

3170 #7 Highway, Lake Echo, NS B3E 1B2 (902)829-3433

All Hands on Dock



- 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!

On behalf of the Orenda Canoe Club Executive, a warm welcome to new Members and those returning for another great year. I know everyone is looking forward to the warmer weather. Winter seemed especially long this year! Of course Orenda stays very active even through the winter and spring months. These are some of the things we've been up to:

- December **Christmas Skating Party** @ Eastern Shore Rink
- A **Food Drive** was held Sat. Feb 9th. It was a success with our athletes collecting over 50 bags of canned goods & 4 grocery bins of dry goods. The food was delivered to the Lake Echo Food Bank. We met afterwards at the club for a warm meal of chilli and cornbread!
- Our executive members were busy over the winter months **applying for grants and funding** for our club.
- Head coach, Corey Firth continued his training program with over a dozen athletes through fall, winter and spring. They practice 9 times a week for 11/2 to 21/2 hours. For most of them, spring training included a 4-6 week **Training Camp in Salt Springs Florida**. While they were there, the group was invited to take part in a Biathlon (running & paddling) by the Ontario Training Camp. Orenda athletes went back to their camp with 2 first place finishes, John Mayo for the men, and Hannah Forsyth for the women!
- The Athletes also held a **Bottle Drive** on a very wet Victoria Day!

We are all looking forward to another successful Orenda season. Our excellent coaching staff strives to meet the needs of all athletes, from Olympic hopefuls to those looking for fun and fitness, from Masters to Kiddie canoe!

Orenda Masters

Orenda Masters (ages 25+) are on the water! Summer session begins in June. War canoe and small boats. Practice is on Tuesday, Thursday and Sunday evening. Come out and try a great sport, no experience necessary! For more information, contact Andrea @ 829-2636.

Calendar of Events

Date	June 2008
7-8	National Team Trials #1 in Welland, Ont.
15	Race Series #2 2 & 4 Km Challenge PeeWee / Bantam Sack-a-Wa
21-22	Atlantic Team Trials
28	Medavie Blue Cross War Canoe Challenge Lake Banook
29	Master's Regatta Lake Banook

Paddling Updates

Orenda Athletes Compete Internationally

Genevieve Orton will be representing Canada in Women's kayak on the **2008 International Competition Tour Team** and heads to Szeged, Hungary, June 5-7 and Duisburg, Germany, June 13-15, 2008. Congratulations Genny!

Congratulations to Kelsey Cuvelier, Anne Lombardi and John Mayo. They represented Canada at the **2008 Pan American Canoe Championships** in Montreal, Québec, May 15-18 with great success, bringing home 6 medals between them!

In other news...

- **Orenda Canoe Club** Summer Program begins July 2nd! There is still time to register. You can contact our registrar dalley@ns.sympatico.ca for more information or call Katheleen 829-3215
- A highlight this summer will be the Canadian Sprint CanoeKayak Championships being held on Lake Banook this August 28-31. Look for Orenda athletes to compete on the National level!
- If you want more information on paddling across Canada, log onto www.canoekayak.ca or if Atlantic division information is more up your alley, log on to www.ccaatlantic.ca (this is the site where you can access summer regatta draws and results)

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@eastlink.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: Corev Firth 827-3433 (Club)