

MRCA NEWSLETTER

Volume 10 Number 3 Summer 1997

Manitoba Recreational Canoeing Association

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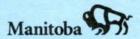


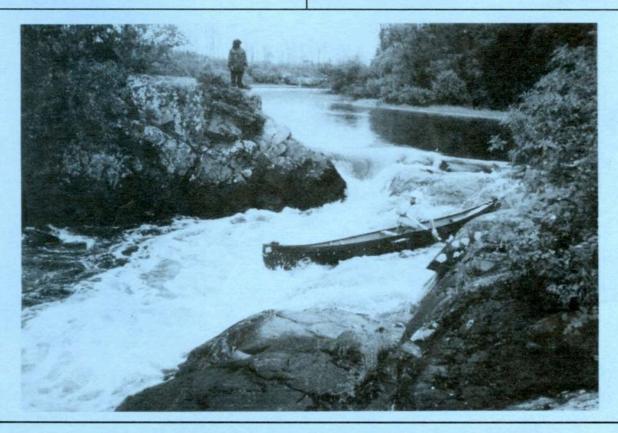
MANITOBA PADDLING ASSOCIATION



Printed by







MRCA 1996/97 Executive & Committees

POSITION	EXECUTIVE	PHONE
President	Steven Fletcher	284-7846
	sfletche@mb.sympatico	.ca
Vice-President	Kathy Taylor-Hallick	338-9592
	khallick@mb.sympatico	ca
Secretary	Irene Furgale	489-6907
	irene.furgale@mts.mb.ca	1
Treasurer	Frank Penner	667-1513
	fpenner@ilos.net	
Past-President	Frank Penner	667-1513
COMMITTEE	CHAIRPERSON	PHONE
Membership	Julie Gold	475-3224
	jgold@escape.ca	
Instruction	Doug Ingram	878-2524
	redcanoe@pangea.ca	
Resource (Route Info)	Gerry Hirose	985-5949
	ghirose@aircanada.ca	
Indoor Program	Victoria Jason	222-1718
	Eileen Smerchanski	586-5936
Newsletter	Jenny Gates	774-5832
	jennyg@magic.mb.ca	
Trip (Outings)	Donna Kurt	338-6722
	dkurt@mbnet.mb.ca	(ext.3)
Bingo	Rosemary and Peter	
	Jackson	837-5777

Positions valid through to October 1, 1997

AFFILIATIONS

The MRCA is affiliated with the Manitoba Paddling Association and the Canadian Recreational Canoeing Association:

MPA Executive Director - Denis Van Laeken - (204) 925-5681 CRCA Executive Director - Joseph Agnew - (613) 269-2910

MRCA home page Internet URL address: http://130.179.24.217/mrca/mrca.html

Check for web links to MRCA members' web pages / E-mail

Newsletter Information

This Newsletter is published quarterly (February, May, August and November). One copy is sent to each MRCA Membership. Classified Ads cost 25 cents per word per issue, with a minimum of 12 words (Individual and Family Members may place up to 40 words free).

The cost for Corporate Ads are as follows:

\$25 per eighth page (business card or 3.25 x 2 inches)

\$35 per quarter page (3.25 x 4.25 or 7 x 2 inches)

\$45 per half page (3.25 x 9 or 7 x 4.25 inches)

\$75 per full page (7 x 9 inches).

Run an ad in four consecutive issues for:

\$90 (eighth page) \$125 (¼ page)

\$160 (½ page) \$270 (full page).

Art work is available on request for a nominal charge. Rates are subject to change.

Ad copy and payment (cheque to "MRCA") and other submissions must be received by the Newsletter Editor VIA MAIL ONLY, one month prior to issue date.

THE INFORMATION CONTAINED IN THE MRCA NEWSLETTER ARTICLES, ADVERTISEMENTS OR INSERTS DO NOT NECESSARILY REFLECT THE OPINIONS OF THE MRCA BOARD OR MRCA MEMBERSHIP.

DEADLINE FOR THE FALL (NOVEMBER) 1997 NEWSLETTER IS OCTOBER 20.

Send Submissions to:

MRCA Newsletter, P.O. Box 2663, Winnipeg MB R3C 4B3

Cover: Maurice Marceau shooting the left chute of Old Woman Falls, Manigotagan. (also see page 11) *Photo by David Marion*.

MRCA PRESIDENT'S MESSAGE

Steven Fletcher

Another successful year. The MRCA continues to have a strong membership, excellent new programs, and a very good executive. Several new programs have been implemented during the last year, including the MRCA canoe instruction program, and the free Tuesday night paddles. In addition, the MRCA has finally been listed in the new white and yellow telephone books, under "Manitoba Recreational Canoeing Association" and "Canoeing and Kayaking Recreational" - 338-MRCA or 338-6722.

I would like to thank the executive and all volunteers for their help in making the MRCA what it is today, and I look forward to seeing everyone out there on the river.



[This is a repeat from the last newsletter]

Steven Fletcher, MRCA President

Executive Concerns

All positions for the 1997/1998 MRCA Executive are up for renewal. Elections will be held at the Annual General Meeting on Wednesday September 24, 7.30 pm at Sports Manitoba. If you are interested in volunteering for these positions, please contact Frank Penner (667-1513). Note that the following positions expect to be vacant: President, Vice-President, Instruction, Newsletter, Bingo, Promotion and Advocacy.

Desperately Needed!!

The MRCA has a crying need for flatwater instructors. Becoming a flatwater instructor offers employment opportunities with numerous camps, clubs, outfitters and, of course, the MRCA. Contact Hendrick (837-4331) if you are interested in certification.

Indoor Program

For the coming indoor program series, we are reverting back to Wednesday nights. Last season, there were quite a few changes to the actual days, but we seem to have settled on Wednesdays from now on. Apart from the AGM, events will be held on the third Wednesday of the month. All events will be at the 2nd floor of the Sports Manitoba building, 200 Main Street - unless otherwise noted. Following are the next three events:

Annual General Meeting (AGM) - Wednesday September 24, 1997

Business section will be brief, followed by a short slide or video presentation. Come out to visit and share summer paddling stories with your fellow members.

Lake of the Woods to Ottawa - Wednesday October 15, 1997

Join Jan and Mike Riley on a 'short' paddle from Middle Island, Lake of the Woods to our nation's capital, Ottawa. Their trip took place over two consecutive summers and followed the voyageur route, including the north shore of Lake Superior.

Northern River Canoe Trip - Wednesday November 19, 1997

Donna Derenchuk and Ian Ward invite us to join them on a northern river canoe trip. Great slides and even greater tales of adventure.

