



CANOESLETTER

Barrie Canoe Club

May 2003

IN MEMORY of NORM DALZIEL

We mourn the passing of this very special man.



Norm Dalziel passed away on March 30th after a brief illness. Norm was a long-time member of the Barrie Canoe Club and our Equipment Director for several years. He will be sorely missed by all his paddling friends. Norm had a wicked sense of humour, an eye for the ladies and gave wonderful hugs! He was an experienced paddler and a pleasure to trip with. He cared about our Club and the people in it and we loved him back. We will always remember....



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Trips!!!

B & B trip on the Grand River, May 24th and 25th. Check the BCC website for details and contact Marilyn Clark at 705-329-2845 or mclark@csolve.net

Sat June 14th, **Muskoka River - FW Canoe Day Trip**. Beginners Welcome. Contact Dave Atkins & Cheryl Stoltz at cherstol@enoreo.on.ca. "Jim Hobbs" Memorial Trip. Bring a lunch. Please call ahead.

Correction: The Petawawa River trip to be led by Mike Dale is June 19-25.

Sea Kayaking - Two more trips have been added to the trip list for this season but have not as yet been shown on the trip sheet list. They are:

July 18-Aug 3: Lake Superior (Pic River to Michipicoten Bay, (Pukaskwa National Park). Prerequisites: SK1 with intermediate to advanced skills plus tripping experience; Cold weather/water experience, wet suits required. Be able to paddle in winds, 1 meter waves, fog and familiar with reflected waves and confused seas. Max 8 people. Contact – Mary Cavanagh 705-725-6252 & Ed Irwin 705-726-4615

September 26 to 29th - Algonquin Park - Opeongo Lake
Prerequisites: Basic SK & Tripping 1; must be able to paddle in high winds.
Max 8 people - Leave early Fri am. Contact Mary Cavanagh 705-725-6252



Interested in Lending a Helping Hand?

Are you interested in leading a 15-min clinic on canoeing, kayaking and/or wilderness tripping skills during the summer meetings? We would like to offer four sessions per meeting night in June, July, August and Sept. Here are some suggestions . . . maybe you can think of others?

- tying your boat down
- waterproofing gear
- selecting a water filter
- canoe/kayak
 - designs
 - functions
 - shapes
 - construction
 - materials
- choosing the right PFD and paddle
- paddling in windy weather
- campfire stories/games/songs
- paddling stroke instruction
- lifting/carrying a canoe/kayak
- lighting a campfire
- picking a one-burner stove
- using a camp oven
- portaging tips
- meal planning suggestions
- understanding contour lines on a topographical map; how to know which way a river is flowing when looking at a top map
- paddling with kids, pets and others
- canoeing terminology ("river right" , "draw" , "eddy out" , "left" , "other left"
- canoeing/kayaking disciplines (what is considered basic and compulsory)
- how to follow the ORCA certification path through the different levels
- volunteering for other Club activities/events



Contact Bill Caswill at du12paddle@bmts.com to discuss how you can get involved!

Thanks to my entire team of patient, careful readers and to all of the contributors who helped me put the Canoesletter together!

Hyacinthe Miller

LUCIFER!

With a name of a rapid like that, would you want to go? Well if you know Duane and I, we certainly would!

We were actually very nervous about the whole trip. Neither of us knew the river; our French is limited to *merci*, and we had seen enough tapes and heard stories to make the most adrenaline-addicted paddlers tremble.

The drive from Barrie to Maniwaki, Quebec is about 7 hrs in August. Luckily, the Upper Gatineau River Festival was on, so a bus shuttle took us to and from the put-in/take-out/school.

But before we talk about the river, I have to mention the vivacious French people we met. We had no idea what they said, but we all spoke the common language of smiles and laughter. Plus we met Kate and Tom, who spoke English and guided us. The river is astounding – clean, clear water enhanced by granite and quartz outcroppings rising 2 to 3 meters above the surface, covered with dense pine trees. Because of a special dam release for the Festival, river levels were higher than normal. It was so easy to tranquilly drift along, admiring the natural beauty.

