

MURWILLUMBAH ROWING CLUB "RAMBLINGS"

33



May 2023

June Birthdays:

Jacqui Van Montfrans 11th June

Petra Schaefer 14th June



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

This month has been highlighted by the fantastic rowing achievements at the Rowing Queensland State Titles regatta when an enormous number of medals (17) were collected by our rowers. Congratulations to Scott O'Reilly and Doug Cryer and their quad crew who will represent Queensland at the Nationals 1-4 June (SIRC) and I wish all competitors the very best to medal glory.

It's also been a fundraising month and thanks to the Clay Without Borders event we have been able to raise over \$3800 which is a wonderful achievement, so thank you to all those volunteers involved, especially Helen Albury who initiated discussions with the potters to hold the event and co-ordinated the running of the two day event.

The Ramp Funding Agreement has just arrived for sign-off and we now move into very exciting times as preparations for ramp design and construction begin. We are working very closely with the Tweed Shire Council who will expedite the approvals process. Rob Gee heads up the Ramp Construction Sub-Committee so if you need any information about the project then please contact Rob.

It Ain't Half HoTT (Head of the Tweed) is progressing under the leadership of Jenny Culley and we hope to run the event on the **23 July 2023** once we have been issued with all the approvals. Originally it was scheduled for 18 June but we did not receive the approvals in time. It has been four years since we held the event. We need all club members to assist with this major fund-raising event and it's a case of "all hands on deck." Please contact Jenny Culley ASAP to help with the organisation of event and mark the date in your diary.

The NRRA schedule of regatta events is included [below](#). Congratulations to Laurie Lynch (Lismore Rowing Club), the new President of NRRA. A big thank you to Dr Bob Meehan who will continue as BRO Coordinator.

Please note the Outback Regatta at Longreach will be held on 17 September 2023 weekend. Please let me know if you wish to row in the Octo for this event and participants will be away about a week - includes travelling time. Details are on this link <https://www.outbackrowing.com/home/>.

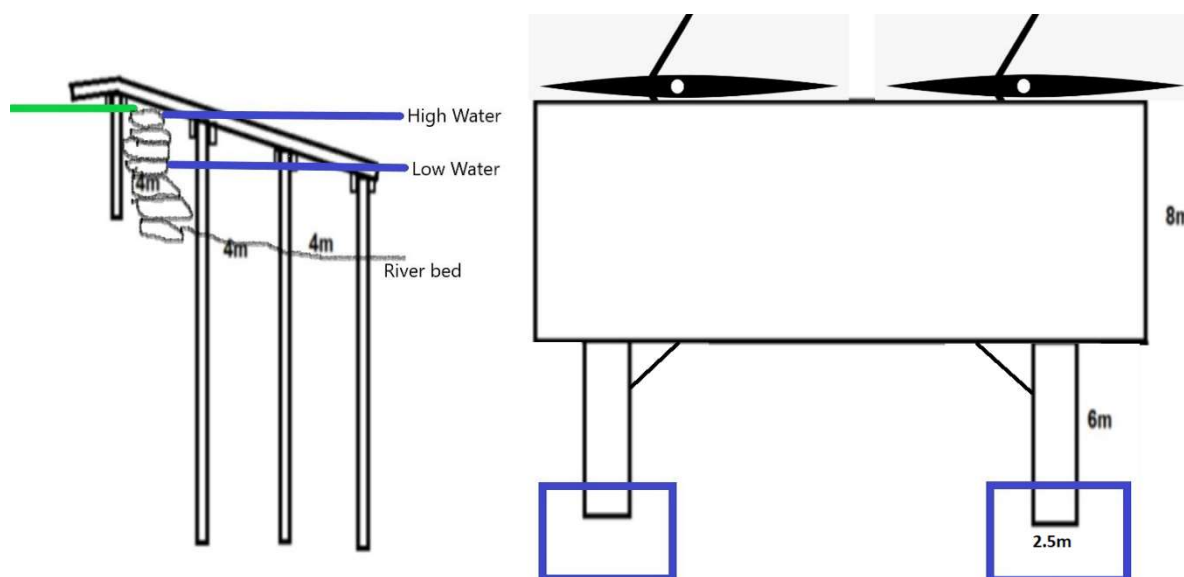
Busy but exciting times ahead!

