

The

Ripple



SUMMER 2001

Newsletter for the MRCA

(Manitoba Recreational Canoeing Association)

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A Baidarka built in the basement

Arlene Martin

A baidarka is a traditional kayak hunters of the Aleutian Island chain use in the Pacific Northwest.

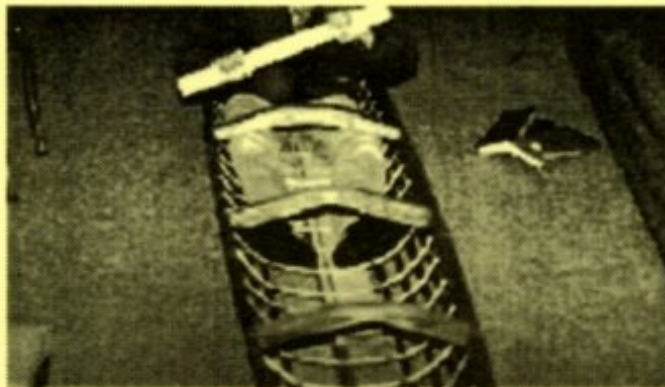
An unusual feature of this boat is the bifurcated bow. Several theories are offered to account for the distinctive design. These include hydrodynamic considerations such as speed and stability while others speculate a more pragmatic purpose for the split, like carrying a harpooned whale or hanging a fishing line.

Perhaps it was simply a traditional decoration.

During 1997 and 1998 I built a skin boat - based on the book by Wolfgang Brinck (1995) - *The Aleutian Kayak: Origins, Construction, and Use of the Traditional Seagoing Baidarka*.

This unique book explains everything you need to know to build an authentic baidarka. It takes you step-by-step through the process of building your own kayak from scratch without nails or glue. The frame is made by carving, lashing and bending all the pieces of wood. The result is a flexible frame.

When making your own boat this way, you have the advantage of 'fitting the



Arlene tries out the frame for a comfort fit.

boat' to your body. Brinck describes the traditional method, achieved by measuring armspan, length of forearm etc., and translating these numbers into a boat size appropriate for the builder.

THE FRAME

The Aleutian kayak frame is made out of whalebone and driftwood. The gunwales of my 'basement baidarka' are made of yellow pine. Mortises are drilled into the bottom edge of the gunwales for the ribs. The ribs are shaped out of 1/2 inch diameter black diamond willow from around the area of Brokenhead, Manitoba. Anne Loewen, an avid canoeist and MRCA member, came trudging through

the snow to help cut them. The deck beams are made out of lumber from an old waterbed.

The coaming stanchions are carved and lashed onto the frame with artificial sinew. The stanchions support the cockpit and the structure keeps out the frigid arctic water. Artificial sinew is used to lash the ribs, coaming, stringers, bow and stern pieces together.

The boat is then stained in a red ochre color. Brinck describes these boats as having

a life and soul of their own, symbolically represented by the color red which denotes blood. In the above picture, if you look closely at the gunwale in which the stanchion is lashed, you will see a 'soul line', a fine line that runs the entire length of the gunwales. Finally, when the frame of the boat is complete, it is oiled with a combination of turpentine and boiled linseed oil to preserve the wood.

THE COVERING

The original kayak covering was animal skin, but canvas and synthetic fabrics are now used in modern reproductions.

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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 AUTUMN (Sept.) 2001
Newsletter is AUG 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: ralf@pangea.ca**

Welcome New Members!

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

How to Contact the MRCA

www.paddle.mb.ca

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

MRCA phone (204) 338-6722

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

MRCA Paddlers Newsgroup

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

Paddling Connections

The MRCA is affiliated with the following organizations:

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

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

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

MRCA PRESIDENT'S MESSAGE

MRCA Board 2000/2001 Officers

President

Gerry Hirose
488-8225
gthirose@escape.ca

Vice-President

VACANT

Secretary

Jim MacKay
832-5811
jfmackay@mb.sympatico.ca

Treasurer

Tom Meadows
261-1171

Past-President

Julie Gold
475-3224
jgold4@home.com

Convenors

Membership

Gary Brabant
255-8332
gbrabant@escape.ca

Instruction

Donna Kurt
334-3111
icanoe@wilds.mb.ca

Resource (Trip Routes)

Jerry Ameis
284-1902
raven981@mts.net

Program

Patrick Lang
253-8583
p_lang@ducks.ca

Newsletter

Tony Kinal
257-1148
tkinal@mb.sympatico.ca

Advocacy

VACANT

Fund Raising

VACANT

Positions valid through to
December 31, 2001

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

Gerry Hirose

By the time that you read this, you have probably already been out paddling. Hopefully we will see a warm, dry June contrary to the previous season. Don't forget the Tuesday and Sunday canoe paddles and the Wednesday kayaking, led by Tony Kinal, which have already started, as well as the novice kayaking event hosted by Wilderness Supply at the Fort White Center on June 12.

Many thanks must go out to Julie Gold and her volunteer committee that ran a successful Water Walker Film Festival in March. If you missed the event you will have to wait two years for it to return.

There have been more changes to the MRCA

Board. Marta Wornajoska, Membership Chair, has left us for Calgary and Calvin Rice, Fundraising Chair, is off to Bristol England as well as the departure of Jenny Gates, Editor of the Ripple. I would like to thank them for their efforts in supporting the MRCA and wish them well on their new endeavors.

I am happy to announce that Gary Brabant has volunteered to fill in the vacancy left by Marta and Ralph Seddon was selected as our new Editor.

Have a great paddling season.

Hopefully we will see you on the water!

PURSuing THE DREAM

Sitting backwards in the prow of my father's hand-built canoe back in 1978, I watched water seep through the bottom with guarded fear. It wasn't a torrent, but a slow trickle that had me silently questioning whether we were supposed to have a bucket or something to take care of it.

A gruff word reminded me to continue paddling. Inexperience fought with ineptitude and I pushed awkwardly against the river, in what I would later learn as a bar stroke. However, my attention was not on the water outside, but on the water inside the canoe. Watching the rising tide lap against the sole of my shoe, I wondered how much more it would take to sink us.

My father seemed oblivious to the leak. The 12 foot canoe was a work of love and without flaw in his eyes; built of cedar strips and enough fiberglass sheets to sink a ... not a good thought.

After 15 minutes, my father turned us back to the shore. We stepped out onto the grassy bank. He hauled the canoe up and tipped her over, emptying our portion of the river back into the ecosystem.

Over the remaining summer months I caught him, time and again, huddled over the canoe with a heat gun in hand, applying another two-foot sheet of fiberglass to the hull, hoping to seal the elusive leak.

The canoe never touched the water again that summer, or any other summer I can remember. My father continued to work on it, saying he'd take her out again in a few weeks. Always a few weeks.

