

MURWILLUMBAH ROWING CLUB "RAMBLINGS"

43



March 2024



Executive:

President – Rob Gee
Vice President – Tamsin Brew
Treasurer – Michelle Johnston
Secretary – Tamsin Brew

Committee Members:

Paul Barnes
Michael Mills
Helen Albury
Lori Sword

Club Captain:

Scott O'Reilly

President

Welcome to the March edition of Ramblings! A very short update this month with the key focus being on the Ramp and for the competitors in the Club, the coming regattas including State and National Masters Championships.

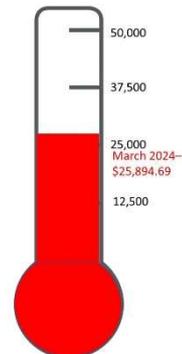
The Ramp plans are outlined further below and I'm pleased to say that, thanks to the ongoing support from the NSW Government, we have been able to extend our Grant approval through to the end of June this year. We have unfortunately had to cancel HOTT again for the 5th year in a row, however we are considering options regarding what event we may be able to run in the September / October period which may double as the official opening so please let Committee Members know your ideas.

All the best for a very Happy Easter (and Easter Row!) and hoping for good conditions for all racing over the coming weeks and a big thank you to everyone giving up time on Easter Sunday to cook sausages at the Bunnings Sausage Sizzle.

Cheers, Rob

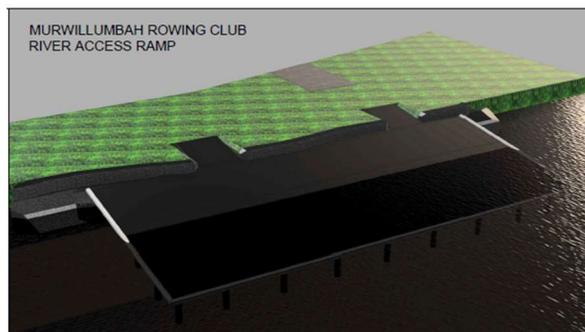
Fundraising Update

A quiet month for fundraising, with only \$58 from term deposit interest raised. The next Bunnings Sausage Sizzle this weekend should help boost next month though!



Ramp Update

We have now confirmed the planned construction dates for the MRC Ramp. Now that we have been granted the Crown Lands Licence for the ramp, all parts of the work can go ahead. The ramp will be constructed by a company called Scavenger Supplies who operate out of Wollongong and a local piling contractor will be completing the piling work.



The general layout is shown in the top diagram, with two access ramps running through the rock revetment. The bottom of the ramp will run to below low tide, with a luminous bottom edge as per the photo on the right. Fenders (above left) will be placed on the sides to reduce risks of boat damage as well.

The schedule is planned as follows:

April 11–15	Delivery of materials and equipment to site (including a 30T and 4.5T excavator), plus establishment of the fenced work area (flat grassed area adjacent to the rock wall)
April 15-22	Installation of piles
April 22–May 5	Installation of deck
May 13	Handover to MRC

Although a large area of our grass will be occupied throughout the construction, we will still be able to row from Frank's beach throughout the period.

Over the coming couple of weeks, we will do a letter drop to all our neighbours, letting them know about the works and who to contact if they have any questions. Should there be any questions that you receive, please pass them onto any of the Ramp Committee (Millsy, Paul, Tamsin or Rob G) and we will provide further details as required. There will, unfortunately, be some noise, especially during the short period of piling, however the work will be managed to mitigate the impacts as much as possible.

It's going to be a very busy few weeks with all that will be happening but we will aim to keep the communication going throughout. Very much looking forward to the finished ramp in May!

New Regatta Tent

The photo below shows the new regatta tent in action at the recent regatta at Lake Wyaralang. A HUGE thank you to the Court House Hotel for helping us to buy it!



History Report - February, 2024

The month commenced with fine but hot weather. Dragons Rowing Club held a two day rowing camp during the first weekend of the month. The club held the second round of the capsized drill during the second weekend which a number of rowers attended.

The club entered the regatta held in conjunction with the State Masters selection trials. Doug Cryer won the single scull event and Scott placed third which should ensure their selection in the men's quad scull representing Queensland at the National Masters Championships to be held in Tasmania at the end of the season. The weather was showery which reduced the temperature to a bearable condition and the water was not too rough. Once again the club had a successful day with a number of wins and several placings, but with daylight saving it was a long and tiring day. It was decided to postpone boat unloading until the following morning.



