



omckra.com
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HUT!

OMCKRA TALKS

SPEAKERS SERIES WITH SOLOMON CARRIÈRE

OMCKRA is excited to announce an off-season series speaking with some of the most accomplished paddlers in our sport.

Solomon has six decades of paddling experience and a champion canoe marathon athlete with records still standing. He is an indigenous hunting guide with deep ancestral roots to this land; he is fully bi-lingual in English and his native language. He is an accomplished archery hunter and animal caller. Solomon Carrière is a Cree man with connections to this land for thousands of years. His great grand-father was a York boatman for the fur trade, so his family history with guiding and paddling is vast.

Texas Water Safari. Yukon River Quest. Flin Flon Champion. Triple Crown Winner. Solomon Carrière is a marathon paddler.



1985 Serge Corbin and Solomon Carrière

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SPECIAL POINTS OF INTEREST

- Solomon Carrière Interview cover page

TIME TO RENEW YOUR MEMBERSHIP !

Race Roster raceroster.com/memberships/4168/omckra-2022. For e.transfer to omckra@gmail.com or cheque send a [membership form](#)

2022 Executive

Marathon Canoe Racing Council (MCRC) of
Canoe Kayak Canada (CKC) Ontario Rep:
Robert Tranter

Canoe Kayak Ontario (CKO) Reps:
Paul Adams (Marathon VP & CKO Chair),
Karen Bender, Christine Archer, Peter Braul

President
Oliver J. McMillan

Vice President
Paul Adams

Treasurer
Mike Bender

Race Secretary
Don Stoneman
racesec@omckra.com

Member at Large
Rama Gilverson

Member at Large
Seb Courville

Past President
Christine Archer

Recording Secretary
Position Vacant

Membership Secretary
Position Vacant

MESSAGE FROM THE PRESIDENT



Oliver McMillan

I am thrilled to welcome new volunteers doing the necessary committee work. Welcome to **Seb Courville** as Member at Large and **Christine Archer** who has come back on the board as Past President .

Welcome to **Roburt Tranter** for coming on as the Ontario rep to the Marathon Canoe Racing Council (MCRC) of Canoe Kayak Canada.

Welcome to **Bonnie Pankiw, Seb Courville** and **Danielle Holdsworth** for joining Race Secretary

Don Stoneman and myself on the Race Support / Sanctioning Committee. Thanks also to Don for taking on the Race Secretary role. He's been here before, but not with such an illustrious crew of people from across the province to offer support to race organizers. With his love of racing and building excellence in the racing circuit, Don dove right in, establishing his committee, reaching out to Race Organizers (RO) and setting up the RO meeting for mid February.

Contact me at info@omckra.com for ways you can be involved. — Oliver

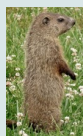
“(My favourite time of day is) sunrise, nothing quite like the sun to bring you back to life after a long night in the boat” —Oliver McMillan“

11 QUESTIONS

In response to not being able to award points these last two years, members instructed the board to come up with other ways to acknowledge members. In this HUT! find 'From the Archives' and these "11 Questions" answered by board members.

Future editions will highlight members.

Send yours to info@omckra.com. If we use it in HUT! you'll get an OMCKRA buff!



What is your name?	Brian.... No! Oliver McMillan
Where are you from?	London ON Canada
What is your occupation?	Auto mechanic
How long have you been paddling?	15 years recreationally, 6 years competitively
How long have you been a member of OMCKRA?	6 years
What is your favourite watercraft to paddle?	USCA C2 Pro boat
What is your favourite body of water for training?	Thames river near Putnam ON
What is your favourite race?	Either the Classique or The General Clinton. At the Classique you start at a reasonable time, finish at a reasonable time, with great competition and you get to do it three days in a row. Also, the community involvement with the race is great! However, the Clinton is a great technical river to paddle, with the same level of competition. It's a toss-up for me. My favourite Ontario race is the Thames River Classic.
What are your paddling goals?	Just trying to hang with the pack
Other than paddling, what hobbies or sports do you enjoy?	Anything outdoors! Love cycling, hiking and rock climbing.
What is your favourite time of day?	Sunrise, nothing quite like the sun to bring you back to life after a long night in the boat.

