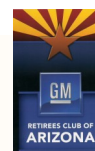


VOLUME 8

OCTOBER 14, 2013



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EDITOR'S WELCOME



When I first began to attend Club meetings some 7 years ago, I wasn't sure if I really wanted to join. I didn't know many members and kind of felt alone at meetings because my wife Diane runs her business in Mesa and is unable to attend with me. However, I did have an enormous advantage attending as a single, because I was able to squeeze into single seats and meet a lot of different members quickly.

It didn't take long for me to begin to feel very comfortable and mainly that was due to me having the ability to meet members, ask them questions about themselves and be amazed at what I learned. So, I can honestly say my attitude at the beginning was that "this was just a group of nice, but typical GM folks" to quickly come to realize that, no, "this is a group of EXCEPTIONAL GM people". It is amazing what you find out about people if you just ask the right questions.

To date, we have published 7 "regular monthly editions" and two "special editions" of The Club Reporter E-Newsletter. Over 80 pages of information about members and their accomplishments have been shared and we haven't even scratched the surface yet. Now, when you think you've seen it all, here comes another member story that will knock your socks off. November's feature story proves beyond a doubt that GM folks are EXCEPTIONAL and that "age is just another number." And to think, many of you have sat next to Nancy many times in meetings over the last 20 years and probably never knew you were sitting next to a "world class senior" swimmer. Enjoy her story.

Sincerely, Jim Harshman, Editor and Club Reporter

PRESIDENT'S MESSAGE



I hope everyone is enjoying the cool down. No, I'm not talking about the economy or the government shutdown or budget imbroglio. I'm talking good news. Great weather, new Club season plus a new and improved Family First Employee Purchase Program. Hopefully, everyone has received the announcement email from Mark Reuss.

SPECIAL POINTS OF INTEREST:

- Nov. - GM Speaker
- Dec. - Turf Paradise
- Jan. - Culinary School
- Feb. - GM Speaker

PRESIDENT'S MESSAGE

If you did not receive that email, make sure you go to the www.GMRetiree.com website for all the details. It has been simplified with better, more consistent discounts and an expanded family definition.

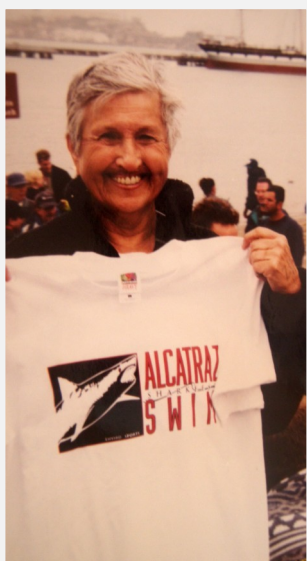
For November, we will be meeting at the PebbleCreek Resort Community in Goodyear, AZ. We will be meeting on the Tuscany Falls side, the newer section on the West side off of the PebbleCreek Parkway. We will be doing something a little different. We will open the meeting with the speaker presentations in the Tuscany Theatre starting promptly at 11:00am followed by lunch and 50/50 drawing in the Ballroom at 12:30pm. Our guest speakers from GM are Katie McBride, Executive Director - Communications and Linda Stouffer, Manager - Vehicle Purchase Programs. Katie will be giving us an update on GM and the Automobile Industry in 2013 as well as lifting the veil on the newest GM products. And, Linda will show us the new improvements to the Family First Employee Purchase Program and how it is good news for GM employees and retirees.

As always we value your input and suggestions for venues, speakers/programs and special events. We have all of the meetings scheduled through next April 2014, but the Board is right now beginning the planning process for the October 2014 - April 2015 meeting year. We hope to sprinkle in a few "special events" for this season and next. In addition, we would appreciate hearing from you to identify individuals who may want to participate on our Club Board as well as your suggestions for next years' Club officers. Don't be shy, your input is important and helps us to make the best decisions on the Club's behalf.

Sincerely,

KEN WECHSELBERGER, President

ALCATRAZ "SHARKFEST" SWIM — NANCY MOORE



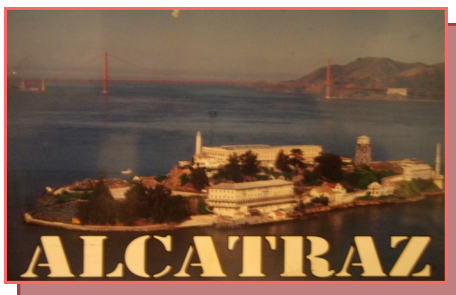
Club Member Nancy Moore finished first in her age group at the Alcatraz "Sharkfest" Swim - THREE TIMES!!! To date, Nancy remains the oldest woman to compete and finish the San Francisco Swim. Hard to believe, but a true story. Here is the SCOOP.

