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President’s Message
Bill Wygant

Lifetime Member Histories

Perhaps if I tell you about something I’d like to accomplish there will be people who will help me achieve it. I believe it is time we begin recording the histories of our lifetime members. While several members have already suggested using fee-based companies to accomplish this, I feel to be successful and relevant to us it needs to be done in a unique South End way, by South Enders and come from within us as a club.

My general blueprint is that once a person becomes a lifetime member they are taken to dinner, where a standardized set of questions will be asked of everyone. During the recording the questions are reviewed and adapted for the individual. It’s possible the lifetime member could choose the person that will interview them, or maybe the same person could do all the interviews so we have some consistency. After dinner they would come back to the club we would film the member with the focus on the member with the interviewer out of the shot. It would be interesting if they had South End memorabilia to show too. After the recording is complete the lifetime member would preview it and if necessary parts of it could be re-shot to include details they felt they had left out. I say this because my father-in-law did a history of his time in WW II and after seeing the finished product always regretted not being able to add a few details he felt he forgot to mention. I’d like to give the lifetime member the ability to make those changes. After all this is for posterity.

The complete videos of the members who had achieved lifetime status during the year would be shown at the Christmas Party. I believe many of the stories would be very compelling to watch and of course it would preserve our history in a way that pictures and trophies cannot. About the only thing I’ve done so far is reserve a YouTube channel to archive the finished products.

There are a lot of questions to be answered, how to we start? What questions to ask? What order do we ask lifetime members to participate, oldest to youngest? Does anyone have a camera? How long is each history? Who pays for dinner? So if there are any of you out there that would like to help me get this project started, please get in touch with me, or one of my staff members.
Tick Alert!
Kathie Hewko

Please be aware of ticks in the country as well as in parks in San Francisco, Marin & Sonoma. Ticks are all over the world except in Antarctica. They hang on blades of grasses and attach to your leg or pants looking for a blood meal. Ticks need 3 blood meals to become adults. There are 27 co-infections that can come from a tick.

Once the tick is attached to you, it emits lidocaine into you to numb the spot. Then regurgitates its current blood meal into you. They say the tick needs to be on you for 24 hrs. If the tick has burrowed into your skin I would pay attention. Almost all sizes of ticks can carry Lyme disease and other co-infections. 30-40% of people get a red bulls-eye rash. Not having a rash doesn’t mean you don’t have Lyme disease. Early detection is so important. Caught in time these diseases can be cured. Usually symptoms of flu, fever or feeling tired develop within six weeks. Mark a calendar when you got a bite. Please go to a doctor and start on antibiotics right away. For those that don’t like antibiotics Lyme disease is a bacteria and only antibiotics can cure it.

Some of you may know I have been living with Lyme disease since 1985. I was symptom free for about 8 years then either got bitten again or it raised its ugly head again. My co-infection is Babesia, a malaria like parasite which is resisting all medicines. Right now I am having new issues. Unable to walk almost like Parkinson’s disease. It’s no fun at all.

My concern is everyone be aware of Lyme and the co-infections. If you or anyone you know thinks they have may been bitten by a tick please feel free to contact me. My phone is 707 481-9309. Or my email. Khewko@gmail.com

Member Spotlight: Pat Cuneen
Karina Marwan

You may already know a bit about Pat. We hope you enjoy learning even more. Pat is now 80 years young, has been a SERC member since 1971, served on the board, and is responsible for most, if not all of our humorous posters and most lately, our t-shirt designs (e.g. Golden Gate 2014 Swim). Pat was married for 53 years to his wife Betty, who passed away a few years ago. He has 4 children and 4 grandchildren, with whom he is close. A San Francisco native, Pat attended Sacred Heart, as did his dad. He is a retired Daly City firefighter, and remains a triathlete.

