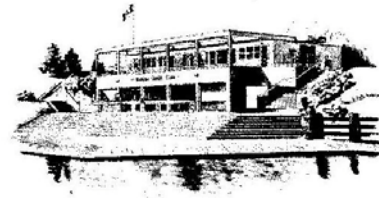




The Rideau Canoe Club Inc.
OTTAWA, ONTARIO, CANADA



Boosters Bulletin

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Original Club Founded 1902, Fifth Ave. And Driveway

Construction Underway

In June 1980, the late Mayor Marion Dewar officially opened the new Rideau Canoe Club. The building was a giant step forward for canoeing kayaking in Ottawa. This was our third and finest facility at Hog's Back and enabled the club to move forward with regattas, schools, youth programs, dragon boat, canoe kids, Paddle-All, and our main focus, sprint racing. Approximately 5000 people participate each year.

The new more modern facility will include expanded dressing rooms, larger kitchen, athletic room and boathouse. The building will be accessible for handicapped and may include a new judge's tower.

Currently, there are two tractor trailers in the field plus three 20' storage containers. All are filled with 125 boats, paddles, weight training equipment, furniture etc. Two dressing rooms are also in the field. In early Nov. paddlers were no longer on the water as the Rideau River was lowered for the winter. Youth and masters are dry land training in alternate facilities.

Al McCleery wins Sea Kayak

On Sept. 13, the draw was held for the 18' sea kayak donated by Swift Canoe. John Beedell was driving his 3 wheel bike, stopped in at the club and was asked to draw the winning ticket. He drew Al's ticket.

Al was at Cartierville Boating Club and was a member of the 1960 Olympic Team in Rome. He paddled 1000 K-2 with Lou Lukanovich. John was also on the 1960 Olympic team and paddled C-2 1000m with Joe Derochie. Both John and Al have lived in Ottawa for many years.



A K-1 heat in Rome
1960

Mike Scott was in Rome in 1960. Later in Switzerland, at the top of a mountain, 200 people in a building, Mike bumped into John.

Paddle-All

Paddle All was introduced at the Rideau Canoe Club this year and it was a great inaugural season. Members included 7 youth and 10 adult participants who met on Monday and Wednesday evenings.

Paddle All is a program recognized by Canoe Kayak Canada for paddlers with physical and intellectual disabilities. This program was possible due to a generous donation from TELUS. Al McCleery, Rideau, donated a sea kayak to the program and it was much appreciated. Six of the 13 paddlers participated at the Canadian Championships in Sherbrooke and this was a major accomplishment in our first year. The paddlers performed very well and we look forward to the opportunities the club can provide next summer when the club is made totally accessible.

A special thanks to coaches Christine Bain and Amanda Kijewski and other volunteers.

The following paddlers competed in Sherbrooke: Adam Brown, Meagan Michie, Eric Pusey, Leona Emberson, Tara Pahwa, Amelie Beauchamp-Grandmaitre.
Kim Hodges Coordinator.

Summer and Winter Olympic Games: Should they be better balanced?

The 2006 Winter Games, Turin attracted 2500 athletes, 80 countries 15 sports.

The 2008 Summer Games, Beijing attracted 12,000 athletes, 204 countries, 30 sports.

Winter sports, countries are limited by climate and geography.

Summer Games have participation worldwide and are getting so big that events have to be limited (e.g. loss of 500m canoe events).

With the inequality in the number of countries and sports in the winter, summer games, why not transfer some summer sports to winter: e.g. fencing, gymnastics, judo, boxing, wrestling, handball, badminton. These sports all compete indoors in the winter and could become part of an expanded winter games. Instead of having a jam-packed summer games this would provide a better balance of TV coverage, sponsorship and

the cost of hosting a games. The Canada Games operate in this manner - why not the Olympics?

Sue, Greg, Gab, Andrew, Steve, "Carry the Torch"

In November in N.S. Steve Giles C-1 paddled the torch on Shubenacadie Canal, and then passed to Andrew Russell, Dartmouth and Gab Beauchesne-Sevigny, Trois Riv. in C-2 who paddled on City of Lakes, N.S.



In December Sue Holloway will carry the "Torch" in Cornwall. In January, husband Greg Joy will carry it in Montreal. All are Olympians.

