

GO Rowing!

2017 End of the Season Issue



Grateful Oars Rowing Club, Norwood, NY

Annual Meeting October 10 at the Lobster House, 6 PM **20th Anniversary Celebration**

2017 Annual Membership Meeting and Dinner

We will hold our 2017 Annual Dinner Meeting on October 10 in Norwood at the Lobster House on SH 56, beginning at 6 PM with a short social period as we gather. Our business meeting will begin as soon as a quorum is present in the side room near the bar. Business will pause as we order individual dinners from the menu. The restaurant will do separate bills. If all goes well, we will be able to view a video of GORC rowing and sculling by almost all club members.

The important items on the agenda will be the report of the nominating committee and election of officers and directors, approval of the budget for 2018, and a recommendation from the board of directors to convert the policies that guide the club to enforceable rules. There will also be brief reports by the coordinators for boat repair and Learn to Row. Members are encouraged to speak up as items of interest are discussed. Joe will give his recollections about the founding of the club twenty years ago. The dinner meeting is a great opportunity to meet the newest members.

The election process will begin when members receive an email request for nominations. The election will be very soon, so please return your nominations soon after you receive the email. The offices of Vice President, Secretary, and two Directors at Large are up for election this year. Incumbents in these positions are Dick Mooers-VP, Ellie Menz-Secretary, and Carol Rossi-Fries and Peter McCoy-Directors at Large. You may nominate whatever member you wish for these positions. The nominating committee will prepare a slate from those nominations. Incumbents Gwen Cunningham-President, Sean

Cunningham-Treasurer, and Brooks Washburn and Joe Vitale-Directors at large, will complete their two year terms in the coming year and are not up for election.



A Rowing Diva's Personal Story – Cindy Edwards-Smith

Chris and I first found out about the Grateful Oars Learn to Row event the day before it was to take place in June of last year whilst awaiting our order in the Bagel Shop and browsing through the free paper. That next morning found us underway on our rowing adventure. From that first day I have been smitten with the whole experience, from learning what the bow was to the stern, red for port, green for starboard, setting the boat, making Joe and his two helpers sweat bullets with the “8” rocking and lurching from the “strokes” of six scared-to-death newbies all trying to look cool.

Soon after Carol Rossi-Fries took me under her wing in the 2016 development crew she skippered, Chris mistook “Devo Boat” for “Diva Boat” but he happily joined in anyway and has frequently been our coxswain since.

We have laughed till we cried with our failures and smiled at our accomplishments most of the season. Then, at the end of August, we got a notion to enter the short course (3 km) Head of the Rideau Masters Mixed 4+ event in Ottawa on September 24th. We have been working hard since and are committed to doing our best. With heart and with support for each other, we can succeed. We desire to have fun and to feel the atmosphere and aura of this traditional autumn event—the comradeship of hundreds of fellow rowers, the water covered with boats, the colorful regalia, the competitiveness of young and old alike. Win or lose, we will set a time that we can strive to better next year by improving our stamina, endurance, and technical skills, but it's hard to imagine having more fun than we have had already.



2017 Rowing Report

Racing. GORC has seen increased interest in racing this year. Cindy's article describes the women's 4+ formed especially for racing in the shorter 3 km Mixed 4+ event at Head of the Rideau in Ottawa on September 24th. The crew will be Pat, cox, Carol R-F, stroke, Cindy and Maureen in the engine room, and Carol Gable in bow. Rich and Ron will race the full 5.3 km in Ottawa in the Masters Men 2x, (double scull), and Dick will enter the 5.3 km age 60+ MM1x (single scull). Rich and Ron are considering a second regatta, and Dick will race in the age 70+ MM1x at the 5 km Head of the Genesee in Rochester on October 8 and the 75+ MM1x at the 3.2 km Head of the Fish in Saratoga Springs on October 28. Joe's Wednesday men's 4+ will enter the 3.2 km Tail of the Fish Regatta on September 30. The crew is Mary, cox, Brooks, stroke, Joe and Peter, engine room, and Mike, bow. Most regatta results will be available on www.regattacentral.com within a day or so of the events. Tail and Head of the Fish results will be on www.saratogarowing.com.

