



## **BMRC Newsletter – February 2022**

Enjoy the wonderful rowing conditions as we move towards autumn – and remember to use lights on your boat as the morning light arrives later....

### **From the President**

Welcome to the February Newsletter. The competitive season is well under way, and it was great to see eight BMRC masters quads competing across the Mens' and Womens' events at the last regatta! The next big regatta for the Club will be the ACT Championships in March. The Club is also planning two trips away to the Victorian Masters at Nagambie and the Australian Masters at Ballarat – both to be held in May. If you are interested in going, please use the signup sheets down at the shed, and keep your eye open for emails with details.

The Committee continues to focus on number key issues on behalf of the Club, with on-water safety being of major importance. We are currently in a busy period of training and competition on the Lake and rowers and scullers should take extra care, particularly around regattas. I have written to Rowing ACT and asked that the traffic flow rules around regattas be clarified and reinforced to clubs.

At the last Committee meeting we also considered the fleet replacement program, and noted that the Club currently has:

- Six heavier weight doubles with the Ted Hall on permanent loan to Daramalan,
- Nine lighter weight doubles with the Margot Bell on permanent loan to Daramalan,
- Three heavier weight quads/fours, and
- Nine lighter weight quads and fours.

The Committee agreed to buy a second hand heavier weight quad, a new heavier weight double and a new lighter weight double over the balance of this and next financial year.

The Committee also agreed to investigate selling a heavier weight double, a lighter weight double and a lighter weight quad to offset these purchases and free up space.

While the Committee agreed to the purchases, we also recognised that capital expenditure may be required as part of transitioning to our new shed. Consequently the Committee is not anticipating any further boat purchases for a couple of years.

I wanted to conclude my comments this month by recording a belated thank you to Robyn Pender who relinquished the Membership Secretary role last year. Robyn, like a number of other members, has made an important contribution behind the scenes to enable the smooth operation of the Club. Thank you Robyn!

Until next month – looking forward to seeing you around the shed - Leigh

## Main points from Committee Meeting – February

- The Committee is looking for a volunteer Club member to assist Dave Nash in monitoring safety issues for the club. This extra assistance is **particularly** needed as Dave has had a serious injury, which has prevented him from rowing (or even walking) for a couple of months.
  - Please let a Committee member know if you can help Dave perform the safety officer role. We really need someone to put up their hand for this!
- The National Capital Authority has approved the new BMRC shed proposal for Black Mountain Peninsula. The NCA approval is a major step forward in what has been a long process so far, and is great news!
  - NCA approval is the first of several formal government approvals needed before building can commence on the shed.
  - Work has now started on detailed development planning documentation to be submitted for approval.
- Club members will note the Australian Masters Rowing Championships have been moved to Ballarat (Lake Wendouree) on the weekend 19-22 May 2022. (This is the same weekend as originally scheduled for Perth.) It is anticipated the changed location will mean more BMRC crews will race at this regatta.
  - BMRC will take a trailer load of boats to AMRC with transport arrangements to be advised closer to the regatta dates.
- BMRC will also attend the Victorian Masters Championships to be held at Nagambie on 7-8 May. Boat transport options will again be advised closer to these regatta dates.
- The Club will purchase a new (second-hand) quad (average crew weight 90-95 kg) and two new doubles. The boats are expected to arrive in the shed over the next few months.
- There will be a Club working bee and boat naming ceremony (to name the new Swift boats) held on **SUNDAY 13 March** between 8.00 and 10.00 am. See Captain's email last week for a general list of jobs to be done.

## From the Captains

### Lights

With fewer daylight hours, the need to ensure you are safely visible to other Lake users is increasing. When the available daylight is low, Club boats should have two lights - a **flashing bow light and a fixed stern light**.

The Club has a limited supply of flashing bow lights - these are provided for your safety. Club lights should be used in conjunction with private lights.

If a Club boat you use is missing a washer on the stern (to attach a light), please write it in the repair book. If Club lights are lost, please report this to the Captain.

As a general rule, if the street lights are on, you should be using lights on your boat.

## Boat damage

Accidents occur, things break and wear out. If the Club does not know about it then things are unlikely to be fixed and the next crew in the boat will be inconvenienced. Please write any damage or issues in the repair book and email Captain and Vice-Captain. Please attempt to fix it yourself (if possible), but if you are unsure what you are doing please ask for help.

Things you should be checking before every row include, but are not limited to:

- shoes/clog fittings are secure to the foot plate - no sideways movement.
- slides are secure and in a suitable position
- heel heights on the footplate have not been adjusted to a point that the bottom of the heel cups are so low they are touching the bottom of the boat - this causes hull damage.
- general check that everything is tight and secure.
- shoe heels are secured to the foot plate with a heel tie.
  - The length of the tie should be around 7cm (so the rower's foot will be released from the shoe as the heel is lifted up from the hull in the event of a capsized).

## Equipment maintenance and safety

The Club-owned stern lights are a valuable resource and need to be cared for by all who use them. If a member (or crew) loses a light whilst using it, that crew should advise of the loss (either to one of the Captains or in the 'Boat Repairs' book) and be prepared to pay for a replacement light. (The lights currently cost \$75.00 each.)

