

FAIRFIELD CANOE CLUB

*Celebrating 86 years
1919 – 2005*

Newsletter

DECEMBER 2005



- Australian Master Games
- Club Profile
- Big Bash
- ICF Canoe Marathon World Championships

FAIRFIELD CANOE CLUB COOPERATIVE LTD

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Website

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Newsletter Dates 2006

Deadline for Submissions:

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Printing dates

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How to contribute

All contributions to the club newsletter welcome – photos, articles, letters to the editor, humour, advertisements.

Contributions to be made by email.

Please submit material to the Editor

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We gratefully welcome any articles or advertisements submitted for publication. However we cannot guarantee that any submission will be published in a particular issue of the Fairfield Canoe Club newsletter. The editorial team reserves the right to make minor editorial and layout changes to any submission while doing its best to preserve the intention of the original submission.

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UPCOMING EVENTS

EVENTS FOR 2005

December

3	Ben Ward Memorial 40 Miler	Yarrawonga
10	Footscray Sprint Regatta	Footscray
11	Dress Rehearsal	Footscray
27-31	Red Cross Murray Marathon	Yarrawonga

EVENTS FOR 2006

January

13-15	Sprint National Grand Prix 1	Nagambie
21-22	Victorian Sprint Championships	Nagambie
28	Marathon Summer Series GP1	Deniliquin
29	Marathon Summer Series GP2	Yarrawonga

February

5	Marathon Summer Series GP3	Footscray
17-19	Sprint National Grand Prix 2	Penrith
25-26	The Yarra Descent	Yarra Glen

March

4	Marathon Summer Series GP4	Albury
5	Marathon Summer Series GP5	Albury
8-12	Australian Sprint Championships	Penrith

April

1	Marathon Summer Series Finale	Geelong
2	Marathon Summer Series Finale	Geelong
15-16	Australian Marathon Titles	Adelaide

SUMMER SERIES HANDICAP RACES

Fun weekly races between 5km and 12km with start times based on individual handicaps. A great way to get fit, practice race skills, and have FUN!

Registration 6pm at the Ivanhoe Canoe Club

Race Start 6:15pm

Every Wednesday

See club notice board for more details or contact David Cole on 9489 4756.



FAIRFIELD CANOE CLUB CHRISTMAS BBQ SUNDAY 18TH DECEMBER 12.30pm

**Snags and bread provided
BYO other meats, drinks, kids, fun
\$5 present for Kris Kringle**

If you are good, the jolly man may appear!
Ho Ho Ho!

FAIRFIELD CANOE CLUB GREAT CAPUCCINO RUN Saturday 17th December 9.30am

All boats and all levels wanted and welcome
for a social paddle to Studley Park for a capuccino.
Novel craft particularly welcome!



CHAIRMAN'S REPORT

Welcome to the Christmas edition of the Fairfield Canoe Club newsletter.

Daylight saving has arrived and the weather has been perfect for paddling be it competing, training or just floating down the river. I hope you have all been able to take advantage of the conditions by getting out on the river during spring.

Activity at the canoe club has been as intense as ever over the past few months. The Annual General Meeting was held in late September. The meeting was very well attended and I thank all members who contributed to the lively and robust discussion. Liz Sharrock stood down from the Board after contributing for a number of years. We thank Liz for all her hard work and support over this time. Margaret Buck was nominated and welcomed onto the Board. Margaret's years of experience in canoeing makes her a good fit to work with the Race Organising and Skills Development committee. The other directors of the board of Management are Joan (Social committee), Kelly (Secretary and Maintenance), Kevin (Boat Racking), Marc (Communications) and Robyn (Treasurer and Membership). Each of the subcommittees is further explained in this edition of the newsletter. If you feel you would like to make a contribution to a subcommittee please do not hesitate in contacting myself or one of the directors.

The annual awards 'Big Bash' was held in early October with a reasonable turnout of club members and friends. We celebrated the achievements over the year of the club and of individual paddlers. Julie Perriam was recognized for her outstanding voluntary contribution to the club by being awarded the Presidents award. Julie's success and achievements on the water were also recognized when she was awarded the Zoltan Szigeti Medal. Congratulations Julie on behalf of all the members of the Fairfield Canoe Club. Julie is pictured on the cover of this newsletter with partner Stephen Beitz.

Please note in this edition changes involving guests padding at the Canoe club. Any non Fairfield Canoe Club member will be required to fill in a guest book. Please read the article relating to these changes.

The club is in the process of submitting 'expressions of interest' for a couple of funding opportunities. The first through Victorian Canoeing, is to be part of a Pilot scheme where four Victorian clubs are set up as 'Club Training Centres.' The Pilot project is for twelve months and we will have more information on this initiative in the next edition of the newsletter. The second opportunity is to seek funding through Vic Health for the purchase of a 'portable shade structure' to be available for use at canoeing events.

Two maintenance projects are required at the club in the next 12 months. The older section of the landing is to be refurbished. This will involve the sandblasting of steel beams, as well as the replacement of rusting sections. The refurbishment will add to the longevity of the structure. The other project is to clad the eaves over the verandah. The local bird population has been roosting for many years on the exposed eaves resulting in the insulation being damaged and the timber verandah being soiled and slippery from bird droppings. The cladding will stop the birds roosting. This work will be done using scaffolding so we will have the high clubhouse external windows painted at the same time. These projects will cause some disruption to your paddling however we see the long term benefits to be a safer club.

