



## **Ways to help support Orenda:**

**Rrefundables:** Drop them off at Riley's Recycling (East Preston) Say it's for Orenda.

Sobeys and Fast Fuel receipt. An easy way for you, your family, and friends to help support Orenda.

Got Canadian Tire money? Orenda will use to buy items of need. Just drop them in the registration box

Shopping for the best mortgage rate? Check first with Orenda parent Donna Harrietha, AMP. (ph) 405-3776. Mortgage Intelligence, 1081 Cole Harbour Rd. Refer someone you know and make sure they mention the program to fund Orenda. Donna will arrange for \$100 donation on your behalf to Orenda for every mortgage funded. Need more info, call Donna today!

Orenda executive members have helped out in taking an additional fundraising role. This is because we are without a fundraising chairperson. Year to date, our fundraising is down from last year so an extra push is absolutely necessary. If you are willing to take on a role, be it small or large, contact Julien Comeau (Commodore) 434-0571.

3170 Highway No. 7, Lake Echo NS (902)829-3433, [www.orendacanoecub.com](http://www.orendacanoecub.com)

## **Summer Paddling Begins**

Summer is finally here and the summer paddling season is upon us! Orenda Canoe Club would like to welcome all of our returning and new paddlers. We are looking forward to a very fun and successful summer this year.

All summer programs began on Tuesday, July 3, 2007 at 10AM, unless you have registered for the early arrival program which begins at 7:30AM. Please remember to bring your life jackets/belts to all practices and regattas. Safety of our paddlers is of the utmost importance.

Orenda Canoe Club is always looking for new paddlers. So, if you have a friend who would like to join, please encourage them to come and give it a try! The more the merrier!

Wishing everyone a safe and happy paddling season.

Trinity Frizzell

## **Powerful Spirit !**

Congratulations to Head Coach, Corey Firth, and the Orenda paddlers who work towards achieving their potential. Please join us in cheering on the following Orenda athletes which were selected to participate in international events. That's right, a new generation of Orenda paddlers were selected represent Canada!

### **2007 Lake Placid (NY) Invitational Regatta July 7-8:**

John Mayo, Men's Kayak (U16 National Team - Men's Kayak)  
Branson Lankester, Men's Canoe (U16 National Team - Men's Canoe)  
Anne Lombardi (Women's Canoe Team)

### **2007 Junior World Sprint Championship, Racice, Czech Republic:**

Jordan Coyle (Men's Kayak)

All above paddlers are paddling at the National Canada Day Regatta.

## **Orenda Masters**

The Masters Program is in full swing! Looking to stretch those muscles and get "buff" for the summer season? Paddling is a great way to do just that! It is a very good workout that is loads of fun. The Masters are also a very social group where we get together a couple of times a year.

Don't let the term "Master" intimidated you.. Anyone 25 years old or better wanting to participate are most welcome. Andrea Landry is our Masters Rep and Ian Firth is coaching the crew. Practices are Tuesday, Thursday, and Sunday evenings at 6:30PM. Although we like to see everyone at every practice, we understand that not everyone can come to every practice.

Feel free to come during our practices to give paddling a try. Hope to see you soon!

Trinity Frizzell, Masters Paddler

## Calendar of Events

Date	
July 1	Masters Regatta #1
July 3	Orenda Summer programs start
July 6	Pre-teen dance
July 7	Dragon Boat Festival
July 7,8	Lake Placid (NY) regatta -J Mayo, B Lankester, A Lombardi
July 8	Midget/Senior Atlantic Cup #1
July 15	Peewee Regatta #1
July 17	Rock the dock
July 21	Bantam Regatta #1
July 22	Midget/Senior Atlantic Cup #2
July 26	Orenda Beach Day
July 28	Atom Regatta #1 at Orenda
July 27-28	Jr World champs , Racice Czech Republic – J. Coyle
July 29	Masters Regatta #2
July 31	Orenda Triathlon Rock the Dock
Aug 2,3,4	Atlantic Qualifying Champs
Aug 7	Orenda Bottle Drive
Aug 8	Orenda Olympics
Aug 11	Bantam Regatta #2
Aug 12	Peewee Regatta #2
Aug 14	Spaghetti Dinner and Pep Rally
Aug 16 to 18	Bantam/Peewee Champs
Aug 22-26	CDN National Champs
Aug 29	Family Bar-B-Q (evening)
Aug 31	Last day of Summer Program

Please refer to the Atlantic Division CanoeKayak Canada to confirm regatta information and to get draws and results once posted.

## Our sponsors



**Keith Colwell, M.L.A.**

Preston

Mail: 2345 Highway #7  
Box 1, Comp 4  
East Preston, NS  
B2Z 1G6

Phone: (902) 433-149  
Fax: (902) 435-171

## What's Up?

- Nationals are being held in Ottawa this year, Vice-Commodore David Lombard (431-1944) is heading up the group.
- Volunteers are needed to help out with canteen duties and with maintaining the facilities.
- Executive position (fundraising) still available
- Coming up, Orenda is hosing the Atoms Regatta #1 July 28<sup>th</sup>. Mark this one on your calendar.

Improvements to facilities:

During the summer months, you will notice some necessary improvements being made to the facility (washrooms, flooring, and ventilation). This project will be, for the most part, funded by the Halifax Regional Municipality through the 2007-2008 Community Grants Program.

## Updates

In order to keep our programs affordable to all, fundraising efforts continue. Fundraising activities represented 30% of revenues last year. We are currently short of our goal, so we need your help with an extra push. Genny Orton has agreed to take on the task of organizing volunteers to pull off some fundraising efforts, please give Genny your support.

## Reminders

**Supervision:** Outside of program hours, supervision is the parent's responsibility.

**Odorous Event:** Clothing, towels, & wet stuff to be taken home daily.

**Tidy and Clean:** Facility is not up to snuff? Let us know how/when you can help.

**Loading of boats on trailer:** A requirement to get to regattas. Please help to load and unload

**Equipment:** Club equipment will serve well when respected

**Because Orenda Canoe Club is a volunteer run non-profit Club, sponsor support is invaluable to us. It helps us to maintain our equipment and grounds and procure much needed new equipment. We thank all those who contribute and help make our Club a success.**

**To find out more about becoming a sponsor and the needs of our club, you can view our sponsor package on our website – [www.orendacanooclub.com](http://www.orendacanooclub.com)**