

# EASTLANE

## Our own Bridgette Janeczko has been nominated for the World Open Water Swim Swimming Association (WOWSA) 2015 Woman of the Year.

Below is a brief bio of Bridgette from the WOWSA website and here is the link to follow to vote for her! [VOTE HERE!](#)

Prolific Marathon Swimmer Bridgette Hobart Janeczko planned and successfully completed 9 swims across the New York Finger Lakes, a 156-mile charity swim for Nazareth College. The company owner and race director from Lake Hopatcong, New Jersey has her hands full, but she had plenty of energy to promote Nazareth College's Wellness and Rehabilitation Institute with her The 5 Majors & The 4 Minors Swimming for a Cause. She completed crossings of Canandaigua (15.5 miles in 7 hours 38 minutes), Keuka (19.88 miles in 9 hours 7 minutes), Skaneateles (16.03 miles in 7 hours 27 minutes), Cayuga (37.9 miles in 20 hours 33 minutes), Seneca (37.9 miles in 24 hours 31 minutes), Honeoye (4.5 miles in 2 hours 2 minutes), Conesus (8.08 miles in 3 hours 47 minutes), Otisco (6.21 miles in 2 hours 56 minutes), and Owasco (11.1 miles in 5 hours 57 minutes). For her ability to juggle so many things at once, for her serving as a catalyst to bring together the communities of the New York Finger Lakes, and for unprecedented Finger Lakes charity swim series, Bridgette Hobart Janeczko is a worthy nominee for the 2015 World Open Water Swimming Woman of the Year.



Celebrating with her Dad at the end of the Challenge on Owasco Lake

## BEST.SUMMER.EVER

Bridgette also wrote an amazing piece about her swimming to share with us! Click on the title above to read it in its entirety. A snippet from her article:

*In 2007 my step grandmother was going through all her things as she prepared for her passing due to lung cancer. She found my article from the 1979 paper stating my dream of swimming the English Channel, and asked me to promise her I'd start swimming again after she passed. I gave her the excuse of finding pool time, and she cut me off and said "If you have time to travel up here to watch me die every weekend, then you have time to swim." She was right, it is about making a commitment and then prioritizing tasks. I joined USMS at the end of 2007 and began open water swimming in 2008. [CLICK HERE](#) for the rest of the article.*

## NJ LMSC VOLUNTEERS

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## Calendar 2016

### Ongoing Events

**January 1—December 31** USMS *Go The Distance* 2016 Fitness Event. Go to <http://www.usms.org/fitness/content/gothedistance> to enter this **free** event.

**January 1—December 31** USMS "Check-Off Challenge" National Fitness Event Postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2016 calendar year. [Information](#) includes online and paper entry.

**Postal event 2016** Check-Off Challenge

### Upcoming New Jersey Events

**December 1 - May 31, 2016** ~NJ Masters Swimming Virtual Fitness Program -- Swim University

**Saturday, January 9** ~ 9am—11:30 am 5th Annual 50X50s Raritan Bay Area YMCA

**Sunday, February 7, 2016** ~ 8am - noon at the Berkeley Aquatic Club Center of Excellence in New Providence, NJ 2016 NJ Masters Swimming Annual 100X100s

**Saturday, March 19, 2016** ~ NJ Masters Swimming 2016 Annual Awards Banquet

**Sunday, February 14, 2016** ~ 2016 OCY Unofficial Masters Team Championships Toms River, NJ



[www.veryfunnypics.eu](http://www.veryfunnypics.eu)

# Kudos Kudos Kudos!!

December 7, 2015 - Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCM records at the Dr. Bill Ross Memorial Masters Swim Meet at the Nassau County Aquatics Center in East Meadow, NY on November 22, 2015. **Women 18-24:** Allison Zelnick (24) 50 free - 27.88, 100 free - 1:02.64; Emily Cheng (23) 100 IM - 1:14.06; **Women 25-29:** Gabrielle Johnston (26) 50 Breast - 36.02, 100 Breast - 1:20.45, 50 fly - 31.01; **Women 60-64:** Nancy Steadman-Martin (61) 100 Free - 1:16.52, 400 Free - 5:20.50, 200 Fly - 3:04.81, 400 IM - 6:18.65; **Women 70-74:** Nancy James (74) 100 Breast - 2:08.18; **Women 80-84:** Janet Moeller (81) 50 Fly - 1:07.56, 400 IM - 12:26.39; **Men 18-24:** Eric Marteniak (24) 50 Breast - 30.90, 200 Breast - 2:26.10, 200 IM - 2:15.06; **Men 45-49** Jose Faria (49) 50 Back - 30.24, 200 Back - 2:26.78; **Women 240-279** Relay: 200 free relay Allison Marzano (51), Michele Lyons (56), Mary Elizabeth Smith (65), Nancy James (74) - Club XCL - 3:29.89; **Mixed 72-99** Relay: 200 free relay Sean Hardick (23), Daniel Kim (25), Allison Zelnick (24), Susan Nugent (24) - Club XCL - 1:49.23; **Mixed 240-279** Relay: James Rawley (62), Richard Benson (63), Charlene Sloane (63), Kathy Raimonde (60) - 2:34.85

