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# THE OLD OAR

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A Trent University/Peterborough Rowing Club Newsletter – Fall 1985

THE NEWSLETTER OF THE PETERBOROUGH ROWING CLUB  
P.O. BOX 1403  
PETERBOROUGH ONT. K9J 7H6  
[WWW.PETERBOROUGHROWING.CA](http://WWW.PETERBOROUGHROWING.CA)

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PETERBOROUGH ROWING CLUB  
SUMMER 1985

## LIST OF OFFICERS

**PRESIDENT:**

BARB FAULKNER

**TREASURER:**

TERRY KELLY

**TOURING CHAIRPERSON:**

MARCUS ELIA

**PAST PRESIDENT:**

KEN HOARD

**TRENT ROWING LIASON OFFICER:**

SCOTT ROBINSON

**WEB SITE MANAGER:**

SCOTT BISHOP

**CLUB CAPTAIN:**

JACK LAPUM

**SCHOOL CO-ORDINATOR:**

BUBBA LOUGHEED

**REGATTA CHAIRPERSONS:**

SCOTT BISHOP, NEIL HORNE

**SUMMER CO-ORDINATOR/ADAPTIVE ROWING SUPERVISOR/OVERSEER OF YOUTH AT RISK PROGRAM:**

BETH NELSON

**COMMITTEE AT LARGE:**

KATE MCKENZIE

**RECREATIONAL CHAIRPERSON:**

WAYNE DAVIS

**NON VOTING MEMBERS:**

HEAD COACH FOR PRC/TURC

CAROL LOVE

[CAROL.LOVE@SYMPATICO.CA](mailto:CAROL.LOVE@SYMPATICO.CA)

PAST PRESIDENT FOR TURC 2006

BRENT HOLMES

PAST PRESIDENT FOR TURC 2008

ASHLEY HOLMES

**MASTER WOMEN'S PROGRAM:**

NANDA AFFONSO

[TALKTONANDA@HOTMAIL.COM](mailto:TALKTONANDA@HOTMAIL.COM)

**NEWSLETTER EDITOR:**

WAYNE DAVIS

[WDAVIS@IDIRECT.COM](mailto:WDAVIS@IDIRECT.COM)

**To CONTACT:**

**[WWW.PETERBOROUGHROWING.CA](http://WWW.PETERBOROUGHROWING.CA)**

**OR CALL:  
705-748-0462**

## MESSAGE FROM THE PRESIDENT

### THE PRESIDENTS MESSAGE

FIRSTLY, I WOULD LIKE TO SEND OUT MY CONGRATULATIONS TO ALL WHO PARTICIPATED IN THE 2009 ROWING SEASON. AS OUR PROGRAMS GROW WE ARE BECOMING MORE SUCCESSFUL! IT PLEASURES ME TO SEE INDIVIDUALS WHO ARE INTRODUCED TO ROWING AT OUR CLUB DEVELOP INTO GREAT ROWERS. WE SEE OUR JUNIOR RECREATIONAL ROWERS BECOMING HIGH SCHOOL ROWERS, OUR HIGH SCHOOL ROWERS GRADUATING INTO VARSITY BOATS AT TRENT AND ELSEWHERE. LIKewise OUT OF OUR ADULT LEARN TO ROW PROGRAM WE HAVE DEVELOPED A DEDICATED MASTERS WOMEN CREW AND MANY OTHER SUCCESSFUL RECREATIONAL ROWERS. I AM EXCITED TO BUILD OUR RECREATIONAL PROGRAM AS WELL AS OUR COMPETITIVE PROGRAM NEXT SUMMER.

AS THE ATHLETICS CENTRE AT TRENT GROWS AND WE ARE ABLE TO UTILIZE THE NEW ROWING AND PADDLING TANK I AM HOPEFUL THIS WILL HELP IN OUR QUEST FOR EVEN GREATER SUCCESS AND HELP TO FORM A CLOSER RELATIONSHIP WITH TRENT ATHLETICS. I WISH EVERYONE WELL FOR THE WINTER SEASON, KEEP UP THE TRAINING AND I WILL SEE YOU ON THE WATER IN THE SPRING.

