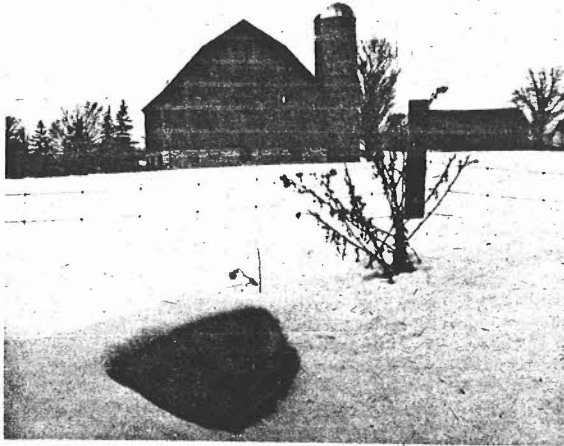




# THE WILDERNESS CANOEIST

Vol.3 No.1

March, 1976



SPRING! It's time to dig out your canoes, as the rivers of southern Ontario are running high, and canoeists will soon be out to challenge the spring run-off. See page 4 for the WCA spring outings schedule.

by Mary Jo Cullen

## KILLARNEY WINTER OUTING



It takes an hour to drive from highway 69, along highway 637, to Killarney Provincial Park. And it's always an hour of suppressed excitement. Around each bend, over every Bailey bridge, you wait expectantly for the white quartzite mountains to leap from the landscape.

Well, in winter they don't. Much less dramatic than summer, but somehow more comforting, winter embraces Killarney. The rounded white hills blend into the winter landscape, and it's not till you're almost there that you realize the gentle trick nature has played on you. The sharp contrast of forest green on white, so eye-catching in the summer, is now the norm; and of course, the turquoise water that in summer makes you blink in disbelief and wonder if you've suddenly been transported to some mountain lake in B.C., is now frozen and covered in snow. The Great Manitou is asleep, and His quiet land is a study of white on white.

The Ontario Society of Artists, for whom OSA Lake is named, must have found it a joy to paint, in this season as well as summer, and despite the inconvenience, it is well worth the effort to bring a camera -- not for the long distance shots, but for the close-ups of rocks -- their texture brought into sharp focus by contrasting snow and trim of lichen, moss, icicles, and the brown dead stalks of fall plants -- to be discovered like exposed treasure as you follow the shore. And then there is occasionally the brilliant blue of open water and sometimes of a running stream.

see page 2

# FROBISHER AND FRIENDS EXPLORE KILLARNEY

from page 1

We had planned on keeping the group small for this trip, but our expectations were exceeded because we ended up with the grand total of four: Ted Webb (a potential club member), Finn Hansen, Frobisher (a 2½-month old husky pup), and myself -- all cross-country skiers except for Frobisher. Despite the obvious superiority of skis to snowshoes (just ask Finn!), one member of the group was heard to observe that a couple of snowshoers would have been a welcome addition (and would have found immediate employment as trail-breakers). The going was rough, and it was a toss-up as to which was harder: breaking trail up-hill on the portages, or crossing the lakes with the inevitable accompanying build-up of slush under the skis.

We started out from highway 637 about 9:00 Saturday morning on a beautiful but cold day, and followed an old section of road to Carlyle Lake. The snow conditions were exceptionally deep, heavy, and hard to break trail in, and by the time we had crossed Carlyle Lake, we had to stop and scrape ice off the skis. This soon became a ritual! We followed the shore-line all the way up through Carlyle and Terry Lakes. As Terry Lake is outside the park boundary, the portage is not maintained anymore. After some looking around, it was located (unmarked) at the far west end of the northern bay. It is steep but good and leads onto an old logging road which eventually leads north to Lake Kakakise.

Straight north across Kakakise is the portage to Norway Lake. Here we ran into some particularly deep slush, and stopped for a friendly scrape and tea. Half way up the portage, two narrow planks lead across a stream below a beaver dam. They are to be avoided by skiers who would be wiser to cross further up by the dam itself. (We found moose tracks there.)

From Norway Lake we followed the shoreline, to avoid slush, up the portage to Killarney Lake. We saw lots of wolf tracks, but unfortunately we didn't hear any howling this time. (At New Year's we heard them loud and clear at two o'clock in the afternoon by Kakakise Lake.) We camped on the second big island going west into Killarney Lake. The eastern point has a beautiful, well-sheltered campsite. At three o'clock the west wind was blowing so hard, and the snow conditions were so bad, that we abandoned a plan to take a side-trip up the portage to Three Narrows Lake.

Next morning the wind was gone, and the sun shone out of a blue sky. However, we still had to follow the shore, and occasionally cut through the bush, in order to avoid the slush. Frobisher went for a dunking just before the portage to Freeland Lake where the current runs through a narrows and the ice is open in spots. Ted helped him out with a ski pole, and he gambolled about, not in the least perturbed. Oh, to have the covering and constitution of a northern dog!

Instead of going from Freeland Lake to George Lake and out as planned, we took the portage to Kakakise Lake, one-half mile, until it runs parallel to an un-named lake. There we headed straight south-east across the lake and through the frozen marsh and bush to highway 637. We came out a couple of miles from the car at 4:00 in the afternoon.

Impressions of the trip: it was tough, but it was beautiful, and a tough trip has its own special rewards. Because of the difficulty on the lakes, we headed through the bush and saw places difficult to reach in the summer. We met no-one, saw no human tracks, and were somehow reassured to know that Killarney "at least in winter" is not to be easily won.

## CHAIRMAN'S LETTER

Greetings, Fellow Canoeists:

I know that we share with each other the excitement and expectations towards many great trips down the rivers and across the lakes of our treasured wilderness, during the coming canoe season.

### Matters of Interest, Concern and Information

We are hoping for more support in South-Western Ontario! Our Outings Chairman, Sandy Richardson, has arranged more WCA outings to take place in this area, to offer more to these members. We also hope to have a September meeting near the Grand River next fall.

To increase membership outside Toronto, our Editor, Roger Smith, is sending two copies of this Newsletter to all members outside Toronto. If you know of someone who might be interested in the WCA, pass one on!

To cover costs for the coming year, we need your renewals and at least 100 new memberships! If you haven't renewed yet, fill in the application at the back and get it in Now! **WE NEED YOUR SUPPORT!**

We have applied for a Wintario grant for our Newsletter, and there is a slim chance that we may get some help here.

George Luste has expressed the concern that we, as canoeists, are getting the reputation of being 'cheap'! In addition to caring for the ecology of the areas we travel through, we should, where possible, equip for the trip in that area, and try to spend as much money as possible to help improve the economy of the local communities.

It is small wonder that many people in Kapuskasing are more concerned about the possible loss of jobs in the lumbering industry - due to lost areas of possible logging due to the creation of the Missinaibi as a Wild River Park - than in the economic gains brought to the area by thousands of canoeists travelling the Missinaibi.

The Canadian Recreational Canoeing Association's draft copy of "Guidelines for the Development of Levels of Achievement in Canoeing" (November 1975) reached the Canoe Ontario Directors on January 17th; asking for canoeists' comments by January 31st, 1976. You can get a copy by writing 'Canoe Ontario' at 559 Jarvis Street, Toronto, or myself. These guidelines, if they gain general acceptance by the public, will change the whole philosophy of canoeing. I would be very interested in receiving your comments and/or your suggestions re these guidelines.

We hope to see many of you at the WCA booth at the Sportsman Show, and I encourage you to contact Ralph and Marg Kitchen (or others on the Executive) to volunteer to help out with setting up and manning our booth.

I certainly would like to thank all our members for their support through membership and personal involvement in the many aspects of the Association. I must extend special thanks to those far afield who have supported what we are trying to do, even though at the moment we can offer them little, except for our best efforts at communicating with them!

