



CHEEMA CHATTER

JUNE 2008

www.cheema.ca

COMMODORE'S MESSAGE

I can tell the season has begun by the number of black fly bites! The kids are back on the water and all is ready for the summer program. We have already had success at the international level with many of our paddlers competing and medaling at the Pan Am Championships in Montreal. This event also acted as the Olympic Qualifier. Since then, Karen Furneaux, Jillian D'Allesio, Connor Taras and Lyall Hatton have been competing in Europe in the World Cup races. These races were the last real hurdles for Olympic Qualifying. Congratulations to Karen who has been named to represent Canada (and Cheema!) at the Olympic Games in Beijing!!!

Neil Lang, Mike Hindler, Shaun Fair, Michelle Russell, Erika Taras and Sarah Giffin are in Germany right now competing at the Bochum

Junior World Cup event. Results can be found on the Cheema website www.cheema.ca

Getting paddlers to this level takes a lot of effort. It takes a club to raise a paddler! Our volunteers have been working all winter on various projects. You will continue to see upgrades to the clubhouse and yard. Our full time paddling families take on the bulk of this responsibility. In order to keep our fees as low as we can, we need to rely on unpaid contributions. Some jobs are small and only take a day or two and some feel like a second full time job! In the next couple of months we will be assessing which jobs still need coordinators and will be approaching people to see if they are willing to give a day or two. We are hoping to have small projects that will make a big difference to the club but won't require a huge time commitment.

Our summer programs will see some major changes this year. We have hired Andy Leblanc, a long time coach and school teacher, to be our onsite summer coordinator. We will have 2 onsite lifeguards and will have fully trained staff for all of our summer age groups. We have also recruited parent liaisons for each level. If you have any questions regarding regattas, coaching, programs or where the washrooms are, feel free to contact your parent liaison. This does not mean that you are not still able to contact any board member as well but we hope that having this additional support will help new families navigate through the sport quickly and easily. All parent liaisons will be listed on the website at www.cheema.ca

I look forward to seeing you at the club or at the regattas and hope that you enjoy the summer of 2008.

Brenda Fair
Commodore

PS Did you know that 2009 will be Cheema's 40th anniversary??



CHEEMA SCHOOL VISITS

During the past month Shaun Fair and Caitlyn Dunphy visited local schools to talk to them about goals. They attended Holland Road School, Ash Lee Jefferson and L. C. Skerry. Caitlyn actually attended L. C. Skerry twice since she showed up there accidentally when she was supposed to go to Ash Lee Jefferson! After she and Shaun had a 5 minute cell phone conversation trying to find each other they realized they weren't at the same school! Besides that one incident all of the presentations went very smoothly. Shaun provided the comic relief while Caitlyn kept Shaun on track. The kids enjoyed Shaun's humor and I think a few of the girls developed a crush.

Shaun and Caitlyn used personal examples to teach the children the importance of goal setting. They taught them about long term and short term goals, S.M.A.R.T goals, what it takes to achieve goals and threw in fun Cheema facts whenever possible. By the end of the presentation they had the kids excited about setting goals and paddling. The kids started telling Shaun and Caitlyn their personal goals about school and sports. Lots of kids said they want to join Cheema or that they were excited to come back this summer. Many of them were sad that Poet was not coming back; however, a few of the girls seemed pretty happy about Chris Brayley being a new coach!

By Caitlyn Dunphy



CHEEMA'S MASTERS PROGRAM

It may seem like a rather elite title for a team - given that traditionally "masters" of anything are well trained, knowledgeable and extremely experienced in whatever it is that they have "mastered". This is so very contrary in the sport of paddling. Our team is comprised of people who have exceeded the age of 25. From this our skill levels range from beginner to well seasoned paddlers. We even have the privilege of having some paddlers on our team that were national paddlers in their prime.

IT IS NEVER TOO LATE TO START PADDLING!!

This year our team has had the opportunity to welcome a new coach - Andy LeBlanc. He brings many years of paddling experience and many new coaching techniques to help people get into the sport as well as to challenge more experienced paddlers.

Our primary focus is to train to meet and exceed our own fitness goals as well as to prepare our team for the 4 upcoming regattas.

Here we get to go head to head with other local master's teams. All race days are full of fun, laughter and accomplishment. During pre and post practice we take that time to get to know one another a little better - increasing our network of friends. Our networking has enabled the Master's team to take a more active role in the happenings at Cheema.

In recent weeks our team as assisted the annual facility and grounds clean -up, as well a group of our team has taken the time to paint the inside of the club house. NSCC has donated a refrigerator so the canteen has a nice clean appliance.

Keep posted to see our team grow and succeed this summer 😊

By Sharon Cake

COLD DRINKS MACHINE IS BACK!

Soon you will see the drink machine filled with cold drinks. There will be water, fruit juices and Power aid. Donations accepted!

Along with the drink machine Cheema is going to work on being greener. Recyclables will power our Motor Boats!

To reduce our garbage all paddlers will be challenged to pickup and place recyclables' containers into blue bags.

