

Blue Blades



The Mid-Hudson Rowing Association Newsletter

February 8, 2013 Volume 2, No. 1

**Indoor Rowing Tanks are still out of commission.
Watch for email updates.**

**“Staying Alive” CPR Class March 13.
Hands-only method. Details inside.**

Annual Meeting 2012 Wrap-up

Mid-Hudson held its annual meeting at the Poughkeepsie Yacht Club clubhouse on December 1, 2012. Members attending got a chance to view vintage video from past years on the wide screen TV because Rick Longworth, our resident videographer, was stuck unexpectedly in New Zealand. Prominent on the meeting agenda was a recap of the very eventful 2012 rowing season in which we entered three masters



mixed eight races and held two moonlight rows and the Mills Mansion row with

Rondout Rowing Club. The year was marked by eleven new members from our Learn-to-Row classes and surprisingly large turnouts for our regular sweep and sculling club rowing sessions throughout the summer and fall. Of course the new membership was the direct result of our volunteer LTR coaches: Mike Griffin, Kurt Quackenbush, Candy Davies, and Rich Burda. 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 also demonstrated by great participation in volunteer efforts such as coxing, equipment clean-up days, pot-luck breakfasts and support of fundraising events. Hurricane Sandy served up a special challenge late in the rowing season with many members turning out for preparation work on the Sunday morning and evening before the storm hit and more than 20 members participating in the

boathouse cleanup afterwards. Thanks to their efforts MHRA did not sustain any losses to boats or equipment from the storm.

New board members

Cathy Monfred and Joan Carter were newly elected to the MHRA board of directors and Brian Prasky was returned for a second three-year term. Congratulations and our thanks are due to those willing to serve the club in this way. Thanks are also due to Laura Ladd and Rick Longworth for their service on the board of directors for the past three years.



Fun Raising - Fundraising Dinner Fun for All

Everybody who attended the fundraising dinner had a great time and enjoyed the good food. On top of that Dotty Martinez reported at the annual meeting that the fundraising dinner was very successful with \$1,287 raised by the dinner itself and \$1,477 raised by the Silent Auction run by Cathy Monfred.

She reminded members to save their unwanted things for the Annual Yard Sale held in August each year - another big fundraiser. She reported cell phone recycling has netted MHRA \$484 since begun in 2007. It adds up over time so dig through your sock drawer for any unused cell phones and bring them to the boathouse when we start in the Spring.

A number of items MHRA sells to raise funds were on sale at the annual meeting. Brand new for this year will be glasses which have the blades for each of the seven rowing high schools along with the two adult clubs rowing out of the HRRRA Boathouse! We expect these glasses to be a popular item. You'll probably want a set when you see them.



Oars of the Hudson

Hands-Only CPR Class

March 13 at the boathouse

By Joan Carter

MHRA "Staying Alive" CPR class on Wednesday, March 13, 2013, 6-9 PM at the boathouse with instructor Amy Sherman. Cost is \$6; sign up on the MHRA website.

Brush off your disco clothes and start rehearsing your rendition of "Staying Alive" by the BeeGees as that is the beat you will need to obtain your CPR certification. Our excellent instructor, Amy Sherman, will teach you all you need to know about recognizing the signs and symptoms of a heart attacks and strokes, how to do CPR and how to use the Automatic Electronic Defibrillator (AED). If you can learn-to row you can learn CPR. Bonus: there is no longer a requirement to do mouth- to- mouth breathing with CPR. So no more excuses!

As part of our Safety Plan we offer this low cost CPR class to all MHRA 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!

If you are still apprehensive that you can't do this, click on the following link to the American Heart Association to see a CPR demo. www.heart.org/handsonlycpr

See you on March 13, 2013. Ah, Ah, Ah, Ah, Staying Alive!



Publicist wanted -

MHRA would like somebody to volunteer to act as publicist. Our requirement is for somebody to generate news items for the Player section of the Poughkeepsie Journal as they occur and create brochures advertising Learn-to-Row sessions and the club in general.

