



Fall 2003

Newsletter for Paddle Manitoba

(Formerly Manitoba Recreational Canoeing Association)

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The Silence and the Solitude

Thoughts from a son to his father on the occasion of a first solo wilderness trip. By Patrick Lang

Winnipeg paddler Patrick Lang had long wanted to travel alone by canoe into the magnificent Precambrian shield country he loves so deeply. His reflections on that first memorable experience are recorded in the following letter to his father.

Greetings Dad,

It's another glorious morning here. Crisp air is warming in the bright sun pouring out of a nearly cloudless sky. It's a privilege to be alive on a day like this, and the scene brings to mind vivid images of three wonderful days I just spent in the back-country beyond Kenora.

It's no secret I've been hankering for a long time to follow in Calvin Rutstrum's wake with a solo paddling trip. His *New Way of the Wilderness* touched me profoundly as a lad. Ever since then I've dreamed of traveling alone through lake and forest, just me and my canoe. The only real obstacle was removed when the mother of our children finally agreed I'd be safer once I got to the trailhead, than during the drive out there.

I set off from home on Friday of the long weekend after a leisurely supper with Lucille and the girls. It was a pleasant drive to Kenora and beyond. Always

is. Got to the lake about 10:30 and turned in. Was up at 6:30 and on the water by 8:00. An hour and a half to eat breakfast and carry my gear to the water's edge? Absolutely. I had decided from the start I wasn't going to hurry for anything. Loafing the whole time would be my byword, and I put that resolution into practice right from the start.

Surprisingly, though, I made rapid time to the first portage and beyond. The reason was the double blade and center seat I had rented from canoe-maker Bill

Brigden. In no time I was under the logging bridge at the narrows and onto the first portage, the one with the pretty falls at the north end. My energy level was still high because of a solid breakfast: an orange sliced into uncooked granola with yogurt, followed by a dried meat bar that contained the fat and protein I needed for sustained work.

On the portage I met two of the very few paddlers I encountered on this excursion. The weather had
(cont'd on page 10)



I've dreamed of traveling alone through lakes and forest, just me and my canoe.



(Paddle Manitoba)

Welcome New Members!

If you would like to be part of Paddle Manitoba and join in our activities both on the water and off, sign up as a member today! Contact our Membership Convenor, Gary Brabant, at 255-8332.

Contact Paddle Manitoba

Seeking information on Paddle Manitoba?
Four routes will take you there:

www.paddle.mb.ca - **Website**

(204) 338-6722 - **Phone**

Directly Contact Convenors

For information on specific programs (e.g. instruction, indoor program, etc.) contact the appropriate Convenor. See page 3 for their phone numbers and e-mails.

Paddlers' Forum

Pose a question on our on-line paddlers' forum by following the links on our website, or
E-mail: mrca@mbug.cs.umanitoba.ca

Other Paddling Connections

Paddle Manitoba is affiliated with the following organizations:

Manitoba Paddling Association
(204) 925-5681; mpa@escape.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 Paddle Manitoba are focused on recreational and wilderness canoeing and kayaking.
MPA is focused on competitive paddling

Newsletter Submission Guidelines

This newsletter is published quarterly (December, March, June, and September) on the first day of the month.

Advertisement

Advertisements must be prepaid. 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

Ad copy and/or camera ready artwork and payment must be received by the Editor/Newsletter Convenor by the 10th day of the month prior to the issue date. Receipts will be mailed with a copy of the issue each quarter.

Other Submissions

The Editor welcomes submissions of articles, trip reports, paddling tips, recipes, photos, jokes, and other materials of interest to local paddlers. Photo captions should be provided, although photos need not relate directly to an article.

Send submissions by E-MAIL, SNAIL MAIL, or FAX.

Paddle Manitoba Newsletter
P.O. Box 2663, Winnipeg, MB R3C 4B3
Phone: (204) 783-7528; E-mail: harpa@shaw.ca

Faxed submissions are accommodated, but please phone Editor to make arrangements.

Format Note: Photos submitted electronically should be scanned at a setting of 150 dpi, at minimum. For electronic submissions of text, writers are asked to either provide text files in Microsoft Word format, or send text within the body of an e-mail.

DEADLINE

for the Winter (December) 2003 Issue

❧ November 10th ❧

Disclaimer: The information contained in articles, advertisements or inserts in the Paddle Manitoba newsletter, *The Ripple*, do not necessarily reflect or represent the opinions, policies or priorities of Paddle Manitoba Board or membership. Authors are solely responsible for the content, and specifically for the accuracy and validity of information contained in their articles.

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ripple editor's report

It's fall. Well, nearly. I shouldn't rush you. But it's time to squeeze out the last drops of the paddling season--so to speak. I know this means that you haven't yet taken a good look at the photos you took this Summer. No doubt you're saving those for reminiscing in the grey days of November. But remember us at Paddle Manitoba; remember the upcoming **Photo Contest**. Your non-paddling family members' eyes may glaze over at yet another picture of your canoe tripping buddies huddled over some sorry pot of tea, or those ones of your spray-splattered face straining with concentration as you manoeuvre to dodge a bolder that "had your name on it!" But we paddlers love that stuff! So send me your photos by e-mail, mail, carrier pigeon, etc...

This issue has some of your staples: View from the Stern, an advocacy article, board and member business, instruction information, events and resources, and another "cow and pig

adventure". Please take special note of the opportunities you have to give **your input**. We really are interested. This issue also has some thoughts shared by Patrick Lang on the subtle pleasures of solo tripping, some practical tips for the beginning kayaker from Brett Bourne, and an exceptionally optimistic perspective put out by Mick Lauth on whitewater paddling in a year with little of it--water that is.

You'll notice that the indoor program is back. Program convenor, Gisele St. Hilaire, with the support of Gary Brabant, has planned a canoe repair workshop. That's right, it's a BYOC event. She's also got a "tarpitecture" program planned. We can all learn from Sean Roe to be skilled...tarpitects? The Wine and Cheese event is also in the offing.

So when you shelf your gear this season think of it as, not an end, but a beginning of things to do with friends at Paddle Manitoba.



Photo courtesy of Chris Kiely

- Photo Contest -

DEADLINE: SEPT. 30th

E-mail: harpa@shaw.ca

(For details see the Summer issue of *The Ripple*)

board & members'

business

Annual General Meeting 2003

The 2003 Annual General Meeting of Paddle Manitoba will be held in January of 2004. Date TBA.

Call for nominations...

This is a call for nominations for all positions (except Past President) on the Board of Directors for Paddle Manitoba. Names and brief biographies will be published in the Winter (December) issue of *The Ripple*, well in advance of the AGM in January.

