

the wilderness canoeist

Volume 3

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NORTH TO UNGAVA BAY

by John Fallis

It's interesting to go down a river with a classy name. It's even more interesting when someone claiming to be an explorer goes down ahead of you and gives falls and rapids fancy names. Names such as Hellsgate, Graveyard Rapids, Rocky Defile, Thunderhouse Falls, Silent Rapids etc., lure all of us. Another element of interest is added when your classily named river, with its fancy rapids and falls, is going to be dammed. I guess there is a bit of Burt Reynolds, Sir Edmund Hillary and Evil Knievel in all of us (ed. note - 50% of us, and vive la difference) and what really matters is what the mix is in each of us. Enough said.

Six of us, having arrived in Schefferville by train, prepared for our short flight to the south and west to reach the headwaters of a branch of the Kaniapiscaw River. Despite some lengthy discussions with some Montagnais Indian girls in varying degrees of sobriety, and at various times in the night, we managed to catch our flight and start paddling July 15, with approximate arrival time at Fort Chimo 28 days later.

One moderately serious dump, one swamp, no sun, clouds of blackflies, six hours of rain a day, greeted us in the first eight days. Regularly at supper, you could see six fools huddled under one 10'x14' tarp, laughing, joking, inhaling bugs, wolfing down any type of food while trying to get a pair of socks dry so we could get them wet the next morning.

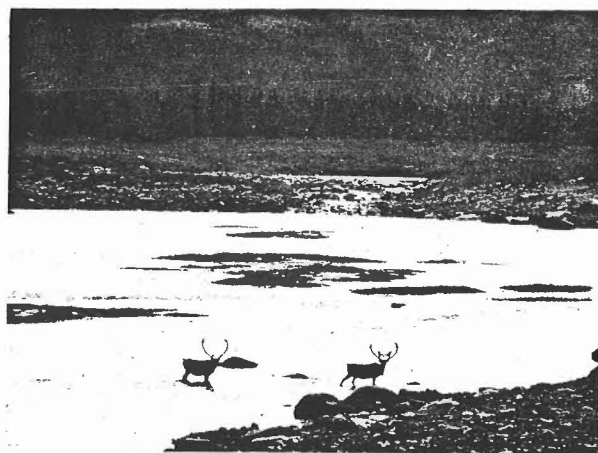
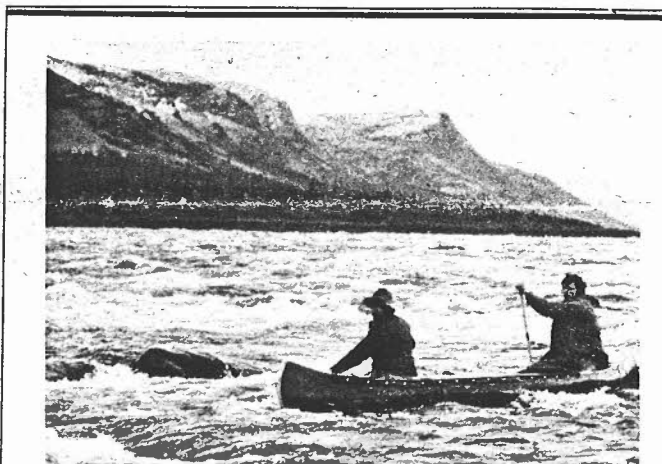
The weather finally broke in our favour as we approached the main river. Upper Gorge with its 130' drop in 7 miles without a falls was extremely exciting as was Lower Gorge, but a highlight was definitely Eaton Canyon. 150' cliffs on both sides, 300' drop in 2 1/2 miles, and only 30 yard width made this an awesome sight easily worth the full day and a half we spent there.

Continuing downstream we pursued our geological interests, portaging around Granite Falls, Shale Falls,

Pyrite Chute and Limestone Falls. Each falls had its own charm and appeal. None of us would go near any of these, even in a barrel.

Manitou Gorge was the last large rapid before Fort Chimo. Again, we talked at great length about power, leaning and bracing above the rapids, and then forgot all our plans once in the rapid. All of us enjoyed excellent runs despite the mislaid plans.

Thirty-two days after waving goodbye to the Airgava floatplane, we arrived in unscenic, depressing Fort Chimo. The six of us were satisfied. After making ridiculous attempts to act like true coureurs de bois with our broken French, but really wanting to set up the Kaniapiscaw Liberation Front to sabotage the James Bay Power Corp., we realized our adventure was over.



GEORGE RIVER IN PHOTOGRAPHS (by YU JIN PAK)

In the last issue of the Wilderness Canoeist, we read an exciting account of a trip on the George River in northern Quebec. Here, we see some of the outstanding scenery in the area: top, one of the many fine rapids, and bottom, part of the local caribou population.

ONTARIO TRAILS COUNCIL

The Wilderness Canoe Association presented its brief to the Ontario Trails Council in Toronto on November 24th. Chairman Gord Fenwick read the brief to the panel, who were obviously very interested in the ideas contained therein. To this observer, it appeared that the club's position, which centres around responsible use of the wilderness and minimum impact on the environment, had received a sympathetic hearing from the Trails Council. The tone of our brief is rather different from the majority of submissions, which tend towards proliferation of trails and considerable publicity. Perhaps the fact that we're not anxious to spend large amounts of the public's money is one factor in the Council's reaction.

As an advisory body, the OTC will not be making legislation, but will have an impact on the future policy of the Ontario government in trail development and management. We are hopeful that the WCA brief, and others in the same vein, will help guide the OTC towards a recommendation that truly protects the wilderness, for all (present and future) who cherish it as it exists now.



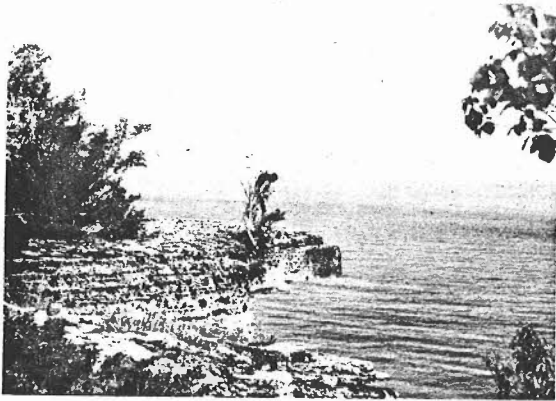
TRIP REPORTS

Although our fall trips were not as heavily booked as those last spring (two day trips were cancelled for lack of participants), those who were willing to brave cool tempera-

tures found our canoeing and back-packing outings most enjoyable experiences, as the following reports and photographs would indicate.

- Sandy Richardson

BRUCE TRAIL HIKE



Bob Bassett

Near Cyprus Lake in the Bruce Peninsula is one of the most rugged and beautiful sections of the Bruce Trail. Last Sept. 25th, seven WCA members hiked in to the Trail at Halfway Dump from the Emmett Lake parking lot (which has recently been moved back about a mile from the shore) and began the hike towards Little Cove, 16 km. to the north, along the shore of Georgian Bay.