Pat had been athletic all his life but ‘really got serious’ in his early 40s (1969) ‘because my life and health were going downhill and I was not happy”. In 1976 he started entering triathlons. Family and having fun motivated him then and that continues today. “I started, and never stopped”. Pat has won at least twenty triathlon age group medals. He won the double Dipsea twice in his age group, but opted once to receive the Father/Son award instead because one could only win one division. He set many records in his time (mostly in his 40s and 50s) and still holds a few records to this day, “because Ha! they don’t hold these any more”: 1) the CA State FD Olympics in the Sub 5: running a four minute mile. 2) Pat also holds the FD/PD age group record for the
then very popular SF Hook n Ladder race. Pat won an age
group gold in 1985 in the first PD/FD world games in
San Jose with a sub five min 1600M. “But that record has
been shattered; I never was a swift swimmer. SF was never
a swim city. To this day not one public high school has a
pool”. He recently swam the GG bridge 2014 swim. As
for biking he adds: “ I just peddle as fast as I can!”.

He loves getting the kids involved. Always has. That’s his
family on the cover of Runners World 1973. His son and
grandson now join him. They just competed in a triathlon
together in July. Pat recalled the days when women could
not join nor participate in SERC or DC events or even
Bay to Breakers. This prompted him and his wife to start
a family friendly club, Pamakids, which conducts the very
noted San Francisco half-marathon, and still runs strong
today, donating regularly to charities ($70K in 2013). His
wife was the first president.

Pat does many things for pure enjoyment. As an artist,
Pat is humble: “I scribble... and do it for free, so I get
requests”. Pat showed me a pencil sketch, and I attest
that he is no scribbler. He draws posters for other
organizations as well. What’s the hardest part? He answers:
The idea we want to get across... “the hook”. He takes
historical night classes, then goes out to dinner with
friends to discuss what was learned. Pat loves to hike
in with friends off the beaten path to lakes, take in the
beautiful rock formations, hunt for treasures (fallen barns,
forgotten memorials, and moorings used in years past),
stopping to enjoy a picnic and the solitude.

Historical fun facts:
• In 1980 Pat was the running commissioner. He said at
times, participation in swims was low. He suggested, to the
great dismay of others, that we allow swim aids. “It’s about
the fun and comraderie!”... to which another man replied
“Let ‘em use swim aids... and next thing... they’ll have a
propeller on their ass”!
• Race entry fees in the 70s for the DSE used to be 50
cents a person; “thats a buck and a quarter for a family”!
“We had no kayaks, no radios. only wooden boats and
paddle boards”.
• At various times, people in the club were throwing
things out. “It’s old!” they said. Pat said he ‘dumpster
dove’ and saved many boxes full of historical documents.
Working along with Bob Barde and Robin Kincaid, they
gave much of it to The Golden Gate National Recreation
and Maritime Museum.
• “The SERC BOD years ago considered getting rid of
our beloved barge and other banged up wooden boats
(not the entire fleet) because of upkeep expense. He
advocated successfully for not getting rid of a single one.
• The beautiful walnut SE/DC winners plaque board was
fashioned from none other than a coffee table from his
home that he admittedly fell on and broke “because I was
in an altered state”.
• He is also an engraver and engraved many of the
plaques. Can you find the one that has electrical tape as a
dash instead of an engraved dash (shhhhh dont tell!).

Words of wisdom for the younger generations reading
this?

“Keep on running, jumping and playing” “Don’t smoke.
Drink in moderation”. He has seen the ill effects on too
many people and their loved ones..

Final words:

“SERC is the greatest club in the world.. ask anybody, and
they will volunteer, and that’s what makes it great”.

Runner’s World
London Sister Club: Dittons Skiff and Punting Club
By Tony Gilbert

South Enders now have a new place to row: the River Thames in London! Our new sister club is the Dittons Skiff and Punting Club in England. Our two clubs voted and now it's official. South End rowers may row with Dittons club members when we visit the UK, and Dittons club members may row in South End boats when they're accompanied with a South End rower.

