

Strokewatch



Newsletter for the Bay Area Rowing Club of Houston - August 2002

WELCOME! WELCOME!! WELCOME!!!

Welcome!! To all our recently joined members! The fresh enthusiasm and ideas you bring to the club truly helps keep alive the sheer delight of rowing. Don't be shy!! Introduce yourself! Volunteer to sub in boats if you so desire!! And the upcoming BARC parties/events are a great way to meet and mingle! Welcome!!

Bruce Asher
Tamara Banda
Pam Beyer
Rusty Drake
Maxine Epstein
Margaret Hayes
Stuart Randolph
Yvonne Redding
Melba Rodriguez
Deborah Vigare
Gareth Wiley

Geez...I hope we didn't miss anybody!!

Oh yeah... and check out the upcoming BARC party announcements. We'd love to see YOU there!! The barbeque at Marilyn's is sure to be yummy! And you should SEEEEEE Bruce's outfit for the karaoke party!! He is gonna be ever so fine...even more so than usual!!!

And! congratulations to Margaret Hayes who is 1 of 20 persons, from a field of 800 applicants, to receive a Continental Airlines Scholarship. Wow!!! You goooooooooo girl!!!

THE PRESIDENT'S CORNER



That's not just any handsome face, that's our fearless pres, Alex Parkman. And I must say, besides being a great rower and a great coach, he is an all around sweetheart! Oh wait...that term is too girly huh?...yeah...okay ...he's an all around manly man!!! Here is all the news from Alex.

MINUTE MAID BOATHOUSE?

Well, it is taking longer than expected, but the BARC Board continues to pursue the plan to expand the boathouse facilities to provide more space for the growing rowing demand. The archaeologists seem to be working in geologic time, but once the archaeology is complete, we can proceed at race pace with further preparations for the new boathouse.

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Club Officers:

President	Alex Parkman
Vice President	Hannes Hofer
Treasurer	Tom Heig
Secretary	Martha Hood
Board members:	Dmitry Rachuk
	Theresa Thompkins
	Claire Sweatt
	Marilyn Bullard
Membership Dir.	Theresa Thompkins
Boathouse Man.	Dmitry Rachuk
Newsletter	Tina Bryan
BARCwear	Theresa Tompkins
Webmaster	Hannes Hofer

Very Important Member YOU!!!

BOATS NEED TO FEEL THE LOVE!

Theresa Thompkins was kind enough to provide some reminders about keeping our boats free from harm, and what to do in case we do indeed need boat repairs. By the way Theresa.... You have done a GREAT job with the boathouse!!! Thanks!!!

Repairs Needed?

1. Write the damage in the repair log book.
2. Contact a member of the board or someone who knows how to and will fix it. It is a good idea to let the person you contact know how the accident happened so that we can possibly come up with a plan or suggestions to keep it from happening again (if it happened to you, it will probably happen again to someone else).
3. Put a very visible sign on it (if necessary) to indicate that it is not rowable. None of us wants someone to take out a boat that does not have a fin on the bottom or has a hole in it.

Helpful Tips to Prevent Breakage

1. Be sure knee pads are on the oar locks when removing or reshelving a single. This should help to prevent scratches along the bottom of the boats.
2. Be careful to lift the shell into the rack, then set it down on the rack in its proper place. This should help prevent hull damage.
3. If the boat needs to be moved further into or out of the boathouse once in the rack, it should be lifted, then moved (not slid on the racks).
4. The boats should NEVER be set down or dropped on the ground or dock - it's a surefire way to break fins.
5. If you need help carrying a boat, please do ask! (We BARCs are pretty dang friendly!)

Oh yea, please also remember to both sign the log book in and out and to lock the doors when you leave.

Thanks ya'll,
 Theresa

NORINE AND BILLY BOB DO WISCONSIN

by Billy Bob Dixon

What does rowing, cheese, hills, and bicycling have in common? The Northwoods to Capital bicycling tour that Norine Jalloway Gill and Bill Dixon completed at the end of June!

The Bicycling Federation of Wisconsin in coordination with a company called Two Bicycles and a Map hosted a 350 mile bicycle tour from Middleton (close to Madison) Wisconsin to Sturgeon Bay. Sturgeon Bay is located in the beautiful Door County area.

First... the rowing connection - My wife rows with Norine and I successfully horned my way into the bike tour. Norine Gill rowed with Barb Irvin at the Austin Rowing Club. Barb moved to Madison to attend graduate school and made Madison her home. Norine and Barb continue to be friends. Believe it or not... there are two Norines in the world!! Norine has a friend named Norine who she had met while competing in regattas. One of these two Norines live in Madison... and was also on the bike tour.

