



ORC NEWS

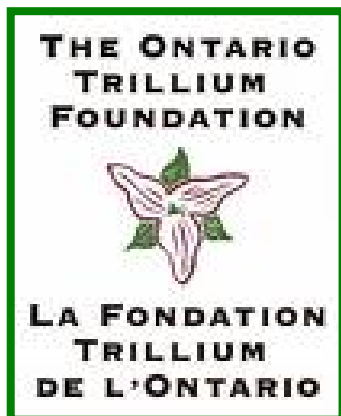
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Boathouse Phone: (705) 326-3519

P.O. BOX 981, ORILLIA, ONTARIO L3V 6K8

Email: orilliarowingclub@yahoo.ca

Website: www.ca.geocities.com/orilliarowingclub/

August 2007



The Club's successful application for Trillium Funding was celebrated at the Learn to Row graduation/Crew Forming evening, held on June 25 with the installation of a Trillium plaque in the boathouse.

Many thanks to Orillia Rowing Club Trillium Committee members; Trillium Foundation area reps Inga Lubbock and John Pugsley; and Garfield Dunlop's office for their hard work and support to make this vision a reality.

The ORC board is currently undertaking a number of tasks related to the funding we received, including:

Boats

Ordered & received two new rowing singles and a new T-6 and T-11 (Thank you to Lawrence Boyer, Barb Pidgen, Alan Smale and Doug Wiles for their volunteer time and expertise!)

Dock

Approval was granted at July 16th Council Meeting, City of Orillia for approval of the dock installation. Ron continues to work with Kathy Hunt in order to have the dock installed as soon as possible. Plans need to be finalized and then approved by the Ministry of Natural Resources, and input from the (Federal) Trent-Severn Waterway. MP Bruce Stanton is very supportive. (Thank you to Director of Recreation, Ray Merkle, and Superintendent of Parks, and

Facilities, Ken MacKinnon, for their assistance, and to Ron Pidgen for his leadership and expertise.)

Ergometers

Four new Ergometers were ordered and have been in use at the boathouse since the end of May. These new Ergometers have been a great asset for the Row-for-Gold Summer Camps. Club members have also had the opportunity to train on the ergs during unsuitable row times. The club is working to have the machines available for training during the fall/winter months.

(Thank you to Laurie Herd & Cathy Campbell (Orillia Martial Arts Centre) who also ordered a machine helping bring the total cost down per machine!)

Office/Coaching Supplies

A Club laptop computer, printer and digital video camera were ordered and received. The camera has been used by Margot for coaching sessions and the computer/printer will assist with all administrative tasks by ORC staff and volunteers.

(Thank you to Margot & Kathy Hunt for researching and purchasing this equipment.)

Small Boat Trailer

The Trillium grant included funding for a small trailer to make our trips to regattas and touring venues more manageable.

(Thank you to Heather Kerslake & Lawrence Boyer who are researching purchase options.)

Coaching and Training

Trillium Funding will fund 2 coaching clinics by a visiting coach this season and next. Our first clinic for club members was set for August 21 & 22 with a very experienced and knowledgeable coach. Mike Thompson, from St. Catharine's, who did three technical clinics.

(Thank you to Laurie & Margot Herd for organizing this and future clinics)

Inclusive Training

Club Manager Steph Duquette attended 'camp training' and 'inclusive' training in preparation for Row-for-Gold Camps this summer. Spring student member Hayley Anthoulakis also did the camp training. This training will benefit all the campers

involved in our programs while being introduced to the incredible sport of rowing. ORC coordinates its summer programs through Orillia Parks and Recreation Program.

Part-time Administrator/Marketing

Sub-committees have been formed to work on these two initiatives and will become more active once the 2007 rowing season is completed. The committees will develop plans to utilize the Trillium funding for marketing and communications (including a new ORC website). A key component of the plan will be the hiring of a part-time administrator position, who will get systems in place over the off-season in preparation for the 2008 registration and rowing season. This position will work closely with the ORC Executive to develop marketing initiatives, registration set-up, and implementation of a member communication and data entry system. Please see job ad. later in the Newsletter.



