



MURWILLUMBAH ROWING CLUB "RAMBLINGS"

28



December 2022

January Birthdays:

3rd Pacey Rogers

5th Rob Blanch

13th Helen Lloyd

13th Scott O'Reilly



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

🎅 Merry Christmas and a Happy New Year 🎅
🎅 from Murwillumbah Rowing Club! 🎅

President Rol

Christmas greetings everyone.

It's a good time to reflect on past happenings of MRC. It has been an eventful year to say the least! Luckily we were able to fit in the Edward Trickett event which was soon followed by the February floods...and more floods. We sustained damage to boats and equipment which was repaired under an insurance claim. However, our greatest task was the repair of the riverbank which washed away. A small subcommittee worked closely with Tweed Shire Council to implement restoration works along the bank. At first we thought geo-bags would do the job as previously proposed but when we learned there was an option to construct a rock wall which would be superior for ultimate river access with a ramp, we made the switch.

So now we have a magnificent rock wall stabilising our section of the river bank and look forward to using it as the basis for construction of an "all tide" access ramp that will be much more "flood proof" than our beach was! As discussed below, we have submitted a grant application for this major undertaking and look forward to hearing around February if we have been successful. In the meantime, we continue to utilise the beach launch, for small boats, kindly provided by our neighbour Frank Jolly – we'd certainly be lost without it. We have also begun our journey to raise funds for the ramp which will cost up to \$400K. Our first Bunnings BBQ fund raiser was a great success – thank you 😊 (next one 5 February). We also





now hope to run a version of HoTT, possibly starting at Fingal Harbour, mid-2023. This will be a major club focus for next year.

There has been enormous goodwill shown to our club throughout the difficult circumstances we've found ourselves operating in, with Rowing Queensland and Rowing NSW supporting our club strongly on the 'rowed' to recovery. We are also continuing to grow our friendship with the Wollumbin Dragon Boat Club and we really appreciate their continued support.

Aside from the floods it has been a good year on other fronts. We successfully participated in several regattas (including the Queensland State Masters Championships in May) and held our scheduled regatta in Grafton. We also received funding to upgrade the eight to an Octuple which will soon have its inaugural row on the mighty Tweed. It's a real credit to our rowers that have continued their rigorous training under difficult conditions.

We had a wonderful Christmas party with a variety of entertainment much to the amusement of all and we look forward to the 'boat naming day' on the Australia Day weekend along with the Edward Trickett regatta.

A big thank you goes to all members who, throughout the year provided tremendous assistance to the club, both socially and in their individual club support roles, keeping our club vibrant, successful, and allowing us to enjoy the sport we love most.

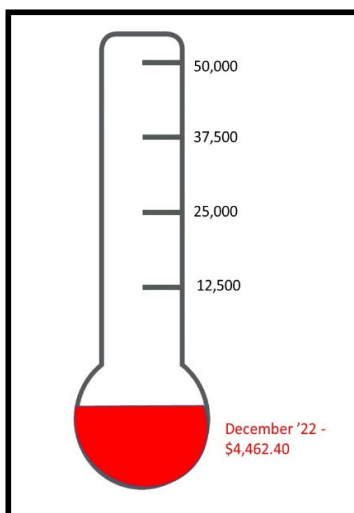
Wishing you a Merry Christmas, safe travels and a fantastic 2023.

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Tweed River Access Plan Update:

On the 8th December we submitted our application for a grant to support the construction of a ramp access to the river under the Essential Community Sports Assets Program delivered through the NSW Government Office of Sport. We expect to hear back from the Office of Sport in February 2023 and in the meantime will commence some early planning works with Tweed Shire Council to ensure we are ready to "go"!

Key points to be aware of are the requirement for us to fund raise at least \$15,000 for our contribution to the construction of the ramp, provide additional "in-kind" support, and that in terms of timing, the earliest completion of construction would be expected as around December 2023. Thank you to all those who have offered assistance and are already involved in fundraising, it is really appreciated as we need everyone's inputs for this to be successful!



