

MAY 2020



STAR CLUB 'LOCKDOWN' NEWSLETTER

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Dear members and friends of Star Club – we hope you are all finding your way through this difficult period and that you are managing to stay safe. Whilst we can't be together in person, we wanted to share a few updates to keep you up to date and entertained on a VE bank holiday weekend. We've made it longer than normal in the expectation you might like a longer read. Tell us what you think or would like to see included and we'll bear it in mind for next time.

A SAFE RETURN TO ROWING?

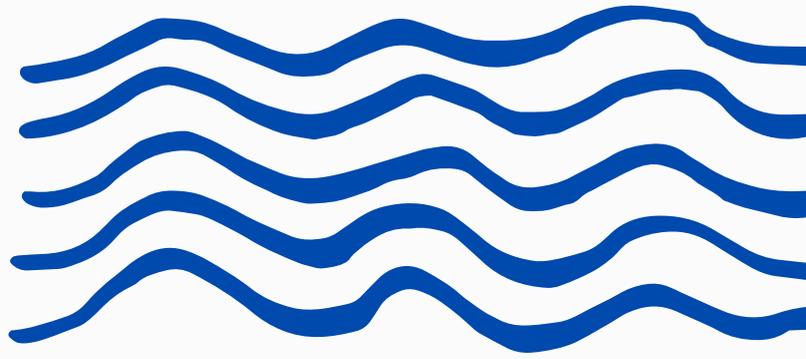


With the wonderful weather, no doubt everyone is wondering when we will ever be allowed back on our river – which, frustratingly, is looking glorious just now! The whole country is anxiously awaiting the next steps – and when we know them, what this will mean in practice for our lives, and what a so-called ‘new normal’ will look like.

You can read
British Rowing’s
[‘Planning a safe
return to rowing’
here.](#)

The good news is that British Rowing has now spent several weeks looking at how this landscape might look once new guidelines are issued. At this stage, the three areas that they are looking at are specifically: ‘back to clubs’, ‘back to training’, and ‘back to racing’. As might be expected, BR stress that we may have to wait for the government to provide more precise details, but they are looking at a number of scenarios and aim to act as quickly as possible after guidance has been issued. Your own Club MB is actively participating in this BR debate and will of course aim to act quickly but sensibly as circumstances allow, but always taking into account members’ safety.

SUPPORTING THE CLUB DURING LOCKDOWN



In the meantime, a huge thanks to everyone for continuing to support the club over this difficult period.

Sadly, Star Regatta has had to be cancelled and the café and bar closed due to the coronavirus situation, which is a significant loss of revenue on top of the unprecedented cancellation of both the 2019 Head and Regatta. Fortunately, we have been successful in obtaining a coronavirus grant from Bedford Borough Council, which will go some way to make up for the loss of income. We are also looking carefully at our costs now and for the next financial year, so we are able to strike the right balance between running the club and offering the best value we can to members on and off the water. All in all, a sizeable financial challenge for a small sports club, but one that we are not alone in facing.

Undeniably membership subs remain the backbone of our long-term viability, and we thank members for supporting the club in these unprecedented times. If we didn't have this income to rely upon, then we wouldn't have a club to come back to when the world returns to something more normal. Rowing clubs are made and supported by members and volunteers – it is not like a gym providing a 'service' that can be switched on or off as we choose. Our collective commitment to keeping Star going through this period when we may sometimes feel that we are 'paying for nothing' is vital. Of course, we are not 'paying for nothing' – we are sharing the costs of being a part of our club and community – a collective – and that's so much more than not being able to use a boat or an ergo for a few weeks. It's about the people you share these experiences with and who you choose to be with, on and off the water, hopefully for years and years. And it's not about rowing or being fit – it's about **belonging**, and that's what we must bear in mind – so thank you all for sticking with Star.

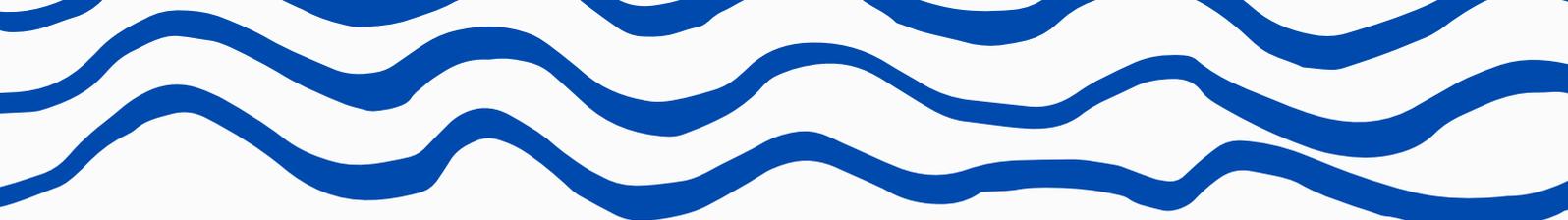
COMMUNITY @STAR



But we recognise that money isn't easy to come by right now. In March we announced that we would invite donations to a 'Hardship Fund' to support members in financial distress who would otherwise not be able to row from Star. We have so far received Hardship and other amounts totalling £2,750, including Gift Aid, so thank you to these generous donors. We'd encourage you all to consider if you would be willing to add to this total – just a few pounds make a difference. Equally as importantly, if you are aware of a case where financial support might be needed then please contact the Treasurer or Welfare Officer. Anonymity is a given.

