

EBB AND FLOW

Around the Rock In

91 Days

Ken Campbell's
Circumnavigation
of Newfoundland

Trip Report

Exploits Island

Visitors From

The North

President's Message

In The Beginning Richard Alexander

In the beginning, kayaking was nothing more than the past time of a few eccentric individuals (with apologies to Stewart, Mark and Jim). Today it has grown into a sport encompassing the young and the old, the bold and the timid, the calm and the fanatical. Although it is still not mainstream, there is little doubt that what was once the pursuit of the few is now the passion of many.

As any sport grows to widespread popularity, the people who practice it begin to seek each other out. Eventually, they establish themselves as a formal group. It was inevitable then, that kayaking would follow the same path. Much of the credit for Kayak Newfoundland and Labrador's birth must go to Peter Armitage. A fanatic by choice, he was a firm believer that our past time would be better served by the formation of a club. Credit must also go to the many kayak instructors, outfitters and guides who were responsible for introducing our province to the sport of kayaking. A world of secret coves, clean rapids and gentle ocean swells would have gone unexplored without their interest and dedication.

Many of us who were first introduced to kayaking by the pioneers of the sport have gone on to explore and discover our own special places. This newsletter is a medium to share those experiences and read about the adventures of others. We have distributed this, our first newsletter, to as many paddlers as we could find. We hope this first edition will be for everyone to enjoy. Future editions, however, will be sent to members only. If you like what you see, then please send in your membership.

It's an exciting time to be paddling in this province. Kayak Newfoundland and Labrador promises to be an excellent medium for you to share your stories, knowledge and friendship - all worthwhile pursuits by any standard. In the beginning there was nothing. Only the love of the sport and an idea whose time had come!

MEET YOUR EXECUTIVE

Richard Alexander - President
raleander@hnl.nf.net

Erin Sullivan
b65@morgan.ucs.mun.ca

Peter Armitage - Secretary
armitage@roadrunner.nf.net

Louise Green - Treasurer
louise@sparky2

Members at Large

Bill Ritchie

Linda Bartlett

Patrick O'Neill

Nick Gillis

Interested in joining Kayak Newfoundland and Labrador?

Drop us a note by snail mail at:
PO Box 2, St. John's, NF A1C 5H4
or pick up an application from our website,
www.kayakers.nf.ca

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LETTERS

Dear Editor

I would like to bring to your attention a problem with the digital nautical chart coverage of NF. This problem surfaced recently when I was examining the digital charts for the province that are available from Nautical Data International (a NF based company that is the sole producer of digitized Canadian Hydrographic Series charts). Inshore digital chart coverage for Notre Dame and White Bays is virtually non-existent.

An original survey of the area was done by Captain James Cook in about 1765. Subsequent surveys of the area have been conducted, but some charts of the area still use Cook's survey data from 1765. The over-riding problem is that the geo-referencing of the existing charts is in error (by as much as two miles in some instances) and the current survey data is in error. As a result, NDI won't produce digital copies of the current charts because of these errors. To rectify this problem, an up-to-date modern survey is required with subsequent production of a new series of charts.

As users of the inshore area, all kayakers require accurate charts. I suggest we voice our concerns to the Canadian Hydrographic Service as the responsible agency and to the Minister of Fisheries and Oceans as the responsible minister. We should ask that an up-to-date modern survey be conducted and a new edition of charts with accurate geo-referencing be produced.

Dan Miller

Address your letters to:

ralexander@hnl.nf.net

Published letters may be edited for length and clarity.



Dear Editor

I have been kayaking for over three years and the last two years have clearly been the most enjoyable. Paddling on lakes and ponds and trying to learn on my own marked my first year. Meeting other kayakers, many weekend camping/kayaking trips and short evening paddles with friends marked last summer. This summer introduced me to whales, while water kayaking, surfing at Branch and learning to roll my storm.

The key to this sport is meeting other kayakers. My friends and I have learned from each other and we have shared the experience of nature at both its most majestic and most intimidating. We have had humpback whales gracefully surface beside us and have felt the power of nature whip up a quick wind and wave storm which was unrelenting.

