

The

# Ripple



## Spring 2001

### Newsletter for the MRCA

(Manitoba Recreational Canoeing Association)

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## Eating is good, double walking not so good

JERRY AMEIS

The plan for August 2000 was a canoeing trip from Tulabi Lake to Mehzigana Lake in Woodland Caribou and return. A nice plan, but my partner had to cancel for family reasons a few weeks before the trip. What to do, especially considering that my wife had given me enthusiastic permission to abandon her and our two kids for at least ten days. The MRCA web site came to the rescue. Someone was looking for a fourth person to canoe from Wallace Lake to the Bloodvein and back. E-mail and voice messages zoomed back and forth along the telephone lines. A new plan was in place. I was going canoeing for two weeks with three people I didn't know. Of course they didn't know me either so I guess it was a fair deal.

When I was in my 20s, the lean and mean years, my partners and I had decided that if the tent, all our clothes, sleeping gear, and assorted personal gear didn't fit into one packsack, this was not good. Even so, we usually had to double walk



*Slogging in one of the 'three mothers' portages.*

portages (make two trips) for the first few days until the oranges and heavy bread had been processed by our bodies. Then, portages became single walks unless the scenery was exceptionally marvellous. I was now in my 50s and had grown rather fond of the principle of travel light and walk over once. I soon found out that not all canoeists are as fond of this principle as I am.

We left Wallace Lake on August 6th, headed for Crystal Lake. I had not been this way for 15 years. Things

had changed. The beavers had decided that the Wanipigow River was no longer a good place to raise a family. Where once there were inviting beaver ponds, now there was a shallow reed-infested stream. It also seemed that the number of portages had increased. My principle was in jeopardy on the first day out. We didn't double walk portages - we triple walked them.

On a more serious note, the Wanipigow offers a scenic and fast way into the western end of Woodland Caribou Park. The

Woodland park folks have a wonderful opportunity to reduce wear and tear at the Leano Lake entrance to the park. If they cut new longer trails that bypass the short portages that are followed by short paddles - an all too frequent occurrence from Siderock to Crystal - more canoeists might want to enter Woodland Caribou from Wallace. It is not so much the walking that kills you here, but the unloading and loading of heavy packsacks and the hoisting and

*(cont'd on page 10)*



## 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 SUMMER (June) 2001 Newsletter is MAY 10.**

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

**MRCA Newsletter, P.O. Box 2663, Winnipeg MB R3C 4B3  
Phone/Fax: (204) 957-5754 E-mail: jenny@total.net**

### 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, Marta Wojnarowska (see details page 3).

### How to Contact the MRCA

[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

#### MRCA Paddlers Newsgroup

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

### Paddling Connections

The MRCA is affiliated with the following organizations:



**Manitoba Paddling Association**  
(204) 925-5681

[paddle@mpa.mb.ca](mailto:paddle@mpa.mb.ca), [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.crca.ca](http://www.crca.ca)



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

## WATERWALKER FILM FESTIVAL

Plan to attend this fabulous event  
and experience the very best  
that paddling has to offer!

Details on pages 4 and 12

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SPORT MANITOBA

Manitoba

# MRCA PRESIDENT'S MESSAGE

## MRCA Board 2000/2001 Officers

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October 1, 2001

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www.paddle.mb.ca

## Gerry Hirose

The days are getting longer and spring ice breakup is nearing. It won't be long until paddles are dipped in the water again. Hopefully, Santa left a new toy to try out in the new season.

There are still a few indoor events to keep your up interest until the water flows, **Waterwalker** is on March 18 and there are our regular monthly meetings. Keep the May 12/13 and June 2/3 weekends free if you are a whitewater enthusiast, as well as the novice tripping events in June. Also, don't forget the MPA Open House/Swap Shop on May 27.

There are also a number of members trips most weekends, i.e., April/May – Roseau River, Whitemouth River. Sign onto the MRCA Paddlers Newsgroup on the MRCA website to keep informed. Tuesday paddles at La Barriere Park will be led by Charles Burchill. Sunday paddles this year will alternate between the Assiniboine and Seine and La Salle Rivers. Tony Kinal will again be leading Wednesday evening kayak trips on the Red. Instruction for moving water and flat water courses will continue to run for those looking to improve their technique. See pages 17-19 of this newsletter for schedules.

There are a number of changes on the MRCA Board. Marta Wojnarowska replaces Henry Redekop as Membership Chairperson, and Tony Kinal replaces Jola Leibzeit as Newsletter



Gerry running Little Birch Rapids, a Class 4 rapids on the Bloodvein River.  
Photo © Donna Kurt, 2000

Chairperson. Thanks to both Henry and Jola for their past efforts. Calvin Rice has stepped in as Fundraising Chairman, but there is still a vacancy for Vice President. The Advocacy Chairman position is also vacant but a Committee has recently been formed to fill the void: Dave Howerter, Jim Mackay, Richard Robertson, and Ashley Thomson. Finally, our current Newsletter Editor, Jenny Gates, will soon be leaving and we need both a new editor and an advertising manager (see page 6 of this newsletter). Anyone interested in any of these positions or is willing to help out on any of the committees, please contact me. We do need your support to run programs.

Hope to see you on the water soon.

## In with the new, out with the old

### Jenny Gates

Welcome to the new edition of the newsletter. *The Ripple* promises to be exciting, informative and interesting, as well as an excellent vehicle for the MRCA. If you have any articles, photos or items for *The Ripple*, then we look forward to receiving them.

Many thanks to all those contributors to this inaugural issue of the revamped newsletter. It really goes to show that there are many members who want to be involved in promoting the sport of paddling on the waterways. Hopefully, this season will provide ample opportunity for you to enjoy Manitoba to the fullest and perhaps also contribute to the MRCA photo contest (see page 7 for more details).

Meanwhile, it is with mixed feelings that I announce my resignation as editor for *The Ripple*. After five years on the job, it might be time to hand the reigns over to someone else who would like to produce this wonderful publication. Thanks for the many words of encouragement along the way. I have enjoyed my time with the MRCA, despite the fact that I neither canoe or kayak; in fact, I confess that my only large-scale aquatic escapades involve SCUBA diving in warm salty waters.

Good luck for the future – and be nice to your new editor by providing loads of stuff for them to include in upcoming issues!

## MRCA INDOOR PROGRAM

### Waterwalker film festival ... Primer for spring trip and whitewater rodeo ... Rivers flowing into Lake Winnipeg ... Introduction to kayaking ... and more!

Ahhh...Spring! The longer days promise it won't be long before water is running in the streets, and our lakes and rivers are released from winter's icy embrace. To help you prepare for the upcoming season, we've planned the following indoor program.

#### **Sunday, March 18 – Waterwalker film festival, 10 a.m. – 5 p.m.**

Every two years we have the good fortune of hosting a film festival in memory of Bill Mason, Canada's legendary paddler, painter and film maker. As always, this year's festival will feature dozens of new films and videos illustrating the canoeing and kayaking adventures all of us love. Once again, we will be at the Manitoba Museum of Man and Nature in the theatre on the lower level, across from the Planetarium. Doors open at 10 a.m. with films rolling from 10:30 till 5:00 except during lunch break. Outside the theatre, enjoy a range of displays by book publishers, parks people and the good folks who provide guided trips and supply us with our paddling gear. You can get tickets at the door, or from Tamarack Clothing on Stradbrook, Wave Track Canoes on Speers Road, Wilderness Supply on Ferry Road, or the MRCA (Julie Gold) at 475-3224. \$10 per person. Refreshments and a light lunch will be served at modest prices. See you there!

