



Easy Oar

Newsletter of the Leichhardt Rowing Club
Issue no. 30
April, May, June 2011

Closing season 2010-11 as we prepare for season 2011-12

The 2010-11 season is already over for most (but not for a few hardy LRC members who are wending their way to Tasmania for the national masters championships), most LRC rowers are looking forward to 2011-12 and are either getting ready to start, or have already started, training.

We will have more about the 2011-12 season in the next issue of *Easy Oar*, but here we close off 2010-11 and reflect on our recent successes.

It's from results like winning the Trickett Regatta, and the LRC Masters continuing their winning ways at the NSW state championships, that we know that LRC now has a very good chance of winning the Premiership Pointscore for the third time in four years.

Well done to LRC rowers!



Mia Carey and Imogen Smith at the LRC Presentation Night - celebrating their awards.

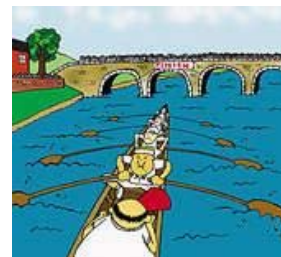
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The 2011 Leichhardt Rowing Club Boat Rally

All members, young and old are requested to attend our Annual Boat Rally on Sunday June 19th.



Be at the Club by 7am in rowing attire to place your name in the barrel. Crews will be randomly drawn and set off in a coxed boat with a clipboard of questions.



Test your knowledge and observation skills as you navigate around the harbour.

The winning crew will be decided on total time taken less credits for correct answers. There will be lots of stops to scratch your head to come up with the correct answers.



Morning Tea will be provided back at the Club from 11am where there will be presentations and prize giving. All ages, fitness & experience levels welcome.

Entry Fee - \$10 per person.

(to cover prizes and catering)

Remember to bring a hat, suntan cream and a water bottle.

To reserve your place: Put your name on the list at the clubhouse, or email Steve Duff: steven@cityextra.com.au

See page 8 for your invitation to the LUOR lunch after the boat rally.

LRC office bearers and more

Patron	Lionel Robberds
President	Tim Clare , 0417 424 370, tim.clare@des-pl.com.au
Captain	Christiaan Fitzsimon , 0414 555 991 christiaan@ibsaust.com.au
Vice-Captain	Belinda Brigham , 0417 467 362 belindabrigham@me.com
Vice-Captain	Nick Cassidy , 0408 439 768 mg4_123@hotmail.com
Junior Vice-Captain	Zoe Thomas , 0401 609 955 zoe_t@hotmail.com
Secretary	Deanna Fekete , 0405 508 623 wheat5@bigpond.net.au
Assistant secretary	Kara Coleman , 0406 049 778 Karac1602@hotmail.com
Treasurer	Onno van Ewyk , 0403 076 637 onno@vanewyk.com.au
Assistant treasurer	Ross Tout , 041 331 6694, 9988 3363 rosstout@optusnet.com.au
Property master	Kerry Thorn , 0414 375 425 kez@kez.com.au

General committee

Virginia van Ewyk (regatta secretary)	0402 980 773, virginia@vanewyk.com.au
Anne Parbury (<i>Easy Oar</i> , website, admin)	0415 580 187, aparbury@gmail.com
Heather Hunt (functions @ lrc)	0411 159 379, hunts15@optusnet.com.au
Andrew McCallum	0400 510 590, a_mccallum@optusnet.com.au
Andrew Morrell	0414 259 430, andrew@branks.net
Susie Philpott	0431 340 863, lrc_susie@hotmail.com

Other roles

Honorary medical officer	Dr Diana Robinson , 9231 0102, www.sportsdoc.com.au/ p_diana_robinson.html
Merchandise co-ordinator	Sue Andrews , 0415 386 956, girlsrule99@optusnet.com.au

See the full list of positions and roles on the website:
www.lrc.com.au/13.html

LRC at the Trickett regatta



Kristen Moss and Nitya Varadarajan ready to race



Celebrating bronze in the WD8+

Boat maintenance

All squads will know which boats they are responsible for – the list is on the notice board adjacent to the boat usage list. All squads should have their boats regularly maintained, particularly now that the new season is beginning. It is every member's responsibility to care for our assets. Please make sure your allocated boats are properly maintained. Exactly when, is your responsibility.

Questions? ask Kerry Thorn: kez@kez.com.au

Fuel roster

Thank you for everyone's excellent support of the fuel roster.

Each month a group of LRC members takes responsibility for making sure that the jerry cans are full of fuel for the coaching boats. This simple but very important task helps LRC function. Here is the roster for the next few months:

June	Rex's group
July	Guy Elron's group
August	Wade Hewett's group

Use only unleaded petrol, not ethanol fuel, and fill the jerry cans to 20 litres only. This ensures the correct mix of oil to fuel is maintained.

