

FAIRFIELD CANOE CLUB

*Celebrating 87 years
1919 – 2006*

Newsletter

MARCH 2006



- Winter series
- World Masters Games
- Club member profile
- Murray marathon

FAIRFIELD CANOE CLUB COOPERATIVE LTD

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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 2006

March

4	Marathon Summer Series GP4	Albury
5	Marathon Summer Series GP5	Albury
8-12	Australian Sprint Championships	Penrith
19	Liz Hirrschoff guest coach	FCC

April

1	Marathon Summer Series Finale	Geelong
2	Marathon Summer Series Finale	Geelong
15-16	Australian Marathon Titles	Adelaide
9	Winter Series launch 12pm	FCC
9	FCC working bee 8.30 onwards	FCC
9	Canoe Polo Come 'n' try 12pm	FCC
23	Mars Challenge	
30	Winter Series race 1 (Wesley Boatshed)	

Sunday morning training sessions

**10 am to 12 noon
every Sunday**

*Join club members on Zolis Straight for
fun, lots of laps and sprints*

All standards are welcome

FCC SUBCOMMITTEES NEEDS YOU!

**WANTING TO PUT SOMETHING BACK
INTO FCC BUT DON'T KNOW HOW?**

**JOIN ONE OF THE CLUB
SUBCOMMITTEES NOW!**

- **LOTS OF FUN • MEET NEW PEOPLE**
- **ACCEPTANCE A CERTAINTY**

CONTACT ONE OF THE BOARD OF MANAGMENT
MORE DETAILS - DETAILS PAGE 2

FAIRFIELD CANOE CLUB WEEKLY EMAIL

**Have you subscribed to Fairfields
weekly email update?**

Follow the links on the club website and subscribe now.
Or contribute to the weekly email by sending us your club
news to information@fairfieldcanoeclub.org.au

**Club Housekeeping
PLEASE**

- **KEEP THE SIDE GATE CLOSED**
- **NOTE ANY DAMAGE
TO CLUB BOATS**
- **PLACE YOUR NAME ON
YOUR CANOE GEAR**



CHAIRMAN'S REPORT

Welcome to this edition of the Fairfield Canoe Club newsletter. I trust you are enjoying the long summer evenings of late. Its not hard to realize what we all love about paddling on these balmy evenings. You wouldn't be anywhere else!

Some governance issues first. The new constitution for Canoeing Victoria was accepted in late 2005 by the club delegates. At the upcoming Annual General Meeting, to be held at 1:00 pm at Essendon Canoe Club on 8th April 2006, there will be an election of Board Members. The newly elected Board will have overall responsibility for the Governance of Canoeing Victoria. Should you be interested in nominating for a position on the Board of Canoeing Victoria you can contact the current President – Annette Kendall on 0438501797 for further information. Nominations close on the 24th March 2006. The Board will comprise a number of 'Interested Directors' who do not have to be members of Canoeing Victoria. Therefore if you have friends, family or acquaintances, who have specific skills and would like to be involved in some voluntary work please give Annette a ring.

Around the Club: The change to the PFD legislation, as of the 1st December 2005, has been communicated widely throughout the club. If you are unsure how this legislation affects you, please speak to a director. A small sub-committee has been formed to assist in the preparation of a Safety Management Plan for submission to Marine Safety Victoria. An approved Safety Management Plan will allow exemption under the legislation from wearing PFD's, under certain circumstances. I must stress, that at this time, we DO NOT have an approved Safety Management Plan, therefore all paddlers must wear an approved PFD when paddling.

Another recent change has been the Members' guest register. Its pleasing to see this register is being well used. If there is any doubt about the Members' guest policy, a copy is attached to the inside cover of the guests register. It is the responsibility of all members to be observant around the club. If you are unsure who a person is, ask them! If they are a visitor, you are well within your rights to ask respectfully, whether they have filled in the guest book.

Club uniforms were an issue discussed by the Board at our most recent Board meeting. A request had been received for the re-design of the club singlet. The board agreed that it would prefer to leave the singlet design and colours as is. At the same time Board acknowledged that many of our female members do not find the cut of the singlet works for them. This particular aspect will be looked at prior to us ordering new singlets. The board was enthusiastic about looking at designs for T-shirts/Polo shirts and rashies. So, for all those designers out there, and I know that some of our younger members are keen, if you would like to submit a design that includes our name and logo in some shape or form we will review these over the next few months.

That's about all for now. I'm sure you will enjoy the rest of this edition of the newsletter. While you are reading this excellent publication please be mindful of the time and energy that goes into producing this document. On behalf of all members, thank you to all members of the Communications Committee. Well Done!

Happy Paddling
Michael Kane
Chairman

CANOE POLO

BY PAUL MAIN

Hi, I'm Paul Main.

First I'll introduce a myself...My first experience of Canoeing was quite enjoyable – I was a teenager on a school camp on the Gippsland Lakes and our trip included an expedition to 90 mile beach and camping on the beach overnight, returning by kayak the next day. I bought my first boat in 1982 - a Slalom Kayak. I was taught to canoe with the VBCE, and in 1992 became a Flatwater Instructor. For seven years I took many Scout groups canoeing on enjoyable river trips on the Yarra, Lake Eildon and the Goulburn River.