I have never found a sport that has provided me with so much enjoyment and fulfillment and still my passion for kayaking continues to grow. If anyone reading is interested in kayaking, become a member of this club and join us on the water. You may wish to view some kayaking photos on my website, the address is www3.nf.sympatico.ca/thepon

Patrick O'Neill

ANNOUNCEMENTS....

2001 CRCA AGM

The Canadian Recreational Canoe Association will hold its 2001 Annual general Meeting in Newfoundland and Labrador, September 28 to 30. Representatives from all provinces and territories will attend along with CRCA staff. This is an excellent opportunity to meet paddlers from across Canada and to demonstrate the wonderful hospitality that is synonymous with Newfoundland and Labrador.

A host committee will be formed to prepare the itinerary for social events and logistics, including a slide show and auction night, banquet (dinner theatre?) And afternoon paddle. Members of Kayak Newfoundland and Labrador, Tumblehome Recreational Canoe Club and Newfoundland Canoeing Association who wish to work on this committee are asked to contact Phil Power at ppower@nfld.com, or phone 364-8634

BOIL UP! Newfoundland and Labrador's First Outdoor Cookbook

This is a request for recipe submissions for the first Newfoundland and Labrador outdoor recipe book. Since everybody eats outdoors, we should all have a recipe to submit. Your recipe can be a snack, dessert, breakfast, lunch or dinner entree. All recipes will be considered even if some foods require preparation at home. We need at least another thirty recipes to complete the first edition. All contributors will be acknowledged. If your recipe has a specific history, please include the details.

Your submission should include the recipe name, portion size, ingredient listing, cooking method, and any special equipment required. Give an estimate of the time to prepare and if any advance preparations are required, for example, dehydration, premixing, etc...

If you have any meal preparation tips, or humorous stories about eating outdoors please pass them on as well.

Send your contributions to Phil Power at ppower@nfld.com

UPCOMING EVENTS

Kayak Newfoundland and Labrador has received several suggestions for future club activities including:

- a kayak recipe "cook-off" - a competition to see who can prepare the most tasty, lightweight, compact and durable meals for kayak camping trips.
- A "gear night" - a chance to check out different kinds of kayaking gear
- Hosting the "Waterwalker Film Festival" in conjunction with the Newfoundland Canoe Association
- Pool sessions at the Aquarena in St. John's over the winter (white water boats only)
- A New Year's Paddle at Quidi Vidi Gut or some other location TBA
- Sponsoring basic and/or wilderness first-aid courses
- Public talks on sea kayak navigation, natural history, icebergs, etc...

If you have any ideas for activities that the club could sponsor or organize, please contact club secretary, Peter Armitage at armitage@roadrunner.nf.net

Newsletter Submissions

We welcome your submissions to future issues of the newsletter. However, we can't guarantee we'll publish them all. We reserve the right to edit submission for style, spelling and length. If you have an article you'd like to contribute, please contact Richard Alexander at ralexander@hnl.nf.net

.... AND EVENTS

Aquafort Invaded!

Darren McDonald

On Saturday, October 14, 2000 Kayak Newfoundland and Labrador held its first official group paddle at picturesque Aquaforte Harbour. The gods must have been smiling (at least I know the kayakers were) as the weather conditions were near perfect for the day paddle. Approximately 40 paddlers began arriving as early as 9:30 am, basking in the bright sunshine and light winds in preparation for the 10:30 am planned departure.

Once off the beach, the kayakers rafted together (no small feat given the number of boats) to listen to a welcome and brief description of the day's order of events by club president, Richard Alexander. The paddlers, heading east along the south shore of the harbour, were led by a group of volunteers who became known as the "Texas Rangers". After the paddlers rounded Spurwink Island, they regrouped for lunch at a beach on the north shore where they were entertained by Conan Coates and Justin French doing their best seal imitations.

On the return leg of the trip, paddlers were able to witness a spectacular waterfall at the outlet of the Spout River, made even more magnificent by the high water level of the river. The meeting of the ocean swell and river current provided a great place for the more daring kayakers to play. Surfing the slow-moving wave and trying to conquer the current created by the falls became the unspoken challenge, keeping the lucky paddlers busy for close to an hour.

Finally the last group left the play zone and headed back to the take out, completing a loop and successfully bringing to a close the paddling portion of the day. A club social was held that evening at the Earth Sciences outings.

