



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 31 Issue 4, February 2021

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



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Coming Events:

- *Saturday 13th February. Frank Harrison Race – Albury*
- *19th to 21st February. Sprint Grand Prix 2 Replacement Regatta - SIRC Penrith*
- *Saturday 20th February. Marathon Race 1 – Wagga Wagga*
- **Saturday 27th February. Racing Skills session - BGCC**
- *Saturday 6th March. Marathon Race 2 – Windsor*
- **Saturday 13th March. Technique session - BGCC**
- *17th to 21st March. Paddle Australia Canoe Sprint Championships – SIRC Penrith*
- *Saturday 20th March. Marathon Race 3 – Canberra*



Old boats anyone?

<https://landmarks.utexas.edu/artwork/monochrome-austin>

President's Report: Bob Collins

Operations at our Clubhouse continue to be largely uninterrupted thanks to our members adhering to Covid19 restrictions around the Club.

We are also experiencing a larger than normal influx of new members. It is great to see new, and potential, racing members around the Club, however this is placing quite a strain on our early development resources, namely, Patricia Ashton, David Gordon, Helen Tongway, Anne Cronin, Margi Bohm and John Lockie.

Patricia is currently working on a structured paddling/training timetable for new and novice paddlers to ease the workload on our 'usual suspects'. Details will be advised soon.

We received the final delivery of our new boats last weekend and they are now in the shed available for members to try. Jeremy, our Boat Captain reports that our shed is almost full, with only one or two rental spots left before members will need to go onto a waiting list.

Guttering has now been installed along our last extension and it is hoped that this will stop the flooding of this part of our shed during heavy rain.

PaddleNSW has now released the [2021 Marathon Series calendar](#) – Race 1 is scheduled for Wagga Wagga on Saturday 20 February. We have been given Race 3 on Saturday 20 March 2021, all going well, we will also conduct the Burley Bash on the Sunday – more details on that later.

If Covid19 restrictions continue to be eased, there will be a total of 10 Marathon races in the series and 6 Ultra-marathon races – this should satisfy the ultra-marathon junkies. The BGCC 24Hr Paddle Challenge in Dec. 2021 is Race 6 in the Ultra-marathon series.

Full details of the [2021 PaddleNSW Event Calendar](#) are in this issue of Blazing Paddles.

Bob Collins

Christmas & Presentations

In mid-December BGCC held a Christmas get together and club presentation, it was attended by about 25 people who enjoyed some yummy eats and lots of chatting.

The Presentations were, obviously due to COVID-19 and lack of races, quite low key.

We did present Margi with Life Membership, for her continued coaching and committee work over the last 27 years!



Unfortunately, our trophies were not quite ready to pick up, so, no trophies!! David had developed an interesting award for Margi (see photo - this was to represent a 'vortex') and we now have a plaque for all Life Members (made by Alan Newhouse) both which were presented a week later after our final time trial for 2020.

We also awarded the Most Improved Female Paddler award to Nita. Those of you who know Nita would realise that while she is relatively new to paddling, she is fearless. She will go out onto the Lake, fall out several times, but go again the next time, in conditions which make many of us think twice. When Nita turned 30, she quietly paddled 30km, 15km with Gary's training group, then the rest by herself, just for fun. She has the makings of an Ultra Marathon paddler!

Matthew Gates was awarded a Certificate of Recognition for his commitment to training in Canoe Polo (and his K1 marathon Paddling also).

Hopefully 2021 will see more competitions so more opportunity to award our paddlers.

Patricia



Boat Captain's report

Marathon series

With the marathon series about to begin for 2021, some members may want to borrow a club boat to take away.

Bookings can be made by emailing me direct at swimming.fast@yahoo.com.au or use the link on the club website to contact the Boat Captain (though I'm not always confident these emails get to me, and if they do, I'm not sure it's timely).

I will only accept requests within 2 weeks of an event. Normally it will be a 'first in, best dressed' system; however, if I start getting multiple requests for a particular boat I will reserve the right to share the boat around.

- Please title your email "Name of race: Boat"; e.g., *Wagga: Medium Spirit*
- Members taking club equipment from the Lake Burley Griffin/Molonglo River area must have suitable means to move the boat or bookings can be cancelled. Please state in your email if you can meet this requirement; e.g. *I confirm I have suitable racks, cradles and tie-down straps to safely and correctly transport this boat.*
- Please also note if you will be borrowing a paddle. (Though members who are at a stage of competing in marathon series races should be thinking about buying their own paddle. Speak to me or one of the coaches.)

