

*Merry Christmas and Happy New Year  
from SNCC!*

*Best wishes and Paddles Up for ...*

**2023**

## Winter Training

Winter training is an excellent way to build your strength, fitness, and technique in preparation for the on-water season. For more information and to register, visit [SNCC.CA](http://SNCC.CA).



### Canoe/Kayak

High Performance, U16, U14, Para, Masters: December 1, 2022-April 30, 2023.  
Further details to be determined.

### Dragon Boat

Canal Dragons: December 10, 2022-March 31, 2023 at the Welland International Flatwater Centre (WIFC).  
There are no practices on holidays, December 24-January 1 inclusive, or on Family Day February 20. Sessions are 90 minutes long split equally between the gym and the paddle tank. There is no “drop-in” or “pay-as-you-go” fee. Athletes may register for 1, 2, or 3 sessions per week. Sessions are as follows:



- Monday afternoons 4:30-6:00pm
- Monday evenings 6:30-8:00pm
- Wednesday evenings 6:30-8:00pm
- Saturday mornings 9:30-11:00am

Also, SNCC has a YouTube channel with a variety of past ZOOM workouts so if you can't make it out to train, you can train at home.

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

# ParaSport Magazine

ParaAthletes Marilyn Abbs and Shelley Gilbert were featured in the ParaSport Magazine, Summer 2022 Special Edition featuring “All Things Accessible & Adaptive in Niagara” during the Canada Summer Games. [Here](#) is the link to the ParaSport Magazine website. SNCC will continue to grow our ParaCanoe/Kayak program and our Special Needs Dragon Boat Program as well as begin to build a ParaDragon Boat program! Big things are happening for our club which paddles on the “Flatwater Capital of Canada” according to ParaSport Magazine.



ATHLETE SPOTLIGHT

## Giving It a Whirl

**SHELLEY GILBERT**  
*is Always Ready to Try*

By Jeff Tiessen

*When Shelley Gilbert says she doesn't necessarily want to try ParaGolf but would like to go to a driving range and hit some balls, she's stretching to find something new to do. And when she says she'd be interested in trying wheelchair curling in the winter, it's the same story.*

*"I'll give it a whirl," she likes to say. But it's not that Gilbert is searching for a new parasport for something to do. It's that she has played so many that it's hard to find one that she hasn't done.*

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## Carrying the Torch for Para-Athletes

The way Marilyn Abbs sees it, being a torchbearer for the 2022 Canada Summer Games held in Niagara was a once-in-a-lifetime opportunity that she simply couldn't pass up.

The para-athlete, who belongs to the Brock Niagara Penguins parasport club and the South Niagara Canoe Club, was one of 10 people chosen to carry the Games' torch in Fort Erie. And she relished every moment of it.

"It is a huge honour representing the town, the region and the Canada Games coming to our little part of the world," the Stevensville resident said. "I can't be more proud." A similar sentiment was echoed by others with disabilities who carried the torch in their municipality as well.

Elizabeth Grimmond, a member of the Summer Games board, said the flame was lit in Ottawa and its arrival via ship down the St. Lawrence Seaway is the culmination of years of work for Niagara to win the right to host the Games. She had a message for the torchbearers gathered together: "Cherish the moment with the Canada Games torch."



As reported by Niagara journalist Paul Forsyth, Fort Erie Post.

## EMPIRE SPORTSPLEX LEVELS THE PLAYING FIELDS

By Dave Johnson, Tribune Reporter

Empire Communities sees a responsibility to build up municipalities outside of the borders of its developments, says Mark Tutton, Empire's president of Low Rise.

"This is just the sort of thing that can happen. We make every community we build in better and slowly, piece by piece, make the world a better place," he said. He made the comments before the official opening of the new Empire Sportsplex in July.

The sprawling sportsplex, adjacent to the Welland International Flatwater Centre, is home to multiple courts that can host pickleball, tennis, basketball, volleyball and more.

It's also home to inclusive courts built by Canadian Tire Jumpstart and Empire, which can host a variety of sports for people of all abilities.

"I haven't seen anything like this anywhere else," said Tutton. "There's nothing on a scale like this, and open to as wide a number of users. This is a first for us," said the housing developer who has built golf courses and community amenities throughout his career.

"This city [Welland] had a desire to put this facility in place. They asked us to devote some of our parkland contribution to this effort, and we happily agreed," Tutton said, that while built for Welland residents, he can see broader use of the facility because of some of the built-in aspects, such as the accessible courts.

