

# The Spirit

Newsletter of the Ridge Canoe and Kayak Club

Fall/Winter 2009

## IMPORTANT DATES

- Oct 5/09: RCKC Meeting, 7:30 @ Clubhouse  
Oct 8/09 New boathouse mtg. 7pm @ Clubhouse  
Oct. 17/09 RCKC AGM 12:30 pm @ Dowco Gym  
Oct 18/09 Harrison River Trip  
Nov 5/09 New boathouse mtg. 7pm @ Clubhouse  
Nov 15-16/09: CKC Coaches Conference, Vancouver (register @ CKBC website)  
Dec 05/09 CKBC Awards Dinner/Dance \$25 Golden Ears Golf Club (reg @ CKBC Web site)  
Feb 13/10 RCKC Dinner/Dance

## NOTICE RCKC ANNUAL GENERAL MEETING AGENDA

**October 17, 2009**

**12:30pm to 3pm**

The Ridge Canoe and Kayak Club will have its annual general meeting in the Dowco Gymnasium. The plan is to begin with a pizza lunch and then clean up the gym. After the clean up we will complete the formal business of our 2009 Annual General Meeting.



## GHOST RIDGE

**Once again this year, RCKC has a golden opportunity to participate in "GHOST RIDGE", a haunted 'house' event held at the Maple Ridge fair grounds over the Halloween season. This has proven to be a very lucrative fund raiser, plus the fun value is fun-tastic!**

**WE WILL NEED VOLUNTEERS ON WEEKENDS FOR THE NEXT 3 WEEKS TO COMPLETE THE SET AND PLEASE CONTACT SEAN FRANKLIN TO FIND OUT WHAT IS NEEDED AND WHEN AND HOW YOU CAN HELP.**

**SEAN\_FRANKLIN@TELUS.NET**

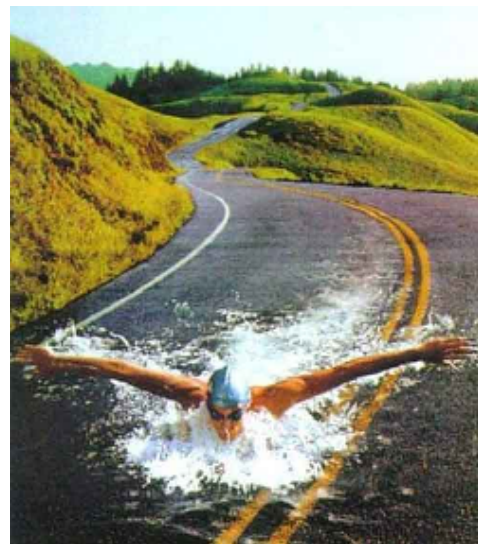
**LIKE LAST YEAR THE KIDS HAVE A PART TOO... WE WILL NEED ACTORS... FROM SATURDAY OCTOBER 24 THROUGH FRIDAY OCTOBER 30 --- TO BRING OUR SET ALIVE!**

AND FINALLY  
**WE ARE REQUIRED TO STAFF THE EVENT WITH ADULT VOLUNTEERS FROM OUR CLUB ON THE FOLLOWING DATES:**

**SUNDAY OCTOBER 25 ---- 15  
REQUIRED  
WEDNESDAY OCTOBER 28 --- 15  
REQUIRED  
FRIDAY OCTOBER 30 --- 5  
REQUIRED**

**TO VOLUNTEER FOR SHIFTS,  
CONTACT TINA AT  
[tdmuir@shaw.ca](mailto:tdmuir@shaw.ca)**

## Coach's Corner



Winter training to include swimming and road running!

*Sign up for Winter  
Training*

## Harrison River Trip

The annual Harrison River Day Trip is scheduled for Sunday, Oct. 18/09. Traditionally, the trip begins with a drive to Harrison, where boats are launched for a recreational paddle along the river, taking in spectacular scenery and the chance to view abundant wildlife along the way.

