

THE CATCH



South Niagara Canoe Club Newsletter Volume 10 Issue 2

March 2020

Ten years of The Catch!

As we approach the 2020 Annual General Meeting, here is an article from the Catch dated October 2011 that is quite timely.

SNCC General Meeting

Our 2011 paddling season has drawn to a close. What a wonderful season we had with successes in all of our programs including canoe kayak, Canoe Kids Camp and dragon boating.

Over the next several months the planning for next spring begins. Your input, contributions and time are not only requested but required. This club needs your help!!!

Our club is not yet incorporated, so we will not be hosting an AGM, rather a general meeting. Our board membership needs to expand significantly. At present Brian Roy is our Commodore, Judy Tutty is our Secretary and Sally Rennick is the Treasurer. Doug Jones, Kay and Tony Piuanno also sit on our board. Doug Thomas has sat on the board since the club was started in 2008, but has just tendered his resignation for personal reasons. His contributions and community based enthusiasm will be greatly missed.

We are proposing that the Executive Committee be made up of the following :

Commodore, 1st Vice Commodore (Head of Canoe/Kayak), 2nd Vice Commodore (Head of Dragon Boating), Treasurer, Registrar and Secretary-totaling an executive of 6. We will not be restricting within our by-

assistance is requested. Currently the board meets monthly, typically the first Tuesday of every month at 7:00pm.

Please give serious consideration to joining us. All paddlers over the age of 18 and all parents of a paddler in our programs are welcome to join us. We are not able to have children at the meetings so you would need to arrange child care monthly during board meetings.

If you feel that you might be interested in putting your name forward, please email Brian Roy, at

info@southniagaracanoecub.ca to let him know that you would like to join us. You are certainly not required to commit to anything at this time, just let Brian know that you might be interested. Please let him know if you have any specific areas of expertise related to banking, management, carpentry, etc. Any area of expertise is greatly appreciated but not required.

ARE YOU PASSIONATE ABOUT OUR CLUB AND PADDLING?

DO YOU HAVE A FEW HOURS A MONTH TO DEDICATE TO SNCC?

DO YOU WANT TO MAKE A CONTRIBUTION TO YOUR COMMUNITY?

If you answered yes to any of these questions, you are a good candidate for the SNCC board

laws the number of people that can then sit on the board, but would like to have 3 or 5 additional people sit on the board of SNCC. These 3 or 5 people will not hold specific titles but will form part of committees as the year progresses.

The specifics are available if you would like; however, at this stage we are just sending out notice that your

SNCC Coaches of 2011



Katie Paul

Canoe/Kayak



Tina Nori

Canoe Kids Camp

Also, Doug Jones was coach of the Warlocks and Brian Roy was coach of the Reckies and Hope Floats.

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

Congratulations Hope Floats On your Sold Out Fundraiser!



SPECIAL FUNDRAISER PRESENTATION FOR
HOPE FLOATS BREAST CANCER SURVIVOR DRAGON BOAT CREW
OF SOUTH NIAGARA CANOE CLUB, WELLAND



Hitz of the 80's

All Night Long!

DINNER • THEATRE • 50/50 • RAFFLE • DOOR PRIZE



Oh Canada, eh!

8585 Lundy's Lane, Niagara Falls, Canada

Friday, April 3, 2020

Arrival 6:15-6:30 Dinner 6:30-7:15 Show 7:30

Gold Leaf & Silver Leaf Setting



Well done ladies of SNCC Hope Floats! We wish you ongoing success as you continue to fundraise for your upcoming trip to New Zealand to participate in the International Breast Cancer Paddling Commission Participatory Dragon Boat Festival in 2022.

Speaking of fundraising...

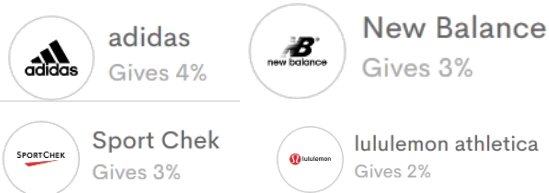
FlipGive

SNCC has registered with this website/app that advertises "Team funding made easy." SNCC can earn money "whenever you shop, dine out, book hotels or activities." Members can shop online on the website **FlipGive.com** or they can download the FlipGive app for iOS and Android to find nearby participating stores. For example, on **FlipGive.com** you can shop for gift cards from Starbucks or Tim Hortons and earn 2-3% of your purchase for SNCC. Other popular brands associated with FlipGive include Amazon, Cineplex Odeon, Under Armour, and Nike. Use the code **CDGHNP** to join the SNCC team on FlipGive. See also **www.flipgive.com/playbook** for more information on how this voluntary program can raise money for SNCC even when you simply are doing everyday shopping.

