



SPM NEWSLETTER

St. Petersburg Masters | Est. 1972 | North Shore Aquatic Complex

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So long 2018 ... and thanks for all the fish!



Just before Christmas, a visitor from Georgia swam with us at North Shore, and as we were getting ready to swim, she asked me, "Are all these people Masters swimmers?" When I told her that we were all indeed St. Pete Masters swimmers, she was amazed at how many people we have at 5:30am. Unfortunately, she had to leave a little early for work, but I told her that I hoped she might be able to catch the sunrise. And she did. Walking out, she paused and said, "Wow – I wish I could live and swim here, just to see that sunrise!" I was reminded of just how lucky I am and it's not just swimming that keeps me coming to the pool. Apparently I am not alone because the sentiment is woven throughout this issue. Be sure to enjoy the beautiful sunrise images at the end of this newsletter, courtesy of Sarah Swoch and Josh Smith, or jump to see them [now](#).

While meet participation tapered off a little, several SPMers continued to compete through the SCM season. Some were also hitting the books and getting degrees, challenging themselves overseas in open water, and many were enjoying the holiday festivities. Kathy and Carl share their experience in Spain, trying to gauge Mother Nature's fickle wind and weather to swim the Strait of Gibraltar. Regina writes about using stress to our advantage, and Gary looks back on the year, and gives us both humorous and serious ideas to make 2019 even better!

Many thanks to Carolina Ticeira, Kathy and Carl Selles, Sawyer Hansen, Regina Novak, Sarah Swoch, Josh Smith, and Gary Bastie, for their contributions. Please e-mail me at livia.zien@gmail.com with any and all suggestions for newsletter content.

Here's wishing everyone a healthy and happy new year!

Upcoming Pool Events

Feb. 9-10 / SCY: Valentine's Meet. Clearwater FL

Mar. 9 / LCM: Goodlife Games. Clearwater FL. *Senior Games for ages 50+; USMS-recognized*

Mar. 23-24 / SCY: St. Pete/Bob Beach SCY Championships. St. Petersburg FL. [Information & entry](#). *Entry deadline: online entry closes Sunday, March 17*

Apr. 11-14 / SCY: YMCA Masters Nationals. Orlando FL. [Information & entry](#). *Entry deadline: online entry closes Friday, March 15*

Apr. 25-28 / SCY: USMS Spring Nationals. Mesa AZ

Year in Review

By Gary Bastie

At the end of every year, newspapers across America usually have a section showing who passed away during the last year. It's people that were well known and who made an impact on others. Well, this article is not about that, yet, it actually is. You see, this one's about what SPM accomplished this year. I think it's appropriate and it's always a lot more fun as we look back at positive things.



One of those things is something I noticed that you may not have. It's that several members re-emerged during this past year. Some had been out of commission for various reasons while others had moved back, or just couldn't stay away from the pool. The fact is, we're glad to have them all back. Many of them did well at various events while others always contribute to practices by doing their best and inspiring others.

Since I like to take note of who swims each day, I think the team's grown in numbers this year. As a result. There's been fresh blood and inspired swimmers also inspire others. For example, in the afternoon, I get at least 70 different people each month. And, we average about one new person each week. That makes life interesting and many of our newer swimmers always add something to each practice.

We also, as a team, had some great swims this year. They included open water (Pan Am's and otherwise), the Pan Am's, Nationals, and a host of other meets, postal events, and even our own Hurricane Man Swim. What I noticed most is that the quality of our swimmers has improved and yes, we're all getting older by the day. In fact, 14 out of 18 relays medaled at Pan Am's. We had many winners and high placers at open water events, and there were records, personal bests, and top 10's dotting the past year. I've heard a lot of swimmers from other teams, tell me how much they enjoyed our practices, pool, and team. Sounds like a home run to me.

And, just one more thing. We incorporated our new members into SPM and did it so that they not only felt welcome but also swam well. I could name names but I don't want to embarrass anyone so, let's just leave it in a more general sense. We collectively had a great year and each member took home improvement in areas like self esteem, accomplishment, team orientation, and learning to do our best, whatever level that took us to. Job well done and I'm looking forward to 2019. Don't know how we can improve, but it's my guess we'll find a way.

2019 At A glance

Jan 1– Feb 28 / SCY: 1-hour ePostal. [Information & entry](#)

Jan 13 – Feb 28 / SCY: 1-hour ePostal. [Information & entry](#)

Jan 27 : SPM Team 1-hour ePostal (@8:30am and @10am). Email [Gary Bastie](#) for lane reservation.

Jan 27 : SPM Annual Team Meeting and breakfast @11am.

