



Captain's Report

World Masters Games

Congratulations to those members who participated in the recent World Masters' Games (Where's apostrophe man when you need him?).

Congratulations to Club members who won medals.
Rod Keable – 4 gold and 1 silver in composite crews
John James - 1 gold and 3 silver in composite crews
Jim Hole – 1 silver in composite crew
Linda McDonald – 2 silvers in composite crews
Jim Hole, Steve Shimomura (Seta RC, Japan), Helen Ritchie, Caroline Boyce, cox Jacqui Wilkinson – silver in mixed E4+
Geoff Wannan, Paul Diener, cox Kim Balingall – silver in mixed composite

The excerpt below from Christian Renford's (CEO, NSW Rowing Association) email to volunteers indicates the enormity of the event in which you participated:

"From rowing's perspective this major event was a fantastic achievement and a wonderful experience for everyone who participated. There were many 'firsts' at this regatta for our sport such as:

- *Racing being conducted with 3 minute intervals between heats and 4 minutes between semi-finals and finals.*
- *850 races and 55.5 hours of scheduled racing over 5 days.*
- *2,505 individual competitors entered and over 17,253 seats scheduled to be raced.*
- *Estimated over 1,500 individual boats on the island at SIRC (with the boat park spilling into all but two rows of the car park)*
- *In October the Rowing NSW website experienced 11,827 unique visitors, and 1,261,773 hits*
- *Event 135, Men's D 8+ had 57 entries, 50 starters = 6 heats, 3 semis, 1 final. With 450 individual competitors contesting this one event, it was approx 18% of the total competitors.*
- *The process of aligning and marshalling for a start meant up to 81 crews being in the 'start marshalling zone' (between the 2,000m start and the 750 mark) at any one time.*
- *Only one crew (single sculler) missed the start of their race throughout the regatta – he was included in the next heat.*

Although we observed near perfect conditions for the first three days of the competition, several races were cancelled due to the unfortunate weather experienced on Tuesday and Wednesday. I am very pleased to inform you that we have received some very favourable feedback from many competitors throughout Australia and overseas as to RNSW's professional conduct of the entire regatta.

This regatta has set a new benchmark on the world stage for rowing events, and one that will be hard to match."

I wish to extend my appreciation to the Club members of who assisted in the club's participation at this major regatta. There is a band of people who gave freely of their time in assisting the committee to present NSRC at the Games.

I would like to acknowledge the efforts of the squad organisers; John Childs, Justin Peters and Sue Walter.

The coaches who gave unstintingly of their time throughout winter, sitting in a cold boat, freezing and offering their advice calmly and without rancour; David Cay, Kim Rudder, John James, Steve Sherry and Norma Perry.

Jacqui Wilkinson and Bob Smith for their assistance in allocating boats, both coaching and training.

Our President, Sue Wannan who organised the contingent from Seta RC in Japan and all those who assisted with the hospitality and transport.

A really big thank you to Bob Smith for keeping the fleet serviceable throughout what was probably its heaviest usage in living memory.

I am sure that there are others that I have missed and I apologise if I have not included you. To you unsung heroes, I would like to say thank you very, very much for the time and effort you put into NSRC participation in this regatta. Without your efforts, the regatta would not have been the success it was.

I would also like to thank those who did not participate, those who worked their training times around the sometimes maniacal, focused competitors in the Games. Thank you for your patience and consideration.

Other Club matters

The new committee is in place. Please remember that the committee is there to ensure that the Club is run according to the needs of the members. The committee is always willing to discuss any issues at any time. Members' suggestions are welcome and help guide the committee in its decision making process.

I would like to express my gratitude to the members of the past committee; they all gave their time freely to ensure the smooth running of the club. Thank you to Tamsin Brew for setting up and running the Risk Management practices. The "Pointless Exercise" will resume after the North Shore Regatta (see Page 4); this is an excellent vehicle for members to learn the ins and outs of running an event. Would those members who have boat licenses please assist in the running of future events. There is no lack of participating crews but there is a lack of marshalling and safety boats.

