



# *Cheema Chatter*

**JANUARY 2008**

[www.cheema.ns.ca](http://www.cheema.ns.ca)

Happy New Year!

And what a New Year it will be! Things always heat up in an Olympic year. We have begun the countdown to Beijing. For those of you who may be new to the club, we have a long-standing tradition of representation at the Olympics dating back to 1976 when our own Anne Dodge coached by Frank Garner represented Cheema, Nova Scotia and Canada at the Montreal Olympics. The club was only 7 years old, quite an accomplishment. Since then we have had another 5 athletes and 2 coaches represent the black and gold; Kelly O'Leary in '96, Karen Furneaux in 2000 and 2004, Mike Scarola, Richard Dalton and Jillian D'Allessio in 2004. Both Frank Garner and Csom Latorovski have attended several Olympic Games as coaches for Canada. We eagerly await this year's team selection and wish our athletes the very best!

The road to the Olympics is a long road and it is a specially designed road. It is not just about getting in a boat and going fast (although that helps!). To develop a world-class athlete, there are many elements that must work together. We must have excellent coaching, we must have excellent facilities, we must have the support of the Board of Directors and members and we must have a plan. Our plan at Cheema is called the Long Term Athlete Development Plan (LTAD) and it starts with the 8 year olds. LTAD begins with paddling for fun follows a path of progressively more directed training and competing.

All of our Olympians tipped on their first day and all of our Olympians tipped on their second day. All of our Olympians realized that paddling, above all, was a fun way to spend the summers. As they got a little older, they learned that racing was also fun, that pushing themselves to get a little better each year was the only real evaluation that meant anything. As they reached the ages of 14 and 15, they were faced with a choice, they could continue a lifetime of paddling and competing at a local and national level, enjoying the friendship and fitness or they could commit more fully and begin

training for international competition. That choice was theirs and it is the choice for every Cheema paddler.

Our Board of Directors has just completed a planning session for the upcoming year. We have identified 5 priorities that will support our mission of providing opportunities for success at every level.

First, we would like to ensure that parents and members are fully engaged and that our communication is effective. To that end, we will be enhancing our summer orientation and providing easier access to communication via our coaches, enhanced website, email and parent liaisons.

Secondly, we want to be able to recognize the efforts of all of our athletes. The National Team athletes are often highlighted in the papers, but we want to be able to recognize the hard work of our campers, atoms pewees and bantams as well as our full year paddlers. Stay tuned for more on this!

Next, we want to develop some long term financial and facility plans. As the club grows, we need to make sure there is sustainable growth. We want quality throughout our programs and so we need to make sure the growth is managed properly.

In fourth spot is our Summer Program. We are blessed with some excellent homegrown summer coaches and great facilities but there are areas that we need to improve and we will be focusing on a high quality, safe and enjoyable summer program that incorporates our Long Term Athlete Development model.

And finally, we are looking at building an on site boat repair bay that will save us money and enable us to have the best possible equipment available for both our summer and our full year paddlers.

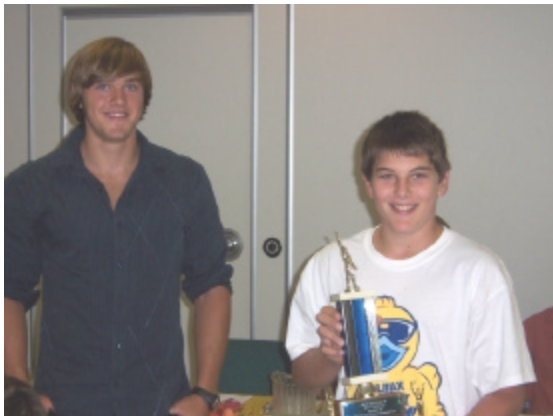
You will notice some big changes to the grounds this year; we have cleared a lot of land and will be adding some infrastructure. Our boathouse has been completely refurbished thanks to the tireless efforts of Phil Taras. His work will provide us with many years of safe and secure storage for the many, many boats required to run this program. We have a brand new boat trailer that will safely carry our boats to regattas and camps. We have many new committed volunteers and we look forward to an excellent year in '08.