Nine years ago Maria gave birth to our first son Phillip, and 6 years ago to our second son Simon, and canoeing became something to remember fondly. That was until two years ago, when Warren Proctor was working as a vacation student for me and he mentioned that Kate Kenna needed players for their canoe polo team - The Amazons - so I went.

It was under the watchful eye and persistent coaching of Brendan Kenna that the Amazons progressed to become the Novice premiers that season and the next.

The Gladiators also were in the finals coming 3rd in D Grade.

Spring 2005 season saw Fairfield start a new team, the Piranhas. The team included Anna, Gary, Simon, Dave and Paul, and Brendan as coach.

The Piranhas team played well and enjoyed success as Fairfield's second Novice Grand final Premiers in the year. The club teams have continued to grow and we now have 5 teams:

1. Gladiators: (D Grade)

Scott Welch (Captain), Rohan Mostert, Adrian Flitney, Paul Kenna,

2. Amazons (E Grade) - Monday Evenings

Anna Clark, Nicola Kennair (Captain), Geoff Mentink, Tom Shire, Kate Kenna

3. Seals (E Grade) - Monday Evenings

Waz Draper, Gary Flanigan, Tony Hill, Paul Main (Captain), Tory Milne, Warren Proctor

4. Piranhas (F Grade) - Monday Evenings

Laurie Cavedon, Andrew Kegele, Glenn Smith (Captain), Steve Poynton, Olga Diaz, ...

5. 3:15 (G Grade) - Thursday Evenings

Jim Buzacott (captain), Ryan Higgins, Nick Hill, Sam Hill, Andrew Merrifield, Sam Potter (Trinity)

We have some star players this season - see if you can pick them. If you think it looks like fun, and want to have a go come along and try at a training session on the Yarra or on a Monday or Thursday night. Sorry the report is so brief - I promise to do more next time, but I'm off to Canoe Polo...;)

The Seals. Waz Draper, Gary Flanigan, Tony Hill, Paul Main (Captain), Tory Miln and, Warren Proctor. Photo: Paul Main



CLUB MEMBER PROFILE

TIM LAKE

In this issue of the club newsletter we profile Tim Lake who joined the FCC in 2005. Tim, originally from the United Kingdom, has paddled Dragon Boats in Hong Kong and is making a come back to canoeing after first taking up canoeing when he was eight.

Tim, how does FCC compare with your canoe club in the UK?

That's almost like asking a parent to choose between children. Wey Kayak Club (Guildford, Surrey) was a big part of my life for many years in the UK and I usually try to get a paddle in when in the UK visiting or on business. They set the benchmark rather high as shown in my criteria when looking for a club in Melbourne! I was really pleased to discover Fairfield last year which has more than met all my canoeing "wants" of a clubhouse with good river access, boat storage and showers.

What kind of paddling had you done before joining the FCC?

I started canoeing at about 8 years old whilst in the scouts. I built my first boat, a fiberglass "401". I don't recall where the design came from but do remember the boat was light blue and more of a general purpose / touring boat in which I spent every school holidays down the river with many friends (and on occasions the sun actually came out!!)

I then progressed to slalom and even did a little bit of surf kayaking, although I recall some very hairy moments and waves considerably larger than they probably really were that encouraged me to get into marathon and sprint. I stopped paddling for a while during the latter teen years but rejoined and started back in my early twenties. I've also done a bit of dragon boat racing and was fortunate enough to be in the British team that went to Hong Kong for the 89/90 world championships, which was enormous fun.

How are you finding the Sunday morning training sessions?

Excellent, a very friendly bunch of paddlers with just sufficient push to keep me struggling on whilst preventing me from "giving in". I think I may even be making some slight improvements.



Tim Lake after a Sunday morning training session.

Photo: Michael Loftus-Hills

Do you have time for another sport?

I play (a poor game of) Masters squash but think I peaked many, many years ago, possibly even before I actually first picked up a racquet! I've also recently got my dive ticket but have only managed to dive half a dozen or so times.

What is your job?

I run a technology transfer organization for an engineering software company, Moldflow. I've had a variety of interesting roles with them over the 14 years I've worked for them and been fortunate to travel extensively.

Have you noticed any funny / amusing things about Victorian paddlers or FCC paddlers?

They are considerably more polite and a lot less sarcastic than the paddlers I'm used to from the UK. They also don't seem to wear as much paddling gear, particularly in the winter, but then that might

just have something to do with the weather being just slightly better in Melbourne?

Are you planning to paddle in the winter series this year?

I'm hoping to fit at least a couple of the winter series races in around a rather active teenage family. If I could get them out of bed I'd even consider encouraging them to take up paddling !

**FCC working bee,
BBQ & launch of the
Winter Series**

**When: 9 April
Cost: free**

*Find out about the new points
and racing system and try your hand at
Canoe Polo in our annual Canoe Polo
demonstration / have a go game*

- **Just turn up at 8 am
for the working bee**
- **12pm for the BBQ, launch
of the Winter Series and
Canoe Polo game**

DID YOU KNOW...

That a member of FCC won the Lorne Pier to Pub Swim? Anna Wilson reports

Fairfield Canoe Club member Scott Prosser won the Lorne Pier to Pub race in January this year in a time of 12 minutes and 40 seconds. His feat was reported in the January 11 edition of the Whitehorse Leader newspaper. Many members would be familiar with the race which is run over 1200 metres from the Lorne pier to the beach in front of the Lorne life-saving club. Previous winners of the race include Kieren Perkins and Athens Olympian Patrick Murphy.

