



# Balmy Beach Canoe Club News

March 2002

## Commodores' Report



### Rick Arends

### Phyllis Bain

With winter training coming to an end and spring in the air, thoughts are turning to getting boats and paddles in the water. We commend all of you who have stuck with your training: the early morning workouts, chilly long distance runs, swimming those many lengths, and spinning the hours away. Well done!

Russ and Barb Dunn send their regards from Florida. They are having a wonderful time and due back some time in April.

Your coaches have been busy during the winter. Head Coach Rob Stott has been doing a great job overseeing all programs and athletes. Leigh Roworth and Tim Sweeney have been working hard with the Development Group; Luke Wheeler and Christine Bain with the new Peewee/Bantam Winter Training Program; and Mike Gregory has been keeping the Masters in good form. Sharon Goldthorpe, Bojana Prekic and Kevin McIntyre attended the Ontario Team training camp in Melbourne, Florida. Christine Bain and Emily Carty trained in Inverness, Florida with teams from Rideau, MicMac and Maskwa.

Your executive has been equally busy. Meetings have been held with Rob to set the coaching staff and programs for the spring/summer session. Thankfully, Leigh Roworth has agreed to assume the Bantam Coordinator position as of May 1st. There is a good possibility Atoms will have their own separate program on weekday afternoons from 1:15 to 3:15 p.m. and we are looking at the possibility of a dragon boat program. Your executive welcomes on Board as our new Registrar – Julia Bourque (Alex, Sebastian and Charlotte Potter's mother). Julia takes over from Mike Scapillato. The spring/summer session registration

dates have been set and are detailed in Rob's report. Please note them and don't forget to pick up a copy of the 2002 Club Handbook when registering and that you carefully read through it. It is a valuable source of information for paddlers and parents alike.

As a result of the tireless efforts of Matt Gleeson, a Trillium application was submitted to the Foundation in early January. Now, we anxiously await a decision! Matt was also influential in obtaining a generous donation from Oscar Terenzio of Lakeshore Honda towards our Boat Fund, as was Jim Chomey who obtained a substantial donation from Bank of Montreal towards the Fund. To these two gentlemen and to our supporters, we say Thank You.

Another successful 'Hair of the Dog' run was held on January 1st – the 23rd Annual! Thanks to Sue Stuart for coordinating the event and to the many volunteers whom helped out. A special thank you again this year to Bart Catania and Paul Babich who made sure everyone was registered and the prizes were presented.

Events are being planned for our major fundraiser of the year – the 200 Club Night - to be held on Friday, June 7. The evening will see a change in format over previous years and offers something for everyone. Please purchase a '200 Club' membership when asked to do so, and then come out and enjoy an Evening of Rock 'n Roll featuring a great rock band – Go Freddie Go – and place a bid on one of the tempting items on the auction tables. More details further in this newsletter. The success of the evening depends on all of us and our combined efforts so please also volunteer to help out.

Gladly, we report that a Corporate North Canoe Challenge and Volleyball Tournament will be held on Thursday, July 11. Mark your calendars for a day of fun and stay tuned for further details.

We remind you that the club is on line at <http://members.tripod.com/balmybeach/contents.htm> and our webmaster, Liz Krivonosov, is doing a great job keeping the site up to date. Feel free to contribute. Give Liz a call at 416-405-8059.



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Eleanor McIntyre is looking for help with the Beach Regatta!!! Her telephone number is 416-691-0835.

In closing, we would like to wish our Travel Director, Pat Fremeau, well. Pat is recovering from surgery he had at the end of February. And we would like to express our deepest condolences to Ken Bingham and his two children on the loss of Marian Bingham who passed away suddenly on January 14. The Paddling Section lost a great supporter of many years. She was truly a wonderful person.

We look forward to seeing you all soon. Here's to another successful paddling season!

## **GO BEACH GO!**

**Rick Arends**

**Phyllis Bain**

## **Travel Update**

CCA 2002 will be hosted by the Atlantic Division and will be held on Lake Minnedosa, in Manitoba, which is about a half hour drive from Brandon, from August 21 - 25. Hotel accommodation has been booked at the Royal Oak Inn in Brandon. We have only just received word that the Ontario's and Cloverleaf will be held in Ottawa so a block of rooms will shortly be booked there for the weekend of August 10 - 11. A travel meeting will be held on Wednesday, April 24, at the Main Club starting at 8:00 p.m. to canvass parents as to their preferred means of travel. It is important that a parent from each paddling family attend the meeting. Paddlers are welcome too.

