



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 31 Issue 1, October, 2020

Your Committee:

President: Bob Collins

Vice President: Patricia Ashton

Secretary: Rachel Muldoon

Treasurer: Shadi Samir

Safety Officer: Margi Bohm

Membership Secretary: Patricia Ashton

Public Officer: Bob Collins

Editor: Sue Powell

Burley Griffin Canoe Club Inc.

PO Box 341

Jamison Centre ACT 2614

www.bgcc.org.au

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- AGM, committee and Convenor reports
- 24 hour Paddle Challenge 28th-29th November
- New member induction report



*The ACT Government assists this organisation through the
Sport & Recreation Grants Program*



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Coming Events:

- Wednesday 14th October: Twilight Paddle to Fitness series
- Saturday 17th October. BGCC Portage Round (12km)
- Wednesday 21st October. Twilight Paddle to Fitness series
- Wednesday 28th October. Twilight Paddle to Fitness series
- Saturday 31st October. To the Dam and Back (20km)
- **Saturday 31st October. Morison 50, Macquarie Park, Windsor, NSW**
- Wednesday 4th November. Twilight Paddle to Fitness series
- Wednesday 11th November. Twilight Paddle to Fitness series
- Saturday 14th November. BGCC Portage Round (12km)
- Wednesday 18th November. Twilight Paddle to Fitness series
- Wednesday 25th November. Twilight Paddle to Fitness series
- **28th – 29th November. 24-hour paddle challenge, BGCC, Molonglo Reach, Campbell ACT**

President's Report: Bob Collins

While we in the ACT have come through, what seems to be the worst of the Covid19 pandemic in Australia, relatively unscathed, hotspots and flare-ups in NSW meant that the Myall, the Hawkesbury Classic and the Murray Marathon had to be cancelled.

This was particularly distressing for the many ultra-marathon addicts, however a substitute event, the 'Morison 50', will be held on the Hawkesbury on October 31st.

It will be a 25km out and back paddle (50km) from Windsor, with shorter 25km or 12km alternatives. This event will be the perfect opportunity, for anyone aiming at paddling in a future Hawkesbury Classic, to get a taste of what it is like to paddle on the Hawkesbury.

Starting at 3:00pm, depending on your speed, you will arrive back at Windsor just on dark. (See myself or Richard Fox for more details)

24Hr Paddle Challenge

Our annual event will go ahead on 28-29 November 2020. Details will be in Blazing Paddles, posted on the website and emailed to members.

ACT Govt. Assistance

After successful applications we have now received the following:

- A \$750 rebate on our Electricity;
- Our annual \$6,000 Operational Grant (this was brought forward due to the pandemic);
- A Grant to purchase gym equipment (shortly to be installed in the shed)
- A Grant to install guttering along the latest shed extension;
- A Grant to install insulation in the ceiling of the Meeting Room;
- A notification that as a result of our request for a rent review, our annual rent will remain at its current level. (We were notified of an increase of \$1,000 pa.)

BGCC Financial Position

Our club is currently in an excellent financial position and currently has 232 members, some 100 private boats stored and over 100 keys out to members. As result of this stable revenue stream we have been able weather the effects of the Pandemic and purchase 6 new Club boats – all will be in the shed soon.

There are plans to further upgrade our fleet of Club boats over the next 12 months.

Shed Operations

There are signs all over shed indicating numbers that can gather in certain areas and the precautions that should be taken now that the showers are open. We would ask that you please adhere to the restrictions and cleaning procedures.

- Bob Collins

Vice Presidential update: Patricia Ashton

BGCC AGM on Sunday 27th September 2020

Thanks to all those who took the time to come along to the club AGM last Sunday.

It was quite interesting to see the members who came along to support the club, thank you for attending! I could rehash my last few years' worth of post AGM articles....as a long term committee member it is disappointing that so few club members who benefit from the club, e.g. the storage, club boats, training, sponsorship, the events run within the club, the hot showers (yes, they have been scarce of late....) etc, turn up to support the committee.

As you will notice, there are a few empty spaces in the Convenor section, hopefully there will be a Canoe Polo Convenor as well as the Slalom Convenor shortly and we are again looking for people to take on Recreational Paddling, Social Convenor, and Publicity and Sponsorship. These have been vacant for several years!

We used to have a strong *Recreational paddling group*, going to the coast or river areas every 2 months or so, staying overnight, sometimes camping, more often in cabins or a house and doing some lovely paddles, up to about 25km, stopping for morning tea and lunch along the way. Several of us went to Samoa, New Zealand and the Katherine River up north for paddling adventures (tours). *Who do we need?* One or 2 people to organise the rest of us, pick some dates, some places to visit – find out about tides, distances, where to put in etc, where to stay. They should have some experience with paddling in groups – risk management, safety, keeping people together.

