



*Newsletter of the*  
**BURLEYGRIFFIN CANOE CLUB**

Volume 36 Issue 1 September 2025

**Your Committee:**

**President:** Laura Kleinrahm

**Vice President:** Richard Fox

**Secretary:** Colin Calderwood

**Treasurer:** Walt Daly

**Boat Captain:** Andy Osborne

**Safety Officer:** Tasman Cocks

**Ordinary Members:** Jason Rantall  
 & Mic Doyle



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

Position	Person
Membership Secretary	Patricia Ashton
Public Officer	Russell Murphy
Coaches' rep	Margi Bohm
Webmaster	Geoff Collett
Vice-Boat Captain	David Gordon
Canoe Polo Convener	Adam Hofmeyer
Time Trials	Helen Tongway & John Lockie
Marathon Convener	Colin Calderwood
Event Co-ordinator	Bob Collins
Sprint Convener	Marcelo Cabezas
WW Convener	Mic Doyle
Slalom Convener	Mic Doyle
Social Convener	Lucy Imeson

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## Coming Events:

- 20 September, 2025    PNSW Sprint Series Race 2    MWKC    Narrabeen    NSW
- 29 Sep-4 Oct 2025    ICF World Slalom Championships    SIRC    Sydney    NSW
- 5 October, 2025    PNSW Marathon Series Race 9, WPC    Windsor, Finale    Sydney    NSW
- 10-12 October, 2025    Clarence River 100    Grafton    NSW
- 11 October, 2025    Echuca Mini    Murray River    Barmah to Echuca    Vic
- 11-12 October, 2025    Canoe Polo Summer Series #1    Penrith    NSW
- 8-9 November, 2025    Hawkesbury Canoe Classic    Windsor to Mooney-Mooney    NSW
- 15 November, 2025    BGCC Annual Presentation Dinner    Trevino's, Gungahlin    ACT
- 17-21 November, 2025    Massive Murray Paddle    Yarrawonga-Koondrook    NSW/Vic
- 28-30 November, 2025    GP1 Sprint Regatta and PA Long Course Champs    Nagambie    Vic
- 6-7 December, 2025    24Hour Relay Paddling Challenge    Molonglo Reach    BGCC    ACT
- 6-7 December, 2025    Canoe Polo Summer Series #2    Oxenford    QLD

## President's Report

After a cut-throat election period and Antony Green returning from retirement to call the prestigious BGCC AGM results, the '*Bright-eyed, Bushy-tailed, LozzaK*' ticket emerged victorious after bulldozing the hordes of opponents vying for the top job at Molonglo Reach.

Despite attending ACT Gov events featuring cut sandwiches and fruit, I've managed to not let the glitz and glamour of the position go to my head too much, although the polo crew knows to utilise my title when addressing me. I look forward to kissing babies and shaking hands as we push forward into the event season, with BGCC hosting a week of Canoe Polo action in January, and the Marathon National Championships in April. Some other exciting presidential events to pop in your calendar include:

- 25 Oct - Club Open Day
- 26 Oct - Women's Come & Try Canoe Polo session
- 15 Nov - Presentation Night

To stay up to date with what's on, make sure to keep an eye on our [Club Calendar](#).

Whilst my Corolla is yet to be replaced by a complimentary, custom jet, I'm looking forward to another year of autocratic rule over my paddling pals. A big thank you to our previous Committee for their great work over the last year, particularly to our ex-Treasurer, Neil and Secreatury, Patricia, and welcome to our new members. The Committee meets on the second Tuesday of each month, so if you have something you'd like raised, get in touch.

*El Presidenté*

*- Laura Kleinrahm*



**lozzak.**  
**presidente**

## Canoe Polo (Annual) Report

In 2024/25, BGCC was represented in polo at three Summer Series events, Nationals, Oceanias and three regional competitions, criss-crossing our way across Australia from Adelaide to Hobart to the Gold Coast.

The part-ACT team, the Butterflies, featuring myself, Carley Goodwin and in one comp Jess Harmer, was our most successful team for Summer Series, placing in all three Summer Series events, including two wins.

At the inaugural Hobart Invitational, myself again and Matty Gates, making a special one-off canoe polo appearance for the year, took out the Open Division, with Bane Burr winning Division 2. We also had BGCC member, Louise Gates, in the winning team for the Mudcake Challenge and alongside me our club President, Laura Kleinrahm, won the Nambucca Header.