Manigotagan River (see cover photo)

Anne Loewen, Maurice Marceau, David Marion, Diana Borys, Gerald Hirose and Donna Kurt ambled down the Manigotagan River from Quesnel Lake to PTH 304 from July 11 to 14, 1997 with low water flow. We all had good moving water skills and wanted to practice skills learned at recent MRCA moving water canoe courses so we ran and played in all runnable rapids such as Boulder, Onion Patch, Emma Jane, Old Woman, Big Eddy, Sand River, Jack Pine, and Engineer rapids without any mishaps.

At Cascade rapids, we pulled over a few floating logs to find the portage on River Right, overgrown with Saskatoon bushes, which was shorter and more level than the cleared hilly, log-strewn portage on River Left. The portage on River Right around Cascade rapids should be cleared and marked by MNR. It is safer and much easier than the portage on River Left, and offers a put-in to run the easier rapids after the ledge part way down Cascade.

The put-in from the portage on River Left around Big Eddy Rapids was full of logs, which we avoided by running the rapids and bailing out a few buckets of water from our loaded high-volume ABS canoes. As suggested in a previous newsletter, MNR and other paddlers would do well to clear, mark and use the portage on River Right around Big Eddy to avoid the effects of the large eddy, especially in high water.

The burnt area was very beautiful with many birds, some drying their soaking wet wings atop dead trees following torrential rain, and a couple of moose sightings. We enjoyed a beautiful night camping and swimming on Turtle Lake. At Engineer rapids we water-massaged our back and neck muscles in the unrunnable Jacuzzi chute on River Left and cooled off from the heat. At the end of our trip, a flat tire on our shuttle car meant a 100 minute, 10 km walk down the bottom part of the rough, pot-holed Quesnel Lake road for Gerry and Donna, turning the 3-hour shuttle into a 4-hour shuttle on a hot evening.

It was a fun action-packed weekend, recorded in great photos and fond memories we are still enjoying.

For Your Information ... Some shortening tug-seed summa

The public registry at 123 Main Street contains documents that summarize objections regarding the incremental approach to the Pine Falls Paper Company (PFPC) East Side Road, and then makes the following recommendation:

"Based on a significant amount of concern expressed by the public and the federal reviewing agencies with respect to the environmental and socio-economic impacts which stem from the extension of the road across the Bloodvein River and Longbody Creeks, it is recommended that PFPC be required to file a Proposal and begin an overall Environmental Assessment (EA) on their 1999 - 2008 Forest Management Licence 01 and the Integrated Wood Supply Area East.

It is further recommended that a licensing decision on Phase 2 of the road be withheld pending receipt and review of the EA. It is recommended that respondents to the Phase 2 Road Proposal be notified in writing by the Director of Approvals of this course of action and that a public hearing on the Forest Management Plan EA will be recommended as part of the review process, after which a licensing decision on the FML and any future road extensions will be made in conjunction with CEC recommendations to the Minister of the Environment." (pg 8 Summary of Comments, MB Env.)

Letters to the Director of Approvals, L. Strachan, MB Env., in support of this recommendation will increase the likelihood of the recommendations being upheld. The federal agencies cited are Heritage Canada/Parks Canada, Fisheries and Oceans, and Coast Guard. Things sometimes move with lightning speed in the heat of summer. Support for this recommendation should not be put off until a cool rainy day!

William Kocay

Copies of these documents are available in the registry, by calling Environment Manitoba, etc.

The above quote is the full text of the recommendations section.

Tell MRCA advertisers and Corporate members you saw their name in the MRCA Newsletter or Home Page!

Grandview Inn - Ontario

The summer of '97 is shaping up as a great one here at Grandview Inn in Muskoka, Ontario. We've got many new and exciting activities developed and ready for you to experience.

Our Nature Trails programs have been designed to allow guests an opportunity to fully enjoy and understand the importance and majestic beauty of the Muskoka and Algonquin Park wilderness area. These programs offer the participants rewarding and educational wilderness adventures under the leadership of trained, on-site Naturalists.

We invite you to experience the wonders and find out more about Grandview Inn at:

http://www.grandviewinn.com

[Ed: Apologies to Grandview for the lateness of this newsletter]

Annual clear-out of in-stock canoes and kayaks

If you know any MRCA members looking for a great price on an Old Town Penobscot 16 or 17, or Necky polymer Kyook Plus or Looksha IV, check these out:

Penobscot 16 (royalex, green)	\$1,309.50
Penobscot 17 (Demo-excellent shape, royalex,red)	\$1,279.00
Necky Looksha IV Expedition (red)	\$1,417.50
Necky Kyook Plus Expedition (teal)	\$1,327.50

All are 1997 models.

Aqua Bound Expedition AMT kayak touring paddles	\$ 144.00
Serratus Whitewater PFDs	\$ 68.00
Trekk Canoe Vest	\$ 30.40

Plus a variety of Grey Owl and Carlisle canoe and kayak paddles at 20% off the suggested retail price.

Applicable taxes extra. Delivery to Winnipeg \$50.00 (but this eliminates the ONT PST). Visa/MC accepted.

Regards,

Bob Onysko

Northern Canoe Co., 1-807-548-8403

website: www.voyageur.ca/~bonysko/canoe.htm

Stolen Kayaks!

[Ed: This may have happened out east but they could surface anywhere in Canada.] The summer is coming to a close and while some of us don't mind paying for our kayaks and accessories there are others who will go to great lengths not to pay for what they want.

Last weekend, the Trailhead compound was broken into, and our PERCEPTION CLOSED IN CARGO TRAILER was stolen. Along with the loss of the trailer, there were also kayaks inside. We would appreciate hearing from anyone who is approached about buying a Perception kayak, cheap. Following is a list of the stolen kayaks:

Sea Lion	white	99011B696	Chinook	red	913466797
Overflow xl	red	68883E797	Keowee II	green	29224B797
Keowee	yellow	not available	Umiak	red	21319E494
Umiak	red	21346E494	Keowee	vellow	95G07A793
Chinook	vellow	not available	Larry Control Control	Jenow)500/A/95

Trailhead is offering a reward to anyone with information leading to the arrest of those involved, or the recovery of any of the above boats. Thanks for your help.

Karen MacKay

Trailhead, 1-613-722-4229

E-mail: scottst@trailheadend.com

Editorially Speaking...

Yes, this newsletter is REALLY late, and apologies to anyone inconvenienced by that. Without making a ton of excuses, let me just say that the Australia / New Zealand pavilion at Folklorama this year was a huge success. Unfortunately, the time involved in preparing, coordinating and performing in that pavilion was all-consuming, and the MRCA newsletter was not the only thing that suffered as a result.

