



BRASS NEWS

Berkshire Rowing and Sculling Newsletter

August 2014

Welcome to BRASS News!

As BRASS continues to grow, we are looking to keep all members informed with the clubs happenings. We will be sending out newsletters throughout the year. If you have a rowing interest or topic that you would like to share with everyone, let us know!

Club Days !

These days are organized by club members and this is the best way to see some of your fellow members. Get a chance to row a double or quad and of course eat! These Saturdays are free—no charge for rowing! And with other members bringing some of their favorite foods, a great chance to mingle with others .

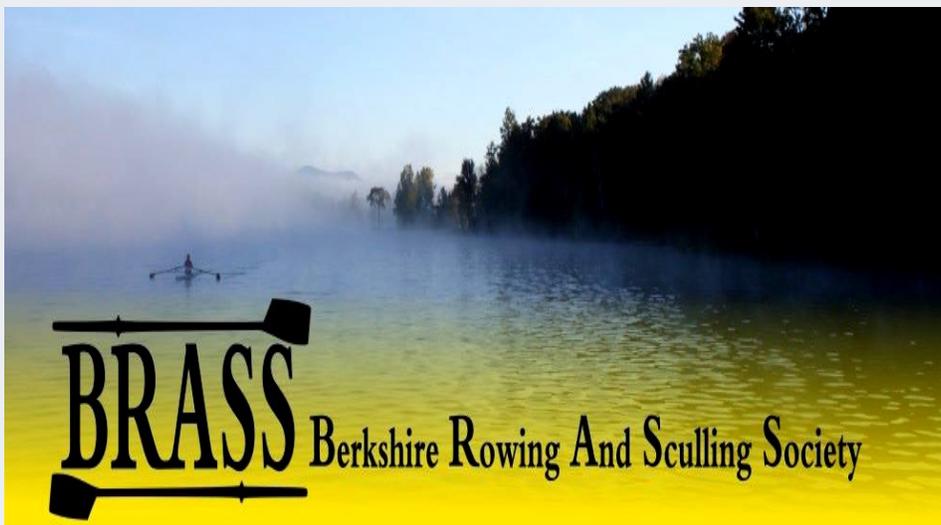
The July 9th club day was organized by Sue Hanson. *Thanks Sue!*
The remaining club days are from 8:30am until 10:00am:

Saturday, August 9

Saturday, September 6, Bernie Ryan Ultimate Club Day

“Rowing is the kind of sport that seems to really resonate with certain individuals at a very deep level and it gets to be like A Calling.”

-- David H. Vogel, Yale Lightweight Crew (1967 - 1971); Yale Varsity Lightweight Crew Coach (1972 - 1989); Yale Varsity Heavyweight Crew Coach (1989 - 2003)



In This Issue

- Club Days
- New Members Welcome
- New Dock
- 17 Commandments of Rowing
- Evening Rowing
- Find a rowing buddy
- Busy Boathouse
- July 4th Parade

Welcome New Members!

BRASS is growing! There is a batch of new members taking classes now. If you see any of these people around the boat-house, please introduce yourself and give them a big welcome.

Alison Abrams	Ariel Hall	Katherine Stevens
Will Ahlen	Ariel Hogan-Kales	Pat Sullivan
Ellen Barber	Anne Icardi	William Sullivan
John Blaylock	William Jones	Brent Wasser
Ann Bloch	Alan Metzger	Matthew Williams
Catherine Briggs	Jennifer Michaels	
Marie Butler	Caroline Ngo	
Vanessa Clark	Norma Richardson	
Nickalaus Crowther	Michael Rubinfeld	
Olivia Douhan	Devin Ryer	
Sarah Dukler	Greg Scantlebury	
Giovanna Fessenden	Sinjun Sharp	
Liz Goodman	Wendy Skavlem	

17 Commandments of Rowing—My journey from Hate to Happiness

By Becca Borawski Jenkins

This author talks about the commandments and her happiness.

To view the entire article go to <http://breakingmuscle.com/rowing/the-17-commandments-of-rowing-my-journey-from-hate-to-happiness>

Here are a few of her commandments:

- Don't grip too hard
- Drive with your legs
- Legs, hips, arms, arms, hips, legs
- Drive straight

“Be one with the boat!”

*-- Jon Eric VanAmringe,
Yale 1970, Navy Lightweight
Crew Head Coach 1973-
1976 -*

How about that new dock?

The dock is ramped, two sided and ready. This configuration has been on Lauren's wish list for some time. With so much activity, having two sides to launch from is essential. Special thanks to Bill Sullivan, who is a new member this year, and Kurt Kuehnel, who is a community friend (and who you may see whizzing by in his hot red kayak) and member Roger Gibboni. It was many hours of hard work to make that happen and they deserve a round of warm applause.

Trustee, Randy Oberle spearheaded this project.





Matt Williams and Linda Duyle with our new sign!

Tuesday and Thursday Evening Row Hours

This year we are offering rowing on Tuesday's and Thursday's evening, row hours are from 6 to 8pm. At this time we are allowing only doubles or quads to go out. If you are interested please call the boat house to schedule a time. If you need to find someone to go with try putting out a message on our face book page.

Buddy Up!

Are you new to BRASS? Want to row in a double? Or just want to go rowing with someone else around the lake? Mention to Lauren that you are looking for a buddy, she can make a recommendation and/or give you the contact information.



“The more you learn what to do with yourself, and the more you do for others, the more you will learn to enjoy the abundant life.”

Busy Boathouse!

A lot of activity is going on at the Cuyler Boathouse...new members, new dock, the junior program and evening hours.

As always the mornings are the best time of day!

Tuesday and Thursday evenings are proving to be challenging, but fun!

Let's pass the word—We have a junior program. If you know of anyone interested or if you need more information, please contact Lauren.



2013 Bernie Ryan Ultimate Club Day—getting ready to row!



Matt Williams and Olivia Douhan getting ready to start the parade

Contact Us

How to contact or find us

BRASS

PO Box 787
Pittsfield, Ma 01202

(413) 442-7769

Email:

berkshirerowingandscull-
ing@gmail.com

Visit us on the web at
berkshirerowing.com



Berkshire Rowing and
Sculling Society - BRASS

Speaking of Applause

The Fourth of July parade was a lot like rowing...wet. Youth members Matt Williams and Olivia Douhan stepped into a double and rowed the whole parade route while a few of the rest of us marched along looking smart. Special thanks to the committee and energetic members; Kathy Coda, Harriet and Lou Cuyler, Olivia Douhan, Linda Duyle, Ariel Hall, Sue Hanson, Tina McLaughlin, Joanne Murphy, Randy Oberle, Don Roche and Matt Williams.

Linda Duyle contributed our new sign with all of our contact information. A special thanks goes out to Don Roche's family for allowing us to leave the float trailer at their house for about 2 weeks taking up their driveway. We greatly appreciate it!

Trustee, Don Roche spearheaded this project.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

-- John F. Kennedy
