and honorary Dolphin Josh Birdsall. Tom Keller arrived a bit late and swam the 200 yard course all butterfly. Photo: Maureen R. Fitzgibbons



Mimi Osborne in the galley.

ingredients, and the whim of the chef.

In preparation for Dolphin dinners I first inventory the kitchen closet to see what supplies I might need for cooking and serving, check for liquor supplies, and tidy up. I make lists and try to shop efficiently with a minimum of trips. I depend on Smart and Final and Costco for many items and the Farmers' Market, Trader Joe's, and El Chico for others. Dolphin members Phil Kohlenberg, a master baker; Ralph Wenzel and the Sancimino family (owners of Shubert's Bakery and Swans Oyster Depot, respectively); and chefs Mike Dixon and Jason Togneti are all generous participants in Dolphin events. On event day I arrive at the club early,

unload the supplies, clean up the galley (mopping the floor never stops!), and make large-print lists of food prepping that needs to be done so that volunteers can decide what they have time for and interest in. I try to have all the tools helpers ready—knives and cutting boards, bowls and colanders, great big frying pans, six-gallon pots, and hotel-sized cooking vessels. Working through the day, cleaning up as we go along, and keeping the galley atmosphere tranquil all contribute to dinner being ready for the serving crew at the appointed time. It's a great feeling to see a room full of Dolphins chowing down, as well as a tribute to Dolphin teamwork.

One of my favorite dinners is the post "Escape from Alcatraz Triathlon" awards supper. It includes not too many folks (80-100), but participants are especially hungry and thus especially appreciative. And it's over early. In 2005, after years of pasta, I prepared chile, cornbread, salsa with coleslaw. Both dishes were very well received. In case you need to serve a big bunch of hungry friends, here's my recipe for "Escape" chili.

— Mimi Osborne

### Mimi's Infamous Escape Chili

*Saute together:*

15 lbs. peeled, chopped onions  
12 to 15 lbs. ground turkey  
8 to 12 lbs. mixed mild peppers  
(different colors and varieties)

Two heads of garlic, chopped.

When the onions are translucent and the meat is thoroughly broken up and no longer pink add:

1 cup chile powder  
6 tablespoon dried oregano  
or Italian herb seasoning  
3 tablespoon ground cumin  
2 teaspoon ground cloves  
1 gallon diced tomatoes  
2/3 gallon tomato sauce

Cook very gently, being very careful not to let the preparation stick, for at least two hours. Then add 4 gallons of canned beans (black, red, pinto or a mixture). Taste, add more seasonings as needed, and cook gently for at least one hour more.

### Life Members Dinner 2006

On February 19 members and guests gathered to honor Life Members (see picture on pages 8-9) for their contributions to the club—and to enjoy crab and pasta. There were 61 Life Members (25 years or more continuous membership) including seven with over 50 years: Charles Korelec (1954), Aldo Cuneo and Walt Schneebeli (1948), Robert Neilsen (1947),

Roland DeMarais (1946), and Antone Gelardi (1940). Our two oldest Life Members Andy Camus (1932) and Paul Silvester (1930) were not able to attend.

— Peter Bianucci

### Swim

(after anonymous poem Run)

Swim...

from Evil

Swim...

from Strife

Swim to save your very life.

Swim...

for pleasure

Swim...

through pain

Swim...

at leisure

Swim...

in rain

The blood courses,  
the arms flail  
To archaic rhythmic sound.  
Use your frame for its design  
Leave the present far behind.

Swim...

with others

Swim...

alone.

Swim to build up flesh  
and bone.

Swim...

yes swim,  
not knowing why

Swim...

To live...  
Before you die.

—Keith Weaver