



# Easy Oar

Newsletter of the Leichhardt Rowing Club  
Issue 36  
January-March 2013



## Celebrating the Christening of Three New Eights Named for LRC's Past Captains



On Sunday, 10 February, Leichhardt Rowing Club recognised the contributions of our past Club Captains and celebrated the acquisition of three new eights, named the Tim Clare, the David Bodell and the Michael Bath. Speaking at the

Christening ceremony, LRC President Charles Bartlett said that it had long been an aim of the Club to have eights named after our past Captains, in appreciation of their significant contribution to the Club over the years.



Tim Clare, David Bodell and Michael Bath christened the eights by cracking bottles of champagne slung from a tripod of oars (and covered in cloth to prevent broken glass on the pontoon). Enjoy rowing the new boats!

**LEICHHARDT ROWING CLUB INC.**

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# PRESIDENT'S BLOG



I am delighted by the enthusiasm demonstrated by many members about the changes taking place around the Club. I am hoping this enthusiasm will be contagious and quick to catch on with everyone in a way that sees Leichhardt become a force to be reckon with on the water. This was my clear intent conveyed to the membership in my first article for Easy Oar after becoming President.

I believe we are making progress, and your Committee is by and large working hard to create a clear demonstration that Leichhardt Rowing Club is on a new course. I am pleased to say that many members have been only too pleased to play a part in assisting the Committee when asked to lend a hand to help deliver these changes. I welcome your continued help and assistance.

The changes are of course designed to improve the way the Club operates and also to make accessing and using Club equipment easier for all members and safer for the equipment itself. Your Committee's aim is to promote the correct storage of all equipment so that it is absolutely obvious to all members how the shed should look and be maintained. If we achieve that it is our hope all members will quite naturally accept personal responsibility for playing a part in keeping it that way.

Whilst we have bought a number of new boats over the last 4 months, we still have a great deal of work to do to get our older boats in the fleet into serviceable condition. The condition of some of our fleet remains a concern to me, particularly the damage and breakages to boats that is occurring as a result of actions that with greater care could be avoided. It is also distressing to witness boats and oars being put away after a row without proper washing down.

To help reduce unnecessary damage to equipment, I ask all members to treat the Club's equipment as if it was your own property. Because in effect it is! Your membership fees reflect the cost of maintaining our fleet. The more wear and tear and damage caused to our boats and equipment during each row through negligent handling has a direct impact on how much we have to fund-raise for repairs. Membership fees are one of the ways we raise funds, so higher maintenance costs mean higher fees.

So what can you do as a member of Leichhardt Rowing Club to keep fees down next season? Answer – LOOK AFTER YOUR EQUIPMENT AND HELP OTHERS TO DO THE SAME.

We will be planning another maintenance day shortly and will be aiming to have several more over winter in order to improve the serviceability of all boats. Please make sure you are able to attend these days as not only is it an opportunity to help but also a chance to learn about the equipment and understand how it should operate if maintained. With that knowledge you will be better placed to see problems when they arise during your normal rowing activity and assist you to take preventative action.

As many members will appreciate, there is much to do to keep the Club operating effectively and efficiently. Your Committee has taken on that responsibility but it would be fantastic to have more members stepping forward offering a skill which assists us to improve our fund raising or general operations. I ask all members who have an idea or initiative that they would like to see happen about the Club please see any Committee member to discuss how you can help. I can assure all members that your Committee needs help to maintain the current momentum and ensure we continue to improve the value of being a Leichhardt member.

There are still many things to roll out over the next few months, including a new website, a new constitution, a winter programme for new recruits, Learn to Row and our various fund raising activities. With so much planned I can assure all members that there is something for everyone to get involved with including the Trivia night and Corporate regatta. I look forward to all members working to make these many activities a success. After all, their success determines whether we buy those new boats for next season or not.

Between now and the next Easy Oar, many of our members will be competing at the Trickett Regatta and the National and State Masters Championships. I trust those of you competing are well prepared and will race successfully as representatives of Leichhardt Rowing Club.

