



# Easy Oar

*Newsletter of the Leichhardt Rowing Club*  
Issue no. 27  
August, September, October 2010

## 2010-11: a new season, new committee members and more

### Notes from the President

The club's new management structure, launched at the recent annual general meeting, is now operating.

The club is now so large, and the workload of the key positions also so large, that a review and restructure of the club management was necessary for the committee to manage the club business more effectively.

The outcome of the review is three subcommittees that will manage all areas of club business: Finance & Admin, Operations and Property. Membership of the subcommittees is not restricted to Committee

members – anyone who has an interest is welcome to participate, and indeed some members may be invited (or co-opted) to contribute as the needs arise for efficient management. *ctd page 2*

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Preparing for the LRC Corporate Challenge Regatta



## LRC office bearers and more

Patron	<b>Lionel Robberds</b>
President	<b>Tim Clare</b> , 0417 424 370 tim.clare@des-pl.com.au
Captain	<b>Christiaan Fitzsimon</b> , 0414 555 991 christiaan@ibsaust.com.au
Vice-Captains	<b>Belinda Brigham</b> , 0458 293 624 bbrigham@westpac.com.au, <b>Andrew Morrell</b> , 0414 259 430 andrew@branks.net
Junior Vice-Captain	<b>Zoe Thomas</b> , 0401609955 zoe_t@hotmail.com
Secretary	<b>Deanna Fekete</b> , 0405 508 623 wheat5@bigpond.net.au
Assistant secretary	<b>Kara Coleman</b> , 0406 049 778 Karac1602@hotmail.com
Treasurer	<b>Onno van Ewyk</b> , 0403 331 604 onno@vanewyk.com.au
Assistant treasurer	<b>Ross Tout</b> , 041 331 6694, 9988 3363 rosstout@optusnet.com.au
Property master	<b>Kerry Thorn</b> , 0414 375 425 kez@kez.com.au

## General committee

<b>Virginia van Ewyk</b> (regatta secretary)	0402 980 773, virginia@vanewyk.com.au
<b>Anne Parbury</b> ( <i>Easy Oar</i> , website, admin)	0415 580 187, aparbury@gmail.com
<b>Heather Hunt</b> (functions @ lrc)	0411 159 379, hunts15@optusnet.com.au
<b>Andrew McCallum</b> (RNSW delegate)	0400 510 590, a_mccallum@optusnet.com.au
<b>Sue Philpott</b>	0431 340 863, lrc_susie@hotmail.com
<b>Nick Cassidy</b>	0408 439 768, mg4_123@hotmail.com

## Other roles

Head Coach	<b>Stani Slavova</b> , 0404 899 476, stani_aviron@gmail.com
Honorary Medical Officer	<b>Dr Diana Robinson</b> , 9231 0102, www.sportsdoc.com.au/ p_diana_robinson.html
Merchandise co-ordinator	<b>Sue Andrews</b> , 0415 386 956, girlsrule99@optusnet.com.au

*This list is also on the website: [www.lrc.com.au/13.html](http://www.lrc.com.au/13.html)*

## Notes from the President

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The subcommittees will hold monthly meetings, and in future the full committee will meet quarterly, on the second Monday of the month. The next one is in December.

The dates and agenda for each of the meetings will be announced in advance. Contact the chair of any of the three committees.

## Finance & Admin chaired by the Treasurer

Duties and responsibilities will include:

- preparation of annual accounts for the club
- regular financial reporting to the committee
- prepare annual budgets
- meet the club's tax reporting and other statutory obligations
- management of income collection/ annual membership subscriptions
- maintain the membership database
- maintain appropriate club records in compliance with constitutional and statutory requirements.
- fundraising activities (off-water) including club hire and functions
- representation as delegate at RNSW meetings
- regular club communications via newsletter, admin email and website.

## Operations chaired by the Club Captain

Duties and responsibilities will include:

- setting the club's rowing goals each year
- draft, implementation and management of competition policies
- draft, implementation and management of boat allocation policies
- draft, implementation and management of boat purchasing policies
- club coaching coordination directions to achieve rowing goals
- regatta entry, management and reporting including maintenance of records
- fleet transport coordination
- talent identification and learn to row program management
- fundraising activities (on-water) including learn to row, corporate regatta and equipment hire

## Property chaired by the Property Master

Duties and responsibilities will include:

- maintenance of the club asset register
- repairs and maintenance of the club fleet and clubhouse
- upgrades to the club fleet and the clubhouse.

