

The

Ripple



Autumn 2001

Newsletter for the MRCA

(Manitoba Recreational Canoeing Association)

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Storing your Canoe/Kayak for Winter

Ralph Seddon

Keeping a canoe in tip-top shape requires proper storage all year round. Even during the busy summer months, exposure to the harsh sun can shorten the useful life of a canoe. Winter compounds the opportunity for your canoe or kayak to suffer damage if not properly sheltered.

A Big Hard Sun

The sun is a roiling cauldron of nuclear fusion, radiating unimaginable amounts of harmful energy every second. Fortunately, the ozone layer protects us from the worst effects, but as everyone who has suffered from sunburn can attest, enough energy leaks through to cause harm.

Ultraviolet light not only damages your skin, but it progressively causes a degradation of every material a canoe or kayak is made of except aluminum. Left to itself, it could take a decade or two for the damage to become obvious, but every minute of exposure weakens the hull. A slight impact your canoe could handle years ago may now cause severe cracking or even a

breach. The harsh light can also damage wood gunnels or cause painted surfaces to fade or crack.



A canoe stored without adequate support can suffer cumulative hull damage from its own weight over the years.

The solution is to keep the watercraft in the shade. But not all shade is created equal. A canoe beneath a tree or hidden on the side of the house may only receive intermittent protection. While this is a good start, think of protecting your canoe/kayak the same way you would protect your skin from the sun: in layers.

Fabric, wood, plastic and fiberglass canoes/kayaks come with a protective coating from the factory. This can be enhanced with spray-on sealants or protectants. A generous coating applied at the start of the season and just before storing it for the winter will maintain this first line of defense. However, this may not be suitable for fabric or wood canoes. You should consult the manufacturer, as they may be able to recommend alternative products.

Undercover Canoe

The next layer is fabric. For a watercraft this is either a tarp or fabric-covering designed to protect the canoe/kayak from rain, wind and sun. During the summer months this can be

draped over the canoe/kayak if used often, but for winter storage, it should not actually touch the watercraft if possible as this could encourage the growth of mold and mildew. Cleaning your canoe and drying it thoroughly before winter storage will also

continued on page 12



NEWSLETTER INFORMATION

This Newsletter is published quarterly (December, March, June and September). Classified Ads cost 25 cents per word per issue, with a minimum of 12 words (Individual and Family Members may place up to 40 words free). The cost for Corporate Ads per issue and per four consecutive issues are as follows:

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

Rates are subject to change.

Ad copy and other submissions must be received by the Editor two weeks prior to issue date. Invoices will be mailed with a copy of the issue each quarter.

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

**DEADLINE for the WINTER
(Dec.) 2001 Newsletter is NOV 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) 275-8955
E-mail: rseddon@mb.sympatico.ca

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, Gary Brabant (see details page 3).

How to Contact the MRCA

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

MRCA Paddlers Newsgroup

E-mail: mrca@mbug.cs.umanitoba.ca
to subscribe or contact the MRCA at
338-6722 (information line) or www.paddle.mb.ca

Paddling Connections

The MRCA is affiliated with the following organizations:

Manitoba Paddling Association
(204) 925-5681
paddle@mpa.mb.ca, www.mpa.mb.ca

Canadian Recreational Canoeing Association
(613) 269-2910 or 1-888-252-6292
e-mail: staff@crca.ca, website: www.crc.ca

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

2002 MEMBERSHIP

A friendly reminder that your MRCA membership for 2001 expires on December 31. To renew your membership, fill out the form on page 17 and submit it to:

Membership
c/o Gary Brabant
P.O. Box 2663
Winnipeg, MB, R3C 4B3

MRCA PRESIDENT'S MESSAGE

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Positions valid through to
December 31, 2001

Gerry Hirose

The weather is getting cooler and fall is in the air. Hopefully you have had a great summer of paddling. If not, there are still some good paddling opportunities before freeze up. Just a reminder to dress properly for the colder water temperatures.

Indoor meetings will be starting up again. Be sure to bring some slides of your summer adventures to the September meeting.

There's one born every minute...

"There's always something smarter than yourself." These are wise words. However, the reverse is also true as proven a few weekends ago when I fell out of my canoe.

I was fishing from a dock at the Otter Falls campground in Whiteshell Provincial Park and catching a lot of salad, but nary a bite. Looking across the Winnipeg River, I saw a couple in a canoe fishing in the lee side of an island. My canoe lay like an upturned shell at my campsite. Hoping the 'grass' was less green on the other side, I gathered my tackle and headed for the canoe.

The wind had picked up, bad enough for Environment Canada to issue a windstorm warning later in the day. Common sense deserted me at that point and pride filled the empty space (right between the ears) as I listed my reasons for trying to solo canoe in choppy water and windy conditions. "I'm the editor of the MRCA newsletter," I told myself. "I received my Level one several years ago, which qualifies me to sit quietly in the prow while an experienced canoeist resists the temptation of drowning me when I ruin all his/her delicate paddle work with a swipe of my paddle. I've survived windy conditions before in the canoe. And I'm a man." (My common sense audibly implodes at this point).

I piled my fishing gear into the canoe and donned my lifejacket. I debated for several moments before fetching the throw bag, bailer and a spare paddle. Tying all three to the canoe, I pushed off and quickly sat down, only to feel the stern grate against the sandy bottom. Shifting around and pushing with my paddle, I got her away from shore.

At this point a slight wave from a passing motor boat hit the canoe. The first wave rocked the canoe, demonstrating how precarious my balance was. The second wave bounced the prow higher as I braced myself to drop to my knees. The third bounce was just enough for the wind to catch the canoe and

You may have noticed that some events/programs were not run or were reduced in frequency. This is directly related to the absence of volunteers and people willing to fill the paid positions. If you wish to see events happen or programs continue, we need your assistance. Please contact me if you are willing to help.

Have a great fall paddling season.

flip it over. I was three feet away from shore, soaking wet with a banged up ankle, and the object of study by slack-jawed neighbours.

While bailing out the canoe I heard them whispering to new arrivals at their campsite. I felt embarrassed when I heard one say "sploosh". Having whetted their appetite for stupidity, I decided to show them a real show.

I put my fishing gear aside and pushed the canoe back into the water. Kneeling in the stern I boldly paddled onto the river. I planned a short jaunt to a nearby beach, proving it was only a strange concurrence of wind and waves that toppled me. The wind eased my trip to the beach. Gliding around the dock, I aimed squarely for the roped buoys denoting the swimming area. Coming within a few metres of them, I swung the canoe around to head back. The wind grabbed the jutting prow and continued the swing until I faced the shore again. I circled three times before realizing I couldn't fight the wind in my current position. Moving carefully to the canoe's midpoint, I hunkered down and set out from shore again, taking the time to consider my folly as I rounded the dock with considerable difficulty.

Back in camp, I related my misadventure to Louise, who returned from her walk with our dog Pyper. She was dismayed that I fell into the river and she didn't have an opportunity to snap a picture. I stowed the safety equipment and laid out my life jacket next to my wet shoes and socks. While washing my hands to prepare lunch, Louise pointed to a heavy man hopping into his powerboat without a life jacket. Around him were several blond children playing on the dock. They watched as he roared off.

