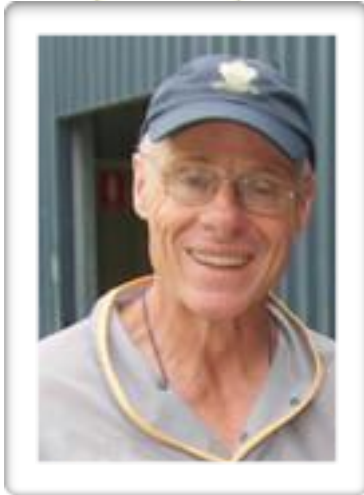




FORR FRONT

Friends of Radford Rowing (FORR) Newsletter



FROM THE DIRECTOR

Welcome to the few remaining weeks of the 2016 rowing season! Like previous seasons, this one has been lots of fun and has passed in a blink.

We have seen some great races and some great results. The next races are the most important and we are confident that our crews will once again represent us with pride and determination. There has been a lot of hard work to get to this stage of the year. Many miles have been rowed and various drills repeated till they can be perfectly executed.

In amongst this training and racing there have been frequent moments of humour which have helped us to place our efforts in perspective. We have seen slips and swims everywhere, we have seen dry wit and good natured banter. All have helped to relieve the seriousness that sometimes creeps into a squad and which can cloud our vision.

Our purpose after all is to have fun. Beyond that we try to execute a perfect rowing stroke and then repeat it many times. Sometimes these aims seem contradictory, but the really great crews will always manage to achieve both and in so doing will discover much about themselves and what it means to commit to a shared objective.

Our teams include not only our rowers and coxswains who get to power their shell down the course. Far from it. We depend upon our coaches to provide the guidance and insist upon maximum effort. We also depend upon our fundraisers to source the capital for the never ending project of fleet renewal. We depend upon our caterers to

IMPORTANT DATES

February

27-28 Feb – ACT Champs

March

5 Mar – SGHOR

6 Mar - SBHOR

8 Mar – ASC

15-20 Mar - Nationals

30 March Cocktail Party & Auction Fundraiser

31 March Rowing Presentation Evening

April

2 April – Student 'Come & Try' Day. This is a great opportunity to introduce a friend to rowing.

keep the rowers fuelled and healthy and we depend upon our parents for drop off and pick up duties as well as providing that much needed shoulder to cry upon in times of despondency. The list goes on.

In the final weeks of this season, we want to thank you all for playing your part. We hope you will continue to be part of our team and share our pleasure in the performance of our crews as they contest the final races. As always, there is much to look forward to.

Philip Winkworth

[illegible]



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FORR Convenor: Susan O'Neil

Contact FORR

Susan O'Neil: 0424 174 901
susan@whitepillar.com.au

Secretary: Alison Harper

Treasurer: Marjike Creer

Catering Manager: Lheana Gavagna & Mary Davis

Boys Catering Mngr: Mary Davis

Girls Catering Mngr: Jackie Elkhuien

Fundraising: Dot Barclay, Carmel Lonsdale & Susan O'Neil

FORR Clothing: Melinda Browning

Communications: **Nomination sought, can you help?**

Parent LTR: Toni Green

Parent Paddling: Lheana Gavagna

General Committee:

Paula Ganly, John Lonsdale,
Richard Garnett, Geoff McCormack,
Annie O'Rourke & Geoff Carey

FROM THE FORR CONVENOR

Congratulations to everyone on a great Rowing Camp and start to the Rowing season!

Firstly, I would like to recognise and thank Andrea Parsons for her tireless and considerable contribution to FORR over many years. Please join me on the 30 March at the Cocktail party where we will recognise and thank Andrea properly.

As a new parent to Rowing I have had a steep learning curve to pick up the role of Convenor and I want to thank Philip, Bernie and the FORR committee for their assistance and support.

Each year the rowing club hosts a regatta in the ACT, by providing volunteers on a roster to assist the Boat Race Officials (BROs) and this is a great way to



see how regattas are run. This season we hosted a regatta on 14 Nov. Although it was a pretty cold day, we provided a full roster of willing helpers, the feedback from the Regatta organisers was very positive and they were very appreciative of our assistance. Many that helped found out it takes many supporters to run the regatta, but also how interesting and enjoyable it can be to be involved. Thank you to all our volunteers.



