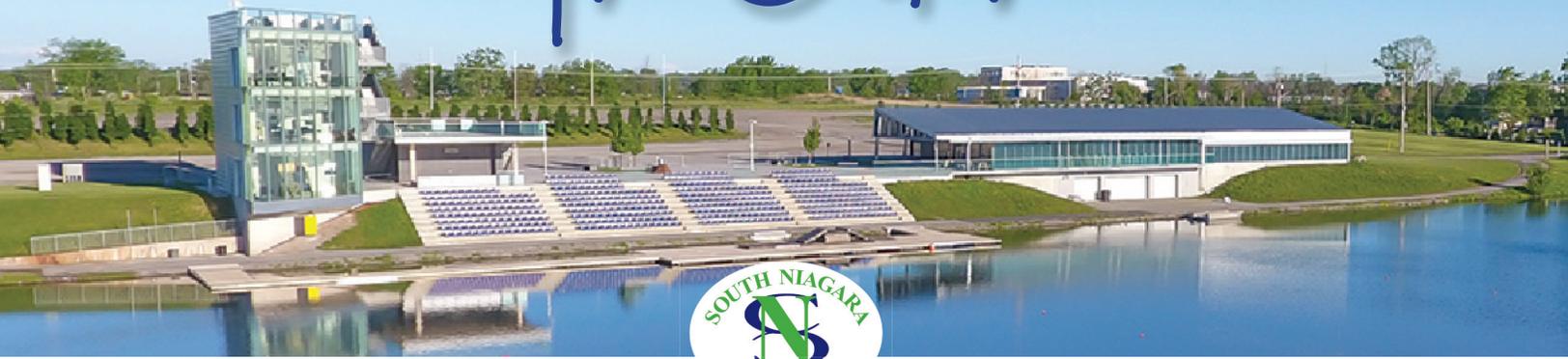


# The Catch



South Niagara Canoe Club Newsletter

Volume 14 Issue 3 April 2024

## Editor's Comments

### Excitement is in the air!

Spring has arrived, and we are all eager to begin the season on our fantastic, urban waterway: the Welland Canal.

Spring also brings with it the promise of new growth, rejuvenation, and fresh starts.

As we all look to the new season, remember to embrace the spring spirit, set new goals, challenge yourself, and find the opportunities that make your heart sing. It's a beautiful sound, just listen to the returning robins.

See you on the water, my friends.

Anne Marie



## Catch the Highlights . . .

Learn and hear about our programs and general information in the newly added sections to *The Catch*. Submit information to Anne Marie Ciancio [annemarieciancio@gmail.com](mailto:annemarieciancio@gmail.com) before the third week of each month. There's a whole lot going on in our club . . .

**Commodore's Comments**

**ViceCommodores' Comments**

**Coaches Corner**

**Getting to Know You**

Articles submitted by members, about members.

**The Biz**

What's Going On - Events/Fundraising - etc.

**Good to Know**

Articles members have submitted

## It's finally Springtime!

Time to think ahead to being on the water instead of just in the paddle tank at the Welland International Flatwater Centre. It was still good to train, to work out, and to see everyone. But it just doesn't compare to being in the open air and feeling the boat glide over the water. Congratulations to some of our Canoe/Kayak athletes who made it out on the water on March 16 with Coach Ozturk keeping an eye on them. I have to say, I was a bit jealous and I would have enjoyed being out in the kayak with them despite the cool temperatures. See the pictures and video on SNCC's FaceBook and Instagram. Hopefully, the weather will warm up and we can all be out on the water soon. In addition to warmer temperatures, we are also waiting for the City of Welland to install the docks by the 200m tower.