To cap off the domestic season, BGCC held the National and Oceanias Championships. ACT entered teams in U18s, U21s, Senior Men's and Women's and O45s. Facing strong competition, bolstered by visiting Kiwi players, it wasn't ACT's finest year, however our Senior Men's team brought some saving grace for BGCC, scoring a bronze after narrow 1 goal losses to the top two teams.

Straight after, we had several representatives in the Australian Teams for the Oceania Championships. It's always a hard fight against our Trans-Tasman counterparts, who have multiple dedicated polo clubs and one with over 700 members.

So, it was exciting to have two wins in categories that hadn't experienced wins in over a decade. Jess Harmer, coached by James Harmer, was part of the triumphant U21 Women's Team and me in the winning Senior Men's team.

We also levelled up on our ICF accreditations, I became an ICF Level C Referee and Laura Kleinrahm and David Burr ICF Officials.

More locally, polo games or training have run nearly every week of the year. With only the very occasional low numbers or holiday period calling it off. Which for our little squad of just over 40 shows their dedication. So, thank-you to all that contribute to the awesome polo community we have within this club.

#### **Summer Series Calendar**

- Summer Series #1: Penrith NSW 11/12 October
- Summer Series #2: Oxenford, QLD 6/7 December
- Summer Series #3: Molonglo Reach, ACT 17/18 January
- Summer Series #4: Lysterfield (tbc), VIC 14/15 February
- 2026 National Championships: Mawson Lakes, SA 3/4/5 April

*-Adam Hofmeyer*

## **Marathon Racing Report**

### **PNSW Marathon Series Race 9 Report:**

Well, for the first time in many a year – no BGCC paddlers made it to this race! It was on Narrabeen Lake, hosted by MWKC, on Sunday 31<sup>st</sup> August. This turned out to be the day of the BGCC AGM, but we also had 4 of our top paddlers taking part in other races in Australian Marathon teams at Gyor in Hungary!

### **BGCC Australian Marathon team Results:**

#### **ICF CANOE MARATHON MASTERS WORLD CHAMPIONSHIPS 2025**

<https://results.gyor2025.com/competitions/2025-icf-canoe-marathon-masters-world-championships/races>

K1	WV65-69	10.5 km	2 <sup>nd</sup>	Margi Bohm	0:59:17
K1	WV45-59	14.3 km	3 <sup>rd</sup>	Laura Lee	1:17:30
K1	MV45-49	18.0 km	13 <sup>th</sup>	Craig Elliott	1:26:41



K2 XV45-54 10.5 km 1<sup>st</sup> Laura Lee/Craig Elliott 0:48:21  
 K2 XV65-74 10.5 km 5<sup>th</sup> Margi Bohm/Hal Curwin-Walker 0:55:29

“Craig and Laura were complimented as the most synchronised pair in the mixed K2  
 Congratulations Craig and Laura. Stunning GOLD in the 45-55 mixed K2. Best looking boat  
 on the water on the day. Margi palled up with Hal Curwen-Walker to a very credible 5th in  
 the 65+ mixed K2 (out of 13). Not too shabby BGCC .. we won the trifecta ... gold, silver,  
 bronze with Laura topping the medal tally with 2 medals. Well done 😊 “ (From Facebook)





This looked to be a tricky course, with lots of turns and fast-flowing water and with close-group racing, the wash rebounding from the solid walls made for some difficult paddling.

Photos Above: Laura Lee & Craig Elliott; Margi Bohm; Laura Lee. Below: Margi Bohm; Photos by Neryl East



## ICF CANOE MARATHON WORLD CHAMPIONSHIPS 2025

<https://results.gyor2025.com/competitions/2025-icf-canoe-marathon-world-championships/races>

K1 MU23	18.5 km	25 <sup>th</sup>	Matthew Gates	1:59:04
K2 M	29.2 km	21 <sup>st</sup>	Matthew Gates/James Harrington	2:06:40



Left: busy water, about 3 paddle-strokes after the starting gun!

Photo by  
Carolyn J Cooper

Right:  
Matthew Gates,  
before race-day



**Note the change of date for the final race in the PNSW Marathon Series**

**Next Race: 5<sup>th</sup> October, WPC, Windsor – enter now!**

**2026 Australian Canoe Marathon & SUP National Championships:** Thursday 9<sup>th</sup> April – Monday 13<sup>th</sup> April, 2026. Hosted by BGCC at Molonglo Reach. Volunteers will be needed! Please consider how you can contribute to this event.



