

A Positive Catch.

July, 2025



**SOUTH NIAGARA
CANOE CLUB**

www.sncc.ca ♦

*Your Destination
For Paddling Sports*



FLATWATER CENTER, WELLAND

Here's what has happened in the last month and what's to come!

Welcome to our community newsletter! We are thrilled to share SNCC's latest & greatest.

Firstly, We would like to thank our members for their support and participation in all of our events and fundraisers.

Special thanks to Jamie Mereweather for organizing our Rankin Cancer Run paddle.

CLOsure2025. The first all women crew crossed Lake Ontario in June. Way to go!

Liz Guitard, Nicki Landry, Kendra Timlock, and Lori Dwyer will be racing with Motley crew Team July 1, Canada Day "Elbows Up" and good luck!

Join us Thursday mornings for our weekly recreational paddle.

Good luck to our Canal Dragons racing in Hamilton July 5-6.

July 20 is the Welland Canals big float fest! Register today!

Sign-up for our special needs dragon boat program, SNCC Extra Special Canal Dragons start Fri. July 4th and will race in the Hope Floats Challenge.

SNCC has 2 summer day camps starting at the end of June!

Huge shout out to Coach Ozturk Kuru! He has gone above and beyond to help our club thrive.

Tania P. will be arranging a Friday night paddle for all. She will be working on a poll for three concerts on the water. Keep watch for poll to pick a date.

July 8th is our clothing drop-off date! Thank you to all who donated and all the volunteers coming out to help deliver.

SNCC members, please don't forget to stay involved with our events and fundraisers!

Volunteers needed for Bingo. Please contact Bernadette.

July 3, 13 and Sep. 27 are team building rentals. Thank you to the volunteers for coming out to help out with coaching and steering.

Finally, we want to remind everyone that SNCC relies on the kindness and support of our community. If you are able to donate your time or resources, please feel free to reach out.

Enjoy this month's newsletter. *This newsletter was edited by a community volunteer. To take part in future newsletters, please contact Coach Brenda, Lori Dwyer or Veronica Landry.*

In this newsletter you can expect:

Highlights

News

SNCC Programs

Schedule

Photo page

Contact us

Community Highlights

Trevor David is a Masters student at Brock University who joined the SNCC dragon boat in part to his research studies. Trevor says "I was looking for a way to keep myself active during the summer. Having never dragon boated I decide to give it a shot. And here I am today!"



TREVOR DAVID

Kendra has been paddling since 2019. She learned about Hope Floats while in treatment with Wellsprings Niagara. Since then, she's joined Canal Dragons and OC1. Kendra is an avid runner and a teacher. She is a level one coach and has recently completed the steers course. Friday nights, she assists with our special needs Dragon boaters. She is also co-captain of Hope Floats since Feb 2023.

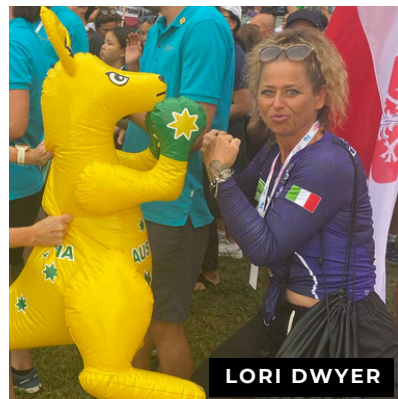


KENDRA JOHNSTON-TIMLOCK

2008-2016 Öztürk competed as a sprint canoe kayak athlete. 2017, he began work for the Turkish Canoe Federation while continuing his education and work as national team coach and Olympic Preparation Center coach. In 2022, he was assigned to Istanbul province as a Sprint Canoe Kayak coach by the Ministry of Youth and Sports. 2024, he moved to Canada and started working as the canoe/kayak head coach at the South Niagara Canoe Club.

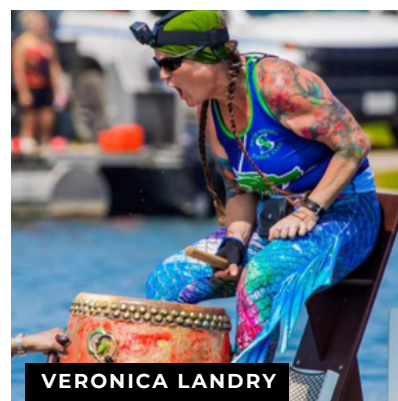


ÖZTÜRK KURU



LORI DWYER

Lori can't remember how long she's paddled, but she steers and drums now. Lori is an adrenaline junky who will do anything. She is always willing to help out anyone in need or just lend a helping hand. She just participated in CLOsure2025 and loved every minute of it. She loves music, taking pictures, and looking for any opportunity to get her blood pumping.



