



Cheema Chatter

MAY 2007

www.cheema.ns.ca

Commodore's Comments

We are about to begin our summer recreational program. I want to welcome back all those families and athletes who are returning as well as those who are new to the club. We have an exciting program lined up for the summer with excellent coaches, most of who are returning from last year. We hope you enjoy the program and will consider staying involved afterwards.

The National Championships will be held in Ottawa this year in late August. We hope to qualify a significant number of athletes at all levels. Since it is in the National Capital, this is an opportunity to combine the championships with a family vacation.

Our year round junior athletes had an extra long training session in Florida and their second successful stay at the Potsdam Sports Centre in Stuart, Florida in March and April. They are now busy preparing for the first set of junior national trials in Montréal in May. The second set of Junior National Trials will be held here in Dartmouth in June. Hopefully a number of these athletes will be successful and

participate in the Junior World Championships in the Czech Republic in August.

We also have several athletes on the Senior National Canoe kayak Team. Many of them are competing in Europe at this time. With the Beijing Olympics coming in 2008, it is an important year for the senior athletes to continue their training and development.

The club runs on the participation of volunteers. Volunteers are needed around the club, at regattas and for special functions such as fund raising. Please step forward to add your skills to our club. Feel free to speak to Mike Kerrivan our head coach about any opportunities.

Thanks to all the volunteers, coaches and board members as well as the families and athletes for their ongoing efforts.

Let's have fun!

All the best to our athletes,

Paul Dunphy, Commodore

Marathon World Championships

By Caitlyn Dunphy

Marathon World Championships will be held in Gyor, Hungary September 8-9, 2007. Athletes hoping to qualify will compete in Bradford, Ontario May 19. Junior participants paddle 21 km with any number of portages.

I participated in last year's marathon in Tremolat, France, on the Dordogne River near Bordeaux, along with teammates Sarah Giffin and Nicole Brown. The trials were last June. Nicole's Mom drove the three of us, my mom, and 3 boats to Mattawa Ontario, a very small town at the edge of Champlain Provincial Park.

We were able to paddle from our cabin's beach to the start line the next day. Because only a small group participated in each age category, they moved up start times so we could race in a group. We were in the water with all ages and all kinds of boats. Many marathoners raced in huge recreational canoes packed with picnic coolers and other gear. We were expecting a portage on carpet or sandy beaches. Instead we found rocks, roots, and a few hundred meters of swampy paths. It was a long and tiring paddle. Nicole and I raced in K1 the first day, Nicole and Sarah paddled in K2 the second day. All three of us qualified.

There was lots of confusion and e-mail communication to get to the race in France. Nicole decided to just race the k-1 so Sarah and I became a k-2. We all had to find our own funding to compete. They arranged boats for us to rent in France and provided uniforms. Darryl Bohm of Ottawa volunteered as team manager and started a chat room for us to get organized getting to France. He and his wife and daughter all qualified as well. We met the Bohn's in

Montreal and flew with them to Paris. Other Canadian's met us in Paris and we rented 2 vans to drive to Tremolat. We had hoped for a scenic drive, but saw ordinary highways instead.

The Marathon hosts were very organized. It was a big event for the tiny medieval town. It consists of one main street and the only thing that was ever open was a pastry shop. Sarah was their best customer.

We stayed in cabins with most of the English speaking athletes: mostly Australians, South Africans and Canadians. They had opening day ceremonies and Sarah was our flag bearer. Each country was led by a child from the community who was wearing local folk costumes. The race was a good experience and very exciting, especially the start. It was a big mass start and had a lot of confusion.

We did a little bit of sight seeing while we were there. The area is famous for caves and caverns and Medieval Chateaux and Abbeys. We were able to visit one of the caverns and the famous Chateaux de Beynac, a castle that came under attack during the Hundred Years War.

We flew home without seeing Paris, which was our only disappointment. Overall it was a great experience and we all had a great time.



To fund raise, Caitlin sold tickets on an IPOD NANO. The lucky winner was Todd Beaver (Maskwa).



NOTES FROM FLORIDA
March 6th-27th, 2007

The following was excerpted from Donna's complete report. The Cheema Board and Florida paddlers wish to extend a huge thank you to Donna for efforts above and beyond the call of duty!

Before arriving in Florida, I began searching the Internet for quantity recipes that were healthy, filling and would be liked by most athletes. I must say cooking for that many kids and coaches was a little daunting but much fun and very rewarding. I don't think there was a meal when I didn't get thanked for my efforts and helped with clean-up after. Leslie made schedules for kitchen clean-up and laundry chores.

