



Spring 2003

Newsletter for Paddle Manitoba

(The Manitoba Recreational Canoeing Association)

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The "How-To" On The Hayes

By Cameron White and Mike Gagne

The Hayes, a river of history, beauty, and challenge - is a "must travel" for all paddlers and the stuff of campfire legend. Stretching from Norway House to York Factory on Hudson's Bay, a distance of some 630 kilometers, the Hayes stands as one of the great canoe routes of all time. Although the whitewater encountered represents more fun than hazard, the logistics required for such a remote trip often dissuade many would-be voyageurs from attempting the journey. The navigational and historical aspects of the river have been well covered in Hap Wilson's classic *Wild Rivers of Manitoba*. We therefore intend to introduce you to some of the more practical aspects of this unique trip, and give you an idea of the cost and time involved.

(All costs listed are for two people).

Skill - A matter of individual judgment, but contrary to what *Quest for the Bay* would have you believe, the Hayes is not a man-eating river. This is a great river for intermediate paddlers and even novices with strong wilderness skills and average physical ability. You must have a solid first aid and navigational background. Remember that at times you are 200 km from the nearest habitation.

Time - The Hayes requires a considerable investment of time, but perhaps not as long as one might think. Mike and I were constrained by work schedules (who isn't?) and so pushed on to finish the river in good time. We spent one day traveling to the put-in, sixteen paddling days, two rest days and three travel home days: **Minimum Total: 22 days**. Our pace was fairly demanding although not exhausting, but a more relaxed trip

might be accomplished in **Maximum Total: 25 days**. The winds were to our front during almost the whole trip, and the lake crossings represented the greatest time consumer. Be prepared to travel at night when the lakes are calm. Your flight out at York Factory may be socked in, so an allowance of a few extra days should be made when informing your boss of the return date.

(cont'd on page 14)



Branded paddles are the well-deserved reward for reaching York Factory



(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 phone numbers & emails.

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 Summer (June) 2003 Issue

~ May 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

Julie did say that she might be back one day! The photo contest will also return; look for the launch in the next issue. So, start taking those photos or looking through your collection! Jenny isn't the only one who can 'motivate' you with pet photos if you don't send me any. I have CAT photos - that's right, even worse than dog photos! And I won't hesitate to use them if necessary.

Considerable content is devoted in this issue to instruction. That's because it's Spring! (well, almost) And, if you're anything like me, your arms have gone somewhat soft and your confidence has withered a bit. So, have a look at what's offered and let Gerry, Brian and other pros get you ready for the coming year of paddling.

So all that remains for me to say is feel free to drop me an email or call with ideas you may have for *The Ripple*, or send me your stories, reports, and other creative materials. Enjoy your read! Enjoy your first paddle of the year!

PHOTOS !!

You got 'em? I want 'em!
Good quality photos are every editor's constant struggle. I've been very fortunate in this issue of *The Ripple* to have had some very good contributions from some great photographers. Thanks go to Chris Kiely, Arlene Martin, Maureen Frolick, James Hilland, and Cameron White for their contributions.

Well, this is my first issue of *The Ripple*, so my first order of business is to just say hello to you all. Last I heard, Jenny Gates, our past editor, was winging her way to Australia. Jenny, if you're there, I certainly have cast an envious thought in your southerly direction over the past month. Which brings me to thanking both Jenny and Jim MacKay for their thoughtful and very conscientious efforts in orienting me to the work of this newsletter.

You will no doubt notice some minor changes to this issue of *The Ripple*, including some design changes, a new column written by journalist B. Curtis Bird, a new page for the Manitoba Whitewater Club, and what I hope to be regular advocacy content. You'll also notice that we've retained many of the items you've come to count on, including Tony Kinal's *Kayak Touring News*, and the notice board. I'm sure you'll be sorry to hear that Julie Gold's *Bush Kitchen* will be discontinued, although

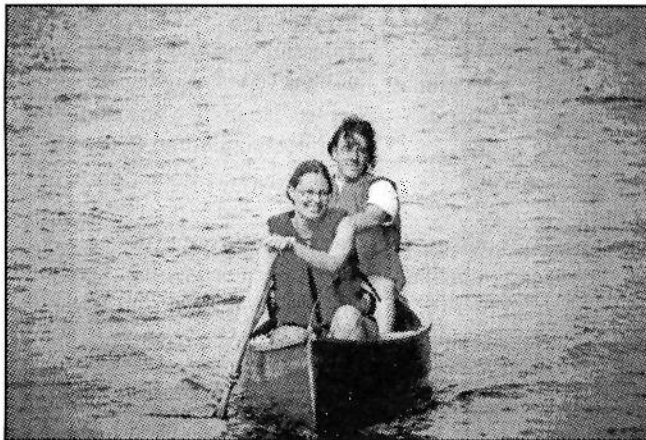


Photo courtesy of Chris Kiely.

MRCA to Paddle Manitoba

After many years of faithful service, the name "Manitoba Recreational Canoe Association" has been retired in favour of "Paddle Manitoba". There were two reasons for this change. First, the title was somewhat lengthy and MRCA was easily confused with organizations using the same acronym. A distinct and catchy moniker was needed. Second, the words "Canoe Association" did not accurately reflect the fact that our organization now includes many kayakers as well as canoeists.

"Paddle Manitoba" is already a name registered to MRCA. We will not let our rights to "MRCA" drop for the short term, but from now on all our correspondence will use the new title. Look for our new logo in *The Ripple* and on our re-designed website.

The name change was finalized at the February 19th General Meeting, where members showed unanimous support for the name change resolutions.

Your comments are always welcome.

Cameron White, Public Affairs Convenor

board & members' business

AGM 2003

If you didn't make it out to Paddle Manitoba's Annual General meeting on January 14, 2003, we need to fill you in on a few items. Gerry's report provides an overview of our past year, so we'll begin there.

Past-President's Report

The MRCA/Paddle Manitoba had an active season, although it was without a President. The position was managed as a committee by members of the Board.

Our organization's membership is steady at approximately 350 members and includes the members of the newly formed Manitoba Whitewater Club.

Another season of monthly indoor meetings were held including a wine and cheese social event in November, which attracted 102 participants, exceeding anticipated attendance. We hope to maintain the wine and cheese as an annual Paddle Manitoba event.

Four quarterly newsletters were published and included a photo contest. Jim MacKay, Newsletter Convenor, and Jenny Gates, Editor, both moved on to pursue other life and work opportunities near the end of the year. However, the Board secured a new Editor, Harpa Isfeld, who will also take on the Convenor's role.

A new Paddle Manitoba website design will be operational by March 2003. Although a few pages are currently under construction, members are encouraged to visit the site to take advantage of such features as the Calendar of Events and course information.

A number of flatwater and moving water canoe courses were run during the year. Two instructors successfully obtained their Moving Water Level II Instructor status and ran two Moving Water 1B solo courses which was a first for Manitoba. Also, a kayak instructor completed his River Kayak II Instructor certification which will assist in local certification of more flatwater kayak instructors.

The popular Tuesday paddles were successfully run again at La Barriere Park from May to October, as well as one Sunday paddle on the Assiniboine River in September. Some of the other Association activities included a barbeque in June at La Barriere Park to welcome new members and a whitewater rodeo and barbeque in September at Manitou Falls.

Gerry Hirose, Past-President & Instructor Convenor

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's 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 at 488-8225.

New By-laws & Policies

A new by-law was officially adopted at the AGM. Subsection 1.1 of the Paddle Manitoba By-laws was amended from the current 8 classes of membership to. The eliminated classes are:

- Minor or Full Time Student (younger than 18 or students)
- Associate (individuals outside Winnipeg)
- Sustaining (individuals supporting PM through donations)

The following two policies were also amended:

(i) Membership taken out on or after Oct 1 (formerly Sept 1) will entitle the holder to membership for the balance of that year and for the following year.

(ii) Subsidies to instructors - changed reimbursement rate from 1/3 to 1/2 the maximum allowed, from \$300 to \$500, and the number of courses instructed to help pay from 3 to 4.

New Board Members

Dan Livingston joins the Board as Treasurer. Having grown up along the La Salle river, Dan spent many childhood hours canoeing the river attending to his spring muskrat trapline. Within the past 6 or 7 years, he has returned to paddling, gaining experience in marathon canoeing, back-country canoe tripping, and kayaking. Dan is a financial analyst with MB Hydro and has served as Treasurer with the Starbuck Recreation Centre. He invites any and all to join him for a paddle, either on the Assiniboine River via his local access point, the much touted Canora Green Space, or other local rivers.

David Howerter is the new Advocacy Convener. A relative newcomer to canoeing, David and his wife Jackie bought their first canoe in 1996. As a research wildlife biologist, David is well equipped to represent Paddle Manitoba's interests on a number of wilderness-related issues. For the past 2 years, David has represented Paddle Manitoba on the Tembec/ Pine Falls Sustainable Forest Management Advisory Committee and during the East Side of Lake Winnipeg Planning Initiative.

