

April 2010

Welcome back to the water!

The docks were installed on April 17th this year, giving a bit of an earlier start to the water season this spring. I'm hoping that this jumpstart on the year will continue the trend that the Club has had the past five years and see our membership base strengthen.

The racks on the Recreation side of the boathouse were lengthened last August to better accommodate canoes, as the racks were originally intended for rowing shells. The added benefit is that the racks can now hold four kayaks instead of three, so there is room for growth! The Club has sold two canoes in the off-season, the #6 Grumman Super 17, and the #8 Mohawk Probe 1, more affectionately known as the 'OBE 1'. These sales, combined with the rack extensions, have freed up some needed boat storage space that will allow more boats to be purchased to better serve the needs of our members.



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At the AGM in November, there were some new (and some returning) faces on the Executive. Graham Parsons has stepped into the role of Secretary, while Valery Chirkov and Randy Chapman put their names forward to become Members at Large. In the months since the AGM, Kendra Worman has been appointed to the position of Treasurer, and an additional Member at Large, Ann Popoff, has joined the Executive. It is a large group, but everyone is there to ensure the best for the SCC and it works great!

After nearly a decade of service, Glen Phillips has stepped down from his role as the Club's Equipment Manager. I would like to thank him for all of his years of service to the Club and wish him the best in his future passions.

Russell Lawrence

Annual Open House

Join us for our Annual Open House and BBO on Sunday, May 2nd from Noon to 4 pm. Come down to the Victoria Park Boathouse where you can meet the Executive, see what the club has to offer, and purchase your membership for 2010. The Club's supporters have been invited as well, so it will be a great opportunity to interact with the Saskatoon paddling community.



This year, all members, new and renewing will need to attend a boathouse orientation prior to receiving the door code. The Club's membership has swelled to over 600, and to try and keep the boathouse organized, we need everyone to be informed.

Recent Changes to the SCC

At the AGM in November, a number of changes were passed:

- The membership structure has gone from a single/couple structure to individual members (see page 3)
- The fees to join each division have also changed (see page 3)
- The Club's constitution was updated to be a single cohesive document that brings the Club fully into the digital age; e.g. primary communication with the membership is now done via email
- The Club has discontinued the use of the telephone hotline, as all of our information is now on our website

Since the AGM, there have been additional actions:

- Recreation will be purchasing 3 new kayaks, two of which will be more of a recreational style rather than a tripping style
- All PFDs will be replaced with universal fit paddling PFDs
- The Recreation paddle inventory will be updated
- The lesson offering has more than doubled from last year
- A new trailer will be purchased to replace the aging 6 spot
- Broad changes to how the SCC handles private trips (see page 3)



The Churchill in September (Photo Courtesy of Graham Parsons)

Private Trips: A Second Look

After re-examining the Club's policies regarding private trip equipment rentals, a number of changes were made to how member's trips could be accommodated within the SCC. The following changes were made:

- The boat rental fee increased from \$20 per day to \$30 per day
- Only one (1) boat can be rented per adult member
- Equipment can only be booked 14 days in advance of the day it leaves the boathouse
- A \$60 damage deposit will be collected to ensure safe return of equipment (note the \$60 is NOT required for Club Trips)
- The only canoes that can be rented are: the #5 Old Town Tripper, the #3 Clipper Prospector, and the #15 Mad River Horizon
- There are no restrictions on which or how many kayaks can be rented

What is a 'Club Trip'?

To qualify as a Club Trip, the event must:

- 1) be advertised in SCC publications (website, newsletter, and email)*
- 2) be available to the entire membership*
- 3) be advertised to the membership at least 2 weeks in advance of the start date of the trip*
- 4) have only SCC members on the trip*

A Revamped Membership Structure and Fee

Costs for the SCC periodically increase over time, but revenues had a hard time trying to match those cost increases because of the single/couple fee structure that was implemented many years ago. A couple rate was added with the intention of allowing one's spouse to take in social activities. The couple rate, however, was being used (until this year) as an excellent way to get a discounted membership rate to join the SCC.