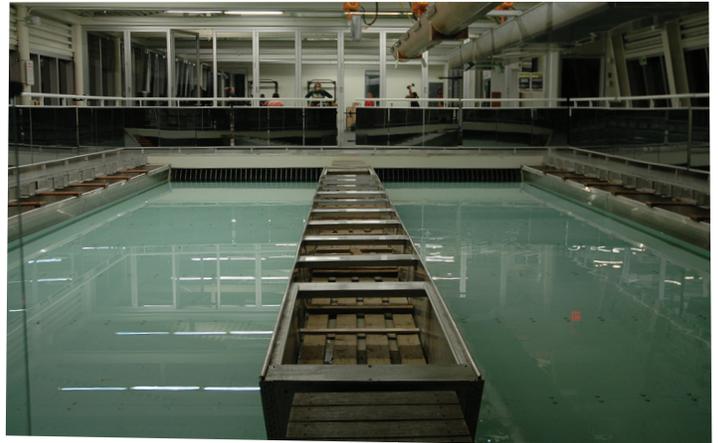
### Cold Water Safety:

I remind everyone to be safe when paddling at this time of year. Cold Water Safety rules apply. Canoe Kayak Canada has already posted about it on their FaceBook page and it's shared on our FaceBook page. When the water temperatures are below 8 degrees Celsius, all paddlers must wear a Government of Canada approved personal flotation device (PFD) at all times. A PFD greatly reduces the chance of sudden drowning due to cold shock and swimming failure. With few exceptions, cold shock occurs instantaneously and causes people to immediately lose control of their breathing in water as warm as 10-15 degrees Celsius. As a result, many people can suddenly drown – even though they can swim and may even be near shore.

### Clothing:

Clothing should be bright and visible, with several lightweight layers to reduce heat loss. Innermost layers should be wicking synthetic fibers. The next layers are for insulation: fleece, wool, or other non-absorbing fabrics. Cotton tends to soak up moisture and hold it against your skin, making it a poor insulator. Try not to wear cotton for cold water paddling. Waterproof fabric is advisable for the outer layer. You can choose a paddling jacket or whatever you need to avoid the rain, sun, wind, spray, and splashes. Have spare clothing and towels readily available in case of capsizing. Paddling gloves, mitts, or pogies will keep hands warm. Pogies cover both your hand and your paddle. Pogies and paddling gloves are usually made of neoprene which when wet, can still keep the hands warm. Hats help a paddler stay warm and comfortable.

Remember to dress for the water temperature, not the air temperature.



**SNCC is a not-for-profit CLUB.**

**We are what we are because of our membership.**

**Get involved! The more we put in, the better it becomes.**

**Attend the AGM. Step-up. Make it positive. Be a part of the progress.**

# Vice Commodore Canoe/Kayak

Michelle Lowry

## Update from Vice Commodore in Canoe and Kayak

We have had a successful winter with members training at Centennial High School, WIFC, and Crunch Fitness. Thank you to all who have participated. Last Saturday, we enjoyed our first paddle of the season, maintaining all cold weather protocols. There were 3 masters and 2 high performance athletes that braved the March weather to enjoy Ozturk's first on the water Canadian practice!

This April, we are looking forward to safe on the water paddling in combination with on land training. Spring registration will be available soon for May and June. We are working on some great projects for all!



Colleen Kenyon

We are also working to start to pilot project this May and June. We will be offering an introduction to kayaking, two nights a week, to individuals with intellectual impairments, aged 15 and up. We want to offer safe fitness on the water and hopefully, foster a love of paddling like so many of our club members share! If you know of someone who may be interested in this program, please contact myself or Ozturk Kuru for more information.



Daily registrations for Canoe Kids Camp and Youth Racing Camp are underway. It looks like it will be a wonderful summer at the club. Campers will be able to share the excitement as we prepare to host Nationals on our home course and watch Canada's top athletes compete at the Olympics in Paris, in our sport. Please spread the word regarding registration to family and friends.

Jobs descriptions of positions available for the summer camps have been posted. Please submit cover letters and your resume if you are interested.

**And as a final note, many hands make light work. Everyone at the club offers so many talents beyond their paddling skills, please consider volunteering some of your time to make this club more successful.**



Sarah Lowry carries K1, and Aimee Pigeon the C1. Note the robin in front.



Sylvan Campbell . . . all these very brave souls!



Huu Luong in the OC1. Sarah Lowry in K1 and Aimee Pigeon in C1.

