

Making Waves

The LWRC Quarterly Newsletter

Vol. 1, No. 1
Spring 2015



From the Editor

With this issue, our members welcome the return of the quarterly newsletter. *Making Waves* aims to provide information to make every LWRC rower's experience more satisfying and enjoyable and to foster a sense of community within the club.

To this end, we depend on you to tell us what aspects of the newsletter are helpful and informative—and which aren't. We welcome your input, whether in the form of photos, artwork, letters to the editor, or contributions. If you have a story idea, we're listening! Just write us at lwrnewsletter@comcast.net.

Making Waves remains a work in progress. Planned regular features include news from the board of directors, input from coaches, regatta information, and member profiles. Other content will be added as appropriate. (This is where you come in!) In particular, we'd like to publish news about our members and their accomplishments. So if you hear of anything newsworthy, let us know—we'll get back to you.

Special thanks go to Suze Woolf, who handles design and layout—she makes us all look good!

—Roberta Scholz

Since our primary distribution is electronic, I designed the publication to be read on-screen. You can still print it out, but its orientation will be horizontal rather than vertical.

—Suze Woolf

From Your LWRC Board

Spring is a season of possibilities when it comes to rowing: longer days, warmer temperatures, the start of racing season. It's also a great time to think about what's possible for Lake Washington Rowing Club.

Your board members have already rolled up their sleeves to begin work. The tasks at hand are daunting but, in the glass-half-full spirit, also exhilarating. New faces on the board include **Damon Ellingston** (at-large), **Janet Walker** (treasurer), **KC Dietz** (president-elect), and **Marcie Sillman**

(president). Returning board members are **John Sack** (past president), **Marilynn Goo** (secretary), **Leslie Zavisca** (at-large), and **Margaret Berg** (at-large).

Challenges

Some of the big questions that face us are financial, and some concern our identity. The solutions to these challenges will rely on the efforts of all members.

(continued on page 2)

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How can we sustain our current boathouse and finance the necessary capital repairs? How can we plan ahead to 2023, when our land lease will be renegotiated based on full market value of the land the boathouse stands on?

Overlying these financial concerns are questions concerning our identity as a member-supported rowing club founded more than a half-century ago to provide a base for those with a shared passion for rowing. Founders Frank Cunningham and Stan Pocock have both recently passed on; it's up to us to devise the means to sustain their vision and legacy. When we pay our annual dues, we become stakeholders in this collective vision, carrying the responsibility for keeping it alive.

What we are doing

Treasurer Janet Walker has done a careful audit of our expenditures, recommending many practical and cost-saving measures. Working with Marilynn Goo, KC Dietz, and Jeannie Czesla, Janet has spent many hours ensuring that MindBody performs more efficiently for us. Within this context, you can expect to see balanced budgets presented to the membership. Long-range fundraising will continue, with the goal of providing you more assurance of exactly how that money will be spent.

John Sack has pulled together a committee to wrangle our facility needs—everything from leaky roof to burnt-out light bulb.



Damon Ellingston



KC Dietz



Marilynn Goo

Find photos of Marcie Sillman on p. 10 and Janet Walker on p. 13.

Expect to see a handy facility repair log for you to note building-related problems.

What you can do

Sustainability, identity, and long-range planning will guide the Board's measurable goals for 2015. To that end, we'd like you to explore your role in the following areas.

We have a wide array of opportunities for you to invest in the well-being of our club—from sweeping the boat bays on a regular basis to leading tours for prospective new members to coaching Learn to Row and Experience Rowing classes. Volunteerism isn't just encouraged; it's expected. We want to make that easier for you. Stay tuned!

We also want to make it easier for you to find the perfect rowing group, coached program, or race to enter. KC Dietz has taken on the considerable task of managing new and continuing coached programs. Damon Ellingston will oversee launches, regattas, and boats. If you are part of a group that

wants to row and race together, you are welcome to do just that. Want coaching or launch support? Check in with KC and Damon.

Looking ahead

My job as president is to make sure the trains run on time, to talk with those who have something to get off their chest, and—above all—to facilitate conversations about the club's present and future. We welcome your suggestions as to how we can keep our beautiful boathouse in Fremont after 2023—what options do we have to maximize income from the building? Above all, who are we as members of LWRC?

Esteemed member and coach Bill Tytus has begun the conversation about what it means to “row in the Lake Washington way.” If you'd like to participate in that conversation, or in the broader discussion of LWRC's future, feel free to contact Bill or me!

—Marcie Sillman

LWRC 2015 Budget

Lake Washington Rowing Club has three categories of income. As shown in Figure 1, the largest category is operating income—all income used for the purposes of operating the boathouse. Figures 2 and 3 provide more detail on operating income and expenses.

The second category is income from programs, including masters and junior programs and Learn to Row classes. Programs are priced to be self-funding and thus break even once program costs, such as coaching wages, are subtracted from program income.

The final category, fundraising income, includes donations, Head of the Lake revenue, and *The Sculler at Ease* book sales. The next newsletter will provide more detail concerning fundraising.

