



Winter 2003

Newsletter for Paddle Manitoba

(Formerly Manitoba Recreational Canoeing Association)

Inside this issue:

Board/member business	4
Indoor Program	6
View from the stern	7
Whitewater Club News	8
Photo Contest Gallery	12
Boat ID; Tuesday Paddle Report	16
Recipes for Campers	17
Take a moment	18
Advocacy in Action	19
Calendar of Events	20

Kayaking around Long Point *by Tony Kinal*

Situated on the western shore of Lake Winnipeg's North Basin, jutting 40 kilometers out into the lake like a long finger, is Long Point. I had always wanted to go there ever since I first saw aerial photographs of the point in Frances Russell's book on Lake Winnipeg entitled *The Great Lake*, and Catherine Senecal's book *Pelicans to Polar Bears*. Long Point, especially the rocky south shore, was feared by the early voyageurs.

August 3rd

The day dawned sunny and warm. The long drive didn't seem that long, but then again I was in good company with Roland and Ken, two of the most easy going guys around. We finally arrived at the clearing at Long Point and enjoyed our first view of the lake. A moderate surf crashed down on the sandy beach and Ken got bit nervous as he had never paddled on any big bodies of open water like this before. He has owned and paddled his own touring kayak for two years, but in that time only paddled rivers and smaller lakes. Roland reassured Ken that he would have no trouble. Roland and I instructed Ken on how to do a surf launch. I watched Ken get his kayak afloat, then pause with a bit of hesitation. At that point I shouted, "Paddle hard!" and he dug his paddle in

and paddled through the surf zone. Ken's first surf launch was a success.

Roland and I launched next. We got slapped in the face with one breaker and another until we passed through the surf. In the deep water there was just a big swell with the occasional large breaking wave. The water out there is very clear and blue, not at all like the turbid waters of the South Basin; it's hard to believe

that it's the same lake.

We paddled on for hours in 1.5 meter waves and noticed that the South shore was full of boulders. No wonder the voyageurs feared this point. We could not imagine trying to land a fur trade canoe along this shore. Roland managed to get a little too close to shore and we

Cont'd Page 10



Tony & Ken, long time working--and now also paddling--friends, on 2nd day camping spot, 58 78090 N, 14 512590 E. Photo courtesy of Roland Amsler.



(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@sport.mb.ca; www.mpa.mb.ca

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

CRCA and 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

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 Spring (March) 2004 Issue

❧ February 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

So here we are again, in winter! That first jarring blast of the all too locally famous *wind chill* just hit Winnipeggers this past week. Not a winter enthusiast myself, the most uplifting thing I have to say about this is, the next time I write this report it will be Spring! Which brings me to another sign that time is speeding along. Paddle Manitoba is approaching it's Annual General Meeting once again. So make sure you set the night of January 15th aside to catch up with your paddling friends. Another not to be missed upcoming event is a visit by writer and outdoor adventure guide, Laurel Archer, to our indoor program in February (see page 5 & 6).

To get our mind off the cold, some of our faithful columnists have shared their summer paddling tales with us. You'll have to read all about Brad Bird's excursion down the Mississippi (isn't the name 'Mississippi' just synonymous with warmth?) with partners Maureen Frolick and Jimmy Jock, whose name was made legendary by Brad's last column. And you can almost feel the heat off Tony Kinal's front page article and photo which depicts his Long Point trip.

We have some practical tips too. Gary Brabant always has something useful to say,

this time about boat identification. It's one of those things you might not think about, until your boat has been stolen. So don't say we didn't warn you. And haven't you missed recipes in *The Ripple*? Thanks to holistic nutritionalist Cathie Turner, we have a couple of tasty and (don't be fooled) good for you recipes in this issue.

This issue also contains a gallery of photos entered in our Paddle Manitoba 2003 Photo Contest. Winners were announced at the recent Wine and Cheese event. I've also added a display of those entries which were given honourable mentions. Although the black and white that we're limited to hardly does these photos justice, I think you can still appreciate the talent of some of our members. Thanks to all who participated!

At the risk of repeating myself, I'm going to make that predictable plea for material that I know you all expect. Please pick up a pen, key-pad or your media of choice and make a memory for yourself of your trips, and a learning opportunity for us all by sharing that memory. Any advice, questions, or outbursts on *The Ripple* are also welcomed, as always.

See you indoors! Cheers!

Harpa.



Photo courtesy of Chris Kiely

board & members'

business

Annual General Meeting 2003

The 2003 Annual General Meeting of Paddle Manitoba will be held on January 15th of 2004 at Sport Manitoba, 200 Main Street. See page 6 for details of the program we have planned.

Please note: No resolutions or nominations were received from the membership to date.

Get on Board for 2004!

Want to be part of Paddle Manitoba? There's no better time to join than the present. Come to the Annual General Meeting and pledge your support to a committee, or consider joining the Board of Directors.

The following positions are currently vacant:

Fund Raising Convenor

Treasurer

Vice President

President

If you're unsure of what the role entails, speak to a member of our Board. If you're interested in joining, contact Gerry Hirose at 488-8225.

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.

notice board

market place

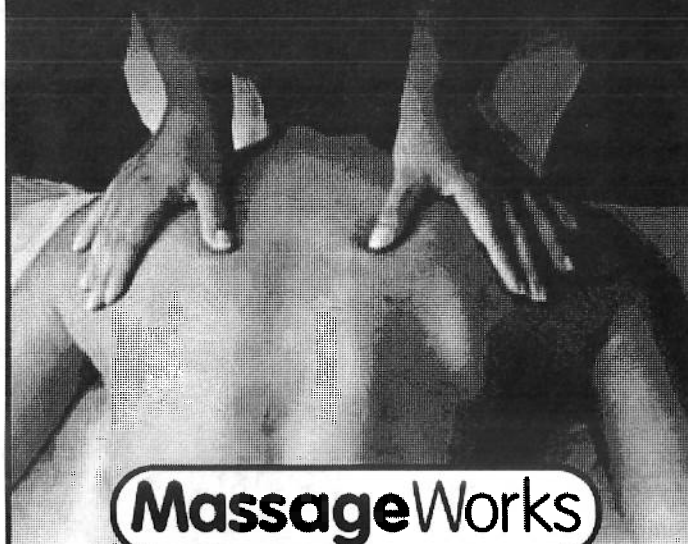
For Sale

Ritchie Explorer compass model B-51. Large, easy to read numbers. Ideal for deck mount on kayak. Never used. Only \$40. Call Ken Schykulski at 895-7121.

Members!

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

Back at Work?



MassageWorks

SPECIAL: Your first 1 hour appointment with Frank Atnikov is at half price

Therapeutic Treatments • Relaxation Massage
Licensed & Certified

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



Bird on the Mississippi
Photo taken by Maureen Frolick

Paddling the Mississippi

To me, the Mississippi is more than just a river. It's a myth, an ideal, an escape.

Early Aborigines called it "Messipi" or Big River. Others named it "Mee-zee-see-bee" or Father of Waters. The second longest river in the world after the Amazon, the Mississippi lives up to the "Father of Waters" tag, being about 2,350 miles long. It drains the third largest basin in the world, which includes 31 U.S. states and parts of Canada.

