

Steve Cook Volunteer of the Year Award

Stephen Cook of Halifax (1923-2013)

Steve was a dedicated canoe instructor and worked as an elementary school Physical Education teacher after being in the military.

In 1986 he started running an intensive, 10 day Canoe Instructor School at Camp Mockingee. He would intersperse his instruction, especially if the students were feeling a little tired or frustrated, with a little music that he played on his trusty harmonica. Spirits would raise immediately among those close enough to enjoy the moment.

Well known as the master of the Indian Stroke, he claimed the native people used this stroke to paddle quietly through the waters so as not to spook any wildlife they might be hunting. He also proclaimed that the Indian Stroke also helped paddlers to maintain control of their canoes at all times since one kept the paddle in the water during the entire forward pull and with the recovery stroke

He could teach anyone how to paddle as well as apply detection and correction to improve everyone’s proficiency.

~ Excerpts form a reflective written by Marcel Maessen



Nomination Form

I would like to nominate the following person for the Steve Cook Volunteer of the Year Award:

Name: _____

Address: _____

Phone: _____

Nominated by (Name): _____

Address: _____

Phone: _____

On a separate piece of paper please describe why you believe the person you have nominated is deserving of the Award. This award was established to recognize the volunteer efforts of an individual/group that has made a significant contribution to the promotion of safe recreational canoeing/kayaking over the last year. Awarded at the annual meeting of Canoe Kayak Nova Scotia.

Steve Cook Volunteer of the Year Award

The membership and members of the public will be invited to nominate individuals and groups for this award. A letter explaining why the individual or group is worthy of the Steve Cook Volunteer of the Year Award must accompany each nomination.

All nominations must be received no later than one month prior to the Annual General Meeting and can be submitted at any time through out the year. An provisional committee will be established by the CKNS Executive to review all nominations and select the winning candidate.

Please return to CKNS via the postal or email address listed on this page.