



Easy Oar

Newsletter of the Leichhardt Rowing Club
Issue 32
November/December 2011

Managing the operations of the Club is an enormous task undertaken by a group of volunteers on the committee and in roles assisting the committee. Members often don't appreciate the time and effort required to keep the club operational, let alone drive it to success. The position of Captain is particularly onerous and while it is often rewarding, it is just as often thankless.

Christiaan Fitzsimon has been a member of Leichhardt for many years – a very passionate member who feels strongly for the club's directions and success. Christiaan stepped up to the Captain's role 18 months ago from his previous position as Vice Captain. In moving into the position, he had strong ideas on improving club competition and structuring the squads around competitive crews. This initiative supports the general club ethos of a community club that participates and competes at all levels of the sport. Christiaan worked continuously in the background on organisation and in resolving club issues.

However, there has been some discontent expressed by some members about the level of communication and engagement by the Operations Subcommittee which the Captain heads, in managing the on water affairs of the club. In particular, there have been a number of key items that were not addressed in a timely manner. Christiaan has a young family and increased commitments recently that have prevented him from spending the large amount of time demanded for the Captain's role. As a consequence, he decided that it was in the club's best interest for him to step down from the Captain's role.

I would like to thank Christiaan for his time and acknowledge his dedication over the past 18 months in his role as Captain and before that, during his time as Vice Captain.

We are all volunteers and work and family commitments should take precedence over club matters. Putting family commitments first should not reflect in any way on the commitment or dedication of any member to the Club. Christiaan certainly put in a significant amount of time and produced a number of good new initiatives for the club and I would like to acknowledge his great contribution.

As we farewell and thank one Captain, we welcome a new Captain. Anne Parbury was appointed as Captain at the recent Committee Meeting to fill the casual vacancy left by Christiaan's departure. We look forward to Anne's skills as a communicator to actively work with members to understand and address their needs and expectations. One of the key points for the committee was Anne's previous experience in the club in formalising the communications role and launching Easy Oar.

Several years on the committee notwithstanding, there is always more to learn in moving to a new role. The committee will certainly be solidly behind Anne in support in the new role and I would ask all the club membership in assisting Anne to establish the directions for the club.

We also congratulate and welcome both Kara Coleman, who has stepped in to fill the casual vacancy as Secretary, which Anne had held, and Bec Storen who has taken on Kara's former Assistant Secretary role to add to her Regatta Secretary duties.

Tim Clare
President



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CLUB CHAT



The David Rosenfeld

Many of you will have noticed the new red and white Race 1 Quad /Four in the shed. This boat has been acquired by a syndicate of masters rowers, who have named it the "David Rosenfeld". The naming of the boat is significant to several of the syndicate members as it was David who nurtured them when they started out as Social Rowers on Sunday mornings going out in the 8s. His (and his wife's) selflessness and dedication in giving up time on Sunday mornings has not gone unnoticed by the many rowers who have benefited from his coaching and encouragement, so the syndicate members saw this as a welcome opportunity so say thank you to a stalwart of the club.

Boat syndication is program whereby a group of competing club members can combine with the club to purchase and maintain a boat. Use of the boat is shared between the syndicate members and the club on a predetermined basis as agreed from time to time between the Club Captain and the members. Boat syndication requires a formal written proposal to the Club Committee that conforms to the syndication guidelines. Approval is subject to the suitability of the boat, the availability of racking space, and the Club's overall boat acquisition strategy at the time of submission.

Members of the "David Rosenfeld" syndicate are: Nancy Wahlquist, David McKenzie, James Philips, Erika Addis, Sarah Norris, Caroline Vernon, Sue Andrews and Mary Finegan.

DON'T FORGET

Saturday, 17 December
LRC Christmas Party. Please
RSVP to Emma Thomas on
ethomas@live.com.au



Welcome to a New Coxless Four/Quad

An "as new" coxless four/quad has been added to the Club fleet, donated jointly by the "Balcony Boyz" and Leichhardt Union of Old Rowers (LUOR).

