



Seattle SAKE Dragon Boat Club

Club Newsletter

April 28, 2010

Submit content or ideas for the next newsletter
by 05.18.10 to comm@clubsake.com

MESSAGE FROM THE BOARD

The 2010 Club SAKE board is off and running! We're excited about the year ahead and look forward to building an even stronger Club SAKE.

During a planning session on April 3rd, the board outlined a number of near-term priorities. The minutes from this meeting, including a summary of the objectives for the next 3-4 months, are posted within the "members area" section of the Club website (www.clubsake.com). Among the near-term priorities, you will find items such as planning a successful Windermere event, starting up the committees, developing a longer term equipment maintenance plan, planning the picnic, etc.

The Board is allied around the commitment that we are here to serve members' needs and desires. As such, feel free to contact any of us with your suggestions, questions, comments and concerns. Our contact information is listed at the end of this newsletter.

WINDERMERE EVENT THIS SATURDAY, MAY 1 – DON'T MISS THE FUN!

This Saturday, May 1, is a very big day for dragon boating, and for boating in general in Seattle. The annual Windermere festival commemorates the "official start to the boating season" for our area.

If you've been to this festival before, you know that it's quite a spectacle. For dragon boaters, this is a terrific way to display our sport to hundreds of spectators while enjoying the ultra-fun atmosphere.

Club SAKE will be partnering with the Seattle Flying Dragons Dragon Boat Club to populate a total of five boats. We need your participation to make this a truly great event! **Please read about the following options for involvement**, and let Matthew Goossen (matthew.goossen@gmail.com) and Ilana Trager (ilana_trager@hotmail.com) know which role(s) you can perform. If you've already signed up for this event on Matthew's Zoji invite, simply indicate to Matthew which of the following role(s) you will participate in:

Role #1: Need up to 48+ people to paddle the boats over to Montlake and back after the event. This will entail meeting at 6:45 am at Leschi (breakfast provided!) and returning just after noon. NOTE: if you can only paddle one-way, we'll gladly take you! **Teams, how about using this as your Saturday practice?**

Role #2: Need paddlers for the exhibition race during the event. If you paddled over from Leschi, there will be plenty of opportunity for you to rest for the 1000-meter exhibition. Past participants in this event have said that there's no greater source of excitement than paddling through the Montlake Cut with hundreds of people cheering you on.

Role #3: Lastly, we need some people to support the on-land effort at the Windermere event, circulating through the crowd to promote Club SAKE and pass out business cards, etc. This is a great recruitment and PR opportunity for us, but we need your engagement to make it happen!

With respect to the roles, you can choose any one of the three or any combination of them. Let's have a great Club SAKE showing at this event. If you have any questions, contact Matthew or Ilana.

SAVE THE DATE!

>May 1
**Windermere Cup 2010
Montlake Cut, Seattle**
Get the skinny (see to the left below). While we know it's short notice – you should come out and make a splash for Club Sake this Saturday!

**HAVE NO FEAR! Four 6-16
boats are still available for
regularly scheduled
Saturday 5/1 practices!**

>May 11 & 18
**Outdoor Opportunities
4:00pm-6:00pm**
Come support youth teams as they learn about dragon boating! We are partnering with Outdoor Opportunities, a Seattle Parks and Recreation program, to introduce paddling to up to 20 students between the ages of 14 -19. We would love to bring out a few experienced paddlers to bench up with the students. If you're interested in volunteering some time to help young paddlers catch the dragon boat bug, **contact Ilana** at pr@clubsake.com.

>May 15
**REI Paddling Clinic
10:00am-4:00pm**
Stan Sayres Memorial Park
Not going to the Tacoma Race? Then check out this annual event for paddling fanatics. Help promote Club Sake at the event! **Contact Ilana Trager** pr@clubsake.com

>May 23
**Boat Repair Party
1:00pm-4:00pm**
Leschi Marina
Help spiff up our boats and brush off our equipment. Sign up for the boat repair party by contacting **Hai Tran** or your team captain.

2010 Race Schedules

> **St. Martin's Olympia (4/25):**

Absolut
Survivor
Team Jr. Spitfire

> **Tacoma (5/15):**

Habu
Hot Sake
Team Spitfire

> **Alcan Vancouver (6/19-20):**

Absolut
Hot Sake
Sakeccino
Team Spitfire
Vintage

> **Kent (7/10):**

Absolut
Habu
Hot Sake
Sakeccino
Survivor
Team Jr. Spitfire
Team Spitfire
Vintage

> **Harrison (7/24):**

Habu
Vintage

> **AADBA Tacoma (8/7):**

Team Spitfire

> **Victoria (8/14-15):**

Hot Sake
Survivor
Vintage

> **Maritime Tacoma (8/29):**

Team Jr. Spitfire

> **Celebrating Life! (9/4):**

Absolut
Sakeccino
Survivor
Team Jr. Spitfire

> **Portland (9/11-12):**

Habu
Team Jr. Spitfire
Team Spitfire

> **San Francisco (9/25-26):**

Hot Sake

2010 RACE SCHEDULES

Are you getting "stoked" for the race season? You should be! It's that time of year when Club Sake teams get to show the circuit what we are made of! Race schedules for all teams are in (see side bar on the left for who is going where and when).