The trip is 18 km down river. If you are not used to paddling, please plan on participating by paddling a voyageur canoe (teams of 10) at a cost of \$15/participant. Please dress for the weather and bring your own food. All participants MUST attend a meeting on October 17 from 4pm to 5 pm at the boathouse. Tentative plans are for paddlers to meet at Harrison Hot Springs on Sunday October 18<sup>th</sup> at 9:30 am with their PFD, paddle and lunch ready to go no later than 10:00 am. All appointed drivers must meet at Kilby park at 8:30 am to arrange shuttle drives for trailer drivers for after the paddle. Please be prepared to return to Maple Ridge no earlier than 6 pm as the boat trailer must be loaded and drivers shuttled between 4 and 5:30 pm. Please email [program\\_coordinator@rckc.ca](mailto:program_coordinator@rckc.ca) if you have any questions or to reserve your spot. A total of 15 participants have signed up already and we would like to limit the trip to the first 40 participants.

## BC Disability Games - Give it a GO Day



Clara van Meel takes a disabled athlete out for a paddle during the BC Disabled Games in July.

July saw Maple Ridge & Pitt Meadows host the 2009 BC Disabled Games. Disabled athletes from all around the province attended the Games, which proved to be a huge success.

For the sports that did not have enough registered participants, athletes were encouraged to try new sports though an opportunity to "Give it a Go". Paddling was amongst the Give it a Go sports, and many RCKC athletes made themselves available to assist the disabled athletes to try out canoes and kayaks on Whonnock Lake. Smiles from athletes and volunteers abounded. Thanks to Virginia Kuran and all the RCKC volunteers!

## Where in THE WORLDS was Team BC?



Team BC athletes at the Opening Ceremonies at The World Canoe & Kayak Championships



The Worlds at their feet! Sarah Poole, Jessica Mitchell, Clara van Meel, Kristin Bauder and Gill Fedechko watch world class athletes race in Dartmouth, NS

This August, a very special event took place right here in Canada! The World Canoe & Kayak Championships were

held in Dartmouth, Nova Scotia on Lake Banook. Team BC happened to be in Nova Scotia, practicing and becoming acclimatized to the time zone differences, and while they were there, had the golden opportunity to watch world-class competition first hand!

At this year's Worlds, women's canoe was offered as a demonstration sport, and Team BC's own athlete, Nicole Haywood of Nanaimo, was named World Champion!

Nicole wins Gold!



## RCKC Institutes Many New Programs

Over the summer, RCKC created a few new programs to include younger paddlers: CanoeKids and Parent & Child sessions.

Ridge Canoe and Kayak Club is excited now to offer their newest program Girls Only Fitness. Participants who may not have focused on fitness in the past will have the chance to meet new friends and try new fitness oriented activities. Monday and Wednesday will focus on fitness development; Friday's activities will include volleyball, yoga, belly dancing, hip hop dancing or gym stick. Saturday introduces the girls to Dragon Boat Paddling, Recreational Canoeing, and basic water safety. Cost:

\$225/participant for Grades 4-7 and \$275/participant for Grades 8-12. The program runs from mid October to the end of March. The kick off event for this program is the Harrison River Paddle. The price for this kick off event is \$15/person and teams of 10 participants will paddle in voyageur canoes. Program Leaders Sherry Hunt.

**An info & registration session on Wednesday, October 14 from 5-7:30 pm at Dowco Gym (9975 - 272 Street, Maple Ridge). or e-mail**



[program\\_coordinator@rckc.ca](mailto:program_coordinator@rckc.ca) or the RCKC website at [www.rckc.ca](http://www.rckc.ca).

## **Bounty of Burgees Claimed at Bantam Masters Championships**

RCKC, once again demonstrated the strength of its grass roots programming by winning the 2009 BC Bantam & Masters Championships held in Nanaimo this year.

