

BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2012, 2013, 2014

Volume 25 Issue 7 May-June 2015

ANNIVERSARY DINNER ISSUE

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 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT



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Anniversary Dinner

The Burley Griffin Canoe Club is celebrating 25 years of existence.

***We will be holding our Birthday/Presentation Dinner at the Hellenic club at Woden
on the 12th of June.***

Booking needed by this Friday, 5th June!

Book and pay at: <https://www.registernow.com.au/secure/Register.aspx?E=16790>

Dear Club Member, family and friends,

In just 9 days, there will be held –



the *Burley Griffin Canoe Club's*

25th Birthday Party

and *Presentation Dinner*



When: **Friday 12th June: 6:30 p.m.**
Where: **Hellenic Club, Matilda Street, Woden**
Cost: **\$40 per Adult; \$300 per table of 8 people**

Come along and join in our celebrations.



Applaud the best and brightest from your paddling discipline:

Marathon

Ocean Racing

Canoe Polo

Sprint

Recreational

Touring

Freestyle

SUP



Cheer for:

Most Amusing (to bystanders)

"Almost Darwin" Award

Anything else you can think of!



Menu:

Entrée - *Potato & Crispy Bacon soup with smoky paprika* **or**
Shaved Smoked Chicken, citrus and avocado salsa with preserved lemon dressing

Mains - *Baked Wild Caught Barramundi Fillet with Parisian potato puree, sautéed prawns & cream saffron sauce* **or**
Slow Cooked Lamb Pot Pie, with glazed baby vegetables & creamy mash potato

Dessert – *Birthday Cakes!* Tea/coffee with After Dinner Mints

(Please indicate any dietary requirements and any preference for your table/companions)

Register and pay at: <https://www.registernow.com.au/secure/Register.aspx?E=16790>

President's Report: Kiaran Lomas

Well it is definitely getting cooler. The water can be aptly described as very refreshing. As per Club rules life jackets (PFDs) are now required for all members paddling on the Canberra lakes. The shock of hitting the water in the current temperatures can cause panic, even for the most competent swimmers. In extreme cases in some people this initial shock can induce a heart attack. In normal circumstances, if the panic can be overcome within the first minute, the chances of survival are greatly increased. Using a life jacket to keep you buoyant can assist in overcoming this initial panic thus keeping you safe for longer.

Hypothermia is the next main risk to paddlers in winter. You can suffer from hypothermia even if you don't capsize your craft. It is important to ensure you dress for the conditions. Scott Hunter and his staff at Wetspot have much experience in ensuring paddlers have the appropriate clothing, and it would be worth visiting the shop to seek such advice.

Finally, the daylight hours at this time of year are getting shorter. This means we will be spending more time paddling in poor visibility and darkness. The rules on Lake Burley Griffin and the Molonglo River require that at a minimum you need to have sufficient lights to be visible from any direction. Normally a small light on the front and back of your craft is suitable. It is also important to keep to the right side of the river when paddling in darkness to avoid boats coming in the opposite direction. **So in short, dress for the conditions; wear your life jacket and if paddling at night carry some lights.**

On a more positive note, the club is turning 25 years old and we are producing some merchandise to mark this occasion. Please keep watching the website for more information. The club will be selling Entertainment Books again this year. These books provide opportunity to gain discounts from a lot of businesses in the Canberra area. So please support the club and purchase one of the books and save. You can purchase online them through the link below or go to the club website and click the link there. <https://www.entertainmentbook.com.au/orderbooks/23533t> . You have a choice to get an electronic version or a hard copy. If you purchase the hard copy, you can pick them up through the Club Secretary Litsa Polygerinos (secretary@bgcc.org.au). We greatly appreciate your support.

Congratulations to all the paddlers who have competed in the Marathon Series Races, especially those who travelled all the way to Wyong to compete. This is traditionally our lowest turnout occasion in the series because of the distance to be travelled, and as a result one of our lower point scoring events. This year was not different but the paddlers who competed performed well and we were able to maintain our current lead. Some of the newer clubs, such as the Hunter Valley Canoe Club are field stronger teams this year and the points are proving more difficult to win. As a result it will take a big effort on the part of the club to retain the Marathon Trophy for another year. After being the lone SUP for most of last year's Marathon Series, it is great to see an increased number of SUPs on the water. Leading the push are the Hunter Valley Canoe Club who have been fielding over five SUP paddlers at the last events. So if any of the Capital SUP paddlers want to compete against some new faces the next event is at Woronora 20 June.

Finally, representatives of the club met with ACT Government Officials to discuss parking issues at Molonglo Reach. The possibility of getting a key for overflow parking has been rejected. The other alternative being investigated is to build an extension to the current carpark. This may require expenditure of significant funds by the club and it would be my intention to conduct a Special General Meeting, or align the decision with the Annual General Meeting, to assess the extent of member support for such an expense.

Enjoy your paddling.



From the Editor's Desk: Scott MacWilliam

It has recently been pointed out that 'only' between 50 and 100 hits are recorded for each issue of **Blazing Paddles**. With a club membership approaching 350, for some this seems to suggest a) producing the magazine may be a waste of time and effort; and/or b) that the content does not appeal to readers, perhaps more satisfied with Facebook posts and Tweets. About the time the information on member interest was presented to a monthly meeting attended by the usual handful of hard-working members, the Editor noted the following on the site of a far better funded, more sophisticated and august organisation's website: "According to the World Bank, nearly one-third of the PDF documents on the Bank's website have never been accessed. Good on the World Bank for being so open about how so many efforts come to naught. Would the analytics of other organisations that strive for policy relevance be much better?" <http://devpolicy.org/why-is-it-that-so-few-of-us-appear-to-read-reports-because-life-is-squelched-out-of-them-20140523/>

To avoid lifelessness, *Blazing Paddles* does not avoid controversy, while also faithfully reporting the marvellous successes and achievements members of this club have in so many areas, competitive and otherwise. A further instance has appeared recently with the attendance of Louis Yabsley at the Canadian Canoe Development Camp in South Australia (<http://canoe.org.au/2015/04/30/leading-the-charge-for-canadian-canoes/>).

Also recently, another club veteran paddler, **Ian Castell-Brown**, sent the following letter of commendation and recommendation to Australian Canoeing, following the Oceania and National Marathon Championship. Ian also asks if club members can consider its message and even support the cause by writing to Australian Canoeing. He makes the telling point that: 'Young paddlers get older and older paddlers will join the geriatric ranks soon enough; recognition and encouragement works on both the young and old!'

"Dear Sir/Madam,

At the above regatta some discretionary awards were given to "geriatric" paddlers for participation and achievement. As a recipient I wish to thank those responsible for what was a most generous gesture. Whilst some may consider such an action "against the rules", others, including myself, would view it in a more positive light.

In my view were such magnanimity to continue, or even to become policy, unofficial or otherwise, it would serve as encouragement for paddlers, especially those in middle and senior ranks. Recognition and encouragement are universally recognised as essential core elements of organised sport. In the above example one person, Bob Turner, made a decision for the benefit of our sport and he is to be commended for this. I do not think that the authenticity of other awards was compromised in any way by this action, particularly considering the positive response of fellow paddlers present at the time.

I would urge those in an official capacity to consider the obvious benefits of any such awards program and to display leadership by devising a means for implementing strict guidelines thus promoting our sport across a broader, more realistic age spectrum. Perhaps consideration could be given to publishing this message to a broader audience to gauge any response that action may generate."

Membership Details: Helen Tongway

Total Numbers – 345

166 Adult males

38 Junior boys

22 5-year Memberships

106 Adult females

35 Junior girls

17 3-year Memberships



BGCC's Dinner: Book your place at a table by Friday 5th June ☺

Secretary's Report: Litsa Polygerinos

Blazing Paddles over its lifespan has been a source of news and updates on many of the Club's activities and achievements. Many of the topics covered are regularly discussed and decided on at the Club's meetings. Although the Club's regular meetings are neither – as defined by the Club's Constitution - a committee meeting or general meeting, they do provide a forum for both committee members and general members (open to all) to decide and vote on a number of issues presented to the Club. Some of these include the shed extension, maintenance of the Club's boat fleet, safety and training, organising of Club events, and various other undertakings. Discussions and decisions occur in an open and accountable manner and are minuted for this purpose.

Although consideration was given to publish the meeting Minutes on the Club's website it was thought this information, although relevant to Club members was not appropriate for the broader public. This mainly concerned information on the shed extension negotiations, not to mention information that identifies Club assets potentially putting these at risk.

The Club belongs to its members who are entitled to have an interest in how it is managed. For any member who would like to read the Club's meeting Minutes I am more than happy to make these available. To organise this please contact me at secretary@bgcc.com and I'll arrange a time to meet with you.

Further, in the previous Blazing Paddles a request was made to members for feedback to inform the Club's new Strategic Plan. In addition, members are also invited to review the Club's Constitution and make suggestions for any changes that can be addressed at the next Annual General Meeting. I highly recommend that members take this opportunity to provide input. It is your Club and the feedback you provide will help identify ways to improve the Club.

Membership Renewals: Helen Tongway

Your BGCC and PNSW memberships will run out on 30th June. Please renew as soon as you can. Remember - you need to be a member of both organisations to take part in any organised events.

I will write to each member (or family) who has already paid for 3 or 5 years – or parts thereof – and let them know their membership status and/or any dues still owing. So, if you think you don't need to pay BGCC for a bit, then please enquire or wait for my personal email. I hope to have completed this task by mid-June.

No matter what your BGCC membership status, you will still need to renew your **PNSW membership**, at: <http://canoe.org.au/join-australian-canoeing/> under “Renewing Member”
Note that your membership is now through Australian Canoeing!

At some stage we may be able to include the BGCC membership fees in this same payment system – but not yet, unfortunately. To re-join BGCC go to: <https://www.registernow.com.au/secure/Register.aspx?E=16503>

Fees:

Category	Standard	Bronze	Silver	Gold	Platinum
Single Adult	\$50	\$100	\$175	\$225	\$250
Family	\$75	\$125	\$200	\$250	\$275
Junior 12 – 17	\$25	N/A	N/A	N/A	N/A
Junior under 12	\$75	\$125	\$200	\$250	\$275

Litsa Polygerinos: Fund Raising

From every Entertainment™ Book and Entertainment™ Digital Membership we sell \$12 goes towards our fundraising. The more Memberships we sell, the more we raise – so please forward this email to your family and friends.

Click the link below to order yours now!

<https://www.entertainmentbook.com.au/orderbooks/23533t>

The new Memberships are available now and packed with thousands of up to 50% off and 2-for-1 offers. For just \$60, you'll receive over \$20,000 worth of valuable offers.

Use just a few of these offers and you'll more than cover the cost of your Membership!

THANK YOU FOR YOUR SUPPORT

Tom Hick: Safety Officer

What drugs was I on?

The other day down at the Club, I was asked “Hey Tom, what drugs were you on when you wrote that article for the last Blazing Paddles?”. Apparently I hadn't made sense but clearly my mood was happy and happy I was. We had just delivered the National and Oceania Marathon Championships without major mishap and as Safety Officer I was off the hook and didn't need to explain anything to the Coroner – big relief.

I was definitely relieved to be off the hook not through my efforts but from the combined efforts of many people some of whom have been named and others who weren't – Thank you one and all.

To answer the question, it wasn't drugs, I'm a simple person, I like paddling and just knowing I would be able to do more of it made me happy. I'm also very happy to be part of a Club as diverse and cooperative as ours.

The diverse nature of our Membership creates some stress but for me, it is all opportunity. No matter what I want to do, there is always someone to advise and very often show me how. If I want to go:

- surfing at the coast;
- touring in Samoa;
- travel to WA to take part in the Avon Descent;
- white water on a local river;
- paddling all night on the Hawkesbury;
- SUP to Kingston for a coffee;
- train hard for a race; or
- take up Canoe Polo

I can find someone who has and all for the sake of a few dollars in Club membership fees.

The fees really are a bargain and kept that way by a combination of grants from the govt and fundraising by members. We don't make a lot from fundraising but between the courses we charge the public for, the assistance we provide at triathlons and the odd event we run, a few dollars roll in.

When we go and provide safety for a triathlon, we are providing a service to another not for profit organisation which actually appreciates our efforts as demonstrated at the Nationals by the Triathlon folk who loaned us their safety boat without hesitation or charge.

I only got to one Triathlon last season but as some people know those that have read Wind in the Willows do, “*There is nothing - absolutely nothing - half so much worth doing as simply messing about in boats*“. To be able to mess about in a boat while helping others and getting some small amount of money and recognition for the Club is a really good deal - I'll try to get to a few more triathlons this season.

Messing about in boats is one thing but to do it effectively requires just a bit of thought and it was mentioned the other day that perhaps we should provide some training for folk who would like to help out at triathlons but are a bit unsure. Anyone interested, should keep reading Blazing Paddles and come the warmer weather, we'll definitely get some rescue training underway and provide some practice in helping a swimmer so that no-one need feel that they can't join in messing about in boats.



Please come along – but you need to let us know by 5th June - FRIDAY

CONVENERS' REPORTS

Flatwater Convener: John Preston



Marathon 10.

After 3 rounds of the PNSW M10 series BGCC has a good lead over the other clubs in defence of the Brian Norman Club Championship. Since the Nationals over Easter we have had both the Windsor and the Wyong races. The Windsor race saw us move further ahead in the point score. The Hawkesbury River had been in flood early in the week prior to the race and there was some doubt as to whether or not the race could be run as scheduled. Luckily the water receded and the race went ahead. Unfortunately for some the floating weed was an issue when it attached to the kayak and some of it was very hard to remove. The weather on the day was perfect for paddling. Traditionally we tend not to have a great turn out at Wyong as it is about a 5 hour drive. Nevertheless we had a strong contingent of paddlers who gained enough points to keep us a good distance in front. Once again we were lucky that the bad weather that had plagued the region leading into the race had moved on and we were blessed with perfect racing conditions. The CCCC decided to move away from the recent trend of 5 km loops and instead made a 10 km loop course for those doing 20 km and a short turn for those doing 5 or 15 km races. The 10 km loop proved to be popular and supported the idea that there should be some variety in the racing format as 5 km loops tend to be a bit monotonous. Looking forward we have races at Woronora on Saturday 20th June and Penrith on Saturday the 4th July. A good turn out from us at these events should see us gain a firmer grip on the championship.

I'd like to sing the praises of 12 year old Dana Atkins. Dana is paddling a K1 in the 5 km races at M10 and is displaying a wonderful temperament and seems to enjoy her time on the water. I'm not sure that I know too many paddlers her age who would train in a Canberra winter. She is going to become a seriously good paddler if she sticks with it and already performs well against other paddlers who are much older than she is. During the pre-race warm ups she paddles the pink K1 with confidence amongst all the other paddlers and looks like she belongs on the water. Well done Dana

Brian Norman Club Championship – point score after 3 rounds.

Club Name	Points
BGCC	Burley Griffin Canoe Club 138
MWKC	Manly Warringah Kayak Club 92
HVPC	Hunter Valley Paddlesports Club 64
LCRK	Lane Cove River Kayakers 56
CSKC	Cronulla Sutherland Kayak Club 52
PVC	Penrith Valley Canoeing 44
SSCC	Sutherland Shire Canoe Club 40
WCC	Windsor Canoe Club 40
CCCC	Central Coast Canoe Club 38
JP	Just Paddlers 12
BWP	Brisbane Water Paddlers 12
WBCC	Wagga Bidgee Canoe Club 8
ICC	Illawarra Canoe Club 4
PDDBOCC	Pacific Dragons 2

M 10 Race 2 WINDSOR -

Division 2

Pos	Boat	Paddler	Craft	Club	Time
1	226	Russell Lutton Richard Fox	LR2	BGCC	01:41:39
7	209	Gary Rake	K1	BGCC	01:51:00

Division 4

Pos	Boat	Paddler	Craft	Club	Time
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5	417	Patricia Ashton Bob Collins	slr	BGCC	01:51:45
14	404	John Preston	K1	BGCC	02:01:03

Division 5

Pos	Boat	Paddler	Craft	Club	Time
13	516	Gabrielle Hurley	k1	BGCC	02:07:14

Division 6

Pos	Boat	Paddler	Craft	Club	Time
18	605	Graeme Bacon	OC	BGCC	02:16:58
RNK	615	Scott MacWilliam Tony Mee	OS2	BGCC	02:00:34

Division 7

Pos	Boat	Paddler	Craft	Club	Time
1	720	Helen & David Tongway		BGCC	02:19:46
3	711	Kiaran Lomas	Sup	BGCC	02:26:49

Division 8

Pos	Boat	Paddler	Craft	Club	Time
1	836	Stephen Ison	k1	BGCC	01:21:53
3	805	Graeme Ison	ski	BGCC	01:27:22
12	828	Madeline Hanks	K1	BGCC	01:36:12

Division 9

Pos	Boat	Paddler	Craft	Club	Time
1	906	Margi Bohm	k1	BGCC	00:55:48

Division 10

Pos	Boat	Paddler	Craft	Club	Time
DNF	1020	Kirsten Nicolle	k1	BGCC	-

Divisin 11

Pos	Boat	Paddler	Craft	Club	Time
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2	1122	Mike Iliff		BGCC	01:00:45
3	1105	Allan Newhouse		BGCC	01:02:03
6	1129	Paul Atkins	tk1	BGCC	01:06:29
8	1104	Robert Bruce		BGCC	01:08:20
15	1117	Ian Castell-Brown		BGCC	01:12:39

Division 12

Pos	Boat	Paddler	Craft	Club	Time
1	1207	Carolyn Williams		BGCC	00:35:07
2	1210	Litsa Polygerinos	K1	BGCC	00:38:20
3	1204	Dana Atkins	k1	BGCC	00:39:10

M 10 Race 2 WYONG –

Division 2

Pos	Boat	Paddler	Craft	Club	Time
6	226	Russell Lutton Richard Fox	LR2	BGCC	01:40:21
11	209	Gary Rake	K1	BGCC	01:44:43

Pos	Boat	Paddler	Craft	Club	Time
3	417	Patricia Ashton Bob Collins		BGCC	01:50:55
14	404	John Preston	K1	BGCC	01:53:54

Division 5

Pos	Boat	Paddler	Craft	Club	Time
8	516	Gabrielle Hurley	k1	BGCC	01:56:24

Division 6

Pos	Boat	Paddler	Craft	Club	Time
19	605	Graeme Bacon	OC	BGCC	02:05:05
DNF	615	Scott MacWilliam Tony Mee	OS2	BGCC	-

Division 7

Pos	Boat	Paddler	Craft	Club	Time
4	711	Kiaran Lomas	Sup	BGCC	02:12:49
5	720	Helen & David Tongway		BGCC	02:16:32

Division 8

Pos	Boat	Paddler	Craft	Club	Time
3	805	Graeme Ison	ski	BGCC	01:24:16

Division 10

Pos	Boat	Paddler	Craft	Club	Time
12	1020	Kirsten Nicolle	k1	BGCC	01:10:56

Division 11

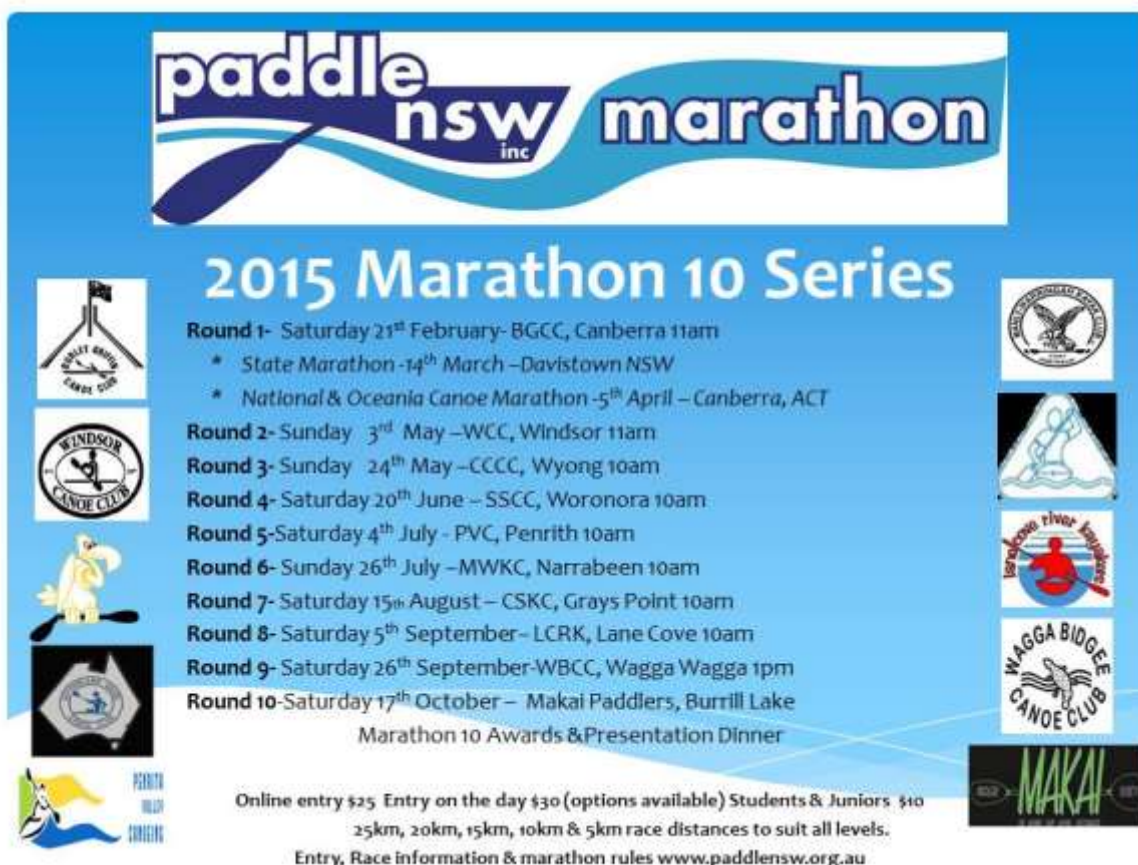
Pos	Boat	Paddler	Craft	Club	Time
1	1123	Roger Murray		BGCC	01:00:44
2	1104	Robert Bruce		BGCC	01:01:00
3	1105	Allan Newhouse		BGCC	01:01:03
5	1110	Anne Cronin		BGCC	01:02:41
12	1117	Ian Castell-Brown		BGCC	01:06:18
15	1129	Paul Atkins	tk1	BGCC	01:08:46

Division 12

Pos	Boat	Paddler	Craft	Club	Time
1	1207	Carolyn Williams		BGCC	00:33:53
2	1210	Litsa Polygerinos	K1	BGCC	00:35:18
4	1203	Dana Atkins	k1	BGCC	00:42:11

Please book your place at a table for the BGCC's 25th Birthday party and Presentation Dinner

We need to know numbers by Friday 5th June!



paddle nsw inc marathon

2015 Marathon 10 Series

Round 1- Saturday 21st February- BGCC, Canberra 11am
 * State Marathon -14th March –Davistown NSW
 * National & Oceania Canoe Marathon -5th April – Canberra, ACT

Round 2- Sunday 3rd May –WCC, Windsor 11am

Round 3- Sunday 24th May –CCCC, Wyong 10am

Round 4- Saturday 20th June – SSCC, Woronora 10am

Round 5- Saturday 4th July - PVC, Penrith 10am

Round 6- Sunday 26th July –MWKC, Narrabeen 10am

Round 7- Saturday 15th August – CSKC, Grays Point 10am

Round 8- Saturday 5th September– LCRK, Lane Cove 10am

Round 9- Saturday 26th September-WBCC, Wagga Wagga 1pm

Round 10- Saturday 17th October – Makai Paddlers, Burrill Lake

Marathon 10 Awards & Presentation Dinner

Online entry \$25 Entry on the day \$30 (options available) Students & Juniors \$10
 25km, 20km, 15km, 10km & 5km race distances to suit all levels.
 Entry, Race information & marathon rules www.paddlensw.org.au

Please note: Round 8 Lane Cove has been moved to 30/8

WETSPOT CLUB TIME TRIALS



The Wetspot Winter Time Trials have kicked off on Sunday mornings. The new pontoon/portage area is available for those who choose to use it.

Dates and Times

The time trial timings are as follows:

- 9:30 a.m. Registration Opens
- 9:45 a.m. 3 Lap Start
- 9:50 a.m. 1 Lap Novice Start - Junior Paddlers and Novice paddlers
 - 10:00 a.m. 2 Lap Start
 - 10:05 a.m. 1 Lap Start

The provisional schedule for the time trial is being established to keep race weekends free.

- 14 Jun - Round 7
 - 28 Jun - Round 8
 - 12 Jul - Round 9
 - 19 Jul - Round 10
 - 9 Aug - Round 11
 - 23 Aug - Round 12
 - 30 Aug - Round 13
 - 13 Sep - Round 14
 - 27 Sep - Round 15
- The top ten point scores for the Winter Time Trial Series are listed in the table below:



Name	Total
Scott MacWilliam	36
Andrew Parkinson	24
Mike Iliff	24
Graeme Bacon	21
Julia Bowett	21
Peter Gates	21
Tony Mee	21
Trent Shaw	21
Roger Murray	19
Robert Bruce	18

In winter it is club policy for paddlers to **wear PFD's** when on the water. It is also suggested that you don't paddle alone and that you stay close to the bank.



Based on this I'd suggest you stay in your kayak.

Please remember that the TT course does not go through the middle of the Canoe Polo court. There is a white buoy situated to the left of the canoe polo court as you head back towards the start/finish line. Paddlers are to keep this buoy on their right and then finish their race by passing between the blue buoy and the old pontoon. Those doing a further lap or 2 are to keep the blue finishing line buoy on their right and proceed down the course towards the Hospice.

Further information about club events such as the time trials can be found on the revamped club website.

Sciatic Nerve Mobilisation



We regularly hear of paddlers who suffer from numb bum and leg discomfort when paddling. According to some paddlers who have suffered with this problem the following youtube video has helped.

<https://www.youtube.com/watch?v=WKppP4DAj6A&feature=youtu.be>

Good luck.

AUSTRALIA'S GREATEST MULTI-SPORT FESTIVAL

CANOE/KAYAK

VINTAGE 2015 ASSOCIATION

XV AUSTRALIAN MASTERS GAMES
ADELAIDE, 9-10 OCTOBER 2015

MARATHON & SPRINT EVENTS

COMPETITION DATES: 3 October (Marathon Singles), 4 October (Sprint), 5 October (Marathon Doubles)

ENTRIES OPEN: March 2015

VENUE: Alex Ramsay Regatta Course, Military Road, West Lakes

AGE GROUPS: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

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With more athletes than the Olympics, the World Masters Games is the single biggest multi-sport event on earth. Now in 2017, the event will come to Auckland New Zealand, a must-see destination renowned for its stunning natural diversity and vibrant social scene. As is often said, it's not just the scenery New Zealand is famous for, it's the people. And sport is part of New Zealanders DNA.

The World Masters Games is for everyone – whether you play to stay fit, to have fun or quite simply to win. In 2017, 25,000 athletes will converge on Auckland for the event of a lifetime. So now's the time to pick your sport and get training. The World Masters Games 2017 is coming to New Zealand and we hope to see you there.

For information about the World Masters Games in NZ 2017 go to: <http://www.worldmastersgames2017.co.nz/>

KAWAZULU-NATAL Canoe Marathon Championships – South Africa.



**NATAL
CANOE
CLUB**



Pietermaritzburg's Natal Canoe club (NCC) hosted the recent KawaZulu-Natal Canoe Marathon Championships in South Africa. Congratulations are extended to our much travelled Margi Bohm who came 1st in her K1 event and 3rd in the Veteran Women's K2 partnered with Lynwyn Birch (Qld). No details of the racing have been found at the time of compiling this report but I'm sure Margi will be willing to share the experience with us upon her return.



Margi lining up the pontoon in Natal.

BGCC members after the Marathon Series Race 2 at Windsor.



**Responsible Gambling at Wyong:
Patricia Ashton Collecting Prizes for Anniversary Dinner**



NSW Sprint Series Information

[http://canoe.org.au/calendar/all-events/?event-name=&discipline\[\]=Canoe+Sprint&from=&to=&state\[\]=New+South+Wales&display=list&search=yes](http://canoe.org.au/calendar/all-events/?event-name=&discipline[]=Canoe+Sprint&from=&to=&state[]=New+South+Wales&display=list&search=yes)

<p>25 JUL</p> <p>PNSW SPRINT SERIES 2015 - EVENT 1/5</p> <p>SIRC 25 July, 2015 12:00am - 12:00am Discipline(s): Canoe Sprint Type of Event: Competition Level of Event: club</p> <p>More Information Event Website</p>	<p>23 AUG</p> <p>PNSW SPRINT SERIES 2015 - EVENT 2/5</p> <p>SIRC 23 August, 2015 12:00am - 12:00am Discipline(s): Canoe Sprint Type of Event: Competition Level of Event: club</p> <p>More Information Event Website</p>	<p>27 SEP</p> <p>PNSW SPRINT SERIES 2015 - EVENT 3/5</p> <p>SIRC 27 September, 2015 12:00am - 12:00am Discipline(s): Canoe Sprint Type of Event: Competition Level of Event: club</p> <p>More Information Event Website</p>
<p>18 OCT</p> <p>PNSW SPRINT SERIES 2015 - EVENT 4/5</p> <p>SIRC 18 October, 2015 12:00am - 12:00am Discipline(s): Canoe Sprint Type of Event: Competition Level of Event: club</p> <p>More Information Event Website</p>	<p>28 NOV</p> <p>PNSW SPRINT SERIES 2015 - EVENT 5/5</p> <p>SIRC 28 November, 2015 12:00am - 12:00am Discipline(s): Canoe Sprint Type of Event: Competition Level of Event: club</p> <p>More Information Event Website</p>	<p>4-6 DEC</p> <p>AC SPRINT - GP1</p> <p>SIRC 4 - 6 December, 2015 Discipline(s): Canoe Sprint Type of Event: Competition Level of Event: club</p> <p>More Information</p>
<p>16-17 JAN</p> <p>PNSW STATE CHAMPIONSHIPS CANOE SPRINT 2016</p> <p>SIRC 16 - 17 January, 2016 12:00am - 12:00am Discipline(s): Canoe Sprint Type of Event: Competition Level of Event: club</p>	<p>12-14 FEB</p> <p>AC SPRINT - GP2</p> <p>West Lakes South Australia 12 - 14 February, 2016 Discipline(s): Canoe Sprint Type of Event: Competition Level of Event: club</p>	<p>2-6 MAR</p> <p>AC SPRINT - NATIONALS</p> <p>Champion Lakes Western Australia 2 - 6 March, 2016 Discipline(s): Canoe Sprint Type of Event: Competition Level of Event: club</p>

Canoe Polo: Carley Goodwin

Nationals

Since winning the 2014 National Championships title in Canberra, the success of the ACT women's team, the Burley Babes, continued throughout the 2014/15 season. The Babes won each of the four Australian



Canoe Polo (ACP) Summer Series events in Canberra, Nagambie, Adelaide and Sydney. Most impressively, members of the Burley Babes competed as the ACT Women's team at the 2015 ACP Championships over Easter in Nagambie and won the title for the second consecutive year. The ACT representatives for the 2015 Australian Canoe Polo Championships were: Dorothea Schaeffle (#1), Kimberley Roper (#3), Louise Gates (#6), Antonia Harmer (#4), Stacey Goodwin (#2), Carley Goodwin (#9) and James Harmer (coach).

During the initial 2015 ACP Championship round robin games, the ACT women's team battled against women's and youth (u21 Women and Men) teams, losing only one game throughout the whole competition against the Victorian youth team.

The ACT Women faced the 'Mixed Women's' Team (a combination of SA, WA, NT and QLD) in an incredibly tight match, with the scores 2-2 at half time. Drawing on their Summer Series competition experience and demonstrating exceptional skills under pressure, the ACT Women proceeded to dominate their opponents by scoring the only 2 goals of the second half and winning their second consecutive National Championship (4-2).

The grand final was Dorothea (our awesome German import's) last game with the ACT Women/Burley Babes.

Dorothea's farewell party was one of the highlights of the weekend. Even though we were sad that our friend was returning home (straight after Oceania), we are jealous that our 'Happy German' has returned to another summer of playing canoe polo (already playing in two large European competitions since returning home!!).



The Burley Babes would like to thank James Harmer for all his hard work coaching us over the last year and the Burley Griffin Canoe Club. Without the continued support from our club we would not have been able to achieve our many successes this year.

Oceania

Five of the ACT women's team were selected into Australian teams for the Oceania Championships. Dorothea Schaeffle in the U21W team, Louise Gates in the AUS women B team and Antonia Harmer (#4), Stacey Goodwin (#6) Carley Goodwin (#1) in the Aus. Women A team. James Harmer was the coach for the Aus. women A and B teams.

The round robin games saw the Aus. Women A team have a range of wins and losses. We played strongly against the Aus. B, and the two Aus. master teams, but were out muscled by the NZ masters team. We struggled against the NZ women team, however, we improved each game. This gave our whole team confidence that we would be able to beat them in the grand final.

As normal, the women's grand final was scheduled second to last (with the men's final last). By the time we played the women's grand final, the Aus. Women and Aus. Men's team were Australia's last chance to take home gold. After a team talk with our coach, James Harmer (which included its usual level of clichés and strict instructions not to "over cook" shots at goals) we were ready for our most important game of the competition (and to win Australia's first gold).



The first half went very well for the Aus. Women, ending 1-0 in our favour. I was surprised that the NZ team did not press (man-on-man) us for the second half. Our team played our best polo of the competition. We scored two more goals, we did not crumble under pressure and our defence was unbreakable.

My three main highlights of the Oceania Championship this year (other than winning of course) were: 1) playing alongside my sister, Stacey and good friend, Antonia; 2) after we won all the players from the ACT came over to congratulate and celebrate our victory with us; 3) the incredible emotional high that our team felt after winning.

Ocean Racing Convener: Nick Ziviani

Hi folks it has been a little quiet for the ocean ski racing this month with only the one race being held.

The Tingira Challenge at Rose Bay Harbour Series race was held on Saturday the 11th April with some of the top paddlers missing as the SLSA Australian Titles were also on at the same time at Kirra Beach on the Gold Coast of Queensland. Nevertheless there were over one hundred paddlers for the event, enjoying the scenery of Sydney Harbour with picture perfect weather.

On a challenging note, the George Bass Marathon is on again in January 2016. This is noted to be the longest Ocean ski racing event in the World, consisting of seven separate legs over seven consecutive days. The race starts at Batemans Bay on the 3rd of Jan finishing in Boyd Town south of Eden on the 9th Jan. Each individual leg is anywhere from 18 kilometres long to 44 kilometres, with any or all legs running from North to South direction regardless of prevailing wind direction. All skis must be SLSA certified, meaning they must be of SLSA spec ski design including the minimum weight of 18 kilograms making it a very even field of racing.

If anyone is thinking about competing in this event please feel free to contact myself for any questions as this is one of those bucket list items not to be missed.

If anyone has tried to sell or buy any second-hand equipment there is another free advertising site to try as unlike *Geartrade*, for example, it is free of all spam and unrelated ads. The site is www.kayaksandskis.com.au You won't find any love spells or cheap Viagra for sale here just skis, kayaks and apparel.

Upcoming Events:

May 30th Molokai World Championships Hawaii
June 11th Clash of the Paddles Hamilton Island Q.L.D.
June 27th Scotland Island Showdown Sydney Harbour Series

Happy Paddling

SUP Convener: Lincoln Gibson

Club N1SCO Boards – Rules of Use Reminder

The N1SCO boards are subject to the same rules as club boats. Please ensure that the following is adhered to at all times:

- Boards (and additional equipment) must be signed in and out when removed from the shed
- Boards (and additional equipment) can only be used by current BGCC members
- When using club equipment a lifejacket must be used at all times
- Boards should be inflated to between 12 and 14 PSI
- Leashes are available and should be used

South Coast Convener's Report: Carolyn Williams

South Coast paddlers have continued with the good form shown earlier this year in the M10 series and the Nationals with placings in the last two marathon races at Windsor and Wyong. Well done to Russl Lutton and honorary South Coaster Richard Fox for taking out Div 2 at Windsor. They were joined in taking out top points by Stephen Ison in Div 8 and the author in Div 12 (yes, there is such a thing). Graeme Ison and Allan Newhouse crossed the line third in Div 8 and Div 6 respectively and Ian Castell-Brown followed in behind Allan. Ian and Scott MacWilliam were also presented with their gold medals from the Nationals for their win in the Vet70 TK2.

Despite the very long trip from the South Coast to Wyong, the usual stalwarts were there. Allan Newhouse and Graeme Ison were both rewarded for their efforts with third positions. Ian C-B had a great race just missing out on a top 10 finish and Russl and Richard had a great battle for whatever place they finished in, being beaten by only 2 seconds after a great chase at the end. **(Ed. Modest as ever, the South Coast Convener has forgotten to mention that Carolyn maintained her dominance of Div 12, taking more than a minute off the time set at Windsor.)**

Training is still happening at 8.00 on Saturday mornings, so if anyone from Canberra is heading down to the coast and is looking for someone to paddle with, keep that in mind.

You can also contact me on: cjw4762@icloud.com

For Sale: contact Boat Captain or Patricia Ashton

1. TK1: white; a gift to the Club from Nick Grey who has moved from Canberra. Suit smaller paddler, ideal beginner boat, very stable and comfortable seating. \$200 ono.



2. K1 blue with red trim. Surplus to requirements, perfect for an enthusiastic owner who is looking for a first racing boat. \$200 ono.



For Sale: Helen Tongway

Are you feeling the nip of frosty mornings and looking for a warmer, indoor way to exercise?

Spirit Elliptical indoor exercise machine. Very sturdy, not much used. Make an offer!

Phone Helen: 6254 7162 or 0418 861 613 or email: htongway@iinet.net.au and make an offer. (You will need a trailer or 'ute to carry it away – sorry we can't deliver it anywhere.)



For Sale: Wetspot Specials

Vajda Civet cat:

Great stable K1, Green colour, was \$3290 now only \$2890



Vajda Hawx 43:

Advanced ski in racing construction, was \$3490 now only \$3190



*ski pictured is elite build, one for sale is racing build, white where this is carbon.

Vajda Hawx 52:

Entry to intermediate ski in racing construction, was \$3490 now only \$3190



Mirage Freeride 583 kevlar:

Sea kayak hull with sit on top functionality, awesome do everything boat. Has been paddled but still in showroom condition, white hull, yellow deck. Was \$3500 now only \$2500



Knysna Guppy ex demo:

Great smaller paddler ski, suits up to 60kg. Was \$1599 now only \$1199



L'attitude Motion 12':

Lightweight (thermoform plastic) small tourer, ideal for rec paddling. Was \$1649, now only \$1499



Also of interest:

Bomber boots:

Were \$59.95 Now only \$29.95 (sorry no further BGCC discount available on these)



SealSkinz socks:

The best way to keep your feet warm this winter. Three styles available from \$64.95 (further 10% off for BGCC members). All sizes in stock.

New BGCC Uniforms for Sale



Training Courses

Sport and Recreation Services (SRS) is pleased to offer the following new workshops/information sessions:

- **Asset Management Training for Community Sports Facilities** – Tuesday 30th June 2015, 6 p.m. – 9 p.m. at Belconnen Premier Inn, 110 Benjamin Way, Belconnen.

Does your sports facility have a robust Asset Management Plan? Do you have an up to date asset register, facility maintenance plan and a strategy on how to generate funds to replace assets as they wear out? Then attend this free Asset Management Training workshop where you will learn:

- The role and importance of facility and equipment maintenance;
- Developing and understanding the importance of an Asset Management Plan;
- Managing and costing an Asset Management Plan for a Community Sports Facility; and
- How to implementing and monitor an Asset Maintenance Plan.

This workshop is targeted at key people within an association/club who have specific responsibilities for managing sporting facility assets.

For more information and to access the online registration form please visit [Education and Training Calendar](#). **Registrations are open until 23rd June 2015.**

- **Asset Management Training for Community Sports Facilities (Accredited)** – Wednesday 1st July 2015, 9.30 a.m. – 2 p.m. at Belconnen Premier Inn, 110 Benjamin Way, Belconnen.

Are you the facilities manager of a sport/recreation organisation that is owned by your sport/recreation organisation or operates under a licence/sublease from the ACT Government? Do need assistance with:

- Generating a robust Asset Management Plan;
- Developing an up to date asset register;
- Developing a facility maintenance plan;
- Developing a strategy on how to generate funds to replace assets as they wear out?

Then attend this free accredited training course where you will learn:

- The role and importance of facility and equipment maintenance;
- Developing and understanding the importance of an Asset Management Plan;
- Managing and costing an Asset Management Plan for a Community Sports Facility;
- How to implementing and monitor an Asset Maintenance Plan;
- Logistics on site for implementation; and
- Equipment selection, purchase and safe storage.

For more information and to access the online registration form please visit [Education and Training Calendar](#). **Registrations are open until 24th June 2015** – places are limited.

- **Working with Vulnerable People Information Session** – Wednesday 22nd July 2015, 6 p.m. – 7.30 p.m. at Ainslie Football Club, Wakefield Avenue, Ainslie

Are you aware that employees and volunteers (coaches, managers, scorers, etc.) of the sport and recreation sector who engage with children are required to be registered with Office of Regulatory Services (ORS) via the Working with Vulnerable People (Background Checking) Act 2011 (WWVP Act) which is being phased in between 8th November 2014 and 7th November 2015.

Do you have any specific questions in relation to who from your sport/recreation association/club is captured under the WWVP Act? Then attend this free information session where representatives from ORS will provide:

- An overview of the WWVP Act;
- Information and useful examples on how to manage the risk assessment process of the WWVP Act; and
- Answer any questions you may have on who from your sport/recreation association/club is captured under the WWVP Act.

For more information and to access the online registration form please visit [Education and Training Calendar](#). **Registrations are open until 15 July 2015.**

SRS still has vacancies in the following previously advertised workshops:

1. **Board Member Boot Camp** – Thursday 2nd July 2015, 6 p.m. – 9 p.m. at Ainslie Football Club, Wakefield Avenue, Ainslie

As a Board Member do you understand your legal, financial and ethical responsibilities? Do you regularly assess your performance?

Sport and Recreation Services will be delivering a practical workshop to help community Board members whip themselves into shape. Just as every Board needs to assess and improve its own effectiveness, every Board or Committee member needs to keep an eye on their own performance.

For more information and to access the online registration form please visit [Education and Training Calendar](#). **Registrations are open until 25th June 2015.**

2. **Strategic Planning** – Wednesday 29th July 2015, 6 p.m. – 9 p.m. at Ainslie Football Club, Wakefield Avenue, Ainslie

Does your Board/Committee need assistance with developing a strategic plan?

Sport and Recreation Services will be delivering a workshop to provide participants with the basic framework for the development of a strategic plan as well as working through an agreed strategic planning process to deliver the plan.

The workshop will also address how to make your strategic plan relevant and operational if you operate under a national body strategic plan.

For more information and to access the online registration form please visit [Education and Training Calendar](#). **Registrations are open until 22 July 2015.**

3. **Succession Planning for Boards and Committees** – Thursday 13 August 2015, 6 p.m. – 9 p.m. at Ainslie Football Club, Wakefield Avenue, Ainslie

There are few more important tasks facing a Board/Committee than managing its own renewal and succession. In this workshop you will learn how to put in place recruitment, induction, support and succession strategies that will help your Board rejuvenate and reinvent itself now and into the future.

For more information and to access the online registration form please visit [Education and Training Calendar](#). **Registrations are open until 6th August 2015.**

4. **Mentor Training Program** – Saturday 27th June 2015, 9am – 5 p.m. at Sport and Recreation Services, Ground Floor, 220 Northbourne Avenue, Braddon

Do you mentor coaches and officials in your sport? Then attend the one-day Mentor Training program which aims to develop and enhance the skills of mentors working with coaches and officials both in the community and in high performance sporting environments. It is aimed at people who are mentoring coaches and officials either as part of accreditation requirements for the NCAS or NOAS and/or for the professional development of coaches and officials.

The program covers the interpersonal skills required for mentors and the planning and processes of mentoring. It contains a number of practical activities to practise mentoring skills. On completion of the workshop, mentors should be able to plan and organise mentoring relationships and assist mentees to develop and improve.

For more information and to access the online registration form please visit [Education and Training Calendar](#). **Registrations are open until 18 June 2015.**

5. **Member Protection Information Officer** – Thursday 10 September 2015, 5.30 p.m. – 9.30 p.m. at Sport and Recreation Services, Ground Floor, 220 Northbourne Avenue, Braddon

Have you been assigned as the Member Protection Information Officer for your sport? Then attend the MPIO course which will increase your understanding of harassment, discrimination and child protection in sport while teaching practical skills that will assist anyone taking on the role of MPIO.

The course consists of a series of online modules (which take 2-3 hours to complete) and a face-to-face session. The online training must be completed prior to the face-to-face session.

For more information and to access the online registration form please visit [Education and Training Calendar](#). **Registrations are open until 2nd September 2015.**

SRS encourages your organisation to regularly check the SRS [Education and Training Calendar](#) for updates.

If you would like to discuss any of the workshops from above, please don't hesitate to contact me on: 6207 2073.

Paddle Swim

By Wayne Horodowich

Wayne Horodowich is the founder of the University of Sea Kayaking and has been teaching Sea Kayaking since the mid 1980's and is the producer of the "In Depth" Instructional video series on sea kayaking. Visit www.useakayak.org for more articles by Wayne Horodowich.

For those of you who have never visited Santa Barbara, I can honestly say it is a beautiful little city with an incredible waterfront. We have gentle sloped sandy beaches that stretch for miles along our coastline. Due to the topography of California the coast makes a right angle turn at Point Conception which gives Santa Barbara south facing beaches. The beach orientation, along with the protection of the Channel Islands, makes our beaches look

very user friendly. I tell you this because of the false sense of security that has infected some of the visiting tourists. They rent a kayak for a couple of hours and without realizing it, they get caught in the afternoon winds. On a few occasions a few of these tourists were picked up hanging on a buoy after their kayak went east with the wind.

A kayak can get away from you faster than you could possibly swim in full kayaking attire. If you have your paddle in your hand, does it get in the way of you swimming after your kayak? I believe if you learn how to do a paddle swim you will have a better chance of catching your kayak in the event you let go of it. The paddle swim is also a powerful way of swimming through the surf zone. It does provide greater possible pull in the whitewater.

The paddle swim is easy to do once you know how to do it. However, it feels clumsy at first and many paddlers have disregarded the skill because success was not immediate. I highly recommend you learn and practice this very valuable skill. The occasion you end up using it, could be life saving.

When do you use the paddle swim? Whenever you find yourself with your paddle and without your kayak and you have to move across the water. I have also seen it used in a swimmer assist.

The most common way of performing the paddle swim is going forward just as though you are swimming. The main difference is the longer lever provided by the paddle. It takes some practice to get comfortable with the lever.

The part of the skill that needs to be mastered is the way in which you manipulate the blades in the water. The angle of your blade when you put it in the water, the angle on the blade when you pull and the angle of the blade as you take it out of the water, all need to be correct if you want to move efficiently. If your paddle is feathered there will be more manipulation.

Remember to use the knife edge for the least resistance and use climbing blade angles to keep the blades from diving. Do not pull on the blade until the blade is in the correct position. The closer you keep both blades near the surface the less time it will take to set up for the next stroke. As you learn the coordination you will experience greater control, power and speed. Take your breaths when needed, and time it so you don't get a mouthful of water.

If you don't like the forward approach you can also try





doing the paddle swim backwards. The main advantage to this variation is less strain on the neck. Some find the forward paddle swim tiring on the neck muscles. Switching to the backstroke could be a nice break while maintaining momentum. You will need to maintain a watchful eye over your shoulder. The only way to see which one works better for you, is getting in the water and trying them. A way to get good at these strokes is racing your paddle partners. It seems to be more fun when some racing is involved. Use your feet to kick to add to your momentum with either the forward or backwards paddle swim.



When I am asked about the potential power of the paddle swim, I relate a time when I saw the paddle swim used to tow a swimmer through the surf zone after a capsize.

There was a lot of water moving in the zone adding to the challenge.



The person being towed held on to the PFD of the paddle swimmer. The towee tried kicking their feet whenever possible.

When you race your partners try doing it while towing another. If I don't have anyone to race, I try chasing my kayak in protected waters. I get in the water and push my kayak ahead of me so I have a target to aim for and an index to see how fast I am actually moving.

As a side note, if you ever find yourself in the water half way between your paddle and your kayak, I recommend you head for your kayak. If you are alone you will use your spare paddle (hint, hint) which is on the deck of your kayak to retrieve the one you abandoned. If you are in a group someone else can go for the paddle. You could also hand paddle back to your paddle if you didn't have a spare (tsk, tsk, tsk). Unattended paddles don't travel quickly in the water but unattended kayaks do.

If you remember to never lose contact with you paddle and kayak, you should never need to face the situation. The more skills you have in your bag of tricks, the better prepared you will be for that potential emergency. In fact those skills keep incidents from becoming emergencies.

A good time to practice this skill is immediately after landing from your day paddle. Since you will soon head to the car and change into dry clothes, it is a good time to see if you are dressed for immersion while practicing a new skill. It is also a good time to try a quick capsize recovery to keep those skills honed.

Pictures seen above were taken from the USK Video "[Capsize Recoveries & Rescue Procedures](#)".

Wayne Horodowich, founder of [The University of Sea Kayaking \(USK\)](#), writes monthly articles for the USK web site. In addition Wayne has produced the popular "[In Depth](#)" Instructional Video Series for Sea Kayaking.



DVD's Available from Paddling.net

- [Capsize Recoveries & Rescue Procedures](#)
- [Beyond the Cockpit - featuring Derek Hutchinson](#)
- [ABCs Of The Surf Zone](#)