



ORC NEWS

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JULY 2003

Touring is for Everyone

By Alex Young

A total of sixteen people participated in the Black Fly Tour on June 6, 7 and 8th. Everyone was eager to see the sights offered by rowing up and down the famous French River - the route that the Voyageurs took to the West!

Rowers on the tour hailed from Mississauga, Orangeville, Sudbury, Orillia, Durham, and Quebec. Ten members had been on tours before, six were newcomers to the event - three of whom were competitive rowers and three who were new to rowing. Participants were of mixed age groups and skill levels. Crews and captains were chosen each day and rowing positions changed on the water.

The water on Saturday was flat and the sky was overcast. On Sunday it was cool, raining and the water was choppy - but no white caps! As the morning progressed the sun came out and it got very warm.

The bugs weren't as bad as the name of the tour would suggest - in fact they were less than in Orillia - but we did wear bug jackets when rigging the boats and walking around.

The adventure was well worth the drive (and the bugs) and I would recommend this tour to all.



Photo by Alex Young

Above is a photo of participants on the Black Fly Tour held in early June as they row past some of the beautiful scenery that the French River is famous for. For more information about other provincial or local club tours running this summer, members may contact Alex Young.

Volunteers Get Things Going

By Rhonda Lauer

The Orillia Rowing Club welcomes all new and returning members to the 2003 rowing season. It should definitely be a fun and busy season - whether you are honing your rowing skills after many seasons or whether you are just new to the sport.

It has been a great start to the season. The wind and weather, for the most part, have cooperated to provide some excellent early season rowing opportunities. Our experienced staff has done a great job fine-tuning the boats as well as providing coaching and direction.

Congratulations to the recent Learn to Row program graduates and many thanks to the volunteers who assisted with the Learn to Row classes. We look forward to seeing many of our new members signing up during row times.

The ORC's volunteer policy is not only a way of sharing the many tasks necessary for a smooth running club, it gives members an opportunity to meet each other and become involved in a variety of aspects associated with rowing.

For members seeking ways to fulfill their

commitment of 20 hours, there are many opportunities listed on the bulletin board in the boat house. From "manning the boat house," tagging on Tag Days, working regattas, to stocking the fridge with water, these efforts contribute to each season's success. Speak to the staff or any executive member for direction about acquiring volunteer hours. As you complete your hours, don't forget to record them in the volunteer binder in the boat house.

Thank you to everyone who has and will put "hands on" to make this season an enjoyable one.

COMPETITIVE REGATTA SCHEDULE

There are seven competitive regattas that ORC members will have the opportunity to attend. Other local and recreational regattas will be available later in the summer for all members as well. Watch for postings in the boat house.

1. **JUNE 14** - Scugog Invitational
Durham Rowing Club, Port Perry, Ont
2. **JUNE 28** - C.O.R.A regatta
Bayside Rowing Club, Toronto
3. **JULY 12** - C.O.R.A Championships
St. Catharines Rowing Club, Henley Island
4. **JULY 13** - RowOntario Masters Championships
South Niagara Rowing Club, Welland
5. **JULY 26 & 27** - Ontario Championships
Bayside Rowing Club, Toronto
6. **AUGUST 5-10** - Royal Canadian Henley
St. Catharines Rowing Club, Henley Island
7. **OCTOBER 4** - Head of the Trent Regatta
Trent University, Peterborough Rowing Club

Events Report

By Laurie Herd

SCUGOG INVITATIONAL REGATTA - JUNE 14

On the competitive front, two of our student rowers attended the Scugog Invitational Regatta in Port Perry (Durham Rowing Club) on Saturday, June 14.

Lynsi Henrickson (stroke seat) and **Margot Herd** (bow) rowed a borrowed double to come second in a 2000m race against three other boats from Georgian Bay, Durham, and Bayside. The conditions were not good and the rowers had to contend with high wind and very choppy water. The race had to have a re-start as a result of an onwater collision. Such are the trials of the competitive rower.

Henrickson and Herd also rowed a quad in a combined crew with Durham and came in third.

Great opening races rowers! We'll be watching for some more great action at Bayside on June 28.

JOIN A CREW NIGHT - JUNE 26

Attention to all Orillia Rowing Club members and 2003 Learn to Row graduates. There will be a crew forming night and social on Thursday, June 26th from 7:00 - 8:30 p.m. at the boathouse. This is a chance to crew up with other members with similar schedules, rowing interests and goals as well as a chance to meet the staff and learn of events and club news.

Fruit, juice, or goodies donated for the social will be credited as one volunteer hour.

CANADA DAY PARADE AND DEMO - JULY 1

Watch for the Orillia Rowing Club at the Canada Parade showcasing racing shells and sponsored oars. Also, see the ORC crew's on-water demonstration at the Port of Orillia later in the day, at 2:15 p.m., for a first-hand look at some great rowing skills!

CLUB T-SHIRT PICK UP

T-shirts will be available for LTR graduates to pick up at the boat house during the week of July 7.

TAG DAYS - JULY 25 AND 26

Several volunteers will be needed to assist with this important club fund raiser. A list of locations at which tagging will take place will be posted in the boat house shortly. For more information, contact **Christine Welton** at 327-2949.

