

Introducing Coach Janet Corbett

Warlocks Paddler Janet Corbett will coach the Canal Dragons along with Coach Evan Landry. Looking forward to dragon boating with Janet and Evan when we can all return to the water together! Stay safe everyone!

How did you get involved with dragon boat?

- There was an ad in the paper for Waking the Dragon (precursor to Hope Floats to try dragon boating so Sue Gurney [another SNCC paddler] and I signed up.

How did you get involved in coaching dragon boat?

- I coached Grape Canadian Survivors, an amalgamated crew for the 2014 IBCPC [International Breast Cancer Paddling Commission] festival in Sarasota [Florida].

Can you share a memorable paddling experience and what you learned from that experience?

- I paddled in Hungary [in 2018] at the Club Crew World Championships [CCWC] with GLP [Great Lakes Paddlers]. There were over 4000 athletes competing. The GLP crew was made of something like seven different clubs who came together with the goal of making the finals. We achieved that and even brought home some medals! CCWC was designed for some fun at the ceremonies and the challenge of racing the world. That's what dragon boating is all about, fun and challenge.



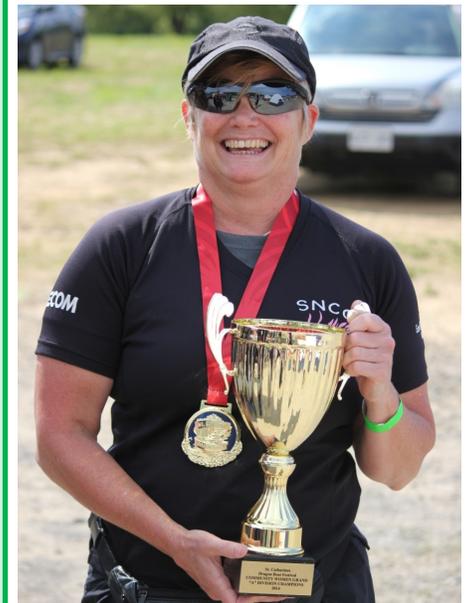
Janet with Grape Canadian Survivors in Sarasota 2014.

Can you share a memorable coaching experience and what you learned from that experience?

- Coaching Grape Canadian Survivors was a great learning experience. Bringing together groups from different crews, with different paddling styles, watching them gel, was exciting. The spirit of the crews participating was inspiring. Having Jackie Harper in the boat giving her all was humbling. When the desire of a group of people is to get into a boat and power it down a course for that feeling of "I did it", that's what coaching is all about.

Continued next page.

Pictures provided by Brenda Arndt.



Janet with Hope Floats in St. Catharines, 2014.

Meet the Coach!

ZOOM with Coach Janet Corbett, Coach Evan Landry, and Vice-Commodore of Dragon Boat, Mark Swan.

Date: February 11, 2021

Time: 6:30pm

<https://us02web.zoom.us/j/81200829332>

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

Continued from previous page.

What is it like being with SNCC?

- SNCC is a small club that is able to provide excellent services. Athletes have world class coaches (and developing coaches) and members who are very dedicated and generous with their time. It also has the best water in the world!

What do you hope to accomplish as a dragon boat coach at SNCC?

- I hope to provide direction and leadership. To provide athletes with enough challenge, to develop their skills, and to have some fun while we're all learning. I look forward to working with the other coaches. If we are delayed in getting on the water (again) I would like to try doing some dryland training, in small groups if needed, and if the boats are in the water, dockside instruction.

What else should the SNCC membership know about you?

- I love dragon boating and can't wait to get back on the water!

Janet with the Warlocks in Toronto, 2019.



Hope Floats Breast Cancer Survivor Dragon Boat Crew invites Breast Cancer Survivors & their supporters to **WORK OUT.**

Get fit/stay fit - physical distance in your own home.
All fitness levels welcome.



Zoom Work Outs

Led by Hope Floats Coach Gwen Vernon
Tuesdays 7-8 pm and Saturdays 9:30-10:30 am
from February 13 to April 27
No gym equipment necessary.