I never understood his devotion to canoeing, considering I never saw him on the river beyond that one time. Not until I found myself drifting down a still lake with my future fiancée, each dip of the paddle carrying me closer to a quiet corner of my soul.

I feel a rare peace in that quiet. The clouds billowing across the sky became creamier; the green along the shore more verdant. Even the buzzing insects become an unorchestrated symphony with the lapping water, chirping birds and rustling wind. For a few moments everything is right with the world.

I found this precious peace in a canoe in a far wilderness. My father found it in his back yard with a heat gun in hand amid blaring traffic, yelling kids and urban life. I keep hoping that one day I'll bump into him in that quiet place so we can reminisce. One day.

I would like to thank everyone for the warm welcome as I slip into Jenny's shoes to take over the editorial duties of The Ripple. I never realized just how big these shoes would be. I can only hope to live up to the standard that Jenny has set for this newsletter.

Ralph Seddon

MRCA INDOOR PROGRAM

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

By the time you receive this issue of The Ripple most members will have wetted their craft at least once, and some paddlers will already have the first of this year's trips notched on their paddles.

Wherever your summer's adventures take you, enjoy the many delights our sport brings to us...the beauty of nature, the serenity of far-off places, the friendship of good companions along the way. Remember...wear your PFD...have fun...and come home safely!

We have an intriguing indoor program planned for this coming fall. Here's a preview of what we hope to present to you, once the colours start to turn.

Wednesday, September 19 – Member's slides of summer trips

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

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

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

Wednesday, October 17 — Paddling Lake Winnipeg's shoreline

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

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

Wednesday, November 21 – Wine and Cheese Social ???

It's been a number of years since we've had an evening devoted mainly to socializing, with some nice wine and good

cheese to add zest to the gathering. Our socials have always been a popular event, a chance for members to meet friends in a relaxed setting and share stories about their favorite paddling experiences.

At this point, though, the event is only a great idea. To *make it happen* we need one person to head it up, and a bunch of others to help lighten the load.

Could this be your major contribution to the MRCA for the coming season? Think about it. Then call MRCA President Gerry Hirose at 488-8225 and let him know how you can help. Here's a list of various things that could be done:

- Hire a hall to hold a meeting.
- Arrange for food and refreshments.
- Hire a bartender for an event. Or *be* a bartender!
- Arrange for a quality presentation of 15 to 20 minutes.
- Plan to have a silent auction.
- Consider a 'bag & ticket' raffle.
- Ask for prize donations and collect them.
- Find sponsors.
- Arrange for publicity.
- Print, distribute and sell tickets.
- Decorate the venue.
- Encourage members to share the work and join in the fun!

A social evening can take many forms. These are just a few suggestions. Please join the team or even head it up...and help the MRCA create a really enjoyable event!

A change in personnel for Indoor Programs

For the coming season you'll see our Indoor Programs handled by a small committee – Jim Devries, Karla Guyn, Gord Johnson, Angus MacIver and Alison Elias. This will ensure the duties are shared and no one has to spend a lot of time to bring you great programs. Our thanks and appreciation goes to Patrick Lang for serving as Indoor Programs convenor for nearly two years. Well done.

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

Photographers, professional and otherwise

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

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

Be sure to provide a caption for the photo, full details of location, and contact info for the

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. And if you are in that area this season, keep your eyes peeled.

Baidarka in the basement

Continued from page 1

I skinned my boat using a heavy cotton canvas. Aircraft dope was used to shrink and tighten the canvas, followed by several coats of varnish. This gave the boat a translucent finish. Oil paint can be used as a sealant to produce an opaque finish. Many variations in materials can be used or substituted.

This kayak was built with the assistance of family and friends. As well, I became a regular contributor to a mailing list on the internet called Baidarka, which is extremely helpful for gleaning building advice. Building a boat requires plenty of ingenuity and a lot of time, but it is worth it!

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*

Flat/Lake Water Course

CRCA Certified Flatwater/Lakewater tandem or solo canoe courses in North Winnipeg by Donna Kurt. Call (204) 334-3111 or visit www.wilds.mb.ca/events.html.

Kayak Course & Roll Clinic

Kayak Lessons – level 1: July 27, 29 and August 12 and 19.
Roll Clinic – June 29. University of Manitoba. For more information, phone (204) 474-8234 or fax (204) 474-7503.

Moving Water Course

Custom solo or tandem Moving Water lessons available. Call CRCA Instructor Brian Johnston at 754-2651 for more information.

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).

EMPLOYMENT OPPORTUNITIES

MRCA Course Coordinator

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

RENUMERATION: \$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.

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.

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.

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).

Film company looking for paddlers to retrace voyageur route

Ralph Seddon

The creator of the successful reality television show *Pioneer Quest: A Year in the Real West* is looking for eight strong paddlers for his new show *Quest for the Bay*.

The new show seeks to recreate the hard ships and joys endured by the voyageurs that opened the Canadian interior by boat. The chosen eight will retrace a 19th century fur-trading route starting from Winnipeg's *The Forks* on July 1, Canada Day, in a 35-foot York boat and ending the trip on the shores of Hudson Bay. They'll carry the same supplies and live exactly as the

original voyageurs did, Jamie Brown, CEO and executive producer of Frantic Films, said.

"We know it was a grueling job. Twelve to 14 hours of rowing a day, carrying 180-pound packs during kilometre-long portages and eating meager rations wasn't easy. It will be a physically and emotionally demanding trip for the participants," Brown said.

Each participant is expected to undergo rigorous physical and mental testing as part of the selection process. Outdoor and survival skills will be considered as well.

The 1,200 km trip is expected to take most of the summer and each participant will earn \$10,000.

Applications from both genders anywhere in Canada will be considered. Interested participant should send a letter and resume explaining why they are voyageur material to the address below or contact publicist Heidi Bock at (204) 668-3425 for more information.

Mr. Jamie Brown
Frantic Films
Fax: (204) 949-0050
Email: questforthebay@hotmail.com

Tripping down the La Salle River

Day trips and wonderous sights within a few hours of city

Gerry Hirose

One of the little known treasures in the Winnipeg area is the La Salle River. This small, low-flowing river meanders from its headwaters west of Elie, through the towns of Sanford and La Salle to St. Norbert, where it empties into the Red River just below the Winnipeg floodway.

River access is only a 1/2 hour drive from Winnipeg's downtown. The most popular launch point is above the dam at La Barriere Park, where the MRCA runs it's Tuesday and Sunday paddles. The park is just south of the city perimeter on Waverley Street.

Outside of the popular La Barriere Park area, one can usually paddle the river without encountering other paddlers. You can forget that you're very close to civilization. The riverbanks are generally treed, providing a buffer from the surrounding farms.

Another good launch area is in the town of LaSalle, west of the bridge on the south side of the river. Take the first road after the bridge and a right after the railroad crossing. Any bridge crossing the river provides opportunities to launch a boat.