Orillia Rowing Club board members Laurie Herd (left) and Rhonda Lauer unveil the Ontario Trillium Plaque that has been installed at the club's Tudhope Park boathouse facilities.

O.R.C.'s Fundraising Events

Raffle Draw

Submitted by:

Laura Siddall, 2007 Raffle chair

Fundraising is a constant pressure for all Not-for-Profit groups, such as the Orillia Rowing Club. This year the club had a very successful raffle draw. We sold **373** tickets worth **\$1865** (less expenses of \$141.84 equal net proceeds of

\$1723.16 !! Top ticket sellers were: L. Herd, V. Surge & M. Judek.

Many thanks to those who contributed prizes, including: Bigwin Island Golf Club, Mariposa Folk Festival, and Once Upon A Tree Wood Carving by Lawrence Boyer.



The draw winners included (left) Pat Knowles, Julie Newton and Joyce Wong.

Federal MP Bruce Stanton officially selected the following lucky winners from the sealed ballot box:
Grand Prize: Golf for 4 @ Bigwin Island Golf Club - Vera VanAmelsvoort
Loon Carving by Lawrence Boyer, Once Up On A Tree - C.A. Wortley
Orillia Rowing Club Program (Conditioning & Training or Camp) - Dave Newton, S. White, Premal Patel
Learn-to-row program - Bob Finlayson, Mary Perkins
Mariposa Folk Festival Weekend Pass 2007 - Kathy Suggitt, Doug Wiles, Pat Knowles, Joyce Wong

There was also a ballot draw for all club members to officially name the Kaschper Double. Orillia Rowing Club member Conor Jones won that honour and has chosen the name "King of Cooch".

Congratulations to all the winners and thank you to all members and those purchasing tickets, for supporting the Orillia Rowing Club in so many endeavours as we continue to offer the incredible sport of rowing to people from 10 years up to 70 years in and around the Orillia Area. Come out and row with us!

Tag Day Results June 15 & 16, 2007

Thank you to all members who helped with the "tagging". The club raised **\$1242.60** from this fundraising event!

Thank you to the Tagging Coordinator, Pamela Sunstrum. Thank you as well to these organizations for assistance:

- The Coffee Time Network and Information Orillia – publicity
- Orillia Packet and Times - publicity
- The Orillia S.P.C.A for the loan of tagging boxes
- The Tagging sites of: LCBO - Mississaga St location; LCBO at Zehrs location; Mariposa Market; Zehrs Markets; Wal-Mart; & the Orillia Square Mall

2007- Learn to Row Program

Submitted by:
Rhonda Lauer, Learn to Row Chair

Congratulations to all who took part in the Orillia Rowing Club's Learn to Row program this spring. Running for 5 sessions (and then some) 23 people participated in one of the Learn to Row weeklong classes.

At our LTR Graduation and Crew Forming Social graduates were presented with ORC certificates and T-shirts along with pins from MP Bruce Stanton, MPP Garfield Dunlop and Superintendent of Recreation Services for City of Orillia, Marcia Feddes.

I would like to thank our Boat House staff: manager Steph Duquette, assistants Matthew Siddall, Sarah Pidgen and the member volunteers for their support, encouragement and good humour throughout the program. I wish much rowing pleasure and success to our wonderful, spirited graduates.

"Row-for-Gold" Camp Update

Submitted by:
Stephanie Duquette, Boathouse Manager

All three camps went well with a great turn out in volunteers and campers who have been very enthusiastic and excited to learn



about the sport of rowing.

Unfortunately, due to weather conditions, some training had to occur off the water, but an excited tournament of Erg relays and games made for an exciting alternative for everyone!