YOURS IN ROWING

BARB FAULKNER - PRC PRESIDENT

## MESSAGE FROM THE EDITOR

WELL HERE WE ROW AGAIN! AFTER A 15 YEAR HIATUS "THE OLD OAR" IS BACK IN THE WATER. THE FRONT COVER PICTURE WAS COPIED FROM THE MINUTES BOOK FROM 1985. WE ARE GOING TO TRY AND KEEP YOU INFORMED ABOUT THE LOCAL ROWING SCENE. AS THIS IS YOUR NEWSLETTER WE WOULD LOVE TO HAVE YOUR CONTRIBUTIONS AS WELL. PLEASE SEND US ANY PHOTOS, STORIES, EVENTS ETC. THAT YOU WOULD LIKE TO SHARE WITH THE CLUB MEMBERS. THANKS TO ALL THE CONTRIBUTORS TO THIS FIRST ISSUE.

WE WOULD LIKE TO THANK BRIAN LOVE FOR HIS MANY YEARS OF DEDICATION TO "THE HEAD OF THE TRENT". WITH BRIAN'S GUIDANCE THIS EVENT HAS BECOME A WORLD CLASS HEAD RACE!!! BRIAN IS PASSING THE TORCH ON TO NEIL HORNE AND SCOTT BISHOP.

THIS IS A WORK IN PROGRESS SO IF YOU HAVE ANY IDEAS PLEASE FEEL FREE TO SHARE. AT THE TIME OF PUBLICATION WE ARE UNDECIDED AS TO THE NAME OF THE NEWSLETTER SO IF YOU HAVE ANY IDEAS LET US KNOW.

SEE YOU AT THE BOATHOUSE!!



## VARSITY NEWS

THE TRENT UNIVERSITY ROWING CLUB IS A STRONG COMMUNITY COMPRISED OF MANY DEDICATED ATHLETES AND COACHES. THE UNIVERSITY SEASON IS QUITE SHORT AND EVERYTHING WRAPS UP BY THE BEGINNING OF NOVEMBER EACH YEAR, BUT IN THAT TIME EACH ROWER, BOTH NOVICE AND VARSITY ALIKE IS FULLY COMMITTED TO THEIR SPORT, DESPITE HOW DARK AND COLD THE MORNINGS MAY BE!

OVER THE PAST FEW SEASONS, SEVERAL OF TRENT ROWING'S CREWS HAVE POSTED STRONG RESULTS WITHIN THE ONTARIO UNIVERSITY ATHLETICS (OUA) AS WELL AS AT THE NATIONAL LEVEL. THIS YEAR WAS NO EXCEPTION, WITH THE VARSITY MEN'S CREW COMING OUT ON TOP. THE MEN'S 8+ STARTED THE SEASON OFF ON A VERY POSITIVE NOTE BY FINISHING WITH THE FASTEST TIME AT THE HEAD OF THE TRENT. THE RESULTS REMAINED STRONG AT THE OUA CHAMPIONSHIPS WHERE THE MEN'S 4+ TOOK HOME THE GOLD. THE SEASON WRAPPED UP FOR THE MEN WITH A FOURTH PLACE FINISH AT THE CANADIAN UNIVERSITY CHAMPIONSHIPS IN THE 8+ AND A WIN IN THE 2-. BOTH OUR HEAVY AND LIGHT WOMEN AS WELL AS THE THE LIGHTWEIGHT MEN FACED SOME VERY TOUGH COMPETITION THIS YEAR. ALL CREWS HAVE FULLY DEDICATED THEMSELVES TO WINTER TRAINING AND HOPE TO DEVELOP THE PROGRAMS AND POST IMPRESSIVE RESULTS IN THE COMING SEASONS. TRENT ROWING ALSO RELIES HEAVILY ON OUR NOVICE PROGRAM TO CONTINUE TO DEVELOP THE CLUB. THE TURNOUT THIS SEASON WAS IMPRESSIVE AND EVEN AFTER THE DISAPPOINTMENT OF NOT RACING HEAD OF THE TRENT THERE WERE STILL MANY FANTASTIC RACES AND MANY OF THE NOVICE CREW PLAN TO RETURN WITH THE HOPES OF MAKING THE VARSITY TEAM!



