

DSE NEWS



57th Year

December 2022

HAPPY HOLIDAYS, DSE!

Amber Wipfler

It's hard to believe that we're heading into the final month of 2022, with a new year on the horizon. After two years of Covid turmoil, this year saw things return to some degree of normalcy, with a full slate of in-person races, an outdoor Gala, and the best club picnic in memory. For many of us, our running practice and our running club were a constant, something we could count on even during the craziest of times. (Or to quote my mother: "When all else fails, go for a run!")

With the holiday season upon us, DSE would like to extend its gratitude to all of our members, volunteers, and race participants. Thanks to all of you, we've kept this club going for over five decades, and if we keep it up we're sure we can go for at least five decades more. (I, for one, have every intent on being at the DSE Centennial, even if you have to wheel me in!) A special thanks is owed to our Board members and volunteers, who put in so many hours behind the scenes to ensure the success and sustainability of our weekly races. You guys rule!

On behalf of all of us at DSE, have a wonderful holiday season and a new year full of PR's, functional joints, and lots of fun on the roads and trails. See you in 2023!



We are so grateful for all of our turtles! Happy holidays!

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From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

We had great November races at Presidio Wall Park, Mori Point, and Fort Mason to Fort Point on Thanksgiving weekend. A big shout out to Marsi Hidekawa for creating the new Mori Point race. It has clay, blacktop, and gravel surfaces with hill and flat sections and ocean, wetland, and hill views that were spectacular. Thank you Marsi for taking the time to make this great course happen.

Congratulations to DSE runner-super volunteer Chewey Lam for running the New York City Marathon in November. Chewey continues to impress with his steady race improvements and his race times in spite of his medical challenges. While the weather was unseasonably warm and humid on marathon day, Chewey gutted it out. His performance was recognized by Achilles International with a free trip to Disney World and the January 7th, Disney Half Marathon.

The Friday and Saturday before the California International Marathon it poured rain. And while we loaded up the bus shuttles to Folsom on race day, it rained. Luckily the sky cleared and a number of turtles took part in the big challenge. The DSE showing included Yoly Pantig, Daniel Henry, Chikara Omine, Jerry Flanagan, the Gullis (Sarah, Michael, and Vincent), Riya Suising, Noel Bautista, Kenny Crampton,

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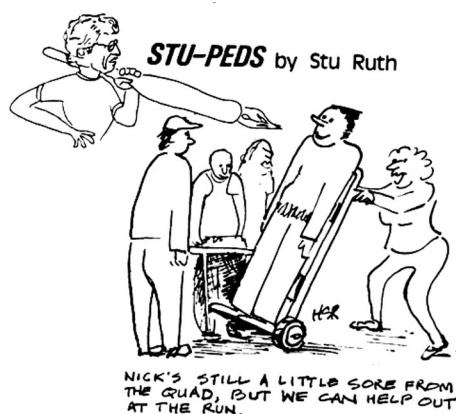
Margit Fouk, Katia Stern, Rebecca Teichmann, Amanda Ables, Akemi Ilzuka, David Tran, Chris Bogan and me. Congratulations to one and all.

I love learning more about our runners. During a recent training run in Golden Gate Park, I got in a spontaneous run along with Ruth Rainero. Ruth is an experienced Impala racing team runner and at 68 is inspiring all of us with her speed and sportsmanship at DSE races. Her husband, Peter de Haan, is also a regular DSE race participant, who wins his age division and turns in top 10 finishes. I am thinking that Ruth and Peter must be one of our fastest running couples. Did you know their son Benjamin De Haan represents the Netherlands in international competition, is sponsored by ASICS, and has 1:02:24 half marathon and 2:13 marathon PRs to his credit? Incredible. You can follow Benjamin's running, racing, and training @benjamindehaan93 on Instagram. Who knew this fast couple also raised such a competitive runner?

Speaking of couples, congratulations to DSE couples Ben and Michelle Beeler, Grant Johnson and Yu-chen Hu, and Jason and Erica Reed, all of whom are expecting their first child in the coming months. Between these babies and Chikara and Diann Leo-Omine's little guy, we should have some pretty fast kids races in the next few years.

CLASSIC STU-PEDS

Stu Ruth



There is still time to register a DSE team for the Christmas Relays on December 18. As a club we will take the day off from hosting races and have some fun competing.

