

# STROKEWATCH

BAY AREA ROWING CLUB OF HOUSTON • NOVEMBER 2003



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**BARC  
CHRISTMAS  
PARTY!**  
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details

## BARC PRESIDENT ON THE MOVE

by Alex Parkman

After completing a month of fall rowing events (**Head of the Charles, Pumpkinhead, Head of the Chattahoochee, Marathon**) in the double with **Hannes Hofer, Alex Parkman** is on the move again, but this time alone. A temporary job assignment will take him out of the country for a few months. Due to this absence, it was necessary for him to tender his resignation as president just prior to completing his term of office.

As the new term rolls around, the Board of Directors is searching for members who would like to serve the club as an officer. Please consider how you may best promote the goals of the club.

In the meantime, **Alex** will be working under contract with the US Agency on International Development in the port of **Umm Qasr**, and looking for the rowing club in **Kuwait**.



**WHERE  
EXACTLY  
ISSSS  
UMM  
QASR???**

*From the editor:* While looking for a map of the area, I found an interesting article talking about the importance of the work being performed. The link to the article is as follows:

[http://seattlepi.nwsourc.com/business/114007\\_stevedoring25.shtml](http://seattlepi.nwsourc.com/business/114007_stevedoring25.shtml)



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#### Club Officers:

President Alex Parkman

Vice President Hannes Hofer

Treasurer Lynn Leenhouts

Secretary Martha Hood

Board Members: Suzie Williams

Theresa Tompkins

Claire Sweatt

Marilyn Bullard

Membership Dir. Theresa Tompkins

Newsletter Tina Bryan

Tamara Banda

BARCwear Theresa Tompkins

Webmaster Hannes Hofer

**Very Important Member YOU!**

# TO THE PRESIDENT(S)

*Alexander*, we certainly appreciate all you have done for the club. You have always focused on love of the sport, rather than the fastest or strongest. Thank you. As you head off for this new adventure, please remember 3 things.

(1) Be safe!

(2) Have a brilliant adventure!

(3) Keep sending articles for the newsletter.  
(really can't help myself!) Something tells me  
you are gonna have realllly good stories to tell!

*Hannes*, thanks so much for stepping up to complete the remainder of *Alex's* term. As promised, I will indeed curtsy when next I see you. And okay, okay, if you insist I'll even call you *Your Highness* (Hankie)!



## OWEN RACING SHELL

I have recently had a total hip replacement, have had to accept the fact that I will not be able to row again, and I am therefore selling my Owen racing shell. It is a lightweight single, kevlar / carbon and built in 1991. Ron Owen, the boat builder, suggests it be advertised for someone 135 - 160 pounds. There is one small dimple (that Ron repaired) in the hull from when I rowed up on a log on the Willamette River. It is currently stored in the BARC boathouse. Asking price \$3000 including cover and oars.

For inquires, please call 713-416-5690.  
**Beth Mastel-Smith**

# BOATHOUSE UPDATE

By Your Highness,  
Hankie Hofer

We have in the last few months made great strides towards the future project of expanding our boathouse. We have received proposals from two architects for design and management of the project, and some members have suggested other firms to talk to. These sources are currently being considered.

After investigating the situation and having solicited input from various sources, the board is now leaning towards the conclusion that the best way to proceed with the project is to tear down the existing boathouse, and build a whole new structure. This is not necessarily the least expensive solution, but we believe that this solution will serve us best in the long run.



The reasons are the following:

- Aesthetically and structurally, there is not a good way to tie a new structure to the old.
- The old boathouse has some problems which are not easily solved, such as an increasingly uneven floor, an open-at-the-bottom design which continually gives us problems with animals and vegetation coming into the boathouse, and a roof construction that gives us limited boat storage capabilities.

What we visualize is a boathouse similar to the one that was recently built for the **University of Texas Women's Team** (see picture above). To that end, we have obtained a set of drawings, specs, and cost data from **UT**. While we cannot use these plans outright, they should be a great aid during the design phase.

There are still a lot of issues to be resolved before we can commence construction, not the least of which is raising the necessary funds for the project. If you have ideas or want to help, please contact any board member.

HUMM??

## INTERESTING ROWER TIDBITS

Did you ever wonder why **Breff Cooling** is just so dang sweet? Well I think it may have been due to torture as a child. Yep, in boarding school at the wee tender age of 7, **Breff** was forced in to consuming Marmite! In my humble opinion, that is the single most **VILE** substance known to man. **Breff**, knowing that, I will ALWAYS be extra nice to you!!!

We have the absolutely most charming, handsome and debonair surgeon in the whole world right in our club. Yep...how didddd we get so lucky to have **Mike Appell** in our midst? He is SUCH an awesome boat boy. I especially like that wicked little grin!!

