



# ORC NEWS

Volume 8, Issue 1  
Boathouse Phone: (705) 326-3519

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

Email: [orilliarowingclub@yahoo.ca](mailto:orilliarowingclub@yahoo.ca)

Website: [www.ca.geocities.com/orilliarowingclub/](http://www.ca.geocities.com/orilliarowingclub/)

March 2007

## PRESIDENT'S MESSAGE

**Laurie Herd**  
**2007 President,**  
**Orillia Rowing Club**

Welcome to another great season with the Orillia Rowing Club! The **ORC Executive Board** for 2007 includes (left to back) Treasurer, Barb Pidgen, Safety and Maintenance, Lawrence Boyer, Competitive Program, Laura Siddall, Secretary, Alan Smale, (left to front) Marta Judek, Recreation & Social Director; Learn to Row and Member at Large, Rhonda Lauer and President, Laurie Herd. (Below)



Our club, like so many other small, not-for-profit organizations is under pressure to stay competitive. It is a challenge to offer a variety of appealing, safe programs, with competitive, quality equipment that can service a wide range of people. ORC reaches out to younger rowers, teens and adults of all ages and is always ready to engage even more people with this incredible sport.

We are fortunate to have a talented and dedicated crew at the helm of this organization, as well as a hard-working membership. Together they are responsible for program development as well as fleet and storage expansion all while maintaining a strong financial base.

A special "Thank You" to the "Trillium Grant" committee of: Kathy Hunt (Chair), Laurie Herd, Pamela Sunstrum and Heather Driver-Kerslake who have worked on the application process over the past 12 months to fund the building of a dock, which has often been regarded as vital for the further development of spring and fall row programs. Also, thank you to the club executive for their vision and effort, and to Barb and Ron Pidgen for the financial facts always being fingertip ready! We will know if the application has been successful by mid-April 2007.

### Winter "Rowing"

The ORC has been very active over this winter:

Several club members took advantage of the club's ergs over the winter and were able to 'row' all winter long. The Orillia Rowing Club also participated in several winter events including 'Erg Away Winter!' This indoor rowing challenge took place on January 27 at

the Orillia Museum of Art and History under the inspiring on-water photography collection by Ingrid Saliste titled 'From My Kayak'. Proceeds from the morning event went to benefit the "Your Community in Motion, Building our MURF" campaign. It was a fun, active event that benefits all 3 three-partner groups.

Indoor rowing was introduced to about 50 Grade 7 and 8 students from 4 area elementary schools during the Canada, Character Education and Fitness Challenge hosted by Twin Lakes S.S. on March 6.

ORC also participated in Orillia Parks and Recreation's 'Lost in Space' program

for one afternoon during March Break. The 40 children between 6-12 years experienced a fast-paced cosmic workout and learned how to 'row to the stars'!

(Picture Below) Carley Schandler expertly handles her 'Starship Rower' and is cheered on by fellow astronauts Madison Parker (left) and Angela Grimaldi (right) and Orillia Rowing Club member Matthew Siddall during the 'Lost in Space' March Break program offered by Orillia Parks and Recreation.



### Upcoming Programs:

ORC is again offering a Spring Student Rowing/Training Program. The 9-week program starts April 10 and will include conditioning, cross-training, healthy lifestyle info, Learn to Row, on-water training and team work skills. This year the program will include younger students; bantam ages 11-14 years as well as junior ages 15-18 years. Some new activities include a 'Try it on - Let's Row Event', using indoor rowers on Tuesday, May 8 during an "Active 2010 and Good for Life" community event. Do not forget the Intra Regatta July 11 and another Club event August 1. Summer Camps will happen with the addition of an experienced rower camp in August.

### Fund Raising - 2007

ORC will again have a raffle as part of the fundraising strategy for 2007. Thank you, to John Siddall, who has offered to lead this operation. There will be several great prizes including golf passes to Bigwin Island Golf Club, Mariposa Folk Festival 2007 Weekend Passes, and a Nature Carving. Tickets are \$5.00 each and the draw will take place on Monday, June 25, and will include the LTR-Grad, meet the members and summer kick-off social starting at 7:00 p.m. All events take place at the boathouse.

ORC will hold a Spring Car Wash on Saturday, May 26 at Second Century Source for Sports between 10:00 a.m.–2:00 p.m. The club's Orillia Tag Days are scheduled for Friday and Saturday June 15 and 16.

Hopefully, there will be time to fit in some touring dates around the competitive rowing season and as always a chance to train, row, enjoy the venue, the sunshine and the camaraderie of the Orillia Rowing Club family.