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November 30, 2015 - Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCM records at the 9th Bearcat Master SCM Invitational at Baruch College in New York, NY on October 24, 2015. **Women 45-49:** Michelle Davidson (45) 100 fly - 1:17.71; **Women 60-64:** Nancy Steadman-Martin (61) 200 Free - 2:38.21, 100 Back - 1:25.03, 200 Back - 2:59.23

*"It's what you do with  
the rough patches that  
will define the athlete  
that you'll become."*

*- Dana Vollmer*





## **NJ Masters Swimming 2016 Annual Awards Banquet ~~**

**Saturday, March 19, 2016**

Mark your calendars and please join us as we celebrate and honour our 2015 NJ LMSC USMS Continuous Membership Recognition Program Award Recipients at the Dolce Hotel in Basking Ridge, NJ. We are excited and honored to announce that the guest speaker this year will be Doug Clark, an 18-year continuous NJ LMSC USMS member, world class triathlete, and is currently waging a strong and courageous battle against stage 4 brain cancer. Doug is truly an inspiration to all those that cross his path and we look forward to the opportunity for him to share stories of his journey.

More information will be forthcoming!!

## **SAVE THE DATE!!**

### **2016 NJ Masters Swimming Annual 100 x 100s**

Sunday, February 7, 2016 8am - noon at the Berkeley Aquatic Club Center of Excellence in New Providence, NJ

The event is **FREE** to any 2016 NJ LMSC USMS registered swimmer, but the event will be limited to the first 100 eligible swimmers.

**Online registration will begin on Wednesday, January 6, 2016.** Detailed event announcement and registration information will be forthcoming!!

# **NJ LMSC Annual Board Meeting News**

**Congratulations to the newly elected and appointed  
NJ LMSC Board Volunteer Members:**



**Chair - Susan Kirk**

**Vice Chair - Chris McGiffin**

**Co-Registrars - Tom Brunson/Chris McGiffin**

**Treasurer - Bill Reichle**

**Secretary - Susan Kirk**

**Newsletter Editor - Sara Johnston**

**Top Ten and Records - Ed Tsuzuki**

**Sanctions and Safety - Jennifer Bauman**

**Coaches Chair - Julie Schoenlank**

**Event Coordinator - Lynn Ascione**

**Fitness Chair - Linda Brown-Kuhn**

**Graphic Newsletter Designer - Sara Johnston**

**Open Water Co-Chairs - Marie Vellucci & Sarah Clark**

**Webmaster - Bridgette Hobart/Jason Pintinalli/Colleen Driscoll**

**Officials Chair - Marie Vellucci**

We are all looking forward to an exciting year in 2016 of servicing the NJ Masters Swimming membership! Thanks to you, all of our members, our LMSC is healthy and thriving. We are continuing to grow and concluded our 2015 membership year with 1309 members! Let's see what personal swimming goals we can all accomplish in 2016!!! Swim Happy!! Swim for Fitness!! and Embrace your swimming Friendships!! Thanks to all of you for your continued support of the NJ Masters swimming community and if you have ideas or suggestions of how we can improve and/or expand our service to you, please let us know.

During our annual board meeting, the NJ LMSC established a sanction fee policy for 2016 that takes into account the new USMS Sanction fee approved at the USMS convention this past October. "On October 3, 2015 the USMS House of Delegates approved a sanction fee model to create a more equitable and sustainable solution to the costs associate with our liability insurance premium. The sanction fee goes into effect for 2016 events " reported Rob Butcher in a [memo to the USMS membership](#).