Day 1 Middleton to Baraboo (52 miles)

It was hot and humid. (I felt like I was at home!) We ate, and then stopped for coffee, next at the International Crane Foundation, then for lunch, and took Wisconsin's last free ferry across the Wisconsin River. Hills were like stringing 237.5 Kemah bridges together, end to end. Barb and I went swimming at one of the many public swimming pools along the route. Norine and I were now very aware that our bikes were geared for flatter terrain... no "granny" gears!

Day 2 Baraboo to Waupun (69 miles)

Waupun is a prison town. Those that were not locked up, were very friendly! One of the high school faculty sang country and western songs to us in the gym - he was quite good. We walked down to "The Goose Shot Bar and Grill" to drink Wisconsin beer and listen to people talk funny. There were signs posted in all the windows downtown that said "Waupun Welcomes... Northwoods to Capital Tour... We Hope You Enjoy Your Stay!"

CHEESEHEADS – continued on page 5

WOW!! ANOTHER WORK DAY!!

Thanks again to Theresa Thompkins for organizing yet another successful work day. Here are some highlights provided by Theresa:

"Tom Heig came and repaired one of the riggers to an Aero, built a protector for one of the hanging boats and generally helped to organize. Jeff Tave came for a short while and lent advise (which I really need since I don't know which of the riggers hanging around belongs to which boat). Helen helped to clean and organize. I reduced the foliage inside the boathouse. It really rained hard that morning, so even I waited until it was only sprinkling, then arrived rather late. Claire had already done more than her share of help the week before on the Maas Aeros."

Thanks everybody! Our club ROCKS cause of YOU!!!

BARC PARTY! BARC PARTY!

Sat August 24th

6:30pm

at the home of Marilyn Bullard

1018 Shorewood Dr.

Taylor Lake Village

Maps will be available in the boat house

The club will provide barbecue

(surprise!!!)

please bring your own drinks

and a dish to pass

**RSVP to Pam Falk 281 538-1742 or
pfalk@utmb.edu**

ADVENTURES OF THE EPSTEINS

by Henry Epstein

BARC members Adam and Henry Epstein recently made two eventful trips related to races, sculling, and shells. These trips proved to be important learning experiences for both of us.

The first trip was to the Tulsa Sprints on June 15. We had arranged to borrow a single sculling shell from the Tulsa, Oklahoma club which was very nice of them. However, arriving on the day before, no one was available to show us the shell. On race day, we were shown the shell, 45 minutes before Adam's first race: the Men's Open 1X. We also had to quickly decide on blades. It turns out that because of the swift current, Adam couldn't adjust the foot stretchers on the water. The boat was also for middleweights and very low in the water for his 210 lbs. In any case, he gamely raced against some fast competition from the Colorado and Tulsa clubs. Although he finished last, we felt that this was a shakedown row.

Afterwards, we adjusted the foot stretchers on land and selected more comfortable blades. However, they wouldn't let us change the heights of the oarlocks. In his next race, the Men's Novice 1X, racing against three Tulsa young men, Adam was in the midst of a three-way race for the lead over the first 500 meters. Unfortunately due to the lack of markers, he was off-course and his blade hit the pier of the bridge midway. Henry, heart in his mouth, timed the delay at 25 seconds. Adam was now dead last. He started up again, caught the next sculler, and was moving fast upon second place at the end. He won a bronze medal, but everyone was impressed by his comeback. The delay at the bridge was the time difference between him and the silver medalist.

What we learned is the importance of bringing your own equipment not only to race in but to go over the course on the day before the race. On courses like that in Tulsa, previews are critical.

So, July 12 we drove up to Chattanooga, Tennessee to pick up a mint condition Empacher heavyweight single sculling shell from the Buschbachers. By the way, the venue and club facilities there are magnificent, among the best that we have seen. Coming back on July 13 with thunderstorms in Alabama, Mississippi, and Texas and our precious boat on a rather flexible rack on top of our Ford Explorer, we drove 16 hours with our hearts in our mouths. Fortunately, no disaster occurred.

However, we learned a second lesson. Our club needs its own boat trailer so that all of our own equipment can be properly and safely transported in all weather to and from regattas or from other places for new equipment or repairs.

ITS HOT!! TIPS TO STAY COOL!

All: Drink lots of water! Gatorade! Power Ade!
Wear a hat! (Personally, I quite like the umbrella hats!) Use sunscreen!

Men: Keep those shirts off! It'll keep you cool!

Women: Keep your mind off the heat by watching the men without their shirts on!

Yep...very proud of myself at the moment!



