Despite being the shortest month of the year, we packed in a boat-load (get it?!) of activities in February. Jean Vye did not see her shadow but found a groundhog in her birthday cake. So we think that means a good paddling season ahead. We started the month learning the new strength routine developed by Coach Denise Geroux. She generously offered 3 separate times for members to learn the exercises in her studio. Many people attended the TSNW retreat at IslandWood on Bainbridge Island for fitness, relaxation and comraderie. Unfortunately we had to cancel 2 practices due to high winds but we got an extra day this year so we leapt into the boat and brought 8 brand new recruits onto the lake.

**Sternward - Looking Back**

- Race update
- Recap of TSNW Retreat
- Recap of Kick-Off & Orientation
- Brand New Recruits
- Important Health Reminder
- Tuesday practices to resume
- Denise exercise videos update
- Fundraising Opportunities at CenturyLink
- Wee Ting Expansion Project
- Capt’Anne’s Icy Adventure

**Bowward - Looking Forward**

Jean Vye and friends celebrate Groundhog Day with cake from Judy W.
Racing

Questions about races?
Ask Nealy, Survivor
SAKE's Race Manager
neamckee@gmail.com
206.694.3850

Sign up for Survivor SAKE Races Now!!
All team members are welcome to participate!

All races we will participate in are on Survivor SAKE’s schedule on Team Cowboy; please RSVP now for those races you can commit to. If you are uncertain, please RSVP ‘maybe’ so we know you are at least interested.

Why race?
They’re so much fun!
All teammates are welcome to participate—even if you’re new!
Team bonding
Put the paddling puzzle together – demonstrate all the techniques we learn at practice
Unique joyous experiences
Meet other paddlers and make new friends
Full-day(s) commitment (races are usually Saturdays, 7:30 am – 4 pm)
Survivor SAKE’s race registration fees are paid by TSNW, except for the Concord Pacific race

Of course, if you really aren’t interested in racing, no problem! Come and watch!

NEW RACE THIS YEAR FOR SURVIVOR SAKE
We are excited to include in our season races this year the international Concord Pacific Dragon Boat Festival in Vancouver BC, June 19-21. Concord Pacific is... FUN! You not only get to race, but there are fantastic vendors, live music, and you make new friends when you connect with other dragon boaters from around the world. There’s no doubt this race festival is a great time! Check it out: https://concorddragonboatfestival.ca

Survivor SAKE Sit-Out Policy:
Our team is fair and inclusive. When we have more than a full roster signed up for a specific race, we look at your practice attendance to determine who will ‘sit-out’—this usually means you are an alternate who sits out of some heats on race day, but will still get to participate.

If you miss a practice or two, it doesn’t necessarily mean you will not get to participate in a race. RSVP for all races you want to participate in and join as many practices as you can. We welcome all of you at practice regardless of whether you want to race or not, and you are always welcome to come to races and cheer.

Tuesday Practices
Our 1st official Tuesday practice will be March 24th, 6:00-8:00 pm. By "official" we mean that Coach Lisa will coach and this practice will be included in the attendance count for our first race, Rainier Festival in Tacoma. Sunset is at 7:28 on the 24th, so practice may be shortened a bit.

Wanting to get out earlier? We will also have 2 uncoached practices on Tuesdays March 10th and March 17th. These will begin at 6:00 and will each be about an hour long. We will have a warmup, endurance runs on each side, cool down and then back to the dock before dark.

Sunset times:
3/10 - 7:08
3/17 - 7:18
3/24 - 7:28
3/31 - 7:38

RSVP on Team Cowboy, as usual
TSNW Retreat was all that and more!

February 8-9th many team members headed west to Islandwood for the annual Team Survivor Northwest Fitness Retreat. We enjoyed several great speakers including Co-founder, Julie Gralow, who spoke specifically about the importance of exercise for cancer patients before, during and after a cancer diagnosis. There was an excellent article that she referenced which talks about exercise as medicine. You can find the article here.

https://www.fredhutch.org/en/news/center-news/2020/02/exercise-is-medicine.html?fbclid=IwAR2NMGkUmXZzNqSSZ4DWQHX2_Bz1Zu8CPmaAQPJpSSuugx770gbFxUZ38o

Another highlight was hearing Breast Friends Co-founder Becky Olson speak about her organization and hear the resources they have available to support breast cancer patients. You can check out their website for more resources. She has a podcast too that you can tune in for on Wednesdays at 9AM on VoiceAmerica Health and Wellness Channel.

https://breastfriends.org/

Did you paint a rock at the retreat?

We were lucky to have excellent weather for a hike on Sunday, which many of us enjoyed and we have some fun photos to prove that the weather held! Look at these happy hikers!
Kick-Off & Orientation Feb. 22

This year we changed things up a bit for the annual season kick-off. Existing members all pitched in to provide food and beverage, organize a fashion show, share the history of the sport, share race information and teach new potential members to paddle! Whew! One of the highlights of the kick-off was the skit and fashion show organized by Jean Vye. Or was that Jean Vye? Hmmm. With the wig and flip-flops it was hard to tell! To help Jean (and our newest paddlers) learn to dress for success we had a fashion show complete with great advice on what to wear for paddling no matter what the weather is! New paddlers were also able to try their hand at paddling thanks to Judy Wolcott who made a new dragon boat out of wood! This year we have a list of 30+ new women who are interested in dragon boating! If you missed the kick-off and have questions, please contact Captains Anne & Maggie. We can orientate you at any time.