### **The NJ LMSC's 2016 Sanction Fee policy is as follows:**

NJ LMSC **POOL sanction fee** will now be \$25 per event (not per day) to be assessed to the event hosts. This means that the NJ LMSC has in essence eliminated its revenue producing prior sanction fee of \$30 per day and will now absorb 50% (\$25) of the USMS \$50 sanction fee assessed to the LMSCs.

NJ LMSC **POOL recognition fee** will now be \$50 per event (an increase from \$30/day). There is no USMS recognition fee.

NJ LMSC **Open Water sanction fee** will now be 50% of the USMS sanction fee. Meaning ... \$50 initial sanction fee assessed to the event hosts + \$2.50/participant. The NJ LMSC will absorb \$50 of the USMS assessed \$100 open water sanction fee and \$2.50/participant fee of the USMS assessed \$5/participant fee.

The NJ LMSC \$100 performance deposit policy was unchanged and still applies to all sanctioned/recognized events.

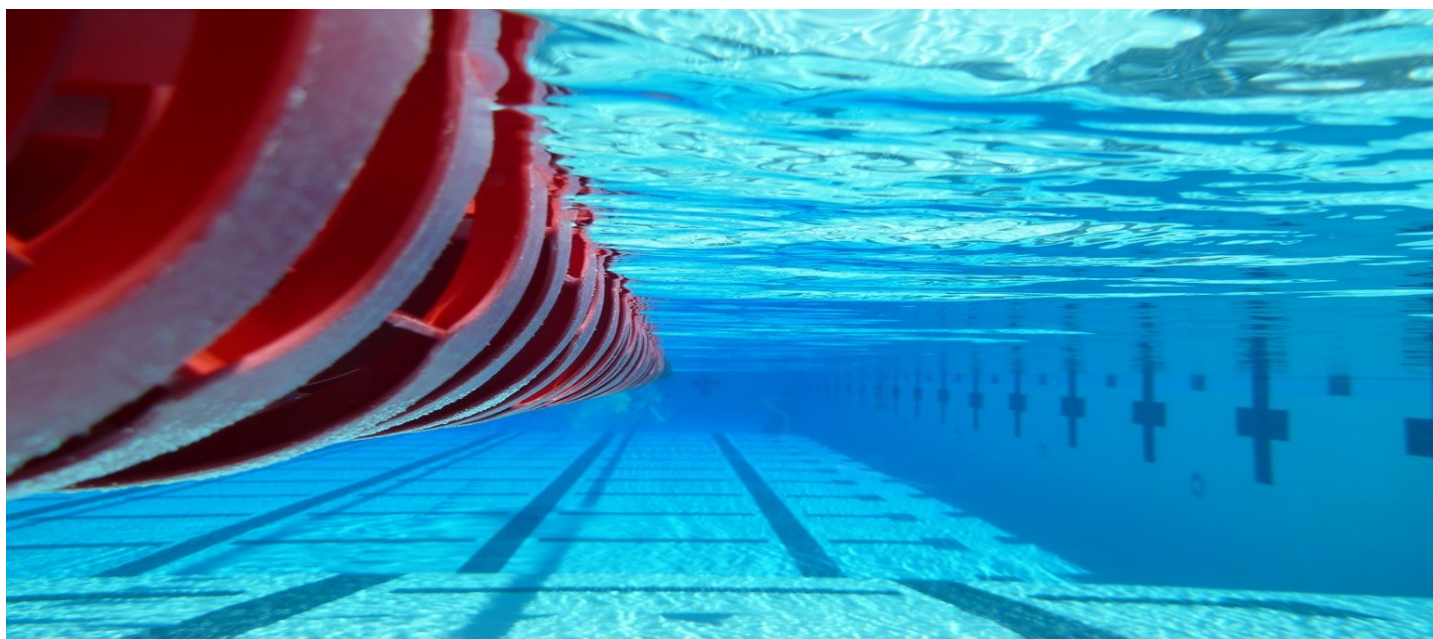
The NJ LMSC will not be sanctioning clinics going forward. They are covered by USMS insurance as a practice as long as all participants are current USMS members.

## **Fifth Annual 50 X 50's**

Kick start your 2016 by swimming the Fifth Annual 50 X 50's on Saturday, January 9<sup>th</sup> from 9-11:30 am. Once again this swim, sponsored by the NJ LMSC, is **FREE** to all registered 2016 USMS swimmers. The swim will be held at the Raritan Bay Area YMCA at 357 New Brunswick Ave., Perth Amboy 08861. It is open to the first 60 swimmers so don't delay in signing up!

