

# Manatee Masters Swimming

December 2008

**Manatee Holiday Party**  
**Saturday, January 10, 2009**  
**6:30pm – 11pm**  
**Piedmont Veterans Memorial Hall**

## Message from the President

Dear Friends,

You all deserve a big reward or at least a hearty thank you for your patience in dealing with the pool closures that we have experienced at Holy Names this year. I think we should start organizing a party to celebrate and thank you.

Oh... wait! We already did start planning a party!

That's right, your fantastic social committee, a few additional volunteers who have been asked to help with a special part of the party, and I have been hard at work thinking about ways to pat you on the back and show you what great folks you are. **Get ready to share in this love fest on January 10, 2009 at the Piedmont Veteran's Hall. This year, we have DJ Betsy La, who will be with us setting the vibe for the full night. Come join us from 6:30 – 11:00 for some food, dancing, brief Manatee business, and lots of fun people. We have a food and job sign-up sheet at the pool so you can tell us what dish you'll bring to share, how many people you'll be bringing along (adults only please), and what you'll be willing to help with on the evening of the party (e.g., set-up, clean-up, bar-tending).**

On a less pleasant note, as you may know, we've had some locker room issues at HNU. The ladies locker room was vandalized and some things stolen from some of the locked lockers. On another occasion, something was stolen from an unlocked locker. HNU security is looking into these situations. For your own protection, please don't put valuables in the lockers and expect them

to remain there – take them on deck or leave them in your car.

And there is still not much better news regarding the evening locker room closures. They are likely to be closed for visiting teams on the nights of home basketball games and there is little we can do about that. We have posted a schedule on our website (see "news"). On the up side, the Aquatics Director did get to the bottom of why male officials were walking through the ladies bathroom, and has put a stop to this. On the night of home games, it should now be safe for you to at least change out of your wet suit in there without worrying about male passersby.

On a final note, I was reminded recently when I was traveling in two other parts of the country how much we have to be thankful for in terms of our swimming conditions. In the first half of my trip, I had no opportunity to swim at all – there were no pools or practices nearby. I was stuck with the 12-yard hotel pool, which made the treadmill look exceptionally pleasing. In the last half of my trip, I had the opportunity to swim with an age-group team at one of their practices. They practice in an indoor 20-yard, 4-lane pool at the local university, with 9-10 kids of very different speeds (and ages) per lane. It's standard practice to just pass down the middle of the lane if you lap someone. It was mayhem. I was reminded of two things during this swim: 1) how rowdy large groups of teenage boys can be (which prompted the far-from-Southern-belle of a coach to scream "Hush! You all are being **RUDE** when I'm trying to speak!"); and 2) how serene it is at Holy Names regardless of the age and mechanical challenges of

the pool. I know we have run into some recent obstacles in swimming there, but let's all remember to be thankful for that opportunity to continue swimming there and for the great coaches we have who don't tell us to "Hush!" (Sorry for

the sermon – yet another effect of traveling to a more devout part of the country!)

Until next time,

...**Rebecca Perry**

## Coaches Corner

Hi Manatees,

My thanks to everyone who sent cards, messages, emails and who dropped by to perk me up. It's working! I miss all of you very much and I'm looking forward to getting back on deck as soon as I'm able. I get a bit better everyday, and thoughts of happy Manatees add to my motivation. See ya'll,

...**Coach Brian**

## You Are What You Eat

### Green Beans Amandine (Makes 4-6 servings)

1 lb green beans, ends trimmed  
1/2 cup almonds, soaked for 8-12 hours,  
drained, and rinsed  
2 tablespoons extra virgin olive oil

2 tablespoons lemon juice  
1/2 teaspoon sea salt  
2 tablespoons minced parsley  
fresh ground pepper, to taste

Fit a food processor with a 2mm slicing attachment. Place the green beans horizontally in the wide-mouth feeding tube and push them through the slicer, julienning the beans. Remove them to a mixing bowl. Still using the 2mm slicing attachment, push the almonds through, to thinly slice them. Add the olive oil, lemon juice, and sea salt to the green beans and massage well with your hands, working the dressing into the beans. Gently toss in the almonds and the parsley, and season with black pepper.