The rapids on the Upper Gatineau are classified as I to V. The first two were fun. Then we arrived at Lucifer, class V. We went boldly to scout the rapid for a way to get past the hole called “Lucifer’s Anus”. Our biggest challenge was in front of our eyes and no problem! There are easy lines on river left and right. Don’t get me wrong -- I could see how the hole could get sticky, but at that current level, all was flushable (meaning you would not get trashed in it for a long time). Plus, the river was used for log runs in the

past and you can see all the dead wood stuck on the banks, so I was not prepared to do any underwater river reading. But, you can get through this rapid with class II/III skills. I would consider the next rapid called Corbeau was the most interesting one.

You have to scout it from a logjam in the middle of the river to check your route on river left. Okay, I said to myself, no problem. NOT! The pile of logs was rotting and the river was still running underneath. I have no idea what was keeping it in place and when it might start to disintegrate. You have to get your balance (and courage) to reach the top of the pile to see your line - I was on all fours and saw a tip of rock I was supposed to avoid. Someone said, “Just paddle between the rock and the woodpile.” Yeah, right!! I had no line, but followed someone else I thought might have seen far enough ahead to have a line. This rapid is a shoot and I would say class III, drop and pool. And as for the rotting, unstable woodpile - over two thousand people stood on it that weekend – so it is still deemed to be safe.

The rest of the river is just as much fun and we had a great time, and despite a thousand people being there, it didn’t feel over crowded. But it was neat to see over a hundred people paddle together in this one flat section. There were so many canoes and exceptional paddlers playing in the rapids -- another Festival bonus. In general, the river is challenging and you need to be able to stick to your lines; however, there are well marked portages at every rapid.

I recommend the Upper Gatineau as a river that must be paddled , but I recommend you do it soon. Thus, the reason for the Festival is to preserve it in its natural state. The government is planning to dam this part of the river for hydro in the next couple of years. For more information on this festival and the river go the their web site at www.gatineau.org or call 514-252-3001. Hope to see a few of you out there this year on the August 23 & 24 weekend. Smile,

Helen and Duane

CANOE WASH & WAX DAY

Our Canoe Wash and Wax Day on Saturday morning, March 22nd was a huge success. With 15 eager volunteers on hand, we were able to clean, wax and shine up all of the 7 light weight canoes. They look as good as new, with a wonderful sheen on them. We also gave a wash and wipe to most of the Scott canoes. We were well equipped with an electric buffer, music and Girl Guide cookies. All we needed to make a perfect day!

We’d like to give a hearty thanks to the following volunteers for their time and their support: Ed Irwin, Sue Ans, Jean Cornett, Ralph Scheunemann, Carla Gingerich, Michael Wasylenky, Linda Irving, George Strampel, Peter Hayward, Mike Dale, Susan Marriott, Ann Marie Quinn. The canoes say 'thank you' too.

Abby Gomez & Dave Becket

Announcements!

Remember to check out the 2003 schedules for Courses, Outrigger & Marathon and Spring/Summer/Fall Events! Visit www.canoecub.barrie.ca regularly for updates.

 **Every Monday in June, July and August** will be a Barrie Canoe Club paddle night. For those of you that are new to the BCC, this is an excellent opportunity to do some leisurely paddling or kayaking on Kempenfelt Bay and meet some great people. From 6:00 pm to dusk, the boathouse will be open for members wanting to sign out canoes or kayaks. You can practice those new skills you learned on a BCC course or have a relaxing few hours on the water after a busy day.

New for this year is a **Boating Buddies** program. We will be providing orientation and instruction to new paddlers. All inexperienced paddlers will be teamed up an experienced paddler to assist them. This is a great way to begin your paddling season!

And for club members who have experience and enjoy participating, **we are looking for volunteers** to assist with the paddle nights. To run these nights effectively, we need four volunteers every Monday to assist in signing out equipment and supervising the dock. We always have a fun time! If you are available to volunteer, phone or email Abby Gomez at (905) 778-0330 or michma@interlog.com.

 Monday night **outrigger paddling** starts on Monday May 26. See you on the water!!!