Bruce Jamieson, B.C., Ginny Russel, Montreal, Dean Norman, Ohio, Henry Franklin, New Hampshire, Charles Drainin, Montreal, Gerry Nicholson, Winnipeg, Curtis Wilson, New Brunswick, Thomas Dean, Buffalo, Vern Rupp, B.C., L. Pinch, Red Lake.

Drop us a line and share your canoe exploits and interests through Your newsletter!

If you wish to become involved in the WCA, drop me a line. We want your help in making the WCA better for all of us!

Wishing you stimulating canoeing experiences, - but Take Care!

*Gord Fenwick*

# DEEP FROZEN FUN IN ALGONQUIN PARK

by Dave Auger

Who would have thought that, in Algonquin Park, the temperature would plunge to  $-30^{\circ}\text{C}$  in mid-December? What's more, who would have expected us to time our 4-day winter camping trip to coincide with this bitterly cold weather? Keeping warm in winter is always important, but as six of us embarked upon the Western Uplands Hiking Trail, this was our prime concern. Just to make things more interesting, four of us decided ahead of time that we would make no wood fires. For cooking, we brought along four single-burner Primus stoves. But these stoves offered little by way of keeping us warm.

We had a wide range of clothing - from plastic bags on our feet to a red wool nose-warmer. In head gear, we were unanimous in our choice of a warm woollen toque which could easily be pulled down to cover our ears. There was much less agreement on how to keep our feet warm. Ski-ing or snowshoeing along the trail, we had many combinations, from plastic bags and three pairs of socks to no plastic bag and one pair of socks. The biggest problem with the bags was keeping them from breaking. But those who used them spoke warmly of their feet. Those of us who didn't like the feel of plastic against our skin blamed our boots (rather than the lack of plastic bags) if our feet got cold. Around the campsite (which for us was a scenic point on Maple Leaf Lake), two pairs of socks and down-booties inside an unlined pair of mukluks worked well. We could always tell when someone had cold feet, though, because he would immediately head down to the lakeshore to run or stomp a few laps around our figure-eight circuit.

Keeping warm while ski-ing or snowshoeing was easier. Long-johns and a pair of loose-fitting pants (for freedom of movement) kept our lower bodies comfortable. For the upper body, fishnet underwear, T-shirt, cotton turtle-neck, woollen sweater, and a windproof shell proved to be a good combination. With layers of clothes, it was easy to peel them off (and put them in a knapsack) if we started to sweat from the physical exertion. And it was just as easy to put them on again for lunch breaks.

Lunch stops were generally short - preferably beside a swift-moving stream where we could venture out to scoop up some crystal-clear water. The one-burner stoves were rarely used at lunchtime. Not that we didn't eat well - we especially appreciated cheese and crackers, raisins and chocolate, and some tasty, nutritious fruit-nut bars (muesli, and sesame, for example). On other occasions, I have relished the taste of a fresh, juicy orange. But with the bitter cold of this trip, my half-dozen oranges were nothing more than six icy balls - like lead weights in the packsack. And biting into a frozen orange is a tooth-shattering experience!

After a day of ski-ing up Maple Leaf Creek, or exploring a chain of small lakes on snowshoes, we worked up a good appetite. Having the stoves along saved us a lot of time in preparing dinner. After dinner meant one of three things: a moonlight ski around the lake, drinking some of our special Russian tea (made from orange and lemon Tang, tea, cinnamon, sugar and cloves), or hitting the sack. When we went to bed, we spread our space-blanket and insulite pad under our sleeping bags. Then, after pulling on socks, long-johns, and balaclavas, we jumped into our down-filled sleeping bags, drew the strings, and were soon fast asleep.

Each morning, we woke up to the wolves howling a response to Gord Fenwick's imitations (I think wolves reply to his first call). Getting up in the morning was made a little easier by having the Primus stoves. We could place them on a Blaxlite pad outside the front flap of the tent. Then we could boil the water for porridge and cook our whole breakfast while still inside the sleeping bag. How warm it was!

From all indications, the winter of '76 should provide lots of opportunity to get in some more great winter camping outings!

## W.C.A. WINTER OUTINGS

It was a near-perfect winter for outings, with deep snow and sparkling cold weather, reports outings chairman Sandy Richardson.

### Photographs:

(right) Overhanging Point, Georgian Bay.

(lower left) Winter camping at Cyprus Lake Provincial Park. (R. Smith)

(lower right) Dave Auger, Cam Salsbury and Sandy Richardson enjoy a break in Algonquin Park.

(K. Brailsford.)



by Sandy Richardson

# W.C.A. SPRING OUTINGS

While we talk of winter trips, Spring is just around the corner, and it's time to dust off the old canoe and paddle, and think about getting out on our lakes and rivers again. Why not join us on a WCA trip? The outings are generally small and informal, and offer participants a chance to meet fellow members, explore new areas, learn new camping and canoeing skills, and brush up old ones.

For the benefit of new members, we have reprinted our WCA trip guidelines (p. 5). We are not outfitters or guides, and all participants are responsible for their own equipment and safety; the guidelines are our attempt to define these responsibilities.

The Trip Ratings (p. 5) explain the levels of experience used in the descriptions of all WCA canoe trips, and should help one to decide whether or not a trip is within one's capabilities.

Our spring trip schedule follows. Of special interest are two whitewater training sessions on the Madawaska River in July. In response to the desire of many members to learn more about running rapids, Eric Arthurs has arranged for John McHuar of Algonquin Waterways (and a WCA member) to run two 3-day whitewater training trips for us. The outing is

being offered twice to allow as many members as possible to take advantage of this opportunity, but still keep each session small. If there is sufficient interest a third session will be scheduled in early August.

Each outing will be limited to a maximum of 10 people (5 canoes) so that everyone can receive the greatest benefit from the experience. The sessions will involve both on-land and on-water instruction. There will be plenty of practice on the river, including poling. On land, skills of reading and running rapids will be discussed, and you'll see the recently completed film by one of Canada's finest native canoeists, Fred Neegan. The instruction will be given by John and his competent Algonquin Waterways staff -- Nevis Kerr, Ian Scott, Jack Gorins and possibly Fred Neegan.

John regularly runs these courses as part of his business, but has kindly offered to provide special sessions for WCA members only at cost. Each session will cost \$45 if members bring their own canoes. This is advised, as experience in the craft one will be using is always the best. However, John will provide canoes for an additional fee of \$10. Other equipment will be provided by Algonquin Waterways. For further details, contact Eric Arthurs (416-759-8232); see page 12 for application form.

## SCHEDULE OF CANOE TRIPS

(1) MARCH 20 : OAKVILLE CREEK

A season opener for the hardy! In flood, the Oakville Creek offers plenty of exciting whitewater for experienced canoeists. Limit of 4 canoes.

Leader: Gord Fenwick; Scarborough. (416) 431-3343.

(2) APRIL 11 : CREDIT RIVER

A good river to start off the canoeing season for novices or better. Pleasant scenery, and some easy to medium rapids, make for an enjoyable day outing. Limit of 6 canoes.

Leader: Sandy Richardson; Don Mills. (416) 429-3944.

(3) APRIL 17 : NOTTAWASAGA RIVER

A day outing offering numerous easy to medium difficulty rapids. It should be a good opportunity for novices or others to brush up skills that have languished over the winter. Limit of 6 canoes.

Leader: Roger Smith; Longford Mills. (705) 326-2985.

(4) APRIL 24 : EELS CREEK

A day outing through scenic shield country that offers many challenging rapids for intermediate canoeists or better. Limit of 6 canoes.

Leader: King Baker; Newcastle. (416) 987-4608.

