

The

MARCH 2006

EDDYLINE



NORTHWEST VOYAGEURS CANOE AND KAYAK CLUB



Box 1341, Edmonton, AB T5J 2N2

Internet Address: www.nwvoyageurs.com

Upcoming Events

**Mar 10 (Fri.)
8:30 pm**

Kayak Drop-in Sessions Continue

Confederation Pool, 11204-43 Ave. Edmonton.

Keep your skills up while the snow flies! Every Friday night thru April 7, you can practice your padding skills from 8:30 to 10:00. Bring your own boat or use one of the club's. There is a fee of \$5 for drop-ins.

PLEASE NOTE: Feb. 24 to April 7, drop-ins will be restricted to the deep pool as kayak lesson will be ongoing.

**Mar 11 (Sat.)
8:30 pm**

NEW!!! Starting March 11

Kayak Drop-in Sessions on Saturdays Start

Confederation Pool, 11204-43 Ave. Edmonton.

Keep your skills up while the snow flies! Every Saturday night thru April 8, you can practice your padding skills from 8:00pm to 10:00pm. Bring your own boat or use one of the club's. There is a fee of \$5 for drop-ins.

PLEASE NOTE: March 11 to April 8, drop-ins will be restricted to the deep pool as kayak lesson will be ongoing.

**Mar 29 (Wed)
7:30 pm**

General Meeting & Guest Speaker

Lions Seniors Centre, 11113 -113 St.

Come and listen to guest speaker Alan Stewart and his very interesting talk he has entitled:

GENESEE AND A GOOD PLACE — "TIME TRAVEL IN A CANOE"

**Apr 4 (Tues.)
7:30 pm**

Executive Meeting

Lions Seniors Centre, 11113 -113 St.

The club executive meets to discuss club business.
Members are welcome to attend.

N W V E X E C U T I V E 2 0 0 6

President	Rick Fetterly	438-1296	fetterly(a)shaw.ca
* Vice President	Doug Knight	435-2348	dknight(a)telusplanet.net
Treasurer	Norma Ouellette	444-0263	normao(a)nait.ab.ca
Secretary	Josephine Petesky	474-2751	
* Membership	Steve Budziszyn	461-3292	
* Newsletter	Don Litven	476-7006	don_litven(a)hotmail.com
Website	Ben Coxworth	438-4062	coxworth(a)shaw.ca
* Publicity/Archives	Alan Stewart	487-0607	alkemy(a)ocii.com
* Trip Coordinator	Melvyn Kadyk	484-3563	
Canoe Coordinator	Doug Knight	435-2348	dknight(a)telusplanet.net
* Kayak Coordinator	Robin Benbow	435-2901	rbenbow(a)gmail.com
* Equipment Manager	Larry Richard	454-8680	patlarry(a)ocii.com
Social Coordinator	Brian Walker	975-5976	brianwalker(a)hotmail.com
Member at Large	Kurt Sejr	922-6200	sejr(a)wildroseinternet.ca

NWV Internet Address: www.nwvoyageurs.com

NWV Snail Mail Address: Box 1341, Edmonton, Alberta T5J 2N2

* Indicates new person in position

IMPORTANT REMINDER:
All of your NWV memberships expired January 1st



Since 1964

DON'T DELAY, RENEW TODAY!

For those registered in the BEGINNER KAYAK LESSONS

Note: Friday Classes start at 8:00pm

Note: Saturday Classes start at 7:30pm

Meet upstairs for 30 minutes of instruction prior to pool session

All classes take place at the Confederation Pool (11204-43 Ave. Edmonton). on Friday and Saturday nights. Classes start with dry land instruction and then move into the pool

HELP!!!

Require experienced Kayakers for the "River Introduction" portion of this years Kayak lesson sessions. If you are available and can help out, please contact **Kurt Sejr (922-6200)** or **Robin Benbow (435-2901)** for this important part of getting our new kayaking students their first taste of kayaking on moving water. Need help for **May 27 and/or 28, 2006** at the Pembina River Camp ground. Located at Evensburg and Highway 16W

BOAT MANAGERS NEEDED

WE need YOU to store some of our rental boats. In return for renting those boats out to any interested club members, you would receive 50% off the rental price of any of your still-available boats. Sound like a good deal? If you're interested in helping out, let us know at the TRIP PLANNING meeting or contact our equipment manager, Larry Richard



Our full paddling line-up is currently available in the store and includes quality gear for whitewater kayaking, touring kayaking and canoeing. Come see us for all your paddling needs and grab a copy of the paddling supplement to our Summer catalogue. We also have a full line of paddling and outdoor rentals.