## **Glen Miller Dance**

Mark your calendars for the big one – Friday, June 21 – with The Music Lovers Orchestra. Cost is \$15/person \$30/couple. For those attending early, enjoy a bar-b-que (nominal cost) starting at 7:00 p.m. Dancing starts at 8:00 p.m. Salads and desserts will be requested from the members for the barbecue. Also help setting up, serving, barbecuing, is needed. Expect a call.

Again, thanks to Gord Cleland and Val Grant for their continued support in organizing these dances and to

our Secretary, Irene Denver who helps out when Gord is in Florida for the winter. Proceeds go to our section.

## **New for this Year**

A new program for youth ages 11 to 14, running from Thursday, February 7th to Saturday, May 4th, with practices on Thursdays from 5:00 to 6:30 p.m. and on Saturdays from 12:00 to 1:30 p.m. Participants are getting a head start on the paddling season. The main focus of the program is an introduction to strength training with the use of light implements such as medicine balls and the use of one's body weight. Restricted free weight lifting will be carefully introduced with full instruction and supervision. Other activities include jogging, stretching and game playing.

## **Safety**

In anticipation of boats soon going into the water, remember....

- ✓ All paddlers, despite their ability, must wear a PFD approved life jacket from the start of spring training until at least May 1, and at other times when the water/air temperature is below 5 degrees Celsius.
- ✓ Whistles are to be attached to all PFDs.
- ✓ All paddlers under the age of 19 years must be accompanied by a coach(es) and coach boat(s) when on the water. No paddler should be out of sight of a coach boat at any time.
- ✓ No Club boats or equipment may be removed from the Club facilities unless first approved by the head coach.

## **200 Club Night**

Our major fundraiser of the year will be held on Friday, June 7, and it will be a **BIG** and **GOOD** time with something of interest for all. *But...* everyone needs to pitch in to help.

The evening will involve a barbecue starting at 7:00 p.m.; silent auction tables; the 200 Club draw; dancing from 8:00 p.m. until 1:00 a.m.; late night dessert and



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coffee. A letter of explanation is included with this newsletter.

Please attend a volunteer committee meeting to be held on Monday, April 15, 2002 at 8:00 p.m. at the Main Club. We will discuss all areas requiring help and welcome your input.

Call with questions – Phyllis 416-763-7302

## Hair of the Dog 2002 Sponsors

Please patronize the following:

Alliance Beach Cinemas  
Beachcraft  
Beach Pharmacy  
Beauty and the Beach Spa  
Beadworks  
Book City  
Camille's Gift & Balloon Shoppe  
Everything Goes  
Garden Gate Restaurant  
Gardenscape  
Hanson House  
Harper Collins Canada Ltd.  
Jewel's  
Jumbo Video  
Lakeshore Honda/Oscar Terenzio  
Light Labs  
Living Lighting  
Mark 1 Cleaners  
Mastermind  
Mixed Delights in the Beach  
ONON  
Overkill  
Prudential Properties/Bart Catania  
Ups & Downs  
Quiet Storm  
Remarkable Bean  
Roula & Thomas Hair Salon  
Running Room  
Ryan's Home Hardware  
Seagull Classics Ltd.  
Set Me Free

Shoppers Drug Mart  
Strands Hair Studio  
Stoneworks  
Sunset Grill  
Swiss Chalet  
The Great Gift Company  
The Nutty Chocolatier  
The Wave Zone Salon & Spa  
The Wholesome Foods Store  
Three Dog Bakery  
Tim Horton's / Queen Street Store  
Umbra Ltd.  
Vineyards – The Wine Shoppe  
Wiccashoppe  
Wine Not  
Zzivio & Company/Paul M. Babich

## Marian Bingham 1939-2002

Marian Bingham, a long time canoe club volunteer, passed away in January. Her husband, Ken paddles for Beach and was Commodore in 1983-84. Her daughter Robyn and son Doug both paddled for Beach for a number of years.

Marian was born in the Beach and spent her whole life here. Not only was she one of our strongest volunteers, she served as the canoe club's Registrar, Whipper-in, Judge and helped out at all our fund raising events. She was in constant demand at Regattas because of her meticulous scorekeeping.

When WOD was fortunate to get their first Bingo many years ago, the Bingham's, Dunns, Pineos and Bailies revolved their social life around working the Friday night Bingos in Missy and going out for Chinese food after.

Marian will be greatly missed by the canoe club members and all her friends and family.

## BBCC Sports Camp

This very popular camp operates out of the Main Club from July 1 to August 23, 8:45 a.m. – 4:15 p.m. Boys and girls age 8 to 12 participate in a wide range of sports, games, theme days and outings. Campers will receive an introduction to canoe and kayak paddling.