"You know what he told them?" she said. "I only wear my life vest when I need it."

Suddenly I felt a lot smarter.

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

MRCA INDOOR PROGRAM

A summer of adventure and relaxation on the water...
followed by more great presentations in the fall

Painted leaves fall to Earth to warn us of winter's approach. Soon winter's breath will chill the waters motionless and the canoes and kayaks will away to hidden corners to hibernate for another season.

Unlike the canoes we cannot nestle in corners until the sun's splendor awakes our spirits in another summer. Instead we must feast on the ways and stories of each other until the waters are freed from their sluggish slumber.

We gather together in companionship to remember other's tales of chagrin, awe and solitude while floating in between the sky and its reflection.

WEDNESDAY, SEPTEMBER 19 – MEMBER'S SLIDES OF SUMMER TRIPS

YOU – Yes you! — are invited to bring a handful of slides to our September meeting. We'll load them into a carousel tray with other members' slides, then pass around the cordless microphone so you can tell us about your trip. It doesn't have to be this summer's adventure...any enjoyable trip you've been on will be fine.

If you don't have enough slides for a major presentation, this is your chance to show us what you do have. If you've always been a little hesitant about presenting at the front of the room...well, we promise to leave the lights off and let you speak from where you're sitting.

So load some slide film into your camera this summer and fire away! Or dig through your collection when you get back. We really do want to see where you've been. The evening will also feature extended time for socializing over milk and munchies.

WEDNESDAY, OCTOBER 17 — PADDLING LAKE WINNIPEG'S SHORELINE

For his 60th birthday, Jerry Zaste treated himself to the adventure of a lifetime – he paddled the entire shoreline of Lake Winnipeg. How long did it take? Did he buy supplies enroute? Were there any squalls, or heaven forbid, snowstorms? What about wildlife encounters and breathtaking sunsets? How many other people have paddled the complete shoreline of the world's seventh-longest lake?

Jerry will answer all these questions and more. As a bonus he'll show us slides of his paddling adventures on Lake Athabaska. Jerry will be joined for the presentation by his friend and kayaking companion Tony Kinal...and you'll be treated to an entertaining description of two trips that few other paddlers have ever done.

WEDNESDAY, NOVEMBER 21 – SOLOING THE HAYES: A PERSONAL JOURNEY ON A HISTORIC MANITOBA RIVER

In July and August, 1995, Bradley Bird solo paddled the mighty Hayes River from The Pas to York Factory. The trip was somewhat of a pilgrimage for Brad, whose great-great-great grandfather, James Curtis Bird arrived at York Factory from England in 1788 and went on to serve as a Chief Factor and Governor with the Hudson's Bay Company. Many of Brad's paternal ancestors plied the Hayes in the employ of the HBC as well. The Hayes remains the only mid-continental river in North America to remain undammed and it has been recently nominated for heritage river status under the Heritage Rivers System. Brad is an avid canoeist who has paddled extensively not only in northern Manitoba but down the Mississippi River to New Orleans. Please join Brad and the rest of the MRCA members for an exciting evening's account of his solo trip down the Hayes, a river steeped in history.

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.

THE NOTICE BOARD

Advertising Salesperson for MRCA Newsletter

The Manitoba Recreational Canoeing Association (MRCA) is looking for an advertising salesperson to manage advertising for its quarterly newsletter, *The Ripple*.

This interesting position enables the individual to work closely with corporate and affiliate members of the MRCA, as well as be directly involved in promoting the MRCA and its newsletter.

Responsibilities include securing new advertising and maintaining current clients, and notifying the newsletter editor of advertisements for submission prior to the deadline.

Applicants should have good people skills, and be able to work to deadlines. Some experience in selling advertising and an interest in the MRCA would be a distinct advantage.

This is a paid position.

For more information, please contact Gerry Hirose at 488-8225 (hm), 985-5949 (wk) and e-mail gthirose@escape.ca.

Lost & Found

Car keys found at Black River on July 5, 2001. Phone Doug Youngson at 204-586-5813 if they belong to you.

WHITEWATER RODEO

Come and enjoy a day of whitewater paddling with CRCA canoe and kayak instructors at Manitou Falls on Saturday, September 15. This is especially for those enthusiasts who missed the Rodeo last June.

This event is for all who have taken a moving water canoe or whitewater kayaking course. Contact Gerry Hirose to register. A barbeque will follow provided volunteers are willing to assist. Phone 488-8225 (home), 985-5949 (office), gthirose@escape.ca

Photographers, Professional and Otherwise

While you are out on the water, or portaging, camping and hiking, or enjoying magnificent sunrises and sunsets anywhere in Canada and beyond, be sure to keep your camera handy to snap those incredible moments.

This winter, the MRCA will announce winners of the first **MRCA Paddlers Photo-Op**. Now, if someone has a better name for the contest, then by all means suggest it. But in the meantime, get snap happy and send your submissions to Tony Kinal (Newsletter Convenor) by October 1. There will be prizes as well as a photo spread of the winners and honourable mentions in the winter issue. Be sure to provide a caption for the photo, full details of location, and contact info for the contest.



As Manitoba Paddlers, Are We Missing the Boat?

Gerry Hirose

The Seine River, located in the heart of Winnipeg is crying for paddlers of all ages and ability to come out for an hour or a day and experience a taste of nature, history and culture during a single visit. Believe it or not, this river flows all the way to the town of Marchand, Manitoba, about 30 kilometres south of Winnipeg. If you venture by canoe or kayak just a few minutes north of The Forks, the mouth of the Seine River will greet you. The activity on the west side of the riverbank is the restoration of the Old Market Garden Site, which many also refer to as the Lagimodiere/Gaboury homestead (the birthplace of Louis Riel). These projects, along with the canoe launch potential of the area, could make this site along the river a regional attraction.

If you don't want to begin the trip in this manner, take a drive down Provencher Blvd. towards the DesMeurons intersection. Grab a coffee and a donut at the Robins or if you want something more substantial drop in for a meal at the new Seine River Café. The food, the price and most of all friendly atmosphere and hospitality extended by the owners and staff of the restaurant might pleasantly surprise you.

When you are ready, take your car across Provencher Blvd. at the lights and drive a few yards north. Once again you will be surprised to find you can drive around and find a place to park. Hopefully, before your eyes, you will see the newly constructed canoe launch and a scenic lookout site.

Put your canoe or kayak in the water and start paddling. You will find it hard to believe that you are in the heart of the city of Winnipeg. There will be no notice of or competition with the noise and rough waters produced by the motorized watercraft that are permitted to move freely on the Red and Assiniboine Rivers. This is an accessible waterway to be enjoyed safely by novice and experienced paddler; by the young, older adults and individuals of all abilities.

One of the major problems for paddlers journeying along the Seine River in the past has been the lack of consistent water flow during the summer months. This has been remedied somewhat by the repairs done to the siphon that runs underneath the floodway and allows the Seine River to continue on its way. The repairs and reopening have helped in maintaining consistent paddling water levels along the Seine River inside the city limits during the summer months.

Now that a person can paddle with ease during these months, there is the ability to enjoy and appreciate the natural and historical features that come with a cruise down this beautiful river.

