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The South Ender is the newsletter of the South End Rowing Club, published three times per year. We publish material by our members that reflects the ideals, purposes and accomplishments of the South End. We reserve the right to edit all submitted material. Articles, suggestions, inquiries and photos may be submitted electronically to: newsletter@serc.com. 900-word maximum for articles and minimum of 300 pixels per inch for photos. Please send articles as a Word file, not as a PDF. Thank you in advance for your contribution!

President’s Message

By Bill Wygant

A few weeks ago, Cy Lo, our new boathouse captain, asked me to write a letter to go into a time capsule that will be placed in the wall at the club along with other club memorabilia. Below is the letter I sent him for the capsule. My hope is that it will give members of the future a snapshot of what kind of club we were in 2016.

Greetings from the South End Rowing Club Members of the Past:

The South End Rowing Club in 2016 is an active club of 1,069 members, with 720 male members, 347 female members, and two who were undecided. We are one of the oldest clubs dedicated to sport on the west coast of the United States. The clubhouse was once located at the “South End” of San Francisco, but was relocated to its present location at Aquatic Park in the 1930s and since that time has always included the sports of rowing, running, swimming, handball, and for a short time, boxing. We also host the longest consecutively running St. Patrick’s Day party in the city, a recognition of the contributions members of Irish descent made to the early origins of the club.

In 1976 six women—Lee Bender, Joan Brown, Trudy Dilorenzo, Mary Dake, Marilyn Rodeman, and Diane Major—successfully brought suit to allow women to join the
club and women have been an important part of our heritage ever since.

The club has a rich and colorful history in each of its sports. We were swimming across the Golden Gate (1930) before there was a Golden Gate Bridge; the club was very involved in early bay rowing events; National Handball Championships were regularly held here; in running we have a proud tradition on the Dipsea trail; and a number of our members have completed the Western States 100-mile run—member Marty Miracle completed it an amazing total of five times.

During 2016 we note the following member accomplishments:

- Diane Davis won her division and set a course record in the Head of the Charles row in Boston, one of the largest rowing competitions in the U.S.
- Five swimmers soloed the Catalina Channel; Melissa Berkay used only the butterfly stroke for her crossing.
- Three swimmers completed solo swims of the length of Tahoe from south to north under the piloting of club member Tom Linthicum.
- Three members—Cameron Bellamy, Andrew McLaughlin, and Steve Walker—solo swam the Irish Sea. In our era only 31 people have successfully made a solo crossing of that body of water. Previously, Kim Chambers, a member of both clubs, also completed that swim.
- One member, Asha Allen, swam the English Channel.

To date the club has had 33 members swim the English Channel. Member Kristine Buckley was named the “Most Meritorious Swimmer” for her crossing in force 5 sea conditions in 2001. Twenty-seven members have swam the Catalina Channel, 12 members have crossed the Strait of Gibraltar, and 11 members completed the Manhattan Island Marathon Swim.

No description of our club swimming program in our era would be complete without mentioning the contribution to bay swimming made by Robert (Bob) Roper who created the morning “Sunriser” program, a series of morning swims that introduced many club members to open water swimming in the bay; and for his “Nutcracker” swim series, for more experienced swimmers, and which led many to completing solo swims of major marathon venues around the world.

For the last 21 years the club has hosted a swim from Alcatraz for the public that attracts over 600 swimmers each year, which contributed significantly to making our construction project possible.

In 2008 club president Peter Ross asked our Boathouse Captain Dan McLaughlin what it would take to build a new women’s locker room. Eight years later we are quickly approaching completing the project at a cost of $2.5 million. We hope our efforts have been successful and the club has continued to grow and is still at its present location at Aquatic Park, where it remains a source of athletic inspiration to the people of San Francisco.
Biggest Expansion to the Club Set to Open in March
By Dylan Tweney

After eight years of planning and almost a year of demolition and construction work, a substantial new addition to the South End Rowing Club’s building is set to open in March of this year.

The addition gives the club a new women’s locker room, a new lower boathouse, and a new gym. It’s the first major construction at the club in over a decade and is easily the largest single addition ever made to the facility.

It all dates back to 2008, when then-president Peter Ross asked boathouse captain Dan McLaughlin his thoughts on expanding the women’s locker room, which had been occupying a corner of the boathouse since women were first admitted to the club in 1976.