Our *Social Convenor* takes charge of a very limited social calendar these days – our Club Presentation, our Birthday celebration, a Christmas get together. Other things like regular BBQ's after time trials, Mother's Day Mayhem, Father's Day Frolic, Christmas party (with Santa), have all disappeared.

Publicity and Sponsorship is something we've rarely had – if you have access to someone at the Canberra Times or radio, to advertise our races, our successes, in the Marathon Series, Hawkesbury, Canoe Polo Invitational etc, a few articles in local media is always nice & lets the broader community know a bit more about us and kayaking as a sport.

Our new committee sees 3 new faces which is great, thank you to Shadi, Rachel and David for taking on positions and a big thanks to Bob for accepting his nomination for the President position again and Margi for agreeing to be Safety Officer once more. Jeremy stood down as President but will continue on the committee as Boat Captain while Dom was happy to contribute as an Ordinary member for another year.

Also need to thank all our Convenors – especially Richard for continuing as Marathon convenor, we hope he has more to report over the next 12 months and the same for our new editor, Sue Powell.

Geoff Collett, our webmaster - thank you too Geoff, has our new contacts on the website.

Here is a quick summary of our committee members.

<i>Committee Positions</i>		<i>Convenor Positions</i>	
Position	Person	Position	Person
President	Bob Collins	Membership Secretary	Patricia Ashton
V President	Patricia Ashton	Public Officer	Bob Collins
Treasurer	Shadi Samir	Editor	Sue Powell
Safety Officer	Margi Bohm	Coaches rep	Margi Bohm
Boat Captain	Jeremy Cook	Webmaster	Geoff Collett
Ordinary Member	Dom Hide	Assistant Boat Captain	Scott MacWilliam
Ordinary Member	David Abela	Canoe Polo	?
Secretary	Rachel Muldoon	Marathon	Richard Fox
		Marathon Event Co-ordinator	Bob Collins
		Time Trials - Wednesday	?
		Saturday Training Races	Dom Hide
		Slalom – Whitewater	?
		Social Convenor	?
		Publicity and Sponsorship	?
		Recreational paddling	?

Safety Officer Report: Margi Bohm

You may have noticed a few changes around the shed recently. Firstly, the showers are now open for use, but please, if you are using the showers, treat all communal surfaces as contaminated and wash with detergent and then disinfectant before and after use. Also please note that you used and cleaned the shower in the sign-in book. Secondly, we now have a QR code for electronic sign in. The codes have been placed around the shed at key entry places. Please make sure that you sign in either electronically or via the sign-in sheets every time you use the shed. The latest community COVID cases in NSW should be a reminder that the virus can pop up in the least expected places and it does not take much to start another major wave of infections. Having good attendance records will help contact tracing and thereby limit the spread.

There have been some disturbing shed door incidents in the last few weeks where doors have been left wide open or unlocked with no members to be seen anywhere. Car and shed break-ins have started again at the rowing sheds around the lake ... it is a matter of time before the thieves find us, so please do not provide them with easy access to our shed. We do have security cameras, but these do not stop people from breaking car windows or doing a huge amount of damage before we catch them. So please be vigilant about locking your car (with no visible items of interest) and making sure that the shed is locked before you head out onto the water or leave to go home. Do not assume that others will lock up after you. You are responsible for locking up the doors that you use.

On a similar note, if there does not appear to be anyone out on the water, please put the racks away as well before you lock up. Again, do not assume that someone else will put racks that you use away.

Thanks to Gary for fixing the pontoon and making it solid again. Just a note of caution, the entry to the pontoon is VERY SLIPPERY so please be careful as you step onto or off it. Also, a couple of members have reported removal of crocs and booties from the pontoon during training sessions. Sometimes these reappear but sometimes not, so be careful leaving things on the pontoon whilst you are paddling.

Finally, if you see anything in and around the shed that constitutes a safety hazard, please let me know asap via margi.bohm@gmail.com.

Safe paddling, enjoy the warmer weather!

Margi

Boat Captain's Report: Jeremy Cook

With Spring trying to get a hold and the water warming up (at least the top few centimeters), activity around the shed and river is picking up.

Use of club boats

Club boats have now been consolidated in bays A, D and E of the old shed and spots have been allocated and tagged for each boat. Please return boats to their allocated spot after they have been washed and dried.