Looking even farther ahead, anticipation is growing for the 2009 Senior World Championships to be held in Dartmouth. This will provide us with many opportunities and we are ready for them! As always comments and suggestions are welcome. Please email me at [Brenda@fairwindstraining.com](mailto:Brenda@fairwindstraining.com) or call 860-0876. See you at the Lake!

Brenda Fair  
Commodore

CHEEMA AWARDS NIGHT

SEPTEMBER 23/07



## CHEEMA AWARDS 2007

### PEEWEE-

Best Female Paddler-Hayley Nelson  
Best Male Paddler-Marshall Hughes  
Best Male Kayaker-Brandon Pearce  
Most Improved Male-Liam Inor  
Most improved Female-Rachel Skinner  
Outstanding Female War Canoe  
Paddler-Karina MacLean



### BANTAM-

Best Canoe Paddler-Nick Oxford  
Best Female Paddler-Taylor Kidd  
Most Improved Female-Emma Saunders  
Outstanding Male Kayak -Liam Hatton  
Best Male K1-Liam Fair  
Most Improved Male-Mark Grady

### MIDGET-

Outstanding Female-Michelle Russell  
Most Improved Female-Chantal Higgins  
Outstanding Male Kayaker-Cameron Murray  
Most Improved Male-Eric Clahane  
Best C1-Mike Hindler

### JUVENILE-

Best Female Paddler-Erika Taras  
Best Male Kayaker-Connor Taras  
Top C Boat Paddler-Todd MacDonald  
Most Improved-Neil Lang

### CLUB TROPHIES-

Top C4 Female-Shannon Marsh, Meg Keevill, Laura Fair, Maria Digou, Carla Bezanson  
Most Improved Female Paddler-Sarah Giffin  
Most Improved Female Kayaker-Emma Keevill  
Top Female K4-Kate Bartlett, Michelle Russell, Chantel Higgins, Samantha Giffin  
Top Female K2-Sarah Giffin, Erika Taras  
Top C2 Male-Todd MacDonald, Chris Brayley  
Top C4 Male-Jon Pike, Andrew Pickrem, Isaac Smith, Todd MacDonald  
Top K2-Connor Taras, Lyall Hatton  
Top K4-Connor Taras, Lyall Hatton, Neil Lang, Shaun Fair  
Top War Canoe-Junior/Senior Mens(Mike Kerrivan, Joey Carter)  
Athletes of the Year-Connor Taras, Lyall Hatton  
Coaches Award-Brad Murray  
Gloria Tyler Memorial-Richard Dalton  
Founders Award-Don Mackenzie  
Best Male at Nationals-Todd MacDonald, Mike Hindler  
Best Female at Nationals-Michelle Russell



#### PAN AMERICAN TEAM -

Jill D'Alessio

#### SENIOR WORLDS TEAM -

Coach-Csom Latorovski  
Richard Dalton  
Karen Furneaux

#### JUNIOR WORLDS TEAM -

Connor Taras  
Lyall Hatton  
Shaun Fair  
Neil Lang  
Todd MacDonald  
Mike Hindler



Rose Mackenzie accepts the Founders Cup on behalf of Don at the Cheema Awards Banquet

## FOUNDERS CUP-2007

The Founders Cup is given in recognition of a significant contribution made to the club by an individual who may not have a direct involvement. This year's recipient was Don Mackenzie who has graciously helped out with our website despite the fact his son, Mark, has not been active at Cheema for several years. The following is a note he sent to the Board.