Hikers used to the gentler trails further south will be quite surprised at the Bruce Trail in this area. The Wisconsin glaciation, followed by 13,000 years of limestone erosion, have combined to make the footing unpredictable and demanding, from scrambling up rough inclines to picking a route through one of the many boulder beaches.

The escarpment provides an opportunity for novices to scramble over rocks and into the many caves and grottoes at the water's edge (the under-water caves attract divers from

around the world). One of the highlights is Bootleggers' Cave, two kilometres north of our starting point, where we spent an hour or more exploring.

Later that afternoon, the Brass Monkey Award was presented to one of our party who refreshed himself with a quick dip in the deep blue-green waters of Georgian Bay, where the water temperature was about 8°C.

The trail through Cyprus Lake Provincial Park is the most accessible, and hence the most crowded, but once past here, we felt secluded again, and had no trouble finding a campsite near a boulder beach at Loon Lake.

Sunday's hike took us around Driftwood Cove, past small flowerpots (limestone erosion pillars) to our cars on the Little Cove Road.



The Bruce Trail provides a place of solitude high above Georgian Bay for a lone hiker (upper left); later, the group reaches the boulder-strewn shore-line of the Bay (above).

ALGONQUIN PARK IN AUTUMN

by Barry Brown

We certainly didn't pollute the wilderness with people on the Thanksgiving weekend, with only two members and their guest making the twenty-one mile journey. Although several members initially expressed interest, when it finally came to launch time, there was only one yellow "Rabbit" heading north.

It's unfortunate that the members hadn't taken advantage of the ideal hiking conditions, which, at this time of year, have a special appeal, as the woods return to a state of quiet in anticipation of winter. One can travel off trail quite easily, exploring the many hidden details of nature which are so often

by-passed in mid-summer. We were fascinated by the many varieties of bracket fungus that could be found, and spent a great deal of time taking close-up shots of the intricate design and colour combinations.

The trail is well-marked and even beginners would have no problem in covering seven or eight miles a day; however, as the trail is accessible from Hwy. 60, it would be advisable to leave this trail alone in summer, and enjoy the trail in the "off" season when the tourists stay at home.

The Western Uplands Trail has interesting possibilities as a winter ski route.

FRENCH RIVER RAPIDS

by Don Callifas

The French River, even in low water, provides an excellent series of rapids to test the ability of the whitewater canoeist.

From the outset, the trip was filled with uncertainty. It seemed that the outing might become a wintry affair, as snow was predicted, and heavy flurries accompanied the drive north. However, upon reaching our destination, we found that the snow had not fallen that far north.



PALMER RAPIDS

Palmer Rapids provided an ideal meeting-place for eight avid canoeists on Oct. 2-3, and here we see two solo paddlers from two different perspectives.

The canoe trip started smoothly at Pine Cove south of Wolseley Bay. After two miles of scenic paddling, we reached the Little Pine Rapids. This rapid provided fast water, along with a certain amount of manoeuvring: a tasty morsel to whet our appetites for more.

We didn't have to wait long, for within a short time we came upon the Big Pine Rapids. This rapid provided all the components of a true white water run, with a souse hole, fast current, boulders and standing waves, producing an exciting run. Two different approaches to the rapid were tried, and both proved to be successful.

A short paddle from the Big Pine Rapids, we saw the top of the Blue Chute. After we had set up camp on the shore, we ran through the chute, with its very fast water and boulder-free course. After several runs and eddy turns below Blue Chute, we proceeded down to the Little Parisien Rapids.

These rapids did not deserve the name "Little", since they provided a long run of fast water with a strange current pattern. Standing waves and boils were encountered at the end of this run, and after discussing the rapids at camp-fire that evening, we returned again next morning to try some other tactics.

The following day, we retraced our route, but spent most of the afternoon at Big Pine Rapids, where we had several successful runs and one rolled canoe. Finally, we portaged around Little Pine Rapids, and returned to our starting point.

The trip, which began with some uncertainty due to the wintry weather, ended with a feeling of satisfaction, and a desire to return to the French River next spring. Many thanks to Sandy Richardson for leading this exciting trip.

CREDIT R.

by Ken Brailsford and Randy Wallace

Eight hardy individuals arrived on the banks of the Credit River on November 21st to enjoy the final canoe outing before winter set in. In the early morning cold, ice formed on the gunwales and paddles, as we manoeuvred through the many small but tricky rapids. The bird population was in evidence, from herons, to gulls which dropped fish onto our canoes!

Despite wet feet, a near tip, and below-freezing temperatures, the day was a success, enjoyed by all.

YORK & MADAWASKA

by Roger Smith

The hills of Madawaska were ablaze with autumn colours on the first weekend in October, as the morning fog gradually yielded to a warm Indian summer sun. Our first activity was to find access to the York River, which proved more difficult than expected. Once on the river, we discovered one interesting rapid, upstream from Conroy Rapids. This run would be quite a challenge in the spring, but in October, it was rather shallow and boulder-strewn. Conroy Rapids, despite having an official title, proved to be a mere riffle, which we ran in both directions. Later, we camped at Palmer Rapids on the Madawaska, where we ran the long stretch of white water several times, and traded stories with another group of WCA members.

The following day, we tackled the Snake Rapids, on the Madawaska, and met a group of canoes from the Ottawa River Runners club. It was interesting to compare approaches, but the similarities outnumbered the differences. Although the water level was down about a foot from June, the Snake Rapids still posed problems. There are ten separate drops, of which one could not be run, and four more presented enough challenge to swamp at least one canoe.

The summer-like weather encouraged us to try the most difficult runs, and everybody was satisfied with their efforts in the difficult sets toward the end. I would think that any canoeist would enjoy the six-hour run through the Snake Rapids, and for scenery, there is no better time to visit the Madawaska than early October.



THE WILDERNESS CANOEIST

Editor: Roger Smith, Box 2073, Orillia, Ont.

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A NOTE OF THANKS

by Roger Smith

We have noted with regret that Gord Fenwick, chairman of the W.C.A., and Sandy Richardson, our vice-chairman, intend to retire from their executive positions in February. Gord and Sandy feel that they have accomplished their objectives in the past two years, and that now is the time for new leadership and direction. As your editor, I hope that you share my appreciation for the effort and enthusiasm that these two gentlemen have expended on our behalf.

A brief review of the history of the W.C.A. is in order, to bring their accomplishments into focus. In 1974, the club was founded, with great expectations, to serve recreational canoeists in Ontario. Gord and Sandy joined, largely because of the appealing name, but were puzzled by the lack of programme or activities. On their initiative, a general meeting was called in February 1975, at which Gord and Sandy were elected to their posts. They told the group of twenty-five members that they would try to accomplish three goals:

- to expand the membership in order to provide more communication and a flow of ideas among recreational canoeists
- to have a regular outing programme
- to move gradually into other areas of interest to canoeists, as the membership base expanded.

