



- 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.canoe kayak.ca

Atlantic Division
www.adckc.ca

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

Summer Program has started!

Our Summer program begins July 2. Welcome to our athletes, new and returning.

We are excited to introduce our talented and energetic summer coaching staff! They will be assisting Head Coach, Corey Firth deliver Orenda's excellent paddling program.

Head Coach	Corey Firth
Assistants to Head Coach	Sara Lawlor Ryan Gardiner
Coaches	Doug Miles Breanne Jones Amanda Lancaster John Mayo Andrew Gardiner Kelsey Cuvelier Laura Jones

Contact Corey at the club, # 829-3433 with any questions concerning the paddling program.

Orenda Masters

Masters have been on the water now since mid-May and have been having some terrific war canoe practices and getting into small boats as well. A big welcome to our new paddlers this season and welcome back to some we haven't seen in a while! This is the largest crew we've had for a few years and it's very exciting. But we always welcome having a bigger crew and invite any parents out there to come out and give this a try. Practices are Tuesday, Thursday and Sunday evenings. For more information you can contact Andrea at 829-2636.

Masters have also been busy raising money and organizing the Dragon boat Festival coming up July 12. The challenge is on...can the rest of the membership beat what the Masters will raise?

For more information on getting involved in the festival, contact Steve McCurdy. 829-2589 smccurdy@ns.sympatico.ca

Dates to Remember: July

July 4	“Canoe for Fun” Day	Orenda
July 6	Race #3 2km & 4km Challenge	Sackawa
July 12	SNS Dragon Boat Challenge	Lake Banook
July 13	ADCKC Invitational Regatta	Lake Banook
July 19–20	National Team Selection Trials #3	Montreal
July 20	Atom Bomb Regatta	Orenda
July 26	Bantam Regatta #1	Maskwa
July 27	Masters Regatta	Maskwa

Paddling Updates

Welcome back to **John Mayo** and **Genny Orton**. They recently returned from Europe where they represented Canada in International Competition!

Orenda Athletes competed with other paddlers in their Division at the **Atlantic Team Trials** June 21 & 22. We saw most of our athletes move on to the finals in their races, with 4 making The Atlantic Team!

Men’s Kayak	Jordan Coyle
Men’s Canoe	Brandon Lancaster
Women’s Canoe	Kelsey Cuvelier
	Emily Riddle

Congratulations! Good luck in Ottawa and Lake Placid.

NATIONALS 2008

The **Canadian Canoe Championships** will be held on **Lake Banook** this year, **August 27-31**. Orenda Canoe Club will be contributing to the success of the event, helping the Host Organizing Committee by organizing the **Medal Presentations!** If you are interested in helping out a couple hours with this exciting part of the competition, please call or email Janet Forsyth. 827-2548 or janet_forsyth@hotmail.com

BBQ Fundraiser

Orenda has the BBQ on Saturday during Nationals. This is a great opportunity to fundraise for our Club. **We need someone to take the lead on this event.** If you are interested please call Janet Forsyth for more info.

In other news...

Ben Firth was successful in obtaining an **HRM YouthScape grant** of \$2000.00 to promote paddling in his community! He has formed a committee, and they have planned a wonderful **Orenda “Canoe for Fun” Day on Friday, July 4th**. This will include Fun, Games and Paddling from 2:30 - 5:30 Followed by a Free BBQ and “Rock the Dock” Dance (5:30 – 8:30 pm) with Orenda club members. Encourage your friends to come give paddling a try! They will have a chance to win a “YouthScape Orenda Summer Membership”.

ORENDA’S EXECUTIVE 2007-08

Commodore:	Alvin Gardiner	462-1129	agardiner@eastlink.ca
Registrar:	Katheleen Dalley	829-3215	dalley@ns.sympatico.ca
Vice-Commodore:	Les Mayo	829-3872	debandles@ns.sympatico.ca
Vice-Commodore:	David Lombardi	431-1944	dlombardi@seafortheng.ca
Past Commodore:	Julien Comeau	434-0571	juliencomeau@yahoo.com
Treasurer:	Rita McArthur	829-4007	bamcarthur@eatlink.ca
Paddling Chair	Stephen McCurdy	829-2589	smccurdy@ns.sympatico.ca
Public Relations:	Janet Forsyth	827-2548	janet_forsyth@hotmail.com
Secretary:	Donna Upham	829-2325	dupham@eastlink.ca
Fundraising:	Open		

STAFF

Head Coach:	Corey Firth	827-3433 (Club)
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