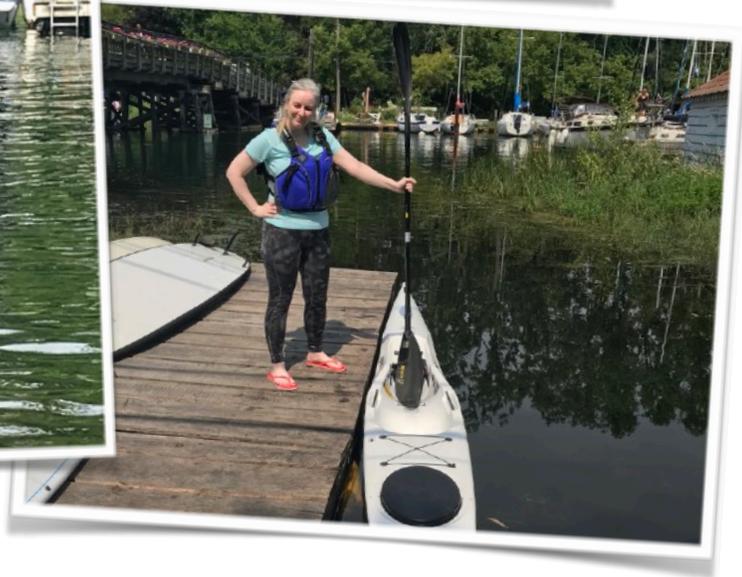
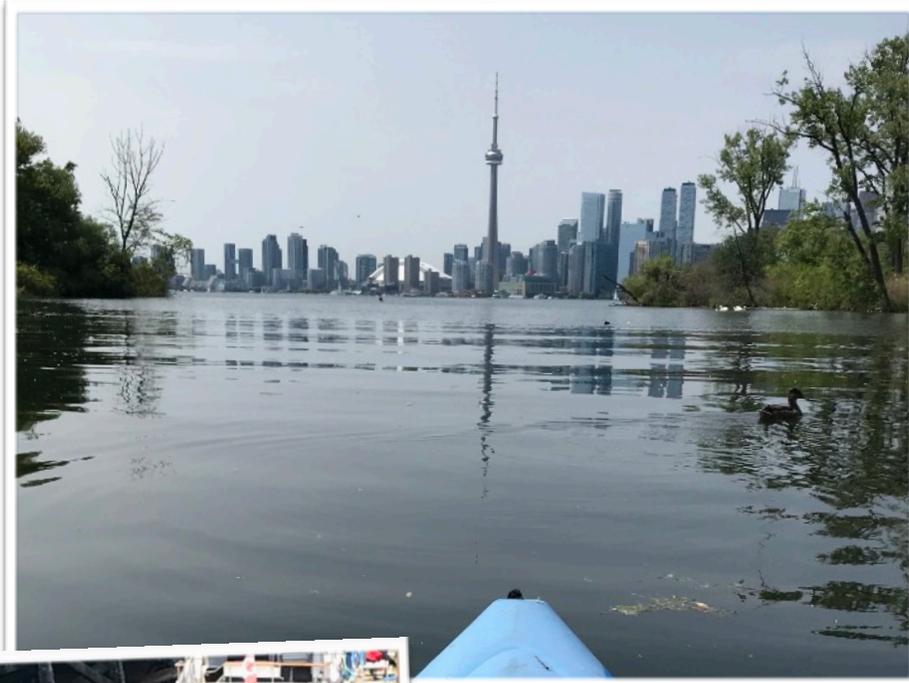


August Newsletter



Toronto
Island Canoe Club

On The Horizon

A quick timeline of events for TICC members.

Ongoing: Please check out our website to see what is new at the club. Our club newsletters will be posted on the site. We encourage our members to get involved submitting photos, stories, or letting us know about upcoming events. <http://torontoislandcanoecub.org>

Ongoing: *Weekly Saturday Social Paddle 10am.* Come down to the club and join your fellow members on a leisurely Saturday paddle thru the Toronto Island waterways. this is a good way to meet other members, pick up some paddling tips, and just enjoy the comfort of not being on the water alone.