Thank you as well to local business person, John Mayo, who sponsored the ORC camp program enabling 8 students to attend camp who otherwise would not have been able to attend and learn this great sport.

Thanks as well to 2 ORC raffle prize winners who donated their prizes back to the club allowing 2 more children attend rowing camp this year.

Finally, thank you to all the volunteers who came out for both camps. Hope to see you all out on the water!



Camp participants enjoy Race Day at Row-for-Gold Camp August 13 -17 in Brewery Bay. Steph Duquette, Camp Supervisor, was pleased to have the use of the new T-11 (pictured in rear) that was purchased with funds from an Ontario Trillium Foundation Grant for use during the three 2007 rowing camps.

Introducing “Allegro”

Submitted by:
Barb Davidson

The double formerly known as the “Marilyn Campbell” has now officially been re-christened “Allegro”. The privilege of naming the boat was won by Barb Davidson in the summer of 2006. After much time, and many brainstorming sessions with her crewmates, the boat was given a musical name. “Allegro” means ‘lively and rather quick’. This describes not only the boat itself, but also our water on Lake Couchiching! A musical term was selected to honour some of Barb’s favourite aspects of rowing: the rhythm and the synchrony and harmony of the rowers.

REGATTAS – SUMMER 2007

O.R.C. Competitive Rowing

Submitted by:
Laura Siddall
Competitive Rower Rep 2007

We have a small but mighty team of 5 competitive rowers this season: Sarah Pidgen, Kirsten Cameron, Jon McRae, and Matthew Siddall in the Juniors, & Barb Pidgen in the Masters. Unfortunately Vera Cameron Van Amelsvoort had to withdraw in July due to a back injury. It was also a pleasure to have Barb Davidson, Kathy Hunt, Vanessa Surge & Olivia DiBacco join us to compete at the CORA Champs!

ORC new boat at CSSRA Champs Regatta

Submitted by:
Laurie Herd, President

The Orillia Rowing Club had 2 student members attend the Canadian Secondary Schools Rowing Association (CSSRA) 62nd Annual (School Boys) Regatta in St. Catherine’s at the Royal Canadian Henley course June 1 and 2.

- Sarah Pidgen and Matthew Siddall both representing Twin Lakes Secondary School in Orillia had fine showings finishing 4th and 3rd respectively in their heats.
- Pidgen in the Senior Women Single division rowed "On the Fly" to a 4th

place finish out of a competitive field of 6.

- Siddall rowed the club's new Ontario Trillium Foundation sponsored Levator "Big Red" Single in the Junior Men Heavy Weight Single category to a 3rd place finish in a time of 8:27:08; just 10 seconds off the count to advance to the finals.



**photo* photo credit John Siddall
Matthew Siddall heading out for his first competitive row of the 2007 season representing Twin Lakes Secondary School at the 62nd Annual CSSRA (School Boys) Regatta in St. Catherine’s on the Royal Canadian Henley course. Siddall rowed the Orillia Rowing Club’s new "Big Red" single which was purchased by the club through a grant received from the Ontario Trillium Foundation, to a 3rd place finish in his heat.*

Central Ontario Rowing Association

Welland Regatta, June 23, 2007

Submitted by:
Mike Smith & Diane Barr
Severn River Rowing Club

Local athletes from the Severn River Rowing Club (SRRC) and Orillia Rowing Club (ORC) competed in the first Central Ontario Association (CORA) club regatta of the summer season at the South Niagara Rowing Club in Welland, Ontario. Medals were awarded for first place finishes only. The complete results for local athletes are as follows:

- Under 23 / Senior Lightweight Women Double Scull: Jen Cahill, Elizabeth Carter (SRRC) – 2nd place
- Master’s Women Single Scull: Barb Pidgen (ORC) – 3rd place
- Under 23 Men Double Scull – Cam Moore, Stephen Scott (SRRC) – 4th