#### **Wednesday, April 18 – River patrol, Spring primer, Whitewater rodeo**

First, meet the police – the ones you're likely to encounter when you paddle our rivers within the city. The River Patrol Unit is responsible for ensuring the safety of boaters on Winnipeg waters. Sergeant Sharon Thomas will give us an overview of their activities, then describe the safety objectives of the River Patrol for the coming season.

Our second presentation is for new paddlers who want to learn how to get ready for a wilderness trip. Three veteran paddlers will guide us through an equipment checklist, display and discuss some basic canoe-camping equipment, and provide tips on how to pack. They'll unfold some maps and show us a number of nearby paddling trips suitable for beginners. Then if there's enough interest they'll lead a spring trip to get novice

paddlers started. If you're new to paddling this is a presentation you won't want to miss.

Our final presentation will be a slide-show preview of a whitewater rodeo planned for Cook's Rapids near the town of Whitemouth early in June (see page 5). Our president Gerry Hirose wants to encourage novice whitewater paddlers to join experienced river runners "on the rapids" to improve their skills and meet other paddlers with similar interests.

#### **Wednesday, May 16 – Paddling rivers on the east side of Lake Winnipeg**

Long-time paddler Donna Kurt will take us on a photo expedition of the sometimes wild, occasionally calm, always alluring waters of the Pigeon, Bloodvein, Manigotagan, Black and Gammon Rivers, all of which run through spectacular canoe country before they empty into the east side of Lake Winnipeg. If you've never paddled these rivers, this is your chance to see them through the eyes of a paddler who loves and knows them well. If you do know these rivers, this is an opportunity to see them again and set your heart yearning to paddle their waters this coming season.

#### **Tuesday, June 12 (Rain date Tuesday, June 19) – An Introduction to Kayaking**

Frank and Jan Sjoberg, owners of The Wilderness Supply Company, have offered to introduce beginners to the pleasures of kayaking. This will be an introduction to the sport, not a technical presentation – an informal and relaxed evening for novices only, or for those with limited experience who'd like to try out some different models. Registration is limited to 18 participants to ensure each person has significant time on the water. To register and obtain additional information, contact The Wilderness Supply Company at 783-9555.

**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

### Attention Whitewater Paddlers

Enjoy a day or weekend of whitewater with experienced paddlers at Cook's Rapids near the town of Whitemouth on **Saturday, June 2, 2001**. This 'whitewater rodeo' is an informal paddling event that should be of interest to anyone who has taken a moving water canoe or whitewater kayak course. This is a great opportunity to meet other whitewater enthusiasts while improving your surfing and rolling skills, and is also a chance for anyone wanting to get into the sport to observe and ask questions.

Meet at 9:00 a.m. at the Floodway and Highway #15 (Dugald Rd) for carpooling. A few solo boats may be available but will have to be arranged prior to the event. For more information contact: Gerry Hirose - 488-8225 (hm), 985-5949 (wk), or email: [gthirose@escape.ca](mailto:gthirose@escape.ca)

Bring a lunch and enjoy a great day of paddling. At the end of the weekend, there will be a wind-up barbecue sponsored by the MRCA or one of our corporate sponsors.

#### Notes:

- Picnicking and camping facilities are available.
- Parking is \$2.00 per vehicle
- Camping \$9.00 per night
- Location may change subject to water levels. Join the MRCA Paddlers Newsgroup on the MRCA website to keep informed of any changes.
- Anyone participating must wear a PFD and helmet as well as dress appropriately for the weather conditions.

### Skilled help needed!

The Mantario Committee is seeking a certified professional to connect the propane stoves in the new Mantario cabin. While we have folks who know how, we are concerned that our insurance could be rendered invalid unless the job is done by a licensed professional. We are hoping for a volunteer, or perhaps a discounted price. If you have any leads on who might be willing to do this important job for us (and is able to get to Mantario!), please contact Ray Nielsen (338-6569) or Julie Gold (475-3224).

**WATERWALKER FILM FESTIVAL**  
Don't miss out on this wonderful  
and exciting event!  
Details on pages 4 and 12.

### Get ready ...

for the

### June White Water Weekend at Cook's

Come out for a Canoeing and Kayaking Clinic

*Dates:* May 12 and 13 (Saturday and Sunday)

*Location:* On southern Manitoba's hottest paddling spots!

*Level:* Intermediate to Advanced, yes that means you!

*Cost:* TBA

*Phone:* Gerry Hirose (488-8225) or Brian Johnston (1-204-754-2651)

*Info:* The MRCA is bringing in an out-of-town Senior Moving Water Instructor for you! Come out and catch a wave. Learn new tricks and improve your skills. Let's work at attaining the next level of playboating. Start thinking in 3D. We will work on dynamically controlled moves, let's get vertical. Practice using less muscle and better technique by learning to harness the energy (the Zen of paddling). Yes, we are going to have FUN! Register early to ensure placement on the course as it will be filled on a first-come-first-serve basis.

*Note:* This clinic will be adjusted to suit the needs of the paddlers. Boaters must supply their own equipment and gear.

Calling all  
Canoeheads!



For the first time in 100 years perhaps, Manitobans will portage canoes across the fields of Assiniboine Park. Outdoor enthusiasts of all sizes and abilities are invited to test their skills and speed in a series of portaging races to be held on Saturday June 2 at "A Day for the Wild".

Presented by the Canadian Parks and Wilderness Society (CPAWS), Manitoba chapter, the day is intended to celebrate wilderness, protected or not, in our province.

The full day of activities includes "Running Wild", a 10K/5K fun run organized through the Manitoba Runners' Association; talks and guided hikes in the park with local birders and botanists; organized kid's games to learn about endangered species and biodiversity; and the afternoon "Canoehead" Competition.

Fabulous draw prizes are available for participants in both the fun run and the portaging races. Registration brochures will be available in mid-March.

For more information, call CPAWS at 339-0247.

# EMPLOYMENT OPPORTUNITIES

## MRCA Course Coordinator

The MRCA requires a Course Coordinator for the 2001 paddling season.

### DUTIES:

- monitor the MRCA Instruction phone answering system daily for messages
- monitor the MRCA PO Box for course letters weekly
- respond to all phone or mail queries within 2 days
- mail MRCA Course registration packages as required
- coordinate course registrants with MRCA canoe course dates
- verify course registrants are pre-registered for the course including down-payment and that there are the minimum number of students enrolled for the course;
- ensure course participants have the appropriate level for the course and know where to go
- verify the instructor(s) is (are) prepared to teach the course
- receive course report forms from the instructor(s), verifying all forms are filled out and that the instructor has sent the course report form to the CRCA
- record all time and expenses (phone/fax/postage) spent on each course, coordinating courses, and instruction
- report course status on a weekly basis to the Instruction Convenor
- must report any accidents or problems immediately to the Instruction Convenor
- enter course data into a computer spreadsheet program
- file course forms for storage and retrieval
- coordinate paddlers and instructors for the Tuesday and Sunday Paddles.

**FEE:** \$7.00 per hour (max. 15 hrs per week)  
Payment is biweekly providing forms are verified by Instruction Convenor and submitted to Treasurer with allocations of time to each course.

**WORK PERIOD:** May through September, 2001  
(average of 10 to 12 hrs per week, max. 15 hrs pay per week)

**SKILLS:** Program coordination  
Current MRCA Member  
Current First Aid/CPR certification\*  
Current CRCA Member\*  
preferably a Certified CRCA Canoe Instructor\*

(\*mandatory if instructing MRCA Canoe Courses)

Submit your resume/application to:  
MRCA Instruction Convenor,  
P.O. Box 2663, Winnipeg, MB R3C 4B3  
before March 31, 2001.

