



Club Update November 2020

Welcome your new Committee for 2020/2021

President: Leigh Gordon
Captain: Ian Mongan
Vice Captain: Jenny Simmons
Secretary: Judith Abercromby
Treasurer: Kate Freebody
General Members: Alex Leitch, Leslee Hodgson, David Nash, Mary Bonney

From the President

I would like to begin this newsletter by thanking all those members who participated in the Annual General Meeting (AGM) – either through attendance or through proxy. Participation by all members in the running of the Club makes BMRC stronger and more reflective of your views. I would also like to thank those members who took up positions on the 2020/21 Committee. There is considerable effort in running a club as successful as BMRC, and I am sure all members appreciate the effort of the Committee to ensure the Club remains viable and meets the needs of the membership.

While a vote of thanks was endorsed at the AGM, I would also like to take this opportunity to thank the members of the 2019/20 BMRC Committee for their efforts across what we would all agree was a difficult year. Clearly COVID-19 was a key area of focus for the Committee, and the Club benefited from the efforts of Pam Nash and Marty Owen in particular to ensure that we had an appropriate response.

Safety is another key area of focus of the Committee that has benefited from the attention of Vicky Newman and Kerri Hughes in recent times. Mary Bonney has kindly agreed to be the BMRC Safety Officer for 2020/21.

On the water we are moving from the distance events of Winter Time Trials, the Col Panton Marathon, and the Head of the Molonglo, to the ACT regatta season with races over 1000m and 1800m. With the Australian Masters Rowing Championships planned for the Regatta Centre at Penrith from 27 to 30 May 2021, I am sure a number of scullers and crews are already planning their campaigns to ensure that they can peak for this event. It is also great to see the activity around the shed being generated from the single scull course being run by Philip Winkworth, Leslee Hodgson and Mary Quilty, supported by Dave Nash and a number of occasional coaches,

with organization by Judith Abercromby.

We held our first 2020/21 BMRC Committee meeting recently, and we identified a number of areas we would like to focus on, and some longer term initiatives that we would like to pursue. The Committee is keen to maintain good communication across the Club as an enabler to building a positive culture. The Committee would also like to refresh the BMRC Strategic Plan, and pay some attention to the shed, including undertaking a number of maintenance activities and considering the way that the shed is laid out and used, to see if we can improve its utility. An area of continuing discussion is managing the replacement of the rowing and sculling fleet. Each of these initiatives will be discussed further at upcoming Committee meetings, and you can expect to be invited to contribute or make comment as we form our plans.

Unfortunately COVID considerations continue to impact the operations of the Club. The Committee reluctantly made the decision not to hold the Christmas Puddin' Races this year. A key driver to this decision was the impact of having to clean the boats between races. As always, the Committee is receptive to any suggestions for areas of improvement to your Club, so please feel encouraged to 'have a chat' with me at any time.

Leigh

From the Captain

Regatta wrap--up

Regatta number 1 has come and gone. It was great to see BMRC out on the water again. Well done to one and all who got out on the water and raced. Special mention to new member Sheida (see introductions below) on her first-ever race. Sheida and Marthe came away with a very credible 2nd!!!!

Full details of results and a video of the day can be found here
<https://regattas.rowingact.org.au/regattas/5237>

Storage of unused equipment

The Club has seen a significant increase in equipment in recent years. Space is at a premium. The Committee is currently reviewing unused equipment (both Club and private) and its location within the shed. Some may be removed, some may be relocated to improve access to frequently-used equipment. Private boat owners who have not been at the shed to use singles may be consulted about the relocation of their boats to allow regular users greater ease of access.

Working Bee - save the date!!!

Sunday 29 November is currently pencilled in for a long-overdue, Covid-delayed Club Working Bee. Jobs on the day include painting of oars, cleaning the roof, basic boat maintenance and a general shed clean. More details to come

How do I get a private single into the shed??

If you would like a boat rack for a private single please email the Captain to discuss. Nothing is guaranteed, but if you don't ask we don't know!

Ian ianmongan@yahoo.com.au

Recent events

Head of the Molonglo

BMRC entered 5 crews for the 6800m Head of the Molonglo comprising 2 Men's quads, 1 mixed quad, 1 Women's quad and a Women's eight. Conditions were mild with a slight head wind. A number of crews were challenged by the winding Molonglo River, with at least one quad doing a bit of gardening on the way to the start. There were a few minor mishaps during the race – getting tangled in buoys, near-collisions – but all ended back at the shed safely and satisfied to have completed the event.



