

A Positive Catch.

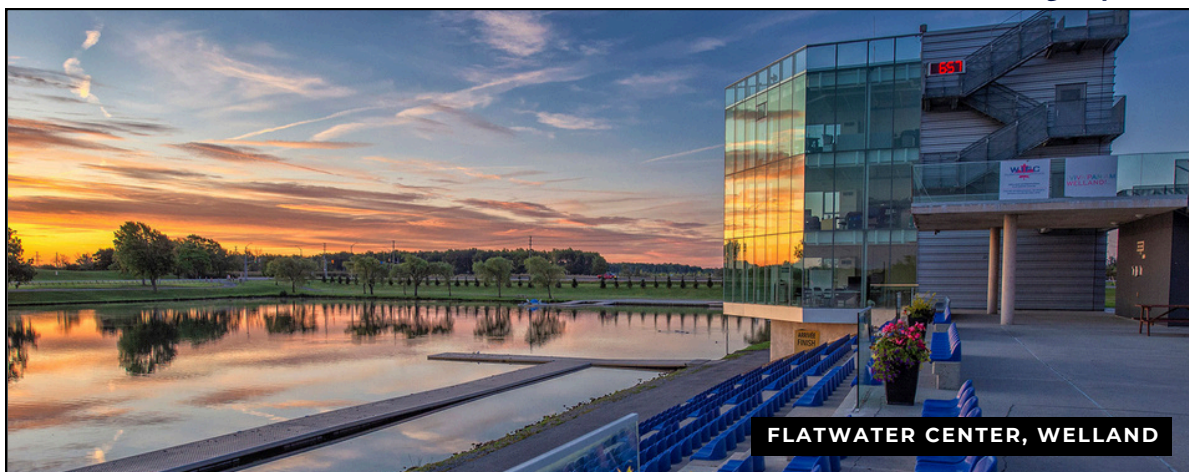
May, 2025



**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 welcome our newest team member, Sawyer Dalton. He was hired as our Community Outreach Marketing Specialist!

We would like to congratulate the SNCC members that participated in the Florida National Team trials.

PD2 CCW Canal Dragons Crew was awarded with a gold medal on April 4th. As well as SNCC member Joan Crawford.

All of our boats are almost prepped and ready to be launched. Our club compound and sea containers have been cleaned and organized. We are ready for the paddling season!

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

We would like to thank our members for their continued support and participation in our events and fundraisers, coming together to create a fun and inclusive community.

Our teams have shared with us their goals to participate in lots of races and festivals this year. The Welland Dragon Boat Festival has been canceled.

Our Canal Dragons first race of the season will be on May 24, 2025 in Milton!

Summer jobs are still available! Volunteers are always needed. Registration continues for summer camp. Canoe Kids Camp & Youth Racing Camp. Register today!

Paddle season is finally here! Please contact one of our coaches for more information on some much needed supplies

We are happy to share our newest partnership with Small Scale Farms. Details to follow.

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 reach out.

Enjoy this month's newsletter.

In this newsletter you can expect:

Highlights

Events

SNCC Programs

Schedule

Photo pages

Contact us

Community Highlights

Bernadette has been paddling since 2020. At 64 years of age, she discovered her competitive side! Paddling keeps her in shape and has given her the chance to meet new people and participate in events. Since January, she's a member of the Senior D crew and is also going to be paddling with the first Women's crew crossing Lake Ontario this June! CLOsure2025.



BERNADETTE MORRISEY

Born in Scotland and moved to Saskatchewan, Canada in 2003 where she was in a running group. Linda moved to Niagara in 2012 where she joined cycling & hiking clubs. After the pandemic she joined Dragon Boat Welland. This was her first team sport. She took part in the World Club Crew Championships in Italy as part of the PD2 crew. She is looking forward to more challenges with SNCC.