I think most Manitoba paddlers don't appreciate what a gift it is. From Winnipeg you can drive to Itasca State Park in north-central Minnesota, the source of the great river, in less than six hours.

Last August Maureen Frolick (Mo) and I headed south for a five-day paddle near the headwaters and had a good time swimming, camping in beautiful deciduous forests with sugar maples, and checking out the headwaters site, with its excellent interpretive centre. In fact, I went back alone a few weeks later for a second helping. I can't get enough of that river (I've been on it four times).

A few facts. The Mississippi rolls along at an average speed of about 1.5 miles per hour. It's definitely faster in places farther

south, but north of Minneapolis it's slow (read: safe). If you dropped a leaf at the headwaters it would reach New Orleans in about 90 days. It's clean. The waters in the Bemidji area, where we were this summer, were crystal clear (unlike our Winnipeg waterways). The swimming was fantastic, the people friendly. We even got stopped by a local TV news reporter who interviewed us and filmed us paddling; he needed footage for a related event. "Welcome to Bemidji!" he had us declare as we paddled to shore. We didn't have the heart to tell him we were Canadians, and I don't think he noticed the maple leaf on Jimmy-Jock.

We began our trip at the Iron Bridge west of Bemidji. There the river meandered through a boggy wetland area on the edge of a forest, and was two or three feet deep on average. To the west, at the headwaters, the river was too rocky and shallow. Canoeing there is better in April and May. We learned that by visiting the Tourist Information/Museum in Cass Lake, a town east of there which became our exit point. There we met Edward Hill, its curator and a great old guy who gave us a Coke and filled us in about the history of the area. We left one vehicle at Marclay Point Resort on Cass Lake, for \$2 a day. The other we drove to the Iron Bridge, then parked in a nearby farmer's yard (Mo

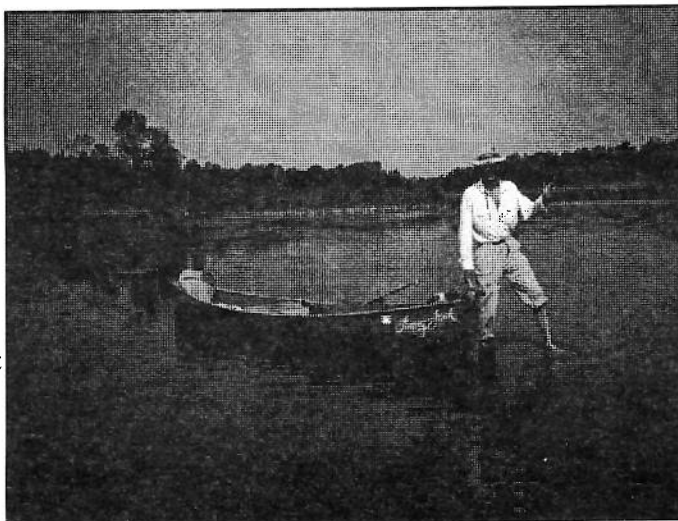
spoke his language and he took to her immediately).

It felt great to be back on that cool clear river. In that area it's more like Mistik Creek than the Assiniboine. The bottom is hard and sandy, great for swimming, and we had a lot of fun getting out and pulling the Jimmy-Jock over sweepers and log jams. Mo was in her element.

Our first night was spent on a grassy hill overlooking the water. On the map issued by the Minnesota Department of Natural Resources (see www.dnr.state.mn.us) the site is called Silver Maple Campsite. We climbed the high sandy bank and set up the tent, and cooked supper. Two days later, after a rain, we moved on, crossing little Lake Irving and arriving at Bemidji, where we met the TV guy.

Lake Bemidji was easily crossed, and we were back on the river again. Lots of wildlife – bald eagles, great blue herons, turtles, even otters. Maureen took a few photos of them playing and leaving the river, but they were a bit too distant. People were busy too, fishing, boating, camping. Some girls in a powerboat stopped and gave us a beer. (I had to take off my shirt in return! We got the better deal.)

At Stump Lake Campsite, the Mississippi's most northerly point, we met an interesting fellow from California, Harvey Rushfeldt, who was paddling a narrow catamaran-type craft, two floats joined by a seat and storage space. He sat up high and used a double-bladed paddle like a kayaker. We enjoyed his company for two days, as a nasty storm blew in. Among his stories was one of living in Iran for a few months during the Shaw's time in power, before the American hostage problem. In his view the Shaw was doing much to modernize the country.



Brad towing the Jimmy Jock in low water on the Mississippi River
Photo taken by Maureen Frolick

Cont'd page 18



whitewater club

news

by Jamie Hilland - Events Coordinator

Well, the local paddling scene for whitewater paddling in Manitoba in the summer of 2003 can be summed up as: DRY!!!! However, this did not mean that we kayakers gave up and let our boats gather dust, instead we booked more time off, gassed up the cars and headed West.

As previously reported, we had three local paddlers head west in May to participate in the 10th annual Kananaskis River Rodeo. Evan Macdonald, Renaud Lafond, and Mick Lautt came home happy and exhausted (mostly from the extra curricular activities), and raving about the new features on the Kan. Although no prizes were won in the rodeo competition, Mick did place a solid second in the Survivor Kananaskis competition on the Sunday morning, which is where participants line up in the river at low flow and see who can stay standing the longest as the dam is released. Way to go Mick!

In June, the Manitoba Whitewater Club had its second annual SHINDIG paddling weekend, with over 30 participants. The weekend featured a group river run on the Saturday, with 15 paddlers of varying degrees of experience running the Whitemouth River through Farmer's Rapids, Oak Falls, and finishing at the Elma Bridge.

There was only one swim (no names- Amanda!) in a rather retentive hole under the Elma Bridge that did not want to let go. The only other casualties were a pair of sunglasses lost at Oak Falls when Terry Bugera got a solid thrashing as we all cheered, and Evan's paddle when he launched off of the silver bridge in his boat!!

In the evening, a barbeque was held, and we then proceeded to have our awards ceremony, giving away prizes supplied by our generous sponsors including: WAVPaddling, Mountain Equipment Co-op, Adventure Junkie tours, Adventure Education Manitoba, and Wilderness Supply.

In the later evening, a "big air" BMX competition was held, with some sick air



Mick Lautt & Evan Macdonald on the wave. Photo courtesy of J. Hilland

off of ramps and picnic tables. Special thanks to Bradd Tuck for supplying the BMX for our collective use and congratulations to Dave Ross for the best spill when he went head first OVER the bars off the picnic table. Again, no injuries were sustained aside from some bruised egos!

As June turned to July, and it became apparent that no amount of prayer or bribing Environment Canada was going to bring enough rain to bring back our waves, trip planning began. In late July, Richard Helbig and Andrew MacDonald headed west to the Kananaskis as well, staying at the site, and enjoying Santa Claus and Point Break for a whole five days, with a quick trip across the border into B.C. for some creeking.

After this, Amanda Brown and myself headed west in early August for a week long paddlefest. We started out by heading to the Kananaskis, paddling for a full day on the very nice new man made features, and marveling at how the river is transformed daily from a barely flowing creek to a medium flow river. Definitely neat to watch.

