



*Newsletter of the*

## **BURLEY GRIFFIN CANOE CLUB**

Volume 27 Issue 06 January/February 2017

### **Your Committee:**

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- **2017 NSW Marathon Championships, 25<sup>th</sup> February, Here!**
- **41<sup>st</sup> Burley Griffin Bash, 26<sup>th</sup> February – Paddle, help out, Enjoy!**

 **SPORT & RECREATION ACT**

*The ACT Government assists the BGCC through Sport and Recreation ACT*

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## Coming Events:

- Friday 3rd - Sunday 5th February, 2017 – Sprint Grand Prix 2 - SIRC, NSW
- Saturday 4<sup>th</sup> February: Race 1 PNSW Marathon 11 Series: WBCC, Wagga Wagga
- 18-19<sup>th</sup> February, 2017: Canoe Polo: Summer Series, Round 4; Penrith, NSW
- Saturday 11<sup>th</sup> – Sunday 12<sup>th</sup> February – Frank Harrison Races – MMCC, Albury, NSW
- Saturday 25<sup>th</sup> February – NSW Marathon Championships, Singles & Doubles; BGCC; Molonglo Reach
- Sunday 26<sup>th</sup> February – 41<sup>st</sup> Burley Griffin Bash; Molonglo Reach, ACT; 30, 13, 5 and 2 km courses
- Sunday 5<sup>th</sup> - Thursday 9<sup>th</sup> March, 2017 - **Canoe Sprint National Championships** - SIRC, NSW
- Saturday 11<sup>th</sup> – Sunday 12<sup>th</sup> March, 2017: **Australian Marathon Championships**, SIRC, Penrith, NSW
- 11-13<sup>th</sup> March: Canoe Polo: **2017 Australian Canoe Polo Championships**: Nagambie, Victoria
- Sunday 26<sup>th</sup> March, 2017 – Race 2 PNSW Marathon 11 Series: SSCC, Woronora, NSW
- Sunday 9<sup>th</sup> April, 2017 – Race 3 PNSW Marathon 11 Series: CCCC, Wyong, NSW



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## President's Report: Patricia Ashton

Welcome to BGCC 2017, the cool/cold spring has left us with a generally hot and WINDY summer. Love the wind – its great training and as Margi says – character building!

We're keeping our fingers crossed regarding the shed extension. We did have some good news regarding the \$28,000 for the water meter; thankfully we don't have to pay for that now. Grant recipients will be notified early in February. You will hear the cheers if we get it!

The club will be hosting the State Marathon Championships on the 25<sup>th</sup> February. This is open to all paddlers; so if you've not raced before, try it out. Do some training, talk to our coaches – see the list of training times on the website. If this doesn't interest you, what about the Burley Griffin Bash? This is our own race held on Sunday 26<sup>th</sup> Feb. You can choose to paddle the full distance of 30 km, or do the 13 km version. We're able to hold shorter distances too if we have the interest: 3 km, 5 km or 10 km. So let us know if you are keen to take part.

Don't forget the first race of the Marathon series will be held on Saturday 4<sup>th</sup> February, at Wagga. Let's get a club team going – let me or Russell Lutton know if you require transport.

Bob will be asking for volunteers for triathlons – the next one is Saturday 28<sup>th</sup> January. There will be staggered swim starts so there will be a roster; you can have a late start, or paddle from the shed, or get it out of the way early.....it's a good opportunity to both help the club out and to help out another sport. The triathletes do appreciate our assistance.

Thanks again to David Gordon for all the work he's doing on Club boats to keep them on the water. Please remember to take some responsibility for boats if you're using them. Check them for buoyancy, check seats and backrests, remember the rudder – don't sit on the boat unless the rudder is in deep water. If there appears to be something wrong with the boat, try to fix it; if that doesn't work let Scott MacWilliam, the Boat Captain know: via email to <http://www.bgcc.org.au/index.php/contacts/4-committee/20-scott-macwilliam> . If the boat can't be used – put a note in the log in book and on the boat so others don't get it to the water before they realise there is a problem.

Happy paddling,

*Patricia.*



## Coaching at BGCC

### A summer in Margi's Mob: Scott MacWilliam

An important measure of the strength of any sporting club is the availability of coaching relevant to a range of members' needs and abilities. Having joined BGCC at age 69 and having done no more paddling previously than play around on plastic boats, my first assessment was that the club's coaches' time could be better spent on younger, more ambitious and capable bodies. Fortunately, I met knowledgeable and committed people who thought otherwise.

Over winter in 2012, Kieran Lomas began with the rudiments of paddling, with me in a Horizon Flyer I had bought. A degree of cardiac fitness retained from years of running, swimming and playing hockey helped, but I soon learnt that paddling is different. Yep, you can fall in and I did; still do! Fortunately, Kieran has what all good coaches have in spades, patience and tolerance, as well as a willingness to teach people at different skill levels in small numbers. He needed the last when only Lou Merrington and I were his ``group'' for much of one winter.

Subsequently, with Kieran's help and generous advice from numerous club members who have never objected to my requests, I graduated to surf skis, single and double. Established a great friendship with David Abela which led to a successful 2013 Hawkesbury Classic-yep, we fell in during that one! Marathon series races on a single and then double ski, the latter with Tony Mee with whom I also fell in, introduced me to the fabulous sociability of the club. A second Hawkesbury last year met with less success – withdrawing at half-way – but provided just what was needed, ambition unsatisfied.

Hence to Margi's "mob". Gary Rake offered to let me join his "gang" but I lacked the confidence to train with what I assessed to be some of the club's best paddlers. My initial concerns with joining a course over the late spring – summer 2016-2017 conducted by Margi, were similar: I'd mainly seen her paddling with some of the club's best and knew of her by reputation as an international level paddler and coach. Even though some of these other better members had been always encouraging, wouldn't it be best if I continued to learn from watching and asking questions? Fortunately, failure and a move to a faster, better boat, more suited to blokes with small bums than the double ski intervened: when David I took the plunge and joined up for what has turned out to be one of the great experiences of my sporting life.

