

Manatee Masters Swimming

February 2008 Update

Message from the President

Good news! The Manatees will start swimming at Holy Names beginning April 1, 2008. While some of you have expressed to me how “bummed” you are about the team’s move up the hill (with loss of the Mills College hot tub seeming to be one of the primary bummers), let’s stay positive! Remember, we are still going to be *swimming* in *California, outdoors*, in a pool that allows you to look up at the *sunrise, blue sky or sunset* (as the case may be). (Just think, we could be in one of the dank indoor tanks on the East coast where I personally have spent too much time. But enough about me...). We are currently working out the details of the practice schedule, so stay tuned for that and additional information relevant to the change in venue.

There is a lot going on right now for non-competitors and competitors alike. We’re planning a pool social (with relays) during March again, stay tuned for more information. Our fine Social Committee that has done such a terrific job over the last year is willing to help us with one more event before their term expires. But we need new volunteers, so I’m putting out a call for your help. **Please contact me if you’re interested in becoming part of the Social Committee – an extremely important part of the team!**

For all of you that made New Years resolutions related to fitness, check out the Go the Distance challenge at the US Masters Swimming website <http://www.usms.org/fitness/content/gothedistance>. While you may not want to enter the challenge (even though it’s free), you may still want to use their great mileage tracking log to help keep track of your swimming and monitor your fitness. You can download that at http://www.usms.org/fitness/go_the_distance.xls. While you’re at the USMS website, you might

want to look into the check-off challenge, just to see what that’s like <http://www.usms.org/fitness/content/checkoff>. The idea is to challenge yourself to do some new events – and you don’t even have to do them in a swim meet! You might want to try that 200 breaststroke in practice, just to gain a new appreciation for your sport of choice.

Another point of excitement for some of us swim nerds is that we now have the ability to order Manatee gear, as Shannon Pedder’s email earlier this month will have informed you. If you are finally coming to terms with the fact that your suit is transparent, or if you need a new swim bag or parka, consider checking this out. We’ve reprinted Shannon’s earlier email in this newsletter so you can’t miss it. Go Manatees!

Speaking of communication, remember that our primary method of communication with the Manatee membership is through email (although we will rely on more old-fashioned methods as necessary). We try hard not to fill your inbox with unnecessary information, so if you receive an email from us, open it to see what’s there! If you think you’re not receiving important information from the team (like this newsletter): a) check your email inbox and spam folders; b) contact our registrar, Cindy Rinker, to confirm that your email address is correct in our system.

On a personal note, thanks to everyone for their good wishes about my new responsibilities as MAM President. In all honesty, I’m really pleased to have been asked to serve the team in this time of transition.

...Rebecca Perry

MAM Merchandise Online and Caps

Alas, we have a website set up for you to order suits, parkas and other wearables! Ladies will have 7 suits to choose from; men will have 3 so hopefully all body shapes, styles and preferences will be accommodated. Our anchor color is blue so that common thread is woven throughout the selections. For any of those 10 suits, you will receive a deep discount (shown on website) when you order from our team color selections. For the MAM logo to be embroidered on the suit that you choose, make sure you check the appropriate box when you order, otherwise the suit will arrive undecorated. The parka is navy on the outside with a columbia blue pile lining on the inside. Our default set-up is MANATEES in tackle twill letters on the back. You will also have the option to add your name on the front and/or the MAM logo. A Speedo swim backpack is also shown and can be customized as well. Other items such as sweats, fleeces, etc. may be available upon request with team decoration and personalization and you can find out more by calling customer service at 800.543.2763.

As a courtesy, you will also receive a 20% discount on all other merchandise purchased through the web store with the exception of sale items. Here is all the pertinent information to access the web store:

www.kastawayswimwear.com

Click on TEAMS in the upper right hand corner

Login: MAM946

Password: MANATEE

Everyone will utilize the same login and password but each order is completed individually so your contact and credit card information will not be retained permanently.

For the record, the Manatees are not profiting from the sale of any merchandise through Kast-Away, the company who is has set up the store on our behalf.

Caps have to be ordered in bulk, so if you would like to order caps with the MAM logo printed on both sides and the option to personalize with your name, please see the attached order form. Please note that there is a minimum requirement of 2 caps per person. Each cap is \$2.50 and personalization adds an additional \$2.50 per cap so with a 2 personalized cap minimum, you are looking at \$10.00.

CAP ORDERS MUST BE SENT IN TO SHANNON PEDDER NO LATER THAN MARCH 4TH TO BE INCLUDED IN THE ORDER! PLEASE DO NOT TAKE YOUR ORDER FORM AND \$ TO THE POOL. CASH OR CHECK (PAYABLE TO MAM) OK.

If you have any questions or need clarifications, please don't hesitate to contact me!

