

# NEWSLETTER

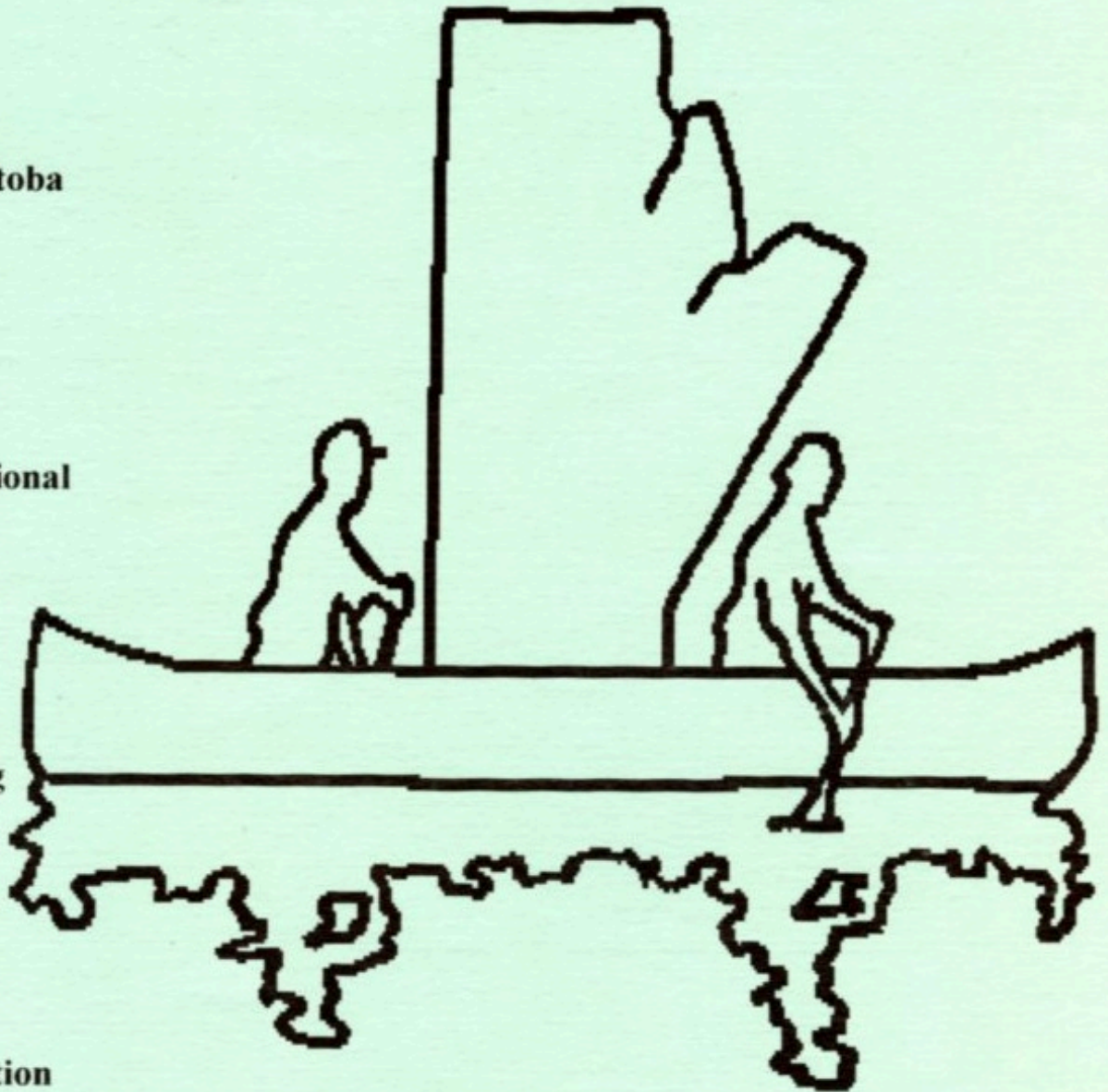
Volume 13 Number 1, Spring 2000

**M**anitoba

**R**ecreational

**C**anoeing

**A**ssociation



Eden in the Headwaters of the Manigotagan (page 8)



## 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 Summer (June) 2000 Newsletter is MAY 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) 957-5754  
E-mail: jennyg@total.net**

## AFFILIATIONS

The MRCA is affiliated with the following organizations:

### **Manitoba Paddling Association**

Executive Director – Denis Van Laeken (204) 925-5681

### **Canadian Recreational Canoeing Association**

Executive Director – Joseph Agnew

(613) 269-2910, e-mail: staff@crca.ca, website: www.crc.ca

## Welcome New Members

(since September 1999)

Jocelyn Scott, Jon Anderson, Joseph Kaufman,  
Arlene Martin, Walter Andrejowick,  
Brigitta Bolster, and Ron Ferguson

## Visit the MRCA at:

<http://www.wilds.mb.ca/mrca>

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

## Notice something different?

Things are changing. After much thought and discussion, the MRCA newsletter is undergoing a transformation. Some of it you will have already noticed; the rest of it could use your help.

Over the next few issues, we want to include more of your **photos** – trips, social paddles, in or out of the city, MRCA members, meetings and MRCA events. The photos don't have to be accompanied by a story – although stories are always welcome – but should have a caption that includes the name of the people in the photo, the place and the date.

Be forewarned that we will also be holding a **photo competition** every fall, inviting submissions taken in the previous 12 months. The winners will be included in the winter issue, and on display at a meeting soon after.

We also need **reports** of meetings, reviews (books, music, movies), your thoughts on different events, and lots of humour. We haven't had a decent paddling joke or cartoon for a long, long time, and they certainly add an extra dimension to the newsletter.

Watch out for **profiles and photos** of the executive and other individuals who work hard on your behalf to organise all MRCA activities. It's a lot easier to approach these people if you can put a face to the name.