Whilst the Union raises funds by way of annual get-togethers, the Balcony Boyz separately enjoy an ale and light supper every Tuesday evening on the Leichhardt Balcony. Life member Ross Ullo (a former State Champion oarsman in the 1970's), who has been a great supporter, levies old boys who attend on that evening. You can therefore imagine that providing the deposit of \$6000.00 involving only five or six old rowers takes several years to raise. Peter Trives was in fact a balcony boy along with other originals like Steve Jaques, Dave Bodell, Tony Potter and Bernie Storey. The Leichhardt Union of Old rowers is funding the balance and no rowing club monies are involved.

The Boat

First delivered in 2008 to a private Masters syndicate in Newcastle, the yellow "Ted Hale" Coxless Four/Quad is a 72-84 kg middle weight carbon fibre Kevlar /honeycomb hull with central ridgelines along both decks. It is an elite "F1" top end racing boat fitted with carbon fibre bow mounted wing riggers (sling shot) as a quad and alloy wing riggers for sweep oar. The foot stretchers are of aluminium frame construction, adjustable for height and angle and the shoes fit directly to the foot stretcher. The seats are of double action format which dispenses with the need for wheel bearings. This substantial donation to the Club comes complete with four sets of Croker sculling blades and four Croker sweep oars.

The Name

The new Club boat will be called the Lt. Tom McGill A.I.F. This recognises Tom's representation in the first Australian Army Kings Cup-winning eight at the Henley Peace Regatta in 1919 and his subsequent NSW representation in later Interstate Eight Oar Championships. Tom enlisted in May 1915 and served in the 20th Battalion at Gallipoli, France and Belgium and was wounded on three separate occasions. His original Kings Cup oar is attached to the western wall of our clubhouse.

Barry Moynahan

Balcony Boy and President, LUOR

CLUB CHAT

Our New Club Captain

It's a great honour to be Captain of the Club, although it's a challenge coming into the role in the middle of the season. Because of this, my initial focus will be to work to ensure the smooth operations of the club, with the support of many others. I look forward to working with the coaches and committees and members for the remainder of the season.

After the Christmas break, we will be in full swing starting with the junior camp (beginning 2 January), followed by the regatta season really taking off, beginning with the Taree regatta. I hope that together we can again put the LRC stamp on regattas - motivation, participation, performance - as we work towards achieving the club's goals for the season, particularly the Premiership.

My only regret in taking on this role is that I must relinquish my coaching role which has been immensely rewarding, instructive and fun.

See you on the pontoon

**Anne Parbury
Captain**



CHRISTMAS MORNING OPERA HOUSE ROW & SANTA SPRINTS



Meet up with your friends, crewmates and fellow rowers to celebrate Christmas on the water. Join us for the annual Christmas Morning Row to the Opera House and the "splash and dash" Santa Sprints from the Opera House to the Harbour Bridge. This is the only occasion that NSW Maritime allows rowing craft under the Harbour Bridge and

it's a spectacular sight and a great way to start Christmas Day.

Anyone (Club members and friends) is welcome to participate. Crews can be made up from scratch on the morning or organise yourselves in advance. We usually send a few eights and sometimes one or two quads or fours depending on who (actually) turns up on Christmas morning. A club tinnie or two will escort the boats out and back for safety, usually taking the odd camera operator and minding the crew Xmas drinks, cake, lollies etc. If you want to be part of the Christmas row, please sign up on the list at the Shed as an individual or crew. And remember that 8+s (and possibly 4+s) need coxes so bring one along if you can.

All crews should be at the shed and ready to boat and to row at 5.45am.

