

PADDLES UP!

March 2007

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Important Regattas

SPRINT

Sprint National Team Trials #1 - Lake Lanier, USA	April 14-15
Sprint World Cup #1 - Zabred, CRO	May 4-6
Sprint National Team Trials #2 - Montreal, QC	May 12-13
Sprint World Cup #2 - Szeged, HUN	May 18-20
Sprint National Team Trials #3 - Dartmouth, NS	June 16-17
Sprint Junior World Championships - Racice, CZE	July 27-30
Sprint Pan American Games - Rio de Janeiro, BRA	July 25-28
Sprint Senior World Championships - Duisburg, GER	August 9-13
Canadian Sprint CanoeKayak Championships - Ottawa, ON	August 22-25
CANMAS - Ottawa, ON	August 26

WHITEWATER

Slalom Pan American Championships - Foz d'Iguazu, BRA	March 16-18
Slalom National Team Trials - Charlotte, USA	April 27-29
Slalom Jr National Team Trials - Salaberry de Valleyfield, QC	May 19-20
Slalom World Cup #1 - Prague, CZE	June 30 - July 1
Slalom World Cup #2 - Tacen, SLO	July 7-8
Slalom World Cup #3 - Augsburg, GER	July 14-15
Slalom Jr PreWorlds - Roudnice, CZE	July 27-29
Slalom National Championships - Chilliwack, BC	August 4-5
Slalom Pre Olympic Event - Beijing, CHN	August 16-19
Slalom Senior World Championships - Foz d'Iguazu, BRA	Sept. 19-23

MARATHON

Marathon CanoeKayak Championships - Lumsden, SK	August 10-12
Marathon World Championships - Gyor, HUN	Sept. 8-9

R. Edgar Gilbert Award 2006

By Judy Tutty, Trophies and Awards Committee Chair

The purpose of the *R. Edgar Gilbert Award* ("Gilbert") is to recognize those volunteer members who have made significant and exemplary contributions to the Sprint Racing Discipline of CanoeKayak Canada within Canada in any one or more of the Builder, Official, and Coach categories by separate nomination. It is not intended to recognize members on account of significant contributions made at the international level.

The Sprint Racing Council is pleased to present the "Gilbert Award" to these deserving members who have served the sport for several years and remain active in leading roles.

Dwight Corbin is an Honourary Member by virtue of being a Past Commodore of CKC. Dwight began with the sport in the 1970s and became one of the founding members of the Orenda Canoe Club. He volunteered in many roles at the Club including its Commodore; and within the Atlantic Division served as Divisional Officials Coordinator, Official, and in many other capacities. At the national level, he was the first Chair of the Domestic Development Committee, Vice Commodore, and Commodore of CCA. He became a National Official in 1988, a Sprint ICF Official in 1996 and a Marathon ICF Official in 2000. Dwight is worthy of the Gilbert Award in the Official category.

(Continued on page 3)



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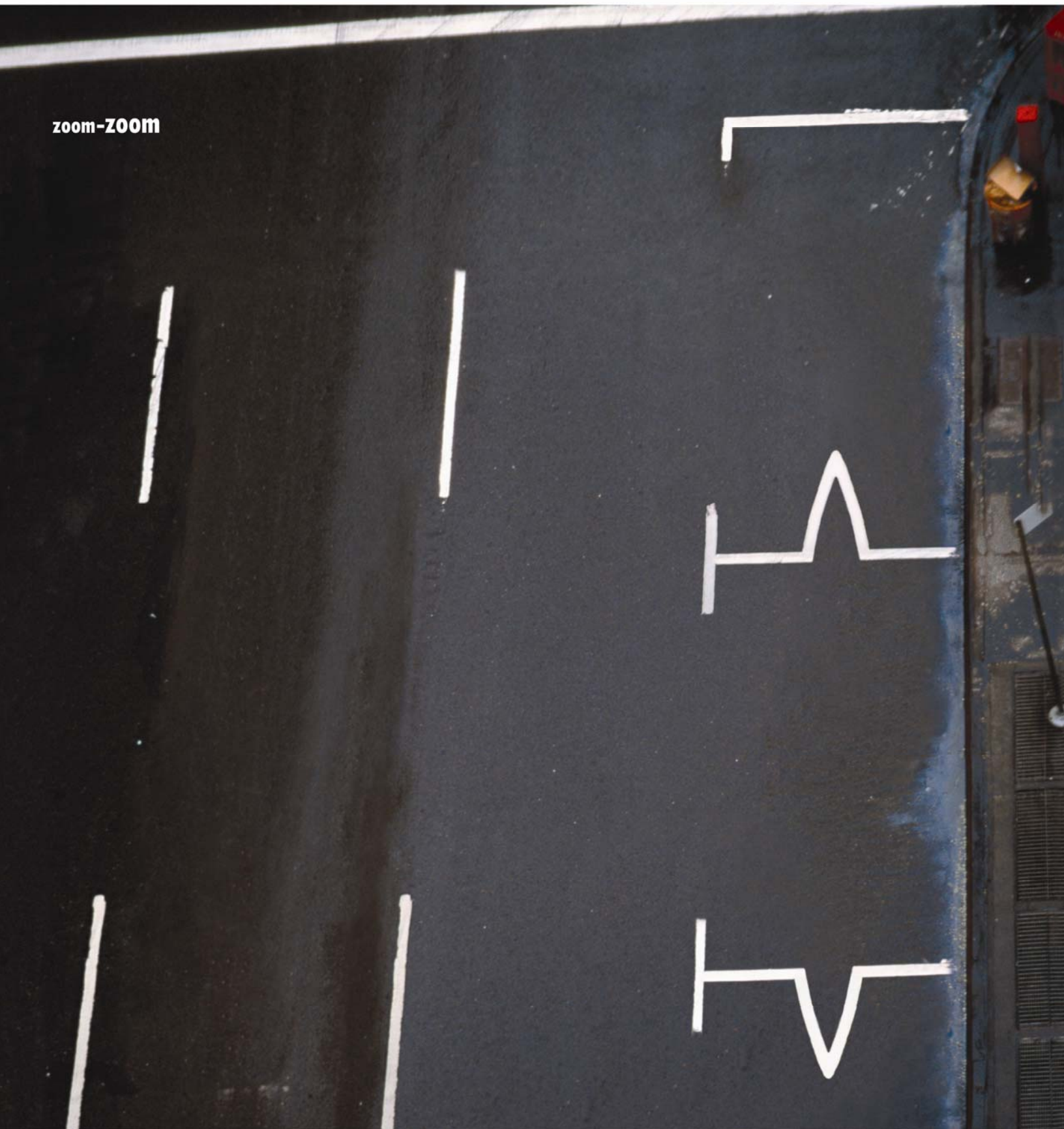


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CKC 2007 Annual General Meeting

The dates for the 2007 CanoeKayak Canada Annual General Meeting have been set for May 4, 5 and 6 in Ottawa. This year's CKC AGM is to be held at the Lord Elgin Hotel.

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A limited number of rooms have been set aside for the CKC delegates. **Reservations for the event can be made with the hotel directly at 613-235-3333 or 1-800-267-4298, please ask for the reservations department.** The file name for this conference is **CanoeKayak Canada AGM** and should be quoted at the time of reserving for the Lord Elgin Hotel employees to access your special rate efficiently.