Operating Income

Operating income is all income used to operate the boathouse. LWRC has three sources of operating income, and all club members contribute to the operating income. The sources of income are largely self-explanatory, with membership dues the largest of the three. Operating income remaining after costs are subtracted represents what is available to cover operating expenses, as pictured in Figure 3.

One point to take away from Figure 2 is that, while facility rental revenue is over 28% of the income, this proportion drops to 17% of operating income after costs are subtracted from facility income. Costs include the facility rental agent, garbage collection, and upkeep of Celebration Hall. Despite this reduction, facility rental is still an important part of our operating income.

The 2015 goal is to cover all operating expenses with operating income. A corollary goal is to separate fundraising income from operating income and to dedicate fundraising income for special needs and projects such as launch and equipment purchases. Again, I will provide more detail on fundraising income and its uses in the next newsletter.

Finally, it's important to note that dues and boat storage fees are determined based on operating expenses; those expenses will be
(continued on page 4)

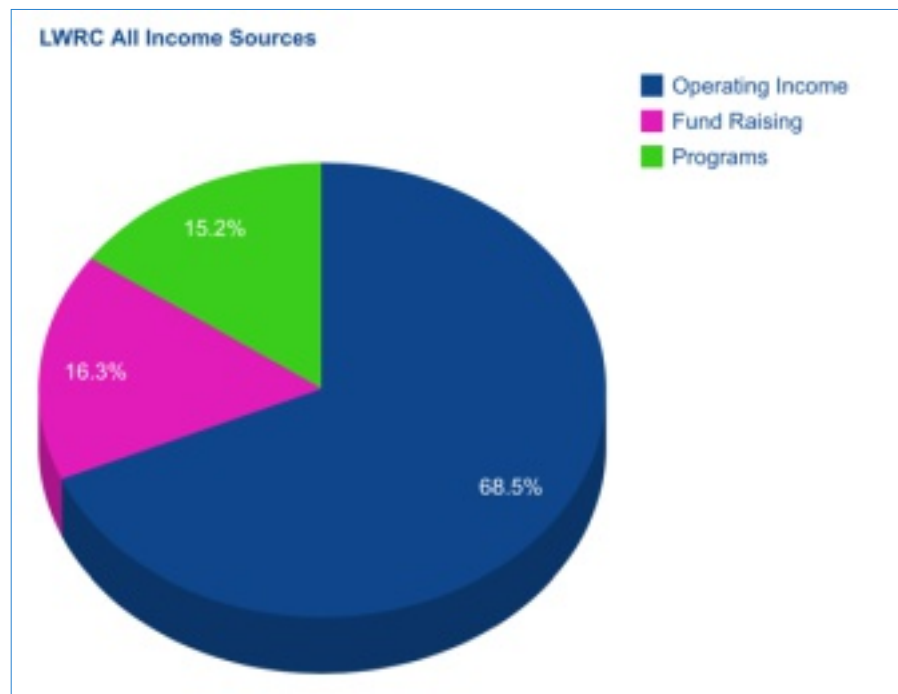


Figure 1

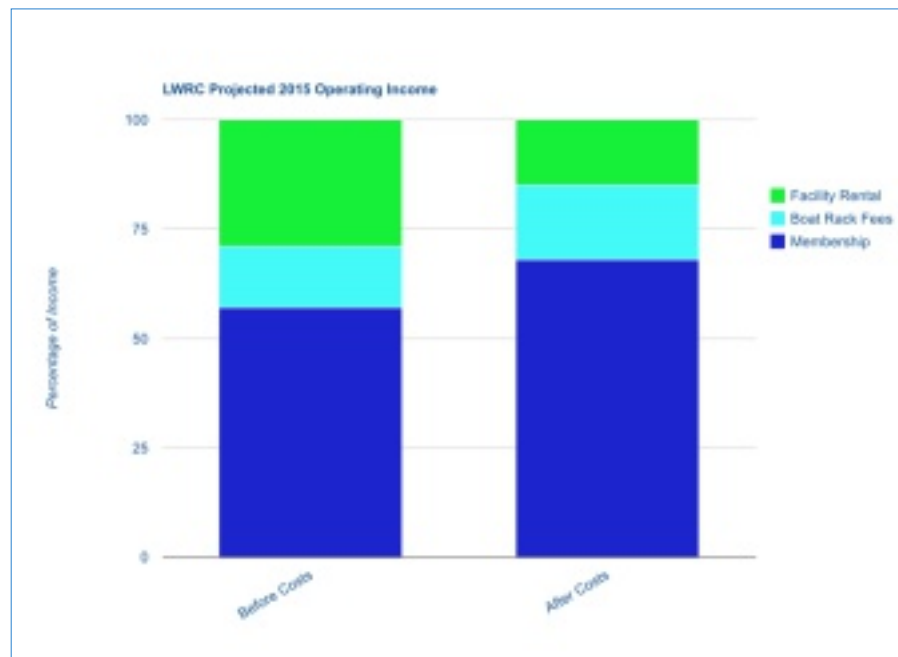


Figure 2

(continued from page 3)

closely monitored to ensure that we do not overrun the budget.