Harpa Isfeld is the new Newsletter Convenor and Editor. New to Paddle Manitoba, Harpa came to the role through participation in a course last summer while preparing to canoe the Kakagi Lake Loop. She has been canoeing for only three years, though has a long time love for hiking, camping, and just getting lost in the woods. Her day job involves social science research and communications. She looks forward to applying her interests in document design in editing *The Ripple*.

Gisele St. Hilaire has, since the AGM, agreed to stand as Indoor Program Convenor for Paddle Manitoba, succeeding Jim Devries in this role. Gisele will begin her work following the June through August break in the program.

notice board

market place

Excellent tent for sale

Oval Intention dome tent by North Face, 3-person, 3-season, 9 lbs, aluminum poles. Seam sealing needs to be renewed. Otherwise in very good condition. \$225. Call Patrick Lang at 253-8583.

Members!

Take advantage of your FREE 40 word advertisement limit and post a market place item in the next issue of *The Ripple*.

employment opportunity

Paddle Manitoba is looking for an advertising salesperson to manage advertising for its quarterly newsletter, *The Ripple*. This is a paid position. This interesting position enables the individual to work closely with corporate and affiliate members of Paddle Manitoba, as well as be directly involved in promoting Paddle Manitoba 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 Paddle Manitoba would be a distinct advantage.

For more information, please contact Gerry Hirose at 488-8225 (home) or Email: gerry_hirose@yahoo.ca

Members' Manigotagan Adventure

Join us for a trip down one of Manitoba's favourite Rivers 27- 30 June 2003. While on the river one of our instructors will host a Moving Water clinic. If you haven't experienced the thrill of running rapids before - now you have the chance! Or you can take it easy and travel the portages. Either way this trip is a great chance to meet new paddling friends and perfect your tripping skills. Cost of \$15.00 will cover insurance and instruction. **For more info** phone 257-5374 or visit paddle.mb.ca

membership directory

The Paddle Manitoba 2003 Membership Directory was prepared and distributed at the January 14th Annual General Meeting. If you haven't received one yet, contact Gary Brabant (ph: 255-8332, Email: gbrabant@escape.ca).

Victoria Jason Volunteer of the Year Award

The Board recently adopted a new name for Paddle Manitoba's annual volunteer award, the "Victoria Jason Volunteer of the Year Award" in honour of Jason's great accomplishments and determination.

The winner of this year's Volunteer of the Year Award is Jim MacKay.

Jim has been a member of the Paddle Manitoba Board for a number of years in the capacity of Secretary and Newsletter Chairman. He is one of those volunteers who always does more than what is asked of him and has been found assisting in many areas to promote the organization's goals.

Some of his many activities over and above his Board responsibilities were:

- ♦ Promoting safety in meetings with the city officials to reduce speed limits on the Red and Assiniboine Rivers;
- ♦ Promoting paddling in meetings with the city to establish boat launch facilities on the Assiniboine and use of river trails for paddlers;
- ♦ Organizing a food preparation workshop;
- ♦ Assisting in paddle event shuttles;
- ♦ Assisting in the organization the membership database.

These are only some of his many accomplishments and activities which demonstrate why he was selected by the Board as the recipient of the annual award. He is truly an example for others to follow.

Gerry Hirose



Photo courtesy of Arlene Martin

Why are they smiling?

Rumor has it that the wine is responsible for the smiles seen at this November indoor program event. But more likely, it had as much to do with a fun and informative tag-team presentation on canoeing in Woodland Caribou Park given by Karla Guyn and Jim Devries. Come to the indoor program and next year's 'Wine and Cheese'.

indoor program spring '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 774-3412, or sthroe@mts.net

Sunday, March 16, 10 am

WATERWALKER Film Festival

LOCATION: Base Theatre, 680 Whytewold St, WPG
For further information on WATERWALKER, see the full page advertisement on page 10 of this issue.

Wednesday, March 19, 7:30 pm

Where the Heck is the Quoich River?

Your first question will probably be "Where the heck is the Quoich River?"...I know mine was. Even the Internet had a hard time finding information on it! It turns out the Quoich River is a rarely traversed river emptying into Chesterfield Inlet on the northern coast of Nunavut Territory.

When intrepid Manitoba paddlers Gerry Recksiedler, Brian Johnson and four friends set off for Nunavut Territory this past summer, the Quoich was not their original destination, however. Gerry et al. had originally planned a trip that would include the infamous Back River but when a previously scheduled charter flight from Baker Lake was scratched, they were left with few choices.

Undeterred, the group opted for the 450 Km, 16-day trip down the Quoich. On March 19th, join Gerry and Brian as they chronicle one of the very few canoe trips down this pristine arctic river.

Wednesday, April 16, 7:30 pm

Fishing for Success: A primer on wilderness fishing

LOCATION: Officer's Mess at Kapyong Barracks

How hard can it be...right? Set up camp, a few casts, a few swift strokes of the fillet knife, oil in the frying pan, and dinner is served. Well, if you've never studied all the subtle nuances of our fishy friends, you don't realize how tricky this can all become.

On April 16, we have two experts in fishy nuances to help us through the learning curve. Joel Hunt is the Provincial Fish

Habitat Biologist and 'Chef' Carl Wall is the Angling Program Manager with Manitoba Conservation. For Joel and Carl, fishing is both a vocation and a consuming avocation. Joel will help us understand a bit about fish behavior, fish habitat and the factors that can influence your catching success.

Since the agenda is tailored for the canoe/kayak crowd, he will cover the basic gear/tackle required (no trunk-sized tackle boxes here!). A filleting demonstration on each of the common fish species (walleye, pike, lake trout) should be of interest to all. And finally, the 'piece de resistance', 'Chef' Carl will demonstrate some camp stove cooking tips. We will all demonstrate the eating of fish! Due to the unique nature of this event (cooking), we will hold this Indoor Program meeting at the Officer's Mess at Kapyong Barracks.

Wednesday, May 14, 7:30 pm

Soloing the Hayes:

A personal journey on a historic Manitoba river

In July and August 1995, Bradley Bird solo paddled the mighty Hayes River from The Pas to York Factory. The trip was somewhat of a pilgrimage for Brad, whose great-great-great grandfather, James Curtis Bird arrived at York Factory from England in 1788 and went on to serve as a Chief Factor and Governor with the Hudson's Bay Company. Many of Brad's paternal ancestors plied the Hayes in the employ of the HBC as well.

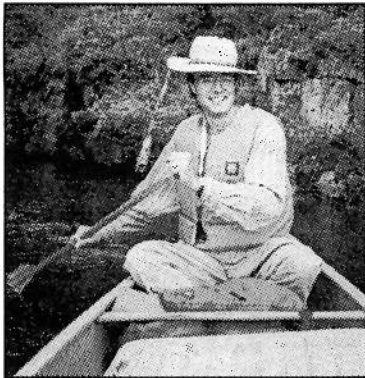
The Hayes remains the only mid-continental river in North America to remain undammed and it has been recently nominated for heritage river status under the Heritage Rivers System. Brad is an avid canoeist who has paddled extensively not only in northern Manitoba but down the Mississippi River to New Orleans. Please join Brad and the rest of Paddle Manitoba members for an exciting evenings' account of his solo trip down the Hayes, a river steeped in history.

PLEASE NOTE:

All meetings will be held at Sport Manitoba, 200 Main Street, unless otherwise noted. Free, safe, underground parking is available. We start promptly at 7:30 p.m.

view from the stern column

By B. Curtis Bird



Bird on Caddy Lake
Photo courtesy of Maureen Frolick

Pull out the maps! Time for sweet anticipation

With snow and ice still thick on our waterways, this is an ideal time to pull out the topo maps and Berard canoe routes and consider what trips are doable this year. I don't know about you, but for me the sweet tingling of anticipation is half the fun.

It's almost like doing the trip twice.

The fact is, we live in the heartland of incredible canoeing and kayaking country. Nowhere else in the world boasts such accessible and picturesque waterways. Here are three trips to consider, north, east and south of Winnipeg.

One... About a seven-hour drive north of the city lies Mistik Creek, near Cranberry Portage north of The Pas. This 50-mile stretch of lakes, creeks and river is an ideal introduction to the Canadian Shield for novice paddlers.

To get there, drive north of Cranberry Portage and start up the gravel road to Sherridon. Before long, five or 10 minutes, you cross a culvert with a launching site on the right and room for a few vehicles on the left. I've left my car there on a number of occasions with no problems.

Mistik Creek has just the right combination of portages, easy paddling and good fishing to please most of us. The short portages (which my friend Larry Grenkow and I call motorboat filters) come quickly. Combined with the fact that you are truly in the heart of the Canadian Shield, the portages create a genuine sense of escape. Campsites are good, wind protection excellent, and I've never encountered a bear.