Speaking of which, if you are aching to race more or your team has boats to fill, submit requests to comm@clubsake.com and we'll help you get the word out. Right now, we have the following wants and needs:

PADDLERS AVAILABLE:

Survivor and KemoSake may have paddlers interested in May or June races.

PADDLERS NEEDED:

Tacoma 5/15:

Habu needs 5 more paddlers (preferably you manly men). Contact Karin Carmignani at carmignani.k@ghc.org ASAP.

Hot Sake is looking for 4-5 paddlers plus tiller. Contact Saki Tong saki.tong@microsoft.com or Rob Seddon robseaddon@juno.com.

Alcan 6/19-20:

Sakeccino is looking for 3-4 paddlers. Contact Dina Stark dstark@starbucks.com or Michelle Heinrichs mheinric@starbucks.com.

RACE RESULTS: ST. MARTIN'S 4/25 IN OLYMPIA

Congratulations to the 3 teams who participated in the first race of the season last Sunday!

Absolut killed the competition by finishing 1st place in Division 1 with a reported 00:58:92 time! WOOT!

Team Jr. Spitfire took 7th in the Rec/Competitive Category (out of 12 or 13) and 8th overall (among approximately 25 teams – including community teams). NICE JOB!

Survivor turned in a performance that was 15 seconds faster than last year's best heat time. WAY TO GO!

Survivor also provided some commentary on the race venue itself: Budd Inlet proved to be a place well-suited for this race. You couldn't see the start, but boats came into view within a few seconds after. Great entertainment with an added bonus of having the Farmer's Market right across from the parking lot.

Checkout photos of Absolut and Survivor via The Olympian newspaper's online photo gallery:

#3: Survivor warming up and getting ready to roar

#4: Absolut paddling powers 10's to victory (check out their timing!)

#7: Picturesque picture of Survivor with the Capitol Building behind them

<http://www.theolympian.com/2010/04/25/1218629/2010-saint-martins-university.html>

UPCOMING RACES: SELFISH PLUG

For those teams racing in Tacoma, we would LOVE to get your race results, photos and general feedback on the races included in the next newsletter. **Send them by May 18th** to comm@clubsake.com. We want to celebrate your triumphs and share your experiences with the rest of the Club in upcoming newsletters. Pretty please !!? You don't have to be a captain to contribute!

WE NEED YOU: CLUB COMMITTEES

Have too much time on your hands? Well, then, we have just the thing! Join one of the 5 committees to help make an impact. C'mon – all the cool kids are doing it! Thank you to those who have already volunteered and to those team captains who have made a special effort in promoting this initiative. Gold stars go to **Absolut, Habu, KemoSake, Sakeccino and Team Spitfire** for providing the bulk of the volunteers.

Just a reminder! Each team is expected to recruit a representative for each of the committees. Committee involvement is essential in order to build & maintain a great club and to keep our membership fees low!. If you want to volunteer – it's not too late! Just pick the committee you are interested in and **contact Dena Singleton** (vp@clubsake.com).

Equipment: Keeps the fundamental engine running (our boats!)

Membership: Generates buzz to recruit and retain members

Paddling: Focuses on, well, paddling! Special club-specific events, clinics, fitness, etc.

Social Activities: Coordinates the extra-curricular activities (read: fun schtuff)

Technology: Let's give our website a facelift and make us look good on the "internets"

	Equipment	Membership	Paddling	Social	Technology
Chair	Hai Tran	Ilana Trager	TBD	Dena Singleton	Nara Zitner
Absolut	Tanja Reiners	Clyde Ishii	Ken Kroeger	Jennifer Johnson	Tim Romero
Habu	Stephanie Hitzroth	Bonnie Richter	Mary Boles-Hall	Diana Drake	Corinne Srsen
Hot Sake				Saki Tong	
KemoSake	Bea Wells	Barb Carey	Judy Leede	Diana Chien	Cheri Rutherford
Sakeccino	Patrick Hwuang	Michelle Heinrichs		Jason Carter	Curtis Lu
Survivor		Betty Weito			
Team S/P	Mike Swinford	Pam Smith Mentz	Samay Sengamphan	Toni Dano	
Vintage	Doug McCoy		Ed Oshiro		

