



*The SNCC Board of Directors extend their appreciation to all members who have supported the club and each other during this challenging 2020 year.*

## Here's to better times ahead for all of us!

### Winter Programming

**ZOOM Workouts:** Tune in on ZOOM for workouts on Mondays, Wednesdays, and Friday evenings from 7:00-8:00pm with Coach Tim and on Saturday mornings with the Warlocks. No registration is required, no fees are required, but donations will gladly be accepted at [sncc.ca](http://sncc.ca). Contact Coach Tim at [tim.ostiguy@gmail.com](mailto:tim.ostiguy@gmail.com) for weekday workouts and contact Steve at [stevanalankoe@gmail.com](mailto:stevanalankoe@gmail.com) for Saturday workouts.

**Canoe/Kayak:** High Performance Canoe/Kayak Winter Programming is underway. Contact Coach KC for details at [kcfraser@southniagaracanoecub.ca](mailto:kcfraser@southniagaracanoecub.ca)

**WIFC Paddle Tank:** The City of Welland has a tentative opening date for the Paddle Tank of January 1, 2021 but that may be delayed or even cancelled based on the advice of Regional and Provincial Public Health. If WIFC opens, Indoor Dragon Boat and Canoe/Kayak programs at the WIFC will be limited to 20 athletes and 2 coaches. The WIFC has procedures for screening, temperature checks, and cleaning. Watch your emails for updates on the WIFC Indoor Programs.



***The Catch** shares news about SNCC and its members  
So you can stay connected with SNCC and its members.*



# Message from the Commodore



As 2020 comes to an end and I reflect on the year gone by, I am reminded of our successes.

SNCC had a strong start to the year with record participation in our Winter Programs. Covid Safety procedures were developed which allowed our Developmental, Masters and High-Performance Canoe/Kayak athletes to get on the water in the summer. Two SNCC members were certified as level one dragon boat coaches and two members began their training as dragon boat officials. We were awarded the Canada Summer Jobs Grant which significantly reduced our financial losses due to the pandemic. We welcomed a new coach to our family, Tim Ostiguy. Since SNCC dragon boat programs were cancelled in 2020, some of our dragon boat members took the opportunity to try something new and came to appreciate the sport of sprint kayak. We were also awarded the Trillium Grow Grant and SNCC now have five dragon boats, a marketing budget, and ZOOM software for meetings for the Board of Directors, Committees, and members. ZOOM software made it possible to run social trivia nights and online workouts for our members and their family and friends. ZOOM provided another safe way for SNCC members to keep connected and to keep fit. We learned as we safely navigated our way through the on-water season during a pandemic.



As 2021 approaches, we have much to look forward to. Whether or not the WIFC opens the paddle tank this winter, ZOOM workouts will continue. SNCC is confident we will increase the number of programs and athletes that will get on the water in 2021. We have designed a Novice Racing Camp as a next step for our Canoe Kids Campers. A partnership with Alkame Dragon Boat Services will bring the 1<sup>st</sup> Annual Hope Floats BCS Challenge to our waters in August. A free Learn to Paddle program paid for by the Trillium Grow Grant is expected to bring significant membership growth to SNCC.

Wintertime is planning time. The Grow Grant Implementation Committee has completed the project plan and is strategically assembling sub-committees to roll it out. The Board of Directors, Coaches and member representatives are diligently working on the 2021 schedules. The Board is applying for a Trillium Resilient Communities Grant in December. In the meantime, our financial year-end data has been sent to the accountants.



When the data is compiled, the Board will be able to complete the 2021 budget by February. Winter will turn to Spring and we will get back outside and onto the water.

On behalf of the SNCC Board of Directors, I wish you all a very safe and happy holidays.

Brenda Arndt  
Commodore

# Update on Grants

**Trillium Resilient Communities Fund:** The Board will be applying for the **Trillium Resilient Communities Fund** in December. The Resilient Communities Fund is a one-time fund to support the non-profit sector recover and rebuild from the impacts emerging from COVID-19 so they can effectively meet the needs of communities across Ontario. For more information, see <https://otf.ca/resilient-communities-fund?redirected=1> .

**Trillium Grow Grant:** A project plan has been completed and subcommittees are being assembled for this 3-year grant.

- Budgeting and accounting will be overseen by Tracey Pigeon, Vice Commodore Canoe/Kayak and Co-Treasurer. All expenditures will be approved by the Grow Grant Implementation Committee and disbursed by Tracey Pigeon.
- In happy news, two new dragon boats and a dragon boat trailer were delivered to South Niagara Canoe Club on November 28<sup>th</sup>. See photos on next page. Thank you to Coaches Tim Ostiguy and KC Fraser for protecting our club members who are at high risk for covid-19 by arranging for lower-risk volunteers to carry the new dragon boats from the WIFC parking lot to our compound. Thank you to everyone that volunteered to help. Club paddles and life jackets will be purchased for use in the 2021 on-water season.
- Bids to review and refresh the SNCC website have been received by the Grow Grant Implementation Committee and are under review. The winning bid will be announced on December 14.
- Evaluation, including polls to new participants, existing members and outgoing members will be performed by the Brock Center for Sport Capacity. There will be regular reports on the evaluations to the Grow Grant Implementation Committee and to the Board.
- Free Learn to Paddle sessions are under development by the Learn to Paddle Sub-committee and sessions should be open for registration by April 1, 2021. These sessions will be available for learning to paddle Dragon Boat and Canoe/Kayak, depending on the state of the pandemic.
- SNCC needs to build the roster of dragon boat coaches and steers persons for the club. Training, covered by the Grow Grant, will be available to SNCC members for 3 dragon boat Level One Coaches and 3 dragon boat officials. Free training will be available for steers persons and webmasters/website administrators. Interested members can contact Brenda Arndt [commodore@sncc.ca](mailto:commodore@sncc.ca).
- Marketing Sub-committees have been struck for Canoe/Kayak and for Dragon Boat at SNCC. Anyone who wishes to volunteer for either sub-committee can contact Brenda Arndt [commodore@sncc.ca](mailto:commodore@sncc.ca). A detailed marketing plan will be announced in February 2021. The general goals will include recruiting new members for all programs at SNCC by identifying our target audience and by developing consistent marketing across all media.
- Ann Marotta is heading up the sub-committee for Photography and Videography. She is looking to hire local talent, paid for by the Grow Grant, to cover SNCC events including the Hope Floats Challenge in August 2021, assuming flatwater regattas resume in 2021.