If you need to work on a boat on trestles at the shed, please do not block doorways or leave your boat where others cannot move around it. This particularly applies to quads or eights.

## Can and Bottle collection

Don't forget to bring your empty drink cans and bottles to the shed, so the Club can benefit from the 10-cent redemption scheme. We have raised a tidy sum from this scheme, thanks to the recycling efforts of Cecilie. Please make sure your donation is eligible for the redemption scheme – look for the 10c refund logo on the label - and that you place them in the correct receptacle in the shed - the bottles go in the bucket and the cans in the yellow topped bin. You can also save Cecilie a trip by taking yours to a Return-It depot yourself, and entering the mobile number 0403876944 to direct the funds into the BMRC bank account. Thanks!

## New members

Welcome to all our recent new members, with a special shout out to our new coxswain members! Although the Club can sometimes appear to be a collection of small autonomous groups who pass each other on the pontoon, there is a loose network of members who would love to have a paddle with new and different people! Please speak up if you are looking for some variety in your paddling arrangements.

**Bruce Bennett** has recently arrived at BMRC and says:

Relocating to Canberra from Brisbane and in search of a new rowing 'home', I was drawn to the depth and dedication of the BMRC Masters cohort. A rower since my early teens, I know well the benefits and camaraderie of the similar minded mob. I also detected a sense of responsibility within BMRC masters to the new generation of rowers which I share having coached elite school eights in Brisbane (BGGs and BGS).

It is a fact that most young rowers leave the sport when only a few years out of school having decided that there is no longer time and space for the sport in an increasingly busy life. This happened for me in the late 1980s after 2 years in the Qld State team. I spent many years in the non-rowing wilderness before rediscovering the sport in my late 30s. It was a Head of the Yarra campaign in 2006 that reignited my passion and I have been hooked ever since.

Now 54 (an old 'D') I am keen to race whenever possible, but I am also scheming to do a Head of the Charles and maybe the Henley Masters regatta, and the like. The rowing future looks bright and exciting. You could go on this journey on your own, in your scull, an enigmatic international man of mystery, but I far prefer the thought of banding together with some other comrades and sharing an adventure. Have also enjoyed racing in the odd mixed crew too.

Reflecting on those years in the wilderness, I think we all went through those. I know it now but back then I did not appreciate that a rowing life and its 'inner game' is actually an excellent framework for personal growth and development. At its basic level the inner game is centred around discipline, self-reflection and perseverance, and also the opportunity to help others and strive for harmony in pursuit of a common goal. I sense we have all come to this conclusion and that is why we choose to congregate before sunrise on any given day and row with all our might, come rain or come shine (or come freezing cold, I am led to believe)

Daughters are Gaby (25) and Portia (22). Work is General Counsel Company Secretary for Australian Agricultural Company Limited. Wife Sonya is the Commonwealth's newest Deputy Chief Medical Officer based in Canberra and hence the move from Brisbane for us both, and my reason for leaving Toowong Rowing Club.

Other interests include cycling, dachshunds, and Italy - despite having no Italian heritage



This is Bruce with Ernesto Colnago at Colnago headquarters in Cambagio, Italy (2019). (It's a loong story!) Ernesto recently turned 90, but he seems 30 years younger.

## Coaches' Corner - Finding Speed

We all know that the best rowers have long limbs and very high VO2 scores. However, if your Mum and Dad didn't pass on these genes to you, then don't worry. You can still enjoy your rowing as much as the rest of your crew and, with a few smarts, you can probably achieve most of the boat speed that others boast about.

The secret is to look for other opportunities. By all means thrash yourself every time you go out. Wear out that erg in a single winter and learn to love the red fog of pain that descends whenever blood lactate levels climb.

Seriously, if this doesn't inspire you then try this simple hack:

**Fix your posture!** That's right folks, it was the first thing you covered way back in LTR school. Get on the Decent Rowing website and trawl through YouTube for images of rowers executing properly. Next, compare them to images (taken by your coach, see previous article) of you doing the same stuff. Keep doing the comparisons till you can no longer detect any differences. Simple.

If you struggle to sit in the boat like the heroes, then climb out and go stretch your hamstrings and hip flexors. Once you have done that, work on your ankle joints and you should be good to go. YouTube is your friend once again to find some stretches, and this stuff can be done at home whilst watching TV! It really couldn't get any easier to find a bit of speed here.

## **Upcoming Events 2022**

### **March**

13 March (Sunday) BMRC Club Working Bee

19-20 March ACT Open and Masters Championships

28 March 2022 Australian Rowing Championships (SIRC)

### **April**

30 April NSW Masters Championships (Clarence River, Grafton)

### **May**

7-8 May Victorian Masters Championships (Nagambie)

19-22 May Australian Masters Rowing Championships (Ballarat -Lake Wendouree)

## **From the Editor**

Newsletters are published roughly once per month after Club committee meetings. Short articles or photos about Club life are always welcome for inclusion. Please contact me on 0417668916 if you would like to send in a contribution. Regards, Leslee