



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 28 Issue 9, June 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

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



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Coming Events:

Dates	Event	Location
Saturday, 2 June	Scotland Island Showdown – (Harbour Series Race 5)	Bayview
Saturday, 9 June	PNSW Series Race 6 (Pacifica)	Mylestrom
Saturday, 9–Monday, 11 June	RPM	Berri–Morgan South Australia
Friday 15 June	BGCC's 28th Birthday Party and Presentation Dinner	
Friday, 15–Sunday, 17 June	Scotts Head Paddle Games 2018	Scotts Head
Tuesday, 19–Sunday, 24 June	ECS Boards NSW SUP Titles 2018	Port Stephens
Sunday 24 June	PNSW Series Race 7 (PVC)	Penrith
Saturday, 7 July	Spit to Zoo (Harbour Series Race 6)	Middle Harbour Yacht Club
Saturday, 14 July	PNSW Sprint	SIRC??
Sunday 15 July	PNSW Series Race 8 (MWKC)	Narrabeen
Saturday, 4 August	PNSW Series Race 9 (HVPC)	Teralba
Saturday, 25 August	PNSW Series Race 10 (WCC)	Windsor
Saturday, 15 September	PNSW Series Race 11 (BWP)	Davistown
Saturday, 22 September	PNSW Myall Classic	Tea Gardens
October	Canoe Polo Invitational	Molonglo Reach
Saturday, 20 October	PNSW Series Race 12(Makai)	Burrill Lake + Series Presentation Dinner
Saturday, 27 October	Hawkesbury Canoe Classic	Windsor to Mooney- Mooney
Monday 19–Friday, 23 November	Massive Murray Paddle	Yarrowonga to Swan Hill
Saturday, 1–Sunday, 2 December	24-Hour Paddling Challenge (BGCC)	Molonglo Reach

President's Report: Russell Murphy

I received no feedback on last month's more newsy style president's column. So in the absence of any clear guidance, normal service is resuming, with more ephemeral and sometimes weird columns.

As always, there is lots happening around the club. Marathon series, Canoe polo, more work on the shed, all wonderful things and you can read all about that later in *Blazing Paddles*.

For the moment I want to talk about why we paddle. To do that I am going to talk about why I paddle. I was inspired by some photos that club member Ellen Ravndal took while paddling with the Tuesday morning group, some of which you can see here.

I know we all paddle for different reasons, and those reasons can change over time. Sometimes we just paddle because we paddled last week and the week before and didn't break the habit.

For me, at least part of the reason I paddle is the serenity. Darryl Kerrigan had it right all along. Not about the sound of a two-stroke engine, but about the serenity. Even when racing your hardest, your brain is 99% commitment and determination. That other 1% is serenity. And how could you not feel at least a little bit serene, floating on a river or lake.

So my hope for you is that the next time you paddle, you take a moment to say to yourself, "How's the serenity" and take it all in.

See you on the water,
Russell



BGCC Birthday and Presentation Dinner

To all club members and friends

The Burley Griffin Canoe Club Birthday and Presentation Dinner will be held on Friday, 15th June — 6.30 pm at the Hellenic Club Woden. We try and keep any speeches to an absolute minimum & many of the (non-official) awards are presented by John Preston — which usually means a good belly laugh — unless you are the recipient! (Maybe you can get one back at him?)

All members are welcome to nominate others for the following awards as well as any other worthy awards—tales which should be shared, stories which can be stretched slightly using poetic licence, embarrassing moments as well as pats on the back for your fellow paddlers are all welcome. Both official and non-official awards can come from any of the disciplines, i.e. last year, Male Paddler—Rohan Evans (SUP), Female Paddler—Jo Nelson (SUP), Hole in the Paddle—Marcelo Cabezas (C1).

Don't forget photos too, if you can put your collection of photos onto a USB and get them to me the week before we can all share the memories.

Coaches particularly are asked to nominate paddlers for the official awards below.

Encouragement Awards

Junior of the Year

Most Improved Male

Most Improved Female

Coach of the Year

Grand masters, grand master Award — for members over 70.

Hole in the Paddle Award — for those getting too good and needing a handicap

Club Member of the Year

Female Paddler of the Year

Male Paddler of the Year

Dinner \$40pp

Entree

Roasted pumpkin and ricotta lasagne with herb tomato sauce (V)

Chicken and mushroom filo roll with wild mushroom salad

Mains

Atlantic salmon fillet with confit fennel and orange glaze, served with seasonal vegetables

Slow cooked beef pot pie, with glazed baby vegetables and creamy mash potato

Dessert

Birthday cake, tea & coffee

Volunteer Recognition: Congratulations Margi!

Eight PNSW clubs put forward names of their club members for the 2018 NSW Community Sports Awards, as well as for the prestigious Sport NSW Distinguished Long Service Awards (25 years+ service).

