

MRCA NEWSLETTER

Volume 13 Number 3
Fall 2000

Manitoba Recreational Canoeing Association, Inc.

In this issue . . .

MRCA Indoor Program
Thanks!
Barking Dog
Paddling – Beyond the Wild Rivers
Policies of the MRCA Adopted by the Board
The Bush Kitchen
Canoe Kind of Guy
Book Review – Shooting Paddlers (Toni Harting)
The Marketplace
Timeless Reminders
Safety Notes



MANITOBA PADDLING ASSOCIATION



Printed by

sports & life
SPORT MANITOBA

Manitoba 



NEWSLETTER INFORMATION

This Newsletter is published quarterly (December, March, June and September). 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 per issue and per four consecutive issues are as follows:

eighth page	\$25	\$90
quarter page	\$35	\$125
half page	\$45	\$160
full page	\$75	\$270

Rates are subject to change.

Ad copy and payment (cheque to "MRCA") and other submissions must be received by the Editor two weeks 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) 2000
Newsletter is NOVEMBER 10.**

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

**MRCA Newsletter, P.O. Box 2663,
Winnipeg MB R3C 4B3
Phone/Fax: (204) 284-2938
E-mail: j_liebszeit@hotmail.com**

AFFILIATIONS

The MRCA is affiliated with the following organizations:

Manitoba Paddling Association
Executive Director – Denis Van Laeken
(204) 925-5681, website: www.mpa.mb.ca
Canadian Recreational Canoeing Association
(613) 269-2910 or 1-888-252-6292
e-mail: staff@crca.ca, website: www.crc.ca

CRCA and MRCA are focused on recreational and wilderness canoeing and kayaking. MPA is focused on competitive paddling.

NEW MRCA WEBSITE:

www.paddle.mb.ca

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

MRCA phone (204) 338-6722

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

Thank you!

Thank you in advance for submitting your articles and other contributions to the newsletter. We are looking for photos, stories, trip reports, jokes, cartoons, interesting tidbits, paddling items, book reviews, program reviews, and even recipes for inclusion in future issues of the newsletter.

With the current paddling season drawing slowly to a close, why not send us an article on one of your trips, some destination you have rediscovered, or a journey to a place you have never been to before.

Send all your contributions to MRCA Newsletter, P.O. Box 2663, Winnipeg MB R3C 4B3, or email to Jola at j_liebszeit@hotmail.com, or Jenny at jennyg@total.net.

With your assistance, the voice of the MRCA will be bigger and better than ever.

HEY! Be sure to check out
the MARKETPLACE –
the new MRCA Buy and Sell page

We Welcome New Members!

If you would like to be part of the MRCA and join in our activities both on the water and off, why not sign up as a member today! Contact our membership convenor, Henry Redekop (see details page 3).

Cover photo: Where is this magnificent house located? Take a journey with Brian Johnston to find out (see page 6). *Photo:* Brian Johnston

MRCA PRESIDENT'S MESSAGE

Julie Gold

MRCA Board 1999/2000 Officers

President

Julie Gold
475-3224
jgold4@home.com

Vice-President

VACANT

Secretary

Jim MacKay
832-5811
jfmackay@pangea.ca

Treasurer

VACANT

Past-President

Marcel Ritchot
256-3690

Convenors

Membership

Henry Redekop
452-2006
h.e.redkop@home.com

Instruction

Donna Kurt
334-3111
icanoe@wilds.mb.ca

Resource (Trip Routes)

Gerald Hirose
985-5949
ghirose@aircanada.ca

Indoor Program

Patrick Lang
253-8583
p_lang@ducks.ca

Newsletter

Jolanta Liebszeit
284-2938
j_liebszeit@hotmail.com

Trip Coordinator

Gerald Hirose
985-5949
ghirose@aircanada.ca

Advocacy

Christine Mazur
489-4433

*Positions valid through to
October 1, 2000*

MRCA
P.O. Box 2663
Winnipeg MB R3C 4B3
(204) 338-6722
www.paddle.mb.ca

Greetings paddlers!

As I write this message, the heat of summer seems unending, but as you are reading it, September's days are shortening dramatically, school is "in" again, and we are all wondering when the autumn chill will settle in.

Fall paddling carries a greater risk of inclement weather, but I have had some spectacularly warm Thanksgiving weekend trips. It is certainly worth the gamble ... but it is important to go prepared for all weather possibilities. It is a good idea to consider and prepare ahead of time for the possibility that paddling may be dangerous. If you are travelling on big lakes, educate yourselves as to what to do if paddling in unsettled (wavy) conditions. Remember to keep handy emergency gear such as fire-starter, a stove, pot, and soup, a tarp, etc. Paddle smart - paddle safe!

This year has been one of change for the MRCA. We lost thousands of dollars in Bingo income, and tried to stem some of our losses by increasing the charge for La Barriere paddles. The fee increase, coupled with inconsistent weather conditions, seemed to reduce participation considerably. Also, unfortunately, several instructors, including myself, were not available to teach or run paddling sessions this summer, so we could not keep Sunday paddles going. Thanks to our new instructor, Charles Burchill, for being available Tuesday evenings. He and Gerry Hirose, also newly certified, are excellent paddlers and a great addition to our instructor group. We felt our canoe instruction courses were a success this summer; many people took advantage of formal teaching to learn more about flatwater and moving water canoeing.

We welcome your ideas and comments about our offerings. We are trying to find ways to offer more value to our members, to serve the paddling community as a whole, and to introduce new paddlers to the sport. You will find information in this newsletter about a membership fee increase, which we feel is necessary to cover the rising cost of printing, postage, phone line, and just about everything else. The fees have not changed for many years, yet since I first took on membership 4 years ago, just the cost of printing and mailing newsletters has risen several dollars per member. We sincerely feel that the new charges are still quite reasonable, at \$20 for an individual, or \$25 for a family or household (you don't have to be related, just at the same address!)

To provide more obvious benefits to MRCA membership, we will institute some new policies in the coming year. Members will receive a card, which will be required as evidence of up-to-date payment. We will begin to charge non-members a nominal fee to attend some of our meetings (some will remain free to all). The card can be shown to receive discounts on any publications which we sell, MRCA courses, etc.

I encourage you to attend the upcoming Annual General Meeting, September 20 (details elsewhere). This is a great time to give us some input - your peeves, your kudos, new ideas, and offers to help us make those ideas reality! How about joining a committee to help out, or becoming a member of the executive (there are a few perks)? Is this the year you can get involved? You can reach me by phone at 475-3224, or email at jgold4@home.com.



MRCA INDOOR PROGRAM

Ahhh....September!

Cooler days for paddling, fresher nights for sleeping outdoors.

Gold and russet of birch against evergreen.

The stirring sounds of migrating geese.

There's so much to anticipate in September . . . including another season of indoor programs. Here's what you can look forward to in coming months.

Wednesday, September 20 - Annual General Meeting

Sport Manitoba building, 200 Main Street, 7:30 pm

We'll gather first this fall for our once-a-year general business meeting. This is your opportunity to elect an executive for the coming year, vote on new resolutions that will affect our association, examine the financial statement, watch a lively video about our sport, and swap stories with fellow paddlers about your summer's adventures on the water. Plan to join us for an evening that's essential to the future of your organization.

Wednesday, October 18 - Sailing your own canoe

*Centre Culturel Franco-Manitobain, 340 Provencher Blvd.
Pauline Boutal Theatre, 7:30 pm*

Ever wondered what it's like to go really fast in a canoe? Without a motor? Marcel Ritchot has it figured out. Eighteen square of sail on a 16-foot canoe is a combination designed to reduce the labour of a trip and raise your pulse at the same time. Examine Marcel's canoe and sailing rig up close, listen to his advice about how to make one, then enjoy his inimitable telling of a northern trip made easy - and exciting - by harnessing the wind.

Wednesday, November 15 - An evening at Wave Track

Wave Track Canoes, C-42 Speers Road off Lagimodiere, 7:30 pm

In Winnipeg we're fortunate to have two excellent suppliers for almost all our wilderness tripping and whitewater needs. Gary Brabant of Wave Track Canoes will host our November meeting in his store. He'll take us through five major items of equipment - canoes, kayaks, PFDs, paddles and tents. In each category we'll see the items up close, learn about materials and construction, hear about trade-offs and compromises, and get solid advice to help make good decisions on future purchases.

**Please note that our location is different for each meeting.
We'll be back at Sport Manitoba, 200 Main Street,
for all meetings from January through May.**

Are you on-line?

If you'd like to receive a notice about 10 days before each of our monthly meetings, call Patrick Lang at 253-8583 evenings 7:00 to 9:00 p.m., or send your e-mail address at p_lang@ducks.ca. To ensure your privacy, names and addresses do not appear on these electronic notices.