Margi conducts a systematically developed program, involving incremental changes in levels of skill, fitness and speed. These are based in an initial assessment of paddling abilities and physical capacity. For the first time, I have given blood for scientific evaluation: lactate testing conducted as David and I did successively harder intervals around the club's pontoon, stopping for Margi to take blood samples and see how these efforts were affecting our fatigue. We were found out! Paddling much slower than our capacities - from now on, the coach had evidence that we were/are lazy buggers inclined to slack off. No more sandbagging in training. Again, failure as a stimulus to greater effort, when the driver is someone who knows better than we do.

Margi's "group" contains people of very different levels and each session is tailored to be inclusive as well as demanding. We range from paddlers whose top boat speeds in favourable conditions are under 10km/hr, to others who can race through the choppiest conditions in excess of 13km/hr. (Won't indicate our max in case it is used against us!) Most sessions involve a mix of technique and intervals, though even the latter have the eagle-eye of the coach checking that the increased demands for speed and stamina do not overlook technique improvement, on the water and off. While Margi is very meticulous in explaining why and how, as with all great coaches she also takes feedback from participants in the group.

On one recent shore-based exercise about leg drive I could not grasp what was required even as Margi repeated points patiently. Seeing our difficulty, Margi asked Randall Fitzsimon – one of the fastest paddlers in the group - to explain what was required in other terms. Subsequently I spent a very sleep-interrupted night practising leg drive in my bed: LOCK IT IN will be forever associated not with a TV quiz programme but a session under the trees at Molonglo Reach. Now I come back from paddling leg-weary, which has not happened previously.

Most of the group paddle single boats, ranging from club TKs through Horizon Flyers, SLRs to K1s. David and I are the only doubles pairing, which of course puts most other participants at an advantage over short-distance interval work. However, as the distances lengthen we are getting closer to some of their top speeds. This however has its downside, as one of the important features of Margi's programme is to up the speed expected: Goal Plus has become a key feature of the schedules as the summer wears on. Games continue to be played however: short-cutting, sand-bagging, crowding of other paddlers, false starts, you name it but I of course cannot indicate the recalcitrants. Single file, with the last paddler(s) required to go to the front and so on, from the Boat House to the islands is a lot of fun as well as excellent for learning to ride in the wash created by a number of boats.

In short, hopefully Margi will offer a similar course again next spring and summer. If so, and you are hesitating joining like I did, PLEASE DON'T. On a personal level, I have found her exceedingly generous with time, wisdom and even praise. Her course is perfectly tailored to a wide range of abilities and expectations. BGCC is greatly favoured having Margi Bohm as a major contributor to a developing coaching program.

## Coaches Corner: Margi Böhm

The coaching staff has been very active over the break with large numbers of paddlers on the water in the mornings and afternoons. Parking is starting to become a problem! This is really good to see. Please take a moment to thank your coach as they put long hours in to help you. The *TrainSmart* group that I have been coaching for the last 5 weeks has made good progress with everyone who has participated regularly, showing a clear improvement in their threshold boat speed. This is very pleasing as we have spent most of our time until recently getting technique right. *Well Done* everyone. I know that you have been working hard.

I am away until 3<sup>rd</sup> February so there will be no club technique training sessions until the week of 5<sup>th</sup> February. These sessions are open to all club members and occur on Thursdays at 5:30 p.m. and Saturdays at 9 a.m. The idea is for BGCC to have the greatest depth of all PNSW clubs in terms of efficient, injury free paddlers and a bonus is that you will get to go faster.

Please see the website for Kiaran and Gary's session times.

I hope to see many BGCC boats on the water at the first winter series race in Wagga Wagga. I think it is time for us to win that trophy back again!

A message from the cats, "was that a floater or a kayak?"



*Margi*

## Flatwater Marathon Convener's Report: Russell Lutton

It is that sobering time of the New Year, when the celebrations and relaxation of the Christmas holiday period are fast becoming a distant memory and we can no longer ignore considering our paddling challenges for 2017.

And PNSW has certainly presented us with some challenging marathon paddling opportunities this year, with no fewer than 11 races throughout New South Wales, in addition to State Marathon Championships here in Canberra, Nationals at Penrith, the Myall and Hawkesbury Canoe Classics, and our club's marvellous annual marathon event, the Burley Griffin Bash. Simply eye watering!

The great thing about the PNSW marathon series is that it caters for all age groups, boat types and levels of paddlers, with the 12 time-based divisions offering participants race distances from 5 km to 20 km.

So, for any paddler who is starting to get even slightly serious about their paddling, entering an appropriate division in one or more of the races is a great developmental opportunity. Believe me: you will learn more about paddling, on-water skills and yourself in a single race than you will in a month slogging up and down the Molonglo. In addition to being rewarding, it will give your paddling and fitness training great focus. So why not give it a go!

The 2017 marathon racing rules are available on the PNSW website at:

<http://www.paddlensw.org.au/blog/pnsw-marathon-11-series-rules>. They are pretty much the same as last year. Note that to be eligible for prizes a paddler must complete a minimum of seven races during the series and must have completed a minimum of six races in the same division. A maximum of the eight highest scoring races count towards a paddler's/combo's final end of season total point-score.

To encourage participation in the PNSW Canoe Marathon Championships, 46 bonus points will be awarded to paddlers who enter and finish a race in the Championships and can be counted as one of the eight highest scoring races in a paddler's end of season total point-score.

EVENT	DATE	LOCATION
Race 1	Saturday, 4 February	Wagga Wagga (WBCC)
State Marathon Championships	Saturday, 25 February	Canberra (BGCC)
41 <sup>st</sup> Burley Griffin Bash	Sunday, 26 February	Canberra
AC Marathon Championships	Sat/Sun 10-12 March	SIRC, Penrith
Race 2	Sunday, 26 March	Woronora (SSCC)
Race 3	Sunday, 9 April	Wyong (CCCC)
Race 4	Sunday, 30 April	Lane Cove (LCRC)
Race 5	Saturday, 20 May	Windsor (WCC)
Race 6	Saturday, 3 June	Coffs Harbour (Pacifica)
Race 7	Saturday, 24 June	Davistown (BWP)
Race 8	Sunday, 23 July	Narrabeen (MWKC)
Race 9	Saturday, 5 August	Teralba (HVPC)
Race 10	Saturday, 26 August	Grays Point (CSKC)
Myall Classic	Saturday, 16 September	
Race 11 (and presentations)	Saturday, 14 October	Burrill Lake (Makai)
Hawkesbury Canoe Classic	Saturday, 28 October	

While there was no Wagga Wagga race/course information on the PNSW website at the time of preparing this report, WBCC has confirmed that they have an aquatic licence to conduct the first race on the Murrumbidgee River.