In Fond Memory

Margaret Hollingsworth, Age 94, Sept 25, 2009. Mother to Ann, Lois, Bill and Doug.

Odds and Ends

The PanaCEAA dragon boat team sent the Boosters a nice donation to the building fund as they had a balance in their team account. They thanked Ann and Bruce Raymond for the organization of practices, encouragement and use of the facility these past 10 years. They also expressed gratitude for having **Kris Foss** as coach and as an ambassador for the Rideau Canoe Club.

M. Scott

Lucy Slade (Rid 90s) teaching in Chelsea*****Tom Slade** (Rid 90s) finishing Law School U of Ottawa***Chuck Slade pilot with Air Canada***Polly Slade doing outrigger in Hawaii*****Cindy Leonard** (Rid 80s) in

Durham N.C. Husband in medicine Duke Univ.*****Ashley Raymond** (Rid 90s) coach at Pte. Claire attending Queen's Univ.- Masters in Physiotherapy***

Graeme Lind, Diana Deek Rid coaches, attended Coaching Conf. in Vancouver.*****Marianka Charalambij** attending U of Ott. Will visit Australia summer 2010.*****Ross Hadwen** (Rid 50s) flew to Prague, then Nurenberg for 9 day cruise on Danube*****Kerri Foss**, head Canoe Kids 3 years, graduates Carleton in May 2010, then departs for one year employment at Epcot Centre, Disneyland, Fla***In Nov. **Hannah Schmidt**, Ottawa River CC attended 2 week alpine Ski Camp, Austria. Member Mont Tremblant Jr. Ski Team. Was 9th in slalom at 2009 national Championships.***

Eslin Hazzan completing Physiotherapy Course at Queens U. spent 10 weeks training in India. In Nov. Ont Coach **Joel Hazzan** and Eslin backpacked for 2 weeks in India.*****Grant MacDonald** (Rid 50's) Schooner Transport, provided two tractor trailers for storage of 100 boats during construction of new building.***Drummer **Glenn Robb** (Rid 50's) still playing the odd gig.

2015 Pan-Am Games will be in Toronto. \$3.25 million will be available for canoe, kayak course and facilities***

Mike Chambers, President COC will carry The Torch at Parliament Hill Dec. 12. In April 2010, Mike will retire as President of COC***

Chantry Edwards (Carl Place) a baby girl, one month old*****Tina Nauer-Statham** (Rid 90's) is spending one year travelling in Africa in a Land Rover.*** **Tarane Nauer-Statham** (Rid.90's) living in London, Eng, has daughter 1 ½ years old.

CKC AGM News - Rule Changes

Masters are now one category, 35 and over. 200m added to midget races. 6000m races eliminated...will return to a stand alone long distance championship format.

An extra day will be added to allow for dragon boat races and additional ½ day for CANMAS.

Single 'B' events eliminated.

Other Paddle All events included.

Rideau Members on Teams

National Team:

Kristin Gauthier, Tory Tuttle, Angus Mortimer, Rhys Hill, Ian Mortimer, Corey Hamilton
U23 National Team: Emily Raymond, Tiera McLeod, Kaitlin Findlay.

Ontario Team:

Quest for Gold -Ryan Cochrane, Emily Raymond

U16 Quest for Gold- Darcy Hardy-Kavanagh, Silver Cheyanne Farquharson

Pre-Canada Games - Nick Deek, Darcy H-Kavanagh, Ian Acelvari, Stu Wilson, Cheyanne Farquharson, Galia Carranco, Jane McBride, Natalie Davison, Julia Riddick.

Development U17 - Eric Cross, Reid Farquharson, Brandon Lind, Emmitt Schmidt, Drew Hodges, Monica Black, Alina Carranco

Development U23 - Nick Deek, Cam Marcus, Ben Tardioli, Jane McBride, Natalie Davison, Julia Riddick

RCC Hosts Turkey, Chicken Bowl

In mid-October, for 5 days, 80 young men and women from Ont. Que. N.S. and N.B. trained twice a day at the National Junior Development Camp on Mooney's Bay, under Head Coach Rob Stott, Ontario coach Joel Hazzan and other coaches.

The Chicken Bowl attracted 60 bantams on Sat. and Sunday.

