



Seattle SAKE Dragon Boat Club

Club Newsletter

September 1, 2010

Submit content or ideas for the next newsletter
by 09.23.10 to comm@clubsake.com

MESSAGE FROM THE BOARD

Are we nearing the end of the dragon boat paddling/racing season yet?

Not yet! As noted elsewhere in this newsletter, we have a myriad of great things ahead. In addition to the upcoming races in Seattle, Portland, Kelowna, and Las Vegas, we have the exciting plans of a late October race in San Diego for a pan-Club SAKE team. Additionally, we have a number of terrific events before us including prospective new member events on Sept. 12 and 26, the Row for the Cure on September 19, another moonlight paddle tentatively planned for Sept. 23 (back by popular demand), and the Mercer Island Sausage Pull on October 9.

So... don't store away your paddle yet! September and October are great months both for paddling and for the related social activities. Stay connected to your Club, and you will extend your 2010 season with more memorable experiences.

Lastly, a word of thanks to the many, many members who continue to give their time and efforts around our various activities and volunteer needs, particularly with the practices and preparation leading up to the Seattle Celebrating Life! Festival, and the festival itself. Club SAKE members have once again shown an incredible capacity for pitching in and getting things done with a healthy dose of camaraderie in the process.

Have a great fall... hopefully filled with more fun and fulfilling dragon boating activities!

RACING SEASON ISN'T OVER - SAN DIEGO OR BUST! (October 23-24)

Get away from the Seattle fall blues and come to San Diego for the last dragon boat race of the 2010 season. Club Sake is forming a team for the San Diego Dragon Boat Festival on October 23-24. We require at least 18 paddlers, a caller and steersman for the mixed division, or 10 paddlers, caller and steersman for the 10-man division. The 10-man division includes prize money!!!

The entry fee is \$20/person (\$40/person if also doing the 10-man). A block of 10 rooms have been reserved at the Best Western Mission Bay, about 1 mile from the race site, for \$79/night (2 double beds for up to 4 people). Each paddler is responsible for their own transportation. Helpful Note: Southwest and Alaska fly direct and Southwest doesn't charge for the first bag.

If you are interested, please RSVP to the evite that went out to the Club:
<http://www.evite.com/app/publicUrl/IGNCVIPMFAXJYNLKPUR/sakeinsandiego> or email Gordon Hom at gordhom@yahoo.com, and you will be added to the "Club Sake Team Cowboy" site where all team/race info and practice schedules will be posted.

In order to meet the race registration and hotel cancellation deadline, **please respond by September 15th**. We will require you to commit by paying the initial \$20 entry fee. Please give your check (payable to Club Sake) or cash to Dave Mentz, Samay Sengamphan, or Gordon Hom.

Here's a link to the race's website: <http://www.sddragonboatrace.com/>

SAVE THE DATE!

>September 4

Celebrating Life! Festival Stan Sayres Park

Celebrate Labor Day and "celebrate life" by participating or volunteering. It's not too late. See page 2 for more details.

>September 12 & 26

Intro to Dragon Boating 1:00pm-3:00pm

Introductory paddles for Celebrating Life! visitors and novices. Come on out and show some new people how to paddle through it! Let Ilana know if you are willing to coach or till at pr@clubsake.com.

>September 19

Row for the Cure

Contact Karyn Ostfeld at kmstfeld@comcast.net or see page 2 for more details.

>September 25

Boat Repair Party 1:00pm-4:00pm

The season may be winding down but our boats always need a little TLC. To sign up, email Hai Tran at equipment@clubsake.com.

>September 23

Club Moonlight Paddle 7:00pm

Ooooo! It's another Moonlight Paddle. The August one was so much fun, we decided to do it again! Let's light up Lake Washington! Look for a future evite and sign up.

>October 9

Sausage Pull

This 6-mile race is a great way to end the season & transition into longer, endurance winter practices. And there's sausage!!! An evite will go out in early September. More info: <http://soundrowers.org/SausagePull.aspx>

CELEBRATING LIFE! FESTIVAL – THIS SATURDAY – DON'T MISS OUT

Come out and either cheer on our fellow Club Sake teams that are racing in the event (Survivor, Sakeccino and Team Spitfire Jr.) or volunteer. Believe it or not – it's not too late to contact Ilana Trager (pr@clubsake.com) to help man the Club Sake booth located in a most auspicious place – next to the beer garden! Help promote the sport of dragon boat racing in general and rally neophytes for the September 12 and 26 post-Celebrating Life! practices and/or recruit new club members for the fall.

