



Seattle SAKE Dragon Boat Club

Club Newsletter

June 22, 2011

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

THE GIRLS WITH THE DRAGON TATOOS: FALSE CREEK REGATTA 2011

You don't want to mess with these ladies! Survivor Sake apparently took the costume portion of the False Creek Women's Regatta seriously. But they also paddled seriously too... taking third in the Salus Marine Finals. Congratulations ladies!

Results are here:

http://www.falsecreekdragonboat.com/regattas/womens/fcrrc_womens_regatta_2011_results.pdf

Photos from the event are here:

<http://www.vitapix.ca/p251631821>

Including a team photo:

<http://www.vitapix.ca/p251631821/h2c18f50a#h2c18f50a>

You can see more photos and close-ups in the photo gallery on Team Cowboy!



COMING THIS JULY 17: CLUB SAKE PICNIC

Come on out and make some new friends at the annual Club Sake Picnic, Sunday, July 17th from 12:00pm – 4:00pm at Newcastle Beach Park! Just like all other Sake events, you'll have the chance to eat and get wet! Last year's picnic was a hoot, with fun and games for kids and adults, dragon boat excursions for friends and family, and lots and lots of great food. This year will be no exception, so plan to show up with your best pot luck dish, family (or that special friend, wink wink) in tow, an empty stomach and comfy shoes!

Club Sake will provide the meat to burn...er, we mean grill. Each team will be assigned a type of dish to bring, i.e., salad, dessert, side dish, etc. Please stay tuned for word from your captains for more details on the potluck.

Please RSVP, including guests, on the Club Sake Team Cowboy so we can have an accurate count of attendees. If you are not on the Club Sake Team Cowboy, email comm@clubsake.com to be added.

If you'd like to help coordinate this super fun event, email Joan and Ilana at pr@clubsake.com.

SAVE THE DATE

>July 16

Boat Maintenance Party
South Dock, Leschi Marina
Contact Tavo to sign up at equipment@clubsake.com

>July 16

Dragon Boat 101
9:00am – 11:00am
South Dock, Leschi Marina
Tell your friends, co-workers and heck, even strangers, to come try out dragon boating for free! Guest coaches are Chana LaRiviere and Lesley Blythe. Check out the invites on our Facebook page: <http://www.facebook.com/clubsake> or contact Ilana Trager with questions.

>July 17

Club Sake Picnic
10:30am – 4:00pm
Newcastle Beach Park
Don't miss out on the annual Club picnic! RSVP on Team Cowboy or contact Ilana at pr@clubsake.com directly if you want to help her out!

>August 20

Boat Maintenance Party
South Dock, Leschi Marina
Contact Tavo to sign up at equipment@clubsake.com

>August 21

Dragon Boat 101
4:00pm – 6:00pm
South Dock, Leschi Marina
Yes! Another chance to get your friends and family to try out your favorite sport. This event's guest coaches are Michelle Heinrichs and Dina Stark.

>September 18

Dragon Boat 101
4:00pm-6:00pm
South Dock, Leschi Marina
One more time! This event's guest coach is Jules Halvorsen.

2011 RACE SCHEDULE

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

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

NEED PADDLERS 45+ FOR KENT – JULY 9th

Vintage has signed up a Club Sake team for the Senior Race in Kent (and just so you know, seniors are classified as 45 and older). Vintage needs help from fellow Sake paddlers to fill the boat. If you are interested in being on the senior Club Sake team, please email Anita at anita98103@yahoo.com.

RIO TINTO ALCAN 2011 – RACING WITH THOSE CRAZY CANUCKS

Congratulations to the 4 teams that not only had a great showing at the races, but also had a lot of fun including views of the crowds celebrating the Canuck hockey game win!

Vintage/Sakeccino made it into the Rec D Championship which, based on the times, was a crazy close race! Hot Sake and Team Spitfire Sake went head to head in the Rec B Consolation taking first (Hot) and second (Team Spitfire). But the winningest team this year was Absolut making it to the Competitive A Championship! Impressive especially considering they were up against teams consistently paddling in less than 2 minutes.

Official races results are here:

<http://dragonboatbc.ca/wp-content/uploads/2011/06/RTADBF2011-Results.pdf>

Here's a report from Team Spitfire Sake – sounds like they know how to race, drink and be merry!

It was a weekend of competitive racing, along with good food, Spitfire wine and Crowne Royal. Team Spitfire enjoyed the celebratory mood of Vancouver on Friday evening (thanks to the Canucks win)....and then Saturday evening, a few TSS members got hung up trying to figure out how to get that darn dryer working in our suite. Oh well, while Juan and Kotaro worked hard....the rest of TSS enjoyed Airfield Estates Spitfire Red from Judy's Yakima Valley purchase.

Team Spitfire placed 3rd and 2nd in their first heats on Saturday. After a tough start on Sunday morning semi-final, Team Spitfire finished 2nd in the Rec B consolation. Luckily, it was second to another Club Sake team -- Hot Sake took 1st. It was reminiscent of 2010 Alcan racing when Hot Sake and Team Spitfire competed in the Comp C finals.

Here's a video of Team Spitfire's third race -- Heat 66 with TSS in lane 4.

<http://www.teamcowboy.com/albums/3B9EDFFB-0A99-F0CB-78E7-622E37FC1966/>



ANNOUNCING TWO NEW BOARD POSITIONS



Due to the success of the Spitfire Junior team last year and their continued commitment this year with Club Sake, we thought it would be a good idea to give the youth team a voice on the Board in order for their specific needs and concerns to be given a platform as well as also to help foster leaders for the future! The board added by-laws (not quite ready to be published online) in order to provide a mechanism for this new Youth President to be elected. As opposed to the club at large, the youth contingent voted for their own leader, and we are thrilled to announce that Magic Boonto won by a unanimous vote!



