



THE SOUTH ENDER

HANDBALL, ROWING, RUNNING & SWIMMING

July 2019

A Publication of the South End Rowing Club

www.serc.com



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On the cover: Janie Bryant, Danielle DeLancey, Alex Lawson, Steve McDonald, Emily Gable, and Rosanna Lerma row past the Peruvian tallship *Union*.

The South Ender is the newsletter of the South End Rowing Club, published three to four times per year since 1931. We publish material by our members that reflects the ideals, purposes, and accomplishments of the South End.

You can find digital copies of this and past issues, many in color, at serc.com/about/newsletters.

It's our members who make this newsletter, so please send articles (up to 650 words), poems, jokes, and high-resolution photos to newsletter@serc.com.

We reserve the right to edit all submitted material, but we'll be nice about it, we promise.

Correction

The black-and-white photo on page 21 of the February issue was miscredited. It was taken by Jeff Cooperman.

Letter from the President

By Simon Dominguez

Hi Southies,

As I sit in one of the large comfy chairs in the day room of the SERC and look out at the beautiful, multimillion-dollar view that we get to see each and every time that we visit our club, I stop to think. About a number of things—such as the club itself, the sports we engage in, the happy hours, the drinks, the talks we give, the meals, more happy hours, and most importantly, our people and the community we belong to. In some ways, it is all quite difficult to comprehend, understand, or believe.

But it is true. We are all very lucky to be part of this inclusive group of normal and not so normal people. (And who wants to be normal anyway?) We have members from all walks of life: blue and white collar, tall or small, thin or not so thin (I would never say fat), young and old. Our club is not only open to anyone—we actively encourage people to join this very special community, no matter what their background or current situation. The more unusual you are, the better you seem to fit in at the SERC.

I asked your Swimming Commissioner **Van Cornwell** why he agreed to take on this board position and he said that he wanted to try, in some way, to pay back all he has gotten from this club. I echo Van's thoughts and know that most who join the club get enormous joy from their membership—and even more happiness from paying this forward.



To all our new members (and there are a lot of you): Welcome to the greatest club on earth. To those who have been members for a long time: Thank you for your contribution to shaping the character of the SERC to what it is today. Let's not take this for granted.

To all members: The more involved you are able to be with the club, the more you will get out of your membership. Kayak for someone, help with cooking a meal after a sports event, come to one of **Jim Bock's** Days of Service, help on Boat Night, volunteer to show someone how to play handball. It doesn't matter what you do—what matters is that you get involved. You will not be able to measure the personal and emotional value you will get from doing so.

And it will make you smile.

Regards,
Simon

Who Does That?

By Van Cornwell

You know it's true, but sometimes it's surprising. Every day at SERC there are other club members doing things that keep the club running, just for the love of being part of the club. We all see the work and share the appreciation.

But then there are those volunteer jobs that we didn't even realize were jobs. Maybe they're jobs we didn't even know existed, but just take for granted. Who does those things?

Our inflatable support boats are often taken out onto the bay waters several times a week. Those boats free us to swim far and wide across the bay safely and confidently. Have you ever wondered where the gas comes from to make them run? It's not the boat fuel fairy. **Rhett Devlin** checks our fuel tanks a few times each week. If we need fuel for an upcoming event, Rhett takes the tanks to the gas station, fills them up, and hauls them back to the storage locker so we all can enjoy the freedom of a boat with fuel in it. Rhett, who retired a few years ago after 47 years in construction, is a frequent swimmer and has been a member for six years. Thanks, Rhett!

Barry Christian isn't even a SERC member (he's a Dolphin! Gasp!), but he has an awe-inspiring commitment to keeping our boat motors running. Every year Barry does a full recondition of each motor. He immediately checks out any reported problems with the outboard motors and maintains a supply of backup parts for us. Have you ever looked inside the cover of an outboard motor? It's like a madman's puzzle! Barry has an extraordinary skill in understanding the complex machinery of an outboard motor, and he provides that to us all for free! Thanks, Barry!

Notice an unsung volunteer hero of the club? Share it in the next newsletter. Let us all know Who Does That!



Embracing Diversity at SERC

By Juan Carlos ("JC") Wallace

For the longest time I lived by the Groucho Marx adage that goes something like, "I would never join a club that would have me as a member." With time that has changed, and nothing makes me happier these days than to have become a "joiner" of the SERC. I love it! I first joined for the hot sauna and shower after swimming too many times in Aquatic Park without them. But over the last three years I have fallen in love with the history, the "character" (and characters), the club swims and events, and, most importantly, the people.

Our charming organized chaos is a product of the great hodgepodge of different people who love this club and come here to swim, row, run, work out, etc., while doing so with friends and friends-to-be.

It was because of my love for this club that I was saddened to read a recent email in the Google group about a not-so-fabulous experience a new couple has had since joining the club 18 months ago. Although they, too, love many things about our SERC, they have experienced a latent disparity in treatment. Both joined the club around the same time, pay dues, come to the club regularly, volunteer, and are typical new members. Yet one has repeatedly been questioned about whether she belongs, and the other has not. One of the women is white, the other one black. Guess which one has been questioned repeatedly?

This hits home for me in particular, since I'm the father of fraternal twin boys, adopted at birth, who appear physically as different races. Our mixed-race son has experienced the sort of unfriendly singling out in some settings that our new SERC member has experienced at our club. In his case it has been sporadic, but enough to be noticeable to us as a family. His Caucasian-looking brother has not experienced this at all.

I'm writing this not to provide specific advice but to raise awareness as a club. We are an amazing and unique club, and we will be more awesome if we can ensure that we are truly inclusive not only in policy but in deed. That starts with a welcoming attitude and disposition towards all our new members.



Photo by m01229/Flickr: <https://www.flickr.com/photos/39908901@N06/12708907273>

Of course, some will point to past security issues with non-members accessing and using the facilities without permission with possible ensuing loss of property. I would say that we can be careful about security without conflating it with wrong—and in many cases hurtful—assumptions about who is or is not a member, about who "belongs."

