



# BLAZING PADDLES

Newsletter of the  
**BURLEYGRIFFIN CANOE CLUB**

Volume 35 Issue 4 December 2024

**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



A Leunig cartoon from 2013. Michael Leunig was famous for his insightful and often poignant social commentary.

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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 & Patricia Ashton
Marathon Convener	Margi Bohm
Event Co-ordinator	Bob Collins
Sprint Convener	Marcelo Cabezas
Slalom – WW Convener	Colin Calderwood
Social Convener	Wendy Xiao

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## Coming Events:

- 24-26 January, 2025 PA Canoe Slalom Oceania Championships SIRC Penrith, NSW
  - Saturday 1<sup>st</sup> February, 2025 PNSW Marathon Series Race 1 WBCC Oura Beach to Wagga
  - Saturday 8<sup>th</sup> February PA Ocean Racing Champs & selection event Ulladulla, NSW
  - 14-16 February, 2025 PA Canoe Sprint Grand Prix 2 SIRC Penrith, NSW
  - Saturday 15<sup>th</sup> February PNSW Marathon Series Race 2 Single boats MMCC Albury, NSW
  - Sunday 16<sup>th</sup> February PNSW Marathon Series Race 3 Double boats MMCC Albury, NSW
- (These two races are in conjunction with Paddle Victoria, so are inter-state competition, as well as being the Frank Harrison Memorial races!)
- 7-8-9 March, 2025 PNSW State Marathon Championships BGCC Molonglo Reach, ACT
  - 12-16 March, 2025 PA Canoe Sprint National Championships SIRC Sydney, NSW
  - 15-16 March, 2025 Canoe Polo Summer Series #3 BGCC Molonglo Reach, ACT

## President's Report

Well done to those who volunteered or competed in the recent 24-Hour Paddling Challenge. Local team, Team Rakali took out the Recreational Team category with an impressive 35 laps, not a bad feat!

Last Saturday, it was lovely to see so many paddlers and Santa hats on the water for our Christmas time trial, social paddle and polo training, as well a few at the Christmas BBQ, where many tasty treats were devoured.

This year had some great highlights for the club, including hosting events, recreational trips, competitive achievements and plenty of new faces around the shed, with more exciting moments planned for 2025! A special thank you to all those who helped make this happen by volunteering for the club, including coaches, sausage flippers, the Grey Army and the BGCC Committee.

Whether staying in Canberra, travelling, or returning home this Christmas, I hope everyone has a relaxing break. Thanks for a wonderful 2024, and I'll see you on the water in 2025!

*Laura Kleinrahm*

## BGCC's 34<sup>th</sup> Presentation Dinner

On Saturday 23<sup>rd</sup> November, 46 club members came along to celebrate 2024's paddling achievements at the Hellenic Club, Civic. Thanks to Richard Fox and Wendy Xiao for organising it and Richard and Laura Kleinrahm for running the evening. It was great to see many of our category winners there and to share their stories.

Congratulations to all those nominated; as a club we have a lot to be proud of.



## Encouragement Awards

Five club members were selected, based on their paddling efforts throughout the past year:  
**Pete Connolly:** For his efforts in the Marathon Series races and in Ultra Marathon races, having completed the Myall classic of 47 km, the Hawkesbury canoe Classic of 111 km and the Mighty Murray Paddle of 415 km over the past few months.

**Gerard Whitcombe:** From a fishing background has jumped into our recreational and training paddles and a bit of surf play. We need to get him into something a bit more challenging and encourage him to take part in the Marathon Series. Jed has also been very helpful, volunteering to pull the trailer for our trips.

**Yuvani Chhetri:** For taking up tippier K1s and for paddling in time trials over the cold of winter.

**Yuvna Chhetri:** For continuing to paddle through winter and looking forward to a C1 in summer. Also for paddling in the NSW State Champs in TC1.

**Yvette Maconachie:** For moving from very stable boats into much tippier boats in the Saturday Paddle for Pleasure group. Now a very good *Flyer* and V7 paddler.

**Recognition of our Coaches:** Club coaches are an integral part of the club and important in getting club members into efficient paddling, with a reduced chance of paddling injuries. Thank you to these people: Margi Bohm, James Harmer, Russell Murphy, Adam Hofmeyer, Patricia Ashton, Helen Tongway, Tom Long and Michael Hanemaayer.

