



Newsletter of the

BURLEY GRIFFIN CANOE CLUB

Volume 28 Issue 12, September 2018

Your Committee:

President: Russell Murphy

Vice President: Patricia Ashton

Secretary: Kai Swoboda

Treasurer: Jane Lake

Safety & Training: Vacant

Membership Secretary: Helen Tongway

Public Officer: Bob Collins

Editor: Michael Thomas

Burley Griffin Canoe Club Inc.

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- Teralba and Windsor race reports
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- BGCC membership



*The ACT Government assists this organisation
through Active Canberra, ACT*



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Coming Events

Dates	Event	Location
Saturday, 30 September	BGCC AGM	Molonglo Reach
Saturday, 15 September	PNSW Series Race 11 (BWP)	Davistown
Saturday, 15 September	The Chucky	Sydney
Saturday, 22 September	PNSW Myall Classic	Tea Gardens
Saturday, 13 October	Lion Island	Sydney
Saturday, 20 October	PNSW Series Race 12 (Makai)	Burrill Lake + Series Presentation Dinner
Friday and Saturday, 26–27 October	Sand n Sea	Huskisson
Saturday and Sunday, 27–28 October	Hawkesbury Canoe Classic	Windsor to Mooney-Mooney
Saturday and Sunday, 10–11 November	Canoe Polo Invitational	Molonglo Reach
Monday–Friday, 19–23 November	Massive Murray Paddle	Yarrowonga to Swan Hill
Saturday and Sunday, 1–2 December	24-Hour Paddling Challenge (BGCC)	Molonglo Reach

President's Report: Russell Murphy

There are a few things to talk about this month and they are all related. The first of these is that we are launching a survey, asking you what you want from your club. It's only 10 questions long and we want to hear from you. Go ahead and do it now. I'll still be here when you get back:

<https://www.surveymonkey.com/r/NT8HJRV>.

We will use the results to inform the direction of the club and where we go next. Of course if you have any thoughts at any time, you can always talk to a member of the committee or email info@bgcc.org.au.

Speaking of which, the club's AGM is coming up on 30 September. This is another great opportunity to have your say on the club. All positions will be up for election. I strongly encourage anyone interested in the club to nominate for one of the available positions. The only commitment is to attend the monthly meetings, which go for a couple of hours. We need you for a total commitment of 24 hours.

Also at the AGM we will be considering two proposed amendments to the constitution. After the more major changes of the past few years, this year's proposed changes are much more minor.

The first is to include a section outlining the club's not-for-profit status. The club has always been not-for-profit, but including it in the constitution formalises this and will assist us in things like applying for grants.

The second change is changing the scope of the Training and Safety Officer role to just Safety. Our focus on training is not changing. The position has remained unfilled for the past couple of years and we are hoping that with this reduction in breadth, that we can actually fill the role.

Otherwise, enjoy the paddling and the weather warming up.

See you on the water,

Russell



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

Club AGM: Patricia Ashton

The Burley Griffin Canoe Club AGM will be held on **Sunday, 30th September, 11am at the river.**

As usual all positions will be vacated and nominations sought. As most of us have only served one year of the two allowable, there is the possibility that most of the committee will remain the same. We do require a new treasurer and have approached one of our club members to nominate. However, we'd love to see new committee members, so if you'd like to have a say in the club and the way it's run, please nominate.

The executive is made up of the President, Vice President, Treasurer, Secretary, Boat Captain and a Safety and Training Officer (we will be asking for a constitutional change to just Safety Officer), then there are two 'ordinary' members. Committee meetings are the first Monday of the month and usually go for about 1.5 hours or less. Much of our business is carried out via email. With the extension almost completed, the club will be concentrating on fleet renewal and training for the next couple of years.

We will be requesting several small changes to the club constitution. To assist with grants, etc., there needs to be an acknowledgement of our not-for-profit status.

The position of Safety and Training Officer is too broad, so the committee has decided to change the focus to safety only. This position hasn't been filled for the last two years. If you have an interest or background in occupational health and safety, or sports administration, etc., we could use your experience.

Not part of our constitution but part of the rules that govern our use of the club debit card, we have over the last 12 months allowed only a \$2,000 limit on the card. However, we are finding that many of our expenses are over \$1,000, which means we are often topping it up twice a month. We request that the membership support an increase of the debit card limit to \$3,000. Please note that the debit card is a 'one to sign', unlike the cheque account, which requires two to sign.

