

# MURWILLUMBAH ROWING CLUB "RAMBLINGS"

39



## November 2023

### December 2023



Michael Hewitt	7 December
John Newcombe	10 December
John MacDonald	12 December
Cass Murphy	16 December
Delf Ornelas	22 December
Millsy	27 December

### Executive:

President – Rob Gee  
Vice President – Tamsin Brew  
Treasurer – Jenny Culley  
Secretary – Tamsin Brew

### Committee Members:

Paul Barnes  
Michael Mills  
Helen Albury  
Lori Sword

### Club Captain:

Scott O'Reilly

## President

Welcome to the November edition of Ramblings. Firstly, the good news on the Ramp is that we have selected the preferred contractor and are working through the final details in order to formalise the detailed design and finalise contracts – we expect to complete this all over the next couple of weeks at which point we'll be able to share details.

Regatta-wise, it was great to see the results with eight members with wins at the recent Lismore RC Regatta at Coraki. Of note, we had "Macka" subbing in for Doug to win with Scott in the 2x – a winning formula for the future perhaps??? On the same weekend, we had Doug finishing 3<sup>rd</sup> in the Australian Indoor Rowing Champs, another great effort! This coming weekend, Gary and Chris will be competing in the Head of the Yarra in a Toowong composite and we wish them all the best for their trip south.

This month, I'd like to welcome Hector Purcell to the club, Hector has come through our LTR program and you'll see him out regularly now in the 1x. I look forward to seeing many of you at our Christmas bowls and dinner in a couple of weeks but before then, I'd strongly encourage everyone who is available this Saturday (25<sup>th</sup> Nov) and who sculls to "come and try" at our **first capsized drill** session! It's a great opportunity to learn and try out a skill that can save your life and I encourage everyone to come along – if you're there at 8 am, you can watch my attempts too! Coffee and cake afterwards, of course!

Cheers

Rob



**Ramp Update** – see above

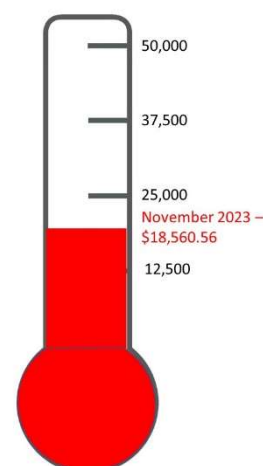
## Fundraising Update

This month \$1663 has been added to the fundraising total, with the largest part of that coming from interest earned by investing the first tranche of the Office of Sport grant money into a term deposit, while we wait to make the first payment.

The balance comes from Return & Earn money earned by members recycling used bottles and cans. Thank you all!

## Bunnings

The next Sausage Sizzle is on 17<sup>th</sup> December. All volunteers are greatly appreciated! Please let Helen Albury know how you can help.



## Greater Bank – get voting to help the Club win \$2,000!



Our application for Greater Bank Community funding has been successful and now MRC will be one of three community organisations promoted on the Greater Bank Northern Rivers Community web page in December. There are three organisations/initiatives that will appear. The winner is decided by the number of online votes cast so **we need you all to vote EVERYDAY!**

So make sure you go to the link below every day to vote for MRC – and send it to your family, friends, neighbours and anyone else who can click on a button to support MRC (although they must be located in Australia)!

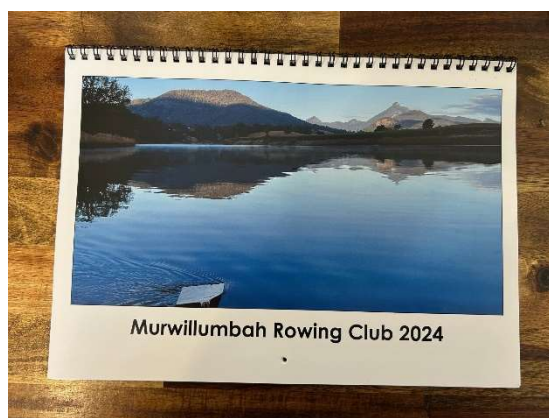
The voting period runs from **9.00am on Monday 4<sup>th</sup> December to 5.00pm on Weds 20<sup>th</sup> December**