Winning the race is an unbelievable feat but it was certainly no one-off lucky win. Scott has finished in second place on two occasions and has also finished third a couple of times. And there is more to the story than the remarkable swim. Scott Prosser is a hearing impaired athlete who was captain of the Australian team at the 2005 Deaflympics, which were held in Melbourne. The Deaflympics or "World Games for the Deaf" is an international event for deaf athletes with a hearing loss of 55dB in the better ear. The World Games for the Deaf is held every four years and can act as a stepping-stone for those wishing to compete at the Commonwealth Games or the Olympic Games. Scott broke the 100 metre butterfly world record for deaf athletes in a time of 57.58 seconds at the Melbourne Deaflympics in 2005.

Scott Prosser also competed in the Commonwealth Games swimming trials in Melbourne in March this year in both the open trials and the multi-disability events. Look out for Scott's name in future swimming events!

NEW WINTER SERIES

BY PAMELA LILBURNE

There is a "new-look" Winter Series marathon season this year.

For any newer club members: the "Winter Series" is a series of 8 races from April to August when we all don our thermals and race from 7 to 24km in the winter's cold, but stay warm in the glow of club camaraderie and heated by the fire of competition! It is for members of any standard in any boat and everyone is welcome to come along.

The club and individual points systems have been overhauled this year, to encourage participation in a broad number of categories. Last year's slightly controversial system of double racing points for country clubs (like Geelong!) has been replaced. The changes will make for fun racing and new strategies will be required to take on old adversaries and try to reign supreme!

Here's how it'll work:-

DIVISIONAL SYSTEM

The divisional system remains unchanged. You'll be given a divisional rank at the start of the season and you can only race at that level or higher during the season (i.e. you can't race in a slower division). This puts people of similar speed in the same racing classes and gives shorter paddling distances to less experienced/fit paddlers. You will be promoted to a higher division if you do well.

WINTER SERIES TROPHIES

There are three trophies up for grabs : Club Senior Trophy, Club Junior Trophy and Schools Trophy.

Participation and racing points are added together for each race of the winter series, to decide the winners.

Juniors who compete in senior races have the chance to earn points towards all three trophies simultaneously!

PARTICIPATION POINTS

Any paddler who completes their race will get at least one participation point.

Paddlers from larger clubs like Fairfield, Ivanhoe & Patterson Lakes will get one point each.

Paddlers from smaller clubs will get 2 or 3 points per paddler.

This is to even up club size so bigger clubs don't win just because they have more people.

RACING POINTS

Racing points are awarded based on performance in your race.

Racing points are awarded for paddlers in every constituted class (i.e. 4 or more boats in the class). The winner will get "the field + one" (i.e. if there are 4 paddlers in a singles race field, the winner gets 5 points).

Each club gets the points for their best finishing boat crew in each constituted class.

The big change here is that points are now awarded by paddler, not by boat. So each double boat with 2 paddlers in it, earns twice the points of a winning single boat on a singles day (i.e. if there are 4 doubles boats in a doubles race field, the winning boat will get 10 points, or 5 points for each paddler if they are from different clubs). So we would love to have lots of doubles crews racing on designated doubles days!

No longer is an advance list published telling you which divisions or classes you can enter – you can paddle in any class you like! The key point is that ONLY constituted classes get racing points. That is, any division with 4 or more paddlers, or any boat/age class that has 4 or more paddlers (e.g. vet35 TK1 or Ladies open TK2).

If you choose to paddle a single boat on a double boat race day, or in an unconstituted class – you will still get a participation point, but you will be ineligible for race points as well.

FAIRFIELD "STAR OR GALAH" AWARDS

For many Fairfield paddlers, the Winter Series is more about fun with their friends & a bit of fitness, rather than trying to win. There will be a fun award theme assigned to each race and publicised a couple of weeks before. If you win it, it will be up to you to work out whether you received the award for being a star or a galah! There will also be a couple of fun awards up for grabs for the whole series too.

NEW WINTER SERIES

CLUB OFFICIAL WINTER SERIES AWARDS

As usual there will be the first, second and third places given at the Big Bash Awards Night. It is given to the male and female paddlers from the club who received the most Winter Series points for the club. This is a nice little competition as paddlers of any standard can win it – it is about how you did in your divisional class, whether that was the highest or lowest racing division is irrelevant.

There'll be a season launch on April 9 at the club, so come along and find out more.

From Pamela Lilburne – Winter Series Race Director 2006.



Top: Pamela Lilburne - the 06 race director. Bottom left: Fairfield members getting ready to paddle at the city race. Bottom right: After the warm up - city race. Photo's: Michael Loftus-Hills



MURRAY MARATHON REPORTS

Team Skinny Dog by Antony Miller

After weeks of rigorous training, days of tireless fundraising, and hours of careful planning, "Team Skinny Dog" was unleashed on the K1 Cup at the 2005 Murray Marathon.

The team, consisting of Kym Taylor, Sam Merrifield, Mark Duyckers and me, came together at fairly short notice, with Mark, the final member of our group, only coming on board in the week before the closing date for race entries.

Our goals for the race were pretty simple: enjoy it, complete it and do our change overs on the water without falling in. Heading off with our special (Sam built) number holders, we felt reasonably comfortable of achieving at least one of our goals.

