



# ROWONEC NEWS

November/  
December 2018



*The rowONEC News committee would like to wish all of you a Merry Christmas, healthy New Year and a restful winter. Spring will be here before you know it, bringing new rowing challenges. For now, we can reminisce and dream ....*

**IN THIS ISSUE:** January erging Challenge, February skating party, Winter cross-training, AGM results, Boats Up report, Icicle Chase, news from the rowing world

## **JANUARY ERGING CHALLENGE**

For rowers unfamiliar with this challenge, participants row as often as time permits during the month, enter their meters and times on individual logs on the C2 website (its an honour system). The meters accumulate on the ONEC team and it's a great way for each of us to keep in rowing condition. Participation is world-wide. A team of ONEC rowers has participated in this event for the last ten years, amassing over one million meters in January 2018. Instructions on how to join will be disseminated about mid-December by co-ordinator Alistair Hensler. Meanwhile, if you want to do more erging, check the Concept2 Workout of the Day [here](#) for a program that suits you.

By the way, as an erging incentive – Canadian Jeremy Hall set a **Concept 2 World Record** this week in the PR2 category (verification pending). Jeremy completed the 2000m erg in 7:04.20.

## **WINTER CROSS-TRAINING**

Want to stay in shape over the winter so that you are ready to hit the water in fine form in 2019? Consider getting outdoors and using those rowing muscles and keeping your aerobic capacity while getting some vitamin D. Let [Norma Strachan](#) know whether you are interested in XC skiing or snowshoeing on either Tuesday or Friday mornings. Trails selected will be dependent on the early indications of interest so “get your oar in the water” and indicate your preference.

Rowfit will resume beginning on March 11, 2019 at the Ottawa School of Dance in New Edinburgh. Stay tuned for details.

## **SAVE THE DATE**

February 3 (Sunday), 7 pm to 8:30 pm: Annual ONEC Skating Party at the Rideau Hall Skating Rink and Winter Pavilion.

## AGM

ONEC's annual general meeting took place on October 23 at Elmwood School. Directors presented their seasonal reports; financial statements were presented, and a new board of directors was presented. The board of directors for 2019 is:

President: Brigit Knecht

Vice President: Mike Hardstaff

Treasurer: Ed Doe

Secretary: Susan Smith

Director, Marketing and Communications: Claire Schofield

Marketing and Communications: Nicolas Piccato

Director, Human Resources: Jerzy Komorowski

Director, Transition: Meghan Hanlon

Sailing Director: Neil Baisi

Tennis Director: Andre Barnes

Rowing Director: Richard Vincent

While not a Board member, Bernie Desrosiers will continue to attend the meetings as Club Manager

You can find the minutes of the AGM on the [member's portal](#) of the ONEC website.

## *BOATS UP (AND AWAY!)*

As you all know, this year's "boats up" day had a new twist. Because of the upcoming boathouse renovations, everything needed to be cleared out of the boathouse. Rowing shells, sailing boats, motor boats, oars, tools, paddleboards, equipment....everything except for the trash needed to be moved.

The day of the big move was overcast with strong winds and high white caps. While characteristically cold and unpleasant, at least the snow held off.

Because of the winds, boats could not safely be "shot" across the channel as we so often do. Earlier in the week, the idea was floated by Karin to ferry boats across the channel on a barge. On Saturday, Bern put the idea into action, untying a dock and attaching ropes to either end. Boats were laid on the dock with a person kneeling at each end to hold the boats steady. Then, the dock was pulled across the channel. Susan then showed us how to do this in the most efficient manner possible – the Navy way. Using this method all the boats arrived safely on shore.

Boats were then moved up from the shore to the waiting vans. Mike Hardstaff from Sailing helped and suggested that carrying them along the access road took a tad longer but was easier than going up the stairs.

At road level, Joan's crew worked with movers to ensure boats and all other equipment were carefully and securely loaded.

Inside, another crew was at work wrapping oars, packing life jackets, and moving paddleboards and various assorted single shells and boats stored on the balconies up to road-level. While a count was not kept, together this crew bubble-wrapped more than 40 sets of club and privately-owned oars. Much time was spent debating whether the broken quad which Elmwood donated to ONEC could be moved off the top of the lockers. With the sailing boats and sailing racks still in place it looked to be a Rubik's Cube level of challenge. In the end, it was moved on a later day.