Building on MUN Campus. It was attended by a large number of members who took the opportunity to unwind, get to know each other a little better, and discuss past and future outings. Special thanks to those who contributed their time and skills to make our first club paddle such a successful event, and to the town and people of Aquaforte for the use of their facilities and friendly hospitality.

Demo Daze

Erlin Sullivan

I thought summer was done after Regatta Day? For those of us who are townies, we know that after the first Wednesday of August dawn at Quidi Vidi Lake, the typical rain, drizzle and fog returns. Not this year! The weather cooperated in every way for Kayak Newfoundland and Labrador's first event - a boat demo day and stroke clinic. What a great way to kick off the club's membership drive.

The Outfitters Gear and Apparel, eastern Edge Outfitters, and Salt Water Paddle Sports joined in the fun with novice and seasoned kayakers alike. People who had never been in a kayak before got the opportunity to give the sport a whirl. Richard Alexander and Mark Dykeman offered instruction for stroke improvement, and Justin French and some of the other "veterans" stayed onshore to help people with the mechanics of the sport.

The club's goal for the day was to promote both the club and the sport to all potential members and new paddlers. The colourful array of kayaks on the lake certainly grabbed some great attention.

I'm sure I saw one or two people "get wet" on the lake, but I'll bet they were only trying to promote the club's slogan. I hope everyone there had a great time. We'll see you all on the water again soon.

TRIP REPORT

Exploits Island Notre Dame Bay, NF

Holly Rideout

Located approximately 9 km from Cottlesville, Notre Dame Bay, is an island that was once bustling with a population of approximately nine hundred at its peak. It is now home to two people year-round. Exploits Island is rich with history and remnants of the past are everywhere. Some would say there is a mystical air about the island that draws people back.

We start out on Saturday, July 22, 2000, from my home town of Cottlesville and Loyde Rideout's wharf provides the perfect launch location, tucked away in a sheltered cove. Conditions are great - overcast skies, no wind and an ocean like glass. We expect swells on the 5km crossing towards South Samson's Island, but are pleasantly surprised as conditions remain good. Being a novice paddler, I get a few tips from the more experienced in the group enroute to the island which is to be our break point. As we enter Samson's Tickle, summer houses speckle the coastline making it a beautiful place to visit.

Samson's Island is home to my mother. My grandmother is buried here, so before embarking on the second half of our journey, we walk the beaten path to the graveyard. We then load up our kayaks and head for Grassy Island, marked as Matthew Lane Island on NTS maps. We have 7:30 pm reservations for supper at Devon House and are pressed for time. The thought of steaks cooking on the barbecue propel us forward. Finally Exploits Island looms mountainous before us. However, the entrance to the harbour remains hidden from sight. The entrance would be hard to find for those not familiar with the area. Once we are in the shelter of the harbour, some of us look for a good landing place where we can "use the facilities". We find it on a beautiful stretch of beach.

The Harbour is about 1.5 km long and 0.5 km wide which makes it a playground for large boats and kayaks. Our home for the night, a restored homestead, is visible. It's located in Lower Harbour and has a beach located in front that is perfect for launching.

I couldn't resist taking a quick dip in the ocean much to the surprise of the American Kayakers who have also decided to camp here for the night. Our timing is not great. It was about 6:00pm when we arrived and it has taken us about five hours in total to paddle here. However, we were not in a hurry and the more experienced paddlers had to slow down for the novices in the group. Normally, this trip would take an experienced paddler two and a half hours in good conditions. We have dinner at Devon House, a restored bed and breakfast over 150 years old, and the meal is well worth the wait.

The next morning, everyone has their own agenda. Bernie is leaving to continue his solo trek around Newfoundland, so we decide to follow him as far as the lighthouse (approx. 3km). I spot a whale as we are leaving Lower Harbour. We paddle in the direction of the whale only to come a little too close to what's known as "Mad Mall Rock". It would be easy to swamp your boat if you get too close to this rock.

As we continue, the lighthouse beckons above us on a jagged cliff overlooking the ocean. A rope/steep ladder hangs over the cliff beneath the lighthouse that one can climb up if they wish. On our return, we stop at the breakwater at Lookout Point in Lower Harbour which was built by hand over 150 years ago.