## Editor/publisher for MRCA Newsletter

The Manitoba Recreational Canoeing Association (MRCA) is looking for an editor/publisher to take over responsibilities of producing its quarterly newsletter, *The Ripple*.

This exciting position offers direct involvement with the MRCA through contact with authors, executive members, and other related newsletters across the country and beyond. It also provides the opportunity to promote and support canoeing and kayaking in Manitoba.

Responsibilities include producing the newsletter with desktop publishing; consulting with authors about their submissions, and securing and/or writing articles and other material for inclusion; proofreading and editing the final copy; coordinating with the printers; coordinating mailing of issues; working in conjunction with the MRCA executive; and maintaining the highest quality of production.

Applicants should have desktop publishing experience, be able to work to deadlines, and have experience preparing newsletters. Familiarity with the MRCA an 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](mailto:gthirose@escape.ca).

## 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](mailto:gthirose@escape.ca).

(For more employment opportunities,  
see Attention Adventure Lovers  
Seeking Summer Employment on page 7)

## Attention Adventure Lovers Seeking Summer Employment

Mantario Summer Program (Manitoba Naturalists Society, MNS) is posting job advertisements for Summer Trip Leaders for the 2001 season.

Two positions will be filled to guide participants in and out of our beautiful (new!) wilderness cabin for 9 week long specialty theme programs. The program will run July and August and those hired will be expected to attend a work party in June. The pay isn't super high, but the work is rewarding, can be interesting, and presents lots of opportunity for paddling, swimming, and convening with nature! Requirements include strength, canoeing skills, first aid, people skills, and a modicum of cooking and camp skills. Formal job announcements will be posted in the MNS Bulletin and web site, as well as university and college papers. For further information, call Ray Nielsen (338-6569) or Julie Gold (475-3224).

## Been to an indoor meeting lately?

You never know what you are going to miss if you don't come on out to the indoor programs meetings. On January 17, Dave Hadfield (see photo below), paddler / singer / songwriter, entertained us with songs from his two CDs. Dave also shared his philosophy of travelling in canoe country. Interesting stuff!



## 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. All photos will be judged according to categories that will be announced in the summer issue of *The Ripple*, and 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 photographer. Professionals and amateurs welcome. More details in the next issue of *The Ripple*. Good luck!

## The Right Place at the Right Time

*Brian Ball has been an MRCA Member since 1989, maintaining his membership even while living in Kelowna, BC since 1991. The following article from his company's newsletter is about Brian's heroic deed last year.*

Hats off to Brian Ball, Mechanical Draftsman, Kelowna, whose quick thinking is being credited for the happy ending to a recent water rescue in Okanagan Lake, British Columbia. The day started out as any other Saturday for Brian. After kayaking in Summerland, Brian strapped his kayak to the roof of his car, packed his gear, and set out for home.

A missed turnoff to his usual route took Brian along Lakeshore Drive adjacent to the shores of Okanagan Lake. As he got closer to the lake, he could see two men frantically signalling him to pull off to the side of the road.

Brian didn't realize it, but a potential tragedy was unfolding. Minutes before, a woman had jumped into the frigid waters of Lake Okanagan in an unsuccessful attempt to reach her seven-year-old son after a blustery southern wind took the boy and his air mattress away from shore.

The woman was treading water a few hundred metres from the lake's edge and, obvious to onlookers, was losing energy and needed help fast. The two men unstrapped the kayak while Brian grabbed his gear.

"I was compelled to do something. My first thought was to get out there and see if she was okay," says Brian.

By the time Brian reached the woman, she was hypothermic. "Right away she said 'I need help'. She was having a hard time keeping herself above the surface." With a little assistance, she was able to grasp onto the stern of the kayak and be towed to shore where an ambulance crew was waiting. The Penticton Fire Department Zodiac arrived shortly after and rescued the boy, who had drifted more than half a mile from shore.

Both mother and son were taken to the hospital for observation and later released.

A firefighter on the scene has called Brian a hero for his role in the lake rescue. Brian shrugs off the accolade, saying, "I'm just glad I was in the right place at the right time."



*Photo: Brian Ball, Stewart Lake, Ontario.  
© Donna Kurt 1989*

# Kayak Touring News – Tony Kinal

## Paddling with Don on a Lake Winnipeg Adventure



Tony on Black Island

July 17 in the summer of the year 2000. My usual pre-trip anxiety was realized as Don and I stood on the government dock at Gull Harbour on Hecla Island and stared out at the scene before us. The wind was blowing at gale force from the northwest, whipping the lake up into a boiling cauldron of huge breaking waves. No matter which direction we looked past the protection of the harbour, all we could see were very steep breakers!

My kayaking partner for this trip was Don Starkell, author of *Paddle to the Amazon* and *Paddle to the Arctic*. This was to be an easy and fun four to five day trip to the K. Islands (Kasakeemeeenisekak Islands), however, that morning, our route to Black Island – our first day's camp – was blocked by the raging lake. So, as we stood there weighing our options, as a government truck towing a large orange Zodiac pulled in and started to launch their boat.

Members of the coast guard jumped out of the truck with their bags and started pulling on orange dry suits. While gearing up a few of them looked questionably at our kayaks and gear next to the dock. Don and I told them of our plans and also informed them that we had no intention of paddling in these conditions. One of the coast guards said there was in fact a gale warning but that the wind was

expected to diminish by the afternoon. We then asked why they were heading out and he replied, "To change a light in a navigational marker."

While loading our boats, we also met a woman in her fifties with two small dogs. She said that the dogs and her husband were staying in the cabin cruiser at the dock and they planned to tour the lake, but not in this weather. She then asked where we were headed. I said to the east side of the lake, then north to the K. Islands. I was surprised when she asked, "The what islands?", especially since they were about to tour the lake.

After a pleasant chat with the woman, Don and I began weighing our options again. Neither of us wanted to stay on shore, so I suggested paddling to a small beach that was still protected by the harbour where we could wait for the wind to subside. Don agreed and we shoved the heavily loaded kayaks off the sand shore of the harbour.

It felt good to be afloat, and after a short paddle we arrived at the beach. Unfortunately, the north wind had raised the lake level in the south basin, completely flooding the beach. However, we could see a decent landing spot, and we let the waves push us up to what was left of the beach and timed our exit with the waves so as to not get a lap full of water. What was left of the beach was just a bank of small, smooth stones about two feet high, a telephone pole, and behind this were trees and bush, or so it seemed. Don and I decided to look for a possible tent site, and were surprised to find a trail only metres from our kayaks.

Well, if we had to spend a night, here was a possibility, and we ended up sitting on our hydro pole talking while we waited. Even though the sky was a brilliant blue, the wind was

cold coming off the water. I was dressed in nylon pants, middle weight, poly-pro under shirt with a paddling jacket, a hat and neoprene booties, but if I wasn't in the sun, I was cool – very cold weather for July! Don entertained me with stories of his Amazon trip but when he recounted his kayak trip in the North West Passage, his thoughts turned to Victoria Jason (*Kabloona in a Yellow Kayak*) who passed away this May.

The time soon passed as we looked out on the water and saw the coast guards' zodiac fly through the air as it came off the crests of the waves. In the early afternoon, the wind subsided and we decided to go for it. At 2:30 p.m., we cautiously paddled along the long gravel bar with the new automated lighthouse at the end of it. This gravel bar provides protection for the harbour, shielding it from south winds.