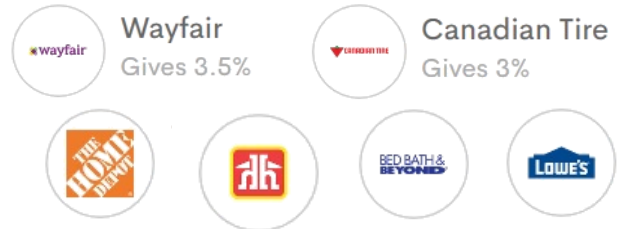
Shop by Brand

See **FlipGive.com** for a complete list of participating stores.

Sports & Outdoors



Home & Garden



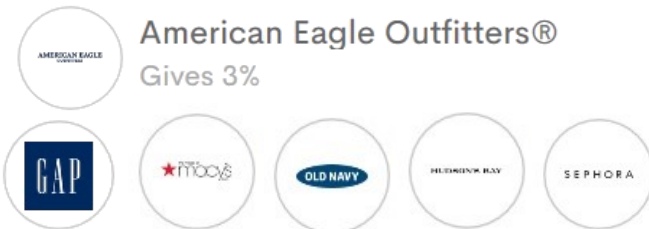
Tech & Gadgets



Gas & Grocery



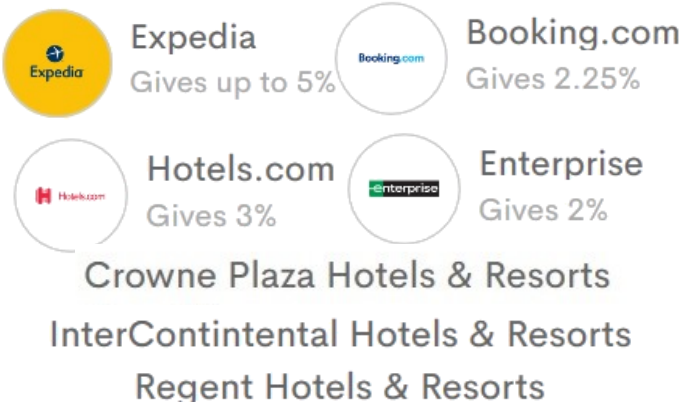
Fashion & Beauty



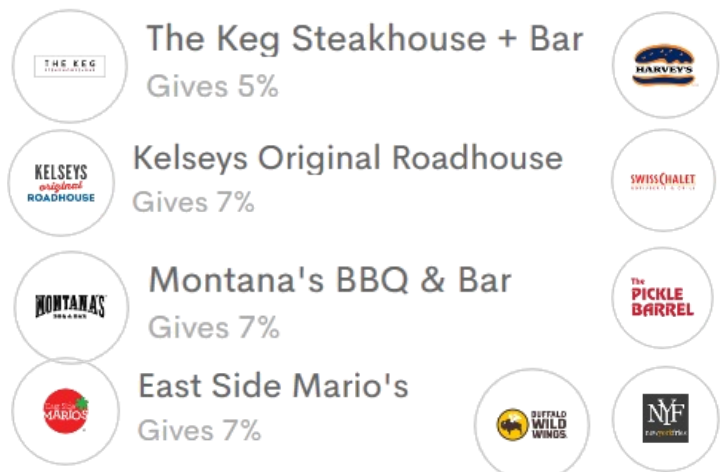
Toys & Gifts



Travel & Activities



Restaurant Gift Cards



What Happens with your SNCC Fees?

You pay membership fees to be a part of South Niagara Canoe Club and you pay programming fees to take part in the many excellent programs at SNCC. What do those fees cover?

Program fees are calculated to cover direct costs such as coaching fees and rental of the Welland International Flatwater Centre (WIFC) during winter

programming as well as cover as many indirect costs or shared expenses as able.

Some of SNCC's shared expenses are outlined in Figure 1 above. For comparison, you can see what the Board of Directors planned for in 2019 and what actually happened. The largest expense is Insurance, followed by Auditors, PayPal/Annify, and WildApricot (they host our website and help us organize our membership information). Some wedges are smaller than planned and some are larger than planned. Some actual costs came close to our planned costs, so the wedges are about the same size. Overall, the actual expenses for 2019 were less than our projections.