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The focus of the camp has always been on participation, self-esteem, sportsmanship, fitness and FUN. Registration begins April 15 and spaces fill quickly. To add your name to our mailing list and for more information, call Lynn at 416-691-9802.

## Paddler Profile – Nick Bright

Nick is one of the key members in our newly formed Development Group. He's been going at it in C-1 ever since the summer where he made his paddling debut with the men's war canoe program. He enjoyed a good first season with the crew, attending The Nationals in



Lac Beauport, Quebec, picking up some great experience. Nick had an interesting fall spending the first half on the water, but having a very productive second half off the water. His winter so far has been excellent and Nick has achieved some very positive physical results. Now, if we can

only get him to spend as much time and energy training as he does talking, we'll have a real champion on our hands.

Nick is 15 years old and is in Grade 10 at Malvern Collegiate where he has been involved on their cross country, soccer and rugby teams. Nick plays ice hockey as well.

## Coaching Report – Rob Stott

The on water segment of our training is fast approaching. It is always a favourite time of year; frosty early morning practices watching the sunrise – if you haven't tried a morning practice you don't know what you are missing – it is the best time of day to be down at the Bay. For those of you who have taken the winter off and for all parents, here is what we have been up to and here is what is coming up! See you on the water!

- We have five paddlers from our Club training in Florida: Christine Bain, Emily Carty, Bojana Prekic, Kevin McIntyre and Sharon Goldthorpe
- We are pursuing dragon boat this year on a limited basis. If you are interested in helping to co-ordinate this program please let us know. Dragon boat experience and corporate connections would be helpful.
- Field Trips at BBCC – If your school wants to plan a half day of outdoor activity, consider a "Learn To" day at the Club.
- Atoms: we are expanding this program in the summer. They will have their own separate time weekday afternoons (except Wednesday) from 1:15 – 3:15 p.m. This program is for kids between 8 & 10 years of age.

## Registration Dates:

Saturday, April 6th, 10 a.m. to Noon	Main Club Boathouse (Spring Sprint)
Sunday, April 14 <sup>th</sup> , 10 a.m. to Noon	Main Club Boathouse
Sunday, April 28th, 10 a.m. to Noon	Kew Gardens
Saturday, May 11 <sup>th</sup> 12:00 p.m. to 2 p.m.	Ashbridge's Bay Boathouse,
Saturday, June 1 <sup>st</sup> 12:00 p.m. to 2 p.m.	Ashbridge's Bay Boathouse,

Registration will also be available every Tuesday or Thursday between 6:45 & 7:15 p.m.

## Program On-Water Start Times:

- High Performance/ Competitive - Thursday, March 28th @ 4:15p.m.
- Ladies War Canoe - Saturday, April 27th @ 8:00 a.m.
- Boys War Canoe - Sunday, April 28th @ Noon
- Bantams - Tuesday, May 7th @ 5:30 p.m.
- Masters - Sunday, May 5th @ 10 a.m.



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## May and June Training Schedule

Monday	High Perf. & Masters	6 a.m.
	HP / Competitive	4:30 p.m.
	Development	5 p.m.
	Ladies WC & Boys C-4	6:30 p.m.
Tuesday	High Perf. / Comp.	4:30 p.m.
	Bantam	5:30 p.m.
	Masters	7 p.m.
Wednesday	High Perf. / Masters	6 a.m.
	HP/ Competitive	4:30 p.m.
	Development	5 p.m.
	Men's WC & L C-4	6:30 p.m.
Thursday	High Perf. / Comp.	4:30 p.m.
	Bantam	5:30 p.m.
	Masters	7 p.m.
Friday	HP / Comp	6 a.m.
Saturday	Ladies WC	8 a.m.
	Development	8:30 a.m.
	High Performance	4 p.m.
Sunday	Masters	10 a.m.
	High Performance	10 a.m. (alt)
	Men's War Canoe	12 noon

<u>DATE</u>	<u>REGATTA</u>	<u>AGES</u>	<u>LOCATION</u>
July 18-20	Ontario Summer Games	Bantam	Kitchener/ Waterloo
July 20-21	National Team Trials II	TBA	Dartmouth
July 27-28	WOD Trials I	Midget to Junior	Toronto Island
Aug. 3-4	WOD Trials II	PeeWee, Bantam, Masters, Midget 6K	Richmond Hill
Aug. 7	Atom Championships	Atom	Mississauga
Aug. 10	Ontario Championships	Bantam to Junior	Ottawa - Rideau
Aug. 11	Cloverleaf Championships	Peewee to Bantam	Carleton Place
Aug. 21-24	CCA National Championships	Midget to Senior	Minnedosa
Aug. 25	CANMAS	Masters	Minnedosa
Oct 12-13	OCSRA Long Distance	TBA	TBA