## Congratulations to Barry Moynahan

At the recent Rowing NSW annual general meeting, Barry Moynahan was awarded life membership of the NSW Rowing Association.

All members of the club would agree that Barry richly deserves this award.

Barry's achievements are many, and the following list contains just a few since the day he joined LRC in 1959, became a committee member in the early 1960s and giving 47 years voluntary service at Leichhardt Rowing Club and Association level.

- Current Vice President of Leichhardt Rowing Club and Life Member
- Current President of NSW Union of Old Oarsmen
- Current Vice President of Rowing NSW
- Club Captain for six years
- Club President three times
- Twice elected member of Rowing NSW
- Competed successfully at club level, and nominated by state selectors for the state squad.
- All three children won state championships with Dad as coach. Rodney was twice Club Captain.
- Since 1974, a voluntary coach and conducted talent identification

through shopping centre displays, visits to schools and talking to school communities. He has been personally involved in introducing several hundred young men and women to the sport

- Volunteer commentator at NSW regattas, including the state championships for the past 15 years
- Member of the Presentation Team at the Sydney 2000 Olympics
- Currently involved in the coaching of young school students from both public and private schools from within metropolitan area.



*Kim Mackney congratulating Barry Moynahan on his award at the RNSW AGM.*

## ... and to Kiri English-Hawke

Kiri English-Hawke has had a very special couple of months.

She is one of six Youth Development Award recipients from the NSW Union of Rowers (along with Sarah Jones (Grafton HS), Louis Snelson (Sydney & Shore), Johanna Tarrant (Nepean & Grafton HS), Nicholas Wheatley (Sydney & Shore) & Daniel Whitehead (Kinross Wolaroi)). The Union awarded each recipient a scholarship and a five-year membership of the Union at the recent Presentation Luncheon



*At the NSW Union of Rowers presentation luncheon, (l-r) Shé Hawke, Russ McLean, President of the NSW Union of Rowers, Kiri English-Hawke and Norma Perry, President, Rowing NSW*

Kiri has also released her first book, *The Handkerchief Map*, published in September by Ace Press.

The novel traces the lives of three young people living in different parts of Europe at the end of WWII through their letters. The tale weaves together the lives of the characters as they survive and try to make sense of the war and its aftermath.

*The Handkerchief Map* is available at Gleebooks, Angus and Robertson and the Kirribilli Bookshop. For more information about the book, or to buy a copy, go to:

[www.acepress.com.au/products/The-Handkerchief-Map.pdf](http://www.acepress.com.au/products/The-Handkerchief-Map.pdf)

### Frances McNamara

*And while congratulations are in order, congratulations to Frances McNamara (the person not the boat) who has just announced her engagement, to Jason Rubenstein. Frances now lives in San Francisco, but many of you will remember her as a very active member of LRC as rower, coach and committee member.*



*Thea Wheatley (l), and Elizabeth Scott (r) help Kiri celebrate the launch of her novel, at Gleebooks*

## Captain's shout, boat allocations and learn to row

Christiaan Fitzsimon

Thank you to everyone who came to the first 'Captain's shout'.

My aim with the Captain's shout is to encourage members to come along and hear what's going on, ask questions or make suggestions, in a relaxed atmosphere. We have decided to hold them at about 7 pm so members can do their evening training session first, and then stay for a short while – it doesn't need to be very long. A nominal charge – \$5 for adults and \$2 for juniors – covers costs.

There was a quick briefing on current happenings at the shed, safety maps, the Duff Cup, selection policy, boat allocation and regattas and equipment and boat handling.

### Boat allocation and boat loading

Now that we are back into the racing season, we are back into boat allocations, boat loading and trailer driving.

There have been a few subtle changes to the boat allocation processes and procedures. One of the big differences you will note is that when you enter a regatta, you will have the opportunity to train in your allocated boat(s) before the regatta. The idea is to give crews a chance to be familiar with the boat they will race in.

If you want to train in your allocated boats before the regatta, check the roster to see who usually rows them, and then let me know so I can help you arrange a time. Boat allocations for the regatta are now announced up a week before the regatta – and this can only happen because regatta entries are now due in earlier than in past season, so plan your regatta entries early.