When borrowing a boat you will be responsible for any damage and, as is the case at any time, may have to pay for any repairs in accordance with the Club Rules and Expectations. If you have any concerns over existing damage to a boat, you may like to mention it in your email or take photos before you take the boat from the boatshed.

The club does not at this time have boat covers or cockpit covers for club boats. Be aware that boats can take on a surprising amount of water if it is raining and they are on your car roof – don't expect that speeding along at 110 kph will sweep the rain over the boat and away. Boats have been known to break if this water runs to the end of the boat. It is your responsibility to manage this situation and keep the boat you have borrowed safe.

Please speak with me at the shed or send me an email if you want to discuss or clarify anything about borrowing boats.

New boats

The new Vajda 40 and Vajda 46 K1s are now in the shed – both in 'large', which is generally for paddlers 75 to 85kg. The addition of these boats completes the club's investment in K1s for the time being.

While the club's fleet of Vajda's is pretty impressive, the older fleet boats shouldn't be forgotten. The TK1s and the Mango are still great if you need a bit more stability, and the old style K1s are no slacker if you can cope with them – give them a try.

Drinks fridge

Thank you to everyone who responded to a recent call for people to pay for any drinks they had taken on an IOU. Thank you particularly to those who chipped in a donation to help bring the accounts back into the black. If you still have an outstanding debt, payments are still being gratefully received.

Maintenance and cleaning

It wouldn't be a Boat Captain's report without mention of boat maintenance – again I can be contacted on the details above if you have any concerns or anything to report.

But, in addition to boat maintenance, we also have general shed maintenance and cleaning. The club doesn't employ anyone to keep things clean – it falls to all of us. If you notice something needs fixing or cleaning, feel free to take action. If you're going to need some materials, contact me for a reimbursement approval. Of course, any major jobs will be out-sourced to an appropriate tradie.

Happy paddling – there's still a few weeks of summer to make the most of.

Jeremy

Safety Officer Report: Margi Bohm

COVID continues to dictate where we can go and what we can do, but here in the ACT bubble, we are really fortunate with no cases and business pretty close to normal. Schools are back allowing families to get back to normal and businesses are starting to get back on track. BUT we cannot get complacent. The ACT has agreed to accept overseas flights with hotel quarantine and thus the risk of the virus escaping into our community has increased, especially as the UK and South African strains make their way to our shores.

Minds much greater than mine have been working on the networking risk of community infection and have identified another important pathway for innocent spread of COVID and we saw a potential for this in mid-January at the PNSW State Sprint Championships. The NSW government had lifted the ban on travel for the Northern Beaches bubble, but the ACT government had not and required all travellers to the ACT, including residents, to self-isolate for 14 days if they visited Northern Beaches. However, both groups were free to travel and mingle at SIRC in Penrith. PNSW did try and put in a COVID plan at the sprints to limit between club interaction, and we are lucky that we are predominantly an outdoors sport, but the risks increase significantly when people mingle, especially with the new mutations of COVID.

This has raised the necessity for event organisers to consider more than just the COVID-legal accessibility of a specific location. If there is a ban on one group visiting a particular place, that means **no contact with the people in that place, no matter where**. I am pleased to see that the organisers of the Harrison Race have put on their website that anyone from the Melbourne hotspots or who had visited these hotspots to please not attend the race on 13th and 14th February. I hope that no paddlers are affected by these hotspots as we would like to race against everyone again. However, please if you have been in a hotspot, stay away even if legally you can travel to the race destination.

Within our club, COVID behaviour seems to have settled into a good pattern. Please keep up the good work, treat all surfaces as contaminated and make sure that you wash with soap and then disinfect all community surfaces after you have used them, including the gym equipment.

On **gym equipment**, we are working on fixing up the area and will have new signs etc up as soon as possible.

Please take care on the **docks**. They are very slippery again. Work is underway to fix the main dock at the beach and the club is seriously looking into its replacement.

A reminder to be careful about **snakes** in the warmer weather and long grass. Please watch where you put your feet.

