



Seattle SAKE Dragon Boat Club

Club Newsletter

April 28, 2011

Submit content or ideas for the next newsletter to comm@clubsake.com

LET THE BOATING BEGIN! WINDERMERE CUP 2011 – Saturday, May 7

Don't miss out on the exciting annual Windermere Cup Event, Saturday, May 7th, at the UW Waterfront Activity Center (WAC) in the Montlake Cut, Seattle. Food and coffee will be provided as well as all paddlers and volunteers will receive a free limited edition long-sleeve Club Sake t-shirt.

There are two different ways to have fun with your fellow club members!

a) **Volunteer to help us transport** 2 BUKs to the WAC event site and then back to Leschi Marina after the race.

Sign up: RSVP as "not competing" to the Club Sake Team Cowboy event or email Joan Poochoon at poochoon.j@ghc.org

Logistics: Arrive by 6:00am Saturday morning at the North Dock.

b) **Paddle in the dragon boat race**

Sign up: RSVP as "competing" to the Club Sake Team Cowboy event or email Joan Poochoon at poochoon.j@ghc.org

Logistics: Meet at the WAC no later than 7:30am. Club Sake will have a tent set up on the grassy area so look for us there.

INAUGURAL CLUB SAKE INTRAMURAL RACE – Saturday, May 21

Join your team members for some fun and spirited competition against other Club SAKE teams and other teams from Seattle, Kent and Tacoma. Teams will participate in two 500 meter races and, at each team's option, a 1000 meter race and/or a "fun, unusual" racing event. While the races will not be tightly organized (you won't see lane markers at this event), the competition and fun will be certain to get your juices flowing!

Following the racing, we'll have a light picnic at Leschi Park. Bring a few snacks to enjoy/share.

Additional details will be sent to captains in early May. Save the date!

NOTE: Practices will be cancelled for that Saturday.

STOHLQUIST FOR SALE

Kick off the dragon boat season with something new to wear. Need a drytop or pants for what is turning out to be an extended winter practice? How about a fashionable new PFD for the huli drill or that unintentional huli?

Club members enjoy a 30-40% discount off MSRP. Check out www.stohlquist.com for their latest PFDs and other paddling gear. We're getting ready to put in an order by mid-May so **email Gordon with your order at gordhom@yahoo.com**. Please be sure to state the product name, color, and size and you will get an estimated price response. If you signed up at the Club's annual meeting, please send a reminder email to Gordon with the details.

SAVE THE DATE

>May 7

Windermere Cup 2011 Montlake Cut, Seattle

Come join the rest of the Seattle boating community for this fun annual tradition! Club Sake needs volunteers to fill 2 boats. Get details and RSVP to the event on TCowboy.

>May 21

Club Sake Intramural Race 9:00am – 12:00pm

South Dock, Leschi Marina
Come compete against other Club Sake teams as well as teams from around the area. More details to come!

>May 21

Boat Maintenance Party South Dock, Leschi Marina

RSVP to the event on TCowboy or contact Tavo at equipment@clubsake.com

>July 17

Club Sake Picnic 10:30am – 4:00pm

Newcastle Beach Park

Don't miss out on the annual Club picnic! More details to come but in the meantime, contact Ilana or Colleen: pr@clubsake.com vp@clubsake.com

RACE DAY INFO & PHOTOS

Don't forget to share your success stories or your close calls with the rest of the Club! We'd love to include results and photos of everyone's races in the newsletter and/or on Team Cowboy. After each race, just send along the info and photos (and/or link to videos) to comm@clubsake.com

