

GO Rowing!

2018 Preseason Issue



Grateful Oars Rowing Club

President's Comments - [Gwen Cunningham](#)

The 2018 Membership materials having been sent to you (check your email!), I can't emphasize enough how important it is to complete the process soon, and absolutely before your first session on the water, especially if you will be alone in a club boat. Early season sculling is especially risky, given the cold water temperature and the likelihood that you will be alone on the lake. There is extreme risk of hypothermia and death from immersion when the lake is newly clear of ice. In the case of Norwood Lake, the river that feeds the lake comes out of the Adirondacks, which remain locked in winter long after valley lakes are ice-free. The point is that the club cannot protect you from yourself. This is especially true if you have not paid your seasonal dues and completed the waiver of liability. If you are not technically a member of GORC, you are not covered by the club's insurance, yet you place the club in a terrible situation should you have the ultimate problem. Please be safe out there.

The Board has modified the club's source of insurance in the interest of saving some money. We have shifted the club to a lower cost tier of club membership in US Rowing and have purchased insurance from another provider, saving several hundred dollars that we can use in other parts of our operation, such as fleet maintenance and, eventually, upgrades. We will still be an affiliate club of US Rowing and will continue to support the growth of our sport. However, every member will still have an individual role, having to pay the small Basic USRA membership fee. The fee is over and above the dues for Grateful Oars and must be paid on-line. Instructions have been provided to you with the membership email packet. If you need help with the on-line portion of the process, please ask Membership Coordinator [Carol Rossi-Fries](#), whose column appears later here.

GORC's spring workday is May 12. We'll move the trailer out of the boathouse and clean and check all the boats from 9 to 10 or a bit later. Coffee and doughnuts!



2018 Officers and Board of Directors

In addition to President Gwen Cunningham, the club's officers and Directors at Large for this season are Peter McCoy-VP, Ellie Menz-Secretary, Sean Cunningham-Treasurer, and Directors at Large Brooks Washburn, Carol Rossi-Fries, Dick Mooers and Joe Vitale. The Monthly board meetings are open to all members and are announced in the monthly board minutes sent to all members by email. Gwen, Sean, Brooks and Joe will complete their two year terms this year and Carol, Dick, Ellie and Peter will begin two-year terms. Peter will coordinate Learn to Row, Carol will be Membership Coordinator, Joe and Pat Luppens will manage the club's fleet, and Dick will coordinate boathouse and yard work.



2018 Learn to Row – [Peter McCoy](#)

GORC's annual Learn to Row Day will be held on **Saturday, June 9 starting at 9 AM**. All members are encouraged to attend. The club's "mixer" and picnic will follow LTR. We are still developing plans for the day, but please let Peter know whether you are available to help that day and on into the season. Having lots of members present and talking rowing with our guests will show the club's spirit of welcoming new rowers into our special sport. During the Learn to Row season at least four or five experienced members should be on a sub list to row with the new rowers, per the club requirement for two experienced rowers in any new 8 and one in a four, plus the cox.



2018 Development Crew – [Chris Daggett](#)

Preseason plans for the 2018 development crew include Boat Captain Chris Daggett with other members Danielle Jerry, Susie Parisian, Brian Walker and Robin Woodin as they are available. Dick Mooers and other experienced rowers will advise. The crew plans on filling out a 4+, normally, but may row the 8 from time to time. Anyone interested in joining the crew to sub, refresh their skills, fill out an 8 or help with mentoring should contact Chris. The purpose of a development crew is to build on first season rowing skills and to introduce and practice coxswain skills. The goal is that from mid-season onward a five-member crew will be able to function independently. Chris's crew is open to other members who want to work on technique, practice being coxswain, or just add another weekly row. Contact Chris if interested in joining the crew or being a sub.



Membership - [Carol Rossi-Fries](#), Membership Coordinator

To kick off another season and safely get on the water as soon as the weather permits, I am urging everyone to take care of their membership renewal as soon as possible. Membership renewal is a three-part process. One part is with US Rowing and the other two are with GORC itself. The first two parts are done on line, and instructions have been sent to you by email. GORC dues are to be mailed to Sean or left for him at the boathouse. *Please do not*

go on the water in club boats until the waiver is signed and all other membership obligations are satisfied.

