

MRCA NEWSLETTER

Volume 12 Number 3
Summer/Fall 1999

Manitoba Recreational Canoeing Association

In this issue . . .

MRCA Indoor Program
Bad weather kayak touring
MRCA resource booklet pricing
A short bird story
Solo canoeing
Volunteer treasurers
Revision of MRCA governance documents
CRCA sea kayaking school
Trips and courses
Books for sale
Canoe and kayak trip survey log




MANITOBA PADDLING ASSOCIATION



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sports life
SPORT MANITOBA

Manitoba 

1999 ANNUAL GENERAL MEETING

Wednesday September 15, 1999

7.30 pm

2nd Floor, Sport Manitoba

200 Main Street

Special presentation by Dr. Gord Giesbrecht

All MRCA members invited to attend.
Refreshments will be served.

MRCA 1998/99 Executive & Committees

POSITION	EXECUTIVE	PHONE
President	Julie Gold jgold@escape.ca	475-3224
Vice-President	VACANT	
Secretary	VACANT	
Treasurer	Frank Penner fpenner@ilos.net	667-1513
Newsletter	Jolanta Liebzeit	284-2938
Past-President	Marcel Ritchot	256-3690
COMMITTEE	CHAIRPERSON	PHONE
Membership	Al Smith alans@vwr-ltd.com	269-0960
Instruction	Donna Kurt icanoe@wilds.mb.ca	334-3111
Resource (Trip Route Info)	Gerald Hirose ghirose@aircanada.ca	985-5949
Indoor Program	VACANT	
Newsletter	Jenny Gates jennyg@total.net	774-5832
Trip Coordinator	Gerald Hirose ghirose@aircanada.ca	985-5949
Advocacy	Christine Mazur	489-4433
Bingo	Gord Johnson	254-6167

Positions valid through to October 1, 1999

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
 (E-mail: staff@crca.ca website: www.crca.ca)

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
 new shortcut: www.wilds.mb.ca/mrca

Newsletter Information

This Newsletter is published quarterly (December, March, June and September). 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 WINTER (DECEMBER) 1999
NEWSLETTER IS NOVEMBER 15.**

Send submissions by phone, fax, E-mail or snail mail to:

**MRCA Newsletter, P.O. Box 2663,
Winnipeg MB R3C 4B3
Phone/Fax: (204) 774-5832
E-mail: jennyg@total.net**

MRCA phone (204) 338-6722

Ext. 1 = events, meetings, newsletter
 Ext. 2 = membership, trips, routes
 Ext. 3 = courses

MRCA PRESIDENT'S MESSAGE

Julie Gold

Greetings fellow paddlers!

For many of you, this is your first official newsletter as a member of the MRCA. May I extend to you a warm welcome. I hope that as the days shorten, you will continue to come out to La Barriere Park to paddle, and that you will join us for our monthly indoor gatherings from September through May. These meetings are held at Sport Manitoba, 200 Main St., on the third Wednesday of each month, beginning at 7:30 pm. There is free underground parking, and a variety of presentations awaits you.



At September's Annual General Meeting, Dr. Gord Giesbrecht, an expert on hypothermia, will be our guest. Hap Wilson and Stephanie Aykroyd will join us once again in October, this time with a slide show distilling the best of their new book, "Wilderness Manitoba". November's meeting will be a collage of paddlers' experiences. Have you a story to share? Are the slides of your summer trip crying out to be seen? I'm looking for 20 to 30 minute presentations from our members. Please give me a call if you are interested.

At the time this newsletter reaches you, I will be on the Bloodvein River – a Canadian heritage river, and perhaps the soul of the Manitoba wilderness. This will be the climax of a fantastic but very hard-working summer for me. This year I became a certified flatwater canoeing instructor for MRCA and CRCA (Canadian Recreational Canoeing Association), and teaching the thing I love to others has been quite rewarding. I have watched each week as new paddlers caught the passion! Allow me to congratulate those of you who have successfully completed one of the CRCA courses; my reward has been watching your skill and confidence grow!

On my vacation, I will use the skills I have learned over the past two years while taking various MRCA/CRCA Moving Water Courses. At the risk of overworking our Instruction Committee, I'd like to encourage anyone who may have thought about taking a course to "just do it!" In spring 2000, we will send out a flyer with course descriptions. Generally, Flatwater courses are conducted according to demand, while the timing of Moving Water courses is somewhat more planned.

Speaking of the Bloodvein River, I am pleased that the MRCA has resurrected the River Route Cleanup Fund. The idea of this fund is to target a heavily-travelled area such as the Manigotogan River for cleanup and low-scale development of canoeing routes. This might include erosion control for portages, garbage clean-up, or having pottys flown in and building bear boxes to prevent desecration of camp sites. The fund was originally established with a donation of several hundred dollars by Harry Enns, then Manitoba's Environment Minister. We have been diverting raffle proceeds at meetings toward this fund, and our new Advocacy Chair, Christine Mazur, is beginning to work on a grant to obtain provincial money.

The low point of my summer has undoubtedly been the thefts of two MRCA canoes from the compound at La Barriere Park, and the further theft of two canoes from the nearby Camp Amisk (Boy Scouts). This loss has created waiting lists for the tremendously popular Tuesday evening and Sunday afternoon paddles. It saddens me greatly that a few selfish individuals can so affect programs run for the public benefit. The paddles are essentially

(cont'd on page 5)

MRCA INDOOR PROGRAM

Events are generally held on the third Wednesday of each month, at the 2nd floor of the Sports Manitoba building, 200 Main Street, and start at 7.30 pm. There is free underground parking available at Sports Manitoba (unless otherwise noted). If you have any suggestions for future meetings, or would like to contribute in some way, please contact the MRCA phone line (338-6722 or 338-MRCA).

If you would like to be a part of the program, we are looking for speakers, presenters, slide shows, video presentations, talks, trips accounts – in fact, anything related to canoeing, paddling, kayaking, and the great outdoors.

Wednesday, September 15 – Annual General Meeting

Dr. Gord Giesbrecht: Hypothermia

Director of the Laboratory of Exercise and Environmental Medicine, Dr. Giesbrecht has spent more than ten years studying the human response to cold. His slideshow covers a combination of his own work and real-life situations. The three distinct phases of human response to cold water immersion will be explained, as well as the causes of death during each phase, and attention will be paid to prevention. Finally, Dr. Giesbrecht will share with us the latest thoughts on dealing with cold stress.

