
The Power-Stroke

Saskatoon Canoe Club April 2016

President's Message – Dwayne Surdu-Miller

Greetings, paddlers!

The 2016 paddling season is approaching and none too soon. Last season saw the largest membership base the club has ever seen, with over 900 members. This occasionally led to challenges such as equipment shortages and increased equipment wear and tear.

Tom Rogers, the Membership Director, took initiative and formed a committee to set up the club's wonderful new online membership registration system. The link is under the membership tab on the club's website. Membership this year is \$55 for either division, \$70 for both and free for under 18's with their guardian's registration

The AGM saw many changes to the executive. Edith MacHattie has taken on the role of Marathon Director and Catherine Trask has stepped down. Brent Cooper has taken on the Recreation Director Role. We have split the previously vacant Equipment Manager role into two roles taken on by Brendan Haynes (Canoes) and Cathy Reaume (Kayaks). Our previously vacant Social/Publications Director role has been taken on by Raina Vingerhoeds. We have also gained some new and extremely valuable Members At Large, John McLean, Chelsea Lussier, Adam Wilkinson, and Minna Liang. The Members At Large have already contributed a great deal of time, effort, ideas, and energy to the club.

Also over the off-season, the new racks in the boat house have been significantly altered to provide plenty of headroom. New boats and some new paddles have been purchased, the boat house matting is being expanded, and new ideas and initiatives are being explored. There is much to look forward to this season. Happy paddling!

Mark Your Calendar

- ➔ **30 April 2016** Boathouse Work Bee **10am**
- ➔ **1 May 2016** Opening Barbeque **12-4pm** Meet old and new paddling friends for a burger and get your 2016 boathouse orientation checked off your to-do list
- ➔ **Wednesdays, starting May 4th** Marathon mentoring paddles **6:30pm – 8pm**
- ➔ **Thursdays, starting May 5th** (weather permitting) Recreation Group Paddles **6:30pm**
- ➔ **Sundays, starting May 8th** Marathon group paddles **10am**
- ➔ **23 April** CKS AGM **12-2pm** Regina contact CKS@accesscomm.ca for more information (Canoe Kayak Saskatchewan is the provincial sport organization for paddling)
- ➔ **18 June** Lumsden Race
- ➔ **16 July** Cranberry Punch **Saskatoon**
- ➔ **17 July** Eb's Classic **Saskatoon**
- ➔ **20-21 August** Louis Riel Relay **Batoche**
- ➔ **27 August** Eagle Point Classic **La Ronge**

- **11 September** Rec & Rookie Race **Saskatoon** Relays, Portaging and a short marathon race – perfect for recreational paddlers, families and new marathoners.
- **1 October** Saskatchewan Interdisciplinary Championships **Saskatoon**

Volunteers Needed

Help out your fellow paddlers this Spring. There are a variety of tasks that you could volunteer at during opening weekend, Experienced members are needed to help lead boathouse orientations. Barbeque-masters are needed to help feed the masses. Spring cleaning of the boathouse will be April 30th- any volunteers are welcome to join. Wear appropriate clothing and bring a push broom if you own one. Contact the executive to let us know if you can help. Or volunteer to lead a trip- see details below

Meet your Executive

President: Dwayne Surdu-Miller	president@saskatooncanoecub.org
Past-President: Dave Peters	
Secretary: Ann Popoff	secretary@saskatooncanoecub.org
Treasurer: Kate Germin	treasurer@saskatooncanoecub.org
Recreation Director: Brent Cooper	recreation@saskatooncanoecub.org
Marathon Director: Edith MacHattie	marathon@saskatooncanoecub.org
Kayak Equipment Manager: Cathy Reaume	equipment@saskatooncanoecub.org
Canoe Equipment Manager: Brendan Haynes	equipment@saskatooncanoecub.org
Membership Director: Tom Rogers	membership@saskatooncanoecub.org
Social Director: Raina Vingerhoeds	social@saskatooncanoecub.org
Members-at-Large: John McClean, Minna Liang, Chelsea Lussier, Adam Wilkinson & Trevor Robinson	mal@saskatooncanoecub.org

Earn your 2017 Recreation Membership

Lead 1 Overnight paddling trip

- Advertise to all members at least 2 weeks before the trip by e-mail, website and/or the next newsletter (July) contact social@saskatooncanoecub.org to spread the word
- All trip participants must be club members
- Boats and trailers are available for a nominal rental fee contact equipment@saskatooncanoecub.org
- Club Boats can only be rented for club trips!