The couple rate structure did not reflect the costs that the SCC incurred, as costs are assigned on a per member basis, regardless of how someone joined the SCC. As a result, the SCC lost money on Recreation couples, Marathon Couples, and all Recreation/Marathon combined memberships.

For example, in 2009, of every \$75 Rec/Mar combined couple membership:

- \$20/person went to CKS for insurance (\$40 total)
- \$20/person went to SCC for administration (\$40 total)
- \$10/person went to the Marathon Division (\$20 total)
- \$10/person went to the Recreation Division (\$20 total)
 - Total Cost for the couple: \$120
 - Total Revenue for the couple: \$75
 - Total Loss for the couple: \$45
 - The total loss incurred by offering Rec/Mar memberships in 2009:
 - \$3,835

A new cost structure was derived that provides: accountability on behalf of the Executive; simplicity for the Treasurer; and information flow to the membership. As an added bonus for families, **children 17 and under do not pay fees** as long as they are registered under a paying parent or guardian.

To see where your dollars go now, check out the Club's website at www.saskatooncanoecub.org and click on '[Membership](#)'

Cost to join the SCC for 2010, per person: \$45 for Recreation; \$50 for Marathon; \$60 for both Divisions

Marathon Division

Do you just want fun and exercise? Or do you want to improve your technique for tripping? Maybe you are training to win the National Championships... Marathon Canoeing has something for everyone! Marathon Canoeing will help you paddle efficiently, enabling you to paddle farther using the minimum amount of energy.

Marathon members... stay tuned to your email for a Technical Marathon Paddling Course to be offered by Trevor. Also, check out the website for the 2010 Marathon Race Schedule: www.saskatooncanoeclub.org and click on 'Races'.



Wednesday Night Paddles: Paddles will start Wednesday, May 5th @ 6:30pm sharp from the boathouse. Come with a friend or by yourself and team up with a more experienced or newer paddler. Group paddles usually last one to two hours. Paddles start at the boathouse and paddle upstream to either the mailboxes or the entry to Yorath Island. On the return trip, it will be group paddle to the corner marked with flagging. From there, it will be a sprint to the boathouse. The paddle will consist of the following components:

- Group paddling, practice riding wash, stern wave and side waves; also work on stroke 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 the group
- The sprint will start at the spot marked with flagging and end at the start of the dock; finishing positions will be determined on the honour system

Finishing positions will be assigned points. Points Race to end in mid-September, crowning the Season Champ.

- 1st - 10 points
- 2nd - 9 points
- 3rd - 8 points
- Rest - 7 points

A Paddling Rhyme, Marathon Oriented

By Randy Chapman

In the Saskatoon Canoe Club
 You could choose to paddle a tub
 But if you like to go faster
 It is fun to learn to master
 Boats that take a delicate touch,
 When treated right will give back much
 In speed, handling and much pleasure;
 We agree they are a treasure.
 Marathoners work together
 On the water in all weather
 Fighting shallows, riding the wave
 Maids a few, but nary a knave
 And as some are here to compete
 Others appear for friends to meet
 While working out in complex sport;
 So wrapping up, I'll say in short
 Join us for fitness and for fun
 In spring and fall and summer sun.

Sunday Morning Paddles: Sunday group paddles start at 10am from the boathouse, with the group meeting for coffee afterwards. Start Date is April 25th.

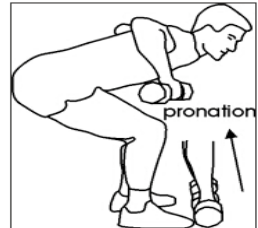
From time to time, we will also hold longer downstream paddles which will be organized by email. In order to stay informed, please contact Bob Farthing, Terry Spokes, or Trevor Robinson (Ph. 280-0982). Even easier, send Bob an email (farthing@shaw.ca) and he will keep you up to date with the latest happenings.

