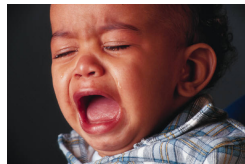




CLUB Update April/May 2021 (Bumper issue!)

From the President

Welcome to the latest BMRC newsletter. Like other Club members I was disappointed that the Australian Masters Rowing Championships were moved to Adelaide. All the best to those members that are able to travel to South Australia to compete, ~~and to the members travelling~~



~~to NSW Masters this weekend.~~ (ed.) The Winter Time Trial series starts on the weekend of 22/23 May. The WTT series is a great way for rowers and scullers of all abilities to consolidate skills.

As you can see below, the Committee has been busy progressing a range of issues on behalf of the membership. Two areas that the Committee has agreed to explore are a review of the BMRC Constitution, and the benefits of a Strategic Plan. The current BMRC Constitution and the most recent BMRC Strategic Plan are located on the BMRC website. Go to **About**, then select **BMRC Documentation** (Retrieve your login to this 'members only' content by hitting 'forgot login' and entering your email address).

The Committee would appreciate any comments that members may have on either document to inform Committee considerations.

See you around the shed

Leigh

Main points from the Committee Meetings of April and May

- Sweep oars and 2 new boats have been ordered – a quad and a double, as per the Boat Rollover Plan 2021 – 2023. Arrival is expected in the latter part of the year.
- The Club will purchase rechargeable bow lights for Club use. They will be the same type as those bought privately by the mens' squad, which have proved to be highly successful.


- A booking has been confirmed for the Oaks Room at The Duxton for our Annual Dinner. **Save the date: Friday 25 June**
- Mary Bonney made 20 sets of pogies for the club. Money raised to date \$285, with an expected \$200 still to come. 3 pairs of pogies left for sale! Check the box on the counter in the kitchen.
- The Committee discussed the pros and cons of a Club membership to the online resource, Decent Rowing, which has useful videos and tips on technique etc. The recommendation from the Committee is to offer it to members for a trial period of 3 months at the beginning of summer, after which we would seek feedback on its value in order to decide whether to continue.
- Proposed social /rowing weekend at Kangaroo Valley was raised. There is lovely rowing to be had on both the Kangaroo and Shoalhaven Rivers starting from Tallowa Dam. Committee decided to seek expressions of interest for a summer adventure...possibly mid December.
- Ian is working with those members considering going to Adelaide for AMRC.
- Booking Board will be wiped clean by the end of the month – ready for the next season.
- The Telopea has been sold to Daramalan RC.


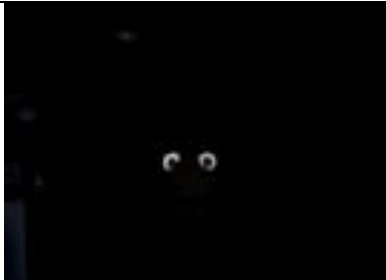


From the Safety Officer

Let me take you back to the time when Defensive Driving was a thing. (Perhaps it still is – I don't have teenagers any more.) To me it means being proactive to avoid accidents. We can apply this to Defensive Rowing. It is more than following the rules. It anticipates the movements (sometimes erratic) of other lake users and consideration of the conditions.

In the event of an incident, it is small comfort to know you were in the right. It doesn't make your boatbullet-proof, doesn't make the water any warmer, doesn't make your injuries heal any quicker, and it doesn't make you less dead!

So what does this mean in practical terms?

