

February
March
1985

CATARAQUI CANOE CLUB



KINGSTON



FRONTENAC PARK HIKE

Saturday, December 8

Yes there was plenty of snow on December 8. Joe certainly won't forget the many times that he had to back up his car to take another run at a snow drift. Coming via Sydenham, his 4-wheel drive laboured towards the southern tip of the park and finally plowed through the park gate.

When the vehicle came to a halt Joe was respected as a reliable and skillful driver. So the hikers in his car accepted him promptly as leader of the trail and got out of the car. Debbie, however, needed to be convinced with a gentle push.

The party hit the trail. There was Joe in the lead followed closely by Jean and Wendy. Allan had instructions to be next in line. Allan, by the way, carried a 10 oz can of lima beans in his backpack. And attached to his belt was a sparkling new collapsable mini stove. (The stove would be needed for the beans later on. We'll come to that part of the trip report in due time!) And a few feet behind Allan hiked Debbie, now greatly enjoying herself.

There they were. All five of them. Enjoying early winter's beauty. Taking in the fresh air. The party moved on, following the winding trail up and down, left and to the right. Then they came to a sudden halt when their path led by a lovely lake. It was decided to absorb this scene in greater detail. So Joe brushed the snow off the cliff and a cosy fire was lit. Now nature was being enjoyed in comfort. Thermoses were opened, ordinary sandwiches were eaten and the smell of lima beans cooking on Allan's space-age stove enveloped everybody.

Before long, the hikers were back on the trail. "We did about 2 miles on 6" of packed snow" said Joe Hosick after the trip. "We sort of slugged our way into the bush and then out again. We didn't see any exotic animals and nothing out of the ordinary happened. Maybe we just didn't try hard enough. But it was certainly good to get out there to get some fresh air and some good exercise."



"QUIT SHOVING!"

INTERNATIONAL POT LUCK SUPPER

Friday, Januar 11

Rebecca's idea of an international pot luck supper proved to be very popular. 24 people showed up at Aniko's place. Everybody had a good time indulging himself in an abundance of phantastic dishes. There were West Indian baked bananas, lasagna and shrimp salad. Tons of delicious desserts were served and willingly consumed.

Dave Schlesinger had noble intentions when he treated everybody's taste buds to a glass of Australian wine. Unfortunately, the wine tasted, according to Rebecca, "plain awful".

However, Dave did not come unprepared. He produced a selection of fine folk music tapes and offered free instructions in folk dancing.



"Did you say this pizza gave you indigestion?"

BON ECHO

Saturday, January 12

Everybody was holding his breath when Allan came racing down the ski trail - heading straight for an icy ridge. What followed was a graceful belly flop. Everybody agreed that it had been an impressive performance. However, some onlookers claimed that it wasn't quite seasonal. Lake Mazinaw was solidly frozen.

The party followed the trail along the shore line. There were Dennis, Carla, Diane, Allan, Brian, Pam, Rebecca and two friends of hers. Brian Findlayson's skiing expertise was much appreciated when he showed everybody how to do a Telemark Turn. Apparently, this is a very graceful turn, good for powder snow and open areas.

The snow conditions at Bon Echo were fairly good and the group skied for approx. 5 hours. However, Dennis who organized the trip would have been much happier, if some of the groomed trails had led away from the campsites into more remote areas of the park.

The following are recommendations for safety standards and conduct to be followed on our canoe/kayak trips. We ask that you read them and consider them. If you have any comments or suggestions, we ask you to get in touch with Dennis Burr at 549-7316 to voice your comments. These recommendations may become policy for our future canoe trips and you may have to fulfill these requirements in order to go on some trips.

We ask for your comments,

Your safety committee.

