



*Newsletter of the*  
**BURLEYGRIFFIN CANOE CLUB**

Volume 35 Issue 10 July 2025

**Your Committee:**

**President:** Laura Kleinrahm

**Vice President:** Richard Fox

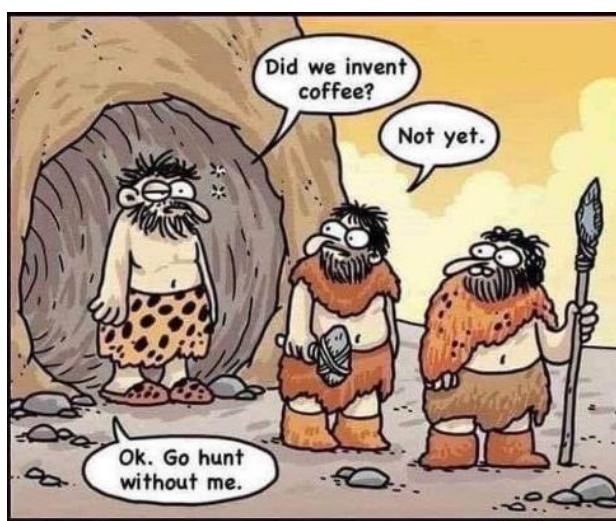
**Secretary:** Patricia Ashton

**Treasurer:** Neil Fargher

**Boat Captain:** Andy Osborne

**Safety Officer:** Tom Long

**Ordinary Members:** Shayanna Beck  
 & Colin Calderwood



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

Position	Person
Membership Secretary	Patricia Ashton
Public Officer	Bob Collins
Editor ('Blazing Paddles')	Helen Tongway
Coaches' rep	Margi Bohm
Webmaster	Geoff Collett
Vice-Boat Captain	Scott MacWilliam
Canoe Polo Convener	Adam Hofmeyer
Time Trials	Helen Tongway & John Lockie
Marathon Convener	Colin Calderwood
Event Co-ordinator	Bob Collins
Sprint Convener	Marcelo Cabezas
WW Convener	Mic Doyle
Slalom Convener	Colin Calderwood
Social Convener	Wendy Xiao

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## Coming Events:

• 3 August, 2025	PNSW Marathon Series Race 8, PVC	Penrith	Sydney	NSW
• 16 August, 2025	Harbour Series Race 4	Central Coast		NSW
• 17 August, 2025	PNSW Sprint Series Race 1	Avoca Kayak Club		NSW
• 31 August, 2025	PNSW Marathon Series Race 9, MWKC	Narrabeen	Sydney	NSW
• 20 September, 2024	Myall Classic 12, 27 & 47 km	Tea Gardens	Nth Coast	NSW
• 21 September, 2025	PNSW Sprint Series Race 2	MWKC	Narrabeen	NSW
• 29 Sep-4 Oct 2025	ICF World Slalom Championships	SIRC	Sydney	NSW
• 5 October, 2025	PNSW Marathon Series Race 9, WPC	Windsor, Finale	Sydney	NSW
• 10-12 October, 2025	Clarence River 100	Grafton		NSW
• 11-12 October, 2025	Canoe Polo Summer Series #1	Penrith		NSW
• 8-9 November, 2025	Hawkesbury Canoe Classic	Windsor to Mooney-Mooney		NSW
• 17-21 November, 2025	Massive Murray Paddle	Yarrawonga-Koondrook		NSW/Vic
• 6-7 December, 2025	24Hour Relay Paddling Challenge	Molonglo Reach	BGCC	ACT
• 6-7 December, 2025	Canoe Polo Summer Series #2	Oxenford		QLD

## President's Report

It's been a quiet month on the decks, but there's still been plenty of buzzing club activity. I've heard tales of club trips to the coast, polo going to the snow and coming back a shoulder short and our Marathon reps continuing to prep for the upcoming World's.

It was also lovely to have so many of you and your tasty treats at last month's Winter Solstice party, which even featured a polar plunge by one of our members! If you missed out, do not fear, there's another exciting club get-together on the horizon...our AGM!

If you've been itching to join the crew, now is the time! Feel free to reach out to myself or any of the existing Committee if you're interested or have some questions. We're particularly keen for a Secretary and Safety Officer, so if you're a star minute-taker or dream of keeping members safe, we have the roles for you!

We're also always keen for people to run social events, including our annual Preso Night, and are on the lookout for any socialistas who operate in discos and spreadsheets. Until then, keep on truckin'

- *Laura Kleinrahm*

## Canoe Polo Report

Canoe Polo has continued to chug along during the 'off-season'. Pool games and lake trainings have still been in action, but we've also enjoyed some social activities. We've learnt paddling isn't necessarily a transferable skill to skiing; Booroomba Rocks is better with a view; and that fires melt blankets. *Right: Jess, Adam, James, Laura & Shay*



This weekend we had a cosy Christmas in July potluck with all the trimmings, including succulent ham and reindeer brownies, because it takes a lot of food to fuel paddling for twenty minutes...

*Right: Seeing Jenny perform in Murrumbateman: Carley, Laura, Adam, Tom, Shay, Michael, Walt*





With our first competition scheduled for October, we've still got a bit of time to enjoy trying to keep warm and not lose a toe, before we kick back into gear to attempt to bring fame and fortune back to BGCC through some solid fourth placings.



Left: Ladies Who Lift: Laura, Louise, Jen, Shay, Alex and Emilie

We are also seeking some sponsors to help fund activities next season, including attending the Summer Series circuit and Youth Development Camp we're hosting in July. If you know a business who might be interested in hopping on board, please contact Laura.



Above: The joys of night training...

### Summer Series Calendar

- Summer Series #1: Penrith NSW 11/12 October
- Summer Series #2: Oxenford, QLD 6/7 December
- Summer Series #3: Molonglo Reach, ACT 17/18 January
- Summer Series #4: Lysterfield (tbc), VIC 14/15 February
- 2026 National Championships: Mawson Lakes, SA 3/4/5 April

*-Adam Hofmeyer*

## Marathon Racing Report

### PNSW Marathon Series Race 7 Report:

Race 7 of the PaddleNSW Marathon Series was held at Swallow Rock on the Hacking River, on Saturday, 12<sup>th</sup> July. The forecast for a chance of rain and fairly stiff winds was, thankfully, well off the mark. It was a beautiful sunny, calm day! I am sorry most of you missed this race. In fact, we had to call on two of our canoe polo ladies to up the BGCC entries a little! The low numbers were not helped by Andy's incapacity/injury and Bob's misadventure with his car – at home. Thankfully no permanent damage – just a bruised ego.