## Merit Awards



**Jess Harmer:** Jess made her first worlds team in the Australian U21 Women in China and was the dual highest goal-scorer, which was a great achievement.

**Jen Stevens:** (Left) Played a great part in the Australian Open Women's Canoe Polo team in China.

**Larissa Cleverly:** Has raced in some of the PNSW Marathon Series events and done really well in State, National and World Championships in singles and doubles. Larissa largely trains by herself, but managed Gold and Bronze medals at the World Champs – the latter in a contested class.

**Craig Elliott:** A usual suspect at Awards night! Silver at Worlds in a contested class. Did well in Marathon, Ocean Racing and in slalom. Placed 7<sup>th</sup> in division 1 from three singles races; as well as two doubles races with Laura Lee.

**Junior Paddler of the Year:** Three juniors were nominated for this award –

**Liam Broughton:** For competing in and winning his State Marathon Championship race and for frequently paddling in Summer Time Trials in both singles and in doubles with his dad.

**Catie Burr:** At just 16 years, Catie was in the U18 winning Canoe Polo team at the Nationals; vying for selection in the U21 Australian team for worlds and now for next year's Oceania. She trains on water multiple times each week as well a gym doing sessions. She is always open to feedback and has a drive to improve. She has developed some impressive skills in

only a year! Catie has also had success on whitewater, winning Junior Category at the Snowy Extreme race, with her brother Bane.

**But the winner was - Bane Burr:** Bane is only 13 years and has also only been playing Canoe polo for a year but has made huge strides. From his first sessions, struggling to make goal to now shooting from 8 m out. Now confidently successfully rolling every time after starting out with a very shaky roll.



His understanding of boat position now also awesome – despite being half the size of a lot of players he is regularly a bigger pain in defence. Bane was also a

member of the winning team for U18 at Nationals and is now nominating for the U18 Australian Team. Beyond Canoe Polo he is also a skilled whitewater paddler, winning the King River Race and the Snowy River Extreme Race in this year's Juniors.

**Grand Masters' Grand Master:** Three older folk (70+ yrs) were nominated for this award –

**Robert Bruce:** Has come back from a long illness, to get back into training and racing. He came second at the end of the Marathon Series in Division 13. Robert has a real race each time he competes – with great enthusiasm – at 82 years!

**Helen Tongway:** Despite many setbacks this season, has paddled in four of the Marathon Series races and came third in Division 7 – 20 km. Also completed the Wisemans' Dash in a double with Bob Collins.

**But the winner was – Bob Collins:** Bob, along with paddling partner Patricia Ashton, won the Division 5 in the PNSW Marathon Series of races. Also completed the Wisemans' dash with Helen Tongway, at very short notice.

**The Rainer Swoboda Memorial Award,** for contribution to the successful running of BGCC Two names were put forward for this award –



**John Lockie:** He's been there every Saturday, putting out the gear for the time trial timing and then putting our recreational and junior paddlers on the water. He is a vital part of the Grey Army, doing many of the odd jobs around the shed and along the river - Bringing Laura's ideas into reality...

**But the winner was – the Burr Family:** The Burrs have been a huge asset to Canoe Polo this year; assisting with everything from fundraising BBQs to preparation for Nationals and Come & Try's. Since joining the club last year they have quickly become Laura's and Adam's go to's. We don't even need to ask – they're always just the first to offer.

*Above: Emma, Bane, Catie and David Burr, with Laura Kleinrahm*

**Most Improved Female Paddler:** Two names were put forward –

**Larissa Cleverly:** See above script in her Merit Award category – and note that she needs to train by herself, so this is an accomplishment in itself.

**But the winner was - Caitie Burr:** See above script for Catie in the Junior Paddler of the Year category!

**Most Improved Male Paddler:** Four names were put forward –

**Andrew Webber:** Was progressed through the Divisions from Div 5 up to Div 3 over the past PNSW Marathon Series of races.

**Matthew Gates:** Improved from being the 5<sup>th</sup> fastest male in the PNSW Marathon Series races to second fastest. He produced the second-best Aussie performance in U23 in the last decade at World Marathon Champs and has been an Australian team member in both Canoe Polo and Marathon!