Within two years, these objectives have been largely realized, thanks to the persistence and foresight of Gord Fenwick and Sandy Richardson. Meanwhile, each one has developed a special interest, which he has pursued for the benefit of the recreational canoeist. Gord has led the association's opposition to standardization and certification, through his personal contacts, letter-writing, and articles. Sandy has developed the basis for our association's concern in conservation and environmental protection.

Throughout their term of office, we have come to expect high standards in all areas of the association's activities. The Wilderness Canoe Association is doubly fortunate to have present leadership of this calibre, and future leadership potential within the membership that will extend the growth and achievement of the W.C.A. into the years ahead. At our February meeting, it will be our responsibility to elect two individuals who can continue these traditions of leadership.

The years of Gord Fenwick and Sandy Richardson have been exciting and challenging times for us, and we hope that they will continue to play an active role in the association and the entire field of recreational canoeing. On behalf of all our members, thank you, Gord and Sandy.

BRIEFS

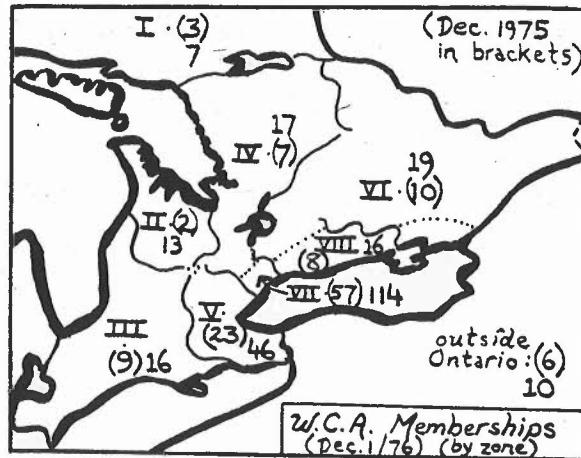
The following aims and objects appear in the revised constitution of the Wilderness Canoe Association.

ARTICLE II:

The Association shall be carried on without purpose of gain for its members and any profits or other accretions or accumulations to the organization shall be used in promoting its aims and objects listed below:

- to promote and advance the interests of wilderness canoeists;
- to aid in educating the public to an awareness of, and a concern for, the natural forces and the delicate balance inherent in the wilderness environment;
- to provide a flow of information pertaining to canoeing and wilderness matters to members of the Association and the public;
- to encourage closer communication among canoeists and related organizations;
- to further explore new canoe routes, and ensure and preserve the right of way on those routes now established, while stressing the careful and considerate use of all such routes;
- to encourage individual responsibility in canoeing by providing a programme of practical canoeing experience.

Last year at this time, we showed a distribution map for members of the W.C.A.. Since then, our total membership has grown from 125 to 265, and in every one of the ten regions (see map), there has been a substantial increase. About 35% of our membership are family groups, while 60% represent singles. The remaining 5% are students in secondary schools. With this steady, balanced growth of the W.C.A., more consideration will have to be given towards regional chapters and local special events.



Do you want to receive the W.C.A. membership list, which gives names, addresses and telephone numbers of our 275 members? These lists are available free to members on request; write or call Gord Fenwick. Updated lists will be available at regular intervals.

TIME TO RENEW

Members are reminded that their fees are due by January 31, 1977, at the new rates set in September at the general meeting. Please check the form on page 12 for the details. You will note that we have a new membership secretary, Mary Jo Cullen. Thanks again to Ralph and Marg Kitchen, who looked after this job for the past year.

A few people have sent in their renewals already, but at the old rates. Since the

fee increase took effect immediately, we would ask these people to send in the balance of their fees; their payment would then extend from January 31 for one full year.

Your prompt renewal will ensure that the Wilderness Canoe Association can continue to be active in outings, newsletter, conservation, standards, and generally as a meeting place for recreational canoeists and all who love the outdoors.

Chairman's Letter

Fellow canoeists,

After a very busy season, there is much to report.

Both the W.C.A. and Canoe Ontario held general meetings, and you can find details on these events elsewhere in the newsletter. Our annual general meeting is scheduled for February 19, and we're still looking for a good location, so your suggestions would be welcomed.

The nominating committee has been busy, attempting to find candidates for the W.C.A. executive; elections are to be held at the February meeting. Further nominations are welcomed, but we would ask that you check with the person to be nominated first. Of course, nominations will be accepted from the floor at the meeting. We expect to have a clearer idea of who is running for office after the executive meeting on Dec. 10th.

Membership fees are due by January 31, 1977, at the new rates. We would greatly appreciate it if you would fill out the form on page 12 and send in your cheque right away. We have welcomed your membership, and hope that you continue to lend your active support to the W.C.A.. Upon receipt of your renewal, you will be sent an official membership card.

Our display at the 1977 Sportsman's Show will be under the capable direction of Jim Greenacre. We hope to involve the various committees of the W.C.A. in planning this display, so that the large number of visitors to the Show will find out about our active programme and our environmental concerns.

Learning to canoe, especially in white water, is a matter of experience and gradual improvement, and I would warn against the idea of taking one course and immediately venturing out onto dangerous rivers. The variety of situations that you will encounter require ample practice and judgment, and skills will not magically appear overnight, or even after a week of instruction. However, various canoeing courses can be a very helpful step in your development. I have several copies of the C.R.C.A. Canoe Instruction Booklet, which I could loan out to members interested in reading or commenting on this course outline.

LETTER TO THE EDITOR

Oct. 5, 1976

Mr. Roger Smith,
Editor,
The Wilderness Canoeist,
Box 2073,
Orillia, Ont.

Dear Mr. Smith:

We have read with great interest your recent edition of "The Wilderness Canoeist" and wish to congratulate you on the high standard of penmanship and attractive display articles which will be of educational and interest value to all canoeists.

You are making a valuable contribution to those interested in recreational canoeing not only in the province of Ontario, but throughout this great country. We are certain that Canoe Ontario is taking great advantage from your membership and expertise that flow from the activities of the various committees of the Association.

Best regards and keep up the good work,

Sincerely,
John J. Eberhard,
Secretary-Treasurer,
Canadian Recreational
Canoeing Association.

The Reed Paper Company dispute in north-western Ontario is of great concern to many of our members. We can understand the indignation of the native people in the region, who would prefer to have a Royal Commission inquiry than a series of hearings on the matter. Some of the basic issues that need to be resolved include the tremendous size of the tract involved (ten times the area of Algonquin Park), the poor record of the industry, and MNR, in reforestation, the already-serious forest fire situation in north-western Ontario, and the danger that some types of timber may be depleted by 1980. Lumbering may create jobs in the immediate future, but what about the eventual effects in other sectors of the economy (and to the life-style of the people) if the land is laid waste and polluted?

A film that you might enjoy is Where Timber Wolves Call, available through Viking Limited, 525 Dennison Ave., Markham, Ont. L3R 1D8 (416) 495-0522.

