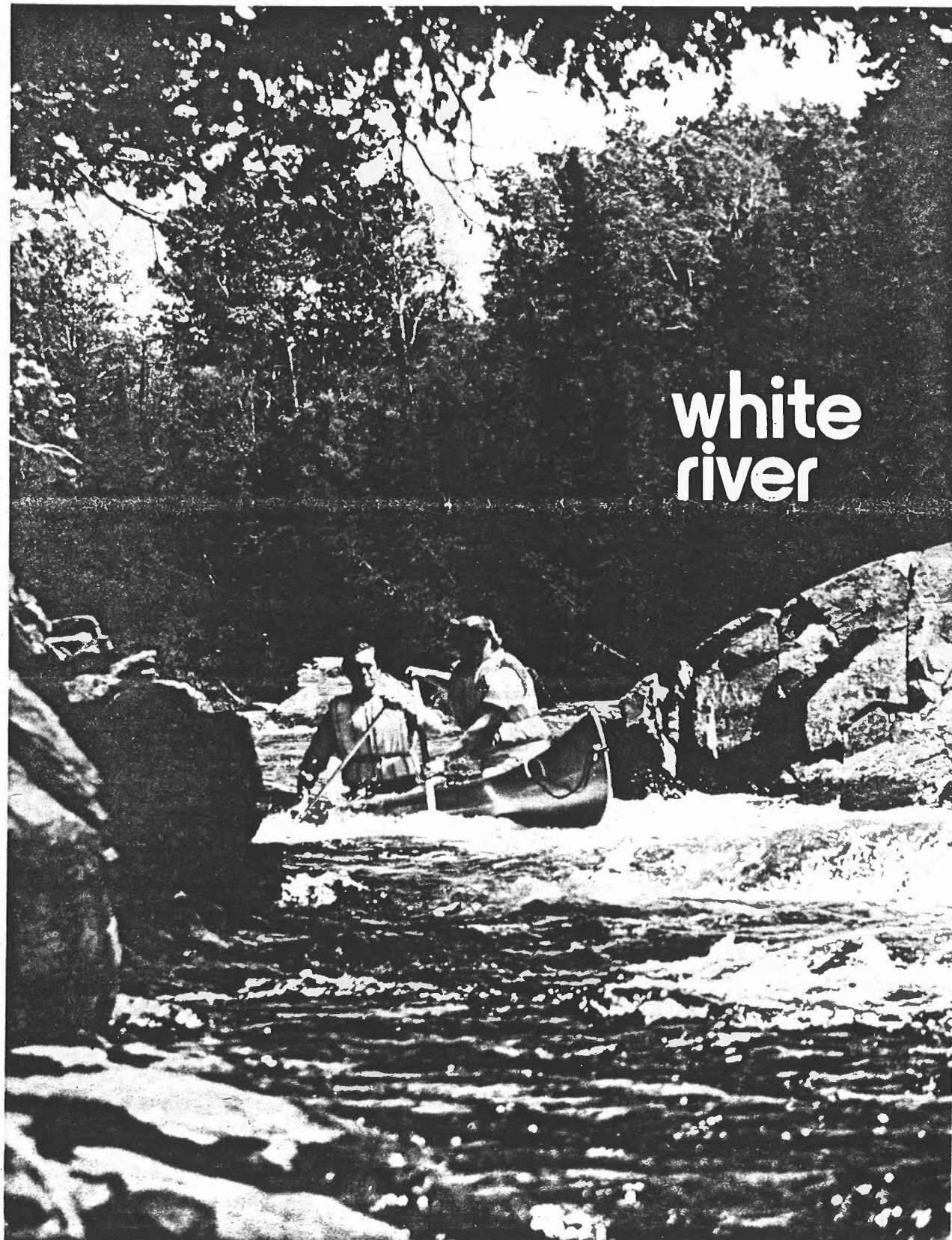


the wilderness canoeist

volume 7 number 3

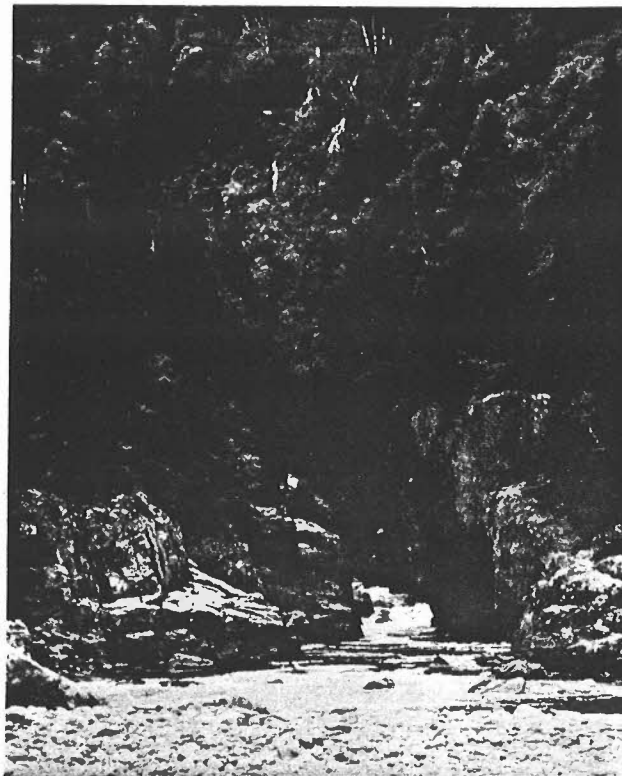
autumn 1980



white
river

The White River flows west approximately 185 km from its source in Negwayu Lake to where it enters Lake Superior, 560 km by road northwest of Sault Ste. Marie. Our time limit of one week, however, restricted the distance we could paddle to the last 145 km - from the town of White River to the village of Pic River, 8 km up the coast from the mouth of the White River. Access and return was to have been by means of VIA Rail. However, the fact that VIA could not guarantee space for our four canoes caused us to choose the less desirable but more reliable method of driving.

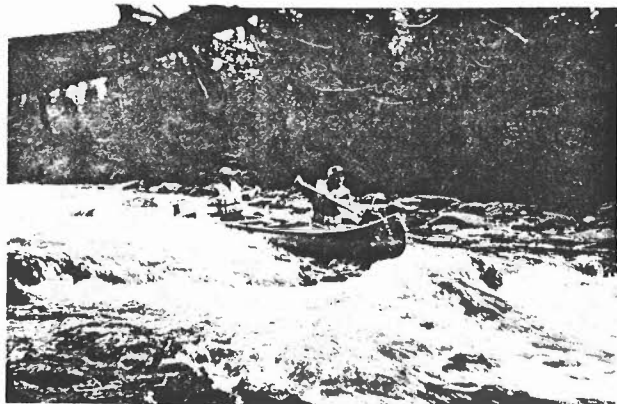
This was our first experience at canoeing one of the rivers that flow into Lake Superior, and it reminded us of a more spectacular version of a Spanish - Moon hybrid. There were numerous chutes and waterfalls (a la the Moon River in June), and large granite cliffs and crooked boulder-guarded rapids (a la the Spanish River). The difference was one of quality as well as quantity. The size of the falls and cliffs especially were far beyond what we had ever experienced, being more familiar with the relatively flat environs of the James Bay frontier. With more and larger waterfalls, chutes and rapids came more and longer portages. Furthermore, the beauty and rigour of the trip increased as we approached Lake Superior.



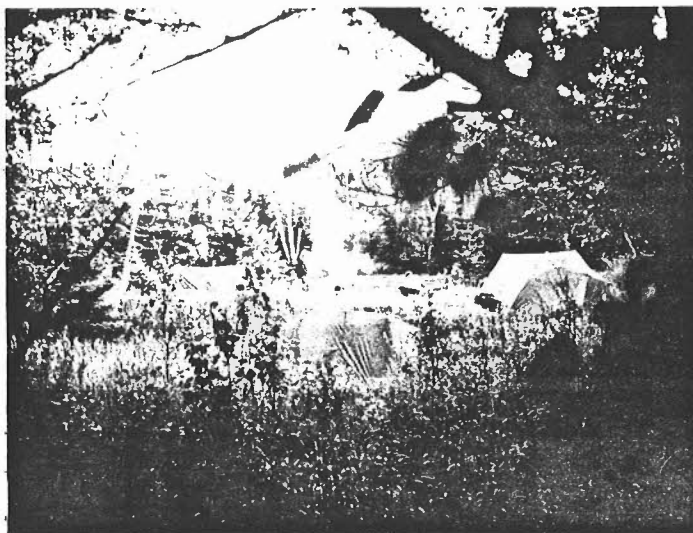
It was the portages that made this trip more strenuous than any we had taken previously, in spite of the fact that we were quite used to paddling 20-30 km per day, including time for fishing, swimming and photography. On the White River, our daily goal was about 20 km; a goal that we found equivalent to 30+ km on one of the northbound rivers. And we did virtually no fishing! A trip later in the summer, with correspondingly lower water levels, would mean additional portaging and dragging of canoes.

The White River is not an over-crowded canoe route. During our trip, the first week in July, we saw signs of only one other party, and found extremely little litter. In spite of the isolation, the portages were thankfully well marked, and campsites surprisingly easy to find on the many sand bars and portage trails.

The remoteness brought other benefits in addition to isolation, litter-free portages and virgin campsites. Wildlife was very much in evidence. We saw moose, more beavers than ever before, two owls, rabbits, squirrels, many active and wonderfully noisy loons, and a tremendously large number of ducks and ducklings.



Each trip has its own highlight or highlights. Sometimes it is the fishing, sometimes the swimming, and sometimes other things. On the White River it would have to be the scenery. The tall Umbata Falls with a vertical drop of about 30 metres, the Chingacance Portage around the falls where a very experienced outdoorsman died, Angler Falls, and the Chigamiwinigom Falls and Gorge, which is crossed by a footbridge of the Pukaskwa National Park Coastal Hiking Trail, all make the long portages seem worthwhile. And then there was Lake Superior!



The route description calls Lake Superior an "inland sea" and advises much-caution. One day in three is said to be unnavigable because of wind, waves or fog. We were fortunate to have an off-shore wind when we arrived at the river's mouth. Even with the wind blowing off-shore, the swells were a metre high and compounded by short choppy waves in the open bays. But the potential for sudden danger was very evident. The rugged granite shoreline provided very little refuge from the wind and waves, and even fewer hospitable landing spots in case of emergency. And the water was frigid - great for preserving beer, perhaps, but not for people. But despite, or perhaps because of the potential for danger, Superior was impressive - very impressive.

The week passed quickly, but the experiences of that week did not. The White River provided a great contrast to the rivers of James Bay, and the variety of scenery and canoeing experiences packed into its 185 km course makes it an excellent two-week trip for moderately experienced whitewater canoe-trippers.