Brand New Recruits

Welcome New Paddlers! We are thrilled to have so many new faces coming out and trying dragon boating. Rumor has it that once you try it you’re bound to love it! So far we have had 8 new paddlers in the past 2 weeks.

New recruits Helen and Vijay are happy to have junior coach, Nealy’s guidance. Hello Laveita! —photo courtesy of Nealy herself

New recruits Mayang and Jennifer are learning from Debbie R. and Capt’Anne. Just out of the frame is another new recruit Susanna who was outfitted by Captain Maggie. Keiko confidently keeping us all on track at the till.

New recruits Helen and Vijay are happy to have junior coach, Nealy’s guidance. Hello Laveita! —photo courtesy of Nealy herself
Important Health Reminder

Sniffles, sneezes and not feeling well? Please stay home!

Please stay home from practice and races if you are not feeling 100%. If you are coughing, sneezing, have a runny nose, a little bug, scratchy throat, etc. that even feels like you might be getting sick then please stay home. This is critically important ALL THE TIME but especially now that we have Coronavirus right here in our community. We all know that feeling when a grandchild comes home from school or a friend comes to visit and the next day they have a cold. You think, "Great, now I will get sick." At this moment, when you are not sick but you have been close enough to someone who is that you know you are next, you should consider not coming to practice until 3 - 4 days have passed, and you are certain you are not sick. So out of an abundance of caution and common sense, we ask that you take precautions and stay home when you are sick or just not 100%. We don’t want to add to a general panic, but we need to be smart about the situation at hand. The coaches and captains will be kindly asking people exhibiting any symptoms at all to leave practice and take the time to heal 100%. Thank you for understanding and taking care of YOU and your fellow teammates and coaches.

We will continue to monitor this everchanging situation. Please pay attention to any cancellations and emails.

Worlds Championships in France: Coronavirus Update

We are still a little more than 5 months away from the 12th IDBF Dragon Boat Crew world Championships in France. On February 29th the following message came out about the race:

As of today, the Championships will take place as scheduled.

The IDBF in coordination with the French Authorities and event organiser will keep a close watch on the situation and will inform crews at the earliest opportunity of any decision regarding CCWC.

We will continue to monitor updates and share them with you. You can also follow the facebook page to learn firsthand.

https://www.facebook.com/DragonBoatC-CWC2020/

Denise Exercise Videos

Judy Wolcott is currently editing the videos of the exercises that Denise taught us. Judy will let us know when they are available for us to use.

Fundraising events at Century Link Field

This Saturday, March 7th, team members will be earning money for Survivor SAKE working concessions at the Sounders game.

If you haven’t completed the training, sign up for the next one March 16th

Sounders games concessions coming up:
Sat. March 21st, 4:00-9:30pm
Sat. April 18th, 4:00-9:30pm

Contact Nealy for more information neamckee@gmail.com
Wee Ting Expansion
Construction complete!
The twins have arrived!

Coach Charlene and Albert welcomed twin daughters on February 20th. The girls are beautiful and Charlene reported that they are eating well, sleeping well and growing cuter and cuter every day!

Meet Runa and Elin Ting!
We agree, they are extremely cute and we can’t wait to meet them. For now, the Wee Tings are enjoying family time as they get routines down and adjust to life with twins.

Results of the Naming Pool
Are you a winner? No! (but thanks for playing!)

The results are rather dismal as no one even came close to guessing the right names.

Top 3 guesses:
1. Reach & Rotate
2. Copy & Paste
3. Port & Starboard
Capt'Anne's Icy Adventure

What: Ice Dragon Boat Festival
Where: Ottawa, Ontario, Canada, Dow’s Lake
When: February 7th-8th, 2020
Who: Capt’Anne + athletes from all over the world: Canada, United States, Japan, New Zealand, England, Ireland, and China (100+ teams)
Why: It’s cold! (the colder, the better!)
Why: It’s fun! (fly on ice! No PFD necessary!)
Why: It started as a fantasy, then became a possibility, then hopes dashed when Mika couldn’t get a full team together, then possibility again, then a reality that simply could not be postponed. Joined Rusty Dragons, Toronto.

The Boat:
Converted Champion 10-person boat, on skates! 2 fixed in the bow, 2 that swivel in the stern.

The Till & Break
Back skates swivel and the break stops the boat
No "hold the boat"

The "Paddle"
Kinda looks like a horse hoof. Hinged and spring-loaded and when depressed, spikes grab the ice. Handle is also spring-loaded.
The participants:
Some friendly, some not (watch out!), some other NorthWesters, some fuzzy with big teeth.

Philly Flying Phoenix, Against the Wind hogging the heater in the warming tent. At least they refrained from stabbing me with a paddle.

My benchmate, Tracy from Toronto

Winterlude
A city-wide winter celebration with snow statues and ice sculptures.

Pink Phoenix
from Portland, OR