



## 2020 AWARD WINNERS

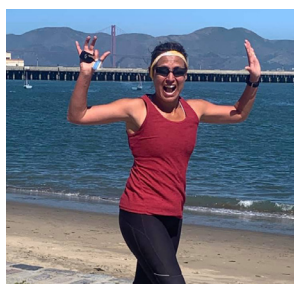
*Joe Kaniewski*

One of the great features of DSE is that we have a rich history of women who are both inspirational athletes and volunteers that go above and beyond. Whether it is Sister Marion, Dr. Joan Ulyot, Jeanie Kayser-Jones, Janet Nissenson, Wendy Newman, Ada B. Thomas, or Jane Colman, DSE is lucky to have had so many talented women as members that contribute and inspire other members to bring their talents to the club.

This year we honor the contributions of two more great members who are women. Stephanie Soler is this year's recipient of the Walt Stack Award. Like Walt, Stephanie's enthusiasm for DSE is infectious, as witnessed by her bringing new members to the club. What members don't always see is that Stephanie does a lot of work behind the scenes to improve the operations of the club as Senior VP. During the last year, Stephanie improved our membership system, helped launch and schedule our virtual races, and improved our weekly email communications. Stephanie not only shares new ideas but puts in the work to implement them.

Phyllis Nabhan is our 2020 Lifetime Achievement Award winner. Phyllis is not easy to miss at DSE races, as she is one of our most enthusiastic turtles. She has helped at our finish lines for over 20 years, served on the DSE Board, and takes some of the most artistic photos of our DSE photographers. It's not a DSE Race until you hear Phyllis's laugh and friendly voice.

Please join me in congratulating this year's winners!



*Congrats,  
Steph and  
Phyllis!*



## From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

Cooler weather and rain have arrived to make our virtual runs a challenging strategy of weather forecasting and planning. I know I really enjoyed running again at Baker Beach and the Presidio in December, despite the muddier conditions. Look for some exciting virtual courses in the next few months.

I ran in several socially distant "pods" as a way to beat Covid restrictions burnout. On Festivus, I ran the Rainbow 5K in a small socially distanced group who was decked out in winter season sweaters and elf attire. It makes you miss our group races and seeing other turtles in racing form. Hopefully we can get together soon.

Did you hear that San Francisco got its own mysterious monolith like the one that appeared in rural Utah? Of course our version was made of gingerbread. And rather than remove it, SF officials calmly reacted by stating that rains and raccoons would take care of removing the structure. And they did.

We had over 40 DSE members show up for the first DSE Virtual Run raffle in December. Six different members came away with prizes. Seeing some of the DSE turtles who I haven't seen in over 8 months was a reward enough. Over 60 members qualified for the January raffle by

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running our December races and 26 members attended the raffle drawing.

15 members attended December's Zoom yoga session, where attendees gave our resident yoga teacher Janet Nissenson a surprise \$200 Amazon gift card as a thank you for this year's classes.

Since we won't be able to meet in person for our annual awards dinner this year, we have decided to give out the annual DSE awards now. (We are going to reschedule the DSE gala for this summer as a picnic/post-Covid party). Check out my article where we honor this year's winners.

Need a New Year's goal? What about doing the "Nifty 90" Bay Area hikes? This time of year it's nice to schedule your race calendar and set goals for the year. With Covid, races and goals are up in the air. What about climbing the Bay Area's highest peaks for 2021? [Here's a link to the list](#). First Turtle to do it wins a bottle of champagne or DSE swag?

I recently came across the following poem from Irish suffragist Eva Gore-Booth about dealing with difficult times. I hope you appreciate it as well.

I have come forth from dark distress  
Into the singing light again  
The ancient lift of loveliness  
Pours onward flooding through my brain

## CLASSIC STU-PEDS

Stu Ruth



THAT'S WHY HE RUNS IN THE MORNING - SO HE DOESN'T HAVE TO WORRY ABOUT IT AFTER WORK.

