



Seattle SAKE Dragon Boat Club

Seattle's PREMIERE Dragon Boat Club!

Victoria Race

Bench up, Load in,
Paddle to point
Pass Clipper and Coho so grand
Bunkers across warn of war
Practice start, blastoff, cool down
Wait in cove, heart drumming, breath steady
So Beautiful this day!
So powerful this moment!
Called to line, tension building
Paddles up!
Horn blast signals pandemonium
Steady, Steady
Reach, Reach, MORE!
Empress against the sky calls for MORE!
Dock ends, race begins again, Finish Now!
Through the line, electrified, breathless,
Happy!!!

William H. Stiles
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A Letter From Your President . . .

Dear members,

Happy Holidays and wishing you a happy new year! It is unbelievable that 2006 is almost over! I hope this newsletter finds all of you safe, dry and warm after that crazy windstorm we had.

In this last newsletter of 2006 you will find the volunteer hours for our SAKE teams. This year is also our first year as a 501(c)3 non-profit club, so we can now take company-matching donations for your volunteer hours. Please read Zheng's column for further details on how you can ensure the club will receive matching funds for your volunteer hours. But we need to act fast to receive them!

Looking forward to 2007, I encourage all members to give serious thoughts for nominating some great member candidates for board positions. The positions of Vice President, Treasurer and Equipment Manager will be up for election at our general meeting on March 5, 2007 at REI. Having a passion for the well being of the club will be the first and foremost character a candidate should have. The ability to think and act team-neutral, with the vision to propel club SAKE forward are 'musts' for candidates. Further details on the election and annual meeting will be shared in e-mail communication via your team captains or representatives. (continued on page 2)

I would like to take this opportunity to share with you my utmost gratitude to the three out-going officers who have done fantastic jobs to keep our club running smoothly, and who, while remaining team-neutral, made difficult decisions that were necessary and needed for the club. They have gone above and beyond to carry out more than their share of work to move club SAKE forward! Thank you William Stiles, Zheng Wang and Hyla Dobaj!

The board heard our members' desires for more of a 'heads up' for upcoming PR events. So we have included a PR event calendar for 2007 in this newsletter. We are working hard to give ample notification of potential events requiring members' help. Get ready to support these fun, upcoming PR events!

The new 2007 waiver and member information forms are ready and will be available on our new website. Be sure to sign the new waiver before you get into the boats in 2007. Look for the new membership rate schedule in this newsletter.

And finally, our new club website will also be launched at the beginning of the new year! Special thanks to our web master, Judy Taber, for giving our website a smashing new look. Stay tune for the launch date!

Take care everyone and stay warm!

Charlene Wee

Events . . .

Three Survivor SAKE Paddlers Compete in Singapore Championships – September 2006



In late September the Breast Cancer Foundation of Singapore hosted the inaugural IPDBC (International Pink Dragon Boat Council) Breast Cancer Dragon Boat World Championships 2006. Three Survivor SAKE paddlers, Bev Wagner, Mika Imori and Diana Chien, traveled to Singapore to race as members of a mixed Canadian/U.S. breast cancer team.

The mission of our team, called the International Pink Sisters, was “. . . to support other women, family and friends afflicted with breast cancer.” Team members held various fundraisers and team-building activities while a variety of sponsors provided team shirts and blouses, scarves and shawls, headbands and pins.

We had two official training days before the Opening Ceremonies on Friday, September 29th. After speeches by local dignitaries, the eye-dotting ceremony and dragon dancers, we watched as the Flag Ceremony introduced teams from Australia, South Africa, New Zealand, Italy, Canada, Hong Kong, Malaysia, the United Kingdom and, of course, Singapore. No exclusively U.S. teams attended.

200m and 500m races were held on Saturday and Sunday. Five categories of paddling events included the 100% Breast Cancer Survivors, the 80/20 Women's Category, the 80/20 Mixed category, the Marina Invitational Women's Race (local and expat women of non-breast cancer dragon boat teams from Singapore) and the Novelty Race (open to anyone dressed creatively in pink). Our team completed five races on Saturday and seven on Sunday, placing 5th overall!

