



Newsletter

DECEMBER 2008



PRESIDENT'S CHRISTMAS MESSAGE

Wishing everyone a very Happy Christmas!

Whether you celebrate the birth of Christ or simply enjoy the festive time of year, may you all have a happy time with family and friends.

May you enjoy the Red Cross Murray River Marathon 40th anniversary event for those competing and acting as support crew.

Excel at your efforts on the Murray River and on the Yarra throughout the coming year.

Wishing you all the best
Kevin

WHAT'S ON

December 2008

14	Murray Dress Rehearsal	Footscray
21	FCC Christmas Party	Fairfield CC
27	Murray Marathon	Yarrowonga

February 2009

26-1 Mar	Australian Masters Games	Geelong
----------	--------------------------	---------

FCC CHRISTMAS

It's not many sleeps now until Christmas but if you cannot wait then you may get a glimpse of Santa at Fairfield Canoe Club on Sunday 21 December.

The club is hosting the annual Christmas BBQ. It is rumoured that Santa will make an appearance and is expected to ditch the traditional sleigh and arrive in a more canoe-club-style.

In the morning, there will be the Handicap race (you will need to have qualified in time trials to enter) then friends and family are welcome to attend the Christmas BBQ.

FCC FILM NIGHT

Ninety Fairfield Canoe Club members turned out in force to see Australia on the big screen in Balwyn on 30 November. The next big 'ninety' event to hit the club will be the 90th anniversary celebrations next year. For those interested in getting involved, call Don Campbell on 0438 836 327.

2009 FCC PUBLICATION DEADLINES

Submissions due	Distribution
27 February	21 March
8 May	30 May
11 September	3 October
4 December	14 December (email Christmas newsletter)

FAIRFIELD CANOE CLUB AWARDS NIGHT

Fairfield Canoe Club hosted the annual awards night on Saturday 18 October where outstanding achievements on and off the water are recognised.

Angus Campbell, Peter Goldsworthy and Darren Ryan won the coveted Szigeti Medal, President's Award and Member's Award respectively.

Of note, the Szigeti Medal is named after life member Zoli Szigeti – who contributed greatly to the development of the club through coaching and weekly training sessions.

Szigeti Medal Angus Campbell

President's Award Peter Goldsworthy

Member's Award Darren Ryan

Winter Series Award – Senior Women's Peta Wait

Winter Series Award – Senior Men's Chris Bennett

Winter Series Award – Junior Women's Marlana Ahrens

Winter Series Award – Junior Men's Daniel Lansell-Kenny

Junior Development Coaches Award – Junior Women's
Marlana Ahrens

Junior Development Coaches Award – Junior Men's
Alex Goldsworthy

Junior Encouragement Award Will Hallyburton

Photos courtesy Lisa Newton.



Angus Campbell receiving his medal from Zoli Szigeti.



Peter Goldsworthy.



Chris Bennett.



Darren Ryan and his wife, Alison.



Sophie Johnson playing for the night.



Will Hallyburton, Joshua Lansell-Kenny, Jonathon O'Leary and Hugh Buzacott.



Julie and Peter Hallyburton.



Catherine and Stephen O'Leary.



Peter Thompson and Wayne Cook.



Joe Alia, Connie Todaro and Marlana Ahrens.



Kevin Hannington, Liz Jenkins and Daniel Lansell-Kenny.



Livia Szigeti, Marg Buck and Zoltan Szigeti.



Robin and Tony Payne.



Stephen Beitz and Nicola Thompson.



Joe Alia, Will Hallyburton and Connie Todaro.



Peta Wait and Joe Alia.



Alex Goldsworthy.



Don Campbell and Mick Kane.



Jen Stevens and Robyn Ward.



Connie Todora, Harry Brockwell and Colin Norcott.

PREPARATION FOR THE MURRAY RIVER MARATHON

The 40th anniversary of the Red Cross Murray River Marathon promises to be a great event for participants, support crew, volunteers, family and friends.

