



# ROW ONEC NEWS

June 2018



## NEW AT ONEC

- A new floor has been installed in both the men's and ladies' washrooms, made of recycled rubber



- The channel is clear! Docks have been removed from the channel between the boathouse and the shore, leaving a clear, quiet waterway in which to practice

- ONEC has a new sign. It is currently on display on the stage in the ballroom and will be installed on the Parkway shortly



- The hard tennis courts are being resurfaced
- Thursday pub nights at the Boathouse are back as of June 7! 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.

## 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*.

## MARK IT ON YOUR CALENDAR:

May 28-June 25; 7p.m.	RowFit session 2	ONEC
June 16, 10 a.m.	Big Canoe course	ONEC
June 23, morning	3-Buoy Race	ONEC
July 5	Boat naming ceremony and BBQ	ONEC
June 11- August 27; 6:30 p.m.	Step 3	ONEC
June-September; 7p.m.	Thursday Evening Group rows; BBQ and pub night	ONEC
July, August; 8:30a.m.	Friday morning Group Rows	ONEC
July 7, 14, 28 7:30a.m.	Saturday morning Quad Rows + breakfast	ONEC
June, August 7:30a.m.	Sunday morning Quad Rows + breakfast	ONEC

## UPCOMING CLUB EVENTS:

### RowFit classes

You can still join Session 2 of “RowFit” on Mondays in the ONEC ballroom, led by Stuart Maskell, certified fitness professional. Mondays, June 11, 18, 25; 7pm.

Registration form is available [here](#).

### Big Canoes

Max Finkelstein, famous cross-Canada canoeist, will be giving a Big Canoe course at 10 a.m. Saturday, June 16th, at ONEC. Stay tuned for more programming for Big Canoes.

## 2018 TOURS

July 21 (tbc)	Lachine Canal Tour	Montreal, Qc
August 25/26	Montebello Tour	ONEC - Montebello
September 29	Petrie Island Relay	ONEC – Petrie Island
October 20	Icicle Chase	tbc

## 2018 COMPETITIONS

June 30-July 1	Eastern Rowing Association Regatta	Montreal, Qc
July 7	Festirame	Lac St. Jean, Qc
July 14-15	RowOntario Masters Championships	Welland, Ont.
August 5	Royal Canadian Henley Regatta	St. Catharine’s, Ont.
August 18	CSM 10km open	ONEC
September 9	Head of the Madawaska	Burnstown, Ont.
September 23	Head of the Rideau	Ottawa, Ont.
September 27-30	2018 World Rowing Masters Regatta	Sarasota, Florida
September 29	Head of the Trent	Peterborough, Ont.

## THREE BUOY (stake) RACES

ONEC will be holding a series of 3-buoy races this year for singles and doubles. The first race will be Saturday June 23 at 7:30 a.m. There will be two more races, July 21 and August 25. Winners of the June and July races will have possession of a trophy until the next race. At the final race trophies will be given for most points, winner of the final race, and most improved sculler. Contact [Jonathan Morris](#) for more information and to sign up. Please indicate your interest at least one week before the event.

## RIDEAU LAKES TOUR

For a few of us, the Rideau Lakes Tour was our first tour ever! We started at the historic Hotel Kenny where we learned to unload and rig the boats. After forming crews, we headed off to nearby Jones Falls Locks.

The tour was along sections of the Rideau waterway. For most of us, going through the locks was the highlight of the weekend. The canal is on the UNESCO world heritage list as the only canal dating from the great North American canal-building era of the early 19th century to remain operational with most of its structures intact.

The scenery was spectacular. We rowed from lake to lake, around islands and through narrow passages and canyons. We spotted loons, turtles and the great blue heron.

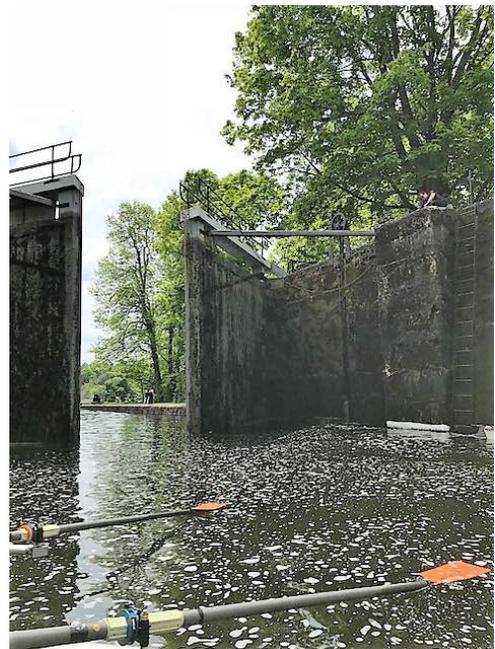
There is so much history along the Rideau Canal and Hotel Kenney maintains this historic atmosphere. We were impressed by the service, the menu and especially the deserts and pies.

For most, this was our first row this season. There were lots of laughs and a few aches at the end of the

days. We had packed for rain but were blessed with two warm, dry days.

On this tour, rowers from Hanlan, Quinte and ONEC joined us. Thanks to the ONEC touring committee for the great organization.

Debbie Reinhart



## DOORS OPEN

Once again, Doors Open was a great success. Thanks to the great teamwork from Rowing, Sailing and Tennis and the sunny weather, a record number of 583 visitors viewed the boathouse. The interesting exhibits, friendly volunteers and Try It program made a very good impression and sparked quite a bit of interest in membership. Well done and thank you to everyone who participated.

## STEP 3

*Objectives:* To scull comfortably, knowledgeably and with excellent technique.

*Eligibility:* Athletes ranging from recent Step 2 graduates to more experienced scullers.

*When:* Mondays evenings at 6:30 pm, June 11 to August 27 (Note: There is no session on Monday, June 18.)

Athletes need to book their shell for these sessions. If you have any questions, please contact [Andy](#)

## MEMBERSHIP

Why not share your passion? Bring your friends to ONEC and get a reward if they sign up! Members receive a \$50 discount on their membership fee for each new single member or Family (not a member

in 2016 or 2017) they recruit, up to a maximum of their membership fee. The referral must be mentioned when the new member submits the registration form. New members (not a member in 2016 or 2017) receive a \$50 welcome voucher for food/drinks purchased at the Pavilion or Boathouse.

## NEWS FROM THE ROWING WORLD

**CSSRAs** – the Canadian Secondary School Rowing Association (CSSRA) regatta was held on June 2-3 in St. Catharine's. Local results include a gold for Glebe Collegiate in the Women's junior Double (Rachel Weber and MacKenzie Mihorian); Bronze in Women's senior quad (Caroline Wang, Madeline Norman, Mei Mei Weston, Julia Bernst); fourth place in Women's Senior Double (Rachel Weber, Margaret Hemphill); Elmwood also competed in the Women's Junior Double and Women's Junior Quad events.

**WORLD CUP GOLD AND SILVER** - Canadian women's pair Hillary Janssens and Caileigh Filmer topped the podium on Sunday June 3 at the World Rowing World Cup 1 in Belgrade, Serbia with a blazing time of 6:58.88.

Ellen Gleadow captured Canada's first World Cup medal of the season in the Women's Lightweight Single sculls on Saturday, June 2. Gleadow took the silver with a time of 7:47.94.

Full Results can be found [here](#).

## FOR YOUR ENTERTAINMENT:

Check out these [vintage rowing videos](#) from Rowing Archives - saving rowing history one stroke at a time.

***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 1st of the month.***