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Stewart Lakes Loop

JERRY AMEIS

Upper and Lower Stewart Lake are just south of the Trans-Canada Highway, an hour east of Kenora and about 20 km west of Vermillion Bay, Ontario. The Stewart lakes loop is well suited for family and novice canoeists who want to spend some time in clear lakes that are not too large. Upper and Lower Stewart lakes have some powerboat traffic because of fishing. The other lakes may have an occasional small powerboat on them from fly-in fishing operators.

The lakes of the loop are part of the Eagle River system, with the Stewart lakes near the headwaters of the river. The loop is less than 30 km in length and can be canoed in two days. There are four

portages. The shortest is about 175 metres and the longest about 500 metres.

There are two launch points for the trip: Upper Stewart Lake and Lower Stewart Lake. To launch from Upper Stewart, you pay a \$7 fee at Stewart Lake lodge. Then drive down the 1 km access road to the lake and park in the parking area that is close to the lake. Carry your gear down the hill to the dock. Be wary of fast moving trains when you cross the tracks.

The Lower Stewart Lake launch point requires a 10 to 15-minute drive down the Experimental Lakes road, a somewhat bumpy ride. The road entrance is a couple of kilometres west of Stewart Lake lodge. There is a sign on the Trans-Canada Highway indicating the Experimental Lakes road. Drive south on the road until you reach a bridge over a small creek. You are now at the west end of a bay of Lower Stewart Lake. Launch the canoe there and then go back up the road a short distance, parking your vehicle in an open area.

There are two ways to canoe the loop. The decision depends on how you feel about carrying your gear uphill or downhill on a very steep section of the 500-m portage between Upper Stewart and Winnange Lake. The difficult section is on the Winnange Lake side.



My daughter, Amanda, at the Eagle Portage, from Lower Stewart to Geejay.

The portage goes uphill from the lake at an angle of 40 to 60° for about 100 metres. Needless to say, that section is hazardous when wet.

The other three portages are along the Eagle River between lakes (from Lower Stewart to Geejay; from Geejay to Manomin, and from Manomin to Winnange). All trails are reasonable to good, with an occasional wet area.

There are many good to excellent campsites along the loop, except at Upper Stewart Lake. Refer to the map for the locations (marked with a C). Both campsites at the south end of the large island in Manomin Lake can hold large groups. The sites lie along a flat sandy area sheltered by Red Pines. The main drawback is a lack of easy access to deep water.



Map of the Stewart Lakes Loop



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 SPRING (March) 2002 Newsletter is FEBRUARY 10.

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

MRCA Newsletter, P.O. Box 2663, Winnipeg MB R3C 4B3
Phone/Fax: (204) 957-5754 E-mail: jennyg@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, Gary Brabant.

How to Contact the MRCA

www.paddle.mb.ca

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

MRCA phone (204) 338-6722

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

MRCA Paddlers Newsgroup

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

Paddling Connections

The MRCA is affiliated with the following organizations:

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

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

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

MEMBERSHIP RENEWALS

Now is the time for you to renew your membership and continue your support of and involvement with the Manitoba Recreational Canoeing Association

MRCA PRESIDENT'S MESSAGE

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VACANT

Fund Raising

VACANT

*Positions valid through to
January 16, 2002*

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

Gerry Hirose

It is that time of year to reflect on the past paddling season and begin planning for the next. Hopefully your past season was a memorable one.

There are more changes to the MRCA Board. Jim MacKay, Donna Kurt, Tony Kinal and Patrick Lang have stepped down from their positions. Also, Ralph Seddon has resigned as Editor of *The Ripple*.

On behalf of the MRCA, I would like to thank them all for their efforts in support of the MRCA. A special thanks must go out to Donna for her outstanding volunteer effort over many years. She has been on the Board as long as I can remember and provides an inspiration for others to follow.

Special thanks also to Charles Burchill for conducting the Tuesday evening paddling program on behalf of the MRCA (see Charles' program report on page 6 of this issue).

Fortunately, Jim has agreed to replace Tony as Newsletter Convenor, Lynn Simcox has volunteered to replace Jim as Secretary, Jim Devries has stepped in as Program Convenor, and I will fill in as the Instruction Convenor. Jenny Gates has agreed to help edit *The Ripple*.

We are still looking for volunteers who will strengthen the Association. That means YOU. Please contact me if you are interested in any of the Board positions or being part of a committee.

Remember, there are some interesting indoor events to keep your interest up until the water flows again.

Hope to see you at the AGM.



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

CORRECTION: The article "As Manitoba Paddlers, Are We Missing the Boat?" in the Autumn 2001 issue of *The Ripple* was written and submitted by Kathy Taylor-Hallick, not by Gerry Hirose as indicated.

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MRCA INDOOR PROGRAM

Annual General Meeting ... Quest for the Bay ... River Recreation and Forest Management ... A Northeast Passage ...

Wednesday, January 16 – Annual General Meeting and “Quest for the Bay”

It's that time of year again, time to gather as members of the MRCA and take care of business ... but have some entertainment as well! On the business side, this is the opportunity to elect an executive for the coming year, vote on resolutions affecting our organization, and check the finances (note: nominations of individuals for executive positions should be sent to Jim MacKay by Jan. 5).

On the entertainment side, we have a rare opportunity. Randal Shore and Paul Gossen are two Manitobans who participated in the “Quest for the Bay”, a gruelling 61-day, 1,200-km journey in a 19th-century York boat from the Forks at Winnipeg to York Factory on the Hudson Bay coast. The journey was also filmed as a documentary for History Television that will begin airing in January. Randal has a broad range of outdoor experience, from leading paddling trips in the Florida Everglades to dog sled trips in the Yukon. Paul is the owner of Northern Soul, a company specializing in guided canoe and wilderness trips. Both were inspired by the inherent challenge of this trip. Please join us to take care of a little business and hear how Randal, Paul, and six other hardy individuals survived on flour, pemmican and lard to “Quest for the Bay”!

Wednesday, February 20 – If a Tree Falls in the Forest – river recreation and forest management

The forests, rivers and lakes of eastern Manitoba are an important resource to recreational canoeists. Therefore, the management of this area should be of concern to all MRCA members. Tembec-Pine Falls Paper Company is currently developing forest management plans for much of this area and is seeking input from recreational users to help formulate those plans. This evening, join Vince Keenan, Divisional Forester with Tembec-Pine Falls who will present an overview of the forest management planning process, provide details of current plans, and solicit input from MRCA members on the forest management plans and process.

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.

