

## Introducing Coach Gwen Vernon

We welcome Gwen to the SNCC coaching family for Hope Floats and the Learn to Paddle Program. Thank you for taking the time to answer a few questions for the Catch so the membership can get to know you!

### How did you get involved with dragon boat?

I started dragon boating in 2013, shortly after completing my treatment for breast cancer. A dear friend joined Knot A Breast in Hamilton, and although I had limited experience in any team sport I was game to give it a try. I remember being in awe of all of these strong, fit women. It was inspiring and motivating to be in a boat together, working hard and getting fit at the same time.

### How did you get involved in coaching dragon boat?

I've been interested in coaching for a long time, but only just recently took advantage of our downtime from paddling to take the coaching course. I've been so fortunate to have many great coaches over the 8 years I have been involved in the sport, and hope to encourage and motivate other paddlers the way that I have been. I'm excited to work with the other coaches at SNCC and learn from them while passing on my own experience.

### Can you share a memorable paddling experience and what you learned from that experience?

I have been so fortunate to have had the opportunity to paddle at various levels and with different teams. Meeting teams from other parts of the world and understanding how large and welcoming the dragon boat community is has been incredible. I think some of my favourite experiences are being in a boat with new paddlers when they complete their first 2k race. The look on their faces is a combination of pure joy and exhaustion. My other favourite memory is being a spare in the Hope Floats boat in Stratford in 2019 during the final race. I could feel the determination of the crew with every stroke, and the joy when we crossed the finish line ahead of everyone else was palpable!

*Continued next page.*

*Photo supplied by Gwen Vernon.*



*Brandon smiles with Gwen on her mission trip to Ensenada, Mexico in 2018.*

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

*Continued from previous page.*

**Can you share a memorable coaching experience and what you learned from that experience?**

I'll keep you posted... I'm looking forward to getting back into a boat!

**How long have you been with SNCC?**

I joined SNCC in 2016 when I started paddling with the Welland Warlocks. Even though it's a fair drive to get to the club, it's worth it to paddle on the Canal.

**What is it like being with SNCC?**

There's something special about this club. From the beauty of our surroundings on the water to the opportunity to do winter training at a world class facility, it has a different feel to many places I have paddled. I have felt so welcome by the paddlers, and definitely get a sense of community within the club.

**What do you hope to accomplish as a dragon boat coach at SNCC?**

I hope to encourage the crew to be the best possible version of themselves. That may look different for everyone, but there is a special magic that happens when you put 22 people in a boat all working their hardest for the same goal. I want to continue to foster the sense of community that already exists within the crew. I hope I can inspire others, as so many paddlers and coaches have inspired me.

**What else should the SNCC membership know about you?**

I live in Dundas with my sweetheart and three cats. Between us, we have four children ranging from 18-29. In my real job, I am a portrait photographer and have converted our basement to a photo studio, as we continue to take over rooms in the house as kids move out... We love to travel, and have been blessed to serve on mission trips in Africa as well as lead teams to Northern Mexico on house and community building projects. I am looking forward to the day we can be back on the water, safely. Paddles Up!

*Photos supplied by Gwen Vernon.*

*Rob Crawford and Gwen at the Welland International Flatwater Centre during Canadian National Dragon Boat Championships in 2016 and 2017.*

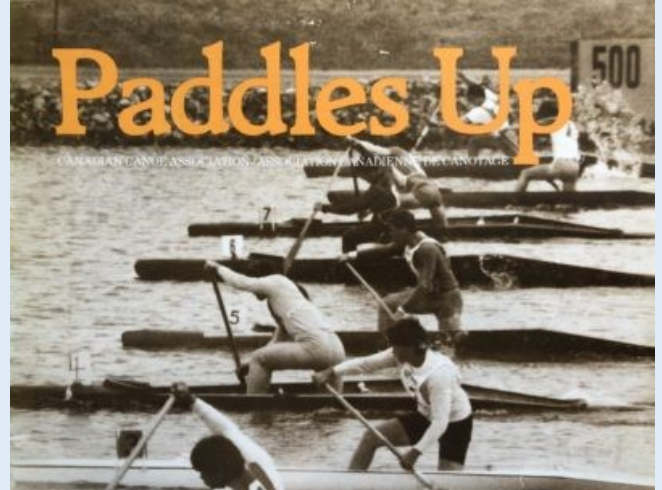


*Stay tuned for more featured Coaches in the next editions of the Catch.*

# Paddles Up!

From: [paddlesup.canoe kayak.ca](http://paddlesup.canoe kayak.ca)

The **Paddles Up** was first published in the 1980's. Back when Canoe Kayak Canada (CKC) did not have a website, and when there was no way to get any information and updates on your phones and computers! The **Paddles Up** was a print magazine that was published and sent to its subscribers every 4 months. You could find anything while reading the **Paddles Up** : CKC updates, results, announcements, awards nominations, advertisement, board of director's updates and all the latest news!