Operating Expenses

So, what constitutes operating expenses? They're what's required to operate the boathouse on a day-to-day basis. Many of these costs are fixed, such as our mortgage, land lease, and taxes. As you can see in Figure 3, our land lease amounts to 28% of our operating expenses. Other costs, such as utilities, vary from month to month. Professional services include our bookkeeper and tax accountant; administrative wages are the office staff.

We rely on our members to help keep these costs—and thus membership and storage fees—to a minimum. Yes, something as simple as turning the lights out when you leave the boathouse is part of cost control! You can help reduce administrative costs by paying membership, regatta, and coaching fees on time. Most importantly, you can help reduce our operating expenses by joining many other volunteers in performing routine services such as landscape maintenance, general repairs, and equipment repairs.

In summary, the cost of running the boathouse is a shared responsibility—covered at 68% by your membership dues and augmented by boat rack fees and facility rental income in fairly equal amounts.

—Janet Walker, Treasurer



Figure 3

Know Your Terms, Do You?

What's the loom?

(Answer on p. 16)

Fundraising

As many of us learned at January's annual meeting, our dues and program fees cover only part of the cost of operating the boathouse. Other income is generated by storage fees for private boats, facility rentals, Head of the Lake Regatta, and contributions.

Last year, 41 LWRC members and friends contributed to the club in various ways. Donated goods and services for trailer storage, boathouse and dock maintenance, and equipment maintenance amounted to \$4,200. In addition, the club received \$11,750 in cash

and stocks for the LWRC 20/20 Fund; \$3,900 was donated to the general fund; and \$50 went to the Francis Cunningham Legacy Equipment Fund. Six members donated three singles and two new open-water singles to our inventory.

Thanks to all of you who contributed—and continue to contribute—money, equipment, and time to LWRC. We also gratefully thank the Cunningham family for donating proceeds from sales of *The Sculler at Ease* to the Francis Cunningham Legacy Equipment Fund.

In the next newsletter, we'll introduce streamlined giving options along with a calendar

of fundraising events and opportunities for the LWRC 20/20 campaign to purchase new equipment and a new launch. Lake Washington Rowing Club, a 501(c)(3) tax-exempt organization, is eligible to receive tax-deductible contributions.

(When donating, please check whether your employer provides matching funds or contributes based on the number of your volunteer hours.)

—Marilynn Goo

LWRC Programs

In 2015, we're introducing some innovations aimed at increasing our membership and offering experiences that meet the personal and collective goals of current members. Building off the energy we already have, we've redesigned some of our regular programs and added two new programs described below. (Please visit the LWRC website for a full listing and descriptions of our spring offerings.)

New Programs

Novice/Developmental League: Under the steady coaching hands of **Melissa Hayes** and **Amy Hildebrandt**, this group of 20+ new members is beginning to get a feel for the highs and lows of rowing and training during the winter. Almost all will continue with the spring Novice Program, focusing on both sweep rowing and sculling—with a few racing opportunities for those who crave the thrill of the chase! We applaud our novices for their dedication and wish them luck at the Green Lake Spring Regatta on March 21. New rowers completing our Learn to Row and Race Camp offerings who wish to continue will find the Novice Program waiting for them! This program is also ideal for former rowers who have been inactive for some time and wish to ease themselves back into the sport.

Junior Program

Last summer, Melissa Hayes offered

summer camps to her Eastside Prep Juniors, who row out of our boathouse during the school year. Building on this in the fall and winter of 2014, **Theresa Batty** currently



leads the Junior Program, which runs three days per week. Theresa's goal is to foster fitness, competitiveness, and love of rowing. Our Junior Program faces competition from established junior programs in the area. We plan to offer something a bit different, with more flexibility in students' often-hectic schedules and less pressure to perform in order to participate. We need your help to get this program into full swing. Can you post a flyer? Volunteer to help assist the week-long classes this summer? Pass the word to other families? Contact the front office or Theresa at coach@lakewashingtonrowing.com.

(continued on page 6)

Future coxswain

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WEP

As an adjunct to the Junior Program, 12 students from Salmon Bay Middle School train with us every Friday as part of their Winter Enrichment Program (WEP). **Hugh Lade, Theresa Batty, and Jeannie Czesla** run this fun program with the help of many LWRC volunteers.

Redesigned Programs

Small-boat Saturdays: **Bill Tytus** and **John Robinson** continue to coach sculling in small boats on Wednesday and Saturday mornings. As a special bonus, Saturday sessions are free through the end of May! We encourage our membership to row in small boats and meet others. Wednesday fees will be half the price of regular fees. In June, the program returns to a paid program two days per week.

Monthly coaching options: Early-morning sculling, coached by **Theresa Batty** on Tuesdays and Thursdays, is especially convenient for those who need to get to work on time! Registration for this class is by the month or by the quarter—whatever suits your schedule. (The monthly coaching option is not available with any other program. This class is a test: do members want shorter enrollment commitments?)