We have also introduced a **marketplace** page, where you can place classified ads, info about books for sale, notices, and anything else related to paddling. There will also be discount rates offered to members who want to advertise their businesses, and space for business cards or announcements.

If you have lots of questions about paddling but don't know who to ask, then send any queries, questions, concerns or thoughts to the editor. We have a panel of experts willing and able to respond, and as many enquiries as possible will be published in the newsletter in the **Q & A column**.

And that brings us to a **name** for the newsletter, and a name for the Q & A column.

Now is the perfect time to give the MRCA newsletter a real name. Please send all suggestions to the editor, and help us decide the most appropriate name. If you want, you can also send your reasons for choosing a particular name. Once we have a name, we can finalise the layout and design for the front cover.

And rather than just call the enquiry column 'Q & A', we are looking for suggestions for a more appropriate and fun name. So, send those suggestions in, and help us take the MRCA newsletter into the modern era.

Need some motivation? Whoever provides the newsletter name and the one for the column will be awarded a **year's free membership** to the MRCA.

Send all contributions to the Editor, MRCA Newsletter, PO Box 2663, Winnipeg MB R3C 4B3.

Remember that the MRCA newsletter is the best way to get the word out concerning the Club. Help us take it from a great newsletter to the greatest!



# MRCA PRESIDENT'S MESSAGE

Julie Gold

## MRCA 1999/2000 Executive and Committees

### President

Julie Gold  
475-3224  
jgold4@home.com

Vice-President  
VACANT

### Secretary

Jim MacKay  
832-5811  
jfmackay@pangea.ca

### Treasurer

VACANT

### Newsletter

Jolanta Liebzeit  
284-2938  
j\_liebzeit@hotmail.com

### Past-President

Marcel Ritchot  
256-3690

### Committees

#### Membership

Henry Redekop  
452-2006

#### 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

Jenny Gates  
957-5754  
jennyg@total.net

#### Trip Coordinator

Gerald Hirose  
985-5949  
ghirose@aircanada.ca

#### Advocacy

Christine Mazur  
489-4433

Positions valid through to  
October 1, 2000

Greetings fellow paddlers!

Welcome to our spiffy new newsletter format! I encourage you to help us brainstorm for a new name and logo for our little journal.

Spring is around the corner, and we (the MRCA executive) are busy planning our paddling courses, exciting new programs, and of course, our summer travels. Each of us wears more than one hat, and energy is sometimes spread quite thinly! But our new Program Coordinator, Patrick Lang, has been arranging some dynamite meetings (see details in this newsletter), and I am happy to say we have an excellent new Secretary, Jim MacKay. Big thanks for stepping forward guys!

The MRCA has been associated for some time with the Manitoba Paddling Association (MPA), a group dedicated to competitive paddling. Through this connection, we are able to use the resources of Sport Manitoba, including meeting rooms and discounted printing services. We have also shared with the MPA their Bingo responsibilities and revenues. As most of you know, we have offered membership renewals to those who worked these monthly Bingos; you may not realize that the reason for that was the \$3,000.00 in revenue annually. This income has allowed us to subsidize our very accessible and affordable paddling programs on the La Salle River, as well as keeping our membership dues extremely low. We received sobering news in February. The MPA has decided to use all their Bingo allotment for competitive programs, and as of April 1, the MRCA will no longer share those revenues.

So what will this mean? Firstly, we cannot afford to run programs in such a way that we lose money, as we have been with Tuesday and Sunday paddles for several years. It breaks my heart, in a way, because I know the virtually free access we have offered has brought new devotees to our beloved sport. Initiating these canoeing converts has given me great personal satisfaction! We are committed to running the La Barriere paddling program, however instead of charging members \$2 as was planned, we must ask you to dig a bit deeper and pitch in \$5. This is still a reasonable price – you get about 2 hours of canoeing time, with equipment as needed, and of course the paddles will continue to be staffed by certified canoeing instructors, trained in first aid and life-saving. One catch is that we also must have enough participants each time to pay the instructor (or perhaps pay a bit more?). There are several deciding factors in using paid instructors rather than volunteers for this program. For one thing, we are able to access group insurance coverage as a "course". For another, consistency is improved with reliable coordinators. Assisting the sometimes large numbers of beginner paddlers can be tough, but we are sure our teachers have the requisite skills for the task.

Secondly, our membership dues will see a modest \$5 rise after many years, effective with memberships for 2001. Current dues pretty much just cover printing and mailing costs for the Newsletter and Membership Directory. I know you'd rather put that \$5 into the gas tank to get out of town with your boat, but I hope that asking \$20 for regular memberships (\$15 students, \$25 for families) won't turn you away. I remain deeply committed to the idea and the mandate of the MRCA and will do my very best to see that we remain viable as an organization.

If any of you want to contact me with ideas or feedback on any of this (or to volunteer for the Treasurer's job so poor Frank Penner can rest after 4 years), please give me a call or drop me an e-mail (evenings 475-3224; e-mail jgold4@home.com).

Thanks!



# MRCA INDOOR PROGRAM

We have another intriguing lineup of indoor presentations for your enjoyment. They're ready to be delivered with panache and absorbed with wide-eyed wonder. Seriously, our presenters invariably are steeped in their subject and eager to share it. And they get energized by your keen interest and enthusiastic response. It's a potent combination. Small wonder our meetings are so well attended.

Four points to note about upcoming meeting dates:

- Our March meeting is on the 29<sup>th</sup>, which is the *fifth*, not the third Wednesday of the month.
- In April we meet on the 20<sup>th</sup>, a *Thursday*, not a Wednesday.
- This spring we're breaking our pattern by adding a *June* event. Details opposite.
- Unless otherwise noted, meetings take place at Sport Manitoba, 200 Main street, and start at 7:30 p.m.