The **Paddles Up** was published for the last time in 2008 and the web took over that original CKC newsletter.

## THE NEW PADDLES UP

Ten years later, the **Paddles Up** is back! CKC is proud to bringing this magazine back to life again as CKC's official new online magazine. The **Paddles Up** is an online magazine, or online blog, about canoe and kayak culture. Whether you paddle as a competitive paddler or you are passionate about paddling sports, this website is for you!

Canoe Kayak Canada is the national sport organisation for paddling sports in Canada and counts a total of 11 disciplines: Canoe Sprint, Paracanoe, Canoe Marathon, Dragon Boat, Canoe Ocean Racing, Stand Up Paddling, Canoe Slalom, Canoe Polo, Wildwater Canoeing, Canoe Freestyle and Canoe Sailing.

We believe that Canoe and Kayak is **the** sport for all Canadian families, communities and champions. Since each paddle sport and each paddler is unique, we believe sharing different ideas, stories, adventures and memories is worthwhile!

## SAMPLE ARTICLES



[Canoe Sport: A Lifelong Passion](#)  
Posted July 10, 2019



[In 1995, Canada was the first country to include women-in-canoe at its Nationals](#)  
Posted August 13, 2018



[THE BURGEE — A closer examination of Canada's top prize in canoe kayak club supremacy](#)  
Posted August 14, 2019



# 龍舟 LONGZHOU

THE OFFICIAL NEWSLETTER OF  
THE INTERNATIONAL DRAGON BOAT FEDERATION

Longzhou is Mandarin for Dragon Boat. This newsletter can be found on the International Dragon Boat Federation website, **dragonboat.sport**. The June 2020 edition was a celebration of the 25th anniversary of the first International Dragon Boat Federation Championships in Yueyang, China.



Cover photo: Opening Ceremony at the 1995 1st IDBF World Dragon Boat Championships, Yueyang, China. Photo credit: CDBA.

Excerpted from Recollections: Umbrellas, Umbrellas, Umbrellas! by Mike Thomas, Joint Chief Official.

At the conclusion of the Championship, Zhou [Zhou Liwei, Joint Chief Official] and I went by boat to the main grandstand where we were to read out the overall results in Chinese and English on live television to an estimated audience of 30 million people.

The points table shows the dominance of the Chinese athletes in the racing, with their “B” teams also scoring highly. Championships have now become much more competitive as other nations have improved their performance to meet this challenge.

### Nations Championship Points Table

1 <sup>st</sup>	CHINA	149
2 <sup>nd</sup>	CANADA	73
3 <sup>rd</sup>	NEW ZEALAND	61
4 <sup>th</sup>	GERMANY	60
5 <sup>th</sup>	SWEDEN	45
6 <sup>th</sup>	INDONESIA	41
7 <sup>th</sup>	USA	39

8 <sup>th</sup>	HONG KONG	32
9 <sup>th</sup>	AUSTRALIA	20
10 <sup>th</sup>	JAPAN	16
11 <sup>th</sup>	MACAU	12
12 <sup>th</sup>	ITALY	10
13 <sup>th</sup>	GREAT BRITAIN	9
14 <sup>th</sup>	SOUTH AFRICA	2

The first Championship in 1995 was the event that stimulated the tremendous worldwide growth in dragon boating to become the internationally respected sport it is today.

# CKO SPRINT @ HOME

@ HOME FITNESS, HEALTH, AND COMMUNITY  
#1COMMUNITY1TEAM

From the website: [www.ckosprint.ca/at-home.html](http://www.ckosprint.ca/at-home.html)

While we can not be physically together during this time, we are working towards virtually bringing our community together and building it stronger. It is more important than ever to take care of your health and well-being during this time, and we're here to help! CKO Sprint @ Home has provided resources for @ Home Fitness, Nutrition, Physio, Mental Health, and Togetherness.

Be Safe, Be Active, Be Positive!