**GP1 - Nagambie  
Sprint Regatta and  
PA 2026 Long Course Championships  
28-30 November 2025  
Nagambie, VIC**

This is an exciting opportunity for the MARATHON community. GP1 is the PA 2026 Long Course Championship. This event is similar to the Short Course event in Marathon so GP1 provides us with a great opportunity to pit our skills against those of the sprint community. AND win a National Championship in Sprint. All Ages, All boat classes, singles/doubles/K4s. **WOW ...**



**WHAT MAKES GP1 Special?**

- ❖ Emphasis on unity in the paddling community with the inclusion of sprint races for General Class boats.
- ❖ Emphasis on providing competitive sprint racing for Masters paddlers.
- ❖ Commitment to recognising the contribution to sprint events by marathon paddlers through the PA 2026 Long Distance Championship Event:
  - ❖ Portages included for ICF classes to 64 yo. NOTE that marathon K1s need to be raced at 12 kg.
  - ❖ Portage is beach exit and re-entry; about 100 m long.
  - ❖ No Portage for U14, General Classes and ICF 65+.

**I am looking forward to seeing you in Nagambie  
The more of us there, the better the racing!**

# CLARENCE 100

**10th YEAR CELEBRATION !!! 2025**

**MARATHON 3 DAY PADDLE EVENT  
10TH-11TH-12TH OCTOBER**

**MULTIPLE AGE AND CRAFT CATEGORIES**

**ENTRY NOW OPEN** →

**WWW.CLARENCE100.COM.AU**



**Last PNSW Series Race: 5<sup>th</sup> October, WPC, Hawkesbury River, Windsor – enter now!**  
<https://www.webscorer.com/register?raceid=368077>

## PNSW Sprint Racing Series

**2025 Sprint Series got underway at Avoca Kayak Club on 17<sup>th</sup> August.**

Sprint Series 2 - Sunday 21<sup>st</sup> September - Manly Warringah Kayak Club, Narrabeen

Sprint Series 3 - Saturday, 18<sup>th</sup> October - SIRC Penrith

PNSW State Championships - Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> November, SIRC Penrith

*-Marcelo Cabezas*

## BGCC Winter Time Trials Results:

The chill winds of winter have given way to the slightly warmer winds of spring, so there have been a few more paddlers taking part.

**Results: 23/8/2025: 1 lap:** Yuvna Chhetri K1 30:35; **2 laps:** Craig Elliott K1 36:09; Marcelo Cabezas C1 39:23; Matilda Stevenson K1 39:27(**PB**); Laura Lee K1 40:23; Margi Bohm K1 40:35(**PB**); Felix Koninx K1 41:14(**PB**); Andy Osborne OS1 43:30; Louise Yabsley/Bob Collins LR2 45:40; Jeremy Cook LR1 48:47; Helen Tongway/Yvette Maconachie LR2 54:48.

**Results: 6/9/2025: 2 laps:** Marcelo Cabezas C1 40:25; Matilda Stevenson K1 40:26; Felix Koninx K1 40:55(**PB**); Ted Hall SS1 45:35; Jeremy Cook K1 47:51; Helen Tongway/Yvette Maconachie LR2 53:28.

**Results: 13/9/2025: 1 lap:** Yuvna Chhetri K1 31:11; **2 laps:** Marcelo Cabezas C1 38:56 (**PB**) ; Colin Calderwood K1 43:07; Andy Osborne K1 44:48; Louise Yabsley/Bob Collins LR2 49:27; Helen Tongway/Yvette Maconachie LR2 52:19.

**Time Trials:** 10 a.m. start each Saturday. Paddle against your own best time – not some other speedy paddler in a faster/fancier boat! All grades of paddlers welcomed /encouraged! With Daylight Savings time beginning again on 5<sup>th</sup> October, time trials will continue to start at 10 a.m. until Saturday 25<sup>th</sup> October when they will start at 9 a.m. for the Summer time trials season.

## News of the Month

**The 2025 AGM has been held and you now have a new Committee, etc.**

### Committee:

President	Laura Kleinerahm
Vice-President	Richard Fox
Secretary	Colin Calderwood
Treasurer	Walt Daly
Boat Captain	Andy Osborne
Safety Officer	Tasman Cocks
Ordinary Member	Jason Rantall
Ordinary Member	Mic Doyle

### Conveners and Others:

Membership Secretary	Patricia Ashton/Sharon Crowley
Public Officer	Russell Murphy
Editor ( <i>Blazing Paddles</i> )	Helen Tongway





Coaches representative	Margi Bohm
Webmaster	Geoff Collett
Vice-Boat Captain	David Gordon
Canoe Polo Convener	Adam Hofmeyer
Marathon Convener	Colin Calderwood
Sprint Convener	Marcelo Cabezas
WW & Slalom Convener	Mic Doyle
Time Trials	Helen Tongway/John Lockie
Event coordinator	Bob Collins
Social Convener	Lucy Imeson
Key Registrar	Bob Collins