After our paddle we visit with the only remaining residents of the island - Richard Wells and Lydia Budgell. Richard, who some call the "Mayor of Exploits", and Lydia have remained on the island making a living from

the land and the sea. Meeting Richard, I am thrilled to find out that he is my second cousin. It is easy to understand why, after watching everyone else leave the island, Richard and Lydia decided to remain. They love the land here and are dedicated to preserving the beauty of the island for future generations to enjoy.

In the late 1800s, Exploits Island was a thriving community that supported a variety of industries including fishing, shipbuilding, farming, a cannery, and the importing and exporting of goods. Today, its roads are still intact and you can easily visualize how this was once a prosperous community - the hub of Notre Dame Bay.

Some structures still stand proud, like the schoolhouse with its pot belly stove in the centre. However, the area's history is what intrigues you, knowing that this was the home

to several pre-contact peoples including the Beothuk Indians. Shawnawdithit (the last of the Beothuks) lived on this island for five years and spent days roaming across it looking for her people.

There is so much to see on the island that a weekend is not long enough. Hiking or just going for a walk here will transform you and for a day, you will experience what it must have been like to be an Islander.

The paddlers on this trip included Dirk Muir, Patty Ivory, Janine Dawson, Holly Rideout, Richard Anstey, Stephen Barnes, and Lindy Rideout. Bernie Howgate joined us on the island. The 1:50,000 scale NTS maps for this area are 2E/10, 2E/11.

For more information about this trip, contact Holly Rideout at hollyrideout@netscape.net

Why Contribute Trip Reports?

Peter Armitage

With a dozen or so trip reports already listed on its website, Kayak Newfoundland and Labrador's growing inventory rivals those of other kayaking clubs around the world. Nonetheless, the club is hoping to greatly expand this inventory over the next several years. The club needs your cooperation in order to achieve this goal.

Trip reports are personal accounts of kayaking trips. According to the club VP Erin Sullivan, "trip reports are a great way to build a data base of kayaking lore and wisdom by calling upon the cumulative experiences of kayakers from around the province.

When planning new trip, the reports can provide a valuable guide to local conditions and matters of historical, cultural and natural significance. They can also enhance safety by alerting kayakers to marine hazards (e.g. dangerous sunken), the limits of local emergency communication, safe landing and launch sites, etc... Maps, photographs and video can also be included with the text as well as hatlinks to other websites of interest to paddlers.

To date, not many kayaking clubs provide trip reports via the internet. One of the best sites is the "Easy Kayaker" website which provides information on launch locations, local history, maps, and travel-logs for the Vancouver Island area. On-line trip reports are also provided by the Great Lakes Sea Kayaking Association, Quebec Kayak, and Bergen University Kayak Club in Norway. The addresses for these sites are available on the Kayak Newfoundland and Labrador website.

Please help Kayak Newfoundland and Labrador build its trip report inventory. We welcome all submissions and can assist authors with editing, web-page design, map-making, and scanning photos for inclusion on the club's website. Suggested guidelines for trip reports are available on the club's website in the trip report section.

Make sure to visit Kayak Newfoundland and Labrador's website at www.kayakers.nf.ca for trip reports, links to kayaking resources on the internet, photographs, safety and instruction links, upcoming events and more. Don't forget the *nf.paddling* newsgroup - another great internet resource at your disposal.

FEATURE

Visitors From the North: Icebergs and Kayaking in Newfoundland

Bob Gagnon

Newfoundland is surely one of the most interesting and beautiful places in the world for sea kayaking. Where else can the combination of wildlife, majestic scenery and visual clarity of sea water be found? In the spring and summer of most years we also get awesome visitors from the north - Icebergs!

It is impossible to describe, or even capture on film, the brilliant white color with delicate blue and green hues that emanates from an iceberg floating on a blue sea under a clear sunny sky. The large size of some icebergs enhances their beauty, but even the small ones have their own charm in the shapes and patterns they exhibit.

Why is an Iceberg White?

Iceberg ice is primarily white in appearance because of the scattering of light by multitudes of tiny air bubbles. These bubbles were left over from the compaction of snow that formed the ice in glaciers thousands of years ago. Most icebergs seen around Newfoundland originated from glaciers on the west coast of Greenland.