Head of the Molonglo crews



Single Skills Sessions

Sunday Sculling School: BMRC has been running a 'Sunday Single-Sculling School' on recent Sunday mornings for around 16 novice scullers from BMRC and Canberra Rowing Club. The aim of the program is to give the participants (who have some experience sculling in big boats) the skills and confidence to enjoy rowing in single sculls. The program has been a successful co-operative effort between BMRC, CRC and Daramalan – with the boats being sourced from all three Clubs, and coaches and general program support from BMRC.

The program is now at about the half way point and all the participants are making real progress

in developing their skills. Coaches (Philip Winkworth, Leslee Hodgson, Mary Quilty and Dave Nash) have been impressed by the enthusiasm and efforts of the participants to try new things. The weather has been rather unkind and there have been a couple of sessions completed in wind and rain. But rowing is an outdoor sport and those who have been brave enough to come to the session on those less-than-perfect days have enjoyed the challenges! We know this because... there has been lots of laughter and group coffee expeditions to warm up after the row. There are three single-sculling school sessions to go – one of which will be the anticipated/dreaded ‘capsize drill’. Luckily the Lake water is warming fast, but it would be nicer to do this drill in the sunshine. So - fingers crossed for a fine Sunday soon.

Thanks to the wonderful BMRC folk who have come to the shed at the beginning or end of these sessions to help launch boats and put them away. Getting large numbers of singles on and off the water safely at one time is quite a big deal, and the helpers have made it a much smoother process than would otherwise be possible. (Apologies to anyone who is trying to get on or off the water at the same time as the sculling school – we really are doing our best to minimise inconvenience.) As this program has been well received, we may look to run another similar program later this season. If you are interested in participating in such a program in the future, please let Judith know.

Leslee



Receiving instructions



Choosing a Dara tubby – stable and reassuring!

Upcoming Events

November						
7/11/2020	Sat	Radford/Daramalan Regatta	Radford College	Lake Burley Griffin	Standard	Info.. Events Entries
15/11/2020	Sun	Lake Burley Griffin Clean Up Day		Lake Burley Griffin	Anybody	
21/11/2020	Sat	CGGS/Marist Regatta	Canberra Girls Grammar	Lake Burley Griffin	Standard	Info.. Events
21/11/2020 9am – 1pm	Sat	Marymead Monster Garage and Plant Sale	Marymead	Narrabundah	Anybody	
29/11/2020 9am	Sun	BMRC Working Bee & Boat Naming		Clubhouse	Members	
December						

5/12/2020	Sat	Capital Lakes Rowing Club Sprint Regatta	Capital Lakes	Lake Burley Griffin	Sprints	Info.. Events
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Welcome New Members



BMRC has welcomed many new members from July 2020: They are -

Sheida Hadavi, Brittany Wolfhagen, Lindsay McCormack, Irene McMahon, Christine Young, Scott Pagan, David Tierney, Kath Denmead and most recently Henry Bridgewater.

We also welcome back returning members Steve McGlynn and Ed Campbell.

Orana School students have joined our Club, under a joint agreement with Daramalan, who are responsible for their coaching, supervision and equipment. So far, we have : Felix Burns-Jansen, Amelia Hayne, Eleanor Johnstone, Paloma Padovan and Roma Thomas

David Tierney 	<p>"Hi, thanks to Ian and all the other folks I've met so far at BMRC for welcoming me so warmly to the club and back to rowing. I rowed in high school at CGS and then at the ANU but hadn't been in a boat for 20 years until a couple of weeks ago; it's great to be back on the water, I look forward to meeting more members. Regards, David"</p>
Sheida Hadavi 	<p>Hi, I'm Sheida. I've moved to Australia in February from Belgium. I work for an organisation called Australian Research Data Commons and I am based at the ANU. I have spent the last 10 years in Belgium studying and working (data analytics), but I'm born and raised in Iran. I've never lived in a city with a lake, so living in Canberra it's the first time I have seen rowing closely. While cheering for my friend Marthe in a race (fellow BMRC member, who turned out to be an amazing coach, for which I am very grateful), I got the motivation to join the club. I've been loving the rowing experience and being on water in beautiful Canberra. I never knew I have it in me to wake up early enough to get a workout in before work! I've learnt that rowing is a complete workout both for body and mind and I am enjoying every bit of it! I am grateful for the support, patience and kindness of all the lovely people at BMRC. Sheida</p>
Christine Young 	<p>Hi, I'm Christine Young. I've been rowing for over 5 years and was a member of Lake Tuggies however, some of you will have seen me down at the BMRC shed for quite some time rowing a double with my sister Cecilie.</p> <p>Back in my younger days I was a competitive swimmer but then when I had my 2 daughters, my life took a back seat. I started rowing thanks to Cec who kept suggesting I should give rowing a go. After my girls were grown, there were no more excuses. Due to living and working in Tuggeranong, I decided to do the Learn to Row Program at Tuggies. Six weeks after LTR I had my first ever race at Aust. Masters in Penrith. Nothing like being thrown in the deep end!! But since then, I have never looked back and am loving the sport.</p> <p>I have worked for Services Australia (formerly DHS) for nearly 20 years. I have an overweight Pug named Pumba and 2 daughters, Jasmine 25 and Rose 21. I can't say I enjoy going to the gym but make myself go regularly as I like to keep fit and healthy. I enjoy long hikes but unfortunately 20kms is about my limit before my feet start killing me. In my downtime, I appreciate the finer things like wine, cheese and Netflix.</p> <p>Happy to jump in to any crew where needed, otherwise I'll see you on the water some</p>