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On the River:

There's these two beginner canoeists out on a river that they don't know and by themselves. At one point they go through a difficult section of the river and of course they dump. They are not able to hold on to the canoe. They get separated, but both are able to swim to shore on their own. One problem though is that each is on opposite sides of the river. "Hey !!!!!!" shouts one of the canoeist to his partner on the other bank. "How can I get to the other side?" The second canoeist looks up the river then down and shouts back, "You are on the other side"

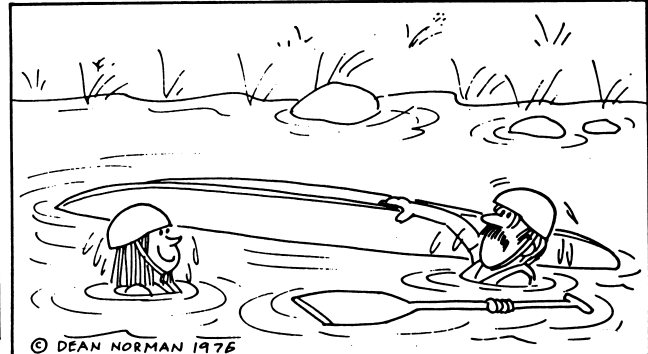
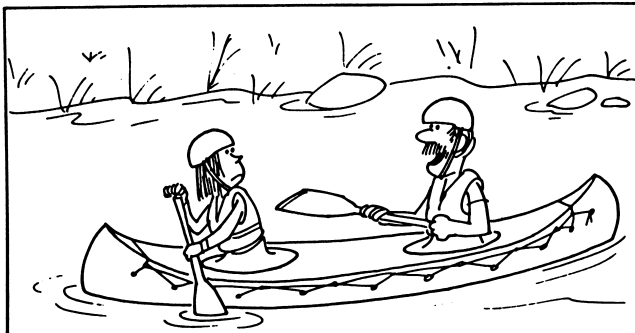
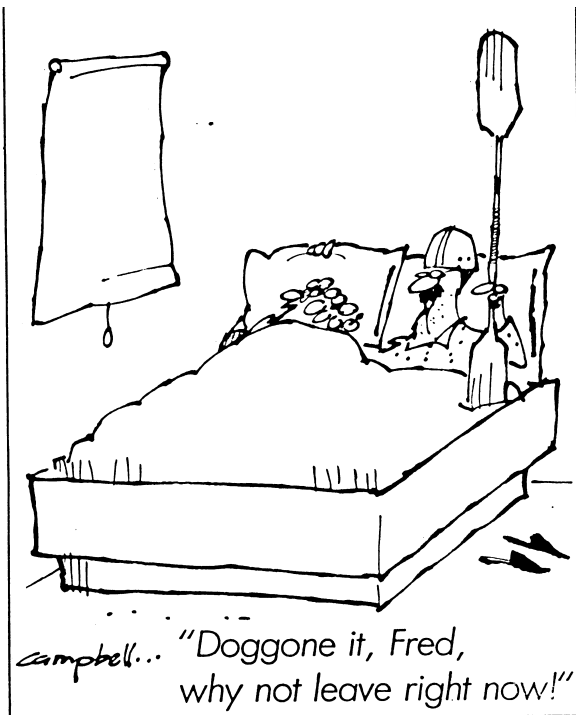
Paddling Laws: 20 year old paddling laws that you should be aware of:

Taylor's Law :

Your chance of hitting a rock in the river is inversely proportional to the number of rocks. If there is only one rock in the whole river, the probability of hitting bow-on is 100%

Hoobyar's Law:

Your ability to perform a difficult maneuver in a given rapid is directly proportional to the number of people watching.



Get the word out

Pass it on

Do you know of anyone that may be interested in canoeing, sea kayaking or white water kayaking ? Why not pass along some information about our club. The more like minded people in the club the more fun we all have!!! Pass us along to your friends, family, and co-workers.

GENERAL MEETING AND GUEST SPEAKER

**Wednesday
March 29th, 2006
7:30 pm**

Lions Seniors Centre, 11113 -113 St.

Come and listen to guest speaker Alan Stewart and his very interesting talk he has entitled:

**GENESEE AND A GOOD PLACE
"TIME TRAVEL IN A CANOE"**

SEE YOU THERE!!!!

ATTENTION, NEW MEMBERS!

Want to hear about last-minute paddling trips, pose questions to your fellow Voyageurs, or make announcements? Join our Yahoo email group! To subscribe, just send a blank email to nwvoyageurs-subscribe@yahoogroups.com Then, to post messages, send them to nwvoyageurs@yahoogroups.com Should you later wish to unsubscribe, send a blank email to nwvoyageurs-unsubscribe@yahoogroups.com
It's free and it's easy!

BLAST FROM THE PAST

This article was from about 20 years ago and was passed on to me by Brenda Elliot who found it in some files that she was cleaning up. I found it interesting and thought I should share it.

Newsletter Editor, Don Litven

Comfort in the Survival Zone.