Get in shape for 2010 paddling

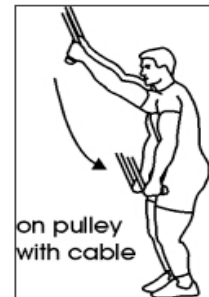
By Cathy Peters

After a long winter of lying around (and eating!), it's time to get in shape for the water. Here are some exercises that you can do at home to prepare for a summer of paddling. These may help you increase your power, speed and endurance in the boat (exercises provided by www.bodyresults.com - check out their website for more information). **REMEMBER:** start slowly and carefully. Nothing wrecks the paddling season like a pulled or torn muscle!! Always stretch before and after any exercise routine.

1) **Upper body pull** - Stand with feet shoulder distance apart. Lean forward with a flat back keeping a slight bend in the knees. With your body weight in the heels, and a weight in each hand pull the weight in toward your abdomen slowly, and release down again. Focus on using your shoulder/upper back muscles. The slower and more controlled you are, the better the results.



2) **Paddle drive** - Use an exercise elastic attached above you, a cable stack loaded with light weight, or a weight in each hand. Keep your abdominals tight, arms nearly straight but not locked, and body straight from shoulders to feet. Bring your hands down to your thighs, and return to start position slowly. Avoid leaning forward excessively to more effectively use the abdominals. Bending the elbows turns this exercise into a triceps exercise. Remember: hold the abdominals tightly throughout, stagger one foot in front of the other if you need a more stable platform, and perform the exercise slowly and controlled.



3) **Oblique twists** - Sit on the floor with knees bent roughly 45 degrees and clasp a ball in both hands (1st few times, don't use the ball). Lean back until you feel the abdominals tighten, and then rotate slowly from side to side. Start with the ball close to you, and then as you feel stronger and more comfortable with the movement, straighten your arms out and away from the body. To increase difficulty, add weight, lean back farther, or increase the distance between body and ball.



4) **Shoulder Figure 8's** - Strengthens the smaller muscles in the shoulders, as well as the trunk and forearms. Sit on a bench with legs together. Hold onto a barbell with no weight attached (5-10 pounds), or you can simply hold onto one or two paddles resistance. With a figure-8 motion, smoothly row from side to side. Build up to being able to "air row" for 3-5 minutes per set. If you want resistance, attach your bar to an exercise elastic firmly affixed to a vertical pole not too far in front of you and work each side of the body at a time before setting up on the other side.



Paddling without any preparation may lead to injury. Always remember to stretch before doing any exercises, AND before going out on the water. Remember to work at a pace that is comfortable for you. Be safe, be healthy, and have fun this year on the water.

2010 Courses and Lessons

We are offering twice the number of canoeing courses that were offered last year, and due to popular demand, the SCC will be offering introductory kayak lessons as well.

Canoeing Courses include:

- Introduction to Canoeing (4 sessions of 10 participants)
- Stroke Improvement (3 sessions of 10 participants)
- Solo Basics (3 sessions of 6 participants)
- Lake Canoe Skills 1

For more information on the canoe course offerings, kayak course offerings, and the costs of the courses, please check out the Club's website at www.saskatooncanoeclub.org or contact our Recreation Director, Wes Deptuch @ 955-0566 or via email:

recreation.div@saskatooncanoeclub.org

Of Interest to Paddlers in Saskatchewan...

A summary report of the survey results can now be found on the Ministry of Tourism, Parks, Culture and Sport website at the following link: www.tpcs.gov.sk.ca/Canoe-Kayak-Results.

A big thank you goes out to everyone in the Club that completed the survey!

