

Power Stroke

Saskatoon Canoe Club Newsletter

www.saskatooncanoeclub.org

Annual General Meeting – Tuesday NOVEMBER 23, 2010

Come out to the **Annual General Meeting** on **Tuesday November 23rd at 7:00 pm at the JS Wood Library** (1801 Lansdowne Ave). In order to keep this volunteer organization operational, we need volunteers to help run the club. All of the executive positions are up for election during the AGM. Please come out and volunteer to run for election. We need new ideas, and we are always looking for new people to help lead our club. Remember – you have the support of the rest of the executive and the experienced (old?) club members. Why not give it a try this year? Read below to see what would be involved:

President: Provides administrative leadership for the Executive and the SCC. Supports and guides other Executive members, chairs executive and general meetings of the SCC, and acts as a spokesperson and initial contact point to all external organizations.

Treasurer: Maintains current financial records of the Club, plus the previous 6 years. Pays expenses and submits deposits. Part of the budget committee. Provides interim statements to the executive and membership. Prepares year-end statements, annual returns, and arranges a year-end audit.

Secretary: Records minutes of all meetings. Keeps documentation for the club.

Recreation Director: Co-ordinates annual instructional programming in canoeing and kayaking. Apply for Recreation-specific grants. Organize volunteers for Tuesday evening orientations.

Marathon Director: Apply for Marathon-specific grants. Establish repair and equipment needs. Organize and promote Saskatoon races. Arrange for clinicians.



Organize and run the weekly Club races.

Membership Director: Provides each member with a membership card and appropriate membership information. Maintains the membership database. Works with the Treasurer to determine membership numbers and co-ordinate the retrieval of mail from the Club's postal box.

Equipment Manager: Ensures equipment is properly housed and

maintained. Arranges any necessary repairs with the Equipment Maintenance manager. Take equipment bookings for authorized club and private trips away from the boathouse. Maintain the equipment inventory list. Have boathouse door lock changed once a year with the City. The Equipment Manager may also wish to be involved with the equipment purchase committee.

Equipment Maintenance: Maintain boathouse equipment and arrange for repairs with the Equipment Manager.

Members At Large: Attends as many club meetings as possible to ensure a quorum. Participates in email discussions with the rest of the executive, and has a vote on executive decisions.

Social Director: Help arrange fun activities for club members to attend during the non-paddling season. This may include arranging "trip tales" evenings, pot luck dinners, or other social outings.

Publicity Director: To ensure that SCC activities are publicized to the membership and the general public.

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Newsletter: Publish a newsletter 2 or 3 times a year by whatever means you wish (by hand, or by computer). Provide it to the membership via email or mail, give to the webmaster for downloading on the website, and provide hard copies for sponsor businesses to distribute at their place of business.

Webmaster: (a computer background is necessary) Renew SSL Certificate each year. Renew Halo hosting contract annually. Add/remove website contents as

information changes. Get list of races from marathon director, list of recreation trips from people willing to lead them, and the list of lessons from the recreation director. Add minutes of meetings to the website as meetings are held. Remove irrelevant postings from the phpBB. Add/remove online database entries as requested by the Membership Director. Maintain the wiki - updates, patches, as needed or desired. Maintain the phpBB - updates, patches, as needed or desired

Some Secretarial Summer Shenanigans

By Graham Parsons

How to buck the stereotype of the sedate, quiet secretary? An eventful summer of paddling seemed one of the best ways to do that. With 2 club trips and 3 other personal trips it was a busy paddling season. And it's not over yet.

The two club trips had small but enjoyable groups of paddlers, each with a somewhat different paddling flavour. The weekend of July 9th to 11th had two canoes and four paddlers running the circuit often called the Bagwa Loop. This leisurely trip was about 22 km of paddling in three days, leaving plenty of time to enjoy the quiet backcountry of Prince Albert National Park. Great weather and plenty of wildlife were some of the highlights.

