

# MRCA NEWSLETTER

Volume 13 Number 2  
Summer 2000

## Manitoba Recreational Canoeing Association

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MANITOBA PADDLING ASSOCIATION



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Manitoba 



## NEWSLETTER INFORMATION

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

**DEADLINE for the FALL (September) 2000 Newsletter is AUGUST 10.**

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

MRCA Newsletter, P.O. Box 2663,  
Winnipeg MB R3C 4B3  
Phone: (204) 284-2938  
E-mail: [j\\_lieizeit@hotmail.com](mailto:j_lieizeit@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](http://www.mpa.mb.ca)  
**Canadian Recreational Canoeing Association**  
(613) 269-2910 or 1-888-252-6292  
e-mail: [staff@crca.ca](mailto:staff@crca.ca), website: [www.crc.ca](http://www.crc.ca)

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

**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 and paddling events

## Thank you!

Thank you for your patience while we try to improve the look and content of the MRCA newsletter. The last issue contained several changes designed to get people thinking about what we would like future issues to look, and while some things did not gain general approval, others have been incorporated and will be expanded in coming issues. This issue has reverted back to the original cover, but the MARKETPLACE remains and other sections have been included (i.e., The Bush Kitchen).

## How can you help?

Help your newsletter become the best it can be! Send us 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.

While we are undergoing change in the format and name, we need you to send us material that we can use and suggestions to improve and expand your newsletter.

And to improve the flow of that information, Jola (as Newsletter Editor), Jenny (as Desktop Publisher) and Christine (Editorial Assistant) will be working together to bring you the best we can. 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

*Cover photo:* Relaxing on the beautiful beach at Wells Harbour. See Touring Lake Winnipeg, page 7.  
Photo: Tony Kinal.

# MRCA PRESIDENT'S MESSAGE

Julie Gold

## MRCA Board 1999/2000 Officers and Convenors

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*Positions valid through to  
October 1, 2000*

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Greetings paddlers!

I hope many of you have been able to take advantage of our early spring to begin your paddling season early. For moving water fanatics, the concern about low water levels in rivers has certainly offset enjoyment of the pleasantly warm weather, and I find myself wondering whether there are some real weather trends we should be concerned about. How ironic that global warming due at least in part to abuse may have such a profound effect on a sport which is fairly environmentally friendly. Let us all try to remember in our everyday lives that what we do very much affects the natural world we love. And during this year's camping season please be careful to respect the extreme fire danger.

For me, spring brings the opportunity to partake of paddling instruction (this year I am trying the more advanced Lakewater courses). Summer also means the opportunity to share my favourite pastime, and to teach – sharing my skills with new paddlers, and with those wanting to improve or learn new techniques. By the time you read this, the Tuesday and Sunday paddles at La Barriere Park will have been underway for a few weeks. For a pleasant evening or afternoon paddle close to town, why not join us? Call 338-MRCA to find out how to register.

Finally, please follow the national guidelines for water safety. Especially, wear properly-fitting PFDs, have floating ropes on your boat, bring an extra paddle and a bailer. When running rapids, wear a helmet. Importantly, avoid being on the water when wind, lightning, or even blazing heat may be hazardous. Dress appropriately and carry extra clothes – hypothermia is a risk, even in summer! Carry a decent first aid kit, and drink lots of water.

Paddle safe, paddle happy, have a great season!



## YOU NAME IT!

Got a new name for our newsletter?  
Got an idea for a new logo for the MRCA?

*Then send your submissions to the:*

**Name the Newsletter and Design the New Logo Contests**

c/- Newsletter Editor, MRCA, PO Box 2663, Winnipeg MB R3C 4B3

**CLOSING DATES: SEPTEMBER 1, 2000**

Judging will take place at the Annual General Meeting on September 20, and the winner of each contest will receive a **free one year membership to the MRCA!**

# MRCA INDOOR PROGRAM

*Paddling season is now upon us! But there's one more program activity before summer, and a boatload of interesting presentations coming your way in the fall and beyond. Unless otherwise noted, meetings are held at Sport Manitoba, 200 Main Street, and start at 7:30 p.m.*

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

## **Frank and Jan Sjoberg – 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 Sjoberg, 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.*

## **Wednesday, September 20 Annual General Meeting**

This is your chance to learn more about the internal workings of your association, or speak up about how to make the MRCA even more enjoyable and effective than it already is. Come out to elect new and returning executive members, and watch an excellent video about an intriguing element of our sport. This is also a fine opportunity to swap stories about your summer paddling adventures while you enjoy coffee and cookies during the break.

## **October, November, January and beyond...**

We have a colourful array of informative presentations in the works for our fall and winter meetings. Negotiations are now underway, or soon will be, for presentations on the following topics:

- Kayaking the Baja Peninsula,
- Seine River Success,
- Our Magnificent and Imperiled Boreal Forest,
- an in-store presentation by Gary Brabant at Wave Track Canoes,
- Réal Bérard, The Mapmaker and The Man,
- The Thrill and Satisfaction of Sailing Your Own Canoe,
- Paddling and Painting, an Outdoorsman's Story,
- Canyonlands and the Green River,
- The Pigeon, The Bloodvein and The Hayes, and
- Cradle to Canoe – Canoe Camping with Children.

As you can see, our meetings over the coming year will be lively, informative and fun. Hope you'll be able to join us for all of them!

## **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](mailto:p_lang@ducks.ca). To ensure your privacy, names and addresses do not appear on these electronic notices.

## **BAIL US OUT!**

At the April 20 Indoor Meeting, Jenny Gates addressed the membership about the new name and new logo competitions currently being run by the MRCA (see page 3).

Those attending the meeting were invited to enter a draw for a beautiful bailer designed and donated by Tom Meadows. The only condition was that they submit suggestions for the name and logo as part of their entry.

About 25 names were suggested along with three logo proposals, and the winner of the draw was Jennifer Srigley.

Thanks to Tom for providing the bailer, and thanks to everyone who suggested names and ideas. These will be added to the list of 10 already received.

## **UNDER REVIEW**

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

## 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

### 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!

## BOOK LAUNCH

You are invited to attend the book launch of ...

### LITTLE TREES, BIG SKY Portrait of a Northern Wilderness

Meet **Tim Hauf** and **Conger Beasley Jr.**  
photographer and author

**McNally Robinson Bookstore**  
**Grant Park**

**Monday, June 12 at 7:30 pm**

Also, attend the slide show and book presentations at the following locations on the following dates:

Chapters – Polo Park  
Wednesday, June 14 at 7:30 pm

Chapters – Garden City  
Thursday, June 15 at 7:30 pm

Chapters – St. Vital  
Friday, June 16 at 7:30 pm

McNally Robinson – Portage Place  
Saturday, June 24 at 2:30 pm

Oak Hammock Marsh  
Sunday, June 25 at 2:30 pm

## The Trans Canada Trail

Since many paddlers also enjoy hiking, cycling and cross-country skiing, we thought you might want to hear about a way to support the new Trans Canada Trail.