Feb. 9 - 10 / SCY: Valentine's Meet. Clearwater FL

Feb 23: SPM Awards Banquet 6pm-10pm, details to come

Mar. 9 / LCM: Goodlife Games. Clearwater FL. *Senior Games for ages 50+; USMS-recognized*

Mar. 23-24 / SCY: St. Pete/Bob Beach SCY Championships. St. Petersburg FL. [Information & entry](#). *Entry deadline: online entry closes Sunday, March 17*

Apr. 11 - 14 / SCY: YMCA Masters Nationals. Orlando FL. [Information & entry](#). *Entry deadline: online entry closes Friday, March 15*

Apr. 25 - 28 / SCY: USMS Spring Nationals. Mesa AZ

Apr. 27 - 28 / triathlon: St. Anthony's Triathlon. [Information & entry](#). *Entry deadline closes April 20, 2019*

May 4 / Open Water: Hurricane Man 2.4 mile and 1000m Pass-A-Grille Challenge. Pass-A-Grille, FL

Competition Recap

As the long course meter season ending with the summer, the Rowdy Gaines Masters Classic launched us into the short course meters season in October. Sarasota Sharks hosted their annual Shark Tank SCM meet in November, and the season culminated in December at the Dixie Zone Championships in Coral Gables and the Florida Senior Games in Clearwater. In between the meets we managed to swim our 3000yd/6000yd e-Postal.



Rowdy Gaines Masters Classic

The annual Rowdy Gaines Masters Classic was held in Orlando again. Just coming off the Pan Ams meet in August, we had fewer swimmers competing than in previous years, but the energy and enthusiasm displayed by our 12 competitors were not curbed. And ... the idea of 25m races was very appealing.

Women outnumbered the men, 9 to 3. In the largest age group, 50-54 women, Charlotte Petersen swam Friday and Saturday, placing solidly in her 800m, 400m, and 200m free events, while Cheryl Kupan, Karen Westerman, and Livia Zien each swam the maximum allowable events all three days. Tricia Moses and Phyllis Scheidt fielded the women's 55-59 age group. Tricia enjoyed her 25m events: breast, fly, and free. Phyllis beat her 200m breaststroke seed time, placing 2nd in her age group. Paula Texel, true to form, had great swims in her 12 events, placing 1st in her distance free and sprint stroke events. Sharon Steinmann, placed 1st in the

800m free and had great races in her other events, in a very tough 60-64 age group. Carolina Ticeira had a stellar meet and shares her experience *below*.

John Aversa (40-44), Sean Gerrard (45-49), and Greg Salomon (55-59) carried the men's team. John, in his first meet as an SPM member, placed 1st in 7 of his 8 events, and 2nd in his 200m IM. What a way to make a debut! Sean, swimming only Saturday, had two solid second place finishes in his 100m IM and 25m free. Rounding out the men's team, Greg won his 50m back and did some pretty fast sprinting in his 25m breast, fly, and free, and 100m IM events.

Full results can be found [here](#).



John Aversa's debut in the 100 IM



Paula, Greg, and Tricia



Sean Gerrard



Phyllis Scheidt - IMing



Strong women's team (and Linda Visser)



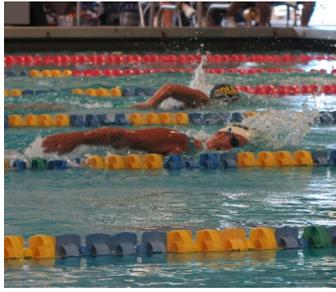
Paula's underwater backstroke



John Aversa



Cheryl Kupan



Sharon Steinmann



Sean and Gary



Greg

Save the Date: SPM Annual Awards Banquet

Saturday, February 23, 2019 - stay tuned for details

New Member: Meet Carolina Ticeira



Carolina and hubby James

If you are a new member or know of new members who aren't too shy to be featured in our newsletter, please send them my way (livia.zien@gmail.com). For this issue, I've had the pleasure to swim with Carolina Ticeira to share a little about herself. Thank you, Carolina!

Carolina joined our team last year and swims with the afternoon gang. She started swimming at the age of 6 back in her home town of Buenos Aires, but didn't start competing until she was 20 when she joined Masters Swimming in Argentina. Before moving here with her husband James, she looked for online Masters teams, and SPM showed up in her search. After contacting Gary and visiting the pool, she was sold! One of their dreams has always been to live close to the beach, so what better place than St. Pete?! In competition, her favorites are all the breast-stroke distances, and also enjoys the 50 and 100 free and 100 IM events, but she used to compete in open water races as well.

She hopes to continue working as a swim instructor teaching kids and adults how to swim, and using hydrotherapy for kids with special needs. When not in the water, she likes to ride her bike to the beach and go to concerts where her husband, a professional musician, performs.

Welcome, Carolina! We're so glad you chose to move to St. Pete and join SPM.

She shares her experience at Rowdy below:

Hi everybody! My name is Carolina, and I'm from Buenos Aires, Argentina.

I moved to the States last year so I've been swimming with SPM since then, and all I can say are good things about the people I had the pleasure to swim with and enjoy very fun meets, like the Rowdy Gaines meet in Orlando last October. That was my first big meet here and at first I didn't know how it was going to be or how I was going to feel, but it turned out to be amazing! I was able to lower my time in two events, so I felt very grateful to everyone who was there supporting me and each other. That's a fundamental thing in every group, so for me it was a beautiful way to swim at a meet.

