

Northwest Chapter WCHA Fall Newsletter 2024



Heading down Lightning Lake from the Lone Duck campground. Livdahl photo

Fall Meet: Manning Park, BC, September 17–22, 2024

It's almost fall, and Northwest Chapter thoughts turn to beautiful Manning Park, BC. Picture yourself enjoying Lightning Lake, watching the loons, mergansers and beavers, from a silent and lovely wooden canoe. Imagine the shoreline, with a waiting collection of interesting and timeless glowing wooden boats! Think of old and new friends gathered to enjoy the scenic park, the boats and being together.

Yes, it's time for the Northwest Chapter Fall Meet! Pack your woollies, toques, musical instruments and something great for the auction! US people **remember passports**! See you soon at Manning!

Directions:

- <u>Easy to miss</u>: From Hwy 3, east of Hope, BC, *turn right (south) after the Manning Park Lodge*, 41 km from the Manning Park west entrance,
 - (park entrance marked by carved marmot).
- Follow signs to Lone Duck Group Camp 2, Lightning Lake, 4 km off Hwy 3

Accommodation—Rustic:

- Brand new picnic shelter with tables and wood stove; outside fire pit. Fire bans may be on, so plan accordingly.
- Flush toilets and cold running water. Showers available at nearby Lightening Lake Campground.
- Parking lot and a large walk-in area for tents.
- Bring tarps for rain. Keep dogs on leash.
- Very limited RV space. No hook-ups.
- Potable water available.

Reminders: Passports!

- Bring potluck supper item for Saturday night main, sides, salad and/or dessert.
- \$15 /person /night; Tues & Wed free! <u>Kids and grandkids are welcome!</u>

Canadians bring firewood, if there is no fire ban.

Bring warm clothes, hiking boots and sticks.

- Gently used or new "valuables" for Saturday afternoon fundraising auction
- Musical instruments and voices for "campfire" sing-alongs
- Program information on our website:.nwwoodencanoe.wcha.org

Location: Lone Duck 2 Group Campsite in E. C. Manning Provincial Park

Cost: \$15 per person per day; Tuesday & Wednesday free!. Currency @ Par

Showers: Available in Lightning Lakes Campground just west of our camp

Food and Supplies: Restaurant, Bar, Groceries, and other Supplies available at Manning

Park Resort.

Camping: Do not camp on the very tempting grass along the lake.

Area Information: Brochures, etc available at Manning Park Resort. E. C. Manning Park Visitor Center may also be open.

Fire Information: We will be monitoring fire activity, and will send out notifications if there is a risk of cancellation. You can check fire status yourself on the E.C. Manning Park Website or at https://www.emergencyinfobc.gov.bc.ca/current-wildfire-information-2023/



Meet Schedule:

Tuesday: Sept 17

Explore the area on your own: hiking, boating. Meals on own.

Wednesday: Sept 18

Explore the area on your own, hiking, boating. Meals on own.

Thursday: Sept 19.

Dawn Patrol.

Meals on your own. Catch up with friends. Explore the area.

Evening: Get together around the firepit and sing

Friday: Sept 20.

Dawn Patrol

11:00 am "ish" Picnic Down the Lake. Paddle to the end of the lakes for BYOL lunch.

4:00 pm: "Aquatic Macroinvertabrates and Lake Plankton" talk by Dr. Jim Ekins, University of Idaho

7:00 pm Evening program: (tentative: "Freeze-drying food for Camping" (Colleen and Claude Delisle)

Evening: Hang around the fire pit weather permitting.

Meals on your own

Saturday: Sept 21

Dawn patrol

10:30 am Boudi's Devious Proxy Regatta and Games:

Lunch on your own

2:00 pm Introduce your Canoe

3:00 pm Group Photo

3:30 pm Auction - contributions of canoe related items encouraged

6:00 pm Potluck Dinner - bring your favorite dish / dessert to share.

Brief chapter meeting

Dusk: Songs, Jokes and Stories around the Campfire. Bring your instruments, songs from your summer camp days, and Jokes that can be told in polite company....

Sunday: Sept 22 Dawn Patrol, Police the Camp, and Pack up



This year's Assembly theme was Courting Canoes, with their beautiful long decks, fancy reclined seats and only room for two (intentional, so the chaperone had to watch from another canoe, or on shore!) Check out the amazing antique canoe cart, too. Photo Claude Delisle

WCHA News and Assembly Report!

