

8th Orleans Scout Troop – Canoe Trip, June 24-27, 2004
Final Newsletter

To all Scouts, 3rd Year Cubs and their Parents:

Well, our Troop's summer canoe trip, for Scouts and 3rd year Cubs, is just around the corner! The enclosed newsletter updates the one we provided to you at the March 29, 2004 Parents meeting. Including an overview of the trip, there are further details on equipment required, menus, logistics, costs, forms, and emergency plans.

Trip Objectives:

Objectives for this camp are:

- To challenge us physically;
- To develop our mobile camping and canoeing skills; and,
- To enjoy a safe and fun wilderness adventure.

When?

From Thursday, June 24 to Sunday, June 27. What a great start to summer holidays!

Costs

The cost for the Canoe Trip will be \$85.00 per youth. However, the **fee payable by each youth** is \$55.00. The difference is the subsidy that we have been able to provide for this camp as a result of dues and other money that has been collected this year and not yet spent.

Please complete the consent form (attached) and make out a cheque for \$55 to "8th Orleans Scouts. Cheques are due by no later than Monday June 7, 2004, at the Church.

Where are we going?

We are going to La Verendrye Wildlife Reserve, Quebec. The Reserve is located north of Ottawa (Figure 1). This is beautiful boreal shield country, full of lakes and forests. Interior (canoe) camping is administered by the La Verendrye Canoe-Camping group from their reception centre at Le Domaine. The hours of service for the group staff of are 8:00 am to 8:00 pm, with contact information shown in Figure 1. Further information is also available at the La Verendrye Canoe-Camping website: www.canot-kayak.qc.ca. There is an English page with excellent information on the organization, canoeing trips, including a "Questions and Answers" page.

We have selected Circuit 11 (Figure 2), which is known as the "Lac Antostagan" route. It is a circuit route, 34 kms in length, which starts and ends at Le Domaine. Le Domaine is located along Hwy 117, and is about a 3 hour drive from Ottawa (about 250 kms Ottawa to Le Domaine).

Further detailed information about Circuit 11 is provided on Figure 1. This is a well-traveled canoe route that is well marked and maintained. In selecting this route we have taken this into consideration, as well as the good mix of open/sheltered water, portages and good campsites offered along this route. With the exception of that part of the route on Lac Jean Pere, the route follows waters that are also relatively well protected from winds.

Note that the 'typical' duration of this route is given (Figure 1) as 2-3 days. We have given ourselves 4 days to do the trip. However, in recognition of the age and relative experience of our youth, we have made it mandatory for the youth to participate in our Paddle Night (April 10 - completed) and our Canoe Day scheduled for June 19 (Scouter <snip> has provided you with a newsletter) to gain skills and experience in preparation for this challenge.

Reserved Facilities/Campsites:

There are campsites along this route that can be reserved in advance, and these are the only ones that can accommodate a party of our size. We have confirmed reservations for these sites, with a limit of 20 people in total; so the total size of our party will not exceed that limit.

Campsites will have outhouses, or otherwise, dry pits. There will be areas designated for our tents, and we will have access to water for personal hygiene, and washing dishes. Drinking water will require boiling of filtering.

Weather

Weather is similar to that in Ottawa at this time of year. Maniwaki, the nearest larger center has an average mean June temperature of 16 degrees, with an average minimum and maximum of 9 and 23, respectively. June in Maniwaki has about 90 mm of rain, with prevailing winds from the South. With these conditions we can anticipate:

- mosquitoes and black flies, so bring lighter coloured clothes if possible
- high UV levels, necessitating protection from sunburn;
- weather ranging from cool to hot, and wet to dry, with potential for heat stroke to hypothermia, so our kit list has been prepared in consideration of this

Schedule of Activities and Canoe Trip Itinerary

Monday June 14 and June 21, 2004, 7:00-9:00 pm:

Youth participating in the Canoe Trip are to meet at Orleans United Church to participate in planning and preparation for the trip. On June 21 there will be a full pack check for the Third year Cubs.

Saturday June 19, 2004 – Paddle Day (Mandatory) – See Scouter <snip> for Details (ph: <snip>)

Wednesday June 23, 2004, 7:00 pm.

Meet at Orleans United Church for final pack check (Cubs and Scouts), to pack equipment and to load vehicles. Cubs and Scouts call parents for ride home and good night's sleep.

Thursday June 24, 2004, 7:00 am:

Meet at Orleans United Church at 7:00 am. The youth should have already eaten a hearty breakfast. We will drive the youth to Le Domaine and estimate arrival at around 11:00-12:00 pm. After unpacking, and getting the canoes ready we will have a lunch (youth will need to bring a packaged lunch) at Le Domaine.

We will depart Le Domaine after lunch and paddle to our first campsite (Figure 2, Site R:11-115), a distance of about 6 kms. We expect this to be a relatively easy paddle, but challenging for the first day! Time permitting, we will paddle to the beach nearby to go swimming.

Time and circumstances permitting we will also provide an opportunity each day for free time, group games, naturalist activity, and a campfire.

Friday June 25, 2004:

We will paddle a distance of about 9 kms to our second campsite (Figure 2, Site R: 11-48). This will be the first big day for the youth as we will encounter our first portages. There will be three, for a total distance of 485m. The campsite has a beach so it'll be a great end to a full day.

Saturday June 26, 2004:

We will paddle about 10 kms to campsite R: 11-5 (Figure 2). This will be almost entirely open water paddling with only one small obstruction to cross (a beaver dam). Once again our campsite will be situated at a beach.

