

The

# Ripple



## Spring 2004

### Newsletter for Paddle Manitoba

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## Quetico

*By James Vasiljev*

I had dreamt of traveling through Quetico Provincial Park for a long time. In the spring of 2003 I found myself on the Trans Canada, heading east from Winnipeg on a beautiful sunny morning, grinning like a fool, toward making my dream a reality.

I had paddled many routes in Algonquin Park. I had plied the swift water rivers of central and eastern Ontario. I had canoed the whale back archipelagoes of Georgian Bay, even made it up to Superior a couple of times, but to a Torontonians, Quetico seemed out of reach. It was simply too far away to justify the drive. In 2002, when I found myself eyeing a job opportunity in Winnipeg, I couldn't stop thinking about finally being able to make it to Quetico. And so here I am in Winnipeg, surrounded by remote and wild watersheds, and a lifetime worth of exploration to aspire to. Excellent!

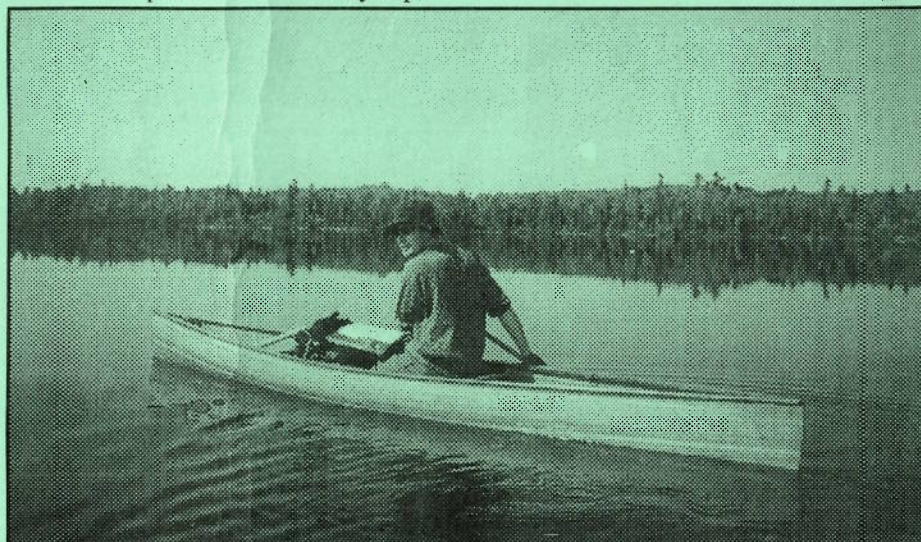
I had poured over the Quetico maps for years, planning routes, and collecting information from fellow trippers I had met. And as my experience and interest in fishing grew I imagined a tremendous wilderness fishery in the park. Fortunately, I worked with a couple of blokes who had been canoe guides for years in the park and knew it intimately. Gary and Phil were planning a personal trip

back to Quetico and wanted to push themselves on a remote route with some incredibly long portages. After some discussion we agreed to go on a canoe trip with just the 3 of us, if we couldn't get a fourth. We had access to a nice solo canoe through a mutual friend and, with the accumulated experience, figured we were good to go.

Now I have to admit, I had never done a 4km portage before and I had my reservations. Oh sure, I've done my share of backpacking, but these young bucks were into some serious self flagellation. The plan was for a 12 day trip,

with the first day to include a little traveled 4km portage into Cashe Lake. And these guys wanted to do all portages in one carry. Think about it. That's 12 days worth of gear and food, all on your back, for 4km of unmarked bush portage. Now if any of you have glanced at a map of Quetico, you may find this all the more curious, as one can create many routes in the park without ever doing more than perhaps a 1.5km portage. The real kicker though, is that it's another 4 km portage the next day to

*Continued on page 9*



Gary Jackson on a return trip to Quetico Park





(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](http://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](mailto: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](mailto:mpa@sport.mb.ca); [www.mpa.mb.ca](http://www.mpa.mb.ca)

**Canadian Recreational Canoeing Association**  
(613) 269-2910 or 1-888-252-6292  
E-mail: [staff@crca.ca](mailto:staff@crca.ca); Website: [www.crc.ca](http://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](mailto: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 Summer (June) 2004 Issue

☞ May 10th ☞

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

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### Fund Raising

VACANT

### Ripple Editor

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Welcome, wonderful snow! After years of low water, this winter is shaping up to be a real boon to all of those craving greater flows and bigger waves. Sure, it makes getting around a bit of a struggle, but it would almost seem un-Canadian not to have to deal with sub-Artic temperatures precipitation.

Winter has brought more than snow for us. At the AGM in January we gained two new convenors - **Rob Currie** and **Jamie Hilland** - for the Indoor Program and Newsletter positions. We welcomed the news that the number of students instructed in 2003 had increased threefold from the last year; the results of a new website and the diligence of **Gerry Hirose**. Our instructional programs both, canoe and kayak, have grown in strength with the addition of a new crop of instructors. And to make us think of spring, **Laurel Archer** entranced us with a presentation on Saskatchewan's rivers and her experiences as a guide. This was the last event

we will hold at the Officers' Mess (it closes in June), and it was well attended by sixty-three members.

Spring holds much in store as you will see by our ambitious instructional program. Our Paddle and Dine event will kick off the new paddling season on May 22 as we once again visit the Medicine Rock Café. Make sure you mark May 16th on your calendar for **PaddleFest**, Manitoba's first paddling symposium. This event, held at the Fort Whyte Center, will feature the Best of the Waterwalker Film Festival, boat and gear demos, and paddling demonstrations. It promises to be a great family event to get you back in the swing of things. See you there and thanks for your support!

*\* A very belated thank you to Rob Currie for his assistance in producing the recent article on the Hayes. Mea Culpa.*

Cameron White

## indoor program spring

### Saturday, March 27th - 6:30 PM Professor Popsicle Visits Paddle Manitoba

Officers' Mess Kapyong Barracks  
Dr. Gordon Giesbrecht will tell the story of a very chilly trip across Lake Winnipeg. One of the world's leading authorities on hypothermia, Dr. Giesbrecht will also provide us with insight into his latest research, and how to survive in the cold. Call Camat 878-3570 for details.

### Date and Time TBA Paddling Chili with Mick Lautt

Officers' Mess Kapyong Barracks  
One of our great homegrown paddlers and owner of WAVpaddling, Mick Lautt, recently spent time in Chili with his family. Mick will share his experiences with South American culture and kayak paddling. Please call Cam at 878-3570 for more details.

### Sunday, May 16th - 9:00 AM Paddlefest 2004

Fort Whyte Centre  
The Fort Whyte Centre and Paddle Manitoba bring you Manitoba's first paddling symposium, featuring the *Best of the Waterwalker Film Festival*, boat and gear demos, and paddling demonstrations. A great family event.

### Saturday, May 29th - 11:00 AM Paddle and Dine

Join your friends for a great Spring outing. We'll paddle down the Assiniboine River to the very tasty Medicine Rock Cafe, where we will enjoy dinner and drinks.

The event is free, but please register with Cam White to receive the locations and timings for the event.

Phone 878-3570 and bring a friend.

