

Orillia Rowing Club

n e w s l e t t e r
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Ready all... register!



Photo by J. Cole

MEMBERSHIP HAS ITS PRIVILEGES: David Lobsinger looks on as his older brother Peter fills out an information form to join the club on registration night. A few spaces are still available for new members and in summer learn to row league classes. The rowing season begins on May 13.

Gordon hired as boat house manager

The Orillia Rowing Club looks forward to having Britany Gordon work with all club members this summer.

Britany has just completed her first year of post-secondary studies at

Acadia University in Nova Scotia. She is currently working towards a B.A. in Kinesiology.



Gordon is an avid rower with NCCP level one technical rowing coaching qualifications. She also rowed competitively for the club during the 2001 season and was nominated by the club for the RowOntario student-volunteer of the year award.

Her enthusiasm, interest in program development, team spirit and sense of fun will be a warm welcome to all our members, both new and returning.

The Orillia Rowing Club is pleased to have Britany on board.

Assistant boat house manager positions were also filled this week, rounding out the season staff.

Allison Sheepway, currently a grade 11 student at ODCVI, was a member of the competitive high school program in 2001. She also holds her level one technical rowing coaching certificate and looks forward to continuing her involvement with the rowing club as an assistant boat house manager.

She will be working with Lindsay Katarynych, a grade 12 student at ODCVI and a past member of the rowing club. Lindsay, a member of several high school sport teams has plans to graduate this June.

Outstanding President Resigns

Club seeks to fill subsequent vacancy on executive committee

After several weeks of deliberation, Barb Pidgen has decided to resign as President of the Orillia Rowing Club.

"As the weeks go on and I get more involved in my upgrading studies, I have come to the conclusion that I need to resign as President of the Orillia Rowing Club at this time," said Pidgen in a letter sent to members of the club executive.

Earlier this year, Pidgen indicated that it had become time for her to re-establish her full-time career. After much research over the winter, she decided to return to the profession in which she was originally educated, as a dietitian.

Having been out of the field for 16 years and in order to be recertified, Pidgen will be required to complete 38 weeks of volunteer placements in various facilities (hospitals, nursing homes, health unit,

etc.) throughout the province. She is also currently enrolled in a university course on Nutrition to refresh her knowledge.

In light of these demands, Pidgen became increasingly concerned about how she could handle the upgrading, family responsibilities and activities with the rowing club at the same time. Nevertheless, she remains hopeful that in due course, she will be able to resume her level of involvement.

"I have thoroughly enjoyed my work with the club and feel very satisfied that I have made a very significant contribution," said Pidgen, reflecting on her past year as President. "I still plan to be more involved again in the future once I have a job in the local area."

Her thoughts were echoed by members of the executive committee.

SEE 'CLUB EXECUTIVE', PAGE 3

Volunteer opportunities are plentiful

Welcome to all new and returning members. We are off to a great start as far as people coming forward to volunteer and get involved with the Orillia Rowing Club.

Many thanks to those of you who have already signed up for some of the longer term jobs and to those who have taken on coordinator positions.

We still have more than enough "jobs" and "volunteer positions" to go around. Many of you will have already been down to the boat house for our general clean up and have had the opportunity to acquaint or reacquaint yourself with fellow rowers and equipment.

For our new members, helping out not only gives you the opportunity to honour your volunteer commitment, but also gives you a chance to get involved with other rowers, spend extra time learning about the equipment, and to take part in boat house activities.

To keep you informed of jobs needing attention, we will post volunteer opportunities in the boat house as they arise and keep a list of ongoing duties and their volunteer value.

For example, you could earn one volunteer hour by washing and returning the towels used to wipe down the boats after each rowing session. Signing up to tag at a location on June 28 or 29 for our Tag Day fundraiser is another great way to earn volunteer hours.

For our experienced rowers, assisting with learn to row classes is a great way to combine volunteering and rowing. It doesn't get much better!

All jobs contribute to the success of our club and with everyone assisting it lightens the work load for all involved.

If you have any questions about volunteering, please contact Rhonda Lauer (325-1873) or Diane Carter (325-9964).

Success of raffle key to growth

The raffle tickets received at registration represent the Orillia Rowing Club's major fundraising effort for the 2002 season. The goal of the raffle is to raise money to help pay for new rowing equipment, such as a convertible racing double/pair, or a lightweight coxed four racing shell.

Accordingly, it is vitally important that all members do their best to sell as many tickets as possible. 5000 tickets have been made available for the raffle which will be held at **7:00pm on Thursday, August 1st, 2002** at the boat house. Incentive prizes are available to members who achieve a high level of sales (beyond the initial allotment of 10 tickets per member) throughout the season.