Mike made sure the girls were first to help themselves to the food along with the three coaches and finally the boys with their huge appetites. I honestly believe that you could cook just about anything and the boys would gobble it up and say thank you. I must also say that those who thought the quotes for food was a little high may never have seen 25-30 hungry athletes sit down to a meal together. Two hours later they can eat again.

Just for interests sake I will include a daily menu:

Breakfast: 64 pancakes, 25 boiled eggs, 40 sausages, cut-up fresh fruit, bagels/toast, 2-3 gallons milk, 2-3 gallons juice and 2 jugs iced tea.

Lunch: 1.5 lbs each of roast beef, ham and chicken cold cuts, cheese slices, tomatoes, lettuce and bread/bagels, leftovers from the day before, 2-3 gal milk and 2-4 jugs iced tea.

Supper: 40 pork chops, taco salad, pasta salad, 30 lbs mashed potatoes, fruit plate, 2-3 gallons milk, 2-3 jugs iced tea and a pitcher of ice water.

The camp itself is a nice building with a large kitchen, lots of counter and cupboard space, two enormous tables which accommodate everyone, a large living room with a big screen TV and two large sectional couches. These are all the top level of an open floor that has floor to ceiling windows and a wrap around deck. The downstairs has 6 or 7 bedrooms (each with their own bathroom), an extra fridge and a washer and dryer. The kids were all responsible for their own rooms.

The owner of the camp, Alfred Petieth checks in daily. He is very happy to have us there and seems to enjoy talking to the kids. Although he speaks mostly German he can carry on a conversation. On our last weekend there, he held a party for all including the older kids who stayed at his personal home 10 minutes away. He purchased 25 large pizzas with drinks and had a bonfire. Some music and dancing made the night a great one for all.

Since I have been back, I have had several people ask if I was glad to be home and I must say honestly that I missed Paul and the rest of the family. I really do miss the kids and the grateful feeling and many thank-yous that I got from them for having a meal ready when they got "home" from practice.

For anyone wishing to do this job in the future I would recommend it as very satisfying! It is also very time consuming. I spent 2-3 hours preparing each meal of the day (as soon as they left to practice I began preparing the next meal) and another 1-2 hours grocery shopping and a half hour planning meals every few days.

The transportation to the grocery store was a bit tricky as I had to rely on Leslie to take me in the van when she wasn't coaching. A few times I was lucky enough to catch the older kids and was able to borrow the car.

I had lots of help whenever I asked for it and a few kids went above the call of duty. I never got a single complaint or roll of the eyes when I asked for help from anyone and the parents should be proud.

Many thanks to all the coaches: Mike, Leslie and Chad. What a busy schedule and a lot of responsibility they all had looking after that many athletes with little time for themselves. They organized a very entertaining and competitive soccer tournament, trips for the kids, movie nights, ice cream nights, hard work but also fun stuff as well!

All in all it was a great experience. Thanks for the opportunity. I really enjoyed it!

Donna Joudrey



A group picture of the two Florida soccer teams at the end of 5 grueling games. Mike's Team, TNT, won the tournament and the prize for best dressed!



Cheema Profile
MICHELLE RUSSELL

Birth Date- June 27, 1992

School and Grade- Lockview High, Grade 9

When started at Cheema- 2003ish

Group- Midget

Greatest Accomplishments - At 2006 Bantam Champs, I came first in K1, K2, and K4. I raced Midget and came in the top ten.

Hobbies- Anything outside

What do you plan on doing after finishing school?
Undecided

Goals- Go to Canada Games and Nationals

Favourites (Music/Movie/T.V./Food)-
Classic rock (the good stuff), The Simpsons, Almost Famous and Wayne's World

Who is your idol and why?
Jimi Hendrix, Janis Joplin, Jim Morrison, Brian Jones and Robert Johnson, need I say more?

Is there anything else you would like to tell us? No

Cheema Profile
EMMA KEEVILL

Birth date- September 6th 1992

School -Lockview High, Grade 9

When started Cheema- Going into Grade 5

Group- Midget

Greatest Accomplishments - Surviving Florida, getting good grades for the most part

Hobbies- Cheema is obviously one of my larger hobbies but I like to dance, hang out with friends, watch movies, run, play soccer, ringette and eat.

