



Cheema Chatter

June 2009

www.cheema.ca



Commodore's Report

Does anyone remember that when Karen Furneaux started paddling, she was no different than all of our Peewee and Bantam girls? It is hard to imagine now. This weekend, Karen added yet



another World Cup medal to her collection. It's probably easier for us to remember Lyall

Hatton and Shaun Fair as Peewees. It was only a few years ago! Now, they are well on their way to achieving their Olympic dreams. In fact the K4 that they raced in at the third World Cup in Hungary as part of the Senior World Cup Tour actually beat out last years Canadian Olympic crew. Not bad for our Cheema boys and girls. So here we are, ready for another year at the club. We have record enrolment. Could it be that some of these kids have Olympic Dreams too?

It is a very special year for canoe kayak in Nova Scotia. 80 countries will be here to compete for the World Championships in Dartmouth. Prior to that, we have invited 5 countries to train with us at Cheema. Our kids are a little spoiled anyway since we have always had World class paddlers like Karen and Richard Dalton but this year they will get to rub noses with the International elite. Kids from 8-12 will be invited to participate in Fun Fest at the Worlds, a day of activities on lake Banook during the World Championships.

This past weekend 5 of our paddlers were named to the Nova Scotia Canada Games Team. Congratulations to Shaun Fair, Neil Lang, Andrew Pickrem, Todd MacDonald and Michelle Russell. Over the next 2 months our full year paddlers will be competing in the National Team Selection Trials for spots at the Senior and Junior World Championships as well as for funding which allows them to train year round and have their

University tuition fully paid. What starts out as a great way to spend summer vacation, for some, is the beginning of a long journey to podiums around the world.

We at Cheema are very fortunate to have top quality coaching and programming headed by our coach Mike Kerrivan. This is a long tradition which began 40 years ago this year when our very first head coach, Frank Garner (now Chief Official of the International Canoe Federation) took a motley crew of youth from Waverley and Fall River and within a couple of years, had several National Team members and an Olympic Star, Anne Dodge. Csom Latorovski continued that tradition through the 90's and continues today.

Over the years we have had 7 athletes from Cheema compete at the Olympics. These were paddlers that began like everyone else, struggling with staying upright for their first couple of years.



Not only has Cheema

produced great paddlers, it has produced great memories as well. For those of us who were not destined for greatness. (me included!) our time at Cheema was some of the best times of our lives. We made friends, had fun, travelled the country for National competitions, trained in Florida while others were dealing with snow and ice, went camping, huddled in the boat house on a rainy day. Now that we are older, we recognize the value of sport in so many ways. The discipline, the hard work, the understanding that our success comes from our ability to achieve our goals, even if our goal is to not tip!

This summer, we are holding several events that will bring back 40 years of members, paddlers and parents alike. We will celebrate what Cheema has done for our community and ourselves. Our first event will be a barbeque Sunday July 12th at the club.

We are asking that people bring old



singlets, track suits, pictures and stories. Be ready to hop in a boat if you like! Our thanks go to Anne Murray and Alma Furneaux for organizing our 40th anniversary events (the banquet is slated for Oct 10)

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**Brenda Fair
Commodore**

EDITOR'S NOTE

Hello. This is my first Cheema Chatter. I agreed to do this last fall during one of my early morning walks with Heather Carr (the previous editor). See what happens when you get up too early. My sympathy is always with the worm, not the early bird.

It is dare I say summer and the paddlers have been on the water for awhile now and I am walking the trails early in the morning again and saying yes to stuff I know I shouldn't be. This time it is with my wife, Ness though, so it should be ok, maybe...

Thanks again,

**Dave Skinner
Cheema Chatter**

Richard Dalton Classic

What a great day! The weather cooperated just as Rich promised. (I think he must have bribed Peter Coad.) There was a good crowd on hand to go the distance. We even had a few participants who were not quite so near to their birth years as others.

The course included more loops of both lakes than most of us could manage with a power boat. We even had a couple of brave people who thought it may be more fun to swim. I'm not so sure if they still think that way.



When the athletes were finished they were treated to a Subway lunch provided by the Oxford's. The top 3 finishers of each group were awarded allegedly fabulous prizes and more importantly had their pictures taken with Rich.

A great day and a great way to spend time with friends from other clubs



Paddling in the Off Season

When the lakes in Waverley froze up for the winter the training schedule didn't slow down very much at Cheema. Over the winter months the club provided swimming at Sackville Sports Stadium, weight training and technical training on site at the Club. Running at Shubie Park in Dartmouth was part of the regular routine. When the snow finally took hold, cross-country skiing was added to the rigorous workout schedule.