1. Less landfill garbage
2. Money for motorboat gas
3. Funds for a new motor boat

Please play your part in this Program to help the Environment and Cheema. If you want to bring recyclables from home money raised can be used towards another much needed motor boat

By Brad Murray

PAN- AM CHAMPS MAY, 2008

Cheema made a great showing at the recent Pan-Am Champs held in Montreal. Here are some of the podium finishes.



Karen Furneaux wins gold in the K1



Shaun Fair and Neil Lang as part of the Silver Medal Junior K4



Michelle Russell on the podium as part of the K4 Junior Gold Medal Team



Shaun Fair K1 1000 Junior Gold



Neil Lang and Andrew Jessop (Maskwa) win K2 Junior Gold



Lyle Hatton and Connor Taras win Senior K2 Bronze

Cheema Athlete's Profile

Jacob Stephen Bardos
September 23, 1993

When Started Paddling at

Cheema : Jacob is new to Cheema he began training with the club in the fall of 2007, but he started paddling at the age of 6.

Group: Year Round, High Performance Kayak with Mike Kerrivan

Greatest Accomplishments : I feel that I have yet to reach my "greatest accomplishments" but I have reached a few of my goals as a paddler. In the 2007 summer, I placed 2nd in K1 at Peewee Bantam champs. I continue to train hard and keep focused in school.

Hobbies: Cross Country skiing, guitar, knitting. I also have a deep passion for soccer.

School Fairview Jr High School Grade 9-French Immersion Program)

Goals: -Graduate with high honors

- Place top 5 in K1,K2 and K4 at Nationals 2008

-Make Canada Games team for cross country skiing 2013

-Compete at Jr Worlds and compete in the Olympics

Favourites :

Music-Indie, Alternative

Movie- Fight Club, Donnie Darko and Zoolander

Food- Chocolate

Who is your Idol and why: I do not really Idolize anyone, I think anyone who works hard and stays focused on what they would like to achieve is an inspiration to me.



STUART, FLORIDA
SPRING TRAINING 2008

PEEWEE/BANTAM
2 & 4 KM CHALLENGE
MAY 24/08



PARENT LIASONS

New this year we have a summer supervisor who will be at the club everyday to make sure things are running smoothly and can answer parent questions. Andy LeBlanc is our summer supervisor

We also have parent liaisons for every group except the 2 week recreation program. These parents will help with questions and concerns acting much like a team manager. Feel free to e-mail either the summer supervisor or parent liaisons. If they can't answer your question they will find someone who will.

We are currently looking for someone to fill the spot of atom parent liaison. If you are interested contact Ness Skinner

Contact Information:

ness_skinner@hotmail.com

Parent Liaison Coordinator

leblancandy@hotmail.com

Andy LeBlanc, Supervisor

dave.skinner@stratosglobal.com

Peewee Girls- Dave Skinner

morrissey@eastlink.ca

Peewee Boy Liaison-

Darlene Morrissey

laurreleanelson@eastlink.ca

Bantam Girl Liaison-

Laurel Lea Nelson

pstaceyca@yahoo.com

Bantam Boy Liaison-

Penny Stacey

IKON SPORTS AWARDS

Congratulations are extended to Connor Taras and Lyall Hatton who were awarded team-of-the-year honors at the recent NS IKON Sports Awards. Last year they were the first Canadians to win a men's K2-1000 Silver Medal at the Junior Worlds. They have had continued success at recent trials and are presently in Europe training for the summer race season.

Cheema is proud of Karen Furneaux's nomination for athlete of the year and Frank Garner's nomination for official of the year. Paddling was well represented by these exceptional individuals with ties to Cheema.

SPORTS NS TICKETS

Cheema Aquatic Club has a new and exciting fundraiser. We are teamed with Sports Nova Scotia for a great vacation giveaway. We are selling tickets at different locations throughout the summer; the draw date is Aug, 22, 2008. Get ready for your group to sell. We have already sold over \$464.00. We accomplished this at the NSLC in Fall River on Victoria Day weekend.

Thank you to Joey M. for starting off the day with his mom. Joey braved some very cold weather and gave us 2 hours of his time and he is not even in Cheema yet! Way to go Joey. Also, thanks to Rachel S, Hayley N, Matt W, Lucas H, Ryan S, Josh W, Tyler N and Mark G. You all did a great job on a very cold rainy day.

We have 3 months to raise money which will go towards new equipment, mainly boats for all levels to use at the club. Get ready to sell and support your club.

Parents and club members can get involved in the fun of selling. Who every sells the most tickets will receive \$100.00 in cash. So parents help your kids and bring those tickets to work. For more information and tickets contact ness_skinner@hotmail.com. Good luck to all, and have fun!

Ness Skinner
Fundraising Chair



NOVA SCOTIA DENTAL
ASSOCIATION
COMMUNITY FUND
PROVIDES PADDLE-ALL
BOAT FUNDING

The NSDA recently announced Cheema would receive \$3200 towards the purchase of 4 boats for the Paddle All program. The application was facilitated by Board Member Dr Heather Carr and Masters Paddler Dr Cheryl Dobson MacDonald. This fund is a new endeavor by the dentists of Nova Scotia to help build better communities. It supports activities which contribute to learning, growth, healthy outcomes and stronger support systems. Thanks to Mary Brayley for writing the application (the following excerpt was part of the application).