Roseville College is still with us and it is always a pleasure to welcome the girls and their coaching staff under the leadership of new Head Coach Sally Macready. See Sally's impressive bio on Page 3.

The Head of the Yarra is separated from our regatta this year. This will enable NSRC to participate; those of you who wish to participate remember that the eight(s) will need to be transported to Melbourne and back.

Finally I would like to thank the membership for their assistance throughout the year. Members have volunteered their time whenever there was a need. The atmosphere of the club, although dank, cold and wet during the winter is warmed by the willingness and warmth of the members that turn up prepared to join any crew and row no matter what the weather or conditions.

John Pyle, Captain

SUNDAY December 13 CLUB CHRISTMAS PARTY

Keep this evening free ... more details to come!!!

THANKS TO COCHLEAR LTD

When the club's computer (which controls the swipe cardsystem that opens the front door) fell over recently, the locally based company Cochlear Limited came to our aid by donating a laptop. As many of you know, Cochlear Limited is the global leader in implantable hearing solutions - developing the world's first successful bionic ear in 1978.

As well as bringing the joy of sound to hundreds of thousands of profoundly deaf people worldwide, Cochlear enjoys supporting the greater Lane Cove community that has been home to its global headquarters throughout its development. Our thanks to Cochlear, and to committee member George Lazarou, for making this laptop possible. If you want to know more about Cochlear, see their website www.cochlear.com.au.

Sue Wannan

CLUB CLOTHING

New in stock!

Short sleeve polo shirts for men and women; sleeveless polo shirts for women. All \$35.

Regular stock items:

Club zoot suits - \$70

UV long sleeved shirts (to a uv rating of 50) - \$45

Caps - \$25

•Fleecy jackets and vests, waterproof jackets, men's ties all \$40

Contact Helen Ritchie (0417 282 052)
or Diana Brown (0410 418 512)

Ideas about the Clubhouse

Despite the best efforts of high tides, ferry washes and the possum, the clubhouse still stands. Our projected new clubhouse is still \$2million away and no matter how many back-of-the-envelope conjectures about funding (our own savings, possible contributions from member schools, and the kinds of grants that other clubs have got), we always seem to be at least half a million short. My personal feeling is the new clubhouse is some years away.

My current project is to investigate whether adding to the hard deck and increasing the size of the floating pontoon would be a good use of our money.

The suggestion (from the company that did the Leichhardt pontoon) is to increase the harddeck as far to the west and north as possible (ie. towards those small sheds beside us and as far toward the back of the shed as the council will allow us.).

That way we would have room for an outside rack holding quads/doubles/singles. This would give us more boat availability. It would also give us more space to rig/unrig boats.

Increasing the pontoon size involves having a longer runway, and would let us get two or three boats on the water at once.

I don't think there's any point in doing one without the other, as you then just create a bottleneck. Both together, I believe, gives us more boatspace, the possibility of more boats, and more accessibility to the water.

I've no concrete idea about the cost – except that it will be ten times the price you think it should be (such is always the way with overwater development). I also don't know what Maritime or Lane Cove Council will think of this, but we won't find out without putting in a development application to them.

The disadvantages of the scheme is that it will eat up the money we have saved and our building fund will be starting again. The pontoon would be compatible with a new clubhouse, the decking probably not.

The main stumbling block to reusing new decking is the need for the new clubhouse to be substantially higher than the current one. So at what level would we build the new deck? The new height (even if we knew what that is) means a substantial step up from old to new, and a trip hazard. The current height means it can't be useful in the new clubhouse – although establishing prior usage over the land/water area would be.

If anyone has any experience or interest or a point of view in this matter, I'd love your input.

Sue Wannan, President

Meet your Committee Members

Jacqui Wilkinson, Vice Captain



I joined NSRC 4 years ago. I've been Vice Captain for 2 years and am part of the three-person Boat Committee, along with John Pyle and Bob Smith. We look after the boats in the shed – from day to day repairs and how boats are stored, to decisions on who should row which boats, getting boats to regattas (and back again), to recommending the purchase of new boats and sale of old ones. I also look after the use of the coaching boats but rely heavily on Laurie Ormerod for his knowledge and expertise about their engines and repairs.

