



CReW CLUB NEWS

July 31st 2007

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WELL HERE WE ARE IN THE MIDDLES OF THE SUMMER AND ONCE AGAIN WE ARE HAVING A GREAT TIME.

SO FIRST LET ME INTRODUCE AND WELCOME OUR NEW MEMBERS:

We are happy to have Amity Quenneville join our ranks of happy paddlers. Welcome Amity and we look forward to seeing you with us on the river!

July 2nd through 6th: CReW in Quebec City: The trip to Quebec City was a really good time! The water levels were low everywhere and we selected our rivers and sections accordingly. The lower section of the Riviere Ste-Anne made an excellent warm up for the things to come. Zachary ran his first waterfall (a 30 foot slide into an 8 foot vertical fall). It was a learning experience for him and he survived it well. I am a proud dad! The second river, Riviere Montmorency (Ste-Brigitte), offered a slightly more technical river which forced everyone to pick their eddies and plan their routes (lots of rocks). The third day was the crowning jewel: the Jacques Cartier (section Seuille Ste-Catherine) provided some good technical class 3 runs a 4 excellent class 4 chutes that I thoroughly enjoyed. We had a few friends join us and I hope that we will see you all out there next year. Good camping (free), good company and awesome rivers!

YOUTH CHALLENGE KAYAK PROGRAM: (Every Wednesday in July!)

Despite mother nature attempts to muddle our program with the weather, we have been able to get the kids from the Cornwall Youth Center into boats every Wednesday during the month off July. This has been such a great experience and we have another month to go with them. Mac, Julie-Anne, Justin and Justin, Marc, Dylan, Daylan, Allie and Natalie have been a lot of fun to paddle with and we are looking forward to getting them out on in Valleyfield! Cheryl and Zachary have been such great help during this program. Thanks guys!!!!!! (you too Sylvie and Emily!!!)

Once again: A huge thank you to Level 6 and their "Gear Exchange" program, H2O Performance Paddles, Jackson Kayaks, The Cornwall Youth Center and the many local supporters that have made this program possible!

July 14th: CReW in Valleyfield: Back to Valleyfield. The Hakvoort boys (along with their mom, dad and brothers) joined us for a great day. Sean got right back into it and was closely followed by Adam. WE were also joined by Phil who showed us tough. Without a roll he plowed through the river and by the end of the day had decided that it will be good to be able to roll. !

CReW Kayak Classes:

Amity joined us on the 16th and 17th for a Flatwater A class, then quickly joined us the following for a the first part of a river class with Phil (July 23, 25th). Everyone finished with a roll! Congrats to you both.

The following Saturday, Phil showed us that his determination was well founded. He is now rolling consistently and despite a few good encounters with some Valleyfield hard rock finished the program with a smile and assurance that he will be back! (Due to an injury Amity postponed her last day and will continue in August to complete the class and join the ranks a whitewater kayakers!

July 28th: While Phil was learning the finer art of kayaking and keeping his head safe, Cheryl got reacquainted with the river and under the watchful eye of here mom and sister got herself back in gear!



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In an effort to raise funds to cover next years costs for insurance and to help make our youth programs as well as the program that are offered by ASAG possible, ASAG and CReW are holding a raffle. So here it is: "Adventure in a basket". You have the opportunity to win an adventure basket! (Mountain Bike, Kayak, Skateboard, Backpack, Clothing and Instruction all for the low price of \$5 per ticket or 3 for \$12. If you want to help us to continue to offer our programs to the regions youths please got to www.cornwallwhitewater.com and purchase a ticket on line. Or you can contact Sylvie or I and purchase a ticket directly from Sylvie or Robert.

What else is coming up?

- 1- August: Lots of Friday evening and Saturday paddling in Valleyfield! Check out the schedule on our calendar
- 2- Kayak Course continue in Cornwall.
- 3- August 12 through 15th. Come paddle the mighty Ottawa River! Camping at Horizon X at the Parc Du Rocher Fendu and lots of whitewater and friends I hope to see many of you there.
- 4- Youth Challenge Kayak Program !
- 5- August 8th: We will have Billy and Carly Harris (Jackson Team members) coming to the Youth Challenge Program to teach the kids from the youth center!
- 6- August: 7, 9th and 10th: Billy and Carly Harris are going to be with CReW in Valleyfield to offer work class instruction. Each clinic will run from 6 to 9 and cost 60/participant. There is limited space so do not miss out on this one!
- 7- There are still a few open day and we would love to bring you all out to a river of your choosing. Let us know what you would like to do and we will see what can be done!

If anyone has ideas for other great events or outing please let us know and we will see what can be done;

Keep in touch and we'll see you all very soon on the water!

Zachary, Sylvie, Emily and I look forward to paddling with you all again soon.