It was hard for me to leave my country and that included the swim team that I was a part of for years, but I feel more than happy to be part of this team, surrounded by sweet, positive and encouraging people as well as a great coach (Gary) who helped me to improve so much in a short time! Everybody is really nice and fun. I always thought that swimming with a group makes the workout go by fast and that it makes it more enjoyable (especially when it's a hard one).

So I just want to thank everybody for making me feel more than welcome and part of a beautiful family that is St. Pete Masters.

Let's keep swimming!!

Upcoming Hour Swim e-Postal and Annual Meeting

Jan 27 — Team Hour Swim 2 heats: @8:30am and @~10am (e-mail [Gary Bastie](mailto:Gary.Bastie) to reserve a lane)

Jan 27 — Annual Membership Meeting @11am with light breakfast

Sarasota Shark Tank SCM Meet

A similar cast of eight swimmers participated in the two day SCM meet in Sarasota in November. Carolina Ticeira placed 2nd in her two events, the 50m breaststroke and the 100m IM. Henrietta Szeredi had solid swims in her 50m and 100m breaststroke and 100m and 200m IMs. Lots of first place finishes ... Tabitha Brandt in her 50m, 200m free events; Cheryl Kupan in the 1500m free, 100m and 200m fly, and 100m and 100m IMs; Dawn Clark's 100m free and 50m fly; Sharon Steinmann in the 400m, 800m, and 1500m free, and Greg Salomon in the 50m backstroke. John Aversa, driven after the Rowdy Gaines meet, swam the maximum number of events, placing 1st in the 400m free, 50m back, 100m breast, and all 3 IM events, and Greg Salomon squeaked in a 50m backstroke for the men's team too. Congratulations to all! Full results can be found [here](#).



December Swimming

A few of our members continued competing up to the last month 2018. Tabitha Brandt participated in her first 'senior' meet at the Florida Senior Games in Clearwater, along with teammates Karen Westerman, Phyllis Scheidt, Sharon Steinmann, and Mike Smith who had some fantastic swims after months of recovering from shoulder issues. Lots of first place finishes for all, in this first dive back into an SCY meet. And ... Congratulations to our latest celebrity, Karen Westerman, who was selected as Humana's game

changer. Watch her [interview](#) on WFLA TV — Congratulations, Karen!

Full results for the Florida Senior Games can be found [here](#).

Cheryl Kupan was the lone SPM representative in the Dixie Zone SCM Championships in Coral Springs, swimming (and winning) all of her favorite events, including the 100m breaststroke, the 100m and 200m fly, and the 200m and 400m IM. Take a look at the [results](#).



Karen—Game Changer! (photo: K. Westerman)



E-Postals

We had multiple opportunities for swimming the 3000yd or 6000yd postal events, the last of the year. Preliminary results show several Top Ten rankings. Congratulations to Josh Smith, Charlotte Petersen, Sharon Steinmann, Nancy Kiernan, and Suzzette Seril in their 3000yd swims; and Victoria Kirkman, Dawn Clark, and Livia Zien in both the 3000yd and 6000yd postals.

Results for the 5k and 10k postals were announced and all participants placed in the Top Ten. Kudos to Josh Smith, Charlotte Petersen, Dawn Clark, Sharon Steinmann, and Jo Ann Harrelson in their 5k swims; to Vince Brockman in his 10k swim; and to Pat Marzulli, Victoria Kirkman, and Livia Zien in both swims. (This writer is curious about Vince's decision to swim only the 10k.)

Find all 2018 postal results [here](#).

Under the Radar

The USMS Go the Distance fitness challenge is a great way to set a personal distance goal for the year. If you like tallying things up and tracking progress, this might be fun motivator for you. There were 14 SPM swimmers who signed up in 2018. Bill Specht logged the greatest distance at 809.43 miles — congratulations, Bill! Brooke Bowman finished with 681.53 miles and Lisa Flannagan, 511.66. Undoubtedly, there are many of you who have swum similar distances, but haven't logged them. If you're interested, go to this [link](#) to register.



The 2018 GTD results can be found [here](#).