## 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 him your e-mail address at [p\\_lang@ducks.ca](mailto:p_lang@ducks.ca). To ensure your privacy, names and addresses do not appear on these electronic notices.

## YOU NAME IT!

- Got a name for the newsletter?  
Got a name for a Q & A column?  
Got some photos?  
Got an article or a great joke?

Send them all to:

**The Editor**

MRCA Newsletter  
PO Box 2663

Winnipeg MB R3C 4B3  
or phone **Jenny Gates**

**(204) 957-5754**

or email to [jennyng@total.net](mailto:jennyng@total.net)

**Thursday, April 20**

### MRCA Trippers – Paddling Destinations

Canada's boreal forest and Precambrian shield provide the most extensive lacework of land and water anywhere. If there's a better region for canoeing and kayaking, it can't be on this planet. "Where to go?" can be a bewildering puzzle for the novice paddler and a pleasant challenge for the veteran.

Several of the MRCA's most experienced trippers will be with us in April to talk about **Paddling Destinations**. These are people who know interesting routes with comfortable campsites – folks who are always eager to share their knowledge and pour over maps with fellow paddlers. They'll tell us about trips that take paddlers down exciting rivers, and others that meander through chains of lakes. We'll hear about routes best suited for kayaks, and others where a canoe is usually the first choice.

Whatever your depth of experience you're sure to find gems here that you'll want to add to your paddling plans.

**Wednesday, May 17**

### Dr. Gord Giesbrecht – Hypothermia

At our annual meeting last September we had so much business to cover there was little time left for our guest speaker.

We've been fortunate to rebook a complete presentation by **Dr. Gord Giesbrecht** on **hypothermia**. Of all the dangers we face in the outdoors, few are more serious than the prospect of losing core body heat. How to prevent hypothermia, how to recognize it when it does happen, and then how to treat victims quickly and successfully are among the most important skills in a paddler's repertoire.

For new canoeists and kayakers, this is a must presentation. For experienced paddlers, here's a chance to hone some invaluable survival skills under the guidance of a recognized authority.

**Tuesday, June 20, 7:00 to 9:00 p.m.**

### Frank and Jan Sjöberg – Introduction to Kayaking

An essential part of our mandate is to introduce the paddling sports to as wide an audience as possible. Because the MRCA owns a small fleet of canoes we're able to offer introductory sessions on canoeing. But we don't have kayaks.

To offer an **Introduction to Kayaking** we've teamed up with Frank and Jan Sjöberg, owners of **The Wilderness Supply Company**. If you've never paddled a kayak, this is your chance to climb into one and get a feel for this stable and responsive craft. Within minutes you'll double blading confidently, learning how safe and how much fun a kayak can be. This will be an introduction to the sport, not a technical presentation. For beginners only, or for those with limited experience who'd like to try some different models.

Registration is limited to 18 participants to ensure that each person has significant time on the water. To register and obtain additional information call The Wilderness Supply Company during business hours. Phone 783-9555.

## 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 cost 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
Burard Maps	\$4	
- Bird-Manigotagan		3
- Middletrack & Hayes		2
- Mistik Creek		1
- Little Grand Rapids		2
- Winnipeg River		1

## WANTED! Our Greatest Resource

We are desperate – DESPERATE, I say – for a new treasurer. Frank Penner has graciously continued to help us out, but we need someone to take over and give Frank a break. Think about it, and then do it! Give Julie (475-3224) or Frank (667-1513) a call. We promise, you'll love it!

## A 'MAKE YOU FEEL GOOD' STORY

Submitted by Brian Johnston

*It was almost a year ago that I received a copy of Grey Owl's book Tales of an Empty Cabin. The book was first published in 1936, two years before his death. Although the book has taken me the better part of a year to read, Grey Owl, or Archie Belaney, does have a certain style for writing as demonstrated in the following quote. I sincerely hope you enjoy the storyteller.*

"Even so, finding a skunk in the store-house is not nearly as inconvenient as discovering a moose in a canoe; and I once had this interesting experience, although I hasten to add that I was *not* in the canoe at the time. It was on shore, drawn up, awaiting my early departure that day for Waskesieu, thirty miles away and all by water. As I was making my preparations, I heard, outside, a sort of light crackling, crushing sound, and looking through the window saw my friend the moose (previously mentioned) walking slowly, steadily, and very thoroughly, through and along my canoe. I rushed out of the cabin at him, shouting, and this seemed to remind him of something, so he extricated his feet from the various holes, where they must have felt most uncomfortable, and stood aside, surveying the wreckage with an air of rather thoughtful detachment. Now this was nothing but rank carelessness on his part, and I remember having a distinct feeling of annoyance about it. Granted that he was a youngish moose, and perhaps didn't know much, the fact still remains that a canoe is a very handy thing to have when you have a thirty mile trip to make, entirely by water. A moose is a rather terrific object to have around, being about the size of an overgrown horse, and it is well, if your visiting list includes one, not to leave any breakables around where he can walk on them. So in all fairness I must take some of the blame for this affair, for not having carried the canoe up a tree in the first place and secured it there. So, forgiving the moose, I placed the injured craft up on a rack, intending to mind it, where, in this unusual position, it became an object of intense interest to the beaver. One night these enterprising animals, with the high intelligence for which they are celebrated, carefully felled a large tree across the long-suffering canoe, reducing it to the very best of matchwood."

Grey Owl, *Tales of an Empty Cabin*, Key Porter edition, 1998, pages 258 and 259.

# KAYAK TOURING - CITY RIVERS

Tony Kinal

In the city of Winnipeg, we paddlers (kayakers and canoeists) are fortunate to have four rivers on which to paddle - the Red, Assiniboine, Seine and La Salle. Unfortunately, long-time residents of the city have a rather low opinion of our local waterways, which is a mystery to me because all our rivers provide a green corridor through the city in which wildlife flourish. I have seen deer, racoons, fox, beaver, musk rat, mink, and all sorts of birds from wild turkeys to owls while paddling on our rivers - and all within city limits!