During the recent Seine River Task Force Study, the following natural highlights were identified along the riverbanks. Over 180 different species of plants have been identified, 78 percent of which are native to the area. Thirty-seven trees were found and judged to have possible "heritage" status. There were over 20 different mammals observed at one time or another along the river including white-tailed deer, fox, mink and muskrat. There was an estimated population of 75 beaver making their home along the Seine River within the city of Winnipeg. Finally, 101 species of birds were recorded.

The Past President J.P. Brunet who has an amazing passion for this river best describes the blend of history and nature along the Seine River.

"To hear the echoes of this place is to hear a province being born. A place where the Metis leader and the Father of Manitoba, Louis Riel is born. A site where the Countess of Dufferin, the first locomotive in Western Canada is first delivered, Imagine a place where history has not only helped to define St. Boniface, Winnipeg and Manitoba, but also Western Canada."

"Imagine a place only minutes from a busy downtown core, where you may be reminded of the history of First Nations peoples, the voyageurs, the Metis and the French Canadians including the legendary, Jean-Baptiste Lagimodiere and his wife Marie-Anne Gaboury-the first white woman to settle in the West. Imagine a place inextricably linked to the Lord Selkirk and the beginnings of the Red River Settlement, A place that serves as testament to the difficult transition at the end of the fur-trade era to colonization and agriculture as a way of life. A place which speaks of the

nation's multi-national mosaic of early Euro-Canadian settlement, the des Meuron Regiment and the Catholic Missions.

"To hear the echoes of this place is to hear a province being born. A place where the Metis leader and the Father of Manitoba, Louis Riel is born. A site where the Countess of Dufferin, the first locomotive in Western Canada is first delivered, Imagine a place where history has not only helped to define St. Boniface, Winnipeg and Manitoba, but also Western Canada."

Can we as paddlers of Winnipeg and Manitoba afford to miss out on this gift right here in our midst? We do not need a formal invitation to take advantage of the Seine River. It is ours to enjoy and savour. However, we need to use it in order to bring it back to life. Need I say more?

KAYAK TOURING NEWS

Tony Kinal

On a July kayak trip around Black Island on Lake Winnipeg, I realized that not only do I paddle to visit wild places, but I also to enjoy the people I meet.

This trip was the first time I kayaked with Peter, whom along with Roland and I, made up our party. Peter had difficulty packing his boat and told Roland and I to leave without him. I didn't know what to expect. Roland and I paddled slowly at first, across to Black Island and then along its shore, all the while keeping an eye out behind us for any sign of Peter. After more than a few kilometers we stopped for lunch on a nice, sand beach. After eating our lunch, we started to have our doubts of ever seeing Peter again.

Fortunately, we waited a short time and in the distance I saw a small dot on the horizon. After watching the mysterious dot for a while, we saw the flash of a wet paddle in the sun. What a relief it was to be reunited with our companion. The three of us then continued northeast until we arrived at our first camp; a spot used by the natives once each year for a week-long celebration.

After a hearty meal, a large white boat, the kind the commercial fishermen use, landed on our beach. A native man in his forties and six young boys emerged with their dog, which explained the 'wolf' tracks we found earlier. He sat there watching what turned out to be his grandkids and foster kids play on the beach, and asked about our mode of transportation. We then asked about the celebration and found that it takes place during the last week of July. I also learned that it's not a traditional aboriginal celebration, but just a week of entertainment with all sorts of music.

We had a very pleasant talk and I also learned that some of the young

people in Hollow Water would like to make the celebration last two weeks, with one week of traditional aboriginal music, dance and skills. The sun at this point was lowering on the horizon, so he gathered up his family and left.

A short time later another boat of the same design landed on our beach. Only this one was full of little girls and what appeared to be grandmothers in broad brimmed hats with mosquito netting over them. Furthermore, they were driven there by a native man in his fifties, at first he seemed shy, but after we broke the ice by asking questions about his way of life, he soon warmed up to us and spoke freely. He really enjoyed speaking with us and we learned that he was a commercial fisherman. He also spoke of problems among the young people living on the reserve. About kids being bored and turning to alcohol, drugs and sex. After hearing that we asked him what he did on the reserve when he was young. The answer we got was the same one I have hear many time before and by all sorts of older people, which was "we made our own fun".

A big smile then spread across his face as he told us how as young kids,

he and his friends would row boats or paddle canoes north of the reserve to a place where high granite cliffs rise out of the water. There they would play cowboys and Indians. He also related stories of rowing and paddling canoes to this same spot, a trip that would take two days, and after a day of picking blueberries, their reward was a swim on the beach. He spoke of how the elders would get the kids in bed before sunset by telling them the 'Windigo' would eat any child it found after dark.

He also said that he stood on the rock at Drumming Point and felt uneasy. It was as if he was standing on ice four inches thick and he quickly left. Drumming Point is a traditional place where young aboriginals would stay for days without food or water until they could speak with the spirits. After an evening of talk, the sun was now ready to slip behind the horizon and soon the 'Windigo' would be about. So our friend gathered up all his passengers and he was off.

It's times like these that I enjoy. Not only is it entertaining, but I also lean from the people I meet. After all, are we not social creatures, us humans?

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CALGARY TO WINNIPEG BY CANOE with Claude Gagné

Claude Gagné is a paddler from St Gérard des Laurentides, Quebec (a small community north of Shawinigan) who has set himself a goal of paddling solo from Calgary to Trois Rivières. During the summer of 2000, he paddled from Calgary to Winnipeg (46 days, 2,650 kilometres), and from North Bay to Trois Rivières (15 days, 750 kilometres). Claude returned to Winnipeg in late May, 2001, to paddle the link from Winnipeg to Thunder Bay via the 'Voyageurs' route – Red River, Lake Winnipeg, Winnipeg River, Lake of the Woods, Rainy River, Quetico, Saganaga Lake, Pigeon River, Grand Portage, and Lake Superior.

Selected excerpts from Claude's daily journal of his Calgary to Winnipeg trip are printed below. Further excerpts will be published in the next issue. If you would like to receive a copy of his journal for the entire Calgary to Winnipeg trip, or would like to meet Claude when he returns to Winnipeg after his paddle to Thunder Bay, please contact Jim MacKay at jfmackay@mb.sympatico.ca.

MAY 24

I slept very well and left at 7:30 the next morning. Conditions were great; no wind to fight and lots of sun all day. The river was wider than I expected, but deep enough for the canoe. The current was helping quite a bit too. There were a few rapids and one almost tipped over the canoe. Did I ever get close! Ouf! The canoe was really heavy and slow to react. You have to think fast and well ahead. Now CFB Suffield is to my left. I could hear them on the practice field. Bangs and booms! This time it wasn't of my canoe hitting rocks. The water was clear and a green algae carpet covered the rocks. At 6:30 p.m. I stopped, set up camp and went to bed as there wasn't much to see—high, sand cliffs surrounded me.

MAY 25

I didn't sleep too well last night. I left at 8:00 a.m. while there was bright, warm sunshine and not much wind. The scenery was spectacular; the river was turquoise along the high cliffs. It seems like a movie decor that you can't touch. There are still a few rapids, nothing serious. It's kind of a game between the river and the obstacles and me. I congratulate myself when I perform the right move.