Come race day, we were a little disappointed to hear that we were the only team in our class. We can only surmise that word of Team Skinny Dog's brilliance had scared the other teams out of entering the race.

The cup was ours for the taking, as long as we could make it over the finishing line.

The race itself went fairly smoothly, except for two broken rudders (many thanks to the Echuca canoe club for lending us a spare rudder). It was an excellent effort by Kim to make it through the narrows, and Mark to finish day two without steering.

For me, having done full distance last year, it was great to be in a position where I could help out other paddlers (giving wash rides to some of the full distance K1 paddlers) and to have enough energy to enjoy a barbecue and the odd beer with my team mates.

Team Skinny Dog paddled strongly, had a good time off the water, and most importantly, got through the changeovers without falling in (well, there may have been one or two swims, but they happened after the numbers had changed hands). In the end, we finished the race in a time of 30hours 40minutes, and became the proud owners of a big cup.

No story of the Marathon can be complete without acknowledging those that make it all possible and more bearable. On that note, I, on behalf of the team, would like to give a big thanks to my parents for again enduring the heat and dust, and looking after us all so well; the Skinny Dog Hotel for their



The K1 Cup team. Photo: Antony Miller collection



MURRAY MARATHON REPORTS

financial support; Trinity Grammar for the use of their boats and paddles; and our other supporters – Nicole, the Merrifields and the Taylors.

Team Old Warriors by Gary Flanigan

First, competing in the MM is a great experience and not only do you get to fill in a couple of days mixing in great company but you get a bit of exercise and have some fun as well.

Our team, Kevin Hannington, Geoff Hindle, Neil Grierson, John Lisica (from Patterson Lakes) and I, entered in the Open TK1 relay and came third out of six boats in the class. Needless to say, we as a team were quite happy with that result as our average age was something like 30 years more than most of the other teams in our event.

For the first two nights we camped at Tocumwal at the 'Bushlands on the River' caravan park. Except for a bit of noise (heard by the non-drinkers in our mob but created by the drinkers in another mob) it was a great spot and close to the finish line on day 1.

The next two nights were spent at Picnic Point caravan park where we lazed the hours away floating down the Murray during the hottest parts of the day then imbibing during the evening. The fifth night was spent at Murrabit amongst the trees where we were entertained by the numerous Kookaburras early in the evening and fed by the local footie team in their excellent pavilion.

As to the race itself, normally the first three days have 'five' stages but this year, rather than repeat the Day 1 section yet again, the organisers opted to start Day 2 at Cobram and cover most of the normal Day 2 portion of the river. As a consequence, Day 2 became a four stage day.

The fourth and fifth days each have four stages. With five paddlers in the team Neil offered to stand aside on Day 4 and I had earlier elected to opt out of the last day so that Helen and I could have an early start to a mate's place for the New Year. With the change to Day 2, I elected to opt out of that day as well and enjoyed a quiet day with Helen.

I personally have competed in the MM three times and have acted as ground crew on a couple of others but in 2005, for the first time in my experience, the conditions were excellent; smooth water, some current and above all, no head wind! It really was a pleasure to paddle in such conditions!

Our team achieved some impressive times for each of the stages – as you would expect if we gained third place – but I for one, was assisted on each of my stages by managing to catch the wash of slightly faster boats. I found the wash riding tiring but, given that paddling by myself would have been equally tiring but slower, I persisted with the effort and had some very quick times as a result.

Kevin as usual did a sterling job but this time – maybe because he is getting older – offered to share the starts with the other members. The other four members each did a start and a finish. I elected to do the easy middle bits.

Our camping was greatly assisted by having our caravan in tow. Having the caravan allows for night-time external lighting, fridge (meaning cold beer) and air-conditioning, storage of numerous chairs and a trestle table, portable camping stoves and numerous other luxuries.

Catering was as usual of a high standard with me doing the cooking and the washing up being shared by the others. After our disastrous experience with eating out in Echuca last year, this year we opted to have all the meals at the camp. Might I say that that was an excellent decision and greatly added to the fun we all seemed to have during the event.

My overall impression of the MM 2005 is of excellent conditions and excellent company. It comes to mind that other than Liz, Simon, Pam and Kylie from FCC [and Antony Miller's team, Ed.] and Stuart and David from Patterson Lakes, we seemed to be the only 'mature' ones from FCC. The Trinity boys had two Tk2 teams in the event and each returned a good performance – well done lads!

Might I suggest that other FCC members – particularly the newer ones - give serious thought to competing in the MM

MARATHON REPORTS

in 2006 either for the full distance or joining or forming teams – it is a great way to spend the days between Christmas and the New Year. If you are contemplating joining say a TK2 or K2 relay team, maybe you could select a partner now and start training with them even at this early stage. The Winter Series Races provide a great training forum!

My thanks to my long suffering wife Helen and to our team members for a wonderful time. I look forward to seeing you all on the Murray in 2006.

Gary Flanigan

Team Fairlakes by Pamela Lilburne

The Fairlakes mixed TK2 team from Murray '03 reunited and had another crack at the big race. The team was a mixture of Fairfield Canoe Club and Patterson Lakes paddlers. The team was the same as 2 years ago with one change – well known club paddler Rose Curtis was replaced with ex-paddy paddler, Kyllie Douglas.

