Thank you to everyone for participating in this year’s capsize drill. We successfully got our whole Survivor team to get dunked or get officially exempt from dunkage. So everyone is eligible to paddle next year.

While SeaFair was borrowing OUR lake, we Survivors made good use of our time. Some of us competed at Regionals with the Club and others started prepping for high altitude on Mt. Rainier.

After paddling in the rain, the sun came out to shine on the Club SAKE picnic. We enjoyed eating, dancing and mingling with the our Club members.

Survivor SAKE collectively took a big step forward by participating in the ACS division at the Club Crew National Championships. We worked together as a team, helping each other along the way and feeling the strong support from everyone on Survivor SAKE - you were all with us in Colorado Springs. Thank you from Capt’AnNealy for helping to turn our vision into a reality. We couldn’t have done any of this without you.

Sternward - Looking Back

Bowward - Looking Forward

• Lunch! Here and There
• Nationals gallery and recap
• Calendar - Upcoming Events
• Swim Across America event (no swimming required!)
• Celebrating Life with Yoga
• Autumnal Equinox (Capt’Anne’s birthday)
• Sausage Pull Race
• TSNW Gala - Dora returns!
• Intramural Race
• SAKE Club end o’ season party
France in Training (FIT) Group enjoys lunch

While our marvelous teammates competed in Colorado Springs in the Club Crew National Championships, those who kept the home fires burning in Seattle enjoyed a nice lunch at Araya’s Place.

In attendance (clockwise starting with the lovely lady-in-pink): Lisa Black, Andrea Gierlich, Jan Fitzpatrick, Ann Perry-Moore, Nancy Carney, Debbie Reynolds, Jean Murakami, Carrie Wernick-Newman, Laurie Cogan, and Beverly Wagner.

⭐ Special thanks to Lisa’s friend, Bob Sterzinger (Survivor SAKE supporter extraordinaire), for taking the photo.
⭐ Extra special thanks for Andrea for arranging this lunch.

Nationals Competitors enjoy lunch

At our big team house in Colorado Springs enjoying one of many meals at this fabulously long table. We shared excellent food, meaningful conversations, silliness and compassion.

In the photo (clockwise from front left): Dora Lipper, Judy Wolcott, Laurie Rich, Cheryl St. Paul, Marilyn Boyden, Judy Maleng, Karen Schneider, Sandi Glasow, Maggie Brower, Susan Mazrui, Jean Vye, Suzi DeSimone, Capt’Nealy Evans, Mika Imori, Keiko Yanagihara, Aviyah Kurtz, Sharon Simas, Capt’Anne Marchand

Also attended meals here (though not in this photo): Deb & Larry Culp (birthday key lime pie!), Jill & Chuck Landback, Joyce & Burnie Kuerschner, Linda Igoe & sisters, Coach Lisa & Scot Harkins (Happy Anniversary!), Tricia Cook, Greg Brower (Maggie’s spouse), Linda G. (Karen’s sister).

Please forgive us if anyone was left out of these acknowledgements. There also were probably a few locals (raccoons, striped-tail squirrels) as we are an all-inclusive team. Plenty of food & friendship to go around!

⭐ Special thanks to Aviyah & Dora for leading the feeding! Planning, shopping & schlepping, chopping & prepping
⭐ Thanks to everyone for supporting our leaders with sous chef duties, presenting meals (thank you Laurie for explaining the self-serve bar!) and of course cleaning up and keeping the kitchen in order.

Food, glorious food

Who’s that eating carrots under the table?!
Laurie: about to start a chicken farm. Don’t count them yet!

Don’t count them yet!
Our 3 favorite spectators

Keiko: She puts the “kick ass” in “Seattle Ass Kickers Extraordinaire”

Larry the PFD sherpa

Susan & Laurie

Tats
Donating our extra food & water at the park

Wildflower specimen: Captainalis Victoriae

Kun & Go ice run

Checking out the competition: Capt’AnNealy & Cheryl

Aug. Sept. 2019
Vol. 1 No. 7
After placing first in the Women’s B division finals at the Kent Cornucopia Race in July, the Survivor SAKE crew—both Colorado-bound and FIT—trained diligently throughout July and August to build endurance and to perfect turns for a 2000-meter course.

Survivor SAKE then began the journey to Colorado Springs, where the team competed in the first-ever All Cancer Survivor (ACS) Division at the Club Crew National Championships (CCNC) on August 24-25. Survivor SAKE prevailed with a bronze medal, which qualifies the team to compete in the Club Crew World Championship races in Aix-les-Baines, in August 2020.

To compete at the national level against peer ACS teams was an honor, and Survivor SAKE knew they belonged there. The team achieved some of its best race times in distanced heats they had not yet experienced, and placed 1st in the ACS Division for the 2000-meter endurance race that included seven turns! The ladies could not contain their exuberant joy coming off the water.

The Survivor SAKE sisters had the vision to get to the CCNC and the goal to place for an opportunity to compete at an international level in the ACS Division at Worlds. The team recognizes the importance of representing in the ACS Division, a division that includes all cancer survivors, not just breast cancer survivors. The commitment, dedication, strength and focus in the team’s training, and the heart, compassion and love for one another during this monumental experience is what made this team’s dreams take off and fly!

The entire Survivor SAKE team is and has . . . ONE HEART, ONE SOUL, ONE TEAM, ONE GOAL!!!