“I said the only rational thing to do is to go up, because if you simply increased it you would take more room out of the lower boathouse,” McLaughlin said. Eventually, McLaughlin was named project manager overseeing the addition, along with project committee members Kim Pross, Dave Plant, and Ray Zahnd.

Designed by San Francisco-based Ogrydziak Prillinger Architects (OPA), the new addition is a freestanding structure with steel framing. Because it’s a separate building, it’s seismically independent from the rest of the club, which minimized disturbance to the existing structure. That gave the architects room to put a long staircase in between the existing and new buildings, leading from the beach up to a second-floor landing that leads into the new women’s locker room on the left and the hallway that connects the day room to the men’s lockers on the right.

The design honors and reflects the building’s history.
sea wall. Construction stopped while engineers examined the wall, and eventually decided it was stronger and more stable than any concrete footing could be. The east wall of the addition is now anchored on that wall.

The marquee feature will be the view from the new gym, which has a large window and deck looking out over the Maritime Park’s historic ships and Aquatic Park, with Alcatraz in the distance. “It’s going to have the nicest view of any gym in the world,” said McLaughlin.

The architects also aimed to make the women’s locker room a functional, and even pleasurable place to be—a first for the club.

“The club is really kind of a workhorse for all these hardcore people who come to swim and to row and push themselves to the limit,” Bowman said. “These ostensibly smaller activities that happen there, like combing your hair or taking a shower or doing your makeup before work … we tried to consider how we can bring delight to those smaller, everyday, functional moments.”

Once open, the new locker room will have 347 lockers, more than enough for all the club’s female members. About 100 of the old women’s lockers will be moved upstairs into the old gym, which will then become an extension of the men’s locker room.

The designers even accounted for rising water: The new addition sits on top of 18-inch stem walls. If needed, that means the floor of the boathouse could be raised, putting it high enough to handle up to a meter of sea level rise.

The goal is to have the addition open and fully functional in time for this year’s St. Patrick’s Day party on March 17.

“This is the biggest expansion of the club, ever,” said McLaughlin. “We’ve graduated up to a whole different level.”

Fast facts about the addition:
Total size: 5,263 square feet
Second floor size: 2,627 square feet
Cost: $2.2 million
Design and planning: 8 years
Construction: 10 months
Architect: Ogrydziak Prillinger Architects
Builder: Bellcore Construction

Did you know?

The ashes of late club member Dave Deasey have been interred in the concrete slab of the boathouse.

A time capsule will be placed in the hallway between the men’s locker room and the day room, adjacent to the elevator. It is a 36-inch-long section of 4-inch-wide PVC pipe, sealed at both ends, and is meant to be opened in 2042, 2067, and 2117.
Guerilla Art
by Susan Parker

My dad had a wonderfully curious, mischievous, and generous spirit, and very much enjoyed both his single visit to the club, and my stories of its history, character, and peculiarities.

In August, to mark his first birthday since his passing, I honored him by doing something he would have enjoyed hearing about … I played hooky from work and painted blank ‘portholes’ on the piece of plywood forming a temporary wall at the end of the SERC women’s locker room during construction. With my very rudimentary painting skills, I filled a few and have been thrilled with the creativity and art that others have added. There are even starfish appropriately hidden on the side of the post and around the corner of a locker!

Running Commish Update
By Tara Sweet

Help Win Back the Plaque!

As we all know, the DC retains the plaque for another year — they bested us at the tri, and that includes the run. We put up some very impressive times, earning five spots in the top 20! Unfortunately, the neighbors earned the other 15 spots, taking the bulk of the bonus. If we’d been able to have a separate ladies’ division, they still would have bested us. And if we’d just gone on participation … well, they STILL would have bested us. Despite the crushing defeat, we all know who the best club is. Unfortunately that’s just not how the plaque is awarded. Let’s not let this happen again next year! Need some company or motivation on your runs? Join me Thursday nights (ready to go at 6:30), followed by beer in the bar with the handballers. Bring your dogs, or your friends, anyone is welcome! Do you have a race coming up that you want to train for? We can work on distance, speed, endurance, etc. I am chasing a decade-long goal of a sub-one-hour Bay to Breakers, I’ll be training this spring to finally get it. What races are you running? Let me know, there may be other South Enders who want to sign up, or those who want to come cheer you on. Nearly all club swims can be converted to a biathlon, let’s run to the start! Do you have runner friends or family who were born to be South Enders and just don’t know it yet? Bring them around to check it out!

