

Event

This is a car accessible weekend still camp with novice and advanced white water canoe courses. Course instruction will be qualified instructors from Bear Creek Outdoor Centre. Class I, II, and III rapids will be used. Camping will be at Black Bear campground on a sandy beach. Senior Scouts (those eligible to join Venturers in the fall) will be invited to participate as their introduction to Venturers. This is the weekend after the Victoria Day long weekend.

Schedule

Friday May 22nd

Depart Merrickville from the community centre at 5:30pm.

Travel highway 43 towards Smiths Falls, Rosedale road to highway 15, on to Carleton Place, county road 29 to Arnprior, highway 17 to Petawawa.

Arrive Black Bear campground approximately 9:00pm.

Setup camp.

Travel distance approximately 200km; 3 hours.

Saturday May 23rd

Make bag lunch at campsite.

White water canoeing on the Petawawa River.

Sunday May 24th

White water canoeing on the Petawawa River; Big Eddy for Canoe I, and Golf Course Rapids for Canoe III.

Make bag lunch at campsite. Canoe III participants need to take their lunch with them in their canoe.

Depart river approximately 4:00pm.

Arrive Merrickville approximately 7:00pm. Parents will be called enroute with exact arrival time.

Common kit will be distributed for cleaning and drying (if needed).

Participants

| Name | Type | Section | Course | Boat | Chest | PFD |
|------------------|-------|----------|-----------|----------|-------|--------------|
| Ricketts, Bill | Adult | Venturer | Play | SuperFun | | Own |
| Beelich, Andreas | Youth | Venturer | Canoe III | Canyon | 37" | Salus Medium |
| Gale, Jennifer | Youth | Venturer | Canoe I | Canyon | | Salus Small |
| McKay, Alex | Youth | Venturer | Canoe III | Canyon | 28" | Salus Small |
| Moodie, Bruce | Youth | Venturer | Canoe I | Canyon | 36" | Salus Medium |

Participant Qualifications

| Name | WW Experience | ORCA | Swimmer | First Aid | Boat Rescue | River Rescue |
|------------------|---------------|------|--------------|-----------|-------------|--------------|
| Ricketts, Bill | Canoe I | No | Yes | Standard | No | Yes |
| Beelich, Andreas | Canoe I/II | No | Bronze Cross | Standard | No | No |
| Gale, Jennifer | None | No | Yes | No | No | No |
| McKay, Alex | Canoe I/II | No | Yes | No | No | No |
| Moodie, Bruce | None | No | Yes | No | No | No |

Course Pre-Requisites

| Course | Pre-Requisite |
|-----------|---------------|
| Canoe I | None |
| Canoe III | Canoe II |

Financial

| Item | Budget | Notes | Actual |
|---------------------------|--------------|-----------------------------------|--------|
| Truck + trailer mileage | \$120 | 200km each way @ \$0.30/km | 487km |
| Propane | \$20 | 4 - 1 lb tanks @ \$15 for 3 tanks | |
| Food | \$100 | \$20/person @ 5 people | |
| Camping fee | \$15 | \$3/person @ 5 people | |
| Base cost | \$255 | | |
| Base cost/Venturer | \$64 | 4 Scouts & Venturers | |

| Item | Scout/Venturer | | Adult | |
|-------------------------|-----------------|-----------------|----------------|----------------|
| | Canoe I | Canoe III | Canoe I | Canoe III |
| Course Fee | \$66.63 | \$76.88 | \$66.63 | \$76.88 |
| Solo canoe rental | | \$30.75 | | \$30.75 |
| Base cost | \$64.00 | \$64.00 | | |
| Council Subsidy | (\$10.00) | (\$10.00) | (\$10.00) | (\$10.00) |
| Budget Total | \$120.63 | \$161.63 | \$56.63 | \$97.63 |
| Advertised Total | \$125 | \$165 | \$55 | \$95 |

| Item | Budget | Actual | Notes |
|----------------|-----------------|------------------|------------------------------|
| Mileage | \$120.00 | \$146.10 | 487km versus 400km estimated |
| Propane | \$20.00 | \$0 | None used |
| Food | \$100.00 | \$164.14 | |
| Camping fee | \$15.00 | \$15.00 | |
| Course fee | \$308.52 | \$308.52 | |
| Total | \$563.52 | \$633.76 | |
| Revenue | \$580.00 | \$580.00 | |
| Balance | \$16.48 | (\$53.76) | |