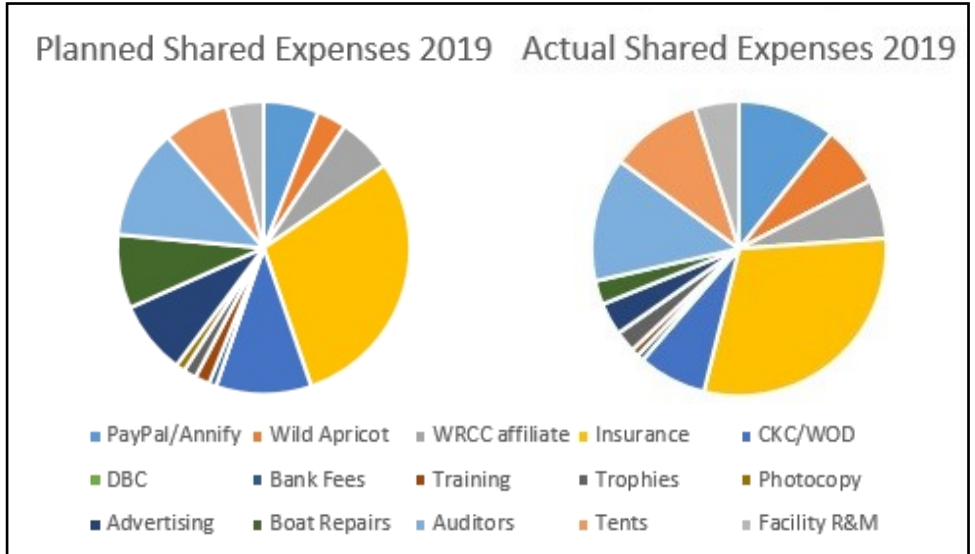
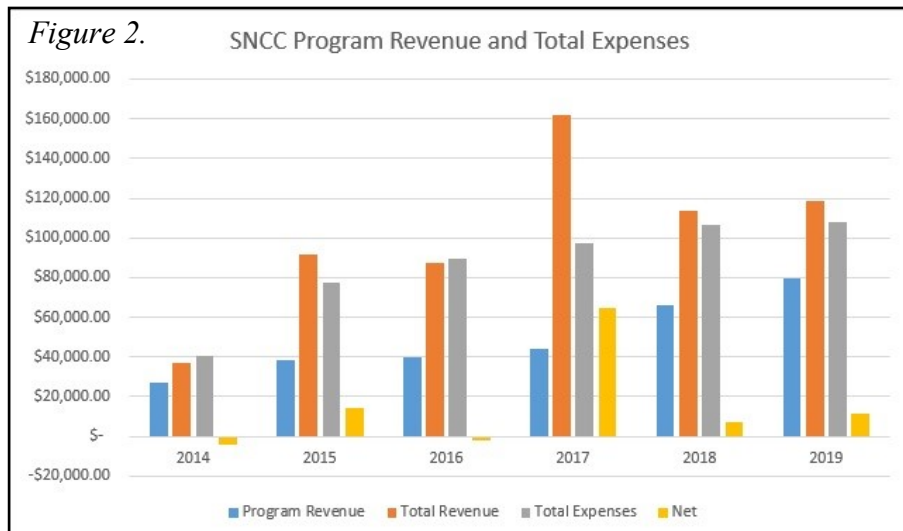


Figure 1.

Our program fees do not completely cover all of SNCC's expenses. As seen in Figure 2 below, Program Revenue in blue is always less than Total Expenses in grey over the years. Program Revenue includes fees from Canoe Kids Camp, and year-round fees from Canoe/Kayak and Dragon Boat. Our Total Revenue includes our programming fees as well as membership fees, fundraising, grants, stipends, and other revenue. Generally, the Total Revenue in orange is around the same level as the Total Expenses in grey. As a non-profit sports club, that is appropriate. In 2017, SNCC received a large grant that was used to build

our new compound at the WIFC. The numbers used to create Figure 2 are found in the Financial Statements attached to the Annual Reports, found on our website in the Members Only section.

More budget details will be available at our Annual General Meeting.



Welland Warlocks



Winter Program at WIFC

On Saturday, February 8, Warlocks held our third full-day training camp.

Our special guest was Kelly Neale, (right) a Burlington physiotherapist.

In the morning, Kelly assisted coach Kathy in the fitness circuit, spent time observing paddlers in the tank and helped coaches Doug and Kathy with the video review.

In the afternoon, Kelly introduced exercises she designed specifically for dragon boating to warm-up and cool down.

Warlocks received a videotape of Kelly's sessions for our personal use. Thanks to Michelle Sandrasagra and Tammy Larder who lead us each week using Kelly's exercises.



