

BOATHOUSE CHATTER

Welcome to Boathouse Chatter.
Thank you to all who have
contributed to this issue.

In this issue, Kenny Dwan, our
President, shares his direct
experience of COVID and explains
how important his years of rowing
training and friendships were in his
battle against such an insidious
opponent. His positive message in
recovery is that COVID has given
us time to appreciate what we have.
We hear about JPs experience of
shielding, home schooling and
pragmatically managing
challenging, IT literate children
remotely. Congratulations Natalie -
now a fully qualified teacher. Her
description of the first week back at
school since lockdown is full of
variety and a wonderful way to
engage the young people in her
charge. It shows us that life is
slowly getting back to some form of
normality as the schools begin to
open more widely again.

Please send your news to
anita@newlandmail.com by
Sunday 12th July 2020. Next issue
Sunday 19th July 2020

Let's work together to keep the
chatter going...

Robbie Coleman is updating our
Twitter account. Follow us on
Twitter @PBDRC

DIARY DATES

- SUNDAY 28TH JUNE AT
7.00PM – POPLAR ZOOM QUIZ
- 26TH SEPTEMBER 2020
BOATHOUSE 50TH BIRTHDAY
- AGM - TBC



➤ Trustee Update

It's great to see the club spirit continuing even when we are not together physically.

Thanks again to Sara and Ann for agreeing to do the Q&A session last Saturday. The evening we shared via Zoom was very funny, honest and generated lots of discussion. It made me want to do it even more. We look forward to sharing more of their story face to face, hopefully later in the year, when we will be able to lift a glass (or two) to their amazing achievement.

Thank you again to Andrea who is doing an amazing job managing the booking system. Because of Andrea's efforts, we are able to get people out on the water in a safe and controlled manner.

Unfortunately it hasn't been possible to organise tank sessions within British Rowing/Government parameters. Please bear with us as we continue to be guided by their advice into solutions that work for our club. As government restrictions start to ease we will get as many people out as possible.

We have a few events coming up.

The Thames Challenge is a great idea and nicely timed as the Virtual Regatta series comes to an end.

We also have another Poplar quiz next Sunday 28th June at 19:00. If you fancy joining please contact me for the Zoom details.

I'm also very conscious that the sweep squads haven't been able to get out. If anyone from the sweep squads want to take an ergo home and continue to train please let me know directly. Priority will be given to athletes who have been committed all year.

Hope to see you soon - keep safe

Dan

➤ Health & Safety Reminder – Nick Paul

First of all, thank you to everyone who is adhering to the guidance in terms of bookings and hygiene. I want to highlight a few key points from the guidance. Please remember to:

- ✓ Wash hands regularly and use the hand sanitiser provided.
- ✓ Wipe down all handles & door plates using the blue paper towel & disinfectant spray or use the wipes provided.
- ✓ Adhere to social distancing at all times and be mindful of the 2 meter rule. This will become increasingly important as numbers using the boat house increases.
- ✓ Please use your own face mask /face covering and gloves.
- ✓ Wash down all boats and sculls using the soap provided.
- ✓ Remember to have your phone with you at all times.
- ✓ Pull the boathouse doors together if you are the last boat out.

➤ Upcoming Events for June 2020

➤ Poplar Quiz via Zoom

Sunday 28th June 7.00pm – contact Dan Bartlett

➤ Thames Challenge round 2 – Club wide event

Entries close Friday 26th June 2020. Contact: Chris Scott email: chris_scott11@hotmail.co.uk,

After the success of the inaugural Thames Challenge, the Men's Crew have opened the challenge up to the rest of the club. A great way to train virtually with others and enjoy some competitive spirit.

This is a race to cover the distance of a return journey of the full length of the River Thames. Teams of 4 will compete across various activities to complete the 692km with a cutoff time of 21 days.

The challenge will commence on **Monday 29th June**.

All entries must be received by **Friday 26th June** so that teams can be assigned

Please record actual distance/time (as appropriate) on the spreadsheet. Calculations are built in.

In the event that two (or more) teams complete the 692km on the same day, the winner will be whichever team records the greatest distance by midnight on that date.

To enter the competition please send an email with subject '**Thames Challenge Entry**' to chris_scott11@hotmail.co.uk, including your phone number so you can be added to the WhatsApp group.

How it works

An online spreadsheet will be used for competitors to record and track activities completed.