### The 'little blue box'

Chun Wong

Seen that little box lying around recently and thought, 'I wonder what that's for?', and no I'm not referring to the blue box that was used for the telephone! I'm referring to the suggestion box outside the office, which allows you to communicate your ideas to the whole committee.

Gone are the days when you had to chase committee members around, waiting for the perfect opportunity to pounce on them, telling them what you think, and then hoping that they'll remember for the next meeting. Just place it in the little blue box!

### This is all you have to do:

Grab a piece of paper and write down what you have to say. You can choose to write your name at the end of the message so we can contact you with any questions or you can choose to be anonymous. It's all up to you. Then just place it in the little blue box!

### How it works:

At the next committee or sub-committee meeting, the committee members will have a look at what you have written, discuss it, and take

Boat loading and unloading are important parts of a regatta: if you are going to race at a regatta, then your crew needs to be at boat loading (to put your boat on the trailer) and unloading (to put it away). At the very least make sure that some of your crew members are present at both loading and unloading. If you have not had much experience at boat loading, it's an opportunity to learn from the senior members who can show you for example, the finer art of double-slinging boats.

### Learn to row timetable

Learn to row is starting on 24 October. We need coaches and other assistance too. Coaching learn to row is a very good opportunity to share your knowledge and skill, and see how much you have learned since your own learn to row days. It can help improve your own rowing too, because you start to think about what you do on the boat.

Dates and times for learn to row are:

Sunday 24 October: registration and information session, 9–10 am.

Sunday 31 October: first session, land only.

There are six on-water sessions over three weekends:

6 and 7 November; 13 and 14 November; 20 and 21 November.

Session times: adults, 7 to 9 am; juniors (under 16), 9 to 11 am.

Please make them feel welcome. All the details are on the website, so don't forget to tell your friends – especially the tall athletic ones!

If you can help with coaching or anything else to do with learn to row, please let Belinda Bringham know. If you have any queries about entry to the learn to row course, send them to me.

[See page 2 for contact details for Belinda and Christiaan.]

action depending on the suggestion. The committee may decide to take the suggestion on board, or hand it over to the club members where you will be able to vote on the appropriate action.

Implementation of any new ideas will be announced through the admin email and published around the shed and in the next edition of *Easy Oar*.

All suggestions that are passed will undergo a trial period, when you'll be able to assess whether it has worked or not by writing and submitting possible improvements and assessments.

### What can I write?

Well, you can write anything, so long as it's relevant and appropriate. For example you can write a suggestion – maybe one for a fundraiser, something to do things more efficiently, something that you saw somewhere else that you really liked and think will work, or something that can be improved. Or you can write to tell us what you enjoyed, maybe it was the trivia night or the last regatta. The possibilities are endless, and best of all, it is open to everyone in the club, no matter how you're involved with us! So write a comment today!

## Who's who on the pontoon?

In this issue of Easy Oar we start a new series of rower profiles, and Jane Hutchison has been busy asking questions and gathering answers. Because we have new faces on the committee this year in the all-important captaincy roles, we are starting the series with a bumper collection of answers, from the new Captain and the two new Vice-Captains.



Christiaan at the 2002 national 5km time trials.

Hi, I'm	Christiaan Fitzsimon - Club Captain 2010-11
You'll find me rowing ...	in my single, learning the dark art of sculling. Occasionally I'll pop up in a crew boat when required, which I really enjoy.
I started rowing ...	after finishing high school, I was introduced to an old bloke at Joeys who placed me in a single on Tarban Creek. He said 'I'm off to Haberfield RC, you're welcome to come, just use one hand at a time to start with, you'll be right'. So we can all blame Steve Roll for my rowing career.
I'm proud of ...	still being part of Leichhardt Rowing Club after 20 years. I've been involved in the building and design of the Club's new shed - it was an exciting time and a little sad, packing up the old shed into two containers for storage. It's a wonderful facility, which all the club should be proud of. On the water, I'm proud of reaching the top half of the first page of the ITC time trials - it was nice to be on the first page of results. Also being ranked in the top 10 lightweights nationally - even if it was only for one testing period - but I'll take it!
When I'm not rowing, I'm ...	a very proud family man, father of Massimo (15 months old) who is starting to walk and definitely keeps me grounded, and husband of loving wife to keep me in check. I run my own company - which runs me at times - involved in building maintenance, project management and design projects.
Why?	Why?? I ask that question at about the 250m mark of a 2km race. I know the answer at 2001m. No wasted strokes, every one counts.



