

Summer 2003

Newsletter for Paddle Manitoba

(The Manitoba Recreational Canoeing Association)

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First Ever CRCA Flatwater Kayaking Instructors Course Brings Manitoba on Board with National Kayaking Standards

by Mick Lautt

We are pleased to announce that WAVpaddling and senior members of Paddle Manitoba's Instructional committee hosted a successful first ever CRCA flatwater kayaking instructors course this past May, in Winnipeg. After several years of active growth and change in the CRCA, our national governing body, we were finally able to cap off a four year effort in bringing national standards to Manitoba. Prior to this course, only two CRCA certified kayaking instructors were actively teaching in our province. By the time all candidates will have completed their practice teaching requirements this summer, we will have a total of 12 certified flatwater instructors in Manitoba. Having our Manitoba instructors certified in the CRCA standards will support the standardization of kayaking courses and skill levels providing consistency in the areas of safety, skill development, and course quality, which will lead to positive and safe learning experiences for students. This is the first step in a long term plan put forward by Paddle Manitoba's Kayaking Instructional Committee this past winter.

As course director, I would like to thank the three guest instructors and members of our instructional committee, whose contributions made for a more enriching learning experience for the

instructor candidates. Perry, Phil, and Brett, thanks so much for your time and contributions; we make a great team. I would also like to thank the diverse group of instructor candidates that took part in the course. Even with such differences in backgrounds, interests, and experiences, the one similarity that was shared by all was the great passion for teaching and kayaking as a lifestyle. Thank you all for your contributions as

we were all able to learn from each other, and push ourselves to that next level of instructor competency.

We are working hard to create and maintain a positive, community minded energy in the Manitoba Kayaking community these days and I look forward to being part of this movement for years to come.

"See you on the river!"

Photo courtesy of Phil Hossack



Photo: Teresa Davey demonstrates getting in and out of a kayak to her classmate instructor candidates. Eight candidates made up the first ever CRCA Kayak Instructor's course taught in Manitoba.

Mick Lautt is a CRCA certified Instructor Trainer and River 2 Instructor, the Owner of WAVpaddling, and co-chair of PM's Kayaking Instructional Committee. He represents Manitoba on the CRCA's national River Kayaking Instructional Committee, is a founding member of the Manitoba Whitewater Club, an active paddler, and new father. He can be reached at yak@wavpaddling.ca or 775-1124 ext 1.



(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.cerca.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 Fall (September) 2003 Issue

~ August 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

I'm pleased to report that it hasn't been as tough as expected to get some very nice photos from people (knock on a wooden canoe). However, other content is a chore. Where are you adventurous sorts with your trip reports? There's only a slow trickle of this material coming in, and some from a dedicated but soon to be overburdened few. So send in your stories and your lessons learned. I know how paddlers like to tell their (somewhat exaggerated) tales of adventure. So don't get modest on me now.

On a less nagging note, I hope you enjoy the Summer issue of *The Ripple*; more importantly, I hope you enjoy it on some lazy river somewhere or on breaks between your adrenaline rushes on the whitewater.

Now that the weather is treating us so kindly (although we're still wanting of water to keep our watercraft a healthy distance from the rocks and riverbeds) we're enjoying some out-

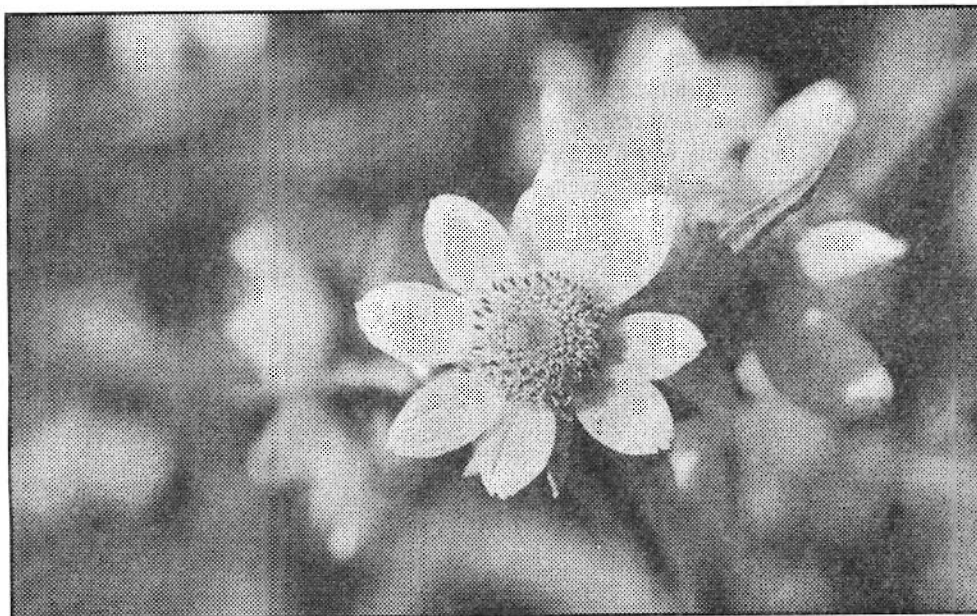
door activities. For me, that's meant a case of poison ivy. I hope you've fared better. There's a suggestion for newsletter content --send me a good description and photo of poison ivy for the next issue!

Paddle Manitoba has a few outdoor events for you to participate in this season. So check into the members' trips listings, Tuesday Evening Paddle information, and details on the PM Barbecue.

Now is the time for more instruction. We have a tip or two to provide in this issue, but think about some hands-on instruction as well (see page 12 - 14 listings for a start). There's no substitute for on the water experience (or *in* the water, as the case may be).

So until next time, enjoy the read and have a safe, active, restful and memorable summer everyone!

Photo courtesy of Chris Kiely



**Have you renewed your
Membership?**

**Mail in your renewal form.
(See Page 21)**

**Take a look at our newly
remodeled website**

www.paddle.mb.ca

board & members' business

notice board

market place

Members!

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

PLAY BOATS FOR SALE: 2 play boats. Asking \$1250 for Blast; \$300 for Ocoee; \$1400 for both. Shipping responsibility of buyer. (Likely to find driver to help transport.) Seller: Richard Harvey of Nipigon, Ontario. E-mail: icanoe@nwconx.net

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 Cam White at 257-5374.

New president

It was official at the April 16th members' meeting; Cameron White is now the president of Paddle Manitoba's Board of Directors. Cam has shown a decisive and proactive management style through his involvement as Public Affairs Chair. He led and contributed a great deal toward the success of such projects as the Waterwalker Film Festival, the redesign of the Paddle Manitoba website, the renaming of the association, the production of a new high quality brochure, and the Fall Wine and Cheese. And clearly he's not stopping there.

Congratulations Cam!

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 Cam White at 257-5374 (home) or Email: cwhites@mts.net



From left to right: Cameron White, Chris Kiely, Kathleen Ryan, David Howerter, Gisele St. Hilaire, Gerry Hirose, Karla Guyn, Jim Devries, and Dan Livingston.

The Waterwalker Film Festival -- March 2003 --

went off without a hitch, thanks to many dedicated volunteers, led by Cam White, active participation by several corporate members, and the patronage of some 200 paddling film enthusiasts.

Survivor Man was among the most popular films screened, while one or two duds were more quietly received, in keeping with our Canadianness. Several great door prizes were awarded and a silent auction sent some bidders home happy. Overall, we received good feedback on the event.

members' trips

June 27 - 30, 2003

Manigotagan Members' Trip & Moving Water Clinic

Join us for a trip down one of Manitoba's favourite Rivers. 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 information phone 257-5374 or visit www.paddle.mb.ca

Photos courtesy of Chris Kiely



Jeff and Katie, the 'poster children' for fun on the Manigotagan River.