When washing kayaks, consider hosing out the inside to remove any sand and grit, as well as cleaning the outside. Occasionally consider giving the footplate runners and the seat mechanism a wash too.

If leaving off the beach (rather than the pontoon) remember to keep boats parallel to the shore and in sufficient depth of water to avoid running them and their rudders into the sand.

When coming back to the beach, come in parallel, climb out and then carry the boat up onto the grass. Don't run the bow of your boat onto the sand.

Rudders are easily bent and rudder housings can and do crack which lets water into the boat and results in a major repair job. If the surf-ski or kayak you are using has an under-slung rudder, do not run the rudder into the sand in shallow water; and do not sit on or in boats on land to check leg length.

It just takes a little thought and care. But if a boat is damaged, please let me know.

Sign-in sheet

The new sign-in sheets have a column to record if any repairs are needed to club boats. Until a new batch of sheets are printed, please also use this column to record if you are using a club boat - and which one.

Recording usage of club boats helps the committee understand the demand for various classes of boats, and hence how the club should be investing in boats to meet this demand.

New club boats

In the next couple of months the club will be receiving:

3 new Platypus recreational boats - which replace the Prijons that were sold to two lucky members (https://www.canoes.com.au/index.php?dispatch=products.view&product_id=277).

1 large Vajda 40 K1 - to complement the club's medium Vajda Spirit (<https://australianpaddlesports.com.au/product/vajda-k1-apex-40/>)

1 large Vajda 46 K1 - to complement the club's 46 that has been extremely popular since we got it last year (<https://australianpaddlesports.com.au/product/vajda-k1-apex-46/>).

In the last twelve months, the club has invested over \$15,000 in new boats. They are a community asset that all members should be proud of and look after.

Boats for sale

The club has a pink surf ski suitable for a paddler around 5'4" and two older style K2s for sale. Going super cheap.

Do you know who owns these boats?

One is a blue Max Kayak K1 in good condition, the other a yellow Compkraft K1? With trailing rudder and pedals. These kayaks appeared in the shed, in the rafters of the extension. If they are yours, the Max Kayak is now in the SUP area, the Compkraft is behind the shed. If they are not removed by the end of October they will be put up for sale or donation.



If you are interested in any of these boats, please let me, Bob or Patricia know.

Happy paddling.

Jeremy

Marathon Convenor's Report: Richard Fox

As I sit here scratching my head to think of something worthwhile to include in this report, I take some comfort knowing writing this report won't take as long as a completing a marathon event ... in any division.

Never, in my time associated with BGCC, have I seen so much training activity as I have in 2020; never have I seen such an absence of racing. The irony of 2020.

Let's not look back; let's look forward.

The Morrison 50 is a new ultra-marathon paddle on Saturday, October 31. It's an out-and-back paddle from Macquarie Park, Windsor. Distances are 50km, 25km or 12km. It's a twilight event and it's a full, micro, blue moon so should be a memorable event. Details on the [PaddleNSW website](#) including registration links.

Our own 24-hour event is scheduled for November 28~29th. This time the event incorporates the option of challenging yourself against others for 16 hours with a break from 10pm to 6am. If I'm reading the prevailing winds accurately, I think it will be well attended event and I hope our own club is well represented in either teams or individual entries.

Dom Hines has got a Saturday morning racing / training group paddling over various distances and courses. This is a good opportunity for club members to not just get in a little race-conditions paddling but a catch-up over a breakfast afterwards. Bring your own food, BBQ facilities are available.

It's all about the catch.

Richard



Above: Richard Fox

Who's who? David Abela (general committee member 20/21)

I got my first kayak about 15 years ago and joined BGCC around 2008, at first just for recreational paddling but it didn't take long for me to get sucked into competitive paddling with other club members, which I still really enjoy.

I've completed several of the big "ultra" events and try to represent our club in as many of the Marathon series races as possible with my trusty paddling buddy Scott MacWilliam. We've been paddling together for almost 10 years now (with no squabbles!) and our weapon of choice is a Sladecraft SL2. As I'm edging closer to retirement I thought I'd put my hand up this year and more so in future years, to help the running of the club as many other members have helped me a lot over the years. Apart from paddling, on an average week you can find me running, swimming, ballroom/swing/Latin dancing and learning French.



Au revoir pour le moment et j'espère vous voir bientôt!!

Slalom flatwater training session. Patricia Ashton

On Sunday 27th Craig Elliot and Danielle Woodward ran an introduction to Slalom paddling for flatwater paddlers. This came about as Craig was seeing many new K1 paddlers struggling with balance and boat control. Going forwards with a rudder often means we don't practice or even learn the various strokes which are basic skills for white water or slalom paddlers.