UNDER REVIEW

If you have attended an indoor meeting and would like to give a report to the membership, please contact Jola Liebrecht, Newsletter Editor (contact details on page 3).

Got a paddling question to ask? Information you want to share?

Water levels, destinations, bargains, items for sale or looking to buy?

Looking for a paddling partner or trip in which to participate?

Well, the MRCA now has a Paddlers Newsgroup!

To subscribe, email: mrca@mbug.cs.umanitoba.ca with the word "subscribe" in the 'Subject' field of the message. When you have subscribed, anything you send to mrca@mbug.cs.umanitoba.ca will automatically be forwarded to all members of the newsgroup. For more information contact the MRCA 338-6722 (information line), or www.paddle.mb.ca

Thanks! A huge thanks!

To all those who have volunteered their time for MRCA and our members over the past year!

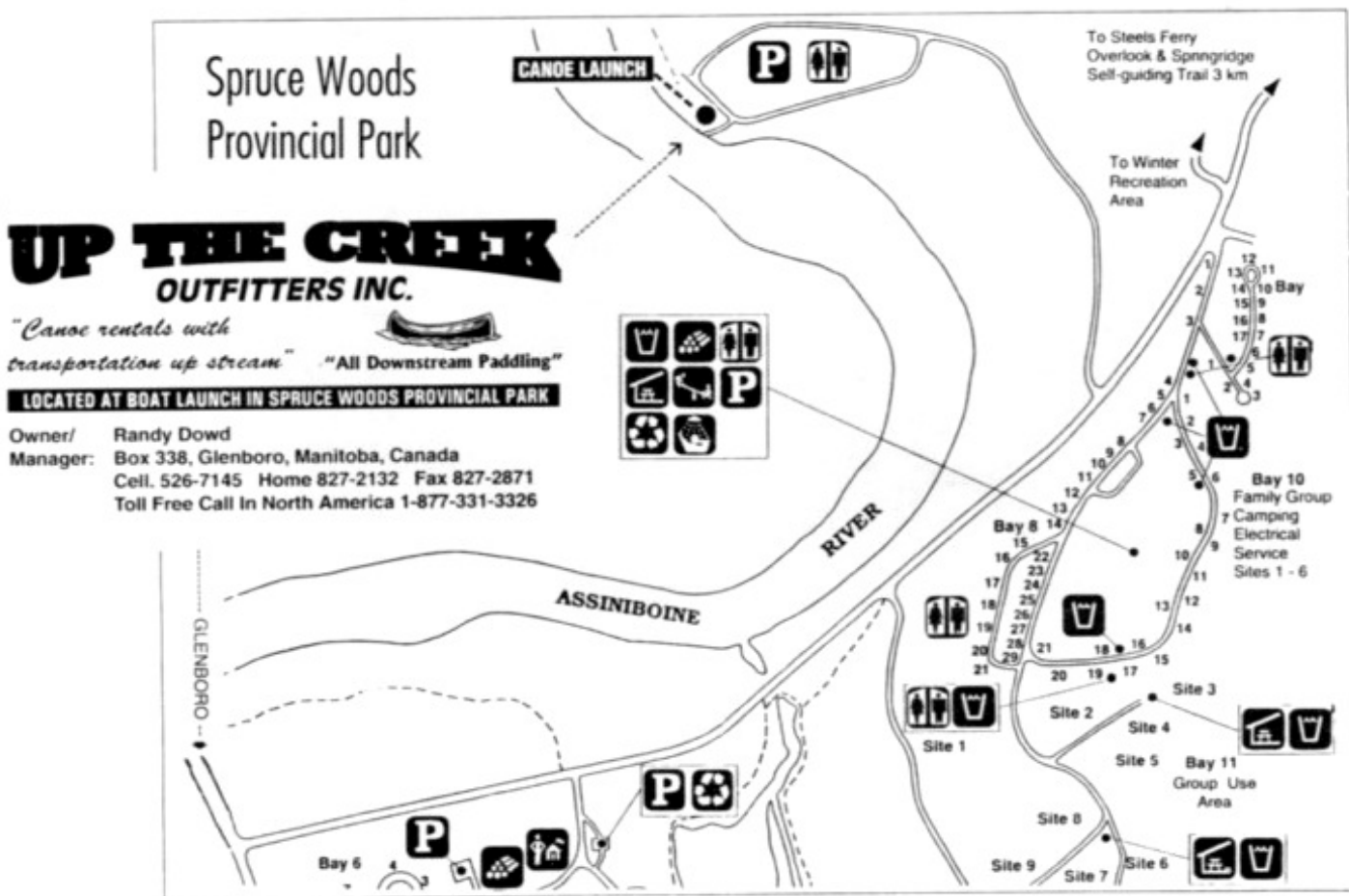
To our board members and committee chairs: Julie Gold, Gerry Hirose, Donna Kurt, Patrick Lang, Jola Liebrecht, Bill MacKay, Christine Mazur, Frank Penner, Henry Redekop.

To Bill Kocay for his website work, Gord Smith for organizing Bingos and all who worked them, Leslie Woods for meeting refreshments, Tony Kinal, Jerry Ameis and others for newsletter contributions. To our new flatwater instructors, Charles Burchill and Gerry Hirose, for taking the time to become certified and offering their teaching services, and to our seasoned moving water instructor Brian Johnson for continuing to teach excellent moving water skills for MRCA.

To the tireless members of the Resource Committee: Jerry Ameis, Donna Kurt, Tony Kinal, John and Margaret Childs, Ken Schykulski, Bill Kocay, Gerry Hirose.

To our meeting presenters: Gord Giesbrecht, Hap Wilson and Stephanie Aykroyd, John Dyck, Henry Redekop, Phil Hossack, Marcel Ritchot, Julie Gold, Gerry Hirose, Donna Kurt, Patrick Lang, Tom Meadows, Robert Stanners, Paul Krilyk, Ray Ingalls, Paul Marcoux, and Frank and Jan Sjoberg

I have tried to collect as many names deserving of recognition as I can, and I know I have missed some, for which I sincerely apologize. To those mentioned above, and for others I have inadvertently omitted, please know that this organization depends on energy like yours. That we are surviving, growing, changing, is a reflection of us all. To those who have had ideas about what direction the MRCA should take, or how the association could better serve our members, I ask you please to take the time to make suggestions, and better still, help us change, help us become and stay vibrant and exciting!



Canoe Trips on the Scenic Assiniboine River - Fun, Sun and Adventure is our Business!

BARKING DOG

Brian Johnston

Picture yourself approximately 3 km downstream of Elma, MB, on the mighty Whitemouth River. Perched high and directly on shield rock overlooking the river, Gary Robertson and I, visit over fennel tea. We are sitting in what many would describe as an old church, but this building, the outward appearance of which does resemble an old church, is Gary's residence. The real church is located at Nevas Falls the

adrenalin-pumping rapids, or an exciting play spot where one can consume endless hours surfing a single wave. The choice is yours.

Today, I was here where the river cuts between two rock sections. On river right, in front of Gary's home, Robbie announces my arrival. Robbie is the reason why we call this rapid Barking Dog. For years, this 13-year-old dog has kept an eye on the river and barked at canoeists, and before Robbie,

Gary's previous dog, Dino, who died 11 years ago, stood guard for river travellers. Since 1975, when Gary moved to this homestead, dogs have been barking at the river traffic.

Back in '75 this 100-acre farm was a hilly area, a place where one could go duck hunting. When Gary moved in there was nothing. No road. No power. He brought with him an old 10' X 40' trailer and started to build his existing house right on the rock. Using

salvaged material, the original structure was constructed. That included dismantling the trailer for materials. In the end, Gary had only the frame and tires left of his original home.

As well, during the construction of his home he salvaged logs from old, local pioneer houses. He has also collected windows, siding, stained glass, and sheet metal over



The new bell tower addition. Exterior is showing house wrap and is not finished

next rapid downstream to the west (also called "Church" Rapids by the many paddlers who frequent this river). The Whitemouth River for years has attracted canoeists, especially those seeking the thrill of moving water. Depending on your personal preference, the river can offer a slow, quiet paddle in search of wildlife, an excellent river run consisting of about half dozen



Gary Robertson

the years from abandoned building and churches. When asked about salvaging building materials, Gary said that he would "highly recommend it".

His present house, before the recent addition of the bell tower consisted of a dining room, living room, kitchen, entrance hall, three bedrooms, observation tower, entry bell tower, dome with a chapel below it, and the green house. Due to all the salvaging of materials the entire existing house cost approximately the same as the new bell tower addition. Gary told me that he is now finished the house since most recently he added the bell tower. The tower is a cathedral peak that houses four bells. I knew that the bell tower addition was up because as we paddled toward Barking Dog rapid I could hear the bells ringing. Gary's way of welcoming us. This year, he is also adding some indoor plumping, something he has lived without since '75.

