



# ROW ONEC NEWS



October 2017

## UPCOMING DATES - MARK IT ON YOUR CALENDAR:

- |                      |   |
|----------------------|---|
| October 15           | Icicle Chase – Quinte RC                                  |
| October 26, 7pm      | Annual General Meeting (at Elmwood School)                |
| October 28, 8:30am   | Boats Up (rain date October 29)                           |
| November 1, 7pm      | End of Season Party at P&Q (Pints & Quarts); 779 Bank St. |
| February 17-24, 2018 | Florida rowing tour (Gulf Intracoastal Waterway)          |

## SAFETY

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 or around sunset in the evening.** 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!

## PROGRAMMES

Thank you to Bea Seaman for coaching the recent series of intermediate/advanced sculling clinics. The weather was perfect for perfecting our technique.

*Red Season Rowing* – Due to unreliable participation and unpredictable weather in November, this pilot program will not be offered this year.

## RECENT EVENTS

### Canada 150 Row3Capitals Relay Concludes on High Note

It was appropriate that the last tour on September 9 in the Canada 150 Row3Capitals Relay was in Kingston, the first capital of Canada West and the beginning of the Rideau Canal tours which commenced on June 23 in 2017.

In contrast to the earlier tours on the Rideau Canal to Ottawa and in Toronto harbour, the weather was very good and water levels were down. Kingston's outer harbour is ringed with Martello towers and protected by Wolfe and Simcoe Island as well as Fort Henry. All these are especially evident from the touring boats. As a bonus the Snowbirds, the aerobatics team of the Royal Canadian Air Force, performed a spectacular show of precision flying over the water above the Kingston Yacht Club where we had lunch.



The Canada 150 Row3Capitals Relay is raising money for the Foundation Fighting Blindness, a good charity which funnels money for research on retinas and cures for blindness. Please contribute on-line at: <http://bit.ly/2iuDRvP>. It just takes a few clicks and you quickly get a tax receipt.

More information on this tour and other distance events can be found at [www.adventurerowing.ca](http://www.adventurerowing.ca).

*Submitted by Richard Vincent on behalf of Ontario Adventure Rowing*

## **Icicle Chase**

This annual event has seen several different routes over the years. Formerly known as the Wilson Island Chase, the route began at the Quinte Rowing Club in Belleville this year, continued to a lighthouse (halfway to Trenton) and returned. ONEC had one full crew (Sherry, John, Christine, and Aileen with Joan coxing) and came in just behind the all-male Hanlan crew. There were also two ONEC participants in a Durham crew which did not have the opportunity to train together, but had a good row and enjoyed the great food afterwards. Congratulations to John Moore, especially, who is a new rower this year. (Note to all novice rowers – you can do this next year as well!)

## **(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.

**Boat for sale:** ONEC is selling the Klara Boadway, a heavyweight WIM (World-In-Motion) racing single. \$2000

\*\*\* anyone buying a boat this fall will have free winter storage and a reduced rackage rate for 2018. \*\*\*

## **KUDOS TO VOLUNTEERS**

Volunteers – Thank you!

Autumn is here and the end of rowing season is now approaching. Before our last newsletter of the season a word of thanks to some hard-working rowing members. It takes a lot of time and effort to keep the boats, docks and programs up and running.

Docks: A very big thank you to Bern, Carl and Bruce who did a stellar job of renewing and repairing docks.

Boats: Susan Smith has been working all summer at keeping our fleet of shells in good order. Jonathan replaced many of our oar grips.

Coaching is a big part of the summer for the club. What would we do without John Boyd's never-ending patience in teaching our newbies to scull? Orientation sessions for new members are run by Betty and Karin. Norma's Step 2 on Tuesday nights was well attended and had quite a few graduates. Andy ran a Step 3 program that continued into the fall because of high demand. Bea Seaman coached a five-session course on technique for the intermediate and advanced rowers.

The Touring Committee (Liane, Joan, Louise, Norma, Marie, and Meryl) gave generously of their time to coordinate weekend rows for new members all summer and into the fall. This was a very big time commitment. Friday Group Rows coordinated by Meryl and Betty and helped by Louise was well attended. The committee also organized and participated in OAR tours. Row 3 Capitals was a major success because of the leadership of Liane, Joan and Richard. The land crew were also instrumental to the success: Dominique, Meryl, Norma, Betty, Louise, Jane, Mary, and Alistair.

Richard, Gillian, Bern and Mary did another superb job of organizing the CSM and making sure the event had another very successful year. A delicious Sunday lunch featuring barbecued pork tenderloin was prepared by new members Marie and Rob.

Luc Orsali has been managing the reservation system and the website for many years.

The RCC (Rowing Consultative Committee), has been organizing and presenting programs and budgeting for acquisition of new shells and communicating the needs of the rowers to the Board. Brigit Knecht (chair), Richard, Susan, Liane, Gillian, Jonathan and Betty.

Then there is the Newsletter and Rackage Committees that have Betty, Jonathan and Karin working to keep everyone informed.

Then there are the other members who do various important tasks behind the scenes. We apologize for any omissions, but be assured that your work does not go unnoticed.

This is a very long list and as you will notice most of the people are involved in several committees and events. This takes a major time commitment and time off from personal rowing and other parts of their lives. Those of you who have benefitted from all this volunteer effort and work may want to thank these members by volunteering next year. There are many areas that could be of interest. And, of course, the old hands will be there to train and assist.

Thank you everyone for making the 2017 rowing season a great success.

## NEWS FROM THE ROWING WORLD

October 21-22 Head of the Charles Regatta – Boston, Massachusetts. Two ONEC members will be rowing with the Ottawa Rowing Club Senior Masters crew 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](#). You can watch the race online [here](#).

October 27 Ontario University Athletics (OUA) Rowing Championships – St. Catharines, Ont.

November 9-12 National Rowing Championships and Canada Cup Regatta – Burnaby, B.C.

November 25 RowOntario Annual Conference and AGM – Toronto, Ontario (in collaboration with Ontario Sailing)

Rowing Canada Aviron (RCA) - The Canadian Women's Eight captured the silver medal at the 2017 Rowing World Championships in Sarasota, Florida on October 1. More results [here](#).

## SOCIAL EVENTS

Tuesday and Thursday Pub Nights are now over for the season. We hope you all enjoyed the most beautiful view in the city. See you next year!

## FOR YOUR ENTERTAINMENT

Why do we call the "lighthouse" off of Upper Duck Island a lighthouse? It has no light, and doesn't look at all like a lighthouse. Well, it actually used to be one. It is also the "beacon" of Beacon Hill. Read more about it [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.***