We then ducked across the border to

Invermere B.C., where Amanda has friends to stay with, and paddled the Upper Toby (a nice continuous class II/III with some IV sections), as well as Horsethief Creek at high flow due to glacial melting, and received a solid test of our skills on this gnarly continuous (and I do mean continuous) Class III/IV creek. Needless to say, these runs differ a bit from our nice drop and pool rapids in Manitoba, and we learned first hand why it pays to have a creek boat and not a play boat when you're creeking, as we did repeated back loops in every hole that stopped us dead in our tracks!

Following our return home to the Peg, We were faced with the grim prospect of being forced to paddle Pinawa for the 17th time, Cook's at low flow, or Sturgeon for some flatwater fun. Faced with this outlook, a plan was hatched; BACK TO SASKATCHEWAN!

After all the schedules were checked and accommodations arranged, we loaded up the cars at 11 PM on October 23rd, and headed West. The first carload included myself, Mick Lautt, Evan Macdonald, and Renaud Lafond, while the second car that left the next morning

contained Richard Helbig and Andrew MacDonald.

For those of you who have not been to the Gardiner Dam to paddle the "Powerhouse Wave" let me tell you that paddling there is an exercise in patience; the dam opens up at completely random intervals, but forms some really nice waves when it opens the right amount. On the Friday, the gates did open, but the waves greened out due to too little flow and we were not able to catch any rides.

This is when our backup plan came in handy; we were able to retire to "the ranch" we were staying at (thanks Auntie Gwen and Uncle Ron!). The facilities at the ranch include a sauna, hot tub, tennis court, trampoline, dune buggy, and a 6,000 square foot house on the Saskatchewan River south of Saskatoon. None too shabby for our crew!! Needless to say, drinks to warm us up combined with the trampoline and an automatic tennis ball launcher made for some serious fun!! The highlight of the later evening was a group "learn to break dance" session that resulted in plenty of hilarity as we attempted kick spins and the like!

On Saturday, we awoke to some unbridled optimism; Gavin Broadbent, and ex-Winnipegger who now lives in Saskatoon, went so far as to "guarantee" that the wave would be up. He was right, and we enjoyed about 2½ hours of sweet wave time. This was followed by a soiree in the evening for Gavin's birthday, and a late night scout of possible lines to run on the weir in downtown Saskatoon.

On Sunday, we packed up and headed to the dam, and were initially disappointed by the lack of a wave again. We were just about to depart for home when

one of the locals, Dick Cram pulled up, and we started talking shop with him. As we were chatting, the gate we needed to open did so full bore, and we hurriedly threw on our gear and put in.

On this day, we were rewarded by one of the biggest, trashiest and most retentive waves that I've paddled, rivaling any at Sturgeon. When you got on the wave, you had to actively work to get off, because it would not flush us even when we were upside down with our arms stretched out in an attempt to get washed. Somewhat scary, but so fun, as it allowed for endless rides and lots of moves. After over two hours of fun, the wave started to

green, and we decided that we had to get home. We said our goodbyes to the locals, and promised them that a return trip was in the works.

Following this trip, most sane people realized that the paddling season was over once the mercury dipped below freezing, although we did have to talk sense into Geri when she wanted to go in early November. As Mick summed it up—no

flow, no go, even with the promise of Hocho and drinks.

After this, we began to plan our fall pool sessions, and were forced to relocate our facility due to a change in policy at the Pan Am pool. We will now be having pool sessions every Monday from 8-10 PM at the Seven Oaks pool off of McPhillips. This facility will be a more than able replacement for

the Pan Am, as it also has plenty of pool space as well as 3 and 5

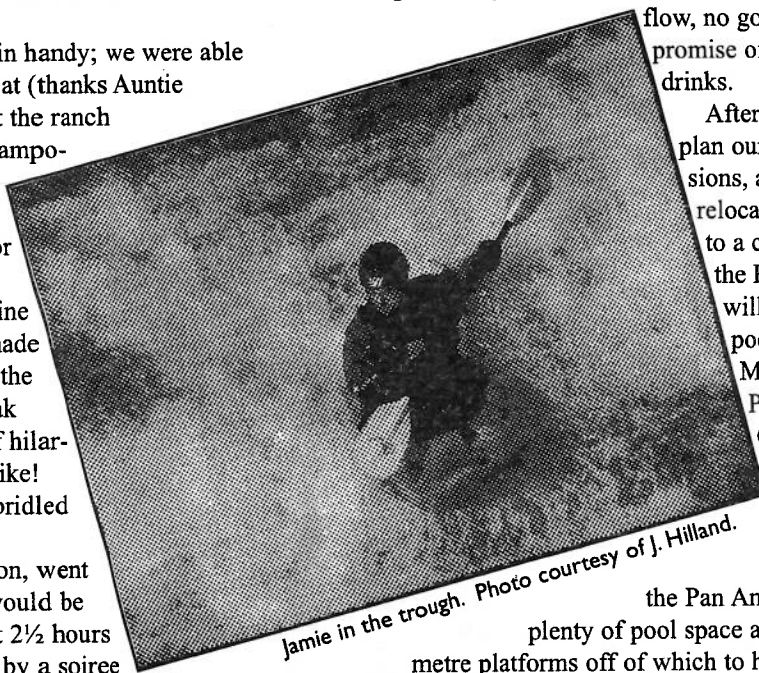
metre platforms off of which to huck ourselves—good times. I would encourage anyone interested in advancing their whitewater skills to come on out, as we welcome paddlers of all kinds including K-1's, C-1's, OC-1's and OC-2's that have an interest in the white stuff. For more information, please log on to our homepage at: <http://wavpaddling.ca/phpBB/>

This winter, we will also be having several club events including a "sled or boat?" night at garbage hill where we will be tobogganing in our kayaks and other boats, our second annual murder mystery, and a night of fun at the local Wheelies Roller skating rink—stay tuned for details!!!

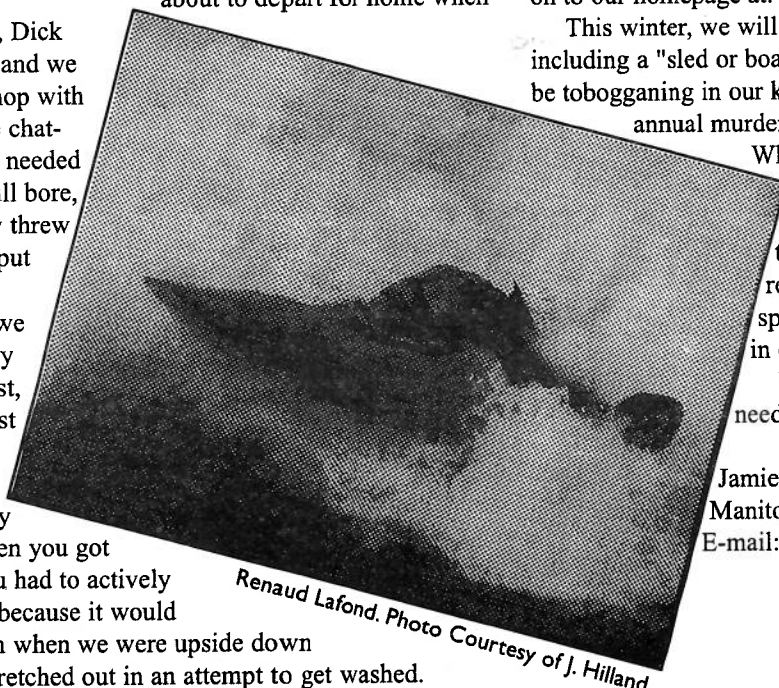
Well, after this season of long distance driving, we are hoping for a record snowfall followed by a good wet spring and summer so that we can paddle in our home province.

