



BMRC Newsletter – October 2022

From the President

Welcome to the October newsletter. Thanks to those who made it to the shed for the AGM on Saturday 8 October. BMRC is in a solid position with an FY 21/22 operating result of \$18,658, a net result of \$70,908, Net Assets of \$774,202, and 148 members.

In the last Newsletter John and Jeanette Gasson gave an update on the Big Red Shed, with the granting of a lease the latest step in what has been a protracted process. The granting of the lease flows on from a decision made by the Club to support the development of the BRS at a General Meeting held in 2015. Given the eight years since the original approval, I would like to thank John and Jeanette for their persistence in pursuing this opportunity for BMRC, and I commend them for their drive to give back to the sport of rowing in the ACT.

Leigh Gordon

Committee Meeting – October

- Following feedback from a number of members, Pam Nash is investigating 776BC as an additional supplier of zooties to the current supplier of Oarsome.
- The double Ted Hall has been sold interstate for \$2000
- The Committee is establishing a virtual Honour Board on the website as an enduring recognition of members who have made a contribution to the Club, and those who have had a BMRC boat named in their honour. Members are asked to contact Judith if you have details on BMRC Life Members, or boats that have been named in honour of earlier members.
- The Club trailer recently had a mechanical failure where it lost an axle while it was being used by Daramalan for a boat camp. The Committee is now considering the viability of repairing the trailer compared to its depreciated value.
- A number of Club members had been fined for failing to start, and not scratching, in the recent Winter Time Trial series. Members are responsible for paying these fines. Members who believe a fine is not warranted will need to contest directly with RACT.
- The quad Flanagan will be moved to the Daramalan shed, and Daramalan has been offered use of the boat in place of an existing booking for one of our other quads. BMRC still has the Flanagan up for sale.
- Thanks to the efforts of Dave Nash and Frank Briggs, the motors of the tinnies are being cycled through annual maintenance offsite.

Safety on the Course

Recent Club emails have highlighted the importance of maintaining a good lookout, and staying within the appropriate lanes on the course. As a reminder, **BMRC Club boats are not to row in either Lanes 2 or 3.**

A number of the lane ropes on the course have come loose and the lanes have developed significant bends. RACT has approached the NCA to repair; however, in the meantime, rowers need to maintain extra vigilance to ensure that they are travelling in a safe lane on the course.

GST being applied at BMRC

As discussed the AGM, the Committee has been considering the implications reactivating our registration for GST.

The Committee has decided to keep the membership fee at its current level but to make it **GST inclusive** from 1 October 2022. The threshold for GST collection is \$150,000 which BMRC will likely cross with the donations and payments for the shed. The Club will be able to claim GST back on a broad range of operating expenses, such as rates and electricity, which could provide a reduction in overall operating expenses. We can also claim the GST back on equipment purchases.

BMRC will also be able to claim GST back on new shed invoices, and then apply these amounts to other construction-related expenses – effectively reducing the amount that John and Jeanette Gasson (Jega) need to donate for the shed by 10%.

GST will also be applied to boat storage and Learn to Row fees. RACT expenses such as rower registration already incur GST.

As the operating costs will reduce as a result of claiming back GST, the Club has delayed applying any fee increase until at least next year when the operating costs of the current and new shed are better understood.

Lock on Black Mountain Peninsula Gate

The ACT Government is currently locking the Peninsula gate overnight. BMRC has permission to include a Club lock on the gate to allow early morning access using a BMRC **shed** key. The correct position for the lock is in series in the 'daisy chain'. If you unlock the gate in the morning you can leave the gate open but you must relock the chain and **ensure** you maintain the position of the BMRC lock between the Radford lock, and the ACT Government lock. Ian has recently sent photos of the correct position to all Club members.

New Committee

The Committee members for 2022/23 are:

- President : Leigh Gordon
- Captain : Ian Mongan

- Vice-Captain: Jenny Simmons
- Treasurer : Kate Freebody
- Secretary: Judith Abercromby
- General Committee (4 positions):
 - Leslee Hodgson
 - Alastair Gregory
 - Paul Champness
 - Henry Bridgewater

Thanks to David Nash for his contribution to the 2021/22 Committee.

Technical Tips – Finishing the Finish!

In the last Newsletter, I discussed the need to have all crew members in a boat to finish with the same finish angle on their blades. Once everyone comes together at the finish we can then begin to coach them to reach the same angle at the catch. 'Set the finish and coach the catch' is the mantra.

For those that still doubt the wisdom of this approach, let me say that if all crew members are at the same angle at the finish, then they will all be positioned optimally with regard to the amount of force that they are imparting to their shell. If someone is too long at the finish then they will not be in time with other crew members when they tap down to release the blade and they will be squeezing the boat more than propelling it. Don't bother with the extra length, tap out in time and go take another stroke.

Being in time at the finish gives you the best chance to send your boat away level and thereby not kill the run by dragging blades across the water. Remember, you can find heaps of speed if you row efficiently. Conversely, you can work very hard and still go slowly if you can't row cleanly. Learn to row cleanly then worry about the power. Never sacrifice cleanliness for power.

The other important reason to be in time at the finish is so that you maximise the benefit of everyone moving towards the stern at the same time. This is Isaac Newton's 3rd law of physics in action. The crew, being heavier than the boat, causes an opposite reaction in the boat. As the crew moves out of the finish together and heads for the stern, the bow of their boat leaps forward towards the finish line. This is free speed, why wouldn't you want some? You can demonstrate this very easily by positioning the stern of your boat close to the pontoon. About 30 cm distance is good. Sit in the correct finish position then execute a roll up drill to the catch placement at a rating of about 30. Don't take the stroke. Now check how far your boat has moved and in what direction!

The magic of this has never dulled for me even after many decades of watching. It is like a drug. Every time I see it I just want to see it again. I hope that you find it similarly addictive and reason enough to work on those finish drills. Thanks Isaac.

Phil Winkworth

First Aid Kits

The Club first aid kits are well-stocked and suitable for foreseeable emergencies. If you need to make use of the contents, please ensure that the kits are kept tidy and packed away in readiness for the next emergency. Please don't leave the kit and medical waste spread all over the Club room. If you use the last of a supply, please let a Committee member know so that the kits can be re-stocked. The

next emergency may be your own and in such situations it can be very stressful to find that the rats have been at play and equipment is all over the place.

If you absolutely just love playing doctors and nurses, then please consider buying your own first aid supplies and keeping them in your rowing bag.

New Member Welcome



Nic Theaker

Myself and my partner are recent arrivals in Canberra - having spent the last 12 years in NZ, so the time in Auckland and Christchurch. Prior to that we were in the Middle East working. We are both English by birth - which is where I started rowing (at school).

I've also rowed a bit in the USA and NZ. All very much a long time ago though! It's been great getting back in a boat - although very evident it might be some time before I pick it up again! Nic

Upcoming Events 2022

November

12 November	CGGS/Marist Regatta
26 November	Christmas Regatta (1000m)
3 December	Daramalan/BMRC Regatta

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