A cocktail reception and gala banquet rounded out the DB Championship 2006 activities. The dress was pink 'bling-bling' so everyone had fun getting as outrageously glitzy as possible. Besides speakers, dance performances, sing-a-longs, games and drawings, the guests were treated to an amazing Chinese meal shared with both old and newly made friends from around the world. After the festival, most of our team members went on-tour to Malaysia, Thailand and Hong Kong. All in all a most memorable trip!! *Reported by Diana Chien, Survivor SAKE*

Garage Bowl - November 7, 2006

The Club has its ANNUAL bowling tournament! It was like a bonus to me when I found out that our dragon boat club has an annual bowling game. This is my first year paddling on a dragon boating team, and it was my first bowling game with the rest of the club. I could not wait to for the game day to come to see how everyone bowled. We already started to arrange the car pool and dinner plan for the game few days ahead of time☺.

It was so fun! Finally the day came! At 8:00pm, the game officially started. We got the first lane; we even had to wait a little bit to fill up our lane with 6 players. More and more people were coming; they were dragon boaters, they were friends and guests. Soon the whole garage was filled up, all 6 lanes; every lane filled up with the maximum number of players (6). More and

more people were coming, and waiting in line :) WOW, we have such a big family!

Just like at the races, we cheered for each other loudly! Double high 5 for every strike! High 5 for every spare! Tap shoulders for every gutter ball. We shared strategies; we learned from each other; we talked to each other, got to know each other. Smile, laugh and talk, high 5s everywhere. ☺ I cannot believe that at the end of the game, I lost my voice :)

Taking pictures for every player I like to catch up with the wonderful memories by camera. My goal was to take the best picture for every player. I sat in the middle of the 6 lanes, trying to take a picture of everyone while they were playing. There was so much action happening at the same time, I had to turn around the camera lens as soon as I could. Every minute there was a player on his/her lane ready to go, so I had to catch him/her if I could with the camera! Line6, line2, line5, Line4 ...

Announcing the winners! Winners were coming out of the crowd one by one. Highest score player; most continuous strike in a roll, lowest score, etc. Every winner got big applause for respect, for fun! There were raffles afterwards. Funny hat, T-Shirt, candies. The winners were so generous; they opened the candy bags and shared with the crowd right away.



Amazing organizers - cancer survivors Time passed so soon. At 10:00pm the game was over, and we had to leave. A friendly lady stood in front of the entrance. She kept nodding to everyone; she was smiling and kept saying "Thanks for coming" to everyone leaving the game. She must be one of organizers?! I went over and talked to her, "Thanks for organizing this game. It was so fun!" "You are so welcome." I remembered that my coworker's mom was just diagnosed with breast cancer a couple weeks ago, and I was looking for some information for my coworker and thought she might know. So I asked her about Survivor SAKE. To my big surprise, she told me, she is on the Survivor team! She survived for over 10 years!!! I cannot believe it!! I cannot. She looked so great, so energetic! It was a little late in the night, we were all tired, and she still looked so energetic! It is amazing! I am so proud of the SAKE team. I will tell my coworker, her mom will be fine.

Join the dragon boat team, she will find many great people and amazing stories here.

Thanks all the organizers who organized such a fun bowling game. It was a great chance to get to know all the SAKE teams, and have fun together. Thanks to all the players who came to the game. You made the game more fun. Players that cannot make this year game, come share the fun experience with us next time. Looking forward to the next game night next year!
Reported by Xiao-Qi Ye, Hot SAKE

Giving Is Magic! – November 18, 2006

The fall gala for Team Survivor Northwest (TSNW) was magical in every way. Over 170 guests gathered in festive attire at The Hall at Fautleroy for an evening of wine, hors d'oeuvres, dessert and magic. Magician Steffan Soule awed the audience pulling a dove from a handkerchief, finding money in lemons, and cutting his assistant into many pieces. How did he do that? Through generous bidding, Jack Brooks won the right to volunteer his wife, Lois, be tied up in numerous ropes by magician assistants, who also bid to participate in the magic event. Lois looked hopelessly stuck but was freed from the ropes with a touch of magic. Greg Hearn took time from his busy schedule at Arrow Electronics, Inc., to serve as Master of Ceremony for the event. He kept the evening moving forward and, with Steffan, encouraged generous giving by our guests. Bud Taylor and Becca Flora shared their personal stories about the importance of TSNW in their lives and all guests enjoyed an inspiring slide show of women cancer survivors participating in various TSNW programs. With everyone's work and participation Giving Is Magic raised over \$30,000 to support our many fitness programs. Thank you to all who attended and to the excellent work of the committee. We have seen for ourselves that giving IS magic. *Reported by Mary K McCoy, Survivor Sake*

Boat Moving Day – November 19, 2006

The 2006 Boat Moving Operation was successfully completed on November 17th. A special thank you to the volunteers from each team! It was a cold, wet, blustery day, but we managed to get the trailer over from the eastside and both boats paddled from Leschi to the south dock. We were all soaked by the time we finished loading the boats, but it's a necessary task every year at this time, so once again, we really appreciate those volunteers who braved the elements to help out. A special thank you goes to my Survivor Sake volunteers that day! *Reported by Paula Tomlinson, Survivor SAKE*

Save the Date . . . And Volunteer!

