



THE BOW-BALL BULLETIN

Information from the sharp end of our activities

Newsletter of Hawthorn Rowing Club

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Website: www.hawthornrc.inter.net.au

Photos: <http://www.hawthornrc.inter.net.au/HRCPhotos.html>

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AUGUST 2006

2006 / 2007 COMMITTEE

The members of the HRC committee for the coming season are:

President Denis Bourke

Vice President Pat Freeland-Small

Captain Fiona Hilbert

Vice Captain VACANT

Honorary Secretary Rosemary Dillon

Honorary Treasurer Jim Boston

Committee Marc Alexander, Jim Breen, Mal Coe, Peter Halliday

Immediate Past President David Deeble

Congratulations to the new HRC committee and a big thank you to the efforts over the past year from the outgoing committee.

2005/2006 CLUB AWARDS

Congratulations to the following, announced at the HRC AGM on Friday 21st July:

Most Improved Rower of the Year Jacqui Hempel

Coxswain of the Year Emma Herschell

Masters Rower of the Year Derek Fern, Jacqui Hempel, Fiona Hilbert, Alison O'Connor

Rower of the Year Josh Cannane

Club Person of the Year Sue Botta

Andrew Carson made two special Captain's awards:

Alison O'Connor for her sterling effort sleeping in any position at the Rutherglen regatta (except in the boat!) following an entertaining night out at a local pub; and

Ed Thomson for his marvelous effort racing and winning by 3 lengths in a tub pair with his brother Hugh, the marvel being that he lost only one stroke of the race to remove his shorts (because they were getting caught in the slide). Yes, he rowed past the spectators with bare white legs!

CLUB EVENTS:

CPR training day at the club on Sunday 30th July went well with about 20 members present. All present agreed it was worthwhile.

UPCOMING EVENTS:

Club races: Sunday 13th August

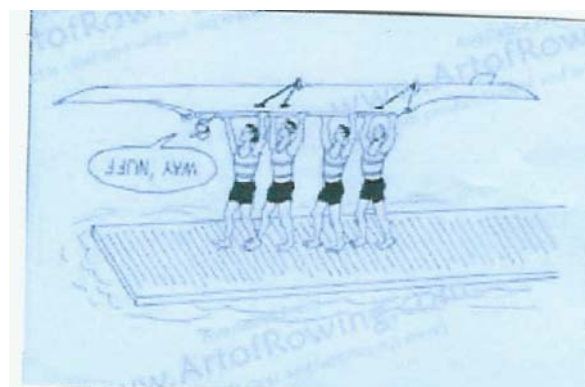
Names in by 10.30am for 11am racing.

\$5 Sausage sizzle lunch to follow.

SATURDAY 19TH AUGUST - 7.30PM ANNUAL HRC TALENT NIGHT

Start getting your act into gear.

Keep the date free and stay tuned for further details.



Beagles carrying in boat having forgotten to let Emma out

REGATTAS:

Winter Sculling Series

Well done to Shane O'Connor Smith, Pat Freeland Small, Marcus Presser, and Maryann Moore for racing in the Winter Sculling Series.

Shane managed to equal the time of Peter Antonie one week, and then had a week with the fastest time. The final was set to be a great race, with Peter and Shane off last. It proved to be a race between the two neck and neck all the way to the last bridge. This was where Shane hit the obstacle. Need say no more.



Shane O'Connor-Smith launching his boat

UPCOMING REGATTAS:

2006 Dunlite Royal Flying Doctors Service Murray Marathon – It may seem a long way away - but it's not that far – entries close **SOON**.

It is anticipated that there will be over 200 on-water participants and, more importantly, this year, that the marathon will raise over \$30,000 for the **Royal Flying Doctor Service** <http://www.flyingdoctor.net/> There have been early indications that three octos will be in this year's Rowathon. And, it seems there will be participants from the ACT, NSW, Queensland, SA and Victoria.

This year's T-Shirt celebrating Charles Sturt's row down the Murrumbidgee and Murray Rivers and back again will be quite different from the Rowathon T-Shirts of the past.