Organize 2 Sunday Paddles

- Boats can be trailered to put-ins such as the Berry Barn and Fred Heal Canoe Launch
- We are hoping to have at least one Sunday Day Trip every month, watch your e-mail & social media as they are organized

Lead 4 Thursday Paddles

- Be responsible for the group that gathers at the Victoria boathouse 6 :30pm
- Mentor beginning paddlers

Volunteer at 4 Tuesday Registration nights

- Help is especially needed early in the season
- Contact membership@saskatooncanoecub.org

Louis Riel Relay Days at Batoche National Historic Site – Carissa Robb

Friends of Batoche Historic Site are organizing a new weekend activity for the whole family to take place this summer. Louis Riel Relay Days will take place on Saturday August 20 & Sunday August 21 at the Batoche National Historic Site.

Working closely with Parks Canada, the organizers are planning for a full weekend that will highlight the many features of the park including traditional Metis ways of life and nature based activities found in abundance at Batoche.

The weekend feature is a competitive relay event. This activity brings back the essence of the original Saskatchewan Louis Riel Relay that took place along the Saskatoon riverbank for many years through the 1970s, 80s & 90s. The Batoche relay will have multi-participant teams competing in succession in six events – running, biking, hill hiking, archery, horseback riding and canoeing.

Bows and arrows, canoes, and horses with their own rider will all be provided. Your six member team requirement will be to have the physical ability to complete before they hand off a baton to

For extreme athletes, to run the entire course separate heat. There pass; one person would shoot and canoe in as possible.

One of the main available the entire be

canoes and equipment available for

those who would like to explore

Instructors and on-water supervisors will be on hand to assist, enjoy the experience too.

Other weekend activities will include an eating contest, bannock making, a kids zone with inflatables and face painting, site tours, and other traditional Metis activities. All relay activities will also be open to event guests to try at their leisure. Saturday evening will feature an outdoor concert with Canadian country music's biggest stars and a Great Western Original 16 beer gardens.

Registrations, admission and concert tickets are available on-line at www.louisrirelaydays.com. Competitors must register in advance and there are a limited number of spaces.

Additional activities and involvement from local groups are still being pursued. Volunteers and sponsors are needed. If you would like an opportunity to participate, please get in touch with us online at www.louisrirelaydays.com or by calling 306-423-6227.



bring their own bike and to their leg of the race their teammate.

individuals can register on their own in a would be no baton to run, hike, bike, fast a time as

attractions weekend will canoeing. There will be

the river. so beginners can

Boats for Sale

The following boats are being retired from the canoe club. They will be listed for sale on Kijiji on April 15th, and available on a first come first serve basis. If you would like to inspect the boats before April 15th you can contact Brent Cooper at (306) 280-7172 and he will meet you at the boathouse. Boats are in used condition and require varying levels of repair

Kayaks



1

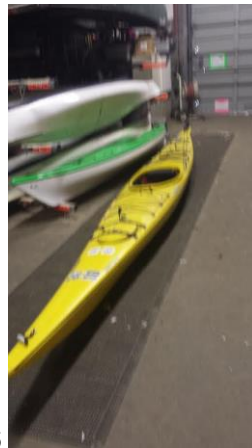
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5



6

1. Wilderness System 2013 -
2. Venture Impex 2010 - 16 ft - fiberglass
3. Swift Behring Sea 2009 - 15.5 ft fiberglass with
4. Seaward Infinity 2012 - 15.5' (red kayak standing up)
5. Current Design Storm 2000 - 17 ft plastic with rudder
6. Necky Looksha IV 2003 - 16.5 ft plastic with rudder