In addition, the Celebrating Life! Festival managers have sent along this update to get you jazzed to participate! It's a great cause, it's a local event and there's no excuse for not coming out to Celebrate Life! and celebrate dragon boating!

Thank you to all volunteering with this year's Seattle Celebrating Life! Dragon Boat Festival. Hats off to the coaches, tillers, volunteers, sponsors of teams and those stepping up to take key roles (often the unsung heroes) that put in countless hours to make this event run seamlessly.

*Saturday, September 4th, Stan Sayres Memorial Park
Opening Ceremony at 8:30a.m., Racing begins at 9a.m.*

We are excited about a Q13 shoot that happened on Friday, August 27. Kaci Atchison, along with a videographer from Q13 news, went out on the Survivor SAKE boat to learn what our sport is all about. They will be airing the Survivor team in action on Thursday, September 2 at 7:20a.m., 8:20a.m. and 9:20a.m. Check it out!



There's still time to volunteer at the festival on race day. Contact Marti Williamson at marti.williamson@ubs.com.

During the festival take advantage of:

- *Fantastic raffle items - an espresso machine, hand-crafted dragon boat model made by Hai Tran, a dragon boat party, an outrigger party and more*
- *Beer & Wine Garden - sample local wines and beers*
- *Great viewing of the races*
- *Try out stand-up paddling boarding and outrigger canoeing during a break from volunteering*
- *Tasty eats provided by Hungry Paddler, with a portion of the proceeds benefitting TSNW*
- *Seven vendors, including Whirling Girl, Kialoa and Wahine*
- *50/50 raffle - chance to win half the pot with the other half benefitting TSNW -- buy plenty of raffle tickets from Eric Broberg!*

*Bette Beck & Pam Smith Mentz
Co-Chairs, 2010 Seattle Celebrating Life! Dragon Boat Festival*

PADDLERS ARE YOU READY?

The 10th annual "Row for the Cure" (fundraiser for Susan Komen Foundation) will be held on the morning of Sunday, September 19th in Lake Union. The Seattle Flying Dragons (SFD) have been paddling as the only dragon boat club in this event -- this past year I paddled with them as a representative of Survivor Sake, and had a blast! Club Sake would like to fill a boat so that we can compete in an exhibition race with SFD. This is a great cause to support; a good way to show Seattle what dragon boating is about; and, a chance to have a nice little competition with our friends, the Seattle Flying Dragons. Interested? Contact Karyn Ostfeld at kmostfeld@comcast.net or 206-427-4842.

VICTORIA FESTIVAL: HOT SAKE, SURVIVOR and VINTAGE

Once again, Club Sake paddlers made a huge splash (in one case literally!) at a dragon boat festival. It was a hot weekend in the northwest, and that included Victoria. Luckily, **Hot Sake had a chance to “cool off” in the Inner Harbor and make “international” news!** They hadn't even gotten to the start line for their first heat when a fire/rescue boat went by at top speed, creating a huge wake that capsized the boat. Boy! that water was cold! And salty! But thanks to a recent huli drill and a team of hard core paddling fanatics, they didn't lose their focus and came right back out for that first heat and won it!

Check out the various articles in the Canadian press – Hot Sake certainly became immediately infamous and gave our Club some unprecedented media coverage (thank you for that!). Checkout the stories, photos (including one photo with the Fire Rescue Dept. below) and YouTube video.

Hot Sake Swamped:

<http://www.vancouversun.com/life/Dragon+boat+paddlers+rescued+Inner+Harbour+after+being+swamped+story/3401416/story.html>

<http://www.vancouversun.com/Photos+Dragon+boat+crew+rescued+Victoria+after+being+swamped/3400369/story.html>

Hot Sake video: <http://www.youtube.com/watch?v=k8YbZ9kYQYQ>

An interesting perspective of a race: <http://www.youtube.com/watch?v=5jer5Ybd5wM>

Just in case you were wondering how Hot Sake actually did... they finished 2nd in the diamond division consolation round.

Not to be outdone, **Vintage Sake** took 3rd place in their medal round, the Bronze division. Ilana Trager said she has never been so excited at a dragon boat race as she was watching Vintage power through their medal round, looking strong and focused the whole way and surging in the finish! Way to go, Vintage Sake! What a great example of teamwork and staying in the zone!

Survivor Sake also was there and had this to share: What a fun weekend! Lots of sunshine, great company, entertainment—and that was just *at* the race. Some added enjoying the fireworks and flowers at Butchart Gardens, others took in the shopping and sights, lots of good food and dancing; how can you have a bad time in Victoria? A number of our teammates were invited to paddle with other breast cancer survivor teams in the Breast Cancer Challenge race and the entire team was recognized and invited to be on boats for the ceremony afterwards. Thanks to those who did participate.