As we looked for the best route to Black Island, we could see a clear path on the water where there were few breaking waves. To the south and north, there were still a lot of breakers. Steep four foot waves rose up in front of me, and the bow of my kayak punched the odd one, which sent spray straight into my face. Occasionally, a breaker washed over my spray skirt up to the bottom of my life jacket.

We finally reached a small sand beach on Black Island and hugged the shoreline as we approached the last leeward point of land. Cautiously, we rounded the point, prepared to turn back to the first beach if we were exposed to the northwest wind.

As we poked around the point, it didn't look all that bad, so we paddled on past a varied landscape of rock, sand, and sandstone cliffs topped with poplar, birch, pine and spruce trees. I had to call out to Don to slow



his pace a few times. His custom-built We-no-nah Seal is a faster boat than my old Nimbus Seafarer, although in rough water like this, I prefer the seaworthiness of my kayak. I have to hand it to Don though, for at his age of 68, he is 20 years my senior and still he managed to paddle 1,300 miles this year in his kayak.

My arms were aching as the Cairine Islands came into view, first as blue domes on the water and as we got closer, they turned to green and grey. The Cairines are a group of small granite islands topped with moss and a few trees. We were headed for our camp site in a deep sandy bay, and finally, I felt my kayak gently grind into the sand as I let the waves push me up the beach – so as not to get too wet climbing out. I was exhausted, and no wonder – we had just paddled 20 km in two and a half hours. I was also glad we made it here safe and mostly dry, as was Don, who shook my hand for a good paddle.

Don lost his fingers to the second knuckle on one hand and the first knuckle on the other on his trip through the North West Passage. It's amazing he can paddle at all!

This spot is a great camp site and is used annually by the natives from the surrounding reserves for traditional celebrations. For that purpose, the natives built a large open-roofed structure with a wooden floor. That evening, Don and I set up our tents next to it, using it as a windbreak. After a big meal, followed by a beer, courtesy of Don, I crawled into my sleeping bag and drifted off to sleep.

I awoke late that night to a creaking and popping noise – perhaps a bear? After all, we had used the rafters of the structure to hide our food. I got out my flashlight and opened the tent door but saw nothing. I tried to go back to sleep but the noise returned, and by now, my imagination was running wild. I remembered a native man in his fifties on a previous trip here who told me how his ancestors were buried on this island. With that, I imagined a Cree

warrior walking on the wood floor in full battle dress wanting to avenge his people.

It wasn't until the next day that we realized the noises we both heard was only the tin roof cooling in the night.

We awoke to a cold but sunny morning. The wind had subsided, and after breakfast, we broke camp and pushed off the sand beach, headed for the K. Islands. We paddled northeast, past Black Island, and toward the east shore, which is the true narrows of the lake. I always get a strange feeling travelling through this spot since it is the deepest part of the lake. The current here is created by the wind tide that has gouged out this area to a depth of 200 feet.



*Don almost overshadowed by the K. Islands*

It isn't long before we are paddling among the K. Islands. This group of small islands runs along the east shore for about 16 km. The islands provide protection from the open water, with their smooth granite shores topped with stunted aspen and spruce. Some of the outer islands are no bigger than a house and only orange lichen and bright green moss grow there. The granite is worn smooth by the waves of many storms.

The weather was rapidly clouding over, so we found a nice island with a flat grassy area to erect our tents. Eventually, the rain came but not until after supper, so we retreated to our tents for a snooze. Afterwards, I pulled out my fishing rod, but since my luck hadn't been very good these last few years, I didn't expect much. From within his tent, Don called

sarcastically, "Catch us supper!" My second cast resulted in a nice-sized walleye, but after admiring him, I released our slimy friend.

The next morning dawned windless and grey, so we bid a hasty retreat to avoid the mosquitoes, paddling back to our first camp on Black Island. By early afternoon, the sky had cleared and the strong wind was blowing the bugs deep into the woods. Don and I picked wild peas on the beach; they were sweet and delicious. Later, we hiked into the pine-scented forest of the island and found the forest floor covered with ripe blueberries – which we ate in large quantities.

After another very cold night for July, the following morning was bright and sunny, and we took advantage of the now flat, calm lake and paddled toward Gull Harbour. As we followed the Island's shoreline, I saw many Bald Eagles high atop spruce and pine, backed by the brilliant blue sky. We paddled on past a flock of snow white pelicans perched on a rocky shoal.

As I turned to make the crossing to Hecla, I enjoyed kayaking in the 2' swell with the east wind at my back. However, in the middle of the crossing, the wind suddenly changed direction and the now northwest fresh breeze was in my face. The waves were steeper as I came closer to the new lighthouse and I saw the old red and white wooded lighthouse deep in the harbour. As the first waves started to break, I was glad to reach the safety of the sandy harbour.

By the way, who do you think was the first person we met when we landed? Yes, it was the same lady with the same two dogs we spoke with before we left. As it turned out, she and her husband never left because the weather was too unpredictable. Ah, but that's the nature of Lake Winnipeg!

**Kayakers wanted for weekday evening paddles on the city rivers. Wednesday nights at 7.00 p.m. Phone Tony at 257-1148.**

## Eating is good ... (cont'd from page 1)

unhoisting of a canoe that doesn't quite fit into the available parking space.

We reached Crystal Lake by early evening and made camp at a well-used spot close to where the Wanipigow enters the lake. I found out what was in all those bulky packsacks – food and more food, a large variety of cooking gear, and assorted other stuff like stadium seats. Supper was scrumptious but the packsacks didn't seem to shrink in volume.

The next morning we headed for the Haggart River, using the east route rather than the south route that takes you to Haggart Lake. In the early 70s, my old partners and I cut the trails at the far end of the east route but I have not travelled the route since. I was curious to see if our original trails were still the way to go. Fortunately, the last portage, the one into the Haggart River, was not our old trail. When we cut it in the 70s, we ended up at a steep cliff and had to rope the canoe and packsacks down to the water.

We made camp on the east shore of the Haggart River, a bit upstream from the last portage. Again supper was scrumptious but those packsacks still weren't shrinking in size or reducing in number.

New country awaited us August 8th. We were going to use or make a short cut from the Haggart River to Donald Lake. Two of my new partners had travelled part of the way. The third portage was the only question mark.

The first portage was okay even though we were still triple walking. The second portage was not. It went across a fairly recent burn over steep and slippery rock outcrops (it was raining on and off) and through bushes whose purpose in life was to trip anyone passing by. The third and last portage didn't exist.

We decided that cutting an 800-m trail would be unwise in the thick bush. A creek drained the lake, but only a canoe 30-cm long and 1-cm

wide might be able to navigate it. So, with hordes of mosquitoes loving our presence, we pushed and dragged the loaded canoes over the soggy marsh. Two small ponds gave temporary relief from our poor impersonations of Clydesdale horses.

After the second pull and drag, we reached terra firma and bashed a 100-m trail to a small lake. From there, it was a painless and bug-free paddle to a small island at the south end of Donald Lake, one of the rare camp spots on the lake. Most spots are occupied by rustic cabins. Donald Lake is a legacy of the old days when anyone with money and a plane could own a piece of Canada's wilderness.

More new country lay ahead the next day. I had avoided the lower part of Royd Creek in the old days because of stories that it was strewn with deadfall. Now, we were going up that creek to Royd Lake. Thankfully, the possibility of sliding a canoe over logs pleased me more than the reality of triple walking our stuff along the rugged edges of the steep canyons that exist on two of the portages of the Gammon River way to Royd Lake. We were in luck, or maybe "boy scouts" had descended on the area. Except for one short log-strewn section and some portage landings that were designed for beavers, the journey to Royd Lake was enticing. Royd Creek is picturesque and I would recommend going that way if asked.

