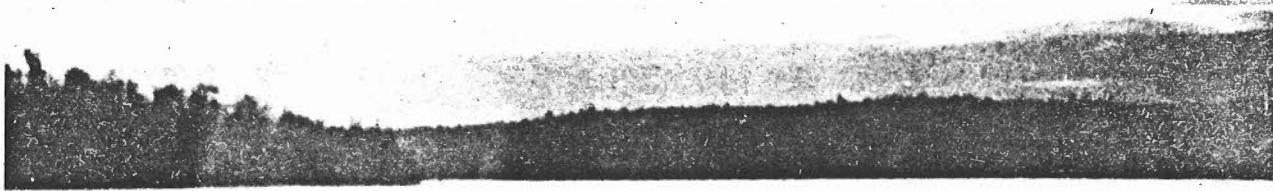


The Mackenzie Valley Pipeline And The Dene Declaration



by Sandy Richardson

When Judge Thomas Berger opened the Toronto session of his Inquiry into the Mackenzie Valley pipeline - the biggest project ever undertaken by free enterprise anywhere in the world - he said: "It is our own appetite for oil and gas, and our own patterns of energy consumption that have given rise to proposals to bring oil and gas from the Arctic. It may well be that what happens in the North and to northern peoples will tell us what kind of people we are." (This and most other quotes in the article are from The Past and Future Land by Martin O'Malley.)

As the Inquiry proceeded it became clear that it was about much more than just a gas pipeline. Berger listened to all the "experts" about environmental effects, economic effects, future development, comparisons to the Alaskan oil pipeline and the building of the CPR, etc. He also listened to the people in all the settlements that would be affected.

There was much disagreement about the effects and benefits on the part of the "experts". Statements regarding the impact of the pipeline ranged from the analogy of "a thread running the length of a football field", to that of a "razor slice across the Mona Lisa".

However, there was one striking note of agreement that came out of the hearings. The Dene and Inuit, who live in the land where the "development" will take place, do not want a pipeline! Many, young and old alike, even stated their willingness to lay down their lives if necessary to stop the project. They view the pipeline as the end of their way of life as a people.

Judge Berger summarized the differences between our southern views and northern native views in a speech at Queen's University:

"We look upon the north as our last frontier. It is natural for us to think of developing the north, of subduing the land, populating it with people from southern Canada, and extracting its resources to fuel Canada's industry and heat our homes. Our whole inclination is to think in terms of expanding our industrial machine to the limit of our country's frontiers. But the native people are saying to us, why do you say the north is your last frontier? Why should you develop it? They feel it is their homeland, that they should determine what is to happen there. They say, we have lived here for thousands of years. We are the majority. What right have you to tell us what the future must hold for us? What right have you to exploit the resources of the land where we live? It is a question being asked of the white race all over the world. And it is being asked of us by the native peoples here in our own country."

Perhaps the most important statement of the position of the northern native peoples is the Dene Declaration passed by more than 300 delegates from 25 communities at the Second General Assembly of the Indian Brotherhood of the Northwest Territories and the Metis Association of the Northwest Territories at Fort Simpson on July 19, 1975.

This statement is not a new position; it is an attempt to explain to the rest of the world, the position the Dene have always held. It is unfortunate that the declaration had to be written in English rather than the native languages of the Dene, for English did not grow out of the Dene experience; and it is hard to find English words to correctly express what the Dene want to get across. But they have chosen their words carefully, even if some of them may not be "nice" words to white southern ears.

The Dene, who have occupied and made their living from the lands of the Mackenzie Valley since time immemorial, describe the N.W.T. as a "colony". By this they mean to make clear that as more non-natives have moved in, the Dene have had their political rights taken from them, while their political resources are stolen, and a foreign culture is forced upon them.

The word "nation" was also carefully chosen. The Dene do not seek a land settlement in the traditional sense where title to the land is extinguished in exchange for money. They want to survive as a distinct people with their own ways and identity, based on their relationship with the land - and speaker after speaker before the Berger Inquiry has demonstrated how strong this relationship is. The best way to make people understand this is to use the word "nation", for a nation depends upon its land for survival both economically and culturally.

The Dene Declaration is not a separatist document, nor can it merely be dismissed as an attempt to turn back the clock. The Dene do not want to return to the past, but seek the opportunity to share in the building of a new northern society geared to meeting the needs of northern people. They are asking for the rights and privileges guaranteed to all Canadian citizens. What it calls for are the minimum conditions necessary for the Dene to survive as Dene:

- 1) Self-determination: by which they mean the right to govern themselves through institutions of their own choice, which the Dene understand, and which meet their needs;
- 2) Political security: by which they mean the assurance of a land base sufficient to allow some degree of control over future political and economic development in the North;

3) **Economic independence:** by which they mean adequate controls of the economic resources of their land to make their political security and self-determination a reality;

4) **Cultural survival:** by which they mean the recognition of the Dene as a culturally distinct people free to determine their own cultural development within the Canadian framework.

(From the CASNP Bulletin, March 1976)

How will we respond to this declaration and the statements of the northern native peoples to the Berger Inquiry? Our history has not been very good. In the old days we simply shunted the native peoples aside as we wanted more and more land and resources, and killed them when they resisted. In more recent times how did we treat the Cree and Inuit of James Bay when we wanted hydro power? As Farley Mowat said in People of the Deer: "The picture is the same throughout the north. When any financial advantage can accrue to us through the destruction of the life-blood of the northern people, we do not scruple to destroy."

Times have not really changed all that much, only the methods have changed. We no longer shoot "redskins" - but we kill them none-the-less by denying them the rights to function as human beings according to their own ways in their own land. In the words of Phillip Blake before the Berger Inquiry in Fort McPherson: "...the system of genocide may have become a little more polished over the past few hundred years in order to suit the civilized tastes of the southern people who watch Lloyd Robertson..., but the effect is exactly the same. We are being destroyed. Your nation is destroying our nation."

For years in our arrogant and materialistic way we have been telling native peoples what is "progress" and what is "best" for them. Now, very clearly, in the Dene Declaration and before the Berger Inquiry, these people have told us that they do not want our "progress", but want to live on their own terms. As we fast use up the remaining natural resources on our planet, perhaps it is our turn to listen to the people who know the land - while there is still time. Again to quote Mr. Blake:

"I strongly believe that we do have something to offer your nation. However, something other than our minerals. I believe it is in the self-interest of your own nation to allow the Indian nation to survive and develop in our own way, on our own land.

"For thousands of years, we have lived with the land, we have taken care of the land, and the land has taken care of us. We did not believe that our society had to grow and to expand and conquer new areas in order that we could fulfill our destiny as Indian people.

"We have lived with the land, not tried to conquer or control it, or rob it of its riches. That is not our way. We have not tried to get more and more riches and power; we have no tried to conquer new frontiers or outdo our parents, or make sure that every year we are richer than the year before.

"We have been satisfied to see our wealth as ourselves and the land we live on. It is our greatest wish to be able to pass this on, this land, to succeeding generations in the same condition that our fathers have given it to us. We have not tried to improve the land and we have not tried to destroy it. That is not our way.

"I believe that your nation might wish to see us, not as a relic of the past, but as a way of life - a system of values by which you may survive in the future. This we are willing to share."

Dene Declaration

Statement of Rights

We the Dene of the Northwest Territories insist on the right to be regarded by ourselves and the world as a nation.

Our struggle is for the recognition of the Dene Nation by the Government and peoples of Canada and the peoples and governments of the world.

As once Europe was the exclusive homeland of the European peoples, Africa the exclusive homeland of the African peoples, the New World, North and South America, was the exclusive homeland of Aboriginal peoples of the New World, the Amerindian and the Inuit.

The New World like other parts of the world has suffered the experience of colonialism and imperialism. Other peoples have occupied the land—often with force—and foreign governments have imposed themselves on our people. Ancient civilizations and ways of life have been destroyed.

Colonialism and imperialism is now dead or dying. Recent years have witnessed the birth of new nations or rebirth of old nations out of the ashes of colonialism.

As Europe is the place where you will find European countries with European governments for European peoples, now also you will find in Africa and Asia the existence of African and Asian countries with African and Asian governments for the African and Asian peoples.

The African and Asian peoples—the peoples of the Third World—have fought for and won the right to self-determination, the right to recognition as distinct peoples and the recognition of themselves as nations.

But in the New World the Native Peoples have not fared so well. Even in countries in South America where the Native peoples are the vast majority of the population *there is not one country which has an Amerindian government for the Amerindian peoples.*

Nowhere in the New World have the Native peoples won the right to self-determination and the right to recognition by the world as a distinct people and as Nations.

While the Native people of Canada are a minority in their homeland, the Native people of the Northwest Territories, the Dene and the Inuit, are a majority of the population of the Northwest Territories.

The Dene find themselves as part of a country. That country is Canada. But the Government of Canada is not the government of the Dene. The Government of the Northwest Territories is not the government of the Dene. These governments were not the choice of the Dene, they were imposed upon the Dene.

What we the Dene are struggling for is the recognition of the Dene nation by the governments and peoples of the world.

And while there are realities we are forced to submit to, such as the existence of a country called Canada, we insist on the right to self-determination as a distinct people and the recognition of the Dene Nation.

We the Dene are part of the Fourth World. And as the peoples and Nations of the world have come to recognize the existence and rights of those peoples who make up the Third World the day must come and will come when the nations of the Fourth World will come to be recognized and respected. The challenge to the Dene and the world is to find the way for the recognition of the Dene Nation.

Our plea to the world is to help us in our struggle to find a place in the world community where we can exercise our right to self-determination as a distinct people and as a nation.

What we seek then is independence and self-determination within the country of Canada. This is what we mean when we call for a just land settlement for the Dene Nation.

The Dene Declaration and the statements of the native peoples to the Berger Inquiry have presented us, as a nation, with a challenge that is far greater than any presented to us by Rene Levesque. Acceptance of the declaration and the will of the people, and the recognition of Dene title to the land presents us with the unique opportunity to bring native peoples into the economic, social and political life of Canada on their own terms - something that can be a source of pride to all Canadians. Perhaps the Dene Nation can help Canada to truly become the democracy it prides itself on being.

As Judge Berger said, our response will "tell us what kind of people we are."

Conservation Or Destruction ?

by Bill Boulding

The Ontario Ministry of Natural Resources is engaged in the practice of girdling trees - axe-cutting around the base of a tree through the growing layers - then leaving the trees to die. Why ?

Cases in Point:

1) Three hundred acres of hardwood maples, some over 100 years old, have been wantonly destroyed on Concession 3 in Bethune Township, Parry Sound District by employees of the Bracebridge Forestry Management Division. These trees were girdled, then left to die standing.

see page 3

CONSERVATION OR DESTRUCTION?

from page 2

The Ministry 10 years ago, refused local people permission to log this area selectively by taking only mature trees. The winter that these trees were girdled, the local people again asked permission to log these trees. This request was refused.