VERONICA LANDRY

Veronica has enjoyed all sports on and off the water since an early age. However, having been recently bitten by the dragonboat bug has inspired her to refocus on training to have a 'wicked race girl summer'. She is excited to take part in upcoming races and competitions for the 2025 season and beyond.



BRENDA ARNDT

Brenda began her career training as a start line official for PDB festival and marshaling official for the Port Perry DB festival. Recruited as head start line official for both PDBC OC1 time trials and the National Team Showcase and Try-outs in 2024. Brenda continues her career with Alkame, PDBC, and DBC and is considering including GWN events. She began coaching at sncc in 2017, is a level 3 DBC coach and the DB Head Coach for SNCC and Head Coach for Senior D crew at PDBC. She coached the CLOsure2025 team and has been a DB member of sncc since 2008.

CLOsure2025

Full of pride and spitfire 10 of our very own ladies from the dragon boat team took part in the all- female paddle crew of the historic crossing of Lake Ontario. The team CLOsure2025 consisted of 31 diverse women in total from greater Hamilton and Niagara teams, all ranging from the ages of 48 to 78. The team began their journey later than anticipated due to poor weather conditions. Departing the Niagara- On- The- Lake sailing Club at 5:50 am, two support boats and the Grimsby Resue Boat accompanied the team of women.

The groundbreaking feat started out rocky, with unexpected water conditions increasing by the hour. The waves then began increasing to one and half feet high. They had to continuously reassess and redirect, making the distance further than anticipated. The women, still sharing memories and laughter along the way. The secondary partner all women team Toronto Rescue Boat took over the escort, cheering us on the rest of the way.

Due to the high winds and crashing waves the middle paddlers had to constantly bail so we did not swamp the boat, The fearless steer battled waves as high as three and half feet coming at them in all directions. Multiple times Lori had to go rogue and steer the boat into further distance including away from the rescue boat to battle the weather and white cap waters to avoid capsizing and keep her teammates safe for 10 straight hours.

The paddlers were phenomenal. Following all instructions and continuously paddling hard through the rough waters. However, the waves and weather were a game changer for this venture. The delay was caused by these unforeseen challenges from a 7-hour paddle to a 10-hour paddle and from 53km closer to 70km. Many would have abandoned the mission, but Coach Brenda, Steer Lori, and the rescue boat instilled confidence in the women. We were not quitting; we all needed this win for personal reasons and the goal to raise funds for OFILD a nonprofit that helps adults with disabilities build meaningful independent lives.

At one point when skies were a little clearer the CN Tower and the Rogers centre appeared the crew broke out into song "Oh Canada" it was a heartfelt moment, we all sang including our rescue boat. To make this endeavour even more special than it already was, we paddled the Dragon Boat named after Jackie Harper, a long-time friend who we lost to breast cancer years ago but will always remain in our minds and hearts. Although we used her namesake boat, Jackies I.D. managed to slip into Anns pocket for the journey which she later found part way enroute. We arrived at the Toronto sailing club at 3:50 pm with smiles so big and bright that it could light up the sky.

Relieved, tired and sore we were all extremely happy to see the support of family and friends waiting anxiously and nervously for us that we still had the energy to celebrate with a glass of champagne, a toast and much deserved food. This will forever be a memory of a new family and camaraderie for us all. Way to go ladies, we did it. A record-breaking event. Thank you, Carefree Boat Niagara, for our support boats and fuel, Grimsby Auxiliary Rescue unit and Toronto Search and Rescue Marine who were all volunteers. Toronto Sailing and Canoe Club and Niagara -on -the -Lake Sailing Club, all supports and support boat captains and our documentary crew. Stay tuned for the documentary and boat signing ceremony. I would like to specially thank Brenda Arndt, our coach, for coaching a composite team of women from 6 different clubs. Remaining calm and keeping the women focused and communicating between all the support and rescue boats while holding on for dear life at the bow of the boat.

Our courageous girls.

Coach - Brenda Arndt

Paddlers- Ann Reid,
Bernadette Morrissey, Cathy
Walsh, Heather Fairley, Linda
Bell, Lorna Hilborn, Stephanie
Babbin, Yolanda MacArthur

Steer- Lori Dwyer aka Fireball!