OMCKRA PROGRAMS - OMCKRA.COM/PROGRAMS-2/

Developing Races and Race Organizers

The Goal of OMCKRA's Race Development Program (RDP) is to increase the number and quality of Marathon races and race organizers in Ontario.

ABC Strategy: Accreditation, Building blocks, Collaboration

Objectives

Accreditation

- review & approve Ontario races as sanctioned/recognized
- review & approve the Ontario Qualifier race for Marathon Worlds

Building Blocks

- sample Emergency Action Plans
- safety and boat specification policies and insurance forms
- feedback on requests for sanctioning and post race assessment
- training on standard boat class nomenclature, insurance, Emergency Action Plans

Collaboration

- web, newsletter and social media promoting races
- meetings with organizers
- reports of meetings
- Race Organizers sharing experience
- joint race points series

SMART Objectives (specific, measurable, achievable, realistic, and time-limited) might be in two years have 90% of Race Organizers able to submit an EAP using best practices without needed revision from the race support team.

SANCTIONING (RACE SUPPORT) COMMITTEE



Clockwise from top centre
Race Secretary: Don Stoneman,
Committee members: Seb Courville, Oliver McMillan, Danielle Holdsworth, Bonnie Pankiw.

Contact Don to join the sanctioning (race support) team—info@omckra.com

SANCTIONING COMMITTEE MEMBER WANTED

Job Title: Race Sanctioning Committee member

Hours: 5 hours per month, 60 per year

Job Overview

The primary role of the 4 to 6 member Race Sanctioning Committee is to review forms sent in by Race Organizers. The committee members report to the Race Secretary of OMCKRA.

Responsibilities & Duties

- Review the OMCKRA Safety Policy, Specifications of classes and other documents which will be provided to committee members by the Race Secretary.
- Along with other committee members, review documents provided by Race Organizers in advance of their events to determine if races may be approved for sanction.
- Along with other committee members, communicate with Race Organizers throughout the year to answer questions and address concerns regarding sanctioning of their races.
- Complete other tasks as assigned.

Qualifications

- Comfortable in Microsoft Office and Google Drive.
- Knowledgeable about OMCKRA as an organization, about canoe classifications, and marathon paddling.
- Good written and oral communication skills.



Mike Vincent of Regina, Saskatchewan preparing for Nationals June 17-19

OTHER PROGRAMS

Developing Paddlers

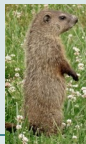
The Goal of OMCKRA's Paddler Development Program (PDP) is to increase the number and strength of Marathon paddlers in Ontario.

Developing Coaches

The Goal of OMCKRA's **Coach Development Program (CDP)** is to build the strength of Marathon coaching in Ontario.

11 QUESTIONS

What is your name?	Rama Gilverson
Where are you from?	Sarnia ON Canada
What is your occupation?	Retired
How long have you been paddling?	Over 50 years
How long have you been a member of OMCKRA?	Off and on since about 2006
What is your favourite watercraft to paddle?	V1
What is your favourite body of water for training?	Rivers, but depends on boat I'm in.
What is your favourite race?	No favourites
What are your paddling goals?	Keep paddling, it's my lifeline to health and fitness.
Other than paddling what hobbies or sports do you enjoy?	Depends on season. Winter: x-country ski & snowshoe. Other seasons: all paddling sports.
What is your favourite time of day?	Just before sunset.



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June 17th-19th
2022



The Regina Marathon Canoe Club is hosting the Canadian National Marathon Canoe Championships in Lumsden, SK, and we want to see you there!

Save the date and plan to join us!

SAVE *the*
DATE
June 17th to 19th

More details coming soon!