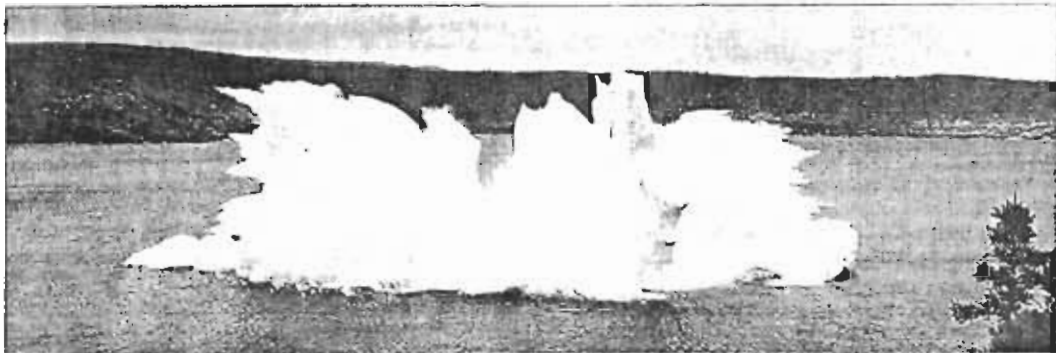
Icebergs get their blue/green tint because ice absorbs light radiation in the red and infrared part of the spectrum. Sometimes you can see very distinct narrow dark blue bands in an iceberg. These bands are actually regions of bubble-free ice. They formed when fractures occurred in the parent glacier before the iceberg was

calved. These fissures filled in with fresh water that froze into clear bubble free ice.

Beautiful, but dangerous

As beautiful as icebergs are, however, they have some terrifying aspects and necessarily demand respect. Thanks to James Cameron, and earlier film makers and writers, most people have a pretty good sense of just how nasty icebergs can be. While there are obvious reasons for big and medium size ocean going vessels to avoid close interaction with icebergs, there are also considerations for smaller vessels, even those as small as sea kayaks.

Because of its size it is easy to get a false sense of changelessness of an iceberg. That is, if one observes an iceberg for a few minutes only, you can get the impression that not much is happening. It is a bit like watching the minute hand on a watch (for those of you in the digital world who still remember what a minute hand is), It is hard to perceive the movement. With icebergs, slow movement of the whole iceberg and gradual changes within the ice are always



occurring, and they inexorably lead to sudden catastrophic events. A good example of this was demonstrated by an iceberg that drifted into the Bay Bulls area on the East Coast of Newfoundland in the summer of 2000.



Photo courtesy of Tim Curtis

A Spectacular Specimen

This iceberg was a spectacular specimen that showed up around the beginning of May and was grounded where the walking trail begins. The berg had a few high pinnacles and a dry dock area (shaped like a bowl) in the middle.

To the casual trail hiker the iceberg would appear motionless and its shape unchanging. However, for anyone with the patience to watch it carefully for half an hour or so it could be seen to rotate about 90 degrees around the point where it was snagged on the bottom. In fact over the period of a few days the berg weathered a lot in the current and moved along one shoreline, then crossed the bay for a while and then drifted back again.

More importantly, and to the point as far as kayaker safety is concerned, the berg was constantly changing shape. One cause of the shape change in icebergs is melting due to sunlight, warm air and wave action. This causes fairly gradual shape changes and it leaves the melted surface characteristically smooth and sculpted. The other source of shape change is fracture that causes large pieces of ice to fall off the above-water portion. Ice can also break off from underneath, but the most hazardous would be ice falling from above the waterline.

Ice and Stress

Ice is a solid but it deforms slowly if a stress is applied to it at normal temperatures. The stress on iceberg pinnacles and other elevated structures high above the water is very great because of the mass of the ice

and gravitational pull. Due to the stress in the ice some cracks at the surface can extend and open slowly to become fissures running quite deep.

Eventually the stress along the fissures causes a rapid catastrophic failure that completely separates a large piece(s) from the berg and it crashes into whatever is below. A rough and angular surface is left on the remaining ice face after ice has broken off an iceberg. Unlike the smooth areas that result from melting. If you see such surfaces on an iceberg then you know that not too long ago ice fell from that area.



