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### New Shoes on the Dock

# Sydney Taylor at the Pan American Games: How I Got There



Rowing has been a part of my life since 2004, when I joined my high school team at St. Andrew's School in Delaware. Throughout high school and at Williams College, I rowed primarily in eights, on port side. A few months after graduating from Williams, I craved the feeling of pushing myself on the water, and it occurred to me that sculling might balance out any port-sided asymmetries that I had developed.

I learned to scull at Chicago's Lincoln Park Boat Club in Chicago in 2012 and spent many of my training hours on a 1K loop in the lagoon by the Lincoln Park Zoo. Early on, my goal was simply to take ten strokes in a row. I gradually increased my distance until I got comfortable rowing the full 1K—before spinning as fast as possible to simulate racing a full 2K. I also competed as a member of the LPBC sweep team, training several nights a week with teammates. Over the long Chicago winters, the sweep team and masters scullers buoyed one another's spirits and fostered a sense of camaraderie. My sweep coach, **Trish Brubaker**, had had experience as an elite lightweight sculler and encouraged me to enter the single at Club Nationals during  
*(Photo courtesy Sydney Taylor)*

## How I Got There, *continued*

**“After spending five months away from home, I am grateful to now have the opportunity to reconnect with family and get back into a routine in Seattle.”**

my first summer of racing. Then came the Pan Am Trials the following spring.

This was my first exposure to USRowing Trials and to the various lightweight scullers from different clubs around the country. That group, fiercely competitive, is also very supportive of one another in their pursuit to improve individually and also fill team boats for the U.S. In my final year of sculling for Lincoln Park Boat Club, I paired up with **Jess Hyne** from San Diego to race the lightweight double at the 2016 Olympic Trials. Over our months of collaboration, I found that I loved sculling in team boats and I loved working hard to find top speed in a lineup.

After the 2016 Olympic Trials, my husband Alex and I moved to Seattle for his residency at the University of Washington, and I set out to improve my sculling. For the first nine months in Seattle, I joined Pocock and enjoyed their community—especially the I Love Sushi race series! In spring 2017, I raced with Seattle Rowing Center and eventually relocated to their boathouse to train with a growing group of lightweight women as part of the SRC high-performance group.

Just over a year ago, SRC’s **Keara Twist** and I won the lightweight double final at the USRowing Pan Am Games Trials, earning the opportunity to represent the U.S. at the Pan Am Games Qualifiers in both the lightweight double and the open quad. Over the fall months, we trained and fundraised for our trip to Rio de Janeiro, Brazil, for the Qualifiers at the end of November. At that regatta, we qualified the open quad and finished one spot out of qualifying the lightweight double. Fortunately, we were offered an entry for the lightweight double several

months later, after another team scratched.

After Keara moved to Boston to begin work on her physical therapy degree, I relocated to train with her at Riverside Boat Club for the seven weeks leading up to our competition. We pushed ourselves to compete against their high-performance group. We had grown to count on one another’s support and feedback after getting through grueling workouts together. In Peru, at the Pan American Games heats and repêchage, we tapped into our top speed together, finishing fifth in the repêchage with our fastest-ever 2K time—just one second ahead of Guatemala. Unfortunately, at the end of the race week, I caught the bug that had swept through our rowing village and was unable to compete in the lightweight double or open quad final. The quad went on to finish third overall, with **Solveig Imsdahl** subbing in for my seat.

Looking back on the overall experience, I am proud of the improvements that Keara and I were able to make in our double, and I am thrilled to have been part of the USRowing Pan Ams squad for the past year. After spending five months away from home, I am grateful to now have the opportunity to reconnect with family and get back into a routine in Seattle. I’m excited to meet the community here at Lake Washington Rowing Club, and I’m looking forward to giving back to the rowing community by supporting the Holy Names Academy athletes in their growth and goals.