DIANE, CARLA and DENNIS

DUTIES OF A PADDLER

1. **TO BE ON TIME:-** Be prepared to leave 15 minutes after the meeting time.
2. **TO BE RESPONSIBLE FOR YOUR OWN EQUIPMENT:-** Have all equipment needed for the trip in good repair and ready to go at the meeting time and place.
3. **TO RESPECT ALL DECISIONS MADE BY THE TRIP LEADER:-** Decisions made by the trip leader are to insure your safety and pleasure and those of the other members of the party.
4. **TO KNOW YOUR OWN LIMITATIONS AND TO ACT WITH CAUTION:-** Do not put yourself in a position where you cannot achieve self-rescue unless you have prior approval of the trip leader.
5. **TO STAY WITH YOUR BUDDY:-** If the trip leader assigns you a buddy, stay with him. The buddy system is for the safety of you and your buddy. Also, your buddy may be more experienced than you and could offer tips on paddling skills on a personal level.
6. **TO INFORM THE TRIP LEADER OF YOUR DESIRE TO DO THE TRIP:-** The trip leader should know who is going on the trip by at least Wednesday for a weekend or day trip or by at least Monday prior to a longer duration trip.
7. **TO BE COURTEOUS AT ALL TIMES:-** Everybody wants to enjoy the trip but it only takes one person to spoil it for all.
8. **TO TAKE AS MUCH OF THE BURDEN OFF THE TRIP LEADER AS POSSIBLE:-** An example of things you can do to help your trip leader is to make arrangements for your own equipment and transportation needs.
9. **TO PAY YOUR SHARE OF ALL TRIP EXPENSES PROMPTLY:-** Nothing can be more frustrating than to be short of cash because a trip member did not pay his share.

DUTIES OF A TRIP LEADER

1. TO BE ON TIME.
2. TO MAKE SURE PADDLERS HAVE SAFETY EQUIPMENT:- All paddlers should have lifejackets, helmets, floatation and, when temperatures dictate it wetsuits or appropriate apparel.
3. TO KNOW THE RIVER:- It is also probably a good idea for the trip leader to bring along maps of the area, to show members of the party put-in and take-out spots for shuttles and for the possible eventuality that a quick evacuation be necessary.
4. TO SECURE A SAFETY MAN:- This person should carry a first aid kit and throw rope and should know how to use both.
5. TO DESIGNATE A TAIL-MAN:- This person should be an experienced paddler who stays at the rear of the party and keeps the party together.
6. TO ORGANIZE PORTAGES:- The leader should know where the portages are, where the portage routes are, and who should be required to do the portage.
7. TO PLACE HELPERS IN RAPIDS IF NECESSARY:- These persons sit in an eddy within the rapid and observe the progress of the paddlers as they come down, giving advice where needed.
8. TO ADVISE INEXPERIENCED PADDLERS TO AVOID DANGEROUS AND DIFFICULT SPOTS ON THE RIVER.
9. TO SPACE PADDLERS IN DIFFICULT WATERS:- Often in long rapids there are only small eddies where only one boat at a time can enter so that spacing is needed for safety.
10. TO DECIDE WHEN AND WHERE TO LUNCH (CAMP).
11. TO MAKE SURE CAMPFIRES ARE PUT OUT.
12. TO KEEP THE GROUP TOGETHER (or to appoint another leader if it is necessary to split the group up due to size).
13. TO SEE THAT TRIP RECORDS ARE KEPT:- These records are useful in organizing future trips and are especially appreciated by the editor of the club newsletter.
14. TO INFORM THE CRUISING CHAIRMAN AS SOON AS POSSIBLE IF HE IS UNABLE TO LEAD A SCHEDULED TRIP:- Remember that other people are counting on you to lead this trip.
15. TO BE PATIENT:- Keep in mind that you are leading a group of people who may not be as experienced as you and who are looking to you for encouragement, comradeship and leadership.
16. TO EXERT AUTHORITY WITH DISCRETION AND ONLY WHEN NECESSARY:- This is a fun trip and nobody wants a sergeant-major to give drill.