I was anxious to get to the Highway 41 bridge. Then I could hitch hike to Burstall to get a good meal at a restaurant and buy bread and peanut butter. I am fed-up with soup. I crave peanut butter. It's more filling. So the day went by relatively easy. I stopped to soak in the river. The water was cold and refreshing and I rinsed my clothes too. So time to close my eyes.

MAY 26

I awoke to a strong wind along with a partly sunny sky. I made it to the Highway 41 bridge and got a ride to Burstall. The restaurant was great! I ate a lot, then crossed the street to the grocery store and bought peanut butter and bread. A treat!



photo by Jim MacKay

The conclusion of Claude's canoe trip to Winnipeg will appear in the Winter issue of The Ripple.

Then I had a ride back to the bridge. The river current was slower. I had to stop early because of the wind and rain. The tent was really alive that night, shaking from one side to the other. I just hoped the tent would last to Winnipeg.

MAY 27

Hard time to sleep. Thick fog shrouded the morning when I left at 7:30, but I kept going. I could only see shadows along the river. Then it cleared leaving bright sunshine and a very warm late morning. The scenery was superb. There were no more cliffs, only rolling hills and more vegetation. The river water was clear until I got to the Red Deer River fork. Then it was mucky and I couldn't see the bottom anymore. The river was getting wider and shallower with a lot of sandbars. It was still the game of finding the deepest channel. I went through many small islands. It was nice. I passed the first ferry at Estuary. I kept on the left side of the river along the earth bank, then on to highway 21 bridge. Ten kilometres past the bridge I set up camp for the night.

MAY 28

After another night without much sleep. My right shoulder hurt, but only when I was in bed. I had to put something under it to keep it raised. It helped. That morning I left around noon. The weather was miserable with rain and a strong wind. I even had problems at the Highway 649 ferry. The wind was really pushing me along with the current. I didn't see the ferry cable at first and I didn't take any chances. I went toward the south shore hoping to pull the canoe under the cable, but it was too low. I headed back upstream towards the north shore, then waited for the ferry to cross and come back. Then I paddled to the middle of the river, making sure the operator saw me, and passed on top of the

continued on next page

cable. The operator was looking at me. I was going so fast with that wind I didn't have time to wave at him. It was bad going; the wind pushed me so hard that I decided to set the canoe sideways on the river and let the wind push me and I was still going really fast. The wind blew sand off the sand bar. I had to stop. It was too risky to keep going.

I found a place to sit, after I cleared away a few cacti. I cooked a meal, made coffee, and had a nap. Later on I decide to go back on the river. It wasn't an easy decision, since it was as windy. All along there were sandbars and endless channels, but I finally made it to the Eston regional camping area. I set up the tent and went for a shower. No hot water. That was that for the shower. I walked around a bit in the camping area, then went to bed. I was really tired and it was cold.

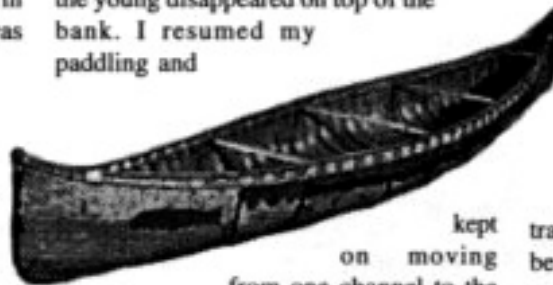
MAY 29

I didn't sleep too well again last night. My right shoulder still hurts during the night. I left early even though it was cold and rainy. Lots and lots of sand bars, channels and the river was so vast. I didn't know exactly which channel to take. I had to walk from one to the other, paddle a bit, then find another channel deep enough for the canoe. I had to check which way the current ran so I could keep going in the right direction. It seems that I was in the middle of nowhere, and I always keep repeating to myself not to panic and keep going.

I chose to stay as close to the right side of the river as possible. I didn't know if the left, center or right side of the river was the shortest way, but I knew I would come out somewhere, someday! At that point, I was paddling happily on a deep channel, bordered to my right by an earth bank about 10 feet high. I could see something moving in the distance. I thought it was some other people. I was glad to see people, so I kept going. Then I realized it was some kind of a horse. It was on a sand bar, covered by young light green

willows. I was getting closer and closer. When I was almost beside it, it started to run toward me. I was happy. I thought it was a horse coming to look at me.

However, it seemed funny the way it ran. Looking at his ears, I realized he was a mother moose! The ears were rounded, not pointed like a horse. Then I got scared. I was even more scared when the two young moose jumped off the right bank into the river! In front the canoe! I really thought I was a dead man! No way I could escape before the moose could reach me. So I started to back paddle as fast as I could and she didn't move at all. When I got far enough I started to bang on the canoe and yell at her to make up her mind. After a while she went back into the willows and the young disappeared on top of the bank. I resumed my paddling and



kept on moving from one channel to the other. Far away I could see machinery along the river. I was really happy. It was a sign of civilization.

Passing it, I decide to stop, have lunch and rest. It was nice. As I left, the sky was getting stormy; strong wind, black clouds and nowhere to hide. The river was getting better; fewer sandbars and deeper water. I just had to be careful not to run aground. The rain was getting closer and closer. I could see far away a little, thin shack. I think it was the Cabri pump house. I beached the canoe in unbelievable thick mud and ran into the shack. The door was open, and inside at least two big electric pump motors. It was really noisy, but it was warm. After a while the rain stopped, but not the wind. I left and after a few kilometres, no more sand bars. I was proudly entering Lake Diefenbaker. The sun started to shine and warm me up. It was time to stop, dry all of my gear and cook a well-deserved meal.

No more sand bars and a lot of water! The wind is dying too. I am so glad. After every thing was dried, I started to paddle along the lake shore. It was really nice and relaxing. During the first hour, I passed a campground and a few fishermen. The sun was setting, so it was time to look for a campsite. There were cacti almost everywhere, but I found a nice place with a nice sunset view.

MAY 30

Very nice this morning. No clouds, no wind. So after breakfast, I packed up the canoe and left early. I took advantage of the calm lake to paddle across it. I was almost at Saskatchewan Landing Provincial Park. I passed along nice, sandy beaches. I kept going all the way to the Highway 4 bridge. I passed under it and went on for a bit so I could beach the canoe. I changed and hitchhiked from the bridge to make it to Kyle for groceries.

I had trouble getting a ride; not much traffic. I waited there for about three hours before getting a ride. I was so happy when a car stopped. I had a ride to the grocery store and back, plus I had an invitation for lunch. It was really nice. I spent the entire afternoon at Mr. and Mrs. MacKeracher's house. They were so kind to me. I visited their neighbor too. It was a great day! I had a superb lunch before I left: salmon, then apple pie. Was it ever good! Thank you again so much. I left around 7:30 p.m. Bright sunshine and light wind. The lake was still calm. I paddled for about two hours, then set up the tent on a small cliff along the lake and left the canoe below on the beach.

During the night, a strong wind picked up, really bad. The tent tipped and all the gear fell on me. It was blowing so strongly that the tent was acting like a parachute. I was sure to lift off and fall into the lake! I was really scared and cold. I couldn't find my flashlight. It was pitch dark. I was trying to unzip the door but couldn't find it. I was caught inside. Then I raised my

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The Bush Kitchen

Julie Gold

Everyone like to get out of the kitchen once in a while, including Julie. She'll be back next issue with some great recipe ideas, but until then, try these recipes while you enjoy the end of summer and the early days of autumn.

