

# MRCA NEWSLETTER

Volume 13 Number 4  
Winter 2000

## Manitoba Recreational Canoeing Association, Inc.

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MANITOBA PADDLING ASSOCIATION



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Manitoba



## NEWSLETTER INFORMATION

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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 SPRING (March) 2001 Newsletter is FEBRUARY 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: jennyng@total.net**

## 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.

## MRCA WEBSITE: [www.paddle.mb.ca](http://www.paddle.mb.ca)

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

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

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

## Send them in, folks!

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

With the current paddling season is just a memory and perhaps a photo, why not send us an article on one of your trips, some destination you have rediscovered, or a journey to a place you have never been to before.

Send all your contributions to MRCA Newsletter, P.O. Box 2663, Winnipeg MB R3C 4B3, or email Jenny at [jennyng@total.net](mailto:jennyng@total.net).

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

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

## We Welcome New Members!

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

*Cover photo:* The Millennium Tour leaving Lockport to paddle to Lower Fort Garry (please see article on page 9). The four MRCA members shown in the photo are: Maurice Marceau (centre of photo holding upright paddle), Anne Loewen (to Maurice's right), Margaret MacKay (to Anne's right), and Jim MacKay (behind Margaret and Anne). The gentleman on Jim's right with beard, sun glasses and PFD is Jim Hart of Ely, MN, a 70+ year old friend of Huot-Vickery who drove all the way from Ely just to paddle the last stretch of the Red River with him. The author of the article (Huot-Vickery) is fifth from the left. Photo: Bob Backman (River Keepers, <http://www.riverkeepers.org>).

# MRCA PRESIDENT'S MESSAGE

Gerry Hirose

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VACANT

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VACANT

*Positions valid through to  
October 1, 2001*

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P.O. Box 2663  
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www.paddle.mb.ca

Greetings paddlers!

It's that time of year to review the past paddling season and to begin planning for the next. Hopefully you have had the opportunity to explore some of the many paddling avenues from free style to whitewater to tripping.

Next season we plan to run more on water events such as Novice Lake trips to an informal whitewater event in June. There are also instruction courses for all levels to improve paddling skills. For the more advance paddlers why not challenge yourself on an instructor course and help pass on your paddling knowledge to those less experienced?

In March, there is the Water Walker Film Festival, which is being planned by Julie Gold and her committee – be sure not to miss it. Don't forget the Patrick Lang's excellent indoor program events each month to keep your enthusiasm up until the water flows again.

It is also time to prepare your equipment and body for the paddling season. An excellent cross over activity is cross-country skiing. The same summer paddling routes can be cruised and it is amazing how it shortens the time until you are on the water again.

Anyway find something that you enjoy and, like the Nike slogan, "Just do it".



*Julie Gold passing the paddle to new president, Gerry Hirose*

## Editorially Speaking ...

Jenny Gates

Things are always changing for this newsletter. Not only is the format, name and logo about to undergo major transformation, but the Newsletter Chair is shifting as well. I would like to thank Jola for her help as Newsletter Chair, and welcome Tony Kinal to the position. We are really working hard to propel this newsletter forward. However, to help us do that on an even grander scale, I ask each of you to write something or

send something for the newsletter – photos (with captions), articles (short or long), trip reports, reflections on paddling, and poems are especially welcome. If you need help writing it out, give me a call (957-5754). We know you were out on the water or did something related to paddling over the summer, so write it up and send to me (PO Box 2663, Winnipeg MB R3C 4B3) as soon as possible. Thanks!

### NOTE THIS!

The membership list will be updated February 21, 2001 to create the mailing list for the spring (March) issue of the MRCA newsletter. BE SURE to renew prior to that date to guarantee uninterrupted receipt of the newsletter. Membership applications received after February 21, 2001 will be treated as NEW memberships. (Member history will be lost)

# MRCA INDOOR PROGRAM

## Winter program features paddling adventures from Alaska to Utopia

By the time you receive this newsletter, our meeting at one of Winnipeg's two leading outdoor stores will be over. By tradition, we never meet in December. So, what's on the MRCA calendar for the depths of winter?

The answer is three intriguing presentations, taking us from Utopia, Ontario to Juneau, Alaska - right across the heart of North America's best paddling region.

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### Wednesday, January 17 - An evening of song and discussion about wilderness paddling

There's a surprisingly large body of song about the pleasures of living in the woods and paddling Canada's lakes and rivers. Contributing to that growing repertoire is Dave Hadfield, a paddler/singer/songwriter from Utopia, Ontario. Few Canadians have a deeper love for the Canadian Shield than this accomplished outdoorsman. His affection for the wilderness has spilled over into song that he has shared with delighted audiences, ranging from the Canoe Heritage Festival in Peterborough to the Canadian Canoe Symposium, and overseas at the World Celtic Music Festival in Brittany, France. Currently recording his second album, Dave has offered to share both his songs of the outdoors and his refreshing outlook on paddling and camping. We'll precede his presentation with a 20-minute (maximum) business session to take care of some housekeeping matters related to MRCA by-laws. Join your fellow paddlers for an evening of visiting and entertainment that isn't likely to be repeated any time soon.

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### Tuesday, February 27 - Canoeing in northern Canada

Australian-born Lea Stogdale is a keen photographer, paddler and cyclist who loves Canada's wilderness waters and other recreational venues. Happily, she enjoys sharing her slide presentations with others who savor the outdoors as much as she does. Lea will share slide images, adventures and stories from her trips on two northern fly-in rivers and a lake circuit. Her Nahanni trip was filled with all the excitement, scenery and humour that is legendary from this famous river. Her paddle around Bowron Lakes, central BC, equally lived up to her high expectations of changing vistas, close-up moose, and delightful companions. The Taku River trip was a first-time exploratory adventure, starting by truck in Whitehorse, Yukon, and finishing by ferry from Juneau, Alaska. Lea's stories include green hair and the Nahlin River, a spirit house and a 'chopper ride, a salmon bake and the Inklin River, glaciers and seals, ocean paddling and cruise ships, combined with amazing weather, light and magic.

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### Wednesday, March 21 - A Primer on Two Spring Trips

Your executive is planning two on-the-water events for early in the paddling season. We're arranging a whitewater event at Cooks Creek rapids in early June, followed shortly by an introductory flatwater trip for beginners, possibly to a destination like Gundy Lake. In anticipation of these events, we'll gather March 21 for an evening of socializing and slide shows to talk about the upcoming season and see pictures of similar events from previous years. If you're new to paddling, this is an opportunity to ease into the season in the company of more experienced paddlers who share your excitement for open water. If you're an old salt, this is your chance to take a novice under your wing and share the knowledge and experience that has kept you coming back to our wilderness waters, spring after spring. Of all our events during the winter season, this will provide the greatest opportunity to visit with paddling friends, both those you know and those you're about to meet.

**Please note that all meetings will be held at Sport Manitoba, 200 Main Street.  
Free, safe underground parking. We start promptly at 7:30 p.m.**

## Sending ripples through the wider community

### MRCA newsletter gets a new name

Sometimes newcomers to our sport can point the way forward in ways the rest of us wouldn't have spotted. That certainly appears to be the case for Jim Devries, who suggested the winning entry in our *Name The Newsletter* contest.

Jim and his wife Karla Guyn were entranced by wilderness tripping the day they started recreational paddling two summers back in Woodland Caribou Park. Both had spent many hours paddling through marshes as research biologists with Ducks Unlimited, but neither had experienced the enchantment of a wilderness trip before they ventured into Woodland Caribou.

Maybe it was the experience of falling in love with backwoods paddling that inspired Jim to suggest *The Ripple* for the MRCA newsletter. The name, said Jim, "brings to mind the sun glinting off the water as it splits before the bow ... and also conveys the spreading of information through a community".

A subcommittee of the MRCA executive tackled the challenging task of sifting, sorting and debating the merits of nearly 50 entries suggested by members. It may have been the dual thought of personal joy in paddling combined with making a positive impact on the wider community that elevated *The Ripple* to the top of their list.

To bring some objectivity to this daunting task, the group adopted a *weighted scoring process for choosing among*

*alternatives*. Each name was evaluated and given a score based on a series of both objective and subjective factors. After reducing the number of choices via three rounds of scoring, *The Ripple* emerged decisively as the winner.

Charged with this task were Julie Gold (past president), Jenny Gates (newsletter editor), Tony Kinal (newsletter convenor), Jola Liebrecht (past newsletter convenor), Henry Redekop (membership convenor) and Patrick Lang (program convenor). Any of these volunteers will be happy to discuss the selection process with you, or you can get full details from Jim MacKay, MRCA secretary.

