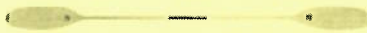




THE



RIPPLE



Paddle Manitoba Newsletter

Finding your way without Compass or GPS

By B. Curtis Bird

A number of years ago a friend and I were paddling east on the Saskatchewan River from The Pas, in north-central Manitoba, when we came across numerous channels near the outlet to Cedar Lake. The channels headed in various directions and we needed to cross Cedar Lake and reach Easterville. The day was heavily overcast, I don't remember where our compass was, and GPS was unheard of. Which way? Which way indeed.

It's a question we canoeists don't like to ask. It implies doubt about a fundamental assumption we take with us into the wilderness: that we know where we are going and how we will get there, even without street signs and familiar landmarks. When that assumption comes into serious question, our security feels threatened. We suddenly feel uncomfortable.

My purpose here is to share with you ways to both avoid that situation and to extricate yourselves from it, without a compass or GPS (Global Positioning System) unit. These units can be broken, forgotten or lost, and so it is useful to know how nature can guide your course. Plus, if you're like me, you prefer natural systems to modern technology, which tends to be wrapped up in consumerism. This impulse to purchase the newest gimmick and abandon proven methods widens rather than narrows the divide between nature and us.

GPS does not mean the end of wilderness, but it does alienate us from nature's ways of charting a course. I prefer time-tested, low-cost and low-tech ways of travel, and find it much more satisfying (and safer) not to depend on expensive tools that can fail when you need them most.

As far as I know I've never been lost. I've been head-scratching flummoxed, misdirected, off course, unsure of my bearings, seriously stumped, and not 100 per cent sure of where I was but never, so far as I know, lost. That's after more years than I care to admit of camping and canoeing, fishing and hunting. Lost to me implies a total lack of knowledge about how to get on track to where you want to be. Lost, means confusion and helplessness and even immobilization. (Quite honestly, using that definition, I feel more lost in modern society than I ever have in the wilderness. That may be of more interest to psychologists and sociologists

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fall 2004

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(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,
Brent Mazur, at 284-1772

Contact Paddle Manitoba

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

Website: www.paddle.mb.ca

Phone: (204) 338-6722

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, at:

<http://www.paddle.mb.ca/mrcawebsite/forum>

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

Manitoba Whitewater Club

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 copy and payment must be received by the editor 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

Phone: (204) 792-3988; E-mail: edgeadvertising@shaw.ca

Format Note: Photos submitted electronically should be scanned at a setting of 250 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 or fax to (204) 897-9070.

DEADLINE

for the Winter (December) 2004 Issue
November 10th

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

Letter from the editor

Main Entry: ed·i·tor

Pronunciation: 'e-d&-t&r

Function: noun

As the editor my input hopefully will be transparent to the printed piece, other than reworking the design format. To assist in production I have enlisted the aid of a highly qualified proofreader and long time friend, Shannon Beddome-Lorenz, to review all articles submitted for publication.

Thanks to Cam White, Harpa Isfeld, Jamie Hilland and those I have yet to meet in person for your support and understanding with this transition.

Because I wrote this piece after all other articles were placed you'll have to wait until next issue for something of more substance from me.

Doug Coates, editor
edgeadvertising@shaw.ca

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President's Message

By Cameron White

Water, Water, Everywhere...

I would not be a native of the prairies if I did not comment on what has truly proven to be a season of weather extremes, and mixed blessings to the paddler. There was nary a day on the East Side when it did not rain, and if not plodding through a deluge, we set our faces against the west winds which tried in vain to blow us back to our put-in point. Yet these transient discomforts were quickly forgotten as we slipped over rocks which last year blocked our passage, and passed over ledges without waiting for the stern-smacking crunch on our skidplate. Better water levels than Manitoba has seen in at least three years rewarded those who braved the cold. All too soon the canoes are laid up to await another season.

Rain or no, many came from far and wide to attend the Manitoba Whitewater Club's Shindig – an event that will do much to establish the reputation of the province as a destination for playboaters of both the single and double blade variety. Congratulations to the club for reaching out to the community and involving paddlers of all skill levels.

In addition to great articles on navigation, guiding, camp cooking, instruction, and CI tripping, we received an account of the 2003 Thanksgiving reunion hosted by the Winnipeg Canoe Club. There was a time when paddling was truly a community event, and Bob Williams' piece brings us back to that era. We will feature photographs from that trip in our next edition. Thank you to all who contributed your words to the fall issue.

We welcome Doug Coates as the new editor of the Ripple, and thank Harpa Isfeld for all her hard work in producing a fresh look for the newsletter. Harpa's efforts in managing the photo contest were rewarded with some of our best submissions. Our fall program begins later than hoped for, but we promise some great evenings with subjects as diverse as the Nahanni River and the life of Tom Thomson. I look forward to hearing your tales of the summer.

Manitoba Whitewater Club Summer 2004

By Jamie Hilland

Events Coordinator
Manitoba Whitewater Club
jahla@mts.net

What an outstanding year for whitewater in this province.

The season started early for us whitewater folks this year, with a few of us going out several times in February for some winter paddling, and we have not looked back since then!!

In May, heavy rains hit the Lake of the Woods watershed, and resulted in high levels downstream all through May, June, July and August.

In June, the third Annual MWC SHINDIGGGGG was held, and drew a very good turnout of over 50 whitewater enthusiasts from Alberta, Saskatchewan, Thunder Bay, Ottawa, Minnesota and Wisconsin, as well as many local Manitoba paddlers. Evidently the word on our world-class whitewater is spreading!

The Shindigggg started with some sick big water paddling during the week leading up to the weekend, and really started when the Friday night rolled around and the festivities started! Although the bugs were many, we managed to cope and party until the wee hours of the morning.

On the Saturday, over 30 paddlers did a river run down the Whitemouth River, and then packed up and headed for Sturgeon for the afternoon. Some excellent rides, good stories and classic swims were had!

On the Saturday night, we enjoyed a private dinner at Jennifer's restaurant in Seven Sisters, where chef Jozef not only provided us with some excellent

food, but also many great prizes. If you are ever in the area, be sure to stop in and enjoy an inexpensive and delicious meal at an establishment that truly supports paddlers.

Following the dinner, we enjoyed a slideshow and video of the day's events compiled by Carm Images, an Ottawa company that came out to film our event, and did a wonderful job - thanks to Chris and Andrea.

After the show, we retired back to our campground, where we had an outdoor dance party, with some vinyl spun by DJ B-Mac (who is now a full-on whitewater boater having gone out many times this year), and some other shenanigans including our annual "beefcake" competition (Mick Lautt is now the two-time champion), a pitch black nighttime bike jump competition (Liz wins hands down), and a party until dawn (Mick, Scott, Brennan, Jamie and Cherie - winners). It was a very fun and full night for sure.

On the Sunday, on-water activities took place at a slower pace due to the previous nights tricks, but we all made it back out onto the water.

Needless to say, this year's event was a great success, with all of the visitors enquiring as to when next year's event will be (June 17-19th 2005), and promising to return.