**Bane Burr:** See above script for Junior Paddler of the Year category.

**But the winner was - Jason Rantall:** Though he has been paddling since he was a kid – and at a high level – he has been out of competitive paddling for many years. Jason went to SUPs for several years but was then off the water for two years with cancer. He has now come back with a fire in his belly and has greatly improved his racing speeds over the past season.

**Male Paddler of the Year:** two names were put forward –

**Craig Elliott:** Craig won a Silver Medal at the Marathon Worlds in a contested class and did well in the disciplines of Ocean Racing and Slalom as well as Marathon. He placed 7<sup>th</sup> in Division 1 in the PNSW Marathon Series races from three singles races (and raced two doubles races with Laura Lee).

**But the winner was – Matthew Gates:** *(Right)* See above script for Most Improved Male Paddler.



**Female Paddler of the Year:** Three names were put forward –

**Jess Harmer:** Jess made her first Canoe Polo Worlds team in U21 Women. See Merit Awards script.

**Larissa Cleverly:** See above script for Most Improved Female Paddler

**But the winner was – Laura Lee:** *(Left)* Laura took out a Gold Medal in her age group at the World Marathon Masters' in single boat, as well as a Silver Medal in double boat. She also raced two PNSW Marathon Series events as a single paddler plus two in a double boat.

**The John Harmer *Hole in the Paddle Award*,** for the paddler the rest of us need to have handicapped, so we have a chance of bettering them. Jason Rantall was a strong contender, but this year's winner is **Matthew Gates**.

- *Patricia Ashton*

Paddle Australia is pleased to confirm that the 2025 PA Canoe Ocean Racing Championships will be hosted by the Makai Cup! ★  
Raced in Ulladulla, on the South Coast of New South Wales, the race will be held on Saturday 8 February. 🏆

<https://paddle.org.au/2024/11/07/paddle-australia-confirms-2025-pa-canoe-ocean-racing-championships/>

## Canoe Polo

BGCC polo is now in wind-down mode heading into Christmas, after one last comp in Victoria a couple weeks back. It was the first of two selection events for Oceania's next year. So, ACT were there putting their best paddle forwards.

13 people travelled the 7 hours to delightful rainy Melbourne to play and watch. With players across 5 different teams and 3 divisions. Butterflies came second in A grade; the Burley Babe's finished fifth in B grade; Bane and Caitie playing in U18 teams coming 1st and 2nd respectively in C grade and their dad, Dave, somewhere beneath them with Sydney Uni team. It was a comp made fun overall by the people that travelled and another good learning experience.

The next competition and Oceania selection event is in Adelaide, only a short few weeks after Christmas. Lovely time of the year for it. So, our keen players will have to watch their servings of pud over the break, if they want to make the teams!

Merry Christmas to all from the polo crew.



*Above: Toni Harmer, Wendy Xiao & Tom Saleh enjoying their polo awards*



*Above: Carley Goodwin, Adam Hofmeyer & Michael Young representing the Butterflies at Melbourne Summer Series*

## Adam Hofmeyer

Dear Lake Users, NCA has engaged a head contractor for the **Dissipator Strengthening Project for Scrivener Dam**. The project involves installation of 700 new anchors into the foundation rock beneath the dam and construction of a 500mm thick reinforced concrete slab to strengthen the downstream structure of the dam.

The contractor is engaged to undertake early works for the project prior to works commencement on site. Works on site are anticipated to commence in **March 2025** and are expected to take about 2.5 years with completion of the project by mid-2027.

The lake level will be lowered by up to 500mm in time for the commencement of works on site (March 2025). The level of the lake will be lowered gradually, and we aim to provide as much notice as possible prior to lowering the lake level. The NCA will work with stakeholders to mitigate the impact of this wherever possible.

Please feel free to contact NCA on [LUG@nca.gov.au](mailto:LUG@nca.gov.au) if you have any questions.