For December we have some great races planned. We've got Baker Beach, the Windmill 10K, and Rainbow Falls Festivus race on tap. Please note that with Christmas falling on Sunday, we will move our DSE race to Saturday morning at 9am. If you are looking for a quick run on Friday, December 23, I invite you to join Back on my Feet for our 7am run/exercises at Civic Center. In keeping with our 4-year tradition, we will do the 12 exercises of Christmas song and routine followed by an easy jog down Market Street. I'll be bringing

my Santa suit and candy canes for distribution.

Speaking of festival occasions, I always like to give books as gifts. This year I got an advanced copy of Born to Run 2 from Knopf Publishing. So please check out my book reviews later in the newsletter for gift ideas and my first official review for a publisher.

Hope you all have a great holiday season and get outdoors to run in the weather. Winter is a great time to beat the elements and feel alive during a run.

PUT SOME DISCOUNT CODES IN YOUR HOLIDAY STOCKING

Ho ho ho, get your co- co- codes for some of our favorite 2023 races!

February 5, Kaiser Half Marathon
10% discount code: DSEC

March 19, Oakland Running Festival,
15% discount code: DSEOM2023

June 4, Statuto Race, 10% discount
code: dse2023



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

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 mail-box (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

Webmaster: Rob Snavelly

webmaster@dserunners.com

DSE OFFICER ELECTION 2023

Brian Hartley

Fellow DSE Runners: As we close out 2022, I wanted to provide you with an update on our elections for 2023. First, I would like to thank the outgoing officers for 2022, for their service and commitment to the DSE Running Club:

President – Joe Kaniewski
Sr. Vice-President – Stephanie Soler
2nd Vice-President – Terri Rourke
Secretary – Katia Stern
Treasurer – Akemi Iizuka

For 2023, the current officers have agreed to continuing serving in the following positions:

President – Joe Kaniewski
Sr. Vice-President – Stephanie Soler
2nd Vice-President – Terri Rourke
Secretary – Katia Stern

For the position of Treasurer, we have received one nomination only from Rebecca Teichmann.



CANDIDATE FOR TREASURER:

Rebecca Teichmann

- DSE member since December 2016
- Tri-Athlete (Run, Swim, Bowl)
- Best known for: recruiting new DSE runners at inappropriate times (bars, BART, waiting for the elevator at work, at the dentist).
- Hopes and dreams as DSE Treasurer: to work with the board to maintain long term financial health of the club so we may all continue to live long healthy lives. But also spend club money on projects/events that matter.

Qualifications: 8 years in Investment Operations. MBA. Loves dogs & DSE.

Since there have been no other nominations from the DSE membership, the officer positions are uncontested and hence the elections for 2023 are officially closed and the officers listed below are unanimously voted in for the coming year. They will then serve the DSE through December 31, 2023.

President – Joe Kaniewski
Sr. Vice-President – Stephanie Soler
2nd Vice President – Terri Rourke
Secretary – Katia Stern
Treasurer – Rebecca Teichmann

Should you have any further questions, please feel free to contact me.

Brian Hartley
Elections Chairman
DSE Running Club
925-719-0139 Cell

DSE JOINS THE BATTLE FOR THE STATUTO CUP

Stephanie Soler

June 4, 2023 marks the 102nd running of the Statuto Race in North Beach, and DSE is officially in the running for the coveted Statuto Cup! The Cup is awarded to the local running club/team with the lowest combined time of their first three finishers in the 8K race.

To make sure that your finishing time counts toward the Cup, be sure to select “DSE Runners” from the list of clubs for the “Select Club/Team Membership for the Statuto Cup” question during registration.

And speaking of registration, why not take care of that right now by visiting <https://runsignup.com/Race/CA/SanFrancisco/StatutoRace>? The Statuto sells out every year, and you don’t want to miss this opportunity to run or walk through picturesque North Beach (and be rewarded with a salami). Plus, DSE members may use this 10% discount code: dse202.

Buone Feste, and see you next June in North Beach!



RACE RECAPS

November 6, 2022

Presidio Wall 5K

Race Director: Brian Hartley

Volunteers: Mitchell Sollod, Phyllis Nabhan, Pat Geramoni, Paul Mosel, Joe Kaniewski, Veronica Balistreri, Vincent French, Margit Falk, Kevin Lee, Diane Okubo-Fong, Richard Hannon, George Rehmet, Marsi Hidekawa, Uliana Popov, Noriko Bazeley



RD Brian Hartley

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94 participants: 86 racers (50 men, 36 women), 8 self-timers



Pre-race hugs with Mitchell and Phyllis.