Register **NOW! FREE!**
www.sncc.ca/workout

BROUGHT TO YOU BY
Ontario Trillium Fund and Hope Floats Breast Cancer Survivor Dragon Boat Crew
(for Breast Cancer Survivors by Breast Cancer Survivors)



South Niagara Canoe Club

Help Raise Funds for Our Club

Collect Empties & Return

Bottles/cans of all kinds - glass, plastic, liquor, wine, beer & bladders

- collect and take to your nearest Beer Store for refund
 - e-transfer funds to payments@sncc.ca (include 'Bottle Drive' in your message)
- Together we can collect some much needed monies for OUR club
to help offset Covid-19 lost revenues!

If you need assistance call Liz Guitard 905.932.8384



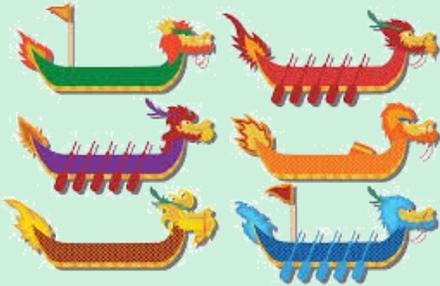
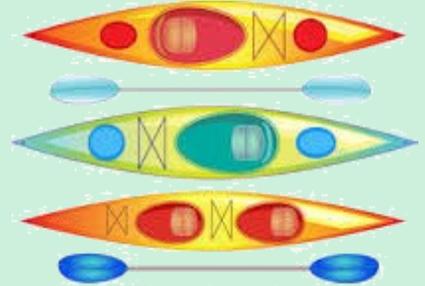
South Niagara Canoe Club
www.sncc.ca

AN ALL CLUB
FUNDRAISER

Message from the Commodore

SNCC is preparing for the 2021 on water season, as our athletes and coaches are working hard on their strength and fitness to be ready for the season ahead of us. KC continues a socially distanced program for our high-performance athletes, the Warlocks run zoom workouts twice a week that welcomes all club members, and Tim runs zoom workouts for Canal Dragons and Masters Kayak that welcomes all club members three times a week. Our newest coach, Gwen will soon begin an outreach twice weekly zoom workout for breast cancer survivors and their supporters.

We are confident our Canoe/Kayak programs, including Canoe Kids Camp will begin at their usual times in single boats while continuing to physically distance and follow all safety protocols. We are optimistic that Dragon Boat programming will proceed in 2021, albeit with a late start. Members of the Dragon Boat Planning Committee are researching single boat opportunities to offer our members during the spring.



The Board received a draft financial statement from DURWARD JONES BARKWELL & COMPANY LLP Chartered Professional Accountants on January 28th and will have the 2020/21 budget completed this month. Due to the pandemic, SNCC experienced a net cash flow loss as expected; nevertheless, through the generosity of our members, careful attention to expenses, and the receipt of grants for the 2020 on water season, SNCC is moving into 2021 strong and poised for growth.

Thank you to all our members that renewed their membership in 2020, even with the knowledge that some of our programs would not be able to run. Membership renewal is annual on May 1st and is not prorated. With the expectation that Dragon Boat will be late to get on the water, for the 2021/22 membership year the Board of Directors has decided to prorate renewed memberships; however, [we] are encouraging all members that are able to support the club by paying full membership fees upon renewal on May 1st.



Stay safe everyone,

Brenda

A Blast from the Past!

SNCC sends four paddlers to Dartmouth, Nova Scotia for CANMAS August 27-30, 2008. Left to right: Kim Gratton (silver, bronze in K1 200m), Commodore Richard Morris (2 gold, 3 bronze in c1 200m/1000m), Coach Dan Harriss (bronze in K1 200m), and Lisa Cotie (silver, bronze in K1 200m).



Updates on Grants

Provided by Brenda Arndt.

The Ontario Trillium Fund (OTF) Grow grant was awarded to the Hope Floats Breast Cancer Survivor Dragon Boat Crew in May 2020, with the goal of [helping] Niagara Region residents becoming more active through introducing Breast Cancer Survivors (BCS) and their supporters to Dragon Boat. BCS is a division of Dragon Boat Nationally and Internationally. Mixed in with Canal Dragons and the Warlocks is our BCS membership. Together they are Hope Floats, and along with their supporters these members run an outreach program to BCS in the Niagara Region. The expectation of the OTF grow grant is to triple our BCS membership and double our non-BCS membership over 3 years.

As a result of the pandemic, the first installment of the grant was pushed to October 2020. The Grow Grant Implementation team has been working on development of the Learn to Paddle program, the website, dragon boat coaches, and a marketing strategy.

