

# BLAZING PADDLES

Volume 19 Issue 2: August 2008

**NEWSLETTER OF THE BURLEY GRIFFIN CANOE CLUB INC.  
PO BOX 341 JAMISON CENTRE ACT 2614**

**[WWW.BGCC.CANOE.ORG.AU](http://WWW.BGCC.CANOE.ORG.AU)**

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 **SPORT & RECREATION ACT**

The ACT Government supports this organisation through Sport and Recreation ACT.

## President's Report

Early in July '08, I received a letter from the President of Paddle NSW expressing disappointment about our decision to affiliate direct with Australian Canoeing for the 2008/09 Financial year. The letter lamented the fact that no longer would a race in the Marathon Series be held at Lake Burley Griffin. It is indeed sad that this may be the case.

However the circumstances our Club found itself in on 30 June 2008 were not of our making. Our Club found itself the 'meat in the sandwich' between two canoeing organisations, one or both of which appear to have opted out of level-headed diplomacy and reasoned negotiation.

### A little more of the history

*Back in February '08 our previous committee received general advice from Australian Canoeing outlining some financial problems within NSW Canoeing Incorporated that led to their demise.*

*Some subsequent information provided by NSWCI indicated that it was the fee structure imposed by AC that was the cause of their organisation's insolvency. It seemed that NSWCI had a problem with their finances and fee payment to AC that other State Associations were not experiencing.*

*Regardless of who was or is correct, the two organisations did not get together to rectify the problem, NSWCI declared insolvency and Paddle NSW was formed. On 9 May '08, I was informed by Paddle NSW that it could be up to 12 months before an affiliation agreement would be put in place with AC.*

*In the end the Burley Griffin Canoe Club, made the only decision it could in the circumstances, a decision I understand a number of NSW clubs have also made.*

So to the present. The BGCC is now affiliated with the National Body, Australian Canoeing, for 2008/09 and commits a percentage of each member's fees to AC to cover our comprehensive insurance and to maintain pathways to national and international competition for our paddlers.

However, at the BGCC Committee meeting on 14 July 2008, it was pointed out by our flat water/coaching convener and some Winter series racing participants that by severing our relationship with the NSW State body, our Club was foregoing access to services and activities that Australian Canoeing does not provide at this stage. Coaching support through discussions with Paddle NSW coaching conveners and experienced organisational support for races was an area of particular concern.

It was therefore moved and passed by a majority vote, that the BGCC should seek Category 2 membership of Paddle NSW. It will not provide comprehensive insurance to our paddlers but will enable our club to access services that have a perceived benefit - in much the same way as BGCC is a member of the ACT peak sporting body, ACTSPORT. The fee for this membership is \$150.00 p.a.

This action does not mean we are affiliated with Paddle NSW - we remain affiliated with the National body, Australian Canoeing.

Bob Collins

President

18 July 2008

# NOTICE OF GENERAL MEETING

11<sup>th</sup> August 2008 7:30 p.m.  
Bob's place: 32 Stretton Cres Latham  
62548645

Agenda Meeting 11 August 2008  
Bob's home: 32 Stretton Cres, Latham Ph 6254 8645

## **Present:**

## **Apologies**

## **President's Report:**

## **Treasurer's Report:**

## **Acceptance of Minutes of 14 July 2008**

## **Business Arising from Minutes**

\* website content - we need to see what we really want on our new website, eg constitution? Can we have a 'members only' section? Other clubs seem to. Have newsletters on web site, & keep back issues. **Ongoing**

\* The extension to the shed - **Ongoing**

\* Shed contents and trailer (and contents) Insurance. - According to the assets list that Barry M made up the replacement cost for club assets within the shed is up around \$57,000- Need to get a quote on boats etc in shed (fire & vandalism etc) as well as 'in transit' both on the club trailer and members private cars. The shed is not ours but there would be no guarantee that the govt would rebuild in case of an accident, so quote for that also. See if we can add private boats to policy. Check if Lakeside Leisure can add canoe polo equipment to their policy. **Ongoing**

Boat Storage - The wisdom of letting members remove club boats was raised. (Current arrangement was made with permission and knowledge of 2 committee members and later OK'd by Property Manager) 'Club boats should be available to any club members at any time'. This idea was discussed several months ago as a way of making room within the shed for either more private boats or more club boats. At the time several boats were identified as not being used often - although they should be returned if and when required, eg beginners courses, summer. The committee agreed we need to take care with this proposition and not to let too many boats leave the shed. We need to agree on which boats and/or should we let any others go? Members taking advantage of this should be 'involved' in the club. (Present members are training regularly for races - does that constitute 'involved'?) - **do we need to go any further with this??**

## **Correspondence In:**

## **Correspondence Out:**

## **Action from Correspondence:**

**Convener's Reports :** Flat water- Canoe polo - Touring

Social White water -

Property Manager Membership Secretary

## **Other Business**

\* Beginners Course - format changes- does anyone have any ideas? On format or fees - need to organise by October

\* Boat repairs - there are several boats which can't be used, we need to find out which need work and who we can get to do it.

