

MURWILLUMBAH ROWING CLUB "RAMBLINGS"

29



January 2023

February Birthdays:

Jack Wilson	14 th February
Rob Gee	17 th February
Roland Jahnke	22 nd February



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 as we start the new year 😊 and I'm sure we will continue our outstanding success in regattas under the current rowing limitations that we have. The club is still planning to run a modified Head of the Tweed River event this year that will help grow our budget to support the construction of a new launch area or an interim solution.

Perhaps the biggest new addition to our administration is the implementation of the National Integrity Framework (NIF), announced by Rowing Australia last year. This is a very important addition to the policy operations of the club and it legally formalises a grievance process for all individuals. The process is elaborate and full details of the NIF is at this link and is well worth reading - <https://rowingaustralia.com.au/rowing-australia-policies/national-integrity-framework/>.

It is with sadness that we see Lucy Hicks (previously Benjamin), Rowing Queensland Events and Communications Manager, move to the Venue and Facilities Manager role at Queensland Cricket. Lucy's support to MRC and all clubs has been exceptional and we wish her the very best in her new career.

Some operational matters within the club include the maintenance of boats and reporting of damaged equipment to our Boat Captain, Scott. It is important that boats are maintained in a meticulous way so please ensure that boats are cleaned, damage reported and that they are returned to their original rigging after your row.

We welcome new members to the club and thank Paul and helpers in the learn to row programme who have been doing a fantastic job looking after new rowers. This also means

that there will be congestion in the boat launch area that Frank, our neighbour, kindly continues to provide. Please allow rowers time to launch/return their boat and be patient and vigilant of other boats in this area.

We look forward to the 10th Australia Day Edward Trickett Regatta which will also include a special boat naming event for Scott, Jenny, Macka and Helen A – hope you can make it (see more details below) 😊

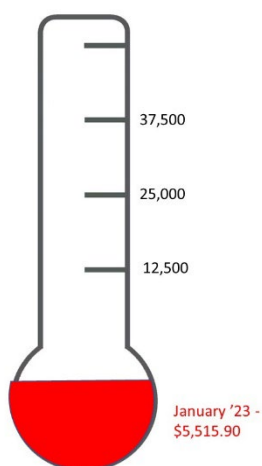
Have a wonderful year.

Cheers Rol

Tweed River Access Plan Update:

We are expecting to hear back from the Office of Sport in February 2023 so no further update at this time.

Fundraising Update



Further Bunnings BBQs will be requested on a quarterly basis and we would ask all members to share the load on this critical area of fundraising. It is all going towards the ramp we will all be using!

Helen Albury has sent out a request for helpers for the next one on 5th February. Anyone who didn't help last time and wishes to help this time please contact Helen so she can add you to the timetable.

We've also started receiving donations through the Australian Sports Foundation, so thank you if you have donated through this route!

A reminder that MRC is now set up as a charity for Return & Earn so please get collecting your empties and return them to help fundraise for the club. Please encourage friends and family to donate their cans and bottles to the club too!

1 Open the Return and Earn app and look us up under 'Charities'

2 Select 'SET AS PAYOUT' to set us up as your preferred payout method

3 Scan your barcode at the machine

4 Return your containers and select 'TRANSFER' on the screen when finished

Support us, donate your 10-cent refund with the Return and Earn app from any machine in NSW

Trickett Row – 26th January



MRC invites all members to join in the

Edward Trickett Commemorative Row & MRC Boat Naming Event

Australia Day public holiday, Thursday 26th January 2023 the Tweed River, at MRC

6.30am for 7am start time on the river for the row.

(RSVP for the row and /or breakfast were due to Helen Albury by email by Saturday 21st January)

Wear something blue as Edward rowed in blue colours or MRC uniform

Edward Trickett was the first Australian to win a world record, rowing on the Thames in London on June 27, 1876. He rowed 4 ¼ miles (6.84km) in 24minutes and 35seconds.

To honour this feat, MRC will be holding a commemorative row. The row length of our row will be announced on the day. Before the row, each rower is to estimate, and it will be recorded, how long they think it will take them to row that distance. There will be a tinnie at the marker for turning around and rowers head back to the where the row started. The actual row time will then be recorded and whoever is the closest to their own estimated time is the winner. No stroke coaches or watches are allowed! So you are only competing against yourself!

Each rower will receive a certificate of participation with their estimated and actual times on it and the winner will receive a trophy, sponsored by Helen Albury (great granddaughter of Edward Trickett).

The row will be followed by a yummy breakfast at the club house. Rowers and family members are invited for breakfast.

The boat naming event will follow the breakfast.

Volunteers to help on the day are required for starter, time keeping (2 people), the 'turn around' tinnie and in kitchen. Please let Helen know if you can help.

History Report – January 2023

The club held its annual Christmas Party and Annual Presentations on the first Saturday of the month with a beach theme. The event started with a series of Beach Games which was enjoyed by the participants. The dinner then followed in the club's dining room. The annual presentation was conducted between the main meal and dessert. The club champions of the year were awarded to Michelle J and Dave. Helen L narrowly won the annual rollover award from strong competition from some of our more experienced male rowers.

She also won the best dressed award with a spectacular jelly fish outfit. The event concluded with a trivia competition which was once again very popular.



Helen L won the best dressed award at the Christmas Party with her spectacular jelly fish outfit. Photograph by Tamsin Brew.

