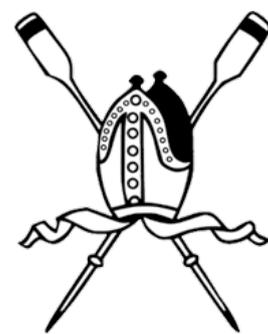


Llandaff Rowing Club

NEWSLETTER



A LITTLE LATE GETTING OFF THE STAKEBOAT...

... but here it is...

The first Llandaff RC 'Lockdown' Newsletter which is hoped to produce every 2/3 weeks until the club is up and running again!

The purpose of this Newsletter is to keep you all in the loop on matters of club interest as well as anything relevant to our sport on a national basis.

You will find there are articles of a serious nature, general interest, and light-hearted. Future editions will be as useful and interesting as the material we receive so your participation is welcomed.

Consider if you:

1. Have any comments, or observations or questions regarding anything in this newsletter?
2. Have any suggestions for a name for this Newsletter eg. Bow Ball.

3. Are working on any new projects at home or work that you might like to share with other members?

4. Have an idea or story to share. eg, in the next edition Sue Hoddell is writing an articles about her repatriation from the Cape Verde Islands at the outbreak of the crisis.

If you would like to make comments regarding this newsletter or any other GMC matters, please contact Trevor Wing, Club Chairman, lrchairman@llandaffrc.com or the Laura Starrs, Club Captain, lrccaptain@llandaffrc.com

At present there is no Comms Officer but hopefully by the next edition there will be one, so for the present please forward all emails to Steve at skdenleyhill@gmail.com

Your Committee is currently holding a virtual meeting every two weeks to monitor club business now and in the future. This Newsletter will keep you informed of anything important that comes up, but for those who are interested, the minutes of GMC Meetings are available from the club secretary, Nick Bowman on request, lrclubsecretary@llandaffrc.com



What is GMC

(General Management Committee)

doing during the lockdown

In virtually all areas of our lives at present, we would like to know where we are going and when changes might occur. Llandaff Rowing Club is no exception, so your club Chairman, invites you to read the following...

THE COMMITTEE has now taken the necessary actions to close all the club activities, and make as many cost reductions measures as possible, while keeping the club operations running. We are trying to predict and forecast what the future may look like, as well as taking the opportunity to introduce changes that maybe good for the club generally.

For example, some of the questions we are working through are:

When our club does open again how will we make sure members are safe, and that they want to return. It is possible that people could return in larger numbers, so how can we make sure we are ready?

How should we engage with members to shape the most suitable times to train, based on medical advice and any possible restrictions?

How do we give confidence that returning to Rowing is an attractive proposition and that remains a form of physical activity which provides an accessible offer for all?

How will we cater for members who may remain vulnerable to the virus and continue to allow them to be engaged and part of the club?

How do we organise events, like our Regatta, L2R

or Splash & Dash, within the restrictions that might still be in place as we transition through the period beyond lockdown?

How will our club need to change as we recover from the financial stresses we have been placed under?

How should we engage positively both in the short and long term with our members?

What will be the 'new normal' for revenue, and costs"?

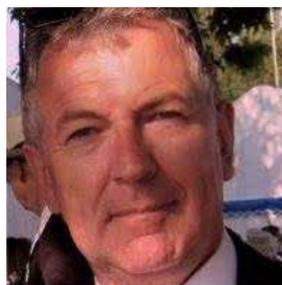
How will we continue - as we know we must - to fund things in a changing financial landscape?

How should we adapt our working practices so that we take advantage of the changes that have occurred.

How do we work with other club partners like the Runners, and the Petanque club to understand how they have been affected and adapt our own new ways of working to meet their changing needs?

At this moment what remains unclear is timing, we don't know when we will be able to move towards those solutions as the course of the virus remains uncertain, but what is certain is that we need to have specific plans in place to be utilised as and when required.

Your committee and I will be in contact as soon as possible with further updates, please stay safe.