To all those members who are taking part in the Murray River Marathon, all the very best for the event. To all members we wish you a very happy and safe festive season and look forward to seeing you on the river again soon.

Happy Paddling

Michael Kane, Chairman

10TH AUSTRALIAN MASTERS GAMES

The kayaking events of the 10th Australian Masters Games were held on the West Lakes in Adelaide, from the 5th to 8th of October, 2005.

Reah Dempsey with sister Liz Jenkins, Kevin Hannington and I were the only FCC members who participated in the kayaking events at the Games. This itself was unfortunate since the kayaking program was very, very well organised and, overall, challenging! It was also a great deal of fun.

For the record, the 11th Australian Masters Games are also to be held in Adelaide in 2007 – may I suggest that you should plan now to attend those Games as they really are great fun.

As a quick overview of the 10th Australian Masters Games,

- The organisation, the land facilities and water course were all excellent
- The course was safe but occasionally (because of the weather) challenging and provided attractive (land based females) distractions (to the back seat driver in the double!)
- The weather was atypical and produced conditions that were character building! For those who braved that 'Hume Weir' race a couple of years ago, the winds (with torrential driving rain in Adelaide) were even stronger than on the Hume but the water, being more sheltered, was nowhere near as rough or dangerous as the Hume situation and the Safety Boats in Adelaide were always very close at hand and well placed to offer immediate assistance
- My impression was that the Safety Boats in Adelaide were manned by 'fellow kayakers' who knew what 'we' were experiencing and went out of their way to ensure our safety and enjoyment
- The Adelaide water, which was wonderfully warm, was on occasion (because of the weather during two days of the events) quite challenging and provided the odd (to some, 'frequent') opportunity for some swimming exercise

- Whilst swimming is not normally considered a kayaking event, in Adelaide, being a fast swimmer with kayak in tow would have been a bonus – you might have even won a medal!
- Whilst swimming was not too frequent (I had two swims) the odd 'head in the wasser' did provide the race participants with wonderful occasions for much mirth and inter-club camaraderie building. Alan Opie from Patterson Lakes CC, for example, who is really a bloody great paddler, managed to bottle at the start of one TK1 race and then managed only 100 metres in the next before taking yet another swim – such were the conditions during the sprints!
- Our women won Gold in their marathon plus lesser medals in the mixed marathon. Our women also claimed gold in the double sprints, I think, and Kev and Reah won Gold in the Mixed Double sprint whilst Liz and I had a wonderful swimming period after being bottled by Kev and Reah (only kidding but we did 'conflict' three times during the race)
- Kev won 10 or more medals from 12 races (and was denied yet another because he carried the wrong boat number in one, or maybe because he was invisible behind the rain squalls). I am happy to report that I too managed to gain a few medals from my 12 races – on this particular point, in the sprints, it seems to me that 'he who wins the start has a very good chance of winning the race' – if 'he' can stay in the boat!
- Most memorable race? The doubles marathon. Kev and I did rather well in this TK2 10km event – but, having entered in the K2 event, got Gold in the K2 event even though we came second in the 'race'! We even beat a K2 over the distance but came second to Mike Goynes and Rob Asquew by one boat length. Kev still blames me for losing that race as, in my enthusiasm, over the last 50 metres, I 'over-ran' Kev by about 20 beats per minute!
- Did we enjoy it all? Most certainly!

Gary Flanigan

CLUB PROFILE

PAUL HOFFMAN

Paul Hoffman joined FCC in June and after surviving a few Sunday morning training sessions on "Zoli's straight" was ready for the Bridge to Bridge on the Barwon River. Paul talks to FCC newsletter about his experiences in his first kayak race – including the mandatory swim in Lake Coonawarra.

You were recently seen swimming in Lake Coonawarra. Can you tell us what you were doing?

Well, it goes like this ... the Bridge to Bridge was my first race and I had been warned even weeks before the race about the dreaded Lake Coonawarra. Not to be deterred (apparently ignorance really is bliss), I thought everyone was just exaggerating so that it would not be as bad as I imagined when I got there. Anyway when I finally arrived at the Lake I found that it was in fact a lot worse than I thought.

Given that I have only been paddling for a few months and tend to be a reasonable swimmer and given that the wind was giving me a right thrashing, I decided that based on my skill set I would probably get through the water quicker if I was swimming and dragging the boat (which was full of water)...

The truth is that this really did not work and I was quite keen to pass on that advice to all the people I saw trying the same strategy within the last 1km of the race where there was a good size swell running. They were obviously trying to bodysurf the swell into the finish dragging their boats – didn't offer the advice though, they were clearly more experienced than me and if I looked anywhere except where I was going you would have seen me swimming again.

Had paddling on Sunday mornings on Zoli's Straight prepared you for the Bridge to Bridge?

The Sunday morning paddles on Zoli's Straight have been fantastic and were hugely beneficial for the Bridge to Bridge. The washriding skills and paddling techniques learned in the sessions definitely proved invaluable on the day.



Wendy and Paul at Barwon Heads. Photo Hoffman collection.

When did you join FCC and why?

I joined FCC in June this year after completing the basic paddling program with Julie in May. After two knee reconstructions on my right knee in the last 8 years, when I tore the ACL in my left knee earlier this year I decided that I was probably getting a bit old to play rugby, either in the contact or touch variety, anymore.

