What’s the Catch
A Survivor SAKE Production
June 2019
Vol. 1 No. 5

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Sternward - Looking Back
Racing season has begun! From Foss Waterway to False Creek our team traveled South and North with paddles in hand to put our skills to the test of competition. Practices consisted of many, many starts, full race pieces, and rainbows. Good job to our crew of Rookie Racers: Andrea, Cindy, Deb C., Jani and Jen. You wear the purple well! We are proud to have you on the team.

Bowward - Looking Forward
• Social media heats up
• Club Crew National Championship
• Charlene’s personal coaching resumes
• Jerseys & PFDs
• Dance party fundraiser!!!
• Social events
• Tilling, land training
• Racing commitment
• Boat cleaning

Social Media: If Capt'AnNealy can do it, so can you!
Thank you to Susan and Nealy for launching Survivor SAKE's social media accounts. We are making electronic friends from all over the world who have connected with us on these platforms. Have YOU connected with this digital world of dragon boaters? It's easy to sign up and to help the team get more exposure. Please ask for a mini-tutorial on setting up your accounts.

https://www.instagram.com/  https://twitter.com/

Photo by Suzi: After practice May 14th
May Race Recap  FANTASTIC RACES SURVIVOR SAKE!!!

Our intrepid team has begun the 2019 racing season with a strong start! We traveled to sites on the Salish Sea here in the beautiful Northwest. After racing in Tacoma, WA on May 18th and False Creek, Vancouver, BC on May 25th, this team is feeling pretty good and ready for more! You should all be immensely proud of your efforts in Tacoma and BC! Your commitment to yourselves and each other shows on and off the water.

Vancouver, BC

Rain, rain and more rain kept us soaked both on and off the water in Vancouver. Challenging our fortitude and focus, we carried ourselves with humor and grace throughout the day. Thanks to Charlene for calling, Koichi for steering and Sharon for getting us into the Flower Ceremony. Our final race at the False Creek Women’s Regatta proves that FOCUS matters. Our team placed 2nd in our final division race, with a time of 2:44.911, only 0.517 of a second from placing 1st. Watch that exciting final race performance! VIDEO: https://youtu.be/xCfywRmEt-c

Thank you to everyone who submitted a limerick for the contest at the False Creek Women’s Regatta. Your creativity is inspiring! Although our team’s limerick placed 5th in the contest, the judges were impressed enough to include it in the contest as a late entry because it IS a winner! Jean Vye’s submission was chosen by the team to be represented at the race.

To False Creek in Vancouver they came
Dragon Boaters searching for fame
They paddled their best
Without stopping to rest
Because surviving is the name of their game

Thank you to all the family and friends who joined us at both race venues. To our new, rookie paddlers, CONGRATULATIONS on competing in your first race!!

It’s absolutely awesome to see the improvement of this team, while upholding that true team spirit and the support that is so unique to Survivor SAKE. We are all champions on and off the water. Onward to our continuous victory in races and in life!
Race Stats & Gallery

Rainier Dragon Boat Festival
May 18th, 2019
Tacoma, WA

16 women’s teams competed

Seeding round 1: 15th, time of 2:53:97
Seeding round 2: 15th, time of 3:29:73
Women’s B semi: (8 teams) 7th, time 2:57:67

False Creek Women's Regatta
May 25th, 2019
Vancouver, BC

40 teams competed

Seeding round 1: 25th, time of 2:37:226
Semi: 30th, time of 2:42:105
Finals: 30th, time of 2:44:911

⭐ Cancer: (7 teams) Times similar to heat 2, likely faster than 3 of the seven if we’d been allowed to race.
Survivor SAKE has officially registered for the Club Crew National Championship Race in Colorado Springs in August as an All Cancer Survivor Team. Special thanks to Team Survivor Northwest for its continuous support of Survivor SAKE Dragon Boat team.

If you were an official member of Survivor SAKE as of February 24, 2019 and would like to compete in this race and haven’t yet signed up, RSVP now on Team Cowboy.

If you have committed to competing in the Nationals and haven’t booked your flight or otherwise planned your travel, the time is now. If you did not receive the travel spreadsheet and plan to attend, please contact Capt’AnNealy.

Cycling Gear
Debbie Culp is heading the mission to sell the remaining cycling shoes donated to TSNW, and the funds will go toward Survivor SAKE’s Nationals travel costs. Please contact Debbie if you would like to help. Thank you, Debbie, for initiating this effort!

Nationals Donations
We have been working with TSNW to finalize Survivor SAKE’s mission statement for general donations. Stay tuned for a link that you will be able to share with your family, friends and colleagues to help support the team’s efforts to participate in the all-cancer survivor division of the Club Crew National Championship Race.

Remember: Although Survivor SAKE members who joined the team after February 24, 2019 are not eligible to compete at Nationals, by competing in this race, our team has the chance to win a berth at the World Club Crew Championship Race, which will be held in Aix Les Bains, France in 2020. This means that new members this year could have an opportunity to compete in France if memberships are maintained in 2020.

These are tremendous opportunities for our amazing and inspiring team to participate in the all-cancer survivor division and take part in the ultimate paddler experience. Don’t miss out!!