PLEASE NOTE: TO ENSURE AVAILABILITY, RESERVATIONS SHOULD BE MADE **PRIOR TO APRIL 3rd, 2007**. ANY REMAINING ROOMS WILL BE RELEASED ON THIS DATE AND AVAILABILITY CANNOT BE GUARANTEED.

The CKC National Office Staff look forward to welcoming you to Ottawa for the 2007 AGM. Remember this is a rule change year and a big turn out is expected. A detailed AGM package will be forwarded in April. If you have any questions, please feel free to contact Christine Lafontaine at the National Office by phone or email at : christine@canoe kayak.ca.

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R. Edgar Gilbert Award 2006

By Judy Tutty, Trophies and Awards Committee Chair

(Continued from page 1)

Charles Slade is a Member of the Rideau Canoe Club and has been a participant in the sport with CKC well over 15 years. His stints include Commodore of the Rideau Canoe Club, Flag Officer of Eastern Ontario Division, Official, Member and Chair of National Organizing Committees in EOD, while serving in various capacities with the Ontario Canoe Sprint Racing Affiliation. His steady presence has been influential in the administration of the sport at the divisional, provincial and national levels. Charles is worthy of the Gilbert Award in the Builder category.

Edgar Gilbert began his association with canoeing at the Valois Boating Club in the Eastern Division (now the Quebec Division). But it was as an administrator rather than a competitor that he excelled. He served continuously as Secretary of the Division from 1926 to 1950. In 1928 he was first elected Secretary of the Canadian Canoe Association for a one year term, then re-elected in 1931 to the position he held until April 13, 1950 when he resigned his positions at the division and national levels for reasons of ill health. At the national level his term as Secretary was characterized by selfless dedication to the work of the Association and meticulous attention to the details of the job. He was appointed Manager of the abortive Olympic Team of 1940 but was chosen again in 1948 to accompany the team to London. On his retirement from active participation in 1950, the Board of Directors created and bestowed upon him the office of Honorary Commodore, a position he held until his death in 1966. It is fitting that CanoeKayak Canada awards for its volunteers should commemorate the name of one who served the sport and the Association for so long with such distinction.

2007 CANADIAN SPRINT CANOEKAYAK CHAMPIONSHIPS

The Eastern Ontario Division, the Rideau Canoe Club and the Host Organizing Committee for the 2007 Canadian Sprint CanoeKayak Championships (August 22-25, 2007) and Canmas (August 26, 2007) invite you to Ottawa, Ontario for five days of the best canoe kayak racing in Canada. Information is available at:

<http://nationals2007ottawa.ca/indexe.html>

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Memorandum

To: CKC Members
From: John Edwards
Date: February 19, 2007
Subject: **Rule Infractions**

At the 2006 CKC Sprint National Championships, a member Club raced a war canoe event in which their crew was illegal. The Competition Committee was presented with solid evidence of the infraction and consequently the crew was disqualified due to this unsportsmanlike behaviour.

All clubs need to be aware that racing with an illegal crew is a clear and unequivocal infraction of the rules. CKC endeavours to ensure that competitions are fair and athlete centred. Compliance with the rules is a central requirement to ensure that all competitors honour each other with respect and fairness.

CKC is very aware that the racing of war canoes presents challenges to all Clubs due to the size of the crews and the greater difficulty in coordinating the entries. Nevertheless, compliance with the rules is a core value of the sport in promoting ethical behaviour. Racing with an illegal crew is a violation of the rules which guarantee a fair competitive environment for all paddlers. Every rule is carefully reviewed and discussed before being approved by the membership at Annual General Meetings. At their core, the rules are in place to ensure that our sport is athlete-centred and ethically based. All Club Commodores, Club head coaches and War Canoe coxes need to be mindful of their leadership roles in modeling exemplary behaviour.

New administrative procedures will be put in place at the next CKC Sprint National Championships to assist officials in reviewing war canoe entries.



Sadly the Otterburn Boating Club wishes to inform the CKC membership that its head coach Darren McPhee passed away on February 24, 2007 at the age of 34 from an incurable cancer. Darren was a long-time veteran of the Club, first as an athlete from the age of nine, then as a coach since he was seventeen. He was the Club's head coach for nine years. Darren was truly dedicated to coaching young athletes, working unstintingly to help them develop their skills. Thanks to the spark he ignited in his paddlers, their accomplishments far surpassed the customary results of a small boating club. Though he had competed as a kayaker, he later developed a passion for the canoe, particularly for war canoe, a discipline in which he was a gifted captain. His efforts were rewarded last August when his war canoe crews won a gold and a silver medal at the Canadian National Sprint CanoeKayak Championships. A well-known businessman in the area, Darren was a friend, a guide and an inspiration for the young people he coached. He was an unforgettable model of discipline and determination. In recognition of his considerable contribution, last fall, the Club Optimiste de Beloeil sponsored the new Darren McPhee Trophy for the Otterburn Boating Club, awarded to the athlete who has demonstrated the most tenacity and perseverance during the season. The Club was his second family, where he found his soul mate. He leaves behind his wife Éliane Koziol, his two children Emma and Justin, as well as his parents, the members of his family and his numerous friends. The Club, its current and past athletes, and their parents express their deepest sympathy to his family.

A religious service was held on Thursday, March 1 at 11:00 a.m. in the Catholic Parish of Notre-Dame-du-Bon-Conseil
Donations to the Canadian Cancer Society would be appreciated.

Condolences to the Beckers & Moir families

It is with sadness that we learn that Margo Lynne Beckers passed away on Wednesday, January 24, 2007 at Joseph Brant Memorial Hospital in Burlington, after a long and valiant fight of six years. Margo Lynne was the youngest sister of **Mike Moir** a longtime CanoeKayak Canada volunteer, past commodore of CanoeKayak Canada and national official.

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Nomination for Sport BC Team of the Year

By Mary Jane Abbott, CanoeKayak BC Executive Director

Note to Own the Podium !!! Check out what they are doing about 100 km north of Vancouver (and not in Whistler!) and if it is the water, bottle it! Seriously, in a country that is following the North American model of 'super sizing' our youth to the point that obesity is near an epidemic, Pemberton appears to be doing something very right in terms of youth and athletic excellence. With a population of approximately 2200 and a high school registration of just over 400 students the community of Pemberton has embraced the sport of Dragon Boating and put the tiny town on the world map. Led by Olympic gold medalist **Dr Hugh Fisher**, the Eagles won an unprecedented 7 gold medals at the Dragon Boat Club Crew World Championships in Toronto on August 10th – 13th. The event attracted about 1,000 paddlers from around the world but the Pemberton athletes proved they were simply the best. 'In Canada, the strongest team in the west has been the Laoyam Eagles and in the East it has been a team from Pickering, Ontario (with a population base of at least 100 times that of Pemberton). This event was the first time these two teams had ever met in competition', said Hugh Fisher, Laoyam Eagles coach. 'In addition to being a World Championships it also served as the first ever true Canadian Dragon Boat Championships for Juniors pitting the West against the East in true Grey Cup fashion'. The results were staggering. The Laoyam Eagles simply overwhelmed the competition winning 7 gold medals and 2 bronze medals. The times posted by the women's crews would have put them 3rd in the Senior Women's events and 5th among the Premier Women's Crews....Not too shabby for a bunch of teenage girls! Wearing a shirt saying 'Paddle Like a Girl' takes on a whole new meaning when you are a girl from Pemberton! The outcome was the result of a lot of hard work and the product of community support. When the team from Spud Valley shows up for a regatta, the other teams shudder and have to wonder who can possibly be left in the tiny community. The club hosted a mini regatta as a fund raiser for their trip. Dubbed the Lily Paddle Regatta, Whistler and Pemberton residents were invited to try out the sport. More than 180 community members participated in