We also enjoyed excellent sponsor support this year from Mountain Equipment Co-Op, WAVPaddling, Wilderness Supply, Kokatat and Rapid Magazine. We had some great prizes, and no one walked away empty handed!

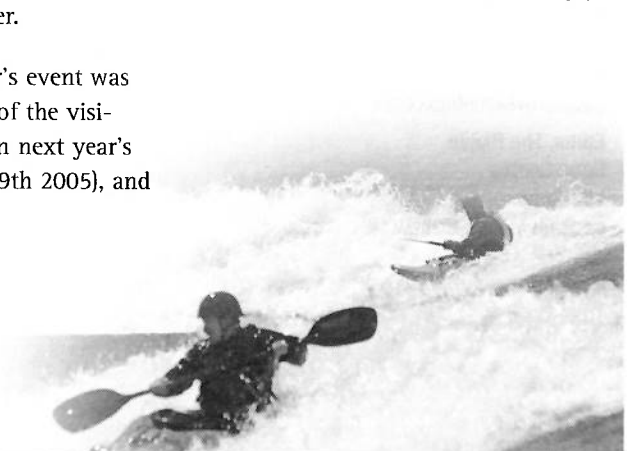
Following the Shindigggg, the paddling community saw an increase in numbers, with many MEC staff coming out frequently, and they enjoyed some great big water conditions throughout the summer.

This year we had fewer trips out of province due to the excellent water here at home, but some of us still went out to the Ottawa River, and were thankful we don't have the eddy line-ups like they do out east. Waiting 10 minutes for a 1-minute ride means not much wave time!

Once August hit, we started to see declining flows on the Winnipeg River, and many of us resigned ourselves to playing in the hole at Sturgeon until the water froze. Then, we had some huge rainfalls in late August/early September, and voila! We are currently seeing levels in October that rival the levels witnessed in early June, and we love it. All of the features are back in, and we have groups coming from Minnesota, Thunder Bay and Alberta in the next few weeks. There's some great paddling to be had.

However, at some point it may get too cold to paddle (-10 C is our general

(continued page 5)



Indoor Program Report

By Rob Currie

After a summer like the last one that we just went through, it occurs to me that an indoor program in the coming months is just not what we really need.

Haven't we all spent too much time inside this year? What we really need is sun and warmth instead, however, since I don't control the weather just the indoor program, that is what we will have.

On October 23, 2004, Graham Dodds from Parks Canada will be giving a slide show on the Nahanni River delving into the natural surroundings and current plans for the area from a Parks Canada perspective. Graham Dodds is a park planner with Parks Canada and has 11 years of experience working within the government on such areas as Grasslands National Park in Saskatchewan, Riding Mountain

National Park in good old Manitoba, Aulavik National Park on Banks Island as well as other National Parks in western Canada and Nunavut.

November 20, 2004, Dr. Phillip Hall will be speaking about the Life and Death of Tom Thomson. Tom Thomson (1877-1917) is considered one of the most important and influential early Canadian artists. Together with members of the Group of Seven, he created a distinct approach to portraying rugged Canadian landscapes. Dr. Hall is one of Canada's foremost experts on the life and death of Tom Thomson, the painter who inspired the artists of the Group of Seven. He will share with us his thoughts on the controversy surrounding Thomson's death, while focusing on his lasting influence on our perception of the Canadian wilderness through his work. Tom Thomson, an avid outdoorsman, remains one of the central figures of Canadian canoe culture.

As always, if you have an interest in some topic or you would like to see us bring in a speaker on a particular topic please let me know. Email me at Rob@WildernessSpirit.com

Letter to Members - 'what I did on my summer vacation'

Hi EVERYONE.

By Harpa Isfeld

A lot happens in a typical Manitoba summer - a lot has to happen within a precious short period of time. I've managed to cram in a month away in Iceland, a canoe trip in Nopiming Provincial Park with a fantastic group of women, and several visits to the family cottage over the course of the wet, cool season that we are begrudgingly referring to as 'summer' this year. Since I last wrote to you in June as editor of The Ripple, that too has changed. I've moved on to different priorities and projects while Doug Coates has assumed the editor's role.

I don't want to dwell on any post-mortems. I will certainly still be around and goodbyes would be premature, not to mention overly dramatic. However, I do want to take this opportunity to thank the readers and members for the support, positive feedback and encouragement many provided during my time as The Ripple's editor. I enjoyed the work and getting to know many warm, genuine and active people in this community. I hope to continue getting to know more of you. Until then, happy paddling to you all. And to Doug, best of luck with The Ripple.

Cheers!



P.S. I'm embarrassed to say that I took over 500 photos in Iceland. (The digital camera is still a novelty for me). Not surprisingly, by the time I had returned to do my canoeing trip I was burned out on picture taking and took none. I can share a few photos with you from Iceland, although I was hiking not paddling there. Still, I'd encourage anyone with interests in ocean kayaking to check Iceland out. The bird life, volcanic and geological formations, and the midnight sun are spectacular.

(Whitewater Club continued from page 4)

cutoff), and we will once again have pool sessions. This year, it looks like we will be returning to the Pan-Am pool on Mondays from 8-10:30 PM, which is a great facility that is more central for many in our community.

As always, check out <http://wavypadding.ca/phpBB/> at any time for current information on who's going where, what's happening, and what the water is like. This site also hosts the Manitoba Whitewater Club and its activities, and is the main source of communication for all of the local whitewater boaters.

We always welcome new members who are interested in paddling whitewater, no matter what type of boat. Please feel free to contact us at anytime with any questions or enquiries that you may have.

See ya'll on the waves!



Thanksgiving

By Bob Williams

58 AGAIN. History repeats itself and sometimes gets better. What tale am I about to spin?

Well back in October 1967, nineteen paddlers from the Winnipeg Canoe Club set out from the big Whiteshell Lake to paddle to the north end of Crowduck Lake, which included a mile-and-a-half portage between the lakes. These are big lakes and the storms, wind and waves are treacherous. As luck would have it, a storm came up and the group abandoned their goal of the north end for shelter halfway up Crowduck. The bush was so thick that 20 feet in you wouldn't know a storm existed. Raindrops/snow had difficulty penetrating the forest canopy. This was the start of a tradition at this site for 25 years.

Each Thanksgiving paddlers would trek in to this site, although some years, snow and storms kept us at the campsite at Whiteshell Lake. One year was so bad we wrapped the cook shack in plastic to give us a warm place for the Thanksgiving feast. Eight inches of wet snow fell that night. And feasts they were with all the trimmings, turkey cooked on a spit, baked potatoes, wild rice, cranberries, dressing, and pumpkin pie with whipped cream (from a can), which had to be hidden because of whipped cream fights.

We would start early Sunday morning by repairing the roasting pit and gathering dead fall to make coals. Later we got smart and brought in briquettes. The handmade benches and tables were fixed up and by noon the turkeys had to be on the spit. Some years the birds were still frozen, so hot water had to be applied so we could insert the spit. The spit turner received complementary wine so there was no shortage of

volunteers. The table was made level, tarps were strung, centrepieces created, lantern and candles in empty wine bottle arranged for dinner. All that was left to be done was a grace to be said.