PNSW submitted in six different categories and *Peter Tate* (PNSW) is delighted to advise that our sport has four Finalists:



- * **Margi Bohm** - Community Coach
- * **Mark Bretag** - Community Sport Administrator
- * **Newy Paddlers** - Community Club
- * **Basil Slaughter** - Distinguished Long Service Award recipient

“The Community Sports Awards will be presented at Parliament House on 21st June. Congratulations to all our finalists and thanks to all clubs for your submissions”

Peter

From Canoe Marathon Australia Chat Group (Facebook)

Important Safety Alert

This email was forwarded to page admins to share so that clubs and coaches can ensure their paddlers avoid serious injury.

Dear state and national Marathon coordinators,

I am writing to share our experience of a serious injury sustained by one of our young elite paddlers during portage training last weekend. Please pass this on to your paddling community so that paddlers can assess the risk of a similar injury and take corrective action as appropriate.

The injury involved one of our U18 paddlers lacerating his Achilles tendon and severing another tendon on the seat rail in his K2 when exiting the boat. Three quarters of the Achilles tendon was cut. First aid was administered on site and the paddler taken to hospital. The injury required surgery on Monday and will require further surgery later this week. The paddler is expected to be discharged from hospital at the end of this week. Recovery will involve a period of three to four months in a moon boot during which time he will be unable to run or paddle.

I have attached photos of the seating arrangement in the boat. The boat tilted during exit and the paddler's heel contacted the front edge of the aluminium seat rail.

Regards,

John Young

On behalf of the CV
Marathon Committee



**DON'T GET CAUGHT IN THE
DARK OR COLD THIS WINTER**



Stocks 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

Club Treasurer Needed

The club AGM will be held in September. All committee positions have a maximum of two one-year terms. This AGM all committee members have served one year, with one exception. Our treasurer, Jane Lake has held the Treasurer's position for the maximum two-year period – SO WE WILL REQUIRE A NEW TREASURER.

Jane has done a wonderful job over the last (almost) two years, getting our accounts into order and implementing the changes we made to the constitution. For the first time we now have a debit card and online banking, which has made administration much simpler.

The primary responsibilities of the role are:

- Ensuring the club is being financial responsible.
- Keeping track of our revenue and expenditure, and reporting to the committee.
- Attending the monthly club meetings.
- Banking and disbursing money.
- Arranging for audit of the club books and the acquitting of grants.

If you have any experience with being a club treasurer, bookkeeping or accountancy we'd love to hear from you. The Treasurer position is a club committee executive position and reports are required to be presented to the committee each month. Our meetings tend to start at 6 pm and run no later than 7.30 pm on the first Monday of the month. There may be some leeway – depending on your availability.

If you are interested in the position, please come along to a club meeting or get together with Jane to see what is involved. If you decide to take on the role, there is as much or as little handover as you need.

Patricia

State Marathon Canoe Championships: CSKC, Grays Point: Helen Tongway

Saturday 12th May dawned with the weather looking a little better than the predicted strong winds plus some rain. However – don't put too much store in the dawn (that's why I try to avoid seeing it!) By race time, the wind was up and the racers received a nice little pelting with rain. Thankfully the Hacking River was reasonably sheltered (i.e., it would have been worse at a lot of other sites!)

The Championships are raced in paddler-age and sex plus boat-type categories, rather than the Divisional racing system for the Marathon Series races. So there were potentially hundreds of different categories; though not all that many on the day. For singles (raced in the morning) there were 53 categories and for Doubles (raced in the afternoon) there were 34 categories.

Fourteen BGCC paddlers made the trip on a not-too-inspiring day, weather-wise, to put in a great effort and earn the club 55 club points.

BGCC paddlers' results:

W 55-59 K1	11.25 km
W 65-69 Rec1	11.25 km
M OpenK1	22.5 km
M 45-49 K1	18.75 km
M 50-54 Rec1	18.75 km
M 60-64 K1	11.25 km
M 65-69 Ski1	15 km
M 70-74 K1	11.25 km
M 70-74 UC1	7.5 km
M 75-79 K1	7.5 km
M 75-79 Ski1	7.5 km

Morning's Singles:

No Portage	Margi Bohm	1 st	1:08:25
" "	Patricia Ashton	2 nd	1:38:46
	Helen Tongway	1 st	1:35:46
	Michael Hanemaayer	4 th	1:57:47
	Gary Rake	3 rd	1:43:10
	Dom Hides	5 th	1:46:46
	Richard Fox	1 st	1:50:25
	John Preston	4 th	1:01:27
	Graeme Ison	4 th	1:28:42
	Russell Lutton	1 st	1:12:09
	Allan Newhouse	1 st	00:57:38
	Ian Castell-Brown	2 nd	00:58:56
	Robert Bruce	1 st	00:49:52

