

CANOE SLIP LETTER

Newsletter of the Barrie Canoe and Kayak Club
April-May 2007

Outdoor Life Empowerment

OLE, Outdoor Life Empowerment, is a new program developed for the Barrie Canoe and Kayak Club in conjunction with the Barrie Women and Children's Shelter. Volunteers take women and children who have stayed at the Shelter canoeing, kayaking and camping. The goal is to give back to the community in some way and to hopefully foster self-esteem and an innate belief in one's ability to learn new skills and prosper. After all, learning to paddle, crossing open water, setting up camp are all new skills for most of our participants. It can be a little unnerving, but are also completely do-able with a little faith and hard work, which of course is the point.

The program was inspired by Outward Bound's Women of Courage program, but is much less expansive and aggressive. The idea really is to bring Outward Bound's concept to a local, grass roots level, working with local Canoe and Kayak Clubs and Women's Shelters. On paper it sounds like a fine idea, although there was some concerns and doubts behind the scenes. Concern over the safety of taking unskilled and unknown participants out in the open water was the largest hurdle. But, thanks to those who did raise concerns, which were considered and addressed, the program was even better and perhaps more successful because of them.

Instead of taking individual canoes out on the open water, we took the small voyageur canoe. And instead of taking complete and unknown novices out on the open water, we expanded the program to two weekend trips. For the first trip we went to Arrowhead Provincial Park (near Huntsville). There everyone got a chance to paddle and float in their PFP. In fact, those were requirements the participants had to meet in order to proceed to the second trip. On the second trip, we paddled in a small voyageur canoe to Franklin Island. There we brought along two child kayaks and one adult for the kids to experiment with (with adult supervision).

Both weekends were phenomenal. One Mom who came along was afraid of the water, but still managed to float in her PFD. What a moment that was – her children cheering her on and encouraging her, and the look of astonishment on her face. We had told her that if she couldn't do it that was okay, but if she felt comfortable just lifting her feet in the shallow water and floating, then she could come on the second trip. Well, about 5 minutes later – she was floating! She even went kayaking with her daughters on the second trip, in the little Franklin Island alcove. Wow.

We had great food and great camaraderie – went hiking, paddling, swimming, saw waterfalls and dams and hunted for frogs and snakes, turtles and beavers. Special thanks to trip leaders Martha Hogan and Fred Schwartz and volunteers Alison Williams, Hanne Nielsen and Hanne Schwartz. Both leaders took a chance on this novel idea and really made it their own. They are a huge part of the programs success.

And thanks to our participants too. What a great bunch of people we had. People willing to take a chance and try something new. This was shown in the feedback we received at a final pizza party: thank you for the only holiday weekend we had this summer, thank you for teaching us new skills and teaching my kids about the great outdoors. Essentially we heard thank you for sharing, caring and daring.

Sharing, Caring and Daring – perhaps that should be our motto.

As the OLE program is a community outreach program involving women who have stayed at a women's shelter, for safety reasons these trips will not be posted on the Tripping Schedule. For anyone who is interested in volunteering for these trips, please contact Club Secretary Julia Lawr at 705-728-6403.

Julia Lawr

Summer Trip List for 2007

Trip information subject to change. Please refer to the web page for the most current trip listing.