Resources include:

- CKO Sprint Live Work-Ins — CKO Sprint will be hosting FaceBook and Instagram Live home gym workouts **every Thursday at 2pm beginning March 26**. Each week, a different athlete will lead the workout. Join Katie Vincent, Mark Oldershaw, and others as we keep fit and have fun!
- #CKOFitnessChallenge: Past activities included Max Plank, 1 minute Push Up, 15 burpees, and 1 minute Dips. Challenge yourself!
- Nutrition @ Home: Every Saturday, CKO Sprint will post new recipes by our athletes.



**#CKOFITNESSCHALLENGE**

**WHO** OPEN TO ALL CKO MEMBERS INCLUDING SPRINT, WHITEWATER AND MARATHON

**WHEN** WE WILL BE POSTING A NEW CHALLENGE THROUGH OUR **FACEBOOK & INSTAGRAM** ACCOUNT ON **TUESDAY** EACH WEEK FOR YOU TO COMPLETE

**SUBMIT** VIDEO YOURSELF COMPLETING THE CHALLENGE AND SUBMIT IT OUR **FACEBOOK** THROUGH MESSENGER BY THE FOLLOWING SUNDAY. **INCLUDE YOUR NAME, CLUB, AND AGE IN EACH SUBMISSION**

**RESULTS** RESULTS WILL BE RANKED & **CLUB POINTS** WILL BE AWARDED FOR THE **TOP 8 PARTICIPANTS IN EACH CATEGORY**

**@CKOSPRINT**

# 5 Ways to Stay Active During Lockdown

Printed in Niagara This Week, February 4, 2021.

**1 KEEP IT UP** According to Health Canada children [and] youth should get at least 60 minutes per day of moderate to vigorous physical activity. Adults, including seniors, should accumulate at least 150 minutes.



**2 VARIETY IS THE SPICE OF LIFE** Team sports are out, unfortunately, but even with these stay-at-home orders, there are ways to keep active. These include planned and consistent exercise sessions, as well as active forms of transportation, such as walking, biking or even snowshoeing.



**3 GET OUTSIDE** The Canadian Society for Exercise Physiology says healthy lifestyles are more important than ever in times like these. Along with good diet and sleep, getting outdoors at least a little bit everyday is possible, can help combat feelings of depression and anxiety that can accompany self-isolation.

**4 BUT IF YOU ARE INDOORS....** Being inside doesn't have to mean inactivity. You might not have a home gym or weight set, but surely you have a few moderately heavy items you can use, such as laundry detergent. And if you don't mind a bit more screen time, there are plenty of online exercise guides and videos.

**5 EXPLORE PARKS** Going outdoors for exercise is a necessary exception to the stay-at-home order. If you do so safely, with proper physical distancing, there are plenty of area parks to explore. Among them: Short Hills Provincial Park and Firemen's Park, Ball's Falls Conservation Area and Chippawa Park.

## Happy March Birthday!

<p><b>Canal Dragons</b> Veronique Bedard Heather Denoncourt Christine Fournier Liz Guitard Dorise McMorland Sharon "Oatie" Oates</p>	<p><b>Hope Floats</b> Brenda Arndt Gina Cirillo Mary Morrow</p> <p><b>Warlocks</b> Verna Dalgleish</p>	<p><b>Developmental</b> Eryn Davis Sidney Pilzecker</p> <p><b>Developmental Plus</b> Isaac Zimmerman</p> <p><b>Masters</b> Marie-Jeanne Monette Alan Wright</p>	<p><b>ParaCanoe/Kayak</b> Cameron Clark</p> <p><b>High Performance</b> Austin Pigeon</p> <p><b>Belated Birthdays (February)</b> Andrew Dempsey, Canal Dragons Nalini Dempsey, Canal Dragons Tim Ostiguy, Coach</p>
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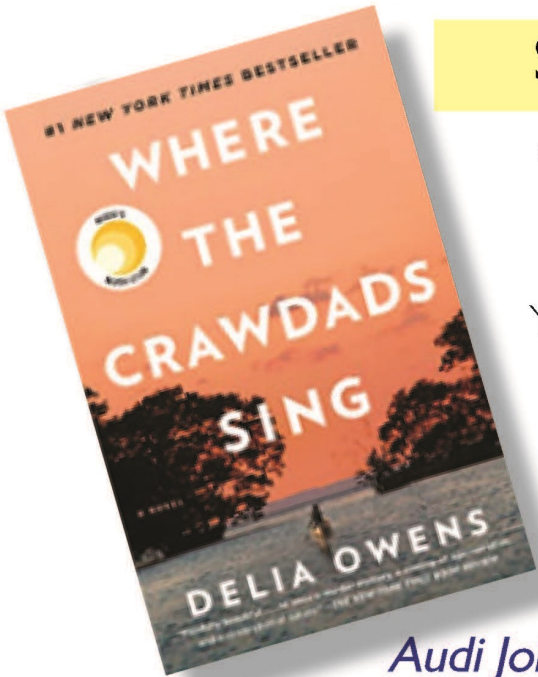
# UNDER CONSTRUCTION