I can clearly remember the last time I came off the river both physically and mentally exhausted. The water was tougher than I could comfortably handle, and it seemed to push me where it wanted, rather than where I wanted. This was my last trip into the SURVIVAL ZONE. Unlike many of Rod Serling's subjects, I knowingly took up the challenge with the express purpose of taking my skills to the limit.

All paddlers have a COMFORT ZONE and a survival zone that varies with their skill level. For people just taking their first lesson, not yet paddlers, the comfort zone is on shore and the survival zone is in the water. Experts may be comfortable on Class IV rapids and require trips to big water to get into their survival zone. Whatever your level, you know you are in the survival zone when you concentrate more on staying upright than wondering whether that good looking blonde will be in your shuttle vehicle later.

There are two paths into the survival zone: volume and gradient. If you think about your favorite rivers, they become more challenging at high water. Although many of the small features are washed out, other larger ones appear. The hydraulic forces become stronger and there is a feeling that the river has more power in it. The river becomes "pushy". The speed of the water may increase dramatically due to the phenomena of laminar flow. All of these combine to force a paddler to be more precise in their paddling skills, more accurate in their river reading skills, and quicker in their decisions.

The second route into the survival zone is through gradient. The greater the gradient of the river, the faster it flows. The faster it flows the more you must anticipate the moves required to negotiate a particular rapid. If you wait until the last second to decide on your plan of attack, you are likely to be correcting mistakes all the way down the rapid.

So why take either of these roads? Roads to uncertainty, stress and strange occurrences? Some paddlers do it for fun. Others do it for the adrenaline rush or because of peer pressure. The best reason for taking a trip into the survival zone is to challenge, test and improve your personal skills.

The experience and practice acquired by regular forays beyond your comfort zone will quickly raise your comfort level (increase your tolerance for discomfort?) into what was your survival zone.

By taking incremental steps in this manner you not only increase the level of water you can comfortably handle, but also increase the level of water you can survive in. Ultimately there is a level you don't care if you'll ever be able to survive in because you don't want to go on it. The risk of damage to boat or body is just too high to justify attempting it. But until this level is reached, a reasonable approach to raising your personal skills is far more desirable than just "going for it" and seeing what happens.

Whatever your survival threshold, never attempt it alone. Get involved with a club or group of responsible paddlers that have the skills to run whitewater safely. Except for groups of experts, you should not try to lead a trip into your survival zone. If there is a fair chance you are going to have difficulty, how can you expect to assist someone else? There is something to be said for being an average group member any time you expect to be pushing your limits.

Finally, make like a Boy Scout and "Be Prepared". Be sure to carry all those useless items such as duct tape, throwbag and first aid kit. Many of us tempt fate by leaving them behind on trips which we are familiar with. To leave them behind on a challenging run is likely to be a temptation fate cannot resist.

Test yourself this summer. Take a trip into your SURVIVAL ZONE!

John Mahoney

The comfort/survival zone phenomenon can be experienced in virtually any outdoor recreation activity.

Paul Lauzon

**Northwest Voyaguers Canoe & Kayak Club
Trip Schedule 2006**

Revised 2006-03-10

Date	Grade	Type	River(s)	Coodinator(s)	Phone Number	Comments
April 1	II - III	DT	Whitemud	Kurt Sejr Don Lewycky	922-6200 478-4156	Depends on weather and river conditions.
April 15	II+	DT	Lobstick	Leader Required		Good springtime run close to the city. Depends on water levels.
April 16	I+	DT	Sturgeon	Don Lewycky	478-4156	Great warm up for the season. Depends on weather and river conditions.
April 22 or 23	II	DT	Freeman	Ric Fetterly	438.1296	Exploratory. Small river that feeds the Athabasca River near Fort Assiniboine.
May 7	I	DT	North Saskatchewan	Allen Stewart	487-0607	Gennese Gun Club to Gennese Bridge. Depending on water levels should be a 4 - 5 hour paddle.
May 13 -14	I	CC	Beaver & Sand	Peter Johnston	780-594-0830	Lake and river paddling, good fishing. Rocky in low water.
May 13 or 14	I+	DT	Penbina	Ric Fetterly	438-1296	Good springtime run close to the city. Depends on water levels.
TBA	II		TBA	Doug Knight	435-2348	Whitewater Canoe Lessons
May 20 - 22	I+	C	Milk River	Melvyn Kadyk	484-3563	Beautiful scenery; rock art; rock gardens possible wind; group campsite, book early.
May 20 - 22	III	C	Pincher Creek	Frank Geddes	432-1923	Annual whitewater rodeo with several clubs; excellent camping arrangements and organized river trips for all levels.
May 27 or 28	I	DT	North Saskatchewan	Steve Budziszyn	461-3292	Stretch to be announced
May 27 - 28	II	DT	Pembina	Kurt Sejr	922-6200	Introduction to moving water for the participants of the Kayak Training Session on Saturday. On Sunday a trip down the river is open to all members of the club.
June 3 (tentative)	I		Rundle Park Paddling Centre	Doug Knight	435-2348	Beginner Canoe Lessons
June 10 - 11	I	CC	Red Deer	Norma Ouellette	444-0263	Burbank - Highway 21. Nice scenery - hoodoos, bird watching.
June 16 - 18	I	CC	Lakeland Provincial Park	Peter Johnston	780-594-0830	Paddling several lakes for three days. Portage carts supplied for initial entry to lake. Lots of fish and wildlife.
June 17 - 18	II+	C	Panther	Don Litven	476-7006	Narrow foothills river with ledges and rapids for playing. Great for novices.
June 24 - 25	II	C	Wapiabi/Blackstone	Brian Olsen	433-3749	Camp at Blackstone Recreation Area on the Chungo Road. Good for both canoists and kayakers. Low flow, technical wilderness river with ledges, log jams and sweepers.