- Under 19 Women Single Scull – Elizabeth Carter (SRRC) – 1st (Gold Medal), Sarah Pidgen (ORC) – 3rd
- Master’s Women Double Scull - Barb Pidgen, Vera Cameron van Amelsvoort (ORC) – 3rd
- Under 19 Men Double Scull – Matt Siddall, John McRae (ORC) – 4th
- Under 23 Lightweight Women Single Scull – Jen Cahill (SRRC) – 2nd
- Under 17 Men Single Scull – Matt Siddall (ORC) 5th

C.O.R.A. Champs July 14

Submitted by:
Laurie Herd, President

O.R.C. had 9 athletes and coach Margot Herd at the C.O.R.A Championships in St. Catharine’s on Saturday, July 14.

First, second and third place medals are distributed for each heat and all participants are presented with CORA Crests.

- O.R.C. had 2 medal recipients; master women’s single rower Barb Pidgen finished 1st on the 1000M course while daughter, Sarah, in the Under 19 women’s single division battled the waves on the 2000M course and brought home silver.
- Under 17 women’s double crew of Olivia DiBacco and Vanessa Surge had a clean 2000m race to finish 6th
- Masters women “Allegro” crew of Kathy Hunt and Barb Davidson sculled to 4th place, barely missing a medal.

Due to rough water and the threat of thunder storms race organizers closed the event early preventing Orillia’s doubles crews of Pidgen and Kirsten Cameron, Jon McRae and Matthew Siddall and Siddall’s single race from competing.

Orillia crews have great experience with rough water and windy conditions while training on Lake Couchiching – a regimen those most southern Ontario rowers never experience.

Sunday, July 15th was the RowOntario Masters Championships on the old canal site in Welland. The 1000 m course for masters was calm and the skies sunny.

- Barb Pidgen rowed "On the Fly" in her "D" division to finish 2nd and moved up a division to row with the younger "C's" to finish 4th.

Under 19 Women's sculler Sarah Pidgen battled the waves in "On the Fly" to bring home 'Silver" at the C.O.R.A. Champs on the 2000m course in St. Catharine's recently.



In the Master "D" Orillia Rowing Club rower Barb Pidgen pushed through 1000m of waves to finish with Gold in the Women's Single Event at the C.O.R.A. Champs in St. Catharine's July 14 and the next day finished in Silver at the RowOntario Masters Regatta in Welland.



Masters "D" Women's "Allegro" crew (forefront) of Kathy Hunt (left) and Barb Davidson rocked by waves finished a great 1000m race against younger "A, B & C" crews to finish 4th at the C.O.R.A. Champs Regatta in St. Catharine's July 14.



RowOntario Championships in Welland July 28 and 29.

Kirsten Cameron and Sarah Pidgen rowed to 4th place in their heat in the Women's Under 19 Double. Sarah Pidgen also came 4th in the Singles Under 19 age group. John McRae & Matthew Siddall came 6th in the Under 19 Men's Pairs, while Matthew came 2nd in his heat and 3rd overall to win a Bronze medal in the Under 17 Men's Single event.

Matthew Siddall bringing back the Single and the Bronze Medal at RowOntario Champs



Sarah Pidgen Under 19 Women's at RO Champs



Allegro coming back from the Under 19 Mens Double at RO Champs – Jon McRae & Matthew Siddall finished 6th



Royal Canadian Henley

August 7 – 12, 2007

Submitted by:

Laurie Herd, President

O.R.C. had 5 athletes attend the Royal Canadian Henley Regatta in St. Catharine's August 7 - 12. This prestigious event saw over 150 rowing clubs from all over the world in attendance.

