The final few weeks of Summer consisted of early Fall weather and a return to endurance paddling. Many team members participated in the Swim Across America event, helping to guide swimmers, well, to literally swim across our portion of America. On Sept. 21st the team welcomed TSNW Executive Director Jennefer Boyer, Office Manager Beatriz Palacio, and KOMO 4 Traffic Anchor Paris Jackson on the boat to experience dragon boating first hand. Fortunately it was lovely paddling weather and they were all smiles on and off the boat. Paris is a cancer survivor and so we have encouraged her to join the team. Capt’Anne’s birthday ushered in the Autumnal Equinox (Sept. 23rd). Tuesday practices were in dim light which offered up spectacular sunset colors reflecting off Rainier and Bellevue buildings. Our final Tuesday practice for the season was on Oct. 1st. It was a bit chilly, but lovely winter-like water. For the first time, Survivor SAKE filled their own boat for the Sausage Pull!
SAUSAGE PULL

A boat load of intrepid Survivor SAKE sisters competed in the annual Sound Rowers & Paddling Club’s Sausage Pull on October 5, 2019, a 6.5-mile race! The course started at Mount Baker Beach Park, traveled to the south end of Seward Park, made a turn, and paddled back to the beach where the team ate---yep, you guessed it, yummy sausages!

This was the first year Survivor SAKE participated in the race and it is a huge accomplishment for the team, as it shows how consistent paddling has built our endurance in this physical activity. Our final time was 1:21.50. Way to stay strong, team!

To view Sound Rowers’ official Sausage Pull photos visit here (Survivor SAKE paddling shots start at 401).

JUDY WOLCOTT ROCKS!!

The TSNW Annual Gala took place this last weekend, and our very own Survivor SAKE sister, Judy Wolcott, was awarded the Dr. Julie Gralow Award for her exceptional contribution to TSNW. Survivor SAKE knows first-hand how generous Judy is with her time and efforts for the team. Judy also leads the Nordic Walking each Thursday, and supports TSNW’s activities, members, and fundraising events with her time, creativity, and undeniable charm.

Judy, your selfless acts are an inspiration, and you deserve this recognition. Your Survivor SAKE sisters love and appreciate you!!
The Fall Bash 10-person boat intramural race hosted by the Seattle Flying Dragons is just around the corner. If you want to participate, RSVP on Team Cowboy, submit your $10 race fee and sign your waiver today! Pay and sign here.

**When:** Saturday, October 19, Arrive by 9 am to set up tent and check in

**Where/Parking**
- Kenmore Squires Landing
  7353 NE 175th St., Kenmore, WA
- Carpooling encouraged
- Parking:
  - Park & Ride at 7346 NE Bothell Way (15 min walk from venue)
  - Street parking (limited)

Squires Landing can be difficult to find. Look for the gravel road that runs behind the adjacent apartment complex. The park itself is not visible from the street, but there is a sign on NE 175th.

**Registration**
Race fee is $10 per person.
Pay your fee and sign the Seattle Flying Dragons liability waiver here.

***Bring your confirmation e-mail, to the race***

**ALSO BRING:**
- Chair
- Rain gear, dry clothes, towel
- Jersey & PFD (your own or team)

**What to Expect**
- Check-in 9-10 am
- You will be assigned a 'team' at check-in to compete in races.
- There will be drummers with seats & drums; no tails or heads.
- Each team will nominate a captain.
- Tiller and captains meeting at 10 am
- Races expected to be complete by 1pm
- 1-3 pm: Eat and socialize.
- Post-feast: clean and load boats on trailer
- 3 pm - ?: More socializing at brewery across the street.

**Thrill the World Redmond**
**When:** Saturday, Oct. 26, 12-4 pm

Like Halloween and dancing? Register now! Team Survivor Northwest is the beneficiary of this event. Please show your support and help represent TSNW by participating in this unique gathering of zombies. Several Survivor SAKE members have participated in past years and have had a great time! Just ask Karen S., Laurie C. or Judy M. if you want to know about the experience.