*Hi All,*

*Thank you very much for the FOUNDERS CUP. I am honoured when I look at the other names on the trophy. I'm with some great company. Cheema has been a part of the fabric that makes up who the Mackenzie's are. Some of our best memories center on sitting under a tree at a regatta just talking with others. As I have told hundreds of people, it sure beats sitting in a cold hockey rink. Many of our current best friends are as a result of Cheema.*

*I truly enjoy doing the web work and I assure you we have received more from Cheema then we have given.*

*We enjoy being empty nesters but would gladly trade it to be bouncing down the dirt road at 5:30 in the morning muttering under my breath that some day I would like to have clean car for more than one day.*

*We are proud of who Mark turned out to be. A big part of who he is a direct result of Cheema (people and the principals).*

*Again. Thank You, Don*



HRM and NS HEALTH GRANTS  
HELP FUND BOATHOUSE  
IMPROVEMENTS

With the help of the following grants  
Cheema has been able to make some  
significant improvements to the boat  
house.

*\$6,500-2007/2008 HRM Community  
Grants Program*

*\$4,000-NS Health Promotion and  
Protection - Community Recreation,  
Capital Grant Program.*

Thanks to Phil Taras for his efforts on  
this project.



Paddling Poems  
(A series of quatrains)

**The Start**

My kayak guides me down the lake  
More nervous with each stroke I  
take  
My blade is poised and set to start  
Despite the pounding of my heart

**The Race**

The starter's gun emits a blast  
I feel my boat go surging fast  
The water splashes round my head  
I focus on the line ahead

**The Finish**

Ignoring boats in other lanes  
Paddling hard despite the pains  
Across the finish line I race  
Exhausted, happy with my place

By: Cameron Murray



## FALL CLEAN-UP THANKS



"I'd like to express a heart felt **Thank You**, to all those who helped out with the grounds cleanup this past Saturday. We accomplished a great deal in a short period of time, none of which would have been possible without your hard work and commitment. It was truly a pleasure to work with such a wonderful group of volunteers (youngsters and adults), all working together positively and productively. A cloudy morning and an angry Bee's nest did not deter our spirits in the least!

We'll be planning a follow up day in the weeks to come, to complete the ground clearing activities we've started. We'll cap this off with a bonfire to burn off the trees, shrubs and brush that have been removed. It should be both rewarding and fun, so please stay tuned for further details.

I look forward to seeing and working with all of you at future club activities.

Best regards,  
Lorne Marsh



"I would like to thank everyone who came to the Cheema clean up. The kids will now be able to train in a much cleaner and healthier environment. The club looks great both inside and out. With all those helping hands, we were able to make a real difference to the clubs appearance in just 3 hours.

Thank you,

Heidi Hatton





The Richard Dalton Long Distance Classic was once again hosted by...Richard Dalton. The long distance fun race was held at Cheema and all the local clubs were invited. Paddlers from Pee wee to Senior level braved the cold water to complete the 24 km course. Thanks are extended to Richard for his efforts and to Subway (Oxfords) for the lunch.



## 2007 AUCTION SUCCESS!

Well....

Despite the sound system break down, the blizzard like conditions, and the Bedford Blues Auctions **Cheema** "called a series" at the 200 metre mark (paddling talk for the newbie's!) and squeaked a record finish of \$9275.00 which will be added to the **Scotiabank's** generous matching grant of \$5000 bringing our grand total to **\$14,275.00!!!!**

As always, it takes a village to raise an auction, Our thanks go to:

**Anne Day-** Auction Chair, **Jackie Kidd** and **Lynnette Higgins** ; Auction Committee members- Many many, many hours (and a few glasses of wine) go into pulling this auction together, thanks ladies for making it fun as well as worthwhile!

**Ken Clahane-** Auctioneer and Lobster Pot Donor- Ken was willing to yell it out for two hours if need be - Thanks to **James Roger** for getting the speakers hooked up quick! The Lobster pot raised another 560.00!

**Terry Oxford-** The genius (and the legs) behind the Liquor chest. Congrats Brian Woof on winning well over \$500.00 worth of Christmas Cheer! We raised \$1000.00 with this activity alone!

**Barb Saunders** for running the raffle table- lots of trinkets and trash to be won and \$450.00 raised! Thanks **Heather Carr** for pushing at the last minute!

All the **Prize Getters-** We were able to collect over \$12,000 worth of great Christmas items- Thanks to all who helped!

**Donor Organizations-** Many of the members are also business owners and donated many prizes. And, there are many other community businesses that once again showed great support for Cheema, can't do it without the stuff!

All the **Attendees**, without your wallets, the auction doesn't mean much!

**The paddlers-** who donated over 50 hours of service to the cause. They realize that this is for them and it's nice to see them participate.

So to all the "Vannas" and ticket sellers and clerks and other "gopher" jobs, thanks guys.

**Mary Brayley**, our treasurer, who will have to deal with the stacks of money I pass along to her!

And especially to The **Fall River Scotiabank**, **Sue Casey** and **Angela** for helping out in the committee meetings and running the computer through the entire auction, And of course to **Chris Garner**, Branch Manager of Lacewood Scotiabank ( did you know that Chris is the brother of Frank Garner, our founding coach? And did you know that Chris was one of Cheema's very first war canoe coaches?) We can't thank the Scotiabank enough for their continued support of the club.

If I've forgotten anyone, please let me know! It's only lack of sleep!

We look forward to next year's auction, let's go for \$15,000!  
Thanks everyone!

Brenda Fair  
Commodore



## ATHLETE PROFILE

### JILLIAN D'ALESSIO



Name- Jillian D'Alessio

Birth date- April 5th 1985

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When started at Cheema- 1993

Group- Csom's Group

Greatest Accomplishments (Cheema or otherwise)

8th in K4 500m at 2004 Olympic Games in Athens

Gold and Bronze medals in both 2003 and 2007 Pan American Games

5th place K1 100m 2006 World Championships

Hobbies- cooking, shopping, playing with Boots

School and Grade- Honours student at St. Mary's University doing a double Major in Philosophy and Political Science

What do you plan on doing after finishing school? Undecided

Goals- Make 2008 Olympic team and continue to 2012 Olympics.

Favourites(Music/Movie/T.V./Food)

Strawberry shortcakes, High Fidelity, Grey's Anatomy and America's Next top Model, all kinds of music

Coach- Csom

Discipline- kayak

Who is your idol and why? I am inspired by many people and their actions. I idolize anyone who goes after what they want and are fearless doing it.

## SUMMER 2008

### REGISTRATION NOTICE

There will be a registration for RETURNING MEMBERS ONLY on Sat, March 29<sup>th</sup> from 9:00 to 11:00 am. NEW MEMBER registration will be Sat, April 5<sup>th</sup> from 9:00-11:00. If you have any questions, contact Ken Clahane at [kclahane@beaconinsurance.ca](mailto:kclahane@beaconinsurance.ca). More information regarding start dates and fees will be available soon.

## ATHLETE PROFILE

### ROBERT E CONRAD



Birth date-January 21<sup>st</sup> 1987

When started at Cheema- 1998

Group- Mike's group-Kayak

Greatest Accomplishments-  
Coached the masters in the summer of 2006-2007, last summer the master men's 500 came 2<sup>nd</sup> place at Nationals

Hobbies- Running, kayaking, coaching, football.

School-SMU

What do you plan on doing after finishing school? Who knows?

Goals- I hope to be doing something I love

Favourites-None except ice cream.  
I love ice cream

Who is your idol and why? I admire and respect a lot of people but I wouldn't say I idolize anyone.

Is there anything else you would like to tell us? I have been kayaking at Cheema since 1998 and have been coaching for the past 3 years. Coaching was a great way for me to stay in the sport without racing competitively. I really love coaching.

## 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 April 2008. Please send athlete profiles, ideas and photos to [heather.carr@ns.sympatico.ca](mailto:heather.carr@ns.sympatico.ca).

Thanks, Heather Carr

## CHEEMA BOARD 2008

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Vice Commodore	James Rodger	<a href="mailto:jrrodger@gmail.com">jrrodger@gmail.com</a>	860-1535
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Treasurer	Mary Brayley	<a href="mailto:brayley@accesswave.ca">brayley@accesswave.ca</a>	861-2822
Past Commodore	Paul Dunphy	<a href="mailto:dunphyp@halifax.ca">dunphyp@halifax.ca</a>	835-3446
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