Our rivers are at our doorstep, within easy reach from anywhere in the city. Instead of driving to the gym this spring, try going down to your local put in and kayak or canoe for a workout.

Only by using our rivers in this way will local governments see that our rivers are worth protecting. I have taken both long-time residents and newcomers to the city kayaking on the Red River.

So, if you're wondering where the best place is for you to put in, please refer to my numbered maps.

Remember that the city's floating docks don't go in until water levels drop to normal summer levels. Most city parks with docks also have boat ramps which are useful for putting in in early spring.

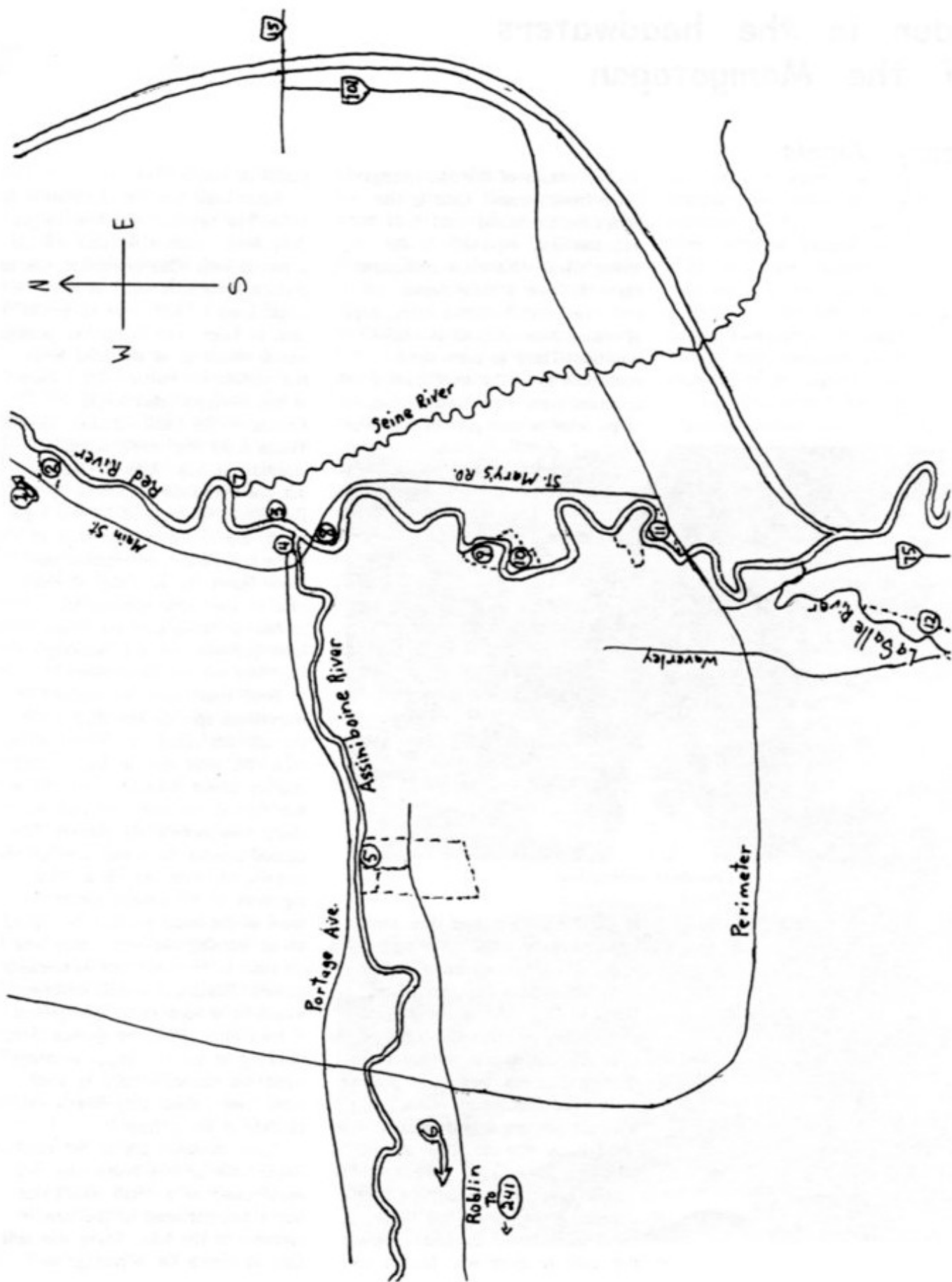
Keep your hull side down - and have fun.

## WHERE TO GO PADDLING IN AND AROUND WINNIPEG

1. *North Perimeter* - Location: right off Main Street, just before the Perimeter; Facilities: dock and boat ramp
2. *Kildonan Park* - Location: right off Main Street at the north end of West Kildonan; Facilities: dock and boat ramp
3. *Wittier Park* - Location: turn north off Provencher to Tache and follow to the end; Facilities: dock
4. *The Forks* - Location: junction of the Red and Assiniboine River; Facilities: docks
5. *Assiniboine Park* - Location: off Portage or Corydon at Shaftesbury; Facilities: none
6. *Beaudry Park* - Location: take Roblin to Route 241 until you see the sign; Facilities: none
7. *Seine River Parkway* - Location: between Provencher and Archibald; Facilities: none
8. *Rowing Club* - Facilities: docks
9. *Crescent Park* - Location: east of Pembina at Crescent Drive; Facilities: dock
10. *St. Vital Park* - Location: north on River Road at Bishop Grandin; Facilities: docks and boat ramp
11. *Maple Grove Park* - Location: west off St. Mary's Road, just before the Perimeter; Facilities: docks and boat ramp
12. *La Barriere Park* - Location: take Waverley south of the south Perimeter; Facilities: boat launch area







