



### Issue No. 29

February, 2009

#### President's Report

Interested in competing in the 2nd All Japan Masters in June?

About 25 North Shore people (plus another 10 partners and children) have indicated interest in traveling to Japan for the All Japan Masters on June 12 and 13. The broad outline is to fly as a group to Kyoto, sightsee there for 2 days then move to Seta where our Seta Rowing Club friends are organising some practice rows and a welcome party (Thursday); a welcome Seta v. North Shore race in the morning before boat loading, then a bus to Nagano (Friday). A full day of racing on Saturday then the All Japan Masters party that night. More races Sunday morning before it all finishes Sunday afternoon. As always, Seta are being incredibly welcoming and helpful with all arrangements including offering their boats for practice and racing. There's also the possibility of some of us being able to stay with Seta people one night. Thanks to Hiro for all his help with this too. Many of us are hoping to spend a few more days in Japan before coming home - one plan on the drawing board is a cycling tour in Hokkaido! The Japanese Consul-General has also kindly invited the intending travellers to a reception at the Consulate-General on March 12. If you're interested and not yet on The List, email me on [swannan@internode.on.net](mailto:swannan@internode.on.net) ASAP. There's a meeting at the club on February 22 at 10am to discuss travel plans, crews and after-racing travel plans.

*Sue Wannan, President*

#### Rebel Sports Discount

Members, get a 5% discount when you purchase an item at Rebel Sports for you or your family. Mention North Shore Rowing Club and quote our number which is 030858. The club also gets a 5% credit when you make a purchase.

#### Health & Safety News

##### Risk Assessment Sub-Committee

In May last year the club set up a Risk Assessment sub-committee to systematically identify and address the risks that go with being a rowing club.

Here's an update on some of the initiatives that the Risk Assessment sub-committee is introducing. These are all aimed at helping to reduce risks and they rely on your co-operation to adopt them if they're going to be successful.

##### Accident and Incident Reporting

We've drawn up a new incident report form to collect information on any type of accident or incident - on the water or in the shed - involving club members or equipment. Identifying the circumstances of any incident helps with insurance claims, for example. It also helps us change processes so that the accident doesn't happen again. Blank copies of the Accident/Incident forms are available on the table on the veranda.

This form should be completed, signed and handed to a member of the Committee within 14 days of the incident.

If the accident/incident involves collision with another boat (rowing or other), you also need to complete and return the NSW Maritime Vessel Incident Report form (also available at the boat shed).

##### Monthly Safety Audits

A monthly safety audit process has now been implemented to provide a record of health and safety risks, and the actions that have been taken to address them.

Many of the things fixed at the Shed Maintenance day on 31<sup>st</sup> January were identified by the safety audit. These included fixing the rubber matting on the pontoon, painting steps white and

moving fire extinguishers so that they are accessible.

##### Visitor's Information Card

A Visitor's Information card has been developed. This is to help ensure that anyone visiting the club to row for the first time confirms that they are able to swim and that they have no medical condition that would pose a risk to them or others when rowing. This form also has a map of the river on the back that indicates the common hazards (poles, sandbanks, shallows) and the navigation rules. Visitors will be asked to confirm that they have been shown this map and had the navigation rules explained to them by the club member looking after them. A supply of forms will be available at the boat shed.

##### Other Initiatives

There is now a large yellow 'fuel spill tray' located next to the fuel cabinet. This is to be used for filling fuel cans - and is already being well used by most members.

There's a new fuel spill kit on top of the fuel storage cabinet, with instructions for how to use it in the event of a spill posted on the inside of the cabinet door.

New ladders have also been purchased. These are taller and allow the majority of boats in the shed to be reached without people having to balance on the top step.

*Tamsin Brew, Vice President*

The Club **welcomes** the following new members in the last few months:

Andrew Gibson, Peter Richards, Daiki Kazawa, Hayley Carless, Evan Carless, Rachel Porter, Pam Withnall (Transfer), Saxon Holland, Brendan Jordan, Mark Jones, Aidan Lawrence, Toby Carter, Richard Poulter, Ben Grauer, Sophie Holman, Duncan Read, Hamish Mackie, Bella St. Clair, Tom Birthwhistle, Megumi Matsumoto. Hugh Elliott, Tim Gillespie.



John Pyle

### Captain's Report

There has been lots of activity over the past few months with several crews racing in Masters, Intermediate, Junior, NSW State Rowing Championships and schoolgirl events. The club had a significant presence at the recent regattas in Taree. Roseville attended the State Championships as did Alexa Hearne and Alex Lazorou.

I was at the Taree event and witnessed fantastic performances by Hayley Carless and Alexa Hearne. The medical team of Caroline Boyce and Len Walter also did outstanding work, ably assisted by other members of the rowing community. The President has taken up the John James mantle of racing in winning crews.

Since the last newsletter we have taken possession of the training sculls, Scud and Patriot. Please remember to dry all the sculls thoroughly to help protect the floor. Sculling clinics are held most Saturday mornings (when no Club regatta is scheduled) at about 7.15 am. Those wanting to join are welcome.

The Pointless exercise has proven a great success. There are many entries for each event and interest from other clubs. To continue this event, and make it a tradition, please endeavour to assist/volunteer for a turn at marshalling. The experience would be invaluable.

We will once again be having a joint Regatta with Roseville on the 28th of November 2009. I would ask each member to consider obtaining a boat license and please consider attempting the BRO's course. This would greatly assist in the running of our regatta.

With the mornings starting to get darker, thanks to that cursed daylight saving, **remember, no lights, no row.**

- It is time to plan your crews
- 21/3/2009 Sat-Sun CDRA Championships, Manning River
- 16/5/2009 Sat-Sun NSW Masters Rowing Championships SIRC
- 28/5/2009 Thurs-Sun Australian Masters Rowing Championships Fitzroy River, Rockhampton
- 10/10/2009 Sat-Wed 2009 Sydney World Masters Games Regatta SIRC

Information about these regattas is available on the NSWRA website <http://www.rowingnsw.asn.au/> and we need to know who is planning to go to each one and in which event as soon as possible. The distance to Rockhampton will restrict the number of boats we can transport. Get your plans in early so that your crew is not left out! Put your name on the board. Good rowing!!

John Pyle, Captain

### Pointless Exercise

The Pointless Exercise continues to be extremely popular, perhaps due to the draw of the Pointless Prize? Of course this priceless piece of "silverware" is not awarded to the winner - that would be against the spirit of The Exercise. It is awarded to the person who most embodies the spirit of the event and winners have included people who a) didn't even enter (Felix the dog) and b) didn't turn up.

In January, 24 rowers took part in a Reverse Pointless Exercise, finishing with a Pointless Picnic at Sugar Loaf Point...which technically gave a Point to the Exercise!

Dates for future Pointless Exercise are:

Sunday 15th Mar - Entries by 8pm  
Wed 11th Mar

Sunday 12th Apr - Entries by 8pm  
Wed 8th Apr

I am desperately seeking Pointless marshalls to help run the event on all the above dates. If you regularly take part, please consider helping out as a marshall for a change. Without volunteers, The Pointless Exercise can not continue to run. You don't even need a boat licence either as some of the marshalling can be done from the bank (I do need one coaching boat driver for each Exercise). Please e-mail me if you can help.

Tamsin Brew, Vice President