- O.R.C. had its first Gold Medal win at this international regatta. Barb Pidgen, rowing in the Masters D (50 - 54 years) Women's singles in a field of 7 rowed the 1000M course in "On the Fly" cleanly to finish 1st in a time of 4:29:76.
- All other races were in the junior events on a 2000M course. In other singles events Sarah Pidgen in Jr Women's Single category finished 5th out of 7 in her heat in 8:48:10
- Matthew Siddall in Jr B Men's finished 3rd out of 6 in a time of 8:31:86.
- In the Double Sculls events the Jr Women crew of Kirsten Cameron and Sarah Pidgen finished 5th out of 6 in a time of 8:38:46
- Jr. Men, John McRae and Matthew Siddall finished 4th out of 7 in 7:33:00.

photo photo credit* Sarah Pidgen Barb Pidgen on the podium with Henley Gold after her 1st place 1000M Masters Single race at the Royal Canadian Henley Regatta in St. Catharine's on August 12th.*



Tops & Bottoms Regatta
Don Rowing Club, Port Credit
August 18, 2007

ORC Women win gold in all 4 events!

Orillia Rowing Club's women's crew (left to right) Laurie Herd, Kathy Hunt, Barb Davidson and Rhonda Lauer won Gold medals in all four events they participated in!



Seven members of the O.R.C. attended the Tops and Bottoms Regatta hosted by the Don Rowing Club in Mississauga on August 18, 2007. This recreational regatta saw clubs from Southern Ontario and Buffalo New York compete on the 750M course on the Credit River.

The ORC women's crews dominated their events winning gold medals in all their categories on the 750M course including:

- Kathy Hunt and Barb Davidson in the double sculls T7 race,
- A very close win for Hunt, Davidson, Laurie Herd, Rhonda Lauer and coxie, Don Salmon, in the coxed quad T-11 event against the Belleville Scullers; and
- Hunt, Herd, Davidson, Lauer and coxie Sandy, from the Argos, in the coxed 4 race.

The men's coxed quad T-11 crew of Lawrence Boyer, Tim Lauer, Don Salmon and Ralph, from the 'Don' Club, finished second,

Then the whole O.R.C. crew of Hunt, Herd, Boyer, T. Lauer, Salmon, Vanessa (from London), Davidson, R. Lauer and coxie, Katie (from Dons), finished the day with a gold medal win in the Recreational Mixed eight.



Rowing a Race...
A novice point of view

Submitted by Marta Judek
 Recreational, Social and Volunteer Rep

The Intra-Regatta is a great introduction to rowing competition for a novice rower. Just completing the course without catching any 'crabs' is a feat in itself. The excitement is exhilarating, the row is hard but very rewarding and if at the end you are still upright and the row felt good you consider yourself a winner!

This is the first time that I had the feeling of completing races successfully, while rowing as part of a team. During this club members' event, I found the crews to be kind and are very supportive ; welcoming the new rowers. This was a great regatta with a fun social after, where all were able to discuss the events, their accomplishments and mishaps.

Don't miss the next club Intra-regatta on Thursday, August 23 at 618 High Street. Boat loading at 5:15 -5:30 pm. with races starting at 6:30 p.m. Sign up at the boathouse to bring a food item to the Club BBQ. Family members are always welcome to attend.

ORC Athletes at East Side Mario's after the Intra-Regatta – July 24. Look at all those ribbons!!



F.Y.I.
Fall Races coming up!
 Look for information posted on the bulletin board at the boathouse!
 All are welcome!
 Aug. 25 – Rec 'n Row – Barrie
 Sept 15 – Head of the Thames, London
 Sept 16 – Western Invitational, London
 Sept 22 – Head of the Welland
 Sept 29 – Head of the Trent, Peterborough

Barb Davidson's
"Regatta Energy Squares"
 (By popular request - from Anne Lindsay's The New Lighthearted Cookbook)

½ cup butter melted
 ¾ cup corn syrup
 2 cups quick cooking oats
 1 cup wheat bran
 1 cup sunflower seeds
 1 cup dried fruit (e.g. apricots, dates, raisins, cranberries)
 ½ cup chopped nuts optional (e.g. walnuts, almonds, pecans)
 ¼ cup sesame seeds

In a large bowl, combine the butter and corn syrup; stir in rolled oats, bran, sunflower seeds, dried fruit, nuts, sesame seeds.