Nevertheless, summer is still with us, with fall just around the corner. So now is the perfect time to get together with fellow canoers and kayakers, and swap stories of the wonderful summer we have had. First opportunity to do that will be at the upcoming Annual General Meeting - AGM for acronym lovers - and it would be great to have as many members come out to that meeting. As usual, we will be electing a new committee, so have your say before someone else does.

I do hope the summer was a successful one for everyone, and that there are a few good days still to come before the season winds down. Make the most of them!

RED RIVER CANOE & PADDLE

We have moved!



Our new address is:

19 River Rd Box 78, Grp 4, RR2 Lorette, MB ROA OYO

Ph: (204) 878-2524

We will continue to offer the finest in:

Touring and Freestyle paddles,

new wood/canvas canoes,

and restorations to classic canoes.

PADDLING PURSUITS



Winter Kayak Pool Courses

Location: St. James Civic Centre Pool, 2055 Ness Ave.

Instructor: Perry McGregor

Phone: 774-7222 for registration or more information

MRCA Fundamental I Courses

Time: 6.00 - 9.00 pm

Dates: 97-K4 Saturday, March 8 and 15

97-K5 Sunday March 9 and 16

Cost: \$80.00 (includes equipment and booklet)

MRCA Fundamental II Course

ime: 6.00 - 9.00 p.m.

Dates: 97-K6 Saturday, March 22 and 29

Cost: \$80.00 (includes equipment and booklet)

Fundamental I introduces the paddler to: kayak equipment, purchase, care, entry and wet exit, forward, reverse and turning strokes, and the Eskimo roll. Fundamental II introduces the paddler to: a review of Fundamental I, power strokes and more time is spent learning the 'roll'

Kayak 'Roll' Clinics

Time: 6.00 - 9.00 p.m.

Dates: 97-R3 Sunday March 23 and 30

Cost: \$80.00 (includes equipment and booklet)

HOOKED!

Wayne Purvis

I blush at the notion of actually promoting fishing on canoe trips. For years, I dismissed this pastime as an indulgent and frivolous distraction from the wilderness adventure at hand. After all, my idea of fishing involved intolerant anticipation while dad baited, cast, and hooked some grotesque little catfish for me to manhandle to shore. Privileged by age, I could escape while dad did whatever he had to with the fish, then readied the rod for my next catch. It was an amusement we could both live without.

As an adult I fastened my \$20 spincast gear to the gunwale of my canoe, then paddled and portaged it through lake after lake. On rare, uninspired evenings, I tied on a shiny piece of hardware and half-heartedly lobbed it in the general direction of the water. The result was a snag here, a tangle over there, and inevitably a fateful yank that severed the line and signalled the end of fishing without a nibble or bite. Proponents alleged that fish were as abundant as blackflies. They insisted any fool could catch them. They maintained it was fun. They had never met me. After paddling eight hours and setting up camp, I couldn't imagine anything more repugnant than wrestling with some writhing creature, bludgeoning it, and contending with the aftermath. Fish were meant to be breaded, boxed, and stored in the grocer's freezer.

As trips became longer, more demanding, and increasingly refined, the fishing gear necessarily became expendable. It was relegated to survival status in the confines of a film canister comprising a length of line, two jigs, and a plastic worm. I was spared the humiliation of ever having to prove its efficacy.

Then, a fateful thing happened. It involved 16 consecutive days of paddling, 200 miles of water, 100 portages, and two weary canoeists wondering what the point was of pushing so relentlessly day after day. Was the next lake superior? Did we aspire to break some distance record? Or were we just trying to expedite the trip? Clearly, none was true, but often compulsions contradict one's common sense. We simply needed the motivation to slow down. Out came the fishing rod.

The very next trip, I proved unequivocally that cheap gear, erratic delivery, and dogged persistence in remote lakes can yield fish to even the most unskilled. It was not without grief, but the thrill of battle and the taste of victory were enough to hook me.

The venerable canoe has distinct shortcomings when fishing. It is awkward to paddle and fish simultaneously. The generosity of a paddling partner or wife to power and control the craft while you lounge and fish, soon wears thin, and a share of the catch is rarely sufficient to sustain such effort. When soloing, a canoe strays relentlessly without constant attention. The gentlest breeze can catapult it out to sea or hurl it into a rocky reef or sludgy slough before delivering a single cast. Long, imprecise casts from awkward angles seem to be the rule.

Canoes are cramped at the best of times, but add duelling rods, dangling treble hooks, and a flopping fish and there is a distinct opportunity to learn wilderness surgery. I can attest to this (but that's another story). Lacking electronic devices to decipher depth and structure, the canoeist becomes a detective searching for clues to locate his elusive prey. Trolling is a fine way to cover water, but entails jamming the rod between legs or packs, paddling back to snags, and unravelling line from paddle blades. And when that lunker is finally hooked, the thrill is somewhat diminished by the resultant instability and the tenuous battle for buoyancy. Suffice it to say, canoe fishing is fraught with hazard and discomfort.

If this were not enough, we become marketing pawns, drawn to glittery hardware, advanced technology, and unmerciful prices, with the promise of mastery over these evasive denizens. But this is where the creed of the canoeist reigns supreme - buy it and you must carry it. Presumably, this precludes the purchase of a trolling motor, fish finder, multiple rods, or a suitcase sized tackle box. Our challenge is to achieve balance in price, quality, and quantity of fishing equipment while, with any luck, catching some fish.

So, for those neophytes who are more inept than myself, here is a canoeist's primer in fishing gear and technique:

Hardware (cost = \$120 for good equipment, \$200 for great equipment):

- A medium action 6 foot rod, preferably graphite is a manageable length for canoe fishingwith enough sensitivity to feel nibbles and enough backbone to horse fish into the boat. A two-piece style simplifies carrying. A more collapsible rod may be handier, but prone to loose or broken ferrules over the long run.
- A spinning reel will generally cast further and have fewer tangles and breakdowns than spincast
 or baitcast rigs. Loaded spools of line can be changed quickly to suit conditions. It is wise to
 load one spool with good quality 6 pound test and another with 10 pound. A gear ratio of 5
 or 6:1 will speed retrieval and cover more water.
- It is tempting to tie the rod to the canoe or other gear for travel, but a \$20 investment in a rigid tube or better yet, a padded carrying case will effectively protect your investment

Lures (cost = \$50):

An assortment of lures for northerns, walleyes, bass and trout would include the following:

- Safety pin spinner bait and buzzbait- good for fast action in shallow, weedy bays for northerns or bass.
- Shallow and deep diving crankbait allows fan casting an unfamiliar area quickly while controlling the depth to locate schools or drop-offs. The floating style with varying lip lengths are the most versatile.



