

THE BOW-BALL BULLETIN



Information from the sharp end of our activities

Newsletter of Hawthorn Rowing Club

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

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YARRA RIVER HEALTH UPDATE

Rowing Victoria is aware that there are health issues associated when rowing on Victorian water ways. RV advises that any members participating in rowing on the Yarra River be aware that there are health risks associated with the consumption of and contact with Yarra water. RV does not recommend that any members consume or swim in the Yarra and that good hygiene is practiced after every training session.

Hygiene suggestions include:

- Wear flip-flops/thongs at all times outside of the boat (see note below)
- Wear socks whilst rowing
- Regularly wash equipment with warm soapy water
- Clean oar handles after every training session
- Keep training clothes separate
- Wash training clothes after every session
- Shower immediately after every session
- Use antibacterial soaps
- Keep hands and feet clean
- Protect open wounds

The Environment Protection Agency of Victoria does state that the Yarra is suitable for rowing, kayaking and other similar activities, but NOT swimming.

For further information on the health of the Yarra, visit: <http://www.epa.vic.gov.au/YarraWatch>

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 recently been found washed up on the jetty.

CHANGES TO LEGISLATION FOR RECREATIONAL BOATERS (INCLUDING ROWERS)

You may be aware of the recent changes to legislation which now impacts upon all rowers on all waters. In effect, all rowers (including coxswains) are required to wear a Personal Floatation Device (PFD) type 1,2 or 3 while rowing. There are only 2 exceptions to this rule:

- When Rowing during a Rowing Victoria sanctioned regatta / competition, and
- When training with an NCAS Accredited Rowing Coach in a powered vessel who is carrying appropriate lifesaving appliances, and has an appropriate communication device on board.

NOTE: Coaches or Boat Race Officials are *not exempt from wearing PFDs* when in a powered vessel.

All boats are also required to carry a bailer.

Parks Victoria will be enforcing these new laws (along with the boat lights laws).

The HRC Committee is currently working through this legislation. Stay tuned for further details.

BOAT LIGHTS REMINDER:

The days are shorter again so here's your reminder: **It is YOUR responsibility to have a light of your own.** They can be purchased from Rowing Victoria or Rowbust. Between dusk and dawn you need a **WHITE FLASHING LIGHT** on your stern and a **WHITE (non-flashing) LIGHT** on your bow.

FINE is \$160

REGATTAS:

HRC has been well represented at regattas in the first half of the season and competitors appear to be having a bit of fun!

Carrum: Sat 10 Dec 2005



Selling HOY Photos at the Carrum regatta – thanks to Leigh Hanna for giving up his day to man the marquee, and to many of the competitors for helping out too



Marc Alexander and Matt Brown, coxed by Jacqui Hempel winning the MD2+



Alison O'Connor completed her WC1x race in the rescue boat after falling out on the start line!



One rescue boat for Alison, the other for the boat and oars.

Other finals results included:

- 3rd place in FD2+: Fiona Hilbert and Jacqui Hempel. Cox Emma Herschell
- 4th place in MC1x: Josh Cannane
- 4th place in MD2+ (to winning Hawthorn crew): Joel White, Chris Scarff. Cox Emma Herschell
- 3rd place in MD4+: Andrew Carson, Chris Scarff, Joel White, Marc Alexander. Cox Emma Herschell
- 5th in FC2x: Alison O'Connor and Fiona Hilbert

Rutherglen: Sat 14 and Sun 15 Jan 2006

Every rowing competitor had at least one win (even the Beagles!) Results from finals included:

Saturday – 750 metres

- 3rd place in Male C2-: Marcus Presser, Josh Cannane
- 3rd in Male Masters 1x: Pat Freeland-Small
- 4th in Male C1x: Marcus Presser
- WINNERS in Male D4+: Andrew Carson, Marc Alexander, Joel White, Richard James. Cox Linda Forsyth
- 2nd in Male Masters 4+: The Beagles (D Grade)
- WINNERS in Male Masters 4+: Neil Courtney, Don Hume, David Deeble, Peter McKeon (MUBC). Cox Tanya Newman (G grade), with 2nd place going to Rupe Horsburgh, Chris de Guingand, Neil Cash, Denis Bourke. Cox Linda Forsyth (I Grade)



- WINNERS Male D4x+: Marcus Presser, Matt Brown, Josh Cannane, Pat Freeland-Small. Cox Emma Herschell