Nancy and her husband Bud have been members of the GM Retirees Club of AZ since 1992. Nancy was born and raised in Kansas City, MO and started swimming at the age of 6 years old. However, competitive swimming didn't dominate her life while growing up, it was more of a fun thing to do if you had the time. While attending Kansas University, she was a member of Kappa Kappa Gamma Sorority and did compete in sorority swim competitions. Later on in life she competed at the Jewish Community Center as a member of a relay team swimming the free style. But up until the time she turned 70 years old, swimming was for fun and exercise.



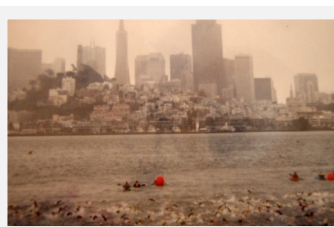
ALCATRAZ "SHARKFEST" SWIM—NANCY MOORE

While attending Kansas University, Nancy wasn't able to complete her degree in Occupational Therapy because she met her husband Bud in French class and from there it has been a whirl-wind of moves trying to keep up with Bud's working for GM and their 20 different moves before he retired in 1991 as GM Vice President of Sales and Service Operations. Bud and Nancy have four children; Their oldest daughter, Jennifer (Moore) Unger and her husband live in Paradise Valley and they own and operate the Hermosa Inn & Lon's Restaurant as well as other properties located in the South Bridge area of Scottsdale. They have three boys and a daughter. Bud and Nancy's oldest son David lives in Paradise Valley with his wife and is a professional photographer for the Phoenix Home and Garden and Phoenix Magazines. They have two children, a boy and a girl. Their son Paul is also a professional photographer who lives with his wife and three boys in Rye, NY. Tragically, Sarah (Moore) Saber, their second born child, her husband Mark and baby girl Emily (2 years old) were killed in an automobile accident in Spencer, Indiana. Sarah & Mark were only 30 years old when they were killed.



When Nancy turned 70 she had something to prove..."that 70 is not old". So in 2001, when a friend of hers mentioned the Enviro-Sport Alcatraz "Sharkfest" Swim, this became the challenge to prove her point. Every open water swimmer dreams of making the ultimate "Escape" from the historical island prison located in the middle of the San Francisco Bay! Only one prisoner in "The Rocks" history has successfully been able to escape by swimming. Many have tried and have never been seen again. Nancy participated in three swims, 2001, 2003 and 2009 at the age of 79. To this day, she is

the oldest woman ever to complete the swim and in all three years she competed she finished first in her age group most of the time soundly beating women and men who were much younger than herself.



So, what is the Alcatraz "Sharkfest" Swim? The Swim is an annual event which allows a maximum of 800 swimmers to compete in classes for the fastest time covering the 1.5 mile open water swim starting from the East side of the old Alcatraz Federal Penitentiary on Alcatraz Island finishing at Aquatic Park located in San Francisco. This is not a event

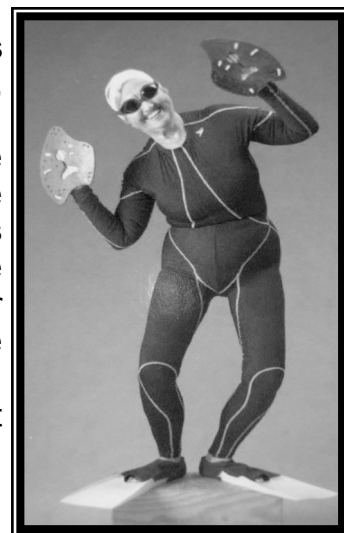
for novice swimmers due to the dangers that lurk in the cold waters (62 degrees average) and traitorous winds and currents in the Bay. Race dates vary every year between June and September and are established only after a thorough study of tide and current statistics for that year. On race day, swimmers are ferried out to the island, jump into the water and have a maximum of 90 minutes to complete the course once the horn blows for the swim to begin. The course is monitored by 40-50 kayakers/life guards and a dozen or more boats. Swimmers are briefed on which San Francisco land marks to aim for (normally 200 yards left of the entrance to Aquatic Park) so they don't find themselves missing the entrance due to the ever increasing currents sweeping them past the finish line. "Sharkfest" Swim Award Medals and Plaques go to the top three individual finishers (Male & Female) in their age group. Oh, did I forget to mention, that not many sharks have been spotted in this area, mainly just seals?