# Coach's Corner

**Canoe/Kayak**  
submitted by Coach Öztürk Kuru

**“You can't improve what you don't measure.”**

**Based on this quote, I can tell you how useful it is for athletes to practice regular testing.**



Some of the strength tests and row erg tests that were performed in late January and early February were repeated about 45 days later in this month. The efficiency of the training and the benefit of the exercises were revealed in these repeated tests.

**The development of almost all of the athletes is remarkable.**

In the Bench Press and Bench Pull 1 Repetition maximum test, it was revealed that each athlete improved their weights by at least 15 pounds or more.

In addition, our work on equalizing muscle strength, by eliminating the strength imbalance in the muscles of some athletes, has started to yield fruitful results. Dumbbell and kettlebell exercises, performed independently of each other, and TRX strength band exercises with body weight, have started to balance the strength by eliminating the imbalance in strength. With the improvement of this situation, some injuries that may occur in athletes were prevented.



Huu and Colleen March 2024

## Our Happiest News

We held the first paddling practice on the water of 2024.

I can tell you how much everyone misses being on the water and how I see the smiles on their faces one by one. Also, I understand how I miss being on a motorboat and giving technical feedback. Everyone is asking when we will paddle on the water again. I know how excited we all are and can't wait for this.



photos from Öztürk Kuru

Sarah in K1 and Aimee in C1 March 2024



Huu, Colleen, Sylvan, Aimee and Sarah March 2024.

**The time has come and we are all ready to paddle more on water.**

# Coach's Corner

## Dragon Boat

In past issues of the Catch, some of our fabulous coaching staff has been highlighted. Take a look at the website to read about them.

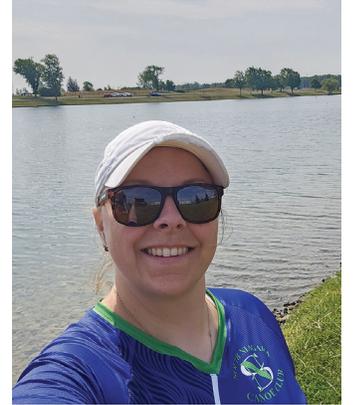
- Brenda Arndt 2017
- Joan Crawford 2019
- Marilyn Bellows 2020
- Anne Marie Ciancio 2020
- Jan Corbett 2021
- Bernita Arndt 2022
- Joanne Feekery 2022
- Jamie Mereweather 2022
- Linda Bell 2023
- Ann Marotta 2023
- Carlos Peralta 2023
- Mario Cruz 2024



Jan and Brenda



Ann Marotta



Jamie Mereweather



Marilyn Bellows



Bernita Arndt



Mario Cruz



Carlos Peralta (Anne Marie behind him, Jan over in the middle of the tank)



Joan Crawford



Anne Marie Ciancio

**Get to know some of the coaching team on the next pages . . .** thanks for providing such informative bio's Joanne Feekery, Mario Cruz, and Linda Bell.



# Getting to Know You

## Dragon Boat Coaches

### Meet Jo Feekery - certified 2023 Level 1

My beginning to Dragonboat was a bit unusual, surprise, surprise!

On August 16, 2009 I took part in Take the Lake. Myself and 15 paddlers crossed Lake Ontario from Niagara on the Lake to Marilyn Bell Park in Toronto. It took 5 hours and 4 minutes but by the time we were finished 3 things happened. We set a record, we raised money for Variety Village and I learned to paddle. The rest is history!

In 2010 I joined PDBC and under the coaching of Garret McKinnon and Scott Murray I really learned to paddle. I learned what an Outrigger Canoe was and most importantly, how to get back on when you "hulied" (tipped over), the fear that comes before testing and the joy when your coach tells you "well done".

My first CCWC was that year in Macau.

It was in Macau that the joy in competitive racing was born. I have been fortunate enough to race in CCWC's in many exciting places around the world.

I moved to Outer Harbour Senior Women (now True North Senior Woman) coached by Chris Edwards. Chris is the National team coach for the Senior A Women. I thought I knew what it was like to be competitive but boy I was wrong! Chris ensured we earned every medal we got. From getting up at 5:30 am no matter the weather for practices, the rigorous and ongoing testing, competing against your friends for a seat: we did it. We placed first more often than not. I also learned that the medal wasn't the most important thing.

Chris reinforced in us the grace in winning. There was no cheering in front of your competitors but rather a hi-five and a thank you for the race. Winning isn't about making others feel bad. It's about learning what you are capable of and fixing any mistakes next time.

Along with Chris I had the amazing opportunity to be coached by Peter Buday (CSDC and Snr C National team coach), Derek Schrotter (former Snr B National team coach) and Jim Farintosh. Each coach giving a little bit of "their self" to me, even if I forgot it!

What I love most about paddling is the sense of tribe. No matter where you go or where you are from, we share a passion. I found that when I moved to Niagara and joined SNCC. We all have the same kind of crazy!

I started coaching in 2023 with the Learn to Paddle program. I really enjoy sharing the things I've learned with others and watching new paddlers develop the passion. It teaches me a lot because finding different ways to explain things to different people forces me to really hone in on my technique.

I'm looking forward to learning Kayak and continuing on my Dragonboat journey this summer with SNCC.



Winning Nationals in Victoria, BC.



### Meet Mario Cruz - certified 2024 Level 1

About 15 years ago, our friend invited my wife and me to join a dragon boat club at the Outer Harbor Marina in Toronto. My wife joined, and I did not. I thought it was just a passing fancy of hers until I started watching them compete about two months later in three events: the GWN Sports Regatta, Christie Lake, and Mississauga races. They won ALL their races. I thought these guys were serious. I'm in!

This began my journey into the sport. I was trained under the tutelage of Stephen Kwok and Stan Mahachuck, who, together with Jim Farintosh, run the Outer Harbor Club. Dragon Boat Canada has awarded Stephen and Jim lifetime achievement awards; only 7 have won this prestigious award so far. Since then, I have attended countless local, national, and international events. I paddled with and against elite athletes and made friends with many. My biggest regret was not being able to try for the National Teams despite being prodded by my coaches. I thought to myself, when I retire in 2020, I can finally have time to train and go for it. Unfortunately, the Covid-19 shattered that dream. It was not to be.

We moved to Niagara Falls from Mississauga in 2021. Once the Pandemic settled, the lure of the sport led us to the lovely people at SNCC. After paddling with them for two years, I can see the enthusiasm and determination of the members to achieve more. I have seen the hunger and intensity of these members in competitions. They hate to lose. It is for them that I feel that my dragon boat training, experience, and background in management and engineering sciences can help move the club forward.

Mario Cruz



### Meet Linda Bell - certified 2023 Level 1

I joined the original dragon boat breast cancer survivor and supporter team in 2009, soon after my cancer treatment. I had a young family and a pretty intense career and I needed to feel 'normal' again.

The following year, this team became Hope Floats, coached mainly by the supportive Sally Rennik. The club expanded to include a wide range of paddlers of all ages and so we were able to participate in several community regattas each year, in different teams and categories.

I became a Level 1 Coach through the generosity of the Grow Grant last year. I am primarily interested in coaching new paddlers and introducing them to this awesome sport, particularly those who have had to deal with cancer.

Over the years I have paddled with many individuals, mostly women, who have overcome some tough experiences with cancer. I have frequently heard how important it is to have the support and camaraderie from other people who have had similar experiences. To achieve fitness goals that you didn't think were possible truly an amazing feeling.

Linda Bell



**It's one for all and all for one. Supporting each other makes us a better club.**



## Q. How things get done at **YOUR CLUB?**

### A. **MEMBER PARTICIPATION**

**Needs that have been submitted to The Catch:**

- **Dragon Boats painted/prepped and water ready**  
Keep an eye to emails and Team Snap for details.
- **Hope Floats Challenge 2024 preparation underway**  
See below for the list of tasks.  
Sign up now and get organized.  
Makes light work later.
- **Rankin Cancer Run . . . paddle 5k**  
Pick a date, then we register. Many boats this year!!

## **VOLUNTEERS REQUIRED HOPE FLOATS CHALLENGE 2024**

**Bernadette Morrissey is Volunteer Co-ordinator [beemorrissey@gmail.com](mailto:beemorrissey@gmail.com)**

Team Leads will report to Bernadette and they will be responsible for communicating with/to their team.

### **Hope Floats Challenge is August 9, 10, 11**

**Need Set-up NOW:** • Vendor Recruitment • Team Recruitment • Sponsors • Merchandising  
• Flower Ceremony • Friday pm Planning • Sunday Activities

#### **Need Set-up for that weekend:**

##### **1. Set-Up Crew**

- a. Friday 10 am–noon
- b. Friday 12-3 pm, if necessary

##### **2. Registration/Name Tags**

Friday 6 pm

##### **3. Dragon's Den**

- a. Friday pm, 6-10 servers
- b. Saturday - Set-up 1–2 pm
  - Smart Servers 2-8 pm
  - Security 2-8 pm
  - Clean-up, on-going 2–8 pm

##### **4. Clean-up**

- a. Friday pm
- b. Saturday 8-9 pm
- c. Sunday, final clean-up

##### **5. Volunteer and Information Tent**

- a. Saturday all day
- b. Sunday

##### **6. Volunteer paddlers**

- a. Saturday, for random crews
- b. Sunday
  - i) Steer Clinic, paddlers
  - ii) Canal Tours, steerers

##### **7. Dock Hands**

- a. Saturday 7:30 am–12:30 pm
- b. Saturday 1–6:30 pm

##### **8. Merchandise Tent**

Shifts, all day Saturday

##### **9. Silent Auction**

Friday pm

##### **10. Basket Raffle**

Shifts, all day Saturday

##### **11. 50/50 Draw**

Shifts, all day Saturday

##### **12. Coffee Breakfast Snack Tent**

- a. Saturday 6:30 am–\_\_\_\_\_ ?
- b. Sunday 9 am–noon

##### **13. Lunch Lady**

distribution to all crews



Sign up now and let's get organized. Makes light work later, and way more fun!  
Bernadette Morrissey [beemorrissey@gmail.com](mailto:beemorrissey@gmail.com)



Accounts of the CKC Nationals last held in Welland in 2017 indicated that the War Canoe races "stole the show".

Pictured in the heat of competition are mixed gender crews from Maskwa, MicMac, Rideau and Burloak.

(Pascale Toupin photo, CKC website)



## "For it's the War Canoe!" submitted by Alan Wright

Singing out support for the club's paddlers was a part of the exciting scene at local and national regattas when I was growing up in the Canadian world of sprint canoe kayak. The lyrics from one of the up-tempo tunes from that era were "For it's the War Canoe, the mighty War Canoe, and everyone knows It's true, for we put them in their place when they know we've won the race, our Captain and our mighty War Canoe!" Competitive sprint paddling has grown in leaps and bounds in the decades that have passed since my early fan and competitive experiences, with the founding of new clubs, the introduction of progressive training programs and professional coaching, innovative technologies, high tech equipment, and a much wider base of participants in terms of age, gender, and abilities. But a constant through the years has been the excitement generated by the War Canoe races at regattas run under the auspices of Canoe Kayak Canada (CKC). In fact, War Canoe races have been a feature in regattas since the founding of the Canadian Canoe Association, the CKC's predecessor, in 1900.

Spectators can look forward to seeing exciting War Canoe events at the Nationals, August 20-25 right here in Welland, on the WIFC course where SNCC paddlers practice their sport from April until November. You won't hear club supporters singing "For it's the War Canoe", but you can be sure that the announcer will crank up the volume and play a stirring recording of Orff's "Carmina Burana" as War Canoe paddlers from across the country start their engines in this distinctively Canadian event.



The SNCC entered an "all ages" War Canoe crew under Captain Rob Smith at a regatta held on the WIFC course in 2022. The Club aims to compete in more C-15 races in the years to come as the numbers of youth and Masters paddlers grow.



The writer was attracted to War Canoe racing watching big brothers Ian, here seen stroking (the bow paddler on the left side of the boat) a crew in 1955 and Barry, the last paddler on the left. In 1957 Barry stroked the Lachine crew to gold at the Nationals. My goal was to do the same, but we only managed the bronze when I stroked the crew a few years later. (Bob Acciaro Photo)



Young athletes from Mississauga and Burloak battle for the lead on the WIFC course in the 2023 season. Captains use long paddles to guide the boat and dig in with strong strokes when they are sure the boat is well centred in their designated lane. (Alan Wright photo)

good to know...



## Dragon Boat Canada and the United States Dragon Boat Federation are excited for the first ever



# CanAmerican Club Crew Championships!

July 24-28, 2024  
Welland International Flatwater Centre

Dragon Boat Canada (DBC) and the United States Dragon Boat Federation (USDBF) are excited to welcome all federation members to race at the most competitive event in North America in 2024.

**SNCC MEMBERS** . . . in addition to the teams performing on the water, we also need a team of awesome volunteers. All volunteers that work a minimum of one shift, will receive an event branded t-shirt and lunch/snacks. DBC and USDBF can't do this event without you! Check out the DBC website for opportunities to register to assist.



**SNCC has six OC1's that are  
getting shined-up for 'on water' 2024.**

SNCC coaches, members and paddlers are developing orientation, protocols and rates. Stay tuned for the specifics of how and when you can use them this spring.



Kendra Timlock - Dubbed 'the huli queen'.  
So fast to recover.

## Other interesting info . . .

David Arrigo was the artist who captured the PanAm experiences like the one we see at the entrance to the Welland International Flatwater Centre. For about three years David did LMX (Live Mural eXperience) in all the numerous communities hosting the different events.

Take the time to visit David Arrigo's website. It has time lapse videos of some of the pieces. It shows most of the paintings in various states of completion. His paintings on sports jerseys are incredible.  
www.davidarrigo.com

**Special thank you to Trevor David, Brock Student (and hopefully a new paddler) who submitted this.**



"TO2015" by David ARRIGO



## Something to think about . . .

**Pick a date. (Jamie Mereweather has been captain for several years now. Ask her or someone volunteer to take over.) Register under team "SNCC". Fill the canal with orange!**

**ASIDE:**

I almost had the Director of the Rankin Cancer Run talked into using this on the poster for this year's run. The photo they used is a real yawner! Hopefully we do a Rankin Caner Run paddle again this year. The event is approaching the \$12 million dollar mark. Lets get a date that fits many full boats, or maybe all of them. What a statement we could make.



### South Niagara Canoe Club

NIAGARA'S DESTINATION FOR PADDLING SPORTS

Welland International Flatwater Centre, 16 Townline Tunnel Rd., Welland, ON info@sncc.ca SNCC.ca

South Niagara Canoe Club (SNCC) is a board directed, not-for-profit, incorporated amateur sports organization founded in 2008. SNCC Board of Directors are volunteers and serve without remuneration. If you would like to join the Board of Directors, please download and complete the form from our website.

#### EXECUTIVE OFFICERS | SERVING SINCE

COMMODORE & TREASURER - Kathleen Reardon | January 2023  
VICE-COMMODORE CANOE KAYAK - Michelle Lowry | January 2023  
VICE-COMMODORE DRAGON BOAT - Mark Swan | March 2020  
SECRETARY - Alan Wright | March 2024  
REGISTRAR - Marilyn Abbs | February 2023

#### DIRECTORS AT LARGE | SERVING SINCE

Carolyn Swan | November 2018  
Marie-Jeanne Monette | April 2023  
Linda Bell | November 2023

#### SAFETY OFFICER

Glenna Landry

#### COMMITTEE CHAIRS

Brenda Arndt - Hope Floats Challenge Committee  
Kathleen Reardon - Club-wide Fundraising Committee  
Marilyn Abbs - Volunteer Committee, Bingo Lead