We had just three crews -Simon & Liz Sharrock, Kyllie Douglas & Dave Hebbard, Stuart Opie and Pamela Lilburne. The 3 crews were very similar in speed and we kept up pretty much the same pace every leg of every day. This made for exciting racing and lots of kilometres each. The river was high, but not flowing so fast. We paddled a new skinny yellow TK2 with little “wings” to make the minimum boat width rules. It was quite a sturdy boat, having survived a few tumbles down the bitumen at 110km/hr, so we knew it would take on the ferocious Murray snags without a problem! So despite the water and fast new boat; we couldn't quite match our previous times, so we raced to try to be the fastest boat for the day. We had lots of fun adventures paddling in up to 48.5 degrees and the misfortune of camping on a bull ants nest (the ants were all hiding in their hole away from the heat when we set up tents!). Kyllie amused us by finding unique ways to get mobile phone reception up tennis court poles and by throwing her phone in the air. New Years Eve was celebrated in Swan Hill and punctuated with Lizzie table dancing (a dare) and Davo scamming other boys Tees off their back. A good time was had by all.

Photo's pages 10 and 11. Left to right - The Old Warriors at Murrabit.

Photo: Roger Tralaggan.

K1 Cup change. Photo: Antony Miller collection.

Relay changes - Fairlakes. Photo: Pamela Lilburne collection.

Who and what is trincona?

A lot of you may have noticed a lot of young people around the clubhouse lately and you may ask: “Where do they all come from?”

The answer is simple - trincona training squad. The squad consists of students from both Trinity boys school and Strathcona girls school. The students from both schools decided that they wanted to improve their paddling skills and fitness levels and looked to the experience of Fairfield Canoe Club for some guidance.

Since June of 2005 both Connie and I have developed a vibrant squad of young people at FCC. The juniors and the not so juniors have embraced the Saturday afternoon training sessions with enthusiasm and the results are evident both at the Murray Marathon and the Salt Water race held on the 5th of Feb 2006 at Footscray Canoe Club.

All the squad members that competed at the Footscray race went home with medals, a truly great reward for the hard work that they have done and will continue to do.

A number of Strachona girls are now members of the club, as are some of the boys that have left Trinity. Beware you older members of the club of the up and coming competition that the new blood will provide.

The Saturday squad training sessions are well attended and we hope that this will continue throughout the winter series season. I have great expectations of them and I am sure they will achieve them. Most of the squad members are already in K1's and K2's and seem very comfortable and at ease so once again we are looking forward to having a great competition year ahead for both the squad members and FCC.

By Joe Alia, “the coach”.

PS . Their parents have started to take lessons and have joined the club.

Chair **Kevin Hannington**
Phone 9819 1753



BOAT MAINTENANCE & RACK ALLOCATION COMMITTEE

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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

Motor Boat

The club motor boat will soon be getting a new motor.

Club Boats

Intermediate boat usage continues to increase however we are running into maintenance problems particularly with K1's. Several seats have gone missing so a gentle reminder for all users to ensure seats are secured firmly before a paddle. We plan to have a short checklist for users at the sign in area soon as part of our management plan.

We are also planning a few new beginners boats to replace the worst of the old ones. A clear sheet has been erected above the sign in desk to minimise water on the desk - we await successful testing in the rain.



Tony Payne and Peter Thompson next to boat register book and the new perspex sheet that will keep the book dry. Photo: Michael Loftus-Hills



COMMUNICATIONS COMMITTEE

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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

This year as I approach my induction to "junior" veteran status, I and my fellow committee members feel that we can reflect on the days when communication was safe and paddling was dangerous. The grand old days when a life jacket was something to sit on while the billy boiled and boats sank to the bottom of the river never to be seen again. Spam was something very odd that was packed only in the event of an emergency, and a strange virus was something you picked up from a mosquito whilst on the river.

Last month, Fairfield was flung into the modern world of canoeing when (it seems) that our server was hacked by spammers in search of email addresses to send copious messages regarding enlargements and replacements of every body organ imaginable (please note my superb usage and careful wording of the modern vernacular). Luckily the system of proxy email addresses that we had implemented last year (for example: secretary@fairfieldcanoecub.com.au) meant that we were able to respond quickly and hopefully effectively on this occasion. Although this is our first experience of this kind of thing, it is most definitely not our last. For instance, I "googled" my own name to see what was available from our website worldwide. Google is truly remarkable; in seconds the Fairfield website had handed-over my name, home address, home phone number and work email address. This is a salient reminder for people to use a proxy email address and think carefully about how 80 emails a day to the address you kindly put in our articles or provide for our website might impinge your work or personal time. We would be grateful to hear from any member that can provide further guidance on these matters. Email: information@fairfieldcanoecub.edu.au.

- It is also a good opportunity to remind members to submit short notices to e-news. Use the email address above to submit a weekly notice or to enquire about the suitability of a notice.
- Please use our white board near the riverside door to write up notes, reminders, daily information or just thoughts of the day.
- Finally, we have been recently removing old notices on the boards around the club, in the hope that people feel more inspired to put new ones up! We apologise to any member who found their notice prematurely removed. As a guide, we intend to leave notices/posters up on the boards for 6 weeks, so unless there is an obvious expiry date (like a race event) please write the date you post the notice on the top-right corner.