Gary's unique exterior look, "the church", is also reflected within the structure. Inside the house one is amazed at the assortment of things. In the wood beams

Gary has carved Polish and Ukrainian designs. The walls are decorated (to some cluttered) with art; some of his own, several by his mother, and still others by various artists. The furniture and finishing items are a vast collection of things and demonstrate a variety of antiques, as are the floor coverings. The interior house, as with the exterior, has a textured feel to it. There is no white, bare, smooth, plain drywall.

Two other objects that complete the house are his plants (very abundant) and his "icons". The multitude of plants create an indoor living environment, whether they be the ones in the green house, the potted plants on the tables, or the vines that climb up the walls toward the cathedral ceiling.

Although one might think that this combination of materials and objects might not fit together, Gary has achieved a sense of balance. Everything ties into each other. The natural wood and logs used in the building of the house are exposed to the interior and help to obtain the balance.

As for his icons, they are definitely not the kind displayed on a computer monitor. Gary is an iconographer. An icon, or ikon in the Eastern Orthodox Church, is a pictorial representation of Jesus Christ or some other sacred figure. Over the years, Gary has painted several dozen icons, some of which have been purchased by the Canadian Museum of Civilization.

By now, we have moved around the house several times. Looking outside, which is not difficult in a house of glass, we are observing a bald eagle watch over the river. Gary mentioned that throughout the summer months he collects firewood from the eddy below the rapid. He can pull out two cords of mixed wood to burn during the winter, his only source of heat. The eddy also collects things such as fences, shit houses (his term), and paddles. He proudly shows off a brand new paddle he pulled from the eddy only yesterday.

In addition to the canoeists that frequent the river, Gary said that the Mennonite kids use it for tubing. Other river users are all the wildlife, such as the turtles, otters, beavers, raccoons, deer, and bears. Looking out once again at the rapid I notice that the spring water levels have passed, the channel river left of the Rock Island is not navigable. Gary says that as the water goes down, so does the frequency of river traffic.

And so now that the water is dropping, I too, paddled on.

(Cover photo is of Gary's house facing the river)

PADDLING – BEYOND THE WILD RIVERS

WAYNE PURVIS

Reprint from MRCA Newsletter Fall, 1995, volume 8, number 4, pages 10-13



*Wayne Purvis on the Augite Lake.
Photo: Donna Purvis*

The canoe is a craft capable of distancing us from people, expectations, and the competitive demands of our society. In this vast and sparsely populated country one does not have to go far in the quest of our society.

It seems that every time I peruse a canoe magazine or the latest offerings of a paddling guru, I am regaled by spectacular accounts of epic expeditions on the great Canadian rivers of the north. Anyone with a modicum of canoe literacy can readily name many of them, the Nahanni, Seal, Porcupine, Thelon, Kazan, Dubawnt, Churchill, and the list goes on. They are steeped in rich history and prized for both their remoteness and the wild challenges they offer the wilderness paddler. We have been mesmerized by triumphant and tragic tales of the explorers, fur traders, and modern day recreational voyageurs who have travelled them for commerce or curiosity. By virtue of their very scarcity, along with the lack of both development and population, these waterways have become icons of Canada's pristine and powerful wilderness, synonymous with perhaps the last frontier.

One can only stand in awe of the courage, perseverance, and sometimes fool-hardy nature of the earliest adventurers and the hardships and

uncertainty they endured to reach their destinations. The list of names associated with these waterways are a "who's who" of paddlers, past and present, and includes such intrepid explorers as Sir John Franklin, Sir George Simpson, David Thompson, the Tyrrell brothers, and

contemporary trippers like Eric Morse, Sigurd Olsen, Bill Mason, and Cliff Jacobson to name but a few.

The rivers and scenery have changed over the millennium, however, accessibility and commerce have exploded around them. They have become the new exploitable frontier, the ultimate amusement ride or thrilling adventure package. Of course, one can still assemble his own party, gear, and food, drive for days, charter a bush plane, and be dropped at somewhat of a "put in" point to experience it through one's own skill, preparation, and perseverance. Or at the other extreme, you can simply pay an outfitter to contend with the logistics, to supply equipment, provide a guide, designate the best areas, cook the food, and all but "leave the paddling to them". You can even choose your vessel – canoe, kayak, or raft.

Is it any wonder that we become a little jaded when such enticements are dangled before us? These are undoubtedly wonderful opportunities that allow a good many to share a unique experience. And, vicariously, we all aspire to gain some sense of how those who went before us felt, about their relationship to, and their adventures within these surroundings. Some of us, however, possess a powerful

buffer. Should our skills falter, money will ease many of the trials and tribulations. Today, scores of people from an array of countries and all walks of life, with divergent or non-existent outdoor abilities are vying with a vengeance for a place on these rivers. They want a piece of it before it vanishes or mutates like so much of our natural environment. The end result has been an assault on some of the more highly touted rivers with actual crowding during their short navigable season and a resulting deleterious impact on the infrequent, heavily used camp spots along their routes.

Despite its irrefutable beauty and ruggedness, this is not necessarily where Canada's wilderness begins or ends and these mythical waters are not prerequisite to engaging in a meaningful or memorable venture into nature. This is merely the wilderness that has been marketed the best, offering the greatest entertainment "bang for the buck". Without debate, it is alluring and exciting, but I fear that these extravagances can minimize the potential of the more subtle settings right in our own backyard. Is this a case, perhaps, of "not seeing our lakes for the wild rivers"?

There is sometimes an expressed or implied attitude, that a paddler follows a right of passage, graduating from puddles to lakes to rivers to RIVERS, taking us ever further from home, onto ever more demanding and precarious bodies of water, costing us ever more money to participate. It is perceived that this is the final word in identifying us, testing our skill, dedication, and daring as a canoeist, a tripper, an outdoorsman. It's enough to give a guy an inferiority complex. The marketing hype, sensationalism, and checkbook admission fee to such an approach becomes exclusionary to many who simply would like an introduction to

wilderness travel and technique without breaking the bank. Regrettably, we sometimes lose sight of the very essence of canoe tripping.

It isn't about paddling as fast and as far as you can, hurtling down some furious flow of rocky rapids. Nor is it about living in squalor, eating bad food thrown together by an ill-tempered crew, while living for the crack of dawn to get back on the water. It is far more subtle in revealing its compelling, complex nature and it accomplishes this only through the entirety of the experience. Paddling may move you along the path, but the path is the people we share with, the act of creating a comfortable albeit temporary home, the preparation of simple and delightful meals, and confidently dwelling in nature. There is a constant flow of learning from the mundane challenges and momentary observances to the punctuated crises that are offered up in our external environment. Beyond that, is the occasion to develop a personal patience and sensitivity, to reflect upon our own internal environment and how we relate to it all.

The charm of the canoe is its ability to transport us by means of our own

horsepower, into areas that, for all practical purposes, are inaccessible by any other means. By definition, we have a craft capability of distancing us from people, expectations, and the competitive demands of our society. It is not so much an escape as an emotional cleansing and return to our natural refuge. And in this vast and sparsely populated country one does not have to go far in the quest.

I admit to becoming increasingly more greedy in my own paddling experience, with a pure devotion to quantity. I like to paddle – a lot! I have little interest in weekend junkets or power adventure vacations. The logistics, preparation, and costs are either oppressive or prohibitive. I'm partial to simplicity in getting to, and staying in, a wilderness setting.

It is fortuitous that I have been graced with a live-in paddling partner, my wife of two decades. And like myself, she has enthusiastically embraced the notion of trading monetary considerations in order to free up 6-8 weeks for canoe tripping during its season. It has seemed like an equitable exchange that demands us nothing more than a tank of gas, pack filled with dehydrated food prepared the previous winter, and a sad but adequate lo-tech canoe and gear ensemble. With this we are taken a very long, inexpensive, and solitary way into and out of the wilderness.

Within Manitoba and Northwestern Ontario, we have yet to drive more than 5 hours to launch our craft on a route to the wilds. Yes, it may entail up to 8 hours of paddling and half a dozen portages to distance ourselves from the telltale signs of civilization, but beyond this we are virtually incommunicado and can ultimately be alone for weeks. It can be, and often is, very hard work, for these are the networks of small and mid-sized lakes and rivers with numerous portages, marshes, beaver dams, and log jams connecting it all. To penetrate these areas one must at times contend with dozens of such

obstacles. But these are also the very hindrances that enable us to discover such secluded destinations. A case in point is a two-week excursion out of Nopiming Park up the pretty little Bird River and into Ontario's Eagle Lake. This provided our jump off point to a wide loop through Woodland Caribou Park. Our first three hours found us patiently waiting for landing space at portages. We then promptly passed various convoys of canoes, some equipped with motors and others overflowing with a cumbersome collection of coolers, buckets, and bags. But from that point on, it was nine days before we laid eyes on another soul and then only because we docked at an outpost camp to snoop. Of course, the 160 miles and 63 portages likely presented a formidable deterrent to followers, but our pace and our plan was secondary to the desire to simply be our there.