DATES	DESTINATION	ACTIVITY	REQUIRED SKILLS	LEADER	TRIP DETAILS
Wednesdays in: May, June, Sept, Oct	Various trips within 1 hour of Barrie	Sea Kayaking Day trips	Basic Sea Kayaking (Able to paddle all day)	Mary Cavanagh 705-725-6252- Mary.cavnagh@gmail.com (For June 6th, Sept 19th & 26th Ed Irwin will be trip leader) - Ed Irwin 705-726-4615 - ed_irwin@hotmail.com	B2to B3 -Wet or dry suit required in early spring and late fall. Please phone leader 7:pm - 9:oopm Tuesday evenings to confirm your participation.
25-Mar	Credit River	Day Trip	MW-1	Bob Jung 705-331-5345	Streetsville to Dundas St.
7-Apr	Head to Black	Day Trip	MW-1	John Rankin 705-728-4154	Head river to Black river "cold conditions"
8-Apr	Black River	Day Trip	MW-1	Bob Jung 705-331-5345	Hyw-69 to Iron Bridge "cold conditions"
April 13 - 14 - 15	Poker Lake	2n-3d	Basic-AB & Tripping 1	Robert Miller 877-560-0840	Approx 15km circuit small lakes and some portages "Cold Conditions"
22-Apr	Nottawasaga	Day Trip	SK-BASIC BASIC- A-B	Bob Jung - 705-331-5345	Approx 5hr trip on river -cold conditions with some swifts and a 40m portage
28-Apr	Upper Madawaska River	Day Trip	MW Skills	(Pending)	1st day- Kayaks run the rapids "cold conditions"
28-Apr	Minesing Swamp	Day Trip	Basic -AB	Roger Parsons 705-721-7307	A day paddling in the swamp -spring conditions
29-Apr	Mississippi River	Day Trip	Flatwater	John Rankin 705-728-4154	2nd day of the paddle weekend
6-May	Willow Creek	Day Trip	Basic -AB	Ed Irwin 705-726-4615	Cold water -Strong current at bends & possible downed trees
13-May	Black-Severn -Green	Day Trip	Basic -AB	Roger Parsons 705-721-7307	20 km loop -easy paddling with 4 portages
May 19-20-21	Killarney Prov Park	2n-3d	Basic-AB & Tripping 1	Bob White 705-739-8294	Paddle from Base Camp
27-May	Severn Green Loop	Day Trip	Basic -AB or CD	Fred Schwarz 705-728-3540	20 km loop -easy paddling with 4 portages
3-Jun	Gibson River	Day Trip	Basic -AB	Ozzie Marion 705-534-0770	Easy paddling with 50M portage

3 June	Nottawasaga	Day Trip	Basic AB or CD	Fred Schwarz 705-728-3540	Approx 5hr on moving water – cool conditions with some swifts and a 40m portage
7 June	Kashe & Three Mile Lake	Day Trip	Basic -AB	Roger Parsons 705-721-7307	4 Short portages and tour of the lakes
9-Jun	Elora Gorge	Day Trip	MW-1	John Rankin 705-728-4154	Pretty & Fun
16-Jun	Pretty Channel	Day Trip	SK-BASIC BASIC- A-B	Mike Harrison 705-729-9716	Approx 20km with 4 portages
June 23-24	Ottawa River	1n-2d	MW-2	John Rankin 705-728-4154	Strong powerful river , best in the east
June 29- July-02	Algonquin Park (Opeongo -Lavielle)	3n-4d	Basic-CD & Tripping 1	Andrew Fergusson 519-699-5164	Lakewater, Big Lakes, Long portages and a wheeled cart
July-7-8	Ottawa River	1n-2d	MW-1 + Palmer rapids experience	Mike Harrison 705-729-9716	Big Water fun, Strong Current, "Safe River"
July 7-15 or 1-8	Coulonge River	6-9 Days	MW1 + Rapids Experience	Cheryl Stolz & David Atkins (905) 830-0720	Approx 190km with CI (tech) to CIII – and approx 19 portages
21-Jul	Oliphant	Day Trip	SK-Basic Canoe-AB	John Rankin -728-4154	Pretty area on Lake Huron 20k+
22-Jul	Bruce Peninsula	Day Trip	"Expert"- Sea Kayak	John Rankin 705-728-4154	Cross from Tobermory to Manitoulin (Expert "Large Waves)
28 July	Musquash & Go Home Lake	Day Trip	Basic AB	Roger Parsons 705-721-7307	.75km portage and a tour of the lakes.
July-28 - Aug-05-07	North Channel	8 days	SK-Basic Canoe-DC	John Rankin 705-728-4154	Paddle from Little Current to a beach & base camp for a week-Hike Paddle Swim
Aug-10-13	Franklin Island (Geared to kids)	3n-4d	Voyageur Canoe	Fred Schwarz -728-3540	Paddle 5KM on Georgian Bay to Island
11-Aug	Pretty Channel	Day Trip	Basic -AB	Roger Parsons 705-721-7307	Approx 20km with 4 portages
Aug-11-19	Georgian Bay	7n-8d	"Expert"- Sea Kayak	John Rankin 705-728-4154	Little Current to Parry Sound - "Difficult 30km days"
Sept-1-3	North Tea Lake (Algonquin)	2n-3d	Basic -AB	Mike Harrison 705-729-9716	Base camp on North Tea lake- Day paddle around the area