What can be the logic of this tragedy? At the present time, these trees are standing rotten, not usable for anything, and pose a safety hazard to people passing through the area.

2) This practice has also taken place over a large part of Proudfoot Township, Parry Sound District. One block, in excess of 1,000 acres, containing maple, birch, black cherry and beech trees, was destroyed by girdling.

These trees are not only valuable hardwoods, but also provide a habitat and food for numerous small animals and birds. Is this conservation or proper forest management?

3) Similarly, large parcels of land along the abandoned railway in McCraney Township, Parry Sound District, near the western boundary of Algonquin Park, have been destroyed by girdling. Here again, the destroyed trees include important and valuable hardwoods; maple, birch, black cherry, and beech.

A letter from the Ministry of Natural Resources states that they have "treated", by girdling, 42,000 acres of hardwood forests in Ontario. This practice has denuded these and other areas of the province, starving out the bird and animal life, and nobody seems to care!

A national explanation of this on-going tragedy by someone who has actually seen the destruction would be most welcome. The ideas of removing rogue trees or thinning the forest like a garden patch, leaving dead trees to fall under their own weight, appear shaky when the actual practice is reviewed.

What is the function of the Ministry of Natural Resources in conserving our forest and wildlife resources? Some rational answer is needed.

Conservation And Promotion Of Canoeing

by Oldrich Hungr

We all love it so much. The broad, silent country. The lakes, peaceful at times, restless at others; the horizons which rise always higher and further beyond one another; the endless variations of blue and green.

But who are we? And who are the others? Many of our lakes resound in the summer not with the cry of loons but with the gurgle of outboards. The green shorelines are littered with uncountable cottages. The mysterious life of the rapids is being drowned by dams. We who love the virgin wilderness are evidently losing something. Yes, but who are we? We, the ones who drive 300 miles on a weekend, on a road over hills, through forests, around lakes, across rivers, to a bit of country which is still silent, there to commune with nature in isolation. Are we average citizens? Are we typical representatives of the modern race, tired of technology and materialism? Unfortunately, I believe, the answer is no. "Average citizen" is the one who drives the outboard and builds the cottage. He may also like the forest and the lake, but he does not care about silence. He has forgotten what it is. His senses have been blunted by the noise of the "civilized" hustle. Compared with us, he is in the majority. And it is he who drives us ever farther afield in our search for the elemental values, for the contact with nature which we feel is essential for the fulfillment and balance of our lives.

Now, it is being claimed that even those wild areas beyond the cottage-country are becoming "crowded". Our Provincial Parks are turning people away on busy weekends. Many of us who know of good wilderness canoe routes keep silent about them to prevent others from experiencing and perhaps ruining them. Voices are heard, saying that there are too many of us. Too many of us? Canada, with its small population is the second largest land in the world, and most of it is first class canoe country. Our people, as has often been written recently, are not really oriented towards active outdoor sports of the "silent" kind, even canoeing. We are out numbered at least 100 to 1 by the outboard people, the cottagers, the hunters, the four-wheel drivers and other noisy creatures.

This is the crux of the problem. Our country is not crowded by numbers, it is crowded by the habits of the people. If all the snowmobile drivers were skiers or snowshoers, the White Silence of Jack London would still exist, even on the outskirts of Toronto. If the Kawartha Lakes or Southern Georgian Bay were populated by canoes instead of by motorboats, who would need to drive all the way to the Algonquin Park? Of course, then there would also be no need for quotas in the park.

It is nonsense to try to protect our wilderness by keeping people away from it. We, as conscientious canoeists and environmentalists, should invite people along with us and spend some of our energy teaching them, showing them what we can see and they do not. As the old saying goes (with slight modification): "If you can't lick them, let them join you". Let us abandon the notion that however mutilated our immediate surroundings are, we will always be able to find a "virgin" corner somewhere farther up north, as long as we do not tell anybody about it.

I see the major task of the W. C. A., the C. R. C. A., Canoe Ontario and others as simply getting more people out in canoes and teaching them what is right and what is wrong. But to teach anybody anything, you first need him to come along. Motivation is needed, and that you can give the novices only by not being too hard on them. They have to be accepted at first with all their inexperience and lack of knowledge. Of course, in the transitional process, abuses will occur. People will come unprepared and will break the rules. They will leave trash, deface campsites or cause accidents. But these things will change with time. For the time being, let us thank God they came in a canoe, not a motorboat.

Another argument for promoting growth in canoeing is in the larger environmental issues. Right now, for example, many of us are fighting for the establishment of wild river parks on some of our scenic rivers. But how can we defend our opinions if we are a small minority, an eccentric fraction of the population? It is surprising that our governments have shown as much foresight to date as they have. What does the majority of Canadians care about South Nahanni River National Park? It is not accessible by either car or motorboat. Some of us complain that the Missinaibi River is getting "crowded". But, perhaps, that very "crowdedness" by canoe parties will result in its protection from being dammed and destroyed to our purposes for ever. Looking further into the future, if more Canadians gain an appreciation of the values that exist in our landscape, perhaps they will realize that it is not necessary for every cottage to stand on a lakeshore with a big "Keep Out" sign beside it; that it is quite all right to build them in a cluster in the woods, to enjoy communal life with neighbours and to keep the lake for all, as God made it.

So please, never withdraw information or help from those who wish to join us, and hail cheerfully every new canoe party you meet on your outing-- because they are enemies converted to friends, and the more of them there are, the better.



EDITORIALS

BERGER INQUIRY

When Justice Thomas Berger was first appointed in 1974 to head an investigation into the proposed Mackenzie Valley pipeline, few expected him to do the thorough job that he did. Many of us suspected the inquiry was merely a formality to cloak an already made decision - to build the pipeline - with some respectability.

Mr. Berger made it anything but that. He held preliminary hearings to determine how the Inquiry should be carried out, then carried the hearings to every settlement likely to be affected by the pipeline and to major centres from coast to coast in southern Canada. The official hearings began in March 1975 and lasted 21 months, during which over 50,000 pages of evidence were taken.

In every hearing, Mr. Berger made it very clear that he had come to listen. This was not what government men usually came to the North for, and he won the people's confidence. They responded in a way never before seen.

Mr. Berger listened, and other people listened too, often to those who held opposing views. Already there are signs of a growing understanding between whites and native peoples. The original pipeline proposals have been altered as a result of the company men listening to the concerns of the people.

Perhaps this opening of communication will be one of the most important contributions of the Inquiry. Certainly it takes longer this way, but as Berger said, by listening, "then, and only then, can we learn from each other". To the criticism that he was 'taking too long' in Inuvik, he answered: "If Canada doesn't have time to consider the future of the North, then what does Canada have time for".

His report should be out in March and will certainly not be restricted to whether or not there should be a pipeline. He has already said as much. It will be much more far-reaching than that - just as the Inquiry itself has been.

The report will likely suggest some sort of blueprint whereby the different races can come together in some form of mutually acceptable regional government based on the desires of the people who live there, and some plan for development of the north that is consistent with the aims and lives of the inhabitants. The south will not be ignored, but neither will it get a green light to bulldoze its way through the homeland of 20,000 people who do not want a pipeline. Perhaps southern interests will have to be set aside temporarily while more vital moral questions are decided.

Mr. Berger has listened, and will issue his report based upon what he has heard. The question now is, will the government that appointed the Inquiry listen to Mr. Berger? Let us hope so.

Sandy Richardson

CERTIFICATION OF CANOEISTS

It's quite true that we have many people who are involved in adventure programs without adequate background. Certainly skin diving now requires certificates to buy air at dive shops. Cross-country skiers have managed to solve their differences and come up with recognized courses while sailors have established a set of approved teaching standards. Rock climbing is attempting to develop courses.

Each day the population puts more stress on the natural world and gradually we must accept planning boards, laws regulating use of highways and parks. In the area of outdoor education we react to and accelerate the trends toward natural living and back to nature trends.

It's like the psychological process of making a person do as you wish by first making him agree with you on minor issues; asking him to make small concessions so that when the final important imposition is demanded the client will agree.

It's obvious to everyone that controls are needed to look after the welfare of children, to preserve the natural heritage, and maintain the reputation of canoeing and canoeists.

Probably it is biased to suggest that canoeing is special; but it seems that there are many branches of the sport and many techniques and opinions. To the initiated it is also obvious that many people have much to gain by promoting canoeing certification, levels, and canoeing courses. Perhaps not in financial terms but in terms of prestige among their peers. However, too often canoeing courses that produce a certificated person are shallow, in that they promote only one type of expertise, or they attempt to produce instant skill. Too often the people who attend such courses are there because they are of an age when they have time, and not necessarily the background experience.

If we must meet needs in canoeing - if indeed we must protect children, the environment and our reputations, then let's not make hasty decisions. Hopefully no one person or organization should seize control. Surely we can attempt to use experience as a main prerequisite, rather than a test manoeuvre. Is it not just possible that canoeing instructors need not have identical backgrounds of experience and courses? After all, we all can write a summary of our qualifications for our prospective employer or client. Perhaps we should stipulate what such a summary of qualifications should include without being dogmatic? Could we not recognize a number of courses and technical backgrounds? There is no doubt in my mind that there are needs to be met in canoeing. Canoeing must have a high reputation for safety and environmental awareness. Linear, single faceted attempts to solve the problem will not be successful.

King Baker

news briefs

ALGONQUIN WATERWAYS - STAFF NEEDED

Algonquin Waterways, which offers everything from canoeing instruction to major wilderness trips, is looking for competent staff to help with its summer canoeing programme. Experienced canoeists interested in such summer work should contact:

John McRuer
271 Danforth Ave
Toronto, Ont M4K 1N2
(416) 469-1727

NORTHERN ONTARIO CANOE TRIP

John Cross is planning a canoe trip in a very remote part of northern Ontario. He has worked out a scheme to save both money and time in getting well off the beaten path. Anyone interested should contact John Cross, 106 Strathnairn Ave., Toronto. Phone: (416) 654-9805.

WINTARIO GRANT

After a year of waiting, the WCA has received a Wintario grant of four hundred dollars to assist in the publication and distribution of this newsletter. This should put the newsletter in a more secure position than it has been in for the past year.

chairmans letter

PAST CHAIRMAN'S LETTER

Fellow Canoeists:

It has been my pleasure and good fortune to have had the opportunity to meet, canoe, and work with many of you over the past two years.

We have accomplished a great deal together by sharing our ideas, opinions, concerns, experiences, and information through the newsletter, at meetings, and on WCA outings.

However, we have not limited our actions to our own internal activities; we have made many contacts with other canoeing groups, conservation organizations, government agencies, etc. to become better informed on wilderness matters, and to express to the canoeing community our views and concerns on such matters as preservation of the wilderness and standards of canoeing safety.