Hello All! Here's what the WCHA Board of Directors have been up to over the past few months.

Assembly was of course the biggest focus for the Board recently. Rob Stevens does an excellent job of organizing and running the Assembly, and the Board is very involved in the decision making. Most of us sit on the Assembly planning committee in addition to our regular board duties.

Claude and I were able to attend Assembly this year (his first time!) and I have to say, it's the best one I've been to yet! What an excellent week of events, speakers, classes, and friendship. There's nothing better than spending time with people who have a common interest and don't mind endless conversations about all things canoeing.

We took classes in paddle construction and design, seat caning, and poling. We attended seminars on courting canoes (this year's theme) and the art of Frances Anne Hopkins. We learned about care and repair of camping stoves and lanterns and Claude sat in on an excellent talk on the history, care and use of the axe as well as a talk about a new book just launched on the legacy of the birchbark canoe. We were very excited to hear Mike Elliott's presentation around the launch of his new book (This Fancy Old Canoe), and he did not disappoint. **It was the best evening keynote we attended!** And just like a Northwest Chapter meet, there was an auction. WCHA President Michael Grace was this year's auctioneer, and he did a great job. Our own Mike Elliott had donated a restored canoe to the auction that helped bring the auction total up. Every dime goes toward the day to day operations of this fantastic organization!



Claude getting poling instruction during a class taught by Sandy Bate.



Nick Dennis of the UK Chapter bobbed around like a seal, taking photos of the Paddle By from an unusual perspective. Delisle photo



Jasha Lemay takes in the paddle carving workshop led by John Visser of Housatonic Canoe. Delisle photo



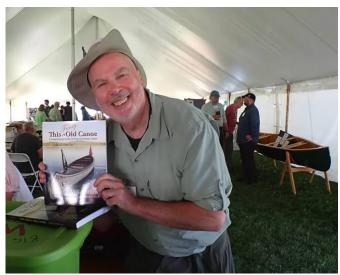
Lee Benson and Ken Kelly give a tongue-in-cheek interpretation of what using a courting canoe must have been like. There is definitely no room for a chaperone! Delisle photo



Many lovely non-courting canoes also enlivened the Assembly Green. WCHA photo



Some friends old and new: (Left to Right...) Claude Delisle, Serge Lemay, Jasha Lemay, Colleen Hovey Delisle, Peter Elliott, Jocelyne Giroux, Mike Elliott. Serge, Jocelyne and Jash are from Quebec, Peter is Mike's brother from Ottawa, Claude and Colleen from Alberta, and Mike is from BC. Canada was well represented! Delisle photo



Mike Elliott shows off This Fancy Old Canoe, his new book introduced at the Assembly. WCHA photo



Colleen reports that "Our own Mike Elliott gave an excellent evening presentation to correspond with his new book, This Fancy Old Canoe." Delisle photo



Paddlers from the Paddle By "lined up" for the traditional group photo after the event. Delisle photo

We also got a bit of time to paddle Claude's newly restored Chestnut Deer on Upper St. Regis Lake. What a beautiful setting to hold this event!

There was so much more to take in, but we tried to pace ourselves. A big part of the event is networking and meeting new people, and we wanted to be sure to leave time for that too! We made wonderful new friends from Quebec, Florida, and the Eastern States. And we ran into a few familiar faces too. Who remembers Barry and June from Minnesota who attended one of our meets in Manning? They're hoping to come back to a Northwest meet very soon! And of course, Rollin and Andrea Thurlow were there and asking about their Northwest Chapter friends. They always speak very highly of their time with us at our meet, and Rollin asked me to thank the "Willits wood moving crew" once again! Chris Eden also attended. If you haven't met him yet, you will! He's our wonderful Wooden Canoe Journal editor and is planning on becoming more involved in Northwest Chapter events, so be sure to introduce yourself if you haven't already!

If any of you have the urge to attend Assembly, I would strongly recommend it! It's a wonderful experience and well worth the trek across the country! Claude and I made quite an adventure of it, driving just short of 8000km over about 30 days. It takes a lot longer when the car turns into every craft brewery it sees! Who knew Nissan's were so interested in craft beer!