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- Weedless and regular spoons these remain a simple and effective tradition in fishing.
- Assorted 1/8 and 1/4 ounce jigs with plastic worm or minnow trailers great for enticing walleyes
 off the bottom after locating with a crankbait.
- Extra hooks used to replace rusty or broken hooks and to rig a simple worm harness to fish
 weed beds.
- If I could carry only one lure for all occasions, it would be a floater/diver crankbait capable
 of diving 8-10 feet. The Wally Diver is an example of such a lure.
- A couple of each type of lure is plenty. Extra plastic trailers and jigs are a cheap backup for tackle losses. Plastic trailers can be fastened to any lure. Even the most ridiculous, unrealistic apparatus can be a winner on a particular day.

Accessories (cost = \$75):

- · Snaps and swivels allows for quick lure changes and reduces line twists
- · Assorted lead sinkers bell, slip, bullet, and shot sinkers, control lure depth
- Bottom bouncer The design of this weighted wire device takes the lure deep while avoiding
 most snags on the bottom. It is useful for trolling or bouncing off rocky points or drop-offs.
- · Metal leaders used for toothy northerns
- · Slip bobber and stops for casual fishing. It is easy to adjust depth and to cast this setup.
- · Jaw spreader & needle nose pliers saves fingers when removing inhaled lures
- Stringer always assume you will be returning to camp with fish!
- Net as small as possible
- · Fillet knife and sheathe
- · Sharpening stone for fillet knife and hooks
- Anchor line tie a flat 4 kg rock onto a 50 ft painter and fasten to bow or stern. There
 may be drift, but it holds the general position.
- Fishing licence and regulation booklet conservation licences are less expensive. The limits are adequate for canoeists.
- Tackle box should be compact with a tight lid, thin profile, and divided compartments.
- Don't forget the first aid kit and instruction techniques for removing barbed hooks from human flesh. It can happen!



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Optional Equipment (cost = \$45):

- Rod holder this is a luxury, but is terrific for trolling or drifting, leaving the hands free to
 paddle. It can be clamped or mounted to the thwart allowing for tilt and swivel of the rod.
- · Rubber fish glove for extra grip
- · Scale and measuring tape for the trophy catches
- Marker buoy and depth line this can be as simple as a plastic bottle with a weighted string.
 Beads on the string can designate depth while the float gives reference to the productive fishing area.
- Filleting board 8" x 12" x 1/4" plywood. It is far more practical than carving up a wood paddle.

The total cost works out to about \$300 to \$350 and weighs a paltry 3 kg. All the lures and most accessories fit neatly into a tackle box 11" x 8" x 3", while two rods, reels, and rod holder fit comfortably into a padded case with shoulder strap. Alternate outfits can be a fraction of the price, but as with many purchases, you get what you pay for in longevity and reliability.

When and where to fish:

- Fish seek food, shelter, and means of escape. Look for features along the shore line that are different or unique - a point, indentation, submerged weedline, a fallen tree, an entering stream, or bottom drop-offs.
- · Fish around islands, windswept shores, or submerged islands and boulders.
- In early spring, fish waters that warm the fastest as in small, shallow bays or areas that receive
 plenty of sunlight and warmth. As the seasons advance, move to progressively deeper, cooler
 waters.
- · Watch for schools of baitfish or swooping gulls. Game fish will not be far behind.
- · Generally, fish close to bottom. Allow the jig or diving lure to strike bottom from time to time.
- · Get out of bed early or stay up late. These times provide great fishing opportunities.

Preparation:

- After a sharp blow to the head (the fish's, not yours), the cleanest and easiest way to fillet a fish it is to:
 - 1) Cut behind the gill plate down to the back bone.
 - Turn blade towards tail and cut tight along backbone and around dorsal, pectoral, and anal fins without cutting internal organs.
 - 3) Flip this section over and remove the line of rib bones.
 - 4) Run the blade between the skin and flesh beginning at the tail end to remove the fillet.
 - 5) Repeat on other side.
- Practice is the best teacher, so count on the odd bony, mutilated failure. Pike are the most challenging to de-bone, but probably the most underrated shore lunch. [Call me for preparation tips.]
- Entrails should not be buried, tossed into the bush, or left on the shore near campsites. Preferably, place them on an offshore rock for gulls, generally clean and fillet fish before returning to camp.
- I could happily eat fried fish all summer a good thing, since this is also the easiest cooking
 method. Bring along some homemade spiced flour mix. Shake fillets with coating in a plastic
 bag, then fry in a small amount of hot oil in a Teflon pan; a mere 6 minutes results in dinner.

Canoe tripping is a multi-facetted venture. It offers the devotee a multitude of means to access and appreciate the wilderness lifestyle. Fishing is one added dimension that enables us to pause, observe, and reflect before we continue on.

Bon voyage and bon appetit!

MEXICO '98 - from 'Calleva Outdoors'

My friend Tom McEwan and I with our Calleva group are preparing once again for a return to the rivers of Mexico. We have organized a series of white water adventures that we feel are challenging, scenic, and lots of fun. We are orienting our program towards the paddling clubs of our area which we feel are the core of the paddling community. So, we would like to offer a memo for our trips to the Newsletters of interested clubs. Please let me know. If there are any questions just give us a call.

Bruce Berman, Three Rivers Paddling Club

We would like to invite club paddlers and other river diehards to our next Mexican adventure in the winter of '98. Last year was great and we can hardly wait until we go back to that warm water and those terrific "cascadas" We do the waterfall rivers of the central highlands of the Sierra Madre Oriental as well as the deep canyons in the southern state of Veracruz. Our trips have three levels of difficulty - Expert, Advanced and Intermediate. Following is a brief description of each trip.

Expert - Paddlers should be "comfortable" on the Upper Yough or comparable class IV-V rivers. We will do most of the runs in multi-day expedition style though there might be a few day trips. All members should be fit enough to carry a boat with gear over difficult terrain and handle some basic climbing especially rappelling. We can transport your boat or supply you with a boat to fit your needs. You need your own personal and boating gear as well as camping equipment. We supply everything else. 10 days

Advanced - Paddlers should be able to handle rivers of the Middle Fork or Tygart level. All trips are day trips. There will be some camping at put-ins and take-outs (we supply the tents) though when possible we will stay at hotels in towns and taste local culture. We supply the boats. You need your own personal gear including sleeping bag and pad, and, of course, your boating gear. 8 days

Intermediate - Paddlers should be able to paddle rivers such as the Lower Yough or the Cheat Narrows. Instruction will be emphasized a bit more on these trips. They are all day trips based out of the hot springs resort "Agua Thermales" near Veracruz. We supply the boats. You will need your own personal boating gear. 7 days.

