



The Power Stroke

Saskatoon Canoe Club Newsletter — May, 2007

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Photo by, Valery Chirkov. Ducker Lake

Presidents Message

I'd like to take this opportunity to welcome everyone to a new paddling season. This year promises to be a great year for the Saskatoon Canoe Club's members. We have purchased two new canoes this year. One is a Swift Osprey, which is a great little solo canoe and the other is a Clipper Ranger, which was purchased to replace one of the clubs, more popular models.

As usual canoeing and kayaking lessons are offered for the spring months, but new for this year is a Canoe Tripping Level 1 course. This year on Tuesday evening's group paddles will be offered. They will be a good way for individuals without paddling partners to go out on the river in a group and work on paddling skills or just to have a relaxing evening paddle.

I hope everyone has a great summer and I look forward to seeing you on the river.

Mark Lafontaine

Boathouse Clean up **Sunday, May 6th, 1 pm - 2:30 pm**

Come out and help us get ready for the season. Bring your brooms, glove and dustpans to help clean up the boathouse.

Open boathouse **Sunday, May 13th, 1 pm - 4 pm**

Come see what the Saskatoon Canoe Club is all about, see the equipment we have to offer, meet our members, and learn what the club can offer you. For existing members, come out and renew your 2007/2008 memberships. Local dealers of paddling equipment will also be on hand to demonstrate their wares.

Instruction

Canoe Lessons

The Saskatoon Canoe Club is offering canoe lessons to its members. These lessons are meant to be an introduction to canoeing. Participants will have the opportunity to learn everything from the basic canoe strokes to something more advanced such as solo canoeing.

Learn To Paddle - May 22 at Erindale Lake (John Avant Park corner of Kerr and Kenderdine) and May 29 at the boathouse. Limit of 10 participants.

Stroke Improvement - May 23 at Erindale Lake and May 30 at the boathouse. Limit of 10 participants.

Solo Canoeing - May 24 at Erindale Lake and May 31 at the boathouse. Limit of 5 participants.

All times are 7:00 to 9:00 p.m.
Canoes, paddles, and pfd's will be provided by SCC but bring your own if you prefer.

Registration fee is \$10/person per course. To register call Mark @ 955-4587

These classes fill up fast so register early.

Kayaking lessons

Learn to kayak course is suited for the person who is a beginner or has some experience. The course will cover paddle strokes and technique

May 23, 24
June 13, 14
July 2, 3
August to be announced.

All times are 7:00 to 9:00 p.m.
Limit of 5 participants.
Kayaks, paddles, and pfd's will be provided by SCC but bring your own if you prefer.
Registration fee is \$15/person. To register call Mark @ 955-4587

These classes fill up fast so register early.

Canoe Tripping Level 1

Paddling Canada's Canoe Tripping Level I

Friday July 27th to Sunday July 28th
Location: Classroom / River
The course requires an overnight canoe trip. Friday night you sleep where you like, Saturday night, we'll be in our tents.
Cost: \$150.00 each...plus a share of the trip food.

Prerequisite Skills:

Paddling Canada's "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.

Approximate Course Outline:

With a maximum of eight students, you and the instructor will cover canoe safety, theory and tripping skills over this three-day course. The course will begin Friday afternoon and be completed Sunday at about 5:00pm.



Wilderness Navigation, Map & Compass

Navigation skills are a great asset for anyone, but invaluable for outdoor leaders and those in pursuits that venture off the beaten track like canoeing, hiking, cross-country skiing, mountain biking, snowmobiling, hunting and adventure racing. You are welcome to join this full-day course to learn new skills or to refresh your grasp of the basics. The course consists of a morning classroom session and an afternoon orienteering component and will be conducted by a team of instructors experienced in wilderness navigation and orienteering. Club members are entitled to a 15% discount off the course fee, which applies to all CanoeSki instructional programs.