Come on board! Check out the volunteer opportunities and get involved with the club. Sign up for a program. Give us your ideas and suggestions. Above all have fun!

Ready? Attention! Row!.... here's to dreaming of calm water.

### YEAR-END WRAP-UP

Several ORC members were honoured for their performance over the past season at the Club's Year-End Banquet.

*(See pictures next column)*

Matthew Siddall, centre, was awarded the Judy Guadaur-Savage Memorial Award for volunteerism and enthusiasm for the sport, while Alexa Dunn, left, and Tim Dwyer, right were named the top high school rowers in the club in 2006.

Simcoe North MPP, Garfield Dunlop, awarded Province of Ontario certificates to members who competed at regattas throughout Ontario, including the Ottawa Marathon rowers: (L to R) Rhonda Lauer, Brenda Jenkins & Barb Davidson (missing were team mates Kathy Hunt & Heather Driver-Kerslake)



### Great Indoor ORC Rowing Event At Orillia Museum Of Art & History

The Orillia Rowing Club hosted the Second Annual indoor rowing challenge at the Orillia Museum of Art and History to 'Erg Away Winter' this past winter.

The rowing participants had the opportunity to race under the brilliant photography of Ingrid Saalste's water and shoreline views entitled "From My Kayak".

The club appreciated the opportunity to stage this event in such a unique and inspiring environment. Special thanks to Curator, Sim Salata, and the OMAH staff and volunteers who were extremely helpful and accommodating.

A big thank you to Brad Ingleton, of East Oro P.S., who brought that school's Rowing Club's two new Concept 2 Ergs. Ingleton, an experienced and competitive rower, lead a "How to Erg" Clinic prior to racing.

Thank you, as well, to George Jones, Sandy Patrick and Laura Siddall for transporting these Ergs with the assistance of Twin Lakes S.S. students: Matthew Siddall, Dale Patrick and Tim Herd. Todd Larmon, Department Leader of Phys. Ed. at Twin Lakes S.S. graciously lent us that school's Ergometers as well.



Mariposa Market supplied fresh baked goods for the snack and water table, with proceeds going to the "Your Community in Motion, Building our MURF" Campaign.

Thank you to Rhonda Lauer who registered the rowers and who, with others already mentioned, helped with the set-up and clean-up. RowOntario - North Central rep Jeanette Lunenburg came on board for this event, participating and supplying regatta prizes.



### FALL 2006 REGATTAS

All Articles Submitted by  
Laurie Herd, Club President &  
Director of Publicity

### Georgian Bay R.C. Fall Invitational Regatta

Thirteen members of ORC (Pictured Below) participated in 10 of the 13 events at the Fall Invitational Regatta hosted by the Georgian Bay Rowing Club on Saturday, September 9.



The 1400M course, with fixed starts, took place on Little Lake in Midland and is an excellent venue for a recreational regatta. The weather was cool, but the wind was low and the rain held off resulting in excellent racing conditions.

The Georgian Bay R.C. received grant money from the Ontario Trillium Foundation to run an Adaptive Program at their club. This event gave these new rowers an opportunity to experience the sport in a racing format. Adaptive Rowing is quickly gaining momentum in rowing circles and has even expanded to the international stage. Adaptive Rowing engages athletes with physical and mental delays and enables them to experience this incredible sport.

Two medals were won in the singles category, Kathy Hunt for the women with a time of 6:45:33 minutes and in the mens division Matthew Siddall in 6:15:72 min. each rowing the club's Levitor Single.

Other ORC rowers participating in this regatta were: Heather Driver-Kerslake; Sandy Patrick; Rhonda Lauer, Tim Herd, Tim Lauer, Doug Wiles, Adam Moore, Audrey Willsey, Doug Herd, Brian Koehn, Adam Moore.

All of the clubs in the district wish to thank the umpires and officials who help keep the crews, safe, organized and on time. A special thanks to our local Official Bob Browne for his patience and support and to our RowOntario district representative Catherine Barney who does so much for the district clubs.

Kathy Hunt (Next Column) receiving 1st place medal, Womens Single, Geo Bay RC Fall Invit. Regatta, from RowOntario District Rep Catherine Barney



(Picture Below) Heather Driver-Kerslake and Kathy Hunt trading rowing spots with Doug Wiles (yellow shirt) and Tim Lauer.



(Picture Below) Left to right coxie Rhonda Lauer getting the crew ready, Sandy Patrick, Audrey Willsey, Heather Kerslake-Driver and GBRC member Adrienne at Fall Invitational Midland

(Next Column) RowOntario district Rep



Catherine Barney congratulating Matthew Siddall with his 1st place win in Mens Single event at GBRC Fall Invitational Regatta, Sept 9/06

### Head of the Welland

The Orillia Rowing Club had five crews in the regatta. The weather was overcast with rain showers and windy conditions, resulting in rough water over the 4km course in Welland, Ontario.