*Above: 3 supervisors to make sure Jed get's the job done!*

*Thank you to all these club members for taking on these positions 😊*



*Above: Andy Osborne, Jason Rantall, Walt Daly, Laura Kleinrahm, Tasman Cocks and Colin Calderwood*

*Left: Richard Fox*

Our own Rouge's Gallery (of most of our new committee)

## Club Shed Update

There is a Nelo 60 available for \$800, which the club will purchase as part of the 5-year plan. Discussions will be held with Mick Doyle, about incorporating White Water boats into the updated 5-year plan

**If anyone would like the old Dagger, then please reach out in the next couple of weeks before it gets taken to the tip.**

*-Andy Osborne*



## About ENHANCE Healthcare:



Enhance Healthcare was established by **Peter Garbutt** and **Celina Miller** in 2001, initially providing Massage and Chiropractic Services to the Gungahlin and Canberra community.

Over the past 15 years, our service offering has increased to include;

- - **Acupuncture;**
- - **Soft Tissue Therapy;**
- - **Chinese Herbal Medicine;**
- - **Chiropractic and Massage Therapy;**
- - **Physiotherapy**

Email: [healthcare@enhance.com.au](mailto:healthcare@enhance.com.au)

Book online: <https://enhance.janeapp.com.au/login>

Mitchell: (02) 6241 6060  
Denman: (02) 6287 1377

Our business is built with the customer at the forefront of everything we do. We have established a highly skilled and professional team, across multiple disciplines with the specific view of delivering the best possible client outcomes.

At Enhance Healthcare we listen to our clients, diagnose the problem properly and utilise the combined skills of the ENHANCE team to resolve whatever the problem may be. We then follow up to ensure our clients are happy with outcomes

***Pete Garbutt is also a long-time member of the Burley Griffin Canoe Club***

### **Denman Prospect Clinic Address**

Shop 25, 3 Felstead Vista,  
Denman Prospect ACT 2611

### **Mitchell Clinic Address:**

Unit 10, Level 1 141 Flemington Rd  
Mitchell, Canberra ACT, 2912

### **Opening Hours:**

<b>Monday</b>	5 a.m. – 8pm	<b>Tuesday</b>	7 a.m. – 7 p.m.	<b>Wednesday</b>	7 a.m. – 8 p.m.
<b>Thursday</b>	7 a.m. – 7 p.m.	<b>Friday</b>	7 a.m. – 6 p.m.	<b>Saturday</b>	10 a.m. – 4 p.m.
<b>Sunday</b>	10 a.m. – 4 p.m. (Mitchell only)				



## Meet a club member: Tasman Cocks

My paddling journey started with some flatwater experiences with Scouts and white water during my school outdoor education class. We were lucky enough being in Bright to duck down to the Ovens River during class time to do skills. Following school, I had a gap year traineeship in outdoor education at Outdoor School in north-east Victoria, where I spent a lot of time on the Murray River for extended expeditions and had some fun rafting trips down the King River as well.



Then while studying, I worked as a guide with a few companies running commercial tours on the Ovens through Bright and running night tours on the Yarra through Melbourne CBD.

With BGCC, I have been enjoying Sunday morning paddles on the lake, usually in one of the V8s. I am also keen to attend and contribute to the growing white-water discipline at the club. I am excited to explore the new local rivers around the region and abroad.







In terms of dream places to paddle, I would love to try some iconic rapids on the Snowy and Tully Rivers. In terms of calmer water, I would also enjoy a multi-week Murray River expedition. A visit to Penrith would also be very enjoyable as well.

Since joining the club in June as a recent Canberran, I have started as Safety Officer at the club and am looking forward to looking after the safety of all members in all disciplines. If you have any safety questions or concerns, please reach out!

## Recipes from the AGM.

*[I enjoyed sampling some of our members' culinary skills, so here are a couple of their recipes; and sorry - I didn't take any photos! Editor]*

Current recipe adapted from "Inside/Out" Jul/Aug 2008:

### **Tian of Eggplant, Capsicum and Zucchini**

Serves 8

250ml extra virgin olive oil

4 medium eggplants, 6mm thick, sliced lengthwise, see method below\*

3 large red capsicums, see method below

4 medium zucchinis, 8mm thick, sliced lengthwise

375ml Dolmio Basil & Garlic Tomato sauce

4 Bocconcini coarsely grated

1 Tbsp fresh oregano or rigani

125g finely grated Grana Padano

Ground black pepper

75ml verjuice & 75ml e.v. olive oil mixed to coat eggplant

### **Method:**

Preheat fan forced oven to 220°C.