# members' business

## Annual General Meeting Minutes

**15th Annual General Meeting of Paddle Manitoba**  
**7:00 p.m. January 15, 2004**  
**Second Floor, Sport Manitoba Building, 200 Main St.**

### 1. Past President's Welcoming Address:

Gerry welcomed meeting participants and briefly reviewed the *Paddle Manitoba Objectives*, which are:

*To promote recreational canoeing in Manitoba; to establish, maintain, and to promote training and safety standards suitable for recreational canoeing in Manitoba; to represent the environmental interests of recreational canoeists when protection and preservation of our wilderness is involved; to provide canoeing information to Paddle Manitoba members; to cooperate, when possible, with Provincial and National bodies in matters related to recreational canoeing in Manitoba; to provide leadership and appropriate administrative and financial support to the membership for the accomplishment of the Paddle Manitoba objectives.*

### 2. 2003 Annual General Meeting Minutes:

Gerry reported that the minutes of the 2003 Annual General Meeting were not available in bulk and had not been published in *The Ripple* as the usual case. He then requested the minutes be accepted without a formal reading. Greg Rubell motioned seconded by Donna Kurt to accept the 2003 AGM minutes without formal presentation. Passed.

### 3. Reports from the Board:

Reports were received as follows, and copies were distributed with the meeting Agenda.

Past President (on behalf of the Board)

Treasurer (written treasurer's report and verbal explanation of GIC acquisitions)

Membership - verbal

Instruction - written and verbal

Public Affairs (verbal re, position function, future events, explanation of life memberships and corporate cooperativeness)

Information Resources - verbal by chairperson

### 4. Elections:

#### a. Election of Officers

Gerry called for nominations for Paddle Manitoba Officer positions of President and Vice-President. Nomination accepted by Cam White for President and voted in. All other officers

## Indoor Program Convenor's Report

The indoor program has been moderately successful thus far. Attendance for the indoor program has not been what we hoped for, some of this has been due to communication problems, and other reasons can only be guessed at unless members can give us feedback.

Our activities included a bonus event in the summer with Becky Mason and James Raffan presenting a multimedia presentation in August which was well attended and brought many people outside our organization, indeed many people who have never really paddled!

In September a Canoe Repair workshop was offered and unfortunately cancelled due to lack of interest.

October saw a Tarpitecture event where participants heard and saw different tarp set up designs, shared stowing ideas, practiced knots and drank hot chocolate to fend off the blustery October night air. Kudos to the hardy folks who attended. True outdoors folk!

November was the now annual Wine and Cheese with Anne Morton from the Hudson's Bay Archives who gave a fascinating and entertaining presentation with some history and anecdotes from early settlers and their travels on Canadian rivers.

In January, after the AGM, for Food Extravaganza we had a whole host of items on display related to the camp kitchen, from foods to stoves and utensils to wannigans and fire boxes.

February was a very well attended multimedia presentation by Laurel Archer, one of Canada's premier canoe guides, about rivers of Saskatchewan. Saskatchewan—another amazing well kept secret of fantastic river paddling! Laurel also sold and signed her excellent guide book *Northern Saskatchewan Canoe Trips* for all those who were interested.

Dr. Gord Geisbrecht, who Manitobans all know from his well publicized Lake Winnipeg trek, will be telling his story and presenting information on hypothermia and "how to start a fire anywhere, anytime" on Saturday, March 27th. We also plan to have Mick Lauth speak on his family kayak-trip to Chili, although the date is yet to be announced.

And in May, Cam White, president and public relations convenor for Paddle Manitoba, will be spearheading a grand event with the generous assistance of the Fort Whyte Centre, "Paddle-Fest" on Sunday, May 16th. Don't miss it!!

Come on out and whet your appetite for spring paddling!

Gisele St. Hilaire, Indoor Program Convenor



volunteered for another year and were elected by acclamation. The Vice President position is vacant.

#### **b. Election of Convenors**

Gerry called for nominations for Paddle Manitoba Convenor position of Indoor Program. Nomination accepted by Robert Currie for Indoor Program and voted in. Gisele St. Hilaire to assist Robert with conversion. Convenors for the other positions volunteered to carry on for another year.

Officers and Convenors on the Board for the period January 15, 2004 to December 31, 2004 are as follows:

#### **Officers:**

President	Cameron White
Vice President	Vacant
Past President	Gerry Hirose
Treasurer	Lynne Brydon
Secretary	Lynn Simcox

#### **Convenors:**

Membership	Gary Brabant
Instruction	Gerry Hirose
Newsletter	James Hilland
Information	Yves Brunel
Resources	
Indoor Program	Robert Currie
Advocacy	David Howerter
Public Affairs	Cameron White

#### **5. Volunteer of the Year Award:**

Gerry Hirose noted that the award is now known as the "Victoria Jason Volunteer of the Year" award in honour of her accomplishments and determination. This year's recipient is Donna Kurt for her outstanding commitment through previous years to the organization and the sport of canoeing. She was presented with a monogrammed paddle.

#### **6. New Business:**

##### **a. Resolutions**

No new resolutions to vote on.

##### **b. Discussion of Policies of PM**

Per previous Board meeting decision policies to be presented to the membership in the spring issue of the Ripple.

#### **7. Adjournment 8:15 p.m.**

Paddle Manitoba Annual General Meeting Minutes, approved at Board Meeting of February 22, 2004.

## **Advocacy Committee Report**

2003 was an active year for the Advocacy Committee (AC). As an ongoing commitment, the AC continued to represent Paddle Manitoba (PM) on Tembec's Pine Falls Sustainable Forest Management Advisory Committee (SFMAC). This Committee, for those that don't know, provides a forum for public involvement in Pine Falls' forest management activities on Forest Management License 01 (FML 01) on the east side of the province. Quarterly meetings bring together a diverse group of stakeholders including industry management and logging contractors, leaders of local communities, First Nations, trappers, and environmental and recreational non-government organizations such as PM to review and advise in the preparation of annual and 10-year operating plans. SFMAC also advises on the implementation of sustainable forestry practices and ecosystem-based management.

AC also participated in the East Side of Lake Winnipeg Broad Area Planning Initiative as a member of the Advisory Committee. This initiative strives to establish land use zones within the area bounded by the east shore of Lake Winnipeg and stretching to the Ontario border. A founding principle to be adhered to in this Initiative includes maintaining the ecological integrity and biological functions of the boreal forest within the planning area.

As usual, the AC provided comments on behalf of PM during public consultations on a number of issues. In 2003, the AC commented on a proposed extension of the Rice River road that runs north from the community of Manigotagan. The proposal includes improving the road and extending it to the Bloodvein First Nation and would entail a crossing of the Bloodvein River. The AC also provided comments regarding the proposed provincial park along the Manigotagan River Corridor. Fruits of previous consultations were borne in 2003 with the announcement of the new South Atikaki Provincial Park. A number of suggestions proposed by the AC were incorporated into the plans for this new park.

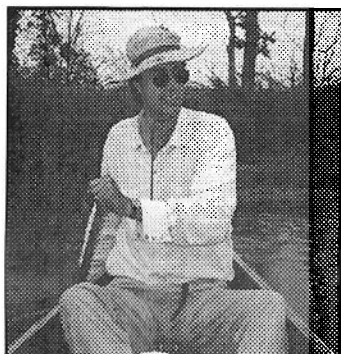
In an initiative sponsored by Earthwild International, the AC nominated the Red River as one of the most endangered rivers in Canada. The nomination included information about the River's geology, its natural and cultural history and threats facing the river. The nomination was accepted and the Red made the list of Canada's Top 10 Endangered Rivers in the #8 spot. This nomination created a fair bit of interest from concerned parties both locally and nationally and also generated a fair bit of media attention.