Sept-4th-9th-07	Chiniguchi River	6d-5n	Basic -AB	Ed Irwin 705-726-4615	Paddle and portage into the interior lakes and explore the area
Sept-14-16	Parry Sound Hunt Camp	3d-2n	Base Camp	Marilyn Clark/ Bonnie Campbell 705-726-9357	Stay in the rustic hunt camp - Fish and Paddle & relax
Sept 21-22-23	Serpentine Lake	2n-3d	Basic-AB & Tripping 1	Robert Miller 877-560-0840	Paddle Serpentine lake in the Kawarthas, near Apsley
Sept-21-22-23	Massassauga	2n-3d	Flatwater Canoe	Bob White 705-739-8294	Tripping -1 (Experience) Base Camp
13-Oct	Skelton Lake	Day Trip	Canoe-AB	John Rankin 705-728-4154	Paddle the crater of an ancient meteor strike- Very pretty lake!
Oct-19-20-21	Killarney	2n-3d	Base Camp	Robert Miller 877-560-0840	Camp at George Lake campsite and take day hikes to the crack and the light house.

Youth Canoe and Kayaking Courses!!

Canoe AB (20 hr course) and Basic Kayaking (8 hr course) are being offered in July and/or August, for youth **aged 10 to 17** and running from 10am to 3pm **or** 4pm to 9pm. Membership cost for the canoe course is \$125.00 and kayaking is \$100.00.

Please call Susie Larkin at **(705) 726-7326** or page.larkin@yahoo.ca if you are interested. We are trying to gauge if there would be enough young people enrolled to run these courses.

Navigation Clinic

Possible dates, April 14th or April 21st.

Course instructor is Svatka Hermanek.

Please call Susie Larkin at **(705) 726-7326** or page.larkin@yahoo.ca if you are interested.

Error of Omission

In the Feb-March newsletter, I inadvertently left out the name of the author of that months trip report: Sea Kayak Trip to Quebec's North Shore. Many thanks to Roger Parsons for that submission. Sorry about that Roger.

Newsletter / Web Page Submissions

With the new paddling season about to begin, I would like to encourage club members to regale your fellow BCKC'ers with trip report and photos of your various adventures. Please make trip reports for the newsletter about 1000 words MAX and please e-mail any photos as separate .jpg file, or you can just give me a hard copy at any club meeting.

I would particularly like to encourage submission of photos for the web page as I hope to create a photo gallery of club activities.

David Hyndman dbhynd@sympatico.ca or **705-792-1506**

Think of your life as a canoe and your decisions and actions as your paddle. You'll get where you're going one stroke at a time with the decisions and actions you make.

- D. J. "Eagle Bear" Vanas

2007 Courses

Course Director: Susie Larkin (705) 726-7326

To assure your position in the course, you need to submit the completed registration, liability form, health form and cheque. Courses subject to change.