Rowing. While the rowing season is not over, the dewatering of Norwood Lake on September 18th has put enough of a crimp in our rowing activity that the following stats will not change very much before the last "Let her run". Relatively few GORC crews continue to row in October, and Clarkson pulls the dock in early November. For the final stats for the year, contact Dick. Records kept by the club show that, to date, we've rowed about the same percentage of the possible days in 2017 as we usually do, about $\frac{3}{4}$ of the days in the season. 2017 has turned out to be a good year in spite of the rain and wind. We have had the third highest number of log-ins in club history in spite of the loss of nearly two weeks in September, with more rowing to come. 2015 and 2016, the two best years, had substantially more log-ins, so 2017 will likely stay third. Carol Rossi-Fries has rowed (including cox outings) the most, 60 occasions, the next most being Cindy's 42 (*Go, DIVAS!*).

Sculling. Brian Walker, Chris Daggett, and Robin Woodin from Learn to Row were introduced to sculling this season in our Alden Star 22 intermediate scull. Other scullers in the Aldens were Alison Del Rossi, Carol Rossi-Fries, Chris Smith, Cindy Edwards, Lee Grainger, Ray Toland, and Sandy Fisher. Chris Smith, Cindy, and Lee became qualified for independent use of the Aldens this season. Scullers with their own boats were Dick, Ellie, Gwen, Pat and Sean.

Boat Utilization. As of "press time", the mid-weight *North Star* has been our most popular boat, with 60 outings, next being mid-weight *For Pete's Sake-22*, the 8, *By George-16*, and lightweight *State of Mind-11*. The Clarkson double was used 28 times. The club Alden singles were used 40 times. There were 142 private single outings and 179 outings in all club and Clarkson boats combined. GORC used to be a sweep rowing club exclusively.



2018 Development Crew – Dick

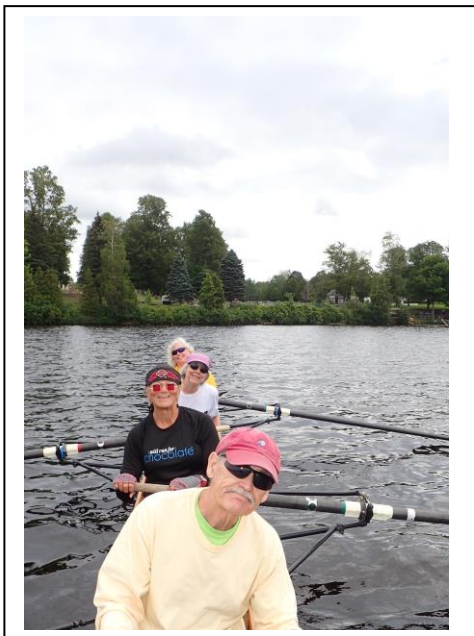
At the Learn to Row/Mixer a plan was hatched to form a crew for further development next season. The Boat Captain is Susie Parisian. Other members are Bjorg Cunningham, Chris Daggett, Danielle Jerry, Brian Walker and Robin Woodin. The plan is for members to take turns as cox unless the 8 is used, and they will need other club members to fill in to use the 8

when they have full participation. Dick will be their advisor. Weather and personal plans made it impossible for them to row much as a four this season, but three of the members were able to try an Alden single.

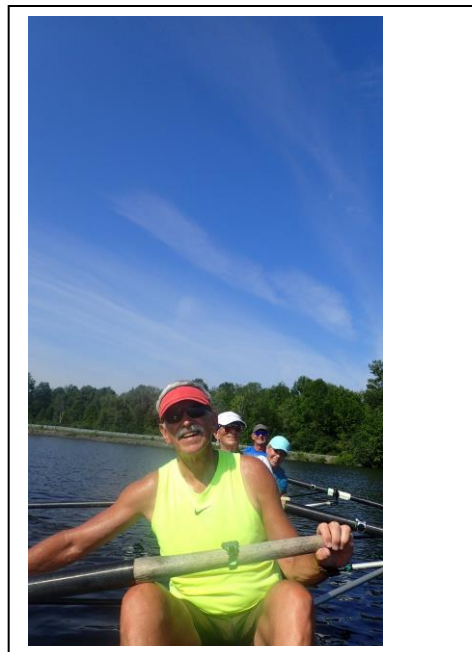


EDITORIAL COMMENT – Dick

An Age-Appropriate Editorial on GORC's



“Shades
Of
Gray”



Our rowing members average over 57 years of age. Only 12 of 37 GORC members are too young to join AARP! Eleven are in their 50's, nine are in their 60's, six are at least 70. Your writer is in that latter group, so take this with salt: I'm proud to be among the fittest older adults in northern New York. We're old, and we're gold. I've observed in our newer rowers that those who row a good deal quickly grow to loving the sport and tend to stay with it for years, no matter what their age when they start. All of us who are in our 70's learned sliding seat rowing later in life with GORC, and the same goes for most of those in their 60's. Roughly two-thirds of the club learned our rowing right here in northern New York with GORC. My guess is that fewer than half a dozen GORC members rowed in college or with another club.