February	Chinese New Year Chinatown Booth (team reps needed for booth tending)
March 5 th	Club SAKE Annual Meeting “Get Out the Vote!”
March	Odyssey Museum Cultural Event (team reps may be needed)
April	KOMO NW Afternoon TV show (team reps may be needed)
May	UW Street Fair booth (team reps needed for booth tending)
July -	Milk Carton Derby (participation format TBD). Would you like to participate by designing, building and/or sailing a boat?
August 25th	International Cancer Cup (note the weekend change!)
December	Jingle Bell Run (participation format TBD)

PR suggestion? Contact *Elyse Maffeo* at elysebmaffeo@comcast.net

From the Teams. . . .

Absolute SAKE



No news from our team since the last update.

Hot SAKE



Our Hot Sake article writer, Snesha, is still without power. Stay tuned for our article next newsletter! :)

Sakeccino

Sakeccino is enjoying the off-season this year in many different ways. Dina purchased her first home. Diane was promoted to a Director at Starbucks. Koichi ran the full Seattle Marathon (picture attached). Michelle & Zac got their first puppy named Daisy. Jeff traveled the world again, to Taiwan. Curtis had his first Jell-O shot

at our team party. William learned how to crank call our teammates at the same party. A few of us have managed to make it out of bed Saturday mornings to enjoy the pleasures of winter paddling. Happy Holidays from your Latte Lovers, Team Sakeccino!! *Reported by Michelle Heinrichs*

Survivor SAKE



Team SAKE

As many of you know, it takes more than just brawn to get 20 folks paddling in time. And it takes more than just a good coach and captain to keep the energy high and frustrations low. One of the traditions Team SAKE has started that many of us look forward to at the End-Of-Year-Team party, are our individual team awards. In this way, we have fun with each of our own personalities and celebrate the unique individuals who can muster a year of paddling and still all love each other like family at the end! For without each of us, there would not be a Team SAKE.

Special thanks goes to Eric and Cammy Chastain for hosting this party and especially to Eric whose wit and humor produced these almost too true awards and found amazingly hilarious prizes to go with.

Team SAKE 2006 Award Presentations

Chorus Line Award - Lisa Blessinger: For the paddler and possible princess who packs not only her paddle and pfd, but also her tiara, feather boa, fishnet stockings and stiletto heels to races (or at least to the pasted-in image of her at races).

Energizer Bunny Award - Kristi Asplund For the paddler who exhibited more energy (in talking, jumping around, tree climbing and warming up) than the rest of the team put together.

Cool Shades Award - Lena Pederson: For the paddler who had the most comprehensive understanding and collection of stylish eyewear.

Desert Island Darling Award - April Johnson: For the paddler whose dazzling smile and friendly nature (combining all the positive attributes of Mary Ann from “Gilligan’s Island” and Kate from “Lost”) make her the ideal fellow castaway.

Nick of Time Award - Minh Pham-Bui: For the paddler who barely made it to practices and never made

it to race warm-ups but was always there in time for marshalling - THANK GOD!

Poi Pounder Award - Taro Obara

For the paddler who pounds the water as furiously as his Hawaiian namesakes pound taro into poi.

Paddler of Fortune Award - William Stiles: For the paddler who balances his mercenary warrior spirit with an infectious joy of dragon boating, leading him to paddle, steer and coach for almost every team all season long. *Prize: "Team Sake Merc" beret*

Miss Congeniality Award - Heather Proctor: For the paddler whose sunny disposition and impeccable manners charm everyone who paddles with her. *Prize: Sunshiny yellow bandannas*

Privates Investigations Award - Todd Nishikawa

For the paddler with more nicknames and adjectives to describe his genitalia than anyone else. "I've got your _____ right here!" *Prize: magnifying glass as a GPS (Genital Positioning System)*

"Hunk-cruiter" Award - Munreeh Hassan: For the paddler who made a special effort to recruit boy paddlers. *Prize: GQ Magazine*

Iron Hostess Award - Jo Nishikawa: For the paddler whose never ending supply of rice balls and sushi fixings kept the team fed all season long. *Prize: Sushi wallet to buy more rice and fish*