CANADIAN NATIONAL
MARATHON CANOE
CHAMPIONSHIPS

COACHES MEETING FEB 2022

The meeting went well. OMCKRA is looking to build on our success of training more coaches over the last couple of years, by making a commitment to help those coaches be as effective as they can be. The coaching committee was formed for the 2022 season. We talked about the ways OMCKRA can help coaches, including getting the trained coaches certified as well as many opportunities for professional development and extra training that the coaches can take. There was discussion around an equipment-sharing policy to better equip our coaches to train paddlers, as well as a commitment to having better communication from coach to coach and between coaches and the organization. We're committed to having safe accessible coaching throughout Ontario. - Oliver

What is your name?	Sebastien Courville
Where are you from?	Originally from Perkins, QC but I currently live in Golden Lake, ON
What is your occupation?	Military
How long have you been paddling?	30+ years
How long have you been a member of OMCKRA?	6 years
What is your favourite watercraft to paddle?	Canoe C2
What is your favourite body of water for training?	Bonnechere River in Renfrew County
What is your favourite race?	Yukon River Quest.
What are your paddling goals?	Influence more people to paddle
Other than paddling, what hobbies or sports do you enjoy?	Skiing, hunting, fishing, woodworking.
What is your favourite time of day?	For sure, sun rise.



FROM THE HUT! ARCHIVES

YRQ results 2019

Back issues omckra.com/resources/hut/

who	placement	time
Mike De Abreu & Tom Phillips	2nd in C4, third overall with Jake Paleczney & Robert Spinks	45:20:50
Jennifer Courville & Sebastian Courville	1st in C2 mixed, 10th overall	49:58:15
Adam Woolfrey & Scott Reynolds	4th in men tandem, 17th overall	52:32:20
Sophie Coupal & Sandra Luken	1st women canoe, 18th overall	52:36:17
Chris Near	2nd in men C1, 4th in solo (C1, HPK, HSK) and 19th overall	52:36:45
Gaetan Plourde & Tracy Plourde	3rd in C2 mixed	54:54:15
Paul Adams & Isaac Adams	11th in C2 men, 40th overall	58:41:00
Leslie Davenport	3rd in women solo canoe, 83rd overall	70:23:32
Bonnie Pankiw & Christoph Weber	withdrew from race	



The Böhm family, from left, Ruby, Aurora, "Granny Glynne" Wormgoor, Tamlyn, Jenson and Darryl. Photos from Spring 2019 HUT!

BACK TO THE START LINE

2.5 YEARS AGO

Fall 2019_05_HUT.pdf

Ontario Rules at Yukon River Quest (YRQ) 2019
 "Ok. So Ontario paddlers didn't win overall at the YRQ in 2019 (Hard to beat that stunning 44:59 time of Mike Vincent and Ivan English in a C2, beating all Voyageur canoes and C4s.)"

3 YEARS AGO

SPRING 2019 HUT!

Tamlyn Böhm | Canoe | Kelowna BC
An immigrant's story By Darryl Böhm excerpt:
 Darryl wrote, "...With the (Kelowna) club growth and her full-time involvement in it, Tamlyn is having a blast. She certainly would have never imagined when in the back of her dad's canoe that paddling would take her this far, that it would take care of her this much...."

"Mississauga .. club .. made a big difference. .. (members) invited us to go skiing, rock climbing, stuff I would never have done on my own. Sometimes I wonder how people who don't do sports survive in countries when they move." - Tamlyn Bohm

STRATEGIC PLAN THEN.... AND NOW

In the spring of 2015 a group of OMCKRA members met in the library in the town of Bradford and came up with plans for the next 3 to 5 years. Since then, many of the things we planned to do came to fruition. We trained coaches. We trained more female coaches. We increased dialogue within the coaching groups and with Race Organizers. We improved race documentation for Emergency Action Plans and adherence to safety, standard specifications and insurance requirements. We started on methods of assessing paddlers to

help measure and help paddlers improve towards excellence. More recently, we're very proud of the OMCKRA Talks programs of Speakers Series being worked on by board member Paul Adams.