The 2.6 Challenge on Sunday 26th April was a success, raising an excellent £202 for the club charity, Tibbs Dementia. This was on top of the pre-lockdown 'drink the bar dry' fundraiser which raised £220 in March. For the 2.6, club members undertook a variety of challenges, some of which are featured on the club Facebook page. Activities included a Zoom exercise session, where the Masters Ladies – fully resplendent in their racing kit – did a gym session of 10 various exercises held for 2.6 minutes each, David 'Crazy Man' Sogan completed 26km on his cross trainer (he did a second training session after lunch, apparently), and Club Captain Dom Hawes-Fairley did an ergo (after clearing the rust and cobwebs off both himself and the machine).

Find the [video link here](#).



Sarah Russell, CEO of Tibbs Dementia Foundation, said 'we are so grateful for the continued support and interest of Star Club. We are deeply grateful for your fundraising efforts at this difficult time and for raising the spirits of people with dementia and their families, helping us to continue to provide the sense of community and connection which is so important to us all'.

Sue Taylor did her bit to say 'thank you' to Tibbs and 2.6 by walking 27 laps of Longholme over a 9-day period, finishing on Wednesday. A fitting testament to Mike. Sue's JustGiving page link is [here](#) and remains open if you'd like to contribute – she has raised over £500 already. Well done, Sue!

Further afield, former Star Club member Ais Green has channelled the Star Club motto "Mind over Matter" to raise money for Ehlers Danlos Syndrome. Well done Ais! Read about that [here](#).



FAY'S @STAR

Here's a little update from Charlie and her team –
industrious as ever...

Hello!

How are you all? We hope that you are doing okay in this funny old time. We just wanted to check in with you and let you know what we have been up to during lock down!

As a team, we've had twice weekly Zoom get-togethers since the beginning of lockdown. A coffee and a chat on a Friday and then a quiz or game of some kind on a Tuesday evening. We've had all sorts from cocktail evening, quizzes about team members and board games. It's so good to still be able to see each other regularly and check in to make sure we are all doing okay.

Everyone is well and healthy and managing to fill their days. Jess and Katya have been busy baking and discovering old recipes. Emily is spending some time painting and her pictures are just so lovely - we will have to get one up somewhere at Star at some point. Helen and Ann have both been decorating and doing some work in their gardens. Maddie has been studying for her uni course and has turned her garden shed into a gym. Adrian is busy with his family – he moved in with his daughter and son in law and three granddaughters so he's busier than







ever! Ann, Emily, Helen and Katya are doing some work each day with their children who would normally be at school. Freddie is busy knitting blankets for kittens in rescue centres and Ross is just enjoying some peace and quiet away from us! Blaise has been reading like never before and promises to have lots of book reviews ready for our return. I've been doing some online work and spending time working on the businesses, amongst video calls here there and everywhere to my family.

We are keeping in contact with some customers who we know live alone and between us ring them every day just to check in. It's so good to be able to keep in contact with them as this was our biggest worry when we first closed our doors.

We have always had a team WhatsApp group so that's now filled with letting each other know what we are up to and keeping a regular check in with each other. Here's some of the team saying hello!

We really hope that you are remaining as cheerful as possible and we so look forward to seeing you all again soon.

Stay safe. Charlie and all the team xx

KEEPING BUSY



Juniors are able to stay fit and have some virtual fun as a squad thanks to the club's online junior training programme that was launched at the start of lockdown. The programme is overseen by Chris Callow, Dani Tucker, and delivered by coaching team Henry Bullough, Ellie Sadler, and Millie Wardley.

Other squads and groups have set up their own groups, ranging from the obsessional to the more sociable, but if anyone feels that they would like more guidance and support on how to train and keep fit in this period, then please contact your squad leader or the Club Captain and we will try to connect you with someone who can help. More training guidance in the next newsletter, depending on where we are in the un-locking cycle by then.