(5) MAY 2 : SALMON RIVER

The Salmon offers canoeists with some experience a chance to get an introduction to river canoeing. We will set up the trip with instruction in mind, and have a leader/instructor for each group of 3 or 4 canoes. A good chance for novices to learn about reading and running rapids.

Leader: Glenn Spence; Colborne. (416) 355-3506.

(6) MAY 8-9 : SKOOTAMATTA RIVER

This was one of last year's most successful trips. The river offers many challenging rapids, broken by calm stretches, as it winds its way through beautiful shield country. Intermediate canoeists. Limit of 6 canoes.

Leaders: Cam & France Salisbury; Don Mills. (416) 445-9017.

(7) MAY 15-16 : MAITLAND RIVER

A scouting trip along an interesting section of the Maitland that is reputed to offer good whitewater in the spring. "Experienced" canoeists. Limit of 4 canoes.

Leader: Sandy Richardson; Don Mills. (416) 429-3944.

(8) MAY 22-24 : YOCK & GULL RIVERS

A scouting trip to explore the headwaters of these rivers. The trip should offer fine scenery as it gets well off the beaten path. A relatively demanding trip with the possibility of such portaging, for experienced canoeists. Limit 4 canoes.

Leader: Gord Fenwick; Scarborough. (416) 431-3343.

(9) JUNE 5-6 : KENNISIS RIVER

A weekend camping trip through unspoiled country. There will be a good mix of both river and lake travel, with a little portaging. Suitable for intermediates or better. Limit of 6 canoes.

Leaders: Dave & Anneke Auger; Lindsay. (705) 324-9359.

(10) JUNE 12 : MISSISSAGUA RIVER

A full day's outing through Shield country north of Peterborough, down a river once famous as a logging run. The participants will see remnants of that era, amongst scenic countryside. Intermediates; limit of 8 canoes.

Leader: Don Bent; Ormeau. (705) 799-5673.

(11) JUNE 26-27 : FRENCH RIVER

Step back into history and retrace part of the old Montreal-to-Fort William fur trade route. The river is largely as the voyageurs saw it centuries ago. Challenging rapids and beautiful lake-like sections are set between rugged rocky shores. Experienced canoeists. Limit of 4 canoes.

Leaders: Finn Hansen & Mary Jo Cullen; Toronto. (416) 922-0151.

(12) JULY 5-7 & JULY 13-15 : WHITewater TRAINING SESSIONS

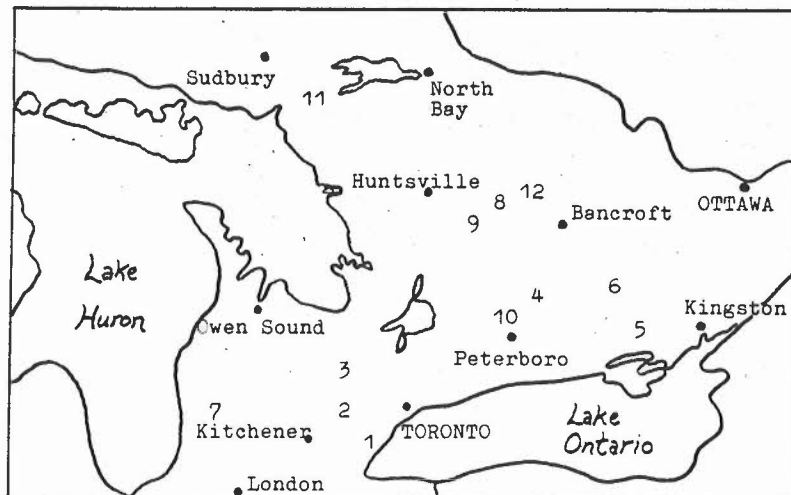
Instructional outings on the Madawaska River. See Outings Column for full details. Application forms on page 12.

Leader: Eric Arthurs; Scarborough. (416) 759-8232.

### Environmental Conditions

Trip Number	Average Mid-day Temp. (°C)	Average Overnight Temp. (°C)	Average Water Temp. (°C)	Percentage of Wet Days (7 mm. rain)
1	5	-6	0	40
2	12	-2	4	25
3	13	0	7	25
4	13	-2	4	30
5	16	3	10	30
6	16	2	8	30
7	18	5	13	25
8	20	4	12	25
9	23	7	16	20
10	24	8	17	20
11	25	10	17	20
12	26	13	18	15

### Map Showing Location of Trips



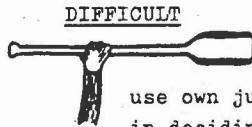
# W.C.A. TRIP GUIDELINES

- (1) All trips must have a minimum impact on the environment. To ensure this, trip leaders will limit:
    - (a) the number of paddlers permitted on each trip.
    - (b) the type of equipment and supplies used in camping.
  - (2) Trip information will be circulated in the newsletter prior to all trips.
  - (3) Participants must register with the trip leaders two weeks prior to the trip. This is necessary:
    - (a) For paddlers to get detailed trip information (meeting places, times, etc.) or any changes in plans.
    - (b) to avoid having too large a group.
    - (c) to screen paddlers as to skill, if necessary.
  - (4) Food, canoe rentals, transportation, camping equipment, and partners are the responsibility of each participant. (In some cases, however, the trip leader may be able to assist in these areas.)
  - (5) Trip leaders reserve the right to:
    - (a) exclude paddlers based on experience levels,
    - (b) determine paddlers' positions in canoes by experience,
    - (c) exclude canoes deemed "unsafe" for any particular trip.
  - (6) Lone paddlers and/or kayaks are permitted on trips at the discretion of the trip leaders.
  - (7) Non-members are permitted to participate in only two trips.
  - (8) Paddlers must sign a waiver form (provided by the trip leader).
- • •
- (9) The following SAFETY RULES apply at the discretion of the trip leaders:
    - (a) Paddlers will not be allowed on any trip without:
      - (i) a flotation jacket that can be worn while paddling,
      - (ii) a "safe" canoe (minimum length, 15 ft. for 2 paddlers),
      - (iii) lining ropes (25-ft.) on both bow and stern.
    - (b) Paddlers should always bring:
      - (i) spare clothing, well waterproofed,
      - (ii) extra food supplies,
      - (iii) matches in a waterproof container.
    - (c) A set of signals to be used on the river should be known by all participants ahead of time (see below).
    - (d) On rivers, canoes should maintain a definite order. Each boat is responsible for the one behind, giving signals after finishing any rapid, and positioning itself below the rapid ready to assist in case of trouble.
    - (e) Canoes should maintain ample space in rapids; do not enter a rapid until the preceding canoe has successfully completed its run, and signalled.
    - (f) The trip leaders' decisions are final.

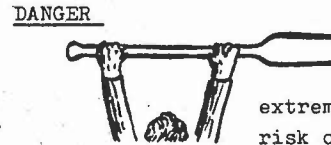
## SIGNALS



ALL CLEAR;  
come ahead  
with  
caution



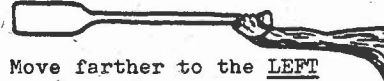
DIFFICULT  
use own judgment  
in deciding whether  
to line or run. **SCOUT  
PERSONALLY**



DANGER  
extremely high  
risk of swamping  
or accident; **DO NOT RUN!**



Move farther to the RIGHT



Move farther to the LEFT

## TRIP RATINGS

In order to avoid confusion over the level of difficulty of future W.C.A. trips, we will try to rate them in terms of the level of experience required. The following river rating

system should help. It is recognized internationally, and is advocated by the Canadian White Water Association.