Wednesday, October 20 – Wilderness Manitoba (Wilson/Aykroyd)

Wilderness travellers and artists par extraordinaire, Hap Wilson and Stephanie Aykroyd (and their son Christopher), will join us again this fall. This time they offer a slide presentation and book signing for their gorgeous book, "Wilderness Manitoba", published this spring as a follow-up to "Wilderness Rivers of Manitoba". The MRCA will have discount-priced volumes for sale!

Wednesday, November 17 – Your turn!

Join us for our annual winter social gathering with extra-special refreshments and a potpourri of paddling presentations. We hope to have about three short shows this evening. If you have slides of a special trip you'd like to share with fellow paddlers, please give Julie a call! Likewise, if you're willing to put together some of your favourite snacks to share, it would be very much appreciated.

Please note that there will not be a meeting in December; November's newsletter will have details of the new year's programs. Check the MRCA phone message line for details, 338-MRCA, or our website, www.wilds.mb.ca/mrca.

TUESDAY EVENING PADDLES

Due to the shortening day length, as of September 1, the Tuesday evening paddles at La Barriere Park will begin at 6.30 pm rather than 7.00 pm. Paddles will continue into October, if weather and availability of instructors allows.

MRCA PRESIDENT'S MESSAGE (cont'd)

a "loss leader" for us, attracting new members, and more importantly, new paddlers – enabling people to try this wonderful sport for next to no investment.

If anyone is interested in making a donation toward replacing these boats, please call, or send a cheque made out to CRCA (not MRCA – only CRCA, our parent organisation, has the authorisation to issue tax receipts).

Finally, the AGM next month marks the end of term for several of our volunteer executive board members. Frank Penner has worked tirelessly as Treasurer for many years, for which he has my deep gratitude. I don't know how we ever could replace Frank. Quite literally, in fact – at the moment we have no candidates whatsoever to replace Frank, so if anyone has a modicum of bookkeeping sense which they could lend to this job, please Please PLEASE contact me!

Thanks to Al Smith for his great effort as Membership Chair, and to Henry Redekop who has stepped forward to replace Al. Fortunately, when Irene Furgale, our past secretary moved away, Marielle Venne graciously stepped into that post. And we now have volunteers to fill two previously unfilled posts: Jolanta Liebszeit will be Newsletter Chair, and Christine Mazur, Advocacy Chair. A huge thanks to continuing executive members Gerry Hirose (Resource Chair), Gord Johnson (Bingo), and Donna Kurt (Instruction).

But as well as replacing Frank, we still have to find a Program Chair, to work on organising our meetings with interesting speakers, as well as someone to do refreshments at meetings on an ongoing basis. Currently, your extremely overworked President is fulfilling these duties herself. As well, the office of Vice-President has also been vacant for some time.

So, please pitch in, folks – there are 18,000 volunteers no longer working on the Pan Am Games; MRCA just needs a handful of them!

FOR SALE

Reasonably large, about 80 gallons, red C1 playboat canoe with spray skirt, 11 feet long, asking \$600.

Call Mark at 204-482-4024.

Cedar strip canoe, 17½ ft.
Beautiful condition, recently refinished,
lightweight, Lake-Tripper design.

\$1,750.00 (or best offer).

Contact: Jennifer, 257-9865



BAD WEATHER KAYAK TOURING

Tony Kinal

After reading an article in Sea Kayaker Magazine on bad weather, it reminded me of a similar experience that a small group and I had a few years ago. The article in Sea Kayaker took place in New Zealand, where the party had the luxury of an old cabin during days of rain and cold. My story took place on Lake Winnipeg, and there were no cabins along our route.

Our intended route was a circle tour of Hecla Marine Park, starting at Gull Harbour, paddling east to Black Island, turning northeast to the K. Islands, west to Deer Island and onto Wells Harbour, and finally heading south back to Gull Harbour. Our trip started on a sunny but windy day, and after paddling through choppy water with quite a few braking waves, we arrived safely at our first camp on Black Island.

The next morning was sunny and warm with light winds – a perfect day to travel. We made it to Deer Island in good time, and found a nice sand beach on which to camp. The following day was also sunny, but the weather radio called for a small craft warning for our area. So, faced with a 3- to 4-k open-water crossing to Little Grindstone Point, we decided to spend our extra bad weather day on our private beach.

Oh, to be stranded on a sand beach on a hot day where one only had to make up one's mind whether to go swimming, take the kayak out and play in the waves, or just relax. Yes, we suffered terribly that day, eating Gary's cherry cheesecake on the beach while watching a 30-ft sailboat bobbing in the waves just off shore.

However, that night it rained. The next morning it rained. In fact, the forecast for the next two to three days was rain with possible thunderstorms. Hmmm – the prospect of spending time on that white sand beach was fast losing its allure.

So, we decided to abandon paddling to Wells Harbour, opting to head directly south west to Punk Island. We broke camp in the rain, and it was still raining when we reached a tiny beach on the Island. About this time, Fred started talking about checking on the garlic sausage he'd left in the trunk of his car back at Gull Harbour. As it turned out, it was a good ploy, and two others joined Fred in his sausage pursuit. That left Don, Gilles, Gary and myself to make camp in the rain, and we did not expect the others to return – there is something about a hot shower, hot coffee and a hot meal at Gull Harbour that would prevent most people from returning to a soggy camp in the rain.

In bad weather, it seems, different people have different ways of coping. Don burrowed into his tent and stayed there listening to his radio. Gilles and I paddled around the Island, and later Gary and I combined our tent flies so we could be outside without being rained on. Around supper time, Gilles alternated between being out and disappearing into his tent to read, while Gary and I cooked a gourmet dinner in between moments of bird watching. By that evening, the rain had stopped, and the sun made a brief appearance before setting. The next morning dawned sunny – so much for the forecast.

The morals to this story are many. If you want to do any sort of wilderness kayak camping, you need a GOOD tent. Remember, it might be your only shelter if things turn ugly. I have found that the main difference between a 3- and a 4-season tent is that the latter is stronger, and a stronger tent will take more wind. The next thing to bring along is an extra tent fly or tarp so you can cook and enjoy being outside, even if it is raining. You can buy a lightweight nylon fly at Wave Track, or most other outdoor stores.

With that in mind, all I can say is happy camping, and remember – you can't count on the weather, so be a 'Boy Scout' and **BE PREPARED!**

MRCA RESOURCE BOOKLET PRICING

All original MRCA resource booklets have been revised but only available in paper copy. Gahlinger's routes, new trip data, and kayak trips have been added. Booklet W has been revised to include only trips starting in Manitoba. Trips completely outside Manitoba have been moved to a new booklet OM. Robert Stanner's booklet "Canoeing South-Eastern Manitoba" is a new booklet covering the south-eastern part of the Province.

