



Cheema Chatter

SEPTEMBER 2007

www.cheema.ns.ca

A Special Thank You to Mike!

By Erika Taras

So, another year gone, and I think we can all agree it went by too fast. Although, what made it go by so fast is because we were always doing something fun and exciting, so of course the time would fly by!

I think everyone in our group will agree that Mike deserves a special Thank you! He worked so hard with us this year, getting us ready for whatever it was we were all working towards, Jr. Worlds, Bantam Champs, Nationals etc, and I think his hard work as well as everyone's paid off in the end by placing 3rd as a club at Nationals. I can personally say that Mike really helped me through the hard times of training, and was always there for me all year no matter what happened, and I think I can speak on behalf of everyone, that he really helped all of us this past year.

So! Thank you so much for the hard work and effort you put in over this past year prepping us all for the summer! We would never have been able to achieve as a Team what we did, without you! Thank you Coach Mike!



The Laker Interview with Brenda Fair

Tell me about why you think Cheema was so successful recently in competition - taking so many places in the national teams?

Cheema has made a commitment to "success at every level" which means that if a child wants to join the club for fitness and fun, then we see that as a valid reason and we will provide those opportunities. However, when a child sees Olympic Athletes such as Karen Furneaux and Richard Dalton training in the same club, they begin to see that the Olympics are a possibility for them as well. We set goals with our paddlers to determine how far they want to go. If they commit to the hours of hard work, then we, as a club, will commit to providing the best coaches and equipment we can. These paddlers are on the water at 6 am, they go to school, and are back on the water at 4 pm. As they get older, they juggle university, jobs and families. It is a huge commitment but it can't happen without the focus and determination.

What do you think is most exciting about this?

There are so many benefits for athletes competing at an international level, not many 16 year olds get to travel the world. But more important is the knowledge that they gain about themselves. That they can begin at the very bottom, tipping 16 and 17 times a day as a youngster. Not even able to stay upright in a boat. Little by little they set goals, from being able to complete a race without tipping, to making a final at Peewee Championships to, competing at Nationals, and on to international. Seeing the progression that each paddler makes at their own speed and at their own level is very rewarding as a parent and a Board member. They learn about goal setting and pushing the limits. They learn that the only thing that can stop them is the fear of trying.

Tell me a little about the recent visit by Rodney MacDonald. Why did he visit and what happened during the visit?

I think the Premier was impressed with the number of kids that are involved in our summer program. He was able to see 180 local youth enjoying the fresh air, being physically active

and learning new skills. We discussed our philosophy of cultivating home grown coaches and he was able to see the 12 youth that are now passing on their knowledge to the younger kids. We also discussed the dire need for increased funding for sport in the province. As a huge advocate for health promotion, I felt that he at least understood our situation. It costs a lot of money to hire coaches and provide quality equipment. Our buildings and facilities are in constant need of repair and aside from the coaching staff, we rely on volunteers for everything else. Fundraising is a never-ending issue. Because Canoe Kayak is Canada's best performing summer Olympic sport, there has recently been more money available for our national team athletes to help fund their year round training and travel. However, at the club level, it is difficult to access grant money for new equipment or boathouse repairs.

I understand the team just left for the Jr. World's? How do you think the Cheema members will do in competition?

Cheema has placed 6 athletes on the Canadian team competing at the Jr world Championships in the Czech Republic at the end of July. The top 4 Jr. Kayak men in the country are Cheema paddlers. The entire team is made up of 19 athletes from across the country so to have such a large number from one club is a real testament to our Head coach Mike Kerrivan. We realize that the competition will be at an extremely high level but we are hopeful that we will see some medals when they return home in August. This is just another step on the journey for this group. They all have their eye on the Olympic rings and it will be exciting to watch them as they go for their dreams. In the end, some will choose school, career and family instead but the journey alone will be worthwhile.