Trevor Wing
Chairman





A Message from Laura Starrs

Our Club Captain

Hello and welcome to what I hope will be the first of many newsletters keeping you posted on what is happening at LRC. My thanks go to Steve Denley-Hill and Sue Hoddell for pulling together this first edition and to everyone who has contributed content. Our aim is to share interesting stories with you all so if you have news, photos, recipes, quizzes or tips for training during lockdown you'd like to share then please let me or one of the committee know. I'd also like to hear what you think of our first edition, good or bad. We want to make this interesting and relevant to you.

It's been a busy time as we all try to work out how to live our lives in the new world of social distancing. The Committee is meeting virtually every two weeks. But for me the best thing has been seeing how you, the club members, have rallied around to help out and to find ways of training together but apart. The junior squad are cracking on with regular online sessions with Ole, Sarah and Keri while the seniors, masters and novices have been receiving twice weekly circuits from our resident PT Instructor (and Torturer in Chief) Jamie.

It's also been great to see our members raising money for some good causes. The junior squad recently completed an Isolation 3 Peaks Challenge by climbing the combined height of Snowden, Scafell Pike and Ben Nevis on their own stairs in aid of Hafal. That's a lot of stairs! Not to be outdone, the seniors, masters and novices are erging/running/cycling the distance between Cardiff and Wuhan (9,038 km) to raise money for Noah's Ark Children's Hospital Charity and Refuge. I foolishly agreed to join in. After Day 1 we've made it to Dover. I hope everyone remembered to pack their passports ;-)

Thank you all for everything you are doing during these challenging times. I hope we will meet in person again once all this is over but for now please enjoy this newsletter.

Stay safe everyone

Laura



AN IMPORTANT ADVICE
EMAIL, WAS SENT OUT
TO YOU RECENTLY, IF
YOU HAVE NOT RECEIVED
IT HERE IT IS AGAIN!



Dear Members

This is a notification to inform all members that GMC have been discussing what to do re the membership fees in a time where you are unable to use the club. So this is the proposal that we have decided upon:

For 2019-20 all membership payments are to stay as they are, so if you have paid your membership up front or if you are paying via standing, this will not change. Instead what the club is proposing is that memberships for 2020-21 will be discounted by however many weeks the club is in lock down.

For those who will be moving away, due to going to University for example, you can make an application on this basis for the fees to be refunded for the amount of time the club is closed (this does not include students who will be joining as Non Term Time Student membership).

Also if you find yourself in personal financial difficulty due to not being able to work, please feel free to make a case for a refund. These will be reviewed on a case by case basis. Please note this would not be done until the club is open again as we do not know at this time how long the club is going to be close.

This proposal has been decided because we don't yet know how long the lock down will continue for and we are not in a financial position to refund members at this time as we still have to pay our bills and we now have no commercial income to support the club.

Thank you for your patience and we hope you are all staying fit and safe.

Kindest regards

Genral Managment Committee

St Fagans National History Museum

‘THIS IS WHERE I WORK’ - by Master Rower, GARETH BEECH

At LRC I'm part of the Masters squad, rowing in quads on Saturday and Sunday mornings, and have competed with various crews, most recently with Dave Simmonds, Stewart Griffiths and the late, much missed Gary Brace. In my working life I'm a curator in the History and Archaeology Department, Amgueddfa Cymru – National Museum Wales. I'm based at St Fagans National Museum of History, one of the organisation's seven museums.

As part of a team of curators I work on exhibitions, displays, and a wide variety of historic buildings re-erected at the Museum. My specialist subject is rural economy – rural crafts, industries, agricultural history, and transport. I collect objects and manage collections for exhibitions and displays, research, and demonstrating at events. These range from small hand tools used by saddlers to agricultural machines pulled by steam engines. I work closely with the demonstrating craftsmen such as the blacksmith in the re-erected smithy on the displays in the workshops, and on interpreting their work and the histories of the crafts and industries in rural communities. Also, with the Agricultural Unit during farm work such as shearing, with displays of historical items and the history of farming in Wales.