The first thing I asked myself when I heard about the Dittons Skiff and Punting Club was, just what exactly is “skiffing” and “punting?” Skiffing is really what we call sculling or rowing, and “skiff” refers to the type of boat, which is called a Thames skiff. The Thames skiffs are traditional wooden boats that look a lot like the ones in the South End boathouse, are built for leisure rows along the river. Punting is similar to how a gondola moves in Venice, where the rower stands up in the boat and uses a long pole to push against the shallow river bottom to propel the boat.

The Dittons club has a fun and colorful history. Club members have included Olympic athletes. Some Dittons rowers even made the Guinness Book of World Records for long distance rows, which include rowing the entire length of the River Thames, crossing the English Channel, and rowing from London to Paris. The Dittons Club was founded in 1923, and they have an active calendar of events and regattas just like the South End. The big annual event they host is the “Hampton Court and Dittons Regatta,” which is a 120-year-old regatta held every July.

Now you may be asking, how did our two clubs “meet” to become sister clubs? In the summer of 2013 a Dittons rower, Brett Scillitoe, was visiting the US for a cross-country bike ride (and I mean really cross-country, he bicycled with a team across the US from New York to San Francisco!). Brett contacted our rowing commissioner Alan Lapp, and the ball started rolling with the idea for forming a sister club connection. When Brett visited the South End after his 3,000-mile bike ride, he still managed to have energy for a row. Al, Brett, and I rowed to the Golden Gate Bridge. It was a perfect sightseeing day to row because we were in the middle of all the excitement and hullabaloo of America’s Cup.

Fast-forward one year later, and members of the South End and Dittons stayed in touch and pressed forward with the idea of linking the two clubs as sister clubs.

The Dittons Boathouse Captain Siobhan O’Sullivan and Club President Charles Graham helped make this happen on their end, and in February 2014 the South End Board of Directors voted on and approved this. Since then we have exchanged formal letters recognizing one another as sister rowing clubs, and now it’s official!

So South End rowers, next time your travels bring you to the United Kingdom, take the short train ride from London to Thames Ditton, and say hello to our new sister club!

If you’d like to read more, check out the Dittons club website, here: http://dittons.org.uk
On June 21st, Suzie Dods and I proudly represented SERC at the 3rd annual END-WET race in North Dakota. Not content with hosting the second longest river swim race in the country, the crew at Extreme North Dakota Racing extended their race from its previous 27 mile distance to 36 miles. Beginning at a campground near the Minnesota town of Climax, the race was to wend its way along the Red River to finish in East Grand Forks. Spring and early summer were very wet in the Midwest this year, and about a week before the race it was obvious that the Red River’s level was getting higher and higher. Predictions were that the Red River would reach official flood stage about the day before the race was scheduled. Andy Magness of END RACING is one of the pluckiest race organizers out there. Despite flood conditions, he managed to gain the approval, and assistance, of the local Sheriff’s department.

I was nervous when I arrived in Grand Forks the evening before the race. I’ve got an overactive imagination, and the word “flood” had me imagining all sorts of things. I expected to find trees, cars, houses and god knows what flowing down a raging, muddy torrent. One look at the river and my mind was put at ease. The level was much higher than when I’d swum it the previous year, but there was nothing scary about it at all. My training for this swim had been sketchy at best, and I was looking forward to a good current assist.

On the morning of the race, the swimmers rode a school bus to the starting point. There we met up with our kayakers, loaded our supplies, and began the race. 28 solos and one relay were entered. I believe all but one solo finished the race. The water was a very pleasant 67 degrees, which felt great as the air temperature was very
warm. The swimmers dodged floating sticks and logs throughout the swim, and in my case a very large bird’s nest! Although the Red River has a muddy appearance, the water is very clean. It’s one of the best places in the country to catch catfish. I wasn't in the mood for catfish noodling though, and had to make do with CarboPro and Ribena. Suzie and I finished the race in 9 hours 49 min and 9 hours 52 minutes, respectively. Not bad for 36 miles.

From the water, the banks of the Red River looked like the jungle. The scenery reminded me of the African Queen movie, or even the Disney Jungle Cruise, minus the crocodiles.