June 24 or 25	I+	DT	McLeod	Tony Cale Sheila Sutherland	487-7659	Moose Rapids. Fairly fast, rocky river
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Trip Schedule 2006

Revised 2006-03-10

Date	Grade	Type	River(s)	Coodinator(s)	Phone Number	Comments
June 24	I	DT	North Saskatchewan	Melvyn Kadyk	484-3563	Whitemud to 50 Street. Introduction to moving water; followup to the beginner training.
July 1 - 3	I+	CC	North Saskatchewan	Larry Richard	454-8680	Rocky Mountain House to Drayton Valley. Nice scenery; wilderness camping.
July 1 - 3	I - III	DT	Jasper Provincial Part	Frank Geddes	432-1923	Paddling for all skill levels. Whirlpool Campsite has been booked. Cheap and fun.
July 8 or 9	I	DT	North Saskatchewan	Arlene Drysdale	452-2590	Day trip close to the city
July 15	II - III	C	Highwood	Chuck Elliot	452-1874	Beautiful river in small canyon, mainly pool and drop. Camp at Greenford on Highway 541.
July 16	II - III	C	Kananaskis	Chuck Elliot	452-1874	Meet at Canoe Meadows Sunday at 10:30 AM.
July 15 - 16	I	CC	North Saskatchewan	Allen Stewart	487-0607	Berrymore Bridge to Genesse Bridge. Beginner camping trip, close to the city.
July 22 or 23	III+	DT	North Saskatchewan	Don Litven	476-7006	Brierlies at Rocky Mountain House. Good waves, holes and surfing spots.
July 23	I	DT	North Saskatchewan	Jan Stemo	436-8717	Devon to Laurier Park. Nice day trip close to the city.
July 30	I	DT	North Saskatchewan	Kurt Sejr	922-6200	Drayton Valley to Berrymore. Nice, easy paddle.
Aug 5 - 6	II	C	Clearwater	Leader Required		Isolated, narrow river with braided sections, sweepers and rapids.
Aug 5 - 7	I - III	DT	Jasper Tours	Ric Fetterly	438-1296	Paddling for all skill levels. Whirlpool Campsite will be shared with the Mystia Club.
Aug 5 - 9	II	CC	Athabasca	Clarence Kadyk	456-7370	Hinton to Whitecourt. Wilderness camping
Aug 12 - 13	II	C	Red Deer	Chuck Elliot	452-1874	Kayak Rescue course on Saturday Paddling on Sunday. Beginners encouraged. Camp at Cache Hill.
Aug 19 - 20	II	C	North Saskatchewan	Arndt Kuethe	463-0237	Saskatchewan Crossing to Nordegg. Fast water; mountain scenery. 1st day above Abraham Lake is quite braided.
Aug 19 or 20	I	DT	North Saskatchewan	Steve Budziszyn	461-3292	50 Street to Fort Saskatchewan
Sept 2 - 4	II	CC	North Saskatchewan	Arndt Kuethe	463-0237	Nordegg to Rocky Mountain House. Some rapids but most most can be avoidable.
Sept 9 - 10	II+	DT	Red Deer	Ric Fetterly	438-1296	Upper stretch. A classic river for novices and experienced paddlers alike.
Sept 16	I	DT	North Saskatchewan	Norma Ouellette	444-0263	The club will again be acting as River Patroller for Cornerstone Councilling's Paddling for Compassion event. Volunteers are well fed.

Sept 23 - 24	I	CC	Athabasca	Norma Ouellette	444-0263	Blue Ridge to Fort Assiniboine. Nice scenic trip, fall colors.
Oct 8	I	DT	North Saskatchewan	Melvyn Kadyk	484-3563	Genesee Bridge to Golden Spike. Last fall day trip.