The YMCA has ensured the longevity of the iconic event with an offer of support from 2009 into the future after the Red Cross withdraws their support at the end of the 40th anniversary event.

Although the event is famous for its endurance element and extreme conditions, good preparation can lower the likelihood of mishaps and misadventure.

Whether aiming to break records or simply have fun, the Murray Marathon experience can be enhanced with some simple measures.

Although the full distance, half distance and relay events are different, there are some basic tips to make the most of the Murray experience:

Leave plenty of time to travel to starting and drop-off points and familiarize yourself with maps prior to the event. Be at the checkpoint early.

Before traveling home each afternoon, ensure that the boat number has been taken off the boat so it does not break off when exposed to high winds on a roof rack.

Strap the boats down securely, even when traveling a short distance to avoid disaster.

Be organised.

Communicate with team mates and support crew.

Make sure that support crew and paddlers have the same expectations of required duties for each day.

Some issues to be aware of:

- nutrition
- hydration
- hyperthermia, hypothermia
- bushfire
- sunburn protection
- blister prevention
- snakebite prevention and treatment
- penetrating injuries of the feet
- tetanus booster is up to date
- asthma management – prevention/treatment, hayfever, gastroenteritis, migraine, allergies
- any medical conditions
- protection from mosquito bites

Some suggestions of what to take in the car:

- woollen blanket (for bushfires or hypothermia)
- water (at least 2 litres – emergency use)
- umbrella
- sunblock/hat/sunglasses
- cool drinks
- snacks
- crepe bandage/first aid kit
- toilet paper
- maps
- mobile phone and contact numbers
- tools (for boats and tents – eg hammer)
- duct tape
- towel, dry/warm clothes
- large plastic bags to protect car/contain wet or muddy clothes



Alex Goldsworthy and Peta Wait.



Joe Alia and Connie Todaro.



FCC junior paddlers on the river for a weekend training session.

BOAT RACKING UPDATE

5 & 10KM TIME TRIALS

Following the boat sale and reorganisation a couple of important points to remember:

- The four plastic sea kayaks must be stored on the bottom two layers of the beginners section. They are heavy boats and should not be placed on the higher racks
- All club doubles TK2s and K2s are stored on the higher racks of row J. Please take care when getting the boats down or putting them back – seek help if you are having difficulty. There are a variety of pole lengths available to help with this process.

Since renewal day there has been a steady stream of racking moves, some brought about by resignations and others by the new policy of only allowing one singles rack (level 1–5) per member. One issue has arisen regarding members making private arrangements with other members for storage of their boats. Please note the following guidelines:

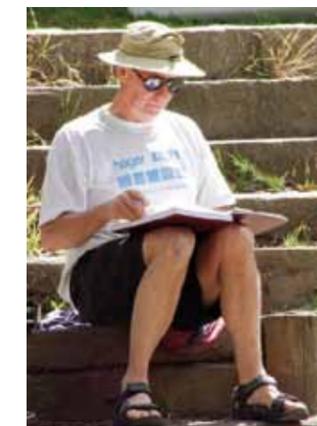
- Clearly label your boat (and other equipment) with your name.
- Use only the rack which has been allocated to you.
- If your rack is going to be empty for a period longer than two weeks please advise the racking coordinator so that the next person on the waiting list can make temporary use of the rack in your absence. Please do not make private arrangements with other members as this can be seen as unfair to those who are on the waiting list.
- Should you find someone else's boat in the rack allocated to you please contact the racking coordinator asap. Check on the racking list on the noticeboard to see where the boat should be but if it can't be identified place it in the spare rack A26 or A27 (reserved for damaged club boats).

Tony Payne
Racking Coordinator

Fairfield members participated in the 5 and 10km time trials on Sunday 30 November. Photos courtesy Michael Loftus-Hills.



Greg Bauld and Amanda Fisher.



Time keeper, Stephen Beitz.



Stephen O'Leary and Peter Goldsworthy.



Andrew Buzacott.



Lisa Newton.



Harry Brockwell.



Neil Grierson.