Paddling the waterways that crisscross the Manitoba/Ontario border, one perceives limitless opportunity to explore within the parks of Nopiming, Atikaki, Woodland Caribou and the surrounding areas to the north and east. There is tremendous diversity in both the lake and river characteristics and the scenic topography surrounding them. Though many are familiar with these areas, experience tells me that few have taken more than a cursory look at what they offer or how extensive they actually are.

It has been difficult and, at times, impossible to find compatible travelling companions who have the flexibility and time to accompany us on extended trips of this nature. Money is seldom the issue. It is more the feeling that it requires too much effort to qualify as a holiday and too little exotica to be considered an adventure. And this is often true. I have never considered tripping to be a holiday. At times it is exhausting contending with long hours of paddling, difficult portages,

(cont'd on page 22)



Last portage from Eagle Lake into Irregular Lake, Woodland Caribou Provincial Park.

OVERVIEW OF UPDATED "POLICIES OF THE MRCA ADOPTED BY BOARD" (Adopted July 19, 2000)

The MRCA Board has recently updated MRCA policies as discussed below:

Updates or revisions of previous policies (policies adopted June 20, 1999) include:

Membership Fees – increase in membership fees (effective the 2001 membership year), to compensate for lost access to Bingo revenues.

Canoe Fees for Tuesday Evening/Sunday afternoon paddles – increased fees to compensate for lost access to Bingo revenues.

Subsidies for Instructors – requirements clarified. Recommend that any MRCA member wishing to attend training courses, and who is willing to instruct MRCA paddling courses consider applying to the MRCA Board before registering for the intended course to confirm the intended course is relevant to current MRCA needs.

Complimentary Courses for MRCA Board members – limitations re acceptable courses clarified.

One former policy has been discontinued:

Complimentary Paddling Sessions for MNS Mantario Summer Program Participants (previously policy #4)
After considerable discussion, it was recommended that this policy be discontinued.

Three new policies have been adopted:

- a new policy dealing with access to and use of MRCA membership information, including MRCA mailing labels and the MRCA membership e-mail distribution list;
- a new policy dealing with MRCA ownership of books and other resource materials received by MRCA;
- a new policy, to take effect beginning with the 2001 membership year, that will require non-members to pay to attend MRCA meetings, also both members and non-members to pay to attend MRCA special events such as Water-Walker.

The following policies were not changed from previous versions:

- Bingo Membership Credit Policy was retained in the event that MRCA may again be invited by MPA to participate in Bingos, or MRCA may develop some other fund-raising activity to replace Bingo revenues;
- Receipts for Charitable Donations; and
- MRCA Canoe Routes Cleanup Fund.

The updated MRCA Policies are shown below.

POLICIES OF THE MRCA ADOPTED BY BOARD (Adopted July 19, 2000)

1. MEMBERSHIP FEES

Minor or Full-Time Student	\$ 15
Associate (Out of Town)	\$ 15
Individual	\$ 20
Family	\$ 25
Corporate (Business)	\$ 30
Affiliate (Club)	\$ 25
Sustaining	\$100
Honorary	Nil

The membership year shall be the calendar year. Any memberships taken out on or after September 1 shall include membership for the balance of that year and for the following year.

2. CANOE FEES

Each person attending an MRCA Paddle shall pay the following fees towards canoe/equipment maintenance and instructor costs:

MRCA members	\$5 per person
MNS members	\$7 per person
Non-members	\$10 per person
MRCA Family (up to 3 people in one canoe)	\$10 per canoe
MRCA Family (4 to 6 people in two canoes)	
4 people	\$15 total
5 people	\$18 total
6 people	\$20 total

Fees for persons not requiring the use of MRCA canoes, paddles and PFDs are reduced by \$3 per person, or for MRCA families, by \$5 per canoe.

3. FEES FOR NON MEMBERS TO ATTEND MRCA MEETINGS AND SPECIAL EVENTS

The following policies are to take effect beginning with the 2001 membership year:

3.1 MRCA General Meetings – Free to MRCA Members; Non-Members Pay:

- MRCA members in good standing (i.e., paid-up members) will continue to attend General Meetings free of charge,
- non-MRCA members and members not in good standing (i.e., who have not paid their current membership dues) will be requested to pay a \$2.00 admission fee,
- name tags will be issued to all attendees at the door,
- membership cards will be issued to MRCA members joining/renewing during 2001 to facilitate identification of MRCA members.

3.2 MRCA Open Meetings/Events – Free to All:

- specific meetings may be arranged that will be free to all, non-members and members alike.

3.3 MRCA Special Meetings/Events – Everyone Pays:

- for some special events where it is necessary to recover some or all costs, or for fund-raising events, both members and non-members will be required to pay an admission fee (e.g., Water Walker Festival). Where practical, members will be offered a reduced admission fee.

4. SUBSIDIES FOR INSTRUCTORS

To ensure availability of qualified instructors for MRCA-sponsored courses, MRCA may subsidize MRCA sponsored or endorsed instructor courses, and related requisite courses such as first-aid and CPR, by reimbursing successful students one-third of the cost, to a maximum of \$300 per course.

To qualify for an MRCA subsidy, prior to attending the instructor course, the student must:

- be a member of MRCA
- apply for and receive approval for the course from the MRCA Board.

In addition, before receiving an MRCA subsidy, following successful completion of their course, the student must:

- submit a record of expenses and certification of successful completion of the course for which the subsidy was requested, and
- successfully teach the equivalent of three full MRCA courses within two paddling seasons of applying for the MRCA subsidy.

5. COMPLIMENTARY COURSES FOR MRCA BOARD MEMBERS

Each MRCA Board member is entitled to attend, free of charge, one MRCA-sponsored course during each year of their service, to a maximum value of \$100 per year, provided there are sufficient paying participants to justify running the MRCA-sponsored course.

6. BINGO/MEMBERSHIP CREDIT POLICY

By volunteering to work at a bingo, members and non-members shall be able to receive a MRCA single or family membership credit. Any membership credit shall be applied according to the current MRCA membership policy. Credits are applied as if the volunteer has paid cash. Credits may not be applied for a period greater than for the current or the upcoming membership term.

Considering the current MRCA Membership Policy, examples are:

- Past or non-member working one bingo January 1 – August 31 in year A. Receives a credit for the current membership term. *Expiry: December 31, year A.*
- Past or non-member working one bingo September 1 – December 31 in year A. Receives a credit for membership for the current membership term and a membership credit for the upcoming term. *Expiry: December 31, year B.*
- Past or non-member working two bingo events, January 1 – December 31 in year A. Receives a credit for each event. *Expiry: December 31, year B.*
- Current MRCA member working one bingo January 1 – December 31 in year A. Receives a credit for the upcoming term. *Expiry: December 31, year B.*

- Current MRCA member working two or more bingos January 1 – August 31 in year A. Receives a credit for the upcoming term. *Expiry: December 31, year B.*
- Current MRCA member working one bingo before September 1, and one bingo after September 1 in year A. Receives a credit for the upcoming term, then in September receives a credit for the next upcoming year. *Expiry December 31, year C.*
- Current MRCA member working two bingos between September 1, and December 31 in year A. Receives a credit for the upcoming term Year B and for the next upcoming term, Year C. *Expiry December 31, year C.*

7. OWNERSHIP OF BOOKS AND OTHER RESOURCE MATERIALS GIVEN TO MRCA

Any resource materials such as books, videos, CDs, and similar items submitted to the MRCA for review or otherwise are the property of the MRCA, and are to be included in the Inventory of MRCA properties maintained by the Treasurer.

8. ACCESS TO MEMBERSHIP INFORMATION

Unauthorized use of members' information published in the MRCA Membership Directory by anyone for commercial, political or solicitation purposes, other than by the MRCA Board for purposes specifically related to MRCA or MRCA-affiliated activities or by MRCA members for personal communications with other members, is prohibited.

Notwithstanding the above, upon written request by reputable associations, agencies, companies or persons wishing to distribute specific items likely to be of interest and value to MRCA members, the Board, at its discretion, may:

- provide MRCA membership mailing labels to the person wishing to distribute the items; or
- undertake to distribute the items to the MRCA membership, either as an enclosure with a regular MRCA mail-out, or as a special mail-out.

In either case, the person requesting the distribution or mailing labels will be required to:

- demonstrate to the Board that distribution of the items is in the best interest of the MRCA membership;
- confirm in writing acceptance and intent to comply with any specific conditions or limits established by the Board regarding use of the requested labels; or
- pay all costs associated with printing the requested labels or distribution of the non-MRCA items.