Watch the Google group for Dipseas and other events to come.

Krampus 5k/10k

Ten South Enders opted for land over sea on December
11, racing in the Krampus 5k/10k trail run in the Presidio. In his first race as a 50 year old, George Rehmet won his age group in the 5k and came in fourth overall, Fran Hegeler and Brenda Austin also won their age groups. Following our fun on the trail, many runners raced to the club for the swimmers’ meeting and swim commish election.

Runner of the Year

Jim Grant was awarded SERC’s Runner of the Year award for 2016! Jim is a worthy winner of this award, setting a good pace for all South End runners to follow. He’s scored top five bonus points in the tri for at least the past eight years (including this year being the first South Ender to the finish line), he’s got his name engraved on the Boitano Cup three times, and he’s been part of the top finishing relay team in the DCEFAT for the past two years. In addition to his SERC accomplishments, he’s also been a Dipsea Invitational runner since 2009. Please congratulate Jim when you see him.

Upcoming Running Events

Oakland Marathon – April 2, 2017
Boitano Cup – May 13, 2017
Bay to Breakers – May 21, 2017
Dipsea Race – June 11, 2017
Double Dipsea – June 17, 2017 (tentative)
SF Marathon – July 23, 2017
SERC v DC Tri – October 21, 2017
DCEFAT – October 28, 2017
Krampus 5k/10k – December 10, 2017 (tentative)

I hope to see you out there on the road or trail or starting line soon,

–Tara (sercrun@gmail.com)

Triangle of Doom Swim 2016
By Reptile

On November 12th the usual suspects showed up for the Triangle of Doom Swim from the South End beach to Anita Rock against the 3.2-knot flood! The medium-speed swimmers started at 0644. Pilots were Josh Sale on the Halfawake, Michael Heffernan on his own Rubber Johnny, John Grunstad and Brian aboard the Aries 2 from the Dolphin Club, and myself aboard the Black. We were also fortunate to have great kayak coverage by Sarah Glazer, Jim Shepherd, and Elizabeth Warner.

We had 14 total swimmers. The high-octane speeds waited several minutes after the first wave of swimmers to help keep the swimmers podded closer together. The water was calm but there was fog keeping us from seeing the Golden Gate and Alcatraz. One swimmer got to Fort Mason and decided to head back to the club. Sarah called me on the radio and said Ranie (the Salty Lady) was missing! We were about to count caps in the water when she appeared from under the pier at the Gas House Cove! The swimmers stayed very close to shore to keep from the full force of the flood. We finally had all swimmers past Coghlan and had to think about whether we could head to Alcatraz
with the fog. I called Vessel Traffic to let them know where all the swimmers were as a courtesy to them and other vessels. The Rubber Johnny and myself on the Black were with the back of the pack. Josh took the speeds on to Crissy field past Anita Rock so we could take all swimmers to Alcatraz at the same time to keep the pack closer together. At one point I thought I was going to have to have everyone swim back along shore because of the fog but then suddenly blue patches of sky started to appear. The medium speeds were waiting out at Anita Rock and it was still foggy so they decided to skip Alcatraz and swim back to the club. Josh and Elizabeth escorted them back. Ranie decided to swim as close to shore on the way back as possible to get the most out of her swim, escorted by Jim on the kayak. That’s when the boat called the Salty Lady came through the swim. Josh called me and I thought he must be talking about Ranie! So I think Ranie has a new nickname!

We moved Ken from Anita Rock to Crissy Field, where the high octane were ready to head out to the west side of Alcatraz to complete the Triangle of Doom! I called Vessel Traffic and told them we had split up the swim and were now headed out with the speeds to Alcatraz. I stayed back with Ken just a click behind the speeds. We pointed north to Angel Island knowing we would hit strong current closer to Alcatraz. On the way there the speeds got a little too eager and headed to the east instead of north so they had to swim against the current to get around the green buoy west of Alcatraz. Ken almost caught up with them there since he had a great line and let the current push him to the rock once he was far enough north.