Typical years we would sit 20 to 30 people down to dinner. If a storm forced us to spend an extra day in camp there was always lots of extra turkey. I remember one year we saw three canoes of teenagers fighting

Mother Nature and besides there were still the big lakes to worry about. So a new site had to be found, a site with a portage so we would be away from the crowds. The group started small but as in the past it grew with moms and dads, children (now young adults) boy-friends and girlfriends.

This year was the 35th anniversary and with the advent of email and the hard work of Andy Dawson and Ed

I remember one year we saw three canoes of teenagers fighting a storm to get back to the portage. We called them over for dinner. The look on their faces I still recall as they walked up to see the table set and turkey being carved.

a storm to get back to the portage. We called them over for dinner. The look on their faces I still recall as they walked up to see the table set and turkey being carved. For hungry teenagers, this was Manna from heaven.

I don't want you to think it was always bad weather. Some years the big lakes were like glass and the fall nights with their clear skies and harvest moon, magic. The northern lights right above us cascading down like neon rain. The bright and hot days of fall with all the colours and flotillas of loons gathering, some flocks in excess of 50 birds.

Well, the paddlers got older and other demands of family, work and children took over. On the 25th anniversary there were only two for dinner and it wasn't turkey, it was Cornish game hen. But the largest number we ever sat down to dinner was 58. Think of it, 58 people to dinner in the forest, what a night!

Five years ago for the 30th anniversary, some of the old paddlers with their children thought they would start the *Feast in the Forest* again, only this time two weeks earlier so family could still share Thanksgiving in the city and perhaps get a little better weather. The old campsite had been reclaimed by

Boudreaux, the cook, the word got out. Of the original nineteen...seven showed up and paddlers returned from around the world: one from England, another from L.A., and within Canada: from Victoria, Vancouver, Banff, Calgary and Edmonton. The ages of the participants, for oldest, a tie, two sixty-two year old seniors and two youngsters at 12. One of the 25-year olds had paddled bow 15 years before to Crowduck, and another had been to the Crowduck feast 25 years before as a five-month old. And the food you ask – the same menus except with the addition of two large barons of beef. The portage, you ask – no hop, skip and jump – no this portage has the nickname of The Devil's Ladder because it should!

The Friday night, 36 people paddled in early to get the stories and work started. Typical of paddlers some of the group paddled back to the portage on Saturday to help the next group coming in. The workload – what workload? These are paddlers – there were more volunteers than needed. The weather, well so much for picking an early date, we had wind, rain and cold temperatures but to use an Aussie expression “no worries”. But wait here's the big news. What was the head count for dinner? 58.

God bless us everyone!

Instructor's Corner

By Gerry Hirose

2 Tandem Canoe Paddling

Tandem paddling is a team effort.

Watch expert tandem paddlers and you will see both paddlers stroking in unison and maneuver the canoe as if they were one.

How can you improve your tandem paddling?

Know Your Role

The bow paddler is responsible for forward propulsion as well as the cadence and selects the paddle side, as he/she cannot see what the stern paddler is doing.

Cadence should be fast enough to provide speed but slow enough to allow the stern paddler to perform corrective strokes.

The bow paddler also directs the boat to avoid obstacles as he/she can see them better than the stern paddler. In moving water he/she also leads in maneuvers.

The stern paddler provides general forward propulsion as well as directional control.

The opposite occurs when going in the reverse direction i.e. Bow paddler

now provides directional control. Each paddles on opposite sides and switches sides as required to prevent fatigue.

Communicate

Good communication is most important in a team effort. Both paddlers must be on the same page and know what the team is doing. Talk to each other so that both know their objective and maneuvers to be performed to achieve it. Communicate any change to planned routes/maneuvers. Ask for help if needed to perform a maneuver.

Practice

Practice to know each other's quirks and reactions to situations. Expert tandem paddlers know what each will do in specific situations without verbal communications.

Of Guides and Outfitters

The Question of Regulation in the Paddlesport Community.

By Cameron White

The seventies marked the halcyon days of the "outdoor movement" as thousands of North Americans purchased Grumman seventeen footers, and ventured down wilderness rivers for the first time. Their parents viewed canoes as dangerous craft, not to be trusted on lakes much less launched down rapids. The Baby Boomers liked a little danger and they were a do-it-yourself crowd who re-explored routes left untouched since the time of the Voyageurs and Yorkmen – no advice needed but the writings of Calvin Rustrum and the Sierra Club to see them over the portage trail. From their enthusiasm were born the Canadian Recreational Canoeing Association, Canoe and

Kayak magazine, and many other paddling institutions, not a few of which disappeared in the early nineties. We were in touch with nature as never before.

For all the sales of outdoor gear in the last quarter of the 20th century, the Golden Age of canoeing belongs to the twenties and thirties. The technology of wood canvas construction had been perfected, making the purchase of a canoe an affordable option to many families. Outboard motors had yet to pervade every waterway within reach of the highway, and new rail lines allowed unprecedented access into the backcountry. Even the Dominion government joined in the fray, publishing a booklet in 1938 entitled *Canoe Trips in Canada*, replete with descriptions of paddling routes in each province and the "ten commandments for canoeists". Inexperienced travelers were earnestly enjoined to "never attempt a trip through uninhabited country without competent guides". This was

the age of the guide – a dashing figure in oilskin hat, slicker, and packer boots – and few city folk would venture into the depths of Algonquin without the services of these woodsmen. The outfitter and guide faded in importance as post-war highways whisked new cabin owners to their waiting "runabouts" for a weekend of water-skiing.

Yet the professions of paddlesport guiding and instruction live on throughout the country, introducing hundreds of converts to the joys of canoeing and kayaking. Manitoba alone contains a dozen companies, which for a comparatively modest fee will bring you down your dream river in comfort and safety – best of all you don't have to cook! A quick tour of the Internet informs us that both American and Ontario outfitters also reap the benefits of Manitoba's spectacular rivers, and offer excursions on the Bloodvein and Hayes rivers. Europeans, looking for the last untouched frontier, are among the largest group of customers

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for these outfitters, but in increasing numbers local consumers are turning to guides for a dose of wilderness adventure. None of this should be a surprise to those who know the powerful resonance of our beautiful waterways, many located just hours from Winnipeg. Shocking though is the fact that this industry remains unregulated and without proscriptive measures in place to ensure the safety of clients. In a rule-bound society such as ours, where even a curb-side hotdog vendor is subject to stringent standards and inspection, there is nothing to prevent anyone with the notion of beginning a business as a wilderness guide or outfitter.

may slow government attempts at control: the opposite is true in the case of paddlesport providers. In 2003, the corporate members of Paddle Manitoba issued a request to the Chair of the LAC in which they outlined options for mandatory safety and skills training for guiding and instructional services, and they encouraged the government to adopt the same. Why would independent businesses welcome, even invite government regulation of their activities – in a word, self-preservation? Safety, and perhaps more importantly the perception of safety, is the byword of successful marketing for eco-tourism, and the province's outfitters spend hundreds annually to main-

income in terms of tourism related revenue. In other areas of Canada, B.C. for example, the move towards greater control of a developing industry is underway. Or go try and establish yourself as a guide on the Nahanni and see how stringent regulations can be. In Manitoba however, home to two soon to be three heritage rivers, business goes on unimpeded by regulations. Some 3,000 people a year descend the Bloodvein, many of them guided by outfitters from Minnesota or Ontario who have not even acquired the nominal license required by the province of Manitoba. There is grave potential for a serious incident if we do not develop comprehensive guidelines to safety.