An illustrated brochure describing the trips in detail can be mailed or e-mailed to you by contacting Tom or Bruce. Look at the trips below and see if a date fits your schedule.

Trips:

1	Dec.28-Jan.7	standard Expert	Tampico/Veracruz
2	Jan. 7-14	Int. I	Veracruz
3	Jan. 14-21	Int II	Veracruz
4	Jan. 21-29	Adv. I	Veracruz/Tampico.
5	Jan 29-Feb. 6	Adv. II	Tampico/Veracruz
6	Feb. 8-18	Expert	explore Oaxaca, fly to Veracruz
7	Feb. 20-27	Int. III	Veracruz.
8	Feb. 27-Mar. 6	Int. IV (or Adv. III)	Veracruz/Tampico

Price - all trips - \$875.00 nic. air fare

Bruce Berman, 1151 King Ave., Pgh., Pa., 15206, Tel. 412-661-3872, e-mail: ybberman@usaor.net Tom McEwan, 15101 Seneca RD., Darnestown, Md., 20874, Tel. 301-417-2994, e-mail tom.mcewan@BUS.COM

Calleva Outdoors, 13904 Darnestown Rd., Darnestown MD. 20878 USA

What Benefits do I receive as an MRCA Member?

An annual MRCA Membership Directory

A regular quarterly MRCA Newsletter full of articles of interest to Manitoba paddlers such as various paddling destinations and local activities. The MRCA Newsletter is mailed right to your home

Discounts on MRCA paddling courses and on paddling and camping products at paddling stores and businesses

Access to regular MRCA General Meetings, held every month in Winnipeg. These meetings usually include a short business report by the MRCA Executive and are typically focused on a specific topic related to canoeing or kayaking and of interest to the general Membership. They offer paddlers the opportunity to socialize with others who have similar interests in recreational canoeing and kayaking. Great paddlers continue to show their strokes!

MRCA's Affiliation with the Canadian Recreational Canoeing Association allows MRCA Members to purchase CRCA products (canoeing related books, momentos, etc.) at a discount! The CRCA provides MRCA Members with the opportunity to harmonize with other Canadian canoeing associations. Standards for instruction and safety and instructor liability insurance are other CRCA benefits

MRCA's Manitoba Paddling Association Affiliation provides MRCA Members with an opportunity to explore the sport/competitive side of paddling. The MPA provides the MRCA with support through access to Manitoba Sports Federation funding, Government grants and numerous other services (printing services, meeting rooms, etc.)

Opportunities to participate in canoeing and kayaking trips to locations in Manitoba and beyond

Various workshops related to paddling

Access to accredited canoeing and kayaking technical and safety courses and knowledge

Access to canoeing and kayaking information including route descriptions, maps, trip survey logs, contacts with people who have 'been there, done that'

MRCA Corporate and Affiliate Members are listed in the MRCA Newsletter and MRCA Internet Web site (http://130.179.24.217/mrca/mrca.html). MRCA provides a "link" from the MRCA Home Page to MRCA members' home pages and to other non-profit groups

A unified voice for canoeists and kayakers.

MRCA MEMBERSHIP APPLICATION and RENEWAL

Last Name or Organization Na	inc	
First Name and Initials	iling	
Residence/Mailing Address		DAY SHEET TO
City	Postal	Code
Residence Phone	Busine	ess Phone
Fax Number	eng zamen	Trend -508 VIS
Internet/E-mail Address		
Family Membership (names of	f persons at s	ame place):
	203	mundo i m
	5031	muung I II
	501	one Daniel
Is this application	New	or Renewal
	New Circle	
Annual Membership Fees		
Annual Membership Fees	Circle	Cash MAII.
Annual Membership Fees Minor or Full-Time Student Individual Family	\$10 \$15 \$20	Cash MAIL Cheque Money Orde
Annual Membership Fees Minor or Full-Time Student Individual Family Corporate (Business)	\$10 \$15 \$20 \$25	Cash MAIL Cheque Money Orde Payable to
Annual Membership Fees Minor or Full-Time Student Individual Family Corporate (Business)	\$10 \$15 \$20	Cash MAIL Cheque Money Orde
Annual Membership Fees Minor or Full-Time Student Individual Family Corporate (Business) Affiliate (Club)	\$10 \$15 \$20 \$25	Cash MAIL Cheque Money Orde Payable to
Annual Membership Fees Minor or Full-Time Student Individual Family Corporate (Business) Affiliate (Club) Provide your Student ID#	\$10 \$15 \$20 \$25	Cash MAIL Cheque Money Orde Payable to
Annual Membership Fees Minor or Full-Time Student Individual Family Corporate (Business) Affiliate (Club) Provide your Student ID# Application Date New Memberships obtained after	\$10 \$15 \$20 \$25 \$25	Cash MAIL Cheque Money Orde Payable to "MRCA"
Is this application Annual Membership Fees Minor or Full-Time Student Individual Family Corporate (Business) Affiliate (Club) Provide your Student ID# Application Date New Memberships obtained after of the next Membership year MRCA Financial Donation S	\$10 \$15 \$20 \$25 \$25	Cash MAIL Cheque Money Orde Payable to "MRCA"

Complete both sides of this form, cut out and mail with payment to:

MRCA Membership Committee, P.O. Box 2663, Winnipeg, MB R3C 4B3

To contact an MRCA representative, phone: (204) 925-5681

MRCA Volunteer Positions

The Manitoba Recreational Canoeing Association relies upon Volunteer Power. You don't have to "walk on water" to help, just indicate your interests below.

The MRCA also accepts tax deductible donations (tax receipt provided through CRCA - refer to the application form on the previous page)

Please indicate how you could help the MRCA achieve its objectives.

Resource Committee		
Membership Committee	Talent as	e Sulbut
Safety and Instruction Committee _		
Advocacy Committee		
Social Committee		
Newsletter Committee	mighal of	Julio
Publicity Committee		
Bingo Committee		
President, Vice-President		1000
Secretary or Treasurer		

Member Interests

Please circle your paddling interests (to be listed in the MRCA Directory)

W---1:--

Canoeing	Kayaking
Flatwater/Lakewater	Flatwater/Lakewater
White Water	White Water
Moving Water	Moving Water
Tripping	Touring
Instructing	Instructing
Family	Family
Competitive	Competitive
Recreational	Recreational
Experienced	Experienced
Intermediate	Intermediate
Novice	Novice
Beginner	Beginner

Books, Books, Books

"Northern Manitoba From Forest To Tundra" by Dr. Paul Gahlinger, which covers Northern Manitoba canoe routes, is available to MRCA members at a 50% discount at \$9.95 + 3.75 for shipping/handling. Mail, phone, fax, or E-mail your order to the following and indicate that you are a MRCA member to receive the discount:

G.B. Communications
Box 553, Lucan, ON NON 2J0
Phone: 519 227-0668 Fax: 519 227-0555
E-mail rosieken@sympatico.ca

The route maps and descriptions will be added to our Resource information when scanning of maps and publishing can be completed.

