A Tribute to Tom McDonough

by Donna LeBlanc

Nahant, MA – I did not know Tom McDonough well, but many club members did and remember him with great fondness. This article pays tribute to Tom, a long-time NMC member and honorary member of the Board of Directors, who died on December 24, 2011, after a brief illness. This article with help from his son, Steve and daughter, Andrea, includes a few snippets of Tom’s life to help us remember Tom as a runner and as a person.

‘Tom was a real gentleman,’ writes Phil McGaw. This is the statement made over and over again when senior and veteran club members were asked about Tom. According to Rene Lavoie, ‘He was the kind of person who made you feel good. Conversations with him were always positive and he was very polite.’

When asked about his running accomplishments, daughter Andrea explained, ‘My father completed 28 marathons. I ran 9 of those with him including marathons in Dublin, Ireland (3 times), Paris, France (3 times,) Reims, France (once) and Venice, Italy (twice).’ Andrea added, ‘My father always trained for marathons alone, but as far as daily running was concerned, he’d often run with his friend Eric Whyte.’ According to Tom’s son, Steve, his last marathon was in Venice, Italy, in October of 1998 at the age of 73. He finished in 4:41:55.

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Weir’s Beach, NH – Tom McDonough running Leg 1 of the Lake Winnipesaukee Relay. He finished in 2:05:34. The picture was taken on Sept. 19, 1998. John Robertson, Stephen Brooks and Peter Schell also ran for the team.

Photo by Frenchy Maynard

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2012 Bus to Boston

‘The NMC Bus’ to Boston via Hopkinton is once again available for Boston Marathon runners and spectators.

The two pickup locations are the usual ones: the Wilson’s Bus Lines parking lot in East Templeton, and at the Orchard Hills Athletic Club in Lancaster.

Cost for round trip bus fare and use of the hotel room is $50 per person with a $5 discount ($45) given, if paid by Feb 1st.

The price includes: Bus ride to Hopkinton, bag transfer to the Marriot Copley Place on Huntington Avenue, showers, light snacks, camaraderie and, of course the return ride back to your car.

For more information and to reserve a seat, contact Joe DiMucci: 978-939-2577 or jdimucci5@comcast.net

Payments can be made by sending a check payable to The North Medford Club c/o Marge Gladwin, 16 Village View Road, Westford, MA 01886.

Election Results

Elections were held January 8th following the Bob Hersey Race and the results are in. The following club members were elected to a two- year term:

- **President**: Jim Fay
- **Vice President**: Joe DiMucci
- **Treasurer**: Marge Gladwin
- **Secretary**: Sarah Dennechuk
- **Newsletter Editor**: Donna LeBlanc
- **Website Manager**: Chris Reid

**Membership Director**: Deb Fontaine
**Past President**: Rene Lavoie
**Board Members**:
- Jim Gaffney
- Jeff Gould
- Charlie Herbert
- Darlene Hoover
- Brenda McDemott
- Jim McDermott
- Amy Paquette
- Ken Parker
- Molly Reid
- Judy Tibbetts

In addition, Paul McDermott was elected as a life-time honorary board member.

**Time to Pay Your Dues**

Here’s a friendly reminder to club members that NMC membership dues were due the first of the year. If you need a membership application, you can print one out from the club website. If you are not sure if your dues are current, please contact Deb Fontaine at debfholiday@aol.com

**Boston Marathon Waivers Awarded**

At the January 8th Annual Meeting, 12 waivers given to the club by the Boston Athletic Association were distributed to members. Criteria for selection included being an active club member for a minimum of one year combined with volunteer points earned over the past year. Those requesting a waiver were rank ordered according to the volunteer points they had accumulated. The top twelve were awarded waivers. This year’s recipients are:

1. Trish Gabor
2. Sharon Ronan
3. Kathie Cioffi
4. Dick Hawkins
5. Kimberly McCollough
6. Craig Reid
7. Nicole Hollums
8. Joe DiMucci
9. Steve McAvoy
10. Larry Morris
11. Hidee Caisse
12. Gail Dwyer
How Far? How Fast?