SMALL CRAFT SAFETY

Diane Creber

A water safety course dealing with canoes and kajaks will be offered at HENDERSON POOL (Amherstview) on the weekend of March 30/31. It will be dealing with : water rescue, safety in a canoe, paddling and righting a submerged canoe, etc.

This course is a RED CROSS 'Small Craft Safety Course'. It will be 9 hours in duration (Sat. 5 hours and Sun. 4 hours). The price for the course is dependant upon the number of people registering (\$ 10 to \$ 15). The course will be open to canoe club members and their friends. We find this course **will be** very important for canoeists and suggest that all members of the club sign up.

And what better way to start the new canoeing season ! Phone DIANE CREBER at 386-3400 before February 12.

PS : We also hope to offer a FIRST AID component in the future. If you are interested in this, tell Diane Creber or Carla Deutekom



"See that! I forgot to tighten the nut."

POOL NIGHT FEBRUARY 1, 1985

!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Due to poor attendance at the previous two water polo sessions, the pool administration is now charging us \$32 pool rental (flat rate). We have decided to have a general fun pool-night to create more interest and to promote attendance. If at least 16 people come out, the cost will be \$2 per person. This is on a trial basis and could be cancelled if we do not have good attendanceso bring a friend and have fun! Friday Feb. 1 from 9-10 pm is the time and HENDERSON POOL is the place.

Also for your enjoyment that night is a pot-luck dinner at CHARLIE and ANNE MILLARD's. The time is to be 7 pm prior to the pool session. For further information call Anne at 389-3982.

LOGO

Our club needs a new LOGO. And you can help to design one. The new logo should cover all important aspects of the club such as touring, flatwater racing, kajaking and safety.

Get in touch with Dennis Burr at 549-7316, if you think that you have an idea. He would like to hear from you before March 31.

EQUIPMENT FOR SALE

Bryan George 389-4325

- o one adult size LIFE JACKET for \$ 15
- o one PERCEPTION HELMET for \$ 15
- o combination SPLIT BAGS/STORAGE BAGS for kayak \$ 75

Dennis Burr 549-7316

- o one pair of X-COUNTRY SKI BOOTS and bindings
- o KAYAK



"Maybe you're beginning to get the message that we need a recreation room."



"I'm NOT going camping. If you wanna get back to nature, take the bug screen out of the window for half an hour."

SEND OR CALL IN ALL MATERIAL FOR THE NEXT NEWSLETTER BY MARCH 20 to

Franz Walker, 48 Jorene Dr., Kingston, K7M2X7, Telephone 389-0611

Hypothermia: Quiet killer

TWO YOUNG cross-country skiers died in a provincial park outside Thunder Bay last week. Const. Gary Cooper of the Ontario Provincial Police was assigned to investigate. A dedicated "downhill," Cooper has never skied cross-country. He jokes about "those people with the funny socks that come up to their knees." But Cooper doesn't joke about the dead cross-country skiers. "This is the first time I can recall this type of situation," he says. "Usually somebody has skied off a trail and fallen over a cliff. But to be on a path and just to lie down and die..."

To some, perhaps even most people, the circumstances surrounding the skiers' deaths may seem strange: Their bodies were found 60 feet apart on a popular cross-country ski trail. Except for a broken ski, there was no obvious sign that anything out of the ordinary had happened. The Thunder Bay coroner listed the official cause of death as exposure, or hypothermia. But ignorance and carelessness are what really killed 21-year-old Ronald Merkley and 18-year-old Craig Hemphill.

This is the story that was pieced together by the police: Shortly after 10 a.m. on Saturday, Jan. 5, Merkley and Hemphill left Thunder Bay and drove to Sibley Provincial Park for an afternoon of skiing. The day was clear, with temperatures in the zero to minus 5 Celsius range. The two were dressed almost identically: One wore blue jeans, a sweater and a blue jean jacket; the other wore corduroy pants, a sweater and a blue jean jacket. Neither wore a hat. Between them, they carried a small knapsack. In it was a container of wine, ski wax, a scraper and tape.