...Shannon Pedder

CAP ORDER FORM **●●●Due March 4th, 2008●●●**

NAME: _____ PHONE #: _____

E-MAIL ADDRESS: _____

<u>DESCRIPTION</u>	<u>QUANTITY</u>	<u>PRICE</u>	<u>TOTAL</u>
CAPS		\$2.50 each	
PERSONALIZATION		\$2.50 each	

PERSONALIZATION: _____
(please print clearly)

2007 Pool Competition Summary

The Manatee's experienced a very successful year in the realm of championship pool meets.

April:

Starting off in Pleasanton at the Pacific Masters Short Course Yards Championships in April, 35 Manatees competed. 22 ladies and 13 men managed a second place finish in the medium team division, 4th place overall out of over 43 teams represented.

Ili Selinger and Jim Clemmons received the respective age group male swimmers of the year for 2006 at the meet. Jim received the Hi-Point male/age group award for his performance during the meet.

May:

In mid-May, Ili Selinger, Rob Heath and Jim Clemmons flew off to Seattle to USMS Short Course Nationals held in Federal Way. The threesome scored enough points to manage an approximate 25th place (men's division) out of over 125 teams competing.

Ili won his very first national championship with a first place showing in the 1000 free (just missing the team record by about 3 seconds) and a couple of days later grabbed his second national championship in the 500 free. He also placed 7th in the 100 free, 2nd in the 200 free, 10th in the 200 IM and 2nd in the 400 IM.

Rob garnered 5th place in the 50 free and 50 back, 6th in the 100 back, 3rd in the 50 fly, and 6th in the 100 IM.

Jim brought home national championships in the 1000 free and the 400 IM. He also placed 2nd in the 200 breast and 200 fly, 3rd in the 200 IM and 6th in the 100 breast.

Soon to be a new "MAMer", Rick Hamilton brought home his first national championship in the 200 back. He also placed 2nd in the 100 back, 5th in the 50 back, 9th in 100 breast, 3rd in the 400 IM and a 4th place finish in the 200 IM.

July:

The Manatee's captured second place in the medium teams division at Pacific Masters Long Course Meters Championships held in Santa Cruz at the UC Santa Cruz Swim Center.

The group of fourteen finished 187 points behind first place Santa Rosa (where were YOU?) and outdistanced the third place team, The Olympic Club, by 14 points. Placing a close fourth were the Mud Sharks from Rolling Hills. Seven ladies and 7 men Manatee's entered the meet and made the drive into the nice cool coastal weather environment. Competing for the ladies side: Peg McPartland, Susie Caso, Juliet Cox, Rebecca Perry, Jen Brakeman, Suzie Girard and Susanne Rublein. Competing for the men were Cary McGregor, Fred Farley, Rob Heath, Adam Nisenbaum, Rob Craven, Ili Selinger and Jim Clemmons.

Susanne (Rose), Adam and Jim received meet High Point awards for their respective age groups/genders.

August:

Middle August usually brings some extreme heat to Texas. The year 2007 was no exception. In August, Rob Heath traveled to USMS Long Course Nationals being held at The Woodlands (Houston) with the heat index approaching 120 degrees on the pool deck, blah! Rob still managed to place 9th in the 50 free, 5th in the 50 back, 6th in the 100 back, 5th in the 50 fly and 4th in the 200 IM all while trying not to reach "over done". Considering the conditions, we considered his effort "well done".

October:

The 2007 Short Course Meter Championships, held at the Walnut Creek Heather Farm Aquatic Complex during October, found the Manatees (1034 pts) placing third behind Walnut Creek (3076) and Bay Masters (1150). Ten ladies and 14 men participated in individual events with an additional 1 or 2 showing up to help with the

relays. Ruth Shaps set 6 new Pacific records in the 100 IM, 400 IM, 100 back, 200 back, 50 fly and 100 free. Rob Heath set 2 new Pacific records in the 50 free and 100 free. Rick Hamilton set one new Pacific record in the 200 back. The Men's 200+ 800 free relay of Rick Hamilton, Rob Heath, Fred Farley and Jim Clemmons set a new Pacific record, breaking the previous record by over 40 seconds.

Ruth Shaps, Ili Selinger, Rick Hamilton and Jim Clemmons earned Hi-Point awards for their respective age groups.

December:

Eight swimmers made the trip in early December to the Southern Pacific Masters Short Course Meter Championships held in Long Beach at the world famous Belmont Plaza Aquatic Center. On the ladies side it was Suzie Girard, Rose Rublein, Juliet Cox and Sarah Chinn. For the men it was Adam Nisenbaum, Ili Selinger, Rob Heath and Jim Clemmons. The mix of personnel was perfect for creating two mixed relays in different age groups helping us to finish in 6th place overall, only nine points behind 5th place Arizona, out of 56 teams competing.