*—Sydney Taylor*

See Sydney’s blog at <https://www.leftcoastlightweights.com/blog/panam-games-preview>

## Open-Water Rowing

*Several LWRC members enthusiastically participate in open-water rowing on Puget Sound, Lake Washington, or other regional lakes.*

*This type of rowing requires sturdier equipment and a different psychological approach, compared to our usual sprint and head races on sheltered waters.*

*Ole, Adrian, Terran and Will before things got worse.*

# Numbness and Pain: Rowing the 2019 SEVENTY/48

## Getting Started

Will had just yelled, “Ready at the finish,” when I noticed a movement by my seat. I looked down and let out a yelp. A small fish was flopping around under my seat. I yelled, “Wait, wait—there’s a fish in the boat!” and tried to guide it over the side. Instead, I ended up pushing it down by the foot stretcher, where—for the time being—there was lots of water for it to swim around in. Unfortunately for the fish, the bailers were open—so it would only be a matter of time before it would be high and dry by my feet. At that moment, a large wave broke over the boat, soaking us all to the bone and swamping the shell almost completely, giving the unsuspecting fish a few more seconds to enjoy itself. It was close to midnight; we had rowed almost non-stop for five hours in our quad and were about halfway to the finish line in Port Townsend, some 30 miles ahead. We were going three to four miles per hour—this could be a very long night indeed.

It had all started 10 weeks earlier with an email from Roberta containing the subject line “crazy question.” **Rainer Storb** was looking for somebody to join a men’s quad for the SEVENTY/48 race on May 31. She



attached his account of their race in 2018. (See <http://lakewashingtonrowing.com/wp-content/uploads/2019/06/MakingWavesJun2019FINAL.pdf>.)

This 70-mile open-water race from Tacoma to Port Townsend is to be completed in vessels powered only by human power within 48 hours or less: no support, and nobody following you to check on your welfare. You’re on your own all the way. Rainer and two of the other three scullers from the 2018 quad had been very serious in declaring, “Never again!” to each other at the finish line. Only Rainer’s son **Adrian** was very keen on a repeat.

With a background in long-distance endurance cycling, I immediately thought to myself, “How hard can it be?” and said yes without further considerations. Rainer then found two other adventuresome scullers, Will and **Terran**, from Commencement Bay Rowing Club in Tacoma. We were all set!

## Preparation

During April and May, we all met a handful of times at

## Numbness and Pain, *continued*

*Commotion at the start (Photos courtesy Ole Mikkelsen)*

LWRC to take out Rainer's open-water Maas quad for longer and longer practices on Lake Union and Lake Washington. Our last practice run took us over to Kirkland and back, thanks to roughly three hours of nonstop rowing, covering a little less than one-third of the total race distance. It was obvious that we rowed well together, despite the limited practice, and the boat handled and ran very nicely. We were all in our forties, and all agreed that a sub-10-hour finish should be very doable (weather depending, obviously). Spirits were high as we met in Tacoma on race day. Rainer and his wife **Beverly** had driven the shell, Adrian, and me to Tacoma, where they would watch us start and then drive to Port Townsend to meet us all at the finish line.

### Here We Go!

We launched a bit north of the start line in the Port of Tacoma's Thea Foss Waterway and rowed down to the line. This way we would be at the front of the pack and wouldn't have to navigate too much past other vessels at the start. The start line was a chaotic mess of shells, kayaks, outriggers, SUPs, pedal boats, wherries, and almost any other type of human-powered craft



you could think of. At 6:55 p.m., we were in position right at the front. At 7:00, the start horn sounded and 109 teams took off, all bound for Port Townsend. Within a couple of minutes, we and a few other shells were ahead of everybody else. Will was bowing (he had a GPS showing the entire course), and Terran and Adrian were in 2 and 3 seats, respectively. I was the stroke and had a first-rate view of

### Editor's Note

Soon the Northwest will be bathed in rich fall colors. What could be nicer than a head race amid such beauty? Check out your options on page 11!

LWRC's Sydney Taylor describes her path to the 2019 Pan Am Games, and Ole Mikkelsen offers his perspective on rowing for 11 hours through the night on Puget Sound. The joys of open-water rowing are further described by Rainer Storb as he reports on races around Shaw Island and Rat Island.