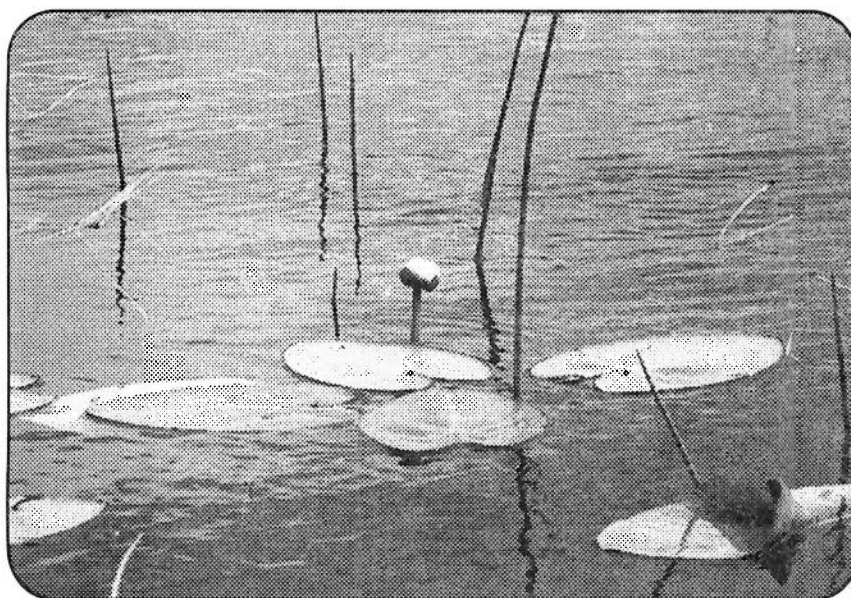
August 30 - September 1, 2003

Experimental Lakes Flatwater Trip

Paddle Manitoba is organizing a members' canoe trip along the Stewart Lakes loop in the Experimental Lakes Area of Northwestern Ontario during the Labour Day long-weekend, August 30 to September 1.

The Upper and Lower Stewart Lakes are found just south of the Trans-Canada Highway about an hour east of Kenora. The crystal clear spring fed waters of these relatively small lakes makes ideal canoeing for novice canoeists and families. Three other lakes make up the loop, Geejay, Manomin and Winnange Lakes. The entire loop is less than 30 km in length, allowing for a fairly leisurely paddle in three days. The four portage trails are generally in good condition with the shortest being 175 meters and the longest 500 meters. In the middle of the loop, on Manomin Lake, there are some very nice campsites that can accommodate large groups. Come join us on what promises to be a wonderful trip, bringing to a close the summer paddling season.

For more information or to sign up, contact Yves Brunel (Phone: 231-00951; E-mail: ybrunel@merlin.mb.ca)



Lillies on quieter waters of the Manigotagan.

Bill Mason Scholarship Fund

As a tribute to the late Bill Mason, the Canadian Recreational Canoeing Association established the Bill Mason Scholarship Fund, with the permission and input of the Mason family. The fund awards \$1,000 to a worthy outdoor recreational or environmental studies student at a Canadian college or university. Applications for each academic year are accepted annually by the CRCA until October 15th of each year. For details on eligibility criteria and the application process go to: www.paddlingcanada.com/scholarship/

social program summer'03

Last One Outdoors Turn off the Lights!

Every Spring, Paddle Manitoba moves its Social Program from indoors to out. So it's time to trade in the projectors and pointers for paddles and PFDs! The Indoor Program will return in September.

Schedule Change

In September 2003, Paddle Manitoba will change the schedule of the Indoor Program from the second Wednesday to the **THIRD THURSDAY** of the month. So pencil us in and look for further details in the September issue of *The Ripple*.

Programming Poll

Our new program coordinator, Gisele St. Hilaire, has begun making plans for our Fall program -- which will include some surprises. As we paddlers are a democratic lot, the program will also depend on **YOUR INPUT**. So cast your vote on which two topics among the following options you would be interested in seeing. Other ideas are also welcome.

- ♦ Paddle repair workshop
- ♦ Canoe repair workshop
- ♦ "Rigging a tarp anywhere" workshop
- ♦ Birding for boaters
- ♦ Edible mushrooms
- ♦ Edible plants and berries
- ♦ Weather Reading
- ♦ Hypothermia
- ♦ Photography for paddlers
- ♦ Methods of packing
- ♦ Equipment "show" (What equipment would you like highlighted? E.g. campers' kitchen, paddles, shelter, packs)
- ♦ Another fishing night like this year's but focusing on another species, e.g. Lake Trout (instead of Pickerel)

Forward your response to Gisele St. Hilaire by
July 15th (E-mail: sthroe@mts.net; Phone:
774-3512).

Tuesday Eve Paddle Is Back!

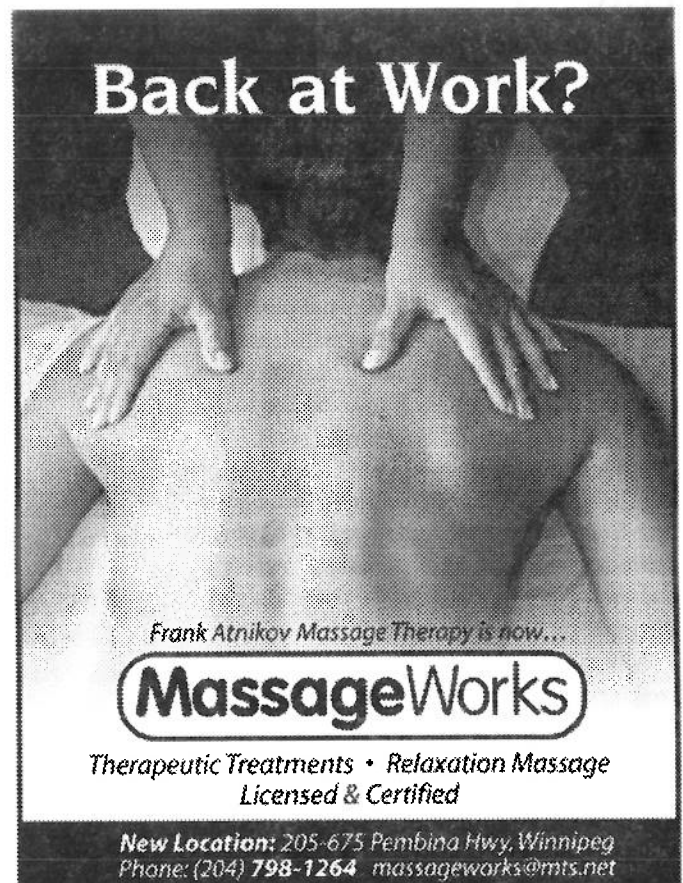
Join instructor Charles Burchill for a social introduction to canoeing or meet other paddlers and enjoy a evening cruise on the La Salle River. Meet at the entrance to La Barriere Park at 7:00pm June through August. If required, canoes may be rented for \$5.00, \$1 for Paddle Manitoba members, \$3 for MNS members -- but you must **PRE-REGISTER FOR RENTAL**. Non-members are welcome. Contact Charles Burchill (204) 453-5374 to register for rental, or for more information.

Paddle Manitoba Barbecue

Friday June 6, 2003, 6:00 PM

Location: LaBarriere Park

Meet new members and reacquaint yourself with other paddlers. Bring the family! Enter canoe races and contests. Some great **PRIZES**, as well as invaluable bragging rights, will be at stake. Hot dogs, hamburgers and a juice or pop will be included in the **\$5 admission price**.



Back at Work?

Frank Atnikov Massage Therapy is now...

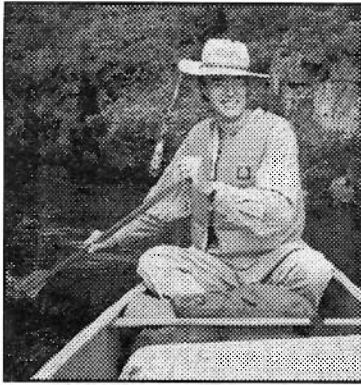
MassageWorks

Therapeutic Treatments • Relaxation Massage
Licensed & Certified

New Location: 205-675 Pembina Hwy, Winnipeg
Phone: (204) 798-1264 massageworks@mts.net

view from the stern column

By B. Curtis Bird



Bird on Caddy Lake
Photo courtesy of Maureen Frolick

'Adventure' doesn't have to be a dirty word

The word "adventure" is bandied about a lot these days by travel magazines and tourism operators out for your hard-earned buck. But like the starry-eyed boys who flocked to military enlistment depots in 1914, we

sometimes fail to appreciate the full meaning of the word. As canoeists and kayakers, we could do worse than think of adventure as what happens when things go wrong.

If you're like me, the glory of a canoe trip is in just getting out there, whether it's an hour on the La Salle or a six-week trip from The Pas to York Factory. Unplanned swims in icy water, endless nights in a leaky tent, rationed meals of spaghetti and peanut butter (quite tasty, actually) - these may spell "adventure," but I'd rather be warm, dry and well fed, thank you very much.

Here are three proven ways to help you avoid such unpleasantness on your next trip.

1. Beware of shortcuts. They may work on paved roads, but seldom do in the wilderness. Walter Koshel of The Pas and I took a two-day trip into the Saskeram Marsh west of that town some years ago, and I still laugh about our "shortcut." It was late in the day and we were both a bit weary; the island Walter intended us to camp on never appeared and night was falling.