So there we were, just six of us, trying to keep the BGCC flag flying.

### BGCC Results

**Swallow Rock: 12<sup>th</sup> July, 2025:** <https://www.webscorer.com/race?raceid=397444>

<b>Division 1:</b>	2 <sup>nd</sup>	Matthew Gates	K1	1:32:26	99
<b>Division 3:</b>	4 <sup>th</sup>	Laura Lee	K1	1:46:05	97
<b>Division 7:</b>	7 <sup>th</sup>	Helen Tongway/Yvette Maconachie	LR2	2:25:08	94
<b>Division 12:</b>	6 <sup>th</sup>	Louise Gates	K1	1:07:50	95
	7 <sup>th</sup>	Jen Savenake	K1	1:10:03	94

 DATE CHANGE

*Race #10  
Finale & Presentations now to be on  
Sunday 5th October 25*

**Paddle  
NSW**   
*Marathon*



Above: Matthew Gates;

Below: Laura Lee

**Note the above  
change of date  
for the final race  
in the PNSW  
Marathon Series**



Left: Yvette Maconachie and  
Helen Tongway – very happy to  
have finished the race.

Right: Louise Gates; and Below: Jen Savenake,  
our two Canoe Polo escapees. Well done  
ladies.



***Next Race: 3<sup>rd</sup> August, PVC Penrith/Nepean River – enter now!***



# TWEED 30

## PADDLE MARATHON

Sunday 27 July 2025



### Ocean ski, Kayak, Outrigger, Rowers, SUP & Dragon boats

30km Tweed River flatwater paddle marathon.

Relay options via Tumbulgum & Chinderah. PFD compulsory.

Location: Tweed River NSW  
Venue: **Start** – Murwillumbah Rowing Club  
33 Tumbulgum Rd, Murwillumbah NSW  
**Finish** – Jack Evans Boat Harbour  
Off Boundary Street, Tweed Heads

Registration: Online (See Webscorer)  
Race confirmations on site from 7.00am  
Race briefing 8:15am  
Mass start 9:00am (Dragons & SUPs 8:30am)  
Coffee van on site at start – drinks & subway at finish.

Complimentary  
drinks & Subway  
for paddlers.  
Lucky draw 5 x  
\$50 RSL club  
vouchers

### ENTRY FEES :

- Seniors (singles & doubles) \$50.00 per boat
- Juniors (singles & doubles) \$35.00 per boat
- All relay paddlers \$25.00 per paddler
- Multi crew boats \$15.00 per paddler



# Myall Classic 2025

Saturday 20 Sept

## ENTRIES OPEN

Race Distances 12, 27 & 47km

Entry Fees (by Sunday 17 Aug)

- Adult \$80
- 65+ \$65
- Junior/Student \$40



MIDCOAST  
council



## CLARENCE 100

10th YEAR CELEBRATION !!! 2025

MARATHON 3 DAY PADDLE EVENT

10<sup>TH</sup>-11<sup>TH</sup>-12<sup>TH</sup> OCTOBER

MULTIPLE AGE AND CRAFT CATEGORIES

ENTRY NOW OPEN →

WWW.CLARENCE100.COM.AU



Next PNSW Series Race: 3<sup>rd</sup> August, PVC Penrith/Nepean River – enter now!





*The calm, sunny Hacking River*

**2026 Australian Canoe Marathon & SUP National Championships:**  
Thursday 9<sup>th</sup> April – Monday 13<sup>th</sup> April, 2026. Hosted by BGCC at Molonglo Reach. Volunteers will be needed! Please consider how you can contribute to this event – and provide to the rest of the Australian paddling community *a Capital Event!*

## **PNSW Sprint Racing Series**

**2025 Sprint Series gets underway at Avoca Kayak Club on 17<sup>th</sup> August.**

The Sprint Series offers fun regattas for all levels of paddlers from beginners to old hands and builds up to the Paddle NSW State Sprint Championships held at Sydney International Regatta Centre. This year the State Champs will be held in early November, a change from the many years of late January Championships.

Sprint Series 1, 2 and 3 are half day regattas where paddlers race in over 1000m, 500m and 200m heats in their age groups. All paddlers qualify for finals against paddlers of similar times. Everyone gets to race the finals. It's a great introduction to Sprint racing for new paddlers, or for more experienced athletes, a hit out before the National Sprint season begins.

All paddlers welcome. Watch out on the PNSW Sprint Facebook page and PNSW website for entry details.

Sprint Series 1 - Sunday, 17<sup>th</sup> August - Avoca Kayak Club

Sprint Series 2 - Sunday 21<sup>st</sup> September - Manly Warringah Kayak Club, Narrabeen

Sprint Series 3 - Saturday, 18<sup>th</sup> October - SIRC Penrith

PNSW State Championships - Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> November, SIRC Penrith

*-Marcelo Cabezas*

## **Whitewater**

Not much happening at the moment, but I anticipate having the schedule for the WW Section out by the end of July: for September to May.

I will have dates for the PA River Rescue and Guide courses being run locally in the next few weeks for later in the year and early next year.

Upcoming events of interest: King of the River (Echo bend in the Mitchell River) 10<sup>th</sup> August and Snow River Extreme Race on the Snowy River on 19<sup>th</sup> October.

All the best and see you in the river soon.

*-Mic Doyle*



## Batemans Bay Paddle: July 2025

5 paddlers left the chilly winter weekend to paddle at Batemans Bay. With a top temperature of 17 degrees forecast, we were looking forward to some warmer paddling than in Canberra.

*Right: Helen Thompson, Curtis Watson (on the water), Russell Murphy and Lucy Imeson*



The Clyde River was quiet, with hardly any boat traffic and no other kayakers - and with the tide helping us along it was an easy paddle to Nelligen. 12.5 km at a gentle pace took us 2 hours. Once there the Café called out to us for lunch, where we were able to sit in the sun and enjoy a feast.