Coat capsicums with olive oil

Roast whole capsicums at 220°C till at least 60% skin is blackened\* (20-25min)

Remove from oven, place in bowl, cover with plastic film

Allow to cool and remove skin

Remove seeds and membrane and cut into 30-40mm strips and drain on kitchen paper

Coat both sides of eggplant sliced with verjuice/oil mixture

Roast at 200-220°C, turning to brown both sides

Drain on kitchen paper

Oil a 300mm x 200mm ceramic baking dish

Place one layer of drained eggplant along base

Spread some pasta sauce, grated bocconcini, parmesan, a generous scatter of oregano and black pepper over

Place one layer of capsicum strips over sauce mixture followed by one layer of zucchini and sauce mixture

Repeat the layering, finishing with the zucchini, drizzle of oil and grated cheese.

Preheat fan forced oven to 175°C

Bake the tian for 40min or until all vegetables are tender

Let rest for 20min before serving

*Bon Appetit*

*-David Gordon*

### **Jen's Choc Ginger Brownie** (gluten free)

The base recipe came from the Cadbury chocolate cookbook but has been extensively modified to deserve the title. It is a quick and easy recipe that I make regularly enough that I don't need to check the recipe.

125 g butter  
¼ cup dark cocoa  
1 tsp vanilla  
½ cup brown sugar  
¼ cup white sugar  
¾ cup ground almonds  
¼ cup gluten free plain flour  
½ tsp gluten free baking powder  
1 egg  
¼ cup chopped walnuts  
¼ cup chopped glace ginger

#### **Method:**

Cream butter and cocoa; mix in vanilla and sugar. Add almonds, flour and baking powder, egg, walnuts and ginger.

Spread into lined or greased 18cm tin and bake for about 20 minutes at 180 degrees Celsius until just set - do not overcook.

(can be dairy free spread to make gluten free/dairy free but texture is softer)

You can also add a handful of dark baking chocolate ( or white if that takes your fancy) and swap walnuts for macadamias or pecans. It is better if you can wait, refrigerate for a few hours, otherwise serve hot and gooey with ice-cream 🍦

*-Jen Savenake*

### **BGCC's annual Presentation Dinner**

Coming up, on Saturday 15<sup>th</sup> November, the annual BGCC Presentation dinner – with awards to our many and varied worthy recipients. Our usual categories are:

Male Paddler of the Year	Female Paddler of the Year
Male Most Improved	Female Most Improved
Junior of the Year	Grand Master (for over 70 y.o) of the Year
Swoboda Memorial Trophy - Club Member of the Year	
Hole in the Paddle Award	Coach of the Year
Plus many Encouragement Awards	<b>Nominate someone!</b>

But don't let this impressive list limit your imagination. If you know of some good deed, outstanding achievement, amusing happening (which may not have been all that amusing to the person at the time...) or other sights or sayings around the club – nominate a suitable recipient to Richard Fox or the club spreadsheet, by Friday 10<sup>th</sup> October – so we can get various trophies engraved and ready for the night.

**Make it a Date: Trevino's Gungahlin, Saturday 15<sup>th</sup> November, 2025.**

(..But I only won a small group of stars. It was the constellation prize ✨🌈)



## Market Place: Boats for Sale

### **For Sale:** FENN Surfski.

Primary Stability: 1-2,

Secondary Stability: 2.5

Kayak for intermediate to advanced. Possibly up there with the Epic V10.

Condition: Average to good.

Price: \$1200.

Phone Steve: 0434 264 016



### **For Sale:**

Kermit (Weapon) K1

Primary Stability: 1

Secondary Stability: 1

This Kayak more for the advance paddler very tippy and quick.

Condition: a little worn, but reasonable okay

Price: \$100 Phone Steve: 0434 264 016



**For Sale:** 6m, stitch and glue from an Australian kit. Very good condition, always kept indoors. Includes Skee paddle and leash, skirt, PFD, safety gear and anchor.

Selling due to lack of use. \$250

Weight: about 22 kg,  
(from memory.)

Comes with a two-wheel trolley which can be stored in the aft compartment. And an electric pump!

Geoff: 0423 490 913

Queanbeyan.





