



# Orenda News & Views

Winter 2009



- What information would you like included in your newsletter? Send your ideas and comments to [janet\\_forsyth@hotmail.com](mailto: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 Janet Forsyth @ 827-2548 [janet\\_forsyth@hotmail.com](mailto:janet_forsyth@hotmail.com)
- Check out our website [www.orendacanoclub.com](http://www.orendacanoclub.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](http://www.canoe kayak.ca)

**Atlantic Division**  
[www.adckc.ca](http://www.adckc.ca)

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

## Brrrrrrr...

*There's going to be a party!*

### KITCHEN PARTY - A NIGHT OF MUSIC

Come out of hibernation and spend an evening checking out some fine homegrown talent or bring an instrument and join in the music at the Orenda Kitchen Party.

Saturday, February 7 from 8:00 p.m. - 1:00

Porter's Lake Community Centre

\$10/person (\$12 at the door) - chili & snacks included.

Seats limited, get your tickets now!

Cash bar

Bring your friends, call your family and have a night out without the kids!! If you're like me and all you can play is the radio - come out and enjoy the music! If you've got an instrument and a voice and would like to perform a song or two, please sign up in advance.

For more information or to purchase advance tickets, please contact Ian (829-3517) or Andrea (829-2636)

*Brought to you by the Orenda Masters*



## Dates to Remember:

### Winter 2009

Jan 30	Orenda Skating Party 6:30-8:30pm	Orenda
Feb 7	Orenda Kitchen Party 8pm-1am	Porters lake Community Centre
Feb 11-Apr 8	Florida Spring Training Camp	Salt Springs, Florida

## Paddling Updates

### 2009 Canadian Sprint Canoe Kayak Championships - CANMAS 2009

Will be held in Sherbrooke, Quebec

**September 3-6**

[www.sherbrookecanoe2009.ca](http://www.sherbrookecanoe2009.ca)

### 2009 ICF World Senior Canoe Championships

Remember the world is coming to Lake Banook!

**August 12 to August 16**

[www.canoe09.ca](http://www.canoe09.ca)

## In other news...

### Lakes freeze but training doesn't ...

Hope you read the article about Orenda featuring Corey's Winter Training Program in **The Chronicle Herald** Dec. 15<sup>th</sup>! The covers pictured Ryan Arnold, Abigail Hudgins and Ben Firth. Inside were interviews with Corey, John Mayo and Hannah Forsyth. We have copies if you missed it!



### ORENDA'S EXECUTIVE 2009

Commodore:	Alvin Gardiner
Registrar:	Katheleen Dalley
Vice-Commodore:	Les Mayo
Vice-Commodore:	Stephen McCurdy
Past Commodore:	Julien Comeau
Treasurer:	Donna Upham
Paddling Chair	Ian Firth
Public Relations:	Janet Forsyth
Secretary:	Lynn Stienburg
Fund raising Committee	Janet Forsyth Genny Orton Debbie Mayo Cherie Stredder Sonya Hudgins

### STAFF

Head Coach:	Corey Firth
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Our executive is made up of busy parents, just like you. We want what you want... a vital club that promotes a healthy active lifestyle for our youth and a place where our committed, dedicated athletes can meet their potential.

We are blessed with a facility right in our community, a talented and dedicated head coach and an opportunity to grow and further enrich our communities.

Please help us achieve these worthy pursuits by volunteering. We need you on some developing committees for 2009:

*Fund raising  
Grounds & building maintenance  
Equipment  
Regatta volunteers  
Grant proposals*

*Call Janet @827-2548*

*To see how you can help.*

*We welcome any commitment, **big** or **small**!*