Finally, under the skilled guidance of Newsletter Editor, Harpa Isfeld, the AC tried to keep members informed about issues of interest to paddlers by having a regular column in the Ripple. In closing, while the AC was active in 2003, and strides were made to have the voices of paddlers heard on a number of issues, much more could be done. I encourage each of you to get involved. Involvement can be as simple as bringing issues of interest to the attention of the Committee, attending an open house, or writing a letter. As we all know, many hands make light work.

David Howerter - Advocacy Convener

# view from the stern column

By B. Curtis Bird



Bird on the Mississippi  
Photo taken by Maureen Frolick

## Web sites for paddlers

**T**ry these web sites for routes, tips, links. Two are from overseas. Consider combining your next trip abroad with some camping. It would sure give new meaning to the phrase, "long-distance paddling."

### 1. [www.wildcanoe.com/e\\_main.htm](http://www.wildcanoe.com/e_main.htm)

"The Saimaa lake area where we operate is in eastern Finland. It is over 300 km long, an enormous network of lakes and rivers. Because of the clean lakes with thousands of islands, small rivers and rich nature, it is often called 'the paradise of paddlers.'"

Here's their Rule #1: "For one night you can put your tent up where ever you want, just do not go too close to the houses." OK, so it's not exactly the Bloodvein.

### 2. [www.dnr.state.mn.us/canoeing/routes.html](http://www.dnr.state.mn.us/canoeing/routes.html)

This one is the state of Minnesota's Department of Natural Resources. They list canoe routes and other stuff such as water level info. Check it out, as Minnesota is close and has lots of great paddling, particularly the Upper Mississippi and boundary waters.

### 3. [www.piragis.com/outfitting/aboutbwca.html](http://www.piragis.com/outfitting/aboutbwca.html)

This one looks at the boundary waters region.

### 4. [www.ontariosunsetcountry.ca/](http://www.ontariosunsetcountry.ca/)

A number of outfitters from northwestern Ontario. For example:

\* Pickle Lake Outposts: Canoeing in northwest Ontario is an incredible experience. We can fly you and your canoe to a remote location. Box 220 Pickle Lake ON P0V 3A0. 807-928-2547 or 800-461-2547

### 5. [www.wilds.mb.ca](http://www.wilds.mb.ca)

Donna Kurt put together this site. Donna, of Winnipeg, recently won the Paddle Manitoba Volunteer Award for her many years of service to the organization and the cause of paddling in general.

Here you'll find many useful links, such as the following:

\* [www.AlpineClubofCanada.ca](http://www.AlpineClubofCanada.ca)

The ACC is a hiking, climbing, backpacking organization hosting the Banff Film Festival and operating alpine huts. I know that some of you like to hike (I find it too much like work).

### \* [www.wilds.mb.ca/redcanoe](http://www.wilds.mb.ca/redcanoe)

Official website of acclaimed canoeist and artist Bill Mason, his daughter Becky Mason and her husband Reid McLachlan, and his son Paul Mason. It illustrates their exquisite art, canoeing talents and services.

Donna Kurt's site also includes tips, such as: "If you own a stove and want some extra wind protection, save the large heavy duty aluminum tray/pan from a Chinese take-out meal or buy the same type of tray used for baking turkeys or roasts in, and flatten it out, then cut it to the dimensions you want. Trays can be pieced together by bending and folding. This is a much cheaper alternative to buying the MSR heat shields, and more readily available. Besides, you get to eat all that food to get the aluminum!

### 6. [www.visit-sweden.com/gb/article](http://www.visit-sweden.com/gb/article)

"Hundreds of canoeing routes criss-cross Sweden from north to south. Endless archipelagos await those seeking the adventure of sea kayaking. Swedish waterways offer everything from serene gliding to white-water adventure."

### 7. [www.canoemuseum.net/](http://www.canoemuseum.net/)

Take a virtual tour of the Canadian Canoe Museum's exhibits. It's in Peterborough, Ontario. This is an excellent site, and since the actual museum is closed for restructuring, why not take a look. The images and information here are first rate.

### 8. [www.canoe.ca/AllAboutCanoes/](http://www.canoe.ca/AllAboutCanoes/)

Kids might like this one. Being a big kid, I do too. An example: "The word 'canoe' originated from the word 'kenu' meaning dugout. These seagoing boats were used by the Carib Indians of the Caribbean islands, and were made of large tree trunks which were shaped and hollowed, and were strong enough to travel between the islands." Learn about types and history of the canoe.

### 9. [www.lights.com/waterways/](http://www.lights.com/waterways/)

Itineraries and everything you should know about long canoeing routes in the Canadian region of Saskatchewan. "More than 50 documented Saskatchewan canoe routes have been researched, recorded and compiled into a series of booklets. These booklets are available here in their entirety, provided by Saskatchewan Environment and Resource Management. You may print any of the routes for your own use, but they may not be sold. Each route is presented in detail, with start and end

*Continued on Page 17*

# whitewater club news

*by Jamie Hilland - Events Coordinator*

Well, it's been quite a busy fall and winter for the MWC, and looks to be a busy spring judging by the amount of snow on the ground! Following our fall paddling adventure to the tailrace of the Diefenbaker Dam, we resigned ourselves to freeze up and pool paddling alone, but were pleasantly surprised later in the season.

This year saw the club move from the Pan Am pool to Seven Oaks pool due to a change in policy at the Pan Am, NOT due to our behavior! Although smaller in size, Seven Oaks has proven itself to be less expensive, as well as quieter. The club has settled into a 8:30 PM to 10 PM timeslot every Monday night, and we are the only tenants after 9 PM. As a result, we are able to use all three tanks, which provides us with a lot of space for spreading out.

This year saw the club bring out some new members, as well as a lot of familiar faces. We continue to enjoy a wide demographic, as our youngest paddlers are in their teens, and are oldest in their 70's! We have always striven to include anyone of any age who has an interest in whitewater, and encourage Paddle Manitoba members to come on out!

After our low water season, many of us were desperate for some local paddling. As the fall progressed, we experienced some larger than average fall rains, and saw a corresponding rise in water flows on the Winnipeg River. Once the charts hit a decent level, we kept an eye on the forecasts, and waited with bated breathe for a warm spell.

Finally, on the 15th, we were greeted by a relatively warm day, but cold temps of -17 with the strong winds of that day. Four members of the club and a safety crew of three on shore ventured out onto the ice of Nutimik Lake, dragging our boats behind us, and were greeted by the sight of some nice looking waves at Sturgeon Falls. We slid into our boats, across the ice into the water, and hit the waves. All had a great time, although we did experience the problem of our skirts freezing solid when we traversed the island to get back upstream. Getting our decks back on took a lot of effort, and was a two-person job! In the end, our day was cut a bit short by an unexpected swim and resultant hypothermia, but we all returned safely with some valuable lessons learned.

Since the water was up, and we knew it was navigable, we continued to watch the forecasts, but did not find a day warmer than -10 C at all in January, but finally got a break in early February, or so we thought! Friday, February 13th dawned quite warm and promising, but unknown to us beforehand the thermometer was dropping as the day wore on. Needless to say, we were committed to paddling that day, and we did. This time, five members of the club ventured up to Whitemud Falls, and were again greeted by the site of open water and sizeable waves! We put on our many pounds of cold weather paddling gear, and launched into the choppy waters. This time there were no swims, but more than a few chilly rolls! Some great surfing waves were found, as well as some rather retentive holes.



L to R: Minnesota Jack, Renaud Lafond, Richard Helbig and Jamie Hilland pose following a chilly paddle in mid-February.