The second club trip, although relaxing while in camp, was a little more



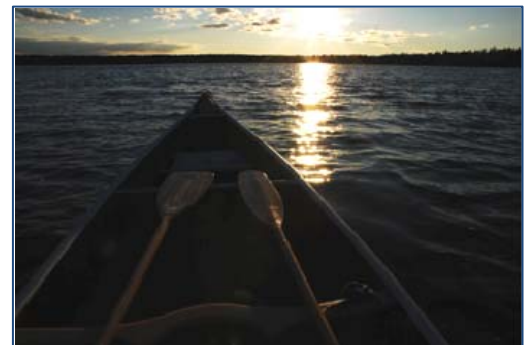
Bald Eagle on the shores of Lily Lake

exciting while on the water. This Whitewater weekend from August 19th to 22nd took in the swirling waters of the Churchill between Sluice Falls and Otter Rapids. With a group of 6 paddlers ranging from beginner to experienced, there was plenty of time to learn new skills and polish off some old ones. The slightly cool weather wasn't enough to dampen the fire the paddlers had for the foamy whitewater.

Shenanigans for next year? Longer, wilder, and wetter trips. Hope to see you on the water.



A pelican enjoys an evening swim on Lily Lake



Sunset over Prince Albert National Park



Kendra's successful run of Shelf Rapids



Graham practicing T-rescues on Barker Lake

Marathon Racing – 2010

Club Codes:

- RMCC - Regina Marathon Canoe Club
- CCC - Calgary Canoe Club
- WCC - Winnipeg Canoe Club
- SCC - Saskatoon Canoe Club
- PCC - Pimiskatan Canoe Club

Lumsden to Craven

June 20th, 2010

Men's C-2 25km

1. Dennis Leveneau/Chris Gerwin, WCC, 1:36:23
2. Nathan Sedgewick/Kevin Robinson, SCC, 1:36:46
3. Ken English/Baret Dunbar, SCC, 1:41:14
4. Dave Phillips/Ian Phillips, RMCC, 1:47:17
5. Ron Brice/Greg Brewster, RMCC, 1:51:45
6. Ken Gamble/John Duncan, RMCC, 1:59:40.

Mixed C-2 25km

1. Mike Vincent/Fearghus Vincent, RMCC, 1:35:32
2. Kenzie Vincent/Fiona Vincent, RMCC, 1:35:59
3. Ross Phillips/Stephanie Robertson, RMCC 1:36:20
4. Ivan English/Cathy Rae, SCC 1:37:34
5. Merv Woods/Sharon Ackles, RMCC, 1:41:00
6. Larry Braul/Janelle Tangier, RMCC, 1:41:39
7. Terry Spokes/Hannah Pierson, SCC, 1:41:57
8. Randy Chapman/Amy Popoff, SCC, 1:42:27
9. Barry Mang/Lorna MacPherson, RMCC, 1:53:17

Women's C-2 25km

1. Bev Anderson/Laura Soparlo, RMCC, 1:39:37

Men's C-1 25km

1. Rhonda Phillips, SCC 2:45:13

Mixed K-2 25km

1. Simon Chambers/Ruth Chambers, RMCC, 2:09:39

Canoe/Kayak Provincial Point Series Race #3

Saskatoon Cranberry Punch - July 10, 2010

South Saskatchewan River, Saskatoon, SK

MEN'S C-2 25 km

1. Ivan English and Trevor Robinson, SCC 1:50:58
2. Mike Vincent and Kenzie Vincent, RMCC, 1:54:41
3. Jon Davies and Jason Rusu CCC, 1:54:42
4. Vic Anderson and Rick Soparlo, RCC, 2:04:35

MEN'S MASTERS I C-2 25 km

1. Randy Chapman and Terry Spokes, SCC, 1:56:31

MEN'S MASTERS III C-2 16 km

1. Bill Bishop and Warren Kelly, 1:48:50

MIXED C-2 25 km

1. Fiona Vincent and Merv Woods, RMCC, 1:57:28
2. Deighen Blakely and Bob Hawboldt, CCC/SCC, 2:00:47
3. Hannah Pierson and Nathan Sedgewick, SCC, 2:02:43
4. Anne Popoff and Eddie Risseciu, SCC, 2:05:12

