

# MURWILLUMBAH ROWING CLUB "RAMBLINGS"

36



## August 2023

### August Birthdays:

Doug Cryer 28<sup>th</sup> August

### September Birthdays

Helen Albury 8<sup>th</sup> September

Mary Hunting 15<sup>th</sup> September



### 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 my first update since taking on the role as President. Firstly, I'd like to reiterate some of what I said at the AGM and say a huge thank you for the friendship and support that everyone has provided since Tamsin and I came to MRC 18 months ago. It has been a crazy time, in many ways, but we are loving it and hope we can input more ourselves in the coming years.

Firstly, a big thank you to the retiring members of the Committee – the last few years have been incredibly challenging with COVID and floods completely changing rowing in the area for over 3 years. As Roland and Rob Blanche step aside from the Committee, thank you for many years of input and we look forward to your continued input across the Club. I also look forward to Helen continuing her work in fundraising and other areas as she steps aside from some of the Secretary duties. We are also very pleased to welcome Lori to the Committee!

New Ideas: As I move into the role of President in addition to the work on our Ramp Project and Fundraising, I'd like to put a focus on the areas where members would like see the Club improve for everyone. In that vein, please let me know the ideas that you have and what you would like to see happen. Please either see me personally or drop me a note in the box at the entrance so we can consider everyone's ideas.

And as for the month of August, it's been another big one for our fundraising team, led by Helen with a great team, again working hard to raise money with a Bunnings BBQ and then the next week, also put on a great dinner following the AGM, which also enabled us to celebrate with Frank and Sue Jolley on their award of Honorary Social Membership. A big thank you again to Helen for this and to IGA Murwillumbah for their kind donations to both events!

As for the rowing – it's great to see the number of people on the water increasing again and it's been great to see some of our new members coming from Learn to Row, now rowing regularly in the mornings.

Until next month, Rob

## Ramp Update

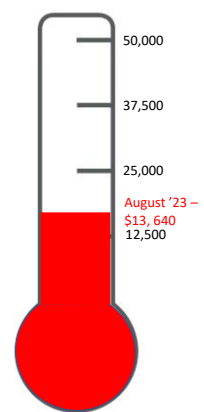
Whilst we wait for the approval of the Crown Lands Application (which was submitted on 5<sup>th</sup> July), work is progressing on the Request for Quotation (RFQ) that will be issued to potential contractors in early September. The Concept Design options have been worked through between TSC and ourselves and a Geotech Survey has been completed. This Concept Design will form part of the RFQ.

## Fundraising Update

This month we raised \$2193, the bulk of which was thanks to the efforts of the 24 members who volunteered at the Bunnings Sausage Sizzle on 13<sup>th</sup> August. As well as the \$2013 from the sausage sizzle, there was a further \$100 from the AGM dinner (with IGA Tweed Valley generously donating much of the food) as well as donations and more of Helen's jam.

The next Bunnings Sausage Sizzle is on 10 September. Details are below and if you aren't already signed up to help, please contact Helen Albury.

To align with year end accounts, we are adopting the official figure fundraised up to 30 June 2023 of \$11,448 at that date, This is therefore the figure we are using for end of June, meaning that the total to date now stands at **\$13,640**.



## AGM – New Committee

The AGM took place on 17<sup>th</sup> August at the Club and we now have a new Committee (see the first page).



As well as the Committee positions, there are a number of other roles available which you may be able to help with. If you would like to help with any of the below, please speak to a member of the new committee to find out more!

## Vacant Non-Committee Positions

- MRC web site
- HoTT Coordinator
- Regatta Secretary (for home regattas)
- Regatta entries & race fees schedules
- Child Protection Officer
- Learn to Row Coordinator (L2R)
- Clubhouse maintenance
- Coaching
- Fundraising: (to assist Helen Albury)
- Grants Applications
- Safety Officers

## History Report – July 2023

The cold winter weather and the end of the competition season has reduced the number of members who trained early in the morning with a few members electing to row later in the day. Cloudy weather and a few showers made conditions slightly more pleasant at the end of the month, and longer days with earlier sunrises reduced the necessity to attach navigation lights.