Vote at  
[www.greater.com.au/greaternorthernrivers](http://www.greater.com.au/greaternorthernrivers)

## Calendars

We have received a proof copy of the calendar (thanks for all your votes to select the photos – they are excellent!) and are hoping to receive the full order in early December – they'll make excellent Christmas presents! 😊

Cost will be \$20 for ones to be posted and \$18 if collected from the Club.



## Dagmar on Tour

Dagmar recently went on a rowing tour in Croatia and below are some amazing photos of her trip to make you envious. Thanks for sharing them, Dagmar!



## Presentation Night and Christmas Dinner



**MURWILLUMBAH ROWING CLUB**  
Invites you, your partner and family, to our

**“Christmas” & “Awards” Party Dinner**

**Saturday 2nd December, 2023**

**Held at Condong Bowls Club,**

Lot 1 McLeod St Condong

**5.00 pm** start with barefoot bowls

Then 6pm for dinner

**Wear your Christmas attire**





## Post Race Recovery

By champion US Lightweight Oarsman Jasper Liu\*

Summary by John MacDonald. For further reading google JasperLiu.

**What should you do after a heat or semi final when you have to race again later the same day or tomorrow.**



**Step One – Breathe.** Your body is in severe oxygen debt (*a temporary shortage of oxygen in the body arising from heavy exercise*). Start by taking full breaths in, and sending out full exhales, Don't just pant, make a 'SHH' sound every few breaths.

**Step Two – Move.** You need to flush out lactic acid (*a chemical your body produces as you cells break down carbohydrates for energy when they are working harder than usual, e.g. in rowing competition*). Start with easy movements, even just forward and backward on the slide is okay. Although Jasper recommends 15 minutes of light rowing, A good sign of when to stop is when you can take normal strokes with normal breathing.

**Step Three – Hydrate and Refuel.** Electrolytes-based drinks are better than plain water. (*Drinking beverages that contain electrolytes can not only rehydrate you faster than water but also keep you hydrated longer. Sports drinks e.g. Gatorade, milk and coconut milk contain electrolytes. Avoid caffeine and alcohol*). Jasper says have food (carbs and protein) readily available when you return to the bank. Don't wait an hour to eat!

**Step Four – Gravity, Temperature, Pressure. Gravity** – legs against the wall. Elevate your hips above your heart. **Temperature** – A hot shower is okay. Better still a shower contrast. Hot 30 seconds, cold 30 seconds. This will help the blood vessels constrict (in the cold) and re-expand (in the hot) to pump more blood. It will also help to pump your lymphatic system (part of the immune system, that defends the body against infections) which is in part, responsible for cleaning away cellular waste (*formed as a by product of cellular respiration; a series of processes and reactions that generate energy for the cell in the form of aerobic and anaerobic respiration*). **Pressure** – There is no better way to help muscles relax and push fresh blood into your legs than a massage. No massage therapist in staff? Use a foam roller, tennis ball soft ball or water bottle.

\* Jasper grew up in Phoenix, Arizona. He is an Asian American with Pacific Islander heritage. Career highlights: Silver medal in the Varsity LM8+ 2017 I.R.A. National Championships with University of Pennsylvania. Canadian Henley 2018, Head of the Charles 2018. World Cup 5<sup>th</sup> place 2022. World Championships 13<sup>th</sup> place LM2x

## Christmas Morning Club Row – 6am Christmas Day



Come for a festive Christmas morning row!

Meet 6am at the Club on Christmas Day and bring some festive refreshments to share after the row.

Santa hats, antlers, tinsel or other festive attire are obligatory!

## History Report – October 2023

The first day of the month was Sunday which was also the first day of daylight-saving time. Once again early trainers had to contend with dark conditions before sunrise and fit navigation lights to their rowing crafts. A small team submitted entries for the Lower Clarence time Trials which was scheduled for the middle of the month. The trials were held over selected distances ie 5000 m or 3000 m and 2000 m or 1000 m, with some crews training specifically for the event on our surveyed course. Eleven members attended the event which was held in fine weather and relatively calm conditions but against a strong run in tide. All crews rowed well and were satisfied with their time that they recorded.

A members briefing was held on Saturday 21 to update the club on the progress of the ramp project. Rob G explained that tenders were being processed and the acceptance of one would soon be made. A suggested time line was also presented with the project expected to be completed by May 2024. The information was well received by the members who were present.



*Most of the crew that attended the National Championships at the end of the last season posed for an official photograph before loading the trailer for the Lismore Regatta which was held on a course at Coraki.*

Several teams have been entered in Lismore's Regatta which is scheduled for the last Sunday of the month and training for the event is occurring on our home course. Eight rowers entered on the day at the Lismore Rowing Club Regatta held their home course located on the Richmond River at Coraki. The regatta was held in fine weather and rowing conditions were pleasant throughout the day. The club performed very well winning most of the events that they entered.

*Right - Micheal M and Jan boating up for a mixed double scull event at Coraki*



*Left - Scott and Lorrie approaching the finish line in a closely contested mixed double scull event.*

*Text and photographs by Rob Blanch.*



## Capsize Drill

Please sign up for the Capsize Drill being held from 8am on Saturday 25<sup>th</sup> November. It is a great opportunity to practise what you may unfortunately need to do one day for real! You will feel more confident knowing that you have tried it out beforehand.

If you want to familiarise yourself with the "how to" video beforehand, below are some useful links:

<https://youtu.be/DcPE8-gENLo>

<https://youtu.be/HkMcpAMmEhk>

<https://www.youtube.com/watch?app=desktop&v=U2Rv1vNKYEo> (for a bow-rigged single)

## MRC cleaning rosters - December 2023 – Jan 2024

Date/ Area	Ladies & Disabled Bathrooms	Men's bathroom	Sweeping shed- using brooms	Upstairs floors, kitchen & toilets	Safety Audit (1 member + 1 Exec Committee)
Dec	Jo M Helen A	Bob M Gary	Paul Millsy	Mark M	Roland + Lori
Jan	Jan Jacqui	Roland Chris L	Will D David	Lori	MJ + Tamsin

### Notes



- Jobs to be done at least twice in the month, some may require more than that.
- The cleaning products for downstairs are stored in the cupboard near front door. Cleaning products for upstairs are in the office.
- Bathrooms -You may want to divide the tasks between the 2 people on so that the jobs can be done when it is convenient to the person, e.g., one person does toilets and basin, one person sweeps and washes floors and other clean the showers.
- The sweepers are to make sure the sanitizers in the areas apart from bathrooms are kept filled.
- The safety audit is conducted monthly by a club member and a member of the Exec Committee reviewing the various items on the Rowing Queensland safety audit checklist. The Exec Committee member will bring the checklist.

## Working Bee

There are no suitable dates in December for the Working Bee, so it will now be on **Saturday 20<sup>th</sup> January** to do some maintenance and tidy up around the shed – more details to follow!



## Calendar of Events – December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Xmas Dinner & Presentation Night
3	4	5	6	7	8	9
10 Grafton RC	11	12	13	14	15	16
17  Bunnings BBQ	18	19	20	21	22	23
24	25 Xmas Row 	26	27	28	29	30
31 New Year's Eve						

## January

20<sup>th</sup> January – Working Bee (see above)

26<sup>th</sup> January – Edward Trickett Row

If you have any items that you would like to include in the next Ramblings, please email to [MRCRamblings@gmail.com](mailto:MRCRamblings@gmail.com) by 20<sup>th</sup> of the month.