Whitemud proved to be a better choice as we were able to stay in our boats due to the eddy service available, but the weather did not cooperate. Eventually, it fell to -17 C with a wind-chill of -25 C!!!! This time, we experienced the difficulty of ice buildup on our paddles, torsos and heads. This resulted in lack of mobility, and increased fatigue as our paddles gained weight in ice buildup. After several hours on the water, the call was made and we returned to shore colder, but happier for having a day on the waves in mid-February Manitoba!

Currently, plans are in the works to head back out onto the water due to the warmer weather we are currently experiencing, but extreme caution should be exercised by anyone considering joining us. Please ensure that you have a very reliable whitewater roll, appropriate winter paddling attire, and previous experience paddling big water. Otherwise, there exists a likely potential of a swim, with some nasty consequences.

Aside from pool and water activities, the club has had two social events, including a climbing night at Mountain Equipment Co-op in mid-January, and a night at Le Festival De Voyageur in mid-February, courtesy of Renaud Lafond, who acted as our interpreter and tour guide through a very fun evening. Plans are in the works for an evening of Go-karting, and a night at the roller rink for kicks.

Upcoming events for the club include the Manitoba Whitewater Festival on June 18th, 19th and 20th at Cook's Falls Manitoba, a trip to the Kananaskis Whitewater Rodeo in late-May courtesy of WAVPaddling, and a summer full of local big water play and a few trips both West to Alberta and BC, and East to the Ottawa River. We will also be participating in Paddle Manitoba's Paddlefest in mid-May by having a booth, and by doing some on the water demos.

For those interested in Manitoba Whitewater, please log onto: <http://wavpaddling.ca/phpBB/index.php> or <http://www.wavpaddling.ca/MWC.html> for more information.

The Whitewater club always welcomes new members, and encourages anyone interested to either post on the community boards or email me at [jahla@mts.net](mailto:jahla@mts.net). See you on the waves!

## Paddling A Growth Industry? *By David Howerter*

A recent sector analysis conducted by Manitoba's Department of Culture, Heritage & Tourism identified the expansion of nature-based tourism as the top priority for the tourism industry in Manitoba. Paddlesports including canoeing/kayaking, and white water rafting were identified as the 1st and 3rd priorities, respectively, for market development based on an analysis that matched market statistics with opportunities for growth in Manitoba.

The study, undertaken following the 2001 Tourism Forum, involved a number of Manitoba-based outfitters and assessed the state of the adventure travel and ecotourism (ATE) sector in Manitoba in relation to the international marketplace. Challenges and opportunities for the future also were identified.

### So what are we talking about here?

Adventure tourism is defined as a non-consumptive outdoor leisure activity that takes place in an unusual, exotic, and remote or wilderness setting, involving some form of unconventional means of transportation and tends to be associated with physical activity that may involve some level of risk. Ecotourism is defined as an enlightening nature-based travel experience that is respectful of the ecological, cultural, and economic integrity of host communities. Usually ecotourism activities are non-consumptive and involve some form of environmental or cultural education. Key features for successful adventure tourism include a demonstrated record of resource sustainability in a unique or spectacular setting.

### Industry trends

Though many other countries worldwide and most provinces within Canada are targeting the ATE marketplace, a

number of trends point toward good opportunities for growth in Manitoba. First, as we all know, Manitoba has a wealth of remote wilderness rivers and lakes in areas that are havens for unique wildlife and birds. Furthermore, Manitoba has a rich aboriginal culture and European heritage around which tours could be constructed to service the industry trend of strong growth in "soft" adventure. Also, a population of aging, relatively wealthy baby-boomers in good health tends to be looking for educational opportunities in their leisure pursuits. Finally, travelers today tend to be more socially and environmentally responsible and, therefore, are a good fit for Manitoba-based ATE tours.

### The bottom line-- Why should I care?

At this point, corporate members aside, many may be asking, "Why should I care about this? Won't increased ATE tours just result in a more crowded backcountry with increased competition for the best campsites and lineups at portages?" In short, the answer may be "yes" to some degree. However, in discussions with other stakeholders (i.e., industry representatives, local communities, governments) about the how the land can best be managed, we're constantly challenged to demonstrate that paddling can provide a viable economic alternative to more traditional resource-extraction industries. This analysis, along with the action plan to more fully develop ATE opportunities, provides the first steps toward doing just that. Furthermore, the requirement for clear indicators and measures of environmental sustainability is key to successful ATE enterprises. In short, when faced with the choice of sharing a campsite with like-minded visitors to our fine province, or a feller-buncher gobbling trees, I know which one I'd pick.

*The entire ATE sector analysis is available for download to registered industry members at Travel Manitoba's Industry web page [www.travelmanitoba.com/iti/index.html](http://www.travelmanitoba.com/iti/index.html).*

### Top ATE Market Priorities

- 1) Kayaking/canoeing
- 2) Multiple activity including hiking and wildlife viewing
- 3) White water rafting
- 4) Aboriginal adventure
- 5) Winter adventure
- 6) Bird watching
- 7) Catch and release fishing

### Visit our Paddlers' Forum

Exchange tips and viewpoints with other paddlers online

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

*Thanks go to Bill Kocay for his dedication in getting the forum up and running*



get out of Cashe Lake! So we were in for a bit of a workout. My neighbours had a good laugh, seeing me carry around my bright yellow canoe in the preceding months, preparing for the death march. And you know, it wasn't nearly enough..

After spending the night on the Voyageur Wilderness Programme Island on Nym Lake, where Gary and Phil were once guides, we were shuttled down the highway to French Lake to begin our journey. We had perfect conditions to start and it stayed that way for most of our trip. It was June 1, sunny and warmish: perfect paddling weather. We had seen a number of moose on the highway in and we were surprised again, rounding a bend on the narrow French River, to see a cow and a couple of calves swim across and quickly up the bank and into the forest. They were the tiniest moose calves I had ever seen.

Our first day was a lot of fun getting to do some technical paddling up the meandering river. At the first short portage we had a taste of things to come. Loading up everything to make the portage in one go was going to take some getting used to. It was a serious struggle for me to get the canoe up with the pack on, but once there, I was okay. Putting the stuff down with poise was another issue.

It was at the beginning of the 4km carry that I filled with a sense of dread. The food bag was approaching 100 pounds and we managed to equitably divide the remaining packs and canoes into similar loads. The "trail" was little more than a moose path through brush and swamp. There were a few times it became easier to put the canoe down in the swamp and push through it, holding on to keep from getting stuck with incredulous moose looking on. It was the lead up to these bits that were the toughest, when your legs were getting stuck and it took plenty of straining and colourful language to take each step. I fell a few times in the muck, collapsing in such a way at the last second to prevent breaking my legs, as they were held firm in the goo. Twigs in the mud added to the fun by gouging your shins.

This seemed to go on for hours, intense straining and heaving sweating. To make things interesting there were a couple of watery alder thickets that you entered with no idea where to go and the branches pulled on your clothes and packs and head. Anything not firmly attached was stripped off and I even saw the occasional old item from previous fellow fools. I would have picked the stuff up if only I could bend down to do so. I went through different thresholds of pain where the straps and yoke dug into me and my legs and feet flexed and stabilised with all the strength I had. When I realised I was nearing full exhaustion where I would no longer be able to put any gear down with control I would attempt to do so. Then rest, recover and carry on. To my amazement, there were almost no biting insects to disturb this pleasurable recreation.