Safety Precautions

- All participants will wear a properly fitting PFD and helmet when near the water.
- PFDs will be equipped with whistles.
- PFDs and helmets will be securely fastened when worn.
- A paddle, for support, will always be carried when scouting rapids.
- No participants have mortal allergies.
- All usage of the river training area will be under the supervision of an instructor.
- A ratio of one instructor per four to five canoes will be maintained.

Kayak Sizing

| Model | Ideal Overall Weight | Quantity Available |
|----------|----------------------|--------------------|
| 2Fun | 120-150 lbs | 1 |
| Fun | 140-180 lbs | 4 |
| SuperFun | 210-265 lbs | 1 |

PFD Sizing (Salus Kayak Guide)

| Size | Chest Size | Quantity Available |
|--------------------|------------|--------------------|
| Small / Medium | 32" - 40" | 8 |
| Medium / Large | 36" - 44" | 4 |
| Large / Xtra Large | 40" - 48" | 0 |
| Xtra / 2Xtra Large | 44" - 52" | 0 |

Personal Kit List

Sleeping bag
Sleeping pad (optional)
Torch
Change of clothes (several)
Change of footwear
Trousers
Long sleeved shirt
Swim suit
Towel
Sweater or sweat shirt
Rain jacket
Rain pants (optional)
Pyjamas
Pillow (optional)
Wash kit: tooth brush, toothpaste, soap, shampoo, chapstick, etc.
Shampoo, no-rinse (astronaut shampoo) (optional)
Mess kit: plate, bowl, cup, knife, fork, spoon in mesh bag
Water bottle w/carabineer
Sunscreen
Insect repellent
Hat (optional)
Baseball cap (optional)
Kleenex
Toilet paper
Knapsack
Kneepads (optional)
Bicycle gloves (optional)
Sunglasses w/strap (optional)
Water shoes (optional)
Pocket knife (optional)
Wetsuit (optional, recommended for kayaking)
Folding chair (optional)
Dry bag (optional)
Soccer ball (optional)

Quick dry materials such as polypropylene, polyester fleece, and a nylon wind jacket and pants are recommended. A rain suit can double as an extra layer in cold weather.

Wet feet are a given, and participants will get wet even if they don't dump their canoe (which they are likely to do anyway). Some form of water shoes, or sneakers that can get wet, are recommended. Glasses should be secured with a strap.

No electronic games.

Menu

Friday

Supper

Brown bag from home or eat before departure

Saturday

Breakfast

Cereal, bacon, toast, jam, peanut butter

Lunch

Sandwiches (bacon, ham, buns, mayonnaise, lettuce, cheese), chicken noodle soup (if cold)

Supper

Chili, buns

Sunday

Breakfast

Cereal, sausages, toast, jam, peanut butter

Lunch

Sandwiches (bacon, ham, buns, mayonnaise, lettuce, cheese), chicken noodle soup (if cold)

Snacks

Granola bars

Peanut M&Ms

Pringles

Apples

Gummy Bears

Drinks

Hot chocolate

Juice crystals, lemonade

Kool-Aid singles

Water

Orange juice

Coffee

Milk

YOPs

Grocery List

Bacon, 1 packages
Bread, white, 1 loaf
Jam, strawberry, 1 jar
Peanut butter, 1 jar
Lucky Charms, 1 box
Frosted Flakes, 1 jumbo box
Milk, 3.25%, 4 litres
Buns, Kaiser, 8
Cheese, large slab, 907g
Mayonnaise, Miracle Whip, squeeze (if possible), 1 bottle
Lettuce, iceberg, 1 head
Ham, 16 slices, 600g
Cup-a-soup, Chicken Noodle, 10 packages
Granola bars, chocolate covered, 1 large box
Granola bars, sweet & salty, 1 box of 32
Chili, beef or steak (or both), 3 large cans
Sausages, breakfast, 12
Hot chocolate, 10 packets
Apples, red, 1 bag
Coffee, regular
Coffee, decaffeinated
Coffee, individual packets, regular
Coffee, individual packets, decaffeinated
YOPs, 8
Kool-Aid singles, 3 boxes
Juice crystals, lemonade, 1 container
Gummy Bears
Pringles, 2 containers
Vegetable oil
Juice, tetra-pak, various flavours, 12