We need to **get to the Opera House by 6.30 - 6.45 am** to meet up with the other rowers from most of the Harbour clubs, some schools and Uni's and share the Christmas spirit and cheer. Please remember we **MUST NOT** row into Circular Quay. **The Santa's Sprint from the Opera House to the Harbour Bridge will begin at about 7.00 to 7.15 am. Return to club by approx 8.15 am.** Don't forget to dress your boat up (or down) & wear your Santa hat or reindeer antlers. (NOTE: The row takes place whether it's wet or dry). For further information, please talk to Steve Jaques and please remember to fill in the form on the noticeboard.

MOVEMBER...

It swept the Club by storm, with a number of club members turning into Mo Row Bro's to raise money for men's health, in particular prostate cancer and depression. Mo Bro Andrew Morrell, went for the Sergeant Major look to great effect and with the assistance of friends and LRC members, raised \$1405 towards the charity. He'd like to thank all those who supported him. Here's the final result before his son Thomas shaved it off on 1 December!



JUNIOR SQUADS AT LRC

ACTIVE REST

Training for all junior squads ceases after Sunday, 18 December 2011 and recommences on Saturday, 7 January 2012 (for those not participating in the Junior Rowing Camp starting 2 January). We refer to this period in our annual training program, as "ACTIVE REST" as we encourage all the rowers to have a break from rowing, and to participate in other activities, such as surfing, swimming, or anything different from rowing. This allows us to return in the new year fresh and ready to row.

Note also, that there will be no afternoon sessions on Wednesdays until school recommences, and these will begin the first Wednesday in February. There will not be any scheduled Friday sessions.

JANUARY ROWING CAMP

LRC offers a Junior Rowing Camp. This is an excellent opportunity to improve technique, build fitness and get ready to race the second half of the season. In addition to the regular training sessions on Saturday and Sunday, the Junior Rowing Camp will commence on Monday 2 January 2012 and run for the first two weeks of January. It will be held from Monday to Friday in the first week of January and Monday to Thursday the following week, a total of 9 days. The rowing camp will be from 7:30am till 10:30am every day, and will cost \$25 a day. It is essential that all rowers interested register with Kerry, indicating the days they will be attending. Payment will be due on the first day of attendance.

The rowing camp and the regular Saturday and Sunday squad sessions will run to a very structured program, where the junior rowers will learn to train. It will be a lot of fun. The first session of each day will be on the water (or erg if poor weather),



followed by a break with light breakfast and then either a weights, boxing, running or stretching session. Once we know attendance, rowers will be allocated boats on particular days. It is proposed

that they all have sessions in singles, doubles, quads and, numbers allowing, an eight.

The juniors who attended the last rowing camp had a great time and we would encourage anyone who's around during that time to participate.



TAREE REGATTA

The weekend after the rowing camp, many LRC rowers go to Taree for a three-day "regatta festival". The regatta runs from Friday afternoon 13 January to Sunday 15 January 2012. It is important that all junior rowers, J2, J3 and J4's, let Kerry and their coaches know their availability for this regatta asap. If juniors wish to attend the Taree regatta, it is important that parents attend and help supervise as we have no private facilities and accommodation will be in motels. This is not a regatta for the J1's. It is essential that we know who is available for this regatta by Friday, 16 December, as entries are due before Christmas.

TARGETED REGATTAS IN 2012

It is now time to plan and prepare for the upcoming short course regatta season. All junior rowers will be expected to be available to row at all the regattas on Iron Cove, those being:

Balmain regatta	Sunday 5 th February
Leichhardt regatta	Saturday 3 rd March
Drummoyne regatta	Saturday 17 th March

Result dependent and with discussion with your coach, other regattas we target are at SIRC. Please let Kerry and your coach know your availability:

Small boat regatta	Saturday 21 st January
NSW Championships	Friday to Sunday 10-12 th February
Kings/PLC/NSW February	Saturday 18 th
Sydney RC regatta February	Saturday 25 th
NSW Schoolboy	Sunday 26 th February
NSW Schoolgirl	Saturday 24 th March
Edward Trickett regatta	Saturday to Sunday 31 March-1 April

Following the Trickett regatta, junior rowers go into winter break and return for the following season in June 2012.