**David Wright** | Director, Lake and Dam      **National Capital Authority** (02) 6271 2888

## 2024 24-Hour Paddling Challenge

The morning of Saturday 7<sup>th</sup> December was sunny, hot and humid. A great morning for splashing some paddle-water onto bodies in boats. The Grey Army had been busy putting up the club tent on Friday and Margi had installed new buoys along the upstream course to extend the Molonglo River laps to 4.7 km. With the start time set at 10 a.m. – we waited for 5 minutes while the late-comers got themselves out onto the water and they were off!



With over 40 paddlers entered, including 12 in the Solo category, the start looked quite “crowded” – well, compared with some of our 24-hour events!

After the initial flurry of the start, things settled down to steady paddling, as soloists continued their laps and teams made their change-overs. Each lap duly noted by the timekeepers who were sheltering in the tent, from the sun and wind. Bob Collins and Helen Tongway stayed on duty for the full 24 hours, with help from Ted Hall and David Gordon, when they were not needed on “tinny duty” with Jason Rantall and/or Gary Bergman. Our Tin(ny) Men did a great job in rescuing a couple of paddlers who had rudder problems and put out the course and warning/danger lights for the night-time paddling and then retrieved them again in the morning.

Throughout the day there were threatening clouds and the occasional sprinkle of rain – plus the sound of thunder off: over towards the hills. But thankfully most of the rain scudded around us and we were able to continue uninterrupted. Throughout the day and particularly at night, paddlers took their rest-breaks so they would be ready to restart their paddling in the morning. The paddle of the day was the extra effort put in by Yvette Maconachie, who was set the task of completing her lap before the dreaded 24-hour clock ticked to the end of the event. Yvette’s lap earlier in the morning was 30:26, but when she set off on her last lap she had only 29:16 left on the clock to get the lap finished in time to count – and she did it – in 28:51. A marvellous PB to a relatively new paddler! (Still had 25 seconds left on the clock!)

A quick round-up of the results showed that the 3-men team from Penrith (PVC) collected the greatest number of laps (49), followed by the 2-person (LCRK) Crudslime Champions (38 laps) and then BGCC’s Team Rakali (35 laps). The best of the Solo paddlers was Russell Smidt, who completed 31 laps. Russell also took in some slower laps to spend time chatting with other paddlers. Larissa Cleverly had set herself a goal of 50 – or perhaps 100 km – and did indeed achieve her aim.

BGCC had three Recreational teams plus 8 solo paddlers, while SSCC had 2 Competitive teams along – one team of 4 in single boats and one team of 5 in mix-and-match double



boats – plus a solo paddler. Another solo paddler was a MWKC member – who said he had a great time and would be back next year. Let us hope he can encourage some others.

## Contribution from SSCC Members

Word was sent out through our club's messages "Who's up for a paddle, sleep over and a few beers?"

So, the car was packed Friday night: Ski, paddling gear, chair, swag, nibbles, breakfast, lunch, dinner and of course, beverages. After a very easy drive down from Southern Sydney, we arrived with plenty of time to put up our shelters, carry our skis to the water's edge, and listen to the pretty cruisy pre-race briefing. The team at BGCC had been busy laying out the course and marking any possible problem spots on the river.

*Below: Our visiting SSCC 24-hr eventers – before taking to the water*



After deciding who would start us off, the rest of our crew finished setting up and settled into what was to be an enjoyable weekend. Our club, SSCC, had two teams, one made up of doubles and the other singles. Not only was it a good hit out exercise wise, we also used the paddle as a bit of a paddling clinic. We were fortunate to have Bob Turner in our crew, who passed out some very handy paddling tips; and a very nice home cooked slice later in the night. Yummo! The event went very, very smoothly with our only responsibility being: to be on the water in time to "tag" our incoming teammate.

We had managed to average under 30 minutes for each lap, which allowed us time to press the pause button at dusk to sit as an entire club group and have some dinner and a well-earned break. Afterwards, the wind calmed and darkness settled over the water. This was

an excellent opportunity for some of our crew to experience night-time paddling for the first time, while others couldn't resist a beer after dinner. (It was a pretty cruisey crew to enjoy a paddle with.) At 10 p.m. our two groups were off the water but there were some who paddled all through the night. BGCC have got an excellent clubhouse set-up which included hot showers. These were very much appreciated after 12hrs of paddling.