# Eden in the headwaters of the Manigotagan

Jerry Ameis

The stretch of the Manigotagan River from Quesnel Lake to the bridge on provincial road #304 is well travelled, especially in the spring when whitewater enthusiasts enjoy the river's many rapids and falls. The stretch of the Manigotagan upstream from Quesnel is less travelled. There is even some confusion about the river's name upstream from Gem Lake. Some maps refer to that part of the river



*Mr. Canoehead breaking bush*

as the Slate River and then further upstream it becomes the Manigotagan again. Travelling upstream from Slate Lake (6 km upstream from Gem) to Bee Lake is not a good idea no matter what the name of the river. That stretch is strewn with deadfall and has sections of shallow water. The headwaters of the Manigotagan are a collection of four small lakes that are about a kilometre from Chase Lake which is on the Bird River system. A short distance downstream from these small lakes lies Eden Lake, a place that calls to those who like to visit

places of origin.

Eden Lake was our destination in 1988. The problem was how to get there from Tulabi Lake and still do a partial loop. One possibility was to portage from somewhere around Eagle Lake to Kangaroo Lake and then to Eden. The Wingiskus portage would return us to the Bird River. But neither my partner nor I knew of any portages from Eagle to Kangaroo. We finally decided to look Tulabi Lake one bright warm morning in July. After a pleasant but uneventful day canoeing up the Bird River we stopped for the night at the top of the portage trail at Snowshoe Falls. The weather was much hotter the next day. It was time to shed some clothes for a suntan. In those days the ozone layer problem was still working its way into our neural synapses.

Four hours later, we reached a marvellous spot on the Bird – the portage that crosses an island in the river. We were now in fairly remote country so we decided to go all the way on our suntans. The river has a sharp bend beyond the portage. We canoed around the corner and to our surprise we were not alone. Two canoeists of the female gender (we were of the male gender) were dead ahead, coming our way. There was no time to scramble into unrevealing clothes. Besides, a frantic cover-up would have been rather undignified. I don't know what the women were thinking as we exchanged greetings while our canoes slipped by each other. But I think they had a good chuckle at the portage.

More modestly attired, we reached Eagle Lake several hours later. We made camp on a small island that lies 1 km northeast of the narrow entrance to the lake. There was still time to search for a portage to



Kangaroo. We finally found a trail in the bay in Midway that is just before the entrance to Eagle (see map 52 L/10). The trail zigzagged up a low cliff. Judging by the topographical map, the portage promised to be about 400 to 500 m long.

Next morning we were on our way to Kangaroo Lake. Beyond the cliff, the trail cut across fairly flat country. We had little difficulty following it. About halfway down the trail we heard snorting noises and the sounds of snapping branches. A bear stepped into view about 40 m ahead of us. It sniffed the air and looked long in our direction. Then it plunged back into the dense bush from which it had come. I guess the sight of me as Mr. Canoehead and my partner as Mr. Humpback must have been too scary for it. When we reached Kangaroo we faced the next problem – finding the portage to Eden. We thought it had to be somewhere along the west shore of the northern half of Kangaroo. As we headed for that rocky shoreline a movement in the water caught our attention. It was a moose either going for a bath to avoid the bugs or changing its diet from vegetable to mineral matter. In any case, it pays to get off the beaten path – two large mammals in the same day. We eventually found the portage near the north end of Kangaroo. From the map it appeared to be about 700 m long.

About an hour later, we arrived at our destination, Eden. The lake lived up to its name – clear deep water, high ridges along the shorelines splashed with pink granite outcroppings. It was too early to make camp. Besides, the lake felt like one of those places that should be appreciated but not burdened with

tent pegs and other such markers of human ingenuity. We stopped for a while to swim in Eden's sparkling water and to relax on its pristine shore. Then we headed for the outlet of the lake, not quite the beginning of the Manigotagan River, but we pretended it was. We expected to do some lifting and carrying but that didn't happen. The river was navigable although in low water years it might be a different story.

We were now in Bee Lake. It is mostly a long narrow lake with large islands sticking up in the middle of it. We headed for one of the islands to look for a camp spot that I had stopped at years ago (on the way from the Irregular River to Wingiskus Lake). We found it along with the still intact two-burner fireplace (a low and a hot burner) that I tend to build. My classic fireplace also has a hot plate to keep food warm while other food is merrily cooking. Scattered around the site were cylindrical core drilling samples. These were a legacy of

days gone by when a mining company had drilled into the rock to determine if the area was rich in some metal or mineral. It might even have been searching for tantalum – a rare element that is exceptionally resistant to chemical attack. Tantalum is an additive in iron to make specialty steels for such things as surgical instruments.

We were about 7 km from the Manitoba/Ontario border. I prefer canoeing in Ontario waters mostly because it has more sensible fire-making policies. You actually are allowed to make an open fire for warmth and cooking unless the forest is a tinderbox waiting to explode. Manitoba seems to assume all people are secretly arsonists who enjoy setting forests on fire or are less-than-intelligent folks who can only figure out how to make a safe fire when it is in one of those supposedly safe concrete or metal firepits.

Next morning we left for Wingiskus Lake and the portage to



*Spot the moose!*

## Eden in the headwaters of the Manigotagan

the Bird River. The portage from Bee to Wingiskus is about 200 m long and a relatively easy walk. The portage from Wingiskus to the Bird is a two-part affair (see map 52 L/11). The first part from Wingiskus to Alga (a marshy pond lake) is about 1.5 km long and good walking until you get close to Alga Lake where the trail goes through marshy ground. The second part begins in Alga close to the eastside of the tiny creek that drains Alga into the Bird River. The creek is clogged with hazel bush and other assorted growth. That part of the portage is about 200 m long.