Safe rowing. Rol

Ramp Update:

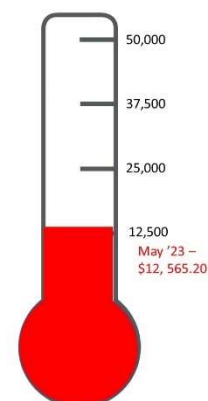
Although we haven't had much new information to communicate regarding the ramp project recently, work has now commenced on the more detailed concept design with the help of the team at Tweed Shire Council. We anticipate having something to review in more detail within the next few weeks and will put it out to everyone in the club for discussion.

Our Steering Committee has also now been established comprising: Tom Alleston from TSC, Millsy, Jenny Culley, Tamsin and me, so if you have any questions at all, please chat to any of us and we can provide further details. The main focus at the moment will stay on the design and approvals, along with establishing all of our governance structures and discussing the plans with our key external stakeholders. Now is therefore the time for any inputs that you may have as well as to answer any small questions that have yet to be asked, whether it is about usage, materials (incl. colour), design, costs etc. – this way we'll ensure that we have the most successful outcome! Thanks, Rob



Fundraising Update

Thanks to the Clay Without Borders event at the beginning of the month, we have not only hit the \$10,000 mark for funds raised, we have smashed through it! The current total stands at **\$12, 565.20!** Clay Without Borders raised an enormous \$3483 with a further \$400 from the Murwillumbah Potters. A big thank you to all the potters, painters and members who donated (money, raffle prizes or time) to making the event such an outstanding success. In addition there was \$55 from Return and Earn and \$60 from the sale of Helen Albury's magnificent Davidson Plum Jam.



Australian Sports Foundation – End of Financial Year Donations Needed!

The end of the Financial Year is approaching and it's the ideal time to make a donation to the Club's fundraising through the Australian Sports Foundation.

Murwillumbah Rowing Club have now partnered with the ASF and by accessing this web link <https://asf.org.au/projects/murwillumbah-rowing-club/building-back-better> members can donate to the club's grant fund for the ramp construction and in return receive a tax-deductible gift receipt from the Australian Sport Foundation



The Australian Sports Foundation is uniquely positioned to enable philanthropic support to Australian sport by providing tax deductibility for donations made to projects signed up with us. It is the only organisation that can provide a tax deduction for donations to sport across Australia. As a deductible gift recipient (DGR) they have a special listing in the Income Tax Assessment Act 1997 (Subdivision 30-B, s30-90).

End of Financial Year Deadlines for FY23

- **Friday 23rd June:** Final day for Direct Debit payments online
- **Tuesday 27th June:** Final day for cheque donations to be deposited at a Westpac branch
- **Tuesday 27th June:** Final day for manual donation forms and cheques to be received in the post by the ASF office
- **Wednesday 28th June:** Final day to transfer of funds to the ASF via EFT
- **Wednesday 28th June:** Final day to upload manual donation forms and donor spreadsheets in the ASF platform
- **Friday 30th June:** Final day to make credit card and Apple/Google Pay donations online

What is sport integrity?

- Sport is an Australian way of life. It brings people together, regardless of any differences in language, ability, culture and beliefs, and provides physical, social and economic benefits. It is critical that we keep rowing, both as a sport and recreation, safe and fair, for everyone who participates.
- Threats to sports integrity include things like illicit drug use, doping, competition-manipulation and behaviours that impact people's positive experience of sport, such as discrimination or abuse. Integrity in sport means that athletes, supporters and fans can participate and celebrate sport, confident in the knowledge that they are part

of a safe, fair and inclusive environment.

Rowing Australia takes integrity seriously and is committed to safeguarding our sport.

- All our members and participants have an obligation to protect and maintain the integrity of sport of rowing, as well as the health and wellbeing of others within the sport.
- To provide sports at all levels with guidance in the integrity space, Sport Integrity Australia has developed, and Rowing Australia has adopted, the National Integrity Framework.
- Rowing Australia - <https://rowingaustralia.com.au/publications-and-policies/sport-integrity/#::~:~:text=Rowing%20Australia%20has%20adopted%20the,in%20all%20levels%20and%20disciplines>

History Report – April 2023

The Queensland State Masters Quad Scull commenced training for the Australian Masters Championship event on the first day of the month. The crew consists of two club members, Doug and Scott and two members from other Queensland clubs. It was also the last day of daylight saving time which was a relief to members who train early each morning.

The traditional Easter Mixed Quad event was held again this year after a one year gap caused by the erosion of our launching beach in the 2022 flood. Five very competitive crews were drawn this year by our Captain, Scott. Races were conducted over two heats and a final and all were closely contested in beautifully calm conditions. After the event the club retired to the dining room for a traditional Easter breakfast and the presentation ceremony.



The winning crew (Gary, Will, John M, and Helen A), were presented with Easter Eggs by our club President, Roland.

Only a small team of four men attended the regatta held at Wyaralong during the middle of the month. Our team was temporarily disrupted by several injuries in some of our crews.

Injured members are resting up so that they can participate in the State Masters Championship Regatta at the end of the month. The four who competed were extremely successful and won most of the events that they entered. The selected Queensland State Mens Quad, in which two of the crew are club members, also performed extremely well.



Training has continued as club crews make their final preparations for the Master Championship, and the Queensland Quad crew held their last training session at Murwillumbah during the last week of the month. The weather has been kind with cooler and largely calm water conditions but logs continue to be a problem during some mornings.

The club held a successful Bunnings sausage sizzle fundraising activity at South Tweed Heads which raised much needed funds to finance the restoration of our river bank. Preparations continue for the Clay Without Borders Market which is planned for early next month. It is hoped that this activity will be a successful fund raiser for the Club.

The most important event of the month was the Queensland Masters State Championship Regatta held at Wyaralong on the last weekend. The two day regatta, held in remarkably good weather was well attended and the competition was very strong. Murwillumbah was well represented with a very competent team which won seventeen events and placed in many others. Gold medals galore. A tired but happy team returned home confident that they will perform well in the Grand Final, ie the National Masters Championship Regatta which is scheduled for the first week in June.



Two of our successful teams displaying their gold medals on the podium at Wyaralong.



Two of our winning teams, among the red buoys, and well on the way to more gold medals.



Excellent team spirit being demonstrated by the assistance given to our competitors in the launching area.

Photographs by Michelle Johnston and Rob Blanch. Text by Rob Blanch.

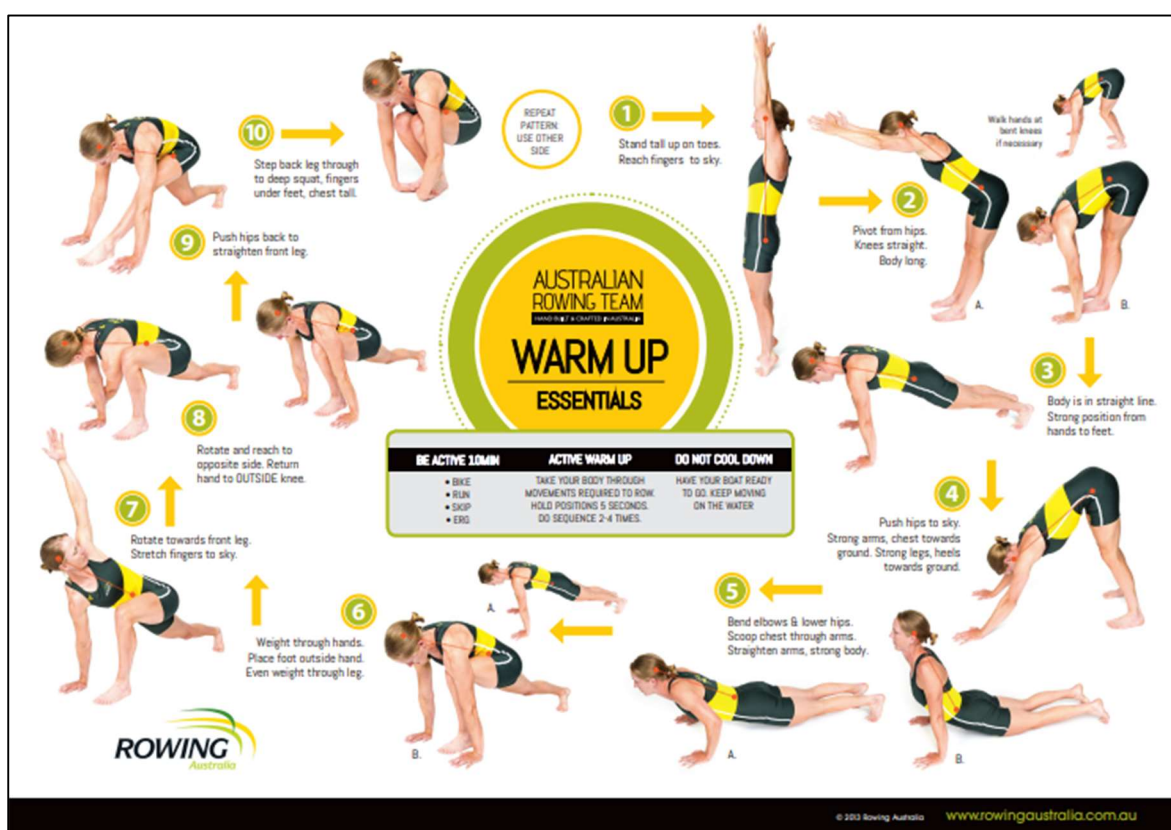
Caption This!



Below are the caption suggestions received for the picture of Maca at the Easter row:

- Did someone mention wine? Bottoms up! – Jan
- Getup you lazy good for nothing just wait until I get you back to shore - Jack
- I forgot that it is a rowboat, I thought that I was on a luge – Dr Bob
- John! Act your age – Helen A
- You can't trust a crew mate to put in your shoes correctly – Helen A (...who 'may' have put John's shoes in for him!)
- You didn't have to do that much to give the others a chance – Rob G
- Macca can win with one foot dragging in the water – Tamsin
- I don't think that's what 'Bow, paddle' means, John – Rob G

Warm Up Exercises



SAFETY MATTERS!

Safety Audits

The Club is starting a Safety Audit process which will involve a monthly check of the whole boat shed and equipment against a checklist provided by Rowing Queensland. This will mean that you will start to see some changes around the boat shed, all of which are aimed at making MRC a safer environment for all. The monthly audit is to be carried out by a member of the Exec Committee plus one other member. A new column will be added to the roster below, showing who is due to complete each month. More details to follow

Boat Lights

Mornings are starting to get darker again with sunrise now approaching 6.30am, so once again it is time for lights. As a reminder, below are NSW Maritime's rules for lights on rowing boats (note that these are different from Queensland rules but are the ones applied to the Tweed River).

Lighting requirements for Rowing/Sculling/Paddle craft over 4m in length

1. **Two** all-round white LED lights, one attached to the vessel at or near the forward end, and one attached to the vessel at or near the aft end. The lights can be either two continuous white lights, 2 flashing white lights or a combination of the two.
 - o Continuous white LED lights are considered acceptable if they are visible in clear conditions from a distance of 1 kilometre.
 - o Flashing white LED lights are considered acceptable if they flash at least once per second and are visible in clear conditions from a distance of 1 kilometre.
2. Notwithstanding 1 above, it is considered acceptable for a light to be masked so as not to interfere with the vision of the vessel's occupants, provided at least one light is visible from any direction.

A good guide as to whether lights are needed is to look at the green flashing light on top of the green buoy out the front of the club. **If the green light is on, you need lights on your boat.** **NOTE** – the green light flashes intermittently so you need to watch it for 5-6 seconds to decide whether it is on or not. A quick glance may miss the flashing light!

In addition, a list of sunrise times is posted on the noticeboard and in the sign in book inside the front door. NSW Maritime rules on boat lights apply before sunrise.

It's not about complying with the rules – it's about your own and everyone else's safety!

No lights, no row!

MRC cleaning rosters - June 2023 – Jan 2024

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

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.

Calendar of Events – June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Australian Masters – Sydney	2 Australian Masters – Sydney	3 Australian Masters – Sydney
4 Australian Masters – Sydney	5	6	7	8	9	10 Brisbane – Winter Series *4
11	12	13	14 Exec Meeting	15	16	17 Brisbane Winter Series #5
18	19	20	21	22	23	24 Brisbane Winter Series #6
25	26	27	28	29	30	

July

It Ain't Half HOTT – to be confirmed – 23 July

NRRA CALENDAR DATES FOR 2023/24 SEASON:

15/7/23 Saturday Grafton R.C. 2-Island rowathon Grafton
 16/7/23 Sunday NRRA Masters Championship Grafton
 23/9/23 Saturday Woodburn Festive Woodburn
 15/10/23 Sunday Lower Clarence RC Maclean
 29/10/23 Sunday Lismore RC Coraki
 12/11/23 Sunday Grafton & Sth Grafton H.S. Grafton
 9/12/23 Saturday Head of the Clarence Grafton
 10/12/23 Sunday Grafton RC Grafton
 2/3/24 Saturday NRRA AGE Championship *Not to be held 2024*
 3/3/24 Sunday Murwillumbah & Tweed RC To be advised
 14/4/24 Sunday NRRA Master Championships To be advised

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.