LWRC rowers made their mark at Northwest Regionals and at Nationals. Next year. Nationals will return to Oakland's Lake Merritt, so start planning now!

—Roberta Scholz

**Numbness and Pain,  
continued**

**“... as we progressed up through Colvos Passage, a northerly wind kicked in and churned up some serious waves. The shell started to fill.”**

the entire armada racing out of the Waterway in our wake.

Six or seven miles later, we approached the checkpoint at Owen Beach—after which we would make the crossing over to Colvos Passage and the trek up past the west side of Vashon Island. But the officials called us over and said our tracker didn’t work. (Each vessel had been issued a tracker.) After messing around with ours for five or six minutes, the organizers gave up, threw us a new one, and let us take off again—just as two or three other shells were catching up to us.

**Serious Rowing**

The weather had been sunny and very calm at the start. But as we progressed up through Colvos Passage, a northerly wind kicked in and churned up some serious waves. The shell started to fill. This wasn’t a safety concern, since it was designed to float while completely filled. But extra weight obviously slows you down, so we made stops to quickly open the bailers, row out the water, then close them again. Every hour we stopped for one or two minutes to drink and eat, stretch, change clothing. Then we moved on. In between those stops, it was nonstop rowing.

As the last glimmer of daylight disappeared, we passed Blake Island and soon Bainbridge Island. The wind had died down somewhat, it was very dark, and the lights of Seattle greeted us to our left. As we kept rowing up past Bainbridge, we watched the Space Needle disappear from view, to be replaced with the lights at Shilshole. I live in Ballard and quickly thought that my bed was only four or five miles away — then pushed the thought aside. Curiously, the lights from the masts on Queen Anne didn’t seem to disappear or be-

come smaller at all: we could see them for hours.

Passing north of Bainbridge Island, a bit more than half-way to our destination, I was starting to feel some discomfort from sitting for over five hours (as engineered as rowing seats are, they still seem poorly suited for long-term sitting ... ). And I had quite a few blisters on my fingers that would occasionally pop. Other than that, we were still in reasonably good spirits. We had lost all contact with any other competitors and had only a limited idea where anybody else was, though we were fairly certain we were in the lead or close to the lead.

**It Gets Worse**

And then the challenging part of the race began.

As we started the trek up past the Kitsap Peninsula, the wind from the north increased. The 10 miles or so along the peninsula can only be described as an immense struggle. Occasionally, our speed was at most three miles per hour: with 25+ miles still to go, that didn’t do anything good for morale. Several times, we were completely swamped by breaking waves filling up the quad and bringing us to a complete stop. Open-water rowing clearly requires additional boat-handling skills and strategies, compared to rowing on the flat waters of Lake Union and Lake Washington!

We scouted the shoreline for places to pull over, get some rest, and wait for the wind and waves to die down. But there were no obvious places to pull over. The closest would be the Point No Point lighthouse, still some miles (and hours!) ahead. We were all completely drenched, and I was still in my T-shirt. However, I was wearing a woolly undershirt that kept me warm through the night, despite

## **Numbness and Pain, *continued***

**“I had to be carried out of the boat and into the water; I had a very hard time getting my legs into walking mode again so I could stumble the three meters onto the beach and up onto a log to sit down.”**

frequent drenching. We saw lights approaching from the south and wondered what kind of vessel it could be. After 20–30 minutes, it became apparent this was one of the single-scuil competitors who had caught up to us in the waves. He obviously had superior open-water boat-handling skills! We followed each other up to the Point No Point lighthouse and began crossing toward Marrowstone Island and the Portage Canal leading into Port Townsend Bay. Then the wind suddenly died down, and a heavy fog rolled in ...

The entire 10-mile crossing to Portage Canal was made in that heavy fog. We had no sense of our progress whatsoever. In the bow, Will obviously had our GPS to look at, but the rest of us might as well have been rowing blindfolded in a tank. I could see our speed on the stroke coach, and that reassured me that we were moving along well (a lot faster, now that the wind and waves had died); but apart from that, there was no indication of progress.