Here's to hoping that we get the much needed precipitation for next year! Cheers,

Jamie Hilland, Events Coordinator
Manitoba Whitewater Club,
E-mail: jahla@mts.net



Jamie in the trough. Photo courtesy of J. Hilland.



Renaud Lafond. Photo Courtesy of J. Hilland.

watched in horror as a set of breakers picked him and his kayak up and took him side surfing very fast toward the rocky shore! He got slammed onto the rocks with his bow and stern sitting up on two large boulders. We were grateful for two things, that he remained upright and that he was paddling a plastic boat.

Roland gave us a wave to show that he was fine, which was a good thing as I had a fibreglass kayak and it would surely have been damaged on the rocks. Ken and I back paddled and waited for Roland. It seemed like a long time before he freed himself from the rocks. He ended up exiting the kayak, lifting it, and pointing it into the waves. Once in his boat, he waited for the next big set of waves and only then did he manage to free himself from his trap.

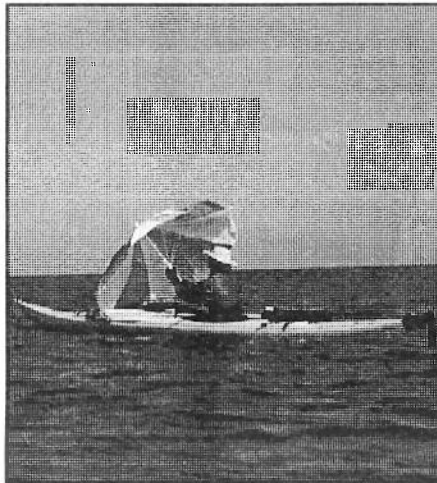
Ken and I were relieved and after about five hours of paddling with no break, Ken's hip began giving him pain. I also needed a break. It was near 7 pm and time to camp, but the entire shore looked rocky and dangerous with big surf crashing down on the rocks. Finally, Ken picked a spot. From where we sat, about one kilometer off shore, it looked pretty rocky. Ken went in first since he had a plastic kayak. As we neared the shore, we could make out some flat spots and thought maybe we could get our tents up there. Ken landed and stumbled out of his kayak in surf and round rocks. After dragging his own kayak up on the beach he waded back into the water to help me with my glass boat. I back paddled to slow the boat down so I didn't race in and take the two of us out. As soon as Ken grabbed my bow I jumped out into the warm water. When we surveyed our landing area we found three large, flat, sandy areas among the boulders, large enough for three tents. Ken couldn't have picked a better spot to land, and thank God Roland also paddled a plastic boat, or it surely would have been damaged in the side surfing adventure on the rocks.

It was seven-thirty PM when we started setting up our camp. After changing into dry clothes and cooking supper, it was time for me to find the bottle of

spiced rum that I brought along to toast Roland's side surfing talents and Ken's first surf launch and landing. With large boulders, breaking waves around us, and the soft light of the setting sun, we were bathed in orange and purple light. It was truly a beautiful campsite.

August 4th

After a hard time getting to sleep because of the waves crashing down on the beach so close to our tents, we awoke to find the lake much calmer. After about an hour of paddling, we rounded the tip of Long Point. Roland pulled out his beach umbrella and started



Roland 'under sail' (or under umbrella) sailing north-west on Lake Winnipeg.

sailing! He wasn't going very fast, but he managed to get a long free ride from the wind. The beaches along this north facing shore are long and sandy and made for nice soft landings as long as the wind is from the south or not too strong. We made camp in a large sandy bay and after setting up, it was time for a refreshing swim.

August 5th

Having awoke to an overcast sky, we decided to explore the bay and look for a place on the map called "Hole in the Wall". As it turned out, the hole in the wall was nothing more than a shallow stream that leads into a lagoon. By the time we were out in the lake, it was raining lightly. As we paddled into the bay, the skies darkened and it rained very hard. I could hear the rain drumming on the deck of my kayak and water was streaming off my hat. The wind also

picked up out of the north, and once again we found ourselves in large waves, even larger than those we had experienced on our first day out.

After a time, the sky started to clear, but the waves continued to grow. After six hours of non-stop paddling we needed a break, but the "friendly beaches" had large surf breaking on them. We finally found a beach protected by a rock jetty. We all paddled around the jetty with Ken in the lead, then Roland. Immediately we found ourselves in very steep waves, one of which broke over my head. The next one picked me up and I found myself balancing precariously on its crest. With two quick braces, one right and one left, the wave passed beneath me. I managed to stay upright, but Ken was not so lucky. I could see his upturned kayak, its red hull bouncing in the waves. By now, Roland was next to him and Ken was swimming to shore.

Once we were all safely on shore, we could see there was no surf to speak of. The rocky point did a good job of protecting the shoreline. After a much needed break and some food, we were off again. Once out, it was not long before we saw the end of the point. I felt a large wave lift my stern, so I paddled hard to catch the wave and soon I was rocketing down its face. I got such a push from the wave that paddling was a waste of time, so I sat back and enjoyed a wild ride. I was having one fast ride after another on the waves and soon realized that I had outdistanced my friends. They were mere dots on the water.

August 6th

The day dawned sunny and warm, with light winds. As we paddled on our journey east on the south shore, we saw a bald eagle and a white pelican circle one another, both riding the thermals in a slow easy glide. They were gliding slowly higher and higher on outstretched wings till they were in the clouds. It was almost as though they were playing with one another.

August 7th

We paddled south of Long Point to another long, skinny, sandy point with a large lagoon on one side and the open lake on the other. There was an old fishing shack near our campsite. It looked as

though raccoons had gotten into the shack and made quite a mess. After supper, I went for a swim in the warm breaking waves and it felt like I could be on some Caribbean beach. It was hard to imagine that in two months it would be so cold here that if you fell in the water without a wet suit you would die.

That night, our tents were set up on the lagoon side with a one meter high embankment directly behind us. Once in our tents we were a bit uneasy that we had not been able to find any trees high enough to hang our food bags. I heard a noise that sounded like someone chopping wood, so I went out to have a look, but saw nothing. A short time later Roland heard more noise. At that point Ken and I had just wanted to get some sleep. As Roland sat in his tent, a large

shadow loomed over it. He got his flashlight, looked outside toward the bluff and shone his light into the face of the largest black bear he had ever seen! Fortunately for us, one loud yell from Roland was enough to send him packing.

August 8th

On our last day, it was sunny and hot as we paddled back to the car. This time, we paddled on the lagoon side of Long Point. As we dragged our kayaks across the sandbar that separates the lagoon from the open lake, I could hear the surf and feel a fresh breeze. It put a smile on my face. It felt good to be on open water again. In a short time, we were back.