As we did last year, we are offering a mini freestyle clinic from 9-9:30 for those who are interested in tweaking their technique. The 50 X 50's will begin at 9:30 and refreshments will be available after the swim.

Registration opens on December 14<sup>th</sup> and all you need to do is email Linda Brown-Kuhn at [lindabk11@gmail.com](mailto:lindabk11@gmail.com) with your name and 2016 USMS registration number.



# Remembering Alfred Stein (1929-2013)

By Paul Kiell

Here's a portion of the obituary for Al Stein, one of the early competitors and one of the founders of NJ Masters.

*Alfred had lived in Monroe Township for the last 15 years, and previously in Monsey, N.Y., for 36 years. He was a veteran of the Korean War, serving in the Navy. A graduate of the South Side High School in Newark, Mr. Stein went on to graduate from Seton Hall University with a Bachelor of Science degree in business. Alfred was a founding member of the N.J. Masters Swim Team. -*

See more at: <http://obits.nj.com/obituaries/starledger/obituary.aspx?pid=167878304#sthash.zBAYNeX2.dpuf>

If you go to the USMS site you'll learn that Al had 25 top tens from 1972-1979 <http://www.usms.org/comp/tt/toptenind.php?SwimmerID=00ANX>

I knew Al Stein when I joined the South Side High School swimming team in 1945 as a freshman (Al was a senior at the time). He won the 100-yard **Breaststroke** in the Newark City Meet that season and the season before; our team too won the city championship those seasons. He started Seton Hall in 1946 and swam for them. The next season, 1947, he arranged that I could practice at the Newark Academy pool during the pre-season. The pool itself was at the Military Park Hotel where now stands the NJPAC. Another iconic figure in Masters Swimming, Mickey Vogt, was coach of the Newark Academy team then. Al knew him and arranged for my use of the pool.



**Al is back row all the way to the right (Paul Kiell just below him.) Of note — the fellow in the back, 6th over going left to right — is Bernie Marcus, co-founder of The Home Depot.**

Accustomed to swimming at Newark City bath-houses (5 cents to rent a towel), we swam naked in practice and in most of the competitions. To have a place to practice in the pre-season was pivotal for me and I will always be grateful to Al for his interest and help in my development as a swimmer. Years later when he was a representative for Lederle Pharmaceuticals, he'd visit my office. With jacket, shirt and tie it was a far cry from the old days when we knew each other as swimmers.

In 1983 he had a massive stroke. Only for his superior physical conditioning was it possible for him to even survive.

*Continued*

From his wife, Leah:

*Al was in Masters from the late 1960's to the late 70's. He loved the competition. Al had a massive stroke at 55(Nov 1983)- his right carotid blocked. The only reason he lived was because he was in such good physical shape from swimming. He spent months in rehab and even though they said he would never walk again, he did walk out of the rehab. His left leg was weak and his left arm paralyzed. He had a hard time and didn't deal well with what happened.*

For the most part, he was gone from the scene after 1983. Isaac Sisskind and Lou Abel had known him but were unable to locate him for me. Al, along with Alan Hausman (deceased) and Dick Sanborn, were instrumental in getting the Jersey Masters established.

Recently I came across Al's obituary published in Star-Ledger on Nov. 5, 2013, closing a chapter in swimming history for me and for NJ Masters.

## Go back to school, but in the pool, Register now for Swim University!

The NJ LMSC virtual fitness swim program, Swim University, is in session running from December 1 through May 31, 2016. All you do is swim as much as you can and keep track of your mileage by using USMS's Go the Distance log. So during those six months if you swim 30 miles you'll earn your Associate's degree, 60 miles will get you a Bachelor's degree, if you log in 120 miles you'll have a Master's degree and for 240 miles you'll become a PhD in swimology!



This is a wonderful way to push yourself during the cold winter months! We challenge those who participated last year to go for a higher degree this year and for those PhD's out there, try for a higher-mileage PhD. And we're looking for a whole new crop of swim students too!

At the end of the swim you'll receive an official unofficial diploma for whatever level of swim fitness achievement you attained plus we'll have some goodie available, maybe a custom sling bag or cap.

To sign up, email Linda Brown-Kuhn at [lindabk11@gmail.com](mailto:lindabk11@gmail.com) with your USMS # and make sure you are participating in Go The Distance (find info at [www.usms.org](http://www.usms.org)) so you can log in your swims from December 1 to May 31 with a June 7 deadline for entering yardage.