***Charles Bartlett***  
***President***

# CAPTAIN'S LOG

## Rowing Etiquette

With the number of boats on the water every morning, everyone needs to be aware and practice safe boating habits. This includes tinnie drivers as well.

- Rule 1. Any boat coming up from behind has right of way, move to bow side to let them pass.
- Rule 2. If you want to or need to stop midway down the course then pull to one side and watch out for boats coming up behind you. Do not just expect them to see you and row around.
- Rule 3. If you can't obey rule 2 then make sure you call out if a boat is coming towards you. Always avoid collisions.
- Rule 4. Row around the outside (land side) of the yellow marker buoys near UTS rowing shed.
- Rule 5. Keep to the right hand side of the river you are rowing along i.e. Land on your bow side.
- Rule 6. If driving a tinnie, watch your wash. Reduce speed or go wide when passing other boats. Do not speed into the pontoon as this causes waves which make the boats bounce up and down against the pontoon.

## Learn To Row

Our next Learn To Row will be held in May, with the first session on Sunday, 5 May. Information is on the website and a form will be on the website shortly for applicants to register online. We will be accepting 18 Juniors and 18 Seniors for Learn to Row. At this stage, we plan to offer only half the Juniors on-going membership should they be interested in joining the Club. Seniors will be able to join the socials or squads if positions exist. If you are interested in helping to coach one of the Quads or Eights please send me an email.

## Trivia Night – Who Am I?? - Saturday 20 July

On Saturday 20 July we will be holding our next Trivia Night. The theme will be "Who Am I". Come as an international person of mystery, famous character or identity, movie actor, historical figure, or yourself. Prizes for most recognised 3 identities (not including coming as yourself). Games and quizzes on the "Who Am I" theme. It will be the biggest and best event we have ever held at LRC, as a fund raiser for new equipment, with Silent Auction, guest speaker and much more. Set the

date aside and bring your non-rowing friends and family, all welcome. Tickets on sale from 1<sup>st</sup> May.

**Volunteers Needed:-** please email to [captain@lrc.com.au](mailto:captain@lrc.com.au) if you are able to help. This is your chance to contribute and make a difference to your club.

**Roles include selling tickets as well as:**

**Decorations – 2 volunteers**

**Trivia Format – 2 volunteers**

**Catering – 2 volunteers**

**Gathering Prizes – 2 volunteers**

**Chairman – Steven Duff**

## Club Layout

As a result of the maintenance day we held on Sunday 10<sup>th</sup> March, the Club is taking on a more structured state. You will notice over the next few months further additions to make the Club more organised. New oar and rigger racks are on the way (paid for by our fund raising ventures). Janine & Sandy are helping me to label everything. Every boat, rigger and oar will end up off the floor in its own labelled spot. A full map of all the equipment downstairs will be laminated and posted downstairs and upstairs outside the office. This will include all the Pymble gear. Members will be able to search the map for the part they are looking for. It is also to be used for newer members to replace things in the correct spot, especially after returning from an away regatta. While we are on the topic, the Handicapped Toilets are now clean and void of rubbish. They are to stay this way. NEVER store anything in there, otherwise I will throw it out.

## New Boats

The next two of our boat acquisitions have arrived— two quad/fours. The new pair/double is apparently about 2 weeks away. Thanks to the funds donated and raised at our functions, we are able to continue updating our fleet. It's great to see the work we all put in turning into real assets.

These boats are immediately available at regattas for us to achieve better results. That's 6 new boats

into the shed in under 4 months.



# CAPTAIN'S LOG (continued)

## Next Fund Raising Project

My next target for our fund raising is to purchase all the new racks for our riggers and oars, so that everything is off the floor. Each of those red holders costs about \$450. To store everything properly we will need about \$5,000. A RED Thermometer inside the Office Window showing our progress towards full reimbursement for their purchase.