I enjoy the variety of the subjects, working with knowledgeable staff from different sites such as Big Pit: National Mining Museum, and going out on fieldwork to research or collect items. I'm fortunate to be a part of, or see a wide range of displays, activities or events about history, which is still a personal passion. The challenges and demanding aspects often also come from the large number of subjects, industries and occupations, many big machines and implements, and maintaining, renewing and re-interpreting over fifty assorted historic buildings. A recent project was organising the repair of the waterwheel in the corn mill, which had become dislodged from its wooden axle. Consequently, there was no power to drive the grinding stones and machinery to produce flour for the shop, leaving static workings in a silent building, and loss of income. Some buildings are now unfamiliar to new generations of visitors and need new, engaging



interpretation, such as how raw animal hides were converted to leather at the Rhaeadr Tannery.

A current project is researching policing and law and order based at Taff's Well Police Station, which is to be re-erected later this decade. Originally located between Cardiff and Pontypridd, it was opened in 1894, part of a large number built in Glamorganshire during the late nineteenth century as the population grew. Between 1851 and 1911 320,00 people moved into the south Wales coalfield. Part of the research has been trawling through newspapers online of the period for stories, and through police records in Glamorgan Archives. Drunkenness seemed to have been quite prevalent, amongst those arrested and police officers being disciplined.

In 2018 a major project was completed to develop the museum into a National Museum of History for Wales, to present and interpret the history of the people of Wales from the earliest times to the present day. Working on the content for three new galleries and re-created buildings dominated my work for over six years. The galleries combined Archaeology collections previously at National Museum Cardiff, Cathays Park, another museum in the organisation, with those of Social and Cultural History at St Fagans. These and the re-created prince's court and iron age roundhouses are part of presenting history from 230,000 years ago to the present.





Are You Missing Out? Join Facebook!

Nick Bowman, Club Secretary points out, there are currently a number of different Facebook pages associated with the club.

These include:

- Llandaff Rowing Club
- Club members page
- Masters page
- Seniors/novice page
- Circuits page
- Juniors / Parents

They are a great way of coordinating training sessions, race events, social events and indeed anything else. With the masters/seniors for example we have a spreadsheet which is accessed via the Facebook page to indicate availability for training sessions. This is particularly important for crew selection for water sessions as we are split between the bay and the club.

You need to have a Facebook account to access them and as they are private groups and you need to be invited to join them. However, this is easily done once you have a Facebook account. It is a far more effective way of communication to lots of people than e-mail. I recognise that some members have a preference not to use Facebook, but having a single communication channel makes life a lot easier for everyone. People could, for example, have a Facebook account and use it solely for LRC matters.

Circuit Training

Jamie Davies currently runs on line (Zoom) circuit training sessions on Monday and Thursday evenings at 6.30pm. He is happy to open up the circuit training sessions to a wider audience if you feel like getting involved. People will need to have access to Zoom in order to view the sessions. The details of the Zoom meeting log in for the sessions is again sent out via the Facebook pages as each session has a unique log in number.



HELP YOUR CLUB

LIKE MANY ORGANISATIONS, WHEN LIFE RETURNS TO SOMETHING LIKE NORMAL, LRC WILL BE LOOKING FOR WAYS TO RECOVER ITS DEPLETED FINANCES.

WE ARE SURE THAT MEMBERS WILL COME UP WITH IDEAS TO HELP ACHIEVE THIS RECOVERY.

TO START THE BALL ROLLING:-

Steve Denley-Hill owns a rare monochrome steel engraving titled "VIEW NEAR LLANDAFF"

It is 18cmx13cm, published by Act of Parliament, by J.Middleman of London, 27 June 1787, from a painting by C Sorrel.

The view is taken from where approximately the Heath Cock Pub now is. Looking towards the distant Wenault, the old Pack Horse Bridge, which some of the older members will remember, can be clearly seen as also the rapids where now the weir is. Copies of this print will be available for £7.50 each immediately the club reopens.

All proceeds will go to club funds.