November was an especially active month in terms of meetings. On Nov. 9th, I attended the meeting of the Iroquois Canoe Club, in Hamilton, where I showed a film of a 1973 trip down the Moisie, and spoke to the club about the W.C.A.. This group has a similar focus to ours, in wilderness canoeing and environmental protection, and we can look forward to a continuing contact through an exchange of newsletters. On the 16th, our family visited the fine Indian Arts display at the Education Centre in Toronto. Then on the 24th, I presented a brief to the Ontario Trails Council about the concerns of the wilderness traveller.

Hoping to meet many of you on the trails this winter, and looking forward to the first canoeing runs after spring thaw!

Gord Fenwick



SPRING TRIP LEADERS URGENTLY NEEDED!

If we are to avoid the situation of last spring, when many paddlers had to be turned away for lack of room on trips, we need the help of our experienced members to lead trips. We will need to run more than one trip on many weekends. If you have some favourite canoe route, why not share the experience with your fellow W.C.A. members? Anyone willing to help out by leading a spring outing (canoeing or hiking), please contact Sandy Richardson by the middle of February. Thanks.

HYPOTHERMIA -

by PAT SHIPTON (Copyright 1976)

One Friday afternoon in March 1975 three young children, aged four, six, and eight became lost in the woods behind their homes while playing. They lived in a subdivision several miles north of Sault Ste. Marie. A search was started at 9 P.M.. Next morning two of the children were found alive suffering from frostbite and exposure. The co-ordinator of the Search and Rescue organization said that the younger of the two children would have died within the hour if not found. The third child was found late Saturday afternoon beneath a tree -- dead. During the time the children were lost, the temperature had dropped into the mid-twenties (°F) and about two inches of snow had fallen.

... cold water killed a healthy young man in Lake Ontario within 45 minutes - even though it was mid-summer ...

On July 19, 1976 a nineteen-year-old Toronto police cadet and his girlfriend went canoeing in Lake Ontario off Bluffers Park in Scarborough. Although the lake was choppy, it was not particularly windy nor was it a particularly cold day. However, the water temperature was 50°F (10°C). Late in the afternoon the canoe overturned. Neither was wearing their P.F.D.s. They put their P.F.D. jackets on in the water but the water chilled them so quickly that they were unable to fasten the zippers to do up their jackets. An attempt was made to swim to shore towing their canoe, but both became semi-conscious quickly, probably within less than fifteen minutes. A man and wife in a power boat spotted their bright orange life-jackets from about 1/2 miles away. Their attempted rescue was only partially successful - they lifted the unconscious girl into the boat but could not lift the cadet. Attempts to tow the cadet and his canoe to shore failed and he was left tied to his overturned canoe, while they took the girl to shore and the hospital. Help was summoned and the cadet was quickly pulled from the water but his body temperature was so low it failed to register on a medical thermometer. He was pronounced dead on arrival at the hospital. At the coroner's inquest it was estimated that the cadet had been in the water about forty-five minutes. The girl recovered in the hospital.

What do both of these tragic deaths have in common? Directly or indirectly both victims died of hypothermia. The child at Sault Ste. Marie died directly as a result of cold - hypothermia - while the police cadet may have shortened his agony by drowning. The terminal symptoms are similar, pulmonary edema (fluid in the lungs) being present in both drownings and hypothermia. It was the chill of the water that made the cadet unconscious and probably incapable of keeping his head out of the water. Hypothermia had claimed two more victims.

... hypothermia is the number-one killer among recreationists on land and water ...

The number-one killer of outdoor recreationists, both on land and in the water, is hypothermia. It affects hikers, mountain climbers, boaters, and canoeists. It can occur at any altitude from underground caves to mountain tops, any season of the year, and temperatures do not have to be near freezing. Any temperature from 60°F (15°C) downward is potential hypothermia weather. The media commonly say the victim died "of exposure". Hypothermia is a chilling or cooling of the core temperature of the body (the head and torso) to the point where the body cannot function and death is the result. This process may take as long as thirty-six hours or it may happen in ten minutes. Basically, in hypothermia, the body is losing heat faster than it can produce heat.

To understand hypothermia we must understand how the body produces heat, conserves heat, and loses heat. First, let's examine the production of heat. The first source of heat is the ingestion and digestion of food; we measure this in terms of calories. Carbohydrates (sugar and starches) produce heat and energy quickly, but are soon used up, while proteins and fats produce heat at a much slower rate but last a longer time. Fats produce nearly double the calories per unit of weight that proteins or carbohydrates produce. The second source of heat is muscular activity. Moderate exercise can produce heat at a rate nearly five or six times greater than the basal or resting rate of the body. Very heavy exercise can raise the rate to nearly ten times the basal rate. One of the body's natural defence mechanisms - shivering - is an attempt to produce more heat by involuntary muscular movement. Voluntary or involuntary muscular activity ceases when the body runs out of energy.

... in hypothermia, the body cannot keep pace with heat loss, and the head area is very prone to this escape of body heat ...

The body has natural mechanisms to conserve heat when in a cold environment. When the body begins to cool, there is a constriction of blood vessels in the skin and the layer of tissue beneath the skin. This decreases the amount of heat brought to the body surface, allowing the skin temperature to drop, and this colder layer acts as an insulator. In addition, the sub-cutaneous layer (the layer below the skin) of fat acts as a natural insulator. (Fat people have more insulation, and hence survive longer in hypothermic situations, other factors being equal). The constriction of surface blood vessels also has the effect of reducing or restricting circulation to the extremities (feet and hands), resulting in a skin temperature at the extremities which may drop to only 50°F (10°C). This chilling and numbness of the skin causes both nerves and muscles to become weak and poorly co-ordinated, resulting in the hands and feet becoming stiff, weak and clumsy. This is why neither the police cadet nor his girlfriend were able to fasten the zippers on their flotation jackets. (Their hands must have reached this state within less than five minutes.) The one area the body cannot restrict circulation to is the head, hence the bare head will have a very high heat loss (more is written about this further in the article). If the rate of heat loss is still above the rate of heat production, then the core temperature of the body will start to drop. The body's last defence mechanism against cold now comes into action - shivering. While the supply of energy lasts, shivering is able to produce large quantities of heat.