Several of our happy rowers on the bank after competing in successful events on the Wyaralong Rowing Course.

The mixed quad



above on the water below returning to the launching area.

Text and photographs by Rob Blanch.

Easter Quad Race- Saturday 30th March, 7.30am start.



Note the later start time!

What: Mixed quads, which means 4 people of different rowing ability / male/ female in a boat.

Club Captain, Scott, allocates the people to the boats.

Distance: 500m

How: If we get 16 people, we have 4 boats, so 2 heats, and winners from heats go to final. If we get 24 people, 3 heats, then winners go to final. Winner of final get the prizes.

Time: Get to club before 7.00am to get boats and crews ready

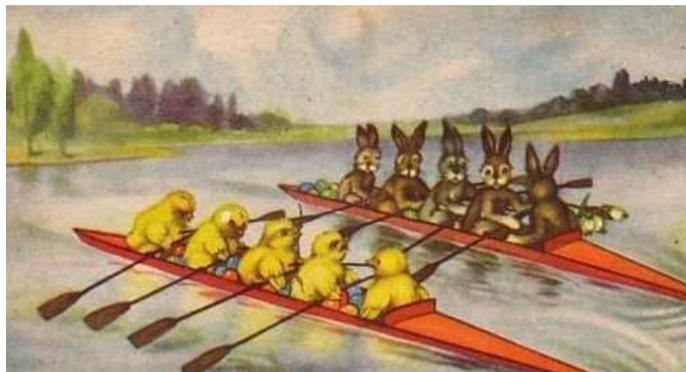
After: Hot Cross buns, chocolate and coffee/tea in club house for everyone.

Volunteers: Are needed for starter, finisher and canteen please.

So: If you would like to participate, please put your name up on the black board outside the ladies bathroom or email Helen Albury (darryl.albury@bigpond.com).

-Crews and boats will be allocated on the morning of the event.

-Families are welcome to come and join us, cheer the quads on and have morning tea.



Introduction to RowCo Clothing – Lori Sword

Hi Team

I'd like to introduce you to RowCo Clothing, a casual apparel brand that I recently started, designed for rowers like you and me.



There is really great technical rowing gear out there, but there just isn't any casual rowing kit that I could get behind. There is a lot of stuff out there with cliché rowing sayings, but nothing I wanted to wear. So...my brother, who is a graphic designer, designed a RowCo label for me that I love and thought others would love too. There is actually a lot of creativity behind what my brother has designed. Look closely at the "R" in the photos below. Can you see a headless rower? There's an





arm in the drive phase, the rower's back and then an oar in the water. Logo designing is an art in itself and I love his creativity.

If you'd like to purchase your own RowCo shirt, hoodie, oversized crew, long-sleeve shirt (and soon to be hats), come chat with me at the club. Have a look at my website RowCoClothing.com.au

Lori



P.S. I have special pricing for my Murwillumbah team). I'm really proud of what I've started. I hope you all like it as much as I do.

Calendar of Events – April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Brisbane GPS Regatta, Wyaralong
7	8	9	10	11	12	13
14 NRRA Masters Champs – Grafton	15	16	17	18	19	20
21	22	23	24	25	26	27 Queensland State Masters, Wyaralong
28 Queensland State Masters, Wyaralong	29	30				

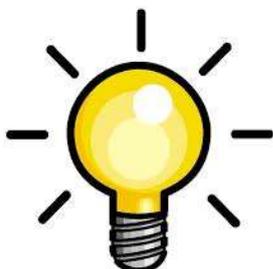
May

8-11th May, Australian Masters Rowing Championships, Lake Barrington, Tasmania



Lights

It's getting darker in the already, please make sure you are venturing out before



mornings now, so if you aren't you attach TWO lights to your boat if sunrise!

Boat Damage Reminder

With the number and size of logs on the river, it is inevitable that boats get damaged sometimes. If a club boat that you are rowing in sustains damage, please let Scott know immediately. There have been a couple of instances recently when damage wasn't advised at the time and that means that it is very difficult to submit an insurance claim (if necessary). It also helps to keep our fleet in the best condition possible, if repairs can be done quickly.

MRC cleaning roster – April 2024

Date/ Area	Ladies & Disabled Bathrooms	Mens bathroom	Sweeping shed- using brooms	Upstairs floors, kitchen & toilets	Safety Audit (1 member + 1 Exec Committee)
April	Lou Dagmar	Greg Delf	Richard Rob B	Mark M	Rob G Helen L

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.

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