The main rowing event in July was the Two Islands Charity Rowathon which is held annually on the Clarence River at Grafton. A small team of six rowers represented the club, entering a mixed double scull over the 20Km course and a mixed quad scull over the 10Km course. The successful event, held in pleasant winter weather, was enjoyed by a large contingent of competitors in a variety of hand propelled craft.



Photographs by Don Noble and Rob Blanch.  
Text by Rob Blanch

*Scott and Lori rowing over the finish line after completing the 20Km Two Islands course (left) and the team on the river bank after the event, below.*



## Visitors



We're updating the forms that Visitors to MRC are asked to sign when they row with the Club on temporary basis.

Whilst we welcome all visitors and new members, we do have a responsibility to check that there is no reason that they know of that would prevent them from participating in the activity of rowing at this club. For that reason, we are asking them that to confirm this.

The updated forms are located in a folder kept on the front desk. Please ensure that any visitors you are responsible for sign a form, and then you do yourself.

## Bunnings Sausage Sizzle – 10 September 2023

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

### Bunnings Timetable for Sat 9<sup>th</sup> Sept prep and Sunday Sept 10<sup>th</sup> BBQ

#### 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.
Group 1- Sunday 10 <sup>th</sup> 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. Millsy & Jan- pick up IGA items 5. Gary- vehicle- IGA items
Group 2 Cooking and serving 10am – 12noon	1. Michelle J 2. TBD 3. TBD 4. Mary 5. Mark M
Group 3 Cooking and serving 12noon - 2pm	1. Bob Meehan/ Paul 2. David Reece 3. Jack 4. Macka 5. Roland
Group 4 Cooking serving 2pm – 4pm, clean up and close down and return items to Murwillumbah	1. Helen A 2. Jenny- manage the money with Bunnings. 3. Brett + ute 4. Petra 5. John H/Helen L
Close down/clean/ return to MRC	Rob B, Helen L

**SAFETY  
MATTERS!**



Leaving and arriving at the beach – crews returning to the beach always have priority and no more than one boat (of any size) in the water at the beach at any one time

### MRC Safety Briefing

At every rowing session all members must observe the following safety procedures.

**1. Sign on and check the safety notice board** - Sign on and record the time in the Attendance Register. Check for any new safety notices on the white board.

**2. Check the weather** - Check that the river is safe to row on, paying particular attention to the strength of the wind and current, the surface chop and the level of visibility. Do not row in adverse conditions. The use of navigation lights is mandatory in conditions of poor visibility, especially before sunrise. Do not row in flood water.

**3. Check the boat** - Check that the boat and all equipment is in seaworthy condition, paying particular attention to the heel ties on all shoes. Do not row any boat which is not in perfect repair.

**4. Be aware of hazards** - Be aware of fixed hazards such as permanently moored boats, jetties and pontoons, bridge pylons and navigation buoys. Check for non fixed hazards such as anchored boats, drifting boats, river traffic and any logs and debris.

**5. Row on the right side of the river channel** - Launch and retrieve boats with the bow pointing upstream. Row on the starboard side of the channel, that is on the rowers left hand side. Prevent head on collisions by avoiding rowing in the middle of the channel.

**6. Overtake with caution** - Boats being overtaken should indicate their position and maintain their course speed and direction. Overtaking boats can pass on either side but must do so with caution.

**7. Make U turns with caution** - Before making a U turn check for and give way to oncoming traffic.

**8. In the event of a capsize stay with the boat** - Check that all crew members' feet have come out of their shoes. Attempt to re board the boat in deep water if you are capable of doing so, or swim with the boat to the nearest suitable bank and re board there.

**9. Wash and inspect the boat** - Wash and dry all equipment used and return it to its previous position in the boat house. Inspect for and report any damage that may have occurred.

**10. Report all incidents and/or any damage before signing off** - Reporting incidents is mandatory. If an incident has occurred, fill in an Incident Report Form, available near the Attendance Register. Sign off, by recording the time in the Register.

Enjoy your row on the beautiful Tweed River.