## 2017 NSW Canoe Marathon Championships

As many of you will know, PNSW selected BGCC to host the 2017 PNSW Canoe Marathon Championships to be held on Saturday, 25 February. Both single and double boat races will be held on the same day over a shortened 3.75 km loop on our Molonglo River course.

This is a major event on the Australian marathon calendar and for our club to be chosen by PNSW demonstrates their confidence in our ability to host it successfully. However, we need volunteers to do this. Thank you to those who have already offered to help. We need a lot more help. So if you can assist some time during the day, or before to prepare the course, et cetera—even for a short time—please let me know at [rgl4762@bigpond.net.au](mailto:rgl4762@bigpond.net.au) or catch me at the river.

The race information book is available on the PNSW website at <http://www.paddlensw.org.au/blog/paddlensw-state-marathon-championships-0>. All (online only) entries close on Wednesday, 22 February. The timetable for the regatta is below.

08:00 - 09:30 a.m.	registrations open	PNSW marquee
09:30 - 09:45 a.m.	main briefing	PNSW marquee
10:00 a.m.	START – all singles (Selection classes first, followed by recreational classes)	
12:45 p.m.	medal presentations – all singles	
1:30 p.m.	update briefing - doubles	PNSW marquee
1:45 p.m.	START – all doubles	
4:15 p.m.	medal presentations – all doubles	

## BGCC 41<sup>st</sup> Burley Griffin Bash

Our club will conduct its 41<sup>st</sup> Burley Griffin Bash on Sunday, 26 February. How many clubs, let alone canoe/kayak clubs, can boast holding an event for 41 consecutive years? It is an outstanding achievement and one that needs your support. The event distances cater for all paddler levels and age groups. Details as follows:

RACE: Traditional distances - 30 km & 13 km, plus shorter courses for juniors, novices, etc. - class categories

ENTRIES: 7:30 to 8:30 a.m. On-line pre-entries please, at:  
<https://www.registernow.com.au/secure/Register.aspx?E=24266>  
entries also reluctantly taken on the morning

BRIEFING: 8:30 a.m.

START: 9:00 a.m.

COURSES: 30 km – Molonglo Reach, north of Captain Cook Fountain around Springbank & Spinnaker Islands in West Lake, south of Red Buoy at Kingston, Molonglo River to upper turn buoys; Repeat, to Red Buoy at Kingstone then finish at Molonglo Reach, heading east. See map in the Information pages.

13 km – Molonglo Reach, the islands in West Lake & return to Start; finish heading east.

5 km – Loop to Kings Avenue Bridge pylons & back, for Under 14 yrs and Novice paddlers

3 km – Loop on Molonglo River for Under 12 yrs and new paddlers

PRESENTATIONS: At Molonglo Reach, as soon as the last paddlers are off the water. If you need to leave early, see Helen for your certificate and/or prizes.  
Please stay for a barbecue lunch with other BGCC club members!

## 2016-17 Wetspot Summer Time Trial Series

The series recommenced in the new year, on 18 January and will run until 22 March. Thus far, 76 paddlers have participated in the 2016-17 series. Currently only a few points separate the leading paddlers, with Craig Elliott leading the pack and only a few points separating a clutch of other paddlers competing for top spot. Of note are the results being achieved by some of our junior paddlers—for example, Zoe and Charlotte Stimson who are both in the top 10 points (and ahead of their dad!).



**Millie Terracini and Zoe and Charlotte Stimson ready to time-trial**

Photo: Carolyn Williams

The series is a great incubator for all levels of paddlers in our club. So come along and give it a go, over one to three laps of our Molonglo course – and enjoy the post-time trial barbeque!

As always, the series wouldn't be possible without Wetspot's support and the help of our volunteer timekeepers, barbequers and behind-the-scenes assistants. Thank you all, but particularly to Tony Mee, who so often and reliably does the timekeeping; Carolyn Williams, who prepares the results for publication; and Geoff Collett, who always publishes the updated results each week so promptly on the club website.

*Russell Lutton*

**Another day, another new boat for Ben Rake**



## **PNSW 2017 Marathon Series and NSW State Marathon Championships: Gary Rake**

The first race is on 4 February in Wagga. This is usually a good point scoring race for BGCC paddlers. Get your season off to a great start! Registration is via the PNSW website.

The PNSW Marathon State Championships will be on our home course on 25 February. There are 46 marathon series points available for everyone who finishes the race (regardless of class or place). There will be age classes for ICF boats (K1, K2, C1, C2) as well as non-ICF boats (skis, long rec. etc.) This is a great chance to race on familiar water.

For those racing in the ICF classes, it would be worth reading up on the latest rule changes...**including a new 30sec time penalty for throwing drink bags in the water! This will apply at state and national championships.**

<http://www.canoesa.org.za/wp-content/uploads/2013/02/Jan-2017-ICF-Marathon-Newsletter.pdf>

*Gary*

### **From Jeremy Dunn: Australian Canoeing; Marathon.**

Great news!!!

The entries for the **2017 Oceania and Australian Canoe Marathon Championships** will be opening very soon through [www.regattas.canoe.org.au](http://www.regattas.canoe.org.au)

**Early bird entries will close on 24 February 2017 - save \$30 by getting in early.**

Even better news the entry fees will not be increasing.

Merchandise will be available to order - look out for the link.

And from Facebook; 26/1/2017:

**Jeremy Dunn** Whether SIRC is in or out of NSW Maritime jurisdiction, the organisers and ultimately the Competition Committee through risk management assessment make the call on the wearing of life jackets.