*Left: Russell Murphy, Curtis Watson, Helen Thompson and Lucy Imeson*

The way back was also with the tide, which was a good thing as the wind picked up a bit – why is it always a head wind? There were some choppy expanses but generally it was a pleasant paddle back, though by the end we were starting to get quite cool. The evenings/nights and early mornings were still cold – not in the negatives, but uncomfortable!

Lucy, Curtis and I were staying in the Bay while Helen headed back to Tuross and Russell back to Broulee. We did join him there later in the afternoon to check out his new house being built - and we suffered some shed envy! Back to the Bay for fish & chip dinner.

*Below: Chris Southby and Curtis Watson, with Lucy Imeson*



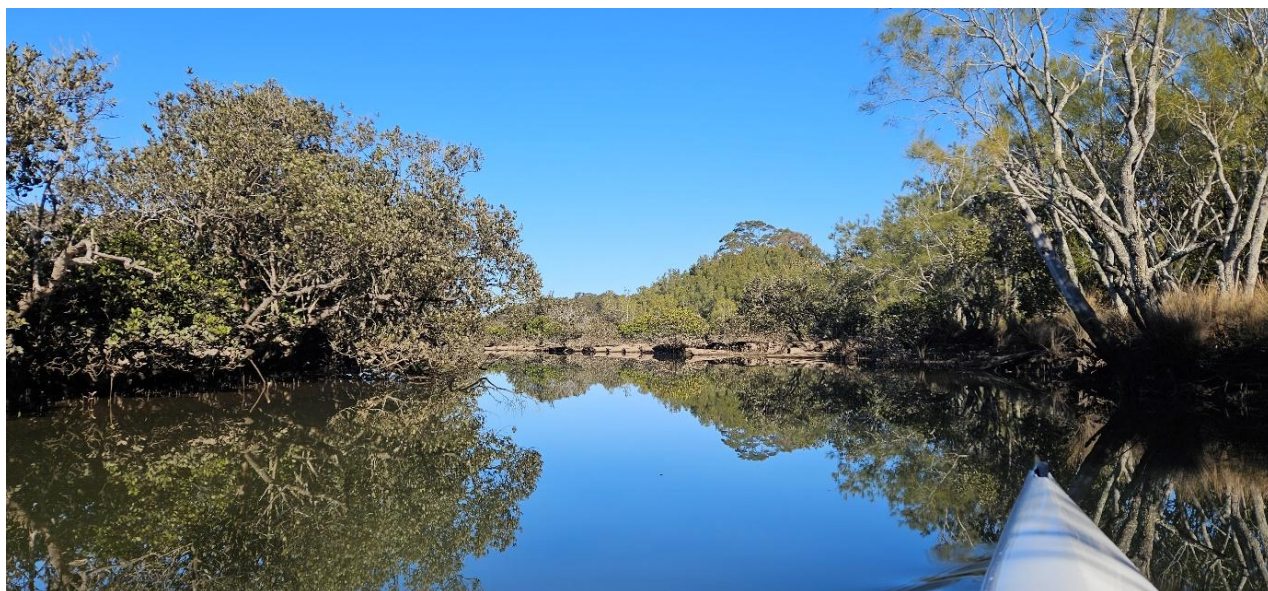
Next morning Chris joined us for a paddle in the opposite direction from yesterday. We paddled along the shore to Cullendulla Creek. There was a bit of swell offering us



the opportunity to practice catching waves, before turning onto the creek which was mirror calm. It's lovely exploring creeks that get narrow and winding near the end.

A quick stop to stretch the legs and answer the call of nature before heading back – a bit bumpy in places, but good practice.

On the way back to Canberra, 3 of us stopped for lunch at the Nelligen Pub, sitting in the sun, enjoying a brew, tasty food & listening to some Rockabilly – life's good!



*-Patricia Ashton*

From *New Scientist*: Planks, squats and other isometric exercises – which involve squeezing and holding a muscle in a fixed position – are especially effective at lowering blood pressure. That made *New Scientist* health reporter Grace Wade wonder what other benefits these exercises might offer. It turns out there are several – and some were unexpected.



## BGCC Winter Time Trials Results:

With the chill of winter winds and paddlers away at PNSW races (or holidaying in more pleasant climes) there are not many results on record this month!

**Results: 28/6/2025: 1 lap:** Neil Fargher LR1 27:16(PB); Molly Halpin JTK1 35:32; **2 laps:** Marcelo Cabezas C1 41:20; Richard Fox LR1 41:21; Jeremy Cook/Bob Collins LR2 48:01; Helen Tongway/Yvette Maconachie LR2 54:15.

**Results: 5/7/2025: 1 lap:** Nick Grey K1 21:40; Diane Gibson S16 35:59(PB); **2 laps:** Matthew Gates K1 33:40; Craig Elliott K1 35:12; Marcelo Cabezas C1 40:54; Margi Bohm K1 41:27 (PB); Patricia Ashton/Bob Collins LR2 43:31; Helen Tongway/Yvette Maconachie LR2 54:12; Neil Fargher LR1 56:08.

**Results: 19/7/25: 2 laps:** Laura Lee/Craig Elliott K2 35:06; Jason Rantall K1 37:12; Richard Fox LR1 41:23; Margi Bohm K1 42:53; Patricia Ashton/Bob Collins LR2 44:14; Dom Hides K1 44:29; Andy Osborne OS1 44:34; Helen Tongway/Yvette Maconachie LR2 53:58; Neil Fargher LR1 55:10(PB).

**Time Trials:** 10 a.m. start each Saturday. Paddle against your own best time – not some other speedy paddler in a faster/fancier boat! All grades of paddlers welcomed /encouraged!

## News of the Month

### The 2025 AGM is Coming!

**Saturday 30<sup>th</sup> August 12pm at the shed. All Welcome. Followed by a light lunch.**

An email has been sent out - with the Minutes, Agenda and Nomination forms.

PLEASE, take the time to think about how you can help.

All positions are vacated and while several of the current committee will stand again, Committee Members are only permitted to hold a position for 2 years in succession. So: all positions are open for you to nominate for, but our Treasurer and Secretary need to move on. We've had some interest in the Treasurer's position with one club member spending time with Neil Fargher, to get his head around what is involved.