Each year I try and set a sporting goal, last year it was the Noosa Triathlon, which was successfully completed. After the knee debacle earlier this year I decided that the Murray River Marathon would be this year's challenge. As it turns out, my partner Wendy fell pregnant (another sporting goal I guess) and is due with our first child on the 16th December so, luckily for me, I will have another full year to paddle before I enter in 2006.

Once the decision was made to take up canoeing, not knowing anyone in the sport, I contacted a few clubs and found FCC to be the most helpful and friendly. Since joining it has just got better.

DO YOU KNOW...

Had you paddled before?

I did paddle surf skis briefly when I was younger (mostly short distance as part of surf lifesaving carnivals) and worked with a friend taking river trips in inflatables during my holidays while I was studying in Cape Town. That is probably the extent of it.

You are originally from South Africa, why have you come to live in Melbourne? Can you tell us a few things about life in Cape Town?

I originally came to Melbourne on holiday and quite enjoyed it. I ended up coming back to study the following year and started to really enjoy life here and it just went from there.

Geez what can I tell you about life in Cape Town. The mountain is the spine of Cape Town. It does not matter where you are in Cape Town you can see the mountain. Given that Cape Town is a peninsula where the Indian and Atlantic oceans meet there is also always good surf there and most people live within a 15 minute drive of a surf beach.

Lifestyle in Cape Town is pretty relaxed and very similar to Melbourne, but Melbourne is obviously much safer.

Your partner Wendy is expecting a baby in December. Do you think you will get anywhere near the Yarra next year?

I will put even money that I will. Wendy is keen to get back into running after having the baby so I think with a little bit of negotiation and planning the intention is for consistent attendance on the Yarra next year.

As for plan B, what is the smallest sized lifejacket you can get?

Anything else you would like to say?

Not really, just thanks to everyone for the advice and assistance since joining the club and also thanks to all those at the Bridge to Bridge for the advice. Next time I will not stand there with a cocky smile and say, "It can't be that bad, do you really think I need a splash cover!"

- You can usually find someone to paddle with on Tuesday and Thursday either between 6am and 6.30am or between 4pm and 6pm and on Saturday morning at 9.30am.
- *The Sunday 10am training sessions welcome ALL standards of paddlers.*
- The Club is cleaned every week.
- *Club consumables are supplied by a combination of cleaners, social committee members and other members on a re-imbusement basis.*
- The coffee machine was a donation from a club member.
- *Coffee, tea, hot chocolate, milk and sugar are supplied at no additional cost to the members.*
- The fridge is stocked by the club and is run on an honesty system.
- *The red suggestion letter-box on the left hand side of the club is cleared weekly with issues discussed by the board at the next meeting.*
- Beginners boats and Intermediate boats are supplied and maintained by the club and are available for all members to use.
- *The Club newsletter is printed on a quarterly basis.*
- Weekly FCC update email posted to subscribers.
- *Annual Big Bash organised by the Social Committee.*
- The Board of seven meets on a monthly basis.
- *We are always on the look out for volunteers to help on sub-committees or even to mow the lawn or sweep out the boat racking area on a regular basis.*

MEMORIES FROM THE BRIDGE TO BRIDGE

The Bridge to Bridge surf ski/kayak race starts on the Barwon River (just below a disused pipe bridge) near Geelong and finishes at the Barwon Heads bridge. After the one portage the Barwon widens and enters Reedy Lake and the famous Lake Connewarre. The lake crossing is notorious for waves, sandbars and navigational difficulties. After leaving the lake the Barwon widens and becomes tidal until eventually reaching Barwon Heads.

Participants from FCC

Michael Loftus-Hills, Tony Payne, Steve Gadsden, Kelly O'Shanassy, Wennie Van Lint, Helen Neill, Geoff Hindle and Paul Hoffman (see Paul's profile on page 6).

Memories from Michael Loftus-Hills

- Not swimming at the portage (or saving someone else) – first time ever
- Wash riding Steve and Kelly for 18km of the 20km (heaven)
- Waves hitting my face as we crossed the lake
- My partner (Tony Payne) complaining he had lost a Dunlop Volley when the boat sank (wet Dunlop Volleys in a racing boat?)
- The boat sinking
- Disappointment when Diver Dan was nowhere to be seen at the Barwon Heads Bridge
- Eating a meat pie, two dim sims and a can of coke after two hours in the sun – do not do it!

Memories from Kelly

- Steve and I (a girl) carrying two grown men almost all the way to the finish line (we had to pull over 1km from the end to empty the boat so they beat us)!
- Occupying my mind while crossing the lake thinking how we could install wipers on my sunnies (which later ended up at the bottom of the river along with Tony's Dunlop Volleys)
- Yahooing as we chested the waves across the lake and surfing waves into Barwon Heads
- Steve tipping me out at the portage!
- Thinking this is the best damn race I have ever done.

Memories from Tony

- Jumping cleanly out of the K2 at the portage, sprinting briskly along the bank and stepping effortlessly back in to the K2
- Waiting, waiting and waiting for Kelly and Stephen to complete the portage
- Lending my spray deck to Paul on his first race
- Wishing I hadn't lent my spray deck to Paul
- K2 sinking in the middle of the lake
- Losing one of my Dunlop Volleys in the middle of the lake
- Losing one of my fashionable socks in the middle of the lake – went down with the Volley
- Unofficial portage in the middle of the lake
- Waiting, waiting and waiting for Kelly and Stephen on their unofficial portage
- Being glad we had a pump whilst surfing into Barwon Heads.

