

## Making Waves

The LWRC Quarterly Newsletter

Vol. 4, No. 1

Early Spring 2018

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*Rowing in Germany, pp. 7-8*

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## A Passage to India

### Judee La Scola Brings Her Artistry to a Monastery

I have worked independently as a studio artist for over 30 years, creating and exhibiting my glass work nationally. Although I consider myself privileged to do so, I know from experience that it can get pretty lonely working in the studio by oneself. So I didn't have to think twice when, through a friend, I was offered an unlikely teaching job—to teach art and English to a group of 125 monks at the Maha Bodhi monastery in Bangalore, India. My students ranged in age from nine to 20 years old.

I was determined to make this an enjoyable and creative experience, even though I was both terrified and thrilled at the thought. I am not a trained teacher in any subject, but I *am* the mother of two grown men who long ago tolerated me as their Boy Scout den mother. This set me up with a false sense of confidence, so I charged ahead.

Over Christmas 2016, as a member of an organized outreach group, I set off for India. The goal of our group of seven ESL teachers was to teach the English language from Buddhist-written and -printed material, the con-



*Judee with her monastic students (all photos Judee La Scola)*

tent of which was totally foreign to my agnostic nature. Our English program was an intensive, five-week class taught in twice-daily sessions, morning and afternoon. Unfortunately, the strictly enforced ESL syllabus minimized the art classes to only twice a week.

I struggled in the classroom, both with the material and also with figuring out how to make learning accessible to the many different levels of language skills my students seemed to possess. Despite their dedication, the monks

**La Scola  
to India,  
*continued***

*More's the  
Better, glass  
art by Judith  
La Scola*

were shy and reserved—it took some effort to reach them. I think at times they were actually frightened by us. We were the first westerners many had ever seen. However, I did observe in the art classes that there was a real joy and freedom present while making projects. The students worked together and supported each other, like caring brothers.

I also began to notice that the art classes had benefits beyond just a finished project. I secretly began to take the risk of deviating from the structured syllabus to steer my classes into a more creatively responsive environment. I

tried to combine the structured program (so I wouldn't get into too much trouble!) with hands-on types of problem-solving projects. It appeared that the real learning happened outside the structured environment: the connection I felt with my students was direct and in the moment.

After the five-week course was completed, I took home many wonderful memories and also some troubling ones. Experiencing a new culture and developing a deep caring and appreciation for my many students was definitely a plus: we had attempted to make a valuable contribution to their lives. At the same time, I was troubled by being confined within the structured syllabus; this strictness caused me to miss many opportunities to reach beyond what the material allowed. I felt that some aspects of language cannot be taught with words alone. Even so, the experience was meaningful in many ways. The monks—gracious students who worked hard, doing as we asked—truly touched my heart. Even before leaving the monastery, I decided I wanted to return.

The following Christmas, just two months ago, I returned to Maha Bodhi monastery. This time I came alone, bringing with me about a hundred pounds of art materials. I designed my own art program and designed a pronunciation-based approach to English. (I could barely understand the English spoken by my students.) I used my iPhone to access websites for teaching phonetics and sound patterns, finding much useful information on websites for dyslexic and autistic children and incorporating it into my English class. This approach offered some missing links that helped me teach the “feel” of the language sounds in the mouth and throat.







*Students cutting paper for New Year's cards*



*Gelli leaf print;  
Far right: jigsaw  
"quilt" of gelli prints*

In this second year of teaching, there was more familiarity and I had more confidence. I was far less inhibited about making a fool of myself in modeling strange language sounds, and I asked the same of my students. This playful approach dissolved much of the monks' reserve as we all took turns at being silly. They really enjoy laughing at each other, and at me!

It was English class in the morning, and art every afternoon and evening. I wanted to complete as many art projects as I could possibly teach in 18 days, and I chose art processes that I knew the monks had never seen. I wanted them to be surprised and even wowed by their activities. The projects needed to be geared toward all ability levels and give successful results to all who tried. We did paper marbling, gelli prints, paper crafts. We made New Year's cards. (These very popular cards give the monks a chance to make gifts for their families; New Year's is a big celebration for them.)