We were in good hands as Craig was an Australian Rep Slalom paddler and Danielle was the number one female slalom paddler in Australia for many years & also won a silver medal in the Barcelona Olympics.

There were about 15 participants with a selection of kayaks from white water & slalom boats, canoe polo bats to a sit on top and some sea kayaks. We covered the basic strokes forward, backward, sweep strokes, draw strokes, reverse draw strokes as well as the all-important, low brace and were generally able to get the boats where we wanted them!

Next session will see us playing in slalom gates to learn boat control with the final session being a weekend trip to paddle at Tumut.



Margi Bohm, Tom Long, Matilda Stevenson, Kolya Cook, Kel Watt, Richard Bontjer and Sue Powell with Craig Elliot getting some instruction from Craig about converting skills to K1's

South Coast Paddlers Report: Allan Newhouse

Windsor Report

The race at Windsor in August was advertised as “2020 Return to Marathon” and “Ultra Marathon Race 1”. It now seems that we were over optimistic as the second Ultra Marathon Race at Wyong has had to be converted to a virtual race and others are in doubt.

Numbers were limited, not so much because of lack of interest as because of current restrictions on the size of gatherings in NSW. However, the field of about 100 paddlers although only half the size of our biggest events was not a great deal smaller than some events in the last few years.

It is often difficult to predict the number of paddlers that will compete in any particular division and this was one of those events when numbers were down in my division, Div 13. Consequently, the three Div 13 paddlers started with much younger 14 and 16-year-old paddlers in the junior divisions. As they all seemed to be competent K1 paddlers, it wasn't long before they were far enough ahead that they didn't appear to be part of our start.

A week before the event, the forecast was threatening 100% chance of a downpour but as each day passed the forecast improved and on the day itself, there was a very light sprinkle as the early divisions started and another light sprinkle part way through the race.

With only three paddlers in Div 13, while I was satisfied with my time, it was hardly an exciting race as I was 2:45 behind first place and over six minutes ahead of third place.

While the current restrictions meant that there was an emailed briefing and no presentation, people still seemed to manage a limited amount of socialising while adhering to Covid health advice.

Some paddlers appeared to be suffering some sort of withdrawal symptoms, but others have found ways to spend time on the water and even compete during the crisis. For example, since the Batemans Bay Challenge and the Frank Harrison Memorial Race before the crisis began, I have competed in two local virtual races and three international virtual races. I also took part in an international virtual distance challenge in the month of July. Despite missing the whole of the first week through absence and several days when wind and rain made paddling inadvisable, I clocked up 337.45 km in the C1. While I was satisfied with that and it was the third highest total, a young woman in England paddled every day on a SUP and clocked up 552.42 km.

Wyong Ultra Marathon

The Wyong Ultra Marathon at the end of August suffered the same fate as so many other events this year. However, rather than just being cancelled, it was converted to a virtual race, so I completed it on home waters on 6th September.

With no class for canoes, I chose to compete in the 70+ Singles class in my Masters K1 and finished the 15km in a time of 1:39:26. While that was a bit quicker than I could have managed in the C1, it still left me in 4th place out of four entrants.

Allan



Allan Newhouse about to finish second in what may be one of very few actual races held this year



Allan back in his K1 for the Virtual Wyong Ultra-Marathon 15km event in September

ACT Government's COVID-19 Restrictions: Stage 3; Step 3.1

SUMMARY of Guidelines as per BGCC Operational Plan towards Returning to Play (full document available on website)

The decision to participate in canoe/kayaking at BGCC is made solely by you with regard to your health and personal circumstances. If you chose to go for a paddle or use the shed, you are making your own risk assessment after reading the BGCC Operational Plan towards Returning to Play and agreeing to the BGCC guidelines. A summary is provided below. Detailed instructions are provided in the shed in the form of signage.