A dweller in dim corridors  
And caverns of a twilight land,  
Now have I found the windy shores.  
The living waves, the yellow sand

I run, I sing, I swim, I dive,  
I fly along the dawnlit wind  
I am alive, alive, alive  
High tide and sunrise in my mind.



*The Golden Gate.*  
© 2020 Terri Rourke

## THE VOTES ARE IN!

Amber Wipfler

It's official: Stephanie Soler will be returning to the DSE Board as the Senior Vice President, and Akemi Iizuka is our new Treasurer. We could not be more excited to have these two extraordinary women on the DSE leadership team, and are deeply grateful for their commitment to our club. DSE will be celebrating its 56th birthday this year, thanks to the tireless efforts of our Board members and volunteers. Now let's keep it going for another 56 (and then some!)

## ZOOM RAFFLE 3: THE THREE-QUEL

It's baaa-aack! Participate in at least four of January's virtual races to get an entry into the monthly raffle for DSE swag. Then join us for an online drawing and get-together, so we can see all your lovely faces sans masks!

Here are the Zoom details:

Topic: DSE Virtual Races Raffle  
Time: Feb 6, 2021 07:00 PM Pacific  
Link: <https://us02web.zoom.us/j/83080680238>  
Meeting ID: 830 8068 0238

Can't wait to see you there!

### How to contact the DSE News

The DSE Newsletter is published monthly for the DSE Running Club.

#### Contact:

Amber Wipfler, Editor  
Email: [weenerdog@gmail.com](mailto:weenerdog@gmail.com)

#### Contributions:

We encourage our members to submit articles and photos for inclusion in the DSE Newsletter. Please send your contributions to the editor at the above e-mail address. Members without e-mail accounts can send their contributions to the DSE general mailbox (see address at right).

Please note that submissions may be edited for length and clarity.

#### Submission Deadline:

Please submit your material to the editor by the 25th of each month if you would like it to be published in the following month's newsletter.

### How to contact the DSE

#### Mail

DSE Runners  
P.O. Box 210482  
San Francisco, CA 94121-0482

#### Website/Membership Application:

[www.dserunners.com](http://www.dserunners.com)  
Webmaster: Rob Snaveley  
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

# HANGOVER RUN

It was a dark and stormy morning...DSEer's arrived at the Golden Gate Bridge for their annual New Year's Day "Hangover Run" only to find themselves ankle deep in water. There were pumps pumping water to no avail. Ken Reed was our Race Director that morning and advised the gathering that the traditional course had to be changed. For the first time, we would not be able to run the bridge. Instead, we sloshed around the Presidio for about 45 minutes, soaking wet and sometimes up to our knees in water. I don't recall if anyone cared about the "First 5" finishers. Ken gave out special "Hangover Race" T-shirts and we were lucky to leave with no drownings.

That was long ago, sometime in the previous century. The Hangover Run was once one of our flagship races with attendance rivaled only by the Double Dipsea. Then came the high permit costs for running on the bridge and the race was dropped. Today, in fond memory, we arrive at the bridge on New Year's Day morning, greet each other with best wishes for the new year and cross the bridge at what ever pace we choose. It is no longer a competition.



*Continuing the tradition on a beautiful New Year's Day.  
Happy 2021, DSE!  
© 2021 Wendy Newman, Terri Rourke*



# REFLECTIONS ON THE NEW YEAR

*Barbara Robben*

It has been a year for improvising. In my case I like to improvise and the year has offered opportunities, although I know circumstances have been difficult for many, and I'm sorry for that.

I've been thinking about human history and the challenges that have been faced by the people who came before us. Right now we have an interlude when we can pause and evaluate our expectations and the realities, both. When our shelter-in-place orders were issued on March 17th, it brought to a close some activities that I like to do: running, swimming, and triathlon events. Though it changed my weekly pattern, it seemed natural, because everyone was in a similar situation. Likewise with live theater-- suddenly, no one was attending. It reminded me of WWII on the homefront, when folks were adjusting to the new situations, day by day.

I've been grateful that I have been able to walk for everything that I need, because modern transportation systems and their costs have been on my conscience lately too.