Hospital

The nearest hospital is the Pembroke Regional Hospital. To access the hospital from Highway 17, exit at the lighted intersection of Paul Martin Drive and Highway 41. Take Paul Martin Drive to Town Line. Turn right on Town Line. Turn left on Mackay Street and the hospital can be found three blocks away.

705 Mackay Street
(613) 732-2811

Camping Equipment (tractor trailer)

Tents, Scout, 2
 Ground sheets, 2
 Tent pegs
 Tarps, medium, 2
 Baler twine
 First aid kit
 Dish soap
 Pot sets, large, 2
 Pot, large
 Toaster, stove top
 Frying pans, 2
 Griddle
 Lanterns, propane, 2
 Propane, 1 lb, 4
 Stove, 2 burner, propane, 2
 Basins, washing, 2
 Water container, 2
 Tea towel
 Dish cloth
 Spoon, large, 2
 Spatula, 2
 Cooler
 Ice packs, 3
 Cheese slicer
 Scrubbing pad, nylon
 Garbage bag holder
 Garbage bags, extra large
 Dining shelter, self supporting

Camping Equipment (Other)

Kleenex
 Matches, 1 box
 Duct tape
 Toilet paper
 Tinfoil
 Paper towel
 Ziploc bags, small (for sandwiches)
 Ziploc bags, large

Extra Kit

Trip plan
 Physical fitness forms
 First aid kit

Paddling Equipment

Paddles, canoe, plastic/aluminum, 6
 PFD, Salus, medium/large, 3
 PFD, Salus, small/medium, 1
 Canoes, Canyon, 2
 Float bags, 2 pairs
 Canoe trailer
 Canoe tie down straps, short, 4
 Canoe tie down straps, long, 2
 Helmets, white water, 5
 Kayak, SuperFun
 Kayak skirt, SuperFun
 Paddle, kayak
 Bailers, 2
 Inflator, 12V

Report

Here is the report from the Venturer WWI and WWIII training weekend on the Petawawa River. I had requested the Venturers to provide their own individualized reports on the weekend to include in the report, but to date the only one I have received is from Alex, Thanks Alex.

Friday started off rough. I went to Allan's to get his truck for the weekend – my little Accent will not hold 4 Venturers nor tow the trailer. I went to Jim Wiggin's house where I was told we would meet at 5:00 and unload the 6 flat water canoes and gear so we could use the trailer. As luck would have it, the message did not reach the Venturers. So I unloaded the canoes and gear myself and headed to the storage trailers. None of the common gear was ready to go so the Venturers used the kit list and loaded on the fly – we were on the road by shortly after 6 pm.

With a quick stop in Arnprior for coffee and snacks we continued on to Black Bear Campground in Petawawa – which acts as Base Camp. We arrived at the camp 9-9:30. We set up camp quickly and everyone climbed into the tents around 10.

Saturday morning had the Venturers being woken up around 6:30. We ate breakfast (Lucky Charms and Frosted Flakes), made sandwiches and made our way to the course location on Rantz Road. The courses began at 8:30 am with Jen and Bruce heading to their proposed area for WWI instruction and Alex and Andreas heading off with the WWIII group. I made my way around between the groups chatting with other Advisors and checking out what everyone was up to – I was in no hurry to get wet. I drank my coffee slowly.