As a part of Assembly, I attended the only in-person board meeting that we have each year. I find these meeting to be critically important. Meeting on Zoom works great, and it means the board can meet more often, but we get so much more done in person!

A big topic of discussion this year was the website. I have been working on some big plans to improve it! Coming soon will be a new "members only" area on the site where all current WCHA members can

access some fun and interesting new features. I don't have an exact launch date yet (I'm still working on the mechanics of it), but it will be soon, so keep an eye out for an announcement on that!

I'd be interested to hear any ideas you may have on things you'd like to see in that area of the site! Just send an email to colleen.hovey@gmail.com if you have any thoughts! Some of the ideas we're considering include a registry of canoes for historical and restoration purposes, past issues of the Journal in digital format, and access to instructional videos and materials.

Other board items of interest. We continue to be on a firm financial footing. We are working on ideas to bring more young members to the organization. Member retention and recruitment are always a topic of discussion. We are working on improving our social media presence. We are also working on an idea for collaboration with other organizations with similar missions, such as the Canadian Canoe Museum. Board Openings – If you have any interest in running for the WCHA Board of Directors, watch the next issue of Wooden Canoe for the information. We have a couple of positions coming open. If you are interested, reach out to me and I'll fill you in on what it involves. Quickly, it's a Zoom meeting every other month for about 2 hours. It's a lot of fun, a fantastic group of people, and so interesting to see the inner workings of the organization!

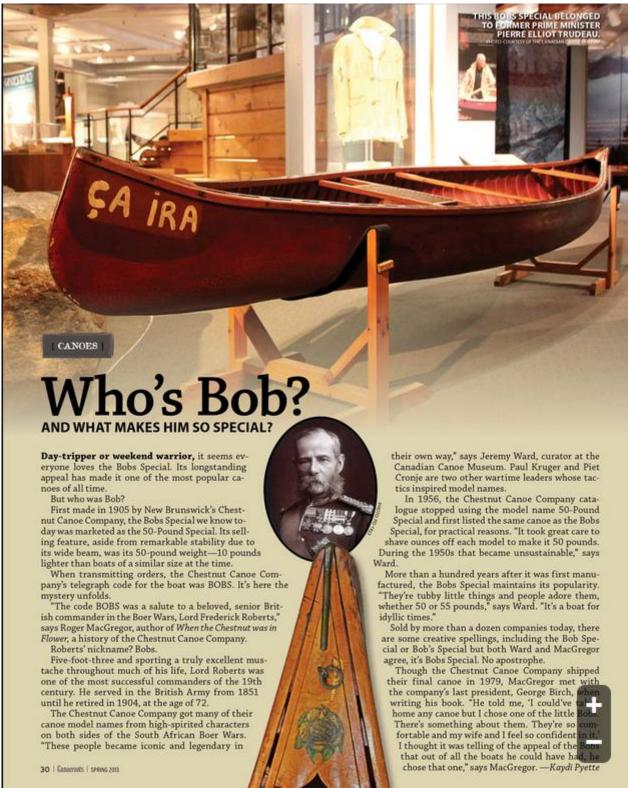
If you have any suggestions, comments or concerns you'd like brought to the board, please don't hesitate to reach out and let me know.

Colleen Delisle (Hovey)

WCHA Webmaster



Another elegant courting canoe graces the Paul Smiths Green. Delisle photo















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[TECHNIQUE]

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THE QUICK AND DIRTY RESCUE THAT WORKS

The parallel-or curl-rescue has been around for more than 20 years. As a coach in the UK, I have enjoyed developing this skill alongside many colleagues and students, but it may be less familiar to paddlers across the Atlantic where it's a relatively recent addition to paddling curricula. The American Canoe Association incorporated the parallel rescue into their curriculum six years ago, while Paddle Canada introduced it to their Lake Skills Program in 2009.

The parallel rescue is the fastest, simplest way of getting an overturned canoe upright and drained. If you are in swift-flowing water, it is very useful to be able to right a capsized boat with both boats parallel with the bank to avoid broaching. You can also get the swimmer out of the water and into your boat first, where they can have a breather and even help you with the curl.

