



- What information would you like included in your newsletter? Send your ideas and comments to janet_forsyth@hotmail.com
- The Club is always looking for your spare recyclable bottles. Either drop them off at **Riley's Recycling** (East Preston) and tell them it is to be put on the Orenda account or drop them off at the Club any afternoon throughout the week (after 4:00 p.m.)
- Are you interested in fundraising? Have some ideas, want to help out? If you have a project idea and would like to get more involved with the Club, we are looking for you! If you would like to be part of a fundraising committee, please contact our secretary Donna Upham @ 829-2325

dupham@eastlink.ca

- Check out our website

www.orendacanoecub.com

For news, results, photos and information about your club. Thanks to Michelle McCurdy and Webwave Multimedia for keeping us up to date! Check out the National and Atlantic Websites at:

CanoeKayakCanada
www.canoekayak.ca

Atlantic Division

3170 #7 Highway, Lake Echo NS (902)829-3433

NATIONALS 2008

AUGUST 27-30

CKC NATIONALS

LAKE BANOOK

Orenda Athletes will join other Atlantic Division paddlers August 7th -9th at the **ADCKC Qualifying Regatta** on Lake Banook as they all vie for a berth at the **CKC National Championships** being held August 27th - 30th.

Some of our athletes have been training for these races since they loaded their boats back on the trailer after Nationals last August in Ottawa.

On behalf of the Orenda family, we wish you all your best races!

Find out more about Nationals <http://www.tsfcc.ca/>

Orenda volunteers are doing the **Medals Presentations at Nationals** Aug. 29 & 30. If you could donate a couple hours, we would appreciate your help!

E-mail janet_forsyth@hotmail.com

Nationals Closing ceremony Celebration on Saturday, August 30th.

Paddlers of all ages, coaches, parents, and volunteers are all welcome to come together as one great big paddling family to celebrate our sport.

It's time to Celebrate!

Tickets \$15 each @ Dartmouth Sportsplex Saturday, August 30th from 7-9pm

Contact :Christine Bourassa
by Wednesday, August 20th to order tickets.
chrisbourassa@gmail.com or
call 613-260-1818 ext. *2207

CLUB ACTIVITIES

Congratulations to the **Triathlon winners!** The following members excelled at fund raising in addition to running, paddling and swimming!

Hannah MacMaster, Luke Steinburg, Erica Rideout, Ryan Daley, Jake Burnett and Akayla Kent. Thank you paddlers, for your contribution to the club.

Orenda Olympics will be held **Monday Aug. 11th**. Teams TBA.

Orenda Beach Day is **Wednesday August 13th**. Leaving the Club @ 10am

Leaving the Beach @ 2:30 pm

*** Please note! THE CLUB IS NOT OPEN ON BEACH DAY.

Boxed lunches available to order. \$6.00.

Orders AND permission slips in by Mon Aug 11th

Parents!! We need you on Beach Day as chaperones and drivers, see Sara at the club to let her know you will be there.

Stay tuned for our Annual Blueberry Sales! Date to be announced!

Dates to Remember: August

Check the Regatta Draws and Results

www.adckc.ca

August 4	Peewee Regatta #1	Lake Banook
Aug 7-9	ADCKC Qualifying	Lake Banook
Aug 17	Wars and Fours	Lake Banook
August 21-23	ADCKC Bantam/Peewee Championships	Lake Banook
August 24	ADCKC Atom Championships	Abenaki
August 27-30	CKC National Championships	Lake Banook
August 31	CANMAS	Lake Banook
Sep 7	ADCKC Masters Champs	Lake Banook

Paddling Updates

Dave Hamilton, Corey Firth and helpers have been putting in long hours to finish our **new war canoe** in time for Nationals. They are almost finished, and the Orenda paddlers say it looks great. They can't wait to get it on the water. Great job, guys!

Orenda Canoe Club was well represented at **National Team Trials #2 in Montreal** on July 19th and 20th. Corey accompanied our 7 athletes. Genny Orton, Alex Jacobi, Ryan Gardiner, Doug Miles, Jordan Coyle, Kelsey Cuvelier and Emily Riddle raced and advanced to semis and finals.

Congratulations to all our **Atoms** who raced so well at the Atom Bomb on July 20th! Thank you to **Les Mayo** and crew for organizing another successful regatta!

THE 2008 SUMMER OLYMPICS

Olympic and world champion **kayaker Adam van Koevorden** has been named Canada's flag bearer for the Beijing 2008 Olympic Games. Watch and cheer for NS paddlers Karen Furneaux and Andrew Russell, along with the rest of Canada's team! Canoe Kayak events are scheduled for Aug 18th to 23rd. Check TV listings for times. The opening ceremonies will take place Friday Aug. 8th (7am-12 noon ET) on CBC.

ORENDA FUN DAY A SUCCESS!

A big thank you to Ben Firth, his family and all the volunteers who helped make Orenda's "*Paddle for Fun, Paddle for Free*" Day, on July 4th such a great success! There were smiles everywhere you looked, as our community youth tried paddling their first kayak or war canoe. They wound up the day with hamburgers, ice cream and a Rock the Dock dance.

There were 35 participants and at the end of the day, Orenda had 10 new members.!

Orenda Masters

The Masters group have been enjoying the beautiful summer we're having and have been hard at it at practices. The group did excellent at the Maskwa regatta recently, congrats to all participants. Really exciting for this year is that we have enough for a women's war canoe and this was their first race...great work ladies!!! Now it's prep time for **CanMas**. If you are down watching the kids at Nationals, don't forget to stop by and cheer on the Masters on Sunday, August 31.

As always, if you are over the age of 25 and would like to give paddling a try, please don't hesitate to come down for a practice. We are on the water Tuesday, Thursday and Sunday evenings at 6:30. Hope to see you there!!

The Orenda Masters' group will be manning the BBQ at Nationals on Sat. Aug 30th to fund raise for our club. Be sure to drop in for lunch, they'll be next to the Annex!