Bill!!!!...I see why Joan is so crazy about ya' hon!!!!!!!
You're just so dang cute!!!

CHEESEHEADS – continued from page 3

Day 3 Wauupun to West Bend (47 miles easy day) Stopped at an Amish roadside stand and ate bakery goods and lemonade. At one of the Horicon Marsh preserves, Norine had a blow out, then later fell off her bike.

It was one of those fall over things that cannot be explained. She gracefully rolled out of it into a pike position and the entire audience gave her a "10" for execution. The West Bend Chamber of Commerce ran busses for us to go downtown and pour copious amounts of money into the local economy.

Day 4 West Bend to Manitowoc (60 miles) A most beautiful day! Rode through an area called Kettle Moraine. This area was created through glacial action, resulting in consistently rolling hills. It was heavily wooded and just wonderful. As we rounded a bend towards the end of the day, Lake Michigan came into view. We rode along-side the Lake for a while with an opportunity to swim in the Lake. One of the two of us swam. The water was COLD!!!

Day 5 Manitowoc to Algoma (50 miles)

The day started with breakfast and a sprint to a coffee house. (Those Madison-ites love their coffee!) We were then off along the Lake again for a very nice ride. There was a crash when a couple of the people I was riding with hit mud and fell. One guy's father ran into him. This kid will tell stories about this for years! His Dad's front tire tracks were on his helmet. People were shaken up, but not badly hurt.

We happened to stay at a Beach Motel which overlooked Lake Michigan that night. We had pizza and beer by a bonfire, and many of the riders from the tour came by and visited. Barb thought it was the best impromptu evening event of the trip. Norine and Norine did a very admirable job playing damsels in distress in need of beer or for the fire to be tended. Southern chivalry wore me out!

Day 6 Algoma to Sturgeon Bay (56 miles)

More riding along the Lake. By now, we had passed about 30 Lutheran churches. Lunch was at a local tavern. The looks you get when walking into a bar with biking clothes on. Not matter what you do, cleats are not quiet on plywood floors.

Day 7 Sturgeon Bay (0 miles). While our environmentally conscious Madison friends continued to peddle through Door County, Norine and I rented a

car and checked out a local winery (second time for Bill - I rode my bike there the day before), farm stands, and local color. We drove up the Sturgeon Bay side of the Peninsula and back down the Lake Michigan side.

Day 8 Sturgeon Bay to Madison. A bus took us back to where we had started. We drove through an industrial area, and several people grunted their displeasure at the site of the fumes coming from smoke stacks. Recognizing the area as very reminiscent of Bayport... I proclaimed loudly "I'm home! I'm home!"

I hear it was hotter in Wisconsin that week than in Houston. The adventures continued, as the places we stayed had no air conditioning. On our last night together, many of us had dinner enjoyed stretching a wonderful week out another day.

A couple of hours before Barb took me to the airport, one of Barb's other house guests needed to back out of the driveway with limited clearance. She pulled forward. Out of habit, I proclaimed "way enough". She stopped. Barb looked at me and said "Kathy is a rower too".

Note from the editor: Norine honey! You are more woman than I will EVER BE!!!!

HANGOVER BLUES

As sung by Billy Bob on a Saturday morning row, having gotten in at 4:00 that morning. Dedicated to his lovely bride, Kathy Joe...so as to get him in trouble just one more time!!! Now keep in mind this is indeed a direct lyrical quote as sung by Billy Bob himself.

*"Oooooooh I've got the pudgy butt blues!!!
And I need more time to snoooooooooze!!
If I was to race I would loooooooooose!!
I've got the pudgy butt bluuuuuues!!!!"*

I was so inspired by his musical genius, I bought a John Denver CD on the way home. ??????????

Hmmmm...maybe this is why we have difficulty finding subs.

PRES CORNER continued from page 1

It is estimated that the price tag for a companion facility could be around \$100,000 when all the work is done. So that we do not have to adjust the existing dues structure, we are looking for financing solutions. If you are well endowed, and want to leave a legacy at Mud Lake, BARC is willing to get creative with your money.

We can explore naming opportunities for significant donors. Other solutions may include low interest loans and/or bank guarantees.

Don't forget, BARC is a charitable organization, so your donations are tax deductible.

Please contact the President or any Board member if you care to participate on the Finance Committee!

BARC'S 1ST 8+ LAUNCHED



This picture was taken by Carl Smith in 1989 before the club had a boathouse OR a dock! We've come a long way baby!!!

