

## Seattle SAKE Dragon Boat Club

### Seattle's PREMIERE Dragon Boat Club!

#### Little People

You might think they're tiny elves  
Helping make the toys.  
Bringing lots of Christmas cheer  
to all the girls and boys.

You might think they're leprechauns  
Dancing through the night  
Playing little people's games  
until the morning light.

You might think they're little dwarves  
Whistling as they go  
Laughing, merry, always fun -  
It's great being small, you know.

But they're not little leprechauns,  
Nor dwarves nor elves, you see.  
They're just the SAKE babies  
Bringing joy to you and me!!

Happy holidays, everyone!

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### **A Letter From Your President . . .**

Dear members,

Holiday season has come and gone once again! This year during the gift-giving season, Seattle SAKE partnered with the King County Waste Free Holidays Program (see the full article later in this newsletter) to give a dragon boat experience to friends and family of the greater Seattle community.

As we welcome the arrival of 2008, please keep in mind that the first order of business for Seattle SAKE in the New Year is the annual election of board members. The President, Communication Manager, Public Relations Manager and Secretary positions will be open for election. Members will be receiving information regarding nominations and election process via email, please stay tuned! Until then, think about who will be great candidates for these board positions and encourage them to run for the election! No experience is necessary, but the passion to move the club forward is essential!

I also would like to thank Cheri Rutherford. She had done a fabulous job as the Communications Manager and brings us these great newsletters every quarter! Elyse Maffeo had worked on getting promotional materials for the club as the PR Manager, and Andy Ewing worked on the annual elections as the Secretary. And, in addition to Cheri, Elyse, and Andy, I had the pleasure to work with Curtis Lu (VP), Eric Broberg (Treasurer) and Bill Traub (Equipment Manager), who will stay on for another year to give excellent support to the next president.

Enough said about the election. In this newsletter, you will also find the results of the club survey regarding our spending, an exciting community outreach activity that Sakeccino participated in and news of an upcoming Youth Paddling Clinic, along with stories and reports from our teams.

Please stay warm, travel safely and see you all in our 2008 season!

Paddles up,

*Charlene*

## Events . . .

### Verbena Health Paddles

**September 30, 2007**

Team Sakeccino hosted a special paddling event in partnership with Verbena Health, a local non profit organization dedicated to building vibrant communities for Lesbians; Bisexual and Queer Women; and Transgender Individuals ([www.verbenahealth.org](http://www.verbenahealth.org)). Verbena is currently celebrating their second annual Rainbow Women's Health Challenge, a six-month fitness and wellness program for a team of participants who want to increase their levels of fitness and over-all health. In addition to granted resources to support dietary education and fitness counselors, the program consists of a series of "fitness adventures" that expose the participants new and exciting ways of engaging with fitness such as snow shoeing and dragon boating. To kick off of this year's adventures, a team of 18 participants arrived in Leschi in torrential downpour but had brought with them an incredible amount of enthusiasm. After some basic land training, we all headed to the boat for an intense half hour paddling session. After realizing that there was no going back dry, the team really let loose and had some fun with lots of yelling and cheering. Our guest paddlers had a great time and many are interested in going out for a second spin later on in the year. Thank you to our Sakeccino teammates who made this possible! Curtis, Diane, Dina, Jeff, Koichi, and Mika! We hope to host similar activities in the future to both spread the awareness of the sport and as a means of recruiting new members. *Reported by Adam Diamond, Sakeccino*

### Women's Paddling Clinic

**October 13, 2007**

What's not to like---the opportunity to learn how to paddle from an Olympian! I could become a really good paddler---I can dream, can't I? And enjoy a fun trip to Vancouver with fellow paddlers to boot! Water's Edge Sport Performance is based in Vancouver Canada and focuses on delivering a variety of services including practical clinics. Several women from varying SAKE teams descended or ascended on Vancouver last October. The weather was just wonderful. And Water's Edge uses facilities on Granville Island so the views of the water were unbelievable.

We powered up Friday night at Shabusen---a must for any trip to Vancouver. Then set our alarms for a full Saturday. We began the day early with power Yoga---some attendees had never done any Yoga before---the setting was just spectacular overlooking the harbor.