Members made the process challenging because you suggested so many creative and suitable names. Congratulations and thanks to all who contributed anonymously, and to: Jerry Ameis, Mary and Mark Barkey, Brent Belluk, Peter Blahut, Jim Devries, Jenny Gates, Julie Gold, John Gray, Pat Gray, Jim Gyselinck, Phil Hossack, Lenore House, Douglas Ingram, Peter Jackson, Rosemary Jackson, Brian Johnston, Tony Kinal, Donna Kurt, Patrick Lang, Jim MacKay (criteria), Margaret MacKay, Terry and Graeme MacKendrick, Tom Meadows, Dave Nicholls, Jim Palmquist, Roland Amsler, Rob Penner, Jack Perlov, John Sarkany, Stephen Schaefer, Cathy Shearer, Lynn Simcox, Alan Smith, Jennifer Srigley, Roger Turenne, Roselle Turenne, Brian Wagg and Laura Wing.

The MRCA is proud to launch

### **"The Ripple"**

as the new name for our newsletter. The new name, logo and newsletter design will be unveiled in the Spring with Volume 14 Number 1.

Advertisers and paddlers are encouraged to contribute something special for this issue. Please submit items by

February 10 to the newsletter editor

(Jenny – 957-5754 [p/f], jennyg@total.net, or mail to PO Box 2663, Winnipeg MB R3C 4B3).



# ANNUAL GENERAL MEETING September 2000

12<sup>th</sup> Annual General Meeting of the Manitoba Recreational Canoeing Association

7:30 p.m. September 20, 2000

Second Floor, Sport Manitoba Building, 200 Main Street

Patrick Lang opened the meeting at 7:30, welcomed meeting participants, discussed the upcoming Indoor Program, and then introduced Julie Gold, MRCA President.

## 1. President's Welcoming Address

Julie welcomed meeting participants and reviewed the MRCA Objectives.

To promote recreational canoeing in Manitoba; to establish, maintain, and promote training and safety standards suitable for recreational canoeing in Manitoba; to represent the environmental interests of recreational canoeists when protection and preservation of our wilderness is involved; to provide canoeing information to MRCA members; to cooperate, when possible, with Provincial and National bodies in matters related to recreational canoeing in Manitoba; to provide leadership and appropriate administrative and financial support to the membership for the accomplishment of the MRCA objectives.

Julie pointed out that in this context, "canoeing" is intended to mean "canoeing and kayaking".

## 2. 1999 AGM Minutes

Julie reported that the minutes of the 1999 Annual General Meeting were not available, and moved that they be approved in absentia: carried.

## 3. Reports from the Board

Annual reports were presented by the President, Indoor Program Convenor, Resource Convenor, Instruction Convenor, Membership Convenor and Advocacy Convenor. It was determined that the Treasurer's

report would be audited before being printed in the December MRCA Newsletter.

## 4. Guest speaker: Jenny Gates, Editor, MRCA Newsletter

Jenny highlighted recent updates to the Newsletter, and requested input and suggestions from the MRCA membership.

## 5. Elections

### a. Election of Officers

Julie called for nominations for MRCA Officer positions of President, Vice-President, Treasurer, and Secretary. No nominations were received. Gerry Hirose was elected president by acclamation, and Jim MacKay volunteered to carry on as secretary for another year. Tom Meadows volunteered to serve as Treasurer. The vice-president remained vacant.

### b. Election of Convenors

Julie called for nominations for MRCA Convenor positions of Membership, Instruction, Newsletter, Resources, Indoor Program, and Advocacy. No nominations were received. Jerry Ameis was elected as Resources Convenor to replace Gerry Hirose; convenors for the other positions volunteered to carry on for another year.

Tom Meadows moved that nominations close, seconded by Tony Kinal; motion passed.

## 6. Guest Speaker: Kathy Taylor-Hallick, President, CRCA

Kathy thanked Julie for her

contributions to recreational paddling over her past two years as MRCA President, welcomed Gerry as the new MRCA President, discussed the evolution of the CRCA, and highlighted recent developments.

## 7. New Business

### a. Resolutions

Resolved that subsection 4.5 of the MRCA By-laws be amended from the current

*"The fiscal year shall be September 1 to August 31"*

to read as follows:

*"The fiscal year shall be January 1 to December 31"*

Moved by Henry Redekop /  
Seconded by Tony Kinal / Carried.  
MRCA By-law 4.5 will be amended accordingly.

### b. Discussion of Policies of the MRCA (as published in MRCA Newsletter, Vol. 13, No. 3):

#### (i) Membership fees

Julie discussed the increased membership fees and explained that the increase was necessary to compensate for loss of Bingo revenues.

#### (ii) Fees for non members to attend MRCA meetings and special events

Julie and Henry discussed the new policy that would require non-members attending MRCA General Meetings to pay a \$2.00 admission fee. Henry made a request for volunteers to assist with implementation.

8. **Adjournment of Business Meeting at 8:06 p.m.**
9. **Break for refreshments**
10. **Patrick showed a Canadian Geographic Video – "Where God Began"**

The 47 minute video, produced by Canadian Geographic, describes a remote wildlife sanctuary located at the corner of Nunavut and the Northwest Territories. Superb images and a sparkling script came together in a production of rare beauty and impact, described by Patrick as follows:

"Few humans have set foot in the Thelon Wildlife Sanctuary, a vast and improbable empire of waterways, forest and wildlife, west of Hudson Bay. Located hundreds of kilometres north of the treeline, it is nonetheless a forested river valley oasis. Beyond the northern range of many bird and mammal species, it still hosts a natural wealth of furred and feathered creatures. Established in 1927 to protect the endangered muskox, it is home today to countless wolves and moose, caribou and grizzlies, falcons and eagles and sandhill cranes. Join Canadian Geographic in exploring this northern paradise whose bounty prompted First Nations people to call it 'the place where God began'."

## Membership Report September 2000

### MRCA Membership Numbers

Our population is down a little from last year. We have a total of 234 memberships at this time. Individual memberships account for the greatest portion, with 135. Family memberships comprise 86 households. We also have 7 corporate, 4 organizational and 2 life members. Assuming 2 voting members per family membership that adds up to 318 votes. (Where were they all on Wednesday September 20, 2000 while the annual general meeting was being held? Hmmmmmmm?) (Did everyone catch that sanctimonious, self-righteous Hmmmmmmm?)

### Membership Identification

Due to changes in some MRCA policies and member requests, we will be issuing membership cards for all members, new and recycled, as of the 2001 membership year.

These cards will be the **ONLY** accepted identification for discounts at MRCA functions. (Discounts are detailed in the new "policies" section.) The rationale for specifying cards for discounts is the ponderous and tedious task of checking off names against a many paged, constantly out-of-date membership list.

### Fee Restructuring

Due to the loss of a steady source of revenue – the Bingos – the MRCA Board, after deliberating on several options, concluded the least onerous option to be a moderate increase of \$5 across the board on membership fees. We would welcome any members who would organize a fundraising committee and submit proposals for means of generating new capital to the board **complete with implementation strategies.**

### Membership Directories

The MRCA Board has approved the distribution of the 2001 directory with the June Newsletter. The rationale for this is the frequency of renewing members to delay their applications until JUST before the canoeing season and the great number of new applications that accompany the start of the MRCA paddling courses. We believe this will allow access to the greatest number of members 'just in time' to round out tripping groups in the summer. The 2000 Membership Directory will be available to members at the MRCA indoor programs until the end of December and by special request.

### Membership Renewals

The membership list will be updated February 21, 2001 to create the mailing list for the spring (March) issue of the MRCA newsletter. BE SURE to renew prior to that date to guarantee uninterrupted receipt of the newsletter. Membership applications received after February 21, 2001 will be treated as NEW memberships (i.e., member history will be lost).

# Kayak Touring News - Rough Weather Kayaking

Tony Kinal

The object of this editorial is to apply lessons learned in the pool to real life conditions on open water. Many times I have observed people who have mastered the roll and bracing techniques in a pool but when out on Lake Winnipeg, become very nervous in light to medium chop. It was some time before I realized why they were so nervous – because no one ever explained how to apply these techniques in wind and waves on open water.