LOST PENTAX BINOCULARS

Well, actually they are not lost, just hanging from a tree limb at the landing of the first or second portage on the Haggart River just off Carol Lake in Woodland Caribou Park in Ontario, right where Roger Turenne absentmindedly left them while unloading his canoe on a recent trip. So if you should come across them in your travels, please call Roger at 237-5947

MRCA members are invited...

...to attend the Canadian Parks and Wilderness Society Manitoba Chapter AGM Thursday, September 18, 1997 at the Fort Whyte Centre, 1961 McCreary Road.

FREE ADMISSION!

- 6:00 p.m. POT LUCK SUPPER. Bring a dish; coffee and drinks provided. Oh yes, make this a waste-free event and bring your own plate, cup and utensils.
- 7:30 p.m. Business meeting.
- 8:00 p.m. Slide show RED RIVER RISING. Not long ago, the whole country's attention was rivetted to the rising Red. On the day the river crested, Roger Turenne and Debbie Norman were flown in Steve Blight's Cessna over the entire length of the Red from Winnipeg to the US border, having obtained permission to enter the military no-fly zone. The result is a remarkable series of photographs most of which have never been shown publicly before. A CPAWS exclusive! Don't miss it!

CANOE AND KAYAK TRIP SURVEY LOG

Help us keep our trip and route information up to date. Please complete, cut or photocopy from newsletter, and return to: MANITOBA RECREATIONAL CANOEING ASSOCIATION, P.O. BOX 2663, WINNIPEG MB R3C 4B3

ROUTE

Route name		
Province(s)	Outside Canada?	11 = 3 1 1 1 7
Major lakes / rivers		Contra manera.
Total distance paddled (km or miles):		***
Was trip registration required: yes no	Was permit required: yes no	
Launch location	Launch date (yr / mth / day)	
Reached by car plane other		
Transport company used: yesno	Name	Price \$
Address		
Would use again: yesno explain		
Take-out location	Take-out date (vr / mth / day)	
Returned by car plane other		
Transport company used: no yes	Name	Price \$
Would use again: yes no explain		. THE 4
Identify maps used (topographic or descriptive):	music in realis	T. L. H. X STANI
Names of books, brochures used:		barriero con
Number of portages: Name portage(s) excellent Name portage(s) ex		dirty
Was firewood: adequate scarce Additional camp comments:		
POINTS OF INTEREST		
Interesting geological features (rock outcrop, canyons, Flora, fauna, historical evidence, e.g., abandoned mines Other (berry picking, canoe side trips, hiking):	s, pictographs that captured attention:	
REMOTENESS		
Number of canoe / kayak groups encountered: Number(s) of the following seen: motor hosts		
Number(s) of the following seen: motor boats	rafts hunters fisherman	and the second
Name of adjacent highways / backroads / railways:	nances nancentali _	
Summer cottages: none few many : Other developments:	fly-in lodges trappers cabins	

WATER QUALITY / WHIT				The same of the sa
				_ pollutedother
Whitewater rating of river(s):				rating
				_ rating
				e (cms or cfs):
Did the water level or flow rate	affect your trip: no	yes	explain	en de Callerania de la facilita de
CONSIDERATIONS				
Any litter or misuse of the Nature vehicles, defacing of landscape Evidence of forest fires: no	Arrelan pumpanti	erray er Wi		g., excessive logging, all-terrain acceptable reforestation
Did this affect your trip in any	way		76a L=7	The State of the S
Fished: no yes (good aver	rage poor)	Species	caught:	in art lizes mismostic pri
SAFETY				
	s no davs	s behind	explain	per permanent et en en
Any changes to original planne				
				olain
Wind bound on any lakes:				
				sum an cuiquespaget, haire i crimadide
				er): no yes
Other concerns:				CHECKS, TUD III -
				S 412 (8)
PARTICIPANTS				
Trip leader:				
3	4.			
5	6.		342-4-2	
7	8.			STOWNED HISW CHICARD II NO 187 I
Total number in group:	R	ange of ages		Market Brown
Number of canoes:				
				expert
Prepared by	and management and management		Phone	e number
Address:				
Is map or sketch of route attack	ched: yes no			
For	any additional con	nments, plea	se attach a se	parate page
THE MANUFORA DE	CDE ATIONAL C	ANOFINO	ACCOCIATI	ON THANKS YOU FOR VOLE
				ON THANKS YOU FOR YOUR
SUPPORT PLE	ASE ENCOURAGE	E THE PRA	CTICE OF NO	O-TRACE CAMPING.
	Class	s of Rapids: Cl	RCA ratings	
	riffles and small waves			LINE TO THE PROPERTY OF STREET
Class 2 Easy rapids with waves Class 3 Rapids with high irregu	up to 2 ft and wide clear	r channels, some	canoe Narrow pas	equired sages that often require complex manoeuvring
Class 4 Long, difficult rapids w	ith constricted passages	that often requir	re precise manoeuv	ring in very turbulent water. Generally not
possible for open cano	es			
absolute expertise				nt hazard to life in event of mishap. Requires
Class 6 Difficulties of Class 5	. 10 : 10 : 10 : 10 : 10 : 10 : 10 : 10	l very dangerous	s. For teams of exp	perts only with all precaution taken. Even

Members' Trips and Events

The following trips are organized by members of the MRCA. They are not official MRCA trips and are posted here to notify paddlers who may be interested in these trips.

Mantario Thanksgiving Canoe Trip, October 10-13, 1997 Leader: Donna Kurt

Experienced flatwater canoeists (MNS Outdoor Canoeing Rate 2) are welcome to paddle 16 km over seven lakes and portage 4 km over six portages from Whiteshell Lake to stay three nights at the Mantario Wilderness Education Centre cabin on Mantario Lake before undertaking the return trip. Cold air, water and muddy portages were encountered the past eight Thanksgivings, and twice we were windbound at the cabin for one extra day. Participants must have good cold weather clothing and footwear, must be able to carry a canoe or loaded pack for 1 km, must wear PFDs and stick together while paddling. Cabin, meal and gas expenses are shared, at about \$70 per person.