Another great thing about Mistik Creek is that you have the choice of either a full loop (which takes you to an end point farther north on Highway 10 at Athapapuskow Lake, about a five-day trip), or simply turning around part way and paddling back to your car. The latter is what Larry and I have always done. It's such a lovely and varied landscape that there's no sense of boredom because of backtracking. By the way, I once found, on the shore of an island there, the sun-dried skull of a northern pike that must have gone 25 pounds. Still have it.

Two... East of Winnipeg, don't hold your nose up at the old standby, Caddy Lake route. Maybe you only have two days: go for Caddy. My girlfriend and I did that last summer and it was a great escape, even though we had a Labrador puppy with us and only got as far as South Cross Lake. The key to happy canoeing is living in the moment, and when you add up a night and two days, that's a lot of moments. (The big puppy, by the way, ended up sleeping inside the tent, due to the bugs, with

her head next to ours on a pillow. And she snored.)

The Caddy route has all kinds of appeal. It's a quick drive for many of us, there's a parking lot for the car, a beach for pre- and post-trip swims, and decent campsites and fishing along the way. And, call me a big kid, but I like the tunnels. I mean I really like the tunnels. If you're there in late summer, the blueberries will also be in season.

Three... South of Winnipeg lies the Mississippi. Hey, this is one of the world's great rivers and it's a day's drive. The authorities have cleaned up the upper portion of the Father of Waters and as someone who's paddled most of it - from Minneapolis to New Orleans - I can say that it's well worth your time.

Like sandy beaches? The portion south of the Twin Cities has plenty of them. Boat-friendly towns? Ditto. Great bakeries, used book stores. Swimming? My partner and I would jump in from the canoe, cool off, and then crawl back in five minutes later, all the while making time because the river rolls along at about three mph. The bottom line is you don't have to work very hard to do 20 miles a day.

Beware, however, of barge traffic and motorboats. You need navigational maps available from the U.S. Army Corps of Engineers, Minneapolis. Red and green floating buoys designate navigational channels, and failure to obey the rules can lead to trouble, so be warned.

You also need to plan your exit and return to your vehicle. Bus service would likely take you back to Minneapolis, or to one of the towns on the Minnesota River west of there if you choose to start there as we did on one occasion. You may only need a taxi ride, depending on how long you've been out. And then, of course, a quick drive back for your partner and gear.

Don't forget the big green garbage bags. I know, it's a pain to clean up other people's messes, but consider it a way to thank the Creator, or God, or whatever you believe in, for the incredible privilege of canoeing and kayaking in some of the most beautiful and soul-satisfying country in the world.

Bird has canoed and fished for most of his middle-aged life.

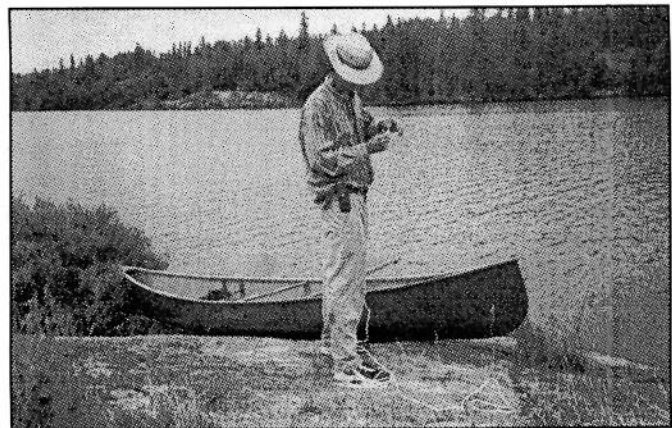


Photo courtesy of Maureen Frolick

whitewater club news

by Kathleen Ryan

Introducing ... The Manitoba Whitewater Club

The idea for the Manitoba White-water Club started with a vision of local kayakers having an autonomous club that addressed the needs of its members. And so, way back in November 2002, the MWC was born. Since then, our hopes of scraping together enough paddlers to pay for a few winter pool sessions have been greatly exceeded. MWC now has over 30 members with more people contacting us every month, including paddlers from Minnesota, who are interested in becoming part of an active whitewater paddling community.

The mandate of the MWC is to support whitewater paddlers in Manitoba. This includes facilitating indoor practice sessions over the winter and running rodeos and park and play paddling weekends in the summer. These events will offer Manitoba boaters networking opportunities as well as the chance to learn skills from other paddlers.

Another mandate of the MWC is to give a voice to Manitoba paddlers in local watershed management issues that impact either paddlers or aquatic ecosystems. Our first chance to advocate for paddlers' interests is in the proposed whitewater park, which is part of the Red River Floodway re-development project.

Our main event so far has been our indoor paddling sessions where we consistently have 20 boaters at a session, with a record 26 paddlers out on January 13th. Open boaters and kayakers (where are the C1r's?) of all experience levels can be found at Pan Am pool every Monday night learning new techniques, practicing flatwater moves and tossing them-



Richard Helbig, scouting a frozen waterfall. Photo courtesy of James Hilland

selves off the diving towers.

If you are curious to see who would be crazy enough to boof off the 5m-tower, or are just anxious to be in a boat before spring, come on out! Pool sessions are available to Paddle Manitoba members on a drop-in basis, for \$10 per session. Don't feel that you have to be a playboater to attend, but if you are interested in taking up moving water paddling, the MWC is a good way to get to know the people who might be pulling you out of the water in the spring. Kayaks are available at the pool for evening rental.

The MWC is an affiliate of Paddle Manitoba, so you can find out more about the club on the new and improved Paddle Manitoba website or by contacting either of the MWC Co-presidents:

Kathleen Ryan at (204) 284-0976 or email: kat_ryan@hotmail.com or

Evan Macdonald at (204) 772-3134 or email: ummado3@cc.umanitoba.ca.

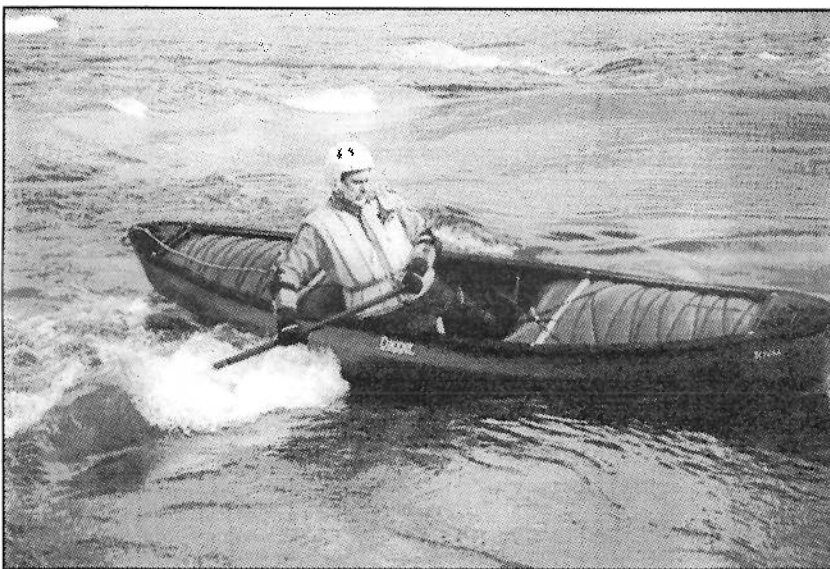


Photo courtesy of Chris Kiely

kayak touring

news

with Tony Kinal

Spring is fast approaching and soon it will be time to slide that boat into the water. But is it and your kayaking equipment ready? During the paddling season it is easy to overlook or forget about that minor defect you found. But you don't want to spoil a nice day on the water with, say, a broken paddle shaft or blade, or even a leaky kayak. So before we start the season, let's check our equipment now!

Let us start with a wooden paddle. First, look very closely at the shaft. Put one end on a step with carpet or a rag under it and the opposite blade on the ground, with something soft under it as well. Apply pressure to the middle of the shaft while rotating it, checking it closely for hairline cracks. Next, let's take a close look at the ends of the blades. You may see bare wood showing or splits in the wood. If you own a composite paddle, check for nicks in the shaft or blade. These can develop into cracks and snap it in two without warning.

OK, we checked both paddles and found cracks in the wood and nicks in the composite. To repair both types of paddles, the best stuff is two part epoxy resin and the best brand is West Systems for wood and composites. Let's start with the nicked shaft on that carbon composite paddle. First sand the area around the nick and wipe it clean. Then take a small amount of 4 or 6 ounce fibreglass cloth soaked in epoxy resin. Wrap this around the nick. Next, wrap the repair with either wax paper or Saran Wrap. Then, to hold it all together, wrap everything with masking tape or electrical tape. It will then have to dry over night before you can remove the tape and the wax paper.

When this has dried, the damaged area of the wooden paddle will need to be sanded, first with medium grit sandpaper and then with a fine grit for the finishing sanding. Before applying any epoxy, wipe the work area clean with a cloth dampened with alcohol or water. I use alcohol because 1) it dries faster than

water and 2) you can drink it if things go terribly wrong. Now that the work area is clean and dry, simply paint the epoxy resin on with a paint brush and hang the paddle to dry so that the blade points to the ground. This will allow more resin to build up at the tip of the blade, strengthening the area most prone to damage.