"Let's take a shortcut," he announced. We cut through some cattails and quickly found ourselves in shallower water than even the canoe could handle. The muddy bottom held us tight; one of us had to get out and pull. It was pretty ugly, but Walter fortunately had a good sense of humour. (I had images of The African Queen going through my head as he trudged through the gook.) We finally found our island.

Another time, Mark Bergen and I were paddling south on the Mississippi, on a wide part of the river south of St. Louis. The map showed an island coming up and a way to pass on the north side of it instead of following the much longer proper route to the south. We'd save at least a mile's paddling.

"Hey Mark, feel like taking a shortcut?"

Pensive pause. "OK."

We steered to the right toward what looked like a calm stretch. Unbeknownst to us, an underwater wing dike lay ahead. These human-made structures helped to keep the water deep in the main channel for barges. As well, however, they

created turbulence that sometimes spawned whirlpools.

Mark saw it first and let out a howl. He drew us sharply to the left and I paddled hard in the stern. Our canoe, the Jimmy-Jock, rode the whirlpool's rim. As we passed by, I peered down into a large gaping hole. A metre to the right and we might have had an unscheduled swim. Earlier, we'd watched whole trees sucked down and swallowed - sometimes spit out -- in similar circumstances. Aren't shortcuts fun?

2. Respect the power of weather and water. Wind in particular is your master, not something to fight. Lay low when conditions are rough. Read in the tent, sleep a bit, talk and plan - but stay off rough water. And if you find yourself on water with wind that suddenly arises, get off, and don't be fussy about landing sites. Put aside your mileage goal for the day; be flexible. Good trip planning allows for a couple of wind-bound days.

Rushing water, too, is incredibly powerful. Don't push your luck in heavy rapids. Portage around them, even if it means a lot more work and time. Believe me, I know it's painful. But it beats having your trip end with a canoe bent around a boulder. I saw that happen on the Hayes.

Respecting weather and water also means taking care of your tent, waterproofing it every year or two, and setting it up on ground that will shed water in a storm. Good sleeps are wonderful rewards for a hard day's paddle, but are too often dashed by bad planning and lousy equipment. And never leave home without a rain suit even if the forecast is good.

3. Don't depend on fish for food. The critters have an uncanny way of refusing to cooperate when needed most. Brad's law of fishing states that the likelihood of not catching fish is directly proportional to your degree of hunger. Man plans and God laughs, as Mitch Podaluk of the Winnipeg Folk Festival used to say (and may still do). Bring lots of food. Fish are a bonus, not a staple.

Luis Kaj and I, both living in southern Ontario at the time, had just graduated from high school and decided to celebrate with a week's paddle in Algonquin Provincial Park (this was in another life). Being teens at the time, we knew everything - including that the fish would bite. They, however, had other plans. We ended up eating more peanut butter and spaghetti than expected, and wishing we'd thrown in a few more tins of corned beef.

Plan for the worst. Use common sense. Take care of your gear. Let the wind be your guide. Be wary of shortcuts. Adventure doesn't have to be a dirty word.

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

whitewater club news

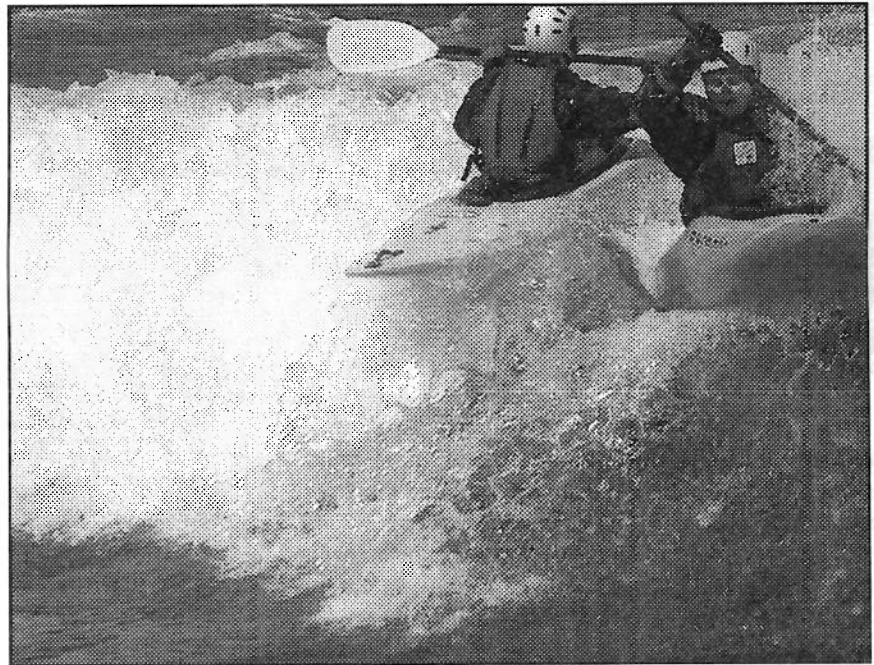
By Jamie Hilland - Events Coordinator

Wow-what a first year!! The Manitoba Whitewater Club was formed in the fall of 2002 by 16 founding members with the intention of providing avid whitewater paddlers with some pool time in the winter. We certainly did not envision the huge response that we ended up seeing over the winter. By the end of April 2003 we had over 40 members, and a lot of interest from others wanting to join. This response was somewhat overwhelming, but it has really demonstrated the interest that people have in whitewater paddling in Manitoba.

The Manitoba Whitewater Club also co-sponsored a booth at the Waterwalker Film Festival in mid-March. It was great to meet a lot of other paddlers from all over, and have chance to show them a bit about the club and what we do. We were able to put together a nice looking booth on short notice, and received a lot of positive feedback on our booth and its posters. We met a lot of great people, and hope to see some of them in the pool in the fall.

The last pools session ended on April 7th, and we will definitely be returning to the Pan-Am pool next year to continue hucking ourselves off of the 3 and 5 meter boards as well as enjoying the bubble machine. On this note, we would once again like to thank the staff at the Pan Am pool for giving us "creative license" in our efforts to improve our skills. We really enjoyed our time there, and find that it is great for both newer boaters looking to practice paddling, as well as for more experienced boaters to hone their skills.

When the ice finally broke in March, we immediately hit the water, with the first group of us going out on March 30th. Although chilly, it was nice to finally be on the water again, and we had a blast. It was especially fun launching down slopes of snow onto the ice, and then skidding into the water. We were also careful to watch for larger chunks of ice that shot down the rapids



James Hilland and Dave Ross "learning to share on the powerhouse wave" on the Saskatchewan (River. Photo courtesy of J. Hilland)

at us, and were actually able to hop on some for a fun ride down the falls.

However, in the following weeks, we were sadly disappointed at the lack of rain, and the subsequent low water levels. As a result, we have not been out to paddle for several weeks due to the complete lack of playable features. However, hope does spring eternal, especially amongst optimists like playboaters, and we hope to see more rain soon.

The lack of rain, while distressing, has not dampened our spirits entirely. Some of us ventured west to Saskatchewan to paddle the "powerhouse wave" in early May, and had a very fun time paddling a great wave with some of the locals we had contacted. When the water is this low, driving for eight hours becomes a lot more palatable. We have made some great friends in the province next door, and a return trip is already in the works.

At the end of May, we have a couple of our best paddlers, Mick Lutt and Evan MacDonald, going west to compete in the Kananaskis Whitewater Rodeo. We wish them luck in their first competi-

tion, and know that they will represent Manitoba well.

As well, many of us are busily planning "emergency trips" out of province if the low water locally continues. Low water can't stop us entirely, only make us drive farther!

On top of all this, the club is still planning to have our Second Annual SHINDIG paddling festival on the weekend of June 14th and 15th. We will be paddling at a few different playspots over two days, and club members will enjoy a fun community activity. There will be games, prizes, and a barn dance on the Saturday night. This event will be for club members only, but we welcome new boaters who are into whitewater.

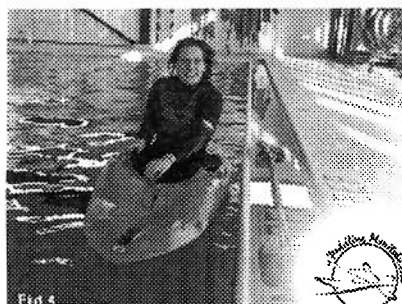
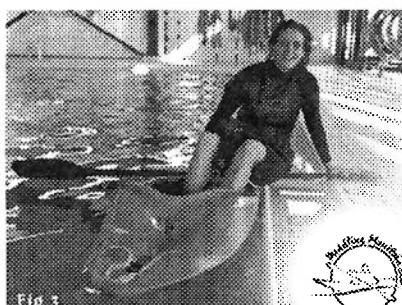
Anyhow, let's all hope for rain, and some great water levels for all paddlers.

