

STROKEWATCH

BAY AREA ROWING CLUB OF HOUSTON • FEBRUARY 2003



From The President

P. 3

Annual Meeting

P. 4

Rowing Development

P. 5

Holiday Moments

P. 6

Ergomania

P. 8

And Much More!

With Love, Gratitude & Sadness

This newsletter is dedicated with love to the life of Dave Brown



Dave Brown



K.C. Kalpana Chawla

ROWER'S WINGS

*Imagine you are winged.
Spine supple; shoulders
slack, back, down.*

*Let each sweeping arc
reach forward; stretching
sinew, loose, strong.*

*Sense the rolling bend.
Pelvic fulcrum; rocking
stroke, catch, thrust.*

*Stay in the rhythm.
Moment bound; repeating
sincerely, soar, glide.*

*Imagine you are really
only this: willed
energy, now, forever.*

*G. Wiley
Feb 2003*



Bay Area Rowing Club of Houston
P.O. Box 580374
Houston, TX 77258-0374
Telephone: 281-326-5098
www.barchouston.org

**For membership information call
281-326-5995 or email
Membership@barchouston.org**

Club Officers:

President Alex Parkman

Vice President Hannes Hofer

Treasurer Lynn Leenhouts

Secretary Martha Hood

Board Members: Suzie Williams
Theresa Tompkins
Claire Sweatt
Marilyn Bullard

Membership Dir. Theresa Tompkins

Newsletter Tina Bryan
Tamara Banda

BARCwear Theresa Tompkins

Webmaster Hannes Hofer

Very Important Member YOU!

Memorial to Dave Brown

In a memorial KZ, Claire and I put together for Dave, I especially loved KZ's final message to our wonderful friend, *Dave Brown*.

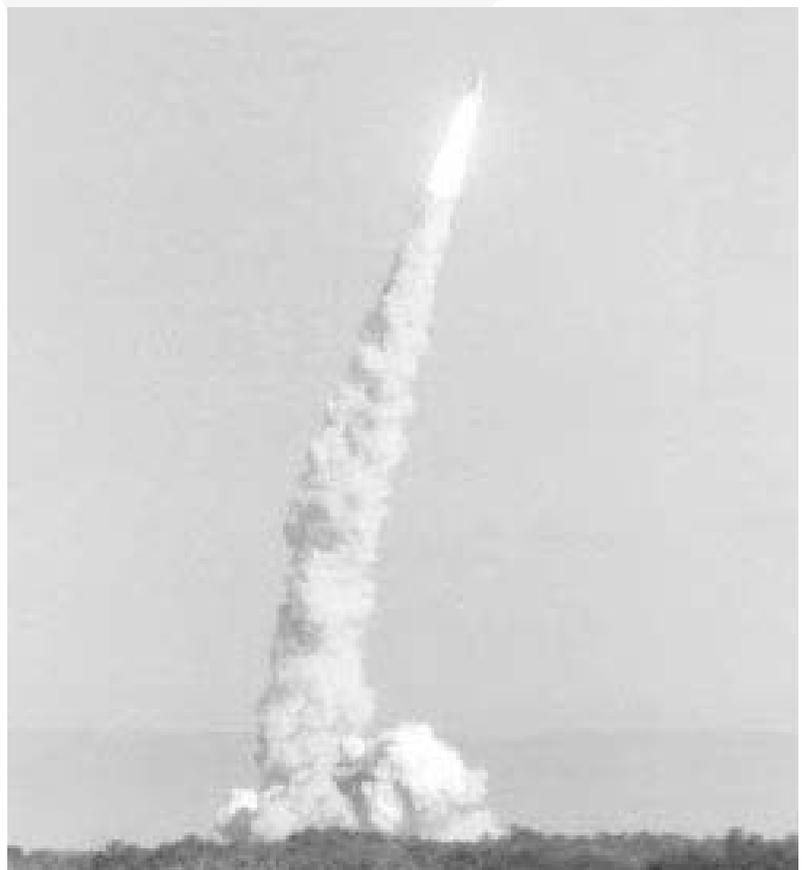
They say a person is defined by those who surround them. With humility, purpose and grace you have touched many lives. Like a seedling that grows to touch the sky with many branches, your spirit will prosper through those of us who have known you.