John Grunstad has invested in a great GPS that also tells real-time tide/current information that was super helpful on this swim! On the way back there was a barge that came directly in the path of the swimmers and stopped! I could not reach him on 13 so we called traffic to let them know we were trying to reach him. They let him know on 14. We had the swimmers go behind the barge. We found out that we were swimming through the dump! Another barge was on the way but we were able to talk to him and make sure he knew exactly where we were headed. Both captains were super helpful once we reached them.

John aboard the Aries called me on the radio and said he was reading a swiftly decreasing flood so we knew the ebb was on the way and could even see the tide line. I had Ken feed while still in the flood because I would not have wanted him to stop once he reached the ebb and get pushed past the opening. He made it to the breakwater and back to the club at just over three hours, just behind the high-octane speeds—although I think Ken has been adopted into the high-octane group now! It was a great morning! I’m super proud of the swimmers who are willing to try something that should never be done.

Photo of the Start of Swim the Suck by Lailson Whitaker

**SERC Swims the SUCK 2016!**
**By Ranie Pearce**

Fabulous SERC member Karah Nazor organizes one of the best open water swimming events in the US! I can’t recommend it highly enough. The fun was off the hook. It was great to have SERC so well represented: Sue Free, Kristine Buckley, Ali Hall, Tom Linthicum, Brian Noble, and myself.

The Tennessee River Gorge is sublime. The water is warm and inviting, the views are spectacular. The volunteer recruits from the COWS (Chattanooga Open Water Swimmers) rival the South End. With over 100 swimmers and more than 100 kayakers, we owned the river. The celebration Friday night to pick up your race packet and T-shirt was fun and informative. Karah made a big deal of her SF friends coming to swim in her neighborhood, and we were all treated royally. The swim itself was well organized and challenging. There was no current assist to speak of. The water was kind and warm. The race was intense, but those of us in the back of the pack were not left out. The celebratory party at the finish was SUPER! Great food, music, and tons of beer! I can’t recommend this event enough! It sells out within minutes, so do your homework and get ready to push the button when the event opens. I hope to Swim the Suck for many years to come!
Tom Lincicum (center), Karah Nazor (far left) and another Swim the Suck organizer post swim.

Pathstar Participants and Nancy Iverson present the star award to Neil Heller. From left to right: Karen Elizabeth Wapato, Chrystal White Eyes, Savannah Trujillo, Shawna Jackson, Sanaa Johnson, Neil Heller, Donna Nunn, Kristen Bradley, Theresa Bessette, Nancy Iverson.

My Swim with PATHSTAR
By Neil Heller

While carpooling to SERC for a summer swim, Randy Brown told me about PATHSTAR and their need for “swim angels” to accompany, encourage, and prepare swimmers for their Alcatraz crossing. PATHSTAR, founded by Nancy Iverson, inspires and teaches sustainable health and well-being practices within Native American communities by providing experiential learning opportunities. The Native American community suffers disproportionately from obesity and diabetes. Diabetes has tragically impacted my own family, likely causing my mother-in-law’s vascular dementia; the only word to describe the situation is heartbreaking.

My employer, Cisco, provides a benefit called Time2Give of 40 paid work hours to volunteer and perform community service. Motivated to impact the at-risk diabetes community, I wanted to use my Time2Give in a fully immersive experience, fully engaged in a transformation program. The fit with PATHSTAR seemed perfect!

PATHSTAR’s swim week was October 3-10, 2016. Before their first swim at SERC, most PATHSTAR swimmers had limited or no open-water experience. The program builds cold-water acclimation by increasing swimming time from 30 minutes to 60 minutes over the course of the week. Following the daily swim, participants enjoyed physical challenges like hiking up the Hyde Street hill, pilates, yoga, walking across the Golden Gate Bridge, kayaking in Sausalito, and touring Alcatraz; there were also learning experiences such as meal planning, recording food logs, understanding personality habits, life coaching, and gardening with horticulture experts.

I’m Not a Swimmer

Before the summer of 2015, I hadn’t swam in open water, or cold water. I relearned to swim in 2013 when an injury prevented me from cycling, my primary mode of exercise. During my swim workouts, I met South Ender Keith Lee. Keith shared stories about his swim club and his various adventures in the Bay — all without a wetsuit. The swimming part sounded intriguing. The part without the wetsuit seemed out of reach, and just a bit crazy.