This is an exciting time for the WCA, and I hope that we will all give direction and support to our new executive; for only with the efforts of many individual members can the WCA continue to be a dynamic and meaningful association for wilderness travellers.

As I leave position of Chairman, I offer many thanks to all those in the club who assisted and supported the executive so whole-heartedly over the past two years.

Best Wishes,

Gord Fenwick

BRIEFS...

CANOEING IN ONTARIO

That useful little booklet Canoeing in Ontario by Ian Scott and Mavis Kerr which gives some basic information on canoeing and canoe-camping, along with sources of information about canoe routes in southern Ontario, is being revised and updated. The WCA will be listed in the new edition, along with some other canoe clubs.

FUNDS FOR CONSERVATION

Again this year, the WCA will be selling copies of The Wilderness Canoeist at our booth at the Sportsman Show. We will also be selling copies of the booklet How to Camp and Leave No Trace by Gerry Cunningham.

All proceeds from these sales at the show will be going to the Conservation Committee to help support our work in the environmental field.

(Members who do not make it to the Sportsman Show and would like a copy of the No Trace Camping booklet, can get one by sending 25¢ plus 15¢ for postage and handling to the Conservation Committee c/o the WCA Postal Box.)

NATURE PHOTOGRAPHY EXHIBITION

A must for anyone interested in creative nature photography is a trip down to the Gallery of Photo Artists Canada at 398 King St. East, Toronto.

The on-going exhibition features fresh, stimulating work by some of Canada's best outdoor photographers.

Nature photography courses are also being offered. Contact Jon Stearns at (416) 967-0782.

NEW CHAIRMAN'S LETTER

Fellow members,

In March, we traditionally look forward to the exciting season of spring canoeing. Let us also reflect on the responsibilities we share, to preserve the magnificent outdoors, and to travel through the wilderness with safety, respect, and reverence.

As your newly-elected chairman, I find that I have inherited a strong and vital association, thanks to the efforts of many of you. While the basis of our club will always be the trips, we must also speak out in favour of conservation of wild rivers, responsible but free individual access to the wilderness, integrity and dignity of the native people and their lands, and all of the other concerns which naturally evolve out of our love for our country.

It is a difficult task to stand in opposition to the powerful forces of our society, which threaten to destroy both the land and our freedom to live a full life within it. It is even more difficult to oppose with constructive criticism, with alternatives, with sound reasoning that can appeal to our fellow citizens. The activities of the Wilderness Canoe Association must form the substance of this appeal, so that our "voice in the wilderness" will be heard, understood, and appreciated.

I look forward to meeting many of you in the months to come, and welcome your suggestions for new activities for the W.C.A. In this issue of the newsletter, I know that you will find evidence of a strong and diversified programme, which is worthy of your support and participation.

Sincerely yours,

Roger Smith

WANDER PADDLERS' GUILD

As some of our members are aware, The WCA has found a sort of kindred spirit in the Wander Paddlers' Guild - a canoe touring club in British Columbia. Gord Fenwick, our chairman, has been in frequent correspondence with Vern Rupp of the WPG over the past year. Recently, Vern made the suggestion that our two clubs might: a) take the initiative in communicating with other canoeing groups across Canada with interests similar to ours, and b) work toward a possible federation of independent canoe touring clubs.

At the WCA executive meeting in December, a recommendation was made that the WCA should work toward the two basic goals outlined above, (the WCA concentrating on Ontario and eastern Canadian canoe clubs).

This recommendation having been heartily endorsed, we are now in the process of identifying and establishing contact with other Ontario canoe clubs. If any of our members know of other clubs in their area, could you please send us: 1) the name of the club or association 2) the name of some person in the club 3) the address to which correspondence could be sent. In future editions of the Wilderness Canoeist, we will identify some of these clubs for the benefit of our members.

Information should be sent to:

Dave Auger	or	Yujin Pak
65 Peel St.		77 Albany Ave.
Lindsay, Ontario		Toronto, Ontario
K9V 3M5		M5R 3C2

BRIEFS

ATTAWAPISKAT RIVER TRIP

Norm Stewart is planning a three week trip down the scenic Otonkwin and Attawapiskat Rivers in Northern Ontario this summer. There is good fishing and some exciting white-water along the 500 mile route. They need one experienced canoeist to make up a group of six for the trip. Anyone interested in joining the trip should contact Norm for details (195 Alfred Avenue, Willowdale, Ontario M2N 3J5).

NWT CANOE TRIP

Robert Dion is looking for people interested in participating in a canoe trip this summer. He plans to canoe from Yellowknife to the mouth of the Back River in the NWT, from approximately June 20 to August 30. Expenses would be roughly 1,200 dollars from Toronto. If you are interested, contact him at: 477 Sherbourne St, no. 79, Toronto, M4X 1K5 or phone (416) 924-6611.

HARRICANAW RIVER

David Mathies is looking for information on the Harricanaw River, which he is planning to canoe from Amos to James Bay. He is particularly interested in such information as river speed. If you can help him, contact him at 71 Thornton, London, Ont., N5Y 2Y4.

DEADLINE FOR JUNE ISSUE

If you have a contribution for the June issue of the Wilderness Canoeist, please note that the deadline for material is Friday, May 13th. Send all articles or pictures to Sandy Richardson, editor, 5 Dufresne Court Apt. 2705, Don Mills, Ont.

GREAT HUMBER RIVER CANOE RACE

The Mohawk Rod and Gun Club will be sponsoring a canoe race on the Humber River on Saturday April 2. It will run from Steeles Ave to Hwy 401 - 13 km of grade I water.

Although it is billed as a race, the aim is participation and many entrants will not be trying to make time, but simply enjoying a short day's canoe outing. It is not a "River Rat style" race, but a serious venture aimed at "people who like fresh air, enjoy canoeing wilderness waterways, and long for the rhythm of the paddle...".

Further information and entry forms are available from the race coordinator Roger Parsons, 15 Langside Ave., Weston. (phone: (416) 244-1022)



FIFTH ANNUAL DON RIVER DAY

This annual outing will be held on Saturday April 16, 1977, and all canoeists in the Metro Toronto area are invited to bring their families and join in the event. It is a semi-serious canoeing venture, but a serious effort to raise awareness about the Don River and its ravine landscape.

Please call George Luste for further details at (416) 534-9313 or (416) 978-7047.

SUBSCRIBE TO WILDERNESS CAMPING AND HELP THE W.C.A.

Wilderness Camping magazine is perhaps the best magazine published dealing with what might be called the "wilderness experience". It covers back packing, canoeing and X-C skiing with articles ranging from the nitty-gritty of how-to-do-it through the aesthetic appreciation of nature. Many magazines cover these topics, but few with the flair of Wilderness Camping. It is the tone that sets the magazine head and shoulders above the rest.

Wilderness Camping has a scheme whereby they assist clubs such as ours. If you subscribe through the W.C.A., Wilderness Camping will return \$2.00 to the W.C.A. for each new subscription and \$1.00 for each renewal.

Many of us already subscribe to this magazine. If you don't why not take out a subscription? We are sure that you will enjoy the magazine and you will be helping out the W.C.A. as well.

Write a cheque for \$6.95 payable to Wilderness Camping Magazine (for a one-year subscription). Print your name, address and postal code. Send these along to Subscriptions c/o the W.C.A. at our post office box (see last page).

We will then send the (hopefully) large batch of orders on to Wilderness Camping.



by Sandy Richardson

MADAWASKA RIVER PARK PROPOSAL

It now appears that Hydro no longer has plans to dam the Madawaska River at Highland Falls. The Ministry of Natural Resources (Pembroke District) requested information about development of the river from Palmer Rapids to Griffith from Canoe Ontario, who in turn gave a copy of the request to the WCA.

The Madawaska is of considerable interest to many of our members, and has been the site of a number of WCA outings over the past two years. The Conservation Committee submitted a proposal for development that should provide for both the day-trippers in search of white-water and the wilderness canoeists.

Our proposal was that:

- 1) Palmer Rapids be designated a Recreational Park. This area has easy access for "car campers", and a large public campsite; it is suited to intensive recreational use by canoeists who want to paddle white-water but do not want to carry camping gear in their boats.
- 2) The stretch of the Madawaska from Latchford Bridge to Griffith be designated a Wild River Park to preserve the existing natural environment. The Wild River Park would entail a 400 foot shoreline reserve, limited access, and "development" limited to the provision of extensive (rather than intensive) camping opportunities similar to those in the interior of Algonquin Park.

We expressed the hope that the government would embark on a long term plan to acquire the few remaining private holdings in the Wild River Park section to ensure that the shoreline reserve is in public ownership. However, such acquisition should not be allowed to delay or jeopardize the preservation of this section in a Wild River Park.

Our proposal would not involve the MNR in any expensive development programme, nor would it conflict with current forest resource extraction in the area. Basically, we suggested that "development" be minimal, and the river left in its existing natural state.

CANOE ONTARIO ROUTE CATALOGUE

Canoe Ontario has announced plans to publish a Route Catalogue to provide canoeists "with a good selection of documented canoe routes for most of Ontario".

The Conservation Committee has written to the Board of Directors of Canoe Ontario expressing our concern that such a catalogue, through advertising of canoe routes, would tend to encourage over-use of our precious natural resources by people with little experience and little care for the environment, simply because the information is easily available. The resulting effects on the environment could be disastrous. This has already happened in other areas where canoe routes are widely advertised, and is one of the reasons that the Ministry of Natural Resources did not publish their proposed Canoe Routes of Southern Ontario booklet.

We believe that the canoeist who takes the personal time and trouble to research various canoe routes on his own is more likely to be the type of individual who will respect and take proper care of the environment, than is someone who might not even bother to make the trip if the information were not simply handed to him.

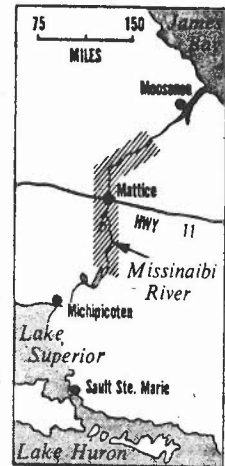
Hence, we urged Canoe Ontario not to publish the Catalogue, but rather to keep a file of canoe routes from which information on a particular route could be sent out only in response to specific requests. Further, we suggested that with each piece of canoe route information sent out, a copy of ORCA's "No Trace Camping" booklet be included.

Canoe Ontario has responded by referring the matter to their Environmental Concerns Committee. This committee has agreed that there is cause for concern in this matter and has set up a sub-committee (including a WCA member) to study the matter before any decision to publish the book is made.