When the Trail is inaugurated in September it will provide visitors from around the world with a unique way to travel across the country from coast to coast. The longest trail in the world, it will stretch to all three oceans, a total of more than 16,000 kilometres.

The trail will be open to hikers, cyclists, joggers and horseback riders in summer, and to cross-country skiers and snowmobilers in winter. All-terrain vehicles and dirt bikes will be banned. The entire trail will be completed during the next four years.

In the meantime, for every life membership to Hostelling International purchased from now until August 1, that association will buy a metre of trail (a \$40 value) in the new life member's name. Cost of a life membership is \$187 including tax.

The life member's name will be displayed permanently in a pavilion along the trail. Memberships can be purchased at Hostelling International's office at 194A Sherbrook Street. Phone 784-1131.

# KAYAK TOURING - TOURING LAKE WINNIPEG

Tony Kinal

Millions of years ago, the melting glaciers that covered much of North America left a huge sea in their passing. This sea was called Lake Agassiz and it covered much of what is now the province of Manitoba.

Marine dinosaurs and huge sharks patrolled these waters, and to this day, if you are lucky, you may find a shark's tooth in the eskers of western Manitoba. The waters of Lake Agassiz receded, leaving behind 100,000 lakes, with the largest of them being Lake Winnipeg - 7<sup>th</sup> largest lake in North America, 11<sup>th</sup> in the world, and about 450 km in length.



*Wells Harbour*

The Lake is divided into two basins - the south basin's average depth is only 20 ft, while the north basin's average depth is 50 ft. For this reason, the Lake can be very dangerous when sudden winds blow, creating steep breaking waves.

Dating back to the fur trade, the Lake has a history of wrecking boats. Alexander Henry and his men broke up one of their voyager canoes on a sand bar near Elk Island and there were epic tales of 40 ft York boats having to nail moose hides to the gunwales to keep the water out.

Since 1992, I have been taking trips every summer on the Lake, from two to five days in duration. I would like to share with you one trip I organized in 1999. After the usual wrangling with people trying to set a date for our trip, we were down to only the three - Ray, Rob and me. It was July 18 when we arrived at Gull Harbour on Hecla Island.

Hecla Island and the entire area is the only marine park in western Canada this side of the Pacific. Founded by Icelandic settlers, the Island itself was an independent Icelandic state until the province was founded. Similarly, Hecla Village was a thriving Icelandic fishing town until the provincial government made the Island a provincial park, forcing the Icelanders off.

Today, the village is more of a museum than a real town, though it does have a bed and breakfast. If you go to Hecla, be sure to check out some of the rich history of the place, like the 'half a house'. This house was the result of an unfaithful wife who demanded half the house from her angry husband. He was so outraged that he cut the building in two - and had one half moved out of town!

It was a hot day when we started packing our kayaks on the little sand beach in the harbour. Ray and I were finished packing and waiting for Rob when we struck up a conversation with a very nice couple from Seattle. They were staring out at Black Island when they asked if

we were going out to the islands. When we replied that we were, they said they wished they would have brought their kayaks.

By that time, Rob had finished packing. Our plan was to do a circle tour of the marine park, starting with Black Island. I was a bit nervous because while we were talking at the harbour, I saw black clouds moving in quickly from the west. Fortunately, the crossing is only about 2 km of open water, and it was a fun paddle in the 2 to 2½ ft waves. While paddling along the shore of Black Island, we saw a flock of about a thousand white pelicans and double-crested cormorants. As I neared, they started to fly all around me, and the sound of their wing beats was so loud it was amazing.

Black Island is all wilderness except for about two weeks a year in July when the native (aboriginal people) gather for a big celebration known as Treaty Days. The population then swells to roughly 1,000 people, coming by boat to celebrate traditional ceremonies, like sweat lodges, and some non-

traditional things, like rock music (as some kayaking friends once found).

It just so happens that my favourite camp site is the same one the natives use, but there are many good sites there. When we arrived, we found only one native family who were just finishing their summer. They told us they had just come out for the day, so before long, we were alone on the island.

I like this spot because the natives had constructed a large roofed, open air structure that comes in handy for cooking and relaxing under when it rains – which is exactly what happened when we were cooking our supper. It came down very hard after our meal but only lasted about an hour.

July 19 looked promising with little wind, and sunny with some clouds moving in. Our plan was to paddle to the east side of the lake, working our way through the Kasakeemeeiseckak Islands (K. Islands) to the mouth of the Rice River. However, because of a late start, we never made it to the waterfall 10 km up river.

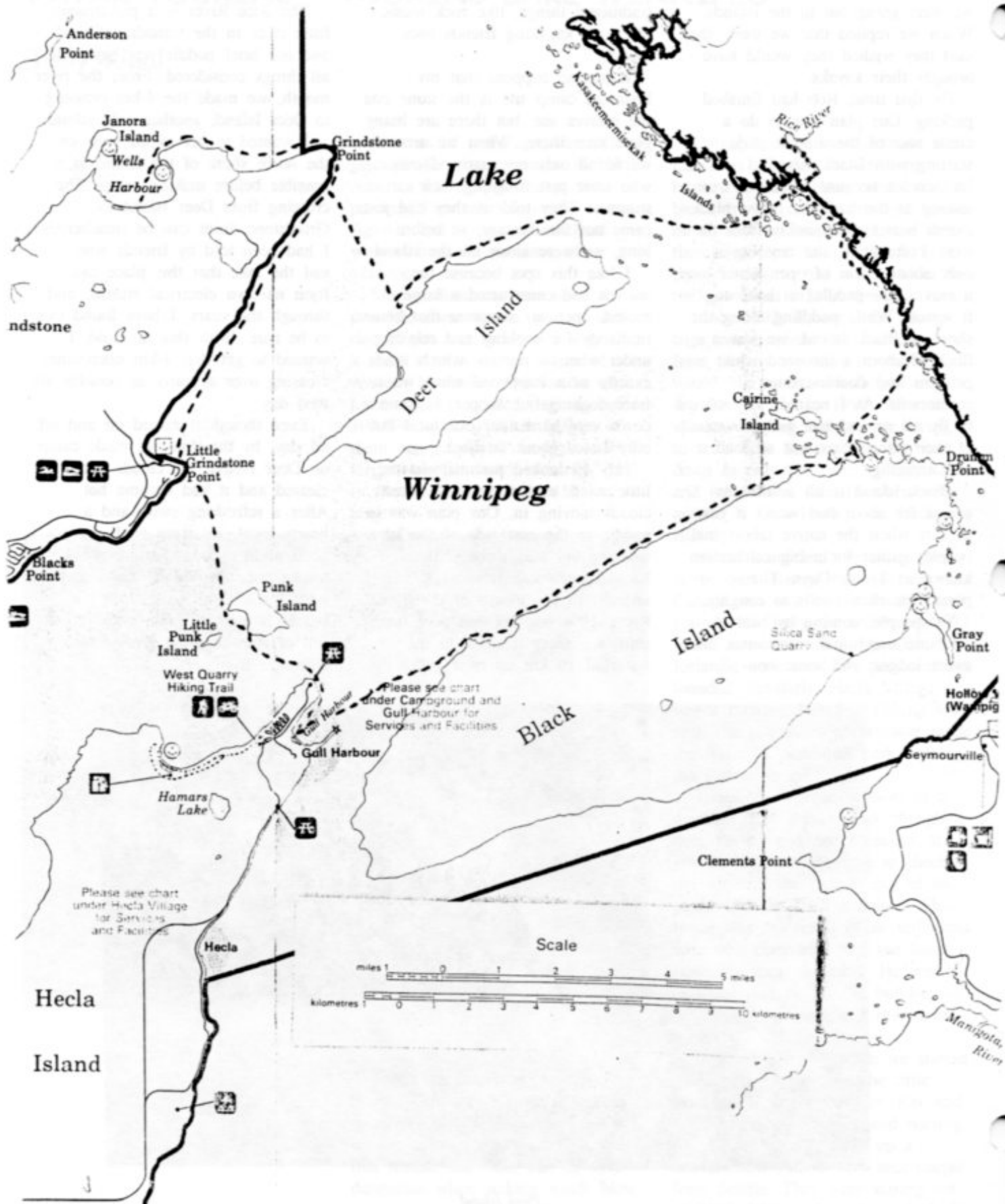
The Rice River is a picturesque little river in the Canadian Shield and our brief paddle was enjoyable, all things considered. From the river mouth, we made the 4-km crossing to Deer Island, another wild island.

