



Bell Aliant

THE CHAMPION

NEWSLETTER

CANOE '09 IS GOING GREEN

Canoe '09 is thinking about the environment as we prepare to welcome the world to Lake Banook this summer. Canoe '09 is following the lead of our environmentally friendly partners Halifax Water, Conserve Nova Scotia, and Nova Scotia Environment by pursuing several initiatives to help make the Championships as green as possible.

To reduce waste from plastic bottles Halifax Water, Conserve Nova Scotia, and Nova Scotia Environment will be providing water stations for athletes, spectators and volunteers to fill up their reusable bottles with tap water. Reusable water bottles will be given to volunteers and athletes, and be available to spectators for purchase onsite. This will eliminate the use of 100,000 disposable bottles, saving about 1400 kilograms of plastic waste. This is a great opportunity to help the environment and inform the public about Halifax's exceptional water quality. Tap water in Halifax Regional Municipality exceeds Health Canada's stringent guidelines for safe drinking water.

Metro Transit and Canoe '09 have partnered to provide public transportation to the Championships and the cities of Halifax-Dartmouth. By operating a shuttle bus between Mic Mac Mall and the race course and allowing accredited individuals to ride the bus and ferry free of charge, Canoe '09 hopes to keep cars off the road and harmful emissions out of the air. Public transit is also a great option for tourists wanting to explore the city.

Even Dalhousie University, where the majority of teams will be staying is making green choices. The residences use energy efficient lighting and environmentally friendly cleaning products. Dalhousie's cafeteria reduces food waste, energy consumption, and saves 4000 liters of water each day by eliminating the use of trays. They also have a buy-local policy and a delivery truck that runs entirely on vegetable oil fuel.

So how can you help make the Championships an environmentally friendly event? Drink from a reusable water-bottle, leave the car at home, and dispose of any waste you have in the proper way.

The environment is important to the paddling community. Olympic Kayak Champion, Adam van Koevorden, has been vocal about his interest in environmental issues. He has recently taken "David Suzuki's Nature Challenge: Be a Green Sport."

The Government of Nova Scotia is committed to having one of the cleanest and most sustainable environments in the world by 2020. By reducing waste and carbon emissions, Canoe '09 is contributing to this effort. Our green initiatives will protect the environment and help to sustain the natural beauty of places like Lake Banook. Join Canoe '09 in making the World Championships an environmentally friendly event!



CANOE '09 - THE CHAMPION

BELL ALIANT — PRESENTING SPONSOR OF CANOE '09

The 2009 ICF Canoe Sprint World Championships will be the largest international sporting event ever held in Atlantic Canada. Bell Aliant's extraordinary support for this event is making it possible for Canoe '09 to host one of the best World Championships ever presented.

As the presenting sponsor for Canoe '09, Bell Aliant's support will stretch well beyond the event taking place from August 12 to 16. Bell Aliant is also making a significant monetary contribution to help develop Lake Banook into a world-class racing and training facility. This sponsorship builds on Bell Aliant's commitment to Atlantic Canadian athletes.

Lake Banook will be transformed into The Bell Aliant Racing Centre. This venue will feature a new racecourse, state-of-the-art starting system, and building which will house weight training, athletic therapy, office space, equipment, and a fleet of boats. These improvements will be a substantial benefit to local high-performance athletes. The Bell Aliant Racing Centre will provide them with the resources they need to pursue their dream of being the best in the world.

BellAliant

“ Bell Aliant is one of North America's largest regional telecommunications providers, serving a population of 5.3 million Canadians. Guided by our strengths, our people, and our experience, we will provide the highest-level products and services available anywhere to our customers across Ontario, Quebec and Atlantic Canada. As a leader among North America's information and communication technology providers, we are focused on making life, business, and entertainment simple for the people we serve. ”

As an icon for sport in Atlantic Canada, Lake Banook has been the starting point of many athletic careers. Over the years, thousands of young athletes have grown up paddling and racing here. Andrew Russell, an Olympian sponsored by Bell Aliant, was one of those athletes. He first learned to canoe on Lake Banook and trained here en route to the 2008 Beijing Olympic Games. The popularity of paddling on Lake Banook has benefited athletes of all levels. Bell Aliant's support for Canoe '09 will have a strong impact on the entire paddling community. The World Championships will not only increase interest in the sport, but will also leave behind a lasting legacy of sport infrastructure.

This support reiterates Bell Aliant's commitment to fostering healthy, vibrant and safe communities in the regions they serve. Bell Aliant makes it a priority to sponsor organizations that deliver programs and initiatives that have a meaningful and lasting impact. By partnering with Canoe '09 to promote health through sport, they are doing just that.



Bell Aliant VP, Joe Mosher, Olympian, Andrew Russell, and Canoe '09 Chair, Chris Keevill, at the announcement of Bell Aliant as the presenting sponsor of Canoe '09 on August 28, 2008.

CANOE '09 - THE CHAMPION

RUDY VODICKA – TWO-TIME WORLD CHAMPIONSHIP VOLUNTEER

Rudy Vodicka volunteered as a country liaison during Canoe '97 and will do so again at Canoe '09. Rudy's desire to volunteer began with his ambition to put his ability to speak Czech to good use. At first he thought his role with the Czech Republic team would be limited to translating and answering a few questions, but it evolved far beyond that. He essentially became part of the Czech team and helped them with everything from finding their way around the city to vouching on their behalf during the competition.

"We got along very well and it was fun being with them during much of their stay, so much so that they invited me back to the Czech Republic," says Rudy. "I never anticipated that something like this, a volunteer initiative, would turn into long lasting friendships." After Canoe '97, Rudy spent several weeks visiting Czech Republic. He stayed with the team leader, Jan Boháč, in Prague, and also with Olympic Champion, Martin Doktor and his family in the town of Račice.

Rudy was born in the Czech Republic and his family immigrated to Canada when he was 2-years-old. His parents encouraged him to learn to speak Czech at home. "As a kid I could never figure out why a second language was important," says Rudy, "but now it opens up many more doors when in the old country."

Canoe '97 was Rudy's first real introduction to competitive paddling. He played competitive hockey as a teen, but never got involved with paddling until later in life. "I was brought up in Halifax and I never knew this is what the kids in Dartmouth did during the summer," says Rudy. "It's a great pastime."

After his experience with Canoe '97, Rudy became an ICF official for marathon and then took on the role of Chairman for the 2000 World Canoe Marathon Championships on Lake Banook. He has continued to involve himself with paddling and sees the opportunity to host international events as a privilege for both the local and international paddling communities.

"We have an awesome course here, a natural course," explains Rudy. "The Czechs say they love coming here. They enjoy racing here because the water is so clean. The natural setting in the city is beautiful, and I think that kind of sentiment is emulated by most other European clubs."

To Rudy, hosting Canoe '09 in Dartmouth is a step forward for the sport and the surrounding community. "I think the future starts here by not only bringing back the World Canoe Championships, but also with the investment that's being implemented."

Rudy works for Real Property Planning, which is a department of the Halifax Regional Municipality. They are doing a lot of the facility upgrades around Lake Banook. His colleagues have appointed him project manager for the upgrades because of his familiarity with the event. Rudy is working closely with Canoe '09's facilities committee to implement the Lake Banook Master Plan.

Whether it's through work or as a volunteer, Rudy thoroughly enjoys being involved with Canoe '09. "Being engaged at an event like this is exciting, especially at the international level," says Rudy. Volunteering may have taken up a bit more of Rudy's time than he originally anticipated, but with the experiences that came out of it, he couldn't be happier he decided to get involved. "It was definitely worthwhile," says Rudy. "It was one of the highlights in my life looking back on how it all transpired, not to mention the great memories."

Do you speak a second language? If you are interested in volunteering as a Country Liaison, contact our coordinator at: MHARTBAK@DAL.CA

For information on construction zones, park and road closures, visit HRM's Site Improvement Project website: www.halifax.ca/realpropertyplanning/LB/index.html

CANOE '09 - THE CHAMPION

Q&A WITH LOCAL ATHLETE BEN RUSSELL

What are your current goals?

My current short-term goal is to compete for Canada at Canoe '09. My current long-term goal is to race at the Olympics.

What is your greatest achievement to date?

My greatest achievement to date is capturing a bronze medal in the C1 1000 at the 2007 Pan American Games in Rio de Janeiro.

What has been the greatest challenge you've had to overcome?

I've been lucky enough to not encounter many road blocks so far in my paddling career. If I were to list one it would be adjusting to the demands of obtaining a university degree while being away at training camps.



Watch Ben at National Team Trials #2, June 27 and 28 on Lake Banook as he competes for a spot on Canada's 2009 World Championship Team.

Who inspires you?

A number of people inspire me. My father has always been a great influence and inspiration to me. His work ethic and ability to accomplish so many things have always been attributes I have strived to mimic. Steve Giles, Mike Scarola, and Richard Dalton were also canoers who I aspired to be like as a younger athlete.

What do you like to do in your spare time?

In my spare time I like to stay active. I enjoy spending time with my friends playing golf, basketball, soccer, you name it. I also enjoy going to see movies and going out to eat.

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