We will need a **Secretary**. This position can be simplified to:

- *Receiving and recording all incoming and outgoing correspondence*
- *Providing the agenda for club meetings and recording the minutes of all meetings*
- *Liaising with the committee.*

Other duties associated with this position can be taken on by more experienced club members. In this format the Secretary position would be a great place to become familiar with the committee and the club itself, without being overwhelmed. Meetings are generally once a month and last for 1 to 1½ hours.

So - if you've got some free time and have an interest in the club and are interested in 'giving back' - let me know or nominate yourself for the position.

We also need a **Safety Officer**.

Person in this position: gives advice to the Committee on safety issues in relation to

- shed, boats, equipment and facilities
- environmental and health issues such as smoke, blue/green algae and Covid
- the conduct of events

- club rules and procedures
- content of training and education programs

And to assist the Committee engender a culture of individual responsibility in relation to safety, consistent with

- applicable legislation
- Paddle Australia and Paddle NSW safety standards
- ACT Public Health Directions
- what an ordinary person would consider reasonable.

We need **Two Ordinary Members**: with the aim of them being from different disciplines, to ensure a greater spread of expertise in the Committee

These people do not hold a specific office but will need to attend regular committee meetings and support the executive members.

They can vote on general matters.

They may be requested to take on ad hoc tasks, e.g., look into insurance, special purchases, policy matters, etc., (depending on skills).

*I also want to thank Sharon Crowley, who has been my apprentice for the Membership Secretary position over the last few months. This isn't a committee position, it is more of a back-room position, but it does require more time and commitment than most of the other positions.*

**-Patricia Ashton**

## Vaikobi discount offer for BGCC paddlers

Looking to upgrade your paddling gear? Whether you're after some warmer thermals or a new PFD, Vaikobi has a special offer **until the end of July** for us.

Use the code BGCC10% to save 10% off all orders and to receive FREE return shipping.

With limited local stockists for paddling gear, this offer will provide members with peace of mind when making purchases online, if it doesn't fit or you don't love it, email [customerservice@vaikobi.com](mailto:customerservice@vaikobi.com) and they will initiate the return at their cost.

Whilst the discount is the same as their first purchase offer, this one can be used multiple times and will allow them to track how many BGCC purchases they get, so please use the code above.

In addition to their range of PFDs and other items, below are some winter gear they recommend for Canberra conditions:

- **hydroflex tops** <https://www.vaikobi.com/collections/thermal-clothing> (these are super warm and fleecy but you don't overheat once you're paddling hard!)
- **vcold flex pants** [https://www.vaikobi.com/products/vcold-flex-pant-stealth-black-unisex?\\_pos=2&\\_fid=8c925a11c&\\_ss=c](https://www.vaikobi.com/products/vcold-flex-pant-stealth-black-unisex?_pos=2&_fid=8c925a11c&_ss=c)
- **3mm pants** for those who feel the cold! [https://www.vaikobi.com/products/vcold-3mm-gbs-paddle-pants?\\_pos=4&\\_fid=8c925a11c&\\_ss=c](https://www.vaikobi.com/products/vcold-3mm-gbs-paddle-pants?_pos=4&_fid=8c925a11c&_ss=c)
- **VDRY vest** to wear over your hydroflex top <https://www.vaikobi.com/products/vdry-lightweight-vest-black>
- **Beach coat** to throw on when you get off the water! [https://www.vaikobi.com/collections/beach-coats-and-change-towels?filter.p.m.custom.temperature\\_rating\\_2=Freezing+Conditions](https://www.vaikobi.com/collections/beach-coats-and-change-towels?filter.p.m.custom.temperature_rating_2=Freezing+Conditions)





## About ENHANCE Healthcare:



Enhance Healthcare was established by **Peter Garbutt** and **Celina Miller** in 2001, initially providing Massage and Chiropractic Services to the Gungahlin and Canberra community.

Over the past 15 years, our service offering has increased to include;

- - **Acupuncture;**
- - **Soft Tissue Therapy;**
- - **Chinese Herbal Medicine;**
- - **Chiropractic and Massage Therapy;**
- - **Physiotherapy**

Email: [healthcare@enhance.com.au](mailto:healthcare@enhance.com.au)

Book online: <https://enhance.janeapp.com.au/login>

Mitchell: (02) 6241 6060

Denman: (02) 6287 1377

Our business is built with the customer at the forefront of everything we do. We have established a highly skilled and professional team, across multiple disciplines with the specific view of delivering the best possible client outcomes.

At Enhance Healthcare we listen to our clients, diagnose the problem properly and utilise the combined skills of the ENHANCE team to resolve whatever the problem may be. We then follow up to ensure our clients are happy with outcomes

***Pete Garbutt is also a long-time member of the Burley Griffin Canoe Club***

### **Denman Prospect Clinic Address**

Shop 25, 3 Felstead Vista,  
Denman Prospect ACT 2611

### **Mitchell Clinic Address:**

Unit 10, Level 1 141 Flemington Rd  
Mitchell, Canberra ACT, 2912

### **Opening Hours:**

<b>Monday</b>	5 a.m. – 8pm	<b>Tuesday</b>	7 a.m. – 7 p.m.	<b>Wednesday</b>	7 a.m. – 8 p.m.
<b>Thursday</b>	7 a.m. – 7 p.m.	<b>Friday</b>	7 a.m. – 6 p.m.	<b>Saturday</b>	10 a.m. – 4 p.m.
<b>Sunday</b>	10 a.m. – 4 p.m. (Mitchell only)				

## Membership Time

**Membership fees are due by the end of June, so, if you haven't renewed, your membership has now lapsed.** Fees have been kept the same as last year:

Adult fees: Paddle Australia \$47, + PNSW \$47 + BGCC \$100 for a total of \$194 (+\$30 new member fee).

Juniors 10 – 18yrs: PA \$23.50 + PNSW \$20 + BGCC \$40 = 83.50 (+\$10 new member fee)

Juniors under 10yrs (at 1<sup>st</sup> July) PA \$23.50; PNSW \$0; BGCC \$40 (\$0 new member fee)

If you have boat storage or a shed key, these fees may be paid at the same time as membership renewal. They also remain the same at \$200pa for storage and \$80pa for a shed key. If you haven't already applied for a shed key or storage, please don't make payment until any application has been approved.