**Tony Hystek** I should correct my earlier comment to: lifejackets are not 'Compulsory' at SIRC.

**Brett Greenwood** 22/1/2017

NO WEED !!!! This weekend I was out at the SIRC Penrith for the NSW Sprint Championships and I did not see a single piece of weed. This included the back lake and the small shoot that joins the 2 lakes together. Yep weed has been a big problem at this venue and we have all bitched about it for a long time, but for now it is gone. So if WEED was the reason you gave your mates for not coming to the 2017 Marathon Nationals, then find a new one or see you there.

### **Bob Turner to PaddleNSW - Marathon**

PNSW Marathon State Championships will be held in Canberra (Molonglo Reach) hosted by Burley Griffin Canoe Club, on Saturday 25<sup>th</sup> February, 2017.

Go to: [http://www.paddlensw.org.au/sites/default/files/articles/2017\\_smc\\_event\\_guide\\_161228.pdf](http://www.paddlensw.org.au/sites/default/files/articles/2017_smc_event_guide_161228.pdf)

Singles races will be held in the morning (expected start time: 10:00 a.m.)

Doubles races will be held in the afternoon (expected start time: 1:45 p.m.)

Entries (On-Line ONLY) will be via the AC Regattas site, opening mid January, closing at midnight on Wednesday 22<sup>nd</sup> February.

Whilst the State Championships have an underlying focus on ICF Class boats, with a further focus on getting a PNSW team together to compete at the AC Marathon National Championships, it is an event which is open to

paddlers of ALL ages and ALL classes of boats, and we encourage ALL paddlers to enter and enjoy the sense of competition.

#### 46 PNSW Marathon Series Bonus Points:

As a further incentive to regular paddlers in the 2017 PNSW Marathon Series, be aware that 46 Bonus Points will be allocated to every Boat Entry, and will be available to be included in your Marathon Series point-score. (this is the equivalent of a 5<sup>th</sup> place finish in your regular Division and could be very useful (or not) come the end of the season)

The Event Guide has been finalised and is published to the AC Regattas and PNSW websites. This has all the details about entries, venue, costs, classes, etc.

And don't forget, the warm-up race for the State Championships is Round 1 of the PNSW Marathon Series, to be held in Wagga on Saturday 4th February.

### **Slalom & Wildwater Reports: Kai Swoboda**

After a wet autumn the local rivers are now bone dry.

Some of the polo juniors have enjoyed the challenge of trying to stay 'clean' negotiating the canoe slalom training gates that have been hung above the river under the bridge immediately upstream of the clubhouse, before and after recent training sessions. The 4 slalom boats and two plastic river boats (a selection of which is below) have now been squeezed in with the polo boats in the BGCC shed.



I hope to have a 'come and try' afternoon for BGCC members on a Saturday afternoon, probably 18<sup>th</sup> February, for members to try out a different style of paddling. This will be confirmed closer to the date.

Some BGCC members will be joining a PaddleNSW/Rivers Canoe Club 'New to whitewater weekend' on 3<sup>rd</sup> & 4<sup>th</sup> March, 2017, which is especially designed for juniors who are experienced flatwater paddlers. The most likely venue for this will be Childowla (although the venue will depend on water availability).

Let me know if you want to be on an email list for information about slalom paddling

*Kai.*

[kaikayak@outlook.com](mailto:kaikayak@outlook.com)

## SUP Convener's Report: Joanna Nelson

There have been a number of events our Capital SUP / BGCC team members have participated in from the end of November and December period. This includes;



- **Merimbula Classic – Game of Foams** with two Canberra teams participating in the relay 'Beach to Bar' and 'Surf BOP' race/s. To further mention Rohan Evans and Jason Randall participating and taking out 8<sup>th</sup> and 10<sup>th</sup> place in the Downwinder event.

*Photo – Rohan Evans and Jason Randall*

- **Cronulla Bay Runner** – BGCC 'Berra boys' Trent Shaw taking out 3<sup>rd</sup> and Rohan Evans 4<sup>th</sup> place amongst a Sydney field of SUP'ers.

*Picture Matthew Scott, Rohan Evans and Trent Shaw.*



- **Sydney International Race** - This event was on all reports 'very challenging' to say the least for all competitors that took part in the 8 km ocean race from Collaroy to Palm Beach. A great effort by Lincoln Gibson, Rohan Evans and Trent Shaw.

*Joanna*



## Canoe Polo Report: Graham Helson

It's been a traditionally quiet period over the Christmas period with members away enjoying time with their families.

Wednesday night games have started and Monday trainings sessions continue.

We have a small contingent travelling to Adelaide over the Australia Day weekend, so good luck there folks. I know Mikey is keen, as the owner of one of 3 new boats delivered last week, to get down there and have a go.

The next major event is round 4 of the summer series in Penrith on the 18<sup>th</sup> and 19<sup>th</sup> of March.

### Upcoming schedule

*Graham*

28 - 29 January	<a href="#">Summer Series - Round 3</a>	Adelaide
18 - 19 February	<a href="#">Summer Series - Round 4</a>	Penrith
11 - 13 March	<a href="#">2017 Australian Canoe Polo Championships</a>	Nagambie
22 - 24 April	<a href="#">Oceania Canoe Polo Championships, New Zealand</a>	New Zealand
28 - 30 April	<a href="#">2017 World Masters Games - Canoe Polo</a>	New Zealand

**Hail Helen:  
Distinguished Long Service Award, Sports NSW,  
New South Wales Sports Awards  
By  
A. Nonymous**

Next month, BGCC stalwart Helen Tongway will be honoured at a dinner held in Sydney by Sports NSW with one of its most prestigious awards. BGCC is deeply honoured too, for Helen is a club stalwart of approximately 26 years, an honorary foundation member who has served and continues to serve in many roles, including as editor of *Blazing Paddles*. (No, Helen did not write this paean either, being far too modest to sing her own praises: instead it is a compendium of testaments from people who have known her for many years.)