...**Heather Haxo Phillips**

## The Wandering Manatee

### Miss Pearl's Jam House

There has been much ado about the recently reopen Miss Pearl's Jam House in the Waterfront Hotel at Jack London Square (1 Broadway). Originally located in the Phoenix Hotel in San Francisco, it was a place I spent many a night listening to reggae, drinking potent island inspired cocktails and noshing on fried catfish "fingers" or slow-roasted spare ribs.

Closed for over a decade, the "new" Miss Pearl's Jam House has some of the same vibe as the old; the décor is island kitschy, a steel band plays on weekends and the food still has an Afro-Caribbean flare. However, where the view arriving or leaving the old location had a particular, should I say, San Francisco flavor, the new location offers some of the best views of Bay, especially from the patio.

The menu, described as "exotic" offers some dishes not seen on many menus: Coconut cassava cakes (a Filipino dessert offered here as a side), Jamaican pepper pot soup made with oxtails, cassava, okra, yams, spinach, coconut, spices and peanuts (a real cold night dish!) and sweet potato fries with chili and lime. Most options, however are more familiar than exotic, and been gussied up with creative sauces and "island" spices.

A meat lover can find unexpected satisfaction in the grilled eggplant steak which comes on a pile of curried couscous studded with cauliflower, raisins, almonds and lentils, topped with a splash of tomato chutney. Yummy. For us meat eaters the jerk "pit" offers chicken, pork and whole fish. The hearty chunks of Niman Ranch pork shoulder were delectably charred (a bit under salted) and served with a peppery jerk pit sauce. Beware; items coming from the jerk pit come sans sides, so what

you order is what you get, meat and sauce. However, you can get half or whole orders and with a couple of sides, three to four people can eat pretty cheaply!

The desserts are worth a visit on their own. The molten chocolate cake with homemade mint chocolate chip ice cream takes quite a while to prepare but is worth the wait. Though not traditional in style, they also serve a tres leches cake, (which I can never pass up as it was my wedding cake), is decadent pudding-rich layering

of cream and cake that explodes in the mouth. Put all thoughts of calories out of your mind as you dig into oozing spoonfuls of condensed milk laced with passion fruit and coconut (or think more laps).

Miss Pearl's is bringing some needed vitality to Jack London Square. Plus, the new market, which promises to rival Seattle's Pike Place, is under construction. Together, they'll put the square back on the broader regional radar. In the meantime, Miss Pearl's is worth checking out.

...Tannis Reinhertz

## Swim Meet News

### Long Course Meters Season Results

Only two meets comprised a shortened LCM season this year in Northern California. These were the Menlo Masters meet in Menlo Atherton on June 14, and LCM Champs held at UC Santa Cruz, July 11-13.

Juliet Cox, Susan Haufler, Rob Craven, Rob Heath, Mac McClelland, Cary McGregor and Jim Clemmons attended the Menlo Meet.

Nine MAM LCM age group records were set at Menlo.

[Juliet Cox](#) set records in the 100, 200 and 400 free as well as the 100 and 200 back.

[Susan Haufler](#) set records in the 50, 100 and 200 free as well as the 50 breast.

Results for Menlo are here <http://www.pacificmasters.org/comp/08/08melolcm.html>.

At Santa Cruz, MAM swimmers took 5<sup>th</sup> place in medium teams, 6<sup>th</sup> place overall finishing 3 points ahead of The Olympic Club ☺.

Swimmers in attendance were Juliet Cox, Ruth Shaps, Susie Caso, Barbara Baptista, Carlos Fernandez, Peter Finney, Rob Heath, Bob Upshaw, Cary McGregor, and Jim Clemmons.

There were 18 new MAM records set at the PMS LCM championships.

[Juliet Cox](#) set one record in the 1500 free, which also is an overall team record. No MAM woman previously had a recorded 1500 LCM free record, so Juliet's 19:55.48 is the one to beat.