TO RESERVE YOUR COPY EMAIL skdenleyhill@gmail.com

The engraving has been scanned but has not translated to the computer well it does however give a sufficient impression of the overall picture that follows.



Ode to the Ergo



How I miss the ergo
and all the pain it brought
getting hot and sweaty
feeling rather fraught

Chasing down a good time
splits to make me proud
on my own in silence
or with others shouting loud

Sprints and distance pieces
both equally as tough
pulling till my body screams
'come on - I've had enough'

Many hours of my life
spent on that machine
never thought I'd miss it
never was that keen

right now the club is empty
the lockdown still in place
no one on the river
nowhere to go to race

But sometime in the future
we once again will find
the ergo will be calling
and training won't be kind

It's worth it for the racing
and pots that we might win
to fill with beer or cider
or maybe even gin!

Sue Hoddell

Rowing Jokes

What do you call the
fastest racing shell in
the world?

Usain Boat



What does a drunk
racing shell do?

Get Wrecked



Did you hear about the
Coxswain who is getting
married?

Yeah, someone swepted
her off her feet.

How do you make a
rowboat look younger?

Boat-Tox



Why did the Womens' crew have
problems competing?

They didn't have boy-ancy! (Buoyancy)

How do you make a racing shell
feel better?

Give it some "Vitamin Sea"

Rowing jokes will make you laugh your scull off.

Row likes there's no Tomor-row. Training for crew is very rigger-ous.

Recipe Ideas

Recipe for Standard Isotonic Sport Drink

- TAKE** 250ml ordinary squash or 200ml high juice squash (not sugar free or low calorie) mixed with 750 - 800ml cold water
OR 100 - 110ml standard Ribena mixed with 900 - 890ml cold water
OR 750ml unsweetened orange juice mixed with 250ml cold water
ADD 1.25g salt (1/4 level tsp.) (491mg/21.3mmol sodium per litre)

Squash-Based Recipe = 6 -7% carbohydrate solution (content varies depending on the squash used)

Juice-Based Recipe = 6.6% carbohydrate solution

Recipe for a Post-Race/Exercise Smoothie (1 serving)

Ingredients

- 1 banana 30g rolled oats
300ml Skimmed milk 100g Greek yoghurt
140g frozen mixed berries (raspberries, blueberries, strawberries, blackberries)

Method

Put ingredients into a blender and mix. Add more milk if too thick.
Keep in a cool bag until after racing and drink as soon as possible after you finish racing or exercising.

Nutritional Value (per serving)

- 497 kcals 27g protein
83g carbohydrate 4g fat

Recipe for Banana & Peanut Natural Energy Bars (by Omar Meziane, GB Rowing Team Chef)

Ingredients

- 1 tbsp Rapeseed oil 3 ripe Bananas
1 tbsp Honey 2 tbsp Peanut butter
280g Porridge oats 2 tbsp Flaxseeds

Method

Mash the bananas until almost smooth. Melt the rapeseed oil, honey and peanut butter, then stir the bananas into the mixture. Once mixed add the remaining ingredients and mix well. Transfer to a baking tray, press down and bake at 180°C or Gas Mark 4 for 20 minutes.

Ole Schlottmann : Elite Rower, ex Senior coach and current Junior Coach at LRC "some of it is funny, but also some of it is true. I still get very much wound up, when people beating around the bush and I still blush when random people call me darling" ...

What the British Say...

Cultural Differences

In our multi-cultural, ever-shrinking world, where we constantly rub shoulders with people from other countries governed by a totally

different set of values and etiquette, this is more important than we might think.

What's thought to be rude and unacceptable behavior in one culture

might be encouraged in another. German people, for example, have no qualms about speaking their mind, whereas the British will beat around the bush endlessly rather

than say what they think. To the British, then, a straight-talking German is rude and insulting, whereas the German will be flummoxed by the British approach.

From the Daily Telegraph:

By Alice Philipson 11:46AM BST 02 Sep 2013

The table sheds light on just how difficult it can be for a foreigner to understand what the British really mean when they're speaking – especially for those take every word at face value.