5. Larry Braul and Janelle Tangjerd, RMCC, 2:05:12

6. Bev Anderson and Dale Beck, RMCC, 2:08:23

7. Laurie Guernsey and Bob Farthing, SCC, 2:17:37

WOMEN'S C-2 25 km

1. Kandra Stacy and Hilary Johnstone, PCC, 2:19:25

MEN'S C-1 16 km

1. Dennis Leveneau, WCC, 1:38:01

WOMEN K-1 16 km

1. Susan Brock, SC, 1:38:20

Canoe/Kayak Provincial Point Series Race #4

Saskatoon Eb's Classic - July 11, 2010

South Saskatchewan River, Saskatoon, SK

MEN'S C-2 25 km

1. Mike Vincent and Jason Rusu, RMCC/CCC, 1:16:04
2. Kevin Robinson and Trevor Robinson, SCC, 1:16:26
3. Bob Hawboldt and Ivan English, SCC, 1:17:52
4. Nathan Sedgewick and Eddie Risseciu, SCC, 1:20:09

MEN'S MASTERS I C-2 25 km

1. Merv Woods and Ron Brice, RMCC, 1:23:32

MIXED C-2 25 km

1. Jon Davies and Deighen Blakely, CCC, 1:16:05
2. Randy Chapman and Anne Popoff, SCC, 1:24:33
3. Larry Braul and Janelle Tangjerd, RMCC, 1:25:15
4. Terry Spokes and Camille Sperling, SCC, 1:27:50
5. Dale Beck and Hannah Pierson, RMCC/SCC, 1:38:58
6. Warren Kelly and Kandra Stavey, PCC, 1:49:04

WOMEN'S C-2 15 km

1. Fiona Vincent and Bev Anderson, RMCC, 1:17:58

WOMEN K-1 15 km

1. Kenzie Vincent, RMCC, 1:17:36
2. Fearghus Vincent, RMCC, 1:17:45

Nut Point Challenge (La Ronge) Canoe Race Results

Eagle Point Marina, Saturday, August 14, 2010

Weather: 16 degrees C., cloudy, wind N 28km/hr, gusting 40 km/hr

7-km Race

1. Ann Popoff & Norman McKenzie, Saskatoon/La Ronge, 0:46:12
2. Hoyce McKenzie & Richard McKenzie, Grandmother's Bay, 0:49:04
3. Cecil McLeod & Kane McKenzie, Grandmother's Bay, 0:49:52
4. Greg Marchildon & Noreen Gobeille, Regina/Montreal, 0:50:46
5. Rob Mackenzie & Karen Eckhart, La Ronge, 0:56:46

17-km Race (with 3 portages)

18' 6" Cruiser Class

1. Randy Chapman & Nathan Sedgewick, Saskatoon, 2:00:09

2. John Williams & Martin Bernardin, La Ronge, 2:03:22

17' Cruiser Canoe Class

1. Sid Robinson & Damien Trites, La Ronge, 2:04:57
2. Warren Kelly & Kandra Stacey, La Ronge, 2:15:20

Canadian Marathon Canoe Championships Results Winnipeg Manitoba - Aug 6, 7, and 8th, 2010

Friday Aug 6th, 2010

Master II Men C-1 14km: 3. Rick Soparlo, RMCC, 1:21:09

Juvenile Men K-1 14km: 1. Kenzie Vincent, RMCC, 58:24

Senior Women K-1 14km: 1. Stephanie Robertson, RMCC, 1:01:39

Senior Men K-1 14km: 1. Ross Phillips, RMCC, 58:08

Master I Men K-1 14km: 1. Mike Vincent, RMCC, 57:07

Master I Women K-1 14km: 1. Fiona Vincent, RMCC, 1:04:31

Master II Women K-1 14km: 1. Bev Anderson, RMCC, 1:07:48

Open Dragon Boat 8km: 1. Saskatchewan, 28:39:66

Saturday Aug 7th, 2010

Master II Mixed C-2 14km:

1. Bev Anderson and Bill Briggs, RMCC/WCC, 1:05:44
3. Laura and Rick Soparlo, RMCC, 1:14:15

Senior Mixed C-2 14km:

1. Fiona and Mike Vincent, RMCC, 1:05:32
2. Stephanie Robertson and Ross Phillips, RMCC, 1:05:37

Senior Men K-2 10km:

1. Kenzie and Mike Vincent, RCMM, 37:33.03
2. Ross Phillips and Kiernan Broda-Millan, RMCC/ WCC, 37:34.60

Senior Women K-2 10km:

1. Stephanie Robertson and Fiona Vincent, RMCC, 38:19.10

Sunday Aug 8th, 2010

Master I Women C-2 14km:

1. Fiona Vincent and Bev Anderson, RMCC, 1:07:15.32

Master II Men C-2 14km:

2. Larry Brault and Barry Mang, RMCC, 1:10:32
3. Dale Beck and Ken Gamble, RMCC, 1:19:21

Master III Women C-2 14km:

1. Anne Popoff and Cathy Rae, SCC, 1:19:25

Senior Men C-2 14km:

1. Mike and Kenzie Vincent, RMCC, 1:06:14
2. Ross Phillips and Trevor Robinson, RMCC/SCC, 1:06:19

Senior Women C-2 14km:

1. Stephanie Robertson and Laura Soparlo, RMCC, 1:10:35

Nut Point Challenge Canoe Race - Saturday, August 14, 2010

By Ann Popoff; Valerie G. Barnes and The La Ronge Northerner, photo credit

The wind's been howling all night-trees whipped over, their tops bent perpendicular by the blow. Scary sound. We did this race last year in a shell and the big waves out on La Ronge, rollers we would ride up on tipped to the left, and then slide down the other side of tipped to the right-I was sure we would dump the whole time we rode along at the mercy of the big waves rolling in-I was too scared to tackle the 17 km race today, in this wind. However I'd called earlier and asked Sid to find me a partner.



So we're at Eagle Point an hour early, and Sid introduces me to a nice fellow, John, and we decide together we'll just do the 7 km race because it goes up McGibbon Bay and is protected from the wind. Meanwhile Sid's explaining the "problem" the 17 km racers will face when they run into the waves at the north side of Nut Portage. Plus it's only 16 degrees, cloudy, and wind gusting to 40 km/hr. "You'll have big waves off the point-just for about 2 km...." I'm quite satisfied that 7km in a protected McGibbon's will be enough for me today. Nathan's

sitting on his bum on the pier demonstrating to a young girl how she should execute her stroke; almost everyone else is already in their boats warming up for the 17km race.

And I've now been introduced to Norman McKenzie - "You can do the 17 with him-he's been in the Canoe Quest"-he's strong-and I see before me a thick very sturdy looking voyageur type fellow. I ask what he weighs and it turns out he's 40 pounds heavier than the partner I'm used to sterning. And I'll be in a different boat -a Jensen-than I've ever sterned. There's no way I'm ready to face the waves Sid will call "enormous" (after the race).

But now Sid says to Norman and me, "You can't go in the 7km-you'll be too fast. You have to do the 17." (Me, a 66-year-old grandmother - Sid's suggesting we'll be too fast!).

But I'm too chicken. I insist-there's no way I'm ready to face what scared me so much last year, even if it's only for two kilometers.