Firmly press into a lightly greased 9 x 13 inch pan (2.5 L cake pan). Bake in 350 degree oven for 20 -25 minutes until golden. Let cool and cut into squares. Store squares in an airtight container and remember to take to the regatta with you!

Makes enough for sharing.

**Calling for Nominations for
the:
Judy Gaudaur-Savage
Memorial Award**

Do you know a great candidate who is a youthful rowing member of the Orillia Rowing Club, who has great attributes of volunteerism, and tremendous rowing enthusiasm?

Please send in your nomination with a reason why you feel the candidate should be chosen. All nominations need to be deposited in the marked container in the boathouse.

All nominations will be considered by the ORC 2007 Executive and will be announced at the Annual ORC Banquet on Sunday, October 28, 6:00 p.m. in the Sam Brown Room at Kelsey's

JOB POSTINGS

**PART TIME BOATHOUSE
ASSISTANTS –**

August & September 2007

Under the direction of the Boathouse Manager and/or ORC executive, the successful candidates shall have the following responsibilities including, but not restricted to the following:

- Run the boathouse during designated row times
- Assign rowers into crews and assign crews to boats if necessary
- Ensure safety of all rowers on & off the water & ensure all members follow club safety procedures & proper equipment handling
- Be in-charge on the water
- Provide rowing tips to rowers on the water at every opportunity

- Assist Boathouse manager (and any member who is organizing an event) with various club programs & events
- Encourage & promote members to row together & participate in club activities
- Ensure that boathouse is clean & tidy at all times

Qualifications:

- Ability to work independently with a minimum of supervision
- Minimum Level 1 Technical Coaching Certification a preferred asset
- Boat Operators License & confidence in driving a boat
- Current First Aid and CPR certifications
- Strong communications skills & organizational skills
- Confidence & ability to give direction to all rowing members
- Willingness to take on responsibility & work with a minimum of supervision
- Current rowing member of the Orillia Rowing Club

Hours of Work:

- Various hours mornings, evenings, and weekends
- Available to work at end August & with the boathouse manager and in September to Sept 29/07
- Fair share of Sat. & Sun. am. work at Boathouse

Closing Date: Sunday, August 26/07

Forward applications to: Resume with covering letter can be left with the boathouse manager or staff who will forward it to the Club President, or email it to orilliarowingclub@yahoo.ca Attention Laurie Herd or directly to lherd5129@rogers.com. If time permits, you could mail to the Orillia Rowing Club; P.O. Box 981, Orillia, ON, L3V 6K8

**PART-TIME
O.R.C. ADMINISTRATOR**

This is a new position supported by a Trillium Foundation grant. The Administrator will assist the ORC President and Board of Directors in carrying out the administrative functions of operating the club.

Hours: Flexible hours (3 – 8 hours/week with a maximum of 16/month); according

to the club's annual activity schedule (year round).

Job Duties:

- **Administration** – including record keeping, bookkeeping and registration.
- **Member Communication** – including telephone duties, newsletter and website content.
- **Publicity and Promotion** – including media releases, special event organization and other promotion activities as directed by the ORC (e.g. brochure/poster distribution, website updating)

Qualifications:

- Excellent communication and organizational skills
- Knowledge of record keeping and bookkeeping systems
- Knowledge of standard office management computer programs
- Ability to work with minimal supervision
- Knowledge of community resources and media helpful
- Creativity in the areas of publicity and promotion helpful
- Access to home office and telephone required
- Use of car preferred

Closing Date: AUGUST 31, 2007

To apply: Send your resume, along with covering letter, to:

Job Application
Orillia Rowing Club
P.O. Box 981
Orillia ON L3V 6K8

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