The only obstacles on the river are man-made dams and the occasional beaver dam that periodically appears on the river. All are easily portaged. The river offers many opportunities to appreciate both flora and fauna. Many species of birds and animals are often seen along the banks, such as great blue herons, owls, deer, beaver, otter, fox and large snapping turtles sunning themselves on logs or the shore. If you're quiet, you can spook an animal as you round one of the many river bends. During the summer you yourself may be surprised by the splash of a large catfish sunning itself near the river surface.

Some highlights and obstacles along the river are:

- < Remains of a Trappist Monastery just west of St. Norbert - a good picnic spot.
- < Golf courses - River Oaks is west of La Barriere Park and Kingsford is west of La Salle. Several cart bridges cross the river though, and may require quick portages.
- < A number of man-made dams may be encountered along the La Salle River as

you move upstream.

- < A beaver dam within La Barriere Park when the water is low.
- < The control dam south of the Waverley Street Bridge.
- < Man-made dams east of La Salle.
- < The first bridge between the Kingsford Golf Course and Highway Route 3 and another at Sanford.
- < There is also a known beaver dam east of Highway Route 3

Some day trips are:

- La Barriere Park to St. Norbert or Red River and return
- La Barriere Park west to the dam just east of La Salle and return
- La Salle west to Kingswood Golf Course
- Any of the bridges between La Salle and Sanford
- Bridge at Sanford paddling west

The only area that can be difficult is just east of highway #3. The river is narrow and shallow and has fields of bulrushes that makes for tough paddling as well as beaver dam(s) which must be portaged.

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 returns to Winnipeg after his paddle to Thunder Bay, please contact Jim MacKay at jfmackay@mb.sympatico.ca.

MAY 18

I was up by 6:00 a.m., had my breakfast and was on the river by 7:30 a.m. A light rain fell most of the morning, but the drizzle cleared away after a few hours. I'm glad the wind didn't pick up.

The river was getting deeper the closer I got to the Bassano Reservoir. I pulled in at the ferry to get drinking water and talked with the operator for an hour before shoving off. Paddling along the shore I enjoyed the far scenery of rolling hills and a blue sky. I also saw three coyotes. Stopping to eat and rest, I also took the time to call home and take a picture. About another hour paddling I made it to the dam, which really impressed me.

The portage wasn't too long, but there was hardly any water on the other side, only big rocks. I was a bit discouraged. I had to walk most of the time and pull the canoe. When paddling, I had to watch the river constantly to find deep enough water to avoid the rocks.

As the evening approached I watched for a nice campsite, since the clouds were growing darker and darker. The rain, wind and lightning started shortly after I set up the tent. A really strong wind twisted the tent back and forth. I didn't like that at all. Then the storm broke and it got a lot cooler. I took a picture from the

tent; it was really nice outside, with the big hills right in front of me. Also that evening I learned something new about southern Alberta. Yes! I had set up the tent on a cactus and sat on top of it: YAOUTCH!!!!



photo by Jim MacKay

Claude Gagné visits LaVerendrye Park on May 14 before starting on the next leg of his trip.

MAY 21

Left camp at 6:30 a.m. The sky was sunny, but there wasn't much water all the way to the Highway 524 bridge. To my great surprise and relief, the river grew narrower and deeper. But the wind really picked

up and I had to stop for four hours. I found a sheltered spot beside a big Elm tree so I could light my stove and cook something to eat.

There was a lot of wild asparagus along the shore. There were also gas pipelines and pumps and valves in the scenery, but nobody to be seen.

I left the Elm at 7:00 p.m. Along the river I saw a beach path and knew I would have deep enough water. To my surprise, by 8:00 p.m. I was at the South Saskatchewan and Bow River fork. I felt great. One part was done. There was a campsite, with a lot of people on the right shore, so I headed in that direction. I set up camp close to a bunch of Taber and Lethbridge Grade 10 students. They were really impressed about my journey. I was almost shy when telling them I was heading to Winnipeg; they might think I was nuts. So what! They offered me beer and hot dogs. That was great.

MAY 23

I had a rough night. I had a pain in my stomach; plus the wind was really gusting. I left at 8:30 a.m. after the wind had died and the sun was as bright as the other days. I arrived in Medicine Hat by 12:30 p.m. and beached the canoe on the rocks in front of the courthouse. I climbed the

continued on next page

The Mackenzie Eskimo Kayak Paddle

Tony Kinal

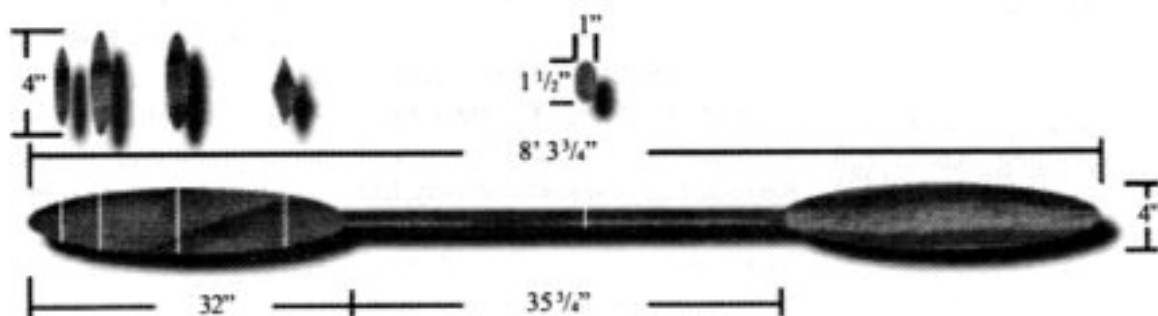
I made my first Mackenzie Eskimo paddle about 18 years ago, after reading an article in Sea kayaker magazine. Since then it has become my favorite touring paddle and not long after building the first paddle I built a second paddle and have used both extensively.

When you're paddling in strong winds, one blade will be in the water while the other hangs in the air over your head. A modern paddle blade can catch enough wind to throw you

off balance, even in the feathered position. Don't forget, a feathered blade is only good if you are going straight into the wind.

I have found that the Eskimo paddle catches little if any wind, because their blade is only four inches wide and its shape allows the wind to spill off its surface. Being a narrow blade, it doesn't lose much surface area, because of the length of the blade. Therefore, it loses little efficiency.

It is also one of the easiest paddles to build. All you need is a 10-foot, two by six-inch piece of spruce or pine with as few knots as possible, or at least knots you can work around. Why a two by six you ask? Few two by fours are really four inches wide and the blade width must be this width. Below you will find a diagram with the dimensions. Please note the shaft measurements are not written in stone and should be shaped to fit your own hand.



bush laden cliff all the way to the street.