Margi

Coach's Corner: Margi Bohm

It has been really good to see so many kayaks and canoes on the river. We have quite a few new members, many of whom are starting their journey in kayak/canoe. Please make them welcome.

The club is putting on a few Saturday morning sessions to provide club members with new skills. Recently Craig and Patricia ran two very successful "deep water rescue" sessions. Over the next couple of months, there will be technique sessions, what paddle is best for me, as well as introduction to kayak/canoe specific strength and stretching. I strongly recommend that you attend these sessions as they are geared to help you achieve your goals injury free with the least amount of effort! These sessions will run on Saturdays at 9:30 am on weekends when there are no races. Watch the website and your email for announcements.

The racing season, COVID pending, is upon us with an active schedule for the next few months. The first two races are on flowing water and are fun. I particularly recommend doing the Wagga Wagga race as it is on a mildly flowing but rapid free section of the river that is really pretty to paddle. Those of you who are not into racing per se will still enjoy the trip. Why don't we try and put as many boats on the water as we can (can we get 50 boats to Wagga Wagga! In convoy – wouldn't that be a sight to see?). Wagga Wagga is not that far away and we can make a nice weekend of it. Contact Richard Fox if you are interested. There are notices around the shed of Richard's contact details and details of the race.

Also of note is the Canberra race in early March. It would be great to put 50+ boats on the water for the Canberra race Can we do it??? Why Not. It doesn't matter how fast you are or what division you race in ... what matters is being on the water and enjoying the paddle.

Nationals is in late March and there are several BGCC paddlers training hard for the event. It is scheduled for Geelong ... hopefully it will happen. We wish our team well. The Windsor race in late February is the State Marathon Championships so again, a good BGCC turnout would be nice – and you may end up on the PNSW team.

See you on the water.

Margi

Rescue Sessions

So many club members came along to our 2 Rescue sessions. Thanks to Craig for running them for us. There was much interest from new and experienced paddlers we really need to run them more often. Both days were well attended, we had great weather which made it easy to spend 2 hours in and out of the water. We now have many paddlers who can self-rescue and many more who are able to perform assisted rescues which gives all our paddlers a sense of confidence.

Patricia

BGCC Shirt Design Competition

It is time to think about BGCC shirts now that the stocks of our last printing have been depleted. This is a call to all members to consider submitting a design that the membership will vote on. There are two kinds of shirts under consideration – racing shirt/rashie/singlet and a polo shirt of after paddling/awards/dinners etc. The club colours are the same as the ACT colours ... blue, gold/yellow with white or black. The club logo is the parliament house flagpole with the kayak and club name.

Please submit your designs to Patricia Ashton before 31 March 2021.



Canoe Polo

The Burley Griffin Canoe Polo contingent has been going strong and finally got to play against someone other than ourselves at an interstate comp in Adelaide in late January. It was quite an experience flying on a plane again including compulsory COVID-19 tests for some. Plainly everyone was out of practice given the number of things confiscated at the screening, the extra baggage fees required and more.

The being out of practice extended even further where more gear was left behind at the end of the day than at the end of a kindergarten student's first day at school and to crown it all off, someone had evidently forgotten how to tie a boat on.

Adelaide lived up to expectations with temperatures nearing 40 on Saturday and exceeding it on Sunday. It is the first comp I have been to where I have run my gear under the cold tap before I put it on for each game. Despite this, both teams played very well, goals were scored by all, and cards only obtained by a few.

While the comp was somewhat depleted due to recent lockdowns in various states, ACT managed to maintain its usual position in the rankings coming second last in open (ok well there were only 3 teams, so technically they did come second) and second last in division 2 (there were 5 teams in this comp though).



Louise



Who's who? - *Hydromys chrysogaster* (rakali)

The rakali (or sometime known as the Australian water-rat, in southern NSW is was known as Bud-bud by the Ngarigu people) is a genuine native rodent that was a natural part of our environment long before its pest cousins - the black rat and brown rat - arrived with the early colonists.

The rakali is an extremely attractive mammal and resembles a small otter in many ways:

Its body is elongated and streamlined, and its tail is thick and muscular to help serve as a rudder when swimming.



The hind feet are partly webbed and paddle-like.