The crossing took a couple of hours, interrupted only by a few short stops to drink and eat. Shortly before 5 a.m., the fog started to lift as the sun slowly rose. The single was gone, but as the fog lifted, we now saw a double to our left! For 10 to 15 minutes, we battled it out with the double at rates around 28–30 before we had to throw in the towel and slowly let them slip away. I was completely empty and could see the puddles from my blades getting smaller and smaller with almost every stroke.

### **Home Stretch**

We began the last three or so miles across Port Townsend Bay. To me, it felt like they took forever, although it

was hardly more than 30 minutes to get across. We passed the finish line in second place overall at 5:56 a.m., seven minutes behind the double and 10:56 hours after leaving Tacoma. Two minutes later, the single from earlier in the night came in. The first three finishers were separated by only 9 minutes after 70 miles! (It would be almost two more hours before the fourth boat came in.)

We docked at the beach, next to the finish line, where Rainer and Beverly—together with a lot of the organizers—eagerly awaited us. I had to be carried out of the boat and into the water; I had a very hard time getting my legs into walking mode again so I could stumble the three meters onto the beach and onto a log. Sitting down had to be done with the utmost care after more than 11 hours in a rowing seat!!! Noodles—and, shortly afterward, hot showers, coffee, and pastries—were provided. That quickly restored my energy. Around 11 a.m., we began the trip back to Seattle in Rainer’s van. After I came home, the rest of the weekend was a blur—I drifted in and out of sleep. It wasn’t until the following Thursday that I could close my right hand, and it would be almost two weeks before I was back on the water, still feeling the blisters and the effect of the seat on my behind. It was certainly an adventure, and I might even consider doing it again in 2020. For the rest of 2019, however, I will stick to the fall head races as the longest distance!!

**—Ole Mikkelsen**

*Ole Mikkelsen rows out of College Club Seattle.*

## Open-Water Rowing

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# Port Townsend Welcomes Sound Rowers Race June 22, 2019

*This year's annual eight-mile Rat Island race off Port Townsend featured 78 boats, including four- and eight-person racing shells as well as two octets (16 oars!). Rainer Storb reports:*

The start line was difficult to hold because of a slight southerly current; as a result, we started behind a bunch of other boats. Two close friends were in the quad with **Adrian** and me: **Steve Chapin**, 62 (bow and navigator) and **Paul Grigsby**, 58 (number three). So, a somewhat aged crew! 😊

The Rat Island course required dodging tidal currents, prudently getting out of the way of the departing Coupeville ferry and crossing her stern wake, locating the narrow and shallow navigation channel east of Rat Island, rowing a tight 180 around the island and then getting our bearings to find the finish, ideally by way of beneficial eddies. South of the island is seal paradise—their heads pop out of the water, really cute.

If you have never done the race, you should consider it. It's a great venue with great hospitality by the Port Townsends.

We won in 55 minutes with a 2:50 minute margin over boat number two. Adrian stroked ably at a steady rate of 28/min—the quad felt truly in harmony.

—Rainer Storb



Above: Lining up before the start (Photos courtesy Rainer Storb)

Below: Streaking to victory



## Open-Water Rowing

*Left: In the San Juan Channel, riding the ebb tide, with San Juan Island in the background  
Below right: Adrian (stroke), Jeff, Rainer, Steve (bow) came in second. Below left: Pinnipeds as spectators  
(Photos courtesy Sound Rowers/Michael Lampf)*



## Shaw Island Row and Paddle August 3, 2019

Twenty-five rowers and paddlers make their way around Shaw Island in early August. **Adrian Storb, Rainer Storb, Jeff Bernard, and Steve Chapin** power an open-water quad. **Theresa Batty** finished fourth with **Peter Hirtle** of PRC.



