

THE CATCH



South Niagara Canoe Club Newsletter Volume 11 Issue 11

December 2021



Merry Christmas and
Best Wishes for the New Year
to our SNCC family!



Looking
forward
to...

2022

Upcoming Events

Learn to Paddle Dragon Boat—Invitation for Breast Cancer Survivors, members of Wellspring, their friends and families. Indoor Paddle Tank at Welland International Flatwater Centre (WIFC), December 1, 6:30-8:00pm.

Learn to Paddle Dragon Boat—Invitation for Men: Indoor Paddle Tank at WIFC, December 2, 6:30-8:00pm.

Learn to Paddle Dragon Boat—Open Invitation.

Indoor Paddle Tank at WIFC, 4:30-6:00pm on December 8, 15, 22, and 29.



Winter Training, Dragon Boat: Indoor Paddle Tank at WIFC.

Mondays beginning December 6-March 28, 6:30-8:00pm (16 sessions). No session Family Day, February 21.

Wednesdays beginning December 8-March 23, 6:30-8:00pm (16 sessions).

Saturdays beginning December 4-March 26, 9:30-11:00am (15 sessions). ***By exception only—contact admin@sncc.ca**

Winter Training, Canoe/Kayak: Indoor Paddle Tank at WIFC and other venues. See **SNCC.CA** for details.

Developmental/Developmental Plus begins December 6, WIFC, 4:30-6:00pm

High Performance training began in November and includes the WIFC starting December 6, 4:30-6:00pm.

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

**GOOD
BYE &
GOOD
LUCK!**

It is with mixed emotions that SNCC says farewell to KC Dalton, who has been our Head/Lead Coach since 2017. We wish her all the best as she goes on to work with top Canadian paddlers with Canoe Kayak Canada. We will miss you, KC! Enjoy this amazing new adventure!



KC coaching our members in 2017.

KC Dalton joins CKC as Assistant Coach - Atlantic Centre

From Canoe Kayak Canada's website. November 17, 2021—(Ottawa, ON)

Canoe Kayak Canada (CKC) is proud to welcome KC Dalton (nee Fraser) to our staff team as an Assistant Coach working in the Atlantic Centre.

KC Dalton previously led high performance programming at the South Niagara Canoe Club as the Head Coach. As a Sprint National Team alumna, Dalton is a Pan American Games champion in K4 500m in 2015, and a member of the 2016 Rio Olympic Team.

In this coaching role, KC will work with all disciplines at the Atlantic Sport Centre to continue elevating it to a world class training environment. KC will collaborate closely with CKC coaches, Chad Brooks and Andreas Dittmer in Halifax, as well as the broader high performance team at the Canadian Sport Centre Atlantic.

"After a great experience working at the club level I'm excited for this new opportunity to work with the top athletes in Canada and share my knowledge," added Dalton.

KC will be a key leader within our CKC Sprint coaching staff and a critical piece of ensuring a world-class centre environment year round in Halifax, while also coaching at various international competitions and camps through out the year.

"KC's high level of technical knowledge, experience in the sport, coaching education and her positive and performance focused mindset will be a true asset to our CKC community and all the athletes," said CKC Chief Technical Officer, Ian Mortimer. "We look forward to her joining the team in January."

This position was made possible through the collaboration of the Canadian Sport Centre Atlantic, and we thank them for their ongoing partnership and collaboration.



KC at Provincials in Ottawa, 2019.

Richard Dalton is Inducted into the Nova Scotia Sport Hall of Fame

On Saturday November 20, 2021 at the Halifax Convention Centre, the Nova Scotia Sport Hall of Fame inducted their class of 2021. The event was hosted by Hall of Fame CEO and CBC broadcaster Bruce Rainnie. Inductees were celebrated with a video montage of their sport career and tributes from teammates and coaches. Read more about the event at [City News Halifax](#). Congratulations Richard on this amazing achievement!

Unfortunately, SNCC is also saying farewell to Richard as he moves with Head Coach KC to the East Coast. Richard has been a Club Manager, a Head Coach, and a member of the Board of Directors. SNCC will miss you! We wish you all the best!



L-R: Mike Scarola (Richard's C2 partner), Richard, and former coach Mike Garner.



Pictures from KC Dalton

GOOD
BYE &
GOOD
LUCK!



Class of 2021 Nova Scotia Sport Hall of Fame Inductees.