Thank you Dave for being.

**- To Dave and his wonder dog Duggins,
be with God, fly with the angels.**

Funeral services for Dave will be held on March 12th at Arlington National Cemetery in the Large Chapel. Burial services will directly follow.

Please lift your eyes to the heavens on that day and say a special prayer for Dave and Duggins.



Columbia Launch, January 16, 2003
Photo by Tina Bryan



Alex Parkman
BARC President

NEW ERGS!

Anticipating a **HUGE** demand for ergometers after the excitement of the first BARC ergometer extravaganza, BARC has acquired two additional ergs for the exclusive use of club members.

Bruce Asher kindly donated one of the ergs. He claims it no longer goes with the house due to a remodeling project. Erg must not be in the vocabulary of interior decorators as a noun (inanimate) or a verb (active). The other erg is from an anonymous donor.

Due to the anticipated high use for the machines, we will need to institute governing rules:

1. **No fighting over machines.**
2. **Limit usage to 30 minutes at a time.**
3. **No spitting or cussing.**

Remember: Ergs don't float, but they are great when the lake is rough.

Thank you for your cooperation.

The President's Corner

by Alex 'Cream Puff' Parkman

TECHNIQUE – SUMMER CAMPS

If you have been rowing around in circles on **Mud Lake** since your graduation from **BARC** sculling classes you may be interested in improving your rowing technique at a summer camp. Just think of the thrill of rowing three times a day with experienced college coaches chasing you and making little changes to what you thought was working just fine. If there is a little humility on the water, it can usually be redeemed by the fine food that is provided (do you eat to row, or row to eat?). A number of **BARCers** have been to either **Craftsbury**, in Vermont; **CalmWaters Rowing** in Virginia or the **Florida Sculling Center**. More information about these opportunities is available on the web (try **Row2k.com** and there should be links), or I would be happy to relate my experiences for you (OK, you're wondering why I don't row any better if I have attended the camps? Well, some people are more coach-

able than others). There are usually discounts for a group of 6 or more. If you are interested in joining a group, let me know.

If you think **BARC** needs to offer an intermediate class, let me know that too (I am trying to get more calls so I seem busy at work).

– Alex Parkman
Tel: (409) 741-0785
Email: aparkman@ssofa.com

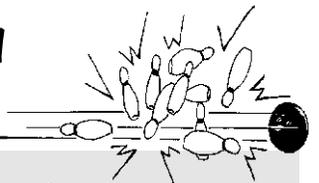
ADVANCED TRY IT YOU'LL LIKE IT

Most **BARCers** took their first rowing strokes in a **Try It You'll Like It** session. With many puddles in your wake I would like to encourage all members to participate in **BARCs** own rowing event, the **SPACE CITY SPRINTS**, scheduled for **May 3, 2003**.

You don't need a fancy boat or matching unisuits, like the **Tweeties**. All it takes is the inclination to experience starting simultaneously with other boats and moving a distance of 1,000 meters – perhaps 110 to 120 strokes in about 4 to 5 minutes – with focused effort. What I am saying is that you don't need to win the race. Simply

Continued on page 4

BOWLARAMA!!



Okay, okay, not a lot of room to fit this in, so I'll touch briefly on the highlights: **Tom Heig** is a bowling god! And much inspired by **Kathy Dixon's** hands-on shoe cleanin' and ball wipin' services to ensure he reached his full potential! And who brought **Paul** along??? We didn't neeed that competition. At leeaast he was fun!! And was that **Billy Bob Dixon** who came from behind and won **WON?!?** And did you see **Bob's** perfect little spin as **Bill Hunky Geissler** bowled as a lefty?! And proud to say I was very consistent as in last! As in gutter ball goddess! Did ya like the gutter ball cheer? **Thanks to Pam for organizing!**

How About That Annual Meeting?