PLANNING AHEAD 2012-2013 SEASON

Rowing will recommence, after the winter break, in early June 2012. The 2012-13 season will be a very exciting one. The world's best rowers will be coming to Sydney in March 2013 for the Australian National Championships. To see such a high standard of rowing will be a great opportunity and a wonderful experience for young rowers who can aspire to achieving the same themselves.

COACHES RETIRING

After five dedicated years of coaching the juniors at LRC, both David Elliot and Susie Philpot are stepping down from this very much appreciated role. They have been extremely reliable and consistent for these past years and we all thank them very much. Karuna Elliot will also be stepping down from her position coaching the junior girls, as she is expecting her first child before Christmas. Her enthusiasm has been a great asset to the juniors at LRC.

THANK YOU

As well as thanking the retiring coaches, it is essential that I thank the dedicated coaches,

Steve Jaques and David Bodell, with the help of Remi Luxford and Nell Duly for the J2/3/4 squads, and Angela Conry and Jen Zongor, with the help of Jess Black, for the J1 squad. Without their continual ongoing support, junior rowing at LRC would never have been as successful as it has been.

Thank you to Emma Thomas, junior vice-captain, and to all the juniors at LRC who have been enthusiastic in the sport. Have a happy Christmas and we look forward to seeing you all back on the water on or soon after 2 January, 2012.

Kerry Thorn
Junior Coaching Co-Ordinator

CLUB CHAT

LRC FUEL ROSTER

Each month a group of LRC members takes responsibility for making sure that the jerry cans are full of the correct fuel for the coaching boats. It is important that there is enough fuel in the shed so that there is no stress in the early mornings for the coaches and their crews. It is a simple but very important task that helps LRC function fluently.

The job involves:

1. Taking responsibility to regularly check that there is enough fuel.
2. When all the black jerry cans have been emptied into the red fuel cans, fill the four jerry cans with fuel.
3. First, add the required amount of oil to the empty jerry cans. This amount is very specific: 200 ml to each black jerry can. (Our cans have yellow stripes on them, Pymble cans do not have yellow stripes). Use the measuring cup. If you need confirmation on this, ask Margot.
4. Take the jerry cans to a petrol station, and fill the cans with 20 litres each. Use premium fuel. **DO NOT USE ETHANOL FUEL.**
5. Pay for the fuel, collect a receipt, give the receipt to the LRC treasurer, Onno van Ewyk, or the assistant treasurer, Andrew McCallum, or leave it in the Treasurer's tray for reimbursement. Include a note with your name and your bank account details for direct deposit. The RECEIPT is essential for reimbursement.

ASSIGNED SQUADS FOR FUEL ROSTER

DECEMBER
JANUARY
FEBRUARY

MARCH
APRIL
MAY
JUNE
JULY
AUGUST

STEVE DUFF'S GROUP
DAVID HOGAN'S SQUAD
A-B WOMAN'S FIRST
AND SECOND 8+
DIANNE WILLIAM'S SQUAD
REX'S SQUAD
WADE'S SQUAD
SUE PHILPOT'S SQUAD
DOREEN'S SQUAD
COMMITTEE

LRC Fundraising BBQ @ Bunnings 7.30am-4.30pm Sunday 8th January

Attention Members! LRC is holding a fundraising BBQ at Bunnings Ashfield on Sunday 8th January, and we need YOU to come along and help out.

Whether you're good on the BBQ cooking snags, have a quick mathematical mind for calculating change and counting the earnings, or have a friendly smile when serving up a sausage sizzle, your skills are in demand. If you can help out for a few hours between 7:30am-4:30pm, please email Nivi (nivi.massarek@gmail.com) and let her know your availability and mobile number.

We also need quite a few large eskies, people to pick up supplies (such as drinks and condiments from the supermarket), and other items for a BBQ day – so if you have anything to loan out or donate, please let us know!