## Premiership Points

On 20/12/12 we were 8<sup>th</sup> on the Club Point Score Ladder (you can see our progress on the NSW Rowing web site in the top right hand corner of the front page). Since then we have rocketed up the chart into 3<sup>rd</sup> place. With good performances in the remaining regattas we may be able to catch the second place runner, St George. They would have to be the most improved club in the competition at the moment. Well done to their committee and rowers.

## Big Thanks

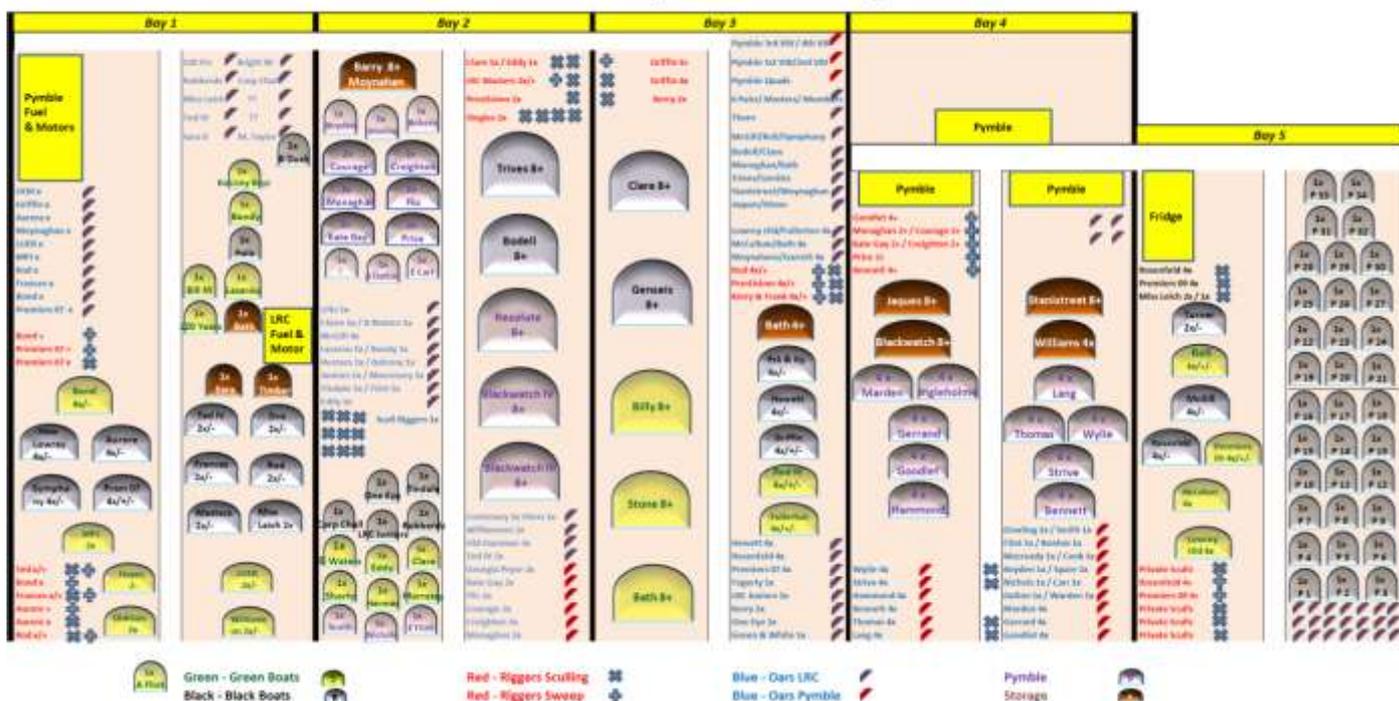
To Nancy Wahlquist for providing clean folded cloths for us to clean the boats each morning. Well done Nancy, everyone has commented. And to Margaret Bailey for single handedly refilling our tinnie fuel for over 2 months while we have been waiting to get a fuel card to Henry, our maintenance assistant. And, for organising the milkman to deliver fresh produce to the shed.