Ottertooth - <http://www.ottertooth.com/index.html> and read Che-Mun, The Journal of Canadian Wilderness Canoeing, a quarterly publication available only by mail (\$20.00) to subscribers across North America. Che-Mun offers trip reports, book reviews, northern news and historical accounts — in short everything that we think will be of interest to a northern wilderness canoeist. che-mun@rogers.com

3rd Annual **Northern Lights Canoe & Kayak SYMPOSIUM**. Southshore Community Centre. Mark it on your calendars. Father's Day, Sunday, June 15th 9 – 5 pm.

Attention Flatwater Paddlers: When you return to the boat house this spring you will find that all the flatwater paddles have been completely refinished. We all owe Peter Hayward a really big **Thank You** for the many hours he spent repairing, sanding and varnishing the 40 paddles. I would also like to thank his helpers Sue Ans and Mary Cavanagh. I trust you will all handle these paddles with care.

Dave Beckett, Equipment Director



For Sale:

15 Ft. Coleman Ram-X canoe — green — good condition asking \$325.00. Contact Dave Beckett 705-435-0072 or e-mail davkayak14@aol.com

WE'RE STARTING SOMETHING NEW IN AN EFFORT TO CUT COSTS AND INCREASE OUR EFFICIENCY WITH NEWSLETTER DISTRIBUTION. MOST OF YOU WILL RECEIVE IT BY EMAIL, AS A PDF (PORTABLE DOCUMENT FORMAT) DOCUMENT. SIMPLY CLICK ON THE SYMBOL AND IT WILL OPEN. IF YOU DO NOT HAVE ADOBE ACROBAT READER, VISIT WWW.ADOBE.COM TO DOWNLOAD THE READER – IT'S FREE!

Courses

Tripping 1

June 3 and 4th, 6 pm to 9:30 pm. Southshore Community Centre, BCC boat house.
June 7th – 9 am to 5 pm on the water, and navigation on Kempenfelt Bay/SSCC.

Trip July 4-5-6, 2003, McCrae Lake. (cost \$150 members, \$225 non members)

Deadline to register, May 16th. We need a minimum of 4 participants to offer the course.

Prerequisites: Basic canoe certificates or comparable experience and skill.

Tripping 2

Evenings July 17, 21, 23 – 6 pm to 9:30 pm at Southshore BCC boat house.

5 day trip August 1 to 5th, destination to be determined. Cost is \$250 for members, \$325 for non

members. Deadline to register, June 19th. WE need a minimum of 4 participants to offer the

course. Participants in Tripping 2, the trip leadership course, must have the following

prerequisites:

- ORCA Canoe Tripping Level 1, Lakewater Level 1A and Moving Water Level 1A, equivalent certification or comparable skills and experience (with the permission of the Course Director),
- At least 25 nights of wilderness canoe tripping experience, which include the following: canoe tripping distances totaling at least 500 km, at least 6 canoe trips in which the candidate was responsible for some of the organization, and at least one wilderness canoe trip of 5 days or more,
- At least 17 years of age at the time of the Canoe Tripping Level 2 Course.

*For more information, contact Celine 705-794-9450, celine.audette@sympatico.ca
To register contact Charlotte Piprell 739-8407 or Sue, suecanoe@sympatico.ca*

WELCOME

A tip of the paddle to these new members who have signed up since the last newsletter.

Dwight Robinson
Graham Stewart
Phil Honey
Malcolm & Bonny Campbell
Darcy Chapin & Rochelle
Andruchchow
Shelan McCreery
Timothy Hill
Bruce Saunders



Dennis Beilhartz
Timothy Veitch
Christina Pagnucco
Brian Dalziel
Judy Addie
Lorraine Henry
Peter Moody
Martina Rowley
John Migliano

West Nile Virus

West Nile virus is a type of virus that has been commonly found in humans, birds, and other animals in Africa, Eastern Europe, and the Middle East. Until 1999 it had not previously been detected in the United States.

West Nile virus exists in nature through a transmission cycle involving mosquitoes and birds. Mosquitoes become infected with West Nile virus when they feed on infected birds, which may carry the virus in their blood for a few days. Infected mosquitoes can then transmit West Nile virus to humans and animals when biting to take a blood meal.