Complimenting a long and distinguished service in official capacities, Helen has been a highly successful marathon and ultra-marathon paddler regularly winning her class at both State and National levels. Her reputation as the *Energizer Bunny* who never stops, regardless of the conditions or distance, continues to attract a stable of men of different ages to paddle in doubles with her. As one said, 'Sitting behind her in a race is like taking a master-class in race craft'. Another staunch admirer described completing the Hawkesbury Classic with Helen in these terms: 'I did a Hawkesbury in a Mirage 730 with her in 2008 and she was throwing up by Wiseman's Ferry but never even considered withdrawing. She continued on even though she was still crook for the rest of the race'.

Helen's attention to the technical aspects of paddling is well-known and she has been a regular contributor to introductory and other classes the club conducts for beginners. One skill that Helen has mastered, almost patented as her very own, is the ability to discharge the contents of her stomach on to her paddle during a race, and not miss a stroke. It seems unlikely the inventors of the wing blade had thought of this use when devising the paddle's shape but Helen, multi-skilled as ever, regularly does so in long races to prevent upsetting the balance of the boat by leaning over the side. Clearly a stayer but no bunny as a competitor.

The respect Helen commands throughout the paddling world in Canberra, NSW and Victoria is legendary. Helen is always one of the first to volunteer to assist with local administration and coaching, as well as at State and National events. She views going to races as her holidays, at which she gets to see different places and meet up with old friends.

Even if the numbers from BGCC who are able to attend the ceremony in Sydney are few, we are with you in spirit Helen. Thanks very much for all you have done for us. As the people from the more intelligent parts of Britain who voted against Brexit say: *Lang mae yer lum reek*.

**Plus some Back-History: By A. Nonymous-Too**

Helen Tongway and her family arrived on the Canberra canoeing scene early in 1990.

The move to establish the Burley Griffin Canoe Club was already underway. The people involved in that move unfortunately did not realise the value Helen could contribute to the future of our club.

Maybe a month or even only weeks after Burley Griffin Canoe Club was established, Helen and her family became new members of the new club.

Every year since then in 1990 Helen has made an exceptional contribution to the club as a volunteer, administrator and as an inspirational paddler.

I had always regretted Helen was not included in the original group of foundation members but we overcome that regret in a small way by elevating Helen to honorary foundation member at the club's awards night in 2009. The following year at the awards night, the 20<sup>th</sup> Anniversary of the Burley Griffin Canoe Club, Helen was further elevated to life member.

Now, in 2017 Helen continues as the Burley Griffin Canoe Club 's most valuable member and throughout 27 years of Burley Griffin Canoe Club is now the most consistent volunteer and administrator and paddler with only a few periods off the water due to injuries.

## **Volunteers and Volunteering: Helen Tongway**

Well, I am still blushing after those very kind and flattering words. If I was being unkind I might think that other club members were trying to encourage me into even more volunteering work!

But seriously, I do not volunteer because of any accolades or awards. I do it because I like helping people. Particularly, I like helping people get into canoeing. To enjoy their paddling at whatever level they want to take on our sport, in whichever discipline they choose. Just because I like only long-distance flat-water events doesn't mean that is the only paddling I encourage people into (though I do try to start people off thinking of it!)

As to the club administration – having done various jobs on the committee: Editor, Secretary, President, Secretary, Editor..... and gradually taking on Membership Secretary (so I can chase up all those late payers!) as the job of secretary could not keep up with the increased club membership numbers, I now find it a relatively easy task to do in my retirement from the paid work-force. (note: not Treasurer ☺ )

### **And now for the Big Sell!**

If you take on a volunteering job, you will find that you get as much out of it as you put in. Try it – you could be pleasantly surprised. And your opportunity to volunteer is coming up, very soon.

Any Day: Clean up around the club shed or grounds. Wash the dishes others leave in the sink. Take the wet boat wipe-down towels home and wash them for us.

Weekly: time-keeping for the Wednesday afternoon time trials. If you like having your time taken, recorded, tallied against others, then it is only fair that you take your turn at time-keeping yourself. Followed by the post-paddling club barbecue – helpers always needed. Just let Russell Luton know (he is the worried-looking bloke at the river-bank on Wednesdays). Or, umpiring at the Canoe Polo matches.

Saturday 25<sup>th</sup> February – for the NSW State Marathon Championships (Russell is looking worried about this one too). Many jobs before the races; plus on-the-day jobs. Just ask and we will find you something useful to do. At the portage; safety on the water; checkpoint checkers, Food Stall helpers; and much more!

Sunday 26<sup>th</sup> February – Much the same as the day before, but we are also encouraging you to volunteer to enter the races. There are some nice short ones for all those people new to paddling! Call me: 0418 861 613

And in particular, as I am the Volunteer Coordinator for this event and I need about 36 people for each of the 4x sessions (Saturday and Sunday mornings and afternoons). This is the **2017 Oceania and Australian Canoe Marathon Championships**, on Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> March. If you are travelling to Penrith for this event, either as a competitor or as a family helper/encourager and are willing to spend part of your time there volunteering your time to help make the event run smoothly, then please contact me: 0418 861 613 or [htongway@iinet.net.au](mailto:htongway@iinet.net.au) or [info@bgcc.org.au](mailto:info@bgcc.org.au) Apart from licenced motor boat drivers, most of the jobs require only common sense, plus a bit of patience!



## 2017 Marathon Nationals

### **Volunteers Needed: for 2017 Oceania and Australian Canoe Marathon Championships**

Here is your chance to put something back into the sport you love. We will need 36 people to help run each of the four racing sessions – Saturday morning session, Saturday afternoon session, Sunday morning session and Sunday afternoon session, as well as a few to help on the Friday with Registrations and Merchandise sales.

Session times will be:

**Friday 10th March:** 09:00 a.m. – 12:30 p.m. and 12:30 p.m. – 4:00 p.m.

**Saturday 11<sup>th</sup> March:** 7:00 a.m. – 11:00 a.m. and 10:00 a.m. – 2:00 p.m.

**Sunday 12<sup>th</sup> March:** 7:00 a.m. – 11:00 a.m. and 10:00 a.m. – 2:00 p.m.

The tasks on offer are many and varied, some with specific skills e.g. licenced motor boat drivers (three per session) plus a few for those with Marathon Official qualifications. But most positions are for anyone willing to put in the time – no qualifications specifically required.