Questions? Ask Kerry Thorn, 0414 375425 or kez@kez.com.au

LRC at the Trickett regatta



Nick Andronikashvili, Michael Scott, Nick Cassidy and Kristian Bodell - gold medallists in the B4x at the Trickett



WD4- winners Nell Duly (c), Emma Thomas, Kristin Moss, Virginia Van Ewyk, Nitya Varadarajan



WD4x finalists - it must have been the socks. Nivi Massarek, Mary Finegan, Anna Hickey-Moody, Jacqui Bokor



LRC wins the Trickett Regatta, for the second year in a row. Christiaan Fitzsimon holds the cup aloft, as Helen Albury (r), great-granddaughter of Edward Trickett who presented the trophy, looks on. Some of LRC's successful competitors show their appreciation.

LRC awards - and the winners are

And the end of the season would not be complete without the presentation night and the LRC awards. This LRC presentation night awards and honours the club's achievers for the year, and recognises and encourages those who have worked hard, who have tried hard, and those who show potential (and more).

The awards honour not only those who win their races, they also recognise the efforts and achievements of many of the club's members who do a lot of work behind the scenes and contribute to the running of a successful, and admired, club.

Congratulations to the winners.

STEVE ROLL TROPHY Mens point score	Kristian Bodell	MOYNAHAN FAMILY TROPHY Coaching excellence	Anne Parbury
LEN McPHERSON TROPHY Womens point score	Anne Parbury	BATH FAMILY JUNIOR TROPHY Most outstanding all-round junior rower	Genevieve Pfeiffer
BOB STONE TROPHY Masters point score	Anne Parbury	COXSWAIN'S TROPHY Best efforts in coxing	Glenn Pearce
GEORGE ELMSLIE TROPHY Most improved oarsman	Michael Scott	ENCOURAGEMENT AWARDS Juniors: Bette Wong, Mia Carey, Imogen Smith, Lachlan Andrew, Robert Bodell, Ryan Kisner Novices: Kristen Moss, Nitya Varadarajan	
THE LEICHHARDT CLUB TROPHY Most improved oarswoman	Brigitte Hadley Anna Hickey-Moody	SPECIAL ENCOURAGEMENT AWARD	Sandra Triulzi
MOST IMPROVED JUNIOR FEMALE	Evangeline Melrose	CAPTAIN'S TROPHY Awarded personally by the Captain	Zoe Thomas
MOST IMPROVED JUNIOR MALE	Levan Andronikashvilli	PRESIDENT'S AWARD Special recognition	Barry Moynahan
MICK LOWREY TROPHY Development of novices	Andrew Morrell		



Above: Kristian Bodell, (r) Brigitte Hadley and Anna Hickey Moody
(r) Angela Conry, who presented Steve Sherry with the Perseverance award - special thanks from the masters women.

Above: Emma Thomas and Nell Duly

LRC awards - and the winners are



*With their encouragement awards (l-r):
Imogen Smith
Betty Wong
Mia Carey
Lachlan Andrew and
Robert Bodell*



*(l) Charlie Bartlett in full flight, with Sandra Triulzi who has rowed a tougher race than anyone would want to.
(r) - Andrew Mrooell*



David Ross, Graeme Reid and David Pixley who are carefully keeping Rex Chadwick's award, 'The Ooops Award', safe for him.

Michael Scott (centre) and Glenn Pearce (r) with their awards.



LRC Masters

Congratulations to all LRC masters rowers who once again performed very well at the state championships, on 14–15 May, bringing home 10 gold medals as well as many silver and gold.

Congratulations to LRC masters representatives:

LRC is again well represented in the 2011 NSW State Masters Team, with six masters women in the squad to represent NSW at the 2011 Australian Masters Rowing Championships at Lake Barrington, Tasmania, from 2-5 June.

In the eight: Daniela Borgert, Dianne Williams, Deanna Fekete, Angela Conry and Anne Parbury. Coach: Steve Sherry. Also in the eight are Kerrie Bigsworth (Sydney Uni), Amanda Andrews and Jane O’Hanlon (Drummoyne) and cox, Robert Wright.

In the quad: Sandy Rourke. Also in the quad are Wendy Zammit (Sydney Uni), Kim Chiltern (Port Macquarie), Tamsin Brew (North Shore). Coach: Steve Gordon.

Congratulations to all – and wish them good rowing as they head off to Tasmania on 1 June for the national championships.



Margot Simington, Jane Moxon, Kerry Thorn and Margaret Bailey with bronze on the podium.



The young Mixed 8+



The two LRC Mens Masters F 8+ crews after their race. Missing in action are Billy Monaghan and Janelle Heffer.

Down memory lane - an old rower returns



Barry Moynahan and Norman Hobson

Norman Hobson decided that, for his 96th birthday, he would come back to where he learned to row in the 1930s – although when he got to the club, he found it somewhat changed.

Norman started rowing at Leichhardt, then moved to Haberfield (as it as then called) and became a successful sculler.

