



ROW ONEC NEWS



September 2017

UPCOMING DATES - MARK IT ON YOUR CALENDAR:

September 17	HEAD OF THE MADAWASKA REGATTA at Burnstown, Ontario
September 23	Tri Buoy Contest
September 24	Head of the Rideau – right here in Ottawa! Hosted by the Ottawa Rowing Club at the Rideau Canoe Club across the river from Mooney's Bay.
September 30	Petrie Island Relay
September 30	Head of the Trent; Hosted by the Peterborough Rowing Club
October 15	Icicle Chase – Quinte RC
February 17-23	Florida rowing tour

SAFETY

Believe it or not (deny it if you will!), the days are getting shorter. Make sure to wear your light-coloured clothing at all times and **bring lights with you while rowing before sunrise in the morning**. Please aim to be back at the boathouse **before it gets dark in the evening**. Remember that we are small specks on the water when seen from speeding motorboats. Be visible, be safe!

DISTANCE ROWING

An award has been established for the sculler who rows the furthest during the month of September. Any distance rowed from September 5 to 30 counts, with a bonus of your CSM distance on August 26 or 27.

To enter go to the [rowing log](#) and record your daily entries. Everyone with a Boat Reservation System permission can log in with the same e-mail as in their Boat Reservation System; the password is 'abc123'. Please note that the entries depend on the honour system. If you have issues, please contact the [Boat Administrator](#). Thanks to Luc Orsali for developing this new system.

PROGRAMMES

Many of our rowers are currently enjoying a series of sculling lessons given by Beatrice Seaman on either Wednesday or Saturday mornings. The stroke is broken down into parts and each part is reviewed, explained and demonstrated, then scullers are sent out to do practice drills. Each rower receives personal reminders and tips as they practice. If you missed this session, keep it in mind for next year! Rowing correctly reduces injuries and improves enjoyment of the sport.

BIG CANOE PADDLING OPPORTUNITY - ONEC is offering the opportunity to learn how to paddle big canoes. On Saturday September 16, 23 and 30, 10 am to noon, you can learn and practise basic strokes and the teamwork required in a 'big canoe'. Each session will culminate in an outing around Kettle Island. The cost for members is \$50; you can invite non-member friends at a fee of \$60. Signup is at the tennis pavilion.

RECENT EVENTS

Gatineau Hot Air Balloon Festival: The Gatineau Balloon Festival on Labour Day weekend was an enjoyable event for club members. Although the balloons never actually lifted off, because of too much wind or not

enough wind, members from all three sports could enjoy the view of the balloons bobbing up and down at Parc La Baie.

The Ottawa Riverkeeper organized a **River Parade** this past weekend to celebrate everything the river gives us. Many canoes, kayaks, paddle boards and rowing shells together made for a beautiful spectacle. A picnic with activities and entertainment followed at the Canadian Aviation and Space Museum.



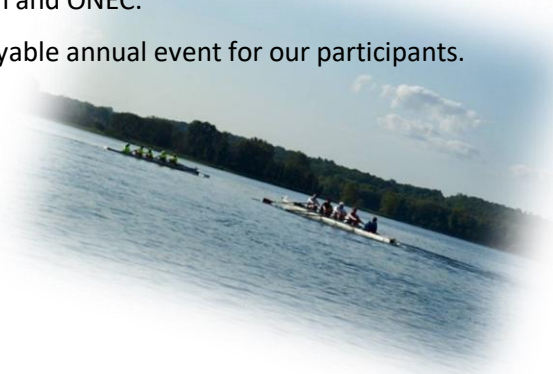
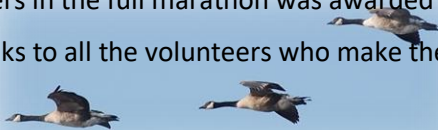
CLUB NEWS

You may have noticed a number of new faces at the club since late August. Due to the closure of the 105-year-old Rideau Tennis Club for renovations, ONEC is enjoying the influx of about 140 new tennis members. These new members have taken quite a liking to our boathouse and have been enjoying the BBQs and fabulous sunsets. Welcome to the ONEC waterfront!

CANADIAN SCULLING MARATHON

The 13th annual CSM took place on August 26 and 27th. With special medals commemorating Canada's 150th anniversary, 10 boats participated in the 10km race on Saturday, while eight boats completed the half marathon and three the full 42km distance on Sunday. This year's Hensler cup for the club with the most rowers in the full marathon was awarded to both Hanlan and ONEC.

Thanks to all the volunteers who make the CSM an enjoyable annual event for our participants.





(UN) CLASSIFIED

Did you know that ONEC has a club rowing uniform? It is black with a white and red stripe down the side and the ONEC logo on the back. If you are interested in buying one, please [contact Karin](#) for details. A minimum order will have to be made.

HELP WANTED

Volunteers – we need you!

ONEC would be nothing without its volunteers. We already have some very active helpers, but every club continually needs a fresh infusion of new ideas, energy, and yes, volunteers.

There are many roles available for you - our boats are repaired by volunteers, our programs are designed and provided by volunteers, coaching lessons and learn to scull are offered by generous volunteers, the rowing committee and the ONEC Board are also composed of volunteers. So, if there is something that you are interested in doing that would benefit the club, please [let us know!](#) New roles can always be created.

NEWS FROM THE ROWING WORLD

October 21-22 Head of the Charles Regatta – Boston, Massachusetts. Two ONEC members will be rowing in this year's ultimate two-day rowing competition which attracts over 11,000 athletes. If you have never seen this event, it is worth the trip! More information [here](#).

Rowing Canada Aviron (RCA) is pleased to announce today the appointment of Jennifer Fitzpatrick as Director of Partnerships and Sport Development. Working as a key member of the RCA senior leadership team, Jennifer will be responsible for developing and executing the strategic planning and implementation of domestic operations. Fitzpatrick will have oversight, provide direction and manage

the implementation of Coach, Umpire and Long-Term Athlete Development, Member Services and Engagement, as well as the Promotion of Rowing in Canada.

SOCIAL EVENTS

Tuesday and Thursday Pub Nights continue at the Boathouse until September 21.

FOR YOUR ENTERTAINMENT

Please peruse our collection of CSM photos – maybe you will be motivated to join in next year!

Check out the ONEC facebook page [here](#), Trudy's photos [here](#) and Bruce's photos [here](#).

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.