I learnt to row in Canberra on Lake Burley Griffin and was amazed, when joining NSRC, at the number of craft on the river, so fully understand the importance of the phrase 'keep a good lookout at all times'!

During my non-rowing hours I'm occupied by two fine teenagers, being the office manager for my husband's business and spending as much time as possible out of doors.

Charlotte Tanner, Hon. Secretary



As the (relatively) newly appointed Secretary of NSRC, little did I realise I would have to contribute to the club newsletter.

So a little bit about myself. My working life has a background in theatre production and live TV floor managing here in Sydney, Adelaide where I was born and raised and in the UK. I am currently employed by the Australian Film TV & Radio School as Business Systems Manager.

When not rowing, I train a couple of times a week with Sam Zammit, as well as doing yoga to straighten out all the knots in my body I put in throughout the week with rowing and training. When not doing all of the above, I am either sleeping or discovering the easier side of the world of performing arts as an audience member.

I also enjoy regaling my many siblings (all of six of them) with stories of my rowing regattas and the various ways how not to win a race. The highlight thus far being the time an Indian mina bird built a nest under the bow seat of the *Spencer Grace* just before a race at SIRC.

Sally Macready Head of Roseville Rowing

We welcome Sally to NSRC as the new Head of Rowing for Roseville College. Here's some background about her.

Firstly I would like to introduce myself. I am the new Head of Rowing at Roseville College. The position has changed from previous Heads of Rowing as I am also teaching PDHPE at Roseville College. I am very excited to be involved in a school as wonderful as Roseville and a Club that has already made me feel extremely welcome.

A little bit about my history. I began rowing at Leichhardt Rowing Club with Pymble Ladies' College and competed in their Year 9 and 10 quads before stroking the 1st VIII to victory at the National Championships in 2000. After school I briefly rowed at the University of New South Wales before moving to Sydney University where I rowed in numerous regattas and represented NSW and Australia at the World University Games.

Ready for a change I gave up the early mornings and rowed surf boats for Bilgola winning State, National and World Championships. Seeking a challenge I chose to embark on an expedition from New Zealand to Australia which was successful after 31 days at sea rowing two hours on two hours off at the end of 2007.

As a coach I have worked with programs at Pymble Ladies' College, Loreto Normanhurst and Shore. I hope to use my experience to improve Roseville Rowing and to teach the girls about a unique sport that I am very passionate about.

My goals for Roseville Rowing are to increase the numbers and give each individual an opportunity to learn the life lessons that only rowing can offer.

We currently have nine quads and a double in our squad. Our coaches Dan Backhouse, Sarah Pound, Tahni Blessington, Stephanie Gardner, Lauren Alderson, Grace Mellowship and Michael Foster worked hard to improve the girls' abilities to have them ready to race at our first regatta on the 14th November at SIRC.

Roseville College is holding their regatta at Rodd Point on the 28th November from 8.00 to midday. We would love to see any of you there cheering on the sideline.

I look forward to meeting each of you and working with North Shore Rowing Club.

"...Reflect on your experiences and accomplishments. Remember the dedication, the pain, the jubilation, the camaraderie -- your family. Remember the feel of the oar in your hand, the swing, the perfect catch, the pull, the drive and the run of the boat beneath you. But most importantly, never forget that the glory is not in you or any individual. Instead, remember that the glory is always in the team." -- **Joe Blasko, Novice Coach, Saint Ignatius HS (Cleveland) 1996-97.**

Sally Macready, Head of Rowing, Roseville College

BOAT COMMITTEE NEWS

Despite the doomsayers, the World Masters Games regatta organised by Rowing NSW was a fantastic piece of 'pint into a quart pot' management. For the non-imperial amongst us it means they got a lot of races into a very small number of hours and days! As a club we had a similar exercise. And, with thanks to Roseville for their kind co-operation in allowing us to borrow their trailer and two coxed fours, we nearly emptied the shed as we squeezed twenty-one boats and endless sets of oars and other equipment onto the trailers and stationed them at SIRC for the 122 North Shore crews that had entered races. It was pleasing to see at The World's End BBQ on 14th October a few members wearing their medals from the Games.

