THE SOUTH END rowing club Since 1873

Handball, Rowing, Running & Swimming

SOUTH ENDER

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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!

Cover photo by Cy Lo who took one for the team to get this shot by lying on our cook shack storage area floor to access the mouse hole sized photography portal to the playing court.

President's Message

By Bill Wygant

The other day someone asked me what it is like being president during the construction project. I replied there were days where it felt like I was spreading birdseed to stop a herd of stampeding elephants while shouting at the top of my voice, "here, kitty, kitty." Apparently it is working because despite some delays our project is moving forward. I think at the end of the day we just have to trust that the resources the club has available will be enough to see the project completed as quickly as possible. In the next few weeks you will see a foundation and slab poured and the actual structure of the building begin to emerge and completion of the building to follow. In preparation for that day I have been working with several members to strengthen the Membership Committee and the Guide Dog program that helps new members be introduced to the club so we will not be overwhelmed when new members apply later in the year.

At the club's annual Old Timers' Luncheon we learned with regret that Lifetime Member Wayne Buford passed away on April 19, 2016. Wayne fought a long-term battle with cancer. He was an active club member, past board member and a valued member of the club. We had the club's flags at half-mast to mark his passing and one of the first events in the new boathouse will be a commemoration of his life and the effect he had on many South Enders.

In preparing for our new lower boathouse and women's locker room we will be terminating the Brick Program on August 1, 2016. That will give my staff and me time to create the order for the bricks so they can be installed in the back patio as we get ready to celebrate and christen the new part of our club. We will also be working on the design for the plaque commemorating those who were financially able to help the club make this project possible.

Even the large hole in our backyard doesn't seem to have stopped South Enders from overdoing whatever they choose to do. We've had successful handball tournaments and the running of the Boitano Cup in May, which was won by Running Commissioner Tara Sweet. She is also conducting weekly running training, pointing us toward getting our plaque back on October 15, when we again compete against the Dolphin Club in our yearly battle for a plaque made from member Pat Cunneen's old coffee table. There are several marathon swims being trained for, and according to Diane Davis the Tahoe

Regatta saw some great South End performances on the lake. We had over 80 swimmers show up for the Father's Day Yacht Harbor. Registration for the Escape from Alcatraz Triathlon opened on July 1. This is a shared event between the South End and Dolphin Clubs, but the available spots disappear quickly. A number of South Enders have done very well in this event over the years. Our deal with them is they produce the "Escape" and we produce the New Year's Day Alcatraz swim, but both events are open to members of both clubs.

The Alcatraz Invitational is fast approaching in September. Lynne Cox will be with us again and using our event to launch her new book "Swimming in the Sink." It is her best work so far and it changes her from a swimmer who writes to a writer who swims. There is one lyrical passage near the beginning of the book that is one of the best descriptions of what it feels like to swim in the ocean, which of course could only have been written by an iconic open water swimmer such as Lynne. Ranie Pearce will be sending out information and volunteer registrations soon. I hope everyone will help us produce a great event for the club as you have for the last 20+ years.

Whether you are watching the Building Advisory Committee work its way through city permit processes, or seeing members fill up a happy hour, carefully plan and execute a difficult swim like Bay to Breakers, or keep a tradition like the Boitano Cup run alive, each and every day seems to provide an opportunity for South Enders to excel at making this the best club on earth. You are an incredible group of people to be a part of, and to prove it we need to start planning now to get "Pat's Plaque" back where it belongs in October.

Photo of the construction at the Mighty South End by Susan Parker, Alison Saylor and Cy Lo.

Photo by Allen Luong

See a Seal or Seal Pup? Here's What to Do
By Sejal Choksi-Chugh, Executive Director, San Francisco Baykeeper

What should you do if you see a seal pup alone on a beach? The pup is probably not orphaned or stranded. In order to nurse, mother seals need to feed in the water. They sometimes leave pups for short times alone on beaches. The mother will most likely return soon to nurse the pup. Never approach a pup or chase it into the water. The presence of humans can keep the mother away and lead to the death of the pup.

The pup is likely to be a harbor seal, a species that lives year-round in and alongside San Francisco Bay. Harbor seals spend about half their time in water, where they are swift and graceful, propelled forward by their powerful hind flippers. Once "hauled out" and resting on a beach or a mudflat, harbor seals are skittish. With their short flippers, they can only flop along on their bellies. At the sight or sound of humans or boats that approach too close, hauled-out harbor seals immediately lunge into the water.

From the safety of water, a harbor seal will often curiously watch people walking on the beach. Harbor seals can also playfully bump swimmers, although they have been known to bite.

"If you approach a harbor seal and change its behavior, you're too close," says Doreen Gurrola, a marine science educator at the Marine Mammal Center in Sausalito. The federal Marine Mammal Protection Act requires people and boats to stay at least 300 feet away. However, seals will often pop up much closer than 300 feet. When this happens, and you're on the shore, in the water, or in a boat, Gurrola says, "you shouldn't move closer, but you don't have to move 300 feet away."

