NEW LEADERS TAKE THE REIGNS AT YARRA YARRA

BRUCE RICKETTS AND JOANNA NUTTALL TAKE ON THE CHALLENGING ROLES OF PRESIDENT AND CAPTAIN TO MOVE YARRA YARRA INTO SEASON 2003/2004
“Ah… my captain, my captain”
“should we bow?”
These are some of the comments echoing in my ears as I embark on the year ahead as the Captain of Yarra Yarra Rowing Club.

I would like to begin by introducing myself and providing some information on my rowing background. I was born in Worcestershire, UK and moved to Australia three and a half years ago. I am a primary school teacher, currently teaching at Wesley College, Glen Waverly. My rowing career began in 1994, when I began university in Newcastle Upon Tyne, UK. I had always fancied rowing and my mind was made up when I saw the young man standing behind the rowing stand at the Sports Fair! I must have been keen, as learning to row in a heavy, wooden eight, in October, in the north east of England soon sorted out the men amongst the boys! I remember my first ever outing. It was a Wednesday afternoon, our coach said to us on the bus, as we made our way nervously to the boat shed, “Don’t worry girls, I’m sure the tide is in this afternoon.” Half an hour later we were plodging, in our wellies (must be an English thing?), through deep, smelling and sticky Tyne mud, which I later found out stains both clothes and skin! My position was bow seat. The one and only time I have ever rowed on bow side, as I was then moved to stroke side and that’s where I stayed. I remember seeing the Senior Women strut about in front of the Senior men and then toss their eight above their heads with such ease, as we clumsily turned ours over. “I want to be one of them one day!” I thought. The great lengths my friends and I went to, to impress those Senior Men, trips to the Solarium (yes, me!). Anyway, I must have worked as I am now married to one of them!

I progressed to stroking a four and won out of novice that same season. We were very a tall four, I, at 5’11” was the shortest!

The following year my university separated from Newcastle University Rowing Club. I became the first President of the University of Northumbria Rowing Club. We had about six members and I remember when we bought our first boat. My Mum still keeps me up to date on how they are getting on! Upon leaving university I joined Tyne Rowing Club. This is where I was introduced to the art of SCULLING, and yes, I even entered a few races! I was a member of Tyne Rowing Club for three years and I now come to the present day… Yarra Yarra Rowing Club. The amount of times Brian and I wandered up and down the precinct, trying to decide which club to join. We had never had a choice before. We decided on Yarra Yarra Rowing Club because they seemed to enter all the regattas, we saw red and blue out on the water regularly and they were very friendly.

It is these areas I want to focus on in the year ahead as Captain. I have set myself two main goals. (CONT)
1. To develop club morale and club spirit.
2. To develop the professionalism of training on and off the water.

In order to achieve these goals I would like to:

1. Introduce a ‘house’ system to include all members;
2. Introduce Sunday as our main Club Day;
3. Encourage the wearing of club colours during training on Sundays;
4. Divide squads into relevant groups depending on commitment and ability levels; and
5. Provide appropriate coaching.

I focusing on these areas I believe Yarra Yarra Rowing Club will benefit in terms of results on and off the water. These ideas can only become a reality with your support. I would like to encourage everyone to get into the spirit of Yarra Yarra and make us proud of the club we are.

I believe first and foremost that Yarra Yarra Rowing Club is a club for active members. If anyone feels that anything within or outside the club is hindering them achieving their goals, don’t hesitate to come and see me.

Joanna Nuttall.

CAPTAIN
INTER NOS PARI PASSU

When I was asked to stand as president of YYRC, I set my thoughts on what would make a great sporting institution. Casting around for ideas, I managed to speak with many leaders, both past and present, of not just rowing clubs, but other sports organizations as well. A common theme emerged. Those clubs which succeed, have a unity - a feel within them that every one pulls together toward the same goal. The leadership of these clubs, engender the spirit of the membership, and set the parameters in which the individual may achieve there personal goals. The tangible spirit of the membership, not the bricks and mortar, nor the real estate we sit on, is what makes the rowing club.