Then we took a class in Stroke Mechanics from Jackie Weber, who has participated in water sports internationally (she's the Olympian!). We covered body position, Rotation, Top Arm Drive, and Blade Placement. Next it was on to the water! We spent over an hour and a half paddling, being schooled and being videotaped. The seals enjoyed our paddling as much as we did.

Back in the classroom area, we took a course in Core Training from Andrea Dillon, another of the partners, and we experienced the "paddle ERG," a device I hadn't seen before. Like paddling up a creek without water. It was hard---and so were the punishments for paddling incorrectly with the ERG---well, she called them exercises to correct body position! I know that many of us, including me, had to do the butt walk of shame---have a good photo of Pam doing this but not digitally or you'd see it here! The whole day was an exercise in working our cores! Tight, tight, tight (right, Corinne?!!) Finally, there was the personal review of our videotaped paddle. Oops. I thought I was a reasonably good paddler. Ha ha. There is so much to learn. If you get a chance to take this class, I highly recommend it---it's geared for both outrigger and dragon boat paddlers---equal opportunity flogging is provided! *Reported by Denise Johnson, Vintage SAKE*

### Waste Free Holidays Program – December 2007


We were excited to partner with King County on their Waste Free Holidays Program. We participated in the "Give Experiences Instead of Stuff and Save 15 to 50 Percent!" The program was valid for the purchase of a discounted one-year membership for new members only! We had several sign up for their new one-year membership.

### Sunday SAKE Paddle @ 2

A bride in white stepping into the waters of Lake Washington, hitching up her gown in order to see her footing, was one of the sights of our Sunday Paddles. I started bringing my camera to document such happenings as we paddled to Seward Park, Stan Sayres and to the 520 bridge with future plans to see Bellevue, Medina (Bill Gate's house) and maybe even Kirkland. Some hardy paddlers we have!

We paddle roughly from 2 to 3:30 or 4, with lots of long paddle stretches to work on stroke and endurance. Representatives from every team have made it out with Habu SAKE members being well represented, obviously this paddling bug has hit them hard! Things have slowed down for the Holiday Season but hope to start back up in early spring. If you'd like to join us, just send an email to

me at [matthew.goossen@gmail.com](mailto:matthew.goossen@gmail.com) . Reported by  
Matthew Gossen, Sakeccino

**Fall Club-wide Social . . .**  No Garage Bowl.  
Unfortunately, due to the rate hike at the Garage, we could not afford a club-wide activity there. We have searched for other venues/ activities but now need your help. For a fun-filled, club-wide social event in the spring, please send your ideas (with research!) to Cheri.

## From the Teams. . . .

### Absolut SAKE.



(No team column this month.)

### Habu SAKE

**“DRAGON FEVER”** I’ve got a fever and it’s called dragon fever. If you’re not careful you might catch the fever too. Once you catch the fever there’s no letting go. It envelops you like a warm cozy blanket. If you have any of the following symptoms, you too, may have dragon fever.

1. You suddenly have the urge to wear a life vest
2. Your mouse pad now doubles as butt padding
3. A wooden paddle with an owl on it becomes your best friend.
4. You crave the invigoration of water splashed on your face.
5. You dream in powers of 10. Power 10-2-3-4-5-6-7-8-9-10 and reach it out.
6. You wear your Gold Medals like costume jewelry.

My fever began with the 2006 International Cancer Cup. Karin Carmignani announced through a work email the need for paddlers on a Group Health Dragon Boat team. This instantly caught my attention. Hmmmm . . . I can do this. It’s not biking. It’s not running. It’ll be fun. But then my logical self began to talk and gave me excuses as to why I couldn’t or wouldn’t want to do it.

1. Look at these arms. They can’t even do one pull up. They have no muscle tone. Lifting a coffee cup is the only exercise they get.
2. I can barely swim.
3. The waiver said death could happen~oooooh, that’s not good. It’s too dangerous.
4. I don’t like water.

The list of excuses kept growing but the fever was powerful and it started nagging me. **YOU CAN DO IT. YOU NEED TO DO IT.** It nagged me for a couple of weeks. **DO IT! DO IT! DO IT!** Finally, to stop the nagging, I said OK, I’ll try it. I have nothing to lose. I’ll

make a friend or two, and if I don’t like it I can quit. Yeah, right.