	time I'm sure.
Irene McMahon 	<p>Hi I took up rowing 7 years ago at Lake Tuggeranong Rowing Club and just loved it! Having recently moved, I am passionate about continuous learning and rising to the challenge of navigating the larger and busier Lake Burley Griffin. Thanks to all the friendly faces I am loving it so far and am looking forward to my first regatta with BMRC this weekend.</p> <p>Irene McMahon</p>
Scott Pagan 	<p>I gave up cricket when I was 13 to take up rowing at school. My father encouraged this because he too was a schoolboy rower.</p> <p>I rowed for the school's First VIII and carried on with the sport with Sydney Rowing Club (briefly) and then Leichhardt.</p> <p>It wasn't until I was in my early 40's that I was persuaded to take up the sport again. This time with North Shore Rowing Club. I remember my first outing - it was in a 4- setting off at 6am in the dark of winter when just as we were seated and ready to push off, the boat flipped over to our collective horror, in front of an equally horrified gaggle of North Shore towers. It only got better after that.</p> <p>I rowed with North Shore for several years and then in the late 90's left Sydney for a new life in Canberra (best move of my life).</p> <p>The very first thing I did was to join CRC, where I remained for over 20 years. In that time I am proud to say I represented our Territory at the National Masters in the State VIII more than a dozen times, finishing on the podium for most of those years.</p> <p>I am delighted to have joined BMRC. I enjoy the friendly atmosphere, the quality of the fleet and what appears to be a well run club. I look forward to competing for the club.</p>

Shout-outs

- Leslee, Phillip, Dave Nash and Mary Q for volunteering their time and skills to the Single Skills Course and Judith for providing their admin support.
- Bob and Phillip (and others who remain anonymous) for mowing the grass. As the hot weather approaches watch out for snakes!



Newsletter Items

I'll be putting the newsletter together and looking to find out what's been happening around the Club. So please let me know if you would like to add something, especially Shout Outs.

Cheers
 Mary Bonney
bonneytm@netspeed.com.au

Community Announcements

LAKE BURLEY GRIFFIN CLEAN UP DAY

Clean-up Lake Burley Griffin Day is Sunday from 9am to 12pm. Volunteers on foot or by boat are needed.

Register on the day at:

- Molonglo Reach (at the Burley Griffin Canoe Club)*
- Lotus Bay (near jetty in dirt carpark besides Yacht Club)*
- Weston Park (near Playstation)* ,
- Black Mountain Peninsula (near BBQ area on west side)*
- West Basin (Henry Rowland Park) ,
- Kingston Foreshore (near Local Press Cafe)*
- Grevillea Park (at the Capital Lakes Rowing Club)

* Locations where boats can participate. Those on watercraft must wear a lifejacket or PFD at all times during the clean-up effort. Boats are BYO. BMRC tinnies will be available from 10am, after the Singles Sculling Session

Volunteers must register at one of the booths, wear work gloves and enclosed shoes. All children under 16 must be accompanied by a parent or guardian.

MARYMEAD

MONSTER CHRISTMAS GARAGE & PLANT SALE

When: Saturday 21 November, 9.00am – 1.00pm (you can pop over between races!)

Where: 255 Goyder St, Narrabundah

Come along to our Monster Christmas Garage and Plant Sale! We will be selling a variety of high quality plants, bric-a-brac, toys, Christmas items and gifts, clothes, homewares, handbags, jewellery and accessories, as well as a HUGE variety of fiction and non-fiction books. No matter your interests, we will have something for you!

Grab a bargain and do your Christmas shopping, all the while supporting for Marymead, an organisation that provides support for vulnerable children, young people and their families. For more information email events@marymead.org.au

Note: Judith can take orders for \$3.00 healthy advanced tomato seedlings in advance of the sale and bring them to the shed.