the event with the highlight of the day being the showdown between the loggers and the farmers from the Pemberton Valley. The resulting tie only means a year of preparation and taunting for the next event that is sure to grow from inception. The final event of the day included an exhibition water ski event where teams had to get the boats moving fast enough across tiny One Mile Lake to tow a water skier across the finish line. The Pemberton Dragon Boat program began when Olympian Dr Hugh Fisher migrated to Pemberton many years ago. His passion for canoeing and the drive of a local parent soon created a community stir. Adding in the dedication of a science teacher (Karen Tomlinson) and councilor (Anna Sinclair) from the local high school, the team has established its roots in the community and has won the prestigious Alcan Dragon Boat Festival's Youth Division for 9 consecutive years. 'Hugh is a silent leader' says CKBC Executive Director Mary Jane Abbott who has worked with Fisher for over 30 years. 'He is able to have any one he works with dig deeper than they ever thought they could to do the best they can. He has had an incredible impact on a number of both teenagers and their families and our sport in general'. It is currently estimated that nearly **50 million people** participate annually in dragon boat competitions world-wide. The majority race in China and the Far-East, with over 150,000 estimated participants in Europe; 50,000 in North America and 20,000 in Australasia. Pemberton's 4 community teams – The Falcons (wanna be Eagles), The Eagles (the High school team), The Bald Eagles (those over 18 – many of which have graduated from the Eagles team and parents and siblings) and the Pemberton Spirit (women's crew) have shown what positive impact sport participation and a partnership with a PSO, school, local club and community can have. The community has been rewarded for their initiatives by Canoe Kayak BC with the placement of 2 new internationally approved Dragon Boats through a BC Sport Participation Program Grant. The boats that were previously in Pemberton have been relocated to 2 other communities to try and capture some of the Pemberton magic in other parts of our Province.



It's official!

Following the example of CanoeKayak Canada the Saskatchewan Canoe Association has changed its name to Canoe Kayak Saskatchewan. A new name attractive logo has also been developed as part of the name change.

Who's next?

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Hody K2 - Van Dusen small copy, good condition.
Price **\$1,000**



Masters' Musings

By Glen Benison

A Pointe Claire Resurrection?: The Montreal area club that made a huge splash in annihilating the competition to win the 'burgee' championship at Canmas 2005 on their local Olympic Basin and who then were no-shows (pardon me for belabouring that point) in Regina last summer, are in the throes of trying to make amends. A keen group of about fifteen masters works out Tuesday and Thursday nights in their clubhouse weight room on the frozen shores of Lac St. Louis. Smaller numbers swim on Monday nights and play some intense volleyball on Wednesdays. It seems like quite the fitness routine that the club has going for their master members and with Canmas 2007 being held a short drive away, we should have the treat of witnessing these fine athletes talents in Ottawa this summer.

Flocking South: Staying with Pointe Claire activities, **Frank and Edith Csaki** were already accumulating paddling kilometers in Florida before Cupid

had even sprung his frozen bow in mid-February. They would be joined soon after by clubmates **Judy and Bill Corder** who usually plan a month of paddling and roasting in the sun. Pointe Claire Master coach, **Mike Archambeault**, will then follow with a covey of canoeists, to a different Florida location for a masters training camp. So if you want to compete with the Pointe Claire athletes this summer, it is time to up your training.

Outstanding Achievement Recognized: Rideau paddler, **Bob Kay**, was honoured on February 1st at the City of Ottawa's Sports Awards Ceremony. For those masters who may not yet be familiar with this Canadian canoeing legend, then make note of the name of Bobby Kay. This August, on Ottawa's Mooney's Bay, you will see Bob compete in the 1000M Masters C-1 event. This will be the 50th consecutive Canadian Canoe Championship regatta in which

he will have competed. Fifty years !! An amazing achievement. Kay's string began with a 1958 war canoe race on the same Mooeny's Bay course where he plans to continue the streak this August. Whatever curves life may have thrown at him and regardless of where he had to travel to compete (seven Canadian provinces) or the expenses that travel may have entailed, Bob made sure he always there to dig in when the starters' gun went off. He has won numerous and significant national championships along the way and is to this day a role model of physical capability and good sportsmanship. While at the sport ceremony in February, Kay received a medal, an 'award of excellence' certificate and a photo-op with the Mayor of Ottawa. I think the Mayor would have been the one who was awestruck that night. Look for Bob Kay at Canmas this August....he is the Gordie Howe of paddling.

(Continued on page 7)



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Masters' Musings

By Glen Benison

(Continued from page 6)

Lake Banook all Frozen Up: The New Year's Day war canoe outing that has become a bit of a tradition for Banook paddlers had to be skipped this year due to the icing over of their waters. No global warming in their neck of the chain of lakes. It has been reported, however, that the skating has not been this good in years so some of the east coast paddlers have been charting a different kind of kilometer count in their training diaries.

Grunting on the Ergometer: Thirteen of Burloak's masters decided to enter the Canadian Indoor Rowing championships in February held in the bright and vacuous Barbara Frum Atrium in Toronto's CBC building. Thirty-two rowing ergometers were set spinning before nine o'clock on a Sunday morning and did not quiet down until five o'clock.

Training to compete in a 2000M erg race with skinny paddler legs was quite a task to undertake and all the Burloak canoeists seemed intimidated as they awaited the 'sit ready' and 'row' commands. There were also 1000M 'fours' events where two Burloak ladies crews battled each other in a beautiful stroke for stroke contest before being eked out by a much younger crew of rowers. The Burloak men's four was one of eight crews competing but although they rowed hard and were not outclassed by the rowing field, there would be no podium finish. Before the heartbeats had settled and the lactic acid had seeped from the quadriceps, Burloak had cheered on two of their paddlers to gold medal performances. Congrats to **Mau-reen McLaughlin** and **Steve Arnott**. Balmy Beach master paddler, **Chris Helyar**, and former Olympic C-1 paddler, **Peter Koschanow**, also competed

impressively in this Erg championship.

World Champion Dragon Boat Aspirants: while football's Super Bowl was being played in warm rain in Miami, five or six of our master cohorts were in a deep freeze in Sudbury. These Pointe Claire paddlers were attending a training camp and fitness test weekend in the 'near north' as they battle for one of twenty seats in Canada's Over-Fifty dragonboat crew that will be going to the World championships in Australia later this year. Erg tests, bench row and bench press competitions were held among the athletes and results were recorded as the team managers try to separate the true talents from the wannabees. The jury is still out but I would put my money on our tough sprint canoe compatriots to make the grade.