Dragon fever took hold after that first dragon boating experience, and I was starving to feed the fever when Karin called out again in the spring of 2007 to form a permanent Group Health team. She quickly organized those of us with the fever, and we began calling ourselves “HABU SAKE”.

Dragon fever enveloped “HABU SAKE” and made us a team. We learned how to work together pulling the 900-pound boat forward. We learned how to power glide through the water with Power Tens. We learned how to depend on each other’s timing. The fever was irreversible, and it was constantly being fed by encouragement from Ernie and Minnie and the undeniable friendships we were forming on the boat.

I don’t know that our small new team understood the fever and how its power would take us to our first Gold Medal by the end of the season, but it did, and I know we are ready for another dragon feverish year.

*Reported by Corinne Srsen*

### Hot SAKE

**5 Going On 6 – 2007 In Review.** Hot SAKE was born in the spring of 2002. In other words, we turned 5 just before the racing season started in 2007. What does this mean? What is the significance of the age 5?

Based on a web search, here are some developmental milestones for a 5-year-old child:

1. Knowing their name in print. This one seems appropriate since Hot SAKE received major press coverage this year in the Seattle Times (feature article, yea!) and the Tacoma Film Festival (documentary film, double yea!).
2. Running on tiptoe. This one seems strangely appropriate as well. For a number of reasons, we ended up short by a few paddlers for each of our last three races: Kent, Victoria, and Kelowna. So in a way, we did run around on tiptoe through much of these races, scrambling for solutions. Which leads to...
3. Playing together with others. We thank all our guest paddlers from the other SAKE teams! We even had a guest paddler joining us from a Victoria local team, adding “international collaboration” to our team resume. On the flipside, this also means...
4. Understanding and respecting rules. More than in previous years, we needed to study and understand the official rules for the races. They are not as straightforward as some might think, and also not consistent across the different races!

5. Developing increased coordination. Timing, timing, timing! We surely hope we got this one down!

6. Outgrowing earlier childhood fears. This is true. We are not so afraid of competition like Wasabi Mixed anymore. During Seeding Round 1 at Victoria, Hot SAKE Black scored 1.55 seconds faster than Wasabi Mixed in back-to-back heats. Going head to head in Round 2, there had never been a better opportunity for us to cross the finish line in front of our respected rival. Unfortunately, Wasabi pulled ahead by 0.79 second this time around.

7. Questioning more deeply, addressing meaning and purpose.

8. Accepting the validity of other points of view. Like many other dragon boat teams, Hot SAKE has had a lot of internal discussions about the goals and directions for the team. As we journeyed through our sixth year, we continued to gather more perspectives and ask more questions. Have we found our ultimate answer? Getting closer at least... we hope.

9. Strongly identifying with the parent of the same sex. Now this one is interesting! Based on history, it's probably fair to say that Team SAKE is the closest to being our parent. And like a motivated child, many of us at Hot SAKE have secretly held Team SAKE as a yardstick for measuring our race performances. In 2007, we had three potential opportunities for racing alongside them. At Victoria, Hot SAKE Black missed the Jade division final by a mere 0.03 second, and settled with Jade B first place as Team SAKE won Bronze in Jade A. At Kelowna, Hot SAKE and Team SAKE both entered the Jade division semi-final, yet a mishap prevented Hot SAKE from playing out the long-anticipated challenge. Kent was the only race where we did paddle side by side, where Hot SAKE Red edged out Team SAKE in the very first round. Ironically, it didn't quite feel like the glorious victory we had hoped for. Instead of dealing with an unevenly distributed seeding round, we would have preferred to take them on in an exciting final round. That did not happen in 2007. Well, there is always next year!

10. Forming memories that can last a lifetime. This one, I think we've been doing since the very beginning.  
*Reported by Zheng Wang*

## Sakeccino



(No team column this month.)

## Survivor SAKE

Winter has finally arrived after our rather warm fall weather. Some of Survivor SAKE's hardy souls are still

paddling however. Bea Wells, Mika Imori, Bev Wagner, Pauline Miyata and Judy Rawlings- among others - are showing up for outrigger practice (some even using those special paddles purchased quite a few seasons ago). Plus, Saturday mornings and Sunday afternoons have seen quite a few Survivor SAKE sisters joining other members of Club SAKE in the Dragon Boats. Lake Washington can be lovely even in the winter. Join us if you'd like to get back on the water during the off-season. You can contact Jean Vye for more information.

