



# ORC NEWS



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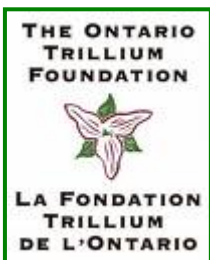
## O.R.C. Dinner and Awards Night 2007

*Submitted by  
Laurie Herd, Club President*

O.R.C. celebrated a great 2007 season with a dinner and awards night at Kelsey's restaurant on October 28.

Several members were presented with Provincial Certificates of appreciation and congratulations, supplied by MPP Garfield Dunlop's office. Recipients included:

- Kirsten Cameron and Sarah Pidgen as the longest competitive ORC crew of 4 years
- Jr Mens single rower Matthew Siddall for 1<sup>st</sup> time ever winning at the RowOntario Champs, (Bronze medal) and
- Barb Pidgen for the only Gold medal winner ever at Royal Canadian Henley - Wms Masters single sculls
- Both Men's and Women's recreational crews and medal winners this season were also presented certificates.



Kathy Hunt was presented with the RowOntario Volunteer of the Year Award as voted on by her peers. Hunt was instrumental in O.R.C.'s successful Ontario Trillium

Foundation Grant application and continues to work diligently to divest the \$75,000 grant.

This year's recipient for the Judith Gaudaur-Savage Memorial Award for a youth O.R.C. member is Jonathan McRae, who exemplifies volunteerism and enthusiasm for the sport. Club President, Laurie Herd said, "Jon is a great athlete committed to the sport, offering support to other members and always willing to help out. He represented ORC as a competitive rower and was a great role model to Row-for-Gold Campers and Learn to Row participants. Jon has a wonderful attitude and is a great asset to our club."

The club would like to thank Marta Judek for organizing the dinner and to Kelsey's staff for a job well done. Many thanks as well go to various companies and individuals who donated prizes to the prize table. Also, it should be noted that the Orillia Rowing Club Board members work hard to bring the sport of rowing to the area for all to enjoy.

*(Photos - Diana Ruhe)*

*(Below) Judith Gaudaur-Savage Memorial Award winner, Jon McRae and father Bruce.*



*(Below) Kathy Hunt, RowOntario Volunteer of the year award*



*Barb Pidgen - Gold medal - Royal Canadian Henley Regatta*



*Matthew Siddall - Bronze Medal at RowOntario Championships.*



*O.R.C. Recreational Women's crews and 2007 medal winners*

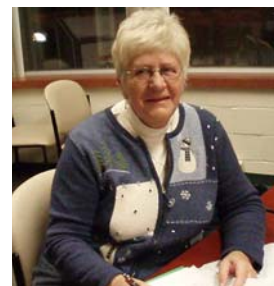


## Year End Report – North Central RowOntario

- Successful Trillium Foundation Grant
  - Purchased 2 racing singles and 2 touring boats - a T-11 and a T-6
  - Purchased 4 new ergometers.
- Two firsts - Barb Pidgen won Henley Gold in the Womens 1x & a Bronze medal at RowOntario Champs by Matthew Siddall
- Mike Thompson coached several crews in August.
- Purchase of video camera for training
- New computer
- Additional staff training
- Funded part time admin. assistant.

## New Administrative Assistant

*Ruth Trotter (Below)*



Ruth has been hired for the Trillium funded position of Administrative Assistant. Ruth's background includes accounting, community sports programs, and event planning. We look forward to having Ruth as part of our ORC team, working with both executive and club members alike. Please welcome her to our club!

### ORC Fall Regatta Results

O.R.C. members attended 3 regattas this fall. The beautiful weather in the fall months made training a pleasure.

Barb Pidgen attended 2 events in London Sept 15 & 16:  
**- Head of the Thames - Silver - Masters Women's Category D - time 19:44 min.**  
**- Western Invitational** on Fanshawe Lake - 4 km. head race - time 19:20 minutes and 400 m. sprint in 1:54.3 minutes

### Head of the Welland - September 22

- 11 O.R.C. members competed in the 5km race in 5 race categories with a silver medal sweep in all but one of them.