The art program was even more successful than I could have imagined. The monks have a fine ability to focus on any task at hand, and they are innocent and open to everything they are shown—true artists in this sense. They were so receptive to ideas and so proud to complete their projects! We built on skills daily, and many of their six projects turned out stunningly beautiful. For some of these monks from poor families, this was their only chance of getting art materials into their hands to work with. We worked during almost every free moment when their strict schedules permitted—often until they retired for bed. The classroom



was full of joy and laughter, and we *always* spoke English!

As the only woman living in the monastery, I believe my presence provided a sense of "mother." One monk referred to himself as my grandson. I realize what a tremendous privilege it is to be accepted as a part of such a unique family. I am learning more than I am teaching—their gifts are greater than mine. There is no better gift than to share creative process and to work as one through creative process.

## La Scola to India, *continued*

*Below: Snow on  
the LWRC dock  
(Alex Parkman  
photo)*

We are now designing a program to sell the artwork in the monastery store to create funds for supporting an ongoing art program. I hope to return next year to Maha Bodhi and make that the focus. Meanwhile, I'm working to complete an online certified TESL (Test of English as a Second Language) class before returning.

—Judith La Scola



## Editor's Note

This issue of *Making Waves* focuses on international adventures—some involving rowing, some not—of two of our members. Though we are all linked through our common passion for rowing, our lives go in many diverse directions off the water. Check out how **Judee La Scola** has spent the past few holiday seasons! **Dale Peschel** explores family history in Germany at least once a year, combining his visits with unique experiences courtesy of German rowing clubs.

With racing season rapidly approaching, **Hugh Lade** and **Amy Hildebrandt** discuss race strategies and physical training tips.

You'll meet **Jasper O'Leary**, a recent addition to our membership, and get to know why board president **KC Dietz** brings so much to our club.

Read on!

—Roberta Scholz



## Designer's Note

*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





## President's Message

# Hello, Members — 2018 has begun!

I was very pleased to see so many of you at the annual meeting in early January. In usual fashion, we went over our finances, shared annual reports from our rowing programs, and voted in our new board. Welcome to our returning board members: **Janet Walker** and **yours truly**, plus new members **Alex Parkman** and **Jordan Tigani**. The board has met twice now, and I am encouraged by our exchanges and shared commitment to the club.

Our main office has undergone a few personnel changes. **Amy Hildebrandt** will be spending more of her time at SPU as one of the assistant coaches. She will still be co-coordinating the Learn to Row program with **Teddi McGuire**, coaching Mixed Masters, and doing some bookkeeping. **Brooke McCulloch** has moved her chair to the main desk and is now the go-to person at the office. She brings her special graphic design skills, in addition to managing our office. We hope to add a third assistant to the office in March to help with our busy summer programs.

Our big decision for 2018 was to end our room rental business. The timing was perfect, as many of our consistent renters had stopped using the club, bringing our business to a slow crawl. The board had sent around a survey in 2017, to find out what you'd like to see upstairs. The main desire was for a gym space. So we moved our "gym" equipment from the North Bay to the upstairs area. The North Bay will be remodeled to provide more boat storage. We couldn't have created such nice upstairs spaces without the help of our members—a big thank-you to all who contributed time, equipment, and money toward the new gym and lounge.

I'm happy to see you taking advantage of the new gym and espresso machine. In addition to having the best caffeinated brew and view for erg workouts, we are offering strength and conditioning classes in the mornings and evenings. If you haven't tried a morning class with **Rob Foreman** or an evening one with **Amy** and **Brooke**, you should! A new Friday-morning yoga class began February 16. Member **Pati Casebolt's** daughter, **Asia**, will

be bringing her expertise to the mat. You must sign up for these classes separately. (Rob's class is limited to 15 persons.) To attend any class, **purchase a Class Pass on Mind Body** ([https://clients.mindbodyonline.com/asp/main\\_enroll.asp?fl=true&tabID=8](https://clients.mindbodyonline.com/asp/main_enroll.asp?fl=true&tabID=8)) or just **drop in** (we will charge to your account).