"The cost of an outfitter's license is only \$100.00"

True, there is a licensing process and money changes hands, but that's where any semblance of regulation or supervision ends. The application for an outfitter's license asks several pointed questions about the financing and equipment of new guiding endeavours, but there are no provisions for skill level, safety policies, or experiential background. The application is then submitted to the Licensing Advisory Committee (LAC), comprised of Manitoba Conservation and Travel Manitoba staff, who make recommendations to the Minister for final approval. Commendably, hunting and fishing guides, especially those wishing to establish permanent structures, are subject to much more rigorous criteria for licensing. Of course these activities represent an exponentially larger portion of tourism revenue than eco-adventures, but don't paddlesport activities represent a greater potential liability to the province in terms of risk and deserve the same attention?

Resistance to regulation often comes from within the affected industry and

tain and train their employees in the latest safety techniques. All that would be required to seriously damage a fledgling industry would be the operation of one unsafe paddlesport provider. Accidents, aside from the human cost, drive up already high insurance rates and frighten people from participating in the activity. The cost of an outfitter's license is only \$100.00, but the price of giving that license to an unqualified provider may run to the hundred's of thousands if a tragedy were to occur.

The reply to the members' concerns was not expected. The LAC responded that the province had no interest or authority to oversee the regulations of paddlesport outfitters or guides. No authority! Aren't these the officials who can fine you for using a barbed hook? Doesn't the government have control over how you build a porch, or where can you smoke a cigarette? One would think they would be involved over safety concerns which affect possible injury or death. The issue turns on the fact that paddlesport providers represent a fraction of

Solution? The reality is that most of Manitoba's paddlesport providers are diligent in ensuring that they maintain a high degree of competency and safety within their companies. Unfortunately, they watch as out-of-province guides make profitable use of our waterways with little or no enforcement measures in place to monitor their activities. As the eco-adventure market grows, more people will be inclined to join the business and under the present regulations they will enter the fray as unknown quantities unhindered by formalized safety standards. The province of Manitoba needs to begin the process of consultation now to ensure that we have a viable system of standards in place for the next generation of guides and instructors. By publicly recognizing the efforts of existing companies they will encourage those operators to continue their investment in safety programs. Finally, the province of Manitoba must set the conditions for the success of its own paddlesport providers by offering greater enforcement to ensure that outside operators do not harm the already fine reputation of our guides and instructors.

Loving it then Working It

By Rob Currie

Most of us enjoy canoeing or kayaking as a personal sport, whether it takes the form of day trips to some white-water heaven or a long-term canoe trip that starts and ends in some unknown natural paradise. We do it because we love it and we love it because it fills some necessary space within us leading to an understanding of ourselves and our place in nature. Others do it because it takes us away from our mundane day job, possibly away from the cement village we live in or maybe just an escape to a simpler way of life, where the only choices we have to make are when to get up, what to eat, how far to paddle and where we are going to camp again. Repeat 'til further notice. Some of us do it simply because it is fun. But what happens when you take something you love and turn it into a job, or the start of a career or the hope for a lifetime of "free" paddling?

In 1994, I was chatting with my good friend Bruno while we slowly choked ourselves to death in a laboratory "fumehood" designed to suck up the toxic fumes that were emanating from our work. At one point we both happened to turn and look at each other at the same time and we both cried out "What are we doing here? Do we want a lifetime of this?" Shaking our heads, we started talking about options and Bruno said that he always wanted to start up a canoe company that would take people down some of Manitoba's pristine waterways. Two years, many glasses of some fine single malt later and one particular "long" night of finding inspiration (through said malt) for our yet to be named fledgling canoe company, Wilderness Spirit Adventures was founded.

Owning and operating this company over the past eight years has given me many memories, both good and bad. But the aspect that maintains its constancy are the people that come down the rivers with us. We get every possible type of paddler there is I believe. Pure novices that may have seen a picture of a canoe but have never sat in one or have sat but not paddled. People that paddle flatwater but need some simple instruction to get them going in whitewater, people that think they can paddle but really can't and of course we also get loads of great paddlers that have great skills.

All of these different paddlers have offered me a fresh new look at the sport that I love and that I have chosen to try and create a life out

fellow's tent I yelled over the coming storm asking what the problem was. "Robbbbbbb can I come sleep with you?" his now audibly shaky voice said. Asking him why he wanted to sleep in my single-person tent with me he answered slowly that he was afraid of lightening and thunder. Oh oh, I said to myself, haven't come across this particular phobia yet. Another crack of thunder echoed across the forest and he repeated his request to come and sleep in my tent. Telling him that the storm might come with some wind and the tent might go for an unexpected ride he asked instead if I could then come into his tent to keep him company. Same problem I told him, our body weights will help keep the tents down if it gets really gusty (in real-

"Coming fully awake, I realized that one of my charges was in trouble for some reason. Fearing that a bear, or worse yet, a skunk had started pawing at this fellows tent I yelled over the coming storm"

of. Sometimes giving me the joy that makes doing this easy and sometimes making me want to run for the hills and never come back.

One particular night I wanted to run for the hills after I woke to the quick flashes of light that precede the distant rumblings signalling another Manitoba thunderstorm. Making a quick reconnaissance of the tent to make sure that I had pulled out the tent fly I was just drifting off to sleep again when from about 10 m away I heard the plaintive cry of "Rooooobbbb" between the cracks of thunder. Ignoring it as a potential dream I fell back asleep only to be startled awake by a much louder, more unnerved scream of "ROOOOBBBBBBBBB". Coming fully awake, I realized that one of my charges was in trouble for some reason. Fearing that a bear, or worse yet, a skunk had started pawing at this

ity I just didn't want him hugging me closely in his fright!). After convincing him that all would be well I spent the next two hours in my tent talking to him to keep him calm during the storm. Once it had passed, I then got out of my cosy sleeping bag and spent the next hour-and-a-half sitting outside his tent and talking to him so that he could eventually fall asleep. I crawled back into my tent about 5:30 am, realized that I wasn't going to get back to sleep, so read until 7:30 when I got up and started coffee and breakfast. It was a day fraught with the effects of sleep deprivation and my sometimes uncontrollable desire to leave this fellow sitting in the woods. Well, not really, but my frustration level grew over the day until I came to the realization that the reason this guy was so scared was because he simply hadn't been exposed to the wrath of Mother Nature in the

(continued page 12)

WHAT DOES HE DISCOVER?

By Brian Johnston

The decision was made. I was to join a group of kayakers on a multi-day river trip. For a die-hard single blader, a kneeler, an open boater, a T-gripper, a C-boater, an asymmetric paddler, a C1er...in short, a CANOEIST, some might assume that to trip with KAYAKERS was a BIG decision but rest assured, that first decision was the easy part. What to paddle was the next question and this, I thought, was going to be the significant decision.