The rescue appears precarious with the rescuer standing and seeming to lift a boat full of water. You need to do it carefully to protect your back. If you perform it hastily or unskillfully you are likely to do yourself some damage. Use this rescue only if the situation makes it clearly the best choice. Once you learn the proper technique, however, you'll realise that the boat you are holding acts as a balancing aid, making the rescue very stable. Even the slightest of paddlers can master the parallel rescue if they understand the key: you are not lifting, but tipping the water out.

Make contact with the swimmer(s) and either get them into your boat or holding onto the side. In moving water or strong wind, make sure they are on the upstream or upwind side of your boat.

- 1) Approach the capsized canoe so it is parallel to your boat, making sure to keep your body square on so you're not twisting for the next steps. Kneel on one knee (rifleman stance) in the center of your canoe, reach down and grab the near gunwale of the capsized boat with your fingers on the inside and your thumbs on
- 2) Keep your back STRAIGHT throughout, use your leg muscles to stand up.
- 3) As you stand, slowly and smoothly raise the gunwale until it rests on your own gunwale, sliding it upwards and allowing the canoe to drain.
- 4) Don't worry about the last little bit of water-this can be bailed later. Extending your arms from the curl position, flick the boat away from you.
- 5) Immediately drop down into kneeling stance again and grab the now-upright canoe.
- 6) Assist the paddler(s) back into their boat.

Tip: Looking straight ahead, rather than down, will encourage you to keep your back straight.

And that really is it-this is the fast, dirty rescue that works. If it takes you more than 10 seconds once you've mastered the technique, then you're doing it incorrectly. Practice in different conditions so you have the parallel rescue in your toolkit when

Leo Hoare is a top-level coach who develops and delivers Canoe Union programs in both Europe and North America of Getafix Coaching (www.getafix.com).

DIGITAL EXTRA: To see this rescue in action, go to Canoerootsmag.com/0032 or download the Canoeroo

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	instant						
	oatmeal						
Lunch	peanut butter						
	and crackers						
Dinner	instant						
	noodles						

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1101 111 11 651	wena.org			
Joan Ellsworth	Treasurer	Bellingham, WA	(360) 756-7577	lakesamishfarm@gmail.com
Colleen Hovey	WCHA board rep	Elnora, Alberta	(403) 357 4645	colleen.hovey@gmail.com
Claude Delisle		Elnora, Alberta	(587) 679 2456	cdn.claude@gmail.com
Joe McElroy	Newsletter	Snoqualmie, WA	(425) 502 2050	maryjoe4813@gmail.com
Geoff Harvey		Hayden Lakes, Id	(208) 449-3185	whitefish48@yahoo.com
Martin Ferwerda	Webmaster	Brightwood, OR	(503) 622-6031	mferwerda111@frontier.com
Mary Norton	Sect'y/Newsletter	Snoqualmie, WA	(425) 443 1417	maryjoe4813@gmail.com
Michael Davidsor	1	Port Townsend, WA	(253) 820 5973	mdexvotos@gmail.com
Ginger Fortier		Port Townsend, WA		gingerfortier@hotmail.com
Kurt Schmidt		Langley, WA		lkschmidt@sbcglobal.net
Laura Schmidt		Langley, WA		lkschmidt@sbcglobal.net
Craig Dupler	Past President	Snohomish, WA		craig.dupler@gmail.com
Patra Moore		Carnation, WA	(425) 333 4246	bpmb@live.com
Mike Livdahl	President	Seattle, WA		michael.livdahl@gmail.com

NW Chapter Spring Meet: Camp Bishop, Shelton, WA May 8–11, 2025



- House of the Rising Sun, The Animals
- The Lion Sleeps Tonight,
- Time of your Life, Green Day
- 51 Harvest Moon, Neil Young
- Wonderwall, Oasis
- Free Falling, Tom Petty
- Puff The Magic Dragon, Peter, Paul and Mary
- American Pie, Don McLean
- 10] Brown Eyed Girl, Van Morrison
- 11] Leaving on a Jet Plane, John Denver
- Wheat Kings, The Tragically Hip
- 13] This Land is Your Land, Woody Guthrie 14] The Gambler, Kenny Rogers

- 15] Fire and Rain, James Taylor 16] Wish You Were Here, Pink Floyd
- The Evening Birds
 - 18] The Weight, The Band
- Cats in the Cradle, Harry Chapin 19] Father and Son, Cat Stevens
- 20] Blowin' in the Wind, Bob Dylan
 - 21] Lean On Me, Bill Withers