CONGRATULATIONS!

Congratulations are owed to Scott Feindel, a Manitoba paddler who moved West several years ago. Scott has recently qualified for a spot on the Canadian National Freestyle Kayaking Team. He grabbed one of two spots available for Western Canada at the Western Canadian Championships in early September. This team is Canada's best, and will represent us at the Pre-World championships in Australia this spring. Way to go Scott!!!!

J. Hilland, Manitoba Whitewater Club

A whitewater paddling brain Brian Johnston

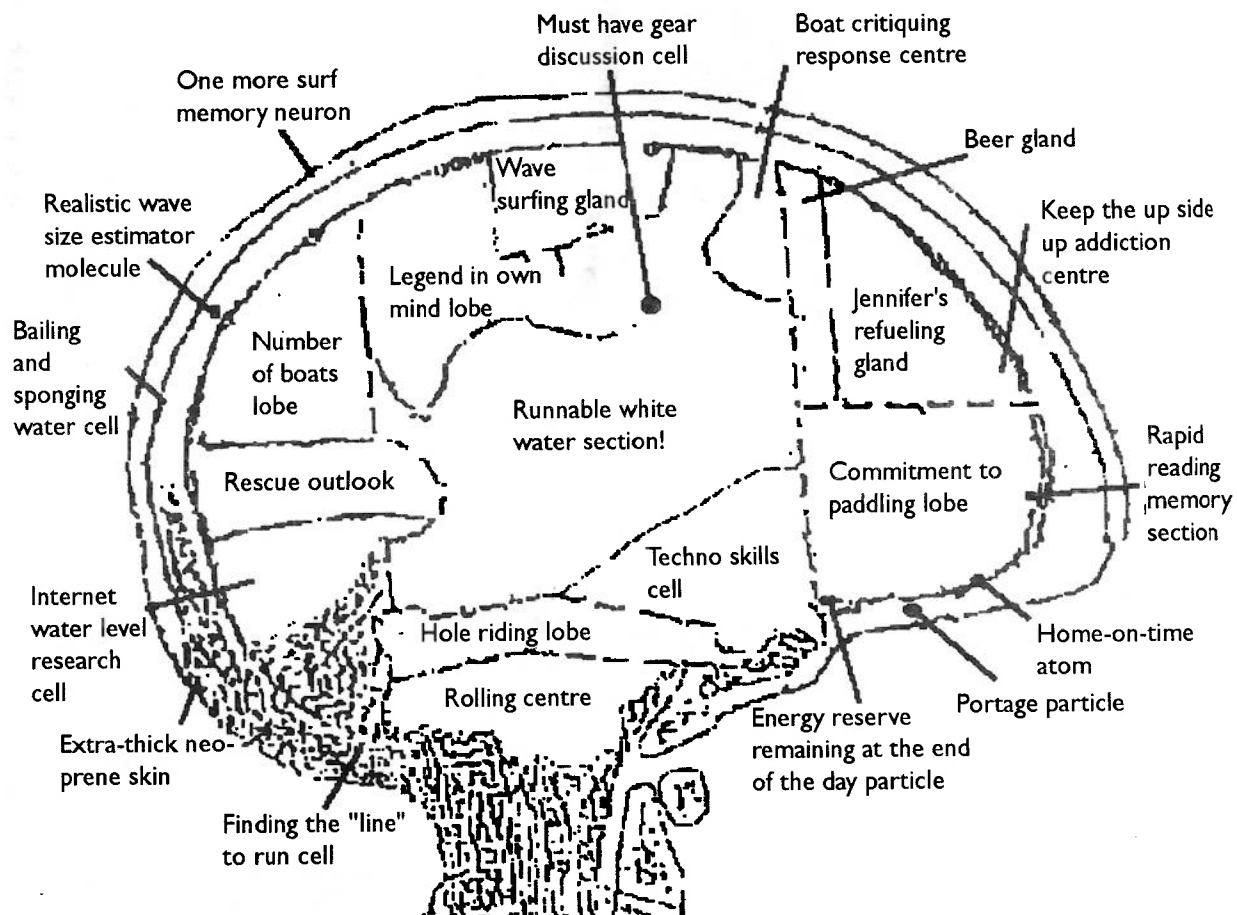
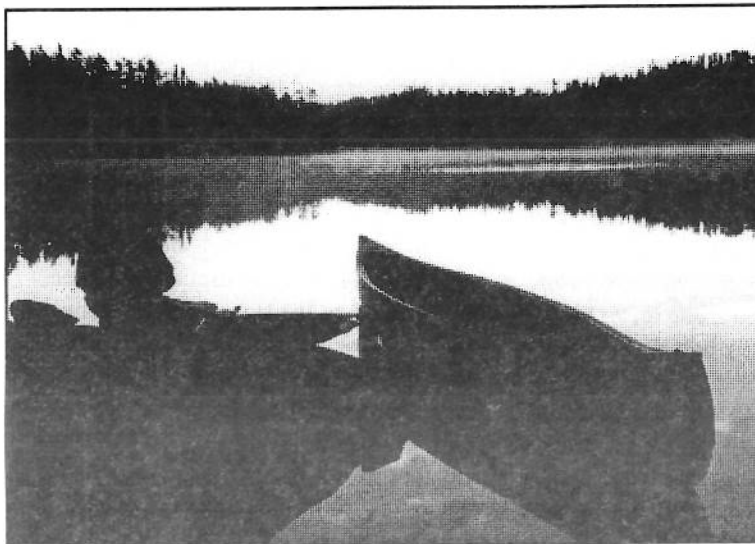


Photo Contest, 2003

Contest Overall & Scenic

Winner: Untitled

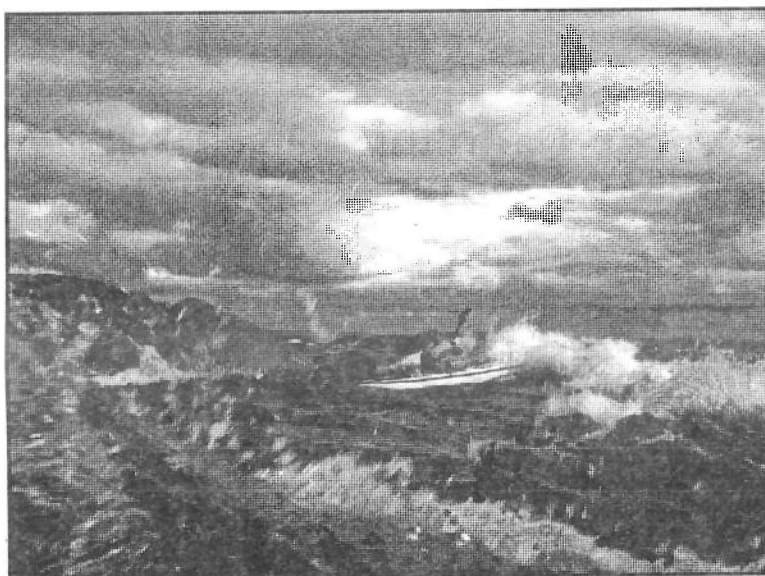
By: Paul Fields



Whitewater

Winner: "Play Time"