I wanted to get as far west on the north shore of the island as possible before making camp. The crossing from Deer Island to Grindstone Point can be treacherous. I had been told by friends who sail the lake that this place can form its own electrical storms, and through the years, I have found this to be true. With this in mind, I wanted to get that 4-km open-water crossing over as early as possible the next day.

Even though it rained on and off all day, by the time we made camp on Deer Island, the clouds had cleared and it had become hot. After a refreshing swim and a hearty meal, we were ready for a good night's sleep. Fortunately, I awoke once during the night and went for a short walk along the beach. It was amazing, with the sky full of stars and the ground alive with fire flies!



*Punk Island*





The next morning, while breakfast was being made, I listened to the marine forecast for our area – winds of 16 knots and possible thunderstorms by late afternoon. With that in mind, we were on the water early.

After paddling out for about a kilometre, Rob said he heard thunder, although neither Ray nor I heard anything. However, once we were roughly in the middle of our crossing, we could see a storm maybe 2 km to the south, and since the storm was tracking east, we decided to go for it.

It was in this same area that a boat called the *Susan E.* sank in a freak September snowstorm in 1961. Of the crew, nine lost their lives while one man survived after spending an amazing 11 hours in the water. The lake took the *Susan E.*, but our bet paid off, and by the time we reached Wells Harbour, the sun came out once again.

Wells Harbour is a natural harbour with a beautiful white sand beach. No roads and no people. We did, however, have to share the beach with hundreds of biting flies, which forced us to wear long nylon pants in the heat of the day. We stayed cool by swimming and sitting in the shade.

July 21 dawned warm and clear, and our plan was to paddle to Punk Island. After rounding Grindstone point, I looked over at Rob who was paddling about 2 m offshore, and saw the black fur of a large animal run right past him. It was behind some low brush so I only saw its back. But to my surprise, Rob neither saw nor heard a thing! The beach here is made up of flat stones that are quite noisy to walk on. With this in mind, I couldn't help but think back to the black cougar we saw here in 1995, almost in the same spot.

After that little bit of excitement, we paddled on to Little Grindstone Point where we were to stop for lunch. We noticed two fishing boats

near the point, and as we were about to land, realized that the people in the boats were trying of get our attention. When we looked up the low cliff, we saw their cause for concern – a young black bear not more than 2 years old trying its hand at tree climbing. I look up at it and when it saw us, it reversed down the tree and bolted through the bush. It's not the ones that run away you worry about!

After lunch, we were off to Punk Island where we camped on a tiny beach with no biting flies. What a treat it was to swim in warm water and enjoy the sun in shorts without losing a few grams of flesh. There were a lot of fish jumping off our little beach here. A beautiful spot!

July 22 dawned clear again, our last day out. After reluctantly leaving our nice camp, we paddled over to our starting point on Hecla Island.

As soon as we reached Hecla, I saw four river otters swimming in the lake, two of which were quite curious and started to swim straight toward me. When they suddenly realized I was human, one rose up in the water and gave me a little cough-like sound before they were all gone. I bid them goodbye until the next time.

### IF YOU GO ...

Hecla Island is about a 2-hour drive from Winnipeg. The lake is prone to sudden wind, usually from the west, so always keep your spray skirt on no matter how hot or calm the day may seem. Also, carry a VHF radio or weather radio, spare paddle, pump, and paddle float.

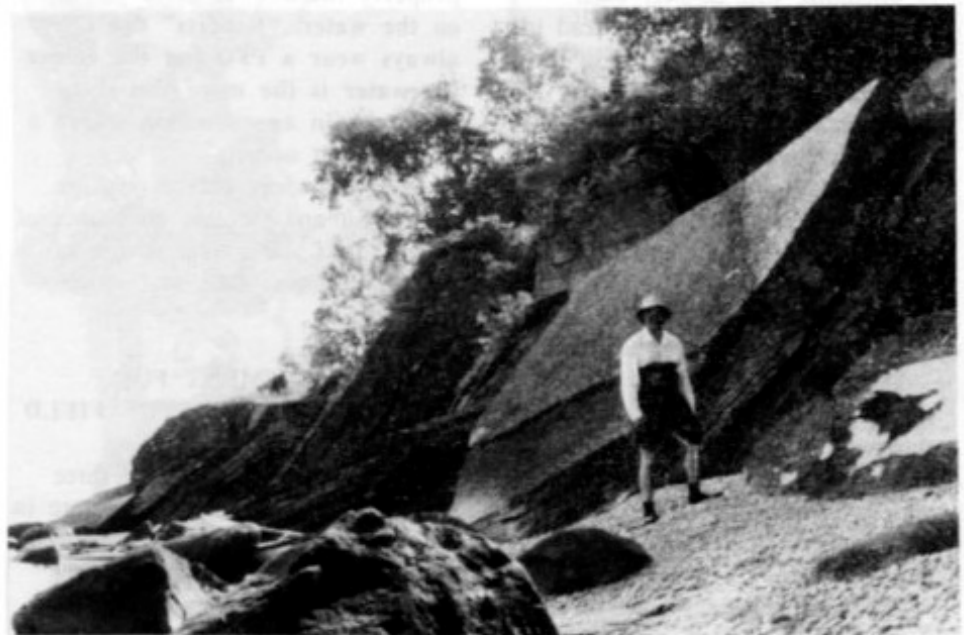
A WORD OF WARNING. There are stiff fines for not having a life jacket or PDF on Manitoba waters.

