

THE CATCH



South Niagara Canoe Club Newsletter Volume 10 Issue 5

June 2020

A Message from the SNCC Board of Directors

An email sent to the membership on May 23, 2020.

Dear Member:

With great disappointment South Niagara Canoe Club's Board of Directors has decided to cancel all Dragon Boat, Kids Camp and Paracanoe programs for the 2020 on-water season.

The remainder of the on-water programs are under review. The safety of our members, coaches, volunteers, and the community is the number one priority as we assess our ability to mitigate all the risks [of the Covid-19 pandemic].

Stay safe, Warm Regards

SNCC Board of Directors

THANK YOU THANK YOU THANK YOU

A special thank you to the Board of Directors: Tracey Pigeon, Annie Eckardt, Liz Guitard, Carolyn Swan, Mark Swan, and Alan Wright for your continued hard work and dedication. Also, thank you to Head Coach KC Fraser and Safety Officer Sally Rennick who are working tirelessly to help ensure SNCC successfully navigates the Covid-19 pandemic. As well, thank you to Brian Roy, Richard Dalton, Kathleen Reardon, and the Warlock Executive: Steve Levkoe, Lindsay Sale, Verna Dalglish, and Susan Humphries for making yourselves and your expertise available to the Board and to our Safety Officer. Finally, thanks to our volunteers and the good work done with contingency planning over the years by past and present Boards of Directors. Together, SNCC will weather this storm.

Sincerely,
Brenda Arndt,
Commodore,
SNCC



THE CATCH
shares news about
SNCC and its
members so you can
stay connected
with SNCC and its
members.

A Message from the Commodore of SNCC

We continue to encourage our members to renew your annual membership with South Niagara Canoe Club to help support your club during these unprecedented times. To date close to half of our members have renewed, resulting in approximately \$4,500 in revenue. SNCC has over \$30,000 in fixed expenses such as auditors, insurance, and affiliation fees. Some of these costs can and have been reduced or eliminated as programs are canceled. Membership fees are vital, yet only scratch the surface to cover these costs. There is no doubt that we will be depleting our contingency funds and most of the funds that were set aside to purchase new items and to repair our existing inventory.

Those of you that who have not yet renewed your membership will have received a grace period email notice on May 30th. On June 15th your membership status will automatically change from “pending” to “lapsed” and your renewal invoice will be voided. In order to continue to communicate with those that would like to stay connected but are unable to support the club through membership renewal, lapsed members will not be suspended nor will they be automatically removed from our contact list database. However, membership entitlements will be suspended. If you wish to be removed from our contact list, please contact admin@sncc.ca.

To strengthen the value of an SNCC membership while we lack programming, the Board of Directors have been reaching out to local businesses for discounts for our members. If you own a business or know of a business that would like to sponsor SNCC by offering discounts to our members please contact admin@sncc.ca.

For example, Outdoors Oriented on Vansickle Road in St. Catharines has offered SNCC a discount code for SNCC members in good standing for a \$10.00 discount on purchases over \$50.00 or a \$20.00 discount on purchases over \$100.00. Click here for a list of what SNCC membership entitles you to: <https://southniagaracanoecub.wildapricot.org/resources/Documents/Board%20of%20Directors/Membership%20Entitlement%20V1.pdf>

Covid-19 has presented challenges for all of us. As Commodore, the safety of our members, volunteers, coaches, and the community is my number one priority.

Thank you to all members for supporting our club in any way you can.

Please stay safe,

Brenda Arndt

Commodore, South Niagara Canoe Club



Message from DBC President Scott Murray



**BATEAU-DRAGON CANADA
DRAGON BOAT CANADA**

*Posted May 12, 2020 on the
Dragon Boat Canada website.*

Dear Canadian Dragon Boat Community,

The weather across Canada is warming and government restrictions are beginning to ease. That leads us to these critical questions: When can dragon boat practices begin? and what changes must we make when they resume?

Dragon Boat Canada is working hard on these questions and cannot provide definitive answers at this time, however, we can assure you that we will provide the best guidance we possibly can. The driving force behind all of the answers is to proceed with an abundance of caution and to prioritize the safety of one-another.

What changes must we make when we resume?

Dragon Boat Canada is working towards building 'Return to Dragon Boat' guidelines. We are engaging with trusted health authorities and members of our paddling community in an attempt to understand how we can move forward as a group, and to determine what safety precautions we would need to take if we are permitted to return to the water.

When can dragon boat practices begin?

Regional health authorities and governing bodies are going to have the largest impact on this question. It is always helpful and prudent to have open and ongoing dialogue with the authorities in your municipality. If you paddle out of a club or base of operations, communicate with them so that there is a consolidated approach when communicating with local authorities.

The short-term waters remain turbulent and will take careful navigation, but if we maneuver them steadily and cautiously, the calm waters will await and the wind will be at our backs!