All help is greatly appreciated, and ALL PROFITS come straight back into the Club to help with maintenance of our boats and equipment, so you benefit directly from this great day! Contact: Nivi Massarek – nivi.massarek@gmail.com

CLUB CHAT

LRC Fundraising NORSKE sailing day

On October 16th, a group of LRC members, ex-members and friends met at the Royal Sydney Yacht Squadron, at Kirribilli, ready to set sail! After a year of scheduling conflicts, weather cancellations, and boat repairs, the much anticipated NORSKE sailing day - donated as part of the 2010 LRC fundraising auction - was finally here.

Blown away by the manicured lawns, sandstone building, not to mention the gorgeous views, we knew already we were in for a treat. So after a brief tour of the club house, to eat or not to eat - that was the question? One look at the outdoor decking, food options, and with time to kill - to eat was the only logical decision.

We were joined by Bruce Dickson (owner of Norske), and two famous LRC faces - John Woollett and David Pixley from the REX CREW. From our lunch table, we could see NORSKE bobbing away just off the shore. John had previously warned us that "while comfortable, remember she is a racing boat - so don't expect too much luxury down below. We are also assuming you want to sail seriously so be prepared to put in some work in rigging the boat, hoisting the sails, trimming them and tacking the boat. Can you let me know how many of you have sailing experience?" [silence]

Did he say "sail" or "sale" experience?

After much debate from David on whether the #2 or #3 sail should be used, and the battery powered motor now in action, it was time to leave the mooring. There were commands being shouted from the helm, jibing instructions for coming about, winching and most importantly watching out for that swinging boom!!



No luxuries below was correct, but who needed any - on such a glorious day, great company, and with so much to do, it was everybody above deck! We learned about the history of the boat, the art of sailing, and had a commented tour from John as we sailed past the various coves and harbour beaches.



Bruce even let the reins go, and supervised Kara Coleman and a few others taking turns behind the wheel, patiently teaching how to not fall off (the wind .. not the boat) and of course avoid obstacles.

The only thing that brought the day to an end was the sun setting, which meant it was time to head back in. But wow, what a day. As we enjoyed a few beers back at the club house, there was a buzz amongst us all on the amazing experience we just had - it far exceeded any of our expectations, and even sparked an interest in some for taking up sailing as a sport!

No words can describe our thanks to Bruce, John and David for their time, generosity, and genuine passion for the love of the sport. Will it be on the auction list next time round - we're all in!



Charmaine Wells
Silent Auction winner at the Trivia Night



On a sparkling November morning, 19 eights took to the waters of Iron Cove to compete the Inaugural racing of the Iron Cove Classic. The reintroduction of this 7.5km head race around Cockatoo Island, previously known as the UTS Classic was a long-term desire of Peter Trives and many other members of the Club. After extensive negotiations with NSW Maritime and Rowing NSW, the Race was finally approved and will hopefully become an annual event.

Despite the early starters having close encounters with ferries and some slightly rough water around the back of Cockatoo Island, the Club has received plenty of positive feedback about the race and will be working to fine tune it and expand it for next year. Leichhardt fielded seven crews, including an U19 crew of Steve Jaques' junior girls who did a great job in completing the gruelling course. Well done to everyone who competed and a big vote of thanks goes to the Marshalls, the starter Steve Sherry, photographers and barbecue chefs. Next year, we're hoping to attract interstate crews, set up tents, have a band playing and in general make the whole thing an even bigger event.



Category-winners, LRC's Womens U19 8+ (above) and Masters Women's C8+ (below)



Our crews and helpers in action



Photos courtesy of Jesse Bourke and Ross Steele. More photos are available on the LRC website.

REGATTA ROUND-UP

Congratulations to our winning Juniors



The Junior Girls were the only LRC rowers to compete the Shoalhaven Sprints this year, and they were highly successful. Andrea Macleay and Isabella Pytka (left) won the U17 2x and Andrea won the U17 1x, Mia Carey and Imogen Smith also won the U16 2x and Imogen just beat Mia across the line to win the U16 1x. Well done girls.