ERIN MONETTE  
TRENT ROWING LIASON

# TRENT UNIVERSITY ROWING HEAD OF TRENT 2009



HM 8+



HW 4+



HW 8+



LM 8+



# TOURING

A FEW WORDS ABOUT TOURING.....

SINCE 2007, THE FIRST WEEKEND IN JULY HAS BEEN THE DATE OF THE LIFT LOCK ROWING TOUR. PARTICIPANTS HAVE ROWED VARIOUS STRETCHES OF THE TRENT-SEVERN WATERWAY BETWEEN BUCKHORN AND LITTLE LAKE IN PETERBOROUGH, SOME ON ONE DAY TRIPS, SOME ROWING OVER THE COURSE OF TWO DAYS.

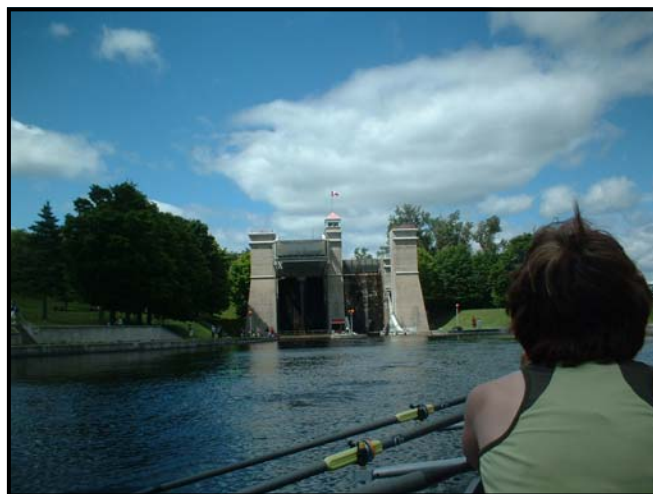
THE TOUR IS JOINTLY SPONSORED BY THE ONTARIO ADVENTURE ROWING (OAR) ASSOCIATION AND THE PETERBOROUGH ROWING CLUB. OAR PROMOTES A LARGE NUMBER OF TOURS ACROSS ONTARIO, AND IS PART OF A LARGER TOURING MOVEMENT AROUND THE WORLD. ONE OF THE LIFT LOCK TOUR'S PERENNIAL PARTICIPANTS HAS ROWED TOURS IN CLOSE TO A DOZEN COUNTRIES.

PENCIL IN SATURDAY, JULY 3RD FOR YOUR FIRST, OR NEXT TO FIRST, ROWING TOUR... YOU WILL EXPERIENCE A SIDE OF ROWING YOU NEVER KNEW EXISTED. TO RECEIVE MORE INFORMATION ABOUT THE LIFT LOCK TOUR CONTACT MARCUS ELIA. THROUGH THE OAR WEBSITE:

[WWW.ADVENTUREROWING.CA](http://WWW.ADVENTUREROWING.CA)



**MARCUS ELIA**  
**MASTERS/TOURING CHAIRPERSON**



**LIFT LOCK TOUR, JULY 2009**



**BANANA BELT TOUR, MAY 3, 2009**

## **TOURING 2009**



**WHINE AND ROW, 2009  
EAST LAKE LUNCH BREAK**

## WOMEN'S MASTERS ROWING

ANOTHER GREAT SEASON FOR THE WOMEN'S MASTER PROGRAM WHICH STARTED EARLY WITH ERGING IN THE WINTER AT TRENT UNIVERSITY'S ATHLETIC CENTRE. DURING THE SUMMER, WE GOT TOGETHER EVERY MONDAY AND WEDNESDAY EVENING FOR A RECREATIONAL ROW. WHILE SOME OF THE ROWERS PARTICIPATED IN THE COMPETITIVE PROGRAM PRACTICING IN THE MORNINGS AND PARTICIPATING IN MORE REGATTAS. WE BROUGHT BACK SOME WONDERFUL MEMORIES AND WELL DESERVED MEDALS. FOLLOWING IS A LIST OF THE EVENTS WE PARTICIPATED IN:

TRIP TO GEORGIA, USA – 1 WEEK WINTER ROWING TRAINING CAMP  
BANANA BELT TOUR, WELLAND  
TONY BIERNACKI MASTERS REGATTA, WELLAND  
CANADA DAY REGATTA, WELLAND  
ONTARIO MASTERS REGATTA, WELLAND  
LIFT LOCK TOUR, PETERBOROUGH  
CANADIAN HENLEY REGATTA, ST. CATHARINES  
ROW AND WHINE TOUR, WELLINGTON  
HEAD OF THE RIDEAU, OTTAWA  
HEAD OF THE TRENT, PETERBOROUGH

TO WRAP UP THE SEASON, WE WORKED AT THE TRENT UNIVERSITY'S HOMECOMING BEER GARDEN FOR THE SECOND YEAR. LAST YEAR PROCEEDS PAID FOR FOUR AMAZINGLY AWESOME SCULLING OARS. IT'S UNCERTAIN AT THIS POINT WHAT WILL BE PURCHASED WITH THIS YEAR'S FUNDS.

WE HAVE NOT ONLY INCREASED OUR GROUP OF ROWERS, BUT WE'VE ALSO EXPANDED THE FAMILY WITH THE WELCOME OF ANNA LAWSON'S BABY BOY SAM. CONGRATULATIONS TO ANNA AND HER HUSBAND AND WE HOPE YOU'LL JOIN US BACK SOON.

### **BINGO CHARITY NIGHTS**

THE LAST WEDNESDAY IS A CHARITY NIGHT AT KAWARTHA CLUB BINGO [HTTP://WWW.CLUBBINGO.CA/](http://www.clubbingo.ca/)

IT'S \$28.00 FOR PRC MEMBERS FOR 2 HOURS OF GREAT FUN. PART OF THE PROCEEDS WILL GO TO THE PRC WHICH IS OUR CLUB'S MAJOR OPERATIONAL FUND RAISING. COME OUT AND PLAY WITH US: FEBRUARY 24<sup>TH</sup>, MARCH 31<sup>ST</sup>, APRIL 28<sup>TH</sup>, MAY 26<sup>TH</sup>, JUNE 30<sup>TH</sup>, JULY 28<sup>TH</sup>, ETC. ARRIVE AT 6:30 P.M.

**-NANDA AFONSO, WOMEN'S MASTERS PROGRAM CO-ORDINATOR**



**HEAD OF RIDEAU, PRC MASTERS 8**  
**SEPTEMBER 2009**

FROM LEFT: CAROL, REBECCA, KRISTA,  
NANCY, KIM, BEV, AGNES, MARY.  
NANDA (FRONT)

**WOMENS MASTERS**  
**2009**



**GEORGIA, MARCH, 2009**

BACK LEFT: KRISTA SAUNDERS,  
NANDA AFFONSO.  
FRONT: NANCY FISCHER



**MASTER 4, TONY BIERNACKI MASTERS**  
**REGATTA. JUNE 2009. 3RD PLACE**

## COACHES CORNER

### FROM COACHES CORNER,

HOPE EVERYONE HAS BEEN AS INSPIRED BY THE OLYMPICS AS I HAVE BEEN. I HAVE PLACED MY ERG IN FRONT OF THE TV TO GET ME OFF THE COUCH. IN PETERBOROUGH THERE IS A CORE OF ROWERS TRAINING ON ERGS GETTING READY FOR THE ICE BREAKER ERG RACES THAT WILL TAKE PLACE ON SATURDAY, APRIL 10TH. IF YOU ARE JUST GETTING STARTED, THE MOST IMPORTANT THING TO REMEMBER IS TO INCREASE YOUR VOLUME OF TRAINING BY 20% EACH WEEK. FOR RECREATIONAL ROWERS, A MINIMUM OF 30-40 MINUTES/WORKOUT THREE TO FOUR TIMES A WEEK WILL GIVE YOU AN EXCELLENT BASE. CORE STRENGTH IS ANOTHER AREA THAT WILL HELP YOU WHEN WE HIT THE WATER IN THE SPRING. FRIDAY, APRIL 23TH WILL BE AN AWARDS EVENING AND BOAT CHRISTENING. TO CELEBRATE SCULLING ACROSS ONTARIO, ON SATURDAY MAY 11TH THE PETERBOROUGH ROWING CLUB WILL LAUNCH EVERY SINGLE IN THE CLUB. OUR HONOURARY CHAIR OF THE EVENT WILL BE DAVE LIENERT. I AM LOOKING FORWARD TO A BUSY SPRING AND SUMMER.