Individuals may wish to race at any level, or simply go for a Sunday paddle to clear the stresses of the week. Many of us choose an enabling roll, through coaching, sponsorship, or administration, for us, helping others to achieve is enough. So whatever category of rower you fit into, don’t hesitate to speak with any of the committee to find out how best we may assist you.

Over the next few weeks, committee members will be available particularly on Sunday mornings, to help answer many of the questions the membership have on the future development of the club. Find out what’s been happening in committee meetings, sub committee meetings, meetings with Carry Grammar regarding the shed redevelopment, the latest on parking issues, and a range of other stuff affecting you the member. Come on down, get some possum soup into you, and chew the fat with us over some freshly brewed coffee.

Start thinking now about what you want to compete in at Dimboola. This great country regatta is a good get together at the start of the season. Always good weather and close racing on a short course, Dimie offers a good opportunity to pick up a pot. So come along and bask in the country atmosphere with the YYRC official factory race team,

Bruce Ricketts.

‘Luck is what happens when preparation meets opportunity’

Darrell Royal, former NFL champion
YARRA YARRA TAKES OUT 3 BRONZE MEDALS AT THE AUSTRALIAN MASTERS

Yarra Yarra Rowing Club had a strong representation at the recent Australian Masters Championships and made their presence well-known. With a female intermediate quad, two female novice fours, an intermediate mixed double and an open male pair, red and blue seemed to be everywhere. The medals came from the mixed double, novice four and open pair events. Well done to all involved!

THE 2003 AUSTRALIAN MASTERS YARRA YARRA CONTINGENCY

JACK & STU TAKE OUT THE 2002/03 ROWING VICTORIA MEDAL: MALE INTER PAIR
As we head into the new rowing season the most noticeable difference concerning the committee is the fresh legs that can be found within. Yarra Yarra Rowing Club welcomes the new president, Bruce Ricketts, and the new captain, Jo Nuttall, on board for what hopes to be a promising season. In total, five of the sixteen positions this year occupied by members new to the committee, while an amazing nine positions within have been employed by someone different to last year. If these signs are anything to go by, Yarra Yarra should see significant changes over the following year.

This ‘new look’ committee’s attention was first directed towards the clubs financial affairs. The end of May saw Yarra Yarra with $75,235.84 in the bank, $9091 of which is in a High Performance Account. As the High Performance Account has continuously been not so ‘high performing’, it was recommended by Fiona Dickson to move this $9091 into our already existing Esanda account with ANZ, while consolidating our three Esanda accounts into one in a hope to achieve improved financial results. This recommendation was accepted unanimously by the committee. Furthermore, Ted Woolcock, Sally Shaw, Fiona Dickson, Bruce Ricketts and Joanna Nuttall have been accepted as the club’s new signatories. (CONT)
In other business, our new marketing director, Jason O’Meara, is currently finalising an agreement with Rebel Sport. Once the agreement is adopted, Yarra Yarra members will have the opportunity to save 5% on all purchases made at any Rebel Sport outlet across Victoria. After twelve months Rebel Sport will then donate 5% of the total amount spent by Yarra Yarra members. So if you need to buy gym equipment, a new bicycle or simply some new clothes, hold off until the arrangement has been finalised and consequently spend big at Rebel Sport.

Adding further to marketing news a subcommittee consisting of Jason O’Meara, Jo and Brian Nuttall, Henrietta McRae and Brendan O’Meara has been established to investigate a potential Junior Program targeting inner city state schools. The committee is right behind this initiative, believing it can lead to a strong source of future members, improving the viability of the club, serving the community (improving Melbourne City Council’s view of the club), and responding to the VRA’s statement that Victoria is underrepresented in junior events.

As always, the redevelopment of our shed has been a hot topic. You can read more about the Working Party’s progress in the ‘Refurbishment and Redevelopment Sub Committee Report’ on page 12.

The Strategic Direction Working Party has also been reformed, now consisting of Bruce Ricketts, Fiona Dickson, Robert Case, Andrew Bray, Sally Shaw and Suzy Cummins. They will meet to discuss issues such as Yarra Yarra’s vision and mission statement, what the club’s priorities should be and how we wish to be seen by the public. We can all help this Working Party and have our say by filling out the ‘Goals and Strategic Prioritisation Survey’ that was handed out with the Yarra Yarra Rowing Club Annual Report pack.