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January saw FORR once assisting the 2016 boat camp, it was a huge success, assisting at boat camp is a wonderful way to see the program in action. We collected money up front to cover catering. It again looks like there is sufficient available to cover the catering for Head of the River, and some of the HoTR dinner costs. Thanks to Lheana Gavagna and Mary Davis for their excellent management and their team of helpers! Camp is not possible

without the support of our wonderful parent helpers! The photos taken by FORR will be on Radford online soon.

The FORR charter is basically 3-fold. In short, we strive to support the rowers, build community, and fundraise. With successful boat camp and catering, we are well underway. Parent Learn-to-Row (LTR) sessions are now scheduled so please book onto a course. After completing the LTR course you are encouraged to join our Parent Paddling group. This is a great way to meet other parents in a healthy social setting.

This year's major FORR Fundraiser is booked for 30 March, 6:45 for 7:00pm at King O'Malley's. Please bring some friends and come along for what promises to be another fun event. We have One (1) new min weight single skull and one (1) new single skull club racer available for naming rights at the auction this year, along with a number of great donations. Please donate to our fundraiser if you can or consider a tax deductible donation through the ASF.




**Radford Rowing Cocktail Party
& Auction Fundraiser**


 Wednesday 30 March
 6:45 for 7:00pm
 Tickets: \$35 each


 at King O'Malleys
 Irish Pub 131 City
 Walk

Gather your friends and come along to a fun night of Cocktails, Canapés and Wine, Beer tasting, hosted by Friends of Radford Rowing (FORR) and Peter & Dorothy Barclay

The tastings and associated commentary will start at 7pm and run for 90 minutes, so please be there at 6.45 pm.



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We intend to make hampers from a range of items, including wine, produce etc, so any contribution is most welcome. You may like to ask local businesses to donate items. All money raised buys equipment and boats for the shed.

The Wish list

As you know rowing is not a cheap sport and equipment costs are our main expense area. We need to continually upgrade our fleet to ensure we can be competitive at the Regatta's but also make sure we have serviceable training and learn to row sculls for our new rowers.

Philip has provided a wish list of the most pressing capital items needed. They are: 10 training skulls (\$20k; \$2k each); 4 coxswain box's (\$4k; \$1k each); 8-16 Ergs (\$16-32k; \$2k each) & 3 new mirrors for upstairs training (\$1,500; \$500 each). The total cost estimate for the wish list is \$41 – 57k. We hope to identify some corporate sponsors, please contact me if you can assist. I look forward to remainder of the season. In the past we have been very fortunate to receive large tax deductible donations that have made a significant difference for our rowers. Please contact me if you would like to know more about this.

Support Radford Rowing through the Australian Sports Foundation

One of the objectives of FORR is to find opportunities to do fundraising to further support the shed. We hope that parents might consider making donations via a registered project with the Australian Sports Foundation.

Such **donations are fully tax deductible** so please consider the rowing program in your EOFY donations!

Contribution forms can be found on the Radford Rowing SharePoint or click [here](#) to donate online. For more information, please contact me

I am looking forward to a fun end of season and I wish everyone the best for upcoming regattas. We are keen to collect photos from events, please send copies if you are happy for us to use them.

Warm Regards Susan O'Neil.



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Radford Rowing Cocktail Party & Auction Fundraiser



Wednesday 30 March

6:45 for 7:00pm

Tickets: \$35 each



at King O'Malleys
Irish Pub 131 City
Walk

Bookings through: <http://www.trybooking.com/Event/EventListingURL.aspx...>

Gather your friends and come along to a fun night of Cocktails, Canapés and Wine, Beer tasting, hosted by Friends of Radford Rowing (FORR) and Peter & Dorothy Barclay

The tastings and associated commentary will start at 7pm and run for 90 minutes,

Dress: Smart Casual

Come and join us for a wonderful night out! This is a very popular event so book your tickets early to avoid disappointment.

<http://www.trybooking.com/Event/EventBookingURLInformation.aspx?eid=180532>



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FORR - Auction Fundraiser 2016

Request for Auction Items or Sponsorship

One of the important activities of Friends of Radford Rowing is fundraising for the Shed. All our current rowers are enjoying many benefits from the continuous fundraising over the years. Through the fundraising to supplement the funds made available through the school, the club has been able to purchase much needed extra equipment, and raise the overall quality of the equipment across the shed.

Back by popular demand, this year's annual fundraising event is a **Cocktail Party and Auction Fundraiser at King O'Malley's on Wednesday 30 March.**

We will have both a live and a silent auction on the night. The amount we are able to raise depends on what we can offer or obtain in the way of items and sponsorships for auction. In the past we have had a wide variety of items, such as rowing or other sporting memorabilia, professional services, jewellery, equipment, toys, holiday accommodation, Wine and produce for hampers etc. No item is too small or unusual.