**CAROL LOVE—PETERBOROUGH ROWING CLUB/ TRENT UNIVERSITY - HEAD COACH**

## SLIDE BITES

### UPCOMING RECREATIONAL REGATTAS

1. AUGUST 27, 2010 - BARRIE ROWING CLUB..... BARRIE WREC 'N ROW REGATTA...  
CONTACT: JURGEN SCHUBERT  
[JURGENSCHUBERT@HOTMAIL.COM](mailto:JURGENSCHUBERT@HOTMAIL.COM)
2. OCTOBER 2, 2010 - PETERBOROUGH ROWING CLUB..... HEAD OF THE TRENT.....  
CONTACTS: NEIL HORNE, SCOTT BISHOP  
[NEIL.HORNE@HEADOFTHETRENT.COM](mailto:NEIL.HORNE@HEADOFTHETRENT.COM),  
[SCOTT.BISHOP@HEADOFTHETRENT.COM](mailto:SCOTT.BISHOP@HEADOFTHETRENT.COM)  
[WWW.HEADOFTHETRENT.CA](http://WWW.HEADOFTHETRENT.CA)

ROWONTARIO WILL BE CONDUCTING A LEARN TO ROW INSTRUCTOR WORKSHOP, MAY 14-15, 2010. THE CLINIC WILL BE CONDUCTED AT PETERBOROUGH COLLEGIATE AND VOCATIONAL SCHOOL IN PETERBOROUGH, ONTARIO.

THE WORKSHOP WILL BEGIN ON FRIDAY AT 6:00 PM AND WILL CONTINUE UNTIL SATURDAY AT APPROXIMATELY 6:00 PM.

THE WEEKEND SCHEDULE IS AS FOLLOWS:

FRIDAY 6:00 PM- 9:00PM

SATURDAY 9:00 AM - 6:00PM

THE PARTICIPANT FEE IS \$115.00 PER PERSON.

TO REGISTER FOR THE WORKSHOP PLEASE CONTACT:

JESSICA PERRY AT [ADMIN@ROWONTARIO.CA](mailto:ADMIN@ROWONTARIO.CA)

THIS WOULD BE AN EXCELLENT OPPORTUNITY FOR RECREATIONAL MEMBERS TO ENROLL IN THE EVENT OF VOLUNTEERING IN ONE OF OUR PROGRAMS THIS SUMMER, OR TO JUST FURTHERING YOUR OWN EDUCATION.

CAROL LOVE- HEAD COACH- PETERBOROUGH ROWING CLUB.

ROWONTARIO IS OFFERING DISCOUNT RAPTOR TICKETS TO ROWERS. GO TO [WWW.ROWONTARIO.CA](http://WWW.ROWONTARIO.CA) FOR MORE INFORMATION.



## RECREATIONAL ROWING NEWS:

**ATTENTION REC ROWERS!! WE HEARD WHAT YOU HAD TO SAY AT THE OCTOBER 19TH, 2009 POT LUCK DINNER/MEETING. LISTED BELOW ARE A FEW OF THE CHANGES YOU ASKED FOR. WE WILL KEEP YOU POSTED!!!**

EARLY BIRDS: RETURNING RECREATIONAL MEMBERS ARE INVITED TO PARTICIPATE IN THE NEW SATURDAY MORNING PROGRAM CALLED "ROW FOR ALL" IN MAY. GET A HEAD START ON THE SEASON AND HELP US LAUNCH THIS NEW INITIATIVE. MAY 15, MAY 22, MAY 29 AT 8AM. 2010 DUES MUST BE PAID TO BE INCLUDED.