I was really dirty, full of mud, sun burns and I won't mention the smell. Anyway, I was really happy to be there. I had my grocery list, but I had also had a craving for junk food. I found a Dairy Queen and in no time I was eating a big hamburger and fries. Was it ever good! Then I order a milk shake. Wow! I was feeling like a balloon. I walked to Safeway and the hardware store, to get fuel for my stove. On the way back to the canoe I saw a Tim Horton's on main street, but I was really too full.

As I got back to the canoe the wind picked up, so I decided to set up the tent early just outside of town and take it easy the rest of the day.

Gagné begins second leg of his solo canoe trip

Claude Gagne arrived in Winnipeg about 8:00 p.m. on Sunday, May 13, 2001 to start the Winnipeg to Thunder Bay link of his Calgary to Trois Rivieres solo canoe trip.

Gagne intends to paddle the voyageur route (Red River, Lake Winnipeg, Winnipeg River, Lake of the Woods, Rainy River, Rainy Lake, Grand Portage, etc.) from Winnipeg to Thunder Bay.

If time and weather conditions permit, he may paddle on to Sault St. Marie and North Bay. (Recall that he paddled from Calgary to Winnipeg, and from North Bay to Trois Rivieres last summer).

Claude departed from the Forks at 2:00 p.m. on Monday, May 14, 2001. Paddling with the current and with the wind at his back, he soon disappeared from view (estimated speed about 15 km/h).

Once into the Winnipeg River System at Pine Falls, it will be a tough, uphill paddle to Grand Portage. Claude's fist report, from Lac du Bonnet on May 19, indicated the current on the Winnipeg River was very strong.

I am sure he will have many stories to tell (and hopefully lots of photos) when he returns to Winnipeg to pick up his vehicle later in July.

Waterwalker Film Festival

Julie Gold

The 6th annual Waterwalker Film Festival was held at the Museum of Man & Nature on Sunday, March 18, 2001. The Festival, organized by the Canadian Recreational Canoeing Association (CRCA), is dedicated to the memory of Bill Mason and the many wild rivers that are lost forever. This popular event tours throughout North America, raising public awareness and support for wilderness preservation by celebrating films from around the world about canoeing, kayaking, and the preservation of waterways. The event was a great success in Winnipeg. About 200 people attended and enjoyed a full day of films, exhibits, snacks, a silent auction, lots of door prizes and good company.

Many thanks to those who helped make the festival a success, including sponsors MRCA and Wave Track Canoes, volunteers, and all who bought tickets and came out to enjoy the films.

Contributors of the many prizes include: Farmers Supply Ltd., Wilderness Supply Company, Adventure Education Manitoba, Heartland Associates (book publishers), Fort Whyte Centre, Manitoba Parks & Natural Areas, Ontario Parks: Woodland Caribou Provincial Park, Wave Track Canoes, Fit to be Tied (tie-dye shirts), CRCA / Kanawa, Wilderness Wanderings, and CPAWS Manitoba. Many thanks to all the volunteers, including Maureen Frolick, Margaret and John Childs, Maggie Hardt, Calvin Rice,

Gary and Sandra Brabant, Denise Levesque, Christine Mazur, Julie Gold, Donna Kurt, Terry and Graeme MacKendrick, and everyone I have missed!

The films that were screened are summarized below.

Wild and Complicated Freedom

This warm-hearted production tells of the trials and triumphs Cathal McCosker and Leon Harris experience as they sea kayak around Ireland. In doing so, they land themselves in the Guinness Book of Records. Full of splendid scenery, lots of humour and traditional music, this production will inspire a trip to Ireland! (Sea Kayaker Magazine, Cathal McCosker, Leon Harris).

Busy as a Beaver

A short musical video about beavers for all age groups, but mostly for kids. A catchy sing-a-long song accompanied by scenes to show many aspects of a beaver's summer life. (BisonDust Films, Nate Johnson).

42 Days on the Back River

This film tells the known history of the Back River from its exploration by George Back to the missionary attempts of Joseph Buliard. It also depicts the natural history of the river from its footage of wildlife, birds and flowers that occur in profusion on the tundra in the summer. It also shows, in interviews and action, the activities of the canoeists as they descend this

most magnificent of Barren Land rivers (Wilderness Bound Video Production, George Drought).

Wilderness River Wilderness Journey

This film is a depiction of a year in the life of voyageurs from two centuries ago. It is the story of Ian and Sally Wilson's journey by birch bark canoe, then by dog team and cariole toboggan. Ian and Sally tell of their life as voyageurs, from paddling lakes and rivers, to portages and a rendezvous along the way. During winter, they share the challenges of travelling through the north woods with a team of seven dogs. (Ian and Sally Wilson).

Give Us a River

Adapted from Bob Belton's *Give us a River* (1963), this video reminds paddlers of the proud heritage of canoe sport. Those who went before us should be our heroes. Look, learn and go! (Performance Video, Kent Ford).

Snowshoes and Solitude

In spring of 1994, Les Stroud & Sue Jamison bade farewell to modern society and followed their hearts north into the remote reaches of the Canadian wilderness. Travelling by canoe and by snowshoe in the winter, they attempt to replicate life in North America some 500 years before Europeans first set foot on the continent. They survive on what the

continued on next page

bush provides. This is the incredible story of their year in the Wabakimi wilderness, chronicling struggles and triumphs of daily life, and their burning love and respect for the natural world. (Wilderness Spirit, Les Stroud).

Kayaking "The Mystical Floating Isle"

A circumnavigation of Lake Superior's Michipicoten Island. Seldom visited and remote, it's one of the most isolated islands on the Great Lakes. Rising through frequent fog banks, the island appears, disappears, reshapes, resizes and seems to float over Superior's cold, clear waters. Once mined for copper, now home to the Southernmost herd of Woodland Caribou, the rugged, often extremely exposed shoreline, makes for a challenging and rewarding

paddle. (Voyageurs North, Tim & Linda Kasten).

Tight Squeeze

Tight Squeeze is about today's hottest chick paddlers on the extreme edge of whitewater kayaking! It's also about old school and the sport's pioneering female paddlers. It's about personalities and the why of adventure. Finally, Tight Squeeze is about the beauty, joy and grace of paddling. (Horizon Line Productions; Jamie Cooper, Beth Rypins and Paulo Castillo, www.horizonlineproductions.com).

Classic Solo Canoeing

Becky Mason, in this innovative new instructional canoeing video, takes you along in her red cedar canvas canoe to some of her favourite places where

land and water meet. Learn to apply the classic solo paddling strokes simply and gracefully master the art of the portage, and pick up tips on canoe safety, maintenance and equipment selection. Becky teams up with award-winning videographer Paul Wing and renowned musician Ian Tamblyn to create an instructional delight amid the spectacular scenery and wildlife of Quebec's Gatineau Hills (Becky Mason, Reid McLachlan).