Scott Fraser, president of Canadian Tire Jumpstart Charities, said one of the organization's big

pushes since being founded in 2005 is inclusive play. "When we found out about this opportunity here, we realized what a great opportunity it would be for us to provide additional resources for children," said Fraser. "To have accessible areas to play basketball and tennis and use the court spaces in whatever way they could."

"We want to promote the importance of getting out and staying active. Every child deserves a chance, and great things can happen if they get that opportunity," said Fraser. Jeff Tiessen, Managing Director

at ParaSport Ontario, said the importance of the inclusive courts is that they were not an afterthought. "It was built as part of the design, with everyone in mind. That's design and desire. That comes with the feeling of belonging and community," said Tiessen, a three-time Paralympian.

Tiessen and his team of more than a dozen staff and para-athlete ambassadors were on hand at the facility's Grand Opening to showcase five different parasports throughout the day, including wheelchair basketball, wheelchair

tennis, bocce, sitting volleyball and sledge hockey. "People with disabilities want to be active too, and the Empire Sportsplex is a welcoming place to make that happen."

Rob Axiak, Welland's director of community services, agreed, emphasizing that the Sportsplex will bring the community together. "The accessible and inclusive aspect will be a regional draw for people with varying interests and abilities."



# SNCC Annual Awards Night

A highlight for the club at the end of paddling season is the Annual Awards Night. This year it was held November 25 at the Welland Arena Community Room and the food was from Antipastos in St. Catharines. Thank you to the volunteers who helped make the evening a success! Congratulations to all the winners! See our FaceBook page for more pictures and a complete list of this year's award recipients.



Head Coach Rob Smith and past Commodore Brenda Arndt



Outstanding Development Paddler—Joe Wiley



Outstanding Development Paddler—Kendall Smith



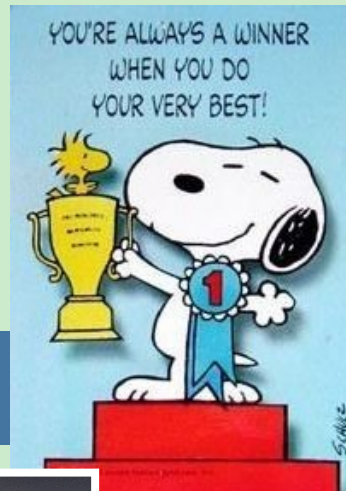
Outstanding Dragon Boat Paddler—Bernita Arndt



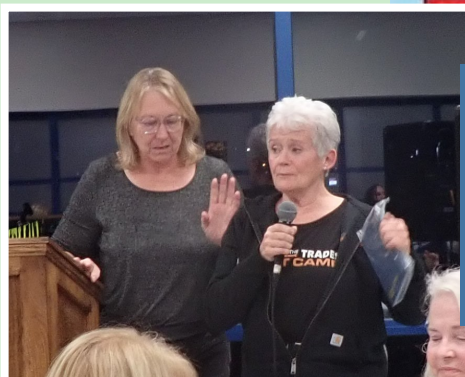
Outstanding Counsellor Award—Julia Smith



Canoe/Kayak Most Improved Paddler—Jonothan Barrett



Founders Award—Brenda Arndt (centre)  
Richard Morris Award—Tracey Pigeon (right)



Dragon Boat Outstanding Developing Coach Award—Joan Crawford



# Welland Santa Claus Parade

On November 26, SNCC participated in the Welland Santa Claus Parade travelling about 2 km down East Main Street. The fan favourite of our group was Preesha, Nalini's dog, who was dressed in a dragon costume. Thank you to all who participated. Thank you to Joan for creating our banners and flags. Thank you to Bernadette for her enthusiastic leadership. Looking forward to seeing SNCC at more of these public events.

