



# THE CATCH

South Niagara Canoe Club Newsletter, Volume 13 Issue 8

September 2023

## SNCC Summer Camps

War canoe



Paddle board



Out-rigger Canoe

The eight-week Youth Racing Camp and the nine weeks of Canoe Kids Camp have wrapped up for 2023. Lots of kids were introduced to many types of paddle sports, in addition to sprint kayak and canoe. From the Instagram videos, it looks like everyone had a great time! A survey has gone out asking for feedback on our camps. Looking forward to making the camps better for 2024! Thank you to all our Camp coaches!



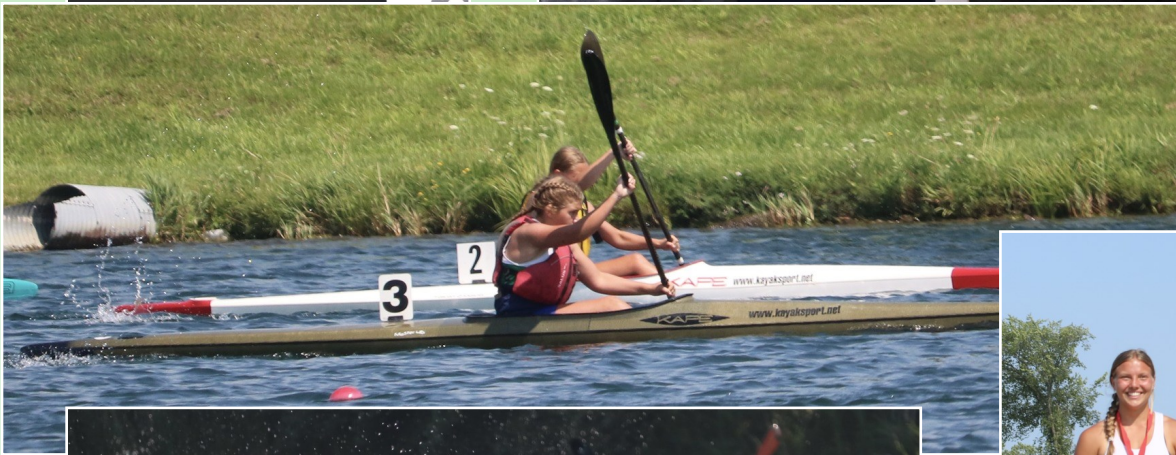
Canoe polo



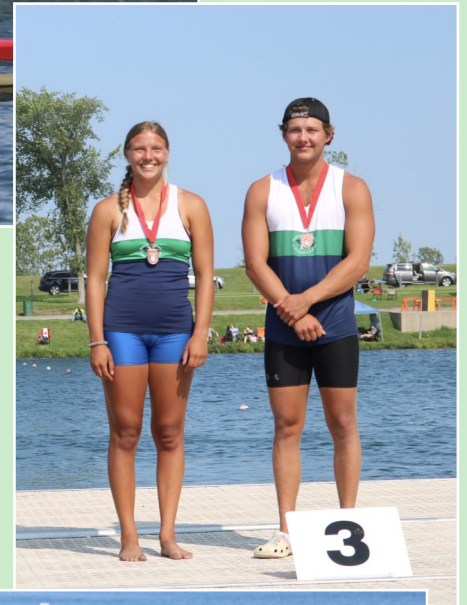
Dragon boat

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

# Sprint Canoe Kayak Provincial Championships



*Photos by Alan Wright.*



Held in Welland on August 18 and 19, SNCC paddlers made their mark! Top left, Lily wins silver in mixed C-4. Top right, Marilyn and Lindsay win the burgee for most points in Para division. Middle right, Aimee and Austin win bronze in mixed C-2. Bottom right, Marilyn and Lindsay on the podium. Bottom left, Alexa in lane 9. Middle left, Kathleen in lane 3.

# Hope Floats Challenge

Hips to the gunnel; eyes straight ahead  
Stay focused – be calm, our coaches all said  
We paddle like sisters – we work as a team  
We pace ourselves wisely; can't run out of steam

Perfecting our A-frame, our finish and starts  
Our warm ups and cool downs – a must, it's just smart  
When we finish a race, we can all barely breathe  
Did we place for a medal? We've got to believe!

They call us survivors – we've been there and back  
Now stronger, now braver and we've formed a pack  
We're dragons, you see – we're fierce and we're proud  
We chant and we cheer – we can get very loud!

We've got the best coaches – they push us to win  
They tell us "you've got this" – "dig deep, it's within"  
"Paddles Up" is our tagline – we raise them as one  
But sometimes we all love to hear "Let 'er run"

It's more than just winning, although that part's fun  
It's the journey, they say – not the destination  
Coming together - from all parts of our land  
Teams push to be better and we all take a stand

We've something in common; it's hard to forget  
We live life to the fullest – we want no regrets  
It's all about love, it's all about hope  
And love conquers all and HOPE, well it FLOATS.

By Val Sadler

Poem read at Opening Ceremonies of Hope Floats Challenge

Held over August 25-27 in Welland, this inaugural Dragon Boat Festival served as a fundraiser for Wellspring Niagara and Canal Dragons. More photos can be found on FaceBook.



Ann, the Amazing Tour Guide.



Friday Night Laughs! Ann, Donna, Jan, Jamie.



