

Voice of the River



Newsletter for the Bow Waters Canoe Club

June 2006

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Important Dates for Voice of the River

Issue	Deadline
September	August 25, 2006
December	November 25, 2006

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June 07, 2006

June Meeting - This will be a slide show and lecture on canoe tripping. We will talk about trip planning, safety, camping, portaging, and lots of information about multi-day canoe trips. We will also talk about family tripping and canoeing with kids. Questions and suggestions from the audience will be welcome.

Lyn Heffler teaching Howard some portaging strategies

Presented by: Howard Heffler and Pat Mahaffey.

VOICE OF THE RIVER:

Is the official newsletter of the Bow Waters Canoe Club (BWCC), P.O. Box 85088, Albert Park P.O., Calgary, Alberta, T2A 7R7.

The Clubhouse is located at 1975 26th Street S.E., at the corner of Deerfoot Trail and 17 Avenue S.E.

Opinions expressed herein do not necessarily represent the views of the BWCC, its Board, Executive or members. The club mission is:

"To promote and support recreational paddling, our primary activity, and cross country skiing, by providing educational and social opportunities in a safe and environmentally conscious manner to all interested people."

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Safety Corner

Thoughtful's Spring Paddling After the 2005 Floods: by Barbara Olasz (photos of the Elbow River at Weaselhead Bridge)



Thoughtful lives in Calgary and noticed the big flood last year and was wondering how this would affect her paddling this year. Thoughtful was wondering what the conditions of the rivers were after last years flood and what could be expected. So she asked Wisepaddle to help her understand the situation. Wisepaddle says that rivers are a living entity. This has been stated from the view point of the wildlife inhabiting the environment around the river to the organisms and fish living in the river. Often however people do not think of the river as being dynamic in character. Flooding is a normal event that happens regularly to a river however the amount of flooding varies.

Wisepaddle also says that the dynamic character of the river often rearranges the river and this may not necessarily make paddling any more dangerous. A river may change from one day to another and just because thoughtful paddled the river the day before does not mean that thoughtful should assume that everything is ok. As Thoughtful ventures onto the river there are certain precautions and safety practices that she must keep in mind. These include the skills of the

group as well as consideration of the river features and also how thoughtful feels that day.

Thoughtful joined Bow Waters Canoe Club because she likes to paddle in groups rather than alone and because people are interesting. They help with shuttles and also in the case of a rescue sometimes they can help. Sometimes Thoughtful has discovered that self rescue is faster especially if everyone is cheering her along. It must be fun! Thoughtful has also seen others throw the rescue throw bags into the air and sometimes they even land behind them rather than in the intended direction. Thoughtful doesn't want that to happen so she secretly practices throwing her throw bag. Thoughtful knows that it is her responsibility to decide if the river is for her as no one else is able to paddle her canoe down the river. Sometimes she feels like they don't want to anyways. Scouting may also often be necessary even when the rest of the group does not see it that way.

Wisepaddle says that river features include flow rate. In spring time there is runoff which in some cases actually allows the river to become navigable. Thoughtful finds that it is hard to paddle a canoe down a stream bed with little water. Sometimes the flow rate is so big that it causes problems. This may require extra skill in executing maneuvers on the river, even thoughtful has experienced this problem. Sometimes she doesn't quite make the moves she wants to in order to impress the other members.

There are times when thoughtful has turned away from the river because she felt that the high water was of concern. In spring time as well thoughtful



has found the water to be cold and has noticed people wearing drysuits. They are not very form fitting unless the occupiers ate too many donuts! Thoughtful has found it is very difficult to swim in cold water and the shock of the entry into the water is something to experience. Wisepaddle says that high water also creates a difficulty in the rescue of boats and paddlers. High water may also cause erosion and even the creation of a new channel. Thoughtful has noticed this too. Alas Thoughtful has also decided that on some days it is just best to just choose a safer river or stay away until the conditions are more favorable. She has a responsibility to her loved ones.

Thoughtful in the past has not always recognized a problem that a hazard might pose. Experience has been teaching her that even though a tree may only look like a tree in the water it may cause problems. Thoughtful has found that sweepers are most often found on the outside bends of the river but may also be found anywhere. They can be in the strongest current and thus drawing her and her beautiful boat to them and difficult to avoid. Trees are beautiful but they should stay on the shore line. Wisepaddle says that log jams can trap people and equipment with terrible consequences. Sweepers are defined from the AWA Safety Code as strainers, brush, fallen trees, bridge pilings, undercut rocks or anything else which allows river current to seep through and can pin boats and boaters against the obstacle. Rescue is often difficult as water pressure on these features can be extreme.