What do you plan on doing after finishing school? TRAVEL

Favourites - I like a lot of different music. I like scary movies, chick flicks and I love ice cream.

Who is your idol and why? My idol is Terry Fox because I can't even start to imagine how amazing of a person he was if he could run a marathon a day attempting to run across the country with an artificial leg.





Cheema Profile - CONNOR TARAS

Birth date- January 13, 1989

School- Lockview High School, Grade 12

When started at Cheema- 2000

Group- Older Group, Second Year Juvenile

Greatest Accomplishments

- Making junior world in 2005
- Winning gold in K-2 1000m and 500m at the Bochum International Regatta in Germany, 2006
- Winning trials in June 2006 and being the top junior in Canada and getting carded
- Winning gold in all 4 midget races at Nationals in 2005 (k-1 1000m, 6000m, k-2 1000m, k-4 1000m)

Hobbies- I like long walks on the beach, I like folding pillow cases, but most of all I like being creative. I like cross country skiing. I enjoy doing yard work (even though I may be too lazy to do it most of the time). I don't have very many hobbies since I rarely have time to have any.

What do you plan on doing after finishing school?

I will be going to university. I haven't decided what University but I will be going to Saint Mary's or Dalhousie University. What I plan is undecided and ranges from culinary to real estate to climatology studies.

Favourites -Favourite Music: The Killers, Travis, Paolo Nutini, Red Hot Chilli Peppers, Baby Boy

Movies: Blades of Glory, Anchorman, 300, The Departed

T.V - News, Amazing Race, Flip That House

Food - Macaroni and Cheese, Chicken Fingers, Steak, Eggs Benedict

Who is your idol and why? My parents are my idol.

Connor, Is there anything else you would like to tell us?

".....I went to the doctor and guess what he told me, guess what he told me, he said girl you better try to have fun no matter what you do, cause he's a fool, cause nothing compares, nothing compares to you."



2006 Atlantic Division Awards Night

Cheema was well represented at the 2006 Awards Night. Congratulations to all of the winners and best of luck in 2007.

2006 World Championship Team

Jillian D'Alessio, Richard Dalton,
Karen Furneaux

2006 U23 European Tour Team

Jeff VanHorne,

2006 Junior European Tour Team

Connor Taras, Lyall Hatton

2006 U23 Pan American Team-Jillian

D'Alessio

2006 Pan American Games Team

Shaun Fair, Connor Taras, Lyall Hatton,
Todd MacDonald, Erika Taras

2006 Atlantic Division Team

Andrew Pickrem, Shaun Fair, Erika Taras,
Caitlyn Dunphy, Kate Bartlett, Todd
MacDonald, Danny Tattrie, Chris Brayley

2006 Canada Games Core Team

Kate Bartlett, Michelle Russell, Sam Giffin,
Chelsea Carr Kinnear, Chantel Higgins,
Michael Hindler, Ted Davis, Richard Mark

Midget/ Senior Aggregates

Midget Men K1-Shaun Fair

Midget Women K1-Erika Taras

Juvenile Men C1-Todd MacDonald

Juvenile Men K1-Andrew Pickrem

Junior Men C1-Danny Tattrie

Senior Men C1-Jon Pike

Midget/Senior Burgees

Midget Women Burgee-Cheema & Senobe

Midget Men Burgee-Cheema

Juvenile Men Burgee-Cheema

Senior Men Burgee-Cheema

Bantam Awards

Women K1-Michelle Russell

Women K2-Michelle Russell & Chantel
Higgins

Women K4-Michelle Russell, Sam Giffin,
Chelsea Carr Kinnear, Chantel Higgins

Women Kayak Aggregate-Michelle Russell

Bantam Women Burgee-Cheema



*Chelsea Carr Kinnear, Chantel Higgins and
Michelle Russell accept the Atlantic Division Bantam
Women Burgee on behalf of Cheema.
Sam Giffin missed the event.*

Chilly Willy Run November 2006



Charlo Trip 2007

The annual winter ski training trip was taken to Herons Nest Cottages in Charlo, N.B. Special thanks are extended to Dave Murray for his hospitality. He provided a great day of fun, exercise and food!



Obviously it was not all work and no play at Charlo!



VOLUNTEERISM

By Brenda Fair

The best way to feel a part of the CHEEMA team is to get involved. All parents and children were new to the club at one point. We try very hard to make sure no one person takes on too much. While it may seem to the newcomer that everyone else knows everyone, this is not true. There are new people each year, new kids and new parents. Having a diverse group of parents with varying skills and abilities is as important to the club as having a great crop of new paddlers each year. Many friends are made as we struggle to keep the boats floating!

