

April 2008

The Power Stroke



Saskatoon Canoe Club Newsletter

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www.saskatooncanoeclub.org

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Happy 35th Anniversary!

Welcome back to another great year of paddling! It's time to shake off those winter blues, say goodbye to cold weather, and experience the wonders of our Saskatchewan waters again.

Whether you are a recreational canoe and kayak member, or belong to the marathon division of our club, this year will begin with a special event. May 2008 marks the occasion of the Saskatoon Canoe Club's 35th anniversary.



Imagine what was happening in 1973. Bell bottoms were the fashion rage... disco was the dance craze... and big hair was in. The Fonz was "cool", and John Travolta was...well, thin. People were watching "American Graffiti" and "Serpico" at the movies, and "All in the Family" and "Mary Tyler Moore" on TV. The 8-track players were rockin' with Elton John, and Dr. Hook. And just about everyone was "going with the flow". The year 1973 also marked the beginning of the Saskatoon Canoe Club.



Mark your calendars! Our **35th Anniversary Celebration and Open House** will be held on **Sunday, May 4th, 2008** from **12 noon to 4 pm**.

Join us for a BBQ, membership information and local dealer demonstrations! The celebrations will take place at our **boathouse** located in **Victoria Park**, next to the river (Avenue G & 16th Street). Everyone is welcome! It's time to go with the flow and celebrate.

*Check our website and hotline for more information:
www.saskatooncanoeclub.org, hotline: (306) 343-0191*

From the President	2
2008 Canoe Trips	2
Volunteers Needed	3
Web links & Sale Items	3
2008 Lessons and Events	4
Your Executive	6
Marathon Club	6
Fun & Games	7
Membership Discounts	7
Membership Form	8

Open House on May 4th!

President's Message – Mark Lafontaine

Spring is on its way and that can only mean one thing. Canoeing! After spending long months daydreaming about your next great adventure the first of slice of a paddle blade through the water is almost an awe-inspiring experience. This year the Saskatoon Canoe Club turns 35. Over the years the club has grown and evolved and shows no signs of slowing down. Membership numbers last year were strong and we can look forward to another year successful paddling season.

Starting May 8th, 7:00 pm

SCC Social/Coffee Night

Every second Thursday evening join fellow SCC members at **Tastebuds** for coffee or a dessert. Tastebuds is a neighborhood coffee shop at 1624 Lorne Avenue and a great place to dream about past or future trips or races.

CANOESKI DISCOVERY COMPANY COURSES MAY/JUNE 2008

◆ **Map & Compass Navigation Course** (\$75 per person, 8 hours) → May 25

◆ **Learn to Canoe** (\$145 per person, 12 hours)

1st class: May 27, 29, June 3, 5 (evenings) 2nd class: June 7, 8 (weekend)

◆ **Paddling Workshops** (each 6 hours)

Beginner: June 7 Cost: \$85

Intermediate - June 14 Cost: \$95

Advanced - June 15 Cost: \$105



For more information **contact** Cliff Speer at 653-5693, email cliff@canoeski.com or visit www.canoeski.com

2008 Canoe Trips - live the adventure . . .

Paddle to the Bay, Expeditions 2008 ~ Mark Lafontaine:

Many of you may know but for those who don't, I'm off on another great adventure. This summer's adventure will take me from the boreal forests of northern Saskatchewan to the tundra of northern Manitoba. I will paddle, solo, starting in La Ronge, SK and will end on the coast of the Hudson Bay. The distance of the expedition is 1,400 km, which should take me about 70 days to complete. Leaving on the 15th of June, I should complete the journey by the end of August, before the weather turns bad on the coast. I will be paddling a custom built solo boat in an expedition Kevlar lay-up, and is provided by **Kisseyenew Canoe Co.** For full details visit my website at www.wildpaddler.com (visit Kisseyenew at www.kisseyenewcanoecompany.com).

gear. As usual the food will be second to none. *For more details or to sign up for the trip call Mark @ 955-4587*



