

MURWILLUMBAH ROWING CLUB "RAMBLINGS"

42



February 2024



March 2024

Dagmar Wemmering 3rd March

Jo Meehan 4th March

Lori Sword 10th March

Gary Betts 11th March

Executive:

President – Rob Gee

Vice President – Tamsin Brew

Treasurer – Michelle Johnston/Jenny Culley (interim)

Secretary – Tamsin Brew

Committee Members:

Paul Barnes

Michael Mills

Helen Albury

Lori Sword

Club Captain:

Scott O'Reilly

President

Welcome to a packed February edition of Ramblings and firstly, I'd like to say a huge thank you to Michelle Johnston, who has kindly offered to join our Committee as Treasurer as Jenny steps down from the role after many years! Very much looking forward to the celebratory dinner next Thursday evening. This month, I would like to welcome Ian Robertson to the Club as he returns to rowing after a few years away.

In terms of competition, the Club achieved some great success at the Lake Wyaralong Regatta with 10 wins and a number of places! Additionally, Doug Cryer, Scott O'Reilly and David Hughes all finished very well in the State Masters Team trials, and we eagerly await news on the Team selections. Unfortunately, the Tweed Heads & Murwillumbah RC Regatta scheduled for 3rd March has had to be cancelled due to a lack of entries and we hope to assist the NRRRA as it supports all Clubs to grow their memberships over the next year as recovery from COVID and the floods continues.

As we talk of health and fitness, I'd like to mention that we have had 3 members with "replacements" recently and we hope that we can support you all in your rehabilitation and enable you to get back to full fitness soon.

It's fantastic to have received some great sponsorship from The Courthouse Hotel (everyone's favourite coffee spot!), supporting the purchase of a new regatta tent which we expect to see in use many times in the coming months – a big thank you to Millsy for his help in organising all aspects!

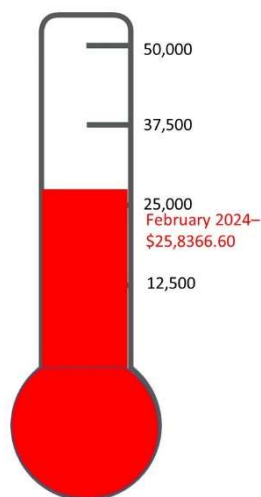


Printing proof for the new tent – photo of the real thing to follow next month

In other good news regarding our river access ramp, Tweed Shire Council has been granted the required Crown Lands Licence and we are now discussing final details and timing for construction with our selected contractor. Very much looking forward to being able to provide more on this in the coming couple of weeks!

Cheers, Rob

Fundraising Update



This month's fundraising total reached \$2,040 mostly due to interest earned on term deposits. There were also amounts from Return and Earn, as well as some calendar sales.

This means that we have passed the \$25,000 mark with the current fundraising total at **\$25, 837**. Fantastic work!

The next Bunnings Sausage Sizzle is booked for Easter **Sunday 31 March** and Helen will be calling for willing helpers shortly! If you possibly can spare some time to help, even though it is Easter Sunday, we are expecting it to be a busy one.



New Member Focus – Liana Elms



Quick summary of your interest in rowing – what sparked your interest initially?

Driving past the Mur'bar Rowing Club for years, I always admired the slim line rowing boats effortlessly gliding across the water. Finally the time was right. I decided to give it a go.

Well guided rowing lessons, by the ever so kind and patient Paul, made me realise I found a low impact, full body workout that suits me. I feel, one can turn this sport into a moving meditation or a competitive sprint. Well, there is enough scope for an old chook like me.

Scull or sweep - For now I'll say scull.

Favourite food - I like to eat healthy, but can be tempted by a big slab of homemade, baked cheesecake.

What do you like to do when you aren't rowing? When I am not rowing you'll find me at the weekly Zumba class, catching up with friends or simply running a tight ship at home.

Something not many people know about you - I love sculpting with clay. My passion is interior decorating. Also, I worked 30 years in the Jewellery industry and 5 years in the health industry. By the way, I have a suitable handbag for any occasion.

Professor Cotton's Baby – A Short History of the Ergometer

Summary by John MacDonald, from the book "Rowing with Leichhardt" by Merle Kawanagh

Early History



Chabrias, an Athenian admiral of the 4th century BC introduced the first rowing machines as supplemental military training devices. He built wooden rowing frames on shore where beginners could learn technique and timing before they went on board a ship.

More recent history

Early in 1949 the committee at Leichhardt R.C. in Sydney complained about their club being omitted from the regatta programme for the second year in a row. Professor Cotton, a club member and one of the world's great athletic physiologists, invented what he called an ergometer. This machine measured muscle power output and sport potential. The professor was convinced that pulse rates and other physiological



reactions to exertion could indicate sporting potential. He used his machines and stationary bicycles with attached instruments to test his theories.