ORC rowers who participated in this Regatta included Olivia DiBacco and Vanessa Surge, in addition to the rowers pictured below who won Gold or Silver medals in their races:

( left to right, back row), Rylea Cole, Kirsten Cameron, Rhonda Lauer, Kathy Hunt and Sarah Pidgen front row, Vera Cameron-van Amelsvoort, and Barb Pidgen.



### ORC/Lakehead Crew of 06

For the first time ORC had a womens double crew of Lakehead students Rylea Cole and Samatha Umney-Gray participating in Head Race (5000M River Race) Regattas last fall. ORC Registrar and Treasurer Ron Pidgen coached the duo.



The Orillia Rowing Club partnered with Lakehead University to offer this varsity program the inaugural year of the University's presence in Orillia .

Lakehead students getting ready for a Learn-to-Row class with Orillia Rowing Club Members front to back, ORC past president Rhonda Lauer, Lakehead student Rylea Cole, ORC member Tim Lauer and student Samantha Umney-Gray. (Picture Below)



**Head of the Trent - Sept 30th**

The day was cold and windy, but the rain held off until the last races were finishing. The 4.6 km Head Race was shortened for the last division to a 3.4km race due to light issues.

ORC rowers participating in this regatta included: Barb Pidgen, Samatha Umney-Gray, Rylea Cole,

This was the 1st ever rowing event for the Lakehead crew and the Novice rowers, Umney-Gray and Cole did an excellent job completing the course for the Gold and Blue of the Thunder Wolves. ORC director and coach Ron Pidgen was impressed with their effort and race result.

**CONGRATULATIONS TO MARGOT HERD !!**

**2006 ONTARIO RECREATIONAL COACH OF THE YEAR**

Former ORC Boathouse Manager & Club Coach, Margot Herd was awarded the Ontario Recreational Coach of the Year for 2006 at the RowOntario Conference in November 2006. In addition to running several camps for ORC in the summer of 2006, Margot also coached her team to a Gold Medal at the Ontario Summer Games in August, 2006.

“Margot has a strong commitment to rowing and to sharing this sport” said

Carol Love, Vice-president for Coaching for RowOntario.

Margot with Buffy Williams (Sydney Olympics Summer Games Bronze Medalist) and Michael Thompson (RowOntario President) (Picture Below)



**2006 ONTARIO SUMMER GAMES**

Three ORC members, Alison Burrell, Matthew Siddall, and Tim Herd, with Margot Herd as Coach, joined 54 other participants and 9 coaches at the 2006 Summer Games in Ottawa.

(Olympic Gold Medalist, Rob Marland (Centre), with Tim & Matthew)



(Alison Burrell (Bow) with South Niagara Rowing Partner)



**NOTICES**

**? TRAINING QUESTIONS ?**

Are you interested in learning more about training and the sport of rowing? Would you be interested in Activity Clinics? Please contact Laura Siddall or Laurie Herd.

**COACHING & LEADERSHIP**

ORC is able to support members who are interested in developing coaching and leadership skills. Provincial Coaching Week is April 14 – 21. There are several multi-sport programs available. Visit [www.coachesontario.ca](http://www.coachesontario.ca) or call Laurie at 326-7023 for more information.

**HELP ! EQUIPMENT NEEDED!!**

The Club needs a DVD player for the upcoming season . ORC has received a new RCA Learn To Row Safety DVD and we do not currently have the use of a player.

**BUY AN OAR PROGRAM MORE SUCCESS !!**

Throughout 2006, ORC was fortunate to have the following oars sponsored at:  
**Sculling Oar @ \$295; and**  
**Sweep Oar @ \$375:**

- Dr. Dan Moore**
- Bayside Restaurant**
- West Ridge Family Dentistry**
- Karen O’Coin**
- Brenda Jenkins**
- Kelsey’s Restaurant**
- Montana’s Cookhouse**
- Leon’s Furniture Orillia**

Since 2001 our Buy an Oar Program has been extremely successful with a total of 18 sweep oars and a total of 45 sculling oars being sponsored We are extremely grateful to all our sponsors and thank them for their support of rowing in Orillia.

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

**IMPRESSION HOUSE**

**Your print & design centre**  
**FAST & EFFICIENT SERVICE**

**We create solutions!**

**44 Mississaga St. W.**  
**705-326-4731**