#GoSNCCGo

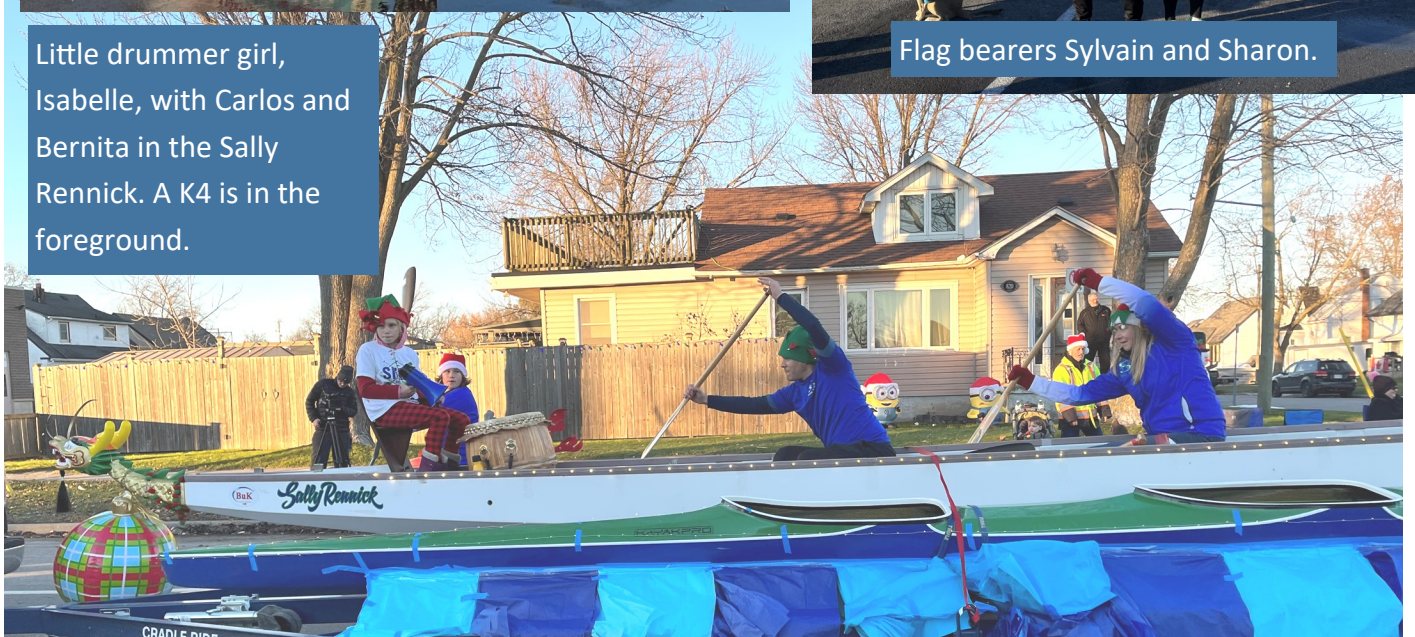


Bernadette and Joanne leading our group.



Flag bearers Sylvain and Sharon.

Little drummer girl, Isabelle, with Carlos and Bernita in the Sally Rennick. A K4 is in the foreground.





# A Year-End Message from our Head Coach



Hello Fellow Paddlers,

I would like to take this opportunity to thank all of you for a very successful and fulfilling year at the South Niagara Canoe Club.

You should be proud of your accomplishments and even more proud of how you represented our club in 2022. Please thank your family and friends for their support this season and a big thank you to all of you who volunteered during the many events that our club was involved in.

We had a fantastic turnout of over 90 people at our Awards Banquet last week and it was wonderful to see our club come together in celebration of some extraordinary athletes.

A big thank you to all the coaches who assisted me in delivering strong programs and most importantly you, in working so hard to achieve your goals. SNCC has terrific spirit, and that spirit will grow our membership and feed our passion to strive for even higher goals next season.

This is that time of year when you begin choosing your goals for next year and I want you to aim HIGH! Those of us that have big goals find it easier to go through life because most of what your daily life entails is striving for that ONE BIG GOAL.

So, Dream Big.... Think Big..... And Strive For That GOAL!!! I guarantee you will enjoy the ride.

Chin Up and Chest Out.

Thank you and Happy Holidays,

Rob Smith  
Head Coach SNCC



## Raise the Roof!



Roofing materials for SNCC. Delivered in November 2022, we are looking forward to the roof going up over our new flooring. We will have shelter and shade for our members, our campers, and our coaches in 2023 thanks to an Ontario Trillium Foundation Grant.





# A Year-End Message from our Past Commodore

As 2022 comes to end, I reflect on the successes of the club and its members. Despite two years of pandemic limitations our membership flourished. SNCC won more medals [in 2022] than ever before in canoe, kayak, Va'a, and Dragon Boat. It was a pleasure to watch as individual athletes and crews developed their technical, physical, and mental abilities to come together making a big SNCC splash on the paddling sports community. Heads were turned and we are a club to watch. #GOSNCCGO!