© 2022 Paul Mosel



Our goal is for everyone look this happy when they cross the finish!

© 2022 Paul Mosel

November 13, 2022

Mori Point 5M

Race Director: Marsi Hidekawa

Volunteers: Mitchell Sollod, Ken Wu Pat Geramoni, Paul Mosel, Paul Bravo Diane Okubo-Fong, Bob Marty, Vincent French, Marissa Balistreri, Kevin Lee, Veronica Balistreri, Richard Hannon, Joe Kaniewski, Debbie Symanovich, Uliana Popov, Jim Buck, Jane McFarland Stephan Fouksman



RD Marsi Hidekawa

© 2022 Paul Mosel

66 participants: 62 racers (38 men, 24 women), 4 self-timers



A new course means new course records! Congrats to our inaugural winners: Vasantha Jotwani and Grant Johnson.

© 2022 Terri Rourke

November 27, 2022

Lands End 10K

Race Director: Amber Wipfler

Volunteers: Pat Geramoni, Phyllis Nabhan, Jeorgina Martinez, Paul Mosel, Joe Kaniewski, Chewey Lam, Jay Boncodin, Vincent French, Diane Okubo-Fong, Kevin Lee, Richard Hannon, Joe Kaniewski, Jeanie Jones, Theo Jones, Uliana Popov, Terri Rourke, Daniel Henry, Ron Baxter



RD Amber Wipfler

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100 participants: 92 racers (60 men, 32 women); 8 self-timers



Good sportsmanship at the finish.

© 2022 Paul Mosel



Ruth sprints across the line.

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DEAR SANTA

In the spirit of the holidays, we asked our members what they were grateful for, and what they wanted Santa/Hanukkah Harry/the Krampus to bring them this year. Here are some responses!

Grateful for #runningthroughtheholidayschallenge (finally had rest day yesterday and dying to run today!) Santa, please continue to bring me my daily running, food plan commitment; positivity, productivity, clarity, focus, tenacity, peace, and joy in all that I am and all that I do. - *Alissa Harrison*

Grateful for health. And I want the role in play I am auditioning for from Santa/the director. - *Joe Kaniewski*

I am grateful that I am finally, finally running on a regular basis again, and I want Santa to bring me some endurance! - *Amber Wipfler*

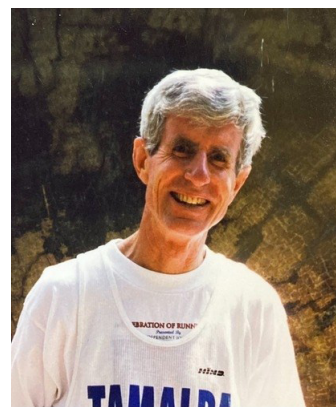
My wish is that in the DSE family, everyone see the light that this is your club. Being a club member isn't just about paying your dues. Everyone needs to give back to DSE by volunteering several times per year as a RD, race volunteer, etc. - *Kevin Lee*

Fingers and toes crossed that these and all of your holiday wishes come true this year, DSE!

RUSS KIERNAN, DIPSEA LEGEND

All of us at DSE send our sincerest condolences to the loved ones of Paul Russell "Russ" Kiernan, who passed away at age 84 on November 6. A member of the Tamalpa Runners and Dipsea Hall of Fame, Russ won the Dipsea 3 times and the Double Dipsea 11 times. He holds the Dipsea record for black shirts (top-35 finishes) with 30, and has 27 top-10 finishes to his name.

Russ will be remembered for his sportsmanship, generosity, and willingness to share trail running tips and tricks with anyone who asked. We are grateful for his incredible contributions to the Bay Area running community, and will miss him greatly.

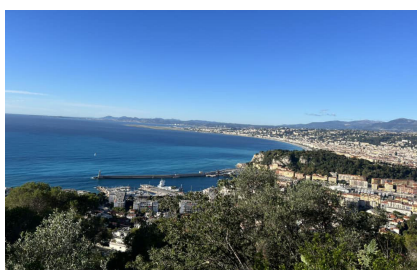


UN BEAU SÉJOUR



Top: A meeting of the marathoners! DSE's Wendy Newman and Bill Woolf reunite with a group of French runners in beautiful Nice. Bottom: The aforementioned beautiful Nice.

© 2022 Wendy Newman



GET YOUR AWARDS REPORTING IN!