ALCATRAZ "SHARKFEST" SWIM—NANCY MOORE

One could make the case that Nancy was baited into signing up for the Alcatraz Swim, because she had never swam in an open water event in her life. You don't get 2 - 4 foot waves in your backyard pool. But, that didn't even phase her. She remembered that pioneer fitness guru Jack LaLanne had made a similar swim for his 70th birthday, so what could possibly stop her? Nancy knew she had to get started fast because it takes months of training before you can reasonably expect to be able to finish such an event. First thing she did was get herself a personnel trainer, Bill Crawford at Basic Training Gym in Scottsdale, who immediately told everyone she was going to do the swim, so there was no backing out. Crawford stresses that Nancy is not just a geriatric woman lifting three-four pound dumbbells. She works all the major muscle groups and she works to the point of failure. She also would have to swim thousands of laps in her backyard pool and at the Radisson Resort & Spa pool when temperatures were too low to swim outside. The minimum requirement for a swimmer to enter the race is you had to be able to swim a mile in less than 40 minutes. You just can't jump out of your hot tub or off your couch and expect to make it.

SPEEDO®

Second, Nancy knew nothing about wetsuits or swim ware, so she contacted Jill Jenkins, Speedo, Manager of Speedo Sports Promotions, and asked for technical assistance. And, being the oldest and only woman to ever register for the swim impressed her so much Speedo became Nancy's sponsor for all three races. Speedo also provided a Fastskin Suit with all the accessories as shown in the picture. Great exposure for Speedo and tons of knowledge and equipment for Nancy. But, there are some things that a good trainer and a great sponsor like Speedo can't provide. For example, the knowledge that your heart is strong enough to take the strain. So, just to make sure, Nancy's doctor assured her that the results from her physical and stress test gave her a clean bill of health to train and participate in the race.

**2001 Alcatraz "Sharkfest" Swim - July 29th**

Now that all of Nancy's training was behind her, she was ready for the first open water race of her life. Nancy will admit a lot of thoughts were going through her mind as she finished breakfast, popped two Tylenol into her mouth and prepared to head for the water. She only had one 2 mile practice open ocean swim off the coast of Pebble Beach to prepare, so not everything was going to be strange. But one still can't completely shake those haunting questions. For example; fear of being in unknown waters, freaking out once the race started and would she be able to overcome the hypothermia that might set in due to the cold water. But, she never once thought of not being able to complete the distance. All she wanted to do was finish under one hour. Race conditions were far from perfect. Heavy fog, cold water (60 degrees) and 2 foot high waves had covered the course.

ALCATRAZ "SHARKFEST" SWIM—NANCY MOORE

Nancy's supporters and family members were all there to cheer her on, so it was "show time".

Prior to the start of every race, everyone pretty much goes through the same routine.

Stretch, put on your swim gear and head for the ferry for the ride to "The Rock". Once in place, you jump into the water and swim to the "Start Line" and when the ferry horn blows everyone is off to San Francisco. Each participant's race time starts when they cross the "Start Line" which automatically activates a timer fastened around their ankle. However, Nancy's race was not as easy as she thought it would be. Two foot high waves made her have to reach up to take each stroke, plus she lost track of the city markers which would allow her to ride the current to the entrance to the finish line at Aquatic Park. She swam slightly off course which took longer. To make it, she admitted to asking for help from her late daughter, Sarah, as she struggled to maintain her balance in the ocean waters. Nancy thinks she finished partly because of her daughters assistance. Sarah was a good swimmer, so I just asked her to come with me. You don't know how much you believe in a spirit coming and joining you, but she may have been the one who got me to the finish line.



Nancy crossed the finish line in a time of 58:32 which put her in the 115th position out of 217 entrants in the women's wet suit competition and 1st place in her age group. Upon arrival, she was a little unsteady with green slime and oil on her face, but that didn't stop all of her grandchildren from hugging her as she exited the water. Nancy calls her feat a "dream come true" and hopes that her adventure will encourage other seniors to be more active and healthy. And what is really important is at the end of the race Nancy became an official "Sharky", the title all swimmers get when they successfully complete their first race.

2003 Alcatraz "Sharkfest" Swim - September 20th

For Nancy's second attempt at the grueling 1 1/2 mile Alcatraz "Sharkfest" Swim, she had a full 14 months to plan and prepare and primarily took the same training approach. Hard on the weights, lots of laps in the pool and good healthy living. This time her goal was at least to finish faster than she did in 2001. On race day, luck was truly on her side. The water was smooth, currents moderate and since she already had one race under her belt, hitting her city targets was much easier. 763

ALCATRAZ "SHARKFEST" SWIM—NANCY MOORE

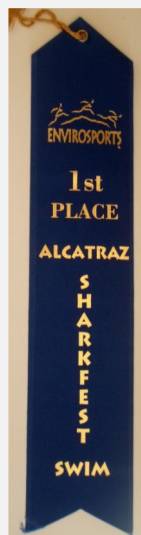
swimmers participated this year and Nancy finished 350th, first in her age group and was the oldest woman participant. Overall, Nancy beat 413 other swimmers of all ages. She finished with a time of 41:26 beating her previous race record by 17 minutes. So at the end of this race one would have to ask the question..."have you had enough or are you thirsty for more?" Well the answer to that question for years was "yes", but you can't keep a "good Grandmother down".