Keeping San Francisco Bay healthy for seals—plus other wildlife and people who enjoy recreation in and on the bay was the theme of Baykeeper's Bay Parade in May. A big thank you to all South End Rowing Club members to who took part! More than 200 swimmers, kayakers, stand-up paddleboarders, and boaters paraded on the water. It was a wonderful show of support for San Francisco Bay—and for Baykeeper's work to stop pollution in the bay. You can see fun photos of the Bay Parade at baykeeper.org/bayparade/photos.

Photo by Clay Schmitz, Baykeeper

Help Write South End History
by Bob Barde

Why isn't there a *good* history of the South End Rowing Club?

Way back in 1901, the South End appointed stalwart members Joseph Foley, Ed Scully, and William Mead to write a club history. If they wrote that history, it has been lost. In 1995, Bill Pickelhaupt self-published

"Club Rowing on San Francisco Bay 1869-1939, Featuring the South End Rowing Club." While incomplete as a history of the club, it did pull together photographs and facts about the South End. It was a start.

Pat Cunneen and Bob Barde are writing what we hope will be a complete history of the club: "South End: Sport and Community at the Dock of the Bay." We have made a lot of progress, but we need some help.

So far, we have covered the history of the South End from the beginning (before the beginning, actually) up through 1975. That's over 100,000 words and a lot of pictures. You may have already read some of it, bits and pieces about Dr. Frederick Riehl's 1882 swim from San Francisco to Oakland, or "When the Olympics Learned to Row," "Who Were the Early South Ends?", and the 1911 natatorial assault on the Golden Gate. There's a lot more already written, but there's also a lot more to do. And that's where we need your help—i.e., with the "modern" history of the club, covering the following areas:

· Swimming at the South End: Again, lots of archival material, and some first-person accounts, but we'd like to work with a swimmer(s) who knows the club's post-1975 swimming history and is willing to try writing.

· Rowing: Same as with swimming.

· Bringing us up to date on running and handball (histories of both sports at the South End are included in one of the chapters on the "pre-modern" club).

· What we call "Sharing the Bay"—the Invitational, PathStar, etc.

Roberta Guise and Cathy Harrington gracing our temporary construction hallway.

Volunteers? Bob is an experienced writer and historian. He will work with chapter authors, so don't feel as though you'd be doing this on your own. To volunteer, contact Bob Barde at barde@berkeley.edu.

SERC Boat-Nighters in Sausalito at the Matthew Turner Brigantine Tall Ship Tour.

Rowing Commissioner's Report
By Virginia Waik

Thanks to the SERC community who welcomed our new rowers into the boats and out on the water. Many new rowers were able to enjoy their first row and/or regatta. A special thanks to our coxswains who welcomed these rowers to sweep row in the Hurley—giving each memories that will last a lifetime. There will be a lull in activities during the windy season and construction of our new boathouse. But, with the tri and the wooden boat classic coming up, I encourage all of you to stay in shape! Below are rowing-related updates since April's report followed by an interview with new SERC rower Lacey Wolf.

<u>Rows:</u>
Ramp Row: Thanks to Cox Tom Wurm and Event Coordinator Angelina Calderon for getting the Hurley out for one last run on the water before its rest during construction.

<u>Clinics:</u>
April Row Clinic – Dan McLaughlin, Tom Abbott and volunteers launched our new rowers off to a great start with a friendly introduction to tides, safety, trip planning, and historical information, as well as fantastic erg

training and waterside practice.

Row Trip Planning – Nothing like fun, good info, and fabulous food (thank you Taylor Standlee and crew)! Oliver Gajda gets the credit for starting the Water Talks. And this one was a blast! The well-attended event, with Dan McLaughlin as presenter, covered short, half-day, and overnight row planning.

Regattas:
Open Ocean Regatta – SERC made a fine showing with several top scores. Thanks go out to Diane Davis for preparation and coordination. I received this update: "Congrats to Nancy for the fastest women on the outside course (well done). Oliver for the fastest Aero on the inside course (his first shell regatta), Brenda rowing a flyweight (and for not being DFL), on the inside course! Coach Dadd in a double on the inside course, fastest men's double. We had super water on the inside course and the normal chop on the outside course but very doable. Women double favorites Diane and Racheal (Dolphin) had an equipment problem mid-race."

Events:
Matthew Turner Brigantine Educational Tall Ship Tour Many thanks to Tony Gilbert for setting up the tour in Sausalito to see how boat building was done when tall ships roamed the seas. (info@educationaltallship.org)

Rowing-Related Construction Impacts & Updates:
For those of you wishing to use SERC boats housed in the DC boathouse, please take the time to learn about safe boat launching on our host's dock! Email rowingsouthend@gmail.com to connect with someone who can show you how to keep the boats and dock in good condition.

Thank you to all of you who helped prepare, move, and store our precious boats! Anticipate six months from May for construction, and look for key milestones along the way. July is anticipated to be when we have a floor sufficient to again allow egress between boathouses.

May–August Row Event Planning:
August Wooden Boat Classic event leaders William Newby & Oliver Gajda are coordinating around construction. During construction, we ask rowers to "overcommunicate" and be as flexible as possible. If you are planning an event, realize that it may have impacts to other programs and require additional coordination. Send your requested event info to rowingsouthend@gmail.com to coordinate availability for basic things like the kitchen, boats, and boathouse facilities.