I was introduced to bannock at the Nickel Days Fair in Thompson two decades ago. Off to one side of the midway, aboriginals had set up several yards of chicken wire across a makeshift coal pit and were happily cutting chunks of some bread that they handed to passers-by. I wandered over and a middle-aged woman with a toothy smile deftly sliced off a bit of bannock and handed it to me. I looked at it with a little trepidation. I had seen the condition of chicken wire when used for its original purpose. The image vanished when I took my first bite. I could not believe how good it was, being raised on white bread and not having discovered the joys of other breads until many years later.

I tried to duplicate that great taste with my own recipes. Most were edible. However, the recipe below is from Sigurd F. Olsen and that alone should make it worthwhile. Enjoy.

Sigurd's Bannock Recipe

Three or four cups of flour, a good pinch of salt, a few tablespoons of bacon grease, a level teaspoon of baking powder, enough warm water to make dough. Knead the dough well, turning it over and over until all the ingredients

are well mixed and the dough of even consistency. Use only enough water to make a rather dry dough. Too much water and it is spoiled.

Then, depending on the size of your frying pan, cut off enough of the dough to pat into a well-greased pan, making the bannock at this stage not more than half an inch in thickness. Have it fill the pan.

Now it is ready for the baking. You can start it over a low flame very gently so as not to burn, but it is better to do as the Indians and Old Timers-prop your pan beside the fire so it will get the heat and bake from the top. After the top is done, you can turn it and brown the other side. It usually takes about twenty minutes. The secret is a slow, even heat.

After it is done you can rub it with more bacon grease to make a nice juicy crust. Many like to add some fruit to the bannock, raisins, any chopped fruit, dried, or anything you can pick in season. It does something.



BACKPACKER BARS

1 cup	butter	1 cup	white flour	2 cups	whole almonds
1 1/2 cups	brown sugar	1/2 cup	wheat germ	1 cup	chocolate chips
1 cup	quick cooking oats	4 tsp	grated orange peel	1/2 cup	chopped dates
1 cup	whole wheat flour	4 eggs	lightly beaten	1/2 cup	chopped dried apricots

Directions

Preheat oven to 350 degrees Fahrenheit. Cream butter with one cup brown sugar. Stir in oats, wheat flour, white flour, wheat germ and orange peel. Press mixture into bottom of an ungreased 9 x 13-inch baking pan. Combine eggs, almonds,

chocolate chips, dates, apricots, coconut and remaining 1/2 cup brown sugar. Mix gently, but thoroughly.

Pour over butter mixture. Spread evenly. Bake 30-35 minutes and cool before cutting into bars.

BUSH RECIPES

The following recipes were found on SOAR -the Seachable Online Archive of Recipes website. <http://soar.Berkley.Edu/recipes/>

Foil Dinners

Recipe By: Deborah Khnen

Yield: 6 Servings

Ingredients/supplies

- 1 Onion sliced
- 1 Bell pepper sliced
- 1 Zucchini sliced
- 3-4 Carrots sliced
- 6 Mushrooms
- 6 sm Red potatoes cubed (large)
- 1 ea Falafel mix
- Any seasoning you like (I like cayenne and black pepper)

Directions

Start charcoals. Mix the falafel per instructions. Cut all vegetables.

When falafel is ready, get a piece of foil big enough to fit all the ingredients. (You'll know how big after you do your first one!) Put shiny side in. (I don't know why, just do it!)

Put some falafel mix in the middle, shape into an oblong pattie. Put some of each vegetable on top, watch for carrots that like to roll off. Sprinkle lots of seasoning.

Now the tricky part, closing the foil. You make a boat and take the long sides, put them together and roll a couple of times (as many as you can). You then take the ends and roll them upwards as far as you can. I take another piece of foil and wrap it again the same way in the same direction. You want to do it in such a way that no juice or steam can escape.

Do this until you are out of food. I made six good-sized dinners with falafel and two with just vegetables. I probably used between 1.5 and two cups of falafel mix.

Put foil dinners on coals, making sure there are no flames. After about 15 minutes, you can flip the dinners. When you start to smell the food, it's probably done. You really need to just make sure the vegetables are cooked. You can check a dinner at any time and just close it back up if it's not ready.

This is a really great dinner. Serve with bread if you have it. I like to put picante sauce on mine.

Banana Boats For Camping

Recipe By: Jo Anne Merrill

Yield: 1 servings

Ingredients/supplies

- 1 unpeeled banana
- 1-2 tsp semisweet chocolate chips
- 1-2 tsp miniature marshmallows
- Brown sugar to taste
- Foil wrap

Directions

Slit each banana lengthwise but not all the way through. Leave the skin on (do not peel). Put 1-2 teaspoons each of the marshmallows and chocolate chips in slit. Sprinkle lightly with brown sugar. Wrap tightly in foil, being sure to seal ends. Place on grill over campfire or coals, seam side up. Takes about seven minutes to cook.

Creole Skillet

Recipe By: Deborah K. hnen

Yield: 4 Servings

Ingredients/supplies

- 2 tbsp Margarine
- 1 md Onion - chopped
- 1/2 md Green Pepper - chopped
- 1/2 cup Celery - chopped
- 2 tbsp Flour
- 2 tsp Seasoning Salt (See Recipe)
- 2 can Chunky Tuna
- 1 1/2 cup Kernel Corn

Directions

Melt margarine in skillet and lightly fry onion, pepper and celery until tender crisp. Add flour and blend in. Add other ingredients and heat through. Serve with rice and grated Parmesan/Romano.

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

Keeping your Canoe/Kayak safe and warm

continued from page 1

go a long way to preventing this.

If you are storing it outside, make sure the covering will allow snow and rain to roll off without collecting on top. This can cause additional stress on the hull from the weight. Snow may be light and fluffy coming down, but you know how heavy it can be after shovelling the driveway. Imagine that kind of weight pressing down for several months on hull. It could cause deformation, especially if the watercraft isn't properly supported.

The Great Indoors

The next step to remove precipitation as a concern is to move the canoe/kayak indoors. This could be in a garage or secondary building like a garage or garden shed. While this will keep wind, sun and rain/snow away, even here, there is another danger to your canoe.

Temperature fluctuations during spring and autumn can cause unexpected misery if the canoe is not kept dry. A cold winter day will not harm fiberglass, coated wood or plastic canoes/kayaks. However, moisture caught in cracks, joints and seams can cause damage with repeated thawing and freezing as it turns to ice and expands like tiny wedges.

Further damage may occur from extreme cold. The contraction may cause the material of the hull or frame to rupture along weak points. Disassembling collapsible kayaks will minimize the chance of this happening as will loosening the screws or lashing that hold a wooden canoe's frame together.



A few ice crystals due to improper storage may sound harmless, but they can weaken the hull enough to turn a harmless impact into something much more serious.

A Place for Everything...

The best protection is inside a heated home, such as a dry basement or attic. There a canoe is protected from almost every hazard nature can throw at you (plus if your basement floods, you're already prepared). Keep in mind that concentrated heat can also harm a canoe/kayak. The best spot may not be beside the hot water tank or heater.

