



Newsletter No. 1/2021

June 2021

President's Note

I can't believe it's winter already! I'm sure the last time I looked at my calendar it was 2019!!!! Time has certainly flown this past year, but in some respects it has stood very still.

Sorry I haven't been very visible around the sheds, certainly towards the end of last year and the beginning of this year ... my dear Dad took ill and passed away in January. That has been such a loss for our family and we are picking up the pieces that grief so readily leaves behind. Life seems to be getting back to some sort of new normal!

On the rowing front, everything seems to be ticking along very well at the club. As you'll read below, we need to be mindful of our winter rowing policies and take extra care ... it seems to be colder and foggier than it was this time last year (or is that just my imagination?)

Congratulations to our club member Nikki Ayers who has been selected into the Australian Para-rowing team heading to the Para-Olympics in Tokyo. Congratulations also to Steve G for being selected into the ACT Masters Squad and Harry Glackin for selection into the U23s.

Thank you to everyone for continuing to follow the covid-safe procedures around the sheds - it seems to be second-nature now. Thank you also to everyone for helping out with the cleaning roster. Every member of the club goes on the roster - if you haven't helped yet, please let us know ... I must admit the sheds have been and stayed the cleanest they've been for a long time - thank you!

We're looking forward to resurrecting the monthly Saturday morning bbq breakfasts - we had one a few weeks ago and it was lovely for people to reconnect and even meet members they hadn't met before. We are aiming to have the brekkies on the first Saturday of the month - we missed it for June so will aim for July. Everyone is welcome.

Enjoy your winter rowing - even though the mornings are crisp, it is a beautiful way to start the day!

Catherine Bowyer
Club President

WINTER ROWING

Juniors rowing will be as per arrangements with your coach.

Masters rowing will still be Tuesday, Thursday, Saturday and Sunday at the advertised times.

From 1 June to 1 September, we will be enforcing our **Winter Rowing Policy**. This requires the following from our members:

- All boats rowing from 6am need to have a white light attached to the bow and a red light attached to the stern.
- 4 oars policy – there needs to be at least two rowers on the water. No individual is to row without a safety boat or another rower in close distance.
- Juniors training - need to be accompanied by either two safety boats or by one safety boat with two coaches/helpers.
- Para-rowing – each para-athlete must have at least one safety boat with 2 coaches/helpers on board
- All safety boats must be equipped with at least as many safety vests as the largest boat that they are coaching (ie. Quad requires 4 extra safety vests in the safety boat)

All Club members are required to adhere to the Winter Rowing Policy. Failure to comply may see rowing privileges suspended by the Executive.

If there is an incident (collision, near miss, or winter capsize) between 1 June and 30 September, a Rowing ACT Incident Report Form should be completed and submitted ASAP to safety@rowingact.org.au with a copy being kept in the club – please provide a copy to the Club's Safety Officer, Brendan Nicholson.

Damage and Repairs

All boats will require maintenance over time. Where possible this maintenance should be undertaken by the person who notices it. Any more serious damage to boats, that occurs on or off the water, needs to be reported. If it is a minor fix, please fix it yourself or seek advice from more experienced rowers as to how to fix it. Anything more serious that makes a boat unrowable, please put a damaged boat sign on the boat, write it up on the board (on the wall near the men's bathroom) and let the Boat Captain, Anita Carscadden, know immediately what happened and how it happened. Sometimes there is more damage there than can be seen. If you are responsible for the damage, please make yourself available to help with the repair. A great learning experience!

Sign In – Sign Out

To ensure that we meet our safety and COVID requirements all rowers are required to use the Club's Check-in CBR app or sign in and out of the book provided. Please ensure that each time you go out your boat and crew are accounted for. This is particularly important when you are rowing outside of organised sessions. The sign in/out sheet is located at the front of the shed – please get into the habit of using it if you are not using the sign in CBR app.

Support ACT Rowers in Australian Teams

CLRC is fortunate to have amongst our members Nikki Ayers who has been selected to represent Australia as a para rower in the upcoming Tokyo Para-Olympic Games in July.

We will be hosting a club bbq breakfast on 10 July to support Nikki and celebrate her success in qualifying for the Australian team.

We'll be raising funds at the breakfast to assist Nikki with her preparation and travel to the Games. If you would like to provide additional financial support please contact the club by emailing capitallakes@gmail.com and we will advise you how you can assist.

Congratulations also to Harry Glackin in being selected to the Australian U23 Men's Quadruple Scull

Congratulations – to Steve Grzeskowiak who was selected into the ACT Masters squad for the 2021 Australian Masters Rowing Championships.

Menindee Drive parking review

For almost two years The Boat House Restaurant, ACT Hospice, CLRC and Defence representatives have been discussing informally the provision and regulation of parking along Menindee Drive. This was triggered by the increase in all-day parking in the area, particularly by Russell Hill workers, which resulted in a severe inconvenience to Hospice visitors and no parking available for day conferences and lunch time patronage at The Boat House. The Defence representatives have continually expressed their desire not to impede the activities of businesses and the community in their precinct.