Still Life

With the use of driftwood strewn along the shore of Lake Superior, this film explores the camera's ability to create images. The camera examines the relationship between reality and abstraction as it exists in nature. The trees continue to have an existence by their presence. They still have life. (SOK Cinema, Dan Sokolowski).

The Winnipeg Police Service - River Patrol Unit

The Winnipeg Police Service River Patrol Unit is a unique unit within the WPS Traffic Division. The Unit was integrated into the WPS in September 1999. Prior to this date the Unit was identified as the City of Winnipeg Harbour Master.

The River Patrol Unit (RPU) is a year round unit with specific functions during various times of year. During the winter the RPU is comprised of two full time members that monitor the ice conditions on the city's waterways, rivers, ponds, creeks, man-made lakes and retention ponds. They are also responsible for enforcing various by-laws, specifically the Frozen Waterways by-law, and the use of snowmobiles within the city limits.

During the summer months the RPU has two full time members and four summer employees. The six member unit then patrol's the city's waterways providing information to the various users and user groups, as well as enforcing various waterway

legislation. If you see us on the water, don't hesitate to flag us over if you have questions for the officers.

The RPU is accessed through the 'Watersafe Line' at (204) 986-8504. Anyone may call this number to receive a report on the condition of the City's waterways or to speak with RPU members. You may leave a message for the RPU members as well.

The Winnipeg Police Service River Patrol Unit members look forward to working with all the user groups and to another successful boating season.

SEE YOU ON THE WATER

Sharon Thomas

Patrol Sergeant

Winnipeg Police Service

River Patrol Unit Supervisor

Ph. 986-8504

email: stomas@city.winnipeg.mb.ca

The Owl River, Wapusk National Park

Jack Dubois

Participants: Jack Dubois, Elizabeth Punter, Ryan Brooks, Evan Richardson, Jorge Tews and Kim Monson.

It is 97 kilometres in a straight line from where the bridge at Herchmer, where the Hudson Bay railway crosses the Owl River, to its mouth at Hudson Bay. The Owl River canoe trip from Herchmer to Hudson Bay is 151 km due to the meandering nature of the river.

The access point is at the northwest side of the bridge. A bit of a climb down the bank, but easily accessible, with the first rapid, class one, in sight of the bridge. The river is 20-30 metres wide for about the first 50 km. The Owl then joins Silcox Creek and widens out to 30-50m.

The river has is murky for the first 50 km, probably due to high levels of tannins. Once the Owl joins the Silcox the river's clarity rises markedly and continues to 'clear up' for the last 100 km of the trip. The water level was high and the river fast-moving during our trip.

For the first eight days, the water was so cold we could not swim. The air temperature hovered around zero degrees Celsius at night for the first five days of the trip, then warmed up to above 15. The water temperature lagged behind the air temperature by about two days. By day eight we could comfortably swim in the river although the current was very fast.

There is easy access to the river bank along the full 147 km we travelled, although it does rise at least five metres above the water in most areas. The river banks became increasingly less vegetated as we moved towards the coast. Initially the banks were heavily covered with low shrubs and trees, but by the time we reached Silcox Creek the vegetation were predominately grasses and open gravel/sand spits. The bank profile varies from inside to outside curves, showing signs of extensive, recent ice-scouring throughout its length, often reaching to the top of seven or eight metre high banks. There is no problem finding a place to camp

along the many gravel bars and low, inside-curve banks.

We encountered many rapids during the trip (probably 40-50), a few that would rate as high as class three, although most were in the class one range. We did not have to portage any.

The river can be divided into three sections from Herchmer to the Bay. For the first 50 km or so the rapids are short, easy and rarely exceed class one, although there is the odd canoe-catching boulder sitting just below the surface in most channels. The middle section of the river trip, extending to within 30 km of the coast, is the most challenging. The rapids are almost all between class two and class three and are considerably longer than the

rapids, although, except for the confluence of the Silcox Creek and the Owl River, the portaging process would have been relatively easy.

The water level in the river dropped steadily during the trip. We ended the trip at a cabin, about four km from the coast on the north side of the river, one kilometre in from the bank. The cabin is on the trap line of Morris Spence of Churchill and requires his permission to use. We returned to the cabin at the end of July to find that we could walk across one of the sets of rapids we had canoed over in mid-June. Although we took 10 days to complete the river trip, this included layover days for work. The trip could easily be completed in five days, barring any problems.

In general, the trip was a wonderful experience. Because of the isolation, the complexity of the river (rapids and water levels), and the variable water temperatures, it is advisable that canoeists wanting to attempt the Owl has experience in wilderness travel and be prepared for extremes in temperature. The bugs can

The ABS canoes had a much easier time in the rapids, as they tended to slide over rocks and ledges whereas the aluminum canoe seemed to stick like Velcro to any rock it gets near!

rapids in the first section of the river.

Picking a safe path takes an experienced eye. In low water, many of these rapids would have to be portaged. The rapids in the last 30 km of the trip are long, fast and easily navigated, although again, in low water many may have to be portaged. The water level was high at the time of our trip and the participants were reasonably skilled canoeists.

We would recommend using ABS/Royalex® canoes, rather than aluminum, as there are many shallow areas and boulders just below the water surface in the rapids. We used two ABS and one aluminum canoe on the trip. The ABS canoes had a much easier time in the rapids, as they tended to slide over rocks and ledges whereas the aluminum canoe seemed to stick like Velcro to any rock it gets near! If water levels had been lower, we may have had to portage many of the

be fierce. We carried a kitchen tent with us, for cooking and working in, for which we were quite grateful.

Wildlife seen included moose, caribou, arctic fox, otter, harbour seal and many species of birds - including nesting great gray and hawk owls. Due to the fact that the area transected by the Owl River is one of the highest-density polar bear denning locations in the world, the only time it can be visited is between snow melt and early July, when the bears are not present.

Travelling in Wapusk National Park requires a permit from the Park at: P. O. Box 127 Churchill, MB. R0B 0E0 or phone (204) 675-8863. Rail transport to Herchmer is arranged through VIA Rail. Return from the river mouth was via Hudson Bay Helicopter, Churchill, MB. phone (204) 675-2576. Morris Spence's phone number is (204) 675-2159 to arrange the use of the cabin at the mouth of the Owl River.

Lost in the Wilderness

Preparing your Children to come back safely

When we're canoeing, hiking or camping, each of us is prepared in one way or another for that terrible moment when we realize that we're lost. Usually it's only a momentary problem and we're back on track. Usually.

When that moment stretches out to minutes, we have to seriously take stock of the situation. Some of us are prepared for this and have everything from emergency rations to a Global Positioning System on hand to find our way back. Others rely on a bare minimum of essentials and their own knowledge to see them through to safety. Most of us are somewhere in between.

A child is seldom prepared for that awful moment. While we have built up enough knowledge to survive from countless years of wilderness treks, a child is usually ill-prepared for the very frightening experience of being lost without an adult.