# Hope Floats Journey



On November 1, 2020, Hope Floats, SNCC's breast cancer survivor crew, launched its Journey to Vancouver Challenge, a virtual walk from Welland, ON to Vancouver, BC, a distance of about 5,000 km. Their Journey has been detailed in their blog, [www.hopefloatsjourneystovancouver.blogspot.com](http://www.hopefloatsjourneystovancouver.blogspot.com). Members of Hope Floats are currently engaging in different forms of physical activity including walking and hiking. The blog entry for November 3 includes an activity conversion chart so that participants can translate any activity of their choice into steps that contributes to their overall journey.

The participation has been so overwhelming that Hope Floats has virtually walked to Vancouver, BC in two weeks. That's five weeks ahead of schedule! So with five more weeks of virtual travel time available, Hope Floats has decided to virtually walk all over Canada.

Hope Floats invites all South Niagara Canoe Club members and their families and friends to join in this journey. Email [hopefloats@southniagaracanooclub.ca](mailto:hopefloats@southniagaracanooclub.ca) to express your interest. Once a week you will receive an email asking how many kilometers you travelled in the last week and inviting you to share the accomplishment.

This is not a contest, it is teamwork. However you choose to be physically active, your efforts can be converted to kilometers that will count toward the weekly totals. Good luck!



## Update on Hope Floats BCS Challenge

The 1<sup>st</sup> Annual Hope Floats BCS (Breast Cancer Survivor) Challenge, originally planned for 2020, will take place on August 28<sup>th</sup> 2021 at the Welland International Flatwater Centre. The festival is open to national and international BCS crews and race categories include BCS,

Cancer Survivor and Supporter, Special Needs, and PARADragon. All South Niagara Canoe club dragon boat members are encouraged to participate in this event as racers, and as safety officers and volunteers. Alkame Dragon Boat Services ([www.alkame.ca](http://www.alkame.ca)) are organizing the event and they have designated Hope Floats as the beneficiary. Hope Floats will receive stipends for every team registration received. As well, Hope Floats will run a Basket Raffle. Registered teams will also receive pledge sheets to donate money to either Wellspring Niagara or to the Canadian Cancer Society.



# Adding to the Dragon Boat Fleet at SNCC

Two new BuK boats join the Jackie Harper, the Brian Roy, and the Sally Rennick.



*The new dragon boats arrive.*



*The fabulous volunteers! Thank you!*



## Updates from Canoe/Kayak Canada and Dragon Boat Canada



Refer to the respective websites, FaceBook pages, and other social media to keep up to date and informed on the national sporting bodies for Canoe/Kayak and for Dragon Boat. There are no major recent updates from either national group regarding the pandemic. However there are other news, interviews, courses, and other interesting materials to keep athletes connected with their sport and to each other.



*DBC President  
Scott Murray*

A black and white photograph of Katie Vincent, a dragon boat athlete, in a dragon boat. She is wearing a 'CANADA' shirt and is captured in a dynamic pose, holding a paddle high in the air.

*Katie Vincent's  
Motivational Motto*

**“ WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT. ”**

**—WILL DURANT**

The Canadian Olympic logo, featuring a red maple leaf over the Olympic rings.



# Niagara 2021 Canada Summer Games Postponed.

niagara2021.ca

September 16, 2020 (Niagara, ON) – The Canada Games Council (CGC) and the 2021 Canada Games Host Society, after consulting with the Niagara Region, the Province of Ontario and the Federal Government, have made the difficult decision to postpone next year’s Niagara 2021 Canada Summer Games. The Games were originally scheduled to take place in August 2021 but, due to continued public health concerns relating to the coronavirus pandemic, they will be rescheduled to the summer of 2022.

## December Birthdays

### Warlocks

#### Canal Dragons

Marisa Battista

Anna Kuhar

Gabriella DiGennaro

Donna Lue Reise

Gwen Vernon



## and Secret Birthdays

### Coaches

Richard Dalton

KC Fraser

Tim Ostiguy

### Parents

Tracey Pigeon

Haitham Sakr

Ian Tate

### Masters

Kim Short

Don Mackay

### Canal Dragons

Rushali Biswas

Andrew Dempsey

Nalini Dempsey

Janet Dhaliwal

Richard Gabel

Paulette Leveille

Nancy Ostrander

Marilia Fructoso Machado Welter

### Developmental

Isaac McLeod

Hams Sakr

Kareem Sakr

### Hope Floats

Bernadette Morrissey

Nancy Connelly

Catherine Kouklenko

Jo-Anne Thibodeau

Bing Bai

Laurie Capogna



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Pictures and story ideas for **The Catch** can be emailed to Kathleen: [kat\\_reardon@hotmail.com](mailto:kat_reardon@hotmail.com)



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