Please feel free to check out our website at: <http://wvwpaddling.ca/phpBB/> for information, advice, or general boater chatter, or drop me a line at jahla@mts.net with any questions you may have.

Let's get those boats wet!!

The Shore Entry - Kayak Skills

By Brett Bourne of Adventure Junkie Tours



To the uninitiated getting into a kayak can be challenging, embarrassing and even frustrating. By using your paddle to stabilize your kayak, the Shore Entry can seem effortless and graceful. The following skill outline is intended for calm days at the beach, cottage, or local paddling destinations - it is *not* suited for large waves or fast moving water.

The key to a successful shore entry is keeping your weight leaning towards shore at all times and a proper initial set up. If you are attempting this on your own, be prepared to go for a swim at least once while learning. If you think you can handle it, here are the steps to a basic *Shore Entry*.

1. The set up. Position your kayak parallel with the shoreline and determine the center of your paddle by balancing it in your hand. Place the paddle behind the cockpit and perpendicular to the boat. Line up the center of the paddle with the center of the kayak in order to reduce the stress on the paddle while boarding. Position yourself in front of the paddle, facing the front of the boat (Fig. 1)

2. Stabilize the boat. With the hand that is closest to the kayak, reach across the center of the boat and grab the cockpit coaming and the paddle (Fig. 2). This will lock the paddle and the boat together and form an outrigger for stability.

3. Sit down. Now that the boat is stabilized, sit on the corner of the boat closest to shore (on top of the paddle) and lean your body towards the shoreline. To further stabilize the kayak and protect your fingers, place your free hand on top of the paddle blade remaining on shore. Once you are comfortable and balanced swing your legs into the cockpit (be sure to continue leaning towards shore at all times). (Fig. 3)

4. Slide in. While leaning towards shore, slide the rest of your body into the kayak. Once you are in the boat, be sure to put your feet on the foot pegs and your legs under the thigh braces before you let go of the paddle and begin to put on your spray skirt. (Fig. 4)

5. Seal up the cockpit. Once in the kayak, it is important to use caution while adjusting your spray skirt or kayak outfitting (Fig. 5). Once you have released your grip from the paddle and the kayak, the boat will not be as stable.

Note: The most common time to wipe out in a kayak is near shore, while entering or exiting the kayak (usually with all of your friends around). Take your time and methodically follow these steps and the embarrassment of a splash down will be reduced. Nothing replaces professional instruction - be sure to check out our website at: <http://www.PaddlingManitoba.com> for information on courses and other paddling opportunities throughout Manitoba.

KAYAK TOURING NEWS

Tony Kinal recently returned from a short holiday. Though we'll miss his column in this issue, *Kayak Touring News* will return in September. Watch for news of Tony's kayak building project.

Pelly Bay Paddle Awaits the “Kajusititsijiit Qajarnirmi” – People who make things happen!

By Corey Dimitruk

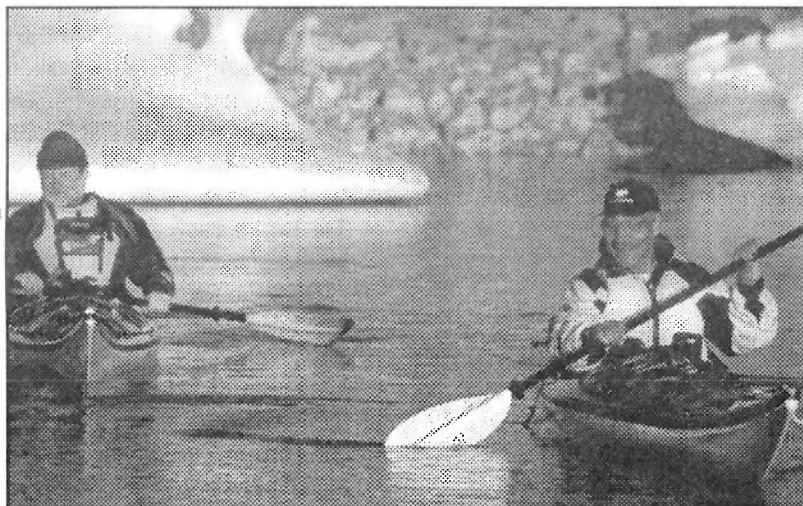
The Nunavut Paddling Association (NPA) is holding a kayak trip in its Arctic Region on the long weekend of August 26-31, 2003. The trip will be a great gathering of ‘people who make things happen,’ or in the Inuktitut language of my fellow Inuit paddlers, the “Kajusititsijiit Qajarnirmi”.

Paddlers from across Canada are invited to join in this 4 day on the water event. The trip will introduce participants to the traditional Inuit community of Kugaaruk –or Pelly Bay as it’s known in English– Inuit culture, food, paddling techniques, and the Inuktitut language.

On the first night in the community, participants will sleep in either billets or canvas tents – there will likely be a choice. The trip will begin the next day and will involve three nights of camping and four days of paddling. The route will take paddlers through a series of islands, all within 20km of the community of Kugaaruk. Paddlers will tent at existing campsites on the islands. At each of the camp sites, evening and morning activities/teachings will be held.

Each evening, paddlers will learn about specific Inuit knowledge, such as traditional kayak building, hunting techniques, meanings, and stories taught by Kugaaruk elders. In the mornings the group will brainstorm and apply what they learned the previous evening. Paddlers will enjoy making bannock, catching and cleaning fish, and using their newly learned Inuktitut language.

Each day we will review our tracks by GPS and then lay out our trip, sharing all orientation information among the group for everyone’s comfort and familiarity. Based on weather conditions, we may alter the trip slightly to ensure paddling safety.



Photos courtesy of Corey Dimitruk

About Nunavut :

Nunavut contains three regions:

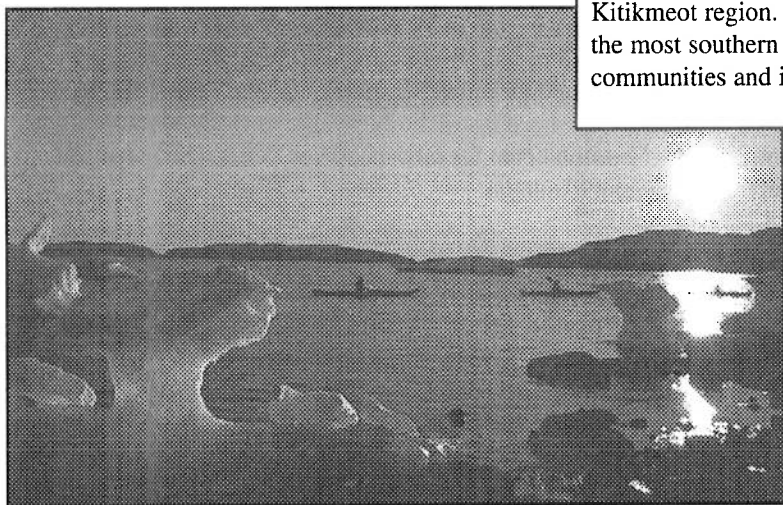
1. Baffin (North East) - Iqaluit, capital city of Nunavut and regional centre of Baffin; population: 6000. There are approximately 13 communities in the Baffin region.

2. Kivalliq (South East) - Rankin Inlet is the regional centre of Kivalliq; population: 2500. There are approximately 9 communities in the Kivalliq region.

3. Kitikmeot (North West) - There are five communities in the Kitikmeot region. Kugluktuk is the most southern of all Kitikmeot communities and is located on the

mainland; population: 1300. This region is well known for the Coppermine River. Cambridge Bay is the regional centre of Kitikmeot; population: 1500. Gjoa Haven (Newest Affiliate; Population: 600) has the youngest population in the region. Taloyoak is the fourth community.

Kugaaruk is the most easterly of the Kitikmeot communities. It is known for its strong traditional values and its kayak routes, established by many men, several of whom are alive today. These elders are still involved in teaching about traditional kayak making and hunting techniques. Consider giving them the opportunity to teach you!



Perhaps the greatest potential of this trip lies in the opportunity paddlers from two very different cultures will have to share their knowledge and their love of the outdoors and of paddling. So come paddle Pelly Bay and make things happen.

Those interested in learning more and receiving a detailed itinerary can E-mail or Fax a response to Corey Dimitruk, Paddling Association.

E-MAIL: crddzn@polarnet.ca

FAX/PHONE: 867-983-2001.