The remaining CLOsure2025
team outside of our club,
Organizers/paddlers- Judy-
Anne Sleep, Helen Shearer,
Marla Iyer, who we want to
thank immensely.

Paddlers- Alison Pickup,

Jo-Anne Rogerson, Lesley

Seaborne, Luda Ushakova, Lynn Youngman, Mary Jo-Anne Cote, Lynda Benison, Nancy Jones, Rose Wolaniuk, Sarah Willson, Tina France, Tracy McInnis, Vivian Medley, Carol Myers, Dawn Brittain, Deb LaCourse, Heather Veerman, Julie Rose.



SNCC news

Rec. Paddle

Thursday mornings are my favorite time of my week. I'm talking about the Thursday morning recreational dragon boat paddles at SNCC. This paddle is all about getting in touch with your inner self and just having a paddle for pure enjoyment. It's very laid back. The energy is amazingly positive. Lori Dwyer is usually the coach and also the steer. She brings along a variety of music to accompany the paddle. Other coaches include Brenda Arndt and Kendra Timlock when she's available during the summer. Join us for music, fun, and laughter. Thursday mornings at 10:00! Join us, and be there! - Ann Marotta

Our WellAndPaddle program with our special needs athletes continues at full speed. We are happy to announce that our athletes are having a lot of fun and are enjoying the program. Also, our athletes want to compete in the Special Olympics category. So, we can say that our SO program within our club is growing day by day and the number of competitors is increasing.

Dragon Boat Paddle in Support of 2025 Rankin Cancer Run. Thank you to everyone who came out to our dragon boat paddle in support of the 2025 Rankin Cancer Run! 17 people came out on Saturday, June 7, comprised of SNCC members and their families. This was the first time for a couple of family members to give dragon boat a try! We couldn't have asked for a more beautiful day to support this great cause. Shout out to Lori Dwyer for steering our boat and Joan Crawford for sharing the history of the run from the drum seat. Did someone say "Yippee"?! Leading up to the 2025 Rankin Cancer Run, the community has helped raise over \$12.6 million over the last 17 years to cancer-care organizations. Every dollar raised stays in Niagara!

Our youth racing program is in full swing, and many of our athletes are working with the goal of competing in the U12-U10 categories year. If you have kids who want to participate in competitions and want to experience new experiences, register for our summer camps or youth racing camps!

Paddles Up, it is time to race! We will be heading to the following race in 2025. Hamilton – July 5-6, Hope Floats – August 9, Nationals – August 20 – August 24, GWN September 6 – September 7, and Christie Lake September 20. Completed races of 2025 include Milton, where we won 1st place in 2000 and 3rd in 500.

Trevor David, team captain at the Milton regatta had this to say about what he thought of the crew's performance that day: Milton was a really good primer for the other regattas coming up this Dragonboat season. A lot of hard work went into getting the crew ready for our first competition of the year. Not just by me but by our coaches. I was really happy to see the hard work pay off in the end as we were able to come away with a medal after our 2K. What I think I'm most proud of is how our team maintained composure during every race. And our ability to take something away from the previous race that we applied to the next one. Looking forward, I'm really excited for us to build on our early season success and to have an even greater result in Hamilton.

Thank you to our members and volunteers for all your donations! Especially big thanks to kayaker Maureen McLaughlin, who donated all sorts of tools in response to Coach Ozturk's request. This means he can continue refurbishing, revamping, and repairing SNCC's containers and boats.

Little scouts are at our club to get acquainted with water sports and paddling! Approximately 20 scouts between the ages of 6 and 9 came to our club for a water sports activity. They learned about water culture and paddling on the dragon boat. After the event, we were happy to hear that almost all of them had a lot of fun and big smile on their faces.

DELTA Bingo

Thank you to Marilyn Abs for having taken care of coordinating this activity since the beginning. In May, Bernadette Morrissey and Kathleen Reardon were asked to act as temporary co-coordinators. Their job is to ensure the schedule is up to date and complete for the 2025-2026 season. They work two Sundays per month, first & third weeks of each month, 12:30 – 3 pm. It is a very easy job and makes good money for various needs or projects of SNCC. To date, we have all slots complete for the summer. Dates where volunteers are still needed: 7th & 21st of September, November 2nd, December 21st, January 4th, 1st & 15th of February and March 1st. If you are interested in becoming a volunteer and/or you would like to submit your name for any of the above dates, please email Bernadette at beejmorrissey@gmail.com Thank you to the current volunteers for your good work and for ensuring our summer slots are filled.