Afternoon's Doubles:

X 65-69 Rec2	11.25 km	Helen Tongway & David Tongway	1 st	1:25:18
M 70-74 Rec2	7.5 km	Allan Newhouse & Ian Castell-Brown	1 st	00:46:08



Above: Heading over the finish-line, into the wind. Note the wind-filled jacket and the choppy water! **Helen Tongway.**
(Sorry, I couldn't find any other photos from the champs..... ☹)

Club Points from the Championships:

Lane Cove	119
Manly Warringah	113
Newy	88
Sutherland Shire	56
Burley Griffin	55
Cronulla Sutherland	52
Penrith	33
Sydney Northern Beaches	28
Brisbane Waters	20
Windsor	18
Hunter Valley	17
Shark Island Paddlers	11
Central Coast	5
Illawarra	5
Other	5
Just Paddlers	3
ACCA	3
Pacifica	3
Makai	1

Helen.

Australian Canoe Marathon Championships: West Lakes, South Australia

Saturday 19th May: from photos, the day dawned with a light fog, so looking calm. As does Michael Hanemaayer in the photo below:



BGCC Paddlers' Results:

Saturday 19th:

W 55-59	K1	15 km	Margi Bohm	1 st	1:25:54
M 60-64	K1	18.75 km	John Preston	DNF	
M 70-74	UC1	11.25 km	Allan Newhouse	1 st	1:18:29
M 75-79	K1	11.25 km	Ian Castell-Brown	1 st	1:19:43
M Open	K1	30 km	Michael Hanemaayer	7 th	2:24:13
M 45-49	K1	22.5 km	Dom Hides	7 th	2:00:30

Sunday 20th:

M 75-79	Rec2	7.5 km	Ian Castell-Brown/Ron Blum	1 st	1:02:06
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Full results at: <https://www.webscorer.com/paddleaustralia?pg=results>



Margi Bohm enjoying her portage run!



Dom Hides finishing 7th (45-49 K1) National Marathon Championship in Adelaide.

South Coast Convenor's Report: Allan Newhouse

South Coast members of BGCC competed at both the State Championship at Gray's Point and the Nationals at West Lakes in Adelaide.

At the States, Graeme Ison claimed 4th in the 65-69 Ski, Ian Castell-Brown was 2nd in 75-79 K1 and Allan Newhouse was 1st in 70-75 UC1. Although Allan's canoe meets all the specifications for an ICF C1, at both the States and Nationals, Sit and Switch C1s were grouped with TC1s and canoes such as the Wenonah J203s and classified as Unlimited canoes. In practice, it made no difference, since it was the only canoe at each event in the 70-74 age group.

Ian and Allan combined in Ian's TK2 to take out 1st place in what was classified as the Rec2 class.

The forecast for Gray's Point caused some concern, with gale force winds predicted during the day. However, the course was partially sheltered and, as is common on rivers, the wind was usually faced as a headwind or tailwind rather than a crosswind. So while it slowed most paddlers, it didn't result in the chaos many of us expected.

The singles events in the morning were paddled in fairly consistent, strong winds, but the doubles had calmer conditions for the start and the strongest winds of the day for most of the last lap.

In the week after the States, Ian and Allan made the trip across to South Australia for the National Championships at West Lakes. Allan with wife, Sue left the day after the States with the canoe on top of the camper and camped at a number of interesting places along the way and on the way back.



The homemade canoe on the homemade rack on top of the camper on the Defender at Red Banks Conservation Area near Burra, SA

Stories of how treacherous conditions were at the Australian Masters Games at West Lakes in 2015 prompted me to build a lower seat for my C1. Like parts of Lake Burley Griffin, the walls on the side of the lake can make the reflected waves quite unpredictable. However, conditions were quite good this year. I have decided that starting a race when the fog is thick enough that the other end of the course is invisible is probably not a bad thing since it usually means there is little or no wind. Ian and I were in the last wave on Saturday morning and the fog had lifted by the time we started our second of three laps.

Some paddlers found the water a bit “bouncy”, but that may have been caused at least in part by the large number of boats on the water, as well as by the walls at the sides that tend to reflect waves back onto the course. With the very low seat in the C1, I found the surface disturbance of no real consequence.



79-year-old Ian Castell-Brown and 84-year-old Ron Blum discussing race tactics before the singles events on Saturday.



The start of the last group on Saturday morning included a mix of skis, K1s, a C1 and a UC1. Ian Castell-Brown is on the far side in his K1 and Allan Newhouse is in the middle in his Diamond C1 (classified as UC1 for this event).



Ian Castell-Brown and Allan Newhouse about to disappear into the fog on the first lap early on Saturday morning.



Allan Newhouse heading for a gold medal in the Vet70-74 UC1 class in his Diamond C1.