Over the Christmas break, several of the paddling families and their coaches went on a four-day



cross-country ski trip to Charlo, New Brunswick. Twenty-two paddlers took to the skis and covered over 200 kms in four days along with snow

shoeing at night. This camp helped to prepare the athletes that would be heading south for training before the busy competition season started. This ski trip has become an annual event for the club and is growing in popularity each year.

Site and Equipment Update – **Rewards being offered!!!!**

Grant Warner

Rewards!? Yep, read on.

Fixed a bench or two, helped build a boat repair bay, put in a more robust drinking water system, blah, blah, blah; the boring stuff, right? Well, maybe not.

When I took on the task of looking after the Site and Equipment for our Club it was like inheriting a fix'r up'r; something most people need like a hole in the head. Isn't there enough of this at home? However, because my son and daughter

paddle here I thought this would be a nice way of giving something back. No doubt I was giving something back; but I realized that **I** started to gain from it through observation and



participation. This is what I have seen so far. my kids are surrounded by a like minded group of friends and peers, who have a lot of fun,

- they train and compete while living and learning the experiences of individual and team successes, and occasional failure,
- they are led by a coaching group that exemplifies all the qualities we look for in leaders and mentors,
- they are a member of a club that caters to all levels of paddlers, including moms and dads,
- they are a member of a club that has a past, present and certainly a future of World Class paddlers that have represented Cheema and Canada on the World and Olympic stages,
- they have the extraordinary opportunity to train and paddle alongside these world class athletes - some in the same boat,
- I have had the humbling experience of attempting to paddle in single and crew boats, and therefore can speak to the sense of accomplishment, and occasional frustration, these athletes will encounter – not to mention how my kids can have a laugh at my expense telling the story of me falling out of the war canoe
- I work with an amazing group of volunteers,
- In August the Canoe and Kayak World Championships will be competed on Lake



Banook, a venue our paddlers compete on regularly. At Cheema we are privileged to be hosting five countries at our club that will be training in the weeks before and during the competition. For our paddlers to have the opportunity to be up close and personal to such elite athletes is quite a privilege.

The Site and Equipment responsibilities allow me to spend some additional time around the club to witness and experience the above. I am afforded the opportunity to be involved in many projects, knowing it is helping not only the athletes and parents of today, but of future generations. Pretty satisfying.

So here is the pitch. **VOLUNTEERS NEEDED.** There's always something to do around here, and this year certainly more than ever with our increasing membership numbers and our special guests. We need many volunteers for all sorts of jobs; and not just handyman stuff. And the best part is the compensation package. This labour of love comes with flexible hours, supervised and unsupervised working conditions, extraordinary benefits as outlined above, an entire winter off; and a true sense of pride and accomplishment.

And there is nothing more rewarding than that.

There's lots to do. We all look forward to seeing you!

Cheema Going Green

In an ongoing effort to keep our going green and recycling program on track, Cheema has installed a complete water filtration system in the club. A big thank you goes out to Grant Warner for his never-ending expertise around the club. This will eliminate the need for so many plastic bottles and provide drinking water for all our paddlers over the summer months. The club also has an account with the local Greentree recycling depot (enviro depot) on Cobequid Road. This will enable

anyone who would like to donate to the club to do so while helping the environment.

Paddles Up! Ready! Ready! Bang!

(1/4 stroke!) (1/2 Stroke!) (Full Stroke!) (15 sprints with the head down) then we gradually worked up into a fluid long stroke.....this was a start from the 70's and the start of our 40th Anniversary Newsletter.

Well.....we've done our start, our committee is meeting and planning, our goal is to get connected to 500 past and present Cheema members and organize Anniversary events. We have a few Cheema members communicating, contributing and we collected 250 emails.

Well, it looks like we going to pull a series to get this race going.....Frank Garner (the founding coach of Cheema and the Master of War Canoe coaching)..... is calling for a.....20 Stroke Series.....yes....put your head down and pull with all your guts or your name will be acknowledged in this race. Frank is calling for a Party! Sunday July 12, 5:00 pm meet us at Cheema.

Bring your antique gear, change of clothing, camera and pictures. We are going to have two mixed war canoes on the water coxed by Frank and Chris Garner. We are not sure if the boats will move but we can get nostalgic pictures.

Cheema's Masters' paddling team, headed up by James Rogers, will be hosting a barbeque meal including beverages. (tickets \$10 for adults and \$7.50 for kids under 12) The 40th Anniversary committee will have 40th Anniversary paraphernalia and tickets to the official 40th Anniversary Banquet in October available.