Sunday Paddle – Sept 7th: Join me on a paddle from the Fred Heil Canoe Launch back to the boathouse (about 19 km). Meet at the boathouse at 2:00 pm to arrange boats and for a carpool. We will enjoy a lazy day of paddling and floating along the river, stopping now and then to enjoy the many sandbars. At about half way we will stop along the river for a fire and supper. Bring your favorite camping meal and impress your fellow paddlers. *For more details or to sign up call Mark @ 955-4587*

South Saskatchewan - July 19 to 27: Are you looking for a little more excitement when paddling on the South Saskatchewan river but aren't quite ready to tackle the northern white water? How about spending a relaxing 6 days and paddle 230 km from Saskatoon to the confluence of the North and South Saskatchewan rivers, east of Prince Albert. Learn how to safely navigate a ferry crossing, travel under different bridges, paddle past the Fish Creek Battlefield and possibly stop at the Batoche National Historic Park. If you have average paddle skills, enjoy the great outdoors, like cooking on an open fire and have a desire to meet new people with similar interests, your company would be welcomed. *If you are interested and have some free time between July 19th and 27th please contact Richard Jackson at 382-6986.*



Torch River – late May: The Torch River is a great little river for novice paddlers to get a bit of whitewater experience before heading off on a northern fly in canoe trip. The river its self is choked full of easy class 1 rapids, which require some rock dodging. The date is dependant on water levels. *For more details call Mark @ 955-4587*

Thanksgiving with the voyageurs – Oct 10 to 13:

Follow in the paddle strokes of the men that explored the north, while spending the Thanksgiving weekend paddling the north in a 25-foot, cedar strip voyageur canoe. Enjoy the breath taking beauty of the north as well as the camaraderie of your fellow paddlers as we paddle together, along with our

Volunteer Opportunities

Tuesday Nights at the Boathouse: As we did last year, our club intends to schedule a weekly time for new members to come out for a **boathouse orientation**. This micro-clinic simply ensures that the rookies see how the garage door works, have a quick look at equipment and sign-out procedures, and are reminded to always make sure the door is locked when we leave. This could also be a time for interested persons to pick up or drop off membership forms. For May and June we'd like two veteran volunteers to be at the boat house from 7:00pm until approximately 7:30. For July and August, one veteran should do. The plan is to stick to our 7:00 pm start time and get **ONE** orientation done each week. Persons who show up late can simply come out the following week or make an arrangement themselves with an executive member. If you're a **veteran willing to help**, please call Wes at 955-0566 to add your name to our volunteer list. You can also email him: recreation.div@saskatooncanoecub.org.



Boathouse Spring Clean-Up: Grab your gloves and brooms and come help us do some spring cleaning in the boathouse in order to get ready for an exciting new paddling season. Come out to the boathouse on **April 27** at **1:00 pm** to help get our gear ready for the water.

New Executive Members Needed: The Saskatoon Canoe Club is looking for a Social Director, Member at Large, and an Equipment Maintenance Manager. If you are interested in becoming a **leader of this club**, please contact an executive member for details.

Interesting Web Links for Paddlers

www.kisseynewcanoecompany.com → Voyageur and custom canoe construction, from Saskatoon

www.whiskeyjackpaddles.com/index.asp → Find out how to "paddle with soul"

www.necessaryjourneys.ca/index.html → Karsten Heuer & Leanne Allison - Finding Farley, Being Caribou

www.wcha.org → The Wooden Canoe Heritage Association - preserve our canoeing heritage

www.solotripping.com → Learn how to handle challenges alone, with only your thoughts to guide you

www.clearwatercanoeing.ca → Put together the canoeing adventure of your dreams

wildpaddler.blogspot.com → Mark's blog - he's just a crazy canoeist from Saskatchewan!

pawistik.blogspot.com → Bryan's blog - boat building & paddling (and also a bit crazy)



Club Items For Sale

\$700 will buy you a Current Designs "Squall" kayak. This is a white 16-1/2 foot polyethylene touring style kayak, and is equipped with a rudder. The Club boat ID number is '17'. Please contact Glen Phillips (244-4536) with any questions or to arrange viewing.