*Brenda in an OC-1.*

The SNCC site is changing before our eyes. Seacan after seacan was delivered and set in place, a war canoe was added to our arsenal, the compound went through a face lift with picturesque scrim, a dock was configured for para and less able-bodied athletes, and flooring was installed for dryland training.

It has been my honour to serve South Niagara Canoe Club and its members over the past six years. Sitting on the Board of Directors has been a rewarding and educational experience.

On Thursday November 17<sup>th</sup>, I stepped down as Commodore of South Niagara Canoe Club. Our by-laws and Ontario legislation, in their wisdom, require Board of Directors of not-for-profit organizations to step down and take a minimum of a one year break every six years. Following the lead of my mentors, past Commodores Brian Roy and Ian Tate and former club manager Richard Dalton, I will continue to serve the club and the board in an ex-officio [non-voting] role.

I look forward to focusing this next year on coaching, paddling, and completing the implementation of the grants I have been working on over the past 2 years.

I wish you all a wonderful holiday season and a successful and memorable paddling year in 2023.

Paddles UP!  
Brenda Arndt



*Brenda at GWN 2022.*



## An Award presented after Awards Night



South Niagara Canoe Club  
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Adam Kane accepting the Outstanding Team Member Award 2022.  
Great job Adam!  
Adam is always there early and stays late to help get the boats ready and put them to bed. He carries the steering oars down and back and is always ready to lend a hand.  
On the last day of the program in 2022, Adam tried his hand at steering! He did a great job!  
Congratulations Adam.



# Upcoming Events

**Indoor Learn to Paddle Sessions:** see [SNCC.ca](http://SNCC.ca) for more information and to register now.

Share the news with friends and family! You can still learn to paddle dragon boat even over the winter at the indoor paddle tank at the WIFC. Refer to the schedule below for the various sessions that are available.

Volunteers are welcome to help with these sessions.

| Date<br>Time           | South Niagara Canoe Club <a href="http://SNCC.ca">SNCC.ca</a> |                     |                     |                     |                     |                     |                      |                      |                      |                      |                      |
|------------------------|---|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
|                        | Sun Dec 11<br>4-5:30  | Fri Jan 6<br>4:30-6 | Fri Jan 6<br>6:30-8 | Sat Jan 7<br>4:30-6 | Sun Jan 8<br>2:30-4 | Sun Jan 8<br>4:30-6 | Fri Jan 13<br>4:30-6 | Fri Jan 13<br>6:30-8 | Sat Jan 14<br>4:30-6 | Sun Jan 15<br>2:30-4 | Sun Jan 15<br>4:30-6 |
| Premier <40            |   |                     | X                   |                     |                     |                     |                      | X                    |                      |                      |                      |
| Senior A 39+           |   |                     | X                   |                     |                     |                     |                      | X                    |                      |                      | X                    |
| Senior B 49+           |   |                     | X                   |                     |                     |                     |                      | X                    |                      |                      | X                    |
| Senior C 59+           |   |                     |                     |                     |                     | X                   |                      |                      |                      |                      | X                    |
| Senior D 69+           |   | X                   |                     |                     |                     |                     |                      |                      | X                    |                      |                      |
| Breast Cancer Survivor | X   | X                   |                     | X                   | X                   |                     | X                    |                      |                      | X                    |                      |
| Cancer Survivor        | X   |                     |                     | X                   | X                   |                     | X                    |                      | X                    | X                    |                      |
| Special Needs          |   |                     |                     |                     |                     | X                   |                      |                      |                      |                      |                      |

## December Birthdays

### Canoe/Kayak

Eric Gilliland  
M:ichelle Holmes  
Michael Kapusty  
Max Miranda  
David Nyforovskyy

### Dragon Boat

Lesley Bray  
Anna Kuhar  
Bonnie Vadacchino  
Gwen Vernon



### Canoe/Kayak and Dragon Boat

Kristen Bassett  
Joe Wiley

### General Membership

Veylah Warner



Thank you to everyone who shared pictures and story ideas for the Catch Newsletter. It's hard to be everywhere that SNCC goes so the help is appreciated! Please keep sharing on SNCC's Social Media or email me directly. Pictures may be used in the Catch Newsletter and also in the SNCC Archives or



in the End of Year Slideshow or for advertising!



## Next issue: February 2023

Pictures and story ideas for **The Catch** can be emailed to Kathleen: [kaf\\_reardon@hotmail.com](mailto:kaf_reardon@hotmail.com)



[SNCC.ca](http://SNCC.ca)