August 3rd/4th: Western Ontario Division Championship takes place at the Welland Flatwater Racing Centre. These races are more than just an Division Championship, they also are the selection for local paddlers earning their way to the national championships in Regina, SK later in August.

August 2nd-5th: Gala weekend will be in full swing; live music, beer tents, fire parade and bingo. Make sure you take time this August long weekend to get to the Island and enjoy the festivities. (pg.9)

August 11th: Masters time trials hosted by the Balmy Beach Canoe Club. Drop by Ashbridge's Bay to go for a paddle. No boat no problem they have invited our members to use their boats.

August 27th-31st: Canoe Kayak Canada Nationals hosted by Wascana Canoe Club in Regina, SK. Over 2000 Paddlers from across Canada come together to celebrate the sport and go for gold. The Toronto Island Canoe Club Trophy will be up for grabs to the best junior women's C-4 crew in the country. For more information check out the Canoe Kayak Canada Nationals link:

<https://sprintnationals.canoekayak.ca>

Sept 1st: CanMas will close out the National Championships in Regina, SK. A full race card for paddlers 25 and over. CanMas is an annual event that started in 1986 after the World Masters Games were hosted in Toronto.

Racing

If you are interested in attending any of the races throughout the season please let us know well in advance. It takes time to submit entries, collect race fees, and recruit volunteers. We will do our best to coordinate with other clubs for access to boats on race day. Toronto Island Canoe Club will not be sending a trailer to these events. Members are eligible to race in either open categories at races or if above 25 the masters category.

Socials

Please let us know if you are interested in coordinating an end of Summer social at the club. We are a volunteer member based club and always welcome the opportunity to get together and enjoy the Island.

Commodore's Message

Happy Summer!

The water is still pretty high but that has not stopped us from having fun on the water. Day Camp Director Anne Goad with counsellors Faye Fenton, Henry Amer and Will Smythe run a super program for ages 7 to 13. There are still spots available, check the website!

August Long Weekend is Gala Weekend in the Island -old home week for islanders from far and wide. If you enjoy meeting old timers and chatting about the heyday of Toronto Island stop by the beer garden and strike up a chat. Events start Friday nite with a fire parade on the beach. Quite a sight to behold and not to be missed. Saturday the Wards Island Clubhouse green becomes a beer garden with live music, a bbq and beer! More beer later at the Gala Dance with a live band to rock the night away to. (Water taxis run til the wee hours). Sunday more beer and a dixieland band (I sense a theme here...) and old fashioned bingo after dinner. Monday is a community yard sale of vintage goods where you can get some real steals. Gala wraps up with Bingo on Sunday night til the prizes are all gone. "What happens Gala Weekend's stays at Gala" some come out and meet the nabes!

Per aquas ad fraternitatem,

Laurie Jones

Safety First

Heat Exhaustion

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.

There are two types of heat exhaustion:

- Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness.
- Salt depletion. Signs include nausea and vomiting, muscle cramps, and dizziness.

If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

- Drink plenty of fluids, especially sports drinks to replace lost salt (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke.

Message from our Canoe Camp Director

If you haven't had a chance to pop by and meet with me, my name is Anne Goad and I am this year's director of Toronto Island Canoe Camp. We have been having a blast this summer. Of course, being the newbie, our wonderful counsellors have been showing me the ropes. With my 10 years in Outdoor Education experience from the TDSB it's been a lot of fun introducing some new programs that they haven't tried such as greasy watermelon (you smother a watermelon with butter or a little camp soap and play water rugby) to "Stones on Water" (every boat gets a certain number of balls and the boat that gets all of them into their boat wins - not many rules with this one!). Our theme days so far has been Hawaii, Medieval Times, Amazing Race and this week we are entering the TICC into the Olympics. One of the on-going pranks seems to be to hide Will and Henry, our counsellors, lunch when they aren't looking. This has also included taking out the contents of his lunch and replacing it with canned beans, stale crackers and a can opener. Oh what a time we have been having! The first week was quite wet and muddy but the water level is dropping significantly each week which has helped us get the boats into the water with a little more ease. Here are some photos from our time so far!



War Canoe anyone???