Race prep private coaching: One trend worth noting is the team-building going on outside the coached programs. If you've noticed a bunch of older men (and some women) in fours on Saturdays, then you've

seen what is affectionately known as the "OGs." Organizer **Nemesio Domingo** gently explains that this stands for "Old Gentlemen"! They're vying for a place in Opening Day races (men's 60+ eights, in a wooden boat), honoring the legacy of George Pocock and the long history of NW rowing. Their enthusiasm demonstrates that you don't have to be in a program to build a team! We are hoping more groups follow their lead. (There is a fee for private coaching.)

Although only a small percentage of our membership participates in coached programs, we still want to offer you a place to learn, get strong, and prepare for racing with the support of a

group. We are able to keep costs low, thanks to several dedicated volunteer coaches:

Hugh Lade, Bill Tytus, John Robinson, and John Alberti.

Enroll NOW! Just click here to sign up online through MindBody.

How can we improve our programs? Look for—and respond to—a survey soon that will guide us in planning. I'd love to hear your ideas. Thanks!

—*KC Dietz, de facto Program Director*



Nemesio Domingo

Know Your Terms, Do You? What do skag and skeg mean? (Answer on p. 16)

New Shoes on the Dock: Dot Hall

Originally from North Carolina, Dot moved to Seattle seven years ago and began her rowing career last September at LWRC.

She describes her experience:

I've always loved the water.

This past summer, I took some friends who had never kayaked before into Lake Union and the area around the Arboretum. I saw some rowers go by and thought, "That looks cool. I want to do that!"

So I signed up for the first class I could—the September Learn to Row. I really liked it! I had no idea I was walking into a legacy (I've since read The Boys in the Boat). I took LTR2 and oh so very gracefully passed the flip test

in October.

Now I'm rowing in the novice program. I also take a Bay out whenever I can line up a sitter for a bit or my husband can manage going into work a little late. Morning League will probably be where I end up until the kiddies are older. (I have two daughters, a five-year-old and a two-year-old.)

I love how nice and willing to lend a hand everyone has been. I can see myself growing a lot in this environment. I hope to learn enough and become confident enough to be able to guide future beginners in the same way that the folks around the boathouse have guided me.



Martha's Moms: New Head Coach Vanessa Harvey

If you hear a bit of Kiwi echoing across Lake Union and in the Ship Canal, there's no need to readjust your screen. You are not slicing through the waters of windy Wellington but rather hearing the melodious voice of Martha's Moms' new coach, Vanessa Harvey, as she instructs

and guides her eager wards. Originally from Montana, Vanessa comes to us via New Zealand, where she recently coached the Wellington College Boat Club's junior men's squad to consistent

appearances on the medals stand. Her stellar credentials also include coaching the novice men's and women's teams at Macalester College in St. Paul and the masters program at Minneapolis Rowing Club.

Vanessa got her start rowing at St. Lawrence University in New York, where she got her BFA. She continued to compete on an international level—participating in HOCR, Women's Head of the River Regatta (Thames River, UK), and Henley Women's Regatta as well as the New Zealand Masters Championship Regatta. When not holding a bullhorn or an oar—or running marathons or teaching swimming—Vanessa likes to let loose her creative side, nourished during her studies at the Wimbledon College of Arts in London. A writer, an editor, a communicator, an illustrator—wow! What a great addition she'll make to the Moms and to LWRC!

—Margaret Berg

Upcoming Volunteer Opportunities

Experience Rowing Classes (ERC)

These three-hour classes give prospective rowers a taste of rowing and a chance to check out LWRC. They build interest in our Learn to Row classes and our summer Rowing Race Camp.

Dates: April 12, May 3, July 12, August 16, September 13, 8:45 a.m. to noon. To help, please contact

LearntoRow@lakewashingtonrowing.com and let Elizabeth Burke know your availability. Or use the member Volunteer Sign Up at lakewashingtonrowing.com.

Welcome Committee

Be a buddy for new and trial members. Take them out on a row, show them around the boathouse, and answer any questions they might have. This is a great way to meet new members! Contact Welcome Committee Chair Joani Harr at joaniharr@aol.com.

Boathouse tours

Because prospective members often want a tour of the boathouse, the board is considering offering them on Saturday mornings. To help start this new program, please contact board@lakewashingtonrowing.com.

Boat bay sweeping

Help sweep out the three boat bays on the first Saturday of every month. Just show up around 9:30 a.m. and do what you can!

Development

We need people to help develop the next steps for building the LWRC 20/20 fund and 2023 land funds. To be part of this very important undertaking, please contact board@lakewashingtonrowing.com.

UW Regatta Operations

Once again, LWRC will provide regatta support to the UW on four dates this spring:

- March 28: Class Day
- April 4: Husky Open
- April 25: UW/Cal
- May 2: Opening Day



We need volunteers for each of these days. Not only is this an excellent opportunity to observe elite collegiate rowing close-up, but our assistance brings LWRC \$1,000 for each event. To sign on, please contact Dave Rutherford at djrford@comcast.net. These tasks are based at the UW Waterfront Activities Center.

