

Blue Blades



The Mid-Hudson Rowing Association Newsletter

V3 N1 March 2014

Indoor rowing starts March 6.

Use our web site to sign up for sessions.

CPR Class March 19.

“Winter Taste of Rowing” March 29 & 30

Annual Meeting 2013 Wrap-up

Mid-Hudson held its annual meeting at the HRRA Boathouse Regatta Room on November 7, 2013. Rick Longworth put together a video wrap-up of the year which was previewed at the meeting. In reviewing the 2013 season, the big news was the purchase of two shells; the green Peinert single was added to our fleet of sculling shells and a Vespoli Millennium eight was purchased from Marist to replace the *Davies*. The MHRA Board has also allocated \$1500 for the purchase of a new launch to replace the leakier of our two old launches. Linda Rapp stepped up to be our new LTR Coordinator for 2013 and we added a successful “Fall into Rowing”



Mike with the green Peinert



Inspecting the new eight

introduction to rowing. Linda will continue as LTR Coordinator for 2014 and starts the year with a long list of contacts who may be interested in learning to row. Many thanks to our volunteer LTR coaches: Mike Griffin, Kurt Quackenbush, Candy Davies and Bill Davies. Bill Davies ran the sculling clinic once again and graduates afterwards swelled the numbers turning out for coached sculling with coaching provided by Bill, Mike Griffin and Warren Buhler.

Members' enthusiasm was demonstrated by great participation in volunteer efforts such as coxing, equipment clean-up days, pot-luck breakfasts and support of fundraising events. The results of a new membership survey were reviewed and the results used by the MHRA Board in planning activities for 2014.

Officers Elected for 2014

Each year MHRA officers are elected by the members serving on the board. This year's officers are:

- Hai Longworth - President
- Mike Griffin - Vice President
- Lorrie Renz - Secretary
- Brian Prasky - Treasurer

The additional members of the board of directors are: Joan Carter, Chris Cline, Andrea D'Addario, Amy Huber and Linda Rapp.

Hai is serving for the first time as president and deserves both our gratitude and support for being willing to serve in this key position. Mike, Lorrie and Brian are

returning to the positions they served in last year. All members owe them their gratitude as well.

Committee Chairpersons:

The following have agreed to chair these committees. Please keep them in mind if you have any suggestions and especially if you would like to help in some way.

Coaches:	Mike Griffin
Fundraising:	Amy Huber
Publicity:	Joan Carter
Learn-To-Row Coordinator:	Linda Rapp
Nominating:	Chris Cline
Website:	Hai Longworth
Facebook:	Margrethe Mummert

New board members

Linda Rapp, Chris Cline and Amy Huber were each elected to a three year term on the MHRA board at the Annual Meeting. This is the first time on the board for Linda and Chris; Amy is returning. Since the Annual Meeting, Cathy Monfred had to resign from the board for personal reasons. The board of directors has elected Andrea D'Addario to serve the rest of Cathy's term.

Congratulations and our thanks are due to all those willing to serve the club in this way. Many thanks are also due to Dotty Martinez who has served on the board tirelessly as fundraising chair and general coordinator for fun events like the moonlight and Mill's Mansion rows. Bill Washburn is also leaving the board after completing 6 consecutive years.

Hands-Only CPR Class

March 19 at the boathouse

By Joan Carter

Its that time of year for MHRA Hands-Only CPR class on Wednesday, March 19, 2014, 6:30-9:00 PM in the Regatta Room at the boathouse with instructor Amy Sherman. Cost is \$6; sign up on the MHRA website on the rowing sign-up page. Rain date is March 26, 2014, same time and place. Our instructor Amy Sherman, will teach you all you need to know about recognizing the signs and symptoms of heart attacks, how to do CPR and how to use the Automatic Electronic Defibrillator (AED). If you can learn to row you can learn CPR. There is no longer a requirement to do mouth-to-mouth breathing with CPR. Follow the link to the American Heart Associations web page to see a variety of videos of Hands Only CPR at www.heart.org

As part of our Safety Plan we offer this low cost CPR class to all MHRA members and former and new members. If you have any coaching responsibilities this



class is for you. For everyone else, in addition to supporting the club's goals to run a safe rowing program, it is more likely that you will use these skills to assist a family member or close friend, so get certified now.

Please sign up by March 14, 2014 so we can give Amy Sherman an accurate number of attendees. If you don't have access to the MHRA Sign-up page then send me an email with the names of attendees to jbccarter@verizon.net

See you on March 19, 2014 and don't forget your \$6 dollar registration fee (exact change helps).

Mid-Winter Social -

Trireme presentation held Feb. 23



Anita Kiewra could not have found a more receptive audience for the presentation of her experience rowing on a modern day replica of an ancient Greek trireme. Imagine rowing with 170 oars persons! What if somebody catches a crab? Worse, what if it's you?