Hot Wheels Award - Hyla Dobaj: For the paddler who, after years of driving practical dog transport vehicles, traded them in for a hot convertible. *Prize: Hot Rod postcard plaque*

Dragoncycle Award - Kyle Shoecraft: For the paddler who was most deeply conflicted on sunny practice days: whether to go to practice or to ride his motorcycle. *Prize: Dragon motorcycle key chain (so he can have his dragon with him at all times).*

Power Puff Paddler Award - Danielle Jones: For the power paddler whose long reach (and perfect nails) drives the team to victory by day, even though she must be home by Lucy's bedtime. *Prize: Power Puff Girls book*

Brigadoon Award - Eddie Lee: For the paddler who (like the mythical Scottish village that appears only once every 100 years) magically appears once a season, in the Victoria paddlers' village. *Prize: Walker's Scottish Shortbread, to keep up his energy until Victoria 2007*

Bouncer Mama Award - Sharon Barker: For the paddler who can bounce misbehaving children and

chattering paddlers out of the boat with a single glance. *Prize: Baby Launcher*

Morning Joe Award - Claude Dykstra: For the paddler who functions the worst without his morning cup of coffee. *Prize: Mug and carabineer to attach to his PFD*

Paddling Mermaid Award - Chantelle Dykstra: For the paddler who jumps overboard so often that we suspect she may not be entirely human, and only her husband knows whether she grows fins and a tail. *Prize: Mermaid OCI action figure*

Sloth Award - Eric Chastain: For the paddler who missed the most practices while babysitting Trevor. *Prize: Sloth action figure*

Tan-ouflage Award - Lesley Blyth: For the paddler whose weird mixture of tan lines from her hobbies of hiking, paddling, biking, farming and exotic dancing gave her a unique camouflage pattern of tan, red and white. *Prize: Spray-on tan, to save her the trouble of going outside.*

Prodigal Paddler Award - Henry Liu: For the paddler who moved to the big city to seek his paddling fortune, and after squandering a year, came home to paddle with his Team Sake family. *Prize: Space Noodles for some good home cooking*

Romancing the Dragon Award - Ashley

Cunningham: For the recently engaged paddler who is the most recent victim of the dragon boat dating service. *Prize: Wedding Slinger*

Rather Be Fishing Award - Troy Nishikawa: For the paddler who spends way too much time fishing for fresh water fish that he will never eat. *Prize: Paddle with built-in reel*

Post Partum Paddler Award - Hong Nishikawa: For the paddler who jumped in our boat immediately after giving birth to Kai. *Prize: Whistle and binky combination, for both paddling and baby emergencies*

Giraffesaurus Award - Karri Anderson: For the paddler who didn't pay enough attention in WSU Paleontology 101 after discovering that the chapter on "longnecks" didn't involve beer, resulting in a fervent belief in the existence of giraffesauruses. *Prize: Giraffesaurus action figure*

Six Flags Over Leschi Award - Chana LaRiviere:

For the paddler who never misses a stroke while screaming way too much when the wind and waves are wet and wild. *Prize: Motion sickness paddling wristbands*

Amazon Warrior Princess Award - Cammy

Chastain: For the paddler who is strong and fearless in battle, like the original Amazon – Wonder Woman.

Prize: Wonder Woman Amazon Princess trophy

SPECIAL AWARD: “We Don’t Swim In Your Toilet, So Don’t Pee In Our Lake” Award - Todd

Nishikawa. For the paddler who is always floating in a warm spot in Lake Washington, while everyone else is surrounded by refreshing cool water. *Prize: Urinal mounted on plaque*

Reported by Sharon Barker

Vintage SAKE

Vintage continues to practice throughout the winter. The water conditions are usually calm and smooth and almost perfect for dragon boating. As long as you dress for the cold, it’s a great time. Actually, you tend to forget about the cold once you’re on the water paddling. And there’s always Starbucks waiting at the end of the practice to get a cup of coffee and muffin to warm you up. Paddlers from any team are always welcome to join us! We meet at 8:00a.m. on Saturdays at the south dock.

One of our coaches, Dena Singleton, has introduced Vintage to a new stroke – it should help improve our time. Plus, it is easier on the shoulder. We are looking forward to next season and are starting to make plans. Our first planning meeting for 2007 will be on Saturday, January 27th at the Madison Park Starbucks immediately following practice. We will be collecting dues and membership applications and deciding on what races we want to participate in for 2007. Be sure to watch for Vintage’s new look for 2007. One of our members, Linda James, has designed a new logo for the team.