Summer Camps, Classes & Memberships

Canoe/Kayak

Sprint Canoe/Kayak is an Olympic sport that combines strength, endurance, and technique. SNCC has Canoe/Kayak programs suited to those trying a boat for the first time, Olympic hopefuls, and those of all ages and fitness levels.

Dragon Boat

Dragon boat is for adults of all ages, genders, and fitness levels. It is a team sport with crews up to twenty paddlers. If you have never paddled a dragon boat, you are encouraged to jump right in.

Canoe Kids Camp



Canoe Kids Camp is a week-long program designed to introduce the fundamentals of paddle sports and develop confidence and competence in water safety. Campers will learn the basics of paddling various boats in a fun and safe environment, including dragon boat, sprint canoe/kayak, war canoe, and stand-up paddle board. Daily activities will include a mix of on-water and dry land activities with plenty of games and learning opportunities. This program is intended for kids who would like to try a new sport while experiencing a uniquely Canadian approach to summer fun! Ages 8 - 14*

June 30 - August 22, 2025 9:00 AM - 4:00 PM *details below

SNCC Classes & Programs

- **Paddle Tank Training**
- **ERG Training**
- **Gym Training & Exercising**
- **Personal Training**
- **Crunch Fitness**

Sign up for weekly training according to your schedule and personal goals. Please contact Coach Brenda or Coach Öztürk for additional details.



Youth Racing Camp

The Youth Racing Camp is a multi-week program designed to introduce participants to the sport of flatwater canoe/kayak. The atmosphere of the camp is supportive to beginners, and no prior canoe/kayak experience is required; however, participants should be willing to challenge themselves as they progress over

the weeks of camp and be enthusiastic to try out the competitive side of the sport. The Youth Racing Program runs independently and joins the Canoe Kids Summer Camp for off-water activities. This is our exciting multi-week full day program. Choose from the 3-week, the 5-week, and the 7-week camp. The Youth Racing Camp is intended for young participants ages 10 -16 who are excited about excelling at a new sport or who wish to continue developing their skills in Sprint Canoe and Kayak. Ages 10 - 16*

July 7 - August 22, 2025 9:00 AM - 4:00 PM

Sign-up Today!

Register today at www.sncc.ca/summer-camps

*Exceptions will be considered for younger children.

Please email admin@sncc.ca for additional information.

Schedule

| Date | Event Title | Location | Competition Level | Targeted Athlete Participation |
|--------------|-------------------------------------|-----------------|-------------------|---|
| July 12 | Welland Regatta | Welland, ON | Divisional | U16, U18, Open, Masters, Para |
| July 19 | Mississauga Regatta | Mississauga, ON | Regional | U12, U14, U16, U18, Open, Masters, SO, Para |
| July 25-27 | WOD Championships | Welland, ON | Divisional | U12, U14, U16, U18, Junior, SO, Para |
| August 6 | Mississauga Regatta | Mississauga, ON | Regional | U10, U12 |
| August 16-17 | Ontario Cup – Ontario Championships | Welland, ON | Provincial | U12, U14, U16, U18, Open, Masters, SO, Para |
| August 16 | Girls in Sport Crew Boat Summit | Welland, ON | Provincial | U12, U14, U16 |
| August 26-30 | CKC Sprint National Championships | Regina, SK | National | U16, U18, Junior, Senior, SO, Para |
| August 31 | CANMAS Championships | Regina, SK | National | Masters |

90-minute sessions

| HOURS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|------------------|---------|------------------|----------------------------|------------------|---------------------------|--------|
| 6:00 AM | High Performance | | High Performance | | High Performance | | |
| 9:00 AM | | | | | | Canal Dragons Hope Floats | |
| 9:30 AM | OC1 | | OC1 | | OC1 | High Performance | |
| 9:30 AM | Para Canoe | | Para Canoe | | Para Canoe | | |
| 10:00 AM | | | | Canal Dragons Recreational | | | |
| 10:15 AM | | | | | | Canal Dragons Performance | |
| 10:30 AM | | | | | | Masters | |
| 11:30 AM | | | | | | Canal Dragons PD2 | |
| 4:15 PM | Youth Racing | | Youth Racing | | Youth Racing | | |
| 4:30 PM | High Performance | | High Performance | | | | |
| 5:30 PM | Welland Paddle | | Welland Paddle | | | | |
| 6:30 PM | Canal Dragons | | Canal Dragons | | OC1 | | |
| 6:30 PM | High Performance | Masters | High Performance | Masters | High Performance | | |