Join SURVIVOR SAKE’s DANCE PARTY FUNDRAISER! This event will support Survivor SAKE’s travel to the National Championships in Colorado in August, and to help support the team with its future endeavors.

We need your help to make this party a success! Capt’AnNealy will send you a sign-up sheet with ways you can contribute. Please sign up!

We will raffle some items, eat, dance and have a great time! Let’s show our moves off the water and have some fun!

The party invitation and link to purchase your tickets are provided separately.

Survivor SAKE has initiated several fundraising efforts to help raise money for travel cost to Colorado Springs, such as the team’s Dance Party on June 15. Special thanks to Aviyah Kurtz for kicking off the Dance Party, and to Dora Lipper for creating our gorgeous invitation. Remember, it takes a village, so please sign up to help with the Dance Party when the request comes out from Capt’AnNealy.

$$$ Nationals Fundraisers $$$
New Team PFDs
After much research on the interwebs-tube network and a fitting session in person, we have decided on:

Stohlquist FLO Mesh Back

Features include:
- Designed specifically for women
- New supportive inner cup design
- Graded Sizing for all body types
- Lightweight
- Open sides for max. ventilation

Ordering and screenprinting will happen as soon as we can finalize funding. We will have these available for use at races for Team Members. There will also be an opportunity to purchase your own.

Charlene's Personal Coaching Sessions
These special teaching sessions took a break during May so that we could concentrate on our races. Now they are back for any paddler who has had at least 1 year of paddling experience. Many of you have taken the opportunity to have time with Charlene to work on your paddling technique. For all those who have not, sign up now on Team Cowboy. Sessions are limited to 3 paddlers. If you have already attended a session, please allow others who have not yet, sign up first for the remaining 10.

Coaches and Capt'AnNealy strongly urge ALL team members racing at Nationals to attend.

Upcoming session dates: 8:40 am
June 8th: Capt'Anne, Mary, Susan
June 15th: Dora, _____, _______
June 22nd: Deb R, _____, _______
July 6th: _____, ______, _______
July 20th: _____, ______, _______

Team Jersey Potential Order
Are you interested in ordering another team jersey? Perhaps a different size? Or one with long sleeves? We will need a minumum of 24 orders total to have another printing. Capt’Anne has a few jerseys left from the last order in limited sizes. The company discontinued the Ladie’s version, but we can perhaps get a similar style. Jersey possibilities include:
Unisex: straight cut, crew neck, longer body
Ladie’s: tapered cut, scoop neck, shorter body
Both can be ordered in short and long sleeved.

Race Commitment: Important Reminder
If you have signed up for a race, please remember that last-minute cancellations cause hardship for the team. There is a lot of coordination that occurs behind the scenes for our coaches to prepare the benching for each race. Each race roster generally closes two weeks prior to the race date to allow for your coaches the time and effort it takes to finalize the roster. Once you have committed to a race, please do not cancel your commitment unless there are circumstances beyond your control, such as illness or injury.

We appreciate your thoughtful consideration of your captains’ and coaches’ time and effort regarding these matters.

Monthly Boat Cleaning
Maintenance of our paddling club equipment is an important job for all of us to take part in. Help keep the equipment in good repair... stay after practice a little bit to help clean the dragon boats. Many hands make light work! Sign up on Club SAKÉ’s Team Cowboy practice schedule for these sessions, generally the first week of each month. The next monthly boat cleaning is Saturday, July 6th.

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Survivor SAKE Tillers in Training

Many of our team members are learning how to steer for our team. Thank you Keiko and Cheryl for sharing your expertise and encouragement to help these novices get their sea legs or lake legs, as it were.

Training new tillers is extremely important because Survivor SAKE team’s goals are expanding and races are moving towards IDBF rules – women steers for women’s teams, so we need to train more of our own lady tillers. If more of us learn and practice steering, we can share this responsibility and be a more efficient and unified dragon boat team. The more of us who learn this unique skill, the lesser the burden it is on our primary tillers and the team as a whole. It is an important perspective as a paddler and a valuable skill to learn.

Hey all hardworking Survivors!

June is here, and after all the May competitions, how about an afternoon of FUN, GAIETY, RELAXATION & COMARADERIE?

Our own Jill Landback, often identified as having a song running through her paddle stroke, likely does, since she also SINGS with the Song of Seattle Acapella Chorus. Let’s go be entertained with their annual day of song & musical theatre. Just back from having won the Audience Choice award in Spokane, the chorus has created a Mystery, presented in Cabaret Style. RSVP on Team Cowboy to join us for the show and dinner after!

Mystery at Rosita’s Cabaret

WHEN: Sunday, June 23rd, 2:30 pm
WHERE: Bellevue Christian School, 1701 98th Ave NE, Bellevue, WA

DINNER:
Join for dinner after at Pogacha Restaurant located at 119 106th Ave NE, Bellevue, WA

Give it a try and help out the team!

"Tilling is fun! Mad-for-plaid leggings help, I think, but are not required. Don’t YOU want to have fun too?!”

~ Capt’Anne

Lunch: Tai Tung Chinese Restaurant

WHEN: Saturday, June 22nd, after practice
WHERE: 655 S. King St., Seattle

View menu: taitungrestaurant.com/menu

R.S.V.P. to Marilyn: marjboy@comcast.net

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