Trips for 2010



May 22 - 24, Borden Bridge

to Fort Carlton: Join us on the May long weekend for a 3 day trip on the North Saskatchewan River. Leaving Saturday morning from the Borden Bridge and travel down the river to Fort Carlton, returning home on Monday. If interested, contact Lorraine: 343-8926 or via email: lorraine_theoret@canadive.com

May 28 - 30, Outlook to Saskatoon: Never done an overnight trip before? Not sure if canoe tripping is right for you? Then this is the perfect trip to find out. Leaving Friday at Noon, we'll drive down to Outlook and return to Saskatoon Sunday afternoon, paddling on the South Saskatchewan River. This is a perfect opportunity to test out gear, recipes, and see if you're ready to take on more. If interested, contact Russell @ president@saskatooncanoeclub.org

June 25 - 27, Saskatoon to St. Louis: This is a bit of a longer trip (129 km) to do in a weekend of canoeing, so this trip is **for kayakers only**. Leaving from the Shack (end of Assiniboine Dr and Spadina), we'll travel down the South Saskatchewan past Fish Creek, Batoche, and the eastern edge of the Nisbet forest before ending the trip in St. Louis. Contact Russell (president@saskatooncanoeclub.org) for more information.

Late June, Grey Owl's Cabin: Have you paddled up and down the Saskatchewan Rivers a few times and are wanting to see something new, but not ready to take on the whitewater of the Churchill? How about Grey Owl's cabin? This trip is suited to anyone with knowledge of the basic paddle strokes and a desire to see some of Saskatchewan from the seat of a canoe. The trip will be 3 days (Friday AM to Sunday PM). For more information, contact Richard at membership@saskatooncanoecub.org



July 9 - 11, Bagwa Loop in PA National Park: The trip will take place in the backcountry lakes of Kingsmere, Bagwa, Lily, and Claire Lakes. With some relatively easy portages and a leisurely pace, this will be a great opportunity to gain some tripping skills. Be sure to bring your long lenses on this trip as the time will be taken to appreciate the flora and fauna that the park has to offer. For more info, send Graham an email at secretary@saskatooncanoecub.org

July 22 - 25, Rapids above Otter Lake: Building on the success from last year, I plan do another beginner whitewater weekend trip for Club members that have never experienced moving water beyond the Saskatchewan Rivers. Leaving early Thursday morning so camp can be set up and T-rescues practiced. You will get wet (I promise), you will know what adrenaline is, and you will come out as a better paddler for having experienced what a canoe was designed to do. For info, contact Russell at president@saskatooncanoecub.org



August 5 - 8, Rapids above Otter Lake: This trip will be geared towards those that have done whitewater before (such as the beginner whitewater trip this year or last year) as I'm thinking of hiring a guide to offer a Tandem Whitewater Course. This will teach participants in full layup tandem playboats how to navigate rapids and play in features. After a course such as this, I think you would be able to consider taking on a trip farther north, such as one that involved flying to either the start or end point (or both). Guess who's doing this one...Russell at president@saskatooncanoecub.org

August 19 - 22, Rapids above Otter Lake: I was robbed of a trip last year due to high water levels so this is my make-up trip. A good old fashioned whitewater weekend. Will be renting tandem playboats, solo playboats, probably a Prospector with floatbags (because its fun to see something that big surf). You will need to have intermediate ability to come on this trip as this is the time to try and develop your skills and have a good time doing it. Russell at president@saskatooncanoecub.org



September 23 - 26, Missinipe to Nistowiak Falls: This trip takes full advantage of the fall colors and lack of insects. Approximately 70 km long, the route will take us past rock paintings, Robertson Falls, Twin Falls, historic Stanley Mission, and Stanley Rapids. The highlight of the trip will be the impressive Nistowiak Falls in autumn splendor. Contact president@saskatooncanoecub.org

(Courtesy Graham Parsons)

June and July, Churchill River: I have room for a few more canoes on two trips in June and July. We go lazy and we go first class. Details can be found at <http://www.jasonschoonover.com/Churchill-2010/2010-Churchill-offerings.html> Need to know by May 7th. Contact Jason at jason.schoonover@shaw.ca

Upcoming Events

A chance to be a part of an international team!