Following a 6 km run, the banquet was held on Saturday evening at the Carleton Heights Comm. Centre. Long distance races were held on Sunday the final day.

A Parent's Perspective...

"Joining the Rideau CC has changed my son dramatically. With all the paddling last year and taking an extra course he managed a high 80's average. The work ethic and focus the sport builds in these kids is amazing."

Rideau CC Board Members 2009

Commodore - Hector Carranco
Vice Commodore - Sue Holloway
Treasurer - Carol Hardy-Kavanagh,
Secretary – Kris Foss

Directors - Charles Slade, Scott Seaby, Kim Hodges, Bruno Noury, Cindy Aldrich-Braddon, Rosemary Irwin, Chris Pella, Mike Vanderveer.
On October 22, 90 members attended the annual meeting.

Kia's Medals Returned

Kia Byers, Wascana Racing CC Regina, had medals from the 2007 Pan American Games and 2009 World C.K. Championships stolen from her car in Saskatoon while she was doing presentations at schools about the positive impact that sports can have on people's lives.

The medals were found hanging from a tree near a river in Saskatoon.

Help the Hungry

On Nov 18, 2009, The Ottawa Citizen published a letter from Clarke Acelvari, age 15, a Rideau midget paddler, as he referred to: "...each year 15 million children die of hunger. For the price of one missile, a school of hungry children could eat lunch for 5 years. We need to help those who are hungry. Think about supporting an international aid organization.

Imagine if millions of people decided to do this."

Good letter Clarke.

Mike Chambers VP of PASO

Mike was elected VP of the Pan American Sports Organization for a 4 year term. The first Canadian to ever be elected to that high an office since it was established in 1948.



It consists of 42 National Olympic Committee of North, Central, South America and the Caribbean. It controls and awards Pan Am Games which it did in Guadalajara on Nov 16 to Toronto for the 2015

Games. In October 2011, the Pan-Am Games will be in Guadalajara. Mike is brushing up on his Spanish and his rumba.

Bruno Noury back from Afghanistan

Bruno, a Rideau master kayaker is back in Ottawa after a 7-month military tour.

He works for NATO in personnel. His home was with 12,000 people, military and civilians. He had a paddling machine shipped to Afghanistan which he used nearly every day, together with weights and running. He left the machine at the base, now known as the Kandahar Canoe Club. It was about 20 degrees C and very dusty.

There were three cafeteria-style dining rooms and the Tim Horton's was always busy. He is happy to be back in Ottawa.

Maniwaki Canoe Club

Maniwaki is located in Quebec about 50 miles from Ottawa. They are forming a new club and are in need of equipment. If you have any boats or paddles please contact Celine at chilli1717@hotmail.com.

Lorraine Lafreniere new Dir-Gen of CK Canada

Lorraine is now in her new position after 20 years in amateur sport.

From 1989 to 1996 she was the Canadian Olympic Committee's Manager, Media Relations holding leadership positions with mission staff at numerous Olympic Games, Pan American Games and World Championships.

For four years, she was CEO for the Coaching Assoc. of Canada and played a key role in establishing sponsorship programs and strengthened the organization's relationship with provincial and federal bodies. For two years Lorraine was CEO/Secretary General of the Cdn Cycling Assoc. and we welcome her aboard.

Anne Merklinger moves to "Own the Podium"

Anne has been associated with the Canadian Canoe Assoc. (now Canoe Kayak Canada) for 15 years as Ex. Dir. and Dir. Gen. Under her

leadership, Canoe Kayak Canada is ranked in the top five on the world stage and there are now 80 canoe clubs registered with CKC.



On October 15, 2009, she moved to "Own the Podium" working with Alex Baumann (two time gold medalist in swimming, 1984 Olympics) as Director of Summer Sport. "Own the Podium" is a partnership of the Canadian Olympic and Paralympic Committee, Sport Canada and the Vancouver Organizing Committee. It is headed by Roger Jackson in Calgary, and provides assistance to sport organizations with the objective of winning Olympic and Paralympic medals.

On behalf of the paddlers in Canada, we wish to thank Anne for her accomplishments at CKC and wish her success in the future.

