



## 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)

## Powerful Spirit!

Congratulations to the following Orenda paddlers who qualified on Lake Banook for Nationals in Ottawa, Ontario:

Jordan Coyle	Juvenile K-2 200m, 1000m; Junior K-4 1000m
Hannah Forsyth	Midget C-4 1000m; Junior K-2 200m
Johnathan Mayo	Midget K-2 1000m; Juvenile K-2 200m, 1000m; Midget K-1 1000m, 6000m
Myles Gardiner	Midget K-2 1000m; Open K-4 200m
Kelsey Cuvelier	Midget C-1 1000m, 6000m; Midget C-4 1000m; Juvenile C-2 200m; Midget C-2 1000m
Natalie Comeau	Midget C-4 1000m; Midget C-2 1000m; Juvenile C-2 1000m
Alex Jacobi	Junior K-1 500m, 1000m; Junior K-2 500m, 1000m; Open K-4 200m; Junior K-4 1000m
Ryan Gardiner	Junior K-1 500m; Junior K-2 500m, 1000m; Open K-4 200m; Junior K-4 1000m
Cynthia Myrer	Midget C-4 1000m; Midget C-2 1000m
Anne Lombardi	Juvenile C-1 200m, 500m, 1000m; Juvenile C-2 200m, 1000m; Junior C-1 1000m; Junior C-2 200m
Genny Orton	Senior K-1 200m, 500m, 1000m; Junior K-2 200m; Junior C-2 200m
Brandon Lankester	Midget C-1 1000m; Midget C-4 1000m; Midget C-2 1000m
Peter Lombardi	Midget C-4 1000m
Paul Weingartshofer	Midget C-4 1000m; Midget C-2 1000m
Ben Firth	Midget C-4 1000m
Doug Miles	Junior K-2 1000m; Open K-4 200m; Junior K-4 1000m
Kyla McLellan	Midget C-2 1000m
Shawn Devine	Master K-1 1000m

Junior Men's War Canoe 1000m

## Orenda Masters

The Masters Program is still on the water and running until the end of September. After September the fall season begins! The Masters Program runs year-round and you can join for the whole year or season-by-season. We had some new people in the last week or two and welcome them to our group. This just goes to show that *IT'S NEVER TOO LATE!*

Please don't let the term "Master" intimidated you. Anyone 25 years old or better wanting to participate is most welcome. Andrea Landry is our Masters Rep and Ian Firth is our coach. 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	
Aug 2,3,4	Atlantic Qualifying Champs
Aug 7	Orenda Bottle Drive
Aug 8	Orenda Olympics
Aug 9	Deadline for Blueberry Orders
Aug 11	Bantam Regatta #2
Aug 12	Peewee Regatta #2
Aug 14	Pot Luck 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.

## Orenda's 30<sup>th</sup> Anniversary

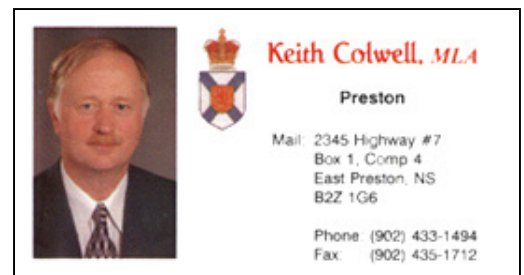
It's hard to believe but Orenda has been a part of our community for **30 years!** Our Club has had many successes and we would like to celebrate these successes.

There will be a banquet that is open for everyone and tickets will be sold for this event. The banquet will be held in November, 2007 at the Lord Nelson Hotel in Halifax. Further information will follow.

Come to the banquet and see how we have grown over the years and celebrate our successes. If you are new to the Club, please come to the banquet and get to know current and past Orenda members.

We hope to see all of you there!

## Our sponsors



**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](http://www.orendacanoecub.com)**

## Upcoming Fundraisers

Orenda needs your support to keep the Club running smoothly. Want to know how you can help? Here are some upcoming fundraisers:

### Blueberries

The deadline for blueberry orders is fast approaching! A 10lb box is only \$25. Not only is this a great value, it helps support our Club!

### Auction

Orenda will be having an auction on September 22, 2007. Any and all donations for the auction would be greatly appreciated. The Orenda Donation Letter will be e-mailed shortly. This is a great opportunity to get some great deals for you or Christmas gifts and some much needed funds for the Club. Come on out and support Orenda! Details regarding the location and time will follow.

## Important Events

Orenda is celebrating our paddlers who are paddling at Nationals and Peewee/Bantam Champs on **August 14, 2007** with a **Pot Luck and Pep Rally!** Bring your lawn chairs along with a dish to share and show your support for those who are paddling in these important regattas. If you are unable to bring a dish, donations for the purchase of hamburgers and hotdogs would also be appreciated.

**Location: Orenda Canoe Club**

**Time: 7:00PM**

## 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