Help came from ACT Government Major Projects division as a consequence of community consultation in the planning of the extensions now being completed at Clare Holland House. Prior to Covid striking early 2020 our discussion group had agreed between ourselves what would be acceptable parking arrangements along Menindee Drive. There was much goodwill in the discussions to achieve a balance with a desire to give a beneficial outcome to each without negative impact.

- The ACT Government has adopted the stakeholders preferred position, which is:
- Additional 19 x Permit Parking for Clare Holland House
- 3hr free parking '3P' 8:30 – 5:30 Mon – Fri (excl. Public Holidays) from the Rowing Club to the Kings Ave end of Menindee Drive (both sides of the road)
- Paid parking 8:30 – 5:30 Mon – Fri (excl. Public Holidays) in between the parking at 'a' and 'b' above. I.e.: from the Rowing Club to the Clare Holland House Permit Parking (both sides of the road).

The ACT Government has recently held a meeting of the stakeholder representatives to provide final agreement to the above. The proposal will now go forward for gazettal and implementation by the relevant government agencies. It is expected the new controls could be up and running in about 6 months.

Dedicated Cycle/Pedestrian Pathway

The ACT Government has completed a public consultation process to construct a dedicated cycle and pedestrian pathway along Menindee Drive. CLRC was consulted through the planning process and is being kept up to date with progress by the ACT Government. All members and friends of CLRC will agree the current arrangement of the Menindee Drive carriageway being a shared zone is now highly inadequate and dangerous for all users. The duty of care and liability of CLRC members as motorists in this shared zone is significant.

The plan is to construct an off-road pathway along the rear of the existing parking on the opposite side of the road from the rowing shed. This will connect the existing pathway at the Kings Avenue end of Menindee Drive with the existing pathway alongside Clare Holland House.

The plans indicate a construction fence will be erected along the rear of the current parking thereby presenting no disruption to the parking during works. Recent advice from ACT Government is that there will be a short term disruption to vehicles entering Menindee Drive at the Hospice end while a "wombat" crossing (raised priority crossing) is constructed as a traffic calming zone to allow cyclists and pedestrians to cross Menindee Drive safely. This will require a temporary by-pass road for vehicles during a short construction period at that location.

It is understood the project is currently in the final Works Approval stage. Construction was scheduled to commence by the end of June but it appears likely there will be some delay to the commencement. The full construction period has not been confirmed at this stage.

Dragon Boat premises

CLRC members will be aware by now that we have new neighbours in Menindee Drive. After many years of fundraising and planning by Dragon Boats ACT (DBACT) the ACT Government has come to their assistance with a grant that will enable DBACT to ultimately construct a new facility on one of the two surveyed vacant sites between CLRC and The Boathouse Restaurant.

The open storage area next to CLRC is a temporary site (19 Menindee Drive) that became necessary when DBACT were required to vacate Yarralumla Bay. The construction work currently underway is to provide a high security and screen fence around the site.



It is understood an architect is about to be (or has now been) appointed by the ACT Government for the design and then construction of a permanent facility on the now vacant site (15 Menindee Drive) between their temporary site and the roundabout at The Boat House end of Menindee Drive. On completion of the new facility the temporary site will be vacated. There is no indication at this time as to who might be granted the site next to CLRC after it becomes vacant.

Seaplanes on Lake Burley Griffin

Members will be aware of the National Capital Authority (NCA) investigating the possibility of allowing seaplanes to land on Lake Burley Griffin (LBG). This has come about following an approach by Sydney Seaplanes and a second expression of interest by an operator based in Moruya. A controlled test flight was conducted last December. The NCA has issued a discussion paper and is seeking comment by way of submissions.

Rowing ACT held a meeting to discuss the proposal and interested members of RACT were invited. CLRC was represented along with several other rowing clubs and Rowing Australia. Andrew Smith, Chief Planner of NCA, addressed the meeting. Discussion was beneficial by informing both the rowing community and NCA of concerns and critical issues. It was stressed that nothing has yet been decided and the current process is for the NCA to get the views of all stakeholders so that the NCA board are well informed.

At this stage the proposals are for a morning landing and departure and an afternoon landing and departure. The most likely landing area is in West Lake with two lake zones identified and the use of these dictated by wind direction at the time. These zones are directly along the rowing path CLRC has to the cable and also the path ANU rowers follow entering and leaving the main rowing circuit and to their rowing shed.

From a CLRC perspective due to the aircraft operating times there is likely to be little impact. However the operating times will potentially impact on after school rowing programs. The NCA has taken notice of this issue.

Other rowing clubs expressed concerns on the restrictions seaplane operations create to general lake use. It was emphasised by clubs and Rowing Australia that LGB is in fact a work place on which paid individuals work as coaches and administrators and their employers have a duty of care to limit exposure to dangers in the workplace. The ANU Boat Club is also a significant laker user during the seaplane operating hours.

RAC will be providing a submission by the closing date of 22 June 2021. Comments are welcome.