- Friday setup (4:00 to 6:30 p.m.): Inflate buoys, set up anchor lines, place buoys on course, tow start dock to log boom, check with UW staff.
- Saturday pre-race setup (completed one hour before regatta start): Replace several buoys, move start dock to start line, review alignment with UW, make necessary adjustments.
- Saturday warm-up monitoring (one hour before start through end of regatta): Enforce traffic patterns in warm-up area, help pull buoys at end of regatta. Must have launch-driving experience and loud voice (and be willing to use it!).
- Saturday dockmastering (one hour before start until last crew returns): Manage crews launching from and returning to Conibear Shellhouse.

Make waves

Stick your oar in and say something about rowing or LWRC! Submit a contribution for the June newsletter: lwrcnewsletter@comcast.net.

—Marilynn Goo

Know Your Terms, Do You? What's the beam? (Answer on p. 16)

LWRC Racing

The new year began as it often does in Seattle: cold, wet, cloudy, and with a healthy bunch of LWRC rowers out on the water. For those who were still recovering that morning, we held a New Year's Day relay race with two eights, two triples, and two doubles and with Susan Kinne acting as race organizer as well as anchoring one of the doubles.

As the weather warms up, so does our spring racing schedule. In fact, the first day of spring will see several LWRC novices in their first race ever, the Green Lake Spring Regatta. To learn about additional upcoming racing opportunities, a race calendar now appears on the LWRC website under the Members tab: <http://lakewashingtonrowing.com/home/for-members-2/race-calendar-2/>. There you'll find listed every major regatta in the Northwest, along with links to relevant race pages and a Google Docs spreadsheet for organizing boats. Check it out!

Coming up on May 2 are Opening Day races, a Very Unique Event for experienced rowers only. In this race we will field our most experienced and competitive crew. We plan to put in requests for a men's 60+ eight, a mixed 50+ eight, and a women's quad. Once we know which entries we have, we'll let everyone know the selection procedure.

USRA-sanctioned Northwest Masters Regional Championships take place June 26—28 in Vancouver, WA. Participants should expect to pay trailering fees prior to race day; look for details on fees and accommodations in a future announcement.

If you're new to racing, or new to LWRC, here are a couple of things to know. In the novice programs,



coaches determine lineups (i.e., who rows which seat) for daily practices and for races. Veteran rowers usually create their own lineups, sometimes with a coach's input. In short: if you're a novice, talk to your coach; if you're a veteran, talk to other rowers.

Once you've decided on a lineup, let me know your intentions by signing up your boat on the bulletin board at the boathouse and/or on the sign-up page that appears as a link on the LWRC race calendar. My job as regatta coordinator is to help you get to the line with a minimum of hassle, so if you have any questions, don't hesitate to contact me. Most importantly, have fun!

—Damon Ellingston
Regatta Coordinator, ellingston@gmail.com

*The first reference to a "regata" appeared in Venetian documentation in 1274 ... By 1315, [it] included boat races among other forms of aquatic display and entertainment.
—from Chris Dodd's Story of World Rowing (1992).*

Member Profile: Marcie Sillman



A member since 2002, Marcie Sillman describes how she got started as a rower: “I was at the gym one day on a rowing machine, and it was boring as all get-out. Seemed like the real thing would be way more fun. That was 23 years ago.”

Marcie is also an open-water swimmer, stating that she has “raced” and that “my goal is never to be DFL—so far, so good.” Her 20-year-old son rowed briefly while in high school, but for now, she’s the only rower in the family. In her early days at LWRC, she was part of the mixed sweep team; following that, she raced a double. But now you’ll see her mostly in a Bay 21, the *Oh No!* Are there races in her future?—“Never say never!”

Looking back over her rowing career, Marcie recalls her first race. “It should be forgotten! We couldn’t even get the eight back to shore in the wind and chop. But that race was also a harbinger of the things I love about rowing: eagles were flying overhead (near Seward Park), and it was so thrilling to be part of the lakescape.”

Marcie works full-time for KUOW, hosting and reporting. “I am most energized by conversations with artists, especially dancers. I’m lucky to have a window into their creative process, which is something I

strive to share with my audience.”

In her off time, knitting and sleeping are guilty pleasures. But rowing is more than that: “Rowing is my meditation. A good row sets me up for a good day; a crummy row means I arrive at work in a grumbly mood. I love the never-ending quest for smoothness, I love communing with the environment, I love our club members, and I love my coaches. All of it is valuable in different ways, but maybe the best lesson I’ve learned is that you can’t make things happen; you have to give them space to happen on their own. Feel, don’t think!”

She waxes eloquent when speaking of her affection for LWRC, viewing it as a leader among local clubs because it was the first such club in the area. “LWRC allows me to be myself. I came here because my previous club didn’t have a place for a group of older women rowers. We came en masse to row under John Tytus; I stayed because I started sculling with Hugh Lade, and this was just what I needed. I love LWRC because it is an accepting community of iconoclasts. I feel like I am fully myself here, on and off the water.”

Marcie Sillman currently serves as president of the LWRC board of directors.

—*Roberta Scholz*



Check out Pauline Woodman's custom manicure!

Congratulations to newly retired member Angela Holroyd, who has been able to capitalize on the many beautiful weather days throughout the winter. Timing is everything!