\* **Other Long term Items which need to be looked at:**

\* Possum Proofing - We need to have a good clean out. Maybe a SPRING Clean - advertise a working bee for spring.

\* Sand for the beach - Bob has requested more sand as well as a dock as part of the whole redevelopment/beautification of the river banks. ongoing

\* Increasing Qualified Coaches - Margi to chase up

\* 24 hour relay - October 18 -19. Need to start pushing; have a 12 hour option; good training run for the Hawkesbury; can we ask WetSpot to donate prizes? Have a juniors race - daylight hours only?

\* Clubs phone number - Oct meeting

\* Go through Bob's Think Tank ideas - prioritise

\* Child Protection Legislation

## **New Business**

**Next Meeting -**

**Blazing Paddles-**

**Meeting Closed -**

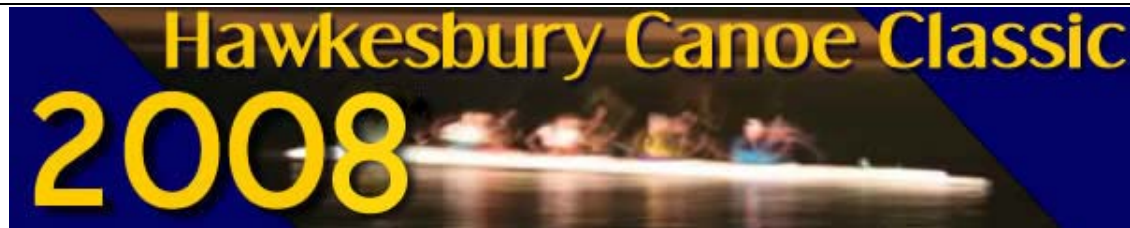
## **JURKIEWICZ Adventure Store**

47 Newcastle Street Fyshwick, ACT

10% discount for BGCC members Phone: 02 6280 8888 Fax: 02 6280 7074



Email: [enquiries@jas.com.au](mailto:enquiries@jas.com.au)



### **HAWKESBURY CLASSIC and FAMILIARISATION PADDLES**

9/8/08 Windsor – Sackville Start : 8:30am

30/8/08 Wisemans – Spencer Start: 10:00am

4/10/08 Sackville – Wisemans Start: 9:00am

25/ 10/08 Windsor – Sackville Start: 4:30pm

1/11/08 Hawkesbury Canoe Classic

**IMPORTANT:** anyone wishing to participate in any of the familiarisation paddles must phone / email Lyall Meade to book in. 0296263741(H) 0403932348 (Mob)  
lylem@dodo.com.au

For information about the HAWKESBURY CANOE CLASSIC visit:

[www.canoeclassic.asn.au/](http://www.canoeclassic.asn.au/) for a classic tale visit: [www.canoeclassic.asn.au/tales.htm](http://www.canoeclassic.asn.au/tales.htm)

We contacted Chad Meek a former world marathon K1 champion and 6 time Australian champion and sought his permission to reprint his article titled “Training for the Classic” originally appearing in ‘Gone Paddling’, August 2005. Chad was kind enough to allow us to present his article in this issue of “Blazing Paddles”. It should be of great value to our first timers and should also be a good reminder to old hands to make sure they prepare properly.

### **Training for the Classic by Chad Meek.**

The objective with your training is to prepare your mind and body to race a long distance. While cross training (running, swimming or other such activities) will help fitness, nothing will prepare your backside and hands better than time spent in the boat. Given that the race is 111 km, your average speed will be quite slow. If sessions are going to be less than 2 hours in duration, they should be at faster than race pace to ensure the body is under adequate stress to promote adaptation (improvement in performance.) You will get more benefit from a hard 90-minute paddle than

plodding along slowly for a whole afternoon. Having said this, aim to do at least 3 paddles of significant distance (3 hrs +) before the event. These paddles should be treated as “test run” sessions so the actual clothes, seat, drink system, splash cover, gloves/pogies, sunglasses and paddle can be tested. Many paddlers experience bum pain during long races such as the Hawkesbury. There is no quick fix to this problem. The idea is to relieve pressure points to avoid sciatic nerve entrapment. As we are all different, what works for one may not work for another so trial and error during long training sessions is really the only way to find a solution. Some options to play around with are: seat padding (examples include closed cell foam, beanbags, sheep skin), cutting two holes in the seat or in the foam under the “bum bones”, changing the foot-bar angle. stretching the gluteals, hamstrings and hip flexors before and after training, changing the seat angle.