The ears are small and can be folded flat against the head, and the muzzle is blunt and furnished with a dense set of over-sized whiskers. The fur repels water, drying quickly when animals exit the water.



The rakali functions as a top predator in our rivers and lakes, eating insects, yabbies, freshwater mussels and shrimps. With formidable teeth which can be used to kill and eat fish and waterbirds (so don't try and get too friendly or you might lose a finger!)

Much like our marathon and sprint kayakers, the rakali prefers slower-moving waters to faster flowing river channels and has been regularly spotted near our jetty, as well as along the river. Water-rats occupy burrows located in creek and riverbanks, or shelter in large hollow logs lying near the water. Studies have shown that they typically occur a home range that may be several km in length. I suspect from my own observations that there are 3-4 individuals between the lake and 'the rock'. How many have you seen (and do you think they are regulars?)

It is a difficult animal to study in the wild. Little reliable information exists about population trends, making it hard to assess its conservation status. You can make a valuable contribution by reporting recent or past sightings to the Australian Platypus Conservatory website (<https://platypus.asn.au>). Please include details of how many animals were seen, date of the sighting (as accurately as possible) and name of water body where the sighting occurred (with latitude and longitude for the location, if possible, or enough detail that the site can otherwise be mapped).

Saturday Summer Paddle Series Event 6 – 13km Mini Bash

The Summer Saturday Paddle Series Training Event 6 – 13km Mini Bash was held on Saturday 12 December 2020 at 8am. A perpetual trophy and naming rights was on offer for the fastest time under 60min for 13km. The weather conditions were less than ideal due to a moderate westerly breeze and choppy water heading out onto Lake Burley Griffin. A total of eight competitors (including a K2) tried their luck to get under 60 minutes which would require an average speed of 13km/h. The competitors were essentially split into two groups; Michael Hannemeyer, Craig Elliott and the doubles crew of Jesse and Gerrard followed up by Dom Hides, Al Long, Mathew Gates and Sue. It was not surprising to see Hannemeyer come in first, but would he break 60 minutes? Could he use the westerly wind to his advantage? The race committee of three convened to announce Hannemeyer in fact completed the 13km course in 59min and 59sec having recalibrated his time/distance and speed. Well done Michael! This was closely followed by the K2 with an average speed of 12.73km/h and Craig Elliott not far behind. It was great to see all competitors give it a go as it always the joy in competing with like-minded individuals. Well done everyone!



Dom



An amazing thing happened to me on the way up the river...

Any regular paddler on 'our' river will be familiar with carp jumping, water rats crossing, various water birds perching and fishing, the very occasional platypus kindly sharing its home with us, and even kangaroos swimming back to the cow paddocks (I've never seen one swimming the other way, but I guess they must).

But nature absolutely impressed me not long ago when I was paddling back from the hospice, approaching the bicycle bridge.



*Not the actual pelican/s and not actually on the Molonglo River
(source: Glenys Gelzinis, Pelicans on the Murray River)*

Two pelicans, flying side by side, came flying down the river straight at me. I say flying, but they were actually just gliding. Not a single flap of the wings. Just making use of the 'ground effect' that happens when a pillow of air develops under the wings (I had it happen to me once when coming in to land a hang-glider – it was equally the most exhilarating and terrifying time of my life as a barbed wire fence came closer and closer). At the last moment, the pelicans took avoidance action and with a few beats of their wings flew up and over me. I kept on paddling; wondering what had just happened.

Then a couple of weeks later, in just about the same place on the river, three swans came flying at me. They were a little higher off the water than the pelicans and flying swiftly. I haven't checked the wingspan of a swan but put three side by side and it's an impressive sight. I'm not sure they even saw me, but with their red beaks and black plumage I won't forget them in a hurry.

Jeremy Cook

Lake Burley Griffin users group – new bike/recreation path



Design work is underway to deliver the missing link on the Lake Burley Griffin Circuit along Menindee Drive in Barton. The new path will connect with the existing path to the north of Clare Holland House and run to the existing path west of the car park.

Construction is expected to commence in early to mid-2021 and will take approximately 3 months to complete. We will be in touch with you prior to construction starting to provide more details about the construction phase and any potential impacts.

In the meantime, if you have any questions please contact the project officer, Elizabeth Lowe, via Elizabeth.Lowe@act.gov.au.