I'd like to select the day of Saturday, November 7th for a story. I was up early, and it was quiet. All at once a huge flock of crows flew overhead, squawking "caw, caw, caw, caw, caw!" Dozens of them. Why was that? Then there was a peaceful interlude, with what seemed like singing. I went outside to investigate. Linnea, my granddaughter, was with me that day. She heard the sounds too. "Let's go see," I said.

Ever the resourceful, modern girl, Linnea pulled out her cell phone. "It's the election," she said. "It's been called." We followed the sounds to Marin Circle, a block away. A dozen folks were in the middle of the circle, by the fountain, dancing and playing noise-makers. "Linnea, you're a dancer," I said. "Why don't you join them, while I run back home to get some music-makers," which I did. I selected a slide whistle, a stadium horn, and some others. By the time I was back, the crowd had grown. I could not play my wind instruments with my mask on, so I climbed up on the balustrade which surrounds the circle, and I sat somewhat secluded among the geraniums as the crowd grew, and the automobiles too,

*...continued on p. 5*



# DSE PEAK BUSTERS

*Mike Pechner*

Walt Stack was way ahead of his time when it came to equality, women's rights, racism and sexism. He was a pioneer and always was on the "Left" side of justice. Walt was a labor organizer and labor leader. Running clubs in the Bay Area in the early and mid-1960's were largely male only. Two of the oldest and best known races in America behind the Boston Marathon--the Dipsea and Bay to Breakers--were open to male registrants only. If women did run, they were unofficial and in some cases were removed from the course.

Walt opened up the DSE to women and embraced their participation before anyone else. As a consequence, the DSE attracted world-class women athletes including Dr. Joan Ulyot from Stanford and our own Sister Marion Irvine, the original "Flying Nun."

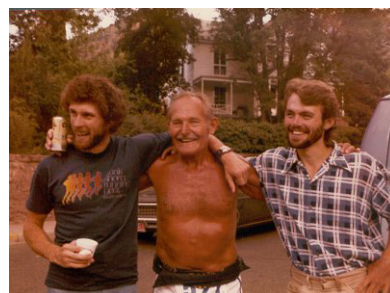
The Pikes Peak Marathon was named after its Colorado namesake. Anabel Marsh was the first President of the Peak Busters, a group created to encourage women to run Pikes Peak. I don't remember the first year the DSE ventured to Manitou Springs, but it was sometime in the 1970's. Folks that were interested in participating carpooled to Colorado. Walt thought that becoming acclimated to the altitude was important and the group spent at least five days before the race running at altitude.

I made my one and only trip to Pikes Peak in 1983. I had a small VW diesel pickup truck with a camper shell, so Ken Sherman, his girlfriend and I took off on a Wednesday afternoon and drove all night to Manitou Springs. We took turns sleeping in the camper, riding shotgun, and driving. We arrived into town late in the afternoon. We met Walt the next day and because we arrived with only one day to get some practice runs, he suggested we go up above 11,000 feet for training runs to test our conditioning. Walt had been running at altitude for a week and ran circles around us.

The marathon is held over two days with the round trip on the first day and the ascent on the next day. [Editor's Note: in later years, the ascent was on Saturday and the round trip on Sunday.] I decided to volunteer on the finish line on Saturday and run Sunday, giving me an extra day to acclimate to the altitude. It turned out to be a lucky decision. The runners doing the round trip were coming off the hill and across the finish looking as if they had been through a meat grinder. The steepness of the terrain and the pounding of the body irritates the kidneys and many of the runners were coughing up blood. I didn't feel any shame to just run one way to the top

and that's what I did on Sunday. It's 14.2 miles to the top. You can actually run the first half, although like the Dipsea, you lose a lot of energy trying to get by slower runners. The best part of the course is running just below the tree line at Barr Camp from 9,500 to 10,500 feet. It's a wide path with a gradual grade. I got to the halfway point, covering a 12K distance in around 1:50. My goal was to crack 4 hours on the ascent. When I got above 11,500 feet it was two steps forward and one back with a rest in between to recover. Above 13,000 feet, it was brutally slow, with steep terrain and a very rocky path. My finish at the top was 5:08. The rest of the DSE Peak Busters and Walt Stack had run the full marathon the day before. The team gathered for dinner Sunday night, handed out awards, and headed back to the Bay Area on Monday. Even though I did the ascent only and did not make my time, it was a great trip despite its difficulty, and I was happy to be able to put another notch in my belt. If it hadn't been for Walt Stack inviting me to come along and inspiring me as he did for so many people, I probably would not have had the experience of a lifetime! Thanks Walt.