Memories from Steve

- Getting 200 metre wash ride from Tony and Lofty
- Watching Kelly get pounded by gigantic waves on the lake
- Peeing myself (literally) with laughter when Tony and Lofty capsized getting in on a sand bar
- Watching Kelly disappear under water when surfing into the back of waves going to the finish line
- Thinking what a fantastic race – sign me up for next year.

Robyn Ward

Treasurer

Phone 0414 886 220

Email Robyn.Ward@intergraph.com



TREASURER'S REPORT

Robyn Ward has taken her head out of the rather large FCC accountancy folders now in her possession to bring you this report.

I am now your esteemed treasurer – yes a bit of a shock for me too. Either I did too great a job in my last position, or it may have been that stranglehold that Mick had me pinned down in, that persuaded me to take on this new role.

My first question was – don't you need to have some sort of accountancy background? Apparently not – we don't discriminate at this club.

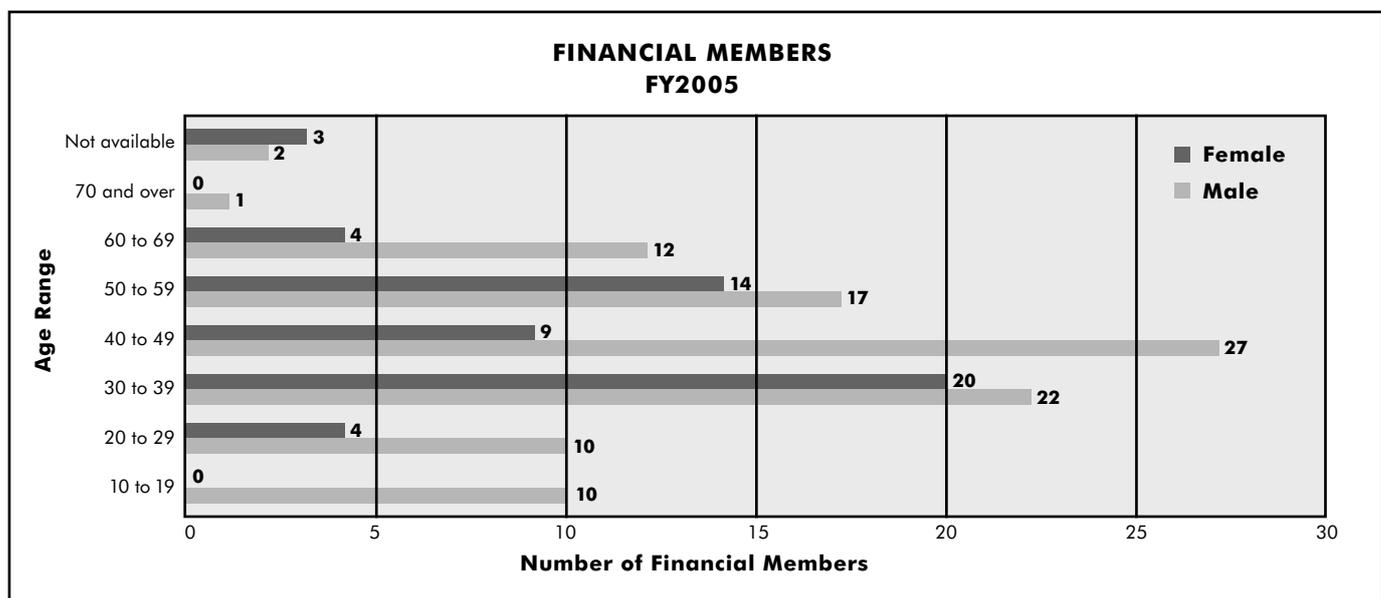
My first accountancy lesson was when Mick started talking about receipts in the first handover session. Receipts – isn't that what you get at the supermarket and often come with petrol discounts? Apparently not in the accountancy world. No petrol discounts happening here!

So to overcome my apparent lack of terminology and not to let me loose in this new world, both Mick and Liz have offered to form a Financial committee with me – my accountancy lessons will continue in earnest.

So what does the Treasurer do? I will pay the invoices, bank all the money, and keep our Club finances tickedy-boo. I also get a key to the little red box in the club rooms (that's the most exciting part!)

I am also the membership contact – handling all the new memberships and renewals. My biggest role will be to keep the membership list up-to-date, with the latest financial and contact details. One of the key goals this year is to work closely with Marc and the Communications Committee to improve the handling of the membership database so that everyone can get easier access to the latest details, and get their treasured FCC newsletter to their new addresses.

On request from the recent AGM, I have included below the latest age profile of our current club members. It is broken into male/female, and ages. We are currently up to 153 members this financial year. Last year we got to 238 members, so we are expecting to get around 200 members over the coming financial year again.





2005 ICF CANOE MARATHON WORLD CHAMPIONSHIPS PERTH

What a thrill it was to watch the 13th ICF Canoe Marathon World Championships held on the Swan River, Perth on 15 and 16 October. The Australian's had a tough time in a very competitive field with Spain and Hungary dominating the championships.

The weekend's results left Hungary as the number one nation, with three gold and three silver, with Spain second with two gold, two silver and two bronze. Great Britain had a gold, South Africa won a silver, and New Zealand, Poland and Denmark each won a bronze.