Happy paddling Marc Bellette

Chair **Kelly O'Shanassy**
Secretary and Maintenance
Phone 0421 054 402
Email kellyo@watersmart.vic.gov.au



MAINTENANCE COMMITTEE

State Sprint Championships by Anna Wilson

The Victorian State Sprint Championships were held at Nagambie on the 21st and 22nd of January 2006. Fairfield Canoe Club was represented by Alex James, Pamela Lilburne, Grant Clark and me as well as Jonathon Eager, Tom Darlington-Bortoli and Sam Potter from Trinity.

I'm not sure what I was doing there as I proudly collected last place in each of my races. Clearly, I have some serious work to do if I want to be competitive at Victorian level paddling! However, the last race of the day was the mixed K2 200 metres and I teamed up with Alex James who had already collected gold and gold in his efforts in the K1 1000 metres and 200 metres in the veteran class. In this esteemed company, I managed to grab a silver medal. But truth be known, there were only three boats in the race!! Oh well - a silver medal is a silver medal!!

It seems that every time I'm paddling at the club, Grant Clark is there, paddling up and down in his K1, working on his technique and speed. All this work paid off for Grant at the Victorian Sprint champs as he made it into B finals of the mens open events & recorded race pb's for all distances he competed in: K1 200m, 500m & 1000m!! An awesome effort from Grant.

Also racing were other members of Dasha Kopecek's training squad - Darren Austin and Christian Gorrie. These paddlers had some phenomenal results with Christian Gorrie winning and Darren Austin placing third in the under 23, 500 metres. Christian Gorrie also collected 3rd place in the open K2, 500 metres. Both Christian Gorrie and Darren Austin medalled in the under 23, 200 metres and 1000 metres in K1's and placed 3rd in the open 200 metres K2 together.

The Trinity boys teamed up with paddlers from Cobram-Barooga canoe club to win silver in both the junior 18 200 metres and 500 metres K4 events. Well done guys.

Even with less than brilliant results the sprint racing makes for a nice day out - relaxing on the bank of the river with many other paddlers and getting psyched up for your next race. Watching the elite paddlers, particularly an elite K4 crew is awesome - it gives you goose pimples!

Club Maintenance

Did anyone notice that the cladding for the rear of the Clubhouse was not erected over the Christmas break? This was not because we were off paddling the Murray but because the Board of Directors decided we would postpone the job until Autumn 06 and clad the inside and outside of the club and paint the rear of the club all at once! During this time, access to the rear deck will be restricted. We will post further details on dates for restricted periods at the club and in the club e-news.

The annual working bee will be on April 9 at 8.30am. A BBQ will be provided for all those hard workers that help us out for an hour or two on the day!



Anna Wilson and Alex James with medals
Photo: Michael Loftus-Hills

WORLD MASTERS REPORT

Ivan Gaal and Jonathan Mayne are two genuine master canoeists and have recently returned from their second World Masters' Games, this time in Edmonton, Canada but their respective stories are poles apart and have their origins more than half a century ago.

Ivan paddled "C" boats in Hungary in the early 50's before coming to Australia in 1957 just after the Hungarian uprising that was so brutally crushed by Soviet troops. At that time Ivan had just received a brand new sprint paddle from his coach and was on his way home with it when shooting broke out in the streets of Budapest. In the confusion amidst terrified people running screaming in all directions he lost the paddle and was lucky not to be caught up in the deadly events that followed.

Introduced to the Fairfield Canoe Club, Ivan paddled C1 and often raced against Jonathan. After showing promise he was paired with 5 times Australian Olympian, Adrian Powell and won the right to paddle C2 for Australia at the Rome Olympics of 1960. Sadly, this never came to pass as financial support for a cash strapped Hungarian refugee, although naturalised was not enough and Ivan was forced to say, "Sorry, I can't afford to go". It wasn't long before earning a living and making this country his home took Ivan away from canoeing and he went missing from the sport for almost four decades.

In 1999 at a function to honour Adrian Powell, compere Jonathan looked into the face of a guest and said, "You're Ivan, and I recognise you by your eyes". Ivan looked quite different from the young man of 1960 and replied, "You're Jonnie Mayne. . You know I should have robbed a bank to go to Rome. . but . . that's a long time ago and what can I do now?"

The World Masters' were coming up in Melbourne and, in a much belated attempt to make amends for missing those Rome Olympics, Ivan and Jonathan agreed to try out for the World Masters. In an incredibly unstable, state of the art C2, a far cry from the boats Ivan and Jonathan had paddled in 1960 they wobbled down the course, surviving appalling conditions at Nagambie and eventually took away gold medals in the first

races Ivan had paddled in over 40 years.

Jonathan, canoeing commentator and friendly voice that wakes the Murray Marathon at 5am, comes from a very different background. Although living in Melbourne for 57 years before moving to Mount Martha in 1996, Jonathan has never kicked a football, hit a cricket ball or a tennis ball in his life. He developed "Perthese" a bone disease that affects the growth of one or both legs at the age of two and after a year in hospital in traction and two more years in splints, he just learned to walk in time to commence school. As a young teenager he took up canoeing and discovered a sport that has become a central plank in his life. Now 51 years on, he is still paddling 'C' boats and has a unique record of 36 Australian Championships. Ivan and Jonathan won a gold medal in the 2004 Victorian Championships in TC2 200m lifting Jonathan's Victorian count to 70 gold medals since 1957 and making the pair the only open Victorian champions with seniors cards.