There is one last thing to consider when storing your canoe: gravity. Anything will deform if put under enough strain. Experienced canoeists and kayakers know better than to hop into a canoe that isn't in the water. Yet these same people will either stand their canoe on its end, lay it on the floor or prop it up on a couple of saw horses for eight months. Canoes have a

considerable weight themselves (remember that last portage?) that could cause deformation if it is stored in the same manner year after year. Plastic canoes will succumb first, but fiberglass and wood canoes will also fall victim to the strain eventually. Even aluminum canoes are not impervious to gravity.

This can be avoided by spreading the weight of the canoe evenly over its entire length. Instead of two saw horses, use four or five; create a cradle with padding that follows the kayak or canoes contours; use pliable straps to suspend the canoe hull from several overhead beams; there are a number of techniques. If hanging the canoe, do not suspend it from the thwarts or grab handles. This will only concentrate the stress on those portions of the canoe and will damage it sooner rather than later.

Sunday recreational paddle trips

Join others to paddle Manitoba this fall. Remember that all canoeing and kayak trips may have an element of danger and that the ultimate responsibility for your safety is your own. You must have a Canadian approved personal floatation device of a size to fit for each person on board, a buoyant heaving line of not less than 15 meters in length, a bailer and a sound signalling device. Please register at least three [3] days in advance of the trip with the trip leader and space may be limited, so phone early.

SEPT 16

Join Julie Gold for a day paddle on the La Salle River at La Barriere Park. Phone Julie at 475-3224 or e-mail jgold@home.com to register.

Join Sandra and Gary Brabant for a paddle down the Pinawa Channel. Phone them at 255-8332 or e-mail gbrabant@escape.ca to register

SEPT 23

Join Gerry Hirose for a day paddle down the Assiniboine River. Phone Gerry at 488-8225 or e-mail jhirose@escape.ca to register.

SEPT 30

Join Donna Kurt for a paddle on the Red River north of the Forks. Phone Donna at 334-3111 or e-mail kcanoe@wilds.mb.ca to register.

Tom Meadows spends most weekends till Sept 30 paddling in the Bird River/Davidson Lake area. If you are interested phone Tom at 261-1171 to find out if mutual times and places can be arranged.

Want to organize a trip? Please phone Gary at 255-8332 and he will arrange to have it published in the Ripple.

MRCA 2001 CRCA

Kayakers: For Kayak courses, call the following organisations:
Fort Whyte Centre (989-8350) or visit their website at www.fortwhyte.org.
Frank Kennedy Centre at the University of Manitoba at 474-8734
Pan Am Pool at 986-5890

Canoeists: The following detailed information advises prospective students of MRCA Moving Water Canoe, Flat Water and Lake Water Canoe Courses of course dates, prerequisites and costs.

Students may download the registration forms and information from the Courses page on the MRCA website at www.paddle.mb.ca or MRCA will send a course registration package to prospective students with more information. Any further questions will be responded to by the MRCA Canoeing Course Coordinator or the course instructor(s) at (204) 338-6722, Extension 3.

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

The CRCA course categories offered include:

- FW-A** Flat Water Canoeing Level A – Tandem beginner
- FW-B** Flat Water Canoeing Level B – Tandem novice
- FW-C** Flat Water Canoeing Level C – Tandem skilled
- FW-D** Flat Water Canoeing Level D – Solo novice
- MW-1A** Moving Water Canoeing Level 1A – Tandem
- MW-1B** Moving Water Canoeing Level 1B – Solo

If you are interested in CRCA Instructor courses or Lake Water courses (the next step up from the Flat Water courses) please call Wild-Wise at 943-1070.

MRCA CANOE COURSE GENERAL INFORMATION

After successfully completing a MRCA Canoeing course, each student will be registered in the CRCA Canoeing Program database and will receive a course certificate card and badge pertinent to the level achieved.

Flat Water Canoe courses will be run on the La Salle River in La Barriere Park and at other suitable locations.

Moving Water Canoe courses will be run at various rapids on different rivers in Manitoba depending on the instructor and water conditions.

A second instructor will assist the instructor if the student/instructor ratio exceeds five to one. Each course requires a minimum of four 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 dangerous water levels occur. Courses will

be run on cold, rainy days or very hot days for which students must be prepared for, as recommended in the course registration information.

All MRCA Canoe course students must bring their own meals, drinks, accommodation, transportation, clothing and other items recommended in the course registration information. The MRCA provides canoes, paddles, Personal Flotation Devices for Flat Water Canoe courses at La Barriere Park. Students must supply their own durable white-water canoes, paddles, helmets and Personal Flotation Devices for Moving Water Canoe courses.

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

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, there are many links available at the MRCA website as well as a Paddling Safety page (Paddling Information page) at www.paddle.mb.ca

MRCA CANOE COURSE RULES

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

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

CANOE COURSE PREREQUISITES

Course certification prerequisites:

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

Students attempting a new level should review and practice the skills learned in the prerequisite course levels.

A separate MW-1A class (indicated as "MW-1A EXPERIENCE REQUIRED") will be held for students who do not have the prerequisites, but who have experience canoeing

on rivers or a lot of experience paddling on lakes in the stern and bow. Such students will find the MW-1A course very challenging and certification is rare.

Experience in Moving Water paddling (from wilderness river tripping or playboating, etc.) is always an asset, especially for students who have the course certification identified above, as they are more likely to attain MW-1A certification.

FLAT WATER CANOE COURSE FEES

FW-A & FW-B (two courses combined – 8 hrs 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 hrs in one day)
\$35.00 for MRCA Members
\$45.00 for non-members

FW-D (each course is 6 hrs in one day)
\$40.00 for MRCA Members
\$50.00 for non-members

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

The \$25.00 deposit is non-refundable unless the course is cancelled by the MRCA Canoeing Course Coordinator 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 Coordinator 24 hours prior to the course if he or she cannot attend the course in order to be eligible for the refund.

Students must submit MRCA and CRCA waiver/informed consent forms and a course registration form to the MRCA Course Coordinator with the course fee. These forms will be mailed to interested students prior to the course if they cannot download the forms from the MRCA Courses web page.

FLAT WATER CANOE COURSE DATES

Flat Water Canoe courses* will be offered from May through September** as listed below (dates are tentative):

FW-A & B, Saturday, June 9, 2001, 9:00 a.m. – 5:30 p.m.
FW-A & B, Saturday, June 16, 2001, 9:00 a.m. – 5:30 p.m.
FW-C, Saturday, June 17, 2001, 9:00 a.m. – 2:00 p.m.
FW-A & B, Saturday, June 23, 2001, 9:00 a.m. – 5:30p.m.
FW-D, Sunday, June 24, 2001, 9:00 a.m. – 3:30 p.m.
FW-A & B, Saturday, July 7, 2001, 9:00 a.m. – 5:30 p.m.
FW-C, Sunday, July 8, 2001, 9:00 a.m. – 2 p.m.
FW-D, Sunday, July 15, 2001, 9:00 a.m. – 3:30 p.m

- * There will be no courses on holiday weekends: June 30 to July 2, August 4-6, September 1-3.
- ** July, August, September dates will be announced in the June newsletter.