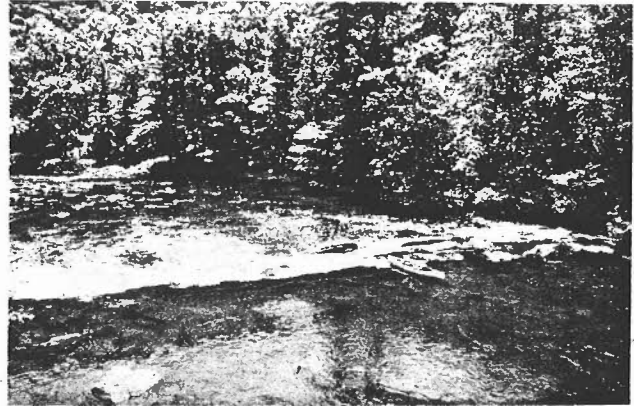
Wayne Richardson
Rick Matthews
Pete Milroy



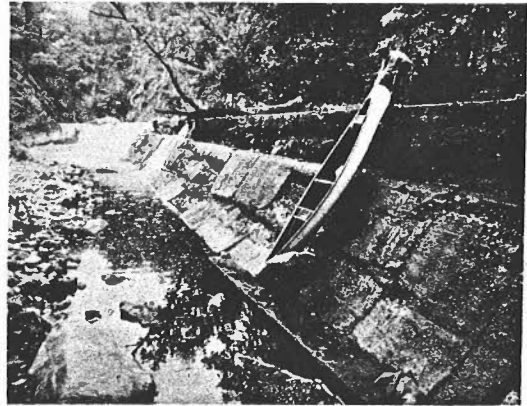
cacapon ~ potomac rivers

Story and Photos: Toni and Ria Harting

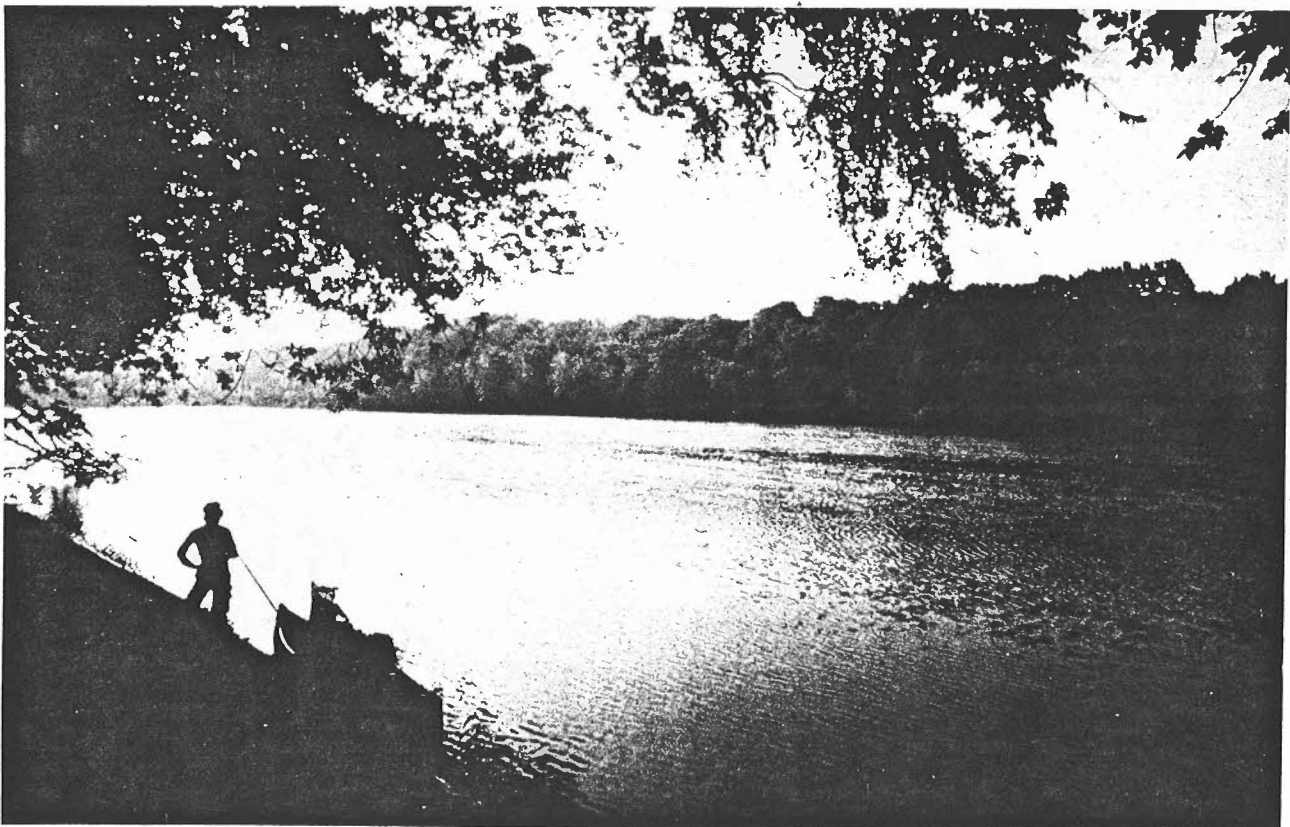
Instead of north, the direction we normally take when leaving for the starting point of our annual far-away trip, we pointed the canoe-topped car south, to the United States. It was an 800 km drive through Ontario, New York State, Pennsylvania, Maryland (crossing the Potomac River at Cumberland) and West Virginia before we arrived at Capon Bridge, a little village on the small and beautiful Cacapon River. This is one of the tributaries of the Potomac River, and it flows in a north-northeast direction through the Allegheny Mountains. Although not a wild river (at least the part we travelled on), having long stretches of calm water and ranging from 5 to 30 metres in width, there are some nasty ledges and rapids in it that can mean lots of trouble to the unwary canoeist.



There are quite a number of very interesting rivers in this part of the eastern U.S.A., and especially during the Spring many canoeists and kayakers flock to the rapids for a few days of tough whitewater paddling.



Collecting the necessary information via books, maps, articles, brochures, etc. had heightened our curiosity, and we eagerly pushed off into the shallow and occasionally fast-flowing waters of the Cacapon. From Capon Bridge to Great Cacapon, near the confluence with the Potomac River, is about 70 km of winding river, flowing through often very beautiful scenery with good camping spots. We saw mountains covered with dense woods, high cliffs hanging





over the water, a small veil-like waterfalls dropping into the river with a delightful tinkling sound, deer crossing the shallow rapids, and a large group of apparently very hungry turkey vultures perched in trees by the river edge, staring at us with their beady little eyes and hoping we would somehow die on the spot and thus provide them with a nice meal.

Towards the confluence with the wide Potomac River the scenery gradually changes, and more and more farms, houses, and villages show up around the river bends. Like so many of these mountain streams, the Cacapon is occasionally subject to severe flooding in the Spring; and the scars left behind by these disasters can sometimes quite easily be seen in the surrounding countryside. We heard some pretty terrible stories about houses swept away, and farms ruined by raging waters many metres above normal level.

Also the very much larger, but often quite shallow Potomac can turn a nasty face when all its tributaries pour their flood waters into the normally easy flowing river. To control these devastating floods and also to provide calm water for commercial boat traffic, a number of low dams (the highest about 6 m) have been built over the years, turning long stretches of the river into a quiet scenic stream. Excellent camping spots can be found on the left bank where the now discontinued and mostly dry Chesapeake and Ohio Canal and its companion towpath have been turned into an about 300 km long, ribbon-like National Historical Park.



For most of its length the Potomac is not a difficult river, but there are some dangerous rapids which can be pure heaven for the experienced whitewater paddler, notably near Harpers Ferry and Washington D.C. We decided not to run these, because playing it safe was a very wise rule on this one-canoe trip.

The Potomac is gradually being cleaned up through the dedicated efforts of a large number of enthusiastic river lovers; and large parts of the river are definitely more than worth the trip. However, pollution is still a problem, especially above some of the dams and near larger towns where motorboats and cottages are slowly taking over. But the Potomac is a fascinating river to travel by canoe; the scenery is often very beautiful, and it flows through an historically rich part of the eastern U.S.A.



The 280 km trip from Capon Bridge to Washington D.C. taught us a lot about this part of the country, not the least of which was the fact that poison ivy and mosquitoes are also very much part of the beautiful scenery around the Cacapon and Potomac Rivers.



news briefs

WCA PHOTO CONTEST

Again this year the WCA is holding a slide competition. Members are invited to submit their slides in any of the following categories:

CANADIAN WILDERNESS: Photographs of wilderness scenery and landscapes, taken in Canada, that interpret the "feeling" of the wilderness. (There should be no evidence of man in the photographs.)

FLORA: Photographs of Canadian wild plants in their natural settings.

FAUNA: Photographs of Canadian wild animals in their natural settings.

MAN IN THE WILDERNESS: Photographs depicting man in harmony with the natural environment, and capturing the essence of the wilderness experience.

INTERPRETIVE STUDIES OF THE NATURAL ENVIRONMENT:

Photographs of an expressive or interpretive nature, portraying the drama or impact of some element from the natural environment. Photographs may be abstract, and may highlight line, form, texture, colour or mood in the chosen subject.

GENERAL INFORMATION:

Entries should be sent to the Photo Contest Chairperson: Claire Brigden,
58 Eastbourne Ave.,
Toronto, Ontario,
M5P 2G2.

Entries must be received no later than January 30, 1981.

Each slide submitted should be clearly marked with the photographer's name, and numbered. Include with each entry a sheet of paper stating name, address, phone number, and clearly indicating by number for each slide: a) the category entered, and b) the title of the slide.

DEADLINE FOR WINTER ISSUE

Articles, photographs (black & white or colour prints, and colour slides are all acceptable), trip reports, book reviews, equipment comments, etc. are all needed for our next issue.

In particular, we are still looking for stories and photographs of members' summer trips.

Please send material to the editor by November 15 for inclusion in the Winter issue.

LAND CONFERENCE AT UNIVERSITY OF GUELPH

A conference entitled Land Policy Formulation: Lessons from the Past, Ideas for the Future will be held November 14-15 at the University of Guelph. It will be jointly sponsored by the Conservation Council of Ontario and the Centre for Resources Development of the University of Guelph. The conference will explore the issues and political reality in searching for action to improve land conservation. The format will include both the presentation of position papers and workshop sessions.

Further information may be obtained from: University School of Part-Time Studies & Continuing Education, Guelph, Ontario, N1G 2W1. Phone: 519-824-4120.

Winners will be announced at the WCA Annual Meeting in February, where all entries will be shown. (Entrants may pick up their slides at the Annual Meeting. For those not present, slides will be returned by mail.)

RULES: 1. Entries will be accepted from WCA members only.

2. Slides that received prizes or honourable mentions in previous WCA contests are not eligible for entry this year.

3. A maximum of 3 slides per category may be submitted.

4. An entry fee of \$3 (regardless of the number of slides submitted) must accompany each entry.

5. The WCA reserves the right to use prints of the winning and other selected slides for display at the WCA Booth at the Sportsmens' Show.

JUDGING: The photographs will be judged on their subject matter, interest, technical excellence, and artistic merit by a panel of judges.

PRIZES: The winner of each category will receive an 8" X 10" framed and mounted colour print of their winning slide. The winner whose slide is judged Best Overall in the Contest will receive an 11" X 14" framed and mounted colour print of their slide.

In selecting slides for entry, the following quote from Nature Canada should be kept in mind:

"The successful nature photographer must bring a high degree of photographic skill to his work, but pure technique is not enough. The person behind the camera must clearly reveal the character of the subject and at the same time tell us something about his own response to what he catches on film."

YOUTH ENCOURAGEMENT FUND

Each year since its inception the Youth Encouragement Fund has assisted some of our student members to attend canoeing courses or to participate in major wilderness trips that would otherwise have been beyond their means. This year the Committee was unable to find any qualified members in need of any assistance; all our active younger members it seems had committed themselves to summer jobs.

The Committee and the Board of Directors would, however, like to thank those members who generously contributed to the fund. The money will be kept in the fund for next year, when it is hoped that more young people will take an active role in the Association, and that the club will again find suitable candidates to assist.

CHANGE OF ADDRESS

Please send all change of address information to the membership chairperson Paula Schimek, so that all club lists can be updated.



PADDLING MY OWN CANOE

Author: Audrey Sutherland
Publisher: The University Press of Hawaii
1978; \$7.95. (Available from Moor
and Mountain, Andover, Mass.)
Reviewed by: Dennis Shimeld

Perhaps the thought has sometimes occurred to you in the midst of trying to organize a trip for the family, friends or who-have-you that it might be a lot simpler just to leave them all behind. So - why not go it along?

THIS AUTHOR DOES. She is a lady who, besides having logged all of three-hundred bottom hours scuba diving, has surveyed eight-hundred kilometres of trail and coastline to design a wilderness course for one of the "Outward Bound" type learning programs. She gives us an excellent book, well written and illustrated, and honest. In a phrase; this lady tells it like it is.

It is not, though, a book about lake canoeing, nor about river running. Neither is it a book about week-long, or weekend, canoe tripping that most of us do, of getting from one place to another in much too short a time.

Nor, actually, is the book about the one place that the author writes of: Moloka'i Island, off the northern coast of Hawai'i. Specifically, the locale is the north east wilderness of Molokai, rugged, isolated and beautiful, with the highest sea cliffs in the world.

Audrey Sutherland's enigma began in 1957 when she saw this coastline through a plane window. From such a glimpse of spectacular cliffs and waterfalls grew her dreamlike desire to be there, to go there and to explore. It was a desire that took much of her efforts and holiday time over the next dozen or so years, and that led to the making of this book. And of necessity, she had to explore this wild place inexpensively; hence she back-packed, swam and paddled an inflatable.