Lake Users Group Meeting (LUG)

The LUG is a regularly convened group representing all lake users. CLRC participates in the LUG. The group is brought together by the NCA. The last meeting was held Friday 11 June 2021. Many lake management issues are discussed at these meetings. The issue of seaplanes on LGB dominated the last meeting. Andrew Smith (NCA) addressed the meeting.

Views put to the NCA at this meeting by a variety of lake users were much stronger than the previous RAC meeting. Some quite emotive views were expressed coming mainly for day-users of the laker such as sailors, in particular Canberra Yacht Club and the YMCA Sailing Club. They see their operations being significantly curtailed by seaplane operations and presenting a danger to lake users.

The NCA will use the submissions received in this public consultation process to inform the NCA board who will be the decision makers.

Clare Holland House

The recently completed major additions to Clare Holland House will be officially opened at midday Friday 25 June. There will be many official guests and at the same time there will be an unrelated conference and lunch at The Boat House. A traffic management plan will be in place resulting in reduced parking spaces along Menindee Drive between the evening of Thursday 24 June and 2pm Friday 25 June. While this is not a time period impacting greatly on the CLRC operations, it is suggested CLRC members try to avoid the area between these hours, but if anyone does have a problem finding a park the club's southern concrete apron is available.

REPORTS

NSW Masters Regatta - Unfortunately, weather and water conditions have been against the Masters training for the 2021 NSW Masters completion. The regatta was moved from the Sydney International Rowing Centre to the Nepean River, and they were then cancelled twice due to water conditions. Hopefully the event will go ahead in July.

WINTER TIME TRIALS - MASTERS AND JUNIORS

Masters

It is not too late. Any Masters interested in participating in the Winter Time Trial Series should register their interest via email and we can help get you into a boat. Coached training will be provided on Saturday mornings from 0700-0830.

Juniors

A reminder to juniors who are keen on participating in the Winter Time Trials that the commitment to this program will include on-water training on Saturdays; an off-water program; as well as the actual Time Trials held monthly from June to September. You will need to commit to training and all Winter Time Trials to participate in this program.

We will also require parent and club volunteers to assist with on-water and off water activities for each session. Without this support, we will be unable to offer this opportunity.

CLRC is also obligated to provide volunteers to assist with the conduct of the Winter Time trials. If you have a couple of hours to spare on a Saturday or Sunday once a month please let us know.

WE NEED YOUR HELP!!

There is always plenty to do to keep the club going. The cleaning roster is working really well and we very much appreciate the efforts of all that are contributing. Please let us know if cleaning stocks are getting low or if you don't know where to find the reserves.

We remind all Club members that it is a condition of membership that they need to contribute 20 hours of their time to assist in the running of the club. This applies to Juniors as well as Masters.

We could use your help in the following areas:

- **Para-rowing.** Roster once per month for a couple of hours on Sunday morning following rowing.
- **Maintenance – facility.** We are looking for additional volunteers from the Juniors to go on a cleaning roster for the toilets and kitchen/erg room.
- **Maintenance – boats.** Boat maintenance evenings will be conducted monthly generally on a Tuesday evening. If you are interested in leaning how to repair and maintain boats – please let us know and we will forward you details of maintenance sessions.
- **Coaching.** We are always looking for new coaches or support people for our current hard working coaches. Experience is not required as all training will be provided. Please speak to Catherine if you think you might be interested. If you can not make the commitment to a full-time squad, we would welcome either sharing the coaching of a squad or filling in for absences. We are also looking for volunteers to run off-water fitness sessions.
- **Fundraising** – we always have some bills to pay and we would like to start reinvigorating our boats. Many hands make light work and you may have some terrific ideas that haven't been tried before to raise funds. Let us know your ideas!
- **Regatta administration** – We are looking for more people to become involved in regatta administration. Race entries, boat loading, boat assembly, wrangling rowers on the day... all training provided!

CLRC Clothing Orders

We are currently experiencing delays with our current clothing supplier and investigating alternative options.

Our current supplier, The Regatta Shop has limited stock available. Check them out to see if they have any items in your size; if they do we suggest you place the order. Their website is:

http://www.theregattashop.com.au/club_CLRC.html

If they don't have stock you are after, please wait until we advise regarding options for placing orders.

Distance per stroke counts

Here's some figures to illustrate the effect of improving your distance per stroke. At a split time of 2:00 minute at 25 strokes per minute, you get 10 m per stroke. If you raise the rate to 30 spm and drop the split to 1:50, you get 9 m per stroke. But if you relax a little and stay long, you could

achieve a 1:50 split at 28 spm, yielding 9.7 meters per stroke. Over the course of 2000 meters, that is a 16 stroke difference.

UPCOMING EVENTS

DATE	EVENT	LOCATION
19-20 June 2021	Winter Time Trial No 2	Regatta Course
17-18 July 2021	Winter Time Trial No 3	Regatta Course
14-15 August 2021	Winter Time Trial No 4	Regatta Course
11-12 September 2021	Winter Time Trial No 5	Regatta Course
September 2021	Sydney Harbour Row – Lane Cove to Manly (Expressions of Interest being taken now)	Sydney
11 September 2021	Murray Rowathon	Murray River, Wentworth