Stephen Beitz paddled in a very competitive age group.

Stephen Beitz, Pamela Lilburne and myself competed in the Masters World Cup held on 12 and 13 October. I arrived in Perth with plenty of time to practice and familiarise myself with the course of 21.6kms broken into three 7.2km laps. Stephen had already been there a few days earlier, after driving across the Nullabor with his brother, and said the conditions on the course were very favourable early morning and late afternoon.

I suggested it would be a good idea to paddle around race time, 1pm and we were surprised to find the river really wind affected. I practised in rough and windy conditions, praying that the water would be calm on race day. Not only do you have to contend with the 'Fremantle Doctor' but also ferries and fishing craft that frequent the Swan River.



Pamela Lilburne was the only Australian in her class.

The first day of competition on the Wednesday was a tough day with strong windy conditions. Not only did we experience unpleasant conditions the course was incorrectly set at 23kms. The course was corrected for the next day. I think the tough conditions took their toll on many paddlers, but I was pleasantly surprised to finish in second place. The first words Stephen said to me was "How many swims did you have?" "None," I proudly replied! I'm sure I spent a lot of energy trying to stay upright. Stephen paddled in a very competitive international field, while Pamela was the only Australian in her class.



Julie Perriam paddled with Stephanie Finn from SA. All photos Stephen Beitz collection.



INTRODUCTION OF MEMBERS' GUEST BOOK REGISTER



Bennet Maxwell and David Provan fourth at the portage finished in tenth in the men's K2 competition while David Cole and Andrew Stimpson were forced to pull out of the race after they broke their rudder.

The weather did not subside for the second day and again we battled the blustery conditions in the doubles. I paddled with Stephanie Finn from SA, and claimed a gold from the South Africans. Stephen paddled with Terry Poole from Geelong and Pamela paddled with a girl from the United Kingdom to pick up a bronze medal.

The highlight of the trip was watching the weekend competition battling it out for gold and also it was a fantastic experience to race in the Masters World Cup especially in your home country.

Julie Perriam

The Board of Management has elected to introduce the practice of asking all non-financial visitors using Club facilities to record their details in a Members' Guest Book. This change of practice is necessary as the variety of groups and individuals using the club has changed in recent times.

The change arises in part from our decision at the 2004 Annual General Meeting to acknowledge the reciprocal rights of financial members from other canoe clubs to use our facilities on occasion. Good practice deems we must be able to identify all visitors to the club if the need arises. Our intention is to be fair to all our members, their friends and associates, whilst addressing the matters of insurance and safety for all.

Non-financial persons include members who have not renewed their current membership, persons participating in beginner's lessons, elite squad members from other clubs, and members' family, friends or other associates.

All guests/visitors at the club will need to be signed in by a financial member, and the Guest Book will be in place by the end of November. Signs will be posted to remind members to sign their visitors into our guest book.

Failure to comply may result in action being taken by the Board of Management.

Thanks you in advance for your assistance.

Michael Kane
Chairman

THE BIG BASH

The Big Bash is a chance for members and friends of Fairfield Canoe Club to finally see fellow paddlers in something other than thermals! This year the Big Bash was held at the Abruzzo Club on Saturday 1 October 2005. It was a chance to reminisce about the year that was and celebrate the achievements of other members.

The Big Bash was organised by the social committee in conjunction with the race organising and skills development committee. Rumour has it that Connie Todaro did a power of work for the evening. Other members who made it happen were Michael Loftus-Hills, Ivan Gaal and Roger Tralaggan who filmed and produced the AV presentation shown on the night, Jonathon Mayne as MC, Gary Flanigan who always supports our social events and Robyn Ward and Rachael Heath who made the function room look spectacular. We were treated to a three course meal, live performers and some marvellous dancing by most of those present. Unfortunately, no awards were handed out for dancing!

The most honoured Szigeti Medal was awarded to Julie Perriam who won a gold and a silver at the World Masters Championships in Perth this year, among other paddling feats. Julie was also awarded the President's Award, a reflection of her contribution to the club not only by paddling extremely fast, but also by coaching the beginner sessions on a Sunday morning and doing a masterful job of the newsletter.



Zoli Szigeti, Alex James and Julie Perriam.

All photos Ivan Gaal – see more images from the night on the club website.

The coach's award went to Tom Darlington-Bortoli. Many who have seen Tom paddle over the last couple of years will know that he has progressed enormously and is now a feared sight on the river.

The Under the Yarra award went to Connie Todaro for her tireless contributions to the club with the winter series, the Big Bash itself and her work with the race organising and skills development committee.



The Strathcona girls and Trinty boys.



Gary and Helen Flanigan.

THE BIG BASH

The best performed FCC members at the winter series of races were also recognised. The following members received awards.

Men

1st Steve Gadsden

2nd Joe Alia

3rd Kevin Hannington

Women

1st Pamela Lilburne

2nd Julie Perriam

3rd Jill Blackman

Junior

1st Jonathon Eager

2nd Tom Darlington-Bortoli

Equal 3rd Jim Buzacott and Nick Hill



Jonathon Mayne, the MC and Connie Todaro.



Pamela Lilburne with her new paddle.



From left: Jim Buzacott, Jonathon Eager, Tom Darlington-Bortoli and Nick Hill.



Connie Todaro presenting Nick Hill with first prize in the raffle.



