

# McLean Crew Club Weekly News, November 10, 2008

## *Dates to Note:*

**November 11 (Tuesday):** General Membership Meeting, MHS Cafeteria, 7:30 pm

**November 22-23 (Saturday/Sunday):** Leaf Raking Fundraiser

**December 6-7 (Saturday/Sunday):** Leaf Raking Fundraiser

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## *General Membership Meeting/Forms and Fees*

The Club's monthly general meeting will be held on Tuesday, November 11. Please plan to attend. One of the topics discussed will be the upcoming Leaf Raking Fundraiser.

Please pay your first installment of the membership fee (\$275, \$375, or \$475 depending on the option you have chosen) and turn in your forms, if you haven't already. The first installment of rower fees was due in September. If you have questions, please contact Regina O'Hare (regina\_ohare@yahoo.com).

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## *Leaf Raking Fundraiser November 22-23, December 6-7*

The fall leaf raking, the first of the three major fundraisers run by the Club, is coming up in two weeks. It runs for two weekends – November 22-23 and December 6-7. **Rower participation is mandatory.** Family members are also encouraged to participate, since these fundraisers are vitally important in order to hold down the cost of club dues and to fund equipment purchases and maintenance. Last year, we were able to raise over \$4500.00 through this event! You will earn 10 points for each volunteer hours contributed. If interested in helping out with this fundraiser, please contact Chris Wadle (cjwadle@aol.com) or Laura Warren (meadowmac@aol.com).

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## *Girls' ROGA Payment*

The girls' fall conditioning schedule includes ROGA sessions on Tuesdays and Thursdays. ROGA, a wonderful program overseen by the Strength and Conditioning Coach Eileen Kurtz, is outside of the normal program and has an associated cost of \$5 per session or \$60 for the 12 sessions of the first period. Rowers participating in the program are asked to bring in checks made out to Eileen (note ROGA on check) as soon as possible.

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## *Prevent the Spread of Infections!*

We have purchased disinfecting cleaning wipes and placed them in the crew trailers. Please remind your rowers to clean the ergs, particularly the handles before and after use. Also, if they have open cuts or blisters, be particularly vigilant about cleaning the handles, covering the sores, and even using weight lifting gloves until the cuts are healed.

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## *Ballet Anyone?*

We still have a few tickets available to the Joffrey Ballet's "The Nutcracker" at the Kennedy Center on Saturday, December 13. For more information, please contact Regina O'Hare (regina\_ohare@yahoo.com).

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## ***Volunteers Needed***

The Club is looking for adult volunteers to assist with:

- Leaf-Raking Fundraiser
- Mulch Sale Fundraiser
- Grants, proposals, and donation soliciting
- Maintenance of crew trailers and equipment

Many of these jobs can be shared by two or more individuals, if desired, and all will earn your family valuable points. Please contact any of the Board members, if interested.

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## ***Sign up for eScrip to Support McLean Crew***

Remember to register with eScrip, so that McLean Crew gets a percentage of the purchases you make with credit cards, debit cards, and retailer cards.

Please go to the eScrip site at [www.escrip.com](http://www.escrip.com) and register -

**McLean Crew's Group ID is: 154010281 - or you can use the Group Name: McLean High School Crew Club**

Scrip

You can support McLean Crew and earn a few points (4 points per \$100 of scrip purchased) by purchasing scrip from the Club. When you purchase scrip, you purchase gift cards for participating vendors (such as Giant, Safeway, and Starbucks) and the club receives a small donation from the vendor. You can help the Club while spending money you were going to spend anyway. For more information and purchasing scrip, please contact Kathy Oram at [meadeoram@comcast.net](mailto:meadeoram@comcast.net) or 703-536-7220.

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## ***Alumni Mailing List***

If you keep in touch with McLean Crew alumni, please encourage them to subscribe to the McLean Crew Alumni List. This is an email distribution list that will be used to keep the alumni apprised of how we are doing on competitions and about special events – perhaps an alumni row or an invitation to the annual picnic.

To subscribe, they should go to this link:

<http://www.discussthis.com/subscribe/alumni@mcleancrew.org>

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## ***Subscribe or Unsubscribe to the Newsletter***

Note: If you want to remove yourself from this list (or add yourself to it), go to the following links to unsubscribe or subscribe:

<http://www.discussthis.com/subscribe/rowers-female@mcleancrew.org>

<http://www.discussthis.com/subscribe/rowers-male@mcleancrew.org>

<http://www.discussthis.com/subscribe/rowers-parents@mcleancrew.org>

**MCLEAN CREW PRESENTS THE NUTCRACKER BALLET**



**DATE:** Saturday, December 13, 2008

**PRICE:** \$108.80/ticket (includes all service & handling fees)

**TIME:** 7:30 PM

**LOCATION:** The Kennedy Center for the Performing Arts

<http://www.kennedy-center.org/visitor/directions.html>

This year, Chicago's world-renowned **The Joffrey Ballet** returns to the Kennedy Center with its founder's dazzling family production of *The Nutcracker*. From its charming Victorian scenery and costumes, to the dozens of dancing and singing children, Robert Joffrey's staging beams brightly from start to finish.

This is an event that MHS students, family and friends will enjoy together. Tickets are for seats in the middle orchestra level, rows AA and BB. \*\*\*Ticket availability limited, and subject to the club meeting the minimum order requirements.\*\*\*

For more information contact Regina O'Hare, [regina\\_ohare@yahoo.com](mailto:regina_ohare@yahoo.com) or 703-402-4716.

To participate send the bottom portion of this flyer and a check payable to McLean Crew Club to:  
Regina O'Hare, 7014 Sea Cliff Rd., McLean, VA 22101

-----*The Nutcracker*-----

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone. Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_

Number of Tickets: \_\_\_\_\_