We camped half way up the north arm of Royd Lake. After a wonderful evening meal of yeast dough pizza and rice dessert made from scratch, I



*A fine day on Royd Creek*

noticed some shrinkage in the packsacks.

More new country for me and my partners on August 10th. There is a chain of sausage lakes that runs northeast from Royd Lake to the Bloodvein. I had travelled that path before, but there is also a chain that runs northwest to the Bloodvein via Simeon Creek and we were headed that way. The first hurdle was a little used 900-m portage that we only double walked, an uplifting event for us all. As we travelled the sausage lakes, matters did not look promising. The short creek connections between them were almost dry. Waiting ahead of us was a couple of kilometres of the creek that drained the chain.

Maybe life smiles on those who are not devotees of the principle of travel light and walk over once. Miraculously, the creek had sufficient water; where it came from is a mystery. After several kilometres of narrow winding creek, where sometimes the canoe that was ahead appeared behind the canoe that was actually behind, we reached the jump off point to the north. Had we wanted to, we could have continued downstream, eventually ending up in Carroll Lake, just north of where the Haggart River enters.

If you desire a portage experience that speaks to your soul, this is where you can find it. I gladly would have walked our stuff four times across the 750-m portage to the south end of the Simeon Creek system. It is the kind of trail you see in tourist brochures – over delicate moss and aromatic spruce and pine needles and filled with the dancing interplay of shadow and light and the sweet melodies of birds.

We camped on a small island on the east shore of the southern most lake of the Simeon system. Next day, we headed for the Bloodvein. The portion of Simeon Creek south of South Simeon Lake has an interesting quality – it grows rocks. There are long stretches of creek where the water depth is more than enough but rocks are scattered just below the surface, preventing paddling.

It was 'pull the canoe through the water while bruising your feet' or 'drag the canoe along the marsh while sinking in foul smelling holes' – all depends on individual preference.



*A drying tree on Mary's Lake*

We stopped for the night on an island in the Bloodvein, a short distance upstream from the junction of the Sabourin and Bloodvein rivers. It rained but at least we were able to clean our clothes and boots that smelled and looked like marsh bottom.

Another day and zero portages later, we camped in Mary's Lake close to the exit of the Bloodvein. A fierce west wind had halted our journey west. The camp spot was home to the largest garter snake I had ever seen, which we disturbed as we shifted rocks to make a fireplace. It didn't seem to mind our presence because it hung around the fire for the evening.

We reached Artery Lake on August 13th and camped at the southern arm, across from the finger bay that leads to the Ford Lake portage. On the way, we stopped to admire the pictographs that are on a cliff face ten minutes paddle from where the Bloodvein enters Artery. It is the best site that I am aware of in Woodland Caribou.

We stayed two nights in Artery, where the record for the largest garter snake fell again. Our campsite was home to a monstrous snake that was more than a metre long and as thick as a fat smokie. Fortunately for it, we still had ample food.

Our plan was to rest and to eat so that we would be able to single walk the remaining portages. The Dutch oven baked turnovers and the reflector oven baked other things. I was in danger of regaining all the weight that I had lost double and triple walking over past portages.

It was for good reason that we wanted to reduce our load. Five long and nasty portages were waiting for us: the rugged and sometimes steep 2,200-m portage into Ford, the boggy 1,300-m portage into Craven, and the partly boggy 'three mothers' portages into Siderock (900 m, 1,100 m and 3,000 m). The plan failed. The food shrank admirably but the cooking and assorted other gear didn't.

On August 15th we headed for Carroll Lake. We double walked the Ford and Craven portages, and it took a whole day to reach the north end of Carroll. We camped on a splendid island just south of where Craven Creek enters Carroll. We were about 12 km south of our starting point on Artery, having walked more than 10 km to get there. I grew fonder of my principle.

Next day was a pleasant paddle south through Carroll, a miniature version of Lake of the Woods with beaches, excellent campsites, and good fishing. After a 5-m portage, we were in Obukowin, a shallow wild rice lake, and in Manitoba. We camped on a small island at the south end of the lake, close to the first of the 'three mothers'.

A total of 5 km of portages lay ahead of us, and that was only if we single walked them, an impossible course of action. We dreamed a good plan. For each canoe pair, one person carries the canoe all the way across the portage. The second person carries one load halfway across and then goes back for the second load (the remaining load). The first person comes back to the halfway point and carries the deposited first load to the end of the portage. Meanwhile, the second person carries the second load all the way across the portage. If you do the math, each person walks two thirds of the total distance normally

walked on a double walk. For this, you must remember that a double walk actually involves walking three times the length of a portage – twice there and once back. The first portage out of Obukowin is 900 m long. A double walk really, for it involves walking a total distance of 2,700 m.

Our plan shrinks the distance to 1,800 m. This is not insignificant when the terrain is boggy, lumpy, and like quicksand in places. Well, plans in the head and plans in the bush are different matters. If one of the two persons can't carry a heavy load, then the plan won't work. Needless to say, we still had at least one heavy load other than the canoe and one of the two persons in each pair couldn't manage it. So, there we were on August 16th portaging the 'three mothers' from Obukowin to Siderock by double walking the old-fashioned way. It took 6½ hours and 15 km of walking to reach Siderock. We would have arrived a bit sooner had we not been diverted by a winter trail and by a 2 m tall inuksuk sitting on a rock ridge overlooking the second pond.

The other canoeing pair didn't want to paddle the winding Wanipigow from Siderock to Wallace (6 km if you are a crow). They decided to do one more portage. My partner and I decided that paddling was preferable to double walking the 1.5 km portage to Wallace. We had already walked much further than we had paddled just to reach Siderock. However, we did the other canoeists a favour. We put their loads in our canoe. That meant that for the first time on the trip someone was going to single walk a portage and savour the true meaning of my principle. But we got even. A ferocious west wind was blowing and the pair that portaged had to paddle into whitecaps for 4 km before they reached the landing. We, on the other hand, avoided most of the fury of the wind in our leisurely and scenic zig zag path down the Wanipigow.

*For maps of the area, contact Jerry Ameis at [raven981@mts.net](mailto:raven981@mts.net) or through the MRCA at 338-6722.*

## WATERWALKER FILM FESTIVAL

Sunday, March 18 – 10 a.m. to 5 p.m.

In memory of Bill Mason, Canada's legendary paddler, painter and film maker, this year's festival will feature dozens of new films and videos illustrating the canoeing and kayaking adventures all of us love. Once again, we will be at the Manitoba Museum of Man and Nature in the theatre on the lower level, across from the Planetarium. Outside the theatre, enjoy a range of displays by book publishers, parks people and the good folks who provide guided trips and supply us with our paddling gear. For more information on tickets, location and availability of lunch, see page 4.

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**Plan to attend this fabulous event  
and experience the very best  
that paddling has to offer!**

**More details on page 4**

## SEARCH AND RECOVER

When you are out on the water this summer, be on the lookout for a Spyderco water rescue knife lost somewhere on the Manigotogan close to Charles or Pillow Falls. Kyle Chernetz says it was definitely the waterfalls where there's room for only one tent and it's a short portage, about 50 paces, around the falls. If you happened to find it on that route last summer, please contact Kyle at 222-8038 or [kchernetz@fs.gov.mb.ca](mailto:kchernetz@fs.gov.mb.ca). And if you are in that area this season, keep your eyes peeled.

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to the

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#### Hi fellow paddlers!

If you are interested in canoeing on the Assiniboine River or Souris or just taking a holiday in Manitoba's southwest, you may find my website interesting:

<http://www3.telus.net/treesbankferry>

Also, if you have any suggestions for the website, photos to contribute or questions, please send me an email.