LINDA EMSLIE

Joan, age 74, began her paddling journey when she was 6 years old. At 15 her passion for paddling grew after joining her first canoe club. Joan feels a deep connection to the Master Paddlers. Coach Öztürk convinced her to join the CanMass games and she won 3 gold medals and 1 silver. She says "having such a wonderful group cheer you on, believe in you, and help you face the obstacles, is an absolute thrill. A real treasure."



JOAN CRAWFORD



LYNDA LEMON

After breast cancer treatment she joined Hope Floats, in its early days, happy with her choice Lynda felt very welcome and happy to be part of the dragon boat crew. She worked a full-time as a teacher and trained/raced in triathlons and most years competed at the World Championships so she didn't have a lot of time to paddle. After the pandemic she retired from racing and return to Hope Floats to paddle recreationally.



TARZAN KALRYZIAN

Tarzan started her canoe career in 2022. She has fallen from her boat more than one hundred times and has been the subject of many rescues. She made all her teammates cry when she fell out twenty-five meters from the finish line, losing the gold medal at Nationals in 2024.

She reminds us all that resilience is what matters! To keep paddling again no matter how many times you fall down or how many times you lose the race. She will happily tell you that paddling saved her life.



MARILYN ABBS

June 2016, Marilyn got in a Sprint Kayak for the first time. 2017 and 2018 she won silver medals. 2022, she brought home the first Va'a medal for SNCC. 2023, she won the 200M Va'a. She is also the proud recipient of several CanMas medals and medals from WOD Championships, CKO Provincial Championships, Female Paracanoe Champion WOD Championships and Overall Paracanoe/Female Paracanoe Champions.

SNCC News

This is South Niagara Canoe Club's A Positive Catch! We're a proud community of like-minded individuals with a love for paddling. Join today or recommend a friend at www.sncc.ca

Please read the following: Cold water safety. When water temperatures are below 8 degrees Celsius all participants engaged in on water activities must: Always wear a Government of Canada approved PFD. Be accompanied by a motorboat unless in a dragon boat or war canoe. Wear clothing appropriate for the weather and water conditions. Wear layers to help hold the heat and enable you to remove clothing as needed. Waterproof gloves are suggested. Train as close to the shore as possible. PFD must be worn when the water temperature is below 10 degrees. Participants please remember to stay hydrated.

Paddles Up, it is time to race! We will be heading to the following races. Milton – May 24, 2025, Hamilton – July 5-6, 2025, Hope Floats – August 9, 2025, Nationals – August 20 – August 24, 2025, GWN September 6 – September 7, 2025, and Christie Lake September 20, 2025. If you have not completed the poll, email canaldragons.paddlers@gmail.com. This email will be used for communications as well as payment. Captains will be reaching out with registration details, payment and waivers.

Are you or someone you know looking for a summer job? Apply today! Various positions available. Job postings begin closing this month. Volunteers also needed.

Want to host an SNCC fundraiser? Or do you have an idea for an SNCC fundraiser? We love new ideas! Contact us to make it happen. Community sponsors create a special partnership that help us thrive. We are always looking for new sponsors. Will you bring our next sponsor?

Canal Dragons will be on water Monday, May 5th. Boats will all be in the water before Saturday May 3rd. There will be training Mondays and Wednesdays, with perhaps an opportunity to have a rec crew another evening. Saturday training will be put in place for the months of May & June. Special Needs will continue to be on Friday evenings in July & August.

SNCC is in need of donations and volunteers to keep all of our programs strong. Please contact us to make a donation or visit us at www.sncc.ca/donate

National Tryouts

5 SNCC Canal Dragons athletes competed at the National Team tryouts. Senior C athletes Bernita Arndt and Janet Corbett and PD1 athletes Karen Borne, Kim Kuipers, and Margaret Battista. Successful contenders will represent Canada at the 17th IDBF World Dragon Boat Racing Championships in Brandenburg an der Havel, Germany in July. Good luck!