Date: May 27 8:30 am - 4:30 pm

Location: Saskatoon

Cost: \$70

Registration: Contact Cliff Speer, CanoeSki Discovery Co. 306-653-5693 or email cliff@canoeski.com

More info: Go to www.canoeski.com/instruct.htm#mapcomp

Invitation

CPAWS-Saskatchewan is pleased to invite the public to a special event at the Broadway Theatre in Saskatoon on May 9th. Through unique northern images, art and song... the evening features two of Canada's beautiful river systems:

*The Yukon's Three Rivers
and
Saskatchewan's Churchill River*

Master of Ceremonies: Joseph Naytowhow

Date: Wednesday May 9th, 2007

Time: 7:00pm (doors open 6:30pm)

Place: Broadway Theatre (715 Broadway Ave)
Saskatoon

Tickets \$10 Available at Broadway Theatre
652-6556 or CPAWS SK 955-6197

*In Partnership with Churchill River Canoe
Outfitters*

David Thompson Brigade event
**Join us for the experience of a lifetime! Paddle
all or part of this 70-day adventure.**

*To anyone who wants to experience "the
adventure of a lifetime"...*

The Brigade is leaving Rocky Mountain House, Alberta in May, 2008 and will paddle to Thunder Bay, Ontario by mid-July, 2008 with twelve to sixteen 25' voyageur canoes, about 160 paddlers, ground crews, support and safety boats, entertainment and celebrations in hosting communities, and plans for associated educational programs are in the works.

PADDLE ALL OR JUST A FEW DAYS of the trip along the route. The breakdown of the route is posted on the website...there are sections suitable for family paddles, as well. Or come out as volunteers (contact me at 780.448.0616 Ext. 4025), or to cheer on the Brigade as it arrives at communities and/or passes your local riverbank.

The 2008 David Thompson Brigade Society would like to welcome Saskatchewan community members to come out and show their support... whether it is a formal greeting at one of our landings or a big wave from the riverside.

We have crews registered or nearly organized from 3 provinces, but we need confirmed crews to represent your province!

Saskatchewan is known for its outdoor enthusiasts!

COME ON, SASKATCHEWAN... SHOW
CANADA WHAT YOUR PADDLERS ARE
MADE OF!

Our 2008 David Thompson Brigade event is in the final planning stages. The website address is: www.2008thompsonbrigade.com. Or, feel free to email me with any inquiries: leanne.playter@arcturusconsulting.net.

Marathon Activities

Wednesday Night Paddles

- Paddles will start Wednesday May 2/07 @ 6:30 pm sharp from the Boathouse.

- Paddles to start at boathouse and paddle up stream to either the mailboxes or the entry to Yourth Island. On the return trip group paddle to the corner marked with flagging from which will be a sprint race to the boathouse.

The paddle will consist of the following components:

- Group paddling, practice riding wash, stern wave and side waves, also work 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. The finishing positions will be determined on the honor system.
- Finishing positions will be assigned points. Points to be logged on a master sheet posted in the Boathouse. Points assigned as follows:
 - 1st Place - 10 Points
 - 2nd Place - 9 Points
 - 3rd Place - 8 Points
 - 4th Place and rest - 7 Points
- Points Race to End on September 12/07, Crowning the Season Champ.



Sunday Paddles

START Date: April 29 10:00 Am - 12:00

Note: Coffee after all paddles

April 29	Paddle as group, Riverside Pump House
May 6	Paddle as group, Starts, Buoy Turns
May 13	Paddle as group (Mother's Day, Boat House Open House)
May 20	Paddle as group (May Long Weekend)
May 27	Paddle as group, Paddle shallows
June 3	Paddle as group, Sprints
June 10	Paddle as group, Pike Lake
June 17	Paddle as group, Buoy Turns (Father's Day)
June 24	Paddle as group, Portages, LaMans Starts
July 1	Paddle as group (Canada Day)
July 8	(Saskatoon Races)
July 15	Paddle as group, Big Pipe 6 hours
July 22	Paddle as group, Shallows, Sprints
July 29	Paddle as group, Starts Buoy Turns
Aug 5	Paddle as group, LaMans Starts (Long Weekend)
Aug 12	(Nationals)
Aug 19	Paddle as group
Aug 26	Paddle as group
Sept 2	Paddle as group (Long Weekend)
Sept 9	Paddle as group
Sept 16	Paddle as group, Berrybarn
Sept 23	Paddle as group
Sept 30	Paddle as group

Recreation Activities

2007 Club Trips

May 26 – 27, Torch River

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 dates are subject to change depending on water levels.