Congratulations also to Imogen Smith who was the only LRC medallist at the RNSW Spring Regatta in October. Imogen won the WD1x in a photo finish and didn't realise she'd won until a few days later so sadly, we don't have any photos of her on the podium—next time!

The Reindeer Regatta

Congratulations to Kristian Bodell (U21 1x) and the women's masters quad of Sandy Rourke, Daniela Borgert, Deanna Fekete and Dianne Williams who won their events at the inaugural Reindeer Regatta.



*The winning Masters Women's quad on the podium with their presentation glasses.
Photo courtesy of Rowing NSW*

Congratulations also to the crews who placed in their events at the Reindeer Regatta: Heather Hunt, 3rd in the WM1x; Sandy Rourke, 2nd in the WM1x; Kat Collings & Leslie Howatt, 3rd in the WM2x; and Denis Tracey, Stephen Jaques, Richard Turner, David Bodell, 3rd in the MM4-.

Riverview Gold Cup

Last year it was the Intermediate men, this year it was the Masters Women's C8+ who brought home the Silver Oars from the Riverview Gold Cup. Having won their heat, they chased down a handicap of 19 seconds to overtake Sydney Uni and North Shore in a super tight finish to win by just under 1 second. The Masters Men's D-age crew were second in their heat to Glebe (only the first crew went through to the final), and the Rexes were fourth in their heat. The Women's Master's D-age crew was third in their heat and didn't progress to the final.

DATES FOR YOUR DIARY

Sunday 18 December

Closing date for proposed entries for Taree Summer Regatta. Provide availability to coaches asap.

**Monday 2 January—Thursday 12 January
Junior Rowing Camp 7.30am to 10.30am
weekdays. Normal squad training on
weekends**

**Sunday 8 January—Sausage Sizzle at
Bunnings (see advert in Club Chat)**

**Friday 13 January—Sunday 15 January
Taree Summer Regatta at Taree**

REGATTA ROUND-UP

Disappointment for Yarra Crews

After months of training, the majority of our Head of the Yarra crews were disappointed in their quest to be the best (or at least have a strong row) in this iconic Melbourne event. Due to torrential rain and problems with a stormwater drain upriver, the Yarra was deemed unsafe for rowing at the time the race was due to start.



Upriver at Start Time—the overflowing stormwater drain. Apparently a schoolboy 8+ encountered this torrent of water rowing downriver to the start and ended up wrapped around the bridge.

Crews warmed up, cooled down, put boats on and off the water. The time ticked on and the start kept being delayed, with increasingly large numbers of crews ruled out of racing, starting from crew 1 and working in numeric/original start-time order. The fast-moving river was filled with mud, whole trees were being washed down it, and it looked as though you could walk across it. The tide was about to turn and ferries and other watercraft were due to be allowed back onto the course at 3pm.

Finally, the river was officially declared safe to row and the organisers made the decision to race only the last 75 of the 192 entered crews, including the Open men and women's event. Only Leichhardt's younger Masters Men (the President's crew) and our composite Women's Open crew were able to race. The masters men placed 6th in the B/C age category (33rd overall) and our women placed third in the Open category (39th overall) rowing with West Australian Rowing Club and Fremantle. The fastest crew was the Mercantile Rowing Club MO8+.



At the start: WO8+ composite crew (bow to stroke), Janelle (WARC); Bec (LRC); Jane (LRC); Julia (Fremantle); Sarah (LRC); Chris (LRC); Jen (WARC); Hayley (WARC) & Ross (WARC) (cox).

At the finish (below) - how high was the river? The volunteer was standing on the pontoon slats to help bring the boat in.



And celebrating 3rd place in the WO8+ (below): Left to right: Alex (coach); Jen; Chris; Ross (cox); Bec; Julia; Jane; Janelle; Sarah & Hayley.