Our Social Committee (chaired by Kieko Yanagihara and ?????) has been busy arranging some fun get-togethers for our team. Last month a group went to see "One Night Stand for Cancer" at ACT, some enjoying a quick bite before the show. In early December, it was "The Women" again at ACT. Before the matinee, most of the gals met for Dim Sum in the International District. Vintage SAKE has invited the team to join them in mid-December for an Argosy Christmas Cruise featuring the Dickens Carolers plus a dance or two is available with Santa. Fun, fun, fun!!!

Our new captain, Bea Wells, and new co-captain, Jean Vye, are already gearing up for the 2008 dragon boating season. Steering Committee meetings will probably be called in late January or early February. Our big kick-off orientation meeting for the team will happen again in late March, although a date and location have not been set quite yet.

Happy Holiday and Best Wishes for the New Year!  
Paddles Up!!! *Reported by Diana Chien*

## Team SAKE

### Team SAKE 2007 Award Presentations:

#### **ACTUAL SKILL AWARDS**

##### **Rookie of the Year Award - Jesse Rogers**

For the best first-year paddler, measured by technique, power and commitment to the team

Prize: Neoprene Paddling Gloves

##### **Most Improved Paddler Award - Chrissy Wilson**

For the paddler who improved the most from March to September

Prize: Neoprene Paddling Gloves

##### **Most Inspirational Paddler Award - Chana Lariviere**

For the paddler who showed the most team spirit and motivation, and who motivated others on the team.

Prize: Neoprene Paddling Gloves

#### **PRELIMINARY SILLY AWARDS (for those who are wisely not present)**

##### **Richard Simmons Award - Eric Chastain**

For the paddler whose love of sweatin' to the oldies, his fondness for food – who doesn't love deals on meals, his

boundless enthusiasm for paddling, and his ability to work out and stretch in positions no man should ever be photographed in.

Prize: Richard Simmons “Disco Sweat” Plaque

#### **Spring Lamb Award - Masaru Hamaguchi**

For the extraordinarily good-natured paddler who “took it like a sheep” when sheared by two Nishikawas during the Portland race.

Prize: Sheared Lamb Doll

#### **Wedding Planner Award - Ashley Cunningham**

For the female paddler who gave up the last part of dragon boating season to take on an even more arduous sport—planning a wedding.

Prize: White Bandanna With Attached Veil

#### **Peace Arch Award - Shaina Gleicher**

For the female paddler who gave up a real job and a promising paddling career with Team SAKE to paddle with Dangerous When Wet, all because of a guy.

#### **The Stretch Jefferies Award - Maria Jefferies**

Like Stretch Reed of the Fantastic Four, this paddler showed great resolve in wanting a second chance to grab the flag in Portland. Five feet two never looked so tall reaching out **toward that finish line buoy!**

#### **Paddler of the Future Award - Isabella Proctor**

For the brand new paddler who really wanted to be a team member this year, and who paddled as often as she could, and who will legally join Club SAKE next season when she turns 13!

Prize: Club SAKE sticker, paddle patch

#### **The Paddlemania Award - Heather “Hella” Proctor**

“Sunday! Sunday! Sunday! It’s Paddlemania in Portland! Flag Grabber Hella Proctor scores a spectacular finish line takedown!” For the female paddler who flaunted a particularly showboaty pose on the head of the dragon as she snagged the finish line flag in Portland.

#### **Peter Pan Award - Rick Renaud**

For the male paddler who wore unusual (and possibly stylish) Peter Pan style booties with turned down tops to paddle in.

#### **TONIGHT’S SILLY AWARDS (For those who probably deserve better, But this is what they get)**

##### **Claude Astaire Award - Claude Dykstra**

It’s Paddle Night Fever! For the paddler and coach with the most unusual on-water training ideas, such as everyone lunging to their feet during starts. Next season, watch for The Time Warp, The Foxtrot and The Electric Slide during races.