As my swimming improved, I thought about swimming from Alcatraz. It took me six months to decide to attempt a crossing, and three more months of weekly training wearing a wetsuit swimming cove laps at Aquatic Park to prepare for the October 2015 swim — what I thought would be a once-in-a-lifetime experience.

At some point in our lives, we may experience a midlife crisis, or evolution. Over the past few years, if something made me uncomfortable, I wanted to get comfortable with it. I follow the process of hard work to improve, not just find a quick fix. Swimming in murky, cold, allegedly shark-infested waters made me

Mary White, Sanaa Johnson, Lakota (1st time PATHSTAR participant, 14 years old) and Nemanja Spasojevic
very uncomfortable. I won’t even get into how it makes my extremely supportive wife feel!

I took my first plunge without a wetsuit in May 2016. I lasted 25 minutes in the water and then shook for 90 minutes while trying to get warm at the AP bleachers. The next week, I swam again and only shook for only 60 minutes after the swim. Over time, both my mind and body acclimated to the cold water. With Keith’s encouragement and after a few guest visits to the sauna and hot showers, I joined the South End at the end of May.

The Swim Day

On the day of the PATHSTAR swim, we met at SERC at 5:45 a.m. Choppy water coupled with a 15-mph wind made for conditions far rougher than during our eight practice swims.

Our six swimmers, ages 14 to 58, from across the U.S. gathered with 50 volunteers for the swim briefing, which began with traditional Native American music by the Boys from Omak. Following the safety briefing, each swimmer was assigned a swim pod with two swim angels and two kayakers. The briefing ended with a “smudging” ceremony, where we created a smoke bath with sage to purify and cleanse our bodies, aura, and energy. It was exciting and an honor to begin our final challenge immersed in Native American traditions.

We boarded the Hyperfish and departed for Alcatraz. As the fog lifted, we saw hundreds of people gathered on Alcatraz’s hills for the Indigenous Peoples Day sunrise ceremony. We heard their cheers of encouragement and saw their waving flags. As we swam, the USS San Francisco submarine passed a few hundred yards behind us. Nobody knew what was lurking below us and we wouldn’t let our minds go there!

It was a tough crossing. The chop moved us up and down, the wind pushed us east, and the ebb never kicked in. We could not establish a regular rhythm, making breathing even more challenging. We fought, we swam, we made it across and met the other pods. With only a few hundred yards left, we knew this swim would be completed. As we approached the beach, we heard our families and friends cheering to greet us and celebrate our accomplishment.

Getting out of the water was a defining moment. Donna, the PATHSTAR swimmer in my pod, completed an Alcatraz crossing to San Francisco — without a wetsuit — in 56F water. It’s an accomplishment few people will attempt, let alone achieve. For the rest of her life, Donna knows she’s got what it takes to draw from her strength, drive, and resolve to step outside her comfort zone and succeed. Although I may have been one of Donna’s swim angels on the Alcatraz swim, Donna and the PATHSTAR swimmers Karen, Sanaa, Savannah, Shawna, and Theresa will be my motivational angels.

Pathstar participants and angels were treated to a rare sight of a submarine! The USS San Francisco made its way to port for its final stop before being decommissioned.
Fleet Week Handball  
By Mike Linnik  

On Saturday, October 8th, the South End and the Dolphin Club opened their doors to the NorCal players to enjoy some handball, wolf down some cold beverages and sandwiches, and enjoy the Fleet Week Air Show from noon to 3pm with Coast Guard helicopters, biplanes, a Raptor, and the Air Force jet squadron.

At 3pm the thundering sounds of the Navy’s five Blue Angels jets took over for 45 minutes of simply incredible flying formations, complete with smoke trails and sonic booms. Huge crowds gathered at the South End’s balcony, pier, and beach to take in the stunning displays of air strength and human achievement.

This handball event used to be an “impromptu” tourney under Tony Ragsuin’s supervision. Too much work! It’s now a Play Day, guys suit up and play. Easy. The new addition to the South End has the cement poured and a solid roof built. Making lots of progress. Should be enclosed with walls soon enough! Thanks to South End Handball Commissioner Jim Silla for organizing the event and Mary and Jay Capell for supplying the sandwiches, pretzels, pastries, and homemade chocolate cookies.