**Volunteer Positions include:** Numbers issuing and retrieval; Aligners; Announcer; Raft Marshalls; Finish Line Judges, Timekeepers and Recorder; 7 or 8 Turn officials; 5x Portage officials; 3x safety boats drivers + 3x observers; Post-race boat control; Medal Presentations; etc.!!

**You will receive:** Access to morning and afternoon tea and lunch. You will receive a job description for your role.

Help for however long you are able – just one session or for all 4 sessions.

If you are able to help for any of the time slots (or even all of them!) then please contact me on 0418 861 613 (SMS or voice please – my phone is not smart) or email me at:

[info@bgcc.org.au](mailto:info@bgcc.org.au)

Helen Tongway

Volunteer Coordinator

(You might have met me at the 2015 Aust. Marathon Champs in Canberra.)

## Sprint NATIONAL SPRINT EVENTS

The national event dates have now been confirmed and are available via the calendar on the AC web-site:

<http://canoe.org.au/calendar/>

Dates and locations are as follows:

(Volunteers also needed at these events!)

Friday 3<sup>rd</sup> – Sunday 5<sup>th</sup> February, 2017

Grand Prix 2

SIRC, NSW

Sunday 5<sup>th</sup> – Thursday 9<sup>th</sup> March, 2017

Canoe Sprint National Championships

SIRC, NSW

\* Please note the change in days of competition for Sprint Nationals, now running from Sunday to Thursday.

This will be followed the weekend after by the Marathon Oceania Championships, also at SIRC (11<sup>th</sup> – 12<sup>th</sup> March)

Please enter via [regattas.canoe.org.au](http://regattas.canoe.org.au) using your Australian Canoeing login details.

Cheers,

Asha Venkataya.

[asha@canoe.org.au](mailto:asha@canoe.org.au)

0411 813 757



## Boats for Sale

### Sladecraft Sonic for sale:



5.8m long. 46cm wide. Underslung rudder with foot pedals. Good to excellent condition. Always stored under cover. **\$2000** Or offer. Contact Barry: 0419 603 119

\*\*\*\*\*

### Swap, or For Sale:

V-10 bought in January new. Has been in storage since Anzac Day. Excellent condition. I am Looking to swap for a K1 or sell for \$3400. Phone Nic: 0466 287 898; or email at:

[nicolas.jones96@yahoo.co.uk](mailto:nicolas.jones96@yahoo.co.uk)

*(Small boy not included!)*



## Other Items for Sale

- Latest design BGCC long-sleeved paddling top, Medium size - \$45 (unused)
- Phone Cherie on 0413 605 513

## Club Uniforms for Sale: Get yours for the racing season!



Club Uniforms are available at:

**Wetspot Watersports, Fyshwick.**

**Tops are \$25 each     Shorts \$25 each**

## Latest Australian Canoeing Safety Guidelines

The latest Safety Guidelines are available at:

<http://canoe.org.au/wp-content/uploads/2015/06/Safety-Guidelines-2015.pdf>

## Newsletter Contributions Wanted!



Please send in your contributions – as soon as your paddling happenings happen. That way I have lots of lovely news to publish and don't have to chase you at the last minute!

Phone: 0418 861 613

*Otherwise it will be filled with things like: see left.. Helen.*

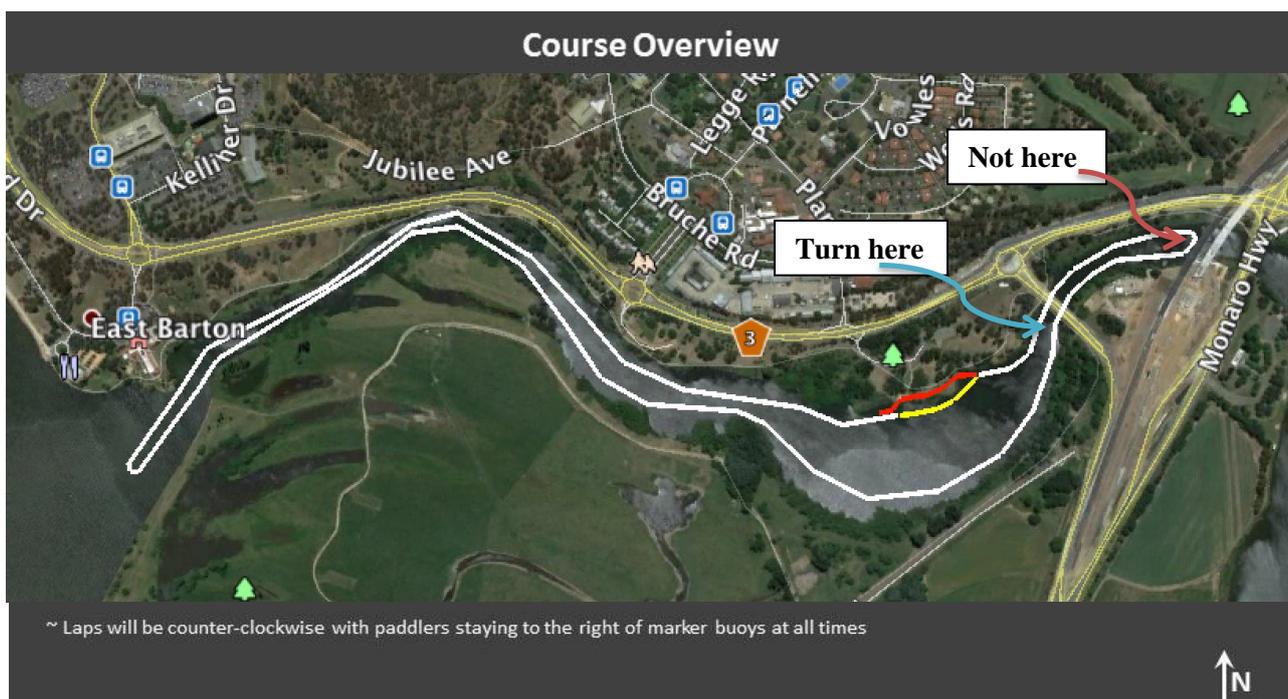
**Allan Newhouse** said there is not much being organised on the South Coast, so instead.....

