

GRAVESEND ROWING CLUB NEWSLETTER 3

Committee News

You will have noticed that there have been many changes around the club that have been organized by your committee, with the help of club members.

Just **some** of these are:-

- Safety notice boards, which are displayed on the boathouse doors on club nights/Sunday mornings.
- The kitchen has had a refurbishment, thank you to Bronwen McGarrity for all her hard work. Also, Mick Ramsey for installing the new sinks. Please ensure that you use the small sink for hand washing.
- Boat Identification numbers – in accordance with ARA requirements, all boats have been given an identification letter/number code. Thanks go to Stan Wingfield for taking this job on and to his son for providing the numbers.
- Repair of the trailer – thanks to Charlie Willson and Shaun McGarrity for their help in bringing this essential piece of equipment back up to scratch.

MEMBERSHIP

Please ensure that you have either paid your membership fees in full OR that you have set up your monthly standing order from your bank.

If you are paying monthly but NOT by standing order, please ensure that you pay your fees promptly.

It is **YOUR** responsibility to set up your standing order.

YOU MAY ONLY USE THE CLUB'S FACILITIES IF YOU ARE PAID UP TO DATE.

Health & Safety

If you have any concerns about any aspect of Health and Safety in the club, please speak to Andy Ray.

Please remember:-

- Every rower **MUST** bring a full change of clothes to the club if they intend going out in a boat.
- Please ensure that you wear the appropriate clothing for the weather conditions. Plenty of layers in the cold weather.
- Check ALL your equipment.
- **REMEMBER TO WRITE YOUR OUTING ON THE WHITEBOARD**

CAPSIZING DRILL

Well done to all those who organised and took part in the two capsizing drill sessions held at Cobham Hall pool during June. Certificates were presented to the following club members:

Sue Beecham	Chris Browning
Debbie Cassidy	Steve Cason
Nicole Fellows	Natasha Fowler
Tim Hart	Des Hobbs
Gareth Hunter	Matthew Johnson
Tom Lawrence	Shaun Martin
Pip Mester	Graham Mitchel-Hill
Josie Payne	Luke Richardson
Alan Rickwood	Rachel Rickwood
Steve Webb	

CONGRATULATIONS!

CIRCULATION PATTERNS AT GRAVESEND

Please remember that the following safety rule applies when rowing on the Thames at Gravesend. The basic principle is that you should stay closer in-shore when rowing against the tide and slightly further out when rowing with the tide. By sticking to this circulation pattern you'll be making the best use of the tidal flow whilst also minimising the risk of collision.

CLUB FUNCTIONS

Scratch Racing and Curry Night

Saturday 16th July

The scratch racing was well attended and good sessions of races were held. The curry and disco proved a success and thanks go to Sue, for collecting orders/money and Anna, for her fabulous disco.

Bonfire Night

Friday 4th November

We took advantage of the Town Firework Display by following on with an evening of hot food and Anna's (by now famous) disco. Thanks go to Debbie and Janet for their organising and Anna, of course, for her decks!

HELP

Calling all volunteers - Coaching Courses

The club needs more coaches. If you would be interested in taking part in a course, please let Charlie or Carole know and they will help you to arrange it. The fees would be paid half by sponsorship and the remaining half by yourself.

First Aid - First Responders

The club must have at least 6 First Responders. (especially in light of Josie's accident on Scratch Racing day) Anyone interested, should contact Charlie or Carole who will pass on your names to Andy Ray. He has access to a course, which the club would be prepared to pay for.

Everyone!!

Now that the weather is getting colder (and wetter), it will be more difficult to get boats in and out of the water. Please be willing to offer your help to other members who may require it from time to time. Juniors are NOT as strong as adults are and even some adult members appreciate a bit of help after a long row. Remember that a rower may even be carrying an injury, which would be made worse by hauling a heavy or awkward boat from the water!

Polite Reminder

Could everyone **please** remember to wipe clean the slide on the ergo machines after EACH use.

Thank you.