We met back up at lunch time to tell stories and enjoy the warmth of the sun. It turned out to be an excellent day. Apparently the bugs were pretty bad on the opposite side of the river where the water is calm and certain paddling techniques were practiced and canoes were flipped to demonstrate canoe-over-canoe rescue. Apparently the water was chilly. J

Bruce and Alex forgot to bring a second pair of shoes so Alex ended up walking around in either wet shoes or socks. Bruce did not get a chance to do the first day swim as a result of not having shoes on in the water – the rocks are jagged and safety is first priority. (Everyone remember to read the kit list and bring what is recommended. Ask for the list if the Executive does not send it out)

After lunch the WWI group went back upstream to practice eddying in and out while the WWIII group went back down to Big Eddy – a mix of Class I-III rapids to play. I decided to suit up around this point and headed out for my first time in a WW kayak and get some water time in. There were enough trained instructors around to bail me out – I made sure I spoke to a few of them before entering the river to ensure it was okay and they agreed to keep an eye on me. It turns out it was not necessary – I ran the river for about 3 hours and no flips – a few close calls but no flips.

The end of day one came around 4 pm where we headed back to Black Bear Campground for rest and supper. The Venturers got a canoe down and took out my kayak to play. After playtime was over we had bread and some chili combination for supper – not my favorite. We decided to save the sausages for breakfast (more to come on that front). After cleanup was completed the group headed to the beach for a driftwood fire on the beach (their new tradition). I had a fire at the campsite and enjoyed some leisure conversation with a few passing Advisors. It was around this time that an Advisor came around and informed me that the power had gone out in the store and they were giving away ice cream bars, popsicles, etc – I told the youth upon their return of the free treats. They headed up and got some and a second trip netted them more.

Around 3 am I heard a low bang followed by the sound of eating. Uh-ooh – someone didn't put the cooler away. After I realized it was only a raccoon and not a bear I stuck my head out of the tent and scared it away and put the cooler somewhere the raccoon couldn't get it.

Sunday morning bacon and sausages and cereal for breakfast – that was the plan. Remember that raccoon well it got the sausages and tried to get the cheese. Luckily some of the stuff was packed in pretty tight so it only took out what was easy. So Bacon and cereal for breakfast. As we were eating breakfast the camp slowly began coming down. Timing was close.

We managed to get to Rantz road to drop off Bruce and Jen for WWI and then I took Alex and Andreas down to the Golf Course location for WWIII and solo boat playtime.

It was at this point that I was informed that a Venturer from another group had to be taken home that morning due to pretty intense sunburn on his face (he was blistering) and was still all over. This brings to light the importance of sun screen (especially on water due to magnification) and drinking lots of fluids.

I headed back up to Rantz road get wet and play in the kayak again – closer to noon of course. The WWI group went back up river to recap training from previous day with some of the groups heading down to Big Eddy to play and run the rapid. Before Bruce and Jen went down to Big Eddy they demonstrated – much to my enjoyment – how not to come out of an Eddy and flipped the canoe right in front of the beach. Of course I forgot my camera!

I played in the kayak for awhile and then around 2:30 or so headed down to the Gold Course to check on Andreas and Alex and pick them up at the end of the course. Stephan Smye convinced me to suit up again and head out on the river for a little while. So I did. I saw Alex and Andreas on the water where their smiles were about a river wide. They were having a blast.

We packed at Golf Course, picked up Jen and Bruce at Rantz road and headed back to Merrickville. We stopped once on the way home for gas.

Next time plan food for trip home or make sure you bring money to get supper – if the driver will stop. We called parents enroute with an estimated arrival time of 7 pm, we got in around 6:45. The trailer and truck was unloaded and gear was put away. A few items were sent home with Venturers to clean as determined by Jen. I dropped the trailer back at Jim's and took Allan's truck back.