Hi, I'm	Belinda Brigham - Vice Captain 2010-11
You'll find me rowing ...	with the women's intermediate / senior squad. Apparently I'm not allowed to call myself a master which suits me just fine ...
I started rowing ...	about five years ago when my husband entered me into a corporate regatta. My response was '... no way am I getting up at the crack of dawn [expletives deleted] ...'
I'm proud of ...	first and foremost - winning the Duff Cup, then closely followed by every race we have ever won as crew.
When I'm not rowing, I'm ...	working at Westpac, Transactional Banking, sales and relationship management for institutional customers.
Why?	why not ... there is nothing nicer than when you hit the water with your crew and it just works ...



Hi, I'm	Andrew Morrell - Vice Captain 2010-11
You'll find me rowing ...	with Ross Tout's squad of young men and occasionally with the older guys. I also love a single to keep me honest.
I started rowing ...	in 1980 at St Josephs College and then after school at Mosman Rowing club for a year or two. After a 25-year lay off I came back to rowing in 2006.
I'm proud of...	winning State Masters B Quad and State Masters D Double sprint. Also proud of assisting Stani's squad and coaching the girls in the current novice squad who are working so hard.
When I'm not rowing, I'm ...	being a dad and selling, building and supporting computer networks for businesses.
Why?	I knew I wanted to row before I knew anything about rowing. I love working with the team, pushing myself beyond what I would otherwise do so as not to let the crew down. I love the instantaneous contradiction between brute strength and aggression with the gentle feeling and ability to be relaxed and calm and letting the boat run. I also like being part of and building a positive winning environment.

## The LRC Corporate Challenge Regatta

Once again we were blessed with perfect regatta weather, many willing helpers, enthusiastic participants and good handicapping leading to some very exciting finishes, and the winner was: exciting races.

It was a sunny day, perfect rowing conditions and 15 crews fought long and hard but in the end there were only five trophies, and five winners crossed the line first to match them.

Congratulations to all the winners, particularly to Henry Davis York – winners of the Championship Cup. And thank you to all coaches, other helpers and the organisers. All the details and lots of photos are on the website: what is here is just a small collection.

### 2010 winners

LRC Championship Cup  
and Lawyers Cup: Henry Davis York

LRC Plate: NSW Maritime

Construction Cup : Brookfield Multiplex

General Final Cup: Pymble fathers: Worth the wEight too

For more photos, go to the website:  
[www.lrc.com.au/2010\\_corporate\\_87.html](http://www.lrc.com.au/2010_corporate_87.html)



Winning coaches (Belinda Brigham, going for the hat-trick in 2011 (l) and Bec Storen (r) with the winning crew, Henry Davis York

Yellow Submarine's secret weapon, getting ready for next year



Kitchen capers with Barbara Chapman

Putting the boats together ...





(above) Zoe Thomas makes a point; (below) Andrew McCallum and Deanna Fekete discuss plans for the day, and (right) the support crew in between races.



The finish of the LRC Plate

## Stani's tips for stretching before rowing

Exercises for everyone to do before going on the water



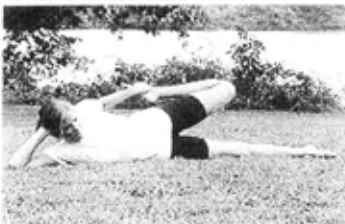
### Quadriceps

**Position:** Side-lying with top knee bent, extend your hip. With your hand holding the top of the foot, opposite arm will cradle your head.

**Motion:** Pull the foot backwards and up bending the knee and extending the hip.

**Purpose:** To stretch the quadricep and psoas muscles and the tissues of the anterior thigh.

**Tips:** Pain should never be felt in the knee joint.



### Hamstrings

**Position:** Sit with leg to be stretched extended on the ground with foot and toes pointed upward. Opposite leg should be bent with bottom of foot touching the straight leg.

**Motion:** Move hands forward along the leg toward the toes, leaning and bending from the waist while keeping your back straight.

**Purpose:** To stretch the hamstrings and calf muscles

**Tips:** Make sure to keep your back straight and knee extended fully.



### Hamstrings (alt stretch)

**Position:** Lying on your back with your leg extended against the wall and opposite leg extended straight through the door way flat on the ground.

**Motion:** Slowly extend the knee keeping the foot and toes pointed toward your head.



### Gluteals

**Position:** Lying on your back right leg to a 90 degree angle, place the left foot onto the front of the right knee, using your right hand to hold the leg.