SPRING CANOEING LESSONS

Once again we're lucky to have Mr. Bill Morris leading three different types of lessons this spring. Mr. Morris is a highly qualified Paddle Canada Instructor and works extensively with Saskatoon Public Schools. Each of these lesson sets are from 7:00 until 9:00pm. The **first lesson** - will be at Erindale Lake (*at the corner of Kerr Road and Kenderdine Avenue, just off McOrmond Drive*). The **second lesson** - at the Canoe Club Boat House. All equipment is provided but participants need to dress for the weather.



Introduction to Canoeing **Tues. May 20th and 27th**
This course is for anyone who needs the basics. (max. of 10 participants)

Stroke Improvement..... **Wed. May 21st and 28th**
You know the basics, and you're ready for more. (max. of 10 participants)

Solo Basics..... **Thurs. May 22nd and 29th**
Five of you want to go on a trip so you'll paddle alone! (max. of 5 participants)

To Register for Bill's courses: Call Wes Deptuch at 955-0566. You will be considered registered upon receipt of a \$15 fee. There will be no refunds after May 15th.

CANOE TRIPPING LEVEL 1 (Paddle Canada (formerly CRCA) Canoe Tripping Level I)

Course Description: Canoe Tripping I provides an introduction to canoe tripping for those with little or no tripping experience. The emphasis is on wilderness canoe camping skills and safety. Items like canoe rescues and map usage are practiced, some theory is studied and everything is put together and demonstrated on the overnight canoe trip (interested persons may request a more detailed course outline)

When: Saturday May 17th to Monday May 19th, 2008

Location: A Classroom (location TBA) / parts of the South Saskatchewan River/ and Harry Bailey Aquatic Center. The course requires an overnight canoe trip. Friday and Saturday nights you sleep at home (or wherever you like) but on Sunday night we'll be in our tents.

Prerequisite Skills: Paddling Canada "Flatwater" certificate OR comparable skills (at the discretion of the instructor).
Example: Candidate is able to paddle solo over a triangular course without switching sides with her/his paddle.

Cost: \$150.00 per person, plus a share of the trip food. The trip food is planned in one or two "food groups" and prepared over open fire or small camp stoves. The overnight trip involves Sunday's supper, and Monday's breakfast and lunch.



To Register: Call Wes Deptuch at 955-0566 or email him at recreation.div@saskatooncanoeclub.org

About Your Instructor: Wes Deptuch has been canoeing since his first high school trip back in 1981. He has canoed on many lakes and rivers from Alberta to Ontario. He has been leading high school trips since 1999 and has been a Paddle Canada (formerly CRCA) instructor since 2005.