2011 PRACTICE SCHEDULE

- **Absolut Sake**
Tuesdays 6:30pm
Saturdays 9:30am
- **Habu Sake:**
Mondays 6:00pm
Thursdays 6:00pm
- **Hot Sake:**
Tuesdays 6:30pm
Saturdays 9:30am
- **Sakeccino Sake:**
Wednesdays 6:00pm
Saturdays 9:30am
- **Survivor Sake:**
Tuesdays 6:00pm
Saturdays 9:30am
- **Team Junior Spitfire:**
Mondays 6:00pm
Thursdays 6:00pm
Saturdays 9:30am
- **Team Spitfire Sake:**
Tuesdays 6:00pm
Thursdays 6:00pm
Saturdays 9:00am
- **Vintage Sake:**
Mondays 6:30pm
Thursdays 6:30pm
Saturdays 8:00am

2011 RACE SCHEDULE

- St. Martin's (4/30)**
Absolut, Hot, Survivor, Team Spitfire
- Tacoma Rainier (5/14)**
Habu (?), Hot, Sakeccino
- False Creek (5/28)**
Survivor Sake
- Vancouver Alcan (6/11-12)**
Absolut, Hot, Sakeccino (?), Team Spitfire, Vintage
- Salem World Beat (6/26)**
Survivor
- Kent (7/9)**
Absolut, Habu (?), Hot, Sakeccino, Survivor, Team Spitfire, Vintage
- Harrison (7/23)**
Vintage
- Victoria (8/13-14)**
Habu (?), Hot
- Celebrating Life! (9/3)**
Hot, Sakeccino, Survivor
- Portland (9/10-11)**
Habu (?), Team Spitfire
- San Francisco (9/17-18)**
Hot
- Las Vegas (10/8)**
Absolut
- San Diego (10/22-23)**
Hot

OVER 30 PADDLERS CAME OUT FOR COMPETITIVE TEAM TRY-OUTS

We had 30 paddlers participate in the Club Sake time trials at Sandpoint on the Sundays of April 10th and 17th. While everyone was pretty tired after their stint, just about everyone said they had fun, and doing it in an OC2 was not nearly as daunting as anticipated. Many, many, thanks to Minnie Fontenelle of Hot Sake who steered for every one of the participants and gave them much encouragement to get to the finish as quickly as possible. Thanks also to Ernie Wong for arranging use of the equipment and for timing everyone.

These time trials were the first step in pulling together a competitive Club team. Several of the time trial participants just wanted to test themselves and were not interested in actually trying out for the team, so we do not have enough interest this year for a true competitive team. However, we will still be moving forward with the exercises that were defined as part of the try-outs and they will be scheduled over the next month.

Due to popular demand, we will hold another day of time trials later in the season. Participants enjoyed themselves and found the experience valuable and want to do it again. We learned a few things from this first effort (i.e. not realistic to have Minnie steer for everyone), and will be making some changes. It's likely we'll make it more of a social event as well and will need some assistance. Longer term we'd like to be able to do these twice a season to provide a more objective means for SAKE paddlers to be able to measure their progress and find out how they stack up against others. If you have any questions or suggestions, **please contact Lesley Blyth at lkblyth@hotmail.com.**



REFER SOMEONE AND WENDY WILL DONATE \$500

Wendy Ceccherelli would like to help support Club Sake through her work as a real estate broker specializing in the Seattle area by donating \$500 to Club Sake for every referral that results in a closed transaction. The referral must be made by Memorial Day, but the donation will be made whenever a transaction closes.

So if you know anyone who is considering buying or selling a home in Seattle, just send Wendy their contact information, or ask them to contact her and tell her that a Club Sake paddler referred them: homelandinvestment@gmail.com.

TSNW + DRAGON BOATING = SURVIVORS

We recently received this message regarding Jean Vye's experience with TSNW dragon boating and how it played an important role in providing her support and encouragement during a very difficult time in her life. This is a wonderful reminder on how important Club Sake's relationship with TSNW is and also how this partnership makes it possible for these women to move forward into a physically active, hopeful future.

