

DON ROWING CLUB

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November 8 DRC Strategic Planning Session
(details John Moorcroft)

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(rowontario.ca)

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(donrowingclub.com)

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(donrowingclub.com)

November 22 DRC Annual General Meeting

13th Annual "November Winds"

Andrew Bellerby

The November Winds 5 & 10km Trail Run/Walk will take place on Sunday November 16, 2008 at the "Recreation, Athletics, and Wellness Centre (RAWC)" at the University of Toronto Mississauga, 3359 Mississauga Road North. The race start time is 9:00am, so be there early!

Registration is \$25 before November 5th, and \$30 for late or onsite registrations. You can register on-line at www.donrowingclub.com, by phone (905-828-3714), or in person at the RAWC Membership Services Counter (for phone and in-person registration, quote barcode 10743). Race day on-site registration is from 8:00 - 9:00am. Proceeds go to support the Canadian Cancer Society and the DRC, and additional donations may be made on site. Tax receipts will be provided for charitable donations of \$25 or greater. There is a zero dollar registration for race volunteers (barcode 10747 in-person); if you are interested in helping, e-mail Andrew Bellerby andrew.bellerby@utoronto.ca

Captain's Dinner

Goca Lebl

The 2008 Captain's Dinner will coincide with the Don Rowing Club's 130th Anniversary! It will take place on Friday, November 21st at the Port Credit Yacht Club, 115 Lakefront Promenade, Mississauga. Adult tickets are \$75 and youths (under 19) are \$50.

Tickets will be available October 28th. There are only 90 tickets available this year, so please

reserve your ticket on time by emailing to one of the following folks:

Cori - Cori.Simms@rogers.blackberry.net

Cynthina - cynthia.drewry@gmail.com

Goca - glebl@cogeco.ca

The new Bingo Season has arrived!

Anonymous Bingo Coordinator

Not only is Bingo FUN (hey, life is what you make it), but by helping with bingo, you are helping to generate over \$10,000 per year for our club...\$\$ that would otherwise mean higher fees for all of us!

If you have not yet completed your Bingo obligation for the year (by either working the required number of bingos or by "buying out" your bingo obligation), now is your opportunity to sign up.

Please email donrcbingo@gmail.com to register.

The following sessions are available:

Wednesday November 26th 8pm

Tuesday December 30th 8pm

*** Special New Years Eve Treat!!!!

*** Wednesday December 31st 8pm

*** this is a 2 for 1 bingo, sign up for this bingo and it counts as 2!!!

Wednesday January 28th 8pm

Wednesday February 25th 8pm

Wednesday March 25th 8pm

Tuesday March 31st 8pm

Wednesday April 22nd 8pm

Wednesday April 29th 8pm

"Touring" in France

Jim Mercer

A few months ago our good our friend Henri Cohen suggested that as the FISA tour was quickly becoming booked we should start an alternate one ourselves, and he knew just the place in southern France. We could join The 2008 Rallye du Canal du Midi from Toulouse to Beziers on the beautiful canal that connects the Atlantic to the Mediterranean. After downloading some





YOU ARE CORDIALLY INVITED TO ATTEND THE

CAPTAINS DINNER

ON THE OCCASION OF THE

DON ROWING CLUB'S 130TH ANNIVERSARY



FRIDAY
NOV. 21ST

PORT CREDIT
YACHT CLUB
115 LAKEFRONT PROMENADE
MISSISSAUGA

ADULTS \$75
YOUTHS (19-) \$50

COCKTAILS 6^{PM}
DINNER 7^{PM}

information I agreed that it looked spectacular – Over 200 km of beautiful scenery with 48 locks from August 18th to the 22nd. Others quickly joined me.

Little did the two dozen or so of us rowers and associated friends from Canada know that this information was like a 'bikini' – designed not for what it reveals, but for the strategic parts that it conceals! The truth began to dawn on us when we met the 200 other rowers with their European touring boats, which had open bows and sterns. The boats were in a parking lot balanced on 'chariots' – sort of like two bicycle wheels, side by side on a wooden frame with canvas slings to support the boat. The shells were being quickly fitted with temporary stern decking (but no bow decking) and eight metre bow and stern ropes. "How odd", I thought for a pleasant row on a peaceful canal and why a stern cover but no bow decking.