PROPOSED CONSTITUTIONAL CHANGES

NOT FOR PROFIT STATUS

Current wording:

1. OBJECTIVES
 - i. The promotion and development of all aspects of paddle sports.
 - ii. To provide instruction, information and advice pertaining to paddle sports.
 - iii. To provide support and encouragement to members in competition subject to the Club's discretion.
 - iv. To encourage and support the protection and conservation of the natural environment in and around our waterways.

Proposed

1. OBJECTIVES

Burley Griffin Canoe Club is a not for profit organisation whose objectives are:

- i. The promotion and development of all aspects of paddle sports.
- ii. To provide instruction, information and advice pertaining to paddle sports.
- iii. To provide support and encouragement to members in competition subject to the Club's discretion.
- iv. To encourage and support the protection and conservation of the natural environment in and around our waterways.

TRAINING AND SAFETY OFFICER

Current wording:

12. OFFICERS OF THE ASSOCIATION.

- i. The officers of the Club shall be:
 - a) President;
 - b) Vice President;
 - c) Secretary;
 - d) Treasurer;
 - e) Boat Captain;
 - f) Training and Safety Officer; and
- ii. The officers shall be elected annually from the Club members.

Proposed

12. OFFICERS OF THE ASSOCIATION.

- i. The officers of the Club shall be:
 - a) President;
 - b) Vice President;
 - c) Secretary;
 - d) Treasurer;
 - e) Boat Captain; and
 - f) Safety Officer; and
- ii. The officers shall be elected annually from the Club members.
- iii. Any person shall not hold the same office for more than two (2) successive years.

Hawkesbury Classic: Patricia Ashton

27 and 28 October

The Hawkesbury Classic is coming up quickly once again. Traditionally the club provides land crew for the paddlers if they require it. Not quite sure how many club members will be taking part in the 111km overnight race, but so far we have:

John and Steve Harmer (they have their own land crew)

Bob and Danielle

Helen and David

Scott Mac and David A

Richard Fox

Robert Bruce

Luke Willsmore (possibly)

If you are interested in paddling and need land crew, please let me know. I'll also need to find out what sort of time you intend to do and if you need transport, or if you need your car driven from Windsor to the finish.

I've had a few people volunteer for land crewing so far—David Gordon, Graeme Ison and Oliver Fox. We'll need several more, so if staying up all night, encouraging paddlers to keep going and being inspired by the efforts of the hundreds of paddlers taking part sounds like fun to you—Come along, or if you're thinking about taking part yourself next year ... this is a great way to see what its all about.

What is expected?

We normally head up to Windsor on the Saturday morning arriving before lunch. Set up a shelter to keep our paddlers out of the sun. Help paddlers organise their gear and carry boats to scrutineering, make sure we have estimated arrival times for the various checkpoints and we know what food/clothing paddlers need us to have at the checkpoints. Keep paddlers fed and watered, help them set up their boats and assist them to the water.

At the checkpoints we offer whatever support the paddler has requested or requires. Sometimes we may need to take them to first aid or physio, but usually its fill up water bottles, update batteries, escort paddlers to the toilet, heat up some hot water for tea or soup, etc. Worst case, we need to pack up their boats and take them home! Otherwise, we help them out of the water at the finish and get them comfortable with dry clothes, food and a sleep on the way back to Canberra. Or hand them back their cars and see them off to their accommodation and hope the adrenalin keeps them awake until they get there.

Hopefully, we have been able to get some sleep during the night so we're up to driving home!

Its actually a great experience—land crewing. Look forward to hearing from you.

Patricia

PNSW Marathon Series Race 9—Teralba: Helen Tongway

It seems for this race, the temptation of warm(ish) weather did not overcome the reluctance to travel up to the Central Coast of NSW. For “on-the-day” travellers, it would have meant a very cold and early start.

So, at Teralba we had only seven BGCC members in six boats ☹️

[And what’s with the predominance of 8th position???

The day was indeed warmer than in Canberra, but with the usual drawback (from personal experience) of the often shallow water and some gusty crosswinds. This is not the fault of the local club (HVPC)—just that their bit of water is not very inviting to me as a race venue—though quite pretty in its own way. But, well done to those few who managed the travel and paddling on the day.