"The PaddleAll program is being implemented by the Atlantic Division of Canoe Kayak Canada with the intention of bringing kids with disabilities into the sport.

During the past twenty-five

years, sports for people with a disability have been developed at many levels in Canada. Specific programs for the disabled have been put in place by various sport organizations. It has been demonstrated that practicing physical activity or being involved in a sport is empowering for people with a disability. The sport of canoeing presents some real opportunities to advance in this area. The purchase of these boats will allow Cheema Aquatic Club to contribute to and participate in this Atlantic Division program.

It will also provide club members with an opportunity to share the sport that they love with the disabled community.

CKC provided competitive opportunities for participants in the PaddleAll program at the National Championships beginning in Ottawa in 2007. In 2008, CKC will again provide competitive opportunities at the National Championships to be held in Dartmouth during August 27-31."



Ken Clahane and Larry Nelson help out at the Peewee/Bantam Challenge

EDITORS NOTE

It's hoped you are enjoying this edition of Cheema Chatter. If there are missing news and photos, please send in contributions! Your suggestions and corrections are welcome. This newsletter is meant to cover all areas of Cheema; however, your help is needed to make it successful. The next edition is planned for August 2008. Please send athlete profiles, ideas and photos to heather.carr@ns.sympatico.ca.

Thanks, Heather Carr

PADDLE-A-THON/FUN DAY 2008

Cheema will be holding their 4th annual Paddle-a-thon on Friday, July 18th, 2008. (Rain date July 25th) All summer paddlers can participate in this fun event. We just received final approval from Sports Nova Scotia. We will be issuing tax receipts to anyone who pledges our paddlers \$20.00 or more. A special thank you to Ness Skinner for her perseverance to get this approved for 2008.

The main source of funding for Cheema is through registration fees and fundraising events such as this. Money raised has helped the club purchase equipment for the summer program, canoes, and paddles.

At this time we would like to thank everyone who has helped us with pledges in the past, we hope to have your continued support in 2008. Contact Laurel Lea (laurreleanelson@eastlink.ca) if you have questions or are able to help.

CHEEMA PADDLERS SUCCESS AT THE RUHR REGATTA INTERNATIONAL

Congratulations to the Cheema athletes who were part of Canada's incredible showing. Team members from Cheema are Erika Taras, Sarah Giffin, Michelle Russell, Shaun Fair, Neil Lang and Michael Hindler. Well done!

The following announcement was released by CanoeKayak Canada early June 23rd.

"Impressive medal haul for Canadian junior and development paddlers at international meet"

"BOCHUM, Germany- Canada's junior and developmental team paddlers combined for 14 medals in Sunday's 500 and 1,000-metre finals at the Ruhr Regatta International.

The highlight for the Canadians was a 1-2 finish in the combined women's kayak fours (K-4) 1,000-metre. The victors were Nicole Brown and Erika Taras, both of Waverley, N.S., Maggie Henderson of Maple Ridge, B.C., and Sarah Giffin of Windsor (Junction), N.S. In second place, it was Michelle Russell of Fall River, N.S., Natalie Miller of Halifax, Li-Yue Grenier of Lac-Beauport, Que., and Alexa Irvin of Kentville, N.S.

Canada won two silver medals in junior competition. They were earned by Shaun Fair and Neil Lang of Waverley in the K-2 1,000 and Mark James of Dartmouth, N.S., and Michael Hindler of Waverley in the canoe doubles (C-2)500.

The rest of the medals were collected in the under-23 competition.

Silver medals were earned by Camille Tessier-Bussieres and Marie-Pier Langlois of Lac-Beauport in the K-2 1,000; Jamie Andison, Cory Rublee and Mark Klevinas, all of Oakville, Ont., and Pierre-Luc Laliberté of Otterburn Park, Que., in the C-4 1000; Andison and Klevinas in the C-2 500; Klevinas, Rublee, Laliberté and Paul Bryant of Oakville in the C-4 500 and Hughes Fournel of Lachine, Que., in the K-1 500.

The bronze medalists were Klevinas and Andison in the C-2 1,000; Rublee in the C-1 500; Bryant and Laliberté in the C-2 500; Fournel, Geoff Clarke of Mississauga, Ont., and Colin Corbett and Jeremy Bordeleau, both of Dartmouth in the K-4 1,000; and Bussieres, Langlois, Una Louder and Hannah Vaughn, both of Dartmouth, in the women's K-4 500.

"It was really good to see how we measured up against the other countries in the different age groups," said Peter Niedre of Ottawa, Canada's national development coach. "For many it was their first overseas experience. So not only did they get a taste of international racing but they experienced how a big event like this works."

Full results at: <http://www.kanuregatta-bochum.de/>

<http://www.canoekayak.ca>"

CHEEMA BOARD 2008

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FLORIDA SPRING TRAINING 2008