Wednesday, March 20 – A Northeast Passage from Saskatchewan

Northern Saskatchewan and Manitoba have some awesome rivers and lakes that few of us will have a chance to experience. Luckily, we can experience these areas vicariously through the experience of others ... and we will this evening. Rick Shone is an avid canoeist, outdoor enthusiast, and MRCA member who embarked with three friends in June 2001 on a 1,000-km trip from Wollaston Lake, Saskatchewan to Churchill, Manitoba through six river systems. In Rick's words, “...looking back, I could never have begun to dream of the amazing things that we would see and do in the most beautiful land I have ever travelled to.” Along the way they battled rapids, bugs, cold, wind and, ultimately, North America's largest land carnivore. Come and relive their exciting adventure.

CALLING ALL PHOTOGRAPHERS!

We often receive articles or reports that are unaccompanied by photographs. We also have indoor meetings that are not very well documented. Similarly, there are often spaces in the newsletter that could be filled up with some of the fabulous photos that our members take, either on the water or just relaxing with friends.

We are putting out a call to anyone who has any photos suitable for inclusion in *The Ripple*. They can be of a social event, an indoor meeting, the Tuesday paddles, taken during courses or trips, or simply capturing the wildlife that we see on our trips and other meanderings. The only stipulation is that all photos must be accompanied by a caption and the photographer's name, and should be suitable for publication.

So, don't delay – send those photos to the editor of the MRCA *Ripple*!

THE NOTICE BOARD

Call for Resolutions

MRCA members are invited to submit policy resolutions to be placed before the Annual General Meeting (AGM) on January 16, 2002.

All resolutions must be received by January 5, 2002.

Resolutions should be forwarded to Lynn Simcox, Secretary, MRCA, PO Box 2663, Winnipeg, MB R3C 4B3, or by email to lynn.simcox@mts.mb.ca.

The MRCA Board Needs Your Help!

This is the time of year that we need to start recruiting Executive and Board members for the next year.

The Nominating Committee invites the membership to submit nominations for Executive and Board positions to be elected at our next AGM on Wednesday January 16, 2002.

There are many capable members within the Association, but we don't always know who they are. If you know of someone who would be an excellent candidate for one of the Executive positions or on the Board, forward a nomination to the MRCA Nominating Committee, PO Box 2663, Winnipeg, MB R3C 4B3, with a brief resume of the nominee, including relevant background, interests and achievements. Alternatively, if you are interested in standing for a position, please contact Jim MacKay at 832-5811 (hm) or email: jfmackay@mb.sympatico.ca.

Please forward nominations as soon as possible.

Photo Contest

Despite the very best of intentions, we were not able to coordinate a photo contest this autumn. However, several people have expressed an interest in doing this next year.

If you are a photographer who has photos to submit, please contact the editor of *The Ripple*, and if you are interested in helping to organise the contest, we would love to hear from you.

This is a great way to show your photos to a wider audience and perhaps inspire others to follow in your footsteps!

Rules, categories and other information will be included in the Spring issue of *The Ripple*. Send all photos to the MRCA Photo Contest, PO Box 2663, Winnipeg, MB R3C 4B3.

Any suggestions for a snappy name for the contest?

So, remember to take your cameras with you whenever you go out this season.

EMPLOYMENT OPPORTUNITIES

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) or email: 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) or email: gthirose@escape.ca.

TUESDAY EVENING PADDLES - 2001

The cool crisp bite in the air each evening announces the time of the year when geese fly south, and paddlers hang their paddles and store their canoes. The sun is setting earlier; it is dark by eight and time to come off the water. It is a time to reflect on a beautiful summer passed and think of Tuesday evenings past. Over this summer I had the wonderful task of taking out the Tuesday evening paddles for the MRCA.

Tuesday evening paddles ran for 20 weeks this year starting May 1 and running until the end of September. Most weeks ran from 7:00 to 9:00 pm with spring and fall weeks running from 6:30 to 8:30 (or dusk). One week was cancelled due to rain and one due to the lack of a leader. I was unable to take another Tuesday paddle myself but Julie Gold graciously stepped in to take my place.

More than 100 doughty souls braved the environment and came to paddle and enjoy the summer evenings. Some came most weeks though the summer – some only once. Winnipeggers came, of course, but there were visitors from elsewhere as well. There were guests from Alberta, Nova Scotia, even Australia and Europe. Experience was no barrier; for several paddlers the Tuesday paddle was the first time they had been in a canoe. A few of these novices went on to take the CRCA courses we offered through the summer.

One regular paddler came only to practise canoeing and talk about canoes, then part way through the summer he arrived with a new canoe. The rest of the summer and fall, we had wide ranging talks about using the canoe at the cabin and the wonderful adventures he and his family had.

Rain did not stop several paddles, although fewer people came those days. One Tuesday it was pouring rain, seven participants still came to paddle. On another week there was rain and hail until minutes before seven – the sky cleared and

we were treated to a beautiful evening and sunset.

The river was not constant this summer. The first few weeks the bridge was out, the current slow being backed up from the Red. Paddlers using MRCA equipment had to come around from the south to La Barriere Park. The very first paddle, we actually launched from both sides of the river. With the rain early in the summer, the water was high and the dam remained under water. Many people who visit the park think of the La Salle River as a slow meandering river but a broken fiberglass canoe, just past the end of the park and hanging two metres up a tree, testified to the depth and speed of the water in the spring. One week, as the river dropped, we had to portage across the fields because of the current near and around the dam.

Everyone who came had an excellent time. There were wonderful talks, remembrances of trips past or trips yet to come. Participants got to see deer, owls, hawks, beavers and herons. Once we had a Great Blue Heron follow us down the river and we were treated to seeing it catch a fish before leaving us to ponder the miracle of nature.

We should feel proud, as MRCA members, for sponsoring these paddles. We encouraged new paddlers and raised awareness of paddling in this province. Information was provided on equipment and instructional courses. Several people went out and bought new equipment after the paddles. Many of the participants went on to take CRCA courses. While not strictly a canoe course, a lot of instruction and skills development was covered during the paddles.

Because of the positive experience I have had leading, and participating, in these paddles over the last several years, I will continue to volunteer my Tuesday evenings in 2002.