To round off business the new committee position names that were implemented by the previous committee have been changed back to their original titles, for example, Jo is no longer the Director of Rowing but is now the Captain. Furthermore, Bruce Ricketts has been sent on a witch hunt in an attempt to locate the missing committee meeting table. If anyone has any information of its whereabouts, please let him know. Stuart Critchell and yes, Bruce again, have also nominated themselves to be Rowing Victoria delegates.

Finally, Ted Woolcock would like to thank all the committee members for nominating for their respective positions and requests that everyone works together over the next year in harmony for the best interests of the club. Here here, Ted.

Brendan O’Meara
As the recently elected Marketing Director of YYRC I have several key goals I wish to achieve. Each will provide both myself and the club some great challenges, however through some hard work and determination I am very confident that collectively we can achieve them.

Success can often be attributed to the clarity and direction of your marketing plan. In this instance the club does not have a set marketing plan, hence my first task is to construct a clear and precise marketing plan outlining all of our marketing goals and strategies. Once this is done I can then move forward and look to implement the plan.

I wish to concentrate on developing three key areas of business at the club. Not gauging their level of importance these are as follows:

1. Sponsorship: My aim here is to sign a low level sponsor to the club offering in return branding on the club’s fleet, naming rights to the Learn to Row program, plus branding inside the club house. Sponsors at amateur club level will often come from within, hence I would encourage all members to think about who they work for and what they may be able to offer the club. What may be insignificant to your employer may be of great value to the club.

2. Merchandise: Release a small range of new club merchandise to improve our presence at regattas and while training on the Yarra River.

3. General Marketing: Investigate a broad range of options with the overall goal being to bring new members to the club.

I am setting my goals very high, as I know the rest of the committee are for the coming season. It must be noted that marketing the club does not fall into the lap of one individual. We are all ambassadors of the club, with our mere presence sometimes all that is needed to market YYRC to the greater population.

I look forward to working and rowing with each member throughout the up coming season. Given we all work together towards our goals I predict some very successful times for the club in the not too distant future.

Yours Sincerely,

Jason O’Meara- Marketing
As you all know I have been appointed as Recreational Rowers Liaison. I am very happy to have taken this role and would like to do my best and devote as much time as possible to the club to keep the social rowing program running smoothly.

Obviously one of my main goals is to keep the participation levels very high and encourage perseverance of our current social rowers. I would also like to make the socials feel as much part of the club as any other member by informing them of the events of the club and inviting them to other club activities.

I am also aiming to encourage dedication from all the socials and especially from those rowers who are interested in competing for the club, by having them join the men/women’s squads.

I’d also like for the more experienced members of the club to assist in the coaching. I will let people know when coaches are needed.

Eddy Inostroza

Rob Case has been competing in the Winter Sculling SPRINT series with a fair amount of success to his name. Although it looks mighty cold.
I have the solemn task of bar manager. Most would insist that this is the most important task a YYRC representative can have. Beer drinking is steeped in the tradition of rowing, and lies at the very heart (and liver) of a club. A good bar should be the centre of a club’s social activity. It is a place of reflection and planning over a cool ale and wine in a relaxed and congenial atmosphere.

Apart from socialisation, beer drinking provides important training benefits. The renowned and highly credible Fosters and Heineken institutes of sports science have demonstrated that nothing breaks down the accumulation of lactic acid more quickly and effectively than beer. So after a row why not benefit from the relaxation and recovery benefits afforded by a cold one, and at the same time putting much needed dollars into the club’s coffers.

As bar manager I have the following aims:

• To provide your preferred beverage when you want it.
• To increase the services provided by the bar/kitchen and for a more relaxed and comfortable bar area.
• Raise revenue for the club. (CONT next page)
You will notice some improvements of the kitchen bar and tidying up of the area. This is in preparation for Café Possum. Soon you will be able to enjoy at very low prices:

- Saturday mornings, breakfast of porridge, raisin toast, and coffee for just $5.
- Sundays 10:30 – 2:00, coffee, cake, homemade soup and crusty bread roll, raisin toast and choice of conserve. The bar will of course be open.
- Wednesday’s bar open. During the warmer months fortnightly BBQs.
- Pasta nights on Thursday evenings before designated regattas.
- Also coming soon, the President’s Dinner for Gentlemen of YYRC.