Let's start with the low brace (Fig. 1). If a wave hits you on your right side and the kayak becomes unstable, you would brace on your right side (into the wave). If the same wave was larger or you were fiddling with something on your deck when it hit and you were about to tip, you would use a high brace (Fig. 2) preferably on your right side or into the wave. The basic rule here is always try to brace into the wave and wind. Try to travel in a direction other than parallel to the waves. It has been my experience to be kayaking into the weather on Lake Winnipeg and have a rogue wave (Fig. 3) come at me with great speed from my

left side. In such a situation, I would do a sculling brace into the wave. While sculling or bracing you would also lean the kayak slightly into the wave. The sculling brace is also known as the support brace because you can actually lean over and put some weight out over your paddle, thus providing additional support.

Rogue waves are waves that are much larger than the others and, as in my case, come at another direction, usually right angles to the other waves. While we are on the topic of hazards, other things to avoid are rebounding waves when paddling near cliffs, so keep clear of cliff shorelines in windy conditions. Also, avoid shallow water. The waves will always be steeper and breaking here.

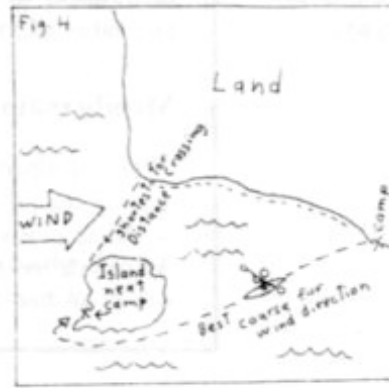
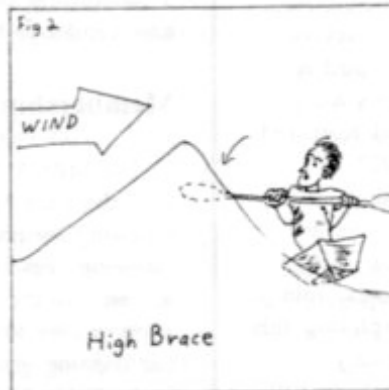
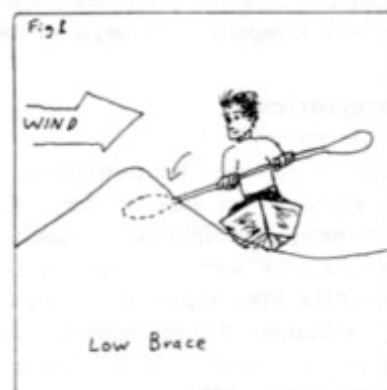
Rocks are another hazard to avoid. When paddling near rocky shorelines, always keep an eye out for a stationary breaking wave, a sure sign that a rock is lurking nearby. In time, you will know that breaking waves are normally moving, so be wary of one that is not!

Waves are not necessarily the enemy.

They can be fun. When waves are coming from your stern, you will in time learn to ride them. To catch a ride on a wave as soon as I feel the stern start to life, I give some hard power strokes. Once on the wave, you will have to steer with your paddle. Forget about your rudder because if the waves are of any size, your rudder will be out of the water anyway. By riding waves, you will be travelling much faster than you ever were by just paddling.

It is a good idea to practise these techniques in warm water with an on-shore wind and a nice sandy beach to wash up on should you dump (Fig. 4). Practise in conditions you know you can handle and slowly move up to more wind. Lastly – and more importantly – you must learn to relax, no matter how bad you think conditions are. Your body has to remain limber and loose in order to react to the waves, and you need to be able to look around for any hazards.

In closing, I would like to say even if in your mind you are nervous, you have to teach your body to remain calm.





# NORTH DOWN THE RED

## *Millennium Tour or Magical Mystery Tour – The Trip was One of a Kind*

Jim Dale Huot-Vickery

I suspect, all things considered, that before the summer of this year, it had been a long time since anyone canoed down the entire length of the Red River of the North—or as it's known by French-Canadians, the Riviere Rouge du Nord.

The Red is not on your normal list of Top 10 North American Canoe Waterways. It is long (550 miles), it is muddy, and being a flatland river, it is subject to bad floods. People generally avoid the Red, often disparage it, and the thought of actually canoeing it, enjoying its flow and natural shoreline beauty, well, I suspect the idea has even been a rare notion in the last 70 years.

There have, of course, been exceptions.

Eric Sevareid, author of *Canoing With the Cree*, and Walter Port canoed the Red River of the North in 1930 on the way to Hudson Bay. Don Starkell and sons of Winnipeg paddled up the Red in 1980 en route to, yes, South America, which Starkell documented in *Paddle to the Amazon*.

And no doubt some silent, gallant souls, like Gene Johnson of Fargo, have followed—at least for stretches—in their wake. Compared to other rivers, however, the Red River of the North is hardly known. Mention the Missouri River, and people think Lewis, Clark, and Sacajawea. Mention the Mississippi River, and you evoke La Salle, Father Hennepin, and Mark Twain's Huckleberry Finn. Mention the Red River, and people think Texas. Or they've heard some song about the Red but have forgotten the lyrics.

Yet there it is, the Red River of the North, straddling the Minnesota-North Dakota border, cartographically beginning at Breckenridge-Wahpeton and flowing north through Fargo-Moorhead, Grand Forks-East Grand Forks, Drayton, Oslo, Pembina, and on into Manitoba: through or past Emerson, St. Jean Baptiste, Ste. Agathe, Winnipeg (with adjacent St. Boniface), Lockport, and Selkirk before flowing into Lake Winnipeg, one of Canada's largest lakes. En route, the Red—excluding Manitoba's Assiniboine River country—drains about 45,000 square miles, the basin of ancient glacial Lake Agassiz, and it was in this country I was born many moons ago.

Which is why I had to canoe the Red River. I have this penchant, this tendency, to canoe the waterways of my life, the rivers and lakes I've lived along, and by weaving them together I'm creating a river mandala. It is a web, a liquid mosaic, an inner vision based on the flow of the land and a way of knowing the land. Blue water. Silver water. Black, muddy, brown. Water blasted with blinding gold sunlight. Rivers flowing north, south, east, west: every direction on the compass. A man can weave these together, explore the

old waterways, and study their history: animals, plants, people. Or study waterway geology in the long sweep of time. Granite bedrock? Sandstone? Layer of lacustrine clay? You ask the questions, study theories, imagine moonlight on a forested river bend, and the next thing you know, you're heeding the call, mobilizing, and finding yourself in a canoe on another North American waterway.

For the Red River of the North, however, I wanted to canoe only the northern half. I grew up along northwestern Minnesota's Red Lake River, the Red's largest U.S. tributary, and I figured by paddling the Red Lake River to its confluence with the Red at Grand Forks, and heading north from there, I'd come close to linking up with Anna Shallman's and my 1996 Hudson Bay route on Lake Winnipeg. For this I needed maps. My last phone call was to Bob Backman, executive director of River Keepers in Fargo, North Dakota.

"There are no maps!" he said.

"What do you mean there are *no* maps?"

"The DNR [Department of Natural Resources] doesn't have any," he said. "No agencies have 'em. The only maps that exist are topos."

Topographic maps. This registered.

"No boating maps?" I asked, trying to get things straight. "Like for Minnesota's Crow Wing, Big Fork, and Cloquet Rivers?"

"No."

Definitely strange. I'd heard that the Red River of the North was the longest northward-flowing river in the United States.

Then Bob added that he should know about the Red's map situation because River Keepers was putting together a "Millennium Tour," a high-profile canoe trip down the Red River of the North from start to finish, from Breckenridge to Selkirk, go team go. Promote the Red. Change people's view. Shed some positive light on a river with a bad name. Alter attitudes. Emphasize the Red River's historical, environmental, and recreational values. Maybe even get a canoe trail designated: start with a Phase I trail from Breckenridge to Georgetown, north of Fargo-Moorhead, and work on the other phases later.

"Sounds good," I said, forgetting maps. "Who's going to paddle?"

"A bunch of people. I must have a hundred inquiries. They'll come and go, paddle a few days or whatever, then drop out. Maybe there'll be a core group. Maybe

you could join us for a stretch."

"When's the tour?"

I was thinking of canoeing late August, early September. Nice days, cold dewy nights. Few bugs.

"Late May through June," Bob said.

No way, I figured. I knew that the Red River Valley's spring mosquitoes could be a nasty force to reckon with. They could put a real damper on a hot, humid evening: drive you nuts or indoors, whatever came first.

I wished Bob well.

The next day, walking, I wondered what the River Keepers paddlers were going to do about food and where they were going to camp. Logistical stuff, the nuts and bolts of an expedition. River Keepers was dealing with a long river, weeks of canoeing, and a whole pack of paddlers coming and going, never knowing for sure who—if anyone—would be canoeing (what with where, when, food, campsites). I could see that Bob Backman and his assistant, Christine Holland, were going to be very busy. They'd have to be choreographers of canoeists!