Call for resolutions...

This is a call for resolutions for any changes to the Constitution and/or Bylaws of Paddle Manitoba. Resolutions will be published in the Winter (December) issue of *The Ripple*, well in advance of the AGM in January.

Tuesday Evening Paddle

Come out to enjoy an evening cruise on the La Salle River. The paddles continue through September. If there is enough interest, some Sunday afternoon paddles may be held in October. Meet at the entrance to La Barriere Park. **Tuesday Paddles start at 6:30 in September.** Canoes may be rented for \$5.00, \$1 for Paddle Manitoba members, \$3 for MNS members. Non-members are welcome. Please **phone Charles 453-5374** to let him know that you are coming.

Paddling Courses

There is still an opportunity this season to take advantage of quality instruction offered through Paddle Manitoba. Choose from Introductory-Flatwater (levels A through D), Advanced-Moving Water (tandem or solo levels), and Canoe Tripping courses.

Introductory Flatwater courses currently scheduled include:

FW A	FW B	FW D
Sept 8	Sept 10	Sept 20
Sept 15	Sept 17	

Additional courses, including Canoe Tripping courses, are available upon request. Canoes and equipment are provided at LaBarriere park.

Courses are subject to change. **See the website for updates** (www.paddle.mb.ca). Contact Gerry Hirose with any questions. Phone: 488-8225; E-mail: gerry_hirose@yahoo.ca

Paddle Manitoba's Indoor Program Offers:

- useful information
- skill building opportunities
- entertainment
- socializing opportunities, and more

There's a great season ahead. Don't miss out!

notice board

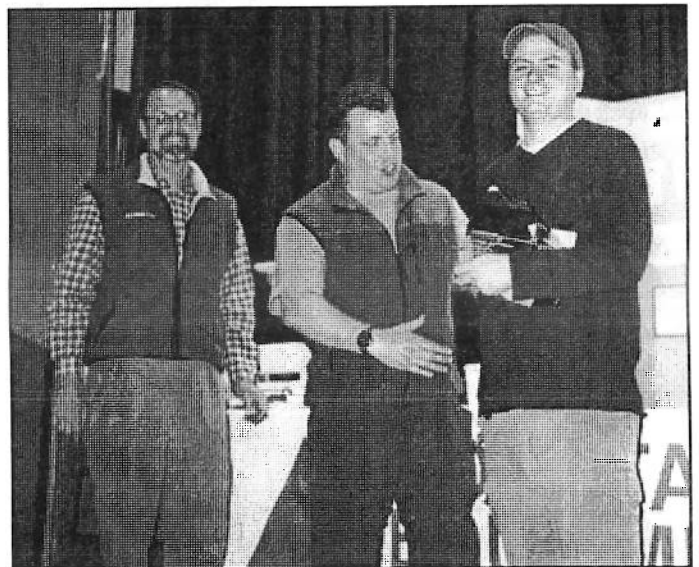
market place

For Sale

Viper 12 White Water Solo Canoe. By Western Canoeing & Kayaking (Clipper Canoes) in Kevlar and duraflex. Frankie Hubbard design for Mohawk Canoes, fast, hard chined, good surfer, dry ride. Fully outfitted with North Water gear. Contact Brian Johnston 1-204-754-2651 or bjohnsto@lssd.mb.ca

Members!

Take advantage of your **FREE 40 word** advertisement limit and post a market place item in the next issue of *The Ripple*. E-mail: harpa@shaw.ca



Scenes from Programs Past: The Waterwalker Film Festival provided an eclectic mix of films and great prizes.

indoor program

autumn '03

In the coming months, get ready to learn and explore. We have another very exciting program in store for you. So get out your calendars and mark down the following dates and presentations. If you have any ideas for the Indoor Program, contact: **Gisele St. Hilaire** at 774-3512.

Schedule Change

Paddle Manitoba has changed the regular schedule of the Indoor Program from the second Wednesday to the **THIRD THURSDAY** of the month, with exceptions where noted.

Sunday, September 14th, 10:00 am Canoe Repair Workshop

LOCATION: Wave Track Canoes, 42C Speers Rd.
Bring your canoe! We'll supply experienced guidance, excellent facilities, significantly reduced costs (for most projects), and the social milieu! You can repair your canoe and prepare it for more paddling seasons of fun and adventure.

Gary Brabant had been paddling for many years, and has been involved in the sale and repair of canoes, kayaks, and paddling gear for nearly as long. His knowledge and experience will be invaluable for those of us who are new to working with the materials of our canoes. Gary's generous offer to share his time and space at Wave Track Canoes, as well as his enthusiasm for paddling will be appreciated by all.

So, bring your canoes or come out to watch, learn and share stories of your summer paddling adventures.

**REGISTRATION ABSOLUTELY REQUIRED
IF BRINGING A CANOE**

REQUIRED FOR REGISTRATION: Make and type of canoe (royalex, Kevlar or fiber glass) as well as intention for either repair (how extensive), and/or skid plate installation.

FEE: There will be a fee for materials used only. Use of facility and workshop facilitators is free.

**REGISTER WITH GARY BRABANT
AT 204.231.8226**

Thursday, October 16th, 6:45pm

Tarpitecture

LOCATION TO BE ANNOUNCED

The basics of sheltering from sun, wind and rain using tarps.

Sean Roe, an avid whitewater canoe tripper with 7 years experience guiding canoe trips for Camp Stevens and The Canadian Outward Bound Wilderness School, will facilitate this workshop of tarp shelter building.

Covered will be types of tarps, packing tarps, ropes/lines and knots, and various set-up designs.

This will be an experiential workshop. Bring your own tarp and ropes/lines if you like, as well as your own experience of what works best for you and share your ideas, or come as a total tarpitecture novice. This will likely be an outdoor event so dress for the weather. It can get cold in October!

Saturday, November 22 Paddle Manitoba's Wine & Cheese

LOCATION: Officer's Mess, Kapayong Barracks
(To be Confirmed)

Last year's hit of the season. Plans are underway. We'll notify you with details, or contact Cameron White (cwhites@mts.net)



photo courtesy of Arlene Martin

view from the stern

column

By B. Curtis Bird



Bird on Caddy Lake
Photo courtesy of Maureen Frolick

The story of Jimmy-Jock

Here's hoping you had a good summer, with some good times on the water. Maureen and I got out to Mantario on the May long, my first time there, and I was very impressed with what the Manitoba Naturalists Society has done. The cabin is superb, but the biodegradable out-house (with worms doing the honours of breaking down our deposits) takes the cake.

