

MURWILLUMBAH ROWING CLUB "RAMBLINGS"

31



March 2023

April Birthdays:



Paul Barnes	3 rd April
Michelle Grimes	8 th April
Sue Stephens	23 rd April
Greg Newland	27 th April
Brett Boyd	28 th April

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

Another busy month with lots happening on and off the water. We have been successful with the NSW Government Sports Grant and gratefully appreciate the many letters of support that significantly helped our case to win the grant for the construction of a boat launch ramp. We are now waiting for the funding agreement which will be signed off in the coming weeks after which the project management side of the ramp construction begins, headed up by Rob Gee.

As many of you already know the recent regatta at lake Wyaralong was cancelled due to concerns about rower fatigue in high temperatures which could lead to heat stroke, which can be deadly. This is a reminder that we have to look after ourselves in extreme temperatures or early morning rowing and to listen to our body during vigorous training. It's great to see that the early morning rowers have attached the requirement of two lights to boats and shortly the club will have lights for sale for those still yet to purchase them.



There is so much background support given by members which I wish to acknowledge. You may have already noticed that the box trailer has been painted and that single riggers racks have been attached to the singles' trolley – many thanks Millsy, Rob B and Scott and there will be others, so thanks again to all those quiet achievers who help the club run smoothly.

A gentle reminder that the use of the club after hours is possible but please ensure that club facilities are left clean and doors locked when you leave (the kitchen office has recently been left unlocked).

We're hoping that all approvals for the 'It Ain't Half HoTT Regatta' on 18 June will go ahead quickly so that we can officially promote the event. Preparations are progressing but we still require Council approval and an Aquatic Licence. We aim to make it a successful club fundraiser but will also use the event to promote the sport of rowing in our community.

Thank you again to all members that make this one of the best clubs in the region with a strong competitive and yet social lifestyle.

Safe rowing.

Cheers Rol

Ramp Update:

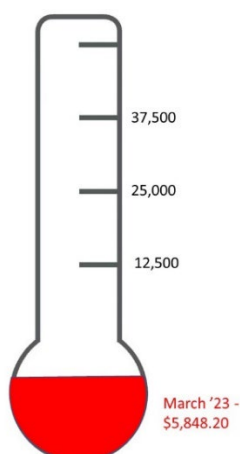
You will all have heard the exciting news by now - the Club has been successful in its grant application to build the ramp!

We'd like to acknowledge the significant support that both the NSW Government and Australian Government are providing through this grant, and we look forward to welcoming them to the opening ceremony once the ramp is built. A big thank you to everyone who contributed to pulling our application together back in December – our efforts and those of all our supporters and partners in Tweed Shire Council, the rowing community, dragon boats, kayakers etc. as well as our local politicians did the job! This is a huge step for the Club in its recovery from the flood and building for the future. We are now starting the process to deliver it along with Tweed Shire Council.

The task ahead is a big one (although definitely made easier by now having the money available!).

The \$397k costing includes the construction of the ramp and infrastructure to access the ramp as well as basic landscaping and bollards / concrete aprons to manage access. We are committed to providing a cash contribution of \$15,000 as well as in-kind contributions through installation of the landscaping and security bollards etc. with Tweed Shire Council providing construction supervision, project management and procurement oversight, as well as completing all approvals (this will be the first step). We will provide updates on progress every month in Ramblings, also letting you know how you may be able to help.

Fundraising Update



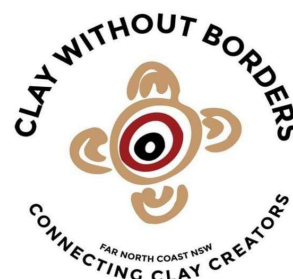
With the successful grant application, fundraising is even more important. Ongoing maintenance of the ramp once built will be an annual cost of around \$2,500 with significant expenditure every 5 – 10 years expected. Also, MRC are responsible for the funding of a replacement in 20 – 30 years, with a building fund planned to raise ~\$10k per year towards this. So, every \$ we can raise is needed!

The next Bunnings Sausage Sizzle is planned for 22 April. Please put the date in your diary and come and volunteer (particularly if you missed out last time!)