In addition, though Gordon Hom has technically been filling this position for several years now, we recognize the effort and dedication managing merchandise for the club and felt it deserved to have its own separate appointed role on the Board (similar to the Safety Officer position). Gordon Hom will be our new official Merchandise Manager.

Congratulations to both gentlemen!

DRAGON BOATING 101 – OFF TO A GREAT START

What a great turnout! Despite gloomy, grey weather about 17 virgin paddlers came out to try dragon boat paddling for the very first time on Father's Day, Sunday, June 19! They were joined by guest coach and Club Sake President Dena Singleton, and tillers Keiko Yanagihara and Tavo Arzola. In addition, about a half dozen veteran paddlers and members of Sake's Membership committee joined them to assist in coaching and modeling good technique.

As a result, two boats were necessary, which paddlers named "Avenging Warriors" and "Grease Lightning" in the friendly competition that ensued. Paddlers were also introduced to Hot Sake coach Albert Ting who happened by in his outrigger canoe.

Paddlers were introduced to the basics of dragon boat paddling, equipment, how to get in and out of boats safely, various commands, details of the four parts of the paddle stroke, power tens, starts, and some short race pieces. In addition, they learned about Club Sake and its various member teams. Pam Smith-Mentz made sure everyone had bottled water before, and healthy fruit snacks afterwards. They also received Club Sake membership brochures, and several paddlers were interested in joining Club Sake right away.

Many paddlers heard about the event through social media marketing and through personal referrals. It seemed that everyone enjoyed themselves and their first experience as paddlers. The next Dragon Boat 101 session will be at 9am, Saturday, July 16 with guest coaches Chana LaRiviere and Lesley Blythe. Other sessions this summer will be held from 4-6 pm Sunday, August 21 with guest coaches Michelle Heinrichs and Dina Stark, and Sunday, September 18 with guest coach Jules Halvorsen.

Because of the expected turnout, we would be happy to have an additional guest coach available for the September session, and may need additional volunteer tillers as well. Thanks to everyone who helped make this first Dragon Boat 101 such a success!



NEWSLETTER SURVEY: RESULTS ARE IN

Thanks to those who responded to the first ever newsletter survey. We had 43 respondents which is about one-fifth of the club. Not bad.

Around 70% of you guys like it just the way it is... Phew! In addition, only 5% of folks who responded say they read it most often on their smart phone, so we're sticking with the current format for now.

The top 3 content areas you find most useful/interesting are Save the Date, Board Announcements and Event Summaries.

We also received some great suggestions like safety tip of the month and online resources for dragon boating.

The survey is still open if you want to give me your feedback. Bring it on! I can take it! Go to Team Cowboy, click on the Club Sake team, click on the "Surveys" tab and the click the "Take survey" link.

BOARD MEMBERS

- **President**
Dena Singleton
president@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

GET WITH IT: "LIKE" OUR NEW CLUB SAKE FACEBOOK PAGE



Thanks to Ilana and her super PR team (including Wendy Ceccherelli, Pam Smith-Mentz and Michelle Locke Hemby), we created a brand new Club Sake Facebook page to start spreading the word through other mediums about Club Sake.

Go check it out and become a fan! <http://www.facebook.com/clubsake>.

Thanks again to all of those who responded to my call to action to get liked enough to have our own URL. Within 24 hours, we had what we needed. Nice work Club Sake!

GET READY TO CELEBRATE LIFE!

The Seattle Celebrating Life! Dragon Boat Festival is on! This year's festival is on Saturday, September 3rd at Stan Sayres Memorial Park. What a great way to start your Labor Day Weekend!

Thank you to those already involved with this year's festival by paddling or volunteering. You help make this event a success. Still looking for a way to get involved:

- Form a novice team: A great way to introduce your family, friends or coworkers to a sport that you love!! If your employer is looking for a team building activity, look no further. Just have them contact us at celebratinglife.novice@gmail.com and we will help them with the process. They can participate as a corporate sponsor or community team.
- Coach one of the novice teams: It's a great way to share your love of paddling and help recruit some new paddlers to Club SAKE. Contact Cheryl St. Paul at cherstp@blarg.net.
- Volunteer – Fill out the form on the website or contact Therese Chambers at celebratinglife.volunteer@gmail.com with the following:
 1. The day(s) you would prefer to volunteer (Friday afternoon or Saturday)
 2. Volunteer interest: set-up, working the beer & wine garden, grounds keeper (trash patrol), parking lot patrol, first aid supporter, registration, runner, raffle assistant, restroom wrangler, team escorts and volunteer check-in.

Questions, Ideas or Issues contact the chairs:

Eric Chastain at chastain@gmail.com

Alicia Supernavage at om@teamsurvivornw.org

WANTED: 2 MEN FOR DENVER RACE

The top team paddling in the Denver Dragon Boat Race is looking for 2 male paddlers to fill out their roster! The festival is July 30 in Denver, Colorado. Contact Steve Yin at steveyin@hotmail.com or respond to his post on the Team Cowboy message board!

KATE + WILL: THE ROYALS DRAGON BOAT TOO!

Hopefully this will generate some wonderful publicity for dragon boating! Believe it or not the Royal Couple, on their trip to Canada are going to be competing against each other in a dragon boat race! I'm not kidding... I don't know about you but I'm betting on Kate!

<http://www.mirror.co.uk/news/royal-wedding/news/2011/06/21/kate-middleton-and-prince-william-to-race-each-other-in-dragon-boats-during-canada-tour-115875-23216801/>

<http://au.lifestyle.yahoo.com/who/article/-/9685036/prince-william-kate-to-face-off-in-dragonboat-race/>