Charles Burchill

INSTRUCTION CORNER – How to Get More Power into your Stroke

Gerry Hirose

- Use the large torso muscles in your body to paddle rather than the smaller and weaker arm muscles.
- Rotate your trunk about your control (top) hand side shoulder like winding up a spring
- Plant your paddle as far forward as possible without leaning the body forward excessively (approximately 15 degrees). Arms should be extended and paddle shaft vertical
- You should now be facing the opposite side of the canoe from your paddle if you are in the correct position
- Sink the paddle blade fully into the water before pulling on the paddle. There should be no splashing of the paddle which indicates the paddle was not fully inserted prior to applying the power
- Unwind the spring by rotating your body about your control hand shoulder, keeping the paddle parallel to the centreline of the canoe and blade perpendicular to the canoe centreline. Start the stroke slowly and accelerate the paddle through the stroke to feel the power
- Finish the stroke around your knees – but no further back than your hip – most of the power is generated in the first foot of paddle travel

Points to think about:

- Place your paddle shaft across your shoulder and rotate your body as much as possible to find the correct body rotation before inserting paddle into the water
- Imagine the water as a vat of molasses and you want to stick your paddle into it and draw your hips up to the paddle rather than bringing the paddle back

Kayaking with Kids

On a recent kayak trip around Elk Island, as I looked toward the submerged sand bar that runs from the island to the main land, all I could see were breaking waves.

I looked at my 12-year-old son, Jeffrey, and suggested that we paddle only on the protected side of the island, but my son wanted to give it a try. The water on Lake Winnipeg was warm so I thought, Why not. As we hit the white frothy waves, I kept as close to Jeffrey as was safe.

As we emerged, I could hear him whoop and holler with joy. Later, we were riding huge swells and Jeffrey turned to see where our friend, Roland, was, he capsized! By the time I turned around, Roland was already with him. Jeffrey did a wet exit with his paddle in one hand and his other hand on his kayak. What a good little kayaker, I thought.

We soon had him back in his boat and all the water pumped out. It was a long journey for Jeffrey, so after lunch, I took out my tow rope and Roland graciously offered to tow him while Bob and I accompanied them to our take out.

I have found the main difference between canoeing (tandem canoes) and kayaking (single kayak) with kids is that in a canoe, if bears and moose are not jumping out in front of the canoe every 30 seconds or so, the kids soon get bored.

At least, my kids were, and so I made sure they had things in the canoe to keep them entertained such as pencils, paper with a clip board, fishing rods (be careful with this one – so as not to get a hook in the head, wear a hat) and, of course, the old gameboys. When they were younger, it was stuffed animals and other toys. Now with a single kayak, your child is more or less the captain of their own boat, and kids just love the independence it gives them and the freedom to go where they want to

go. Of course, you will be with them to make sure they don't get themselves into trouble.

Now you say, yes, but how do we get started kayaking with our kids? I started my kids off young. When they were about two years old, I would seat one of them in my lap for a short paddle. The secret here is keep it short – you don't want to bore them. If you bore a child this early in life, they will hate kayaking forever.

As my kids grew, I would let them sit in my rear hatch so we were back to back. As soon as they were able to hold a paddle, I would let them paddle my kayak with a rope attached to it, I would walk along with them in warm, shallow water. This was an old Eskimo trick so the child doesn't get away from you. Don't forget that even if your little one is not paddling, an offshore wind can blow them out of reach!

The second big step to kayaking for kids involves them getting wet or the 'wet exit'. This is the most important part of kayaking for anyone because if you cannot wet exit, you should not be paddling a kayak. For kids, make this part fun. By that I mean pick a hot summer day in warm shallow water, but not so shallow that they hit their heads on the bottom.

Now the fun begins. My kids just loved doing wet exits. While most adults that I have seen are afraid of doing wet exits for the first time, if kids know how to swim – and they should know how to swim before you get to wet exits – they just love doing them. At least my kids enjoyed them.

If you don't feel comfortable teaching this part, enroll your child in a beginner kayak course such as those offered by the University of Manitoba. The next step is enrolling them into a level one kayak course and see how they like it. Remember to keep it fun.

Here and Abroad

If you are looking for activities in which to be involved as paddlers and/or conservationists, two companies are offering some excellent adventures in 2002.

Both Canadian organisations, **Great Canadian Ecoventures** of Yellowknife and **Island Expeditions Co.** of Vancouver want to entice you to head north or south for some canoeing and kayaking.

Closer to home, Great Canadian Ecoventures invites you to:

Kayak the Upper Thelon
kayak the little-explored lakes of the upper Thelon River. Use single kayaks to explore several lakes, walk the magnificent sand eskers in this region, and camp in style in their secret hollows and hills.

Canoe the NWT/Nunavut
canoe trips vary in length and duration, but all are escorted by some of the best naturalist/canoe trip leaders in the north.

Tundra-Treeline Springtime Paddle

paddle downstream from the true tundra to the treeline of the boreal forests during the spring bloom and wolves denning period.

If you want to go further afield, **Island Expeditions** provides sea kayaking, kayak sailing, and white-water paddling in and around the reefs of Belize.

For more information, contact:

Great Canadian Ecoventures
1-800-667-9453
www.thelon.com

Island Expeditions

1-800-667-1630
info@islandexpeditions.com
<http://islandexpeditions.com>

Diary excerpts of a Southerner's first trip into Woodland Caribou Provincial Park



Nika Linseman

Thursday June 21, 2001

Ahhhh, where to begin, and yet having only done so. Today, I have been introduced to what it really means to be 'immersed in nature'. My tendency has always been to over-romanticize potential excursions such as my adventure into the southeastern part of Woodland Caribou Park.

Over the preceding weeks, numerous visions of the wild north in which I would have the privilege of dabbling my feet continued to grow in my head. Such things as a possible glimpse of the ever-elusive caribou that are signature to the land. Perhaps the sighting of an otter, moose, beaver or loon, or just the time, solitude and opportunity to absorb completely into nature. But once again the reality of the situation, I must admit, has taken me by surprise.

The day began with a relatively simple portage into Leano Lake. When loading the canoe into the water, all I 'dabbled my feet in' was muddy leech-infested water, not to mention my introduction to the swarms of bugs that are known to inhabit this northern land. Overhead, I felt the threat of a thunderstorm in my midst, so, cleverly and quickly I chose to retire into the first campsite I come across.

During the set-up of my tent, soft raindrops gave confirmation and warning to what was yet to come. Once safely inside, I peered outward at the complete war being waged upon the land. Now, I have to admit having only a thin layer of material between myself and the natural occurrences outside makes it inevitable that I feel part of the storm, and it is awesome!

As I looked skyward and saw the electric tearing of the clouds and feel the rumble of the earth, I am humbled. Perhaps others who have ventured here can relate...that feeling of awe...having the effect of letting you know just how little you really are.

Friday June 22, 2001

My second day in the park and I haven't completely died yet ... yet being the imperative word! I guess I am accepting to adapt rather than flight.

My boots are still wet and it will take longer for my clothes to dry than my durable lightweight tent and tarp. Choosing to revert to my second change of clothing, I remind myself that I am in the thick of the areas for all my anticipated encounters with various species.