RCKC garnered winning pennants in all categories and outstanding performances were achieved by both new and veteran paddlers alike. All burgees were won in both Pee wee and Bantam categories: men's, women's and overall!

"We were really impressed with the level of maturity and focus demonstrated by these athletes" says RCKC assistant coach, Sean Franklin, "These results bode well in our development of new athletes for the future." Well done, everyone!



## **Canada Games**

Every four years, Canada holds the Canada Summer Games, and in 2009, these multi-sport games were held in Prince Edward Island. Of the twenty members of the Canada Games team, twelve originally hailed from RCKC: Amanda Sublett, Clara van Meel, Jessica Mitchell, Michelle Kosaka Sarah Poole, Tessa Nagai, Sara Mitchell (Alternate), Brian Malfesi, Joshua Horacsek, Keegan Nagai, Keith Kelleway, Ken Muir, and Sean McBeath

The Team enjoyed the trip, the tidy green landscape of PEI, but mostly will remember the winds and waves of the lake at the venue. The new racing tech-

Nigque was 'paddle, paddle, BAIL' as the watery waves filled their boats! And sometimes...they got that sinking feeling! Potatoes were happily served and eaten every day! Team BC medals won for canoe/kayak were:

**GOLD:** W 200m C-1 Nicole Haywood

W 500m C-1 Nicole Haywood

**SILVER:** W 1000m C-1 Nicole Haywood

W 2000m C-2 Michelle Kosaka & Amanda Sublett

**BRONZE:** W 500m C-2 Nicole Haywood & Michelle Kosaka

W 1000m K-2 Rebecca Alley & Clara van Meel

M 2000m C-1 Sean McBeath

M 2000m K-2 Brian Malfesi & Ken Muir

W2000m K-2 Rebecca Alley & Clara van Meel



Team BC poses at Prince Edward Island



A few familiar Team BC faces shine out from the Closing Ceremonies

## **Canadian National Championships**

The 2009 Canadian National Championships took place in September during a sunny week in beautiful

Sherbrooke, PQ. Several BC clubs participated, many proudly making it out of their heats to make the finals.

Ridge placed 13<sup>th</sup> in Canada, according to points totaled. **Rx alert:** Olivia Cavasinni was forced into the water during the 6K, and injured her right elbow. She'll never forget her first nationals, and all members wish her well for a speedy recovery!

Details of RCKC medals won are:

**GOLD:** Jr. W. C-2 200m Gill Fedechko & Michelle Kosaka

**SILVER** Sr. W C-2 500m Gill Fedechko & Michelle Kosaka

Mid M. K-1 1000m Brian Malfesi

Sr. W C-2 1000m Gill Fedechko & Michelle Kosaka

**BRONZE:** Sr. W C-1 1000m Gill Fedechko

Jv. M K-2 1000m Keith Kelleway & Brian Malfesi

Mid. M 6K Brian Malfesi

Sr. W C-1 500m Gill Fedechko

Other proud medal winners from BC:  
Jv. W K-2 500m Kristin Bauder & Sarah Poole, Bronze (Burnaby)  
Jr. W. C-1 200m Nicole Haywood Gold (Nanaimo)  
Sr. W C-1 500m Nicole Haywood Gold (Nanaimo)



Gillian Fedechko & Michelle Kosaka win silver



Keegan Nagai, Conor Wollbaum, Keiffer Johnson and Matthew Kuran speed down the course on Sherbrooke's Lake of Nati

## Thanksgiving!

October being the month of the Thanksgiving holiday. Lets pause to remember things that we are thankful for:

**OUR SPORT:** Thanks to paddling sports for being intrinsically fun and for providing a healthy environment for us to participate in individual and team competition, as well as recreation.

**OUR ATHLETES:** Thanks to our hard-working athletes, who have learned to set goals for themselves and dedicate their efforts to meeting those goals, who have also grown in friendship, skill and sportsmanship that make us all proud to know them!

**OUR COACHES:** Thanks to our coaches, who advise us, challenge us and assist us to develop our skill levels in competition and in life.