So what is Thoughtful to do? Wisepaddle says that rivers can be exciting and the potential for fun can be immense. Thoughtful has discovered this! Thoughtful has to be aware, paddle defensively and stay alert. Thoughtful has to keep her skills up and use common sense. Thoughtful also wants to take more lessons! All this can only mean more fun for her and her friends!!!!!!

Alberta River Guides: by Clayton Roth

Through years of working at Bow Waters, Totem Outfitters, and Map Town, Clayton Roth saw a distinct need for paddling information in Alberta. The result has been a partnership with the Alberta Recreational Canoe Association to develop a series of river guide-maps for the province. Comprehensive guides have been published for the Middle Red Deer, Lower Red Deer, Middle Bow, Milk, and North Saskatchewan rivers.



The latest guide is now available, and covers the Athabasca River from Jasper through the National Park and the majestic Rocky Mountain front to Hinton, then through the forested foothills past 'Tunnelrock', 'The Gates' and the Berland River towards Windfall and Whitecourt (Novice to Lower Intermediate).

These fold out guide-maps illustrate the river in detail, and feature river access points, facilities, distances and descriptions. They also mark shuttle roads, campgrounds, points of interest, rapids and riffles, valley topography, and navigational reference points. Packed in around the bends of the river are articles on paddling safety & equipment, regional access maps, trip examples and extensive natural and human history descriptions.

The Middle Red Deer guide covers the river from Dickson Dam near Innisfail, past the city of Red Deer, Canyon Gap, Content Bridge, Dry Island Buffalo Jump, and into the badlands leading to Drumheller. The Lower Red Deer guide continues from Drumheller, through the Drumheller Badlands, to the Deadlodge Canyon and Dinosaur Provincial Park badlands, and on to the Cottonwood bends of the confluence with the South Saskatchewan River.

The Paddler's Guide to the Milk River describes the sections from Whiskey Gap near the U.S. border, past Del Bonita, the forks, the town of Milk River and continuing toward Gold Springs Park, Poverty Rock and Writing-On-Stone Provincial Park, to Deer Creek.

The North Saskatchewan guide covers the Novice+ to Intermediate sections from the Nordegg Bridge, through The Gap and roughwater stretches toward Saunders, then more roughwater from Horburg to Rocky Mountain House, then the Baptiste River, Abraham's Gates, Brazeau River, and Lodgepole, Buck Creek and then on to Drayton Valley.

The Middle Bow River guide illustrates the Bow from Ghost Dam through Cochrane, the City of Calgary, and then Policeman's Flats, the Highwood River, McKinnon Flats and on to Carseland. It also includes the lower Elbow River.

These are available from the club and many Calgary retailers. They can also be ordered directly from Clayton by calling 290-0403 or by email at rothclan@telus.net.

Have you heard about the North Saskatchewan Heritage River Study?

The (North Saskatchewan) Heritage River Study is now available and can be downloaded free from the North Saskatchewan Watershed Alliance (NSWA) website. Go to www.nswa.ab.ca and look under 'Publications'. The Heritage River Study is background for a submission calling for the North Saskatchewan to be recognized officially as a Canadian Heritage River. It has a wealth of information on the historic events and natural history of our river.

The NSWA also published The North Saskatchewan River Guide, available through many local and regional bookstores.



Son recalls father's close call with death

By Amanda Follett from the Canmore Leader
Wednesday May 24, 2006

Mark Heard is back at home in Canmore this week, surrounded by his family and the local residents who have been hoping for his speedy recovery since a kayaking accident in British Columbia two weeks ago.

The orthopaedic surgeon, who works out of Banff Mineral Springs Hospital, arrived home Sunday evening and said this week his recovery is going surprisingly well after he was submerged for about five minutes on the Callaghan River near Whistler on May 10. He's expected to make a full recovery from the near drowning and hopes to be back at work by September, at the earliest, he said.