### **Technique**

Small problems in technique can become a major problem after a few hours in the boat. Fit paddlers are frequently forced to withdraw from the race as a result of wrist, shoulder or back pain caused by these small technical faults. Analyse your stroke to avoid common problems like bending the wrist, gripping the paddle too tightly, unnecessary strain on the shoulders or poor posture.

### **Choice of craft**

Your choice of craft will be influenced by your need for comfort and stability. Finding a balance between speed and comfort is necessary. Try out a few different craft before making a decision. Closed-in racing kayaks such as K1s and TK1s are fast and warm; however they can be unstable. Sea kayaks are warm and stable and have convenient storage capabilities but are not as fast as the racing craft. Surf skis are easy to get on and off but leave the body very exposed and don't have much option for storing food. They are more stable than racing kayaks but, like sea kayaks, not as fast. A fun and less daunting way of doing the race is in a double kayak of some description. If this is your choice, make sure you and your partner have the same level of commitment and know what you are expecting from each other. It is no good if one of you wants to set records and the other just wants to make the distance.

### **Weather and clothing**

One of the exciting aspects of the Hawkesbury is that you can never predict the weather. The only way to be fully prepared is to train in as many different environments as possible. The most obvious difference is paddling in the darkness, which gives quite a different sensation and must be experienced before the race.

Heavy winds and fatigue have an enormous impact on the stability of the craft and how you will be able to paddle. Spray decks and foot-pumps help enormously in such conditions to keep the boat dry and warm. Again, they need to be trialed as they can take some getting used to.

Cold weather has, in the past, severely hampered many competitors, yet with the correct clothing this should not be such a problem. Paddling gloves, windbreaker jackets and easily accessible beanies can make a huge difference. A beanie secured to the back of your jacket can be put on or removed very quickly. As soon as you stop paddling you will cool down, so put on extra layers before you get too cold. There is a saying “there is no such thing as bad weather, just bad clothing”. Have dry paddling clothes to change into, probably at Wisemans Ferry.

### **Course familiarisation**

Don't assume the correct line will always be obvious. Sometimes the river widens and if you aren't aware of your position on the map you may find yourself paddling unnecessary kilometres around the outside of a long bend. There are also a few places that can be quite confusing and it is possible to take a wrong turn or get a bit lost. I found it confusing shortly after Wisemans Ferry and then on the bay before coming into the finish. As fatigue sets in it becomes more difficult to remember these finer details so an easily accessible, clear map of the course is vital. If you are paddling in a group, don't follow blindly and assume that the leaders know where they are going. Take the initiative to be familiar with the course. The organisers of the event do run course familiarization paddles.

Be aware of the tide. The current tends to run fastest in the centre of a river so when paddling into the tide it can be like walking the wrong direction on a conveyor belt. While you also don't want to get beached on sand bars it is worth staying on the inside of most corners taking a shorter line and enjoying shelter from the current. When going with the flow it is usually best to stay in the current and in the deep water around the corners. I have seen groups of people stopped in the middle of the river to eat or rest and they are floating backwards with the tide. If you are going to stop when you are paddling against the current, go first to the bank where the current is not as strong. The race is long enough as it is.

### **Landcrew**

Land crewing for the Hawkesbury is an experience in itself. Get the race booklet and maps for your landcrew as soon as possible so they have plenty of time to get an idea of what is expected of them. Don't assume anything. Explain in detail and even write notes if need be, going over what you will require at the checkpoints. Organise where you plan to come into the bank at the checkpoints and how you intend to find each other. There is nothing more frustrating than spending hours looking forward to seeing familiar faces with warm food, only to end up sitting in the cold. A great idea is for landcrew to bring along some cooking facilities. This enables the land-crew to cook egg and bacon rolls, pancakes and the sort for both you and for themselves. Lamps also make life easier. If they are well equipped they will find they have many friends sitting under their light by their warm stove.