Course	Dates	Location	Prerequisite	Course Instructor	Cost: Member	Cost: Non- Member
Canoe AB	June 19 & 21 (7-9 pm) & June 23 & 24 (8:30-4 pm)	SSCC	None	Marilyn Clark (705) 325-7594	\$125.00	\$200.00
Canoe AB	July 17 & 18 (7-9 pm) & July 21 & 22 (8-4 pm)	SSCC	None	Ross Rutley (905) 729-3664 rrutley@csolve.net	\$125.00	\$200.00
Canoe MW 1 <u>Tandem</u>	April 5 & 12 (6-8:30 pm) & April 14 & 15 (9-5 pm)	SSCC & the Black River	Canoe AB	John Rankin (705) 728-4154	\$175.00	\$250.00
Canoe MW Level 1 <u>Solo</u>	12-Apr-19 (6-8:30 pm) & April 21 & 22 (9-5 pm)	SSCC & the Black River	Canoe AB MW 1 Tandem	John Rankin (705) 728-4154	\$175.00	\$250.00
Canoe MW 2 Tandem	Sept 6 & 13 (6-8:30 pm) & Sep 15 & 16 (9-5 pm)	SSCC & the Black River	MW1	John Rankin (705) 728-4154	\$175.00	\$250.00
Tripping 1	Jun 5, 7, 12 & 14 (6- 10pm) & Jun 23 & 24 (8-5 pm)	SSCC Overnight Trip TBA	Canoe AB	Bob Jung (705) 331-5345	\$175.00	\$250.00
Tripping 2	May 1, 3, 8 & 10 (6-10 pm) & May 5 & 6 (8-5 pm)	SSCC 3 Day Trip TBA	Canoe ABCD, LK1 MW1 & 500 km tripping experience	Bob Jung (705) 331-5345	\$275.00	\$350.00
Basic Sea Kayaking	Jun-10 (8-5 pm)	SSCC	None	Mary Cavanagh (705) 725-6252 Fred Schwarz (705) 728-3540	\$100.00	\$175.00
Basic Sea Kayaking	June 19 & 21 (5-9 pm)	SSCC	None	Mary Cavanagh (705) 725-6252 Fred Schwarz (705) 728-3540	\$100.00	\$175.00
Basic Sea Kayaking	July 3 & 5 (5-9 pm)	SSCC	None	Mary Cavanagh (705) 725-6252 Fred Schwarz (705) 728-3540	\$100.00	\$175.00
Level 1 Sea Kayaking	Aug 25 & 26 (8-5 pm)	SSCC	Basic Sea Kayaking	Mary Cavanagh (705) 725-6252 Fred Schwarz (705) 728-3540	\$150.00	\$225.00
Level 1 White Water Kayaking	May 24 (6- 9pm) & May 26 & 27	Overnight Trip TBA	None	Duane Craig (705) 726-4236	\$150.00	\$225.00

Drips from the Paddle

Photo Contest

We are holding a photo contest of any BCKC trip taken in 2006!

Please forward your submission to one of the Membership Services Coordinators by the April 16 General Meeting.

We would prefer a copy that does not need to be returned so we can keep them in a permanent display.

On the back of the photo list your name, phone number, date and location of the trip.

Each member attending the April 16 meeting will be provided a ballot to vote on their photo for first place.

Winners will be announced at the break. First prize will win a BCKC hoody, second place a t-shirt and third place a cap.

Equipment Sale

Please bring your quality, used canoe, kayak and camping items to the May General meeting equipment sale. Doors will open early to allow for set up and sale.

Monday Paddle Nights

Are you a new member of the Barrie Canoe and Kayak Club? A great way to meet new people and learn more about the club is to volunteer a couple of hours of your time during Monday Night Paddles.

The club offers every member to take either a kayak or canoe out on Kempenfelt Bay anytime from 6:00 pm until sunset every Monday. To keep this unique opportunity available to you, we suggest you sign up to volunteer at least one Monday during the season to assist with the distribution of boats and equipment.

Start date is 4th June and runs until 27th Aug. If interested in volunteering you can sign up on the sheets that are posted where the boats are housed. Contact Susan Eves at sseves@hotmail.com or **705-252-2345**.

Dock In

The dock will be going in a bit earlier this year. The 14th of April is the hoped for date (depending on ice conditions). The BCKC has been terribly short on volunteers the last few years to help with the dock. The Rowing Club has been doing most of the work, so we need lots of volunteers to come down to help. Start time will be around 9AM. Check the web page a day or two before for confirmation on the date or call Kim Gate at **705-792-1570** or gater@sympatico.ca

New Members Info Desk

New members: You can get the information you need about the club at the new information desk which will be located between the courses and membership tables. The paddle night sign up sheet will also be located here as it is the best way to become involved in your club.