**For Sale:** V5 Surf Ski Ultra Construction  
(white deck/white hull/Red bow & stern)  
Comes with a sock. Never used. \$4000

Excellent opportunity for someone looking for a light  
touring/recreational ski which could also be used in the  
surf. 13.5 kg

Plus: Epic Mid Wing Club Carbon Hybrid Shaft LL 210-  
220 cm \$499 NEW. NEVER USED Sell for \$300

Stephen Rowcliffe M: 0409 059 769  
Email: [schooey1@me.com](mailto:schooey1@me.com)



<https://www.epickayaks.com.au/collections/surfskis/products/v5-tourer?variant=43484703555761>



## Letters to the Editor?

Have you ever felt like having your say about something in the club?  
How it is run. Club-member(s) you would like to know about (for new 'Meet a club member')  
Constructive suggestions on what to do about something which is a worry to you?  
Praise for something which has affected you?  
Keep it nice. No libelous words! Your name will be attached 😊  
Get your thoughts published – write to me! [editor@bgcc.org.au](mailto:editor@bgcc.org.au)

**2025 Hawkesbury Canoe Classic: 8<sup>th</sup> – 9<sup>th</sup> November. Moonlight!!**



And new in 2025: you too can create a new record for the 65  
km Windsor to Wisemans Dash!

(Records have not been kept for this shorter course in prior  
years.)

Kent Heazlett  
Event Coordinator / Race Control  
On behalf of the Hawkesbury Canoe Classic Association Inc.  
M : 0418863950  
E : [info@canoeclassic.asn.au](mailto:info@canoeclassic.asn.au)

## Draft Minutes of September Committee Meeting

### BGCC Committee Meeting 9<sup>th</sup> September 20025 – 6:30 p.m. – at the Club Shed

**Attendees:** Laura Kleinrahm, Adam Hofmeyer, Walt Daly, Helen Tongway, Colin Calderwood, Tasman Cocks, Andy Osborne, Jason Rantall.

**Apologies:** Patricia Ashton, Richard Fox.

#### Minutes of the Last Meeting:

**Proposal:** that the minutes of the August 2025 meeting be approved

**Proposed:** Laura **Seconded:** Helen **Accepted**

It was agreed meetings would continue to be held on the second Tuesday night of the month at 6:30 p.m.

#### President's Report

The president welcomed the new committee, particularly those holding first-time appointments.

#### Treasurer's Report

The accounts are still in the process of being transferred to the new treasurer.

In August \$2,600 received in membership, with \$11,200 paid for rates and insurance plus some other minor expenditure.

Account access is still being arranged for the new treasurer to enable reimbursements for returned keys to be processed.

#### Safety Officer's Report

Tasman is reading into the available documents and trip requirements, particularly regarding the proposed recreational trip being organised by Lucy and Patricia to Kangaroo Valley at the end of September.

**Action Item:** Tasman will upload the risk templates onto the drive

**Boat Captain's Report:** The SLR2 needs work on the foot-pump in preparation for the Hawkesbury. There may be some cost associated with the repair.

**Action Item:** There is a Nelo 60 available for \$800, which Andy will purchase as part of the 5-year plan

**Action Item:** Andy will discuss with Mick about incorporating White Water boats into the updated 5-year plan

#### Correspondence:

In: Bank statements x 2

Rates update

Electricity bill

**Action Item:** Jason is to investigate if our electricity plan is best value for money and provide recommendations for alternatives, if it is not.

Out: None

#### Items from Previous Meeting:

- The succession plan will be dealt with at a later meeting

**Action Item:** Laura will raise this at the appropriate meeting

- BGCC Survey - complete
- Grants – Bob and Laura are looking at the club upgrade feasibility to develop a plan to apply for the ACT Government Infrastructure Grant.

**Action Item:** Laura will organise the development of a sub-committee to look into long term strategies to be discussed at the next meeting after the results of the Infrastructure Grant are known. Laura will send the CSEP to Bob

- Two grants have been applied for: ACT Events Fund
  - Marathon Champs next year
  - Come and Try event for Older people
- WWVP – Club only has to comply with ACT regulations, which it does. All coaches have cards.

**Action Item:** Laura will upload WWVP card status onto Just Go for those who have one.

- Presentation Night – 15 November 2025 at Trevino's Gungahlin. Emma and Lucy are organising. The committee agreed to junior paddlers' tickets being \$10 cheaper than adults to encourage participation. Menu format is to be decided – current costs are \$64 per person for a 2-course meal or \$50 to \$60 for a buffet.
- A new quote for cleaning was received, which is \$220 per fortnight. The committee decided to continue with the current cleaner on the new rate quoted with a review in the Summer.
- Open Day will be 25 October 2025, 10.00 a.m. until 1.00 p.m. at the shed. Volunteers will be required for each discipline and activity.