This year's Rowathon will be held on **Saturday, October 7th**. http://www.geocities.com/roger_boyce/ And, from the website you can download updated comprehensive **Explanatory Notes** and **Entry Forms**.

All surplus funds from the Rowathon are donated to **The Royal Flying Doctor Service** one of Australia's most worthwhile charities.

If you have any questions about the Rowathon, please email or phone either John Reddaway on (03) 9813 1608 or Roger Boyce on (03) 9528 6253.

GOSSIP & MEMBERS NEWS:

- A birdie has rumoured that there are many birthdays in August so be sure to turn up at bar for a "shout"... This includes Happy Birthdays to Fiona, Neil Cash, Jim Boston and Rupe
- Since the last BBB the "General" (**Chris de Guingand**) has been in the Yarra on two occasions! Initially the Bourke /de Guingand double scull with some 100 years of combined rowing experience went over as both bow side oars jammed under the landing at very low tide.

Some ten days later Chris tripped at the top of the landing – he slipped down the landing out of control and performed a swallow dive (degree of difficulty -4.5) into river going over the boat. It must be noted that on this occasion rather than let his wife Margaret see the wet gear (once again), he left it hanging in shed to dry.

- Congratulations to Tanya and Andrew on the safe albeit early arrival of **James Carson** on 14th June. According to his parents he has the sculling grip almost down pat and is strengthening his legs well - fit for an ergo.



- Congratulations to **Greg van Prooyen** who has been appointed Girls Senior 1st 8 coach at Wesley College which in essence means he will be coaching a crew for the Head of the River title. Wesley is running the biggest rowing program in Australia with over 270 children participating and over 30 coaches involved. This is fantastic experience which Greg hopes to share with HRC.

Last year Greg ran the Year 10 program which has been regarded as the most successful in the APS, especially with the top 2 crews and the previous year he coached the winning 2nd 8 crew.

This link with Wesley can be regarded as very useful for the club with potential recruitment opportunities of members and coaches.

MORE OVERSEAS PROFILES FROM HRC MEMBERS....

Hawthorn Rowing Club tastes success at Henley Royal Regatta (sort of)

A note from **Murray Keeble** in London who while on leave of absence from HRC has enjoyed the emails, especially BBB and HRC website news and photos:

Just a quick note to let you know that I've been lucky enough to do a little rowing with London Rowing Club in Putney, under the close supervision of LRC Head Coach, Paul Reedy (who I knew from my time at MUBC).

I've had an amazing season and it is all (as you would expect) very different to rowing in Australia and particularly in the calm reaches of the Yarra around Hawthorn Rowing Club. LRC is based on the 'Tideway' section of the Thames, which is quite rightly a very legendary section of river. It is where the annual Oxford v Cambridge Boatrace occurs and where several excellent Head races are held annually (Scullers' Head, Pairs Head, Fours Head and Eights Head). I've been lucky enough to take on the Fours and Eights Head this winter, with mixed results but always a hell of a lot of fun.

During the summer season however, I've managed to win myself a seat in a very slick London 'A' Eight for the Henley Royal Regatta and over the last week, we won the Thames Challenge Cup and the much sought after 'Henley Medal'. It was a very exciting and nerve racking week, and the result is beyond anything I imagined I would achieve in rowing over here.



Henley 2006

Vikings Rowing Club – Johannesburg

Chris de Guingand's report on a recent trip to South Africa:

During a recent visit to South Africa I chased down the Viking Rowing Club. We had run into them at International Regattas on a number of occasions. Finding them was not easy. No phone numbers; Rowing South Africa had had a number of changes in secretaries, with the result I had to try about 8 different numbers before making contact. Contact I eventually made was with Tim Hutton who is President of Vikings.

The club is located on an old mine pond about 700 metres long in an oval shape. As I discovered they row around the perimeter. More work for bowside oarsmen. I suggested they alternate clockwise and anti clockwise on each day of the week – funnily no one had suggested that before. The clubhouses are very dilapidated – makes our present shed look like the Taj Mahal. The Rowing area consists of three steel sheds – one for each club with boats stacked fairly randomly on the racks. There was a common change room in another shed. All gear has to be locked in cars while rowing as theft is rife.

