



ROW ONEC NEWS

May 2017



SPECIAL SPRING UNDERWATER ISSUE

Update: Because of the record spring floods, the rowing decks were under about 2 metres of water last week. The water is receding, but predictions are that will take a few weeks before we reach “normal” spring levels. Boats Down is now expected to be on *Saturday, May 27* at 8:30 am.

We will need to call on volunteers prior to this to clear the debris and dirt from the decks and docks. We will let you know when and would appreciate your help to recover from this flood.

All active Club boats in the bays were successfully extricated from the rising waters. Docks under bridges were removed before the peak, so that no damage has been incurred. Sewage tanks were disconnected and will have to be reconnected. The start of Yellow season rowing will be delayed this year, but we are hopeful that Green Season will not be delayed much beyond the normal start near the beginning of June.

A huge thank you to the volunteers who have been working hard to keep the damage to a minimum and beginning the necessary cleanup and repairs!



Relay Rowing Team Races to Canada Day Celebrations

May 8th, 2017 by FFB Canada

Diagnosed with retinitis pigmentosa at 15, Jean-Christophe learned sculling, an accessible low-impact sport that would keep him active as his vision deteriorated into adulthood. Despite his diagnosis, Jean-Christophe takes buses and walks the streets of Toronto where he now lives and serves as a Director of the Ontario Adventure Rowing Association. Jean-Christophe is an unrelenting optimist, and believes that funding research, is an investment in a future without blindness for his niece who is also affected by retinitis pigmentosa.

Pairing his passion for rowing and drive to fund vision research, Jean-Christophe is spearheading a rowing tour, Canada 150 Row3Capitals Relay, benefiting the Foundation Fighting Blindness. With the support of dedicated volunteers across Ontario and the Ontario Adventure Rowing Association, Jean-Christophe has never been more optimistic that the race to restore sight finish line is fast approaching.

This ambitious 500 km rowing tour spans Ontario's 3 historical capitals between 1841 and 1867. Kicking off the tour in Toronto on June 15th, rowers will scull 160km, after which the baton will be passed on June 23rd in Kingston for a further 140km of rowing. Finally on July 1st rowers will race to the finish line in Ottawa to celebrate Canada's 150 Anniversary!

Join the race to restore sight and support Jean-Christophe as he "sculls for vision." All donations to Jean-Christophe's fundraising page benefit sight-saving research for a future without blindness. Click [HERE](#) to make your contribution to the race to restore sight.

If you are interested in hosting your own event, or starting an online fundraiser, please contact the Foundation at 1.800.461.3331 ext. 233 to get started today!

2017 ONEC GROUP ROWS

Thursday evenings 7:00 p.m.: 1 to ½ hour group/quad rows, followed by BBQ/pub night on upper deck.
June 8, 14, 22 and July 6, 13, 20, 27

Friday morning rows: 8:30 a.m. July 7 to August 26

Weekend mornings: 7:30 a.m., Sundays in June, Saturdays in July: 1-3 hour coxed quad row followed by optional breakfast.

For more details, see the [touring schedule](#) on the ONEC website.

SAFETY

SPRING ROWING

We are all anxious to get on the water, but the water is cold and the current is especially fast this spring. This is a dangerous situation, especially for more inexperienced rowers. For your own safety, **anyone who has not rowed a full season yet (i.e. anyone who learned to row in 2016), may not be on the water until green season begins.** Remember also that, because of the high water levels, the river is VERY polluted. Make sure to wash thoroughly after being on the water and cover all open sores before heading to the boathouse.

Please take advantage of the weather delay to review our [Cold Water Rules](#) and watch the [RCA Safety Video](#) - required every spring *before going out on your first row.*

ONTARIO 150 FLOTILLA

To mark the 150th anniversary of the ORC, the Ottawa Rowing Club, with the generous support of Ontario150, will be hosting the Kitchissippi Flotilla on June 17, 2017. This free public event will showcase the Ottawa River and the rich history of rowing in Ottawa. 150 ORC rowers will take to the Ottawa River in eights, quads, fours, doubles, pairs and singles, and travel downriver past the Prime Minister's

residence, then back up to the ORC's historic boathouses. The flotilla will be documented through photographs and video. Old-fashioned family activities, a pancake breakfast, live music and the dedication of a new racing shell and commemorative sign will mark the occasion, and a display of archival photographs and objects will tell the story of the ORC since 1867. The Ottawa Rowing Club, with Ontario150, will honour the deeper history of the River and its shores and the people who have used the site before the ORC was established in 1867. The event will begin at 9am and wrap up at 1pm.

FOR YOUR ENTERTAINMENT

[Here](#) is an article from the Washington Post on the benefits of rowing for older women. And [one](#) on the benefits of exercising at any age, (although we already know this!)

If you can find any more flood stories or photos from past floods, send them to us at <mailto:rowingnews@onec.ca>

If you are interested in contributing to the Newsletter, please send us your ideas to rowingnews@onec.ca. We are always interested in contributions (sporadic or regular) and feedback. Please note that in the interest of keeping the Newsletter a quick informative read, we may need to edit content for length. We request that all content be provided by the 10th of the month.