Jim earned the Hi-Point male award for his age group.

USMS Short Course Yards Individual Top Ten 2007

Women 18-24 SCY (2007)

Place	Event	Name	Age	Club	LMSC	Time
8	1650 Free	Sarah M Chinn	23	MAM	Pacific	20:20.42

Women 55-59 SCY (2007)

Place	Event	Name	Age	Club	LMSC	Time
6	50 Back	Ruth Y Shaps	59	MAM	Pacific	34.96
10	100 Fly	Ruth Y Shaps	59	MAM	Pacific	1:21.40

Women 65-69 SCY (2007)

Place	Event	Name	Age	Club	LMSC	Time
9	100 Free	Peg K Mc Partland	65	MAM	Pacific	1:20.37

Men 30-34 SCY (2007)

Place	Event	Name	Age	Club	LMSC	Time
5	200 Free	Ili R Selinger	33	MAM	Pacific	1:47.24
6	500 Free	Ili R Selinger	33	MAM	Pacific	4:59.80
6	1000 Free	Ili R Selinger	33	MAM	Pacific	10:27.08
9	400 IM	Ili R Selinger	33	MAM	Pacific	4:30.47

Men 35-39 SCY (2007)

Place	Event	Name	Age	Club	LMSC	Time
8	200 Back	William C Hale	36	MAM	Pacific	2:04.58

Men 50-54 SCY (2007)

Place	Event	Name	Age	Club	LMSC	Time
6	50 Free	Robert H Heath	50	MAM	Pacific	22.99
8	50 Back	Robert H Heath	50	MAM	Pacific	27.78
8	100 Back	Robert H Heath	50	MAM	Pacific	1:00.31
7	100 IM	Robert H Heath	50	MAM	Pacific	59.46

Men 55-59 SCY (2007)

Place	Event	Name	Age	Club	LMSC	Time
8	100 Free	Jim Clemmons	56	MAM	Pacific	54.81
5	200 Free	Jim Clemmons	56	MAM	Pacific	1:58.84
2	500 Free	Jim Clemmons	57	MAM	Pacific	5:16.70
2	1000 Free	Jim Clemmons	56	MAM	Pacific	10:55.77
2	1650 Free	Jim Clemmons	57	MAM	Pacific	18:30.22
6	100 Breast	Jim Clemmons	57	MAM	Pacific	1:09.41
2	200 Breast	Jim Clemmons	57	MAM	Pacific	2:29.72
5	200 Fly	Jim Clemmons	57	MAM	Pacific	2:19.81
5	200 IM	Jim Clemmons	57	MAM	Pacific	2:16.13
1	400 IM	Jim Clemmons	57	MAM	Pacific	4:44.83

USMS Short Course Yards Relays Top Ten 2007

The Manatees placed seven relays in the USMS Top Ten placings. Swimmers participating on the seven top ten relays were Jen Brakeman, Jane Nylund, Cindy Curry, Suzie Girard, William Hale, Susanne Rublein, Joseph McCarthy, Carlos Fernandez, Rebecca Perry, Robert Heath, Ruth Shaps, Jim Clemmons, Mac McClelland, and Susie Caso.

2007 Open Water Swimmers

Two Manatees placed extremely well in the Open Water competition during 2007. Bob Upshaw won the Men's Division, 55-59, and Juliet Cox placed third in the Women's Division, 35-39. Congratulations to both of you for your fine performances and tolerance for cooler than normal water temps. ☺

The Olympic Club Mile

At the Olympic Club 1500 SCM swim on January 20, Juliet Cox placed third with a time of 20:35.26 and Jim Clemmons won his age group with a time of 18:15.00.

Fog City Quadrathon

At the event held at St. Ignatius High School on January 27, Juliet Cox won the 500 free with a fine early season time of 5:42.03, the 100 free in 1:02.29, the 200 free in 2:15.22, and placed second in the 50 free in 33:10 and Jim Clemmons won the 500 in 5:16.84, the 100 in 56.11, and the 200 in 2:00.59. Jim elected not to get wet one more time, so he passed on the 50 free.

Valentine's Meet at USF

On February 9, 17 Manatees made it to the other side of the Bay Bridge to partake in this annual event. Making the trip this year were Susie Caso, Juliet Cox, Suzie Girard, Kathleen Kline, Peg McPartland, Barbara

Phillips, Ruth Shaps, Sue Stanton, Jim Clemmons, Fred Farley, Carlos Fernandez, Peter Finney, Gordon Jacoby, Alan Kren, Mac McClelland, “Brooklyn” Joe McCarthy, and Ili Selinger.

Ruth managed to set three new PMS records during her swims. The records came in the 200 free, 50 back and 200 back.

For all results go to <http://www.pacificmasters.org/comp/08/08usfscysplit.html>. Manatee results are located about a quarter of the way down the page.