Geez, there were right around 30 members in attendance! And it was very productive and a whole lot of fun! Our gracious President looked at the year in review. Much was accomplished in 2002! **Tom Lotz** gave an overview of the benefits of Row2K. **Hannes** gave an update on the boathouse expansion.

President's Awards were given:

The Tompkins – for their journey to Nationals

Jennifer Knowles – best sock dramas

Hannes Hofer – brilliance in filmmaking

Claire Sweatt – most valuable member

And Tina indulged with her own award:

Karl Zimmer – as stalwart biking pal and so much more!

And Tina and Jennifer couldn't resist:

Alex Parkman – for generosity and excellence in coaching

Finally, votes were tallied and **Suzie Williams** and **Theresa Tompkins** were voted into the two open Board positions. Congrats Ladies! We need you!

And I'd like to take a moment to say a special thanks to our President, **Alex Parkman**. He has done such a wonderful job this year with his inclusiveness of one and all, for truly supporting the art and the joy of rowing, for making it beyond the strongest or the most finessed rower (of which he is both), and more about the love of the sport. He instills confidence with his patience and his gentle coaching. Have you noticed how many students are actually joining? So **Alex**, as you take the time to encourage and thank the members of the Club, know that we appreciate you as well! **Thank YOU, Prez!!**

The Prez from page 3

participating can be a victory. There will be categories in **Open Water singles (Aeros), Doubles and Quads** as well as **Sweep Rowing**. It is not uncommon to enter two or three categories, as there is ample recovery time and it helps improve the appetite for the BBQ lunch that follows. For anyone interested, I will be glad to offer discreet, no-pressure race clinics – both off and on the water; chocolate chip cookies not required. With your expression of interest we can also put boatings together for doubles or quads. So, to get started just give me a call or send me an email. If you are not going to row, there are volunteer opportunities such as launch driver, dock master and finish line timers.

But most of all, if you do the right thing, you may become the star of **Hannes** newest video.

– **Alex Parkman/Prez**

Tel: (409) 741-0785

Email: aparkman@ssofa.com

Favorite Rowing Moments

Spending quiet moments on the lake with friends,

chatty moments on the lake with friends and watching the shoreline reflected as a perfect picture upon the water.

Sitting quietly while a fellow rower glides past. Listening to the swoosh as the oars glide through the water. And watching the symmetrical puddles form as the journey continues to the other end of the lake.

And I still really REALLY love the buzzards in the trees, the seagulls on the posts and the gyrating body of a silver fish as it tosses itself into a puff of air before disappearing once again into the lake.

It's the people, the row, the setting. Amazing!!

So what am I doing on my big green sofa typing this up?!! Why aren't I at the lake for gosh sakes?!!

Water Ballet

SPEAKING OF MOMENTS...

Sometimes, when I have to do a bit of fancy maneuvering to get to a perfect viewing spot on the North End, or say hmmm...get unstuck from a pole, I feel like Ethel Merman in one of those fancy swimming caps performing my **OWN** sort of water ballet!!! Ya know???

Of course, **Rev. G. Wiley** sometimes dampens this self-entertaining visual for me just a bit. You know, like when he describes my ballet as more akin to **FLAILING!**

Deep sigh! **tib**



ROWING *Development*

by Claire Sweatt

2003 ROWING CLASS SEASON

Planning is already underway for the 2003 Rowing Class Season! Several calls and emails have been received from individuals interested in taking our classes. I'll be sending out a call for Instructors in the near future. Here's the schedule:

Try It You'll Like It

These classes are for individuals who would like to experience rowing for the first time. The class is scheduled for 9am-11am and the fee is \$10.