<u>CLASS</u>	<u>DESCRIPTION</u>	<u>MINIMUM EXPERIENCE REQUIRED</u>
	<u>Very Easy</u> moving water with no rapids; some small riffles, and wide passages.	Beginner (with some instruction)
I	<u>Easy</u> some small rapids with small waves and few obstacles. correct course easy to recognize. river speed is less than hard backpaddling speed.	Novice (Beginner with some practice)
II	<u>Medium</u> frequent but unobstructed rapids. passages easy to recognize. river speed occasionally exceeds hard back-paddling speed.	Intermediste
III	<u>Difficult</u> Numerous rapids, large waves, and many obstacles requiring manoeuvring. course not easy to recognize. current speed usually less than fast forward paddling speed. general limit for open boats.	Experienced
IV	<u>Very Difficult</u> long rapids with irregular waves, boulders directly in current, strong eddies and cross-currents. scouting and fast, precise manoeuvring required. course difficult to recognize. swift current.	Expert
V-VI	<u>Exceedingly Difficult: Limit of Navigability</u> very strong current, extreme turbulence, big drops, steep gradients, many obstacles.	Team of Experts (in covered boats)

# THE WILDERNESS CANOEIST

Editor: Roger Smith, Box 2073, Orillia, Ontario

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WILDERNESS CANOE ASSOCIATION

## Editorial

### WILL WE SOON LOSE OUR HERITAGE?

Your response to the editorial on canoeing standards has been both complex and stimulating. To many of you, the issue is a part of a larger and more fundamental question - that of public use of wilderness areas. For those of us who enjoy the wilderness experience, the question arouses a considerable amount of personal anxiety.

Many of us are deliberately non-political souls, who prefer individual contact to collective action, and who believe in self-discipline as opposed to outside regulation. We have a fear of growing governmental influence, and we are not convinced that bodies like 'Canoe Ontario' (funded and established through the government) are truly distinct from the government itself. We join an association like the WCA, not to gain a powerful voice, but rather to enjoy the company of fellow outdoors enthusiasts.

However, at the same time, we are living in a society whose leisure time and opportunity are increasing so quickly that wilderness areas are being threatened by abuse and over-use. Our example may be visible in limited circles, but clearly the trend is towards greater erosion of the wilderness experience in Ontario.

Also, many of us must face a hard fact of life: we are, in many cases, living two distinct life-styles. Our affluent Monday-to-Friday existence comes in sharp contrast against our rustic week-end camping trips. We share in the demands for energy, transportation, housing, and industry that may pose a threat to wilderness areas. If we are honest, we will recognize an economic reality, that we cannot have all the luxuries of civilization, a growing population, and undiminished personal wilderness use, all in the same province. Our political climate has deluded many into supposing that all things are possible, but we are just now discovering that we have been living beyond our means.

There appears to be a growing trend towards isolationism in our major urban areas. One result of this trend appears to be the opinion that the outer regions of the province should remain as a playground for the urban masses. City people sometimes tend to lose track of the fact that in these 'outer regions', people have grown up in a different set of circumstances, and view their environment as an economic base, not a playground. Meanwhile, our large cities continue to grow larger, demanding more energy supplies from undeveloped sources, and producing more personal demand for recreation. At the same time, the urban environment becomes increasingly unhealthy and dangerous.

We tend to blame governments for these trends, but much of the blame rests with ourselves as individuals. We refuse to demand changes in policy from our elected officials. Alternative sources of energy do not interest enough people to make them politically attractive. We will not accept any reductions in our own life-styles; we have had it good up to now, and we are not willing to change.

All of these trends are headed towards a collision course in Ontario, and we had better be prepared for the consequences. Our population density will soon begin to increase sharply within 200 kms. of Toronto, placing great pressures on the existing recreational areas therein. The demand will greatly increase in central and eastern Ontario as a result, and only those areas designated by government will then remain in wilderness condition by 1990. Even in northern Ontario, the quality of the outdoors will show a marked deterioration, especially if we continue to favour hydro-electric power over other modes.

If we choose to remain non-political as individuals, we may discover that southern Ontario is no longer a place fit to live in, for those of us who find the wilderness experience an integral part of our lives.

## APPROVED P.F.D.'s

- King Baker reports that the Ministry of Transportation has approved certain types of Personal Flotation Devices, for use in small craft such as canoes. As many of you know, these are much safer and more comfortable for river paddlers. The following P.F.D.'s have been approved, as of Feb. 1976:

- (1) Guarantee Fit Incorporated,  
40 Shamrock Avenue,  
Montreal, P.Q.  
Style 80 - P.F.D. - \$15.00
- (2) Guelph Elastic Hosiery Ltd.,  
Box 665, Guelph, Ont.  
"Buoy-O-Boy"  
Universal Life Vest #925: \$11.05  
Action Sports Vest #940: \$12.00
- (3) Jacobs and Thompson Ltd.,  
89 Kenhar Drive,  
Weston, Ont.  
"Foam Float" Distributors:  
Canadian Tire Stores;  
J.J. Turner Ltd., Peterborough.  
Adult-size P.F.D.: \$27.95
- (4) Mustang Sportswear, Vancouver.  
Distributors: Acme Crafts,  
5210 Bracco Blvd.,  
Mississauga, Ont.  
John Leckie Ltd., Tom Taylor,  
30 Upjohn Road, 136 Adelaide  
Don Mills, Ont. Toronto, St.E.  
"Boater's Floater Vest Style  
1600" (XS,S,M,L,XL): \$41.95

King will attempt to keep this list up to date for us. He reports that a superb vest for white-water canoeing is made by Northline, Box 225, Etobicoke, Ont., but as yet this vest has not been officially approved -- however, it exceeds the specifications of the International Canoe Federation.

## NEWS BRIEFS

- The canoeing season got off to a very early start on Feb. 28th, when six WCA members ran the lower Credit River below Streetsville. Gord Fenwick reported that the water was quite high after several weeks of very mild weather.
- The newsletter will feature summer trips in its next issue; if you sent a report in for such a trip, it will appear next time. WCA members are urged to send in any information of interest before May 15th, so that we can put together an informative section on summer trips.
- Dominique Guene has recently arrived from France, and she is very keen on canoeing -- her goal is to train hard in the spring, and to travel down the Nahanni River this summer. She is looking for a small group to join for this trip, and she is willing to spend considerable time in preparing herself in the coming months. If interested, write to her at 44 Simonston Blvd., Thornhill, Ont., or contact the editor. Any other members who want assistance in arranging summer trips should feel free to use the newsletter, as a good deal of information becomes available to the editor. That's what we're here for!
- WCA membership lists will be available in April for the stupendous sum of \$1.00. so start saving now for your copy!

## Standards for Professionals

My gut reaction to *standards* is much the same as Roger Smith's, in his December editorial. But my head tells me to be cool. For one thing, I am running a business which requires me to take inexperienced people into the bush. I set myself up as a person novices can trust. I have certain formal qualifications which I consider minimal, if adequate, and inform the public that I am "certified". These are qualifications I chose to get. They do not reflect my experience, or my reading, and they say absolutely nothing about my qualities of leadership. There is nothing to stop me going into this business without any qualifications at all. There is nothing to stop me setting myself up as an expert, without even having the ability to paddle in a straight line! I could appear at the Sportsman Show, set up a booth, and recruit the unsuspecting public into a mad adventure led by incompetents. Furthermore, I can quote several examples where this sort of thing has happened. All you have to do is to travel the Missinaibi with one of the local Indians to hear who was drowned in each of the rapids as you go. It is a grisly story. It is also an education to meet some fellow travellers enroute. Everyone has his own story. Somehow, I feel that when people set themselves up as professionals, they have an obligation to the public to be competent, and the public has a right to see that they are.