Of course the portage did have an end after all and there we danced and sang as though we had just successfully cast the one ring into the fire of Mt Doom saving the world from eternal darkness. Well not really but I could have, such was my joy at making it to the end. And although Phil almost made it to the end without stopping (he eventually did have to stop) it was apparent to me that it took a lot out of us. So there we were on Cashe Lake, all by ourselves. No-one else would be crazy enough to hike into there, right? Wrong. We saw 2 parties on the lake to my utter shock. I almost wanted to paddle up to their camps and ask them how and why they were there but of course I didn't, knowing it was for the same reason as us: adventure and sheer stupidity.

The next day had us paddling the short distance across Cashe and doing it all over again. I don't think the food bag felt any differently but psychologically it was a smidgen better without the fresh chicken and whole veggies we brought along for the first night. Paddling on McKenzie lake was such a relief. The worst of the carries behind us and this big gorgeous lake to canoe on. The remoteness of where we were on this little traveled corner of Quetico began to sink in and I began to experience that satisfaction, that wilderness high that comes to me when I am submersed in such a place, especially in a canoe, deep in primitive Canadian backcountry.

These waters are filled with pike as I found out and it is no problem catching them. You may think you are angling for walleye or even lake trout but jackfish are quite sure your techniques are targeted at them because they fairly jump into your boat at the merest sight of a line. They are fun to catch but I'm not great at cleaning them. After my first attempt found us spending more time spitting out bones than it was worth, I gave up on keeping any more for food.



James Vasiljev running a shoot.

It was around this time, a few days into our trip, that Gary had gone quiet. He was paddling and walking stiffly and after a little probing, he admitted that his back was sore. He had a history of back pain (who doesn't?) and the strain of our single carry portages had caught up with him. It took him a while to admit how bad it was, but it was becoming obvious. We were approaching a stage in the trip that would see us continue southeast, into the furthest reaches of the park, and the farthest away from our exit point. Reluctantly, Gary agreed with Phil and I that it was unwise to continue our original route and that we should cut our trip short and head northeast towards Nym Lake. It would still be a few days to get out at our current, moderate rate, so we resigned ourselves to a shorter trip on more familiar lakes, at least to Gary and Phil.

Though there was a little disappointment at first, it slipped away as it was all new and exploratory to me. It remained extremely beautiful and quiet. We may have seen 2 or 3 canoes each day for the remainder, until the last day or so,

when we saw a few more.

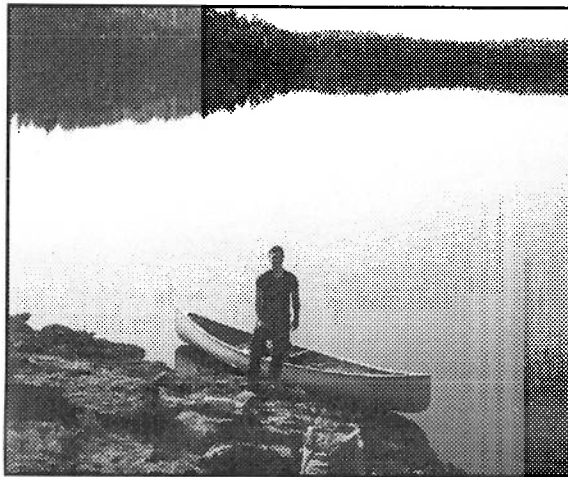
So at Kawnipi Lake we turned north, away from our intended route, and made our way through the long finger-y lakes of Shelly and the famous "have a smoke" portage. I don't know if it's famous but it just sounds good that way. At one point we saw a really big beaver crossing the narrows ahead of us until we got closer and saw that it was a deer. Pretty cool. While visiting the West Coast recently, my friend's buddy had the most miraculous photo I ever saw. They came upon a cougar crossing a lake to an island and got a photo of it hissing at them. Now THAT was something truly unique.

That night we camped on Russell lake near Chatterton Falls in a gorgeous bay. There were a couple of canoes of fisherman from the US who were diligently working the bay near the falls, jigging for walleye. These guys were there for hours and I realised that if one has to jig to be a good walleye fisherman, I'll never be one.

The weather continued to be excellent as we wound our way east and north heading through Sturgeon narrows. As we came to the opening of the lower basin of the lake, we saw a big moose wading in the shallows and eating vegetation serenely from the water. Along the shoreline, a small cinnamon coloured bear was trotting along, and I don't think either animal saw us or each other for a few moments. It was magical to see this unfold as though we were not there. Then the moose saw us and then the bear and got spooked and headed for shore with a noisy trot, frothing up the water. The bear disappeared into the trees. I scanned the distant shoreline and noticed a small speck in the far distance and, through my binoculars, saw an adult bear ambling across the shoreline, oblivious to our watching. I couldn't believe our luck. I've seen a couple of bears in my total experience, so it was quite amazing to see 2 bears from one spot on this trip.

A couple of small creeks and hop portages put us onto Lonely Lake for the night. These shallow creeks were filled with smallmouth bass and they were a

scream to catch. We even played head games with a large bass who watched us warily but then followed our canoe when we moved. I tried the spinner that was on my line for a few casts but it was unconvinced. It watched me as I tied on a floating minnow lure and proceeded to cast right at it. It gave it a good look as I slowly dragged it over top of it, but nothing. On the second cast I worked the lure very fast and the bass nailed it. After a spirited battle complete with tail stands, I released the gorgeous fish. I then proceeded to catch and release a few of his buddies. Good times.



Phil La Riviere on Kawnipi Lake

Lonely Lake was just that. No-one else on it and a rough but compelling campsite. I think this one was my favourite. Around dinner that night we had our first bout of bad weather. The wind picked up and after a while of threatening clouds we finally had a brief thunderstorm. It was short lived however and we were back out on the rocks in no time watching bush planes scan for fires. A few minutes later a helicopter flew close by. Gary and Phil said they were "smoke jumpers" who rappel down to put out lightning strike fires. I casted out off the rocky point we were on till a big jackfish came marauding by as they always do and gave me a good fight. You can count on catching pike in Quetico on any cast.

A couple more longish portages through Walter, Elizabeth, Jesse and Maria lakes brought us onto Batchewaung Bay and our last night. We had a magical campsite. It was a

small island with huge white and red pines on it and 360 views. It was obviously a well used and rightfully popular campsite. We were astonished and pleased to find that it was nearly spotless clean and in excellent shape.

Unfortunately, in my experience, this is rarely the case with high use sites. Either the users of this site were especially conscientious or someone had cared for it very well on their last visit. Being somewhat cynical I'm guessing it was the latter. We were quiet and reflective on this last night each of us finding spots to be alone around this remarkably beautiful island.

It was June 8 and our last day in the park as we paddled against substantial winds across Batchewaung Lake towards the final portage. This last carry was wide and well used but still not as much as many in Algonquin Park where I've traveled extensively. We were now on Nym Lake and headed for base camp. It was cloudy and windy for only the second time on our entire trip. Did I mention that there were NO mosquitoes on this journey? Other than a few ticks (ok- more than a few ticks...) we didn't get one mosquito or blackfly bite. Incredible.

In an hour of heavy paddling we were at the Voyageur Wilderness Programme Island laughing and sharing stories and beers with Guy the manager of the company. It was an incredible journey and I look forward to exploring Quetico again and again.

If you are interested in visiting Quetico consider going through the Voyageur Programme. They are an established company that provides guiding and programming for school groups primarily, but they also have accommodation and guiding for any interested canoeists. Their facility is excellent and rustic with a great library and storied staff who are deeply knowledgeable of the area. They can be a great jumping off point or a trip in itself. They also provide shuttle service. Call 204 233 2702 in winter or 807 597 2450 in season. Speak to Guy if possible, he's da man!