THE COLD KILLER

How does the body lose heat? The leading cause of heat loss on land is radiation. The human body, mainly composed of water, heats the environment in much the same manner as an old-fashioned hot water radiator heats a house. An uncovered head is a most efficient radiator of heat: at 40°F (5°C) as much as 50% of the body's basal heat production may be lost via the head, at 5 °F (-15°C) the loss may be nearer 75%. Another way the body loses heat is by evaporation of sweat. Yet more is lost through respiration. Cold air is inhaled, warmed to body temperature, then exhaled, taking heat with it. Convection is the other leading cause of heat loss for recreationists on land. The body continually warms up to body temperature a thin layer of air next to the skin. Any movement of air (wind) removes this thin layer of air, forcing the body to heat a new layer of air. A look at the wind-chill table below will show the serious effect of this factor. Lastly, a significant cause of heat loss for recreationists on land, and the single most important cause of heat loss in the water, is conduction. On land the hiker or climber is continuously in contact with cold objects, such as ground, rocks, ice or snow. Water is one of the better mediums for heat conduction - 240 times greater than dry air. Wet clothing will lose 90% of its insulating value. Hence wet clothing in a wind will rapidly chill a person. Obviously the person in the water - a dumped canoeist, for example - will lose heat extremely quickly. A victim in still water at a temperature of 40°F (5°C) will be chilled beyond recovery in 20 to 40 minutes, and in water at 33°F (1/2°C) it will take only 10 to 20 minutes; moreover he will be semi-conscious in about half of the above times. Insulation of one sort or another, such as clothes, will lengthen the survival time, while moving water will drastically shorten the time period.

On land the 'right' weather conditions plus a 'victim' will probably produce a case of hypothermia. The right weather conditions are moist, windy and cold. Wet conditions such as fog, rain, or melting snow will dampen or wet the victim's clothing. Whenever the temperature falls below 60°F (15°C), there is the potential for hypothermia. If a wind is added to wetness and coldness, a potentially fatal combination exists; however, a last ingredient is usually needed, a 'victim'. What makes an outdoors person into a 'victim'? First he is usually fatigued, sometimes totally exhausted, and as a result he moves more and more slowly, producing less and less heat by muscle action. His fatigue may be due to lack of fitness, or because he has attempted to do too much, or perhaps because he has used up his supplies of energy. Second, he may have eaten insufficient food to provide the necessary calories of energy for heat and muscle activity, and may not have had any between-meal snacks to compensate. Third, he did not have clothing that was wind- and/or rain-proof, and hence had little protection against the weather; in addition, he probably did not carry extra, dry clothing. Last, he or his companions were ignorant of hypothermia, did not realize what was happening, and could not provide treatment.

Hypothermia is an insidious condition, and the drop in core temperature may reach danger levels before the victim or his companions are even aware that they are in trouble. However there is an orderly pattern to the development of hypothermia. When the core temperature drops from 99°F toward 96° shivering starts, and becomes intense, and there is some impairment of the ability to perform complex physical or mental tasks. As the temperature drops from 95° towards 91° the shivering becomes violent, sometimes coming in waves, there is loss of control of the hands, resulting in a near inability to do tasks such as lighting a match or doing up a zipper. Victims may have difficulty in expressing themselves clearly, and may have lapses of memory. Their thinking slows until they lose the ability to effectively solve problems or even help treat themselves. As the temperature drops from 90° towards 86° shivering decreases, to be replaced by rigidity of the muscles, and one will move jerkily, stumble and fall repeatedly. There will be clear evidence of irrational thinking and misjudgement of the situation; however, one will still appear to be in contact with one's surroundings. Because the shivering has stopped, it is easy to think that nothing is seriously wrong with the victim. As the temperature drops from 85° towards 81°, the victim will collapse, becoming semi-conscious, and the pulse and respiration rates will slow very noticeably. Below 80° the victim is unconscious, his pulse is erratic, his breathing is laboured; often a whitish froth appears on the lips, and there is fluid (edema) in the lungs. The cardiac and respiratory centres in the brain fail and death comes.

The above description is of a victim on land. In the water the progression from one stage to the next may be so quick that the victim experiences no shivering, only numbness and muscular rigidity, then becomes semi-conscious. (In extreme cases on land the same thing may happen.) It is possible for a victim in this state to be washed up on the shore but be unable to pull himself out of the water, dying in less than two feet of water.

The symptoms felt (in himself) by a knowledgeable person are the onset of shivering, fatigue, a feeling of deep cold ("chilled to the bone"), poor muscle coordination, a thickness of speech and some disorientation. The onset of intense shivering is the time to take action, to treat hypothermia, for later it may be too late for the person to help himself. The cold will affect his brain, depriving him of judgement and clear thinking, and he will not realize it is happening. He becomes incapable of diagnosing his condition and treating it.

Part II, explaining how to avoid or prevent hypothermia, and how to treat hypothermia, plus a selected reading list on hypothermia and survival, will appear in the next issue of The Wilderness Canoeist.

... wind, or moving water, both speed up heat loss, and hypothermia sets in faster when the victim is exposed to them ...

... this table shows some sample wind-chill temperatures:

AIR TEMP. (F)	WIND SPEED (mph)	WIND-CHILL TEMP. (F)
60	10	52
	20	45
	30	42
50	10	40
	20	32
	30	28
40	10	28
	20	18
	30	13
30	10	16
	20	4
	30	-2

... don't be fooled if the victim stops shivering; this may be a temporary delay of unconsciousness or death ...



OUTINGS

Our schedule of winter trips tries to offer something for everybody, ranging from easy one-day X-C ski trips to a major 7-day expedition for experienced winter campers.

As always, participants are responsible for providing their own equipment, and should contact trip leaders at least two weeks before the trip for full details. Non-members are also welcome to join us on any of these trips.

by Sandy Richardson

- (1) DECEMBER 23-30; WINTER CAMPING IN ALGONQUIN PARK LEADER: Finn Hansen, (416) 922-0151

This will be a major trip of 140 kms., from Kiosk in the north of the park, to Canoe Lake in the south. The route includes long stretches of rivers, where bushwhacking will be necessary. Participants should have good equipment, and previous winter camping experience, and must be in good physical condition, as the trip will average 20 kms. daily. Either skis or snowshoes may be used. Limit of six persons. An alternate route will be considered if ice conditions are poor at this time.

- (2) DECEMBER 28-JANUARY 1; WINTER CAMPING IN ALGONQUIN PARK LEADER: Pat Shipton, (416) 690-2219

This trip will be on the Western Uplands Hiking Trail. A base camp will be set up on Guskewau Lake, from which day trips will be made into the surrounding district. Either snowshoes or skis may be brought, and participants should have had some previous experience with winter camping. Limit of eight persons.

- (3) JANUARY 8; CROSS-COUNTRY SKI TRIP IN THE HAULTAIN AREA LEADER: Don Bent, (705) 799-5673

This trip will cover a 19-km. loop near Eels Creek and High Falls. The trip passes through a game preserve, where there is a good chance of seeing some wildlife. The terrain is not rough, making this a suitable trip for novices or better.

- (4) JANUARY 15; CROSS-COUNTRY SKI TRIP NEAR MANSFIELD LEADER: Gord Fenwick, (416) 431-3343

An enjoyable day trip along forested trails in the Mansfield area, north of Orangeville. This trip will begin at 9:30 a.m.; bring a lunch. It's within two hours' drive of the Toronto area, and suitable for novices or better.

- (5) JANUARY 22-23; WINTER CAMPING IN HALIBURTON LEADER: Dave Auger, (705) 324-9359

A camping trip in the Haliburton Lake area, suitable for novice winter campers. Either skis or snowshoes may be used. Limit of six persons.

