



# ROW ONEC NEWS



June 2017

## **IMPORTANT FUNDRAISING NOTICE:**

***To all friends of ONEC, old and new. We are excited to announce that the boathouse has been selected for the 2017 This Place Matters crowdfunding campaign & competition run by the National Trust for Canada. You can go directly to our project page at [this link](#).***

***We are asking you to vote for our project (you can vote once every 24 hours) and contribute to our project as well (we receive one vote for each \$1 contributed). There are prizes for the projects that receive the most votes nationally and regionally. We also get to keep the contributions and we will put them towards exterior rehabilitation of the boathouse. The campaign runs until July 17th.***

***Please share this, like this and otherwise spread the word.***

## **SPRING UPDATE**

The floodwaters have receded, but the water levels remain high for this time of year. ONEC's sewage tanks sustained some damage, so the toilets are not functional for the time being. Portable toilets have been provided by ONEC for your use -- on the riverside pathway.

LTS has begun, Doors Open was successful and the flag has turned green, so all systems are go!

A huge thank you to the volunteers who turned up to do the necessary cleanup and repairs to get the club operations up and running, to the sailors who helped to rescue rowing shells from under the boathouse, Bern and Carl for rebuilding and repairing docks, and everyone who came out to clean up and reset afterwards, despite short notice, as well as those who worked behind the scenes to help make it all happen.

Here is a timeline of what has been going on since the flood:

- May 23 Flood water recede from ONEC rowing docks.
- May 23-26 Rowers and Sailors work on dock and ramp placement
- May 27 Major work party: rowers with face masks, rubber gloves and boots scrubbed all decks, removed polluted carpeting. Decks power washed with chlorine, racks adjusted and cleaned. Club boats brought down.
- May 28 Work party continued: large numbers turned out for a second day of hard dirty work. Private boat bay cleaned and sanitized, debris removed, racks fixed, boats started to come down.
- May 29 ONEC members helped Elmwood remove some of their boats from ballroom. Space was made for the RowFit class.
- May 30 Ballroom floor swept and a start on items for Doors Open. Outside chairs and tables cleaned by staff.
- May 31 Remaining boats removed from ballroom. Set up for Doors Open in high gear.
- June 2 Orientation for new Rowers Final set up for Doors Open until 10:30pm.
- June 3 Doors Open, Get Out on the Water, first LTS class of the season, Sailing lessons
- June 4 Doors Open – wine and cheese; Historic items stored away, general clean up  
***Truly awesome effort by club members – congratulations!!***



## UPCOMING CLUB EVENTS:

### ROWFIT CLASSES

Join us on Monday evenings in June to get in shape for the rowing season. The class is designed to help strengthen your core and legs as well as build flexibility and balance for better stroke performance in the boat. Includes Pilates, Yoga, strength and cardiovascular components. Drop-in rate available. Further details and the registration form can be found [here](#).

### DOORS OPEN

Even with all the problems getting the boathouse ready for the season because of the flood, ONEC opened its doors to the public during the annual Ottawa Doors Open event on June 3 and 4. On display were our usual wonderful set of historical displays and photos of the flood levels this spring. New and attracting much attention were architectural drawings from the Carleton University School of Architecture. This re-visioning project was sponsored by the NCC. The drawings are still up in the ballroom, so go and have a look at the imaginative ideas.

356 visitors passed through our historic "cottage on the river" - Thank you to all the volunteers who helped make another Doors Open event a success.

### 2017 TOURS (OAR)

June 23-July 1	Row3Capitals – Toronto, Kingston, Ottawa	ONEC
July 9	Kingston Tour	Quinte RC
July 15	Toronto Tour	Hanlan Boat Club
July 20-30	Bon Echo Rock 'n Roll Tour	Quinte RC
August 12	Toronto Coastal Regatta	Hanlan BC
August 19	Trent Waterway Tour	Quinte RC
August 27	Canadian Sculling Marathon	ONEC

Row3Capitals – The Canada150 Row3Capitals tour celebrates the 150<sup>th</sup> anniversary of Confederation and the three capital cities of the Province of Canada in Canada West (Ontario), 1841-67. Proceeds go to the Foundation Fighting Blindness. Please support the Foundation [here](#). The Rideau Canal expedition begins on June 23 and ends in Ottawa on July 1. The Rideau Canal South tour (Kingston to Smith Falls) could accept 1-2 more rowers to make full crews -- please contact [Richard](#).