Scott Murray
President – Dragon Boat Canada



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www.dragonboat.ca



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Update from Canoe Kayak Canada

The Canoe Kayak Canada (CKC) website has a “Connect with Canoe Kayak Canada Virtual Series.” It is a weekly webinar series designed for members of the paddling community. Experts will present on a variety of topics including health, fitness, and mental well-being. On Week 1, May 6, 2020 the topic was “Optimizing Sleep.” On Week 2, May 13 the topic was “Analyzing the Sprint Canoe Stroke.” On Week 3, May 20 the topic was “Pacing Strategies: How do Elite Sprint Canoe and Kayak Athletes Execute their Race Plans?” On Week 4, May 27 the topic was “Making the Transition from Developmental Athlete to National Team”. Please go to the CKC website on a Monday to see the topic for the coming Wednesday and to register for the one hour webinar.

On May 22, 2020 it was announced that the 2020 CKC Sprint National Championships which was scheduled to take place in Ottawa on August 25-30, 2020 are cancelled. It will be the first summer without a CKC Sprint National Championship since 1945.

Refer to <https://rowingcanada.org/covid-19-updates/> for more updates regarding water sports and Covid-19.

Refer to <https://canoekayak.ca/paddling-covid-19-public-health-measures/> for CKC’s “Guidelines on Canoe Kayak Specific Measures Once Activities are Permitted by Public Health Authorities.” Headings include Personal Health, Sanitation, Physical Distance, Communication & Governance, and Safety Contingencies.

Refer to the CKC website for their full Athlete Mental Health Awareness Guide. Below is an excerpt from the guide.

CANOE KAYAK CANADA
ATHLETE MENTAL HEALTH AWARENESS GUIDE

10 MENTAL HEALTH WARNING SIGNS*

- 1 **Feeling very sad or withdrawn** for more than two weeks.
- 2 Thoughts plans, and/or attempts of **self-harm** or **suicide**.
- 3 Severe **out-of-control**, risk-taking behaviors.
- 4 Sudden **overwhelming fear** for no reason and/or **intense worries** or fears that get in the way of daily activities.
- 5 **Not eating**, throwing up or using laxatives to lose weight; **significant weight loss or weight gain**.
- 6 Seeing, hearing or believing things **that others aren't experiencing**.
- 7 Repeatedly using **drugs** or **alcohol**.
- 8 **Drastic changes** in mood, behavior, personality or sleeping habits.
- 9 **Extreme difficulty in concentrating** or staying still.
- 10 Recurring thoughts, dreams, or distressing memories about a **stressful or traumatic event**.

**Adapted from the National Institute of Mental Health (NIMH)*

The graphic features a red silhouette of a kayaker at the bottom right and a row of small icons representing various sports (canoe, kayak, rowing, triathlon, soccer, tennis, basketball, volleyball) above the list.

Some Good News!

Shared by Brenda Arndt.



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



SNCC Hope Floats Breast Cancer Survivor Dragon Boat crew are proud and excited to announce that we have been awarded a Grow Grant from the Trillium Foundation.

The Grow Grant will allow SNCC to engage Breast Cancer Survivors (BCS) and their supporters in the Niagara Region to become more physically active through dragon boating. This program will be provided free of charge and will be called Hatchlings. We propose to increase SNCC membership from 25 to 125 in our BCS program and from 100 to 200 members in all other SNCC programs by 2023.

The bulk of the grant is earmarked for three years of effective marketing. This will significantly raise the profile of the club. Also, there is a plan to purchase two new dragon boats, a dragon boat trailer, 44 life jackets, and 40 paddles. There is also budget to train current members to steer a dragon boat, to coach, and to officiate. It is hoped that this new program will act as a feeder program for all of our SNCC programs.

This program will mainly be run by Hope Floats members who will introduce dragon boat and South Niagara Canoe club to the Niagara Region, enabling beginner paddlers to gain confidence to join a Dragon Boat Crew or a Canoe Kayak program.

Breast Cancer Survivors come from all walks of life. They are our mothers, sisters, daughters, aunts, nieces, and friends. Additionally, 2% of Breast Cancer Survivors are our fathers, brothers, sons, uncles, and nephews. Everyone's lives have been touched by Breast Cancer, and through these survivors and their supporters we can reach athletes who are young and old, with interests and goals ranging from recreational to high performance.

Due to Covid-19 we have had to extend the start date of the Hatchlings program to the maximum extension allowable, October 31st 2020. Trillium has indicated that they will extend it further if it becomes necessary.

Thank you to the contributors of the grant application Hope Floats members: Brenda Arndt, Jane Rusch, Gina Cirillo, Ann Marotta, Annie Eckhardt, Jody Minken, and Marilyn Bellows.