It was Jamie's first time joining his father, a former national team kayaker who has paddled in remote areas like Nepal and India, on his annual spring kayaking trip. The pair was joined by six other paddling buddies as they ran the Callaghan two weeks ago. Although the river is rated a Class 4, Jamie estimates the eight-foot falls the group decided to run was more like a Class 5, considering the unseen hazard below -- a submerged cave that can suck in kayakers, circulating them beneath the water.



Mark Heard, centre, is back in Canmore with his wife Sue and son Jamie after a kayaking accident that nearly claimed the life of the local orthopaedic surgeon. Heard says he is expected to make a full recovery and hopes to be back at work this fall. Brendan Nogue

Four members of the group stopped above the falls and discussed scouting the route. Instead, one of the paddlers who had done it before said he knew the line and would go first. At the bottom, once back in the other kayakers' line of vision, he gave the thumbs up. In retrospect, Jamie said they probably would have run the line, anyway. "When you see it go well, it's a big confidence booster. There was no reason to believe anything would go wrong and I still think even if we had scouted it, it probably would have been run. Visually, the falls aren't that impressive," he said.

Another kayaker went next, with Mark not far behind. Fifteen seconds later, Jamie followed his father over the drop. When he reached the bottom, he was told by the other paddler to get out of his boat. What followed was perhaps the longest five minutes of his life. "We didn't have any visuals for five minutes. You know the clock's ticking, for sure," Jamie said, describing how the would-be rescuers got throw bags ready on either side of the river in the hopes that Mark would eventually get flushed from the cave. After a minute, when Mark's boat appeared, they knew he was still conscious and had managed to free himself from the kayak.

"So we knew he was swimming, we just weren't able to see him. He was just getting circulated behind the falls," Jamie said. "(He was) conscious and very disoriented. It's very disorienting, especially when you don't have a daylight reference behind the falls." When Mark's lifeless body appeared minutes later, he was pulled to safety by his companions, and at about 7:30 p.m. Whistler Search and Rescue arrived to airlift him out of the area.

He spent the next 10 days in a Vancouver hospital with his wife, Sue, by his side. Apart from some short-term memory loss and organs affected by hypoxia, or oxygen loss, Mark said he didn't sustain any traumatic injuries in the incident. "It's just going to be a lot of time and rest. I don't know much about drowning. I'm just kind of learning. My chest has to get better, my kidneys have to get better and my brain has to get better, and it just takes some time," he said. "From what everyone has heard, I should have a full recovery."

As Jamie prepares to leave this week for his second summer raft guiding in Ontario, he said he'll likely be using a little more caution while on the river, but doesn't intend to let recent events slow him down too

much. "I think I'm still gung-ho. I think I have to be, because if I get gun shy then rafting this summer won't be a good experience," he said. "There's a big difference between paddling the Ottawa or paddling the Kananaskis to paddling waters where you know there are consequences. When you go from Class 3 to Class 4 or 5, it just means there are consequences and you need to be on your line. "I probably won't paddle 4s and 5s for awhile."



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Lower Kananaskis River Users Association (LKRUA): By Howard Heffler

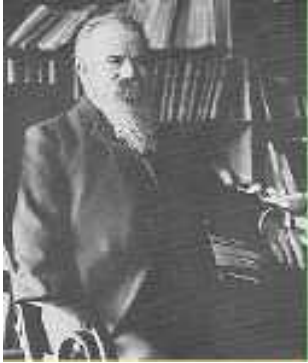
This spring LKRUA completed some significant maintenance and improvements to the Kananaskis River from Widow Maker to Canoe Meadows. Several existing features have been significantly extended and others have been repaired or improved. Plans are in the works to improve the parking lot at Widow Maker. LKRUA will commit \$10,000 toward the \$60,000 estimated cost. LKRUA will also commit \$5,000 to improve the take-out at Seebe. BWCC has agreed to contribute \$150 as a non-profit user of the Kananaskis. You may ask why is BWCC contributing to improvements on the Kananaskis River – please keep in mind we are among the largest recreational canoe organizations paddling on the river, and have enjoyed countless days on the water enjoying all the river enhancements and improvements without sponsoring or supporting LKRUA.

"Love many, trust a few, and always paddle your own canoe." (Bumper sticker)



A Brief History of Stream Gauges: by Tom Jacklin

The development of civilizations has always relied on the availability of fresh water. Canada is no exception. We have depended on our lakes, streams, and rivers to supply water and serve as lifelines allowing for growth, development, and expansion into new territory.