Lake Winnipeg is prone to "wind tides", which is to say that when the wind blows from the north, it raises the water levels in the south end of the lake. During their 52-day circumnavigation of the lake, my friends, Jerry Zaste and Phil Manaigre, had to move their tent three times when camped at the north end of the lake because of rising water.

Contact the MRCA or their website at:

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

We are currently updating the website to include several kayak trips on Lake Winnipeg.



Ray near Wells Harbour

# Hypothermia Simplified

Dr. Gordon Giesbrecht, Ph.D

*This is a summary of a presentation given April 20, 2000 to the MRCA by Dr. Giesbrecht, Ph.D, Director of the Laboratory for Exercise and Environmental Medicine, Health, Leisure and Human Performance, Research Institute of the University of Manitoba*

Hypothermia can occur during any season of the year.

**The most critical factors are cold, wet and wind.** When these occur together, hypothermia is most likely to happen.

Hypothermia can happen gradually – over hours or even overnight.

Signs of hypothermia are intense shivering, slurred or incoherent speech, reduction or loss of motor control, and inability to think clearly.

When the body is suddenly immersed in cold water there is a reflexive gasp.

For this reason, if you capsize or you are swamped in cold water, **try to keep your head out of the water.** If you enter head first and gasp, that may be your last act.

For about the first two minutes that you are in cold water, your rate of breathing will be very high (hyperventilation). This can lead to depletion of carbon dioxide in the blood. If this happens, you may faint and probably drown.

**It is critically important to just get through the first period in cold water.**

**There is only one critical objective in this time – to get your breathing under control, so you don't breathe in water or faint.**

Don't worry too much about righting your canoe or kayak, retrieving your packs and so on until you are sure you can control your breathing and not breathe in water (i.e., if waves cover your face).

To reduce heat loss, get on top of your vessel to get as much of your body out of the water as you can.

Hypothermia takes time to develop. It will not happen in the first few minutes.

Vigorous activity such as swimming generates heat, which warms up muscles but is also radiated through the skin. This can quickly lead to a rapid drop in core body temperature.

Therefore, **if there is any chance you will be rescued, your best strategy is to assume the HELP position – the Heat Escape Lessening Position.** Keep your legs together, your arms tight to your sides and your chin tucked to your chest. This reduces heat loss through major arteries in the groin, armpits and neck.

You can do this only if you are on top of your vessel or if you are wearing a PFD.

For this reason, **always wear a properly fitted PFD when you are on the water. "Experts" don't always wear a PFD but the colder the water is the more you should wear one in any situation where a dump might occur.**

Swim for shore only if you are close to it and there is no chance of rescue, or if you are in danger of being swept over falls or through bad rapids.

## TREATMENT FOR HYPOTHERMIA IN THE FIELD

In the outdoors, there are three ways to raise the core temperature in a hypothermic person: shivering, insulation, and application of heat.

Shivering is the rapid contraction and relaxation of muscles, which generates heat.

To fuel shivering, give the person *warm* non-alcoholic drinks containing sugar. There is not enough heat in a *hot* drink to contribute significantly to warming, and you run the risk of burning the victim's mouth and throat.

Heat is radiated rapidly through wet clothing.

**If the person is shivering vigorously, remove wet clothing and get the person into a dry sleeping bag.**

In this case, getting into the bag with the person or applying hot objects may not shorten the recovery as the shivering response is blunted by skin warming.

**If the person has gone beyond vigorous shivering, and is now shivering mildly or not at all, the situation is critical. Vigorous activity such as removing clothing can put the person's heart into ventricular fibrillation and cause death. In this case, cut the clothing off the person, lift the person as gently as possible into a dry sleeping bag, and apply heat to the chest, armpits and groin.** Wrap hot objects in clothing or towels to prevent burning.

The situation is even more critical if the person is not breathing and appears not to have a pulse.

In this case, only part of the A,B,C rule may apply. (A,B,C is an acronym for: check the Airway, provide mouth-to-mouth rescue Breathing; restore Circulation through CPR, cardiopulmonary resuscitation.)

**If the person does not appear to have a pulse, but does in fact still have one, applying CPR can cause ventricular fibrillation and death.** Check the carotid artery (neck) for one full minute. Sometimes there will be a pulse of only four beats in 60 seconds.

In some cases the pulse is so faint it can't be detected. This dilemma can be one of the worst an outdoorsperson may ever have to face. If you can't feel a pulse after one minute, then assume the worst and initiate CPR at the regular rate.

## Three Blind Mice

In preparation for our big trip later that summer, our group of seven paddlers had decided to spend a weekend on the Manigotogan River, a three-hour drive from town. We left on Saturday morning, Hendrick and me accompanying Frank in his station wagon. Roger and Ray rode with Dave and his 14-year-old son, Gordon, in Dave's van.

We spent Saturday forging upstream, portaging a number of rapids that we would play in on our way back. Sunday was a beautiful day, sunny and calm. We broke camp and began our way downstream at a leisurely pace, practising moves and gaining confidence as the day progressed. We came to a rapid that consisted of a jumble of rocks at the top, a long set of riffles, and finally a steep, four-foot drop with a chute on river right.

We decided that Hendrick and I, and then Frank in his solo, would go first. A few hard draws got us through the upper rocks, then it was simple cruise through the riffles, setting up a back ferry that took us very close to the rock wall and through the chute. Frank followed without complication. We then got out our throw bags and waited for the less experienced teams to come through. Dave and Gordon came first. They had no problems in the upper stretch, but did not go far enough right at the final drop. They missed the chute and capsized. Frank rounded up the swimmers and unloaded the boat without mishap.

Then came Roger and Ray. Seeing where Dave and Gordon had dumped, they avoided the spot but mistakenly went even further to river left. They too dumped, with worse consequences: they both got sucked into a keeper. Ray only did a couple of trips to the

surface before he was spat out. Roger, right beside him, was stuck in the recirculating current. We reached him with a well-aimed toss of the throw bag, and pulled him to shore, soggy and a little shaken.

We assessed the damage. No one hurt. Nothing broken. Only one problem. Dave, Ray and Roger each had lost their glasses while swimming. No one had brought spares and they all needed their glasses to drive. Gordon was too young to have his license.

On Sunday afternoon, we headed back to town. Hendrick accompanied Frank in his station wagon. Roger, Ray, Dave and Gordon rode in Dave's van - while I drove. Back in the city, we began the only shuttle of the weekend as wives were contacted to chauffeur the three blind mice safely home.

*Murray Wagner, Orleans, Ontario  
Paddler, February 1996*

*[submitted by Kathy Taylor-Hallick]*



## Canoe & Kayak CANADA



**KANAWA** (trilingual for canoe) is dedicated to canoeing, kayaking and sea kayaking in Canada. A spectacular, full colour magazine featuring destinations, the environment, equipment, instruction, heritage and much more.