New Member Lacey Wolfe finishes the Blackburn 20+ mile race Lacey joined SERC in 2016 and immediately started training for the Blackburn Challenge. The race, which this year took place on July 16 in Cape Ann, Maine, is 20 miles long and honors Howard Blackburn, who survived a desperate 1883 mid-winter, five-day row in a small dory between Burgeo Bank fishing grounds and Newfoundland's south coast.

In this event, the racers row wooden boats similar to the South End's heavy woodens; most large rowing events, like the Head of the Charles regatta, feature plastic shells. If using this kind of 'authentic' dory wasn't tough enough, race conditions are demanding and dynamic throughout the harbor/river/ocean course. "It's less about technique and more about enduring six hours of pain," explains Lacey. The event is held rain or shine.

Lacey and her rowing partner Kristen completed the 20-mile open-water course in 4 hours 53 minutes, beating their 2015 time of 5:20.

Of this year's race, Lacey writes, "It's just a brutally long, hot race, and since you circumnavigate Cape Anne, you're almost guaranteed to have a headwind and row against the current for half the race. I'm so stoked to have a great rowing partner, who's also my best friend to spend the time with. Currently we are considering trying to get a better time next year so we can qualify for the international dory racing championships in Nova Scotia next summer. We came in about 30 minutes behind the only other women's double boat, who was rowed by last year's international dory

women's champs. We've decided to buy each other a new set of oars for Christmas. Up till now, we've been using borrowed gear and the oars have been terrible, lopsided and cause a lot of fatigue."

Congratulations, Lacey and Kristen!

Lacey and Kristen

Open Ocean Regatta – April 2016
By Diane Davis

Rowers from many clubs participate in the challenge of this spectacular course with unpredictable conditions.

This local regatta has two courses; both courses line up near downtown Sausalito.

Race course #1: The most challenging course rows out the Golden Gate to Mt. Diablo point, back to Belvedere and finishing back in Sausalito.
Race course #2: Races down to Strawberry Point in more protected waters, back to Belvedere and finishing in Sausalito.

Whatever course you choose you'll have lots of fast boats trying to get the best course and overtake you. Similar to open water swimming, your course can make a huge difference and we don't have lead boats showing us the way!

Nancy Sorrell was our #1 woman rower on the Mt. Diablo course. She stayed ahead of her closest competitor by one minute.

From left to right: Chris Dadd, Diane Davis, Brenda Austin, Nancy Sorrell, Oliver Gajda. Photo by Niland Mortimer.

On the Strawberry Point course, Chris Dadd and Greg Lewis were the fastest men's double. They had some experienced guys on their tail! Oliver Gajda competed in the men's Aero (first time racing a Maas boat) and WON! He had a large field of six chasing him. Brenda Austin also had a large field of ladies to go after and rowed a terrific course.

We are very lucky to have a terrific club that has a variety of boats to row and race. Transporting boats to regattas takes a team to make it happen. Our friends who help us on race day are very much appreciated.

The SERC rowers are a super group that know that the waters we row on prepare us well for any conditions we encounter.

Photo of Diane Davis and Rachael Perry at the Tahoe Regatta by Niland Mortimer.

Tahoe Regatta – June 2016
By Diane Davis

The Tahoe Regatta has to be the number-one scenic

regatta in all the country. Snow-capped mountains, blue open water for miles, and great competition.

We lined our boats up 100 yards off Kings Beach and set off for the 10-mile journey heading to Dollar Point, our farthest point. The water wasn't pristine and that is an advantage to all the South End rowers. We train on the most challenging water of any Bay Area rowers. Our second point is in Carnelian Bay, close to shore where the water is lovely, flat as a swimming pool. As we headed back towards Kings Beach some yahoos were out skiing and kicking up the water—we're used to those types, i.e., fishing boats on the bay! It's a long time to be rowing at 100% effort. The times were slow this year due to conditions, approximately 1 hour twenty minutes—and talk to Brenda Austin who was out there 1 hour 45 minutes!

Nancy Sorrell was the fastest woman single rower, Tom Abbott was the fastest (and only!) male South End rower. He was just returning from hamstring surgery. Laurel Condro and her partner from lake Merritt represented. Diane Davis rowed with the DC's Rachael Perry for a win in the doubles.

Awards were presented and lunch served around the hotel's pool. We toasted to the "Great Norm Petersen" and the "Good Wayne" who represented the SERC for many years at this regatta.

Summer Visit to Dittons
By Laurel Elkjer and Peter Schmitz

We owe thanks to Brett Skillitoe of Dittons Skiff and Punting Club in London for his persistence in wanting to visit SERC and to Alan Lapp for answering his call and taking him out with Brett for a row to the Golden Gate Bridge. This resulted in SERC and Dittons becoming sister clubs.

Since we were going to London this summer, Peter and I decided to visit our sister club, located on the Thames just across from Hampton Court, Henry VIII's pleasure palace and place of various debaucheries. From the minute we entered the club we felt at home, noting many familiar features: a small workout area, boathouse, dressing rooms, bar and day room. It's a bit more "posh" than SERC, it must be admitted, but just as friendly. And, it was officially christened by "the worshipful the mayor of the borough of Elmbridge," so that's a good thing, right?