**OUR FAMILY VOLUNTEERS:** Our thanks to the family volunteers, who not only get us to and from practices, but also raise funds, sit on boards, attend meetings, pay the bills for our membership, travel and o-so-many things.

**OUR EXECUTIVE:** Thanks to the RCKC executive, who work overtime (for no pay) to support the success and growth of our club and its membership.

**THANKS EVERYONE!!**

## Pacific Cup

For the first time this year, a new club regatta was scheduled to include clubs in the Pacific Division, as well as our friends from U.S Clubs who have welcomed us to participate in their regattas.

This year saw an influx of 90 additional competitors from both BC clubs and clubs from Seattle and Gig Harbor.

The weather was pleasant and the regatta ran smoothly. Seattle club were worthy competitors and came first in the regatta, with RCKC a distant second place. We're looking forward to the Pacific Cup regatta being an annual event!

The regatta culminated in our annual end of the year banquet, with awards for our younger paddlers, a photo man-

tage of the previous years' accomplishments, and announcements of thanks & mention of new programs and new challenges for over the winter training season. Once again, we find the club facing new challenges, and times of change. May we all work together to face these challenges and make our club stronger!

*Sometimes in the winds of change, we find our true direction*

## Cut in Gaming Grant Creates New Challenges

The BC Government has only been able to grant the club 30% of the usual gaming grant for 2009 - a total of \$12,000. Difficult budgeting decisions for coaching and new equipment to be made: Peter Majewski will be the only full time coach for 2009/10 season. Future 2009/10 equipment purchases will only be made possible by fundraising events. Everyone should be both thinking of new ideas and participating in fund raising events over the fall & winter.

## What's New on the New Boathouse Front?

A meeting re: the new boathouse was held on Oct. 8, with the main focus of the meeting being the next step after the feasibility study report. It suggests that some groundwork must be done first to promote the club, specifically forming 4 committees:

**Executive Committee –**

**Sustainability Committee –** Tina Muir, Sean Franklin

**Public Relations and Marketing Committee –** Trevor Pancoust, Sherry Hunt, Tom Brent

**Donor Development Committee**

The entire minutes of the meeting of the meeting are being sent under separate cover. Although the core group of new boathouse volunteers are burning brightly, they need more help

before they burn out! People are needed to fill these committees: people who have a little time to devote, and others who have lots of time to take on a larger role. We need courteous people and others who are tough, erudite business people who can hold people's feet to the fire! We need working people, unemployed people, retired people, talented or connected friends and family, members of service clubs and folks in building and building supply companies. We need organizers, writers, promoters, athletic challengers, grant-writers, data entry people, idea people, enthusiastic club supports, alumni, diggers and deliverers! If you are one of these people, or know one of these people, each club member should be volunteering to serve on at least one of the above committees or suggest someone you might know (with their permission, of course) who can join one of these committees.

We all need to pitch in to help OUR LITTLE CLUB WITH THE BIG DREAM!!

Next meeting of the New Boathouse Committee is Nov 5 at 7 pm at the clubhouse. It is important that we all take a role in this endeavor!

## Alumni Update

**Leif Einarson** was married on Oct. 4/09 in Toronto. Both he and his new wife (Christina) are completing their respective PhDs, Leif's in Medieval Languages and Christina's in Marine Biology, studying turtles.

**Catherine Trask and Graham Smith** are living in Sweden, where Catherine is continuing her research, teaching one class and learning Swedish.

**Matthew Mikes** is a Shop teacher at Pitt Meadows Secondary.

**Rayne Tarasiuk** is going to do humanitarian aid work in the small village of Kitale in Kenya ... she'll be with an orphanage/hospital/school program for a month in November. It's always been important to her, helping others. She misses everybody!

*Do you have any updates on any of our alumni (former club member)? Please e-mail the news to: [fedechko@elus.net](mailto:fedechko@elus.net)*