First prize in the raffle features a vacation for 2 adults to the Dominican Republic, sponsored by **Trapnell Travel**, valued at \$2500. This all inclusive package vacation includes 7 nights accommodation at the Coral Marien Beach Hotel and Spa in Puerto Plata Dominican Republic, airfare and transfers, and can be redeemed between Sept. 6 and Dec. 13, 2002 (some blackout dates apply).

Second prize is a golf weekend for 2 sponsored by **Horseshoe Resort**. The

weekend includes accommodations at the Horseshoe Resort Inn and includes one round of golf. The prize can be redeemed anytime prior to October 31st, 2002 (reservations required) and has an approximate value of \$1000.

Third prize includes an assortment of prizes from around Orillia, with a value of approximately \$225. Begin the evening with a Thursday night steak BBQ cruise for two on **Orillia Boat Cruises** during the sailing season in 2002, add on two theatre tickets to any performance by the **Sunshine Festival Theatre Co.** in 2002 (fundraiser concert by Gordon Lightfoot Sept. 6 & 7, 2002 is excluded), a dozen roses from **Flowers by June** and two t-shirts and coffee mugs from the **Orillia Opera House**.

Fourth prize consists of an evening for 2 sponsored by **Brewery Bay Food Co.**, valued at \$160. It includes vouchers for dinner at Brewery Bay, two Brewery Bay sweatshirts and a \$20 gift certificate for movie/concessions at Orillia Cinema 4.

Raffle tickets for purchase or sale are available by phoning the boat house at 326-3519. Leave a detailed message for Wendy Lou Paquette.

Orillia Rowing Club Logowear

ITEMS IN STOCK:

Navy Hats	\$12.00
Polar Fleece Vests (size 'L' only)	\$50.00
Non-Fiction Sweatshirts (size 'XL' only)	\$45.00

AN ORDER WILL BE PLACED SHORTLY FOR:

Navy Hoodies	\$45.00
Navy Reverse Fleece 1/4 Zip Sweatshirts	\$55.00

PLEASE CONTACT DIANE CARTER AT 325-9964

Notice: Club t-shirts (included in registration fee) for 2002 members will be available for pick-up in May. A notice will be posted in the boat house when they arrive.

David Letterman has got nothing on us!

Top Ten Rowing Reminders

Rowing is a most enjoyable sport, providing you and the members of your crew with a unique way to get exercise, be social and to enjoy the natural gifts of summer weather and Lake Couchiching. Keeping these following 10 points in mind will help to ensure that you don't accidentally spoil the experience for yourself - or others!

10. JOIN A CREW

The best way to enjoy the rowing season is to find a group of people who you are compatible with and to row with them on a consistent basis. Avoid crew-hopping, as you will sometimes find it difficult to adjust to the styles of 'unfamiliar' rowing partners. When choosing crew mates, consider factors such as age, ability and availability - all of these qualities should be similar to your own. Joining a crew will enable you to establish routines both on and off the water that contribute to making your rowing experience a more fruitful one.

9. SIGN UP - CALL AHEAD

The best time to decide when you would like to row is at the end of a rowing session when your crew mates are present to offer input into the decision. Sign-up sheets are posted in the boat house and boats/sessions can be reserved up to a week in advance. Call the boat house ahead of time and leave a message if your situation changes or if the weather looks threatening.

8. ARRIVE ON TIME

Arriving 10 - 15 minutes prior to the scheduled beginning of your rowing session will allow the boat house manager to more efficiently organize the rowing session.

7. COME PREPARED

Don't disappoint the members of your crew by forgetting to bring some of the rowing essentials! Sunscreen, a labelled water bottle, sunglasses, snug-fitting clothing, water shoes, bandages and tape (for blistered hands) all are necessities! Get into the routine of leaving these items in a place where you will not forget them when heading out the door.

6. LISTEN AND LEARN

The boat house manager and assistants are hired to help make rowing a safe and enjoyable experience for all club members. Advice, suggestions or directives from the boat house managers must be heeded at all times.

5. LEND A HAND

Rowing is a team sport. As a club member you are expected to assist other rowers and crews - especially learners - with routines, equipment checks and carrying boats to and from the water. Remember the first time that you did something new... did you need a hand?



NOTE TO SELF: Don't try to emulate the form of this guy!

4. SAFETY FIRST

Safety routines have been established in order to prevent a serious accident from occurring. All safety routines - from doing a pre-flight check of equipment to following established routines on the water - must be adhered to at all times.

3. BE VIGILANT

When it comes to rowing in open water, you should always err on the side of caution. Weather, rocks, wind, waves and other vessels are all potential hazards that must be navigated with care. Be vigilant on the water at all times and never take any situation for granted.

2. PROVIDE NOTIFICATION

If you experience an equipment problem, it is extremely important that you notify the boat house manager immediately. Faulty equipment issues must be addressed in short order as they could lead to the need for more expensive repair and maintenance costs in the long run, or create a possible hazard for the unsuspecting rower who uses the equipment afterwards.

