



ROWONEC NEWS

October 2018



UPCOMING EVENTS

AGM - ONEC's annual general meeting will take place on October 23 at Elmwood School. Directors will present their seasonal reports; financial statements will be presented, and a new board of directors will be voted in. All ONEC members should attend.

Boats up - All hands are needed to store the boats and get the boathouse ready for the winter. October 27 is the date (rain date Sunday October 28).

DIRECTORS REPORT

The National Capital Commission is planning to accelerate the ONEC Boathouse restoration. The Boathouse will be restored and winterised on the three floors. There should be a restaurant on the ballroom level, but the upper deck is supposed to be open to the public. Most importantly the washrooms will be modernised and hooked up to the City's sewage system. ONEC is a 'legacy tenant' of the boathouse and will have use of the boat storage floor and deck area.

They have said that they will support us completely in the transition. We are meeting the NCC later in the week and then on an ongoing basis and we will provide more information once we have it.

Kudos to all our volunteer coaches who helped to improve our sculling training. This was a major improvement this year.

Thanks also to all who maintain the equipment and docks.

All things must come to an end. It looks like we will move to 'yellow season' (restricted rowing due to cold water) very soon. After that we hope everyone can come to the Boats UP on Saturday, October 27. After the work party, we will have a 'Thanks for the memories' celebration.

Richard Vincent

SAFETY

As the water gets colder towards the end of our rowing season, please review the Cold water rules:

When water temperature is **10°C or below**, sculling is NOT PERMITTED, except for a controlled red season quad program.

- If you are interested in red season quad sculling, please contact the red season sculling coordinators at redseasonsculling@onec.ca
- Red-season quad sculling safety rules — [current version](#)

When water temperature is **11° through 15°C**, the following applies

- Only intermediate/advanced (confirmed by ONEC coach) scullers may row
- Scullers must carefully evaluate weather conditions, and water conditions such as waves and current, before deciding to scull
- Scullers must wear a personal flotation device (PFD)
- Scullers must wear clothing appropriate for the conditions

- “Select materials in clothing that allow the body to stay dry and insulated against heat loss but with flexibility for the rowing motion and activity.”
- Scullers should carry a cell phone for emergency use
- PUBLIC RECREATIONAL SHELLS
 - A minimum TWO SHELLS from the following list must launch together and return together, and stay within 100 meters of each other at all times
 - Alden Star (1X), Hudson Stealth (Violetta — 1X), Hudson T6 (1X), Wintech 21 (1X)
 - The three shells in the following list may be used alone and without an escort boat
 - Hudson T7 (2X), Hudson T11 (4X), Wintech quad (4X)
- PUBLIC RACING SHELLS
 - Racing 1X and 2X may be used only during a scheduled coach boat escorted row
- PRIVATE RACING 1X
 - May be used **only during a scheduled coach boat escorted row**
- Note 1: Scullers should be familiar with the content of the website [Cold Water Boot Camp](#)
- Note 2: If you have any question about cold water hazards or the ONEC Cold Water Policy, contact the ONEC Sculling Director or an ONEC Sculling coach

ICICLE CHASE

October 20 Icicle Chase

QUINTE ROWING CLUB will be hosting the Icicle Chase again this year on October 20th. 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. ONEC has participated in every Icicle chase (formerly known as the Wilson Island Chase) for the past 15 years and will be represented by a crew again this year.

HEAD RACES

Head races are races which take place in the fall season – they are longer than the summer sprint races – distances range from 3 to 5kms – and take place on winding rivers instead of straight, buoyed courses. Rowers row up to the start, then race back in a staggered start. ONEC rowers have participated in the Head of the Madawaska at Burnstown on the Madawaska River, Head of the Rideau right here in Ottawa at Mooney’s Bay, Head of the Trent in Peterborough, and Head of the Fish in Saratoga. You, too, could participate next year – make it a personal goal.