VIRTUAL CLUB NIGHT AND QUIZ: THURSDAY 14TH MAY

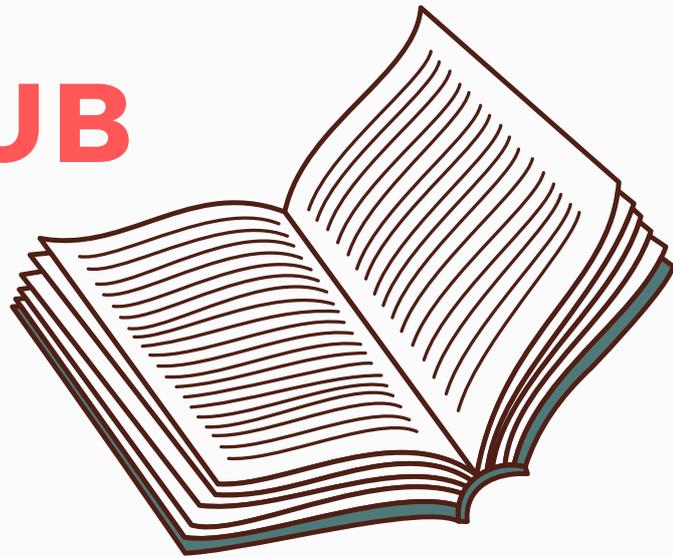


We are proposing to hold a first virtual club night this coming Thursday. The headline entertainment will be an online Zoom Quiz that will be hosted and overseen by Tom Morgan (Tom used to row at Star Club as a junior (c. 2010 – 2014) and his mother rows in the recreational squad).

The evening will start at 19:30 and we expect the quiz to last around an hour or just over, including a five minute break at 8pm for Clap For Carers. The theme will be general knowledge, but Tom is trying to develop a Star and rowing round just for us. There will be a special bonus prize for the most entertainingly dressed team...

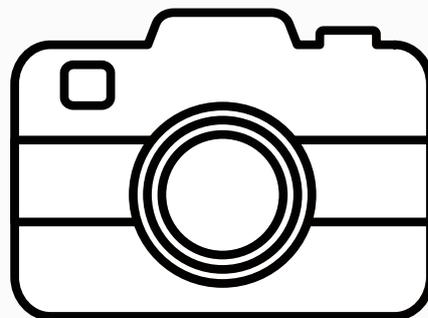
Andy Chillingsworth (hospitality@starclubrowing.co.uk) will be organising from our side so contact him if you have any questions. You don't need to register – just use the Zoom link (coming soon) and mark your diary and own scores – but no googling if you want to compete for the lavish prizes.

BOOK CLUB @STAR



Katrina Payne has kindly offered to start a book club, initially meeting monthly online, and covering one book per month to begin with. If you'd be interested in joining this group, then please contact Katrina and she'll get the ball rolling - katrinapayne@btinternet.com.

FROM THE ARCHIVES...



For those of us tucked away at home with more spare time than is usual, most will have looked through some old photos or videos recently. As a club we have a huge back catalogue of pictures and documents and videos that are dotted around in different places. We could and should make more of it than we do, so we have decided to launch a new Star Digital Archive project that brings all of this under one digital roof. If done properly, it could become a huge collection of enriched images (names, places, dates, events) plus documents (minutes, plans, drawings, programmes, race results, and so on), and so for it to be useful it needs much more managed than just a collection of scans and photos in folders. We want to create a properly indexed archive – a Star search engine, if you will.

Lester Waugh has kindly volunteered to start this project, and he has created two folders of images you can view. One holds the digital images of the photographs in the Clubhouse, and the other is a small selection from personal image archives from 2014 to 2019. There are some fantastic memories and evocative images in here – please feel free to browse and thank Lester when you get chance.

- Click here for [Clubhouse images](#).
- And here for a [selection of old and new rowing photographs](#); links provided by Lester Waugh.

If you'd like to be involved with the archive project – and it promises to be fascinating – please contact us using a new email that we will set up next week archives@starclubrowing.co.uk.

And now, a taster of some videos to whet your appetite for a return to competitive action:

- For those who remember the 80s, or even those of a younger age who might be surprised to see that wooden VIII's with macons could cover 500m in less than 1:18, here is a YouTube link to [Leyland Daf Power Sprints](#) from 1987 on Channel 4. Bedford Star @56m and 1h:12m, and a very young Hugo van Kempen @15m50, with lots to keep you entertained in between.
- More recently and even closer to home (spoiler alert – we win) the [Britannia Challenge Cup](#) in 2012.
- Even more recently, Henley Masters wins last year for [E8](#) and [G8](#).

UNTIL NEXT TIME...



We hope you enjoy reading and browsing through this newsletter and links. If you'd like to volunteer to help with our Communications - newsletters, tweets, Instagram stories or keeping the website up to date – then let us know. It does take time and we do need more people to get involved – training can be arranged!

In the meantime, thank you for your continued support for the club, financially and otherwise, and we look forward to meeting up again (in a safe way) in the not too distant future.