Glen Benison: gbenison1@cogeco.ca



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HOW TO TRANSITION FROM THE AVERAGE ATHLETE DIET TO AN EXCEPTIONAL ATHLETE DIET

By Dr. John Berardi, CSCS

In the last issue of Paddles Up we talked about the 4 last steps of the practical tips that athletes have found most useful in improving their intake.

TRANSITION COMPLETE



Dr. John Berardi

Hopefully the messages of these articles have become clear. Whether you're a high level competitive athlete or just a recreational exerciser, eating like the typical North American is bad, bad news and despite your exercise habits, eating this way might have you ending up looking more like the typical North American than you want.

To avoid making the same mistakes other North Americans make, it's important that you view each meal or snack as an opportunity to get a good compliment of nutrition. This means making sure each meal has a good protein source, a good fat source, and a good amount of fruits and veggies. And if you're a hard training athlete (especially if you're training 3 times per day), you'll be adding a good amount of starchy carbs to the mix. If your training volume is low or you're training infrequently, you'll want to eat fewer starchy carbs, saving the majority of them for the 3 hours after exercise. Finally, it's important not to neglect workout nutrition.

While some of the strategies we discussed in the past *Paddles Up* are founded on a firm base of nutritional science, as mentioned in the introduction, it's important for today's athletes to make the best use of the latest sports science information. So if you're a hard-training athlete, **START USING THESE STRATEGIES IMMEDIATELY** and record your progress. Keep an adherence chart. Measure your body weight and body fat. Record your energy and recovery levels. Keep track of your performance testing results. Also, adjust your intake as often as you need to, in order to keep the progress going.

For a more comprehensive discussion of how my NCAA, Olympic, and professional athletes are eating, supplementing, and monitoring their progress in order to achieve peak performance, check out my Precision Nutrition programs at www.precisionnutrition.com. You'll find recipes, eating manuals, CDs, and DVDs guiding athletes step-by-step toward optimal food intake and supplementation.



Dr. John Berardi, CSCS is a faculty member at the University of Texas, and a world-renowned author, speaker, and consultant to a number of athletic programs.

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The Year in Review For Women's Canoeing

By Heather McNie, WomenCan

2006 was a great year for women in canoe at the international level. For the first time ever, athletes from four nations competed in the 2006 Pan American Canoe Championships hosted in Mexico City from September 14-17, 2006. Canada, United States of America, Brazil and Mexico all fielded women's canoe teams for this important competition. The participation of the Brazilian female canoers would not have been possible without the support of CanoeKayak Canada (CKC). A financial contribution for travel costs from CKC combined with free accommodation and meals from the Mexican Canoe Federation resulted in the full participation of two Brazilian female canoe athletes. WomenCan and CKC are constantly lobbying ICF member federations to support their women in canoe. The Brazilian athletes are encouraged to continue to lobby their federation for funds to support their training and competitive development at the national and international level.

SIGNIFICANT MILESTONE AT 2006 ICF CONGRESS

The International Canoe Federation (ICF) hosted their biennial Congress in Hong Kong on January 12, 13, 2007. Over the past six years, CKC has been an advocate for the recognition and inclusion of women's canoeing within the ICF. In the past, motions presented by Canada at the 2002 and 2004 ICF Congress to officially recognize events for women's canoeing within the ICF rule books were defeated. Patient and persistent, CKC again presented motions for consideration by ICF member federations in support of women in canoe. Approval of these motions was achieved and is a significant milestone for women's canoeing. Significant progress was made as the motions were finally approved by the ICF member federations. A summary of the motions presented is below.

CKC Proposal #1 - General Motion: "ICF is committed to the provision of opportunities for women's canoeing. ICF encourages all member federations to develop women's canoeing in addition to the other flatwater disciplines. ICF's goal is to include women's canoeing events as full medal events on the program of the Senior World Flatwater Championships by the year 2011."

Outcome: This proposal was approved for inclusion in the Working Program for the ICF. The Working Program also included reference for the ICF "to take measures to strengthen the participation of women in our sport to ensure the fulfillment of the requirements of the Olympic Movement."

CKC Proposal #2 - Official Event Recognition: Amend the ICF Flatwater Racing Competition Rules so that the official events recognized by the ICF include "C1, C2, C4 for women at the 200, 500 and 1000 metre distances".

Outcome: The proposal submitted by CKC was amended by the ICF Board of Directors to apply to all paddling disciplines. The amended motion was approved by the ICF Congress. Thus women's canoeing events have been recognized as official events for the sprint, slalom, marathon and wildwater disciplines. This recognition does not mean that women's canoeing events will be automatically included on the competitive program for World Cups and World Championships. The recognition means that Host Organizing Committees will have the opportunity to add these events to the competition program should they wish to do so.

ICF Board Proposal - Statute Amendment: A motion was presented by the ICF Board to modify the non-discrimination clause in the formal ICF Statutes by "adding the word "gender" to all sections where needed. The word "gender" was added to ensure that there will

be no discrimination (e.g. in regatta events) based on gender and not just race or political status". In addition, a statement was added to the Statutes to indicate that the ICF "supports a fair representation and equal access to women in all paddling activities and in the management of sport." This motion was approved.

WHY IS THIS IMPORTANT?

Canoe/kayak is one of three remaining Olympic sports not in compliance with the IOC's position on gender equity. In January of 2005, the ICF publicly acknowledged their commitment to satisfy the IOC's gender equity goals. The IOC is requiring all sports on the Olympic program to achieve 60/40 (male/female) gender equity for both athletes and events by 2012 and a ratio of 50/50 by 2016.

WHERE TO FROM HERE?

There are many opportunities on the horizon for women's canoeing in Canada and around the world. On the competition front, women's canoe athletes will be able to compete in the 2008 Pan American Canoe Championships being hosted in Montreal, Quebec from May 15-18, 2008. This will be the sixth time that women's canoe will be included as exhibition events on the competition program of the Pan American Canoe Championships.

The 2009 Senior World CanoeKayak Championships will be hosted in Dartmouth, Nova Scotia in August or September. As host country, Canada will again have the opportunity to include exhibition events for women's canoeing. Inclusion of the events will be dependent on continued growth and development of women's canoeing at the international level.

Future progress requires a significant increase in the number of ICF member federations providing training and competitive opportunities for women canoers. CanoeKayak Canada will focus their energy and resources on training and developing women's canoe program leaders in interested nations over the next few years. The foundation is established but little more can be achieved without more participating nations and athletes.

THANK YOU!

I would like to acknowledge the efforts of **Dwight Corbin, Frank Garner, Don McKenzie** and **Anne Merklinger** of CanoeKayak Canada. Without their active support in furthering the inclusion of women's canoeing at the recent ICF Congress, little progress would have been achieved. Now that the ball is rolling, we need to continue to work within our own Canadian sphere of influence and encourage our athletes, coaches and parents to deliver more and better opportunities for women's canoeing.



Alberta Sprint Canoe/Kayak Team Celebrates 2007 in Lake Louise

By Joanne Devlin Morrison



Front row starting left: Joanne Devlin Morrison (coach), Liam Cline, Kevin Wickens, Catherin Mac Gillivray, Mike Robinson (coach), Kate Ryan, Mary Tobiasz, Jessi Temple, Mary Lukasik - **Back row left:** Penny Jalkotzy, Jessica Archibald, Marielle Hawkes.