Our captains are getting ready for the spring regatta season. We will send a women's A eight to the San Diego Crew Classic, participate in Opening Day races, and attend various local races such as Husky Open and the Lake Stevens Regatta.

I hope we can get back out on the water soon!

—**KC Dietz**  
**LWRC Board**  
**President**



## Spring Training

# Off to a Strong Start!

With shortened and colder days, it is difficult to motivate and rally yourself to head to the gym and get a decent workout in. As rowers, we typically think of our primary workout tool, the erg, as our only tool. It is most similar to the on-the-water rowing stroke and gives us immediate feedback of effort. However, there are so many **more** tools at your disposal!—especially now that LWRC has created a legitimate gym upstairs.

With the first sprint races of the year rapidly approaching, it may be a little intimidating to start anew. But it doesn't take much to get the body moving and elevate the heart rate. If you've been away from the gym all winter long and/or haven't touched an erg in weeks, months, or even years, **start your basic training with body-weight exercises**. These simple exercises, though they can be most challenging, simply use your own body weight as resistance:

- Squats
- Jumping squats
- Push-ups
- Standing lunges (forward and backward)
- Side lunges
- Burpees
- Triceps dips
- Planks (all variations)
- Any core exercises

The main goal with such exercises is to **move the body in a dynamic motion to elevate the heart rate**. To attain this, create a circuit of 8–10 exercises in 3–4 sets, with 30–45 seconds on/exercise, 10–20 seconds rest/exercise, and 1:30–2:30 rest between sets.

If you want to challenge yourself, do each exercise for a longer period and shorter rest, or do more sets. Another option is to start to add weight, such as dumbbells or kettlebells. Caution: **Avoid adding too much weight too soon**, especially if it's been a while since doing any cardio or strength work.

Pay attention to form. Do not exceed your ability unless you have a professional watching you. Most importantly, **listen to your body and know the difference between soreness and pain**. Injury isn't the goal. Performance is the goal.

The Internet, especially YouTube, offers great resources if you need ideas on how to make an exercise more exciting or challenging. If you have any questions or need suggestions for exercises or a workout routine, please feel free to contact me directly:

[hildebrandt.amy@gmail.com](mailto:hildebrandt.amy@gmail.com). Thank you!

—Amy Hildebrandt, CPT,  
LWRC Program  
Coordinator, Coach



## Pass the Word

Has an LWRC member done something worth recognizing, on or off the water? Help us share the news! [lwrnewsletter@comcast.net](mailto:lwrnewsletter@comcast.net).

# Rowing Abroad: Rudern Ist Schön!

*Right: Berliner  
Ruderclub von 1880,  
e.V. (Berlin Rowing  
Club)*

One of the joys of traveling is the possibility of dropping in on a rowing club, meeting new connections, and experiencing other clubs' communities and locations. It would be fun to visit a rowing club in Boston and row on the Charles River, or to visit Minneapolis, where they row on the Mississippi, but can you imagine dropping in on a rowing club in Poland, Portugal, Italy, Spain, or Turkey? As with just about everything else these days, there are vast resources on the Web for finding these connections. Take a look, for example, at [www.oarspotter.com](http://www.oarspotter.com), where you can find rowing clubs worldwide from Australia to Zimbabwe.

Traveling to Germany several times, I was always on the lookout for rowers and the possibility of joining them. Germany has thousands of miles of rivers and hundreds of lakes where rowing clubs abound. The Oarspotter website lists 262 rowing clubs in Germany, so one can find a club in just about any city or town with access to water.

Of course, it helps if you have a contact who can provide an introduction. Several years ago, I had the opportunity to go to a FISA world championship event in Poland. Through a friend from Dresden, Germany, whom I had met at an earlier event in Canada, I was able to connect with a rowing club in Berlin where several members were going to the same event. The *Berliner Ruderclub von 1880, e.V.* (Berlin Rowing Club, since 1880!) has a beautiful clubhouse on one arm of a series of

lakes and rivers southwest of Berlin (<https://www.berliner-ruder-club.de>).