Paddle Manitoba's 2nd Annual Photo Contest, 2003

PICK YOUR PICS!

Remember our photo contest -- the one you meant to enter last year? Well it's back! So here's your chance to enter your prize pics.

HOW TO ENTER:

1. Select one or more photo and assign it to one of six categories.

- Flatwater
- Whitewater
- Family paddling
- Campsite life
- Scenic shots
- Canoe/kayak or equipment

Please ensure that some sign of paddling activity is evident in the photo. You may enter photos in all or any categories.

Photos need not have been taken within the past year. Those submitted last year are ineligible.

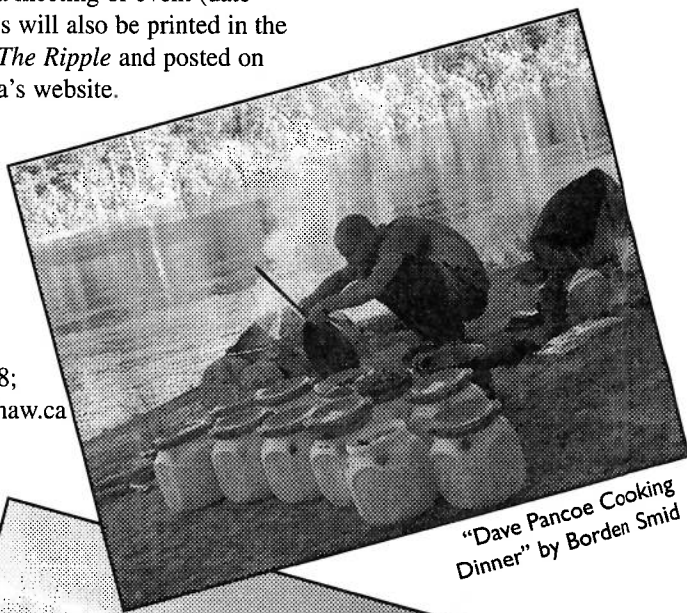
2. Provide your contact information and a caption with full details of location and description of subject.

3. Send all entries to: Paddle Manitoba Photo Contest, PO Box 2663, Winnipeg, MB R3C 4B3, or email: harpa@shaw.ca. by

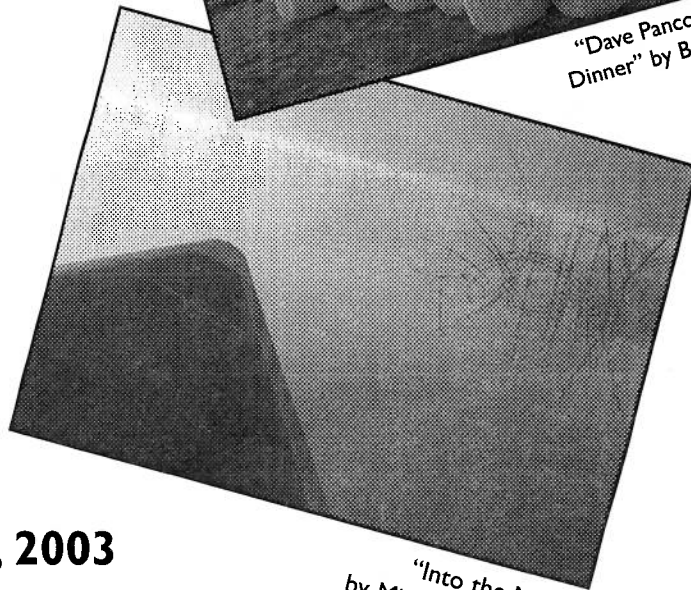
WINNERS!

Winning photos will be exhibited and **PRIZES AWARDED** to photographers at a Paddle Manitoba meeting or event (date TBA). Your pics will also be printed in the Winter issue of *The Ripple* and posted on Paddle Manitoba's website.

For more info.
contact Harpa,
Phone: 783-7528;
email: harpa@shaw.ca



"Dave Pancoe Cooking Dinner" by Borden Smid



"Into the Mist" by Michael Campbell

CONTEST CLOSING DATE:

Tuesday, September 30, 2003

IMPORTANT PHOTO GUIDELINES:

Amateur: All photos must be amateur photos.

Limit: We encourage you to enter photos into as many categories as possible. You may submit as many as **2 photos, per category, per person (12 photos in total)**.

Basic Specs: All photos must be **5" X 7" colour, landscape** format. (Photos must be landscape format, as we may have an opportunity to print calendars with the contest entries).

Digital Cameras: Digital photos must be taken on at least a 4 Mega Pixel digital camera to allow for sufficient print quality.

File format: JPEG, high quality setting

Resolution: Minimum of 300 dpi

File Size: Maximum file size of 1 MEG

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.

Introductory Courses

Flatwater Courses will introduce you and your family or group to the basics of canoeing. In addition to safety training and equipment education, you will be taught the strokes and maneuvers that will help you to further enhance your trip experience and build confidence on the water.

These courses are taught at LaBarriere Park (Waverly Street, south of the Perimeter on the La Salle River) or a group site of your choosing. Each course requires a minimum of 4 students. A second instructor will assist the instructor if the student/instructor ratio exceeds 10:1. Children aged 8 and up are eligible to participate. All equipment (canoes, paddles, PFDs) provided.

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
Double classes (A/B or C/D) are 8 hours

Prerequisites:

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

FW B - FWA, 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
June 2	June 4	June 5	June 28
June 9	June 11	June 12	July 5 (C/D)
June 16	June 18	June 19	Aug 23
June 23	June 25	June 26	
June 30	July 2	July 3	
		July 5 (C/D)	
		Sept 20	

Fees: Single class: **\$45/\$65** members/non-members
Double class: **\$75/\$95** members/non-members

Advanced Courses

Once you have gained confidence and skill on flatwater, it's time to move on to our Moving Water and Canoe Tripping Courses. These courses will challenge you in a controlled learning environment and give you the skills to enjoy a day on the rapids or a week in the wilderness.

These courses are taught at various locations depending on the instructor and water conditions. A second instructor will be added if the student/instructor ratio exceeds 5:1. Children aged 10 and up are eligible to take part in the Moving Water course. Participants in the Canoe Tripping course must be at least 15 years of age. All participants must supply their own canoe and safety gear.

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

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: MW 1A or B certification or equivalent.
Dates: TBA. Call to sign up.
Fees: **\$50** - PM members; **\$70** - non-members

Tripping

Canoe Tripping I Course provides an introduction to canoe tripping for those with little or no tripping experience. Emphasis is on wilderness canoe camping skills and safety.

Canoe Tripping II Course provides experienced canoe trippers with the opportunity to improve their canoe tripping skills under challenging conditions. The course involves a canoe trip and stresses organization, safety, leadership, and risk and crisis management.

Prerequisite: At least FW C skill level.

Dates: July/August TBD

(Contact Gerry Hirose).

Instructor Certification Courses

Become an instructor and introduce hundreds of people to the sport you love while earning extra income from your efforts. Paddle Manitoba also offers a course fee rebate to those who teach at least four courses. Our instructor program is a great way for teachers, scout leaders, and outdoor professionals to prepare for team leading in the wilderness.

Contact Gerry Hirose for all instructor course inquiries at (204) 488-8225 or gerry_hirose@yahoo.ca

Photo courtesy of Brian Johnson



Instructor, Brian Johnson, on the Churchill River, May 2002.



Photo courtesy of Brian Johnson



Gerry Hirose at Manitou Rapids on the Wpg River.

How to Register

1. Fill out the forms on the Paddle Manitoba web site 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.

CHECK OUR WEBSITE FOR CHANGES

Scheduled Course dates may be subject to change based upon participation. Please consult the **CALENDAR** page of the **PADDLE MANITOBA WEBSITE** for periodic updates.

www.paddle.mb.ca

CONTACT OUR INSTRUCTION CHAIR

For more course information, or if course dates are not suitable contact Gerry Hirose @ 488-8225 OR gerry_hirose@yahoo.ca

Other Organizations' Courses (CRCA Certified Instructors)

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

June 7 - 8 (Wknd.)	Intro to Whitewater/Sturgeon Combo. Call for information.
June 14 - 15 (Wknd.)	Introduction to River Kayaking
July 5 (Day)	Surf Clinic
July 19 - 20 (Wknd.)	Welcome to Sturgeon
July 25 pm, 26 & 27 (Extended Wknd.)	Swift Water Rescue
July 26 - 27 (Wknd.)	Intro to River Kayaking
Aug 9 - 10 (Wknd.)	Intro to Whitewater Kayaking
Aug 17 (Day)	Surf Clinic
Aug 23 - 24 (Wknd.)	Intro to River Kayaking
Sept 13 - 14 (Wknd.)	Welcome to Sturgeon
Sept 20 (Day)	Surf Clinic

Private lessons and private group day and weekend courses are still available! E-mail or call WAVpaddling for more information on how to design a course, just for you.