COACHED RECREATIONAL ROWING (PREREQUISITE: ADULT LEARN TO ROW)  
JUNE 2010 - FRIDAY NIGHTS, 6:00PM - 8:00PM  
JULY & AUGUST 2010 - MONDAY, WEDNESDAY, & FRIDAY NIGHTS, 6:00PM - 8:00PM

SATURDAYS - OPEN ROW, ALL MEMBERS WELCOME - 8:00AM.....

MORNING ROWS - (ON THE WEBSITE).....

TUESDAY & THURSDAY MORNINGS - 7:30AM TO 9:00AM - FOR ROWERS WITH MORE EXPERIENCE

TOURING - ONTARIO ADVENTURE ROWING ASSOCIATION  
CHECK OUT [WWW.ADVENTUREROWING.CA](http://WWW.ADVENTUREROWING.CA) AND SIGN UP TO RECEIVE NEWSLETTERS AND INFORMATION ON UPCOMING 2010 ROWING TOURS.

A BULLETIN BOARD WILL BE PLACED IN THE BOATHOUSE FOR RECREATIONAL ROWERS TO POST MESSAGES, LOOK FOR ROWING PARTNERS AND ANY UPCOMING EVENTS SUCH AS POTLUCKS, TOURS, REGATTAS ETC.....

PRC T-SHIRTS AND HATS ARE AVAILABLE. IF YOU ARE INTERESTED PLEASE CONTACT WAYNE DAVIS ([WDAVIS@IDIRECT.COM](mailto:WDAVIS@IDIRECT.COM)) TO PLACE AN ORDER. WE NEED A MINIMUM ORDER OF 24 TO KEEP THE COST DOWN.....

LOOKING FOR MASTERS MEN (OLD GUYS) TO ROW IN A RECREATIONAL EIGHT THIS SUMMER. CONTACT WAYNE DAVIS [WDAVIS@IDIRECT.COM](mailto:WDAVIS@IDIRECT.COM).....

JUNE 26, 2010 - PRC IS HOSTING A MINI LEARN TO ROW DAY FOR BIG BROTHERS, BIG SISTERS, KAWARTHA LAKES FROM 9:00 - 12:00. LOOKING FOR VOLUNTEERS. CONTACT WAYNE DAVIS ([WDAVIS@IDIRECT.COM](mailto:WDAVIS@IDIRECT.COM)).



## ROW ONTARIO MARCH WORKSHOPS:

WE HAVE VARIOUS WORKSHOPS/CLINICS AVAILABLE FOR COACHES AND UMPIRES DURING THE MONTH OF MARCH. PLEASE SEE BELOW FOR FURTHER INFORMATION.

RCA COACH WORKSHOP – WEEKEND #1  
LOCATION: ORANGEVILLE, ONTARIO  
DATE: MARCH 19-21, 2010  
REGISTRATION DEADLINE: MARCH 10, 2010

RCA COACH WORKSHOP – WEEKEND #1  
LOCATION: OTTAWA, ONTARIO  
DATE: MARCH 19-21, 2010  
REGISTRATION DEADLINE: MARCH 10, 2010

UMPIRE RE-CERT SEMINAR  
LOCATION: DON ROWING CLUB, MISSISSAUGA  
DATE: MARCH 24, 2010  
REGISTRATION DEADLINE: MARCH 17, 2010  
TO REGISTER,

NEW UMPIRE CLINIC  
LOCATION: ASHBURY COLLEGE, OTTAWA  
DATE: MARCH 24, 2010  
REGISTRATION DEADLINE: MARCH 17, 2010

NEW UMPIRE CLINIC  
LOCATION: ST. CATHARINES, ONTARIO  
DATE: MARCH 27, 2010  
REGISTRATION DEADLINE: JANUARY 26, 2010

IF YOU HAVE ANY QUESTIONS REGARDING THE WORKSHOPS/CLINICS, PLEASE FEEL FREE TO CONTACT ME.

THANK YOU,

JESSICA PERRY  
ADMINISTRATIVE ASSISTANT  
ROWONTARIO  
3 CONCORDE GATE  
SUITE 210  
TORONTO, ONTARIO  
M3C 3N7  
[mailto:admin@rowontario.ca]