**Captain Blood  
aka Steven Duff,  
Club Captain**



Leichhardt & Pymble Ladies College Fleet

11/03/2013



## DIARY DATES

- Sunday 7 April: Drummoyne Masters Iron Cove
- Tuesday 9 April: Juniors end of season dinner
- 13-14 April: Edward Trickett Grade Championships
- 25-28 April: Australian Masters Championships, Lake Burley Griffin, Canberra
- Sat 4 May: Iron Cove Masters
- Sat/Sun 11-12 May: NSW State Masters Championships
- Sat 25 May: LRC Presentation Night
- Sat 20 July: LRC Trivia Night

# CLUB CHAT

## NEW MEMBERS

Welcome to the many new members who have joined LRC in the first few months of this year.



***Henry Cranney***  
Dave Hogan's Squad  
Henry is also working part time as our Maintenance Man on the boats.



***Marguerite Pain***  
Anne Parbury's Squad



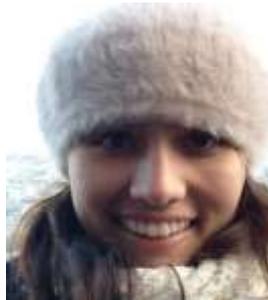
***Laura Fisher***  
Juniors Coach J2 and J3 Girls  
Experienced rower, coach and administrator



***Anne-Kristen Kahra***  
Jane Hutchison's Squad



***Arthur Simpson***  
Dave Hogan's Squad



***Anne-Marie Gruber***  
Jane Hutchison's Squad



***Peter Madden***  
Guy Elron's Squad



***Meredith Storey***  
Jane Hutchison's Squad



***Thomas Demos***  
Social A to start (Wade)



***Kate Anstee***  
J1 Junior Girls



***Robert Lieberman***  
Guy's & Rex's Squads



***Eric Moore***  
Associate Social Rower (to begin)  
Charles Bezzina's Squad



***Tina Huynh***  
Jane Hutchison's Squad

# CLUB CHAT

## NEW MEMBERS (continued)



**Genah Fabian**  
Jane Hutchison's Squad  
and Frank Thorn's Squad



**Gene Phillips**  
Sunday Socials Squad



**Guy Watson**  
Matt Duly Socials Squad



**Alex Farkesh**  
Tim Tindale's Squad



**Debbie Chun**  
Ross Tout's Squad



**Emma Matteson**  
Juniors



Welcome to Sancta Sophia College, Sydney University, who will be training and racing out of LRC for a few months in preparation for the Sydney Uni Inter-College Regatta.

# CLUB CHAT

## SANTA'S SPRINTS

It seems like a long time ago now, but Santa's Sprints at the Opera House on Christmas Day is a tradition we couldn't ignore. Some photos of the hardy few who turned up to row in very un-summery conditions.



The 8+ crew (above) and the quad and 8+ (below)



Thanks to Steve Jaques for organising and tinny driving, to Stuart for support and to Angela's brother Michael for the photos. Put it in the diary for next year—it's a great way to start Christmas Day.

## CONGRATULATIONS

Love is in the air at LRC this month! Congratulations and Good Luck to Kat Collings, who got married at the end of March, and Jess Black who will be tying the knot in April. And Congratulations to Daniela Borgert and Steve Sherry who announced their engagement in February. We wish all our happy couples a wonderful future together.



*On the morning of Kat's Hen's Night, the women's masters 8+ had a "Hen's Row" with flowers in their hair and, of course, the traditional veil for the bride. The Club Captain very kindly subbed into 5 seat for the event.*

## NSW STATE REPS

Congratulations to the Leichhardt rowers selected to represent NSW in the Interstate events at the Australian Masters Championships to be held in Canberra in late April 2013:

Dan O'Callaghan—MM8+  
Sandra Rourke—WM4x  
Angela Conry— WM8+  
Caroline Vernon—WM8+  
Dianne Williams—WM8+  
Virginia van Ewyk—WM8+ (reserve)

***Good luck racing at the Australian Masters Championships***

# CLUB CHAT

## SAFETY ON THE WATER

It's dark, it's busy and it's potentially dangerous—for you and LRC's boats! So please follow some basic rules of the water and make sure you have two lights per boat (singles as well), with working batteries so you can be seen.