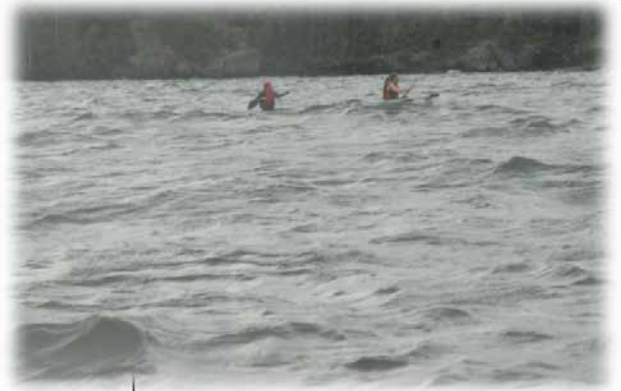
Randy and Nathan win the 17 km race (with 3 portages) in just .09 seconds over 2 hours, pulling in 3 minutes ahead of John Williams and Martin Bernardin. Everybody had to stop and dump the boats due to the high waves. Even with the stop to dump, John said the water was up to his ankles when they finished. Nathan holds his hand out waist level to show me the height of the waves. Some days it's OK to've been scared.



SCC Classifieds

For Sale: Pakboat Folding Canoe.

Blue, folding, 16 foot canoe (model number 160) in perfect condition. Only used a few times (for day-trips over easy water). Easy assembly. Only selling because now we'd like to get two folding kayaks from Pakboats. Asking \$2000. Please e-mail Chrissy at woodchrissy@gmail.com or call (306) 979-2905 (picture above is not of actual canoe, but of the same style from manufacturer's website)



Marathoner's Crane Run

By Randy Chapman

*Out on the river
Don't dare dither
To see the cranes
As autumn wanes
Their journey waits
As warmth abates
With luck we see
How they can be
Rested and fed;
Travel ahead.
We take a boat
And down we float
The sights to see
Happy to be
Working with friends
Through the bends
To the city.
We write the ditty
To get you out
So all can tout
The best workout
Without a doubt.*



Baking at the Campsite

by Cathy Peters



Have you ever wanted to bake a cake while camping? How about a pie? Here's a very simple reflector oven you can build at home, and take with you easily on any canoe or kayak trip. For the online plans, see:

www.blazingpaddles.ca/outdoor_cooking/reflector/index.htm

Materials: plain old sheet metal and coat hanger wire

Equipment: A pair of tin snips, gloves, and a hammer are the only tools necessary. Access to sheet metal cutting and bending equipment or a metal band saw would be helpful.

The reflector oven folds down flat for easy packing and storage. And, it works well in front of any fire source... especially the fire boxes made by Ric Driediger at Churchill River Canoe Outfitters in Missinipe. ☺ With the use of a portable oven thermometer, you can easily check the internal temperature of the oven and adjust the heat by moving it closer, or away from, the fire. With a little practice, you can thrill your canoe-mates with fresh baked goods every morning.



Oven folded flat for transport



Pie set into oven



Fresh-baked raisin pecan pie.

Annual General Meeting

When: Tuesday, November 23rd at 7:00 pm
Where: JS Wood Library (1801 Lansdowne Ave)

Watch the canoe club web site (www.saskatooncanoecub.org) for:

- the agenda for the AGM
- the proposed budget for 2011 for the AGM
- any notice of motions for the AGM



REMEMBER: Your membership now expires at the end of the calendar year (Dec 31, 2010). Watch the website for your updated 2011 Membership Form.

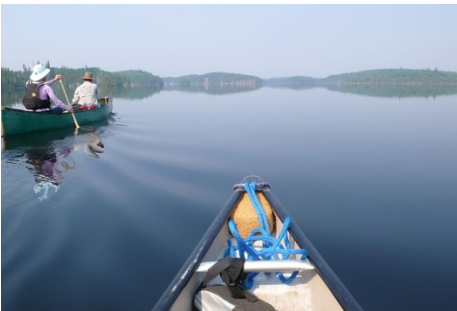
The Not-So Intrepid Paddler by Cathy Peters

What is a beginner paddler to do during a long Saskatchewan summer? Ok – so maybe the summer didn't feel very long... nor summer-y... but I was still able to enjoy the sights and sounds of the Saskatchewan wilderness, with a little adventure and hard work thrown in.