I am referring to professional leaders who advertise trips or who work for summer camps or school boards. I am referring to people who would be found liable in court, should anything go wrong. I think such people should be certified much as master mariners are certified, by a board of their peers, and much as commercial pilots are certified by the Federal Ministry of Transport. The problem is an old one. The solution at sea was well established by the end of the nineteenth century. When Aviation discovered it had the same problem, it used the same solution, in the 1920's. The problem is how the traveller knows he can trust his captain. The solution seems to be *standards*, and I welcome them. High standards cost money. They are expensive to get, and they are expensive (in wages) to maintain. These costs must be paid by the people who use services such as ours, and if I have high standards in my staff (and therefore higher wages), my prices are higher. Yet if I'm not careful, I will price myself out of the market, out of a simple desire to be competent.

Standards need not affect the amateur. Yachtsmen do not require master's tickets to sail to Australia, and I see no need to require an amateur canoeist to get a guide's licence to paddle the Albany. (Nor do I see any reason to keep him from getting one if he wants it.) However, I do believe that people such as I and my staff leaders should be licensed, and I am busy trying to persuade my colleagues to agree. 'Canoe Ontario', for all its faults, seems the only agency around which can lobby for such licensing, and may even be the agency to administer the process.

John D. McRuer,  
Toronto.

## The Floating Disaster

I would like to comment on your editorial 'A Question of Standards', (December 1975). Government agencies have not been setting standards, other than safety (life-belts, buoyancy tanks) in canoeing. I suggest that we who are knowledgeable prepare standards and make use of them, so that government standards are not necessary! The legislators had to rescue us from the undisciplined use of snow-

## ANNUAL DON RIVER TOUR

Canoeists in Metro Toronto are invited to participate in the annual Don River Tour on April 17th. The outing is sponsored by the Metropolitan Toronto and Region Conservation Authority, and is designed to dramatize the potential that exists for outdoor recreation within our cities, and the need to clean up this and similar rivers. It should be a worthwhile outing for anyone interested in conservation, and a fun day for the whole family.

Further information is available from WCA member, George Luste, at 534-9313.

mobiles, mini-bikes, all-terrain vehicles, mopeds, motor boat operators, hunters, fishermen, etc. etc. Would you be willing to wait until all of the above-listed developed their own codes of behaviour?

You criticize the lawlessness of our automobile drivers. Have you ever driven in Italy, Africa, or India, where the standards required for operating vehicles are less than ours? I suggest, for example, that standards set by the Red Cross Society for swimming, the Royal Life-Saving Society, the Ontario Underwater Council, etc. are very worthwhile. They are not government agencies.

I enclose (material on) canoe tripping standards that I have developed with input from scores of canoe trippers, Ministry of Natural Resources, OCH, etc. These guidelines have been used for training teachers (in several parts of Ontario).

At present, a principal or area superintendent must place his pupils in the hands of a teacher who says he is an experienced tripper. I have outfitted hundreds of these school groups, and I see, all too often, incapable leaders. What must I do to prevent a tragedy before it happens?

I have enclosed an article, entitled 'The Floating Disaster', that explains some of the problems (on organized school canoe-trips).

I trust that I have not offended anyone in my attempt to present a point of view in support of standards.

Bill Simons,  
Faculty of Education,  
University of Toronto.

## Bossy Big Brother

I concur with your editorial: why must big brother be so bossy? Seat-belts are going to be forced on us, but public school buses will be as dangerous as ever. Somebody must have their wires crossed.

King Baker

(see Mr. Baker's article on p.10 - ed.)

## A Self-Rating System

It seems that each year we hear of more canoeists who have drowned in white-water accidents. The cause of such accidents is not simply a lack of technical skill, but rather an inability to assess the challenge of the river in relation to the canoeist's skill.

Conventional rating systems, which are designed to help canoeists make these assessments, present two problems. First, by compressing all rivers into only 6 classes, they tend to be too general. Two rivers could vary markedly, but still be rated in the same class. Second, most rating systems deal with only half the problem - the river. The need to relate these river ratings to the canoeist's skill in more than vague phrases, like "intermediate", is ignored. What is needed is a broader range of river ratings, and a way for the canoeist to rate his skill in relation to the rating of the river.

(continued on p.8)

## OTHER VOICES IN THE WILDERNESS

The WCA has received formal contact from several other wilderness camping clubs, after our December Newsletter was mailed out to them. In British Columbia, the equivalent association is the Wander Paddlers Guild, which has a local club organization throughout the province. With the mild winters of the lower mainland, the clubs are able to remain active in all four seasons. Another group, closer to home, which may already be wellknown to many of our readers, is the University of Toronto Outing Club. The news bulletin which we received from the UTOC suggests a very active club with many participating members. Other universities have similar outing clubs too, and our younger members would be well advised to seek out such a club if they are presently attending, or planning to attend college or university. The WCA hopes to keep in touch with these other voices in the wilderness, through reciprocal memberships and joint meetings.

# RATING THE RIVERS : AND YOURSELF

by Sandy Richardson

DIFFICULTY RATING CHART FOR RIVER SECTIONS OR INDIVIDUAL RAPIDS

Prepared By Guidebook Committee, American White - Water Affiliation — H. J. Wilhoite February 12, 1956

Factors Related Primarily To Success in Negotiating				Factors Affecting Both Success and Safety				Factors Related Primarily To Safe Rescue			
SECONDARY FACTORS				PRIMARY		FACTORS		SECONDARY FACTORS			
POINTS	Beds	Length, Ft.	Gradient	Obstacles Rocks, Trees	Waves	Turbulence	Resting or Rescue Spots	Water Vel. ft./hr.	Width/Depth	Water Temp.	Accessibility
None	Few Very Gradual	Less Than 100	Less Than 5 Regular Slope	None	Few Inches High Avoidable	None	Almost Anywhere	Less Than 3	Narrow <75' and Shallow <3'	Above 65	Road Along River
1	Many Gradual	100-700	5-15 Regular Slope	Few; Passage Almost Straight Through	Low (Up to 1') Regular Avoidable	Minor Eddies		3 - 6	Wide >75' and Shallow <3'	55 - 65	Less Than 1 Hrs. Travel By Foot or Water
2	Few Sharp-Blind Scouting Required	700-5000	15-40 Ledges or Steep Drops	Courses Easily Recog- nizable	Low to Med. (Up to 3') Regular Avoidable	Medium Eddies		6 - 10	Narrow <75' and Deep >3'	45 - 55	1 Hr. to 1 Days Travel By Foot or Water
3		5000+	40+ Steep Drops Small Falls	Manoeuvring Required Course Not Easily Recog- nizable	Med. to Lge. (Up to 5') Mostly Reg. Avoidable	Strong Eddies Cross Currents	A Good One Below Every Danger Spot	10+ or Flood	Wide >75' and Deep >3'	Less Than 45	Greater Than 1 Days Travel By Foot or Water
4				Intricate Manoeuvring Course Hard to Recognize	Large-Irreg. Avoid. or Med. to Lge. Unavoidable	V. Strong Eddies Strong Cross Currents					
5				Course Torturous Frequent Scouting Required	Large Irregular Unavoidable	Large Scale Eddies & Cross Curr. Some Up and Down Currents					
6				Very Torturous Always Scout from Shore	V. Lg. (5+) Irregular Unavoidable Spec. Equip. Required	Very Large Scale Strong Up and Down Currents	Almost none				

Rating  
I  
II  
III  
IV  
V  
VI  
Approximate Difficulty  
Easy  
Requires Care  
Difficult  
Very Difficult  
Exceedingly Difficult  
Utmost Difficulty-- Near Limit of Navigability

Total points from the above chart  
0 - 7  
8 - 14  
15 - 21  
22 - 28  
29 - 35  
36 - 42

Approximate Skill Required  
Practiced Beginner  
Intermediate  
Experienced  
Highly Skilled (Several Years with Organized Group)  
Team of Experts  
Team of Experts Taking Every Precaution

ABOVE: Rating the River

How do  
YOU rate?