This month the amount of funds raised was only \$101.60 (mostly from return and earn).

Clay without Borders

Clay without Borders have confirmed that they will be holding their Market Day event at the club on 6th and 7th May. Not only does this provide the club funds from the hire of the venue, but with the provision of food and refreshments as well as a raffle, this gives us a great opportunity to raise some funds. We will need volunteers to help with set up and to assist over the weekend and Helen Albury will be in touch shortly about this.



Reminder

Commercial Rowing Club camp being held at the Club 25th and 26th March.

History Report – March 2023

The beginning of the month was very busy. Some of our masters have ramped up their training in preparation for the all-important Masters Regatta to be held on the Wyaralong Course later in the month. But unfortunately, the Bunnings Sausage Sizzle, scheduled for Saturday 4th, had to be postponed due to road works in the area.

On Thursday 2nd, a first aid course was held at the club to update the skills of members when dealing with emergencies. Nine members attended and completed the course.

Right: A group of members practicing resuscitation on infant mannequin

On the following day, Friday 3rd, two quad sculls were transported to Fingal to test out an alternate course for HOTT. The crews launched at the Fingal Boat Harbour and rowed upstream before returning to the harbour over a course of approximately eight kilometres. The trial was a success and the committee has decided to go ahead with the event to be scheduled in June (subject to the relevant approvals and permits being received in time).



A selfie of one of the Quad Sculls at Fingal below, showing Tamsin in the stroke seat with Rob G, Dave and Michelle J completing the crew. Photographs supplied by Tamsin Brew.



The weather conditions at the beginning of the month were largely fine and calm but hot and humid which wasn't much of a problem during early morning training but rowers had to be aware of their hydration levels. Logs were a problem and rowers were required to keep a good lookout to minimise boat damage. The cancelled Bunnings Sausage Sizzle left the club with a large stock of sausages so the committee decided to hold a much needed working bee to clean up the grounds and the building. A sausage sizzle was held at the conclusion of the work to use up some of the stock. The working bee was a success with a lot of good work in both the grounds and the interior of the building completed. Some large problem logs on Frank's Beach, our current launching area, were also cut up and removed by the outgoing tide.

The competitive members have been training for a Rowing Queensland regatta which was held on the Wyaralong course on Saturday 18th. It served as much needed race practice for the upcoming Masters Championship regattas which are to be held later in the season. A small but very successful team entered several events at the regatta and won many of them. In the events in which they were unsuccessful they were often highly placed. A very good outcome for a small but dedicated team. The regatta was held in calm but relatively hot weather and racing conditions on the course were excellent throughout the entire day.



Left: Helen L, who had a very successful day on the buoyed course at Wyaralong, in her single scull in a Women's Masters event. Photograph by Michelle Johnston

A brief period of heavy rain made conditions relatively dark early in the morning and put a fresh flow of outgoing water on our course but it seemed to dispersed the logs which has hindered trading for most of the month. A small team

is training for a short regatta on the Clarence River at the beginning of the next month but unfortunately the logs in the river soon returned.

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

Pictures of Early MRC

The pictures below were provided by John Meskell a former club captain when the club was located at Greenhills. We believe that the four in the bottom right photo is the one now hanging from the ceiling upstairs at the club. Many thanks John!

If anyone else has any early photos of the club that they would be willing to share, please send them through!









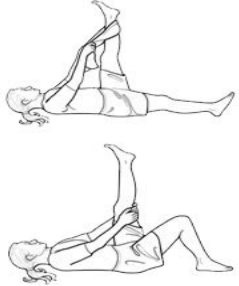

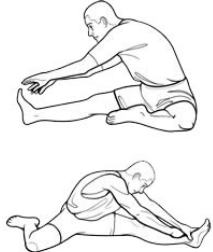
Stretching

Stretching before and after rowing may prevent injury and can make the difference between having a mediocre session and a great one. Keep the following tips in mind:

- Before you stretch, warm up by rowing lightly on the erg or cycling for 3–5 minutes.
- While stretching, relax and be patient. Take deep, full breaths to maximize results.
- Keep your stretches static: NO bouncing or abrupt movements.
- Optimally complete 3–5 reps of each stretch.
- Hold pre-workout stretches for about 10 seconds.
- Hold post-workout stretches for up to 30 seconds.