Contact Mark @ 955-4587

June 8 - June 23, Nopiming Park

Join us on a paddling journey through one of Ontario's most pristine wilderness. We will start our excursion in Manitoba's *Nopiming Park* and paddle and portage our way into Ontario's Woodland Caribou Park. We may have the chance to see moose, woodland caribou, otters, beavers, maybe even bears and so much more. This journey will lead us by four pictograph sites. This is a two hundred kilometer trip including portages with three passes.

Contact Cathy R. @ 978-6971

Early July, Waterhen River

If you have ever camped in Meadow Lake Provincial Park, you will know how beautiful it is. So why not spend a relaxing 3 day weekend paddling down the *Waterhen River*? You will get to experience wide expanses of shallow marshland, paddle the shores of Lac des Iles and maneuver around rocks in the fast flowing waters just east of the Goodsoil Park entry gate.

Contact Richard at 382-6986 or rajackson@sasktel.net.



Photo by, Mark Lafontaine
Waterfound River

Early August, Fond du Lac River

Fond du lac River looking for 2-4 more people for a wilderness trip of a lifetime. Dates are early August for 12 days, but can be flexible based on group requirements. The trip will begin on Wollaston Lake and paddle the length of the Fond du lac River to the community of Stony Rapids. Some whitewater skills will be necessary and the decision on logistics (flight or vehicle) is open for discussion.

Contact Jim @ 343-0673

Aug. 8 – 12, French Lake Loop

A Trip for Families!

Missinippe, French Lake, Bear Lake, Ducker Lake, Mountain Lake, Otter Lake, Missinippe This is a great trip for families new to canoeing. Trip leader will be bringing at least one kid and is promoting this as a family trip. There is lots of beautiful scenery on this safe and short trip. because the trip is a circuit, it's very easy to be fluid about plans and head back whenever we need to.

Contact Wes Deptuch @ 955 0566

August 10 – 14, Whitewater on Barker Lake

Whitewater weekend, come out and enjoy the camaraderie of good people and have some fun playing in the rapids in the *Barker Lake* area. An intermediate skill level is required.

Contact Mark @ 955-4587

Mid August, South Saskatchewan River

Many of you like me have paddled from Saskatoon to Batoche. I am not really interested in going to Batoche again, but if there are a few members that are interested in continuing on to the confluence near Prince Albert, I might be persuaded to organize that trip as well.

Contact Richard @ 382-6986 or rajackson@sasktel.net.

Late September, Heart Lakes

Those that have paddled with me before know that I like Prince Albert National Park and you might also know that I have never paddled on the Heart Lakes. I understand that it is very beautiful. So if I can scare up enough interest for another 3-day weekend trip to the *Heart Lakes* and maybe into Crean, I would be prepared to lead a group there as well.

Contact Richard @ 382-6986 or rajackson@sasktel.net.

October 5- 8, Champagne Falls

There's nothing better than feasting on a Thanks Giving meal in the woods. Join me this year on a canoe trip to the beautiful; Champagne Falls on the Weaver River. Contact Mark @ 955-4587

WANTING to do a canoe trip this summer ranging in a span of 3 to 5 days. No prior experience, willing to do some organizing with the leadership of an experienced paddler.

Contact Will Desrosiers @ 230-0350 or email will_rosebush@hotmail.com.

