



*Newsletter of the*  
**BURLEY GRIFFIN CANOE CLUB**

Volume 31 Issue 7, July 2021

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**Secretary:** Rachel Muldoon

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*The ACT Government assists this organisation through the  
Sport & Recreation Grants Program*



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## Coming Events:

- *Marathon.....*
  - *25<sup>th</sup> July, Race 9 of the PNSW Marathon Series, Narrabeen Lake*
  - *14<sup>th</sup> August, Race 10 of the PNSW Marathon Series, Swallow Rock*
- *Canoe Polo*
  - *21-22 August: Sydney Winter invitational competition Senior selection event for Oceania's*
  - *1-3 October 2021: Aus Champs – Nagambie, Vic (Fri-Sun) Selection event for Oceania*
  - *6-7 November: Canberra invitational competition*
  - *9-11 December 2021: Oceania Champs – Hawkes Bay, NZ*

## President's report: Bob Collins

Not much to report this month. With the recent outbreaks of COVID19 in Sydney, the Woronora Divisional race was officially cancelled the day before race day and at the moment it does not look good for the Divisional race at Narrabeen on 25 July 2021.

The weather has not been kind to those looking to go out onto the lake, with strong winds springing up each weekend.

We have now settled on a replacement pontoon from Marine Dock Systems in NSW. If you are interested to see what our new pontoon will look like, go to <https://marinedocksystems.com.au/residential.htm> 3 x 4.55m long x 2.55 wide wooden pontoons, shown at the foot of the page, will be ordered in kit form and Shane Lund and Scott Hunter will assemble them in Canberra. With his marine engineering background, Craig Elliot will also be involved in the installation process. We will be attaching our own flotation system to ensure we achieve the optimum 100mm above the water line for the deck.

Applications for approval have been submitted to the NCA and TCCS. The NCA have already indicated that their approval will be given once TCCS approve the project. We will also be submitting an application for a Capital Assistance Grant from Sport & Recreation; however we will not be able to proceed until we are notified of success, or otherwise, towards the end of January 2022. In the meantime, we will keep our old pontoon 'patched up'.

The Committee is also looking at arranging for the concreting of the muddy patch just outside of our main door. This will be done when the weather improves and will also be the base for a future additional pergola that will run alongside the shed.

In the meantime, we will be keeping a close eye on our financial situation to ensure that we are able to comfortably cover these projects.

*Bob*

## Safety Officer Report - Surviving the Canberra Winter.

Covid outbreaks have recently taxed us all again. The new Delta strain is a worry so please remain vigilant and do the right thing. Remember that the majority of our club members are over 60 and many are in the vulnerable category. I recently had a discussion with a younger person who was outraged that so few 60+ Australians were fully vaccinated. It is not appropriate to assume that this group is avoiding the jab – far from it. To the contrary, there were significant waiting lists until quite recently and many of us (yes I am also over 60) had to wait more than a month to get the first jab. Given the 3 month waiting period before we are eligible for the second jab that gives us maximum protection, most club members are still vulnerable. So please do the right thing ... we all know the drill:

- do not travel to places that we are advised to avoid and similarly, do not meet up with people from those places on neutral territory;
- avoid coming to the shed if you have any flu-like symptoms;
- keep social distancing in and around the shed – we are back to 1 person/m<sup>2</sup>;
- adhere to room occupancy numbers;
- treat all communal surfaces as contaminated, including gym equipment and club paddles and practise appropriate washing of equipment and your hands before and after use;
- AND LOG IN/OUT WITH THE QR CODE.

The risk remains quite low in the ACT so I have not recommended closing the showers but this requires users to do the right thing too. Log in and out with the QR code or written sheets; treat the shower area as contaminated and use appropriate cleaning before and after use.

The water temperature is dropping quickly now and it is likely to be quite cold through to the end of August. Please do not paddle alone and make sure that you have your lifejacket on. It helps to have a good set of gloves to keep your fingers from getting chilblains, warm thermals and a wind proof cag/life jacket to keep your torso from losing too much heat. For your safety and that of others, keep a wind proof jacket in your boat just in case you get very cold out on a paddle. The wind proof jacket will allow your body heat to accumulate and help you stay warm enough to get home safely, even if you fall out.

If you are on the water before sunrise or after dusk, make sure that you have a light with good visibility. The rowers seem to be on our river again and given that they only look behind them fleetingly, your light needs to be highly visible. You are most vulnerable when you and the rower are going in the same direction, so a good stern light is critical. Remember that in your single, you have a total mass of around 70-90 kg, maybe 100 kg where as a quad or four weighs close to a half a ton if it has some big boys in it – if we get hit by them, we are the ones who get hurt. It is best to make sure that you stay out of their way! Also don't rely on the coach in the rowing tinnie to see you! Most of them don't seem to look where they are going.

Only 60 more sleeps before September. Hang in there.

*Margi*

### **Coach's Corner: Margi Bohm**

It has been an interesting few months since the last Blazing Paddles. BGCC has pretty much lost the club point score in the Winter Marathon Series, but it is good to see our regulars out there giving the Sydneysiders a run for their money across most divisions. Matilda continues to dominate as the fastest female in the competition and Michael is slowly but surely closing in the same crown for the men. We are in a great race for the ICF point score trophy against Lane Cove. If you paddle a K1 or K2; C1 or C2 ... please turn out for the last few Winter Series Races – when they resume after the latest lockdown. It would be nice to retain the ICF trophy and put our stamp on being the top racing club in the state.

Unfortunately, covid lockdowns and health advice caused the Moruya weekend to be cancelled. We will try and run it later in the year.

The wet weather continues and there is still a lot of debris in the water so please be careful when out there, especially during poor light. Given that Googong Dam is over full at the moment and any rain in the catchment puts excess water into the Queanbeyan River, we won't put out the buoys quite yet. As a result, if you are at the shed, please carry a brick or two into the shed as we should clear the pile outside the door until we are ready to reset the course.

Remember to **PUT A LIGHT ON YOUR BOAT** if you are out on the river or lake before sunrise and after sunset. Technically the light has to have 360 degree visibility, but our greatest risk is being run down from behind so a bright light on the back of your boat is the bare minimum.

*Margi*



# CANOE POLO

**Tuesday nights at Lakeside Leisure Centre**

**FREE FIRST SESSION AND GEAR HIRE**

**Canoe Polo is a fast paced paddle sport played in teams of five. It encompasses throwing, catching and kayaking skills, and is played globally.**

**NO EXPERIENCE NECESSARY!**

7.45pm every Tuesday

Contact Laura on 0412096084 to register your interest!



On the June long weekend a flock of Canberrans spread their wings and migrated north to the sunny shores of Nambucca Heads, for the first canoe polo competition there since 2008. Inspired by the discovery of polo being played in Armidale, BGCC paddlers Laura Kleinrahm (the brains) and Adam Hofmeyer (the brawn) brought this event into fruition, with the helpful hands of people lugging goals, fields, boats and gear across our great state. The competition endeavoured to promote B Grade and Junior development in the region, as there is no regular event in Northern NSW/ QLD with interstate participation. The promise of sunshine and cupcakes obviously worked, with 10 teams being formed with paddlers from Brisbane, Armidale, Shoalhaven, Canberra, Sydney and Coffs Harbour, as well as over 20 Junior participants, ranging from those who had never seen polo beyond a social game to those vying for National selection in this year's Oceania Championships, to be held in New Zealand this December.

Four Open teams allowed for a demonstration of higher level game play to those newer participants, as well as a playing opportunity for our three Youth aged players, including Matthew Gates and Jess Harmer who were in the winning team, 'Zinger Burgers'! This was Jess' first Open competition, not a bad result! Jess and Laura also participated in Division Two to guide the two teams from Northern New South Wales who had mixed experience, as well as Wendy Xiao in the 'Assorted Nuts' team that came second in Division Two.



*Zinger Burgers - 1st Place Division 1 featuring Adam Hofmeyer, Jess Harmer and Matthew Gates*



*Assorted Nuts - 2nd place Division 2 featuring Wendy Xiao*

Not to toot my own kazoo, but it was overall a great comp that attracted almost 60 players in it's inaugural year of being revived. The venue was certainly one of the nicest in Australia, with lagoon-side cabins and a pub only a few steps away, the Canberra contingent was definitely sold! This will now become a yearly event, so if you're looking for a winter escape to the warmth, look out for next year's competition!

