



3168A #7 Highway, Lake Echo NS (902)829-3433, www.orendacanoeclub.com

Note from the Commodore

Good day to all fellow and future, potential members of the Orenda Canoe Club. Things are springing into action on the lake after the thaw. Spring registration has come and gone and the athletes are back on the water. Your executive has been working very hard behind the scenes over the winter months gearing up for another fun filled year. Thank you to all who have and will be giving a helping hand.

The 2007 Summer Paddling Season will be busy one. Orenda embarks on its 30th season of offering area youth (and others not so young but with youthful attitudes) a valuable experience. The club has flourished in a fun environment where teamwork and respect are paramount. Providing the opportunity to participants in achieving their personal best, whatever that may be, in a fun family-related environment. It has proven to be a recipe for success.

As we reflect on the past years and the success achieved by Orenda athletes from the playground to the pinnacle international sports at the Olympic Games, and every experience in between, let's all keep a focus on how we can contribute to the sport in general, and to Orenda in particular. There are many rewarding opportunities available to anyone interested. Whether you prefer to help out at the club level, participate in the masters program, help out the officials, apply your organizational skills, or help out with operating official's and safety boats, there definitely is a place for you.

Activity has started for another year on Lake Echo. Congratulations to Head Coach Corey and his warm weather training participants on another safe and successful camp this year. Our athletes have been training very hard. They really are dedicated to the sport, an inspiration to all of us.

Julien Comeau, Commodore

Orenda Masters

The Masters are back! Actually quite a few never left from last year. Some stuck around to flex their ageing experienced muscles in the weight room during the winter months. Power walks on area trails were also part of the program when the weather was decent. Looking to stretch those muscles and unwind a bit, get back in action? Come on down. Don't let the term "Master" intimidate you, no experience is required. Anyone 25 years old or better wanting to participate are most welcome. We are not on the water yet but getting anxious in filling the big boat and taking it out for a tour as soon as the water warms a few degrees.

Andrea Landry has accepted to take on the role of Masters Rep, Ian Firth will be back coaching the crews. A masters meeting is planned for 6:30pm on Thursday May 3. In past years, practices were held on Tuesday and Thursday and Sunday evenings. The Masters Regatta tentative schedule for this year is Sunday, July 1, Sunday July 29, August 6 Natal day regatta, CanMas follows Nationals on Sunday, August 26 in Ottawa, and the last "champs" Masters regatta in early September. You are welcome to come down when masters meet and try out a boat before you decide to join. Hope to see you soon!

No brainers:

Orenda can use your refundables. Drop them off at Riley's Recycling (East Preston) and tell them it's for Orenda, or drop them at the Club any weekday afternoon except Friday (after 4:00 p.m.)

Wanted: Cash register receipts from Sobeys and Sobeys Fastfuel.

See how much you can collect from your household, friends and neighbors and then bring them to the club. Sobeys will provide funding to Orenda for the receipts turned in.

Got Canadian Tire money? Fun to collect indeed! Whichever amount we can pry away from you, Orenda will use to buy items of need. Just drop them in the registration box.

Karen Eisener will be taking orders for coffee at the May 27 Open House and Summer Registration day. This was a good fundraiser last year, and is back by popular demand.

Give this some thought:

Over and above the many hours invested in the sport and the operation of Orenda, all executive members have helped out in taking an additional fundraising role. This is because we are currently without a fundraising chairperson. If you are willing to take on a role, be it small or large, contact Julien Comeau (Commodore) 434-0571

Calendar of Events

Date	
May 1	SEMI-ANNUAL MEETING – Club at 8:00 p.m.
May 12	Bottle Drive – drivers and runners needed.
May 14	After school program starts
May 19	Coaching course at Orenda
May 27	Summer Registration and Open House
June 10	(pre) Father's Day Brunch.

Updates

To enable participation of area youth with working parents, Orenda will be offering extended supervised hours for those paddling participants.

- ❖ The regatta format of racing for the Atoms was brought back last year, after doing “fun day” events the previous year. It was a success. The Atoms regatta format will be held again this year. Orenda will be hosting July 28th
- ❖ Head Coach Corey Firth wants to fill War Canoes now! A one time Spring (May and June) Season “War Canoe only” program is being offered for area youth. Targeted towards those that may not be interested in getting in small boats before summer, the program is offered at the reduced fee of \$60.00. Contact Corey for details.
- ❖ **The Orenda program fee structure is being revamped, will be presented at the semi-annual meeting.**

What's Up?

- We are organizing a spring cleaning and sprucing up the facilities. Please contact vice-commodore Les Mayo (829-3872) or vice-commodore Dave Lombardi (431-1944) to schedule a time and task.
- Executive volunteer position available: Still one spot to fill, consider joining in to the group.
- The annual Father's day Brunch is fast approaching. The Brunch will be held early this year - June 10 (many Orenda athletes will be busy at Nationals Team Trials on June 17). A lot goes into the successful brunch so tell us what you can help with.
- At the open house / registration day on May 27, there will be sign-up sheets. The success of operating a safe and fun facility of all to enjoy depends on everyone pulling in the same direction. Consider volunteering.
- Orenda gets a new singlet this year: Regatta participants will have to get geared up with the new re-vamped singlet this year.
- The Orenda Auction was held April 21st at Porter's Lake pub. Thank you to all organizers and to those who came out.
- The regatta Summer Schedule is out, check it out at the Atlantic Division Canoe Kayak Canada website.
- Be considerate to volunteers, if your child is currently paddling and you have not registered for Spring, you're late. Please wrap it up now.

Our sponsors



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Preston

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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.orendacanoecub.com