A WhatsApp group will be in place for general communication.

An honour-based system will be used, although competitors are encouraged to post activities in the WhatsApp group. Activities must be recorded on the spreadsheet by midnight (BST) of the date completed, otherwise they will not count.

Exceptions may be granted for special circumstances as long as it is noted on the WhatsApp group.

In the spirit of club competition, teams will be mixed, but the top competitors from the previous challenge will be seeded across the groups.

Activities will be weighted based on the below multipliers:

Activity	Multiplier	Notes
Row/Erg	1.00	
Run	1.25	
Cycle	0.50	
Walk	0.50	Brisk pace, minimum 3km
Circuits /HIT	12km/Hour	Can include any activity but should be at least 'vigorous' effort level. Active time only.

➤ Get Involved

Share what you are doing to keep fit and sane during the lockdown....

➤ *Circuits*

Monday, Wednesday & Friday from 5.45pm – contact Bev on samjunior135@gmail.com

➤ *Ladies Crew Training*

Tuesday and Thursday at 6.30 pm - Contact Szigyi.szogyi@gmail.com

➤ Virtual Regatta

Series C – The Final 500m 20th June - contact Paddy Boyle

For today's final virtual regatta, this time over a shorter 500 m, we had 10 competitors on ergs and 4 runners. Competition was tough with 400 competitors from 32 different clubs. However, despite the odd water rower, or other strange contraption, we still managed some decent results. Across the club we managed: 9 firsts, 5 seconds and 2 thirds. Everybody who entered managed to finish 1st, 2nd or 3rd in at least one of their events. Gill was amazing, winning her WMB single with a time of 1:36.3 as well as three other 1st positions. Mo did incredibly well with three 1st positions including her run and an impressive 1:44.0 to come 2nd of 7 in WMA singles, only 0.5 seconds off first place.

It has been a strange season with virtually no racing on the water. These virtual regattas have been a bit of fun to prepare for and given some additional motivation to keep training. Hopefully, if the Covid-19 pandemic continues to reduce, we will see a return to proper racing again next season. Very well done to everyone who participated in the virtual regattas. We did well enough as a club to be noticed by the organisers. Maybe they will run it again next year, water racing or not.

No.	Competitor or Crew	Category	Position/ Time		Winning
			Total	June 20 Time	
1	Alex	MB x 1	8/9	01:41.0	01:24.8
2	Bob	MG x 1	2/8	01:37.7	01:27.9
3	Gill	WMB x 1	1/6	01:36.3	01:36.3
4	Jennifer	WMB x 1	6/6	01:52.0	01:36.3
5	JP	MC x 1	7/24	01:32.0	01:26.5
6	Mo	WMA x 1	2/7	01:44.0	01:43.5
7	Paddy	MF x 1	8/14	01:41.1	01:31.8
8	Rowan	MH x 1	8/13	01:46.1	01:35.8
9	Dimitry	MB x 1	3/9	01:31.8	01:24.8
10	Ed (Benson)	MB x 1	3/9	01:31.8	01:24.8
11	Alex & Dimitry	MB x 2	1/1	01:36.4	01:36.4
12	Bob & JP	ME x 2	2/3	01:34.9	01:28.7
13	Rowan & Paddy	MG x 2	2/2	01:43.6	01:37.3
14	Mo & Gill	WMA x 2	1/1	01:40.2	01:40.2
16	Gill & Alex	MxMBx2	1/2	01:38.7	01:38.7
17	Jennifer, Gill, Mo & Alex	MxA x 4	1/2	01:43.3	01:43.3
18	Rowan, Bob, JP & Paddy	MF x 4	2/4	01:39.2	01:38.4
19	Alex	Run	1/1	01:19	01:19
20	Mo	Run	1/2	01:28	01:28
21	Toby	Run	1/1	02:08	02:08
22	Sara	Run	1/1	02:17	02:17

➤ Domestic news

➤ Corona Virus and me- by Ken Dwan, Club President



Congratulations to you all for your contributions to the last newsletter which I found both interesting and humbling. It's great to see everyone pulling together with such imaginative events to keep the competitive spirit alive. Our front line worker's account of their daily efforts to ease the suffering of others during the virus brought me to tears. You should all be really proud of yourselves as I am of you.