THE MARKETPLACE

Resource Material

The MRCA has a variety of resource material for sale, including area maps (A, B, C, H, W and OM), *Canoeing South-Eastern Manitoba* (Stanners), *Northern Manitoba From Forest To Tundra* (Gahlinger), and river guides and maps. These can be purchased at MRCA meetings (see John or Margaret Childs). Note that the prices allow the MRCA to recover all costs and generate a small profit to support other MRCA endeavours. See the winter issue (Volume 13 Number 4) of the MRCA newsletter for all the information on titles, pricing and mailing costs.

Heritage Paddle Designs

Exquisite 'one of a kind' commissioned designs woodburned and/or painted onto well crafted cherry or ash paddles (from Redtail Paddle Co.). An ideal gift for the discerning paddler to celebrate birthdays, graduations, retirements, anniversaries... or just because!

Contact D. Bonnenfant at 819-684-8763
Email: dotb@magma.ca
www.magma.ca/~dotb

Books for Sale

Thrill of the Paddle

(Paul Mason and Mark Scriver)

Softcover, SIGNED by Paul Mason,

\$27 + taxes. MRCA Members \$22 incl. taxes.

Call Donna Kurt at 334-3111

Northern Manitoba From Forest to Tundra

(Paul M. Gahlinger)

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

Call Gerry Hirose at 489-4422

MRCA TUESDAY EVENING & SUNDAY AFTERNOON PADDLES

NOTE THE 2001 FEE REDUCTION:

\$1.00 for MRCA Members

\$3.00 for MNS Members

\$6.00 for non-members

Due to loss of Bingo revenue from Sport Manitoba, the cost of these paddling sessions will no longer be subsidized. The MRCA is attempting to operate the program so it breaks even, so if you use our gear, please consider contributing to support it. The fees are reduced due to many complaints from previous participants; we hope these fees will help us to break even.

SCHEDULE

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

Tuesday Evenings at La Barriere Park

6:30 p.m. – 8:30 p.m., May, September, October

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

Sunday Afternoons at different locations in Winnipeg

Bring your own gear 3:00 p.m. – 5:00 p.m. (unless otherwise notified) June to September. Dates, times and places will be provided in the June newsletter and will also be provided on the MRCA phone line and website.

RULES

Everyone must sign the MRCA waiver/informed consent form and must wear properly fitted Personal Flotation Devices while on or near the water for all events. The equipment must not be abused or mistreated and the instructor has the last word on what is to be done on the water.

HOW TO REGISTER

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 and you must register for that event a couple of days in advance.

The event will run unless the instructor or the MRCA calls you back to advise the event is cancelled. The MRCA holds no responsibility for cancelled courses. Also, if you show up at one of the paddling events and you have not registered, or if you are late, you might sit it out on shore.

We will not accept registrations for more than two events in a row, to give others an opportunity to participate. If fewer than five persons register for one of these paddling events, the event will not be run.

GENERAL INFORMATION

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

Certified instructors and other skilled paddlers help beginner and novice paddlers to learn new strokes or to improve their

paddling efficiency. There is no wrong stroke, but it is possible to paddle with more grace, efficiency and power, yet with less effort.

The Tuesday sessions introduce you to recreational paddling on calm water so you can decide if you wish to pursue refining your canoeing skills by taking a MRCA Canoe course.

You are expected to supply your own refreshments, transportation, clothing (a change of clothing and shoes in your car), mosquito repellent, hat, etc. On Tuesday Evenings, 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, advising you are bringing your own canoe.

Our instructors and the participants want some variety so beginning in 2001 the MRCA will paddle at different locations in the city on Sunday afternoons. The time may differ from the regular 3:00 p.m. – 5:00 p.m. You will have to bring your own canoe, paddles, PFDs, etc. but if you don't have this equipment let us know when you register and we will try to match you up with someone who has space in their canoe and a spare PFD or paddle. Some of these paddling sessions will be on the city's rivers so you will have the opportunity to get more experience with moving water and large water flows.

Gagné determined despite storm worries

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hand to grab the ceiling and bring it down to reduce the wind pressure. It worked! I stayed like that for about an hour - it was cold. Then I thought about the canoe on the beach. Maybe it was blown away! Moreover, the tent might be broken. All kinds of thought went into my head. After a while the wind died down a bit. I could let go for the roof and found my flashlight. I dressed warmly and got out of the tent to survey the damage. The canoe was where I left it. The tent was okay too. I set it up straight again and went back to bed. It was cold, below zero I'm sure.

MAY 31

The morning was cold, cloudy, light rain and strong head wind. After breakfast, I had checked the tent and canoe for damage, but everything was fine. I paddled along the north shore and made good mileage even in that kind of weather. For the night I set up camp right on the beach. This time I tied the tent to the canoe, which I loaded down so it was like a big rock.

Knowing your knots

Make a rope your ultimate multi-tool - part 1

Ralph Seddon

I have always ascribed to the saying "If you can't tie knots, tie lots". I have made incredible superstructures to confound even the creator of the Gordian Knot. Knowing how to tie a proper knot for the job turns a coil of rope into a multitool of incredible flexibility. You can anchor a canoe with a bowline knot, create a harness to pull a person out of danger, tightly lash paddles and a tarp to create a sail; the applications are limitless. Each task requires a different knot for best results. Making a slip knot for your wrist to keep hold of a throw rope may seem a great idea, until you're dragged into the river along with the person you're attempting to rescue.

Knots can be complex, but there are a few basic knots that are the foundation on which all other knots are built. You should note that knots made from ropes of artificial material such as plastic or nylon may slip when wet or dry. With some knots this is not a concern, but the natural fibers like cotton or hemp generally make a better knot although when they absorb water, it may be more difficult to untie. Choose the material that best suits your needs.

The Basics

The simplest knot is the *overhand* knot. Everyone has used this intuitive knot at one time or another. You take the 'live' end (the end of the rope you manipulate; the other end is termed 'standing'), make a loop, pass the live end through the loop and tighten. It can hold against moderate strain, but should not be relied upon for holding or restraining heavy objects.

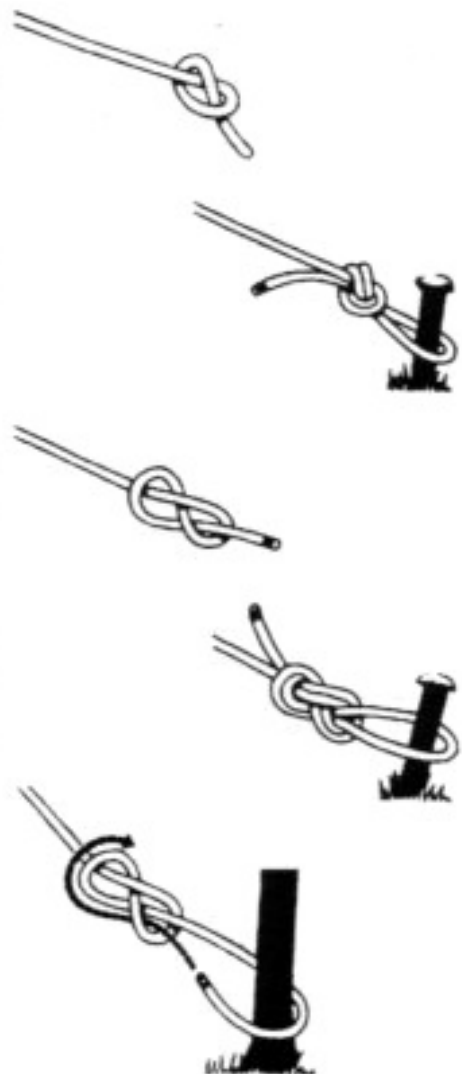
The *overhand loop* is great for creating a fixed loop to attach to an object such as a stump or tent peg. Fold the live end back so you have a double length of rope and then tie an overhand knot to create the loop.