PADDLERS NEEDED

> **Portland (9/11-12):**
Habu is in need of paddlers for the Portland Festival. Please contact Karin Carmignani at carmignani.k@ghc.org if you are interested.

2010 Race Schedules

> **Celebrating Life! (9/4):**
Sakecino
Survivor
Team Jr. Spitfire

> **Portland (9/11-12):**
Habu
Team Jr. Spitfire
Team Spitfire Sake

> **Kelowna (9/17-19):**
Hot Sake

> **Las Vegas (10/16):**
Absolut

> **San Diego (10/23-24):**
Intramural Club Sake Team

FALL/WINTER SEASON PRACTICES

Several Club Sake teams will be conducting regular weekend practices throughout the off-season whether rain, sleet or snow. It's actually a great way to stay in paddling-shape and believe it or not, it's actually quite rewarding. We'll give you an update in the next newsletter as to who is doing what and when.

Want to coordinate club-wide evening paddles? This was wonderfully handled by Matthew Goossen last year (thank you Matthew!) and we thought we'd keep the tradition going. If you are interested in managing this on a regular basis, please contact Ilana at pr@clubsake.com. The entire Club will thank you!

MEMBERSHIP REFERRAL PROGRAM

Just a reminder that you can receive 1/3 off next year's dues just by getting a friend, co-worker or family member involved in Club Sake!

All you have to do is recommend someone to the Club and once they become a member, you get the reward of getting 1/3 off your next year's membership!

We'll be giving a prize for the grand poobah of membership acquisitions at the annual Club Sake meeting. So keep it coming Club Sake!

Got A Good Idea?

Contact the Board with comments or suggestions. We have open minds and big ears! (Well, not literally).

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SPLISH, SPLASH, I WAS TAKING A BATH: HULI DRILL UPDATE & VIDEO

As made evident by the excitement that Hot Sake encountered during their impromptu dunk in the Inner Harbour at Victoria, our recent call for club-wide huli drills wasn't only prudent but timely! And it just goes to show how you it may happen when you least expect it! As the boy scouts' motto urges: Be Prepared.

Thanks to Jan Abendroth, our safety officer, for creating this year's program and making this very important initiative successful. Most of the teams have completed their drills. For those teams that haven't, the BuKs will not be available for your practices until drills are completed. Please contact Jan (jan.abendroth@gmail.com) once your huli drill is completed with list of team members that participated.

I don't know if this was merely to prove they actually conducted their Huli Drill this year, but **Survivor Sake created a video of their adventure** (thanks to Judy's husband) and was willing to share it with us all. Check it out: <http://www.youtube.com/watch?v=IPYiLQZixeY>. It's a great example of the various steps involved in a successful re-righting of the boat including confirming count of all paddlers, retrieving paddlers caught under the boat, bailing the boat, assisting folks back into the boat (including using a paddle as a "step") and ensuring everyone has their paddles... and their shoes! ☺

TACOMA MARITIME FESTIVAL DRAGON BOAT RACE (August 28th)

Club Sake also made a great showing at the Tacoma Maritime Festival Dragon Boat Race this past weekend.

Habu Sake won second place in the Rec B division (see their celebratory photos below! Five of the racers were new Habu members for whom this was their first race experience. Welcome aboard! In addition, Habu wanted to thank guest paddlers Lonnie and Kyle from Team Spitfire Sake for adding their power, as well as Mika Imori and James McGuire. Thanks too to Ilana and Denise who stepped in on short notice for one heat when Habu was short a couple of paddlers. Nice team work!

Speaking of team work – here are other results from the race:

Team Jr. Spitfire Jr. came in 2nd in Youth division (Woo Hoo!)
KT Family Feud (a team made mostly of Team Spitfire Sake folks) came in 4th in Rec A
Hai Tran paddled with Boeing corporate team while Denise Johnson and Ilana paddled with Tacoma Nagas. They finished 3rd in Rec A.

It was a great day for Club Sake in Tacoma, we showed the spectators at Thea's Park how it's done!



September Practice Schedule

Attached along with this newsletter is the September practice schedule. BuKs are available for any team who has completed the Huli Drill on a first-come, first-served basis. Please contact Hai Tran (equipment@clubsake.com)

TOW, TOW, TOW OUR BOATS...