Hope Floats, Canal Dragons BCS crew win gold.



Canal Dragons—Special Needs Crew. Their first ever regatta! Congratulations!

# Sprint Canoe Kayak National Championships



Held August 29—September 2, with CANMAS on September 3 on Lake Banook in Nova Scotia. Three athletes from SNCC are competing: Austin Pigeon, Marilyn Abbs, and Lindsay Davis. Austin has completed competition in 2 distances: the 200m and the 1000m, Junior Men in C-1. The Para races are forthcoming. Races are available to LiveStream on YouTube [here](#). The Para race schedule can be found for [Friday](#), [Saturday](#), and [Sunday](#) on the Canoe Kayak Canada website, Events page. Watch and support our athletes who are among the best canoeists and kayakers in Canada!

**#goSNCCgo**



*Day 2, Race 166 Junior C-1 Men 1000m, approaching the start line.*



*Day 2, Race 166 Junior C-1 Men, 1000m, Final.*

# National Day of Truth and Reconciliation September 30

Canoe Kayak Ontario (CKO) Sprint website has a section called "[Connected by Canoe](#)." This is designed to be a place where people can share and celebrate Indigenous history and its influence on the sport of canoe/kayak. This is also the title of a short film by the Canadian Canoe Museum, located in Peterborough. View it on YouTube [here](#).

The canoe is a symbol of the great wisdom to be learned from Canada's Indigenous people.

The canoe is not only an important part of Canada's past but our present and future as well. The canoe teaches us we are all "in the same boat" and by "pulling together," Canadians of all backgrounds, regions and beliefs can build an equitable, sustainable and inclusive future for Canada.



*A screenshot from the short film, Connected by Canoe, on the Rideau Canal in Ottawa.*



The 2023 North American Indigenous Games (NAIG) were held in Nova Scotia from July 15-23. NAIG had athletes competing in 16 different sports with three traditional Indigenous sports including Canoe/Kayak, Lacrosse, and 3D Archery. Visit their website [here](#) to learn more.



## Alwyn Morris

Alwyn Morris is a true Aboriginal hero and role model to Native kids all across Canada. He is the Winner of both a bronze and a gold medal in kayaking after representing Canada in the 1984 Summer Olympics. He was born and raised in Kahnawake, located on Mohawk Tribe territory, south of Montreal, Quebec. As he received his medal, Alwyn held up the feather of the same eagle that watched over him throughout his training. This gesture brought respect to his Mohawk Tribe, culture, and family. Following his Olympic achievement, Alwyn continued to make a difference within and outside Native communities across Canada. Read more about Alwyn Morris [here](#).

**National Aboriginal Day  
in NT and YT, June 21**

**National Indigenous  
Peoples Day  
June 21**

# Updates from the Board

## Bingo Volunteers: September 3 at Delta City Bingo, Welland

Additional volunteers are welcome to join the fundraising fun in support of SNCC. It's one 2-hour shift on the first Sunday of the month for people 19 years or older. Contact Marilyn at [626sledger@gmail.com](mailto:626sledger@gmail.com) for the online training and for more information. To date, SNCC has raised over \$5000 from four Bingo shifts! We await approval from the City of Welland for our purchases of boats and equipment for the club with the Bingo money.



## Volunteers in General for SNCC: ongoing



All members of SNCC are required to complete 5 hours of volunteer time in a membership year to help keep our operating costs and fees low. Volunteering at stipend events at WIFC or with Bingos count towards your hours. SNCC also needs your help with running the club year-round. The club does not have a General Manager or an Equipment Manager or a Marketing Manager or an IT manager. That's where volunteers can help! If you have experience, expertise, or an interest in any of the above areas, contact a Board member or email [info@sncc.ca](mailto:info@sncc.ca) or [admin@sncc.ca](mailto:admin@sncc.ca). Your assistance is appreciated!

## Niagara's Sport and Recreation Fair: September 16, 10:00am-2:00pm at McBain Community Centre

Volunteers are needed to set up and run the booth showcasing SNCC and paddlesports to families, especially youth and children, in Niagara Falls. Email [info@sncc.ca](mailto:info@sncc.ca) or [admin@sncc.ca](mailto:admin@sncc.ca) for more information.

## SNCC Sweatshirts Update

Awaiting an update on the arrival of the SNCC sweatshirts. An email and a Facebook post will go out when more information is known. Thank you all for supporting SNCC with your orders!



## SNCC's 15th Anniversary: October 19, 2023, Casa Dante Lodge in Welland



The Annual Awards night will be combined with our Anniversary party for an evening of celebration and food. Tickets will go on sale on our website, [SNCC.CA](http://SNCC.CA), later in September, tentatively priced at \$25 for adults and \$15 for children ages 18 and under. Cash bar. Menu to consist of dinner rolls, house salad, pasta in marinara sauce, meatballs, dessert and coffee/tea. Contact Kathleen via email at [kat\\_reardon@hotmail.com](mailto:kat_reardon@hotmail.com) if you can help out.

*"We're a crew. Whether we're Masters or whether we're dragon boat we're all part of SNCC. And we're all striving to be better versions of ourselves."*

Coach Gwen Vernon, Canal Dragons ZOOM workout, January 15, 2022 at about 1:01:30-50.

## Next issue: October 2023

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



**SNCC.CA**