In evaluating suitability of items to be distributed, the Board will use criteria currently used to screen advertisements and notices submitted for publication in the MRCA Newsletter.

Before providing MRCA mailing labels, the Board will establish appropriate conditions or limits regarding their use.

Access to the MRCA membership database, the MRCA membership mailing list, and the MRCA membership e-mail distribution list will be restricted to members of the MRCA Board; they are not to be released to the membership (except in the format of the Annual MRCA Membership Directory), nor to any external organization or non-member.

The MRCA membership e-mail list shall be maintained and used in a manner that prevents recipients of messages from viewing the e-mail addresses of other MRCA recipients on the list.

9. RECEIPTS FOR CHARITABLE DONATIONS

Donations must be made to the CRCA. The CRCA will issue a receipt to the donor, and will send a cheque for the amount of the donation, less a \$2 administration fee, to the MRCA.

10. MRCA CANOE ROUTES CLEANUP FUND

The River Routes Cleanup Fund shall be re-established.

WAVE TRACK LTD.

CANOES & KAYAKS SALES & RENTALS plus CAMPING GEAR

**C-42 SPEERS RD.
231-8226**



The Bush Kitchen

One way to know if anyone is reading your newsletter contribution is to use an acronym that few people understand! For those of you who wondered, but didn't call me, TVP is "texturized vegetable protein". It is a meat substitute, made of soy, which absorbs flavours like a sponge. When used in pasta sauce, chili, etc., it gives a texture much like ground beef, and it is high in protein. TVP may be purchased at stores such as Scoop 'n' Weigh, health food stores, or in some bulk food sections.

Here is an example of a tasty, fast meal for hungry campers!

CHICKEN CURRY (serves about 6)

½ cup dried cooked green peas
½ cup dried green beans
¼ cup dried niblet corn
1/8 cup dried red peppers
½ cup raisins

Soak to reconstitute (I usually do this at lunch in a Lexan Nalgene which absorbs fewer odors than the white jars).

Bring veggies to boil in a large pot and add:

1½ cup dried ground cooked chicken breast
1/8 cup onion flakes
2 tblspn garlic granules

When tender, remove about ½ cup cooking liquid and mix with:

2 tsp corn starch
2 tsp flour
2 tsp curry powder (to make spicier, use 2 tablespoons and/or some cayenne pepper)
½ tsp garam masala
garlic powder and pepper to taste

Serve with instant rice or try "cous cous" for a change. Cous cous is an instant wheat product which may be obtained at bulk food sources, or packaged by President's Choice.

Prepare by adding an equal volume of boiling water to cous cous granules, stirring, allowing to swell for about 5 minutes, and fluffing

with a fork. The consistency will be a bit denser than rice, as the granules are smaller.

To save on dishes, either instant rice or cous cous can be added directly to the main pot if there is sufficient liquid and room. Add after the other ingredients have completely cooked, remove from heat, and serve after liquid has been absorbed.

Recently, I tried this dish with dried frozen spinach (about 2 boxes), substituted for the peas, green beans and corn. The spinach dried surprisingly well, and it was excellent! Cucumber slices would be nice on the side if you haven't been out too long.

This flavourful bannock completes the Indian flavor of the meal.

CUMIN BANNOCK

2 cup wholewheat flour
1 cup rye flour
3 tsp baking powder
½ tsp salt
¼ tsp cumin powder
¼ tsp garlic powder

½ - 1 tsp cumin seed
1 tblspn sugar
1/8 - ¼ cup olive oil

Mix in bag with about 2 cups of water and bake in outback oven.

ASK THE CHEF...

Several people have asked about **drying meat**. It is possible to do this, but one must be very careful. I use good quality chicken, which I simmer for about 40 minutes to be sure it is thoroughly cooked. The broth can be frozen to make soups or sauces at home later.

Take precautions against salmonella when handling chicken: use a bleach solution to rinse surfaces that contacted the raw meat, and never place the cooked meat in contact with the raw meat juices.

Once the meat is well cooked, I place drained pieces (use boneless, or remove from bones) into a food processor and pulse to chop completely but coarsely. Dry well with adequate heat (I do mine about 160° to 170°F), using a food dehydrator or oven on low heat with the door ajar.

Store in a clean, tight container. I put product into zip bags, into a gallon glass jar, and store in the freezer. I have tried drying canned tuna and salmon; they are good for use in pasta dishes.



CANOE KIND OF GUY

Randy Cunningham

Published in *Nastawgan*, Summer 2000 edition, page 24

There have been many changes in paddling over the years. Clothing and accessories of every imaginable sort have been developed and marketed. Materials for craft have gone from wood and canvas, to aluminum, to royaalex and kevlar. None of these have matched in importance the rise of kayaking as the king of paddling-leaving canoeing behind in its wake.

This trend is shown in some anecdotes. Three or four years ago, I took a basic canoeing class from the local chapter of the American Red Cross. The class was filled with no problem. It was one of the last such classes to enjoy that level of enrollment. Since then, basic canoe classes have been cancelled for lack of interest, while for kayaking classes it is standing room only.

Last June, the Mad River Canoe road show came to a lake I paddle on frequently. They were also showing a line of kayaks. The canoes lined the banks unused, like wallflowers at a dance. The kayakers were never on land for long. This past spring, I signed up for my river canoeing introductory class, again with the Red Cross; I was the only person who signed up for it. The rest were kayakers, taking their river class.

Being a rock-ribbed canoe head, I have not joined the enthusiasm. I would like to try sea kayaking at some time in the future. However, it is at the bottom of the list of priorities, behind all the places I want to visit – in a canoe.

Why this hesitancy to get with it and be so retro? I bear no ill will toward kayakers or kayaks. I sure as hell have more in common with them than I ever will with those who motorboat. (We will not even

discuss those barbarians on jet skis.)

I think it boils down to culture and stage in life.

Canoeists wear all their baseball caps with their bills facing forward. Kayakers wear theirs facing backwards. A canoeist will call you a guy. A kayaker will call you a dude. A canoeist will react to something he or she approves of with a polite or, at best, enthusiastic applause. A kayaker will react like the audience of the Jerry Springer show with whoops and high fives. Canoeists won't admit it, but they identify with Homer Simpson. Kayakers identify with Bart. A canoeist reads a good book or takes care of the unexciting business of maintaining society while not paddling. A kayaker is publishing an E-zine, jumps around the mosh pit, goes skateboarding, or is diving into chasm attached to a glorified rubber band. A kayak is a boyfriend or girlfriend. A canoe is your spouse.

The branch of canoeing I identify with the most is wilderness tripping. Another example of the difference in the two branches of paddling is conversation around the campfire. With wilderness canoeing we would discuss sighting a flotilla of loons, or the beauty of a particular lake.

The campfire in my river class was utterly different. There were no musings about the sublime around this campfire. Instead, the conversations were about hair-raising drops and the last time you cheated death. I felt like a Betazoid on the bridge of a Klingon bird of prey. I was surprised that at the end of the night, everyone did not take his or her leave by butting heads while declaring, "May you die well!"

The rise of kayaking and the decline of canoeing can be seen in

advertisements. The cult of youth is reflected in kayaking shots. The ads show excitement. They are sexy.

They show paddlers who are right out of TV, where the world is only occupied by people who are only beautiful, hard-bodied, young, rich, and single.

These characters live life on the edge, and when they are on the water, they are in kayaks. Canoes are only shown when the target audience is focused on retirement services, Viagra, menopause, or adult hygienic products. You kayak into the excitement of young adulthood. You canoe to your demise.

Canoeing can be done solo but it really was designed to be a collective effort between two people. Kayaking can be done in tandem, but it really was designed to be an individual effort. It has a better fit to the culture of our present go-go era. Collective efforts are not in vogue.

The cultural hero of our time is the lone entrepreneur, sitting behind his laptop, playing Master of the Universe with far-flung investments and economies. You can bet that if he paddles, he paddles a kayak.

Paddling by yourself in a kayak is also more convenient in a world where families seldom eat together and more and more Americans live alone. Ever try to organize a canoe trip in today's world? Finding that other partner can be more daunting than negotiating any rapids.

Will canoes be driven from the waters by the kayaking rage? Will canoeists become a small, obscure sub-sect of the paddling world? Since devised cons ago, canoes have waxed and waned repeatedly in popularity, but have been rivals in being able to haul a ton of gear

into the bush.

Though families kayak together, when you think of a family outing with the kids in tow, you think of a canoe. Canoes may return in the future, less frantic time. Our culture may swing back again to where emphasis is less on the heroic, self-obsessed individual, and more on the co-operative paddling effort of two

people paddling a craft.

Until the wheel of fashion turns again, canoe aficionados should learn to glory in their underdog status. I think of no better example of this unhip and proud stand than a recent canoe race that was held in Illinois. The competition was restricted to aluminum canoes. You want to talk about out of fashion! Yet there they

were, proudly racing their beloved bauxite beasts!