The following is the new pricing policy on MRCA Resource booklets (the prices allow the MRCA to recover all costs and generate a small profit to support other MRCA endeavours):

BOOKLET	PRICE	
	members/outlets	non-members
A	\$2	\$4
B	3	5
C	4	6
H	2	4
W	4	6
OM	3	5
STANNERS (Canoeing South-Eastern Manitoba)	5	7

Add mailing costs: \$2 for a maximum of 3 booklets/ \$4 for 6 booklets (within Canada)
\$4 for a maximum of 3 booklets/ \$8 for 6 booklets (outside Canada)

A SHORT BIRD STORY

Roland Amsler

On an early Friday evening in May, I was loading up the kayak even though the weather has suddenly turned. When Tony (Kinal) phoned to arrange the night's paddle, I told him I might be late, but now I was debating going at all. After a few minutes, I decided I should go, having cancelled the week before. In any case, by now Tony would have already left his home and probably out on the water.

Arriving at Maple Grove Park, only Tony's van was parked in the lot, and he was nowhere to be seen. So, after running behind my lifejacket in the strong wind, I balked when I reached the very muddy shore. In bare feet and up to my ankles in cold mud, I reluctantly dragged my kayak onto the water, all the while questioning my sanity. Paddling upstream, I spotted Tony by the bridge. He was already heading back, presumably because it was so miserable and not much fun paddling alone. However, once together, we agreed to go on.

Much farther up the river, we spotted a Franklin gull flying across the water, with what looked like a white rag flapping behind. On our return, we noticed the same gull still there, and only managing short distances before finally lacking the strength to fly any further. After a few attempts, Tony caught the bird by grabbing what was now obviously a plastic shopping bag wrapped around its neck. Although the bag was choking the bird, initially it fought and pecked Tony's gloved fingers. Finally, it settled down, and Tony was able to reduce the pressure on the bird's neck by cutting through the tightly twisted bag with his rescue knife.

Without doubt, Tony saved the bird's life. And as we paddled back to the car, I realised how truly lucky that gull was. I think we were meant to go paddling that night - late or not!

SOLO CANOEING

Gerry Hirose

Have you ever been the third man in a canoe trip and couldn't find a partner for your tandem canoe? Have you ever cancelled a well-planned trip because all others have backed out? Are you always relegated to the bow seat because your partner is heavier?

Why not solo paddle, especially in one of the newer designed solo canoes. These boats are narrower with sufficient tumblehome to allow efficient paddling without having to heel the canoe. The solo canoe works especially well on flat water, using a bent shaft paddle for hit and switch paddling (i.e., alternating paddling 3-4 power strokes on one side then switching to the other with no correctional stroke, the power stroke providing the correction). This may be blasphemy to the purist, but it is a way to keep up with tandem paddlers or to make time across a windswept lake. An alternate method is to use a kayak paddle as discussed in the Winter 1998/1999 MRCA newsletter (Vol. 12, No. 1). Remember, there is no one right way for paddling.

Consider the many advantages of solo paddling:

- **freedom** – stop or go, paddle as hard or as easy as you feel. There is no partner to confer with. Generally, the shallower draft and shorter length of a solo canoe will allow you to access places that a tandem will not. Also, the lighter canoe will be used more often since it is easier to handle both on and off the water.
- **maneuverability** – any solo boat with rocker will be more maneuverable than a tandem, especially those built for whitewater. But remember there is no one else to blame if something goes wrong.
- **solitude** – the only sound is that of the paddle in the water. Since the only sounds are your own, you will be surprised by the number of animals you can sneak up on.
- **easier portages** – solo canoes tend to be lighter and more maneuverable, especially the newer kevlar/carbon lay-ups weighing around 30 lb. In fact, it is sometimes a pleasure to portage as a respite from long stretches of paddling.

Because the seat is located just aft of the canoe center and your thighs are where a centre thwart should be, a solo canoe has no permanent yoke. For very short portages, over the shoulder or alternate methods can be used to carry the canoe. For longer portages, a removable yoke can be purchased, or fabricated similar to the kayak yoke design discussed in the Fall 1998 MRCA newsletter (Vol. 11 No. 4).

The canoe should fit your body, as well as type and style of paddling, because the same canoe will perform differently for different people. For example, a lighter paddler may find the canoe to be skittish, where a heavier paddler might find the same canoe sluggish due to the amount of water the canoe displaces, or the shape of the canoe at the water line. Similarly, while shorter paddlers may have trouble reaching the water or holding a larger canoe into the wind, a taller paddler might have no problem. Some paddlers may favour a canoe that cruises well but sacrifices stability, dryness and maneuverability.

Solo boats come in all shapes and sizes with many built for special uses, so shop around and try out a few before purchasing.

STOLEN CANOES – Serial Numbers

Several MRCA canoes have been stolen in recent weeks. The serial numbers of these are:

GBME 1595 M83J-75 and GBME 1610 M83J-75

Be on the lookout!

VOLUNTEER TREASURERS

Frank Penner

On July 14, 1999 the Winnipeg Free Press reported the following cases of volunteer treasurers, or persons having control of club funds, that were charged with theft:

July 1999	Glenlee Community Club	more than \$17,000
March 1999	Norberry Community Club	more than \$100,000
February 1999	Westdale Community Club	more than \$60,000
Fall 1998	Glenwood Community Club	almost \$13,000
Summer 1998	Weston Community Club	\$10,000

The Yellow Pages lists about 80 community clubs in Winnipeg, with officers in 5 of these now charged with theft in a one-year period! I do not have personal knowledge of the effects of these incidents on the clubs, the officers, nor the families of the officers – I can leave that to your imagination.

I have been a treasurer of a number of clubs and am well aware of how easy it would be to divert funds (usually with every intention of replacing the funds when the personal financial crises passes). I recall attending my first meeting at a club as a complete stranger. The club needed a treasurer. A person sitting beside me asked, "What is your name?" and promptly nominated me. I was acclaimed treasurer and given a cardboard box of books and files. The president quickly signed 20 blank cheques and I was in business.

Let me make a few suggestions:

- In so far as is possible, route all receipts and expenditures through the treasurer. Deposit all receipts in a bank. Pay by cheque.
- Develop simple accounting and reporting systems that clearly show the flow of funds and the relationship of the funds to activities.
- Choose your treasurers carefully. In the case of strangers don't be afraid to ask for references – do check them. Don't choose persons with personal financial difficulties.
- Ask for regular financial reports and study them. Ask questions. Don't take "Trust me" for an answer. Treasurers like attention.
- Have a thorough review of financial records by a knowledgeable person at least once a year.