Above: Joan, Tory, Helen and Wispy; below: Barbara and Julie  
(All photos courtesy Helen Newman)

## Martha's Moms Good Times in Grand Rapids

The Moms' mighty foursome surrendered their 2018 Efficiency Trophy to five Upper Valley Rowing Foundation competitors from Hanover, New Hampshire. Serendipity is losing the trophy to really nice people with a connection to the Moms' first coach and namesake, **Martha Beattie**. Martha serves as a director of the foundation and is also co-coach of their "novice intensive" sweep program. The efficiency award goes to the rowing club with the best percentage of gold, silver, and bronze medals based on the number of competitors racing in boats comprised exclusively of rowers from the same club.

The merry band from LWRC competing on the Grand River consisted of Moms **Wispy Runde**, **Tory Laughlin Taylor**, **Barb Smith**, **Julie Smith**, **Helen Newman** and **John Alberti** (now of Vancouver, Washington). Joining them was **Joan Pendleton** of Los Gatos Rowing Club, who often races with LWRC members.

**From Wispy:** We had so much fun. The competition is very good. It is beneficial to have a training goal like Nationals.

**From Barb:** Three-minute centers with only one launch-

ing and one recovery dock. Crews were lined up like shoppers on Black Friday, trying to launch and get to the start line on time.

**From Helen:** It was a beautiful park and an excellent river site for a regatta. A kind of semi-organized chaos ensued, getting boats/crews on the water and started down the course seemingly a thousand times over four days. The temperature and weather were perfect—right up until the thunder-and-lightning storm that caused the cancellation of the last half-day.

The competition was fierce. Some very fast boats and crews not normally seen in the Pacific Northwest: Detroit, Minneapolis, New Hampshire!

**From Tory:** Nationals was a great experience, a very well-run regatta and a lovely setting, highlighting the strength of the West Coast rowing community while attracting the strongest committed rowers from across the country. The best



Above: Joan, Tory, and Wispy; below:  
John Alberti and Helen

## Martha's Moms, continued

thing about it was the high quality of the competition, which led to really fun races. We had to battle for every win! The complementary benefit was getting to meet rowers from around the country and building connections by racing with and against each other. I now feel way more connected to places and clubs that were before just a place on a map in my mind.

**From Julie:** With just five Upper Valley rowers there to our four, UVRF bested Wispy and me in both the F 2X and F 2-, sealing their points lead for the Efficiency Trophy. But overall, I think we did the Moms proud, medaling in almost all of our races as a club and in composites.

Everyone at LWRC should think about going to Nationals next year. It's in Oakland, California, again!

—Julie Smith



# Grand Rapids Bling



## GOLD

### Helen Newman

(Masters International composite E 4X)

### Tory Laughlin Taylor, Helen Newman, Wispy Runde, Joan Pendleton

(composite F 4X)

### Dale Peschel

(Mt. Baker/Conibear composite mixed G 4+)

## SILVER

### Wispy Runde (F 1X)

### Wispy Runde, Tory Laughlin Taylor (F 2-)

### Barb Smith, Julie Smith (lightweight I 2X)

### Barb Smith, Julie Smith (Masters Coaching composite lightweight H 4X)

## BRONZE

### Tory Laughlin Taylor, Wispy Runde (F 2X)

### Helen Newman (F 1X)

### Tory Laughlin Taylor, Barb Smith, Julie Smith, Wispy Runde (Club G 4X)

### Helen Newman, John Alberti (Mixed G 2X)



## Regionals 2019

*A healthy contingent of LWRC rowers returned to the familiar waters of Vancouver Lake the weekend of June 21–23 for this year's regional masters championships. Under dry skies, the race schedule ran flawlessly, with no major delays. It's always fun to link up with old friends from our racing world!*

*John Alberti, Helen Newman, Roberta Scholz, Art Wright earned gold in their mixed quad.*