The sky looks promising, with fluffy clouds to shield me from the intense rays of the sun. The actual alternating of the clouds and the sun moving across the Black Spruce, Jack Pine and White Birch melody displays the effect of huge curtains being simultaneously swept open to reveal the depth of this boreal terrain. Onward then to experience the solitude of this grand, nearly uninhabited bush I seem to have landed in.

About half way through my day's route in a grassy hollow, 'he' is spotted. A huge raked Bull Moose! I scurry to find my camera but realize I am missing this rare engagement almost entirely! Finally, upon searching for my camera to no avail, I chose to idle the canoe close by and watch the large awkward creature depart the water, and soon after, my presence.

I resumed my canoeing and, from quite a distance away, I shot a look backward to where I had seen the moose only to realize he was back to inquire as to who this invader was who interrupted his meal. Curiosity in this massive animal was an

interesting concept. Just as I am inquisitive about him, he is also about me. Only I am sure we would both agree ... at a distance!

Later during my supper, a gathering of loons commences at the waters edge. The frolic splashing of the birds demands my attention. But the symphony of 'soul-plucking' music would demand the standing ovation of many a nature lover. I am contented to admit that it would be my desire to live as a loon. To sing, swim, dance, fish and fly is everything that would be required of me. Oh what a perfect life!

Saturday June 23, 2001

Today, I was fortunate enough to complete a full day of welcoming warm sunshine. The water was relatively choppy because of the breeze but my persistent spirit pushed me onward.

As I paddled through a grassy narrow, I caught sight of the seemingly headless and tail-less bird of prey circling above me. The blending of the white against the clear sky made it seem difficult to identify. Hum? A bald eagle? Ah but yes! I was right in my assumption. I stopped a moment to visually soar beside the lingering circle of the eagle as it stole a moment of my diligent paddling.

During the proceeding portage, I paused a moment to question the hollow beating sound coming from the woods. This I quickly identified must be the ruffed grouse. Although, had I not inquired to it before and been told the grouse is intent on making this

*Relaxing on the
waters of the
Woodland Caribou
Provincial Park*



'drumming' sound as part of the mating ritual, I may have mistaken it for a far-off man-made motor.

Once reaching my site that held a seeming tranquil layout, the exhaustion of the hours of paddling and portaging in persistent hours of sunlight was taking a toll on my body. But despite the crying limbs of my existence I chose to stay up and witness the majesty of the setting sun. Oh and what majesty the northern sunset holds! Even the beavers retire from their labours of tree-carving to visit the sun-bronzed waters adjacent to my site.

I quickly snapped a couple pictures of their splashing with the sunset in the back-'drop'(s) of their tails. Now with the array of colours still dancing in my thoughts, I will seek refuge from the bugs in my tent and gain some much-needed strength for my day ahead.

Sunday June 24, 2001

My last day in the park and I think I will try my hand at fishing. After about six casts, I've got something ... a small walleye that could have been easily mistaken as weeds. I release the little guy as I anxiously pondered the thought of another catch large enough for supper.

I fished and fished and fished ... to no avail. Is it possible that they could sense my urgency? I changed lures and cast again. The second cast grabbed a 31-inch pike! Wow, this fish was overwhelming! It was in the slot so I released it and retired from fishing for the day.

Today, I will have to leave this tranquil home I have made for myself. I cherish and am happy that this park has been my host over the last few days. It seems that this hard-won friendship makes it hard to leave. As I leave these days of solitude and wonderment behind, I feel closer to the natural parts that have been in my existence, as well as becoming a part of me, and recall a quote I have read in the past:

"What, pray tell, would I buy? There is nothing out here that is not free for the asking. Can you buy a sunrise? Is there a price to the exhilaration we feel from the thunderstorm that rages outside? Nature is the truest democracy, and not the richest man in the world is served a grander sunset than the beggar."

- Michael Furtman -

BOOK REVIEWS

Kesselheim, Alan S. **The Wilderness Paddler's Handbook**. c. 2001, McClelland and Stewart Ltd. The Canadian Publishers, 481 University Avenue, Toronto, Ont. M5G 2E9. 284 pp., s.c., illus. \$24.00. ISBN: 0-7710-9550-3

This thorough book provides the author's viewpoints on a great variety of canoeing and tripping situations. While many ideas are from the author's personal experience, they are worthy of discussion and consideration by all paddlers.

A partial list of topics will give some idea of the scope of the book: How Trips Get Born; Negotiating Current; Open Water Hazards; To Run, To Line, To Portage; Finding a Way; Navigating; No Grit; Life in Sandy Camps; The Fiery Debate: Stoves Versus Campfires; Bears, Bugs, and Boonies; First Aid; Keeping Group Morale Afloat; Gear That Changed My Life; The Gear List; Over-Hyped Equipment; Menu Planner; Parental Judgment; Kid's Gear; Trip Activities; Disciplining the Pile (packing the multitude of gear into canoe-friendly packs).

The author presents pro and con arguments about many canoeing, camping, and interpersonal situations. His own experiences are the usual sources of much of the information given in the book. While you might disagree with some of his ideas, his wide background and long experience are very difficult to disagree with.

Like Bill Mason, Alan Kesselheim has been there, done that, and learned from a long career of wilderness tripping, professional writing, and a sensitivity to the ethics required for experiencing the wilderness today. His

pleasant writing style makes for very enjoyable reading.

Note: A copy of the book, complete with an informative press release citing Internet availability of the author, has been acquired by the MRCA. Members wishing to sign-out our copy can do so by contacting our resource chairperson. I am sure the book will soon be available at bookstores and camping outlets and is certainly worth purchasing for your own use.

Gray, Melissa and Tilton, Buck. **Cooking the One-Burner Way**. c. 1994, ICS Books. Globe Pequot Press, P.O. Box 833, Old Saybrook, Connecticut; 150 pp., s.c., illus. \$19.50 (Canadian).

The title of this book caught my eye since most canoe trippers today limit their cooking to one-burner lightweight stoves. A six-page section on 'Stoves and Fuel' briefly outlines the essential point of modern camp stoves and their use.

Three chapters - Pre-Trip Planning, The BackCountry Kitchen, Recipes and Secrets of Back Country Cooking - are accompanied by an Appendix dealing with measurements, weights, substitutions, and commercial sources for gear and foods. Discussions include many environmental, nutritional, and hygienic food-handling issues.

Given are excellent recipes and cooking secrets for combining, substituting or otherwise enhancing a great variety of entrees sure to appeal to a wide variety of tastes and ages. You do not have to be an expert to appreciate this excellent book. And by the way, I got my copy at Wavetrack!

Both book reviews courtesy of Tom Meadows, June 2001





canadian recreational canoeing association



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ORDER FORM

Mulligatawny Stew (serves 6)

Thanks to Donna Kurt and Maureen Frolick for this recipe, originally from a book.