	<p style="text-align: center;">FOG</p>	<p>Rowing is discouraged in heavy fog, where visibility is less than 1000metres. If fog closes in when on the water follow the shore line back to safety. Ensure you are well lit Stay close to other crews</p>	<p>Can't see the other bank? Then support a local café Or hit the Ergs Or go back to bed.</p>
--	--	---	---

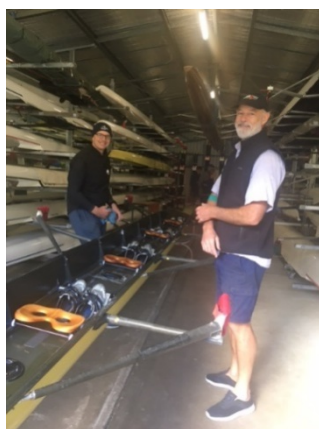
	COLD	<p>Wear appropriate clothing - several layers of close-fitting thermal garments with high wicking capability rather than bulky tops or pants. Also consider head wear and pogies or gloves.</p> <p>Capsizing in cold water is incredibly dangerous. The body will lose heat 25 times faster in cold water, and through physical exertion will lose body heat another 35 times faster!</p>	<p>STRONGLY RECOMMEND</p> <p>4 oars on the water Between May and September</p> <p>Report any capsizes to Rowing ACT (eo@rowingact.org.au).</p>
	DARKNESS	<p>Ensure you have a white flashing light on the bow, seen clearly from 1000 meters.</p> <p>Try to stay close to others and/or a coach; Keep a good look out for other lake users and obstacles.</p>	<p>Street lights on then boat lights on</p>
	OTHER LAKE USERS	<p>Don't <u>assume</u> other lake users will follow lake protocol. Keep watch. When approaching the transit lane allow oncoming crews time and space if they are in the red buoy section.</p> <p>When rowing down the course stop a few metres BEFORE the finish line</p>	<p>Be Seen: Wear BRIGHT clothing</p> <p>Assume all other users might be idiots!</p>
	ZOOTIE	<p>From an information sheet on how to love your new zootie</p> <p><u>"World-class important general things to know"</u></p>	<p><i>"Do not poke your eye out with your rowing garments."</i></p>

IF IN DOUBT, DON'T GO OUT!

Mary B

Recent events

Working bee



A big THANKS

to those who were able to help at the recent working bee. As well as the usual cleaning duties, general repairs and checks were made on

many of the boats in anticipation of the upcoming NSW Masters regatta.



Drummoyne Masters Regatta was held on 24 April in a light breeze on the challenging un-buoyed Iron Cove course, finishing close to Iron Cove Bridge.
8 crews contested the MM8+ in 2 divisions. The NSW Interstate 8 - Sydney Composite (predominantly a Mosman RC crew) - powered out of the start and took the win in 3:19:64 in an exciting dash across the Cove ahead of Canberra Composite (5 BMRC, 4 CRC and 1 Sydney Uni) in 3:25:02. A pleasant postmortem followed on the deck at Haberfield/UTS RC



<p>THE CREW FROM MOUNTAIN BLACK (with apologies to Banjo)</p> <p>'Twas the crew from Mountain Black That struck the Sydney Town They drove the Letcher forth and Back They drove it up and down</p> <p>They parked it on the grass and road Were told - 'You can't park there mate' Finally being able to unload When parked behind a gate</p> <p>They got Luke off the trailer Connected part 'S' to part 'B' They added riggers and checked the pitch (Whatever that may be)</p> <p>The starting BRO was round and soft (As officials mostly are) With megaphone held aloft He harangued before the start</p> <p>He checked the line, He raised his flag He paused a while, or so To have one more draw upon his fag Then shouted 'Attention - Go!'</p> <p>The crew took off, The Letcher soared, The cox got no respite, Avoiding Leichardt on the left Then Mosman on the right</p>	<p>Mosman set the early pace The crew made their way back But had to settle for second place The crew from Mountain Black</p> <p>They got Luke off the water Disconnected 'B' from 'S' Put it on the trailer, Then headed immediately west</p> <p>There were three glammed up youths, Who sat upon the clubhouse deck One got her stiletto caught And almost broke her neck</p> <p>They forgot to bring a selfie stick To remember their afternoon When a crewmate offered to take the pics They ran way tweeting 'hashtagMeToo'</p> <p>The crew drank and sang their songs Leaving surrounding patrons stunned They retold stories short and long and bragged of races they'd won</p> <p>And whether they're believed or no (some stories are hard to track) The older they get, the better they were The crew from Mountain Black</p> <p>Ben Geier</p>
--	--

Interesting fact:

A.B 'Banjo' Paterson was a member of the Balmain Rowing Club.