Swimming the Strait of Gibraltar 2018

By Carl and Kathy Selles

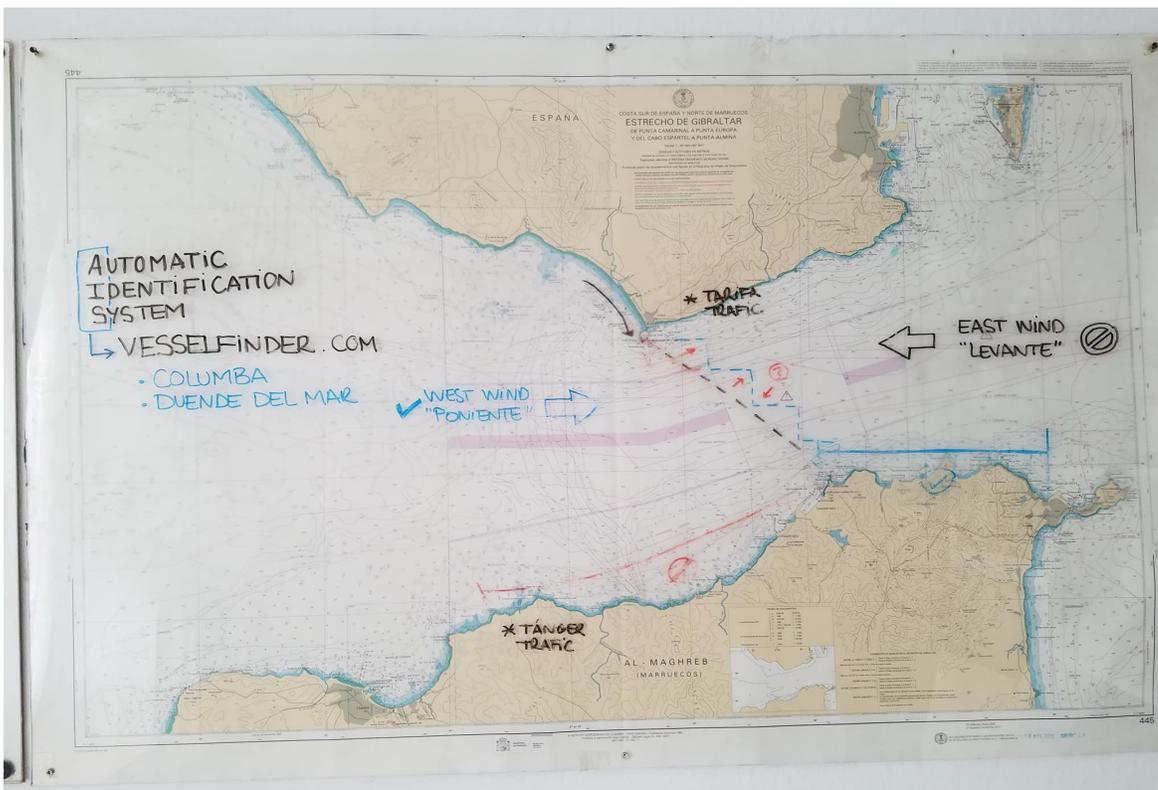
Tarifa, Spain – the wind surfing capital of Europe. Beautiful sand beaches that stretch for miles. And wind. Lots and lots of wind. This journey begins three years ago as Carl submits a request to ACNEG to swim the Strait of Gibraltar. You've got to be kidding, right? Swim the Strait of Gibraltar? Aren't there huge container ships in the channel to suck you in and spit you out? The Strait is one of the busiest maritime zones in the world with some 300 ships utilizing the strait every day. Currents in the zone are around 3km/hr from the west.

The Strait of Gibraltar swim is a well-organized undertaking of long standing, initially managed by Rafael Gutierrez and now by his daughter, Laura. The swim will begin in Tarifa, Spain, and end on the shores of Morocco. We wait and follow the web site, Facebook page, and other news from ACNEG.

Eventually Carl is notified in September 2017 that his window to swim will be September 22-30, 2018. A year of preparation is before us. Airline reservations are made in the spring of 2018, and we make hotel reservations for 5 days in Tarifa, assuming (hoping) that the swim will happen within a few days of our arrival. We fly into Madrid on a Wednesday and stay overnight. Thursday morning is an early flight to Malaga, then a bus to Tarifa, and finally a walk to the charming Hostal Africa located within the city walls on a quiet street.

Tarifa is a sun-drenched community of white washed buildings situated on the northern shore of the Mediterranean Sea at the Strait of Gibraltar with a beautiful sand beach that stretches for miles around to the north on the Atlantic. What a great place to hang out. The community boasts a very nice 6 lane pool, a library, wind surfing, hiking, horseback riding, a bull ring, and a castle in addition to multiple restaurants and shops. There is a reason that Tarifa is known as the wind capital of Europe and the Atlantic beaches are full of wind and kite surfers.

On Friday we meet with Laura, the swim organizer. The weather conditions are not looking favorable for the swim crossing. She goes over the rules and safety considerations and tells us to wait patiently for a good day with west wind. She has never seen a prolonged wind pattern like this. The organization does not allow a crossing when the winds are blowing from the east, and very strong easterly winds are predicted for the next two weeks. The east winds will push the swimmer towards the Atlantic and into a restricted Moroccan port far from the desired landing zone, effectively eliminating any chance of success and putting the swimmer at risk.



Don't cross west of the dotted line. The container ships always win!