To Help 'Happy Hour' at South Niagara Canoe Club

Many years ago Tom Lizst and Greg Belmore of Welland Pelham Special Olympics were interested in making dragon boating available to their families. Dragon boat is not yet one of the sports that Special Olympics Canada supports, so the families were on their own. These gentlemen were not even sure they would be able to 'fill' a boat, until they met with Brenda Arndt, then Vice Commodore Dragon Boat and a big group of volunteers from SNCC. With the on-water season fast approaching, the first year of *Paddles-Up! UNLIMITED* went on the water as a weekly rental.

The 2019 summer session was based on the *Dragons for All Program* in Ottawa. Tom and Greg sent emails and posters to their community throughout Niagara.

And that is how this 'Happy Hour' was born.



Paddles Up!
UNLIMITED
South Niagara Canoe Club • Welland

SNCC introduced dragon boating to the special needs community. It was embraced by our many wonderful volunteers as well, and was quite a learning experience for all involved.

Everyone witnessed the sheer joy of participation and the sense of accomplishment of our new paddlers.

There is an overwhelming desire to grow and improve the program while being consistent and direct, especially regarding the individual and differentiated needs of each paddler.

In that light, two of our SNCC members joined their expertise in education and graphic design to create support materials for *Paddles Up! UNLIMITED*. (There are no limits to what these athletes can accomplish).

Before	During	After
<ol style="list-style-type: none"> 1. Water bottle <small>NO single use plastic, please!</small> 2. Life vest (PFD) 3. Name tag 4. Paddle <small>colour coded to</small> 5. Warm-up movements 6. Load boat (assisted) 	<p style="text-align: center;">OBEY COMMANDS</p> <ol style="list-style-type: none"> 1. Quiet 2. Listen 3. Eyes front 4. Paddle together 5. Unload boat (assisted) 	<ol style="list-style-type: none"> 1. Take water bottle <small>NO single use plastic, please!</small> 2. Return name tag 3. Return life vest 4. Return paddle <small>in appropriate colour</small> 5. Cool down movements
<p>Rules</p> <p>1. Safety first 2. Have fun 3. Obey commands 4. Paddle your best 5. No splashing 6. Sit in your seat 7. Speak nicely</p>		

It is an introduction to dragon boat language and technique using clear, simple and consistent language and symbols for use by both the paddlers and volunteers. Many thanks also go to the SNCC coaches and our own member with a special needs child for taking the time to review the outline and give feedback.

The unfortunate circumstances stemming from the COVID19 pandemic have cancelled this year's program, but the signs and pamphlets are in place, ready and waiting for implementation!

Commands to know (both the gestures and the jargon):

-FIRST-	-THEN-	-NEXT-	-END-
<p>Quiet </p>	<p>Listen </p>	<p>Eyes front </p>	<p>Paddles Up! 'A' position </p>
<p>Drop it in! Take it away! </p>	<p>"Take it away!" means: IN together </p>	<p>PADDLE together </p>	<p>OUT together </p>
<p>"Let 'er run!" stop paddling </p>	<p>STOP "HOLD THE BOAT!" put paddle in water hold it straight and still </p>		

Shared by Alan Wright.

SNCC Paddles Up Trivia Night!



Set for 7:00 P.M. Thursday, June 11, on ZOOM: <https://us02web.zoom.us/j/81977193499>

All SNCC paddlers, Coaches, family members and friends of all ages are cordially invited to the first "SNCC Paddles Up Trivia Night" at 7 P.M. on Thursday, June 11. The evening will wind up by 8 P.M. at the latest.

Hosted by your friendly M.C. Alan Wright (aka "Al Paddler") and supported by your Board of Directors and the Social Committee, this promises to be an evening of fun questions and answers exploring paddling in kayaks, canoes, and Dragon Boats from an SNCC perspective. Everybody who joins the ZOOM conversation will be asked, simultaneously, to answer multiple-choice questions relating to SNCC and paddling in Canada and internationally.



Nobody will be "put on the spot" and an "honour system" will be in place so that you can calculate and keep track of your own scores. There will be 20 questions in all. No Googling for answers allowed! There will be prizes for the evening's champions. Also, you are invited to wear your SNCC gear for the Trivia Night. A special prize will go to a participant wearing team colours!

Join us to make "SNCC Paddles Up Trivia Night" a great success!



Happy Birthday to those celebrating in June!

This new feature for the Catch was suggested by a club member. Please sign in at sncc.ca to verify that your contact information is correct, including your birthdate. Contact admin@sncc.ca if you prefer not to be mentioned in the Birthday Shout Outs.

June birthdays on the Warlocks:

- Carol Klassen
- Diana Hastings
- Ruth Levkoe
- Sue Humphries

From ParaKayak:

- Shelley Gilbert
- Marilyn Abbs



From Coaching Staff:
Lillian Culp

From Canal Dragons:

- Heather Denoncourt
- Trish Sexton
- Lesley Seaborne
- Kathleen Reardon
- Mirjana Moraca
- Linda Sage
- Anne Braithewaite



Next issue: July 2020

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



SNCC.CA