Neoprene spray skirts can be repaired with a special glue called Aqua Seal - Seal Cement found in your local dive shops. Nylon will need to be patched with a nylon patch and contact cement.

The next thing to look over closely is your kayak. Fibreglass boats are sometimes damaged, not just by the hull striking a rock, but from over tightening straps when the kayak is on the roof rack. Look for a light colored area on the deck. This area is made up of a lot of fine, closely spaced cracks. This can be repaired with a fibreglass cloth patch soaked in resin and applied to the inside of the boat. Remember to sand and clean all surfaces to be repaired first.

Wooden kayaks are basically the same as glass boats since wood is just the core material sheathed in fibreglass. Check for abrasion on the hull and repair with epoxy resin.

Plastic kayaks, if split, present a problem because, although they can be welded with a special plastic welding process, this is a repair best left to a pro. This is because there are several different types of plastic used and before you start you have to know what type your boat is made from. If you can't find someone knowledgeable to weld it, duct tape works. And I hear that there are even better tapes on the market now.

Once you have looked over the hull and deck, it's time to check rudder cables for fraying and the rudder for damage, such as loose bolts. Also check the foot rests or rudder controls for cracks or damage and the bolts holding them on for looseness.

Once all this equipment is checked, don't forget your life jacket. They are only good for about three years. It wouldn't hurt to also check your camping equipment to make sure you have a trouble free paddling season. Remember, now is the time to do it. You don't want an equipment failure on day three of a five day kayaking trip, so do your checking now and enjoy the warm weather during the paddling season



Photo courtesy of Chris Kiely



Mountain Equipment Co-op and
Paddle Manitoba (MRCA) present the 7th



WATERWALKER FILM FESTIVAL

The best of the world's Canoeing and Kayaking films presented in memory of Bill Mason.

Sunday, March 16, 10:00 AM.

Base Theatre, 680 Whytewold

SILENT AUCTION! DOOR PRIZES!

Free Parking, Refreshments Served

Tickets \$10 at the door, or at MEC, Wave Tracks, or Wilderness Supply.

Additional sponsorship and prizes from: Wave Tracks, Grey Owl Paddle, Farmer's Supply, Manitoba Hydro, Manitoba Parks, CRCA, Norm and Nate's, Wilderness Supply, WAMAIR, Duluth Packs, SIR, WavPaddleing, Adventure Junkie Tours, Hap Wilson & Stephanie Ackroyd.

what is waterwalker?

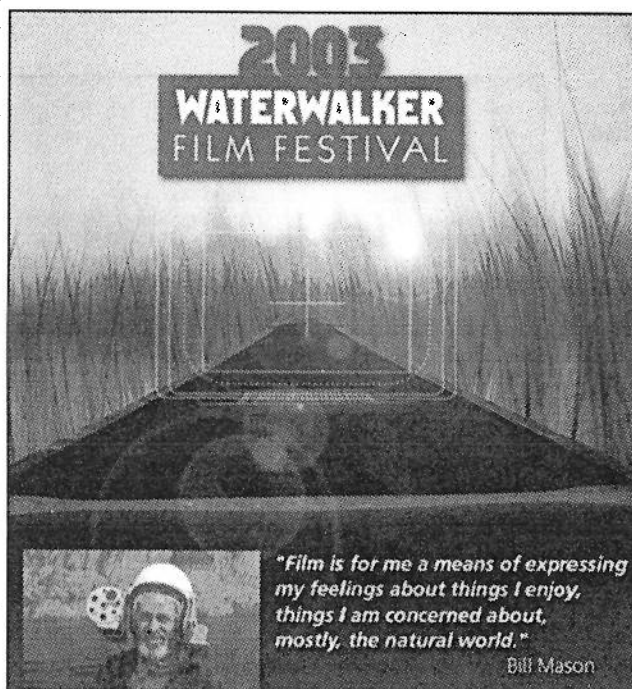
The WATERWALKER Film Festival is a tribute to the late Bill Mason the great canoeist, painter, author, filmmaker and conservationist who inspired so many to enjoy Canada's waterways. He cared passionately about his work and the wilderness and wanted to share its beauty and promote its protection.

The WATERWALKER Film Festival came together following Mason's death in order to help continue his vision. We hope, through this festival, to raise public awareness and support for wilderness conservation by celebrating these films from around the world on canoeing, kayaking, safety, conservation and

protection of our waterways.

The Festival is now known throughout North America and internationally. Host sites, sponsors and filmmakers all play an important role in helping to carry on Bill Mason's legacy.

Entries to the festival encompass an exciting range of location, content and styles. We know you'll enjoy the selection of films and videos. We also hope you will be encouraged and motivated to get involved with the protection and conservation of our wilderness and waterways.



the 'A' team chronicles

by Chris Kiely

In the beginning of June 2002 we gathered at Manitou rapids on the Winnipeg River for our first moving water 'A' course (tandem). We numbered 8; 6 students and 2 instructors, Brian Johnston and Gerry Hirose. We met at a coffee shop in Pine Falls. With canoes on roof racks, and resplendent in our outdoor gear, we were hard to miss. We headed off to the river.

We started the day by learning the basic strokes and how they affect the canoe, such as the pry and draw strokes that pivot the canoe. The bracing strokes, which can prevent the canoe from flipping, were also taught, as well as the strokes required to propel the canoe forward and backwards. Basic turns and acceleration were covered, as well as body position in the canoe, which is knees down on the bottom with legs spread as far apart as possible for stability.

After lunch, our instructors went over the elements required to ferry the canoe back and forth in the current. We learned that the canoe has to be at an angle to the current, and needs a significant downstream tilt (otherwise the water may grab the gunwale and flip the canoe). The canoe also has to be level in the water, because the force of the current will grab the deeper end of the canoe and push it downstream, making ferrying difficult or impossible. We learned to front ferry, which is when the bow of the canoe is pointed upstream, and to back ferry, where the stern is pointed upstream. We flipped a few times (yard sale!), and this provided valuable experience for us in performing canoe-over-canoe rescue, canoe entry from the water, and keeping calm in fast and cold water.

Our next lesson was eddy turns. An eddy turn is a must-know maneuver that allows the canoeist to stop in the middle of a rapid and evaluate the next stage in getting down the rapid. When a rock is

in fast flowing water, the water just downstream of the rock is generally quite still, as the river must flow around the rock, not through it. The objective of the eddy turn is to place the canoe in that still water behind the rock so as to plan the next step or to rest. Brian and Gerry taught us that to perform an eddy turn correctly, you must aim the canoe just slightly downstream of the rock, and the bow paddler should plant their paddle vertically into the still water of the eddy (however, if it is really done correctly, you don't need the paddle plant). With enough momentum and the correct angle, the canoe should turn easily into the eddy.



Left to right: Tom Michniuk, Chris Kiely, Cameron White, Mike Gagne, Dave, Gisele St. Hilaire, and Instructors: Brian Johnston, Gerry Hirose

After practicing eddy turns for an hour or so, with a few capsizes, we decided to call it a day. Everybody was wet and cold, and it was getting windier. Brian summed up the day as an 'environmental'. We agreed to meet at a different place the next day.

The following day, we met at Farmer's Rapids on the Whitemouth River close to Elma. This set of rapids is a lot smaller, with a lot less water volume than Manitou, but more technical. Gerry and Brian went over what we had learned the previous day; we had the opportunity to practice in a different place under different conditions. After lunch, they taught the last required lesson, which is the front surf. To surf a canoe, you must first find an acceptable

wave. The ideal wave is one that curls back on itself with some force; it is generally found on the downstream side of a partially submerged rock or ledge. The idea is to place the canoe at the midpoint between the stern and the bow on the part of the wave that is curling back, and the force of the water that is looping back will hold the canoe on the wave. As we soon found out, it is easier to get on a surfing wave than it is to get off. One way is by sideslipping off the side of the wave. This can be dangerous if the bracing strokes that were taught previously are not firmly rooted in the psyche, because the first thing that the canoe wants to do when you sideslip off the

wave is to spin sideways and flip over. The only way to not flip is to brace your paddle on the far side of the wave until the canoe drifts slightly downstream, and then you can spin and carry on down the river. Only one canoe flipped while practicing surfing (yard sale!).

So that was the Moving Water Level A course of June 2002. I learned a lot and had fun and made some new friends. Two of those stu-

dents are now on the board of Paddle Manitoba, and some of us in the course are active in the paddling community in varying ways. It was a great experience. Brian and Gerry should be commended for their patience and ability to convey a difficult topic simply and sensibly. They can paddle, too!