The description of her hazardous attempts to enter the Moloka'i wilderness enthralled me. First she tried swimming from bay to bay. Then she bought a six-foot inflatable, and later in 1970 a nine-foot inflatable, to paddle the shark-infested waters around the thousand-and-more metre high cliffs.

The reader, helped by the poetic and ethereal-like drawings of Dorothy Bowles, can readily understand and empathize with the author's struggles in her attempts to realize her dream, to become for a time part of what must be one of the most beautiful and awesome wild coasts of this earth.

"...rarely", the author writes, "are we deeply challenged physically or alone. We rely on friends, on family, on a committee, on community agencies outside ourselves. To have actual survival, living or dying, depend on our own ingenuity, skill, or stamina - this is a core question we seldom face. We rarely find out if we like having only our own mind as company for days or weeks at a time..."

Alone, you are more aware of surroundings, wary as an animal to danger, limp and relaxed when the sun, the brown earth, or the deep grass say, "Rest now..."

You push yourself hard or quit for the day, reveling in the luxury of solitude. And being unconcerned with human needs, you become as a fish, a boulder, a tree - a part of the world around you...

On a solo trip you may discover these, or try to build them, and life becomes simple and deeply satisfying. The confidence and strength remain and are brought back and applied to the rest of your life."

And that, surely, is what it is all about.

FUR TRADE CANOE ROUTES OF CANADA / THEN AND NOW

Author: Eric W. Morse
Publisher: University of Toronto Press, 1979.
Reviewed by: Rick Paleske

Even though this unique book is not specifically on canoe tripping, it will be of great interest to the wilderness canoeist who voyages anywhere in Canada, and who has an interest in the role of the canoe in opening up our country. As the title suggests, the canoe routes of the voyageurs, which served as the supply system across this continent during the era before rails or roads, are vividly described. Eric Morse also retraces these routes in conjunction with the modern transportation routes which constitute today's supply system. He deals with these topics in considerable detail in two parts.

The first part of the book introduces the reader to the hardships and agonies once endured by the paddlers who canoed Canada's waterways not for recreation, but as a way of life, presenting these as seen through the eyes of the Canadian voyageur or Orkneyman. This exciting sketch of Canadian history depicts the harshness of life on the trail, and describes the voyageurs' techniques of surmounting the many rapids and dreaded portages in their *canots de maitre*, which often weighed six-hundred pounds empty. Moreover, the historical routes are discussed in relation to the economic influences of the time, the reasons why certain animals were exploited, and the dominating factor of Canadian fur-trade history, the geography of the Canadian shield.

The second portion of the book traces the voyageurs' routes from York Factory to the crossing of the Rocky Mountains - as it was in the days of the fur trade and as it exists today. This informative section is enhanced by many maps, photographs, historical paintings and drawings, all of which illustrate the text. Throughout, the original spellings and punctuations are retained in all quotations from early journals when describing the old routes in detail. The descriptions are both historically interesting and a useful reference for modern canoeists who wish to travel parts of the old voyageur canoe routes.

Fur Trade Canoe Routes of Canada/Then and Now, written by an experienced canoeist with many canoe trips behind him and after years of research, addresses itself not only to the modern voyageur, but proves an interesting and colourful historical sketch of an important and fascinating era of our past.

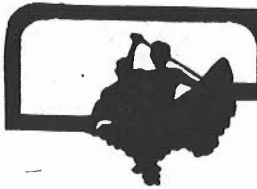
BRIEFS...

WCA AT THE SPORTSMEN'S SHOW - HELP WANTED

The WCA will again be having a booth at the Sportsmen's Show in Toronto in March. Help will be needed both in setting up and staffing the booth. Any members interested in helping out are asked to contact Bill King for further details. Call: 416-223-4646.

LOST

One green army surplus food pack (identified: 10th Kingston Scout Troop) was lost on the Deer River or the Crowe River upstream of Mud Turtle Lake on a canoe trip June 28 - July 1. If anyone has found this pack it can be returned through Jim MacLachlin in Toronto. Call 416-441-3460.



JERRY HODGE

THE TREE

Several months ago while my wife was hospitalized, I was treated to a spectacle which both amused and horrified me. A row of townhouses line Sheppard Avenue at its intersection with Leslie Street in North York. Along its perimeter is the inevitable grassy border neatly manicured and fertilized religiously. I'm sure, with Sure Grow 20-50-10, 2-4-0, crab-grass killer and a creeping sprinkler. Each day for a week I passed by this verge about 6:00 p.m. and watched them plant the tree.

The first day the verge was sitting placidly beside the hustle of that intersection framing the housing development. The second day a tree appeared. It was lying on its side, a large burlap ball around its roots. Day three brought a yellow backhoe to the scene plunked ominously in the middle of the sidewalk. Day four had changed the verge into a veritable battlefield; a border war (excuse the pun) looked like it had been fought at the site. There was a very large hole, dirt in several piles, and a badly chequered tank trail for 50 feet on all sides of the hole. Day five saw the tree planted and staked. Around the area were scattered piles of dirt. On the sidewalk were dozens of rolls of new sod and a new pile of top soil. Day six saw an area about 80 feet long scraped

and prepared to receive the sod. The tree was sitting boldly in the middle. On the seventh day the area was resodded, the tree (about 10 feet high) was in place and staked and all that remained was a rather muddy spot along the side of the road.

I was spared the spectacle of the actual work being done but I imagine it rivalled the seige scenes in the film, Joan of Arc. I can visualize teams of specialists, backhoers, rakers, depositors, spreaders, pilers and sodders arriving on different days to practice their respective crafts - all, of course, ministered to by fore-persons, assistant fore-persons, engineers, draft-persons, surveyors and traffic controllers.

Perhaps if the management had asked the caretaker to take a wheelbarrow-sized tree, a medium-sized shovel, a bit of canvas on which to place the dirt, the job could have been done in about 30 minutes.

WATERWAY PARKS AND MINISTRY OF NATURAL RESOURCES POLICY

In April this year the North Eastern Region of the Ministry of Natural Resources produced a policy document entitled "Proposed Strategic Land Use, Northeastern Ontario". This area encompasses 42% of Ontario's land and water area for a total of approx. 500,000 km² and contains 7% of

Ontario's population. It contains 65% of Ontario's mineral output, 25% of its tundra and 31% of its commercial fur harvest. Little of the land is in private hands with 89% of it owned by the Crown. The report, therefore, is rather important.

A general assumption of planning is that local people should have first priority and that long term diverse, multiple use is more important than short term benefits. There are many specific policies from moose to mineral management but the ones of concern to the W.C.A. involve waterway parks development. A total of 16 rivers are already or are being considered as waterway parks. One notable river which is a waterway park candidate is the Spanish River, a river of great interest to canoeists and one of the best canoe rivers in Ontario generally available to the bulk of the population. Waterway parks already include the Winisk, Missinabi, Chapleau, Negeosenda, Mississagi, Lady Evelyn, and Mattawa Rivers. New candidates include the Spanish, Severn, Larder, Sturgeon, Ottawa, French, Michipicoten, Otakwin-Attawapiskat, and Little Abitibi-Newpost. The phase-in period is approximately 20 years. The scheme is hampered by a lack of policy for Crown Land development. Indiscriminate user abuse has resulted in maintenance and control problems for the Ministry. More about this report will be included in the next issue.

LOW IMPACT CAMPING

The following is the policy adopted in Alberta for low impact camping. I think it is superior to our "Woodsmen's Code" and could be adopted as W.C.A. policy as it stands. It is my hope that a policy like this can be adopted at our next general meeting for use by our outings committee to guide members and others using remote regions.

INTRODUCTION

The popularity of hiking, cross-country skiing and various forms of river travel is increasing each year. More users are being channelled into fewer selected areas, creating an over-use. This over-use, combined with improper camping techniques, is creating major human impact problems. If we are to retain the high quality of our backcountry experiences and the unrestricted freedoms that traditionally have been ours, each user-group must accept the responsibility of minimizing its impact. This goal is well within our capabilities. We now have proven methods of travelling and camping in the backcountry which cause minimal harm to the ecosystem and minimal disturbance to our fellow users.

This brochure is intended as a guide for backcountry recreationists travelling by foot and water in minimizing their effects upon the backcountry. While this guide cannot possibly cover all situations or serve as a substitute for experience, ability and common sense, it is hoped that by developing and using these ideas, we will ensure the place of the camper in our backcountry areas.

Brochures specifically related to horseback trips and motorized recreational vehicle use have also been produced and should be consulted by user groups for further information on these activities. These are available from the Outdoor Recreation Section, Recreation Programs Branch, Alberta Recreation and Parks.

TRIP PREPARATION

The minimum impact camper knows that the increasing number of backcountry travellers combined with improper camping techniques are changing the nature of our backcountry areas. Trips should be planned with a responsible concern for safety and with an effort to minimize the impact of your visit upon the backcountry.

- Groups should be small (eg. less than 10). This will reduce the compaction of soil and cause less vegetation damage while hiking and camping. Never travel alone. If you are a novice, plan your first trips with more experienced travellers.
- Ensure that each member of your party is aware of the strengths, weaknesses, and responsibilities of each participant on the trip.
- Secure maps of the area you plan to travel through. Study the topographical features of your route and determine how many days your trip will take. Distance, topography and the availability of campsites must be considered. Select preferred camping sites from the maps

and brochures available to you. Choose alternative areas for your trip in the event you find your initial area choice to be overcrowded or over used.

- Familiarize yourself with the regulations of any managed areas you plan to travel through. If you plan to travel on privately owned land, obtain the permission of the owner.
- Familiarize yourself with the types of terrain and conditions you expect to find on your trip. This is an opportunity to test your equipment and yourself. Joining a local club is often the easiest and best method of upgrading your skills. Courses are also offered by outdoor associations and Alberta Recreation and Parks.
- Choose equipment based on its functionality, safety, comfort and potential for minimum impact. Discuss equipment features with experienced travellers. Keep yourself informed of new equipment developments through local stores and equipment catalogues.
- Carry a spare parts repair kit along with you, and be familiar with how to use it.
- Select clothing which is appropriate for the purposes of your trip, for the area you'll be travelling in and for potential weather changes. Hikers should be aware that 'wafflestomper' boot soles can do great damage to soil and vegetation. A 'crepe-type' sole may be more appropriate. Sneakers or moccasins should be worn for in-camp use.
- Before going on a trip, it is possible to calculate fairly accurately the anticipated energy expenditure of each group member during the trip and thus the necessary amount of food to carry (see Mountaineering - The Freedom of the Hills in 'Sources to Consult'). With that information, plan to take only the amount of food you can eat plus a small emergency supply.
- Choose food based on its nutritive value, compactness, light weight and ability to be premixed and repackaged into lightweight reusable containers that you can pack out. Cans, bottles, tin foil and cardboard box containers are no longer necessary or appropriate. Pack your food in labelled, sturdy bags (eg. plastic bag within a gunny sack), and carry an additional bag for litter you encounter along the trail.
- All backcountry travellers should carry a lightweight camping stove. They are

more reliable and convenient to use than a campfire and leave no environmental impact.

- Those backcountry users who plan to take along a dog as a travelling companion have a special responsibility to ensure the animal is properly trained for bush-travel (ie. he does not harass the wildlife or other user groups and does not dig up the vegetation).
- Trail and campsite conditions can and should be checked beforehand. Contact and register with the Alberta Forest Service Office or Park Office located in the area you wish to travel. Include the following information:
 - The exact route you plan to travel.
 - The number of individuals in your party and your means of travel.
 - How long you expect to camp at each stop (are you making a base camp?)
 - The dates you plan to leave and return on your trip.

If you find out that your planned route or campsite is over-crowded or over used, select another area to travel in or postpone your trip until a later date.

ON THE TRAIL

- Whenever possible, park your vehicle in an established parking area. Avoid parking on roadside meadows or any green areas susceptible to damage from vehicle tracks.
- Use well-defined trails and routeways, if available, to avoid creating new trails. Shortcutting across switchbacks should be avoided since it can result in erosion and gullying as well as creating unwanted parallel trails. Black off shortcuts with deadfall to discourage further use.
- Do not create your own pathways around degraded sections of trail as this only compounds existing problems.
- Approach fragile areas such as low, wet regions and unstable stream banks with caution. Travel around such areas where possible.
- When travelling in an alpine environment where trails do not exist, the group should spread out instead of walking single file. This eliminates excessive trampling of fragile mountain vegetation. In these areas always take the more gentle slopes to avoid scrambling and creating possible erosion situations.
- Do not smoke while moving on the trail. Always stop if you must light up. Duff the cigarette properly using a flat rock as

an ashtray and pack the filter out with you as it does not decompose naturally.