I don't have perfect advice because there is no perfect answer, but it all starts with being collectively more aware of our assumptions and more welcoming in our demeanor.

To adapt Groucho Marx, I would never join a club that would not embrace me—a gay half-Mexican—and I want to make sure others feel equally embraced.

New Member Story

By Evelyn Lu

Since I joined the club, I've met so many wonderful, supportive, and inspiring people. I am always mesmerized by the stories that I hear in the sauna and shower room, and feel enlightened surrounding myself with these great people.

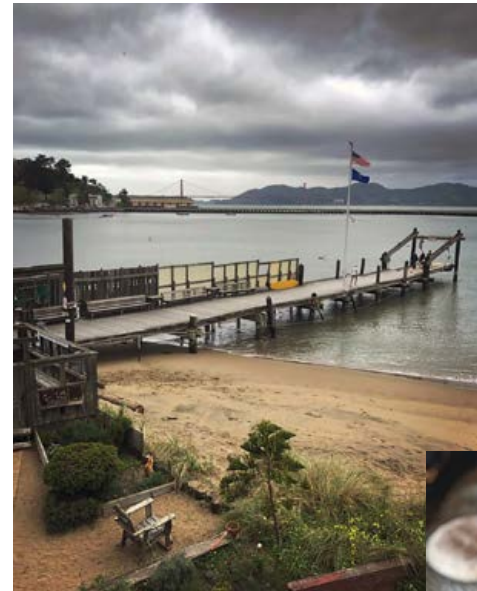
I swam in the bay with my wetsuit in the past and dipping in the bay without the wetsuit is a totally different sensation. Earlier this year I could only last 10 minutes in the water, and the shower/sauna time appeared to last about the same time (if not longer) ... shamelessly.

Everyone that I have met has been very encouraging and has kindly given me tips on how to properly warm up after the swim. Some have offered to swim with me and accompany me. This is so heartwarming for a newbie to the club.

A very special person is **Virginia** who offers to swim with me every time she sees me. She not only helped me with my swim technique and my stroke, but guided me to go beyond my swimming limit. The journey to the flag at the other side of Aquatic Park seemed so far, but with Virginia's help I am now able to do two flags. I am thrilled and grateful for my new accomplishments. Without Virginia's encouragement and guidance I would not have done it! Thank you Virginia!

I also got to attend the swim clinic that **Rick** and **Vanessa** organized, and benefited from the lesson very much. I am thinking of ways to reciprocate to the club whenever I can.

Thank you for welcoming me to the SERC family.



Rain or shine, SERC members never stop swimming!



Jefferson has been kindly feeding the club members with his culinary skills.



Jameson looking pretty in the flower field.

I love the kitties in the club. Here are Jameson and Hurley, living the good life.



Photos by Evelyn Lu

Ordering Swag for a Club Event? Here's How

By Susan Blew

You've stepped up and are going to direct a swim, organize a handball tournament, or put together a rowing regatta. THANK YOU! You exemplify the spirit of our great club, which is run by volunteers like you. There are always a lot of details that go into one of these events, from understanding the tide tables to getting other volunteers to help.

Now you might be thinking about ordering some swag to commemorate the activity.

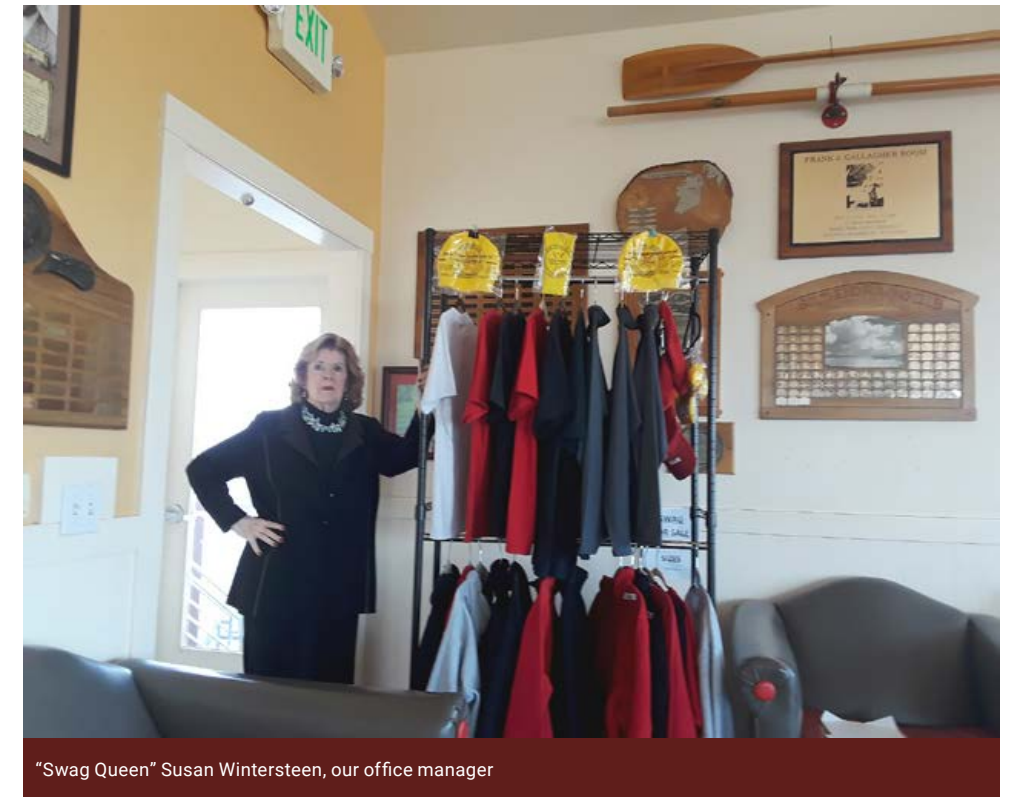
One downside to this admirable club's spirit and enthusiasm is that often too many swag items are ordered. This costs the club money and creates an inventory and storage problem, and items are often difficult to sell after the event. In an effort to make swag more manageable, the board has instituted some modest changes to the ordering process.