What they needed was someone—or a tightly knit group—to carry the ball. Go all the way. Some fiercely committed person/team to give the tour a thread of continuity. And why not, ahem, myself? I admired what River Keepers was doing. I was available, I knew long-distance canoeing, and the Red River Valley was my birth country. I would be canoeing through a land in which I had abiding interest. And so on and so forth.

The edifice grew.

On March 23, 2000, I wrote Bob and Christine and volunteered to be part of any core group canoeing the whole Red.

Well, as things turned out, there wasn't any core group canoeing the whole Red. When the Millennium Tour launched from Breckenridge on May 22 with 13 canoes, including my tandem We-no-nah Sundowner, I was the only paddler committed to going all the way. I was the long-distance guy. Hence, at the launch ceremony, the Veterans of Foreign Wars gave me a U.S. flag to take to Mayor R. S. "Bud" Oliver in Selkirk, Manitoba, trip's formal end, and Mayor Clifford Barth of Breckenridge gave me a Red River Day proclamation, the first of many I'd gather along the way, to also take to Oliver. This was exciting, and challenging, but the media—TV and press—caught on. Soon, despite initial reluctance, I was fielding interviews wherever I turned.

The Red River of the North, as rivers do, became a refuge. Fortunately, it was beautiful. The shallow, relatively narrow reaches of the upper river, with gravel bottom and forested banks, with wooded islands and shoreline sweepers, gradually gave way to murkier water, slumping clay bluffs on curves, and longer stretches of meandering water.

"For every straight-line mile [northward]," canoeist Brad Dokken, columnist for the *Grand Forks Herald*, later wrote, "we paddle nearly four; at times, we paddle south instead of north."

Wildlife was everywhere. Birds—robins, wrens, orioles, scarlet tanagers—seemed to sing constantly. There were wood

ducks, mallards, owls, blackbirds, magpies, great blue herons, and kingfishers. Canada geese, especially between Breckenridge and Fargo, were countless: some guiding yellow goslings to shoreline safety; others honking, swimming ahead, and luring us away from young; still others taking off in honking flocks as we rounded tight river bends. As we approached Fargo-Moorhead, we saw bald eagles perched or soaring, often flying ahead to be seen again. Mourning doves, with their soft cooing calls, the same plaintive calls I heard as a kid, were a voice of the land.

Clearly, the Red River of the North was a ribbon, a long corridor, a refuge for more than the likes of me.

Mammals, too, roamed the shores. White-tailed deer bounded off into distant groves of elm, cottonwood, oak, and willow, or sometimes just stood and stared at us as we stopped paddling and drifted by. There were beaver, muskrats, raccoons, and—north of Grand Forks—rumor of black bear and moose. Bison bones and horns, embedded in steep banks, spoke of an earlier time: when bison herds, as at the Bois Percee, north of Drayton, would cross the Red while grizzlies and wolves shadowed the thundering hooves and massive splashing bodies.

And the fish! Who would've guessed there would be so many fish in the murky water? Catfish, carp, walleye (saw a five-pounder in a boy's hand by Oslo), sucker, bass, the alleged occasional sturgeon. We would see their wakes as they swam upstream, their undulating fins as they fed in shallow water, or they would startle us by leaping into the air or surging explosively next to our canoes.

Always the river flowed, revealing itself, and, with rain, the water rose.

The trip, of course, was big-time social, and those of us on the water had more land support than any self-respecting voyageur might want.

There was, for example, Tom Tolman, a retired F-16 fighter pilot who—as one of three river section leaders—used available roads to pace us on shore with a 30-foot motor home for two weeks between Breckenridge and Grand Forks. Not only had Tom gathered most of the Red's topo maps, but he also studied them, marked mileage, and made sure Ed Janzen and I, consecutive river captains, had plastic-sleeved



*Tour participants arriving cold, wet and hungry at the Forks about two hours earlier than expected. From left to right: Wayne Goeken, MN, Huot-Vickery, Allyson Mann, MN, and Ray Ingalls, Winnipeg, long-term MRCA and MNS member.*

photocopies of the day's route complete with yellow-highlighted GPS/UTM numbers. Tom drove ahead during the day to our next take-out, marked the shore with a blue pelican flag, and often had our campsite ready with Coleman stove, coffee pot, cool drinks, fire ring, and tent site suggestions.

Pretty posh.

"Good things happen," Tom believes, "when you're beating the bushes." Section leader Justin Berry, a physical therapist, paced us from Grand Forks to Pembina, canoeing a day with us along the way. He, too, provided food, water, and other supplies. One night his Subaru became an emergency shelter when gale-force wind and rain blew down two of our four tents, including mine, along the Red River near Joliette, North Dakota. Jim MacKay of Winnipeg, secretary of the Manitoba Recreational Canoeing Association, not only canoed several days but was scout and section leader for most of the river in Manitoba. Excellent at logistics, Jim—one of the trip's many guardian angels—seemed to magically open doors for us. He located hard-to-find camping places, finagled permissions, and, for me, found a few canoeing partners.

I needed those partners. Although I was prepared to travel alone, I had only three partners lined up for stretches of the river when I launched in Breckenridge. Eventually, I ended up with 13 partners in 28 days of actual travel: Allyson Mann of Thief River Falls, Minnesota (eight days: the tour's second-longest paddler), Jim Hart, 70, of Ely, Minnesota (six), Christine Holland of Fargo (two), Warren Niesche of "Breck" (two), Maurice Marceau of Winnipeg (two), and others.

There were other canoes on the tour, of course, and a few kayaks, with about a hundred paddlers in all, yet there were six days when my Sundowner was the only boat on the water.

The rising river water, due to torrential rains near Larimore and Fargo, was good for us. The current quickened to 3 to 5 miles an hour, and when we launched or landed we could step on firm ground instead of fussing with the shoreline mud of low water.

The route's history, meanwhile, began to truly resonate as we passed through Pembina, cleared Canadian Customs at Emerson, and meandered north toward—and through—Winnipeg. We were in country explored by the La Vrendryes of French-Canada in the 1730s, inhabited thereafter by metis (French-native mixed bloods), and country that witnessed the dawn of Manitoba when the metis, Scots, and English forged a province in the late 1800s. This evolution of events, and the dispersion and assimilation of the French, loomed large in my ancestry, and so I steered my canoe toward cultural and geographical touchstones.

We stopped, for example, at the mouth of the Roseau River near Letellier to pay homage to Christophe Dufrost de la Jemeraie, who died and was buried there in 1736. We stopped at the mouth of the Assiniboine River in Winnipeg, a confluence known as the Forks, where fort after fort stood sentinel to a burgeoning city. In old St. Boniface, on the east side of the Red River in Winnipeg, Georges Beaudry guided me to the group grave of Jean Baptiste La Verendrye and Father Aulneau, who along with 19 French-Canadian

voyageurs and soldiers, were massacred on Lake of the Woods. We also visited the alleged grave of Louis Riel, the controversial metis father of Manitoba.

On it went—the river, history, commingling of people—and soon, near the Kenosewun Center of Lockport Provincial Heritage Park, we were positioned for the Millennium Tour's formal end at Selkirk. With over 500 miles behind me, I felt high, riding one of life's sweet moments as friends who had paddled earlier portions of the Red rendezvoused for the trip's last day: Saturday, June 24th.

And what a day it was. Dew glistened in morning sunshine as we paddled to Lower Fort Garry, the oldest intact stone fur-trading post in North America, where we were treated to breakfast, toured the fort, and met with the governor of historic Rupert's Land and his petite, lovely wife. Soon, with more canoes and kayaks from Winnipeg and the Selkirk Paddling Club, our brigade of 16 craft (largest of the tour) paddled leisurely to Selkirk. We were given, literally, a red-carpet welcome and paraded to the Marine Museum, where, with Canadian and U.S. flags waving, national anthems were sung, dignitaries spoke, and Mayor Bud Oliver read the last of the trip's proclamations. He honored the Red River of the North as a "water trail," called the tour a "gallant journey," and encouraged citizens to enjoy the Red from its headwaters "all the way to Lake Winnipeg and from there to Hudson Bay."

Summoned to the podium, I thanked my canoeing companions, gave Mayor Oliver his flag and mail, and with a native drum song, the tour came to an end. Formally, anyway.