After a good night sleep, thanks to some comfy swags and tents, we were back on the water at 6 a.m. It was a glorious time to paddle this stretch of water with reflecting colours that amazed. While one member paddled, the rest grabbed a coffee from the clubhouse and prepared their breakfast in the clubhouse kitchen.

It was an enjoyable weekend of paddling and socialising. You can approach the paddle as seriously or as socially as you like. We took our paddling seriously but never forgot to enjoy ourselves, after all that is why we all paddle isn't it?

All in all, a great weekend of paddling that I would recommend to all paddling clubs to attend. So set yourself a challenge and come along.

Thank you BGCC!

*(PS .... I know a coffee van on both mornings would have been highly appreciated and a BBQ on the Saturday afternoon would also have been good.)*

**Jeff Buchan, SSCC**

Plus, quotes from a couple of SSCC team members:

"It was a fab weekend. Great company and even the weather was well organised too!"

"I liked the goodies bag we all received. The little lights came in very handy, not only for the night-time paddlers but also to see what we were eating and drinking."

## End of Year Barbecue

On Saturday 14<sup>th</sup> December we ran our last time trial for 2024 and invited club members to come along for a recreational club paddle afterwards. We had 16 boats on the water which was lovely to see.



After the paddle there was a BBQ to enjoy: in the shade, near the water, snags & onions as well as a range of yummy treats. Where else would you rather be??

TT's and beginner paddles will re-commence around the 11<sup>th</sup> January. However, we have started a recreational *Whats App* group so it's easier for paddlers to connect with each other and set up paddling times outside 'official' sessions. Contact Patricia ([info@bgcc.org.au](mailto:info@bgcc.org.au)) if you're interested in being included. These sessions won't be coach-lead so paddlers will be responsible for their own safety.

Wishing everyone a happy and safe Christmas season.

*Patricia Ashton*



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

**THE HAWKESBURY**  
111 Km  
**CLASSIC**

**8<sup>th</sup> / 9<sup>th</sup> November 2025**  
**Great tides / Great moon**  
**No excuses !!**

The logo is circular with a black background and white text and graphics. It features a silhouette of a person in a canoe with a paddle, a star, and a moon. The text 'THE HAWKESBURY' is at the top, '111 Km' is in the middle, and 'CLASSIC' is at the bottom. Below the logo, the dates '8<sup>th</sup> / 9<sup>th</sup> November 2025', the phrase 'Great tides / Great moon', and the slogan 'No excuses !!' are displayed in bold black text on a blue background.

Kent Heazlett  
Event Coordinator / Race Control  
On behalf of the Hawkesbury Canoe Classic Association Inc.  
M : 0418863950  
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## Starting a new Paddling Journey at 60: The Adventure Begins

At 60, you'd think I'd have earned the right to spend my weekends napping in a recliner, not wobbling around in a kayak like a confused penguin. But life has a funny way of keeping us on our toes—or, in my case, splashing around with all the grace of a toddler in a paddling pool.

It all started with a friend—one of those people who makes you question your life choices. You know the type: they've paddled across Bass Strait for fun, trekked across deserts and probably climbed Mount Everest with a baguette in their backpack. When they suggested I take up paddling, I could have said no. But instead, I thought, "Why not?"—which is also the same thing I say when I have dessert for breakfast.

The first challenge? Starting this great paddling adventure in Canberra. Enter the Burley Griffin Canoe Club. I signed up, expecting at least a little scepticism about a guy my age deciding to take up kayaking. Instead, I got an enthusiastic welcome and what felt like the keys to a new secret society—though, disappointingly, no one handed me a decoder ring or a password to mutter at dawn. There is, however, the tantalising promise of a key to the shed after three months—assuming I behave myself.

Then came my first session. I turned up eager, clueless and mildly terrified, where I met Patricia—part coach, part saint. She explained the basics, like how to hold the paddle, sit in the boat and "engage my core." I nodded along as if I had the faintest idea what my core was or where to find it.

Once on the water, Patricia offered gentle advice like "keep your elbows down," while I put on a one-man show called "What Not To Do in a Kayak." Picture it: bubbles everywhere, arms flailing like I was swatting mosquitoes and a boat wobbling so violently it probably needed its own sea sickness pill. If you'd been watching, you might have assumed I was trying to signal passing aircraft.