Many hours later we were back in the Bird River. The start of the Wingiskus portage on the Bird River side can be difficult to find. The portage begins about 1 km upstream from Snowshoe Lake and can be identified by a tiny creek that flows into the Bird from the north. There is a small grassy area along the eastside of the creek. The last time I passed by this spot, there was a big old tree growing at the edge of the

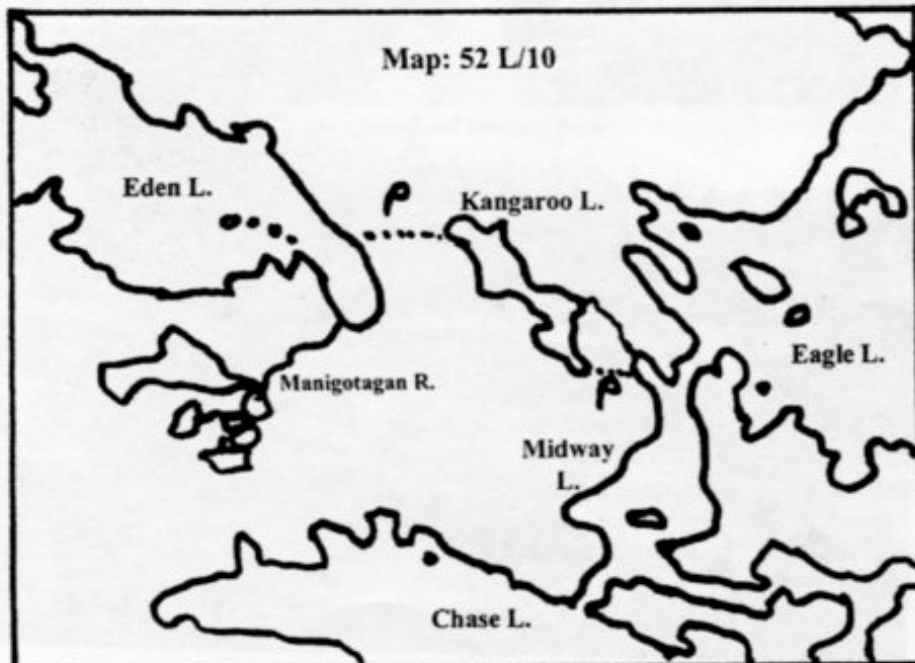
grassy area but it may not be there anymore.

We headed for my favourite campsite on Snowshoe (some call it little Snowshoe as it is east of the narrows). The site is on the east end of the smaller of the two islands that are off-shore from the peninsula thrusting out from the south shore of the lake (see map 52 L/11). The campsite is not used much because it is off the beaten path on the way up or down the Bird River.

The next day we battled a strong west wind and whitecaps on the main part of Snowshoe. It took almost three hours to cross that part of the lake, with several rest stops on the lee side of islands. We stopped for the night at the splendid camping spot at the top end of MacGregor Falls. This spot is about the limit of a day's journey for weekend enthusiasts who canoe the popular Bird-Elbow recreational canoeing route. We could have gone further but why fight a strong head wind on Elbow Lake if you can

possibly avoid it.

The last day of the trip was a relaxing paddle with little wind. Five portages later (three of them short and two about 100 to 200 m long) we landed back at the small beach on Tulabi Lake. We had found another way to reach the Manigotagan River, a way that was about two days travel from Tulabi Lake. And we had found an aptly named place of origin.





## 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 <input type="checkbox"/> MAH
Individual	\$15 Cheque <input type="checkbox"/>
Family	\$20 Money Order <input type="checkbox"/>
Corporate (Business)	\$25 Payable to <input type="checkbox"/>
Affiliate (Club)	\$25 "MRCA" <input type="checkbox"/>

Provide your Student ID# \_\_\_\_\_

Application Date \_\_\_\_\_

Call Henry Redekop (452-2006) 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

## THE MARKETPLACE

### For Sale

14 ft chestnut wood and canvas canoe. Needs strip and revarnish on inside. No dry rot. Needs one deck replaced (cracked). Open to offers or trades. Contact Craig at 489-8462.

Dagger Quake polyethylene w/w canoe c/w yakima foot pegs, knee and thigh straps, pedestal and 3-D air bags. 45 lbs and 8'10". Used one season, great shape, asking \$1,100. Call Terry 204-233-1112 (day), 233-8230 (night)

### For A Laugh

If you have web access try these two sites. Humour is the theme:

<http://www.su.ualberta.ca/clubs/uaps/laff.html>

<http://www.su.ualberta.ca/clubs/uaps/laff2.html>

### Something for you to do

In past issues of the newsletter, we have regularly included several pages concerning:

- trips looking for paddlers
- paddlers looking for trips
- canoe and kayak trip survey logs

So that we can concentrate on filling the pages with more stories, photos, and other items concerning canoeing and kayaking, we will not be running these pages on a regular basis – most likely, only in the Fall issue. Please keep this newsletter for your reference, and in particular, please complete and submit the survey logs at the end of the paddling season. All the information you provide will help members and their parties more fully enjoy their trips.

Also, these pages are on the website, or you can contact Gerry Hirose (985-5949) to have them mailed or faxed to you.

Future issues will expand on **The Marketplace** and include information about items for sale (books, videos, CDs) related to paddling, advertise member services, classified ads. Send all contributions to the Newsletter Editor (address inside front cover).



## 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 the *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.

---

## MRCA TUESDAY EVENING AND SUNDAY AFTERNOON PADDLES

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 or afternoon 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. – May, September and October

7:00 p.m. to 9:00 p.m. – June, July and August

#### *Sunday Afternoons*

3:00 p.m. to 5:00 p.m. – June to September

You are expected to supply your own refreshments, transportation, clothing (a change of clothing and shoes in your car), mosquito repellent, 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.