By Donna LeBlanc

Technology can be great. It can also distract you to the point that you can lose sight of the bigger picture. That’s what happened to me. Last year, Jim Fay let me use his GPS watch at the Little Rhody 5K. I was immediately smitten by the splits, the elevation, the heart rate and a myriad of other quantitative facts about my run around the Twin River Casino parking lot. I thought, ‘I gotta get me one of these.’

Fast forward 6 months. I had just purchased a new iPhone and was downloading all sorts of apps including a free Nike GPS app. Now, I too, could accurately track time, distance and a bunch of other running facts. My maiden voyage using my very own GPS tracking device included a voiceover announcing 1/2 mile splits along with intermittent applause and affirmations such as ‘way to go’ and ‘congratulations’.

Aside from my left arm feeling a bit numb and heavy from the iPhone strapped snugly around my bicep, all was well until I ran my first mile only to be told that the distance was 7/10th of a mile. According to the GPS, I passed my first mile in 1 1 minute, 23 seconds. Extremely disappointed by the results and attributing it to the early morning hour, I started an all-out effort to run mile two in eight minutes or less. Well according to the voice, mile 2 was equally dismal with a 10:49 pace announced along with a roar of applause. My standard 5 mile loop, one I had been running for years, came in as a 3.8 mile run in a time of 43:21. Sweaty and breathless, I immediately got in my car and drove the route. Granted, this was no wheel-measured mile, but the route came in at 5.1 miles. So what gives?

According to a recent New York Times article, I learned the reasons for discrepancies between GPS, Google maps, car odometers readings, wheel measured miles and gut feel.

For those unfamiliar, global positioning system watches as well as apps that can be downloaded to a mobile device such as an iPhone or Android track the distance you have run and your pace, including average pace and instantaneous pace. When you are finished running, you can download all this data onto your computer.

According to the Times article, ‘GPS Watch Can Be an Unreliable Running Partner’, here’s why GPS devices, might not get it right. The problem, say their makers, is that people expect too much. The watches are very much a work in progress. According to the government and GPS receiver manufacturers, you can expect your GPS unit to be accurate within 15 meters (49 feet). Trees or clouds or tall buildings can block the satellite signals needed for the devices to track distances. Routes with lots of turns throw them off, too; if you lose the signal as you go around a curve, your device will draw a straight line from where it last saw you to where it found you again. The distance around the curve will not be tracked.

There is also an accuracy problem caused by something called multipath. If a satellite signal arrives directly and also bounces off a mountain or nearby building to the receiver, the receiver may be confused as to which signal to use.
How Far, Continued

Not sure if you can trust your GPS device’s accuracy? Try this experiment: Go to a 400-meter track and run on the inside lane for 12.5 laps. That’s 5,000 meters. Check the distance on your GPS. Is it 5,000 meters? Probably not.

A couple of additional ways to address GPS accuracy issues include:

- **Repeat and average**: If you run the same course more than once, measure it several times and take the average over a number of readings.
- **Look for trouble spots**: Keep a close eye out for areas on the course that might affect accuracy.
- **Compare with other tools**: A service like MapMyRun.com can verify the accuracy of the distances of your favorite courses.

My solution was to go back to a very basic formula that had always worked for me. I decided to leave the GPS device at home. I’ve opted to go back to getting a more intuitive sense of my running fitness level with a bit of data thrown in to validate the way I was feeling. I tend to run the same routes week-to-week so I compare the times run on the same routes and modify my workouts accordingly. A slower pace over a three week period usually signals that a few speed sessions at a local track are in order. It may not be that scientific, but it keeps me sane and for me that’s what the bigger picture is all about. Some find GPS data motivating and useful. If you’re that person, keep the tracking device on. Just realize it doesn’t always tell ‘the truth’.

Thanks to Jim Gaffney for sharing the New York Times article and suggesting a story about GPS accuracy and for giving me a copy of the Times article. To read the complete story, click on the following link: [http://www.nytimes.com/2011/12/20/health/nutrition/gps-watches-may-not-track-runs-accurately.html](http://www.nytimes.com/2011/12/20/health/nutrition/gps-watches-may-not-track-runs-accurately.html)

Tribute, Continued

Steve also shared a story that highlights Tom’s zen-like attitude when it came to running long distance. “My father often would ride his motorcycle to Canada to run marathons. The motorcycle he would ride was not a big, comfy touring cycle, but a small, 500cc single cylinder bike designed for short rides and commuting. One day I came by his house and found him packing up his motorcycle. I asked him where he was going. He said, ‘I’m running the Quebec City Marathon’. I said ‘You’re going up there on THAT!’ He said ‘Sure, why not?’ I watched him ride off wearing a leather jacket, running gear strapped to the back of his cycle. I thought ‘He’ll never make it’. But, sure enough, he ran the marathon and was back a few days later.”