- Never drop litter along the trail or waterway. Keep a plastic bag handy and always be willing to pick up any litter found along the trails.
- If nature calls while travelling on the trail or river always move well off the trail and at least 200 feet away from any water source.
- Do not pick plants or minerals along the trail. This only leaves the area dull and featureless for those who follow you.
- Each user must respect the right of other backcountry recreationists who travel in the backcountry and display consideration for their method of travel:
 - when meeting fellow hikers or cross-country skiers the right of way should be given to the party going downhill.
 - when meeting horses, stand downhill from the group and allow them ample room to pass. Stand in plain view and do not yell or move suddenly. This is not the place for social chit-chat. Do not approach the horses or touch them. If you are wearing ponchos or hear bells, stand quietly until the packstring goes by. The horsepacker must keep his string in control and a stationary packstring has a greater tendency to have problems.
 - cross country skiers should always give warning when overtaking another skier by calling "Track!".
 - when encountering snowmobiles or other motorized recreational vehicles always move well off the trail to allow them passage.
 - larger motorized boats are required to give the right-of-way to canoeists and other river travellers. However, if either party is navigating a difficult stretch of water, the other should respect their right-of-way.
- Portage entrance and exit points are often areas of high use and impact. River travellers should avoid camping in these spots.
- Wildlife complements your trip but avoid unnecessary disturbance of animals by learning to recognize the habitats and behaviour of different species. This is particularly important in winter when the energy sources available to wildlife are in critically short supply. Any undue harassment will further deplete the animal's strength and may endanger its life.
- By learning to recognize bear habitat and behaviour you can avoid travelling through areas where bears might likely be located.
- River recreationists and shoreline hikers should be careful not to intrude into nesting areas where on-water nests of

birds (eg. grebes, loons, ducks) might sustain damage through human disruption.

CAMPSITE SELECTION

- It is each individual's responsibility to choose a campsite that will withstand the impact imposed upon it. Through your pre-trip planning you should have already determined the area in which you will camp.
- Use designated campsites whenever possible. However, remember that many old established spots are located closer to trails and water than is desirable. Be sure to camp well off the trail. Avoid camping too close to natural beauty spots and open water as these areas often suffer from the worn out look of over use. Try to locate your camp so that it is not visible from trails and waterways, and camp no closer than 200 feet from any river, lake, stream or spring. This helps to reduce the chances of water pollution occurring. This may not be practical on islands, therefore users have a special responsibility to ensure the cleanliness of their camp and to remove all traces of its presence when leaving.
- Avoid camping on or near game trails. Locating too close to natural runways disturbs the wildlife and may upset their normal living habits.
- By learning to recognize the habitat of wildlife species such as bears and their behaviour at different times of the year, you can avoid choosing a campsite in an area which might result in an unpleasant encounter.
- Whenever possible choose a campsite where the forest floor accumulation of pine needles and leaves is less likely to be damaged by your stay.
- During the spring, summer and fall choose an area that will accommodate the separation of your cooking area from your sleeping area by at least 100 feet.
- Both hikers and cross-country skiers should avoid locating campsites or even walking on grassy spots during spring. Early spring vegetation is easily damaged and moist soil will be compacted. Try to locate a dry, sandy area with little vegetation or else camp on the snow.
- Hikers should camp only briefly in alpine areas above treeline. Camp in sandy or rocky areas to prevent damage to fragile alpine vegetation.

AT CAMP

- Having selected an appropriate campsite, ensure that your cooking area is well separated from your sleeping area to avoid food odor contamination. Food odors attract certain wildlife such as bears. The distance separating the two areas helps to decrease the chances of your being in the way should a bear decide to check out your food supply.
- Hang your food and equipment well up in a suitable tree to discourage wildlife from investigating it. Ideally, the tree should have a strong limb twenty feet above the ground. Attach your rope to a rock and lob it over the branch. Fasten your food and equipment to one end of the rope and pull the load up to below the branch. Fasten the other end of the rope to the tree in at least two places.
- Use efficient, comfortable and low-impact equipment and avoid digging out bedsites, cutting green bough mattresses or constructing lean-to shelters. By using a tent with a water-proof floor or simply placing your shelter on high ground you can avoid scarring campsites with unnecessary drainage ditches.
- Permanent damage can be caused to vegetation under a tent by crushing. Discolouration is caused by blocking out the sun. This can be avoided by moving the tent daily or, more simply, by lifting the tent floor each day to allow vegetation to recover.
- In warmer weather, net hammocks may be preferred for sleeping. Ensure proper padding is used when tying the ends of the hammock to trees. While tents are most often used for shelter, winter camping enthusiasts may prefer to substitute the challenge and enjoyment of snow huts or igloos for tents. Previous experience in building and using snow shelters is a must.
- When winter camping, remember to pack all items away since snowfall during the night might bury small equipment and you will be unable to find them.
- When camping in a group campsite or near other occupied campsites, particularly near water bodies, remember that man-made noises are often an annoyance to other campers. Treat others privacy with respect.

- Many small animals frequent campsites in search of handouts. By feeding them you disrupt their normal feeding and dietary patterns. Remember, you will not always be there to feed them and this disruption of their feeding habits may directly affect their health and ultimately their chances for survival.

THE CAMPFIRE

- It is recommended that all backcountry travellers use camp stoves. Backpacking stoves are lightweight, compact, efficient and more convenient than wood fires. In addition they leave no scars in backcountry campsites. Certainly when camping above the treeline during the winter season, in any situation where deadwood is not available, or in conditions where a wood fire may be hazardous, camp stoves should be the only fires used. An average wood fire uses approximately 12 pounds of wood fuel and affects a surrounding area of 4 square feet.
- If a campstove becomes inoperative or an emergency necessitates the use of a wood fire, the following techniques should be used:

(a) Firepit:

- if a previous firepit exists, use it to avoid creating a new firescar.
- watch for mossy areas, dead logs and tree roots. Never build a fire on top of this type of vegetation.
- select a site on level ground, sheltered from high wind and well away from heavy brush, live trees and overhanging branches.
- be certain there is a convenient source of water nearby for extinguishing the fire.
- dig up a square piece of sod roughly 18"x24", keeping it as intact as possible and lay it to one side.
- remove the remaining top soil down to the mineral soil (which has no organic material). Pile the topsoil nearby. One end of the pit can be made slightly deeper to accommodate cooking wastes.
- clear the selected area of debris in a 7 foot diameter around the firepit.
- the fire area should take up no more than 2/3 of the firepit. Use only dead wood found lying on the ground. Kindling material can be found on the forest floor such as the dry area under large conifers. Wood no larger than a man's wrist should be used for fuel since it will easily burn to white ash. Once it has started burning, never leave a fire unattended.
- stop adding fuel well before you wish to put the fire out. Keep pushing all half-burnt wood into the centre of the fire until only white ash remains. Thoroughly soak the entire firepit with water. Scrape all charred ground at the edge of the firepit towards the centre, cutting any charred root ends out. Heap the mixture of ashes and soil into the centre of the firepit and soak with water. To determine if the fire has been completely extinguished place your fingers into the firepit. Spread the mound out evenly in the firepit and carefully replace the topsoil. Sprinkle water on top to give the vegetation a boost. Replace any debris previously removed.

(b) Fire on a Rock:

- if done properly a small fire built on a flat rock leaves little visible evidence and does little damage to soil and vegetation.
- scatter a layer of mineral soil on a flat rock to protect the rock from fire damage.
- build your fire on the rock using the same materials previously suggested.
- burn all wood to a white ash.
- extinguish fire thoroughly.
- scrape material off the rock and scatter.
- wash any remaining material off the rock and return it to its original location, placing the fire side down.

- Canoeists and riverboaters should rely primarily on backpacking stoves. However, if the need for a wood fire arises, the river recreationist should follow the above suggestions, building it on sand or rock and using driftwood for fuel. Beware of using water-saturated rocks as they may explode. On an island it may

not be practical to move the campsite to the interior, away from the shoreline. The river recreationist then has a special obligation to ensure that all traces of his fire are removed.

- Whenever the backcountry traveller encounters old fire scars, time should be taken to clean them up, placing natural, decaying matter in the pit to start soil regeneration.

CAT-HOLES (LATRINES)

No one should venture into the backcountry without a means of burying human waste and the knowledge of how and where to bury it. The following steps are recommended for making a cat-hole which naturally decomposes human waste without leaving a visible trace:

- The cat-hole should be located at least 200 feet from open water on high ground.
- Dig a hole anywhere from 6" to 10" deep, removing the sod intact. Be certain the depth does not exceed the dark coloured biologically-active layer of topsoil where decomposition will occur. Soil removed from the cat-hole should be placed nearby in a pile.
- After each use, spread a light layer of soil in the cat-hole.
- After final use fill the hole with the remaining loose soil and tramp the sod lightly back into place.
- The area size of the cat-hole, not the depth, will vary with the number of people using it.
- For river travellers camping on small islands which may not even be 200 feet across, locate the cat-hole in the centre part of the island using the method described. Never urinate directly into the water either in camp or when travelling.
- It is difficult to make a cat-hole in frozen and deep snow-covered ground. However, whenever possible, dig down to soil surface and chop up the top soil in blocks to a depth of less than 6". Replace the chips of top soil when completed.
- In areas of high snowfall where digging down to the top soil is impractical, carry plastic bags with which to carry out human wastes.

WASHING, PERSONAL CLEANLINESS AND WASTE DISPOSAL

Any water used for cleaning dishes or bathing should be properly disposed of in a sump-hole, not merely dumped on the ground. The use of soaps and detergents containing phosphates must be avoided to prevent contamination of backcountry water sources and vegetation damage. Use only biodegradable soaps.

- Small amounts of waste water can be poured in the cat-hole, but for excessive amounts dig a sump-hole 10" to 12" deep. The sod should be removed intact and the dirt piled to the side of the hole. The sump-hole should be located near the cooking area, 200 feet from open water. After final use replace the soil in the hole and tamp the sod lightly back into place.
- Use a water carrier to minimize the number of trips to your water source.
- Wash all dishes in a billy pot or basin near the cooking area. After each meal, wash dishes tolerably clean with hot water. Before the next meal sterilize dishes and utensils by immersing them in boiling water.
- The minimum impact camper finds that by careful planning and preparation of his meals, little waste food is created and a sump-hole may not even be necessary.
- Minor washing of hands and face with out soap can be done in a stream or lake to maintain cleanliness.
- When a thorough cleansing is desired, fill a water container and retreat at least 200 feet away from open water. Use a biodegradable soap. After washing and rinsing, pour the soapy water into the sump-hole.
- Campers may prefer to use commercially available premoistened towelettes as a convenient way to keep clean during their trip.

LITTER AND GARBAGE DISPOSAL

Every backcountry visitor has a responsibility to maintain the quality and beauty of the natural environment by packing out what was taken in.

Improper handling and storage of food and garbage leaves an ugly mess for other campers to clean up, as well as increasing the danger of negative human-wildlife encounters.

- By following the trip preparation guidelines outlined for food, the backcountry recreationist will generate little in the way of garbage to be packed out. He will not have brought any cans or bottles with him, and by cooking only

what he can eat, there will be little waste food to be carried out.

- Garbage should always be carried out of the backcountry, never buried. Wildlife can all too easily find and dig up old garbage pits, even in winter. Once accustomed to human food these animals may become a problem to future travellers camping in the area.

- While at camp, store your garbage in a waterproof sack or bag. At night or any time that you are not using the bag, hang your garbage from a tree using the method described for food and equipment. Ensure the bag is sturdy, such as a plastic bag inside a reusable gunny sack.

BRACING CAMP AND HOMEWARD BOUND

- Return unburned firewood to a natural looking location.
- Restore the firepit, cat-hole and sump-hole to an original looking state.
- Any debris that was removed from under a tent to smooth out the site should be replaced.
- Pick up any litter, leaving an absolutely clean campsite so the next backcountry visitor will not be aware of your previous visit.
- If you were using a backcountry hut, try to leave it in better condition than you found it.
- Be sure to check out with proper authorities upon return to the trail head. Report any sections of the road or trail where hazards exist or where there were signs of over-use.