Unable to rent the WIFC facilities, OTF granted permission to offer an online workout program to BCS and their supporters. This program will begin on February 13th and will run until April 27th. Please share this program, we want to reach every Breast Cancer Survivor in the Niagara Region.



The Hope Floats crew invites all their supporters at SNCC to join them in these twice weekly workouts. Register at sncc.ca/workout.



Thanks to the OTF Grow Grant we are welcoming five new dragon boat coaches to our team: Janet Corbett, Gwen Vernon, Joan Crawford, Marilyn Bellows, and Anne Marie Ciancio. Janet will be co-coaching Canal Dragons with Evan Landry and [she] is featured in the February Catch. As a BCS herself, Gwen will be coaching Hope Floats and assisting with the Learn to Paddle program. Joan and Anne Marie will be co-coaching Paddles UP Unlimited with Brenda Arndt. Marilyn will be co-coaching the Learn to Paddle program with Brenda.

By increasing our dragon boat coaching pool, SNCC can meet demand that will be generated by marketing our Dragon Boat Rental and Team Building program. This program has brought in significant revenue over the past 3 years without marketing and has the potential to be a strong revenue source for the club; but until now, has been limited by our coaching resources. All SNCC dragon boat coaches will have opportunity to participate in the Rental and Team Building program.



The new Learn to Paddle program, funded by OTF, will take place on Saturdays with two sessions, 11:30 – 1:00 p.m. & 1:30 p.m. – 3:00 p.m. Dragon Boat and Canoe/Kayak Learn to Paddle, including exclusive sessions for BCS, will run in tandem allowing families to try our sports together.

Over the last two months, the Board of Directors has submitted four grant applications: the OTF Resilient Communities fund, Ontario Summer Jobs, Ontario Summer Experience Program, and Coaches Association of Ontario. The Hope Floats BCS crew is currently requesting permission from BCM Insurance Company to apply for the BCM Community Events grant to fund marketing the [2021] Hope Floats Challenge Dragon Boat Festival.

Hope Floats Journey Across Canada Finishes Strong!

From an email received January 6, 2021.

CONGRATULATIONS! WE DID IT!

We travelled 2416 km in our final week of our journey around Canada, bringing us to a total of 22,617.57 km. Wow! Way to go Team!

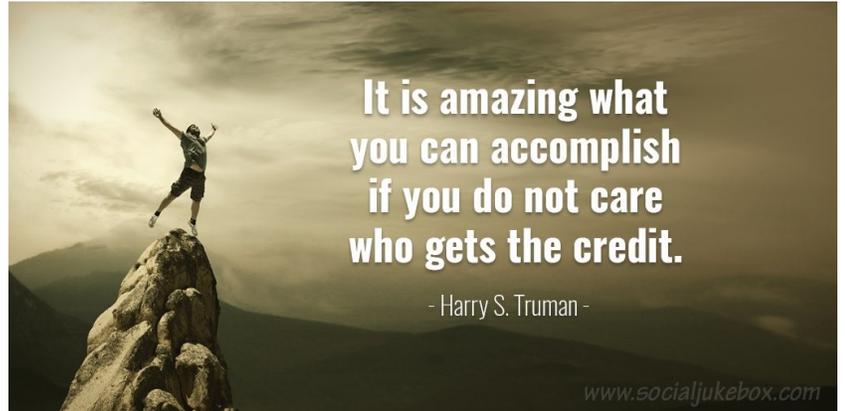
Not only did we journey all the way around Canada, we did it with 1,500 km to spare!

Once we reached Lock 1 of the St. Lawrence Seaway Authorities Welland Canal, we launched our dragon boats and paddled up the Canal to the beautiful Welland Recreational Canal to make our way home to the Welland International Flatwater Centre!

Where will we go next? We are going to take a week or two to plan our next adventure.

The Hope Floats Grow Grant Implementation Committee is currently putting together a twice weekly ZOOM workout for breast cancer survivors and their family and friends.