**Can you spot the difference?**



# 2016 PNSW Canoe Marathon Championships

**DATE:** Saturday 25<sup>th</sup> February 2017  
**RACE:** in Boat, Age and Gender Classes  
**HOST:** Burley Griffin Canoe Club [www.bgcc.org.au](http://www.bgcc.org.au)  
**LOCATION:** Molonglo Reach, Morshead Drive (opposite Duntroon)\*  
**ENTRIES:** On-line: <https://www.regattas.canoe.org.au> Junior, Open + 5 yr age classes  
**Close on:** Wednesday 22<sup>nd</sup> February NO ENTRIES ON THE DAY  
**REGISTRATION:** 8:00 – 9:30 a.m. PNSW Marquee  
**BRIEFING:** 9:30 – 9:45 a.m. PNSW Marquee  
**START:** 10:00 a.m. All Singles: Selection classes; then Rec. Classes  
**MEDAL PRESENTATIONS:** 12:45 p.m.  
**BRIEFING:** 1:30 p.m. PNSW Marquee  
**START:** 1:45 p.m. All Doubles: Selection classes; then Rec. Classes  
**MEDAL PRESENTATIONS:** 4:15 p.m.  
**COURSES:** **3.75 km laps**; Molonglo Reach/Molonglo River



**CONTACTS:** Gary Rake [rakedover@gmail.com](mailto:rakedover@gmail.com) 0419 139 648  
Bob Turner [bobturner@optusnet.com.au](mailto:bobturner@optusnet.com.au)

\* \* Paddlers and visitors should note that extensive roadworks on Morshead Drive have now been completed and we have a new way of gaining access to Molonglo Reach. If you are travelling from Canberra City towards the airport, it is necessary to travel an extra 300m to the traffic lights, where U turns are permitted. Make sure you are in the **left lane**, U turn and come back to Molonglo Reach. This won't be an issue if you are travelling on the new Majura Parkway or from Queanbeyan.

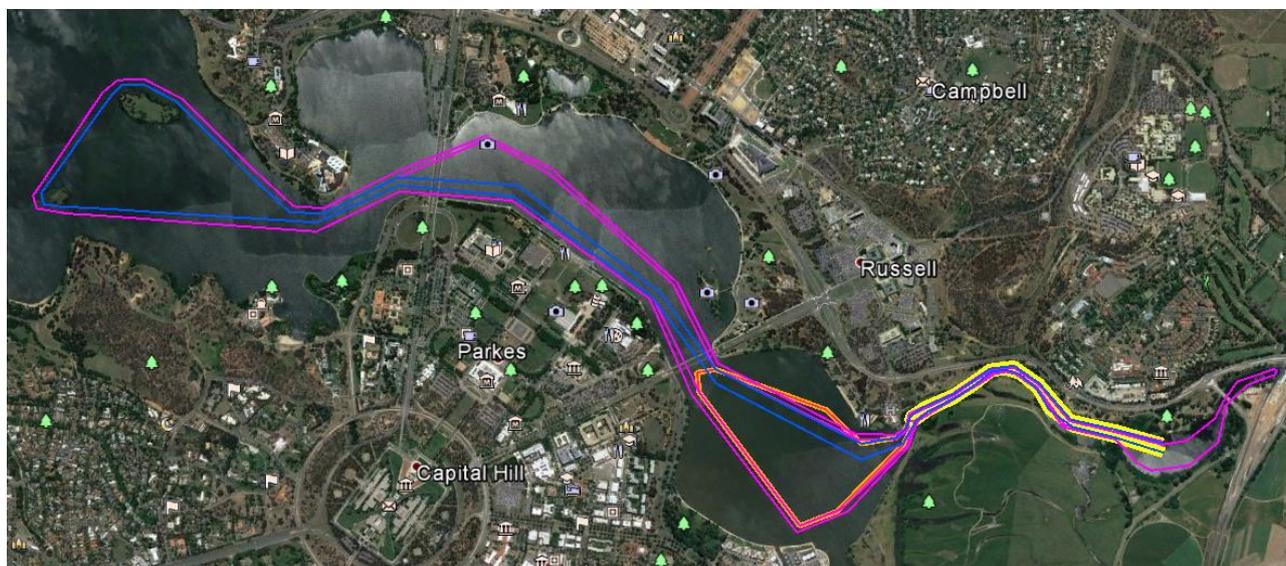
# 41st Burley Griffin Bash



- DATE:** Sunday 26<sup>th</sup> February 2017
- RACE:** Traditional distances - 30 km & 13 km - class categories
- HOST:** Burley Griffin Canoe Club [www.bgcc.org.au](http://www.bgcc.org.au)
- LOCATION:** Molonglo Reach, Morshead Drive, opposite Duntroon
- ENTRIES:** 7:30 to 8:30 a.m. (On-line pre-entries please.)
- BRIEFING:** 8:30 a.m.
- START:** 9:00 a.m.
- COURSES:** 30 km – Molonglo Reach, around Springbank & Spinnaker Islands in West Lake and return – two laps – return to Molonglo Reach. (Exact course TBA)
- 13 km – Molonglo Reach, the islands in West Lake & return.
- 5 km – Loop to Kings Avenue Bridge & back for Under 14 yrs.
- 3 km – Loop on Molonglo River for Under 12 yrs.
- NOTE:** *Courses may change if weather conditions are adverse.*

**CONTACT:** Helen Tongway 0418 861 613 [htongway@inet.net.au](mailto:htongway@inet.net.au)  
Anne Cronin 0418 162 507 [annercronin@gmail.com](mailto:annercronin@gmail.com)

**On-line entries at:** <https://www.registernow.com.au/secure/Register.aspx?E=24266>



***Don't forget: Perpetual Trophies to be Earned***  
**30 km: Scrivener Trophy and Molonglo Trophy**  
**13 km: Springbank Trophy**

## 2016 BGCC Christmas Party

Thank you to Litsa Polygerinos & several Assistants



Left:  
Litsa receiving 'thank you' hugs from Margi Bohm

Right: Club members enjoying the Christmas Feast in the shade of the trees!