The great Rudy Stadlberger brought his gloves and at 90+ years young got in some good serves and even rolled the ball out. Of course, he finishes his workout with a swim in the bay. That’s Old School. Great to see him, his son Fred, and lots of godchildren enjoying the perfect weather conditions of San Francisco.

Other ballplayers included Paddy Dunne and his father, Juan Carlos O’ Campo, Gary Sternberg, Ron Walsworth, and Randy Badler, among others.

See you next year. Don’t forget your camera. And thanks to the military forces we honor, including the Marines, Air Force, and Navy. It’s never forgotten we enjoy these activities due to their efforts and selfless bravery.

Under fifty yet?  
Painful yet eagerly sought  
What have we become?  
--Sue Free

On the freezing dock  
Diana starts pretending  
“Isn’t it balmy?”  
--Jane Koegel

Fucking brutal cold  
Nuts disappearing for now  
Jameson delight  
--Bobby O’Malley Daly

Frigid as a tomb  
Freezing out the hot demons  
Warm is the life, breath  
--Janie Bryant

Reptile brain offshore  
Focus on stroke, breath, progress  
Dew becomes vapor  
--Joe Butler

Don Birrer (2nd from left), Ed Dullea (far left) and two Elks take a break from the action.
2017 Rowing Calendar

The new Boat House and New Year offer the rowing program a fresh start! We anticipate being able to bring back our fleet from storage, have a full roster of rowing clinics, and revive our wonderful boat nights! All of these provide a way to share time together working, planning, and just plain enjoying the great SERC rowing community. Save these dates and think about volunteering to mentor, work on the boats, or provide support for our rows and regattas!

Rower’s Group Meetings (monthly, every first Saturday, nin am):
March 4, Apr. 1, May 6, June 3, July 1, Aug. 5, Sep. 2, Oct. 7, Nov. 4, Dec. 2

Boat Nights (weekly, every Thursday evening)
Official start, 1st Thurs in February, Thurs evening 6:30 pm - 9 pm

Rowing Clinics (monthly, (usually) every second Sunday, 8:30 am – 11:30 am):
March 25, Apr. 9, May 14, June 11, July 9, Aug. 13, Sep. 10, Oct. 8, Nov. 12

Annual Rower’s Dinner : November 8th (Tues. evening, 6:30 pm)

SERC Rower’s 2017 Calendar  -  Regattas & Rows

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If you want to learn more about the rowing program or join our volunteers, please check the SERC website or contact either the rowing commissioner or the Boat House captain: Cy Lo, alohafromcy@gmail.com; Rowing Commissioner: Janie Bryant, bryantjanie@hotmail.com
Diane Davis Wins Gold
By Virginia Waik

Congratulations to coach Diane Davis for rowing as a SERC member and beating out 50 other top-notch rowers to win the gold medal in the Women’s Veteran I/II & Senior Veteran I/II event at the Head of the Charles in October. Her first place was achieved at one of the largest regattas in the world: 200,000 spectators, over 10,000 rowers from all over the world, 2,200 boats, and two full days of events. Diane was one of the elite invited to the race, based on her excellent past performance. She was definitely the one to beat this year … but no one could do it! She set a new course record, besting a time that has stood since 2010.

Coach Diane Davis has provided raw talent, inspiration, pure athleticism, and wonderful support for SERC through her work as event coordinator for our longest-running regatta, the Bridge to Bridge, and for her logistical focus at the annual triathlon. In addition to event leadership she has sacrificed her personal time to mentor SERC rowers and inspire them to reach their full potential in the sport. Here are a few anecdotal stories to share about this quiet but very direct woman:

From Nancy Sorrell: “My first contact with SERC was through Diane and very memorable in large part because she was able to quickly assess my skill level, and guide but not grill me. After our first row, I think to the Bay Bridge, she looked at me and said only one thing: “Yup, you are a South Ender.” That was that, I was hooked. She, like no other, can quickly figure out how to pull the highest and best performance out of an athlete. She demands it of herself, and those she mentors.”

