



# ROWONEC NEWS

September 2018



## **SAFETY**

As we head into fall and the days get shorter, don't forget to light up if you are rowing around dawn or dusk. As always, respect our traffic rules so that other crews and singles don't cross your path. Be seen, be safe!

Please make sure to book your own boats so that we know who is out there. If you do not book a boat, or it is signed out under another name, we will not know whom to look for if an urgent situation arises.

## **ICICLE CHASE**

QUINTE ROWING CLUB will be hosting the Icicle Chase again this year on October 20<sup>th</sup>. Details are still being finalized. Maxine Walker is back to organize the event, which will return to the original route around WILSON ISLAND in the TRENT RIVER near Stirling this year. Maybe we will have some crews challenge the record times set by Hanlan and Ottawa Rowing Club Crews in 2008 and 2009. ONEC crews are regular participants so let's get those crews organized and enjoy some practice rows in preparation. A detailed description of the event will be available soon.

## **HEAD OF THE MADAWASKA**

As this newsletter is being published, a small (but strong) contingent of our rowers is participating at the Head of the Madawaska – a recreational, fun regatta which takes place at Burnstown on the Madawaska River on Sunday, September 9. Look for a report and photos in our next issue.

## **UPCOMING TOURS**

September 23	Huntsville Lakes Tour	OAR
September 24-26	Algonquin Lakes Tour	OAR
September 29	Petrie Island Relay	ONEC – Petrie Island
October 20	Icicle Chase	Quinte RC – Wilson Island
February 2-9, 2019	Florida Intracoastal Adventure Tour	OAR

## **FALL COMPETITIONS**

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, FL
September 29	Head of the Trent	Peterborough, Ont.
October 20-21	Head of the Charles	Boston, MA
October 27-28	Head of the Fish	Saratoga, NY

## **EQUIPMENT**

Rowing's two hard working volunteer boat and dock fixers were honoured at the 10 km challenge. Carl Shaver and Bern Rochon have spent many hours improving docks and fixing boats this season. Their

efforts were especially appreciated as there were often two or more boats out of action at a time needing repairs. Many thanks from all the members who benefited from their dedicated work. Bern was presented with a small token of our appreciation (wine and t-shirt) on August 18. Carl will be presented with his gift upon returning from vacation.

### **THREE CHEERS FOR OUR VOLUNTEER COACHES**

On Thursday August 23rd, we held our first Volunteer Coach Appreciation Night to recognize the expertise and efforts that our many coaches have made throughout this season and over many previous seasons. Many members may not be fully aware of the huge contribution that our VOLUNTEER coaches have made in making ONEC the great and unique rowing club it is today.

Coached programs offered over the years have run the gamut from Learn to Scull (LTS) to Step 2 and Step 3, courses for the Visually Impaired, rough water sessions, flip clinics, High School LTS, private lessons and the list goes on. We honoured the following people: John Boyd, Andy Surray, Richard Vincent, Betty Ward, Karin Germann, John Savage, Jonathan Morris, Norma Strachan, Gillian Williamson, Alistair Hensler, Sherry Dolan and Susan Smith. Other coaches from past years who are no longer at ONEC include Beatrice Seeman, Adele Mugford and Roger Meager, who now coaches in Victoria, BC.

### **THREE BUOY CHALLENGE**

August 22 was the last of the Three Buoy Challenge events this year. Again, we had five participants. Conditions were deceptive: nice by the club but half-way across the river there was a bit of wind and chop. Everyone did well, and John Moore went home with the trophy for first place, accumulating the most points over the three events, and having the most improved time. Honourable mention to everyone else who participated over the summer: Christina Albers, Christa Ramonat, Gillian Williamson, Peter Henshaw, Mark Feldstein, Carl Shaver, and Warren Chrusciel. Well done everyone.



### **CSM 10KM CHALLENGE**

Congratulations to all who entered the 10 km Challenge on August 18th! 22 scullers took on the challenge of rowing their best time around Kettle Island, including people who just learned to row this season as well as seasoned scullers in a variety of shells: 1 quad, 2 doubles, and 13 singles.

Sherry and John led the pack in a double, with Kevin from Beachburg “hot on their heels.” Christa was the first ONEC single across the line, winning a free ONEC pub dinner and drink. All participants received a pin and a fun variety of prizes. Thanks to participants from other clubs for joining in: Tom Butscher from Toronto Islands continued his annual participation streak, Kevin Mahoney from Beachburg was back and 2 ORC scullers, Robin Page and Tan Ho, also joined in.

Many thanks go to the volunteers who helped in numerous ways, from accompanying rowers in coach boats to dock marshalling to organizing prizes, posters, and baking treats.

## 10Km challenge



## CSM MONTEBELLO TOUR

In place of the Canadian Sculling Marathon, ONEC organized a 70km tour from ONEC to Montebello, Qc this year. We have been waiting for this one for many years and rowers from Ottawa, Sudbury, Hanlan, Durham and Cambridge got to participate. The first morning took the five quads from ONEC to Petrie Island for lunch. The afternoon row went from Petrie Island to Wendover, Ontario for a total of 42kms – isn't that a coincidence: the length of a marathon! The weather co-operated brilliantly with a mix of sun and clouds and warm temperatures. Adventurous moments ensued when crews took a wrong turn in the marshes and had to turn back; a welcome break drifting downwind while waiting for a part of the group to catch up; and, having all five quads cross the busy Cumberland ferry line together. After storing the boats on shore, rowers were shuttled to the Auberge Montebello and then for a delicious buffet which awaited them at the Fairmont Chateau Montebello.

The next morning saw the rowers shuttled back to the boats at Wendover, re-launch and row the rest of the way to Montebello through various degrees of wetness, once again confused by the endless marshes along shore. A late lunch was devoured, and the boats loaded on the trailers as rowers went their separate ways and were either picked up or driven back to Ottawa.

A HUGE “thank you” goes out to Liane and Joan for the mammoth task of organizing this tour to the last detail, the touring committee volunteers for the food and driving services and Richard for towing two trailers to Montebello and back.



## NEWS FROM THE ROWING WORLD

ROWONTARIO is pleased to announce the eight athletes that will make up the first ever ROWONTARIO U17 (ROU17) Team. The ROU17 program is a new initiative designed to identify U17 athletes showing speed and skill in the single. Athletes will race in the 1X at the National Rowing Championships (NRC) and will come together to race the 4X for Team Ontario at the Canada Cup Regatta (CCR) that follows. The following athletes have accepted the invitation and have been named to the ROU17 Team: **John-Wesley Appleton** (Don Rowing Club), **Charlotte Drennan** (St. Catharines Rowing Club/Ridley College Rowing), **Christian Goff** (Don Rowing Club), **Gillian Jansen** (Notre Dame Rowing Club), **Abigail Najjar** (Don Rowing Club), **David Picard** (St. Catharines Rowing Club), **Eric Seawright** (Don Rowing Club), and **Rachel Weber** (Ottawa Rowing Club)

## FOR YOUR ENTERTAINMENT:

Our own Ottawa River has its own Lost Island! Decades ago (before the Carillon Dam was built) there was a small island at the intersection of the Ottawa and Gatineau Rivers. While it is now submerged, it is still a danger to navigation. This island is more or less located north of the navigation buoy (within the black square on the map below). Especially at the end of the season when the water is low, fins can get caught on this island, as some of you may know from experience. So, it isn't a sea monster after all!



*\*please note that the newsletter now goes through a lengthy approval and mailout process. We apologize if any information seems out of date.*

***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.***