RIGHT:  
Rating Yourself

from page 7

The AWA and the Keel Haulers Canoe Club of Ohio have developed such a system for rating both rivers and paddlers, in which both are assigned numerical scores. As the two ratings are designed to be used in conjunction with one another, by comparing his rating with that of the river, a paddler can readily compare his skill with the level of difficulty of the river. Obviously this system does not guarantee a safe trip, but properly used it should greatly assist the serious canoeist in determining whether or not a particular river is within his capabilities.

To rate rivers with this system, points ranging from 0-6 are assigned for each of 11 factors that affect the difficulty of a river. (See the Difficulty Rating Chart). These points are then totaled giving a river rating from 0-42. Obviously these ratings will vary depending upon the season and water conditions. In fact, these types of variation will show up more clearly on this broader 43-point scale than on the usual 6-point scale.

The self-rating system for paddlers, designed to be used in conjunction with these river ratings, involves the assigning of points from 0-3 for 14 different factors involving the paddler's skill, experience, and equipment. (See the Self-Rating Chart). In this self-rating, the key is to be honest. There is nothing to be gained by trying to fool yourself. A good rule-of-thumb is to rate the lower score if in doubt on any factor.

These points are totaled and the paddler's score compared to the river rating. As long as the river rating is less than or equal to the paddler's rating, the river should be within the paddler's capability. If the river rating is more than 3 points higher than the paddler's rating, then serious consideration should be given to the rating involved both for yourself and others in the party.

## KEEL HAULERS' SELF-RATING SYSTEM

ACTIVITY	0	1	2	3
Swimming ability	Can't swim*	Weak swimmer	Average swimmer	Strong swimmer, or skin diver
Stamina	Slower than 10 min. mi.	8-10 min. mi.	6-8 min. mile	Faster than 6 min. mile
Arm strength	0 Chin-ups	1-5 Chin-ups	6-10 Chin-ups	11 or more
Trunk Flexibility (feet together)	Can't touch side of knee bending sideways	Touch knees bending sideways	Touch palm to side of knee	
Equipment	Open canoe	Covered canoe or C-1, C-2, K-1 without full flotation	C-1, C-2, K-1 with full flotation	
Experience	Slow moving water	1 yr. of white water	2 years of white water	5 yrs. of white water
Aggressiveness	Does not play at all	Timid—plays a little	Plays a lot	
Boat Control	Can't control boat direction	Keep boat fairly straight	Can maneuver in moving water	
Eddy Turns	Can't make eddy turns	Slow in both directions	Fast in one direction	Fast in both directions
Ferrying	Can't ferry	Can forward ferry only	Forward and reverse	Forward & reverse in heavy water
Hydraulic Playing	Can't or in open boat	Comfortable small ones	Able to surf & hold position	Can stay in without paddle
Reading Water	Can't read water	Can avoid rocks in Class II water	Able to go in Class III water	Makes quick decisions in Class IV
Rescue Ability	None	Can keep boat & self together	Can assist in moderate water	Can assist in heavy water
Rolling Ability	Can't roll in open boat	2 of 3 in pool or can wet exit	3 of 4 in river	4 of 5 in heavy water
English Gate (Optional)		More than 95 sec. for K-1 130 for C-1	K-1 80-95 sec. C-1 110-130	Less than 80 sec for K-1, 110 sec. for C-1

\*Swimming is absolutely essential and you should not be in a boat without this skill.



# RIVERS, RAPIDS, AND CURRENTS PART III

by Gord Fenwick

Here comes spring again, with its usual stirring of excitement among canoeists, eager to brave the elements while guiding their craft across the lakes and down vibrant rivers.

Even while the land is still blanketed in white, and the banks are piled high with huge slabs of ice, the canoeists set forth upon the crests of the flooding rivers. Sadly this is a time of year when many unprepared canoeists perish!

If you are just learning to canoe, don't canoe in the early spring unless you are with people who really know how to handle the conditions. Be in good physical condition -- at least up to the Aerobics standards (e.g., can you run two miles within 12 minutes?), and keep arm and leg muscles in constant use.

Finish off your showers with cold water in order to prepare your body for the sudden shock of submerging in water at 0 to 5°C. A wet suit is of great help in spring canoeing, when you could perish within 10 minutes in icy water. Wear a life jacket at all times, as it will serve as a good windbreak, will keep you warm and dry in the canoe, and could save your life in a sudden spill.

Carry a sleeping bag and a complete change of clothes inside two tightly closed garbage bags. A small stove is also important. After an accident, when the chilled and numb canoeists reach the shore, get their wet clothes off, put them into sleeping bags, rub their bodies, get hot soup into them, get them into dry clothes, have them run around to get their circulation going again and to help build up heat in their body core.

People suffering from advanced hypothermia should be rushed to the nearest hospital; a delay could be fatal.

If you are swamped, it is best to try to hold onto the canoe, and try to work it to shore. Remember to stay on the upstream side of a canoe, as it weighs about half a ton when swamped, and could easily crush a person against a rock.

Remember to dress warmly, or to have extra clothing ready in case the weather changes without warning. Have available: gloves, kneeling pad, rain suit, rubber boots, wool socks, wool sweater, hat, and loose-fitting pants.

A rain suit not only keeps off the rain, but acts as a wind-break, and keeps you dry when the waves break over your lap in the bow. If your hands or feet get cold, or numb, keep wriggling and rubbing them until they feel warm.

For maximum stability, kneel, and spread your knees well apart in the keel -- your grip will be better, and your centre of gravity lower. Know that your canoe is at least adequate for the trip, and take three durable paddles. Canoes under 15 feet in length are almost always unstable, and unsuitable for two occupants in rough water. To each end of your canoe, attach a 25-ft. length of rope.

First hand knowledge of the river is essential! Floodwaters are often murky from silt, and obstructions are difficult to spot. Beware! At any time, you should be able to plan your course downstream for 50 yards, or else head for shore to scout or portage.

Have another change of clothes ready at the finish, and most important, be aware of the risks involved before you decide to take any spring canoe trip.

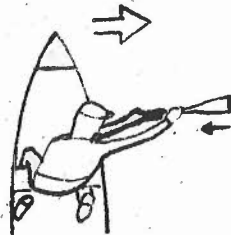
## BASIC PADDLING STROKES

The basic paddling strokes can be understood in terms of action and reaction.

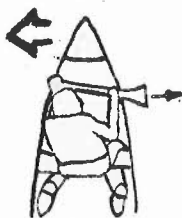
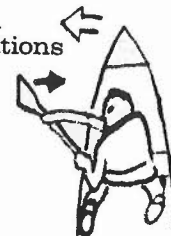
**FORWARD STROKE**  
moves the canoe downstream.



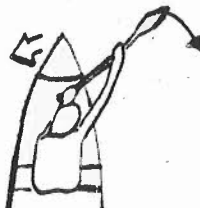
**DRAW** is a pulling motion  
right or left.



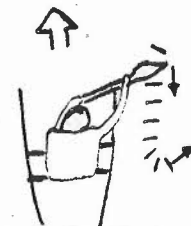
**CROSS DRAW** is a fast switch in  
lateral direction, executed  
without a  
change in  
hand positions  
on the  
paddle.



**PRY** is intended as a  
pushing off manoeuvre.



**SWEEP** will turn the canoe  
in the direction opposite to the  
paddle (in the diagram, the canoe turns left).



**JAY**  
is the steering forward  
stroke.

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## EQUIPMENT

### CLEANING SLEEPING BAGS

by Sandy Richardson

No matter how carefully one cares for his sleeping bag, dirt and oils from the body will accumulate in the down and eventually cause it to mat together. This decreases the loft and insulating properties of the bag. Cleaning the bag is the only way to restore its loft.

