

# The Catch

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South Niagara Paddling Club Newsletter

Volume 15 Issue 1 February 2025





From Kathleen Reardon, Commodore

# Upcoming Event to benefit South Niagara Paddling Club

## VOLUNTEERS NEEDED

**Family Day Expo** Monday, Feb 17, 2025

Volunteers needed and welcome!

Contact: [commodore@sncc.ca](mailto:commodore@sncc.ca)

Set up 10-11am. Expo runs from 11-3pm.

Tear down must be complete by 3:30pm.

Promote:

- our Summer Camps
- our beginner/recreational/competitive programs in canoe/kayak & dragon boat
- our Special Needs programs for canoe/kayak & dragon boat
- our Para programs for canoe/kayak & dragon boat

**Family Day Expo** builds public awareness for our club within Niagara and it is directly focused on our target audience - the people we want to join, their parents, and youth.

**Family Day Expo** is an important event.

Contact: [commodore@sncc.ca](mailto:commodore@sncc.ca) to volunteer.

**South Niagara Canoe Club**  
Niagara's Destination for Paddling Sports

South Niagara Canoe Club logo

Dragonboat, Youth Adults Para, Recreational, Competitive, High Performance, Special Needs, Cancer Survivors, Breast Cancer Survivors, Learn to Paddle, Summer Camps, Team Building, Rentals, Fun on the Water, Special Needs Paddling

South Niagara Canoe Club  
Welland International Flatwater Centre, 16 Townline Tunnel Rd., Welland  
[admin@sncc.ca](mailto:admin@sncc.ca) SNCC.ca

**Have the BEST summer ever!**  
Youth Racing Camp Canoe Kids Camp

Fun activities on the water and on land.  
For more info and to sign up go to [sncc.ca](http://sncc.ca)

#summercamp  
#lets paddle  
#funtime

#canoeing  
#kayaking

South Niagara Canoe Club  
Welland International Flatwater Centre, 16 Townline Tunnel Rd., Welland, ON [info@sncc.ca](mailto:info@sncc.ca)  
SNCC.ca

2024 family day programs posters  
English and French

**Plan a Summer of Fun + Fitness**

**Spring + Summer Programs On-water practices begin May**  
RECREATIONAL, DEVELOPMENT & HIGH PERFORMANCE • PADDLES AND PFD'S PROVIDED

**Dragonboat**  
FOR ALL AGES AND ABILITIES  
TRY OUT THIS FUN SPORT

**Canoe/Kayak**  
U14+U16 • U21 HIGH PERFORMANCE • PARA • MASTERS  
SUMMER CAMP • YOUTH RACING CAMP • PADDLE ALL  
(PADDLE ALL PROGRAM IS IN THE WORKS FOR  
INTELLECTUAL & DEVELOPMENTAL DISABILITIES)

**SNCC.ca to register/more details**  
South Niagara Canoe Club - Niagara's Destination for Paddling Sports  
Welland International Flatwater Centre, 16 Townline Tunnel Rd., Welland, ON [info@sncc.ca](mailto:info@sncc.ca) SNCC.ca

**Make this Summer "THE Best Summer EVER!"**

**Canoe Kids Camp**  
1 week\* - ages 8-13  
\*excluding holidays

**Youth Racing Camp**  
July 2 to Aug 2\* - ages 10-15  
\*excluding holidays

Learn to paddle kayaks, canoes, dragon boat, SUP, etc.  
swim, play games in a fun and safe environment.

[admin@sncc.ca](mailto:admin@sncc.ca)

South Niagara Canoe Club  
Niagara's Destination for Paddling Sports

**Annual General Meeting** Friday, February 28, 2025  
**All members are invited AND encouraged to attend.**  
6pm at Welland Civic Square, Large Community Room  
If you cannot attend please submit your votes by proxy.  
Contact: [commodore@sncc.ca](mailto:commodore@sncc.ca)

Topics to be included:

- review and ratify the new by-laws
- review the annual report
- review the financial report
- elect board members
- appoint auditor for the 2025 financial year

TRY A NEW  
**MOBILE DEVICE**  
COME PADDLE—IT CHARGES YOU!

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

**HEY  
LOOK!**

## SPRING IS COMING

### WE NEED:

bailing buckets (start saving handled containers)  
rags to clean boats  
towels to wipe boats down  
metal shelves/bins with lids  
weights  
comfortable outdoor furniture  
camp games and equipment  
... ask Öztürk what he needs before  
you bring it to the Club.

## SPONSORS

All of us have access to a number  
of prospective sources to approach:

employers  
mechanic  
hairstylists  
service clubs  
employers  
family members



Container #8 as it is now.



Example of container #8 with spaces sold to generate funds.

## Coming Events! (more info to follow)

**Family Day Expo**  
MONDAY FEBRUARY 17  
Pelham Meridian Centre

**Annual General Meeting**  
FRIDAY FEBRUARY 28  
Welland Civic Square

## FUNDRAISER TO COME APRIL 4!

**"A PAINT PARTY" at the  
Welland Legion.  
Save the date.  
(Information to follow at a  
later date.)**

## CAN YOU

Or a few of you, do a fundraiser for the club?





**Yes!** This is SNCC's  
kayaker Ewen Barclay!  
Ewen started paddling in our first  
WellAndPaddle program last spring!!  
**Congrats Ewen!**

Commodore Kathleen and Coach Öztürk present  
Ewen Barclay with crests she was awarded for races  
in Ontario sprint kayak competitions in 2024.