Laura introduces us to Jurgen, a German swimmer who was also scheduled this week. Carl and Jurgen swim together twice and determine their speed is similar, so they may pair up if the timing is right and the weather cooperates. Both men get stung by jellyfish while swimming but the stings are not serious. Jurgen wears a wet suit and is very pleased with this swim as this is only his second time to swim in the ocean. We enjoy spending time with Jurgen and his brother-in-law Tom, and go with them on Sunday to explore the ruins

and dunes in Bolonia. Jurgen informs us that he has decided to return home rather than waiting another week for a possible swim that isn't looking very likely. We will begin our exploration of Andalusia with trips to Gibraltar, Tangier and Ronda while we wait.

Laura makes contact to confirm that there is a break in the weather coming. On the day before Carl's scheduled swim, he goes out into the Atlantic for another workout. The day is overcast and very windy. After a one-hour swim, just walking out of the ocean and up to the showers gives Carl a good chill; the water temp is now 69 degrees, down 4 degrees from our arrival. We make inquiries around town for a wet suit and visit one of the windsurfing shops. There are wet suits available, but they are the thick scuba neoprene and not suitable for swimming.



Finally, we have one day of good weather on Monday, November 1st. The day of the swim is clear and sunny with a light west wind making a great day for a swim. The start time is determined by the tides. We meet on the docks at 1 pm and meet the crew of the cabin cruiser and Zodiac that will accompany us. Each boat carries a captain and a spotter. There are jellyfish around the dock, but they will not cause a problem during the swim.

At 2 pm, Carl boards the cabin cruiser and I climb into the Zodiac as he is ferried out to the southern tip of Tarifa Island. He jumps in and swims to shore touch land and then begins swimming south to Morocco. Carl is swimming easily and makes good time. Unfortunately, the water has become just too cold. After about 2 hours he reports that he is shivering and that the water is getting colder. There are container ships in the distance, so the boat captain instructs him to continue swimming until we are well clear of their pathway. Once we are clear, Carl is assisted into the cabin cruiser and I transfer to that boat with him. He is now shivering uncontrollably and we wrap him in a space blanket, get him dried off and into warm clothes. He had made it about halfway across the Strait in two hours.

Carl's notes from the Strait of Gibraltar: When we arrived here 13 days ago, the water temp was 73 and comfortable for swimming without a wetsuit. I expected to get the swim done within a few days of arrival, but the relentless east wind did not allow for a crossing, and that is the nature of open water swimming. After 13 days of overcast skies and occasional rain with 15-20-30 mph wind, the sea lost a lot of heat. Today - Monday - was the only day out of more than 20 days where the wind finally changed to the west to make the swim possible.

I started from Tarifa with water temp at 69 degrees, and had to quit at the halfway point, water temp now 65 degrees. I was shivering uncontrollably, and knew I could not continue another 2 hours. I am not a cold water swimmer. The lesson here is, bring your wetsuit along just in case. You just never know what the weather is going to do to you. Tomorrow the wind turns to the east again at 15 to 20 mph, and continues for the next 15 days.

It was still a great experience, and we enjoyed ourselves in this area of Spain. After our time in Tarifa we continued on to do sight-seeing through the rest of Spain.



Good luck on January 13, to SPM swimmers raising money for the Navy SEAL Foundation: Brooke Bowman, Dawn Clark, Kern Davis, John Doolittle, Johannah Hall, Victoria Kirkman, Noelle Ponce, Chris Quilty, Ryan Rager, and Anthony Sullivan!

From their [website](#):

“On January 3rd, 2010 with less than 3 weeks notice, a grass roots effort brought over 30 people together at Gandy Beach in St Petersburg, FL to swim across the 55 degree waters of Tampa Bay, raising over \$30,000 for a severely injured active duty Navy SEAL. The 5k point to point swim has evolved into an annual event that is now an official Navy SEAL Foundation fundraiser and has raised over \$3 million dollars for the Foundation. The Navy SEAL Foundation has earned the coveted four-star rating from Charity Navigator for sound fiscal management and commitment to accountability and transparency. The Foundation has also been certified by Charities of America as a “Best in America” charity. Ninety-five cents of every dollar spent by the Navy SEAL Foundation directly supports its mission, programs and services.”



Sawyer Hansen, 7 years old, and Judge Robert Beach, 87 years young, before the event

The Judge and the Juvenile

Many of you probably remember just two years ago, Sawyer Hansen was so moved when he saw images in a commercial, of children undergoing cancer treatment at St. Jude's. Determined to do something to support them, and enlisted the help of his mom and family, and set out to raise money to raise money for the hospital by swimming 100 lengths of the pool. Now a seasoned swimmer at the ripe old age of 7, he is joined by our very own esteemed Judge Beach. They will swim for an hour and competing for distance on Sunday, January 7 at 9am. You can read Sawyer's fundraising campaign letter below and also see them in a [news clip](#) on ABC Action News. Even though the event is over, you can still contribute to the cause by clicking on Sawyer's link below.

Hello Everyone, 7 year old Sawyer Hansen here!