### **Food**

It is important to make sure you eat and drink during the race. If you leave it until you are actually thirsty or hungry it can be too late and you will soon feel depleted and low in energy. A variety of snacks for between checkpoints should be trialed during some long paddles, as what you think you will feel like and what you actually do feel like eating after hours of paddling are very different. Take a good variety so that a choice from different textures and sweet and savory can be made. People find a variety of ways to carry this food in a manner that it is accessible but won't get destroyed by water. Pockets in life-jackets, taped to the boat, or in containers in the bottom of the boat are all options. Checkpoints provide an opportunity to refuel. Organise your landcrew to have a mixture of hot, cold, sweet and savory items so you can find something you will be able to stomach. Carry at least two different drinks – water and some sort of carbohydrate-electrolyte replacement mix. The temperature and level of fatigue will affect the concentration of sports drink you will need. The worst thing possible is a drink that is stronger than required as it can lead to major stomach cramps and discomfort. Often plain water can be just what you feel like after so many hours of sweet snacks and drinks. Take more than you think you will need. It doesn't weigh that much and you really don't want to run out.

*Gone Paddling*, August 2005 16

SOCIAL TRAINING SESSIONS with



WEDNESDAY 6:00 a.m. – 7:00 a.m.

and

7:00 a.m. - 8:00 a.m. if enough takers

BOAT HOUSE RESTAURANT

## CANOE POLO



### U21 CANOE POLO WORLD CHAMPIONSHIPS EDMONTON CANADA

BGCC member, 17 year old Michael Lawrence-Taylor has just returned from Canada, having participated in the U21 Canoe Polo World Championships. Michael's hectic schedule included a 5 day training camp in Vancouver followed by a 4 day pre-world's tournament in Red Deer. The World Championships were held in Edmonton over 16 days.

Michael first got interested in canoeing because his dad is a very keen kayaker. When he was 5 or 6 his dad taught him how to paddle a kayak and he's been involved ever since. As a 12 year old Michael saw some paddlers involved in a canoe polo match at Tuggeranong pool and decided there and then that this was the sport he wanted to play. Michael's HSC study, at Marist College, has had to take a back seat as he made a big commitment to qualify for Australian honours. In a typical week he would spend 4 sessions on the water completing skills practice and game specific fitness. This was backed up by 3 sessions in the gym and 3 sessions of cross training involving running, riding and skipping. Michael's taste for success in this sport sees him hoping to make the step up to the Senior Men's Canoe Polo team in the future. When the dust settles after his HSC he envisages a future in graphic design, photography or the sport industry.

In both the ACT rep. team and the U21 National Team Michael plays a variety of roles. Generally he plays Point, a position which basically means he is responsible for stopping the main attacker from actually scoring. At times he switches to the side and prevents the opposition from creating holes in his team's defense. In offense he makes attacking drives up the flanks in order to create space for his own goal scorers by drawing defenders out of position.

Michael appreciates the support he's been given by a number of people which has ensured his participation at the World Championships. Firstly he thanks his parents for their never ending support and encouragement. He extends his thanks to his team mates from BGCC who not only support him on the water but who have also helped in fund raising by conducting a BBQ at Bunnings (particular thanks to James Harmer) and selling kilos of chocolate. BGCC also chipped in with a grant to allay the cost of his trip and Michael thanks the club for their generous support.

In the future Michael hopes Canoe Polo gains more popularity by attracting new participants through the junior ranks and that the sport's profile is raised through greater media exposure. With an ambassador for the sport like Michael these wishes may just come true.



Michael accepts the "Hole In The Paddle" Award at the club's recent birthday party.

## MARATHON NEWS

### **10 Race Series: St GEORGE.**

The St George Kayak Club presented a very well organized race over a 5 km looped course which provided a variety of conditions to test out a large contingent of paddlers. There was shallow water due to a very low tide, tidal movement, smelly mud banks, underwater obstacles, narrow channels with a lot of kayakers in them, lots of turns, aviation exhaust wafting over sections of the course and an increasing breeze with which to contend. Add to this the likelihood that any capsizes could result in multiple cuts from the hundreds of oysters which covered all the exposed rocks lining the shore.

As usual our club performed very well in a number of divisions which sees us soar into 2<sup>nd</sup> place in the club competition. Some club members fought out sprint finishes with each other as well as members of other clubs.

Our best performers on the day included new dad Brendan Cowled who sprinted into 3<sup>rd</sup> place missing out on second by less than a second in Division 2. Having earned promotion from division 3 Chris Elliott earned a commendable 8<sup>th</sup> in division 2. Shane Lund won Division 3 in a sprint finish on his first attempt having been promoted from Division 4. Paul Dart and Darren Drewsen won Division 4 in a tight finish with Chris and Neil Dobbie coming third. Danny Galbraith and paddling partner John Jackson (WCC) continued their great form and won Division 6 by a scrape of paint from our own Robert Peters.