THOUGHTS

Each of us who enjoy the backcountry is accountable for its protection. Our goal must be to reduce the impact of our visits and this can best be achieved through the cooperation of visitors displaying proper attitudes and actions.

The concept of minimum impact camping encourages outdoor recreationists to:

- increase and improve their collective camping skill levels
- strive to live in harmony with the environment
- increase their awareness of aesthetic experiences
- be aware of potential human impact upon the environment

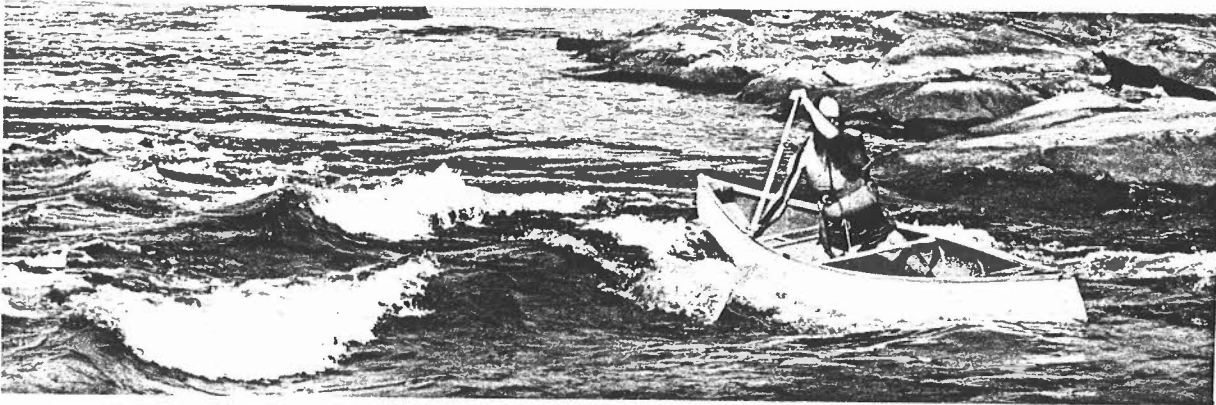
The concept advocates updating many of the old camping traditions with improved techniques. The minimum impact camper recognizes that camping skills are not ends in themselves but important insofar as they allow us to gain a deeper awareness of ourselves, others, and the environment.

SOURCES TO CONSULT

For further information on minimum impact camping techniques consult:

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ferrying song



FERRYING SONG

TONI HARTING (CAPAC)

VERSE

There once was a man with a ver - y long beard Who

want-ed to fer-ry a — cross A vi — o — lent

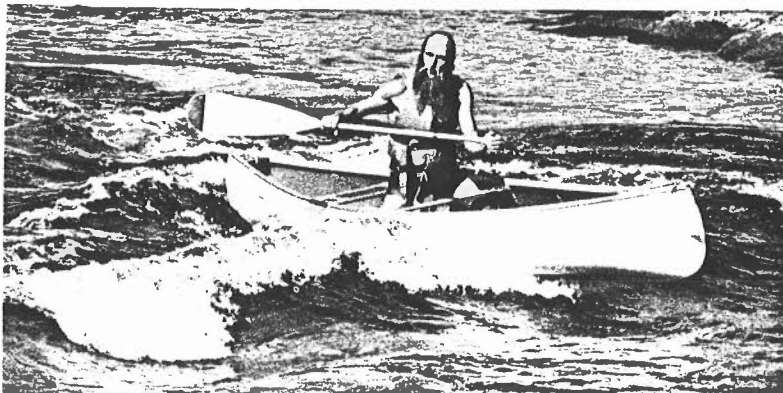
wild-er - ness riv — er To show it that he was the boss

Just to show it that he was - the boss. Dip it in and

pull it out And make a pry and do a draw Dip it in and

pull it out And fer-ry the can-o-s a — cross.

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7 Walmer Road, Suite 907, Toronto, M5R 2W8, Canada
phone (416) 964-2455



FERRYING SONG

verse 1.

There once was a man with a very long beard
Who wanted to ferry across
A violent wilderness river
To show it that he was the boss
Just to show it that he was the boss.

chorus Dip it in and pull it out
And make a pry and do a draw
Dip it in and pull it out
And ferry the canoe across.

2. It all went OK till about halfway
He tried to get back to the shore
But the very long beard, wild woolly and weird
Yelled out "I can't take it no more!
That's enough, I can't take it no more!"

chorus

3. It panicked and tried to get out of the boat
Quite sick of this whitewater challenge.
But the man cried "No no, stay inside, do not go
Be careful, we'll loose our balance
Sit down or we'll loose our balance!"

chorus

4. The beard wanted out but the man want.
They fought like two fools on the wat.
Committing some horrible safety sins
Trying to strangle each other
Yes trying to strangle each other.

chorus

5. But then the canoe was
And suddenly slipped f
Down under they went, t
The terrible cold made
On the terrible cold m

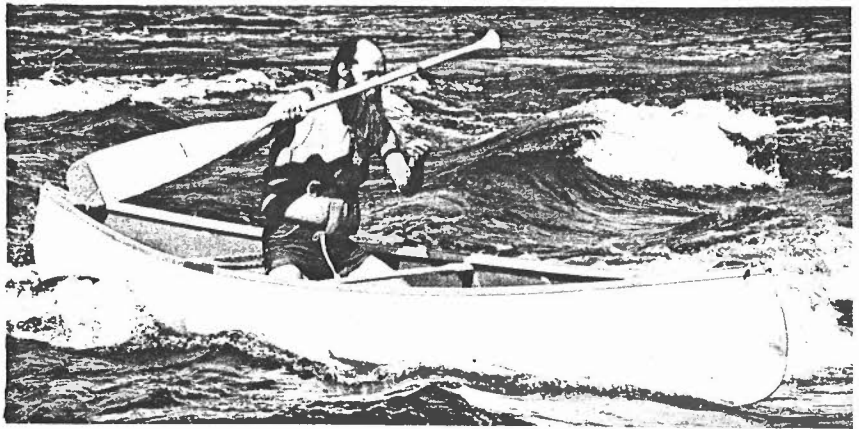
chorus

6. Well the
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So if yo
A whitew
Yes a wh

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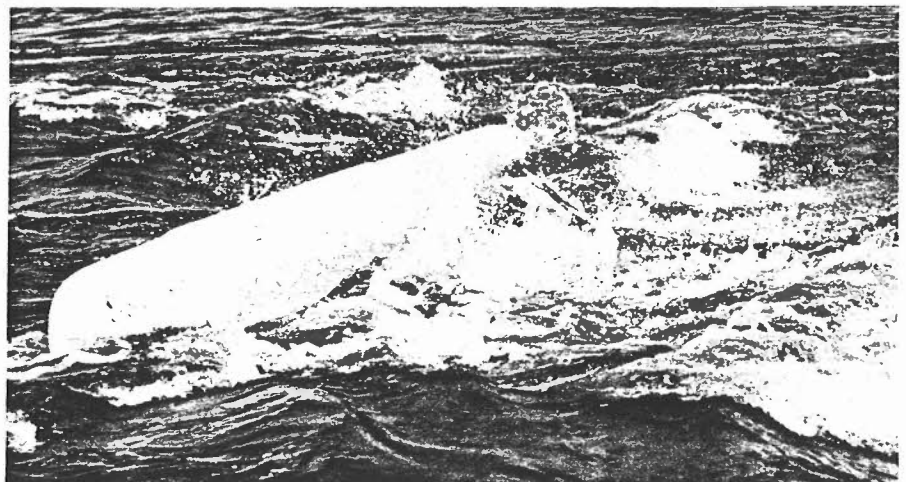
fed up with those two
rom their grasp
be beard and the man
them gasp
ade them gasp.

man and his beard, wild woolly and weird
ned for their chances were slim
u want to ferry make sure that you carry
ster beard that can swim
itewater beard that can swim
u want to ferry make sure that you carry
ster beard that can swim
itewater beard that can swim.

is

porus When the ferry is complete
And you're still dry and all is neat
Once again get off your feet
And ferry the canoe across.

rus



new legislation to encourage outdoor recreation

In an attempt to increase outdoor recreational opportunities for residents of and visitors to Ontario, the Ontario Legislature has enacted two new laws. The new legislation came into effect September 8, 1980.

The Occupiers' Liability Act and The Trespass to Property Act will clarify and simplify earlier laws governing an owner's or occupier's legal liability for the safety of entrants to his property, while increasing an owner's or occupier's protection from trespassers. The Acts are intended to encourage owners and occupiers to permit access to parts of their land suitable for recreational activities.

Under the new laws, an owner of property bears a basic duty of care towards all who enter his land. That duty is to take care that in all reasonable circumstances, persons entering his property are reasonably safe while on the property. This basic duty of care does not extend to situations where the entrant willingly assumes the risk of being on another's property, or where the entrant is, under the new legislation, deemed to have assumed such risk.

Similarly, the new laws deem that the basic duty of care by the owner does not apply to those who enter his property with the intention of committing a criminal act. Also excluded from the owner's basic duty of care are non-paying recreational entrants on most rural land.

Under the old law, there often existed confusion regarding the liability owners carried towards different kinds of entrants. This confusion and doubt often weighed against an owner agreeing to allow any recreational use of his land. With the clarification provided by the new legislation, and the reduced duty of care for non-paying recreational entrants, it is hoped that many more landowners, such as farmers, will agree to allow selected parts of their property to be used for recreation.

If a landowner receives a benefit from a non-profit organization, such as a hiking or trail association, the owner does not lose the benefit of the entrants' assumption of risk. For instance, if a trail association provides a farmer with an honorary membership or an invitation to a "thank-you" dinner and dance, the farmer does not lose the protection of having it deemed that all non-paying recreational entrants to his property have assumed their own risks.

This approach attempts to preserve and expand the relationship of cordiality and mutual respect which has traditionally existed between benevolent owners of rural land and non-profit recreational clubs whose members volunteer their time and effort to create outdoor recreational benefits for all. Retention of existing trails and development of more trails depend upon that continued co-operation.

It is hoped that the clarification and increased protection provided by the new legislation will increase such beneficial co-operation. For instance, two new marking systems have been created to facilitate control of recreational activities by owners and recreational associations acting under agreement with the owners.

The first system, which is general, is simple colour coding. Red markings on trees, fence posts, or immovable rocks prohibit all entry. Yellow markings mean the owner will permit some recreational activity, but that it is the duty of the entrant to find out, from the owner, what activity is permitted.

A second system has been devised to allow an owner to indicate easily which activities he will allow on his property. A sign naming or graphically representing an activity (for example, hiking or camping) indicates that this activity and only this activity is permitted. The same kind of sign with an oblique stroke through it means the activity and only that activity is prohibited.

Under the Acts, the fine for trespass has been increased to \$1000. In addition, an owner may recover up to \$1000 in compensation for proven damages and the entrant, upon conviction, may be held liable for reasonable costs of prosecution. The intention of this new legislation is to deter and punish those irresponsible few who jeopardize continued and increased recreational opportunities for the many.

Further information is available in the pamphlet "Property Protection and Outdoor Opportunities". Write to: Communications Office, Ministry of the Attorney General, 18th Floor, 18 King Street, East, Toronto, Ontario, M5C 1C5.

Property Protection and Outdoor Opportunities

Permissive Signage



Prohibitive Signage



north kawartha canoe route maintenance

M.P. Baker

With the increasing popularity of canoeing, maintaining canoe routes has become an increasingly difficult task for the Ministry of Natural Resources. The following article explains the Ministry's maintenance programme for the North Kawartha Canoe Route System.

The article comes from M.P. Baker, the District Manager for the Bancroft District of the M.N.R. It appears here as a result of Glenn Spence having sent in a comment card after a canoe trip in this area, a trip on which he had to carry out garbage left behind by other groups.

The North Kawartha Canoe Route System, located in the Burleigh-Harvey Recreation Zone, is a 13,150 ha. recreation area set aside for public use by Order in Council in 1969. The reserve is situated in Peterborough County on the extreme southern edge of the Canadian Shield. The North Kawartha Canoe Route System consists of a series of loops and two good down-stream systems. The District maintains posted campsites and twelve kilometres of portage. This recreation area has been a popular canoeing and fishing area for many years.