*Donna Kurt, Instruction*

# MRCA 2000 CRCA CANOEING COURSES

*The following detailed information advises prospective students of MRCA Moving Water Canoe, Flat Water and Lake Water Canoe Courses of course dates, prerequisites, costs, etc. The MRCA will send a course registration package to prospective students with more information. Any further questions will be responded to by the MRCA Canoeing Course Director or the course instructor(s) at (204) 338-6722, Extension 3.*

## **All courses are taught by instructors certified under the new CRCA Canoeing Program.**

The course categories offered include:

- FW-A CRCA Flat Water Canoeing Level A – Tandem beginner
- FW-B CRCA Flat Water Canoeing Level B – Tandem novice
- FW-C CRCA Flat Water Canoeing Level C – Tandem with more precision
- FW-D CRCA Flat Water Canoeing Level D – Solo beginner
- MW-1A CRCA Moving Water Canoeing Level 1A – Tandem
- MW-1B CRCA Moving Water Canoeing Level 1B – Solo

CRCA Lake Water Canoeing Level 1 may also be offered this year by the MRCA as a 2-day course if there are enough requests. This course builds on Flat Water certification to perfect Tandem paddling skills and also builds on Solo paddling skills. This level is equivalent to the former CRCA Lake Water Level 3.

## **GENERAL INFORMATION ABOUT MRCA CANOEING COURSES**

Each successful student will be registered in the CRCA Canoeing Program student database and will receive a course certificate card and badge pertinent to the level achieved.

Flat Water Canoeing courses will be run on the La Salle River in La Barriere Park and at other suitable locations. Moving Water Canoeing courses will be run on various rivers in Manitoba.

If sufficient interest is expressed the MRCA will also offer CRCA Lake Water Canoeing courses (the next level of lake paddling above Flat Water levels) at La Barriere Park. Contact the MRCA Canoeing Course Director at (204) 338-6722, Extension 3 for more information.

A second instructor will also instruct if the student/instructor ratio exceeds 5:1. Each course requires a minimum of 4 students on the morning of the first day of the course in order for the course to be run. The course will not be cancelled unless insufficient participation, extremely bad weather, or low or flooding water levels occur. Courses will be run on cold, rainy days or very hot days for which students must be prepared for, as is recommended in the course registration information.

All MRCA Canoeing course students must bring their own meals, drinks, accommodation, transportation, clothing and other items recommended in the course registration information. The MRCA provides canoes, paddles, helmets, Personal Flotation Devices

for Flat Water Canoeing courses at La Barriere Park. Moving Water Canoeing students must supply their own durable white-water canoes, paddles, helmets and Personal Flotation Devices.

Each student must meet the course prerequisites and must sign MRCA and CRCA waiver/informed consent forms to be submitted to the MRCA Canoeing Course Director with the course registration fee prior to the course.

Properly fitted, fully secured PFDs must be worn by all MRCA Canoeing Course students and instructors while on or near the water; helmets must be worn by Moving Water Course students and instructors.

Students of all courses will benefit greatly from researching the discipline of canoeing they are pursuing. Borrow books or videos on canoeing from the library, or buy them from local canoeing outfitting stores or book stores. Search the internet for information on canoeing, the following offer some interesting links and info:

- new CRCA web site at: [www.crc.ca](http://www.crc.ca)
- Mantario web site at: [www.wilds.mb.ca/mns/mantario](http://www.wilds.mb.ca/mns/mantario)
- MRCA web site accessible from: [www.wilds.mb.ca/mrca](http://www.wilds.mb.ca/mrca)
- official Mason family web site at: [www.wilds.mb.ca/redcanoe](http://www.wilds.mb.ca/redcanoe)

## **FLAT WATER CANOEING COURSE PREREQUISITES**

Students must submit MRCA and CRCA waiver/informed consent forms and a course registration form to the MRCA Canoeing Course Director with the course fee. These forms will be mailed to interested students prior to the course.

Course certification prerequisites:

- FW-A No previous canoeing experience necessary
- FW-B Flat Water Level A certification or equivalent (e.g., former CRCA Lake Water Level 1 or Red Cross 1)
- FW-C Flat Water Level B certification or equivalent (e.g., former CRCA Lake Water Level 2 or Red Cross 2)
- FW-D Flat Water Level C certification or equivalent (e.g., former CRCA Lake Water Level 2 or Red Cross 2)

Students who are attempting a new level should review and practice the skills learned in the prerequisite course levels prior to the course they are registering for.

## **FLAT WATER CANOEING COURSE FEES**

- FW-A & FW-B (two courses combined – 8 hours in one day)
  - \$65.00 for MRCA Members
  - \$80.00 for non-members

- FW-A or FW-B or FW-C (each course is 4 hours in one day)
- FW-D (each course is 6 hours in one day)
  - \$35.00 for MRCA Members
  - \$45.00 for non-members



A \$25.00 deposit cheque or money order must be submitted one (1) week prior to the course. A SEPARATE cheque or money order for the balance of the course fee and post-dated for the first day of the course, must also be submitted with the deposit. These cheques must be made payable to "MRCA" and are to be sent to the MRCA Canoeing Course Director, whose name, phone number and address will be provided with the course registration information.

The \$25.00 deposit is non-refundable unless the course is canceled by the MRCA Canoeing Course Director due to environmental, safety or instructor absence (e.g., due to sickness) or unless the student provides proof of illness or emergency (e.g., bereavement). The student must advise the MRCA Canoeing Course Director 24 hours prior to the course if he or she cannot attend the course in order to be eligible for the refund.

### **FLAT WATER CANOEING COURSE DATES AND INSTRUCTORS**

Instructors confirmed to date:  
Julie Gold, Jola Liehzeit and Donna Kurt

Flat Water Canoeing courses will be offered from May through September on the following days:

FW-A & FW-B combined - Saturdays 9 a.m. to 6 p.m.