- 2 cups cooked lentils
- 1/4 soy grits (i.e., TVP***)
- 1 cup mixed dry vegetables
- 1 tsp salt
- 3 whole cloves (or pinch of ground)
- 2 tbl lemon juice
- 1 tbl curry powder
- 1 tbl cinnamon
- 1 tsp ginger powder
- 2 tbl soya sauce
- 1/2 cup banana chips
- 8 cups water

*** TVP is texturized vegetable protein. It may be purchased at Scoop 'n' Weigh. Make sure you buy the instant form.

Mix all together except soya sauce and banana chips. Bring to a boil, and simmer about 20 minutes. Add banana chips. Simmer another 10 minutes, then stir in soya sauce.

Serve with bannock, dumplings, pitas, or tortillas. Alternatively, some trippers add rice or macaroni to the stew.

Comments (from the top!)

Canned or home-cooked lentils dry quickly in a home drier, or on a screen in a low oven with the door ajar. They are nutritious, and cook up fast and savory in camp. Use your favourite veggies. As I have suggested before, frozen vegetables are already uniformly cut and blanched, which makes them very easy to dry. If you want to use fresh produce for drying, it is critical not to skip the blanching step. Plunge small batches of your washed, prepared vegetables into boiling water and count from the time they return to a boil. Follow times given in any chart for freezing instructions. We often bring along lemons as they keep and travel well; you could substitute dried lemon zest. Simply grate off peels and dry - 1 place zest on a ceramic plate and zap at in the microwave at high power, using short (about 45 sec) bursts, and checking in between. Finally, fresh ginger also travels well, and as well as using it for cooking, it can be shaved off to use as a wonderful tea, calming and good for the digestion.

Finally, for faster preparation, and/or to minimize fuel usage, reconstitute ahead of time in Lexan Nalgene. Use

two, so you don't put too much in any one container. It is very hard to remove tightly-packed swollen food - trust me on this one! Make sure you keep track of the water used, and subtract it from the 8 cups called for above.

For dessert ...

a sentimental timeless favourite

S'mores!

Graham crackers
plain thin, flat chocolate bars
marshmallows

Roast marshmallow over fire until well toasted but not burned. Have ready a "sandwich" of a piece of the candy bar between 2 graham cracker squares. Working quickly (it takes practise which is quite enjoyable), open the sandwich, pop the marshmallow (still on the stick) inside, then squeeze the sandwich together while pulling the stick out. The chocolate will melt from the heat of the marshmallow, the cracker gives something to hold on to and the whole gooey mess is quite delectably decadent!

Okay, hands up if you remember S'mores from childhood campouts! I thought so ... how long has it been? About six years ago, I took two Argentinian couples on a 3-day canoe campout. They had never seen anything like this, and the delight on their faces shone like they were children!



In September, an MRCA member and friend retrieved some large litter from river left on the La Salle, just upstream of La Barriere Park. The canoe may have floated off someone's lawn during spring flooding, and probably trashed when it caught on a sweeper.

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

Continuing the journal of Claude Gagné as he paddles from Calgary to Winnipeg. Claude's next venture from Winnipeg to Thunder Bay will start in the spring issue.

June 1

Really bad weather in the morning, still rain and strong wind. I didn't feel too safe to go on the lake today. I climbed a cliff to see as far as I could to evaluate the lake shore. It was always the same, lots of bays. So I went back down to the tent, cooked breakfast in the tent. It was nice and warm inside. After I cleaned the dishes, I warmed some water to shave. When I was ready, a strong wind blew the tent again and everything fell on me. The hot water too. I was really mad, so I went outside and jumped on the tent, trying to beat it. But it is a good tent, it felt sorry for me and didn't break. I cleaned the mess and put big rocks at every corner which helped.

By noon it was still as bad, but I decided to portage every entry to a bay, because that was the most dangerous part. The wind was hitting me sideways and I was taking water in each time the waves hit the canoe.

I had to portage in two trips, one for most of the luggage, then the rest along with the canoe. It wasn't too bad; at least I was making some progress. At one point, I was soaked and wet and really cold, and decided to stop. I found a small shrub behind the top of a hill that would protect me against the wind. So I went back to the canoe, picked up my pack and water jug, and hiked back to my shrub. There I changed, put some warm and dry clothes, a toque and gloves. Ah! That was really nice. Then I made coffee, along with a meal, then rested for a while. Let me tell you, it felt good. Also I saw a few people fishing on the other side of the lake. I wished I was on the other side, but it was too dangerous to cross the lake.

The sky started to clear, so I got back into the canoe. I passed a really nice camping area. Later on during the afternoon the wind was dying, so I decide to cross the lake, which by my

map was about 4 km wide. It took me about 45 minutes to get to the other side and I had to paddle as fast as I could. I was really happy to be on the south side, since the Qu'Appelle dam is at the end of the lake's south arm. I found a really nice spot for camping, well protected from the wind by small trees. The lake view was super!

June 4

Left camp at 8:00. Windy and sunny. At 10:45, I entered Buffalo Pound where I was surrounded by tall grass and hills. I stopped for lunch and a shave. It was nice and warm, and really muddy. I had to be careful entering the lake so the canoe wouldn't get stuck in mud. After a while, it got deeper.

I had a side wind that made it hard to keep the canoe straight. The lake is in two parts and I went under a bridge. On the other side there were cottages and boats all along. It was like a real summer's day at the cottage, so I stopped for a while, then went to the general store. I was hungry.

I bought a quart of milk and cookies and ate them all before I left. After a while I stopped again because the side wind was strong and I was getting tired. I napped for one hour then made it to the Buffalo Dam. I portaged, then set up the tent. I had a few visitors during the evening and they took some pictures. Still a lot of water coming out the dam. I was happy they were building a new dam to replace the existing one.

June 5

Left at 7:20 in the morning. Light wind, the river was really nice and it very calm. Lots of trees and was in the shade most of the time. I passed under an old bridge, then by 11:00 I stopped for lunch. After I left, the scenery changed quite a bit, the river was covered with dead trees. I had to be careful not to get caught around the curve, but twice the river was blocked from one side to the other, and I had to get out of the canoe and pull it over debris. I even saw a dead cow draped



Claude arriving in Winnipeg at the end of his travels, July 1, 2000. Photo: Jim MacKay

around debris. That was the end of me filtering drinking water.

It seemed that I would never get to Lumsden. The river was winding back and forth across the valley. I couldn't see where I was since the river was bordered with 20-ft high earth banks.

I finally made it to Lumsden by late afternoon. I tied the canoe to a branch by the bridge, took my two water jugs, and went to City Hall to get water. Then to the grocery store and the restaurant. It was like paradise. I had a beer, took time to read the newspaper and had lasagna. Ah! That was good.