Their spirit should be an example to us all, that we, canoe heads, should keep the faith and continue to paddle into the future the craft that has given us so much pleasure in the past – the humble, unappreciated, but indomitable canoe.

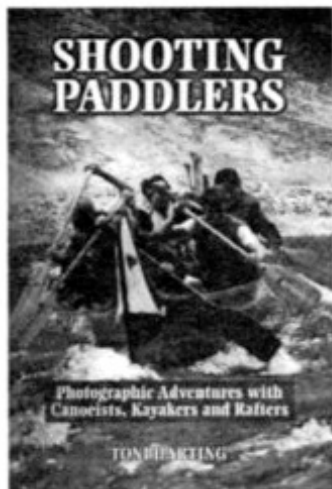
BOOK REVIEW

by Jolanta Liebrecht

Shooting Paddlers: Photographic Adventures with Canoeists, Kayakers and Rafters

Toni Harting, 2000. Natural Heritage Books, 176 pp, \$29.95 (paperback)

For years, Toni Harting has graced the Wilderness Canoe Association with his collection of insightful, inspiring and informative photographs and articles. Recently this *Nastawgan* Editor is opening the eyes of landscape photography buffs and wilderness adventurers alike.



His book, *Shooting Paddlers*, is Harting's latest pictorial offering, capturing almost every aspect and derivative of the sport of canoeing. Harting explores the art of 'seeing' the essence of recreational paddling, marathon racing, sprint racing, competition and rafting, all in a 176-page book.

If you have never aimed a camera in your life, you will enjoy the insight Harting imparts on his reader to enable his audience to appreciate as an accomplished photographer would. The book is a 'how

to' manual on the ways and whys you, as a paddler, can capture a "souvenir" that is unique and unseen by the non-paddling and paddling community alike.

Harting reveals his book as a book that "... discusses what is most important in paddling photography: subject, lighting and composition ... Emphasis is concentrated on specific possibilities and problems unique to the paddling environment, rather than on the technical basics of general photography." As the summer draws to an end, Harting is there with a reminder to gather your photos and discover why your summer adventures were so memorable and how a few carefully thought out shots can bring all the fun, exhaustion and sense of accomplishment back time and time again.

In his own words ...

On May 31, my latest book, *Shooting Paddlers: Photographic Adventures with Canoeists, Kayakers and Rafters*, was presented to the general public at a book launch held in the Mountain Equipment Store on King Street West in Toronto. The event was attended by about 90 people, many of them WCA members, who all seemed to have a good time while doing their best to finish off the abundant light refreshments. I thank everybody present at the launch for their kind words, and hope that my book will bring joy and insight to its readers.

Toni Harting

On the back cover ...

I would have saved myself a fortune in wasted film if I had this book years ago when I first began to write about canoeing. *Shooting Paddlers* is unique because it analyses "water" shots through a paddler's eye and suggests how to improve them. Toni Harting's work is awesome! Even the oldest dogs will learn new tricks if they take to heart his suggestions.

(by Cliff Jacobson, contributing editor, Canoe & Kayak Magazine)



Author (right) and friend

THE MARKETPLACE

Resource Material

The following Resource material is for sale, and will be available for purchase at MRCA General Meetings (see John or Margaret Childs). Note that the prices allows the MRCA to recover all costs and generate a small profit to support other MRCA endeavours:

BOOKLET	PRICE		COPIES LEFT
	(Members/ outlets)	(Non members)	
A	\$2	\$4	6
B	3	5	4
C	4	6	5
H	2	4	6
W	4	6	5
OM	3	5	5
Stanners	5	7	17
"Canoeing South-Eastern Manitoba"			
Gahlinger	10	20	100
"Northern Manitoba From Forest To Tundra"			

Add mailing cost.

- \$2 for a max. of 3 booklets/ \$4 for 6 booklets (within Canada)
- \$4 for a max. of 3 booklets/ \$8 for 6 booklets (outside Canada)

Also available (same price for members and non-members):

Buckey's River Runner Guides	\$4	
– Berens		3
– Manigotagan		3
– Whitemouth		2
– Gammon		8
– Whiteshell		5
Berard Maps	\$4	
– Bird-Manigotagan		3
– Middletrack & Hayes		2
– Mistik Creek		1
– Little Grand Rapids		2
– Winnipeg River		1

Send submissions for **The Marketplace** to:
MRCA Newsletter Editor,
PO Box 2663,
Winnipeg, MB R3C 4B3,
or phone:
Jola (284-2938) or Jenny (957-5754).

We will include information about items for sale (books, videos, CDs) related to paddling, advertise member services, and classified ads (canoes, kayaks, equipment).

MRCA Books on Sale

The MRCA has limited quantities of these excellent resource and fine-reading books on sale.

Call Donna Kurt at 334-3111 for
Thrill of the Paddle and *Bark, Skin & Cedar* books.
Call Gerry Hirose at 489-4422 for
Northern Manitoba From Forest to Tundra.

THRILL OF THE PADDLE by Paul Mason and Mark Scriver

Softcover, SIGNED by Paul Mason, MRCA Members \$22
incl. taxes, regular \$27 plus taxes

The sequel and accompaniment to Paul's father's books *Path of the Paddle* and *Song of the Paddle* by Bill Mason. Very nice photos and some authentic humour and neat corner flip comic demonstrations of canoeists doing enders, boofing, and proper paddling technique.

The book provides excellent information on current paddling techniques, canoe rolling, reading whitewater, cold water/weather clothing, and to have some good laughs. For more info visit Paul's book page on his website at:

<http://www.wilds.mb.ca/redcanoe/pmbooks.html>

NORTHERN MANITOBA FROM FOREST TO TUNDRA by Paul M. Gahlinger

Softcover, \$10 for MRCA Members, regular \$20 plus taxes

A wonderful reference book on flora, fauna, trip preparation and descriptions of canoe routes of Northern Manitoba.

BARK, SKIN & CEDAR by James Raffan

Hard cover, SIGNED by James Raffan, MRCA Members \$20
incl. taxes, regular \$30 plus taxes

James Raffan's eloquent writing explores the canoe in our Canadian experience. In his remarkable journey across Canada, James Raffan explores, through myth, legend and history, the ways in which the canoe has imprinted itself on our imaginations.

Classic Solo Canoeing Video

Becky Mason

CLASSIC SOLO CANOEING VIDEO PREMIERE

The premiere screening of the CLASSIC SOLO CANOEING video by Becky Mason will be held in the auditorium of the National Library of Canada, 395 Wellington Street, Ottawa, Ontario, Monday, December 4th, 7:00 p.m. Grateful acknowledgments to Canadian Parks and Wilderness Society for hosting this special free event. For more details email: redcanoe@istar.ca or go to <http://www.wilds.mb.ca/redcanoe>

CLASSIC SOLO CANOEING VIDEO DESCRIPTION

Becky Mason teaming up with award winning videographer Paul Wing and internationally renowned musician Ian Tamblyn to create her first instructional canoeing video.

Becky will take you in her red cedar canvas canoe to her favourite places, profiling her paddling strokes clearly and concisely with many different camera angles above and below the waterline. However, Becky thinks there is much more to canoeing than just strokes. She includes tips on safety, portaging, maintenance and equipment selection and shares with viewers her love for the land and water she quietly travels across. Complementing all of this is Ian Tamblyn's extraordinary music score and the spectacular scenery and wildlife of the Gatineau Hills of Quebec.

PURCHASING VIDEO

This informative production is 40 minutes long and retail for approximately \$39.95 Cdn. or \$29.95 US. The video is due out in December 2000.

CANADA (retail and wholesale sales)

kineticvideo.com

511 Bloor St. West, Toronto, Ontario, M5S 1Y4

(416) 538-6613 Fax (416) 538-9984

Toll Free 1-800-263-6910

Email: info@kineticvideo.com Website: kineticvideo.com

USA (wholesale sales)

Alpen Books

3616 South Road C-1, Mukilteo, WA 98257

Tel: (800) 290-9898

Email: cserve@alpenbooks.com

Website: <http://www.alpenbooks.com>

USA (retail and wholesale sales)

kineticvideo.com

255 Delaware Ave., Buffalo, New York 14202

(716) 856-7631 Fax (716) 856-7838

Toll Free 1-800-466-7631

Website: kineticvideo.com

EUROPE (retail and wholesale sales)

Mobile Adventure Ltd

Bridge Works, Knighton Fields Road West,

Leicester LE2 6LG United Kingdom.

Email: colin@mobile-adventure.com

YOUR LAST CHANCE ...

... to submit a new name for our newsletter and a new logo for the MRCA.

YES, THE CLOSING DATE IS SEPTEMBER 1, 2000

but if you have a really brilliant idea that just has to be revealed,
hurry and get it into anyone on the executive - ASAP!