The Vikings had a funny little wooden shed with a bar and memorabilia on the walls and over the bar. This was separate from the boat sheds. The membership was a bit snooty. Apparently 60% of the members had to be degree qualified to belong. No sign of any black members. Tim Hutton was running a program to bring rowing to the black community and was having some success and a lot of government support. This was being done at a separate facility on the outskirts of Johannesburg.

I met some of our old Viking friends. They asked how old "Limpy" was and were most upset to learn that he had joined that eight of greats in the sky. The old chaps had completed their row when I got there so I went out with Tim in a quad of younger chaps (around 50!!). Excellent row and we circuited the lake about 5 times. A great help to get over jet lag and strengthen one's left arm!

If anyone goes to Jo'burg contact Tim and I am sure he will get you a row – His cell phone number is as follows: +27 (83) 285 9281.



*The Viking
"boys" in
Jo'burg*



*The lake
the Viking
"boys" call
home*

REMINDERS / ALERTS:

Here's yet another reminder to ensure ALL club members are aware of the following.

- **BOAT LIGHTS:** It is **YOUR** responsibility to have a light of **your own**. They can be purchased from Rowing Victoria or Rowbust, amongst other suppliers. Between dusk and dawn you need **BOTH** a **WHITE FLASHING LIGHT** on your **stern** and a **WHITE (non-flashing) LIGHT** on your **bow**. **FINE is \$160**

We have reason to believe Parks Victoria **WILL** be patrolling our end of the river in the coming months, so please don't be caught out. Having lights on your boat with flat batteries will not be an adequate reason for getting out of being fined. If you don't have lights and you're planning on being out on the water anytime between dusk and dawn – **DON'T GO OUT**.

It is for safety reasons that lights are required.

- **BOAT USAGE / BOOKING BOATS:** All members are reminded to book the boats they intend to train in on the whiteboards at the bottom of the stairs. Also, before taking a boat out, ensure it is not already booked!
- **BOAT CARE:** Care of club equipment needs to be exercised at all times – ensure boats are washed (on the inside and the outside) after each use.
- **IF A BOAT IS DAMAGED:** If you discover a boat is damaged or indeed you or your crew are involved in an incident that causes some damage to boat equipment (oars included), please report it to the club. There is a form online for you to fill in, www.hawthornrc.inter.net.au/onlinemaintenance.html or a hard copy form upstairs beside the cupboard under the TV. Completed forms can be pinned to the noticeboard closest (which includes Merchandise). If you don't report it to the club it won't get fixed, and will slowly render boats into poorer condition. Please do not wait for the boat to be completely unrowable before you report any damage. When something is found to be not quite right it should also be reported. **PLEASE NOTE:** When a boat is tagged as damaged it is **not to be rowed**, even if it looks like it could be.
- **ROWING SAFELY INCLUDING WHAT TO DO IN THE EVENT OF CAPSIZING:** Members have already been notified of the two Rowing Victoria documents related to rowing safely. The first, the Row Safe brochure provides general tips on safe rowing. The second, the Capsize Manual provides a guide to management strategies for helping your crew recover from capsize. It should also be noted that in the event a boat is carrying a lot of water (for example from rain, or having capsized), the boat **WILL** be exceptionally heavy and no attempt should be made to lift the boat. It will not only

possibly injure the rowers lifting the boat but also cause unintended stress on the boat. These can also be viewed and downloaded from the RV website www.rowingvictoria.asn.au

- **LEGISLATION FOR RECREATIONAL BOATERS (INCLUDING ROWERS):** The HRC Committee has drawn up a draft outline of some of the items we may need to consider in compiling a Safety Management Plan. HRC believes that based on the current conditions in the regulations and discussions with Marine Safety Victoria, it will be potentially very difficult to avoid wearing or providing access to PFD's in our boats or via a supervising speed boat.

Marine Safety have not received a Safety Management Plan from any rowing clubs to date and have indicated that it is only a matter of time before this regulation is enforced / policed (by Parks Victoria on behalf of Marine Safety).

HRC is continuing to work on this - stay tuned for further updates.