### **St. GEORGE RESULTS at a GLANCE.**

<b>COMPETITOR</b>	<b>DIVISION</b>	<b>TIME</b>	<b>PLACE</b>	<b>POINTS</b>	<b>TOTAL POINTS</b>
Brendan COWLED	2	1:40:16	3rd	48	140
Gabrielle HURLEY / Jason RANTALL	2	1:40:32	5th	46	46
Chris ELLIOTT	2	1:41:16	8th	43	141
<hr/>					
Shane LUND	3	1:44:27	1st	50	146
<hr/>					
Paul DART/ Darren DREWSEN	4	1:47:49	1st		86
Chris DOBBIE/ Neil DOBBIE	4	1:48:02	3rd	49	135
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Brenton McDONALD	5	1:53:49	2nd	49	132
Alex SMITH/ Alex ZELLER	5	1:55:15	5th	46	135
Russell LUTTON	5	1:56:01	8th	43	132
Samantha McDONALD/ Lachlan PINI	5	1:56:38	9th	42	81
John PRESTON	5	1:56:39	10th	41	121
Rob HIGGENBOTHAM/ Beth McDONALD	5	1:56:41	11th	40	88
Scott McDERMID/ Sabina PRUSA	5	1:57:10	12th	39	116
Sian MAHONEY/ Sarah ZELLER	5	2:03:29	19th	33	64
<hr/>					
Danny GAILBRAITH/ John JACKSON	6	1:56:27	1st	50	148
Robert PETERS	6	1:56:30	2nd	49	140

Gemma ALTINGER/ Vincent THOMPSON	6	2:00:30	9th	42	128
Frank KINGMA/ Helen TONGWAY	6	2:03:25	15th	36	82
Phoebe DAVIES/ Siobhan JOLLY	6	2:08:26	20th	31	43
Lee McDERMID/ Alexandra McDERMID	6	2:08:37	21st	30	108

### Race 10 Series: FORSTER

PaddleNSW organised Race 5 of the 10 Race Series at Forster. Despite heavy rain in the days leading up to the event, the weekend of the race was absolutely beautiful. Temperatures reached 19 degrees with little wind. Early morning temperatures had some of the Queensland and North Coast paddlers shivering but the relative warmth was a nice change for our club members who were more used to frost and ice. The 5 km course was configured around the park and boat ramp area of the Wollumba River Caravan Park. This afforded the spectators a magnificent view of the racing. Some spectators were even able to watch proceedings from the vantage of the verandas of the cabins they had hired for the weekend. Next year's state titles are going to be held at this venue so you might have to book early in order to get good accommodation.

Paul Dart had our best result for the day securing 1<sup>st</sup> place in 5<sup>th</sup> division after making a move on the last of the 5 km laps.

### FORSTER RESULTS at a GLANCE:

COMPETITOR	DIV	TIME	PLACE	POINTS	TOTAL POINTS
Margi BOHM	4	2:03:59	12th	0	0
Paul DART	5	1:53:14	1st	50	136
John PRESTON	5	1:54:58	6th	47	164
Russell LUTTON	5	1:55:42	9th	44	178
Robert PETERS	6	1:58:01	7th	44	184
Kerri VAUGHAN	6	2:18:11	24th	35	131
Helen TONGWAY	6	2:26:12	25th	34	155
Carolyn WILLIAMS	8	1:54:47	13th	46	95

### 10 Race Series: WINDSOR

Race 6 was conducted over the same 10 km course as last year. Once again near perfect winter weather prevailed. There were a number of power boats using the same stretch of water but they didn't really seem to cause too much grief for the paddlers. A cool breeze picked up over the last half hour of the race making the run to the line a little bit harder. Windsor is a popular race for our members and quite a few made the journey up the freeway to this part of the Hawkesbury.

Our best performers on the day were Brendan Cowled / Mark Halpin who put it to the division 1 paddlers. The shallow water near the finish slowed the double down a bit and they wallowed into 4<sup>th</sup> place, a mere 7 seconds off first. This great effort earned the club 4 points in the club challenge. Gabrielle Hurley and Jason Rantall held off the pack to win second division in a powerful display of coordinated paddling. John Preston earned 4 points for the club with a strong paddle in division 5 and

Danny Galbraith in partnership with John Jackson (WCC) paddled into 3<sup>rd</sup> place in division 6. In division 7, paddled over 15km, Lachlan Pini came 3<sup>rd</sup>.