It is essential that you **start by renewing or joining US Rowing**, paying the Basic Membership fee and signing the waiver form at the US Rowing website. You will need your USRA Membership ID Number when you fill out the GORC form. US Rowing can be accessed at <https://membership.usrowing.org/>. The Basic US Rowing Membership fee is \$9.75. Once that is paid with a credit card, you will have to sign the waiver online. This is essential, as our insurance policy requires these steps to be covered in case of an accident. Current US Rowing “Championship” members need not pay the basic fee.

To join or renew your membership in GORC, you must also fill out forms online. They can be accessed at <http://gratefuloars.weebly.com> and/or by the link already sent out to the membership. Our club dues are still \$120. The dues may be paid at the boathouse or sent to Sean Cunningham, GORC Treasurer, 962 Cold Brook Dr., Colton, NY 13625. If you have any questions or need help with the membership process, contact Carol (rossifcc@potsdam.edu) or Sean (seantcunningham@gmail.com).



“Volunteer” Opportunities in GORC in 2018

Grateful Oars is not a large club, but it has to do all that any large club undertakes. Teaching new rowers, helping to develop rowing and boat handling skills, maintaining boats and the club’s portion of the boathouse, cleaning up the dock after the geese have blessed us, organizing the season’s picnic—there are lots of ways to help. This season we have a specific need for someone to be responsible for the outboard and launch. Want to help with any of those jobs? Please speak to Gwen or any board member.

The preseason boathouse sweeping assignment list follows this newsletter and every 2017 member is on it. Please print and retain. The list will be revised after Learn to Row is set up and membership renewals are complete. An updated list will be posted in the boathouse.



Please: No rowing until your membership is complete: USRA and GORC dues are paid and your waiver is signed!

Grateful Oars RC is on the web and Facebook:

<http://gratefuloars.weebly.com>
<https://www.facebook.com/grateful.oars/>

Tentative Sweeping Schedule 2018

Date	Last Name	First Name	Phone	Email	Initial When Done
30-Apr	Daggett	Christine	315-261-9546	ccdaggett1@yahoo.com	
7-May	DelRossi	Alison	315-261-9731	afdelrossi@gmail.com	
14-May	Edwards	Cynthia	315-389-4966	cinder@slic.com	
21-May	Estevez	Ana	615-477-3918	aestevez@stlawu.edu	
28-May	Grainger	Lee	315-767-0969	leegrainger337@gmail.com	
4-Jun	Hafer	Liz	(315) 212-1747	elizabeth.m.hafer@gmail.com	
11-Jun	Jerry	Danielle	(907) 231-1332	dgjerry434@gmail.com	
18-Jun	Jewett	Rob	315-212-4184	rob@ejewett.com	
25-Jun	Johnson	Ron	315-212-4957	rjohnson454@gmail.com	
2-Jul	Kelson	Christa	315-212-3496	ckkelson@hotmail.com	
9-Jul	Lambert	Julia	315-244-7804	juliadenice@yahoo.com	
16-Jul	Lindahl	Chelle	315-261-1926	chellel@usa.net	
23-Jul	Luppens	Pat	315-854-1808	pat.luppens@gmail.com	
30-Jul	Maguire	Maggie	3152122570	macook1212@gmail.com	
6-Aug	Parisian	Susie	(315) 769-3939	soparisian@hotmail.com	
13-Aug	Preston	Ashley	315-265-3412	ashleypreston35@gmail.com	
20-Aug	Rubsamen	Rich	315-265-0424	rich1756@hotmail.com	
27-Aug	Smith	Chris	315-389-4966	chris_james_smith@me.com	
3-Sep	Taylor	Maureen	315-265-9181	taylorme@potSDam.edu	
10-Sep	Walter	Michael	315-323-7218	mwalter9@twcnny.rr.com	
17-Sep	Walker	Brian	(315) 212-6481	foodwork@hotmail.com	
24-Sep	Westerling	Janice	315-265-1630	janicewesterling@gmail.com	
1-Oct	Woodin	Robin	(518) 856-2025	rsw428@gmail.com	
8-Oct	LTR				
15-Oct	LTR				
22-Oct	LTR				
29-Oct	LTR				

Subs:	Cunningham	Gwen	401-286-0941	gwen.burrow@gmail.com	
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	Rossi-Fries	Carol	315-725-1340	rossifcc@potSDam.edu	
	Vitale	Joe	315-389-5740	pyoumel@gmail.com	
	Washburn	Brooks	315-261-1984	brooksawash@gmail.com	