Canoe- Hellman Prospector 17.5'



Why Take Canoe Lessons – Cliff Speer



Learn to Canoe Plus session at Lakeview Lake, Saskatoon June 2015 ©canoeski

Pierre Berton is reputed to have said a true Canadian is one who can make love in a canoe. But one doesn't need to be *that* skillful to derive pleasure from canoeing! Having fun and being safe is the main objective and taking lessons can put you on that path. The more skill and knowledge you can acquire, the more you will enjoy canoeing and the safer and more confident you'll feel.

So, think about it. You've never stepped in a canoe before or have sat in a canoe and tried to make paddling motions while a paddling partner was probably giving instructions you didn't understand. Would you operate any other vehicle that way? Not likely. You'd opt to take instruction from someone qualified to teach you how to operate the vehicle in a safe and skillful manner. A few lessons from a certified instructor could save you countless hours of frustration and could prevent an upset or similar event from becoming a crisis. Capsizing a canoe in spring and fall, for example, can become life-threatening if you are not able to get out of the cold water fairly quickly.

On the other hand, you may have stepped in a canoe before and managed to paddle up river or down river for a ways, without tipping or getting twisted around by the current. You made it by learning a few things by trial and error. Could you benefit by taking lessons? By all means! Just think of how much less energy you would expend and how much more you would enjoy canoeing if you learned how to perform basic strokes efficiently. With a few lessons you could add new strokes enabling you to do more complex manoeuvres. Imagine what a boost that would be to your confidence. Never mind your ego!

Learning to canoe in a quiet, non-intimidating environment, for example, on one of the small man-made lakes in Saskatoon is the best way to go. Then move on to the more complex river environment where you can apply newly developed skills to the demands of current, wind and waves, fluctuating water levels and man-made hazards. This is the way we manage our Learn to Canoe Plus program at CanoeSki – first day spent on safety and basic strokes and second

day with an instructional trip on the South Sask River (see [course descriptions](#) on the Canoe Club website).



You can also find more info on [safety tips and resources](#) for canoeing our beautiful prairie rivers on the CanoeSki site. More general information is available on the site on [Canoeing in Saskatchewan](#) and how CanoeSki trips are managed.

Learn to Canoe Plus day

trip on the South Sask River June 2015 @canoeski

Author Bio

Cliff Speer is a former high school teacher and a Paddle Canada nationally certified canoeing instructor at an advanced level. He began his canoe teaching career with the Saskatoon Canoe Club leading trips and instructing canoe lessons as a volunteer. In 1990 Cliff formed his adventure training and tour company, CanoeSki Discovery Company, specializing in canoeing and cross-country skiing instruction and tours. In 2004 he added map and compass courses to the training roster.

Marathon Côté Lake Trip – August 30th 2015- Ann Popoff

Sunday, August 30th, the day after a fun 16 km race from Eagle Point in La Ronge, which Kate and Randy finished in a remarkable 1 hour 48 minutes, they invited my partner Raina and me on a 21 km trip through lakes further north.

Saturday's race had a mercifully calm day. But by Sunday morning the wind had gotten itself up to 15 km/hr. from the southeast, and I'd been awake since 3AM stewing as it flapped the tent. I figured we'd better start paddling from the south to the north, with the wind at our backs.



Lunch Break on Mekewap Island

However the initial plan was to start from the north so we stuck to plan A and drove north to put in just east of MacKay Lake. I was also apprehensive because Raina and I had borrowed Terry's heavier canoe for the La Ronge race, and I knew I couldn't carry that one over the 7 portages between the 6 lakes on this trip. But Kate and Randy graciously let us carry Randy's lighter Odyssey while they portaged our heavier boat the entire route. I am very grateful their sacrifice of shoulders made the trip possible for me.