So, where am I going with all these numbers? It seems pretty clear that there is great potential for GORC to grow by putting itself out in the community as a great opportunity for older athletic people to learn rowing as a sport that can keep them healthy and fit far longer than some of the other things they do for fun, and the more they row, the fitter they will be. As we go for the gold, let's also go for the gray.



Membership Events - Carol Rossi-Fries, Membership Co-Coordinator

Mixer. On August 26 GORC held its first “Mixer” with approximately 25 people in attendance. Members from various crews and LTR rowed together in the 8 and 4s. This proved to be a great opportunity for people to get acquainted, learn from each other and have some fun on the water. After rowing, everyone mingled and enjoyed delicious refreshments. Joining us were members of the Clarkson crew who were back at the boathouse starting their own season. Many thanks go to all who came, to those who contributed food, and especially to Peter McCoy who helped coordinate this event with me. We are already planning a “Second Annual Mixer” for next year thanks to the positive feedback.

Shirt and Cap Sale. The sale was a huge success! The club offered three different styles of white polyester shirts with high tech features (antimicrobial, breathable, quick-drying, moisture-wicking and UV protection). The maroon and white caps have an embroidered GORC logo. My thanks to Great Northern Printing for the quality products they made for us and how easy they made the whole process.



“Volunteer” Opportunities in GORC in 2018

Thanks much to the numerous members who swept the boathouse this season. Good job, all! The club will assign boathouse sweepers for 2018 next spring, starting with those who did not get listed this year. A volunteer is needed to take over responsibility for the outboard and launch from Ray Toland, who will be moving to Idaho. We continually need to have volunteers step up to do various jobs like maintaining the boathouse, helping with Learn to Row, putting on the picnic, and dealing with smaller issues here and there. Want to help? Please speak to Gwen or any board member. *We* are the staff, good people.



2018 Sculling at Craftsbury Outdoor Center? – Dick

Of the several rowing and sculling schools in the USA, the pre-eminent one is in Craftsbury, Vermont. Craftsbury Outdoor Center is a residential camp for adult scullers and cross-country skiers from all over the country. Accommodations are comfortable but not lavish, and the meals, the *meals!* The Craftsbury Center and its organic garden takes pride in healthy, food, and, believe me, you’ll work up a ravenous appetite for it. The sculler to coach ratio is about 1 to 5. Most of the coaching staff are college coaches. Craftsbury is home to the Green Racing Project and the Small Boat Training Center, which are residential groups of aspirants to the US national and Olympic teams. The usual number of lesser mortals is about 30, and their level of skill is about as varied as is ours in GORC. Craftsbury is well set up to teach sculling, even to those who have never been in a boat, and has a wide variety of boats for gradual confidence-building, as well as understanding coaches. Everyone proceeds at their own pace. From my two sessions there, I’ve experienced only positive reinforcement from my fellow scullers. They’ve been great people from all over the nation; for example, six women from Rat Island RC in Washington State. Sculling sessions

are held before and after breakfast and after lunch, with evening video reviews or rowing talks. There are excursions to the Concept 2 factory and open rowing sessions. A “head race” caps the week at camp. Ellie and I have both been to Craftsbury, although not in the same period of time. Each of us has seen how much fun the groups from various clubs have. We would like to get a GORC group together to go to Craftsbury. If you are interested, have the time, and can keep Vermont “green”, please look over the Craftsbury web site: <http://www.craftsbury.com/sculling/sculling-camps/sculling-home/>.



**Remember the Annual Meeting on October 10.
Lobster House, 6 PM**

Grateful Oars RC is on the web: <http://gratefuloars.weebly.com>

and

On Facebook: check often at <https://www.facebook.com/grateful.oars/>

*Introduce a friend to rowing and sculling next season with GORC.
Word of mouth is the best publicity!*