Eastern Ont. Div BBQ

The division reception at the end of the final day in Sherbrooke was very popular as members enjoyed hamburgs, hot dogs and corn following the last race. Flag Officer Dave Statham, wife Susanne, Judy, and Peter Davison were chief organizers with assistance from Jesper Lind, Rose Hutter, Charles Slade, with a clean-up crew of Ryan Blair, Joel Hazzan, Conrad Hutter, Grant Hutter and others. The division will continue this event at future nationals.

Bob Kay's 52nd Consecutive Championship

In 2009, at the CKC national regatta, Rideau's Bob Kay raced C-1 Masters B 1000m. This was his 52nd consecutive year in which he raced at the Canadian Championships.



His streak began in 1958 when he was a member of Cartierville Juvenile War Canoe that won gold on Mooney's Bay, Ottawa. After 34 years with Cartierville, Bob moved to Ottawa and has raced for Rideau since 1992. Yes - he is in his late 60's.

No one will break this 52 year streak.

Canada 3rd at ICF Senior World Championships

Lake Banook, Nova Scotia was the site for Canoe 09 with entries from 66 countries.

Hungary won the overall regatta with 684 points, Germany 681, Canada 593. 66 countries entered crews and had a great setting, good water conditions and very warm weather.

Adam van Koevreden won bronze in K-1 500m and was 5th in 1000m. Richard Dober Jr. and Andrew Willows were 3rd in K-2 200m.

Canada's women's relay team of Kia Byers, Emilie Fournel, Gen. Orton and Karen Furneaux also won bronze. Nicole Haywood, Nanaimo, won gold in C-1 500m.

Angus Mortimer, Rhys Hill, Brady Reardon, Chris Pellini were 13th in 1000m K-4.

Tory Tuttle and Jill D'Alessio 9th 1000m K-2. Gen Orton, Kristin Gauthier, Emilie Fournel, Mylanie Barre 8th 500m. K-4.

Mens C-4 Tom Hall, Ian Mortimer, Ben Russell, Richard Dalton 4th 200m, 5th 500m. In C-1 Mark Oldershaw 4th 1000m, 5th 500m.

Andrew Russell, Gabe Beauchesne-Sevigny 7th C-2 500m, 8th 1000m.
Ryan Cuthbert, Mark de Jonge, Hugues Fournel, Etienne Morneau, 6th 200m K-4.
Gen. Beauchesne-Sevigny, Emily Raymond 200m K-2 4th in semis.

The C-4 1000m crew finished 5th Tom Hall, Pte. Claire, Ben Russell Banook, Richard Dalton Cheema. Ian Mortimer Rideau.

Ryan Cochrane 6th K-4 200m with Mark deJonge, Hugues Fournel, Etienne Morneau

Seen at the Worlds in Dartmouth:

Gavin Maxwell, Craig O'Leary, Judy&Bill Cordner, The Cochranes, Edith, Frank Csaki, Peter Giles, Mike Moir, Dave Graham, Bill McKee, Tim Schaus, Troy Comeau, Peter Patasi, L. A. Schmidt, Dave Vandorpe (living in Boston), Janet Findlay, Mihai Apostle, Albert McDonald, Rick White, Steve Giles, Bruce

Chiasson, Penny Werthner, Deiter Schroeter and Jerry Flynn (won The Black 1956).

Ann Merklinger, Alex Baumann, John Bales, Ken Wallace, Rob Stott, Mac Hichox, Coleen Jones CBC, Reed Oldershaw, Brian Burns, Brian Willows, Sharon Mousseau, Kevin Rimmer.

CKC Nation's tid bits...

Nicole Haywood, Nanaimo B.C. won gold Jr. C-1 200m and Sr. C-1 500m. Also three silvers, trained at Rideau.

CKC Commodore Peter Giles won a silver medal in Jr. K-4 1000m with Brett Dickey, Andrew Jessop, Zach Munro-Cape, Maskwa Aquatic Club, Halifax.

This is a first for a CKC Commodore.

Brett Stein back on the water with Balmy Beach.

Adam van Koevreden, Burloak CC won gold in K-1 200m, 500m, 1000m and K-2 and K-4 1000m and in the Sr. C-15 1000m.

