



# ROW ONEC NEWS



July 2017

## **ONEC UPDATE:**

***We are in the final week of the This Place Matters crowd-funding competition, and we need to make a concerted push to increase the votes and contributions to our Boathouse project. Please continue to [vote for the boathouse](#) and if you have not already done so [make a contribution](#) no matter how modest. Please also message your friends and family and ask them for their support.***

*Also, as part of our involvement in This Place Matters, we have been increasing our presence on social media. If you have not been following ONEC on Facebook ([@OttawaNewEdinburghClub](#)) or Twitter ([@onec1883](#)), I recommend that you do so as you have been missing out on some exciting activity.*

*Work is underway right now on the repairs to the boathouse waste-water system that was damaged by the flood this spring. These repairs will be funded by the National Capital Commission (NCC). The NCC will also fund the fire-rating of the second egress from the building, which will make the exterior walkway around the building into a legal fire exit, which will allow us to have large events in the boathouse again. This work is currently out to tender and I hope that it will be completed by the end of the year.*

*While the ability to host large events is a start, there is still a long way to go to fully revitalize the boathouse and we look forward to continuing our partnership with the NCC as we work together to secure funds for a significant restoration. For now, we are relying on your generosity to improve the condition of the boathouse, and get it to a place where it can be used for community events and generate revenues for the club again.*

*Thanks very much for your continuing support, Imbaw Storer*

## **NEW PROGRAMMES**

Have you taken learn-to-scull but still do not feel comfortable in your technique? Join Step 2 and consolidate your new skills. You can also sign up for private and semi-private lessons (for novices and intermediates). See the ONEC [website](#) for details.

We are planning another learn-to-scull weekend session beginning in late July or early August.

A new program for August and September is Co-ed Learn-to-Scull League. We first teach people sculling in small boats and then move them to quads.

We are also introducing an after-school program for September and October.

Graduates of the last two programs will have an opportunity to participate in a half marathon in mid-October.

Finally, if you want to try something different, the Club is offering Big Canoe courses on Saturdays in August and September.

## **UPCOMING CLUB EVENTS:**

July 13-16 Provincial Junior Tennis Tournament

August 27 Canadian Sculling Marathon

We hope to see many ONEC participants in the Canadian Sculling Marathon on Sunday, August 27. Scullers can enter the half (21 km) or full (42km) marathon. Anyone who completes one of the distances will receive a special medal struck for Canada

150. Time to start training! Note that, because of potential rough waters, touring or open water boats are used for this event.

## SURVEY

***This is your chance to be heard:*** Rowing Canada Aviron is requesting your assistance to build all aspects of Master's Rowing in Canada. The first step in that process is to learn more about who are masters rowers across Canada, what you think would improve your experiences in the sport and how we can build on what we have at the club level to get more people on the water.

Please take a few minutes to complete this survey: <[Masters Rowing in Canada 2017](#)>. Questions are geared to any Masters participant. Whether you row for fun, exercise or competition, our goal is to enhance the experience for Masters rowers at all levels.

We value your feedback. Information gathered through this survey is confidential and personal information fields are optional.

Thank you in advance for your contribution to Masters Rowing in Canada!  
Note that the survey will be open from **July 7th to August 18th, 2017**.

## 2017 TOURS (OAR)

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
February 17-23	Florida rowing tour	OAR

Here is a chance to see the magnificent Bon Echo Rock which was once called the Gibraltar of North America. Enjoy rowing on Mazinaw Lake and participate in the well-planned social events such as a marshmallow social, catered meals and a moonlight row. Sign up [here](#).

For a canal rowing (BIGGER Canal!) and "locking" (BIGGER locks!) experience, try the Trent Canal tour on August 19. More information is available [here](#).

And for those who like to plan ahead, note that Ontario Adventure Rowing will be holding a recreational rowing tour on the Gulf Intracoastal Waterway (between Sarasota and Boca Grande) February 17-23 (if you prefer the week before or after, [please let us know](#)).

## 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.

## Row 3 Capitals Tour

This tour was originally planned as a four-stage tour from Toronto to Ottawa via Kingston, ending in Ottawa on July 1. Unfortunately, high water levels caused by late spring flooding played havoc with these plans. The Toronto to Kingston portion had to be postponed and shortened due to high waters which submerged landing beaches/ramps and closed parks. A one-day Toronto tour replacement was held on Sunday, July 9. A score of scullers rowed along the shores lined with high rise towers, but could not access the Islands which were closed. A Kingston replacement tour will occur in September.