2009 Alcatraz "Sharkfest" Swim - September 15th

In early 2008, Nancy was at it again. She had a full 15 months to plan and prepare and primarily took the same training approach as she did in 2001 & 2003. Hard on the weights, lots of laps in the pool and good healthy living. This time her goal was at least to finish the race and not have to be picked up by the life guard boats and escorted to the finish line. Being 79 years old vs. 71 when she first raced the "Sharkfest" is an entirely different ballgame. On race day, the weather was terrible, so everyone's race times suffered. Nancy finished in 1:15:33 achieving her goal of finishing the race. Out of 875 swimmers, Nancy finished 623 overall and 1st in her age group.

So what motivated Nancy to swim the race three times? The answer is simple according to Nancy. "It's the adrenaline rush you get from attempting such a feat". She states it took her months not to be obnoxious about talking about the swims. Plus, all of the TV and newspaper recognition she received gave her additional outlets to encourage other seniors to become active.

Nancy, you are simply unbelievable! But the real question is, would you do it again?





Date: Tuesday, November 5, 2013

Location: PebbleCreek Golf Resort
Tuscany Theatre & Tuscany Falls Ballroom
3003 N. 164th Ave.
Goodyear, AZ 85395

Directions: Going West on the I-10, exit at PebbleCreek Parkway and go North. Continue past W. Virginia Ave. to Club House Drive and turn Left (West) Stop at gate and they will direct you to the Tuscany Theatre

Time: 10:30AM - 11:00AM Check In
11:00AM - 12:15PM Meeting Presentations
12:30PM - 1:30PM Luncheon and 50/50 Drawing

Cost: \$21.50 per person

Menu:

Walnut Crusted Chicken - sautéed breast coated in a walnut crust and topped with a roasted apple demi-glace sauce with wild rice pilaf.

Beef Stroganoff - cubed beef in a sour cream mushroom sauce, served over buttered egg noodles.

Bourbon Glazed Pork Loin - slices of slow roasted pork loin lightly glazed with their sweet bourbon sauce with garlic mashed potatoes.

All entrees served with green beans with bacon and onion.

Dessert: Strawberry Shortcake

If you sign up for this meeting and find that you are unable to attend, please cancel your reservation with Jim Irwin so we do not pay for meals not served. Phone # (928) 684-2041

There is a five day advanced cancellation requirement from the Pebble Creek Management, so your cancellation must be received by mid-night, October 31, 2013

PebbleCreek Golf Resort

Name: _____ Spouse: _____

Guest: _____ Guest: _____

Based on the number of people in your party, please indicate the number and choice of meals you desire:

1. Walnut Crusted Chicken _____ 2. Beef Stroganoff _____ 3. Bourbon Glazed Pork Loin _____

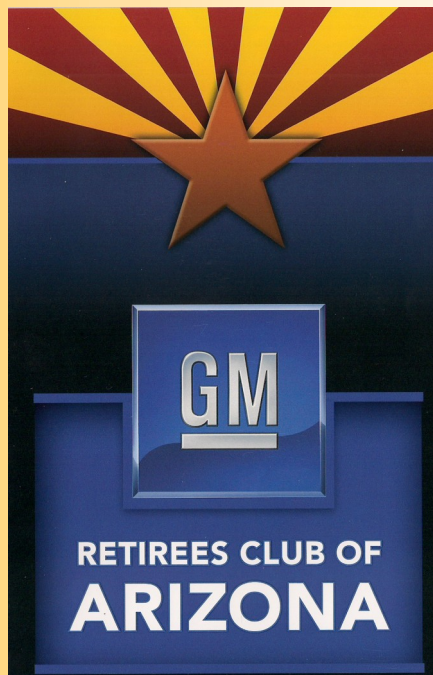
Please mail checks to:

Jim Irwin
535 Topeka Dr.
Wickenburg, AZ 85390

ALL CHECKS MUST BE RECEIVED BY October 31, 2013

www.GMRetireesAZ.com

GM RETIREE CLUB



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Designed by Diane E. Harshman

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