From Al Lapp: “The year I was rowing commissioner, Diane played a big part in organizing the rowing team, and oversaw timing on Muni Pier with then-DC Rowing Commissioner Diane Walton. The banter between the Dianes was memorably sharp and aggressive, yet not quite attaining the demeanor of hostility—a fine line, to be sure. I turned to her and said, “This is your drug of choice, isn’t it.” She turned to me, with a piercing look of focus, and said, “Yes, it is.” In that moment, I caught a glimpse of what it is like to be fully focused on one sport, for a lifetime. It made a very strong and lasting impression. Congratulations, Diane, on your great achievement at the Head of the Charles. We know you earned it with a lifetime of focus.”

Ho Ho Ho Row

SERC rowers had another successful toy drive, collecting new donated toys from club members and rowing them from the club, in costume, to waiting firefighters at Pier 39. Rain did not stop our intrepid rowing elves and Santas. Kudos to Tony Gilbert for another successful Ho Ho Ho Row!
The Greatest Change in South End History
By Bob Barde

Forty years ago, the South End changed forever—and for the better. That was when Diane Major, followed by Lee Bender, Joan Brown, Trudi Di Lorenzo, and Mary Dake—our “Founding Women”—became the first female members of the club.

Recall that at its inception, the South End was a club for men, and for men only. Women were not admitted to membership. It was not an unwritten law or an unspoken taboo. The prohibition on women members was right there, plain as day in the club’s bylaws. As a federal court noted, “For most of their history … only members were permitted to use club facilities, and membership was limited. The clubs excluded all women. They [the clubs] required sponsors, personal interviews, and a vote of governing boards to approve an applicant for membership. These practices resulted in exclusively white, male memberships.”

And it stayed that way for over one hundred years.

Change came in 1976. Not because the male members chose to admit women—those with “privileges” rarely relinquish them willingly. Women were not “allowed in” but, as Norm Petersen once put it, they broke down the door. Change came to the South End because a small group of determined, visionary, athletic women forced the club to do what’s right and to obey the law of the land. And so they could have a safe, warm place to come to after a swim in the bay.

The inclusion of women didn’t come quickly or easily. It required six women (including Marilyn Rodman, who later joined the Dolphins) and lawyer Sandra Terzian-Feliz to pursue a series of lawsuits—first in San Francisco Superior Court, then in federal district court. The lawsuits brought about two important changes that resonate to this day: a) an end to formal discrimination based on race, gender, etc., which had been in the bylaws of the South End and Dolphin Clubs; and b) a procedure where the public could...
access club facilities—our day use program—was instituted. Membership did not bring an end to every possible form of discrimination or harassment. But the end of the formal exclusion of women set in motion a transformation that made the South End Rowing Club the inclusive, nurturing community that it is today. This was not a victory for women only. YOU—whoever you are, reading this—can join the South End Rowing Club because women fought to end discrimination in the club’s bylaws and admissions policies. Now, for annual dues equal to the cost of a decent television set, anyone can join, no questions asked. Just write the check. 

More on the gender integration of the South End will be included in Bob Barde’s (barde@berkeley.edu) forthcoming comprehensive history of club, entitled South End: Sport and Community at the Dock of the Bay.

Sandra Terzian-Feliz, lawyer who won the case for the founding mothers, 1978 photo.
Welcome, New Members!