Fundraising Update

The final tally from the Bunnings Sausage Sizzle held in November was **\$2369** (up from \$2,100 reported last month). We have been offered another date of 5th February by Bunnings and have accepted this, so will be needing volunteers to man (or woman...) the BBQ in shifts again. It would be great to get as many hands as possible to help out, especially if you were unable to do so last time. Needless to say, the Club really needs the funds to go towards the ramp and as much help from as many people as possible.

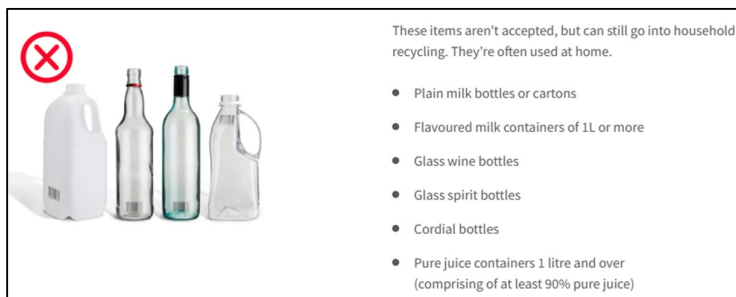
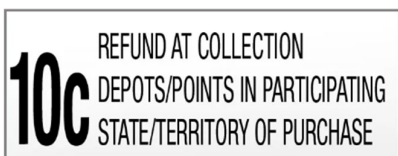
Many thanks to everyone who collected their used bottles and cans and delivered them to the Club. This month the total raised through Return and Earn was **\$54.40**. MRC has now been approved as a donation recipient for Return and Earn





and as of 2nd January, you will be able to simply select MRC's Build Back Better campaign from the screen on the Return and Earn machine (no bar code required!). We will send out full details separately to let you know how this works, but over the festive season, make sure you're saving all those empty cans and bottles!

A plea – there were a number of items left in the bins at the Club which are not eligible for the 10c refund. These have to be manually sorted, so please only collect items with the 10c refund mark shown on them (see below), and do not include the items listed below:



Other items added to funds raised this month include **\$1,029** reallocated from flood claims (where excess funds exist after replacing various items) and **\$10** from recycling old riggers, which with Black Mountain RC's \$1,000 brings our total to **\$4462.40**.



Murwillumbah Rowing Club have partnered with the Australian Sports Foundation and by accessing this web link <https://asf.org.au/projects/murwillumbah-rowing-club/building-back-better> MRC members can donate if they wish, to the club's grant fund for "**Building Back Better**" (to help fund our contribution to the ramp and once it is built, its ongoing maintenance) In return you will receive a tax-deductible gift receipt from the Australian Sport Foundation.

This can also be used for Return and Earn, where you can collect the proceeds in your own bank account and then transfer through the ASF to the Club.

History Report - December 2022



The Tweed Shire Council completed the riverbank restoration project during November by stabilising it with a large rock wall. Many members commenced the month by training, during the warmer spring weather, for the postponed Lismore Regatta to held on a 500 metre course at Coraki.

Scott and Lori training for a 500 metre double sculling event at Coraki, while the river bank was being stabilised, by the Tweed Shire Council, with the construction of a large rock wall. Photograph by Louise McMillan.

Early in the month the club conducted a Bunnings Sausage Sizzle which raised much needed funds. The success of the fundraiser was the result of the organisation of Helen A, and the willing participation of many volunteers from our membership. Bunnings have offered us more frequent opportunities to be involved in this fundraising event which is being considered by the committee (see details above)





A collage of images of the membership working at the Bunnings Sausage Sizzle. Compiled by Louise McMillan.



