



# Easy Oar

Newsletter of the Leichhardt Rowing Club  
Issue no. 28  
November, December 2010

## Regattas and squads

### Juniors at LRC

*Zoe Thomas, Junior Vice-Captain*

This season started with a re-shuffle of our junior squads, and many new faces, so I thought I would take this opportunity to introduce our junior members to you. At the moment we have three groups of girls who are coached by Steven Jaques, Nell Duly, and Susie Philpot and David Elliott. Angela Conry and Sarah Delavere are also going to be coaching a junior girl's squad this season.

Steve and Nell's girls have been racing this season and already getting good results. A special mention goes out to Gemma Viney, Isabella Pytka, Claire Giugni and Alana Kisner who had their first race at the Drummoyne 1 regatta, well done girls!

Our junior program also includes a boys' squad coached by Dave Bodell. Two of the boys, Lachlan Andrew and Ryan Kisner, also had their first race at the Drummoyne 1 regatta, coming third in the MD4x, with Levan Andronikashvili and Robby Bodell, which was a great result.



Winners are grinners! Nell Duly's squad with their medals at the Drummoyne 1 regatta. L-R: Emma Thomas, Evie Melrose, Imogen Stahel, Maddie Gibson, Genevieve Pfeiffer, Bette Wong and Nell Duly.

*Season's greetings to all members and their families, and best wishes for the new year. Join us at the Captain's Christmas shout, Sunday 12 December, 5.30 pm.*



### The year in view

*Christiaan Fitzsimon, Club Captain*

#### January camp

January Camp for juniors will run from 3–13 January. Zoe Thomas has organised the program which will run in a three-day cycle, with two morning sessions a day.

The program leads up to the Taree Regatta (14–16 January), so this is a great opportunity for juniors to have a focused training block leading up to the pointy end of the season.

#### Captain's voice

The Head of the Yarra has been run (see report on pp. 6–7).

I congratulate all crews on their efforts, and the manner in which they conducted themselves during training. It was very impressive to witness eight eights preparing for the race, with most of them participating in a time trial from Haberfield to Riverview in the week leading up to the race. I would doubt that any other rowing club in Australia would be able to this. Well done to all involved.

With finish of one training block another one starts. The next training focus for the club is the Grade competition, and the goal at the end of the season is the Edward Trickett Regatta running over the weekend of 9–10 April 2011.

*ctd page 2*

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## 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
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Junior Vice-captain	<b>Zoe Thomas</b> , 0401609955 zoe_t@hotmail.com
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Assistant secretary	<b>Kara Coleman</b> , 0406 049 778 Karac1602@hotmail.com
Treasurer	<b>Onno van Ewyk</b> , 0403 076 637 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
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<b>Andrew McCallum</b>	0400 510 590, a_mccallum@optusnet.com.au
<b>Susie 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, originrow@live.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

See the full list of positions and roles on the website:  
[www.lrc.com.au/13.html](http://www.lrc.com.au/13.html)

## The year in view (ctd from p.1)

Grade rowing allows each rower to compete against the same standard crew, making for great racing. It also allows club members to progress through the shed, graduating to better crews as they go. Coaches will be placing rowers in Grade crews over the coming weeks, and the plan is for squads to train consistently in these crews focusing on the Trickett Regatta as their goal.

I'm happy to report that damage to equipment has been reducing. The sheer size of the club, with the volume of use the equipment is getting means that it is unavoidable that some equipment will wear out and be damaged. I'm very happy that club members are following through on repairs to equipment, because as a club we can save some money on these little repairs and the club can redirect these funds into buying more boats.

I look forward to seeing many of you on Sunday at the Christmas Captain's shout, and to seeing you all refreshed in the new year and ready to take on the rest of the season.

## Juniors at LRC (ctd from p.1)

As we have come to the end of our second learn-to-row program of the year, we have some new juniors starting. They will be down at 8.30 am on Saturdays and Sundays. Please offer them help if they seem lost or unsure, I am sure you remember how daunting our large club was when you were new!