On the water, it's important to abide by generally-accepted rules to avoid accidents:

- Keep the shore close to your left so you travel around shared water in a counter-clockwise rotation
- Give way to faster rowing boats. If being overtaken, move to the left—towards the shore—to allow faster boats to pass. If overtaking, move towards the middle
- Coxed boats give way to uncoxed boats
- Boats travelling in opposite directions pass stroke side to stroke side
- If a collision is imminent, call out
- Rowing boats give way to sailing boats
- Lights must be carried before dawn or after dusk

*Rowing Australia, Rowing Coach Level 1 Manual, 2007*

Also a reminder to all coaches or people out in tinnies: As from 1 November 2010, NSW Maritime requirements for the use of lifejackets on recreational vessels on all NSW navigable waters were strengthened. The key change is that when coaching alone or at night (even if not alone) all rowing coaches must wear lifejackets when coaching from vessels / tinnies less than 4.8m in length.

On all boats less than 4.8m (unless specified below)	• All occupants on enclosed waters when: <ul style="list-style-type: none"><li>• Boating at night</li><li>• Boating alone</li></ul>
	• At all times on open waters
	• At all times if the vessel is being used more than 400m from the shore to transport persons or goods between the shore and a vessel, or between vessels.
	• At all times on alpine waters: <ul style="list-style-type: none"><li>• If wearing waders</li></ul>

For further information go to: [http://www.maritime.nsw.gov.au/wh/lifejacket\\_reforms\\_faqs.html#15](http://www.maritime.nsw.gov.au/wh/lifejacket_reforms_faqs.html#15)

Lights can be purchased for \$55 each from [virginia@vanewyk.com.au](mailto:virginia@vanewyk.com.au) or 0402 980 773

## BRAVING THE SHAVE



Junior Captain Dimitri Kastanias took the plunge and shaved his head (or rather Charlotte Hulme did!) to raise funds in support of the Leukemia Foundation's World's Greatest Shave. As part of the Fort Street High School team Braving the Shave—Year 12 2013, Dimitri raised well over his target of \$100, with funds still coming in. Along with fellow Fort St student Sam Baylis-Jones, the team has raised close to its target of \$750. If you'd like to donate, please talk to Dimitri or Sam.

## IN MEMORIAM

### Vale Ray Jones

Ray Jones, a past member of LRC and a member and past Vice Captain of Shoalhaven Rowing Club, passed away in late January after a long struggle with throat cancer. He was in his early eighties. Ray was a champion lightweight rower at Leichhardt in the 1950's, with his crews featured in photos at the Club. Ray moved to the Shoalhaven many years ago but retained his links with Leichhardt, attending many of the LUER reunions particularly over the last 10 years and using his great river knowledge coxing many LRC masters eights crews in the Head of the Shoalhaven regattas. His passing is a sad time for many older LRC and masters members and he will be greatly missed both in Shoalhaven and in the rowing community as a whole.

# TECHNICAL TALK

*In January, Leichhardt Rowing Club was delighted to welcome Australian Olympic, World Championship and NSW Kings Cup cox Toby Lister to host a coxing seminar. The seminar attracted great attendance from member of all ages seeking to hone their coxing skills. Many thanks to Toby for his insights on the day and for kindly prepared this article as a follow-up to the seminar.*



On Saturday 12 January, I had the opportunity to present to a large variety of athletes, coxswains and coaches at LRC. The seminar was geared towards coxswain development, though it was exciting to see the turn out and the interest on something that gets very easily overlooked here in Australia....well not any more.

Coxswains are a dying breed but one that is still so vital, particularly in an 8+. We don't only steer the boat & yell, we need to be tactical, technical and motivational when needed. A good coxswain can't win you a race (because we aren't rowing) but we can definitely lose one when not confident in our craft. I'm very passionate about changing this and providing avenues and resources that are needed to make a difference, that is why I do seminars, clinics with young novice coxswains and why I'm moving all of my resources online!