What's the Process for Ordering Swag?

1. Talk to your sport's commissioner to find out whether it's appropriate to have swag for your event and, if so, what you might want to order, and to discuss your budget.
2. Decide whether you are selling the swag item or giving it away with the event registration. How many do you need and what sizes? If possible, please get sizes in advance from people who registered and from volunteers. This helps in getting the right sizes and number of swag items for your budget. Your budget must include

design and delivery costs (and rush order costs if necessary).

3. What is your design? If you are looking for a custom design from a vendor then please add that into your budget costs. Each vendor charges



"Swag Queen" Susan Wintersteen, our office manager

a different amount. Please make sure you are using South End-approved logos, which are not to be altered in any fashion.

4. Decide on a vendor. The South End uses a few vendors who have our logo and artwork ready to go, thus making your costs more reasonable. Get a quote from the vendor.
5. Deliver all the information, including budget, vendor estimate, design, and commissioner's approval, to **Susan Wintersteen**, who will give you final approval to purchase swag. If the swag purchase is approved, then Susan W. will give you a purchase order number (PO) to deliver to the vendor for final purchase. You can reach her at sercoffice@serc.com.

- Purchase the swag! Remember, you cannot place a swag purchase without prior approval and a PO. Have fun and enjoy!

Swag Design and the South End Brand

We love all the great artists and talent in our club! It brings fresh design and inspiration to our club spirit. Whether it is a club member or vendor designing the swag, they must maintain the integrity of our approved South End logos. New South End logos should not be designed, and original logos should not be altered. If you need access to the approved logos or assistance with a design, reach out to **Sarah Glazer** at ssglazer@gmail.com.

Selling Swag vs. Giving It Away

This is an important distinction for a nonprofit club, so please read carefully.

- Selling swag: If you are selling the items, you need to think about what it actually costs the South End. We pay 10 percent of ALL INCOME to the city and county of San Francisco as a condition of our lease. We also pay 8.25 percent to the Franchise Tax Board for sales tax. Credit card fees are about 3 percent. Therefore, if you are selling a swag item, you must include at least a 22% margin on each item so that there is not a loss to the club. If we are reselling the items, we should not be charged sales tax from the vendor. If you need a resale number, please contact the treasurer (treasurer@serc.com), who will provide it to you or directly to the vendor.
- Giving swag away: First, please check with your sport's commissioner to determine the budget for your event. Giving away swag must fit into the event budget.
- Opting in or out: One option that has been favorably received is the concept of opting in or opting out, i.e., have the swag design ready prior to registration and pre-sell the item at the time people register for the event. By selling it during registration, you get a list of the actual quantity and sizes needed for interested participants, who have all prepaid. There is no downside to this system, and it avoids over-buying, inventory, and storage problems. You will have to plan ahead since the swag design should be completed before registration opens. Folks want to see the

design before they opt in or out, and you'll need to have the design and the option set up before you send out the notice for your event's registration.

Rethinking Swag

Although you may think that giving every participant and volunteer a T-shirt or hat or cap is a wonderful way to commemorate a club event, a lot of club members don't really want another T-shirt. We have many members who have limited income and would prefer to have a less-expensive swim or regatta or tournament.

Remember, we are a nonprofit club. One recent event had over 60 items left. Event budgets don't include the cost of our office manager's time, where we store these items, etc. This is a waste of time and money.

Also, does your event *really* need the date printed on the swag? When there are leftover swag items for sale, we have found that dated items don't sell well. People love the designs, but don't want the dates.

Still Have Questions?

To prevent these kinds of issues, please contact Susan Wintersteen to talk over your plans after you've already discussed them with your sport's commissioner. She is happy to discuss your plans and can advise you on what you should charge for any items that you may be thinking of selling. And again, whether you are selling or giving the items away to commemorate an event, you need to have a PO.

Susan's number is 415-776-7372, option 0. Her email is sercoffice@serc.com.

Office hours: M – F 9:00 a.m. – 1:00 p.m.

1st and 3rd Saturdays of every month
8:00 a.m. – Noon

2nd Wednesday of every month
2:30 – 6:30 p.m.



China Camp: The Adventure Row

By Virginia Waik

During the short dark days of winter 2018, mastermind and consummate barge cox **Dan McLaughlin** began thinking of reviving an old and much-loved SERC tradition: adventure rowing to China Camp for an overnight.

Dodging regatta dates and matching up optimal tides were tricky, but at last our rowing commissioner, the awesome **Eli Rubel**, agreed on late March 2019. Key logistical personnel were deployed:

- **Ellen Campbell** for all things campsite-related (volunteers **Bryce, Van**, and Ellen's amazing husband **Albert**; transport for gear; setting up tents; lining up cooks; shopping for food and making breakfast),
- **Peter Schmitz** and **Laurel Elkjer** who cooked a five-star hot meal at the campsite and serenaded us around the campfire, and
- **Elena Keamy** for high-level logistics and details, details, details for absolutely everything else (coordinating 14 rowers and support for both camp and row group logistics).

What an AWESOME result! We had fire, friends, and food. All absolutely necessary for a good fun row overnight.

Preparation: The magnificent Hurley, our historic six-seat wooden barge, was prepared the night before. Safety vests, tools, dry bags, and snacks ... lots of snacks and water for the long row.

The launch: Just before sunrise a soft breeze was luffing our dock flags and the water was still a deep blue as the Hurley slipped off the dock and into Aquatic Park with its excited crew of eight: Cox McLaughlin, rowers Eli Rubel, **Michelle Choy**, **Arianna Churchill**, **Kim Peirano**, **Andrea Kellogg**, **Catherine Howard**, and **Virginia Waik**.

Taking into account the route, tide, currents, and winds, the overall time to camp was 3 hours and 45 minutes, to row 13 miles!