END-WET is one of the quirkier marathon swim races out there, and that’s the main reason I love it. Even with shoulder pain, I found the day enormously relaxing and enjoyable. Extreme North Dakota Racing are to be commended for putting on an event of this caliber for a bargain price. The atmosphere surrounding the event is relaxed and friendly. END-WET is an event well worth the journey.

Once a month, the public and South End members can learn to row at a rowing clinic. Rowing clinics are 3 hours, and include class time discussing safety and tides, gym time practicing rowing posture on the ERGs, and on-the-water training with an experienced rower.

Here is how one new South End member, Eva Palacios, got started rowing.

**How did you hear about South End?** I was at a gathering at Easter and I met a member of the club who used to swim with South Enders in the Bay. He told me about the swimming, handball and rowing activities at South End. I was particular attracted by the idea of rowing and the timing was perfect! I was new to the city and I was looking to do something connected with the sea in my free time.

**Where were you living before coming to San Francisco?** What brought you to San Francisco? I'm from Barcelona. I'm a neuropsychologist and I got a postdoctoral position at the Radiology and Biomedical imaging department at UCSF. We are involved in some amazing and really challenging projects. I feel very happy and privileged to be working there.

**How did you decide to start rowing and becoming a member?** I decided to try rowing. I checked on the South End website to see what it looked like, the different activities offered, and saw that in order to enroll in the rowing, you first had to attend the Rowing Clinic. I found it was a good opportunity to try things out and see what it felt like to be in a boat, rowing, and to visit the club.
End? The first time I went into the club I was amazed by the beautiful wooden boats in the hallway and the shells hanging from the roof. Actually, it felt so welcoming and, on top of that, I saw that the location and views were superb. The next thing I remember is Dan McLaughlin’s entertaining rowing stories at the Rowing Clinic.

What was your first rowing clinic? We went to the boats with the most experienced rowers’ club members who had volunteered to help that day at the clinic (Rachel, Diane and Anna). I enjoyed my first “row” so much (I don’t know if we can really call what I did “rowing” but anyway!) and the people were all so friendly that I became a member the very next day. It was fantastic.

What do you love most about the rowing? What I most love about rowing is being in contact with the ocean. Rowing is quite challenging too and I also like challenges I guess. But the feeling of being in a little wooden boat in the bay exercising and enjoying the views is just wonderful. I think this is the first time I have done an outdoor activity that really engaged me from the very first minute. It is like my daily mind-body space.

How did you find a rowing mentor? Rachel Jackson was my supervisor at the rowing clinic. While trying to teach us to row, I remember she said: “don’t think about what to do with the oars but feel the oars, the boat and the water”...I liked her way of describing the whole rowing experience so much that I thought... “I’d like her to teach me!” So I just went up to her and asked. I was so fortunate that she accepted and that she has managed to find a day every week to row with me since then. She is a terrific rower, and we have become very good friends already.

So it was not hard for you to find a mentor.... Well, I have to say that maybe mine was not the usual way to find a mentor but it was certainly easy. As a club, the more you show up, the more people you know. They are all so generous and nice that you soon find someone to row with (and if you do not watch your back, the swimmers will get you into the water as well!). They really embrace new rowers, I’ve felt very welcomed from the first minute.

How often do you row? I have started rowing once or twice a week tides and weather permitting. I’d like to try rowing at least three times a week. I would never have thought that I would be waking up at 5 or 6 am to go rowing!

What are your favorite (or least favorite) boats to row? Why? Hahaha... good question...I am laughing because everybody who knows me now, especially my evening boat mates, know that I love to row the Vikings. They are sturdy, fast and absolutely gorgeous. It was what I call “love at first row”. Thanks to Rachel, who teaches me, following all the protocols and rules of the club related to the care and safety of the wooden boats, that we managed to get enough privileges in relatively few time to be allowed to row these amazing boats. Although I’m passionate about rowing wooden boats in general, there’s something special about rowing these ones.