I left and paddled to about 5 km from Craven. I set up camp on a steep bank but left the canoe along the river tied to a branch. The bank was so steep, and covered with wild roses and branches.

By road, the distance from Lumsden to Craven is 8 km, and 26 km by river, all because of the meanders.

June 6

Left camp at 8:00 a.m. The sky was cloudy and the wind was really strong. I made it to the Craven Dam within an hour. I portaged, then turned a curve and there was a rapid. I had to portage again, but after that it was OK.

The river was meandering back and forth across the valley. It seems I was really going nowhere, and the wind was fierce. I stopped for lunch in the tall grass. I remembered that pretty little church by the foot of a hill, but believe it or not, I passed in front of it about 8 times, with the river like a labyrinth.

A few kilometres later, I couldn't handle that back and forth combined with the wind. I beached the canoe fast onto the mud bank. I was thinking of pulling it across the field instead of paddling, but there was a lot of barbed fences, so I sat and relaxed instead.

In early evening, I portaged close to highway 6. I passed under two old bridges, then the highway 6 bridge. I saw a house on a small hill right beside the road and the river. I beached my canoe on some rocks. I walked to the house with my two water jugs and knocked at the door. The people were really friendly, offering me lunch, a shower and a bed for the night. I was

really impressed by all this kindness. We sat on the patio during the evening and drank tea. It was nice to learn about western living.

June 7

I left after a really good breakfast, with 8 litres of drinking water. Most of the day I was thinking about those people, how nice they were to a complete stranger. It teaches you lessons.

The weather that morning was really nice and warm. My bonus was a back wind and the river was straight. In the afternoon, I stopped for a while before heading to Pasqua Lake. The wind was really pushing me and I had to get closer to shore. After supper, I paddled along the shore all the way to Echo Valley Provincial Park. It was a really calm evening; the wind had died down.

As I reached the park beach, I met a lot of kids with their parents. They were mostly coal mine workers, and since I used to work in the mines, we exchanged work stories.

June 12

In the morning it was sunny and warm. I left at 8:00 a.m. and made it to the dam in 15 minutes. I had to portage to get back to the river. The river was really thin. I had to go through a lot of barbed wire and electric fences that crossed the river. It was not fun.

Sometimes I couldn't pass under and had to portage in the mud. The river still meandered a lot back and forth across the valley. I saw two coyotes that seemed healthier than the ones I saw before. I stopped near highway 617 bridge to set up camp.

June 14

Left at 7:30 a.m. The river is still very winding. It seemed that I would never get to the bridge, even though it was so close! Once I pulled the canoe through a field to cut a loop. The river banks were low, so it was easy for me to get on top with the canoe.

After a few curves, I made it to the lake. It was really a beautiful and quiet lake. I paddled to the other side and asked a resident to fill my water jugs.

After lunch, I portaged to the dam, and back in the river, I paddled to the Indian village. At a small shopping centre, I bought groceries and had lunch at the restaurant. It was really good, and their coffee was marvellous. I went to the laundromat, then walked back to the canoe. After the rain stopped, I packed up the food and left. This part of the river was shallow, with gravel bars, rocks and beaver dams.

June 16

Cloudy, cold and strong wind. Today, the ride on the river was like a game. I was having a good time going around the debris and rapids. The river divided, and sometimes I took the wrong channel. I had to turn back, and it was really narrow – it seemed like I was in a ditch. The banks were really high, and I couldn't see what was beside me. No Fort L'Esperance and Tantallon. I had to do a few portages and went through hail too! I noticed the Qu'Appelle valley was getting smaller, and the hills lower. I was almost out of Saskatchewan.

Being constantly in a ditch, it was difficult for me to know exactly where I was, so I kept on paddling until I got to a fairly new bridge. I climbed onto the bridge to find out it was Highway 8 bridge. I was really happy I had made it that far that day, since the going was difficult. Very muddy getting out of the canoe. And slippery too! It was like grease.

That night, I set up the tent right on a grassy spot under the bridge. It was nice, no rain. After a meal I had a good cup of coffee, wrote the day's diary and went for a walk. It was really pretty; the rain had stop and the sunset was great.

June 17

Left at 8:30 in the morning. Cloudy, then later sunny. Still a lot of debris, few rapids and a small portage. The river still meanders in a deep channel. Far away, I could see the hills, which are getting lower and lower, showing that the end of the valley was in sight – then St. Lazare, Manitoba. I saw a lot of deer, beaver, turtles and ducks, but no more pelicans. I went to bed around 9:00 p.m. The coyotes were really noisy.

June 18

Very humid during the night, thick fog in the morning and cold. I left early and headed for St. Lazare for a nice breakfast in a restaurant. I really paddled hard and passed under many bridges to the junction with the Assiniboine River. I farewelled the Qu'Appelle River that had carried me 1,000 km through Saskatchewan. I was glad but sad at the same time, since, I would probably never paddle on it again. The sky was blue, and it was nice and warm. I beached my canoe under the Highway 41 bridge, then walked to St. Lazare with my two water jugs. In town, the store was closed but somebody had the owner open it for me. I even had someone drive me back to my canoe. It was time to say "thanks", and I left. The Assiniboine River was about twice as wide as the Qu'Appelle, but less meanders. The scenery was really nice. It felt more civilized.

June 22

Still had a hard time sleeping as it was cold and humid during the night. I left early that morning and stopped very late. I am very dirty all the time, because of the mud. It's really nice along the river, many elm trees, some dead too. A few cattle, and a very funny black cow that was curious enough to step on my tent while I set it on the ground to dry. It looked at me like saying, "Hey you don't bother me. I want to look." I still see the big brown eyes. It rained on and off all day, but only a light wind. Hope to be in Brandon tomorrow.

June 23

Left very early. Sunny and warm. It was really nice along the river, all the way to Brandon. Past Highway 1 bridge, I stopped to have a snack and dry the tent. I was anxious to be in Brandon because I had decided to rest there for three days. I have been going seven days a week since I left Calgary, and I wanted to see if my hands would get better at night. Plus my car was in Brandon. Wow, what a treat!

The river still really meandered all the way to downtown. I got at the top of the dam by 1 p.m., hid my canoe in the bushes, then I took the city bus to my car. I set up camp at a really neat camping

place, close to town with showers, laundry – the great luxury. Then I contacted the person with whom I had stored my car. At his mother's place, he told me to go back to the canoe at the dam. The Journal, the Brandon Sun, and a TV reporter were on their way there for an interview. I decided to go back on the river on Monday. I would rest and repair what had to be repaired and visit the area.