And I happen to know for a FACT, there is absolutely noooooo better friend in the world than **Claire Sweatt!!! Yay Claire!!!**

# BOAT RESERVATION SCHEDULE & REGATTAS

By Martha Hood

Many of our newcomers to the club may not realize there is a boat reservation schedule. This schedule can be found on the colorful bulletin board next to the log sheets. If you have a crew that meets on a regular basis, please e-mail me about which boat you would like to row, and I will add you to the schedule. I typically check the reservation schedule every quarter, just to make sure the scheduled boats are being used on a regular basis. The general rule is that a crew should take a boat out at least once every three weeks. Of course, there are those circumstances where the weather just does not cooperate for several weeks in a row (no pun intended). If a crew does not show, another crew can take the boat out 15 minutes past the scheduled time. If you would like to row a double, pair, quad, four, or eight on a regularly basis or would like to be taken off the schedule, please contact me by e-mail at [mhood85@hotmail.com](mailto:mhood85@hotmail.com).

With the fall headraces behind us, and the spring season soon here, many **BARC members** will compete in away regattas. If you plan on participating in any of the away regattas this coming spring, please let me know. Since regattas are on the weekends, many of those on the boat reservation schedule are affected. I will contact the regular scheduled crew that their boat will be used in a regatta. It would also be a great help to let me know when the boat will be leaving and returning to the boat-house. Remember, even if a crew is not scheduled to row until midweek, all club boats used in regattas should be reregged within a day or two. Thanks for your help and if you have any questions please feel free to contact me.

See ya on the water.

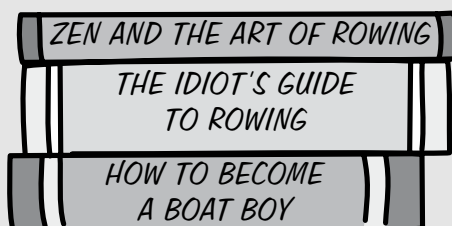
## BARC LIBRARY ADDS VOLUME

By Alexander Parkman

Information about locations of worldwide rowing clubs, equipment suppliers. Olympic results for the last 100 years, and more can be found in *The Rower's Almanac* which is now available in the **BARC library**.

Interested in books on technique or other rowing stories?

Take a moment to browse the other editions that have been donated to the club. If you already have a book from **BARC** and have finished with it, please remember to return it.



DRAMA!

## HIGH DRAMA ON THE LAKE

Finally spotted! One of the lurking Mud Lake beasts! Yep, There I was pondering by the buzzard tree near **Armand Bayou** park when a creature emerged from the muddy depths. It was like a 5 foot alligator gar!! It scared me so heartily I let out a spontaneous shout of Hoooooly S#%^&@!!!! How cool is that?...The spotting...not the shout!!!

Another rare and perfect cool fall evening, I spotted six deer on various spots of the lake lapping up a taste of mud lake pie. Gorgeous!

And sometimes I create drama in my mind. Quite frequently I'll spot fishermen on the banks of the lake. And as I sit there watching them I think to myself..."Gosh! I sure hope they don't have guns! Cause I'd be easy target practice!" Then I get all scared and start rowing off. It is sometimes truly hell to live in my mind!!!

# BARC FALL RACES

I hear there has been quite of bit of mixed club crews. And much fun has been had by all.  
Yet one more beautiful thing about the sport of rowing. Camaraderie.

## ***CONGRATS TO THESE HEARTY SOLES FOR COMPETING IN THE HEAD OF THE CHARLES!!***

<b>RANK</b>	<b>ENTRY</b>	<b>UNOFFICIAL</b>	<b>PENALTIES</b>	<b>ADJUSTED</b>
<b>Master Singles (Women)</b>				
16	Vanessa Beyers	23:07.981		23:07.981
<b>Lightweight Singles (Women)</b>				
18	Aimee Beyers	23:21.549		23:21.549
<b>Master Doubles +40</b>				
9	David Beyers, Corey Logan	18:48.889	+10.000 8B(1)	18:58.889
18	Alex Parkman, Hannes Hofer	21:12.573	+30.000 8B(3)	21:42.573
<b>Men's Club 4</b>				
24	Rice University Rowing Club	18:48.813		18:48.813



## ***UNOFFICIAL MARATHON RESULTS AS REPORTED BY PREZ PARKMAN***

### **3 BARC boats finished the Marathon:**

- 2x - Hofer, Parkman = 3:26:35
- 4X - Birgit, Martha, Cynthia,  
Theresa = about 4 hrs
- 4X - Bruce, Ev, Era, Bill Donnelly  
= a little longer

A good time was had by all.

Yay! (And I'm jealous!)





Ladies are fierce contenders at the Woodlands Slay the Dragon Regatta  
*Helen Tompkins (stroke), Birgit Bennett (3), Martha Hood (2) and Heather Mathis (bow)*

## EQUIPMENT MAINTENANCE

*By Hannes Hofer*

**BARC's** rowing equipment is being used more than ever. This is good news. The bad news is that our boats and oars are experiencing a lot of wear and tear, and sometimes damage.