You may pay these fees separately from your membership fees, however payments need to have been finalised by 30 June. If you do require more time to pay, please contact either Laura Kleinrahm (President) or Patricia Ashton (Membership Secretary).

If you are not renewing your BGCC membership and have a boat in the shed, you are required to remove it ASAP and if you have a shed key, please return it to the club so you can have your \$50 key-deposit returned to you.

### Family Memberships

Juniors, rejoining without an adult or a single junior with an adult will remain at \$40, however, our Family memberships, where more than one junior joins with an adult, or a family of 2 adults and one or more children join, the 3rd + will receive a 75% discount on BGCC fees as well as a 30% discount for all via PA & PNSW.

### Subscriptions

Some members have chosen the direct debit option – if this is you, please make sure you are aware (emails were sent out 1<sup>st</sup> & 30<sup>th</sup> June.) If you are rejoining and have storage and/or a shed key – these fees aren't included so you will be required to make separate payments.

We would love to see all our current members rejoin. There are so many reasons to be a club member. You can take part in any of the disciplines – flatwater, marathon or recreational, canoe polo or white water, there is a range of club boats available, coaching at various levels, support from like-minded people, shed facilities, sharing of information via *Blazing Paddles*, Info sessions or directly from other members.

### Recreational Paddles

After the recent successful "away" recreational paddle, we'd like to organise some more. These would be suitable for most members, however paddlers would need to be able to paddle around 25 km – at a reasonably leisurely pace with a stop for morning tea and lunch. This would mean about a 5-hour paddle. While we can offer 2 Mirage doubles, it would be preferable for paddlers to work towards being able to do this comfortably themselves. How? Join our Thursday 7 a.m., Saturday 11:30 a.m. and/or Sunday 9 a.m. paddles regularly and throw in some Time Trials to build up your paddling fitness. There are other times available if you're an early morning person, or possibly some afternoons.



Accommodation should be arranged by individuals, however there may be the opportunity to share a house or cabin. Please let Patricia know if you're interested in coming along and we'll keep you informed.

Participants should also be able to transport their own or club boat – the club trailer may be available to carry boats, but it depends who is coming. Car-pooling may also be an option. Trips are all weather-dependent.

**1<sup>st</sup> & 2<sup>nd</sup> November, Kangaroo Valley** - camping opportunity. More details closer to the date.

Contact Patricia if you require further information on Memberships or Recreational Paddles.

*-Patricia Ashton*

## Market Place: Boats for Sale

### **For Sale:** FENN Surfski.

Primary Stability: 1-2,

Secondary Stability: 2.5

Kayak for intermediate to advanced. Possibly up there with the Epic V10.

Condition: Average to good.

Price: \$1200.

Phone Steve: 0434 264 016



### **For Sale:**

Kermit (Weapon) K1

Primary Stability: 1

Secondary Stability: 1

This Kayak more for the advance paddler very tippy and quick.

Condition: a little worn, but reasonable okay

Price: \$100 Phone Steve: 0434 264 016



**For Sale:** V5 Surf Ski Ultra Construction  
(white deck/white hull/Red bow & stern)  
Comes with a sock. Never used. \$4000

Excellent opportunity for someone looking for a light touring/recreational ski which could also be used in the surf. 13.5 kg

Plus: Epic Mid Wing Club Carbon Hybrid Shaft LL 210-220 cm \$499 NEW. NEVER USED Sell for \$300

Stephen Rowcliffe M: 0409 059 769  
Email: [schooey1@me.com](mailto:schooey1@me.com)



<https://www.epickayaks.com.au/collections/surfskis/products/v5-tourer?variant=43484703555761>



**For Sale:** KX-ONE Slider 485 2-Person Inflatable Kayak  
\$1,500

Has only been used 6 times in 4 years. It's too heavy for me which is my reason for selling it.

The double kayak comes with 2 paddles, 2 seats, 2 foot-rests, a skeg, a pump and a bag to pack it in.



Multiple D-rings allow seat adjustments for one or two paddlers. Detachable large skeg keeps kayak on a straight track while paddling. Phone Lynne: 0416 089 396

## Letters to the Editor?

Have you ever felt like having your say about something in the club?  
How it is run.

Constructive suggestions on what to do about something which is a worry to you?  
Praise for something which has affected you?

Keep it nice. No libelous words! Your name will be attached 😊

Get your thoughts published – write to me! [htongway@iinet.net.au](mailto:htongway@iinet.net.au)

## 2025 Hawkesbury Canoe Classic: 8<sup>th</sup> – 9<sup>th</sup> November. Moonlight!!



And new in 2025: you too can create a new record for the 65 km Windsor to Wisemans Dash!

(Records have not been kept for this shorter course in prior years.)

Kent Heazlett

Event Coordinator / Race Control

On behalf of the Hawkesbury Canoe Classic Association Inc.

M : 0418863950

E : [info@canoeclassic.asn.au](mailto:info@canoeclassic.asn.au)

### Draft Minutes of July Committee Meeting

**BGCC Meeting 8th July, 2025. 6:30 p.m. – at Club Shed**

**Attendees:** Neil Fargher, Andy Osborne, Helen Tongway, Richard Fox, Adam Hofmeyer, Walt Daly, Laura Kleinrahm, Shay Beck, Patricia Ashton

**Apologies –** Mic Doyle, Wendy Xaio

#### Minutes of Last Meeting:

Proposal: that the Minutes of the June 2025 meeting be approved
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Proposed: Laura	Seconded: Richard	Passed
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**President's Report:** very quiet month, with the Winter Pot Luck & 35<sup>th</sup> Birthday lunch well attended.

**Financial Report:** see below. Small cash profit overall down on last year – due to issues listed in report below. Laura asked if fundraising and spending should be in the same year; not necessary as long as we know how it will affect the figures. Do we need to see more sponsorship/fundraising; Might depend if we're aiming to purchase or build something in particular. Grants which are \$ for \$ will mean that we have to spend funds we may not have budgeted for.

What are we keeping \$128k for? Should we spend it if we need boats or other equipment as necessary? We are *not-for-profit*. Is it all being kept for 'just in case', as there is not enough to rebuild shed. The \$55k in term deposit is sufficient funding for one year without membership fees. Seems to be 2 schools of thought on making a profit each year and only spending within that - or using 'saving's'. Need to look at long-term plans for shed/shower area, kitchen area and pontoons, as two are reaching the end of their useful lives - something to discuss with a group outside of committee meeting. Any volunteers?