Sunday Paddles

Sunday, June 10th. Sunday Paddle from Beaver Creek (Fred Heal Canoe Launch) to Saskatoon. This will be an easy day paddle suitable for families & novices. We will meet at the boathouse in Victoria park to load the canoes &/or kayaks onto the trailer then we will car pool to the Fred Heal launch site. We will travel as a group at a leisurely pace back to the city, stopping occasionally for breaks on the sandbars to play along the way. Bring a bag lunch, lots of drinking water, and snacks, as well as a kite, binoculars, or suitable toys if you wish. We expect to be back to the boathouse in Victoria Park by mid to late afternoon at which time we will have to do a shuttle to pick up vehicles left at the launch site. This paddle may be cancelled or postponed in the event of bad weather, but be prepared for a variety of weather conditions. Bring rain gear, sunscreen, hats, and appropriate clothing. Paddlers should be familiar with basic flatwater techniques and able

to manage a lightly loaded boat in wind. For more information call Karrie or Bryan at 242-1200, or e-mail karrie.bryan@shaw.ca. Check the SCC web site for additional details or updates.

Sunday, July 15th. This is a Sunday paddle with a twist. Barry Barn back to Saskatoon. We will meet at the boathouse at 2pm to load canoes/kayaks. Then drive to the Barry Barn where we will begin. We will enjoy a leisurely paddle, stopping for breaks/water fights until around 5 or when ever we get to Wilson Island where we will stop for supper. A small fire can be made to cook over. This is your chance to show off that one camping meal that you just can't live without.

Contact Mark @ 955-4587

Tuesday Night Paddles

Starting May 15th and every Tuesday until September. 7 – 9 pm

A knowledgeable member will be on hand to help out with equipment and answer all your questions.

Group Paddles are also offered this summer, on the following Tuesday evenings. June 5, 19, July 10, 24 and August 7, 21. We will go out on the river as a group to enjoy a leisurely evening of socializing and paddling. This will be a great way for members, regardless of their skill level to connect with other members and work on paddling technique. Boats are available on a first come, first serve basis.

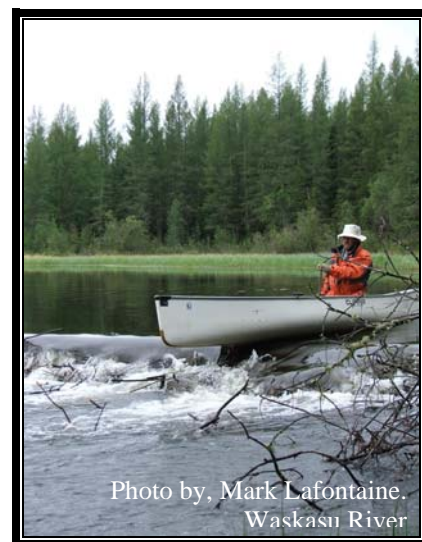


Photo by, Mark Lafontaine.
Waskash River

Memberships benefits

- Discount on goods and services from local retailers & outfitters
- Member's value price on Saskatoon Canoe Club Canoe and Kayak Instruction
- Canoe Trips for all skill levels
- The Powerstroke newsletter delivered to your inbox/mailbox
- Educational presentations through the winter months
- Access to an extensive map library
- Paddling Workshops
- Monthly gatherings where you can meet other paddlers
- Access to trip information and technical advice
- Access to Canoe/Kayak related equipment
- A chance to volunteer for a great organization!

Free memberships

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.
- Leads a club trip*. (The trip has to have gone ahead)
- 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.

**Club trips must be offered to all Saskatoon Canoe Club members via email, newsletter or on the website.*

Note

Thanks to everyone that has volunteered to fill the vacant executive positions. We however, still have an Equipment Maintenance positions open. The candidate will work closely with the Equipment Director, ensuring that necessary repairs are made to our fleet of boats.

If you are interested in helping out please contact any one of the executive members.

Websites

<http://www.carbonfootprint.com/>

Most people in are aware of the threat of Global warming and most people are concerned about it. Here is a website that can measure the impact that we as individuals are having on the earth.

<http://www.saskcanoe.ca/>

For information on all the canoeing related events in Saskatchewan, check out the CanoeKayak Saskatchewan's website.

Book for sale

Northern Saskatchewan Canoe Trips *by Laurel Archer*. This book makes a great gift for the canoeist in your family. The Saskatoon Canoe Club still has a few copies left for sale. Contact Mark @ 955-4587 if you are interested in purchasing a copy.