In February of 1981, nine-year-old Jimmy Beveridge became separated from his family in the Palomar Mountains while on a hiking trail, 60 miles from San Diego, California. Searchers spent five days looking for the boy as fog and unpredictable weather impeded their efforts. His body was found curled up beside a tree, two miles from the family's campsite, on the fifth day. He died of hypothermia.

The anguish among the searchers prompted them to create a program to teach children how to avoid becoming lost; how to stay comfortable if they are lost; and how to help searchers find them. The Hug-A-Tree and Survive program is dedicated to Jimmy Beveridge and it is the sincere hope of every SAR organization that a child never needs to use this knowledge. Discussing and implementing the following steps with your child may help shorten the search and end with the child's safe return. It is part of a larger program offered by the RCMP.

Before They're Lost

- Try to keep children from getting lost. They can be easily distracted away from the trail or camp so teach them to stay nearby. Never let your child walk off alone. Point out a high landmark such as a prominent hill or the direction of the sun to the child. This prevents disorientation and gives them a goal to head towards if they do become lost. You can look there first.
- Children need to learn that the sooner they admit they're lost, the sooner they can accept it and take action. Becoming lost can and does happen to anyone, yet it is a source of shame when it happens. Teach them to use their head - it's the best survival tool they have.

- Make sure the child understands you won't be angry if they're lost. Time and again, children have avoided searchers, because they were ashamed of getting lost and afraid of punishment. Anyone can get lost, adult or child. If they know a happy reunion filled with love is waiting, they will be less frightened, less prone to panic and work hard to be found. (Special note to parents: Consider carefully your emotions both during and after a search. Your child wants to be found and anger is not going to help either yourself or the child if it happens again.)
- Have the child always carry a trash bag, if they don't already have a survival suit, and a whistle. Make a hole in the bag for the face. If the child is lost during damp and cold conditions, the trash bag can keep the child dry and warm. A whistle, preferably pealess, will carry further than the child's voice and it less energy to use.
- Footprinting your child is a five-minute exercise that provides a valuable aid to searchers. Have your child step on a piece of aluminum foil on a soft surface such as carpeting or a folded towel. Mark the foil with the child's name and keep it safe. With this print, searchers can separate your child's track from hundreds of others in the area, and quickly determine the direction of travel. (Special Note to Parents: repeat this process whenever you purchase a new pair of shoes or sneakers for the child.)

After They're Lost

- Tell the child to hug a tree once he or she realizes they're lost. One of the greatest fears everyone has is being alone. Hugging a tree and even talking to it calms the child down and prevents panic. This also keeps the child in one place, making it far more likely they will be found. It will also prevent an injury from wandering through unfamiliar terrain..
- Make yourself big. From the air, people are hard to see when they are standing in a group of trees or wearing dark and drab clothing - especially children. Find and hug a tree near a small clearing if possible. Wear a red or orange jacket when you're camping, canoeing or hiking. A personal floatation device (a life jacket) is much more noticeable than a jean jacket. Lie down if a helicopter or plane flies overhead. If it is cool and you are rested, find a clearing and make crosses or a SOS with broken shrubbery, rocks or by dragging your foot in the dirt.
- There are no animals out there that want to hurt you. Animals are afraid of humans and avoid them. If the child hears a noise at night they should yell at it. If it's an animal, it will flee, but a

continued on page 18

The Bush Kitchen

Julie Gold

This edition of the bush kitchen is essentially a collection of reference information. A number of books exist on the topic. On the list that follows, I've designated many that are available through the Winnipeg Public Library system. Moreover, stores that cater to bulk food sales, such as *Scoop 'n' Weigh* on Grant at Kenaston, occasionally have recipe handouts or postings with their bins.

A lot of information on menu planning and recipes is available on the internet. For example, recently, MRCA and Manitoba Naturalists Society (MNS) collaborated to present a 'Trip Food Workshop'. Much of the information presented, including recipes, menu planning, water and stove information is available through the MRCA website, specifically at www.paddle.mb.ca/MRCA/Paddling.html#tripfood%20tag. For those of you without internet access, or who can't wait, three good trail dessert recipes can be found on the opposite page.

A great source of information on a wide range of outdoor recreations is the website called 'GORP', or Great Outdoor Recreational Pages. Their food page is located at: <http://www.gorp.com/gorp/food/main.htm>. The site has recipes, tips, information on stoves, gear, books and question/answer features.

Some other websites of interest include:

- Wilderness Furnishings cooking gear; www.wildfur.com/cookware.html
- Cooking Basics for Campers, by Karen Burns; www.globalserve.net/~codyak/CampCooking/KARENBURNS.HTM
- Rocky Mountain Survival Group, Primitive Wilderness Survival Guide; www.artrans.com/rmsg/_newsgroups/primitiv.htm
- The Netwoods Virtual Campsite, Outdoor Cooking and Recipes; www.netwoods.com/d_cooking.html
- Canoe Saskatchewan; www.lights.com/waterways/survival/food.htm

On your Local Bookshelf

Here are some books that may be helpful. Those marked WPL are available at Winnipeg Public Library.

Cooking the One Burner Way, Gourmet cuisine for the backcountry chef, 2nd edition, by Melissa Gray and Buck Tilton, 2000. Globe Pequot Press. WPL.

NOLS Cookery: (National Outdoor Leadership School), 4th edition, by Claudia Pearson, 1997. Stackpole Books. WPL.

Simple Foods for the Pack, 2nd edition, by Claudi Axcell, Diana Cooke, Vikki Kinmont, 1986. Random House. WPL.

Backcountry Cooking from Backpacker Magazine, by Dorcas Miller, 1998. Mountaineers.

Lipsmackin' Backpackin'; Lightweight, Trail-Tested Recipes for Extended Backcountry Trips, by Christine & Tim Conners, 2000. Falcon.

Trailsides' Trail Food, by the editors of *Backpacker Magazine*, John Viehman, ed. 1993, Rodale Press. WPL.

Basic Essentials: Cooking in the Outdoors, 2nd edition, by Cliff Jacobson, 1999. Globe Pequot Press. WPL.

Kayak Cookery, by Linda Daniel, 1986, Menasha Ridge Press

Corp, Glop and Glue Stew: Favorite Foods from 165 Outdoor Experts, by Yvonne Prater and Ruth Dyar Mendenhall, 1998. Mountaineers.

Mary Bell's Complete Dehydrator Cookbook, by Mary Bell, 1994. William Morrow & Company. WPL.

The Back-Country Kitchen: Camp Cooking for Canoeists, Hikers, and Anglers, by Teresa Marrone, 1996. adventure publications. WPL.

The Well-Fed Backpacker, 3rd edition, by June Fleming, 1986. Vintage Books. WPL.

