

# NEWSLETTER OF THE GROSSE ILE ROTARY CLUB

Box 125, Grosse Ile, MI 48138

Club website: [www.gircweb.org](http://www.gircweb.org)

District website: [www.rotary6400.org](http://www.rotary6400.org)

**FOR MEETING OF: 10/02/2008**

## Board Members 2008 – 2009

President	Ted Aller
President Elect	Dale Klemans
Secretary	Charlie Worden
Treasurer	Ron Peltier
Past President	Alan Hickman



## Board Members At Large 2008 – 2009

Bambang Soedarjatno  
Dave Sims  
Roberto Sanchez



## Scott Sitek Grosse Ile Rowing Club Coach

### Insights to the Sport of Rowing

1. Rowing is a total body workout. Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involve all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints.
2. Rowers are probably the world's best athletes. Rowing looks graceful, elegant and sometimes effortless when it is done well. Don't be fooled. Rowers haven't been called the world's most physically fit athletes for nothing. The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop. .
3. The equipment. Today's rowing boats are called shells, and they're made of lightweight carbon fiber. The smallest boat on the water is the single scull, which is only 27-30 feet long, a foot wide and approximately 30 pounds. Eights are the largest boats at 60 feet and a little over 200 pounds. Rowers use oars to propel their shells. Sweep oars are longer than sculling oars, typically with carbon fiber handles and rubber grips (although some sweepers still prefer wooden handles). Sculling oars are almost never wood.
4. The crew. Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat. The person in front of the bow is No. 2, then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers.

5. SPM not MPH. Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minute's time. The stroke rate at the start is high – 38-45, even into the 50s for an eight – and then “settles” to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again. Crews may call for a “Power 10” during the race – a demand for the crew's most intense 10 strokes.

6. Teamwork is number one. Rowing isn't a great sport for athletes looking for MVP status. It is, however, teamwork's best teacher. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and bladework with one another.

7. Rowing is the ultimate walk-on sport. (It's easier to get started than you think.) USRowing is a membership organization that serves rowers of every age and ability from the beginner to the experienced rower to the national team. So, there's definitely a place for you.



Coach Kristen, Allison Duffy, Sarah Schmidt, Kellie Lapointe, Ashley Wenneman, Theresa Shields, and Coach Scott at the 2008 Big Ten Championship.

## **BOARD MEETING MINUTES**

Board meeting called to order at 5:00 PM, October 2, 2008

Present: Aller, Klemans, Worden, Peltier, Hickman, Sanchez, Sims, and Soedarjatno

Club member guest: Peter Rock representing the Del Ray Project

Business: Board went over budget with Treasurer, Ron Peltier, using Zero based budgeting. Basic items were discussed as well as discretionary input. Some items were reduced while others were left as is. The treasurer has the full list of these. The monies for Del Ray were tabled until next board meeting October 23, 2008.

Donation of \$1500.00 to Safe Route to School tags for the P.A.T. proposed by Sanchez and seconded by Soedarjatno. Motion carried

Next meeting: October 9, 2008 Guest speaker--Duncan Murdoch, Grosse Ile Fire Chief

Next board meeting: October 23, 2008

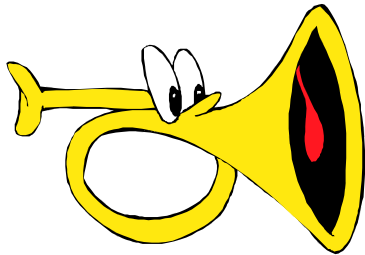
Respectfully submitted by Charlie Worden, Secretary

## THE CALENDAR - UPCOMING PROGRAMS:

- 10/09/2008 – Duncan Murdock – GI Fire Chief
- 10/16/2008 – Bill Carver – Major League Ball Parks
- 10/23/2008 – TBD – Board Meeting
- 10/30/2008 – Club Assembly

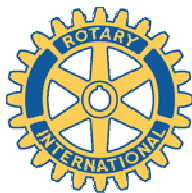
### AND MAKE SURE TO SAVE THE DATE....

- 12/06/2008 – Grosse Ile Rotary Christmas Party – Flat Rock Community Center



## SAVE THE DATES!!!!... UPCOMING DISTRICT EVENTS.....

October 16th	Foundation, Membership, & Interact Seminar – Holiday Inn Southgate
November 13-15th	RYLA - Schoolcraft College VisTa Tech Center
December 1st	District Governor 2011-12 Applications Due to DG Bruce Goldsen
December 6th	DG's Holiday Party - <b>Evans Street Station</b> - Tecumseh MI
January 2009 TBD	Mid-Year meetings: DG and DGE with Presidents and PEs



## Rotary International District 6400

District Conference  
April 30 - May 3, 2009



*The Grand Hotel on Mackinac Island*

Join your Rotary friends to 'Make Dreams Real' at Grand Hotel on historic Mackinac Island. There's no place quite like it, on an island without cars, where horses and bicycles are still the favored modes of transportation. Where guests enjoy exceptional service and accommodations, and a full breakfast, lunch and five-course dinner are included daily.

### April 30 - May 3, 2009

**REGISTER 'ONLINE' AT [WWW.ROTARY6400.ORG](http://WWW.ROTARY6400.ORG)**

‡**GRAND HOTEL 3 NIGHT PACKAGE FOR TWO - \$1,197.00**

Includes the following: RT Ferry & Carriage transportation to hotel, lodging, 8 meals pp (Thur night - Sunday Brunch), all tax, gratuities and baggage handling charges.