Lesson number one – NEVER believe the weather forecast. My husband and I decided to take a leisurely paddle from the Borden Bridge to Fort Carleton on the Victoria Day long weekend. The last I checked on Friday, the forecast was for nice weather on Friday and Saturday, with slight winds and light rain starting Saturday afternoon, and rain for Sunday. I could do that – I have rain gear. Off we went. Everything was fine until Saturday at 5:00 pm when we hit the Petrofka bridge. The “slight winds and light rain” turned into a hurricane-like storm. What did we do? We hunkered down... in our tent... under 3 tarps... in the cold... eating hamburger helper. The next morning, my husband climbed to the top of a hill so he could use his cell phone –

RESCUE at the bridge!! We drove to Fort Carleton in a torrential downpour to rescue our car, and made it home safely. I vow to NEVER EVER believe the weather people again.



Lesson number two - NEVER believe your trip leader when he says that portaging is fun. Our second trip was set for the end of June with 5 other paddlers. We were set to paddle from Roundish Lake (north of Missinipe), west and south through the Weaver River system, and ending at the Devil Lake campground. No problem – it wasn't that far on the map (I thought). It only had 21 really fun portages. Ok – I know I complained a little after the first day of 13 portages... but the scenery was great, the food was fantastic (except for the fish that we didn't get to eat), and it was really cool to see the planes flying low to scoop up water from the lake to fight the forest fires

that were close by. Compared to Saskatoon, the La Ronge area and points north had great (albeit, dry) paddling weather this summer. Thanks to the group for a fantastic (and exhausting) trip up north!!



Lesson number three – NEVER go over big (ok, they were big to me!) rapids when you are not a confident paddler. Our third trip was to Barker Lake in August - you know the place (Surf City, etc). A group of 9 of us went up to learn how to play in the water. Other than the horrible wet weather, the paddling was great, and so were all the lessons (thanks Mark and Grant). All was good until I said to my husband “Yes – I think I can do that. Really I can”. And then we went over the ledge... and into the water... and I lost my paddle... and our canoe was stuck on a rock. I think I was in a little over my head (literally and figuratively). Luckily, one of the other boats was carrying our baggies of fresh picked blueberries, so not all was lost. Needless to say, I

need a LOT more practice. Maybe next summer? Anyone wanna go? I make a mean pie at the campsite.

The long and the short of it is this... I had fun, sore muscles, adventure, and some scary times too (I'm a wimp), but Saskatchewan is a fantastic place to paddle. Maybe next year I won't need to be rescued. I can only get better, eh? Enjoy the long winter, and I look forward to seeing you on the water in 2011!

Please visit our **Saskatoon Canoe Club supporters** for valuable member discounts. Show your SCC membership card. Remember – paddlers like paddling gifts at Christmas!



offers a 15% discount on all clothing and 10% on everything else



offers a 10% discount on courses



offers 10% off Mad River Canoes and Wilderness Systems Kayaks



offers 10% off equipment, courses and outfitting



offers 10% off paddling equipment

Your 2009/2010 SCC Executive

President:	Vacant
Secretary:	Graham Parsons secretary@saskatooncanoecub.org
Treasurer:	Randy Chapman treasurer@saskatooncanoecub.org
Membership:	Richard Jackson membership@saskatooncanoecub.org
Marathon Div:	Trevor Robinson or Hannah Pierson marathon@saskatooncanoecub.org
Publicity:	Karrie & Bryan Sarauer publicity@saskatooncanoecub.org
Equipment Manager:	Kendra Worman equipment@saskatooncanoecub.org
Equipment Maintenance:	Jimmy MacDonald maintenance@saskatooncanoecub.org
Recreation Div:	Vacant
Social Director:	Vacant
Webmaster:	David Peters webmaster@saskatooncanoecub.org
Newsletter:	Cathy Peters newsletter@saskatooncanoecub.org
Members at large:	Randy Chapman mal_rc@saskatooncanoecub.org
	Valery Chirkov mal_vc@saskatooncanoecub.org
	Ann Popoff mal_ap@saskatooncanoecub.org