The sky was bright blue and the air warm as we approached China Camp. Our cox requested that the crew give its prettiest sweep to impress the greeting party in style. What fun! Transport folks were waiting and the barge offloaded and secured using a Mediterranean knot.

Then a truly epic glamping trip began with abundant and tasty food for the famished crew (thanks Ellen and Albert!). Our walk-in site had already been set up with tents and the camp kitchen and cupboard by Albert, **Lerma**, Bryce, Van, Peter and Laurel Schmitz (also our dinner cooks and fireside musicians), along with our homebound rowers: Keamy, **Brenna Brown**, **Allan Calder**, and **Andy Mattingly**.

China Camp was lush. Bubbling creeks were wrapped by trail banks filled with petite lilies, lupine, Indian paintbrush, trillium, and other wildflowers. Verdant branches above formed a lace of light and shadow over the camp and lazily swished with a cooling breeze. As the pit fire was lit and a scrumptious dinner prepared by Peter and Laurel was served, libations flowed, stories were

shared and songs were sung. Then, second dinner was consumed and games were played—until the ranger came over to announce quiet hours. Yes, our crew did comply: we were bushed!

Morning broke and the pack up and haul out was a community effort until we needed to cull and transport

the homebound crew to the barge. The row back was a fast 2 hours and 50 minutes, with a crew consisting of cox Dan McLaughlin and rowers Keamy, Brown, Calder, Mattingly, Rubel, Choy, and Churchill.

And now we wait ... in anticipation of another adventure row! Thanks to the entire support team and rowers for an excellent time all around.



How to Launch and Retrieve a Heavy Boat

By Tom Wurm

Last year, changes were made to our dock primarily to make retrieving boats when conditions are bad less likely to hurt you or the boats. The changes do not impact launch and retrieval procedures for the shells—these changes apply to wooden boats and fiberglass heavy boats.

First of all, notice we now have TWO blocks tied to ropes at the end of the dock. One is yellow, with two pins that match two holes in the dock. The other is red and has a curved face; it is the old “chock” we use when retrieving boats. Let’s discuss how to use them, shall we???

1. Launching

The old wooden block nailed to the end of the dock has been replaced by a spiffy, removable yellow “4x4” block equipped with two “pins.” Before you launch, make sure this block is in place with both pins inserted. This block is your backstop for dolly wheels as you move the boat into the water. Make sure you line up the boat and dolly so the wheels engage the yellow block. Lunging for boat dollies as they roll off the end of the dock is not fun. Do NOT forget to lock in the block before you roll the boat down the ramp, unless you want to go for a quick swim!

2. Recovery in fair conditions

No changes other than checking that the wheel block is in and placing the second unpinned wheel chock (the one with the curved face) in front of the wheels. Place it on the “uphill” or shore side, curved face against the wheels.

3. Recovery in rough conditions

When the wind and waves have made controlling the boat difficult, you have the option to drag the boat up onto the dock to secure it.

Remove the yellow pinned wheel block and set it off to the side with the pins pointed away from the center of the dock, not up. Wet the dock’s center board as this will make it easier to drag the boat up.

You are now able to bring the boat straight up or on a diagonal, whichever method seems less likely to damage anything.

Once the boat is on the dock, secure it with the bow and stern lines using the cleats on the sides of the dock.

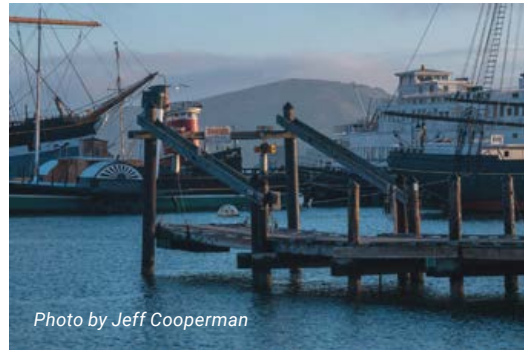


Photo by Jeff Cooperman

If the boat is flooded with water and equipped with a plug, now is a good time to pull it.

Level and secure the dock. If necessary, find a SERC Samaritan to help you straighten the boat onto the center of the dock; then

place the dolly on the land side of the dock, block the wheels, and drag the boat up onto the dolly.

REMINDERS

Never be afraid or too proud to ask for help! First of all, we want you to be safe; second of all, our boats are priceless, and repairs are time consuming, expensive, and sometimes difficult. Take care of our beautiful fleet!

Don’t bang the boats! Most damage occurs when the boats bang into the bumper at the dock edge, and when folks drop or bang boats onto the dock, dollies, or other hard things. Baby the boats! Come in slowly and carefully at the dock; fend off the boat, get it off the edge of the dock as soon as you safely can! Lift and slide the boats onto dollies rather than heaving and dropping.

Mind the interior! Try not to let oars and things bang the varnish at the boat interior; put PFDs under them or carry them down. It’s better for the boat and oars to avoid vibration and banging. Keep out the sand; wipe it up carefully with a damp sponge, or vacuum it first thing when you get back. Care for the ropes: Coil them neatly if dry, hang them loosely on bow or stern if wet. Don’t “grind” a wet sandy rope into the deck when coiling; it’s like sandpaper on the varnish!

Dad’s Sturgeon Story

By David Penner

There’s a tall fishing tale that my dad likes to tell about this fish he caught, and he tells it rather well. You see there’s this river that flows through our town, and in it lived a giant fish with a mouth that pointed down.

It had rows of bony scutes that protruded from its hide, that ran along its back, and all along its side. And Dad was gonna catch one, oh the bragging rights he’d get when he told his fishing buddies about the fate his fish had met.

So he went to get a ticket from the local fishery so he could enter his name in the sturgeon lottery. His good friend Abe also threw his hat in the ring—he wanted to beat Dad at this sturgeon-catching thing.

The day finally came when my dad yelled “yippee!”—he had won a ticket for the sturgeon lottery. Abe also won a ticket and so the stage was set: who could catch the bigger fish, and who would just get wet?