Judging will take place at the Annual General Meeting on September 20

Timeless reminders ...

Bloodvein tragedy; paddler drowns

(MRCA newsletter, Volume 7, Number 4, p. 12-13)

On August 1, 1994, a party of four paddlers, all about 30 years of age, from the Woodlands, Manitoba area were on the last day of their Gammon-Bloodvein River trip that they had started at Wallace Lake 12 days earlier. The leader, an experienced paddler and a professional emergency rescuer, had passed on some of his knowledge and skills to the other paddlers in his group who had gained some confidence in running rapids throughout the trip. The group was using aluminum Misty River canoes (similar to Grummans).

At 11:00 a.m., they approached the first set of Kiskoosebasis rapids (meaning 'two rapids close together'), which consisted of three channels (large chutes) separated by three very small "islands", and a large pool (about 100' across) with a very large recirculating eddy on the left and some large "boils" (resurfacing undercurrents). About 200 m past the first rapids, the river narrows into a chute. This rapid is rated up to Class 2, depending upon water levels.

The group stopped on the left island to scout the first rapids, which appeared to be simple, compared to rapids they had previously encountered. It was decided that the canoe without the leader would shoot the rapid in the middle channel first (previously the leader's canoe had always gone first). It was a warm day (28°C) and the feeling of competence was high, so two paddlers entered their canoe and shot the rapid without putting on their PFDs.

Their canoe turned partially sideways as it rode through the standing waves at the bottom of the "V" and rolled as a result of instability. The stern paddler was not a swimmer and could not easily float because of his heavy (muscle) body build. The bow paddler pushed the overturned canoe toward the stern paddler who was panicking and gulping water. The leader's partner dove into the water with a PFD for the panicking stern paddler while the leader prepared the second canoe, still upstream of the rapid, to rescue the paddlers in the water. Once rescuer was almost pulled under by the panicking stern paddler and lost his grip on him. When the leader in the rescue canoe reached the area, now 50 feet downstream of the first set of rapids, the stern paddlers was nowhere to be seen.

The three survivors searched in vain for the victim for several hours and the next day, despite much assistance from two other groups of paddlers and the RCMP. The 28-year-old drowning victim was not found

until three days later by a specially equipped RCMP rescue team near the same rapid. The eddy and undercurrent swept the submerged body under a ledge below the rapid and held it there.

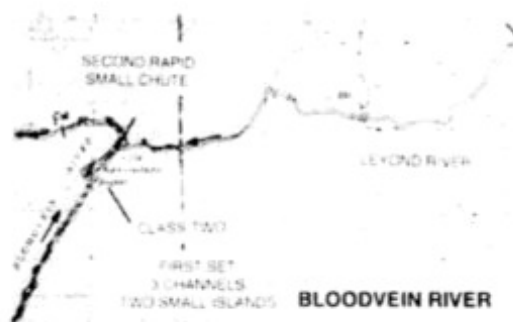
The leader has suggested that a PFD might have prevented the drowning, but he is inclined to believe that over-confidence in one's abilities is more likely to be a cause. The leader and the victim's brother have erected a rock cairn and a plaque in memory of the drowning victim on an open area above river left and downstream of the rapids where the drowning occurred. The victim is missed by his family, co-workers, friends and paddling friends.

The constable who investigated the Bloodvein drowning advised that during a fishing trip a week shortly after this drowning, he saw four other paddlers on the Berens River approach a set of rapids, scout them, then run them without wearing their PFDs – he was not impressed.

Petawa River Drowning

Three days before the Bloodvein drowning incident, on July 29, 1994, two middle-aged couples from Ontario were paddling their canoes on the Petawa River in northwest Algonquin Park.

They turned a corner in the river while searching for a portage on River Left (the portage was on River Right) and unexpectedly encountered a Class 4 rapid known as "Crooked Chute". The paddlers were not wearing their PFDs. At least one of the canoes swamped in the rapid and one of the women drowned as a result



Safety Notes

- Know your limits and respect your abilities – portage or line rapids you do not feel comfortable about running. If waves are too large on a lake, relax on shore. Don't let time pressures exaggerate the risks.
- Know and practise rescue and self-rescue techniques (available in recognized paddling courses and paddling safety books).
- Beware of hypothermia and know how to treat it. Take a First Aid and CPR course and encourage fellow paddlers to do likewise.
- Ensure safety is in place before running rapids (paddlers wearing PFDs with throwbags and rescue boats at the bottom of rapids).
- Always wear a PFD while on or near moving water (rivers) or rough water (lakes) and at other times when your boat may capsize.
- Ensure your PFD has adequate floatation for your body size and fits properly. Try it out in water under safe conditions. It should keep you afloat and not ride up over your head.
- Each boat should have a bailer or bilge pump, sponge, 20 ft of painter ropes attached to each end (floating rope, safely stored on the end decks), a spare paddle and light (for night).
- Each paddler should have a paddle, whistle (on PFD or neck), personal survival kit, and clothing appropriate to the water and air temperatures.
- Carry rescue gear pertinent to the type of paddling and know how to use it. For example, on rivers, carry at least one 60 to 75 ft throwbag per boat, a Z-drag kit (carabineers, prusik loops, high-strength rescue rope, pulleys) and special equipment such as a paddle-hook (refer to River Rescue by Slim Ray and Les Bechtel).
- Stay calm if you capsize or you will risk other paddlers' lives.
- If you are rescuing a person in the water who is panicking, don't compromise your safety as the panicker may grab and capsize you. Approach the victim with two boats rafter together (use the capsized boat) or throw a rescue line from a safe stance on shore.
- To ensure canoe-over-canoe rescues are not obstructed by packs dangling from the thwarts of a swamped canoe, either tie packs very securely into the canoe so it can be overturned without the packs dropping below the gunwales (makes the canoe heavy), or don't tie packs in at all (they should float if waterproofed properly), or tie packs to a (20 ft) rope (best for lake paddling).
- Use boats and equipment suited to the type of water you paddle.
- Wear a paddling helmet if there is any risk of head injury.
- Repair equipment in need of repair before the trip, not on the trip.
- Watch weather systems, and leave the water if thunderstorms are near.

MRCA TUESDAY EVENING PADDLES

Tuesday evening paddles are featured on the MRCA website at:
www.paddle.mb.ca

These very popular paddling sessions have introduced hundreds of beginners to the pleasures of canoeing and kayaking on the La Salle River at La Barrier Park over the last few years.

Certified instructors, often assisted with other skilled paddlers, help beginner and novice paddlers pick up the paddle to learn new strokes or to improve their efficiency. There is no wrong stroke, but it is possible to paddle with more grace, efficiency and power, yet with less effort.

These sessions introduce you to recreational paddling on calm water so you may decide, if you wish, to pursue learning how to canoe properly by taking a CRCA Flat Water Canoeing course offered by the MRCA.

You must phone the MRCA Phone Line, 338-6722, Extension 3 to find out who the leader/instructor is for the evening paddle. Then you must phone that person and register several days ahead of the date on which you wish to participate.

The event will run unless the leader/instructor or the MRCA calls you to advise the cancellation of the event. The MRCA holds no responsibility for cancelled courses. Also, if you show up at one of the paddling events and have not registered, you might just be sitting this one out.

Depending on availability of Instructors, these sessions may not be run, so be sure to phone ahead to register for each event. We will not accept registrations for more than 2 events in a row, to give others an opportunity to participate. If fewer than 5 persons register for one of these paddling events, the event will not be run.

Due to loss of Bingo revenue from Sport Manitoba,

the cost of these paddling sessions will no longer be subsidized. The fees for each evening or afternoon paddle have been increased to:

\$5.00 – MRCA Members

\$7.00 – MNS Members

\$10.00 – non-members

These paddling events will be 2 hours long, plus sign in time (arrive early) and clean-up time (put away the canoes, PFDs and paddles).

Tuesday Evenings

6:30 p.m. to 8:30 p.m. – September and October

You are expected to supply your own refreshments, transportation, clothing (a change of clothing and shoes in your car), mosquito repellant, hat, etc. The MRCA provides canoes, paddles and Personal Flotation Devices. If you have your own equipment, you may bring it along. You may also bring your own canoe and are not required to pay the fee for each paddling event – but your donation won't be turned down. You must also register in advance, and advise that you are bringing your own canoe.

Everyone must sign the MRCA waiver/informed consent form and must wear properly fitted PFDs while on or near the water.

If you are attending one of these sessions to be assessed for a Moving Water course, then you must advise the coordinator for that particular date as well as the Course Director when you are registering for the Paddle.

Donna Kurt, Instruction

MRCA 2000 CRCA CANOEING COURSES

MRCA Courses are featured on
the MRCA website at
www.paddle.mb.ca

For information on all canoeing courses (CRCA, MRCA), visit the MRCA website, or phone (204) 338-6722, Ext. 3.