[Ruth Shaps](#) set seven records - the 50, 100, and 200 free; 50, 100 and 200 back; and the 50 fly.

[Susie Caso](#) set one record in the 100 breast.

[Barbara Baptista](#) set one record in the 1500 free.

[Carlos Fernandez](#) set one record in the 200 breast. He not only set a 35-39 MAM age group record, but his 2:43.41 beat the old overall team record (Peter Finney 2:44.61 set 7/9/00).

[Peter Finney](#) set six records - the 1500 free; 50 and 200 breast; 100 and 200 fly; and the 400 IM.

[Rob Heath](#) set one record in the 100 fly.

[Jim Clemmons](#) set one record in the 1500 free. Jim also won Hi-Point for his age group.

Results from LCM Champs are here: <http://www.pacificmasters.org/comp/08/08cruzlcm.html>

## 2008 Long Course Nationals, Gresham, Oregon

Ruth Shaps, Peter Finney and Cary McGregor attended this particularly HOT (temps approached 105\*) national event near Portland, Oregon.

Pl	Name	Age	Club	Seed Time	Final Time	
Women 60-64 50 Freestyle						
2	Shaps, Ruth Y	61	MAM	34.00	32.29	
Women 60-64 100 Freestyle						
2	Shaps, Ruth Y	61	MAM	1:14.50	1:10.51	(broke existing National record)
Women 60-64 50 Backstroke						
2	Shaps, Ruth Y	61	MAM	38.50	38.39	
Women 60-64 100 Backstroke						
2	Shaps, Ruth Y	61	MAM	1:26.00	1:24.34	
Women 60-64 50 Butterfly						
1	Shaps, Ruth Y	61	MAM	36.50	33.88	(new National Record)
Men 40-44 50 Breaststroke						
2	Finney, Peter C	41	MAM	32.23	32.52	
Men 40-44 100 Breaststroke						
2	Finney, Peter C	41	MAM	1:13.45	1:13.29	
Men 40-44 200 Breaststroke						
1	Finney, Peter C	41	MAM	2:45.13	2:47.84	
Men 40-44 200 Butterfly						
6	Finney, Peter C	41	MAM	2:31.23	2:46.40	
Men 40-44 400 Individual Medley						
6	Finney, Peter C	41	MAM	5:10.45	5:32.85	
Men 55-59 1500 Freestyle						
8	Mc Gregor, Cary D	58	MAM	23:15.00	23:09.86	
Men 55-59 100 Breaststroke						
11	Mc Gregor, Cary D	58	MAM	1:29.00	1:28.60	
Men 55-59 200 Breaststroke						
7	Mc Gregor, Cary D	58	MAM	3:15.00	3:12.56	
Men 55-59 200 Butterfly						
5	Mc Gregor, Cary D	58	MAM	3:16.00	3:13.25	
Men 55-59 400 Individual Medley						
3	Mc Gregor, Cary D	58	MAM	6:49.00	6:40.98	

**At USMS LCM championships 8 MAM records were set:**

[Peter Finney](#) in the 40-44 age group set MAM records in the 50, 100 and 200 breast.

[Ruth Shaps](#) set records in the 60-64 age group in the 50 and 100 free, 50 and 100 back, and the 50 fly.

No overall team records were set, but Ruth's 50 fly was only off by 0.19 seconds!

Two MAM-ers also attended a LCM meet in Pasadena during mid-June with a number of Santa Rosa Masters swimmers. Rob Heath and Jim Clemmons attended the State Senior Games qualifying event for the National Senior Games to be held at Stanford in August 2009. Joining them were John Morales, Warren Schenstrom and Don Foreaker from SRM.

[Rob Heath](#) set one MAM record in his age group in the 100 LCM Fly. Both MAM-ers "qualified" for the 2009 meet.