We visited the night of their weekly "new members night" during which non-members are allowed to try out skiffs. Brett took us out on a skiff and almost immediately it started to rain (this is England, after all). We took cover under a bridge but then decided to make a run for it back to the club since we weren't really dressed for rain. Just after we brought in the boat and settled in for a drink at the well-stocked bar, the rain started in earnest (as in, cats and dogs). Nevertheless the hearty Brits continued on in earnest; we watched in amazement as they calmly continued their rows and returned drenched to the bone, after which they bailed gallons of water from the skiffs before they were stowed back in the boathouse.

Unfortunately, no punting for us. Punting is like the original version of stand-up paddleboarding, except you use a pole (called a peck) to push along the river bottom to propel the boat. Apparently, it takes a bit of practice to do this, and we must not have looked quite the part for it. No swimmers in the Thames from Dittons; the last major swim event resulted in 80% of the participants getting sick.

So if you are across the pond, we highly recommend a visit to Dittons—a club after our own heart.

Photo by Cy Lo

30th Annual Cinco de Mayo Doubles Handball Tournament
By Michael Linnik

Great weather greeted the players at the Cinco De Mayo Tournament. It was the week after the holiday, but this allowed players to plan Mother's Day and/or attend the National Master's Singles Championship in Portland, Oregon on the actual holiday. Good decision. South End!

Frank Vasquez's Texas BBQ was on hand to help get the party started and feed the famished players. The bar was rocking with tunes, the ladies were treated to margaritas, and a colorful piñata (shaped like a cactus) was hoisted outside for the kids to get some candy action.

The South End was also the place to see and chat with all of the great NorCal Hall-of-Famers: **Rudy Stadlberger, Wayne Black, Jim Triplett, Jim Smith, Jay Capell, Mike Kelly, and Alan Sherill** were all there to help celebrate the holiday.

Men's Action on Saturday

In the **Men's Open Doubles**, the dream team of **Erik Torres** and **Coleman McGrath**
squared off with the current USHA National Singles Champions **Arturo "Lefty" Suarez** (in the 45s) and **Lennart De La Torre** (in the 50s). Erik effortlessly ripped off pass shot after pass shot, Coleman was a bit uneven due to his commitment to soccer, but seemed to improve with every rally. Lefty dug up a lot of shots to extend the rallies, and Lennart pounded the 3-Wall wraps to get some weak returns. To the fans' delight, the match went to a tiebreaker. With Hall-of-Famer **Rudy Stadlberger**, 92 years young, watching the action, the players inched towards the 11th point ... between Coleman's low serves, and Erik working the corners, they managed to tally the last few points for victory.

In the **Golden Masters**, one word ... C-O-M-P-E-T-I-T-I-V-E. Every other guy seemed to be a national champion, everyone was in mid-season shape, and everyone seemed ready to pound the ball into rubber dust. Current National Doubles Champion **Frank Vasquez** teamed with southpaw **Brian Wentworth** to best the team of **Scott Spann/Ray Graham**. Frank makes no hand errors, pounds the ball down the walls, and Brian goes for the bottom board as he has done for the last 20 years.

Rory Moore teamed up with **Gary Stedman,** who did a nice job healing up a busted finger to win the tiebreak over **Lou Barberini/Mike Linnik. Augie Herrera** and **Francis Breining** bested the strong team of **Mike McDonald/Artie Ward**, but lost in a squeaker to the steady play of **Tom McGrath/Jim Silla**. Jim dove to keep many rallies alive, and their hustle paid off as Augie/Francis recovered from a 0-9 deficit to almost tie the score, before Tom and Jim tallied the final points for the victory and a berth into Sunday's finals.

Men's Action on Sunday

The **Men's Open Doubles** became a "North-vs.-South" battle as Fresno's **Nacio Delgado/Al Quitoriano** tried to best the San Francisco/Palo Alto team of **Coleman McGrath/Erik Torres**. Q: Does running a seven-mile Bay to Breakers race on Sunday morning sound like more than a proper warmup to you? Well that's exactly how Erik Torres started his day. Yet with plenty of powder to burn, Erik flew all over the court, flicking pass shots and kill shots at will.

Erik's offhand into the right corner is an especially tricky shot that he pulls off routinely. With Coleman laying down laser serves, the Fresno team had to call numerous timeouts to make possible adjustments. It was too much Erik at too high a pace in the first game.

According to Tournament Director Jim Silla, "The Open match was taken away by Alphonsus, Nacho moved him over to the left side in the second game and he slowly took apart Coleman/Torres with low corner kills that were crisp and found the bottom board. After the tiebreaker he broke down emotionally, probably playing his best and getting a tournament win."

In Erik Torres' words, "Coleman and I ended up losing (21-13) 21-14, 11-9 tiebreaker. The race was lots of fun, but definitely took its toll on me. Tried to close out the match on our second game, but I started to get withdrawals from the 7.5-mile run that morning. By the tiebreaker I had to dig real deep so that Coleman and I can drag out a 9-4 lead. That's when I felt like I hit a wall and my body was not responding how I wanted it to. Al started to crack out some serves that I was not able to retrieve. Also, made some critical errors towards the end. Coleman did his part on the right side, but his left-hand broken thumb was not beneficial. I felt like he could have played a little more aggressive and maybe try to take some command of the game. We haven't played since the Golden Gate tournament but overall it was a successful tournament and weekend. Happy to be a part of Cinco De Mayo tourney again." –Pro Qualifier Erik Torres.