Throughout the season, the Club holds or participates in local events and festivals away from Leschi Marina (e.g., Windermere, Club picnic, Sausage Pull, etc.), and often need assistance with towing our boats to the various locales. If you have a motor boat and/or know someone who has a motor boat and is willing to occasionally help us out with towing, we would love to know!

The Club will reimburse the party for any fuel costs. This would really be a big help for the long-distance needs. Please contact Hai Tran (equipment@clubsake.com) to sign up.

LOST AND FOUND

Barb Carey lost her sunglasses on August 28 at Leschia. Please read her message below and **contact her at 425.822.3367 if you have any information:**

After a hectic morning at Leschi on Saturday, August 28, with tons of people milling around, I seem to have come home without my good Smith sunglasses. I may have dropped them on the grass and I am hoping that someone picked them up. Has anyone heard of anyone finding sunglasses this morning? I would sure appreciate your letting me know.

CATHIE MILLER MEMORIAL PADDLE

Cathy Miller was one of the original Team Survivor Northwest dragon boat paddlers. Her infectious smile and positive attitude made you completely forget about the cancer she was living with. When she passed, after the conclusion of the 2008 season, it was learned that she wished for some of her ashes to be spread by her dragon boat team mates in Lake Washington. A potluck picnic and twilight paddle in her memory are planned for **Sunday, September 19th, 6:00pm**, at Madrona Park. Please pass the word along to those who paddled with her in the past and RSVP to Cheryl St. Paul (cherstp@blarg.net) so she knows how many would like to participate.

MOON RIVER – ER, LAKE: AUGUST 21ST MOONLIGHT PADDLE

We *almost* saw the moon a couple of times, and we ended up getting slightly rained on, but somehow we still had a great time! Hai, Todd and Keiko made sure we were safe out there at night (and, thus, forgoing the wine!). Hai put lights on the boat and Keiko put lights on her head. Everyone had so much fun we decided to do it again soon, before it gets too cold. **Next moonlight paddle is scheduled for September 23rd at 7 PM.** Look for an evite coming your way soon! FYI: We also had a few Celebrating Life! paddlers aboard. Hopefully this showed them that the Club is not just about practicing and racing, but also our social “soft side” and our appreciation of the beauty of our beloved Lake Washington.

AUGUST BOAT REPAIR PARTY UPDATE

In preparation for the Celebrating Life! novice team practice, we held a four-day, two-weekend work party in late July and early August with an ambitious plan to paint all five of our 6-16 boats. Despite having a large number of member volunteers (thank you!), the project was too big to complete within the allocated times, and the weather was not cooperating. Rain on the last day of the project washed off some of the paint causing a little mess on some of the boats. We could not complete the painting on any of our 6-16 boats. Next time we will work on one or two boats at a time.



We have lots of folks to thank! Sorry if we missed anyone inadvertently.

Jan Abendroth (<i>Hot Sake</i>)	Todd Nishikawa
Tavo Arzola (<i>Vintage</i>)	Troy Nishikawa
Tonee Bertalan (<i>Vintage</i>)	Ed Oshiro (<i>Vintage</i>)
Eric Bronto (<i>Spitfire Jr.</i>)	Irene Pech (<i>Spitfire Jr.</i>)
John Ferns (<i>Vintage</i>)	Loreen Pech (<i>Team Spitfire Sake</i>)
Patrick Hwang (<i>Sakeccino</i>)	Joan Poochoon (<i>Habu</i>)
Mika Imori (<i>KemoSake</i>)	Vanessa Rasavong (<i>Spitfire Jr.</i>),
Judy Leede (<i>KemoSake</i>)	Jacob Reim (<i>Spitfire Jr.</i>)
Amie Kotalas (<i>Spitfire Jr.</i>)	Lily Reim (<i>Spitfire Jr.</i>)
Jim Maners (<i>Vintage</i>)	Sylvia Reim (<i>Spitfire Jr.</i>)
May Macnab (<i>Vintage</i>)	Debbie Reynold (<i>Team Spitfire Sake</i>)
Dave Mentz (<i>Team Spitfire Sake</i>)	Samay Sengamphan (<i>Team Spitfire Sake</i>)
Pauline Miyata (<i>KemoSake</i>)	Kyle Shoemaker (<i>Team Spitfire Sake</i>)
Tamio Miyata (<i>Vintage</i>)	Pam Smith-Mentz (<i>Team Spitfire Sake</i>)
Jean Murakami (<i>Survivor</i>)	Dena Stark (<i>Sakeccino</i>)
Valencia Ngeth (<i>Spitfire Jr.</i>)	Ilana Trager (<i>Habu</i>)
	Keiko Yanagihara (<i>Survivor</i>)