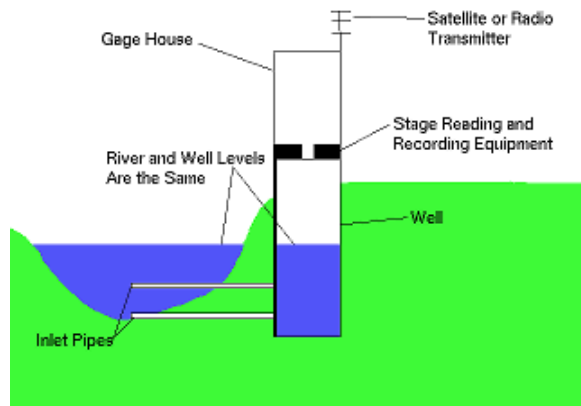


John Wesley Powell, 1834-1902

As a result of rapid growth in the 1880's, population began to branch westward into the drier regions of the country, leaving the usually dependable waterways of the East far behind. Around the same time, John Wesley Powell, the second director of the United States Geologic Survey (USGS), requested that streamflow be monitored in eight river basins in the West. His goal was to measure the flow of streams and determine the potential for the irrigation systems that would be so vital to the economic development of this parched region. In 1889, the first U.S. stream-gauging station was established on the Rio Grande near Embudo, New Mexico. At this station, standard streamflow measurement procedures were devised.

Upon establishment of streamflow measurement methods at Embudo, personnel were dispersed to collect streamflow data at other western locations. Within two years the first streamflow measurements in the East were made on the Potomac River at Chain Bridge, near Washington, D.C., and a gauging station was established there on May 1, 1891. By 1895, discharge measurements were being made by the USGS in at least 27 states throughout the country.

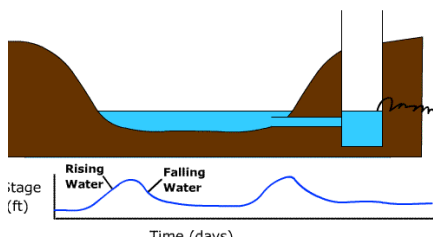
Today, Environment Canada operates and maintains more than 85% of the Canada's stream-gauging stations. This includes over 5,000 historical and continuous-record stream-gauging stations.



The data most often collected at a gauging station are stage. Stage is the height of the water surface above a reference elevation. The most common source of river stage measurement is a gauge house (see diagram). A gauge house consists of a stilling well dug along the riverbank with a surrounding shelter that protects the equipment inside. Water enters the well through one or more inlet pipes. The water in the well rises to the same level as the river. Recording equipment in the gauge house records the water level in the well (the stream stage). Recorded data can then either be accessed by telephone or, data logger or may be transmitted via satellite.

A Gauge House-the most common source of river stage data.

Stream Gaging Station



The height or elevation of the stream's water surface above a reference elevation (sea level, gauge level) is called the **stream stage**. Stream stage can be easily measured manually or by instrumentation left in the field. Floating gauges use a buoyant ball which rises with rising water (increasing water surface elevation) and falls with falling water (decreasing water surface elevation). **Pressure transducers** can be installed below the water surface to monitor increasing pressure as the water level rises and decreasing pressure as the water level falls. All of these devices can be

connected to **data loggers** to record the water level over time.

Although stage information is useful for some purposes, most users of streamflow data find it necessary to have discharge information about a stream. Discharge is the volume of flow passing a specified point in a given interval of time and it is usually measured in cubic meters per second (m³s). Discharge includes not only the volume of water, but also any sediment or solids that may be mixed with or dissolved in the water. Unfortunately, providing discharge data is more difficult than providing stage data.