He came to club on the day of the Iron Cove Masters regatta, where, as luck would have it, Bill Mison and Tom Treseder were rowing and took the opportunity to catch up and reminisce with him too.

Barry Moynahan encouraged Norman to tell some stories about rowing in the old days, and has included him in the Leichhardt Union of Old Rowers. Norman was very touched to be given a copy of *Rowing on with Leichhardt*.

Norman's daughter, Linda, says her father is very keen to hear from some old rowers. Anyone who would like to correspond with Norman, email admin@lrc.com.au for the address.

Getting to know who's who ...

Jane Hutchison has continued to ask questions and find answers. Margaret Bailey thought this was too good an opportunity to resist, so she is now searching for answers too.



Kara Coleman

Hi, I'm	Kara Coleman, Assistant Secretary
You'll find me rowing ...	with the intermediate / senior women's (or baby masters) crew.
I started rowing ...	about four years ago when I signed up to one of LRC's LTR programs. I was looking for a team sport which didn't involve running or ball handling skills (crap at both). To the untrained eye rowing was a water sport I could do sitting down - how hard could it be!?!
I'm proud of ...	rowing with a squad of girls who work hard as a team on and off the water and have a lot of fun along the way. I'm proud of all the races we have won together at Trickett and state masters in the past few seasons, and having a red hot crack at the Head of the Yarra.
When I'm not at LRC, I'm ...	eating, drinking or sleeping, and in my spare time I work as a change manager for Westpac.
Why?	Why do I row? Hmm, many reasons but mostly I consider myself a bit of a fashionista. Nothing says style like a lycra zootie, stripy thermals, footie socks and thongs. I turn plenty of heads collecting my morning coffee after training, the Newtown locals can spot a true athlete a mile away.



Sara Delevere

Hi, I'm	Sara Delevere
You'll find me rowing ...	rarely. I blew out my knee, so I decided to shout inappropriate phrases at random groups of people while coxing, and coaching juniors and LTR.
I started rowing ...	about three years ago. I started during the LTR program and never left.
I'm proud of ...	winning the coxswain's award in 2009, and winning medals at the state championships ... for coxing ... it counts!
When I'm not at LRC, I'm ...	having a midday snooze to recover from the early mornings before making lots of noise playing drums and percussion in a variety of bands and orchestras. I also lead a Synergy Percussion Squad. In my free time, I critique society at Macquarie University.
Why?	There's nothing better than taking a stroke in a single and watching the water stream past.



LUOR 400 Club draw and lunch

LUOR (the Leichhardt Union of Old Rowers) is planning to give the club an appropriate competitive racing shell – and you can help! Enter into this year’s 400 Club draw, LUOR’s annual fundraiser – first prize is \$400! Tickets are \$20 and the draw will be at the winter reunion luncheon on Sunday 19 June 2011.

Buy your ticket/s from Steve Jaques and Dave Bodell at the clubhouse on Saturday and Sunday mornings or on Tuesday evenings at 6 pm, or email Steve Jaques: s.jaques61@gmail.com.

All club members, particularly those who are in the LRC Boat Rally, are invited to the LUOR Winter Luncheon. The cost is \$25 for over 18 years and \$15 for under 18.

RSVP: Steve Jaques or Dave Bodell so catering can be organised.

After their season finished, LRC juniors spent a morning at the club working on their boats to get them ready for the next season followed by a barbecue. Pictured with the juniors are some of their coaches (Steve Jaques, David Elliott and Nell Duly). Also pictured is Zoe Thomas (Junior Vice-Captain).

Diary dates

1 - 5 June	Australian Masters Rowing Championships
Saturday 4 June	LTR session 3
Sunday 5 June	LTR session 4
Saturday 11 June	LTR session 5
Sunday 12 June	LTC session 6
	JB Sharp regatta
Sunday 19 June	LRC boat rally
	LUOR winter Luncheon
Sunday 26 June	JB Sharp regatta
Sunday 10 July	JB Sharp regatta
Sunday 24 July	Winter clean up - clubhouse
	JB Sharp regatta
Sunday 7 August	JB Sharp regatta
Sunday 21 August	Winter boat maintenance day

Boat lights: no lights = no row

Now that we are rowing in the dark, it’s time to check your lights - do they need new batteries?

If you need new lights, here are three sources:

1 (pictured) \$55 including GST and batteries but excluding postage. Contact David Wear
e: dwear@dwear.com.au
t: 9262 2256



2 SUPER BRIGHT LED BOAT LIGHTS

Premium Tektite Boat Lights with soft suction cup. Batteries included, made in USA. \$50 each.

Email: superbrightledlights@gmail.com for orders and enquiries. Fast mail delivery.

3 www.rowingboatlights.com/

Roving reporters and established photographers

A special thank you to all the contributors to this issue: *Jane, Margaret, Steve x 2 and Kerry for photos, text and other stuff.*