Larry Cain Burloak CC won Masters C-1 1000m A & B Class, Dave Frost, Trois Rivieres, 2nd in 'A' class C-1 'B' class Bob Kay, Rideau 5th.

Bruce Chiasson, Banook won Masters K-1 1000m A & B class each 1000m Al Thomson Burloak 2nd - A class- Gonzalo Wills Rideau 4th, Brent Schmidt Ottawa River 5th, Rideau's Bruno Noury, Ben Gauthier, Dave Kay in final. 'B' class Bevin Schmidt, Ottawa River 3rd. Bruno Noury Rideau 4th

Karen Lukanovich Mississauga won Masters B class K-1 500m, Janet Thomson Burloak 2nd Master A class Louise Hine-Schmidt Ottawa River 2nd.

Matter of interest- A class is under 45, B Class is over 45. B class may race down.

Burloak Win 'The Black'

Chris Andison, Sam Roworth, Ryan Stepka, Thomas Thrall won Jr. 1000m C-4 in 4.40.8, Banook 2nd Bernie Irvin, Brian Stever, Dennis Stever, Foster Wright 4.44.0.

"It's like the Stanley Cup," Coach Oldershaw said. "It's a huge silver cup and it's almost 100

years old. We knew they could move the boat. They were a little behind half way and they just powered past everyone to win the race.”

In 1928, The Black Trophy was donated by John Black, St. John Yacht Club, St. John, Que. The 36" high trophy is the most sought after trophy at CKC Championships.

Rideau 3rd at Canadian Canoe Kayak Championships

For the first time, Sherbrooke, Que. hosted the Championships Sept 2-6 on Lac des Nations in the heart of Sherbrooke. The weather was ideal and the course outstanding.

Approx. 1200 paddlers from seven provinces competed for four days with Canadian Masters on Sept. 6.

42 clubs entered crews with Burloak Canoe Club, Oakville, winning the burgee with 677 points, Banook 600, Rideau 467, Mississauga 466, Trois Rivieres 423, Lac Beauport 336, Pte. Claire 331, Cheema 285, Senobe 271, Wascana 180. Rideau won 12 gold, 12 silver and 5 bronze.

Gold Medals:

Jr. Women K-2 200m, Jr. K-2 500m E. Raymond, R. Van Coller

Sr. Women K-1 500m, Sr. K-1 1000m K.Gauthier

Sr. Women K-2 500m, Sr. K-2 1000m K.Gauthier, T. Tuttle.



Sr. Women K-4 500m K. Gauthier, T. Tuttle, T. McLeod, E. Raymond, with Sue H. and the Sue Holloway Trophy.

Open K-4 200m K. Gauthier, T. Tuttle, E. Raymond, D. Deek

Juv. Women C-15 Capt. I. Mortimer, crew: C. Cameron, A. Carranco, G. Carranco, N. Davidson, C. Farquharson, K. Findlay, J. Gardiner, A. Joy, J. McBride, C. Nealon, S. Nealon, J. Riddick, M. Wills, N. Wills. Coach Mike Wadel

Jr. Women C-15 Capt. Ian Mortimer, crew: L. Arthurs, C. Bain, A. Carranco, D. Deek, K. Findlay, J. Gardiner, S. Mayer, J. McBride, S. Nealon, A. Raymond, E. Raymond, J. Riddick, T. Tuttle, M. Wills.

Jr. C-1 500m B. Tardioli

Sr. K-2 200m R. Cochrane, R. Hill

Mike Chambers, Beckie Scott leave legacy

At the 2002 Olympic Games in Salt Lake City, Beckie Scott, Canmore Alta. won a bronze medal in the five km pursuit. Two Russians finished a head of her. When Scott began racing at the World Cup level in 1994, she found out that many elite athletes were doping. Mike Chambers in his first year as president of the Canadian Olympic Committee appealed the result and 28 months later, after taking the fight to the Court of Arbitration for Sport in Lausanne, Switzerland, Scott had the gold medal she rightfully deserved. The Russians were disqualified for doping. "I don't think you would be overstating by saying she moved a mountain" offers Mike Chambers.

Editor's note: Mike paddled for Rideau in the 1960's with brother Fred. Their late father Jim was with the club from the 1930's until his passing last year. Mike was Commodore of Rideau, Commodore of The CCA, and President of the COC since 2002.