Some of you may remember Larry Grenkow. He was a member of the MNS and worked for Agriculture Canada in Winnipeg for years, but left for a post with AC in Saskatoon some time back. We've been paddling partners since 1985, and as usual got together for a trip this summer. We chose Duck Mountain Provincial Park. The Chain Lakes route is short--you can do it in a couple of hours--but it got us fishing and paddling and was mid-way between our homes. Worthy of mention are the excellent berries, dew berries, red currants and wild strawberries that grew in abundance there in mid-July. We don't have the same harvest on Turtle Mountain, and the saskatoons were scarce at home this year, so I filled my belly while the getting was good.

I'd like to share with you the story of my canoe, the Jimmy-Jock. I have to admit I wasn't impressed the first time I laid eyes on him, as he seemed to resem-

ble a bathtub. It then belonged to Larry Grenkow, and the year was 1985. Larry had bought the red, 16-foot fiberglass craft from another fellow for a modest sum. Considering it was a Brigden canoe--hand made by Winnipeg canoe racer, designer and craftsman extraordinaire Bill Brigden--he got a good deal.

Anyway, my own canoe was too small for what we had planned, a trip along the Bird River and into some lakes for pike. The 13-footer my father had bought 15 years earlier had done us well for day trips, and I'd gone out overnight alone, but size does matter with canoes and this one had its limits.

However, having spent a good part of my childhood summers paddling the little canoe, I became quite loyal to it, as we tend to do. I'd dropped a lot of fish into her belly (it was a "she"; Jimmy-Jock is a "he"). With her, my brothers and I had surfed the breakers of Lake Ontario at Outlet Beach, east of Toronto. You haven't lived until you've hurtled into shore on the crest of a six-foot wave. The purest joy and terror I've ever felt in a canoe. Once, in the bow while heading out, I was about 10, we slammed down so hard into a valley that my plywood seat broke, to the delight of my brother Bruce, who laughed so hard we both ended up in the drink.

Larry's red canoe wasn't as sleek as my little craft ... but it was lighter. It didn't have padded vinyl seats ... but comfortable webbed ones. It had a padded yoke that flipped up on the centre thwart and was held fast with two bolts and wing nuts, so you could put it under and out of the way at will. Her gunnels weren't silver aluminum but real

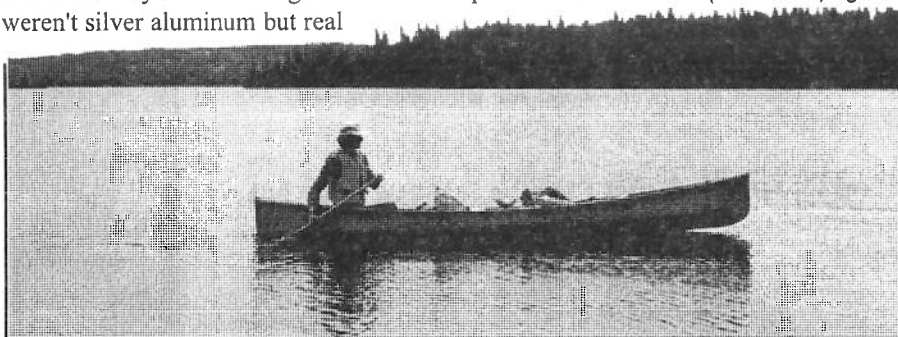
wood, and they extended beyond the sides to help keep waves down.

The thing that really won me over was the Brigden's stability in rough water. Especially when loaded, she was and is just about impossible to sink. The ballast provided by tent, food box and other gear made her all the more stable and determined to cut through chop. That canoe has never failed me, never been capsized by storm or human error, during the 6,000 kilometres it took me and a partner to paddle from York Factory to New Orleans, the length of North America. We did go under at the Chain of Rocks at St. Louis, but that wasn't the canoe's fault. Much larger craft have been sunk there. (I should have taken the required detour.)

Larry and I had many wonderful trips together. We explored the Whiteshell, Nopoming Park, Grass River and Mistik Creek near The Pas, and routes in north-central Saskatchewan. On every occasion we took the Jimmy-Jock--which I christened the craft after buying it from Larry for \$200 (he wouldn't take any more) in 1986. The name is fitting, since the real Jimmy-Jock Bird, a great-great uncle of mine who lived from 1790 to 1892, traveled widely across what is now western Canada and Montana as a Metis and member of the Blackfoot tribe, his adopted people. Just as he was tough and restless, so is the canoe. It seems only natural to me to attribute human traits to canoes we care about, since we share so much together.

When Larry was busy working and couldn't get away, Mark Bergen accompanied me in

(cont'd on page 12)



Brad & Jimmy-Jock on Siderock Lake

whitewater club

feature

When we get bony in Manitoba, we get right down to the ELFin sand

by Mick Lautt

Regardless of your craft of choice for navigating moving water, whether it be a canoe, a kayak, or one of those crazy tube and plywood jobs the locals of the Whitemouth River seem to favour, one thing is for sure, it sure was a bony season. I just want to point out that even though we had less flow in our rivers this summer than comes out of my "energy-saver" tub faucet, we prairie folks were still out picking our way through the rocks and leaving chunks of plastic as a record of our presence.

Yes, this season, Mother Nature, who not surprisingly I hear is a boater, was wise beyond her years. Enough of this constant high flow creating world class play spots right on our back door for the past five years. These kids have had enough surf time. What they really need is an opportunity to discover their ELFin skills. Let me explain. ELFin stands for paddling at Extremely Low Flows. The idea is to go in search of really bony paddling to get to features that are not otherwise there at higher waters. It is also a great way to do some crazy higher class creek runs at safer (although bony) levels. So you can paddle harder runs, without the danger factor.

Here in Manitoba, we spent many weekends out ELFin in search of any playable features. And it wasn't all that bad. With so much traditional focus on playboating in Manitoba, this summer saw a lot of folks hitting the tight little runs and small features that require more precision skills and safety awareness. Many of Manitoba's newer boaters had not had a chance to run rivers before, being accustomed to just dropping onto big fluffy surf waves, and this summer saw folks out practice hitting micro eddies and making precision ferries, and pre-planned descents of small rapids. With work on precision and control during these ELFin times, we saw a lot of paddling skills improve, and that will have an effect on big water boating when the flows come back up.

So instead of sulking in your beers while you look at high volume pics from years gone by, just think, if Sturgeon and Whitemud were running, would you really have taken the opportunity to run the slide or do the 6 foot drop at the Old Pinawa Dam, or spent countless hours squeezing out a few more forced spins at Cook's? Hey, I saw a French guy doing full, old school enders in a dancer at Cook's! Now that only comes out when the bony is bony!!!

Let's pray for snow! See you at the pool.

Mick Lautt

P.S. Boaters that are ELFin, are called ELFer's.

*To give credit where credit is due, this is where the **ELFin** concept came from: This concept was introduced by Jim Snyder, a whitewater legend from West Virginia. Jim has been called the godfather of freestyle and the father of squirt boating. Jim has designed over 70 kayaks, built crazy paddles and helmets, written books, and made videos. He received the "Legends of Whitewater Award" from ACA in 1988, and was one of the "Top 100 paddlers of the century" in Paddler Magazine 2000. He has had immense influence on the many arenas of the whitewater world since he began paddling in 1965.*

**Watch for Manitoba Whitewater Club
Winter Pool times on
www.wavpaddling.ca
MWC community pages.**



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kayak touring

news

with Tony Kinal

A 'New' Idea

Someone once said that there are no new, original ideas. In other words, every so-called new concept has already been thought of years earlier by someone else. Take the atom bomb, for instance. Sure it was implemented in the 1940's, but the idea of atomic particles was thought of by the ancient Greeks, long before electricity was invented.

I suppose you are wondering where I'm going with this. Well, it started one Wednesday night after kayaking on the Red. We were sitting at a table at the local doughnut shop when the conversation turned to modern kayak designs. We agreed that about 20 years ago the hulls of sea kayaks resembled ocean liners and war ships. They had very little in common with Inuit kayaks. Lately the tide has turned, where modern sea kayaks resemble Inuit designs. You may not see the high upswept bows and sterns, but if you look closely at the overturned modern hull, you will see the hard chines of a Greenland Inuit kayak and the cut off stern or transom characteristic of the Aleut baidarka from the Alaskan Coast.

As a matter of fact, I remember reading a debate in *Sea Kayaker Magazine* some years ago about who was the first to invent the rudder system in sea kayaks, Americans or Brits. Actually it was neither. John Brand, who researched traditional kayaks, traveled extensively throughout the northern hemisphere in search of existing Inuit kayaks and found an Aleut baidarka equipped with a rudder! This rudder was not foot operated as are modern rudders, but controlled by a line from the rudder to and around the cockpit rim. So it was hand operated. Though surprising, the design makes sense. If you have ever paddled in strong currents or with a strong quartering wind off your stern, you know the benefits of a rudder to control your direction.

In John Brand's *The Little Kayak Book* he tells of how he was given a feathered Inuit paddle by Derek Hutchinson. The paddle was collected by an old sea captain. It was a left handed

paddle with 30 degrees of feather and bone tipped blades. I, for one, was of the belief that the feathered paddle was a 'white man's' invention. It's a fact that shocked most of us older paddlers and is still debated.

Another change is the amount of rocker on newer kayaks. Older, high performance kayaks had little, if any, rocker. The new breed of high performance boat has a fair bit of rocker, which greatly improves their performance in waves. The older boats, with little rocker, were very fast in flat water, but as soon as the wind picked up they would punch through waves rather than ride up on them as a rockered kayak would. Now you may think what's wrong with punching through waves? For one thing, it kills forward speed. Just think what it would be like in 4 to 6 foot waves and you will get a whole new view of the water as seen looking through the water instead of air.

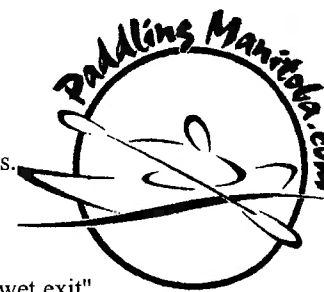
Even the clothing we wear when kayaking has its forerunners. Now we wear a spray skirt made of either nylon or neoprene and if it's wet out, a paddling jacket. The Inuit wore a jacket that also served as a seal on the cockpit. While attending a wedding in Regina, I met a man named John who worked with Search and Rescue. Being interested in kayaking, he told me that while in the Yukon he visited a museum where he saw an Inuit paddling jacket. Apparently, it was almost transparent, light in weight, waterproof and breathable. Now you say we have Gore-Tex. Yes, but have you ever tried to roll up a Gore-Tex jacket and put it in your pocket? The Inuit jacket can do just that! But then, to make a traditional jacket, you have to kill several seals, sew their intestines together, and periodically treat it with animal fat to keep it waterproof. Plus, a real skin-on-frame Inuit kayak wouldn't float long on a hot summer day in warm water. So, to summarize, the Inuit had a lot of good ideas and used the best materials available to them at the time, though some of their gear wouldn't be suitable for the modern kayaker.



Just for laughs... Two Inuit sitting in a kayak were chilly; but when they lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it too.

The Wet Exit - Kayak Skills

By Brett Bourne of Adventure Junkie Tours



To the uninitiated, kayaking appears to be quite dangerous. The most common misconception of kayaking is that a paddler will be trapped in the kayak if it topples over. This is simply not true. Exiting a kayak is quite simple, when you follow a few simple steps. The "wet exit", when done properly, will only take a few seconds to complete.

The key to a successful wet exit is to remain calm and do all of the movements in a slow, controlled manner. A good instructor will lead you through a slow progression of steps to ensure that you are comfortable with each aspect of the skill. If you are attempting this on your own, be sure to rehearse all of the steps on shore and attempt the first wet exit without a skirt at all. If you are ready to try, here are the steps:

- 1. Protect yourself & relax.** When you know you are falling over, your first priority is to protect your head and face. Hold your breath and tuck forward in the cockpit with your hands under the kayak (Fig. 1). To reduce the chances of water going up your nose, be sure to keep your chin tucked in and exhale through your nose. RELAX and orient yourself.
- 2. Signal others & orient yourself.** From the tuck position, with your hands under the boat, you will be able to signal other kayakers by pounding on the bottom of the boat 3 times. This will help you with the orientation process and let others know that you are upside down.
- 3. Release the skirt.** Still in the tucked position, you should be able to locate the grab loop of your spray skirt (by your nose or forehead - Fig. 2). Grab on tightly and pull the loop up and backwards from the front of the cockpit combing (Fig. 3).
- 4. Stay tucked and slide out.** Once the skirt is loose, place your thumbs in the front of the cockpit and place your fingers over the cockpit combing (Fig. 4). Slide your hands back to your hips, straighten your legs, and push the boat away from you (similar to taking off a pair of pants). This whole motion should be done in a tucked position (Fig. 5).
- 5. Resurface & start bailing.** Once your legs are free of the boat, stay tucked forward and your PFD will pop you to the surface. When breaching the water surface, it is a good idea to have one hand above your head (Fig. 6) to protect your face from bumping into your boat or a potential rescuer.

Note: The most common problems encountered when performing a wet exit relate to proper kayak fit or body position. Old-school kayaks tend to have a very small, tight fitting cockpit which restricts the exit procedure. A reclined body position (leaning back) can actually make the wet exit feel more difficult and rushed than necessary.

Nothing replaces professional instruction - be sure to check out www.PaddlingManitoba.com for information on courses and other paddling opportunities throughout Manitoba.



Silence and Solitude (cont'd from page 1)

been cool and unsettled for the previous three or four weeks, so most people didn't venture out for the long weekend. Did they miss a beauty! The weather was perfect the whole time--light winds, bright sun, no bugs--and incredibly, not a breath of wind until Sunday afternoon.

It was pleasant to be on terra firma for a while. As you and I have discussed, portages are interesting places. They provide the opportunity to stretch cramped muscles, brew a pail of tea and keep a lookout for shy wildlife and rare wildflowers. I love the way portages smell, too, especially in the low, moist places. It was on this trail several years ago that my friend Ken Armistead raised the bow of his kayak and found himself face to face with a black bear about 50 paces down the trail. He spoke quietly and the bruin ambled into the bush.

I chose a brief but interesting diversion once I launched the canoe into Wild Rice Lake, a route that took me past some sheer cliffs on the north side of the first island, through a boulder-strewn shallows. As I wound my way through the rock garden, admiring the cliff face painted with minerals and lichen, I had a sense of being back in time a thousand years, watching an Indian brave in a birchbark canoe paddling silently through this very place.

A similar feeling overtook me when I swished to a stop at the campsite on the large island. I felt I was approaching hallowed ground. I pulled the canoe a few feet onto the sand, then stopped to drink in the scene. Ambled slowly through the campsite to its fringes, stopping frequently to view the scene with new eyes, to enjoy the happy memories that came whispering back. It was a moment of magic...and in that moment I knew why I had come alone. The spell would be shattered by conversation, or even by the presence of a companion. There would be something pleasant in its place, but the spirits of the past would not be so present. The sacredness of the moment I experienced alone would vanish, except in solitude and silence. I lingered awhile, savoring the experience,

for it was unlike anything I had enjoyed before. Then I slowly made my way back to the beach and back to reality.

Reality was no letdown, only different. I stripped and plunged into the bracing water. Marvelous. So was the warm sun as I towed dry and lit my single burner Coleman to boil a pail of tea. Again I lingered, this time with my back to a rock and the sun in my face as I used my single utensil, a spoon, to work my way through lunch in leisurely fashion. I thought of Henry David Thoreau and felt immeasurably rich. My gear had been culled to the essentials and my



I had decided from the start I wasn't going to hurry for anything. Loafing the whole time would be my byword.

Cares were a hundred miles behind. Now I was at the doorway to three glorious days that stretched before me like a prairie vista, with not a plan in sight to spoil the view.

On that happy note I threw my gear into the canoe and single-bladed to the

small island just south of the main campsite. By this time the rhythms of the wilderness had soaked into my bones, and for the rest of the weekend I moved at an easy pace, usually about three gears lower than my slowest speed in the city. It was such a pleasure to set my food box by the fire ring, sit back against a friendly rock and quietly ponder some of life's mysteries. Then I followed a long-standing tradition--inspired by Bob Williams the year he taught me to paddle--and opened a tin of smoked oysters. What a savoury treat. I relished it slowly as I jotted my thoughts into a pocket notebook, following your example.

Well, I was in my sleeping bag by nine o'clock. The shadows of dusk were already deep. Didn't rouse till 6:30. I sure needed that long night. The morning sky was overcast but there were promises of clearing and it was absolutely still--a pleasant way to start the day. Left camp about mid-morning and headed southwest at a relaxed pace. In the canoe was my large pack lightly loaded with my stove, a tea pail, lunch, a first aid kit, some rope, a small axe, rain gear, and the ever-present map and compass. My objectives for the day were to revisit some spots you and I had enjoyed together during our trip several years ago, and simply to relax.

In a few minutes an interesting clearing came into view, about shoulder height above water level. My instant sensation was curiosity, then the standard reaction of the city dweller--"I don't have time." Just as quickly I came to my senses. I had all kinds of time, and no one with whom I had to consult about how to spend it. So I lifted the canoe onto a flat ledge just slightly above the water's surface, and climbed into the clearing.

What a beautiful campsite greeted my eyes. It hadn't been touched in years. The centre of the fire ring was lined with moss, and growing through the moss was a slender bush about two feet high. My spirits soared. The realization I could stop whenever I liked, to poke around and explore these natural wonders, brought to mind my favorite quotation from Calvin Rutstrum.

Few of us have ventured very far into the wilderness alone, and we are not without loneliness when we do. Why, then, do we go alone? My experience has convinced me that, to feel profoundly the enchantment of the wilderness, we must go in complete solitude at one time or another. A journey with others has a separate set of values of unquestionable enjoyment, but it should never be categorically compared to travel alone. In the lone journey you live closer to the nerve ends of feeling...

Alone at your next camp, with a deep sense of escape and freedom, you prepare the foods you want in your own way, pitch your tent on the site you choose. Alone you maintain a capricious schedule, traveling hard when you feel like it, quietly contemplating the scene when you are so inclined. As the solitary days draw on, much of the loneliness passes. Wildlife springs magically into view as you control every sound of your own movements and those connected with your craft, your equipment, and its operation.

Senses actually seem to be made sharper by the concentration effected in solo travel. There is less diversion, less distraction--a clearing of the atmosphere for a sharper response. One develops a keener ear for sound, a more perceptive eye for movement.

Life of the solitary traveler by its very nature becomes subjective. You are not the intruder; you feel yourself an integral part of the natural scheme.

☞ continued my solitary paddle around the end of the bay. On the southern shore a brilliant slash of red leapt out from the expanse of forest green. A maple bush, it turned out, was saluting the passage of summer. One of its smaller branches became a flag that I wedged into the bow of the canoe. It looked great and I felt thoroughly Canadian.

I was tracking east-southeast now. Soon came across an expanse of flat rock tight against the shore, complete with a deadfall to serve as a backrest. It seemed about time for lunch, so I lit up the stove, put on a pail of water for soup and tea, then slipped into the cool shallows

for a swim. By this time the sun was out. I loafed over lunch, enjoying the smell of pine and an unbroken view of the hills. Aside from an occasional bird call there wasn't a sound. The wind was absolutely still.

Back in camp a bed of moss and pine needles beckoned from the shade, and I soon drifted into a restful sleep. Later, I crushed the bag of cans I had gathered from a campsite on the other side of the island, then put them with my gear to pack out. Had a tasty supper of piping hot, foil-pouch stew, then lingered over a cup of tea and my journal as the twilight deepened. When it was almost dark a canoe whispered past, its paddlers in easy unison. The sound was as pretty as the sight. This was the couple from the main campsite, to whom I had listened the night before when I went for a stroll around the island. Incredibly, I had also heard a party at the far end of the lake, whose campfire was only a pinprick of light across the dead calm water.

Turned in shortly after that, but sleep wouldn't come. About midnight I got dressed and stepped into the blazing light of a full moon. There was just the faintest breeze from the north. Turned up my collar, touched a match to the stove and settled onto a foam pad against a large rock. My view was the southern sky flooded with pearly "borrowed beams". What luxury to sit there in the middle of the night without a care, the hours stretching before me. I don't know how much later it was that I left that enchanting scene and finally fell asleep.

- - -

The only drawback to wilderness camping is that it has to end. By 5:30 next morning I was awake. Had a solid breakfast and tidied up the campsite. I removed partially burned wood from the fire ring, leaving only charcoal. Loaded the canoe and pushed off at 7:30, with many backward glances to this beautiful island. Who could know when I'd return?

From this point on my memories are a little vague. I didn't keep my journal for the rest of that day. But I do remember a pleasant paddle back. The sun was warm and the breezes fresh. On the final

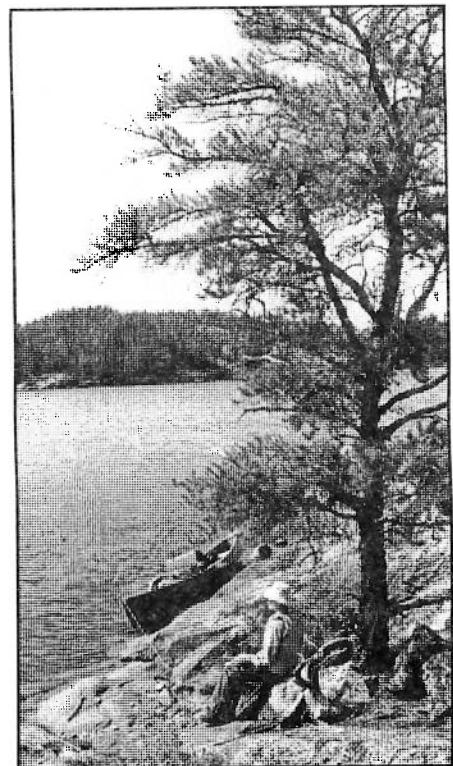
portage I shared a pail of tea with my neighbors from the main campsite, who were just behind me on the return trip. It was a pleasant interlude with nice folks I'll likely never see again.

There's not much more to tell, except that many people over the next few weeks were astonished I had gone into the lake country and backwoods alone. Their reaction would be no surprise to you, of course. You've experienced the same bewilderment from those who seldom venture far from familiar surroundings.

I was reminded that we're alike in many respects, you and I. The most striking similarity, it seems to me, is that we both walk to the tune of that different drummer--the Henry David Thoreau who calls us to the simpler life we slip into so easily during our memorable excursions into God's magnificent wilderness.

Many thanks, Dad, for passing on to me the deep appreciation I have for the outdoors. It's a gift I'll cherish always.

*Your son,
Patrick*



The sacredness of the moment I experienced alone would vanish, except in solitude and silence.

Jimmy-Jock (cont'd from page 6)

Jimmy-Jock and together we paddled the Saskatchewan River, Cedar Lake, Lake Winnipegosis and Lake Manitoba down to the Assiniboine River, and the Red on the way to the Mississippi. Don Starkell and his sons had broken trail for this trip. Don's book, *Paddle to the Amazon*, is a classic in the genre and was a real inspiration to me. I quit my newspaper job in The Pas to paddle to New Orleans as they had done. In Jimmy-Jock the 100-day trip in 1991 was a delight and a great adventure. I would do it again. That's real living. By the way, Don's canoe for that Amazon trip was also made by Mr. Brigden.

Jimmy-Jock has been locked in ice and damaged on the Mississippi and bears the scars of that to this day. (A single layer of glass held to keep us afloat.) He was broken almost in half at Oxford House in a storm, wedged between two larger boats. Which brings me to another of his assets—he's easily repairable. Fiberglass mesh, resin and hardener, and a margarine tub for mixing will get him fit and floating in an hour.

Of all the great canoes in Manitoba, and there are many great ones out there, in my view the greatest rests at home at Lake Metigoshe on Turtle Mountain. Even now, at age 26, he's ready and raring to go. By the time you read this, Maureen and I will have returned (we expect) from paddling the first 100 miles of the Mississippi, from Lake Itasca to Cass Lake in Minnesota. We'll do it in the red canoe. And I don't care if Jimmy-Jock is a bit of a bathtub. To me he's tops.

READERS!

Let me know about your favourite canoe.

The author can be reached at

birdbrad@hotmail.com



Larry Grenkow and Jimmy-Jock on Grass River

WOODLAND CARIBOU

PROVINCIAL PARK

where nature still rules!

Ontario's Woodland Caribou Park shares part of its western boundary with Manitoba's Atikaki Park, but nature knows no boundaries. Together these parks represent over 800,000 ha of outstanding wilderness. We invite you to venture forth into Woodland Caribou and choose from nearly 2,000 km of maintained canoe routes. Here begins the Bloodvein River, a Canadian Heritage River that we share with Manitoba. Protected within the sanctum of the park are many archeological sites dating back thousands of years, significant herds of woodland caribou, natural boreal forests, countless lakes, and many more treasures for you to explore.

Park permits are required. The revenue generated from permit sales are reinvested towards the management and maintenance of the park.

In this way, we are all responsible contributors to its protection.

CONTACT

Ontario Parks, Min. of Natural Resources, Box 5003,
Red Lake, Ontario, P0V 2M0 Tel: (807) 727-1329

e-mail: woodland.caribou@mnr.gov.on.ca

Check us on line @ www.OntarioParks.com



Nomination Accepted: Red on Endangered Rivers list

The Red River--that body of water so intricately entwined with the lives of most Manitobans--recently received the dubious distinction of being placed on Canada's Most Endangered Rivers list for 2003. Earthwild International and Wildcanada.net compiled the list from nominations received from organizations across the country. Nominations were evaluated based on the river's natural and cultural heritage and the threats facing the river. The stated purpose of the list is to "raise the profile of Canadian rivers most threatened by human activity, and provide Canadians with the opportunity to join the debate over the future of these waterways."

Paddle Manitoba nominated the Red to be included on this year's list. The nomination cited a number of threats to the Red including a proposed diversion of water from Devil's Lake in North Dakota. The area around Devil's Lake, a terminal basin with no natural outlet, has been experiencing extensive flooding in recent years. As a result, a number of proposals have been put forward to create an artificial outlet that would transfer water from the Missouri River system into the Red River drainage. Interbasin transfer of water carries with it the threat of introducing exotic organisms into the Red River basin with unknown consequences.

A second threat to the Red is a rapid rise in phosphorous and nitrogen entering the river as a result of runoff from agricultural lands and urban sewage discharge. Between 1994 and 2001, nitrogen loading in the Red River increased by 13% and phosphorous increased by 10%. This is equivalent to an increase of over 63,000 tons of phosphorous and nearly 6,000 tons of nitrogen annually. Nitrogen and phosphorous, both essential nutrients for plant growth, when overabundant result in

algal blooms. As algal blooms die and begin to decompose, they rob the water of oxygen needed by fish and other aquatic organisms. In addition, when the right conditions are present, algal blooms can produce toxins harmful to people, livestock, pets and wildlife (and recently resulted in beach closures at a number of locations along Lake Winnipeg).

Ironically, both of these threats have a common ultimate cause. The loss and drainage of naturally occurring wetlands has resulted in reduced flood-water storage, increasing the flow of water into Devil's Lake. Wetlands also efficiently remove nutrients and sediments from runoff, thereby buffering and purifying downstream rivers and lakes. Furthermore, beyond Devil's Lake, the storage capacity lost with the draining of wetlands throughout the Red River drainage (including the Assiniboine) has severely altered the hydrology of the Red, resulting in more rapid runoff, higher peak floods, and necessitating, among other things, an expansion of the floodway.

Hopefully, the listing of the Red as the 8th most endangered river in Canada will remind Manitobans of the wonderful resource flowing through our midst, and will prompt changes before this treasure is forever lost.

For more information about the endangered rivers list, visit www.endangeredrivers.net.

For more information about the proposed Devil's Lake outlet, visit www.gov.mb.ca/conservation/trans-boundary/index.html.

To learn more about the ecological services provided by wetlands, visit www.ducks.ca.



WAVpaddling is central Canada's white water kayaking school specializing in kayaking instruction in and around Manitoba.

We provide highly personalized, small group, and private CRCA certified kayaking instructional adventures.

From beginners looking for their first instructional experience to advanced paddlers looking to develop their river running and playboating skills, all of our course are customized to match the goals, skills, and experience of the participants.

Check course dates, join our e-mail list, and browse our kayaking community message boards at:

www.wavpaddling.ca

Phone: 204.775.1124 ext.1
Email: yak@wavpaddling.ca

"See you on the River!"

Mad Cownooist



READERS!

Any ideas for cow and pig adventures... something inspired by your own experiences with your paddling partner?

Send your requests by next Ripple deadline (November 10) to: harpa@shaw.ca

Note: Characters are fictional. Any resemblance to you is entirely unintentional.

Cartoon by John Tanasiciuk.

New/Recent Books

A Speck on the Sea: Epic Voyages in the Most Improbable Vessels

By William H. Longyard
Paperback; Published: June 2003
Publisher: The McGraw-Hill Companies
ISBN: 0071413065

Alaska to Nunavut - The Great Rivers

By Neil Hartling and Terry Parker
Hardcover; Published: August 2003
Publisher: Key Porter Books
ISBN: 1552635155

Basic Canoeing: All the Skills You Need to Get Started

Jon Rounds, Taina Litwak (Illustrator), Skip Brown (Photographer)
Paperback; Published: February 2003
Publisher: Stackpole Books
ISBN: 0811726444

Fit to Paddle: The Paddler's Guide to Strength and Conditioning

By Rocky Snyder
Paperback; Published: July 2003
Publisher: The McGraw-Hill Companies
ISBN: 0071419527

Northern Saskatchewan Canoe Trips: A Guide to 15 Wilderness Rivers

By Laurel Archer
Published: February 2003
Publisher: Boston Mills Press
ISBN: 1550463691

Paddle your own Canoe

By: Gary McGuffin
Published: February 2003
Publisher: Boston Mills Press
ISBN: 1550463772

Prairie River: A Canoe and Wildlife Viewing Guide to The South Saskatchewan River

By: Dawn Dickinson, Dennis Baresco
Trade Paperback, Published: June 2003
ISBN: 0969613458

Website Feature...

Ducks Unlimited Canada has compiled an information summary on the West Nile Virus. There is some valuable information to be had at this site, so check into it at: www.ducks.ca/info/westnile/index.html

What benefits do I receive as a Paddle Manitoba member?

- ♦ An annual Paddle Manitoba Directory
- ♦ A quarterly newsletter (*The Ripple*) full of articles and information of interest to Manitoba paddlers.
- ♦ Discounts on Paddle Manitoba courses and purchases at participating local paddling stores.
- ♦ Paddle Manitoba General Meetings and other events, 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.
- ♦ 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'.
- ♦ Paddle Manitoba Corporate and Affiliate Members are listed in *The Ripple* and the Paddle Manitoba website.
- ♦ A voice for paddlers.

✎ **Join Paddle Manitoba Today!** ✎

Complete both sides of the Paddle Manitoba Membership Application and Renewal Form opposite.

Paddle Manitoba 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
Individual (Adult)	\$20
Family	\$25
Corporate	\$30
Affiliate (Club)	\$25

**Cash, cheque or money order
payable to Paddle Manitoba.**

Application Date ____ / ____ / ____
Applications received after Oct. 1
expire December 31 of the next calendar year

Paddle Manitoba 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:**

Paddle Manitoba Membership Committee
P.O. Box 2663, Winnipeg, MB R3C 4B3

Paddle Manitoba Volunteer Positions

Paddle Manitoba relies upon Volunteer Power. You don't have to "walk on water" to help. Just indicate your interests below and pitch in where you can.

Paddle Manitoba also accepts tax deductible donations (tax receipt provided through CRCA - refer to the application form on the previous page).

Please tell us how you could help Paddle Manitoba achieve its objectives. Contact the appropriate convenor (listed on page3) for more information on how to contribute in these areas.

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 _____

Membership Interests:

Please check all categories which describe your interests. This information helps us plan programs and activities which best reflect our membership.

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Flatwater/Lakewater | <input type="checkbox"/> Canoeing |
| <input type="checkbox"/> White Water | <input type="checkbox"/> Kayaking |
| <input type="checkbox"/> Moving Water | |
| <input type="checkbox"/> Tripping | |
| <input type="checkbox"/> Instructing | |
| <input type="checkbox"/> Competitive | |
| <input type="checkbox"/> Recreational | |
| <input type="checkbox"/> Experienced | |
| <input type="checkbox"/> Intermediate | |
| <input type="checkbox"/> Novice | |
| <input type="checkbox"/> Beginner | |

calendar of events

autumn '03

CPAWS BOREAL RENDEZVOUS NATIONAL CELEBRATION - OTTAWA, ON.

September 5, 2003 at the Museum of Civilization
The Boreal Rendezvous ends in September in Ottawa with a final celebration and performance by Gord Downie and the Country of Miracles. There will be other Canadian celebrities in attendance to voice their support.

THE TERRY FOX RUN - WINNIPEG

Sunday, September 14
Contact: Janice Dankochik - 204-231-5282

CANADA'S 2003 NATIONAL PARKS AND RECREATION CONFERENCE & TRADE SHOW MONTREAL, PQ

October 1 - 4, 2003
Theme: "Inclusion: Let's talk... le même langage"
Website: www.cpra.ca/montreal/Inclusion_intro.html

PPARFM 2nd ANNUAL CONFERENCE WINNIPEG, MB

October 16 - 17, 2003
Theme: "Challenges in Parks and Protected Areas"
Website: <http://net101.geog.umanitoba.ca/~ecosites>
Contact name: Dr Michael Campbell
Contact e-mail: campblm@ms.umanitoba.ca

2003 INTERNATIONAL YEAR OF FRESHWATER - 'TAKE A DIP'

Join students around the world in this Environmental Collaborative Project and team up to test the quality and research the cultural significance of fresh water. From September 8 - November 14, 2003, you will have the opportunity to compare the water quality of your local river, stream, lake or pond and the stories and practices dealing with water in your community with other fresh water sources around the world. This project is recommended for middle school students (ages 10-14) due to the nature of the tests required for the project however all students are welcome to participate. There is NO fee to participate however we do ask you to register first. Learn more at: www.wateryear2003.org

Get on Board!

Want to be part of Paddle Manitoba? Then pick up your paddle and position yourself on the PM Board. The **Fund Raising Convenor** position is currently vacant. If you're unsure of what the role entails, speak to a member of our Board. If you're interested in joining, contact Gerry Hirose at 488-8225.

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: **Paddle Manitoba, P.O. Box 2663, Winnipeg MB R3C 4B3.**

ROUTE

Route name _____
Province(s) _____ Outside Canada? _____
Major lakes/ivers _____
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 / mo / day) _____
Reached by: car _____ plane _____ other _____
Transport company used: yes _____ no _____ Name _____ Price \$ _____
Address: _____
Would you use again: yes _____ no _____ explain _____
Take-out location _____ Take-out date (yr / mo / day) _____
Returned by: car _____ plane _____ other _____
Transport company used: yes _____ no _____ 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 campsites: adequate _____ inadequate _____ 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: yes _____ no _____ 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: yes _____ no _____ recent _____ partially overgrown _____ acceptable reforestation _____

Did this affect your trip in any way: _____

Fished: yes _____ no _____ (good / average / poor) Species caught: _____

SAFETY

Trip completed on schedule: yes _____ no _____ days behind _____ explain _____

Any changes to original planned route required: yes _____ no _____ explain _____

Did the inaccuracy of any information lead to problems: yes _____ no _____ explain _____

Wind bound on any lakes: _____

Were bears a problem: yes _____ no _____ other species: _____

Precautions required for hypothermia: yes _____ no _____ giardiasis (beaver fever): yes _____ no _____

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.

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

* Class of Rapids - CRCA Ratings

Class 1: Moving water with few ripples and small waves

Class 2: Easy rapids with waves up to 2 feet 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.

membership information

Members, Help Us Serve You!

Please notify Paddle Manitoba of any additions, changes or corrections to your contact information. By providing us with your current e-mail you'll get information that you need on our programs quickly.

Paddle Manitoba Lifetime Corporate Members (\$300/year)



Adventure Education Manitoba,
22-222 Osborne St. Winnipeg,
Manitoba. R3L 1Z3, Tel: (204) 775-
2462, Fax: (204) 975-2656, Email:
aem@mb.sympatico.ca,
Web: www.aeminfo.mb.ca



MassageWorks, 205-675 Pembina Hwy.,
Winnipeg, MB R3M 2L6, Tel: (204) 798-1264,
Email: massageworks@mts.net



Northern Soul Wilderness Adventures,
67 Cunnington Ave., Winnipeg, MB
R2M 0W4, Tel: (204) 284-4072, Fax:
(204) 284-4072, Toll Free: 1-866-284-
4072, Email: adventure@northernsoul.ca,
Web: www.northernsoul.ca



Wave Track Canoes, 42C Speers Rd.,
Winnipeg, MB R2J 1M3,
Tel: (204) 231-8226, Fax: (204) 231-8227,
Email: wavetrak@escape.ca,
Web: www.wilds.mb.ca/wavetrack



WAVpaddling, 119 Lenore St.,
Winnipeg, MB R3G 2C2, Tel: (204) 775-
1124 Ext. 1, Email: yak@wavpaddling.ca
Web: www.wavpaddling.ca

Paddle Manitoba Corporate Members (\$30/year)

Adventure Junkie Tours, Box 2384, Winnipeg, MB R3C
4A6, Tel: (204) 487-0004, Email: ajtours@escape.ca,
Web: www.DiscoverMB.com

University of Manitoba Outdoor Recreation Services, Rm.
124, Frank Kennedy Centre, Winnipeg, MB R3T 2N2, Tel:
(204) 474-7268, Email: kellysan@ms.umanitoba.ca

Mountain Equipment Co-op, Winnipeg, 303 Portage Avenue,
Winnipeg, MB R3B 2B4, Tel: 943-4202, Fax: (204) 943-4288,
Web: www.mec.ca

RENEW YOUR MEMBERSHIP TODAY!

paddle manitoba phone: (204) 338-6722

**Tell our advertisers and Corporate members
you saw their name in *The Ripple***

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



TO:

MARK YOUR CALENDAR!

Sunday, September 14th, 10:00 am

Canoe Repair Workshop

LOCATION: Wave Track Canoes, 42C Speers Rd.

Gary Brabant provides hands-on learning experience. See page 6 for details. Bring your canoe; make sure you pre-register!



Thursday, October 16th, 6:45pm

Tarpitecture

LOCATION - TBA

Sean Roe on the basics of sheltering from sun, wind and rain using tarps.



Saturday, November 22

Paddle Manitoba's Wine & Cheese

LOCATION: Officer's Mess, Kapyong Barracks
(TBC)

See Indoor Program details: Page 5.