*Sheila Clark – Treesbank Ferry Vacation Cottage  
[treesbankferry@hotmail.com](mailto:treesbankferry@hotmail.com)*

## Manitoba Conservation Kicks off East Side Planning Initiative

Under pressure from interest groups, communities and individuals on both sides of the issue, Manitoba Conservation has embarked on a two-year land-use planning exercise called the East Side of Lake Winnipeg Planning Initiative. At stake is the future of the currently undeveloped boreal forest stretching from the east shore of Lake Winnipeg to the Ontario border and north of Bissett—an area familiar to many MRCA members.

The initiative was ordered by Minister of Conservation Oscar Lathan in response to public concern over proposed development of the area. At the heart of the controversy is an all-weather road proposed to run from just north of the community of Manigotagan to the community of Poplar River, paralleling the east shore of Lake Winnipeg, with spur roads to a number of communities to the east. Construction of this road would entail the creation of bridges over Manitoba's first Heritage River – the Bloodvein – as well as the Berens and the Pigeon, other popular wilderness canoeing rivers. While some argue that the construction of this road will increase the accessibility of these remote rivers allowing more people to experience their wild beauty, others contend that with the construction of the road, the wilderness experience that many seek will be substantially diminished.

Primary proponents of development include the Pine Falls Paper Company, which claims an all-weather road will provide them with year-round access to northern wood supplies needed to support a proposed new mill, northern mining interests, and a number of outfitters. A number of first nation communities also support construction of the new road maintaining that an all-weather road would increase the flexibility and reduce the costs of transporting goods to and from their communities. Currently, ground transport is only possible via winter road. Manitoba Hydro also has proposed the development of a new bipole line through the area to carry the power from three new generating dams proposed for

construction on the Nelson River.

Under the proposed Planning Initiative, a core East Side Round Table (ESRT) with select representatives from various interest groups will be formed. This group will meet regularly and be responsible for providing direction in planning development. In addition, a larger East Side Review Committee (ESRC), with greater representation from the interested groups will meet bi-annually to review progress and provide feedback and guidance to the ESRT. Actual planning will occur in two phases.

During Phase I, Manitoba Conservation will host a series of meetings to define the planning area and determine the terms-of-reference and roles and responsibilities of the ESRT. Phase I will conclude with a report to the Minister by March 31, 2001. Phase II will establish the ESRT and the ESRC. The ESRT would then collect background information and develop a work plan, undertake community meetings and other public consultations, and develop a final plan by the end of 2002.

Public input into this process is welcome. To express questions or comments write to: East Side of Lake Winnipeg Planning Initiative, Manitoba Conservation, Box 38, 200 Saulteaux Crescent, Winnipeg, MB R3J 3W3.

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# Outdoor Adventure Programs 2001



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*For more information on any of these programs, please call Ian at 989-8357.*



## **2nd Annual Race**



*Join in this 40-km test of body, bike, boat and blade on International Earth Day, April 22, 2001. This event promotes the use of non-polluting transportation methods through a challenging and fun urban adventure race. Enter as a team, relay or individual.*

This column, to date, has focussed on dried foods for camp cooking. Fresh food can be welcome on a paddling trip, and can last a surprising length of time. If weight and space permit, consider taking along vegetables which hold well including celery, carrot, and cabbage. Try a favourite snack of mine: carrot sticks dipped in peanut butter! Carrot and raisin salad could be a refreshing side dish. Cabbage can be enjoyed fresh, or in a savoury stir fry. Saute shredded cabbage in a bit of oil until limp, fragrant, and starting to brown. Add soaked dried veggies and some soy sauce. Serve with rice, cous cous, or perhaps a treat of Chinese style instant noodles.

If you're adventurous, try an African flavour: increase the protein and the punch of your stir fry by adding peanut butter and soy for a sauce. A bit of ginger root would add a pleasant punch to your dish. Fresh ginger root will last quite a while, and is valuable for flavour and medicinal properties. Although not necessary, a grater can be helpful in the backcountry. I have tried a few strategies, but one of my favourites has been the 2 x 3" metal grater piece from one of those plastic box slicing contraptions that I picked up second hand. If is flat, light, and barely big enough to be manageable.

As well as beef jerky, pepperoni sticks, and other dried meats, salamis can be savoury additions to lunch and if the weather isn't too hot, will last fairly well. The drier hard types keep better. However, it is best to check storage directions on the package, or contact the manufacturer to be certain! Cheese has a tendency to bleed out its fat in warm conditions. It is only safe to keep cheese with low water activity like dry cheddar, no salt cheeses, or hard cheeses like Romano or Parmesan (available in blocks

or pre-grated). Choices for very short term could include somewhat lower fat cheeses like part-skim mozzarella, or wax-coated rounds like Edam or Gouda.

Fruits like oranges and apples will last some days if the weather is cooler, but apples will bruise fairly easily (choose tough-skinned varieties). Remember to make use of the zest (fine gratings from the outermost oil-rich skin of citrus fruits) Oh, that handy grater! The remaining rind can be thrown into tea for extra flavour and health benefit. Try zesting and drying lemons and oranges. Natural green areas on some varieties of orange indicate that no coloured waxes have been used; you should take care that fruit is pesticide-free.

Don't forget to keep your eye peeled while on shore for wild onions, or other edible greens, flowers or fruit. If you know what to look for, there are plenty of delicious mushrooms to be found. Chanterelles, morels and puffballs are easily identified, but remember, mistakes could be fatal! There are some interesting and useful herbs for tea. Common yarrow is good for colds and fever but it is very strong flavoured; maybe try some ginger with it. Wild mints are fairly common and make tasty calming tea. Also used for tea are rose, strawberry, and raspberry leaves, elderberry, rose, clover and chamomile flowers and, of course, Labrador tea.

Well, I guess I'd better cough up a recipe! Following are details for a Mexican style eggs and potatoes breakfast. Thinking about fresh

foods brings to mind discussions I've gotten into about eggs on trips.

Various strategies have been devised to transport fresh eggs. The hard plastic cases sold with camping supplies are an option, but problematic because your eggs must fit the cases, the handles can be hard to pack, each holds only 6 eggs, and eggs can break in them, especially if undersized. Cracking open eggs into a container such as a Nalgene bottle for transport is a temptation to Salmonella poisoning (wouldn't that just ruin your trip!). Drying eggs at home poses some similar risks. The only truly safe option is to use a commercial powdered egg mix (purchased at a bulk store), or go egg-less.

The following recipe calls for the egg powder and also hash-brown style frozen cubed potatoes, which I dried at home. The Mexican spices in the salsa jazz up the chalky flavour of egg powder. I attempted to dry salsa, as I have tomato paste sauces, but found it hard to reconstitute. Not only that, but some salsas are not fully cooked and could be dangerous. I did stumble onto a commercial freeze-dried product by "Backpacker's Pantry", which works well. Enjoy this hardy breakfast!

### Mexican scramble (for 6)

6 servings egg powder  
mix as directed and add garlic powder  
1 cup dried cubed hash browns  
1 cup dried (cooked) red beans  
fresh onion or dried flakes  
1 dried tomato, reconstituted and chopped

First thing in the morning, reconstitute potatoes in boiled or filtered water, a bit more than covered with water, adding the whole piece of tomato to soak on top. Reconstitute beans and onions in a small pot. If using a fresh onion, saute it in the frypan before adding. Reconstitute salsa, save aside about 1/8 cup, and add the rest to the simmering pot of beans. Saute potatoes and tomato in frypan for several minutes, then push to the outside edges and add reconstituted eggs to the centre. When they start to set, scramble them, then add the salsa mix with potatoes, and serve with beans over top or beside.