#### 2021 season

- 21-22 August: Sydney Winter invitational competition Senior selection event for Oceania's
- 1-3 October 2021: Aus Champs – Nagambie, Vic (Fri-Sun) Selection event for Oceania
- 6-7 November: Canberra invitational competition
- 9-11 December 2021: Oceania Champs – Hawkes Bay, NZ



James Hamer doing an illegal tackle



Chocolates and trophies - yum yum



Roland Mangos doing \*jazz hands\*

*Laura Kleinrahm*

## Club news

### We must be getting old...

It's now the end of June and I for one, and all our committee have not given a thought to our club Birthday!

Last year was our 30th and despite covid and the chilly conditions we had a good turnout at the river to celebrate (that and James Harmers Life Membership presentation)



CONGRATULATIONS BGCC – 31YEARS STRONG IN 2021. Let's keep it that way by participating where you can.

Our birthday dinner & Presentation night had been a tradition for 29 years before we decided to separate them. Last year was to be our first trial & well, Covid meant it was a reduced affair – very few races or events meant that the presentation was run with a Christmas get together and only a few awards being given out with Margi being awarded Club Member of the Year and Life Membership and Nita being awarded Most Improved Female.

Hopefully our 2021 Presentations, in December? , will be better organised than our Birthday get together! With many up-and-coming paddlers and many more races and competitions this year there should be a full range of trophies to award also.

Cheers

*Patricia*

### Looking for coaches, instructors or peer paddlers

I have sent out this request several times over the years and luckily there have been members keen to take the next step by building their skills and sharing their expertise and time with our newer members.

Are you one of these people?

#### What are we looking for:

**A people person** – you don't have to be a great paddler; you need to be enthusiastic about getting people on the water and encouraging them to build their skills. Many of our new members have never been in a kayak, some are quite nervous, so it's about being able to help them past that, give them some basic skills and see them improve each time. Others may have paddled in their youth and now many years have passed, and they are keen to get back to where they may have been. Seeing people go from a very stable plastic kayak to our racing boats is satisfying, but seeing someone who was very hesitant, who may have only been able to paddle 500m at most, who needed constant support to become confident enough to choose a boat and paddle it in varying conditions out around East Basin and beyond, is even more satisfying!

**Someone who is committed** – you don't have to be a marathon paddler; you need to be able to commit to at least one session a week during the summer months. We run regular beginner sessions, one hour on the water, so 2 hours or so, helping members choose a boat, get it to the water, assist where required, then paddle with them. Either as a coach giving technique advice or organising some drills for individuals or a group, or as a peer paddler, giving encouragement and confidence.



We also run Taste of Paddling sessions, which are a 3-hour introduction to kayaking, which is coach lead, but requires several assistants. There are junior sessions too or if you become a coach, you may want to coach more experienced paddlers in race technique.....

**Willing to Upskill** – you don't need to become a coach to Australian champions; but you need to be interested in improving your knowledge, as a coach, (a coach looks after the long term improvement of a paddler) that requires quite a commitment in time, working with an accredited coach and keeping coaching diaries; slightly less for becoming an Instructor (getting beginners on the water), and for our peer paddlers (as well as the others), it's about learning the various boats, how to adjust them, who do they suit best, a bit of risk management – should I take this person or group out on the lake? How to do an assisted rescue.

For all positions there is also the benefit of what you learn will improve your own paddling.

If any of this sounds of interest to you, please let me know. There are regular Coaching and Instructor sessions run by PNSW, but in the past if there has been enough interest, we could run something from here. BGCC reimburses members for costs of the course, accreditation fees and first aid fees once you are accredited.

Summer is approaching.....

Patricia

## 2021 Membership Value Proposition



### With you on Water

When you join a Paddle Club, you become part of our fantastic, united paddling community, supported across the country by Paddle Australia, PaddleNSW and the interstate peak sporting bodies.

With this comes a whole series of benefits. Some benefits relate to you individually, some to your Club and others to the broader paddling community. This all adds up to good news for you!

Top 5 benefits that come from being a member of our united paddling community:

#### 1. You're covered!

- Whether you are paddling recreationally or competitively, solo or as part of a group, you have the peace of mind knowing that you're protected by our insurance program for both Personal Accident and Public Liability insurance, provided 24/7, worldwide.
- Your Club is covered too! We support your Club by providing their key insurances and this helps Clubs keep membership fees low. The insurance covers the all-important volunteers, including the Club committee members, officials and coaches. The events run by your Club are covered by us too.
- Additionally, you and your Club have access to competitively priced paddle craft and equipment insurance under our Paddle Protect insurance offering.

#### 2. Participation and Development

- Enjoy access to the many great recreational and competitive events on offer through your Club, other affiliated Clubs, PaddleNSW and Paddle Australia.
- Our members have access to skills and leadership programs and qualified coaches so no matter where you are at on your paddling journey, there is help at hand!
- Access to pathways and opportunities to be selected in State and National representative teams and development squads.
- Become a coach, official, guide or instructor yourself! Access member discounts on an array of courses.

#### 3. Sustainability and access to water

- We know that access to water is important for all paddlers, so whether it's lobbying for new access points, for waterways to be opened up, coordinating water releases with local authorities - we are at the front of all these conversations.
- Sustainability of our waterways is important for all paddlers. That is why we work with Clubs to advocate with local and state governments to ensure the quality of the paddling environment is maintained and improved.

- Safety out on our waterways is vital. We advocate and liaise with authorities around safety issues (such as PFD use) and are your voice to governments on issues that impact our sport and recreation.
- We support your Club. As part of our community, your Club has access to local, state and federal grants that we support. The funding is often used for Club facility or equipment upgrades that benefit you and your fellow Club members and make your Club more vibrant and sustainable.

#### 4. Community Connection

- You are connected through a united paddling community to paddlers with a common interest, all of whom share your passion for paddling and exploring our unique and beautiful waterways.
- For those doing it tough at the moment, support is available through the Paddle on Foundation, with funding provided by paddlers for paddlers.
- You receive our national e-newsletter *Paddle Pulse* direct to your inbox each month, along with local news from PaddleNSW and your Club.
- Fun for all the family! Join a Club as a family and enjoy a 30% discount off your Paddle Australia and PaddleNSW membership.

#### 5. Supporting the Club network

- Compliance burdens on Clubs are increasing all the time. We provide support for Clubs across policies and processes in matters like Child Safeguarding, Member Protection, and Integrity. We are here to make sure our members are safe, should they need us.
- Our National Membership Platform, GoMembership, provides a set of tools to support the management of Club membership, communication, compliance and events.
- Some of the things Paddle Australia and PaddleNSW provide may not always feel important, but everything we do is there to support you and your Club when things don't go quite according to plan!

## Race report

### Penrith Sunday 13<sup>th</sup> June 2021

Leaving Canberra in the early hours to drive to Penrith was surprising – no frost, no fog, no wind, no rain.... Not quite pleasant but quite bearable! The forecast was for 19 deg and very little wind, which was a lovely change from our single figure temps. The reality though was that Penrith does have low overnight temps, so we still required jackets before our race starts. However, after 10.30 the warmth in the sun was lovely and I was actually brave enough to paddle in a short sleeve rashie. Paddling conditions were almost perfect – Bob was disappointed there was no wind....but I think the rest of us appreciated the fact that there was only a light breeze, no flow and clear water, with NO other river craft, no jet ski's, no fishing or pleasure boats zipping through the course, no ferries, only a very gentle paddle steamer putting in a brief appearance at the end of the 10km race.



Although numbers were a bit down on previous years (97 entries) and there were only 14 BGCC club members, the racing was fierce with plenty of stories of tussles on the water, unexpected swims, successes and disappointments.

This was the first race in a single for me since June 2019, and only the 3<sup>rd</sup> race since getting over a bad season (almost a year!) of asthma and other assorted chest issues, training has seen me go from 4km to 7km to 13km, so decided that 10km would be enough, if I wanted to race and finish hard. I was very happy with my paddle, with the sustained effort and heartrate. I was chasing Jack and Hunter Valley paddler for most of the 1<sup>st</sup> half, then Jack decided it was too warm and went for a swim, from then on, I had my sights set on trying to catch the chap in front of me – didn't get him and finished just under a minute behind him. Lucky for me, he was ranking in Div 11 (and has been promoted to div 10), so I managed to come away with a 1<sup>st</sup> place! Unexpected and not really the way I'd like to win, but I was happy with the paddle and hope to get into training a bit more seriously now. Work on speed and distance. For next season.....

PVC put on a really good event, helping paddlers unload boats and carrying them from the water, getting boats on the water in order. We're going to have to up our game!!  
Patricia

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Div 1

Michael Hannemeyer 5th 1:31



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Div 2

Craig Elliott 1st 1:36



Matilda Stevenson 2nd 1:40



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Div 3

Dom Hides 3<sup>rd</sup> 1:45:01



Andrew Parkinson 6<sup>th</sup> 1:46:58



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Div 4

Richard Fox 6<sup>th</sup> 1:53



Emily O'Roarke 9<sup>th</sup> 2:01



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Div 5

Danielle Winslow & Bob Collins 1<sup>st</sup>  
1:58:04

John Preston 2<sup>nd</sup> 1:58:18



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Div 11

Patricia Ashton 1<sup>st</sup> 1:00:50



Gerry Foster 3<sup>rd</sup> 1:04:43



Jack Jesson 4<sup>th</sup> 1:05:03



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Div 12

Allan Newhouse 5<sup>th</sup> 1:09:34



## Updated point score for the Marathon series (after race 7)

### Yours In Sportsmanship!

With the Covid restrictions in Sydney becoming harsher earlier in the week, we had wondered if we would get to Race 8 at Woronora, Tuesday night it still looked possible, by Wednesday evening most of us had decided we couldn't take the chance of coming back to a stint in isolation, so discussions amongst our racing & committee members with latest advice from the ACT Govt re Covid, decided the club would withdraw - our regulars and those BGCC members entered were notified that that was our club position. Obviously, it was still up to individuals if they were prepared to take that chance.

Patricia also notified Don Johnstone (PNSW Marathon Convenor), re our decision. Don must have done some thinking and contacted Lane Cove (LCRK) about our position. Why?

Well, we currently hold the Brian Norman trophy and the ICF trophy, and while the Brian Norman trophy for most points in the marathon series is way out of our reach this season, the ICF trophy for highest number of international class boats (i.e., K's and C's) throughout the series is in hot contention, between us and LCRK. If we didn't race at Woronora, then the gap would likely be too large to chase down with only 2 races left.

### So, what does Sportsmanship look like in the Marathon series?

LCRK have agreed to forgo points for the hotly contested ICF trophy from their Woronora paddlers if you are OK to do the same for the few BGCC paddlers that might still attend. That way the 2 clubs can go into the final 2 races locked together.

This response was received with amazement and many warm fuzzy feelings! Would we have done the same? We'd like to think so.....

Bob was impressed enough to send this to John Duffy, President of LCRK:

*What an incredible display of sportsmanship you and your Club have demonstrated – I assume you needed to run this by your Committee.*

*It just confirms to all BGCC members, particularly our racing members, just how lucky we all are to be involved with the NSW paddling fraternity, your Club in particular.*

*I have been involved with kayaking and racing since 2006 (came to it late as I am 73) and a member of the BGCC Committee almost every year since then. The paddling community are like no other I have come across*

and on behalf of not just our Committee, but all of our members we thank you for this gesture. Hopefully we will be able to resume racing at Narrabeen.

It has been a tough couple of years for all of the paddling community and we can only hope that next year is better. Hope to catch up with you at Narrabeen.

Thanks again.

Bob Collins

So, next time you are on the water and the gloves are off and things may get a bit heated, please remember that sportsmanship is alive and well.

**And let's get as many K1's, K2's and even our C1's on the water for Narrabeen and Swallow Rock!**

	Club Points after Race 7 at Penrith		ICF Points after Race 7 at Penrith
Lane Cove	6642	Lane Cove	69
Burley Griffin	4273	Burley Griffin	69
Sutherland Shire	2905	Manly Warringah	27
Penrith	2452	Sutherland Shire	26
Windsor	2154	Windsor	16
Manly Warringah	2141	Brisbane Waters	10
Brisbane Waters	1849	Hunter Valley	9
Hunter Valley	1283	Cronulla Sutherland	9
Cronulla Sutherland	1236	Wagga Bidgee	8
Central Coast	552	Penrith	8
Wagga Bidgee	537	Central Coast	3
Newy	333	Illawarra	2
Sydney Uni	325	Pacific Dragons	2
Pacific Dragons	191	Sydney Uni	1
Illawarra	143	Salty Paddlers	1
		Newy	1

## Marketplace

To advertise for sale, wanted to buy or borrow contact the [editor@bgcc.org.au](mailto:editor@bgcc.org.au)

*Thank you to all contributors to this edition of Blazing Paddles.*

*If you have contributions for the next edition, please get in touch [editor@bgcc.org.au](mailto:editor@bgcc.org.au)*