- **Saturday, April 5th**
- **Saturday, May 10th**
- **Saturday, June 7th**
- **Saturday, July 5th**

Sculling Classes

These classes are offered for individuals who plan to continue rowing at BARC following the classes. These classes are a total of 8 hours (4 two-hour sessions) and the fee is \$70. The classes are typically scheduled for the last weekend of the month:

**Saturday 9am-11am, Sunday 9am-11am,
Tuesday 6pm-8pm, Wednesday 6pm-8pm.**

- **April 26, 27, 29, 30**
- **May 24, 25, 27, 28**
- **June 28, 29, July 1, 2**
- **July 26, 27, 29, 30**
- **Aug. 23, 24, 26, 27**
- **Sept. 27, 28, 30, Oct. 1**

USRA Level II Coaching Clinic

On **Saturday and Sunday, February 8th and 9th**, several **BARC** members participated in a **USRA Level II Coaching Clinic**. This is the second year that **BARC** has been the host of a **USRA Coaching Clinic**. The **Level II Clinic** continues to teach the art of coaching others in rowing. Lessons included proper rowing technique, safety on and off the water, physical fitness considerations, boat maintenance and repairs and adult learning styles.

Participating in the **Level II Clinic** were **Jeff Tave, Theresa Tompkins, Bill Dixon, Hannes Hofer** and **Claire Sweatt**.

THANK YOU
TOM HEIG!!!

by Hannes Hofer

When the **BARC** Treasurer's job became vacant 4 years ago, all agreed that filling the position would be a tall order, so who would be a better fit than **Tom Heig**?

Tom took on the position and held the job until his term expired at this year's annual meeting. On this occasion I want to show my gratitude for all the work he has done by mentioning just a few of his accomplishments.

It was during **Tom's** reign that the clubs accounting got computerized. Though he had little experience with computerized accounting, **Tom** (with a little help from **KZ**) learned to master **Quickbooks®**, and loaded all the data

SPACE CITY
SPRINTS 2003

Calendar!

is scheduled for
Saturday, May 3rd!

More info to follow soon at the
Boathouse and on our website

What Are These BARC Bikers Smiling About?



See page 7

so future treasurers will have a much easier time with it. This also has helped unifying the membership list, so we now know exactly who is paid up and who is not.

It was also during **Tom's** term, the club reached the critical size where it became necessary to file tax returns, and in doing so it became painfully clear that we owed back taxes. **Tom** obediently paid both the back taxes and a penalty, but he didn't just turn the other cheek. He applied for - and got - the penalty overturned, saving the club hundreds of \$\$\$.

Tom has, like the mailman himself, braved frost, snow and tropical storms, to at least once a week check the **BARC** P.O. Box. He was also prompt on writing checks if money were owed.

The club's finances are still in very capable hands with the election of **Lynn Leenhouts** as the new treasurer, but I am sure the entire **BARC** membership will join me in a big **"THANK YOU, TOM"** for all your great work. I surely would buy you a beer, had I not known that you already make your own.

Rowers Hear Wedding Bells Congratulations!

I & E

Jeffery and Ellen on your Engagement!
We are sooo delighted for you both!!



2002 HOLIDAY PARTY MOMENTS

As requested by millions at the Holiday Party!

THE HANDSOME, DEBONAIR BILL GEISLER'S MOST EXCELLENT PIRATE'S BREAD PUDDING!

- | | | |
|-------------------------|--------------|------------------------|
| 1 Loaf French Bread | 2 Cups Milk | 2 Cups half-and-half |
| 4 Eggs | 2 Cups Sugar | 1 tsp Salt |
| 1 tsp Cinnamon | 1 tsp Nutmeg | 2 tbsps Vanilla |
| 1 Cup Chopped Pineapple | 1 Cup pecans | 3 tbsps Butter, Melted |
| 1 Cup raisins | 1 Jigger Rum | |

Pour rum over raisins and set aside to soak. Break bread into bite-size pieces and place in large bowl.

Pour milk and half-and-half over bread and set aside for an hour. When well softened, stir until mixed. Whisk eggs, then add sugar, salt, spices and vanilla. Add to bread and milk and mix well. Fold in raisins, pineapple and pecans. Melt butter in the bottom of a heavy 9x12 cake pan, then slowly pour pudding mixture into the pan. Top may be dotted with more butter if desired. Bake at 350 degrees for 45 to 50 minutes or until set.