Now, if you want to catch a sturgeon, your lucky stars you’ll thank to find a spot where willows grow along the riverbank, a place where you can tie your line, and check it every day, so that when you catch your sturgeon it won’t get away.

So off we went to find the spot where Dad could tie his line, then bait the hook, and add the tag, so as not to get a fine. That’s when the hard part started, the waiting for a bite. Dad went back every day to see if the line was tight.

Four weeks went by, no sturgeon came to nibble at the hook, and Dad began to wonder if he’d pull one from this brook. So feeling rejected, he went one last time to see if his luck had changed, but the rope had been lifted out of the mud, which was a little strange.

He pulled on the line to check the bait and thought he’d caught a boot—something was causing a drag on the line, then he let out a hoot. For there was the sturgeon, the first one he’d seen, and boy was it ever a sight. The now-startled sturgeon made a great splash, and took off in a terrible fright.

Dad stood in dismay as the rope disappeared, and hoped that the line would hold, for who would believe him if it got away, no fishing story then would be told. Well as you can guess, the line stood the test, and Dad had a new kind of trouble. He’d need a hand to reel in this fish, and went to get Abe on the double.

Abe was at home with a son-in-law of his, so off to the river they sped, Dad wondering the whole way if the fish got away, or would still be there instead. It took all three of them to haul that gal in, she put up one heck of a fight, then Dad gave the expensive caviar away when he gutted her later that night.

That 8-foot-long sturgeon was 196 lbs. of fish; Dad couldn’t have been happier, for he’d gotten his wish. About a week later Dad got a call, Abe said he had one too. Dad took off to join in the fun, what else was he gonna do?

Abe’s fish was a fella, and at 7’11” was shorter than Dad’s by a hair, and at 205 lbs. he was heavier than Dad’s, though Dad didn’t seem to care. Dad was grinning like crazy when he gave Abe a poke, “It looks like I caught the biggest fish,” he said, as a joke.

A second passed before Abe made a sound, then he said, “I throw ‘em back if they’re under 200 pounds!”

Editor’s note: White sturgeon live in the San Pablo and Suisun Bays, and can grow to 20 feet long and weigh half a ton. For more on these prehistoric giants of the bay, see *The South Ender*, April 2018 issue, page 25.

Swimming Commissioner's Note

By Van Cornwell

Blink and you'll miss it! We're already through four months of SERC swimming madness and it's been amazing. Some highlights recently:

- **Dreaded 9th Nutcracker** – Thanks to **Reptile** for his leadership and experienced hand in making this challenging swim a huge success once again. With our minds on **Bobby Roper** and a ripping ebb tide, the SERC pod made quick work of this "most challenging day of the year" swim.
- **Pier 39 Swim** – Kudos to **Paul Springer** and **Sarah Roberts** for making the first leap off of Pier 39 in 2019 a blast. And congratulations to **Brian Ip** for his promotion to pilot as he took the piloting reins on this fun club swim.
- **St. Paddy's Coghlan Swim** – Lots of green in place of our usual yellow, and plenty of Irish coffee, Irish feasting, and Irish cheer. We can all take a lesson in perfect swim planning from **Erika Gliebe** on this one. And thanks to **Steve McDonald** for reminding us how special his father-in-law **John Coghlan** was to everyone who knew him!
- **Andy Field Bay Bridge Swim** – **Randy Brown** and his Andy-inspired cutoffs took the day! And there wasn't a dry eye in the house as we listened to **Dusty Nicol** recall the love for Andy that everyone shared. Thanks to **Alice Ma** and **Miriam Hiser** for getting us onto the fireboat for our grand jump and lovely swim back.
- **Evening Pier 39** – Party! This one brought out the exhibitionist in us all with literally hundreds of tourists watching the crazy swimmers jump to their certain doom. Then on to happy hour and mayhem all around! Thanks **Monty Montgomery**, great job!
- **Kirby Cove** – Preparing for a blustery, foggy day as I write this. Certain to be epic! **Zach Margolis** is handling this one like a boss!



Photo by Fran Hegeler

- **Friday Night Relays** – We just started a new tradition on Friday, April 12: the Possibly Regularly Recurring, Not-So-Serious, Pre-Happy-Hour Friday Night Relays! Look for our fun, relaxed, sunny, slightly competitive relay races on the SERC beach every other Friday at 5 p.m. Think of it as an early start to happy hour at the South End. Dolphins are welcome to join in if they play nice, mix teams, and keep their dang flag off the beach. We need YOU to help as a guest race director. Taking volunteers now—please contact me at swimming@serc.com to grab a Friday this summer to put your spin on this new tradition. Thanks **Matthew Williams** for stepping up first!

Get ready for some upcoming hijinks!

- **Newbie Swim** – June 30 (**Alison Saylor** and **Patti Bauernfeind**)



Photo by Jay Ligda

- **The Ozzies Are Coming!** Look out for those weird-talking, beer-swigger, swimming madmen and women from Down Under in August. It'll be a crazy festival of swimming and fun!
- Swimmer Progression** – Are you interested in your first swim to the flag? Your first out-of-cove swim? Your first club swim? Your first Nutcracker? Your first channel crossing? Any other swimming first? Let us help you! The club is full of people with amazing experience who love to welcome new swimmers and help you reach new, unbelievable achievements in

your swimming. Send me an email anytime and let me know how I can help you in your swimming progression. swimming@serc.com

Pilots – I love you guys! We'd be sunk without you.

A(nother) word about volunteering – We need volunteers for everything that happens at SERC and your help matters. Jump in and volunteer! Please, please, please! Don't know how? Just ask. Seriously, there are hundreds of ways to help and they all matter.

Never-ending gratitude to all of you who so endlessly work to keep us operating and being those nutjobs in the bay! Pilots, cooks, swim directors, Irish-coffee baristas, bartenders, kayak fixers (**Bryce!**), boat fuelers (**Rhett!**), coffee and bread makers (**Jefferson!**), cat feeders, merrymakers and catalysts of mayhem. Thank you!