1. GET INVOLVED!

There are a number of on and off-the-water events planned throughout the season aimed at allowing you to get maximum enjoyment out of your rowing season. Don't be afraid to try something new or to get involved with something even if you consider yourself to be on the "ground level." Getting involved in all aspects of the club is the single best way to ensure that you will learn about the sport and grow to love rowing!

Club executive seeks member to fill vacancy

CONTINUED FROM PAGE 1

"Barb's contribution to the club during her term has been no less than outstanding," said communications director Jeff Cole. "Under her direction and leadership, the club has experienced tremendous growth and development from which all members of the rowing club will benefit now, and in the years to come."

As an interim solution to the vacant presidency, members of the current executive have agreed to alternate the duty of assuming 'Acting President' on a monthly basis until a new president can be elected at the club's annual general meeting in October.

Nevertheless, the executive is still faced with the task of seeking out another club member to fill the vacant position. There are currently eight members on the committee, but a full complement includes nine members, plus the boat house manager during the rowing season.

Though voluntary positions by design, executive members pay only 2/3 of the annual rowing club membership fee as an incentive to get involved. For new or returning members, this reduction in membership fees would be made retroactive to the beginning of the season.

The executive meets at least once per month to discuss items pertaining to the operation, policy or goals of the club, and assumes a leadership role with regard to coordinating special events, communicating with members or establishing programmes.

No previous experience is required to join the executive. By doing so, members can become an important part of how the club is operated. If interested in joining the executive, please contact Jeff Cole at 326-3519.

Mark your Social Calendar

MAY



- Tues 14** **WELCOME BACK SOCIAL - 7:00 - 8:30PM**
Bring nibblers, fruit or desserts for a volunteer hour.
- Fri 24 - Sat 25** **DOWNTOWN ORILLIA SIDEWALK SALE - ALL DAY**
Need a volunteer to coordinate the setup of an ORC booth and several volunteers to take shifts selling raffle tickets.

JUNE

- Wed 05** **RAFFLE SOCIAL # 1 - 7:00 - 8:30PM**
Great incentive prizes to be won. Organize coffee, tea or bring something good to eat for a volunteer hour.
- Fri 14 - Sun 16** **SPRING IN-WATER BOAT SHOW - ALL DAY**
Need a volunteer to coordinate the setup of an ORC booth and several volunteers to take shifts selling raffle tickets.
- Thu 27** **JOIN A CREW NIGHT - 7:00 - 8:30PM**
Meet other rowers in the club and find crew mates who are compatible with you. Bring a dessert for a volunteer hour.
- Fri 28 - Sat 29** **ORC TAG DAYS - ALL DAY**
Need several volunteers to take shifts selling tags at various locations around Orillia - contact Michelle Dwyer.

JULY

- Mon 01** **CANADA DAY ROWING DEMONSTRATION - T.B.A.**
Be a part of an on-the-water Canada Day celebrations at Couchiching Beach Park
- Wed 10** **RAFFLE SOCIAL # 2 - 7:00 - 8:30PM**
Great incentive prizes to be won. Organize coffee, tea or bring something good to eat for a volunteer hour.

AUGUST

- Thu 01** **ORC FUNDRAISING RAFFLE DRAW - 7:00 - 8:30PM**
Win a trip to the Dominican Republic or other great prizes!
Organize coffee, tea or bring something good to eat for a volunteer hour.
- Sat 10** **ACROSS THE BAY SWIM - T.B.A.**
Accompany athletes as they swim across the bay to help raise money for the Community Care Access Centre.

Items Wanted

The club is looking for a small outdoor table, coffee maker and kettle for use at social events throughout the season. If you have any of these items to donate, please contact Laurie Herd at 326-7023.

Port Severn Tour

The Port Severn rowing tour is a two-day event based at Christie's Mill Inn in Port Severn. Several members from the club participated in this well-organized tour last season.

On Saturday, June 8, participants will meet at the Inn at 10 a.m. to rig and launch the boats, and then row to Big Chute for a picnic lunch and back to the Inn. The total distance is about 25 km. A shorter row from the Inn takes place on Sunday, ending at about 3 p.m.

Limited accommodations are available at the Inn on a first-come, first-served basis for Saturday June 8. The hotel cost for dinner, room and breakfast is \$95 per person (plus tax) based on double occupancy. The cost for dinner alone is approximately \$20 - \$25. The cost for the use of the boats is \$20 per seat per day, or \$40 for the weekend.

For more information, contact the club tour co-ordinator Tony Kaija.

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IMPORTANT NOTICE

Members can pick up or return their **raffle tickets** to **Wendy Lou Paquette** or **Debbie Gilbert** at all social events leading up to to the **August 1st** draw date.
Grocery receipts from **Zehrs** and **A&P** for the club's **Save-A-Tape** fundraising program can also be returned to **Patty Gofton** (329-4646) at social events.