- Women single scullers Barb Pidgen Masters D finished in 23:28.9, just 3 seconds from gold while Masters E, Kathy Hunt finished with silver in 26:55.9.

- Junior Women Double Sculls rowers Vanessa Surge and Olivia DiBacco finished 8th out of 10 in 25:27.5

- Quad events - the Dynamic Women's crew of Hunt, Barb Davidson, Heather Driver-Kerslake and Rhonda Lauer finished in 19:00.3, while the Kinsmen mens crew of Tim Lauer, Lawrence Boyer, Doug Wiles and Ron Pidgen also finished with silver in 19:08.1.

*(photo-Rhonda Lauer)*

*Kinsmen Quad crew of (l to rt) Ron Pidgen, Lawrence Boyer, Doug Wiles and Tim Lauer*



### Active Fitness Centre

Train this winter on O.R.C. Ergs at the Active Fitness Centre!

ORC has arranged for two of our new rowing machines – purchased with funds from the Trillium Foundation grant – to be placed at the Active Fitness Centre at 69 Peter Street (entrance off Elgin). The facility has extensive cardio, weight training, wall climbing and core strength

program areas. In addition, Eddie would design a personalized training program at no extra charge.

All 2007 ORC members are invited to use the ergs at no charge during regular Active Fitness Centre hours (Mon.- Fri. - 6 am to 9 pm & Sat.- 9 am to 5 pm)

If you are interested in joining Active Fitness, owner Eddie Black will offer a discount of 10% on his regular membership fees of:  
 3-month adult = \$160  
 1-year adult = \$480  
 1-year student = \$375  
 Training session = \$40/hour

*Matthew Siddall (left) helps ORC and Active Fitness members with the erg settings.*



Club members are encouraged to use the clubs new ergs that are being housed at Active Fitness Centre for the winter

The placement of these ergs, along with accompanying ORC and Trillium Foundation signage, is increasing the profile of the ORC in the community and will hopefully create interest among Active Fitness Centre members in the sport of rowing. This year's indoor erg event will take place at the Active Fitness Centre...start training now!

### ORC Executive for 2008 Season

Left to right, Laurie Herd, President, Barb Pidgen, Past President and Treasurer, Rhonda Lauer, Director LTR, Marta Judek, social and Director of Volunteers, Lawrence Boyer and Alan Smale, Equipment and Safety Co-Directors, Mary Girard, Secretary, Diana Ruhe, Social co-director and Treasurer in Training. (Absent from photo, Don Salmon & Barb Davidson, Recreational Programs Co-directors.)



### Row Away Winter **Lets get active together!**

O.R.C. & the Severn River Rowing Club will Co-host an Indoor Rowing Event on: **Sunday, January 20, 2008**

**9:00 - 12:00 noon**

**at Active Fitness Centre,  
 69 Peter St South, entrance off Elgin**  
 - 500 M and 1000 M events (2 events per person) for Bantam, U17, U19, U23 and Masters  
 - \$10.00 per person (no rowing experience required) Non-members are invited to register for \$5.00 with a contribution of non-perishable food items for the Sharing Place Food Bank.

### Valuable Coupon

**\$5.00 off to all Orillia and Severn Rowing Club Members and Active Fitness members who pre-register by January 18/08.**

Call the ORC boathouse number at 326-3519 and leave your name, phone number and which age group you will participate in.

### Leisure Fair at Orillia Square

The club will have information and a display set-up at a booth (among many other sports and rec groups) on Saturday, February 16, 2008 -10:00 am - 4:00 p.m.

Registration may be available for spring rowing programs. There will be an Active Zone at the event this year and indoor rowing will be featured.

### Calling All Volunteers!!!

Get jump start on your volunteer hours by helping out at either of these events. Call the boathouse at 326-3519, leave your name, number & which event you can assist with.

### Zehrs - Save a Tape Program.

Attention Rowing Club members. Please deposit your Zehrs cash register tapes in the Orillia Rowing Club pigeon hole located (at the bottom centre) in the bins at Zehrs. Marta Judek is collecting the tapes for the club as an ongoing fundraising effort.

**The Orillia Rowing Club would like to acknowledge the support of the:**

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