When Tom wasn’t running he was an engineer and the owner of Calx Company, a high-tech manufacturing company in Lynn, MA. A lifelong motorcycle enthusiast, Tom rode motorcycles into his 70’s. He also restored vintage motorcycles and was a member of several motorcycle clubs.
Bob Hersey Memorial 5M Road Race  
January 8, 2012  
Fitchburg, MA

1. Scott Leslie  UNATT  28:53  
2. Brian Allen  UNATT  29:54  
3. Jon Miganowicz  NMC  32:11  
4. Matt Moison  NMC  33:39  
5. John Kelley  NMC  33:51  
6. Tim Blouin  NMC  34:04  
7. Charlie Salmond  NMC  35:49  
8. Kevin Fallon  NMC  36:13  
9. Elizabeth Bond  NMC  36:32  
10. Heidi Bixby-Handy  NMC  37:11  
11. Steve Penney  NMC  37:24  
12. Joe DiMucci  NMC  38:02  
13. Mike O’Hara  NMC  38:25  
14. Nicole Hollums  NMC  38:26  
15. Amy Paquette  NMC  38:34  
17. Lori Berkey  NMC  39:54  
18. Rene Lavoie  NMC  40:14  
19. Tom Spinelli  NMC  40:29  
20. Jim McDermott  NMC  41:09  
21. Melisa Leslie  NMC  41:33  
22. Carol Allain  NMC  41:46  
23. Phil McGaw  NMC  42:09  
24. Donna LeBlanc  NMC  42:22  
25. Rick Hersey  UNATT  42:53  
26. George Corff  NMC  43:09  
27. Lisa Stone-Mutti  NMC  43:20  
28. Sharon Ronan  NMC  43:27  
29. Tricia Gabor  NMC  43:30  
30. Jim Fay  NMC  44:20  
31. Gary Campbell  NMC  44:25  
32. Peter Heed  NMC  44:55  
33. Peter Orni  NMC  45:34  
34. Darlene Hoover  NMC  45:36  
35. Scott McAuliffe  NMC  46:03  
36. Steve McAvoy  UNATT  46:11  
37. Zack Tibbetts  NMC  46:28  
38. Megan Therriault  NMC  46:29  
39. Chris Lake  UNATT  47:57  
40. Diane LeBlanc  UNATT  47:57  
41. Sarah Dennehuch  NMC  49:12  
42. Marge Gladwin  NMC  52:29  
43. Ken Becker  NMC  52:29  
44. Aldo Bianco  NMC  53:25  
45. George Leslie  NMC  53:46  
46. Dick Hawkins  NMC  56:32  
47. Dan Dodson  NMC  64:55  
48. Sherisa Sterling  NMC  65:53  
49. MaryLou Crohan  NMC  75:46

Volunteers: Rene Lavoie, RD; Larry Morris, Darlene Hoover, Brenda McDermott, Charlie Herbert, Chuck Powers, Chris Reid, Marge Gladwin, Jeff Gould, Dave Duval, Jim Shope, Anthony Cali, Cindy and Scott Janssens, Karina LeBlanc, Craig and Molly Reid.

Fitchburg, MA - Long-time club members join together for a photo opportunity before the Hersey race. From left to right, Dan Coffey, Simone McGrath, George Leslie, Julian Siegel and Frenchy Maynard.