If you want to be eligible for a 2022 Age Division or other annual award, the clock's a-tickin'! The deadline for the Awards Reporting Form is January 7, 2022. So if you want one of those sweet, sweet trophies, and to get the recognition you deserve for all of your hard work over this last year, be sure to get it in. We've made it extra easy for you by putting the form on the front page of our website, or just [click here](#).



Those sweet, sweet trophies.

© 2020 Rob Snavelly

BOOKS TO GIVE

Joe Kaniewski

The upcoming holidays are a time when we decompress, spend more time with friends and family, sleep more, read more and exchange gifts. One of my favorite things is to give my family and friends the gift of a book that I really like or have recently read. Here are some of my favorite recent running books and recommendations for this December.

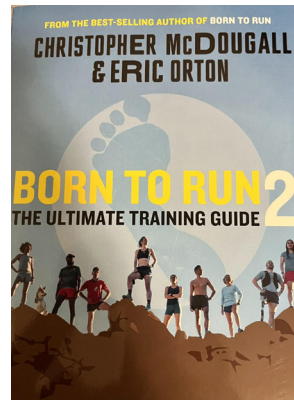
Born to Run 2, The Ultimate Training Guide, by Christopher McDougall & Eric Orion:

It's extremely rare that a book about running sells over 3 million copies. So when the original *Born to Run* did, you have to have a sequel. The original was subtitled, "A Hidden Tribe, Superathletes and the Greatest Race the World Has Never Seen" and is a great read about a frequently injured runner who discovers changes he can make to his lifestyle to get him back to running. Along the way, the author discovers minimalist running, ultramarathoning culture, improvements he can make to his diet, and exercises that help him overcome his running injuries. The book spends a lot of time devoted to shoe technology and cushioning vs. minimalist shoes and how shoe cushioning personally affects your running stride and can lead to injuries. My favorite part of the original book is the stories about the quirky athletes, the eclectic band of ultramarathoners like Micah True, Barefoot Ted, Scott Jurek, and Ann Trason who take a different path to living and running. Their journeys to ultramarathon accomplishment are interesting. And, of course, a good portion of the original book focuses on the Tarahumara people of the Copper Canyons of Mexico, who achieve success in ultramarathons competitions and have a culture that includes running.

Born to Run 2 gives you an update on these original characters and introduces the reader to a new diverse group of running heroes. There is less mythology about the "hidden tribe of superathletes." It is worth noting that Outside Magazine ran a story examining the academic reaction to *Born to Run*. Below are a couple of links to dive deeper into the subject--check them out.

<https://www.outsideonline.com/health/training-performance/tarahumara-runners-study/>

<https://www.journals.uchicago.edu/doi/full/10.1086/708810>



This long awaited sequel would be a welcome addition to any stocking!

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Quest For The Finish: Diary Of A Distance Runner, by Jim Buck:

Our own DSE member created this good book about his running career. I recently started reading it and immediately wished I had kept better records and notes from my own running. Jim has done an amazing job of compiling the sites and scenes of his 40+ years of running. From 5Ks to ultramarathons, Jim's book documents his early running in the Baltimore-Washington region to his international runs and destination races, not to mention his runs here in the San Francisco Bay Area and Northern California. Having lived in the Baltimore-Washington region myself, I really appreciate Jim's race recaps of the Marine Corps Marathon, the Cherry Blossom 10 miler, and the Northern California events like the Napa-Santa Cruz Relay and CIM. Jim also covers his injuries and records. His marathon PR of 3:02 at age 54 at CIM is pretty awesome. There is even a DSE shoutout for the Double Dipsea with a picture of our logo. I sure hope some of our younger DSE runners like Marcus, Woody, Ari, and Stephan are keeping good records on the running.

*The Brave Athlete - Calm The F*ck Down And Rise To The Occasion*, by Simon Marshall & Leslie Paterson:

As the book says, hello brain! This book takes the latest psychology and brain science to benefit you in your pursuit of endurance athletic feats. It breaks the mental challenges down to focusing on your heart, wings, and the fight. The heart section is focused on reviewing your passion, motivation and your athletic identity. The wings section reviews how you deal with obstacles, setbacks, and conflict. And finally, the fight section covers how you lock in your battle skills and compete for the event. The book is full of exercises. I learned to put in place better training rituals and watch out for triggers that can detour your training. I especially like the race day strategies that can help you overcome "the suck" on a bad race day.

Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You, by Kara Goucher:

Strong is a workbook type of book from a successful runner designed to help you build confidence and reach your goals. Filled with inspirational quotes and advice like, "Running is a

a head game!” and “There are a million reasons why you can’t achieve your goals.” The book takes you through a series of positive self talks, visualization techniques, introduces you to power words, running mantras, quotes that inspire, and motivational ideas. It a quick book with ideas that can improve your running.

Finally, I want to make one non-running book recommendation: *The Monk of Mokha* by David Eggers. It is a biography of a Yemeni immigrant who grew up in San Francisco’s Tenderloin neighborhood and dreams of resurrecting the ancient art of Yemeni coffee, but finds himself trapped in his country’s civil war. You have to read the book to find out how it goes, but I promise you will learn more about a recent group of new immigrants and coffee, its cultivation, and how it is processed, marketed and sold. It’s a good read.

AGE DIVISION POINTS 2023

Janet Nissenson

In order to make the processing of age division points smoother and less confusing for our hard-working volunteers, we are making a minor modification to the process starting in January 2023. This change specifically concerns when a runner moves to a new 5-year age division during the course of the year.

The process for this has always followed the informal June 30/July 1 rule. If, for example, a runner who was 44 years of age at the beginning of the year turned 45 on or before June 30 of that year then they would move to their new age division (45-49) on their birthday and carry forward any points they had earned in the previous division (40-44). Conversely, if a runner turned 45 on or after July 1 then they would remain in their previous division and continue to earn points there for the remainder of the calendar year. The latter part of this informal rule has caused a lot of confusion for our processors, and a lot of extra time spent making subsequent corrections.

The minor modification that will be adopted is that runners will move to their new age division regardless of when their birthday occurs – whether it’s March 1, June 1, November 1, etc., and of course continue to carry forward all points earned in their previous division. This change will take effect with the first race of 2023.

B2B 2023: JOIN THE CENTIPEDE!

Amber Wipfler

Along with tortilla tossing, costumes, and the occasional bout of nudity, centipedes are an hallowed part of the Bay to Breakers experience. In a centipede, groups of 13-15 runners compete while tethered together, while a “floater” runs alongside them to navigate (and sub in if necessary).

The origins of the centipede date back to 1970’s, when the B2B was starting its transformation from serious footrace to whatever it is now (some glorious combo of athletic feats and general debauchery). The Davis-based Aggies Running Club came up with the idea, and the first ever B2B centipede made its debut in 1978.

And thus a legend was born. Nowadays, centipedes can race competitively or just for fun. The competitive centipedes don’t mess around--after all, the B2B is the site of the World Centipede Running Championship. The current record holders are Team Linked In, who in 2012 finished with a time of 36:44. On the women’s side, San Francisco’s own Impala Racing Team holds the record with a time of 46:37, also in 2012.

That isn’t to say, of course, that the fun centipedes don’t take things seriously. Careful consideration must be put into deciding themes, costumes, and cheers. In addition, fun centipedes must abide by a number of very important rules, including “twinkie feelers” on the head of each segment and “a stinger of appropriate design and toxicity” on the end. Fun centipedes must also complete a 360 degree turn in Lindley Meadow. According to race organizers, this left-facing turn, known as a “Lenichi Turn,” was “made famous by two Eastern European centipede runners (Oscar and Igatoo Lenichi) in the 18th century.” Sounds legit!

If you’d like to be a part of this B2B lore, we have great news for you: the DSE Centipede is returning in 2023! The club will be sponsoring a team of active DSE members who have earned at least 3 volunteer points in 2022 or 2023. Those who want in on the fun should contact team captain [Riya Suising](#) for more information, and keep an eye out for announcements on our website and social media channels.

Monthly Running Schedule

All races begin at 9:00 a.m., unless otherwise noted. Gold, Teen, and Child Memberships include unlimited races; the race fee for Standard Members is \$5; and non-members pay \$10.

Because races are limited to 150 participants, members are strongly encouraged to pre-register to reserve their spot. Race registration instructions have been sent by e-mail to all active members. A limited number of non-member pre-registrations for select races are available on [Active.com](https://www.active.com) (search for DSE), and walk-up race day registration may be available, space permitting.

If you have questions about race registration, please email dseracesignup@gmail.com. See you Sunday!

Sunday, December 4: Windmill 10K - [Course Map](#)

Course Description: Start/finish at the Dutch Windmill in Golden Gate Park (JFK Drive near Great Highway). Run eastbound up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/second barricade). Turn around and return the same way back to finish.