# Experimental Lakes Area Members' Trip

*By Yves Brunel*

Over the September Long Weekend, just three and a half hours from Winnipeg, a few lucky souls managed to catch a brief three day glimpse of what paradise must be like.

Friendly, adventure-loving people, exceptional weather, a superb campsite on a glorious beach overlooking a beautiful lake, all combined to make this trip to the Stewart Lakes an unforgettable experience. To top it all, we were often assisted in our paddling by a benevolent tailwind gently pushing us forward.

We seven met early Saturday morning, August 30th, hoping to beat other would-be campers who might be vying for the same campsite we were coveting. Turning south off the Trans-Canada Highway, onto the Experimental Lakes Road, we travelled the bumpy four kilometres to the bridge which crosses the Eagle River. A short distance before the bridge is a small area where vehicles can be parked.

After a quick bite to eat, our three canoes and one kayak were launched onto the West Arm of Lower Stewart Lake. It was decided we would travel the loop in a clockwise direction, thereby hopefully finding a good camping spot on Winnange Lake.

The steep and difficult portage into Winnange Lake from Upper Stewart Lake had not become any easier since my last visit to the area twenty years ago. During that visit I had scrambled up the steep incline. This time it was somewhat easier going downhill; however, the footing was rather precarious and extreme caution was required as we carefully negotiated our way down the boulder strewn path. Once the portage was

completed there was still one obstacle between us and beautiful Winnange Lake. There is a huge beaver dam right after the portage which forms a last barrier.

Finally, on Winnange, with trepidation we rushed toward the ideal campsite, on an island barely one kilometre from the portage. As I approached the island, no canoe was visible, and the site, incredi-

the possibilities of camping at the large beach on the East shore, that we could see beckoning from across the windswept expanse of spectacular Winnange Lake. With the brisk wind forcefully pushing us to our new destination, we sped toward what would prove to be one of the nicest campsites I've ever experienced.

The beach has numerous camping sites and only one other couple could be seen along its sandy expanse. We quickly chose the site with the kitchen table and settled in for the weekend. Since we still had a few hours before supper, we lounged around enjoying the fabulous late summer weather. Supper proved to be one of several gourmet meals we would enjoy that weekend, and was topped off with a scrumptious home baked carrot cake (yummy!)

Sitting around the campfire, we could observe to the west, the island where we had hoped to camp. It no longer mattered that someone else had beaten us to that site. After all, we could not have had this spectacular sunset to admire. We retired for the

night extremely content and thankful that the gods had smiled upon our small group of intrepid paddlers.

Sunday morning, we were greeted by a lovely, blue sky and a warm sun slowly creeping over the trees. Later, after the sun had warmed our lazy camp, we eagerly left our base camp and paddled toward Buzzard Falls where the Eagle River flows into the West Arm of Eagle Lake. Arriving at the falls in the early afternoon, we enjoyed a leisurely lunch at the top of the rapids above the falls. As we paddled back to our beach site, we continued, with great satisfaction,

*Continued Page 18*



Left to right: Yves Brunel, Denise Levesque, Fran Amies, Jerry Amies, Debbie Voth and Lynn Simcox.

bly, appeared uninhabited. Oh lucky stars! I quickly beached my kayak, ready to claim the island, for the weekend, in the name of Paddle Manitoba. As I walked around a small clump of trees, ready to send up a cry of triumph to the fast approaching canoes, I spied the dreaded sight... a tent!! Sure enough, what we had feared was a reality. Others had indeed claimed the island site before us. We later learned that these early birds had taken Friday off from work to get there first. That's cheating isn't it?

Somewhat disappointed, but nevertheless undaunted, we decided to explore



# PM's paddling instruction 2004

## intro courses

### General Information (introductory)

All flatwater courses are held at La Barriere Park on Waverly Street south of the Perimeter on the La Salle River.

Each course requires a minimum of 4 students. A second instructor will assist the instructor if the student/instructor ratio exceeds 10 to 1.

All equipment (canoes, paddles, PFD, etc.) provided.

All instructors are CRCA certified.

### How to Register

Fill out the **Course Registration** and **Waiver** forms on the Paddle Manitoba website ([www.paddle.mb.ca](http://www.paddle.mb.ca)) or contact PM for forms.

Send completed forms and a \$25 deposit cheque to:

Gerry Hirose  
429 Oxford Street  
Winnipeg, MB  
R3M 3J1

### Contact Information

**PM website:** [www.paddle.mb.ca](http://www.paddle.mb.ca)

**Instructor Coordinator:** Gerry Hirose, 488-8225 or [gerry\\_hirose@yahoo.ca](mailto:gerry_hirose@yahoo.ca)

**Moving Water Course Coordinator:** Brian Johnston, [bjohnsto@lssd.mb.ca](mailto:bjohnsto@lssd.mb.ca), Residence: 1-204-754-2651, Work: 1-204-482-2121.

### CUSTOMIZE

We can customize course dates for your group or individual schedule.  
Contact the Instruction Coordinator

### Tandem & Solo Courses

#### FW A/B/C/D

Flat Water Canoeing Level A, B, C, or D

#### Length:

Approx. 4 hours each (D is 6 hrs)

#### Prerequisites:

**FW A:** No previous experience required or for someone who has not paddled stern.

**FW B:** FW A or equivalent. For someone who is comfortable in a canoe and wants to learn more.

**FW C:** FW B or equivalent. For someone who has paddled stern in a canoe and wishes to hone his or her skills.

**FW D:** FW C or equivalent. For those who have tried solo paddling and wish to hone their skills.

#### Dates:

##### Tandem

**FW A:** May 10, June 7, 14, 21, July 12, 19, August 16, September 13

**FW B:** May 12, June 9, 16, 23, July 14, August 4, 18, September 16

**FW C:** May 13, 27, June 10, 17, 26, July 15, 24, August 5, September 4

**FW D:** September 18, or on demand

##### Combined Courses

**FW A/B:** May 8, 15, 30, June 12, July 10, 15, August 21, 28, September 11

#### Fees:

As per the Course Registration Form.  
Paddle Manitoba members receive discounts.

# challenge yourself on PM's whitewater courses

## General Information (whitewater)

Courses will be run at various rapids on different rivers depending on the instructor and water conditions.

Each course requires a minimum of 4 students. A second instructor will assist the instructor if the student/instructor ratio exceeds 5 to 1.

Course dates may be customized by contacting the Instructor Coordinator.

All participants must supply their own equipment, gear, etc. as recommended in the course registration information.

All instructors are CRCA certified.

### Tandem Canoeing Course

**MW-1A** Moving Water Canoeing Level 1A

**Length:** 2 days, approx. 16 hrs.

**Prerequisite:** Flat Water Level C certification or equivalent.

**Dates:** Weekends of May 29/30,  
June 5/6, 12/13, July 3/4

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

### Solo Canoeing Course

**W-1B** Moving Water Canoeing Level 1B

**Length:** 2 days, approx. 16 hrs.

**Prerequisites:** Flat Water Level D certification or equivalent.

**Date:** Weekend of June 19/20

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

### Swift Water Rescue Clinic

**Length:** 2 1/2 days

**Prerequisite:** Basic moving water skills

**Date:** June 24/26/27

**Fees:** \$190

**Contact:** Rob Currie at 452-7049

### Fun Refresher Clinic

Already taken a moving water course? Time to get out and paddle? Why not sign up for a one-day safe and guided practice session.

**Length:** One day, approx. 6 hrs.

**Prerequisites:** MW1A or B certification or equivalent.

**Date:** May 15

**Fees:** \$25

**IMPORTANT:**  
Scheduled Course dates may be  
subject to change based upon participation.

## Canoe Tripping

### Canoe Tripping I

Provides an introduction to canoe tripping. Emphasis is on wilderness canoe tripping skills and safety.

