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Newsletter No. 152

June 2016

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Winter Safety Alert

As we head into winter, remember that you should not row when there is a small boat alert, where there are high winds causing whitecaps or where it would put you into the path of an active storm cell or lightning.

Wear clothing that is reflective to increase visibility, allows free movement in the water, and is capable of retaining body warmth when wet. Remember that about half of your heat loss is through your head. Consult your coach if you need advice.

Boat lights should be white and visible from all directions. A supply can be found in the lower part of the cupboard adjacent to the oars. Lights are required under the following conditions:

- prior to and immediately after sunrise.
- immediately prior to and then after sun sunset.
- In low visibility/low light - such as during heavy rain, fog, or heavily overcast skies.

Rowing before posted sunrise and after posted sunset can be dangerous. Individual scullers should consider the need for an accompanying safety boat or, at the very least, row together with other scullers. The general rule is that there must be four blades in the water when (and where) you row. Remember that an incident, such as a capsize or collision, that occurs after sunset will have to be dealt with in darkening conditions.

In case of accident, stay with your boat rather than attempt to swim to safety. Use the boat as a life raft and get as much of your body out of the water as possible by draping yourself over the upturned hull. Turn the boat over for this purpose if necessary. You can also "buddy-up", i.e., two rowers hold on to each other to provide mutual support and warmth until rescued. Be aware of who is affected by an incident and ensure that all are accounted for.

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.

New Boathouse - \$50,000 fundraising target

The National Capital Authority has finally approved plans for our new home in Grevillea Park and construction work will begin very soon. The Land Development Agency says we should be planning to move by the end of the year. The facility will feature a proper bathroom block including showers with hot & cold running water, a separate gym and social room, and separate space for storage of tinnies and surfboats. There will be enough racking that we do not have to keep singles on mobile racks.

CLRC will be responsible for the cost of a dock, storage racks, and other elements of the fit-out. Accordingly, we have set a fund-raising target of \$50,000 and are asking all members to consider making a donation. Donations can be made through the Australian Sports Foundation before July 1 to deliver you a tax deduction for the current financial year through the Sports Foundation's website at:

<https://asf.org.au/make-donation/capital-lakes-boathouse-fund>

The Sports Foundation is a government-sponsored body that is able to receive tax-deductible donations that it then directs to sports bodies. Cheques should be made out to the Australian Sports Foundation, not to Capital Lakes Rowing Club. If you have any queries about the shift to the new site or the funding appeal, call David Uren on 0417 391 011.

Support ACT Rowers in Australian Teams

On the same fund-raising subject, Rowing ACT has set up a tax-deductible donation project to support our ACT rowers in the Australian teams. See: <https://asf.org.au/organisation/rowing-act/>. Take a look – it has a great photo of Cara.

REPORTS

Sydney International Rowing Regatta, 14-20 March 2016

Cara, Alex, and Ian Cooper competed in this year's Nationals in Sydney where they drew on previous competition experience to place CLRC among the top ranking. Cara secured 1st place in both the U23 Women's Double and Quad and 2nd in the Single scull. Representing the ACT in the Interstate Women's Single Scull (Nell Slatter Cup) race, she placed 3rd against Kim Brennan (1st) and Sally Kehoe (2nd). Cara has been selected to represent Australia in the U23 World Rowing competition in Rotterdam this August.

Alex competed in the Under 19 Men's events and came 1st in the Quad, 2nd in the Double and had a good challenge in the Final of the Single scull race. Alex went on to participate in the School Boys/Girls Pathways VIII Camp in Penrith to increase his experience and technique in larger boats.

Ian competed in the LTA Men's Single Scull races and thoroughly enjoyed the experience of competition. I'm sure we'll see Ian competing again at the Nationals next year.

The link below shows all the Clubs competing in this year's Nationals, CLRC is looking good.

https://www.regattacentral.com/regatta/results2/clubResults.jsp?job_id=4511

The ACT Rowing presentation evening on the Saturday 2nd July at University House, Balmain Crescent, will be hosting a fundraiser to help ACT representatives rowers travel to Europe. There will be an auction and athletes will be presented with their Australian uniforms. It would be great to see CLRC members at this event.

Thanks everyone for your continuing support.

Kathy G





Sydney Harbour, 13-15 May 2016

The Sydney Harbour row from Lane Cove to Manly and back lived up to and surpassed expectations. Wind and sun were both gentle, with pleasant swells as we traversed the Heads before reaching Manly. It was left to the ferries and other craft to make the rowing interesting. Which they did. Both Yole crews welcomed the return to the shelter of Lane Cove and Burns Bay Reserve. The indomitable rowers (Anita, Brendan, Catherine, Charlie, John H, Les, Marianne, Michael C, Rebecca P, and Sandra F) are most grateful to the support team of Macca and Jennifer, Margaret (Les's wife), Peter McGee, and Graham (Sandra's brother). Book early for next year. Seating is limited.



Where's that bridge we're supposed to be going under?



Tricky manoeuver overtaking the Manly Ferry

COMING EVENTS

2 Jul 2016 - ACT Rowing Presentation Evening

Come and join the ACT rowing community celebrate yet another successful season on the 2nd of July. Season trophies, point score pennants and the 2016 Cliff Hill Service Award will be presented. We'll also be fundraising for our U21 and U23 AUS representative athletes who travel overseas soon.

When: 6.30pm, Saturday 2 July 2016

Where: ANU University House, 1 Balmain Cr, Acton

Canapes served. Smart Casual dress.

Sat 2-4 Sep 2016 Shoalhaven Tour

The annual trip to row the Shoalhaven will happen over the weekend of 2-4 September 2016. This is a tour for Masters rowers using yoles and standard boats. Accommodation will be at Greenwell Point. Further information by contacting Jennie Yaxley or through the email: capitallakes@gmail.com.

8 Oct 2016 Murray Rowathon

The Royal Flying Doctor Murray 80 km Rowathon will take place on Saturday 8 October on the Murray River starting at Wentworth. We are calling for expressions of interest from Master's Rowers who may be interested in forming crews to participate. Entries are required by July. If you would like some more information or are keen to participate - please let us know through capitallakes@gmail.com.

21-28 Aug 2016 – World Rowing Under 23 Championships, Rotterdam

Click [here](#) for event information. Cara will be competing in the Under-23s in a single scull.

21-30 Apr 2017 - World Masters Games, New Zealand

Start training now and beat the rush at the end. The World Masters Games is one of the greatest sporting events on Earth - 25 sports and 45 disciplines. The rowing events, including para-rowing, will take place at the world-class rowing facilities of Lake Karapiro, located south of Auckland in the Waipa District. See: <http://www.worldmastersgames2017.co.nz>

Technical Tips

Yes, it is possible to get the blades square and clear of the water just before the catch. Spot the CLRC competitor .



Quote Quiz

#152. Who said: "My wife and I were happy for twenty years. Then we met." ?

Answer to #151: "I've had a perfectly wonderful evening, but this wasn't it." ~ *Groucho Marx*

Happy rowing!

[Charlie Barton](#),

Editor

Newsletter contributions can be submitted at any time to: cebarton@gmail.com.

Newsletters are issued whenever there is sufficient content.