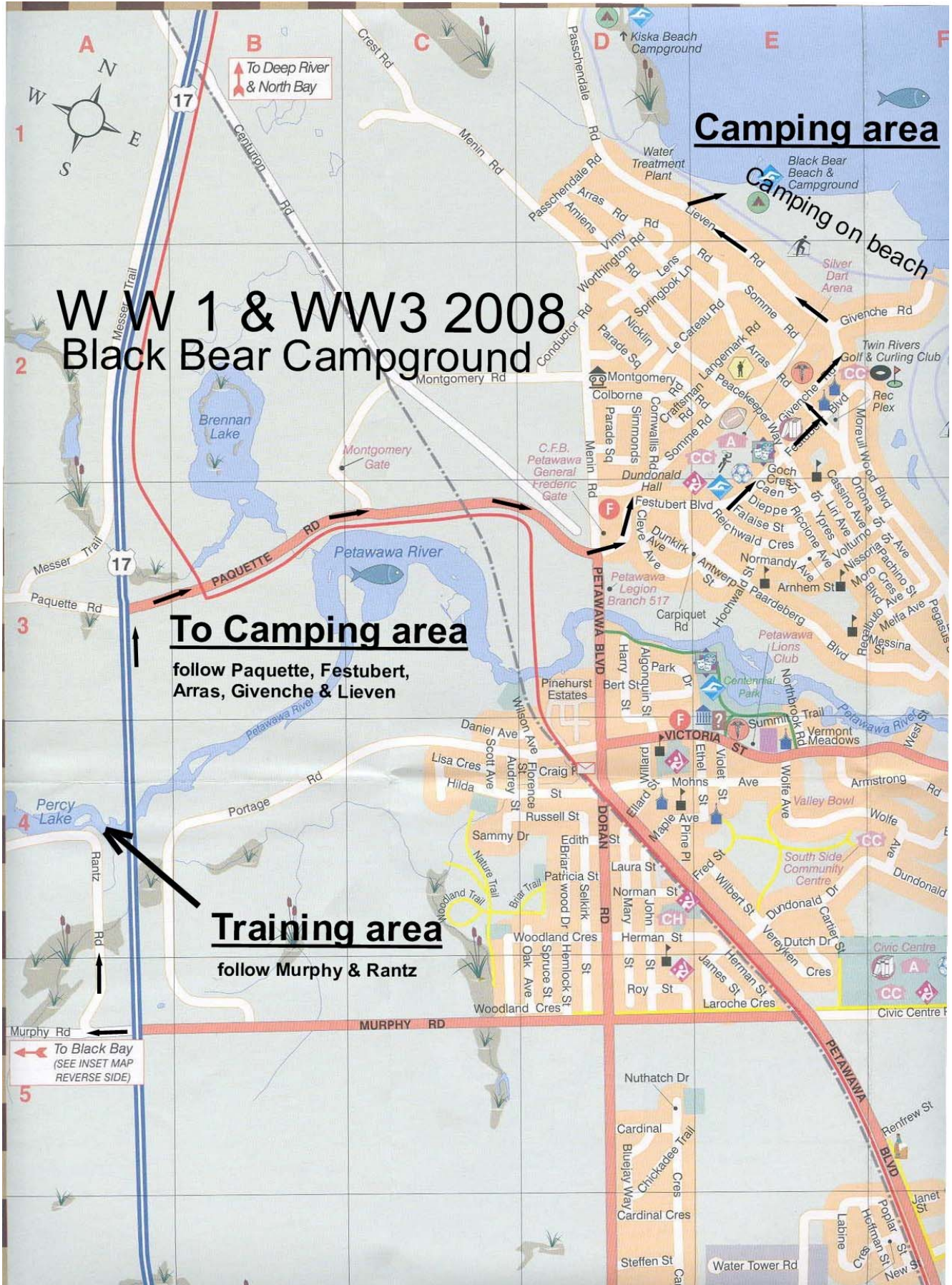
The following is Alex's recount of the weekend in his words. I edited for spelling and minor grammar the rest is all his. Thanks again Alex for your contribution. And Thanks to the Venturers for a great weekend on the River and in the sun!!! Bill