Does it Happen Often?

You bet. By the time icebergs get down to our latitude they are deteriorating fairly quickly. The Bay Bulls berg shed a lot of ice in just one 24 hour period. A video image taken on May 27 shows a small opening in the iceberg, and another image taken the next day shows the opening had expanded to form a huge arch, all due to ice pieces breaking off. The arch itself persisted for a few days and then on June 1 it collapsed in a very dramatic fashion, as captured on film by a French tourist and shown on the front page of the Evening Telegram (see image on previous page).

Trouble

You are in trouble if ice falls from an iceberg when you are too close to it, or worse if you were crazy enough to paddle into a dry dock zone surrounded by pinnacles. If you are lucky and you or your kayak don't get hit by the ice, you will still have to contend with massive spray and very serious waves of a frightening height and shape.

Another issue associated with icebergs is instability. Since they are constantly losing mass to melting and fracture they eventually become hydrostatically unstable and roll

over to a more stable orientation as a consequence. On the internet I read about an experienced kayaker who was killed when an iceberg rolled on him. Rolling is another good reason to keep a good distance between you and the iceberg. Without knowing its underwater profile its very difficult to know how stable an iceberg is just from what you see above water.

Generally speaking smaller icebergs, called bergy bits (house size), and even smaller ones called growlers (car size) don't pose a hazard as far as falling ice is concerned, but they are more mobile in swell and waves so care has to be exercised so you never get yourself trapped between them and any other hard object such as a cliff, wharf, or large boat etc.

Safety Guidelines

In summary, here are a few guidelines for safe viewing of large and small icebergs from sea kayaks:

- ◆ Keep a safe distance from the iceberg, at least a distance greater than the highest feature you are observing.

- ◆ Never paddle into the dry dock area of an iceberg, ice falls frequently from the surrounding pinnacles. Apart from the danger of falling ice, the wave action in a dry dock can be heavy and chaotic even in a mild swell.
- ◆ Avoid paddling in between bergy bits or growlers and any other nearby floating or fixed hard objects.

Respect, Caution and Enjoyment

With proper caution, icebergs can be a great source of enjoyment for sea kayakers. When paddling in the vicinity of an iceberg you may see finny pieces (a few kilograms or less) floating around. If you can safely pick up a piece or two from the water take it home because it goes great in cold drinks. The melt from it is extraordinarily pure and the compressed air in the finny bubbles causes the ice to fizz as it melts. Who knows, the air and water you taste and smell from it could be the atmosphere and snow that fell thousands of years ago when people were building the first kayaks.

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FEATURE

Around the Rock in

91 Days

by Peter Armitage

During the summer of 2000, Ken Campbell successfully circumnavigated Newfoundland by kayak. He spoke to paddlers from the St. John's area in late August at Kayak Newfoundland and Labrador's second public event. Those of us who will retrace only small portions of his expedition during our lifetimes lived vicariously through his colourful account of his trip.

Puffins and Gulls flying in the swirling mist, screaming bald eagles, body-slammng winds, school kids who want to know how one pees when kayaking in the middle of a bay, minke and killer whales, humpbacks, porpoises, herds of seals, outpost hospitality, abandoned communities with unique names like "Indian Burial Place", headstones marking the death of children from diphtheria, soapstone artifacts at an ancient Dorset Eskimo quarry, the hills of Labrador across the straits, the cloud-draped steepes of Gros Morne, strange accents, homecomings, and a marriage proposal - this is the kaleidoscope of sights, sounds and experiences that Ken Campbell took home with him after his ninety-one day trip around Newfoundland last summer.

Now a resident of Washington state, the 38 year old paddler has been an instructor for the last ten years and had led trips from California to British Columbia. Until his Newfoundland adventure, his longest trip had been eighteen days.

Every Emotion You Can Think Of

interviewed by CBC Radio, Ken said he experienced "every emotion you can think of" on the trip. "There are times when it's the best place in the world. There are times when you'd pretty much pay everything you had to be somewhere else... it's very much weather dependent... because when you're alone, you've only got yourself to bring you up or bring you down. It definitely takes a while to get used to it."

the first part of the trip weather wise was

horrible," Ken said. However, it was not until he reached the tip of the Great Northern Peninsula, near St. Anthony, that he really had to put his paddling skills to the test. "That was probably the roughest weather I had to do," Ken exclaimed to CBC.