Now, I've done a bit of surfing and windsurfing in my time, so I thought I'd adapt quickly. I was wrong. Kayaking is a completely different beast. My surfing instincts just meant I instinctively leaned too far to one side, which in kayaking terms is a polite way of saying "You're going for a swim."

But I persisted. And a few sessions later, I decided to tackle the club's time trial. It's a personal race designed to test your skills—or, in my case, to see how many times you can fall out of the boat before the starting horn (twice). Helen, who was supervising, offered one piece of advice: "Just breathe." I took her advice, inhaled deeply, paddled, and—miraculously—the boat moved forward. Slowly. Awkwardly. But it moved.

The elation was short-lived. I finished the course and beamed with pride at my "impressive" time... only to later realise I'd accidentally cut the course short. Whoops. I was briefly a legend in my own mind until reality—and geography—set in.

That's when I got the itch. My Bass Strait paddling friend gave me some sage advice: "You need a good paddle." Now, I'm a sucker for good gear, so I immediately fell down a rabbit hole of paddle reviews. Hours later, I emerged victorious (and slightly poorer) with a shiny new MS2 paddle from Flow Kayaks in New Zealand. When it arrived, I held it like Excalibur,

convinced this would be the thing to transform me from floundering amateur to Zen-master of the water. Spoiler alert: it didn't happen immediately, but I definitely looked the part.

Of course, no good journey is without setbacks. Fuelled by my new paddle and a questionable number of YouTube tutorials, I enthusiastically hit the water—only to hit the limits of my 60-year-old back. One twist, one paddling session too many and my spine politely requested a break. I spent the next week shuffling around like an extra in a zombie film and muttering about how kayaking was supposed to be a “low-impact sport.”

But you can't keep a paddler down for long. A bit of rest, some hikes with mates, and I was back in the boat, more determined than ever—if slightly more cautious.

So here I am: still wobbling, still paddling and still not entirely sure what I'm doing. I haven't paddled across Bass Strait yet (give me time, a lot of time...), but I'm getting better with each session. The water doesn't feel like my enemy anymore, and I've even had a few moments where I felt... graceful? Okay, maybe “not disastrous” is more accurate.

A big thank you to the Burley Griffin Canoe Club for welcoming me into this crew of paddlers and for not laughing (too hard) when I zigzag down the river like a drunken crab.

This is just the beginning of my paddling misadventures, so stay tuned—there's plenty more to come. If you don't hear from me for a while, check the Molonglo River. I might still be out there.

*Peter Clay, Newbie*

*(Thanks Peter – we will await the next instalment in your engaging paddling career!  
And just remember – we were all beginners once upon a time... Editor.)*

And a message from another newbie:

A quick note to recognise how welcoming and friendly BGCC member folks have been over the last two weeks. Having joined BGCC on the back of a Taste of Paddling (thanks Patricia, Ali and Andy) BGCC folks have been more than welcoming offering tips, suggestions and being available on the water. Very neat!

Thanks, *Terry Korodajt*



*Above: 1<sup>st</sup> December: a visit to Molonglo Reach by the paddle steamer 'Enterprise'. It is one of the oldest working paddle steamers in the world and illustrates the important role paddle steamers played in Australian history." NMA*

## Perhaps you could try Zen?

### MUSHIN PADDLING

#### Mushin – No-Mind

Martial artists develop *mushin*, the mental quality of emptiness. *Mushin* is the direct application of Zen to martial arts, but is not limited to martial arts.

*Mushin* is a combination of two words: *mu* meaning emptiness, void or no, and *shin*, meaning heart or mind. The common translation is no-mind.

*Mushin* is the state of being empty of expectation, yet fully and completely present. *Mushin* is focussed awareness. In *mushin* your mind is not distracted by thoughts that come and go. As you perform your movements, you are not thinking about what's for supper tonight or how you felt earlier at work. You don't evaluate how you are doing, how tired you feel, or what your friends are doing.

You simply perform with clarity of attention that is fully attuned to action

#### *Mushin Focus*

Focus means concentrating force from an indistinct movement to an exacting, unified point. Since form is emptiness, the more perfect the form, the more perfect the emptiness. Focus is part of perfect form. Complete intense focus leads to deep involvement and immersion in action whatever the action. Deep focus is meditation.

