



OUR NEW WINTech DOUBLE – THE JACKIE B

# Whatcom Blade

ISSUE 2

It is wonderful to begin a Newsletter with the naming and dedication of a new boat, the 'Jackie B'. The brand new WinTech Double / Pair is the result of a very generous gift from Jack and Jo Ann Bowman of Lummi Island.

Jack and Jo Ann Bowman with Tom Weatherby at the WRA on Sunday, 6<sup>th</sup> August.



It is capable of being rigged as a sweep pair (one oar each side) or a double scull (two oars each side). It will be a great asset to our growing number of scullers and gives WRA a first-class boat in which to compete at Regattas.

The gift follows a keen interest in Whatcom Rowing by Jack and Jo Ann. They both grew up during the Great Depression and have been associated with the Bellingham area for over 80 years. They attended Western Washington University and have watched the area grow over time. They hope this gift will help with our active youth programs plus the community interest in growing the club.

Within minutes of the naming ceremony the boat was booked by members for the rest of the coming week, such is the need and enthusiasm in having good equipment at the club. WRA is indeed lucky to have such generous sponsors within the community.



# Change of Director

After more than 5 years association with the club Shelley Bull Bennett and her family have decided to return to the Seattle area for personal reasons. For many of the members of the club

Shelley was the only Director they had known and was thus the 'face' of the WRA. They may have been coached by her in one of the 'Learn to Row' sessions. The same goes for many of the Junior members when she made presentations at local schools. They would also have trained with her daughters, Emma and Susie, both of whom have used their rowing expertise to obtain College scholarships!

Shelley tried hard to make members feel 'included' at whatever their experience level. The idea of having a group of people row together and benefit from being in a crew was at least as important as attending regattas and winning trophies.

We thank Shelley for all her hard work and enthusiasm and wish her well for her future in Seattle.

Courtney Moeller.

It is a pleasure to introduce Courtney to WRA. Shelley had put out a note on the Website a few weeks ago, outlining Courtney's impressive C.V. She has rowed for W.W.U. and has had more than 10 years' experience in coaching. She is currently the top assistant for the W.W.U. program and has had spells at the Renton Rowing Center and Sammamish Rowing Association. She has been successful in having winning 4x and 8x crews at Northwest Junior Regionals as well as having SRA capture the points trophy championships at Brentwood Regatta for four straight years (2008 – 2011). Her extensive experience, enthusiasm and organizational skills will be a great asset to WRA going forward.

Welcome Courtney!

# Recipe of the Month

At the reception at the boathouse thanking Shelley for all her good work some delicious pancakes were served, made by Ellen Kennelly with support from Drew Rosser. So many people asked for the recipe that here it is!

## **Blueberry-Oatmeal-Banana Power Pancakes**

**Ellen Kennelly**

2 T ground flaxseed\*

½ c warm water

1 1/2 cups plain unsweetened soymilk (you may also use any preferred plant-based milk, such as almond, coconut, etc.,)

1 T apple cider vinegar

1/4 c mashed banana, or applesauce, or cooked butternut squash, or sweet potato, (this added for moisture instead of using processed oils ).

5 oz. // 1 cup whole grain wheat or spelt flour (sprouted if you prefer it and have it )

1 oz. / 1/4 cup brown rice flour or chickpea flour (or both if adding the addition banana below )\*\*

1 oz. / 1/4 cup oat flour (rolled oats ground to a powder in a coffee / spice grinder )

1 t baking powder

1/2 t baking soda

1 t cinnamon

1/4 t salt

1 T coconut palm sugar, evaporated cane juice, Rapadura or other dry sweetener, the less refined the better

Optional for a heartier version (above formula produces a lighter and more “normal” pancake )

1 overripe banana, blended in with the liquids above.

1/2 cup rolled oats (not quick-cooking or instant )

1/2 - 1 cup blueberries, thawed if frozen

Whisk ground flax in warm water and let sit for a few minutes until thickened. This is your “flax egg”.

Add vinegar and soy milk and whisk; it will thicken almost immediately.\*\*\* Blend in banana(s) and flax mixture. An immersion blender works well.

In a mixing bowl, pour liquid over whole oats, if using, to soak while you prepare everything else.

Whisk all dry ingredients together to combine thoroughly in separate bowl. When ready to cook, whisk dry ingredients into oat-milk mix, adding blueberries last.

Cook on lightly oiled skillet or griddle and enjoy with fruit, maple syrup, or any of your favorite toppings.