Now go get wet and have fun!

Van

Upcoming Swims

Date	Swim	Type	Jump Time	Currents @ GGB	Director
6/30/2018	Newbie Swim – Coghlan	Club	820	06:30AM 09:18AM 2.5F 12:42PM 02:48PM -0.9E	Alison Saylor & Patti Bauernfeind
7/7/2019	McCovey Cove (formerly AT&T Park)	Club	630	04:30AM 07:30AM -2.4E 11:24AM 02:42PM 3.4F	Naji Aji & Kelley Prebil
7/14/2018	SF Frogman	N/A			N/A
7/20/2019	Trans-Tahoe Relay	N/A			N/A
7/27/2018	Alcatraz	Club	900	05:00AM 08:06AM 2.2F 11:30AM 01:42PM -0.9E	Mina Rhoden
8/10/2018	Icebergs Swim (Golden Gate or Elsewhere)	Club	TBD	04:30AM 07:18AM 2.7F 10:42AM 12:54PM -1.1E	Lee Bruno
8/11/2018	Icebergs Alcatraz Swim	Club	TBD	05:30AM 08:12AM 2.9F 11:36AM 01:48PM -1.2E	Emily Buskirk
8/24/2019	Bob Roper Golden Gate Bridge Swim	Club	815	01:48AM 05:30AM 1.8F 09:18AM 11:36AM -0.7E	Kelley Prebil
9/7/2019	Alcatraz Invitational	N/A	TBD	02:48AM 05:48AM 2.6F 09:24AM 11:36AM -1.0E	Laura Hovden
9/14/2019	SERC/DC Triathlon	N/A	TBD	01:48AM 04:48AM -1.6E 08:18AM 11:12AM 3.1F	N/A
9/15/2019	Float-a-Palooza	Club	700	01:06AM 05:00AM 2.2F 08:54AM 11:12AM -0.7E	Jim Bock
9/21/2019	Dolphin Club's EFAT	N/A			N/A
9/28/2019	Swim Across America	N/A			N/A

You–Yes, You–Can Be a Pilot!

By Sarah Roberts

Have you ever been to a club swim and seen those cool-looking folks driving the inflatable boats? Those are our intrepid SERC pilots! Want to be one? You can! Over the last few years, the pilots of SERC have created a pilot training program designed to take you from novice to expert.

What do our pilots do?

For every club swim, from Sunrisers to Nutcrackers, there is an incredible amount of planning necessary to ensure a safe and fun swim. Pilots assess currents, tides, traffic, number of swimmers, support craft, and other aspects of the event. During a swim, pilots make sure swimmers stay on course, watch for boat traffic and wildlife, assist swimmers when needed, and coordinate with the other support craft.

How do you learn these skills?

The Pilot Program is designed as a series of levels based on skill and knowledge. Each level gives you more responsibility, which allows you to learn in stages, gain experience, and be mentored by our senior pilots who have years (and sometimes decades) of experience.

Level 0: Copilot

This actually isn't an official level—anyone can copilot. No skills are necessary. The whole point is that you will learn skills as you watch or practice with a pilot. To copilot on a club swim, contact the pilot listed on the volunteer spreadsheet (their email should be available there), or at any time send an email to the pilot list (which is available on the Pilots Corner of the SERC website).

Before moving on to the next level, you should copilot with a senior pilot on at least five swims or

until you are comfortable with the basics of piloting: setting up a boat, driving, radio communications, how to read the tide book and apply it to a swim, and how to work as a team with the rest of the support on any particular swim.

After working with different pilots, lead pilots, and senior pilots, you should know when you're

ready to get "checked out" by an assessing pilot. They will help you plan a good opportunity for you to showcase your skills and knowledge necessary to be an accompanying pilot.

Level 1: Accompanying pilot

An accompanying pilot is allowed to operate a boat alone

alongside another pilot of pilot level or higher. This level allows you to gain more experience planning swims, making quick decisions on the water, honing your radio communication skills, and relying on your own judgment calls. You are encouraged to work closely with other higher-level pilots to build relationships, trust, and teamwork, and to learn from their years of experience. They will help you move up through the next levels by demonstrating their style of piloting, knowledge of the bay, and particular safety concerns.

Level 2: Pilot

Once the pilot community feels you are ready, you can once again test with an assessing pilot to move up to pilot level. Being a pilot allows you to plan and execute an along-shore, with-current swim. You could potentially be the sole pilot, so understanding that responsibility is part of rising to this level.

You should continue to develop your skills on harder, more complex swims with the lead and senior pilots. Practicing with large-scale swims,

challenging locations (cross channel and out the Golden Gate), and adverse conditions will round out your skill set. It takes lots of practice over a wide variety of swims to test into the next level. But it's fun, rewarding, and challenging practice!

Level 3: Lead pilot

Becoming a lead pilot demonstrates you have spent the time and energy to learn all aspects of the bay, swimmer safety, and boating. You have spent time developing relationships with the pilots of South End and are a trusted member of the pilot community.

As a lead pilot, you will be responsible for planning and executing any of our swims, from Sunrisers to Nutcrackers. To be a lead pilot, you must understand all aspects required to do this job thoroughly and safely. It can be an extremely rewarding experience watching your swimmers reach the end of a swim safely and with a huge smile. It's the best reminder of the gratitude the swimmers have for your hard work and dedication.

Level 4: Senior pilot

Senior pilots are a very important level within the pilot community. They are lead pilots who have dedicated their time and availability to train and mentor any aspiring pilot. They are your key to learning and advancing through the Pilot Program. Their years of experience are incredibly valuable as they are wells of knowledge about everything from swim planning to the bay and its intricacies. Building relationships with these pilots is essential to furthering your training and knowledge base. Senior pilots consult with the assessing pilots to determine whether someone is qualified to be promoted within the Pilot Program.