Well done to all our juniors so far, keep up the good work! I am looking forward to a successful season with all of you.

I would also like to give a very big thank you to all the junior coaches, as well as 'guest coaches'. I really appreciate your work and commitment, and so do the kids and their parents.

Note: The junior's training camp in January will run from 7 am to 12 noon each day from 3 - 13 January.



Andrea Macleay (bow) and Maine Monga (stroke) head out for a race. Andrea and Maine are in Steve Jaques' squad.

## New fuel roster

*Kerry Thorn, Property Master*

Did you ever wonder how the coaches' petrol tanks get refuelled every month? Wonder no more!

Each month a group of LRC members will be asked to be responsible for making sure the jerry cans have sufficient petrol to get through each day's coaching sessions. No fuel of course means ... No Coaching! So this is an important job, one which your committee believes should be shared around by all who benefit.

To make the system work we will be asking a volunteer to coordinate the refuelling for every month of the next 12 months. Their task is to act as fuel coordinator for the nominated month. That job relies on preparing a monthly roster for their squad or crew to ensure they will keep adequate fuel supplies on hand, the fuel tanks full, the fuel cabinet clean and tidy and each motor in working order (if one is not, then report it to Kerry).

The fuel roster is organising a relatively simple task but an important one that helps LRC function fluently.

If you are called to be on a monthly roster please be responsible for checking daily that there is enough fuel.

How does the rest of it work?

1. Add the required amount of oil to the empty jerry cans. This amount is very specific – if you haven't done this before, ask Kerry, Margot or Tina to show you.
2. Take the jerry cans to the petrol station (the United on Victoria Road is the cheapest or Caltex with a discount voucher) and fill them to 20 litres each.
3. Pay for the fuel, collect the receipt and then give receipt to LRC Treasurer, Onno Van Ewyk, who will reimburse you. The receipt is essential. No receipt = no reimbursement.

If more information contact Kerry:  
m 0414 375425 or e [kez@kez.com.au](mailto:kez@kez.com.au).

And thankyou!

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## Regattas - the season so far

*Virginia Van Ewyk, Regatta Secretary*

As we near the end of the first half of the racing season, congratulations go to all our members who've raced for the club this year, and also a big thank you to club members and parents who've towed the trailer to and from Penrith for what seems like every weekend for months! Plus, of course, our 'towers of strength' for the longer haul to Shoalhaven, and the even longer haul to Melbourne for Head of the Yarra. Without trailer drivers, we couldn't race – so thank you!

The first half of the season traditionally includes the long Head races, not just in Sydney but around the country. Wade Hewett's gentlemen's squad are to be congratulated for completing all the major head races: Head of the Brisbane, Head of the Nepean, Head of the Parramatta, Head of the Shoalhaven and Head of the Yarra.

The club had some very good results at the Head of the Parramatta, bringing home triple gold with wins in three categories. The women's masters C8+ and men's masters D8+ continued their winning form from last season, as did the intermediate women in winning the Open section. We've seen great participation and good results in all the other Head races, with long hard training culminating in a contingent of eight LRC eights competing at Head of the Yarra (see pp. 6–7).