The Vintage team is also doing non-dragon boat activities. We will be sailing on the Christmas Ship on Dec. 19. We also plan to organize a snowshoe outing after the first of the year. *Reported by Anita Steele*

Equipment Corner . . .

Thank you everyone for helping with the boat moving and repair! Two of our boats are now tucked in their tarps in storage at Lorna’s. Plan on working on the remaining repairs in March when the weather is a little warmer! Please be prepared to support us in this effort.

Winter schedule is in effect, for any questions, please contact Hyla. *Reported by Charlene for Hyla Dobaj, Club Sake Equipment Manager, who is without power.*

SAKE Store . . .

Need ideas for Christmas presents for your paddling friends? How about a Club SAKE tee? Or a high-performance Grey Owl paddle? Here’s a checklist of items to make your holiday shopping easier:

- Club SAKE quick-dri tee:
 - ✓ x-small
 - ✓ small
 - ✓ medium
 - ✓ large
- Grey Owl High-Performance paddle
- Half-zip Club SAKE jacket
 - ✓ Women's Medium
 - ✓ Women's Large
 - ✓ Men's Small
 - ✓ Men's Medium
 - ✓ Men's Large

Contact Mika at mikaimori@gmail.com for sizes and delivery. Or call 206-938-0497(hm); 206-684-1527(wk); 206-979-1238(cell)

Club Fees and Volunteering

Membership Fees: Membership fee for 2007: A reminder that the club membership fee is increasing for 2007! This completes the plan we set out in 2005, and we do not expect another fee increase in the near future. We also have the new 2007 waiver form that explicitly lists the discount categories for tracking purpose. Please ask all new AND returning members to complete the 2007 waiver form (both pages), and submit the forms together with payment checks (to Club SAKE).

Full membership:	\$90
Discounted membership (TSNW/seniors*/students*):	\$60
Half-year membership (starting on July 1):	\$50

* Seniors are members of age 55 or above; students refer to full-time students only.

Company matching for volunteer time: Do you work for a company that offers matching funds for volunteer time? Let's make sure we take advantage of such opportunities! For example: Microsoft offers matching after you have volunteered for at least 10 hours with one organization, and matching requests must be submitted BY DEC 31!! Starbucks offers matching for group projects that involve at least three Starbucks partners and 25 hours of volunteer time. Please check company policies for details. If your company has a similar program, let us know so we can be aware of it.

The club board is now reviewing the volunteer time tallies for 2006. If you believe you have enough volunteer hours for matching, you can contact the club board to verify. Remember that team captain and team rep positions also translate to volunteer hours!

Team Volunteer Hours, including ratio for members:

Team Sake 100 hours with 3.3 hours per member

Hot Sake 211 hours with 4.4 hours per member

Absolute Sake 119 hours with 2.5 hours per member

Sakeccino 49.5 hours with 1.7 hours per member

TSNW 236.5 hours with 5.0 hours per member

Vintage Sake 122.5 hours with 4.7 hours per member

Reported by Zheng Wang, Club SAKE Treasurer

(Please send all volunteer inquiries to Cheri at

cheri@interflight.com)

Thank You, Supporters!

Who are the club's biggest supporters? Our members! Without you we would not be able to repair the boats (Thank you Eric, Carl, Judy and Hyla for putting in extra time on the colorful, new centerboards!) , sanitize the lifevests (well, OK, you do have to admit they smell a little better! Thank you Hyla, even though it did cost you a couple of thousand dollars!). Nor would we be able to move the boats in and out of storage twice a year (A special thanks to Rob and Bill who stepped up to learn how to maneuver our long, long trailer.) Thank you Koichi for keeping an eye on and bailing the boats during inclement weather! Thank you Eric for your tremendous amount of work on repairing/ maintaining the boats! Thank you Elizabeth Goldberg for the Chinook book fund-raising!

Have we missed anybody? You bet! There are so many of you who do what's needed because you can. Who work behind the scenes, like setting up or taking down an event or staying on to ensure everyone gets their ride home. Who graciously say "Yes!" when asked. Who give a little extra to help a 'newbie' become acclimated. All of you - without a thought of being recognized!

So please, give yourself a pat on the back for a job well done! We could not have done it without you! You make us proud!!!

Editor's Note: We have missed thanking many who have supported us this past year. For the next newsletter please email cheri@interflight.com the names with a short explanatory sentence of those I have missed!

Club SAKE: This is your newsletter. Submit your ideas and articles and pictures to cheri@Interflight.com.