TOURS

We have had two visitors from Europe recently who looked at our waters through fresh eyes. Edi, from Reichfelden, Switzerland, lives in an apartment overlooking the Rhine. He rows there in his single and sometimes whiffs chocolate while rowing near the Lindt factory. Quite appropriately we shared Lindt chocolate balls on the ONEC dock at the end of the Petrie Island Relay, organised by the Touring Committee. Edi was awed by the magnitude of the Ottawa River.

Edi also enjoyed rowing on the Huntsville Lake Tour and the Algonquin Lakes Tour, organised by the Ontario Adventure Rowing Association (OAR). The Huntsville tour was on three connected lakes, Vernon, Fairy, and Peninsular, in the heart of Cottage Country. The Tom Thomson sculpture in downtown Huntsville prepared us for the Tom Thomson cairn overlooking Canoe Lake. Edi found that Thomson’s paintings were impressionistic and impressive.

Algonquin Tour:



Sven from Wiesbaden, Germany rowed with us thrice as a guest, once viewing the Parliamentary Precinct from the River, and once venturing into Lac Leamy. Sven also rows on the Rhine but downstream where there are many barges and much commercial traffic on the River. His club does not row eights since they are too fast for the conditions. He liked our touring quad which is similar to European Gig Quads.

There is a diversity of rowing experiences in Europe and recreational rowing, including touring, is well respected. Europeans appreciate our wild open spaces.

February 2-9, 2019

Florida Intracoastal Adventure Tour

OAR

Once again, the Ontario Adventure Rowing Association is offering a tour in the Gulf Intracoastal Waterway of Florida. The Waterway is protected from the ocean and great for touring. In the waterway you will find many fishing birds like Pelicans, Ibises, and Night Herons as well as mangrove tunnels. There will also be plenty of opportunity to feast at "old Florida" restaurants. The tour is February 2 to 9, 2019 and more information can be found [here](#):

Accommodation is available if you book before November 2; after that you must obtain your own accommodation. This is a great opportunity for winter training and some warmth.

FALL COMPETITIONS

October 20-21

Head of the Charles

Boston, MA

October 27-28

Head of the Fish

Saratoga, NY

NEWS FROM THE ROWING WORLD

The RowOntario [Trillium Sprints](#) will be held on Saturday, October 20th in Hamilton, completing the seven-challenge Trillium Chase. The next weekend will bring big competition to Henley Island in St. Catharines - the OUA Championships.

September 22-30, 2018 was National Coaches Week, a time to celebrate the tremendous positive impact coaches have on athletes and communities across Canada. It is a great opportunity to recognize coaches for the integral role they play by simply saying #ThanksCoach. Rowing Canada Aviron would like to extend our appreciation for all our hard-working Club, Provincial, NextGen and National Team Coaches!

Congratulations to all our Canadian rowers in Plovdiv, Bulgaria! Canada brought home a total of four medals at the **2018 World Rowing Championships** and placed 6th overall in medal standings. Canadian rowers captured medals in the following events:

GOLD - Women's Coxless Pair - Hillary Janssens and Cailleigh Filmer

GOLD - PR3 Men's Pair - Andrew Todd and Kyle Fredrickson

SILVER - Women's Eight - Rebecca Zimmerman, Jennifer Martins, Susanne Grainger, Madison Mailey, Stephanie Grauer, Christine Roper, Sydney Payne, Lisa Roman and coxswain Kristen Kit

SILVER - PR2 Men's Single - Jeremy Hall

FOR YOUR ENTERTAINMENT:

New to rowing? Welcome to the community! You have not just joined a sport, but a community. Next time you are on vacation, why not contact the local rowing club and ask if you can join in for a row? Rowers from Ottawa have visited, and rowed with, clubs as far away as Berlin, San Francisco, Mexico City, Florence, Boston, Florida and many others, as well as at other Canadian clubs coast to coast to coast. Where in the world have you rowed? [Let us know!](#)



**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. 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.