The trail they chose was for advanced skiers. It follows a hilly course into a small lake and then returns by the same route. Round trip, the trail is about 13 kilometres. The skiers were expected home by 5 p.m. But when they failed to show up the following morning, the OPP was notified. The bodies were found lying in the snow less than two kilometres from the start of the trail. An investigation revealed that the skiers were on the return trip when one fell and broke a ski. Says Const. Cooper: "They tried to do some minor repair work to the ski, which didn't work all that well. So it appears that one skied while one

walked and then both ended up walking. One of them went down and we don't know whether the other continued on walking or whether he went back."

Hypothermia is the leading cause of death in outdoor recreational activities. It happens when the body loses more heat than it produces and the core temperature drops so low that the internal organs quit functioning. Though hard to believe, hypothermia occurs most often in the summer, especially in mountainous regions where hikers are caught unprepared in a sudden storm.

A feeling of chill, fatigue and irritability is the first sign of hypothermia. At this stage, it can be treated with food, a warm drink and, if necessary, extra clothing. If the symptoms are ignored, the chills will develop into uncontrollable and convulsive shivering; irrational behavior and poor coordination will follow. Skiers who don't recognize the signs may push on, believing they are only tired, when in fact, they are close to death.

One can imagine the horror that took place in Sibley Park. Without food and water to replenish themselves, without hats and warm clothing to protect against the wind, the two skiers — already dehydrated from drinking wine — probably never knew they were in danger until it was too late. Warm and dry when they started out, their cotton jeans and light-weight jackets would have been soaked with perspiration after a few hours of skiing. What little heat they had was probably lost when they stopped to repair the broken ski.

In Scandinavia, where skiing is a national pastime, the guidelines for ski safety are condensed into nine simple rules which are accepted around the world: Ski within your ability; say where you are going; anticipate bad weather; listen to the locals; carry a map and compass; never ski alone; turn back in time (it's no shame to stop); bivouac when necessary, and finally, always be prepared for an emergency.

From all accounts, Merkley and Hemphill failed to observe only one of the nine rules: They were not prepared for an emergency. But the oversight cost them their lives. Had they carried a spare ski tip, extra clothing, a couple of chocolate bars and a container of water, they might be alive today. Instead, they succumbed to the cold. As Const. Cooper noted, they just fell to the ground and died.

ANN LUKITS

SUGGESTIONS FOR X-COUNTRY SKIERS by Allan Nichols

Allan recommends that X-country skiers wear polypropylene underwear. Polypropylene apparently, absorbs far less moisture than cotton. As a result, less body heat is being lost and the skier remains warm when he is not moving.

Allan claims to have a very efficient exercise technique to shape up for the ski trails. He climbs and descends the basement stairs at his home with great regularity. In his 20min training session he makes it up and down the flight of stairs about 100 times.