Know Your Terms, Do You? What's the difference between a rudder and a tiller? (Answer on p. 16)

Coaches' Corner: Hold Down, Hard!

Mostly, we take pride in knowing how to make a boat move forward with efficiency, grace, and speed. We take pride in a common heritage of knowledge and tradition, tracing its roots to men whose lives and livelihoods depended on skillfully plied oars—fishermen, dorymen, Thames watermen—a tradition enriched during its passage through time and gifted to us by the likes of George and Stan Pocock, Frank Cunningham, and their protégés.

But there are also moments when making a boat stop or change direction quickly is a more urgent concern to survival on the water than is forward propulsion. For that, we turn to the same shared heritage.



Author John Alberti

Stopping

Here is the most effective and time-honored way to stop a rowing shell:

- Feather the oars (if not already feathered) and place the back of the blade on the water with the forward edge of the blade slightly higher than the aft edge. This allows them to plane over the water.
- “Over-feather” the blade so its forward edge is a little lower than the aft edge; the forward edge will dig into the water, pulling the outer oar shaft underwater and creating drag (“checking”).
- Control blade depth by rotating the shaft. (More rotation drives the blade deeper; less rotation brings it back to the surface. The boat will decelerate accordingly.)
- As drag on the submerged blade and shaft slows the boat, gradually increase rotation in the “over-square” direction, pushing down on the handles to resist the downward pull of the blade. (Oversquaring too quickly can cause you to catch a crab.)
- Once the boat has slowed sufficiently, rotate the blade fully aback (i.e., backwards from normal position) and push the handles away (“holding water”), taking a backing stroke with the blade in the most efficient attitude for that purpose. This stops the boat and moves it away from the hazard that provoked the stop.

Let the boat slow before rotating the blade(s) fully aback; otherwise, the resistance will either force you to let go of the oar or toss you out of the boat. With most locks, including Concept 2, the flat side of the sleeve snaps into place against the front of the lock with the blade not quite fully vertical; you may want to rotate your oars another ~10 degrees so they don't try to go deep. Practice this when it's not an emergency!

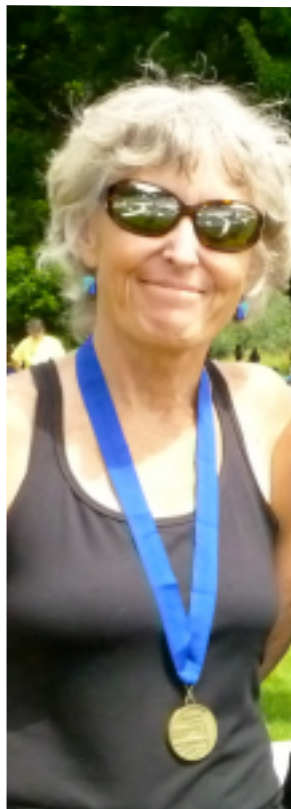
Advantages

- The submerged blade during the “checking” phase functions as a very effective aileron and gives positive roll control, so the boat is very stable.
- Force application is gradual and controllable.
- At the end of the “holding” part of the maneuver, the blade(s) are aback and ready for an immediate backing stroke to either back away from trouble or complete the turn.

Other methods of stopping are taught and practiced amongst other peoples and cultures. The most common of these is to square the blades and dip them into the water, holding them firmly squared as spray splashes off the backside of the blade. Many a boat has been bulldogged to a stop this way, so it does work—albeit without the advantages of control, efficiency, and smooth transition to the next logical maneuver that our method offers. Ours is a free country!

—John Alberti

Notes from the Shop



Sow's Ear Boat Works took shape about eight years ago, when Kari Page asked us to replace a rib on a used pair/double her family had given her for her birthday. It was the *Roy Rubin*, a Green Lake boat named in honor of a founding LWRC member. Why not? This sounded like more fun than polishing wherries or the other sorts of repairs Frank was showing us how to do. Kari even insisted on paying us for the work—a novel notion. At \$50 an hour, we started donating the money to the Francis Cunningham Equipment Fund, got ourselves a logo, and continued the honorable LWRC practice of making silk purses out of old boats.

In the intervening years, Sow's Ear has done a good deal of work for outsiders. We benefited from referrals from Frank and even from Pocock Racing Shells, who steered us the jobs on old boats that would never look like silk purses, no matter what they tried. Now the demand for our services is falling off, perhaps because we are volunteers and do not move too quickly (following our motto: "We're small, but we're slow"). We're restoring several old Pocock cedar singles for owners blessed with patience and with other boats to row in the meantime.

We currently spend most of our time on repairs of LWRC boats. We haven't had a good crash in quite a while (and thank you all for that), so we have the time to build stuff. We now have three triples (two glass, one wood) and are at work on a replacement for the wooden original, *Cerberus*. Like the mythical Cerberus, the new boat started out as a bow-coxed

Pocock pair. (We got it from a coach at the Cambridge Boat Club in trade for a copy of Frank's last book, and it came to Seattle on the Pocock shop trailer.) The Sow's Ear Wood Products Division (Dave Rutherford, John Robinson) is hard at work.