YARRA RIVER HEALTH UPDATE

- Please note **footwear is strongly recommended for all rowers** - not only do you not want any cuts on your feet getting infected from the Yarra water, but syringes have been found washed up on the jetty.
- There are brooms downstairs in the clubhouse for brushing down the landing. You may like to make use of these while waiting for your crew to turn up – it certainly warms you up ready for a row, and helps prevent you from slipping when putting the boat in or out of the water.

YARRA RIVER CLOSURES & EVENTS

The following events are to alert members to river events in our precinct over the coming months. Parks Victoria advises that all river users in these areas while events are being held are to travel with caution and to follow any directions given by Parks Victoria Officers. River traffic along these sections of river during these event times may encounter delays due to congestion and are urged to maintain a courteous manner toward other river users.

- **Saturday 19th August 2006: 8:30am to 11:00am**
Walmer Street Footbridge to Melbourne RC
VSA Winter Sculling Series Race # 10 (10km Time Trial)
- **Saturday 9th September 2006 and Sunday 10th September 2006: 8:00am to 4:00pm each day**
Princes Bridge to Scotch College Landing.
Canoe Victoria Marathon Championships

AUSTRALIAN SPORTS FOUNDATION (ASF) – HRC ROWING EQUIPMENT PROJECT:

Would you like to make a tax deductible donation that could be used to help HRC? As you might be aware HRC has a project registered with the ASF to aid with the purchase of rowing equipment. We have set a goal of \$20k over three years, and we have to date almost realised a total of \$7500.

Donors are able to make a voluntary donation to the ASF nominating the HRC Rowing Equipment project as their preferred beneficiary. All ASF grants received will be used to purchase rowing equipment. A donation can be made on the form available from our website at <http://www.hawthornrc.inter.net.au/Documents.html>

The donations and completed forms should be given to the captain or left to the attention of him in the tin behind the bar. Donations can be made by cheque, cash or credit card. Cheques should be made out to the Australian Sports Foundation. All unconditional donations of \$2 or more are tax deductible. A form is attached to this edition of BBB.

For further information on how to make a tax deductible donation or to have questions on this answered please contact the captain on his email ---> captain@hawthornrc.inter.net.au

ALISONISMS:

In honour of last season's secretary who was the queen of muddling her words – this column reflects the verbal and physical muddling of words and actions of not only Alison O'Connor, but all HRC members!

Unfortunately there weren't many to report this edition, however the following needs no words! Warning – this is the new captain – **Fiona Hilbert**.



*Oops,
the
landing is
a little
slippery!*

LETTER TO THE EDITOR:

It might be timely to remind social rowers (particularly of the Sunday morning variety) who disappear around 9.30am, not to be seen until the following Sunday or later, that their obligation to the club does not end with paying their subscriptions.

A lot of people put a lot of time into teaching and coaching them to the proficiency whereby they can enjoy their social rowing.

At the recent AGM they were the members most notable by their absence –similarly at club races which involves a maximum of two hours a month – if that.

Club races are as important to rowing as are qualifying regattas and nationals as most beginners and learners of all ages get their first experience of the difference between a paddle and the fast starts and gut busting finishes of competitive racing, and their attitude and improvement is usually much in evidence from there on.

In addition the organizers and catering people put a lot of effort into organizing races and the following BBQs - unfortunately because of unpredictable attendance the catering has become a real problem.

It is a poor show when out of a membership of around 140 we can only raise about four crews with people both rowing and steering in the club races.

So it's payback time - how about getting in there and contributing your share to club activities

Club race loving member

And yes, this was very evident at the recent AGM – the usual suspects in attendance, yet the usual complaints continue to surface from the membership who don't attend any HRC events at all. As can be seen from the committee membership for 2006 / 2007, there are still some vacancies. If you feel you may have some skills to assist by being on the committee, or indeed in other ways including assisting with events and / or catering please email

hrc@hawthornrc.inter.net.au

*See you at the club races on Sunday 13th August.
Ed.*

A note from the editor:

If you wish to offer information, suggestions or any other comments to be included in, or about the BBB please email hrc@hawthornrc.inter.net.au

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