**Action Item:** Laura will advertise for volunteers.

- Club Awards.

**Action Item:** Nominations are required from discipline convenors.

24 Hour Challenge. Entries are open.

**Action Item:** Laura will create an FB event.

**Action Item:** Helen will advertise at future Marathon events.

#### **Convenors Reports:**

- Canoe Polo: There have been no recent events. Training on Friday nights continues to be well attended. Adam mentioned some safety issues near the polo course and the temporary pontoon.

**Action Item:** Adam will arrange for the 'Grey Army' to fix the issues.

**Marathon:** The recent successes of BGCC members at the World Marathon championships in Gyor, Hungary was highlighted with medals in the Masters competitions for Laura (Bronze WK1 (45-49) and Gold MxK2 (45-54) with Craig), Margi (Silver Wk1 (65-70)) and Craig (Gold MxK2 (45-54) with Laura).

Matthew Gates was also mentioned, for his creditable performances in the U23 K1M and Senior MK2.

The next competition is at Windsor – 5<sup>th</sup> October. This is the final event for the 2025 Marathon Series.

**Recreation:** In addition to the trip being organised to Kangaroo Valley at the end of September, Patricia is also organising a Taste of Paddling.

**Time-Trials** – Will continue at 10.00 a.m. on Saturdays for the foreseeable future.

**Other Business:** It was noted that the shower floors in the Men's changing room are slippery.

**Action Item:** Laura and Adam will source some non-slip matting suitable for use in wet areas.

**Meeting closed** at 7.15 p.m.

**Next Meeting:** 6:30 p.m., Tuesday 14<sup>th</sup> October, 2025.

#### **An event for all paddlers –**

#### **The annual BGCC 24 Hour Canoe Paddling Relay Challenge**

Get ready. Get a Relay Team together. Organise your sequence of paddlers. Plan your food and drinks. Check your boat-lighting system. Prefer to go solo – go for it! You can take a break any time.





**Sun**  
**5 Oct**

**Race 10, Windsor & Finale**

**[2025 Marathon #10 - Windsor](#) | [Event registration](#) | [Webscorer](#)**

Updated: 21/11/24dl



<https://nsw.paddle.org.au/upcoming-events>



[PaddleNSW - Marathon](#)



[marathon@paddlensw.org.au](mailto:marathon@paddlensw.org.au)



**LBG depth going down...**

Project Bulletin

## Scrivener Dam Dissipator Strengthening



Australian Government  
National Capital Authority

[nca.gov.au/scrivenerdamproject](https://nca.gov.au/scrivenerdamproject)

Construction on major strengthening upgrades at Scrivener Dam is underway. This project bulletin provides an update on progress since construction began in April 2025.

### What are we doing?

This project is about strengthening the downstream structure of the dam known as the dissipator. It is a concrete structure which absorbs the energy of the water flowing over the flood gates and prevents potentially damaging erosion in the river channel downstream of the dam.

Construction began in April 2025 and is expected to be complete in mid-2027 (weather permitting).



## Progress update

Over the last 4 months we have:

- established the site compound and constructed temporary access roads into the river channel
- completed the cofferdam (a temporary dam to create a dry area for construction work)
- started removing the existing baffle blocks (concrete teeth in the bottom of the dissipator) and preparing the surface of the old concrete for the new concrete slab.

And in the last week we have commenced drilling and installing test anchors into the foundation rock beneath the dam.

The imagery below provides a look at what has been happening on site.







A reminder to all Lake Users to please report any near misses, incidents or hazards via the WHS Monitor on the NCA's website. Please use the following link to report incidents of near misses - <https://www.nca.gov.au/node/20364>

**To check Lake Burley Griffin water quality:**

<https://www.nca.gov.au/environment/lake-burley-griffin/water-quality#>

**Other Waters:**

[https://www.cityservices.act.gov.au/news/news-and-events-items/water quality in our lakes and ponds](https://www.cityservices.act.gov.au/news/news-and-events-items/water%20quality%20in%20our%20lakes%20and%20ponds)

**“Youth is the gift of nature, but age is a work of art.”  
– Stanislaw Jerzy Lec.**





## Meet an outstanding club member: Laura Kleinerahm

From the PNSW Awards:

**“We have dual winners in the 2024/25 PNSW Administrator of the Year category.**

First up, congratulations to LAURA KLEINRAHM from Burley Griffin Canoe Club (BGCC). Laura has been Vice President and President of BGCC for the last 3 years. She is also involved in PA and PNSW in the Canoe Polo Technical Committees and became an ICF Canoe Polo Official this year.