If asked what the Corona Virus meant to me you would probably expect me to say it was the most horrific episode of my life. Well it was and I wouldn't wish it on anyone. However it put my life very much into perspective and taught me the true meaning of humanity. From the person who took the emergency call, the wonderful young paramedic girls, A&E staff and intensive care doctors to the cleaner who came round every

morning and cheerfully offered me his paper - even though his wife had recently died leaving him with three small children and the student nurse who pirouetted around the ward to cheer us old men up, I had never experienced such kindness and compassion and for that I am truly grateful. At one point the doctors were ready to switch off the oxygen but somebody came up with the idea of trialling me on an anti-malaria drug, the one President Trump swears by, which seemed to have an immediate effect.

When I was at my lowest point, I thought about the training methods at Poplar over 50 years ago which helped me cope with the breathing. I also thought about our warm up runs around Greenwich Park and the Island, our football matches in the park on high water days when it was windy and the very long distance sculling when the weather was good. Winter training in the 8s and the fun of going to regattas with all of our families and supporters.

Word quickly spread that I was unwell and never in my wildest dreams could I have imagined what happened next. I got a call from Good Morning Britain asking me to appear via FaceTime to discuss my experience. It seemed to go down well as the phone calls, emails, cards and messages of support were overwhelming.

When I first joined the rowing club some 60 years ago, someone told me that the friends you meet rowing, will be your friends for life. Never a truer word spoken, I feel as though I have now lived my life twice.

The wonderful thing to come out of lockdown is the gift of time. Time to enjoy and appreciate what you have and time to read emails properly. I have read through each and every email from PBDRC and enjoyed the camaraderie you have.

I don't know many of you personally but as President of the club I intend to remedy that as soon as Boris lets me out.

I can't go without mentioning the passing of Club Marshall, Joe Yeardsley. He and Mo were staunch supporters of the club and the kindest people you could wish to meet.

Keep safe and I look forward to meeting up with you all soon - Ken

➤ Five Funerals and a Wedding – my lockdown experience - by JP O'Donnell



Five funerals and a wedding (plus a couple of operations, one of which went a bit t**s up), no, not the sequel to 4 Weddings and a Funeral, rather my summary of 2019 which by all accounts wasn't my best year. Onwards and upwards in to 2020 I went, knowing that as the D:Ream song states, Things Can Only Get Better...

Well, 6 months in and I'm not sure 2020 is turning out to be one of the better years in history. Fingers crossed for 2021.

Lockdown started early for me and my family. As soon as the announcement was made about shielding (a few days before full lockdown) we went in to house arrest. No 300 mile round trips for us to see relatives or 60 mile round trips to test our eyes in recent weeks. We've been at home the whole time, and in the past 11 or 12 weeks (I've lost count) since lockdown started, the only times we have left the house were for a drive to Kings College Hospital in Denmark Hill and to pull the wheelie bins out and back in after the rubbish has been collected, an event which has now become one of the highlights of the week...

The drive to Kings in mid - April was to attend an appointment where my wife was trained to self - administer immunoglobulins. Due to a dodgy immune system, these are needed to provide her with some immunity against infection. Before lockdown, she went for treatment every three weeks for this, but it is now, for obvious reasons deemed safer to administer at home. So, on a scorching morning in mid - April we made the drive through South East London and I have to say I have never felt so excited to be driving through New Cross, Peckham and Camberwell and seeing the outside world. All went well at the appointment and we enjoyed our day out in South East London. For some, however things were a lot less enjoyable. Sitting in the car park at Kings watching the doctors and nurses as they walked by made me think of soldiers going in to battle. I can't help but feel the greatest sense of gratitude for their Herculean efforts. They are heroes, a truly inspirational group of people who I hope will now get the respect and treatment they have long deserved but which has been sadly lacking in our recent era of austerity.

As a primary school teacher and parent during lockdown I've been trying to manage a balance between teaching my own children and preparing work for my class to do at home. Finding ways of getting both groups engaged with their learning has been challenging. I try to call 3 or 4 children in my class every day to see how they are getting on and to find out if there is anything they are worried about or want to talk to me about. On a call to one mum last week she told me that she is a single parent and working full time from home. She had not had time to sit with her daughter to do the work I had been setting and was quite apologetic about the fact that I had been spending time preparing material that she had not been engaging with. I was able to speak to her daughter and asked her how she is getting on in lockdown to which she replied that she 'loved it' as she got to sit in front of the telly all day. I asked her what TV programmes could possibly keep her entertained all day, to which she replied that she was up to season 26 of The Simpsons and was close to having watched every episode. Teachers are encouraged to be reflective practitioners and reflecting on that conversation I had to wonder

whether my class might actually have been better off if I had set them all the task of watching every episode of The Simpsons. Maybe I will add that to the curriculum for next year.