Today, women throughout the Puget Sound area will participate in TSNW programs: women who have just received a diagnosis, alongside women in treatment, shoulder to shoulder with 20 year survivors. Women like Jean Vye, a 5-year TSNW member:

I was 46 years old and life was good – close family and friends, satisfying job and an active, healthy lifestyle. In fact, I had just reached a long time goal of climbing Mount Rainier. The furthest thing from my mind was cancer, so routine mammograms weren't a big deal. I didn't have any of the known 'risk factors', so I was stunned when the doctor pointed out an area on the X-rays that had changed over the last year. A biopsy confirmed that it was invasive breast cancer, requiring aggressive treatment.

After surgery and six months of chemo, I was very tired, and my confidence was shaken. I gradually picked up the pieces of my life. Eventually, after a second cancer diagnosis (melanoma) I was lucky enough to hear from a friend about Team Survivor Northwest. She encouraged me to try their dragon boat program. I loved it. Paddling alongside other survivors spoke to me. I remain challenged and encouraged by these women. I am thankful for this organization that empowers me to lead a full, active life.

TEAM COWBOY HELPFUL HINT: IMPORT INVITES TO YOUR OWN CALENDAR

I recently received a question regarding whether or not you can add Team Cowboy events into your own personal calendar (e.g., Outlook, Google Calendar, etc.). And the answer is "Yes you can!" It will take a little bit of set up but it's relatively simple! Here are the instructions for Google Calendar and for Outlook (2007 and 2010). Try it out!

First you need to grab the Calendar URL that you want your personal Outlook or Google Calendar to subscribe to:

- Log in to Team Cowboy and go to the site from which you want the calendar events to be imported into your Outlook or Google Calendar.
- Scroll down to the "Event Schedule" section and click on the "Subscribe/Export" link on the right.
- You will be taken to a page that offers several options. We recommend that you choose the "Subscribe" option (first one on the left) as that will allow your calendar to be updated automatically if/when there are changes to the event (e.g., it's cancelled or times change).
- Copy the URL in the "Team Event Schedule (iCalendar)" box.

Now go to your Google or Outlook Calendar (I'm only going to address Google and Outlook Calendars here since they are the most popular but other calendars are available as well - Mac iCal, Thunderbird, iPhone, Android, Palm Pre/webOS, etc.).

Google Calendar:

- Follow the steps here:

<http://www.google.com/support/calendar/bin/answer.py?hl=en&answer=37100>

Outlook 2010 (note: be patient - it might take a couple of minutes for Outlook to process the information so it might not be immediate)

- Go to the URL and scroll down to the "Add an Internet Calendar Subscription to Outlook" section: <http://office.microsoft.com/en-us/outlook-help/view-and-subscribe-to-internet-calendars-HA102534443.aspx>

Outlook 2007:

- Follow the steps here: <http://office.microsoft.com/en-us/outlook-help/view-and-subscribe-to-internet-calendars-HA010167325.aspx#BM2>

Team Cowboy: Use it!

Just a reminder that Team Cowboy is a great way to share news and information across the entire club. You no longer have to go through the communications manager to get information out!

Learned about a new race or local event that may be of interest to the club? Post it! Have some merchandise to sell or a fund-raising event? Post it! Need paddlers, tillers, coaches or volunteers? Post it!

The whole goal of team cowboy is to allow every member to communicate directly with the club about just about anything! So log on and share your news! If you DO want to include specific information or event in the Club newsletter, you still can! Just email comm@clubsake.com and I'll include it!

LET US KNOW WHATCHA THINK

- President**
Dena Singleton
president@clubsake.com
- Vice President**
Colleen Ferris
vp@clubsake.com
- Treasurer**
Sue Amott
treasurer@clubsake.com
- Secretary**
Joan Poochoon
secretary@clubsake.com
- Membership/PR**
Ilana Trager
pr@clubsake.com
- Equipment**
Tavo Arzola
equipment@clubsake.com
- Communications**
Nara Zitner
comm@clubsake.com
- Safety**
Jan Abendroth
safety@clubsake.com