I still had a ways to go. There were 20 more miles to the Red's mouth on Lake Winnipeg. Hence, that evening the Warren Niesche family, Jim Hart, and I canoed 10 miles to Netley Creek and spent the night. A small group of us headed for the big lake the next morning. With me were Warren Niesche, Jim MacKay, Ray Ingalls, and kayakers Tony Kinal and Arlene Martin. Two Americans. Four Canadians. We meandered through the Red's estuary, keeping to the center channel, and when we finally reached the open lake and stopped paddling, I noticed Warren's and my canoe bobbing, bobbing, bobbing on the water in perfect equilibrium as the river current and lake breeze worked against each other to hold us in place.

Sunshine. Limitless blue water. Puffy white clouds riding infinite sky. It was the most exquisite sensation.

The strange thing was, or perhaps not so strange after all, I wanted to keep going.

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**Jim dale Huot-Vickery**, contributing editor for *Canoe & Kayak*, is also the author of *Wilderness Visionaries*, *Open Spaces*, *Winter Sign*, and, in progress, *Quest-Sea*.

*[This article is copyrighted, and reprinted courtesy of Canoe & Kayak from the December 2000 issue. For more information or to subscribe, contact Canoe & Kayak, 1-800-mycanoe]*



# Food Preparation Workshop

Held in conjunction with the Manitoba Naturalists Society, this joint presentation will be great opportunity to share outdoor food secrets. **PLEASE PRE-REGISTER** by calling the MNS office at 943-9029. Class sizes are limited so register early. And please **CANCEL** if unable to attend so others may benefit from the vacancy. The cost is \$5 for MRCA members (\$5 for non-members). Children over 10 are welcome to attend with their parents.

## CALLING ALL PADDLERS AND BACKPACKERS

**Instructors:** A joint MRCA/MNS presentation  
**Date:** Wednesday, February 28, 2001  
**Time:** 6:45 p.m.  
**Location:** Kelvin High School, Room 35

Experienced wilderness lovers and new enthusiasts alike will find this workshop to be of benefit. The MRCA, in conjunction with the MNS, presents a workshop on Menu Planning and Food Preparation for paddlers and backpackers. Topics to be discussed will include basic menu planning, food drying and rehydration, water purification, reflector oven cooking and store-bought foods. A panel discussion will close the evening.



*The Millennium Tour leaving Lower Fort Garry to paddle to Selkirk. Photo: Jim MacKay*

# Book Review

## IAN AND SALLY WILSON Biography

Ian and Sally Wilson are Canadian authors and photographers who have been exploring Canada's north for 15 years. They are modern-day adventurers and have completed five year-long wilderness expeditions. They have also written four best-selling books about their experiences. Their fifth book, *Wilderness Journey - Reliving the Adventures of Canada's Voyageurs*, is now available.

*Wilderness Journey* tells the story of the Wilsons' most recent year-long expedition. They built a birchbark canoe and embarked on a three-month canoe journey, using old-style clothing and equipment. After spending early winter in northern Saskatchewan, they continued by dog team and toboggan as Voyageurs had.

Ian and Sally's life of adventure began 15 years ago with four seasons in remote wilderness where they built a rustic log cabin. Their first book, *Wilderness Seasons*, shares the trials and triumphs of life close to nature.

They then spent a year photographing wildlife in northern Canada. Through the year, they lived with moose, bear, wolves and other creatures. *Wild and Free* tells the story of their personal encounters.

The Wilsons' third expedition was a year in Canada's Arctic. They canoed across the Barrens, lived with an Inuit family, then continued on a dogsled trip along Hudson Bay. The book, *Arctic Adventures*, is the story of this journey.

The Klondike Gold Rush of 1897 inspired their next expedition. Like Stampedeers, the Wilsons travelled by horseback, climbed the Chilkoot Pass, then floated down the Yukon River. After wintering in the Klondike, they searched for gold as people had a century before. The book, *Gold Rush*, shares the experiences of this journey.

When they are not exploring, Ian and Sally share their experiences with others through their writing as well as multi-projector slide presentations across Canada. The Wilsons' future goal is to relive different events of Canadian history and to continue sharing Canada's heritage with others.

*Gordon Soules Book Publishers*

## Watch for it!

**Waterwalker Film & Video Festival** will be held at the Museum of Man and Nature on Sunday March 18, 2001.

This is always a wonderful event, and will get you excited about getting out onto the water this summer.

Full details in the revamped Spring issue of "The Ripple". You won't want to miss this one!

For more details, contact Julie Gold (475-3224) or Donna Kurt (334-3111).

# The Last Canoe Trip

Viki Malher

The morning dawned calm and foggy. The air had warmed overnight. Without a hint of a breeze, the fog barely moved over the flat water on the lake. The day had come. Our "last" chance to get out for a full day of canoeing. I packed a lunch and enough warm clothes to keep us comfy should a sudden blizzard appear from the north without warning.

There is an awesome beauty to the stillness of a fog-covered lake in October. Keeping the shoreline just in sight as we paddled along, the reds and golds of maple and birch peered out of the mist with an intensity unseen on a clear day. Deep greens of spruce and pine served as a backdrop to the colours of the hardwoods. Islands suddenly emerged from the fog, then disappeared again as we passed.

The fog began to lift just as we reached the portage. Vesta took her pack and paddle and was off along the trail before we even had the canoe unloaded. I hoisted the pack, which had enough stuff in it to keep us warm and fed for two days (though we planned to be home before dinner). Allan carried the canoe across the long and narrow path.

Memories of summer brought a longing for a taste of the blueberries we had feasted on just a few months ago when we last walked this trail. From the top of the hill, where the blueberry bushes now flamed red with autumn, we could see the lake ahead through the thinned golden leaves of birch and poplar.

The fog was gone by the time we packed ourselves into the canoe and began to paddle down the lake. A gentle breeze from the south blew at our backs.

There is a very deep quietness that descends upon the land at this time of year. The loons that usually greet us as we pass into the open expanse of the lake had already gone. When we were here in July, a group of eight loons had come to look at us – to see who came to visit their remote hideaway. All had flown south by now. Their cries no longer

echoed in the hills.

Only a lonely little red squirrel chattered at us from a pine tree on the shore. Likely she had seen no people for weeks, or maybe all summer. Not much traffic passes this way. She scurried down the trunk to retrieve one of her pine cones, then scurried back up before scolding us once again for invading her territory.

Two kilometres northward, and I looked around in wonder. The magnificent forest reached forever all around. Hillsides covered with jack pine, patches of birch, some scattered old red and white pine, and even a bit of sugar maple to the east. The quiet beauty seeped in. I wondered why it had been so long since we'd come this way.

Halfway up the lake, we saw a loon in the distance. One lonely loon. From far away, I looked at it through the binoculars. It hadn't noticed us yet. I suspected it was this year's young, alone now that its parents had migrated for the winter. How long would it stay? How would it know what to do when the ice started to form on the edges of the only lake it has ever known?

As we got closer, it finally noticed it was not alone anymore. It was very shy. Didn't know if we were friend or foe,

and it retreated; diving deep, and reappearing a good distance away.

At the north end of the lake, we took the portage into the next lake. Amazingly, it was bluer than blue. Clearer by far than the very clear lake we just left. No fish at all can live here. There weren't even whirly bugs on the surface of the lake. We saw only the white patches of crayfish diggings deep in the water below us. We let the southerly breeze carry us along while we lunched. Sandwiches and hot soup from the thermos.

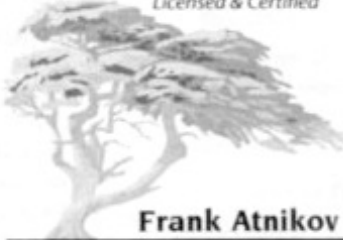
All the while, we were watching for signs of the loon chick we saw here in July. With no fish in the lake, it was not surprising that the chick was not there. While its parents could fly to other lakes to eat, the poor little one could not. We had hoped against reason that the little loon would have beaten the odds. Clearly it had not.

Turning south again, we headed home under sunny skies. After the short portage, Vesta pulled out her schoolbooks and got to work. Allan and I paddled the long lake once again, hoping to see the one loon chick that did survive this summer.

[Nastawgan Autumn 2000]

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# Notice of Motion to Revise the MRCA Constitution and By-laws

The Board has proposed a number of housekeeping changes to the MRCA Constitution and By-laws, and intends to hold a membership vote on the revisions at the January 17, 2001 General Meeting. The revised versions, with proposed changes shown by strike-out and italics, are reproduced below. Please review the changes and come to the MRCA General Meeting on January 17 to exercise your franchise and to enjoy an excellent "evening of song and discussion about wilderness paddling", as discussed elsewhere in this issue.

If you have any questions or wish to discuss the proposed changes, please contact:  
Jim MacKay (832-5811 – jfmackay@pangea.ca), or Julie Gold (475-3224 – jgold4@home.com).