Prize: Disco Action Figure

##### **Cat & Mouse Award - Chantelle Dykstra**

For the female paddler who shocked newcomers and entertained old Team SAKE paddlers, when she

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displayed her extremely tiny mouse tattoo in a Portland pizza parlor.

Prize: Tom & Jerry DVD

#### **Lady In Waiting Award - Cammy Chastain**

For the paddler whose unfortunate encounter with the fertility bench rendered her pregnant during the season, so she could neither practice nor race, encouraging her to return with a vengeance in 2008 Hell hath no fury like a dragon boating girl knocked up.

Prize: Lady In Waiting Princess Hat

#### **Hell’s Engine Room Award - Todd Nishikawa**

For the paddler who, when he was tilling during the Portland race, kept poking and hitting the paddlers in the last two benches with his extra paddle, while screaming at them incoherently. It worked. Team SAKE won the heat.

Prize: Whip

#### **“Strong Like Bull, Smart Like Tractor” Award - Troy Nishikawa**

For the virile male paddler who moved from the engine room to lead stroke, and by doing so spent enough time on or near the fertility bench to get Hong pregnant again.

Prize: Bull Mounted On Gear Plate

#### **Fire In The Belly Award - Hong Nishikawa**

For the paddler who showed great commitment by continuing paddling and racing (on or near the fertility bench, by the way) despite growing ever more pregnant as the weeks went by.

Prize: Bottle Of Tums On Plaque

#### **Frequent Flier Award - Henry Liu**

For the paddler who traveled the most air miles just to race 500 meters.

Prize: Pilot’s wings to get through security faster and to meet and impress a cute flight attendant

#### **Love Boat Award - April Johnson**

For the paddler who, when not holding a paddle, was holding her boyfriend and smooching him on the lido deck—I mean, inside the team tent—during a rainstorm in Portland.

Prize: His and hers toy boats for bathtub

#### **Mover & Shaker Award - Jo Nishikawa**

For the pregnant paddler who was so committed to getting back to training with her team, and to giving birth on a certain weekend, that after consulting some old wives tales and internet urban legends, she took large doses of castor oil to hurry along the process. It worked. That same weekend, a stork left baby Zion under a cabbage leaf in their back yard.

Prize: Cocktail Shaker With Castor Oil

#### **Wolfpack Award - Sharon Barker**

For the alpha female paddler who paddles as fiercely now, when she has a den full of her young, as when she

was a single footloose she-wolf prowling for an alpha male.

Prize: Wolf Head On Plaque

**Sleazy Narrator Award - William Stiles**

For the paddler who started narrating the totally innocent yet sleazy sounding story of “Jesse’s Longest Ride” on the ferry ride home from Victoria, and who started laughing so hard during his narration that his nose started bleeding.

Prize: “Porn Star: The Legend of Ron Jeremy” DVD

**Pinky Wilson Award - Chrissy Wilson**

For the paddler who would blush bright red on command as soon as William started his sleazy narrator voice describing “Jesse’s Longest Ride”.

Prize: Pink Bandanna

**Scooby Doo Award - Ryan Parfait**

For the paddler who best exemplified the honorable qualities of Scooby Doo in practices, races, road trips and related social occasions: boundless enthusiasm, great energy, being always ready for a Scooby Snack, and for being another one of those meddling kids.

Prize: Scooby Doo Paddling Glove

**Slip Sliding Away Award - Todd Nishikawa**

For the paddler who kept running fast circles around the team as they did a visualization in Portland, despite slipping in the wet grass and falling on his face.

Prize: Flip-flops With Cleats

**Where’s Waldo Award - Matt Goossen**

For the paddler who whiled away the hours at the Kelowna race by paddle boating with Lynn, biking with Lynn, spending quality time in the porta-potty (not with Lynn) and looking for his paddle, while the rest of the team was warming up or standing in the marshaling area and while his coaches were wondering where the heck he was. Besides, with a cute hat and a striped shirt, he kind of looks like Waldo.

Prize: Waldo Action Figure

**Barbaro Award - Lynn Hepler**

For the paddler who was felled by a leg injury just before a promising season, and who is almost rehabilitated. Thankfully we won’t have to “put her down”.