**WINDSOR RESULTS at a GLANCE:**

COMPETITOR	DIV	TIME	PLACE	POINTS	TOTAL POINTS
Brendan COWLED / Mark HALPIN	1	1:31:15	4th	47	187
Gabrielle HURLEY / Jason RANTALL	2	1:35:44	1st	50	96
Chris ELLIOTT	2	1:38:47	7th	44	185
Shane LUND	3	1:45:01	10th	43	189
Paul DART / Darren DREWSEN	4	1:48:05	12th	39	136
Chris DOBBIE / Neil DOBBIE	4	1:51:45	19th	33	168
John PRESTON	5	1:51:02	4th	48	215
Margi BOHM	5	1:52:11	9th	44	44
Alex SMITH / Alex ZELLOR	5	1:52:22	10th	43	178
Scott McDERMID / Sabina PRUSSA	5	1:52:26	11th	42	158
Danny GAILBRAITH / John JACKSON	6	1:52:58	3rd	48	196
Frank KINGMA / Helen TONGWAY	6	1:56:12	9th	34	82
Robert PETERS	6	1:57:43	12th	34	155
Phoebe DAVIES / Siobhan JOLLY	6	1:59:56	15th	39	223
Gemma ALTINGER / Vincent THOMSON	6	2:01:37	17th	36	43
Lee McDERMID / Alexandra McDERMID	6	2:04:08	20th	36	43
Hayley SAKKARA	6	2:04:53	21st	32	139
Kerri VAUGHAN	6	2:12:16	30th	32	139
Lachlan PINI	7(15km)	1:31:41	3rd	31	31
				22	153



The ACT Government assists this organisation through Sport and Recreation ACT.

## Father's Day Frolic

Its on again!!

Men, recharge your offspring, or in the case of our younger paddlers, dust off your Fathers.

The Father's Day Frolic will take place at Molonglo Reach (our beach) on:

Sunday 7<sup>th</sup> September

10.30 a.m. (for an 11am start)

5 km

Any boat: double canoe or kayak or 2 singles

(in which case you need to finish within a boat length of each other)

Any Father/offspring combination – you don't have to be related – you just need at least a 20 year age difference.



Coffee, cake and prizes for all.

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## Social Lunch Paddle

To Springbank Island for lunch:

Sunday 10<sup>th</sup> August – weather permitting

Meet at Springbank at 12, (best landing seems to be around the far side)

Bring lunch/nibbles to share, and something to sit on

As it is a **social paddle**, we will be allowing an hour to get there, so we'll leave the shed at 11am.

(Those wanting a faster pace, or a shorter paddle from Yarralumla Reach or other, can meet us there)

The return time is up to individuals.

Please let Patricia know on [secretary@bgcc.org.au](mailto:secretary@bgcc.org.au) if you're interested.

If its raining we won't go, otherwise we'll look at the conditions and make alternate plans if necessary.



10% DISCOUNT FOR BGCC MEMBERS

- POGIES
- BOOTIES
- LONG AND SHORT SLEEVED TOPS
- PANTS / JACKETS / OVER PANTS

Winter gear from IMMERSION RESEARCH, KOKATAT,  
PEAK, SOLUTION, WEST and O'NEIL

WETSPOT are happy to take orders to ensure you get the size and color you want.

## 10 Race Series Program

<b>Race 7:</b> 17/8/08	<i>Don Small oval Tacoma</i> <b>WYONG</b>	Entries: 9:00 – 10:30 a.m. Briefing: 10:30 a.m. Race Start: 11:00 a.m.
<b>Race 8:</b> 14/9/08	<i>Blackman Park</i> <b>LANE COVE</b>	Entries: 9:00 – 10:30 a.m. Briefing: 10:30 a.m. Race Start: 11:00 a.m.
<b>Race 9:</b> 11/10/08	<i>Bonnet Bay</i> <b>WORONORA</b>	Entries: 9:00 – 10:30 a.m. Briefing: 10:30 a.m. Race Start: 11:00 a.m.
<b>Race 10:</b> 15/11/08	<i>Wagga Beach</i> <b>WAGGA WAGGA</b>	Entries: 10:00 – 11:30am Briefing: 11:00 a.m.

### **BGCC Meeting 14th July 2008**

Jacqueline Wick's home, 52 Courveur St Garren Ph 6281 0998

**Present:** Bob Collins, Helen Tongway, Jacqueline Wicks, John Harmer, John Preston, Margi Bohm, Patricia Ashton, Melissa Backhouse

**Apologies:** John Lockie, Carolyn and Russell Lutton, Steve Harmer

**President's Report:** As Bob would be discussing much of what was already on the agenda, there was no specific Presidents Report, except to say that the Sunday morning paddles were still quite popular, thanks to Helen.

**Treasurer's Report:** Jacqueline still needs to talk to Steve H re shed fees re who's paid & who hasn't for the last 6 months and who requires invoices for the next 6 months from July. Jacqueline has developed a form for members to complete with name/boat/rack number/date to help keep track. BGCC Accounts for June \$3356- Incoming; & \$3313.20 - Outgoing expenses  
Requests for payments for – Trophy (John H), Birthday dinner (Jane and Jacqueline), Pair ISP provider, Aust Canoeing for memberships, Paddle NSW reimbursements, shed key refunds.  
Haven't paid Della Vedova yet – still waiting on 2 things

**Acceptance of Minutes of 2nd June 2008** Moved Helen T, seconded Bob

#### **Business Arising from Minutes**

\* Membership Fees - slightly changed from last year – all updated (forms & web site) finished

\* 2008/09 Member Handbook – Bob had 75 printed at the Australian Catholic Uni for \$1.50 each.

Can get more done as required. Should look into them printing our BGCC flyer. 20cents each - finished

\* Canoe Polo at Kaleen Pool - Canoe polo have been at Kaleen for about 4 weeks, we'll soon be getting an invoice – much the same fees as Tuggeranong. Only about 10 players at the moment. Pool is a bit smaller, being only a 25m pool. Finished (till Tuggeranong has been renovated)

\* website content - we need to see what we really want on our new website, ie constitution? Can we have a 'members only' section? Other clubs seem to. Have newsletters on web site, & keep back issues. Margery will do the administration. Helen and Patricia can enter items. Ongoing

\* The extension to the shed – Builder has been to the site, can't see any problems, will quote on concrete floor, racks & heavy mesh doors. WR Engineering will also give a quote. ACT Govt Grant applications open in September. Bob has seen the draft questions will e-mail them and proposed replies to committee. Ongoing

\* Shed contents and trailer (and contents) Insurance. - According to the assets list that Barry M made up the replacement cost for club assets within the shed is up around \$57,000- Need to get a quote on boats etc in shed (fire & vandalism etc) as well as 'in transit' both on the club trailer and members private cars. The shed is not ours but there would be no guarantee that the ACT Govt would rebuild in case of an accident, so quote for that also. See if we can add private boats to policy. Check if Lakeside Leisure can add canoe polo equipment to their policy. Ongoing

\* Affiliation with Australian Canoeing - Issues?

"That BGCC affiliate with Paddle NSW (as well as our affiliation with AC.)" It will cost us \$150 and gives us the potential to have a Marathon Series Race here and earn about \$1000. If we are not affiliated we definitely won't have a series race. (And the first race run by PNSW, at Forster, was run very well.)

Much discussion took place over this item.

Bob's point of view (and several other members' views via conversations and e-mails) was that 'the club has decided to affiliate with Australia Canoeing and we shouldn't be swayed or be held to ransom by letters of disappointment or perceived non-support by PNSW. PNSW did not seem to be making headway in affiliation with AC and that could only end in their demise in the short term. We (BGCC) should look at the ACT and surrounds to build up our own membership and racing opportunities. We have to be affiliated with a national body to gain our annual funding and any special funding we may get for the shed.

Margi argued that the current PNSW board was made up of new people who were very enthusiastic and had some innovative ideas and were very well organised. Having a foot in both camps would also be a way to remain 'neutral'. Over the years we have received nothing from AC – they are there mainly for institute and academy paddlers only. \$150- for BGCC to join Paddle NSW seems a small amount to hedge our bets and take advantage of what PNSW are offering.

Bob asked specifically what PNSW would/could offer? Margi said that one of the main ideas which came out of talks with committee members at Forster was that of coaching support for club coaches. This has been something that has been lacking previously and would be of great benefit to us. The possibility of keeping the Burley Griffin Bash as part of the marathon series, and having input into the whole marathon series was also a positive. John P suggested that being part of the marathon series was part of the attraction for many members, racing against a wide variety of other paddlers and at a variety of venues rather than the limited local competition available. Goodwill and having a strong history of being seen as supportive of paddling were also reasons to justify membership to PNSW. "There was a strong positive vibe at Forster and the need for a better grass roots support, which we won't get from AC"

Helen put forward a motion 'to affiliate with PNSW' this was seconded by Margi. Rejected by Bob who wanted this reworded and heavily qualified. **'to become a member of PNSW for the benefits offered, eg coaching forums, racing, advancement of canoeing as a spectator sport; to enable us to access services and activities which AC don't provide at this time'** seconded by Helen, voted on Passed Finished

**Correspondence In:** Invoice Della Vedova \$1980- iiNet receipt 7 June; Lakeside Leisure \$442.80 May hire; Bank Statement May; ACTSPORT membership, certificate and newsletter; Letter to Bob from Dianne Chellew re affiliation of BGCC to AC; shed key return (C Atkinson); Receipt from Sthn Cross Club for dep \$200; Lakeside Leisure \$110.70 June Invoice; Canoes Plus – "Water" magazine & catalog, & offer of 50 free back issues of magazine; Invoice (paid in full) Canberra Southern Cross Club for Birthday dinner \$1240-;

**Correspondence Out:** request for free back issues of Water magazine.

**Action from Correspondence:**

**Convenor's Reports :**

Flat water- several members made the trek to Forster. There was an exciting vibe to the race, well run, whales were spotted. Windsor in a fortnight. Members are reminded that PFD's are compulsory for all club members over winter. Margi told of falling in recently and the shock of the cold water.