Left: Some of the long time club members (blocking out a newer member!)

**Some more New boats in the club:** "It is hard to keep up with Nick Hocking and the Tongways!" (RussL)



Above: We-no-nah Mixer double canoe

Right: Vajda kneeling C1 & Nick





For a short time there were 6 little goslings, looking like they would be ready for Christmas this year – but alas – the local bike riders and/or foxes beat us to our bounty. At least the pontoon and shore-line will not receive any extra deposits.

### **Freya Hoffmeister**

Not content to have paddled the 14,000 km in 11 months to smash the Circumnavigation of Australia records, she then went on to “Think Bigger” and circumnavigated South America – 13 countries, 27, 000 km – in 30 months. Now she is set to circumnavigate the North Island (Continent) of North America! Her motto: *Never Start Stopping. Never Stop Starting.* Read all about her new adventure: <http://freyahoffmeister.com/faqs-2/>

### **Drowning Doesn't Look Like Drowning**

In 10 percent of drownings, adults are nearby but have no idea the victim is dying. Here's what to look for. (Taken from an article from USA)

The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the couple swimming between their anchored sportfisher and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine; what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept swimming hard. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not 10 feet away, their 9-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"

How did this captain know—from 50 feet away—what the father couldn't recognize from just 10? Drowning is not the violent, splashing call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, had learned what drowning looks like by watching television. If you spend time on or near the water (hint: that's all of us) then you should make sure that you and your crew know what to look for whenever people enter the water. Until she cried a tearful, "Daddy," she hadn't made a sound. As a former Coast Guard rescue swimmer, I wasn't surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing, and yelling that dramatic conditioning (television) prepares us to look for is rarely seen in real life.

The Instinctive Drowning Response—so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the No. 2 cause of accidental death in children, ages 15 and under (just behind vehicle accidents)—of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. According to the CDC, in 10 percent of those drownings, the adult will actually watch the child do it, having no idea it is happening. Drowning does not look like drowning—Dr. Pia, in [an article in the Coast Guard's \*On Scene\* magazine](#), described the Instinctive Drowning Response like this:

1. "Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.
2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.
5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs."

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble—they are experiencing aquatic distress. Not always present before the Instinctive Drowning Response, aquatic distress

doesn't last long—but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs—vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Appear to be climbing an invisible ladder

So if a crew member falls overboard and everything looks OK—don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you all right?" If they can answer at all—they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents—children playing in the water make noise. *When they get quiet, you get to them and find out why.*

(See a video of the [Instinctive Drowning Response](#).)

This article is reprinted from [Mario Vittone's blog](#). [Join him on Facebook](#). Mario Vittone recently retired from the Coast Guard. He's a trained rescue swimmer and boat captain who lives with his family in coastal Virginia.



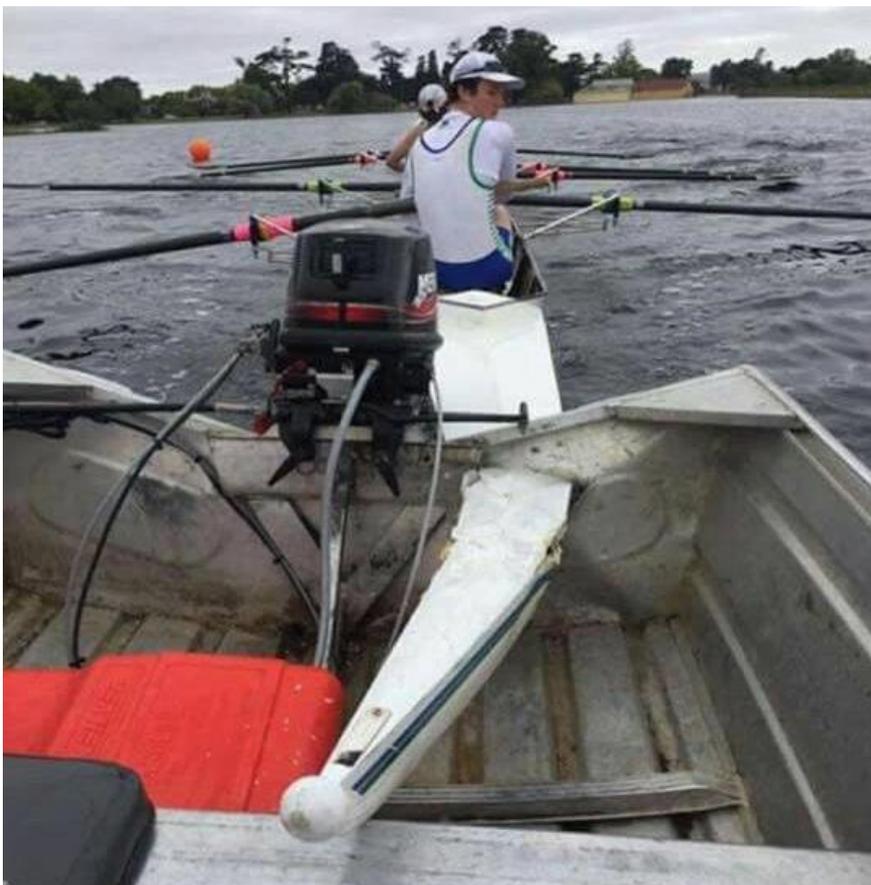
13rd January,  
2016:

Bridgewater  
Bridge, Tas.

Oh my golly  
gosh!

Did the boats  
suddenly decide  
to obey the  
waterways  
“keep to the  
right” rule?

Or was it the  
notice on the  
trailer which  
sent them  
“OVER”



Well, if a rowing quad (or 8?)  
can do this to a tinny, imagine  
what it can do to a kayak or  
canoe; and to a kayaker or  
canoeist.

They should be checking where  
they are going, but it certainly  
pays for us to watch out for them  
on our shared waterways!