## MANITOBA RECREATIONAL CANOEING ASSOCIATION INCORPORATED (MRCA) CONSTITUTION, BY-LAWS AND POLICIES

### CONSTITUTION (adopted Sept 15, 1999) (proposed revisions Oct 25, 2000)

#### 1. NAME:

The name of the organization shall be "Manitoba Recreational Canoeing Association Incorporated" (MRCA)

#### 2. INCORPORATION:

MRCA is incorporated under the Manitoba Corporations Act as Corporation No. 3503305.

#### 3. OBJECTIVES:

- To promote recreational *paddling canoeing* in Manitoba;
- To establish, maintain, and to promote training and safety standards *appropriate to suitable for recreational paddling canoeing* in Manitoba;
- To represent *all the environmental* interests of recreational *paddlers canoeists* regarding *protection and preservation of the paddling environment when protection and preservation of our wilderness is involved.*
- To provide *paddling canoeing* information to MRCA members *and the public*;
- To cooperate, when possible, with Provincial and National bodies in matters related to recreational *paddling canoeing* in Manitoba;
- To provide leadership and appropriate administrative and financial support to the membership for the accomplishment of the MRCA OBJECTIVES.

#### 4. MEMBERSHIP:

Membership is open to individuals and organizations who support the objectives of MRCA and shall consist of such classes and be subject to such conditions as the by-laws may from time to time provide.

#### 5. GOVERNANCE:

MRCA shall be governed by a Board of Directors of 6 to 10 persons (*Directors*) elected or appointed from the membership as the by-laws may from time to time provide.

#### 6. BY-LAWS:

MRCA may adopt by-laws not inconsistent with this constitution for the purpose of carrying out its objectives.

#### 9. PROPERTY:

MRCA may acquire, hold and dispose of real and other property for the purpose of carrying out its objectives.

#### 10. AMENDMENTS:

Amendments to the constitution shall require at least 15 days notice of motion to the membership and a 2/3 vote of the members voting at a membership meeting.

#### 11. KAYAKING:

Canoeing is deemed to include kayaking, *and paddling is deemed to include both canoeing and kayaking.*

### BY-LAWS OF THE MRCA (proposed Sept 15, 1999) (proposed revisions Oct 9, 2000)

#### 1.0 MEMBERSHIP

##### 1.1 Classes of Membership:

1. Individual.
2. Family (Two or more individuals living at the same address).
3. *Minor or Full Time Student (Members younger than 18, or students enrolled full time).*
4. *Associate (Individual members living outside the Winnipeg area and who do not regularly attend meetings).*
5. ~~3. Affiliate Organization~~ (Group or club).
6. ~~4. Corporate Commercial~~ (Individuals or organizations engaged in the rental or sale of canoes, kayaks and related products or in the provision of related services).
7. ~~5. Sustaining~~ (Individuals or organizations that support the MRCA through annual donations equal to or in excess of the *amount specified by MRCA policy required amount*).
8. ~~6. Honorary~~ (An individual or organization who by history of service to *paddling canoeing* in Manitoba is deemed to merit such recognition, or an MRCA member who has achieved great distinction in *paddling canoeing*. Nominations may be made by any member, shall require the endorsement of the Board and the approval of the membership at any membership meeting). *The principal representative of an Affiliate (club) membership Members and representatives of organizations shall be 18 years of age or over.*

## **1.2 Membership Fees:**

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

## **1.3 Membership Meetings:**

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

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

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

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

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

## **2.0 BOARD OF DIRECTORS (The Board)**

### **2.1 Composition:**

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

### **2.2 Election and Appointment:**

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

### **2.3 Duties:**

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

### **2.4 Remuneration:**

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

### **2.5 Conflict of Interest:**

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

## **2.6 Removal from Office:**

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

The office of a Director may be terminated by a resolution passed by a 2/3 vote of the Board if the Board determines that the Director has been guilty of conduct arising out of bad faith, tending to injure the good name of MRCA, disturbing its well being, or hampering its work.

## **2.7 Meetings of Board:**

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

## **2.8 Indemnity of Officers and Directors:**

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

## **2.9 Hiring of Staff:**

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

## **2.10 Contracts:**

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

## **3.0 OFFICERS**

### **3.1 List Of Officers:**

President  
Vice-President  
Secretary  
Treasurer  
Past-President

### **3.2 List of Convenors:**

Membership Chair chair  
Instruction Chair chair  
Newsletter Chair chair  
Information Resources Chair chair  
Fund Raising Chair Bingo chair  
Indoor Program Chair chair  
Advocacy Chair chair

### **3.3 Duties of Officers:**

#### **President**

- Normally call and chair all meetings of the Executive, the Board and Members.
- Act as CEO and give direction and exercise supervision over the

affairs of MRCA.

- Maintain communication among Board members.
- Maintain communication/liaison with CRCA, MPA and similar associations.
- Ensure compliance with MRCA constitution, by-laws and policies.
- Represents MRCA in dealings with public or private corporations, groups or individuals.
- Be a signing Officer of MRCA.
- Carry out such other duties as may be assigned by the Board.

#### **Vice-president**

- Act for the President in the President's absence.
- Be a Signing Officer of MRCA. (See current subsection 4.3 "Cheques shall be signed by any two of President, Vice-president, Secretary or Treasurer. Normally the Treasurer shall sign")
- Carry out such other duties as may be assigned by the Board.

#### **Secretary**

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

#### **Treasurer**

- Receive and disburse all funds of MRCA.
- Prepare an annual financial report prior to the AGM.
- Prepare an annual budget for approval by the Board prior to the AGM.
- Prepare financial reports for Board meetings.
- Administer insurance policies of MRCA.
- Submit annual report as required under Corporations Act.
- Maintain an inventory of all assets of MRCA and submit a report to Board prior to AGM.
- Be a signing officer of the Board.
- Carry out such other duties as may be assigned by the Board.

#### **Past President**

- Act as a mentor to new Board members.
- Act as a roving ambassador to promote the objectives of MRCA.
- Chair a nominating committee to nominate members for Board positions. (By-law subsection 2.2)
- Be a signing officer of the Board.
- Carry out such other duties as may be assigned by the Board.

### **3.4 Duties of Convenors:**

#### **Membership Chair chair**

- Actively promote membership in MRCA.
- Maintain an accurate and up-to-date current MRCA membership list.
- Maintain an accurate and up-to-date mailing list of current MRCA members.
- Maintain an accurate and up-to-date e-mail distribution list of current MRCA members.
- Prepare Annually prepare and distribute an Annual MRCA Membership Directory.
- Advise members of renewal date and follow up as necessary to encourage timely renewals.
- Receive and process all applications for membership.
- Transmit membership fees to Treasurer.
- Provide updated lists of "volunteers" to appropriate Board

members.

- Prepare mailing labels for Newsletters and other MRCA mail-outs.
- Provide monthly membership status reports to the Board.

#### **Instruction Chair chair**

- Establish, maintain, and promote training and safety standards appropriate to recreational paddling in Manitoba.
- Maintain Have custody of MRCA canoes and related equipment.
- Organize instruction courses including hiring of instructors.
- Coordinate issuing of certificates of achievement and maintain a record of certificates issued with CRCA.
- Maintain a record of certified instructors in Manitoba and coordinate course recording with CRCA.
- Collect and distribute fees.
- Represent Coordinate and represent MRCA at CRCA Instruction Canoe Program Development Committee meetings.

#### **Newsletter Chair chair**

- Provide liaison between Board and Newsletter Editor.
- Maintain a resource file of filler articles for use in future MRCA Newsletters.
- Actively solicit Newsletter articles from MRCA members.

#### **Information Resources Chair chair**

- Maintain and enhance existing information resources (printed and website versions).
- Maintain "MRCA Paddlers" newsgroup.
- Respond to inquiries for resources.
- Coordinate trips for MRCA members.

#### **Fund Raising Chair Bingo-chair**

- Plan, organize and carry out fund-raising events.
- Recruit volunteers to work at fund raising events Bingos

#### **Indoor Program Chair chair**

- Organize and preside at all indoor program events.
- Coordinate refreshments volunteer

#### **Advocacy Chair chair**

- Actively promote recreational canoeing in Manitoba
- Represent the interests of recreational paddlers regarding protection and preservation of the paddling environment.
- Track and pursue information about management policies of public lands which directly affect paddlers
- Write letters, draft proposals and apply for grants concerning management of waterways and associated lands
- Respond to issues brought forth by the membership regarding land management, boating regulations, accessibility concerns, and/or other matters concerning paddlers

### **4.0 FINANCIAL**

#### **4.1 Treasurer:**

Funds shall be received and disbursed by the Treasurer.