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# KANAWA

Canada's Canoeing & Kayaking Magazine

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## The Bush Kitchen

*In this issue, we are introducing a new segment dedicated to all those wonderful recipes you regularly prepare while out on your trips. We welcome any recipes – preferably tried and true – as well as any tips or suggestions for impending trips (i.e., food preparation, drying, preserving, selecting menus, how to pack and carry food items) and even reviews of new utensils and cooking methods. You are only limited by your own experience, and we encourage you to share that experience with others!*

When planning meals for a group of paddlers, dietary restrictions can be hard to manage! Here's a hearty vegetarian meal that is easy to prepare. I use a food dehydrator or oven on low heat to dry rinsed canned beans, frozen green beans and niblet corn, and raw sliced zucchini and peppers. I purchase dried tomato, onion and garlic. Pack meal components into locking freezer bags and then into a jumbo bag, label well and slip a recipe copy inside, just in case.

### MEXICAN FIESTA CHILI (feeds about 6)

Pack together in bag 1:

- 1½ cup dried (cooked) red beans
- ½ cup dried (cooked) black beans
- ¼ cup dried red pepper
- ½ cup dried tomatoes
- ½ cup dried zucchini slices

Place in 1L Nalgene at breakfast or lunch with filtered or boiled water to reconstitute

Bring to boil in pot and add contents of bag 2:

- ½ cup dried (cooked) corn
- ½ cup dried green beans
- ¼ cup TVP
- ⅙ cup onion flakes
- ⅙ cup garlic granules
- 1 Tbl chili powder
- 1 tsp cumin
- 1 tsp oregano
- ⅙ tsp black pepper
- other spice as desired

Cook until veggies are tender enough (~ 10 minutes)

### CORN BREAD BANNOCK

Use large freezer lock bag:

- 1 cup corn meal
- ½ cup corn flour
- ½ cup ww flour
- 1½ Tbl sugar
- 1 tsp baking powder
- ¼ tsp salt
- 1 Tbl egg replacer (optional)
- 2 Tbl powdered egg (optional)
- ⅙ cup olive oil

Knead in bag with about 1 cup water, bake in Outback oven.

### BLUEBERRY COMPOTE WITH DUMPLINGS

Soak fruit to reconstitute in 1½ cup water

- ½ cup dry blueberries
- ½ cup dried apples, cut up
- ¼ cup prunes

Add sauce (pack in a mini snack bag):

- ½ cup sugar
- 2 tsp arrowroot

Boil until slightly thickened, and drop in dumplings to cook.

Dumplings (mix in bag with water to make thick batter, squeeze or spoon out by tablespoonful):

- ⅔ cup ww flour
- 1 tsp baking powder
- 1 tsp egg replacer (optional)
- 1 Tbl sugar
- ½ tsp cinnamon

ENJOY!

*courtesy of Julie Gold*



Pick up your copy at:

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



Never drink alcohol  
while boating.

Manitoba Coordinating Committee  
on Recreational Water Safety

# The Opening of the Seine River Siphon - Saturday, March 25, 2000

Henry Redekop

This is a major landmark for the Save Our Seine Association, a group that has been working very hard to promote the heritage and beauty of the Seine River, especially within the City of Winnipeg limits.

Our president, Julie Gold and I optimistically\* attended the re-opening of the Seine River siphon. This is the aqueduct that carries the water of the Seine River underneath the bed of the Red River Floodway.

Originally, the builders of the Floodway installed a 60" diameter corrugated steel (culvert) aqueduct to route the Seine along its natural path. Because this pipe has been leaking into the Floodway for many years, the water flow of the Seine within the Floodway's protection has suffered considerably, especially during drier periods. The river has effectively stagnated since the flood

of '97.

The new pipe is a type of double walled spirally corrugated (corrugated similarly to cardboard) plastic designed to last for 50 years. The new pipe, however, is only 48" in diameter, and I assume that the reduced peak flow will be more than compensated by the fact that the low water flow will actually resume now.

The actual opening, by quite a large backhoe, was of less interest to me than the show of support by approximately 50 to 70 people, three levels of government, and at least two of our local electronic media. (Television cameras DO sort of stand out in a crowd.)

Noteworthy, among all the rhetoric at the opening, were two items. First the reconstruction came in below budget. (An event, almost unconceivable, in government

contracts.) And, second the (imminent?) creation of the Seine River Greenway, including 20 km of river walkways and, perhaps of even greater interest to us, paddlers that we are, 6 - that is SIX - new canoe launch sites between the Floodway and the Red River.

---

\* You are likely wondering about the optimism. Well, before the event, Julie and I loaded her canoe onto the car in hopes of getting in (for me at least) a first paddle of the season. Alas, it was not to be, the Seine was still quite closed by ice on both sides of the Floodway. (And due to the ice floes on the Red and the high wind, we decided discretion was the better part of valour on other waters).



Award presentation for "Save Our Seine" for environmental work on the occasion of the opening of the new Seine River Siphon, March 25, 2000

## Farewell, Victoria Jason - and thank you!

*Victoria Jason passed away recently, and is being remembered in this issue of the MRCA newsletter. An honorary member of the MRCA, she was an inspiration to many - paddlers or not - and leaves the paddling world sad but richer for her example.*

*Following are the notice in the Winnipeg Free Press (May 24, 2000) and the eulogy honouring Victoria at her memorial service (read by Phil Hossack).*

*May she rest in peace.*

**"Kabloona", may your spirit be a "windsong" across the water.**

Peacefully with her loving family at her side, Victoria departed on a new journey, May 20, 2000.

She started her life April 24, 1945, in Durban, Man., daughter of Wasyl and Frances Polon. She attended school in Durban, married at an early age and moved to Herchimer (south of Churchill), where her love of the North began. Raising two young daughters, she gained many strengths from her experiences. In 1966 she moved to Winnipeg and had her third daughter.

She worked as a keypunch operator at Gambles, MTS, then CN. Four of the biggest highlights in her

life was becoming a grandmother. In 1986 (twice), Garret and Denine; 1991, Keith and 1994, Aleia. In 1990, she started training for her dream of returning to the North. These dreams were realized when she began her adventure of kayaking the Arctic. This journey carried on through the summers of 1991 to 1994 as she successfully kayaked the Northwest Passage, the only woman in history to ever do so. She put her adventures on paper, publishing her book (Kabloona in the Yellow Kayak), a national best seller and toured the country, sharing her dreams and experiences of the north.

She leaves to cherish her memory

her daughters, Angela Everts (Brian and Alecia); Debbie Peterson (Grant and Denine); Teresa Davey (Gregg, Garrett and Keith); loving sisters and brother; nieces and nephews, relatives and many wonderful friends. She was predeceased by her father Wasyl Polon in 1980 and mother Frances Polon in 1977.