The Kingston to Ottawa section along the Rideau Canal faced challenges from wind and rain, but went off well. Nearly 30 rowers sculled the entire route or a part of it from June 23 to June 30, 2017 with its impressive scenery, loons, and locks. "Locking through" was a new experience for some scullers -- now they know why we sometimes carry poles with hooks. This procedure requires 20 to 30 minutes to manoeuvre and secure the boat to the side of the lock and to raise or lower the water level. A great

support team met the tour at the locks and provided snacks and lunches. Participants were initially accommodated in the historic Opinicon Lodge at Chaffey's Locks and shuttled back and forth to the various stop-start locations as the tour progressed northward. At Jones Falls, the rowers were beset by a torrential rain and thunder. They managed to disembark and scurry to shelter in a historic blockhouse. The staff, in period costume, was surprised when 10 rowers (two quads) and the support team squeezed into the facility to escape the weather, but they had a captive audience to which they could relate the fascinating history of the area. Unable to continue from Davis Locks because of wind and 3 to 4-foot waves, the invaluable support team shuttled rowers back to the Opinicon. Monday began calm and warm, but ended once again in heavy rain and high winds. The intrepid rowers persisted through tough conditions from Murphy's Point to Smiths Falls, passing through Beveridges and Poonamalie Locks.

New rowers joined the tour in Smiths Falls. Conveniently accommodated at the Best Western Smiths Falls beside the Bascule train bridge, they were welcome to participate in the festivities of the voyageur canoeists who were camping and celebrating alongside. The Smiths Falls locks were bypassed and boats were transported to the Edmonds Lock so that only one more lock remained to go through (Kilmarnock, which was to be a lunch stop), thus making for a pleasant 20 km row to Merrickville. Because of congestion at the docks of the Merrickville lock with the many voyageur canoes and motor boats, a wise decision was made to continue on to Clowes for better overnight storage opportunities. This made for a longer row, but as it was the only rain free day all were happy to row the extra distance. The next day saw more wet, cold weather and the rowers were met at Rideau Provincial Park by the land crew who had some Bailey's to ward off the chills, improving spirits immensely. The rowers were then shuttled to Carleton University Residences for the duration of the tour. Continuing the next day to Burritts Rapids, the rowers again encountered torrential rain and colder temperatures. A collective decision was made to end the tour at Long Island Lock, a short distance before Black Rapids, where they were treated to lunch at the home of one of the rowers. A total of 154.97 km were rowed on the tour.

Despite the weather conditions the tour was characterized by camaraderie and good humour. Many thanks to the organizers who worked very hard to make this tour happen - Richard, Dominique, Liane, Joan and their many assistants (Mary, Meryl, Betty, Jane, Norma and Louise) .

Two other Canada 150 groups were encountered along the way - Voyageur Canoes and Dragon boaters. The Voyageur brigade was colourful with big H.B.C., NW Co., indigenous and Metis flags fluttering in the wind. The canoeists camped overnight and faced heavy rain many nights, but the majority made it to Ottawa for a July 1st welcoming ceremony at Victoria Island.

The Canada 150 Row3Capitals Row benefitted the Foundation Fighting Blindness and donations can still be made at their website under Row3Capitals.





(Thanks to Richard, Alistair and Betty for contributing to this article.)

## *(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.



**For Sale:** Pro Form Cross Training Treadmill and built in fold-out Weight Bench with hand held weights on the side. Click [here](#) for product information. \$200 or best offer. 613-327-1897.

## *NEWS FROM THE ROWING WORLD*

June 16 RowOntario Masters Championships in Welland, Ontario

July 29-30 RowOntario Championships in Welland, Ontario

July 31 – As part of the Canada Summer Games in Winnipeg, Manitoba, rowing events will take place on Rabbit Lake at the Kenora Rowing Club. We have assembled a team of the top athletes and coaches from across Ontario. We are confident that our selection will win the flag. Please join us in cheering on our team! #GoTeamO. The Canada Games - a celebration of youth, sport, culture and community - is this country's largest multi-sport competition with participation from every province and territory in Canada. The 2017 Canada Summer Games will be held July 28 to August 13 in Winnipeg, featuring 16 sports and will welcome over 4000 athletes, coaches, and managers. The Canada Games celebrates their 50th anniversary this year coinciding with Canada's 150th birthday.

2018 FISA World Rowing Tour – Seattle to Vancouver

## *SOCIAL EVENTS*

Tuesday and 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

Plan your own trip down the historic Rideau Canal! This Parks Canada [website](#) shows you everything you need to know.

***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.***