BGCC Paddlers:

Division 4	20 km	Richard Fox	8 th	1:56:31	43
Division 5	20 km	Gabrielle Hurley	8 th	2:03:40	43
Division 6	20 km	John Preston	8 th	2:07:26	43
Division 7	20 km	Helen & David Tongway	7 th	2:23:12	44
Division 10	10 km	Graeme Ison	1 st	1:01:43	50
Division 11	10 km	Allan Newhouse	8 th	1:13:02	43



Above: Richard Fox



Left: Graeme Ison



Left: Gabrielle Hurley

Below: John Preston



Left: Allan Newhouse

Below: Helen & David Tongway



Helen.

South Coast Report: Allan Newhouse

With Ian Castell-Brown temporarily sidelined following his heart attack at the last Nelligen Cup race, there were just two South Coast paddlers at Windsor for Race 10 of the Marathon Series.

Fortunately the weather was more pleasant than the forecast predicted. The rain held off and the effects of the wind and tide were negligible.

Graeme Ison continued his good form in Division 10, finishing second and maintaining his healthy lead in the total points score.



Graeme Ison off to a good start in Div 10.



Allan Newhouse in his Diamond TC1.

I took the opportunity to get both my canoes on the water by offering my C1 to Esther Wheeler from the Pacific Dragons Club. It gave me a chance to watch the way the C1 moved through the water and to see how it was trimmed. Esther is a very capable paddler, having last year become the first female to finish the 715km Yukon Race in a solo canoe.

Even though I always argue that I build kayaks and canoes for myself and that all that matters is that I am happy with them, it was good to get some feedback from another paddler. I kept up with Esther for a bit over 4km before she edged away.

I would have been disappointed if my C1 hadn't given her an advantage over me in the TC1, but I thought I did well to bring the TC1 in only about a minute and a half behind the C1, especially as the portage cost me so much time.

I did the portage to get an ICF point for BGCC and since it was a very slow portage, I lost well over 100 metres. Like many of the older paddlers I saw portaging, my effort was probably best described not so much as a run, but more like a shuffle, a stagger, or at best a stroll along the beach.



I'm not sure why I am smiling. The TC1 only weighs about 11kg, but that long portage through soft sand was hard work.

From my perspective, an important aspect of the Windsor race was that Division 11 had 10 starters and five of them were canoes. I don't suppose there have been many races where two strip-built wooden canoes competed.

Allan

PNSW Marathon Series Race 10—Windsor: Helen Tongway

Despite the forecast of wet and windy weather, the wind speed was low and the rain almost unnoticeable! This is what tends to happen in a drought year. Early on, even the “beach” looked a bit droughty; the sand had a covering of mud/silt from recent river flows, which thankfully was covered over by the incoming tide, so feet were not too grubby getting into the boats and the portage area had nice clean sand.

With this race being much closer for our paddlers to travel to, we had 17 paddlers in 13 boats—a much better turnout. And as a “Portage” round, we had a few new-to-portaging club members! Well done Allan, Luke and Patricia & Russell.

BGCC Paddlers:

Division 2	20 km	Gary Rake	1 st	1:43:14	50
Division 3	20 km	Luke Willsmore	3 rd	1:50:49	48
Division 4	20 km	Gabrielle Hurley		DNF	
Division 5	20 km	Danielle Winslow & Bob Collins	2 nd	1:58:08	49
Division 6	20 km	John Preston	7 th	2:07:57	44
Division 7	20 km	Helen & David Tongway	6 th	2:23:00	45
Division 8	15 km	Andrew Parkinson	1 st	1:21:19	50
		Patricia Ashton & Russell Lutton	2 nd	1:21:27	49
		Jeremy Cook	6 th	1:38:23	45
Division 9	10 km	Stephanie Rake & Liz Muldoon	4 th	0:57:35	47
Division 10	10 km	Graeme Ison	2 nd	1:02:19	49
		Robert Bruce	9 th	1:06:05	42
Division 11	10 km	Allan Newhouse	8 th	1:13:51	43



Above: Andrew Parkinson



(View of the first bridge for the Hawkesbury Canoe Classic, 27-27 October)

Right: Jeremy Cook
(who has moved up
from 10 to 15 km)





Above: Luke Willmore



Above Left: Gary Rake

Left: Russell Lutton & Patricia Ashton



Above: John Preston



Left: Allan Newhouse

With a mix of K1s, a K2, a TK1 and a TC1, the BGCC portage group was quite an assortment!