I would suggest that anyone interested in whitewater, whether for tripping or for playing, take this course. You can learn a lot from books, and from trying things out yourself, but nothing beats instruction from a professional. I know it was an invaluable experience, plus I made some really great friends out of it.

paddle manitoba courses schedule 2003

Certified Instruction: All Paddle Manitoba courses are taught by instructors certified by the CRCA.

Safety First: Properly fitted, fully secured PFDs must be worn by all participants while on or near the water.

Flatwater - General Information

All flatwater courses are held at La Barriere Park on Waverley Street, south of the Perimeter on the La Salle River. Each course requires a minimum of 4 students. A second instructor will assist the instructor if the student/instructor ratio exceeds 10:1. All equipment (canoes, paddles, PFDs) provided.

Flatwater Tandem & Solo Courses

FW A/B/C/D = Flatwater Canoeing Levels A, B, C, or D

Length: A, B, and C are 4 hours, D is 6 hours, combined A/B or C/D are 8 hours

Prerequisites:

FW A - No previous experience required - for someone who has not paddled stern.

FW B - FW A, or equivalent - for someone who is comfortable in a canoe and wants to learn more.

FW C - FW B, or equivalent - for someone who has paddled stern in a canoe and wants to hone their skills.

FW D - FW C, or equivalent - for someone who has tried solo paddling and wants to hone their skills.

Dates:

FW A	FW B	FW C	FW D
May 12	May 14	May 15	June 28
May 24 (A/B)	May 24 (A/B)	June 5	July 5 (C/D)
June 2	June 4	June 12	Aug 23
June 9	June 11	June 19	
June 16	June 18	June 26	
June 23	June 25	July 3	
June 30	July 2	July 5 (C/D)	
		Sept 20	

Fees: Single class (A/B/C/D): **\$45** for PM members
\$65 for non-members
Double class (A/B; C/D): **\$75** for PM members
\$95 for non-members



Photo courtesy of Maureen Frolick

Moving Water - General Information

Moving Water courses will be run at various rapids on different rivers, depending on the instructor and water conditions. Each course requires a minimum of 4 students. A second instructor will be added if the student/instructor ratio exceeds 5:1. All participants must supply their own equipment, gear, etc, as recommended in the course registration information.

Moving Water Tandem Canoeing Course

MW-1A = Moving Water Canoeing Level 1A

Length: Two days or approximately 16 hours

Prerequisites: Flatwater Level C certification or equivalent.

Dates: Weekends of May 31 & June 1; June 7 & 8;
June 21 & 22; or June 28 & 29
OR Sat. May 31 & Sat. June 7

Fees: **\$140** - PM members; **\$160** - non-members

Women's Moving Water Course

MW-1A = Moving Water Canoeing Level 1A

Length: 2 days, approximately 16 hours

Prerequisites: FW Level C certification or equivalent.

Dates: Weekend of May 24 & 25

Fees: **\$140** - PM members; **\$160** - non-members

Solo Moving Water Course

MW-1B= Moving Water Canoeing Level 1B

Length: 2 days, approximately 16 hours

Prerequisites: FW Level D certification or equivalent.

Dates: Weekends of June 14 & 15; June 21 & 22;
or June 28 & 29

Fees: **\$140** - PM members; **\$160** - non-members

Fun Refresher Clinic

Already taken a Moving Water course? Why not sign up for a one-day safe and guided practice session?

Length: One day, approximately 6 hours

Prerequisites: MW1A or B certification or equivalent.

Dates: TBA. Call to sign up.

Fees: **\$50** - PM members; **\$70** - non-members

Other Paddle Manitoba Courses

Tripping

Canoe Tripping courses offered in July/August, date TBD.

Instructor Certification Courses

Dates:

Canoe Tripping Level II Instructor	May 20-30
Flatwater Instructor	May 15-19
Lakewater Instructor	Contact Wildwise
River Rescue Course or Clinic	Date TBD

Note: If anyone is interested in any of the instructor certification courses, please contact Gerry Hirose for details.

How to Register

1. Fill out the forms on the Paddle Manitoba website or contact Paddle Manitoba or Gerry Hirose, or Brian Johnston (for Moving Water) for forms.
2. Send completed forms to G. Hirose, 429 Oxford St., Winnipeg, MB R3M 3J1 with a \$25 deposit cheque or money order payable to Paddle Manitoba.
3. Pay the remainder of the fee on the date of the course.

Deposits are non-refundable unless the course is cancelled due to environmental, safety, or instructor absence, or unless the student provides proof of illness or emergency (e.g. bereavement). The student must advise the Course Director 24 hours prior to the course if he/she cannot attend the course in order to be eligible for a refund.

IMPORTANT:

Scheduled Course dates may be subject to change based upon participation. If dates listed are not suitable, contact Instruction Chair, Gerry Hirose, for alternatives.

See the June issue of *The Ripple* for more courses.



Photo courtesy of Maureen Frolick

Other Organizations' Courses

(CRCA Certified Instructors)

WAVpaddling will be running the following whitewater and kayaking courses this summer:

River Kayaking - weekend
Whitewater Kayaking - weekend
"Welcome to Sturgeon" Big water weekend at Sturgeon.
Swift Water Rescue Course
"Surfs Up" Surfing Clinic - day clinic
CRCA Flatwater Kayaking Instructors Course
Private Weekend Course - Book 5 together for a private course.
Private Instruction Available
Other specialty courses to be announced.

For course dates and details, please visit their website at www.wavpaddling.ca or contact them at yak@wavpaddling.ca or 204.775.1124 ext. 1.

University of Manitoba Outdoor Recreation Services

offers kayaking courses. Contact Phil Hossack for dates and details at hossack@mts.net

instruction

corner

with Gerry Hirose

It's that time of year when paddlers are itching to get back on the water. For hard core paddlers any stretch of open water is an opportunity to get the rust out of the paddling strokes.

Unless you have arranged pool time to paddle, a way to get those muscles in shape is by performing sit ups and crunches for the stomach muscles, back arches for the back, push ups and dips for the arms and chest. Cardiovascular fitness can be gained by activities such as running, swimming and x-c skiing. Don't forget to ease into the exercises and stretch your muscles, especially, after the workout.

A caution if you are paddling outdoors early in the season, dress appropriately. This means dry or wet suits and fleece.

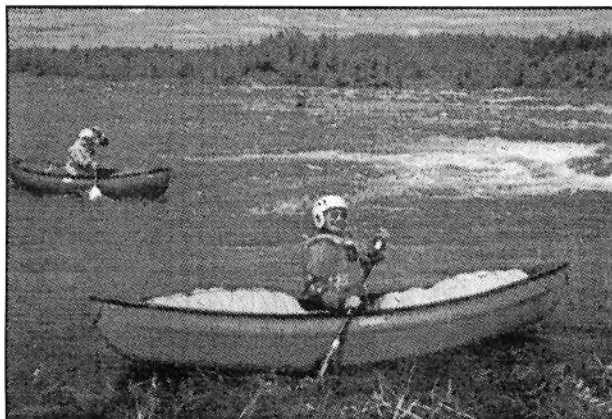


Photo courtesy of Maureen Frolick

Hayes How To (cont'd from page 1)

Gear Tips - We used a sixteen foot Royalex NovaCraft Prospector which provided adequate stowage for gear. Although the trip is primarily flatwater, you'll be thankful for the Prospector lines when pounding across the heavy seas of a windy lake. Sure, a Kevlar boat offers faster travel under ideal conditions, but the peace of mind that comes with Royalex is worth it for those big rapids that you will want to shoot.

We didn't bring a spray skirt and there are very few times when a skirt is actually needed. You may want to bring it along for those windy lake days and Hell's Gate, but otherwise it is not necessary and only adds more to weight to carry.

Bring at least one whitewater paddle and one lakewater (beavertail, bent shaft etc.). We also brought a couple of plastic/aluminum paddles for insurance. Again, remember the trip is primarily flatwater with no current, so prepare for some long days of toil.

In addition to a tent, a couple of tarps make for good windbreaks and cooking shelters. You may be rained in for a day or two with little to do but make yourself comfortable. N.B. Spend the money for a quality bugshirt. More on this under 'Bugs'.

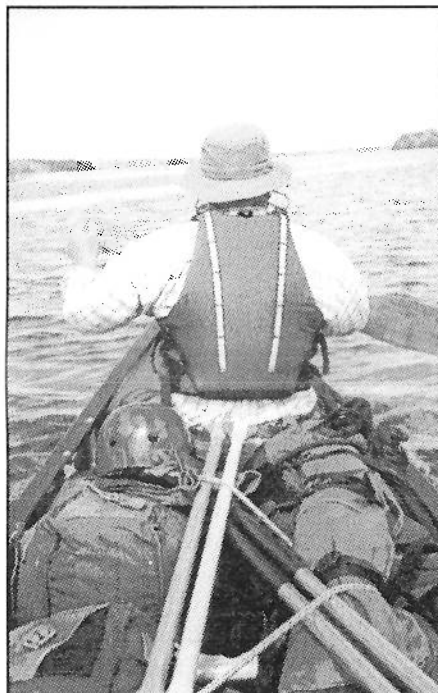
Food - The subject of campfire cooking has been covered in a myriad of books, but here are a few points to consider. Don't be afraid to bring plenty of ice and fresh food in a disposable container in addition to what is in your packs. The first four days between Norway House and Robinson Falls contain only two small portages so treat yourself to the good stuff. The Northern Store in Oxford House offers all the amenities and represents the half-way point of the trip. From here, you can make calls home and even the most diehard backcountry aficionado will want to stop for ice cream after a hot day's paddle. A tuck shop at the Knee Lake Lodge carries fishing gear and sweets (the beer is for guests only).