The club has overnight rooms for guests, a bar, and a dining room. My rowing partner and I stayed a couple of evenings, enjoyed drinks with members, and had several chances to practice in individual and group shells. All in all, it was a delightful experience.



More recently, my wife and I traveled to Regensburg for two weeks in language school. Regensburg is a beautiful town on the Danube, Naab, and Regen Rivers in the southern German state of Bavaria. The town dates back to the Stone Age but came into its own in the Middle Ages as a political and religious center. During World War II, some



## Rudern Ist Schön! *continued*

military factories in the area were bombed by the Allies, but the city center remained largely intact. Today, the medieval center of the city is a UNESCO World Heritage Site: [https://en.wikipedia.org/wiki/Regensburg#Early\\_history](https://en.wikipedia.org/wiki/Regensburg#Early_history).

The opportunity to row on the famous Danube River compelled me to look around for rowing clubs in the area. As I talked about my interest in rowing in my language class, I learned that there was another student at the school who was also a rower. She provided an introduction to the evening masters rowing organizers at the *Regens-*

*burger Ruderverein von 1898, e.V.* (Regensburg Rowing Club, founded in 1898) (<http://www.regensburger-ruder-verein.de>).

The club got buzzing at 5:00 p.m., with people showing up from work or school. My contact was to be **Edeltraut Weigert**, who turned out to be about 50, no taller than five feet, and clearly in charge of organizing the boats. She quickly put together a “Fünfer”

(“five”) with me in the 4 seat. Edeltraut was also the rowing cox (Steuermann), sitting in the bow and calling out the rowing commands—all in German, of course (more good language practice). These shells are wide sculling boats of sturdy wood construction.

We launched and headed out onto the Danube, one of the longest rivers in Europe and a very busy trade route. As such, there is significant barge and other boat traffic. Fortunately, a very quiet tributary—the Naab—flows into the Danube near Regensburg, and that’s where we headed. Once on the Naab, there was no motorboat traffic, so it was calm and idyllic. We probably rowed for 45 minutes to an hour before reaching a turnaround point, where we stopped for a drink of water, a little chit-chat, and—of course—the requisite selfie.

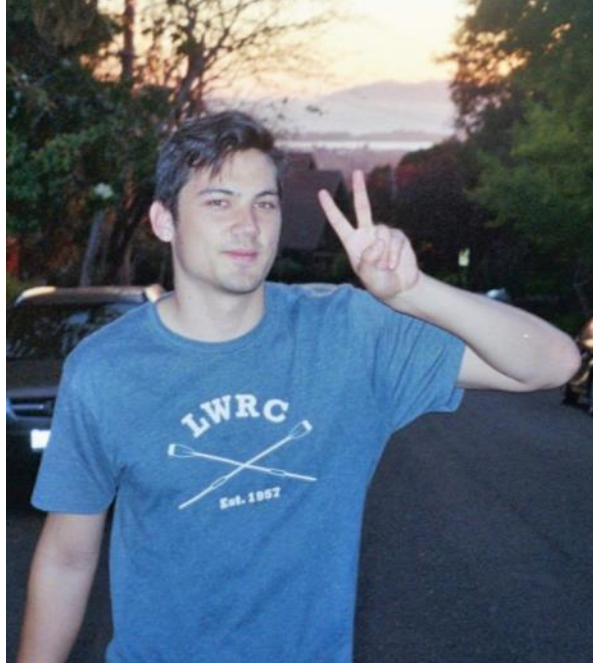
Then back to the Danube and the boathouse. What a day, and what an experience! I highly recommend making rowing connections wherever you go!

—Dale Peschel



*Left: The crew checks out the “Fünfer” before launching from the Regensburg Rowing Club. Note the five sets of sculling riggers. Edeltraut Weigert is in the middle, wearing the blue patterned hat. Above right: Dale Peschel rows the tranquil waters of the Naab River near Regensburg, Germany, accompanied by four other rowers. Yes, this is a “five.”*





## New Shoes on the Dock

# Jasper O'Leary

**J**asper O'Leary grew up in Sebastopol, California, and swam for Santa Rosa High School in his junior and senior years.