Additional information can be found here.
CLUB SAKE END OF SEASON PARTY
Sunday, October 27, 2019, 4:00 pm
New Holly Early Childhood Center
7054 32nd Ave S, Seattle, WA 98118

HAEEIAN THEME
Join this momentous annual season-end celebration hosted by Club SAKE. Entertainment, awards, good food and good times will be had, so don’t miss it! Bring family and friends, and wear your favorite Hawaiian outfits.

Purchase your tickets here and RSVP on the Club SAKE Races & Social Events calendar as soon as possible so the event coordinators can plan for enough food.

We encourage all Survivor SAKE members to attend and represent the Club’s ONE HEART, ONE SOUL, ONE TEAM, ONE GOAL!!

CRAFT BAZAAR
WORLDS FUNDRAISER
Aloha! Calling all artists and crafts ladies on the team! Are you artistic and have some of your handmade arts and crafts available to sell? We have been given an incredible opportunity to host a table to sell some things at the SAKE end of season party! If you are interested, please talk with Maggie Brower for more information. All proceeds from this sale will go towards France 2020! Call or email Maggie at 206-305-8208 or maggie.brower@gmail.com.

CENTURY LINK FUNDRAISING FOR WORLD CHAMPIONSHIPS

$$ FREE MONEY! $$
That’s what Survivor SAKE gets when we volunteer for CenturyLink Field events. It is FUN, FUN, FUN and EASY! When we volunteer at certain events, we get money for each individual that works the event, and that money goes toward Survivor SAKE’s GO-TO-FRANCE-FUND so we can further our goal to represent All Cancer Survivors on an international level at the ClubCrew World Championships.

Give up a day, or less, to play/work at a football game, soccer game or concert. We are all together in the same stand or at the same entrance handing out free stuff to the excited fans! We work well together, and have fun while doing it, so it’s all about FUN and FREE MONEY! The more people who join, the more $$$. Bring your friends and family to join in the fun!

Our first event is a pre-game Seahawks scarf giveaway on Sunday, October 20th 9 am - 1:30 pm, which doesn’t require any training.

Thank you to everyone who answered the call to work this event to raise $1,000 for the team!!
The other type of volunteering we can partake in at CenturyLink is working concessions, which involves serving beer, wine and food. This type of work requires each individual to complete a specific CenturyLink training and apply for food handler's and alcohol server permits.

If you are interested in working these types of events, our liaison at CenturyLink is putting together an early November concession work training session. In the meantime, why not apply for your food and alcohol permits. [Apply here](#) for your alcohol server permit, and [here](#) for your food handler's permit. Both can be done online.

Stay tuned for details coming soon regarding the November training and the exciting events at which we can work concessions and bring in the cash for Survivor SAKE’s World Championship fund!

If you completed the training at CenturyLink or TSNW earlier this year, you do not need to complete it again.

---

**WORLD CHAMPIONSHIPS Where do we stand?**

Survivor SAKE has officially been awarded a small, 10-person boat for the ClubCrew World Championship races in France. But wait! The survey you completed last month revealed that many of you are interested and committed to take part in this opportunity. In fact, your Captains determined we will need a full, 20-person boat! We are so pleased that the majority of the active team members want to pursue this goal and further represent the All Cancer Survivor division.

But where does that leave us? Well, what you probably don’t know is that we have been working behind the scenes to meet deadlines and petition for an available standard, 20-person boat. Capt’AnNealy is optimistic that Survivor SAKE will be awarded one of the 20-person boats available. We expect a determination will be made by early November, and we will notify the team when we have more information.

Travel planning will begin when we know our boat size, so please be ready to make some exciting plans!!

---

Embrace what Aix-Les-Bains represents: beauty in nature, thermal waters that soothe and calm, and break-taking French Alps landscape. An ideal setting for a paddling experience of a lifetime!

We have an amazing opportunity on the horizon in a spectacular setting. Are you ready?  
[https://youtu.be/i_e1a_t3uSQ](https://youtu.be/i_e1a_t3uSQ)
Survivor SAKE
End of Year Party

It's that time of year again when Survivor SAKE gets together to celebrate the accomplishments of the past season, acknowledge individual achievements and of course, eat and drink and enjoy each other's company. An Evite was sent out to current members (beginning of October) and you are welcome to bring guests. Please RSVP if you haven't already and include the number of attendees so we can accurately plan for food.