Enjoy colorful autumn vistas, aromatic portages, diverse and visible flora and fauna, gourmet meals, day hike and canoe trips, camaraderie and a few days with good weather.

Register with Donna Kurt at 334-3111 before October 3, 1997

For information on other trips and courses, phone the MRCA trip line on: 338-6722 ext 3

New Level of Instructor Course to be Offered

In anticipation of propsed CRCA course changes, and to better suit the needs of Manitoba paddlers, the MRCA is moving ahead to develop a new level of instructor for next year. This course is currently under development. It would be geared towards people who have an interest in instructing canoeing, but haven't developed higher level skills (i.e., CRCA level 4 and 5). These new instructors would be able to deliver what is currently known as CRCA level 1 and 2.

If anyone is interested, please contact Douglas Ingram at 878-2524.

Contemporary Advanced Paddling Technique/Freestyle Symposium

I am in the early stages of planning a special course for next summer which focus will on "Modern advanced paddling technique", often referred to as Freestyle. Freestyle has its roots in traditional Canadian "Style" paddling, techniques with which many of us are familiar, but has added quite a few new twists it. Regular tandem canoes are no longer 'tricked' into being solo canoes, but specialized solo canoes are being designed and used especially for Freestyle.

I have been in contact with Mark and Becky Molina. This husband and wife paddling and teaching team live in Florida, and are both superb paddlers! I have seen Mark paddle - it is pure poetry. Even Charlie Wilson, author of Freestyle Canoeing, and an excellent paddler himself, has told me that "Mark is amazing" Both Mark and Becky are American Canoeing Association (ACA) Instructor Trainers, and both are on the ACA Freestyle Board of Directors. They spend much of their free time teaching Instructor Trainers. In addition, Becky has won second place, and Mark has twice won first place in the US National Freestyle Competitions.

Paddlers of any skill level can be accommodated. It would be good to have enough people of each skill level to form distinct groups in order to facilitate the instruction. If people of different skill levels are taking the course, then it may

make sense to have both Becky and Mark instruct. If only a few people take the course, then it makes financial sense to have only one instructor deliver a course to a group of similarly skilled paddlers. Based upon my initial estimates, regstration up to 12 individuals would warrant only one instructor (divided into two subgroups), and registration over 15 would be the threshold at which two instructors could be affordable.

I would really like to see as many MRCA Flatwater Instructors as possible, or people approaching this level, take a course from Mark and/or Becky Molina. I see this as the most efficient way for these paddling techniques get back to Manitoba paddlers. Present instructors would be well poised to learn the new methods quickly, as they are already accustomed to taking intensive paddling courses. More importantly, they are in an excellent position to take what they have learned and to teach it to other Manitobans.

Here is what Mark wrote about a course proposal:

"A three-day sequence would be ideal; two-day is also quite workable. All-day sessions can be a bit much when learning new material. I recommend two, three-hour sessions a day. Two groups can be accommodated that way an A.M. and a P.M. group. When one group is off the water, it could be practicing, or resting, etc. Both groups could meet in the evening for land topics associated with advanced technique (hydrodynamics, etc. - maybe even a video of competitions with analysis).

If you have a VERY experienced, high energy group (and good natured!), two or three full days can be offered. More is presented and practiced. Video practice with analysis can be part of this format. This format may be the best value for the \$\$\$\$\$\$.

Course content includes: concepts of paddling, hydrodynamics, equipment, and, of course, advanced technique. Advanced technique includes forward, reverse, cross forward, and cross reverse moves, efficient stroke form, kneeling positions, moving around in the canoe for maximum effect, heeling, etc. We can provide aspecific course outline when we know what you want."

At this point, I am interested in determining how many people would be interested in taking such a course from such superb paddlers and instructors. We need to make a decision soon. There are quite a few questions to be resolved in order to run such a course and to put together the best package, including:

- · how many people, and of what skill level
- · location, in Winnipeg, or out of town, perhaps at a camp
- · duration (three full days seems to offer the best value)
- · time of year (mid June or July 1998 best suits Mark's schedule)
- · cost (we have to break even, covering the cost of the instructor(s) fee, travel, and facilites).

I would love to hear from anybody interested in taking such a course. An expression of interest now, in no way means that you are committing yourself to the course. However, I would like to establish as early as possible a list of confirmed registrants so I can determine the scale and structure of the course. Because Mark and Becky are in high demand all across the States, we would need to confirm their schedule and travel plans as soon as possible. By the fall, I would like to be able to determine whether just one or both of them need to be booked, and when and where we will hold the course. Space for this course will be at a premium, so please let me know as soon as possible if you are interested.

I have received a video from Mark and Becky, demonstrating some of the techniques and manouvers that would be part of the course. Mark has given me permission to make a few copies of the tape. If you would like a copy, please contact me. I would also like to get together with interested people in the early fall to view and discuss the video. Please call for info.

If anyone is interested in helping me to put this course together, please, please, please, let me know! I could use any help that I can get.

I can be reached at (204) 878-2524, or by e-mail at redcanoe@pangea.ca. My mailing address is: 19 River Rd, Box 78, Grp 4, RR2 Lorette, MB ROA OYO.

Douglas Ingram

MRCA MEMBERSHIP DIRECTORY

Updated MRCA Membership Directories will be distributed to MRCA Members in the Spring. In the meantime, let us know any changes or corrections, and please add your E-mail address.

MRCA INDIVIDUAL/FAMILY MEMBERS

Family \$20/year (group of individuals living at one address) Individual \$15/year

MRCA Individual and Family Membership Benefits

- names, addresses, phone numbers and paddling interests listed in MRCA Membership directory issued once a year
- each individual or family member is eligible for specified discounts at participating retail outlets and for MRCA resource information, courses, product offerings and events
- one copy of each issue of the MRCA quarterly Newsletter is sent to each Membership address
- · MRCA members are entitled to vote at the MRCA AGM
- MRCA members who are CRCA certified instructors and First Aid/CPR certified are eligible to teach MRCA canoeing or kayaking courses
- all members are eligible to serve as MRCA Board Members.