Laura has an enthusiasm and talent for paperwork! She has dragged the dinosaur technophobe long term committee members, kicking (not quite screaming) into the 21st century (*that's their words, not mine – Peter Tate*). She has updated, rewritten or developed their policies, procedures and guidelines and made them all readily available to current and future committee members.

Her suggestions for sponsorship, skills registers, strategic meeting plans, succession planning, club calendar, member survey etc, will hopefully set the BGCC up for some time to come.

As well as organising the committee, Laura has been instrumental in organising club Come and Try events, Canoe Polo Introduction sessions and the Nambucca Header – a Canoe Polo social competition attracting players from several States, well away from the Canberra winter. Laura also scoured the ACT for sponsorship and grant opportunities raising \$1000's for the Canoe Polo Nationals held in Canberra last year.

Additionally, Laura is a driving force and contributor with the PNSW Canoe Polo Committee and the PNSW Board of Directors. Every club needs a Laura!”

### Canoe Polo ACT Australian Canoe Polo



**SPORT INTEGRITY  
AUSTRALIA**

Formerly known as  
**Australian Sports Anti-Doping Authority**

For anyone interested in the safe governance in sport, there are webinars available from **Sport Integrity Australia**. Last week I listened in to “Tech-Based Abuse in Sport – Exploitation” and I am yet to catch up with an earlier webinar: “Planning safe sporting events”. They hold webinars every month or so – each going for about an hour. –*Helen T.*

**See:** <https://www.sportintegrity.gov.au/what-we-do/education/webinars#toc2>

## Colour Frenzy - Fundraising Opportunity

The Club has been invited to participate in the Colour Frenzy event on October 12. We get a payment for providing **groups of six volunteers** to assist with things like handing out medals, throwing colour etc. We can also run a BBQ and keep all profits. This is a great fundraising opportunity that polo's done the last couple of years, it's lots of fun and only goes for half the day, so let me know if you'd like to be involved.

**Volunteer for a Fun Event!**



*Last year's Canoe Polo Crew*

## Club Coaching and Escorted Paddling

- **Saturdays 10:00 a.m.:** Club Time Trials. 1 or 2 laps; 3.7 laps. You can use these to increase your paddling fitness, or you can take out a boat and go for a paddle yourself. Shed is open from about 8:30 till 11:30 a.m.
- **Thursdays 7:00 a.m.:** David Gordon and Russell Murphy's session, for Novice and Recreational Paddlers. 1 hour; some interval training and technique instruction.
- **Lunchtime Thursday:** Masters' training with Margi Böhm. Capitalise on the ability to train at lunch time in the Nation's Capital!
- **Saturdays 11:30 a.m. – 1:00 p.m.** over winter, Paddle for Pleasure with John Lockie and Helen Tongway.
- **Sundays 09:00 a.m.:** Lake Paddle. 6 km – 10 km paddle, usually out on LBG
- Train with Gary Rake – **06:00 a.m. Thursday** (& some people 06:00 a.m. Tuesdays); **06:30 a.m. Saturdays**
- **TrainSmart** – for the more serious paddler who wants to be the best they can be. This group **trains most mornings** under the guidance of Margi. If you want to know more about TrainSmart, contact Margi on [margi.bohm@gmail.com](mailto:margi.bohm@gmail.com).

## Recreational Paddling

The Eurobodalla Kayakers organise fortnightly kayak touring trips along different waterways between Narooma and Bateman's Bay. It's a great way to enjoy nature and explore coastal waterways with experienced paddlers.

There is no fee to participate and trip maps for each trip are available from the website: [www.eurobodallakayakers.com](http://www.eurobodallakayakers.com) or you can just turn up at the meeting spot and simply follow the leader. The trips average 12 km in length, suit stable craft such as sea kayaks; and there's a 30 min stop for BYO morning tea. Most trips are round-trip paddles and have been well-planned to favourably factor in tidal movement. Send an e-mail to [eurobodallakayakers@gmail.com](mailto:eurobodallakayakers@gmail.com) to request being added to their mailing list to get detailed information about each upcoming paddle. You need to be able to comfortably paddle 12 km, have the usual safety equipment and be reasonably self-sufficient on the water.

**Thank you to all contributors to this edition of *Blazing Paddles*.** If you have contributions for the next edition, please get in touch as soon as your event happens or as soon as you know some dates to advertise an event. [editor@bgcc.org.au](mailto:editor@bgcc.org.au)