1. DO NOT come to the shed if you are experiencing shortness of breath, fever, coughing, sore throat, loss of sense of smell, if in the last 14 days you have been unwell or in contact with known or suspected case of COVID-19, if you have taken a COVID-19 test and have not yet heard if your test is NEGATIVE, if you have visited a hotspot area, if you have returned a positive test for COVID-19.
2. Register your attendance at the club even if you do not enter the shed or its annexes. Register via QR code or manually using the sign in sheets at the fridge. If you use the showers, you must register your use using the sign in register.
3. Get in, Train, Get out. Some gathering is permitted as long as occupancy and personal hygiene recommendations are adhered to.
4. Maintain physical distancing inside the shed, whilst preparing your boat as well as whilst moving around outdoors and on the water (4 m² /person or at least 1.5 m from anyone at all times). Numbers of people allowed in the shed are governed by floor space. Please follow occupancy guidelines in each room.
5. Practise excellent personal and community hygiene. Detergent, disinfectant and hand sanitiser are provided throughout the shed: • Treat all communal surfaces in and around the shed as CONTAMINATED. • Wash your hands before and after touching communal surfaces using provided soap and hand sanitiser. • Sanitise your hands after opening and locking all shed doors. • When using SHOWERS, wash communal surfaces with detergent and then disinfect BEFORE and AFTER use. • When using the TOILETS, disinfect communal surfaces before and after use. • Dispose of hand towels (supplied) used to disinfect surfaces in the lined bin.
6. Limited sharing of equipment is permitted during training sessions as long as occupancy and personal hygiene recommendations are adhered to and equipment is appropriately sanitised between and after use. This includes boats, paddles, erg and gym equipment.
7. The COVID-19 landscape is changing all the time. Please monitor your email for updates from the BGCC Committee. The latest Return to Play document is available on the BGCC website.

Coach's Corner: Margi Bohm

ICF has been running a series of presentations by various people on topics of interest to canoe/kayak coaches. The presentations, while focussed on sprint, provide some good information for the BGCC paddling community and especially for our coaches:

- Coaching Women: Considerations for the Female Athlete (<https://www.youtube.com/watch?v=hR4My9X2Ghc>) covers some important information for coaches, parents and female athletes about how the menstrual cycle affects performance:
 - Menstrual dysfunction is prevalent in female athletes in endurance sports and sports with a body image or weight class. It is less prevalent in strength and team sports. This puts marathon paddlers in the concerned box! Coaches are encouraged to work with their female athletes to monitor their menstrual cycles so that the training program works for them.
 - Be aware that hormonal contraception replaces natural estrogen with a laboratory substitute which does not work as effectively in setting down bone density. This is critical for young female athletes as bone density is set by about age 24. After that, we all lose bone density (male and female) with the rate of loss accelerating in post-menopausal women. This means that young athletes who use the pill to control skin problems, manage menstrual cycle through competition, or as birth control are at risk of lower than normal bone density, especially since our sport is not weight bearing. As an interesting aside, the presenter identified fractures in the ribs as a major bone density related injury in elite female canoe/kayak athletes!
 - Working out in the gym does not necessarily build strong bone. Need movement with impact to build bone density.
 - Provides some useful guidelines on how to structure the training program around the 28-day menstrual cycle. Females athletes are prone to injury when progesterone concentrations are low and estrogen concentrations are high because of increased joint looseness (laxity). During ovulation, force production increases which predisposes female athletes to ligament injuries during this time.
 - While there are clear physiological consequences of taking contraceptives (e.g., VO2 max reduction; increase in core temperature; changes in cellular buffering capability to mention a few), there is little evidence of its effect on performance.
- Energy Expenditure and Fatigue (<https://www.youtube.com/watch?v=2XhCFoNsQR0>) covers some basic cellular biology around the energy systems used by canoe/kayak athletes and how to manage fatigue. Some interesting bits of information are found in this presentation, especially around common misconceptions:
 - VO2 max is a predictor of aerobic fitness but not a predictor of performance. It plateaus after 8-12 weeks of training.
 - Kayakers spend the majority of the race at or around VO2 max.
 - Prefers to use blood lactate concentration to predict performance as the higher the lactate threshold, the higher the sustained exercise intensity and the better the endurance capability of the athlete.
 - Train to entice appropriate biochemical adaptations in the muscle fibres (cells) to facilitate efficient access to energy from the different pathways. In particular, the training program needs to promote the use of free fat, increase the number of mitochondria in the cells, develop efficient use of muscle glycogen. It was nice to see a recommendation to move training emphasis towards energy systems rather than routines.
 - Research shows that successful canoe/kayak athletes have high VO2 max, high lactate threshold, high economy of effort and high percent of type I muscles. Training programs can target lactate

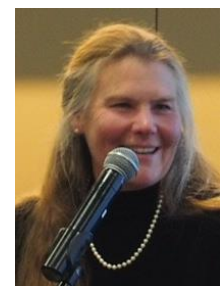
threshold and economy of effort. Most coaches do not spend enough time on training the anaerobic system.