Mom loved freedom and solitude, always telling us and everyone to follow their dreams, wherever they may take you.

If friends so desire, donations may be made in Victoria's memory to CancerCare Manitoba, 100 Olivia St., or the Heart and Stroke Foundation, 301 - 352 Donald St.



I spent a good part of the day yesterday talking with friends of Victoria's who are now – thanks to her – good friends of mine. People I've returned to time and time again, on and off the water, to share thoughts and ideas.

The common thread that wove our conversations together was how Victoria led by example, not by demand. She never imposed her ideas on anyone, yet her influence has been felt and acknowledged, I think, by everyone here today.

Against all of the odds and most sensible and sage advice of the day, she followed her dream of exploring the Arctic Ocean's coastline, not only that but she finished her journey alone, leaving in her wake a trail of footprints, friends and a single red rose to mark her passing.

Weathering this journey, she never forgot her feminine wiles and always packed her makeup bag and hair colour as an integral part of Windsong's cargo.

My friends and I found ourselves recalling how a big part of her influence taught many of us to 'stop and smell the roses'.

It is the journey – not the destination – that put everything in perspective for Victoria. One paddler recalled the days before meeting Victoria, he would go on a nine-day trip and have nine camps. Last year he did another nine-day trip, and had three camps and spent the other six days exploring and appreciating his environment more, no longer racing from camp to camp.

Another friend told of Victoria's calming influence on his young children. Paddling in Northern Ontario, their group was hit with a sudden heavy snowstorm and what could have turned into a bitter, frightening experience for the children was turned into a pleasurable fun trip.

Victoria gave counsel to countless novice paddlers showing them how to fend off injury and frustration. She helped them understand all the variables involved in better paddling, using her tools of patience, willingness and a universal ability to empathize. Her sense of justice was keen and always sided with the underdog.

After completing her journey through the North West Passage she wrote "Kabloona in the Yellow Kayak" and was working on a second volume of Arctic Diaries.

She travelled this country from coast to coast to coast, winning friends and spreading the word. She helped bring about the reintroduction of the Kayak to the Arctic way of life and brought new people to the Arctic.

Her influence won over countless people who would not have dared paddle before meeting her or reading her book, many of them women over 50.

She is a big part of why I teach the sport today.

I was fortunate to spend a paddling season in Pelly Bay in 1998. Living, working and kayaking with Victoria there, I found a treasure of experience and memories. I'd like to share some of those images here today by reading a few passages from my own arctic diary and to show you a few photographs of Victoria, some of the people of Pelly Bay, and the Arctic landscape she was so fond of.

Sweeping across St Peter Bay, an inlet ringed with protective islands forming the Hamlet of Pelly Bay's harbour, we land on a rocky isthmus connecting one island to another. All the way there and back, Victoria's voice drifts across the Bay in song. Her Kayak is aptly named "Windsong" and together they are one on the Arctic Ocean.

Victoria Jason is in Pelly Bay on a mission – the tide has turned here and as the water rises on the beach a swarm of Inuit children surround her. As she works with the Hamlet's children, word spreads and it is easy to see why she's known as the Pied Piper of Pelly Bay. The beach crowds with kids each one in turn gets to try the small yellow kayak tethered to her wrist. A 50-ft length of rope allows them just enough freedom to explore newfound skills.

Today, thanks to Victoria's vision, the Kayak is returning to the Arctic peoples. An important tool is again bringing people to the Arctic and helping vitalize new economies. Victoria's enthusiasm is a big part of that future.

Still, as in the beginning, it's really the Arctic's beauty that kept bringing her back, the new business venture was the vehicle.

Another paddle, the sea is calm, a gentle 3-ft swell left from afternoon winds gently lifts and lowers our kayaks. Marvelling at a mushroom-shaped ice flow, we sit wide eyed as the "stem" formed by sea water eroding the base of the berg explodes, and the mushroom's cap, tons of ice, collapses into the ocean, with the sound of an earthquake. Red granite cliffs reflect heat from the sun as it rises across the northern horizon on its continuous circuit in the July sky. It won't set again until September. We hug the shore returning to Pelly Bay as Emiliano, one of the new Pelly Bay guides, is hunting caribou from his kayak alongside us. Victoria and I talk of what 'arctic beauty' means to her. She speaks of "freedom, open spaces, there's such a liveliness in the wind, the long days." "I like the people too", then as her mind drifts across her memories, she adds, "If I could speak Inuktituk, it would be even more fun!

Victoria has shown for all of us the lesson of discovering the vastness of one's own interior, through the vastness of nature's exterior.

*Phil Hossack, May 2000*

## MRCA PADDLERS NEWSGROUP

The MRCA now has a Paddlers Newsgroup!

Got a paddling question you want to ask?

Information you want to share – water levels, destinations, bargains, items for sale?

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

- The MRCA will be using this list to update paddlers about paddling events.
- Any messages sent by a member of the newsgroup to "mrca@mbug.cs.umanitoba.ca" will be forwarded to all members of the newsgroup.
- This newsgroup is currently on a trial basis.
- Users are responsible for their submissions.
- The MRCA reserves the right to blacklist any individuals who post objectionable or inappropriate material. Do not send attachments, obscene material, promotional information, etc.

### HOW TO SUBSCRIBE TO THE MRCA PADDLERS NEWSGROUP

To subscribe yourself to the "MRCA Paddlers Newsgroup" send an email message to "mrca@mbug.cs.umanitoba.ca" with the word "subscribe" in the 'Subject' field of the message.

### HELP INFORMATION AFTER YOU SUBSCRIBE

- When a person has subscribed to the MRCA list, anything they later send to mrca@mbug.cs.umanitoba.ca will automatically be forwarded to all members of the newsgroup.
- The sender must enter an appropriate subject heading describing the topic being sent to the newsgroup.
- If someone who is not a member sends to this address, their e-mail will bounce.
- The system keeps a list of all subscribers.
- The administrator has the ability to delete or block certain people.
- If a message is sent to mrca@mbug.cs.umanitoba.ca with "help" in the 'Subject' field of the message, then the system responds with a list of allowable commands.
- A "digest" of posted messages can be subscribed to, read the help info for more information.

Manitoba Recreational Canoeing Association (MRCA)  
338-6722 (information line), [www.wilds.mb.ca/mrca](http://www.wilds.mb.ca/mrca) (forwards you to MRCA website)



MRCA volunteers helped repair the MRCA paddles the winter of 1999/2000. Left to Right: Angus Maciver, Ray Ingalls, Jim MacKay, Diana Borys, Alan Reglar, Donna (w/Goofus sp. bird). Others who assisted were Alice and Rich Kolisnyk, who applied final coats of varnish, and Julie Gold, who brought the paddles from the MRCA compound after the last paddle of 1999. About 100 hours of volunteer time were used to restore 13 paddles for many more years of service. Photo © 2000 Donna Kurt.