HELP WANTED *more from the pres*

Due to the expiration of term limits, our dauntless Treasurer – Tom Heig – must relinquish his post at the end of the year. If you are interested in this prestigious position as a BARC officer please contact Tom or any other BARC Board member. Tom is more than willing to share his knowledge of the skill set requirements to keep our club on the financial high side.

Note from the Editor: Tom has done an amazing job in systemizing this function. He has given much of his time and energy in the Treasury and many other contributions to the club. Next time you see him be sure and pat him on the head (if you can reach it!) and say Thanks Tom!!

NAME CALLING

Yep.....more from the pres

BARC has answered the call to provide quality new equipment for its quality rowers. The recent addition of a Vespoli 8 has created an opportunity to put a new name on the boat. If you have ideas to name the 8+ – or possibly a theme for naming future new boats, please leave your ideas on the chalk board or with a board member.

I FEEEEEL THE LOOOOVE!!

Folks have been great! about taking the time to share words of rowing wisdom and interesting experiences. Thank you!!! I feel the love ya'!!! There are lots of interesting tidbits and happenings around our club and with our members. Please do share them with me so I can let the whole BARC world know!! When you have an interesting story or useful information (useless information is great too!) please do send it to tibryan@shell.com for the next edition of *STROKEWATCH*. We are indeed interested in what you have to say!!!



TWEETIES ROCK!!

U.S. ROWING YOUTH INVITATIONAL (Cincinnati)

By: Vanessa Beyers

What a rig! 2 singles, 2 doubles and the Rice 4 all tied down David Beyers style to the roof of a 15 seat van. There were parents (Theresa, David and Vanessa), the brother (Philip), and sister (Jessica), the boat boy (Kyle), and the reason for the trip; coach (Heather) and the athletes (Aimee and Helen). Philip, ever loquacious was the designated driver companion, DJ and general entertainer (he was outstanding all round). Whilst we're on the subject of a 15-seat van, thank you to Hannes Hofer and the Rice crew for generously paying the van rental and the gas for our round trip. We enjoyed the drama of a 44 foot four up above us. David and Kyle did a heroic job of driving us there and back safely.

Fast forward to Saturday: All Tweety supporters, by now including Theresa's parents who had enthusiastically flown in from Louisiana, were highly visible sporting "Tweeties" t-shirts, designed and ordered by Heather for all the Tweety supporters.

TWEETIES continued on page 9

ROWING DEVELOPMENT

by Claire Sweatt

BARC's Rowing Classes are in full swing and lots of individuals are taking our classes. To date, we have had 35 participants attend our Try It You'll Like It classes and 19 participants attend our 8 hour Sculling Classes. As is always the case, we are receiving more requests for our classes than we can accommodate. On July 18th, the BOD approved a proposal that would allow us to increase the number of participants in each Sculling Class. Each class currently includes 6 participants but the new plan is to accept 10 in each class. All 10 participants will attend the Sat and Sun session, and then the group will be separated into two groups of 5 - one group attending on Mon and Wed and the other group attending on Tues and Thurs. We hope this will allow more individuals to learn sculling while still insuring a safe learning opportunity.

The additional classes will mean that we'll need more assistance from club members to help with teaching. If you are not on my e-mail list of Class Instructors and would like to be, please let me know.

Note from the Editor: Claire has done an extraordinary job over the years of coordinating the classes, showing an incredible amount of patience with our students and us teachers, and giving an incredible amount of her personal time to further our mutual love of rowing. Next time you see Claire, how about giving her a big hug and saying Thanks Claire!

Now for a little trivia! Did you know that our very own Claire Sweatt was one of only fifteen persons from a field of 265, selected to attend the physical therapy educational program she ultimately participated in? Not only is she exceptionally gracious, she is dang smart too!! The HO!!!!!!!!!!!!!! Oooops! Think I'm in big trouble now???? Yikes!!!

BARC – THE BREAKFAST AND!! ROWING CLUB



WHILE SOME FOLKS EAT TO ROW.....



OTHERS ROW TO EAT BREAKFAST.....
WITH PALS!! PLEASE JOIN US!!!

BARC GOES KARAOKE!!

Pride? What's that???

Saturday
SEPTEMBER 28TH
7:30 p.m.

Presented by
King of Pop Culture – Bruce Meltzer
1511 Beachcomber Lane
Clear Lake

Tropical Attire Required for Entry

Start gathering up your favorite CDs
for a night of karaoke!!

More Details to Follow

BOATHOUSE EXPANSION UPDATE

By Hannes Hofer

As alert readers may recall, BARC hired an archeologist to survey the area to the north of the boathouse in order to determine if an expansion would interfere with the historical site located there.