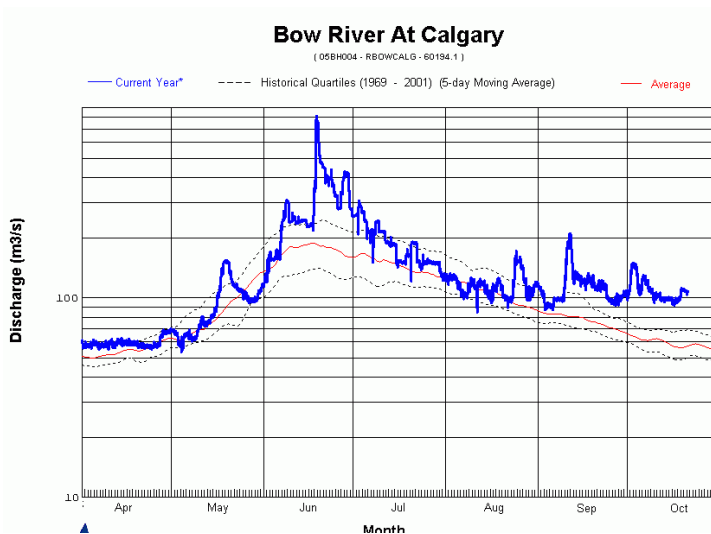
Discharge is usually estimated from stage/discharge relations known as rating curves. In order to develop a rating curve, field personnel must visit a gauging station to measure river discharge and compare it to the stage. A Current Meter is the instrument that is frequently used to perform discharge measurements (see FIG. A & B). Year after year, discharge and stage data are gathered in the field, sometimes as often as once a month. Over time, a stage/discharge rating curve is gradually developed. Unfortunately, rating curves are never fully complete due to the constant changes occurring in rivers and streams. Sedimentation, scour, changes in riverbed

roughness, ice, debris or aquatic vegetation may significantly alter stage/discharge curves and must be adjusted for. In order to keep discharge estimates accurate, it is necessary for personnel to continue taking discharge and stage measurements in the field to keep the curves updated.



How do you Measure Water in Lakes and Rivers? By Tom Jacklin

- Water levels are read manually by gauge readers or continuously recorded either electronically or on graph paper or in digital form.
- Rate of flow (or discharge) requires multiple measurements of channel depth, width, and flow velocity to yield the average discharge in the stream crossing for a given water level. Measurements can be made electronically from a bridge, by wading into a stream, by boat, or from a cableway strung across the river. In winter, the measurements are made through the ice.



- With sufficient measurements of flow over a variety of water levels (including extreme lows and highs), a water level-discharge relationship is established at each location so that the discharge can be computed from measured water levels.
- Historical records from 5,000 active and discontinued sites permit the estimation of streamflow at un-gauged locations.

ITASCA: Love on first try: in memory of Gene Jensen, by Peter Kozlik

Our first few tandem canoes were of the ordinary type: fibreglass, heavy, flat bottom with little rocker and not a hint of a tumblehome (what's that anyway?). We were satisfied. Everybody was using that stuff. So it couldn't be that bad. And because all our friends and fellow paddlers were using the same kind of canoe, mostly made by the same company, we couldn't do any comparison. That changed as our local canoe dealer got a hold on a new dealership. An American company, we hadn't heard of before in Europe: We-no-nah. Someone joked: We-Know-Nothing... Not true as we later found out! I flipped through their catalogue and one canoe especially caught my attention: ITASCA! A Gene Jensen design, I read (that guy who reinvented canoe racing through his sleek crafts with lots of tumblehome). He'd also thought out another 'nonsense': those paddles which looked like someone had had too much muscles-bent shafts.



I wanted to try that canoe! But of course, it was the most expensive one We-No-Nah made at that time. And of course, our friend and canoe dealer couldn't afford to stock one. So he phoned around. Found one, three hours away at another dealership. Unfortunately, they wouldn't allow us a test ride. Not on the phone, though...

A week later my wife and me visited that dealer. Although I didn't like her colour (the canoe's...), she looked beautiful (take a guess)! I can be very persuasive, person-to-person...the dealer agreed to take the canoe out to a regatta he was attending a few weeks later. So we got our test paddle after all.... I was amazed! The gunnels are pulled

inwards at both seats. They are parallel to the keel line at the stern (no, good canoes don't actually have a keel.) with lots of tumblehome. That accounts for highly effective power strokes without much correction: You tend to do your forward strokes parallel to the gunnels- that of course puts you off course with most canoes... Not that much tumblehome in the bow (but still more than most canoes), due to the flare Gene gave her there. That accounts for dry runs through high waves. She is 'ocean' going-although I like to see at least one shoreline when I'm paddling...



At 19 feet length, Itasca can't be a turning wonder. But empty, with paddlers only, she turns surprisingly easy and fast. Laden, it's another story.... But fast she is-a Gene Jensen design with really sharp entry lines.

We later ordered our first Itasca through our friend (one has to keep their friends happy). The cheapest and heaviest version-71 lbs. And we used her well before we left Europe for Canada. We sold her before the move because I thought, re-importing an American built canoe back to north America would not make much sense: we would buy a new one once we'd settled. What should prove difficult and would lead to me, having my own canoe business.

But that's another story....

Today, my wife and me own our third Itasca. The lightest one they build. 45 lbs-I don't like long portages but her weight certainly helps (again: the canoe's...). So far, she has taken on any load we placed into her wide belly. Three weeks worth of provisions, two kids, a 100 lb dog, me and my wife - all at the same time. I love her (both of them, this time...).




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If you meet us on the water, feel free to ask for a test ride. But be prepared for love at first try.....

Happy paddling!
 CU on the water...

BWCC Fleet: By Tom Jacklin

Being relatively new to the Club, I've wondered about which canoe I would enjoy paddling the most. With the club fleet of nearly 50 boats (canoes and kayaks) it's going to be hard to try them all, and unfortunately some I'm just never going to be able to fit in. But

which ones should I try to rent this summer?

This is where fellow club members (both new and experienced) come in. I plan to talk to fellow paddlers in the club to see what their opinions are about each boat. I'm sure they will be glad to share, and maybe I'll start a regular review column for the newsletter. Having grown up around canoes, I need to apologize to the kayakers. The data isn't as (yet) complete as for the canoes.

BOAT RENTAL INFORMATION – Free for new members in year one.		
Boat Type	1 Day 2/3 Days	Equipment Included With Boat Rental
Kayak	Whitewater Package \$17 \$34	1 PFD w/whistle, 1 Helmet, 1 Paddle, 1 spray skirt, 1 throw bag, flotation.
Solo Canoe	Whitewater Boat Only \$15 \$30	1 PFD w/whistle, 1 Helmet, 2 Paddles, 1 throw bag, flotation.
Tandem Canoe	Non Whitewater Boat \$12 \$24	2 PFDs w/whistles, 2 Helmet, 3 Paddles, 1 throw bag, flotation.

At last count the following boats are currently in our inventory.

1. Tandem (35 boats)	2. Solo Boats (8 boats)	3. C-1 and Kayaks (6 boats)
Rock Mt Cruisers * 9 – 16 ft New Red Ted (3 seats) – 16 ft Prospector * 4 – 18 ft Easy Rider * 5 – 16 ft Dagger Legend * 7 - 16 ft Nahanni *2 - 18 ft Wenonah Aurora - 16 ft Mad River Explorer – 16 ft Wenonah Rogue – 16 ft Dagger Caption – 14 ft Mohawk Probe - 14 ft Hellman – 16 ft Mohawk Odyssey 14 ft	Dagger Genesis *2 - 13 ft Dagger Ovation * 3 - 12 ft Clipper Probe 14 ft Esquif Vertige *2 - 13 ft	Cascade C-1 * 2 Dagger Response Dagger RPM Micro – X Dagger Piedra

Executive Directors Report: Armand Magotiaux

It's now June, and we are well into our 2006 canoeing season. We have over 65 trips on our schedule, with more to come by way of our BWCC Forum and weekly Updates. Thanks to Committee Chair David Campden and all of our volunteer tour coordinators for making this happen.

Membership Chair Mollie Cole has been working since January on initiatives to make our new members feel welcome and to get them involved with the club as quickly as possible. She put a lot of thought into the timing of our New Member Orientation sessions and our New Member Canoe Tours. She has also overseen (and personally worked at) many of our publicity events, including the Outdoor Adventure Show and our Wednesday Open Houses.

Vice President Mike Kelly continues to take a leadership role in all that is going on around the club.

The Spring Group Lessons component of our Lessons Program is well past the half way mark. Lessons Program Coordinator Karla Handy tells me we currently have 23 groups booked, with a projected total of 1,012 students. In addition to this, we've already completed several of our Adult Canoe courses, and Karla is processing new applications for our Youth Summer Camps every week.

All of this activity is made possible because we have a wonderful set of facilities built right here on the canal. These include our clubhouse, where we store some fifty canoes, our old boathouse with additional storage space plus a boat repair facility, and last but not least, our dock system and eddy makers.