Balmain donated the 'Banjo' cup to ACT rowing - awarded to the winners of the ACT championship mens' 4.

Key Search

If anyone knows the whereabouts of spare shed keys, please return them to Alex.

Mysterious white pegs around Dara shed???.....if you've been wondering about these, they are survey pegs for Dara's site, preparing for improvements to the access pathway down the hill to their shed.

Upcoming Events

May					
Postponed	Sat-Sun	NSW Masters Rowing Championships	Nepean River NSW	Masters	Info.. Events
22/5/2021	Sat-Sun	Winter Time Trial 1	Lake Burley Griffin	WTT	
27/5/2021	Thu-Sun	2021 Australian Masters Rowing Championships	ADELAIDE	Masters	Info.. Events Entries Event Website...
June					
19/6/2021	Sat-Sun	Winter Time Trial 2	Lake Burley Griffin	WTT	
25/6/21	Friday	BMRC Annual Dinner	DUXTON		Details as they come to hand
July					
17/7/2021	Sat-Sun	Winter Time Trial 3	Lake Burley Griffin	WTT	
August					
14/8/2021	Sat-Sun	Winter Time Trial 4	Lake Burley Griffin	WTT	
September					
11/9/2021	Sat-Sun	Winter Time Trial 5	Lake Burley Griffin	WTT	
18/9/2021	Sat	BMRC AGM	Shed		
October					

Welcome New Members

We welcome Ute Wegener (see below).... and welcome back Yasmin O'Kelly, Jane Clews and Phill Gant.

More recently - welcome to new member, Sarah Downton, returning to rowing. Sarah previously rowed with Leichardt and ANU.



Introducing Ute:

Hi. My name is Ute. I started rowing in 1978 or 1979 after pestering my younger brother long enough for him to take me out to teach me. After one session in a big wooden 2x I

had to replace a former German representative in a crew to make it a quad a week later. Sitting on bow seat seemed easy enough, just follow everybody else. However, these guys made it into a training session and after crabbing twice I was told I would be thrown into the not so clean water of the river Alster in the heart of Hamburg if I did it again! I managed to avoid this and was allowed to finish the session in the boat!

While still living in Germany I mostly enjoyed tour rowing on a number of different lakes and rivers as well as the Baltic Sea. I spent a short time racing and for one season represented Germany internationally while at Uni.

In 1985 I migrated to Australia with my fiancée (also a rower). During holidays back in Germany I joined my old club on tours to Denmark and areas in Northern Germany. In 2002/3 my husband and I both joined the Murray Bridge Boat Club while living in the Adelaide Hills and quickly got back into racing. I represented SA in the Interstate quad from 2003 to 2006. After a serious car accident in 2006 I had to scale down my training but kept rowing, eventually returning to racing a few years later. I joined different clubs over the years in an attempt to find crews which in my age group in SA was not an easy task. I joined acquaintances from Germany to row at the Vogalonga in 2019 and have also taken part in the Rowathon to help raise funds for the Royal Flying Doctor Service in 2018 (90km in an Octo) and 2019 (75km in 2x). I rowed for Goolwa RC for a few years before moving to Canberra in March.

Shout outs

Ian Mongan, Henry Bridgewater, Peter Dall, Peter Wright for volunteering to drive the trailers to NSW Masters Champs.



Cecilie Young for her continued work with the Return-IT project recycling bottles and cans. Funds raised to date: \$742!!

Mary Bonney for making the marvelous and eye-catching pogies.

ACT Government for blasting the blue-green slime and other cr...p off our pontoons. We hope they might now do this on a regular basis as they previously did. Don't forget to thank the operator if you see him/her. It all helps!

Members' outside activities:

What has Stephen Trowell been doing since stepping down as President in 2019? Click on the link and find out.

<https://the-riotact.com/the-canberra-startup-changing-the-world-one-bottle-of-milk-at-a-time/453505>