Liz Jenkins and Kevin Hannington.



Annette Kendall and Chris Sando practicing the wedding waltz.



COMMUNICATIONS COMMITTEE

COMMITTEE MEMBERS



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MISSION STATEMENT

- Communicate to members of the Fairfield Canoe Club
- Communicate to potential members of Fairfield Canoe Club
- Communicate to Board of Fairfield Canoe Club
- Facilitate communication between members

*Subscribe to the weekly FCC email update –
Race and calendar information
Weekend training events
General club information
To subscribe, follow the links on the club website
www.fairfieldcanoecub.org.au
or if you want to contribute to the list email
Information@fairfieldcanoecub.org.au*

Following the AGM I was reappointed to chair the Communication Committee. The Communication Committee manages the newsletter, the weekly bulletin, the website and the notice boards. I would like to start by thanking all members who submitted articles for our newsletter or bulletin this past year.

The Communication Committee met on Cup Day. The committee was very keen to issue another edition before Christmas and I am happy to write with the conviction that you will be reading this sometime in mid-December.

Our committee has been somewhat active lately. Coming away from the last edition with bleeding fingers from paper cuts (from folding the thick paper of the colour edition) I succumbed to the temptation of “spitting the dummy.” This involved everyone on the committee and Board of Management listening to a detailed account of my paper-folding experience. My children were very helpful; perhaps even overly keen to band-aid my multiple cuts and even made a check of my heart beat with their stethoscope to see that I hadn’t lost too much blood. Such pleas of misery successfully ensured that Liz Jenkins will resume her role as distribution officer.

Determined to revolutionise the means of print production, I suggested posting issues as a flat A4 booklet. Although possible, the cost is too prohibitive whilst we continue with our spectacular series of coloured issues. Meanwhile, Julie with the publisher explored revamping the layout into a centrefold/bound format, yet for the time being at least, we continue on with our preference of a colour front cover.

I have learnt a new management phrase – “seamless.” I thought it had something to do with plastic boats, yet apparently it also aptly describes the new process for newsletter distribution. We will no longer be leaving copies at the club for collection before posting. Rather they will now go straight from the publisher (via the distributor) to the post. At least it sounds good. The financial saving from leaving them at the club is small compared to the benefits in posting them out (we will save time and frustration).

Joan Doreian
Social Committee
Phone 9836 9348 H
9874 8333 W 0437 355 578M



SOCIAL COMMITTEE

On other happenings in our fray, Lofty has updated the website, and taken on the FCC Weekly Bulletin. Also, our meetings have been transformed by a four way link-up through the phone network. I'm surprised at how effective we are at working through our to-do-list with these hook-ups. We can now meet more regularly and "keep the boat running" so to speak.

Besides the recovery of my fingers, this year (05/06) holds much in store. We plan to instigate a calendar of events for our committee, and define our roles, and create a duty statement for each member. By the way, we also plan to recruit you onto our committee with bribes of sticky buns for small tasks that need doing. A big task this year is to work with Robyn and the Board of Management to revamp the club database and mail-out system. We would like to hear from anyone with a skill base in this area or a good idea or energy.

Marc Bellette

MISSION STATEMENT

- To organise exhilarating social events for all club members
- To increase member participation in social events

Committee Members: to be determined for each event.

At the Annual General Meeting in late September I was reappointed as Chair of the Social Committee. My main helpers this past year have been the Ladybirds: Cathy Rowell, Sue Constance, Margaret Bell, Jean Moysey and Liz Fletcher. The Ladybirds have tackled the Murray in past years but will be sitting out this year. I'm due for an operation on my foot in the coming months but as my first grandchild is coming in February I've delayed the operation until March. As a result, I'm not able to do the Murray this year. The Ladybirds have all vowed to be back at the Murray next year!

The Social Committee has had a successful year with fund-raising for the landscaping project. We put a lot of work into the two events hosted by Fairfield Canoe Club at Wesley – the two day Vic Champs and the Winter Series race. We also assisted with the Big Bash but the real thanks for this night must go to Connie as the night would not have got off the ground without her work.

The Social Committee would love your help at upcoming events so please call Joan if you can assist on 98748333 (work) or 9836 9348 (home).

The Christmas BBQ is planned for Sunday 18 December and helpers are required to cook the BBQ, help setup and help clean up afterwards.

We are also planning a movie night for next February and even a trivia night next year. Keep your ears and eyes open for details!

Joan Doreian

TRAINING TIPS

Looking for some training tips? Is your 10km return paddle to Kane's Bridge needing a lift? Well, read on...

FCC newsletter begins a series on members' training techniques. With the Murray Marathon just around the corner we look forward to club members sharing some hard-earned knowledge with our readers. Michael Loftus-Hills gets the ball rolling with an introduction to the concept of "Funnybuggers."

The funnybugger – born out of boredom

I had studied various canoe training programs and had never really found the best routine to satisfy my needs. Countless seminars with CV and the AIS were leading nowhere fast. Was I ever going to climb the divisional ladder? The FCC to Kane's bridge paddle was becoming monotonous, and I seemed to be spending most of my time discussing computers and video software with my training partner Roger Tralaggan, rather than actually doing any serious training.

Thank goodness things changed for the better three years ago, when for some strange reason we stopped talking and decided to finish our paddle to Kane's bridge with a sprint. For the two of us to increase our heartrate on an afternoon paddle was hitherto unheard of. The sprint became a regular event, affectionally known as a "funnybugger." We were never sure when the other person was going to start to sprint to the bridge, and we would anxiously wait for the other to be a "funnybugger," that is, to start the sprint early.

