Sternward - Looking Back

Survivor SAKE does NOT hibernate after the summer racing season. In fact, we have been quite busy this Fall and there is still more to come. Although our training on the water has reduced to just Saturday practice, some paddlers have joined the Club practices and YOU can too! We celebrated our 2019 in the boat at the End-of-Season party. It’s important to commemorate the past, recognizing and respecting the efforts we have all made to ensure the continuation of Survivor SAKE. Capt’AnNealy appreciates all of you for sharing your wisdom, humor and support. You have helped us to discover new talents that are useful on the boat, like yelling at paddler’s backs and steering in circles. As many have had their suspicions, it is now confirmed that Capt’AnNealy is truly certifiable. Thank you to Keiko, Cheryl and Safety Officer Colleen for your guidance. Who’s next?!
**WINTER EVENTS**

**Paddle with the Christmas Ships**
The Argosy Christmas Ships have begun their tour on Seattle’s waterways, with specialty choirs singing holiday carols aboard the decorated fleet. Take this opportunity to decorate our dragon boats and paddle to join the Christmas Ships at Madrona Park on Lake Washington on December 17.

**Date:** Tuesday, December 17, 2019

**Schedule:**
- 5:30 pm – Decorate the Boat
- 7:00 pm (be prompt!) – Paddle to Madrona
- 7:25 pm – Arrive at Christmas Ships
- 8:00 pm – Paddle back to Leschi
- 8:30 pm – Arrive at Leschi

**Bring:** Snacks and a warm beverage to share that can be passed easily around the boat.

Friends and family are welcome! Please RSVP on the Club SAKE 2019 Races, Club & Social Events Calendar and indicate in your RSVP how many in your group are attending and if you are willing to steer.

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**Holiday Party**

**Saturday, December 21st, 2:30 pm**

Jill & Chuck Landback are hosting a holiday party after practice on December 21st. Festivities will begin around 2:30 pm and run through the evening. It will be a dessert potluck and more details will follow soon.

Please RSVP for the party on the Survivor SAKE schedule in Team Cowboy if you would like to attend.

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**CenturyLink Fundraising Events**

If you have taken the CenturyLink training and are willing and can commit to work concessions at Seahawks games and special events, please contact Capt’Nealy. When we work concessions, a percentage of the moola earned goes straight to our France fund; this is our biggest single money-maker.

Concessions jobs require a food handler’s and alcohol service permits and are typically 8.5 hour shifts. We plan to work concessions at the following home games:

- **Seahawks vs. Arizona Cardinals**
  Sun., Dec. 22, 9 am – 5:30 pm
- **Seahawks vs. San Francisco 49ers**
  Sun., Dec. 29, 9 am – 5:30 pm

Thank you to everyone who has volunteered and worked the recent pre-game giveaways, which do not require any training or permits. We will notify the team of more of these events as they become available. Every effort counts!

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**Dealing for Dollars**

Join the fun and sign up to deal blackjack at local corporate parties and other events. Bring out your inner wheeler-dealer! Working the upcoming Dealing for Dollars events is the Club’s biggest fundraiser and we can earn money for our team’s Worlds fund too! More slots need to be filled, so contact Roula Bland for more information. roula@blandfamily.us

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12/2/19 Seahawks vs. Vikings Pre-Game Giveaway Volunteers: (back row) Capt’Anne, Suparna Shetty, Carrie Wernick-Neuman, Joan Vye, Joan Murakami, Andrea Gierlich, Capt’Nealy, Survivor SAKE Super Fan; (front row) Laurie Rich, Suzi Desimone, Mika Imori, Mary Kasaguchi, Judy Woldoff

Nov-Dec. 2019
Vol. 1 No 9
End-of-Season Party
November 16th
Maggie's House (plus Greg!)
Bellevue (land of plentiful parking)
Food prepared by Ryan (aka Mr. Capt’Anne)
and Greg (t-shirt model)

What fun we had at our party! It was an evening of great energy and camaraderie. Judy W. showed us a compilation video of highlights from our Kent race and Nationals trip. A complete season video is in the works and will be available later. We recognized Judy's many fine years of race management and learned that Capt'Nealy will take over that role next year. Aviyah was awarded "Most Improved" paddler, and Andrea was awarded "Most Dedicated" paddler for attending every practice and event (except for the official awards ceremony!). Coach Charlene and Coach Lisa received the team’s admiration and gratitude for their work. Maggie was announced as the next co-captain when Nealy steps over to race management in 2020. Aviyah created beautiful desserts for the Coaches and Captains. We hope everyone had a wonderful time. Thank you to Maggie's house for containing the chaos.

Capt’AnNealy was formed without vote,
Yet you followed us into the boat.
We paddled from there,
Lovely times we did share,
And that is how history was wrote.
**PRACTICE REMINDERS**

**RSVP on Team Cowboy**

As we move into the winter season, while practice attendance is still remarkable and we are filling a standard 20-person boat, attendance is lower than summer, and your accurate Team Cowboy RSVP to each practice is crucial for your Captains to account for our team’s needs.