The *figure-eight* knot is used to prevent the rope from sliding out of a hole or to prevent something attached to the rope from slipping off the end. Create a loop and then pass the live end behind the standing part and over the front. Pass through the loop and tighten.

The *figure-eight loop* is a variation of the above knot. It is an improved fixed-loop knot for securing the rope to a fixed object like a spike. Fold the live end to double the line. Using the loop as the new live end, pass it behind and over the front as in the figure eight knot. Pass the live end through the double loop and tighten.

The *reweven-figure eight* knot is used when a fixed loop is needed to attach to an object where you cannot reach the top, such as a tree. Create a loose figure-eight knot. Pass the live end around the object, rethread it through the figure-eight again and tighten.

As with all things, practice making knots and it will become second nature.



What Benefits do I receive as an MRCA Member?

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

MRCA MEMBERSHIP APPLICATION and RENEWAL

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

First Name and Initials

Residence/Mailing Address

City

Postal Code

Residence Phone

Business Phone

Fax Number

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

Family Membership (names of persons at same place):

Is this application _____ New or Renewal

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

Provide your Student ID # _____

Application Date _____

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

MRCA Financial Donation \$ _____

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

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

MRCA Volunteer Positions

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

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

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

Resource (canoe and kayak routes) _____

Membership _____

Instruction _____

Advocacy _____

Program (meetings) _____

Newsletter _____

Fundraising _____

President, Vice-President _____

Secretary or Treasurer _____

Member Interests

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

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

SUBMISSION GUIDELINES

If you're interested in seeing your words or art in print, *The Ripple* is always looking for interesting stories, ideas, canoe and kayaking tips, photos, drawings, etc. Please follow these guidelines when preparing your submission. Send all submissions c/o The Ripple Editor, P.O. Box 2663, Winnipeg MB, R3C 4B3.

ARTICLES

- Articles submitted on disk or by email attachment must be either a Rich Text File (.rtf) or plain text format. Anything else may slow the process down as I may not have the proper software to open the file.
- Photos and graphics should not be imbedded into the article. They should be submitted separately. Use a line of text to indicate where a photo or graphic should be positioned in relation to the story.
- An additional line space between paragraphs is preferred, but not necessary.
- Hard copy articles may be submitted folded or flat. A paperclip is preferred to hold several pages together, but a staple is also acceptable.
- Provide a paragraph biography of yourself. It may be used with the article.

ARTWORK

- Hard copy photos and graphics should always be submitted flat and in a protected envelope. Keeping the artwork between a couple of pieces of card board will do the job.
- The top piece of artwork should be flipped over to keep the image from rubbing against the envelope.
- Paperclips and staples should never be used to hold artwork as they can deform the image.
- Put your name, address and a method of contacting you on the back of each piece of artwork to ensure it is returned.

DIGITAL ARTWORK

- All digital artwork should be submitted as a Photoshop compatible TIFF file.
- If unable to send it as a Tiff file use the following file formats:
 - GIF for line art and simple graphics without shade or colour graduation.
 - JPEG for photos and graduated artwork. Save the JPEG file as a high quality sample (6+).
- Artwork can be enclosed in a Winzip file to compress the image and speed up transfer time.

MEMBERSHIP INFORMATION

MRCRA MEMBERSHIP DIRECTORY – Notify the MRCRA of any additions, changes or corrections, and please add your E-mail address.

MRCRA INDIVIDUAL / FAMILY MEMBERS – Family – \$25/year Individual – \$20/year

MRCRA CORPORATE MEMBERS (\$30/year)

- Adventure Junkie Tours, Box 2384, Winnipeg, MB, R3C 4A6
Phone: (204) 487-0004 email: ajtours@escape.ca
www.escape.ca/~ajtours
- Clearwater Canoe Outfitters, Box 3939, The Pas, MB R9A 1S5
tel: (204) 624-5467, fax: (204) 624-5467
www.mts.net/~rgallagh/clearwater
- Frank Atnikov Massage Therapy, 203-900 Harrow St. East,
Winnipeg, MB R3M 3Y7
tel: 204-798-1264 e-mail: famt@escape.ca
- Wave Track Canoes, 42C Speers Rd., Winnipeg, MB, R2J 1M3
tel: (204) 231-8226, fax: (204) 231-8227
www.wilds.mb.ca/wavetrack e-mail: wavetrak@escape.ca
- Wilderness Supply Co. Ltd., 623 Ferry Rd., Winnipeg, MB, R3H 0T5
Tel: (204) 783-9555, Fax: (204) 779-4922
- Wilderness Wandering, Box 212, St. Pierre-Jolys, MB R0A 1V0
tel: (204) 433-7244, fax: (204) 433-3095
www.wilderness.mb.ca e-mail: info@wilderness.mb.ca
- WILDS of Manitoba tel: (204) 334-3111;
www.wilds.mb.ca e-mail: icanoe@wilds.mb.ca
- Woodland Cariboo Provincial Park, Ontario Parks Box 5003, Red
Lake, ON P0V 2M0
tel: 807-727-2253; fax: 807-727-2861
e-mail: claire.quewezence@mnr.gov.on.ca

MRCRA AFFILIATE MEMBERS (\$25/year)

- 53rd Winnipeg Scout Group, 640 Berkley St., Winnipeg, MB R3R1J9
tel: (204) 895-2271, fax: (204) 934-8844
- 60th Winnipeg Scout Group, 227 Robindale Rd., Winnipeg, MB R3R
1G9 tel: (204) 837-4238, fax: (204) 888-1168
e-mail: fireproplus@compuser.com
- Fort Whyte Centre, 1961 McCreary RD, Winnipeg, MB R3P 2K9
tel: (204) 989-8355, fax: (204) 895-4700
www.fortwhyte.org e-mail: education@fortwhyte.org
(contact person: Ian Barnett)
- YM - YWCA Camp Stephens, 301 Vaughan St., Winnipeg, MB R3B
2N7 tel: (204) 947-3044, fax: (204) 943-6159
e-mail: jen_sulkers@ymca.ca
- MB Pioneer Camp/Wild-Wise Wilderness Adventures, 230
Sherbrook St. Winnipeg, MB R3C 2B6
tel: (204) 788-1070, fax: (204) 788-1001
e-mail: mpc@pangea.ca wildwise@pangea.ca

RETAILER DISCOUNT PROGRAMS

Some retailers offer merchandise discounts to MRCRA Members, and have been given the names of our Members to verify MRCRA 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 MRCRA.

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 MRCRA 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 MRCRA Members 10% off all Trailhead Expedition Canoes.

MRCRA phone (204) 338-6722

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

Return address:
MRCA, P.O. Box 2663
Winnipeg MB R3C 4B3



TO:
