



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 28 Issue 7, April 2018

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- SUP reports from the Gold Coast
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*The ACT Government assists this organisation
through Active Canberra, ACT*



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Coming Events:

- Saturday, 28 April — SUP Batemans Bay Paddle Challenge - 13km men / 8km women
- Sunday, 6 May — Husky SUP invite to NISCO day
- Friday–Sunday, 18–20 May 2018 — Australian Marathon Championships; West Lakes, SA

President's Report: Russell Murphy

Well that's it. Summer is over. How do I know? I feel it in the waters. Specifically I feel it in the waters of LBG at 7 in the morning when the air temp is 2 degrees and mist covers the river like a shopping mall Santa's beard. Or perhaps more poetically, like a plane carrying cotton wool.

But just because summer's over, doesn't mean paddling stops. Get yourself some booties and a good cag (I'm sure Wetspot can hook you up) and just keep paddling. There's plenty to do. After the Woronora race of the marathon series, BGCC is in front, but only just. Lane Cove have the advantage of a home race to come. But racing in Sydney and down the coast is much warmer. Why not make a weekend of it? Get in touch with one of the club coaches if you need to arrange person transport or boat transport to one of the races.

Canoe polo will also be shortly moving back to the warmth of Tuggeranong pool, where they will no doubt continue where they left off.

Time trials will also be moving back to Sundays at 9:30. Despite the name, you don't need any level of fitness or skill to participate. Everyone should be able to complete 5km in an hour. Even if you don't feel like paddling that far, come and take advantage of the warm weather during the day to keep your skills up.

Last of all, don't forget the BGCC birthday dinner on the 15th of June. It's a wonderful opportunity to see the people you say hi to in a different venue and wearing pants. Please note that John Preston will not be wearing pants, but shorts. It's also a great opportunity for the paddling widows to get together and lament (or celebrate) not seeing their other halves. Please also get your nominations in, funny or serious, for the awards. This includes the most important "hole in the paddle" award.

See you on the water (or at the dinner in pants)

Russell

Winter Time Trials, Shed Opening Times and New Kitchen

WINTER TIME TRIALS

The 2018 winter time trials will begin on Wednesday, 11 April at 5.00 pm. It is proposed that the Wednesday format continue each week until ending on 30 May.

Format: a 30-minute race of three laps, to give a total of about 5 km. The 3 short laps allows late-comers to join in for 1 or 2 laps and for us all to finish before dark. These trials might include relay races involving paddlers of all grades of paddling ability!

From June, time trials will need to go back to Saturday or Sunday mornings.

5 pm races to be self-timed, or just one time keeper needed. No barbecue.

Craig

SHED OPENING TIMES

Over the coming months, we aim to open the Club Shed at 9 am on each Sunday and — if enough volunteers can be found — also on Saturdays at 1.30 pm. This is to encourage our newer paddlers to continue with their paddling into the cooler months.

If you wish to use this service, please contact either Patricia or info@bgcc.org.au to let us know that you will be at the river on Saturday or Sunday. If no one has contacted us, we might not be there, so you will miss your opportunity for some time on the water.

Depending on who is taking the session, you could also receive some help with your paddling style/efficiency/etc. For more regular coaching, please look up the sessions advertised on the club website!

Patricia and Helen

NEW KITCHEN

Word from Molonglo Reach is that the club is now the proud owner of a wonderful kitchen. Many thanks to Rob Stimson.

**DONT GET CAUGHT IN THE
DARK OR COLD THIS WINTER**



Stock a range of:

**THERMALS, SOCKS, WETSHOES, POGIES, BEANIES, LIGHTS
AND EVERYTHING ELSE YOU NEED TO KEEP YOU SAFE AND
COMFORTABLE THROUGH THE COLDER MONTHS.**

10% OFF ACCESSORIES FOR ALL BGCC MEMBERS

16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

Shed Signs and Safety

Members may have noticed three new signs on the outside of the new shed extension that read: NO PARKING ANYTIME. The purpose of two of the signs is obvious, for parking in front of the shed doors makes it difficult, if not impossible, to open the doors to access the interior of the shed and bring out or put away boats.

However, the reason for the third sign, up high on the western wall (nearest to Duntroon entrance) of the shed is less obvious. This note and the accompanying pictures are to explain to club members why the signs are needed.



Because of the extent of the extension, with a meeting room and so many new racks, the club was required to install internal signage pointing to the *fire escape door* which is opened by a bar, not a key.



This door is extra wide to accommodate the club's trailer but also to provide extra space for people escaping from any fire. The door leads out to a gravel driveway and then to the bush or the main parking area, so any members and the trailer caught inside can be evacuated speedily.

The third NO PARKING ANYTIME sign is intended to keep the gravel driveway clear at all times so people and any equipment, including the trailer, can move out as quickly as possible. If a chain and padlock was to be placed across the entrance to the driveway, the same problem would arise as if a person parked a vehicle in that area: In the event of an emergency, a key would have to be found, either to open the padlock for the chain or the parked vehicle. Valuable time would be lost either in evacuating people or equipment, at the precise moment when time is a rapidly diminishing asset.



It is very important that all club members and any visitors accept the necessity of the signs and follow the messages conveyed upon them. While BGCC has not had a destructive event such as a fire in the shed, that isn't any insurance against one occurring in the future. Refrigerator, water heater, electric heater, hair drier and a range of equipment that is used in the shed have started fires elsewhere (think Grenfell Tower). So please assist with the club's continued preparedness against such eventualities and cooperate with the signs ANYTIME AND ALL THE TIME.

Thank you.

PNSW Series Race 3, Woronora: Helen Tongway

Saturday 17th March (Saint Patrick's Day) turned into a sunny, hot day with only the occasional cooling breeze.

We were informed at the race briefing that lifejackets were mandatory for all racers in all races, because of the insurance agreement set up by Australian Canoeing. Not quite welcome news on such a hot day. But paddlers took note and acted appropriately – drink water, keep wet, ease off your paddling if you are overheating (take a swim!) and cool off as soon as possible after your race is over.

24 BGCC paddlers travelled to Sutherland to paddle in 20 boats and earn the club 736 points. At this stage, BGCC is leading the club point-score, but only by 48 points (i.e., about 1 entrant!) ahead of Lane Cove. To stay ahead of Lane Cove – who look like being BGCC's main rivals this season – we need as many of our paddlers as possible to take part in as many of the Series Races as they can. Once you have done your ranking race you are able to earn club points at whatever placing: i.e., you don't have to be in the first 3 or 4 across the line in your Division, just the first or second BGCC boat across the line.

Full results at: <https://www.webscorer.com/race?raceid=130280>

BGCC paddlers:

					Club Points
Div. 1	20 km:	Michael Hanemaayer	8 th	1:36:48	43
Div. 2	20 km	Rob Stimson	1 st	1:42:12	50
Div. 3	20 km	Dom Hides	8 th	1:48:36	43
		Luke Willsmore	9 th	1:48:48	42
Div. 4	20 km	Richard Fox	DNF		
Div. 5	20 km	Danielle Winslow & Bob Collins	2 nd	1:56:54	49
		Dave Abela & Scott MacWilliam	8 th	2:03:54	43
Div. 7	20 km	Helen & David Tongway	8 th	2:17:23	43
Div. 8	15 km	Andrew Parkinson	1 st	1:20:35	50
		Margi Bohm	5 th	1:23:24	46
		Jack Jessen	10 th	1:28:04	
Div.9	10 km	Gary Rake	1 st	0:49:22	50
		Stephanie Rake & Liz Muldoon	4 th	0:54:43	47
		John Preston	14 th	1:00:17	
Div. 10	10 km	Graeme Ison	4 th	1:01:06	47
		Robert Bruce	6 th	1:02:55	45
		Gabrielle Hurley	Ranking	0:58:55	
Div. 11	10 km	Ian Castell-Brown	10 th	1:10:38	41
Div. 12	10 km	Allan Newhouse	3 rd	1:09:58	48
Div. 13	5 km	Corey Jessen	2 nd	0:29:01	49

NOTE: it would be good to get extra club members paddling in Divisions 1, 2, 4, 7, 11, 12 and 13, plus at least one in Division 6! Contact a coach or other club members to pool car travel and boat carrying; to save on costs and for mutual entertainment on the trip! The next Series Race is on the Tacoma River at Wyong on Sunday 8th April. Entry details on the club's web-site; or here:

<https://www.webscorer.com/register?raceid=128448>.

All following photos from PNSW Flickr: <https://www.flickr.com/photos/123301968@N08/albums/>



Above: Richard Fox, in front, eager for the start



Above: Jack Jessen, ready, steady..

Below: Margi Bohm, cool (at this stage) calm and collected





Above: Andrew Parkinson, first stroke of his race



Above: Liz Muldoon & Stephanie Rake



Above: Ian Castel-Brown



Above Left: Michael Hanemaayer



Above Right: John Preston

Below Left: Graeme Ison



Below Right: Allan Newhouse





Above: Dom Hides



Above: Bob Collins & Danielle Winslow



Left: David & Helen Tongway

Below Left: Scott MacWilliam & Dave Abela

Below Right: Gary Rake, with post-paddling duties



End of the race - phew! Helen.

South Coast Convenor's Report: Allan Newhouse

Three South Coast members represented BGCC at Race 3 held at Woronora on 18th March.

Conditions were good or at least three of four weather conditions were favourable. It wasn't raining, there was very little wind and it was high tide. However it was quite warm.

Graeme Ison paddled in Division 10 and finished fourth, only about one and a half minutes behind first place. Ian Castell-Brown was tenth in Division 11 and Allan Newhouse was third in Division 12.

For the first time, there were three canoes in Division 12. Ian Davey and Guy Fiddes from Newy Paddlers in Barker C1s and Allan in his Diamond C1.



Graeme Ison on his way to 4th place in Div 10



Ian Castell-Brown crossing the finishing line in Div 11.



Allan Newhouse approaching the finish in 3rd place in Div 12.

Canoe Polo Report: Laura Kleinrahm

Wowee, what a weekend! Canoe Polo went south this month for the Canoe Polo National Championships, with salt water ensuring everyone's eyes were suitably pickled. We warned them that they'd "need more than just a home-ground advantage to get our arthritic knees shaking", and the ACT contingent certainly showed the rest of Australia how we do it in the murky depths of Molongolo Reach.

For a giggle n a hoot, I suggest sussing the pre-Championships pump up post on Facebook: https://m.facebook.com/story.php?story_fbid=2137489593151874&id=1440537919513715

Described as having "shed their 'flabby and fifty plus' reputation" and "ready to show their younger opponents the wisdom seventy years in the APS can bestow on a man", our Open Men looked on form over the weekend, making it to the 3rd/4th playoffs against Vic 1 (a very stressful game for spectators) but the lads unfortunately went down in the match and out of the medal rankings.



The victorious women's team

Combining with a couple of Alice Springs recruits, we were able to field two Junior teams. Both teams showed some super strong shooting and goalyng, but ultimately the boys proved to be a bit stronger,



Antonia Harmer coaching the ACT+ team

with the ACT+ going to 3rd/4th playoffs, a match that replicated the Open game and saw the kids come second to Victoria. In the Grand Final, Mumma Toni positively had a stroke from the emotional rollercoaster versing Queensland provided. The Northern rivals featured several Youth Division players, gaining ACT interstate support for the 'underdog' Canberrans. The boys continued the theme of getting pipped at the post, but produced our first medal for ACT with a very shiny silver.