Later in 1949, his machine was used to test 300 undergraduates from Sydney University to select an eight-oared crew who won the New South Wales Championship title in the 1948-49 season – the University's first win since the 1896-97 season.

And so the erg was born...

History Report – January 2024

The new year commenced with cooler weather, heavy rain and some flood water in the river which prevented rowing on New Year's Day. The rain continued resulting in a minor flood on the 2nd, when the river broke out of its channel and covered the grassed area below the levee bank. Fortunately the Armidale Rowing club had been contacted and were able to move their boat trailer out of harm before this occurred. The club cancelled rowing on the 3rd due to slippery bank conditions. The club was visited by the Queensland Academy of Sport and the Trinity Lutheran College which both held rowing camps at Murwillumbah. They, along with our club members, enjoyed cooler and showery weather and another minor flood which brought a lot of logs and debris, but training was able to continue. The logs largely cleared up after the camps had been concluded.

Jack took possession of a new Wintec single scull and a set of Wintec sculling blades. Wintec has developed a new design with thinner looms. Rob B and Michael M also purchased sets of Wintec sculling blades to match their previous purchase of a set of Wintec sweep oars with the new thinner design



Right - Jack Wilson is the proud owner of a new Wintech Single Scull and a set of Wintech sculling blades.



Left -Murwillumbah Rowing Club receiving a cheque for \$2000 from the Greater Bank, a welcome contribution to our fund raising for the construction and maintenance of the launching ramp.

Another minor flood occurred during mid-January stopping rowing for a few days and requiring the launching area to be cleaned up again. Two quads were transported to Coomera for assessment to repair to minor damage caused by recent flood hazards in the river. The month concluded with hot, humid and showery weather which made training a bit uncomfortable during the early morning session, but hazards such as logs and wayward navigation buoys had improved considerably making conditions safer. The competitive members are training for several Rowing Queensland regattas, to be held on the Wyaralong Course, where they will face more competition than in recent Northern Rivers Regattas, which will help them to prepare for the Masters National Championships later in the season.

The club held its annual Trickett memorial event on Australia Day. Ten craft entered the event with the aim of correctly estimating the time that it would take to complete the course. This year it was won by Scott and Lori in a double scull. The event was followed by a presentation ceremony and the traditional healthy breakfast in the club's dining room. After the presentation ceremony the president presented the awards for the club person of the year which was unable to be completed at the Annual Presentation Dinner held in December. Mark T and Paul were joint winners of the award in 2023. A boat naming ceremony was held at the end of the event when a Wintech double scull was named the *Greg Newland*, honouring his substantial contribution to the club over many years.

Photographs from the club's internet site. Text by Rob Blanch.

Easter Quad Race- Saturday 30th March, 7am start.



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 6.30am to get boats and crews ready

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

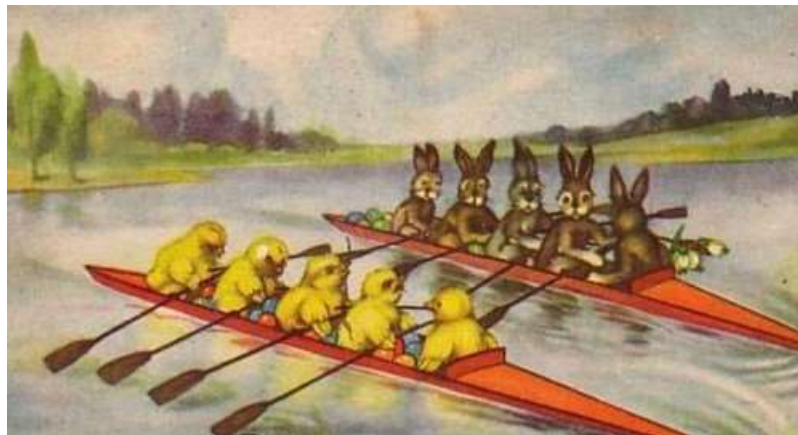
Volunteers: Are needed for starter, finisher and canteen please.

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.



Calendar of Events – March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Mur'bah Tweed Heads regatta (Grafton)	4	5	6	7	8	9
10 Scenic Rim Regatta Wyaralong	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30 Easter Quad Races 
31						

April

6/4/24 Brisbane & GPS Rowing Club Regatta, Lake Wyaralong

14/4/24 Sunday NRRRA Master Championships. Venue to be advised.

27/4/24 Queensland State Masters Regatta, Lake Wyaralong



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!

MRC cleaning roster – March & April 2024

Date/ Area	Ladies & Disabled Bathrooms	Mens bathroom	Sweeping shed- using brooms	Upstairs floors, kitchen & toilets	Safety Audit (1 member + 1 Exec Committee)
March	Cass MJ	Michael H James	Scott John Henley	Helen L	Millsy Rob B
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.