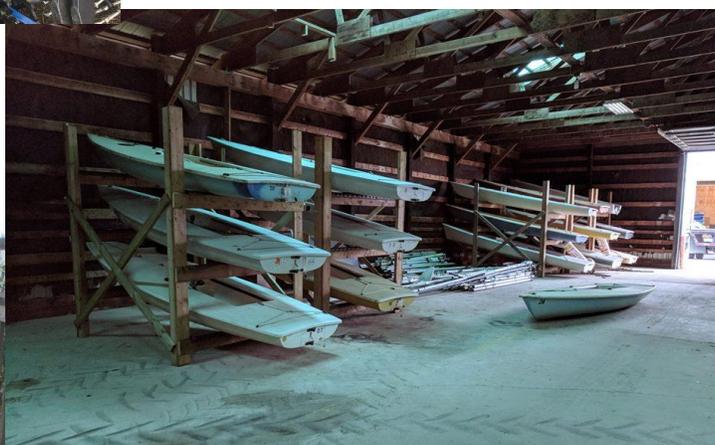
Then, off to the NCC warehouse in Nepean. Here the process went in reverse, with the unloading and placing of boats on racks, then the unloading of oars, seats, riggers, paddles and life jackets, leaving room for the Sailors boats and equipment as well as the ONEC and Elmwood trailers.

Thanks to the detailed planning by Liane, Joan and Richard all went smoothly and surprisingly quickly for such an enormous undertaking. Thanks also to those members, who were working or unavailable on Saturday, for coming down during the week and derigging, sorting and doing various other tasks that made move day a little easier. Also, thanks to a prospective member who showed upon Saturday and helped out for several hours. note. It was the busiest day the club has had in a long-time.

Thank you to all who helped before, during and after the big moving day. Bern, Susan, Betty, Jonathan, Mike Hardstaff, Sherry, Steve, Louise, Rob, Tom, Joan, Liane, Peter, Belinda, Richard, Carl, Andy, Karin, Brigit, John M., Christa, Gillian, Alistair, Meryl, John S., Val, Aileen, ...

Apologies to anyone who was missed or not specifically mentioned, please be assured that your participation was appreciated none the less.





*Dear boats – sleep well, we will come to get you in the spring!*

## ICICLE CHASE

On a blustery day in late October an ONEC crew, the Redblacks, took on the challenge of the Icicle Chase. Winds were 29 km/h with stronger gusts on a relatively balmy 12°C day. This year, the Chase returned to the loop around Wilson Island in the Trent River. About half of the course was protected, but nevertheless, crews had to battle a headwind for a section near the end. (the ONEC crew slowed to 6 km/h, compared to the section with tailwind where they flew along at 12 km/h). In such tough conditions, it took a total of 2 hours and 24 minutes to row the 20.4 km course. This year's crew consisted of: Sheila Perry, Richard Vincent, Dominique Lamarre, supplemented by Homam Michael of Durham Rowing Club, and Geoffrey Church of Hanlan Boat Club. All found the Chase a fitting climax to the rowing season.

Next year will be the 15<sup>th</sup> consecutive year that ONEC has participated, so keep in mind that we will be looking for more rowers to join in this exciting end-of-season adventure.

## NEWS FROM THE ROWING WORLD

Congratulations to the Masters Women's crew from upriver – the Ottawa Rowing Club team won second-place medals at the Head of the Charles, the most prestigious head race in the world, in the Masters Women's Eight category. Former Ottawa rowers Jenna Pelham and Andrew Todd won first and second place respectively in the Women's and Men's Lightweight singles.

The 2018 **RCA National Rowing Championships and Canada Cup** wrapped up at Burnaby Lake on Sunday November 11th with over 300 athletes competing from across Canada. Check out the final results and podium finishers [here >>>](#)

## FOR YOUR ENTERTAINMENT:

“Perhaps you’ve watched a team of rowers glide their slender craft across the water—in harmony with each other, their boat, the water, and the sky—and maybe you’ve felt a twinge of envy. Good news: You are never too old to row...” Read the rest of this article entitled “The Girls In The Boat – The Art of Rowing” [here](#).

*\*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.***