Contacts one of the following coordinators for more information

Membership: Sue Whalen: **327-2486** - Katsura.whalen@sympatico.ca

Program: Anthony Taliana: **424-3908** - outdooranthony@yahoo.ca

Resources: Marion Stockdale: **728-4316** - marian-jeff.stockdale@sympatico.ca

Publicity: Paige Turner: **436-1391** - newpaige@rogers.com

Celebrate Barrie / Community Paddle Day

Celebrate Barrie is an annual celebration of our community held along the shore of Kempenfelt Bay. In conjunction with this event, the BCKC will have our annual Open House and Community Paddle Day. Lots and lots of volunteers will be required to make this a success, not only at the boat house but at the Kiosk that we will be manning at Centennial Park. Please contact Paige Turner at **705-436-1391** or newpaige@rogers.com or Sue Whalen at **705-327-2486** or katsura.whalen@sympatico.ca for more information. We were pretty much rained out last year, so lets hope for good weather this year.

Monthly Meetings

All meetings are held at the Southshore Community Centre on the second Monday of the month (except when indicated). Doors open at 6:30PM and meetings begin at 7PM. This is a chance for members, guests, and visitors to meet and mingle and to see presentations from guest speakers.

SCHEDULE FOR the spring of 2007:

16 April (NOTE: Third Monday due to Easter Monday the 9 Apr): Jay Morrison: Paddle Across Canada

14 May: TBA. Check the web site for details when they become available.

Kayak for Sale

Blue poly Perception Sundance 120 call Rebecca at 721-3327 call for price.

INTERNATIONAL SCALE OF RIVER DIFFICULTY

- This is the Canadian version of a rating system used to compare river difficulty throughout the world. This system is not exact; rivers do not always fit easily into one category, and regional or individual interpretations may cause misunderstandings. It is no substitute for a guidebook or accurate first-hand descriptions of a run.
- Paddlers attempting difficult runs in an unfamiliar area should act cautiously until they get a feel for the way the scale is interpreted locally. River difficulty may change each year due to fluctuations in water level, downed trees, geological disturbances, or bad weather. **Stay alert for unexpected problems!**
- As river difficulty increases, the danger to swimming paddlers becomes more severe. As rapids become longer and more continuous, the challenge increases. There is a difference between running an occasional Class IV rapid and dealing with an entire river of this category. Allow an extra margin of safety between skills and river ratings when water is cold or if the river itself is remote and inaccessible.

The Six Difficulty Classes

Class I: Easy. Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight, self-rescue is easy.

Class II: Novice. Straightforward rapids with wide, clear channels which are evident without scouting. Occasional maneuvering may be required, but rocks and medium sized waves are easily missed by trained paddlers. Swimmers are seldom injured and group assistance, while helpful, is seldom needed.

Class III: Intermediate. Rapids with moderate, irregular waves which may be difficult to avoid and which can swamp an open canoe. Complex maneuvers in fast current and good boat control in tight passages or around ledges are often required; large waves or strainers may be present but are easily avoided. Strong eddies and powerful current effects can be found, particularly on large-volume rivers. Scouting is advisable for inexperienced parties. Injuries while swimming are rare; self-rescue is usually easy but group assistance may be required to avoid long swims.

Class IV: Advanced. Intense, powerful but predictable rapids requiring precise boat handling in turbulent water. Depending on the character of the river, it may feature large, unavoidable waves and holes or constricted passages demanding fast maneuvers under pressure. A fast, reliable eddy turn may be needed to initiate maneuvers, scout rapids, or rest. Rapids may require "must" moves above dangerous hazards. Scouting is necessary the first time down. Risk of injury to swimmers is moderate to high, and water conditions may make self-rescue difficult. Group assistance for rescue is often essential but requires practiced skills. A strong eskimo roll is highly recommended.