MISSISSAUGA WILD RIVER PARK

In January, Minister of Natural Resources, Leo Bernier designated 265 miles of the Mississauga River and a 400 foot shoreline reserve on each bank as a provincial park reserve. He froze any development and withdrew mining rights in the area while the possibility of establishing a Wild River Park is explored.

While the shoreline reserve is smaller than that originally proposed by the Sierra Club, this move by Mr. Bernier is most welcome. Hopefully it will be the first step toward permanent protection of this scenic and historic river as an official Wild River Park.



Park shown in shaded area.

ATIKOKAN GENERATING STATION

Ontario Hydro has proposed the construction of a thermal generating plant near Atikokan. This could have a significant impact on the ecology of nearby Quetico Provincial Park.

The Conservation Committee is currently studying the proposal and the environmental analysis prepared by Ontario Hydro, in order to formulate some position that the WCA might adopt with respect to the proposal. Following this study, if it turns out that there is cause for concern, we will be cooperating with the National and Provincial Parks Association and the Algonquin Wildlands League to determine what action should be taken.

ELORA GORGE - FIGHT NOT GIVEN UP

Although the appeal to the Supreme Court of Canada was lost, the battle to save Elora Gorge has not ended.

Efforts have now shifted to Queen's Park where approval of the provincial government is needed before land can be turned over for bridge construction. Support is needed in the legislature, and members interested in saving the gorge should write to their local M.P.P.'s and Premier Davis, making their views known.

ONTARIO TRAILS COUNCIL

Following the submission of our original brief to the OTC reported in the last newsletter, in which we outlined our philosophy concerning a trails system for the province, the Conservation Committee submitted a second brief in December. This brief attempted to draw the Council's attention to the specific problems related to canoe routes or "water trails".

We noted that water trails differ from land trails in that they are created by nature and geography, and once lost or destroyed cannot be re-routed as can be land trails. Secondly, many water trails are deeply rooted in the history of our country. For these two reasons special attention should be given to water trails.

In addition to protecting certain water trails as wilderness parks, which we covered in the original brief, it is important that the public's right of access and right to use portage trails be protected to ensure the continued existence of water trails. There is already precedent for such protection in the Public Lands Act; however, its terms are rather vague and need clarification and strengthening.

Our second brief made specific suggestions for broadening the Public Lands Act to provide legal protection for portages (including access). We urged the OTC in its final recommendations to the government to take into account the special nature of water trails, and to recommend that access and portage rights be clearly established in a strengthened Public Lands Act.

ahbenoojeyug

Ahbenoojeyug (Ojibwa word for children) is a non-profit group in Toronto running cultural, educational and recreational programs for Native children. Through cooperation with other organizations they are seeking to facilitate the development of leadership capacities in a positive cultural identity within the Native community, and to promote understanding and cooperation among various cultural groups.

For some time now, they have been interested in encouraging some of the older children in learning how to canoe. As many of these Native children were born in Toronto, or came there at an early age, paddling is a skill that has been lost to them.

Ahbenoojeyug would like the children to regain part of their cultural heritage and learn the skills of canoeing. They hope that after some training they will be able to take part in weekend trips and eventually longer trips of a week or two; believing, as most of us do, that a canoe trip is a very worthwhile experience, especially for urban children.

They have built up a supply of camping equipment and sleeping bags, but have a problem in obtaining canoes and experienced canoeists to assist them. In the W.C.A. we have both the canoes and the experience to be of some help.

W.C.A. member Jerry Hodge has been working with Ahbenoojeyug, and would appreciate assistance from other interested members in setting up some sort of program for them. At first this could involve some Saturday afternoons of canoe training, or perhaps members could take some of these Native children along as partners on our W.C.A. novice trips. Later we could try to arrange some longer trips in the summer.

As wilderness canoeists we owe a great cultural debt to our Native brothers, and hopefully we could take the time to help out in an activity that would enrich the lives of many Native children.

Anyone interested in assisting in anyway with this canoeing program, and in helping the cause of Native advancement should contact Jerry Hodge, 46 Camwood Cres., Don Mills, Ontario (416) 449-9212 for further information.



annual meeting

The Wilderness Canoe Association held its fourth annual general meeting at the Mansfield Forest Club near Shelburne, on Feb. 19 th, with about 45 members in attendance.

During the morning business meeting, there was a lengthy but interesting discussion of standards, certification, and quotas, led by King Baker, chairman of the standards committee and one of the recreational canoeing directors of Canoe Ontario. It was clear from this exchange that most members are still very concerned about the prospect of imposed standards, or such developments as the so-called "national" canoe school.

Also, Sandy Richardson showed some very interesting slides of recent WCA trips, and Gord Fenwick read a letter from a group of members who have instituted a "Youth Encouragement Fund", which is described in more detail on page 9.

At the election of officers, the slate of

the nominations committee was acclaimed; Glenn Spence (treasurer) and Maureen Ryan (secretary) were returned to office, while Roger Smith (chairman) and Tom Rosch (vice-chairman) were newly elected. Gord Fenwick rounds out the five-member executive as past chairman. The various committees of the W.C.A. were all reviewed, with most of the chairpersons being returned by appointment (see page 20 for list). One change in the by-laws has the outings committee as a permanent committee of the W.C.A.: as Sandy Richardson has now become editor, this job will be shared by Dave Auger and Cam Salisbury.

The people in attendance enjoyed the afternoon skiing programme on the hilly trails, and after supper, were treated to George Luste's slides of the Kazan River, which he explored in 1974. This presentation re-affirmed the spirit of adventure and love for the land which mark the activities of the W.C.A., and had all in attendance thinking ahead to this season of canoeing.

youth encouragement fund

At the annual meeting in February a Youth Encouragement Fund was established by the W.C.A. to encourage young members in their pursuit of wilderness activities. The idea grew out of a suggestion made by King Baker on a club outing. Following up on King's idea, a number of members contributed an initial \$329 toward the establishment of this fund.

The purpose of the fund is to provide assistance to young student members who are actively involved in the activities of the W.C.A. in order:

- 1) to participate in major wilderness trips;
- 2) to participate in projects, courses, etc. in order to improve their wilderness, canoeing and camping skills.

A committee (initially consisting of Cam Salsbury and Sandy Richardson) was set up to administer the fund under the following guidelines:

- 1) Consideration for assistance will be on the invitation of the committee (based upon recommendations from other club members), and not on personal application.
- 2) The assistance provided will be partial, and all recipients will be required to

make a strong financial commitment of their own.

- 3) The financial position of potential recipients will be considered in the granting of assistance.
- 4) The names of donors and recipients will not be made public. The committee will report in detail only to the chairman of the W.C.A., but will present a report to the membership at the annual meeting, detailing total donations, expenditures, and the number of recipients.

Hopefully this fund will become an on-going project of the association. In order to ensure this, any members who are interested in supporting the fund are encouraged to send donations directly to the treasurer, (payable to the W.C.A.) indicating that the money is for the Youth Encouragement Fund.

In order to assist in the selection of recipients, members are also encouraged to suggest the names of deserving young members and the projects or trips that they are interested in to the Y.E.F. committee or to the W.C.A. chairman.

equipment

WATERPROOFING YOUR EQUIPMENT

by Yu Jin Pak

Spring is just around the corner and we will soon be plunging into the canoeing season. Unfortunately the plunge may not be only into canoeing, but sometimes into the water as well. Needless to say, all canoeists should be prepared for the consequences of foul weather or a capsized -- whether canoeing on lakes or rivers.

Here are some tips on various methods of keeping clothes, sleeping bags, cameras, and your ego somewhat dry despite the fact that you may end up uncouthly wet on some trip. (It happens to the best of us. Amen!)

SLEEPING BAG AND CLOTHES

- 1) Ground sheet roll for sleeping bags: After placing half-folded (length-wise) sleeping bag on a waterproof ground sheet (4' x 8'), bring the long edges of the ground sheet together and roll them flat to the sleeping bag to get a positive seal. Starting at one end, roll the slack tightly and then continue to roll the bag itself. Likewise seal the remaining open end and fold under as you finish rolling; tie tightly with a rope. It is tricky at first but fool-proof when done with care.
- 2) Plastic and nylon bags: Plastic garbage bags for rolled sleeping bags and clothes, when double layered and separately tied off are suitable for weekend outings. A nylon stuff sack will protect the plastic bags from tearing. For sleeping bags, try lining the nylon stuff sack with plastic bags prior to stuffing the sleeping bag. Heavy duty plastic bags are better than garbage bags, but finding them is an art in itself.

Rubberized nylon bags with taped or otherwise sealed seams are often sufficient by themselves, but beware of skimpy coated bags with unsealed seams.

- 3) Commercial equipment: Army surplus rubber bags, heavy vinyl or plastic bags with sliding seals etc. can often be found. These are the best bet when available.

CAMERAS

- 1) Gymbag method: Place camera in double layered plastic bags inside a gymbag - generally good, but very slow.
- 2) Tupperware: A tupperware container inside a gymbag or knapsack is often used for cameras. This method is not fool-proof; the flexible edges sometimes break the seal.
- 3) Paint can: A paint can lined with foam and opened with a knife edge is a very efficient way to carry your camera. It is light and allows quick access.
- 4) Surplus metal ammunition box (\$3 - \$6): Once lined with foam (1" - 1½") these boxes provide the best in shock and water protection along with fast operation. However, good ammunition boxes are hard to find. Do a "bath tub test" to check that the rubber seal does not leak before setting out on a trip.
- 5) Surplus rubber bags (\$7 - \$15): These come in differing sizes and have positive folding seals. They are the ultimate in water protection but are relatively slow in operation.



quetico winter

by Ken Brailsford

drawings by finn hansen



In the cold winter darkness of Christmas night the four of us arrived in Quetico Provincial Park. We were here to spend the next five days in the interior of the park camping and cross-country skiing.

Quetico, although known widely for its numerous excellent and varied canoe routes, is not as heavily used during the winter months. A person who is prepared to make use of both skis and snowshoes has almost unlimited freedom in choosing routes within the park. It is suggested that at least snowshoes be taken, because of the large amounts of snow normally found in the bush. We intended to explore only a small portion of this scenic wilderness.

Our plan was to ski a ways into the northeast corner of the park where we would set up a base camp. Small day trips would be taken from here as we experienced the park in its winter splendour.

The following morning we found out how the cold would affect the way in which we did things. All dressing was done in our sleeping bags. When we left the tent, the thermometer registered at -33°C . This we discovered, as the days passed, would be the average early morning temperature. The camp chores were usually interrupted by a warmup near the fire or a run along the ice. Hands exposed to the frigid air soon turned numb and had to be thrust back into mitts.

By afternoon we were skiing down French Lake toward the Pickerel River and then down to Pickerel Lake where camp was made. We were each carrying a full pack. This included Frobisher our sled dog, who was pulling a toboggan loaded with equipment. He seemed to make out the best as he chased scents along the shore of the river, dragging the toboggan wherever he went.