Thus began his

love of water and wanting to go as fast as possible. He completed his undergraduate degree in computer science at UC Berkeley. While at Cal, he helped run a 1,300-member housing cooperative. He also got started with research in human-computer interaction, which studies how people use technology to invent new ways of interacting with computers. Jasper recalls: "I picked this major because, not knowing how to code, I decided that teaching myself to do so would be a great way to procrastinate on studying for exams. Then I realized how much fun I was having!" He also swam recreationally for his last two years at Cal.

Jasper came to Seattle one year ago to work for Adobe as a research intern and now is continuing with his research in a PhD program at UW for the next six years. While working at Adobe, he noticed LWRC rowers lifting boats into and out of the water during the early-morning hours and became intrigued. Despite feeling that rowing

wasn't for him, he decided last September to try it out. As Jasper himself tells it, "I figured: You know what? Who cares how I feel about it? I bet I'd like it if I tried it out." So after work one day, he stopped by the boathouse and chatted with **Amy Hildebrandt**, who encouraged him to sign up for a Learn to Row Sweep class.

He remembers the first day he got into a boat—a four—with three other classmates and **Teddi McGuire** as coach. "The boat rocked with every strained stroke we took. It was not at all encouraging; I thought that maybe I should just say that I'd tried it and it wasn't too great. ... But one day, something clicked. The sun was setting over Lake Union, and we were at the catch together, the finish together; after many drills we were mostly in sync." Jasper felt his outside arm, long and powerful, hanging off the oar as he picked up the boat with his legs. "It was a brief glimpse of something to strive for: everything made sense!" After that moment, he was hooked; he couldn't stop rowing and has never looked back.

Now rowing with Amy and **Brooke McCulloch** in the Mixed Masters group and still doing some swimming and lifting on the side, Jasper states: "The learning curve has been steep at points, but I'm always relieved to find that my teammates are happy to help me out. It's been a great six months of rowing so far, and I am looking forward to racing this upcoming season!"

—Joani Harr



## Coaches' Corner

# Thoughts on Masters Racing

**What hasn't already been said about racing and race prep? Perhaps some words for those of us whose 40<sup>th</sup> birthdays are in the rear-view mirror ...**

As racing season starts, veteran coach and competitor Hugh Lade speaks from experience:

*You are not going to train like an international competitor, with a year-round, three-a-day workout plan. However, **three times a week is insufficient for even Regionals-level competition**, so add two more. Conditioning level improves most rapidly with interval work. Try short, hard pieces with equal rest between them one day a week—for example, 20 on/20 off, or pyramids to 40 and back. On another day, run a few longer intervals such as 1K or 1.5K pieces, no more than four reps. The focus is on pulling as hard as is survivable, then resting adequately.*

*Concentrate on technique during the other three workouts, particularly rowing long and effectively. The physics of increasing boat speed is merciless, in that you must expend*

disproportionately more energy making your boat go faster during the drive. A more efficient approach is to **avoid slowing** your boat by improving blade work and body function.

*Starts and finishing sprints are overrated. Row at a low enough rate during both so that every stroke is solid and effective. High-rate flailing is a common tactic that burns energy with no benefit. Practice high-rate work enough so that you recognize when your effectiveness drops off, and do not try to match rates with your over-stroking competition. Just match **boat speed**.*

*Warm up thoroughly, 30–40 minutes, and get your heart rate up. Yes, you will use some valuable energy, but starting a race cold can find you exhausted after forty strokes. Try a couple of starts, just to eliminate the tendency to overdo the actual start. Dig in—don't tear—that first stroke.*

*The most efficient race will result from a constant speed from start to finish, not one*

with a long, high start, middle sprints, and a high closing sprint. This is not permission to relax; you should be equally exhausted at the end, no matter what the rate, and your practice sessions will teach you how to meter your energy for various distances.