June 27

Left at 7:30 a.m. Sunny, then rain in the afternoon. The surrounding area was really nice. Less mud and more sandy beaches – easier to stop. Lots of trees, particularly spruce, along the way. I could get drinking water easily. There were springs everywhere; nice cold water coming out of the sand pits along the river. I set up my tent right on the river bank.

June 28

That morning did I ever look stupid. When I woke up, I could hear a loud engine noise, coming from above the river. It was getting closer. I thought it was a speed boat. I rushed out of the tent and stood up. A nice double-wing plane came toward me. I waved to say "Hello". Then the plane made a 90° turn – it had come to spray the fields nearby. So, with the danger of inhaling that stuff, I picked up my gear and left as fast as I could, but the pilot waited for me to leave. Those old planes were spraying fields all the way to Winnipeg.

It rained in the afternoon, but cleared during the evening. I waved at some Indians who were getting ready to go fishing. They asked me if I needed anything; if I had enough food. I really appreciated their kindness. I found a nice place to camp, right on the shore. I still had the same problem with my hands at night, but the end was close and I didn't want to give up. I was paddling 100 km a day and was anxious to complete the trip.

June 29

Sunny and very warm. The river was getting wider as I approached the Portage la Prairie dam. It was a fast trip because the river was straight and the wind was pushing me. As I got to the side of the

dam, it was difficult to beach the canoe. The shore was rocky, and I didn't want to damage the canoe. I made the portage in three trips. Before I went back to the river, I rested and had lunch. After an hour paddling, I beached the canoe under Highway 240 bridge and went to McDonald's and the grocery store to get enough groceries to last me to Winnipeg.

I left again in the afternoon. It was a real summer day; warm and sunny. I paddled 'till dark, then set up the tent at a miserable place – it wasn't too nice.

June 30

Left at 7:00 a.m. No wind, sunny – really warm and humid, 30°C. The river didn't smell too good. I stopped by a bridge to have lunch and saw big bisons; they run fast and heavily. In the afternoon, I was really tired, so I set up the tent in a treed place and slept a bit. I stopped many times to rest; I was really tired all the time, but so close to my goal.

Passing under Highway 1, there was a camping area. I stopped to have a shower and left. The rain was pouring and mosquitoes were chasing me. I left in a hurry and made it to a really nice park by the river. There was a picnic table, toilet and a nice lawn, but after a while a thunderstorm showed up for a good part of the night.

July 1

My last day – 30 km to go! It was raining, but I left at 6 a.m. and paddled right into Winnipeg. I stopped under a bridge for lunch and then kept going. The sun showed up. It was great!

There were lots of rocks in the river, and I had to be careful. There were nice parks along the river too. Everything was tidy, except the poor river. By 10:00 a.m., I was done. I made it to the Red River. The water was really high, and there was a little flood. I found somebody with whom I could leave my canoe while I took the bus to Brandon to get my car. By 8 p.m. I was back in Winnipeg to pick up my stuff before I left.

Stay tuned for Claude's adventures from Winnipeg to Thunder Bay, beginning in the Spring issue of The Ripple.

Please submit reports to update previously described routes, as well as reports on new trips or paddling routes.

CANOE AND KAYAK TRIP SURVEY LOG

Help us keep our trip and route information up to date. Please complete, cut or photocopy from newsletter, and return to:
MANITOBA RECREATIONAL CANOEING ASSOCIATION, P.O. BOX 2663, WINNIPEG MB R3C 4B3

ROUTE

Route name _____
Province(s) _____ Outside Canada? _____
Major lakes / rivers _____
Total distance paddled (km or miles): _____ Days devoted to paddling _____
Was trip registration required: yes _____ no _____ Was permit required: yes _____ no _____ Fees \$ _____
Launch location _____ Launch date (yr / mth / day) _____
Reached by: car _____ plane _____ other _____
Transport company used: yes _____ no _____ Name _____ Price \$ _____
Address: _____
Would use again: yes _____ no _____ explain _____
Take-out location _____ Take-out date (yr / mth / day) _____
Returned by: car _____ plane _____ other _____
Transport company used: no _____ yes _____ Name _____ Price \$ _____
Would use again: yes _____ no _____ explain _____
Identify maps used (topographic or descriptive): _____
Names of books, brochures used: _____

PORTAGES

Number of portages: _____ Name portage(s) exceptionally difficult to locate or to follow: _____
The most difficult portage encountered: _____

CAMPSITES

For your requirements were campsite: adequate _____ not adequate _____ explain _____
Crowded due to other users: no _____ yes _____ Overall cleanliness: very clean _____ clean _____ dirty _____
Explain: _____
Designated campsites only: yes _____ no _____ Were open fires permitted: yes _____ no _____
Was firewood: adequate _____ scarce _____
Additional camp comments: _____

POINTS OF INTEREST

Interesting geological features (rock outcrop, canyons, beaches, marshes, etc.): _____
Flora, fauna, historical evidence, e.g., abandoned mines, pictographs that captured attention: _____
Other (berry picking, canoe side trips, hiking): _____

REMOTENESS

Number of canoe / kayak groups encountered: _____
Number(s) of the following seen: motor boats _____ rafts _____ hunters _____ fishermen _____
Name of adjacent highways / backroads / railways: _____
Summer cottages: none _____ few _____ many _____ fly-in lodges _____ trappers cabins _____
Other developments: _____

WATER QUALITY / WHITEWATER RATING

Quality of water: drinkable ☐ clear ☐ cold ☐ muddy ☐ swampy ☐ polluted ☐ other ☐
Whitewater rating! of river(s): River name rating
River name rating
Overall description of water level: low ☐ normal ☐ high ☐ Flow rate (cms or cfs):
Did the water level or flow rate affect your trip: no ☐ yes ☐ explain

CONSIDERATIONS

Any litter or misuse of the Natural Resources that was of particular concern, e.g., excessive logging, all-terrain vehicles, defacing of landscape:
Evidence of forest fires: no ☐ yes ☐ recent ☐ partially overgrown ☐ acceptable reforestation ☐
Did this affect your trip in any way:
Fished: no ☐ yes ☐ (good \ average \ poor) Species caught:

SAFETY

Trip completed on schedule: yes ☐ no ☐ days behind explain
Any changes to original planned route required: no ☐ yes ☐ explain
Did the inaccuracy of any information lead to problems: no ☐ yes ☐ explain
Wind bound on any lakes:
Were bears a problem: no ☐ yes ☐ other species
Precautions required for hypothermia: no ☐ yes ☐ giardiasis (beaver fever): no ☐ yes ☐
Other concerns:

PARTICIPANTS

Trip leader: 2.
3. 4.
5. 6.
7. 8.