CLOsure 2025

CLOsure – Crossing Lake Ontario? Sure!!! This event takes place on June 20th with backup dates June 21 or June 22. Brenda Arndt has been recruited as a coach. Inspired by the fundraiser for OFILD, a community home in Hamilton, Ontario for Special Needs individuals, she is thrilled to take on the challenge. Members of SNCC: Ann Reid, Bernadette Morrissey, Cathy Uskin, Heather Fairley, Lori Dwyer, Lorna Hilborn, Stephanie Babin and members of other clubs winter training with Canal Dragons: Deb LaCourse, Shida Yari, as well as a previous member of sncc Lesley Seaborne Member on waitlist : Yolanda MacArthur.

On June 20th, 2025, an all-female crew will attempt to be the first women's team to cross Lake Ontario in a Dragonboat. We are paddling for a cause OFILD (Options for Independent Living and Development), a charity in Hamilton, which helps adult special needs individuals in a supportive housing setting. They are paddling from Niagara-on-the-Lake to Marilyn Bell Park in Toronto. Paddlers from six different teams have stepped up to the plate and are now getting ready to "take the lake" and set a World Record.

Monthly report for May from director at large, Veronica Landry.

This month I facilitated an Easter basket silent auction. This event was successful due to the generous donations of Canal Dragons and their supporters. A special thank you and congratulations to our top bidders Cathie H, Michael S and Liz G! We raised 280\$ for SNCC! WooHoo! I would also like to extend the warmest of thank you's to my many helpers for SNCC's first EVER paint party! First and foremost our host with the most! Thank you for your generous donation of time and supplies! Never mind all the wonderful one of a kind art! WOW! Successful auction AND everyone had a wonderful time under your direction! You rock Joan! Linda Bell as always our beam of shining smiles. Not only did she bring delicious artistic cookies, she greeted the guests; collected the cash and tossed the trash! Liz Guitard once again your baking was the bomb! Yumm yumm everyone complimented the chef! Thank you coach Brenda for your help behind the scenes. Last but not least coach Ozturk! Thank you for taking care of all those 'last minute' things! With our combined efforts the night went off without a hitch and we raised 2285\$ for SNCC! Look for earth day info for FREE donuts, coffee and hot chocolate! Just Keep Paddling!

Fundraisers & Events



New Partnership

Small Scale Farms

SNCC is excited to announce our newest partnership with Small Scale Farms! This partnership will give our members as well as their friends and families access to local produce while generating extra revenue for our club! Members will be given a code for shopping with Small Scale Farms that can be used at checkout. Small Scale Farms is on a mission to build local food security in our communities & to grow and distribute thousands of pounds of produce throughout the Niagara Region.



Paddle with sncc! On June 7th we will be participating in a paddling event to raise funds for the Rankin Cancer run. Contact Jamie Mereweather for more info.

Clothing Drive

Starting May 1st we will be collecting clothing for all ages, bedding, books & housewares. Drop off at sea can 7 at the SNCC Dome starting May 1st. Volunteers needed to deliver donations to Value Village in June. Proceeds towards Germany & club operations.

www.sncc.ca

Award Banquet Results

Congratulations to the PD2 CCW Canal Dragons Crew! The Sport Promotion Committee of Welland chose them as finalists for the 51st Annual Welland Sports Award on the Senior Team category! They were honored to receive a gold medal. SNCC member Lynda Lemon also won senior athlete of the year for running.



This Earth Day let's all take care of our area of the canal.



Saturday, May 3 from 1-3 pm

**Bring family & friends (the more the merrier).
Disposable gloves & garbage bags will be supplied.
Community volunteer hours for high school students.**

Tim Hortons

Tim Horton's will kindly supply hot coffee or hot chocolate & a donut. Please sign up at admin@sncc.ca with your number of attendees so we are sure to have enough supplies. Find our event on social media. It's an all club event.



South Niagara Canoe Club cares about our planet and our little place within it.

Come out and pick up!

Big Red Food Service

Big Red Food Service is back at SNCC! Orders will be available for pickup May 1st. For more details and to make an order contact us at admin@sncc.ca



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

Registration is still open!

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

*Exceptions will be considered for younger children.

Please email admin@sncc.ca for additional information.