The important points that I aimed to get across to a very well behaved audience is that our job doesn't stop when the pieces or paddling finish, manoeuvring and parking are as important if not more so, because they can be at times the most venerable when in a trafficable environment. Safety is the number 1 factor that isn't negotiable when steering such a big vessel. Young and inexperienced athletes need to stay calm & think clearly.

I was asked on a number of occasions how I make calls and when. The answer is very simple.

Rowing is a rhythm sport and tone and volume should be in sync with the flow and movement of the boat. Soft and sharp calls should be made during training and assertive and certain calls during racing (sometimes the same in training if you've got a 'know it all crew'). Always listen, take feedback on board and make your own decision!

Coxing is a skill that takes time to learn, because at any one time there are situations when a number of tasks need to be managed. It took me a long time to get my head around it effectively and I'm still learning. Like rowing we need to improve, self assess and keep an open mind.

Rowers, coxswains and coaches enjoy watching, listening and reading about all things rowing. I realised the pathways for maturing and developing were limited (especially for coxswains) and I've decided to help this maturing. TLRowing was created to 'foster the development of rowing' at all ages and levels, starting from simple technique and biomechanical movements of the body, TLR is providing the opportunity for individuals to understand and develop in their own home.

Jump on our website, join our One Month Free Trial and enjoy our library of videos and resources that will enable you to be "On track to the top".

Toby



[www.tlrowing.com](http://www.tlrowing.com)

[www.facebook.com/tobylisterrowing](https://www.facebook.com/tobylisterrowing)

## **Toby's Top 5 Most Important Points of Coxing:**

- Safety (knowing what's around you)
- Steering
- Rhythm with the boat calls
- Motivation
- Clarity & calmness in the calls

# TECHNICAL TALK

## Outboard Motor Issues?

The outboard motors owned and operated by LRC are highly reliable and robust units. These motors have been developed by Yamaha to withstand conditions much more demanding than the daily three hours of light duty they encounter at LRC. However, to perform as they were designed they must be well maintained and used correctly.

The outboard motors are quite well maintained, with regular servicing carried out by specialist mechanics. So why are the outboard motors a continuing source of problems and complaints? Unfortunately the majority of issues members encounter with LRC outboard motors fall squarely in the category of Operator Error.

These are the most common reasons for problems:

- 1) **Too Much Fuel.** When priming the motor, the bulb should be pumped only up to the point where there is a sudden increase in resistance. Any additional pumping will flood the carburettor. If the engine is flooded, it won't start easily or run smoothly when (and if) it does eventually start. If the engine is flooded, you must close the choke, open the throttle and keep cranking. Once started, run the motor in neutral till it becomes smooth and stops producing excess smoke.
- 2) **Insufficient Fuel.** The motor requires fuel to run—we all know that. Even if the tank appears to have a little bit of fuel in it, the rocking motion of the tinny can cause air bubbles to be sucked into the motor. If the motor cuts out repeatedly for no apparent reason while in use, it may be due to a lack of fuel. Consider checking your fuel before you leave the staging next time. Fuel tanks should be at least half full when you leave the pontoon.
- 3) **Incorrect Fuel Mix.** A fuel mixture that is *significantly* different to the manufacturers specifications will cause problems. This should not be an issue at the moment as our Maintenance Man Henry is in charge of ensuring the fuel tanks are kept full. However, problems with the motor may be due to an incorrect fuel mix and can be identified as:

**Too much oil** will blow excessive smoke, is an environmental hazard and will cause the plugs to foul. If the motor is blowing excessive smoke, please advise Henry immediately so he is aware

of the incorrect mixture. If you continue to use the motor and the plugs foul, you'll need a plug spanner and a wire brush to restart it .

**Too little oil** will most likely go unnoticed until the engine overheats and cuts out while in use. If the motor overheats, you must paddle or tow the boat and advise Henry or the Property Master immediately so the motor and fuel mixture can be checked. Do not run a motor that is overheating.