Café Possum has the critics raving. Here is what a few have to say:

“After my Sunday row, can’t wait to sink my teeth into cake and a mars bar at Café Possum” – Andy Bray.

“Da best coffee South of Brooklyn” – Tony Soprano.

“Absolutely delightful. Just love Henrietta’s pav. And so cheap!” – Fiona Dickson.

“I like my porridge after my row I does” – Brian Nuttall.

“After trying the soup, I’ve decided to shelve my plans for a floating restaurant on the Yarra. I just can’t compete. So cheap too. How do they do it?” – Stefano De Pieri.

All money raised will provide for better rowing equipment and services provided by YYRC.

Stuart Critchell
Bar Manager

Photos Wanted

Yarra Yarra is currently lacking club photos, especially from 1970 to the present. If anyone has club photos could they please contact Andy Bray preferably by email (abray@structural.com.au) so they can then be scanned onto a CD. So dig out your albums and see what you can come up with.
Objective
The Refurbishment and Redevelopment (R&R) Sub Committee has been endorsed by the Committee and membership to continue both the refurbishment and redevelopment investigations with a view to having a recommendation to be put to YYRC members in late September 2003.

Sub Committee Members
The R&R Sub Committee consists of the following Committee Members:
- Sally Shaw (chair)
- Fiona Dickson
- Rob Case
- Romayne Lightfoot
- Jo Nuttall

Communication to Members
This sub committee acknowledges the importance of keeping members fully informed of the process and the issues as they arise. The sub committee will actively seek input from members throughout the process.

Noticeboard
A notice board has been established near the ergo’s at the club which will display the timelines, the process, the printed material that the sub committee produces and other relevant information.

Email
For those with email, a fortnightly update will be sent describing the same items as displayed at the club.

Availability of Documents
Anyone interested in obtaining relevant copies of documents can ask any member of the sub committee

Member Forums
Two informal meeting’s will be held on Sunday’s in July and August for club members to find out information regarding the process, timeframes and ask questions of the subcommittee. Once the YYRC committee has considered the options a final member forum will be held to discuss this prior to the Special General Meeting. We will also be inviting Carey representatives to some of these forums.

Process
There are two processes being run in parallel. The first investigates the refurbishment options related to the current shed. The second investigates the rebuilding option, specifically the offer from Carey Grammar.

The sub committee will take the outcome of the two investigations and recommend a position to the committee. The committee will then consider that recommendation and decide whether to endorse it or not.

Once the committee has endorsed an option, a Special General Meeting will be called where a motion will be put based on the committee’s decision.

(CONT next page)
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**Timeframe**

The timeframe that the activities fall into is:

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
<th>Date</th>
<th>Who</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Sub Committee Meeting</td>
<td>15/7</td>
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<tr>
<td>Week 2</td>
<td>Sub Committee Meeting (via email)</td>
<td>22/7</td>
<td>All</td>
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<tr>
<td></td>
<td>Carey Meeting</td>
<td>21/7</td>
<td>All</td>
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<td></td>
<td>City of Melbourne</td>
<td>21/7</td>
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<td>Legal Representation Completed</td>
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<td>Week 3</td>
<td>Member Forum</td>
<td>27/7</td>
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<td></td>
<td>Committee Meeting</td>
<td>29/7</td>
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<td>Week 4</td>
<td>Sub Committee Meeting</td>
<td>5/8</td>
<td>RC,RL,AB,SS,FD</td>
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<td>YYRC Refurb Analysis</td>
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<td>Business Plan</td>
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<td>Week 5</td>
<td>Member Forum</td>
<td>10/8</td>
<td>All to Review</td>
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<td>Sub Committee Meeting</td>
<td>12/8</td>
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<td></td>
<td>Carey Meeting</td>
<td>14/8</td>
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<td></td>
<td>Sub Committee Options Sent out for Review</td>
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<tr>
<td>Week 6</td>
<td>Committee Meeting - Endorsement of preferred option</td>
<td>19/8</td>
<td>Committee</td>
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<td>Week 7</td>
<td>Determine SGM Material</td>
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<td>Contingency Week</td>
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<td>Week 8</td>
<td>Member Forum – Presentation of preferred option</td>
<td>31/8</td>
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<td>Week 9</td>
<td>Email/Mail SGM Material</td>
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<td>Week 10</td>
<td></td>
<td>16/9</td>
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<tr>
<td>Week 11</td>
<td>Special General Meeting</td>
<td>21/9</td>
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Sally Shaw
Secretary