By: Michael Becwar



Flatwater

Winner: Untitled

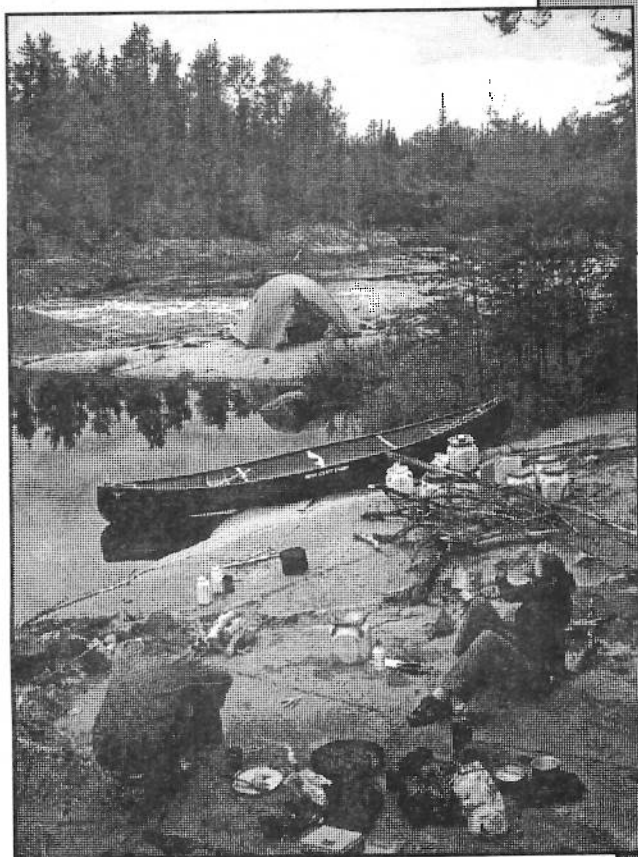
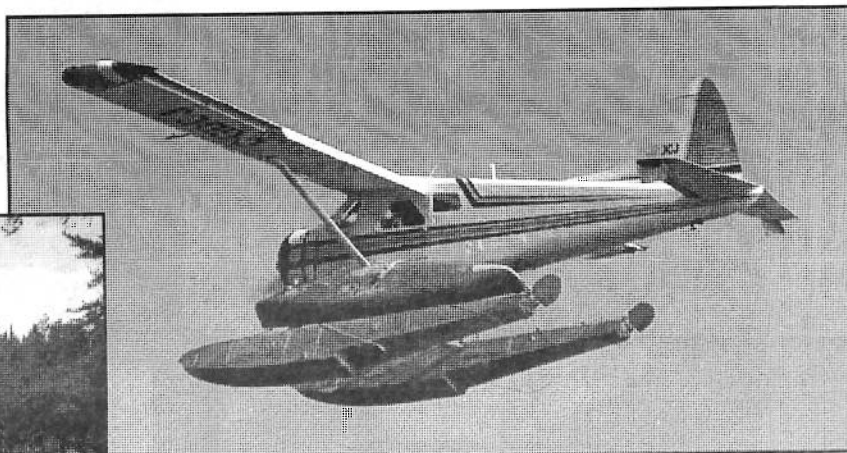
By: Paul Fields



Canoe/Kayak/Equipment

Winner: "Wait a second, what about me?"

By: Borden Smid



Campsite Life

Winner: "I can't believe we're eating mutton"

By: Borden Smid



Family

Winner: "Ray Ingles with Granddaughter"

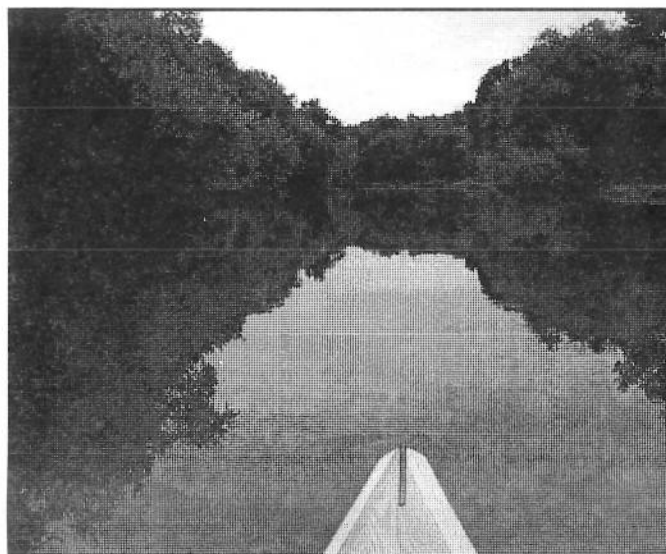
By: Maureen Frolick

CONGRATULATIONS to all the talented photographers who submitted photos to the Paddle Manitoba's 2nd--now nearly annual--Photo Contest. Thanks go to: Michael Becwar, Brad Bird, Paul Fields, Maureen Frolick, Paul Paradis, Harvey Rushfeldt, and Borden Smid. Thanks also go to Gisele St. Hilaire and Cameron White who arranged for the printing and display of the winning photos at the Paddle Manitoba Wine and Cheese event.

Campsite Life

Hon. Mention: "Swimming in the Rain"

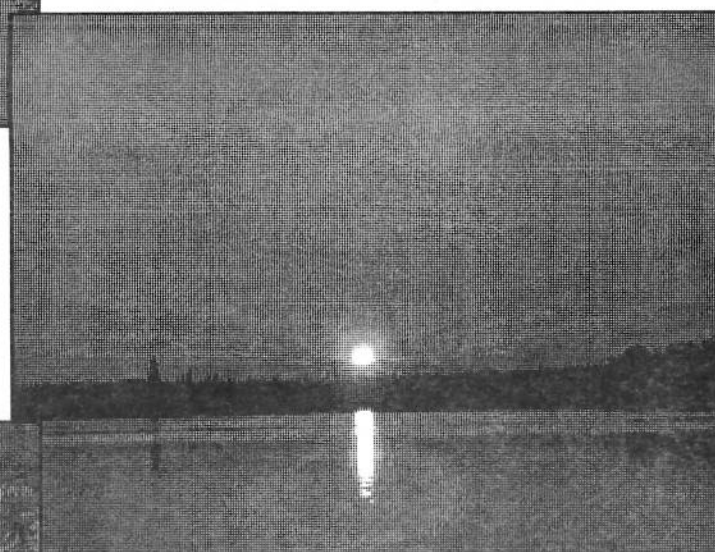
By: Maureen Frolick



Flatwater

Hon. Mention: "Golden Boy"