In the **Men's 50s** a rough battle on a hot court #1, Rudy's Court, was taking place. After the dust had settled with numerous national champions being cast aside, it was the determined play of **Tom McGrath/ Jim Silla** laying into "The Master" and current USHA National Doubles Champion **Gary Stedman** with the gritty right-side play of **Rory Moore**. Tom/Jim were very strong the first game, coming out hot as Gary warmed up his arsenal of shots. Key to their play was Tom's ability to "block back" numerous Stedman passes and hop serves. Partner Jim Silla dove to reach and block back Stedman corner kills. This extended the rallies, taking powder out of Stedman/Moore for a first-game win. Yet in the second game, Gary roared back with hops, kills, and sharp three-wall passes. Rory helped to lay down numerous shots for bottom-board kills. Tiebreaker? Of course!

McGrath/Silla put the pedal to the metal and never let up. Gary had a few precious hand errors which gave Tom/Jim momentum. Tom's nasty reverse serves got a few easy returns, and with Jim Silla crunching serves as well, the tiebreak finally gave it up for the South End team of Tom McGrath and Jim Silla. Jim was also directing traffic outside the court as the South End tournament director—unbelievable but true. Another good win for Commissioner Jim.

In the **Men's 60s**, the finals included a fan-favorite matchup of **Alan Sherill/ Jay Capell** versus **Roberto Chavez/Ron Strausbaugh.** Alan & Jay have "owned" this bracket for years, could the San Joseans challenge them? The warm-up was impressive ... Chavez still has major pop in his stroke, and Ron's footwork and kill shots are top-notch. But then the match started—what the heck? Alan and Jay ran up the score by about 9-3 in a blink. Alan's soft kills into the right side brings players into the front court ... causing (of course) Jay to deliver "El Paso", a deep, two-wall pass with lots of wrist snap to the left side. Right hook, left hook, see ya. Alan still has a nice reverse serve, which caused some problems and gave them more weak returns. Game #1 to Alan/Jay. Game #2 saw Ron/ Roberto come out firing—now they were connecting. They ran up a big lead, like 13-3. Tiebreak, right? Never, ever, ever, count out the Hall-of-Famers! Slowly they chipped away at the lead, and their defense tightened up. With perfect communication (none needed, really), they pulled up, tied up, and passed Ron & Roberto. A tour de force, as witnessed by the soaked shirts and gloves of all four combatants. Sunday handball at the Cinco was never better.

Thanks again to Tony and company of Frank's Texas Barbeque to deliver a delicious buffet on Sunday for the players. Just the right amount of heat, and it matched perfectly with the keg of draft beer courtesy of **Wayne Black**.

Final thought: The **"Magic Man" Miguel Ochoa**, a Big Ball pro from Stockton, "crossed over" to play in this Small Ball event and said, "Small Ball really helps my Big Ball game, it makes you move your feet and you learn to really put your weight into the shot". Having the Big Ball players come over and play in our Small Ball events has brought a lot of great new energy into the events, and helps add entries into the draw which helps us underwrite the tournament. We encourage crossover —guys really enjoy both "handball codes"!

Scores:

Men's Doubles Open:
Quarterfinals:

Coleman McGrath/Erik Torres (San Francisco, Palo Alto) d. Sean Haley/Jesse Ward (Concord, San Mateo) 21-3, 21-18;
Fernando Diaz/Angelo Mendez (Fresno) d. Arturo Suarez/Lennart Delatorre (San Jose, Menlo Park);
Alphonsus "Al" Quitoriano/Nacio Delgado (Fresno) d. Alex Tico/Nick Coronado (San Francisco, Fresno) 21-5, 21-5;
Danny Solorio/George Garcia Jr. (Fresno, Bakersfield) d. Miguel "Magic" Ochoa/Rene Lopez (Stockton, San Jose) 21-11, 21-15.

Semifinals:
McGrath/Torres d. Diaz/Mendez 21-17 (12-21), 11-7;
Quitoriano/Delgado d. Solorio/Garcia Jr.

Finals:
Alphonsus "Al" Quitoriano/Nacio Delgado d. Coleman McGrath/Erik Torres (15-21) 21-13, 11-9.

Men's A's Doubles:
Semifinals:
Sean Haley/Jesse Ward d. Arturo Suarez/Nacio Delgado;
Miguel "Magic" Ochoa/Rene Lopez d. Alex Tico/Nick Coronado.

Finals:
Sean Haley/Jesse Ward d. Miguel "Magic" Ochoa/Rene Lopez 21-19, 21-13.

Men's Doubles Golden Masters (50+):

Quarterfinals:

Photo by Cy Lo

Agustin Herrera/Francis Breining (Sacramento,Santa Rosa) d. Arthur Ward/Mike McDonald (San Mateo, San Carlos) (20-21) 21-15, 11-4;
Brian Wentworth/Frank Vasquez (Foster City, Burlingame) d. (19-21) 21-14, 11-6;
Ray Graham/Scott Spann (Oakland, Sausalito);
Gary Stedman/Rory Moore (Petaluma, Sausalito) d. Michael Linnik/Lou Barberini (San Jose, San Francisco) (17-21) 21-5, 11-3.