**Motion:** Use the left hand to push onto the front of the left knee extending your elbow.

**Purpose:** To stretch the gluteals and posterior hip musculature.

**Tips:** Pulling the leg closer to the body will enhance the stretch. No pain should be felt in the knee joint. For an alternative stretch, place foot against wall (as in left)



## Iliotibial Band, Lateral Hip, & Lumbar Paraspinals

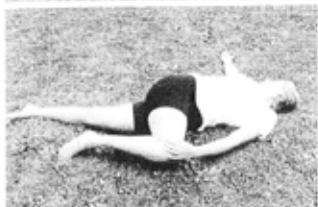


**Position:** Lying on your back, bend your hip and knee to 90 degrees, place your opposite hand on the knee while keeping the opposite leg extended straight.

**Motion:** Gently pull knee and leg across the midline of the body, turn head toward opposite side and extend arm.

**Purpose:** To stretch the Iliotibial Band, Lateral Hip, and Lumbar Paraspinals.

**Tips:** Keep shoulders flat!



## Psoas (hip flexors)



**Position:** In 1/2 kneeling position, with right foot flat and knee at 90 degrees.

**Motion:** Gently lean body forward over the front foot keeping your back and torso straight while extending the hip.

**Purpose:** To stretch the Psoas and anterior hip.

**Tips:** Keeping your back up straight will enhance the stretch.



## Thoracic, Lumbar Paraspinals, Lateral Rotators of the Hip, and Ribs



**Position:** Sitting with one leg bent over and extended opposite leg. Rest your elbow on the bent knee.

**Motion:** With the opposite arm resting on the ground use the elbow resting on the bent knee to rotate your body slowly and turn.

**Purpose:** To stretch the Thoracic, Lumbar, Paraspinals, Lateral Hip Rotators, and Ribs.

**Tips:** Relax your Hips!



## Gastrocnemius, Soleus, & Achilles Tendon



**Position:** Standing facing a wall or tree, separate your feet, elbows straight and hands on wall/tree.

**Motion:** Slowly bend the forward knee, keeping your back straight, bending your elbows and moving your body toward the wall/tree.

**Purpose:** To stretch the Gastrocnemius, Soleus, and Achilles Tendon

**Tips:** Be sure to keep the heel of the back leg touching the ground. Don't

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## Looking after LRC

from the Property master, Kerry Thorn

### The boathouse

Members may have noticed the a lot of boats have moved recently – boats and riggers have been moved to suit members’ requirements, and to put the riggers closer to the boats. All boats, equipment, and recourses will have a specific location in the boathouse, and the boat racks, oar racks and rigger racks will be clearly labelled. Remember too – the cork board in the boathouse has notices and messages.

### The clubhouse

LRC continues to recycle: red bins are recycling bins. For example, recycle all the bottles that are lying around (please empty the water first). Leichhardt council has provided bike racks at the front of the shed for our members to use. Everything upstairs has a place – please put equipment back in place after you have used it.

See *Diary Dates*, for regular maintenance days (page 12).

## From the Secretary

Deanna Fekete

Credit card and eftpos membership payments to LRC will now only be processed by Onno van Ewyk, Ross Tout, Kara Coleman and Deanna Fekete, and Sue Andrews will continue to handle merchandising payments.

Weekends are the best time to catch them at the clubhouse, alternatively, email or call to arrange a time.

Contact details are on page 2, and on the website, [www.lrc.com.au](http://www.lrc.com.au)

## Flexibility and stretching exercises (ctd from page 9)

The last two exercises, ready to put you in the water. Stani recommends doing the whole set every time before going on the water.

### Posterior Rotator Cuff and Capsule



**Position:** Standing with arm in front of you with our elbow bent, use the opposite hand to hold underneath, just above the elbow.

**Motion:** Slowly pull across your body toward the opposite shoulder.

**Purpose:** To stretch the Posterior Rotator Cuff and Shoulder.

**Tips:** Stretch should be felt behind the shoulder. Pain should never be felt in the front of the shoulder while doing this stretch.