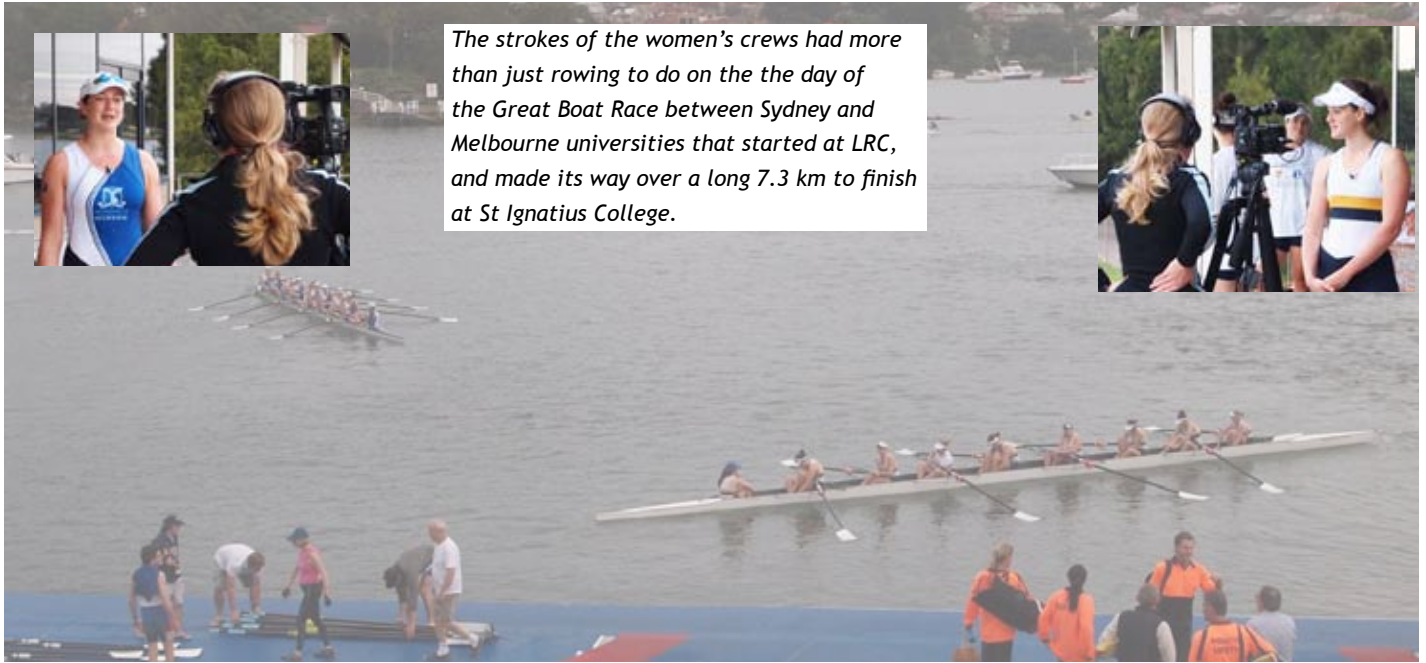
Our juniors and novices who joined the club after completing the learn to row program in April have now started racing, and are doing a great

job. David Elliott and Susie Philpot's juniors squad won their first medal, in only their second race, at the Roseville School regatta and Andrew Morrell's novice women completed the challenging 4.5 km Head of the Parramatta as their first ever race.

Steve Jaques and Nell Duly's juniors squads have also been racing hard and achieving some great results (see separate story, p. 2), while David Bodell's junior boys are also stepping up, as have Rod Richardson's squad. The masters, intermediate and not-so-novice women, and the masters and intermediate men's squads have also all contributed significantly to the club's point score in age regattas and grade regattas, against strong competition, particularly from UTS on our home waters.

The first Drummoyne regatta saw Michael Scott win his first medal. Kerry's F Troupe stormed past the Drummoyne masters men's eight for a win at the same regatta, and rumour has it that Heather Hunt also won her first medal on the same day. Well done to all.

The current Premiership point score is not available but as always, we can expect strong competition from the other major clubs who have the capacity to win points in age and grade regattas. So keep up the good work!



*The strokes of the women's crews had more than just rowing to do on the the day of the Great Boat Race between Sydney and Melbourne universities that started at LRC, and made its way over a long 7.3 km to finish at St Ignatius College.*



*Thanks to all the learn to row coaches for passing on their wisdom and experience - here are just a few of them.*

*The photo on page 5 shows what can follow a chance meeting at learn to row.*



*Teamwork came to the fore at the Shoalhaven, even when resting ...*



## 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.



Bill Monaghan, wearing one of the many medals he won at the national masters championships in Perth this year.