04.10 BOAT WORK PARTY



The Club held its first boat repair party of the season on April 10th. We couldn't have lucked into a more perfect day! The spring air was sunny and warm, and only served to energize the 14 volunteers who came to help. Together we accomplished a lot including:

- replaced all of the chafed, worn out dock lines and bumper lines
- installed fiberglass sleeves on the center beam on three of the 6-16 boats
- refinished the center beam on the white boat
- refinished a steering oar
- replaced a seized but loose anchor bolt on one of the steering oar support
- installed protective tapes on the top of the gunnels of the BuK boats.

We could not have done all this without the help of these volunteers from all Sake teams. Thank you to **Tavo Azola** (*Vintage*), **Sonny Kingkeo** (*Team Spitfire*), **Jim Maners** (*Vintage*), **Dave Mentz** (*Team Spitfire*), **Karyn Ostfeld** (*Survivor*), **Cheri Rutherford** (*KemoSake*), **Mark Schubert** (*KemoSake*), **Rob Seddon & family** (*Hot Sake*), **Samay Sengamphan** (*Team Spitfire*), **Anita Steele** (*Vintage*), **Ilana Trager** (*Habu*), **Judy Wolcott** (*Survivor*), **Keiko Yanagihara** (*Survivor*).

KUDOS KORNER

Thank you **Clyde Ishii** (*Absolut*), **Peyton Gaunt** (*Vintage*), **Koichi Kitazumi** (*Sakeccino*) and **Dina Stark** (*Sakeccino*) for volunteering to help coach our Jr. Spitfire Team! We encourage everyone to support them in any way you can!

Badge of bravery goes out to **Team Jr. Spitfire** for helping Hai move the 5th 6-16 to the South Dock during a veritable hurricane that crazy windy Saturday. We so appreciate you helping out the entire club!

Need something updated on the club website lickety-split? Call **Curtis Lu**! Thank you for continuing to volunteer to be our wunderbar webmaster!

IN OTHER NEWS...

>NEW Vintage Website
Vintage is proud of their new website – as they should be! Check it out at: www.vintagesakeseattle.com

>What's in our Safety Bags?
Have you ever wondered what's in our mysterious safety/medical bags? We have 7 of them for each of our boats and they contain:

Antibiotic ointment packs;
Adhesive bandage in various sizes; A wool hat; A thermal blanket; A marine radio (BuK safety/medical bag only).

Please make an effort, especially for those using the BuKs, to check the contents of the safety bag before going out to ensure, well, that you have everything you need in the case of an emergency. And make sure on the BuKs that the safety bag and bailers are secured via the safety lines/carabiners included on the boats.

>Hankering for a Carabiner?
Club Sake has a large quantity of Workforce jumbo carabiners (150 lbs max) for sale at \$1 for Club Sake member s only. Contact Hai Tran or order through your team captains.

2010 PRACTICE & BuK SCHEDULES

Did you know that our beloved BuKs originate from Germany? And did you know that BuK stands for “Boots und Kunststoffbau” (or “Boats and Plastics”)? I didn’t either. Now that we have everyone’s race schedule in hand, Hai Tran has created the schedule for BuK use based on racing schedules and your team captains have been notified.

For those teams that do use the BuKs for practices, please note that a) they are stationed at the North Dock and b) the North Dock is still under construction so please use care when accessing the temporary walkways.

Check out the team practice schedules as well as the BuK schedule on our website:

<http://www.clubsake.com/practicetimes.html>

WELCOME ABOARD KEMOSAKE!

Since KemoSake is relatively new to the Club, we thought we’d welcome them by showcasing them in the newsletter so you could find out more about them and join us in supporting them in their initial year as a team! Here’s what they had to say for themselves:



kemoSAKE: Has a nice ring, doesn't it?!! A small group of women survivors finally acted on a long-held dream of forming a competitive, mixed survivor team. Our mission is simple: build strength, camaraderie and friendship. Within the team, four coaches and two tillers (one prospective!) have volunteered. We thank the numerous paddlers who have welcomed our new team to the club and have also volunteered to help. Our team looks forward, in turn, to supporting the club wherever possible!
Come play with us and enjoy life!