Winter Program at WIFC



Winter Program at WIFC



A Message from the Commodore of SNCC



For those of you that do not know me, my name is Brenda, I am the Captain of Hope Floats Breast Cancer Survivor Dragon Boat Crew, I paddle dragon boat recreationally on the Canal Dragons and Hope Floats crews and I coach Dragon Boat rentals including our Special Needs dragon boat program.

With permanent disabilities and being a 3-time cancer survivor, dragon boating has been my path back to an active and healthy lifestyle. My time on the water brings me health, peace of mind and joy. Fellow members, my crewmates and coaches have become a part of my extended family, and my Friday evenings with the volunteers and participants in the Special Needs program has become my happy hour. SNCC athletes, coaches and board members inspire me on regular basis whether it be to achieve my goals or to help others achieve theirs.

In 2016, after seven years of paddling at SNCC, I decided to join the Board of Directors as the Vice Commodore, Dragon Boat. The last 3 years have been an education and a privilege. For example, I had no idea our High-Performance Canoe/Kayakers train 9 times a week, all year round. Did you know we have Olympians and future Olympians in our midst? We have elite athletes coaching and training alongside athletes at every skill level and with various goals from camaraderie with like minded athletes to focusing on finding, reaching and surpassing their personal goals and perceived limits. Nor did I know that the Canoeists and Kayakers in our Developmental and High Performance programs volunteer a great many hours to help with the Masters and Para Kayak programs and to make our Canoe Kids Camp run smoothly, both offsetting our club expenses and inspiring future members. Members across all programs have volunteered their time and skills to run the Special Needs dragon boat program. The club relies heavily on volunteers and many of our members step up to make SNCC the amazing club that it is.

It is our volunteers that keep our expenses down and bring in alternate revenues, thereby keeping our membership fees and programming fees low. Until I joined the Board, I had no idea what went into running a club such as ours.

Over the last couple of years, I took several opportunities to hop into a boat with our Competitive Dragon Boat crew, The Warlocks, and stepped (some would describe it as flopped) into a sprint kayak to enjoy a season of Masters Kayak. I thoroughly enjoyed these experiences and highly recommend stepping outside of your comfort zone to try all the paddling options that SNCC has to offer.

In July 2019, I had the honour of taking on the position of Commodore of South Niagara Canoe Club. I am thankful that the founders of SNCC and past Commodores and Board members took the time to get it right.



Brenda coaching Special Needs Dragon Boat



Brenda learning to Kayak

Continued next page.

A Message from the Commodore, continued from last page

Terrified at first, I have come to realize that the answer to most questions and situations can be found in the hard work of my predecessors.

Every year the Board recruits new members as others step down having served the club in good faith and with due diligence. A Director at SNCC can serve for terms of one, two or three years at a time. It is my intention to offer my services on the Board for a term of three years, at which time I will have served for the maximum allowable six years. I invite you to consider joining me on the Board of Directors. We will have openings for executive positions, as well as Directors at Large.

South Niagara Canoe Club's Annual General Meeting is on March 26th, 2020. At this meeting the Board of Directors will present the Annual Report, the revenues and expenditures from the 2018/19 fiscal year, the budget for the 2019/20 fiscal year and welcome a new Board of Directors. Doesn't that sound like fun night out? How can you miss it? Come one, come all! I hope to see you all there, but for those of you that cannot attend, please do send your proxy with a member that will be attending.

Paddles UP!



News from your Board of Directors

FUNDRAISING: See the article on page 3 of this Catch regarding FlipGive. Also, other club wide fundraising ideas include Bingos and another Dinner, similar to our 10 Year Anniversary Dinner. Contact Liz Guitard, Fundraising Chair, if you are able to help.

RECRUITMENT: Enthusiastic volunteers will be needed for the March 28, 2020 Welland Wellness Expo at the Welland Community Wellness Complex. Contact Brenda Arndt, Commodore, or Shelley Gilbert, Volunteer Co-ordinator for details.

Upcoming Events



SNCC Board Meeting: March 12, 2020 from 6:30-8:30pm. Welland Civic Centre.

SNCC's Annual General Meeting: March 26, 2020 from 7:00-8:00pm. Welland Civic Centre, Community Room. All members are encouraged to attend. The Commodore, Brenda Arndt, will report on the affairs of the Club during 2019 and present the financial statements for SNCC for 2019. Also, the Board of Directors shall be elected and auditors shall be appointed for 2020. Proxy forms will be available online at sncc.ca for those who can't attend.

Next issue: April 2020

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



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YouTube

SNCC.CA