As the computing lead at my primary school it has been intriguing to see the ingenuity applied from some of the students towards hacking in to other children's accounts and changing their usernames, nicknames and posting blog entries on their peers behalf during lockdown. Prior to starting this piece of writing, I was on the phone to the company that provides my school with its digital platform to request an IP trace on the device which was used to change one girls nickname to IM STUPIDDDDD. I've had similar cases pretty much weekly over the past month and using the IP traces have been able to quickly establish who was the culprit. Maybe a career in the police as a detective could be my next big career change. Other nicknames have included 'I stupid' and 'I'm a poop'. Bear in mind that these are 8, 9 and 10 year old kids and it makes your mind boggle as to what they'll be up to when they get older. Hopefully they'll get scooped up by a computing giant and become the tech wizards of the future, channeling their ingenuity in the right direction.

At home my wife and I have been fighting daily battles with our daughters over home learning. Melt downs are a regular occurrence, screaming, shouting and crying have become the new norm and that is just from me. It has been great to participate in the virtual regattas, I've tried to time my training so that I can miss as much of the home learning as possible but I think my wife is cottoning on to my tactics. I've also spent the evenings, weekends and school holidays redecorating the house, a task I had managed to get away with doing for various reasons over the past two summer holidays. Things have been very busy but it has nice seeing my daughter's friendship growing even as their contempt towards their home teachers has also grown exponentially.

Now where's that remote control. I'm off to watch the Simpsons.

➤ A week in Lockdown as a newly qualified teacher - by Natalie Ohene

Monday:

Today was the first day back at school after having been called back into work last week. Have been in twice since school closure on 20th March as part of the rota for teaching the vulnerable/ key worker children and have been teaching my Year 2 class remotely (video calls, pre-recording videos etc). I have 13 in my new 'bubble', a combination of Year 2 and Year 3 pupils.

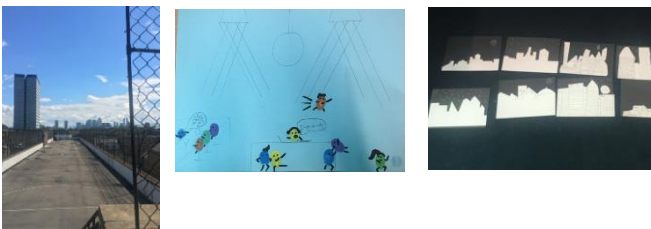
The school's Covid-19 plan has been, quite rightly so, very stringent. Children are encouraged to social distance at all times, handwashing has become so routine that my hands almost make me look as if I row, and children have been allocated individual tables, chairs, pencil cases, books, the lot.

Cycled to work in a bid to shake off some of my 'corona curves'. Underestimated how tired I would be after my first full day of teaching in over three months/ just how little exercise I have been doing. Fell asleep at 7pm.

Tuesday:

Had a parent complain (already) that her Year 3 child was doing Year 2 work (to be fair, he is incredibly bright). Realised it's physically impossible to teach two lessons at the same time, so got computers brought into the classroom so that the Year 3's can now access pre-recorded Year 3 lessons online with headphones on whilst I carry on with my Year 2s.

With nobody really paying attention to our timetable, I'm trying to fit in as much creative time as possible. Went up to the school's rooftop to draw the skyline – couldn't quite see PBDRC.



Wednesday:

Popped out of class during maths (don't worry, the children were not left unattended) to go to my final review meeting for my teacher training course. I qualified! Becoming an actual teacher felt quite anticlimactic in the current climate. Got drunk in a park after work with a friend.

Thursday:

Finger painting this afternoon. My teacher model turned out to be a bar/club scene. Don't want to over-analyse, but really think I'm missing pre-lockdown life.

Friday:

The children are making totem polls this afternoon. Turns out the local council's lack of recycling during the pandemic actually has some perks. Had saved up enough toilet roll tubes for the kids to have two each to decorate. Was announced yesterday that the school will be opening more widely next week. Looks as though two other Year 2 bubbles will be starting on Monday. Intrigued to see how 45 six-year-olds can socially distance in one playground...