What degree will you go for? No studying required!

# November December Birthdays!

# HAPPY BIRTHDAY!

## November Birthdays

Christopher Alexander  
David Allred  
Irene Ayers  
Briana Bacchetta  
Norman Bartner  
Jennifer Bauman  
Zeev Bieder  
Paula Braband  
Edward Breisacher  
Richard Brown  
Tristan Brown  
JEFFREY CHAREN  
Amy Campbell  
James Christie  
Paul Dattoli  
Peggy Delaney  
Don Denny  
Bonnie Doll  
David Dreibelbis  
Kaitlin English  
Marianne Eybye  
Norma Fallon  
Richard Fernicola  
Mario Filagrossi  
Makiko Fliss  
Lori Freeland-Morris  
Caitlin Friedberg  
Matthew Gann  
Kate Gibbons  
Jeffrey Gold  
Holly Goodman  
Brian Hersh  
Mary Hesselgrave  
Lindsey Holmes  
Martha Hostetter  
Robert Huminski  
Richard Infield  
Cristina Judge  
Denis Kallish  
Rodger King  
Marin Kirk  
Steven Levine

Kenn Lichtenwalter  
Jill Loveland  
Steven Martin  
Kerri McCaffrey  
Meghan McCarthy  
Carla McCoy  
Moira McCullough  
Daniele Merlis  
Elizabeth Mixon  
Mary Molloy  
Sheila Monaghan  
Thayer Mukherjee  
Sean Newhouse  
Karen Nichols  
Robert Nissen  
Jonathan Olesky  
Amy Pasacreta  
Gregory Peterman  
Dave Pierson  
Robert Plucinski  
Barbara Rebak  
Michael Recchia  
Sarah Redding  
Maureen Roche  
Barbara Rosenbaum  
Joel Rubenstein  
Lauren Rudes  
John Sabatino  
Joan Salmon  
Scott Selverian  
Louise Senato  
David Shereck  
John Sheridan  
Jessica Simao  
Leslie Trott  
Michael Tugetman  
Stacey Ushery-Wright  
Paul Van Valkenburg  
Peter Ventura  
Robert Votruba  
Denise Webber  
Kristin Wishnow  
Guzide Zurak

# November December Birthdays!

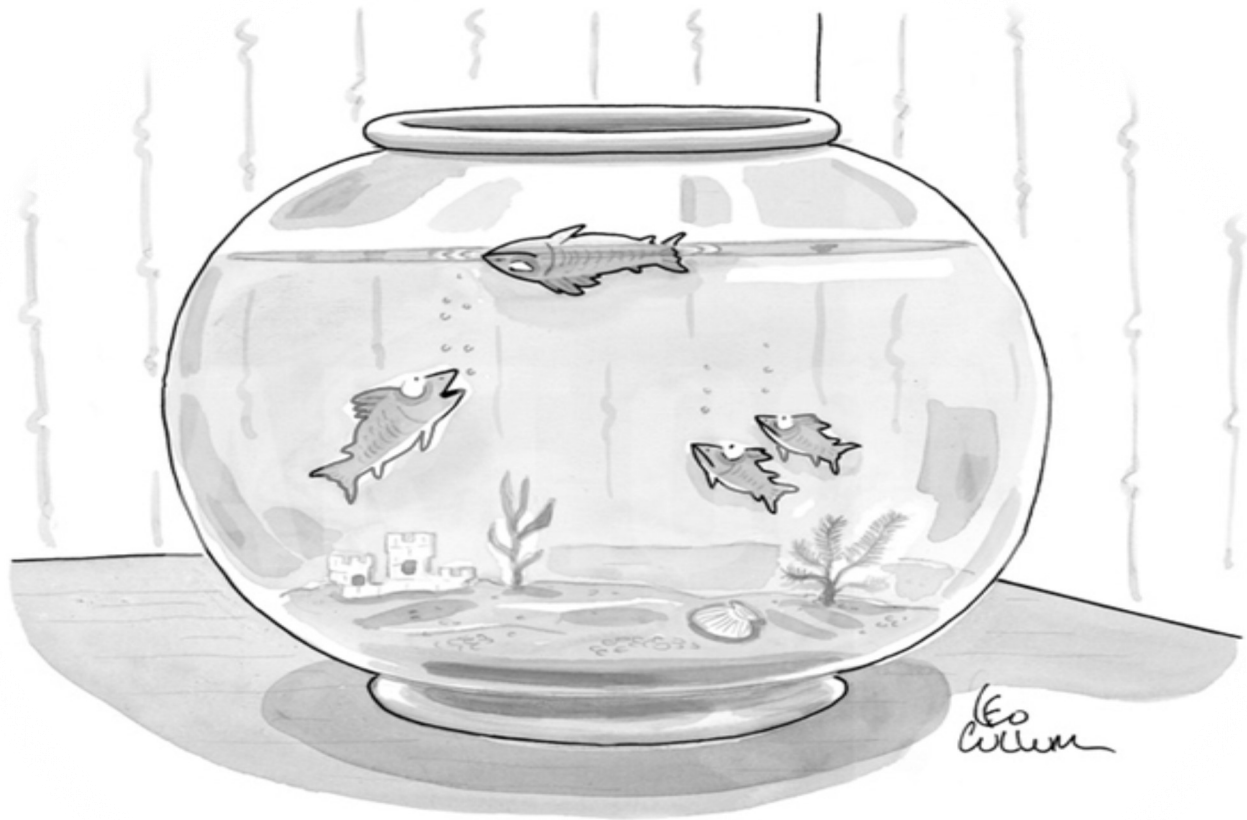
# HAPPY BIRTHDAY!