**Prerequisites:** Flatwater C or equivalent. Includes 8 hours of theory and at least one overnight.

**Dates:**

May 20-24. Contact: Jeremy Perrott at Pioneer Camp.

Week of July 5. Contact: Gerry Hirose.

Week of July 26. Contact: Gerry Hirose.

### Canoe Tripping II

Provides experienced canoe trippers with an opportunity to improve their skills under more challenging conditions. Emphasis is canoe trip organization, leadership, safety, and risk and crisis management. Includes 24 hours of theory and at least a 3 day canoe trip.

**Dates:**

Week of August 8.

## Instructor Courses

### Flatwater Instructor

Provides national certification to teach CRCA Flatwater courses. This is a prerequisite for all higher instructor courses.

**Prerequisites:**

At least 16 years of age. Paddle Manitoba membership. CRCA Flatwater C and D or equivalent.

**Date:**

May 20-24 (May 20 evening - Theory and administration at Sport Manitoba, May 21-24 - on water skills and teaching practice at Ft. Whyte Adventure Centre)

**Cost:** \$390.00 Includes CRCA membership, card, badge, Program and Resource manual and a subscription to *Kanawa* as well as use of Ft. Whyte facility.

### Moving Water Instructor I

Provides national certification to teach Moving Water I courses.

**Prerequisites:**

At least 18 years of age. Paddle Manitoba membership. CRCA Flatwater Instructor or equivalent. CRCA Moving Water IA and IB or equivalent.

**Date:** May 1/2 and 8/9.

**Contact Gerry Hirose for further details.**

**Note:** Candidates are responsible for their own equipment, meals and transportation for the above courses.

## Kayaking Instruction

**WAVpaddling**, Central Canada's Whitewater Kayaking School is currently running pool courses including CRCA Flatwater, Specialty Clinics and Rolling Workshops.

This summer WAVpaddling will be offering the following courses:

**Flatwater Day Course** (CRCA Flatwater)

**River Kayaking** - weekend (CRCA Flatwater)

**Whitewater Kayaking** - weekend  
(CRCA River Kayaking 1)

**"Welcome to Sturgeon"** Big water weekend at Sturgeon.  
(CRCA River Kayaking 1-2)

**"Surfs Up" Surfing Clinic** - day clinic

**CRCA Flatwater Kayaking Instructors Course**

**Private Weekend Courses** - Book 5 together for a private course. (CRCA Certification Included)

\* Private Instruction Available

\* Other specialty courses to be announced on site.

### NEW for 2004:

**Whitewater Kayaking Youth Camp** (CRCA Certification Included) June 28 - July 2. With Team WAV and AEM.

**French Weekend Courses** (CRCA) avec Renaud Lafond.

**Women's Kayaking Weekend** (CRCA Flatwater)  
with Kathleen Ryan.

**Kayak and Yoga Retreat** (CRCA Flatwater)  
with Yoga North.

**Freestyle Clinic on the Kananaskis**, with Team Canada paddler and Team D pro, Scott Feindel.  
Week of the Kan Rodeo.

### FYI...

Classes are small and personalized, with never more than 5 participants per class.

As part of each course, the students will be tested and certified in the appropriate CRCA levels.

WAVpaddling team instructors are CRCA certified, active members of the paddling community and committed to creating safe and competent river kayakers.

**For course dates and details, please visit**  
**[www.wavpaddling.ca](http://www.wavpaddling.ca) or contact**  
**[yak@wavpaddling.ca](mailto:yak@wavpaddling.ca) or 204.775.1124 ext. 1.**



# Tuesday Evening Paddle

By Charles Burchill

Once again, Paddle Manitoba will be hosting Tuesday evening paddles on the La Salle River at La Barriere Park. These paddles offer an excellent opportunity to meet other paddlers, practice new skills, or just enjoy a quiet paddle close to Winnipeg. Come out and enjoy one of Winnipeg's beautiful rivers.

Every paddle is run and organized by certified CRCA instructors. Even though these paddles are not a course, the leader, and usually other paddlers, will be glad to share their knowledge and provide tips and directions. If you are taking, or have taken, a course it is a chance to practice. If you are interested in more formal paddling instruction then consider one of the CRCA flatwater or moving water courses offered by Paddle Manitoba. Some course instructors may request that you have your paddling skills assessed at a Tuesday or Sunday paddle. Please notify the leader when you register if you want your paddling assessed for a course.

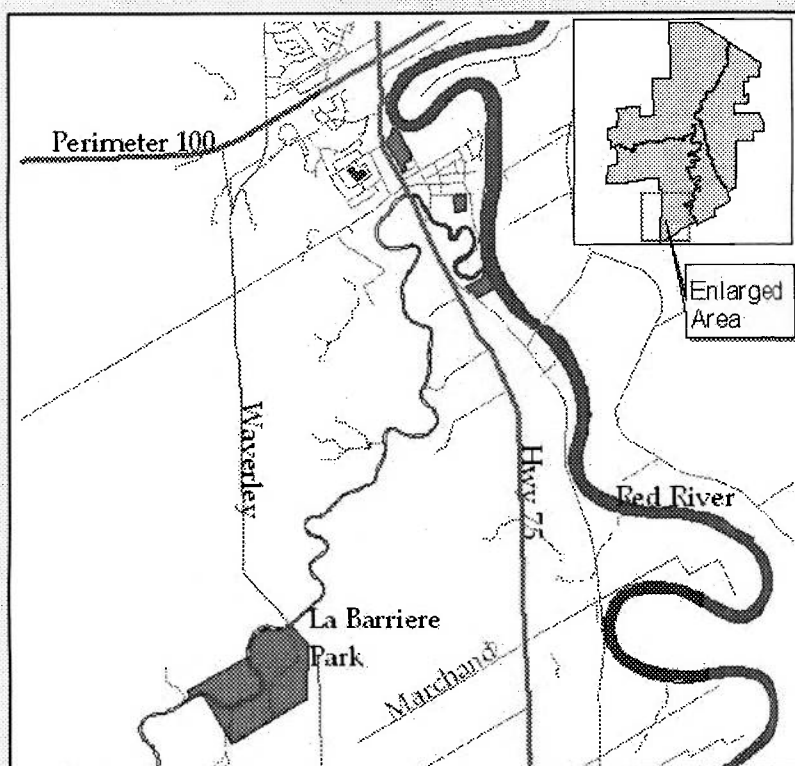
If you would like to attend a Tuesday evening paddle, or check if a Sunday afternoon paddle is being arranged, please call the leader/instructor ahead of time to register. Tuesday paddles are very popular; if you show up and have not registered ahead of time, you may have an enjoyable evening sitting and watching from the shore.

Paddle Manitoba supplies canoes, paddles, and personal floatation devices (PFD) for the paddles. Participants are expected to supply their own refreshments, transportation, clothing (include a change of dry clothes in case the unexpected happens), mosquito repellent, hat, etc... You may bring your own equipment, in which case you will not be required to pay any fee, but your donation will not be turned down.

Everyone must sign the Paddle Manitoba waiver prior to the start of any event. During the paddle all participants must wear a properly fitting PFD.