- Recovery strategies depend on the source of the fatigue. Lactic acid from lots of efforts requires active recovery with soft massage and hot/cold shower; aerobic fatigue requires high glycaemic food and rehydration with active recovery, soft massage, and hot/cold shower.
- Choosing a Paddle for Young Paddlers provides some useful insights on the strengths and weaknesses of the different prop designs although I was disappointed that he did not directly compare the performances of the paddles quantitatively:
 - The teardrop shape remains the paddle shape of choice for top sprinters and many marathoners. It requires a great deal of attention to technique because the angle of the entry must be precise to ensure a strong and sustained power phase and the athlete has to control the movement of the blade through the stroke. He mentioned that this shape has a very quick exit which helps to keep the boat moving as the paddle slows down towards the end of the stroke.
 - The parallel edge shape generates power through the length of the stroke and is stable in the water, but it has a poor catch and therefore the boat accelerates more slowly than with the teardrop shape. This shape does not lose a lot of performance when used by paddlers with relatively poor technique.
 - The twisted blade (e.g., Bracsa XI) also has a soft catch but it tracks in the water really well and is a good blade for entry level paddlers.

Some other useful information given in the presentation includes:

- Shape is more important than surface area because the different shapes lock on differently; the most aggressive catch (if you do it properly) is the teardrop followed by the parallel edge and the twisted blade shape. The final choice depends on the athlete's ability to learn and maintain good technique.
- Determining the length of the paddle is not prescribed and depends on how the athlete sets up the catch. He suggests that the coach watch for the following:
 - Top hand tracks high – shaft too long.
 - Top hand overtakes pulling hand indicates that the blades are too big but this is also an indication of poor core engagement or core weakness.
 - Shoulders raised – shaft too long.
 - Low or high elbow (that tracks in a downward path) – shaft too short.
 - Catch is late or blade does not fully submerge – shaft is too short.
- Using shafts of less stiffness is recommended with younger paddlers and paddlers with small training years together with smaller blade surface areas. This allows the beginner to learn to feel the water, especially the catch. As the paddler matures, they will move to larger blade sizes and shaft stiffness. Do not pair a large blade with a flexible shaft. The larger the blade, the more stiff the shaft. This is to prevent injury.

Margi



New Members' Induction Report. Mark Grundy and Ela Majoča

These are Ela and Mark.



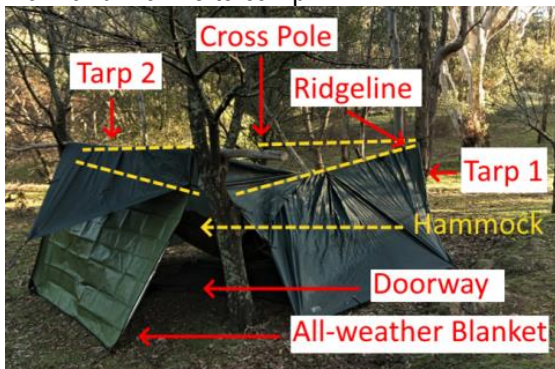
Say hi, Ela! Say hi, Mark!

Ela and Mark are not to scale here.
But it is not far off.

Ela photographs, eats and teaches yoga.
She thinks the seats in Wee Jasper aren't that comfortable.

Mark writes, cooks and cycles long distances.
He is sure the emergency tape behind him was there when he arrived.

Mark and Ela like to camp.



Here is their Winter Home at Blowering Dam.

(I did not say they were *good* at camping.
I only said they *liked* it.)

This is Mark's kayak.



Mark bought his kayak in Winter, under Covid.
When he couldn't cycle long distances.

Mark's kayak is inflatable. He blows it up with a foot pump.
Why, Mark, why?

Mark's kayak is very buoyant.
It could carry Ela, Mark and two adult alpacas.
If Ela and Mark owned them.

Also, tents.
If Ela and Mark ever used them.

Mark's kayak is in his back yard.
It is being paddled by garden ornaments.

Because Mark bought it in Winter, under Covid.
When he couldn't cycle long distances.

This is Mongolia, in China.



It is big, flat and land-locked.

This is Durras Lake in New South Wales.



It is like Mongolia, only smaller.

Durras Lake has big basins.
And water that goes in and out when the tide is high.
And many creeks that make the water go round and round all the time.

Only you won't know that.
Until you paddle on Durras Lake.



Ela and Mark paddled on Durras Lake.
Before they knew Durras Lake.

Or paddling.



This is Ela again.
Ela is standing in the mud
At the far end of Durras Lake.

Ela has a map, and a big hat to avoid sunburn.
And Covid.
And paying parking fines.

Ela is wondering why Mark made the kayak go round and round.
'We should learn to paddle', says Ela.