Saturday, November 16th at 5:00 pm
Maggie's house in Bellevue

Capt'AnNealy will be hosting this event and thank Maggie (and family!) for letting us use her house. It's a long story, but Capt'AnNealy's cats forbade any such jollity to occur in their houses.

The theme of the party will be:
**The French Alps car pourquoi pas?**

Club SAKE practices

Are you missing Tuesday night practices? Well, you can still paddle on Tuesday evenings through the fall and winter by joining the Club SAKE practice. This opportunity can help you to maintain your skills and stamina that you've worked hard for all season.

If you would like to join a Tuesday evening Club practice, be sure to do the following:

1. RSVP on Team Cowboy
2. Practice time: 6:30-8:00 pm
3. Arrive by 6:15 for warm-ups
4. Show up for practice when you RSVP!
5. Wear appropriate clothing for the conditions
6. Wear a headlamp

Roula leads these practices and so any communication required will be with her.

Attire: "festive party with a French Alps emphasis" What does this mean? Please use your own creativity to interpret this.

We are still in the planning stages of this event and will be providing more details in the next few weeks. Food will be provided by the hosts and we may ask for a monetary contribution to cover the costs.
Questions are often occurrences when one is a dragon boat paddler. Have you ever wondered to whom you should direct your inquiries? Veteran paddlers, captains and coaches are all likely targets, but some questions really are best answered solely by the coaches. Please use the following as a guide for what to ask the coaches:

**Paddler:** Hmm...I wonder if I should ask my coach this question about...or tell them...?

**Coach:** Anything really, we are friendly! We promise we don’t bite! *

Please address the coaches with these concerns:

- Your health and injuries
- Any questions related to your performance
- Benching questions — the seats you are assigned
- Paddling questions – techniques, how to improve etc.
- Anything technical such as matters related to calling and tilling
- Anything related to race calling and tilling
- When you want to learn how to call and till
- Anything pertaining to race

* Charlene is part Badger, though seemingly ferocious, they only bite if bitten first.

**Workouts: Support your body to support your paddling**

Healthy bodies are happy bodies and we’d all like one, yes? Paddling is great for the soul and also a great exercise. But in order to keep our bodies in tip-top shape, we need to do some things on the side. By conditioning your body off the water, you can focus on technique on the water.

Here are 2 suggestions for getting in some exercise at home and on the road on your own schedule:

**from Buttercup (aka Suzi):**

**The 7 minute workout:** The entire workout really takes just seven minutes. The program consists of 72 exercises like jumping jacks, sit-ups, and push-ups. Ten require nothing but your body, and for others, you just need a chair that can support your weight.

**from Coach Lisa:**

**Bodbot:** BodBot is a free personal trainer and workout reminder. BodBot’s sophisticated algorithms will tailor your workouts to your goals, equipment, abilities and more, and will adapt as you progress to maximize results.

* Charlene is part Badger, though seemingly ferocious, they only bite if bitten first.
Ice: Cold, hard, glorious surface for fun and adventure

Winter paddling in water, specifically Lake Washington is wonderful. The lake is usually calm and quiet and the coolness is comfortable to exercise in. But have you ever thought that all that liquid is just too malleable? You may not have thought that you had this problem, but now you have the solution!

**Dragon Boating on ice!**

You have the opportunity to race on ice at the

February 7-8, 2020
Ottawa, Canada
Dow’s Lake
www.icedragonboat.ca

Mika has registered a team and is looking for team members to join her for this fabulous opportunity. Please contact her for more information.

Speaking of places where lakes freeze over - **WISCONSIN!** Capt’Anne visited the land of beer and cheese for a lovely knitting retreat in Door County. She returned refreshed ready to paddle, but got sick instead. Sorry for the absence over the past few weeks, but Capt’Anne will be with you again soon.

During Capt’Anne’s truancy, Capt’Nealy compensated by sprouting a 2nd head. Her newly discovered super-human ability helped her to do all of Capt’AnNealy’s tasks.

**IMPRESSIVE!**