- 4) **Cavitation** occurs when air is sucked under the boat due to external conditions or the throttle is opened fully when the boat is not moving. Cavitation is immediately recognisable as a sudden loss of power in conjunction with a sudden rise in engine speed. If the propeller is cavitating you must back off the throttle.
- 5) **Insufficient Warm-Up Time.** The Yamaha manual recommends a minimum of 3 minutes engine warm-up when it is started from cold. If the engine is still warm, the warm up time can be reduced. Users should check to see if the engine is cold prior to starting and if so, warm up the engine as per the manufacturer's recommendation before putting the motor into gear and moving away from the staging.

### A responsible skipper will check the following prior to starting the motor:

- The Fuel Tank is More Than Half Full.
- The Fuel Hose is securely connected to the Outboard Motor.
- The Throttle is at Idle
- The Motor is in Neutral
- The Engine cut-out switch is attached to the skipper and is inserted
- There are sufficient Life Jackets for all passengers.
- There is an Anchor, Paddle and Bailing Bucket.
- Port, Starboard and Stern Lights are switched on and are working.

### Charles Bezzina Property Master



# REGATTA ROUND-UP

## NSW State Championships



*Celso and Michael row up to the start line.  
Photo courtesy of Anna Cicognani*

12 juniors, two men seniors and three lightweight women seniors raced at the NSW State Championships at SIRC from 15-17 February. Competition was fierce with many entries from interstate and exceptionally fast times across all the junior and senior categories. Congratulations to Kristian Clarke and Dimitri Kastanias who made the semi-finals of the CMU191x; Michael McCrea who raced heats and semis to make the final of the CMU161x and with Celso Milne progressed to the final of the CMU172x. Daniela Borgert and Brigitte Hadley made the finals of the CWEL2x and Adalita Young reached the finals in the CWU161x and the CWU174x+ with Amy O'Reilly, Sophie Hopkins and Charlotte Hulme (cox Xanthe Young).

## Australian Rowing Championships

Eight LRC junior rowers and two lightweight seniors competed at the Australian Rowing Championships during the Sydney International Rowing Regatta at SIRC from 18-24 March. LRC was represented in the woman's open lightweight single sculling event by Brigitte Hadley and Rosa Brown. The U19/ Schoolboys singles were competed by Dimitri Kastanias and James Haig, with Dimitri also competing the U192x with Matthew Madden of Nepean and the U194x with U17 single sculler, Michael McCrea, Austin Hunt (UTS) and Matthew Madden. The U194x rowed well in the repechage to make the final, and James Haig also raced well in the Schoolboy Single repechage to make the semi, and was 5th in the B Final. The U17 girls squad was Adalita Young, (single, double and quad), Sophie Hopkins (double and quad), Charlotte Hulme (quad), Amy O'Reilly (quad) and coxed by Emma Lloyd-George.



*L to R: Adalita Young, Amy O'Reilly, Sophie Hopkins, Dimitri Kastanias, Emma Lloyd-George, Brigitte Hadley, Rosa Brown, Michael McCrea, Charlotte Hulme (front)*

All rowed with great enthusiasm and every rower achieved a personal best. A gallant effort by them all, as well as Frank Thorn who was at SIRC 9 days in a row, on the bike beside every race! And thank you to the very supportive parents, Pete Hopkins for trailer driving and to all our juniors coaches.

Congratulations also to Emma Thomas, our previous junior vice-captain who won a bronze medal in the U21 lightweight single and silver in the U23 lightweight quad with Sydney University Womens RC, and to Kristian Bodell who won gold in the Club Men's Coxless Four with UTS.

## NSW School Girl Head of the River



*Imogen Gainsford, Emma Lloyd-George, Amy O'Reilly, Sophie Hopkins, Charlotte Hulme, Xanthe Young and Maine-Maryam Monga—representing Burwood Girls High School, St Scolasticas (Sophie) and Rosebank (Maine-Maryam). Photo courtesy of Fiona Gainsford.*

Well done to all the competitors, many of whom are still novice rowers, and to Sophie Hopkins who won bronze in the Schoolgirl Year 10 single scull.