- (6) JANUARY 29; CROSS-COUNTRY SKI TRIP AT CRAWFORD LAKE LEADER: Barry Brown, (416) 823-1079

A day trip in the interesting Rattlesnake Point area, near Milton, west of Toronto. Bring a lunch. Suitable for novice skiers or better.

- (7) FEBRUARY 5; CROSS-COUNTRY SKI TRIP IN THE LONDON AREA LEADER: Maureen Ryan, (519) 433-6558

A day-trip along a scenic part of the Thames Valley Trail. Bring a lunch. Suitable for novice skiers or better.

- (8) FEBRUARY 13; CROSS-COUNTRY SKI TRIP NEAR BURLEIGH FALLS LEADER: King Baker, (416) 987-4608

A back-country day trip of about 12 kms. We plan to meet at Burleigh Falls (north of Peterborough); bring a lunch. Some previous skiing experience needed.

- (9) FEBRUARY 19-20; ANNUAL MEETING

We will try to run a day trip (cross-country skiing) in conjunction with the annual general meeting. Details will be sent with the notice of meeting.

- (10) FEBRUARY 26-27; WINTER CAMPING TRIP IN THE DORSET AREA LEADER: Sandy Richardson, (416) 429-3944

This trip is designed to give people who have never been winter camping, a chance to experience the joys of wilderness living in winter. The trip will follow the Black River to Black Lake (about 4 kms.), where a base camp will be set up. From here, it will be possible to explore the surrounding area on skis or snowshoes. Limit of six.

- (11) MARCH 5; CROSS-COUNTRY SKI TRIP IN THE KIRBY AREA LEADER: Cam Salsbury, (416) 445-9017

A pleasant day outing along trails through the Ganaraska Forest Conservation Area. Bring a lunch. Suitable for novice skiers or better.

Conservation Report

by Sandy Richardson

(1) JOINING UP WITH THE FEDERATION OF ONTARIO NATURALISTS

The Conservation Committee is currently exploring the possibility of becoming a Special Interest Federated Club of the Federation of Ontario Naturalists. The F.O.N. has much greater experience in the conservation field than we, as a young association, do; also, we feel that such a move would allow us to expand greatly our conservation work. It should keep us better informed on vital environmental issues, and by sharing the expertise available in both organizations avoid wasteful duplication of efforts.

The complete details of this proposal are not known yet, but if it appears that such a move is both possible and within the best interest of the W.C.A., an appropriate motion may be brought before the annual meeting. A further report on this matter will be given in the next newsletter.

(2) ONTARIO TRAILS COUNCIL

As reported in the last newsletter, the Conservation Committee responded to a questionnaire from the OTC on behalf of the WCA, making a number of suggestions about what "wilderness travellers" consider important to the design and operation of trails, including canoe routes.

The OTC has also been holding public meetings in order to receive briefs and hold informal discussions designed to identify present issues, conflicts, and possible solutions, in the development of a Provincial Trails Programme. The Chairman of the WCA and the Conservation Committee prepared a brief that was submitted to the OTC at the Toronto meeting (Nov. 24th), to explain and expand upon the positions we took in our original response to their questionnaire.

(3) ELORA GORGE UPDATE

As reported in the last newsletter, the Ontario Court of Appeals upheld the original decision not to grant an injunction stopping the building of a bridge through Elora Gorge. The court decision also upheld an earlier ruling that only the Attorney General can sue to stop a public agency (in this case, the Grand River Conservation Authority) from acting beyond its legal powers. This means, in effect, that individuals do not have standing to act on the public's behalf in public interest cases, which has far-reaching implications in the areas of pollution and conservation.

The Canadian Environmental Law Association, on behalf of the plaintiffs (two former GRCA employees) appealed to the Supreme Court of Canada, which has refused to hear the case: a major set-back. However, the C.E.L.A. has not given up the fight, and is taking the matter to the Ontario Municipal Board, since the reason for the bridge is to relieve the traffic problems in the town of Elora.

The cost of fighting this case has been substantial. About \$15,000 has been received in donations, but at least \$20,000 is needed, so further donations are urgently required. WCA Chairman Gord Fenwick has personally made a donation, and with the support of the Conservation Committee, recommends that the WCA make a donation on behalf of the association.

We strongly urge you to assist by sending donations to:

Elora Gorge Defense Fund,
c/o The Canadian Environmental Law Assoc.,
1 Spadina Cres., Suite 103,
Toronto M5S 2J5.

(4) MISSINAIBI WILD RIVER PARK

George Luste informs us that things are moving slowly on the park proposal put forth by the Sierra Club, and endorsed by the WCA. However, the Ministry of Natural Resources has served notice that they are considering a park, and that no development will be allowed on the river in the meantime.

Due to the cut-backs in government spending, it is all the ministry can do to maintain the present park system at this time. When more money becomes available, there is a good chance that a Missinaibi Wild River Park will be established.

(5) ATIKAKI PROPOSAL

The Atikaki Park proposal for the Manitoba-Ontario border area, described in the June newsletter, has been met with interest and a warm reception in Manitoba (where it was conceived). However, the proposal has received little interest from the Ontario Government. In fact, the recent decision to grant timber rights over a large portion of north-western Ontario to the Reed Paper Co. may have put Atikaki into some jeopardy. The tract extends into the area proposed for the park.

Conservation groups in Ontario have urged the Ontario government to designate the area as a park reserve, and provide a holding status while the Parks Division completes its comprehensive analysis of park needs and possibilities in Ontario. If Atikaki is to become a reality, some concerted efforts will be needed in this province to stop the Reed Paper deal until (at least) the Parks study is completed.

(6) WILDERNESS ETHICS

The following list of "Wilderness Ethics" appears in the University of Toronto Outers' Club Handbook: Going to the Country. They are well worth noting and applying by canoeists as well as back-packers:

"The Prudent Packer"

- leaves as little trace of his passing as possible.
- uses an established campsite when available, and restores it to a natural condition before leaving.
- camps on hard ground, if not at a designated campsite.
- uses a portable stove for cooking, instead of building on an open campfire.
- does not wash himself or his dishes near streams, lakes or springs, and empties dirty water well away from water sources.
- does not use soap in the wilderness, because even bio-degradable detergent causes pollution to drinking water.
- locates toilets well away from water sources, digs a little hole and buries his feces.
- packs out everything he packs in, and then some more!
- does not pick, cut, dig, or harm plants or wildlife.
- walks on rocks or snow above tree-line, not on delicate tundra or grasses.
- limits the size of his group to no more than ten.



THE ALL-PURPOSE GUIDE TO PADDLING

Edited by Dean Norman
Published by Great Lakes Living Press, Illinois,
1976, \$5.95
Reviewed by King Baker

Most books on canoeing are written for a single audience, but here is a book which combines the expertise of fourteen well-known paddlers. If you are stuck in a rut canoeing perhaps it's time you read this book as it deals with canoe, kayak, and raft technique as well as canoe sailing, ocean surfing, canoe poling, camping, white water sport, wilderness travelling, racing, boat types, conservation, and history. Some people who are telling us there is one way of canoeing should read this book.