There were things we did not accomplish. And with COVID, many things we had planned, such as in-person training/clinics for improving paddlers, did not happen. We are looking forward to reassessing where we are and developing a new strategic plan forward. This time virtually. **Please take time to fill out the**

From South Africa to Canada, from Mississauga to Kelowna, the water has been her constant, grounding her to life, helping her creating roots, and we all know how important roots are to grow."

A LONG TIME AGO

Spring 2015 Marathon Brainstorming meeting
 "This is your 'once in 10 years' opportunity to tell us what your paddling organization can do for you. This is about you!"

It is that time again in 2022!!
 This time a virtual brainstorm :)

2022—DO THE SURVEY, MAYBE WIN A PADDLE

Surveys received by March 31, 2022 will be added to a draw for a prize. Draw date April 10, 2022. Must become or have been an OMCKRA member in years 2018, 2019, 2020, 2021 or 2022. Prize is choice of single or double blade graphite paddle.

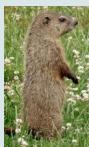
<https://forms.gle/LQWtd9Li2UHRzVrQA>





Don Stoneman and buoy turns at his "That Dam Hespeler" Race.

What is your name?	Don Stoneman
Where are you from?	Originally from a farm in Perth County. Dresden, Belle River, then Toronto, then Winchester and Kemptville, then Guelph and Cambridge. Now Bancroft, a little piece of northern Ontario midway between Toronto and Ottawa.
What is your occupation?	Retired journalist
How long have you been paddling?	Got my first canoe in 1975, and did my first race, which I thought was a ridiculously stupid thing to do, until I got a much better canoe the next year and a dedicated partner. I've followed the OMCKRA race circuit almost every year since 1979-80.
How long have you been a member of OMCKRA?	An Ontario Canoe Racing Association member since 1976 pre various name changes.
What is your favourite watercraft to paddle?	Pro boats are especially sexy with all of those curves!!! Plus you cover it with a fancy coloured tarp and a spray skirt and you have the water-bound equivalent of a spaceship. Same with the USCA C1 but its curves are stupid, it's not seaworthy in waves, hard to tie on a roof top and I wish someone would fix that. My Susquehanna Stock C2, Blackwater Stock C1 and an OC1 are much more practical at Bancroft where motorboat heads rule.
What is your favourite body of water for training?	Thames River between Ingersoll and Dorchester. It's different every time the water level changes, stays open and is safe and wind-protected in the winter, and always a challenge. I miss my like-minded friends who still paddle there.
What is your favourite race?	A tossup between the Mattawa River Race (25 finishes) and the General Clinton 70 miler (21 finishes) and the MRX.
What are your paddling goals?	I want to place in the top 10 at La Classique. LOL (Pass that now-legal substance around again. *) More seriously, the goal is to get more people paddling marathons and paddling fast. That's why I've become a Coach, and Coach Facilitator and I'm working towards being an Evaluator.
Other than paddling, what hobbies or sports do you enjoy?	Reading. Especially current political events. History, particularly Canadian history but also war history. Figuring out how the world works, which means asking people a lot of questions and piecing answers together. In the winter I kick-sled, snowshoe, ride a fat bike and XC ski when I can. I like tinkering with weights. Is working out to maintain longevity a hobby or...? I volunteer to groom ski and snowshoe trails so that other people have an outdoors place to go to as well. I guess sitting on boards where I can advance the cause of marathon paddling is a hobby as well. Or a habit, or a vice.
What is your favourite time of day?	Early morning. I like watching the sun come up at 5 am in the summer. In the winter I read if I wake up at 4 am. Trying to learn to like training early in the day but that's not coming easy.



*Disclaimer: No cannabis or alcohol was consumed whilst writing this. It's not recommended, especially for young people. Just because something is legal doesn't mean athletes should consume it.