As I've noted in the past, we are the beneficiaries of the work done by our founding members who dared to dream big dreams.

If you've ever wondered what might have motivated them to move beyond creating an annual canoe tour schedule, you might take a look at the work done by Abraham Maslow (1908-1970). Maslow created his now famous hierarchy of needs. Beyond the details of air, water, food, and sex, he laid out five broader layers: the physiological needs, the needs for safety and security, the needs for love and belonging, the needs for esteem, and the need to actualize the self, in that order.

Paddlers who join our club have likely satisfied the first two levels of needs, and have arrived at the "belonging needs" level. This includes the desire for friends and perhaps the need for a sense of community. Bow Waters certainly offers such an opportunity.

In terms of overall development, Maslow believed that we move through these levels a bit like stages. As I see it, our club's original "movers and shakers" eventually moved into the two highest levels. They were able to look at the bigger picture and beyond themselves. They had an interest in building something for future generations of paddlers.

Over the years, and including present times, we have been fortunate in attracting members who also have reached the top two levels of Maslow's hierarchy. These are the folks who keep the dreams alive. They would concur with Eleanor Roosevelt, who said "The future belongs to those who believe in the beauty of their dreams."

June 2006



BWCC

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Highwood River
4 High-wood/Elbow Rivers	5	6 New member orientation	7 Club Meeting	8 Tandem Demo Days	9 Family Canoe Night	10 New members trip Bow River
11 Rosebud weekend	12	13	14	15	16 New Members Bbq	17 Oldman/Livingstone Rivers
18 New members Trip Bow River	19	20	21	22	23 Family Canoe Night	24 North Saskatchewan River
25 Ladies only trip	26	27	28	29 New member orientation	30	

Schedule of Events SEE TRIP SCHEDULE AND FORUM FOR A COMPLETE LISTING

- Basic River Safety June 5, 7
- Family Canoe Night June 9, 23 Call the club to sign up
- Introductory Solo June 10, 11
- Basic River Canoeing (Parent & Teen age 14+): June 13, 15, 18
- Friday June 16, **Spring BBQ Burger Bash** at club (6 pm) Call Club 235-2922 to sign up
- Basic River Canoeing June 20, 22, 24
- Introductory Solo June 24, 25

July 2006



BWCC

PO Box 85088
Albert Park PO
Calgary AB
T2A 7R7

Phone: 403-235-2922

Fax: 403-235-2993

Email: bwcc@telus.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Milk River Brazeau River (adv)
2	3 Canada Day Holiday (in lieu)	4	5	6	7 Elbow River	8 Bow River Red Deer River
9 Bow River	10	11	12	13	14	15 White River (adv)
16 Cross River (adv)	17	18	19	20	21	22 North Saskatchewan River
23 Bow River	24	25	26	27	28	29
30	31					

Schedule of Events SEE TRIP SCHEDULE AND FORUM FOR A COMPLETE LISTING

- **July 1 - New members canoe trip** *Call the club to register*
- Intermediate River July 8, 9
- Basic River Canoeing July 15, 16
- Intermediate Plus (Tandem or Solo) July 22, 23

August 2006



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Kootenay River (canoe camping)
6	7 Civic Holiday	8	9	10	11	12 Kananaskis Campout
13 Kananaskis and Bow Rivers	14	15	16	17	18	19 Red Deer River (adv)
20	21	22	23	24	25	26 Bow and Red Deer Rivers
27	28	29	30	31		

Schedule of Events SEE TRIP SCHEDULE AND FORUM FOR A COMPLETE LISTING

- Lower Red Deer River—canoe camping on the long weekend
- Kootenay River—canoe camping on the long weekend
- Kananaskis Cook out August 12-13
 - Kananaskis River from Widowmaker to Canoe Meadows, Canoe Meadows to Seebe
 - Bow River from Lake Louise Hwy 1 bridge to Hwy 1A bridge near Red Earth; from Banff to Canmore; Deadmans Flat to Exshaw, Exshaw to Seebe or Ghost Dam to Cochrane
 - The main event on Saturday is a pot-luck dinner. All participants that intend to stay for this event should be advised to bring one food item to share, plus anything they need to cook/prepare/serve it. There is a cook shelter at each of the group camps, but there is no electricity.
- Intermediate River August 19, 20

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