Schedule

Dragon Boat Rentals

- CSDC aka Evolution has booked our Dragon boats for Victoria Day weekend training camp.
- CLOsure has booked a dragon boat and the trailer for the June 20th crossing of Lake Ontario.
- CLOsure has booked a dragon boat for a June 1st training day, including Safety Training and learning to right, bail and reload a dragon boat that has tipped. Discussions about Canal Dragons joining in this Safety Training event are underway.
- Niagara College ESL faculty and students in discussion about booking yearly DB event in June.

90 minute sessions							Spring Price
HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	High Performance		High Performance		High Performance	Canal Dragons Hope Floats	Canal Dragons
9:00 AM						High Performance	Canal Dragons Saturday
9:30 AM	OC1		OC1		OC1		Canal Dragons Recreat
9:30 AM	Para Canoe		Para Canoe		Para Canoe		High Performance
10:00 AM				Canal Dragons Recreational			OC1
10:15 AM						Canal Dragons Performance	Masters
10:30 AM						Masters	Para Canoe
11:30 AM						Canal Dragons PD2	Welland Paddle
4:15 PM	Youth Racing		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,

Holidays
WIFC event bookings

July-August 2025							Summer Price
HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	High Performance		High Performance		High Performance		Canal Dragons
9:00 AM						High Performance	Canal Dragons Rec Thur
9:00 AM	Youth Racing Camp	Youth Racing Camp	Youth Racing Camp	Youth Racing Camp	Youth Racing Camp		Canal Dragons SN
9:00 AM	Canoe Kids Camp	Canoe Kids Camp	Canoe Kids Camp	Canoe Kids Camp	Canoe Kids Camp		High Performance
9:30 AM	OC1		OC1		OC1		
9:30 AM	Para Canoe		Para Canoe		Para Canoe		Masters
10:00 AM				Canal Dragons Recreational			OC1
10:30 AM						Masters	Para Canoe
4:30 PM	Youth Racing	High Performance	Youth Racing	High Performance	Youth Racing		Welland Paddle
5:30 PM	Welland Paddle		Welland Paddle		OC1		Youth Racing
6:30 PM	Canal Dragons		Canal Dragons		Canal Dragons SN		Youth Racing Camp
6:30 PM	OC1	Masters	High Performance	Masters	High Performance		Canoe Kids Camp
9:00 - 16:00				Summer Camps			

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

Holidays
WIFC event bookings

Fall 2025							Fall Price
HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	High Performance		High Performance		High Performance		Canal Dragons
9:00 AM						Canal Dragons tentative	Canal Dragons Rec
9:30 AM	OC1		OC1		OC1	High Performance	High Performance
9:30 AM	Para Canoe		Para Canoe		Para Canoe		Masters
10:00 AM				Canal Dragons Recreational			OC1
10:30 AM						Masters	Para Canoe
4:30 PM	High Performance	High Performance	Youth Racing	High Performance	Youth Racing		Youth Racing
6:30 PM	Canal Dragons	Canal Dragons	Canal Dragons		OC1		
6:30 PM	High Performance	Masters	High Performance	Masters	High Performance		

Sept 1, Oct 13
Sept 7, 13, 14, 27

Holidays
WIFC event bookings

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



CANOE KIDS CAMP/YOUTH RACING CAMP



SAWYER DALTON



AWARD BANQUET,
LYNDA LEMON



PD2, AWARD BANQUET



CANOE KAYAK PRACTICE



NATIONAL TRY-OUTS



**COACH ÖZTÜRK & COACH BRENDA
TEAM BUILDING BOWLING NIGHT**



**CANOE KIDS CAMP/
YOUTH RACING CAMP**



**JOAN CRAWFORD, VERONICA
LANDRY, LINDA BELL**



PAINT NIGHT FUNDRAISER



SPRING PREP



**KENDRA DEMONSTRATING
PROPER TECHNIQUE**

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 or Veronica Landry (DAL).*





Ontario
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Foundation



Fondation
Trillium
de l'Ontario

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!