- 2nd in Male Masters 8+: The Beagles (D Grade)
- WINNERS in Male Masters 8+: Neil Courtney, Don Hume, David Deeble, Peter McKeon (MUBC), Jim Boston, Chris de Guingand, Neil Cash, Denis Bourke. Cox Linda Forsyth
- WINNERS in Female Masters 4+: Tanya Newman, Fiona Hilbert, Alison O'Connor, Jacqui Hempel. Cox Emma Herschell
- 2nd place in Male D8+: Marcus Presser, Matt Brown, Josh Cannane, Andrew Carson, Pat Freeland-Small, Marc Alexander, Joel White, Richard James. Cox Emma Herschell
- WINNERS in Mixed Eight: Tanya Newman, Leanne O'Connor, Marcus Presser, Matt Brown, Joel White, Josh Cannane, Alison O'Connor, Jacqui Hempel. Cox Emma Herschell



Sunday – 500 metres

- 2nd place in Male C2-: Marcus Presser, Josh Cannane
- 2nd in Male Masters 1x: Pat Freeland-Small (C Grade)
- WINNERS in Male C8+: The Beagles!!!!
- WINNER in Male C1x: Marcus Presser
- 3rd place in Male D2x: Josh Cannane, Matt Brown
- 2nd place in Male D4+: Andrew Carson, Matt Brown, Marc Alexander, Richard James. Cox Emma Herschell
- 3rd in Male Masters 4+: The Beagles (D Grade)
- WINNERS in Male Masters 4+: Rupe Horsbrough, Chris de Guingand, Neil Cash, Denis Bourke. Cox Jacqui Hempel (I Grade) with 3rd place going to Neil Courtney, Tim Landy, David Deeble, Peter McKeon (MUBC). Cox Tanya Newman (G grade)
- WINNERS Male D4x+: Marcus Presser, Matt Brown, Josh Cannane, Pat Freeland-Small. Cox Emma Herschell
- 3rd in Male Masters 8+: The Beagles (D Grade)
- 2nd in Male Masters 8+: Old boys
- WINNERS in Female Masters 4+: Tanya Newman, Fiona Hilbert, Alison O'Connor, Jacqui Hempel. Cox Emma Herschell
- Pipped again for 2nd place in Male D8+: Marcus Presser, Matt Brown, Josh Cannane, Mal Coe, Pat Freeland-Small, Andrew Carson, Marc Alexander, Richard James. Cox Emma Herschell

And that was only the finals!

Yarra Yarra and Midsumma regattas were cancelled – there was suggestion that the Argo's must have heard that their prime drawcard, the Beagles, couldn't make it! However, it turned out that it was more to do with the Queen than the Beagles, as due to the Commonwealth Games the River was unable to be used for the regattas.



By Bill Goodwin

UPCOMING REGATTAS:

Towing fees are to be determined and will vary from regatta to regatta, due to the number of competitors attending each regatta and the distance traveled. Contact Andrew on 0402 893 704 or email captain@hawthornrc.inter.net.au

Barwon Regatta (at Geelong) on Sun 5th Feb

State Champs at Nagambie on Sun 19 Feb.

Come and support the club. See page 6 for more details.

Easter Rowing Regatta – Mildura/Wentworth on Sat 15 and Sun 16 April.

Please note the Easter Rowing regatta hosted by Mildura and Wentworth is fast approaching.

Mildura host their regatta (750m and 1500m events) on the Murray River on Easter Saturday. This year on Easter Sunday Wentworth will host their regatta also at Mildura on the Murray River. The Wentworth regatta is limited to 750m. In the past Wentworth has held their regatta on the Darling River on Easter Monday and had 1000m and 1500m events. The idea of bringing the two regattas being back to back and on the same course is to allow visiting clubs to be able to utilise the two public holidays on either side of the weekend to travel, and save all rowers the effort of having to move to another town/course.

For those competitors that have not been to Mildura before here are a few points worth noting. Mildura is 600km away from Melbourne or a 6 ½ - 7 hour drive. Easter is one of the busiest times of the year for the city as it also hosts a water skiing endurance time trial, the funny cars, motor-cross, plus many other team sports.

So I recommend if you are planning to join HRC in competing please talk with Tanya, Marcus or myself before Feb 26th (the half yearly AGM) so that we can start planning accommodation now. If possible I would like to see the club stay together rather than spread from one side of the district to the other.

Information about Mildura and Wentworth as well as accommodation options can be found at the following internet links;

<http://www.visitmildura.com.au/quicksite/?id=aboutther egion>

<http://www.visitmildura.com.au/quicksite/?id=towns>

<http://www.visitmildura.com.au/quicksite/?id=accommodation>

<http://www.visitmildura.com.au/quicksite/?id=travelling>

BRO REMINDER

The club must provide a Boat Race Official at each day of regattas where more than 9 competitors (including coxswains) are entered on that day. We will be banned from racing on the day if we do not adhere to these regulations. You can become a BRO online at the RV website under Education and Training Link.