\* Though flaxseed is available pre-ground at stores, the best and most economical option is to buy whole flaxseed in the bulk section of grocery stores, and store it in your fridge. Grind it as

needed in a small spice or coffee grinder, or grind a lot all at once and store in a sealed container (glass jar, for example ) in your fridge.

This mixture works as an egg substitute, with equal binding properties but better nutrition, in all your standard pancake, waffle, muffin, cookie, and tea bread recipes.

\*\* If you don't have brown rice or chickpea flour, use another  $\frac{1}{4}$  c oat flour

\*\*\* This technique of adding vinegar or lemon to any plant based milk works beautifully instead of dairy buttermilk in any standard recipe, with the same tenderizing qualities.

## Member Profiles

### Ellen Kennelly and Charles Hamlin.



Charlie and his spouse, Ellen Kennelly, joined WRA soon after emigrating from the Charles River and Cambridge, Massachusetts two years ago. Both are long time scullers and sweep rowers having competed in college and then on the domestic and international masters circuit including the Head of the Charles, the World Masters Games, the US Masters' National Championships, the annual FISA Masters Regatta and more. Charlie rowed for the USA on three national teams including the Olympics in 1968. Now in his 50th year behind the oar, Charlie gives back to the sport as the Executive Director of the National Rowing Foundation, the organization that along with the US Olympic Committee funds the preparation, selection and participation of our Junior, U23, Para and Senior/Olympic national teams in international competition. Unlike all of its major competitors, the USA doesn't fund its World Championship or Olympic teams, individual Americans do. So, if you see Charlie or Ellen at the boathouse don't hesitate to engage them on any and all things rowing but leave your wallet at home! Better to give to the WRA because

there may well be a future Olympian among the juniors now learning this wonderful sport and the life- long values it inculcates.

## Junior Profile - Alysa Gallant



For the four years of my High School career, rowing wasn't just a sport. It had become a piece of who I was and has shaped who I am now. I still remember back to my very first practice. How strange the wooden oars felt in my hands; maneuvering the heavy boats into our tiny, barbed wire fenced in boat yard. The bird's nest that was a resident in one of our older boats. I remember learning port from starboard and bow from stern. Four years later I was still learning and improving my technique every day of practice.

When I think back to rowing, I think of the pain and hard work that I put myself through every day. When all of your muscles are screaming at you to stop, you begin to question why you put yourself through this. But I never rowed to give in to the pain. I rowed to question the extent of my body's strength and to push past my mental barriers of what I think I can accomplish. If there is one thing I took away from my years of rowing, it is that everything is about the right mindset. You may be the most physically fit and have the best technique, but if you are not mentally and emotionally committed to what you are trying to accomplish, you will not be able to succeed. Being a rower has taught me to refuse to give up when the odds are stacked against me. There is no backing out of a race. There is no giving up when the rowers in front of you and behind you have a desire to succeed as strong as your own. I learned to rely on others, and I discovered a burning defiance to never back down from something I wish to accomplish, no matter how much the odds are against me.

When I started rowing at Whatcom, we were the team that came in last in almost every race. There was always a mindset within our club to prove something to these bigger clubs. To show them that we really were a force to be reckoned with. And that just because we hadn't been around for as many years, or didn't have nearly as many boats, we could still prove to them that

we were competition. As our team grew, so did this mindset; we started finishing in the pack, and soon, WRA was taking home medals. It has been such an incredible experience to be a part of this growth as a club. I've never been much of a competitive person and it was never about winning for me. It was always about the improvements I made, the successes of my teammates, and the beauty of the sport itself. I rowed for the moments when we felt like we were flying over the water, soaring gracefully, every stroke propelling us further forward, our oars slicing through the water like a knife. Those are the moments I will remember. Those are the moments that proved to me why I rowed.

## Board Member to represent Juniors

After several years on the WRA Board as the representative for Juniors, Molly Hayes will not be volunteering for a further term. Molly has been very active in promoting and supporting the Junior activities in the club. She has helped organize several fund-raising events, including ergathons and car washes. She has been also very active on the Personnel Committee, dealing with appoints and reviews of coaches etc. It has been a pleasure to work with Molly and listen to her valuable insights.

In order to have good representation for Juniors in the club the WRA needs someone, or maybe two, people to take up where Molly has served so well. The minimum requirement is one Board Meeting a month plus acting as a conduit for Juniors and their parents with any changes or comments they would like made to how the club operates. If you are at all interested, please contact Courtney or Bob Diehl. Alternatively, you could attend the next Board meeting as an observer and see what happens before you commit.