For course dates and details, please visit their website at www.wavpaddling.ca or contact them at yak@wavpaddling.ca or 204.775.2462 ext. 1.

University of Manitoba Outdoor Recreation Services offers kayaking and canoeing courses, as well as courses in wilderness first aid, orienteering, and leadership development in outdoor activity. See the university website (www.umanitoba.ca) under the faculty of physical education, outdoor recreation.

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

WOODLAND CARIBOU

PROVINCIAL PARK

where nature still rules!

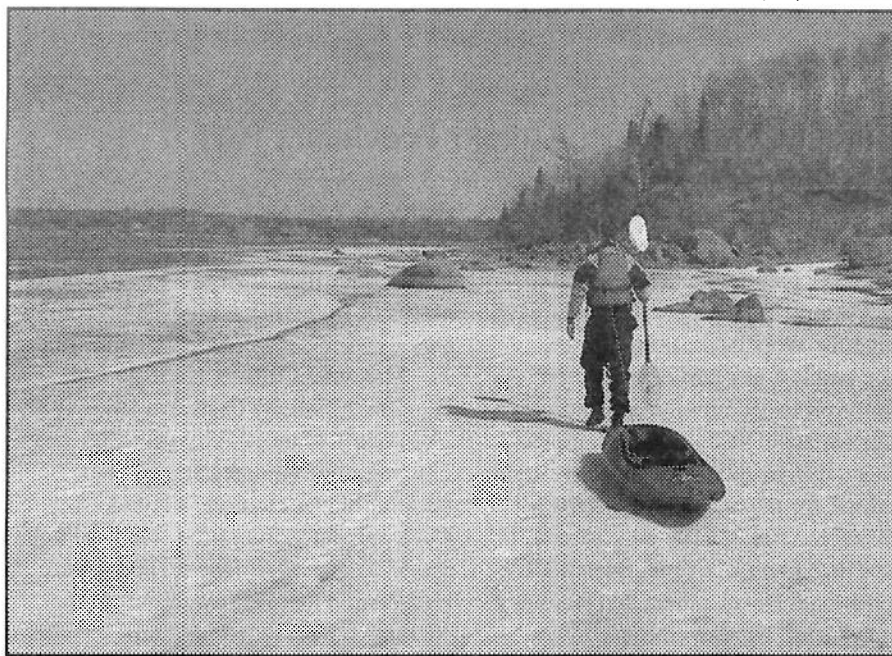
Ontario's Woodland Caribou Park shares part of its western boundary with Manitoba's Atikaki Park, but nature knows no boundaries. Together these parks represent over 800,000 ha of outstanding wilderness. We invite you to venture forth into Woodland Caribou and choose from nearly 2,000 km of maintained 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) 727-4329
e-mail: woodland.caribou@mnr.gov.on.ca
Check us on line @ www.OntarioParks.com





Mick Lautt taking an icy hike at Sturgeon Falls in early April 2003. Now that's dedication!

Resources

Websites

Know Your Knots?

Whether it's to secure your canoe/kayak on your car rack with ease, or to ensure your valued possession doesn't drift off on you when your back is turned, knots are useful to master. The following website provides excellent illustrations for several common knots used by paddlers. www.netknots.com/html/paddling_knots.html

Trip Planning Resource

Canadian Canoe Routes Site. After checking out Paddle Manitoba's own site, take a look here for a broad and detailed trip planning resource. There are some great recipes and tips on food drying available as well www.myccr.com

Books

The Winnipeg Public Library has many good books for paddlers. Here's a few that might be interesting.

Canoe tripping with children : unique advice to keeping kids comfortable by David and Judy Harrison. Merrillville, Ind. : ICS Books, c1990. WPL Call #: 797.122 HAR

Cradle to canoe : camping and canoeing with children, by Rolf and Debra Kraiker, Erin, Ont. : Boston Mills Press ; Buffalo, N.Y. : Distributed in the U.S. by General Distribution Services, 1999. WPL Call #: 797.122083 KRA

The canoe shop: three elegant wooden canoes anyone can build by Chris Kulczycki, Camden, Me. : McGraw-Hill, c2001. WPL Call #: 623.829 KUL

Canoe paddles : a complete guide to making your own by Graham Warren, & David Gidmark, Willowdale, Ont. : Firefly Books, 2001. WPL Call #: 623.86 WAR

Ontario's lost canoe routes by Kevin Callan, Erin, Ont. : Boston Mills Press, 2002. WPL Call #: 917.1304 CAL



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!"

Province Announces Creation of New South Atikaki Provincial Park.

The Manitoba government is taking further steps to protect the province's valuable protected areas network, Manitoba Conservation Minister Steve Ashton announced on April 29th.

Initiatives that contribute to the protection and sustainable use of natural areas include:

- extending Manitoba's Protected Areas Action Plan;
- creating South Atikaki, Manitoba's 78th provincial park;
- creating the Criddle Vane/Homestead Park Reserve;
- extending of protected area status for Amisk Park

Reserve;

- developing a new pilot project for eco-tourism training in the Manigotagan River Park Reserve; and
- renewing the memorandum of understanding with First Nations to continue the establishment of new protected areas.

"Provincial parks enhance both our social and economic well-being, with over five million visitors enjoying our parks each year," said Ashton. "Parks provide an important link to our cultural heritage, while providing excellent recreational and adventure travel opportunities to both Manitobans and visitors from around the world."

Located south of Wallace Lake in eastern Manitoba, South Atikaki is Manitoba's newest provincial park, offering numerous eco-tourism attractions including canoeing, hiking and camping in pristine wilderness. The minister noted that this joins other recent park additions including Pembina Valley, Caribou River and Trappist Monastery.

"This 14,000 hectare park provides

the only Manitoba land access route to the main canoeing rivers in Atikaki, Manitoba's premiere wilderness park," said Ashton. "The park will maintain habitat for Woodland caribou for the future and is a key part of our action plan for protected areas which sets down important ecological principles, protection and design standards, objectives and timelines for the creation of a Network of Protected Areas." The park is comprised of 2 Land Use Categories (LUC): Recreational Development and Resource Management. Neither category offers legal protection from industrial uses, however, Minister Ashton has stated that no logging will be allowed within South Atikaki.

Ashton also announced that the province has created the Criddle/Vane Homestead Park Reserve. The site is the former homestead of the Criddle and Vane families, Manitoba pioneers well-known for their contributions in the fields of science, art, sports and culture. The site is also significant to insect researchers for long-term scientific study.

The government has also developed the River Stewards Pilot Project, offering courses in sustainable tourism practices, eco-tourism program design and delivery, guiding skills and first aid for over 15 individuals in eastern Manitoba.

"Eco-tourism is the fastest growing tourism sector in the province, and provides long-term benefits to the environment as well as the economic future of our communities," said Culture, Heritage and Tourism Minister Eric Robinson. "This training program will create a qualified workforce in the region while continuing to develop the eco-tourism industry in Manitoba."

Four graduates of the program will be hired by Manitoba Conservation for 18 weeks to act as river stewards in the Manigotagan River Park Reserve. Working with Manitoba Conservation

staff, they will assist in the delivery of various park programs. Other graduates plan to start their own eco-tourism businesses or find work with existing companies.

Manitoba Culture, Heritage and Tourism, Manitoba Conservation, Manitoba Advanced Education and Training, the Winnipeg River Brokenhead Community Futures Development Corporation, The Manitoba Model Forest Association, Little Black First Nation and Hollow Water First Nation have provided funding.

