



Become a Friend of Fidalgo...

Everyone is welcome! Help us to make FPFC an even better place. Meeting times are at 5:00 p.m. the second Monday of every month. Next meetings: November 13 and December 11, 2017. January 8 and February 12, 2018. Check the bulletin board for more information. Find meeting times, agendas, minutes, information on upcoming events, and more, or e-mail Friends at friendsoffidalgo@hotmail.com.

Fall Plant & Garden Sale:



The Friends Fall Plant & Garden Sale on September 30th was a tremendous success! There were eight raffle prizes and a terrific selection of plants, trees, shrubs, and bulbs. This year Friends raised \$1026.50! The money raised will go towards a new bulletin board for the lobby area and a new Sound System for the upstairs group fitness room. Friends works with FPFC to determine needs and to choose projects to contribute towards. If you'd like to be a part of this process, Friends always welcomes new members. We couldn't do it without all of you and the many local businesses that contributed:

Shady Pond Tree Farm	Schuh Farms
Christianson's Nursery	Island Horticulture
Cameo Hair & Nail Care	Thompson's Greenhouse
Ace Hardware	Tulip Town
Sebo's Do It Center	D&J Lewis
M&R Gowan	Buer's Florist
M&L Books	Sheely's Floral & Gifts
Skagit County Master Gardeners	

Stay Sun Safe!

Cooler temperatures have us covering up, but our face, head and neck tend to remain exposed to the sun's damaging rays year-round. These are areas where skin cancers often occur, and they need to be protected. Apply sunscreen to your face, neck, and ears 30 minutes before going outside, and reapply after two hours outdoors. Don't forget to protect your lips! Skin cancers can occur on the lips, and men are especially at risk. Finish off with UV blocking sunglasses to protect your eyes and eyelids.



Splash! News



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Endowment Fund Year-End Matching Donations

Wondering what to do with your tax-deductible charitable donations for 2017? Help the Friends of Fidalgo grow their Endowment Fund to support long range planning and growth at Fidalgo Pool & Fitness Center. Once again, the Friends Endowment Fund is eligible for **\$1000** in matching funds generously donated by Mark Stadler. **Let's raise \$1000 of our own** to match Mark's donation by the end of 2017!

The Friends of Fidalgo Endowment Fund enables patrons to make contributions to FPFC to help ensure long-term funding for the many programs offered and for ongoing building and facility improvements. Our focus is on raising money for locker room improvements. This is a long-term goal for Friends and we will work closely with FPFC to determine how and when our contributions can best be put to use.

To find out more about this planned giving option, contact Friends at friendsoffidalgo@hotmail.com for an information package or call 293-0673.

All donations are tax deductible.

Make a lasting mark on our Pool...

If you wish to discuss donation options, please contact Friends of Fidalgo at friendsoffidalgo@hotmail.com or ask at the front desk for Endowment Fund information.

**Levy Dollars Only Cover Maintenance and Operating Expenses
Donations are Tax Deductible**

You can find **Fidalgo Pool & Fitness Center** on Facebook. Stay connected with other pool patrons, find out about special events, receive facility and class updates, get motivated, and share what's happening at FPFC with your friends!

Find us at
www.fidalgopool.com
or "like" us on
FACEBOOK!



- Year-end Matching Donations Endowment Fund Campaign
- February Love Fidalgo Equipment Purchases Campaign

Glad to be Back in the Splash!

On August 21st the Friends of Fidalgo Pool & Fitness Center hosted a free open swim to celebrate the re-opening of the pool after the annual summer maintenance shut-down. 147 people enjoyed splashing in the pool and eating the snacks provided by Friends. Thanks to everyone who participated and to FPFC for opening the pool to us and staffing it with lifeguards!

Friends at the Farmer’s Market

On September 2nd, the Friends of Fidalgo staffed a booth at the Farmer’s Market. The goal was to share information about Fidalgo Pool & Fitness and the wide variety of programs and equipment offered, both in and out of the pool. It was a wonderful opportunity to connect with the community, learn how the facility plays a role in people’s lives, and hear suggestions for making FPFC even better. Thank you to the Friends members and FPFC staff who participated in this event.



Thunderbird Aquatic Club Take 2nd at Oak Harbor Halloween Invite

October 21st and 22nd, the Thunderbird Aquatic Club took 51 swimmers to the Halloween invite and ended up taking 2nd overall. TAC saw a huge number of time drops and great swims. TAC also saw 5 of their team records broken.



- Trey Patrick: 200 backstroke 2:53.87
- Zach Harris: 200 breaststroke 3:25.80, this was also a PNS time cut.
- Emmett Moore: 100 backstroke 1:04.31
- Jacob Hoxie: 200 breaststroke 2:29.76
- Emmett M. Jacob H. Beau O. Nathan M.: 200 medley relay 1:55.27, which is also a Senior Sectional time cut (really fast swim meet)

Along with the great swims and broken records, Noah Masten was the high point winner for the 13-14 boys age group and Nathan Mathes was the high point winner for the 15 and over boys age group. Well done TAC swimmers!

Guemes Channel Swim

On September 24, 15 swimmers crossed the Guemes Channel with support from the Guemes Island Fire Department, Swinomish Marine Police and family and friends. Calvin Milbach from Fidalgo Pool & Fitness Center organized the event.

Cynthia Lisa said, "checked off an awesome bucket list item Sunday by swimming across the Guemes Channel. Much longer than the planned 1/2 mile thanks to an aggressive current plus 51-55° water but it was incredible being in the middle of the channel with all of that beauty around!"

David Hansen shared, "The initial shock of cold water dissipated shortly after leaving shore, and fellowship among swimmers, and from support boats eliminated any residual fears. What remained was an appreciation of early morning natural beauty and the special opportunity to experience Guemes Channel from water level."

Forbes Hansen expressed the sentiment of the swimmers and observers with these words: "This morning these hardcore swimmers made us proud by swimming the Guemes Channel. It took a little over an hour to cross. Five support boats accompanied them which included the Swinomish Police, Guemes Fire Department, Zodiacs, and a Kayak. All made it safely over and inspired the rest of us to do it next year."



Many of the Thunderbird Aquatic Club Masters swimmers train at the Fidalgo Pool and Fitness Center two to three times a week. Some swim just for fitness and are learning to improve their strokes to be more comfortable and efficient in the water. There is also a group of competitive swimmers who travel to swim meets across the state and the nation. Whether swimming across the Guemes Channel or waking up to an early Saturday morning swim there is usually a good meal and great fellowship that are at the core of each practice. The TAC Masters group would like to thank all the volunteers, families, and community members who made this swim possible, with a special thanks to Sandy Lane who opened up her house for the swimmers to change and warm up with a warm mug of coffee after making the crossing.

2017 Guemes Channel Swimmers: *Carrie Apple, Matt Castle, Jillian Dees, Erin Duez, Alexis Gentry, David Hansen, Ken Hansen, Trevor Johnson, Katie Kaestner, Dale Kimber, Cynthia Lisa, Callie Martin, Calvin Milbach, Thomas Stevens, and Sandi York.*