Fitting in with a group who had previously run rivers together was a concern. As the sole canoeist on the trip, by definition, it is difficult to fit in because a canoeist is not equivalent to a kayaker (this is not to infer a lesser-superior status). To spend several days and nights in early spring running a river with kayakers is different from day tripping where we often share the same park and play site. Originally, I thought my major tripping concerns would be speed as kayakers are faster than canoes (kayakers generate faster hull speeds and open canoes are slower in whitewater because they require bailing), rapid difficulty as, in general, kayakers run more difficult rapids, and ease of portaging because a short kayak is much lighter than a short canoe (I was cautioned by the lead kayaker to bring a short boat because this was to be a demanding whitewater trip, rapids and portages alike). All these concerns led to the

important question, what to paddle? I quickly decided that I did not have a suitable canoe that would allow me to blend into the group so I went in search of an appropriate craft. This task was easier than expected because I quickly concluded that paddling a C1 or a decked canoe would allow me to be in a very similar craft to the kayakers and thus eliminate most of my concerns. I selected a used kayak to convert to a C1. I chose a boat approximately one foot longer than the kayakers because it would have a faster hull speed to offset my slower single blade.

How to Outfit and Pack for a Whitewater Trip

The parameters for the trip were pack enough gear to be self-supported for four nights, be prepared for below freezing temperatures of early May, be ready to make several portages, and run many rapids. The dilemma was that we were departing in less than a week.

Despite my previous mentioned concerns about this trip how to outfit and pack for this whitewater trip became the issue that demanded creative thinking. This problem had never occurred to me before because I have experience running rivers, wilderness tripping, paddling whitewater, as well as converting kayaks into decked canoes. Even with all this relevant expertise I was in for a steep learning curve.

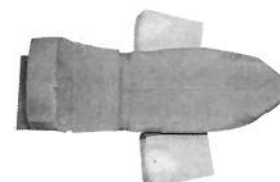
On Outfitting, the Kayak to Canoe Conversion

My method of converting the used kayak to a wilderness whitewater tripping C1 resulted from past conversion knowledge in addition to trial and error. The popular method of using a mini-cell foam bulkhead and saddle in combination with lap belt required modification because both the bulkhead and the saddle restricted my ability to pack gear into the hull. I finally settled on a removable saddle

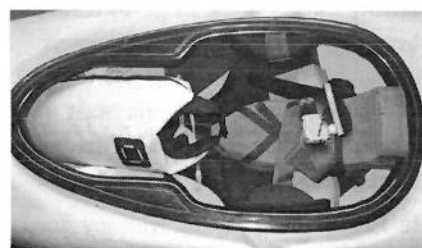
(see photographs 1 and 2) and a front spilt bulkhead so that gear could be easily stored forward and aft (see photographs 3 and 4). In order to maintain the rigidity of the craft I used a kayak seat as a base platform for the outfitting but this has the disadvantage of increasing the weight. Because of the time constraints I decided the C1 was ready to go.



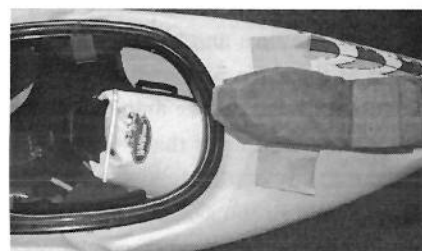
Photograph 1. Side view of the removable saddle with ankle supports attached.



Photograph 2. Top view of the removable saddle with ankle supports attached.

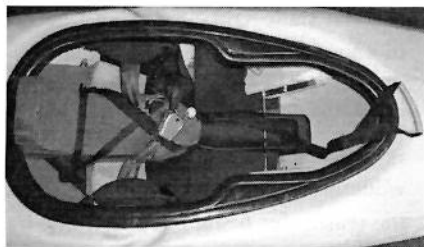


Photograph 3. Shows a stuffable airbag being pushed forward past the split bulkhead into the bow. The saddle is already in position. There is room for two such bags forward.



Photograph 4. With the saddle removed (it is sitting on the rear deck) a stuffable airbag is slid into the aft end of the craft. Similar to the bow, there is room for two bags behind the saddle.

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Photograph 5. The fully outfitted C1 ready for the river.

On Packing

It was now time to think about packing for the trip. The kneeling position of the paddler in a C1 means both ends of the boat are available for gear. This is where the C1 has the advantage over the kayak...or is it a disadvantage? I have always believed that canoeists have the advantage of lots of room and ease of carrying gear compared to activities such as kayaking or hiking but having too much room can also be a disadvantage. Certainly, I had

the most space available compared to the kayakers albeit more room than required. Furthermore, I had the ability to balance the weight of gear in both ends. But weight itself was an issue so I borrowed a technique used by climbers: I weighed every item on a little food scale and recorded the information in a spreadsheet. The spreadsheet allowed me to keep track of the total weight plus group all the

gear into separate dry bag lists so that I could adjust the trim without the need for a test paddle. Finally, when it came time to stuff all the dry bags I followed the list, which made packing simple. The original spreadsheet gets updated after every trip.

How was the trip? Did I fit in?

The short answer is we are planning for trip number four!



Here are two photographs showing the finished C1 conversion in use.

Paddle Manitoba

Program of Events for Fall 2004

The Nahanni River, Its Nature and Its Future.

On Saturday, October 23 2004 join Parks Canada planner, Graham Dodd, for a unique look at one of Canada's wilderness parks. The Nahanni has an internationally renowned reputation, but its future remains in question. Find out what's in store for one of our national treasures.

Time: doors open at 0630 p.m. and the show starts at 0700 p.m.

Location: Officers' Mess. Minto Armoury, 969 St. Matthews Avenue. Cash Bar.

Tom Thomson: His Life, Work, and Mysterious Death

Dr. Phillip Hall will speak to us on the life and influence of Tom Thomson, the artist who inspired the Group of Seven. An avid outdoorsman, Thomson's mysterious and premature death transformed him into one of the central figures of Canadian canoe culture. Dr Hall's fascinating presentation on the

character and work of this pre-eminent painter and national icon will keep you enthralled.

Time: 0630 p.m., Saturday, 20 November 2004.

Location: Officers' Mess. Minto Armoury, 969 St. Matthews Avenue. Cash Bar.

The Annual Paddle Manitoba Photography Contest: Submissions Required!

As the water freezes and before your summer memories fade, get your photos in for this year's competition. Compete for great prizes including a life jacket. We are looking for submissions in the categories of:

- Campsite Life
- Flatwater
- Canoe/Kayak Equipment
- Whitewater
- Family
- Nature / Wildlife

Please forward your entries in digital or print format to our newsletter convenor, Jamie Hilland, at jahla@mts.net or phone 779-5579. Entries will be displayed and judged at the Indoor Program on Saturday, 20 November 2004 at Minto Armoury. Deadline for entries is 12 November 2004. Please ensure that your entries are titled and that you submit no more than one entry per category.

Visit our Paddlers' Forum

Exchange tips and viewpoints with other paddlers online.