Concentrate on major items, don't get picky about minor items. Be sure to check directly with the financial institutions to determine if the funds reported deposited are actually there. This review is for the protection of the club as well as of the treasurer. As a treasurer, I insist that my work be reviewed annually by others.

Editor's note: And on behalf of anyone in the Club who has ever had dealings with Frank, I'd like to say 'thank you', not only for doing a great job, but being a genuinely nice guy!

TREASURER WANTED

Consider signing up as the MRCA Treasurer for 1999/2000.
Elections will be held at the AGM on Wednesday September 15.

EDITORIALLY SPEAKING . . .

Jenny Gates

The byline read: *By Gosh, It's August Already!* Although I knew it, I hadn't actually acknowledged the speed with which this year is apparently slipping by. It truly is August already, and despite the anticipation of a change of seasons, it seems a shame that the summer of 1999 has almost run its course.

After a damp start, this summer has been quite spectacular. The heat, reminiscent of my life in Sydney, has not been much of a problem, apart from a few restless nights. But the fabulous days even enticed me out onto the water – no, not in a canoe, but in a Dragon Boat. The Down Under Dragons, consisting of members of the Australia/New Zealand Club here in Winnipeg, did very well on its inaugural paddle, and we even spotted a few MRCA folks out there as well.

This summer has also been one for change. Some of you might have already noticed that this issue is the Summer/Fall issue, and not the usual summer issue you have come to expect at this time of year. The Executive and Newsletter Editor have decided to bring the issue dates for the newsletter more in line with the seasons. For example, instead of having the summer issue out near the end of summer, it will, in future be issued in June – a little more in keeping with the time you start in earnest to get your craft onto the water. For the record, the new issue dates are as follows:

Number 1 of any volume	Spring	March
Number 2	Summer	June
Number 3	Fall	September
Number 4	Winter	December

Similarly, the deadline for submissions for all issues will be the 15th of the preceding month, and issues will be mailed out 2½ weeks later.

One last thing. With Jolanta Liebrecht now on board as Newsletter Chair (an executive position), I hope she will be able to encourage more of you to submit material to the newsletter in a way I never could. So get your pens and thoughts together, and write about your summer adventures for the upcoming Winter issue.

\$2.55

Cyclist's

Map of Winnipeg

Now available!
Pick up your copy of the
new Cyclist's Map at:

- Athlete's Wear
- Gooch's
- Gord's Ski & Bike
- Lifesport
- North End Bicycle
- Olympia Cycle & Ski
- Portage Cycle & Sports
- Sampson's Sportsland
- Woodcock Cycle Works
- Canadian Tire
- McNally Robinson
- Chapters
- Fort Whyte Centre
- Harvest Collective
- Humboldt's Legacy
- RRC - The Ox
- U of M Book Store
- U of W Info Booth
- Manitoba Naturalists Society



MRCA BOARD PROPOSES: REVISION OF GOVERNANCE DOCUMENTS

The Board is proposing that the governance documents consist of three sections – constitution, by-laws and policies.

The constitution would be a 1-page document and include fundamental matters such as name, purpose, affiliation, general description of membership, general description of governance, and method of amendment. The purpose of keeping this section general would be to allow some flexibility without amending the constitution. The method of amendment would require notice of motion, vote by membership at AGM or special meeting, etc., and be designed to prevent rash changes in fundamental matters or a hostile takeovers by minority groups.

By-laws would include a detailed description of board and committee structures, job descriptions etc. They are also the vehicle by which the membership delegates authority to officers and committees. By-laws might be amended by a two-thirds vote by members at any membership meeting.

Policies would be operating rules, fee schedules, etc. established by the board at any board meeting.

The existing by-laws have been updated and rewritten in a more concise form. Sections 10.0 Trusteeship and 11.0 Dissolution have been added.

The Board presents the following motion:

Motion: That the MRCA adopt the Constitution (proposed June 20, 1999) and By-laws (proposed June 20, 1999), and rescind the October 1998 Constitution and By-laws.

It is suggested the membership adopt the Constitution and By-laws as presented at the September 15, 1999 AGM. It is suggested that members wishing to amend the proposed constitution or bylaws present a notice of motion to do so and that a membership meeting and vote on the amendments be held in conjunction with the next convenient indoor program meeting.

MANITOBA RECREATIONAL CANOEING ASSOCIATION INCORPORATED (MRCA):

CONSTITUTION OF THE MRCA

(proposed June 20, 1999)

1. **NAME:** The name of the organization shall be "Manitoba Recreational Canoeing Association Incorporated" (MRCA).
2. **INCORPORATION:** MRCA is incorporated under the Manitoba Corporations Act as Corporation No. 3503305.
3. **OBJECTIVES:** To promote recreational canoeing in Manitoba; to establish, maintain, and to promote training and safety standards suitable for recreational canoeing in Manitoba; to represent the environmental interests of recreational canoeists when protection and preservation of our wilderness is involved; to provide canoeing information to MRCA members; to cooperate, when possible, with Provincial and National bodies in matters related to recreational canoeing in Manitoba; to provide leadership and appropriate administrative and financial support to the membership for the accomplishment of the MRCA OBJECTIVES.
4. **MEMBERSHIP:** Membership is open to individuals and organizations who support the objectives of MRCA and shall consist of such classes and be subject to such conditions as the by-laws may from time to time provide.
5. **GOVERNANCE:** MRCA shall be governed by a board of directors of 6 to 10 persons elected or appointed from the membership as the by-laws may from time to time provide.

6. **BY-LAWS:** MRCA may adopt by-laws not inconsistent with this constitution for the purpose of carrying out its objectives.
9. **PROPERTY:** MRCA may acquire, hold and dispose of real and other property for the purpose of carrying out its objectives.
10. **AMENDMENTS:** Amendments to the constitution shall require at least 15 days notice of motion to the membership and a two-thirds vote of the members voting at a membership meeting.
11. **KAYAKING:** Canoeing is deemed to include kayaking.

BY-LAWS OF THE MRCA

(proposed June 20, 1999)

1.0 MEMBERSHIP

1.1 Classes of Membership

1. Individual
2. Family (Two or more individuals living at the same address).
3. Organization (Group or club)
4. Commercial (Individuals or organizations engaged in the rental or sale of canoes and related products or in the provision of related services).
5. Sustaining (Individuals or organizations that support the MRCA through annual donations equal to or in excess of the required amount).
6. Honorary (An individual or organization who by history of service to canoeing in Manitoba is deemed to merit such recognition, or an MRCA member who has achieved great distinction in canoeing. Nominations may be made by any member, shall require the endorsement of the Board and the approval of the membership at any membership meeting).