#### **4.2 Banking:**

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

#### **4.3 Cheques:**

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

#### **4.4 Audit:**

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

#### **4.5 Fiscal year:**

The fiscal year shall be *January 1 to December 31* ~~September 1 to August 31~~.

#### **4.6 Budget:**

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

#### **5.0 OFFICE AND ADDRESS**

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

#### **6.0 PARLIAMENTARY AUTHORITY**

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

#### **7.0 ASSOCIATIONS**

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

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

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

#### **8.0 POLICIES**

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

#### **9.0 AMENDMENTS TO BY-LAWS**

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

#### **10.0 TRUSTEESHIP**

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

#### **11.0 DISSOLUTION**

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

## **UNDER REVIEW**

If you have attended an indoor meeting and would like to give a report to the membership, please contact Jenny Gates, Newsletter Editor (957-5754 or [jennyg@total.net](mailto:jennyg@total.net)).

---

### **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.

---

### **Letter to the editor**

Here we are, supposedly environmentally concerned folks, drinking our coffee and tea from expanded polystyrene disposable cups. Admittedly, I'm no better, but I would nevertheless like to issue the following challenge to all members attending MRCA programs in the future. Please, as a group of caring, globally thinking, locally acting tree huggers, bring our own cups to meetings (and maybe even a spare clean cup for possible guests), and in this small way reduce the impact of our gatherings on Gaia.

*Henry Redekop*

---

### **Neat Ideas**

I am getting a stack of used CDs and I came across a good use of these CDs – as survival reflectors (every life jacket should have one stowed in a pocket to signal for rescue). They are apparently good to scare birds away from large windows so that they don't fly into them. Just hang them up with a string.

*Walter Andrejowich*

A recent discovery suggests that Vegemite, the Aussie goo that only Australian seems to enjoy, is also useful for taking the sting and itch out of sandfly bites. Might not look so good, but if it works, then no one will be complaining.

*Jenny Gates*



*The following "poem" is best recited to the tune of "on top of old smokey" after a few (several) drinks. It was credited to W. R. (Bill) Linton, who apparently wrote it while participating on a Canadian centennial (1967) canoe trip which retraced the historic Northwest Company fur trade route (via the Winnipeg River, Lake of the Woods, etc.), to Montreal. Don Starkell apparently participated on the trip, and likely he (or perhaps Bill Brigden) could provide more detailed information regarding the source/background.*

## GREAT BLAZING PADDLES

W. R. Linton

On top of a portage all covered with dew  
I tripped on a tree root and I dropped my canoe.

The nose hit the ground with a sudden sharp lurch  
Before I could balance I was down in the dirt.

For paddling is pleasure, portaging is tough  
As I sat in the mudhole, I said "I've had enough".

When I'm back in the city, I'll sell my canoe.  
I'll hang up my paddle, I'll try something new.

I'll try golfing or tennis. They're nicer to do  
Than travelling up country in a tippy canoe.

For 10 days I've paddled in sun and in rain  
My skin is all peeling, it's itching again.

As I scratch at the itching, I remember last night  
I awoke in my tent in a terrible fright.

Something was scratching at my canvas door  
And huffing and puffing while I lay on the floor.

A mountainous shadow moved on the wall  
And I heard a twig snap as the shadow grew tall.

I grabbed for my flashlight and fumbled the lamp  
The first thing I thought of – a bear in the camp.

I picked up my paddle, swung as hard as I could  
At the bulge in the canvas – that's where the bear stood.

The bulge disappeared with a terrible yell  
And the language I heard in this song I can't tell.

For the bulge and the shadow was no bear you see  
And in the end, the joke was on me.

For I'd swatted my partner, right on the seat  
He was shivering outside. He was taking a leak.

He jumped 3 feet forward, and fell in the lake  
His splashing and yelling brought the whole camp awake.

The scene stood out clearly in the light of the moon  
Across the still water came the laugh of a loon.

The laughter was joined by a dozen or more  
As my partner swam in and clambered ashore.

He stumbled around and found his way back  
And he called me bad names as he crawled in the sack.

As I sat in the mud hole surrounded with sound  
The roar of the rapids and the rain pouring down.

I knew I was wet, I was wet to the skin  
I was just as wet as the day I fell in.

On a wilderness lake on the second day out  
We feasted for lunch on a fresh speckled trout.

After lunch I went fishing, I couldn't resist  
In the hope that my supper would also be fish.

I hooked me a big one, it surged round the lake  
My rod was bent double, I thought it would break.

My partner was paddling, "Take it easy!" he screamed  
I yelled at him sideways, "Tell the fish, don't tell me".

He towed the canoe, he set up a wake  
I got so excited, my arms started to shake.

We spun in a circle, the line was like wire  
My hands were all slippery – would that fish never tire?

He doubled back under, right under the keel  
With the rod bent right over, the boat started to heel.

"Lean back!" yelled my partner, but he was too late.  
I rolled the canoe right into the lake.

The excitement was over, that fish was a stinker  
He took my whole outfit – hook, line and sinker.

On top of the portage, all covered with dew  
I struggled up stiffly, and swung the canoe.

My partner behind me was waiting to pass  
I stepped to the side, wiping mud off my ass.

Now the roar of the rapid is fading away  
And a rainbow ahead is marking the way.

Distant thunder is rumbling, little birds flit and soar  
I see a fish jumping, a deer on the shore.

I paddle on homeward, my rhythm is slow.  
I'm already planning, my next trip to go.



# The Bush Kitchen

with Julie Gold

Once you get a "taste" of home-dried meals, the creative juices flow start to flow, and you begin to look around for foods to dry.

If you are tempted by discounted bulk produce, as I often am, be sure that you use only those pieces in top condition. Still, the shelves at the back of the veggie department can be a bonanza. I dry the best, and use the rest in soup!

Mushrooms, pepper, and celery used in the recipe below are all easy to dry. Unlike some vegetables, they don't require blanching (lightly pre-cooking) beforehand. Simply chop thinly and process. If you use them fresh, green beans, along with carrots, corn, peas, spinach, etc. should be blanched as you would if you intended to freeze them (suggested times can be found in a cookbook). However, it's far easier to use frozen veggies, so why not watch for them on sale, stock up and dry them over the winter.

Canned goods offer variety and ease of preparation for drying. I have successfully processed and prepared both canned tuna and salmon for hearty trail eating, as well as canned meats such as Spam© (which is very greasy)! You may prefer to use broken up chunk tuna as the less expensive finely flaked product dries almost to powder.

The following meal combines the "comfort food" appeal of a creamy pasta dish with the gourmet appeal of green beans almondine, and tops things off with luscious chocolate brownies!

Bon appetit!

## Mushroom Tuna with Pasta (serves 6)

1½ cup dried sliced mushrooms  
¼ cup dried red pepper  
⅓ cup dried sliced celery  
¼ cup onion flakes  
1 Tbl. garlic granules  
Soak to reconstitute.

Bring to boil with  
1 cup dried tuna

When tender, make sauce:  
remove about ½ cup cooking liquid  
and mix with 1 tsp corn starch, 2 tsp  
flour, garlic powder and pepper to  
taste; add to pot and stir until  
thickened

Cook about 600-700 g pasta

Serve with **Green Beans Almondine**:  
2 cup dried green beans, soaked  
⅓ cup slivered almonds  
Saute nuts in 2 tsp margarine, add  
soaked beans and cook until tender

## Brownies

1 cup whole wheat flour  
½ cup cocoa powder  
¾ cup brown sugar  
¼ cup egg replacer (optional)  
2 tsp baking powder  
¼ cup walnut pieces (optional, or  
substitute other nuts, sunflower seeds  
if desired)  
¼ cup dried apricot, cut in pieces  
(optional, or substitute raisins, etc.)

Add ½ cup oil, then add water a bit  
at a time until fairly thick, but thinner  
than bread dough. Bake in outback  
oven. Let set until mostly cool before  
cutting.

Want to see something cooking in the kitchen?  
Is there a particular recipe you would like included?  
Want to prepare something special for the outdoors?

Then contact: **Julie Gold, The Bush Kitchen,**  
**PO Box 2663, Winnipeg Manitoba R3C 4B3**

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# THE MARKETPLACE

## Resource Material

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

BOOKLET	PRICE	
	(Members/ outlets)	(Non members)
A	\$ 2	\$4
B	3	5
C	4	6
H	2	4
W	4	6
OM	3	5
Stanners	5	7
"Canoeing South-Eastern Manitoba"		
Gahlinger	10	20
"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 / non-members):

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

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

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

## MRCA Books on Sale

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

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

### THRILL OF THE PADDLE by Paul Mason and Mark Sriver

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.