We started paddling on Kuskawao Lake discovering the wind was nothing to fear. And the country is beautiful: the lakes meander through pre-Cambrian shield and are all sheltered. And no rapids! We paddled on through Baldhead, Cote and Mekewap Lakes, managing the ups and down of the portages between each lake. None of the portages is too difficult though two are more than 400 metres.

We lunched on an island half way through the day and then encountered our next portage through a recent burn-out. 'How will we know where the track is?' I wondered as we drew near this pitch black land, the entire hillside of which was covered with tumbled down trees criss-crossing each other every which way. A stunning sight I'd never been that near before. 'There'll be green grass' Randy said. And sure enough, bright green blades of grass-the only colour- outlined a clear route through what was otherwise a blackened hillside strewn with fallen trees as though following a giant's temper tantrum.

This was our slowest portage. Sometimes we would rest the canoe on a jumble of burnt spruce trees and sort of thread it through all the pointy branches, having to walk around the tangle ourselves.

We carried on through Contact, Sulphide and Duck Lakes, and finally our take-out at Lynx Lake. Randy had said the 21 km trip would take us 6 hours and it took exactly that: we began at 10:15am and finished at 4:15 pm! I am most grateful to friends Raina and Kate and Randy: we trained and travelled and raced together and this was an amazing trip. We on the prairies are blessed by our easy access (just a 5 hour drive) to this northern wilderness.



Portaging through burned forest

A Final Word ~ Basic Boathouse Rules

- All members must have an orientation every year, before they will be given the door code.
- Do not share door code. Members who lose or forget the code can contact the Membership Director.
- Only members can use the equipment: no guests, or single time users.
- Key for after 6pm use of the boathouse bathroom is kept on a ski pole at the door. Return it to its place.
- Recreation members use only canoes and kayaks.
- Marathon members use only marathon canoes.

- Plan ahead with your partner how to lift a boat down. Get help lifting heavy boats.
- Set down boats only on rubber mats or grass, not on concrete or pavement.
- By law, all boats must have a PFD with whistle for every passenger; plus paddles, bailer/bilge pump, and throw bag. We recommend that all boaters wear their PFD.
- Sign out your boat with last name, boat number, time leaving and time returning on dry erase white board by the door.
- Prepare your boat and equipment before taking to dock.
- Take your boat to the dock and launch immediately.
- Boats must launch and return to the dock the same day- except for club sanctioned trips
- Boats may only be transported for club sanctioned trips approved by the executive.
- It is illegal to operate a boat while impaired or while drinking alcohol.
- Do not allow paddles to rub the side of the boat.
- Stay well away from the Prairie Lily River Boat, and never go in front of it.
- Boats must have a 360 degree solid white light (flashlight will do) between sunset and sunrise or in restricted visibility.
- On return, promptly take your boat to grass and remove gear.
- Wash boats on wash SCC wash racks before returning to storage
- Store boats on the rack position with corresponding number.
- Squeeze out sponges and brushes and return to their marked containers.
- Turn off tap, leave hose rolled up, nozzle open, and in marked container.
- Erase your sign-out information before leaving.
- Return equipment and zipped/buckled PFDs to their places.
- Advise equipment@saskatooncanoeclub.org of any needed boat repairs.
- Recommend you take a canoe course – get discounts from retailers on the back of your membership card.
- Recommend you obtain a ‘Pleasure Craft Operator Card’ at www.boateexam.com and/or review Transport Canada Safe Boating Guide at <http://www.tc.gc.ca/media/documents/marinesafety/TP-511e.pdf>
- More advice and information at www.saskatooncanoeclub.org

2016 Saskatoon Canoe Club Supporters

Outter Limits	Maskwa Paddle Co.	Eb's Source for Adventure	Cold Spring Paddling	Classic Outdoors	CanoeSki Discovery Company	Bike Universe
10% off regular priced items	10% off Lessons	15% off clothing 10% off other merchandise excluding boats	10% off Lessons	15% off regular priced gear and accessories	15% off courses	10% off Paddling Accessories