*Jane Colman adds:* I ran the ascent three times, each time a little faster than the last, and the round trip once. Being a very cautious trail runner, I took nearly as long coming down as going up, or I would have if while going up I hadn't had to stop and move off the trail many times for groups of downhill runners to pass me (it was much easier when I could just keep moving and didn't need to start up from standing still). Going down, I decided that I needed a pacer, but since I didn't have one I talked myself through every rock and root (also, near the top, I saw a few of the Arkansas women still heading up and, knowing they would never make the cutoff, tried to say something encouraging, but instead, since I was looking at them rather than the trail, I did a face plant right in front of them). Never took a pit stop, and when I got to the finish I was afraid, since it was so late, that if I left the massage area I would not get a massage, so I waited another hour. I wasn't the last finisher, just under 9 hours, but I was close.



*Walt at the finish of the Pikes Peak Marathon, cold beer in hand.*

## REFLECTIONS

...continued from p. 3

As a former bugler in a WWII color guard, I love playing loud music, especially outdoors, and the chance doesn't come along that often. On the slide whistle I was able to play "America the Beautiful," which seemed appropriate, and it was piercing enough to compete with the ever increasing car horns. Also, take a look at the two patriotic stadium horns that I had, as if in anticipation of this day. They are in three colors, in three separate sections, and I discovered that I could use them as a trombone of sorts, and actually play a tune. I chose "Yankee Doodle Dandy."

The celebrating went on for several hours, which is when a San Francisco Chronicle photographer took this picture.



Toward the end, Linnea and I had another goal: It was to walk an additional three blocks to Thousand Oaks Elementary School, to pay tribute at the school that Kamala Harris attended as a child, being a student there beginning in 1969.

Let's all try to stay flexible and alert in 2021.

## DON'T FORGET TO RENEW!

There are lots of fantastic New Year's resolutions to put on your list, but #1 among them should be to renew your DSE membership (if you haven't already!) It couldn't be easier: just go to <https://www.joinit.org/o/dserunners>. Remember: active membership is required to get in on the virtual race series and raffle, so don't delay--renew today!

## FROM THE ARCHIVES



Theo Jones shared this 1980's photo of Walt Stack surrounded by the ladies of DSE (his favorite place to be). Can you spot Phyllis, Wendy, and Jeanie?



Phyllis Nabhan posted these photos of Walt sharing a post-race smooch with Ruth Anderson, and another of him running in his famous wig.  
© Pat Cunneen

Want to share some blast-from-the-past photos of your own? Post them on the [DSE Facebook Group](#) or email them to [weenerdog@gmail.com](mailto:weenerdog@gmail.com).



# HAWAII 50-MILE CHALLENGE

Jim Buck

In the month of October last year, Jane McFarland and I took the opportunity to complete the 50-mile Hawaiian Airlines Holoholo Challenge on the Island of Oahu. It was the *Mauka to Makai*, beach to mountains, course which took us on a tour of the southeast section of the island. We ran from the windward beaches at Waimanalo, south around the tip of the island to Hawaii Kai, then around to Diamond Head, Honolulu and Pearl Harbor before crossing the mountains and circling back to the windward beaches.

This excursion through paradise was an experience to remember, but not for the reasons you might think. Sure, it was our first-ever 50-mile race. However, we were given the entire month to accomplish the distance. We could do it all in one go—or break it down into reasonable segments and string it out over several runs. We chose the latter. A flight to Hawaii was also never in the cards. This was a “virtual” race. You were in Hawaii, but only in your mind! Nevertheless, it was beautiful to imagine. Virtual races have been commonplace since the scourge of Covid-19 took hold. Those crowds of people packed close together, sweating, coughing, and bumping into each other have been verboten since March 2020.