THE PORTAGE PAGE



Left: Bob Collins & Danielle Winslow

Below: Helen & David Tongway



Left: Robert Bruce

Below: Graeme Ison



Here is the Club Championship Point-score
Table after Race 10 at Windsor:

Lane Cove	9768
Manly Warringah	6961
Burley Griffin	6432
Sutherland Shire	4181
Newy	3717
Windsor	3102
Penrith	2813
Cronulla Sutherland	2649
Brisbane Waters	2470
Central Coast	2395
Hunter Valley	2214
Makai	500
Wagga Bidgee	469
Just Paddlers	447
Shark Island Paddlers	427
ACCA	359
Pacific Dragons	290
Illawarra	279
Mitta Mitta Canoe Club	225
Sydney Uni	214
Northern Beaches	136
Pacifica	99
Sloths	95
Ivanhoe Northcote	49
Swan Hill	44

And here is the ICF Point-score after the
Portage Round at Windsor:

Manly Warringah	140
Lane Cove	104
Burley Griffin	85
Hunter Valley	37
Cronulla Sutherland	36
Windsor	31
Sutherland Shire	22
Newy	21
Brisbane Waters	17
Central Coast	12
Just Paddlers	10
Penrith	7
Wagga Bidgee	7
Mitta Mitta Canoe Club	7
Sydney Uni	4
Illawarra	3
Northern Beaches	3
Ivanhoe Northcott	1
Griffith Sailing Club	1
Pacific Dragons	1

Just two more PNSW Marathon Series races to go for 2018: the distant Davistown Race 11 on Saturday 15th September and the much nearer Burrill Lake Race 12 on Saturday 20th October – followed by the presentations and series dinner. There are usually other races and other events on the next day as well, so make a weekend of it!

There are also two other Marathon races interleaved with the PNSW Series races: the Myall Classic (of 12, 27 or 47 km) on the Myall Lakes on Saturday 22nd September and the Hawkesbury Canoe Classic on Saturday 27th October, starting at Windsor and finishing either at Wisemans Ferry (65 km) or Mooney Mooney (111 km). I have a few HCC race books, which I will put in the Club Shed soon—so you can look at what is involved in this race and either take part, or volunteer to help other BGCC paddlers as part of our land crew and be ready to take part next year!

With the (slightly) warmer weather and the lengthening daylight hours, it is time to come out of hibernation and take part in our paddling events—or just go for your own casual cruise on the local waterways. If you want to know more about our paddling happenings, ask a club coach or send an email to: info@bgcc.org.au

Helen.

Canoe polo: Laura Kleinrahm

The weather is finally warming up for us warmth-loving polo players, making daytime paddles a bit more tempting, and reminding us of the slowly approaching Summer Series, which will begin with the Canberra Invitational on 10th-11th November.

We are still holding weekly sessions in the pool, so if anyone would like to come and have a go in some less manky water, hit me up at laurakleinrahm3@gmail.com, or go stalk our Facebook page.



Jacinta Buckman, Emily Gates and Sami Raymond at one of the pool sessions

Last month was also the Canoe Polo World Championships in Welland, Canada. The Worlds Team featured current BGCC player Laura Kleinrahm and ex Canberrans Stacey and Carley Goodwin.

Due to the retirement of players participating in previous championships, this year's goal was to develop high-level experience for a relatively young team, where none of the players had previously attended a World's. Our goal was to achieve a ranking of 14th, as it would allow us to automatically qualify for the 2020 World Championships in Rome.

We were seeded in a pool with France, Great Britain and Denmark, with the first two teams favourites for the competition, and Denmark still a high-calibre team, meaning we knew it would be unlikely we would achieve wins in the first round. After the pool games, we missed out on a place in the top 12, however, this allowed us to have some more competitive games, with wins against Canada, China and Poland. This created the potential to make 13th/14th playoffs, and achieve our ambitious goal of making the top 14. Unfortunately, the last day of competition saw a mix of injuries and exhaustion after three weeks away, and we had losses against Japan and Canada, resulting in an ultimate placing of 16th from 19 teams.

Although we faced some tough score lines, the experience was invaluable in rebuilding women's polo in Australia, and I thank BGCC and the awesome polo fam for their help and support in allowing me to be a part of it.



Carley Goodwin, Laura Kleinrahn and Stacey Goodwin in Canada

Laura

SUP Convenor Report: Joanna Nelson

Our stand-up paddlers are back on the water with early morning training sessions, still a little frosty for some (ie me). We are still committed to weekend distance paddles from the Reach to Commonwealth Bridge to keep the arms moving and miles up. Our Sunday morning coffee paddles are also a good opportunity to get out and enjoy the sunshine. Thanks to Ross Bugg for the picture below taken from Kings Bridge of Lincoln Gibson, myself and Rohan Evans.