Balmy Beach Canoe Club has invited members at Toronto Island Canoe Club to come down to Ashbridge's Bay and join in on their war canoe practice. Practice is every Wednesday 7pm sharp. The boat house is located at the Lion's Clubhouse on Ashbridge's Bay. Contact James Pasley if you have any questions. kanucub@gmail.com . Paddlers of all levels are invited to take advantage of this opportunity.



Strava you say??

Do you enjoy a healthy lifestyle? Do you like to track your workouts? Or are you looking for friends to work out with? Toronto Island Canoe Club would like to invite all our members to check out our STRAVA group. This is a free app that encourages people to share their success on and off the water. Check out the link below and see if it is for you.

<https://www.strava.com/features>

2019 Annual General Meeting

The 2019 AGM will be held on October 6th 2019. We are having the meeting a bit earlier this year which will allow us to hold the meeting at the club house. The AGM will start at 2pm and last roughly 2 hours. This is a great time to meet with other members and share our successes of 2019. It also allows members voices to be heard and have their say in what they want to see for TICC in 2020. The Board uses feedback from the AGM to prioritize the projects for the next year.

Some of the topics that will be covered:

- Commodores report
- Membership report
- Financial report
- Canoe Camp report
- Elections

The AGM provides members the chance to participate in our annual board elections. If you are interested or know someone who is interested on serving on the board please let us know. All positions are open for election annually. Nominations must be received by the Club Secretary 6 days prior to the AGM. These are the following board positions and a brief detail of their responsibilities.

Commodore- presides over meetings, represents club at the Western Ontario Division, shall be a signing officer for the club.

Secretary- keep a record of all meetings and correspondence, forward minutes of meets and provide notice of meeting as required.

Treasurer- shall be a signing office, keep accurate records of finances and provide financial reports to the management committee.

Registrar-Day Camp- shall keep day camp records.

Membership- keep a correct roll of members.



Volume 105, Issue 3

AUGUST 2019

Ward's Island Weekly

GALA SCHEDULE

FRIDAY, August 2	
8:45 p.m.	Fire Parade and bonfire
SATURDAY, August 3	
9:45 a.m.	Tennis Round Robin
Noon – 6 p.m.	Beer Garden
2 – 5 p.m.	MUSIC: Dixieland Jazz
9 p.m. – 1 a.m.	DANCE: with the Grand Hanlan Band
SUNDAY, August 4	
11:15 a.m. – 1:15 p.m.	Soccer
Noon – 1:00 p.m.	Adults Games
Noon – 6:00 p.m.	Beer Garden
1:30 – 2:15 p.m.	Kids Games
3:00 p.m.	Hat Parade on the Lawn Bowling Green
2:00 – 5:00 p.m.	MUSIC: Danny Marks
8:00 – 11:00 p.m.	Bingo
MONDAY, August 5	
9:00 – 11:00 a.m.	Elephant of Unknown Colour Sale set up
11:00 a.m. – 1:00 p.m.	Elephant of Unknown Colour Sale
11:00 a.m. – 6:00 p.m.	Group Art Show at the Little Clubhouse
Noon – 4:00 p.m.	Arts and Crafts Sale
Noon – 6:00 p.m.	Beer Garden
2:00 – 4:00 p.m.	Kids Midway
2:00 – 5:00 p.m.	MUSIC: Tim Bovaconti
5:00 p.m.	Raffle Draws – Adults & Kids
8:00 – 11:00 p.m.	Bingo

We Need You!

Friends, neighbours, Gala is calling

Gala Day is almost here. A big thanks to all of you who have already signed up to donate your time and energy! If you've been thinking about volunteering but haven't yet signed up, there are still plenty of exciting openings:

Beer Garden (bartenders, ticket sales, merchandise) Sat, Sun, Mon 12-6 p.m.

Dance (bartenders)

Bingo set-up Sun noon (Learn Jay's secret 12-nail method!)

Kids Midway Mon 2-4 p.m.

Bingo (bartenders, runners, door) Sun, Mon 8-11 p.m.

Volunteers need only a little energy, enthusiasm and the desire to help with our annual party. We welcome all ages, seasoned veterans, first-timers, friends. Whether you're new to the Island or have lived here for decades, helping with Gala is a great way to get to know your neighbours.

Don't delay – all the best jobs are going fast! Contact me at 0718 or

alisong@sympatico.ca

-- Alison Gzowski