Jane and I have already done close to three dozen virtual races this year. You run or walk them anywhere you like, self-time the course, and submit your results to the sponsor. The honor system is the rule here. I was a skeptic at first, but the virtual runs have provided an incentive to hit the streets and trails to keep in shape. Local running clubs like DSE or LMJS list the results, as if it were an actual race. This allows us to see which runners and walkers are still out there keeping fit. Exercise is one of the critical weapons we have in our battle against this invisible contagion.



*Holoholo swag!*  
© 2020 Jim Buck

But how did we do in the Holoholo Challenge? Using my current run-walk scenario, I did 11 separate activities of varying lengths in various SF Bay area locations, finishing in 3,152nd place with 54 miles. Jane did 10 run-walks, finishing in 4,676th place with 51 miles. There were 7,711 total finishers. Strangely enough, the finishing place was based on how many total miles were run, not on the fastest pace in completing 50 miles. I totaled 54 miles, while the race winner completed 520 miles—but nearly all of his was on a bike! Never mind, I still enjoyed the event. An entrance fee for this race covered the cost of a race shirt and finisher’s medal.

*Holoholo* = Hawaiian for hike, walk, cruise

*Mauka to Makai* = Hawaiian for beach to the mountains

## GET YOUR YOGA ON



*Proof positive that yoga is a mood enhancer!*  
© 2020 Stephanie Soler

Cross-training is (or should be!) an essential part of every runner’s workout routine, and what better way to train both mind and body than yoga? Janet Nissenson is ringing in 2021 with twice weekly yoga classes, designed to stretch, strengthen, and increase that mind-body connection. Visit our [Facebook Group](#) for the Zoom links, and make a resolution to give yoga a try this year!

## ...AND YOUR ZUMBA!



Riya Suising’s Zumba classes are like an 80’s dance party come to life! Whether you’re a beginner or a seasoned Zumba pro, you’re guaranteed to get a great workout while having a great time. Check out [riya.zumba.com](http://riya.zumba.com) for the class schedule.



# VIRTUAL RUN SELFIE WALL

*Go turtles go!*



Photo credits © 2020/21 Peter Lee, Wendy Newman, Dan Osipow, Amber Wipfler, Riya Susing, Phyllis Nabhan, Jeremy Whiteman, Stephanie Soler, Marianne Plunder, Amy Sonstein, Liz Noteware, Kali Zivitz

# Virtual Weekly Race Series

## JANUARY 2021 VIRTUAL RACE SCHEDULE

Hello Turtles! Here is the Virtual Race Schedule for January 2021. Please email name, age, gender, and results to [dsevirtual@gmail.com](mailto:dsevirtual@gmail.com) by 3pm Sunday each week. Be sure to include the name of the race in the subject line. As always, you can run our suggested course or a similar course close to home. Members who complete at least four of the five January races will be eligible to win prizes in next month's raffle. Stay safe, and happy running!

A big thanks to our wonderful volunteer race results preparers Jim Buck, Marsi Hidekawa, Jane McFarland, Wendy Newman, and Terri Rourke!

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Note: The 2021 Kaiser Permanente Half Marathon/10K/5K will be virtual, and can be completed anytime between January 7 and February 7, 2021. You can get all the details and sign up here: [Kaiser Permanente San Francisco Half Marathon Registration](#)

### **December 28 – January 3: Polo Field 5K - [Course Map](#)**

Course description: Start at the south side of the Polo Fields, up the hill from the intersection of Middle Drive and MLK Drive. Run westbound/downhill on Middle Drive, turn right onto MLK, right on Bernice Rogers Way, and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

### **January 4 – 10: Stern Grove 4M - [Course Map](#) - [Strava Map with Elevation](#)**

Course Description: Start at the intersection of 33rd and Wawona. Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

### **January 11 – 17: Waterfront 10M/5K - [Course Map](#)**

(Please choose EITHER the 10 mile OR the 5K option)

Course Description (10M): Start outside the Dolphin Club at Jefferson & Hyde Streets. Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Willie Mays Plaza (Oracle Park), left onto Third St, cross Lefty O'Doul Bridge, veer left then curve right onto Terry François St, left on Illinois St. Turnaround is at 1192 Illinois St (just before 23rd St). Return the same way to finish.