Members and representatives of organizations shall be 18 years of age or over.

1.2 Membership Fees

Fees for each class of membership shall be set annually by the Board, having regard to the needs of the MRCA. Payment of membership fees shall be a requirement of membership. Honorary members shall not be required to pay a fee.

1.3 Membership Meetings

Each membership shall be entitled to one vote except that each adult in a family membership shall be entitled to a vote.

An annual general meeting (AGM) shall be held within 20 to 40 days of the end of the fiscal year with at least 15 days notice to members. The Board shall report on the activities of the past year and on proposed activities for the coming year, present a financial statement for the past year, present an auditor's report for the approval of the membership, and present a budget for the coming year as information. An election of directors shall be conducted. Other business may be conducted.

A special general meeting may be called by the Board with at least 15 days notice to the members. Such notice shall indicate the time and place of the meeting and the subject of the meeting. The business shall be limited to that specified in the notice. The Board shall call a special general meeting upon petition of 10 % of the membership, or upon a majority vote of the Board.

A quorum for membership meetings shall be 20 members or 10% of the membership, whichever is less.

Minutes of membership meetings shall be reviewed, corrected as necessary and approved by the Board at the first or second board meeting subsequent to the membership meeting.

2.0 BOARD OF DIRECTORS (The Board)

2.1 Composition

The Board shall consist of 6 to 10 members including officers and convenors.

2.2 Election and Appointment

The immediate past president shall chair a nominating committee to nominate members for board positions (officers and convenors). Nominations may also be made from the floor at the AGM. Directors shall be elected for a 1-year term or until their successors are elected or appointed. The Board may appoint a Director to fill the unexpired term of a Director whose position becomes vacant, and may appoint additional Directors to fill vacant positions if an insufficient number is elected at the AGM.

2.3 Duties

The Board shall have overall supervision of the affairs of the MRCA in the pursuit of its objectives.

2.4 Remuneration

Directors shall not receive any remuneration for their services as Directors.

2.5 Conflict of Interest

A Director shall be deemed to be in a conflict-of-interest position when, at any meeting of the Directors, questions arise such that a Director either directly or indirectly has a personal financial interest, expresses a moral obligation/conflict, or places the interests, goals, or objectives of the MRCA secondary to those of any other organization. Where questions arising at any meeting of Directors present a conflict-of-interest for any Director, such Director shall be excused from the meeting during any discussion and voting on those questions. The then remaining Directors shall constitute a quorum for purposes of voting on such questions.

2.6 Removal from Office

The office of a Director shall, by resolution passed by a 2/3 vote, be immediately terminated if the Board determines that any provision of a by-law, policy or resolution has been breached by such Director. A waiver by the Board of any breach of such provision shall not be deemed to be a waiver in respect of any other or subsequent breach. The failure of the Board to enforce at any time any provisions shall in no way be interpreted as a waiver of such provision.

The office of a Director may be terminated by a resolution passed by a two-thirds vote if the Board determines that the Director has been guilty of conduct arising out of bad faith, tending to injure the good name of MRCA, disturbing its well being, or hampering its work.

2.7 Meetings of Board

Meetings, other than regularly scheduled meetings, may be called by the President or any two Directors with 7 days notice indicating the time and place and the subject of the meeting. A quorum shall be a majority of the Directors. Unless specified otherwise in the Bylaws, all questions shall be decided by majority vote.

2.8 Indemnity of Officers and Directors

Each Director and former Director and each person who acts and/or has acted at the MRCA request as a Director of a body corporate of which the MRCA is or was a shareholder or creditor and his/her heirs and legal representatives shall be indemnified against all costs, charges and expenses including an amount paid to satisfy an action or satisfy a judgment reasonably incurred by him/her in respect of any civil, criminal or administrative action or procedure to which he is made a party by reason of being or having been a Director of MRCA or such body corporate to the extent provided for in section 119 of the Corporations Act.

2.9 Hiring of Staff

The Board may hire and release staff and establish terms of employment and remuneration for such staff.

2.10 Contracts

The Board may enter into contracts for the purchase of goods and services and real property. Contracts shall require authorization by a resolution of the Board.

3.0 OFFICERS

3.1 List Of Officers

President
Vice-president
Secretary
Treasurer
Past President

3.2 List of Convenors

Membership chair
Instruction chair
Newsletter chair
Information Resources chair
Bingo chair
Indoor Program chair

3.3 Duties of Officers

President Normally call and chair all meetings of the Executive, the Board and Members
Act as CEO and give direction and exercise supervision over the affairs of MRCA
Be a signing Officer of MRCA
Carry out such other duties as may be assigned by the Board

Vice-president Act for the President in the President's absence
Carry out such other duties as may be assigned by the Board

Secretary Record the minutes of all Executive, Board and Member meetings
Carry out correspondence as directed by the President or Board
Be a signing Officer of MRCA
Maintain current copies of the constitution, by-laws and policies at meetings and provide advice as necessary
Carry out such other duties as may be assigned by the Board

Treasurer Receive and disburse all funds of MRCA
Keep accurate records of all transactions with supporting detail
Prepare an annual financial report prior to the AGM
Prepare an annual budget for approval by the Board prior to the AGM
Prepare financial reports for Board meetings
Administer insurance policies of MRCA
Submit annual report required under Corporations Act
Maintain an inventory of all assets of MRCA and submit a report to Board prior to AGM
Be a signing officer of the Board.

3.4 Duties of Convenors

Membership Chair Maintain an accurate current membership list
Annually prepare and distribute a Membership Directory
Receive all applications for membership
Transmit membership fees to Treasurer
Prepare mailing labels for Newsletter
Advise members of renewals and follow up as necessary

Instruction Chair Have custody of MRCA canoes and related equipment
Organize instruction courses including hiring of instructors
Coordinate issuing of certificates of achievement and maintain a record of certificates issued with CRCA
Maintain a record of certified instructors in Manitoba and coordinate course recording with CRCA
Collect and distribute fees

Coordinate and represent MRCA at CRCA Instruction Canoe Program Development Committee meetings

Newsletter Chair Provide liaison between Board and Newsletter Editor

Information Resources Chair Maintain and enhance existing information resources
Respond to inquiries for resources
Coordinate trips

Bingo Chair Recruit volunteers to work at fund raising Bingos

Indoor Program Chair Organize and preside at all indoor program events.

4.0 FINANCIAL

4.1 Treasurer

Funds shall be received and disbursed by the Treasurer.