*Rob Blanch and Michael Mills, MRC Safety Officers, 2023*

## National Integrity Framework - What's it about and is it applicable to us?







Clear processes for:

- Complaints
- Investigation
- Resolution
- Independent of the Club

More information from: <https://rowingaustralia.com.au/publications-and-policies/sport-integrity/>

## Prohibited Conduct

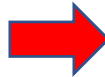
The following actions and behaviours are breaches of the Policy:

- ✗ **Abuse** including physical, emotional, psychological or sexual abuse.
- ✗ **Bullying and the inappropriate use of power**, where actions are repeated and deliberate.
- ✗ **Harassment** including unwanted behaviours which are reasonably likely to cause harm.
- ✗ **Sexual harassment and sexual offences.**
- ✗ **Discrimination** either deliberate or inadvertent.
- ✗ **Victimisation of anyone who chooses to make a complaint, or plans to.**
- ✗ **Vilification of anyone based on a particular characteristic**, as covered by legislation.

## Making a complaint: 3 pathways

1. **Sport Integrity Australia**
2. **Rowing Australia**
3. **Murwillumbah Rowing Club**

Start here



## NATIONAL INTEGRITY FRAMEWORK COMPLAINTS PROCESS: STEP BY STEP

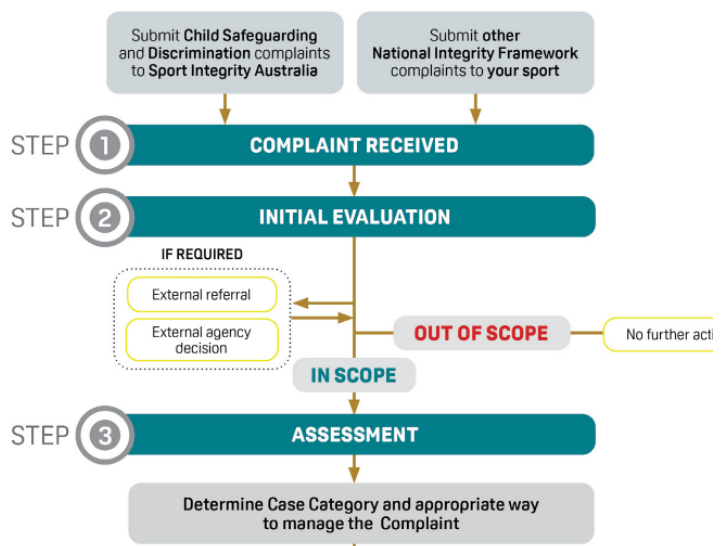
February 2023

The Complaints process is set up to keep Australian sport safe and fair. This document outlines how complaints about behaviour under the National Integrity Framework will be managed under the Complaints, Disputes and Discipline Policy.

### STEP 1 MAKING A COMPLAINT

## From 1 February 2023:

- Sport Integrity Australia will only manage complaints related to Child Safeguarding and Discrimination\* under the National Integrity Framework.
- Complaints about other Prohibited Conduct under the National Integrity Framework will be managed by the sport at the level at which they arise. Accordingly, issues at the club level will generally be managed by the relevant club, unless there is a significant conflict of interest which cannot be appropriately managed (eg where the Complaint is made against a club executive or committee member) in which case it will be managed by the relevant State Association.
- Sport Integrity Australia will no longer be involved in the imposition of provisional action (ie protective interim measures) and sanctions.



## 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)
Sept	Lou Dagmar	Greg David	Richard Rob B	Mark M	Michelle G + Helen A
Oct	Mary Michelle G	John Macka John Ryan	Roland Chris L	Helen A	John H + Jenny
Nov	Petra MJ	Jack Scott	Ron John R	Lou	Mary + Paul
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. ***It doesn't appear that the safety audit is being completed as it hasn't been submitted for the last two months. Please ensure that you complete it if you are named on the roster to do so***

## Calendar of Events – September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 5th Annual 3 Mile Race (Brisbane)	4	5	6	7	8	9 Brown Snake Omnium (Brisbane)
 10 Bunnings Sausage Sizzle	11	12	13	14	15	16 Outback Rowing Regatta
17	18	19	20	21	22	23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30

## October

7<sup>th</sup> October – NSW Indoor Rowing Championships

7<sup>th</sup> October – Head of the Brisbane

14<sup>th</sup> October - 2023 QSRC Club Series Regatta #, Wyaralong Dam

15<sup>th</sup> October – Lower Clarence RC Regatta – Maclean

29<sup>th</sup> October – Lismore RC, Coraki

**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.**