Sunday, December 11: Baker Beach 5K - [Course Map](#)

Course Description: Start/finish at the the lower Baker Beach parking lot. Upon exiting the parking lot, immediately turn left on Battery Chamberlin Road and run up to and through upper parking lot. Exit through the gate at the far end and run east into short Battery section before completing a 0.6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire "new trail" section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish.

Please note:

Additional Parking is available in the upper parking lot off Battery Chamberlin Rd.

****Baby Strollers are not permitted for this race****

Sunday, December 18: NO DSE - [West Valley Track Club Christmas Relays](#)

SATURDAY, December 24: Rainbow Falls Festivus 5K - [Course Map](#)

Course Description: Start/finish at JFK Drive and Transverse Drive (under the overpass). Run eastbound on Kennedy Drive. Right turn (uphill) onto Stow Lake Drive. Run to turnaround cone. Then in reverse: right back onto Kennedy Drive. Run east up Kennedy Drive to McLaren Lodge. Turn around at the barricade at Kezar Drive, start back and turn right onto East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

Sunday, January 1: NO DSE - HAPPY NEW YEAR!



Skipper, the Water Fountain Gang, and the Mori Point Trio.

© 2022 Phyllis Nabhan, Rubi Kawamura, Paul Mosel

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, in-person races are limited to members only.

2022 Membership Pricing

- Gold DSE Membership: \$100
Gold members receive no-cost entry to all in-person races!
- 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.

Weather Report

Meteorologist Mike Pechner

Rainfall season is off to a great start. There will be another round of rain in the Bay Area and, more importantly, snow in the Sierra this weekend. Dry weather returns for the second week in December. A fast moving system from the Gulf of Alaska is likely around mid-month. For those that like dry weather for the holiday shopping, you are in luck with dry weather for the third week in December with mild, sunny days but cold nights with frost or freezing a.m. temps. Christmas Day looks dry but wet weather will unfold by the middle of the week with rain and snow likely through New Year's Eve and New Year's Day.



Stupendous Stow Lake.

© 2022 Kevin Lee

◆◆◆ Club Officers & Coordinators ◆◆◆



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Walt Stack

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Vince French
RACE SUPPLIES
Chewey Lam
RACE RIBBONS
TBA
SOCIAL MEDIA
Amber Wipfler
DSE RACE RESULTS
Marsi Hidekawa
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Janet Nissenson
PERMITS/SCHEDULING
Jerry Flanagan
Kenneth Fong
Janet Nissenson
Liz Noteware
Carol Pechler
RACE DESCRIPTIONS
Brian Hartley
COURSE MAPS
David Wilson
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Paul Mosel
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DECEMBER

- | | |
|----|------------------|
| 4 | Mike Pechner |
| 5 | Chris Lee |
| 6 | Kenny Crampton |
| 7 | Stephan Fouksman |
| 8 | Michael Crites |
| | Juliette Johnson |
| | George Rehmet |
| | Erin Rosenberg |
| 9 | Catherine Flynn |
| | Wayne Plymale |
| | Morgan Underwood |
| 10 | Gary Brickley |
| | Mort Weisberg |
| 11 | Amanda Ables |
| | Ashley Hazel |
| 12 | Mariya Cree |
| | Kylan Shlipak |
| | Amy Sonstein |

- | | |
|----|---|
| 13 | Patty Gee
Marco Monfiglio
Luciano Sponza |
| 15 | Noelle Fitzgerald
Rod Hall
Carol Keller |
| 16 | Andy Chan
Dave Emanuel
Darryl Leung |
| 17 | Connor Rouan
Lazaro Sanchez
Robert Sare
James Saunders |
| 18 | Robert Allen
Alice Choi
Francois Lariviere
HAPPY HANUKKAH! |
| 19 | Glen Furuta
John McCarroll
Ziggy Tomcich
Eduardo Vasquez |
| 20 | Andrea Davies
Daniel Henry
Rob Snavelly
Judith Waitz |

- 21 Sophia Baird
Virginia Rosales
Vivian Walsh
- 22 Elaine Gecht
Ryan Joyce
- 23 Jessica England
- 24 Colin Davitian
Martin Perez
- 25 Austin Nie
Sandor Mandoki
Christopher Nicita
Joseph Christian Roldan
MERRY CHRISTMAS!
- 26 Luis German
Thomas Negrel
Zara Tepedelenlioglu
HAPPY KWANZAA!
- 27 Nicolas Duquette
Peter Haine
- 28 Kimberly Johnson
- 30 Thomas Smyth
- 31 David Klinetobe
Dave Parrish