The 2009/2010 season is now upon us, so competitive members need to think about their crews and training days and which boats they might wish to train in. The Bookings Board had been wiped clean of previous bookings so please follow the procedure if you wish to book a boat and remember this also applies to the Coaching Boats.

For crews who wish to enter upcoming regattas please check out the regatta entry procedure which is on the NSRC website, click on 'About' then 'membership booklet' for all the information. Entries should be emailed to the regatta secretary on nsrcregatts@gmail.com.

And a reminder as boats are beginning to be used more heavily, please note any damage and wear/tear on the white board on the veranda. Please don't use the daily log, as has started to happen recently. That is not checked but the board is.

And of course if it's something that you can fix and you feel competent, please do so. If we all share the work load around the shed then it reduces the work load on the few.
Boat Committee

Welcome to new members

Julie Caldwell
Makki Takken
James Chapman
Dennis O'Brien

Now for something completely POINTLESS!

After brilliant management from Tamsin and Jacqui they finally realised how pointless the whole thing is and have handed it over to Norma and Mike Perry.

The goal is to get from the wires to the club in time for breakfast - no other point really. The dates for this season are the last Sunday in December, January, February, April and June:

December 27, 2009	April 25, 2010
January 31, 2010	June 27, 2010
February 28, 2010	

Further details will be provided once we make them up. Apart from competitors we will of course need some marshals so volunteers would be appreciated.

Mike & Norma Perry
nsrc.pointless.exercise@gmail.com

REBEL SPORT 20% OFF DAY

3rd of December 2009 is 20% off day

Go to any Rebel Sport store and say you are a member of NSRC. I believe the way this works is that you get 20% off and we get 5% of the value credited to the club. We use this to buy sporting stuff for the club. Very useful!

Note: we are registered with Chatswood, but you can go to any Rebel Sport. But sometimes in other stores you have to insist!!

From Seta Rowing Club, Japan

Following is an excerpt from Seta's newsletter which has been kindly translated for us by Tomo Fukuda, one of our current members.

5 members from our club participated in World Masters Games in Sydney from 07 Oct till 18 Oct. Actual rowing was planned from 10 Oct till 14 Oct but due to the strong wind, 1.5 days of the Masters was canceled and could not participate in some games. However, we enjoyed rowing together with members from NSRC, our sister rowing club and organized combined crews from both clubs. I will report some impressions and the results of the Masters.

Mr. Furukawa

We could not make this long distance trip to participate in the Masters happen without NSRC's support. I would like to appreciate to NSRC members and Mr. Kobayashi who introduced NSRC to us. Furthermore, I was able to learn the rowing technique outside of Japan & the Masters. I'm confident that this experience will be an opportunity for Seta Rowing Club to evolve.

Mr. Adachi

I'm not happy about my result of the Master but at the same time it was joyful that I was able to row on the former Olympic course. The world standard for my age category

is actually high but I'll do my best until I gain a medal which I'm aiming for eventually.

Ms. Sasaki

We appreciate NSRC's members support in Sydney. I was happy that I rowed the previous Olympic course. It was my first experience of buoyed course and it was really scary, as there are buoys in every 10 meters. I was surprised that there were many energetic seniors in the world.

Ms. Yamaguchi

It was my first time that I took part in the game on the double scull, as Ms. Sasaki invited me to do so. I enjoyed rowing the beautiful Australian course. Even though we were the last in the race, I was content for my participation.

Mr. Shimomura

It was bad result in a race in a single scull as I was nervous but we were able to get silver medals as the mixed team with NSRC members. This participation of the Master will be my life long great memory.