4.2 Banking

Funds of MRCA shall be held in a chartered bank, trust company or credit union.

4.3 Cheques

Cheques shall be signed by any two of President, Vice-president, Secretary or Treasurer. Normally the Treasurer shall sign.

4.4 Audit

The financial records of MRCA shall be audited prior to the AGM and the auditors report shall be presented to the Membership for approval at the AGM.

4.5 Fiscal year

The fiscal year shall be September 1 to August 31.

4.6 Budget

The Board shall develop and approve a budget and present it to the AGM as information.

5.0 OFFICE AND ADDRESS

The office and address shall be at a location in Manitoba as determined by the Board.

6.0 PARLIAMENTARY AUTHORITY

The parliamentary authority shall be Robert's Rules Of Order, Newly Revised.

7.0 ASSOCIATIONS

The Board may enter into associations and agreements with other organizations as it deems fit in pursuit of the objectives of MRCA.

7.1 MRCA shall be a member of the Canadian Recreational Canoeing Association (CRCA).

7.2 MRCA shall be a member of the Manitoba Paddling Association (MPA).

8.0 POLICIES

The Board may adopt policies not inconsistent with the By-laws to pursue the objectives of the MRCA.

9.0 AMENDMENTS TO BY-LAWS

By-laws may be amended at any Membership meeting. Motions to amend shall require a two-thirds vote to carry.

10.0 TRUSTEESHIP

Should the MRCA become inactive by reason of a failure to maintain a viable membership or to elect a viable Board, the MRCA shall be placed under the trusteeship of the CRCA who shall assume custody of all assets of MRCA for a period of up to 3 years. If at any time within the 3-year period the MRCA becomes active, the CRCA shall return control to the MRCA. If the MRCA does not become active within a 3-year period, the CRCA may dissolve the MRCA.

11.0 DISSOLUTION

If, upon winding up or dissolution of the MRCA, there remains after satisfaction of its debts and liabilities any property, such property shall not be paid or distributed among the members but shall be paid or distributed among one or more "registered charity" as defined under Paragraph 110(8)(c) of the Income Act (Canada) or any successor legislation thereto.

CRCA SEA KAYAKING SCHOOL

Phil Hossack

The school was run on the May 14 to 16 weekend at the White Squall Paddling Centre in Noble, Ontario. Course instructors were Scott Cunningham and Tim Dyer. While Dyer participated in the weekend's program, Cunningham, the Course Director for CRCA, ran two other schools in Quebec and Tangier, Nova Scotia.

It should be noted that this was NOT a skills course in any way. Candidates were called upon throughout the weekend to "teach and demonstrate" skills in front of a group, and were then critiqued by the group. The final critique and level designations were given by Dyer and Cunningham Sunday evening. The purpose of the weekend was to evaluate existing skill levels and certify each candidate appropriately, allowing them to return and instruct a CRCA certified course up to the level granted.

Levels granted were Basic, Level 1A, Level 1B, and Instructor Trainer.

Though the weekend program left little time for anything but a fast evaluation, it did provide an important forum for communication on a national basis. Apart from me, there were paddlers from Ontario, Alberta and British Columbia. Views and methods of instruction, while mainly similar, were all reinforced with input from the group.

All candidates were evaluated by: observation of kayak skills; written testing; oral testing; lecturtes (given by candidates); demonstration of teaching ability; general attitude.

I feel that the CRCA Sea Kayak Program will work well, and would be an asset to the MRCA programs because it will set a national standard. As such, paddlers who learn skills here can take those qualifications anywhere in the country and be recognised, either as an instructor or as a consumer. That is to say that as an instructor, paddlers from Tangier NS will recognise my CRCA level, and as a consumer, someone renting kayaks in Vancouver will also recognise my skill level.

As far as implementing the program into the MRCA, a copy of the draft CRCA Kayaking Program has been provided to the Executive. I would also recommend that instructors attend future CRCA schools for certification and/or that an MRCA Instructor Trainer attend and attain "Instructor Trainer" status to be able to pass on and certify all levels locally.

PADDLERS LOOKING FOR TRIPS (also available on the MRCA website)

Destinations interested in:

Dates available (months, weekends, days, evenings):

Difficulty (number of rapids/portages):

Experience (names of places/ivers you have paddled):

Equipment owned (canoe/kayak, paddles, tents, stove, etc.):

Skills (paddling/camping experience/courses):

Special abilities and talents:

First Aid/CPR/Rescue/Lifesaving skills:

Name:

Phone number:

Email:

Web:

TRIPS LOOKING FOR PADDLERS (also available on the MRCA website)

Title:

Destination (region, area, name):

Dates:

Type of Trip (flatwater, moving water):

Description:

Overall Cost (gas, food, vehicles):

Road travelling time/distance from "home":

Difficulty (number/difficulty of rapids/portages):

Equipment required (canoe/kayak, paddles, tents, packs, stove, etc.):

Equipment provided:

Skills required (paddling/camping experience/courses/driving):

Trip's First Aid/CPR/Rescue/Lifesaving abilities:

Maximum number of participants:

Registration deadline:

Coordinator/Leader Name:

Phone number:

Email:

Web (for more info on trip):

TRIPS AND COURSES

Tuesday Night and Sunday Afternoon Paddling

- Dates:* Every Tuesday night at 7:00 pm (6:30 pm from Sept. 1) and Sunday afternoon 1:00 pm
Location: La Barriere Park on Waverley, south of the Perimeter
Level: all ages and ability
Cost: \$1 per MRCA member, non-members \$5; MNS Members \$3.
Phone: Participants must register at least one day ahead with the designated instructor/leader whose name and number can be found at 338-6722, ext.3
Info: This is an opportunity to socialize, paddle and improve your paddling skills. This is not a course – only some of the skills taught in a CRCA canoeing course are covered.
Note: Use of a motor on the La Salle River is illegal.

CRCA Kayak Instructor Clinics

Current kayak instructors in Manitoba who are teaching the MRCA Kayaking Fundamentals 1 and 2 courses should contact the MRCA Instruction Committee to pre-register for a CRCA Kayak Instructor Clinic which will introduce you to the new CRCA Kayak Program, including the Sea Kayak and River Kayak disciplines. The dates for the CRCA Kayak Courses are subject to interest and instructor availability. However, if you are interested in attaining certification in this new program, call 338-6722 Extension 3, and watch the MRCA web page for instruction updates.