The lead up to the World Masters' in Edmonton was not easy. Jonathan tore the head of his left brachioradial tendon in training a few weeks before leaving and Ivan battled a chest infection that turned to pneumonia in Canada but they soldiered on. Ivan and Jonathan were the oldest competitors in the competition and in a fighting finish, won the 65-70 division C2 1000m and took silver in the 500m. Next oldest to them was Andras Toro, designer of the Toro TC2 and partner Doug Soules who won the 1971 Murray Marathon. Jonathan also paddled C1 and won the silver medal in the 1000m and bronze in the 500m and also covered the entire commentary for the regatta in between races. That was a story in itself.

The Canadians, to Jonathan's surprise, did not seem enthusiastic about having any commentary until John Newton, another Aussie competitor from Queensland, suggested they would be missing something if they assigned Jonathan to some menial task. Although Jonathan couldn't comply with the requirement for the commentary to be in French as well as English Jonathan's commentary was soon entertaining the crowd.



Jon Mayne and Ivan Gaal at the Canadian World Masters Games last year.

Photo: Ivan Gaal collection.

A large Ukrainian team presented some difficult names to pronounce. A LK4 team was called Pushamova, Nokamova, Toshemova and Shovemoff and there was LK1 paddler, Eva Brickova or something close to that. The locals were intrigued to hear an Aussie accent and their officials rolled around laughing when Jonathan said, "This man is in front by 400 metres. Man! He's gone like the wild goose in winter". The Canadians had never before experienced commentary at a regatta. Some events were light in numbers and Jonathan reminded the crowd that it

doesn't matter how many contest the event, there are plenty of 'coulda-beens who shoulda-been' but were not there. The rule is you have to be on the line when the man says GO!

There was more to follow for Jonathan and his wife Jenny who had assisted the WMG Chief Official with event progressions and quality control. The pair who are internationally accredited were invited to a Dragon Boat Festival in Calgary the weekend after the World Masters when, whilst sprinting for a train, Jonathan's foot rolled on the uneven sidewalk and he fell, broke his nose, right arm and dislocated his jaw. After a day in casualty in Calgary doctors stabilised his arm and he returned to Melbourne only to discover that his left arm was also broken. Following successful surgery including a plate and seven screws the bones have now mended and he is able to paddle once more.

Sydney is to host the next World Masters Games at Penrith and we can expect to see this pair back in action. Ivan says he has to make up for some lost time and Jonathan says he is much too young to give up paddling.



RACE ORGANISING AND SKILLS DEVELOPMENT COMMITTEE

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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 directors to foster the recreation and sport of canoeing at FCC. In particular, the ROSD committee is to promote and conduct skills development sessions, to co-ordinate club participation at key events, and to promote information on accommodation and transport at away from home events.

What is happening within the ROSD Committee?

Firstly I would like to welcome to the ROSD committee Paul Main representing Canoe Polo. (see Pauls article on page 5)

Canoe Polo

Most of you would have noticed canoe polo training Sunday mornings at 10.30am in front of the club landing. Do you know that Fairfield Canoe Club has 5 canoe polo teams represented in the canoe polo competition? One of the teams is made up of Trinity boys which is part of the canoe polo junior development. The boys first game will be on Thursday 23rd February 2006 at Richmond Pool at 8.30pm. Good Luck Boys and do the club proud.

Junior Development

Junior development at the club is at an all time high. The school squad training sessions on Saturday afternoons run by Joe Alia and myself have proven to be a hit amongst students of Strathcona Girls and Trinity Boys college. Please see Joes article in this newsletter about these sessions.

Beginner Sessions

The Sunday Beginner sessions run by Julie Perriam are still very popular and very successful.

Beginner Level 2 Training Sessions

The Committee has introduced a new training session Beginner level 2. This session is designed for paddlers who have completed their 4 beginner sessions, new members, or any club member who would like to further develop their paddling skills. This session will assist paddlers to become more confident and able to handle the heavy going squad training sessions. The sessions will be run by an accredited level 1 flatwater coach and will be run in blocks of 4 sessions at a cost of \$45 for 4 sessions. The sessions will be run on Sundays from 9.30am to 11.30am and bookings are essential.

To book or if you would like further information you can contact myself on 0418 142 137 or via email bark2@alphalink.com.au

Squad Training

Sunday Squad Training sessions run on Sundays at 10.00am to 12.00pm and are very successful with a number of club members running the session. Alex James is the Co-ordinator of these sessions and has organised a Guest Coach Liz Hirrschoff Sunday 19th March 2005.

2006 Marathon Winter Series

The 2006 Marathon Winter Series is approaching fast, with the first race on Sunday 30th April 2006 at Wesley Boatshed. Fairfield Canoe Club will be the host club and of course the social committee will be looking for volunteers to run the canteen and the ROSD committee will also be looking for volunteers to assist the marathon committee in key official roles.

Pamela Lilburne will be the Race Director for 2006 with the assistance of Joe Alia. As you may be aware there are new club points rules which are explained in Pamelas article in this newsletter. Pamela will also be available to explain the new points system to all members at the Winter Series Launch to be held on Sunday 9th April 2006 at the club.

Coaching Strategy

The ROSD Committee is currently developing a club coaching strategy. This strategy lists training and coaching options for our members and potential members ranging from beginners to high performance paddlers. Below is a summary of the strategy:

Canoe Disciplines :

Marathon Racing (specialist club), Sprint Racing (specialist club),
Canoe Polo Teams (specialist club)
White water, Freestyle/Rodeo & canoe slalom (individual club members /by referral only)
Touring (social level only)

Level of participation:

Social, for Fitness, or for Competition at club, state or national levels.