Focus is the result of intense concentration of attention on the moment of interaction, on the stance, posture, technique, everything the moment includes. Focus is highly attentive, without distractions.

When focus is present, great strength and balanced power is available. Although focus practice begins deliberately, it becomes a spontaneous expression of no-mind. Each moment in life is our first and last.

Zen teaches us to bring ourselves fully into every moment, to perform each activity completely and wholeheartedly as if it were the only one.

Each moment is an opportunity to learn and therefore we do not need to have *self-concern* - that is to carry the burden of past failures or difficulties.

Fully giving yourself to the workout each time leads to a loss of this *self-concern* and trains you to let go of yourself, to forget yourself, for a time.

As you practice with absolute commitment in every movement, your practice is enlightenment.

As a Zen Buddhist, this is my mindset every time I paddle Marathons and Ultra-marathons. I also seem to have this mindset when I train as I often have no idea what is around me – sometimes I do not even see the Southern Cross ferry pass us in Central Basin.

To my mind, if a serious marathon or ultra-marathon paddler does not have this mindset then they cannot perform at their peak. Novice paddlers aiming for this discipline should definitely develop it - if anyone asks for advice, I certainly advise 'focus'.

-Bob Collins

### Create a Caption:



Well, I can see 'Wally' (or perhaps they are all 'Wallys') and a couple of flowers, but which one is Peter, as in 'Peter, Peter, pumpkin eater'... ? Ed.

*Thanks for the Instagram picture, Patricia.*

**Note:** If you need to call the Water Police, e.g., cars or other objects in the lake (do they mean bodies??), their number is 131 444. In an emergency, call 000.

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>

The Lake Users Group requested information on possible water quality management options for blue green algae on the lake. NCA will provide an update at future meetings.

The group requested an update on the Queanbeyan Sewage Treatment Plant. NCA will provide an update at future meetings.

#### 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>



## 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)				



## Market Place: Boats for Sale

**For Sale: Carbonology Boost (now called Boost X) - \$1,700 ono**

*For beginners to intermediate paddlers. It features exceptional stability and comfort*



Very good condition, Glass Epoxy Vacuum model. Unsure of the weight, later models say 15kg. Second owner, but boat been stored undercover and washed down after each use since new. Contact Sharon: 0407 245 919, for more information or to take it for a test paddle (currently stored in the club shed).

**For Sale: Sladecraft Sonic - \$700**



Length: 5.8 m; Width: 46 cm; weight: 15 kg

Good condition, some cracks on the back deck – doesn't affect performance – has been there for at least 8 years.

Good kayak for marathon racing or fitness. More stable than a K1 46cm.

Contact [patricia.ashton@gmail.com](mailto:patricia.ashton@gmail.com)



**For Sale: Epic V10 gen III and boat and cover + paddle + stands. Reduced: \$2,500.**



All in excellent - almost new - condition. Great balance between stability and speed  
If you are interested, contact Wayne on 0407 269 415 or [waynejone@gmail.com](mailto:waynejone@gmail.com)

**For Sale: Mirage 532**

**Price \$2500** Can try at Lake Ginninderra at the west side boat ramp.  
Includes cockpit cover. Minor marks; well maintained.  
Contact Roger Hobbs by phone: 0439 449 934  
Email: [rogerhobbs70@gmail.com](mailto:rogerhobbs70@gmail.com)



**For Sale:** This kayak is both practical and stable at 5.2 m (17ft). The hull design is optimised both for performance and stability to allow a fun and safe experience for paddlers. It is equipped with a retractable rudder for ultimate control in all weather. The back cockpit has adjustable rudder pedals, while the front cockpit has easy to adjust foot braces.



The cockpits, which are designed for easy entry and exit, are large enough to suit all types of paddlers. The ergonomically designed seats provide leg support and a comfortable paddling position. Both seats have comfortable backrests and super-comfy seat pads.