WWIII by Alex

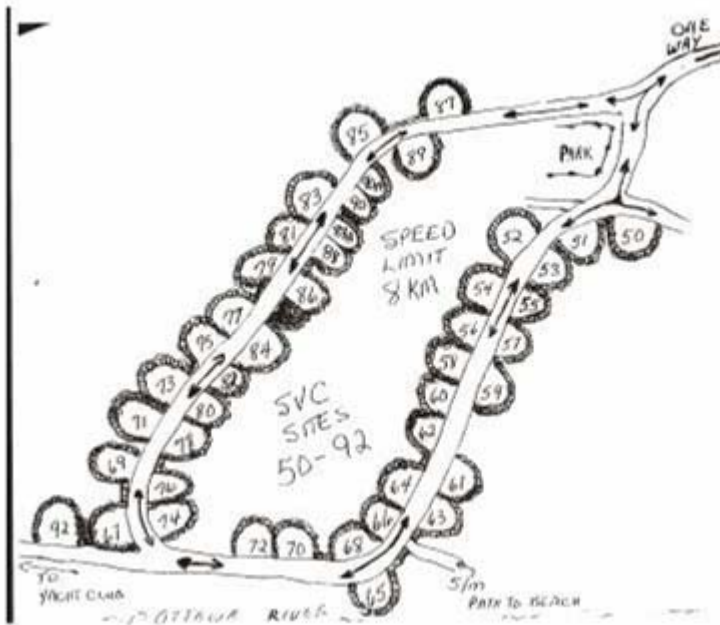
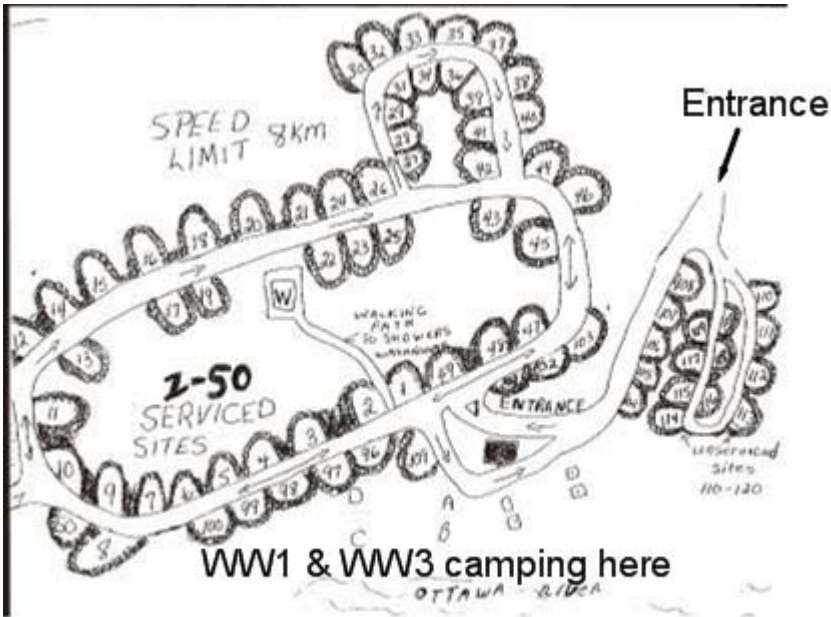
On the first day of the WWIII course we started off with review of what we have already learned. Then we took a trip down the river to the beach. Then we got out and took a swim down the rapids then we went in for lunch. After lunch we took a trip down to big Eddy. We took a few trips down big Eddy then we tried to surf with me in the back (Andrea was in bow) but of course we flipped for the first time. I switched boats with one of the instructors and got my first taste of a solo canoe. Andreas and I switched and John (or Johno) and I got to surf some waves and I got drenched and our boat got swamped. Then we made our way up to the beach again and we went back to camp where we got free freezes and Dora the Explore popsicles.

Day two: we woke up and packed all our stuff and went to drop off

Jen and Bruce then me and Andreas went to the golf course rapids where we chose solo boats. Then we walked to the water with our boats and we learned to paddle a solo canoe. Of course Andreas flipped on the flat water but after that we went to the rapids and got to just play and surf the whole day which was really awesome then we met Bill on the rapids in his kayak and then we went back to the trailer and went home.