Phrases that prove the trickiest to decipher include 'you must come for dinner', which foreigners tend to take as a direct invitation, but is actually said out of politeness by many Britons and often does not result in an invite.

The table also reveals that when a person from Britain begins a sentence "with the greatest respect ...", they actually mean 'I think you are an idiot'.

What the British say	What the British mean	What others understand
I hear what you say	I disagree and do not want to discuss it further	He accepts my point of view
With the greatest respect...	I think you are an idiot	He is listening to me
That's not bad	That's good	That's poor
That is a very brave proposal	You are insane	He thinks I have courage
Quite good	A bit disappointing	Quite good
I would suggest...	Do it or be prepared to justify yourself	Think about the idea, but do what you like
Oh, incidentally/ by the way	The primary purpose of our discussion is...	That is not very important
I was a bit disappointed that	I am annoyed that	It doesn't really matter
Very interesting	That is clearly nonsense	They are impressed
I'll bear it in mind	I've forgotten it already	They will probably do it
I'm sure it's my fault	It's your fault	Why do they think it was their fault?
You must come for dinner	It's not an invitation, I'm just being polite	I will get an invitation soon
I almost agree	I don't agree at all	He's not far from agreement
I only have a few minor comments	Please re-write completely	He has found a few typos
Could we consider some other options	I don't like your idea	They have not yet decided

Other simple British expressions that could be misunderstood

What the British Say	What the British mean	What others understand
Sorry	Not used as a heartfelt apology, rather it is used to avoid an embarrassing situation. Saying sorry is like a national tic.	I sincerely apologize
How do you do?	This is a formal greeting and not an invitation for commentary on a person's quality of life. Don't take it literally and reply truthfully, with a list of ailments.	Please provide a rundown of your most recent medical.
Cheers	Not only used when clinking glasses in a pub, but also used instead of "thank you", and signing off a phone call or an email.	To your good health
All right, darling?	Informal version of "How do you do?"	How are you, love of my life?

The Passive Aggressive List

What the British Say

I might join you later

Excuse me, sorry, is anyone sitting here?

Not to worry

Bit wet out there

Ending an email with "Thanks"

Right then, I suppose I really should start thinking about possibly making a move

It's fine

Perfect

A bit of a pickle

Not too bad, actually

Honestly, it doesn't matter

You've caught the sun

That's certainly one way of looking at it

If you say so

With all due respect

Saying "you're welcome" as quietly as possible to people that don't say thank you

Meanings of "I beg your pardon"

It could be worse

Each to their own

Pop round anytime

I'm just popping out for lunch, does anyone want anything?

No no, honestly, my fault

No yeah that's very interesting

Just whenever you get a minute

No harm done chaos

I'm sure it'll be fine

Sorry, I think you might have dropped something

What the British mean

I'm not leaving the house today unless it's on fire

You have three seconds to move your bag before I end you.

I will never forget this

You're going to need a snorkel because it's absolutely pissing it down.