It is a blue/white colour, there are 2 hatches and covers, as well as 2 alloy paddles. The hull structurally sound, with no damage. Bought in Canberra and only used on the lake in Canberra a handful of times. Would love to see this go to someone who can use it!  
Pick-up Canberra only - \$425 ono  
Tracey - 0413 184 010

Canberra Times, 22/11/24: The National Capital Authority has given floating saunas on Lake Burley Griffin the go ahead. They are to open at Yarralumla Beach in the depths of the Canberra winter. There will be two options for the cold water plunge: one into the lake itself, if the water quality is suitable, or a cold shower if it's not. Sessions in the two sauna rooms, each taking a maximum of six people, are to be mixed, with men and women sharing them. "It's everyone in together," owner Nigel Reeves told *The Canberra Times*. "But bathing costumes will have to be worn." *A quick warm-up for cold paddlers next winter, perhaps?*



## A Couple of Holiday Destinations:

My lake paddle destination I can recommend is to the Aqua Park at Black Mountain Peninsula - open until 20th March. You can park the kayaks on the beach and there is usually a food-truck at the park for a hot lunch or ice cream.

Great for the kids, and big kids to enjoy - every day during summer:

<https://www.nca.gov.au/events/canberra-aqua-park-2023-2024#>

<https://canberraaquapark.com/>



When in Sydney, I can recommend paddling across to Shark Island as a destination with kids. You can park kayaks on the sandy beaches, and the island has picnic tables and toilets:

<https://www.nationalparks.nsw.gov.au/things-to-do/picnic-areas/shark-island-boowambillee>

You can launch your kayak at the beach in Rose Bay, or hire kayaks from the rental company there: <https://www.rosebayaquatchire.com/kayak-hire-sydney-harbour/>

Just keep an eye out for the seaplanes taking off from Rose Bay!



- Oliver Baasch



**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](#)

**Sat Race 10, Windsor & Finale**

4 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>

## And something to think of if you are heading down to Batemans Bay:

Flesh-eating bacteria that are carried by mosquitos and cause skin ulcers have been found in Batemans Bay on the NSW South Coast, prompting warnings from authorities that it could spread through the state.

The bacteria cause "Buruli ulcer" and have been present in Victoria but new research has revealed cases in Batemans Bay.

The toxins made by the bacteria destroy skin cells, small blood vessels and the fat under the skin, and that causes ulceration and skin loss.

"Since the ulcer gets bigger with time, early recognition, diagnosis and prompt treatment can minimise skin loss," the Victorian health authorities said.

But holiday-makers were told not to panic if they were bitten by a mosquito. The lead researcher, Mehrab Hossain, said there was need to panic: not all mosquitoes carried the bug, and the infection was treatable with anti-biotics.

"With appropriate treatment Buruli ulcer is curable. If you have a non-healing skin ulcer, speak to your doctor."

The disease is linked to bacteria in possums' excrement which is then carried by mosquitoes.

Buruli ulcer has been known to occur in Australia since the 1940s, with cases noted in Northern Territory and far-north Queensland.

"The new cases we report here in Batemans Bay could be a harbinger of a disease expansion in NSW similar to Victoria," the researchers said in peer-reviewed journal *PLOS Neglected Tropical Diseases*.

"The detection of positive possum excreta samples from Batemans Bay establishes beyond doubt that (the bacteria) is present in local possums."

- *Happy Holidays!*

## Coaching and Escorted Paddling

- **Wednesdays 5:45 p.m.:** Club time Trials. 1 or 2 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 4:30 till 7:30 p.m. during Daylight Savings times.
- **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 9:30 – 11:30 a.m.** over summer, Paddle for Pleasure with John Lockie and Helen Tongway.
- **Sundays 09:00:** 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).

Paddle Australia is pleased to confirm that the **2025 PA Canoe Ocean Racing Championships** will be hosted by the Makai Cup! ★

Raced in Ulladulla, on the South Coast of New South Wales, the race will be held on Saturday 8 February. 🏆

🔗 Read more...

🔗 <https://paddle.org.au/2024/11/07/paddle-australia-confirms-2025-pa-canoe-ocean-racing-championships/>

**Canoe Polo:** 15 – 20 April 2025; Oceania CP Championships Gold coast Qld;.



## 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.eurobodallerkayakers.com](http://www.eurobodallerkayakers.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.

**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. [htonqway@iinet.net.au](mailto:htonqway@iinet.net.au)