The last regatta for the year was held in Grafton in fine and warm weather but the course although calm at the beginning of the day was rather rough when the wind increased in strength during the afternoon. A small but dedicated team from our club attended and performed very well by winning a lot of races. Our best result of the day was Gary winning the Thompson Memorial Trophy in the Men's Masters single scull.

Gary Betts winning the Thompson Memorial Trophy at the Grafton Regatta and Gary and his trophy with John MacDonald after they won the Men's Masters Double



The Committee visited Fingal to investigate the feasibility of holding an alternative event to HoTT owing to the difficulty of retrieving eights to our club at the moment. It is anticipated



that the alternative course for the event, still yet to be finalised, will start and finish at the boat harbour at Fingal. It was decided that the proposed course will be tested in the octuple as soon as possible.

Some members thoroughly enjoyed a rowing training session on Christmas Day followed by Christmas snacks in the Club's dining room.

A number of members enjoyed a pleasant early morning Christmas Day row which was captured on camera and assembled into a collage by Louise McMillan. A fitting end to the 2022 calendar year.

Photographs supplied by Tamsin Brew, Louise McMillan and Rob Blanch. Text by Rob Blanch.

Nutrition and Regattas

The regatta season is upon us and the below article from Sports Dietitians Australia is a good reminder of how to plan eating when we're competing

What should I eat pre-event?

The ideal pre-event meal will provide sufficient fuel and hydrate you without leaving you feeling uncomfortable. Suitable foods are usually low in fat and fibre and high in carbohydrate. You should experiment to find the routines that work best for your situation. To avoid stomach discomfort, foods low in fibre and fat may be preferred. Ensure that the meal is well planned and includes familiar foods and fluids. Examples include:

- Breakfast cereal + low fat milk
- Fruit salad + low fat yoghurt
- English muffin or crumpet with jam/honey
- Sandwich/roll + salad + lean meat/cheese

If you get nervous pre-event and appetite is a problem, carbohydrate-rich fluids can be an alternative, such as a low fat milk or smoothie or liquid meal replacement (such as Sustagen® Sport). A small snack such as a muesli bar, fruit or dried fruit can be eaten about an hour prior to the race as a final effort to top up energy levels.

What should I eat during competition?

Where you are competing in up to three or four events in a day there is little time for rest and recovery in between. Eating during competition can be difficult, when nerves and a busy schedule can take over! Practising competition eating during training sessions will help to identify food choices that will suit them best. Examples:

- If less than 30 minutes between races: fluids, sports drinks, juices, glucose lollies and fruit are the best options (as they are rapidly digested from the gut)
- If 30-60 minutes between races: sandwiches with honey/jam/banana, sports bars, cereal bars or low fat muesli bars are good choices.
- If 1-2 hours between races: pasta, rice or noodle-based dishes with low fat sauce/toppings or sandwiches or rolls are good choices.
- If more than 2 hours between races: a more substantial meal or meal replacement can be eaten (with plenty of fluids, of course!)

Rowers need to be prepared with snacks as regatta courses can be some distance away from shops. An Esky packed with plenty of fluids and snacks like cereal bars, fruit and sandwiches can be a handy way of keeping food cool and safe by the water.

What about recovery?

Left to chance, recovery eating may take a back seat to loading the boat trailer, meetings, stretching, watching races or the trip back home or to the hotel. Handy recovery snacks that can be consumed simultaneously with these activities include sports drinks, liquid meal supplements (e.g. Sustagen Sport), fruit, sandwiches and cereal bars as quick options. A substantial meal should follow within 2-4 hours of finishing for optimal recovery. This is especially important during a regatta that is held over a few days or during weeks of heavy training.

If celebrating a victory, rowers need to ensure that nutrition recovery goals are met before drinking starts! If there isn't time for a substantial meal, a snack containing carbohydrate, protein and fluids should be consumed soon after the event.

The full fact sheet can be read at <https://www.sportsdietitians.com.au/factsheets/food-for-your-sport/rowing/>



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

Calendar of Events – February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 First Aid Course	3	4
5 Bunnings Sausage Sizzle	6	7	8 Committee Meeting	9	10	11
12	13	14	15	16	17	18 Lake Wyaralong Masters Regatta
19	20	21	22	23	24	25
26	27	28				

March

4th March – NRRA Age Championships – venue TBA. (Entries close Wed 22/2/2023 @17.AEDT)

5th March – Tweed Heads Rowing Club regatta – venue TBA. (Entries close Wed 22/2/2023 @17.AEDT)

18th March – Scenic Rim Masters Regatta Lake Wyaralong (Entries close Wed 8/3/2023 @ 23:00 AEST)

MRC cleaning rosters- Feb 2023 to July 2023

Below is the new cleaning roster

Date/ Area	Ladies & Disabled Bathrooms	Mens bathroom	Sweeping shed- using brooms	Upstairs floors, kitchen & toilets
Feb	Lou MJ	Paul Millsy	Scott John Henley	Helen A
March	Lori Dagmar	Greg David	Richard Rob B	Mark M
April	Mary Michelle G	John Macka John Ryan	Roland Jack	Helen A
May	Petra MJ	Delf Scott	Ron John R	Lou
June	Jo M Helen A	Bob M Gary	Mark T Millsy	Mark M
July	Jan Jacqui	Roland Chris L	Will D 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 MCRamblings@gmail.com by 20th of the month