

## Long Distance Paddle



*Morning in Ottawa.*

**Ontario Team Fall Training Camp – Ottawa  
September 29 to October 1, 2023**

**Ontario Cup – Long Distance Regatta – Ottawa,  
October 1, 2023**

The Fall Training Camp for the Sprint Canoe Kayak Ontario Team, including Para, and Special Olympics Team athletes as well as the annual Long Distance Regatta took place in Ottawa, at Rideau Canoe Club. The Regatta was open to U14, U16, U18, Open, Masters, Para, and Special Olympics paddlers. Event distances included 5km, 10km, 16km, 20km, and 24km. ParaPaddlers Marilyn and Lindsay represented SNCC.



*Marilyn, Lindsay, and friend in Ottawa.*



*Pictures from Marilyn Abbs.*

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

# Fall Paddling



*Photo by Michelle Lowry*

Fall is a great time to be out on the water. We were lucky to have such nice warm weather too. Left, we have a picture of the Canoe/Kayak athletes. Jonathan in the far left is in a sprint kayak. Kathleen, Casey, Sarah, Aimee, and Hudson are in canoe polo boats. The different shapes are due to the different purposes of the boats. One is built for speed, the others are built for a rough sport. Watch a video of Canoe Polo [here](#).

Right, the dragon boaters are stretching and preparing for practice. Dragon boaters warm up on land, stretch on-water, and do a cool down after practice.



*Photo by Kathleen Reardon*

# Ontario Trillium Foundation Recognition Ceremony



Jeff Burch

October 14 at 12:34 PM

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I was excited to join the dedicated folks from [South Niagara Canoe Club](#) this morning at [Welland International Flatwater Centre](#) to recognize the fantastic work they have done with their \$224,000 Grow grant from [Ontario Trillium Foundation](#) which helped them save their dragon boat program through the pandemic and introduce the sport to 870 residents of [Niagara Region](#) with a focus on cancer survivors and their supporters.

I continue to be impressed by this resilient organization.

And yes, they went out on the water this morning in the rain for dragon boat practise!



15

1 share

On October 14, SNCC had a presentation to publicly acknowledge the Ontario Trillium Foundation's support of our club. Many people came out as did MPP Jeff Burch on that cold and rainy morning. See the SNCC Official FaceBook page for more pictures of the event.



MPP Jeff Burch



South Niagara Canoe Club

October 14 at 12:06 PM

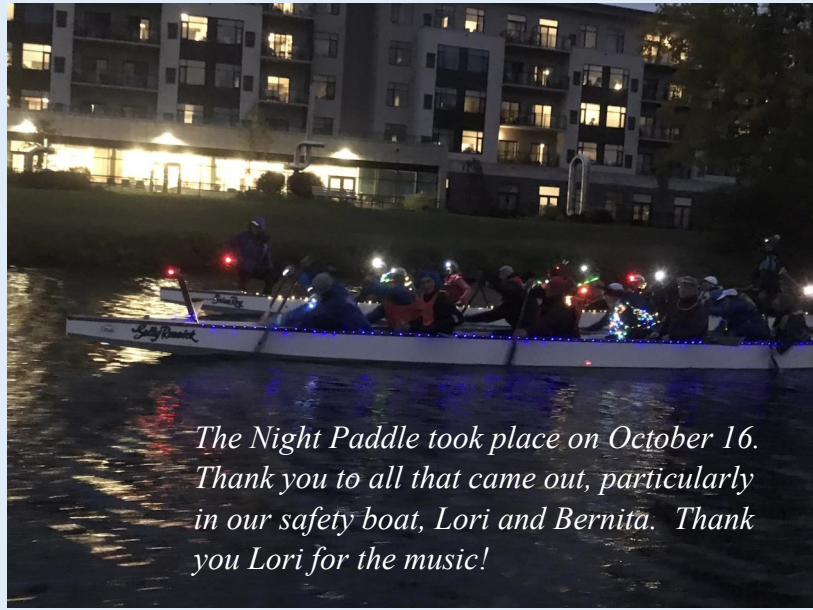
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Thank you [Ontario Trillium Foundation](#) for the opportunities that your Grow Grant has provided [South Niagara Canoe Club](#)! Thank you MPP [Jeff Burch](#), Niagara Centre, for joining us at our club for our recognition ceremony on October 14, 2023. Thank you to our leadership at SNCC, including Vice Commodore Dragon Boat Mark Swan, Commodore Alan Wright, Coach and former Commodore Brenda Arndt for your dedication and commitment to our club. Thank you to the SNCC Grow Grant Committee for your hard work in managing the grant, especially during the pandemic. And thank you to all the club members who came to the recognition ceremony - your support and the community you create make SNCC a great place to be as we become Niagara's destination for paddle sports!

# Night Paddle

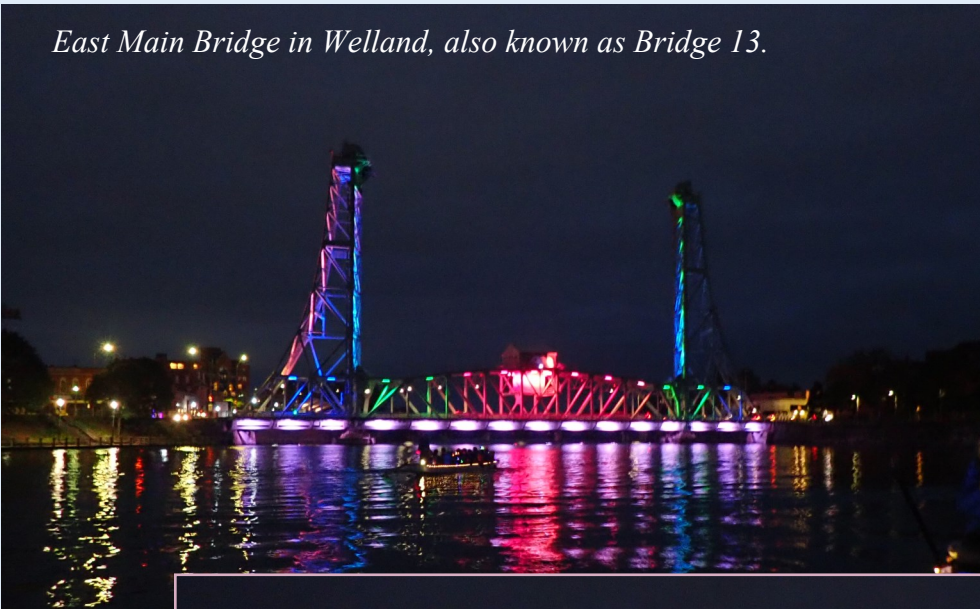


Lori



*The Night Paddle took place on October 16. Thank you to all that came out, particularly in our safety boat, Lori and Bernita. Thank you Lori for the music!*

*East Main Bridge in Welland, also known as Bridge 13.*



*Carlos, steering in the dark.*

*Pictures by Lori Dwyer and Kathleen Reardon.*



# SNCC Annual Awards Night and 15th Anniversary Party



*Photo from Lori Dwyer.*

## 2023 South Niagara Canoe Club Award Winners

Outstanding High Performance Canoe Kayak Paddler: Jonothan Barrett

Outstanding U14/U16 Canoe Kayak Paddler: Kathleen Lowry

Most Persistent U14/U16 Canoe Kayak Paddler: Casey Konert

Most Persistent Masters Canoe Kayak Paddler: Huu Luong

Masters Sportsmanship Award: Sylvain Campbell

Most Outstanding Team Award: Para Paddlers Marilyn Abbs and Lindsay Davis

Most Improved Steers: Marisa Battista

Outstanding Dragon Boat Volunteer: Lori Dwyer

Developing Coach Award: Jo Feekery

Excellence in Paddling: Dei Paule

Excellence in Paddling: Karen Borne

Exceptional Dragon Boat Dedication: Bernadette Morrissesey

Outstanding Dragon Boat Team Member: Tammi Jane

Carolyn Swan Exemplary Award: Linda Bell and Kendra Johnston Timlock

Richard Morris/Volunteer Award: Brenda Arndt

Founder's Award: Tracey Pigeon

Held on October 19 at the Casa Dante Lodge in Welland, this was a fun evening to come together and celebrate our achievements over the past paddling season. New to this Awards Night was a Tools of the Trade quiz featuring various types of paddles, and a few fundraising initiatives. Thanks to everyone's generosity, SNCC raised over \$1700 that night! At the end of the evening, Welland City Councillor Graham Speck, above, spoke about his experiences rowing and the importance of growing flatwater sports in Welland and in the Niagara Region. Go to SNCC's Official FaceBook page for more pictures from the Awards Night.

# Updates from the Board

**SNCC Fall Clean Up and Putting the Dragon Boats Away:** November 4 at SNCC

Many volunteers are needed! Visit our website [here](#) for more information on the various jobs to be completed.

**Bingo Volunteers: November 5 at Delta City Bingo, Welland**

More volunteers can sign up for this monthly fundraiser. It's one 2-hour shift on the first Sunday of the month for people 19 years or older. Contact Marilyn at [626sledger@gmail.com](mailto:626sledger@gmail.com) for the online training and for more information. To date, SNCC has raised over \$6000 from five Bingo shifts! With the City of Welland's approval, SNCC has purchased two boats (a va'a and a sprint canoe) as well as equipment with Bingo money.

**Decorating for the Welland Santa Claus Parade:** November 18 at SNCC starting at 11:00am

Contact Lori [loridwyer@live.ca](mailto:loridwyer@live.ca) for more information.



**Welland Santa Claus Parade and Warming Station:** November 25 marshalling at 4:00pm

Visit our website [here](#) for information on the various ways you can help SNCC at the Parade. Contact Lori [loridwyer@live.ca](mailto:loridwyer@live.ca) about the parade. Contact Marilyn [626sledger@gmail.com](mailto:626sledger@gmail.com) about the Warming Station.

**Winter Training:** to start the first week of December

The Board of Directors will be determining winter fees. Information for the membership soon.

**Budget for 2024 Paddling Season:** to be determined

Much like the price of groceries and gas, membership fees and program fees at SNCC will be going up. The Board will work hard to determine a fair and reasonable increase. Fundraising and volunteering will help keep costs down at SNCC. Contact Kathleen, SNCC Treasurer, [kat\\_reardon@hotmail.com](mailto:kat_reardon@hotmail.com) if you would like to join the Club-wide Fundraising Committee.

**The end of the Catch?** No one has yet contacted me to take over this communication tool for the membership and the public. My last Catch will be December 2023.

**Next issue: December 2023**

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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