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**Radio Sport 927**

As of last week we now have an add on Radio Sport 927's website advertising our Learn to Row Program. The add is placed on their community news page which provides a link to our website, which has been updated with some generic information regarding the program. If you wish to have a look go to www.sport927.com.au and click on the Community Noticeboard page.
Know Your Club Mates

Name: George William Burton

Nick name: Bill

Birthday: 10 April 1928

Joined Yarra Yarra in: 1945

Sports played (besides rowing): Basketball, Football

Favorite Boat: All

Preferred training attire: All Work Gear

Greatest Rowing Achievement: Victorian Junior Championship

# of times you’ve tipped a scull: Nil

# of times you’ve slipped on the damn landing: 4

What happens when you row to the island and need a toilet stop: Wait

Favorite Music: Country

Favorite Dish: Spaghetti

Favorite Drink: Beer

Favorite piece of clothing: Shorts
Brain Teasers

History.
1. In which year did Australia enter World War II?
2. What happened in France on the 21 January 1793?
3. In what century was the ‘Sacking of Rome’?
4. Who were the first three Presidents of the United States of America?
5. Who was the British King during the first white settlement in Australia?

Geography.
1. What is the capital city of Spain?
2. Bombay, Madras and Calcutta are cities in which country?
3. Name the two colors of the Austrian flag?
4. What is the easternmost furthest country among the Caribbean Islands?
5. Which is the highest mountain in Cyprus?

Sport.
1. Who won the 1983 AFL premiership?
2. Besides Nathan Buckley, who was the last player to win the Norm Smith Medal from the losing team in a Grand Final?
3. In their famous ‘Rumble in the Jungle’, Mohammed Ali fought who?
4. In which sport are pixels performed?
5. In which sport would the term ‘3rd and 6’ be appropriate?

Entertainment.
1. Who was the lead singer of The Doors?
2. What are the first five words from INXS’ song By My Side?
3. The original Star Wars film was released in which year?
4. Which 1960s western was A Bug’s Life a remake of?
5. Who directed the 1954 Japanese film Seven Samurai?

Science.
1. Which planet is sixth from the sun?
2. What are the first five elements on the Period Table?
3. What is the next fraction in this cycle: 0, 5/6, 5/3, 5/2, … ?
4. What is the study of the properties of sound?
5. What does an Anemometer measure?

Language.
1. What is the abbreviation ‘prep.’ short for?
2. What is the first word of the Australian English dictionary?
3. What is a Metallic Starling?
4. How many punctuation marks are there in the Australian English language?
5. What is a prefix?

ANSWERS AVAILABLE ON PAGE 16
FOODS TO AVOID
Dr George Samra
from The Allergy Connections

Arthritis and Rheumatism: Tomato, potato, beef, veal, pork, citrus fruits, wheat

Irritable Bowls:
Mild symptoms: onions, garlic, chilli and capsicum
Moderate: spinach, cabbage, broccoli, nuts and bananas
Bad: legumes, beans, peas, lentils, sprouts, soy, tofu, miso, soy milk
Severe: wheat, milk, eggs

Losing weight: Sugar, honey, glucose, gluten foods, crisps, fried foods, fatty foods, juices, milks, alcohol and drinks that are high in calories

Asthma and other airway diseases: Cows’ milk dairy products, beef, veal

Headaches and migraines: Chocolate, cola drinks, citrus fruits, peanuts, green beans, peas, cows’ milk dairy products, MSG (code 621)

Eczema, skin conditions and itch: Cocoa, oranges, peanuts, cows’ milk dairy products, MSG (code 621), soy products, egg, green beans and peas.