At many recent practices, we have been on the cusp of needing two boats. False or no RSVPs causes practice delay and last-minute hoop-jumping. Please help us avoid the chaos—and potential injury from jumping through hoops! RSVP on Team Cowboy at least 24 hours in advance and show up for all practices to which you commit. And please do not change your RSVPs within 24 hours without notifying both of your Captains.

**Zip It, Lock It, Put It in Your Pocket!**

We all agree: Dragon boating is fun! And being able to hear our coach give instruction is helpful, right? Well, it is critical that we are able to hear the steer-person—and that is often a challenge when people are talking while paddling. This is about SAFETY. Not only do we have newly-certified tillers (still learning!), several more teammates will be taught and certified as tillers in the coming year. Unless you are an assigned junior coach helping a new paddler learn, other paddlers should not be chatting until we are on a break. This is necessary to keep everyone safe and so we are all able to follow coach instruction and tiller commands.

On the water, chit chat is reserved for breaks. Please refrain from talking until a break is determined. This is for the safety of and respect for the team. There’s plenty of time for socializing off the water and on breaks, so let’s do our best to keep quiet when it’s important to do so.

**Weather-Related Practice Cancellation**

We are in the middle of an unpredictable weather season, which means it may be necessary to cancel practice when conditions are deemed unsafe by your Captains, Coaches and Tillers. Predicted practice cancellations or changes will be called by 7:00 pm on Friday, but there’s always a possibility it could be called the morning of or at the dock.

Please monitor emails and the Survivor SAKE Team Cowboy schedule for practice changes and related announcements.

***SAVE THE DATE***

January 4, 2020 Erg Testing @ Coach Charlene’s. All paddlers will be erg tested on Charlene’s paddling machine and this is particularly important for those with their sights set on going to Worlds. Please plan to attend on January 4th for this testing at Charlene’s house in Bellevue in lieu of practice. RSVP on the 2020 schedule. More details to come.

**CLUB SAKE BOARD**

The Club SAKE Board elections will begin soon, so be on alert for emails from Lisa Harkins to cast your vote.

Extended Club SAKE Board

The Club also has an extended board which is open for Survivor SAKE team members. Serving on the extended board is a fantastic way to stay on top of Club information, administration, and decisions, and to get better acquainted with our entire Club SAKE family. By serving on the extended board, we keep Survivor better-connected with the Club.

If you are interested or want more information, please contact Lisa Harkins.
Worlds Travel Update

Registration has officially opened for the Club Crew World Championships and in case you haven’t heard, Survivor SAKE is entering the competition with a standard 20-person boat. Travel planning is underway. Thank you to everyone who submitted answers to the survey. We have analyzed the responses and have made some decisions about travel and accommodations.

We will be reserving a house soon. The majority of team members responding to the survey have requested a shared house with team members only. This is what we will be organizing for the team and will let you know the details when we have more information.

Flights to France should be scheduled and purchased by the individual.

For everyone who is planning on going to Worlds, please pay close attention to any communications from us and respond promptly.

Coaches' Corner

The End-of-Season Party on November 16th was a time for celebration, frivolity and commemorating the year of Capt’AnNealy. It was also a time to look forward to the new year and ways that we are growing and improving our team. Coach Charlene presented the plan for each team member to have two jobs. Each member will choose which jobs they want to pursue: paddler, steer, caller. Sharing the responsibilities of the boat increases our team's flexibility for both practices and races and ensures a more stable future for the team. Please inform Charlene of your interests.

Coach Charlene is also developing an at-home fitness routine for paddlers to improve strength. She is partnering with trainer Denise Geroux (TSNW’s triathlon trainer) to create a program to address the specific needs for dragon boat paddlers. On November 23rd, Denise learned to paddle with us. Her experience on the boat watching us and paddling herself helped her to understand how we use our bodies while paddling. When Denise and Charlene have a routine, we will schedule a time for us to learn it in person.
After the National Championships, the Colorado team members individually put their experience into three words each. Together, we hope these sentiments provide inspiration to each one of you as you contemplate the what is now, and what is yet to come...

7/13/19 Kent Cornucopia 1st Place Medals, Women’s B Division. Bling Crew: Capt’Nealy, Joan Yje, Judy Maleng, Karen Schneider, Suzi Desomone, Jill Landback, Capt’ Anne.

5/25/19 False Creek Women’s Regatta, Vancouver, B.C.: (back row) Andrea Gierlich, Capt’ Anne, Sharen Simon; (middle row) Sandi Glasow, Jani Franks, Cheryl DePaul, Coach Charlene Wee, Capt’ Anne, Arpih Karrt, Suzi Desomone, Trecia Cook, Karen Schneider, Marilyn Boyden, Joyce Kurrschner, Jennifer Elias, Debbie Cal; (front row) Judy Maling, Jill Landback, Jean Yje, Mike Anser, Linda Igoe.