*I'm back for my third year raising funds to support St. Jude Children's Research Hospital. I am a passionate kid that gives 110%, continuing to support St. Jude is something I have been called to do. Because of you, I am really making a difference! In my first two years I have raised nearly \$8,000. This year my goal is **HUGE** and I need your help to reach **\$5,000!!!!** I'm also changing up my annual swim this year. Instead of swimming solo for an hour to beat my swim distance and fundraising goals, I am excited to announce that I will be racing 87 year old Retired Judge Robert Beach. We are calling this duel in the pool,*

***"The Judge vs. The Juvenile."** Judge Beach as everyone knows him, wants to challenge me this year and help me with my fundraising for St. Jude. Last year he and I nearly had the same distance in each of our one hour swims, so this should make for a heck of a race! Judge Beach recently retired aft 50 years as one of the longest serving Judges in Florida. In addition to his professional accolades, he is a World Class Masters swimmer for both pool and open water. He's been a big fan of mine since the day I was born and has supported my fundraising efforts for years. It's going to be a lot of fun racing such an accomplished man, who is also my friend! Thank you all in advance for making my dreams come true and for working toward finding a cure by making a donation TODAY!!!!*

Love, Sawyer

Please visit my site to make a donation!

http://events.stjude.org/sawyer_hansen or text 727-458-3901 and I'll send you a link.



Sawyer back in 2017, age 5 (photo credit, R. Hansen)

Congratulations, Graduates!



Ted, Chris, and Eric sporting their respective cap 'n gown pelican shirts



Eric at FSU (photo: E. Herman)



Teddy with Rowan at UF (photo: T. Bradley)



Traci and Chris (photo: C. Burke)

Ted Bradley, Chris Burke, and Eric Herman have been very busy out of the water working on their degrees ... and all three graduated this December. Teddy received his Masters in Business Administration from the University of Florida, Chris, his Bachelor of Arts from the University of South Florida, and Eric, his Masters of Science in Information Technology from Florida State University. Being a student is demanding enough, but to juggle full-time jobs, family, and swimming — that's a challenge! But these gentlemen rose to the challenge and achieved their goals. Congratulations on your accomplishments!

Now the question is What will you do with all that free time?

Happy Holiday Party



A huge thank you to Dan and Patty Nardozi for their generosity in opening their home for our holiday party, and to Cheryl, Paula, and Patty for organizing another fun gathering. One more festive holiday celebration is in the books! The menu was replete with yuletide nosh from Boss Ross barbecue brisket to *pancit* (Suzette’s famous Filipino noodles), from salads to fudge. No one went home hungry.

As the evening went on and our tummies were filled, there was a burning question in the back of everyone’s minds: *What is the third line of “O Little Town of Bethlehem”*? If you were at the party, you will probably forever remember the answer as we racked our brains, humming the tune, trying to fit words to the music. And then we were asked, *Which empire began the gift giving tradition*? The Christmas trivia game got us to ‘swim outside the lane’ and meet and mingle with team members we don’t always see. In the end, team “Get Your Heart On” (points were also given for team name creativity) walked away as the winner.

The “As Seen on TV” White Elephant gift exchange yielded many, shall we say *interesting* gifts, that changed several hands over the course of the evening. Eric Herman and Sean Gerrard seemed to know how to pick the gifts, although they never seemed to be able to hold onto them. The 14-egg capacity cooker and Ghiradelli chocolate gift basket changed owners multiple times. Even Toilet Golf was popular (no, that’s not a typo).

Enjoy the smiling faces of your teammates below! How many do you recognize with dry hair and street clothes?



Regina, Hank, Charlotte, Jos, Sheila



Jim and Tim



Sarah, Jason, Ken, Veronica



Herbie and Patricia



Dave and Lisa



Eileen and Joe



Carolyn, Tim, and Carl



Micaela and Kristen



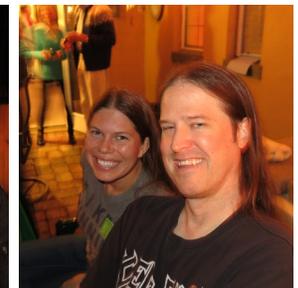
Pam, Greg, and Bonnie



Ron, Jim, Colleen, Carey, Cathy, Eileen



Livia and Tabitha



Sarah and Jason



Ashley and Jos



Marina and Cheryl



Herbie, Sheila, and Victoria



Mike and Gloria



Rebecca and Ron



Dave and Margot



Sean and Tanya (and Melissa photobomb)



Eric's first in a long line of gifts



This is a keeper!



"As Seen on TV" white elephant gift exchange



Chris, Suzzette, Dan, Charlotte, Traci



Paula and David



Wally World and egg nog



Katy, Mel and Phil



Gary and Tim



Susan



Sean looks happy



Patty and chia poo?