Junior Worlds 2007 Men's Kayak Team



CHEEMA SUCCESS ON THE WORLD STAGE IN JULY, 2007

The following update was provided by past commodore, John Furneaux on July 30th:

What a weekend that was for Cheema. I don't know if you are all up to date on the accomplishments of our Athletes at Pan-Am Games in Rio de Janeiro, Brazil and Junior Worlds in Racice, Czech Republic. So here goes:

At the Junior Worlds

Connor Taras and Lyall Hatton won the Silver medal in the K2-500m and finished 4th in the K2-1000m.

In the B finals Shaun Fair finished 3rd in the K1-500m

Todd MacDonald finished 4th in the C1-500m

The K4-1000m of Fair, Lang, Coyle and Miller finished 3rd.



Connor Taras, Head Coach Mike Kerrivan and Lyall Hatton celebrate their unprecedented silver medal at Junior Worlds.

Pan Am Games

Jillian D'Alessio won Gold in the Women's K1-500m and Bronze in the Women's K4-500m with Byers, Schmidt and Tessier-Bussieres.



Outstanding Canoe-Kayak Athlete of Americas- Karen Furneaux

At the Pan-Am Games, Canadian Olympic Committee president, Mike Chambers, accepted the Charles Yatman Trophy on behalf of Karen Furneaux. She was selected as the outstanding canoe-kayak athlete of the Americas for her world exploits. Karen was training at Temple sur Lot, France prior to the Senior Worlds.



The Dalton and Furneaux families enjoy Duisberg, Germany



2007 World Championships
Duisburg 8-12 August.

Cheema had 2 athletes on the Canadian team. Karen Furneaux competed in Women's K1-1000m and Richard Dalton in the C1-200m. There were over 800 athletes at the 2007 Worlds representing over 90 countries. Karen finished a strong 6th in the A finals of the K1-1000m and Richard a strong 5th in the C1-200m. Considering the depth of the competition it speaks highly of our athletes to have not only made the A-finals but to have finished so well.



Paddle-a-Thon News and Wrap-up

The weather was beautiful and a great time was had by the paddlers. Thanks to the summer coaches and canteen for keeping the event running smoothly. Cheema would like to express gratitude to all the paddlers who collected pledges and their family and friends for their support. **Over \$6700 has been raised for the Cheema summer program!**

Congratulations to individuals who raised \$400 or over. Campbell Mollins, Allie Campbell, Ben Clattenburg, Evan Carr Kinnear and Liam Hatton enjoyed dinner at Boston Pizza with the coaches.

Thanks as well to Laurel Lea Nelson for her hard work and the great posters she created.

After a close contest, the Atoms narrowly defeated the Peewee Boys to win the 6 foot sub lunch. Below, Theresa Russell and the Atoms get ready to enjoy the SUBWAY sub they won for the best average pledge. Thanks to the Oxford family for their donation!



This was a great fund raiser and a lot of fun for all involved!

Heather Carr
Chair, Paddle-A-Thon



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Paddle-A-Thon Pictures

July 27th, 2007



2007 CANADIAN SPRINT CANOEKAYAK CHAMPIONSHIPS

Cheema made an impressive showing at Nationals placing 3rd overall for the national burgee. There were numerous successes; however, for many Cheema veterans, the sentimental win was the famed John W. Black Trophy for Junior Men's C-4 100m. The 1 m tall trophy was introduced in 1928 and is made of pure silver. It is raced in the traditional C4 and is considered by many to be one of the toughest races. Jon Pike, Todd MacDonald, Andrew Pickrem and Isaac Smith brought the "Black" home for the first time to the club.



The following is a list of Cheema Event Champions at Nationals:

Midget Women K4 100m- Kate Bartlett, Michelle Russell, Samantha Giffin, Chantal Higgins

Juvenile Men C1 500m and C1 1000m- Todd MacDonald

Juvenile Men's K1 500m- Lyall Hatton

Juvenile Men 1000m- Connor Taras

Juvenile Men K2 500m and K2 1000m- Lyall Hatton and Connor Taras

Juvenile Men K4 1000m- Shaun Fair, Lyall Hatton, Neil Lang, Connor Taras

Junior Men C4 1000m- Todd MacDonald, Andrew Pickrem, Jonathon Pike, Isaac Smith

Senior Women's K1 1000m- Jillian D'Alessio

Senior Men's C1 200m- Richard Dalton

In addition to the champion, many of our paddlers received medals and top 10 finishes. Congratulations to all! Complete results are available at www.canoe kayak.ca.