Total number in group: Range of ages: Number of canoes: Number of kayaks

Overall experience of trip members: beginner ☐ intermediate ☐ advanced ☐ expert ☐

Prepared by: Phone number:

Address: Date prepared:

Is map or sketch of route attached: yes ☐ no ☐

For any additional comments, please attach a separate page

THE MANITOBA RECREATIONAL CANOEING ASSOCIATION THANKS YOU FOR YOUR
SUPPORT. PLEASE ENCOURAGE THE PRACTICE OF *NO-TRACE CAMPING*.

Class of Rapids: CRCA ratings

- Class 1 Moving water with few riffles and small waves
- Class 2 Easy rapids with Waves up to 2 ft and wide clear channels, some manoeuvring is required
- Class 3 Rapids with high irregularities often capable of swamping open canoe. Narrow passages that often require complex manoeuvring
- Class 4 Long, difficult rapids with constricted passages that often require precise manoeuvring in very turbulent water. Generally not possible for open canoes
- Class 5 Extremely difficult, long and violent rapids with highly congested routes. Significant hazard to life in event of mishap. Requires absolute expertise
- Class 6 Difficulties of Class 5 but nearly impossible and very dangerous. For teams of experts only with all precaution taken. Even experts avoid if possible

What Benefits do I receive as an MRCA Member?

An annual MRCA Membership Directory

A quarterly newsletter (*The Ripple*) full of articles and information of interest to Manitoba paddlers

Discounts on MRCA paddling courses and purchases at participating local paddling stores

MRCA General Meetings offering paddling information and opportunities to meet and socialize with other paddlers

Discounts on CRCA merchandise

Opportunities to participate in canoeing and kayaking trips to locations in Manitoba and beyond

Workshops related to paddling

CRCA accredited paddling courses

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 Ripple* and the MRCA website (www.paddle.mb.ca)

A voice for paddlers

Join the MRCA today!
Complete both sides of the MRCA Membership Application and Renewal Form opposite

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 address):

Is this application: _____ New or Renewal

Annual Membership Fees	Circle
Full-Time Student	\$15
Individual (adult)	\$20
Family	\$25
Corporate (Business)	\$30
Affiliate (Club)	\$25

Provide your Student ID # _____

Cash, cheque or money order payable to "MRCA"

Application Date _____

*Applications received after Sept 1
expire Dec 31 the next calendar year*

MRCA 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

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 Committee _____

Membership Committee _____

Instruction Committee _____

Advocacy Committee _____

Indoor Program Committee _____

Newsletter (*The Ripple*) Committee _____

Fund Raising/Social Committee _____

President, Vice-President,
Secretary or Treasurer _____

Member Interests

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

☐ Canoeing

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☐ Flatwater/Lakewater

☐ White Water

☐ Moving Water

☐ Tripping

☐ Instructing

☐ Competitive

☐ Recreational

☐ Experienced

☐ Intermediate

☐ Novice

☐ Beginner

CORPORATE PROFILE

Frank Atnikov Massage Therapy

I can't think of anything better after a long day or a long week or several months' canoeing than a relaxing, rejuvenating and custom-designed massage?!

(Other than perhaps writing an article about your trip and submitting it to *The Ripple*!)

You don't need to have sustained an injury to go for a massage, but it may well be the perfect close to a perfect trip – and a great way to ease away those aches and pains.

"Many people also like massage because it offers them a way to relax and 'take time out' from their busy lives," says Frank.

Frank Atnikov knows about massage. And with a diploma and several years' experience in the field, he considers massage an adjunct to most medical services a doctor would normally provide, as well as a tool to promote and encourage health and wellness.

"My practice subscribes to the philosophy that while massage does help reduce stress and alleviate chronic pain, it should be used in conjunction with regular medical checkups and a personal self-care program."

In addition to massage services, Frank also offers health-related products such as therapeutic cold packs, true aromatherapy massage oils, and some nutritional supplements. "You can't just offer half the package, and some of these items are key to our long-term health," admits Frank.

Frank's experience has taught him that therapeutic massage is different for everyone, and that some clients want deep tissue work while others only need gentle relaxation. "We never go into a session cold," explains Frank. "I make sure that I understand exactly what my client needs and wants before we get started."

Frank Atnikov Massage Therapy is located at 203-900 Harrow St. E. (at Pembina). "The building has wheelchair access, plenty of free parking, and is located on several major bus routes," says Frank.

You can contact Frank for more information or to make an appointment at 798-1264 and by email (massage@atnikov.com). And be sure to use the discount coupon on page 3 of this issue of *The Ripple*.



So, next time you are organizing that big trip or a day venture, make sure that a visit to **Frank Atnikov Massage Therapy** is part of your trip plan!

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
tel: (204) 487-0004, email: ajtours@escape.ca
www.escape.ca/~ajtours
- Clearwater Canoe Outfitters, Box 3939, The Pas, MB R9A 1S5
tel: (204) 624-5606, fax: (204) 624-5467
www.mts.net/~rgallagh/clearwater
- 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)
- Frank Atnikov Massage Therapy, 203-900 Harrow St. East,
Winnipeg, MB R3M 3Y7
tel: (204) 798-1264 email: massage@atnikov.com
- MB Pioneer Camp/Wild-Wise Wilderness Adventures,
230 Sherbrook St. Winnipeg, MB R3C 2B6
tel: (204) 788-1070, fax: (204) 788-1001
e-mail: pioneercamp@mts.net wildwise@pangea.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: wavetrack@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
- 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

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: rmpe@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.

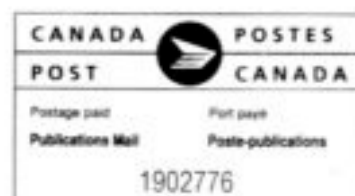
Trailhead

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:

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

Wednesday, January 16 – Annual General Meeting and “Quest for the Bay”

Elect an executive for the coming year, vote on and discuss issues affecting our organization. Hear from two Manitobans who participated in the “Quest for the Bay”.

Wednesday, February 20 – If a Tree Falls in the Forest – river recreation and forest management

Vince Keenan, Tembec-Pine Falls, presents an overview of the forest management planning process and solicit input from the MRCA members on the forest management plans and process.

Wednesday, March 20 – A Northeast Passage from Saskatchewan

Rick Shone, avid canoeist, outdoor enthusiast, and MRCA member, relives his 1,000-km adventure from Wollaston Lake, Saskatchewan to Churchill, Manitoba.

(see page 4 for more details)

MEMBERSHIP RENEWALS

Now is the time for you to renew your membership and continue your support of and involvement with the Manitoba Recreational Canoeing Association.

To appear in the 2002 MRCA Membership Directory, your membership renewal/application must be received by February 15, 2002