**A special thank you to Will Hale for keeping the records current. 😊**

**USMS Preliminary Top Ten for LCM**

**Women 40-44 LCM (2008)**

Place	Event	Name	Club	Time
2	<a href="#">1500 Free</a>	Juliet E Cox	MAM	19:55.48

**Women 60-64 LCM (2008)**

Place	Event	Name	Club	Time
2	<a href="#">50 Free</a>	Ruth Y Shaps	MAM	32.29
2	<a href="#">100 Free</a>	Ruth Y Shaps	MAM	1:10.51
9	<a href="#">200 Free</a>	Ruth Y Shaps	MAM	2:55.47
2	<a href="#">50 Back</a>	Ruth Y Shaps	MAM	38.39
2	<a href="#">100 Back</a>	Ruth Y Shaps	MAM	1:24.34
2	<a href="#">200 Back</a>	Ruth Y Shaps	MAM	3:19.70
1	<a href="#">50 Fly</a>	Ruth Y Shaps	MAM	33.88

**Men 35-39 LCM (2008)**

Place	Event	Name	Club	Time
8	<a href="#">200 Back</a>	Carlos A Fernandez	MAM	2:34.87
5	<a href="#">100 Breast</a>	Carlos A Fernandez	MAM	1:15.44
2	<a href="#">200 Breast</a>	Carlos A Fernandez	MAM	2:43.41
7	<a href="#">200 Fly</a>	Carlos A Fernandez	MAM	2:31.65
6	<a href="#">200 IM</a>	Carlos A Fernandez	MAM	2:26.07

**Men 40-44 LCM (2008)**

Place	Event	Name	Club	Time
2	<a href="#">50 Breast</a>	Peter C Finney	MAM	32.52
3	<a href="#">100 Breast</a>	Peter C Finney	MAM	1:13.29
5	<a href="#">200 Breast</a>	Peter C Finney	MAM	2:47.84
10	<a href="#">200 Fly</a>	Peter C Finney	MAM	2:35.24
9	<a href="#">400 IM</a>	Peter C Finney	MAM	5:26.14

### Men 50-54 LCM (2008)

Place	Event	Name	Club	Time
9	<a href="#">100 Fly</a>	Robert H Heath	MAM	1:04.48

### Men 55-59 LCM (2008)

Place	Event	Name	Club	Time
5	<a href="#">200 Free</a>	Jim Clemmons	MAM	2:17.82
6	<a href="#">400 Free</a>	Jim Clemmons	MAM	4:50.98
7	<a href="#">800 Free</a>	Jim Clemmons	MAM	10:16.85
4	<a href="#">1500 Free</a>	Jim Clemmons	MAM	19:35.16
3	<a href="#">50 Breast</a>	Fred Farley	MAM	35.15
6	<a href="#">100 Breast</a>	Jim Clemmons	MAM	1:20.39
9	<a href="#">100 Breast</a>	Fred Farley	MAM	1:21.16
4	<a href="#">200 Breast</a>	Fred Farley	MAM	2:56.75
5	<a href="#">200 Breast</a>	Jim Clemmons	MAM	2:58.19
8	<a href="#">200 Fly</a>	Cary D McGregor	MAM	3:13.25
5	<a href="#">200 IM</a>	Jim Clemmons	MAM	2:38.76
6	<a href="#">200 IM</a>	Fred Farley	MAM	2:40.54
5	<a href="#">400 IM</a>	Fred Farley	MAM	5:52.52
6	<a href="#">400 IM</a>	Jim Clemmons	MAM	5:53.85

One relay made the Top Ten compilation.

### Mixed 200-239 LCM (2008)

Place	Event	Club	LMSC	Swimmers (age)	Time
2	<a href="#">800 Free Relay</a>	MAM	Pacific	Ruth Y Shaps (61) Jim Clemmons (58) Juliet E Cox (40) Bob B Upshaw (59)	10:48.48

Top Ten results can be found at: <http://www.usms.org/comp/tt/>

### Short Course Meters Season Results

Wow, there were a bunch of meets this year in this shorter format of the Olympic distance. More turns = faster times IF you have a good turn! Keep your head down and stay streamlined. Oops – this isn't the coaching corner. Back to summaries...

Rob Heath and Jim Clemmons attended the Modesto meet in late August. The temperature remained less than one hundred degrees in the sun.

Modesto results: <http://www.pacificmasters.org/comp/08/08maacscm.html>

Four MAM age group records were set at the Modesto SCM meet:

[Rob Heath](#)                    50 back.  
[Jim Clemmons](#)                100 and 200 free, and the 200 IM.

Mac McClelland, Alan Levinson, Cary McGregor and new MAM-er Scott Miller attended the Alan Liu Memorial meet in Mt. View in September.

[Jim Clemmons](#) set a MAM age group record in the 400 Free.

Mt. View results: <http://www.pacificmasters.org/comp/08/08mvmscm.html>

Juliet Cox, Peter Finney, Mac McClelland and Jim Clemmons attended the Davis Sprint Pentathlon in early October.

Six MAM records were broken at Davis:

[Juliet Cox](#) set 2 records: 50 back and 100 IM.

[Peter Finney](#) set 1 records: 50 breast.

[Jim Clemmons](#) set 3 records: 50 breast, 50 free and 100 IM.

Davis results: <http://www.pacificmasters.org/comp/08/08sacscm.html>

### **SCM Champs, Walnut Creek**

Chantal Miklosi, Suzie Girard, Juliet Cox, Rebecca Perry, Kathleen Kline, Ruth Shaps, Susie Caso, Adam Nisenbaum, Greg Brown, Ili Selinger, Peter Finney, Rob Heath, Scott Miller, Mac McClelland, Cary McGregor, Gordon Jacoby, and Jim Clemmons managed enough combined points between individual events and relays to take third place in the overall standings.

Chantal, Ruth, Ili and Jim all received Hi-Point awards for their meet performances.

There were 37 MAM records broken and 7 of those were overall team records (though only 4 will be recorded). Additionally, 4 national records were set, and 4 more were Pacific Masters records.

[Ruth Shaps](#) in the 60-64 age group set 7 MAM records, 4 national (N), and 3 PMS (P): 50 free (31.42N), 100 free (1:11.03N), 50 back (39.45P), 100 back (1:24.92P), 200 back (3:04.58P), 50 Fly (34.47N), and 100 IM (1:22.11N).

[Jim Clemmons](#) in the 55-59 age group set 4 MAM records, one a PMS record: 800 free, 100 breast, 200 breast, and 200 fly (2:32.98P).

The rest of the MAM records were set by the following:

[Ili Selinger](#) in the 35-39 age group set 3 records: 200 free, 400 free, and 1500 free.

[Chantal Miklosi](#) in the 35-39 age group set 4 records: 100 free (overall MAM record), 400 free (overall MAM record but not as fast as Juliet Cox), 800 free (overall MAM record but not as fast as Juliet Cox), and 1500 free (overall MAM record but not as fast as Juliet Cox).

[Juliet Cox](#) in the 40-44 age group set 7 records: 200 free, 400 free (overall MAM record), 800 free (overall MAM record), 1500 free (overall MAM record), 50 back, 100 back, and 200 back.

[Peter Finney](#) in the 40-44 age group set 3 records: 100 breast, 200 breast, and 200 fly.

[Rebecca Perry](#) in the 40-44 age group set 4 records: 100 fly, 100 IM, 200 IM, and 400 IM.

[Kathleen Kline](#) in the 50-54 age group set 3 records: 100 free, 100 back, and 50 fly.

[Gordon Jacoby](#) in the 65-69 age group set 2 records: 50 back, and 100 back.

The overall team records broken were:

[Chantal Miklosi](#) set a MAM overall team record in the women's 100 free with a 1:05.12. She bested Michele Searer's time of 1:05.28 set 10/19/97. Chantal also broke overall team records in the 400 free (5:06.17), 800 free (10:27.28), and 1500 free (19:47.93), but not as fast as Juliet Cox did this weekend.