Ela sat behind Mark the whole way.
Mark's shoulders are sore.
'We should learn to paddle', agrees Mark.

This is Helen.



Helen is a member of the Burley Griffin Canoe Club.

Helen has been paddling for thirty years.
Ela and Mark have joined the Burley Griffin Canoe Club to learn paddling.

Helen is with Mark and Ela on Lake Burley Griffin.
Helen is teaching Mark and Ela to paddle.
While Socially Distanced.

'Use your core, Mark!' says Helen.
Mark cycles long distances.
But has only paddled short distances.

Mark is thinking about eating an apple.



Ela is also on Lake Burley Griffin.
Ela has never paddled alone in a kayak before.
Ela is taking photos.

Ela's kayak has a rudder, which you can steer with your feet.
If you want to turn left, you must push left.
If you want to turn right, you must push right.

But Ela is from Poland, where the water goes down the sink the other way.
'Follow me Ela!' says Helen.
Ela steers the Polish way.



Helen has been paddling for thirty years.
Helen also likes gardening.
When the kayaks are cleaned and back in the shed, Helen rushes home to garden.

'Thank you for teaching us paddling, Helen!' say Ela and Mark.
Ela and Mark are ready for Durras Lake again.

EVENT: 24-Hour Paddle Challenge

28th – 29th November, 2020

Hosted by BGCC at Molonglo Reach, Campbell ACT

Sanctioned by Paddle NSW in its Ultra-Marathon series

**** New in 2020, choose to paddle for 24 hours or 16 hours (with a break from 10 p.m.-6.a.m.) ****

An event for competitive and recreational paddlers; solo paddlers and teams.

Entries: via *Webscorer* by 11:59 p.m., Wednesday 25th November:
<https://www.webscorer.com/register?raceid=> TBA

Entry Fee: \$0 for U18 \$20 for U23 \$30 for over 65 \$35 for all others

These fees are for current financial members of PaddleNSW. Other paddlers add a \$20 surcharge.

Entries are per paddler, not per boat, including for doubles, multi-paddler craft and relay teams.

A late fee of \$10 will be applied to entries after 11:59 p.m., 22nd November, 2020.

Enter either the 24-hour or 16-hour event. **But** have the option of dropping from the 24-hour to the 16-hour event by advising the organisers before 8:00 p.m. on Day 1 of the event.

See *Webscorer* for restrictions on Junior paddlers, who may enter the 16-hour event.

Course: 4.7 km loop course on the Molonglo River

Briefing: 9:30 a.m., Saturday 28th November, 2020

Start Time: 10:00 a.m., Saturday 28th November, 2020

Finish Time: 10:00 a.m., Sunday 29th November, 2020

Allowable craft: Kayak, Canoe, Ski and SUP.

Solo – one single or double canoe, kayak, ski or SUP with a single paddler or 2-person crew for the entire event

Team – a relay of paddlers rotating over the period of the event:

- ‘Competitive’ with up to 4 paddlers using single-craft or 8 using double-craft, in one or more canoes, kayaks, skis or SUPs
- ‘Recreational’ with up to 8 paddlers using single craft or 16 using double-craft in one or more canoes, kayaks, skis or SUPs.

Note: Both Solo and Team entries will need a team name when registering. Paddlers on a team must use the *identical team name* when registering!

COVID-19 SAFETY

This event must be COVID safe.

All participants and spectators must abide by social distancing and all other Government restrictions applicable at the time of the event.

Burley Griffin Canoe Club will be restricting use of the clubhouse facilities.

More information will be distributed closer to the event when the COVID situation is known.

Paddler Safety: A safety boat will be stationed at the start/finish area. However paddlers are responsible for their own safety and the safety of anyone in need of assistance on or in the water. When on the water, paddlers must at all times have a pea-less whistle readily available to relay a message along the river that the safety boat is needed. Any time spent assisting a paddler in difficulty will be allowed for.

Night-time safety – 7:30 p.m. to 6:00 a.m.: All paddlers starting a lap **after 7:30 p.m.** must wear a lifejacket with a torch and whistle attached. All paddlers must have lights on stem and stern of their craft. Cyalumes will be provided for all craft. Paddlers starting a lap **after 6:00 a.m.** may choose not to wear a life jacket, but must consider safety factors such as fatigue when doing so.

(Note: Sunset, 28th Nov.: 8:00 p.m.; Sunrise, 29th Nov.: 5:42 a.m.)

Amenities: The BGCC club-shed has male and female toilets and showers. Molonglo Reach has public toilets and a free public barbecue. The club-shed kitchen has a fridge, microwave oven, kettle and pod-coffee machine. No catering provided, but cafés and supermarkets are not too far away.