Trail Food: Drying and Cooking Food for Backpacking and Paddling, by Alan S. Kesselheim 1998. McGraw Hill. WPL.

Wilderness Cooking: a unique illustrated cookbook and guide for outdoor enthusiasts, by Berndt Berglund and Clare Bolsby, 1973. Scribner. WPL.

The Wilderness Cookbook: a guide to good food on the trail, by Bonnie McTaggart and Jill Bryant, 1999. Second Story Press. WPL.

The One-pan Gourmet: Fresh Food on the Trail, by Don Jacobson, 1993. McGraw-Hill Ryerson. WPL.

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

BUSH RECIPES

GERMAN APPLE CAKE (by Ray Ingalls)

This recipe was demonstrated at the 15 June 1989 MRCA General Meeting at La Barrier Park using a collapsible reflector oven made of aluminum for easy carrying (per plans in Summer 1989 MRCA Newsletter), a metal plate or pan to bake in and a leather work glove for turning and removing your baking.

Ingredients

4 cups reconstituted apples (2 cups dried and cut, add 2 cups water)
1 cup salad oil
2 large eggs
2 cups sugar
2 cups flour
2 teaspoons cinnamon
1 teaspoon baking soda
1 teaspoon salt
2 teaspoons vanilla
2 tablespoons water
1 cup chopped nuts (walnuts preferred)

Directions

Reconstitute dried apples overnight. Beat eggs and oil until well blended. Sift dry ingredients and add to egg mixture with water. Mix well. Fold in nuts and reconstituted drained apples. Bake in a greased and floured 11 x 15 x 2 inch pan at 350 degrees Fahrenheit for about 40 minutes or until the cake tests done (using clean toothpick method). Yummy served warm with whipped cream. Serves 6 to 8.



Jim Mackay and friend rattle up some grub during a trip to the Davidson Lake area.

APPLE COBBLER

(for cast iron or aluminum Dutch oven or Banks Fry_Bake pan, expedition model)

At home, pack and mix well:

1-3/4 cups flour
1/2 teaspoon salt
3 teaspoons baking powder
1/3 cup shortening or margarine
2 tablespoons sugar
1/2 cup powdered milk

Separately, pack:

32 apple rings (4/5 of a 6_oz package)
3/4 cup sugar
1-1/2 tablespoons flour
1 teaspoon cinnamon

Directions

On trail, lightly grease the Dutch oven. Add: fruit and sugar mixture and 2 cups water. In a separate container, add to biscuit mix: 3/4 cup water. Stir biscuit mix thoroughly; make into pancake the size of the Dutch oven; place on top of apples. Bake for 1/2 hour at the equivalent of 350 to 375 degrees. Serves 8.

APPLE COBBLER II

(for Banks Fry_Bake pan, alpine model)

Ingredients

At home, pack and mix well:

1/2 cup plus
1 tablespoon flour
1/4 teaspoon salt
1 teaspoon baking powder
2 tablespoons shortening or margarine
2 teaspoons sugar
2 tablespoons powdered milk

Separately, pack:

12 apple rings
1/4 cup sugar
1/2 tablespoon flour
1/4 teaspoon cinnamon

Directions

On trail, lightly grease Dutch oven. Add: fruit and sugar mixture and 2/3 cup water. Add to biscuit mix: 1/4 cup water. Stir biscuit mix thoroughly; make into pancake the size of the Dutch oven; place on top of apples. Bake for 15_20 minutes. Serves 3.



2001 Summer Program

The cost is \$395 per week and includes food, accommodation, canoes and guide services. Join us! A \$75* deposit will reserve your spot (full amount due two weeks prior to departure).

(*Please note that deposits are non-refundable). For registration information:

Mantario Wilderness Experience
c/o Manitoba Naturalists Society
401-63 Albert Street
Winnipeg, Manitoba R3B 1G4

Phone/fax (during office hours) (204) 943-9029
email: mns@escape.ca
web: www.manitobanature.ca/mantario

July 2th to 6th Birding with Ward Christianson

Explore the bird life of Mantario. Join Ward for the tail end of the summer breeding frenzy in the boreal forest. (We will look for birds from the canoe, the trail, and the deck chairs.)

July 9th to 13th The Paddling Gourmet with Sean Hawkes

Your chef will show you how to create culinary masterpieces with basic cooking equipment and ordinary ingredients during this week at Mantario.

July 16th to 20th Tai Chi with Si Chan

Tai Chi is widely known for its health and relaxation benefits. Come and learn this ancient art in a tranquil wilderness setting. No experience necessary, just an open mind and a bright smile.

July 23rd to 27th Wilderness Skills with André Laberge

Learn map and compass reading, canoe rescue and wilderness survival techniques. Andre will also teach you to prepare for short and long backcountry canoe and hiking trips.

July 30th to Aug 3rd Wilderness First Aid with Stu Phillips

One of you is injured and you're miles from help. Do you know what to do? Stu will teach you about the basics of wilderness adventures: first aid equipment, treating common injuries, improvising splints, shelters, stretchers, and other tools.

Aug 6th to 10th Plants of the Wild with Charles Burchill

Come and explore the flora of the Whiteshell with Charles Burchill. Look at the natural succession of rock outcroppings, bogs and forests. Learn the names and uses of a wide variety of plants and how to identify edible, poisonous and medicinal varieties.

Aug 13th to 17th Astronomy with Ian Cameron

Far from the city lights, Mantario skies are marvellously dark, presenting a glorious spectacle to the unaided eye. Learn to find your way among the constellations, become acquainted with the brightest stars. See the Milky Way in all its glory and experience the thrill of the Perseid meteor shower.

Aug 20th to 24th Photography with Al Ross

Experience the magic of Mantario through your viewfinder. Join Al Ross as he shows you how to capture great images of our wilderness to share with friends or hang on your walls.

Aug 27th to 31st Wilderness Education with Dale Brown

Join Dale as he shares his 'common sense of the bush' from a lifetime exploring. Learn how to recognize trails, use a GPS, and improvise on the go with minimal supplies. Dale is full of folklore and stories and will share them as you hike or relax around the campfire.

The Manitoba Naturalists Society reserves the right to decline the application of any individual as they deem appropriate and to cancel trips due to lack of enrolment.