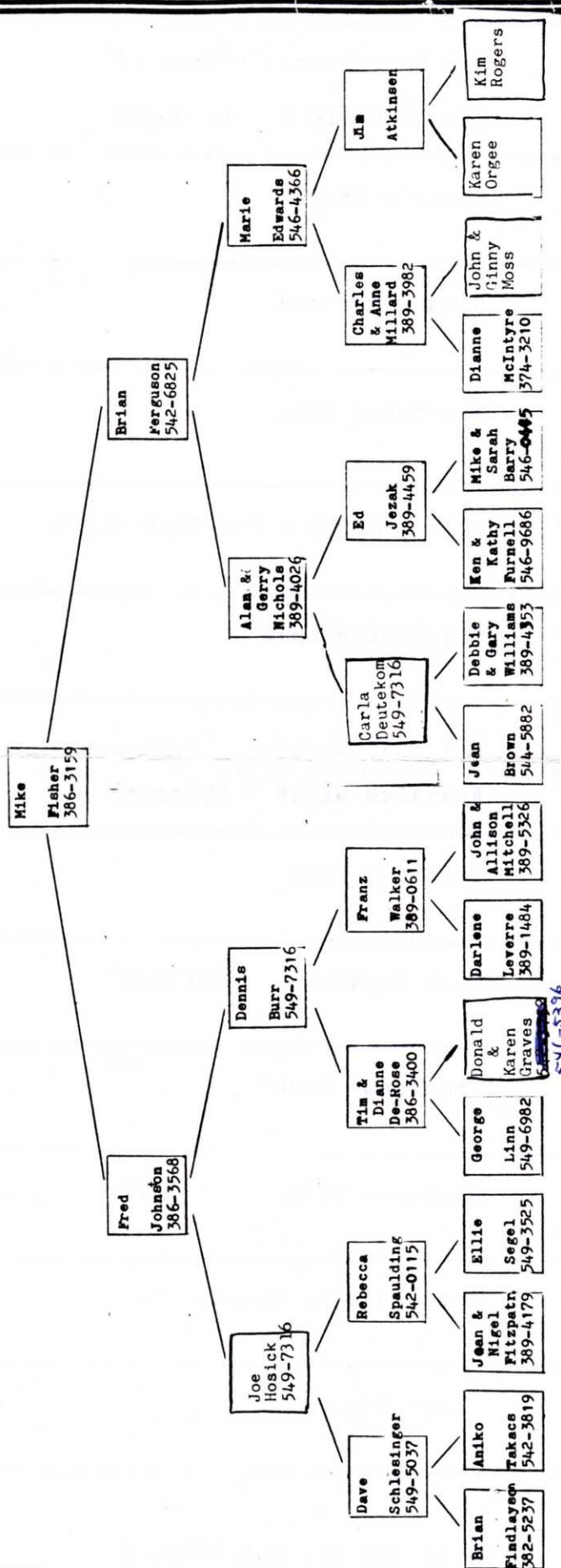


I should have listened to my mother and gone X-country skiing.

Robert Millaro

TELEPHONE PYRAMID

- Please keep this plan near the telephone.
- Ensure that you receive and transmit clear, accurate messages.
- If the next in line is unobtainable, skip to the next two down.
- Good luck !!!



Welcome aboard Donald, Karen, Jean, John, Graham, John, Ginny, Julie,
Laurie, Kim & Karen

SCHEDULE OF EVENTS

Fri. Feb. 1	Pot Luck Dinner (7:00pm)	Charles & Anne Millard 389-3982
	Aquatics Night (9:00pm)	Henderson Pool
Sat. Feb. 2	Craig's Trail	Allan Nichols 389-4026
Sat. Feb. 9	Ottawa Weekend	Joe Hosick 549-7316
Sun. Feb. 10		
Sat. Feb. 16	Frontenac Park	Mike Fisher 386-3159
Wed. Feb. 20	Slide, Story & Pot Luck Night	Rebecca Spaulding 542-0115
Sat. Feb. 23	Charleston Lake	Carla Deutekom 549-7316
Fri. Mar. 1	Pot Luck Dinner (6:30pm)	Mike & Debbie Fisher 386-3159
	Aquatics Night (9:00pm)	Henderson Pool
Sat. Mar. 2	Balahack Park	Allan Nichols 389-4026
Tue. Mar. 5	Club Meeting (7:30pm)	Dennis Burr 549-7316
Sat. Mar. 9	Frontenac Park	Mike Fisher 386-3159
Sat. Mar. 16	Gatineau Park	Diane Creber 386-3400
Sat. Mar. 30	Water Safety Course	Diane Creber 386-3400
Sun. Mar. 31		
April 5,6,7,8	Lake Placid	Joe Hosick 549-7316

We'll see you out there !