The archeologist drilled a line of about 25 holes, 6 ft apart, most of which showed positive, meaning that ancient seashells were found, an indication of the presence of a kitchen midden (an ancient trash pile). The drillings also yielded other interesting artifacts, such as glass marbles and a part of a gulf club, providing proof that the golf game was invented by American Indians.

Soil without shells was finally found about 60 ft from the existing boathouse, and thus the actual boundary of the historical site was found.

This newly acquired knowledge has now been written up in a report which has been sent to the Texas Historical Commission with a recommendation that BARC be allowed to expand the boathouse up to the boundary. This would be substantially smaller addition than what the initial conceptual design had called for, but it would never-the-less allow us to double the footprint of the existing facility.

The next step after getting the expected blessing from TSHC is to come up with a new conceptual design, taking the new parameters into consideration. This design will then be submitted to the Parks Department with an application for permission to build.

Is there an architect in the house? Can you, or do you know anyone who can help BARC design the addition? This is only the first call for volunteers to help with the formidable task of, in effect, building a new boathouse. We need ideas, not just for the design, but also for fundraising and for how the project should be managed. If you want to help, please contact Hannes Hofer or any board member.

TWEETIES continued from page 7

Heather and Theresa, standing in the lake were threatening to launch themselves as the Tweeties passed by!! The cheering was deafening – the girls came 5th in their heat, right in with the lead pack!

Midday Saturday came the 1000m races specially shortened to accommodate the aged. In our group they were: David and Theresa with a youth boost from Philip. Theresa in her single got gold, David – bronze, the David and Philip combo – bronze, and the David and Theresa combo – gold. No need to go into detail regarding the way Theresa strutted about after **two** gold medals!!

The repechage followed for Helen and Aimee that afternoon. Heather couldn't bear to watch up close. She just cares too much – she remained in the main tent resisting the urge to use her binoculars until the last 100m. Theresa, however, totally uninhibited – took to the water alone, splashing and screaming and drawing a lot of attention to herself. We don't doubt her dedication to the Tweeties. But, perhaps, she was also buoyed on by her knowledge of certain hunky coaches in the crowd!! Our girls finished in 4th place with a time of 7.55!! Coach Heather says "It was the best row I've ever seen from the girls. It was truly beautiful." They were eligible for the petite finals on Sunday.

Sunday morning on our way to the petite finals Philip encouraged the girls with Queen's "We are the Champions" and "Another One Bite's the Dust." The performance on shore was outdone by Heather's scrawny 14 year old girls who finished 9th in the Nation!!! Well done and thank you Heather for inspiring and training them. Thanks also to boat boy (Kyle) and the Idaho potato girls (Corey and David).

This was a great adventure where Texas was well represented by ARC's Chris Morrow who placed 5th and their girls quad who placed 9th, also by the Woodlands boys double David McIntosh and Matt Sandel who placed 11th, and of course by all the BARC rowers and Tweety fans.

FORMER BARC_r GOES CANADIAN

A Stay at Home Dad with Cool New Rowing Experiences to Share

Many of you know long time member Troy Roques, who recently moved north with his family. Here are some excerpts from a recent email to his old Saturday morning crew...who miss him and wish him well!!!

Boy.... has a lot changed since I spoke to ya'll last Christmas. I am really really loving being the stay at home dad...Spending every full day with Robbie is unlike anything I've ever experienced, each day is like a whole new adventure. It looks like it is going to take between 12 to 18 months for my immigration paper work to go through, then I'll be able to work in my new career as a Personal Financial Planner. Along with the full time job of being a stay at home dad, I've been taking courses with the Canadian Institute of Financial Planning to become a CFP. It is a fantastic program which I'm about a third of the way through.

As for Stacey and Rob, they are both doing wonderful..... Back in early May I joined the Kingston Rowing Club as part of a four month recreational rowing league. It is like way way cool how it works. At the beginning of the program all of the participants are assigned to be a part of various mixed eight crews. As part of our fees the club provides certified coaches and coxes to each crew. The time slot I am in is every Monday and Wednesday night from 7:15pm to around 9:00pm. What also makes it fun is we train and are coached for the first part of the evening then we wrap it up with a few scratch races against the other three crews on the water. All of the excitement and competitive spirit which are building between crews reaches a climax in late August with an inter-club regatta with proceeds going to the Canadian Heart and Stroke Foundation. I believe last year there were about 15 eights racing.

Well, I better run. I surely miss you guys a bunch. If you are ever up in Toronto or Eastern Ontario, please let me know, I'd love to see you. We're not sure when we are due back in Houston, but I certainly will stop by and see you for breakfast or on the water at BARC.

Troy and Stacey Roques [stroques@sympatico.ca]