## **JOIN US FOR THE 2025 SPECIAL OLYMPICS WORLD GAMES ATHLETE SEND-OFF & PEP RALLY.**

**WHEN: FEB 18TH, 2025 @ 6:30 P.M.**

**WHERE: CENTRAL FRENCH IMMERSION PUBLIC SCHOOL  
5 BOULTON AVE, GRIMSBY**

**BRING: YOUR LOUDEST CHEERS AND BEST WISHES!**



Please join us for the official 2025 Special Olympics World Games athlete send-off and pep rally on February 18th, 2025. The event starts at 6:30 p.m. at Central French Immersion Public School, 5 Boulton Ave, Grimsby. Everyone is welcome and all you need to bring is your loudest cheers and best wishes for our two West Niagara athletes Ewen Barclay and Carter Simpson - who will be attending the World Games in March 2025!





## Find what's possible . . .

- There are many options available as the SNCC has set up paddle pool training, exercising, and erg training at the WIFC with Coach Brenda and Coach Öztürk at the helm as well as morning and evening sessions at Crunch Fitness Welland directed by Coach Öztürk.
- Some members are opting for Öztürk's personal training sessions.
- Sign up for training periods a week according to your availability and goals.

### Winter Training

#### December 2, 2024 to April 2025 Canoe Kayak Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Crunch	REST	Crunch	REST	Crunch		REST
10:00 am						WIFC RowErg	
6:30 pm		Crunch		Crunch	Crunch		REST
7:00 pm	WIFC RowErg		WIFC RowErg				

High Performance canoe kayak athletes will attend all nine sessions per week during Winter Training. Youth and Masters athletes can choose to train 1x, 2x, or 3 times per week from any of the available sessions.

#### December 2, 2024 to April 2025 Dragon Boat Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 am						WIFC	
6:30 pm	WIFC		WIFC				

Winter Training will include sessions at the WIFC up to three times a week. A session will include a gym portion with Coach Öztürk followed by paddle tank training with Coach Brenda.

**Don't delay: join members of your club and sign up for winter training now! SNCC.ca**



**BUILD YOUR BODY**

Don't waste your time, money or energy

WORK WITH A PROFESSIONAL

**Öztürk Kuru**  
Master of Science, Physical Education & Sport  
Head Coach Sprint Canoe Kayak SNCC  
Let's discuss a plan specifically for you.  
905.933.9165 headcoach@sncc.ca

**Shape Your Body**

Don't waste your time, energy, or money.

Reach the potential you are capable of under professional support and guidance at every step from Personal Trainer

**Öztürk Kuru**  
Master of Science, Physical Education & Sport  
Head Coach Sprint Canoe Kayak SNCC  
Personal Trainer • Strength Coach • Nutritional Guidance  
905.933.9165 headcoach@sncc.ca

**FIND WHAT'S POSSIBLE**

Don't waste your time, money or energy

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# Entries to the 2024 Holiday Gingerbread House Contest



Ann Reid's grandchildren



Kathleen Lowry



Arndt grandchildren Violet age 6, Trillian age 8

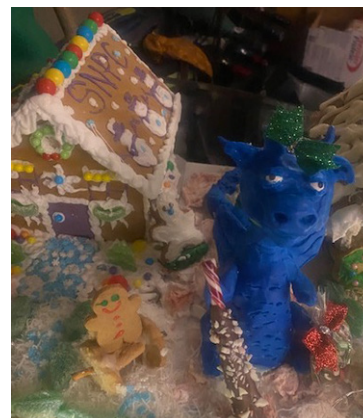


# Winners of the 2024 Holiday Gingerbread House Contest (big kids' entries)

First Place - Veronica Landry



Second Place - Iori Dwyer



Honourable Mention -  
Joan Crawford







# Summer Camp on the Canal

# Life is simple.

# Just add water.

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



## South Niagara Canoe Club

NIAGARA'S DESTINATION FOR PADDLING SPORTS

Welland International Flatwater Centre, 16 Townline Tunnel Rd., Welland, ON [info@sncc.ca](mailto:info@sncc.ca) [SNCC.ca](http://SNCC.ca)

South Niagara Canoe Club (SNCC) is a Board-directed, not-for-profit, incorporated amateur sports organization founded in 2008.

SNCC Board of Directors are volunteers and serve without remuneration.

If you are a member who would like to join the Board of Directors, please download and complete the form from our website.

### EXECUTIVE OFFICERS

CO-COMMODORE - Kathleen Reardon | January 2023  
CO-COMMODORE - Gordon Robbins | January 2025  
VICE-COMMODORE CANOE KAYAK - Marilyn Abbs | November 2024  
VICE-COMMODORE DRAGON BOAT - Linda Bell | November 2023  
TREASURER - Brenda Arndt | April 2024  
SECRETARY -  
REGISTRAR - Marilyn Abbs | February 2023

### SAFETY OFFICER

Glenna Landry

### DIRECTORS AT LARGE

Lori Dwyer | April 2024  
Liz Guitard | April 2024  
Veronica Landry | April 2024  
Tarzan Kay | October 2024

### COMMITTEE CHAIRS

Brenda Arndt - Hope Floats Challenge Committee  
Kathleen Reardon - Club-wide Fundraising Committee  
Marilyn Abbs - Volunteer Committee, Bingo Lead