Funnybuggers – their locations and details

A few years ago I started paddling with Steve Gadsden. I introduced Steve to the concept of doing an FB (funnybugger). Steve had already shown that he could get his head around complicated concepts, such as "dummy spitting" (claiming that this is what I did as soon as his boat got in front of mine), so he quickly picked up on the subtle rules surrounding an FB. In fact the more I paddled with Steve the more FBs we developed. As of April this year four FBs have been identified on the Kane's run.



Steve Gadsden one of the "funnybuggers!"

1. Going downstream, the pontoon (Maccauley's) to the end of the straight
2. Going downstream, the last two straights leading to Kane's Bridge
3. Going upstream, the length of the pontoon straight
4. Going upstream, the freeway bridge to the pipe bridge

If going to Dight's, two more FBs can be added:

5. Going downstream, the long straight just before Dight's
6. Going upstream, Studley Park boat house to Kane's Bridge.



MAINTENANCE REPORT

The points system

Things got complicated this year when Roger started to paddle with Steve and myself. After each FB we would spend the next straight arguing over the exact finishing line or the legitimacy of various tactics or the validity of a good excuse as to why someone lost. Roger decided that a points system was in order. He figured if he kept coming second that a points system would be advantageous: first place 3 points, second place 2 points and third place 1 point. The arguments now centre on who has how many points. (For some reason it is almost impossible to paddle and work out simple arithmetic at the same time.)

Variations on the points system can be introduced with the agreement of the participants. A few months ago, at the end of a Kane's run, Steve and myself were equal on five points. In the tradition of the FB we decided to instigate a paddle-off on Zoli's straight. 200 metre sprints would be worth one point, and we would not finish until one of us was four points in front. After a number of these sprints, and aware that theoretically we could still be paddling a few weeks later, we decided on a radical solution: a 'sudden death' short sprint 200 metres from the club. Unfortunately Steve's K1 somehow got in front of mine and some serious dummy spitting took place!

P.S. Tactics

If you have no chance of winning an FB (e.g. if paddling against Steve and Kelly in a K2), an emergency tactic can be called upon. (Unfortunately, this is very much a once-off tactic!) Halfway into the FB you must yell out, "Help, I've tipped out!" When the faster boats stop to help, lift your rating and go for it.

Michael Loftus-Hills

Kevin (maintenance man extraordinaire) Hannington has passed the club's maintenance coordination over to Kelly O'Shanassy for the coming year. While no Kev, Kelly is a wiz with a monkey wrench and will ensure the club is in ship shape. The major projects for the coming year are:

- restoring the boat landing
- continued development of the landscaping and deck, proposed for the rear of the club
- bird-proofing the club by lining the inside of the club's A-frame
- painting the club's exterior.

These are big challenges and combined with ongoing maintenance, will keep the Maintenance Committee and volunteers busy for the year. Members will be informed of the progress of these projects throughout the year.

Chair **Connie Todaro**
Race Organising and Skills Development
Phone 0418 142 137
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RACE ORGANISING AND SKILLS DEVELOPMENT COMMITTEE

COMMITTEE MEMBERS



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MISSION STATEMENT

- To develop members' skills in the various disciplines
- To introduce members to attend the various organised discipline competition

The ROSD Committee has been established by the board of the Fairfield Canoe Club Cooperative Ltd to foster the recreation and sport of canoeing at FCC. Specifically the ROSD committee is to promote and conduct skills development sessions, to coordinate club participation at key events, and to promote information on accommodation and transport at "away from home" events.

Recently a group of club members has been established to run regular Sunday morning skills training sessions from 10–12am. All paddlers are welcome and encouraged to participate in these sessions. Please see the following article by Alex James about these sessions .

The Committee is also currently developing a coaching and skills development strategy for the Club, to encompass options for beginners to advanced paddlers.

Margaret Buck is the Board member on the ROSD Committee. If anyone wishes to contact me, my phone number is 9489 0556. I look forward to hearing from you.

Marg Buck

THE YARRA DESCENT

An urban white water paddle challenge
25th & 26th February 2006

DAY 1 42kms

YARRA GLEN TO WARRANDYTE

DAY 2 73kms

WARRANDYTE TO MELBOURNE CITY

For more information contact
Eric Ward, Canoeing Victoria
Phone 03 9459 4251
Mobile 0409 022 689
Email eric@canoevic.org.au
www.vic.canoe.org.au



THE SUNDAY SQUAD TRAINING GROUP REPORT

Hi FCC members,

As most of you may be aware, training sessions at Zoli's Straight have been held at 10am on Sunday mornings for the last few months.

The Squad Training Group (SQTG) is the official name of the team running these Sunday sessions. The sessions are run by FCC members with coaching qualifications or those members deemed to be "appropriate persons" as defined by Australian Canoeing. Stephen Beitz, Tony Payne, Michael Loftus-Hills, Neil Grierson, Margaret Buck and yours truly have been conducting the squad sessions this year. Stephen Beitz has liaised with FCC's own World Champion, Zoli Szigeti, to come up with a program to take us through to the end of this year. We have focussed on all the kayaking skills required to complete a Murray Marathon.