Alberta Sprint Racing Canoe Association, (ASRCA) rang in 2007 with a combined Nordic and Alpine Ski Camp in Beautiful Lake Louise. Eleven athletes participated ranging in age from 13 to 19. The dates were December 29, 2006 – January 3, 2007. The athletes that participating in the event were from Calgary & Edmonton. The group started off the camp with Fitdex testing which was tough after most athletes had gorged themselves on turkey over the holiday. The next day we travel to Canmore Nordic center to ski at the world-class ski facility. The facility in Canmore has pristine groomed trails with beginner to world cup race loops. The majority of the group had a lesson on skate skiing and technique session then spent the rest of the day skiing the trails before continuing west to Lake Louise. When we arrived in Lake Louise the village was awe-inspiring with mountain goat out for a stroll and fresh snow hanging from the trees. The place was a winter heaven. The conditions were fantastic throughout the trip with temperatures of -5 to -12. This made for perfect skiing on the trails and the Alpine hills. Athletes skied at Lake Louise Resort where they enjoyed over 125 runs on the hill. After a night of sledding, the next day we strapped on the Nordic gear again and did some classic skiing. It was challenging at first with 2 feet of fresh powder that had fell over night. We were not the only ones on the trail, from time to time a very excited dog sleigh team and its passengers would wave as they passed. Our trail took us to the Great Divide and back, just less than 15km. The group took turns breaking trail for 7 km until we arrived at the Great Divide. Snow continued to fall throughout the day leaving the track with little opportunity for good glide but that did not dampen spirits and enjoyment of the environment around us. The last day of the camp we packed our bags and left early so we could spend the morning in Canmore for one last ski before the trip officially ended. The group had a great time and looks forward to next years trip. The planning has already started with the accommodations book and dates, (Jan 3-6, 2008) set. If any club or province is interested in joining the Alberta team in Lake Louise for next year then you can contact, Joanne Devlin Morrison @ jojodevlin@shaw.ca.

My Asian Games Experience ...

By Dwight Corbin



Dwight Corbin at the race course

If someone had told me a year ago that by this time in 2007 I would have spent 3 months in the Middle East country of Qatar helping to organize a canoe/kayak competition for the Asian Games, I would have thought they were crazy; never the less that is exactly the case. Qatar is a small Arabic country attached to the SE corner of the much larger Saudi Arabia on the Persian Gulf. Although a small country it has a booming oil and gas industry which provides the capital for the massive construction that is changing the skyline of Qatar daily. As most Qatar's don't do manual labour nearly 80% of their population is made up of foreign nationalists from various Asian countries looking for a better life. This imported workforce do everything from servants to construction labourers. Everywhere you go you see huge groups of these people dressed in the same clothing representing the company they work for. These workers work from 12 to 14 hours a day for minimal wages. I was soon to learn these long days weren't reserved just for the construction workers. You might ask how a Canadian ended up in Qatar trying to explain to the local people what is required to host a simple regatta let alone a major event like the Asian Games. Qatar is a fairly rich Middle East country both in money and sport but they have little knowledge or experience in many of the sports held during the games. There were a total of 40 sports with nearly 10,000 athletes competing so the demand for experienced people was high. As a result they had to fill this void by hiring people from many areas of the world; Greece, Italy, Australia and even a couple of people from Canada. In my case Cecilia Farias, the Secretary General of the Pan American Federation had been hired as the Chief Administrator for Canoe/ Kayak and she was permitted to hire a team to assist her. As a result she asked me to be the Technical Operations Manager for Canoe/ Kayak and after much procrastinating I finally agreed and arrived in Doha, Qatar at the end of September unaware of the long days of heat, dust and work I would encounter. When I arrived, I had to go through a battery of medical tests and police checks before I was allowed to begin working but after 2 days I was given an office desk and a computer and the journey began. My first thought was, I thought I was here to help organize a canoe/ kayak event not do paper work? I soon realized there was an enormous amount of preparation to do and bureaucracy to overcome before the competition would begin. One of the main focuses during this time was that we were all a team so besides the daily work many hours were spent in evening seminars and workshops to reinforce these ideas. The workshops were also used to teach each of us how to train the volunteers and other workforce we would have at the various Venues. Although these sessions added to our already long days they did prove beneficial in the long run as they prepared us for problems we might encounter and contingency plans we needed to have successful competitions. Also many of these early days were spent in reviewing policies, formulating new policies, planning the training sessions and drawing plans. I didn't realize that I would have to draw plans for the finish line, starting lines, starting pontoons, boat control stations and the list goes on..... As I stated there was absolutely no knowledge in the area of Canoe/kayak and Rowing so everything had to be illustrated and extremely well explained to all the various people building the infrastructures for the Venue. I had to learn a lot about Cad and other architectural drawings very quickly. You may have noticed that I mentioned Rowing as well as Canoe/Kayak; this was the first time these two sports had been included in the Asian Games so it seemed natural that if they share the same Venue they should work together as a team. Although there was much good natured ribbing, all of the work force from the two sports got along



(Continued on page 11)

My Asian Games Experience ...

By Dwight Corbin

(Continued from page 10)

well and it proved to be a huge success with both sports benefiting. Cecilia Farias and I supported Matt Draper and Chris Johnson, our counterparts in Rowing during the rowing competition and they chipped in to help canoe/kayak during our competition. This was very successful and the trend has been recommended for future multi-sport games. This paper work and planning continued until we were finally able to move to the Venue in late October which made it easier to complete the day to day hands on work. The venue and the course were situated on property owned by the largest hotel in Doha, the Ritz Carleton. It consisted of a large sandy lot beside a salt water canal from the Gulf to an inland Marina. The salt water channel which became the racing course looked like a smaller version of the Montreal basin but was only 70m wide at high tide and 60m at low tide. As a result only 4 racing lanes for rowing and 6 lanes for Canoe/Kayak could be accommodated. The lanes were only 8.3m wide for Canoe/kayak but were adequate for racing as only K-1, K-2, C-1 and C-2 competed. The high salt content of the water and the daily tides proved to be a challenge because every structure placed in the water had to be able to move with the tides and withstand the salt but still maintain its integrity. This was very evident with the course as more than once when we arrived on site we found one or more of the buoy lines had released in the night. The course was constructed by an experienced European Co. but we soon realised that they had underestimated the strength of the tides and the corrosion of the salt water. It became a ritual each morning to check the course and repair any damage prior to doing any other of our daily activities. However, this constant vigilance did prevent any delay in the competition. As construction continued this small salt water canal soon became lined with tents and other structures to accommodate the starters, intermediate timers and all of the television camera positions which were required for an event of this size. Actual the television coverage was greater than I've seen at most World Championships; as I stated, Qatar spared no expense to showcase all the sports of the Games. Another feature was the starting pontoons as no automatic starting system was used. They were installed by a Canadian Co. called Can Docks. These were made out of small interlocking plastic blocks that could withstand the salt and were held in place by a flexible cable that could expand and contract with the tides. It was like working with Lego which made it more convenient to change from Rowing to Canoe/Kayak for our boat holders and the lane increase from 4 to 6. By late October the sandy lot was paved with asphalt and the entire area was being covered with the numerous tents and structures to house the many athletes, medical facilities, portable gymnasium, as well as all the racks to hold the more than 400 rowing and canoe/kayak boats. The Boat Park itself was a marvel with its elaborate racks, boat repair facilities and boat wash area. The boat wash area was a must as all boats had to be washed each time they practised or competed due to the heavy salt content of the water. In the end there were 20 countries for rowing and 18 for canoe/kayak participating with nearly 500 athletes, coaches and support personnel on site using these facilities. Also there were at any given time 300 - 400 volunteers and paid workers on site which meant tents and temporary structures to house and feed these people. As I mentioned all of these structures were temporary and would be dismantled after the Games. The most notable of these was the Finish Tower; a four storey building that would rival the Montreal Finish Tower but it too was scheduled to be demolished following the competition. The rumour I heard was that there is to be a bridge constructed over the canal on the current site of the finish tower. The daily work was a little daunting and tiring so we were all relieved; no one more than I, when a number of officials arrived early to assist in the preparation. These individuals were asked to arrive early to fill some of the key administrative roles for the two competitions. My wife Doris was among these as she was hired to be the head of Athlete & Sport Services for Rowing and Canoe/kayak. This was a key role and fulfilling this function allowed me more time to devote to organizing the technical aspects of the competition. At the end of November the teams began to arrive and on water practices started. This meant that safety crews had to be trained in rescue of personnel and racing craft. This might seem like an easy task but when you are dealing with people who have never seen any kind of canoe/kayak racing or