The book is not a basic instruction text, but is truly a book for the experienced paddler as well as the novice. You will meet the opinions and innovations of Walt Blackadar, Payson Kennedy, Al Syl, Frank Beletz, and Ralph Frese who have made reputations that are well known even in Canada.

All canoeists should enrich their knowledge of the sport by becoming familiar with its history, and Ralph Frese's chapter tells of his work in making models of historic canoes.

Payson Kennedy's school in North Carolina is gaining a reputation for safe whitewater canoeing, while the Beletz brothers are making poling popular.



SHALLOW BUT TRICKY

Rapids come in all shapes and sizes; some of the trickiest are the shallow ones which require precise manoeuvring. These two canoeists on the Vermilion River are evidently concentrating on the course ahead, keeping their speed under control with a steady brake on the forward motion of their paddles.

Canoeing should be tied to its history but we must be open-minded to accept the new innovations as well. After all, the Canadian canoe was invented by the natives of our country but it was immigrant European craftsmen who produced the designs we now use (1850 to 1900) and the paddle styles and strokes we use have only been in use since that time. Then in Europe they took the native craft and adapted them for racing and sport use. Now possibly the most recent innovations are being made in the United States. Isn't it time Canadians caught up?

CANOE TRIPS FOR KIDS

by Roger Smith

At the general meeting in September, I presented an idea for next summer, in which WCA members would take under-privileged children on canoe trips. Planning these trips will be a long, involved process, and despite the early date, those of us who are interested should begin to make plans now.

First, let me review the guidelines for these trips. There would be four to six canoes per outing, and length of trip would be almost eight days. The setting would be northern Algonquin Park or similar. The emphasis would be on canoe-camping, fishing and hiking, and not on endurance or running white water. The children would be aged ten to sixteen, would come from underprivileged homes, would be recommended by social agencies in the downtown Toronto area (or possibly in other urban areas), but would not have serious behaviour problems. Participating members would meet with their young partners in May, to discuss arrangements for transportation and equipment. So that the children will receive the full benefit of the experience, I would discourage two people from applying if they intended to camp together. Also, WCA participants should be at least 21 years of age, although consideration will be given to those who are younger. Also, the child will be of the same sex as the participating member.

At the moment, I am planning two trips, in the time periods June 30 - July 7 and August 28 - September 4 (September 5, 1977, is Labour Day). If there is a greater response than anticipated, a third trip will be added, likely in the period August 1-8.

Of course, insurance and responsibility are important problems. I have made inquiries, and found out several interesting facts about legal responsibility. If you participate, you will be assured before setting out, that there is no possibility of you or the WCA (or me) being sued, should anything unforeseen occur. I will look into every aspect of this question before the February meeting.

Now, I need to know who's interested in going on one of these trips. This is too early for a commitment, but if you are receptive to the idea, write to me c/o Box 2073, Orillia, Ont., and state;

- a) your age and camping experience (if I don't happen to know you already).
- b) the time period you prefer (see above)
- c) the other times you could participate
- d) the age of child (ten to sixteen) you feel most comfortable with, if any preference.
- e) any concerns you have about the idea.

People may have children of their own, who would like to join us. Let's leave this question open until we know how many participants are available.

The trips would be organized similarly to W.C.A. outings, with a designated leader, and with each canoe team responsible for its own campsite and meals. However, for the benefit of the children, we could consider rotating the leadership each day. Routes and schedules can be determined in May, among the participants.

Finally, we should be aware that this type of trip has tremendous potential as a demonstration of the WCA philosophy of canoeing. In this context, you have a responsibility to uphold our standards if you choose to participate. There is also a great opportunity to share our enthusiasm for the outdoors with kids who seldom venture beyond the confines of a large, impersonal city.

Please reply by February 1, 1977, if you wish to be a part of this new WCA programme. Thanks for your support.

W.C.A. member Mark Stiles is asking for information on the Coppermine River, and would be interested in hearing from anybody who wants to canoe this wild northern river next summer. Mark's at 230 Frank St., Suite 2, Ottawa K2P 0X6.



PRODUCTS & SERVICES

Ken and Elsie Fisher of Nova Craft Canoes wish to announce their new shoe keel 16' Tripper (capacity 900 lbs) and their 17' Tripper due this fall. These canoes are constructed of fiberglass or Kevlar 49, with hardwood trim and rawhide laced seats. Special fall discounts of 15% on orders placed by fellow W.C.A. members.

Located in Glanworth, 3 miles south of London, Ontario. Phone Ken or Elsie at (519) 652-2347 for further information.

Coleman Craft Canoes are now available in fiberglass, fiberglass & polypropylene, and fiberglass & kevlar, in 12'8", 14'8", and 16' L.O.A. (available with laker-type keel and shallow keel for river use.). Custom-made and sold only at our shop. Maximum production is limited to 100 per year. Please phone if you are interested in viewing films of our canoes and discussing their features. Bill Coleman. Galt. (519) 623-1804/1894. Workshop at 333 Dundas St. (No.8 Hwy., Galt).

10% Discounts to W.C.A. members who produce a membership card, for non-discount items, are available at:

Don Bell Sports Shop, 164 Front St., Trenton.	Margesson's, 17 Adelaide St. E, Toronto.
A.B.C. Sports Yonge St. south of Wellesley, Toronto	and all Australian Tire

If considering a major purchase, check ahead, and contact membership chairperson Marg Kitchen for a card if required.

Margesson's (17 Adelaide St. E., Toronto) have extra 1976 camp catalogues available. Discounts apply on most items; write for one.

WCA SEPTEMBER MEETING

A general meeting of the Wilderness Canoe Association was held on September 18, 1976, a Five Oaks, near Paris, Ontario. This meeting was attended by about thirty members and guests, and featured the ratification of a new constitution and by-laws for the W.C.A.. Cam Salsbury, who had worked with a committee on the new document, presented the results for ratification. Except for a few minor adjustments, the committee's presentation was endorsed by the meeting, reflecting the careful and thorough work that had been achieved.

Some important structural changes have come into effect, as a result of the new constitution. The executive of the club has been streamlined; it will now consist of chairman, vice-chairman, secretary, treasurer, and immediate past chairman. There will be four permanent committees: memberships, communications, conservation, and nominations. The membership chairman and newsletter editor, previously members of the executive, will now be appointed by the executive. Other committees may be created or dissolved by the executive to suit the needs of the association. As a safeguard against the extinction of the association, any ten members may act to call a general meeting, within six months of their petition, and this approach would also be available to a group of members who wished to challenge the direction of the association. Other changes from the previous constitution and by-laws are rather minor, and serve as clarifications of existing policy. A copy of the new constitution can be obtained by any member by contacting the chairman, Gord Fenwick. You can receive the minutes of the meeting in the same way (members present have already received theirs by mail).