By volunteering you are:

- Ø Meeting people
- Ø Taking an active role in your child's membership
- Ø Sharing the load
- Ø Ensuring club success
- Ø Having FUN
- Ø Getting a better sense of what is going on
- Ø Sharing in the team's success
- Ø Earning undying gratitude!

We try to make sure volunteers have only one job to do. If everyone took on one role, all of the jobs would get done. We have easy to follow job descriptions for each one.

To volunteer or to learn more about what the volunteering options are, please contact Brenda Fair at 902-860-0876 or email brenda@fairwindstraining.com

2008 Olympics Canoe Judge

Cheema founder and long time supporter, Frank Garner, was named chief canoe judge for the Beijing Olympics. Frank coached the Canadian team at the 1980 and 1984 Olympics

2007 International Tour Team

Congratulations are extended to Richard Dalton and Jill D'Alessio who qualified to represent Canada at world cup competition in Croatia and Hungary in May.

EDITORS NOTE

It's hoped you enjoy 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 July 2007. Please send athlete profiles, ideas and photos to heather.carr@ns.sympatico.ca.

Thanks, Heather Carr

UPCOMING EVENTS

MAY 26TH - 9:00-NOON

Final Registration for summer programs.
For more information contact Ken Clahane at kclahane@beaconinsurance.ca

JULY 3- Summer programs start

CHEEMA CHRISTMAS BASH 2006



I can't believe I ate the whole thing!



Look close to see the star!



Csom's Cheema Gingerbread clubhouse



Leslie's group relax



The annual Christmas party was a chance to relax, EAT, open presents, EAT, listen to Chantal's great singing, EAT, chat, EAT and watch Sean eat some more!

Date	<u>EVENT</u>	<u>CALENDER 2007</u>
	Location	Event
May 12/13	Montreal, QC	National Team Trials #2
May 26	Kinap	Long Dist Cup #1 *tentative*
June 2	SACK-A-WA	Long Dist Cup #2
June 16/17	BANOOK	National Team Trials #3
June 22	BANOOK	Canada Games Trials, Long Distance
June 24	BANOOK	Canada Games Trials/Atlantic Division Team Trials
June 30	SACK-A-WA	SACK-A-WA Triathlon, 10-12am
July 1	BANOOK	Masters Regatta #1
July 8	BANOOK	Midget/Sr Atlantic Cup #1
July 15	PISIQUID	PeeWee #1
July 21	MASKWA	Bantam #1
July 22	BANOOK	Midget/Sr Atlantic Cup#2
July 28	ORENDA	Atom Day #1
July 29	MASKWA	Masters Regatta #2
August 2-4	BANOOK	Qualifying/Atlantic Champs
August 5	BANOOK	Development Races
August 6	BANOOK	Natal Day Regatta
August 11	BANOOK	Bantam #2
August 12	BANOOK	PeeWee #2
August 16-18	BANOOK	Bantam PeeWee Champs -
August 19	ABENAKI	Atom Champs
Aug 22-25	Ottawa, ONT	National Championships
August 26	Ottawa, ONT	CANMAS
Sept 8	BANOOK	Atlantic Master's Champs
Sept 29/30	BANOOK	Canada Games Trials/Atlantic Division Team Trials
	TBA	Chilly Willy

CHEEMA BOARD 2007

Commodore	Paul Dunphy	dunphy1@ns.sympatico.ca	835-3446
Vice Commodore	Brenda Fair	info@fairwindstraining.com	860-0876
Paddling Chair	Brad Murray	bradelaine@eastlink.ca	860-0836
Treasurer	Mary Brayley	brayley@accesswave.ca	861-2822
Past Commodore	John Furneaux	furneaux@rideaucon.ca	861-4861
Secretary	Anne Day	anne.day@ns.sympatico.ca	860-0466
Head Coach	Csom Latorovszki	latorovzski@accesswave.ca	860-3697
Assistant Coach	Mike Kerrivan	mikekerrivan@hotmail.com	448-4621
Registrar	Ken Clahane	kclahane@beaconinsurance.ca	861-4372
Communications	Heather Carr	heather.carr@ns.sympatico.ca	860-0849
Bosun	Fred Van Horne	fbvh@accesswave.ca	434-3208