## Fall Regattas

- September 14 Budd Inlet, Sound Rowers Race
- September 15** Row for the Cure, Lake Union, Seattle, WA (Registration ends 9/11)
- September 21 Lake Samish Salmon Roe, Sound Rowers Race
- September 28 Wenatchee Guano Rocks, Sound Rowers Race
- October 5 Mercer Island Sausage Pull, Sound Rowers Race
- October 6** Tail of the Lake, Lake Union, Seattle (Registration 9/30)
- October 19-20** Head of the Charles, Boston, MA
- October 19-20** Head & Tail of the Gorge, Gorge Waterway, Victoria, BC (Registration 9/14–10/11)
- November 3** **40th Annual Head of the Lake!!**

*—Teddi McGuire, Captain*

**Harbor Patrol 206-684-4071**

Also posted on the bulletin board in the boathouse.

### Designer's Reminder

*Making Waves* is meant to be read

on-screen. Printable on letter-size paper at 94% size, it is laid out in monitor proportions (landscape), text is large, and underlined links are live. Use the full-screen setting in Adobe Acrobat Reader for the most legible view.

*—Suze Woolf*

## The Wisdom of George Pocock

*No one has had more influence on modern rowing than the legendary George Pocock. Veteran sculler on the River Thames, coach, and boatbuilder, Pocock defined and set the high standards that virtually all rowers today aspire to. His influence has been enormous. Paul Enquist, 1984 Olympic champion with Brad Lewis in men's double sculls, describes how Pocock's philosophy and training regimen influenced their preparation for the Olympics.*

When Brad and I got together after selection camp, the first thing we did in the boat together was a lot of technique work. The stroke we wanted to row was from notes written by George Pocock. I had gotten a copy of them when I bought my first single in 1977 and still had them with me in 1984.

At selection camp, we only had time to try to blend with all the other scullers; as a result, we both felt we needed to get back to basics. The drill went like this: we would start with arms only, feet out, legs pressed down and held down firmly, concentrating on shooting the hands away. This would progress to arms and body, add a little slide until at forty or fifty strokes we would be at full slide. We repeated this as many times as desired.

One of our favorite practices (done about twice a week) was 3 x 2000 m at more than full pressure, with feet out, max stroke rate of 18. This forces perfect blade and body control—the tiniest mistakes really show up.

All our warm-ups and cool-downs were done with our feet out. We even did some mental imagery work on the erg with our feet out, usually without using the handle either. It's very possible—try it!

Believe it or not, our complete warm-up for the Olympic final was rowed with our feet out. This included a 40-stroke

### Highlights of George Pocock's Notes on *The Sculling Stroke As Performed by Professional Scullers on the River Thames*

- ▷ The art of sculling, like any other art, is perfected only with constant practice so that each movement is graceful and is done correctly without thinking about it.
- ▷ Start by checking the length of the slide so that when the legs are straight down, the back wheels do not touch the back stops but are within one half-inch of them.
- ▷ Seventy-five percent of the power exerted in the stroke comes from the legs: the more direct the leg drive, the more efficient the power. The arms serve only as connecting rods to the body.

*(continued next page)*

## Coaches' Corner

### The Wisdom of George Pocock, continued

piece at full race rate plus a few starts. We put our feet back in after plugging in at the starting line. Brad even suggested that we row the final with our feet out. I didn't think that was wise, in case of an emergency (read: crab).

Brad and I didn't feel we could win either the Trials or the Olympics on only physical strength and endurance. Our edge would be in mental preparation and technique. George's notes gave us the edge in technique.

—Paul Enquist

Contributed by Alex Parkman

**Check out our  
programs!**

[http://  
lakewashingtonrowing.com/  
home/programs](http://lakewashingtonrowing.com/home/programs)

- ▷ All these movements of the stroke are smooth, flowing, rhythmic. They must blend. You are dealing with natural elements: water, waves and wind. They have a rhythm, and so must the sculler. He must have his mind on this rhythm to get in tune with his art.
- ▷ Before putting the blade in, some slight hesitation is recommended. The boat is running; let all the useful run of the boat be used up before the next stroke.
- ▷ The virtue of a quick recovery pays off: a shell will not run very long with the weight in the bow but will run out longer when the bow is higher.
- ▷ One of the best drills for getting the body weight out of the bow, via the blades and not the bootstraps, is to take the feet out of the straps. This forces you to keep the pull on the blades.

