

LRC NEWSLETTER



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MAY 2023

IT'S BEEN A BUSY MONTH FOR THE LRC

May 6 the Junior's were invited to a Wyandotte HS Regatta in Wyandotte, MI
Representing Sandwich Secondary School were Avery K, Felicia P, Liv L, & Sam G



Felicia, Sam, Avery, & Liv won gold in women's 4x



Felicia and Sam won silver in women's 2x

!! CRUSHED IT !!

The LRC is recruiting for the following committees; Finance, Fundraising/Events, Governance, Maintenance, Awards. Step forward if any of these interest you or you have questions. The Club needs YOUR voice.

National Come Try Rowing Day was held May 27. It was well executed with positive feedback. Approximately fifty participants enjoyed the hospitality of our awesome members.



LRC Coastal Races were held on May 21



The 3rd Annual Golf tournament was held to great success on May 28. Next month's newsletter will have full details.



Globetrotting Lindie R competed in UAE and won a silver with a 4x crew and a bronze in a 2x. Way to go Lindie!



ROB CUSINATO



MEMBER SINCE NOVEMBER, 2021

Why Rowing?-I was active all of my life taking a special interest in soccer. I began to experience changes in my physical abilities in 2006 and I was ultimately diagnosed with MS in 2016. Soccer, at least playing, was no longer a tangible reality. I joined a local MS community group and Stacey, a fellow LRC member, recruited some of us to try rowing. I did just that and I haven't looked back! I found a new sport to keep me active. As a physiotherapist I am always preaching to my clients the importance of movement and pushing oneself within tolerable and manageable limits throughout life. I am no different. I must practice what I preach. I implore everyone to watch the short clip "23 1/2 Hours" by Mike Evans on Youtube. Individually, we have the most control of our own health.

Favourite form of rowing - Sculling. This was the first method that I was instructed in and this is the one that I feel most comfortable with.

Where have you competed? - Thus far I competed at Motown in Michigan in February 2023 with teammates Kathy and Jaime.

Future goals - My primary goal is to be able to walk and despite being vastly different physical activities rowing has had a greatly positive impact. Simply said I walk better after I row and there has been carryover. I am travelling to Italy this summer with my family and I would like to be on my feet as much as possible as I enjoy the sites of my parents' homeland. Among other things I thank rowing and the LRC for getting me ready for this trek. Being in a gondola on the canals of Venice does not seem as daunting.

Favourite time to row - I enjoy rowing in the spring most when heat is not such a negative force. Those of us with MS know (and feel) that heat is a verifiable adversary whereby our symptoms are readily exacerbated. I have only had the opportunity of rowing in the early evening but I hope to give a morning row a try in the near future. It is beautiful and peaceful out on the water. It is truly awe-inspiring to witness a majestic bald eagle fly by!

What else do you do to stay active - I also stay active riding my bike. Due to balance issues I have a three-wheeler that I ride outdoors, even to work in the spring up until the fall. If I really want to push myself hard I ride my indoor bike which is mounted on a trainer. I have an app which allows me to ride around various places in the world with friends who live in other places around the world. Technology!

Best rowing experience - What I value the most, aside from the physical health benefits, is the social health benefits. My fellow para-rowers and many of the master rowers have become great friends! The recent history of humanity has placed us behind closed doors for such a long time. It is good to be "free" again and amongst other people. I really appreciate the encouragement provided by our charismatic coaches Sue and Stacey. Their creative approach has facilitated a gratifying rowing experience!

One evening in May 2022 I came home drenched. I needed to get into a hot shower, and fast. Earlier that evening I tipped a Coastal. "No one ever tips a Coastal" I was told. I found a way. Thanks to the great coaching from the likes of Doug I never panicked. I simply got myself out of that situation and moved on. I left that experience smiling and I still am! See you all next week!

SOMETHING TO THINK ABOUT

Six Board of Directors positions will be opening up at next general meeting to be held around Feb 2024. Please become involved in the decision making by joining the board. Currently the board is voted in by the members of the LRC then the positions of the board are determined by the new (and current) board members. Four of the positions will be for a one year term to align the board correctly. The following positions are held by the board members whose terms will be up; vice-president, treasurer, secretary, membership director, general director (fundraising) and general director.