There are a couple of events coming up/for the diaries:

15 Sep – The Chucky (Sydney)

13 Oct – Lion Island (Sydney)

26-27 Oct – Sand n Sea (Huskisson)

Hope to see you all out of the water soon.

Joanna



Foundation Coaching Course: Shane Norenburg

The course was good and well worth the effort to attend. Time shared with a great bunch of people.

The club's (Manly, MWKC) facilities are excellent and the proximity to the lagoon ramp makes it particularly good (car parking is somewhat problematic). The course catering was suitable and facilities well maintained.

The instructional staff proved themselves to be highly knowledgeable and eager to pass on their experiences. They were mindful to not provide overwhelming advice—given the general level of the group. They were supported by suitable training aids.

My personal expectations were pretty much completely met. The course struck a nice balance between theory and practical—although the afternoon prac was curtailed by the 40-knot winds!!! and safety outweighed any benefit of being on the water.



I certainly have a clearer understanding of how to plan/approach a session, control a small number of paddlers and determine session effectiveness. Also I highly appreciated the opportunity to practice aided and self-rescues.

Thank you and all involved—I had a ball and met great people who share the idea of growing participation.

Shane

NB. This coaching course was attended by several BGCC club members: Shane, David Gordon, Roger Murray, Fiona Garbutt and Breanna Reid. Hopefully this means we'll have more Foundation-level coaches to get our newer members on the water over summer.

First Aid Course: Patricia Ashton

The Burley Griffin Canoe Club offers a First Aid Course every couple of years for club members and friends. We've used Aspect Training with Gary & Melissa Biss for the past several years: both are friendly and knowledgeable presenters, making the one-day course interesting and entertaining. Costs are to be confirmed; however, the last one in 2016 was \$120 per person. The club offers this free for coaches and instructors, and at half price for club members. Friends or family are welcome to attend; however, they will be charged full price.

What I do need to know is how many people would be interested in attending. We would run it on a Saturday or Sunday in October or early November. Participants would need to complete an online pre-study before attending.

If you are interested in taking part, let me know your preferred date:

Saturday, 6 October

Sunday, 7 October

Saturday, 13 October

Saturday, 10 November

Patricia

Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$25 each Shorts \$25 each



2018–2019 BGCC Membership Fees: Helen Tongway

- A big thank you to those 170 or so people who have already renewed!
- If you haven't already renewed, nor heard from me to say you are still current, then your fees are **now over-due**

The BGCC membership fees have been held at last year's level, while the PNSW fees have changed a little. The Adult fees have increased by \$10, while the Junior fees have been reduced by \$30. The Junior fees are for children between 10 and U18 years as at 1st July 2018. Children under 10 years may join PNSW for free, with the BGCC fee remaining at \$40 for Juniors taking part in regular paddling sessions. **All PNSW & BGCC Memberships are paid via PNSW and Paddle Australia.**

Label	Category	PNSW fees	BGCC fees	Total
1.1	Adult – New Member	\$90	\$130	\$210
2.1	Adult – Renewing Member	\$90	\$80	\$170
1.2	Junior – New Member	\$30	\$90	\$120
2.2	Junior – Renewing Member	\$30	\$40	\$70
1.3	Family – New Members	\$180	\$300	\$480
2.3	Family – Renewing	\$180	\$180	\$360
	Children under 10 years at 1 st July, 2018	Free	\$40	\$40
3	Non-paddler, volunteers, officials, carers	Free	Free	Free!
4.1	Adult Single-event Membership	\$20		\$20
4.2	Junior Single-Event Membership	\$10		\$10

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

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

Both private boat in **Club Shed + Club Shed key-hire**, Upgrade Membership: \$255

Both Key-hire and private boat in shed membership require an approved Application Form.

Membership upgrades at: <https://www.registernow.com.au/secure/AccessRegistration.aspx?E=30446>

Club Shed key-holders and paddlers with the privilege of storing their own boat in the Club Shed are reminded that their membership renewals and were due by 31st July—or you may be asked to return your key and/or remove your boat. (See club rules.)

If your finances are such that you need a little more time to pay—then please contact me, to let us know that you are still in town and want to continue with BGCC, key and boats.

See club website for how-to-pay links

Helen.

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>