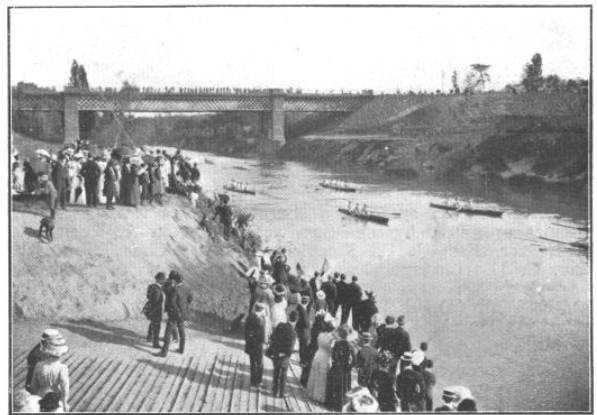
Thank you to those members who have been our BRO so far this season – it has certainly been a far more organised arrangement this year with only a few minor hiccups along the way.

BOAT MAINTENANCE / DAMAGE NOTIFICATION:

If you damage any boat or oar(s) there is now a form online for you to fill in. For those who may still not be up with such technology please ensure you continue to contact the captain to make him aware. The website is: www.hawthornrc.inter.net.au/onlinemaintenance.html

PLEASE NOTE: When a boat is tagged as damaged it is not to be rowed, even if it looks like it can be. When something is found to be not quite right it should also be reported. There will be hard copies of damage forms left in the club house for those that don't have email/internet access. Suggest you note down what is wrong with equipment before you get home/or to work to fill out the online form.

FROM THE ARCHIVES:



PARADE OF FLEET, OPENING DAY, 1911-12.

GOSSIP & MEMBERS NEWS:

- Congratulations to **Roger Gillespie**, awarded an OAM in the recent Australia Day Awards:
For service to the community through support for charitable and sporting organisations, and to business and commerce.
- Happy Birthday to the President, **Denis Bourke**, who turned 70 in mid January. We heard the party included fireworks (for the Round the World Yacht race).
- Congratulations to the Captain **Andrew Carson** and his wife **Tanya** – expecting a junior Carson late July.

ALISONISMS:

- **Alison O'Connor** provided much entertainment at the Rutherglen regatta, including choking on a glass of water, and stating that "The Commonwealth Games are not in the Commonwealth Games" (she meant rowing is not currently included in the Commonwealth Games)
- Alison's sister, **Leanne**, then continued the family tradition stating that her meal at the pub in Rutherglen was healthy – a bowl of salad and a bowl of chips.
- **Denis Bourke** thought he might have to teach the **Beagles** how to step up on to the podium at Rutherglen to collect their medals after winning the Male C 8. Turned out there wasn't a podium.
- The new quad, dubbed the Banana Boat, which is about to be more officially named (See page 6 for details) is certainly as slippery as the real thing! **Leanne O'Connor** has officially slipped on the Banana!
- **Belle Goglia** believes most women should be exempt from PFD's – as they generally have a couple of their own.
- The grease used to join the two sections of an eight: formerly known as Petroleum jelly or Vaseline, - now dubbed by **Denis Bourke** and known as Beagle Juice.

SOCIAL EVENTS:

Christmas Party / HOY Recovery Saturday 3rd Dec
Thanks to Sue Botta for organising this casual lunch enjoyed by many club members!



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

If you currently receive your copy of BBB via Australia Post, and you have now technologically advanced to using email comfortably, you may wish to consider receiving your copy by email. Try sending an email to hrc@hawthornrc.inter.net.au to request BBB by email.

UPCOMING EVENTS:

STATE CHAMPIONSHIPS AT NAGAMBIE (DAY2)

Sun 19 Feb

Support our HRC members racing, with great views of the racing from the HRC marquee.

Planned Sun events from HRC include*:

FB1x or FB2x, FC4+,
MC1x, M4+, M4x, M8+

* Entries from HRC are subject to change – keep an eye on the noticeboard for updates

A day of fun and activity at HRC Sunday 26 February

- **11am: ½ yearly general meeting**
- **12.30pm: Boat christenings**
- **1pm: Lunch - \$15 per head**



Sunday 5th March from 10.30am



Clean Up Australia Day BBQ Lunch to follow

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. Our next immediate target is \$3,000 before the end of February. Funds raised will support the purchase of additional sculling blades now that we have another quad scull in the shed.

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.

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