FW-A, B or C - Saturdays or Sundays 9 a.m. to 2 p.m.

FW-D - Saturdays 9 a.m. to 3:30 p.m. or Sundays, 8 a.m. to 2:30 p.m.

*N.B. No courses will be taught on holiday weekends: July 1-3, August 5-7, September 2-4.*

Tentative course dates:

FW-A & FW-B - Sat. May 12, 2000, 9:00 a.m. to 5:30 p.m.

FW-A & FW-B - Sat. May 20, 2000, 9:00 a.m. to 5:30 p.m.

FW-A & FW-B - Sat. June 17, 2000, 9:00 a.m. to 5:30 p.m.

FW-A & FW-B - Sat. June 24, 2000, 9:00 a.m. to 5:30 p.m.

FW-A & FW-B - Sat. July 8, 2000, 9:00 a.m. to 5:30 p.m.

FW-C - Sun. June 25, 2000, 9:00 a.m. to 2 p.m.

FW-D - Sun. July 9, 2000, 9:00 a.m. to 3:30 p.m.

If these dates are not suitable to you, please contact the MRCA Canoeing Course Director at 338-6722 Extension 3 to advise you are interested in a Flat Water course on an alternate date; a course may be scheduled on a different date if there are enough requests.

### **MOVING WATER CANOEING COURSE PREREQUISITES**

Students are to submit MRCA and CRCA waiver/informed consent forms and a course registration form to the MRCA Canoeing Course Director with the course fee.

Students must have CRCA Flatwater Canoeing certification (Levels A,B,C and D) or CRCA Lake Water Canoeing Level 1 or 2, or equivalent course certification from the former CRCA canoe programs or other equivalent canoeing courses (e.g., CRCA Lake Water Level 2 or 3, or ORCA Lakewater Level 1). Proof of

certification (photocopy of certificate, or letter of confirmation from certifying organization) must be submitted with the course registration and fee.

Experience in Moving Water paddling (from wilderness river tripping or playboating, etc.) is always an asset, especially for students who have the course certification identified above, as they are more likely to attain CRCA Moving Water Canoeing Level 1A certification and become very proficient Moving Water paddlers.

Persons who have significant moving water experience, but who do not have flatwater or lakewater canoeing certification will be grouped into an introductory Moving Water Canoeing course although the students will have less probability of achieving Moving Water Canoeing Level 1A certification due to the increased number of skills that must be learned in two days. It is recommended that Flatwater Canoeing or equivalent certification be attained first if Certification is your objective.

### **MOVING WATER CANOEING COURSE FEES**

MW-1A or MW-1B (8 hours long for each of 2 days)

- \$125.00 for MRCA Members
- \$140.00 for non-members

A \$50.00 deposit cheque or money order must be submitted 2 weeks prior to the course. A SEPARATE cheque or money order made out for the balance of the course fee and post-dated for the first day of the course, must also be submitted with the deposit. These cheques must be made payable to "MRCA" and are to be sent to the MRCA Canoeing Course Director, whose name, phone number and address will be provided with the course registration information.

The \$50 deposit is non-refundable unless the course is canceled by the MRCA Canoeing Course Director due to environmental, safety or instructor absence (e.g., due to sickness) or unless the student provides proof of illness or emergency (e.g., bereavement). The student must advise the MRCA Canoeing Course Director 24 hours prior to the course if he or she cannot attend the course in order to be eligible for the refund.

### **MOVING WATER CANOEING COURSE DATES AND INSTRUCTORS**

MW-1A - Sat. May 27 and Sun. May 28, 2000, Brian Johnston

MW-1A - Sat. June 3 and Sun. June 4, 2000, Pat Barker

MW-1A - Sat. June 17 and Sun. June 18, 2000, Pat Barker

MW-1B - Sat. June 10 and Sun. June 11, 2000, Brian Johnston

CRCA Moving Water Canoeing Level 1B is for Moving Water Solo Canoeing; prerequisite is CRCA Moving Water Canoeing Level 1A; inadequate student registration for this course will result in changing this course to a MW-1A course.

If these dates are not suitable for you, please contact the MRCA Canoeing Course Director at 338-6722 Extension 3 to advise you are interested in a Moving Water course on an alternate date. If sufficient interest exists a course may be offered later in the spring or summer.

*Donna R. Kurt*

**Please note: In future, this page will only run in the SPRING ISSUE**

**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):



Please note: In future, this survey will only run in the FALL ISSUE

## 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 rating<sup>1</sup> 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
- Canadian Guiding Services (see Retailer Discount Program)
- Clearwater Canoe Outfitters, Box 3939, The Pas, MB R9A 1S5  
(204) 624-5467 fax (204) 624-5467  
www.mts.net/~rgallagh/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: rede canoe@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
- 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 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.

### 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.blackfeather.com/  
E-mail: scottst@trailheadend.com  
*Offers MRCA Members 10% off all Trailhead Expedition Canoes.*

**MRCA phone (204) 338-6722**



## MARK YOUR CALENDARS!!!

23



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:

### Thursday, April 20 – Paddling Destinations

Discover where to go as experienced MRCA members share their paddling knowledge.

### Wednesday, May 17 – Hypothermia

Gord Giesbrecht will tell you how to prevent hypothermia, recognize it when it does happen, and treat victims quickly and successfully.

### Tuesday, June 20 – Introduction to Kayaking. Learn the basics of kayaking with Frank and Jan Sjöberg of the Wilderness Supply Company. (7:00 to 9:00 p.m.)

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

Photo © John Stradiotto

SOURIS RIVER CANOES



MANITOBA PADDLING ASSOCIATION

Printed by

sports *life*  
SPORT MANITOBA

Manitoba