Today, mosquitoes are more than a nuisance. Some can carry the West Nile virus and bites may lead to West Nile virus infection and, in turn, mild or serious illness. Infection may result in no symptoms, in mild illness such as 'West Nile fever', or in serious neurological illness such as encephalitis (inflammation of the brain). Everyone is at risk, and precautions are necessary to protect yourself.

Special care should be taken to ensure children are protected when they are outdoors. Protection such as:

- Children over 2 years of age – use insect repellent as directed on the package
- Children under 2 years of age – use mosquito netting around the carriage.

Tips on how to protect yourself and your family

Protect yourself and your family from mosquito bites by following these simple steps: cover up, use insect repellent, clean up all around the house

What are the symptoms of West Nile virus?

It is impossible to tell from a mosquito bite on the skin surface whether the mosquito was carrying an infection such as West Nile virus. Research indicates that approximately four out five people who are bitten by an infected mosquito do not show any symptoms. While most people who become infected will experience no symptoms or will have very mild illness, for some, the symptoms will be pronounced. For a very rare few, the virus causes serious neurological illness such as encephalitis. *Your physician has the information available*

Symptoms

If you have any of the following symptoms, seek medical help. These may be early symptoms of West Nile virus illness, or of many other illnesses, so seek medical attention to find out the cause.

- Fever
- Muscle weakness
- Stiff neck
- Confusion
- Severe headache
- Sudden sensitivity to light



Extreme swelling or infection at the site of the mosquito bite is another reason to seek medical attention. This may or may not indicate West Nile virus infection. If you have concerns, consult your physician.

How is the virus spread?

West Nile virus is spread to humans by the bite of an infected mosquito. Mosquitoes become infected when they bite an infected bird. The virus is not spread by person-to-person contact through touching, coughing, sneezing, or drinking from the same cup.

Gardeners take note. If you like to work outside, avoid early morning and late evening when mosquitoes are most active.

Who is at risk?

Everyone who is active and outside during the summer months such as gardening, golfing, walking or camping, should take precautions to avoid mosquito bites. Everyone is at risk from West Nile virus and should make sure they use all the protection measures to avoid contact with mosquitoes.

Use insect repellent

Consider using a personal insect repellent. Use only products that are federally regulated, such as those that contain DEET N, N-diethyl-m-toluamide). The concentration of DEET should be no greater than 30% for adults and no greater than 10% for children. Check the label for more detailed information or ask your pharmacist for assistance. Follow directions for use carefully. Apply repellent sparingly on exposed skin or on top of clothing. Do not use under clothing. The repellent doesn't have to be applied heavily to be effective – a light coating will do. *Wash skin with soap and water when you return indoors or when protection is no longer needed.* And don't forget to protect your pets!

Time to cover up

Mosquitoes are attracted to darker, more intense colours so make sure you wear light colours and these types of clothing when going outside between the hours of dusk and dawn: Long sleeved shirts or jackets, Long pants and Tuck pants into socks for extra protection

Clean up - all around the house

The best way to keep mosquitoes away is to clean up areas where they like to breed. Unlike birds or other insects, mosquitoes do not fly very far and tend to stay close to their breeding sites and normal habitat. Take a look around your house and property and get rid of places that are mosquito-friendly that would make good breeding sites or resting places for mosquitoes --any type of standing water such as Swimming or wading pools, eaves and drains, old tires, watering containers, bird baths, puddles, streams, water features, outdoor pet food and water dishes that are not being used, livestock water troughs.

Rebutting the myths ...



According to the Centre for Disease Control (CDC) in Atlanta, there is no scientific evidence that Vitamin B, bananas, Skin-So-Soft, fabric softener sheets, and other home remedies work!

Do not fall victim to urban legends – for your health’s sake, don’t take chances - check out reliable sources such as Health Canada and the Ontario Ministry of Health for your information.



Thousands of plants have been tested as potential sources of insect repellents. However, none of the plant-derived chemicals tested to date demonstrate the broad effectiveness of DEET.