The Sunday sessions have also created an opportunity for all FCC coaches to fulfil their requirements for maintaining accreditation. Another aim is to also make the SQTG more representative of and attractive to the breadth of the FCC membership.

Next year's program will see us preparing for an assault on the winter series trophy again. For those of you with a soft spot for a bit of sprinting, you have not been forgotten as sprints and starts etc are a fundamental part of any program. For those of you that love a good wash ride or those that have not learnt that most important skill of letting someone else do the work then come on up.

The SQTG aims to present a program that provides an opportunity for you to work on all the skills needed for racing at whatever standard you aspire to or just a chance to get a workout amongst friends in a safe environment.

The sessions are FREE as there is no coaching service provided. You can learn by observation, trial and error and by asking fellow members about paddling stuff or jumping in a double with a more experienced person, as we are a friendly mob. We cater for all skill levels looking after all attendees by staggering starts and have flexibility built in to our programs by Zoli for just these reasons. Numbers vary with the weather and race days but so far we have always run the sessions and usually have 6 to 12 boats on the water.

There will be coaching available at intervals during the year at some sessions, these will be advertised on the notice board complete with details of dates and costs well in advance.

You do not need to be an elite athlete to join in any of these sessions, and the level of fitness required is to be able to paddle upstream to Zoli's straight. After that, it's up to you, as the sessions are a great way to improve confidence and skills, and meet other members.

Swimming is the only real hazard (as I remembered last month when falling out of a K2). Apparently it was very amusing for everyone to hear me give instructions to my partner as we turned the boat at the top of the straight... "that's right, yes, lean the boat, yes a bit more, good, yes keep going, lean it a bit more, NOT THAT MUCH and splash. It was a nice day and an opportunity to reflect on how everyone else feels when viewing the river from in it rather than on it. Don't be put off by the swimming, as it's actually good to see others fall in so it doesn't seem like you're the only one.

The racing and skills development committee (ROSD) supports the work of the SQTG. Anyone interested in running a Sunday session should contact myself as ROSD/SQTG liaison in writing. Leave a letter on the ROSD notice board or email me on mechdraw@netspace.net.au.

Alex James

NEW
Canoeing Victoria website
www.vic.canoe.org.au



BOAT MAINTENANCE & RACK ALLOCATION COMMITTEE



COMMITTEE MEMBERS

Tony Payne

Head of Boat Racking

Phone 9380 2863/0409 987 167

riskybiz@netspace.net.au



Peter Thompson

Intermediate Boat Maintenance

Phone 0417 086 851

pwt@kooka.com.au

MISSION STATEMENT

- To manage racking allocation for privately owned boats
- To maintain current club boats
- Improve boat facilities for club members

CLUB BOATS AND RACKING

Club Boats

Usage of Intermediate club boats continued steadily through the Winter months and into Spring. The Committee appreciates that members are continuing to take responsibility for these boats by signing them in and out, and by noting any problems on the Damage Report sheets.

We encourage members to continue to do so, as feedback is important to ensure boats are kept in good repair and that the right mix of boats is available to satisfy the perceived usage requirements.

In recent months, we have had 5 boats repaired and two important points should be made concerning these:

1. Most of the repairs have been to the cockpit surround or "combing." Please, when getting in or out of the boat ensure that you do NOT exert your whole body weight on this part of the boat. It will break if you use it to lift your body weight out of the boat. If you are unsure about the correct technique for getting in and out of boats, please ask one of the Club coaches or join in one of Joe Alia's intermediate training sessions on a Sunday morning.

2. A couple of seats have gone missing and those responsible have been good enough to report it. Seats are matched to boats and cannot, in general, be transferred. This means new seats have to be made and fitted to the boats. We ask all members to ensure that seats are fixed into the boat when they are taken out.

This ensures that, in the unlikely event you (as an experienced/intermediate paddler) should happen to take a swim, the seat stays in the boat and doesn't sink to the murky slimy depths of our beloved Yarra.

Otherwise, the fleet is in good order and the system appears to be working well.

Now that daylight saving is here, we anticipate that usage will increase and we will endeavour to have a full complement of river-worthy boats available.

Please feel free to make any comments through the report sheets at the login station, or post suggestions in the red letter box inside the Club House.

Boat Racking

An audit of racks and boats was conducted at the end of October so non-financial members will be receiving notices shortly to remove boats or renew. There are about 12 people on the waiting list for a rack so if the current non-financial members do not renew by end of the month we should be able to provide racks for most of the waiting list.

The boat committee has recommended to the Board that next year we reduce the time to become financial so that better use is made of the racking. Our suggestion is for warning letters to be sent to non-financial members at the end of August with boats removed or relocated at the end of September. This will give financial members best use of the racking that is available.

And again there are numerous boats and equipment within the club that are not marked with the owner's name. Please write your name clearly on the inside or outside of your boat and on your paddle or other gear kept at the club.

Happy paddling.

Tony Payne and Peter Thompson

WHAT'S HAPPENING AROUND THE CLUB



*Sarah and Graham Sim with their daughter Alexander
Helen born on 25th September 2005 in Singapore.*



*Helen finishing the 10km Handicap Race held on
Sunday 27th November. Martin, the winner, lends a
hand to Gary and Virginia who finished two metres
before the finish line. Photo taken by Kelly.*



*Chris Sando and Annette Kendall on their wedding day
12th November 2005.*



The groomsmen, Chris Sando (right) with wedding party.