In 1981 the following tradesmen were not permitted to row:
Bakers, blacksmiths, bookbinders, brick makers, butchers, Builders, carpenters, engineers (working), foundrymen, House painters, laborers, lumber masons, plate layers Packers, plasterers, porters, plumbers, quarrymen, sawyers, tannery men, wool makers, weavers and others in similar employment as stipulated under section ‘A’ of the VRA rules and regulations.

TRIVIA ANSWERS

History: 1- 1939. 2- Execution of King Louis XVI. 3- 5th Century AD. 4- George Washington, John Adams, Thomas Jefferson. 5- King George III. Geography 1- Madrid. 2- India. 3- Red and White. 4- Barbados. 5- Mt Olympus. Sport 1- Hawthorn. 2- Gary Ablett. 3- George Foreman. 4- Ice Skating. 5- American Football. Entertainment 1- Jim Morrison. 2- In the dark of night. 3- 1977. 4- The Magnificent Seven. 5- Akira Kurosawa. Science 1- Saturn. 2- Hydrogen, Helium, Lithium, Beryllium, Boron. 3- 10/3 or 20/6, (x/2) + (x/3). 4- Acoustics. 5- Wind Speed. Language 1- Preposition. 2- Aardvark. 3- Native Australian bird. 4- 13. 5- Verbal element placed at the beginning of a word to qualify its meaning, ie: ex, non, un, anti.

0-4. You’ve well and truly tipped your boat. Swim back to the sheds for an ergo.
20-24. Finish line was in sight. All you needed were quick hands and a strong finish.
25-29. Guts and determination drove you home to victory.
30- You’re faster than the vets slamming down beers on a Wednesday night!
NUTS, BOLTS, AND THUMBSCREWS

- Nikki and Andrew Ellis are the proud parents of Fraser James Ellis who weighed in at 8lb 4oz. Family are all doing well.
- Laurie Muir celebrated his 85th Birthday on 9 June.
- Ted Woolcock celebrated his 75th Birthday on 6 July.
- Vice Captain Suzy is celebrating her birthday today- 18 July.
- The Club would like to thank Ron Mitchell for organising the old photos to be placed back on the walls.
- Likewise, thanks go out to Bruce Ricketts and Mike Grant for the renovations to the bar area, after all, everyone likes a good looking drinking area!
- The slides of the Mitchell 4 have received maintenance and are now fit for rowing.
- The Donald 4 on the other hand is still out of action.

FROM THE EDITOR

Well it’s been an interesting past couple of months to say the least. Hopefully, if you’re still reading that is, you now have a fair idea of where the club stands right now and ultimately, where we are headed.

While this edition of the famous Yarra Yabbie is probably one of the longest in history, it will most likely not be as long in future editions, considering many of the articles within are meant to simply inform you all of various goals and objectives the committee currently holds. (Sounds a bit like a disclaimer).

Having said that, I’d like to thank the following people for contributing their magnificent pieces of literature: Jo Nuttall, Bruce Ricketts, Jason O’Meara, Eddy Inostroza, Stu Critchell and Sally Shaw.

I would also like to acknowledge and thank the assistance of Ron Mitchell, Bill Burton, Ted Woolcock (for ringing up Laurie to find out his Birthday), Andy Bray and Jason O’Meara. Finally a very big happy thank you to Sally Shaw for putting up with all my emails over the past couple of weeks.

I’m almost reluctant to write this last bit after Bruce’s words of wisdom, but anyway, if anyone would like to contribute to the next edition of the Yabbie, be it a funny story, regatta report or photos, please send them to b.o’meara@ugrad.unimelb.edu.au. In all seriousness though, all the contributions from this edition have been from within the overworked, overburdened and overstressed committee, so to ease the load for them your contributions would be greatly appreciated by all.

Brendan O’Meara