As the 4th oldest paddler at the event and the only canoe paddler in the 70-74 age group, I had no direct competition. Nevertheless, I feel I had earned my gold medal. I was faster than both the high kneeler C1s in my start and faster than the high kneeler Struer C2 was on Sunday. I caught and passed one of the two J203s that started 3 minutes in front of me with paddlers who are 20 years younger than I am. I also matched the speed of a very experienced, highly motivated U18 Sit & Switch C1 paddler who is 55 years younger and fitter than I am. My average speed was as good as or slightly better than my best efforts in the NSW Marathon Series.

Usually when Ian Castell-Brown paddles his TK2, he is the senior partner, since paddlers older than Ian are hard to find. However, on Sunday, Ian managed to enjoy the experience of being the junior partner by teaming up again with 84-year-old Ron Blum. As the announcer at the course said, that gave the crew of his TK2 a combined age of 163.

Ian was either very concerned about the welfare of his rear seat paddler or wasn't sure that he was getting much of a contribution from the back seat. As he began the second lap, he asked me if "the bloke in the back was still alive". I like to think that it was because he felt the well-being of his 84-year-old partner was partly his responsibility.



Ian Castell-Brown and Ron Blum on Sunday making up a crew with a combined age of 163 years, on their way to a gold medal in the Vet 75-79 Rec2.

Cheers

Allan

Canoe Polo Report: Laura Kleinrahm

Canoe Polo in the pool is now back in full swing, with players aged from 12 to 102 (@James Harmer) making it out on Wednesday nights. Junior players are also training at the pool on Sundays, although they are hoping to change to an earlier timeslot, so contact Louise if you're thinking about coming along to make sure you don't snooze and lose!

Our Australian Women are busy training and loving how cold weather not only reduces algae blooms, but also reduces blood flow to our extremities #whoneedsfingers. We have our second camp in Melbourne this weekend, which should be toasty roasty and all levels of feisty, before our final camp in Brisbane next month. If you want to stay updated on our adventures, follow the '[Australian Women's Canoe Polo Team](#)', with our [BGCC Canoe Polo](#) page also likely to be corrupted with a few cheeky snaps from our journey.

Love,

Lozzak



Antonia Harmer preparing Jess' hair for peak aerodynamic performance.



Laura Kleinrahm 'shooting some hoops' at the first Women's Camp



Sami Macalister giving her tick of approval for Wednesday Night Polo

If you like Canoe Polo, (or doggos), check out our Facebook page:
<https://www.facebook.com/ACTCanoePolo/>



SUP Report: Joanna Nelson

The weather has been kind enough to have some of us on the water 3 mornings a week. There have been trips to the coast to catch some nice fun social waves.

On your recent visits to Wetspot Watersports you may have noticed some weird SUP boards with wings underneath and wondered what these contraptions were? The answer is hydrofoil boards.

After some Hawaiians revisited the technology a couple of years ago, hydrofoil design has developed considerably and surfers and SUPs are now flying all over the place. Below are some pics of some Canberra crew who have joined the fun.



Photo by Lincoln Gibson



Photo by Lincoln Gibson and Scott Hunter

Sunday, 6 May – Husky SUP Nisco Fun day

Lana Read, Justine Buist and myself had an early morning start 'girls' road trip' to Jervis Bay to take part in the Husky SUP Nisco Fun day. The weather was glorious and the Husky SUP crew made us feel most welcome. Events we participated in included; Battle of the Paddle (BOP) – individual / teams, 400 mtr sprint, blind and prone team paddling events. A successful day for the girls—Lana and I placed first in our events and Justine placed second. Here are some pics from a great day out.



Great teamwork in the blind/prone race



Lana Read, Melissa McManus, Joanna Nelson and Justine Buist

Upcoming events

27 May - SUP-X, Balmoral

27 May - Mullum to Brunswick Paddle 2018, Brunswick Heads

2 June - Scotland Island Showdown – (Harbour Series Race 5) Bayview

15 -17 June –Scotts Head Paddle Games 2018

19 -24 June - ECS Boards NSW SUP Titles 2018 – Port Stephens

7 July – Spit to Zoo – (Harbour Series Race 6) Middle Harbour Yacht Club

BGCC Club Presentation Dinner will be on Fri, 15 June and hope we can put together a SUP table.

Cheers

Jo



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.



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

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- 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**.
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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



2018–19 BGCC Membership Fees: Helen Tongway

- The next financial year's fees will open for payment on 1st June.
- Renewals are due by 1st July.
- New Members can join from 1st June, for 13 months membership.

The BGCC membership fees have been held at the current year's level, while the PNSW fees have changed a little, The Adult fees have risen 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 Australian Canoeing.**

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:** Extra Membership fee: \$180

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>

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>