## 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 (<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. 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	\$10 <input type="checkbox"/> Cash <del>MAIL</del>
Individual	\$15 <input type="checkbox"/> Cheque
Family	\$20 <input type="checkbox"/> Money Order
Corporate (Business)	\$25 <input type="checkbox"/> Payable to
Affiliate (Club)	\$25 <input type="checkbox"/> "MRCA"

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 (canoe and kayak routes) \_\_\_\_\_

Membership \_\_\_\_\_

Instruction \_\_\_\_\_

Advocacy \_\_\_\_\_

Program (meetings) \_\_\_\_\_

Newsletter \_\_\_\_\_

Publicity \_\_\_\_\_

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

## MRCA WEB SITE UPDATED

The MRCA website has been updated to simplify the Home page, and improve navigation between pages. This is by no means a final solution, but it will provide improved navigation until the whole website is reassessed.

The pages that were updated are:

- the MRCA Home Page (MRCA.html),
- Resource Page (Resources.html),
- Membership Form page (Membership.html),
- Courses Page (Courses00.html),
- MRCA Information page (Info.html), and
- a new page created for MRCA Membership (Members.html).

A simple navigational aid was set up using html text only, without the use of java, frames or tables. The home page loads fast and it is possible to view a group of hotlinks to MRCA information.

Extra "tags" were inserted throughout these pages at locations pertinent to simplifying the navigation between pages and within each page.

All books are now listed on the Resource page, including books that I have on hand ("Thrill of the Paddle"; "Bark, Skin and Cedar").

Events are listed in the Information page as well as contact information, etc. The MRCA Paddlers Newsgroup is notified in the Information page; if you have not added yourself to this newsgroup, and if you want to share information, sign up!

All Member links and info are listed in the Membership page.

Some of the pages have additional navigational aids added to simplify navigating within the page (e.g., Membership, Resource pages).

A list of links can be added to the Resource page to websites that have information pertinent to paddling in Manitoba and other locations in Manitoba. If the Resource committee wishes, the Resource page can be updated to include the Revised booklets and to add the Winnipeg Kayak Route booklets. Perhaps the existing method of downloading one route description at a time can be changed to permit downloading the whole document as was suggested the other night.

The Links (to other sites) might be removed from the Home page and put onto a separate Links page. However, they do not detract from the Home Page very much (they are now alphabetized). I will request a keen member to check all the links from the MRCA website and advise if they work or need fixing/deletion. The links might benefit from being categorized but this is very time consuming on an ongoing basis.

Thanks to Bill Kocay for checking the updates and uploading the new pages onto the MRCA website.

Donna Kurt

# THE MARKETPLACE

## Buy and Sell

**TEN FOOT SLALOM-STYLE KAYAK** with paddle and spray skirt. Asking price \$550. Please contact Anne at 772-5556 (evenings).

**CURRENT DESIGNS PISCES SEA KAYAK.** Red over white hull, all new deck rigging including safety lines.

Watertight bulkheads fore and aft, rudder. Includes neoprene spray skirt and Grey Owl wood touring paddle.

Asking \$2,000 OBO. Phil Hossack (736-2902 and Hossack@mbnet.mb.ca).

**17½ FT CEDARSTRIP CANOE.** Excellent condition, lightweight, beautiful lake tripper design.

Almost \$2,000 invested. Sacrifice for \$1,600.

Phone 257-9865, ask for J.

**FREESTYLE CANOE.** Reverie II Solo Freestyle Canoe by Pat Moore. 12½ ft, in near new condition.

Detachable saddle seat. Weight near 30 lbs. \$1,500.

Contact Mike at 254-6658.

**GOT SOMETHING TO SELL?  
LOOKING FOR SOMEONE  
TO BUY?  
NEED TO GET THE WORD OUT?**

Your advertisement could be here!

Canoeing, kayaking, paddling equipment, camping equipment, books, notices – anything related to paddling. There are discount rates for members who want to advertise their businesses, and space for business cards or announcements. Free classified ads for MRCA members.

Contact Jenny Gates for more information.

(phone/fax: 957-5754

email: jennyg@total.net)

## 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.

Send your submissions for **The Marketplace** to the Newsletter Editor, MRCA, PO Box 2663, Winnipeg, MB R3C 4B3. We will include information about items for sale (books, videos, CDs) related to paddling, advertise member services, and classified ads (canoes, kayaks, equipment).

# MRCA 2000 CRCA CANOEING COURSES

MRCA Courses are featured on the MRCA website\* at  
<http://130.179.24.217/MRCA/courses.html>

\*Registration packages can be downloaded from website for MRCA Flatwater and Moving Water Courses

CRCA has implemented a new Kayak Instruction Program similar to the Canoeing program. If you are looking for Kayak courses, contact *Adventure Education Manitoba* or *Adventure Junky Tours* or *Fort Whyte Centre*.

The following detailed information advises prospective students of MRCA Moving Water, 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, or the registration package can be downloaded from the MRCA website Courses page. Any further questions will be responded to by the MRCA Canoeing Course Director or the course instructor(s) who can be reached by phoning (204) 338-6722, Extension 3.

**All courses are taught by instructors certified according to 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 whitewater
- MW-1B CRCA Moving Water Canoeing Level 1B – Solo whitewater

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.

## GENERAL INFORMATION ABOUT MRCA CANOE 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 at the discretion of the instructor.

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, Ext. 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, accomodation, 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 Canoe Course students and instructors while on or near the water. Moving Water Canoe Course students and instructors must also wear whitewater paddling helmets.

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 information:

- CRCA – [www.crca.ca](http://www.crca.ca)
- MPA – [www.mpa.mb.ca](http://www.mpa.mb.ca)
- Freestyle – [www.wilds.mb.ca/freestyle](http://www.wilds.mb.ca/freestyle)
- Mantario Wilderness Experience – [www.wilds.mb.ca/mns/mantario](http://www.wilds.mb.ca/mns/mantario)
- official Mason family – [www.wilds.mb.ca/redcanoe](http://www.wilds.mb.ca/redcanoe)

## FLAT WATER CANOE COURSES

### CERTIFICATION PREREQUISITES:

- FW-A No previous canoeing experience necessary or for those who have canoed but have not had to steer
- FW-B Flat Water Level A certification or equivalent (e.g. former CRCA Lake Water Level 1 or Red Cross 1) or for those who feel comfortable in a canoe and want to learn more
- FW-C Flat Water Level B certification or equivalent (e.g. former CRCA Lake Water Level 2 or Red Cross 2) or for those who have sterned canoes on canoe trips and want to hone their skills
- FW-D Flat Water Level C certification or equivalent (e.g. former CRCA Lake Water Level 2 or Red Cross 2) or for those who have tried solo paddling and want to hone their skills

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

## 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 1 week prior to the course with registration form. 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. (See CANCELLATION below).