For good governance maintenance quotes should go to committee with labour and parts separated before work being carried out.

The proposed budget was accepted with the addition of \$1200 for pfd's and \$3000 for canoe polo (helmets, decks, etc.). \$8000 was agreed to for flatwater kayaks. We are purchasing a plastic SOT for ToP for \$690. Budgeting for a breakeven.

**Safety Officer:** Replacement of fire extinguisher, 5 years old; as per Form 1 quote \$154

**Boat Captain:** purchase of SOT (sit-on-top) asap + other flatwater boats as per budget request

### **Correspondence In:**

**Out:** Bob's letter to PA & PNSW re WWVP card requirements & Nationals.

### **Items from Previous Meeting:**

- **Child Safe Standards Scheme:**

- Shay has drafted the Self-Assessment. Mostly 'Beginning'. We can get some signs/posters as well as promoting on the website – linking to PA policies. Need to add Russell Murphy our Member Protection Officer, along with his contact details, to the Committee board in kitchen area, as well as website. Should review in 6 months to see how we're tracking. Shay will arrange.

- **Succession Planning:** We need to do a skills audit of club members so we know who and where we can go for targeted volunteers. Targeting specific members to encourage nominating for committee.

- **BGCC Survey** - Laura working on it

- **Winter Solstice** – was held in lovely weather conditions, good turnout.

### **Convener Reports**

**Canoe Polo:** Training at the pool and the river. BGCC to host summer series comp on 16<sup>th</sup> & 17<sup>th</sup> January.

**Marathon:** Swallow Rock next weekend. Nationals planning is underway with talks between PA, PNSW & BGCC on budgets and timings.

**Ultra Marathon:** 65 entries for the Hawkesbury so far, which is a good start. Some BGCC interest

**Sprint:**

**Slalom:**

**White Water:** *I anticipate having the schedule for the WW Section out by the end of July, for September to May. In the next few weeks I will have dates for the locally run PA River Rescue and Guide courses, for later in the year and early next year. Upcoming events of interest: King of the River (Echo bend in the Mitchell River) 10 August and Snow River Extreme Race on the Snowy River on 19 October.*

**Recreation:** weekend at Batemans Bay had 6 paddlers attend

**Coaching:**

**Membership:** 154 Adults, 12 Juniors – a bit over half.

**Time Trials:** Still seeing decent numbers – should they still run when Marathon races are on? Perhaps not running them may encourage people to travel to races?

Having them weekly gives those more recreational / fitness paddlers something to aim for, they're who we're trying to encourage.

## **New Business**

**Grants:** opening in August. Agree with the previous emails about it being a good idea to map out potential project ideas and can then meet with Liz Killen to form a plan. Need to discuss outside of committee meeting, to look at long-term requirements and which grants would benefit this. Need interested members to get together.

**New Pontoon Request:** Margi has requested we look at a new pontoon to extend the current 'portage' pontoon for Nationals, but also looking at the longer term as this pontoon and the canoe polo pontoon will need replacing in the next few years. As no funding would be forthcoming from PA or PNSW this is on hold for now.

**WWVP :** has been quite some concern over the PA need for ALL volunteers to hold a card, especially for Marathon Nationals. As there is now a cost involved, the club will need to decide if we pay. Letter went out to PNSW. Many volunteers, e.g., parking marshals, portage counters, turn officials – only have incidental contact and/or only volunteer for a few hours once a year.

Waiting on Paul Branson & Keaton from PA to return from leave to find out their thoughts on PA funding WWVP cards. Also, ACT Govt decision may yet be overturned.

Need to get all members with cards registered on Just Go

**CCTV:** 4 cameras have been set up outside:

Top left is new shed looking to broken down pipe

Top right is front door looking east

Bottom left is new shed looking first 6 bays of carpark. (*I'm not sure this is useful but it's as far as current cables would reach. With a trip to Bunnings Majura I could get more cable...Fyshwick was out of stock*).

Bottom right is front door looking west

So we don't have inside cameras for the kitchen or tinny bay now. Those might be worthwhile. And maybe one for each extreme end of the shed (looking to the outriggers and over the tinny access doors?)

That would be 4 cameras and 4 long cables. Would be about \$500 extra and give us 8 camera coverage.

We've also left one dead camera in place as deterrence.

Proposal ; that BGCC purchase another 4 cameras and cabling as per Gary Rake's suggestion. Moved: Neil Seconded: Shay Carried

**AGM** – Saturday 30<sup>th</sup> August from 12 p.m. at the river. Light lunch provided.

**Presentation Night:** need to start organising – should it be revamped? At the river or somewhere more informal than sit down dinner? Need to cater for a wide age range. Look for volunteers to organise. Need to confirm dates for November and ideas next meeting.

## **Business via Email:**

Invitation for Submissions into the ACT Govt Inquiry into Barriers & Opportunities for participation into Community Sports

**Meeting Closed:** 7:50 p.m.

**Next Meeting:** 12<sup>th</sup> August.

## **Treasurer's Report for Meeting July 8, 2025**

## 1. Preliminary Results for Year Ended 30 June, 2025

The net profit for the year was \$ 4,846. In line with a budget to break-even for the year. The net profit is down from \$23,226 from the previous year, a decline of approximately \$18,000. Income is down \$9,475. Expenses were up \$ 8,900. Further discussion of the income and expenses below.

Cash at the end of the year was \$128,340, compared to \$116,064 at the start of the year. The cash increased approximately \$12,000 for the year towards future contingencies and asset replacement.

Income for 2025 was down \$ 9,475 from 2024. The 2024 income however includes the canoe polo nationals event income and athlete fund raising not repeated in 2025. The income for 2025 has lower fund raising \$5,500 and sponsorship \$4,400. Some of the increase in membership income currently reported might need to be reclassified as c-p event related.