Supper eaten, darkness found us in our sleeping bags, as the temperature began its nightly drop. As is often the case in early winter camping we were in our sleeping bags by 6 P.M. The average night was about fourteen hours in length and usually left one waiting for dawn. That evening as we lay there, we set our minds wandering as one of our more eloquent members recited "The Shooting of Dan McGrew" and "The Cremation of Sam McGee". In the atmosphere thus created, we soon drifted off to sleep.

The only wildlife we saw in our entire stay was an otter spotted making its way across the ice on the following morning. Frobisher took after him but was brought up short when it suddenly turned around and started hissing. After a few minutes of this game, the otter tired and sought refuge in a hole in the ice.

The day was spent exploring the winter beauty of Pickerel Lake. The lake seemed more at peace with its cover of ice than during the summer months when it is wind tossed and alive with canoeists. It has been said that winter is the time for the land to rest. In the afternoon each of us returned to camp via our separate routes, enjoying the quiet solitude in our own ways.

That night under myriad stars we once again took to the lake. The brilliant moon was enough to light our way as we made a small loop before retiring for the night.

The wind at 20 below C can make the cold unbearable. The third morning found us making our way westward along the lake into a stiff wind. Our faces soon grew numb and it cut through our clothes, chilling us to the bone. All this occurred in the few hundred yards between camp and the point where we turned inland.

We spent the morning skiing through the bush. After awhile we came upon an old logging trail which we followed. It soon joined some roads which were well travelled, so we again took to the bush this time following a creek down through many picturesque frozen marshes. We soon arrived back at Pickerel Lake just east of camp.

The next day followed much the same pattern. This time we skied east back to French Lake. Our trail then led up a small creek, through frozen cedar swamps, over log piles, and even up a narrow, frozen waterfall. We eventually made our way to the creek we had followed the previous day and thence back to camp.

After spending our coldest night, -40 degrees, we returned to our car. When we got back we were fortunate enough to meet some of the kind people of the area. First, there were the two men who helped us get the car started (which had suffered the most from the cold). Also, we met a family who lived in the park year round - Shan and Margie Walshe - who gave us a multitude of tips about skiing and snowshoeing in the severe cold. Their helpful suggestions and hospitality will not soon be forgotten, nor will the marvelous supper of chicken stew and homemade bread that Margie prepared for our hungry crew before we headed home.

We have come up with a few suggestions which anyone intending to do any winter camping may want to consider.

- 1) a pair of leather mukluks completely lined with felt liners and big enough to take at least one pair of heavy wool socks. Use the liners in camp when it is the hardest to keep feet warm.
- 2) leather mitts, large enough to take two pair of wool liners.
- 3) a parka hood which can be drawn over the face for protection against the wind when travelling on the open lake.



algonquin new year

by Don Callfas

With the approach of another year's end, six of us decided to set out into Algonquin Park to spend four days camping, snowshoeing and skiing on the Western Uplands Trail, during which we would welcome in a new year. The snow was still fresh and cold temperatures had kept it powdery, making breaking trail easy.

Three of us snowshoed in, while the others skied. Because of a number of gullies and streams, the snowshoers made better time and arrived at Euskewau Lake first to find its surface unblemished except for the tracks of a lone skier. The three of us set up camp, and when the skiers arrived, we had supper as darkness settled in. After a hearty meal we donned our skis and set out around the lake for a moonlight ski. Then, after discussing plans for the next day, we climbed into our sleeping bags and fell into a welcomed sleep.

The morning sky was cloudless, but when we got up the sun had not yet climbed over the hills and the lake stood in cold shadows. We made breakfast, and as we ate we watched the sunlight stretch across the lake and set the snow to sparkling. We finished eating and set out along the unbroken trail until we reached a chain of long narrow ponds. We skied over a number of beaver dams to the pond which marked the end of the chain. There we stopped and had lunch, after which we headed back to camp following a trail which paralleled the ponds.

That night the sky remained cloudless and we skied around the lake by moonlight trying to pick out constellations and planets. We skied to one end of the lake and followed a frozen stream up to the base of a hill, which next day we planned to climb in order to explore another chain of lakes. After looking at it for a while, and mentally climbing over it, we turned back toward Euskewau and our tents for the night.

Next day we woke up to a still cloudless sky, but a strong west wind had picked up overnight. Two members of the group had wisely chosen a well sheltered site; while the others had to erect wind breaks before cooking breakfast. After breakfast we set out for the day's run through the chain of lakes. A hard climb over the hill, and an equally difficult descent brought us out to Minnow Lake, the beginning of the chain. Out on the lake we found the cold wind blowing directly at us, so headed for the shelter of a small island. There we had lunch and hoped that the wind would let up a bit.

After lunch we headed northeast along the lake with the wind behind us. The lake was surrounded by hills and before us stretched a blanket of snow broken only by a few animal tracks. At a narrowing in the lake we found an exposed ledge entirely covered with large icicles. We skied on, following portage trails where

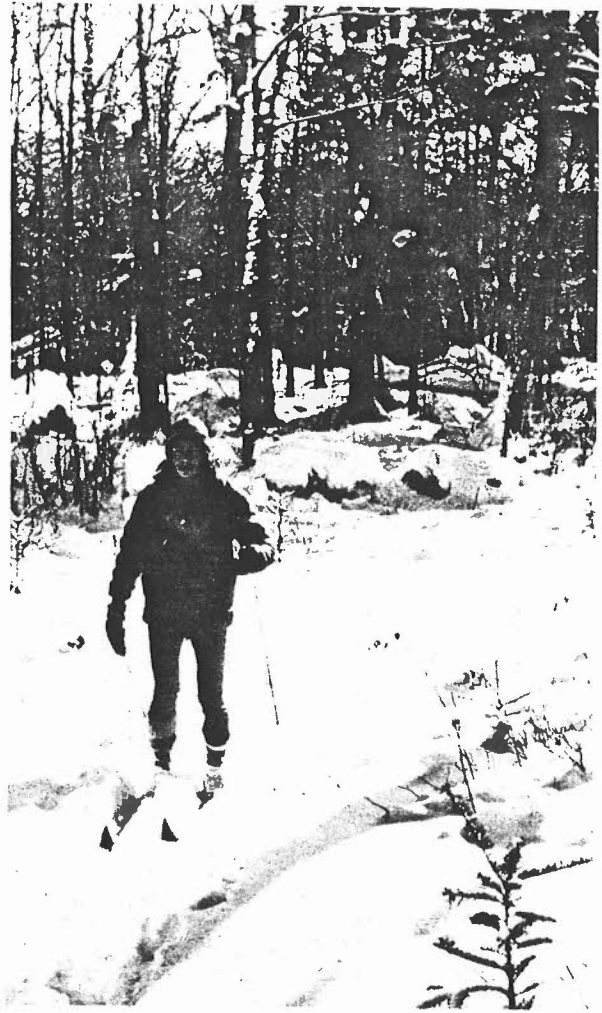


Photo: Bob Bassett

the lakes ran into streams which in turn lead to other lakes, until we finally reached the last lake. We then climbed up a steep hill and followed an unbroken trail, until we came to the trail we had made the day before. We followed this back to our camp and a welcomed rest and supper.

That night we discussed the day's events over a roaring stove and a cup of Russian Tea, and all agreed that no better way could be found to spend New Year's Eve than out in nature's backyard.

Thanks to Pat Shipton for a much enjoyed winter camping experience.

north lake

by Stewart McIlwraith

On a bright Saturday morning, three snowshoers and one skier set off along a portage trail from Haliburton Lake to North Lake. We soon lost the trail and came out onto an unmarked beaver pond that we first thought to be a bay of North Lake.

Crossing this pond, I - the skier - learned quickly the techniques of "slush" skiing. It's not recommended! The snowshoers did not sink through the snow cover into the slush and had no problems.

From this pond we bushwacked our way up to a ridge and eventually reached North Lake where we ate lunch in the lee of an unmapped island. Here we found the other end of the portage trail that we had lost. We crossed the lake and set up camp in a sheltered site in the north-east corner.

With a couple of daylight hours left, we all put on skis and set off to tour around a chain of lakes. Unfortunately we were turned back at the first lake when we encountered ankle-deep slush under the snow. Returning to camp, we had supper and watched the setting sun. (While waiting for supper, Dave Auger made a valiant attempt to make the Guinness Book of Records by completing 472 laps around a small ski track on the lake. This number is unverified, but it did help warm up his feet.) After supper we enjoyed conversation and camaraderie around a cracking candle lantern, until the cold got the best of us and we headed into our sleeping bags.

We awoke the next morning to the sweet sounds of singing birds, and after breakfast, broke camp. We headed out along the portage trail, but soon discovered that it lead up a steep cliff. Most of the group then decided to follow the previous day's trail back to the beaver pond. Once on the broken trail, we quickly reached our cars.

Our thanks to Dave Auger for organizing this interesting and memorable trip.



WCA outings offer a chance to meet fellow members, learn new skills, polish up old ones and get out and experience the joy and beauty of nature. Our trips are small and informal, and try to offer something for everyone from beginner to expert - in both day and weekend trips.

If you are interested in participating in any trips, please call the organizer two weeks before the trip for full details. Also, to avoid the problems of last spring, we ask that you not sign up multiple canoes for a trip; let your friends call themselves to give everyone a fair chance to get on the trip.

We have again printed our trip guidelines and signals to try to make clear what people's responsibilities are on outings. Please read these before you participate in an outing. Our trip organizers are just that - organizers - they are not outfitters, guides, or instructors, but people who have volunteered to organize an outing and share the experience with you. Each participant is responsible for his/her own transportation, equipment and safety while on the trip.

DAY TRIPS

MARCH 27 : UPPER CREDIT RIVER

ORGANIZER: Mike Brailsford. (416) 691-2358.

The upper Credit River below Cheltenham offers pleasant scenery and some interesting rapids in high water conditions. A good run to begin the season for intermediates or better. Limit of six canoes.

APRIL 2 : GRAND RIVER

ORGANIZER: Finn Hansen. (416) 922-0151.

Below Cambridge, the Grand River offers a good current and some minor rapids. This is a good trip for novices with some previous flat water experience who would like to learn a bit about river canoeing. Limit of six canoes.

APRIL 3 : LOWER HUMBER RIVER

ORGANIZER: Norm Coombe. (416) 293-8036.
work 751-2812

A challenging white-water run for experienced canoeists, especially if the water is high. If you plan to enter the Humber Canoe Race on April 2, this gives you an opportunity to make a weekend of it. Limit of 4 canoes.

APRIL 9 : LOWER CREDIT RIVER

ORGANIZER: Yu Jin Pak. (416) 531-0713.

A day of exciting white-water canoeing for intermediate canoeists or better. The run includes nearly 10 kilometres of continuous rapids. Limit of 6 canoes.