People:

Juniors (12 years +), high school groups, adults, veterans.

Skill levels

Beginner, intermediate, advanced and elite.

Boat types:

Touring Boats (TK1, TK2, TC1, TC2), Racing Boats (K1, K2, K4, C1, C2, C4), Recreational classes (skis, sea kayaks, sit on tops).

Club Boats Available

There is a small fleet of marathon, sprint & canoe polo boats from beginner to advanced level, available for club member use.

Private Boat Storage

Is available for club members, subject to the waiting list & space availability.

Disabilities catered for

Please talk with a club coach or director on an individual basis, to access your requirements/ preferences and assess club suitability.

Coaching/Training offered

Private coaching, group coaching, 4 week beginner courses, post-beginner courses, weekly squad training for fitness and skills.

How to assess the best pathway for you?

Why not book an appointment with a club coach to discuss where you're at now, what you'd like to try, or what sessions may be the most suitable for you. Or pop down to the club at 9:30am on a Sunday, as there is usually a coach or ROSD committee member who can assist with more information.

THE SUNDAY SQUAD TRAINING REPORT

BY ALEX JAMES

Hi FCC members,

We are well into 2006 with the Squad Training Group (SQTG) sessions at Zoli's Strait being well attended by enthusiastic FCC members. 10am Sunday mornings are obviously no problem for many paddlers.

The Squad-Training Group (SQTG) team leaders so far have been Steve, Tony, Michael, Neil, Margaret and myself. All have reported beaming & sweating participants at every session.

Zoli Szigeti's training programs (FCC's own World Champion), presented at these sessions will be put to the test all too soon as we ramp up to the winter series launch just a few weeks away.

So if you need to brush up on all the skills like sprints, starts & wash riding that are useful for racing at whatever standard you aspire to or if you just want a chance to get a workout amongst friends in a safe environment come on up.

Remember 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.

Our first visiting coach will be Liz Hirschhoff, one of Australia's most experienced coaches. She received rave reviews from last year's session participants. Make sure you book the 19 of March into your diary for that one. This and other sessions like the kayak skill olympics with Pamela Lilburne will be advertised on the ROSD noticeboard with dates and costs if any, so keep your eyes peeled.

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 strait. After that, it's up to you, as the

sessions are a great way to improve confidence and skills, and meet other members.

The ROSD committee supports & encourages the work of the SQTG.

Interested parties should contact myself as ROSD/SQTG liaison in writing presenting themselves for consideration to run a Sunday session. Leave a letter on the ROSD notice board or email me on mechdraw@netspace.net.au.

Alex James

PS read below a typical glowing endorsement from a regular SQTG attendee

Thank you to the coaching committee for organising the Sunday morning club sessions. These are fun, social and educational. However the real reason for this letter to the editor is to warn members of this group of a new hazard on the river at Zoli's straight (not just the sandbank at the pipe. ed). It is Michael Loftus-Hills (identifiable in a yellow K1. ed). Not only did he tip me in while turning at the top end he then asks me to check his rudder resulting in another swim for yours truly. So beware.

Greg Bauld

PS My kids say, " Why do you keep tipping my Daddy into the water?"

Funny bugger update

For all those interested in an FB update, check out the FB score board at the Club. Steve (the green man) Gadsden is the out and out leader at this time, followed closely by FB regulars Lofty, Roger the Dodger, Tones and Anna (wingman) Wilson. Lucky last is KAOS in her green meanie.

Controversial new rules have been set that see paddlers who spit the dummy receive negative points. K2s are also now ineligible for points despite the fact that they provide a washride for everyone else for 14 Ks!

A huge upset in recent days when Steve (I never fall out) Gadsden took a swim halfway up the Blue Ribbon FB. This had nothing to do with Kaos (I fall in regularly) O'Shanassy hitting a log and taking Steve in with her! Speaking of hitting logs, Roger the Dodge has found a way to win FBs – you simply drive you opponent into the nearest tree, snag, rock what ever and break off their rudder. Brilliant tactics.

The FB's were nearly distracted from their task in recent mornings when setting off from Fairfield and seeing a row boat that appeared to have drifted away from the landing of the Fairfield boathouse and was wedged neatly between trees on the opposite side of the bank. Rescue efforts were postponed until after completion of the FB trip but on returning up the final straight, the FB's noticed that the boat was not as empty as it first appeared. On closer inspection there appeared to be not just one but two people in the boat and Gadsden was heard to exclaim, "Now that's endurance, we've been gone over an hour!"

The FB group is growing (welcome aboard Marc, Mick,

Alex and Liz). All are welcome to compete – Saturdays 9.30am to Dights and back!

Remember you don't have to be funny, to be a funny bugger

Stop Press

After his three week intensive training programme Roger (let me ride your wash) Tralaggan was winning a FB sprint. Roger and his companions were distracted by the calls of help from three men on the bank. A duck was caught in fishing lines on a snag. The men were pleading with the sprinting kayakers to stop and help free the duck.

Like a scene out of Superman Roger jumped out of his boat and was in an instant swimming towards the waterfowl in distress. To compete the transformation from kayaker to super hero Roger had a knife between his teeth. Within minutes the duck was free and Roger was back in his kayak.



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