Greyhound Pub  
Mr. Bean Memorial Race  
Worcester, MA  
January 15, 2012

1. John Pajer  CMS/NMC  19:53  
2. Jon Miganowicz  NMC  20:23  
3. Dan Ford  NMC  20:42  
4. Josh Curtis  NMC  21:20  
5. Jeff Gould  NMC  21:38  
6. Henry Castillo  CMS  22:50  
7. Tim Blouin  NMC  23:24  
8. Mike Auger  NMC  23:36  
9. Kevin Fallon  NMC  23:38  
10. Joe Pitkin  UNATT  23:44  
11. Beth Masterjohn  HCS  23:50  
12. Todd Kitterman  HCS  24:18  
13. Charlie Salmond  NMC  24:50  
14. Matthew Cormier  HCS  24:58
Greyhound Pub Results, Continued

15. Jim McKenna    HCS       25:47
17. Amy Paquette    NMC       27:02
18. Daryll Netto    UNATT     27:36
19. Donna LeBlanc   NMC       27:51
20. George Corff    NMC       28:21
21. Annie Ollila    NMC       28:29
22. Woody Syrjala   NMC       29:04
23. Steve McAvoy    NMC       29:31
24. Leslie Paquette NMC       31:53
25. Jason Hedley    Worc      33:48
26. Ken Becker      NMC       34:28
27. Marge Gladwin   NMC       35:05
29. Cindy Curley    CMS       35:22
30. George Leslie   NMC       38:08
31. Joanna Latino   UNATT     ---:---
32. Carolyn Latino  UNATT     ---:---
33. Mary Clifford   UNATT     ---:---
34. John Latino     UNATT     ---:---

Volunteers: Amy Paquette, Race Director; Marge Gladwin, Dave Duval, Lori Berkey, Charlie Hebert, Tom Lynch, Kevin Fallon, Jim Shope, Darlene Hoover, Carol Allain, George Corff, Chuck Powers and Jeff Gould.

Log Cabin 10K
Fitchburg, MA
January 29, 2012

Fitchburg, MA – On your mark...get set...go. Runners poised at the start of the Log Cabin 10K.

Volunteers: Frank Gorham, Race Director; Marge Gladwin, Dave Duval, Craig Reid, Chris Reid, Chuck Powers, Larry Morris, Rene Lavoie, Jim Gaffney, Jim Imprescia, Jim Shope, Jim Fay, and Karina LeBlanc.
Bennett Estate Race  
6.45 Mile Road Race  
Danvers, MA  
January 22, 2012

1. Casey Carroll UNATT 34:23  
2. Brett Budzinski UNATT 38:49  
3. Tim Blouin NMC 39:07  
4. Charlie Salmon NMC 40:25  
5. Aarron Toleos DSK 40:31  
6. Zane Zeeh UNATT 41:19  
7. Woody Syrjala NMC 42:06  
8. Steve McAvoy NMC 42:46  
9. George Corff NMC 43:14  
10. Julie Valenti UNATT 43:40  
11. Bill Mullen NMC 43:57  
12. Roger Perham NMC 44:55  
13. Wendy Burbank Gil's AC 45:27  
14. Robert Schrater UNATT 45:43  
15. Marge Gladwin NMC 47:27

Volunteers: Dick Bennett, Race Director; Marge Gladwin, Dave Duval, Ed and Joe Bennett.

Tom and Ron Boone  
10K Memorial Road Race  
Gardner, MA  
February 5, 2012

1. Jon Miganowicz NMC 39:05  
2. Matt Moison NMC 40:58  
3. Tim Blouin NMC 41:07  
4. Henry Castillo NMC 42:32  
5. Charlie Salmon NMC 43:39  
6. Kevin Fallon NMC 44:10  
7. Mike Auger NMC 44:17  
8. Elizabeth Bond NMC 44:39  
10. Lee Meunier NMC 46:47  
11. Joe DiMucci NMC 47:34  
12. Alyss Lombardi NMC 47:43  
13. Mike O'Hara NMC 47:51  
14. Amy Paquette NMC 48:11  
15. Gary Ring UNATT 48:28  
16. Shannon Dunn UNATT 49:01  
17. Donna LeBlanc NMC 51:27  
18. Ken Johnson NMC 51:54  
20. George Corff NMC 53:43  
21. Julie Ruhlman UNATT 54:26  
22. Lisa Lombardi NMC 54:59  
23. Megan Therriault NMC 58:18  
24. Greg Beyroute UNATT 59:29  
25. Wayne Douglas UNATT 60:05  
26. Beth Hetrick UNATT 60:16  
27. Jim Lanteigne UNATT 60:17  
28. Mike Ruhlman UNATT 60:46  
29. Matt Halfrey UNATT 61:11  
30. Brian Sheil UNATT 64:42  
31. Sherisa Sterling NMC 78:05  
32. MaryLou Crohan NMC 91:56

Volunteers: Carol Allain and Jeff Gould, Race Directors; Jim Fay, Steve Penney, Darlene Hoover, Jim Imprescia, Larry Morris, Jim and Janet Brehio, and Deb Wallgren.