Use of the kitchen area is currently restricted to 4 people at any time; the board room to 8 people; male change room to 3 people; and female change room to 2 people. Social distancing applies.

Camping: is **not** permitted at Molonglo Reach, however ‘shelter tents’ are – so nothing too elaborate please! There will be designated shelter tent areas, so please do not set up camp just anywhere. Cars must not be taken onto grassed areas – park in the carparks only!

Given restrictions on use of the clubhouse, it will be even more important that paddlers bring shelter tents and other equipment they require.

BURLEY GRIFFIN CANOE CLUB LOOKS FORWARD TO SEEING YOU !!

Boats for Sale

Double ski – free to good home

Fenn Mako double ski fibreglass construction, fixed front seat length - suit paddler 170-180cm tall.

Good boat, has won the Keen adventure race, Burley Griffin Bash and previous category record holder in the Hawkesbury Classic. Good condition, just not getting any use. Contact Alex: 0430 078 827



Nelo K1 Viper 60 (60cm wide).

It is in very good condition with little use since new.

Asking price \$950.00

Contact Roy Willis 0408428843



'An absolute whopper' of a brown snake relocated from Clare Holland

House (Fairly close to Molonglo Reach ...)

Source: The RiotACT, 7/10/20



An eastern brown snake that tipped the scales at 1.83 kg has been captured and relocated from the grounds of a palliative care hospice near Lake Burley Griffin.

While it is not the first snake of the season to be relocated, Gavin Smith of ACT Snake Removals said the 1.8-metre eastern brown snake was one of the largest he's seen before it was released to a nature reserve that resembled its natural habitat.

A spokesperson for Clare Holland House also confirmed the snake had been removed from the rear of the residents' courtyard on Sunday (4 October). It had likely been disturbed by recent building works.

Mr Smith said he marvelled at what he estimated was a mature male snake, weighing about three times more the average brown snake.

"Judging by the shape of its tail, this was a pretty old boy who's been around for many years and has grown to this gargantuan size," he told *Region Media*.

"I suspect this one has changed its diet over time, and while we can't be certain, I suspect it's been eating small rabbits as it's just an absolute whopper.

"With this guy in the bag, it reminded me of a large python."

Gavin Smith, of ACT Snake Removals, with the giant eastern brown snake near Clare Holland House. Photo: Supplied

He said brown snakes are usually slender and fast-moving snakes, but also pack a powerful punch of venom that makes them one of the most lethal snakes on the planet.

"This one was off the scale of what I usually see. Handling him, I was amazed at its extraordinary strength. He's the same height as me, so you really have to be on your game and very aware of what he's capable of," Mr Smith said, adding that he's not been bitten by any snake.

He said the forecast of a wetter spring and summer meant more snakes would be attracted by the conditions where they could prey on mice, rats and even rabbits.

"This snake had obviously been living in its habitat for a number of years, and while I'm always ambivalent about moving it, all snake catchers put a lot of effort into choosing as good a habitat as possible to relocate so the snake can continue to do well.

"This one was just getting a bit too close to residents and visitors."

An eastern brown had also been relocated from the Federal Golf Course last weekend, while Canberra Snake Rescue and Relocation also received a call from Bunnings at Fyshwick where an injured brown snake had been reported in the car park. However, on arrival, they found the snake had been decapitated, which they said was incredibly cruel and disturbing.

Mr Smith is also a reptile researcher at the Australian National University and said because of the severe lack of scientific evidence about snakes, he was embarking on a telemetry project with other snake handlers to better understand the slitherings of snakes in urban environments.

He said it was vital to dispel the myths surrounding snakes.

“Snakes are masters of adaptation and have evolved to adapt beautifully to human habitation, which is why we see so many of them because we give them an environment in terms of shelter, as well as mice and rats, which are their favourite prey items.

“It’s just us humans aren’t so comfortable living so close to eastern brown snakes.”

Mr Smith said the best advice if you see any snake is to remain still and calm and don’t do anything that poses a threat to the snake. He said this was obviously not always possible for pets such as dogs and cats which unfortunately suffer after being injected with the eastern brown snake’s incredibly potent venom

“There’s this idea that most brown snakes live in the bush. They live in suburbia and we have obviously built on their habitat, so the more we can understand by doing the fieldwork required, the better we can understand these magnificent animals.”

Thankyou to all contributors to this edition of Blazing Paddles.

***If you have items you would like to contribute for the next edition please get in touch
sue_702@yahoo.com***