Prize: Injured Barbaro Action Figure on Plaque

**The Bathing Beauty Award - Lena Pederson** To the paddler whose enthusiasm to jump in the water (and look smashing while doing so) on a sunny day is almost as much as her love of dragon boating.

Prize: Bathing Beauty Framed Award

**“They’ve Killed Kenny” Award - Kyle Shoecraft**

“Oh my God! They’ve killed Kyle!” “You bastards!”

For the paddler who inexplicably went missing after the Kent race. The only answer is that “they” must have

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killed him. Thankfully, he’ll regenerate in time for next season.

Prize: South Park Kenny Award

**Gas Can Award - Danielle Jones**

For the paddler who drives the longest distance to practice and is the most committed to showing up on time and ready to paddle.

Prize: Glittery Dragon Gas Can

**Sex Wax Award - Scott Brewer**

For the male paddler who spent an excessive amount of time and effort rubbing his shaft with Sex Wax during practices, in hopes that he would paddle harder, bury his blade deeper and finish faster! We’ll stop here: there are too many icky innuendos that are possible.

Prize: More Sex Wax

**Paddle of Fury Award - Frank Harrison**

For the male paddler who whose quiet, mild-mannered exterior belied a Bruce Lee-like fury as soon as he buried his blade at the starting line.

Prize: Paddle of Fury Plaque

**Mushu Dragon Award - Dana Harrison**

For the female paddler who best exemplified the traits of Mushu in the movie “Mulan” (the aggressive yet diminutive dragon). Despite being the smallest person on the team, she raced six times during the Kent race, and was always ready to fill in either left or right during races.

Prize: Dragon Keychain

**“The Mighty Guinn” Award - Brady Guinn**

For the paddler who after being away, returned with the same great stroke and determination as when he left us. As Bob Dylan sang, “We’ve not seen nothing like the Mighty Quinn.”

Prize: Mighty Guinn DVD

**Tattoo You Award - Jesse Rogers**

For the only paddler with both a Metallica tattoo and a “SAKE” tattoo. (But NO “Hanson” tattoo, despite widespread rumors.) As the commercial says, “Weekend in Kelowna--\$200. Duty-free Liquor--\$50. SAKE tattoo—Priceless!”

Prize: Tattoo You Postcard With Temporary Dragon Tattoos, So He Can Practice With Temporary Tats Before Getting More Of The Real Thing

**Tarzan Award - Ryan Parfait**

For the male paddler who, after a few too many vodkas in Kelowna, went to bed (in the girls’ room) wearing nothing but a hand towel arranged as a loincloth. Also the subject of the best quote of the weekend, as Jesse said to Chana, “Chana, now you know how much liquor it takes to get Ryan naked and in bed.”

Prize: Leather Loincloth

### **The Grand Tetons Award - Kelsie Schara**

In her own special tribute to lofty snow-capped peaks, this paddler, after first poaching a spoonful of ice cream from Ryan at the BluWater Cafe, managed to spill a blob onto the “peak” of each breast. Her audience was captivated whether she would remove her new “glaciers” with her fingers, her tongue, or whether she would ask for help.

Prize: Framed Mountain Peaks Photo

### **Daisy Dukes Award - Matthew Goossen**

For the paddler, who by wearing snug-fitting tights, inadvertently revealed his secret “superpowers”, whether anyone else wanted to see them or not.

Prize: Framed Tight Shorts Photo

### **Welcome Wagon Award - Chana LaRiviere**

For the paddler and coach who, in an April practice full of brand new paddlers, encouraged everyone to show their BREASTS to their bench partner. In a further “development”, most of the men on the team continued showing up to practices the rest of the season merely for the hope that this would come true.

Prize: Topless Barbie In Lead Stroke Bench

### **(Not So) Old Yeller Award - Lesley Blyth**

For the yellow-loving caller and coach who yelled at us and told horrible jokes to us throughout the season at the top of her lungs.