A warning that you're perilously close to losing your temper

Bye

It really could not possibly get any worse, but no doubt it will do

Well that's that ruined then

A catastrophically bad situation with potentially fatal consequences

I'm probably the happiest I've ever been

Nothing has ever mattered more than this

You look like you've been swimming in a volcano

That's certainly the wrong way of looking at it

I'm afraid that what you're saying is the height of idiocy

You have absolutely no idea what you're talking about

Used as a form of punishment

1. I didn't hear you
2. I apologise
3. What you're saying is making me absolutely livid

It couldn't possibly be any worse

You're wrong, but never mind

Please stay away from my house

I'm getting my own lunch now, please remain silent

It was exceedingly your fault and we both know it

You are boring me to death

Now

You have caused complete and utter chaos

I fully expect the situation to deteriorate rapidly

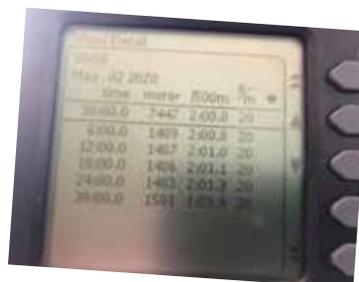
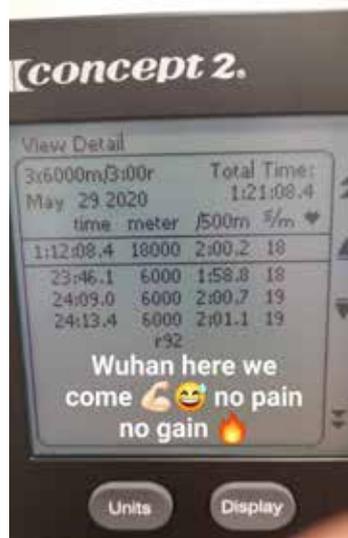
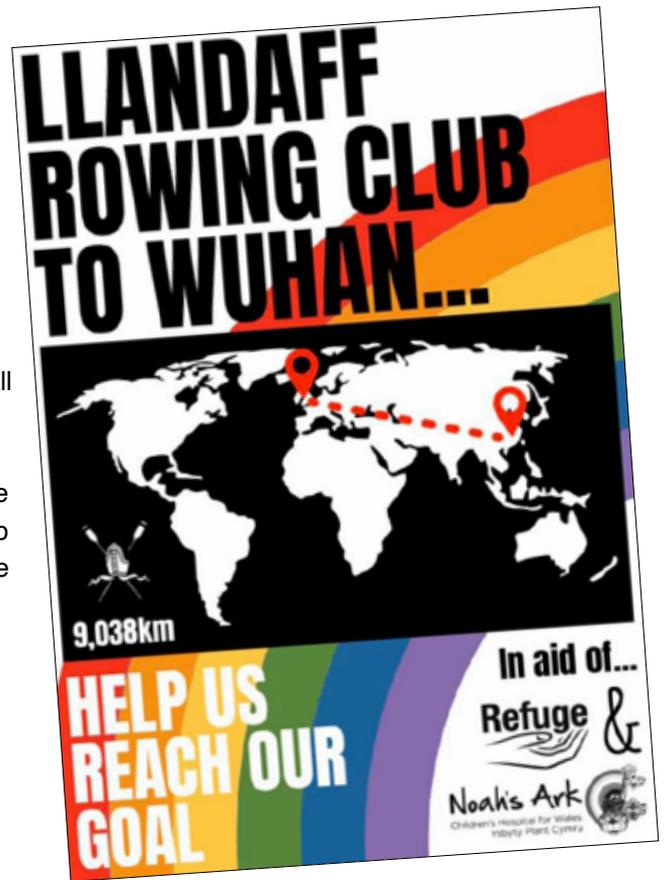
You have definitely dropped that specific item

<https://www.aconsciousrethink.com/8506/mean-rude-disrespectful-people/>
<https://www.angmohdan.com/48-things-british-people-say-and-what-they-actually-mean/>
<https://www.angmohdan.com/48-things-british-people-say-and-what-they-actually-mean/>

Row/Run/Cycle

Cardiff to Wuhan

The masters & seniors have just started a fundraising event for two charities. These are Refuge (supports victims of domestic violence) and Noah's Ark (Children's hospital). This is in the form of rowing/running/cycling the 9,038km distance between Cardiff and Wuhan (a joint effort obviously), which we aim to complete by the end of June. As not everyone has access to an ergo at the moment we opened it out to running and cycling. Hopefully this will give people more of a sense of purpose to their training at the moment and we will try to use it to raise the club's profile. We have around 30 names down already for this but if anyone else wants to get involved then they are very welcome. We have set up two Just Giving pages if anyone wants to donate (links to these are on the Facebook pages).



This is the story so far... Following the Seniors and Masters Squad's journey, with a weekly update video... on facebook, twitter and our website... Please help and support by donating via the Just Giving page to these two worthy causes... the members are all training from home or using their daily exercise to get from Cardiff to Wuhan..

BE SAFE AND STAY AT HOME!