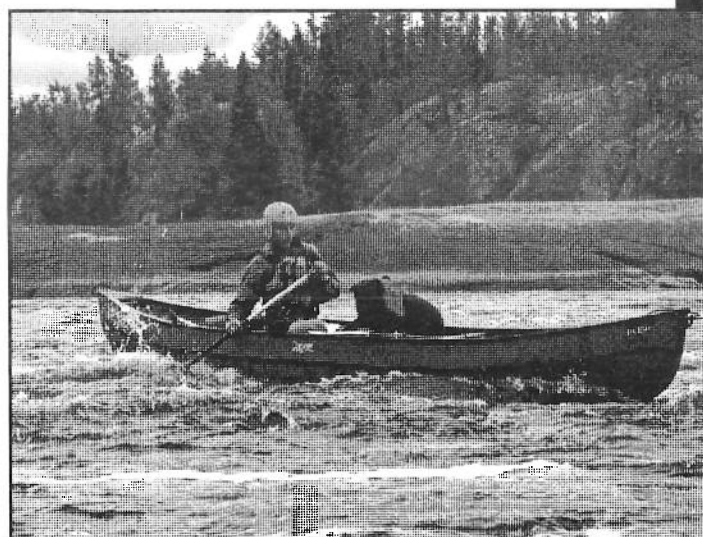
By: Paul Paradis



Scenic

Hon. Mention: "Sunset on Knee Lake"

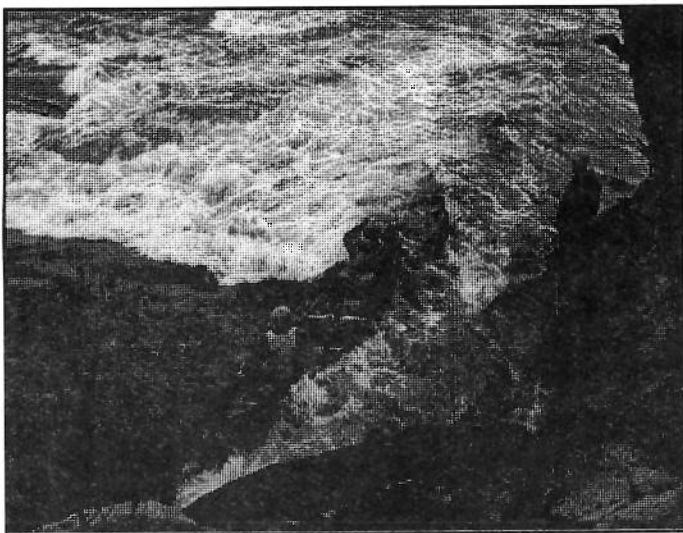
By: Borden Smid



Family

Hon. Mention: "Dave & Snoops Pancoe"

By: Borden Smid



Whitewater

Honourable Mention: "If standing here makes you nervous..."

By: Borden Smid

Start collecting your photos for 2004!

WATERWALKER Film Festival Update

The Canadian Recreational Canoeing Association is pleased to announce that beginning in 2004, the WATERWALKER Film Festival will be held as an annual event. The Festival was created in 1989 to pay tribute to the late Bill Mason - the great canoeist, filmmaker and conservationist who inspired many to enjoy and preserve our national waterways.

The Festival is an ideal platform to showcase films on paddling and the environment and to create public awareness and support for our natural environment.

The 2004 Festival will begin in March with the Ontario premiere in Waterloo, Ontario. Other provincial premieres and host events will follow throughout the year. The National Tour reaches an audience of more than 35,000 people and provides host sites with an exciting selection of paddling films from around the world.

Winners of the 2004 Festival will be selected in the following categories: adventure, action, safety, environment, music, amateur.

The deadline for submission of films is January 9, 2004. Winners will be notified in late February.

www.paddlingcanada.com/waterwalker, or contact: Anne Baxter at 613-521-726 or marketing@paddlingcanada.com.

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



Boat Identification *by Gary Brabant*

What happens if your canoe or kayak gets stolen. Can you identify it or prove that the boat is yours?

First, did you know that most canoes and kayaks sold in Canada and the United States have a hull identification number (HIN) on them? They are usually found on the right-hand stern, but can be anywhere on the boat. Besides giving a positive identification of the canoe or kayak, the HIN will give you information about the boat. The first three letters will tell you the manufacturer. For example, XTC means Old Town Canoes, MFP is We.no.nah, QDC is Current Design and XKA is Necky Kayaks. The last three numbers will tell you when it was manufactured, an example is 303; which means that it was made in March 2003. The numbers or letters between the first and last three numbers or letters will be your serial number. To put it all together, if your boat has a HIN on it of XTC01343J203, it means that your canoe was made by Old Town Canoes in February 2003 and your serial number is 01343J.

You should also fill out and return any product registration card that comes with your new boat and make sure that the HIN is copied correctly. This means that you are covered by

any warranty given by the manufacturer and also that the manufacturer has your boat listed in a database that can be checked and retrieved by you or by a police force.

You should also check with the store that you purchased the boat from, because most stores keep a list of boats with their HIN and who purchased them.

Gary Brabant
Wave Track Canoes and Kayaks

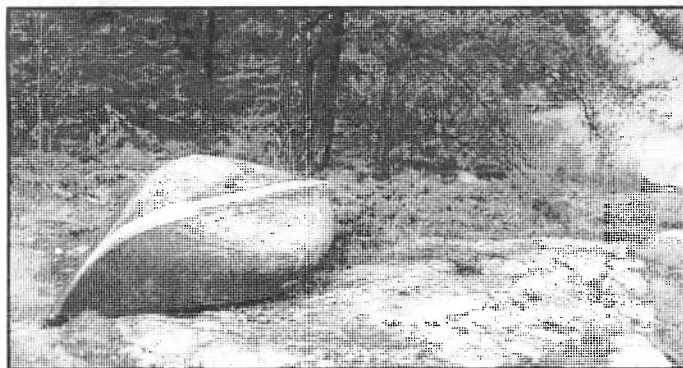


Photo courtesy of Chris Kiely

Tuesday Evening Paddle *by Charles Burchill*

The last day of Tuesday evening paddles has come to an end with the setting sun. It has been a wonderful last day to a great year. I want to say thanks to the many people who came out to the Tuesday paddles. Gerry Hirose took out two weeks while I was away paddling with my family and friends. I am grateful to the PM board members for supporting and participating in the Tuesday paddles when ever possible. In May, June, and September, when my children were actively involved in after school programs, I had the pleasure of making the 20+km ride from work to La Barriere Park each Tuesday. Thanks to Brent, Lynn, Paul and Bob for taking pity on me and giving me a periodic lift. I enjoy paddling my own canoe and several times dreamt about putting it on trailer but then the thought of riding through the city with an extra seventeen feet of Kevlar behind me pulled me back to reality.

A total of 136 people came out over 22 weeks. There was one wedding party; this exemplifies the dedication to canoeing that we have in Manitoba when someone brings her family, and to be extended family, out to a recreational paddle. Several people came from as far away as Europe, BC, the Maritimes, and East St. Paul (-:-) just to paddle - OK I might be willing to admit that they were here for other reasons for being in Winnipeg but they still came for a paddle. There were many people new to canoeing, ranging in age from 1 to 30(ish). With the many new people to canoeing this year I rarely made it to the bridge at the golf course, in fact on many Tuesdays I did not make it much past the walking bridge. The new canoeists gave me the chance to perfect the '5 minute'

canoe lesson.

I hope that many of these new people will continue to paddle and enjoy canoeing. New to the Tuesday paddles were the periodic kayakers. While I have no certification in kayak instruction it is a sport that I enjoy especially with long river and lake systems.