Expenses were \$ 8,900 above last year. There was \$ 6,841 more spent on facilities than the previous year. Facilities and equipment repairs and expenses have been particularly high in 2025. These costs included rewiring 1,677; event safety signage 1077; weights and equipment 2,099; plumbing for shower drainage, hot water service costs 1076+; guttering and sitework 990; lock related 800; repositioning pontoon 1,021; defibrillator 385; etc. We also spent more on cleaning \$1,500. We also paid out \$ 4,131 in athlete payments in 2025 with no equivalent expense in 2024. This amount was included in income for 2024 and the expenses for 2025. Because we do cash accounting, the profit for 2024 is increased and the profit for 2025 decreased by this amount. We did not however have costs related to the canoe-polo nationals in 2025.

I have attached the first draft of the annual financial statements. There are some corrections to come including the titles of the balance sheet columns that should read 2025 and 2024 respectively. Also the membership income for 2025 appears to include some canoe polo income that may be event related. I will follow up these and any other items raised Trent to finalize the annual report and obtain the audit review.

## 2. Budget for year ending 30 June, 2026.

First draft of the budget and the key assumptions previously provided. Need feedback on the proposed budget for the 2026 fiscal year.

## 3. For information: Recent Payments

	Recent Payments		
16/06/2025	Reimbursement Neil Fargher	99.00	Renewed rego on-line. T74722 23/5/2025.
16/06/2025	Infinite Cleaning Invoice 0349	660.00	Cleaning 16/5 to 13/6
16/06/2025	Blackboat Inv 1462	279.98	C-Polo balls - Nambucca Event expense
16/06/2025	Reimbursement Laura Kleinrahm	367.69	Nambucca Event Expenses
16/06/2025	Bookkeeping - Trent	170.00	Bookkeeping
16/06/2025	Shane's Home & Property: Maintenance	1021.00	Invoice 4322
16/06/2025	Reimbursement David Burr	250.00	Nambucca fuel
19/6/2025	Card - Bunnings	789.00	New Security system
22/6/2025	PaddleNSW affiliation fee	200.00	PaddleNSW affiliation fee
25/6/2025	ACTEWAGL	284.43	
29/6/2025	V Insurance	209.00	Marine hull insurance renewal
30/6/2025	ACT Env planning sustainability	1196.25	invoice 22491 Quarterly Rent in advance
30/6/2025	Reimbursement Margi Bohm	206.59	fuel 68.70, printing 137.89
30/6/2025	Lakeside Leisure Invoice 7439	100.00	Pool hire June
7/7/2025	Reimbursement Lucy Imeson	74.75	Restock drinks in shed
	<b>For Payment:</b>		
	Reimbursement Laura Kleinrahm	70.22	\$15.35 supplies, 54.87 polo repair box

-Neil Fargher 7/7/2025.



### **From your Committee: BGCC Annual Fees**

Well, it's that time of year again. The end of the financial year often brings with it a few additional expenses for those of us who belong to a sporting club, or clubs! July means we need to start shelling out some \$'s for membership fees for the forthcoming year.

While BGCC encourages prompt payment of these fees, if you are finding difficulty paying all fees by the due date, please contact our Membership Secretary, Patricia Ashton, via email: [patricia.ashton@gmail.com](mailto:patricia.ashton@gmail.com) to arrange a payment schedule that will suit your budget.

### **Where do my fees go?**

Since obtaining our Lease on the shed and the land 'footprint' (previously we occupied our shed under a Licence agreement that gave us no security of tenure) we now incur the following additional **annual** costs:

Leasehold fee & Land Rates		\$8,900
Venue & Equipment Hire		\$4,900
Utilities -	approx.	\$4,500
Bookkeeping & Website		\$3,300
Insurance on building & contents		\$4,000
Shed Cleaning		\$6,500
General Repairs & Improvements (in 2024/25)		\$13,300
<b>Total p.a</b>		<b>\$45,400</b> (Ed.: >\$180/member!)

Note: Under the previous Licence arrangement BGCC was not required to bear the Repair and Insurance costs.

In addition to the above, there are other club operational expenses, including the substantial amount of equipment for member use (paddles, PFDs and over 50 club flat-water and canoe polo craft) that require regular repairs and upgrading.

**With the BGCC AGM coming up on 30<sup>th</sup> August, 2025** here is some food for thought:

### ***Everybody, Anybody, Somebody, Nobody and the sad death of Someone Else***

The first four were greatly saddened to learn of the death of one of their most valuable members: *Someone Else*.

*Someone Else's* passing created a vacancy that will be difficult to fill.

They had been around for years and for every one of those years, *Someone Else* did far more than a normal person's share of work.

Whenever *Anybody* mentioned leadership, *Somebody* always looked to this wonderful person for inspiration and results: "*Someone Else* can do that job!"

When there was a job to do, a need to be filled or a place of leadership, one name was always given.....*Someone Else*.

Everyone knew *Someone Else* was the largest giver of time and money.

Whenever there was a financial need, *Everybody*, *Anybody* and *Somebody* always assumed that *Someone Else* would make up the difference.

Now *Someone Else* is gone.

And no longer can they utter the words: "Let *Someone Else* do it."

**So: step up. Nominate: yourself or someone else (but not the usual "someone"!)**  
**Come to the meeting. Vote. Participate in YOUR CLUB.**



**Sat Race 1, Wagga Bidgee Bash**

**1 Feb** [2025 Marathon #1 Wagga Bidgee Bash](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 2, Frank Harrison - Singles - Albury**

**15 Feb** [2025 Marathon #2 Frank Harrison](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 3, Frank Harrison - Doubles - Albury**

**16 Feb** [2025 Marathon #2 Frank Harrison](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 4, Lane Cove**

**30 Mar** [2025 Marathon #4 - Lane Cove](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 5, Davistown**

**17 May** [2025 Marathon #5 - Davistown](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 6, Woronora**

**14 Jun** [2025 Marathon #6 - Woronora](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 7, Swallow Rock**

**12 Jul** [2025 Marathon #7 - Swallow Rock](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 8, Penrith**

**3 Aug** [2025 Marathon #8 - Penrith](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 9, Narrabeen**

**31 Aug** [2025 Marathon #9 - Narrabeen](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 10, Windsor & Finale**

**5 Oct** [2025 Marathon #10 - Windsor](#) | [Event registration](#) | [Webscorer](#)

Updated: 21/11/24dl



<https://nsw.paddle.org.au/upcoming-events>



[PaddleNSW - Marathon](#)



[marathon@paddlensw.org.au](mailto:marathon@paddlensw.org.au)



**Race entry:** <https://www.webscorer.com/register?raceid=368069>

## LBG depth going down...

### LUG NOTICE: Lowering of Lake Levels

Dear Lake Users,

Due to recent rain events in the catchment, additional measures are required to accommodate the major project at Scrivener Dam. Over the coming days, the NCA will commence a drawdown of the lake level by a further 250mm (500mm total) below the normal level. This is a temporary drawdown for a period of 3 weeks (weather dependent.) During this time, lake levels are likely to fluctuate.

Fluctuating lake levels may present additional hazards. Please ensure that you navigate the lake safely and report any hazard to the NCA.

We will continue to keep lake users updated as the project progresses.

Should you require any further information please feel free to contact the NCA at [communications@nca.gov.au](mailto:communications@nca.gov.au)

Kind regards

Lake and Dam team.

4<sup>th</sup> July, 2025.



A reminder to all Lake Users to please report any near misses, incidents or hazards via the WHS Monitor on the NCA's website. Please use the following link to report incidents of near misses - <https://www.nca.gov.au/node/20364>

**To check Lake Burley Griffin water quality:**

<https://www.nca.gov.au/environment/lake-burley-griffin/water-quality#>

**Other Waters:**

[https://www.cityservices.act.gov.au/news/news-and-events-items/water\\_quality\\_in\\_our\\_lakes\\_and\\_ponds](https://www.cityservices.act.gov.au/news/news-and-events-items/water_quality_in_our_lakes_and_ponds)

## Club Coaching and Escorted Paddling

- **Saturdays 10:00 a.m.:** Club Time Trials. 1 or 2 laps; 3.7 laps. You can use these to increase your paddling fitness, or you can take out a boat and go for a paddle yourself. Shed is open from about 8:30 till 11:00 a.m.
- **Thursdays 7:00 a.m.:** David Gordon and Russell Murphy's session, for Novice and Recreational Paddlers. 1 hour; some interval training and technique instruction.
- **Lunchtime Thursday:** Masters' training with Margi Böhm. Capitalise on the ability to train at lunch time in the Nation's Capital!
- **Saturdays 11:30 a.m. – 1:00 p.m.** over winter, Paddle for Pleasure with John Lockie and Helen Tongway.
- **Sundays 09:00 a.m.:** Lake Paddle. 6 km – 10 km paddle, usually out on LBG
- Train with Gary Rake – **06:00 a.m. Thursday** (& some people 06:00 a.m. Tuesdays); **06:30 a.m. Saturdays**
- **TrainSmart** – for the more serious paddler who wants to be the best they can be. This group **trains most mornings** under the guidance of Margi. If you want to know more about TrainSmart, contact Margi on [margi.bohm@gmail.com](mailto:margi.bohm@gmail.com).



### **An event for all paddlers – The annual BGCC 24 Hour Canoe Paddling Relay Challenge**

Get ready. Get a Relay Team together. Organise your sequence of paddlers. Plan your food and drinks. Check your boat-lighting system. Prefer to go solo – go for it! You can take a break any time.

### **Recreational Paddling**

The Eurobodalla Kayakers organise fortnightly kayak touring trips along different waterways between Narooma and Bateman's Bay. It's a great way to enjoy nature and explore coastal waterways with experienced paddlers.

There is no fee to participate and trip maps for each trip are available from the website: [www.eurobodallakayakers.com](http://www.eurobodallakayakers.com) or you can just turn up at the meeting spot and simply follow the leader. The trips average 12 km in length, suit stable craft such as sea kayaks; and there's a 30 min stop for BYO morning tea. Most trips are round-trip paddles and have been well-planned to favourably factor in tidal movement. Send an e-mail to [eurobodallakayakers@gmail.com](mailto:eurobodallakayakers@gmail.com) to request being added to their mailing list to get detailed information about each upcoming paddle. You need to be able to comfortably paddle 12 km, have the usual safety equipment and be reasonably self-sufficient on the water.

### **Fibre Hacks - Or – How is your diet?**

(From *New Scientist*)

The word “fibre” usually evokes images of All-Bran, lentils, brown rice and other virtuous (though not necessarily tempting) foodstuffs. But some delicious and healthy foods deliver surprising amounts of fibre.

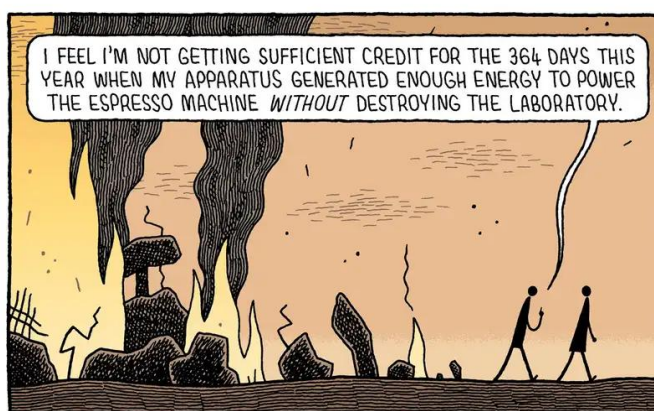
Avocados, for example, contain 6.7 grams of fibre per 100 grams, enough to get them over the 6-gram threshold needed to be called a high-fibre food. Passion fruit clocks up 10 grams and raspberries tout 9.1. Popcorn has an eye-popping 14 grams, almost half of your daily target in a 100-gram bowl (though that is admittedly a lot of popcorn). By the same token, some foods that you might assume are very fibrous are not. Celery, for instance, contains just 1.5 grams; cabbage has 1.7. In fact, from a fibre perspective, you would be better off eating potato chips (around 3.9 grams) and dark chocolate (around 6 grams).

White pasta and rice don't contain much fibre when freshly cooked, but when cooled, their starch crystallises into a form of fibre called resistant starch, which remains intact when you reheat it.

Can you get up to the recommended 25 to 25 grams of fibre per day?

**Thank you to all contributors to this edition of *Blazing Paddles*.** If you have contributions for the next edition, please get in touch as soon as your event happens or as soon as you know some dates to advertise an event.

[htongway@iinet.net.au](mailto:htongway@iinet.net.au)



TOM GAULD for NEW SCIENTIST