LAKEWATER 1 ~ instructor, Bill Morris

Course date: June 14 and 15, 2008

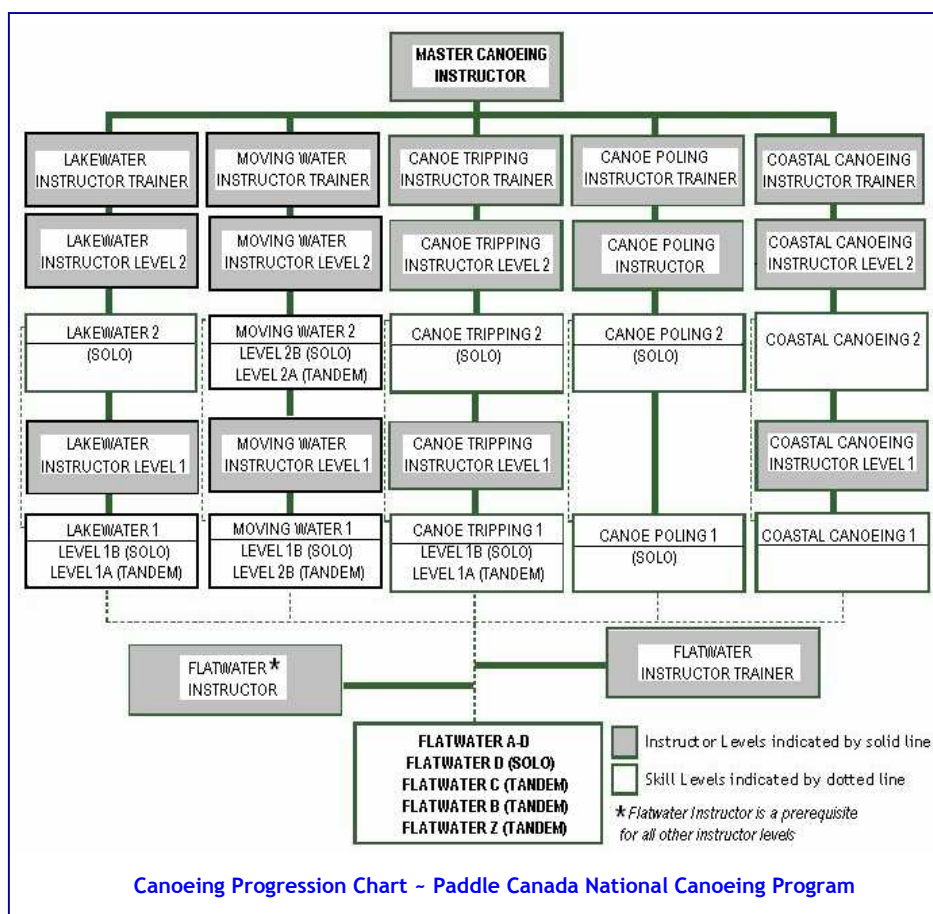
Times: 8:00 a.m. to 12:00 noon and 1:00 p.m. to 5:00 p.m. (or later) both days.

Course location: Erindale Lake (John Avant Park near the corner of Kenderdine and Kerr Road in Saskatoon).

Course Description: Welcome to Lakewater 1. This course is designed by Paddle Canada (formerly Canadian Recreational Canoeing Association - CRCA) to perfect tandem lakewater paddling skills and continue the development of solo paddling skills. Lakewater 1 is the certification recommended in the Sask Learning guidelines to lead students in a waterfront canoeing program. Overnight trips require Canoe Tripping 2 certification. Participants who do not meet Lakewater 1 criteria are eligible for Flatwater A, B, C, and/or D. Persons interested in the paddling experience but not wishing to be certified with Paddle Canada are welcome. An outline of course criteria are on the Paddle Canada website at paddlingcanada.com (follow the links The Lakewater 1 course includes the Flatwater course and is evaluated at a higher level. Lakewater 1 is a rigorous paddling skills course. Participants with limited paddling experience may require more than the sixteen hours recommended by Paddle Canada. Periods of time spent on the water will be separated with on-land instruction and discussion. The amount of time spent practicing will depend on the skill of the individuals entering the course and evaluation will take place when the person is ready. As evaluation of individuals requires the attention of the evaluator, some patience is required when asking for instruction and evaluation. If individuals require more practice, evaluation may take place at a later date.

How to prepare? Please come ready to spend the day outdoors with protection for sun, wind, wet, and cold - meaning hats, available long sleeves and pants, windproof, waterproof, insulation. A change of clothes is a good idea - swimming will be accidental. If it is a cold day some kind of hand protection will make the experience more enjoyable. As a good portion of the canoeing will be best done in a kneeling position, kneepads or a small pad will become increasingly appreciated as the day-long paddling sessions proceed. Please bring an approved personal floatation device and a paddle. Snacks and liquids are important. John Avant Park has no facilities and the nearest public facilities are at fast food outlets that are a five minute drive away.

To register: Call Wes Deptuch at 955-0566 or email him at recreation.div@saskatooncanoeclub.org



2008 Executive

President	Mark Lafontaine	955-4587	president@saskatooncanoecub.org
Treasurer	Randy Chapman	242-7520	treasurer@saskatooncanoecub.org
Secretary	Jo Ann Walker Johnston	933-3297	secretary@saskatooncanoecub.org
Membership	Penny-Lynne Micklewright	956-3536	membership@saskatooncanoecub.org
Recreation Director.....	Wes Deptuch	933-3297	recreation.div@saskatooncanoecub.org
Equipment Manager	Glen Phillips	244-4536	equipment@saskatooncanoecub.org
Marathon	Trevor Robinson	280-0982	tpt@saskatooncanoecub.org
Publicity	Bryan Sarauer.....	242-1200	publicity@saskatooncanoecub.org
Newsletter	Cathy Peters	933-0042	newsletter@saskatooncanoecub.org
GENERAL INQUIRIES.....	Canoe club hotline.....	343-0191	info@saskatooncanoecub.org