Phillips Brooks O Little Town Of Bethlehem

O lit - tle town of Beth - le - hem, how still we see thee lie! A -
 For Christ is born of Ma - ry, and gath - ered all a - bove, while
 How si - lent - ly how si - lent - ly the won - drous gift is given! So
 O ho - ly child of Beth - le - hem, de - scend to us, we pray; cast

Note: The answer is not given in the above picture Keep humming



Thrive in the New Year

By Regina Novak

There are several buzzwords circulating in the well-being arena, and two that come up again and again are *resiliency*, and beyond that, the concept of *thriving*. In these conversations, one of the overarching themes is the power of stress. Can we turn stress into growth, instead of crumbling under its weight?

The National Wellness Institute, a leading organization in the well-being industry, has worked with experts in the field to develop curriculum addressing stress and how we can transform it into the ability to thrive and reach our higher life potential. For more information on their findings, visit www.nationalwellnessinstitute.org.

Resilience is the innate ability to meet stress head on and transform it into growth. When stress comes on, our resiliency is what allows us to bounce back, learn from the experience and become stronger from it. When we build our resiliency, we have a greater capacity to reach the point of thriving, meaning we are improving ourselves, enlivening our life and reaching for our full potential.

Unfortunately, too many people just cope with stress and life, and accept “getting by.” When we choose to operate like this, we are coping in a negative way, leading to poor health outcomes due to stress.

The first question you need to ask yourself is what are you willing to tolerate? What are you willing to settle for in both your personal and professional life? Are you ok with where your life is, or do you want more? Do you wake up everyday in the same routine, or do you want to wake up every day with zest and excitement about how you will live your life to its fullest?

Stress is an inevitable part of life. We encounter a stressor, good or bad, and there is a response. What happens in between the stressor and the response determines whether stress harms our health, or if we can use the stress as a source of growth.

Our lifestyle and health habits play a major role in how we deal with stress. People who are engaged with healthy habits, like sound nutrition, physical activity, plenty of sleep and a good support system, fare much better when facing stress as opposed to people who cope with stress in negative ways.

When we positively cope with stress, we pause between the stressor and the response. Stepping back, taking a breath and really evaluating the stressor allows you to think clearly and choose an appropriate response to whatever challenge is facing you. When we choose the negative coping approach, our response is more automatic; instead of pausing, we make a snap, and sometimes rash, choice on how to respond.

Try this exercise to help you deal with the stress in your life:

1. What area of your life has stress? Is it health related stress? Occupational? Sometimes we struggle to identify what is bothering us, and the first step to managing stress is to identify that it exists and is affecting you.
2. How do you respond, and how can you respond better? Perhaps you are not responding to it at all. Look carefully at your response and determine if there is a better way to deal with the issue at hand. What are your strengths in coping and what are areas you could improve upon?
3. What is your goal, both short and long term? Where are you now, and where do you want to be?
4. What is your first step and how do you plan to commit to that step?
5. How can you lift yourself and find positivity and joy in life?

As Masters swimmers, most of us likely have a stronger level of resiliency than the average person, but it doesn't mean we cannot continue to grow and find new ways to thrive in every aspect of our life.

I hope that we all thrive and live a life full of zest in 2019.

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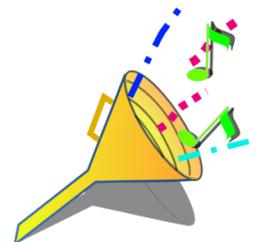
From Coach Gary Bastie: Happy New Year!

Besides all of the great things that happen during each new year, most of us make new year's resolutions. And, what are they? They're promises we make to ourselves which we hope we'll either keep or won't have to, depending on the situation. They make us feel better about ourselves, at least for a while, eh? But once the alcohol wears off, reality sets in and we're no better off than we were before. So, I've dedicated this article to helping those of you who forgot to make any new year resolutions and here's how to do just that.

In order to make a resolution, you must be resolute or steadfast, as they used to call it. That means you want to accomplish something. If it were me, I'd make it something easy so I could get it all out of my system and then go back to whatever it was that I was doing. But, if you aren't like me, then you need to find something to be resolute about. Here are a few suggestions I put together over a couple of beers on New Year's Eve: The darn napkin kept getting soggy though so bear with me.