## December Birthdays

Mohinder Ahluwalia  
Stephen Albright  
Matthew Bach  
Carol Baillie  
Kurtis Baker  
Jill Barbagli  
Richard Barkan  
Amy Bechberger  
Anthony Bonura  
Silverio Bracaglia  
Michael Brady  
Elizabeth Bromley  
Scott Burman  
Sean Cercone  
Sue Charatan  
Christopher Clarke  
Anne Clewell  
Michael Cooney  
Richard Costa  
Ann Dandurand  
Sharon Danzger  
Lester DeLeon  
Margaret DeLury  
Robert Dealy  
Christine Dehnel  
Albert Di Prizito  
Timothy Dwyer  
Hedy Esposito  
Brian Fagan  
David Feldman  
Jill Fernicola  
Robert Fetter  
Michael Finley  
Nancy Finn  
Caitlin Flaherty  
Cassandra Fostik  
Ernie Geib  
Theresa Giammona  
Bill Gironda  
Nomi Greenman  
Kristen Guth

Noel Hahn  
Karen Harjes  
Juli Harpell-Elam  
Lei He  
Drew Heighway  
Brittany Hill  
John Hunt  
Carol Jordano  
Isaac Keselman  
Zach Kohl  
Daniel Kornick  
Frank Kraljic  
Anand Krishnan  
Christopher LaBianco  
John Lemmo  
Ronald Loria  
Thomas MacNabb  
Lawrence Maraldo  
Eric Marquard  
Carol Martyniuk  
Allison Marzano  
Charles McDonough  
Thomas Medvecky  
William Miller  
Ken Miller  
Janet Moeller  
Lisa Moser  
Carol Ann Murphy  
Olivia Myszkowski  
Tom Nagy  
Sharon Neimanis  
Daniel Nemeth  
William O'Brien  
Daniel O'Connell  
Ryan O'Shaughnessy  
Ashley Pertsemlidis  
Laura Picardo  
Joanne Porro  
Lee Pressler  
Ignacio Quiles Lara  
Amy Rappaport  
James Rawley

Joshua Raymond  
Ann Marie Regan  
Joann Rock  
Joseph Sagginario  
Glenn Saunders  
Todd Schaper  
Timothy Schlitzer  
Annabel Schlossberg  
Rick Schluter  
Shelley Schubach  
Janine Serell  
Meghan Servello  
Catherine Shapiro  
Anne Silverman  
Ismail Sirtalan  
Sean Smith  
Jenn Sommermann  
Richard Sosa  
Scott Stallwood  
John Stulpin  
Spencer Sullivan  
Alan Thiem  
Daniel Triolo  
Ed Tsuzuki  
Peter Van Nuis  
Jim Vari  
Richard Wallace  
Andrew Wallace  
Patricia Waters  
Charlotte Wei  
Richard Wismer  
Dave Wissemann  
Arthur Zawodny  
Benjamin Zhou  
Brenda Ziegler



*"Please, Al. You know the backstroke scares the children."*