Remember, with thanks to **Bill Tytus**: *Come race weekend, one excellent race is more satisfying than four mediocre ones.*

Racing or practicing in a single quickly shows you your station in life. **Speed is your responsibility, with no excuses allowed.** You should always search for what you could do to go a little more quickly. A one-percent or two-percent speed increase can change a sixth-place finish into a win. Such a small-percentage gain is surprisingly difficult. It's also achievable.

**—Hugh Lade**

*Thanks to **Bill Tytus** for his contribution to this article.*





## Member Profile

### KC Dietz

Anyone who knows LWRC member KC Dietz knows that she loves rowing—and she has the résumé to back it up. Her journey into the sport began during her undergraduate days at Bowdoin College, where she met a lightweight rower and was struck by her intensive training. When she eventually transferred to the University of Massachusetts Amherst in 1977, KC immediately joined the school's club team. As she pursued further racing opportunities, KC discovered that options were extremely limited for women, even more so for lightweight women. So KC took things into her own hands, becoming the chair of the Lightweight Committee for the National Women's Rowing Association in 1980. By 1981, she had created an underfunded but determined Lightweight Women's National Team. KC herself rowed in the Lightweight 4+.

The need for volunteer coaches on the National Team led KC to coaching. She eventually stopped her own training to focus on training others, coaching the women at Radcliffe College, which would later merge with the then all-male Harvard. She became assistant

coach to the Lightweight Women's National Team in 1983 and 1987, coaching her pair to gold at the 1987 Pan Am Games. In 1996, 19 years after KC began rowing, lightweight rowing was officially added to the Olympics. One of her former rowers from Radcliffe won silver in the Lightweight 2x.

KC moved to Seattle in 1986 and joined LWRC in 2004. She began rowing with Martha's Moms, eventually learning to scull with Bill Tytus. Since joining, KC has been an active club member, serving as a Learn to Row and masters coach as well as president of the board of directors. KC hopes to maintain the small-community feel at LWRC, saying, "I enjoy working with people who are dedicated to the pursuit of making something out of nothing. ... I probably would have joined a commune, but that didn't really work for my life, so next-best thing, LWRC."

Despite all her different responsibilities at the club, KC still loves to row and compete. Her favorite shells to row are team boats, namely fours and doubles, although she says the single becomes more enjoyable every year. She looks forward to going back to Head



*KC with her pal, Mack (whose real mistress is Kelly Johnson)*

of the Charles in her former town of Boston: "I hope to compete there until I'm in my 70s, just like Susan Kinne!"

It's clear that KC cares for the club as she would her own home, and she sees a bright future for LWRC. "I want to build a club that has something for everyone of all ages—from the intense competitor to the recreational rower." She hopes to continue fostering an environment of volunteerism and social events as the club continues to grow. If anything is clear from KC's rowing journey, it's

## KC Dietz, continued

that she puts others first for the benefit of the community. It's with the help of members like KC that LWRC continues to grow and thrive.

—Rachel Wong



206-684-4071

## Harbor Patrol

The number is posted on the bulletin board in the boathouse.



## Sow's Ear

# How to Carry a Double

*Some of us have noticed the recently posted signs in the boathouse, reminding us to carry doubles carefully: near the ends, cradling the narrow part of the boat in the hand rather than letting the boat rest on the shoulder. Here, Susan Kinne elaborates on two reasons why this is important, both reflecting boat construction.*

—Editor

**Cracking the seam:** New boats are made in molds and have relatively fragile decks which are glued to the hull, creating the “seam.” To reduce weight, there is no other support for the deck except the edges of the hull: no keel or brace running down the middle of the boat for support. However, the very ends of the boat are stiffened, so this is the best place to carry it. If you pick up the boat in (or toward) the middle of the deck and put it on your shoulder any place except **right at the seam** (which is hard to do), you are compressing the deck, pushing it up against the seam, and cracking the seam. This happened to the *Hotspur*, which then leaked.