Michelle Russell receives her silver medal for the K1 1000m race. Michelle also medaled in the K1 6000m, K4 1000m and K2 1000m with Kate Bartlett. Congratulations Michelle!



Cheema sweeps the Juvenile Men K1 1000m.

CONGRATULATIONS!!!!

The following was sent by Head Coach, Mike Kerrivan, after Nationals. He graciously agreed to let us share it.

Great Job Everyone!! From the bantams who placed 3rd in K-4 at Bantam Championships from the whole team that placed 3rd at Nationals!

Wow, it was a long year starting way back last October. Last fall was a hard one with the windy cold weather we had but everyone was very determined and pushed through; oh and the 1000m running- oh those hurt me just to watch! Before we knew it we were through the winter and all the 50's, 100's and of course the 300m time control swims were over; even though I was still the fastest in the 300m it was a good winter. You were close though Shaun, better luck this year! Of course before Florida the winter can't be over without the ski camp, which was a cold one this year and of course Dave felt the need to take us on a marathon hike up a mountain for some fried chicken. And then there was Florida. I think for everyone this was the longest they had ever been away from home and I was very impressed. Everyone handled them self very well and work so hard, and that was the start to an awesome on water season to come.

After Florida it was a very cold spring but once again no one backed down and was ready to go on the water, even on days that I wouldn't go on! Now that's stupidity at its greatest, but that's what I love about you crazy bunch.

Six Members of the 2007 Junior World Team with 5 others so close you could taste it. That hasn't been done since 1997, which of course was Cheema. Except this time we got the first ever medal in tandems for Canada from the boys and Shaun was a shoot away from the finals in K-1 500 and Neil, well he's out of the projects so he's doing well! And of course the canoers; well there just a different breed which I don't think I need go into anymore (Hindler?)

After that the rest of the team owned the Atlantic Division, traveled to Ottawa and did that same there. And from Erika's calls moments after the races I think they were happy.

Next was Bantam Champs. And there were lots of great results like the girls K-1's, K-2's and K-4 (Emma's, Taylor, and Laura) which was awesome. But the Bantam boys (Liam, Liam, Mark and Devon) who struggled all summer really came through with a 3rd place in the K-4 which is a hard race. Great Job, that's our future in men's kayak right there!

Then off to National. First off to our only Bantam in a small boat; great job stroking that k-4 Taylor! After that there are so many close races and awesome results it's really hard to go through them all. But a few that stick out are of course the Black, Senior Men's K-4 with a Juvenile crew, 2nd, 4th, and 5th in Woman's 6000m, Todd & Mike Shooting for 1st, 2nd & 3rd in the C-1 500, Midget Girls K-4 (once again thank god), a replay of Midget boys 2 years ago in Montreal with Connor, Shaun and Lyall-1 2 3 finish! , Juvie girls holding strong with just the three of them through all the events (Erika, Sarah & Caitlyn), and the most exciting Junior was Men's War Canoe with an outstanding Cox bringing them to a solid but not gloating 3rd place finish.

At the end of it all for a small club like us to finish 3rd is a great accomplishment and everyone should take great pride in what we can do as a team, it was truly an outstanding result. Congratulations Guys!

I'm so proud of each and everyone one of you. Whether you won 6 gold medals at Nationals or 1 at Bantam Champs you deserve it and there are no limits to how far anyone of you can go with the hard work and dedication that you put into everything you do, whether it is in school, sports or life.

Once again great job and I look forward to an even better year to come!

Enjoy Your Break, you all deserve it!!

Mike

CHEEMA CLEAN-UP

The spring clean-up and BBQ was a great success and surprisingly- a lot of fun. A Fall Clean-up is tentatively scheduled for Saturday, September 23rd at 9:00 a.m. All year round families are expected to participate. Watch your email for details.