The postponed Coraki Regatta was held during the month, in calm and fine conditions, over a short course of 500 metres. A large team from our club entered and faced stiff competition from some larger Queensland clubs. However our team had a very successful day by winning a lot of events that we entered. Some of our younger masters, both men and women, completely dominated every race that they participated in. Bank launching conditions were a little difficult at low tide because of the mud deposited by the recent floods, but conditions improved as the tide rose throughout the day. The club trailer was heavily loaded which made for a long and tiring day but it was an extremely enjoyable for all of the members who participated in it.

Lori and Scott powering over the finish line in first place at the Coraki Regatta in a Mixed Masters Double Scull event.



Lori, Helen L, Michelle J and Tamsin demonstrating good technique in the Women's Masters Quad Scull.

A strong mixed quad scull crew entered the Beyond the Yarra head race on the Brisbane River during the last weekend of the month. The event was conducted over an 8 kilometre course, buoyed to mimic the Head of the Yarra event which is usually held in Melbourne each year. The crew of Tamsin, Michelle J, Dave and Rob G borrowed a quad scull from Toowong Rowing Club which just happened to be named the Chris Lyndon. They rowed very well in the event which they enjoyed immensely.



Tamsin, Michelle J, Dave and Rob G with their bow number, right, and the Chris Lyndon quad scull, left at the Beyond the Yarra head race in Brisbane. Photographs supplied by Michelle Johnston.





Below - A view, from the river, of the rock wall built by council to stabilise the bank at the Rowing Club. Photograph by Paul Barnes



Photographs supplied by Louise McMillan, Michelle Johnston, Paul Barnes and Rob Blanch. Text by Rob Blanch.

Membership Renewal Process

By now you should have received an email similar to the one below which sets out the process to renew your membership.

It is that time again when we need to renew our membership for 2023.

Below you will find a link to click on. This should take you to a registration page. Click on renew. You will then need to enter your Name and your date of birth. This will send an email to the address in the system. Open the email and it sends you another button - renew membership. Click on this and it will bring you back to the registration page. Then select which membership you are after - Senior Competitive, Senior Recreational or Junior Competitive. Follow the prompts and edit your personal details if required. Make your payment and you are set to row!!!

PLEASE NOTE:

if you have any issues at all you can contact me and I can talk you through it or even do it for you!

Members who belong to our club but have another club as their primary membership and insurance, will need to register with them FIRST. Anybody receiving this email and not a member of the club - if you completed Learn to Row and then didn't proceed with joining, I am sorry I am unable to delete you from this email

Registration needs to be done before January 1 so that you are insured to row in the new year.

Merry Christmas and Safe Holidays

Kind regards

Jenny 0414 404 507

kwsv-22z.z.z@hyroxwrg.lvh1frp.1dx2p.uf57;72uhj.lwudwrg2

This needs to be done by 1 January so that you are insured to row. Any problems with the process, please contact Jenny Culley (see below)

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!





WHY IS HYDRATION IMPORTANT?

With the hotter and more humid weather, it is important to remember to hydrate properly! The following information comes from Sports Dietitians Australia (see link at end)

Our bodies are made up of ~60% water. Water has many roles in the body but when exercising, water is vital to help maintain blood volume and regulate our core temperature. During exercise to help keep us cool, we sweat and lose water through evaporation on our skin. If we do not replace this lost water, we can become dehydrated.

When we become dehydrated, blood volume decreases. This makes it more difficult to maintain blood pressure and blood flow. This puts a strain on our cardiovascular system and can make exercise harder than it would normally be when fully hydrated. This can speed up fatigue and have an impact on performance.

Signs and symptoms of dehydration in athletes may include:

- Thirst
- Dark urine colour (think apple juice)
- Daily bodyweight fluctuations > 1%
- Headaches
- Poor concentration
- Reduced urine output

More severe signs/ symptoms of dehydration include:

- Disorientation/ confusion
- Rapid pulse
- Collapse/ unconsciousness

Monitoring Daily Hydration

You can simply and easily monitor daily hydration using the Weight, Urine, Thirst (WUT) model.