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**

# 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 plans to return 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 arrives in Winnipeg to paddle to Thunder Bay, please contact Jim MacKay at [jfmackay@pangea.ca](mailto:jfmackay@pangea.ca).*

## MAY 15

Calgary, 7:30 a.m. I left my canoe and gear at a house beside Carburne Park, which would be my departure site located along the Bow River shore. I drove the car to the storage facility about 3 km away and then hitchhiked back to the park. Once again reunited with my canoe, I found myself looking off into the distance at the snowy Rocky Mountain tops, while realizing that I was about to canoe to Winnipeg. In my mind I couldn't join those two images together.

However, my trademark is to never give up and get at it now. So, that's what I did.

I portaged to the river shore and placed all my equipment into the canoe. I pushed away toward the middle of the river, so I could make use of the fairly strong current. It didn't take too long to realize how shallow the river was and I knew I had to be constantly looking for the deepest passage. The canoe got scratched quite a bit that first day, but I guess that's part of the game.

I encountered few rapids on the way and passed by many fishermen. As I went through the last rapid, the current was a bit strong so I kept to the side but nevertheless, once out of the rapid, a strong clockwise swirl literally threw me right in front of a fisherman. He was really surprised and I paddled backward as fast as I could so as not to run into him.

Before long, I was at the Highway

River confluence and then I portaged to the campsite where I decided to take the rest of the day off. After relaxing for a while and taking a nice hot shower – the last one for the next three weeks – I went to bed early, lulled to sleep by the sound of coyotes yelling from one side of the valley to the other. I then realized that I was away from home and my trip had begun.



*Claude at the east end of Buffalo Pound, just the other side of the dam, getting set for the night*

## MAY 16

After breakfast, I left camp at around 7:45 a.m. It was partly sunny and warm and I started the day with a strong head wind. The river was still very shallow, with a lot of small rapids, and there was a lot of wildlife to see – big white pelicans, herons, geese with their young, ducks of all kinds, coyotes and deer. The banks of the river were also very busy with astronomical numbers of cattle grazing there as well. I noticed a very

pleasant perfume, presumably from the trees. It sure smells great – a welcome change from the smell of water sewage.

By noon, I was close to the Carseland Dam. I paddled on the river's left side all the way to the portage. There was hardly any water, barely enough to keep me afloat, but I made it, and after portaging in two trips, enjoyed a well-earned break with some food, coffee and a snooze in the warm sun. It sure felt good.

After a short rest, I paddled on the other side to the Carseland Provincial Park so I could get some fresh drinking water. Throughout the day, I was plagued by lower back and stomach pain. This concerned me a bit, especially since I was only at the beginning of my trip. I decided to not push too hard on the paddle and rest and eat more often. Three meals a day are not enough for this kind of trip. After a few days, thankfully, both pains disappeared.

At around 6:00 p.m., I found a really nice campsite on the river bank. It was located in the Indian reserve. Two hours later, I was lying in bed, realizing how lucky I was to be able to make such a trip. Just as I was falling asleep, I heard voices coming my way. By their accent, I knew they were natives with their kids and they just passed by without disturbing me. It was too bad I was so tired, because it would have been nice to talk to them. In any case, I quickly fell back to sleep.



# MRCA 2001 CRCA COURSES

**Kayakers:** For Kayak courses, call the following organisations –  
Fort Whyte Centre (989-8350) or visit their website at [www.fortwhyte.org](http://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](http://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 5:1. Each course requires a minimum of 4 students on the morning of the first day of the course in order for the course to be run. The course will not be cancelled unless insufficient participation, extremely bad weather, or low or 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](http://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 1 week prior to the course. A SEPARATE cheque or money order for the balance of the course fee and post-dated for the first day of the course, must also be submitted with the deposit. These cheques must be made payable to "MRCA" and are to be sent to the MRCA Canoeing Course 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, Sunday, May 13, 2000, 9:00 a.m. – 5:30 p.m.

FW-A & B, Sunday, May 20, 2001, 9:00 a.m. – 5:30 p.m.

FW-C, Saturday, May 26, 2001, 9:00 a.m. – 2 p.m.

FW-A & B, Sunday, May 27, 2001, 9:00 a.m. – 5:30 p.m.

FW-A & B, Saturday, June 2, 2001, 9:00 a.m. – 5:30 p.m.

FW-D, Sunday, June 3, 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.

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. – 5:30 p.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.

#### MOVING WATER CANOE COURSE FEES

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

\$125.00 for MRCA Members

\$140.00 for non-members

A \$50.00 deposit cheque or money order must be submitted 2 weeks prior to the course.

The same registration procedures and deposit refund policy apply as described under Flat Water Canoe Course Fees opposite.

#### MOVING WATER CANOE COURSE DATES

MW-1A, May 19 and 20, 2001, Saturday and Sunday  
**prerequisite required**

MW-1A, May 26 and 27, 2001, Saturday and Sunday  
**prerequisite required**

MW-1A, June 9 and 10, 2001, Saturday and Sunday  
**experience required**

MW-1B, June 16 and 17, 2001, Saturday and Sunday  
**prerequisite required**

#### 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 2 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 PFDs 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 2 events in a row, to give others an opportunity to participate. If fewer than 5 persons register for one of these paddling events, the event will not be run.

**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.

**ORCA CANOE INSTRUCTOR COURSES**

For more information about the following courses contact Eric Williams at canoe.about@bmts.com or download the course information from the MRCA website Courses page at www.paddle.mb.ca or call Eric at (519) 396-8844.

Canoe Tripping Instructor Level 2 - Sioux Lookout  
18 - 28 May 2001

Canoe Instructor MW/CT Recert Clinic - Thunder Bay  
31 May 2001

Canoe Instructor MW/CT Recert Clinic - Marathon  
2 June 2001

Canoe Instructor MW/CT Recert Clinic - Cochrane  
4 June 2001

**CRCA Canoe Tripping Instructional School**

June 29 - July 7, 2001  
9 days \$600 (+ CRCA Fees)

Earn National certification as a Canoe Tripping Instructor during this CRCA Canoe School. There is the potential to receive up to your level 2 Instructor certification. The course consists of a 2 day in-house training and a 7-day river trip. Find out if you are eligible for the course by contacting Mary at 788-1070 or wildwise@pangea.ca

**WAVE TRACK LTD.**

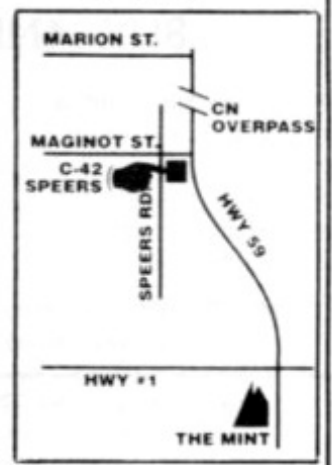
**CANOES**

**&**

**KAYAKS  
SALES &  
RENTALS  
plus CAMPING  
GEAR**



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



# 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.

## Books for Sale

The MRCA still has some 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

(Paul Mason and Mark Scriver)

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

### Northern Manitoba From Forest to Tundra

(Paul M. Gahlinger)

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

### Bark, Skin & Cedar

(James Raffan)

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

## BUY AND SELL

**Wanting to buy:** Got a canoe for sale? Great, because I am looking for a 17' canoe suitable for long-distance tripping. No aluminum or wood please. Phone Kyle at 222-8038.