NO PRACTICE ON HOLIDAYS

19-May
May 4, Jun 13, 14, 15
event bookings

July - August 2025

| HOURS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------|-------------------|-------------------|----------------------------|-------------------|-------------------|------------------|--------|
| 6:00 AM | High Performance | | High Performance | | High Performance | | |
| 9:00 AM | Youth Racing Camp | Youth Racing Camp | Youth Racing Camp | Youth Racing Camp | Youth Racing Camp | High Performance | |
| 9:00 AM | Canoe Kids Camp | Canoe Kids Camp | Canoe Kids Camp | Canoe Kids Camp | Canoe Kids Camp | | |
| 9:30 AM | OC1 | | OC1 | | OC1 | | |
| 9:30 AM | Para Canoe | | Para Canoe | | Para Canoe | | |
| 10:00 AM | | | Canal Dragons Recreational | | | | |
| 10:30 AM | | | | | | Masters | |
| 4:30 PM | Youth Racing | High Performance | Youth Racing | High Performance | Youth Racing | | |
| 5:30 PM | Welland Paddle | | Welland Paddle | | | | |
| 6:30 PM | Canal Dragons | | Canal Dragons | | OC1 | | |
| 6:30 PM | OC1 | Masters | High Performance | Masters | High Performance | | |
| 9:00 - 16:00 | | | Summer Camps | | | | |

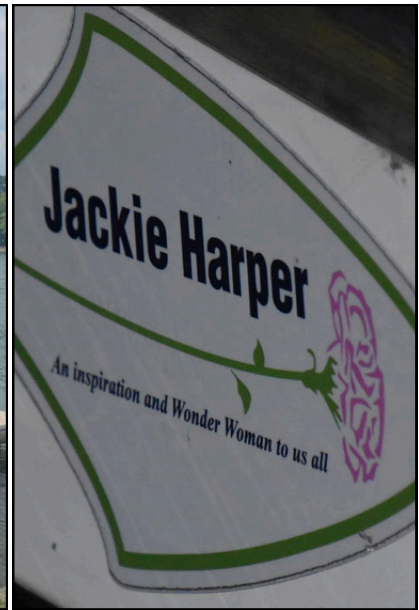
July 1, August 4
July 12, 13, 18, 19, 26, 27
August 8, 9, 16, 17, 30
event bookings

Fall 2025

| HOURS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|------------------|------------------|----------------------------|------------------|------------------|-------------------------|--------|
| 6:00 AM | High Performance | | High Performance | | High Performance | | |
| 9:00 AM | | | | | | Canal Dragons tentative | |
| 9:30 AM | OC1 | | OC1 | | OC1 | High Performance | |
| 9:30 AM | Para Canoe | | Para Canoe | | Para Canoe | | |
| 10:00 AM | | | Canal Dragons Recreational | | | | |
| 10:30 AM | | | | | | Masters | |
| 4:30 PM | Youth Racing | High Performance | Youth Racing | High Performance | Youth Racing | | |
| 6:30 PM | Canal Dragons | | Canal Dragons | | OC1 | | |
| 6:30 PM | High Performance | Masters | High Performance | Masters | High Performance | | |

Sept 1, Oct 13
event bookings

You can also visit us online at www.sncc.ca/News-Updates





RANKIN CANCER PADDLE



RANKIN CANCER PADDLE



REC PADDLE, THURSDAYS



RANKIN CANCER PADDLE



WELLAND PADDLE



LITTLE SCOUTS

Contact us

*Your Destination For
Paddling Sports.*

EXECUTIVE OFFICERS

Commodore: Elizabeth Guitard | Mar. 2025
Vice-Commodore C/K: Marilyn Abbs | Nov. 2024
Vice-Commodore DB: Linda Bell | Nov. 2023
Treasurer: Brenda Arndt | Apr. 2024
Registrar: Marilyn Abbs | Feb. 2023

SAFETY OFFICER

Glenna Landry

DIRECTORS AT LARGE

Veronica Landry | Apr. 2024
Tarzan Kay | Oct. 2024
Ann Reid | Mar. 2025
Annie Eckhart | Mar. 2025
Jamie MacArthur | Mar. 2025
Yolanda MacArthur | Mar. 2025