The Wandering Manatee

Is breakfast really the best meal of the day?

I was never really a breakfast person. I had some childhood favors like grits or Cheerios, but I, like many people, never saw breakfast as an important meal. By the time I reached adulthood, I was way too busy (so I thought) to bother with breakfast. Furthermore, I was never hungry until 10 or 11 a.m., just in time for lunch, so why not wait until then? Well, what changed my attitude you ask? My then sweetie, now husband, FAVORITE meal is breakfast (one must adapt) and many a Sunday will find us heading to breakfast after a swim. Recently, “breakfasting” around the ‘hood has made it hard not to love this meal. So, here are a few of my current favorites:

Luka’s Taproom and Lounge at 2221 Broadway at 19th. They may be known for their great beer list (amazing), Brasserie style food (frites with mayo), nightly D.J. and pool tables, but Sunday brunch/lunch is off the hook. Think New Orleans...Stone-ground grits! The real thing! Fried chicken, waffles topped with seasonal fruit and fresh whipped cream, thick slabs of Niman Ranch bacon, crispy home fries, eggs scrambled with salmon, with herbs, with veggies, oh my! And best yet, amazing Bloody Mary’s (the secret is a dash of beer, so if you’ve got wheat issues, let them know). The only downside is the hours, no brunch on Saturday’s, and an 11 a.m. opening on Sunday! Clearly, these people don’t wake-up before 10 a.m!

Brown Sugar Kitchen or as the owner spells it; BrownSugarKitchen(BSK) at 2534 Mandela Pkwy, (between 26th and Campbell St.).

Hours: Tuesday-Saturday, 7am – 3pm.

Tanya Holland had a long and interesting ride before opening her restaurant. She was a T.V. personality on the FoodNetwork in its early years (and one of the few people of color). She’s classically French trained (no small feat for a woman – haven’t you seen Ratatouille?!), and she’s authored a well-received soul food cookbook. Now Tanya is in the ‘hood’! Think comforting, seasonal, organic, and not too heavy soul food (neo-soul is the buzz word). Her version of chicken and waffles is crazy. Made from cornmeal, her waffles are light and airy, almost like, well, nothing I’ve ever had. Sticky buns, housemade granola, poached eggs and stone-grounded grits (yes, yes), gumbo and pulled pork sandwiches round out the breakfast/lunch menu. For you coffee connoisseurs, BSK also serves Blue Bottle coffee in individual press pots or larger ones for 3-4 people and that means no free refills! Boo!! So order a big press pot if you like coffee...

Flora at 1900 Broadway (near 18th and across from the old Fox Theater).

Lunch, Tuesday-Friday, 11.30-2.30, Dinner Tuesday-Thursday, 5-9.30, Friday-Saturday 5-11 and Brunch, Saturday 9.30-2.30.

Brought to us by the owners of Dona Tomas, “uptown” Oakland is now in the house. Flora (the name arrives from the florist store which

occupied the space before the restaurant), is still finding its voice, though I'd call it a bohemian neighborhood cafe. Open for brunch, lunch and dinner, Flora menu focuses on local and organic ingredients and producers: Niman Ranch meats, Petaluma Farms produce, Acme Breads and Bellweather Farms cheese. Here you'll find the basics such as eggs, bacon, Levain toast and jam. But then look out...Farro with butternut squash, raisins, walnuts, brown sugar and creme fraiche? Yup. Croque madam—ham, gruyere cheese and fried egg! Scrambled eggs with chanterelles, goat cheese and herbs.... Biscuits and gravy, fried eggs and green salad (who needs green vegetables!). Alas, no grits. Flora also serves lunchy items

such as Dungeness crab and shrimp louie, and a house ground caramelized onion and chuck burger on an Acme roll. Clearly, we'll all have to work hard to burn-off some of this food, but that's what butterfly is for!

Footnote: Not that this had anything to do with breakfast, but if you are in the "uptown" after work or looking for a place to have a fine cocktail **Flora** is your place, they make some of the best handcrafted drinks in the Bay Area. Check out the Corpse Reviver or Carter beats the Devil. Mixology at its finest.

...**Tannis Reinhertz**

Where to find the help you need

Manatee Aquatic Masters

PMP 516, 6114 La Salle Ave, Oakland, CA 94611
<http://www.manateeswimming.org>

Pool location: Trefethen Swim Center, Mills College, 5000 MacArthur Blvd., Oakland, CA

Coaches

Brian Stack, Head Coach – brianstack@sbcglobal.net

Andy Brown	Gyasi Coles
Claire Donaldson	Peter Finney
Andrew Ezer	Susanne Rublein
Erin Lucas	Alexi Ueltzen

Information Hotline (510) 273-9093

Board of Directors

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...**Annmarie Hallin, editor**