Semifinals:
James Silla/Tom McGrath (San Francisco) d. Herrera/Breining 21-12 (13-21), 11-8;
Stedman/Moore d. Wentworth/Vasquez.

Finals:
James Silla/Tom McGrath d. Gary Stedman/Rory Moore 21-9 (15-21), 11-6.

Men's Doubles Golden Masters (60+):

Quarterfinals:
Tom Capen/Jerry Alcantar (San Luis Obispo, Hayward) d. Michael Flores/Mike Vane (Fresno, Shaver Lake);
Roberto Chavez/Ronald Strausbaugh (San Jose) d. George Garcia Sr./Mike Sequine (Bakersfield).

Semifinals:
Alan Sherrill/Jay Capell (Watsonville, Belvedere) d. Capen/Alcantar;
Chavez/Strausbaugh (San Jose) d. Edward Campbell/Michael Woods (Granite Bay, Calistoga).

Finals:
Alan Sherrill/Jay Capell d. Roberto Chavez/Ronald Strausbaugh 21-12, 21-17.

Men's Doubles Golden Masters (70+):

Quarterfinals:
James Triplett/Robert Braine (West Point, San Jose) d. David Ackerman/Ed Barberini (Menlo Park, Burlingame) (10-21) 21-12, 11-9.

Semifinals:
Triplett/Braine d. Gary Zatkovich/Jay Latona (Santa Rosa, Medford) 21-11, 21-3;
Mike Kelly/Jim Smith (Brisbane, Watsonville) d. Rich Calkin/Thomas Mcgee (Petaluma, Pacifica) (17-21) 21-11, 11-2.

Finals:
Mike Kelly/Jim Smith d. James Triplett/Robert Braine 21-19, 21-3.

Men's Doubles B's:

Round-of-16's:
Jorge Mendiola/Jorge Mendiola (San Jose) d. Bob Shear/Tony Ragusin (Daly City);
Randall Witte/Clyde Minter d. Robert Deltorre/Louie Ruiz (Fresno) (16-21) 21-2, 11-0;
Hermann Kruk/Pascual Rodriguez (Santa Rosa, Rohnert Park) d. Adam Diaz/ Romero Esterban 21-5, 21-9;
Mauricio Jimenez Sr./Betty Fabian (San Jose, Stockton) d. John Stellamach/Tom Burnette (Sacramento) 21-15, 21-0.

Quarterfinals:
Mendiola/Mendiola d. Witte/Minter;
Kruk/Rodriguez d. Jimenez Sr./Fabian 21-4, 21-18;
Richard Perez/Kyle Knapp (Sacramento) d. Jesus Garrido/Gary Garrido 21-9, 21-11;
David Alarcon/Erik Galindo (Dunnigan) d. Israel Ramirez/Emanuel Vasquez (San Jose).

Semifinals:
Kruk/Rodriguez d. Mendiola/Mendiola; Alarcon/ Galindo d. Perez/Knapp 21-7, 21-9.

Finals:
David Alarcon/Erik Galindo d. Hermann Kruk/Pascual Rodriguez.

Men's Doubles C's:

Quarterfinals:
Robert Deltorre/Louie Ruiz d. Bob Shear/Tony Ragusin; John Stellamach/ Tom Burnette d. Adam Diaz/Romero Esterban.

Semifinals:
John Stellamach/Tom Burnette d. Robert Deltorre/ Louie Ruiz 21-9, 21-17;
Ramirez/Vasquez d. Garrido/Garrido.

Finals:
Ramirez/Vasquez d. John Stellamach/Tom Burnette.

Photo of Jane Koegel by Fran Hegeler

Swim Commissioner's Report
By Tom Linthicum

Bay to Breakers this year went extremely well with Jeff Everett as race director. We decided to scale back the number of swimmers to keep the swim safer. The club as usual all came together to have a successful swim. Jeff appointed David Brown lead pilot and he did a fantastic job calling meetings way ahead of time to make sure we pilots were all on the same page. This year we decided it was best to keep the swimmers south of the South Tower and stay almost completely out of shipping lanes to make the swim much safer and less stressful for the pilots. We even saw whales outside the Golden Gate! The water pushed swimmers out more than we liked at Seal Rock, but they were all able to make it into the beach. Sharko led the beach finish line team, where people were watching out for swimmers who could get into trouble with the surf. A very determined Al Jaurique completed his first B2B! (Congratulations, Al!)

Then, at the club, swimmers and crew were treated to a nice breakfast prepared by Elizabeth Glass and team!

It continues to be a pleasure to serve the Mighty South End as your swim commissioner this year. With so many people so eager to help out it's never that hard to serve!

The swim program is going strong and many swimmers are doing amazing swims around the world! We are still planning to add some Nutcracker trainings and a newbie swim to the schedule soon!

Joy Hollenbeck at Fort Mason by Fran Hegeler

Semper Paratus
By Joe Oakes

You have surely heard the Marine Corps motto, *Semper fidelis* or *Semper fi*. But do you know the similar-sounding motto of the US Coast Guard? It is *Semper paratus*, meaning '*always ready*.' And they are. There are times, though, when maybe the coastal guardians are a bit too ready.