Class V: Expert. Extremely long, obstructed, or very violent rapids which expose a paddler to above average endangerment. Drops may contain large, unavoidable waves and holes or steep, congested chutes with complex, demanding routes. Rapids may continue for long distances between pools, demanding a high level of fitness. What eddies exist may be small, turbulent, or difficult to reach. At the high end of the scale, several of these factors may be combined. Scouting is mandatory but often difficult. Swims are dangerous, and rescue is difficult even for experts. A very reliable eskimo roll, proper equipment, extensive experience, and practiced rescue skills are essential for survival.

Class VI: Extreme. One grade more difficult than Class V. These runs often exemplify the extremes of difficulty, unpredictability and danger. The consequences of errors are very severe and rescue may be impossible. For teams of experts only, at favourable water levels, after close personal inspection and taking all precautions. This class does not represent drops thought to be unrunnable, but may include rapids which are only occasionally run.



2007 Barrie Canoe Club Executive

The new executive was approved at the Annual General Meeting on the 20 November. Many thanks to those who are stepping down after many years of dedicated service: Charlotte Piprell & Ann Berman; to those who are moving into new positions: Ed Irwin, Fred Schwarz and Ross Rutley; and to those who are stepping up to the dock to see the club into the 2007 season: Armando Perez, Susie Larkin, Kim Gate, Marlene Jacob, Marian Stockdale & Paige Turner.

Board of Directors			
<i>President</i>	John Rankin	jsrankin@rogers.com	705-728-4154
<i>Past President</i>	Fred Schwarz	freddiecanoe@sympatico.ca	705-728-3540
<i>Vice President</i>	Bonny Campbell	bonnycampbell@hotmail.com	705-726-9357
<i>Treasurer</i>	Armando Perez	kaitoo@sympatico.ca	705-733-1679
<i>Secretary</i>	Julia Lawr	Wayne.julia1@sympatico.ca	705-728-6403
<i>Director at Large</i>	Sue Whalen	katsura.whalen@sympatico.ca	705-722-3594
<i>Director at Large</i>	Ross Rutley	rrutley@csolve.net	905-729-3664
<i>Director at Large</i>	Ed Irwin	edirwin@canoemail.com	705-726-4615
Coordinators			
<i>Courses</i>	Susie Larkin	page.larkin@yahoo.ca	705-726-7326
<i>Membership</i>	Sue Whalen	katsura.whalen@sympatico.ca	705-327-2486
<i>Trips</i>	Ross Rutley	rrutley@csolve.net	905-729-3664
<i>Equipment</i>	Kim Gate	gater@sympatico.ca	705-792-1570
<i>Lakewater</i>	Susan Eves	sseves@hotmail.com	705-252-2345
<i>Moving Water Canoe</i>	Bud Burke	budburke@rogers.com	705-436-6125
<i>Moving Water Kayak</i>	Duane Craig	dhtcraig@rogers.com	705-726-4236
<i>Sea Kayak</i>	Dave Beckett	davkayak14@sympatico.ca	705-792-9661
<i>Voyageur</i>	Scott Schneider	scott@rogers.com	705-739-2340
<i>Program</i>	Anthony Taliana	outdooranthony@yahoo.ca	705-424-3908
<i>Resources</i>	Marian Stockdale	marian-jeff.stockdale@sympatico.ca	705-728-4316
<i>Publicity</i>	Paige Turner	newpaige@rogers.com	705-436-1391
<i>Newsletter/ Website</i>	David Hyndman	dbhynd@sympatico.ca	705-792-1506
<i>KICK Coordinator</i>			

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

- Angie's Outdoor, Barrie
- Ray Kettlewell Paddles
- Lolk Paddles
- Sturgeon River Canoe Co.
- Swift Canoe & Kayak
- Tent City Outfitters
- Paddle Shack
- Sojourn (now uses a "Rewards Program" to provide discounts to loyal customers.)

Epilogue

But the place which you have selected for your camp, though never so rough and grim, begins at once to have its attractions, and becomes a very centre of civilization to you: "Home is home, be it never so homely.

-Henry David Thoreau (1817-1862), *U.S. philosopher, author, naturalist*

Camping: nature's way of promoting the motel industry.

-Dave Barry, *Only Travel Guide You'll Ever Need*