Manufacturers and suppliers suggest various methods of cleaning down bags: a) dry cleaning b) machine washing c) hand washing. Which method is the best one?

*Recreational Equipment Inc.*, of Seattle, tested all three methods. They used down-filled batts rather than full sleeping bags to facilitate washing and drying, and subjected each batt to a "use period" that consisted of stuffing the batt tightly into a stuff bag overnight, then unstuffing it each day for several days. Following each use period, the batts were cleaned by one of the methods (a control group was not cleaned at all), and the average loft measured. The results of R.E.I.'s tests are summarized in the table below. Numbers indicate the percentage of original loft. (Figures greater than 100 indicate that loft was greater than the original loft).

	CLEANING METHOD**			
	(1)	(2)	(3)	(4)
New	100	100	100	100
1st Use Period and Cleaning	101	97	94	99
2nd Use Period and Cleaning	99	90	112	96
1 Week Stuffed 1 Week Unstuffed	88	78	102	92
Fluffed in Drier - no heat	90	92	112	99
3rd Use Period and Cleaning	88	89	116	96
Hand Wash with* FLUFFY Soap	107	107	111	114
Hand Wash with* IVORY Soap	106	95	104	99
4th Use Period and Cleaning	103	87	114	100

\* All batts were washed with FLUFFY and IVORY between the 3rd and 4th Use Cleaning Periods.

\*\* (1) No Cleaning (2) Dry Clean (3) Hand Wash, Tumble Dry (4) Machine Wash, Tumble Dry.

#### Machine Washing

Machine washing should be done in a front-loading commercial machine without agitator. Use a special down soap like FLUFFY, or a mild soap like IVORY or WOOLITE, and a gentle wash cycle. (Wet down is very heavy, and vigorous agitation could result in the tearing of the baffles.) Tumble-dry in a large commercial drier on low heat.

#### Hand Washing

Although hand washing gives the best results, many manufacturers do not recommend it because some people damage their sleeping bags in the process. The wet down is very heavy, and if the bag is roughly handled or lifted out of the water, it can tear the interior baffles or even the outer shell. This need not be a problem, however, if sufficient care is taken. *Be careful and gentle!*

Half-fill a bathtub with luke-warm water and add a down soap, like FLUFFY (or a mild soap). Gently press the bag into the soapy water until it is thoroughly wet and allow it to soak for at least 12 hours, turning it a few times. After this soaking period, gently agitate the bag by hand to remove dirt loosened in soaking. Avoid twisting, wringing, and especially lifting the bag.

Drain the water from the tub, and gently press the water from the bag. Refill the tub with fresh water and agitate by hand. Drain and press the water from the bag. Repeat this rinsing step until all traces of soap are removed (usually 4 or 5 times).

see page 11

### LIFE JACKETS AND STANDARDS

by King Baker

Suicide should not be illegal - after all, whose body is it? Oh, I realize a person has no right to infringe on the privacy of others, or cause people emotional or actual expense. Yes, I agree that to have the right to commit suicide one should be of sound mind, and the problem of the decision of sanity is insoluble.

Yet, at some point, an adult must take responsibility for himself, and governments have no right infringing on this right. In canoeing, legislation should be available to protect the public when renting, or while being taught, or when children are involved.

The new regulation requiring life-jackets in canoes simply extends a law that has been in effect for power boats. It's a logical and expected move. The first people to object were the Ontario Camping Association, since it would cost them money. Excellent personal floatation devices used in canoeing are expensive and the more commonly used ones, such as kapok and foam, are too bulky and awkward for long trips. They end up as kneeling pads which ruin them, and are simply one more thing to carry across a portage.

Yet, no serious canoeist would set out on a trip without floatation protection. The bubble-vest has been used, but most of them are not approved, and because of their fragile nature are not suitable for rough use. The closed-cell foam jackets and vests tend to be best, but often they are too expensive for large groups - the very situation for which they are most needed. Many of the imported closed-cell vests are not approved. Some vests have less floatation than others.

To be protective, they must be worn. A life-jacket must be comfortable enough to wear all day. It should be vented so that your body doesn't heat up. It should be capable of being worn without the person noticing any inconvenience. A wet suit worn without a weight-belt is a wonderful life-jacket for cold weather and is considered a must by winter canoeists as a protection from hypothermia.

Life-jackets can kill. A bulky one makes it impossible to get back into an empty canoe. They have caused people to become snagged on sweepers or stumps in river running, and thus drown; or what of the exit from a reversal, where the standard procedure is to dive down below the upstream surface current to be washed out of the hole.

Granted, too many people decide canoeing might be fun, buy a cheap fourteen-foot canoe - often too shallow or narrow for their experience level - and start down the Credit River in spring flood. Perhaps the next step should be legislation that requires a licence for canoeing. Knowing the efficiency of most government functions, such certification and levels of achievement would be ludicrous.

A completely different situation is a renter who provides canoes for the public. Such a person is going to provide safe boats for his own protection, but should he not be forced to give instruction to his clients and have guidelines for safety?

Any intelligent person, when starting a new adventure skill, should seek instruction. A ski-er usually gets lessons, but somehow a canoeist feels it is a personal insult to suggest he has more to learn. Unfortunately or fortunately, you can learn to canoe in ten minutes, but you can spend a lifetime and not learn all about canoes. There is no one method of canoeing. Canoeists would never stand for a series of levels of achievement, such as swimming, simply because there are and should be various styles. The racer switches sides every ten strokes, but the style canoeist frowns on such tactics. The camp people despise the goon stroke - yet river runners think it's an admirable stroke.

Most canoeing organizations have standards and must be self-policing. Camps must look after their own needs, and they have, through the Ontario Camping Association, a series of standards and safety procedures fitted to their needs. School groups also have guidelines provided by their professional bodies, and many boards have regulations. Canoe clubs often have extremely careful rules about wearing life-jackets, safety helmets, and the very equipment they use. All public agencies should and must protect themselves and their clients by standards. Yet no set of standards would be appropriate for a white-water club, camping group, school trip, or renter.

see page 11

## Three Solutions for Garbage

by John McRuer

Concerning garbage, something is going to have to be done sooner or later. There are three ways of dealing with the problem, not one of which will work on its own. They are prevention, determent, and clean-up. Prevention is mostly an education process, and it is a very difficult and expensive (in the short-run) undertaking. It is not a job for an amateur, and requires elegant advertising, use of signs, instructors, institutions, and example. Determent requires patrols, and laws for them to enforce (in that order!) Clean-up requires people - preferably volunteers recruited from wilderness-users at random (like a jury) with professionals who organize and manage the process. All three processes depend on government action. Governments are not disposed to act unless they are pushed, and 'Canoe Ontario', despite its faults, is probably the best agency to do the necessary lobbying.

## Winter Survival Notes

by Bob Glass

Project D.A.R.E. (Portage Lake Camp) operates a year-round outdoor educational program. Under the auspices of the Ministry of Corerectional Services, it deals with students ranging from 14 to 17.5 years of age. As the program incorporates extensive camping trips, group and solo survival sessions, and other outdoor activities in winter in the 30,000 Island area of Georgian Bay, it has had to wrestle with the problem of keeping warm in fairly severe conditions.