Citronella is the active ingredient commonly found in natural or herbal insect repellents marketed in the United States. Studies show that citronella candles can be useful as a repellent, but they provide shorter protection time than most mosquito repellents containing DEET. When near the candle, it will provide more protection than if no precaution measures are taken. However, citronella plants provide no protection from biting mosquitoes.



Bats feed on the same insects that turn up in bug zappers and are no more effective for controlling mosquitoes than their electronic equivalent. Bats feed primarily on beetles, wasps, ants, flies, stoneflies, mayflies, moths, and grasshoppers. Mosquitoes consist of less than 1% of a bat's diet.



Most of the ultrasonic devices on the market hum on a single frequency. **Scientific studies have repeatedly shown that electronic mosquito repellents do not prevent host seeking mosquitoes from biting.** Mated females mosquitoes do not flee from infatuated males, and mosquitoes do not vacate an area hunted by dragonflies. Ultrasonic repellents do little in the way of reducing mosquito annoyance.

Mark these dates on your calendar...

- Monday, June 9th - Summer (BBQs, paddling on Kempenfelt, Barrie's
 - Monday, July 14th - 150th celebration paddle from Orillia to Barrie in
 - Monday, August 11th - Voyageur canoes, dragon boat races, etc., etc.)
 - Monday, September 8th - Annual Corn Roast
 - *Monday, October 20th - "Killarney"
 - *Monday, November 17th (Annual General Meeting) - Rob Stimpson, a professional photographer and member of Arts in the Wild
 - Monday, December 8th - Christmas
- *These meeting dates occur on the third Monday of the month, rather than the usual second Monday.

Barrie Canoe Club Executive 2003

Also listed on the BCC web site: www.canoecub.barrie.on.ca/contact.htm

President - Fred Schwarz	freddiecanoe@sympatico.ca 705-728-3540
Past President - Celine Audette	celine.audette@sympatico.ca 705-726-9450
Vice-Pres - Dwight Hanson	dwithanhanson@hydroone.com 905-836-8210
Teas - Ed Irwin	ed_irwin@hotmail.com 705-726-4615
Secretary - Hope Herbst -	hopeherbst@hotmail.com 705-726-6645
Membership - Nicole Gaboury	2canoeheads@sympatico.ca - 705-725-0922
Publicity - Hanne Nielsen	no email - 705-721-9819
Programing - Bill Caswill	du12paddle@bmts.com 519-934-2013
Resources - Carl Thomas	ce.thomas@sympatico.ca 705-726-7319
Equipment - Dave Beckett	DAVkayak14@aol.com - 705-435-0072
Courses - Charlotte Piprell	suecanoe@sympatico.ca - 705-739-8407
Tripping - Ann Berman	annberman@sympatico.ca 705 458 9920
Lakewater - Abby Gomez	michma@interlog.com 905-760-2281
Moving Water Canoe - Mike Dale	mdale1@sympatico.ca 905-775-7384
Moving Water Kayak - Mike Harrison	kcandmike.harrison@sympatico.ca 705-727-9716
Sea Kayak - Mary Cavanagh	mary.cavanagh@sympatico.ca - 705-725-6252
Voyageur - Gary Peters	no email at present - 705-721-1267
Marathon - Rick Routledge -	rhoutledge@sympatico.ca 905-853-8527
Sprint - Drew Millar	crpstudio@on.aibn.com - 705-722-6079
Website - Marilyn Clark	mclark@csolve.net - 705- 329-2845
Newsletter - Hyacinthe Miller	hyacinthe@rogers.com - 705-431-6911
Social Convenor - Hanna Schwarz	freddiecanoe@sympatico.ca - 705-728-3540

Visit our sponsors!

Show your membership card to get a discount on selected items from the following retailers:

Angie's Outdoor, Barrie

Camper's Place, Newmarket

Northern Lights, Barrie

Ray Kettlewell Paddles

Lolk Paddles

Sojourn (now uses a "Rewards Program" to provide discounts to loyal customers)

Sport Chek

Sturgeon River Canoe Co.

Swift Canoe & Kayak