APRIL 16 : LOWER MAITLAND RIVER

ORGANIZER: Cam Salsbury. (416) 445-9017.

A white-water trip through the limestone gorge of the lower Maitland near Goderich. In high water this stretch can be very wild -- spray covers recommended. Experienced canoeists. Limit of 4 canoes.

APRIL 17 : NOTTAWASAGA RIVER

ORGANIZER: Oldrich Hungr. (416) 661-8303.

An easy 25-km. run for novices. If you have paddled lakes, and would like an introduction to river canoeing, this is an ideal trip. Limit of 6 canoes.

APRIL 23 : INDIAN RIVER

ORGANIZER: Tom Roach. (705) 742-5049.

A novice trip through scenic limestone country east of Peterborough. Limit of 6 canoes.

APRIL 24 : SALMON RIVER

ORGANIZER: Glenn Spence. (416) 355-3506.

A novice outing set up with instruction in mind. For people who have already paddled flat water, this trip will offer a chance to begin to learn the art and skill of reading and running white-water. (The trip will be divided into small groups for this purpose.) Limit of 9 canoes.

APRIL 30 : MISSISSAGUA RIVER

ORGANIZER: Don Bent. (705) 799-5673.

An exciting white-water trip for experienced canoeists. Grumman or ABS craft are recommended, especially for those planning to make a week-end of it (see next trip). Limit of 6 canoes.

MAY 1 : UPPER EELS CREEK

ORGANIZER: King Baker. (416) 987-4608.

This is a trial run at high water through the wild upper portion of Eels Creek, from Long Lake to Haultain. (do not confuse this with the gentle lower section!). Experienced canoeists with appropriate canoes. Limit of six canoes.

- The Mississauga R. and Eels Creek are in the same area north of Peterborough, and for any paddlers making a week-end of it, free camping is available near Burleigh Falls; contact King Baker about this.

MAY 7 : LOWER EELS CREEK

ORGANIZER: George Yamada. (416) 482-0300.

A gentle run through beautiful shield country with a few minor rapids and a scenic falls along the route. Suitable for novices or better. Limit of 6 canoes.

MAY 14 : SAUGEEN RIVER

ORGANIZER: Roger Bailey. (519) 832-5211.

The lower Saugeen is perfect for novices or families. There are no portages, a good current, and a few easy rapids to give one a taste (albeit a mild one) of white-water. Limit of 6.

JUNE 4 : BURNT & DRAG RIVERS

ORGANIZER: Dave Auger. (705) 324-9359.

A trip for novices and families that offers relatively easy river paddling and a number of scenic waterfalls. Limit of 6 canoes.

CAMPING TRIPS

APRIL 30 - MAY 1.

(1) HEAD & BLACK RIVERS

Organizers: Ken Brailsford (416) 691-2358.
Randy Wallace (416) 694-5585.

- These rivers offer a relatively easy trip through scenic country, with a few short rapids, and hopefully no bugs this early in the spring. Suitable for novices or better; limit of 6 canoes.

(2) CROWE RIVER

Organizer: Gord Fenwick. (416) 431-3343.

First explored last year, the Crowe offers a fairly demanding trip with many rapids and falls. For intermediate to experienced canoeists, this river provides opportunities to improve white-water skills. Limit of 4.

MAY 7-8 : FRENCH RIVER

ORGANIZER: Robbert Hartog. (519) 621-9883.

An early run on the historic French River, from Wolseley Bay to Hwy. 69, for intermediates or better. High water may necessitate some portaging of rapids. The organizer will provide Grumman canoes, tents, cooking equipment and food, with participants responsible for their own personal gear and life-jackets. Estimated cost per person is \$15-\$18. This trip offers members without canoes or transportation a perfect opportunity to canoe a beautiful and historic route with exciting rapids. Limit of 4 canoes.

MAY 14-15 : AMABLE DU FOND RIVER

ORGANIZER: Yu Jin Pak. (416) 531-0713.

A challenging 30-km. stretch of the river, flowing from Kiosk in northern Algonquin Park to the Mattawa River. There are many rapids and falls, as the river drops 450 ft. through a scenic gorge. Suitable for experienced canoeists. Limit of 4 canoes.

MAY 21-23. (VICTORIA DAY IS MAY 23)

(1) PETAWAWA RIVER

Organizer: George Luste. (416) 534-9313.

This three-day trip, being run in conjunction with the Sierra Club, offers challenging rapids, beautiful scenery, and quiet lakes. Suitable for intermediates or better; two groups may be created in order to maintain a sense of solitude.

(2) BLACK RIVER & BEAVER CREEK

Organizer: Gord Fenwick. (416) 431-3343.

A week-end to challenge the skills of the intermediate canoeist or better. A long day through many rapids on the Black River will be followed by two days on the nearby and equally exciting Beaver Creek. Limit of 4 canoes.

MAY 28 - 29.

(1) OPEONGO RIVER

Organizer: Oldrich Hungr. (416) 661-8303.

An interesting trip down a 75-km. stretch of the Opeongo River in eastern Algonquin, offering a fair share of white-water for experienced paddlers. Limit of 4 canoes.

(2) LOWER MUSKOKA (MUSQUASH) RIVER

Organizer: Finn Hansen. (416) 922-0151.

A relatively easy trip offering a combination of river and lake travel, with some minor rapids and a few portages. Suitable for novices or better. Limit of 4 canoes.

JUNE 11-12 : SAUGEEN RIVER

ORGANIZER: Norm Coombe. (416) 293-8036.

The perfect trip for novices looking for their first experience with moving water. From Walkerton to its mouth, the Saugeen offers mostly grade I or occasionally II water, with the odd tight corner. Campsites are plentiful, and with the good current, there will be time to indulge in fishing etc.. Limit of 6 canoes.

JUNE 18-19 : MADAWASKA RIVER

ORGANIZER: Sandy Richardson. (416) 429-3944.

Set amidst the beautiful Madawaska hills, the Snake Rapids section of the Madawaska (the portion we have proposed as a wild river park) offers many challenging rapids, two scenic falls, and good fishing. Suitable for intermediates or better. Limit of 4 canoes.

guidelines for wca outings

1. All trips must have a minimum impact on the environment. To ensure this, trip organizers will limit:
 - a) the number of canoes (or hikers) permitted on the trip,
 - b) the type of equipment and supplies used in camping.
2. Trip information will be circulated in the newsletter prior to trips.
3. Participants must register with the organizer two weeks prior to the trip. This is necessary:
 - a) for participants to get detailed trip information (meeting places, times, etc.) or any changes in plans. (It is suggested that organizers send out written information.)
 - b) to avoid having too large a group,
 - c) to screen participants as to skill, if necessary.
4. Food, canoes, transportation, camping equipment, partners, etc. are the responsibility of each participant. (In some cases, however, the organizer may be able to assist in these areas; particularly the pairing of partners.)
5. Organizers reserve the right to:
 - a) exclude participants based on experience level,
 - b) determine paddlers' positions in canoe 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 organizer.
7. Non-members are permitted to participate in only two trips.
8. Participants must sign a waiver form. Organizers should return the completed waivers to the outings committee to be kept on file.
9. Organizers should write a brief description of the trip (or arrange to have this done) and send it to the newsletter editor as soon as possible after the trip.
10. SAFETY RULES FOR CANOE TRIPS (to be applied at the discretion of the organizers)

- 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 (at least 25 ft) on bow and stern.
- b) Paddlers should always bring:
 - i) spare clothing, well waterproofed,
 - ii) extra food,
 - iii) matches in waterproof container.
- c) The signals used on WCA river trips should be known ahead of time.
- 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. Always keep the canoe behind in sight.
- e) Canoes should keep well spaced in rapids. Do not enter a rapid until the preceding canoe has successfully completed its run and signalled.
- f) The organizers' decisions on all trips are final.

SIGNALS



ALL CLEAR;
come ahead
with
caution



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

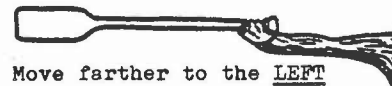
DANGER



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 WCA canoe trips each newsletter description will state the level of experience required. The following international river rating system, advocated by the Canadian White Water Affiliation, should serve as a guide.

<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 courses easy to recognize. River speed is less than hard backpaddling speed.	Novice (beginner with some practice)

RATINGS

II	<u>Medium</u> : frequent but unobstructed rapids. Passages easy to recognize. River speed occasionally exceeds hard backpaddling speed.	Intermediate
III	<u>Difficult</u> : numerous rapids, large waves, and many obstacles requiring precise manoeuvring. Courses not easy to recognize. Current speed usually less than forward paddling speed. General limit for open canoes.	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 is mandatory. Courses difficult to recognize. Current speed often exceeds fast forward paddling speed.	Expert
V-VI	<u>Exceedingly Difficult</u> : very strong current, extreme turbulence, big drops, steep gradients, many obstacles. <u>Limit of navigability!</u>	Team of Experts (in covered canoe)

NOTE: This rating system is flexible, and just a rough guide. It is not based exclusively on the above descriptions. Factors such as remoteness, water temperature, river width, etc. can make a river more or less difficult, and vary the level of skill required. Further, a river may change its rating drastically depending upon the time of year. Finally, a stretch of river may be classed as easy, but may contain rapids of any grade which may influence the overall rating of the trip very little.

Lake trips cannot be so readily rated for difficulty. Generally, lake trips are suitable for beginners; however, strong winds on a large lake can be dangerous for any canoeist, no matter what his experience.

THE RATING OF TRIPS IS THE DECISION OF THE ORGANIZER.

canoeing in florida

by Norm & Sandy Coombe

Salt water on our paddles, running aground on oyster bars, porpoises alongside the camp, tenting on shell mounds, canoe sailing for miles, the Suwannee River in full flood, hooking salt water fish, fireside singalongs, armadillos and raccoons visiting at night, tame cardinals, wild deer at streamside, woodpeckers, turkey buzzards, eagles, ospreys, herons and egrets, drifting on crystal clear streams, New Years eve in a tent!!

These are memories of our first scouting trip to Florida. Two days travel will put you on the famous Suwanee River or many other spring-fed Florida canoe routes. The next day saw us at the start of the "Wilderness Waterway" - a 100 mile trip through the mangrove forest where the fresh Everglades water mixes with the salt water of the Gulf of Mexico. This is an area of shallow bays, creeks and rivers of warm, clean tidal waters, lying between islands of mangrove trees.

The mangrove islands, sand bars and mud flats are inhabited with fascinating wildlife and birds which can be closely approached.

Campsites are at abandoned homesites and plantations which were built on old shell mounds where Indians raised the level of the land with endless years of discarded oyster and clam shells. Out of place coconut palms, sugar cane and flowering plants remain here

from settlers' attempts to soften their existence. Interesting foundations of old homesteads, ovens, boilers and grinders can be seen at these old settlements.