The ancient Greek trireme was a warship rowed by 170 rowers which plied the waters around Athens around 500 BC, protecting the Athenian democracy. In 1988, an international crew of experienced rowers assembled to give it a thorough testing for the first time and Anita was among them. Imagine rowing in a commissioned vessel in the Greek Navy for a couple of weeks. The presentation detailed her experience with the help of slides and videos.

Many thanks to Anita for sharing her experience with us. Thanks also to all those who brought the food and beverages to the pot luck.

It's Time to Register with USRowing

It is that time of year again. Time to log into the USRowing web site, check your contact information and sign your waiver for this year. All members are required to sign their waiver before using any of the boathouse facilities. It is not necessary to have completed your MHRA registration for the coming rowing season before signing your USRowing waiver.

This year, there is an update to how athletes sign their online waivers! Athletes can continue to visit <https://rosters.usrowing.org> or use the direct link: <https://>



rosters.usrowing.org/waiver. The MHRA club code to use is **C73BZ**.

Athletes will notice some changes from last year:

- The look and design of the waiver signing portal has changed but members should find it easy to use.
- All athletes will be asked four safety questions.
- There is an anti-doping video and anti-doping acknowledgement which applies only to athletes expecting to participate in a national team selection event.

Answer the safety questions to the best of your ability. Your responses will not impact your ability to sign the waiver. These questions are for educational purposes only and give USRowing feedback on how well athletes understand safety within our sport.

Fees Increase

The cost of MHRA membership has gone up to \$400 for individual members and \$640 for families. The fees for summer college students monthly membership stay at 2013 levels, \$170 and \$120 respectively. The discounts for individuals and families storing personal shells in the boathouse are \$160 for a single shell and \$320 for two or more. The fee increase is necessary due

to 8% increase (over 2013) for boathouse rental/user fees (5% increased in HRRR fees & 3% due to rental fee for another single). We hope to make up for any operating shortfalls with fundraising events & donations.

If you have MVP TriVantage EPO, you can get Lifestyle Credits to cover \$300 of your membership. If you need assistance with payment, contact Hai Longworth, 845-471-9157, to make arrangements.

Renewing Your Membership for 2014

Use the **MHRA Member Information and Safety Certification form** on the Members page of the MHRA web site (<http://midhudsonrowing.org/members>) to renew your membership.

Forms and waivers:

- Use the information above to log into the USRowing rosters web site and sign your waiver.

Members must now do this on-line.

- HRRRA waiver is no longer required. The USRowing waiver suffices and protects MHRA as well.
- Fill out the MHRA Member Information and Safety Certification found on our web site. (Look for the updated 2014 form coming soon.)
- Mail forms and checks to: MHRA, PO Box 683, Poughkeepsie, NY 12602.
- Registration and payment are due April 13.

2013 Members Survey Input

Using the newly introduced Members Survey results, MHRA is introducing more special rowing events and more social events. These are some of the events that we are hoping to include:

- More extra/special rowing events:
 - More moonlight rows sessions (August, September & October)
 - Special holiday rows with possible long rows (Memorial, 4th of July and Labor Day)
 - Sculling Skirmish: Bill will schedule a local race with Smitty's scullers in August to give our scullers' incentive to get up early every morning to practice!
 - An extra weekday evening row for experienced rowers who want more intense rows. The sessions will be held when there are enough rowers (minimum 5) and a volunteer coach or launch driver.
- We have already had a Mid-winter social event with Anita Kiewra's Trireme presentation but there is more to follow:
 - Picnics after special rows (locations to be scouted by Mike & volunteered members)
 - Spring/Summer/Fall socials/barbecues: John Dux had volunteered to host one. We need more volunteers/organizers. If you provide a place, we will come bearing goodies!

Winter/Spring Activities

- Spring tank sessions - Start on March 6th, Thursday evening 6pm-7pm.
- CPR class will be offered on March 19th (6:30pm-9:00pm) at HRRRA Boathouse. Instructor: Amy Sherman. Cost: \$6.

- Rowing on the river will start in early April (Check for start dates on our web site.)
- Hudson River Sweep sponsored by HRRRA is on April 13. Plan to help out after rowing
- We will have our first potluck or pancake breakfast and boat maintenance of the season on April 19.

Volunteering

Still No Volunteer Hours Required

MHRA does not require volunteer hours from members. However, volunteers do most of the club work so your help is always greatly appreciated. Contact any of the Board members to get involved.

Here is a list of opportunities for you to help out when you can: Coxing, launch driving (training available), boat repair, boat and bay cleanup (monthly club event), Learn To Row, dock cleanup, cleaning boat towels, breakfast for special events, fundraising activities (very important), membership recruiting (grab business cards and brochures from Bay 6), website / Facebook content, newsletter articles, scholastic race committee assistants (training included).

