

December 2016

Happy New Year

Music

Work Out Suggestion

INDOOR SCULLER

Rowperfect



Happy New Year!

After 12 years Rowperfect has moved to our new outdoor showroom in the secret garden behind our original office.

<https://www.youtube.com/watch?v=2ypxDQgo1Ng>

Hope you like the look of our new 'Crew Room' ~ and if you look closely you'll see our mascot "Syd" the laughing Kookaburra. He often sits on the top of the pergola. Today he was drying off after enjoying a shower from the sprinkler.

All the best for 2017 ~ may Syd be the omen it's going to be year of laughter for all of us!
Regards, Mark, Gill, Jim, Michelle & all of our families.

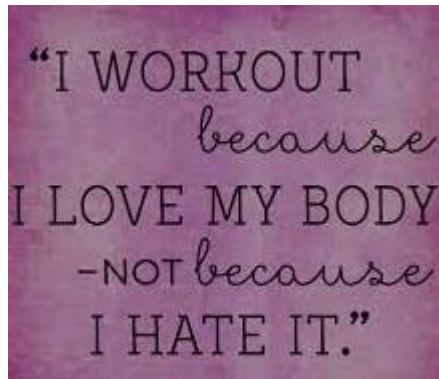


Music

Buy the double CD & DVD of Cold Chisel's new "Live at the Manly Vale Hotel June 7

1980"

It's fantastic and their cover of "Knockin' on Heaven's Door" is a cracker. It's also the only cover I've ever seen recorded by the Chisel! As my grade 5 teacher Graham Whiskers taught us "Do it once, do it well"



Work Out Suggestion

2 x 200 strokes at rate 24ish

Headphones on

4-5 minutes rest between.

Its wonderful!

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