Black Bear Campground



Black Bear Campground



Training Area

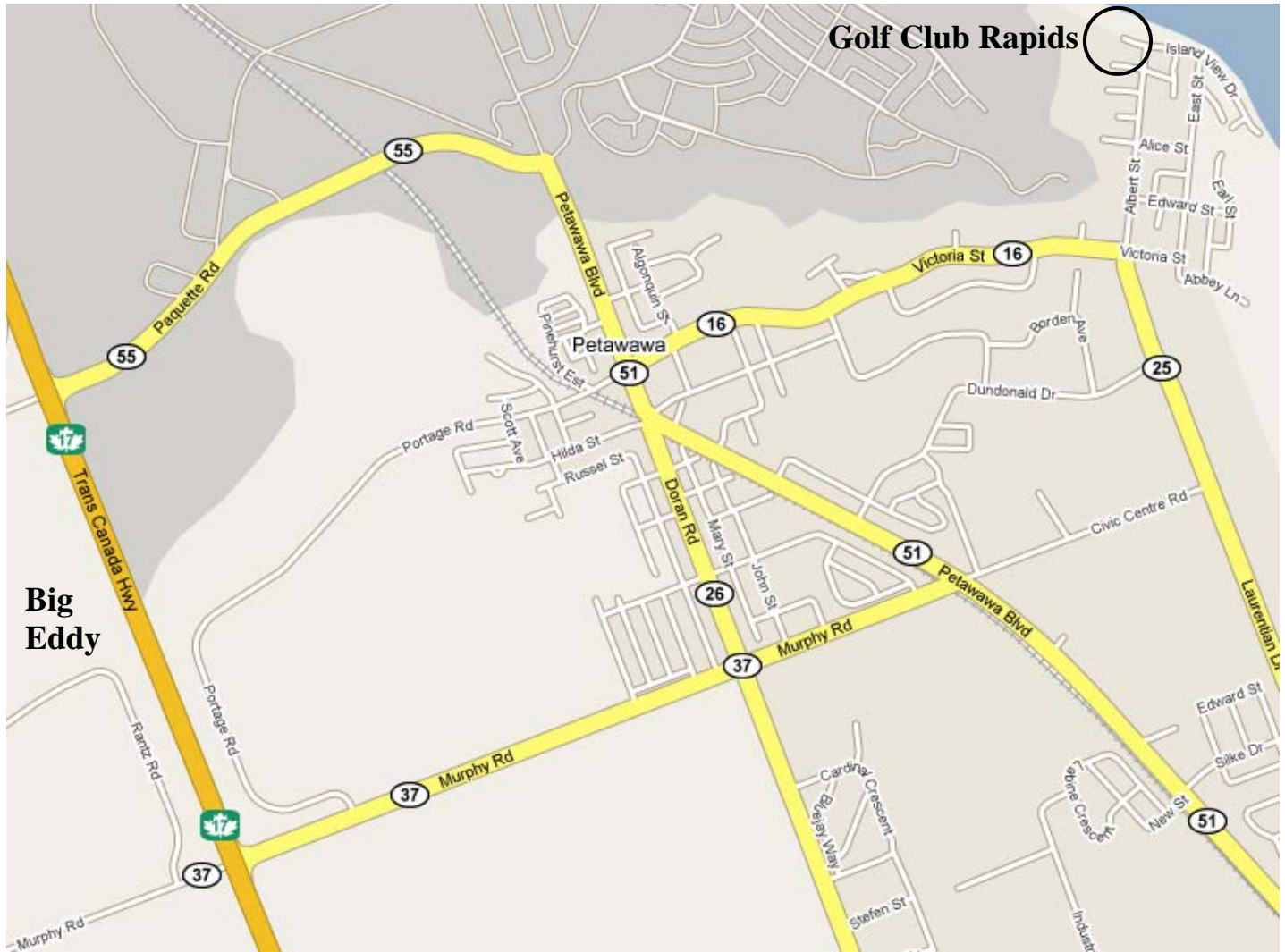
Left of the highway (upstream) is the beginner's area. Big Eddy is more advanced for Sunday.



Golf Club Rapids – White Water III Sunday Training Area



Map to Golf Club Rapids



Pembroke Regional Hospital