PaddleNSW 2021 Event Calendar *(check the Paddle NSW here for any updates)*

Date	Event Name	Venue	Host/Organiser
<u>Sat 16-Sun 17 Jan</u>	<u>State Sprint Championships</u>	<u>SIRC</u>	<u>NSW Sprint C'm't'e</u>
Sat 13-Sun 14 Feb	Frank Harrison Race	Albury	MMCC
Saturday 13 Feb	Makai Cup	Ulladulla	Makai
Saturday 20 Feb	Marathon Race 1	Wagga Wagga	WBCC
Saturday 6 Mar	Marathon Race 2	Windsor	WPSC
Saturday 13 Mar	Harbour Race 1	Pittwater	MWKC
Sat. 20 Mar	Marathon Race 3	Canberra	BGCC
Thu 25-Sun 28 March	Marathon National Championships	Geelong	PA/PV
Saturday 27 Mar	Tingira Cup	Rose Bay	SIP
Saturday 10 Apr	Marathon Race 4	Brisbane Waters	BWP
Sunday 2 May	Marathon Race 5	Hunter Valley	HVPC
Saturday 8 May	Harbour Race 2	Dolls Point	DPP
May (TBC)	Batemans Bay Challenge	Batemans Bay	BBPC
Sunday 23 May	Marathon Race 6	Lane Cove	LCRK
Sunday 30 May	Harbour Race 3	Brisbane Waters	BWP
Sunday 13 Jun	Marathon Race 7	Penrith	PVC
Saturday 26 Jun	Marathon Race 8	Woronora	SSCC
Saturday 10 Jul	Harbour Race 4	Gunnamatta Bay	CSKC
Saturday 18 Jul	Harbour Series reserve date		
Sunday 25 Jul	Marathon Race 9	Narrabeen	MWKC
Saturday 14 Aug	Marathon Race 10	Swallow Rock	CSKC
<u>Sunday 29 Aug</u>	<u>Sprint Series 1</u>	<u>Avoca</u>	<u>AKC/PNSW S. C.</u>
<i>Saturday 4 Sep</i>	<i>Wyong Ultra Race 1</i>	<i>Wyong</i>	<i>CCP</i>
<i>Saturday 11 Sep</i>	<i>Myall Classic Ultra Race 2</i>	<i>Tea Gardens</i>	<i>PNSW Board</i>
<u>Sunday 19 Oct</u>	<u>Sprint Series 2</u>	<u>SIRC</u>	<u>PNSW S. C.</u>
<i>Friday 24 Sep</i>	<i>Morison 50 Ultra Race 3</i>	<i>Windsor</i>	<i>WPC</i>
<i>Fri 8-Sun10 Sep</i>	<i>Clarence 100 Ultra Race 4</i>	<i>Grafton to Yamba</i>	
<u>Sunday 17 Oct</u>	<u>Sprint Series 3</u>	<u>SIRC</u>	<u>PNSW S.C.</u>
<i>Saturday 30 Oct</i>	<i>Hawkesbury Ultra Race 5</i>	<i>Windsor</i>	<i>HCC</i>
Mon 22–Fri 26 November	Massive Murray Paddle	Yarrowonga-Swan Hill	MMP
<i>December (TBC)</i>	<i>BGCC 24Hr Ultra Race 6</i>	<i>Canberra</i>	<i>BGCC</i>

For sale

Indoor Water Rower for Sale

Suits all sizes kids to large adults It also stands vertically after use
Water Rowing feels smooth and not very noisy

Good price \$580

Kerri Pipdog44@yahoo.com.au



Rebel Pro (43cm), 2012 model.

Has been in storage most of its life, always washed and dried after use, and stored with a cover; it is in great condition.

Original owner had it built for the Worlds in Italy (hence the colouring on it), but damaged her shoulder beforehand, and never went – it was then in storage for 5 years before I purchased it.

It travels really nicely through the water, and on the straights, when everything comes together, it flies.

Due to an injury and life, it was again put in storage, and is now ready for a new owner.

I have recently moved to the area and the kayak has been placed in BGCC shed – ask Jeremy for location if you would like to inspect it.

Any further questions or information call Fleur on 0417104774.

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Thank you to all contributors to this edition of Blazing Paddles.

If you have contributions for the next edition, please get in touch sue_702@yahoo.com