A key assignment for this year is to generate information for a special article in the local press making the public aware of the special screening of *A History of Rowing on the Hudson* scheduled for 7:30 PM on Wednesday,

December 11, at the Poughkeepsie High School auditorium. The screening will be part of an on-going travel and adventure series of presentations by the Vassar Brothers Institute. The Vassar Brother Institute is a member organization but their presentations are open to the public for a fee of \$5. The article envisioned will focus on the importance of rowing to the Mid-Hudson region both historically and in the present day. We are also looking to take advantage of social media to get the word out about the screening among high school athletes

Hudson River PCB Forum

Meeting January 16 at Marist's Historic "Cornell" Boathouse

By Amy Huber

The Marist College Cornell Boathouse was the setting for a 3 hour symposium on the Hudson River PCB remediation Project. Each of the four panelists from the US Environmental Protection Agency, the NYS Dept. of Environmental Conservation Hazardous Waste Remediation, the NYS Dept. of Health and the US Dept. of the Interior, shared comprehensive PowerPoint presentations. Also a biologist from Environmental Stewardship Concepts acted as moderator and informed us of our biological need for a break 2 hours into the program. Information gleaned:

- GE capacitor plants on the upper Hudson routinely dumped millions of pounds of pure PCBs into the the river above a then existing dam from 1940-1977. When the failing dam was dissembled in 1973, the mostly contained PCBs were then spread down stream. After many intermediate attempts to remediate the PCB contamination, Dredging was begun in 2009. An extensive system of recovery, analysis and removal, incorporating barges, trucks and trains, is coordinated in this complex project.

- PCB levels in the surface water are constantly monitored. Except in the immediate vicinity of the dredging, these levels are safe for public swimming. The standard for safe drinking water is 500

parts per trillion. Poughkeepsie's PCB level is 13 parts per trillion.

- The Health Dept.'s recommendation is to shower after exposure to Hudson River water. This is not because of the PCBs, but due to other contaminates such as bacteria.

- The greatest health concern to the public is consumption of fish and other aquatic life, such as water fowl and turtles. The PCB accumulation in the fat of these animals is 1000 times more than in the surrounding water. Even striped bass, which live in the ocean and return to the river to spawn, show an increase in PCBs, the longer they stay in the river.

- Once the project is completed, the EPA must continue to test the site every 5 years and review the findings for possible further action.



Forum sponsored in part by Hudson River Sloop Clearwater

Green Committee

By Linda Rapp

On January 15th, Ray Neville, Dottie Martinez and Linda Rapp represented MHRA at HRRRA's organizing Green Committee meeting. Led by Tracy Mauer of HRRRA, the committee includes volunteers from HRRRA as well as each of the tenant clubs. The goal is to promote 'green' practices at the boathouse through the development of and participation in reuse/recycling efforts relevant to rowers.

More details will be rolled out in the next few months, which will initially tackle the #1 recycle/reuse issue around the boathouse: water bottle litter. The committee will address promoting reusable water bottles, recycling or returning non-reusable water bottles, and the strategic placement/use/and emptying of recycling bins in each bay. The enthusiasm of the high school club reps who attended is both encouraging and contagious, and we hope to pass it on."



Mid-Hudson Reusable Water Bottle

Swim Test - How long can you tread water?

New MHRA members are being asked to complete a swim test if they have not already done so. Everyone must be able to swim 50 yards, stay afloat for 10 minutes without a life jacket and put on a life jacket while in the water.

The test will be conducted at the Jewish Community Center pool located at 110 South Grand Avenue in Poughkeepsie, NY. from 1:00 to 2:00 PM Saturday April 6. Those who have not yet fulfilled this requirement will receive a separate notice in an email. Sign up at our rowing practice sign-up page on our web site to indicate you can make it.

Officers Elected for 2013

The first board meeting of the year was held January 10. MHRA officers are elected at the first board meeting after the annual meeting. Brian Prasky was elected Treasurer, apparently undaunted by the high standards set by Hai Longworth, our treasurer for 2012. Other officers are Bill Washburn - President, Mike Griffin - Vice President, and Lorrie Renz - Secretary. Other members on the board of directors are: Joan Carter, Amy Huber, Hai Longworth, Dotty Martinez and Cathy Monfred.

At this meeting the board of directors also named the Nominating Committee for 2013 which consists of two board members and two non-board members. Amy Huber and Joan Carter will be the board members and Laura Ladd and Bill Enichen will be the non-board members.

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Masthead and water bottle photos are by Rick Longworth; Other photos by Bill Washburn.

Editor: Bill Washburn - Acting (Your name could be here.)



Macaroni Penguin