MRCA CORPORATE MEMBERS (\$25/year)

Clearwater Canoe Outfitters, Box 3939, The Pas, MB R9A 1S5 (204) 624-5467 fax (204) 624-5467

Northern Canoe Company (see under Retailer Discount Programs)

North River Outfitters, 80 Deerwood Drive, Thompson, MB

R8N 1E1 phone/fax (204) 778-6979

URL: http://mysterynet.mb.ca/northriver

E-mail: northriv@mts.net
Paddling Pursuits, 501 Greenwood Place, Winnipeg, MB R3G 2P2
(204) 774-7222

Raven Eye Outfitters, Box 698, Lynn Lake, MB ROB OWO (204) 356-2243 1-888-463-6736 (toll free) URL: http://www.wilds.mb.ca/paddle/raveneye/

Red River Canoe & Paddle, 63 Ellesmere Ave., Winnipeg, MB R2M 0G4 (204) 231-1872 E-mail redeanoe@pangea.ca

URL: http://www.wilds.mb.ca/paddle/redriver Souris River Canoes, 104 Reid St., Box 1116, Atikokan, ON

POT 1CO (807) 597-1292

Totem Outdoor Outfitters (see under Retailer Discount Programs)

Wave Track Canoes, 42C Speers Rd., Winnipeg, MB R2J 1M3 (204) 231-8226 fax (204) 231-8227 URL: http://www.wilds.mb.ca/paddle/wavetrack E-mail: gbrabant@infobahn.mb.ca

Wild Water Equipment, Box 234, St. Norbert PS., Winnipeg
MB R3V 1L6 (204) 261-1814 fax (204) 261-1460
URL: http://home.cc.umanitoba.ca/~umwrig33/
E-mail: umwrig33@cc.umanitoba.ca
74721.3712@compuserve.com

MRCA Corporate Member Benefits

- name, address, services/products, phone number listed on MRCA Internet Home Page
- · name, address, phone number listed in MRCA Newsletter
- MRCA Membership Directory
- · extra copies of the MRCA Newsletter if required
- link from MRCA home page to member's home page / E-mail.

MRCA AFFILIATE MEMBERS (\$24/year)

Manitoba Pioneer Camp, 202-159 Henderson Hwy, Winnipeg MB R2L 1L4 (204) 663-1481 fax (204) 663-1659

Selkirk Community Paddling Club, 215 Toronto Ave., Selkirk MB R1A 0N3 (204) 482-8478

YM-YWCA Camp Stephens, 400-428 Portage Ave., Winnipeg MB R3C 0E2 (204) 989-4180 fax (204) 947-0787

Age & Opportunity, St. Vital Senior Centre, 613 St. Mary's Rd., Winnipeg MB R3M 3L8 (204) 253-1842

82nd Westminster Scouts, 48 Purcell Ave., Winnipeg MB R3G 1A1 (204) 983-2531

Affiliate (club/organization) Member Benefits

- name, address, services/products, phone number listed on MRCA Internet Home Page
- · name, address, phone number listed in MRCA Newsletter
- · MRCA Membership Directory
- · extra copies of the MRCA Newsletter if required
- · discounts on retailers
- · access to resource info and MRCA paddling instructor courses
- MSF meeting rooms booked through MRCA
- · insurance on trips meeting MRCA trip requirements
- · publication of affiliate events in the MRCA Newsletter
- · link from MRCA home page to member's home page / E-mail.

RETAILER DISCOUNT PROGRAMS

Some retailers have offered merchandise discounts to MRCA Members. In order for retailers to verify a customer requesting a MRCA discount is a MRCA Member, they have been given only the names of all our Members (no addresses or phone numbers). This keeps to our policy of not releasing our Membership Directory to non-Members yet allows the retailers to verify MRCA Members' names over the phone. If you are a new Member please give us time to update our Membership list and send your name to the retailers. Other retailers wishing to participate in this program may contact the MRCA at P.O. Box 2663, Winnipeg MB R3C 4B3.

Northern Canoe Company

Site 270 Comp. 36 RR 2, 495 Rabbit Lake Rd., Kenora ON P9N 3W8, phone/fax (807) 548-8403 E-mail bonysko@voyageur.ca

URL: http://www.voyageur.ca/~bonysko/canoe.htm
Northern Canoe Co. will give MRCA Members 7% off the regular
price of canoes, kayaks, paddles, PFDs and packs.

The Global Village Map & Travel Store

167 Lilac St., Winnipeg, MB R3M 2S1 (204) 475-3254 Global Village Map & Travel offers MRCA Members a 10% discount off all merchandise related to paddling.

Totem Outfitters

341 - 10 Ave. S.W., Calgary, Alberta T2R 0A5 (800) 420-4665 7430 - 99 St., Edmonton, Alberta T6E 3R9 (403) 432-1223 URL: http://www.totem.advnet.com

Totem Outfitters offers their new Rapid Rewards program on all regular priced merchandise where MRCA members can earn points that can be used to save money on future purchases.

Trailhead

1960 Scott St., Ottawa, ON K1Z 8L8 (613) 722-4229

URL: http://www.blackfeather.com/

E-mail: scottst@trailheadend.com

Trailhead offers MRCA Members 10% off all Trailhead Expedition Canoes

MARK YOUR CALENDARS!!!

General Meetings (GM) are held on the third Wednesday evenings of each month, except July, August, November and December

Wednesday September 24 Annual General Meeting

7.30 p.m., Sports Manitoba, 2nd Floor, 200 Main Street The 1997/1998 MRCA Executive will be elected at this meeting. If you are interested in volunteering for the Committee, see page 3 for further information.

TO:

PLEASE TRY TO MAKE IT OUT TO THE AGM!

Wednesday October 15 Lake of the Woods to Ottawa

7.30 p.m., Sports Manitoba, 2nd Floor, 200 Main Street Jan and Mike Riley (see page 4)

Wednesday November 19 Northern River Canoe Trip

7.30 p.m., Sports Manitoba, 2nd Floor, 200 Main Street Donna Derenchuk and Ian Ward (see page 4) FROM:

(If undeliverable, return to:)

MRCA Membership Committee

P.O. Box 2663

Winnipeg, Manitoba R3C 4B3

Please send any address changes as well as E-mail and Internet addresses for inclusion in the next MRCA directory

BINGO

Work at a Bingo and get one-year MRCA membership for free !!!

If you are interested in working at a future bingo, please call:

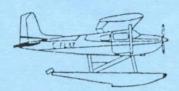
Rosemary or Peter Jackson at 837-5777

- two MRCA volunteers per Bingo
- Bingo work period is about two hours
- report to the Manitoba Paddling Association
- Bingo Coordinator at the Bingo Hall, near the Volunteer Cash Wickets
- you must arrive on time!

Upcoming Dates

For upcoming dates, please check with the new bingo coordinators after the AGM on September 24, 1997 (see above)

WAMAIR



SERVICE AND OUTFITTING INC.

Air service to Bloodvein, Pigeon, Berens and Poplar Rivers Cessna 180 or Beaver on floats

> William & Kathy Mowat (204) 276-2410 or (204)276-2330