JOIN A CREW NIGHT (AND SOCIAL)

THURSDAY, JUNE 26
7:00PM AT THE ORC BOAT HOUSE

**ALL MEMBERS, INCLUDING RECENT
LEARN TO ROW PROGRAM PARTICIPANTS,
ARE ENCOURAGED TO ATTEND**

**BRING DESSERT ITEMS FOR
ONE VOLUNTEER HOUR.**

The “ORChives”

PART 2 - A FURTHER “ORCHIVAL” LOOK!

By Dave Barr, Treasurer

[with assistance from archivist Marg Barr]

In the last newsletter, we mentioned some facts from “the early days.” Here are a few more:

In 1998, the club was formed utilizing the **Champlain Yacht Club** facilities and employing 3 recreational singles on loan from the **Twin Lakes Rowing Club** courtesy of ORC President/Twin Lakes teacher **Tony Kaija**. Later, a 4 requiring maintenance was donated by the **Barrie Rowing Club**. The coach boat was a kayak [my oh my!] with **Heather Kerlake, Marci Csumrik** and **Diane Carter** providing the learn to row training.

Then, in 1999, the fledgling club was assisted by the **Owen Sound Rowing Club** which donated a 4 person shell, and the **Georgian Bay Rowing Club** [Midland] which loaned us a 4. **Cheryl and Calvin Stone** donated a coach boat, and the **City of Orillia** provided a boat house in Tudhope Park, thanks to **Cliff Turner**. The **Royal Canadian Legion Branch 34, Dynamic Mutual Funds** and **Orillia Lions’ Club** made cash donations to help us defray expenses. We were still under probation [2 years] insofar as the provincial and national rowing associations were concerned, BUT WE WERE MOVING!

Do you remember the names of the first ORC executive [mentioned in our last newsletter]? Here is a hint - first names were **Tony, Heather, Diane, Marci, Kerri**. They were able to establish ORC as a registered not-for-profit corporation.

And who did the legal work? Yes, fellow rower and local solicitor **Ron Sillick**.

At the Annual Meeting in the spring of 2000, the following volunteered to serve on the executive: **Tony Kaija** [Pres.], **Barb Pidgen** [Sec.], **Dave Barr** [Treas.], **Diane Carter, Heather Kerlake, Ron Nicholson** and **Heather Potter**.

During the year, congratulations were extended to 5 of our student rowers who rowed for the first time in the Ontario Summer Games in Port Pery in August: **Laura Pidgen, Gordon Kerlake, Laura Kelly, Susan Brasier** and **David Reid**, with **Barb Pidgen** handling the coaching. This was the first competitive event for our student rowers and they acquitted themselves well. ANOTHER MILESTONE !

[To be continued in next newsletter.]

Nutritional Bars for Sale

Lawrence LaFrance, D.C., F.C.C.S., (c)ART and Sue Sinclair, D.C., of Optimum Potential Chiropractic and Nutrition (138 Mississauga St W - 325-5152) have generously donated 9 boxes of nutritional bars for the club to sell to members. The bars will be available at the boat house before, during and after all rowing times.

Prices:

Balance Bars - \$2.50

Luna Bars - \$2.50

Cliff Bars - \$2.50

Genisoy Bars - \$2.00

Money raised from the bar sales will be used to fund ongoing initiatives.

ROW CANADA!

Tuesday, July 1st



Decorators, parade route walkers and rowers are needed to participate in Orillia’s Canada Day celebrations.

Decorating from 9:00am - 10:30am

Parade from 11:30am - 1:00pm

On-water rowing demo from 1:30pm - 3:00pm

Support the club! Support the community!

For more information, contact

Laurie Herd at 326-7023.

Little Brothers and Sisters to try their hands at rowing

Summer is here and the Orillia Rowing Club will again be hosting a series of week-long day camps for youth affiliated with the Orillia Big Brothers and Big Sisters programmes.

This year's camp sessions are being funded through a grant obtained from the Simcoe County Diabetes Prevention Project. Thanks goes to **Kristi Cole** and **Kathy Hunt** who coordinated the club's application for the grant.

In addition to learning the safety and skill aspects of the sport of rowing, campers will receive instruction pertaining to the prevention of Type II diabetes. The club is pleased to enlist the



services of **Barb Pidgen** for this year's camps. Barb is an ORC member and a registered dietitian, who will provide information and activities for the

campers to reinforce the importance of maintaining a healthy lifestyle through a combination of exercise and proper nutrition.

The camp sessions will

take place over the course of three weeks in July and August, involving approximately 18 youth between the ages of 11 and 14 years.

Raising a Little Dough

Special thanks to **Sarah Houlden** for her time and effort in organizing the very successful Krispy Kreme Doughnut fund raiser which netted **\$1866.50** to cover the purchase of the club's lightweight double.

The top individual seller was **Stacy Roe** who sold 35 dozen doughnuts. The top family sales went to **Jeff & Kristi Cole** who sold a total of 40 dozen doughnuts.

Thanks to all of the members who worked hard to sell more than their quota of doughnuts, making this fund raiser a success!

A Word of Thanks...

The following associate members of the Orillia Rowing Club have made a contribution in support of the club's 2003 Junior Apprenticeship Program:

Dave & Marg Barr
Robert Browne
Marci Csumrik
Bruce Donaldson
Jacob Gaudaur
Nancy Harris
Betty Hurson

Judy Jamieson
Kathryn McGill
Ron & Joanne Nicholson
Tom Platt
Bob Savage
Trudy Schuette
Jim Wilson

For information on how to become an associate member, please contact the club at 326-3519.