Individual contributions from parents and friends are very much appreciated. We also encourage the rowers themselves to come up with things to donate for the auction. Be creative and think about who you know, what businesses you frequent, or what service you could offer. Maybe you would like to run a car wash morning, offer some gardening services, or your local supermarket might be willing to donate a hamper or voucher, etc, etc, etc....

Please contact the FORR Fundraising team as soon as possible, if you have an item you can donate. We appreciate all your contributions and look forward to your support.

Carmel Lonsdale 6258-2022

Dot Barclay 0411 461 316

Susan O'Neil 0424 174 901

j.lonsdale@optusnet.com.au

dorothy@forresthovel.com

susan@whitepillar.com.au



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Call for Parent helpers!

Can you spare
a couple of
hours to help
provide rowers
with morning
tea?

If you can
assist, please
contact:

**Lheana
Gavagna**

Lheana Gavagna
<lheanag@goodmanlaw.com.au>

Thank you!



Radford Rowing

Come & Try Day

Saturday 2 April 2016

@ Black Mountain Peninsula

START 9:00am - FINISH 11:00am

Please join us for a day of fun
down at the Radford Rowing
Shed. See what rowing is about
and have a go on the Ergs and
also in our Learn-to-Row boats.



Spread the word. All are
welcome to attend, present,
past and new. Parents are also
encouraged to attend.

There is no cost to attend this day, but please
contact Daniela Gray for more information. Please
confirm your attendance before Thursday 31 March
through trybooking or Daniela.

<http://www.trybooking.com/KINA>

Grab a friend and come down for a fun day of rowing!

Daniela Gray email: daniela.gray@radford.act.edu.au
Phone: 6180 3083



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PARENT LEARN-TO-ROW (LTR)

Rowing is for Everyone! Parents and Alumni are welcome to participate. Come and see what rowing is about, you are invite to join one of our Parent Learn-to-row courses.

Course details: The course will commence on Friday 1 April and participants can attend 5 sessions run over 3weeks. Six session are schedule to enable one make-up session per participant.

Dates: 1, 3, 8, 10, 15, 17 April

Session times: Friday 5:00pm and Sunday 8:30am

Location: Radford Rowing Shed, Black Mountain peninsula

Coaches: Toni Green and others to be confirmed, depending on demand. Our coaches are very experienced at both coaching and rowing.

Cost: \$150 per person for the 5 sessions. Please make your payment before the first session.

Participants: only 12 spaces are available, so please book early to avoid disappointment.

To Book: To book onto this course, please email susan@whitepillar.com.au

Payment: Once you have received confirmation of a spot on the course, please transfer the course fees to the account, details below. If you need an alternate payment method, please discuss with Susan.

BSB: 032778

A/C No: 502438

Name: Friends of Radford Rowing

Reference: "PLTR" plus "parents surname"

Email: please email Susan at susan@whitepillar.com.au with your transaction receipt.

You are well advised to bring a change of clothes and a towel to these sessions.

Contacts: Toni Green 62012303 or Susan O'Neil 6161 9747



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COMMUNICATIONS OFFICER NEEDED!



Are you a good
Communicator?

If so we need
you!

We are seeking to fill the position of the
Communications officer for FORR.

The role involves:

- ☐ Sending 2-3 newsletters
- ☐ Helping to keep rowers, families and alumni
informed
- ☐ Engage and manage our Alumni Facebook
site

If you can assist with this very important role,
please contact Susan O'Neil.

DID YOU KNOW WE ARE ON FACEBOOK!

To find us search for **Radford Rowing alumni**, don't forget to like our page to keep up to date with what's happening.

THANK YOU BERNIE! WELCOME DANIELA

We are very sad to announce that Bernie has been re-assigned. Bernie has been a welcome and valued point of contact and coordination between FORR, rowing families and the school. Bernie will be missed by everyone. After many years as the Director of Rowing, Bernie is handing the baton to Daniela.

Daniela, commenced during the Rowing Camp and so has had the opportunity to meet your children and many parents. Daniela took on the role officially from the commencement of Term 1. Daniela comes to Radford from administrative roles in the public and private sector and has experience in teaching, coaching and group fitness instruction. We warmly welcome Daniela and look forward to her counsel and support in the coming years.

If you see Daniela at the shed or an upcoming regatta, please make her feel welcome and make sure to go over and say hello.

To contact Daniela: daniela.gray@radford.act.edu.au Or call 02 6180 3083