If you have any memorable pictures or videos, bring them down with you. We would like to put together a CD of Cheema pictures and videos from the last 40 years. At a small price it would be

accessible for us all. We would also like some pictures for the Cheema website. www.cheema.ca If anyone is interested we have a facebook page active. Join the group "Cheema Aquatic Club 40th Anniversary". Great way to get connected! Mid June, we will be sending another email out to see how the interest is for the Party in July. If you have any suggestions or contributions please email us.

Come on Home and make this Happen!

Please send this to any Cheema member who is away and help us gather more email addresses!

Go Cheema Go!

Anne Murray/Alma Furneaux
Co Chairs of Cheema's 40th Anniversary

CDF Grant



James Rodgers accepting the cheque on behalf of Cheema

Cheema was awarded a CDF Grant of \$2250.00 through the Cobequid Community Health Board. The board annually gives out grants to groups that support health and recreation in our community. This would not have been possible without the terrific submission for waterfront re development by Yvette Hughes. James Rodger was in attendance at the Annual Celebration to accept the award on behalf of Cheema. Picture supplied by Joanne Jordon, District 2 news.

Cheema Masters

Cheema Masters regrouped once again on May 2nd. We dusted off our paddles and squeezed back into the workout gear that fit so well last year to march down to the club and endure that first painful practice.



This year we are building once again on the success of last year –

with members returning and new members joining we have had the privilege to have 2 War Canoes on the water almost every practice.

As a Team we are thrilled to have Marc as our coach this year – a former Cheema paddler and coach. In less than 6 weeks we have learned a lot, built and improved on our individual fitness and paddling abilities. With many more practices to come Marc is already sculpting this team into a winning team. All

of this could not be possible without the help of Issac whom willing shows up



to cox our second War Canoe, and to lend his positive coaching tips to make us all better paddlers.

Please remember the only thing Master about us is our age. If you are interested we practice Tuesday and Thursday at 6:30pm and Saturdays at 8am.



Come and join us – it is a great chance to start a new sport along with meeting new people.

Cheema Masters War Canoe-A Newbie's Diary

Disclaimer-The following is meant to in jest only. I have no desire to discourage interested paddlers. You may notice I am still participating. The Masters at Cheema are a great group of individuals and I would encourage all to join! No names have been changed to protect the innocent.



*Cheers!
Heather Carr
The Masters program at Cheema has always interested me.
Sharon,*

James and Joan have been enthusiastic representatives of this group on the Board. A second car and a daughter with a license provided some flexibility in my schedule. I became “athletic” later in life. I trained and completed the MS Bike Tour for 5 years and learned to ski at forty. How hard could it be? I was soon to find out!!

May 2nd- First practice. I arrive in the parking lot and Anne Rodger makes me promise no less than 6 sessions. Soon I understand her fiendish plan! A few minutes of dock paddling and into the back of

the war canoe I go. Joan provides encouragement as I struggle to stay upright while Isaac directs my paddling “technique”. Mostly I take a few strokes and stay in the boat (who counts the occasional bobble-sorry all). Mostly I gratefully accept offered advice and pray I won’t log roll the entire war canoe! I switch into the motor boat, the engine dies and I am in it as it gets towed to Cheema. Of course my son is at the dock to witness my embarrassment. Coach Marc assures me it will get easier. I can only hope because it can’t get any worse!

May 5th-14th- A blur of sore knees and bobbles. I rely on Doug’s stroke and advice and pity the regulars as we newbie’s disrupt the balance. Ken asks me how I am but at this point I can’t talk and paddle. As we arrive back at the dock each time I “gracefully” crawl onto the dock as Julia offers her back for support. Thank God for Thursday beer night. Everyone tells me these are tough practices and encourages me to hang in. I am grateful for their kindness and support. I tell my non-paddling friends I am not having much fun but the people are great!

This sport is humbling but I want to continue. I will not let that boat defeat me. So far I haven’t lost my paddle or been tossed from the boat. I tell myself small victories combined with difficult practices build character. I have new respect for Chelsea and especially Evan. I don’t think I will ever understand why he loves canoeing.

May 17th-I join a group at Sharon’s for “bun-making”. A ritual only known to those in the paddling world! It is a great way to get to know everyone but I have another purpose. While there we make a custom bun with memory foam for my suffering knee. I am nothing if not resourceful in my quest to make war canoe less painful!

May 19th-21st-My balance continues to improve but other muscles start to hurt as I *try* to imitate my fellow paddlers. Memory foam my foot- only time and more experience will help my knee.

May 23rd- A tough morning! Despite a massage I am sore before we begin-why did I start with a new trainer on Friday mornings? I must be insane- there are few muscles which don’t hurt. To balance the boats I am in with the men’s war canoe. Why do I have to be a left this morning? I am in 7th with no one in front of me. These guys

are powerful. Dear God in heaven-I am being tossed about like a toy in the bath tub. All my past successes diminish as we head into a second 1000 metre piece. I give up trying to paddle and cling for dear life. I am praying and realize there are tears in my eyes-the other boat is letting someone off-I ask to go in. As I crawl out I realize our stroke is bent over the bow. This was a tough ride for more than me. Everyone is kind but I am angry with myself. A brisk walk through the sports park clears my head and convinces me I am not ready to quit.

May 19th- 21st- Here I go again! I am welcomed back with kindness (I think Charles and James wondered if they would see me back). On Tuesday Nancy gets knocked out and we manage to decimate Rob's family dock. Anne and I cower near the back while Art and Nancy W avoid a ladder which has become a projectile. You really had to be there to understand the carnage.

Masters War Canoe has become my own personal fear factor (minus eating the bugs!). Thursday sees Mike going for a swim and Isaac demonstrating his life guard skills. I pray I won't be the next Master to take a swim.

May 23rd- I am learning my limitations and see some improvement (thank heavens). I do best seated behind an experienced paddler and realize I can't always finish every practice. These Master paddlers are talented athletes and I am impressed by their skill and strength. I push myself and manage 1500 metre pieces without stopping. It is not pretty but I can usually stay in stroke. My knee still hurts but is tolerable most practices. I pray to God that Marc doesn't "coach" us on the water for too long during practices as I try to stretch it out.

At the end of practice I am told I am no longer a NEWBIE! That is good-I guess-I still feel like one. As we do a 1500 metre piece I pass my son heading out in his canoe. I do my best to impress him or at least not embarrass him. Ryan Stacey tells me I need to rotate my hips. Evan (being wise beyond his years) tells me I looked great. Smart boy!

May 26th- Taping tonight-glad I wore black! I was in stroke but still need a lot of work! Marc says I have improved. I thank him but point out I only had one way to go. It was a good chance for all of us to assess our paddling. Most of us only paddled

2 x 500 m. On my first day that would have been a marathon. Don't tell Marc but I was actually sorry we finished early!

To be continued (I hope).....

Please note this note was written for our non issued winter Chatter.

Message from the coaches

Even though we are well into the winter, the great progress in the fall should not be overlooked. Cheema

had the most athletes that either of us could remember. Sometimes a large number of kids can be challenging but in a good way. The fall was a good example of how group training works. Peer pressure is always thought of in a negative way and most of the time it is for good reason. The training groups are proving to use what us coaches have already know. If you get a group of kids together and give them goals, they will push themselves and each other to meet and most of the time, exceed those goals. Score one for Cheema.

On a lighter note, let's talk about winter. Winter is cold and dark, but it has it training advantageous. Running in -20 can increase you lung capacity. Falling down (a lot) cross country skiing builds character. Being really cold outside plus sweating a lot in the weight room starts some sort of weather phenomena that could only be classified as a "sweat bomb". Pushing your car up the icy Cheema hill is fun and it so too bad we can't do it in the summer.

Train hard and make sure you are working harder than the person next to you.



CHEEMA ATHLETE'S PROFILE

Name – Sharon Cake

Birth date - 1958 (yes, do the math!)

When started at Cheema - the summer of 2001

Group - Masters

Greatest Accomplishments (Cheema or otherwise) – raising two wonderful daughters, Carly and Emily

Hobbies - paddling, gardening, cooking, reading, water-skiing

School and Grade – I wish! It's work, work and more work!

What do you plan on doing after finishing school? N/A

Goals – Master Emily's old Cspel this summer! Watch me swim!

Favourites (Music/Movie/T.V./Food) – Van Morrison; The Abyss; Criminal Minds and House; shellfish

Coach - Marc Leger

Discipline (canoe/kayak) - Kayak

Is there anything else you would like to tell us? Not really, just that I love the club, the people and the program. I wish our season was longer, as it's a long winter without paddling. Maybe the masters can go to Florida this year?!



CHEEMA ATHLETE'S PROFILE FORM

Name – Emily Cake

Birth date - May 18, 1994

When started at Cheema - 2001

Group - Midget

Greatest Accomplishments (Cheema or otherwise) –

Hobbies - paddling, cheerleading, piano, trampoline, painting

School and Grade – Lockview High School – just finished Gr. 9

What do you plan on doing after finishing school? Rhode Island School of Design hopefully

Goals – be the best paddler I can be

Favourites (Music/Movie/T.V./Food) – Underground/August Rush/One Tree Hill

Coach - Jon Pike

Discipline (canoe/kayak) - Kayak

Who is your idol and why? - My sister Carly, because she has pursued and is realizing her dream to be a pilot



Cheema Aquatic Club Board of Directors

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