Other important business at the general meeting concerned the finances of the W.C.A.. After a short discussion, the members present voted to raise the annual dues to \$12 per family, \$10 for single members, \$8 for full-time students, and \$5 for students under 18 years. The increase, which goes into effect immediately, will cover the rising costs of communications, and will enable the W.C.A. to become more active in conservation affairs. Meanwhile, the membership list will now be available free of charge to any member who wants one; enquire with the secretary, Maureen Ryan.

As usual, there was some discussion of canoeing standards, certification, and our relationships with Canoe Ontario and the C.R.C.A.. The general tone of this exchange of views was that the association should remain active within the structure of these other groups, in a continuing attempt to modify their positions on standards and certification. Most members of the W.C.A. seem to retain their belief that the individual should determine his or her own standards from the variety of styles, philosophies, and methods of instruction presently available.

The general meeting featured a slide presentation of recent outings, arranged by Sandy Richardson, and slides of summer trips from Yu Jin Pak, Bob Goulding, and Craig Peters. On the following day, a group paddled down the Grand River from south of Galt to Five Oaks, enjoying the ideal late summer weather, and the lively current in the river following heavy rains. The next general meeting will be held in mid-February, at a site to be determined.

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CANOE ONTARIO MEETING

by Gord Fenwick

The annual meeting of Canoe Ontario was held at Camp Kandalore in the Haliburton area on the weekend of Oct. 15-17, 1976.

At any annual meeting of an association, it is an excellent idea to invite guests to come and make presentations which are informative, noteworthy, and of interest to its members.

At the Canoe Ontario meeting there were canoes varying from four to eight metres in length and many kayaks to paddle. Fred Johnston, Past President of Canoe Ontario, showed his triple screen slide show on canoeing, prepared and shown at the 1976 Olympics. Bill Mason, well-known film-maker with the National Film Board, showed us four of his new films on canoeing instruction, leaving us filled with admiration for his camera imagery revealing his grace in handling the canoe amid the vivid sights and sounds of our Wilderness. John Wood, a silver medallist at last summer's Olympics, showed us his skill on the lake. Eric Morse, well known wilderness canoeist spoke to us, and there were discussions on no-trace camping, whitewater canoeing, canoeing on the lake, and, far from least, a tour through Camp Kandalore's much-renowned Canoe Museum. It was an entertaining weekend par excellence!!

Equally important, the annual meeting provides a rare opportunity to meet with many friends and avid canoeists and kayakers. However, the annual meeting must first of all be a serious time for conducting the business of the association, and a time for members to air their views. This was especially true of this meeting, since a new branch of Canoe Ontario, The Ontario Recreational Canoeing Association, was being formed, and major revisions to the constitution of Canoe Ontario were under way.

The period allotted for the O.R.C.A. meeting was from 10a.m. to noon Saturday, and after an hour of introductions and further comments by the candidates for the executive of O.R.C.A., there was much less than an hour remaining.

There was the implication that the executive would undertake major programmes without the consent of the membership, and the constitution was to be accepted "carte blanche". One opinion suggested by the executive was that the function of the membership was not one of consultation but one of approval, or, if we didn't like what was being done, vote out the executive at the next annual meeting!

Mr. Jim Gear was elected President of O.R.C.A., and the nominations of King Baker, Jim Wood, and Bill Simons were accepted by those present as this year's three recreational Directors to Canoe Ontario.

The C.O. meeting was in the late afternoon, and by the time we reached the key part of the agenda, "The Constitution and By-Laws", there was little more than half an hour left! Those present who were also members of the Wilderness Canoe Association felt there were changes required and made motions to the effect that:

(i) "Indirect Membership", whereby individuals of all ages (but mainly youngsters) are signed up by various clubs as registered paddlers without requiring their consent, should be abolished. This procedure gives them the right to vote but denies them any mailings of information by C.O.. It was noted that individual clubs would post information about C.O..

The direct individual members must pay \$2.50 while indirect members receive the right to vote at a cost of 50c.

(ii) That the minimum voting age for a C.O. member should be 12 years of age. There is presently no minimum voting age!

(iii) That the Board of Directors not have the authority to cancel a person's membership but could only dismiss a member through a vote by the general membership at the next annual meeting.

Also, I expressed concern that the Board of Directors had the power to change the By-Laws of the Association, without any need for approval by the general membership!

Results of the motions: (i) and (ii) defeated over-whelmingly, and (iii) accepted.

The surprise to me was the general attitude of those at the meeting. We were short of time! The opinion was expressed that we should just accept without question, and have faith that those on the Board of Directors knew best, having studied the constitution longer, and thus, better informed, their views were more important than any individuals' suggestions or opinions. Even more shocking to me was the feeling that people

were annoyed with members of the W.C.A. for making motions, and were voting against us without carefully considering the points we were trying to make.

If we are not willing to consider the actions of the Board of Directors, but follow blindly, then we deserve whatever happens!

In conclusion, the weekend was a qualified success, but much more time must be set aside in the planning of future annual meetings to get input and decisions from the membership, if Canoe Ontario is truly interested in serving the needs of canoeists.

YOUR VIEWS ON STANDARDS

There has been a substantial response to our questionnaire on canoeing standards, and of those who replied, the overwhelming majority feel that

- national standards of canoeing instruction are unjustified, since they will favour one particular approach, rather than reflecting the present variety of philosophies.
- the role of the C.R.C.A. should be to co-ordinate recreational canoeing programmes and conservation of wilderness areas, instead of promoting a national standard of canoeing. Individuals should constitute the membership, rather than clubs or provincial associations.
- certification of canoeists would be objectional, because those who might choose to reject the programme would be unfairly perceived as "not very good" canoeists, and also because there might be restrictions of freedom to canoe difficult rivers for non-conforming paddlers.

About 90% of the answers matched this profile, while the rest were generally in favour of a national instruction course, but sceptical about its impact on safety.

A few individual comments are indicative of the feelings of many W.C.A. members on this issue:

"As an experienced canoeist and camper, I have an obligation to camp cleanly, keep safe, and pass my knowledge on, but I have done so without ever feeling the need to impose my knowledge by labelling it as national standards."

"The only possible role that I could see for a national body in the field of canoeing would be one of information gathering and dissemination, a resource centre upon which individuals and groups could draw if they wished. This applies to instruction and certification as well. If specific individuals are interested, such a body could offer a suggested instructional programme, standards, etc, as a guide."

"It seems that all of society is soon to be governed by "the book", thereby implying that those of us who did not write the book are simpletons who must be protected from ourselves."

WILDERNESS CANOE ASSOCIATION

MEMBERSHIP APPLICATION

I enclose a cheque for: \$5.00 _____ Student under 18
\$8.00 _____ Full-time student
\$10.00 _____ Single member
\$12.00 _____ 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 SEND COMPLETED FORM AND CHEQUE TO:

Mary Jo Cullen, 122 Robert St, Toronto 4, Ontario, M5S 2K3