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 DATES:

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

- FW-A and FW-B combined, Saturdays, 9 a.m. - 6 p.m.  
FW-A, B or C, Saturdays or Sundays, 9 a.m. - 2 p.m.  
FW-D, Saturdays, 9 a.m. - 3:30 p.m.; or Sundays, 8 a.m. - 2:30 p.m.

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

### *Tentative course dates:*

- FW-A and FW-B, Saturday, June 17, 2000, 9:00 a.m. - 5:30 p.m.  
FW-A and FW-B, Saturday, June 24, 2000, 9:00 a.m. - 5:30 p.m.  
FW-A and FW-B, Saturday, July 8, 2000, 9:00 a.m. - 5:30 p.m.  
FW-C, Sunday, June 25, 2000, 9:00 a.m. - 2 p.m.  
FW-D, Sunday, July 9, 2000, 9:00 a.m. - 3:30 p.m.

If these dates are not suitable to you, please contact the MRCA Canoeing Course Director at 338-6722 Extension 3. If there is enough interest, a course may be scheduled on a different date.

## MOVING WATER CANOE COURSES

### COURSE PREREQUISITES:

To participate in the Moving Water Canoeing Level 1A (tandem) course, students must have CRCA Flat Water Canoeing Level C certification (Levels A,B and C) or equivalent course certification from the former CRCA canoe programs or other equivalent canoeing courses (e.g., former CRCA Lake Water Canoeing Level 2 or 3, or ORCA Lake Water Canoeing Level 1). Proof of certification (photocopy of certificate or letter of confirmation from certifying organization) must be submitted with the course registration and fee. In addition, Flatwater Level D is recommended for the Moving Water Canoeing Level 1B (solo) course. It is also possible for

paddlers without prerequisite certification to participate in the Moving Water courses, if they have adequate paddling experience (from wilderness lakewater or river tripping or playboating, etc.). These paddlers will have to attend a precourse on water assessment session to ensure they have the minimum skill set, on a date set more than 1 week prior to the Moving Water course. This ensures the safety of all those on the Moving Water course and saves the student expense of time and money they might otherwise lose if they do not have adequate skills.

## 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. (See CANCELLATION below).

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.

## COURSE DATES:

- MW-1A, June 17 and 18, 2000, Saturday and Sunday  
MW-1A, June 24 and 25, 2000, Saturday and Sunday  
MW-1B, June 10 and 11, 2000, Saturday and Sunday

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 MW1A course.

If these dates are not suitable to you, please contact the MRCA Canoeing Course Director at 338-6722 Extension 3. If there is sufficient interest, a course may be offered later in the spring or summer.

## CANCELLATION

Deposits are non-refundable unless courses are cancelled 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 of the balance of the course fees.

## INSTRUCTOR COURSES

ORCA is running an ORCA Canoe Tripping Level 2 Instructor Course in NW Ontario from June 30 to July 9, 2000. ORCA is looking for a skilled CT Instructor Trainer to assist instructing this course, as well as students. For more information contact Eric Williams.

# MRCA TUESDAY EVENING AND SUNDAY AFTERNOON PADDLES

Tuesday and Sunday paddles are featured on the MRCA website at <http://130.179.24.217/MRCA/paddles.html>

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.

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*

## IN MEMORIAM

*In memory of Charles Schultz who inspired many of us to try hard in the face of apathy.*

### PEANUTS



## 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 CORPORATE MEMBERS (\$25/year)

- Adventure Education Manitoba, Inc., 119 Lenore St.,  
Winnipeg, MB R3G 2C2 (204) 775-2462  
E-mail: aem@mb.sympatico.ca
- Clearwater Canoe Outfitters, Box 3939, The Pas, MB R9A 1S5  
(204) 624-5467 fax (204) 624-5467  
www.mts.net/~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: gbrabant@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 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 (\$25/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: mpc@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

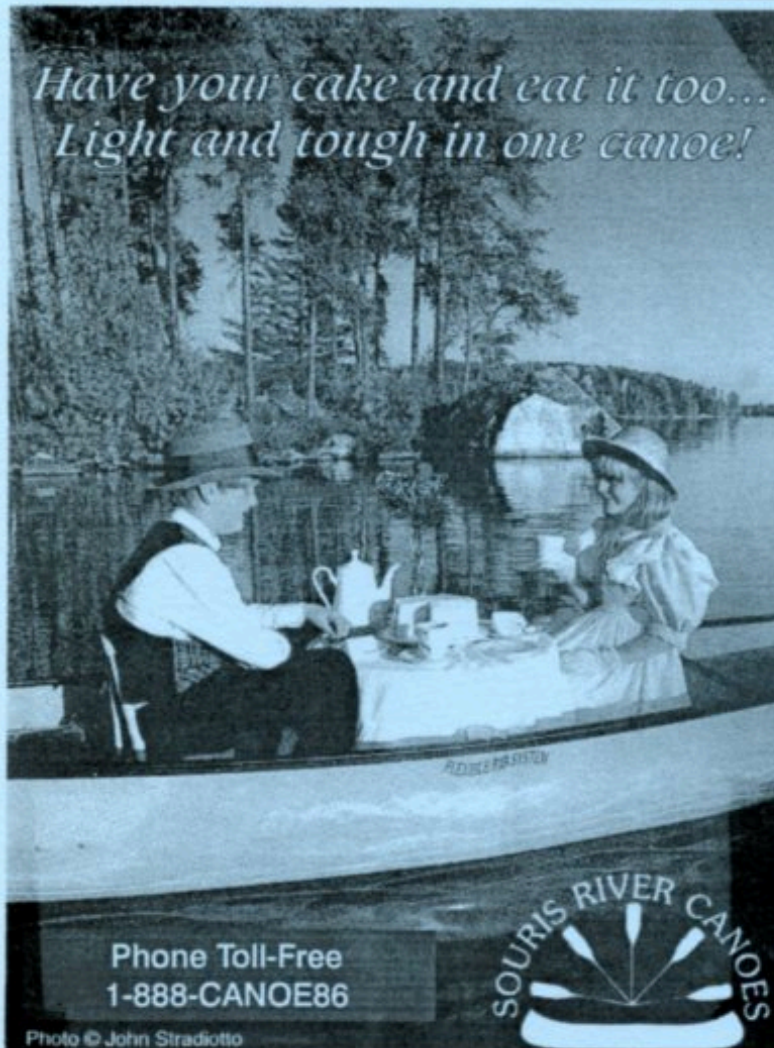
TO:

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

**Wednesday, September 20** – *Annual General Meeting.* Be a part of making the MRCA even more enjoyable and effective, elect new and returning executive members, watch an excellent video, and swap stories about your summer paddling adventures.

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



Young Derek holds the 8-lb pike he caught in a small lake on the Manitoba/Ontario border last summer. His brother, Brad, was as excited as the rest of us, including his mom, Jo-Ann, and friends Mary and Rick (L-R back row). For the full story, go to [www.wilds.mb.ca/womb](http://www.wilds.mb.ca/womb).  
Photo © 1999 Donna Kurt