Gardner, MA – Elizabeth Bond at the Boone Memorial 10K road race running past Mount Wachusett Community College approaching mile 3. Elizabeth won the woman’s race in a time of
44:39.

‘I want to run until I can’t run’
- Bill Rodgers
Inspiration

By Rene Lavoie

Looking for running inspiration? I suggest looking up double amputee Aimee Mullins. Recently I heard her tell her story on The Moth radio show. Aimee was born without fibular bones and had both of her legs amputated below the knees. At that time the most common prosthetic legs were made of wood or plastic or a combination of both held on by Velcro straps. Not your ideal substitute for legs to walk on let alone run and compete on.

Throughout high school Aimee played softball and skied. While studying history and diplomacy at Georgetown University she heard of a competition for amputees being held in Boston and on her own showed up and despite no formal training she competed and set a world record. It was obvious she had determination and ability and with the encouragement from the other participants she returned to Georgetown and sought out the legendary track coach Frank Gagliano who agreed to train her.

Aimee went on to compete at the NCAA Division I level using the revolutionary designed prosthetics made of carbon fiber and modeled after the hind legs of cheetahs. She would then go on to compete in the 1996 Paralympics in Atlanta where she set world records in the 100 meters, 200 meters, and the long jump.

Not to be solely defined by her disability Aimee helped to design prosthetic legs made of materials that took advantage of their practical as well as for their design value. She helped design prosthetics that are identical to flesh and blood, ones that are works of artistry, glass legs, as well as tattooed legs. As she proudly claims she doesn’t need to shave her legs and she can wear open-toe shoes in the winter. In addition to being an athlete, Aimee is also a model having done runway work for Alexander McQueen, an actor appearing as the Leopard Queen in Matthew Barney's Cremaster Cycle, and was the official Ambassador for the Tribecca/ESPN Sports Film Festival. For more information and a filmed interview check out:


The Power Within

By Gary Leavitt

‘So where does the power come from, to see the race to its end? It comes from within.’ Eric Liddell (Chariots of Fire)

I've lived by this quote before I saw the movie and ever since seeing the movie. It is truly one of the greatest quotes when it comes to running. It is actually a great quote in religion as well as everyday life.

Here’s another great quote from that same Academy Award Winning movie: ‘I believe God made me for a purpose, but he also made me fast and when I run I feel his pleasure. To give it up would be to hold him in contempt.’ Eric Liddell (Chariots of Fire)

How about you? Do you feel God’s pleasure? Or have ever you had to dig down deep to finish or win a race?
The Power Within, Continued

Personally, throughout my running career, entertainment career, coaching career or sales career I’ve experienced it all. No, I haven’t won a gold medal like the Scotchman Lidell nor have I ever competed in an Olympics, Olympics Trial or anything of that magnitude. But some mysterious inner strength has given me that magical lift to achieve that little extra.

I’m sure all of you have something like that happen to you and probably remember when and exactly how it transpired. In many ways it is a religious feeling and in many ways it seems so surreal.

One I can remember more than any was while racing in Lynn, MA. It was a five mile race put on by the now extinct Golden Circle Pub. The Race Director, Gerry Caruso, a good friend of mine, asked me to run in it. I tried to support every race that he was directing because Gerry was a good guy.

I had only problem at the time - bruised or perhaps cracked ribs, an injury that I sustained in Recreation League Basketball. A big dude slammed into me and oh how the pain hit me like a freight train.

I told Gerry about the injury and he said just come down and help with the race and, if I felt better I could hop in. The race was approximately three days after the blow.

I didn’t think I could do it, but somehow, someway I held my elbow in tight to my body and tried to make it like a brace. I normally would bolt out at the beginning of every race and then settle in. Not this time. I had to go out somewhat conservative and ease on into the race without any jerking motion.

It worked somewhat, however, I couldn’t accelerate much faster than the pace I started at. There would be no sprint at the end.