### Wrist Flexors

**Position:** Standing with arm extended in front of you at 90 degrees, use your opposite hand to grasp the fingers.

**Motion:** Slowly extend the fingers so they are pointing upward.

**Purpose:** To stretch the Forearm, Wrist, and Wrist Flexors.

**Tips:** Stretch should be felt in the forearm and not the wrist joint.

## LRC policy on race protests

A reminder, as we move into a new season:

The NSWRA Laws of Boat Racing provide for the opportunity to lodge protests. LRC regards lodging a protest as a serious matter that needs both due consideration, and ratification, by the club’s executive.

If a crew genuinely believes they were impeded in a race, then the stroke of that crew may lodge a verbal protest with the race umpire at the conclusion of the race. Should the stroke or any club member wish to lodge the required formal written protest, they must firstly discuss this with one of the available executive committee members (President, Captain, Treasurer and Secretary), by phone if necessary, to gain approval to proceed.

No club member may lodge a formal protest without the express approval of one of the Club Executive. Normally the Captain will represent the club at the jury meeting for the consideration of a protest.

Any breach of this policy may result in sanctions for the member responsible.

## Recent regattas

LRC crews fared well at the Spring Regatta at SIRC. Congratulations to Bette Wong who won her first medal, winning the second fastest of the six divisions of WD1x, and Heather Hunt claimed a medal with Luke Morris, Lakes Rowers, in the Adaptive 2x. Other winning crews were Virginia Van Ewyk, Leslie Howatt, Jackie Fraher and Daniela Borgert in the WC4– (in the new C distance of 1500m), and Nivi Massarek, Anna Hicky-Moody, Jess Black and Jaqui Bokor who won the WD4x and WD4–. There were quite a few minor placings.

Unfortunately the St George Regatta on the Nepean River suffered from excessive windyness; even though the rowing course is set low, it was pretty wild. At least one junior waited all morning to row, only to have the regatta cancelled for the afternoon – the joys of regattas.

Bette Wong and Irene Armstrong had good results at both the St George and the Nepean regattas.

## Elites of our rowing fraternity

### Margot Simington

Two of Australia's 2010 Under 23 World Championship Lightweight Women's Quad, Alexandra Hayes and Hannah Jansen from Perth, came to stay at my place in May for two months training out of Iron Cove with UTS coach, Ellen Randall. Not having rowed before with fellow crew, Annabel Gibson (Brisbane) and Gabby Kukla (Hobart) selected in March, by mid-July they would be racing in Brest, Belarus.

Such a demanding regimen: three heavy two hour sessions each day (except Sunday), usually two on water and the third, weights or punishing ergometer tests specific to each rower (reflecting blood pressure, sugar/lactate levels checked by ear prick, and regular medical/specialist advice). 'Lighties' must not exceed a 57 kg average, desirably each on weight. Hannah remained slightly under despite daily consumption of dietician-prescribed mountains of pasta (sometimes rice, cous cous, or mashed potato). This, with small helpings of protein – usually meat, with greens and 'reds', piles of cereal, energy bars (chocolate permitted), and fruit, left little appetite for 'afters' or junk food (bar a pizza on one or two Saturday nights). They suffered ailments common among top athletes – stress, aches, pain, viruses. Their tranquil evenings could include late night real time monitoring on the internet



Margot's rowers: (l-r) Hannah Jensen (stroke), Gabby Kulka (bow), Alex Hayes (2) and Annabel Gibson (3).

of European rowing competition. Treasured deep sleep was ever in short supply for these quietly determined, dedicated women.

They raced in Brest with distinction. First was a tough heat: the Italian crew (who'd rowed the event in 2009) were faster than expected; they themselves, slower than planned, came third. The repechage saw them third again but better technically, an opportunity to race countries from the other heat. In the final, an 'awesome race' and their best said Alex, they attacked with 'a lot more aggression', finishing in 6:42 only a second behind France which took bronze (Italy gold; Germany, '09 World Champions, won silver). They beat the US and Japan, both really competitive rowing countries which had bested them in the heats and repechage. Had my fan mail helped?

Alex then raced in Australia's eight person squad at the Commonwealth Rowing Championships in Canada, winning three Silver and a Bronze, including two Silver with Annabel in the Lightweight coxless pair and double scull. Hannah returned to Canberra for Senior A rowing trials but unfortunately a sore back forced her to withdraw.

Two lovely young women – for me an intriguing, delightful encounter. They start the 'journey' all over again in October, preparing for 2011. My best wishes go with them.