1. Making it to practice more often. Now that's a goal we all have but, rather than making it every day, set something that's real and attain-able. For instance, if you aren't swimming more than once a week, try twice a week. And, make one of the days a weekend day OR, perhaps an a.m. practice or a p.m. one, depending on which you prefer or whichever fits your schedule. That way, you might be doubling your output but 2 per week. isn't going to break the bank.
2. Learn a new turn, stroke, or drill. Nothing says "I love me" more than learning something new like that. Hey, you can even re-learn something you used to know. That way you need not break new ground, just uncover what's under it.
3. Learn to sing some other song (in your head) when you swim. Maybe your Top 40 needs to be downgraded to Oldies and something new has to take its place. After all, you can only swim so far on "100 Bottles of Beer On The Wall".
4. Get a new suit. We've all know when the other person's suit is too far gone and when the local vice squad's been alerted. The problem is, we don't see our own suit that way. Instead, we like getting our money's worth (at the expense of furthering sex education for the onlookers). So, if that shoe fits, get another suit, will ya?
5. Parking. We all know about the one way parking in the Northshore lot but, how do you park so that you can make a fast get-away? Since it's all one-way now, maybe backing in's the ticket. That way, whatever's in front of you better get out of the way. With the old method (of driving into a slot), we used to be more careful while backing out but, with the new way of backing in, we can step on it as soon as our butt hits the seat. On second thought, never mind.
6. The Newsletter. I love our newsletter and so do many of you. OK, so what? Well, how about contributing something to it say, at least once a year? That way, poor Livia won't have to write the articles under assumed names any longer. And, what about the pictures? If you take any, share them so the rest of us can laugh too.
7. Swim meets, open water swims, postal swims, timing, etc. Now that I've gotten that off my chest, just think about entering one or helping with one this year. Some clubs have you sign up for a committee when you join. For instance, it could be the Timing Committee, the Helping With Meets or Open Water Swims, or something like that. Well, since many hands make the work light (or is it the light work???) , why not volunteer? And, once Tora, Livia, Cheryl, Katy, or someone else gets up off the floor, I'll bet they'll be happy to have your assistance.
8. Kids' events. Did you know that SPA can always use the help? Maybe just once a year, why not volunteer? It's a lot of fun and you get to see the next generation of Masters swimmers in the making.
9. Here's one that you probably didn't think of. The only reason I did is that it's part of my job. And, what is it? It's getting to know our newer members. In fact, we average about one new person each week. Some weeks have several while other weeks may have none but, it's about 1 per week. What that means is that there are always new people to meet. Some might be in another group (Sharks, Stroke, Tri's, or Fine Wine). It doesn't matter, just extend a warm welcome and you'll find that we have some pretty interesting folks on our team and I mean that sincerely.
10. Saying thanks. Members of the Board, Fred, timers, counters, lifeguards, pool staff, etc., all appreciate hearing a simple "Thanks". Considering that we have one of the best facilities in the galaxy and we're able to attend some of the best events in the solar system, show your appreciation because few have what we do. And, while you're at it, "please" goes a long way too. Examples, are "Thanks officer, I really needed that ticket" or "Please move, I was driving on the sidewalk before you got here." I think you get my drift.

So, there you have it, my suggestions for 2019. Like 'em or not, I think I've touched someone and we'll have to wait and see who. Have a great New Year!



Mornings at NSAC

For those of you who are not on Facebook, you may have missed out on Sarah Swoch's beautiful photo series of North Shore Pool sunrises. I've asked her to write a little about how it started and to I could share a few of her images ... enjoy!



Sarah and Melissa all smiles after AM workout

About a year ago I decided to return to a regular swimming routine after quite a few years of on and off swimming. I noticed that making a comeback had gotten far more difficult and the sore muscles and slow times made me think I should be a little more consistent. So, I tried to make it to swim practice four times a week after work. It quickly went from four to three to two and sometimes less as I found myself at work for an event or tutoring or a club too late to attend swim practice. Coach Gary kept telling me to try the morning, just hop in at 6 if 5:30 is too early. With increasing work-related stress, back pain that always coincides with a lack of swimming, weight gain, and increasing anxiety, something needed to change, so I figured I would upend my whole schedule and go for some morning swims. My students are better students if they go for a bit of a workout in the morning, I'd probably be a better teacher if I went for a swim before I start my day. I do find 5:30 a little early for me, but I knew I made the right choice when I finished my first morning workout in many years watching the sunrise over the bay with my teammates.

We have it pretty good here, swimming all year, outside, in a world class pool with a competitive and supportive team. For me, it has made all the difference in my day to wake up to swim. When it is difficult to drag myself out of bed, I still manage to do it so I can get a glimpse of the sunrise. If you happen to see my Facebook feed then you know I tend to post a picture each day I swim of whatever the sunrise brings that day. It is a predictable and dependable event, yet it is unique and beautiful each morning. The colors reflect off the pool making it magical, swimming into the sunrise and swimming into the day.



November 8



November 14



November 15



November 19



November 21



November 22



November 26



November 27



November 29



November 30



December 3



December 4



December 7



December 10



December 11



December 14



December 19



December 20



December 29



December 31



More Than Meets the Eye

Many of us have seen Josh Smith's magnificent photos ... from his hikes climbing the Vignemale to his flights above the clouds. Inspired by Sarah's series and knowing that the solstice could provide a stunning sunrise, he asked Rebecca Hansen for permission to set up his equipment on the roof above the locker rooms at North Shore to try capture the beauty we get to witness many mornings.

It's not just another pretty picture. The two photos took nearly 3 hours of prep, consultation with the Photographer's Ephemeris, and over 2 hours of post-processing. That doesn't include shooting approximately 300 photos in 35 minutes, camera and lens cleaning. All this work to get just one photo. But he says, "I hate to call it work. I love it." And we get to reap the fruits from his labor of love.

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