Our other triples were literally built from sows' ears—or the boat equivalent. Bill Tytus gave LWRC the *Twisp* and the *Queets* to replace *Rosencrantz* and *Guildestern*, two glass doubles of somewhat unfortunate design. His only requirement was that we get R & G off the water. We cut them up and built our first glass triple, now known as *Lazarus*. Later, the triple *Phoenix* came about because Bill delivered us a busted, bow-coxed four at Head of the Lake some years ago. It had fallen off a trailer, smashing the cox position—which we didn't want, anyway. Bob Cummins at the Pocock shop contributed three rejected carbon fiber sculling riggers; Frank suggested we split the bow in half lengthwise and spread it ... and that was it.

We also have Bob Cummins to thank for the *Lethoscerus*, the coxed six built by Mike Young from two halves of a broken WSU men's eight. The parts had been sitting in Bob's back yard, and it made his wife very happy when he offered them to us. Mike uncovered his inner boat builder in the process, and we all benefit. He chose that name from a list of suggestions from members; submitted by Jill Ashman, it's the name of a six-legged water bug that is quick and evasive but ferocious when cornered.

Now you know about our oddities. We hope you enjoy them.

—Susan Kinne

Kudos!



Janet Walker made us all proud when she represented LWRC at the C.R.A.S.H.-B. Sprints in Boston March 1 and took second place in the Veteran Women's category, narrowly missing first place by only 2.9 seconds. Janet trained diligently throughout the winter and qualified for the Boston event by competing in Ergomania, our local indoor rowing competition, on January 31, where she pulled a 7:38.6. Janet tells it in her own words:

Yes, you are right: it was a pack of one at Ergomania, but I was really racing the clock because I wanted a qualifying time to go to Boston. The qualifying time for 50-59 veteran women is 7:48. In Boston, I beat Jutta Abromeit, a former East German rower who'd won a world title in the coxed four in 1985.

I added up my meters, and all I can say is: Yikes! It was over half a million meters in 64 days of erging. That hardly seems possible. And there was one week—because we had such awesome weather this winter—when I did all my training on the water. (The half a million meters is just erging.)

The only way I could have put in that many meters was with the help of my LWRC teammates. Every Monday, Wednesday, and Friday—under the leadership of Guy, Evan, and Tyler—I erged with a group of dedicated and

supportive friends. The ability to erg half a million meters and my strong performance were both a result of teamwork at its finest."

In Boston, she improved upon her qualifying time by rowing a 2K in 7:36.6 against 18 other competitors. After this amazing accomplishment, Janet says, "No more erging!"



"If everything seems under control, you're just not going fast enough."

<http://ignatiuschicagocrew.org/about-crew/resources-and-tips/rowing-quotes/>

BIG CLIMB 2015

What was I THINKING? Or so I wondered a week ago as I looked up James Street at the ominously tall, dark, and



*The LWRC Big Climb
2014 Team*



*Jeff Berkman—in chemo
lab, 2010*

subliminally evil form of the Columbia Tower piercing the clear, blue sky on an unseasonably pleasant February day. In another two weeks, on March 22, my 27 team mates on the Lake Washington Rowing Club Big Climb Team and I— plus 5,972 other hearty souls— will auger our way up the 1,311 steps, 138 flights, 138 left turns, and 69 floors to the top of that scowling edifice.

This will be my ninth trip to the top via the fire escape, and I blame Tyler Peterson entirely for this bizarre addiction. In 2007, I was a year out of chemo after a duel with diffuse large cell lymphoma and wanted to sponsor him in his annual ascent, a fundraiser for the Leukemia and Lymphoma Society. With my brain obviously addled by

the six broadsides of R-CHOP that it had absorbed, I foolishly agreed to join him.

By the grace of God and rituximab, I am fortunate to be able to do this and grateful to the researchers and previous generations of fundraisers and their sponsors who made it possible for me, and grateful to my teammates for joining me and to you for sponsoring us.

When I was a kid, a diagnosis of blood cancer was a sure death sentence. We are much better than that now, but nowhere near good enough.

Last fall, we lost Jeff Berkman to complications of acute myeloid leukemia. In 2010, he was our team champion; now, we remember and honor him—this is not how it was supposed to go.

We likewise remember and honor the fathers of our teammates Jeannie Czesla, Darcy Greene, and Brooke Ike; Tyler's uncle; Barb Smith's husband, Jim; KC Dietz's friend, Don; and many others claimed by blood cancers.

Current research into targeted therapies that train the immune system to attack cancer cells is already showing success without the toxicity of traditional chemo. More info here:

www.lls.org/resourcecenter. This research is the way we will do better, and supporting it is a fitting way to honor those we have lost.

Even though the Big Climb is sold out, you needn't feel left out or suffer from burning-quad/scorched-lung envy. We are still looking for a few good sponsors; and we would be honored to have you sponsor us here:

http://www.llswa.org/site/TR/Events/BigClimb?team_id=58373&pg=team&fr_id=1460.

To sponsor the team, just click the "DONATE" button in the upper-right corner or the "DONATE NOW" button top-center. Team donations are credited equally to each team member.