<http://www.paddle.mb.ca/mrcawebsite/forum>

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same ways that perhaps many of us had over the past years of paddling. He lived in a large city where nature was made up of small parks and the grass that grew on the boulevard outside of his apartment building. Natural phenomena like a thunderstorm were simply more frightening when all you had between you and nature was a thin sheet of nylon. I came to understand.

On another occasion, a German couple came to Canada a few years ago because it was the husband's lifelong dream to come to Canada and canoe through the Canadian wilderness.

When they arrived by floatplane the woman (lets call her Joy) was looking apprehensively out of the window at what she called the flimsy canoe that was supposed to carry her down the 120 km to the end. Joy was scared, no doubt about it, no getting around it. She felt trapped and completely unsure of the coming days. I couldn't blame her, she had never paddled before, nor had she been so far away from civilization. Her husband (lets call him Donald) on the other hand was positively buzzing; his childhood dream was about to be fulfilled. Four days later and an unfortunate number of horseflies later, the roles had been completely reversed. Donald was a mess; the bugs had turned him into an arm-waving maniac even within the comfort of his bug shirt and our bug tent at the camp spots. Even the sound was beginning to drive him crazy. There was no perceived relief at all except his tent, which he ran and jumped into with abandon in the early evening, which culminated in the final great leap on the last night on the river. He had apparently forgotten that their tent was sitting directly on the soft, cushion of some of the worlds oldest rock, the Canadian Shield and he had landed with all his weight on to the point of his elbow. If I was him, I would have started crying. He couldn't move his arm the next day so we had to chauffeur him as he rested in the bow, sometimes one-handed paddling.

Joy, on the other hand, had been serenely sitting in the bow of the canoe, paddling comfortably and confidently since day two. I had been paddling with her from the very beginning and we had developed a pattern of small chitchat that had eventually turned to talking when only completely necessary, I simply didn't want to disturb her tranquillity. After every rapid or particularly lovely spot on the river she would turn to me with a massive smile. She couldn't describe what she was feeling and I didn't want her

to. That smile said everything I needed to know. It was all that I wanted to see. She had seen the point of coming to places like the Bloodvein River, had seen the ingredients that make up the wilderness, had found within herself the reason for being out there. She had gotten the point that no one can teach you, show you, or coerce you into finding. That is what keeps me going out year after year, to see that glimmer in peoples' eyes as they comprehend why we do what we do on the river.

Winnipeg Wild!

WinnipegWild.net links healthy urban community with healthy natural world

What is your favourite park or wilderness area within reach of Winnipeg?

Go to www.Winnipegwild.net to fill in a short survey about your favourite spot and why these wildlands are important to you.

The relationship between healthy cities and healthy wildlands is a two-way relationship. People in Winnipeg breathe clean air filtered by Manitoba's boreal forest, recreate in the region's various parks and wilderness areas, and take solace in the knowledge that there will always be places where they can enjoy wilderness and wildlife. Without the support of the people of Winnipeg these wildlands may not persist.

Winnipeg Wild is a new project developed by the Manitoba chapter of the Canadian Parks and Wilderness Society (CPAWS Manitoba) and Wildcanada.net to illustrate the important links between residents of the City of Winnipeg and the surrounding wildlands and wildlife. The first step is this online survey.

In the fall, comments from the survey will be displayed on www.WinnipegWild.net and new action tools will be built into the website that allow you to get involved in the decision making process about your favourite wilderness areas.

Winnipeg Wild is made possible by The Winnipeg Foundation. Wildcanada.net launched Calgary Wild in May 2004 and projects are anticipated for Victoria, Vancouver, Toronto, Ottawa and Moncton.

CPAWS is a charitable conservation organization whose mission is to protect wilderness and ensure nature comes first in the management of protected areas.

For more information, see www.cpawsemb.org or call 949-0782.

(continued from page 1)

than the general reader, but at least I am sharing inner truths.)

In the opening story above, my then-paddling partner Mark Bergen (now Dr. Bergen, as Mark is a veterinarian in Saskatchewan) and I weren't lost, just unsure of our bearings. We used an old and easy solution to solve the problem. We camped and waited until next morning when we saw where the sun rose. Computer technology comes and goes, but the sun always rises in the east and sets in the west. At noon it always sits toward the south. Needing a southeasterly direction, we set off accordingly and found our way just fine.

The sun is also useful if you have a clear day and a watch with hour and

The waterway was becoming narrower and shallower. I stopped, had a drink and ate some GORP, then climbed a tree and discovered the channel led to a bog. I laughed. You took a wrong turn, Bird! Have fun doing all those dams in reverse! Wrong turns happen so be aware of what kind of landscape you should be heading into. I should have been following a decent water-course much like the Souris, and compare it to what you actually have.

On canoe trips, that can mean portages that should be there but aren't, or islands that don't materialize, or ones that do when they should not. When you face such situations, stop paddling. Have a drink (of water). Eat something. Your brain will function better for the nourishment and rest. Stopping can

Norway House, looking for the southern inlet that leads to that old fur-traders community, when the maze of islands had me flummoxed. I wasn't lost, just temporarily unsure of how to reach my destination. So I docked on an island that had a neat red cabin. My red canoe, the Jimmy-Jock, was conspicuous on the granite shore while I checked my maps. The first thing that happened was a fish fell from the sky. I heard it zip through the air, the squawk of the tern that dropped it, and the thunk! on the rock nearby. Amused, I put the 10-inch pike in the lake and it swam away.

The second useful thing that came out of my stopping was a visit that evening by two local Crees. We had a nice chat, and in exchange for some fruit drink crystals for their kids (they were tenting nearby), they pinpointed our island on the map. Problem solved. On top of that, I had a nice visit, got two good stories, and had a decent sleep in the cabin.

I dutifully turned right up a creek that bore the signs of what I thought the correct course would be, and dutifully carried over four or five beaver dams, until, some time later, my mind began to cloud with doubt.

minute hands. Point the hour hand at the sun. South is mid-way between the hour and minute hands. If you have a digital watch, forget it. That's basic, then: use the sun. If it's cloudy, wait until conditions clear.

Another technique is what I call matching the country to the map. I'm assuming you have some kind of a map. North of Norway House some years ago I was paddling the Nelson River and intending to head east on the Echimamish (pronounced Itchy-momish, Cree for river that flows both ways. North of the Robinson Portage it flows to Hudson Bay, while the southern segment doesn't appear to have any current but supposedly goes west to the Nelson and then north). I was alone. I dutifully turned right up a creek that bore the signs of what I thought the correct course would be, and dutifully carried over four or five beaver dams, until, some time later, my mind began to cloud with doubt.

mean resting in the canoe, or, better yet, getting out on shore at a decent spot.

This is important. The act of stopping and eating works.

Talking things over with your partner or just with yourself is the next step. Determine the last place where you were certain of your bearings. Estimate your distance from that place and your time away. Figure out, using deduction and your map, where you turned, or missed a turn, or otherwise went wrong. You may also conclude, happily, that in fact you are on track.

If you are still in doubt after this, make camp nearby. Yes, prolong the pause. Let the mystical ways of the universe help you along. Pause and let other powers come into your life. Fish. Make a good meal. Swim. Be visible. Have a good sleep. Interesting stuff can happen.