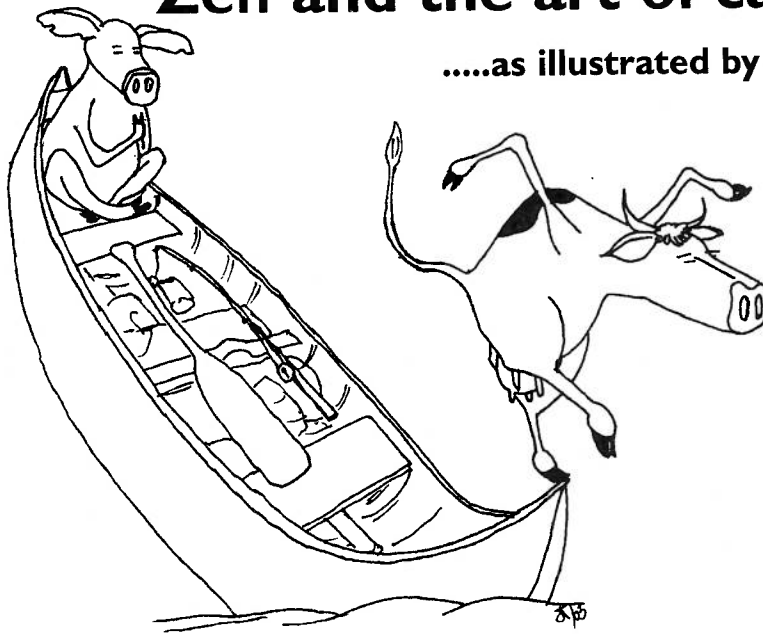
Park reserves are designated lands that contribute to the protection of natural areas or areas with significant cultural, historical or outdoor recreation value. The minister noted that 8.3 per cent of Manitoba's land base is now under protected status and all or portions of 22 wildlife management areas have been legally protected and added to the network of protected areas.

"I would like to thank all of the First Nations communities who continue to work with the province to identify and protect unique natural regions throughout Manitoba," said Ashton. "This process can only be successful with the ongoing participation of environmental organizations, the mining and forestry sectors and input from the general public. We are committed to representing all of Manitoba's natural regions in our system of provincial parks and protected areas."

Extension of the protected status for the 198,000-hectare Amisk Park Reserve is expected to be complete in the near future. For more information on provincial parks and natural areas in Manitoba, visit <http://www.gov.mb.ca/conservation/parks/index.html>. For more information on adventure tourism in Manitoba, visit <http://www.travelmanitoba.com>.

Zen and the art of canoeing

.....as illustrated by cow and pig



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

Cartoon courtesy of John Tanasiciuk.

Hey, did you see that?

by Chris Kiely

One of the most interesting things that I have ever seen while canoeing was during the Spring of 2000 when my friend Chris and I paddled the Manigotagan. Both of us were very new to whitewater canoeing at the time, but that is a whole other story. This one has nothing to do with white-water.

As a result of our inexperience, we were somewhat damp and not a little chilly. It had been raining for the entire trip so far, and as we had been taking our time and had started from Long Lake, we were tired of being cold and wet. So, when the sun suddenly poked its head out of the clouds, we did not hesitate to take the first opportunity to dry out. When we came to Charles Falls, we jumped out of the canoe and unpacked everything we had that was wet, which was pretty well everything!

So we spread out the tent, sleeping bags, thermorests, clothes, and decided to eat lunch.

Afterwards, feeling much better and dryer, we decided to move on.

As we approached the canoe, which had been ignored up to this

point, we noticed some big, ugly, scary, black beetles covering it. They had broad black backs that looked like armour and long black legs. In my memory, each was about the size of a toonie, with six legs and a big head. Of course, in my memory they also had these big pincers with which they presumably could bite off your finger. But then again, I have an overactive imagination.

So Chris and I sat there for awhile wondering what the heck they were doing on our boat. I figured that because it was an aluminum canoe, they were attracted to the sun's heat reflected off

the metal.

And so we sat. We didn't want to get up and move the canoe, as we didn't wish to disturb these beetles. So we just watched them. Soon enough, one of them started shaking, and then a very peculiar thing happened.

A dragonfly walked out.

As we watched, it held onto the shell of the creature it had once been and slowly unfurled its wings. It stretched its legs, one by one. It seemed to sway back and forth in the breeze, fluttering its wings. Ten minutes later, it was gone, leaving only the shell behind.

I guess they had all reached a temperature where they could accomplish this task, because within 45 minutes, they were all gone.

It was an amazing thing, and I felt very privileged to be a witness to it. I can't help but wonder if the sun hadn't come out, and we didn't show up when we did, would those dragonflies have transformed themselves like that?

It started to rain again twenty minutes later.

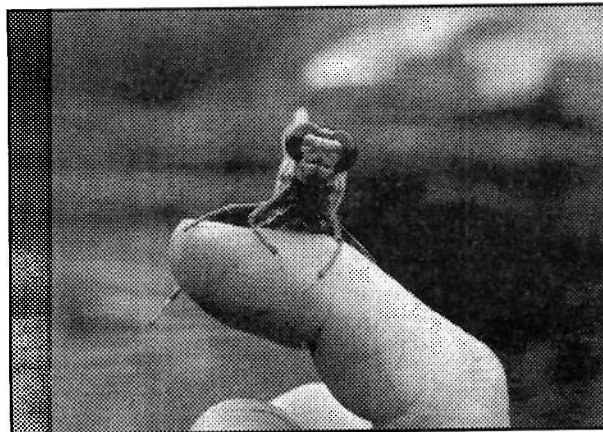


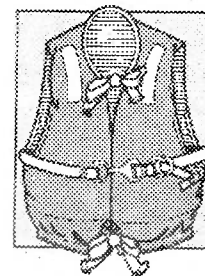
Photo courtesy of Chris Kiely

Safety Tips... (Reprinted from *The Ripple* Volume 7, No.4, 1994)

- ♦ Know your limits and respect your abilities. Portage or line rapids you do not feel comfortable running. If waves are too large on a lake, relax on shore. Don't let time pressures exaggerate risks.
- ♦ Know and practice rescue and self-rescue techniques (available in recognized paddling courses and in paddling safety books).
- ♦ Beware of hypothermia and know how to treat it. Take a First Aid and CPR course and encourage fellow paddlers to do likewise.
- ♦ Ensure safety is in place before running rapids (paddlers wearing PFDs, with throw-bags and rescue boats at the bottom of rapids).
- ♦ Always wear a PFD while on or near moving water or rough water, and at other times when your boat may capsize. Ensure your PFD has adequate flotation for your body size and fits properly; try it out in water under safe conditions; it should keep you afloat and not ride up over your head.
- ♦ Each boat should have a bailer or bilge pump, sponge, 20 feet of painter ropes attached to each end (floating rope, safely stored on the end decks), a spare paddle and light (for night).
- ♦ Each paddler should have a paddle, whistle (on PFD), personal survival kit, and clothing appropriate to the water and air temperatures.
- ♦ Carry rescue gear pertinent to the type of paddling and know how to use it. For example, on rivers: carry at least one 60 to 75 foot throwbag per boat, a Z-drag kit (carabiners, prusik loops, high-strength rescue rope, pulleys), and special equipment such as a paddle-hook (refer to *River Rescue* by Slim Ray & Les Bechdel).
- ♦ Stay calm if you capsize or you will risk other paddlers' lives. If you are rescuing a person in the water who is panicking, don't compromise your safety as the panicker may grab and capsize you. Approach the victim with two boats rafted together (use the capsized boat) or throw a rescue line from a safe stance on shore.
- ♦ To ensure canoe-over-canoe rescues are not obstructed by packs dangling from the thwarts of a swamped canoe, either tie packs very securely into the canoe so it can be overturned without the packs dropping below the gunwales (makes the canoe heavy), or don't tie packs in at all (they should float if water-proofed properly), or tie packs to a 20 foot rope (best for lake paddling).
- ♦ Use boats and equipment suited to the type of water you paddle.
- ♦ Repair equipment in need of repair before the trip, not on the trip.
- ♦ Watch weather systems; leave the water if thunderstorms are near.

Checking your PFD

Check your PFD often for rips, tears, and holes, and to see that seams, fabric straps, and hardware are okay. Give your PFD belts and tie straps a quick, hard pull to make sure they are secure. There should be no signs of waterlogging, mildew odor, or shrinkage of the buoyant materials.



Fading can indicate loss of strength. Store your PFD in a dry, cool, dark place. A weathered PFD could tear easily, resulting in loss of flotation material. If faded, check strength or throw the PFD away and buy a new one.

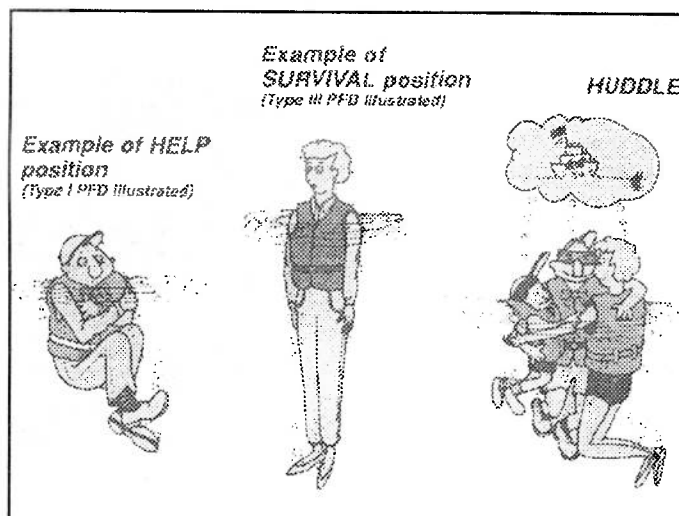
Don't forget to test each PFD at the start of each season. Remember, the law says your PFDs must be in good shape before you use your boat. Ones that are not in good shape should be cut up and thrown away.