Pictured in the photo are KemoSake and Friends from Other Teams (left to right):

Back: Tamio (from Vintage) and Pauline Miyata, Mika Imori, Mark Schubert, Pat Carey, Alice Takeuchi

Middle Row: Kathleen Sallee, Judy Leede, Barb Carey, Diana Chien

Front: Lois Brooks, Cheri Rutherford

SAFETY OFFICER – JAN’S THE MAN

We are very pleased to announce that **Jan Abendroth** has been named Club SAKE’s first-ever Safety Officer. Through his background in both dragon boat paddling and mountaineering, Jan has developed a good deal of knowledge and skill in the area of outdoor safety.

Jan’s initial work will involve reviewing and revising the club’s Safety Manual and steering exam(s), as well as reviewing and revising our safety rules to ensure both effectiveness and efficiency and to maintain compliance with the U.S. Dragon Boat Federation rules. In carrying out this work, Jan will be in contact with team captains, steerspersons and Hai Tran, our Equipment Manager.

Please welcome and thank Jan for assuming this role, and support him in the effort to ensure complete safety within Club SAKE.

Got A Burning Question?

Contact the Board directly:

>Dave Mentz

President
president@clubsake.com

>Dena Singleton

Vice President
vp@clubsake.com

>Joan Poochoon

Secretary
secretary@clubsake.com

>Peyton Gaunt

Treasurer
treasurer@clubsake.com

>Ilana Trager

Membership/PR Manager
pr@clubsake.com

>Nara Zitner

Communications Manager
comm@clubsake.com

>Hai Tran

Equipment Manager
equipment@clubsake.com

>Jan Abendroth

Safety Officer
safety@clubsake.com

GUEST PADDLER POLICY UPDATE

We recently had an out-of-town paddler ask to practice with our Club this summer. With that in mind, the Board reviewed and adopted a new policy on fees for guest paddlers.

The Board decided that if paddlers are in good standing with other dragon boat clubs, they would still be entitled to the standard three free practices per year with any of our teams but, if they wish to paddle more with us, they will be charged a limited practice-only fee of \$40 each year. If they wish to race with a Club SAKE team, they will be encouraged to join the Club, though certain exemptions are made for special circumstances for a SAKE team. Check out the updated rules and regulations document on the Club's website.

LAST CHANCE TO BUY A GREY OWL PADDLE – Due by April 30th

Club Sake is clearing out the last of its inventory of Grey Owl paddles at \$45 each. **Contact Gordon Hom** (gordhom@yahoo.com) **before April 30th** if interested in buying one.

After April 30, all remaining paddles will become part of the Club's equipment supply.

Occasionally the Club will try to arrange a group sale of paddles, but if teams are interested in a group paddle order (10+) and would like assistance, please contact Gordon.

STOHLQUIST PFD CLUB PURCHASE OPPORTUNITY – Due by May 10th

Club Sake members have an opportunity to purchase a new PFD from Stohlquist (www.stohlquist.com) at dealer cost, a savings of up to 50% off retail price. Choose the Brix (retails for \$100; approx. discount price \$50-\$60) or Rocker (retails for \$130; approx. discount price \$70), both are ideal for any water activity but are designed with paddling in mind.

Email Gordon (gordhom@yahoo.com) with your preference (Brix, Rocker, or if there is another style you see on the Stohlquist website), color (see website for colors in that style), and size (if in doubt, please go to REI and try it on). Gordon must let the manufacturer know of interest and approximate quantity by May 10.

TEAM CAPTAINS – TEAM JERSEY GROUP ORDER

Does your team need new team jerseys? Take advantage of a group purchase opportunity with Patagonia and their Capilene performance tops. Select the style of Capilene jersey, type [short sleeve, long sleeve, tank (women), sleeveless (men)] and the color from the Patagonia website (www.patagonia.com) that you want to offer your team members. Other clothing on the website is also available for team group purchase (i.e., shorts, vests, jackets) but must meet the minimum group order size and must be appropriate for a paddling sport (i.e., no ski jackets or mountaineering equipment).

Provide Gordon with the item number and he can give you the group price (which does not include printing the team logo). Logos will be printed by a third-party vendor so the final total price will be subject to the quantity ordered (estimate \$30-\$40 per shirt which includes the logo). Gordon needs to know which teams are interested in participating in this group order, the items and style number, and the approximate quantity.

Please contact Gordon (gordhom@yahoo.com) with any questions or for assistance. **An order needs to go out ASAP** if we want them in time for peak racing season.

TACOMA DRAGONBOAT ASSOCIATION (TBDA) ANNOUNCES 11th ANNUAL RACE

Just a quick note to let you know that The Tacoma Dragonboat Association, TBDA, is hosting their 11th annual Dragon Boat races on the Thea Foss Waterway on Saturday, August 28th. You are guaranteed 4 races and all will receive medals. Please visit their website tacomadragonboat.org for details.