## 2002 Regatta Schedule

<u>DATE</u>	<u>REGATTA</u>	<u>AGES</u>	<u>LOCATION</u>
May 25-26	National Team Trials I	High Perf.	Montreal
June 8	London	TBA	London
June 15	Mississauga	Bantam to Masters	Mississauga
June 29-30	Ontario Team Trials	High Perf. & Comp.	Sydenham
July 1	Dominion Day	Bantam to Masters	Toronto Island
July 6	West Rouge	TBA	Pickering
July 13	Balmy Beach	PeeWee to Masters	Toronto Island
July 13-14	Canada Cup	TBA	Pointe Claire

## Masters Mid-winter Training in Bancroft

**Dave Miller**

Early, one bright and sunny Sunday morning in the middle of February, Lit'l Jim Parson discovered his innate talent for the "natural luge". "Jim -- The Bomb" (as his fans affectionately called him) flew down the track. On every run he started higher and higher, taking all the corners on the track faster and faster. As others ate ice and snow during their descents, "The Bomb" soared effortlessly over its icy surface, setting "personal best times" with each and every pass.

"The Bomb" was one of 11 masters who traveled to Bancroft with 5 friends and 1 coach on Feb 15 for two days of intensive winter training. Coach Roworth put the paddlers/lugers through a rigorous weekend of cross training at Joseph's Resort. (Rob did you know Coach Roworth's rigorous cross-training includes: a grueling mix of over eating and staying up way too late talking ...oh and some exercise.)



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Many arrived in Bancroft on Friday and found themselves immediately drawn to the local sports bar to watch the Canadian men's Olympic hockey team play Sweden. (After the 5 to 2 loss, things could only get better.)

On Saturday morning Joe served a wonderful pancake breakfast. After breakfast the large group divided up, some went cross-country skiing, others snowshoeing and some went for a hike through the woods.

After the day's adventures we all met back at Joe's, where he served us a wonderful roast beef and Yorkshire pudding dinner. (I gladly helped finish off the roast beef.) After dinner we "retreated" to the resort's recreation room for a modified version of trivial pursuit and some darts. If my memory serves me correctly Lisa was the reigning dart champion of the week-end, taking a handsome \$10 profit from some poor sucker. Later that evening Joe gave us some firewood. The roaring bon-fire kept us warm as we ate a very healthy dose of roasted marshmallows. (Shawn's "beer" coat kept him extra warm.)

The evening's freshly fallen snow proved too much of a temptation and a snowball fight soon erupted. Those of us who had to use the nearby outhouse were mercilessly attacked by a barrage of snowballs as we exited. By the way, the outhouse was not just your average everyday run of the mill outhouse. It was the fanciest outhouse ever. The seat was nicely padded, there was a heat lamp to keep you warm and you had all the snowmobiling magazines you could ever want to read.

Joe and his beautiful wife Tracey served breakfast on Sunday morning. They must have been up very early to prepare and cook the quiche. It was delicious! As we planned our day over breakfast, Shawn not only entertained the group but more importantly he entertained himself. He had himself bent...over in fits of laughter that morning. Maybe it was his twisted...sense of humour, or maybe not. By the end of breakfast we'd decide to give the "natural luge" a try. Little did we know then that a BBCC "natural luge" legend would be born.

See you all next year. February 7, 8 and 9, 2003.

Check out Joseph's Resort at [www.joesresort.com](http://www.joesresort.com)

## Club Regatta July 13th - Volunteers Needed

Planning for our club regatta is well underway. Once again we'll be holding our regatta on Toronto Island. This event takes lots of planning and coordination and we need volunteers to assist in making this regatta happen. Some of the jobs are pre-regatta, so if you can't make it on the 13th or are racing that day, we could use your help beforehand. Of course there are plenty of Regatta day jobs available too.

Examples of the assistance we need on Regatta Day are:

- Medal presenters
- Program Sellers
- Finish Line Judges (we will train)
- Boat Drivers
- Lunch Servers

Examples of pre-regatta help needed include:

- Lunch preparation (we feed all officials, volunteers and coaches from every club)
- Person proficient with Excel to put together schedule of events for programs
- Coordinator for Boat Drivers

If you can spare a few hours to help please call Eleanor McIntyre at 416 507 7307 or 416 691 0835 or email at [emcintyre@altamira.com](mailto:emcintyre@altamira.com)

We are also looking for sponsors for our program. If you or your company would like to place an ad in the program please contact Dave Miller at 416 676 0251 or email at [dmiller@city.markham.on.ca](mailto:dmiller@city.markham.on.ca)