Unfortunately (or fortunately) we saw none of the famed alligators or snakes on this trip, there were mosquitos but these did not become a serious problem.

On our trip out of the mangrove forests we had the rare experience of canoe sailing (with a plastic bag!) for at least thirty miles. Our last leg however was into the wind and tidal currents.

From the mangrove forest we moved to the Ocala National Forest in central Florida. Here springs form a large crystal clear natural swimming pool and then an instant river. The trip on this stream, 4 to 6 hours, was worth the whole drive to Florida; fast moving gin clear water under palm trees, past swamp maples, cypress trees and floating hyacinth weed, with wild deer, ducks, herons and other birdlife to add to the pleasure of shirtsleeve canoeing.

As on most first trips we did many things wrong - but I'm going back. There's a lot in Florida for the canoeist and at Christmas or school break, it's a great place to be pushing a paddle.

HYPOTHERMIA · THE COLD KILLER

©1977 by Pat Shipton

A quick review of hypothermia is necessary. Hypothermia occurs when the body loses heat faster than it can produce it. The body's first defence is to reduce blood circulation and heat supply to the skin and the extremities, next it tries to produce heat by violent shivering. If this fails, owing to a lack of energy or lack of insulation, the temperature of the body drops until the victim dies. The first signs or symptoms will be coldness and tiredness. A hiker who has had three consecutive falls, or has lost an article of clothing that he was wearing and does not realize it, has hypothermia. The predisposing conditions are: poor food supply, inadequate clothing, wetness, wind, chilly temperatures, poor physical condition, and fatigue. For the canoeist, being dumped into chilly water is sufficient. Lastly, ignorance of hypothermia may make the unlucky victim into a fatality.

1) AVOIDING HYPOTHERMIA

The essential purpose of clothing is to provide the insulation around the body that keeps a layer of tropical air next to the skin and prevents heat loss. Good clothing keeps its insulating value when dry and when wet. Wool is the best cloth for this purpose. It retains its loft (thickness) when wet, does not lose its insulating air spaces, does not 'wick' water (i.e. lead water upward over the entire garment), and, best of all, will dry from the inside outward while being worn. In addition, when well soaked, it can be partially wrung out. Its disadvantages - weight, bulk, and expense - are well known. A close second best is polyester insulated clothing. Polyester when wet, can be wrung out, does not wick water, and the individual fibers do not absorb water. It, too, is bulky and relatively expensive. Cotton, unfortunately, is a very poor cloth. It wicks water rapidly, thus allowing a small leak in a rainjacket to wet an entire shirt or jacket, the fibers absorb much water, thus removing nearly all its insulating value. Down, marvellous while dry, is a disaster when wet. Wet down loses nearly all of its insulating value.

A wise hiker or canoeist will always carry wool or polyester clothing, if only as an extra, or foul-weather clothing. In addition, waterproof outer wear will also be carried. This should include a long jacket with a hood, plus rain pants or rain chaps. A jacket is preferable to a poncho as a poncho will blow up over the wearer's head, providing little or no protection. A person should also carry a wind jacket or anorak of fabric permeable to water vapour but waterproof, which will allow perspiration to evaporate rather than wet the clothes. A well-equipped outdoorsman should carry, if not wear, long woollen underwear, a wool balaclava, wool socks, and a wool shirt or sweater. These could be carried in separate sealed plastic bags.

How should clothing be worn? First, wool is most effective if worn next to the skin. There, if wet, it will dry out providing insulation where it is most needed. The insulating value of wool can be substantially increased by wearing a T-shirt or similar tightly woven cloth item over the wool sweater, shirt or underwear. This windproofs it, trapping the air in the spaces of the wool. Clothing should always be worn in layers. As exercise warms up the body, layer after layer may be removed, preventing the dampening of the clothing by sweat. As the body cools the process is reversed. As Part I showed, it is most important to cover the head and neck. The hat should be one of the first items removed when feeling warm, and, similarly, at the first sign of coldness in the extremities, the hat should be put back on.

What kind of food is required for adequate energy? First and most important is the number of calories. A backpacker or canoeist may use up to double the calories he would need as a sedentary urban dweller. The prevalent North American habit of no breakfast, a small lunch, and a large supper should be avoided. The day should be started with a solid breakfast of carbohydrates (for quick energy) and proteins and fats (for longlasting energy). A substantial lunch and supper should follow, interspersed with frequent snacks..quick energy snacks of raisins, chocolate bars, Mint Cake (mainly sugar), dextrosol tablets, or similar foods should always be carried. A

look through a diet book will show which are the best quick-energy and long-energy foods (the ones dieters are supposed to avoid). As important as food is fluid intake. In the outdoors a person should consume at least two quarts of liquids, in the form of water, non-alcoholic drinks, soups, etc. each day. Even a small degree of dehydration contributes to the onset of hypothermia and dehydration retards the recovery from hypothermia.

Outdoor groups continually push themselves to the edge of exhaustion. Why? Sometimes the cause is inadequate food intake, but often it is an inability to stop short of exhaustion. Why is common sense ignored? One reason is poor judgment. Goals are set that are beyond the ability of the party to accomplish but must be reached if the

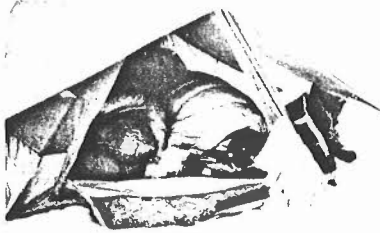
clothing must be a good insulator wet or dry to protect against hypothermia...

... the best fabrics are wool and polyester, while cotton or down are poor when wet...

dress in layers, to respond quickly to changes in the heat loss of your body...

...and plan your menu wisely to keep up the body's energy and water requirements...

set realistic goals to avoid exhaustion and the danger of hypothermia...



trip is to remain on schedule. This leads directly to the second reason: get-homeitis. The party feels it must get home at a scheduled time, regardless of weather or lack of daylight. Of the two, get-homeitis is probably the most dangerous. Here is one way of avoiding the problem. Tell relatives when you expect to return, but caution them not to start worrying for at least 24 hours. Why? You have taken two extra meals or their equivalent, and hence can stay out for an extra day comfortably. Then you are under no pressure to return in order to calm anxious relatives. The problem of exhaustion must be thought out beforehand, for even mild hypothermia clouds a person's judgment.

When a party can't keep dry and warm in foul weather then they must terminate their exposure to the weather, and it must be done before the onset of hypothermia. The potential victims must make camp, make hot drinks and hot food. Exercise may be the only thing between the party and the onset of hypothermia. The moment the victim stops exercising, there will be a large decline in heat production, perhaps resulting in a fairly rapid slide toward hypothermia. If camp is made later rather than sooner, the potential victim may have reached a state of exhaustion and find it impossible to make camp before being incapacitated by hypothermia.

There are several ways that the canoeist can protect himself from or avoid hypothermia when on or in the water. Firstly, the canoeist can avoid cold water. If the particular river or lake chain is very cold, a different route with warmer water could be chosen. Or if the canoeist does not wish to give up the planned trip he should portage around those places where there is the likelihood of a capsizing. A whitewater swim in warm water may be an adventure, but in cold water it may be a fatal disaster. (Recall the survival time given in part I). Secondly, the whitewater canoeist can protect himself from the cold water by wearing the scuba diver's wetsuit. They come in varying thicknesses and provide a fair degree of insulation against cold. The minimum needed for safety in water below 40°F (5°C) is a 1/2 inch neoprene jacket and pants. If the person wishes to use his hands, gloves are recommended.

In water between 40°F (5°C) and 50°F (10°C) a 3/16 inch neoprene jacket is needed. Even in water between 50°F (10°C) and 60°F (15°C) a 1/8 inch jacket is necessary if there is any chance of prolonged immersion. Wetsuits can be rented.

For the canoeist who will not give up his trip and does not possess a wetsuit, there are ways of lengthening his survival time in cold water. The obvious and best way is to get out of the water immediately. However, in whitewater the victim often has several hundred yards of whitewater to survive before quiet water will be reached. The Royal Life-saving Society of Canada now instructs people in Heat Escape Lessening Procedure (HELP), a procedure developed at the University of Victoria in B.C. To use HELP the victim must be wearing a life-jacket or P.F.D. Upon immersion, the victim assumes a tucked or fetal position. The knees are brought up against the abdomen, protecting the groin and lower body core, and the lower legs are crossed or pressed together. The upper arms are pressed tightly against the sides and the lower arms cross over the chest grasping the P.F.D. Clenching the hands may lessen the heat loss from the hands. University of Victoria scientists claim that this posture increases survival time 50% over treading water or drownproofing. If there are two to four people in the water each having a P.F.D., they face inwards and grasp each other closely across the shoulders. The legs are wrapped together to protect against heat loss. The victim who is without a lifejacket or P.F.D. should tread water slowly keeping the head

out of the water. Unless the shore is very close, swimming will only bring death sooner. At the inquest into the death of the police cadet (mentioned in part I), one expert testified that the cadet's attempts to swim to shore probably hastened his death. The lessons are obvious. Always wear a P.F.D. or lifejacket when on cold water, use HELP, and wait until you are in quiet water before swimming to shore.

2) TREATMENT OF HYPOTHERMIA

There are general principles for the treatment of hypothermia that must be stressed. First, treatment must begin as soon as hypothermia is detected. Delay is often fatal. Second, the victim must be removed from the cause of the heat loss; all wet clothing including underwear must be removed and replaced by dry clothing that is protected by wind and waterproof clothing. A shelter must be made and used. Third, internal heat and quick energy must be applied to the victim. Hot drinks well laced with sugar or honey are excellent. Fourth, external warmth should be applied. A fire, a pre-warmed sleeping bag, or a hot bath are methods. Fifth, alcohol must be avoided, even in small amounts. It acts as a tranquilizer, inducing sleep and slowing the metabolism or rate of heat production. Also, it dilates the surface blood vessels,

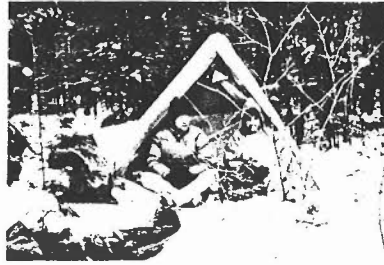
avoid a rushed schedule, and take extra food in case of a delay...

...don't wait until hypothermia begins to occur: make camp and stay warm and dry...

the wetsuit is an essential item of gear, in white water below 15°C...

...and knowledge of the HELP technique could save your life in a long set of rapids...

apply treatment for hypothermia as quickly as possible; avoid alcohol even in small amounts...



increasing the heat loss, thus defeating the body's natural defence mechanism. Last, the process of rewarming is very slow, taking not minutes or an hour, but often many hours.