**For Sale:** Five "Voyageur" canoes with double-axle trailer. Seat 7 people each. Solid Fibre Glass Construction. Canoes and trailer could use some work. Priced to sell. Contact Mary at 788-1070 or 779-6483.

Send submissions for **The Marketplace** to:  
MRCA Newsletter Editor,  
PO Box 2663, Winnipeg, MB R3C 4B3.

## Classic Solo Canoeing - Becky Mason

(Video review by Donna Kurt)

**Classic Solo Canoeing** is not just another shoreline how-to-canoe production. Becky's talent shows through in the filmmaking, artistic and paddling skills she learned from her father, Bill Mason.

This video is an essential sequel to the **Path and Song** videos in the refinement of solo canoeing, which Mason is so eloquent at teaching. The video introduces solo canoeing strokes so paddlers can feel comfortable with "jumping" into a canoe for a leisurely paddle.

The focus is solo canoeing, but most of the paddling strokes are also pertinent to tandem canoeing with the sage advice that there are many ways to learn to paddle. Mason also gives advice on other aspects of canoeing.

**Classic Solo Canoeing** includes some beautiful scenery, shot in the Gatineau Hills area north of Ottawa in Quebec, with perspectives from the canoe, from the water and from elevated or secluded locations. Ian Tamblyn's music annotates the video beautifully as scenes are transitioned through various shimmering elements of our natural world.

See [www.wilds.mb.ca/giftrevs.html](http://www.wilds.mb.ca/giftrevs.html) for more information.

### Looking to Buy or Sell Canoes, Kayaks or Other Outdoor Equipment?

## Be part of the Manitoba Canoe & Kayak Centre's 2<sup>ND</sup> ANNUAL NEW AND USED CANOE SWAP

In conjunction with the  
Manitoba Canoe & Kayak Centre Open House  
and  
The 2001 Manitoba School War Canoe  
& Kayak Races

**When:** Sunday May 27, 2001, 10:00 am to 4:00 pm

**Where:** 80 Churchill Drive, Winnipeg

- How:**
- drop off your new or used equipment on Saturday May 26 from 1:00 to 4:00 pm
  - be there Sunday May 27 to buy, sell or trade
  - 10% of sales go to the Canoe & Kayak Centre
  - Interac and VISA available

For information, call  
**925-5681**

## 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 MAIL   |
| Individual                 | \$20 Cheque      |
| Family                     | \$25 Money Order |
| Corporate (Business)       | \$30 Payable to  |
| Affiliate (Club)           | \$30 "MRCA"      |
| Sustaining                 | \$100            |

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

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

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

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

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

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

## CORPORATE PROFILE

### The Wilderness Supply Company

Dropping into the Wilderness Supply Company is like going home. The smell of coffee in the air, the warmth of the wood surrounds, and the familiarity you sense when you know you are in the right place. Okay, so your first reaction might be "Wow! Look at all the stuff!", but you know instantly that you are going to be well looked after.

Owners Frank and Jan Sjoberg and staff Luke Barr and Jordan Girman are experts, and not just in the wilderness supply business. They are also in the people business and after six years, have developed a unique attribute.

"Our expertise really comes from listening to our customers," said Frank. Oh, that was after Luke took my coat and pulled up a chair for me, Jan offered me coffee, and a family of four dropped in and seemed just as interested in talking as they were in buying. Yep, I could rest here a while!

The Wilderness Supply Company has everything for the outdoors, whether you are into rock climbing and backpacking or canoeing and kayaking. As well as the big



stuff (see photo), they have hats, books, shoes, water purifiers, underwear, clothes, sunglasses, bug stuff, bear stuff – the place is jam-packed, and Jan, Frank, Luke and Jordan have the

knowledge and experience (they are all active outdoors people) to fit you out with whatever you need.

"Nobody feels they have to come here to buy anything," Jan offered casually. And that was right before Warren dropped in to say hi – that I knew Warren was no surprise.

The Wilderness Supply Company doesn't rely on technology to provide their services to their customers. In fact, they manage a thriving business without a website, email address or catalogue, and still write their invoices by hand. And they stand firm in their belief that they are the "... most full service, self-contained outdoor shop in the city".

While they cater to anyone and everyone, "... nothing makes us happier that seeing families with children out on the water or involved in outdoor activities together."

So, if you are looking for somewhere to get your outdoor stuff and feel right at home, you can't go past the Wilderness Supply Company (see contact info opposite). Open Monday to Saturday from 9:00 a.m. to 5:00 p.m. and Thursdays till 7:00 p.m. (May to August also open Tuesdays till 7:00 p.m.)

Whenever you drop in, trust me – Frank, Jan, Luke and Jordan will treat you like family!

# MEMBERSHIP INFORMATION

**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)

- 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, 1-396 Assiniboine Ave, Winnipeg,  
MB R3C 0Y1  
tel: 204-798-1264 e-mail: franklin@escape.ca
- North River Outfitters, 80 Deerwood Drive, Thomson, MB R8N 1E1  
tel/fax: (204) 778-6979  
mysterynet.mb.ca/northriver, e-mail: northriv@mts.net
- Norway House Riverside Cottages, Box 156, Norway House, MB,  
R0B 1B0 Tel: (204) 359-4444
- Red River Canoe & Paddle, Box 78 Grp 4 RR2, Lorette, MB, R0A  
0Y0 tel: (204) 878-2524  
www.wilds.mb.ca/redriver e-mail: redcanoe@pangea.ca
- Souris River Canoes, 104 Reid Street., Box 1116, Atikokan, ON  
P0T 1C0 tel: (807) 597-1292; www.sourisriver.com
- 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 Spirit, 206 Chestnut St., Winnipeg, MB, R3G 1R7  
tel: (204) 774-2140, fax: (204) 984-2403  
www.escape.ca/~wspirit e-mail wspirit@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

## MRCA 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
- 82nd Westminster Scouts, 48 Purcell Ave., Winnipeg, MB R3G 1A1  
tel: (204) 775-1939, fax: (204) 984-5914  
e-mail: jim.palmquist@pwgsc.gc.ca
- 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 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.*

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

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

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



TO:

A new MRCA membership directory will be available at the beginning of May 2001.  
To appear in the MRCA directory the renewal applications must be received by March 31, 2001.

## MARK YOUR CALENDAR!!!

Unless otherwise noted, General Meetings are held on the third Wednesday evening of each month, except June, July, August 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

**Sunday, March 18 – Waterwalker Film Festival, 10 a.m. to 5 p.m.**

See dozens of new films and videos illustrating the canoeing and kayaking adventures all of us love. Manitoba Museum of Man and Nature (see page 4 and 12 for more details).

**Wednesday, April 18 – River patrol, Spring primer, and Whitewater rodeo**

Three presentations in one night! Sport Manitoba.

**Wednesday, May 16 – Paddling rivers on the east side of Lake Winnipeg**

Take a trip with long-time paddler Donna Kurt in a photo expedition of the Pigeon, Bloodvein, Manigotagan, Black and Gammon Rivers. Sport Manitoba.

**Tuesday, June 12 (rain date Tuesday, June 19) – An Introduction to Kayaking**

Frank and Jan Sjoberg, owners of The Wilderness Supply Company, will introduce beginners to the pleasures of kayaking.

*(see page 4 for details)*

### WATERWALKER FILM FESTIVAL

Plan to attend this fabulous event  
and experience the very best  
that paddling has to offer!

For information on what you will see at  
this very exciting event, see page 4.  
For a list of sponsors and prizes,  
see page 12.

Waterwalker Film Festival  
Sunday March 18  
Museum of Man and Nature