

## Instructional video blends nature with canoeing in single stroke



Becky Mason demonstrates a canoe stroke during the filming of "Advanced Classic Solo Canoeing." The DVD is for sale at [www.redcanoes.ca](http://www.redcanoes.ca).

Photo courtesy Reid McLachlan

By Lucy Scholey

For Becky Mason, paddling is an art form. After all, the 48-year-old Chelsea resident comes from a family of artists and canoeists.

Given her background, Mason decided to create an instructional canoeing video that's both educational and beautiful to watch.

"I think of it as like a coffee table book," said Mason during a phone interview with the Low Down.

"Advanced Classic Solo Canoeing" teaches already stroke-savvy canoeists how to paddle more efficiently. Mason demonstrates 18 Canadian heritage strokes, like the scull and draw and the Indian stroke in her video.

It's been 11 years since Mason filmed and produced "Classic Solo Canoeing," but this time, she wanted to take the strokes a step further.

She says non-canoeists can equally appreciate the beauty

of the glacier-clear water on Lac Vert, near Mont Ste-Marie, and the fish swimming around her paddle in some of the underwater shots.

"Even if you don't paddle, you'll love to watch it," insists Mason.

Chelsea award-winning singer Ian Tamblin provides the soundtrack, Chelsea resident Ken Buck is the director of photography and Mason's husband co-produced the film.

As to her roots, Mason's dad was the late Bill Mason who created award-winning documentaries about canoeing and the wilderness. Her brother, Paul Mason, is a cartoonist and canoe enthusiast.

Mason will be available for a DVD signing at Boutique Burro Borracho at 721 Riverside Dr. on Dec. 10, between 1 and 4 p.m. She will also be at Galerie Old Chelsea at 10 Scott Rd. on Dec. 11, 1-4 p.m.

There will also be a vernissage of Mason's art at Galerie Old Chelsea that same day. The exhibit runs from Dec. 9 to Jan. 4.

"Advanced Classic Solo Canoeing" is available for purchase at [www.redcanoes.ca](http://www.redcanoes.ca) for \$31 plus tax. You can also reach Mason at [redcanoe@istar.ca](mailto:redcanoe@istar.ca).

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