UPCOMING EVENTS

FALL TRAINING- Registration will be ongoing with Sat, Sept 8th at 9:00 am a first intro practice. National Team member, Jon Pyke, will lead the group three days per week. There will be (2 weekday sessions after school) plus Sat mornings. Cost is \$275.00 for the period Sept. 8th until Dec 8th. Contact Ken Clahane at kclahane@beaconinsurance.ca if you have any questions. If you miss the Saturday practice, you are welcome to start on Monday at 4:00.

SATURDAY, SEPTEMBER 22- Cheema Fall Clean-up at 9:00 a.m.

SUNDAY, SEPT 23- Annual Cheema Awards Night and Banquet. All summer program and year round paddlers are encouraged to attend. Seating is limited so please contact Nancy Taras at taras1@eastlink.ca or 860-0670 before September 16th. Tickets are \$7.50 or \$25 for a family of 4 or more. There will be a spaghetti dinner and a celebration of the past year!

BANTAM CHAMPS



RESULTS

BANTAM WOMEN K1 1000

3rd-Taylor Kidd

BANTAM WOMEN K2 100

3rd-Emma Cornell, Taylor Kidd

BANTAM WOMEN K4 500

1st-Emma Cornell, Emma Saunders, Taylor Kidd, Meg Keevill

BANTAM MEN K4 500

3rd- Liam Hatton, Liam Fair, Mark Grady, Devin Smith

PEEWEE WOMEN K1 200

3rd-Hayley Nelson

PEEWEE MEN KI 200

1st- Marshall Hughes

2nd- Brandon Pearce



ATLANTIC CHAMPS PHOTOS



HAPPY BIRTHDAY RICHARD!



A surprised Rich Dalton received Happy Birthday greetings at the Cheema dinner during Nationals. Thanks to Rich for organizing the well-attended event. There was standing room only once everyone arrived!

A Commodore Remembers

As I stand on the shores of Lake Banook, memories flash past of our lives at Cheema since July 1976. Here we are today, grandparents and parents, watching our son, 3 granddaughters and 3 grandsons race the same course.

What do you do with four children in a small village? Why you join Cheema of course. So we did, it was 1976, the year Ann Dodge (Pisiquid Coach) represented Cheema and Canada at the Montreal Olympics, and it was the last year we took a family vacations. Every trip after that revolved around Cheema. It was either Nationals or a Provincial Swim meet. Somewhere along the way, I remember Anne Murray (Brad's sister and the swim coach for many years) say that we had over 200 swimmers registered in the program.

We mothers enjoyed Cheema for a variety of reasons; the main one was that it kept the kids busy all day and tired at night. Cheema taught and teaches responsibility, promptness, team effort, volunteering, satisfaction as a result of hard work and more. The mothers took swim lessons, paddled war canoe, learned how to kayak but mostly we sat together on the beach all day, chatted and rested.

Ladies Auxiliary and fundraising ideas emerged from these chats. Our biggest and most profitable was the Cheema Ladies Fashion Show. This was the social event of the year in Waverley. For at least 15 years, we sold between 200 and 250 tickets to a diner and show. We held the show for many years at Oakfield Golf Course. The paddlers, mothers and even fathers participated as models and we had local clothing stores donate the fashions for the day. I even modeled a bit in the early days.

Other fundraising was continuous, we sold cheese, roses, strawberries (which we picked) pop, blueberries, candles and for a while, lottery tickets. We held fundraisers at Gold Rush Days every year including the Cheema Clink (a celebrity jail). Bruce, my husband, worked for Hostess Potato Chips and we were able to use a "spin the wheel" game in which you could win bags of chips. You can still see the C1 named "Mr Munchie" down at the club; the wheel made us a lot of money over the years and helped us buy several boats.

New boats were and still are a necessary luxury. Often times in the spring, our head coach Frank Garner would call up and say, "I have purchased a new K1, K2, C1 and C2. Can you please find some money and send a cheque?" I would begin my "begging" calls but every time we were able to come up with the money.

At nationals one year, RJ (Bob) McDonald told the Senior Men's war canoe "If you win, I'll buy you a new boat" They did and a new boat was ordered immediately!