Whiskey Sauce

- | | |
|----------------|---------------------------------------|
| 1 Stick Butter | 1 Cup Sugar |
| 1 Egg | 1 Jigger Whiskey
(Usually Bourbon) |

Whisk egg, add sugar and beat thoroughly. Melt butter in a sauce pan over low flame. Add egg and sugar mixture and stir constantly over low heat until steaming hot, but not boiling. Add whiskey and stir to a creamy smooth texture. Drizzle over warm bread pudding. **YUM! YUM!**



BARC ROWING AND BIKING CLUB



Bay Area Rowing Club
Breakfast and Rowing Club
And Now

BIKING AND

ROWING CLUB!

Biking and rowing are such GREAT! cross training activities! And there are SEVERAL rowing and riding enthusiasts right here in **BARC**. In fact, already signed up for the **March 9 Space Ride** beginning at **Johnson Space Center** are: **Bill and Kathy Dixon, Karl Zimmer, Hannes Hofer, Tom and Dorie Heig** and **ME!**

Here is the deal, when the skies are sunny and the ambient air is toasty (as in a higher number than freezing!!!) a couple of us, several of us, depends on the day, meet at the Park at 7:00 a.m. on Sundays and typically do a nice little 25 mile ride. Sometimes more. Sometimes over **Mount Kemah** (as in **Kemah bridge**) just depends on the riders.

And pretty soon we are gonna start mixing it up by alternating our rides between in town and **Clear Lake**. Wooohoooo!! For city dwellers like me, this is exciting!!

I typically send an email out mid-week just to say "Let's ride this weekend. If you'd like to join us send an email to **tibryan@shell.com** or give me a buzz at **(H) 713-283-6551 (C) 713-553-3827**. I'll add you to the distribution.



Thank YOU

To **Theresa** for the brilliant idea, the planning and all the great grub!!

To **Aimee, Jessica, Helen** and **Philip** for your **PERFECT** prize decorating efforts!

To **Vanessa** for opening up your home and being such a wonderfully gracious hostess!

BARC ERGOMANIA WINNERS/SURVIVORS



1.



2.



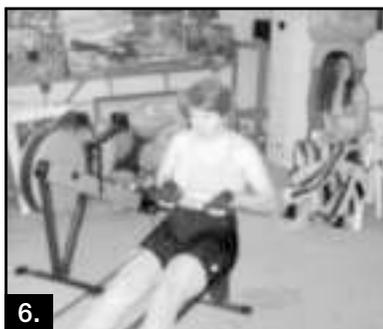
3.



4.



5.



6.

1. With **Tom Lotz** as aficionado and recipient of the Cutest Old Windbreaker with the Coolest Grimy Hat prize (*and I got to wear it!...the hat! Woohoo!*)
2. **Alex** – Studliest (5000 meters in 18.58.2 WOOOO!!)
Henry – Million Dollar Man (Coolest Body Parts and Most Courageous!)
3. **Vic** – Silver Tongued Devil
Claire – Best HOOOO!
(and this is the highest compliment Tina can give)
Theresa – Best and Biggest... Well, you had to be there to witness it....
4. **Vanessa** – Not this morning dear! I have a headache! (and the absolutely most entertaining and **MOST** gracious hostess award!)
Phillip – Loftiest (with sombrero hat especially)
Bird – Best Original Costume
5. **Tom Heig** – Best Stroke on an erg
6. **Ev** – Best a.m. Bed Head

MORE

- Bill Dixon** – Best Giggles
- Bob** – Bestest Newest Erger
- Jennifer** – Most Gorgeous Glamour Girl Cheerleader
- Hannes** – Sexiest Haircut
- Pam** – Rock Hard Ski Butt & Thighs
- Aimee & Helen** – Thank god those beautiful young ladies are in a bikini and not me!!