



BLAZING PADDLES

Newsletter of the

BURLEY GRIFFIN CANOE CLUB

Volume 29, Issue 11, September 2019

Your Committee:

President: Russell Murphy

Vice President: Patricia Ashton

Secretary: Kai Swoboda

Treasurer: Trent Birkett

Safety Officer: Vacant

Membership Secretary: Helen Tongway

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In this issue:

- Marathon Convenors Report and final series results...
- Vale, Swampy Marsh
- Spring snake-bite special
- Boat repair tips



*The ACT Government assists this organisation
through Active Canberra, ACT*



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BGCC's Robert Bruce shows good form at Teralba. Photo Paddle NSW/Flickr.

Coming Events:

Dates	Event	Location
Sat, 7 Sep	Winter Ski series, round 5	Tomakin
Sun, 15 Sep	Sprint series round 2	Sydney International Regatta Centre
Sat, 21 Sep	Myall Classic, Ultra Race 2	Tea Gardens
Sat, 12 Oct	Echuca Mini	Barmah to Echuca
Fri-Sun, 18–20 Oct	Clarence 100, Ultra Race 3	http://www.clarence100.com.au/
Sun, 20 Oct	Sprint series round 3	Sydney International Regatta Centre
Sat, 26 Oct	Hawkesbury Canoe Classic, Ultra Race 4	Windsor to Mooney Mooney
Oct or Nov	Canoe Polo Invitational	Molonglo Reach
Sun, 10 Nov	Sprint series round 4	Manly
Mon–Fri, 18–22 Nov	Mighty Murray Paddle	Yarrawonga to Swan Hill
Sat 30 Nov	Clean up Lake Burley Griffin Day	BGCC Molonglo Reach and surrounds
Sat–Sun, 7–8 Dec	24 Hour Paddling Challenge, Ultra Race 5	Molonglo Reach
Early 2020	Batemans Bay Paddle Challenge	Batemans Bay
Sat 22 & Sun 23	MMCC, Frank Harrison Races	Murray River, Albury
Sat 29 Feb	BGCC: PNSW Series Race 1; Portage Round	Molonglo Reach
Sun 1 Mar	Burley Griffin Bash: 30, 15, 5, 3 km events	Molonglo Reach
21 Mar	WCC: PNSW Series Race 2; Singles Champs Junior Race 1	Hawkesbury River, Windsor

President's Report: Russell Murphy

Hi paddlers,

Well this is my last column as president. With our AGM coming up on the 15th September (10am at the club shed) you will be electing a new committee to manage the club for the next year. Almost all the current committee (except our treasurer) have now served their maximum of two consecutive terms. New blood is needed on the committee and that can only come from you. We need new people, with new ideas and new energy to step up for the club.

In news this month, the club not only managed to win the Brian Norman trophy in the Marathon 10 series, but the ICF trophy as well. This is down to the participation of everyone, including those hardy souls who made the trip up to Teralba.

On the flatwater front, attention now shifts to the ultramarathon races. For the first time, there is now an ultramarathon series, of which our 24-hour challenge is one of the races. If you aren't already training for one of the other events, keep 7-8 December in your diary. The race can be as fun or challenging as you want.

The weather too is warming up. If you have been in hibernation for the winter, it's time to blow the cobwebs off your paddle and get yourself to the pool, river, lake or ocean and stretch those muscles.

See you on the water,

Russell

Paddle NSW 2020 Marathon Series

All paddlers welcome! Options 5km-20km.

Early 2020 (TBC)	Batemans Bay Paddle Challenge
22-23 Feb 2020	Frank Harrison Races, Albury
29 Feb 2020	R1: Portage Round, Canberra
21 Mar 2020	R2, J1: PNSW Singles Championship, Windsor
5 April 2020	R3: PNSW Doubles Championship, Lane Cove
17-19 Apr 2020	National Marathon Championships, Geelong VIC
3 May 2020	R4, J2: Narrabeen
17 May 2020	R5: Tacoma
31 May 2020	R6: Davistown
21 Jun 2020	R7, J3: Penrith
25 Jul 2020	R8, J4: Woronora
8 Aug 2020	R9, J5: Grays Point
29 Aug 2020	R10 & Presentation Dinner: Burrill Lake

R# = Main Series Race J# = Junior Series Race

Entries at

www.webscorer.com/PaddleNSW

Vice Presidential update: Patricia Ashton

24 Hour Relay 7th & 8th December

Yes, it's still quite a way off, but Lane Cove are already putting together a team to defend their win from last year. It would be great if we could put together a couple of competitive teams as well as a social team or 2. Put it in your diary and start asking around for some enthusiastic team members.

This year, Paddle NSW has added the 24 Hour to the new Ultra Marathon Series, as well as it playing an important part in the 1000km Paddle Challenge, hopefully this means we will see more paddlers.

Ultra-Marathon Series

Commencing in September 2019, the PaddleNSW Ultra Marathon Series will comprise the following events:

- Race 1 – Wyong Ultra (30kms) 7th Sept
- Race 2 – Myall Classic (47kms)
- Race 3 – Clarence 100 (100kms)
- Race 4 – HCC – Wisemans Dash (65km), HCC & B or B (111kms)
- Race 5 – Burley Griffin 24 Hour Challenge

Paddlers can enter as many of these events as they wish, to achieve the following objectives

- Level 1 Ultra Marathon Paddler – 200km completed
- Level 2 Ultra Marathon Paddler – 250km completed
- Level 3 Ultra Marathon Paddler – 300km completed
- Level 4 Ultra Marathon Paddler – 400km completed
- Level 5 Ultra Marathon Paddler of the Year (furthest distance completed) – Trophy & Perpetual Trophy

See the website and Facebook for more information about entry, classes and prizes.

I'm getting more inquiries regarding the **Canberra Lake Swim** on December 1st. These swimmers are coming from interstate and must have an escort paddler organised before committing.

This is something any of our paddlers, (recreational, SUP's, canoe polo,) can assist with. It's a slow paddle & you may be on the water for about 3 - 4 hours. As mentioned previously, it would be best to have a few people so you can car pool – this would save a lot of paddling. There is often payment of wine or similar.

If you can assist, PLEASE let me know so I can put you in contact directly with a swimmer or have a list of volunteers ready to assist.

It will be quite embarrassing to have to admit that we have NO members interested in helping!

See you on the water,

Patricia

2019 PNSW Marathon and ICF Champions - Brag Cap

if you haven't already heard, one of our club's outstanding achievements this year was to win the Brian Norman Perpetual Trophy AND the ICF trophy in the 2019 PaddleNSW marathon series.

This achievement was due to the great participation of our club's paddlers across the paddling spectrum-from our elite K1 marathon group to so many of our more "recreational" paddlers who fronted up and gave it a go.

To celebrate this achievement, the BGCC committee has commissioned a special limited production cap (see below), which will be available in a few weeks. And to recognise the commitment of our paddlers, all those who paddled two or more away races will get a free cap, as will those who participated at the all important Windsor portage round, where we sealed our wins.

The cost for anyone else who is interested in acquiring one of these sure-to-be collectors items is \$10 on a first come first served basis as there are limited numbers. Patricia has kindly agreed to be the distribution person when the caps arrive.

Russell Lutton



BGCC Marathon convenor's report: Jeremy Cook

Teralba: Racing and Rewards

It's often said you should focus on the journey, not the destination. But when you're shooting up the Pacific Motorway from Sydney to Newcastle, after dark on a Friday night, the journey has very little to offer.

It's all about the destination: ... Teralba and the last race of the 2019 Paddle NSW marathon series ... and anticipated glory for the Burley Griffin Canoe Club.

Not surprisingly, the Teralba turn out from BGCC was down on recent races. For example, there were no doubles combos – who may have sussed out the course and realised, the river being relatively shallow, it was going to be a tough haul.

The racing was tough regardless, not just because of the water depth, but owing to winds that started to build during the pre-race briefing. By the third lap for those doing the 20 km distance, it was becoming difficult to push the top blade through the headwind. And watching the ripples of a gust coming at you made you tense up, even though you knew this was exactly the wrong thing to do. That said, this river-based course is a good one and worth having a go at (just not in 2020, as it's missed out on a place in the schedule).

Race results are at

<https://www.webscorer.com/race?raceid=192095> so I won't cover them here. The 'real' results came at the end of season presentation event at the Teralba Bowling Club later that afternoon. And, as I'm sure you've already read elsewhere in this newsletter, **BGCC's triumph** in winning both:

- the overall club point score - the Brian Norman Club Trophy
- the ICF point score - for K1, K2, K4 (do we have one?), C1 and C2 entries.

There were many notable achievements by **BGCC paddlers** across the various prizes awarded, including in the series competition (sum of 7 races):

For the 20km distance

- | | | |
|---------|----------------|-----------------|
| • Div 1 | Andrew Birkett | 3 rd |
| • Div 3 | Dominic Hides | 1 st |

Burley Griffin	10167
Manly Warringah	8620
Lane Cove	8125
Sutherland Shire	5436
Windsor	3244
Penrith	2442
Brisbane Waters	2428
Central Coast	2233
Cronulla Sutherland	2209
Hunter Valley	2025
Newy	1766
Northern Beaches	1137
Makai	859
Illawarra	475
Pacific Dragons	244
Sydney Uni	226
Coaching Evolution	144
Wagga Bidgee	143
Wollongong Paddlers	100
Barwon Heads	49
Salty Paddlers	48
Moruya Surf Lifesaving Club	46
Avoca Kayak Club	46
Pittwater	45
Shark Island Paddlers	45
Warilla Barack Point Slsc	43

Brian Norman Trophy final point score.

- Div 4 Richard Fox
3rd
- Div 5 Danielle Winslow and Bob Collins
1st
- Div 6 Jeremy Cook
1st 100% series participation

And for the 10 km

- Div 9 Gary Rake
1st
- Div 11 Allan Newhouse
1st 100% series participation

Over the 2019 series there were obviously many more BGCC participants than those listed above. The doubles round at Lane Cove, for example, showed just how many of our paddlers were prepared to provide camaraderie and support. Congratulations to all who put in over the year. And roll on summer!

Jeremy Cook

Burley Griffin	168
Manly Warringah	167
Lane Cove	105
Sutherland Shire	49
Hunter Valley	36
Cronulla Sutherland	29
Northern Beaches	27
Windsor	25
Brisbane Waters	22
Newy	8
Central Coast	7
Penrith	6
Makai	4
Coaching Evolution	3
Sydney Uni	3
Salty Paddlers	1
Barwon Heads	1



Fantastic effort by BGCC paddlers to take the 2019 Brian Norman Marathon trophy and the ICF points trophy (point-score above).



Teralba marathon action - from top: John Preston, Div 8 start featuring Larissa green machine Cleverly, Stephanie Rake. Pics Paddle NSW/Flickr.



More Teralba action: from top: in-form Richard Fox storms home and Andy Birkett leads out Division 1. Photos Paddle NSW/Flickr.



More Teralba action: Division 3 start with Andrew Parkinson in foreground, and below, south coast stalwart Allan Newhouse . Photos Paddle NSW/Flickr.

Marathon National Team Coaching and more: Margi Bohm

TrainSmart and the National Marathon Team.

The last two weekends have been busy with a new Paddle Australia (PA) initiative towards developing our marathon racing capability. Margi and Mick Leverett have recently run two national team camps with the national marathon team, first in Melbourne and then here at BGCC, working on sports testing and skills and strategy development. The camps highlighted some interesting weaknesses that appear to be discipline-wide based on data from other TrainSmart camps:

1. Core strength and stability is generally on the weak side. Only two paddlers reached elite goals in one of six tests! There is not a great deal of difference between the data from national team members and club paddlers tested in the program.
2. Participants are generally inflexible, especially neurologically and in their hip flexors. In fact, some of the club paddlers that I have tested performed better in the neurological tightness tests than national team members.

Both core strength and flexibility are critical in transferring the force from your leg drive to the paddle efficiently. This is an area that is relatively easily trained and no-one who is interested in being the best they can be, should have a weak core or be inflexible.

On-water skills and strategizing. The work that Mick did with the paddlers really highlighted how much this part of marathon racing has been neglected in Australia. While we all “paddle in wash”, Mick demonstrated both on and off the water, that if you are in rough water, you have done something wrong! Mick is very highly regarded around the world for his ability to make good decisions on the water and to maximise conditions to his advantage. Hopefully some of his wisdom rubbed off!



National team training camp - Mick Leverett imparting tactical wisdom.

As a club, we should build on Gary's Saturday morning wash paddles towards including some of the skills learnt from Mick over the two camps. Not only is it fun but having more confidence in how to control your boat and use others to help you paddle faster is a very rewarding skill.

For those of you who are interested in numbers, the highest number of chin-ups and pushups in one minute was over 30 and 60 for the men and more than 10 and 50 for the women! Here we saw big differences between club paddlers and national team members.

The next round of TrainSmart testing will be in late September-early October. If you are interested in being part of this program, please let Margi know.



National team training camp, Canberra. Coach Margi hard at work, and Patricia Ashton imparts some running tips while testing.

Bluebottles on the Lake!!

On the 16th to 20th of September, the lake will become home to two BlueBottle USVs – a momentous occasion to witness firsthand some of the world's leading technology in autonomous persistent unmanned vessels. These maritime robots, powered by renewable energy, are the brainchild of Ocius Technology (UNSW) and have been used extensively in a marine environment where they provide a platform for payload as well as scientific instrumentation. Their visit to Lake Burley Griffin is part of a demonstration as well as an experiment to see how well the navigational and collision systems work in a built-up environment.

So, if you are on the lake between the 16th and 20th of September, look out for two largish blue flat decked boats with solar panel sails and a tall communication mast off the stern. I am not sure of the dimensions, but they claim that 2 will fit into a container, so they are not small! At night they will carry the usual tricolour of red, green and white lights but they will not be lit up like a Christmas tree so make sure you keep a sharp lookout when it is dark. You could meet them anywhere on the lake but probably not up the river.

The BlueBottles have a sophisticated navigational system, but it has been untested on waterways without a clear horizon. It will be interesting to see how they go with our solid walled lake. The

organisers have rented a hotel room with extensive views of the lake to keep an eye on their charges which suggests that they are also not so sure about who will win – BlueBottle or wall. The Bluebottles are also equipped with a sensitive collision avoidance system which not only changes their path but will also honk at you if you get too close. Hmm seems like a challenge to me! There is a danger that we are too small and close to the water to be detected by their sensors and hitting a Bluebottle will probably hurt us more than it. Having said that, since we go forward and see them before they will see us, I think we need to organise a training session onto the lake that week to go and investigate.

For more information, go to www.ocius.com.au

Carp Monitoring Request

Carp are a real problem in our waterways, and we have our fair share on the river. Carp start to mate when the water temperature gets to around 20 °C and this is occurring earlier in the season because of the warming trend in our climate. Apparently, shallow waterways show mating occurring even earlier than expected so the Feral Fish mob are really keen to get our help in monitoring when the carp start to mate. They ask us to please keep an eye open for aggregating of the fish in one place (often under the twin bridges) and splashing behaviours. If you see any of these kinds of carpy behaviours, please go online and record the event on Feral Fish Scan, www.feralfishscan.org.au. Every bit of information will provide researchers with tools to help manage this problem and bring our waterways back to a more natural state.

Margi Bohm

Clean-up Lake Burley Griffin Day - BGCC volunteers needed

For the second year in a row, members of the NCA Lake User Group are organising to give Lake Burley Griffin (LBG) a good clean before the summer months.

Last year about 100 volunteers by foot, kayak and dragon boat pulled 74 bags of rubbish from LBG in three hours.

Members of BGCC were assigned the Molonglo River and the north side of East Basin as part of the Clean-up effort. However, there was simply too much rubbish there to collect everything with the volunteers that we had.

This year, we're asking BGCC members to come out in numbers so that we can properly clean-up our own playground. Volunteers will be provided with tools and bags on the day.

The event is tentatively scheduled for Saturday, 30 November from 0900 to 1200 pending NCA approval. So, please save the date now.

We also need a BGCC site supervisor as there will be five other LBG clean-up locations concurrently happening that day. If you can help out as our supervisor, please contact BGCC member, Tammy Ven Dange at tvendange@yahoo.com.

South Coast Convener's Report: Allan Newhouse

Teralba was a fitting end to the series. Although the number of South Coast paddlers has been down a bit for the last few races, over the series, we have made a significant contribution to the BGCC club and ICF point score.

Since I paddled in every race and having done my bit in the doubles round and the portage round, I believe my own contribution adds up to over 600 points for the Brian Norman Trophy and about a dozen ICF points. Since we won the ICF trophy by just one point, I suppose every one of us can say, "BGCC would not have won without my contribution."

At Teralba, I learned that when we are told at the briefing that the course is unaffected by wind, that such a claim needs to be taken with a grain of salt. Paddling a canoe in windy conditions presents extra challenges that kayak paddlers might not be aware of.

Each time a gust of wind swept across the course, I lost ground to the two skis I was chasing. Applying little or no effort on one side for several strokes to keep the canoe on line is not the fastest way to power the canoe. The moment the wind abated slightly, I was able to catch up again. Fortunately, there was enough shelter on the run down the creek towards the finish line for me to establish a healthy lead over the skis in second and third place.



Recognition of Allan Newhouse's persistent, consistent effort throughout the series

Vale Terry (Swampy) Marsh

Long-term members of BGCC will be saddened to hear of the death of former BGCC member, coach and President, Terry (better known as Swampy) Marsh, earlier this week. His death is reported as being "Sudden and unexpected".

Swampy was an early member of our club and was instrumental in getting many of our earlier club members out and paddling, improving their paddling style and competitive spirit. His personal preference was for TK-class boats, single and doubles in a time when they were preferred by many marathon paddlers. He was able to impart his love of paddling in both new and "old" paddlers and our family has him to thank for our daughter Margery, along with K2 paddling partner Nina Leuning, establishing a new Junior Ladies K2 record for the Murray Marathon in 1994 – a record which still stands, 25 years later. (In the old red K2, which was old when they paddled it!)



2012 Murray Marathon: Swampy in TK1, still instructing (is that Gary Rake?). Photo: Bob Collins.

Swampy was a keen participant in the Murray Marathon himself, having grown up at Cohuna, near the Murray River. He was often part of the RAAF Teams – in both relay and full distance. The following is some history of his paddling, from former colleague, Stewart Nicol, via Facebook: "I think Swampy attempted his first MM in a TK2 in 1976, but it wasn't until he started paddling with John Keep and the RAAF, that he came into his speed and brought most of his family with him. In 1981 Swampy and John did a time of 31:19:59 in the TK2 Full Distance Teams. I think he competed in about 16 MMs, His fastest MM was in 1987 TK2 with Newton Klaebe in a time of 30:26:31."

Swampy was the club's President in its' third year (1992-93) and a club member and coach through most of the 1990's. In 1996, Rainer Swoboda designed and manufactured a sign, which was installed just to the east of our beach, saying: Swampy's Corner. (Full article in *Blazing Paddles*, Vol 6, Issue 5, September 1996.) Unfortunately, the sign didn't survive a Govt. "clean-up" of Molonglo Reach and it had disappeared within 12 months.

And for those of you who enjoy our newly extended Club Shed, Swampy was responsible for the first round of building – the original Club Shed – attached to the end of the original log-cabin public toilets. Plus, for those interested in our environment, in May 1993 Swampy wrote in *Blazing Paddles* that, because of the club's involvement in reporting road-tar/undercoat washing into the river, "new legislation is now in force and all new roads must have holding ponds and drains to collect any runoff of the undercoat, should it rain."

Our thoughts go out to Swampy's wife Erica and his extended family.

Boat Repairs and Maintenance

Interested in boat repairs?

Would you like to know how to keep our club boats, or your own boat, in good shape? Understand important skills like how to re-align a rudder? Understand whether that scratch/ding is superficial – or does it need water proofing?

Saturday 14th September at 9am

BGCC Boat Captain and master repairer, Scotty, will be available to repair club boats on Saturday 14th, it would be great to see club members also coming along to learn and/or help out.

If you have specific questions come along and get some expert advice.

Also if you are aware of something that needs fixing on one of our club boats please let us know.

If you have a minor repair requirement on your own boat, or just want to get advice or assistance on the day, come along. If the repair is more complicated, Scotty can advise about possible next steps too.



Spring Special - Snake Bites in Australia

As Spring starts to waken the reptiles and then Summer gets them truly on the move, our patch of riverbank has the occasional snake visitor. While they are protected by legislation and just as keen to get away from us as we are from them ... here are some statistics:

- 3000 bites are reported annually
- 300-500 hospitalisations annually
- 2-3 deaths annually.

Average time to death is 12 hours. The urban myth that you are bitten in the yard and die before you can walk from your chook pen back to the house is a load of rubbish. While not new, the management of snake bite (like a flood/fire evacuation plan or CPR) should be refreshed each season.

Possible troublesome biters: There are five genus of snakes that will harm us (seriously) Browns, Blacks, Adders, Tigers and Taipans; with Browns, Red-bellied Blacks and perhaps Tigers possible visitors to our patch by the river.

All snake venom is made up of huge proteins (like egg white). When bitten, a snake injects some venom into the meat of your limb (NOT into your blood). This venom cannot be absorbed into the blood-stream from the bite site. It travels in a fluid transport system in your body called the lymphatic system (not the blood stream). This lymph fluid is moved differently to blood. Your heart pumps blood around, so even when you are lying very still, your blood still circulates around the body. Lymph fluid is different. It moves around with physical muscle movement like bending your arm, bending knees, wriggling fingers and toes, walking; almost any form of exercise.

Lymph fluid "becomes blood" after these lymph vessels converge to form one of two large vessels (lymphatic trunks) which are connected to veins at the base of the neck.

Back to the snake bite site: When bitten, the venom has been injected into this lymph fluid (which makes up the bulk of the water in your tissues). The only way that the venom can get into your blood stream is to be moved from the bite site in the lymphatic vessels. The only way to do this is to physically move the limbs that were bitten.

Stay still!!! Venom can't move if the victim doesn't move. Stay still!! Remember people are not bitten into their blood stream.

In the 1980s a technique called Pressure immobilisation bandaging was developed to further retard venom movement. It completely stops venom/lymph transport toward the blood stream. A firm roll bandage is applied directly over the bite site (don't wash the area).

Three steps: **keep them still**

Step 1: Apply a bandage over the bite site, to an area about 10cm above and below the bite.

Step 2: Then, using another elastic roller bandage, apply a firm wrap from Fingers or Toes all the way to the armpit or groin. The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white. About the tension of a sprain bandage.

Step 3: Splint the limb so the patient can't walk or bend the limb.

Do nots: Do not cut, incise or suck the venom.

Do not EVER use a tourniquet

Don't remove the shirt or pants - just bandage over the top of clothing.

Remember movement (like wriggling out of a shirt or pants) causes venom movement.
DO NOT try to catch, kill or identify the snake!!! This is important!

Hospitals NO LONGER NEED to know the type of snake; it doesn't change treatment. 5 years ago there would be a test on the, blood or urine to identify the snake so the correct anti venom can be used. BUT NOT NOW.. Our new Anti-venom neutralises the venoms of all of the 5 listed snake genus, so it doesn't matter which snake bit the patient. Read that again- one injection for all snakes!

Polyvalent is our one shot wonder, stocked in all hospitals, so most hospitals no longer stock specific Antivenins.

Australian snakes tend to have 3 main effects in differing degrees.

Bleeding - internally and bruising.

Muscles paralysed causing difficulty talking, moving & breathing.

Pain

In some snakes severe muscle pain in the limb and days later the bite site can break down forming a nasty wound.

Allergy to snakes is rarer than winning lotto twice.

Final tips: not all bitten people are envenomated and only those starting to show symptoms above are given anti-venom.

Did I mention **to stay still.**

Repost from: Ect4health <https://www.facebook.com/Ect4Health/>

Below: Just a small selection of snakes we might find around the ACT:



Top Left: Eastern or Common Brown;

Top Right: Red-bellied Black;

Above: Mainland Tiger;

Left: Small-eyed Snake

Photos: Australian Geographic; July 2012.

Thanks to Helen Tongway for this excellent update!

Nelligen Challenge series gets off to a warm start

While the first of the Nelligen Challenge paddles on Sunday, 11 August was held in balmy 16 degree conditions on the Clyde River, as opposed to Canberra's snowy, cold weather that weekend, there weren't many BGCC paddlers present to enjoy the warmth and the great food served afterwards at the Nelligen Café.

Thanks to south coast BGCC members Graeme Ison and Allan Newhouse for doing the organising and setting the course, and to Simon Stenhouse, Pete Fane, Patricia Ashton (and me), in addition to Graeme and Allan, for doing the paddle.

Next Nelligen Challenge paddle is on Sunday, 8 September. These events are pretty much come and enjoy yourselves, the warmth and the beautiful scenery types of paddles. You can go as fast or as slow as you want. Distances offered are 5km or 10km, and the course will depend on tide and wind. Hope you can make it on 8 September!

Russell Lutton

2019 -2020 BGCC Membership Fees: Helen Tongway

- Renewals (for everyone) Were due on 1st July.
- If you haven't already renewed, nor heard from me to say you are still current, then **your fees are over-due**.....

The BGCC membership fees have been held at last year's level, while the PNSW fees were changed a little. The Adult fees have decreased by \$10, while the Junior fees have stayed at \$30. The Junior fees are for children between 10 and U18 years as at 1st July, 2019. Children under 10 years may join PNSW for free, with the BGCC fee remaining at \$40 for Juniors taking part in regular paddling sessions. **All PNSW & BGCC Memberships are paid via PNSW and Paddle Australia.**

You will receive an email from PNSW/PA with a link to pay your membership fees – Use it!

Label	Category	PNSW fees	BGCC fees	Total
Adult	New Member	\$80	\$130	\$210
Adult	Renewing Member	\$80	\$80	\$160
Junior	New Member	\$30	\$90	\$120
Junior	Renewing Member	\$30	\$40	\$70
Family	New Members {Note: 30% rebate on Family}	\$150	\$300	\$450
Family	Renewing PA/PNSW part of fees}	\$150	\$200	\$350
Junior	Children under 10 years at 1 st July, 2019	Free	\$40	\$40
Volunteer	Non-paddler, volunteers, officials, carers	Free	Free	Free!
	Adult Single-event Membership	\$20		\$20
	Junior Single-Event Membership	\$10		\$10

Club Shed key-hire: Annual Fee: \$75. Plus **Refundable Deposit** of \$50, for new key-hirers.

Private boat in Club Shed: Upgrade Membership fee: \$180

Both private boat in **Club Shed + Club Shed key-hire**, Upgrade Membership fee: \$255
Both Key-hire and private boat in shed membership require an approved Application Form for new Membership Upgraders.

Those continuing their upgraded membership do not need to put in a new application each year.

Membership upgrades at: <https://www.registernow.com.au/secure/AccessRegistration.aspx?E=34792>

If your finances are such that you need a little more time to pay – then please contact me, to let us know that you are still in town and want to continue with BGCC, key and boats.

Applications for permission to keep your private boat in the club shed and (after 3 months' BGCC membership) hire a shed key, are on-line at <http://www.bgcc.org.au/index.php/administration>

From Monday 9th September, Membership entry will be via GoMembership (GoM), with credit/debit card payments via Stripe. You should receive a new email notice from Paddle Australia in the coming week, letting you know where and how to log-in to the new system.

**If you have any problems with it, email them at membership@paddle.org.au
or phone on 02 9763 0670**

We have been assured the new system will be nice and easy to use – so here's hoping!!

See club website Membership for how-to-pay links

Helen.