Hi, I'm	Bill Monaghan
You'll find me rowing ...	in an 8+, and coxing the social rowers.
I started rowing ...	in 1950. I was an apprentice printer at the time and Dave Ward who was a lightweight rower at LRC was a senior apprentice at the same place. Health Week was on at the Sydney Town Hall and Professor Cotton had his rowing machine there. I was tested and attained the top score for the week. Dave Ward and others at LRC pushed hard to get me to join LRC so I did and have been at the club ever since. A total of 60 years.
I'm proud of ...	my first successes when we were undefeated for two years. My first coach was Dave Ward who coached us for two years. We were undefeated in that two-year period and I attribute this to the strategy of having a 50% change after three wins.
When I'm not at LRC, I'm ...	a family man with nine children and 16 grand children. When I'm not rowing I'm thinking about rowing.
Why?	I enjoy the club, the team work and the fellowship . My aim is to match Spencer Grace who continued rowing right up to his final year of life at the age of 92. I'm 77 this year so I still have a few years left in me.



Zoe Thomas

Hi, I'm	Zoe Thomas, Junior Vice-Captain 2009-10, 2010-11, aka Zobie One by my crew
You'll find me rowing ...	with the women's intermediate/ masters squads.
I started rowing ...	in 2002, after realising I wouldn't be going to my first choice of high school (which had a rowing program) and I have never looked back!
I'm proud of ...	winning the NSW state championships in the WU17 4x in 2006 and competing in the national championships in 2007.
When I'm not at LRC, I'm ...	sleeping! No, when I'm not rowing I am meant to be studying - you will usually find me at Sydney University doing a science degree, in a lab coat, looking like a nerd.
Why?	Because it makes me smile (most of the time)! As Pocahontas said (in the Disney movie of course!): 'what I love most about rivers is, you can't step in the same river twice, the water's always changing always flowing'. Rowing is exactly like that - there will always be new challenges to keep you engaged.



A wedding in the LRC family. The lovely Mel Houston and Rob Downtown returned from their current Canadian abode for their wedding in October. LRC was well represented, including Kara Coleman as bridesmaid, and we wish them well for the future.

### A reminder to all LRC members

from the Property master, Kerry Thorn

Everything at LRC has a place. Please be considerate of others and put your garbage into the appropriate bins, clean up your mess, do not leave empty bottles around the shed, put the weights away, put the ergs away, put the chairs and tables away in the allocated locations, tidy the kitchen and in general be proud of being a member or LRC.

### The Clubhouse alarm

If anyone accidentally sets off the alarm, please text Kerry immediately to let her know that the alarm was set off accidentally, or call her from the club phone. Kerry's mobile is 0414 375425.

## HoTY report

*Charles Bartlett sums up the race and the weekend*

The Head of the Yarra threw up some real challenges this year in what we Sydneysiders could only describe as Melbourne's four seasons in three days. We experienced humidity, rain, sunshine, more rain, then cold and to make it more interesting, a flooding Yarra river.

But it's true that when the going gets tough, the tough get going. And there are none tougher than Leichhardt rowers – right?

### The race

Despite the weather this year's event ran like all others, except it was bigger, with 200 crews entered and ready to take on the 8.6 kilometres and a strong flowing river to row against. This added three to four minutes over the distance to most crews' previous best times, with one notable exception from our eight Leichhardt crews.

### Monaghan Maulers

The time of the former Rex eight, now to be known as the 'Monaghan Maulers' was the standout. The Maulers were only 13 seconds slower than last year which indicates the lads are really making some advances. Also to be considered in the context of their time is the fact they hauled along a somewhat over-aged, over-weight but equally over-excited to be there Bill Monaghan as coxswain. Bill was a constant inspiration to the Maulers along the 8.6 kilometres, often being overheard demanding the crew to 'hit it, hit it' as they drove their blades forward into the catch. Onlookers along the riverbank however tell a different story. They saw Bill swerving along the course amongst the logs and branches floating by on the current and thinking he was counting the ones he managed to hit. What was the tally Bill?