GOOD
BYE &
GOOD
LUCK!

Tim Ostiguy is leaving SNCC as Coach in the Canoe/Kayak program to pursue his goal of making the Canadian National Team for 2022. He has applied to train all winter, partly in Germany and partly in Florida. Tim was key to introducing Tippy Boat Days to the Masters Program as a way of challenging the athletes. He also allowed the Masters group to try crew boats, K2 and K4, another enjoyable challenge. You will be missed! Good luck with your training!

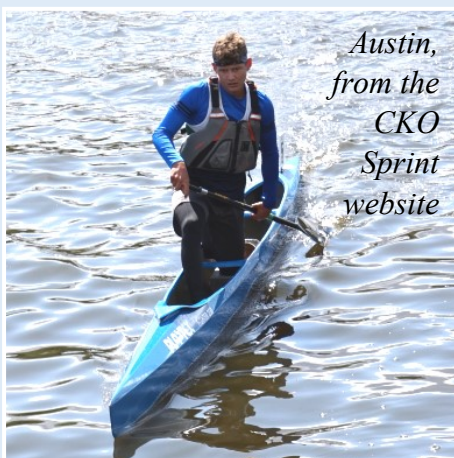


Picture by
Alan Wright.

Congratulations to our SNCC Athletes!

Canoe Kayak Ontario Sprint has announced the draft list of athletes who have been nominated to the 2021-2022 Ontario Team Program. SNCC has three athletes on the list! Congratulations to **Austin Pigeon** in Men's Canoe, Ontario High Performance Sprint Initiative Program and Quest for Gold—Ontario Athlete Assistance Program Tier 1, **Aimee Pigeon** in Women's Canoe and **Josh Abbott-Tate** in Men's Canoe, both in the Development Team Program. Well done, Austin, Aimee, and Josh!

As per the CKO Sprint website, the purpose of the Ontario Team Program is to support Ontario High Performance and Development athletes in their pursuit of achieving world-class results at the highest levels of international competition. Upward progression by an athlete towards the National Team and achieving international podium performances are the program's objectives. Read more about the Ontario Team Program announcement [here](#).



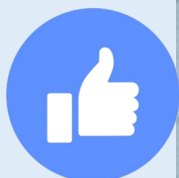
*Austin,
from the
CKO
Sprint
website*



Josh at Ontario Time Trials, 2019



Aimee at Nationals, 2019



Fall Clean Up



One of the biggest jobs during Fall Clean Up is cleaning and storing the dragon boats until next season. Thank you everyone for your help!



It was a lovely fall day on November 6 for the Fall Clean Up. SNCC is lucky to have wonderful members who volunteered to help. Working together made the job more manageable.



Pictures by Kelly Coholan and Liz Guitard.



Niagara Falls Santa Claus Parade

On November 13, SNCC participated in the Niagara Falls Santa Claus Parade. From Marilyn Abbs on FaceBook about the day: *Thank you to the SNCC members & family members to represent the club in today's Niagara Falls Santa Claus Parade. I am not boasting when I say that there were thousands*



Photo from SNCC's FaceBook page.



Santa Claus at the parade.

of people along the parade route. Both Lindsay (Davis) and I were very honoured to represent the Canoe/Kayak part of our club! Massive thanks and hugs to Wilika Wilson, for asking us to be a part of it. You deserve a vacation after this Wilika!

SNCC Annual Awards

In the past, SNCC celebrated the paddling season with a fun gathering for all members which included food and friendship and recognizing deserving members with awards. SNCC hopes to return to that tradition one day. In the meantime, here are the award recipients for 2021. Congratulations to all!

Coach's Awards

- Dragon Boat, Canal Dragons: James MacArthur
- Dragon Boat, Special Needs and Outrigger Canoe, Special Needs: Rosemarie Savard
- Outrigger Canoe: Bernita Arndt
- Para Outrigger Canoe: Marilyn Abbs
- Para Sprint Kayak: Lindsay Davis
- Sprint Canoe/Kayak, Developmental: David Nyforovskyy
- Sprint Canoe/Kayak, Developmental: Madeliene Leigh
- Sprint Canoe, High Performance: Austin Pigeon
- Sprint Kayak, High Performance: Sarah Lowry
- Sprint Kayak, Masters: Kristen Bassett



Carolyn Swan Exemplary Award: Brenda Arndt

This award is given for progressing the mission to share the benefits of exercise and team participation with Breast Cancer Survivors through Dragon Boat.