MRCA Moving Water Canoe Course

If you would like to participate in a clinic to introduce you to Moving Water Canoeing, please call the MRCA at 338-6722, Extension 3. The MRCA will coordinate an introductory clinic on a suitable date depending on availability of an instructor and at least 6 participants, beginning in July, at a cost of \$100 for MRCA Members. The clinic will be instructed by a certified CRCA Moving Water Canoe Instructor certified to the new CRCA Canoeing Program. Prerequisite is CRCA Flatwater certification. The dates for this course are subject to interest and instructor availability. However, one is tentatively scheduled for the second weekend in September.

CRCA Flatwater Canoeing Courses

- Dates:* Dates will be arranged based on demand.
Location: La Barriere Park
Duration: 1 day, 9:00 am to 5:00 pm
Level: Flatwater A and B or Flatwater C and D
Cost: \$70.00 MRCA Members, \$80.00 non-members
Phone: 338-6722 Extension 3 Donna

Trips looking for paddlers, and paddlers looking for trips

These are listed on the MRCA website. Gerry Hirose is planning a trip on the September 4th weekend (for about 10 days) which will leave from Davidson and head to Woodland Caribou Provincial Park. Also, Donna Kurt is considering a trip to the Manigotagan in October. Check out the website, or contact Gerry (985-5949) or Donna (334-3111) for more information.

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 Name (attach business card, if appropriate)

First Name and Initials

Residence/Mailing Address

City Postal Code

Residence Phone Business Phone

Fax Number

Internet/E-mail Address (please write very clearly)

Family Membership (names of persons at same place):

Is this application _____ New or Renewal

Annual Membership Fees		Circle
Minor or Full-Time Student	\$10	Cash MAIL
Individual	\$15	Cheque
Family	\$20	Money Order
Corporate (Business)	\$25	Payable to
Affiliate (Club)	\$25	"MRCA"

Provide your Student ID# _____

Application Date _____

Call Al Smith (269-0960) about expiry information

MRCA Financial Donation \$ _____

If you require a tax receipt, make your cheque payable to "CRCA" (\$10 minimum)

**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) 338-6722

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 _____

Safety and Instruction Committee _____

Advocacy Committee _____

Social Committee _____

Newsletter Committee _____

Publicity Committee _____

Bingo Committee _____

President, Vice-President _____

Secretary or Treasurer _____

Member Interests

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

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

"THRILL OF THE PADDLE" and other books for sale

The MRCA has a few SIGNED copies of "Thrill of the Paddle" by Paul Mason and Mark Scriver (signed by Paul Mason, son of Bill Mason) for \$22.00 each including taxes (regular \$27.00 plus taxes).

This book is a sequel to "Path of the Paddle" and "Song of the Paddle", combining up-to-date information in a format similar to those books, but with more detailed info on intermediate and advanced whitewater canoeing, from outfitting to safety to techniques for running anything from Class 1 to Waterfalls.

There are also a few SIGNED copies of "Bark, Skin and Cedar" by James Raffan for \$20.00 each including taxes (regular \$30.00 plus taxes). This book is an excellent reference on Canadian canoeing history and the impact canoes have had on Canadian culture. James Raffan is also the author of "Fire In The Bones", a biography of Bill Mason.

To see the cover of these books or to read more about them, refer to the MRCA web site home page at: <http://130.179.24.217/MRCA/MRCA.html>. For a copy of either of these books, please call Donna at 334-3111 (press * to bypass the message) or email icanoe@wilds.mb.ca

WAVE TRACK LTD.

CANOES

&

KAYAKS SALES & RENTALS plus CAMPING GEAR



C-42 SPEERS RD.
231-8226

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? _____
Major lakes / rivers _____
Total distance paddled (km or miles): _____ Days devoted to paddling _____
Was trip registration required: yes _____ no _____ Was permit required: yes _____ no _____ Fees \$ _____
Launch location _____ Launch date (yr / mth / day) _____
Reached by: car _____ plane _____ other _____
Transport company used: yes _____ no _____ Name _____ Price \$ _____
Address: _____
Would use again: yes _____ no _____ explain _____
Take-out location _____ Take-out date (yr / mth / day) _____
Returned by: car _____ plane _____ other _____
Transport company used: no _____ yes _____ Name _____ Price \$ _____
Would use again: yes _____ no _____ explain _____
Identify maps used (topographic or descriptive): _____
Names of books, brochures used: _____

PORTAGES

Number of portages: _____ Name portage(s) exceptionally difficult to locate or to follow: _____
The most difficult portage encountered: _____

CAMPSITES

For your requirements were campsite: adequate _____ not adequate _____ explain _____
Crowded due to other users: no _____ yes _____ Overall cleanliness: very clean _____ clean _____ dirty _____
Explain: _____
Designated campsites only: yes _____ no _____ Were open fires permitted: yes _____ no _____
Was firewood: adequate _____ scarce _____
Additional camp comments: _____

POINTS OF INTEREST

Interesting geological features (rock outcrop, canyons, beaches, marshes, etc.): _____
Flora, fauna, historical evidence, e.g., abandoned mines, pictographs that captured attention: _____
Other (berry picking, canoe side trips, hiking): _____

REMOTENESS

Number of canoe / kayak groups encountered: _____
Number(s) of the following seen: motor boats _____ rafts _____ hunters _____ fisherman _____
Name of adjacent highways / backroads / railways: _____
Summer cottages: none _____ few _____ many _____ fly-in lodges _____ trappers cabins _____
Other developments: _____

WATER QUALITY / WHITEWATER RATING

Quality of water: drinkable ___ clear ___ cold ___ muddy ___ swampy ___ polluted ___ other _____

Whitewater rating¹ of river(s): River name _____ rating _____

River name _____ rating _____

Overall description of water level: low ___ normal ___ high ___ Flow rate (cms or cfs): _____

Did the water level or flow rate affect your trip: no ___ yes ___ explain _____

CONSIDERATIONS

Any litter or misuse of the Natural Resources that was of particular concern, e.g., excessive logging, all-terrain vehicles, defacing of landscape: _____

Evidence of forest fires: no ___ yes ___ recent ___ partially overgrown ___ acceptable reforestation ___

Did this affect your trip in any way: _____

Fished: no ___ yes (good average poor) _____ Species caught: _____

SAFETY

Trip completed on schedule: yes ___ no ___ days behind ___ explain _____

Any changes to original planned route required: no ___ yes ___ explain _____

Did the inaccuracy of any information lead to problems: no ___ yes ___ explain _____

Wind bound on any lakes: _____

Were bears a problem: no ___ yes ___ other species _____

Precautions required for hypothermia: no ___ yes ___ giardiasis (beaver fever): no ___ yes _____

Other concerns: _____

PARTICIPANTS

Trip leader: _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

7. _____ 8. _____

Total number in group: _____ Range of ages: _____

Number of canoes: _____ Number of kayaks: _____

Overall experience of trip members: beginner ___ intermediate ___ advanced ___ expert ___

Prepared by: _____ Phone number: _____

Address: _____ Date prepared: _____

Is map or sketch of route attached: yes ___ no _____

For any additional comments, please attach a separate page

THE MANITOBA RECREATIONAL CANOEING ASSOCIATION THANKS YOU FOR YOUR SUPPORT. PLEASE ENCOURAGE THE PRACTICE OF *NO-TRACE CAMPING*.