CHRISTMAS LUNCH

Saturday 10th December 2005

£22.50



'The Event of the Year'. As there is a maximum of 65 tickets, it would be appreciated if you could reserve your place by letting Bronwen or Steve Webb know your requirements as soon as possible. Monies will need to be paid **the week prior to the event**. Club members will be given priority before letting out places to friends etc. The menu will be posted on the notice board shortly.

To book a place, call Bronwen McGarrity on 01474 745768 or see Steve in the bar.

ROWING SUCCESSES!

Boston Marathon - 18th September

As you are by now all aware, Luke Richardson and Matthew Johnson attended this event as a Junior Double Sculling crew. They came away with the record time of 4hrs 21 mins and 59 secs. Congratulations on this fantastic achievement in their first ever race together.

Medway Invitation Scratch Races

The first was held in August and the second in September. Both were very well attended by club members and everyone agreed they were enjoyable events. We need to ensure that our mid-summer Scratch Race next year, again, includes a social event to follow on, in order that we can return the invitation to our local clubs.

Maidstone Small Boats - 9th October

Luke and Alex entered this event as a Junior Double Sculling Crew and came in with a time of 30mins 29secs. Well done!

Shaun Martin and Des Hobbs also entered as single scullers and their times were 14mins 12secs and 15mins 55secs respectively. Well done!

MORE HEALTH & SAFETY

Care on the Jetty

The PLA have now covered the steps in non-slip fibre-glass matting, which at the moment seems to be doing a fantastic job. In addition, they have ordered some anti-algae solution to paint on the causeway, and assuming this is successful, it will be applied periodically. In the meantime, please exercise caution, especially at low tide when it becomes extremely slippery. Could senior members please pay special attention to novices and juniors, who may be less aware of the hazards when manoeuvring boats - there should be one person giving instructions and checking that everyone knows where to stand and what to do.

Sculling Tips

Please be aware that when a single or double scull is carried with one person at either end, it places excessive strain on the central portion of the shell. By positioning yourselves further towards the centre, the strain will be significantly reduced, thus prolonging the life of the boat.

Log Book Update

Despite some reservations, we are continuing the trial of the new log-book for a few months before agreeing the final format. Please make sure you use the right-hand page to record boat/equipment damage as well as any incidents (however trivial they may seem) such as capsizes and collisions.

N.B. The date should be written across the page as it always was.

ROWING

Autumn/Winter Racing

We are currently putting together the race plan for the coming season. If you would like to race, in any category (including juniors and novices), please let us know. Remember that you will need an up-to-date ARA licence in order to race.

Boat Transportation

If anyone has a tow-bar and/or roof bars and would be willing to help with transporting boats to and from race events, please speak to Charlie. The club has often gone unrepresented at races simply because we've been unable to get a boat there!

Charlie and Carole

BITS AND BOBS

Bad Weather Days

If it looks like we'll be unable to row because of bad weather, please try to still come to the club at normal time. We could always use help to tidy the club or boathouse. Whose responsibility is it to, say, put out the rubbish, clean the toilets or clean up after a function?

EVERYONE'S!

Sponsorship for Strip

At present, only the ladies have purchased new strip. Luke and Nicole are currently pursuing the idea of gaining sponsorship for club strip.

If anyone has any ideas or contacts for them to follow up, please speak to them as soon as possible.

Tea/Coffee from Bar

Please note that there is tea or coffee available from behind the bar at a cost of 40p per cup.

Cormorant Rescue

On a sunny Sunday morning in June, the crew of the quad four (Sandy, Pip, Nicole and Carole, and coxed by Matthew) became the heroines of the day when they rescued a cormorant which had become entangled in fishing line close to the jetty. Returning at high-tide, Keith Johnson handed a knife into the boat and Matthew directed the crew into position alongside the distressed bird. As Carole distracted it by waving a t-shirt, Nicole braved it's snapping beak and cut the line, resulting in cheers and applause from residents watching from nearby apartment balconies.

Well done!