The less victorious Open's team

With the procurement of a 2016 gold World's medallist, there was no doubt in Mumma Tone's mind that she expected nothing less than an equally prestigious gold for our National's campaign. Victoria was looking like our main rival, with a draw in our first game revealing there'd some cross-border rivalry for that shiny medallion. However, with wins against every other team, and a 7-0 victory against Victoria on Day 2,

we were started to get a bit more excited than LozzaK with a jar of Nutella. The Grand Final proved a bit closer than ideal, with just two goals difference keeping our heads in the game. However, we knew ACT needed some more silverware (no thanks to our Open Men), and unlike Victoria, we came out victorious.

Overall results:

- Open Division: 4th
- Women's Division: 1st
- Junior Division: ACT+ - 4th, ACT Boys - 2nd

The 2018 World Championship's Australian Women's Team was also announced, with current and ex Burley Griffin paddlers forming half the team! Congratulations to Samantha McAlister, Laura Kleinrahm, Carley Goodwin and Stacey Goodwin who are now bound for Canada in August.



Some of Team ACT with their medals



Juniors, Jonte, Ethan and Jason

LozzaK

If you like Canoe Polo, (or doggos), check out our Facebook page:

<https://www.facebook.com/ACTCanoePolo/>



Our very professionally executed Facebook poster

SUP Report: Joanna Nelson

Greetings Paddlers,

Huge month for key SUP events held on the Gold Coast.

Trent Shaw and Rohan Evans attended the 7th annual **12 Towers Ocean Paddle Festival** completing 17km with 236 paddlers on the Gold Coast. With calm winds, 32 degrees and humidity at 100% on the day, no one was spared the physical and mental toughness. Congratulations to both Trent and Roh – you did an amazing job.



Rohan Evans and Trent Shaw (3 March)

Trent Shaw, Rohan Evans and myself competed in the **SUP DownUnder Festival** completing 13km also on the Gold Coast with favourable wind assisted conditions. A big thank you to Lana Read, our Canberra support crew.



Trent Shaw, Joanna Nelson, Traci Dostalek (Syd crew), Lana Read and Rohan Evans (10 March)

It was great to see so many SUP'ers amongst and all other water craft on Lake Burley Griffin during the Balloon Festival – so many great photos taken whilst out on the water.

I will post to the FB page upcoming events for consideration;

7-8 April (Husky SUP invite to weekend at Broulee)

28 April – Batemans Bay Paddle Challenge - 13km men's / 8km women's

6 May (Husky SUP invite to NISCO day)

Reminder: Social Coffee Paddles depart the Molonglo Reach on Sundays from 8 am.

Cheers

Jo



A New Club Boat: Patricia Ashton

You may notice there is a new kayak in the shed. It may not seem to be the type of boat you might expect — a Hobie Quest 13. No, it's not a pedal drive kayak, but it is a very recreational sit on top. Why have we purchased this kayak?

Over this summer we have had several requests from less abled people to store boats they wish to purchase. The committee has set guidelines for the boats we are willing to store, these are published in our [Boat Shed and Boat Usage Rules \(updated 2017\)](#), which requires 'private boats are to be less than 60 cm wide and no longer than the approved storage space in the Club Shed. Some boat sizes will not be accommodated in the club's racking system.'

As we were not prepared to store some of the short, very wide recreational kayaks, the committee agreed to purchase a kayak which will suit a wide range of people, from those needing extra stability, needing a sit on top due to lack of flexibility, or for those people over 100kg wanting to try out the sport.

As I have been using the Wetspot Demo Hobie Quest 13 for many of our Taste of Paddling sessions, for many of the above reasons, we thought that this kayak gives us the flexibility required. It is long enough to be reasonably efficient, wide enough to be stable for everyone (under 140kg), a sit on top for ease of entry and exit. It now gives us more options for people with a disability or those with some restrictions. It can be used for touring or it will be handy for setting buoys, being used for triathlons, or a spot of fishing.

In the future we may look at purchasing a Hobie Kona – a sit on top double – which can be used for those with a disability requiring a paddling partner, or may be used as a single for those up to 160kg.



