



## CLUB Update October 2021

### **From the President**

It has been a busy time for the Committee over the last month as we got back on the water. I have appreciated the support of Leslee as the COVID officer, Mary B as the safety officer, Jenny for the bubble booking system, and the broader Committee as a sounding board as we got some of our COVID protocols in place. We seemed to steal the march on the other clubs and to have the course to ourselves for a week or so – but it is getting busier now. Please remember the messages about on water safety, and around the shed security, as the season ramps up.

Rowing ACT recently held the AGM where Alison Creagh was elected as president for the next two years. Rowing ACT is refreshing the Strategic Plan and intends to focus on improved engagement with the member clubs. I certainly appreciated Rowing ACT's leadership in facilitating our return to rowing out of COVID

Luke Letcher is on the Rowing ACT Board, and as a BMRC member he is prepared to take any issues forward on behalf of the membership, so please let me know if you have anything you would like to progress.

At the Rowing ACT AGM I raised the issue of support to the development of rowing coaches in the ACT. As Philip Winkworth says 'behind every good rower there is a good coach' and Philip has been a supporter of coach development for some time. I am hopeful that coach development will be a part of the next Rowing ACT strategy.

With the potential for two regattas on 20 November and 4 December 2021, there is now a reason to train, and Ian and Jenny are wiping the booking board to give us all a fresh start. Please see the email sent from Jenny for details.

Looking forward to seeing you on the water

Leigh

### **Main points from the Committee Meeting October (via Zoom)**

- AGM is rescheduled to Saturday 30 October when it is expected COVID restrictions will be lifted to allow members to attend an outdoor, seated and “ticketed” meeting at the shed.

Nominations for Committee members are now due by COB Friday 22 October, by email to [abercromby56@gmail.com](mailto:abercromby56@gmail.com)

### **From the Safety Officer**

The defibrillator has been set up near the internal red door. And yes - if you open the door to the cabinet a **siren** will sound!! This is to alert others nearby that there is an emergency.

So please don't open the cabinet unnecessarily. If you want to find out what the defib is all about, check out the link below. In addition, we will schedule a demonstration of the defib by member Marty Owen, who is a paramedic.



Please watch the attached training video. It may one day save someone's life.

[360P Online Training Link](#)

Mary

### **From the Captain**

We have sourced a boat trolley which is no longer needed by the AIS

As mentioned in an earlier email, you will see 4 young rowers on Wednesday mornings boating from our shed with their coach Mike Brady. These are Orana students who are members of BMRC, and who will return to training from the

Daramalan shed when school rowing returns.

Stephen Trowell (the boat..... ) has been repaired and is back in the shed.

See you at the shed - Ian

### **Painting at the shed**

Apologies in advance for any disruption during the coming week, when Mary Bonney will be painting one of our walls.

### **Splash vests!**

Many of you will have admired the stylish BMRV splash vests worn by our members. Unfortunately, the supplier of these is no longer able to produce them, but Pam Nash is on the case and investigating other options. Thanks Pam, and watch this space!

### **New Member Profile – Paul Williams**



I started rowing in my last 2 years at school and joined Mercantile Rowing Club towards the end of year 12 (then called HSC!). I had a successful time in Mercantile and Victorian crews, and progressed to the national U23 squad & an AIS scholarship (so was based in Canberra). More success followed however by the late 80's I'd realised there was more to getting selected for national boats than just winning races & big ergo scores.

I stepped away from rowing and progressed in other sports including Sailing, Karate, XC skiing and Road & TT racing (cycling). I also started coaching, initially with junior hockey teams and then road cyclists and rowers. The rowing coaching roles included travelling to & coaching a men's sweep & sculling squad in Malang, East Java, and 2 seasons at MLC in Perth WA.

My return to rowing & masters racing was unplanned despite which I lined up at the 2019 WA State titles & the 2019 AMRC in UWA & composite crews.

My family & I moved to Canberra approximately 6 months ago (for work & family reasons) and I couldn't believe my luck when upon arriving, Bruce Hick took me to the BMRC shed and stuck me in his 8+ with the All Stars. That led to my involvement with the BMRC mens' squad, to whom I'm very grateful especially during this recent lockdown.

I'm looking forward to making BMRC boats to go fast and assisting other BMRC members to do the same.

### **Shout outs**

Darrell Ninham - for repair work on the Donna Martin and on other boats during lockdown.



Mary Bonney for painting.

Mary B (and Trevor)- for installing the defibrillator in the shed.

Poor Alex - who has ruptured his Achilles tendon. Apparently his moon boot will allow him to coach so you should see him around the shed