

Curlew Newsletter

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Christmas Party

This year we held our annual Christmas Party in the old club house at The Trafalgar Tavern. Over 70 old, current, and new members attended in their best dresses or suits. And Felix. Who proudly wore every bit of Curlew blue that money can buy.

After the food, the Social Committee stood up and presented the quick-fire raffle round, and then on to the Auction. The big prizes were JL kit, Karins hand crafter silver pendant, Arsenal Vs Manchester tickets and a Curlew display Oar. Thank you to everyone who bought raffle tickets and bid on the auction prizes, and therefore raising money for the club.

Some games saw the squad captains battle it out over the blow-up antler ring toss, proving that the Vets can perform the best under pressure, and many glasses of wine. Heads and Tails ended with the senior men's Captain Marcus and the women's Captain Kamile going head to head, with Marcus eventually winning the bubbly.

Drifting onto the dancefloor we showed what we do best, discos! If you've ever been with us to Oxford City, or St Neots, you'll be aware. Which turned into a small amount of carnage once people realised the decorative cannons in the room were on wheels, and light!

To round off a great evening (after being told that it was over and to turn the music off and go home) we found the grand piano ,and alumni Connor started off a sing-along. What's more festive then a sing-along around a Piano? Eat your heart out Bing and Bowie!

A big thank you to the Social Committee, Ed, Tom and Stu, and a big thank you to everyone who donated items to the raffle and auction. Termaxx, Karin Kraemer, Robert Weeks & The Kit Crew.







Plum Pudding Quiz

Earlier in the day, and in classic British weather tradition, Plum Pudding had to be cancelled due to the wind. Quick thinking by the Social Committee managed to get people down to the clubhouse for mince pies, mulled wine, and a special Quiz.



Calendar

There is still time to get our 2020 Calendar!

Get it from All Mark One on the link below.

<https://allmark.one/products/2020-calendars?variant=31390900912260>





Benefits of cold weather training

Increasing intensity is less difficult: The heat and humidity of summer make it difficult to up your intensity or mileage. Winter makes it a lot easier to handle since you aren't subject to the same stresses. And the old excuse that the cold air is bad for your lungs just isn't true. A 2007 study published in *Medicine and Science in Sports and Exercise* found marathon runners clocked progressively worse times as temperature increased.

Boost to your immune system: Being in the cold doesn't give you a cold. Harvard Medical School lists exercise as one of the best ways to strengthen your immune system. And, because staying cooped up inside exposes you to more people who may be harbouring this season's cold, getting away from them may reduce your chances of catching the same bug.

Your Cardiovascular System will thank you: In the same way that the rest of your system must work harder when placed under icy conditions, your heart works overtime in the cold. It does so by forcing your heart to pump extra hard to circulate blood through the entire body. By strengthening the heart via cold-weather training, you'll be upping your stamina and strength for the future, long past the end of the winter months.

You'll burn more Calories: The body is simply forced to work harder to keep its core temperature regulated. As the body works hard to stay warm, the metabolism is kicked into overdrive, and your body burns through more calories and (white) fat.

Cold weather tip: Insulate your water bottle, cold water will cool you down from the inside undoing some of the work you've done to stay warm.

Dates for the Diary

(All races TBC)

1st Feb – Peterborough Head of the Nene

2nd Feb – Learn to Row starts

16th Feb – Hammersmith Head

29th Feb – Reading University Head

7th Mar – Women's Eights Head of the River

21st Mar – Head of the River

22nd Mar – Vets Head of the River

Don't forget to follow us on Facebook, Twitter and Instagram.

Use easyfundraising when you're ordering online this year to raise money for Curlew!

https://www.easyfundraising.org.uk/causes/curlewrc/?utm_campaign=raise-more&utm_medium=email&utm_content=c-e1