Course Description (5K): Starting outside the Dolphin Club at Jefferson & Hyde, run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Pier 9 entranceway, turn around at black/white vertical post and return same way to finish.

### **January 18 – 24: Rockaway Beach 5K - [Course Map](#) - [Strava Map with Elevation](#)**

Course description: Start at the Rockaway Beach parking lot (near Dondee Way and San Marlo Way in Pacifica). Run southbound on beach promenade, left onto Rockaway Beach Boulevard, right onto Nick Gust Way. Continue over footbridge. Veer right and run along paved path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at 1.55 miles and return the same way to finish.

### **January 25 – 31: Great Highway 5K - [Course Map](#) - [Strava Map with Elevation](#)**

Course Description: Start at Taraval and the Great Highway. Run 1.55 miles to Lincoln Boulevard and return the same way to finish.



# Membership Information

The DSE was founded in 1966 by members of three clubs who were also interested in running — the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club. The DSE has grown into San Francisco's largest running club with about 450 members. Due to current public health guidelines, the club is holding weekly virtual races, with courses that range in difficulty and distance. In a virtual race, members may complete our suggested course or a similar course to home, and email results to [dsevirtual@gmail.com](mailto:dsevirtual@gmail.com) by Sunday at 3pm. There is no additional race fee for virtual races.

## 2021 Membership Pricing

- Adult Membership: \$20
- Child Membership (under age 18): FREE

*Membership pricing includes email newsletter. Members can opt to receive a paper newsletter mailed to their homes for an additional \$10 per year.*

Membership purchase is available online at <http://dserunners.com/membership>.

Membership questions? Email [seniorvp@dserunners.com](mailto:seniorvp@dserunners.com).

# Folding Session

Folding sessions are on hold until its safe to hold gatherings. In the meantime, we can't thank Jane Colman enough for taking care of the newsletter printing, folding, and mailing!

# Weather Report

Meteorologist Mike Pechner

After rain in the first week of January, dry mild weather returns for the 2nd weekend of the New Year. Drought conditions will continue through mid-month and beyond with cold mornings but above normal afternoon temperatures around the Bay Area, including the coast. Some record highs are possible. The only opportunity for rain will be in the final few days of January; otherwise rainfall for the month will be well below normal .

## ◆◆◆ Club Officers & Coordinators ◆◆◆

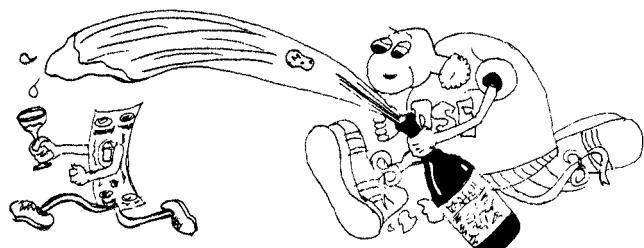


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RETURN SERVICE REQUESTED



# Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## JANUARY

1	Lina Khatib	13	Judith Jarosz	23	Yong Haber
	Bill Marlow	19	Mike Rouan		Phyllis Nabhan
	Ryiah Nevo	20	Veronica Romero	27	John Garvey
	Tom Ross				Oliver Ng
	Tania Tour-Sarkissian				Maria Pantoja
2	Matt Cayabyab			28	Scott Johnston
3	Jim McBride				Felix Menjivar
5	Barney Langner Jr.			30	Marianne Plunder
	Wilder Kagay			31	Scott Jacoby
8	Kate Aks				

P.S. Is your name missing? It's because you haven't renewed your membership (or it's still processing). Do it today! :)