The mystery deepened when the organizers suggested that each boat should have a crew of about seven or eight to help with boat handling and for replacements as the rowers became injured. These helpers were to ride ahead on the 100 bicycles provided to go from lock to lock to assist us. But why would we need help at a lock? We've all done this before, and a lock is no big deal, and surely injuries are rare on Tours.

"Oh", I was told, "We don't use the locks. That takes too much time. That's why you'll need helpers to scoot ahead to the bank by the next lock and catch the bow and stern ropes that you will throw to them. They will pull your boat's riggers hard against the sometimes metre high bank, and as you balance on your right foot and lift your left foot and arm another helper will grab it and yank you up onto the bank."

You then pluck the chariot from the open bow where you placed it after the previous launch, and drag your boat up onto it which causes the stern to sink almost to the coxswains seat. Aha! so

that's why we have stern decking. Anyway, with blades still flapping around in the oarlocks, we then pushed our boat past the lock to the next canal section, where we would launch, throw the chariot into the bow, slide down the bank and somehow get onto our seats and start the whole sequence over again. Guess this is why it was called a Rallye and not a Tour.

One of our very experienced rowers took a tumble and split his head open on the first day. But within moments the first aid crew arrived with a surgeon who patched him up. His bandages which were changed daily got smaller as the week went by until all that remained at the end of the Rallye was a small scar as a souvenir.

If a canal section was less than a kilometre most crews just pushed their boat along the path by that section to avoid the launching and retrieval process for just a few minutes of rowing. As there were a couple of singles in the Rallye the exhausted rower would sometimes just put his shell with dangling blades upside-down on our boat and help us push. At this point a competitive crew would sometimes try to pass us. Imagine four guys the size of Mike Furgeorn with the determination of

Ernst Peters running with their boat along the path with their helpers on mountain bikes following, like a chuck wagon and outriders at the Calgary Stampede. After all, to them this was a Rallye where boats were timed at the start and finish of each day somewhat like the sequential starts of head races.

Passing was sometimes of an impossibility given that the paths were at times quite narrow with the canal on one side and large trees on the other. These trees were to stabilize the canal banks but could not be planted right on the bank as that would have interfered with the ropes from the horses on the path that were attached to the barges that they dragged along the canal in the past. The good part for the rowers was that the

trees formed a beautiful canopy some 30 metres above our heads. So we never had to row in direct sunlight even though every day was sunny. The bad part was that the tree roots which crossed the path were sometimes exposed requiring our stalwart helpers to jump their bikers over them.

We all took turns rowing, biking, and being coxswain. This was fun because some of the bridges were quite narrow, requiring us to pull in our blades to the 'short oar' position if your boat wasn't perfectly aligned in the middle of the bridge. We even had a 35 metre long tunnel to navigate. Thank goodness I was just rowing for that one.

Being in France lunch was magnificent. A special lunch crew would have arrived at our designated location and assembled portable tables and benches for the 200 of us, and provided a three course meal such as a ham and melon appetizer followed by a delicious hot duck 'cassulet', then custard or ice-cream for dessert, and of course generous quantities of regional wine. As soon as we returned to our boats the support crew would disassemble everything and prepare for the next day's lunch.

Food workers were not the only support crew on the scene. In addition to the food and first aid crews there was a bicycle support group that fixed flats, trailered the hundred bicycles to the next day's location and provided bicycle security while the riders ate lunch. Then there were the buses to take us to the hotels each evening. They were beautiful luxury coaches whose drivers were also volunteers and sold cold beer from their vehicle's built in cooler. These French dudes really know how to do things.

There were obviously a few hiccups such as when we were directed to the wrong hotel in Carcassonne where the last thing we needed after a long day's row was dragging suitcases over cobblestones for 20 minutes only to be told to go back to the bus and then go in the opposite direction. But the shrill voice of Henri,



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who tends to use ten words when sometimes one will do, rose above the babble of hundreds of tourists like an audio beacon to keep us on track.

So, how did we do technically? Well...The winning crew had an elapsed five day rowing time of just over 16 hours and 15 minutes. Of the 28 quads that finished, our Canadian boats were 25th, 26th, 27th and 28th with an average time of just over 26 hours. So how does it feel to be beaten by over ten hours? As another crew said, "Where ever did they find these Canadians? Did they empty out an old age home?"