Also, see the July MRCA newsletter for:

- general information about MRCA canoe courses,
- flat water canoe courses, and
- moving water canoe courses.



OF COURSE I KNOW HOW TO HANDLE A
CANOE! NOW JUST HAND ME THE
STEERING WHEEL AND I'LL BE ON MY WAY!

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!
- Individual and Family Members are entitled to vote at Annual General Meeting and eligible to serve as Board Members
- 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 (www.paddle.mb.ca). MRCA provides a "link" from the MRCA Home Page to MRCA members' home pages and to other non-profit groups. Receive MRCA Membership Directory and extra copies of the newsletter if required
- MRCA Affiliate Members also have access to resource information and MRCA paddling instructor courses. Access to Manitoba Sports Federation meeting rooms, insurance on trips meeting MRCA trip requirements, and publication of events in the MRCA newsletter
- 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	\$15 Cash MAIL
Individual	\$20 Cheque
Family	\$25 Money Order
Corporate (Business)	\$30 Payable to
Affiliate (Club)	\$30 "MRCA"
Sustaining	\$100

Provide your Student ID #

Application Date

Applications received after Sept 1 expire Dec 31 the following year

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
www.paddle.mb.ca
(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 (canoe and kayak routes) _____

Membership _____

Instruction _____

Advocacy _____

Program (meetings) _____

Newsletter _____

Fundraising _____

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

... Paddlers Unite!

Recent contacts with *Nastawgan* Editor Toni Harting has opened the door for information sharing from our neighbourhood paddling community to the east.

Nastawgan, an Anishinabi word meaning 'the way or route' has revealed itself as the voice of The Wilderness Canoe Association (WCA). WCA is "a non-profit organization made up of individuals interested in wilderness travel, mainly by canoe and kayak, but also including backpacking and winter trips on both skis and snowshoes. The club publishes a quarterly journal, *Nastawgan*, to facilitate the exchange of information and ideas of interests to wilderness travellers, organizes an extensive program of trips for members, runs a few basic workshops, and is involved in environmental issues relevant to wilderness canoeing."

For more information on The Wilderness Canoe Association, try browsing through their website at www.wildernesscanoe.org

PADDLING (cont'd from page 9)

inclement weather, plans gone awry, and, yes, even the odd personality conflict. There is always impending danger when travelling in a small group far from help so caution and preparedness is essential. But consequently, I find that our skills and attention to detail are constantly scrutinized, tested and refined from trip to trip. There is neither complacency nor boredom when one is confronted with the impermanent conditions of nature. It is the best classroom of all and one naturally improves if he cares to. The resulting confidence and independence, reward in itself, is still out-weighted by our appreciation of this precious, plentiful resource we call wilderness.

I am forever grateful for the lessons and tales of the paddling masters and woodsmen of the northern rivers. There is much to learn. But I am not compelled to travel their waters just yet. Their wilderness is not better, just different than our own natural environment along with being a little more expensive and difficult to access. Wilderness areas continue to shrink and become more elusive. It would be a shame to journey so far and not discover that the best kept secret in exploration and education is right outside our door, available to all who wish to examine it!



Bird River at rapids near Chase Lake, NW Ontario

MRCA MEMBERSHIP DIRECTORY

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

MRCA INDIVIDUAL / FAMILY MEMBERS

Family - \$25/year Individual - \$20/year

MRCA CORPORATE MEMBERS (\$30/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/~rgallagh/clearwater
- 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
- Wave Track Canoes, 42C Speers Rd., Winnipeg, MB R2J 1M3
(204) 231-8226 fax (204) 231-8227
www.wilds.mb.ca/wavetrack
E-mail: ghrabant@escape.ca
- 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 Supply Company, 623 Ferry Rd., Winnipeg MB
R3H 0T5 (204) 783-9555 fax (204) 779-4922
- 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
- WILDS Of Manitoba, 30 Riverstone Rd., Winnipeg, MB R2V 4B1
(204) 334-3111
www.wilds.mb.ca/wilds
E-mail: icanoe@wilds.mb.ca

MRCA AFFILIATE MEMBERS (\$30/year)

- 82nd Westminster Scouts, 48 Purcell Ave., Winnipeg MB R3G 1A1
(204) 983-2531 E-mail: jim.palmquist@pwgsc.gc.ca
- 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
- 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
- 60th Winnipeg Scout Group, 227 Robindale Rd., Winnipeg MB
R3R 1G9 (204) 837-4238
- 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

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.

Canadian Guiding Services

Box 532, Minitonas, MB R0L 1G0
(204) 525-4552 (fax) (204) 525-4552
www.fishhunt.org/canada/
E-mail: canadaguide@visto.com

Offers a 10% discount to members on their week of retreat package.

Totem Paddlesports

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

Offers MRCA Members 10% off all Trailhead Expedition Canoes.

CORPORATE PROFILES

In future issues of the newsletter, we will include profiles of our corporate members.

It is our way of saying thank you for your support for and involvement in the MRCA.

It is also an opportunity for our members to learn more about the services you provide.

If you would like to be included in this segment, please contact Jola Liebrezeit (284-2938 or j_liebrezeit@hotmail.com) for more information.

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

MRCA phone (204) 338-6722

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

TO:

Wednesday, September 20 – Annual General Meeting
Sport Manitoba building, 7:30 pm. Come out to the AGM, elect the incoming executive, and swap stories of summer adventures.

Wednesday, October 18 – Sailing your own canoe
Centre Culturel Franco-Manitobain, 7:30 pm. Hear Marcel Ritchot speak about going really fast in a canoe. Examine his canoe and sailing rig up close.

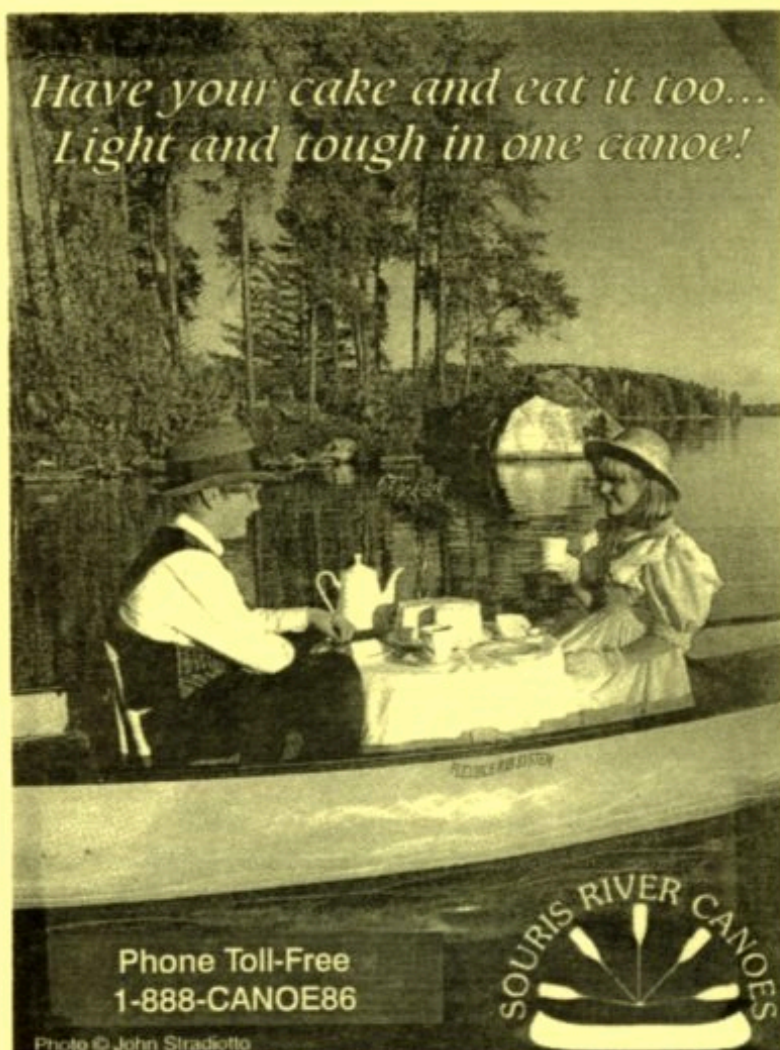
Wednesday, November 15 – An evening at Wave Track
Wave Track Canoes, 7:30 pm. Meet Gary Brabant and visit Wave Track Canoes for an in-depth look at canoes, kayaks, PFDs, paddles and tents.

(see page 4 for details)

FROM: (If undeliverable, return to:)
MRCA Membership Committee
P.O. Box 2663
Winnipeg, Manitoba R3C 4B3

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

*Have your cake and eat it too...
Light and tough in one canoe!*



Phone Toll-Free
1-888-CANOE86

SOURIS RIVER CANOES

Photo © John Stradiotto