17] Let It Be, The Beatles

- 22] Weighty Ghost, Wintersleep
- 23] Sittin' on the Dock of the Bay, Otis Redding
- 24] Redemption Song, Bob Marley
- 25] Country Roads, John Denver
- 26] Mrs. Robinson, Simon and Garfunkel
- 27] Walk Away, Ben Harper
- 281 To Be With You, Mr. Big
- 29] More Than Words, Extreme

- 30] What I Got, Sublime
- 31] Take It Easy, The Eagles
- 32] Ring of Fire, Johnny Cash
- 33] Stuck In The Middle With You, Stealers Wheel
- 34] Day-O (The Banana Boat Song), Harry Belafonte
- 35] Every Rose Has Its Thorn, Poison
- 36] The Joker, The Steve Miller Band
- 37] Killing Me Softly, Roberta Flack
- 38] Send Me On My Way, Rusted Root
- 39] Where Have All the Flowers Gone, Pete Seeger
- 40] I Will Follow You into the Dark, Death Cab for Cutie

TO ADD YOUR FAVORITE SING-ALONGS TO THE LIST, VISIT WWW.CANOEROOTSMAG.COM/0014.

New Rules About Dogs Entering the US



Sean and Duff love visiting Manning, and will have the new forms to hopefully come back home without issues! McElroy photo

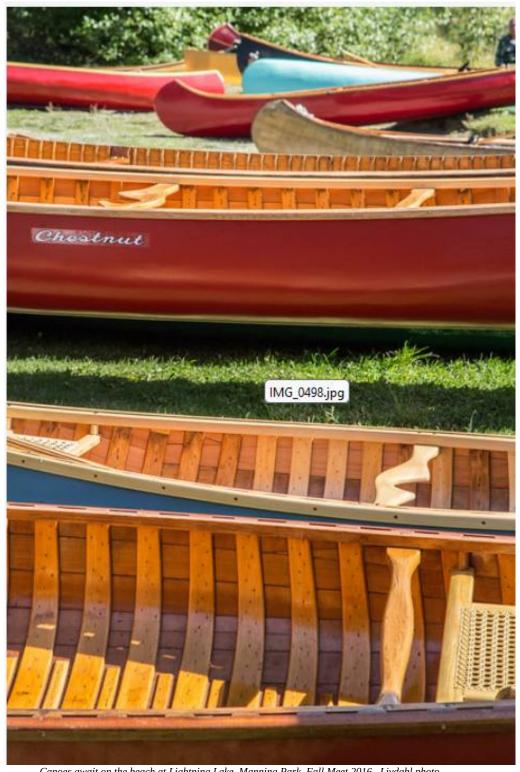
Dog owners traveling to the Meet should be aware of new rules by the US Center for Disease Control regarding dogs entering the US. The additional restrictions are designed to keep the US free from rabies in dogs. The system is tiered, with increased scrutiny as the danger of rabies exposure increases. Fortunately Canada is considered as "low risk" for rabies, and movement across the US/Canadian border has only minor new requirements.

For dogs entering the US who have been in a canine rabies-free (US) or low risk (Canada) country the past 6 months, requirements are:

- The **CDC Dog Import Form receipt**: this is a new form, to be filled out on-line at CDC.gov/importation/dog. An automatic receipt is generated; print it or show on your phone. The form is free, lasts 6 months, and may be used for multiple border crossings. One is needed for each dog. It can be filled out ahead of travel, or on the day of travel.
- The dog must appear **healthy**.
- The dog must be **at least 6 months old.** (At this age, they assume the dog is fully rabies-vaccinated)
- The dog has a **microchip** that can be read by a universal scanner.

Dogs from a low-risk country meeting these requirements can enter the US at any land, water or air border crossing. Since rabies vaccines are required in Washington, it seems prudent to have **rabies vaccine certificates** on hand also, although this is not a CDC requirement.

Dogs entering the US from high risk countries need additional certifications that must be approved by the USDA in advance, and depending on where they were vaccinated, rabies titers may be required. This process can take weeks to months. The importation of puppies is presently not allowed.



Canoes await on the beach at Lightning Lake, Manning Park, Fall Meet 2016. Livdahl photo

NW Chapter WCHA Fall Meet: Manning Park, BC September 17–22, 2024! See you there!