

BOOK REVIEW

By Paul Ashton

CANOEING — LEARN HOW IT'S DONE "THIS IS CANOEING" By JANE AND ROY FARRANCE (Victorian Canoe Centre Pty. Ltd. \$14.95)

Canoeing is a growing sport in Australia. A sport that is dangerous for the inexperienced paddler. To help the novice understand the dangers and the fun of canoeing two of Australia's foremost canoeists have produced a book on how to canoe in Australian rivers.

"This is Canoeing" covers all gambits of canoeing from an introduction to basic strokes for kayaks and Canadian paddlers to white water technique and the more exotic forms of the activity, surfing, sailing, polo etc. Throughout the book safety is stressed.

The book is well illustrated to show the correct way to carry through a stroke. The sections on 'reading water' are quite comprehensive and are well supported with diagrams illustrating flow movements and how to use the water to best advantage.

Whilst the book covers the entire scope of canoeing it is of most value for the novice or intermediate paddler who can learn better how to develop his or her skills. In trying to cover the entire activity some sections of the book are a bit shallow.

For the intended audience this book is more than adequate. It is easily read, well illustrated and arranged. Above all it stresses that with a bit of practice and commonsense canoeing is a fun sport that is open to all.

YHA activity groups can introduce members to canoeing and other outdoor pursuits and enquiries can be made at the Melbourne Region Clubnight every Monday at 8 pm at the VRI Ballroom, Flinders St.

Hope to see you there. Happy reading and happier canoeing.

YHA NORDIC SKIING

By David Wischer

The ibis in the Kerang area have built their nests 60 cm above the normal flood level. This is usually a good indication of the water levels during the following winter. Also the temperature of the equatorial Pacific Ocean has come down to 1.5°F above normal from a high of 7°F. According to a weatherman that should mean a near normal winter.

What does this all mean? Well a nordic skier optimist would hope for metres of snow down to 1000 metres. Already, on 2nd April, we have had a southerly outbreak of Antarctic air causing light snowfalls.

I really hope for an enjoyable and long skiing season this winter, for last season was just awful.

If you are a novice, intermediate or experienced nordic skier and would like to join this growing YHA activity you can ring me (David Wischer) on (03) 819 3360 between 7.30 and 8.30 a.m. or see me at the Melbourne Clubnight. I have planned a few trips already, you'll find the dates in the middle pages.

I cannot offer more trips at this stage as I need intermediate and experienced people to help in organising and leading trips. Extra trips can then be arranged as required, and earlier ones too if there is enough snow.

YHA Bushwalking also offer a number of cross country skiing trips, most of which don't clash with ours, so you have the widest possible choice.

If you have not had the multi-faceted experience of nordic skiing then do get in touch and come looking for something that's different and special.



Cross-country skiers at Mt Baw Baw

(Derek Mosely)