Ian Adams
Christopher Adamson
Osborn Ahelee
Reed Anderson
Patti Bauernfeind
Barbara Beaudreau
Danielle Benz
Heather Blonkenfeld
Zachary Bondurant
Geoffrey Butler
Celeste Calzada
Ruth Carlson
Shaun Chapman
Ben Collins
John Coughlan
Galen Crawford
Joanne Denner
Igor Dobrowolski
Marcus Dobrowolski
Michael Doherty
Bowen Dwelle
Keegan Dwyer
Alexander Epstein
George Feely
Leigh Fonseca
Duane Franks
Sarah Glazer
Antonio Gonzalez
Maurice Growney
Lisa Hagstrom
Kelsey Hale
Elizabeth Hayashida
LaReina Hillseth
Didrik Hoag
Betty Jaurique
Sean Jezewski
Katie Jorrie
Elena Keamy
Daniel Kelly
Daniel Kemmitt
Joel Kenny
Seth Kevlin
Emma Laurain
Sandra Lee
Alexander Lentz
Allen Levin
Henrik Linder
Louise Linder
Alice Ma
Travis Mackin
Ian Maddison
Stephen Mahr
Sarah Martin
Jody McCown
Genevieve McKeel
Fred Mendez
Johnny Mrlik
Ernest Neeley
David Nelson
Lisa Nelson
Lauren Nevins
Theodore Nicolaides
Sarah Odoherty
Jeremy Ollerenshaw
Anahita Ozkay
Ashley Penn
Wendy Peoples
Chad Perbeck
Albert Periu
Andrew Plane
Luca Pozzi
Dennis Puglisi
Eva Puyana
Jenna Rais
Ann Rea
Matt Reilly
Rebecca Reilly
Morgan Reisch
Sarah Roberts
Stephen Root
Frances Sawyer
David Schreibman
Vincenzo Signoretti
Dan Simonelli
Ellen Singer-Vine
Fred Stadberger
Casey Steill
Nicholas Stephan
Tibor Szabor
Scott Tapley
Jennifer Tomlinson
Anthony Valiani
Katharine Whalen
Matthew Williams
Wesley Wong
Elizabeth Young
Elizabeth Zamos
Zeb Zankel
SERC members worked hundreds of hours creating the magic of our 2016 Under the Sea holiday party: seaweed centerpieces with colorful fish, waves crashing on stage, moon jellies glowing above, blue lights rigged to give the club an ocean glow, a kelp forest to sidle through, a shimmering mermaid pursued by an interested scuba diver, a floor-to-ceiling silvery bait ball, a glowing sunken treasure chest, turquoise bubble baubles floating above our dessert table with platefuls of gingerbread fish cookies, the bar turned into an undersea grotto with fish swimming by the windows of the handball court. Our delectable Feast of the Seven Fishes spread took 43 volunteers working for two days, cooking everything from scratch. Dishes were washed for hours on end. Two hundred and sixty partygoers, including those who had spent many hours working on the party, paid $20 at the door, allowing the club to cover all of the party’s expenses, and earn a little extra. Partygoers were dressed as mermaids, scuba divers, a wave, a jellyfish, a sea anemone, a clown fish, Poseidon. We got photographed in the waves, ate world-class food and drank South End style, smiled and laughed, posed with each other by the bait ball, celebrated our award ceremony winners. Thanks to all of you who made it happen and all who attended, the party was a fishy delight. The 2017 holiday party will be a 1930s formal inspired by the photograph hanging in the Cookshack stairs of the SERC holiday party of 1931. Be there.
Top Row Left to Right: Willy Waks and sweetie Nancy; Diana Craig, Eva Palais and Cy Lo; Tina deLorenzo and husband Bruce. Bottom Row Left to Right: Rosemary McNally and Bob Roper; Kathryn Koegel. All ‘Wave’ photos by Colin Gift
Editor’s Note
by Alison Saylor

When the events of November 8th made me forget completely about the newsletter for two entire weeks I realized it was time to think about passing the baton. I’d already been giving it some thought as term limits were voted in and all the benefits extolled. And now I no longer have to have these conversations anymore:

“Are you still doing the newsletter?” says some non-club member type of person in disgusted disbelief.

“Yes, I am.”

“But it’s so much work! Why do you keep doing it? Why haven’t you quit already?!”

“Because the club has given me so much!”

“You don’t owe them anything. It’s so much work! I don’t understand why you swim there anyway, that water is freezing! There’s a pool right by your house!”

When I am working on it out in the world somewhere like a cafe or an airplane I secretly hope people will look at the pictures and understand what a grand adventure the club is and how I am way cooler than they could ever hope to be because I am a member and they are not.

Dylan Tweney will be taking over the tiller from here and you will all be pleased as this is in his professional skill set. Thank you to each and every one of you who has turned in an article or photographs, edited, answered my questions, or gave me a good idea for the newsletter. Many thanks to Kim Hedges who copy edits for a living yet puts in countless hours on each issue as a volunteer. So long and thanks for all the fish!

NEWSLETTER CREW

Alison Saylor
Editor

Kim Hedges
Copy Editor

Andy Field
1955 - 2016

Wayne Buford (left)
1937 - 2016

Jim Miller
1935 - 2017

All Photos Above by Allen Luong