racing boats in their life it made for some interesting scenarios. In the end they were a good group and they performed their tasks without any incidents. Finally on December 2 competition began with Rowing. I was glad that rowing was the first sport at our Venue as it allowed me an opportunity to see how everything would work and to note any potential problems that we might avoid when canoe/kayak started a week later. Rowing went well despite the weather; there was an unseasonable rain storm that caused some flooding and panic but some well placed pumps had us back into operations quickly. As Dec. 8 rolled around the final preparations for canoe/kayak were in high gear. During the rowing competition I had decided that I wanted a meeting with all the key people involved with the transition from rowing to canoeing. I felt this would lessen any potential problems as we had only 36 hours to make the change over; the biggest change was the course as we had to change from 4 lanes to 6 and prepare the starting areas for canoe/kayak races. I was pleased with the result as we were ready to go at 9:00am on Dec.10. Despite a little more rain and a minor course glitch the competition proceeded with no interruptions for the first two days. On the third day the big change came; the 1000m start line and all the television and telecommunications equipment had to be moved down to the 500m start area. This proved to be a little more difficult but with careful planning and the cooperation of all partners including the weather things were completed without any hiccups. All in all the competition was a big success and the large crowds were treated to some exciting races. Yes, large crowds as canoe/kayak had near capacity crowds for each day of competition. China ended up taking the lion's share of the medals as they had done in rowing and most of the other sports of the games. On Dec.14 the last race was completed and the final medals were awarded much to my relief. On the whole everything went as planned and the days and weeks leading up to the competitions were well worth the hard work. The only thing left to do now was have a brief celebration with everyone who had contributed to the success of the event because the next day we had to begin the task of dismantling and cataloguing all the equipment we had used. All of the equipment except for the buildings had to be packaged and placed in containers to be shipped either back to the distributors or given to Qatar as a legacy of the Games. It seemed a shame to tear down everything we had spent so long in building but in 3 days it was gone;



nearly three months of preparation and construction were no longer visible. As we all lamented over this process we took pride in what we had accomplished; a group of people from varying nationalities and backgrounds coming together to work as a team to organise and run a first class athletic competition in a foreign land.

Upon reflection of the event and the three months I had been in Qatar I must admit there were times when I thought I was a bit foolish to tackle such a venture but in the end I feel it was a rewarding experience. I travelled to a country and experienced its culture; a place I would never would have dreamed of visiting. I met and worked with many people from different countries and sports who all had a common goal and that was to provide the best event their sport could offer to make the games a success. A goal I feel was achieved. Would I do it again? Yes, I believe I would and I also would recommend to anyone if you are ever given the chance to do something similar to this take it, you won't regret it.

WhiteWater Canada News

Australian Youth Olympic Festival

By Dr. Sven Pinkert, HPD Slalom

Canadian junior **Ben Hayward** of Edmonton, AB, finished 5th at the Australian Youth Olympic Festival. Ben Hayward senior team training camp and got the chance to participate in the race just in the past week. He was 3rd after the semi-final run, fast and clean and 3 seconds out from the lead, behind two Australian juniors, but ahead of the Americans and a very fast Japanese and Chinese boat, who both made mistakes. His second run wasn't quite as good – two time errors and a penalty, so he moved down two places. It is clearly his best international result ever in a top echelon field like this. It gives him all the hope for the upcoming racing season. Phillip Gibbins (AUS) was in scintillating form putting in 2 clean sub-100 second runs to take out the Men's K1 title at the AYOF Slalom competition. Rick Powell of the USA took the silver and Kazuki Yazawa of Japan took home the bronze.

More results under <http://www.canoe.org.au/?Page=12111>

Ford 4th at first 2007 World Series Canoe Slalom Australian Open

David Ford, finished fourth at the first World Series race in 2007 in Penrith, Australia on Sunday. Campbell Walsh put down a quick second run, easily the fastest of the day, to beat out competitors by 2 seconds and win the class. Ford was edged out by training partner Helmut Oblinger of Austria and Anthony Brown, racing for Australia, for the podium by a mere few tenths of a second, after all three nearly matched each other on both runs. **Pierre Levesque** finished 3rd in the B final after barely missing out the cut into the proper final. In the C1 class, Chilliwack's **Craig Allen** also missed the "A" final by a few tenths, and dropped one spot to 2nd in the B final. British paddler Stuart McIntosh beat out a strong field including former World and Olympic champion Michal Martikan for the top spot. The Slovak team of Skantar / Skantar traded places from Saturday result with fellow countrymen Hochschorner / Hochschorner to win the C2 category. A 50-second penalty for missing a gate at the bottom of the course cost new Canadian team **Holroyd / Hewitt** their place in the A final. Violetta Oblinger-Peters won the women's class, the sole international boat in the top 5, with Louise Natoli and Jacqueline Lawrence rounding out the podium. The World Series gets its official start in 2007 with three races – the Australian Open, the Slovak Open, and the Dutch Open. All three races feature television production and prize money for top competitors and are designed to help popularize the sport.

www.canoe.worldseries.com Complete results at www.2007slalomworldseries.canoe.org.au

RESULTS

K1M:

1. Campbell Walsh, GBR, 188.04;
 2. Helmut Oblinger, AUT, +2.19;
 3. Anthony Brown, AUS, +2.44;
 4. **David Ford**, CAN, +2.86
- B Final – 3. **Pierre Levesque**, CAN

C1:

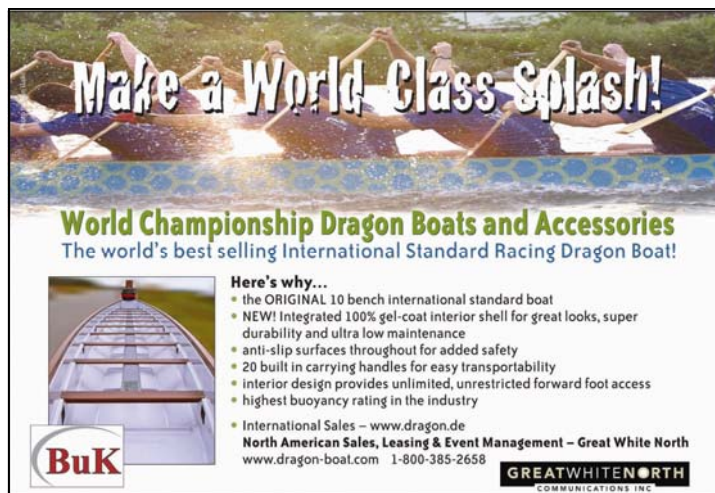
1. Stuart McIntosh, GBR, 196.17;
 2. Michal Martikan, SVK, +3.39;
 3. Alexander Slafkovsky, SVK, +2.49
- B Final – 2. **Craig Allen**, CAN

C2:

1. Skantar / Skantar, SVK, 211.51;
 2. Hochschorner / Hochschorner, SVK, +1.71;
 3. Goddard / Smith, GBR, +2.42
- B Final – 4. **Holroyd / Hewitt**, CAN

K1W:

1. Violetta Oblinger-Peters, AUT, 212.76;
2. Louise Natoli, AUS, +2.08;
3. Jacqueline Lawrence, AUS, +2.86



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Canada Canoe Polo on Tour in Europe

Part 2: The World Canoe Polo Championships 2006: Amsterdam

By Darryl O'Brien

August 7th, 2006 saw our Teams converge on Amsterdam after a tour that took the Men's U21 team to Denmark while senior men's and women's teams trained in the UK. They united in Belgium for two tournaments and now were ready for the Worlds to be held on a facility built to host the rowing events of the 1928 Olympic Games. Twenty-three countries attended the men's competition with 20 women's teams and 15 men's U21 teams. The 2006 Worlds competition games lasted four days over which time 277 games were played. Teams were seeded into groups of four or five countries in each category according to results in the last worlds. Each game that you played was important because if you won, you continued to move upward in the rankings. Conversely if the team lost, it would move down. After the preliminary round robins among countries in each of the seeded groups, the two top ranked teams in each group began a second round to see who would play in the finals. For teams that did not make this cut, the second round was played against opponents who were in your situation, but coming from a different group. Thus in these games, the teams tended to be more evenly matched. In third day play downs and final ranking games continued and the last day was devoted to semi-finals and finals followed by awards. In the men's Final, France defeated Italy to win for the first time. The German women repeated as World champions, upsetting New Zealand who were playing in their first world final. And in the U21 division, France again was number one over the Netherlands. The Men's Canadian Team played to the best of their ability in their games and had some inspired games against some of the very strong top teams. Unfortunately they ended up on the wrong side of several close games dropping them in the rankings. They finished off these Worlds with two satisfying victories in their final games to place 21st of 23 teams. In the largest pool of teams yet to be seen in the Women's Division, the Canadian Women had a strong finish, placing in 11th of 20 teams. They lost close games against the Dutch and the Spanish and earned their place with a victory over Iran in their last game. This was just outside their goal of a top ten finish for a very respectable performance. The U21 Men played their final ranking game against Taiwan for 7th place. They were well matched teams but Taiwan came out on top, winning 3-1. This young Canadian team of mostly 18 yr olds was pleased with their 8th performance in these Worlds and since the Team will remain intact for 2008 when the Worlds come to Canada, they could be a force with which to reckon.



Canadian U21 team member, Richard Allan of Edmonton uses his kayak to ward off an attacking member of the Taiwan U21 Team in a game to decide their ranking in the 2006 World Canoe Polo Championships.

For our Organizing Committee in Edmonton, the reality of the event was epitomized when representatives of our Organizing Committee received the ICF Flag from the President of the ICF, Mr. Ulrich Feldhoff during the closing events at Amsterdam 2006. In the vernacular of canoe polo language, "the ball is now on our playing pitch". This summer in Edmonton, we will host "World Canoe Polo 2007", an international canoe polo event utilizing the proposed venue for the Worlds, and many of the facilities to be utilized in 2008. This event will be held July 20-22, 2007.

Canadian canoe players are now looking ahead to July of 2008, when Canada, for only the third time in its long paddling history, hosts an ICF World Championship again. This will be the first time a world canoe polo championship has been held in Canada. Edmonton Organizers have been busy to make this an event of which Canada can be proud. Previously the World Whitewater Championships were held in Jonquiere and Desbiens, Quebec in 1979 and the World Sprint championships in Nova Scotia in the '90s.



During the closing ceremonies in Amsterdam, the ICF Flag was passed from the Chairman of the Organizing Committee of 2006, Mr. Frits Jager of the Netherlands (far left) to the Co-Chairmen of the Organizing Committee from Edmonton in 2008, Drs Darryl (left) and Dale (right) O'Brien via Mr Ulrich Feldhoff (back to camera), President of the ICF.

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MARK GRANGER

Named Coach of the Year at the Sports-Quebec

By Johanne Lacas, CKC Event and Communications Coordinator



MARK GRANGER

When I was asked to write a story about **Mark Granger**, a native of Lachine Quebec, National Men's Kayak Coach, and head coach of the National Multi-Sport Centre in Montreal, I didn't really know where to start or which angle to take.

One thing is sure; you cannot overlook Mark's achievements as a coach. In December 2006, Mark was named coach of the year at the 34th Gala of Sports-Quebec. This award recognized the excellent results achieved by the National men's kayak team in 2006,

including the men's K-4 200M bronze medal at the first World Cup in Poznam, Poland; the gold in the men's K-4 1000M at the second World Cup in Duisburg, Germany; and the crowning achievement of the season, the men's K-2 500M winning a silver at the World Championships in Szeged, Hungary.

A lot has been said about Mark's new training techniques. When asked about this, Mark was a little surprised. "I am not sure that I have new techniques" he said. "I made many changes to the program but basically found ways to elevate our volume and quality of workouts." Another element that Mark emphasizes is teamwork. "I was convinced that working as a group would make things easier for me as the group would bring the best out of everyone."

The team angle is evident when talking to the athletes coached by Mark. "What makes Mark such a great coach is that he is more like a team mate, a partner than a coach. He has a lot of trust in the choices we make, that way we have a lot of trust and respect in what he does" said **Richard Dober Jr.**, a member of the men's national kayak team. "Mark is the fifth member of our team" said **Andrew Willows**, also a member of the men's national kayak team.

Commitment is also what makes Mark a great coach. "His commitment and dedication to the men's kayak team is without a doubt one of the main reasons why the men's team has been able to step up its performances on the international stage in all events" commented **Ryan Cuthbert**, a member of the men's national kayak team. It's obvious that Mark's new coaching techniques, passion, and drive

helped the Team to see the light at the end of the tunnel. When he became involved with the program in 1999, the Team was ranked 24th to 28th in the World, a long way from the Podium. Now the Team is sitting closer to the top of the World. "It's a great feeling" says Mark "and it motivates me to stick around."