Class of Rapids: CRCA ratings (summarized)

Class 1 Moving water with few riffles and small waves

Class 2 Easy rapids with waves up to 2 ft and wide clear channels, some manoeuvring is required

Class 3 Rapids with high irregularities often capable of swamping open canoe. Narrow passages that often require complex manoeuvring

Class 4 Long, difficult rapids with constricted passages that often require precise manoeuvring in very turbulent water. Generally not possible for open canoes

Class 5 Extremely difficult, long and violent rapids with highly congested routes. Significant hazard to life in event of mishap. Requires absolute expertise

Class 6 Difficulties of Class 5 but nearly impossible and very dangerous. For teams of experts only with all precaution taken. Even experts avoid if possible

MRCA MEMBERSHIP DIRECTORY

Notify the MRCA of any additions, changes or corrections, and please add your E-mail address.

MRCA INDIVIDUAL / FAMILY MEMBERS

Family - \$20/year 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
- 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)

- Adventure Education Manitoba, Inc., 119 Lenore St.,
Winnipeg, MB R3G 2C2 (204) 775-2462
E-mail: aem@mb.sympatico.ca
- Clearwater Canoe Outfitters, Box 3939, The Pas, MB R9A 1S5
(204) 624-5467 fax (204) 624-5467
www.mts.net/~rgallagher/clearwater
- Fort Whyte Centre, 1961 McCreary Rd., Winnipeg, MB R3P 2K9
(204) 989-8355 fax (204) 895-4700
www.fortwhyte.org
E-mail: fwc@fortwhyte.mb.ca
- North River Outfitters, 80 Deerwood Drive, Thompson, MB
R8N 1E1 phone/fax (204) 778-6979
www.mysterynet.mb.ca/northriver
E-mail: northriv@mts.net
- Norway House Riverside Cottages, Box 156, Norway House, MB
R0B 1B0 (204) 359-4444
- Red River Canoe & Paddle, Box 78 Grp 4 RR2, Lorette, MB
R0A 0Y0 (204) 878-2524
www.wilds.mb.ca/redriver
E-mail: redcanoe@pangea.ca
- Souris River Canoes, 104 Reid St., Box 1116, Atikokan, ON
P0T 1C0 (807) 597-1292
www.sourisriver.com
- Totem Paddlesports (see Retailer Discount Programs)
- Wave Track Canoes, 42C Speers Rd., Winnipeg, MB R2J 1M3
(204) 231-8226 fax (204) 231-8227
www.wilds.mb.ca/wavetrack
E-mail: wavetrackcanoes@hotmail.com
- Wilderness Spirit, 206 Chestnut St., Winnipeg, MB R3G 1R7
(204) 774-2140 fax (204) 984-2403
www.escape.ca/~wspirit
E-mail: wspirit@escape.ca
- Wilderness Wanderings, Box 212, St. Pierre-Jolys, MB R0A 1V0
(204) 433-7244 fax (204) 433-3095
www.wilderness.mb.ca
E-mail: info@wilderness.mb.ca

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 (\$25/year)

- 82nd Westminster Scouts, 48 Purcell Ave., Winnipeg MB R3G 1A1
(204) 983-2531 E-mail: jim.palmquist@pwgsc.gc.ca
- Manitoba Pioneer Camp, 230 Sherbrook St., Winnipeg MB
R3C 2B6 (204) 788-1070 fax (204) 663-1659
www.wilds.mb.ca/mpc E-mail: mpc@pangea.ca
- University Field Station Delta Marsh, Box 38 RR2, Portage La
Prairie, MB R1N 3A2 (204) 857-8637
- YM-YWCA Camp Stephens, 400-428 Portage Ave., Winnipeg MB
R3C 0E2 (204) 989-4180 fax (204) 947-0787

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 and retailer discounts
- extra copies of the MRCA Newsletter if required
- 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 offer merchandise discounts to MRCA Members, and have been given the names of our Members to verify MRCA membership over the phone. Our Membership Directory is NOT available to non-Members. New Members should allow time for Membership list to be updated for retailers. Retailers interested in this program may contact the MRCA.

Totem Paddlesports

341 - 10th Ave. S.W., Calgary, AB T2R 0A5
(1-800) 420-4665 (403) 269-5174
www.totemoutfitters.com
E-mail: rmpc@infopages.com

Offers their 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
www.blackfeather.com/
E-mail: scottst@trailheadend.com

Offers MRCA Members 10% off all Trailhead Expedition Canoes.

MRCA phone (204) 338-6722

**Tell MRCA advertisers and Corporate members you saw their name
in the MRCA Newsletter or website!**

MARK YOUR CALENDARS!!!



Unless otherwise noted, General Meetings are held on the third Wednesday evening of each month, except July, August, November and December, and start at 7:30 pm. The primary location for meetings and events is Sport Manitoba building, 2nd Floor, 200 Main Street. Free parking underground, accessible from the north end of the building. Phone 338-6722 Ext. 1 for meeting information, or visit the MRCA website:
130.179.24.217/mrca/mrca.html

TO:

Annual General Meeting – Wednesday, September 15
Executive elections. Also, a special presentation by Dr. Gord Giesbrecht on "Hypothermia" (see page 4).

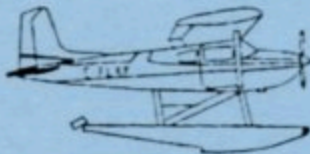
Wilderness Manitoba – Wednesday, October 20
Welcome back Hap Wilson and Stephanie Aykroyd for a slide presentation/book signing (see page 4).

Annual Winter Social Gathering – Wednesday, Nov. 17
Slide presentations by members (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

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

Wamair Web Site - <http://www.wilds.mb.ca/wamair>

BINGO

Volunteer to help out
at a Bingo and receive a
single or family MRCA
membership credit !!!

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

Gord Johnson at 254-6167

- 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

Summer is kind of slow for Bingo. Contact Gord for more information about dates and volunteering.