Due to high water on Lake Ontario resulting in flooded beaches, ramps, and emergency landing spots, the expedition has had to be shortened. There will be two one-day replacement tours from Toronto on Sunday, July 9 and in Kingston harbour on Saturday, July 15.

## 2017 ONEC GROUP ROWS

*Thursday evenings 7:00 p.m.:* 1 to 1½ hour group/quad rows, followed by BBQ/pub night on upper deck. June 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

The flag is green – all systems go! The boat reservation system has been activated. Remember that the current is still fast, so be aware that it will take you longer to get back upriver than it took to get downriver. If a bit of wind is added, it may take even longer!

Remember to 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. Old-fashioned family activities, a pancake breakfast, live music and the dedication of a new racing shell and commemorative sign will mark the occasion. The event will begin at 9am and wrap up at 1pm.

## (UN) CLASSIFIED

**Boat for sale:** 1999 Hudson lightweight men's 1X in excellent condition (up to 73kg, but also used by a 63kg female). White hull with a blue deck. Hull rebuilt six years ago. Comes with a speed coach. Asking \$3000. Contact Len Endemann by [email](#) or phone 613 523 6996.

**Ergs for sale:** 2 - Concept 2 ergometers for sale. \$650 each totally refurbished with new handles, footstretchers and monitors. One has a PM4 monitor with an internet cable for tracking your workouts online and the other a PM5 with WiFi access. [Email](#) for further details.

## “ONEC SOUTH”

Do you know anyone that lives in the south of the City that might be interested in Learning to Scull? With support from ONEC and the Ontario Adventure Rowing Association, ONEC coach Norma Strachan will be piloting a program on the Rideau River close to Manotick. 4 semi-private sessions in July. For more info, contact [Norma](#).

## EQUIPMENT

To maintain our open water and instructional fleet, the Club has acquired a Maas Aero. Maas is renowned for open water boats which row in San Francisco Bay. The Aero replaces one of our aging Alden Stars which are no longer being manufactured.

## NEWS FROM THE ROWING WORLD

**National Rowing Day July 15** - Through ParticipACTION's 150 Playlist, Canadians have been invited to try new sports and activities, celebrating the country's 150<sup>th</sup> anniversary. As one of the sports voted onto the list, Rowing Canada Aviron (RCA) has partnered with ParticipACTION to celebrate rowing, support member clubs and associations and increase awareness and participation.

On Saturday, July 15, RCA invites PRAs and clubs to promote how their members stay active with rowing to celebrate National Rowing Day – whether it's with first-timers at a *Come and Try* event, experienced racers at a local regatta or recreational athletes out for a row! RCA encourages members and clubs to share their experience on the water on social media with the hashtag #ROW150.

Rowing Canada Aviron (RCA) announced on June 13 the selection of 10 athletes for this year's Junior National Team for the World Rowing Junior Championships taking place in Trakai, Lithuania. The Junior National Team is made up of rowers under the age of 19 and come from eight rowing clubs across the country. Also announced was the selection of 28 athletes for this year's Junior National Team for the CanAmMex Regatta. The team is made up of rowers under the age of 19 and come from 13 rowing clubs across the country. The CanAmMex Regatta will take place from July 7<sup>th</sup> to 8<sup>th</sup> at Elk Lake with competition hosted by Victoria City Rowing Club, running alongside the 2017 Challenge West and B.C. Championships. More details [here](#).

## SOCIAL EVENTS

Thursday pub nights at the Boathouse are back! The upper level balcony of the ONEC Boathouse is the perfect spot to relax after a tennis game, row or sail. The cash bar will be open and pub fare for sale from 6pm to 9pm. If you prefer to bring your own food, the BBQ is available.

## FOR YOUR ENTERTAINMENT

Wondering how badly the region got flooded? Come fly with us on a helicopter tour on May 9 at the height of the flood – watch [here](#).

***If you are interested in contributing to the Newsletter, please send us your ideas to [rowingnews@onec.ca](mailto: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 10<sup>th</sup> of the month.***