Prior to reorganization, canoe route maintenance consisted of visiting all portages and likely looking campsites, gathering and/or burying all garbage. The program consisted of three maintenance trips per season, during which time some minor portage and campsite improvement work was done. A visitors register was set up at Long Lake Store with appropriate signage at the take-off point requesting all canoeists to please register. This system of maintenance continued until the end of the 1974 season.

In 1975 an evaluation of the program through field audits, comments and complaints from the public etc. prompted us to adjust the program and increase the level and standard of maintenance. Two employees were hired for ten weeks to improve the canoe routes. Their duties consisted of removing garbage and improving campsites and portages. The visitor register at Long Lake was continued and numbered litter bags were distributed free of charge. Canoeists were requested to bring their litter and garbage out. We decided to mark eighty designated campsites throughout the entire system with the intention of reducing the number of locations the maintenance crews would have to visit during each trip. This system of maintenance continued throughout the 1975-77 season with considerable compliments along with constructive criticism. The removal of garbage from Buzzard Lake was monitored and recorded in 1977; the equivalent of thirty-two forty-five gallon drums of bottles and cans was removed and all paper refuse burned. The results were excellent. However, it was felt that expenditures were excessive, particularly in light of constrained and reduced funding. The situation prompted us again to change our approach at maintaining the canoe route system.

In 1978 a tender was prepared for the canoe route program. The agreement stated that a total of five maintenance trips must be completed during the season. Duties to be performed by the contractor were documented within the contract. Any major repairs to privies etc. were to be reported to the District



office. The Ministry supplied garbage bags, toilet chemicals and the necessary permits to transport garbage. Payments were to commence two weeks after the signing of the contract and monthly thereafter for the duration of the contract. Five applicants submitted tenders ranging from \$1,700 to \$50,000.

A canoe route brochure was prepared by this office, distributed from the register at Long Lake Store, along with the numbered litter bags. The contractor was given a brochure identifying posted campsites to be maintained, which would be his only concern for the season.

Since numerous people were still camping at the unmarked sites some alternative or support program was needed. It was decided that the general lakeshore cleanup could be carried out by the Junior Rangers. It would be impossible and unnecessary to maintain the entire canoe route system each year. Therefore a program with a three year rotation was devised and implemented.

The Junior Rangers gather and bag the garbage, transport to a desirable site (Small Island) and record the site on a topographical map. The garbage is removed by the winter trails personnel, when ice conditions are suitable for travel.

We have received a few complaints regarding garbage accumulation on the lakeshore. However, most of these were on areas to be maintained by Junior Rangers during the upcoming season or the third phase. These complaints represent two years of garbage accumulation.

A display board was erected at Long Lake Public Access Point this year, with hopes of displaying information we wish to convey to the recreation user.

Comment cards used to monitor public reaction are available at the register at Long Lake Store and are distributed with each brochure if requested. When a comment card is received with a documented problem of a serious nature, we follow up with a letter or phone call to the concerned individual to determine the extent of the problem.

Ministry staff involvement in the entire program has been reduced significantly. However we feel that it is more than adequate. The monitoring of comment cards and field audits of the contractors' obligations is sufficient for us to provide a meaningful, high standard programme receiving moderate to heavy use.

This maintenance programme has improved the condition of the entire system considerably over the past three years. However, canoeing in the area is increasing at an alarming rate and some form of can and bottle restriction may be a consideration in the near future.

In the final analysis, it will largely be the actions of canoeists themselves that will determine the quality of canoe-tripping experience for future users of the North Kawartha Canoe Route System and of other canoeing areas.

steel river circle route

Norm Stewart

This canoe trip was first described in the Canadian Pacific's "The Sport and Recreation Bulletin" in 1922. The description we used was last revised in 1938. Despite the age of the write-up it was remarkably accurate. One portage has changed (from Diablo Lake to Small Lake) and two more log jams have been added to the Steel below Rainbow Falls.

The trip was made by my son John and myself. (Our first long trip with only one canoe.) We left the female side of the family camped in our trailer at Neys Provincial Park just west of Marathon. This is a most interesting park on a magnificent bay (Ashburton) of Lake Superior. The site was a prisoner of war camp during the Second World War, for German officers. Not much remains of the camp today but some cobblestone road work and an escape tunnel that was never successfully used.

The park naturalist drove us to Santoy Lake from which we started the trip. This lake is spectacular with a very rugged and vertical shoreline. Windogo Wigwam Point on the east shore is a fine cliff face rising one-hundred metres above the lake.

The paddle to the first portage is about six kilometres and is to be savoured as an incredible labour is about to begin. The portage to Diablo Lake climbs one-hundred metres in the first five-hundred. The climb is up through a notch in the hills and the land rises sharply on each side of the portage. As well as the steepness of the portage, the footing is very poor and the path rocky. Lake Diablo is a pretty and welcome lake after this torturous climb.

After some searching for the portage out of Diablo, we carried the fifteen-hundred metres into a beaver pond called Small Lake. The final carry of the day was only four-hundred metres and downhill into Cairngorm Lake. John and I were pretty well worn out so after a small supper of cheese sandwiches and tea, we turned in.

Next morning we arose to clear skies and, after breakfast, struck camp and started up Cairngorm. This is another beautiful lake, long and narrow and lined with hills. Much bird life exists - ducks, loons, gulls, hawks and many small birds. At the head of the lake a rookery of blue herons was seen - magnificent birds! We ate lunch while observing the Great Blue Herons.

The portage out of this lake from its northeast bay leads in to a narrow and fairly shallow part of the Steel River. This empties in to Moose Lake, a true moose pasture, shallow with low banks. At this point we sighted a fine bull moose. He pulled himself leisurely out of the water and stood and watched us go by through a screen of trees. The river winds along for about a kilometre and empties into Steel Lake over a small drop that could be run in high water. Another moose, a cow, was sighted in the river and upon seeing us bolted with much commotion into the bush.

We camped that night just past the first point on the east shore of Steel Lake. After cleaning up the place of garbage, we set up camp. This area appeared to be a fly-in camp as the condition of the portages did not indicate all those supplies were carried in (beer bottles and cans, fruit cake cans and many other exotic species of foodstuffs.) An aluminum boat marked with "W.P." was hidden in the bush.

Steel Lake is a gem with crystal clear water and interesting shoreline with everything from sand beaches to sheer rock faces. It is thirty kilometres long and fairly narrow with several deep bays. Of the several campsites noted only two were recently used, one at either end. The rest hardly had any soot left on the fire pit stones.

The lake ends in a large bay with a sand beach. The first riffle on the river out of the Steel Lake was run. The second portage, however, must be carried as the river drops sharply through rocks. This rocky, hilly portage ends in a small pool that empties over a rapid into Eaglecrest Lake. It ends at an excellent campsite where we stayed for two days and filled up on pickerel.

The run down the Steel River really begins at this point. The river drops and twists its way to Waiting Lake. We ran the next four sets. The run to this point would be quite difficult during high water due to the narrowness of the river and the numerous sweepers. The river from here to Rainbow Falls alternates with riffles and lakes. The portage at the falls is on the right, four-hundred metres long and a good trail. It passes an excellent camp site near the end of the trail. The falls are quite spectacular and drop twenty metres in two sets. Below them, for about a kilometre, there are several interesting riffles. The river then levels out and although it has a fair current, wanders and loops endlessly for about fifty kilometres, to empty into Santoy Lake near a camp. To break the monotony there are five log jams with good portages around each. Wildlife is abundant on this stretch. Moose, beaver, mink, muskrat, mergansers and other ducks abound.

We camped at the last log jam and set out next day for the falls where the Steel River leaves Santoy Lake. These falls are just as magnificent a sight and drop about forty metres in two sets.

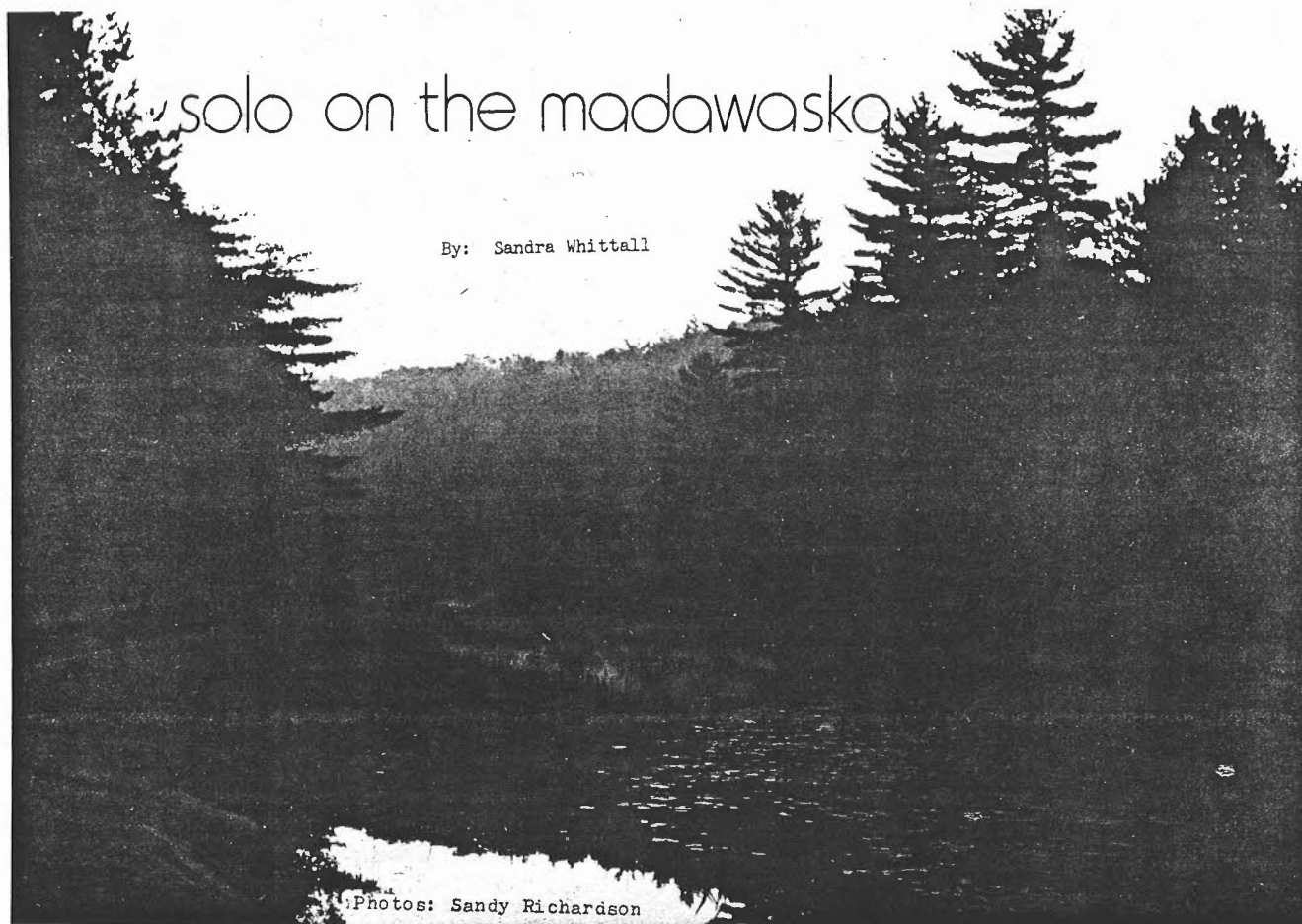
We camped here at the start of the portage around the falls. This portage drops steeply. It bypasses a rapids that drops through a rocky cut. For the next four kilometres the river is almost flat. It then starts down the last drop to Santoy Bay and Lake Superior.

The first rapid is a dandy and has a portage on the right around the worst section. We lined about two-hundred metres to a bend and then ran the rest down to the Lake. This section is a super white water run! We paddled out onto Santoy Bay. Lake Superior was fairly calm so we started for Ashburton Bay Prisoner's Cove and Neys Campground twenty-five kilometres away. This is a rocky spectacular paddle, passing many inland coves and several large islands including Pic and Slate Islands. (These two islands have native caribou herds that, according to park employees, are doing well and number approximately three-hundred.)

The fishing was good throughout the trip with lake trout, pike, pickerel and brook trout.

The Steel River circle route is a super wilderness canoe trip. During our ten days no other trippers were sighted. (We did see motor boats at a distance on Santoy Lake.) The nature of this route makes it suitable only for experienced trippers, especially during high water. The trip down Lake Superior could be quite hazardous and should be taken with caution. The water is COLD! and some sections have no shelter in the event of a squall.

P.S.: No pictures this trip. The camera is somewhere on Steel Lake!



solo on the madawaska

By: Sandra Whittall

Photos: Sandy Richardson

The Madawaska River solo trip has been an annual feature; and so, as a first-timer, I was chosen to write up the trip - fresh outlook, they said. Here are some aspects of the trip I'd like to pass on.



Logistics: The Saturday morning rendezvous point at a bridge near our launching point left it up to us to arrange our own transportation, departure time, and number of breakfast stops en route. The narrow road paralleling the river, where we left two of the cars, was already busy with several parties of paddlers. At some of the rapids, canoes and layaks had to wait in line, or attempt another way down. Lunch on a sunny rock, overnight by one of the noisiest waterfalls in the province, and our Sunday lunch tucked out of the wind on an island between two rapids, all filled our senses with the river. Finally, at Griffith, thirty-five kilometres downstream from our launching point, we landed at the bridge and retrieved the cars.

Route: The Madawaska offers a series of rapids ranging from Level I to Level III, interspersed with flatwater sections for chatting, munching gorp, or donning rain gear. A couple of portages around falls gave us a chance to admire the bunchberries in bloom and stretch our legs. The old-timers on the trip reported that the water level was markedly down from the past.

Personnel: Sandy Richardson, organizer of the four-some, rushed about getting us all to sign the waiver forms. He picked the path through rapids that the two less-experienced rapid-runners followed. Dave Berthelet, looking for new challenge in intricate routes, went his own way, and tackled a couple of rapids that the rest of us lined or carried. Obviously the delight was well worth the risk, baiting, and swamping. Lenny Winn, confessing to constant fear on last year's run, was almost non-chalant this year, manoeuvring her Oltonar with more skill than she knew she had. Sandra Whittall, very conscious of being in a borrowed canoe (a Mad River ABS) carefully followed-the-leader, enjoying every minute.

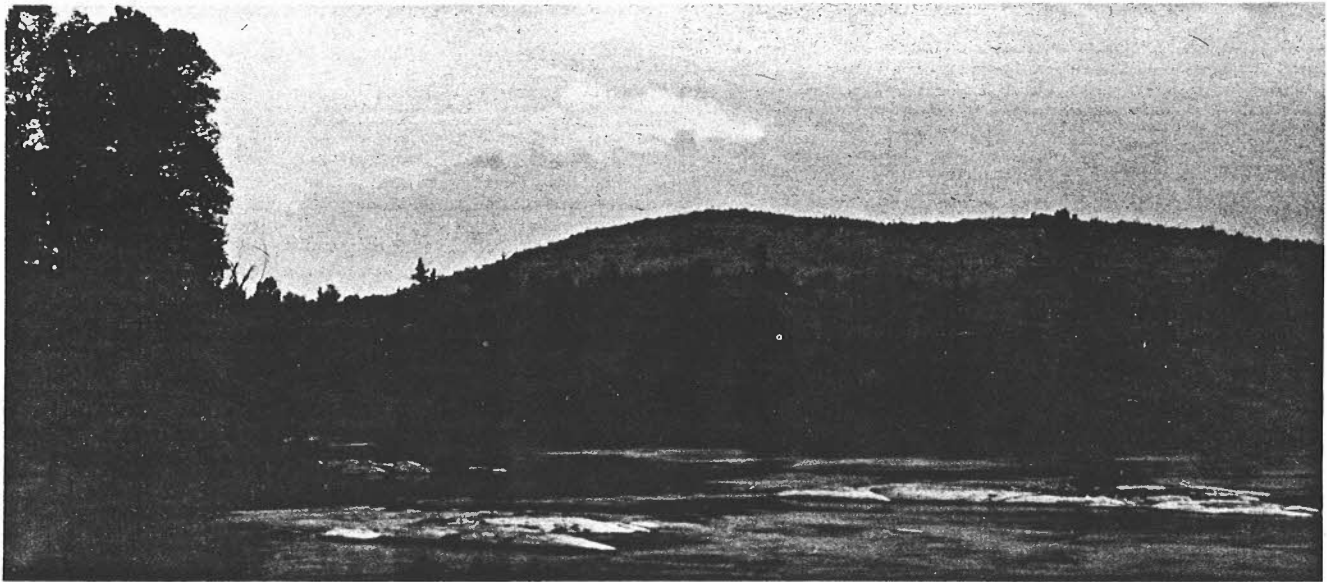
Memories: The most spectacular moment was undeniably Dave's frog-like spring from his swamped canoe. The grace! The technique! The cold water!

And then there is the problem of lining with a rope that turns out to be just that much too short to get the canoe around the rock. So there is the canoe, out in the rapids, and it won't come to shore, and it can't be let out...don't miss the next thrilling installment in the next issue.

Nor should we forget the superlative timing of supper and thunderstorm. From the shelter of the vestibule we could marvel at the downpour while enjoying the curry. Good life.



Next year: This is certainly a trip that invites repetition. But next year, I'll bring knee bumpers, I may risk a camera, and I assume there will be a new recruit for the report.



upper sturgeon

Bill King

On the cold, drizzly morning of Saturday May tenth, Lakeland Airways' float plane deposited the four members of the STURGEON-RIVER-HIGH-WATER-AND-NO-BLACK-FLIES-OUTING-SOCIETY at Scarecrow Lake. The participants were Penny "The Scrounger" Clarke, Marg "I Like Everything" Sims, Nelson "The Peanut



Butter Kid" King and Bill "Big Daddy" King. After pitching our tents on a small island in the middle of the lake and having a quick lunch we were off to climb the Ishpatina Ridge, Ontario's highest point. The trail was rather difficult to follow and provided us with a strenuous two-hour hike. The view from the summit was quite good although not as impressive as we had hoped. There was a very sturdy looking thirty metre look-out tower to enhance the view but in the high wind only Nelson was prepared to climb all the way to the top. We returned to find our tents blown completely off their moorings by the wind which continued to increase in force all evening and throughout the night, necessitating frequent trips to replace dislodged tent pegs.

The rain and high winds contributed to a very late start the next day but by mid-afternoon we were in Hamlow Lake faced with two alternative routes to reach the Sturgeon River. The first involved a five kilometre portage which seemed to make it undesirable. The second involved following Stull Creek described as a "pretty, natural route, with the longest portage only seventy-five metres in length - the preferable route in early season." How many times in the ensuing ten hours we regretted choosing the latter alternative. The journey down the creek, which the book assured us was only two and a half kilometres, included underwater portages, strenuous bushwhacking through

dense undergrowth, wading thigh-deep in the numbing waters through groves of trees and boulder gardens and rounding blind corners on a swift current to encounter deadfalls, sweepers and obstructions of every imaginable sort. Never has a five kilometre portage seemed so attractive! We were indeed fortunate to be able to reach the only suitable campsite on the creek by the time the light failed.



The next day saw us on the Sturgeon River by lunch time. The extreme high water level made the book a relatively poor guide to the difficulty of rapids. Some rapids were made easier by the high water, some markedly more difficult and some disappeared altogether. Once again this emphasized the importance of personal scouting and assessment. By late afternoon we were at the southern end of Ghoull Lake (so named for it's high population of leeches) and happy to take an early stop. The girls crossed the portage to do some fishing in the pool below Twin Falls but their efforts were not rewarded.

The next day was again a full one with some rapids portaged but many more run. Both teams were getting accustomed to each other and handling their canoes with greater skill. This was fortunate in one rapid where we learned an important lesson, fortunately not the hard way. A preliminary set of two rapids had been recommended for portage by our guide book but was, in my assessment, an exciting run quite within our ability. (This decision was no doubt spurred by the additional fact that the portage was once again underwater.) Around the next bend another portage was recommended around some "pretty chutes." Both canoes ran the two sets of rapids successfully. Our jaws dropped when we saw the chutes - a grade VI mangler. With the river conditions being so high an upset in the preliminary rapids might have been disastrous.

Our lunch site was the incredibly beautiful Kettle Falls so named for the fashion in which the water boils over the rocks. The beauty of the several waterfalls which we saw on this trip was no doubt enhanced by the very high water level. On the debit side we were again unable to find a portage at Perkins Lake and were forced to do some more strenuous bushwhacking. Our camp site that night a short distance beyond Hazel Lake was a site of an old lumber camp clearing - hardly scenic but very level and open.

The following day was more of the same, many rapids run and some strenuous portages. Supper time saw us at a real five-star spot, a level grassy point in a small lake with an unnamed but very pretty falls of the Sturgeon River on one side and the rapids of Pilgrim Creek emptying into the lake from the other.

The next morning was delightful with almost continuous shallow gravel bottomed rapids which at this level made relatively safe grade II runs which we could sweep on through, scouting from the canoes. By lunch time we had reached Upper Goose Falls and by mid-afternoon were at Lower Goose Falls and the end of the white water. The rest of that day and the first half of the next could only be described as frustrating. The Sturgeon River meanders through relatively but not absolutely flat country with high mud and sand banks, stands of birch forests and more beavers per kilometre than any other territory I have ever passed through. Unfortunately, with the few identifying rapids and rocks flooded out and the frequent areas of floodland obscuring the entrance of creeks, it became vitally impossible to identify any topographic features whatsoever. This resulted in our searching until after nine p.m. for a highly recommended camp site which we were always certain must be just around the next bend. We finally ended up cutting out a place in the bush to pitch our tents.

The next morning, after another two or three hours of futile paddling and having covered not less than fifty kilometres from Upper Goose Falls, we had to admit we were lost. Fortunately it is impossible to be completely lost on a river - as Nelson put it "surely we will be able to recognize Lake Nipissing when we get there." We were intending to take the Manitou River up to Wawiashtkashi Lake and were overjoyed when we thought we detected a faint current entering the Sturgeon River from the appropriate direction. This did prove to be a creek but after four or five kilometres of paddling up it against an ever-stiffening current it was obvious that it was not the Manitou River. By this point the fact that we had not seen another human being for a week was beginning to seem a mixed blessing. We finally decided to abandon further water travel and a final bit of bushwhacking took us up to a logging road which we were able to follow out to highway 805 to find we had overshot the Manitou River. We had done this by at least twenty kilometres. As this was Friday afternoon and many fisherman were heading up the highway it was no problem to hitchhike back to our cars.



By way of conclusions: we felt that the high water had both positive and negative aspects, with the difficulty of many portages being greatly increased but the scenic beauty of some rapids and particularly the waterfalls being greatly enhanced. The absence of bugs was certainly very nice, particularly as enough black flies appeared on the last day to make us appreciate their earlier absence. Perhaps the next time I would terminate the trip at Lower Goose Falls which is reachable by a relatively good bush road. However the problems of a car shuttle would be quite horrendous. I think that we all felt that we had had a strenuous, occasionally anxious, but always exhilarating experience which will supply us with many memories.

soggy saugeen saga

Howard Wichett

Walkerton Town Park resembled Grand Central Station on the Saturday morning of the May holiday week-end. Canoes were being trailered in from the road in twos, fours, and six-packs. Talk about metered traffic on the Q.E.W.; it would have been useful on the Saugeen to cope with the shore-to-shore canoes. One-hundred and one scouts from Wellington County for starters, along with numerous other groups of varying size including the seven canoes of the W.C.A.

There was considerable bunching on the turns but gradually our superior experience brought us to the forefront and we would often go fifty metres without seeing another canoe. Four o'clock in the afternoon brought us to our planned overnight site and the rain arrived at approximately the same time. Thanks to Claire Brigden's handy oversize nylon fly we managed a hot, relatively comfortable supper. There was rain on the tent-top throughout the night and most of the next day, ranging from heavy mist to downright down-pour. With the temperature on the cool side it was real hypothermia weather.

Canoe traffic dropped to a mere trickle as many folk bailed out at the nearest town. Of course, our nearest vehicle was at Southampton, fifty kilometres downstream. However, we persevered, in and out of rain suits, until Denny's Dam hove into sight. We enjoyed the balm of Gilead as it wafted out from shore from stands of balsam, the sight of paisley horses trotting up the skyline on the high hills near Paisley, and the cheerful scarlet tanager that perched near us as we shivered through a quick lunch. We shuttled cars to various overnight locations. Some canoeists even took their wet tents intact to a Hanover motel (lovely hot water). If you are ever there looking for breakfast, look for the Monte Carlo and their special on bacon and eggs (four) at \$1.49. The price is right!

On the holiday Monday we revelled in sunshine as we tackled the fast, fun section of the Saugeen from Durham to Hanover. It is an ever-changing river with strainers and gravel bars making tricky obstacles, and numerous fast stretches. There is a bit of a chute with a low bridge across it as you move past the Saugeen Cedars Campground. It is wise to reconnoitre and this brings the campers with their cameras for action shots at the bridge. As the occupants of one canoe prepared to dock under the bridge at the last moment, one photographer clicked his shutter and asked, "Weren't you here last year, too?"

The fast current brought us early to the take-out point and allowed time for many of us to pick a hatful of tender fiddleheads.

nature

FASHIONS FOR THE COMING WINTER

Time seems to stand still at this time of year. Even the brilliant fall colours seem to bring on a mood of introspective daydreaming, and you get the impression that the forest will always stay the way it is now.

Of course, everyone knows that the snow and cold of winter are not really all that far away. The fall colours themselves are ample proof of that and there are plenty of other signs as well. Beavers are working day and night to lay in their food piles, bears are fattening up for their long winter sleep, and most remaining birds will soon be flying south. In fact, just about every living thing is now preparing for the approaching winter.

Among mammals (which really don't have the option of migrating) a vital preparation is growing a new winter coat. With a few exceptions, fur is all that ever comes between these animals and the frigid air temperatures outside, and so the importance of a luxurious winter coat is obvious.

To us, the most interesting of the mammals now about to start their fall moult are the three species which not only change their coats, but also change their colour at the same time—from summer brown to winter white. The three species are the Snowshoe Hare, the Long-tailed Weasel, and its smaller relative the Short-tailed Weasel (often called Ermine). In each of these animals, the colour change is similar insofar as it starts on the underparts and spreads upwards. All told, it takes over two months to complete in the hare (from late September to early December), but in the weasels it may take place in just three weeks, generally starting before, and ending after, the arrival of the first permanent snow. During this short space of time, the weasels change from creamy-yellow below and brown above to pure white all over—except for the tip of the tail which stays jet black.

Naturalists argued for many years over what triggers these colour changes—the arrival of snow or cold temperatures. We now know that neither of these possible factors is responsible. What really counts is the day length; short days cause a weasel in moult to grow white fur, and long days will cause it to grow brown fur. This was dramatically demonstrated by a scientist who kept a moulting weasel indoors and subjected it to alternating periods of short and long "days" of artificial light. At the end of the moult period he had a weasel with alternating, horizontal brown and white stripes!

Out in the real world, of course, the internal chemistry of a hare or weasel could never be fooled in this way and they both end up being white after the fall moult. To the hare, the advantages are especially obvious. A whole range of predators, ranging from owls to fishers and foxes, are on the lookout for hares and anything which helps them avoid detection will contribute to their survival.

For the weasels, the rewards of effective camouflage are less apparent. Weasels themselves are predators and it is very doubtful that being white in the winter would enable a weasel to hunt mice and shrews more effectively than if it were brown.

Actually, the key to the problem seems to be that weasels aren't very big. Now, in some ways, it is a distinct advantage for weasels to be on the small side. For example, it permits them to burrow into and under the snow in search of mice and shrews and it also allows them, summer and winter, to go right into the hiding places of their prey—rather than always having to wait for a victim to show up on the surface the way other predators have to. The catch is that even if being small gives weasels a competitive advantage over other, larger predators interested in similar prey, it also exposes the weasels to considerable danger from those same larger predators. A fox or goshawk will just as soon make a meal of an ermine as it will a snack of a mouse. In point of fact, predation by birds and larger mammals seems to be the major factor in keeping weasel numbers as low as they are. It therefore makes sense that weasels turn white in the winter for, as with the snowshoe hares, they should benefit from anything that helps them pass unnoticed.

But there seems to be one fatal flaw in this strategy of protective colouration. When weasels moult into their winter coats they replace the black tail tip of the summer coat, not with a white one, but with another black one. Contrasting with the rest of the coat and especially against a snowy background, this black tail tip is blaringly conspicuous. In fact, since no predator could ever fail to miss it, this obvious giveaway must surely cancel out all the benefits gained through the rest of the fur turning white.

This reasoning might seem logical but it has been proven to be wrong. True, the black tip is inescapably obvious when a weasel is running across the snow, but nothing much is lost here because most predators have such sharp eyes that they don't really have any trouble seeing a white weasel moving on a white background anyway. (The white fur is very hard to see, however, when the weasel is stationary). What the black tip does seem to do for a moving weasel is to confuse an attacking predator. Actual trials using tethered hawks and a series of fake weasels with and without painted black spots have shown that the hawks usually caught the spotless white weasels but more often missed the spotted ones—because they aimed their attacks at the tail instead of the body. Thus it turns out that the dark tips on the tails of winter weasels, far from being blunder, are really an important life-saving device.

To us humans, the beautiful white coats of the hare and the two weasels are the ultimate in winter attire. To the animals themselves, of course, their winter coats are much more than merely fashionable; right down to the last detail, they are vital adaptations for survival. Hard to believe as it may be, on these fine fall days when time seems to stand still, these adaptations will soon come into play. Winter is on its way...



If you want to get out into the wilds to enjoy some Indian Summer weather, see the beauty of the forest in the fall, meet other members, and share tales of summer trips, or take a last fling at white water - all without those bothersome bugs - here is our fall schedule of trips. Some fall outings were announced in the summer issue and are repeated here. We are also listing some winter outings to permit early planning by organizers and participants alike.

We again remind you that 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.

October 11 - 13 FRENCH RIVER MOUTH

organizer: John Cross 416-487-0678
book as soon as possible

This will be a 60 km round trip to the scenic and much painted archipelago of the French River mouth. Suitable for novices or better. Limit of 4 canoes.

October 18 UPPER CREDIT RIVER

organizer: Jim Greenacre 416-759-9956
book between October 1 and 9

This 20 km trip will be down the easier sections south of Terra Cotta and Norval. Low water could mean wet feet when "walking" the canoe over shallow spots. Suitable for novices with flatwater experience. Limit 6 canoes.



October 19 MORE FALLS LOOP

organizer: Rob Butler 416-487-2282
book between Sept. 28 and Oct. 12

The trip will follow the Gull, More, Black, Sheldon, Cooney, Victoria and Lutterworth Lakes loop near Minden. The water is flat and the portages are all less than 1.5 km in length. Suitable for novices or better in good physical condition. Limit 4 canoes.

November 1 - 2 BLACK RIVER

organizer: Karl Schimek 416-222-3720
book as soon as possible

We plan to paddle the upper Black River from Dorset to Victoria Falls. Water levels may be low necessitating much wading and many lift overs. The trip may be shortened if travel is particularly difficult. Suitable for intermediate canoeists. Limit of 4 canoes.



November 7 ST. NORA - NUNIKANI - KENISIS LOOP

organizer: Rob Butler 416-487-2282
book between Nov. 7 and 17

We will paddle from the Leslie Frost Centre south of Dorset a distance of 35 km through ten lakes and make a total of 5 km of portages. Because of the short day at this time we must travel from dawn to dusk. Suitable for novices or better in good physical condition. Limit 3 canoes.

December 20 - 21 BEAVER VALLEY BACKPACKING

organizer: Stewart McIlwraith 416-698-1519
book before Dec. 1

We will tentatively be starting 8 km east of Walters Falls, proceeding along the west side of the valley and ending in the bottom, or if time permits, along the east side. Weather conditions may make this a winter camping/skiing trip. Suitable for novices. Limit of 6 hikers.

Christmas Holiday APPALACHIAN CROSS COUNTRY SKI

organizer: Ken Ellison 416-826-3120
book before Dec. 1

This will be a winter camping expedition of about 5 days duration. The precise details will be arranged by the organizer in consultation with the participants, so call early. Suitable for intermediates.

January 1 - 4 NOIR RIVER (QUEBEC) SKI WEEKEND

organizer: David Berthelet 819-771-4170
book immediately

The plan is to ski the 20 or so kilometers to the cabins across a chain of lakes the first day, to explore and photograph the countryside the second and third days, and to ski out by a different route the fourth day. Suitable for hearty long distance skiers prepared for a physically demanding trip. Limit 6 skiers.

products and services

Coleman Craft Canoes:

Coleman Craft Canoes, of hand-layed-up fiberglass, are available in 12'8", 14'8", and 16' L.O.A., with either a lake 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: (519) 623-1804/1894. Shop located at 333 Dundas St. (Hwy. 8), Cambridge (Galt), Ontario.

Bluewater Canoes:

Lightweight Kevlar, fiberglass and nylon canoes made with super vinylester or epoxy resins. This year we also have a new sixteen foot whitewater canoe. As well, we have an excellent line of canoes - Mad River, Nova Craft, Woodstream - and canoeing supplies. ROCKWOOD OUTFITTERS, 14 Speedvale Ave. E., Guelph, Ontario, N1H 1J2. Phone (519) 824-1415.

Spray Covers:

Custom Made for any canoe from waterproof nylon. Contact ROCKWOOD OUTFITTERS, 15 Speedvale Ave. E., Guelph, Ontario, N1H 1J2. Telephone (519) 824-1415.

Wilderness Medicine:

In this handbook by William W. Forgey, M.D., are diagnosed from an instant-reference clinical index, sicknesses and injuries encountered in the bush by the canoeist, backpacker, climber, and cross-country skier. Medical treatment from "A" (abdominal pains) to "Y" (yellow fever) using two different self-assembled, multifunctional medical kits, is explained. Previews of the handbook acclaimed by Calvin Rutstrum, Sigurd Olsen and other prestigious outdoor authorities/authors.

Published by Indiana Camp Supply Inc., June 1979. Format 5 1/2" X 8 1/2"; 124 pages; 20 line drawings; paperback; \$7.50. Order from the Canadian distributor: Nick Nickels, Box 479, Lakefield, Ont., K0L 2H0.

Klepper for sale:

Klepper Aierius II (folding two-person kayak). Complete with full spray cover, rudder, cushioned back-rests, tin of wax, and foot pump. Packs tidily into two canvas packs. Length: 17'. Beam: 34". Weight: 70 lbs. Cost: \$900. Call or write Bruce T. Hyer, R.R. #13, Lakeshore Drive, Thunder Bay, Ontario, P7B 5E4 (807 683-3151).

Pack Liners:

I have purchased a wholesale lot of large (30' x 50") three mil polybags suitable for waterproofing a Duluth pack. To my knowledge these are not retailed. I would be happy to sell them in small quantities if members are interested. Contact Bill King, Toronto, (416 223-4646.)

Canoe for Sale:

Grumman seventeen foot whitewater model, very good condition, \$600.00 or best offer. Peter Turner, 416 762-7501/7502, evenings.

Wanted:

Someone to do recanvassing and perhaps minor repairs on a cedar-strip canoe (Chestnut). If you know of someone who could do this, please contact Brad Inwood, 336 Rusholme Rd., Toronto, Ontario, M6H 2Z5. (Phone: 416-536-4076.)

Discounts on Camping Supplies:

WCA members who present a membership card will receive ten percent discounts on many non-sale items at:

Margesson's, 17 Adelaide St. E., Toronto.
Don Bell Sports, 164 Front St., Trenton.
A.B.C. Sports, 552 Young St., Toronto.
Rockwood Outfitters, 15 Speedvale Ave. E., Guelph.

Members should check at each store to find out what items are discounted.

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WILDERNESS CANOE ASSOCIATION MEMBERSHIP APPLICATION

I enclose a Cheque for \$10 — student under 18
\$15 — adult
\$20 — family

for membership in the
WILDERNESS CANOE ASSOCIATION. I understand that this entitles me/us to receive The Wilderness Canoeist, to vote (two votes per family membership) at meetings of the Association, and gives me/us the opportunity to participate in W.C.A. outings and activities.

NAME: _____ ADDRESS: _____

_____ phone _____

Please check one of the following: () new member application
() renewal for 1980.

Notes: -This membership will expire January 31, 1981.
-Please send completed form and cheque (payable to the Wilderness Canoe Association) to the membership committee chairman.

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Don Mills, Ont.
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416-429-3944

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M2M 1L5
416-222-1720

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