Some of the better experiences we have had have incorporated the following techniques:

- generally speaking, D.A.R.E. has remained with the accepted practice of using "layers" of clothing that can be removed or put back on, depending on how active a person is.
- it has used clothing and equipment that does not constrict circulation, particularly to the extremities of the body.
- advice to students is to keep dry when travelling in the bush - perhaps carrying several changes of socks and felt liners for their boots.
- in terms of clothing, after using stylish denim jeans for two years, D.A.R.E. purchased surplus wool battle-dress pants. These were cheaper (about one-third the cost of denim) and, of course, did not absorb water as quickly as denim. Both solid cotton long-johns and mesh underwear were tried, with mixed opinions. It would seem that the plain underwear was as effective in relatively static programs, while mesh was superior during vigorous exercises. Plain thermal underwear was far less expensive and much more comfortable for sitting. Foot gear was a problem that was never really resolved at D.A.R.E. Because of a variety of programs (hiking, climbing, skiing, riding, snowshoeing, construction, etc.), many different types of footwear were used. In 1974, an attempt was made to use the Greb Kodiak, but with the steel toe, as an all-purpose boot. It was to be used in conjunction with silk and wool socks (silk next to the skin). There were many complaints that the steel toe conducted cold, although independent studies carried out by the Ontario Government dispute this. Terrible shrinkage problems were encountered with the silk socks, in addition to the difficulty in finding a bulk supplier with reasonable prices, and these were abandoned. All persons associated with winter equipment recommended Minor Boots (Bush Pak) model for warmth, although they are heavy, clumsy, and jam in certain types of snowshoes. During the 1974 season, D.A.R.E. experienced only six very minor cases of frostbite to feet.

Although down-filled coats were warmer, for combination durability and satisfactory warmth, we found the hydro parka (especially the older models with fleece lining) to be superior.

With regard to this article on vapour barriers, I have no experience in this method. Frankly, I would be concerned that during vigorous activities, this system would break down. This opinion is entirely unprofessional. My understanding of the operation of the sweat glands is that they operate to both maintain skin moisture and to maintain an even skin temperature. I would think that during high activity the body would perspire regardless of these measures, and the result would be an excess amount of water that would collect in certain areas of the body if not drained. Besides the discomfort of being wet, I would be concerned about the body's ability to keep this moisture warm.

### Sleeping Bags

from page 10

Gently press as much water as possible from the bag and roll it (do not lift) into a large laundry basket. Take the bag in the basket to a laundromat with a centrifuge (extractor), and carefully distribute the bag around the centrifuge tub. The centrifuge will remove excess water and after this, the bag can be easily handled. Finish off the job by tumbling the bag dry in a large commercial drier at low heat (usually 2 or 3 runs). The down can then be further distributed and lofted by fluffing by hand.

As the tests indicate, you can expect more than the original loft from your cleaned bag.

#### Dry Cleaning

If you choose to have your bag dry cleaned, be sure to find a good dry cleaner with experience cleaning down. Check what type of fluid he uses. Stoddart Fluid (petroleum based) will not damage the down, but the more commonly used synthetic fluids, like per-Chlorethylene, ("perk"), will. (If your dry cleaner claims that the fluid type does not matter, find a new cleaner!)

The results indicate that Hand Washing is the best method, and Dry Cleaning the poorest. (In fact, dry cleaning is not much different than no cleaning at all!) It is important, however, that the cleaning by whichever method you choose be done properly, to avoid damaging your bag.

### Life Jackets

from page 10

The government's place is to insure that provisions have been made for the public sector, but stay away from the private sector. The privacy of the individual can't be infringed upon.

In the United States, various laws have been attempted. The wearing of life-jackets was going to be made mandatory in California on dangerous waters, but no one could decide what were dangerous waters. A class-I rapid could be dangerous to a novice, or rivers could change daily with water flow. Many rivers have been and are restricted, with quota systems and equipment restrictions. Even in Ontario, the quota system is going to be enforced next year in Algonquin Park.

Such government intervention is often necessary to prevent overcrowding, over-use, and expensive search and rescue operations.

We, as canoeists, must resist unnecessary invasion of our freedom by being zealous in the high standard of our canoeing, by having standards and guidelines to fit particular needs. We must protect the diversity of methods, styles and equipment, and learn to view others without prejudice. We must leave no trace when camping, and learn positive safety skills of drown-proofing, canoe-over-canoe rescue, in-and-outs from an empty canoe. We must encourage novices to get instruction in the method they choose. We must, in turn, provide good instruction.

We must pray that the legislators will be extremely careful to protect the rights of individuals.

**W.C.A.  
LOGO  
CONTEST**

The six designs shown here have been selected from over thirty entries in the WCA logo competition. Members are invited to vote for the design of their choice, for use on WCA stationery, promotions, and publications.

The winning design will be drawn up in a professional manner, so please don't let a minor flaw in the drawings influence your decision.

We would like to thank all those who took the time to submit an entry, and many of your ideas will be incorporated into the newsletter format in coming issues.

To vote, simply write out a ballot; for example "I vote for number 8", or,

"2 votes for number 7, 1 vote for number 9"

Every WCA member who was 12 years old before Jan. 1st, 1976, is entitled to a vote, and as shown above, families or friends can send in a group total.

Send your ballots to this address by March 31:  
WCA LOGO CONTEST, BOX 2073, ORILLIA, ONT.



1



4

**WILDERNESS  
CANOE  
ASSOCIATION**

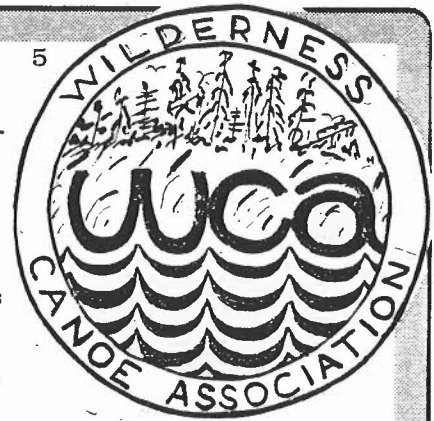


2

wilderness  
canoe  
association

3

**Wilderness Canoe Association**



5



6

**WILDERNESS CANOE ASSOCIATION  
Membership Application**

I enclose a cheque for: \$4.00 \_\_\_\_ (student, under 18 )  
\$6.00 \_\_\_\_ (single member)  
\$8.00 \_\_\_\_ (family membership)

for membership in the WCA, which entitles me to receive quarterly issues of the WILDERNESS CANOEIST, and to participate in all WCA outings and meetings.

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

RIVERS CANOED: \_\_\_\_\_

PLEASE PLEASE SEND COMPLETED FORM AND CHEQUE TO:  
RALPH AND MARG KITCHEN, R.R.3, CAVAN, ONT.

**WCA WHITEWATER TRAINING SESSIONS  
(open to WCA members only)**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

I/We would like to attend the session on: July 5-7 \_\_\_\_ July 13-15 \_\_\_\_  
NUMBER ATTENDING \_\_\_\_\_ OWN CANOE? \_\_\_\_\_

PLEASE ENCLOSE A \$10 DEPOSIT, PAYABLE TO ERIC ARTHURS.  
MAIL TO: ERIC ARTHURS, 100 APPLEFIELD DR., SCARBOROUGH

**W.C.A. EXECUTIVE**

*Chairman*

Gord Fenwick,  
140 Porchester Drive,  
Scarborough, Ontario,  
M1J 2R7.  
(431-3343)

*Vice-Chairman*

Sandy Richardson,  
5 Dufresne Court, Apt. 2705,  
Don Mills, Ontario,  
M3C 1B7.  
(429-3944)

*Newsletter Editor*

Roger Smith,  
Longford Mills, Ontario,  
L0K 1L0.  
(705) (326-2985)

*Membership Chairman*

Ralph Kitchen,  
R.R. #3,  
Cavan, Ontario,  
L0A 1C0.  
(705) (745-8063)

*Secretary*

Maureen Ryan,  
735 William St.,  
London, Ontario.  
N5Y 2R5.

*Treasurer*

Glenn Spence,  
P.O. Box 121,  
Colborne, Ontario.  
(416) (355-3506)