We have often been told that we should never swim alone, especially in the ocean, and even more so in unguarded waters. And, as a water safety instructor and an event director, I have passed on that same good advice to many swimmers for many years: It remains an excellent rule for all of us to abide by. *But what about those times when there is no one to swim with?* What do you do then?

I travel a lot, six months or more a year, normally onboard cruise liners, sometimes as a passenger and sometimes as staff. One of the great things about ships is that they are always near the water, hopefully on top of it. Oh, how I love the sea! If there is anything that I love better than being on a ship, it is immersing my ancient body in Mother Nature's healing briny waters. Thankfully, it has been my good fortune to have swum on every continent and in over a hundred ports.

Let me tell you about a couple of recent swimming experiences in the Azores, a group of mid-Atlantic Portuguese islands. Our first stop was at Punta Delgada on the main island, Sao Miguel. The first thing I do in any port is to look for a place to swim. At Punta Delgado it was easy: Within sight of the ship was a protected cove with a big swimming area marked off by a string of orange buoys. Adjacent to the cove were salt water and fresh water pools, and what looked like changing rooms and showers. *Voila!* With my trunks under my trousers I approached the lifeguard and asked, in my bad mix of Portuguese and Spanish, how much it would cost (in euros) to use the facilities. In perfect English he chuckled and told me that I looked old enough to be a senior citizen, so it was all free: pools, cove, showers and lockers. (There are more Azoreans in North America than in the Azores, so most people speak English.) It was a wonderful swim, with the April Atlantic temperature feeling like San Francisco Bay. After a half hour of wet bliss, a hot shower, and a cold beer with the local swimmers, I knew that it was a very good day.

The following day we sailed west to Horta on the island of Faial. What a difference! The population of Faial is only about ten thousand. Alas, there is no sheltered cove. Big breakers were hammering the steep, rocky shore. In fact, it looked like there might not be a place to swim. Determined, I took a walk to the east, where I found a long breakwater running straight out into the sea. The breakwater's sheltered 'armpit' looked less threatening, so I sat and studied the wave sets to plan my entry. Shoes, towel, and clothing hidden on the beach, with my valuables inside my swimsuit, it was no big problem getting past the breakers. Once outside it was a little bumpy, but definitely swimmable. I swam parallel to the beach, staying away from the rocks, communing with the fish, fulfilling my need to be in the water. All of a sudden a big orange zodiac roared up to me with two guys screaming at me, "*You must get into the boat: It is dangerous here*." Someone on shore, fearing that I was in mortal danger, had called the coast guard to rescue me. "I am OK, let me swim." "*No, it is too dangerous here*." "Then I'll swim back to the beach where my clothing is." "*No, you cannot. Too dangerous. Get in the boat*." "I do not want to."

Finally they relented and told me that if I would not get into the boat, I would have to swim to the end of the breakwater and swim back to the shore on the other side. Yeah, yeah, yeah, so I swam out to the end of the breakwater, another hundred yards or so, and did a U-turn to the other side. And what did I find on the other side? It was the outlet of a river coming down from the mountains. My mind conjured up two problems. First, I was swimming in one direction and the river was flowing in the opposite direction. *Shite!*

My second problem was wondering just what kind of detritus might be floating with me in that river. I put my head down and pushed my way through the colder, fresh mountain water, trying not to take any in. I swam to where I could climb out, and realized that I had a third problem: my shoes were a quarter of a mile away and I had to walk back over rough ground barefoot.

The coast guard guys were waiting for me. Were they going to arrest me? Give me a citation? Instead, they laughed, handed me a beer and suggested that I do not do that again. I promised that I wouldn't; not there, anyway. *"Semper paratus, amigos!"* And thank you.

Cathy Bump Feeding a Wombat

Down Under
By Carol Merryfield

Land of endless beaches, boundless good humor, aquamarine water ... and MEAT RAFFLES!

Our small band of South Enders (Joe and Lynn Butler, Jim Bock, Cathy and Karl Bump, Ashley Horne and myself) crossed the big blue Pacific at different times via circuitous routes and ended up together in Sydney at our sister club, the Bondi Icebergs. We were entertained in grand fashion at their lovely club, with beach waters lapping at the edge of their beautiful 50-meter saltwater pool. There are several similar clubs up and down the Australian coast, but none as spectacular as Bondi!

They had nearly daily group swims across Bondi Baand back, with a highlight of a piloted swim from Bronte Beach back to Bondi. Bonuses of swimming down under: clear enough to see everything under you! Jellyfish! (There's nothing like feeling a soft "plop" in your palm as you're swimming.) Sharks! (Although we only saw a couple of babies...) We heard stories of helicopters spotting sharks and swooping down to warn swimmers to "get out of the water now!" when sharks were spotted nearby.

Oh, and did I mention those Aussies know how to drink? Their bar is open most of the day and into the night, and there is an onsite restaurant, as in most of the beach clubs. And how does the club (and many others) pay for everything, other than through dues and fees? Why, with meat raffles, of course. Once a week or so, they bring in giant platters of raw meat and raffle them off—like a giant bingo game. Jim is trying to come up with a fun way to incorporate them (or perhaps a pescatarian option) into our happy hour.

As long as we were making the long plane trek, several of us got in as much sightseeing as possible while we were there. I was lucky enough to have an Aussie friend whom I traveled with up the coast to Brisbane and many of the Sunshine Coast beaches, then to Fraser Island (a giant sand island with its own rainforest and a wide, sandy "highway" with four-wheeling buses and planes zooming up and down the beach) and to Lady Elliott Island at the southern end of the Great Barrier Reef, which is a gem teeming with coral, turtles and colorful fish.

We are so grateful to our wonderful buddies down under for showing us such a grand time, and especially to Alan Gow (whom many of you met when they were here last year) and Joe Butler, who made the trip possible.

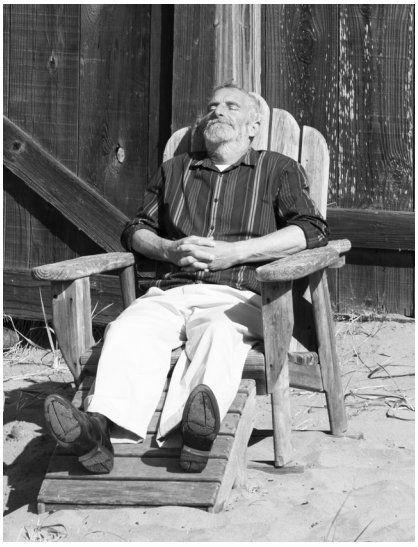
If this trip happens again in two years, please make every effort to go! Well worth it in pictures, memories and new friends!!

New Member Alice Ma Brightens The Women's Locker Room

Suzanne Greva and Trudy Molina warming in our small but mighty temporary women's sauna

Newbie Swim!
by Alison Saylor

Newbie Swim is scheduled for **October 30** with a jump time of 8:15. Jump time is when we actually hit the water, 6:45 to 7:15 is when you need to show up at the club to register. There will be a briefing to tell you what you need to know about the tides and what to sight on. You will then be assigned a swim angel, an experienced swimmer who will swim with you and support you. After the briefing you will be assigned to a RIB (zodiac) or a car to get to the jump start. There will be extra kayak and RIB and rowboat pilot coverage. Pilots and swim angels needed! Please email me if you would like to do this swim as a newbie or support as a pilot or swim angel. alison.saylor@gmail.com.



Jefferson Getting a Well Deserved Rest

Editor's Note
by Alison Saylor

In all the years I've been doing the newsletter there has never been room for an editor's note, for which I was glad. Having to write this has given me new appreciation for all the people who submit articles, and especially the president and commissioners who are expected to turn one in each issue. The variety and creativity of the articles and the pictures are what make the newsletter. And the essential copy editing, done by Kim Hedges, who never seems to miss a single typo or name misspelling (and is available for work!), and Suzie Dods and Susan Parker before her. This was supposed to be a temporary volunteer gig and sometimes I wonder about continuing in this role, as much of it consists of the tedious and time-consuming tasks of chasing after people for content, Photoshopping photos to make them print ready and, mainly, moving text boxes and jpegs around over and over again, trying to lay them out in a way that has the pieces beginning at the top of the page and relevant photos peppering the text in the right places, then mushing them to fit 12 pages or, should all the tricks of the trade be unsuccessful, reformatting the entire thing to stretch to 16 pages in all. (Number of pages must be divisible by four to work for our printing format.) But when I'm almost done and I get to place whatever fabulous picture someone has generously sent in for the cover and do the table of contents, I feel so happy to have done the work. The club has given me so much. I still can't believe I joined only because I found out there was a sauna in the building while I was training for the Invitational! It's since become, for me as for many others, a beautiful community, a crazy wonderful second family. But I've been doing the newsletter so long now I worry that the formatting may seem stale and so I welcome any suggestions or new ideas you might have. And please keep those great articles and pictures coming! I especially love the member profiles, so if you are interested in doing one of them or have some other idea for a piece that you'd like to run by me, please let me know: alison.saylor@gmail.com.

South End Rowing Club
500 Jefferson Street
San Francisco, CA 94109

Welcome, New Members!

Andre Alves
Mathieu Antoine
Melissa Berkay
Melissa Blaustein
Susan Blew
Alicia Brasch
Patrick Byrne
Elizabeth Clark
Deirdre Coyne
Garrik Danilov
Stephen Donnelly
Brooke Dougherty
Scott Ebke
Kate Farmer
Christoph Flake
Michael Gosuico
Alisa Gray
Zack Hain
Tristan Handeland
Jessica Hastings
Neil Heller
Rune Henrikson
Rachel Hertog
Glenn Howe
Victoria Leva
Susie Lindstrom
Robert Mammone
Emma Mankin-Morris
Audrey Marsalek
Edwin Metcalf
Victor Metoyer
Huda Nassori
Brian O'Connor
Daniel Paglio
Joshua Reiman
Christopher Roach
Katelyn Sandy
J.D. Sassaman
Angelica Scott
Susanne Simpson
Norine Smith
Richard Smoke
Fleur Sohtz
Sarah Squiers
Charles Sterling
Brian Tuohy
Sean Vallely
Matthew Walsh
Randall (Ford) Williams
Lacey Wolf

Andy Hewett swim-ming in Stockholm Harbor

NEWSLETTER CREW

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Copy Editor