We planned our meals to include a couple of extra days rations. This is important, especially in case you get

weathered in at York Factory at the take-out. Include plenty of light snacks for lunch, as often you will not wish to break when the weather favours you or the current is strong. A good Merlot helps with the bug problem: after three of four glasses you won't notice the bugs as much.

COST OF FOOD: \$350.00

Bugs - We left on June 7th and for six days not a bug was to be seen. No problem, we thought - we were wrong. By June 13th we were in the midst of black fly season with a supporting cast of mosquitoes. Bugshirts are required - or repellent - in camp, but the river was



mercifully free of insects. We chose not to use bug spray, but alone it is insufficient, and the bug shirts are cleaner.

The Put-In - In the past, many travelers took the train or drove to Thompson and engaged the services of North River outfitters to transport them to Norway House. This company is no longer in service and the whole set-up was expensive and cumbersome. We hired a friend to drive our vehicle to the put-in and return it to Winnipeg. If you are from out of town, Paddle Manitoba will assist in finding someone to do the job for you.

The trip up Highway 6 is paved

until the junction with Secondary Road 373, which is gravel. This road requires extra care when wet. We traveled at night and the total journey took us eleven hours including a long wait for the ferry.

If you don't wish to explore the history of Norway House then put in at the Sea River Falls Ferry and take thirty km off your trip. By doing this, you miss the falls which provide the first taste of whitewater fun. For those intent on the full York Boat experience, put in at the Depot in Norway House and visit some of Manitoba's oldest buildings.

Cost of Trip to Put-In at Norway House (Including Gas, Driver, and Breakfast): \$200.00

Navigation - It goes without saying that maps are essential to this journey, but they can be expensive. We purchased a large scale map of northern Manitoba in case things went really wrong and for interest's sake. For daily navigation, we photocopied the river sections of the 1:50,000 charts to which we affixed the relevant portions of Hap Wilson's guide and then map-tacked the whole lot. This saved a fair amount of money and the concern of keeping bundles of maps dry. We did bring along a GPS, which was definitely not required, but quickly settled any map reading debates and helped with the daily log. Take into account that after Whitemud Falls the river flows at a rate of at least ten km per hour.

Cost of all Maps and Books: \$90.00

Portages and Rapids - The portages of the Hayes are not onerous, the longest being 1300 meters and many not more than simple carry-overs. However, a few of the routes lie over boggy terrain and require patience and time. Overall, the portages were much better than expected, and are well identified in *Wild Rivers of Manitoba*. Mr. Wilson does an admirable job of recording the rapids of the Hayes, but varying water levels mean that you'll want to scout all but the obvious Class I - IIs.

Security - By traveling in June we avoided most of the threat of Polar Bears, who are still on the ice floes hunting seals at that time. Nevertheless, protection from these animals must be car-

ried, and we opted for a firearm rather than bear spray or poppers, also effective deterrents. The bears start to move inland by July, but do not usually range more than 100 km from the Bay. Take no chances and phone Parks Canada in Churchill before you leave for a bear briefing. On the other hand, don't let fear ruin your trip - remember that no canoeists have yet to be attacked by polar or black bears on this trip.

Communications - We did not bring a satellite phone on the trip, but you may feel it is necessary. There are payphones at Oxford House and an emergency phone at the lodge on Kneee Lake. Bring some cash to pay for the use of the satellite phone at York Factory in order to call for pick-up. \$20.00 will get you a short call home and a flight out.

The Take-Out - The take-out at York Factory is unique. From June to October this National Historic Site is manned by Jim and Betty who spend the winter as Manitoba's most successful trapping team. Both are in their seventies and when you see them manhandling their dock into place you'll know that turning forty ain't no big thing. Upon reaching York Factory you are required to stay indoors because of the proximity to the Bay and thus Polar Bears. This can be accomplished by phoning the Silver Goose Lodge (a 1000 meters walk from the park) and reserving accommo-

dation. Early in the season, the lodge may not be open so you'll have to stay in the Parks Canada bunkhouse. Ensure you phone Parks Canada at Churchill to register your estimated arrival date and learn the local news.

Cost of Accommodation at Silver Goose Lodge (when available): \$50.00

Cost of Satellite Phone Calls at York Factory: \$20.00

There are two ways out of York Factory: by boat and by air. It is too dangerous to paddle up the Nelson or along the Bay. The boat service to Churchill is no longer available and the costs of flights to that locale are prohibitive. During July and August it is possible that Ed Zielinski of Gillam may pick you up by jet boat for roughly \$700.00 but his schedule will dictate. The most common escape is courtesy of Gillam Air who operate a Cessna 185 floatplane, and an Islander for bigger parties (there is an airstrip on the island across from York Factory). The flight to Gillam takes approximately one hour and affords a stunning view of the Nelson Hydro projects.

Cost of Flight from York Factory to Gillam including canoe: \$1170.00

Home - From Gillam the most cost effective and enjoyable way back to Winnipeg is by rail. The morning train takes roughly twenty hours to reach its

final destination, with stops along the way, including Thompson and The Pas. Sleeping rooms are available but expensive, and we spent plenty of time in the restaurant car recalling stories and meeting new people. For those with the money and time, a side trip north to Churchill presents an opportunity to explore the rich history of Hudson's Bay

Cost of Train from Gillam to Winnipeg including canoe freight: \$349.00

The Hayes is truly a wilderness river whose character and condition make it accessible to paddlers ready to take their first great adventure. Rather than expert whitewater skills, your most important assets on this trip are patience and solid backcountry experience. Don't be afraid to bring the creature comforts as the portages present no great labour. In general, long stretches of lakes are punctuated by some outstanding moving water and beautiful views. A river that all can enjoy, the logistics of the trip should be of small concern with a little foresight and planning.

Total Cost of Trip for Two (not including gear): \$2,229.00

Value of your first glimpse of York Factory: Priceless

For a list of contact names and numbers call the author at 257-5374



membership renewal time!!

Many of your memberships
will have expired in
December 2002.

If you have not already
done so, please mail in
your renewal form
(page 21) with your
cheque.

Thank you.

update

Manigotagan River Management Plan good news for paddlers!

On September 26, 2002, in response to community requests for additional opportunities for public review and comment, the Manitoba government announced the extension of the Manigotagan River Park Reserve for an additional 5 years. Earlier this year, Manitoba Conservation released a newsletter that summarized the results of initial consultations and proposed new park boundaries, park purpose statements, and proposed land use classifications.

Contained within the newsletter is a proposal to extend permanent park status to the river corridor. Also proposed is an expansion of the current 250 m buffer to 750 m from each bank. Most of the park will receive a Backcountry Land Use designation to protect water quality and maintain the range of natural, cultural and recreational values along the river. This land use designation does not permit logging, mining, or hydro-electric development to occur within park boundaries. A Recreational Development Land Use category is proposed for an existing mining claim at Turtle Lake.

Specifically, the proposed park will:

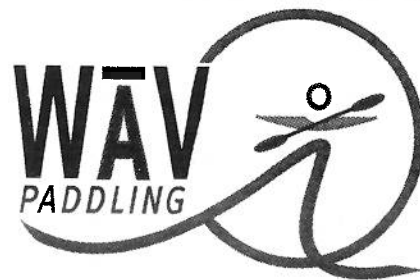
- ♦ Provide a backcountry setting for activities such as canoeing and traditional and cultural activities that depend on a largely undisturbed environment;
- ♦ Preserve the Manigotagan River's aquatic and shoreline habitats;
- ♦ Promote public appreciation of the natural and cultural values of the Manigotagan River corridor and emphasize the need to respect and maintain the river's values and water quality;
- ♦ Be managed in a manner that will recognize and respect treaty rights and the goals and values of regional communities through a meaningful consultation process to be developed between government and a committee of residents of the Manigotagan, Seymourville and Hollow Water area.

The stated primary purposes of the park are to maintain the backcountry canoeing experience along the Manigotagan River, preserve the river's water quality and protect the intact natural condition of areas representative of the Lac Seul Upland portion of the Precambrian Boreal Forest Natural Region.

For more information, phone or e-mail Rick Wilson at (204) 945-4365 or 1(800)282-8069 ext. 4365 (toll free); rickwilson@gov.mb.ca, or visit the Parks website (www.manitobaparks.com).

Parks Watch Wants YOU!

Manitobans are invited to join a new ParkWatch program organized by the Canadian Parks and Wilderness Society. The program aims to build a network of people who want to be involved in protecting the health of Manitoba parks. Information sessions and a slide show will be held on March 13 at 7 p.m. in the Centennial Library auditorium. For more information, phone 949-0782 or e-mail Parks@cpawsmb.org



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!"

East Side Planning Hits Full Stride

by David Howerter

With the recent striking of the East Side Advisory Committee, the East Side of Lake Winnipeg Broad Area Planning Initiative has hit full stride. In August 2000, the government initiated broad area planning for the region east of Lake Winnipeg. This area, bound by the east shore of Lake Winnipeg and the Ontario border and well known to many Paddle Manitoba members, is perhaps the



largest region of intact boreal forest left on earth (Figure 1). The planning initiative was undertaken in recognition of the uniqueness of this area and will bring together local communities, First Nations, industry, and environmental and recreational organizations in an attempt to arrive at a common vision for this area.

To date, a preliminary round of consultations (Phase 1) has been completed and a draft report has been produced. One of the recommendations flowing from Phase 1 was that an East Side Round Table be established to advise government on the establishment of land use zones within the East Side planning area based on the following fundamental principles:

- ♦ Maintaining the ecological integrity and biological functions of the boreal forest within the planning area.
- ♦ Respecting and advancing the social, economic, cultural and traditional needs of First Nations, Metis and other communities located within the planning area.
- ♦ Recognizing, affirming and be in compliance with treaty obligations and Aboriginal rights.

Advising the Round Table are a First Nations East Side Council and an East Side Advisory Committee. The components of the plan will include, at minimum:

- ♦ a vision for the planning area
- ♦ goals and objectives based upon the needs of the area
- ♦ background and history on land and resource use including traditional land use of the area
- ♦ ecosystem, land use and resource management principles and/or codes of practice
- ♦ a land use zone map with policies and/or guidelines for each zone
- ♦ a summary of input received from the advisory committees and consultations and how it is considered in the plan
- ♦ identification of incompatibilities with existing policies or lack of policy
- ♦ guidelines for reviewing future proposals in the area
- ♦ procedures for the regular review and amendment of the approved plan
- ♦ a glossary of significant resource allocations, licenses, permits and any other allocations and the issuing body.

The East Side Advisory Committee held its first meeting on 17 February 2003. With a target deadline of June 2004 for the final plan, there is much to do in a short amount of time. Paddle Manitoba is represented on the East Side Advisory Committee. If you have questions or concerns, please contact David Howerter (paddledwh@hotmail.com).

For more information please see the dedicated website hosted by Manitoba Conservation: <http://www.gov.mb.ca/conservation/eastsideplan/index.html>.

Calendar Photo Contest

The Manitoba Recreational Trails Association is sponsoring a calendar photo contest. We are searching for images depicting the Trans-Canada Trail in Manitoba. The Trail in Manitoba is stewarded by 17 trail associations, covering 1,260 kilometers. We are looking for images from all sections, in all seasons, with an emphasis on geographic diversity.

Eligible entries may be on colour slides, 8 X 10 colour prints, or in digital format, provided they have been taken with at least a 3 or 4 megapixel camera.

The deadline for submission of photos will be **August 30, 2003**. For further details or trail information, contact the MRTA office at: Tel: 786-2699, Fax: 945-1365, Email: mrta@mts.net; Web: www.mrta.mb.ca



Mantario Trail, Big Whiteshell Lake - the editor in pre-canoe days.

And the Winners are...

The following winners have been selected for the 2003 WATERWALKER National Film Tour in cities throughout Canada and the US. A number of these films will be screened at Manitoba's festival (see page 10 for details).

action category

Winner: *Riversense*, Kate Geis, TVGEIS;
Honourable Mention: *The Perfect Wave*, Paul Chapman, Crowsong Digital

adventure category

Winner: *Surfing the Seal*, Christine Persaud, Productions Papillons Lunaires

environment category

Winner: *The Thelon*, Stephen Hurlbut, Flying Squirrel Productions

heritage category

Winner: *Jewel of Ontario - The Petawawa River*
George Drought, Wilderness Bound Video Productions

instructional category

Winner: *The Kayak Roll*, Kent Ford, Performance Video;
Honourable Mention: *Liquid Skills*, Ken Whiting and Chris Emerick, Heliconia Press

safety category

Winner: *National Paddlesport Safety System - Coastal Kayaking*, US Coast Guard and the American Canoe Association in conjunction with Performance Video;
Honourable Mention: *Survivor Man*, Les Stroud, Wilderness Spirit Productions

music category

Winner: *Canoe Discovery*, S. Tanguay and Stéphane Labelle
Honourable Mention: *White Water Man*, Dan Burnett

amateur category

Winner: *Paddling with the Past - Sea Kayaking in Greenland*
Richard Alexander, The Newfoundland Kayak Company;
Honourable Mention: *The Spanish River*, Steve Moss

what not to do in a canoe

.....as illustrated by cow and pig

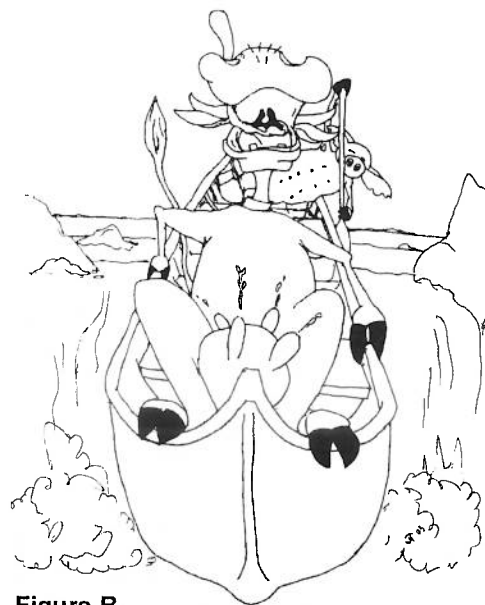


Figure B

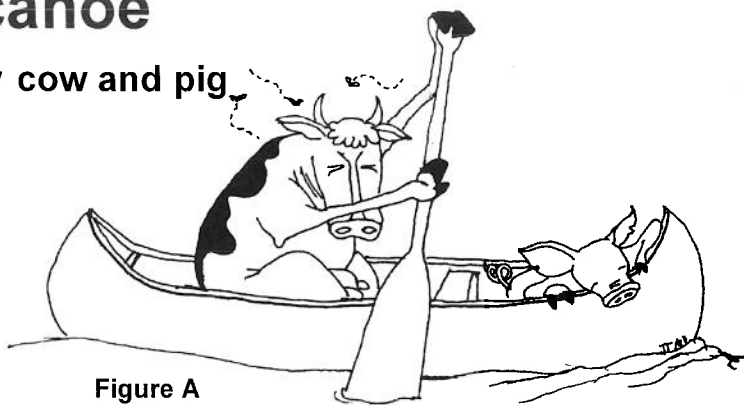


Figure A

Figure A:

Not so much wrong technique here, though pig should watch how far he leans. But cow is not likely to partner with pig again. Ask yourself why.

Figure B:

Alright, so pig was better suited to inactivity than to paddling stern. However, cow is utterly lacking in self composure.

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

Cartoon courtesy of John Tanasiciuk.

Tuesday Evening & Sunday Afternoon Paddles

Over a number of years, Paddle Manitoba has run recreational paddles on the La Salle River at La Barriere Park on Tuesday evenings and Sunday afternoons. These paddles have allowed paddlers to meet and socialize with others of similar interests, pick up new skills, and enjoy some quiet paddling time close to Winnipeg. This year, like last, Sunday afternoon paddles will periodically be organized on one of the various rivers around Winnipeg, giving participants the chance to enjoy some of Winnipeg's most valuable outdoor resources.

Every paddle is run and organized by certified instructors. While not a course, the instructors will assist other paddlers, help beginners and novice paddlers to pick up new skills.

These sessions may only be an introduction to recreational paddling. If you are interested in pursuing more formal paddle instruction, then you may want to consider one of the CRCA Flatwater or Moving Water courses offered by Paddle Manitoba (formerly MRCA). Some course instructors may request that you have your paddling skills assessed at a Tuesday or Sunday paddle. Please notify the leader when you register if you need to be assessed.

You must phone the leader/instructor ahead of time, preferably several days in advance, to register. The event will run unless you are called by the leader or another Paddle Manitoba representative and advised that it has been cancelled.

Paddle Manitoba holds no responsibility for cancelled courses. The Tuesday evening paddles are very popular; if you

show up and have not registered ahead of time, you may be sitting and watching from the shore.

Participants are expected to supply their own refreshments, transportation, clothing (a change of clothing left in your car), mosquito repellent, hat, etc... Paddle Manitoba provides canoes, paddles and Personal Floatation Devices (PFD) for the Tuesday events. You may bring your own equipment, in which case you will not be required to pay any fee, but your donation will not be turned down.