Sport Leadership Conference

A record-high 900 coaches, sport administrators, coach educators, and sport scientists attended this year's Petro-Canada Sport Leadership Conference in Vancouver, BC. Among these, were RCC coaches Diana Deek, Graeme Lind and Chris Lindsay. The annual

conference, organized by the Coaching Association of Canada (CAC), will be held in Ottawa next year as the CAC celebrates its 40th anniversary.

Following the Sport Leadership Conference, CKC hosted its own Coach's Symposium at the Sheraton Wall Centre in downtown Vancouver. Canoe/Kayak coaches from across the country heard from various National Team coaches, Physiologists, Physiotherapists and a keynote address by Frank Dick, President of the European Athletics Coaches Association. The group also received a tour of the new \$178 million Richmond Oval, venue for speed skating at the 2010 Winter Olympics.

G. Lind

An excellent piece from Adam van K's website...

Surprise surprise, your kid's brain is attached to their body!

Thursday, November 12, 2009

In case anybody needed another reason to exercise on the regular, it's here now; it makes you smarter. Recent research has shown that physical activity in a variety of forms has an acute positive impact on school grades. (My guess is that there's a chronic effect too!)

What splendid timing! It's the dawn of the announcement of our successful 2015 pan am games bid, the games are coming to Toronto, meaning provincial and municipal funds will be earmarked towards sports infrastructure and facilities. Now instead of headlines about closing pools and skating rinks, and no time for phys-ed in elementary schools, we should be reading about an adoption of a new attitude towards activity. It's not an extra thing to do everyday, it's not too hard or only for those who are sporty and spandex clad. Daily exercise is for everyone, and instead of prescribing drugs for type II diabetes, ADHD, cholesterol, high blood pressure and myriad other lifestyle related illnesses, we need to consider what choices and lifestyle practices can make our communities healthier, fitter, and now - smarter and more productive too! I don't think prescription-exercise is the best solution. Then it becomes

work, another obligatory to-do, and not something we're inclined to enjoy, maintain, and pass on to our kids. It's time for an attitude shift, instead.

Build facilities and hire good coaches to run them, they'll get filled because kids like to play.

Phys-ed isn't a privilege for kids lucky enough to attend a school with a yard, gymnasium or proper funding. It's a right, and certainly just as important as math, science, English and the humanities, including the recent headlining "how to be the CFO of kindergarten" save the future economy scheme.

In fact, sport and play opportunities are not just "as important" as every other subject in school, we now know that they're complimentary and symbiotic. Get kids active and you won't only watch their grades go up; watch them become more motivated, productive, proactive, happy, and healthy too.

The bad news is, there is competition. I'm not referring to the variety found in an opposing team, I'm talking about all the reasons *not* to exercise. There are more out there now than when I was in grade school, and astronomically more than when my parents were. The tv, x-box, and laptop machine is winning this battle, unfortunately. Sure we had video games in the early 90's, but they were pretty boring compared to the ones out there now, you could finish Mario 3 after dinner and still have enough daylight for a rollerblade around the block. Now kids live in these games; they actually are a mercenary killing aliens (illegal and extraterrestrial), they can do impossibly sick skateboard tricks, they can thief grand autos and drive a Lamborghini Legerra at 200mph, in high def and online. No matter how many hours I logged on sega genesis, I didn't actually think I was a blue hedgehog capable of supersonic velocities - cause it was only 64bits!

Help change our attitude problem; encourage healthy and active living by leading as a good example for our youth. Encourage play, if your school or your kids' school isn't teaching and encouraging phys-ed, complain! At the very least, read that article from the Globe <http://www.theglobeandmail.com/news/national/the-link-between-exercise-and-good->

grades/article1354723/or check out this book
<http://www.amazon.ca/Spark-Revolutionary-Science-Exercise-Brain/dp/0316113506>

TV sucks, go outside and ride your bike!



To learn more about this picture check out
Adam's website
<http://www.vankayak.com/index.html>

Can You Assist the Boosters?

The RCC Boosters support the sport of canoeing. If you would like to make a contribution please send cheques to RCC Boosters:

c/o Treasurer Wade Farquharson
444 Kintyre Private Ottawa, ON K2C 3M9

Thanks!

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