MAIDSTONE

4TH DECEMBER 2005

Can everyone rowing in this event please ensure that your ARA numbers are given to Charlie and Carole as soon as possible. Final details of the crews and divisions should be available shortly.

Quote from Matthew Pinsent

We didn't train to win...we trained to eliminate the possibility of losing"

GREAT RIVER RACE 2005

Well...what can I say? What a fantastic turnout for this year's race! We had five crews made up of rowing club members and skiff rowers. Gravesend Regatta Committee lent their 4 boats (3 fibre-glass Clayton skiffs and 1 traditional wooden skiff) and the New Shrimpers Regatta Committee also lent a fibre-glass skiff.

The day started at 9.00am at the club and we arrived by coach at Richmond around 12 noon. After collecting our race paperwork, we sorted the boats out, got into position and set off about 3.00pm.

The Stefan Scott crew (Tim Hart, Shaun Martin, Steve Cason, Kenny Miller, coxed by Nick Lowry and with Tim's daughter Sophie as passenger) pulled ahead straightaway. They finished 18th overall (288 boats in total) in a time of 2hrs 52mins 50secs and narrowly missed out on a placing in their class.

They were followed by the Gravesend Clayton skiff 'Alf Saunders', with a rotating rowing crew of Pip Mester, Bev Barrow, Lois Grady, Sharon Gee and Sherlie Hoare, coxed by Sue Beecham in 3hrs 19mins 11secs.

The Shrimpers skiff was next, in 3hrs 22mins 52 secs with a crew of Nicole Fellows, Mark Cason, Anna Willson, Charlene Osbourne, Jon Muggivan and Cathy Double.

The final two crews in Gravesend Clayton skiffs were, '2 Hot 2 Handle', Sarah and Karen Monk, Jo Sutch, Carole Trowbridge, Michelle Brady and Debbie Johnson in 3hrs 27mins 28secs. The 'Russell Marsh' finished in 3hrs 28mins 12secs with Graham Mitchel-Hill, Des Hobbs, Mark Day, Steve Dignam, Kevin Luck and Paul Ayres.

Thanks go to the 'Captain' of each crew, Steve Cason, Sue Beecham, Sarah Monk, Nicole Fellows and Graham Mitchel-Hill for organising their paperwork etc. Also to the PLA for towing the boats there and back and Sharon Gee for putting on the coach.

A long and exhausting, but memorable day!! (Have you seen the front cover of Regatta??)

E-MAIL CONTACT LIST

We are trying hard to get our e-mail list fully up-dated so we can bring club members all the latest news as swiftly as possible. If you are not receiving bulletins this way, and you have an e-mail address, please let me know and I'll add you to the mailing list

Sue Beecham

AGM

18th December 2005

12 noon

The Annual General Meeting will take place at the club on the above date. This is a chance to have your say about the running of the club.

If you have anything, which you wish to be brought up at the meeting, please give a brief outline to Sandy Johnson and it will be added to the Agenda.

New Officers and Committee members need to be elected at this meeting. Please think about either standing as elected officers or general committee members, without these volunteers your club would not function.

The positions up for election are

Club Captain (Charlie Willson)

Vice Captain (Carole Trowbridge)

Chairperson (Sandy Johnson)

Secretary (Vacant)

Bar Secretary (Steve Webb)

Treasurer (Bronwen McGarrity)

Safety Advisor (Andy Ray)

Child Welfare Officer (Pippa Mester)

Committee members are Paul Hart, Steve Cason, Sue Beecham and Nicole Fellows.

The outgoing officers are in brackets and may well be happy to stand again. General Committee members will also be elected.

Nominations required now please.

IDEAS FOR NEXT ISSUE

As you are probably aware, I had a few problems with getting this Newsletter together. So I would appreciate any ideas for the next one (New Year) as quickly as possible, so that I've plenty of time to produce the finished version.

This is **YOUR** Newsletter and to keep it interesting I need your input. E-mail or give me your anecdotes and

Sue Beecham
Editor