In cases of mild hypothermia (the victim has not chilled beyond the point of violent shivering) treatment is straightforward. Any temptation to push onwards to a campsite or other goal must be resisted. The victim should be fed quick energy foods and wet or inadequate clothing must be replaced and/or protected by windproof and waterproof outer wear. Particular attention should be paid to covering the head and neck with a wool hat or scarf. Hot liquids, such as tea sweetened with as much honey or sugar as possible, should be drunk by the victim. This should continue while the victim is being rewarmed. After he has been adequately protected from the weather (dry clothing etc.), strong, vigorous exercise may be used to get the body to produce more heat, unless the victim is fatigued or exhausted. In some cases it may be necessary for the victim to get into his sleeping bag in order to regain warmth. When the process of hypothermia has been halted and the victim has begun to rewarm an adequate hot meal should be consumed.

In cases of severe hypothermia (core temperature between 80°-90°F, but victim is still conscious), apply the treatment for mild hypothermia replacing wet clothing, taking shelter from the weather and so on. The eating of quick energy foods and the drinking of hot quick energy drinks are a must and should be continued until the victim has recovered. In this situation slow energy foods - proteins and fats - take too long to release their energy. The victim's physical co-ordination may have deteriorated to the point where he will need help in drinking from a cup. If possible, the victim should be placed, nude, into a WARMED sleeping bag. A sleeping bag conserves heat but does not produce heat, and hence the bag will be at the outside air temperature. A hypothermia victim will not warm up the bag, but rather the bag will cool him even further. A sleeping bag can be warmed by putting another person into it. Do not forget to cover the head and neck of the victim placed in a sleeping bag - he can lose up to 50% of his basal heat production via his head. If the sleeping bag is large enough a nude heat donor should cuddle up to the victim. Do not let differences of sex prevent this for only a living person has the luxury of being embarrassed. Lastly, the victim should not be allowed to fall asleep - he may be lapsing into unconsciousness and death - until well on the way to recovery. Heat production reaches its lowest rate when sleeping. In any case, sleep will terminate any eating or drinking of quick energy foods.

Another method of rewarming a hypothermia victim, if circumstances permit, is to place the person in a bathtub of hot water, about 100°F. The process is not without some dangers as explained below, and medical opinion is not unanimously in favour of this procedure. The water

temperature should always be tested - if it is too hot for you it will scald the victim. But most important - put only the victim's trunk or torso into the bath, keeping arms and legs out. The hot water will dilate the surface blood vessels resulting in a surge of cold blood - often well below the temperature of the body - into the body core, thus chilling it even further. Sometimes, with victims of severe hypothermia, this surge of cold will send the heart into ventricular fibrillation (it stops its rhythmic contracting and simply vibrates all over - no blood gets pumped) and the victim dies. Only heart massage by a properly-trained first-aider or an electric defibrillator will restore the normal heart rhythm. The extremities - hands and feet - are the coldest and thus are kept out of the hot water in order to minimize the volume of cold blood being sent to the heart. When the core temperature is back to normal the body will send blood to the extremities and only then should they be put into the warm bath.

If the victim is unconscious he is very close to death. If immediate and very quick evacuation to a hospital or clinic is possible this should be done. During the evacuation try as many of the procedures outlined above as are feasible. If evacuation is impossible, then try all of the above procedures anyway. Arranging prewarmed sleeping bags in such a fashion as to sandwich the victim between two nude heat donors may help to warm him. Prepare hot drinks for the moment he regains consciousness.

Hopefully, with the information provided in this two-part article, you will be able to avoid the company of that deadly companion - hypothermia.

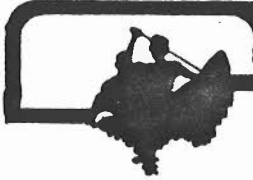
for mild cases of hypothermia, stop and apply full treatment...

...and for more severe cases of hypothermia, remember all of the treatment procedures...

keep the victim's head and neck well-insulated, and prevent the victim from falling asleep...

avoid immersion in a hot bath while the victim is still in a severe state of hypothermia...

...and rush the victim to hospital if possible.



THE COMPLETE WILDERNESS PADDLER

Authors: James West Davidson and John Rugge
Publication: New York: Alfred A. Knopf, 1976

Imagine a canoeing book which attempts both to tell a story and serve as a guidebook of canoe techniques! In "The Complete Wilderness Paddler", James West Davidson and John Rugge have succeeded on both counts ...using a unique format to write an interesting and informative book.

The story is a detailed and very personal account of an expedition by four enthusiastic canoeists down the Moisie River in Quebec. The information and instruction are included as they are needed on this wilderness trip. One of the early chapters is entitled "Troubleshooting a River". In it, the reader is shown how to interpret topographic maps, and advised on what to expect at certain points along the river. The well illustrated chapter "Outfit", also occurs before the trip begins. Everything from canoe materials and tying the canoe on a car, to four individual preferences in clothing is discussed. There is even a reminder to their bespectacled readers to bring along a strap for their glasses!

During the trip, a great variety of river conditions is encountered: ice on the lakes, flatwater, small streams, riffles, rapids, and heavy water. Techniques for handling each of these are discussed carefully and thoroughly. Scouting, lining and portaging are all included - with a dramatic account of the swamping of one canoe while lining through a stretch of difficult water.

Rugge and Davidson seem to be intelligent, experienced paddlers. In their book they are able to pass on to the reader a great deal of accumulated knowledge which they found necessary and helpful on the Moisie. Factual information about rivers and currents (with vector diagrams to illustrate how currents act on a canoe when backpaddling or ferrying across a river) is useful to the paddler who's been having trouble with a certain manoeuvre. In some of the heavy water of the Moisie, Rugge needed to use a high brace. Instead of a simple textbook description, the emphasis is on why the stroke is useful and on the desirability of being assertive, not timid, when applying the stroke.

But what made the book especially enjoyable for me was that it was such a human account. The reader hears not only of the highlights of the 25 day trip, but also of some of the mundane, nitty gritty everyday

issues such as: how they decided who washed the pots, how they planned their menu (by calories), and how they divvied up their good meals. It is interesting to read of how they decided when to run, and when to line or portage rapids. Never prescriptive on these matters, the authors simply describe a method that worked for their particular group.

In short, this is a book for novice or veteran canoeists ... a book which can be dipped into occasionally for reference, or devoured all at once.

- Dave Auger

CANOE CANADA

by Nick Nickels

Published by Van Nostrand Reinhold Ltd.,
Toronto & New York, 1976. \$9.95.

Reviewed by Henry Franklin

You've been canoe tripping for years and now you are ready for a wilderness journey in Canada, the frontier, where fish and wildlife abound and a man can renew his deep relation with the rhythm of the elements, becoming again a natural man. Where, when and how to go are suggested intriguingly, explicitly, and with rare good humour by Nick Nickels in his labour of love, Canoe Canada.

Here you'll find down to earth, or rather down to waters that flow over the Canadian shield, accounts of 600 or more rivers awaiting your avid contemplation. There are brief descriptions of these, but more important, the nuts and bolts of every trip are spelled out within the limits of any man's ability to predict the wind and water. Detailed information about each province, every major river basin is provided, including notes on climate, access routes, maps and tips from a sage old-timer on canoeing and camping.

Fifty years of reading and riding rivers in frail craft, not to mention the vagaries of wanton weather, have conditioned Nick and me and our confreres in different ways. We disagree somewhat on tents and first aid kits, but hold the line in favour of soft packs over metal frames that never will lie quiet in canoes.

There is one subject, though, on which all campers can agree - "Those Damn Bugs". Nick gives it the full treatment - scientific, tongue in cheek, pant leg in boot, the whole bloody smear. This alone is worth the price of admission. Canoe Canada by all means!

HYPOTHERMIA BIBLIOGRAPHY

The following is a very select reading list.

1. Gene Fear. Surviving the unexpected Wilderness Emergency. This is the best book on short term survival. Every novice outdoor recreationist should own a copy, and all outdoor recreationists should read it.
2. Dr. Ted Lathrop. Hypothermia - Killer of the Unprepared. This is the best book on the subject of hypothermia, and should be owned and read by all outdoor persons.
3. Adirondack Mountain Club. Hypothermia - a Killer Companion. A brief, inexpensive pamphlet, it is very good. It would be excellent as a handout for school clubs, etc.
4. Dr. Alan E. Nourse. "Cold Weather Killers, Hypothermia and Frostbite" in issue #4 of Backpacker. Reprints are available. It is a very good article on both frostbite and hypothermia, and is also suitable for school clubs, etc.
5. Dr. James Wilerson, editor. Medicine for Mountaineering. It has a good section on hypothermia.
6. Royal lifesaving Society of Canada. Cold Water Immersion and Risk of Hypothermia. HELP is explained and outlined in this pamphlet.

products and services

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 or 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. Shop located at 333 Dundas St. (Hwy. 8), Galt, Ont.

Mad River Canoes are now available through Rockwood Outfitters in Guelph — in particular the 16' 6" Royale Explorer. For information about these canoes contact Rockwood Outfitters at 31 Yorkshire St., S., Guelph, Ont., N1H 4Z9. Phone: (519) 824-1415.

Really Waterproof Bags: John Cross has a small supply of rubber gas-mask carriers, about the size of a purse — perfect for a camera, trip journal, or anything else that must stay dry. They are made of tough material, and have a rolled-seam-and-snap closure, and carrying strap. If interested contact John at 106 Strathnairn Ave., Toronto, or phone (416) 654-9805.

Discount on ABS Canoes: Camp Wanapitei is ordering a number of these canoes, and will order more for any W.C.A. members who want one. By purchasing as part of the camp order you will save 20% off the regular price. For further information contact vice-chairman, Tom Roach.

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.

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

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

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Apt. 915,
Don Mills, Ont.
(416) 445-9017

STANDARDS

King Baker,
R.R. #2
Newcastle, Ontario
(416) 987-4608

CONSERVATION

Sandy Richardson,
5 Dufresne Ct., Apt. 2705,
Don Mills, Ontario,
M3C 1B8
(416) 429-3944

MEMBERSHIP APPLICATION

I enclose a cheque for: \$5.00 — student under 18
\$8.00 — full time students
\$10.00 — single membership
\$12.00 — family membership

for membership in the W.C.A., which entitles me to receive THE WILDERNESS CANOEIST, and give me the opportunity to participate in W.C.A. outings and meetings.

NAME: _____

ADDRESS: _____

PHONE: _____

Canoe Trips Taken: _____

Interested in serving on committees? _____

Please send completed form and cheque (payable to the Wilderness Canoe Association) to:

Mary Jo Cullen, 122 Robert St., Toronto, Ont. M5S 2K3.

Membership expires January 31, 1978.