Level 5: Assessing pilot

Each time you are ready to advance a level, your skills will be tested by an assessing pilot. Currently,



Pilot class. Photo by Allen Luong

our assessing pilots are **Josh Sale** and **Jim Bock**. Both have many years of experience on the bay, piloting, sailing, training, and developing our Pilot Program. They have dedicated their time to help mentor and test those who aspire to be South End pilots. Assessing pilots report assessments to the

senior pilots who vote on pilot promotion.

What are some opportunities to improve my skills?

- Every month (usually the third Sunday), a pilot will host **Sunday Drivers**. Much like auto driver's ed, this is a class focused only on driving the boat. No swimmers or swim planning, just the boat and you. Want to practice launching, docking, reversing, high-speed driving, and much more? Sunday Drivers is a perfect occasion to practice boat skills without swimmers to look out for. Confirmation of Sunday Drivers is announced on the Google group and Facebook page.
- Twice per year (in the spring and fall), **Jim Bock organizes a pilot class** to cover everything from safety to swim planning. This well-rounded course will give you an overview of what you will need to learn while ascending the ranks of the Pilot Program. Dates for the class are announced on the Google group and Facebook page.
- **Copilot!** There is no replacement for on-the-water training. You cannot fabricate situations that may arise during a swim in a classroom setting. Reach out to the pilot email list and plan to copilot however often you can.

Where can I find more information?

Most of what you need can be found on the Pilots Corner of the SERC website. This includes email lists for pilots, details on the categories of pilots, and the pilot class material PDF, which is a must-read. <http://serc.com/swimming/pilots-corner/>

Have more questions? Email me! pilotprogramcontact@gmail.com

“Prickly Heat” Goes Down ... in History!

By Bob Barde

Once upon a time (as fairy tales and club lore oft begin) there was a stalwart South Ender named Noah Mique Wheatley. Wheatley lived in Oakland and was a news dealer at Market and Third streets in San Francisco.

And once upon a time there was a lifeboat or ship's boat, made of metal and so homely that no one wanted it. Vernon Showell told the steamship company that owned it that the South End would give the old boat a home and a new name—the *Prickly Heat*. Mique Wheatley was listed as the boat's owner.

The year was 1913, and in April, Wheatley's "sailboat" was commandeered by six boys for a midnight sail. Their maritime frolic was interrupted off Ft. Mason when the rudder malfunctioned and the *Prickly Heat* was swept nine miles outside the Golden Gate. Only heroic efforts by the coastal lifesaving station kept the boys from drowning in a boat that had swamped and was going down.

Setting out in one of Wheatley's boats would seem to have been a risky proposition. Nonetheless, on May 23, 1913, the *Prickly Heat* sailed from the South End with "Captain" Wheatley at the helm, a small group aboard her. Heading to Sausalito to watch the yachting races, "twenty sunburned young men and one woman (!) ... sprawled around its deck in most comfortable fashion, acquiring a coat of tan ... it was a jolly party."

But a sudden squall off Sausalito set the *Prickly Heat* on her side, and as the old chantey goes, "She was a good old ship, but she done turn turtle." That is, she capsized and sank. Within minutes the *Prickly Heat* was at the bottom of the bay—but firmly ensconced in club lore.

A passing fishing launch came to the party's rescue, followed a few minutes later by the revenue cutter *Hartley*. All 21 South Enders were taken to the San Francisco Yacht Club, dried out and thawed, and thence conveyed to the South End.

All of this was embarrassing enough, but their chagrin was compounded by the sinking being widely reported in the newspapers. Wheatley, being a prominent newspaper vendor, must have been mortified.

Rather than becoming an historic tragedy, the sinking of the *Prickly Heat* for years was celebrated "in memoriam," and by many more than the original 21 survivors. In June of 1917, the "Fourth Annual Excursion of the *Prickly Heat* Survivors" attracted



a fine crowd of about 250 who gathered aboard the sailing schooner *Evangeline*—enough, it appears, to have swamped it outright—as it headed over to Marin. There was an ostensible pirate theme to these outings, but silliness and serious drinking seem to have been the actual motifs.

The *Prickly Heat* lived on in South End lore, and so did "Captain" Wheatley. Shortly after the *Prickly Heat* foundered, Wheatley traded in his corner newsstand and relocated to a small, one-person operation on 12th Avenue in Oakland, where he went about baking 2,000 cookies each day. The brand he founded is still at it. You might have heard of—or even tasted—one of Mother's Cookies.

This article is an excerpt from the forthcoming book *South End: Sport and Community at the Dock of the Bay* by Bob Barde and Pat Cunneen.

Members for Life

By Fran Hegeler

At the March board meeting, club President Simon Dominguez and Membership Commissioner Kathy Bailey led a brief and celebratory induction ceremony, welcoming some colorful characters into the South End's cast of life members. We asked the group to share a few words about their South End experiences. Here are a few snippets.

There was some irony in the remarks from **Jeff Gunderson**, renowned at the club for his rescues of distressed swimmers (there have been more than one). Jeff asserted that the South End has been responsible for saving the lives of many of its members. A comforting truth.

Nancy Iverson thanked the board and the club for their ongoing support of Pathstar, the program she founded to inspire well-being among Native American communities. Pathstar involves an introduction to open water swimming and

culminates with an Alcatraz swim. She said she could never have created that program without the South End. And so it persists!

Speaking of Alcatraz swims, his father's dream to swim from Alcatraz is what ultimately led **Pedro Ordenes** to the doors of the mighty South End. But that was only after he joined (and was then kicked out of) the Dolphin Club.

Dan Merer recounted swimming at Aquatic Park when the GGNRA still had locker rooms beneath the bleachers. He joined the club in 1985 after graduating from nursing school, and has fond memories of Pablo Neruda poetry readings in the men's sauna.

And **Greg Holzman** recounted his classic South End experience of showing up at the door and being greeted with a warm welcome and a form. "Here, fill this out and we'll send you a key." The rest is history.