Length: 13' / 3.96 m

Width: 28.5" / .72 m


Capacity: 350 lbs / 159 kg

Fitted Hull Weight: 65.5 lbs / 30 kg

A huge thanks to Scott and Wetspot for providing the boat to the club at a great price.

Patricia

Mastaflow Plumbing & Electrical are the contractors BGCC has engaged to do all of the work in our change/locker rooms and to install the lights in our main shed. The Shed Sub Committee has found them to be excellent. We have no hesitation in recommending them to our Club members as reliable and reasonably priced plumbing and electrical contractors. If you use them, just say you are from BGCC and you will be looked after.



MASTAFLOW
PLUMBING & ELECTRICAL

Contact Information:
Address: 7A/59 Vicars Street, MITCHELL ACT 2911
Email: info@mastaflow.com.au *Website:* www.mastaflow.com.au
Phone: 0428 513 267
Hours: Monday to Friday 7:30-4:30 Note: 24 hour emergency call out

About Us

- We are a team of **plumbers** and **electricians** in Canberra offering prompt and professional services to homes and businesses across the ACT. Backed by over 15 years of experience, we have given thousands of customers a speedy resolution on everything from dripping taps through to burst pipes.
- We complete every job safely, efficiently, and in accordance with government standards. It is this stringent attention-to-detail that has helped us emerge as the Canberra plumber and electrician of choice for countless commercial and residential customers.
- **Mastaflow** Plumbing Service has many years of experience in installing **solar hot water systems**, with over 3,000 systems installed between the team.
- **Mastaflow** has been **recognised** for their quality of installation and are the service agent in the ACT and surrounding areas for **Solar Ark Hot Water**.
- At **Mastaflow** we have also received product training on a number of well-known brands and are the leading solar hot water specialist in the ACT and surrounding areas.

Emergency Plumber

Our 24 hour plumber in Canberra offers a speedy response for a wide range of domestic and commercial plumbing issues, including:
For a prompt response on all your plumbing needs, phone **Mastaflow Plumbing Service** at any time, day or night.

Our Electrical Service

Fully qualified residential electricians can help you with: all forms of electrical connections, hot water installation, electrical design and advice, renovations & fit outs, data cabling, switchboard replacement and general fault finding.
Emergency appointments 24/7 are also available.

For Sale

Fenn Elite Glide: \$1250



Good condition except for a scratch covered by tape (not leaking). Stored inside and always washed. Not used much since move to Canberra.

Fluid Solo \$500



Used condition, normal white water scratches. Stored indoors. H2O Paddle included or sold separately.



Contact **Michael Hanemaayer** by email on hanemaayerm@gmail.com.

Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$25 each Shorts \$25 each



2017-18 BGCC Membership

Changes: There is an additional New Member Fee of \$50. New members receive a pro-rata reduction in the BGCC membership fee.

The Coded Levels have gone – now just Standard Membership (paid via PNSW/AC) plus Upgraded Memberships (paid via Register Now)

Adult BGCC membership: \$80 + PNSW Adult Membership: \$80. Total = \$160

Junior BGCC Membership: \$40 + PNSW Junior Membership: \$60. Total = \$100

Family BGCC Membership: \$200 + PNSW Family Membership: \$180. Total = \$380

Club Shed key-hire: Annual Fee: \$75. Plus **Refundable Deposit** of \$50, for new key-hirers.

Private **boat in Club Shed:** extra Membership fee: \$180

Both Key-hire and private boat in shed membership require an approved Application Form. See *club website for how-to-pay links*.

Australian Canoeing Safety Guidelines

Safety Guidelines are available at: <http://canoe.org.au/wp-content/uploads/2015/06/Safety-Guidelines-2015.pdf>

This is a reminder that a lifejacket must be worn whenever a club member is paddling a club boat.

Also a reminder to those club members who have the privilege of having your own boat residing in the club shed, that you have agreed to use your boat at least 25 times per year – or you may be asked to remove it.

Club Rules can be viewed at: <http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>

Helen