Then there was F Troop minus Manju at 6.30 am on the morning of the race (thanks for the call Kerry). Manju's flight had been cancelled, next available was 12.30 pm – after race time. Anyway we found a replacement, courtesy of our friends at Yarra, and by all reports after a few seating changes the F Troop had one of their best rows ever.

My own crew – the masters D eight. Well, we started with great gusto at 35 strokes per minute but couldn't maintain that over race distance. We finished fourth placed in our division with a time better than previous allowing for the conditions.

The women's B/C eight stroked by Chris Bursill enjoyed second place in their division against very good competition, and after an initial disappointment with being second were well pleased with the row and experience together as a crew.

Other notable performances came from the youngest of the ladies' crews, stroked by Zoe Thomas. But it wasn't so much the rowing effort that was significant, it was the fact that they lost their fin on leaving the staging before the race, necessitating them rowing the twisting, turning course with coxswain, Glenn Pearce, ripping the rudder strings for all his might to try and steer the boat. Glenn was awarded a medal at the awards function later that night for his heroic efforts. His arms were so tired he could hardly raise a glass to his lips all night! Yeah right.

The other medal winner on the night was to the coach of the Maulers, Barry Moynahan, beautifully imitated by his crew all sporting spray-on



### Richard Stanistreet's thought for the day:

If you can't afford the second bottle of wine don't buy the first.



## HoTY report

shaving cream eyebrows and tonsure during the presentation of his medal as the Maulers' super coach. Barry's speech was one of his best; it lasted only five minutes 35 seconds. A short distance record that we are all sure will stand for some time to come!

### Other performances for the weekend

Michael Terry who was summarily evicted from PJ O'Briens pub for having too much fun, or that's what the bouncers said. He then went for the double by missing his 7.30 am flight on Sunday back to Sydney. Next available was 9.00 pm. Ouch!

Wade Hewett who this year took on the role of crew manager and sustenance coordinator for his two crews rather than row due to a recent illness. Wade was so confident of his crews' success he flew home before the race but not before organising the two previous evenings' dinners. Well done Wade.

Sandy and Susie Probert who for the second time in four years towed the trailer down for all of us. Thanks Sandy and Susie, we all appreciated you stepping up to volunteer for this task.

### The result

Well, after all the boats were loaded at Hawthorn and the two crews who borrowed boats in Melbourne had rowed them back to the city, it was off to the presentation dinner to find out who would win the Yarra

Yarra Leichhardt HotY Challenge for 2010. This year the dinner event was much better than last year's and I am now confident that we will all return next year. For those who didn't make it we hope that next year you can join your crew and club mates for what is meant to be a joint club celebration. Even our old foes from Mosman Rowing Club had two tables at the event and I am pretty sure they will return.

Leichhardt had eight crews at the event and Yarra Yarra could muster only five, but their five crews did a mighty job with a 13 second average better time than our crews, on an adjusted basis. So, after prising the trophy out of Yarra's glass trophy cabinet we dutifully handed it back, to loud jeering from one quarter and great screams of delight from the other.

Congratulations and thanks Yarra! And thanks to Leichhardt crews for a great fun weekend.

### Next year

So for next year Leichhardt: if we want to win that trophy we need to encourage a few of our younger faster crews along to bring our times down. To all club coaches I suggest you start planning now because this is an event worth the trip.