[Juliet Cox](#) set a MAM overall team record in the women's 400 free with an official lead-off split from her 800 free of 5:02.15. She bested Granate Sosnoff's time of 5:07.35 set 7/22/06. Juliet set a MAM overall team record in the women's 800 free with an official lead-off split from her 1500 free of 10:24.42. She bested Michele Searer's time of 10:28.06 set 10/19/97. Juliet set a MAM overall team record in the women's 1500 free with a 19:37.94. She bested her own time of 19:49.92 set 10/21/07.

Results for SCM Champs: <http://www.pacificmasters.org/comp/08/08wcmscm.html>

### **SPMA (Southern Pacific) SCM Championships:**

Juliet Cox, Chantal Miklosi and Jim Clemmons attended the recently concluded Long Beach meet held at the world renowned Belmont Plaza Natatorium.

#### **Note from Will:**

Was that a short pool or something?! Every swim at the SPMA SCM meet broke a MAM record (16 in all). Additionally, 8 swims were faster than overall MAM records, but only 6 of those will be entered. Here are the details...

[Jim Clemmons](#) broke 7 records in the 55-59 age group: 100, 200 and 400 IM, 200 Free, 100 Breast, 100 Fly, and 200 Back. The 200 IM and 100 fly are new PMS records.

[Juliet Cox](#) broke 6 records in the 40-44 age group (5 of which beat overall team records): 50, 100 and 200 Back, and 200, 400 and 800 Free.

[Chantal Miklosi](#) broke 3 records in the 35-39 age group (all of which beat overall team records): 200 back, and 100 and 400 free.

The overall team records broken were all on the women's side, as follows:

[Juliet Cox](#) swam a 10:10.45 in the 800 Free which bested her own 10:24.42 from 10/10/08. Juliet swam a 1:13.82 in the 100 Back which bested Michele Searer's 1:15.05 from 10/19/97. Juliet swam a 2:41.62 in the 200 Back, which was just faster than Chantal Miklosi did it (2:42.06), and they both bested Juliet's record of 2:43.06 from 12/2/07. Juliet swam a 34.41 in the 50 Back which bested Susanne Rublein's 35.08 from 11/4/06.

[Chantal Miklosi](#) swam a 4:58.06 in the 400 Free, which was just faster than Juliet Cox did it (4:58.33), and they both bested Juliet's record of 5:02.15 from 10/11/08.

Chantal swam a 1:04.43 in the 100 Free which bested her own 1:05.12 from 10/11/08.

By the way, with 3 swimmers MAM took 22 out of 62 teams. Jim and Juliet each took high point for their age groups.

*(Note from Jim – the pool was of legal length, just faster this year than previous years.)*

...**Jim Clemmons**

## I heard it on Ellen

I know there has been a lot of talk around the pool about **green hair!** I happened to catch an episode on the Ellen Show that had a segment on beauty tips. This is an interesting video to watch for all of

the tips (and of course hilarious because it's Ellen) but pay special attention to how 6 Alka Seltzers and a pitcher of water will get the green out of your hair!

[http://ellen.warnerbros.com/2008/11/kym\\_douglas\\_unique\\_beauty\\_tips.php](http://ellen.warnerbros.com/2008/11/kym_douglas_unique_beauty_tips.php)

...Shannon Pedder

## MAM Merchandise Online and Caps

We have a website set up for you to order suits, parkas and other wearables! Our anchor color is blue so that common thread is woven throughout the selections. For any of the 12 suits available, 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. Caps with the MAM logo printed on both sides and the option to personalize with your

name have to be ordered in bulk. 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. To access the web store go to [www.kastawayswimwear.com](http://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.

...Shannon Pedder

## 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: Holy Names University  
3500 Mountain Blvd., Oakland, CA

### Coaches

Brian Stack, Head Coach –[brianstack@sbcglobal.net](mailto:brianstack@sbcglobal.net)

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

### Board of Directors

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**Information Hot Line (510) 273-9093**

...Annmarie Hallin, editor