The other big concern was the boathouse. The current boathouse has been in use since 1971. It was all we had. The land surrounding the boathouse was all treed. One year, several of our "groundskeepers" also known as "fathers" cleared the land and leveled the ground for a volleyball court. These men, the late Jim Grant, Bud Dodge and Gill Farmer (presently in Fredericton) among others built all of our docks and maintained everything in working order for many years. Mystery helpers donated sand and gravel arranged to have the road graded twice a year, showed up with rakes when the work parties were called. The more things change, the more they stay the same!

As commodore for several years, I just tried to keep the club afloat. We were competitive but we were losing ground. Frank Garner had been named to head coach of the National team so we tried to secure a coach from Europe. This did not happen till after my time but we all knew that coaching was going to be the key to our future success.

Now I am happy to watch my children and grandchildren enjoy Cheema as much as we did and I hope that all of the new members realize what a great gem they have here.

Velma Keevill
Cheema Commodore '80's
Grandmother to Shaun, Emma, Liam, Meg,
Laura and Joe
Mother to Chris and Brenda

**Cheema Profile
MATT OXFORD**

Birth date-December 26th 1990

When started at Cheema-1996 or 7
(can't remember)

Group- Juvenile Men's Kayak

Coach- Mike Kerrivan

Greatest Accomplishments-My biggest accomplishment is winning nationals k-2 and k-4 in 2006

Hobbies- I collect coins and like to play and watch football

School and Grade-Grade 11, Lockview High

What do you plan on doing after finishing school? Going to university and maybe visiting Europe.

Goals- To get through high school with good grades and get into a good university. If I can go to worlds or the Olympics with paddling, that's great too.

Favourites-

Music- Led Zeppelin

Movie- 300 or Dodgeball

T.V. Sad to say a cartoon called Avatar

Food- Pizza all the way, Subway is a close second

Who is your idol and why? I don't idolize anyone.



**Cheema Profile
Chantel Higgins**

Birth date- June 14, 1992

When started at Cheema- Summer of 2005

Group- 1st year Midget Women's Kayak

Coach- Mike Kerrivan

Greatest Accomplishments-
Winning silver medal in Cross Country for Lockview

Winning gold medal in K-4 at Nationals

Hobbies- Paddling and singing

School and Grade- Lockview High School - Grade 10

What do you plan on doing after finishing school? More school - 8 years of university to become a veterinarian

Goals- Go as far as possible with paddling

Favourites -

All kinds of music, Norbit, House, any junk food

Who is your idol and why?N/A

Is there anything else you would like to tell us? I love all kinds of animals, and doing crazy things

Masters' are back

...with a renewed spirit and enthusiasm. Our group has grown over the last two years, and had 26 registered members this year. This is a huge improvement from just two years ago when there were often times when we could not fill a war canoe. It was those dedicated paddlers who were instrumental in the recruitment and overall resurgence of the program!

Not only have the number of participants grown, their willingness to branch out into small boats was at an all time high this year. 20 paddlers took time out of their busy work/private lives to attend Canmas in Ottawa. (see attached photo) Our men's war canoe won silver, and Jim Burke brought home the gold for C1 200m. He actually won twice, but somehow finished one race in a different lane. Funny how that is frowned upon!

The Nationals were a turning point for a lot of the group who have never competed at this level prior. To realize that yes, the hard work pays off and we are competitive with any club in Canada. To which we owe a debt of gratitude to our two coaches. Pierre Pelerine took a rag -tag group and molded us under his leadership to a cohesive unit. On his leaving Robert Conrad added the finishing touches with his take no prisoner's attitude. Both are moving on and will be sorely missed! We wish you the best of everything!

As the summer season comes to an end the club spirit does not. The masters are planning a painting party later this fall to repaint the interior of the club house, and we wouldn't turn down any extra help! It's a great chance to come out and meet the group and discuss becoming a Master's member. An e-mail will go out in a few weeks with more information.

The Masters' group would like to say a big thanks to Anne Rodger and NSCC for their generous donation of tables, chairs and lockers for the club.

On a final note, the master's are looking for a new coach for the 2008 racing season. If you feel you have what it takes to commit help us build upon our success please contact Brad Murray to discuss.