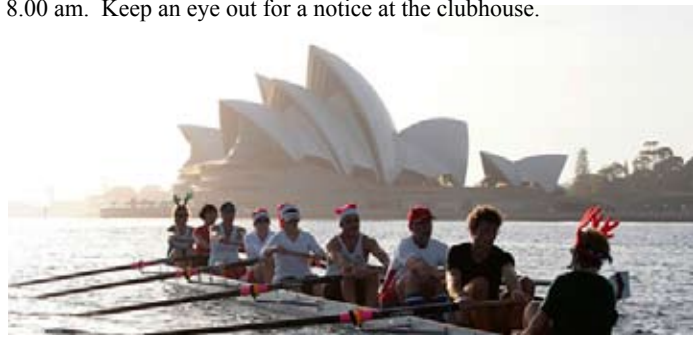


*Belinda Brigham, in the newly 'traditional' captain's attire at the dinner.*



## Join in Santa's Sprint on Christmas morning

All members are invited to row in the annual Christmas morning row to the Sydney Opera House, and Santa's Sprint from Opera House to the Harbour Bridge. Rowers, coxswains and even non-rowers (if there is space in the tinny) make your own crews or just join in – we usually field an eight or three and sometimes a quad or two. A club tinny escorts the boats out and back for safety, photographers, and to look after the festive foods. Be on the pontoon and ready to boat and to row at 5.45 am, to get to the Opera House before 7.00 am. The race begins at about 7.00 am, and you will be back at the clubhouse by about 8.00 am. Keep an eye out for a notice at the clubhouse.



*Santa and reindeer hats are not compulsory—but they are popular*

## Masterplan for Callan Park

There has been strong interest in Leichhardt Council's proposed masterplan for the future use of Callan Park. The masterplan has been subject to extensive community consultation.

Some club members have watched the development of the plan, and given feedback to the Council. Deanna Fekete, LRC Secretary, has actively followed the development of the plan and has spoken on behalf of the club, as has Barry Moynahan. Deanna and Barry recently attended the final forum for the masterplan to discuss several major issues – one of these was opposition to the proposed ferry wharf.

Terry Maher (NSW Union of Rowers), Jeff Andrews (Drummoyne); Greg James (RNSW), David Longhurst and Joe Gresch (Balmain) also put the case against the ferry wharf, and any proposed ferry service that would use the wharf.

At its meeting on 7 December, the Council decided – at the request of the NSW Department of Health – to defer the exhibition of the Final Draft Masterplan until the end of January 2011. For now though, the council has removed the wharf from the masterplan. 'A big win,' says Deanna.

## Regattas entries in 2011

The first regatta of 2011 is the three-day event at Taree. Entries will close on 4 January with Rowing NSW, so can coaches/squad co-ordinators please get proposed entries to Virginia van Ewyk before Christmas to allow time for boat allocation and trailer planning. In

general, regatta entries close on the Wednesday 10 days prior to the regatta, but need to be with Virginia by the Sunday before that i.e. 13 days before the regatta. The Rowing NSW website has details of all upcoming regattas on its front page at [www.rowingnsw.asn.au](http://www.rowingnsw.asn.au).

Date	Day	Name	State	Place	Type	Entries to LRC (Virginia)
14/1/2011	Fri-Sun	Taree Summer Regatta	NSW	Manning River	Age/Grade	Pre Christmas
21/1/2011	Fri	NSWIS TT 5-11	NSW	Nepean River	Time Trial	Sun 9 January
22/1/2011	Sat	RNSW Small Boat Regatta	NSW	SIRC	Age	Sun 9 January

## Olympic dreaming

Do you know anyone who dreams of being an Olympian? Someone who is tall and stands out in the crowd, is a highly competitive and motivated individual?

Ask them to come to LRC's free National Talent Search (NTID) assessment on 8 January 2011. Ask them to contact Stani (m 0427 293 110, e [stani.aviron@gmail.com](mailto:stani.aviron@gmail.com)), or see the flyer on the website: [www.lrc.com.au](http://www.lrc.com.au)

## 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)

## Diary dates

7am to 12 pm 3-13 January	Juniors training camp
Saturday 8 January	National Talent Search (NTID) assessment
Sunday 23 January	Summer clean up - clubhouse
Sunday 6 February	Summer boat maintenance day
Sunday 20 March	Autumn clean up - clubhouse
Sunday 7 May	Autumn boat maintenance day
Sunday 24 July	Winter clean up - clubhouse

### Roving reporters and established photographers

A special thank you to all the contributors to this issue: *Jane, Margaret, Madeleine, Virginia, Onno, Charlie, Kara, Deanna and Zoe for photos, text and other stuff.*