In the meantime, we hope to see as many of you as possible on the South Niagara Canoe Club Monday, Wednesday, and Friday ZOOM workouts with SNCC Coach Tim Ostiguy. We have moved the start time to 6:30pm. Here is the ZOOM link: <https://us02web.zoom.us/j/83732991492>



Your Wellness committee,

Ann, Anne, Anne Marie,
Brenda, and Marilyn

Read about the entire nine
week journey here:

[https://hoefloatsjourneysto
Vancouver.blogspot.com](https://hoefloatsjourneystoVancouver.blogspot.com)

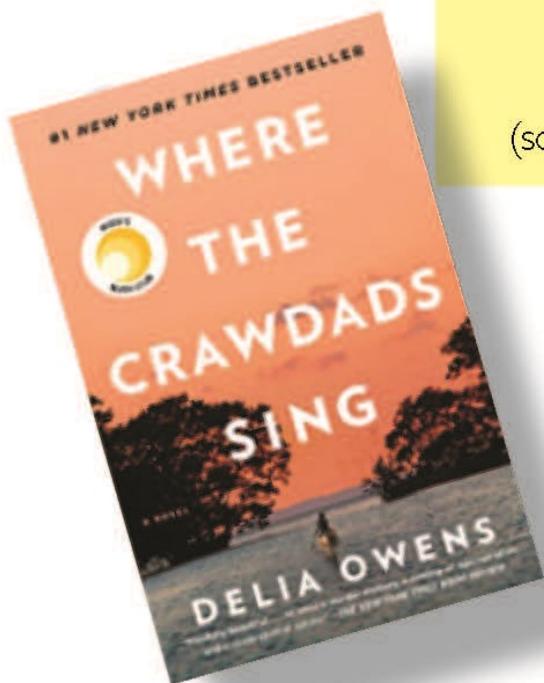


Catch-up with club friends, meet new ones & learn new things!

Join the SNCC BOOK CLUB

Starting Soon . . .

Zoom day and time to be announced
(so finish up that book you are in the middle of!)



Where the Crawdads Sing by Delia Owens

You can order the book at Indigo/Chapters and pick up curbside OR you can reserve it online through libraries in Niagara. The library leaves it outside for you to pick-up at an agreed time. The book gets quarantined for two weeks after it is returned.

“Where the Crawdads Sing” is a 2018 novel by Delia Owens:

- topped The New York Times Fiction Best Sellers of 2019
- 2020 The New York Times Fiction Best Sellers for 32 weeks
- selected for Reese Witherspoon’s Book Club Sept 2018
- Barnes & Noble’s Best Books 2018
- sold over 4.5 million copies
- sold more print copies in 2019 than any other adult title
- 2019 No. 1 on Amazon.com’s list of Most Sold Books (fiction)
- Dec. 2020, the New York Times listed it the #6 bestseller



*Audi Johnston & Carolyn Swan are leading this.
Sign-up at www.sncc.ca/bookclub
or go to the members only page and click on
SNCC Book Club and you will be contacted with
details for the First Book Club meeting.*

January Birthdays at SNCC



Canoe/Kayak

Cole Crawford

Jayson Pigeon

Paige Zimmerman

Hope Floats

Beth Demizio

Maureen Kane

Canal Dragons

Maureen McLaughlin



Warlocks

Stefan Fridriksson

William Hilbert

Coach

Doug Jones

February Birthdays at SNCC



Canal Dragons

Remo Battista

Aldo Munoz



Canoe/Kayak

Aiden Davis

Hope Floats

Linda Bell

Ann Reid

Beth Walsh



Updates from Canoe Kayak Ontario (CKO) Sprint

Coaches Representative on the HPC

Welcome to SNCC's KC Fraser to CKO Sprint's High Performance Committee (HPC). KC brings a wealth of knowledge and experience to the position. Please contact KC at kc_fraser@hotmail.com or Ryan Blair, Technical Director, CKO Sprint, at ryan@ckosprint.ca if you have any questions related to Ontario's high-performance programming.

Also, there is information on CKO Sprint's April Training Camp Registration, tentatively April 4-May 1, 2021 at Welland, the Monthly Cooking Challenge, and Community Check-in Webinars. CKO Sprint is introducing athlete, coach, and club administrator and official check-in webinars to virtually network with your peers, discuss what is going on in your sporting life, personal life, and provide support to each other. Many topics have been covered and prior sessions are recorded. See the website for details.



CANOE KAYAK
ONTARIO
SPRINT

*"Everyday may not be good...
but there is something good in every day."*

Alice Morse Earle, American Historian

Next issue: March 2021

Pictures and story ideas for **The Catch** can be emailed to Kathleen: kat_reardon@hotmail.com



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SNCC.CA