Cold Water Survival

When you're in cold water, don't swim unless you can reach a nearby boat, fellow survivor, or floating object. Even good swimmers drown while swimming in cold water. Swimming lowers your body temperature.

If a nearby floating object is large, pull yourself up on it. The more your body is out of water, the warmer you'll be. Don't use downproofing methods that call for putting your face in the water. Keep your head out of the water to lessen heat loss and increase survival time.

Use of the HELP position will lessen heat loss. However, if you're wearing a Type III PFD, or if the HELP position turns you face down, bring your legs together tight and your arms tight to your sides and your head back. See SURVIVAL position (right). If there are others in the water, HUDDLE together for warmth. Keep a positive outlook. It will improve your chances of survival.



Repair tips...

by Gary Brabant

(Reprinted from Vol. 4, No.3, 1991)

A damaged canoe or kayak can happen to the beginner or to the most experienced paddler. Most damage happens during transportation, but what happens if your canoe is damaged during a river trip because of an error of judgement, bad timing, unseen obstacles or just bad luck. You must be prepared to fix it.

There is a long and a short to repair kits, depending on how long you will be away from transportation. The short version consists of a roll of silver-backed duct tape -- the stuff home heating contractors use to seal joints in heating ducts -- and a roll of copper (snare) wire. With these two items, most temporary repairs can be done.

But what if you're fifty miles from the nearest road? You will want a 'long repair kit' for trips in remote waters. However, the contents of these repair kits will depend on the kind of material your canoe is made of.

Aluminum

Repair Kit Contents:

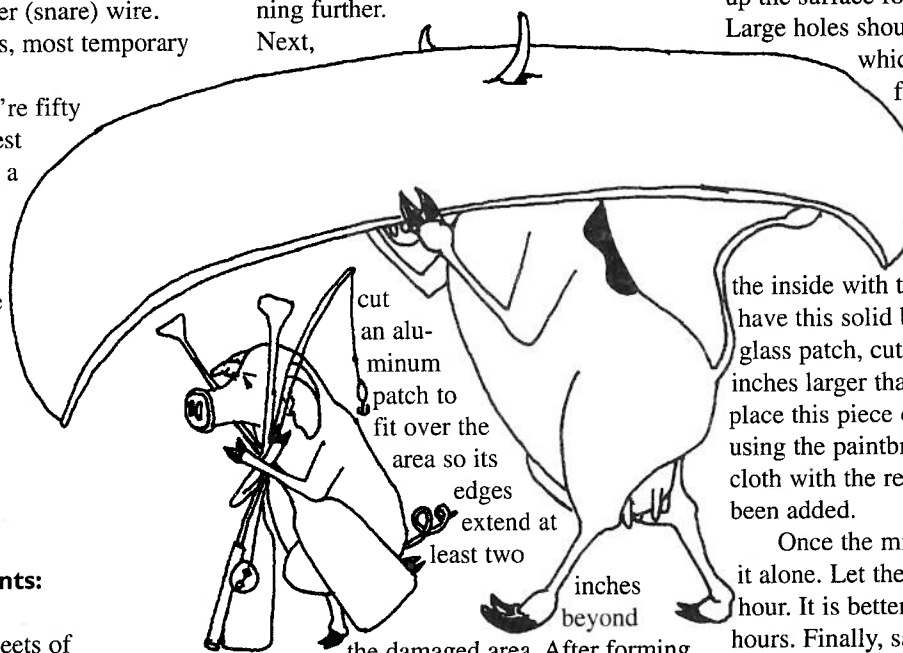
- duct tape
- a couple of sheets of aluminum
- hand drill and a couple of bits
- screwdriver and pliers
- rubberized caulking compound

Any major encounter with an immovable object, such as a rock, will probably cause two things -- a dent, and a hole or crack. Attack the dent first. A hard blow with your hand will often pop out a large one. For smaller ones and dents that have creased the aluminum or bent the keel, you'll need a handy rock or your foot. First turn the canoe so the dented part is resting on soft ground or

shallow water. Then start pounding out the dent from the outside edge, working in circles towards the centre. If the keel or gunwales have been bent, you can use a piece of wood, a tree limb, stump, or whatever's handy and try to pry the boat back to its original shape or stomp on it with your foot. It's not a delicate operation, but take it slowly, checking to make sure you aren't causing more damage.

After you have something that comes close to the old canoe shape, check for punctures or cracks. Drill a hole at each end of any crack with your hand drill; this will prevent it from running further.

Next,



the damaged area. After forming the patch to fit the contour of the hull, position it and drill a hole in each corner of the patch and through the canoe. Finally, smear rubber caulking compound on the inside of the patch and bolt it on. Then drill holes about every two inches around the patch and bolt it to the hull, making sure you put a squirt of caulking in each hole before you tighten the bolts.

Fibreglass and Kevlar

Repair Kit Contents:

- duct tape
- fibreglass cloth
- polyester resin
- catalyst (hardener)
- scissors
- sandpaper
- paper cups to mix resin

Any dents in fibreglass can be sprung out with your hand; the holes aren't so easy. First, you dry the area and use the sandpaper to clean and rough up the surface for effective patching.

Large holes should be filled with putty, which you make by cutting fibreglass cloth into fine shreds and adding resin and catalyst until you have a stiff glop. Back the hole on the outside with duct tape and fill the inside with this mixture. Once you have this solid backing for the fibreglass patch, cut the fibreglass cloth two inches larger than the damaged area; place this piece over the hole. Then, using the paintbrush, thoroughly soak the cloth with the resin to which catalyst has been added.

Once the mixture starts to gel, leave it alone. Let the resin cure for at least an hour. It is better to wait eight to ten hours. Finally, sand any burs off once it gets hard.

To fix a crack or break in a Kevlar boat, use the same technique as for fibreglass boats. This patch will work for a short time, allowing you to reach civilization. Once you are at home again, this polyester resin patch will have to be taken off, and a permanent one put on using epoxy or vinyl ester resin.

Gary Brabant is the Membership Chair on the Paddle Manitoba Board of Directors and the owner of Wave Track Canoes.

Cartoon: courtesy of John Tanasiciuk

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 page 3) 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 | |

YOGA CANOE

June 20-21, 2003



Stretch over the Ancient Granite of the Canadian Shield, breathe the pine scented air, inspire yourself in the boreal splendour of Whiteshell Provincial Park with a weekend of canoeing and Yoga instruction. Yoga instructor Niki Ibbitt and the certified guides of Northern Soul have teamed up to offer you a sensory awakening weekend of Yoga and canoe camping. Limited Spaces Available. For more details, call: 284 4072 or 452 6255, e-mail: dave@northern-soul.ca

Price: \$279.00 + GST
Includes: Professional Yoga Instructor Niki Ibbitt;
 Certified canoe guide;
 All meals; Canoes and equipment.

Wilderness Photography Weekend



August 22-24

Price: \$279.00 + GST

Venture into the art of photography by exploring the wilderness of Whiteshell Provincial Park through the lens of your camera. **Prairie View School of Photography** www.prairieview.ca instructor Ross Cornish and **Northern Soul Wilderness Adventures**, have teamed up to bring you an unequalled learning experience; photography instruction and wilderness canoe camping. Advance your skills in photography, and develop your creativity in an inspiring setting. Come prepared for a weekend of intensive photography instruction in the boreal serenity of Whiteshell Provincial Park.

For more information:

Ross Cornish at the the Prairie View School of Photography. Email: ross@prairieview.ca;
 Phone: 956-4708. Email: dave@northernsoul.ca; Phone: 284-4072.

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/wavetrak



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!

Barbecue!

Friday June 6, 2003, 6:00 PM

Location: LaBarriere Park

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

Tuesday Evening Paddle is Back!

Every Tuesday evening, 7:00 PM at La Barriere Park, June through August. Phone Charles Burchill to reserve a canoe (453-5374).

Indoor Program:

Paddle Manitoba's Indoor Program will resume in September 2003. The program schedule will then change from the second Wednesday to the **THIRD THURSDAY** of the month.

Remember to register your vote on options for next season's Indoor Program (see page 6).