COMMITTEE CHAIRS

Committee Chairs - TBD

South Niagara Canoe Club (SNCC) is a board-directed, non-for-profit, incorporated amateur sports organization founded in 2008. SNCC Board of Directors are volunteers and serve without remuneration. If you are a club member who would like to join the Board of Directors, please download and complete the form on our website at www.sncc.ca/Board-of-Directors

Our Mission

To promote a fun and inclusive environment that offers the opportunity to participate in paddling sports, including sprint canoe/kayak and dragon boat, through high quality, safe, recreational, and high-performance programs.

Our Vision

To be Niagaras destination for paddling sports.

Our Values

Achievement:

We encourage commitment and dedication for all levels of paddling. We celebrate the realization of our members' personal and team accomplishments.

Community:

We embrace inclusion and camaraderie at the team, club, regional, national, and international levels. We recognize the power of sport to draw society together in a shared vision. We promote an atmosphere of volunteerism.

Sportsmanship:

We aspire that paddling will be enjoyed for its own sake. We foster fairness, integrity, and respect for our teammates and competitors both on and off the water.

Sustainability:




We make decisions in a thoughtful and informed manner to support the longevity of our club and to create a positive legacy. We strive to reduce our environmental impact, recognizing our shared responsibility as stewards of the planet.

*This newsletter was edited by a community volunteer.
To take part in future newsletters please, contact Coach
Brenda, Lori Dwyer or Veronica Landry.*



Thank you for reading!



| | |
|--|-------------------------------------|
| South Niagara Canoe Club | info@sncc.ca - admin@sncc.ca |
| www.sncc.ca    | 16 Townline Tunnel Rd., Welland, ON |

Many thanks to the Ontario Trillium Foundation and Delta City Bingo in Welland for their support!

Youth RACING CAMP

JULY 7- AUGUST 22, 2025

CANOE Kids CAMP

JUNE 30- AUGUST 22, 2025



- ✓ ON WATER & OFF WATER ACTIVITIES
- ✓ KIDS AGES 8-16
- ✓ SAFE & INCLUSIVE ENVIRONMENT
- ✓ FANTASTIC STAFF

FROM JUNE
TO AUGUST
9AM-4PM

FOR MORE INFORMATION, CONTACT US:

ADMIN@SNCC.CA

WWW.SNCC.CA/SUMMER-CAMPS

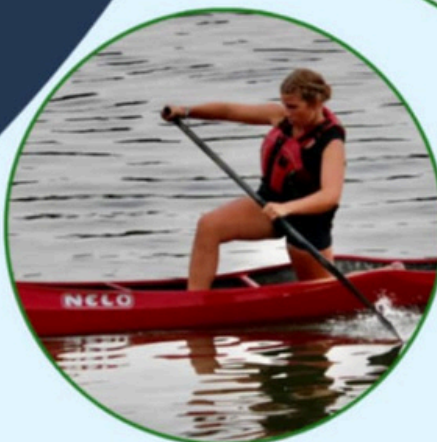




South Niagara Canoe Club
Sprint canoe/kayak recruitment.

JOIN NOW!

- Recreation & competitive
- All ages, abilities & skill levels
- Personal growth & training
- Water sport
- Youth racing
- Olympic training



Looking for a fun new activity? Do you love the outdoors and water? Want to challenge yourself and build your confidence? Sprint Canoe/Kayak is an Olympic sport that combines strength, endurance, and technique. SNCC has Canoe/Kayak programs suited to those trying a boat for the first time, Olympic hopefuls, and those of all ages and fitness levels.



Try for free
today!



Check us out at sncc.ca

If you have any questions please
contact us at: admin@sncc.ca



South Niagara Canoe Club
Dragon Boat recruitment.

JOIN OUR TEAM!

- Cancer survivor team, **Hope Floats**
- Special needs & para teams
- All ages & skill levels welcome
- Recreation & competitive
- Personal training
- Team water sport



Looking for a fun new activity? Do you love the outdoors and water? Want to be part of a community of like-minded individuals? Dragon boat is for adults of all ages, genders, and fitness levels. It is a team sport with crews up to twenty paddlers. If you have never paddled a dragon boat, you are encouraged to jump right in.

Try for free
today!



Check us out at sncc.ca

If you have any questions please
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