Sunday June 27 2004:

This will be long day the youth and we will have to break camp early, but will include time for a “scouts own”. The day starts with one relatively long portage (330m), to be followed fairly quickly with another of 180m in length (Figure 2), after which we will paddle across Lac Jean Pere to Le Domaine. The total distance to paddle is about 9 kms.

We anticipate arriving back at Le Domaine in late afternoon (4-5 pm), and thus, expect to drop your youth off at your home at approximately 8:00 pm. Please have the youth bring sufficient money to buy Sunday evening supper (at Maniwaki) and a treat or souvenir at Le Domaine.

Equipment

This will be a light weight camp and we must strive to bring only what we need. Everyone will be responsible to carry their own personal gear as well as a portion of the patrol gear on each portage, as well as helping with the canoes. Therefore, it is essential that your youth have well-fitting internal frame backpacks so that most of the weight of their gear rests on their hips, not on their shoulders. There will be no need for daypacks. Weight carried will be limited to 1/3 of each youth's body weight as per Scout Canada guidelines. To parents of the Cubs, for assistance, talk to a Scout leader or go to the Scout Shop on Baseline Road where staff will assist you.

A detailed kit list for each youth is enclosed. Personal gear must weigh no more than 20-25 lbs. Each scout must wear and pack exactly as we have indicated in the attached list. There will be no way back for forgotten items. Please note that if an item is mentioned more than once, you will need more than one of that item. It is essential that **all items** have your name or initials on them. We expect clothing to be fleece or quick dry (eg, polypropylene).

Some additional notes on the kit:

- Youth may wish to pack a “car bag” which is a complete change of clothing to change into when we get back to the cars at Le Domaine on Sunday.
- Youth will need to supply their own paddle and government approved Personal Flotation Device (PFD or lifejacket) with Fox (pealess) whistle attached.
- As normal for our camps, no electronics.
- **Medications:** Scout leaders cannot give any medications to the youth. Please pack any medication the youth might need, including prescription drugs, and non-prescription for pain, diarrhoea, and nausea. Please advise us if the youth is taking prescription medication.
- **Health Cards:** We require that the youth's health card be provided to us in the event that we need to seek health services in Quebec. Leaders will store them in a safe, accessible location.

Menu

We will have a similar menu as used for the recently completed Troop Hiking Trip. We will be mindful of the goal of reducing the overall weight of the food (i.e., dry), but we will be able to bring along a greater proportion of fresher foods (such as cheese, fruit) for the canoe trip. We will cook with stoves. A sample menu is attached, and this will be revised by the youth as a part of the trip planning process.

Emergency Services/Plans

Please make sure your scout is healthy when they leave home. If they have a fever, a cold or the flu, they will not have a good experience.

Scout leaders are well prepared to prevent and/or deal with injury on this trip. Four leaders and two scouts have up to date Standard First Aid and CPR training. Two scout leaders have wilderness first aid. One scout leader is a registered nurse. One leader has Bronze Cross and can act as waterfront supervisor.

If your scout has an accident or medical emergency, they will be provided with immediate emergency first aid. We will evaluate the situation and, if they need to be evacuated from camp, they will either be canoed out by two leaders, or extracted by emergency personnel and brought to the local hospital.

- The nearest hospital is the CLSC-CH-CHSLD de forestiers located in Maniwaki, at 309 Desjardines Boulevard (Hwy 105). Telephone: General: 1-819-449-2300; and Emergency: 1-819-449-2309. English services are provided.
- Ambulance can be reached through the 911 system. There are ambulances stationed in Maniwaki.
- The nearest Surété du Québec (provincial police) office is located in Maniwaki, at 161 Desjardines Boulevard (Hwy 105). Telephone: 1-819-449-4333.
- Should a search and rescue or emergency evacuation be required, it is the Surété du Québec who is responsible for this:
 - Should a search and rescue or emergency evacuation be required, the details will be held at the Surété du Québec office in Maniwaki and you can contact them for information.
 - We will have a satellite phone with us. Should we encounter an emergency, we will contact the Surété du Québec using their emergency contact protocols.
 - Should we not return as scheduled we have made arrangements with an at “home” contact person in Ottawa who will activate the emergency contact protocols with the Surété du Québec. **NOTE [Joni/Al should we identify <snip> here and give a phone number?] <snip> (cell) or <snip> (home) <snip>**
- Poison control information can be reached in Ontario at, 613-737-1100, or, in Quebec at 1-800-463-5060.
- The LaVerendrye Canoe-Camping base at LeDomaine is open from 8:00 am-8:00 pm, phone number: 1-819-435-2331; e-mail: canot.laverendrye@citenet.net.

One of the rarely encountered hazards is bear. To prevent them from visiting our sites, we will make lots of noise, keep a very clean campsite. At night our food will be suspended from trees and we will cook well away from tents. We are not bringing any of the foods that bears find to be especially tasty. Youth will be taught what to do if they encounter a bear, and the trip leaders will have bear spray.

In the case of personal emergency, Scouter <snip> can be reached by cell phone <snip> while we are in the Hwy 105 and Hwy 117 corridor. **NOTE – [<snip> is the same cell as <snip> will have? <snip> is <snip> <snip>, do you have a cell and could we give that number here, instead?]**

For extreme emergencies, contact **NOTE: [<snip> and <snip> – just to confirm what we discussed last night, that we are not going to be available to be contacted in case of extreme emergencies. A suggestion, in the past, for my job we had a protocol were once each day we called a number to not only confirm our status but also to be provided information -such as extreme emergencies. This would require us to give to all parents <snip> number, as our at “home” contact. What do you think?] Sure**

Questions:

If you have any further questions please do not hesitate to contact me at <snip>.

Sincerely, Yours in Scouting

<snip>