An Eleven-Hour, Forty-Mile Day

His journal entry for June 29th reads, "I ended up making it here to St. Anthony after an eleven-hour forty-mile day that was truly grueling. The last fourteen miles, including the long crossing of Hare Bay, were done in a strong tail wind that raised the seas significantly and forced me to be ever ready to brace. At one point, I did a strong low brace to my left as a wave overtook me, then a full high brace to my right as it passed underneath my hull. In between, I was completely underwater as the top three or four feet of the swell engulfed me. After this dousing, I only had about ten more miles to go. The lighthouse at St. Anthony was a welcome sight."

While Notre Dame Bay and many other places along the east and north coasts of the island greatly inspired him, it was the south coast that really stole Ken's heart. "In terms of compelling memories, I think it's the south coast. Everything about the south coast. With few exceptions, it's a roadless coast. You can only get to the communities by boat. Being able to go into some of these communities in a small boat seemed like the way you're supposed to get into them. And meeting the people there, talking to them, and realizing that they hadn't seen a lot of kayakers there... But because you're doing something similar to what they've done for

generations, you were automatically in the club."

Ken's "ex-girlfriend" Mary, joined him at Rose Blanche on the southwest corner of the island. A week later, Ken sprung a marriage proposal on his paddling partner. "It was my birthday that day. I was on the south coast in a little town called Grey River, which is one of those communities you can only get to by boat or helicopter. They were having a "Come Home Year". It seemed like a birthday party for me and I didn't let anyone tell me anything differently. Mary was there. We had a great time and I asked her to marry me. For some reason - I'm thinking it was the cheap beer - she said yes."

B & E and the Cramalat Inn

At the public talk in St. John's later in August, Ken shared several delightful stories with the local paddling community. One was about a young boy who, taking command of his friends, helped Ken unload his boat, and then broke into his father's stage so that Ken could have some proper shelter for the night. Dad was away working on the boats on the Great Lakes for the summer, leaving the stage under lock and key. But the boy knew a secret hatch in the floor and he quickly scurried through to unlock the door from the inside.

Then there was the "Cramalat Inn" in Grand Bruit. "The hamlet's name is French for big noise," says Ken. "There's a waterfall that comes down right in the middle of town. It's a very loud little town. Forty-five people live there during the winter. There's about double that in the summer. There's a couple of stores, but there's no bar or arcade. So twenty-odd years ago, one of the fishermen painted up his stage and put benches around the inside, put a fridge and a one burner propane stove in there, and named it the "Cramalat Inn". Basically that's the night life in Grand Bruit."

"You have to bring your own beer, and they had a big scoff of mussels cooked up. You could eat as much as you wanted and throw the shells in a barrel in the middle of the floor, and just listen to the stories and the different accents. You get all these people coming back for the summer from Nova Scotia, New Brunswick and Toronto, and then you have the people who live there year round. Listening to them and trying to communicate is just as entertaining as anything you'd ever see on television."

Ken has already authored several articles and two books on kayaking, and he's fully expected to produce a new book based on last summer's trip. However, Ken said he couldn't provide advice on where to kayak in Newfoundland because there was so much he didn't see. He's looking forward to coming back to explore more of the coast - especially those portions that wet his appetite as he crossed by the outer islands and hopped between the headlands.

INTERESTED IN WRITING FOR *EBB AND FLOW* ?

We'd love to receive your kayaking stories, trip reports, gear reviews, articles on safety and environmental issues and any other topics of interest to paddlers.

We can't guarantee we'll publish all submissions and we reserve the right to edit for style, spelling and length.

If you are submitting photos, please clearly label them with your name, a description of the image, and appropriate photo credit.

If you have an article you'd like to contribute, or have an idea for an upcoming issue, please contact Richard Alexander at:

ralexander@hnl.nf.net

or send it along via snail mail at:

**Kayak Newfoundland and
Labrador
P.O. Box 2, Stn. C
St. John's, NF
A1C 5H4**