Mark was an athlete himself in Quebec in the discipline of canoe. He competed at the National Development Level. He met **Sharon**, who later became his wife, at the age of 13 ... in a boat. They have four active and lovely children, three boys: **Thorakwaneken**, **Kahonwakenran** and **Kahonwase** and a girl, **Kahentiio**, who are also very involved in the sport of paddling and dragonboating. Kahonwase was the Provincial Champion in the Men's K-1.

Mark is also a real outdoors type of guy. When he is not coaching from the ground up he is often found hiking in the Adirondacks or paddling with his family.



Mark Granger receiving his award as Coach of the year at the Sports-Quebec Gala, with Sylvie Bardier, from the Médaille d'Or Club (left) and Chantal Ferron of Loto-Québec (right).

So now you know that with Mark, it doesn't matter which angle you take, you can always say that his story doesn't end there... Thank you Mark, and keep going strong!



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International Cooperation in Canoeing?

Yes my friends!!!! Or should I say: ¡Si, Amigos!!!

By Maxime Boilard

I am returning from a 4 month trip to South America where I wanted to learn Spanish; discover new cultures; visit some of humanity's most amazing sites and landscapes etc... I did all of that in Peru, Argentina, Uruguay, Chile, Brazil and Bolivia, from October to mid January and yes it was amazingly enriching. However, I didn't know on January 10 that one of the highlights of my trip was about to occur when I landed with my paddle in Asuncion, Paraguay. I had been in touch with their canoeing federation secretary to organize my trip with the intent of helping them in canoeing if they would help me with my Spanish. They had two narrow C-1's sleeping inside a boat bay. The boats were not in such a great shape but still, had NEVER been used. I realized that day that C-1's don't come with an instruction manual... We take it for granted in Canada. We have a strong system that has developed champions after champions for over seventy years. However, at the other end of the World, in a country where a single C-1 stroke was never given, things are quite different. My deal with Paraguay worked perfectly. I was spoken to in Spanish, and I spoke back in Spanish... about canoeing. "You need to pat the water to find a support and stay in the boat... **SPLASH!!!!** Oops... En Español: "Tengas que acariciar el agua para encontrar un apoyo y quedarte en el bote! ¡Ah! ¡Magnífico!



They say in the Lonely Planet travel guide that Paraguay is in the middle of nowhere and that it's famous for nothing. They say its people are what makes it so special. Hopefully one day it can be famous for its canoe team! If you would like to travel to Paraguay, learn Spanish or practice your Spanish and help my friends down there, please send me an email at maxime.boilard@olympian.org to get more information. It's something that can easily be arranged at a very low cost since a generous Paraguayan family is offering to cover accommodations. They neep help in both canoe and kayak. By the way, it's 30 degrees and up everyday down there until May.

A developing sport in a developing country; you get the picture? It was a fabulous experience. We went in two weeks from having never had a C-1 touching the water in that country to having 4 kids staying in the boat and, more importantly, teaching their friends how to do it. Every day we were making history when the kids were able to do one more trick. On the last day, I put two right-sided kids in a C-1 in order to make a C-2. It reminded me of the good old times with my friend Sean Cannon twelve years ago at Nationals. We had a C-2 back then but neither of us could paddle on the left side.

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CONGRATULATIONS!

Judy Tutty retires from the Sports Officials Canada Board



Judy Tutty

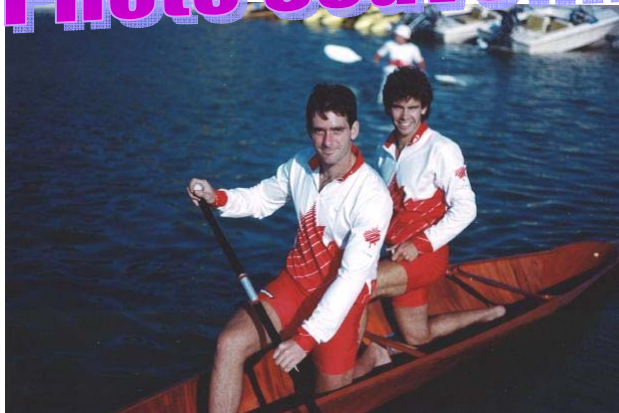
The Sports Officials Canada Board is extremely appreciative of the support and hard work of retiring Board Member **Judy Tutty**. Judy has been actively involved with the Board for over 6 years and contributed as Secretary/Treasurer for several terms.

Bob Kay Received the Special Achievement Award

Bob Kay received the Special Achievement Award at the 54th annual Ottawa Sports Awards dinner Feb. 1st at Algonquin College. In 2007, Bob Kay will have competed in 50 consecutive Canadian Canoe Kayak Championship regattas. In 1958, at age 16 with the Cartierville Boating Club Montreal, he began his streak winning gold in Juvenile C-15. He then continued his winning ways recording 31 gold medals in junior and senior events at Canadian Championships and narrowly missing an Olympic berth. He also won six North American titles. Since moving to Ottawa in 1991, he has been representing The Rideau Canoe Club and won 3 gold medals at the 2005 World Master Games in Edmonton. This year at age 65, he will race in the 1000m C-1 to celebrate his 50th consecutive year in Olympic style canoe racing. Keep her going Bob.

Bob Kay received the Special Achievement Award at the 54th annual Ottawa Sports Awards dinner Feb. 1st at Algonquin College. In 2007, Bob Kay will have competed in 50 consecutive Canadian Canoe Kayak Championship regattas. In 1958, at age 16 with the Cartierville

Photo Souvenir



Dave Frost and Eric Smith.

Eric is still involved as the Mississauga Canoe Club Commodore and Dave is still active with the Cap de la Madeleine Canoe Club.

Ian Mortimer & Tamas Buday selected as finalists for the Canadian Sport Awards

CanoeKayak Canada congratulates **Ian Mortimer** and **Tamas Buday** who have been selected as finalists for the Canadian Sport Awards. Ian Mortimer has been selected as a finalist for the Spirit of Sport Story of the Year Award. Tamas Buday Sr. has been selected as a finalist for the Coach of the Year Award. The 34th Annual Canadian Sport Awards (CSA) will be held on Friday, March 23, 2007 in Winnipeg, Manitoba. This annual event celebrates the true champions of sport for their efforts in 2006.

AQCKV New Technical Regional Coordinator

Congratulations to **Frank Gomez** who has been appointed by AQCKV as Technical Regional Coordinator for the Québec division.

Welcome to Elise Alexandra Giles



Elise Alexandra was born on Saturday, January 27, she weighed 8 lbs 13 oz. Congratulations to Peter and Kate!

CanoeKayak Canada

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ATTENTION READERS!

This is your publication and we look to the readers to help make it the best it can be! Please take a moment to jot down your comments and fax to 613-260-5137 or e-mail to jhedwards@canoe kayak.ca.

Let us know about upcoming events, comings and goings, and other happenings in your area, so we can let your canoeing friends know across the country! Submissions can be emailed to the above address (please reference *Paddles Up!* as the subject).

The deadline for submissions to the next issue of *Paddles Up* is **April 16, 2007**.

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