But all in all it was wonderful – the scenery, the food, the wine, seeing new and old friends, the welcome we received from our hosts, the trophies they gave us and above all the rowing. As one rower said when I asked her if the Rallye was fun. She said, "It's like childbirth. Give me a few months and I'll think it was just great!"

Special for Trent alumnus

*DALE CLIFFORD, Peterborough Examiner
(reprinted with permission)*

Monday October 6, 2008

Trent alumnus James Retallack took part in a special launch at the Peterborough Rowing Club site Saturday afternoon.

The 53 year-old Montreal native, who attended Trent University and coxed Trent varsity eights and fours crews from 1974-78, returned to familiar territory as part of the Toronto Don Rowing Club in the Head of the Trent rowing regatta. The team raced as a masters (50-and-over) unit in the club coxed men's fours race.

The launch was special because Retallack, a professor of history and German studies at the University of Toronto the past two decades, was born with a spinal tube defect which left him with permanent nerve damage in his legs and he has had to use crutches or a wheelchair all his life.

Retallack, who has to be lifted into and out of his boat and can be a coxswain but can't row, not only enjoyed being back on the water here for the first time in nearly 30 years but the opportunity to see the new docks, ramp and pavement for the PCC's adaptive rowing program for the disabled. The PCC received a \$54,300 Trillium Grant to go towards facilities and programming this past summer.

Retallack, who stands just under five-feet and weighs 111 pounds, returned to rowing with the Don RC last October after a long time away from the sport and was excited about the opportunity to return to Trent this fall and take part again in a special regatta he once competed in. He also served as Trent Rowing Club president for one year and was on an Ontario champion at the Canadian Henley.

"The coach asked me if I wanted to be a cox on the team in this and I said yes," he said with a big smile. "It was always a great race, a natural for this time of season. It was nice to come back and be part of this weekend. It is still a beautiful area. I'm most impressed with what they have done with the adaptive facilities. They are terrific and not every club offers it. They expanded the whole site and there is more wide-open space. It's wonderful."

Retallack said he got back into rowing last year because his two children Stuart, 20, and Hanna, 18, had left home for university. Stuart is at McGill, Hanna Harvard. His wife is Helen Graham.

"I had the time and was looking for an activity on weekends with them away from home now," he said. "The club is close to home and it was just right."

After graduating from Trent University with a Bachelor of Arts honours degree in history in 1978 he studied as a Rhodes Scholar at Oxford University and received his doctorate in 1983. He later held a postdoctoral fellowship from the Social Sciences and Humanities Research Council of Canada (SSHRC) as a visiting scholar at Stanford University and taught

courses at the University of California - Santa Cruz.

He joined the history department at the U of T following two years as a Mactaggart Fellow in the history department at the University of Alberta in Edmonton. He also has had 14 books published.

Despite being away for nearly three decades, Trent will always have a special place in his heart. He said he chose Trent because he was looking for a smaller school with a strong history program.

"It was a very special community," he said. "It was a strong student community. I enjoyed my experience here. They were the most favourite four years of my life."

PRC and Trent head coach Carol Love was happy he came.

"He is a great guy, fun loving," she said. "We are pleased with our adaptive rowing program and that he was able to use the facilities. We wanted something to be accessible to the community and integrated with our Learn to Grow program. Clubs across Canada are moving that way. It is now part of the Olympics (Paralympics) and we felt there was a need."

Retallack never let his disability slow him down.

"There aren't many sports I can do but I do this (cox) and it's why I got into it," he said. "I have liked it because of the friends I have made, the camaraderie and the competition of the crews. I have always had great support."

As for Saturday's race, his crew finished 13th in a time of 19 minutes and 35.66 seconds.

"It was a tough race but we didn't let up and gave a great effort," he said. "It was great to be in it and it made my day."

NOTES: Trent alumnus James Retallack may not be finished racing yet. He and certain Don RC crew members may head to the upcoming Head of the Charles in Boston...The Head of the Trent attracted



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about 1,400 rowers, up from last year.

Head of the Welland Results

James Walker

WELLAND, ON--The Head of the Welland: Five Bridges Classic regatta took place on Saturday September 27th, 2008 at the Welland International Flatwater Centre. Listed below are the DRC boats who placed in the top three in their event (let me know if there are any errors!).

