

July Newsletter



Toronto
Island Canoe Club

On The Horizon

A quick timeline of events for TICC members.

Ongoing: Good news the website has been updated and registration is **now available online!** We have also made some changes to the site we are very excited for you to check it out. 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.

July 1st: Come be part of one of the oldest regattas ongoing on the Island (this year moved to the Welland flatware canoe centre due to flooding on the island). www.ddra.ca

July 2nd: Toronto Island Canoe Club starts up its summer camp season. These full day camp programs run as one week sessions for more information please contact torontoislandcanoecub@yahoo.ca or check out our website for more information.

July 13th-14th: Festival of India on Centre Island is open to and free for the all. With its diverse assortment of celebrations and activities, Festival of India at Centre Island is sure to offer something for everyone!

July 13th: Pickering Rouge/Balmy Beach regatta will be held in at rouge beach this is a long distance race and is sanctioned by the Western Ontario Division, open and masters races available.

July 14th: Burloak canoe club hosts the 3rd masters time trials of the season, this is a great opportunity to refine your racing skills.

July 20, 21st: Balmy Beach/Burloak cohost a regatta in Welland. This is a formal 2 day regatta for the Western Ontario Division, open and masters races available.

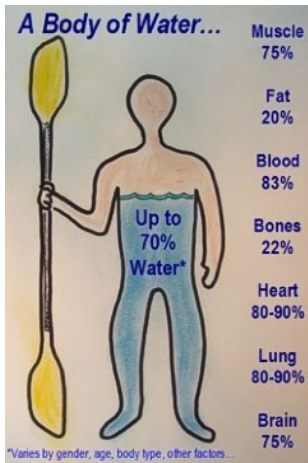
August 6th: Swing by Ward's island and enjoy the Ward's Island Fire Parade: a community celebration of light and dark. Puppets, lanterns, spectacle arts, and live music form a swirling, processional performance with a water's edge finale.

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.

Safety First

Dehydration



Symptoms: By the time you feel thirsty the dehydration process is already underway. While thirst is an indicator of water need, steps to re-hydrate should begin before thirst sets in. Symptoms vary from person to person, influenced by factors such as age, environment, physical condition, etc.

Check out the Dietitians of Canada link for more information

<https://www.dietitians.ca/Downloads/Factsheets/FACTSHEET-Sports-Hydration-get-the-facts-ENG.aspx>

TICC Safety Policy

Just a heads up for all members there recently has been some changes to our safety policy as we comply with the Canoe Kayak Association of Canada we have updated our safety manual and website.

http://torontoislandcanoeclub.org/safety_guidelines

Toronto Island Canoe Camp

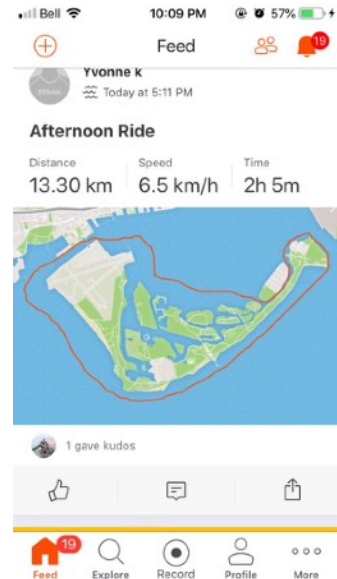
Our summer day camp starts on July 2nd. We are excited that each week a new group of kids will be able to come to the club and experience paddling on the Island. While camp is running we ask that members only use the main entrance, boat bays, main washroom, and the kitchen. The changing rooms and the large common room are to be used by the campers. ** the camp will run July 2nd-Aug 9th, Monday to Friday 8:30am-4pm.**

If you drop into the club outside of the day camp hours, you might want to check out the changing rooms. The changing rooms have been given a face lift for the summer thanks to camp director Anne Goad and her friend Shane.



Way to go Yvonne!

Recently one of our newest members, Yvonne Kurz, has achieved a great island milestone. Yvonne has taken her surfski on a paddle to circumnavigate the Toronto Islands. Keep up the great work!



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 bay. Contact James Pasley if you have any questions. kanucub@gmail.com . Paddlers of all levels are invited to take advantage of this opportunity.



COMING SOON !

We are working on a shared calendar for our members which will soon be available on our website: www.torontoislandcanoecub.org

This could be a great way to meet up with other members and go for a paddle, have a snack/potluck, and take advantage of being on the Island.



CANOE KAYAK
ONTARIO
SPRINT

Canoe Kayak Ontario Sprint (CKOS) is looking for new Board Members. - contact Joanne Bryant at joanne.i.bryant@gmail.com

To learn more about CKOS check out their new website:

<http://www.ckosprint.ca>