What is the best way/advice for a new rower to get started at rowing? Just come to the club! Take advantage of all the activities, show up, and enjoy the people! You are sure to go home happy with your day. That’s what I like most about South End. This place is amazing not only because of the beautiful boats and the bay views but also because of the extraordinary personal qualities of its members. They are impressive. I can only be grateful to each single person that I’ve met here. That’s certainly what makes the difference: South End it is not just a sports club, it is a club with a soul.

Song of the Sea

I am the daughter of wind and water
Roiling the mass of the earth’s seas
Bi-polar in both mood and energy
From pole to pole, mood to mood
My song is the wind, my lover the moon.
Invincible and unpredictable I rule
With a typhoon or a sudden becalming
To catch my breath on a midnight sea
With a blanket of velvet starlight
Or roll from a thousand miles to crash
In a thunderous whoosh on a sunlit beach.
And I sink in the sand leaving but foam
Bubbling down to the wet world below
Then retrace my eternal journey home.

James Miller
Haikus for Volunteers

Al works until 8,
Cooks all night and in the morn,
Then swims Kirby Cove.

- Jane Koegel’s Haiku for Al Jaurique

in spite of her tooth,
her smile is no less brilliant
having conquered MIMS.

- Patty Norman’s for Ranie Pierce

Volunteers drive through
The dark; they hold the candle
Lighting swimmers home

- Geo Taylor

Silently they swim
through waves, like molten silver,
caught by the sun’s rays

- Patty Norman

Moon shine bright, two owls
saw the light, sssshhhhh... there one howls
then you can Haiku

- Joe Butler’s for the ‘two Als’:
  Al Jaurique and Alison Saylor

He’s silly, goofy,
But takes care of the hard stuff,
Bill, our president.

- Jane Koegel
New Members 2014

Manuel Aguilar
Matthew Anderson
Francesca Bannerman
Michael Bennet
Deborah Bergman
Bill Bradley
Janie Bryant
Michael Bushnell
Claire Byers
John Caughlin
Robert Chang
Jed Clark
Penny Coulter
Bill Colin
Wendy Compagno
Vincent Cronin
Brian Cunnie
Joseph Day
Gonzalo Del Constillo
Edgar DeLuna
John Denny
Sarah Dods
Paul Dooley
Ivan Eustace
Paul Fitzgerald
Brad Frisk
Jim Giacinto
Kate Greene
Amy Gubser
Pratima Gupta
Colin Hall

Kira Hahn
Holden Hardcastle
Fran Hegeler
Elizabeth Heining
Christopher Himmel
Laura Hovden
Gregory Hutchins
Holly Jones
Scott Kaloust

Richard Keenan
Patrick Kelley
Greg Kerr
Mya Krikorian
Brooke Krohn
Diego Lawson
Loretta Litke
Sean Maddison
Sharma Mannish
Grant Mays
Douglas McAbee
James McDonald
Andy McKinney
Conor McLaughlin
John Metz
Timothy Mooney
Paula Moran
Daniel Morris
Jennifer Moses
Nate Mullaugh
James Mulvihill
Vanessa Naylon
Juan Carlos Ocampo
James O'Donnel
Jack Ostler
Eva Palacios

Terri Parker
Jamie Patrick
Brent Pohlmann
Kelley Prebil
Ronald Ratcliffe
Jeff Rogers
Ron Rohlfes
Jeremy Saxon
Mary Ann Scanlan
Joseph Siti
Heather Smith
Baerbel Sterling
Roni Sternberg
Lance Stewart
Tara Sweet
David Valentine
Joe Vazquez
Terry Walls
Steve Walker
Margaret Walter
Jesse Ward
Chris Weldon
Grant Wentworth
Laura Randall Woodhead
Jonathan Wyler
On August 9th, South Enders celebrated Brenda Austin and Niland Mortimer’s engagement with a Yacht Harbor swim followed by a wonderful potluck party in the Cook Shack.
Bottom left to right: Jim Miller, Rudy Stadlberger. Top left to right: Bob Carlson, Marvin Friedman, Raul Muniz, George Simmons, Bob Moser, Louis Signer, Milford Patsel.