To sponsor an individual, click on the person's name under "Roster" to go to their individual web site.

Thank you. We will do our best.

—John Alberti, Team Captain

***Compete
like you're in
first place,
train like
you're in
second.***

<http://ignatiuschicagocrew.org/about-crew/resources-and-tips/rowing-quotes/>

Support Your Local Rowers

Duwamish Rowing Club started as an idea in 2009. At the time, Mike Merta was rowing at Green Lake and living in South Seattle. Passing over the First Avenue Bridge en route to morning practices, he wondered why nobody was rowing on the Duwamish. Mike bought a single and began rowing on the river and talking to people about starting a club.

With lots of help and support from the local South Park Community, DRC became a reality in April 2011. Today, the club's modest masters and junior programs are thriving (and growing). On the river five days a week—enjoying thousands of meters of nice, flat water—DRC rowers look forward to a bright future for both the Duwamish River and the sport of rowing in the Duwamish Valley.

This year's annual **DRC fundraiser will be at the Duwamish Longhouse on Friday, March 27, from 6:30 to 10:30.** Having exhausted the supply of corny, rowing-related movies, they'll show "The Seal Who Came Home"—because they see so many harbor seals on the Duwamish. Mike notes that the film is "just an hour long, so we'll have more time for catching up and for food and beer!"

More info may be found at duwamishrowingclub.org. Even if you can't make it to the fundraiser, consider supporting this young club in its effort to bring rowing to the south end of Seattle.

—Roberta Scholz



ROW TO THE FUTURE

Once again, Lake Washington Rowing Club showed its support for Seattle youth rowing when close to 20 LWRC members, including several Moms, attended the seventh annual Row to the Future fundraising breakfast on March 6, held at the Bell Harbor International Conference Center. Over \$90,000 was raised, and all of it will be matched by an anonymous donor! Funds are used to support not only youth rowing but also Erg Ed, which has brought erg training to more than 10,000 students in Seattle schools.

[Row to the Future](#) is administered by the George Pocock Foundation.

—Roberta Scholz



Join Us

Hamish Laird shares his exciting adventures exploring the high latitudes with his family in their custom-made sailboat. Join us this Thursday, March 19, from 7 to 8 p.m. Learn more about the Lairds at their websites:

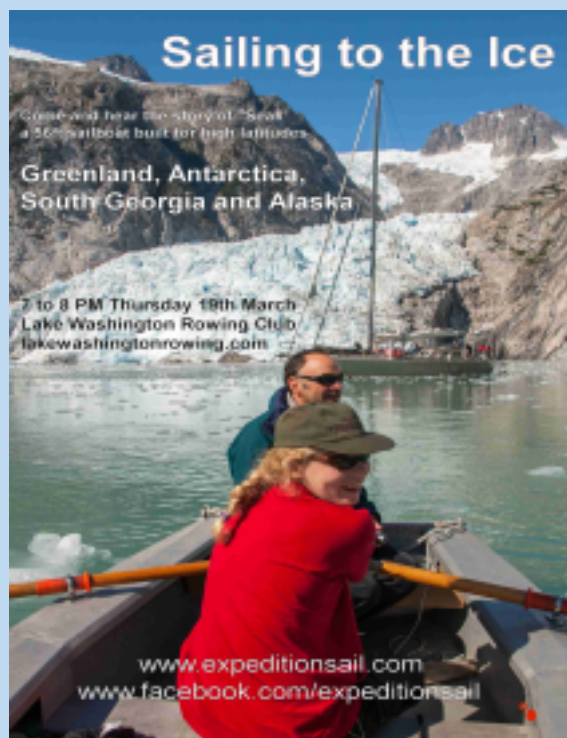
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—Tara Broyhill

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Terminology

Beam = width of a watercraft, as measured at mid-point of hull

Skeg – fin fixed to bottom of hull; keeps shell on true course

Skag – derogatory term used by teenagers in the 1960s

Tiller – steering bar; operated by hand or by foot

Rudder – hinged fin mounted on bottom of hull at stern end; controlled by tiller

Member and artist Suze Woolf finds the Ship Canal as inspiring for art as for rowing. "Time to Get to Work," watercolor on paper, 15" x 22." Suze was recently inaugural Artist-in-Residence for the Grand Canyon Trust, on a remote Arizona ranch—a long way from flat water! Send us your water-inspired images.



Contributions welcome!

Readers,

We know—at least we think we do!—that each of you has a life outside of rowing. We'd like to share your accomplishments and interests with other members in *Making Waves*. If you've done something out of the ordinary (or not out of the ordinary), if you have a special interest (perhaps you monitor herons in Discovery Park?), if you engage in meaningful volunteer work that the rest of us should know about, if you've started a business enterprise—we want to hear from you!

Of course, with rowers being among the most modest of creatures, it may be necessary for us to develop sources for this info ... So if you know of any member we can feature in this way, just send us a note at lwrnewsletter@comcast.net. We'll get back to you.

In the community spirit, members are welcome to list goods and services they are able to provide.

—Roberta Scholz, Editor