Prize: Yellow Megaphone Attached To Welders Mask

*Reported by Lesley Blyth*

PS: After a long wait and a lot of confusion, Team finally received the Kelowna Medal – Gold! (for a combined time of 2:02.70) Team has now medalled in 3 out of the 4 races we participated in this year. A Team milestone! *Reported by Chana LaRiviere.*

### **Vintage SAKE**

During October, coach Dena Singleton joined several Vintage women – Denise Johnson, Linda Igoe, Anita Steele, Donna Nyenhuis, and Pam Smith Mentz – at a women’s paddling clinic in Vancouver. Four women from other teams joined us – Minnie Fontenelle, Mika Imori, Karin Carmignani, and Corrine Srsen – to make this a true Club SAKE outing. The clinic faculty was superb, and all who attended recommend it highly! Thank you, Dena, for your leadership and coordination of our participation!

Vintage SAKE has enjoyed paddling throughout the fall and early winter, attracting 12-15 paddlers most Saturdays. Only recently have the waters cooled to temperatures that require full winter paddling garb. Getting on the water early each Saturday offers several advantages. Typically, the water is calm and blue-sky peaks through more often than not. An exception to this

pattern was December 8<sup>th</sup> when the waves bound over the bow and gunwales. Even with three of us bailing about half the time, we didn’t make it very far before heading back to Starbucks.

Winter paddling opportunities have been expanded for all who choose. Thanks to the weekly coordination by Matthew Goossen of Team SAKE, some Vintage paddlers have been out on the water twice each weekend! Jackie Toma, Dave Mentz and Pam Smith Mentz have been regulars along with coach Will Stiles.

To celebrate the holiday season in the style only paddlers -- or other water enthusiasts -- can appreciate, Vintage SAKE will head out on Lake Washington for an evening. We’ll enjoy Lake Washington on the Argosy Christmas Ship, sailing from Leschi Marina to Mercer Island beach and then Beaux Arts Village beach for concerts by the Dickens Carolers. We’re hoping for weather as amazing as last year’s outing on the Argosy, with the sky filled with hundreds of stars and a warm breeze blowing across the top deck. This year, to spread the cheer across the club, Vintage invited all the teams to join in the fun. Club members from Hot SAKE, Habu SAKE and Survivor SAKE will join us on December 17<sup>th</sup> – over 35 Club SAKE members will attend, with many first meeting at BluWater for dinner.

Vintage SAKE welcomes another new member this winter, Carolyn Hansarn. She first tried paddling at the ICC in 2007. She was recruited by Anita to join the Steele Dragons community team. Carolyn enjoyed it and decided to give it another try recently. She’s been testing out it for several Saturdays this winter and is now ready to join. When you meet Carolyn, please welcome her to Club SAKE!

Vintage will hold its annual planning meeting on Saturday, January 26<sup>th</sup> following practice. We’ll kick off the next paddling season at the Madison Park Starbucks, as we do each year. Our coaches – Dena Singleton and Will Stiles – will help us formulate goals for the upcoming season. Plus, we’ll conduct an initial polling of race venues for 2008. With many paddlers coming out again this winter, we look forward to some competitive fun! *Reported by Pam Smith Mentz*

### **Equipment Corner...**

We are searching for a protected venue to restore boat #1. If you can help with the search, contact me at traub05@earthlink.net. Stay tuned for a club-wide email for restoration volunteers. *Reported by Bill Traub, Club SAKE Equipment Manager 2006-2008*

## SAKE Store . . .

We are working on an in-line store! Stay tuned for more info shortly. More ideas? Email me at [mikaimori@gmail.com](mailto:mikaimori@gmail.com). Reported by *Mika Imori, Merchandise Manage*

## Election Schedule

January 18: Call for nominations  
 February 15: Nominations closed.  
 February 15 – 29: All absentee ballots must be in.  
 March 4: Election (more info to follow)