Come join us for the SCC contribution to both the Great Wilderness Clean-Up & the Meewasin Clean-Up on **Saturday, May 15th at 10 am**. We will meet at the boathouse and paddle the canoes and kayaks upriver to clean up some of the river islands (and shoreline if time allows). Bring snacks, gloves, and be prepared in case of weather changes. We will plan

on being out a couple of hours, or as long as we feel like continuing. Started in Canada, the Great Wilderness Clean-up efforts are now an international event, reaching as far as the UK & Brazil. Clean-ups are being completed on canoe routes, portages, campsites, campgrounds, access points, backpacking and hiking trails, etc...Just about anywhere that people go to enjoy the wilderness. The SCC is participating combined with the efforts of the Meewasin Valley Authority to clean up a piece of the river. Note also that this event is not limited to our short paddle on the river; you can register your own clean-up, as an individual or group, of a favorite piece of wilderness at <http://www.wildernesscleanup.com>. For more information on the SCC event, call Bryan at 242-1200 or e-mail info@saskatooncanoeclub.org.

Participants will have their names entered into a draw for various prizes including dry bags donated by MEC to the Great Wilderness Cleanup campaign.

National Canoe Day 2010

In 2007, the canoe was named one of the Seven Wonders of Canada. National Canoe Day was founded with the aim of increasing participation in paddlesports in Canada, engaging new paddlers and reaching across generational and cultural divides to introduce the canoe to those who have not experienced it. Since 2007, the event has become a truly nationwide event, and the Saskatoon

Canoe Club wants to keep this momentum going. Help us celebrate National Canoe Day. Check out www.nationalcanoeday.net for ideas and information. Make June 26th Saskatoon's Canoe Day!



National Canoe Day
La Journée nationale du canot

Want to earn a FREE membership?

As an incentive to say thank you to our volunteers, the Saskatoon Canoe Club extends a free membership to any member that volunteers their time by leading a Club Trip or two (2) Sunday Paddles (see Page 3 for details on Club Trips). In addition, the trip has to have gone ahead. Contact Russell for more details at president@saskatooncanoeclub.org

Did you know that.....

There are leadership opportunities open within the SCC?

The SCC currently has openings for **Equipment Manager** and **Social Director**. Please contact president@saskatooncanoecub.org if you are interested on finding out more about these positions.

The SCC website has been re-organized?

The site has been updated and is now a bit easier to navigate. Our website is our primary source of all Club related information - there is an ever increasing amount to handle and sending it all via email is just not possible. If you want trip information, lesson offerings, contact info, or just general paddling information, you will find it on our website.

The bulletin board has also been moved to a host that is more user friendly. On the forum you can search for paddling partners, buy/sell/trade equipment, or read up on events that don't fit into the other forums. Check out www.saskatooncanoecub.org

The SCC has a facebook page?

Following the lead of Canoe Kayak SK, the SCC started its own **facebook** page as another means of providing information. Here you can find out about water levels, boathouse issues, new equipment arrivals, and links to paddling-related articles that may be of interest to canoeists and kayakers in Saskatoon. You can also network with others in the Saskatoon paddling community. Search for '[Saskatoon Canoe Club](#)'.

As part of becoming a member of the Saskatoon Canoe Club, you gain access to some valuable member discounts from our supporters:



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Secretary	Graham Parsons
Treasurer	Kendra Worman
Membership Director	Richard Jackson
Recreation Director	Wes Deptuch
Marathon Directors	Bob Farthing and Trevor Robinson
Equipment Director	Vacant
Publicity Directors	Bryan Sarauer and Karrie Orr
Webmaster	Dave Peters
Newsletter Editor	Mark Lafontaine
Social Director	Vacant
Member At Large	Randy Chapman
Member At Large	Valery Chirkov
Member At Large	Ann Popoff

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