1st - Men's Open 4+ (17:18.43): Warilow, Jacqui (Coxswain); Norton, Adam (1); Walker, James (2); Lancaster, Tom (3); Dmytrasz, Steve (4)

1st - Womens Masters 1x (24:48.71): Dundas, Lynda

1st - Womens Masters 8+ (19:45.36): Bleaken, Nadia (Coxswain); MacDonald, Heather (1); O'Neill, Wendy (2); Lebl, Goca (3); Constandis, Anne (4); Wainwright, Gilda (5); Snell, Heather (6); Bin, Gina (7); Breitman, Jane (8)

2nd - Womens Open 2x (20:22.05, +00:24.31): Adamko, Katherine (1); Borszczow, Natalia (2)

1st - Womens Junior 2x (21:08.80): Dragan, Melanie (1); Beland, Vanessa (2)

1st - Mens Lightweight 1x (20:04.88): McLean-Bannon, Cameron

2nd - Mens Lightweight 1x (20:47.38, +00:42.50): Dhillon-Singh, Gurpreet

1st - Mens Novice 1x (22:28.91): Woodward, Carter

3rd - Mixed Masters 8+ (21:15.96, +03:41.19): Sweete, Nancy (Coxswain); Hahn, Gudrun (1); Hankan, Vineet (2); Mendes, Mike (3); Mendes, Van (4); Timpson, Scott (5); Howe, Brian (6); Wong, Nancy (7); Sygrove, John (8)

2nd - Mens Masters 4+ (18:40.85, +00:08.85): Retallak, Jim (Coxswain); Kovacs, Tibor (1); Loucks, Don (2); Ord, Garnett (3); Hauck, Gerd (4)

1st - Womens Novice 4+ (21:19.54): urphy, BriannaKanuka, Madeline (1); Britov, Tanya (2); Crepsac, Alyx (3); Lychacz, Lydia (4)

3rd - Mens Junior 4x (17:50.50, +00:59.46): Lausburg, Christian (1); Nakon, Dan (2); Britov, Dima (3); Page, David (4)

Head of the Trent Results

James Walker

PETERBOROUGH, ON--On Saturday, October 4th, the Don Rowing Club entered the annual Head of the Trent regatta. Please help me fill in names and correct errors! Here are the results:

1st - Club Eight Men (16:01.84): Gurpreet Singh Dhillon, Adam Dunn, Christopher Dry, Dan Lebl, Adam Norton, James Walker, Tom Lancaster, Steve Dmytrasz, Jacqui Warilow (cox)

3rd - Club Coxed Four Men (17:19.97, 1.2%): Steve Dmytrasz, Tom Lancaster, James Walker, Adam Norton, Jacqui Warilow (cox)

3rd - Club Double Women (20:55.00, 11.6%)

3rd - Grand Masters Single Women (24:06.91, 6.2%): Lynda Dundas

3rd - Masters Eight Women (19:36.65, 7.3%)

3rd - Club Eight Women (18:15.94, 0.6%): Linda Mundt, Sandra Martin, Marisha Roman, Eve Loek, Cori Simms, Erin Beazley, Cynthia Drewry, Kathy Ristic, coxswain Steve Weinstein

Exhibition (1st) - University Heavyweight Double Women (15:17.90, -0.1%): Michelle Bradbury (UTM), Laura Sanhuzea (DRC)

HOD Rocks Friday October 24th

Eric Smith via John Cary

HOD is confirmed for another VERY LOUD AND FUN ROCK SHOW at the Crooked Cue Friday, October 24th! It'll be a great night of rock music and mayhem to help celebrate the Mississauga Canoe Club's 50th Anniversary. The club is having a special anniversary dinner at 6:30pm, and doors open to all our friends at 9:15pm. We should hit the stage at

about 9:30pm or so.

Tickets are limited and I understand about 150 are gone already. I'm told the place holds ~280 so if you'd like to come and let loose a little, (it's probably about time,) let me know soon and I'll pull some tickets out for you. Just reply to this email or call my place at 905.828.4955.

Please feel free to forward this message to anyone else who may be interested, again everyone is welcome. Bring a friend - the more the merrier!

Hope to see you on the 24th!!!!!!

Hair of the Dog

Live @ the Crooked Cue

75 Lakeshore Road East, Mississauga

(Just East of the Credit River in Port Credit)

Friday, October 24th, 2008

Tickets \$5.00 Each

9:15 pm



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