I was up on Playgreen Lake near

At night, use the North Star. The two end stars of the Big Dipper point to it. The North Star is about five times the distance of that between the two pointer stars. It was good enough for Samuel Hearne, so it'll help you too. However, I do not recommend canoe travel at night because of the hazards of poor visibility and the suddenness with which storms can arise. Like many of you, I've fumbled in the dark to erect a tent among hordes of mosquitoes in a lousy spot as a storm blew in, and frankly daylight is better. Night is for sleep, stargazing and making babies.

I hope this helps. Now, would one of you please write a column about how to safely steer our lives among the boulders of changing social morays and the rapids of high technology? Better yet, make it a book. It would be a bestseller.

Brad can be reached at
Box 871 Deloraine, MB R0M 0M0
He is giving up on the Internet.

A Cool Mist Rising

The End of Tuesday Paddles 2004

By Charles A. Burchill

University of Manitoba
Charles_Burchill@umanitoba.ca

The evening starts warm but crisp without any wind. It is beautifully calm and quiet. The sun is low but there is still a good hour for paddling. There are only two people paddling with me this evening.

It was cloudy and rainy this morning with heavy rain last night. The mosquitoes have been bad recently because of the standing water and the warm weather over the last week. I feel sorry for those that have not come out to this paddle. The river is high with a little current, strong for this time of year, but we manage to get away from the bank and paddle up stream.

A deer peacefully stands and watches from the field until we get close then it bounds away into the bush. All summer we have seen deer. Several times a fawn has been seen quietly nibbling on the shrubs and grasses near the bank. A sign of nature renewing itself and a reminder of the world we live in and share. A killdeer swoops and dips ahead of us as we paddle up the river. I recall the first paddle this spring, another crisp day almost five months ago, when we saw a fox bounding along the side of the river.

Tuesday paddles started on May 4th this year. One hundred-one people came out over the 17 weeks of paddles. Many of these people had never been in a canoe before. I was away for four weeks on trips. There was only one cancellation due to weather – May 11th was the day the snowstorm started. Much to my surprise looking back at my log book there were no cancellations due to rain. Kathy tells me that is because I am just crazy enough to go out in the rain. If that is the case I am glad there are a few other souls that are crazy like me; I never paddled alone. I recall June 15th when it was pouring rain with a great lightning show as I was leaving my house. It cleared at 7:00 just as we were supposed to start the paddle.

Because of all of the rain this summer the river was never very low. Most of the summer there was some current and one week the bridge was under water. At the beginning of June and

end of May there had been quite a bit of local rain and since the Red was not high the La Salle actually had quite a bit of current. There was enough current to show a couple of people how to do ferries and S turns. Usually the river, with its slow current and wind sheltering trees, provided a perfect place to introduce new comers to this wonderful recreational activity.

At the end of August we had guests from Austria. They made arrangements earlier in the summer from Europe to come and paddle with us. I am glad my luck held and we had a very nice evening with lots of wildlife to see. On the same night someone else came in from Alberta – having left a message several weeks prior. She had been out two years ago in the pouring rain but had remembered the outing fondly and wanted to go again. This time it was clear and warm.

I want to thank the board members, specifically Gerry and Brent, for coming out to as many Tuesday and Sunday paddles as possible. A special thanks goes to Brent and Lynn for driving me (and my canoe) for most of the spring and summer when I might have otherwise had to ride my bike (from HSC).

As we approach the landing, a cool mist is slowly rising over the river; the sun has slipped below the trees and it is getting dark. Time, once again, to hang my paddle and think of next spring and the adventures we will have. *I hope to see everyone again on Tuesdays next summer.*

What's for Dinner?

By Brent Mazur

Creative menu planning can make your next canoe trip even more enjoyable. The freeze-dried meal packs are very convenient, but bringing supplies from your local grocery store can be a great option.

A canoe trip offers fewer constraints in the kitchen than an equivalent length backpacking trip. Portaging food with some water content and even carrying extra fuel can have minimal impact depending on your route, while the backpacker would notice extra weight with each step of the trip. Simple preparation remains an important consideration to minimize cleanup effort and ensure a warm hearty meal during inclement weather.

One of my favourite canoeing meals is a Madras lentil dinner with all components available on our regular grocery run. The lentil dish itself comes in a foil bag, designed for heating directly in boiling water. We usually serve it on spiced couscous with a side of fried nann bread. The extra weight of the sauce in the lentil dish has been minimal but noticeable, so we often use it earlier in the trip. The re-heating process does not require a full boil for these lentils, so fuel usage is not much greater than what would be used for boiling water to re-hydrate the couscous. The couscous we use takes five minutes of covered re-hydrating with one cup of boiling water. Placing the foil pack in the remaining water gives ample heat over those five minutes, even with the stove turned off. For a finishing touch we will fry up some nann bread to eat with our meal. This East Indian flatbread has proven to be very durable in our food bag, and manages to stay fresh due to a low moisture level.

Variety is the key ingredient in our camp kitchen. There is still a place in our food bag for some freeze-dried meal packs. These new product lines are providing great selection and addressing the niche markets for vegetarian and organic foods. The grocery store meals however, provide more flexibility in portion size and ingredient combinations. Vacuum-packed fish and meats are appearing on the same shelf with canned goods, widening

PAK TRIP SURVEY LOG

Complete, cut or photocopy from newsletter, and return to: Paddle

nada? _____

_____ Days devoted to paddling _____

Permit required: yes _____ no _____ Fees \$ _____

_____ Launch date (yr / mo / day) _____

_____ Price \$ _____

_____ Take-out date (yr / mo / day) _____

_____ Price \$ _____

difficult to locate or to follow: _____

adequate _____ explain _____

Cleanliness: very clean _____ clean _____ dirty _____

Fires permitted: yes _____ no _____

Swamps, marshes, etc.): _____

Graphs that captured attention: _____

Meets _____ hunters _____ fishermen _____

fly-in lodges _____ trappers' cabins _____

rips where can and bottle bans are in place.
u wander the grocery store aisles, look for
roducts that are suitable for canoe tripping.
times and innovative packaging are opening
ssibilities for your tripping menu.

ER RATING

_____ cold_____ muddy_____ swampy_____ polluted_____ other_____
_____ rating _____
name_____ rating _____
_____ normal_____ high_____ Flow rate (cms or cfs): _____
r trip: yes_____ no_____ explain _____

Any litter or misuse of the natural resources that was of particular concern, e.g., excessive logging, all-terrain vehicles, defacing of landscape: _____

Evidence of forest fires: yes_____ no_____ recent_____ partially overgrown_____ acceptable reforestation_____

Did this affect your trip in any way: _____

Fished: yes_____ no_____ (good / average / poor) Species caught: _____

SAFETY

Trip completed on schedule: yes_____ no_____ days behind_____ explain _____

Any changes to original planned route required: yes_____ no_____ explain _____

Did the inaccuracy of any information lead to problems: yes_____ no_____ explain _____

Wind bound on any lakes: _____

Were bears a problem: yes_____ no_____ other species: _____

Precautions required for hypothermia: yes_____ no_____ giardiasis (beaver fever): yes_____ no_____

Other concerns: _____

PARTICIPANTS

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

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

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

Prepared by: _____ Phone number: _____

Address: _____ Date prepared: _____

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

For any additional comments, please attach a separate page.