Fundraising Activities

Scholastic rowing & HRRR Boathouse:

- We are continuing to use our film A History of Rowing on the Hudson as a fundraiser for Scholastic rowing and the HRRR Boathouse. Copies are available for \$20 (Blu-ray \$25).
- We also continue to offer specially designed “Oars of the Hudson” glasses and Heron Mugs which will add to our fundraising efforts.

Club capital/supplemental operating expenditures:

Our club has the following annual fundraising events:

- Yard sale;
- Fundraising dinner with the latter includes the very successful silent auction introduced by Cathy Monfred since 2012;
- Jewelry sale (if there is enough interest).

Calendar

Some of the events that are planned for this season:

- **May LTR:** Six sessions for \$150 starting Saturday, May 10 at 7:00 AM.
- **June LTR:** Six sessions for \$150 starting Saturday, June 14 at 7:00 AM.
- **Sculling Clinic:** Six sessions starting July 8 at 5:30 AM. \$150 (\$125 for members)
- **Row for the Cure,** Sunday, June 1. This race is sponsored by the Wappingers Crew Club and

MHRA will be selling glasses and entering a mixed 8+ to show our support.

- **Annual Yard Sale:** St. John's Lutheran Church, Wilbur Blvd (1st or 2nd Saturday in August).
- **Fundraising Dinner:** TBD in August.
- **Mill Mansion Row:** September 9.
- **Tail of the Fish** in Saratoga on Saturday, September 27. MHRA will go to this race again as well as the Head of the Fish, October 25, if there is sufficient interest.

Winter Taste of Rowing Saturday-Sunday, March 29 & 30th

We are reaching out to the not-yet-rowing community with our Winter Taste of Rowing sessions. Linda Rapp, our Learn-to-Row coordinator, has sent everyone a brochure which gives all the details. Linda has been especially active providing new community opportunities to introduce people to rowing. The “Fall into Rowing” last year was a new initiative and we are planning on repeating it this September. Last year’s event added to our growing list of those potentially interested in learning to row with MHRA.

It is important that members give programs like this their full support. Reach out to friends, neighbors and colleagues at work to let them know about these opportunities. Print out some



brochures to have them handy when the opportunity presents itself.

Winter Taste of Rowing dates are Saturday, March 29th and Sunday, March 30th from 12:30 to 2:30 PM at the HRRR Boathouse. The fee is \$20 which covers both sessions.

Fundraising Dinner

By Dorothy Martinez

It is time to congratulate ourselves for a job well done. The *Gourmet Gala by the Hudson* was the third annual fundraising event like this and it was a big financial success. Just as importantly, the food was great and the evening was a lot of fun for all those that attended.

After expenses the dinner raised a total of \$945. The silent auction raised an additional \$1,091 for a combined total of \$2,036. This is a big help as we work to keep our fleet and rowing equipment in good shape.

Thanks are first due to all those who attended and especially to those who brought friends. Dotty Martinez, Amy Huber and Cathy Monfred worked very hard to make the evening elegant with music, linens, place settings and beautiful flowers. It took a lot of planning and hard work for which we owe each of them our heart-felt gratitude. We have to thank Cathy Monfred, in particular, and those that contributed auction items for the success of the silent auction.

Of course there was lot of help setting up and cleaning up afterwards in true Mid-Hudson style. Hai Longworth donated the chafing dish racks and provided the coffee service. Brian Prasky lent us his audio equipment for the music. It all goes to prove there is something special about those who row.

Coaching

MHRA needs volunteer coaches for indoor rowing, Learn-to-Row, and special community outreach sessions such as the “Fall into Rowing” and the indoor “Winter Taste of Rowing” sessions planned for later this month.

USRowing offers coaching classes at three different certification levels which can be helpful. On occasion they are held at the HRRRA Boathouse.

The truth, however, is that a basic knowledge of the rowing stroke and experience are more important for coaching than certification. It is possible to learn by doing and MHRA provides an excellent opportunity for those wanting to do some coaching and give back to the sport.

Speak to Mike Griffin, our head coach, if you would like to try your hand at some coaching.

Swim Test -

Every member is required to pass a swim test after joining MHRA. The swim test consists of demonstrating the following:

- Swim 50 yards continuously using any stroke
- Tread water continuously for 10 minutes
- Put on and secure a life jacket during the last two minutes of treading water
- All this should be done wearing your typical rowing clothes

In the recent past MHRA has rented the pool at the Jewish Community Center to provide a convenient opportunity to fulfill this requirement. This year it was not practical because of the relatively few new members and an increase in the cost of renting the pool.

All members must re-certify their ability to swim when signing up for the new rowing season. This will suffice for members who have not completed their swim test requirement until they have a chance to do so. New members who have access to a pool through a gym or swim club can use the form on the member’s page of our web site to complete their test.

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Masthead photos are by Rick Longworth; Trireme photo by Anita Kiewra; Lithographs by Currier & Ives and Wing Hunter; Other photos by Bill Washburn.

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