Sponsored in part by:



MRCA 2001 CRCA

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

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

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

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

The CRCA course categories offered include:

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

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

MRCA CANOE COURSE GENERAL INFORMATION

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

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

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

A second instructor will assist the instructor if the student/instructor ratio exceeds five to one. Each course requires a minimum of four students on the morning of the first day of the course in order for the course to be run. The course will not be cancelled unless insufficient participation, extremely bad weather, or low or dangerous water levels occur. Courses will

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

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

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

Students of all courses will benefit greatly from researching the discipline of canoeing they are pursuing. Borrow books or videos on canoeing from the library, or buy them from local canoeing outfitting stores or book stores. Search the Internet for information on canoeing, there are many links available at the MRCA website as well as a Paddling Safety page (Paddling Information page) at www.paddle.mb.ca

MRCA CANOE COURSE RULES

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

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

CANOE COURSE PREREQUISITES

Course certification prerequisites:

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

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

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

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

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

FLAT WATER CANOE COURSE FEES

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

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

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

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

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

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

FLAT WATER CANOE COURSE DATES

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

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

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

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

Wilderness Survival depends on preparation

continued from page 13

- You have hundreds of friends looking for you. We have had children in the area of a search tell us, "My parents would never spend the money to search for me with all these people." Search personnel are professionals and volunteers who do it because they care. Many lost children don't realize that if they sit down and stay put, one of a few hundred people will find them. Some are afraid of strangers, or men in uniform, and don't respond to yells. Some have actually hidden from searchers they knew were looking for them.
- Notify park wardens, RCMP or local police quickly if your child is lost. Rapid response is critical for the search when every moment a lost person's possible movement expands the search area. A slow response is dangerous, especially if bad weather threatens to wipe out the child's tracks and exposure is a consideration. A call to the authorities that is canceled when the child turns up, provides practice for the searchers and keeps them alert.
- Be available for interviews. Clues that lead to finding the child in good shape usually come from family and friends who remain on the scene and talk openly and accurately with the search leader or his/her representative. Any personal information will be kept confidential.

MRCA TUESDAY EVENING & SUNDAY AFTERNOON PADDLES

NOTE THE 2001 FEE REDUCTION:

- \$1.00 for MRCA Members
- \$3.00 for MNS Members
- \$6.00 for non-members

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

SCHEDULE

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

Tuesday Evenings at La Barriere Park

- 6:30 p.m. – 8:30 p.m., May, September, October
- 7:00 p.m. – 9:00 p.m., June, July, August

Sunday Afternoons at different locations in Winnipeg

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

RULES

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

HOW TO REGISTER

You MUST phone the MRCA Phone Line, 338-6722, Extension 3 to find out who the leader/instructor is for the evening or afternoon paddle and you must register for that event a couple of days in advance.

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

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

GENERAL INFORMATION

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

Certified instructors and other skilled paddlers help beginner and novice paddlers to learn new strokes or to improve their paddling efficiency. There is no wrong stroke, but it is possible to

paddle with more grace, efficiency and power, yet with less effort.

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

You are expected to supply your own refreshments, transportation, clothing (a change of clothing and shoes in your car), mosquito repellent, hat, etc. On Tuesday Evenings, the MRCA provides canoes, paddles and Personal Flotation Devices. If you have your own equipment you may bring it along. You may also bring your own canoe and are not required to pay the fee for each paddling event; but your donation won't be turned down; you must also register in advance, advising you are bringing your own canoe.

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



Claude Gagné pushes off for another summer of paddling and adventure on his way to Trois Rivières, via most of central Canada. We wish him a safe and interesting journey. The Ripple will continue to bring his adventures to you in the coming year. Check out pages 8 and 9 of this issue for the latest log entries.

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

Thrill of the Paddle

(Paul Mason and Mark Scriver)

Softcover, SIGNED by Paul Mason,

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

Call Donna Kurt at 334-3111

Northern Manitoba From Forest to Tundra

(Paul M. Gahlinger)

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

Call Gerry Hirose at 489-4422

Heritage Paddle Designs

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

Contact D. Bonnenfant at 819-684-8763

Email: dotb@magma.ca

www.magma.ca/~dotb

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.

Looking for inexpensive storage place for 16 foot canoe with utility trailer. Phone Louise at 261-4427.

Book review by Donna Kurt

Tillenius

by Clarence Tillenius

The autobiographical work *Tillenius* by famous wildlife and nature artist Clarence Tillenius gives an intimate view of the octogenarian and his amazing accomplishments ranging from the huge dioramas in museums across Canada to his thousands of sketches and paintings covering the 85 years of his career.

Tillenius' exciting stories of his wilderness exploits give insight to the origins of his paintings and expose his sincere love and concern for the Canadian wilderness. He has many times put his life at risk so he could obtain visions of wilderness scenes and wildlife. He vividly remembers these experiences and continues to bring them to life in his paintings. His fine skill brings the viewer quickly to the point of action in his sketches and paintings.

Tillenius' other books include *Days of the Buffalo* (1998) and *Sketch Pad Out-of-Doors* (1956, reprinted 1962 and 1986) and he has contributed award winning artwork to the book *Buffalo* (1992).

Tillenius was produced to celebrate the opening of the Clarence Tillenius Gallery on the second floor of The Pavilion in Assiniboine Park, Winnipeg, Manitoba in 1998. Profits from this book go to support The Pavilion Gallery.

See www.wilds.mb.ca/giftrevs.html for more information.



photo by Jim MacKay

A snapping turtle makes its way down the shore of the La Salle River. Read about this and other sights along the La Salle in Gerry Hirose's article on page 7.

What Benefits do I receive as an MRCA Member?

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

MRCA MEMBERSHIP APPLICATION and RENEWAL

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

First Name and Initials

Residence/Mailing Address

City

Postal Code

Residence Phone

Business Phone

Fax Number

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

Family Membership (names of persons at same place):

Is this application _____ New or Renewal

Annual Membership Fees

Circle

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

Provide your Student ID # _____

Application Date _____

Applications received after Sept 1 expire Dec 31 the following year

MRCA Financial Donation \$ _____

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

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

MRCA Volunteer Positions

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

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

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

Resource (canoe and kayak routes) _____

Membership _____

Instruction _____

Advocacy _____

Program (meetings) _____

Newsletter _____

Fundraising _____

President, Vice-President _____

Secretary or Treasurer _____

Member Interests

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

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

SUBMISSION GUIDELINES

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

ARTICLES

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

ARTWORK

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

DIGITALARTWORK

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

MEMBERSHIP INFORMATION

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)

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

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@compuserv.com
- Fort Whyte Centre, 1961 McCreary RD, Winnipeg, MB R3P 2K9
tel: (204) 989-8355, fax: (204) 895-4700
www.fortwhyte.org e-mail: education@fortwhyte.org
(contact person: Ian Barnett)
- YM -YWCA Camp Stephens, 301 Vaughan St., Winnipeg, MB R3B
2N7 tel: (204) 947-3044, fax: (204) 943-6159
e-mail: jen_sulkers@ymca.ca
- MB Pioneer Camp/Wild-Wise Wilderness Adventures, 230 Sherbrook
St. Winnipeg, MB R3C 2B6
tel: (204) 788-1070, fax: (204) 788-1001
e-mail: mpc@pangea.ca wildwise@pangea.ca

RETAILER DISCOUNT PROGRAMS

Some retailers offer merchandise discounts to 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:
