

MURWILLUMBAH ROWING CLUB "RAMBLINGS"

35



July 2023

August Birthdays:

Mark Taylor 5th August
Lou McMillan 10th August
Frank Boifava 20th August



Executive:

President – Roland Jahnke
Vice President – Rob Gee/Tamsin Brew
Treasurer – Jenny Culley
Secretary – Helen Albury

Committee Members:

Paul Barnes
Rob Blanch
Michael Mills

Club Captain:

Scott O'Reilly

President Rol

Greetings everyone

Another good month of activity on the Ramp and it is progressing which is terrific.

Disappointingly the Grafton Regatta was cancelled which is a real issue for the strength of NRRRA and they are in the process of looking for ideas on how to improve club membership and developing junior rowing. So, if you have any ideas then they would greatly appreciate an email from you. Laurie's (President of the NRRRA) email is below so please provide your suggestions directly to him:

'On recruiting and retaining participants in our sport I'm seeking suggestions;

For the youths in our clubs and schools would it be fruitful to run training camps much as the Academy did in the past?

For senior recruits what successful practices have your clubs employed in order to recruit and retain membership?

Regards, Laurie Lync President NRRRA at judy.laurie@bigpond.com '

AGM – Nominations are now open for a role on the MRC Executive so please send your nomination to Helen A asap (see below for details of what each position entails). The AGM will be held on Thursday 17 August, 6pm followed by a club dinner. Please attend if you can since it will be a chance to see how the club has progressed in the past year, and what the future holds under a new Executive.

Enjoy your rowing in these cool but perfect days ☺

Cheers Rol

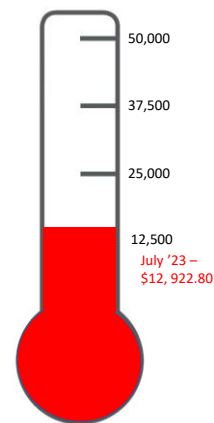
Ramp Update

Thank you to all who provided input and comments at the Ramp Update meeting at the Club on 1st July. We are continuing to progress the design options and expect to be able to go out for quotations in early September.

Since the meeting, TSC has completed a Geotech Survey of our site that will be used to provide input for the constructors. We now have a growing list of potential constructors that will be approached for quotation, alongside the listing that TSC has available too. Approvals are also progressing with the Crown Lands application now submitted. The next Club meeting is expected by October when quotations are being assessed.

Fundraising Update

Another quiet month with only \$70.60 added to the Club's total (made up of a \$50 donation and \$20.60 from Return and Earn). On August 13th, the Club will be manning the BBQs at Bunnings, Tweed Heads again, and if your name is not already on the rota that Helen has put together (see below), please contact her to see how you can help. This is currently the Club's major fundraising activity, so if you can spare a couple of hours to assist, it will certainly help!



History Report – June 2023

Due to some technical difficulties, it has not been possible to incorporate this month's History Report into Ramblings, so you will find it attached separately to the email.

AGM – 17th August 2023 @ 6pm

ANNUAL GENERAL MEETING



With the AGM approaching, have you considered nominating for a position on the Executive?

Election of Office Bearers and Candidates for the offices need to be nominated in writing by any two financial members who have signed their nominations. Nominations should then be handed (or emailed) to the Secretary at least 14 days prior to the Annual General meeting and a list of candidates will then be posted on the Notice Board for 7 days immediately before the meeting.

Below is a brief summary of the roles.

Club Committee Roles include: President, Vice President, Treasurer, Secretary plus up to 3 ordinary Committee Members who may also take on additional roles.

President - Chair of the Club's Committee and representative to most rowing and community bodies. The president is also responsible for leading the implementation of the club's strategy and overseeing the club's financial management and fundraising.

Vice President - In the absence of the President, assumes all duties and responsibilities of the President. Also undertakes specific projects on behalf of the Club and Committee.

Treasurer - Responsible for day to day management of the Club's finances in accordance with the plans and direction of the Club Committee. Preparation of monthly and annual

reporting, including audited results, along with management of subscriptions. Liaises closely with Secretary in many areas.

Secretary - Responsible for preparation of meeting notices, agendas and minutes for the Club and Committee, along with management of correspondence, membership lists etc. Routine management of key communications to members and close liaison with Treasurer and other Committee members.

Club Captain - Facilitation of rowing programs to benefit all members and utilise skills of volunteers within the club. The Captain is also responsible for boat allocation and fleet maintenance, along with the coordination of competitive rowing along with the Vice Captain.

Ordinary Members of the Committee (3) - Undertake other roles as required, including special projects, plus assisting the Committee in implementation of the strategic aims of the Club.

Learn to Row Coordinator - Facilitates enquiries from new rowers and manages the learn-to-row program alongside the Club's volunteer coaches.

Other Roles (may be combined with Committee roles or separate):

Booking Officer: Manage hire of the club for various purposes

Social Media Coordinator(s): Look after external publication / promotion including Website, Facebook and Instagram

HoTT Coordinator: Establish program and volunteers to ensure a successful event

Regatta Secretary: Coordination of home regattas (once ramp re-established)

Safety Officer(s): Support the Club in the administration and implementation of its safety plan

Many other roles available for those interested in volunteering time for their Club!

If anyone has an agenda item please forward it to Helen Albury by Tuesday 8th August and all reports should be sent to Helen by Tues 8th August so that the Draft agenda can be sent out by 10th August.

Bunnings Sausage Sizzle – 13 August 2023

Timetable for Sat 12th Aug preparation and Sunday Aug 13th BBQ

Thanks you everyone for offering your time. Please check below the shifts.

Bunnings Volunteer list and times.



Shift	Names
Prior to the day, ordering, purchasing & getting items ready - ? chopping onions- maybe already cut	Helen Albury Lou, Richard, And anyone else who can help. Marjorie, Michael
Group 1- Sunday 13 th Pick up items Murwillumbah end 6.30am, set up and start serving at Bunnings 7am – 10am	plus ute/large vehicles 1. Richard McMillan- MRC items 2. Lou McMillan 3. Dagmar 4. Lori- vehicle- IGA items 5. Scott- vehicle- IGA items

Shift	Names
Group 2 Cooking and serving 10am – 12noon	1. Michelle J 2. Rob Gee 3. Tamsin Brew 4. David Reece 5. Gary Betts
Group 3 Cooking and serving 12noon - 2pm	1. Simon 2. Annie 3. Jack 4. Macka 5. Michelle G
Group 4 Cooking serving 2pm – 4pm, clean up and close down. Return items to Murwillumbah	1. Helen A 2. Jenny- manage the money with Bunnings. 3. Brett + ute 4. Mills 5. John H +ute
Close down/clean/ return to MRC	Rob B, Mills

Training Heart Rate Range

Monitoring your heart rate allows you to maximize the effectiveness of your training. By knowing your Training Heart Rate Range (THRR), you can adjust your effort to work within those values, based on your goals for each workout.

You can use the formulas on this page to determine your approximate THRR. Note that heart rate varies from person to person, so any formula is at best an estimation, but it's still a reasonable place to start. For more accurate calculations, visit your physician and have a stress test done.

To determine your THRR you need to first determine the following values:

- Maximum Heart Rate (MHR)
- Resting Heart Rate (RHR)
- Heart Rate Reserve (HRR)

MHR, RHR and HRR

Finding your MHR can be difficult without using an electrocardiograph (ECG). The rule of thumb for MHR used to be 220 minus your age. However, recent studies have shown $205.8 - (0.685 \times \text{age})$ to be a more accurate guide.

RHR: To determine your RHR, take your pulse first thing in the morning, before engaging in any significant activity (ideally, before you get out of bed). For greater accuracy, do this for several days and average the results.

$\text{HRR} = \text{MHR} - \text{RHR}$

Training Heart Rate Range

To determine your THRR, take percentages of your HRR and add them to your RHR. The percentage you take depends on whether you are doing aerobic or anaerobic threshold training:

- For aerobic training, take 50–75% of your HRR and add it to your RHR
- For anaerobic threshold training, take 80–85% of your HRR and add it to your RHR

Example

A 50-year-old with an RHR of 62 results in the following values:

- MHR: $205.8 - (0.685 \times 50) = 172$
- HRR: $172 - 62 = 110$
- THRR for Aerobic Training: 117–145 beats per minute (bpm)
- THRR for Anaerobic Threshold Training: 150–156 bpm

The above is from Concept2 and can be found on their website:

<https://www.concept2.com/indoor-rowers/training/tips-and-general-info/training-heart-rate-range>

MRC cleaning rosters - July 2023 – Jan 2024

Date/ Area	Ladies & Disabled Bathrooms	Mens bathroom	Sweeping shed- using brooms	Upstairs floors, kitchen & toilets	Safety Audit (1 member + 1 Exec Committee)
Aug	Lori MJ	Mark T Millsy	Scott John Henley	Helen L	Gary + Roland
Sept	Lou Dagmar	Greg David	Richard Rob B	Mark M	Michelle G + TBA
Oct	Mary Michelle G	John Macka John Ryan	Roland Chris L	Helen A	John H + TBA
Nov	Petra MJ	Jack Scott	Ron John R	Lou	Mary + TBA
Dec	Jo M Helen A	Bob M Gary	Paul Millsy	Mark M	Roland + TBA
Jan	Jan Jacqui	Roland Chris L	Will D David	Lori	MJ + TBA

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.

Calendar of Events – August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 Exec Committee Meeting	10	11	12 Hyne Timber Bridge 2 Bridge
13 Bunnings Sausage Sizzle 	14	15	16	17 6pm AGM	18	19
20	21	22	23	24	25	26
27 3 Rivers Mini Marathon	28	29	30	31		

September



10th September – Bunnings Sausage Sizzle

16th September - Outback Rowing Regatta

If you have any items that you would like to include in the next Ramblings, please email to MCRamblings@gmail.com by 20th of the month.