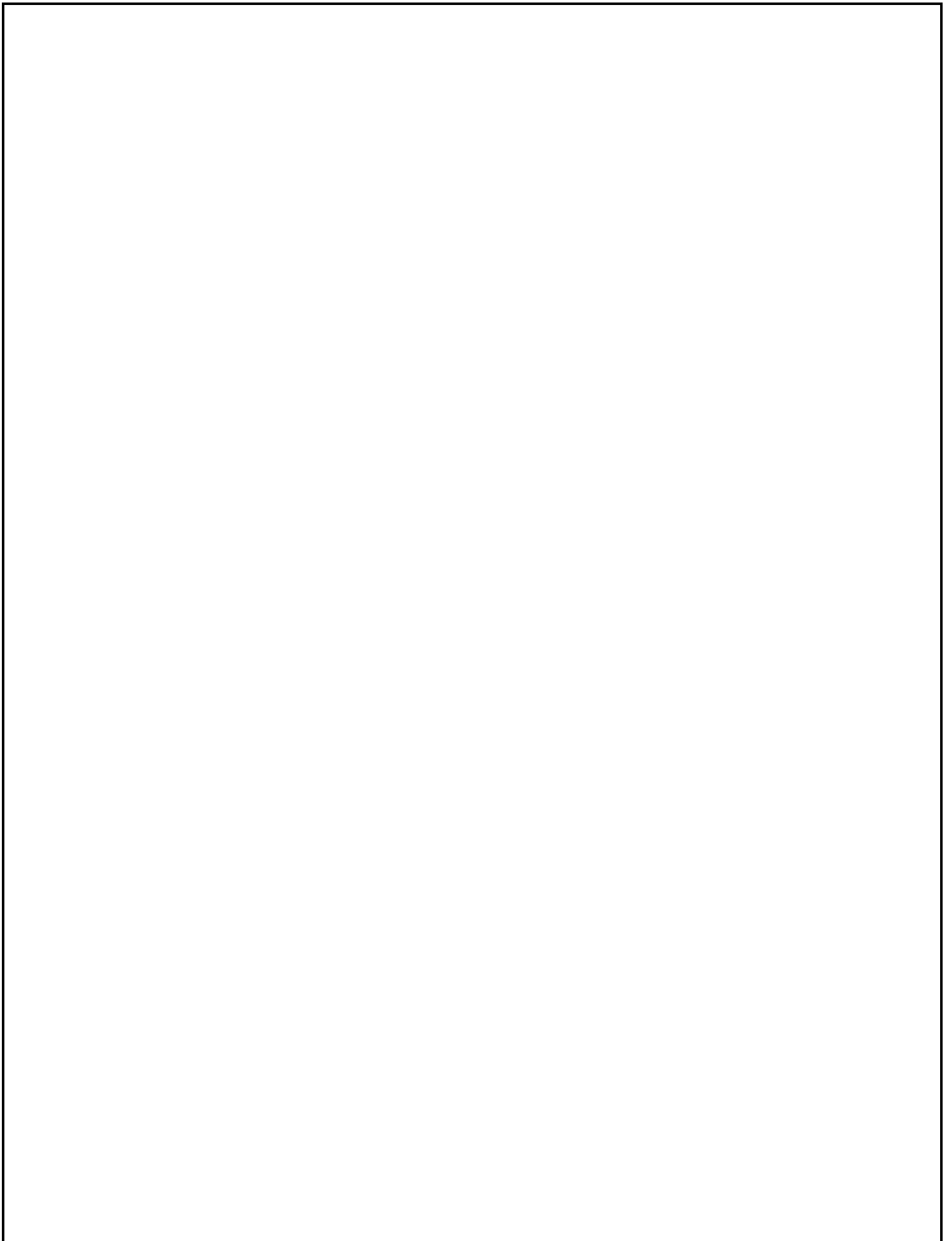


EDITORS NOTE

I t'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 Nov 2007. Please send athlete profiles, ideas and photos to heather.carr@ns.sympatico.ca.

Thanks, Heather Carr





CHEEMA BOARD 2007

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