Survivor SAKE would like to express its heartfelt gratitude to all the supporters who helped the team achieve this goal.
### Upcoming Happenings

#### September 2019

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- **Swim Across America**
- **Capt’Anne’s Birthday / Autumnal Equinox**
- **TSNW Annual Gala**
- **Intramural Race**
- **Club SAKE End o’ Season Party**

#### October 2019

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- **Celebrating Life Yoga**
- **Sausage Pull Race**
- **Final 2019 Tuesday Night Practice**
- **Regular Practice**
- **Dora Get-Together (TBD)**

Aug/Sept. 2019

Vol. 1 No. 7
SWIM ACROSS AMERICA
September 7, 2019, 6:45 am – 11:00 am
Luther Burbank Park, 2040 84th Ave SE, Mercer Island, WA 98040

Survivor SAKE will participate in the Swim Across America (SAA) Seattle event; our boat will lead the 2-mile swimmers, while our caller drums the swimmers to their goal. Please wear your team jersey!

This will be a slow paddle---a perfect opportunity to practice on perfecting our technique. RSVP on Team Cowboy if you would like to participate (limited to one boat); you will receive an SAA email to register for our volunteer team to receive an event t-shirt.

Our boat will be towed to the park and back to Leschi and we do not need any paddlers in the boat for the tow. Please thank Bruce Heath for doing this for the team.

Below is the schedule and map of the course:
6:45 am: Park at the North Lot in the park and be at the dock at the Waterfront Plaza for the 7 am safety meeting.
8:00 am: Dragon boat leads 2-mile swimmers (see swimmers' course)
10:00 am: Awards ceremony, speakers and pancake breakfast

CELEBRATING LIFE WITH YOGA - 3 weeks to go!
Have you signed up yet?

Buy your tickets now to help raise money for Team Survivor Northwest: https://www.jotform.com/form/91566116974163

Come join us for an afternoon of fun yoga, afternoon tea, and chances to win awesome raffle prizes. Everyone is welcome--whether you have done yoga before or not!

Bring your mat, cash/credit card for raffle tickets. Please help spread the word!

Date: Sunday, September 22, 2019
Time: 3-6pm
Location: Vasa Park Ballroom
3560 West Lake Sammamish Parkway SE
Bellevue, WA 98008

AUTUMNAL EQUINOX
September 23, 2019

Let’s celebrate our hard-working Capt’Anne who has brought so much to Survivor SAKE this year to make dreams reality and keep this dragon boat family smiling.

With the autumnal equinox approaching, the sun sets earlier, and the nights are quickly getting darker. Sadly, this means our last Tuesday practice this year is Oct. 1st.

Please be at Leschi by 5:45 pm for our remaining Tuesday practices so we can be in the boat by 6 pm. Until Oct. 1, our evening practices will be cut shorter as it gets darker.
SAUSAGE PULL RACE
Saturday, October 5, 2019, 8 am-12 pm
Mount Baker Beach Park
$15 per person

The annual Sausage Pull brings together local watercraft of all shapes and sizes to race in a 7-mile course to Seward Park and back, or a 14-mile course around Mercer Island. After the races, we eat yummy sausages!!

Survivor SAKE will register a boat in the 7-mile course. The event will replace practice and it will be FUN! If you are interested, please RSVP on Survivor’s Team Cowboy schedule, and if you already signed up under the Club’s race schedule, please change it if you prefer to be on Survivor’s boat. If you are vegetarian, please include a note in your RSVP. We will provide additional details later about how to pay your $15 entry fee.

TEAM SURVIVOR NORTHWEST ANNUAL GALA
Saturday, October 12, 2019, 5:30 pm
Hyatt Regency Lake Washington
1053 Lake Washington Blvd., Renton, WA

Please support the amazing organization that provides us with so many fantastic programs, including our dragon boat team. This year’s theme: Denim & Diamonds and our beloved Dora Lipper will be in town to join the party! Buy your tickets before the Sept. 8th early-bird deadline and register to join one of our teammates’ hosted tables (Keiko, Judy Wolcott, or Dora).

The annual TSNW gala is where the majority of the organization’s funding comes from, so please plan to attend and help procure auction items if you are able. This year, TSNW is putting together neighborhood-focused baskets. Please go to your local businesses to procure items (gift cards are a good start!). If you have an idea for a Survivor SAKE basket for the gala auction, please let us know.

INTRAMURAL RACE
Saturday, October 19, 2019
Kenmore Waterfront Activities Center

The intramural race that was planned for Sept. 14 is now scheduled for Oct. 19 and will be held in Kenmore. Please update your RSVP on Team Cowboy accordingly. This is another fun race and we will participate with other local dragon boat clubs in short, sprint races involving turns around buoys. Heats will be 10 person boats. Seattle Flying Dragons hosts the event and there will be a potluck after. This is a great opportunity to get to know other local clubs and it is just good fun! More details to follow as they become available.

CLUB END OF SEASON PARTY
Sunday, October 27, 2019, 4:00 pm
New Holly Early Childhood Center
7054 32nd Ave S, Seattle, WA 98118

SAVE THE DATE for the Club’s end of season party. Please RSVP on the Club’s Races & Social Events calendar as soon as possible so the event coordinators can start planning. This party is one you don’t want to miss!