Margot Simington, who has more than proved her own prowess in the water, with another state title

### Welcome to recent new members of LRC:

Lee Abel	John Kwan
Erika Addis	Elizabeth McCarthy
Lachlan Andrew	Kristin Moss
Lindy Annakin	Glenn Pearce
Rachael Barton	Simon Place
Ethan Camroux	Karina Preston
Nicholas Cassidy	Jasper Rowley
Richard Coleman	Michael Scott
Paul Edwards	Cameron Townshend
Clare Guigni	Robert Tucker
Kristen Hodge	Nitya Varadarajan
Robert Hogan	Mark Williams
Alana Kisner	Bette Wong
Ryan Kisner	

## Boat lights

Now that we have moved back into a dark time of the year:

**Remember: no lights = no row**

\$55, including GST and batteries but excluding postage. Payment is by cheque, cash on collection or EFT.

Contact David Wear

e: [dwear@dwear.com.au](mailto:dwear@dwear.com.au)

t: 9262 2256

f: 9262 2714

m: 0413 754 686



## Fundraising for LRC

Are you downsizing?

De-cluttering?

Moving house?

Throw your bric-a-brac, furniture, odds-n-sods to LRC.

LRC can raise funds by auctioning your cast-offs at Thompson Xavier. Thompson Xavier accept single items to complete estates, can arrange transport, and have an auction every Monday at 10 am.

Contact Sue Philpot for more details.

m: 0431 340 863

e: [lrc\\_susie@hotmail.com](mailto:lrc_susie@hotmail.com)

## Safety

As the new season gets underway, it's time to remember that we must all be aware of our safety obligations on the water, on the pontoon and in the shed. We must be familiar with the contents of the *Staying safe* page on the LRC website, including:

- always watching out for other crews and boats, and calling out to other boats to avoid collision
- turning only when safe to do so, and turn by taking the shortest path across the river (ie cross at a right angle)
- keeping to the correct side of the river (your bow-side should be closest to the land)
- the cox, or the bow seat in a non-coxed boat, is responsible for keeping a lookout for other crews and navigation hazards on the water
- avoiding damaging boats by handling them with care.

Go to the *Staying safe* web page: [www.lrc.com.au/50.html](http://www.lrc.com.au/50.html)

## Reminder: LRC's HMO

Dr Diana Robinson, Sports Medicine and Exercise Physician, is honorary medical officer for our club. This means that Diana is recommended as the physician of choice for any sports-related matter, and she is offering Leichhardt members a reduced consultation fee.

Diana's interest and expertise include issues affecting women who exercise, including disordered eating behaviours. She has expertise in dealing with all issues relating to the endurance athlete, and expertise with musculoskeletal injuries particularly those of the lower limb. She has a keen interest in posture, low back pain and truncal stability. Diana has more than 15 years of clinical experience ranging from elite athletes to the everyday recreational exerciser.

### Surgery

*Diana's surgery days are Tuesday and Thursday mornings. If these consultation times don't suit, Diana recommends that you see one of the other doctors in the practice, and they may also offer a reduced rate.*

*Park House, Level 3, 187 Macquarie St Sydney*

*t: 9231 0102*

*[www.sportsdoc.com.au/p\\_diana\\_robinson.html](http://www.sportsdoc.com.au/p_diana_robinson.html)*

## Calling roving reporters and budding photographers

Do you feel the urge to write? See your name in print? Follow a story? Why not start here? Start your writing career with *Easy Oar* and see where it can take you. Any and all writers, photographers and ideas are welcome. Contact me ([Anne, aparbury@gmail.com](mailto:Anne.aparbury@gmail.com)).

A special thank you to all the contributors to this issue: *Jane, Margot, Sue, Margaret, Belinda, Christiaan, Deanna, Tim, Shé, Zoe, Chun and Kerry for contributions.*

## Diary dates

Sunday 24 October	Spring clean up - clubhouse, learn to row registration and information session
Sunday 31 October	Learn to row
Saturday 6 November	Learn to row, Pan Pacific Masters Games
Sunday 7 November	Learn to row
Saturday 13 November	Learn to row
Sunday 14 November	Learn to row
Saturday 20 November	Learn to row
Sunday 21 November	Learn to row, spring boat maintenance
Saturday 20 November	LRC Christmas Party
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Sunday 23 January	Summer clean up - clubhouse
Sunday 6 February	Summer boat maintenance
Sunday 20 March	Autumn clean up - clubhouse
Sunday 7 May	Autumn boat maintenance day