There were a number of people who came to Tuesday paddles to get pointers and directions on their canoeing skills, and to try out new equipment. Over the summer I passed out business cards and sent people to the outdoor and wilderness stores that I know cater to canoeists (Wave Track, MEC, Wilderness supply). We talked about taking trips (past and future), where to go, how to deal with children, what to eat, how to portage, and many more things. Many of these people rented or bought equipment and went out to enjoy the great rivers and lakes in Manitoba and north western Ontario. On their return I had the pleasure of talking to them about their experiences canoeing the wilds with new (and old) equipment.

Two great blue herons (I only saw one) were regulars on each paddle. In the evenings late in the summer we often saw the owls that live along with river. There were occasional beavers that would watch us suspiciously then slap and dive. I missed the deer that we had seen last summer, but I guess things change and even animals move on to other places.

I wish everyone a wonderful winter of skiing and snow shelters with pleasant dreams of paddles to come and paddles past.

Recipes for campers

By Cathie Turner, Registered Holistic Nutritionalist

Sugarless Carrot Cookies

1 cup Kamut flour
½ c rolled oats
1 tsp baking soda
½ tsp sea salt
½ tsp cinnamon
½ cup butter or butter blend (1/2 butter, ½ olive oil whipped)
½ c frozen orange or apple or pineapple juice concentrate
(or a mixture)
1 tsp vanilla
½ c raisins (pre-soaked)
½ c chopped dried apricots
¾ c grated carrots
½ c chopped walnuts (optional)

Preheat a 350-degree oven. While the juice is thawing (be sure it has warmed up) chop apricots into small pieces and grate carrot. In a large bowl combine the flour, oats, baking soda, salt and cinnamon. In a small bowl mix butter, juices and vanilla. This can be tricky sometimes depending on how cold the butter and juices are. If it doesn't mix - don't worry - it works just fine anyway. Fold this into the dry ingredients, then add raisins, apricots, carrots and walnuts. Drop cookies by teaspoon or roll into small balls and press with a fork onto greased cookie sheet. Bake 12-15 minutes or until the edges turn light golden. These make a yummy snack on the trails.

Carrot/pineapple/coconut salad

4 large carrots shredded
1 can crushed pineapple with juice
1 ½ - 2 c large flaked unsweetened coconut
big handful dried cherries or cranberries or dried blueberries (presoaked)

Mix all ingredients together. This salad keeps well.

Cathie Turner offers:

Comprehensive, supportive, nurturing one-on-one nutritional consultations, and "Dine and Learn" group presentations that include: tasty nutritious meals brought to your home; a variety of presentations on up-to-date, professional information about "Natural Nutrition" and good health; and interesting handouts and recipes. For more information call (204) 475-5734.



Tired of spending all your time organizing a canoe trip for friends or family?? Give Wilderness Spirit Adventures a call and we will take care of all the logistics for you. Take the time to look forward to your holiday and get someone else to do the work for you. Enjoy great food, meet outstanding travellers from around the world, have the added safety of a professional and certified guide along and RELAX.

If you can dream it, you can live it on Manitoba and Nunavut rivers.

696 McMillan Ave.
Winnipeg, MB
R3M 0V1

www.WildernessSpirit.com
Rob@WildernessSpirit.com
(204) 452-7049
Toll Free: 866-287-1591

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 | |

PM 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 on our programs when you need it.

paddler
~~hiker~~@domain.mb.ca

Yeah, it's that time...

t i m e

t o r e n e w y o u r

M e m b e r s h i p



Please fill out the form at the back of this issue and return it to Paddle Manitoba.

If you've already renewed your membership, thank you for supporting our association!

We ask you to contact our membership convenor, Gary Brabant, if you have any changes in your mailing address or e-mail during the year.

corporate membership

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

Paddle Manitoba Members receive a 10% discount on Goods and Services from these Corporate Life Members.

Adventure Education - Offers adventure-based experiential activities and programs to promote the development and personal growth of all people. They serve a variety of clients from entire communities to individual schools and small businesses to national corporations.

Address: 22-222 Osborne St. Winnipeg, MB R3L 1Z3;
Phone: 204.775.2462; **Email:** aem@mb.sympatico.ca;
Website: www.aeminfo.mb.ca



Northern Soul - This Manitoba company will guide you on some of our most stunning rivers - with a twist! Relax on a "Yoga Canoe" or sharpen your skills with a day of Nature Photography. Northern Soul will work with community and business groups to customize trips to suit your needs.

Address: 67 Cunningham Ave, Winnipeg, MB. R2M 0W4;
Phone: 204.284.4072; **Email:** adventure@northernsoul.ca;
Website: www.northernsoul.ca.



WAVpaddling - WAVpaddling is central Canada's white water kayaking school specializing in kayaking instruction in and around Manitoba. They provide highly personalized, small group and private kayaking instructional adventures. Professional, certified, and experienced, their instructors teach using proven progressions and the most recent techniques.

Address: 119 Lenore Street Winnipeg, Manitoba R3G 2C2;
Phone: 204.775.1124; **Email:** yak@wavpaddling.ca; **Website:** www.wavpaddling.ca.



Wilderness Spirit - Your guides to the Hayes, Thelon, Bloodvein, Assiniboine, and many other Manitoba and Arctic rivers, are biologists whose knowledge of the wilderness will enhance an already exciting adventure. They will also customize instructional packages for any age and skill level.

Address: 696 McMillan Ave, Winnipeg MB., R3M 0V1;
Phone: 204.452.7049; **Email:** info@wildernessspirit.com;
Website: .



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

Canadian Ecotourism Services, A-137 Sherbrook, Winnipeg, MB R3C 2B5, Tel: (204) 946-0768, Fax: (204) 946-0780, www.absolutecsg.com

Clearwater Canoe Outfitters, Box 3939, The Pas, MB R9A 1S5, Tel: (204) 624-5606, Fax: (204) 624-5467, Email: cclodge@cancom.net, Web: www.carpenterslodge.com

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

Henderson - Jack Pine Journeys, 24 Main Street, Flin Flon, MB, Tel: (204) 687-3534

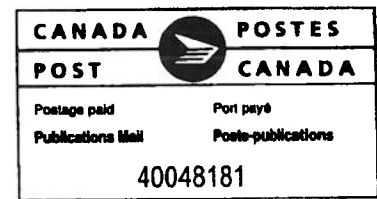
MassageWorks, 205-675 Pembina Hwy., Winnipeg, MB R3M 2L6, Tel: (204) 798-1264, Email: massageworks@mts.net

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

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



TO:
Dustin Molinski
12-205 St. Anthony Ave
Winnipeg, MB
R2V 0R8

MARK YOUR CALENDAR!

Thursday, January 15th, 7:00 pm

Paddle Manitoba's Annual General Meeting

LOCATION: Sport Manitoba Bldg., 200 Main St.

Saturday, February 7th, 6:30pm

Laurel Archer

Images of the Boreal Forest

LOCATION - Officer's Mess, Kapyong Barracks
Kenaston and Grant; FREE ADMISSION

Saturday, May 15th

Paddlefest 2004

LOCATION: Fort Whyte Centre



See page 6 for added details on the
indoor program.