Some useful stretches:

Legs	Lower Back, Glutes, and Legs	Hamstring/Glute
 <p>Push into a bridge with straight legs and arms. Stretch one leg at a time.</p>	 <p>Squat and try to get both heels on the floor.</p>	 <p>Lying on your back, bend one knee up to your chest and hug it. Then, extend your leg toward the ceiling and gently pull it to you. Repeat with the other leg.</p>

<p>Triceps</p>  <p>Put one arm behind your head as shown. Grab your elbow with your other hand and pull gently. Repeat on the other side.</p>	<p>Calf and Achilles</p>  <p>Stand about three feet from a wall with your hands resting on the wall. Alternating feet, place each foot as far back as you can while keeping your heel flat on the floor. No bouncing and don't overdo it; the goal is to gently stretch your calf.</p>	<p>Standing Hamstring Stretch</p>  <p>Place your leg on a chair or bench and straighten it. Keeping your back straight, lean forward until you feel the stretch in your hamstring. To increase the stretch, use a higher chair/bench. Repeat on the other side.</p>
<p>Lying Hamstring Stretch</p>  <p>Lie on your back. One leg at a time, bend your knee, then extend your leg toward the ceiling. Grasp your leg and gently pull it toward you. To ease strain on your lower back, bend the leg you are not stretching, placing your foot flat on the floor.</p> <p><i>Variation:</i> If it is difficult for you to grasp your leg with your hands, place a towel or strap around your leg and use that to gently pull your leg toward you.</p>	<p>Quadriceps</p>  <p>Standing arms-length from a wall, face the wall and place your left hand on it. Bend your right leg until you can grab your foot with your right hand. Gently pull your leg up against your glutes to stretch the top of your right thigh. Repeat on the other side.</p>	<p>Sitting Hamstring Stretch</p>  <p>Sit on the floor with one leg out to the side and the other leg bent to the inside. Gently reach for your toes on the outstretched leg. Repeat on the other side.</p> <p><i>Variation:</i> Sit on the floor in the "hurdler's position" (one leg out and one leg bent back) and reach to your toes with both arms. Repeat with the other leg.</p>

The above information comes from Concept2:

<https://www.concept2.com/indoor-rowers/training/tips-and-general-info/stretching>

Other useful stretching information can be found on the Rowing Australia website:

<https://rowingaustralia.com.au/community-rowing/sports-medicine/>



Do you know what an AED is?

An AED, or automated external defibrillator, is used to help those experiencing sudden cardiac arrest. It's a sophisticated, yet easy-to-use, medical device that can analyse the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm.

Do you know where MRC's AED is kept?



The AED is located in the club house downstairs, on the righthand side of the steps, in the middle bay area, hanging at about waist height (see orange item in picture).

Beside it is a folder with a copy of the First Aid book and laminated sheets of First Aid prompts for the sequence of administering CPR along with the AED and other first aid issues that can be used as needed.

The link below is for a video on how to use the model of AED that the club has. (The machine provides easy to follow instructions – it actually talks you through each step of what to do) but the video is a valuable insight and it is recommended that everyone watches it.

<https://www.youtube.com/watch?v=g2uFWb2NgVE>

MRC cleaning rosters - April 2023 to July 2023

Date/ Area	Ladies & Disabled Bathrooms	Mens bathroom	Sweeping shed- using brooms	Upstairs floors, kitchen & toilets
April	Mary Michelle G	John Macka John Ryan	Roland Jack	Helen A

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.

Easter Quad Race- Saturday 8th April, 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 gets 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.
- Awarding social membership to Sue & Frank Jolly

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

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 – April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8  Easter Row
9	10	11	12 Exec Meeting	13	14	15 Brisbane & GPS Masters Regatta - Wyaralong
16	17	18	19	20	21	22 Bunnings Sausage Sizzle 
23	24	25	26	27	28	29 Queensland State Masters - Wyaralong
30 Queensland State Masters - Wyaralong						

May

- 6th and 7th May – Clay Without Borders Market Day – volunteers will be needed!

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