Everyone must sign the Paddle Manitoba waiver/informed consent prior to the start of the event. During the paddle, all participants must wear a properly fitted PFD.

TUESDAY EVENING PADDLES

Time:	TBA (Contact Charles)
Location:	La Barriere Park on the La Salle River
Contact:	Charles Burchill (204) 453-5374
Register:	Advance registration is required, as canoe availability may be limited.
Cost:	\$1 PM members; \$3 MNS members; \$5 others; free if you bring equipment

SUNDAY AFTERNOON PADDLES CALL FOR INFORMATION

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



calendar of events spring '03

WATER WISDOM SPEAKERS SERIES

The year 2003 is the International Year of Freshwater and Water Wisdom. "Making Waves: Water Wisdom for the Prairies" is a public event designed to give people an opportunity to hear from ecologists who will speak about freshwater in the prairie region. The two remaining speakers/presentations in this series are:

Dr. Hans Schreier, University of British Columbia
"Clean Water: Reconciling Urban and Agricultural Expansion"
Tuesday, March 4th, 2003

Dr. Gordon Goldsborough, University of Manitoba
"The Spirits' Narrows: The Lament of a Late, Great Lake"
Tuesday, March 18th, 2003

Each presentation will be at 7:30 p.m. in the Forrest Nickerson Theatre at the Deaf Centre Manitoba (285 Pembina Hwy). Admission: \$5 per evening. Tickets are available at Mountain Equipment Co-op (303 Portage Ave.), McNally Robinson (Grant Park) and Manitoba Eco-Network (2-70 Albert St.). For more information, contact Water Wisdom at (204) 955-4703 or visit our website www.waterwisdom.ca.

WATERWALKER FILM FESTIVAL

Sunday, March 16, 10:00 a.m. at the Base Theatre
See page 10, this issue for details.

MULTIMEDIA SLIDE SHOW

Tuesday, March 18, 2003, 7:30 p.m. at MEC, 303 Portage Avenue, Winnipeg, MB. Cost: FREE.

MEC Winnipeg welcomes presenter Laurel Archer, a wilderness canoe guide in Northern Saskatchewan, who has lived and paddled there for 12 years. She has canoed or kayaked most of North America's major rivers, as well as rivers in Costa Rica, India, and Malaysia. The slide show will be followed by a question and answer period. For more info. Email: lbrydon@mec.ca or phone: 204-943-4202.

CANOE & KAYAK OPEN HOUSE

June 1, 2003, at 80 Churchill Drive (next to Churchill High School) hosted by the Manitoba Canoe and Kayak Centre and the Manitoba Paddling Association. The open house will feature the Manitoba School Dragon Boat and Kayak Challenge, along with the Dragon Dance and launching of the Chemo Savvy Breast Cancer Team's dragon boat. As well, there will be a canoe and kayak swap and shop, offering canoes and kayaks of all types to be bought sold or traded. There will be canoe and kayak demonstrations as well as informational tours on the Manitoba Canoe and Kayak Centre. The open house

lasts from 9:00 AM until 4:00 PM and is a great time for all. Please contact the club for more information at 284-4646 or the MPA office at 925-5681.

CPAWS RUN & WALK FOR WILDERNESS

Sunday, June 1, 2003 at Assiniboine Park
10K race (an Athletics Manitoba's Timex Series race), plus 5K fun run and 3K walk. As usual, plenty of great draw prizes! Registration forms available through CPAWS. Contact: info@cpawsemb.org or call 949-0782 for more information.

PADDLE MANITOBA BBQ!!!

Friday June 6, 2003, 6:00 p.m., at LaBarriere Park.
Canoe races and contests for prizes. Hamburgers, hotdogs and a juice or pop will be included in the \$5 admission price.

RIVERS DAY REGATTA

Sunday June 8, 2003 (Details TBA as yet)
Paddling activities, and other activities raising awareness for the importance of rivers in our City and Province.

MPA 1ST ANNUAL DRAGON BOAT RACES in support of CHILDREN'S CHARITIES

July 18-20, 2003, at the Forks.
Approximately 100 teams will compete in the weekend event. The goal is to raise over \$100,000 dollars for CancerCare Manitoba (Pediatric Oncology), The Rainbow Society and KidSport Manitoba. The event will feature a weekend filled with food, festivities, entertainment and great dragon boat racing. For more information please call the Manitoba Paddling Association office at 925-5681.

CPAWS BOREAL RENDEZVOUS 2003

A Celebration of our Great Northern Rivers, Summer 2003
The Boreal Rendezvous is intended to inspire Canadians to protect Canada's boreal forest from coast to coast. CPAWS is organizing seven teams of Canadians, each 10-12 people strong, to paddle some of Canada's most magnificent and treasured rivers: the Coal, Dease, Nahinni, Athabasca, Churchill, Sturgeon Weir, Berens, and Moisie. Expeditions will take place throughout the summer. At the end of each, CPAWS chapters will host local celebrations with music, entertainment and celebrities. One event is tentatively planned for Winnipeg in mid-August at The Forks. Acclaimed Canadians will join the paddlers along the route (including: Rebecca Mason, Veronica Tennant, Tomson Highway, Dr. Wade Davis, James Raffan, and Dr. David Suzuki). Participants from all the expeditions will meet in Ottawa in early September for a national celebration. The Boreal Rendezvous is sponsored by MEC. For information on CPAWS national boreal campaign, visit www.cpaws.org/boreal.

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 Corporate Members (\$30/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

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

Atnikov Therapeutic Massage, 203-900 Harrow St. East,
Winnipeg, MB R3M 3Y7, Tel: (204) 798-1264, Email: mas-
sage@atnikov.com

Clearwater Canoe Outfitters, Box 3939, The Pas, MB R9A
1S5, Tel: (204) 624-5606, Fax: (204) 624-5467, Web:
www.mts.net/~rgallagh/clearwater

Fort Whyte Centre, 1961 McCreary Rd., Winnipeg, MB R3P
2K9, Tel: (204) 989-8355, Fax: (204) 895-4700, Email: educa-
tion@fortwhyte.org, Web: www.fortwhyte.org (contact person:
Ian Barnett)

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

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

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

Wave Track Canoes, 42C Speers Rd., Winnipeg, MB R2J
1M3, Tel: (204) 231-8226, Fax: (204) 231-8227, Email: wave-
trak@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

WILDS of Manitoba, Tel: (204) 334-3111, Email:
icanoe@wilds.mb.ca, Web: www.wilds.mb.ca

Woodland Caribou Provincial Park, Ontario Parks, Box
5003, Red Lake, ON P0V 2M0, Tel: (807) (807) 727-1329;
Fax: (807) 727-2861, Email: woodland.caribou@mnr.gov.on.ca

Paddle Manitoba Affiliate Members (\$25/year)

60th Winnipeg Scout Group, 227 Robindale Rd., Winnipeg,
MB R3R 1G9, Tel: (204) 837-4238, Fax: (204) 888-1168,
Email: fireproplus@compuserve.com

Camp Kooch-I-Ching, 230 Northland Blvd., Suite 206,
Cincinnati, OH USA, 45246, Tel: (513) 772-7479, Email:
office@koochiching.org, Web: www.koochiching.org

**RENEW YOUR MEMBERSHIP
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(204) 338-6722**

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



TO:

MARK YOUR CALENDAR!

Indoor Program:

Wednesday, March 19, 7:30 PM

Where the Heck is the Quioich River?

Join Gerry Recksiedler and Brian Johnson who will reveal the answer to this and other questions you may have on this pristine arctic river.

Wednesday, April 16, 7:30 PM

Fishing for Success: A primer on wilderness fishing

LOCATION: Officer's Mess at Kapyong Barracks

So much more than just big fish tales, Joel Hunt, Provincial Fish Habitat Biologist and Carl Wall, Angling Program Manager with Manitoba Conservation, give practical fishing tips tailored to the canoeing/kayaking crowd.

Wednesday, May 14, 7:30 PM

Soloing the Hayes: A personal journey on a historic Manitoba river

Bradley Bird shares the story of his solo paddle on the mighty Hayes River from The Pas to York Factory in July and August 1995.

Other Paddle Manitoba Events:

Sunday, March 16, 10:00 AM

WATERWALKER Film Festival:

LOCATION: Base Theatre, 680 Whytewold St, Winnipeg.

The best of the world's Canoeing and Kayaking films presented in memory of Bill Mason.

Friday June 6, 2003, 6:00 PM

Paddle Manitoba BBQ at LaBarriere Park.

Canoe races and contests for prizes. Hamburgers, hotdogs and a juice or pop will be included in the \$5 admission price.

NOTE: Unless otherwise noted, General Meetings are held at 7:30 p.m. at the Sport Manitoba building, 2nd Floor, 200 Main Street. Free underground parking, accessible from the north end of the building, is available. Please note that the Indoor Program will be changing from the Wednesday schedule in the Fall. Stay tuned.