Our website **SNCC.CA** will be under construction from March 5 until April 1. A few features will be available during this time such as membership renewal and registering for programs. You can still reach SNCC via Facebook, Instagram, Twitter, and email. Looking forward to our website getting a fresh new look. Stay tuned for more details.

There is still time to join at [www.sncc.ca/bookclub](http://www.sncc.ca/bookclub)

# Join the SNCC BOOK CLUB

Sunday, March 7 at 2:30 pm.



## *Where the Crawdads Sing* by Delia Owens

You can order the book at Indigo/Chapters and pick up curbside OR you can reserve it online through libraries in Niagara. The library leaves it outside for you to pick-up at an agreed time. The book gets quarantined for two weeks after it is returned.

*Audi Johnston & Carolyn Swan are leading this.  
Sign-up at [www.sncc.ca/bookclub](http://www.sncc.ca/bookclub) or go to the members only page and click on SNCC Book Club.*

zoom link: <https://us02web.zoom.us/j/84952794692>

# next BOOK • APRIL Reading

*Land Mammals and Sea Creatures*  
by Jen Neale

# Update from the Board of Directors

Provided by Brenda Arndt, Commodore.

One year ago, due to covid-19, SNCC shut down all fundraising [events], dragon boat [programs], camps, and some canoe/kayak [programs]. Over the last year, we have learned much, yet there are still many unknowns for the future. Safety of our members and the community remains our number one priority. Covid-19 has made planning and budgeting a moving target. Yet, we are cautiously optimistic for the 2021 [paddling] season. The Board of Directors have targeted a normal start [date] for our canoe/kayak programs, including camps, and a July 1st start for our dragon boat programs. We are prepared to prorate program fees allowing for start and end dates to move in either direction. Participation requirements will be developed based on expert [public health and governing sport bodies] advice... [W]e are prepared to prorate membership fees for returning dragon boat members. We are thankful for all the dragon boat members that renewed their membership last year, knowing we would not likely get on the water [in 2020].

With three weeks left of winter, we are all getting excited thinking about the upcoming opportunities to get outdoors and on the water. Spring of 2020 showed us that while Zoom workouts were well attended in March and April, by May our members wanted to get outside. We know our regular dragon boat programs will not be able to start in May. Stay tuned! Our dragon boat coaches are developing off-water, physically distanced, outdoor training to implement for spring.

The 2019/20 fiscal year had a potential to end with a deficit as high as \$30,000, but due to careful planning, grants, close attention to and reductions in spending, [help from] volunteers, and the generosity of our members, the deficit was kept to \$3,000. We expect another deficit for fiscal year 2020/21.

We have applied for the Trillium Resilient Communities Grant, the Canada Summer Jobs Grant, the Ontario Summer Experience Program Grant, and the Ontario Coach Salary Partnership Grant. We have also applied for the Canada Revenue Agency Covid Relief Fund. We are pleased to announce that SNCC has been awarded the Ontario Coach Salary Partnership Grant. This grant will supplement the wages of a full-time position for three years... We will be recruiting immediately and hiring for this position by March 31. We are accepting applications and the job description can be found [here](#). Please send resumes to [admin@sncc.ca](mailto:admin@sncc.ca)

Let's get fundraising!!!!

South Niagara Canoe Club is a not-for-profit member-driven incorporation with a reliance on fundraising and volunteerism to make our club run smoothly at a low cost for our members. We need volunteers for our Social and Fundraising Committees... Please email [admin@sncc.ca](mailto:admin@sncc.ca) if you are interested in helping us plan fundraising and social events.

Thank you to our great membership and dedicated volunteers.

**"Believe you can and you're halfway there."**

—Theodore Roosevelt, 26th US President

Next issue: April 2021

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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**SNCC.CA**