Canoe polo - no report. Members training at the river on Monday evenings. Seem to be going OK at Kaleen.

Touring – tour organised for last month was cancelled, partly to lack of interest, then to farewell one of our regular touring members and friend, Etelka. We'll organise something in the warmer weather, and/or look into a whale watching paddle on the south coast.

Social – we'll organise a lake paddle with lunch on Springbank Island – details in Blazing Paddles  
White water –

Property Manager – 2 members have taken club boats home for storage (Huff & Puff and orange B-line) so they can store private boats in shed. (done with permission). We'll need to get boats fixed, there are several needing minor repairs – rudder cables, missing wing nuts, missing seats!!! (If members remove a seat to try in another boat, make sure you return it!!!!), also need to organise a thorough shed clean now that the possums have been removed, (so we can see if there is any evidence of their return). Advertise working bee for spring

Membership Secretary – we have 60 financial members. Those 'members' who hold shed keys, borrow club boats, play canoe polo, take part in club training or racing etc MUST be financial. If key holders do not rejoin and don't return their keys we may have to change locks which will cost the club around \$600-

### **Other Business**

\* Possum Proofing - seems to be OK. May need to add wire mesh to the foam which they (possums or rats) seem to be chewing at. We need to have a good clean out. Maybe a SPRING Clean – advertise a working bee for spring.

### **Other Long term Items which need to be looked at:**

- \* Sand for the beach – Bob has requested more sand as well as a dock as part of the whole redevelopment/ beautification of the river banks. Ongoing
- \* Increasing Qualified Coaches – Margi to chase up
- \* 24 hour relay - October 18 -19. Need to start pushing; have a 12 hour option; good training run for the Hawkesbury; can we ask WetSpot to donate prizes? Have a juniors' race – daylight hours only
- \* Clubs phone number – Oct meeting
- \* Go through Bob's Think Tank ideas - prioritise
- \* Child Protection Legislation
- \* Beginners Course - format changes – by October

### **New Business**

Shed Key request – Melissa requested a shed key – accepted

Boat Storage – The wisdom of letting members remove club boats was raised. (Current arrangement was made with permission and knowledge of 2 committee members and later OK'd by Property Manager) 'Club boats should be available to any club members at any time'. This idea was discussed several months ago as a way of making room within the shed for either more private boats or more club boats. At the time several boats were identified as not being used often – although they should be returned if and when required, ie beginners courses, summer. The committee agreed we need to take care with this proposition and not to let too many boats leave the shed. We need to agree on which boats and/or should we let any others go?, members taking advantage of this should be 'involved' in the club. (Present members are training regularly for races – does that constitute 'involved'?)

**Next Meeting** - 11 August 2008 7.30 at Bob's home 32 Stretton Cres Latham Ph 6254 8645

**Blazing Paddles** - 1 August

**Meeting Closed** – 10.10 p.m.



Steve and John Harmer paddling into the sunset, HCC, 2006.

## MURRAY MARATHON 2008



[www.redcross.org.au/vic/murraymarathon.htm](http://www.redcross.org.au/vic/murraymarathon.htm)



John and Margi model the fact that they wore PFD's in a recent club time trial. Remember that at all club training sessions and events paddlers must wear a PFD. When suddenly immersed in freezing water the natural reflex is to take in a huge breath. If your head is underwater things may quickly get very nasty.

Thank you to all those club members who have already paid their fees for the current year. But for those former members whose membership finished on 30<sup>th</sup> June -

**Your 2008-2009 BGCC Membership Fees are now due.**

If you are a holder of a key to the Club Shed, please pay as soon as possible. If you are not paid up by the end of August, we may be forced to change the locks, at a cost to the club of about \$600 and to key holders of about \$10. Please don't let this happen.

For membership forms, see [www.bgcc.canoe.org.au](http://www.bgcc.canoe.org.au)

*Helen.*



Prize winners at the recent BGCC Birthday celebrations pose for the camera.

Above: Most Improved Paddler 2008 Shane Lund.

More pictures and a full report on the Birthday Party will appear in the next "Blazing Paddles"