From Carolyn Swan: *This year's recipient joined Hope Floats in 2010 and has been a driving force ever since. She has gone from paddler to captain/steersperson to coach and ultimately Commodore, all in just 11 years! She is the person everyone can count on, and is always the first to volunteer, whether for a committee, a social outing, or a dragon boat festival. She fights for the rights of breast cancer survivors, setting a great example. You make us proud, Brenda. Congratulations!*

I also acknowledge the Original Members from 2009-2011, as they were the BUILDERS of Hope Floats. A special plaque will be designed to honour these members: Survivors: Ann Reid, Annie Eckhardt, Brenda

Arndt, Carolyn Swan, Diana Taylor, Elizabeth Ford, Gigi Beaudoin, H el ene Beuparlant, Jackie Harper RIP, Kathy Abbruscato, Kathy Dallaire, Kate Gallant, Kim Yungblut, Linda Bell, Linda McLaughlin, Linda Sage, Lori Elliott, Sharon Hielema, Sondra Beach, Sue Hamill. Supporters: Claudia Tummillo, Janet Corbett, Lesley Seaborne, Lydia Kutlesa, Kaitlyne Gurney, Kathleen Reardon, Nancy Cardwell, Sharon Oates, Sue Gurney, Sally Rennick, and Brian Roy.



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Richard Morris Award (Volunteer of the Year): Joan Crawford



This award is a tribute to South Niagara Canoe Club's first commodore Richard Morris for his outstanding volunteerism from 2008 - 2010. This year, we honour Joan Crawford. Joan always volunteers for tasks with a welcoming and enthusiastic 'hi' and a smile on her face. She is quick to identify what needs to be done and then takes care of it. This includes but is not limited to coaching, captaining, steering, cleaning, bailing dragon boats, fixing, carrying boats, proof-reading emails, documents, and website pages, creating artwork for SNCC and for the Catch, fundraising, and photographing (*Is that a word?*). Joan is cheerful and reliable. Thank you, Joan. SNCC made it through a most challenging year, in no small part due to your efforts and dedication.

Founders Award: Richard Dalton



The Founders Award recognizes members that have been instrumental in building and growing South Niagara Canoe Club. Since SNCC was established in 2008, only three club members have received this award and this year Richard Dalton has been added to this exclusive list. Richard came to South Niagara Canoe club to paddle and with the help of a grant we were able to retain him as a coach and as a temporary club manager. Since then, SNCC has grown from a small club fully administered with Excel spreadsheets to the club we are today. An Olympic Canoeist, Richard has knowledge and experience that makes him a valued Board resource.

One of Richard's accomplishments with SNCC was in growing Canoe Kids Camp. He helped to create the foundation that makes Canoe Kids Camp a fun place for kids to learn about canoe/kayak and it has grown in popularity year after year. With Richard's help, Camp has become a source of new members for SNCC as well as a financial boon for SNCC. SNCC ran a successful summer camp in 2021 despite a pandemic, thus closing out a challenging fiscal year with a budget surplus. The 2021 Canoe Kids Camp helped rebuild the contingency funds that were depleted in the first year of the pandemic. SNCC now enters the 2022 fiscal year with a strong foundation.

This is an example of the lasting contribution Richard has made at SNCC. Thank you!

Year-End Message from our Commodore

As we look forward to 2022 and to new and exciting challenges, I reflect on the successes of 2021.

We ended the on-water season with a record number of athletes racing in the Provincial and National Championships and three of our athletes were nominated for the Ontario Team Program. For the second year in a row, Austin Pigeon represented our club and our country at the Olympic Hopes in the Czech Republic. This year, Austin also competed at the International Canoe Federation Junior and U23 Sprint World Championships in Portugal.



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Richard Dalton was inducted into the Nova Scotia Sports Hall of Fame. In the meantime, our Dragon Boat members cheered them on from home. Unable to race due to Covid/Public Health protocols, dragon boaters turned lemons into lemonade when the Hope Floats Challenge was canceled and SNCC then held a very successful First Annual SNCC Fun Day.

We began the year with a mandated closure of the Welland International Flatwater Centre. ZOOM provided a safe way for SNCC members to keep connected and to keep fit throughout the winter. We set into motion a plan to get all our programs back on the water for 2022. By carefully monitoring the covid climate and with safety as our priority, we succeeded. Not only did every paddling program at SNCC get on the water, but we also added three new programs: Novice Racing Camp, Learn to Paddle, and Outrigger Canoe.