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

* Class of Rapids - CRCA Ratings

Class 1: Moving water with few ripples and small waves

Class 2: Easy rapids with waves up to 2 feet and wide, clear channels. Some manoeuvring is required.

Class 3: Rapids with high irregularities, often capable of swamping open canoe. Narrow passages that often require complex manoeuvring.

Class 4: Long, difficult rapids with constricted passages that often require precise manoeuvring in very turbulent water. Generally not possible for open canoes.

Class 5: Extremely difficult, long and violent rapids with highly congested routes. Significant hazard to life in event of mishap. Requires absolute expertise.

Class 6: Difficulties of Class 5, but nearly impossible and very dangerous. For teams of experts only, with all precaution taken. Even experts avoid if possible.

Paddle Manitoba Membership Application and Renewal

Last Name or Organization Name (Corp./Affil.) (attach business card, if appropriate)

First Name and Initials

Street Address (P.O. Box)

City, Province (State) Postal Code (Zip)

Telephone (Home; Business)

Fax Number

E-mail/Website (please write very clearly)

Family Membership (names of persons at address):

Membership Fees (please circle appropriate category)

Individual (Adult)	\$20
Lifetime Individual	\$200
Family (two persons, same household)	\$25
Corporate (Business)	\$30
Lifetime Corporate	\$300
Affiliate (Club, Organization, Association)	\$25

Foreign (non-Canadian) members please add \$5 to cover additional mailing costs.

Cheque or money order payable to Paddle Manitoba.

Application Type (circle one) **a) New** or **b) Renewal**

Application Date _____ / _____ / _____

Applications received after Oct. 1 expire December 31 of the next calendar year

Paddle Manitoba Donation \$ _____

If you require a tax receipt, make your cheque payable to "CRCA" (\$10 minimum)

Cut out and mail with payment to:

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

Paddle Manitoba Corporate Members

(\$30/year)

Fort Whyte Centre

1961 McCreary Road, Winnipeg, MB R3P 2K9
Tel: (204) 989-8355, Fax: (204) 895-4700
Email: ibarnett@fortwhyte
Website: www.fortwhyte.org

MessageWorks

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

Mountain Equipment Co-op

303 Portage Avenue, Winnipeg, MB R3B 2B4
Tel: (204) 943-4202
Fax: (204) 943-4288
Website: www.mec.ca

Pioneer Camp

230 Sherbrook Street Winnipeg, MB R3C 2B6
Tel: (204) 788-1070
Email: pioneercamp@mts.net
Website: www.pioneerclub.com/manitoba

Adventure Junkie Tours

Box 2384 Winnipeg, MB R3C 4A6
Tel: (204) 487-0004 or Toll Free: 1-877-432-6868
Email: info@DiscoverMB.com
Website: www.DiscoverMB.com

Wilds of Manitoba

30 Riverstone Road Winnipeg, MB R2V 4B1
Tel: 334-1111
Email: icanoe@wilds.mb.ca
Website: www.wilds.mb.ca

Paddle Manitoba Volunteer Positions

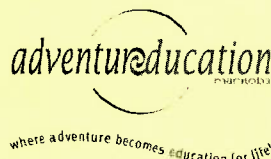
Paddle Manitoba relies upon Volunteer Power. You don't have to "walk on water" to help. Just indicate your interests below and pitch in where you can.

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

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

- ☐ Resource Committee
- ☐ Membership Committee
- ☐ Instruction Committee
- ☐ Advocacy Committee
- ☐ Indoor Program Committee
- ☐ Newsletter (The Ripple) Committee
- ☐ Fund Raising/Social Committee
- ☐ President, Vice-President,
- ☐ Secretary or Treasurer

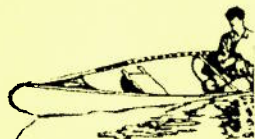
Paddle Manitoba Lifetime Corporate Members



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



Red River Canoe and Paddle

Manitoba's purveyor of handcrafted wood-canvas canoes and personalized paddles. Doug Ingram builds canoes in the spirit of Chestnut and E.M. White and his artistry must be seen to be truly appreciated. Doug will work with you to build the canoe or your dreams. Drop by for a coffee and see the beauty of canoe building in process.

Address: P.O. Box 78, Group 4, RR2 Lorette, MB R0A 0Y0
Phone: (204) 878-2524
Email: rrcp@mts.net
Website: www.wilds.mb.ca/redriver



U of M Recreation Services

In addition to a wide range of canoe and kayak programs, Recreation Services offers activities in climbing, hiking, biking, boat safety, orienteering, and first aid. A great place for your family to learn about living in the outdoors. Open to students and members of the general public.

Address: Recreational Services, University of Manitoba, Winnipeg, MB R3T 2N2
Phone: (204) 474-8234
Email: rec_services@umanitoba.ca
Website: www.umanitoba.ca/faculties/physed/recreation/

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



WAVpaddling

WAVpaddling is central Canada's whitewater 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, MB R3G 2C2
Phone: (204) 775-1124
Email: yak@wavpaddling.ca
Website: www.wavpaddling.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 Avenue, Winnipeg, MB R2M 0W4
Phone: (204) 284-4072
Email: adventure@northernsoul.ca
Website: www.northernsoul.ca



Red River Outfitters

In addition to wilderness trips on Manitoba's rivers, we offer unique paddling experiences in our cedar and canvas vintage canoes. Explore Winnipeg's waterways in classic luxury and then dine at your favourite riverside restaurants. Great for anniversaries and special occasions. CRCA instruction also available.

Address: Box 23 Lorette, MB R0A 0Y0
Phone: (204) 878-3570
Email: rro@mts.net
Website: www.redriveroutfitters.ca



Wave Track Canoe and Kayak

Carrying a wide range of canoes and kayaks, Gary Brabant is the city's east end paddlesport retailer. In addition to names such as Old Town, Wenonah, and Clipper, Wave Track also carries a broad selection of camping equipment and clothing.

Address: Unit C, 42 Speers Road, opposite Symington Yards off Lagamodiere Blvd.
Phone: (204) 231-8226
Email: wavetrak@escape.ca
Website: www.wilds.mb.ca/wavetrack/



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 Avenue, Winnipeg MB R3M 0V1
Phone: (204) 452-7049
Email: info@wildernessspirit.com
Website: www.wildernessspirit.com

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

TO:

Mark Your Calendars!

The Nahanni River, Its Nature and Its Future.

Saturday, October 23, 2004

Time: doors open at 06:30 p.m. and the
show starts at 07:00 p.m.

Location: Officers' Mess

Minto Armoury

969 St. Matthews Avenue

Cash Bar.

Tom Thomson: His Life, Work, and Mysterious Death

Saturday, November 20, 2004

Time: 06:30 p.m.,

Location: Officers' Mess

Minto Armoury

969 St. Matthews Avenue

Cash Bar.

The Annual Paddle Manitoba Photography Contest: Submissions Required!