Congratulations, Life Members! L to R: Nancy Iverson, Greg Holzman, Jeff Gunderson, Simon Dominguez, Dan Merer, and Pedro Ordenes received their Life Member certificates at the April board meeting. Kathy Bailey (foreground) handcrafted the certificates and presented them at this meeting. Photo by Fran Hegeler

Membership Report

By Kathy Bailey, Membership Commissioner

South Ender **Andrew Ramelmeier** has been unanimously approved by the board of directors to be your new membership commissioner. Andrew has been a member for six years. He is a two-time gold medalist in dragon boat racing and is a swimmer at the club. Be sure to congratulate Andrew when you see him.

Welcome, New Members

Addie Silveira	Evelyn Yang Lu	Margaret Healy
Albert Ryan	Gary Demasi	Maryam Sharifzadeh
Alex Millie	Gianna Fazioli	Megan Grant
Alix Christie	Greg Collaco	Michael Caulfield
Andrew Smyth	Gretchen Fermer	Michael Cleaver
Andrew Stambaugh	Ian Smith	Michael Doherty
Angela Howatt	Jack Lindeman	Michael Rousseas
Ann McGlenon	Jaime Bahamon	Moses Baca
Aristotle Smith	Jaison Robinson	Natalie Taylor
Austin Howe	Jamie Apostol	Nick O'Shea
Betsey Hensley	Jason Stanley	Octavian Drulea
Brendan Ferrigno	Jaya Palani	Oscar Aviles
Brian Barnard	Jeff Ouellette	Parker Temple
Cain Ramirez	Jeffrey Rocca	Pasha Ziaee
Caroline Davis	Jenny Martin	Patricia Sweeney
Casey Penrose	Ji Young Lee	Pauline Barnes
Catherine Breed	Jim Chiddix	Philippe Callot
Charles Numbers	John Kline	Rachael Maddison
Charles Perretti	John O'Dea	Rene Cender
Christopher Graefe	Jon Bachmann	Robert Cable
Christy Kehrlein McDonald	Jules Marenkova	Ross Laidlaw
Clark Moore	Justine Hewitt	Scott Edmonds
Clayton Jameson	Kali Ashdown	Seamus Roddy
Colleen Coyle	Karen Gray Geisler	Sean McCarthy
Cynthia Werhane	Kelly Chapman	Seth Siegel
Daniel Smith	Kevin Klyse	Sharon Wienbar
Danielle DeLancey	Kirsten Swanson	Shaw Talley
Deborah Beck	Kristen Frick	Stephen Jordan
Denis Casey	Kristen Lease	Steven Lee
Destine Slavich	Lisa Carboni	Susan Hwang
Diane Caliva	Ludwig Siegele	Tiffany Fields
Dominica Donovan	Lukas Michaels	Tish Norton
Eben Gossage	Luke Abiol	Tracy Anderson
Elizabeth Zambricki	Lydia Jordan	Wayne Arthur
Ellison Wada	Manuel Garcia-Sañudo	

Fighting Industrial Polluters of San Francisco Bay

By Sejal Choksi-Chugh, Baykeeper

One day in 2011, Baykeeper staff was on a regular patrol of San Francisco Bay in our boat when we came across something awful.

A shipping terminal on the Richmond shoreline had placed huge, looming piles of dark black material at the edge of the water. Wind was blowing black dust from the piles directly into the bay. Facility operators were also making a mess in the water while loading the stuff into a waiting ship. And we could see that the next storm would wash toxic dust from the uncovered piles into the bay.

Coal and petroleum coke, two dangerous materials that this facility handles, contain heavy metals such as arsenic and lead, along with other toxins. In the water, these pollutants harm fish and the birds and seals that eat contaminated fish. They also harm people who eat fish from the bay.

Baykeeper investigated further. We gathered evidence, researched the facility, reviewed reports. And then we sued this polluter for violating the Clean Water Act.

In 2014, we negotiated a legal agreement that required this polluting facility, the Levin-Richmond Terminal Corporation, to install extensive water pollution controls to protect the bay from coal and other toxic materials.

And Baykeeper's approach worked. The Levin-Richmond facility implemented those controls and reduced its water pollution from the heavy metals found in coal by 98 percent.

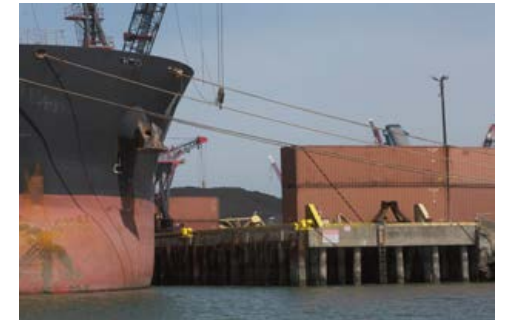
This was one of many hard-fought wins under Baykeeper's Bay-Safe Industry Campaign. While we've been holding polluters accountable since our start in 1989, Baykeeper launched this targeted campaign in 2012. So far, we've required 44 industrial facilities to stop polluting the bay. These have included:

- ▶ the West Coast's largest dry dock,
- ▶ the nation's fourth-largest steel foundry,
- ▶ 18 waste and/or recycling facilities,
- ▶ four concrete production plants,
- ▶ three electronics recycling facilities,
- ▶ and four auto dismantlers.

The locations range from Napa and Benicia at the bay's north, with sites in San Francisco, Marin, the East Bay, and all the way south to San Jose and Sunnyvale.

Twenty-eight of the 44 facilities have either significantly reduced or completely eliminated their pollution problems. The other 16 facilities are in the process of installing their pollution controls. We're watching them carefully to make sure they do what's needed.

You can join us to stop industrial pollution in San Francisco Bay. If you see pollution, report it to Baykeeper's Pollution Hotline. And to support our work, visit us at baykeeper.org.



The Levin-Richmond shipping terminal, after Baykeeper legal action got the company to reduce water pollution from its site by 98 percent. Photo by Baykeeper



South End Rowing Club
500 Jefferson St.
San Francisco, CA 94109

Lead Pilot Neil Heller. *Photo by Sarah Roberts*