Member Discounts

Boomtown	15% clothing, 10% other
CanoeSki	15% courses only
Outter Llimits	10%
Eb's	15% clothing, 10% paddling accessories

Be sure to visit their websites
www.boomtownoutfitters.com
www.canoeski.com
www.outterlimits.com
www.ebssailandsports.ca



BOATS (2007)

This is an overview of the equipment currently owned by the Recreation Division of the Saskatoon Canoe Club. Please contact the Club's Marathon Director for information on their equipment. The Recreation Division has thirteen canoes and six touring kayaks. There are a few special purpose canoes but the majority are well suited for a day paddle or carrying a trip's worth of gear.

One of the Club's first canoes, the 17' aluminum **Grummon** (#6 silver) model may be just what you are looking for. If you need a canoe that tracks well, then the **Clipper "Tripper"** (#13 white) or one of the **Clipper "Ranger"** (#1 white, #11 red) models would be ideal. All three are constructed of fiberglass with aluminum trim and equipped with tractor type seats. Our **Clipper "Prospector"** (#3 yellow) has more rocker giving it slightly easier maneuverability. The Club chose to equip this canoe with bench type seats which make it easier to kneel while paddling. The Club's **Hellman "Prospector"** (#19 green) being constructed of their Duralux material will work well for both lake and river paddling.

Canoes constructed of Royalex accept punishment the best and are usually a better choice for use in rapids. Several models are available in both tandem and solo style. Members can choose the **Old Town "Tripper"** (#5 green) which is a tandem and very well suited to tripping. Equally suited tripping is the **Nova Craft "Prospector"** (#20 blue), also a tandem model. A larger boat suited for trips involving rapids would be our **Mad River "Explorer 17"** (#4 beige) or the **Mad River "Horizon 17"** (#15 green) which has a slightly lower volume but still a tandem type.

Unable to find a partner or want the challenge of solo paddling, then one of the Club's solo canoes would be ideal. The 14 foot Royalex **Mad River "Guide"** (#9 green) would be the preferred choice for an adventurous trip. The 16 foot **Swift "Osprey"** (#10 yellow) is constructed of fiberglass and tracks very well on flat water. For the more adventurous, the Club has a whitewater play boat. A **Mohawk "OBE1"** (#8 green) with a saddle style seat and thigh straps and can be outfitted with float bags.

The Recreation Division has a total of six touring kayaks of polyethylene construction. The **Perception (Aquetera) "Sea Lion"** (#7 yellow) was not outfitted with a rudder. Three of the kayaks are manufactured by **Current Designs**, the **"Storm"** (#12 yellow) and two **"Squall"** (#14 red, #17 white) models. Members with a smaller stature usually prefer paddling the Squall model. Perhaps the **Wilderness Systems "Cape Horn 17"** (#16 blue) or the **Necky "Looksha IV"** (#18 yellow) would be more to your liking. Both of these models offer a fit for the average person. All the kayaks, except the "Sea Lion" are equipped with a rudder, which is preferred by many people. All of the Club's kayaks have watertight storage compartments and are capable of holding sufficient gear and supplies for a longer trip.

If you are planning a trip and need to transport several boats the Club has a trailer capable of hauling six canoes, (even more kayaks) plus equipment.

Members are encouraged to try out both the canoes and the kayaks on the river. If you are in need of a paddling partner, you can usually find someone with a similar requirement at our Tuesday evening sessions. All necessary equipment (paddles, PFD's, etc.) is available for members' use. Contact the Club's equipment manager if you require extended use or will be transporting any equipment away from the boathouse.

2007-2008 Executive

President	Mark Lafontaine	955-4587	Marathon	Trevor Robinson	384-6982
Treasurer	Randy Chapman	242-7520	Social Director	Jim Macdonald	343-0673
Secretary	Jo Ann Walker Johnston	933-3297	Publicity	Bryan Sarauer	242-1200
Membership	Larry Grenkow	955-0810	Newsletter	Mark Lafontaine	955-4587
Recreation Dir	Wes Deptuch	955-0566	Dir. at Large	Steve Shirliffe	652-1450
Eqpt. Manager	Glen Phillips	244-4536	Maintenance Dir.		Vacant