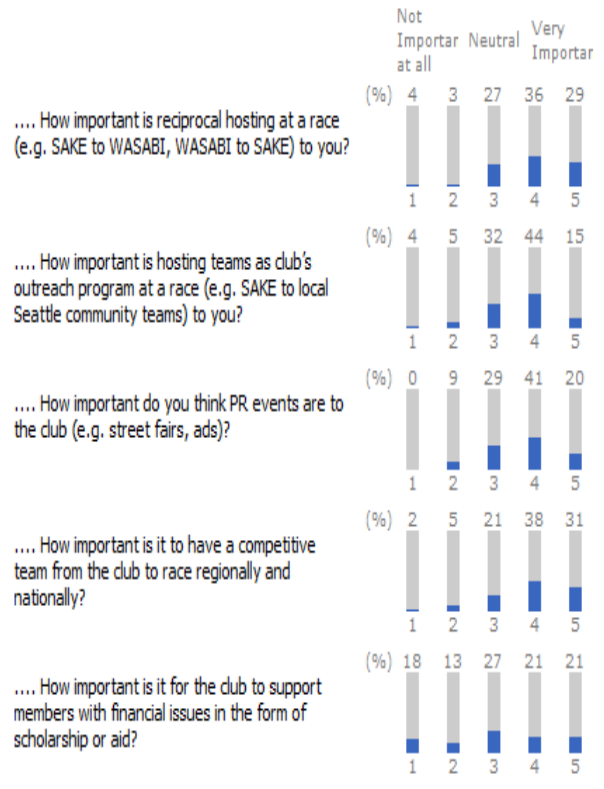
## Starbucks' Seattle Race

Many of you have heard of a Seattle race in the works for this summer. Rumored also is that our club is working with the organizer to put the race together. While we as a club are excited about this race, we also want to emphasize that our club is NOT working on nor sponsoring this race. It is a collaboration between Waters Edge and Starbucks. Seattle SAKE will be the "host home team." We hope that our club teams will consider this race for their race selection this year, and that we will have a great showing at our first hometown professional race! SAKE volunteers will not be needed to run this race. Each SAKE team racing will register and pay as usual. We will pass on more information as we receive it. Until then, stay tuned!

## Survey Results

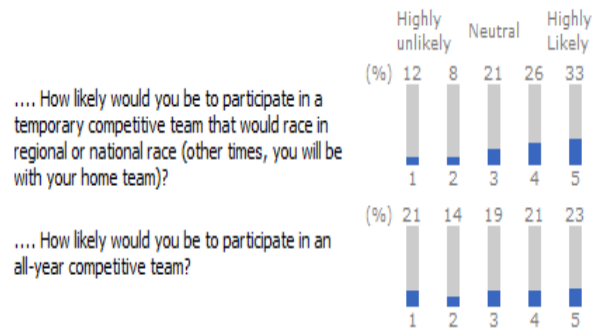
Greetings members! This fall, the SAKE Board created a survey asking for guidance from the SAKE membership on the emphasis we should use to guide our expenditures in the upcoming year. The results are now available!!

We had 95 people respond to the survey [club membership is roughly 260 members]. There was a clear consensus among the membership in favor of reciprocal hosting, a club outreach program hosting teams at a race, participation in PR events, and in having a club competitive team. There was no such consensus among the members regarding financial aid or scholarships to members. Regarding a personal participation in a club competitive team, there were around 55 people who would likely or highly likely be interested in participating in a temporary competitive team. For an all-year competitive team, about 40 people were likely to highly likely interested in participating.



Total: 95

### 3. Regarding competitive team



Total: 95

The board would like to thank all members who participated in this survey as this will greatly assist us in setting club priorities for the upcoming calendar year. Reported by *Eric Broberg, Club SAKE Treasurer*

Club SAKE Members: This is your newsletter. Submit your ideas, articles and pictures to [cheri@Interflight.com](mailto:cheri@Interflight.com).

# Photo Page



*Sunday Paddle @ 2* Left to right, back to front: Will Stiles, Jackie Toma's friend Ian, Judy, Dave Mentz, Patrick Hoang, Jeff Sylvester, Antonio and his father Jeff Pearce, Jean Vye, Andrea Speicher, Ilana Trager and Jackie Toma



## SEATTLE SAKE DRAGON BOAT CLUB



# Youth Paddling Clinic

Saturday, April 12, 2008, 1:00 pm – 3:00 pm

What is Dragon Boating?...

Please visit [www.clubsake.com](http://www.clubsake.com)

Can I do it?...

Is there a team for me?...

Come and find out!!!

Who: Youth (ages 13-18)

Where: Leschi Marina – South Dock

Cost: Free!!!





RSVP & Questions:



Curtis Lu  
[curtislu@gmail.com](mailto:curtislu@gmail.com)  
206-818-9259

Want to help? Check out:

<http://www.evite.com/app/publicUrl/BRPLMXHLIWUARPODEOOR/youthpaddle>

More information to follow in March