We welcomed new coaches Gwen Vernon, Jan Corbett, and Joan Crawford and assistant coaches Marilyn Bellows, Anne Marie Ciancio, and Wilika Wilson. Ashlynn Wilson and Amanda Vries joined SNCC as Instructors for the summer in Canoe Kids Camp. High Performance athletes Josh Abbott-Tate, Sarah Lowry, Walker Davis, Aimee Pigeon, and Austin Pigeon also stepped into instructor roles with Canoe Kids Camp and assisted with Developmental, Masters, and Para canoe/kayak programs. Several members tried their hands at steering a dragon boat and will no doubt be building on their new skills in 2022.

We applied for and were awarded grants from Canada Summer Jobs and the Summer Experience Program, and grants specifically designed to help Not-for-Profit sports clubs get through this and future pandemics such as the Trillium Resilient Communities Fund and the Trillium Community Operating Building Fund. We implemented year one of the Trillium Grow Grant by revamping our website and developing a strong marketing strategy for the next two years. SNCC managed to not only sustain, but to grow our club in 2021. We also applied for the Trillium Community Capital Building Fund and we await the results.

Heading into 2022, the last full year of my tenure as Commodore, the Board of Directors will take a well-deserved month off during December. 2022 begins with the Winter programs back in place at the Welland International Flatwater Centre with modifications and limitations for covid safety.

The Board is applying for a second Trillium Resilient Communities Grant in December. In the meantime, our financial year-end data has been sent to the accountants. The Board will present the 2021 annual report and 2022 budget to the membership at the Annual General Meeting in March. Winter will turn to Spring, and we will get back outside and onto the water.

South Niagara Canoe Club has a great future, and we invite you to be a part of it! As we head into 2022, please consider joining the Board of Directors on or before the March 2022 Annual General Meeting. With Richard Dalton, Liz Guitard, and myself eventually stepping down from the Board, this year will be a crucial year for succession planning. Please email admin@sncc.ca for details on how you can contribute.

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

Brenda Arndt, Commodore



Job Posting - Head Coach of SNCC

SNCC needs a new Head Coach for a full time position, 40 hours/week, year-round who will be responsible for growing, advancing, and enhancing the paddling programs at SNCC. Qualifications include NCCP Competition Introduction Certified or Competition Development Trained (current or pending) and minimum three years involved in high performance canoe/kayak as an athlete or coach. Please share this posting with interested and eligible candidates. For more information, go to SNCC.CA > Home > Job Postings.



December Birthdays

Canoe/Kayak	Dragon Boat
Kristen Bassett	Emily Johnson
Michelle Holmes	Anna Kuhar
Michael Kapusty	
Max Miranda	
Susanne Stramm	Coach
Joe Wiley	Gwen Vernon

January Birthdays

Canoe/Kayak	Dragon Boat
Cole Crawford	Beth Demizio
Madeliene Leigh	Maureen Kane
Maureen McLaughlin	Amy Mallett
Jayson Pigeon	Bernadette Morrissey
Nicholas Symons	
Paige Zimmerman	Coach
	Doug Jones

SECRET BIRTHDAYS

Bing Bai	Sheena Darnley	Joan McDougall	Dima Salii
Isabella Bodnarus	Janet Dhaliwal	Isaac McLeod	Rosemarie Savard
Joanne Boyce	Barb Gahn	Ashleigh Miatello	Yanita Shargorodskia
Karen Buckenham	Shawn Hall	Kristina Mosher	Chelsea Spence
Jingshi Cao	Tammi Jane	Nicholas Motz	Joanne Spence
Laurie Capogna	Amrinder Jawanda	Rebecca Motz	Isabella Taraba
Catherine Chayko	Poonam Kumar	David Nyforovskyy	Jo-Anne Thibodeu
Xiufang Chen	Kelsie Lane	Chase Owen	James Wan
Flynn Collins	Carissa LeBlanc	Pina Palombo	
Phelan Collins	Paulette Leveille	Barbara Perry	Coach
Johanna Cotte	Julia Longo	David Postman	Wilika Wilson
Joey Cozma	Brona Mayne	Danny Ristic	

Next issue: February 2022

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



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