The Marathon Division

Wednesday Night Paddles (2008)

Paddles start Wednesday May 7 at 6:30 pm sharp from the Boathouse. Paddles to start at boathouse and go upstream to either the mail boxes or the entry to Yorath Island. On the return trip, the group will paddle to the corner marked with flagging where there will be a sprint race to the boat house. The paddle will consist of the following components:

- *Group paddling practicing riding wash, stern, & side waves*
- *Working on stoke technique to improve efficiency*
- *All boats must be together. Faster boats will be required to slow down, or make loops to keep in touch with group*

Sprint race will start at spot marked with flagging and end at the start of the dock. Finishing positions will be determined on the honor system, and will be assigned points that will be logged on a master sheet posted in the Boathouse. Points assigned are:

1st Place - 10 Points 3rd Place - 8 Points
2nd Place - 9 Points 4th Place and rest - 7 Points

Points Race will end on September 10, 2008 with the crowning the Season Champ.

Sunday Morning Paddles (2008)

On Sunday mornings, we formed a **coffee club**. Sunday group paddles start at 10:00am from the boathouse. Following the paddle we will meet as a group for a coffee. Sunday Paddles will be from 10:00 am – 12:00 pm. Tentative schedule is as follows (marathon members will be emailed changes to this schedule)

- April 27.....Paddle as group, Riverside Pump House
May 4.....Paddle as group, Starts, Buoy Turns
Boat House BBQ Open House 12 - 4 pm
May 11.....Paddle as group, **Mother's Day**
May 18.....Paddle as group
May 25.....Paddle as group, Paddle shallows
June 1.....Paddle as group, Sprints
June 8.....Paddle as group, Pike Lake
June 15.....Paddle as group, Buoy Turns, Father's Day
June 22.....Paddle as group, Portages, LaMans Starts
June 29.....Paddle as group
July 6.....Saskatoon Races

- July 13..... Paddle as group, Big Pipe 6 hours
July 20..... Paddle as group, Shallows, Sprints
July 27..... Paddle as group, Starts, Buoy Turns
Aug 3..... Paddle as group, LaMans Starts, Long Weekend
Aug 10..... Paddle as group
Aug 17..... Paddle as group
Aug 24..... Paddle as group
Aug 31..... Paddle as group

- Sept 7..... Paddle as group
Sept 14..... Paddle as group, Berry barn
Sept 21..... Paddle as group
Sept 28..... Paddle as group



From time to time we will also hold longer downstream paddles which will be organized by email. In order to stay informed please contact Bob Farthing, Terry Spokes or Trevor Robinson (ph. 280-0982). Or, send Bob an email (farthing@shaw.ca) and he will keep you up to date with the latest happenings.

Basics in Marathon Paddling

Last year the Marathon division had 90 plus "paid-up" members. We do, of course, "take care of" any beginners who participate in our group paddles. But, we want to make sure "marathon members" get a chance to paddle the marathon shells with experienced paddlers and attain the level of confidence in order to feel comfortable in coming down and using the equipment during group paddles and on their own. We will offer "Basics in Marathon Paddling" sessions this spring and summer. The dates and times for these sessions will be sent out via email to marathon members who have provided us with their email addresses. New paddlers are always welcome. No equipment is necessary.

Marathon Races

There are races almost every weekend from May to September throughout the province as well as out of province races. Check our website for complete details.

River Cryptogram - can you name some of our provincial rivers?