Athletes should be able to maintain a stable body Weight when measured first thing in the morning. Day to day bodyweight changes >1% body mass may indicate dehydration.

We all know that when we drink more water, we tend to visit the bathroom more regularly. When we are dehydrated, the opposite can happen, and our Urine can be darker in colour. A smaller volume of urine and darker colour first thing in the morning may indicate dehydration.

Being Thirsty is another indication we have not drunk enough fluid, with many athletes already being dehydrated when symptoms of thirst appear.

Rehydrating after exercise .

The amount of fluid needed post-exercise to fully rehydrate is 125-150% of your body fluid loss. To work this out, simply weigh yourself before and after your exercise session. A 1 kg loss in body weight roughly equals a 1L loss of fluid.

When, how and why would you need to use an electrolyte supplement?

For everyday hydration and in the lead up to exercise or competition, water is the preferred choice. Electrolyte supplements can be used during exercise or competitions > 2 hours duration of moderate to high intensity in the heat to help prevent large losses of body fluid. When added to the fluid volume needed to fully rehydrate post exercise, electrolyte supplements assist the body hold onto more fluid therefore, rehydrating more effectively.

Glucose and salt (sodium within electrolyte supplements) help to accelerate rehydration goals compared with plain water. Glucose is required to facilitate the absorption of sodium within the small intestine and sodium assists with retaining more fluid in the body. Together with the right amount of fluid, glucose and sodium are important elements of electrolyte supplements.





If an electrolyte supplement is not available, salty foods that contain carbohydrate (glucose) such as cereal, bread, pretzels, milk and vegemite consumed alongside plain water can be an alternative option.

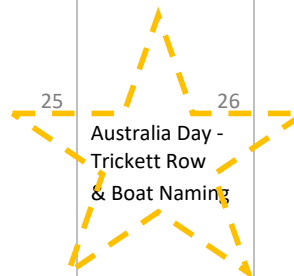
What is the main difference between an electrolyte supplement and a sports drink?

The main difference between electrolyte supplements and sports drinks are the electrolyte (sodium) and carbohydrate (glucose) content. Sports drinks can be used in sports such as marathons, triathlons and other endurance events where optimal fuelling (carbohydrate) is required in addition to hydration needs as these can contribute to fuel needs before and during exercise and refuelling needs after exercise. For more effective and rapid hydration/rehydration, electrolyte supplements can be added to sports drinks to boost their sodium content.

<https://www.sportsdietitians.com.au/factsheets/fuelling-recovery/why-is-hydration-important-the-effect-of-dehydration-on-performance/>

Calendar of Events – January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Committee Meeting	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



February

5th February – Bunnings Sausage Sizzle. **Volunteers needed! Details to follow**

18th February - Lake Wyaralong Masters Regatta (Entries close Wed 8/2/2023 @ 23:00 AEST)





Save the Date!



January 14th – Dr. Helen's 40th Birthday Party

If you haven't already, please RSVP to Dr. Helen on 0412 212562 as soon as possible!



January 26th – Edward Trickett row and Boat Naming Ceremony – more details to follow

SAFETY MATTERS!

Just a reminder that we all need to be mindful that COVID is still in our community. Please carry out the recommended practises of hygiene and distancing when at the club and where possible in the community



COVID SAFETY - Although COVID rules have been relaxed please continue to comply with the following to ensure your safety:

- wash hands and equipment
- maintain 1.5 m distance indoors

Our MRC COVID 19 Safety Officers:
Roland Jahnke and Paul Barnes

MRC Cleaning Rosters – January 2023

Date/ Area	Ladies & Disabled Bathrooms	Men's bathroom	Sweeping shed- using brooms	Upstairs floors, kitchen & toilets
Jan 23	Jan Helen L	Roland Greg	John R David	Lori

Notes-

- Could the jobs 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

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