**Deck pits:** Like the hull, the deck in most of our newer boats is a sandwich, with a

stiff layer of fiberglass or carbon fiber on both sides of a layer of foam. The foam layer keeps the two stiff layers separate, increasing the strength of the deck. However, if you place your shoulder under the deck, your sharp collarbone creates an **unsightly pit where the foam is squashed**.

You can also make these pits with your fingers if you aren't careful ... there is a prime set of thumb and two-finger impressions in the stern deck of either the *Waptus* or the *Cispus*, illustrating this hazard. Keep this up, and the deck looks like a golf ball, but irregular. Although this seems more an aesthetic affront than a structural issue, it does weaken the deck since the foam is no longer doing its job to keep the stiff layers apart.

Cracked seams and deck pits can both be repaired, but such repairs are tedious and make the boat heavier. Please prevent them by carrying doubles near the ends, at the seams.

—Susan Kinne







## Saluting Our Volunteers

Learn to Row classes are the primary recruiting tool for our club: they keep us growing. These classes would not happen without the steady devotion of our coaches and assistant coaches. The 2017 Volunteers of the Year are long-time coach **Hugh Lade** and assistant coach **Pauline Woodman**.

Those fortunate enough to know Hugh (and there are many!) understand that he has dedicated many years to serving LWRC in countless ways. But he is perhaps best known as the consummate supportive coach. He gives generously of his time to ensure that each novice rower acquires the technical skills, and the confidence, necessary to become proficient on the water.

For the past year or so, Pauline Woodman has joined him in conducting LTR classes, leading some of the sessions. Hugh states, “She frequently drove a safety launch to back me up with LTR–Next Strokes. She’s been a willing volunteer for several years—one of those who, in the background, keep the club moving.” Board president **KC Dietz** adds,



*Pauline Woodman, left, and Hugh Lade, LWRC Volunteers of the Year*

“Pauline took over timing coordination for Head of the Lake; she is a ‘captain-like’ person for Evening League.”

***Congratulations and thanks to  
our new Volunteers of the Year!***

## Rowin' in the Wind

How many times must a coxswain look up,  
before she notices the barge?

Yes, 'n' how many times must the coach  
take you out, before you know she's in  
charge?

How many strokes will it take 'til you feel,  
a single is stable and large?

*The answer, my friend, is rowin' in the wind.  
The answer is rowin' in the wind.*

How many times will a man catch a crab,  
before he can handle an oar?

Yes, 'n' how many times will his crew-mates  
be splashed, before they will take it no  
more?

How many times has the order been called,  
you must move closer to shore?

*The answer, my friend, is rowin' in the wind.  
The answer is rowin' in the wind.*

How many times must our coach give ad-  
vice, before her crew really hears?

Yes, 'n' how many turns must a bow-seat  
row 'round, before she will learn how to  
steer?

How many sprints can we win in our  
dreams, before we can hear people  
cheer?

*The answer, my friend, is rowin' in the wind.  
The answer is rowin' in the wind.*

How many times do we row the canal,  
before we lose our sanity?

Yes, we're slow off the dock 'cause we can't  
really see; this dark, murky morn is kill-  
ing me!

How many times must we row in the rain,  
before the weathermen hear our plea?

*The answer, my friend, is rowin' in the wind.  
The answer is rowin' in the wind.*

How many knots will the wind have to  
blow, before we will not row outside?

Yes, there might be a risk we will flip in the  
lake and be carried out by the tide.

What sort of crew hates to sit on an erg,  
and prefers an extremely rough ride?

*The answer, my friend, is rowin' in the wind,  
the answer is rowin' in the wind!*

*The answer, my friend, is rowin' in the wind,  
the answer is rowin' in the wind!*

Courtesy of *Lake Union Crew Morning  
Advanced Sweep and Scull*, with apologies  
to Bob Dylan

**Check out our  
programs!**

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



*Pocock rower Georgia Oistad at the  
oars, circa 1998. Suze Woolf  
watercolor, 15" x 11"*

**Take advantage of the  
new espresso**

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