I ran behind Bob Gillon, a decent runner, from Lynnfield. He would lead for four plus miles of this race. I never faded nor did I surge. He faded. I maintained going by him and never let him know that I was in excruciating pain and would not be able to offer any kind of a kick to counter his kick. It wasn’t my fastest five miles nor was it my prettiest. But it was exactly what I said from the outset of this article. ‘I had the power to see the race to it’s to end.’

And, yes ‘I felt his pleasure.’

2011 USATF Iron Runners

Congratulations to our dedicated USATF club members who ran all 7 USATF – NE Grand Prix races last year. The series began in February and ended in October with distances ranging from 5K to a full marathon. NMC Iron Runners for 2011 are:

- Mike Auger
- Tim Blouin
- Dan Dodson
- Jim Fay
- Joe DiMucci
- Jon Miganowicz

Nashua, NH – A smiling NMC Men’s Open team prior to the start of the Mill City Relay. From left to right, Matt Spano, Jon Miganowicz, Will Lary and Mike Grasela. The team placed 5th overall running the 26.9 mile course in a time of 2:36.
Donnelly’s 5 Mile Road Race
Lunenburg, MA
February 12, 2012

1. Jon Miganowicz NMC 31:40
2. Trent Hayden GCS 34:37
3. Robin Ireland UNATT 34:46
4. Matt Moison NMC 35:17
5. Charlie Salmond NMC 35:34
6. HeatherArsenault UNATT 36:04
7. Elizabeth Bond NMC 36:22
8. Mike O’Hara NMC 38:30
9. Tim Blouin NMC 39:03
10. Chris Arcan HCS 38:38
11. Gary Ring UNATT 39:03
12. Joe DiMucci NMC 40:06
13. Ad Delrey HCS 40:07
15. Marcy Silva MWCC 41:09
16. Joe Alvalle HCS 41:10
17. Ken Johnson NMC 41:35
18. Keith Harnden NMC 41:44
19. Phil McGaw NMC 42:17
20. Donna LeBlanc NMC 42:22
21. Jane Ring UNATT 42:34
22. Lisa Stone-Mutti NMC 42:50
23. Randall Descarreaux UNATT 42:58
24. George Corff NMC 43:30
25. Steve McAvoy NMC 43:58
26. Darlene Hoover NMC 45:15
27. Melissa Howard UNATT 46:11
29. Megan Therriault NMC 47:15
30. Kellie Peters UNATT 48:29
31. Dave Evans HCS 48:59
32. Chris Reid NMC 49:33
33. Adam Gerhard GCS 52:34
34. Marge Gladwin NMC 55:12
35. George Leslie NMC 58:47
36. D. J. Howard UNATT 63:53
37. Brian Sheil UNATT 73:18
38. MaryLou Crohan NMC 88:56

Volunteers: Frank Gorham, Race Director;
David Duval, Marge Gladwin, Chris Reid, Jim Gaffney, Jim Fay, Chuck Powers, Jeff Gould,
Rene Lavoie, Larry Morris, Jim Shope and Craig Reid

It’s Devens Time

Not Miller time…Devens time – But, you can certainly plan to have a beer after you have finished the race.

Last year’s Devens series turned out to be a success with consistent turn-out each week and new-to-the-club participation that resulted in the addition of several new members. NMC will again host a series of races – nine 5K races to be exact along with a 1 mile fun run at Ft. Devens on consecutive Wednesdays beginning April 4th and concluding on May 30th. April races will start at 6:15 pm; those in May at 6:30 pm.

Race start is Rogers Field, 55 Buena Vista St, Devens, MA. There is parking behind the buildings on Buena Vista opposite the field. The cost is $2 for NMC members; $4 for non-NMC members; and, $1 for anyone under 18 years old.

Volunteers are very much needed for all races. In addition, we are looking for Race Directors for races being held on May 23rd and May 30th. If you are able to help out any of the weeks in any capacity or would like more information, please email Kevin or Amy. Kevin nollafnivek@yahoo.com
Amy almassagetherapy@yahoo.com

Fitchburg, MA - Miller Time - Deb Fontaine and Lori Berkey smiling for the camera while enjoying their favorite brews at NMC’s Annual Holiday party that took place on January 14th. A good time was had by all.