As you know, **BARC** relies on volunteers for getting work done, and with the increasing volume of maintenance work needed it is unfair that one, or even a few people do all the work on the equipment. You may argue that it takes skills and resources to do the work, and it is true that some things are best left for the "experts", but there are also lots of things that can be done by you, the user to reduce the workload of the boatman that **BARC** does not have.

Here are my suggestions for you to get more involved in maintaining the equipment that you use:

Take a look at the boat or your place in the boat before you go out. If things don't slide or move correctly, or look to be out of whack, attempt to fix it. If you don't know how, ask for help. Do not use equipment that is damaged or lack safety features, such as heel straps.

If something breaks or goes out of whack while you are using it, make an assessment. Often, things can be fixed by making slight adjustments or by tightening a screw or a bolt. If you don't know how, ask someone before just writing it in the breakage log.

If something needs replacement, find out if there are parts stocked at the boathouse. Again, ask for help. If parts need to be ordered, let an officer know, but offer to install the part yourself when it comes in.

Observe how things get repaired. A lot of repairs, such as replacing a

*Continued on Page 8*

## CREWING IN *Venezia*

I happened to be in the absolutely lovely city of **Venice Italy** one weekend in September. Did you know that **Venice** is a series of small islands connected by over 400 footbridges? It is truly charming. Well..much to my delight and surprise, while standing on the **Rialto Bridge** on a lazy Sunday morning, these crews sped past. This brought to mind a whole new image of sweep rowing!! And standing up at that! Oh...I guess that would be sweep gondolaing?????



# Poet's Corner

## MISSING WATER

Phone rings. Four times.  
Out of area  
Thank you for your call.

The longest anticipation  
is between your  
mobility unit  
and the boathouse.

Every row,  
I reduce myself  
to energy.

Heaters on. Three dogs.  
Labradors  
and a no tail brown dog.

The easiest transformation  
is from the dock  
anchored to the city  
out onto water.

Every time,  
I introduce myself  
to the water.

Work squared. Two jobs.  
Showing sincerity  
Leave in dark, return in dark.

The sweetest syncopation  
is arms and hands  
independently  
rowing in rhythm.

Every stroke,  
I am a photo  
by Muybridge.

Missing water.  
Sun on my face.  
Other boats,  
or just me.

G. Wiley  
2003

# Holiday Party!!

How  
Exciting!



The annual holiday party is Dec 7th at 5:00pm at the home of Pam Falk. Please bring a dish to pass and BYOB. The club will provide turkey.

*Food Sign-up Sheet at the Boathouse*

Directions to Pam's house

**2108 Kemper  
League City, Texas  
281-538-1742**

I-45 South, exit 518 (League City) heading East; pass Egret Bay and stay to the left when 518 forks, you are now on 2094; turn right at South Shore Harbor Blvd; turn right onto Admiral Blvd (South Shore Harbor Country Club); follow Admiral to the end then turn right onto Pebble Beach; take the 5th left onto Kemper; 2108 is near the end and on the right.

***Thanks so much to Pam for hosting!***



***THE 2002 PARTY SCENE***



## This Sure Makes Our Dock Look Spiffy!



## FALL REGATTAS



# HOUSECLEANING

*By Theresa Tompkins*

September 13 we had yet another successful **BARC** workday! In the on-going preparation for the new, expanded boathouse, we further cleaned up the side yard throwing away the trash and old, broken, unusable equipment. Many thanks to all the volunteers who stayed after their row to help with the cleanup and weed-wacking!

If you have any private equipment in the side yard or North yard, please take it home, or clearly label it and let me know that it belongs to you.

October 26 we donated the **Strokenator**, the **Raj**, and **4 Macon**(tulip) oars to **Texas A&M College Station Crew**. **Casey Cross**, president of their team, explained that the team just got together three years ago and recently got a fence installed around the few boats they own to protect them. They have a trailer and were able to participate in the **Pumpkinhead** and hope to get a boat together for the marathon. It's always nice to see more rowing developing!

More opportunities to help with cleaning projects will be forthcoming!

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### *"Maintenance" Continued from page 6*

skeg, is very simple once you know what materials to use (do not make assumptions about what kind of glue to use, using the wrong kind can cause irreversible damage).

Teach yourself about rigging. There are books at the boathouse telling you how, and there are plenty of resources on the internet as well.

I will be happy to be of assistance to anyone who wants to try their hands on equipment repair and maintenance. Just E-mail me at [hofer@barchouston.org](mailto:hofer@barchouston.org).



## CONTRIBUTORS ROCK!

**ABOUT THOSE BRILLIANT ARTICLES.....**  
*as always, thanks so much to those of you contributed to this newsletter. YOU are what makes it fun and interesting to read! And of course, thanks to the gifted genius of Tamara Banda for making it look really cool!!!! Future articles and ideas? Just shoot me an email to [tibryan@shell.com](mailto:tibryan@shell.com).*

*Thanks again!!!*