—George Pocock



We have just received confirmation that we are going to the Head of the Charles in a women's and men's club four plus a mixed eight. That means 16 spots are available for members who wish to try out! Exciting!

Contact the LWRC office asap for more information.

**Take advantage of the espresso machine!** It's in the meeting room at the top of the stairs.



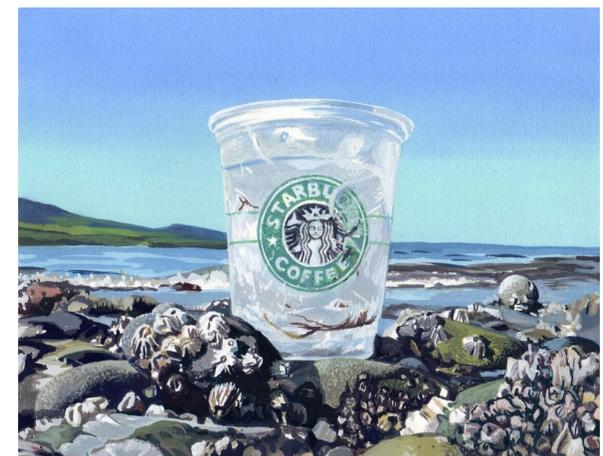
Marine Affairs

## The Water We Row In

*This column introduces a new topic for Making Waves: the art, science, culture and societal aspects of our sport's medium. We welcome suggestions for interesting articles or subjects in any of these areas.*

In this issue we offer Port Townsend artist Karen Hackenberg's Watershed series. She walks the beach in search of flotsam and jetsam, poses it against the waters it came from, and paints the results. Her titles use sly humor to register her concern about the state of our waters.

You can see more of her work at <http://karenhackenberg.com/>



*Top: Stranded Vessel, oil on canvas, 24" x 36".*

*Middle left: Sole Survivors, gouache on paper, 8" x 11".*

*Middle right: Red Tide, gouache on paper, 5.5" x 7".*

*Bottom: Mermaid, gouache on paper, 5.5" x 7".*

## Vancouver Lake Threatened

Vancouver Lake has suffered from a milfoil invasion in recent years. Experts estimate that the lake will no longer be sustainable after 2022 if left untreated. Friends of Vancouver Lake, a nonprofit group, has worked since last winter to raise funds for treating the lake with an herbicide. In July, the Washington State Department of Ecology granted the Friends permission to treat the lake.

The lake has hosted the regional rowing championships for both masters and juniors for more than two decades. Its favorable location draws the best rowers from most of the western states. Losing the lake as a rowing venue will impact us all—permanently.

For more information, see <https://www.columbian.com/news/2019/jun/09/state-grants-green-light-for-milfoil-herbicide-in-vancouver-lake/>.

To donate to Friends of Vancouver Lake, see <https://vancouverlake.org/>.



## Report Oil Spills

**1-800-OILS-911**  
(Washington  
Emergency Man-  
agement Division,  
24/7)

*Eurasian milfoil*  
*Myriophyllum spicatum*  
(Courtesy Wikipedia at  
[https://  
en.wikipedia.org/wiki/  
Myriophyllum\\_spicatum](https://en.wikipedia.org/wiki/Myriophyllum_spicatum))

### Pass the Word

Has an LWRC member done something worth recognizing, on or off the water? Help us share the news!

### Calling All Artists

We'd like to feature your work. Please share your creations with us!  
[lwrcnewsletter@comcast.net](mailto:lwrcnewsletter@comcast.net)



## THE BACK PAGE

**Marilynn Goo** captures a few moments in the life of a great blue heron. Minding his own business and scouting for tasty morsels, Mr. Blue avoids human traffic by moving from the ramp railing to the relative safety of the sign. Then he abandons this perch to search for tidbits at the end of the dock. Finally, he decides to leave!