## What Benefits do I receive as an MRCA Member?

- An annual MRCA Membership Directory
- A regular quarterly MRCA Newsletter full of articles of interest to Manitoba paddlers such as various paddling destinations and local activities. The MRCA Newsletter is mailed right to your home
- Discounts on MRCA paddling courses and on paddling and camping products at paddling stores and businesses
- Access to regular MRCA General Meetings, held every month in Winnipeg. These meetings usually include a short business report by the MRCA Executive and are typically focused on a specific topic related to canoeing or kayaking and of interest to the general Membership. They offer paddlers the opportunity to socialize with others who have similar interests in recreational canoeing and kayaking. Great paddlers continue to show their strokes!
- Individual and Family Members are entitled to vote at Annual General Meeting and eligible to serve as Board Members
- MRCA's Affiliation with the Canadian Recreational Canoeing Association allows MRCA Members to purchase CRCA products (canoeing related books, momentos, etc.) at a discount! The CRCA provides MRCA Members with the opportunity to harmonize with other Canadian canoeing associations. Standards for instruction and safety and instructor liability insurance are other CRCA benefits
- MRCA's Manitoba Paddling Association Affiliation provides MRCA Members with an opportunity to explore the sport/competitive side of paddling. The MPA provides the MRCA with support through access to Manitoba Sports Federation funding, Government grants and numerous other services (printing services, meeting rooms, etc.)
- Opportunities to participate in canoeing and kayaking trips to locations in Manitoba and beyond
- Various workshops related to paddling
- Access to accredited canoeing and kayaking technical and safety courses and knowledge
- Access to canoeing and kayaking information including route descriptions, maps, trip survey logs, contacts with people who have 'been there, done that'
- MRCA Corporate and Affiliate Members are listed in the MRCA Newsletter and MRCA Internet Web site ([www.paddle.mb.ca](http://www.paddle.mb.ca)). MRCA provides a "link" from the MRCA Home Page to MRCA members' home pages and to other non-profit groups. Receive MRCA Membership Directory and extra copies of the newsletter if required
- MRCA Affiliate Members also have access to resource information and MRCA paddling instructor courses.
- Access to Manitoba Sports Federation meeting rooms, insurance on trips meeting MRCA trip requirements, and publication of events in the MRCA newsletter
- A unified voice for canoeists and kayakers.

## MRCA MEMBERSHIP APPLICATION and RENEWAL

\_\_\_\_\_  
Last Name or Organization Name (attach business card, if appropriate)

\_\_\_\_\_  
First Name and Initials

\_\_\_\_\_  
Residence/Mailing Address

\_\_\_\_\_  
City Postal Code

\_\_\_\_\_  
Residence Phone Business Phone

\_\_\_\_\_  
Fax Number

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

\_\_\_\_\_  
Family Membership (names of persons at same place):

\_\_\_\_\_  
Is this application New or Renewal

Annual Membership Fees	Circle
Minor or Full-Time Student	\$15 Cash MAH
Individual	\$20 Cheque
Family	\$25 Money Order
Corporate (Business)	\$30 Payable to
Affiliate (Club)	\$30 "MRCA"
Sustaining	\$100

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

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

*Applications received after Sept 1 expire Dec 31 the following year*

\_\_\_\_\_  
MRCA Financial Donation \$

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

**COMPLETE BOTH SIDES OF THIS FORM,  
cut out and mail with payment to:**  
MRCA Membership Committee,  
P.O. Box 2663, Winnipeg, MB R3C 4B3  
[www.paddle.mb.ca](http://www.paddle.mb.ca)  
(204) 338-6722

## MRCA Volunteer Positions

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

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

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

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

Membership \_\_\_\_\_

Instruction \_\_\_\_\_

Advocacy \_\_\_\_\_

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

Newsletter \_\_\_\_\_

Fundraising \_\_\_\_\_

President, Vice-President \_\_\_\_\_

Secretary or Treasurer \_\_\_\_\_

### Member Interests

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

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

### PAVLOV



**"I'll stand here and look out for rapids while you paddle, OK?"**

Got a paddling question to ask?  
Information you want to share?  
Water levels, destinations, bargains, items  
for sale or looking to buy?  
Looking for a paddling partner or trip in  
which to participate?

### Well, the MRCA now has a Paddlers Newsgroup!

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

## MRCA MEMBERSHIP DIRECTORY

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

### MRCA INDIVIDUAL / FAMILY MEMBERS

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

### MRCA CORPORATE MEMBERS (\$30/year)

Canadian Guiding Services (see Retailer Discount Programs)

Clearwater Canoe Outfitters, Box 3939, The Pas, MB R9A 1S5  
(204) 624-5467 fax (204) 624-5467  
www.mts.net/~rgallagh/clearwater

Frank Atnikov Massage Therapy, 1-396 Assiniboine Ave.  
Winnipeg, MB R3C 0Y1 (204) 798-1264

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

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 (\$30/year)

82nd Westminster Scouts, 48 Purcell Ave., Winnipeg MB R3G 1A1  
(204) 983-2531 E-mail: jim.palmquist@pwgsc.gc.ca

Fort Whyte Centre, 1961 McCreary Rd., Winnipeg, MB R3P 2K9  
(204) 989-8355 fax (204) 895-4700  
www.fortwhyte.org  
E-mail: fwc@fortwhyte.mb.ca

Manitoba Pioneer Camp, 230 Sherbrook St., Winnipeg MB  
R3C 2B6 (204) 788-1070 fax (204) 663-1659  
www.wilds.mb.ca/mpc E-mail: mpc@pangea.ca

60th Winnipeg Scout Group, 227 Robindale Rd., Winnipeg MB  
R3R 1G9 (204) 837-4238

YM-YWCA Camp Stephens, 400-428 Portage Ave., Winnipeg MB  
R3C 0E2 (204) 947-3044 fax (204) 947-0787

Scouts Canada 1st Sun Valley Ventures  
43 Pekary Place, Winnipeg, MB R2K 4H5  
(204) 668-7166 E-mail: cindybell@home.com

Woodland Caribou Provincial Park  
Box 5003, Red Lake, ON P0V 2M0  
(807) 727-1388  
E-mail: claire.quewezence@mnr.gov.on.ca

## 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.geocities.com/the\_prairie\_princess/  
E-mail: canadaguide@visto.com

*Offers a 20% Discount to members on week of retreat package. Canoe Retreats with choice of any of the following: Survival, Fishing, Photography, Bird Watching, hiking, first aid training Canoe/Hunting Pkgs also available. Area: Duck and Porcupine Mountains, 6 hours north of Winnipeg.*

### Totem Paddlesports

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

E-mail: rmpc@infopages.com  
*Offers their Rapid Rewards program on all regular-priced merchandise where MRCA members can earn points that can be used to save money on future purchases.*

### Trailhead

1960 Scott St., Ottawa, ON K1Z 8L8 (613) 722-4229  
www.trailheadend.com/  
E-mail: scottst@trailheadend.com

*Offers MRCA Members 10% off all Trailhead Expedition Canoes.*

## CORPORATE PROFILES

Yes, we have been promising that in future issues of this newsletter, we will include profiles of our corporate members.

We haven't as yet, but we will start with the next issue of the newsletter. 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 Jenny Gates (957-5754 or jennyg@total.net) 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

### Wednesday, January 17 – An evening of song and discussion about wilderness paddling

Hear the music of Dave Hadfield, a paddler/singer/songwriter from Utopia, Ontario.

### Tuesday, February 27 – Canoeing in northern Canada

Slide presentation, adventures and stories from various trips by Lea Stogdale, keen photographer, paddler and cyclist.

### Wednesday, March 21 – A Primer on Two Spring Trips

An evening of socializing and slide shows to talk about the upcoming season and see pictures of similar events from previous years.

(see page 4 for details)

TO:

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

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## CALLING ALL ADVERTISERS!

We invite you to join us in celebrating the launch of *The Ripple*.

Our newly designed newsletter, complete with new name and logo, will be launched in the Spring (March 1), and we want to celebrate 14 years of providing newsletter service to the paddling community. We encourage all our advertisers – past and present – and potential new advertisers to continue, renew or place your ads in *The Ripple*. Corporate and affiliate members, retailers and any MRCA members who would like to show their support for the MRCA are encouraged to join in the celebration.

Phone Jenny (957-5754) or email (jennyg@total.net) for details and reduced advertising costs.