- | | | |
|-------------|----------------|--------------------|
| 1) WDQQTZ | 5) UHFWDPIDMJZ | 9) OM'DLLHJJH |
| 2) CDZHQXHB | 6) WJHDQCDZHQ | 10) WXMQWXAJJ |
| 3) ZTQWX | 7) DFFABAITABH | 11) B.FDFYDZWXHCDB |
| 4) IHDRHQ | 8) FTMQAF | 12) WQHH |
- (answers below)

Member DISCOUNTS

A great benefit of belonging to the Saskatoon Canoe Club is enjoying the following **member discounts** at these Saskatoon businesses. Be sure to visit their stores, and their websites. Support our local businesses!

- Boomtown** 15% clothing, 10% other..... www.boomtownoutfitters.com
CanoeSki 15% courses only www.canoeski.com
Outter Limits 10% www.outterlimits.com
Eb's 15% clothing, 10% paddling accessories www.ebsailandsports.ca



210 20th Street West
Saskatoon, SK S7M 0W9
Ph: 306-242-0882



1618 9th Avenue North
Saskatoon, SK S7K 3A1
Ph: 306-653-5693



644 Broadway Avenue
Saskatoon SK S7N 1A9
Ph : 306-374-1663



1640 Saskatchewan Ave
Saskatoon, SK
S7K 1P6
Ph: 306-652-0385

Want to earn a FREE membership?

As an incentive and to say **thank you** to our volunteers, the Saskatoon Canoe Club extends a free membership to any member that volunteers their time in one of the following activities:

- ◆ Works four (4) Tuesday evenings at the boathouse (*see page 3 of this newsletter for details*)
- ◆ Leads a club trip → *Club trips must be offered to all Saskatoon Canoe Club members via email, newsletter or on the club website. In addition, the trip has to have gone ahead (cancelled trips are not eligible!).*
- ◆ Volunteers to do a presentation of some kind at winter activities.

The free membership is only valid for the following season and is non-transferable. Contact our club president for more details.

Cryptogram Answers: 1) Carrot 2) Waterhen 3) Torch 4) Beaver 5) Deschambault 6) Clearwater 7) Assiniboine 8) Souris 9) Qu'Appelle 10) Churchill 11) N. Saskatchewan 12) Cree





Saskatoon Canoe Club

Membership Form 2008/09

Membership Fees

Please check appropriate boxes. Indicate whether applying to the Recreation Division, Marathon Division, or for a joint membership in both. Joint membership is \$5 more. Indicate whether membership is for a single adult, an adult couple, and/or children under 18. Membership for a child is \$5 each. Of the membership fees, \$5 per member (\$10 for Marathon members) goes toward the SK Canoe Fee.

- either Recreation or Marathon Membership
- Single \$50 + ___ X \$5/child = \$____
- Couple \$65 + ___ X \$5/child = \$____
- both Rec & Mar Joint Membership
- Single \$55 + ___ X \$5/child = \$____
- Couple \$75 + ___ X \$5/child = \$____

Membership is May 1 to April 30. Fees are non-refundable. Return completed form and cheque to:

Saskatoon Canoe Club,
P.O. Box 7764, Saskatoon, SK S7K 4J1

For Office Use Only

- Paid by cheque. Paid by cash.
- Membership card. New member welcome letter.
- Newsletter. Boathouse orientation.
- Boathouse combination code.

Executive member's name: _____

Applicant Names and Contact Information

Adult Applicant(s): _____

Child Applicant(s) under 18: _____

Address: _____

Postal Code: _____

Phone: _____

Email: _____

- I do not want to receive Email updates.
- I prefer to receive the newsletter in the mail, rather than by email.
- I am interested in volunteering.

Club Member Waiver I/we, the undersigned, acknowledge there are perils involved in outdoor pursuits such as canoeing, kayaking, camping, and related activities, and that these hazards may result in property damage and accept these dangers as inherent to the sport of canoeing and kayaking and release the Saskatoon Canoe Club from responsibility for the possible loss, damage, personal injury or death stemming from any causes involving negligence or carelessness of other members, the Saskatoon Canoe Club, or its agents.

I/we acknowledge responsibility for all damages incurred to Saskatoon Canoe Club equipment and property when in our care upon rental or when taken out for general use.

Date: _____

Signature(s): _____

Parent or guardian's approval is required for persons less than 18 years of age.

Signatures are required of ALL adults named in this application.