## Tuesday Evening Paddles

- Time:** May, June - 6:30 to 8:30 pm  
July, August - 7:00 to 9:00 pm  
September, October - 6:30 to 8:30 pm (or dusk)
- Location:** La Barriere Park on the La Salle River  
The park is located 5km south of the perimeter highway on Waverly Street.
- Contact:** Charles Burchill (204) 453-5374
- Register:** Advanced registration is requested as equipment availability may be limited.
- Cost:** \$1 for PM members; \$3 MNS members; \$5 others;  
Free if you bring your own equipment.



## Sunday Afternoon Paddles

- Time:** TBA, variable depending on leaders.
- Location:** TBA, we will try to arrange paddles on various Winnipeg rivers.
- Contact:** Charles Burchill (204) 453-5374.
- Cost:** Free, but own equipment and transportation is required.

# Prairie Paddler Travels to Big City in Search of Canoeing

By Brian Johnston

**W**hat takes a wilderness canoeist to Toronto in January? It sure could have been the cold and the snow if I was a polar bear and not a paddler. How did it all start? I don't fully recall all the details, but here is the short version of what I do remember.

Saskatchewan. Yes sir, last summer I was floating down a couple of northern Saskatchewan's wonderful rivers (the Waterfound and Fond du Lac) where I met Mel Baughman, the organizer, of the Far North Symposium held in Minneapolis and sponsored by the Minnesota Canoe Association.

Once back in civilization, I did an Internet search for canoe symposiums. I had heard of a Canadian wilderness canoe symposium, but had never thought much of it. In no time at all, I located the 19th Annual Wilderness & Canoeing Symposium that is hosted by the Wilderness Canoe Association, with George Luste acting as the coordinator. I consider George Luste one of those legends in the wilderness canoe world. This mid-winter event is held in January at the center of the universe, Toronto.

Excluding canoe trip travel, I don't believe I have flown for about ten years. So I went back to the Internet to investi-

gate air travel to Toronto and discovered that airlines such as West Jet offer one-way tickets from Winnipeg to Toronto for only \$59 (plus \$53 in taxes). So far, it was looking good. A short phone call put me in contact with a canoeing friend who rounded up several other paddlers to join us at the symposium. We would all meet in Toronto, they driving about two hours and myself flying about the same amount of time. They would register us for the tickets at a cost of \$45 each.

As we flew out of Winnipeg, en route to Toronto, there were outstanding northward views of the Red River and the expanse of Lake Winnipeg. The now frozen waterway clearly reminded me of the 1935 book *Canoeing with the Cree*, which is based on a voyage of two young men who crossed this territory on their journey to York Factory. This image brought forth fond memories of past summers.

Once in Toronto, it was public transit across town to the symposium. I traveled first by bus, then the subway, and finally on foot. The cost was \$2.25 and the loss of some brain cells from getting a little lost. The directions to the symposium, that was held at a high school

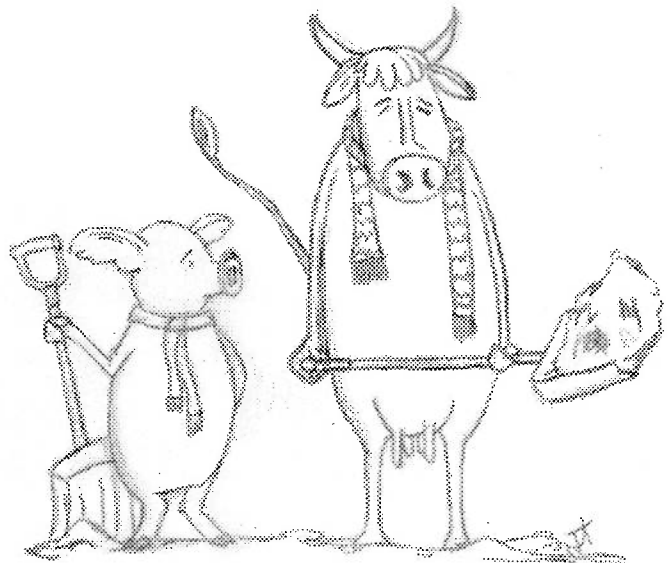
auditorium, were a little less than accurate. The program stated, "The school has a parking lot and is within easy walking distance, one block south, from the subway stop at Danforth-Coxwell." I met two other attendees standing outside the station looking at the stars in an attempt to decide which way was south. In the end, we did make it, but the "one block south" turned out to be, by our route, about three blocks south and three blocks west. I was not the only individual to question the directions, because when I was returning to the subway station on Saturday night, after dark, I walked with an American who had come from Duluth. He asked me about a Canadian block, as they appeared to be different then his concept of a block. We should stick to wilderness navigation.

The symposium, the symposium! This year's symposium featured presentations on the general theme of Northern Travels and Northern Perspectives III. I was pumped to get my fill of northern tales and pictures, and I was not alone. The auditorium seats 806. Wow, 806 people all who came to fulfill a thirst for wilderness canoeing. At least, that is how I thought of it. It made me feel part of a miecca. From the symposium's web-

## Paddling with Cow & Pig

Cartoon by John Tanasiciuk

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



site, "The aim of this annual mid-winter get-together in Toronto is to share an appreciation of our wilderness heritage in the fullest sense possible. This takes the form of numerous presentations from individuals who reflect a broad mosaic of experiences, understanding and knowledge about the north and the out-of-doors."

Because I worked on Friday in Manitoba, and relied on the public transit system in Toronto, I missed the first presentation on the near wilderness via VIA Rail. But I did arrive in time to hear and see stories of a cold and partly frozen kayak trip in the far wilderness of the Arctic Islands. The last presenter told funny tales of his life in the north.

Saturday morning was a bit of a late start because once again I was using public transit (taking the streetcar and then the subway). I missed several of the canoeing with children themed presentations. It was on this day that my friend drove in to Toronto for the show. He had booked the tickets and I must tell you that we sat in the back row. At lunch and supper-time, when 800 people got up for the mad mealtime dash, it was very beneficial to be closest to the door! Needless to say, he is a many time veteran of the symposium.

What did I experience on Saturday? A sore butt! Happily, I missed several of the morning sessions, which meant that I was only sitting from 11:00 am till 9:00 pm instead of the full 12 hours, 9 to 9! The morning presentations were centered on the Land of Little Sticks (northern SK and MB, and southern Nunavut) and travelers such as Downs, Oberholtzer, and Magee. I call this near heaven. The afternoon theme was more of a collection, including our Berens River and the tales of the female Algonquin guide, Ester Keyser. The evening theme was Inuit, Barrenlands, and the Back River (by wilderness canoeist of the 1950's and 60's). Oh yes, this was heaven.

In addition to the presentations, Northern Books had an extensive display of books laid out on tables available for purchase. Northern Books "is a mail order book service dealing in used, rare, and select new books on Northern, Arctica, Canadiana, Wilderness, and Canoeing topics."

Wilderness Canoe Association, which sponsored this symposium, publishes the journal *Nastawgan*. I'm currently reading the book *Nastawgan*, which is a collection of essays on the Canadian North. The editors and contributors of this book are or were professionally employed by eastern (Ontario) academic institutions, and several of them were attending or involved with the symposium. They all share a love for the canoe, the wilderness, and its history.

Looking back at past symposiums, many of the topics were about Northern travels, Arctic travels, Arctic culture, historical canoes, historical routes, Labrador, Northern Ontario, James Bay, Northern Quebec, near wilderness, and Quebec's north shore.

What's next? I'm heading south to another very non-wilderness place, a metropolitan area, which also has a rich canoeing history. This time it will be Minneapolis in March for the Minnesota Canoe Association's Far North Symposium. Will I see you there?

*Continues View from the Stern*

points, number of portages, length of trip, and features to note along the way.

**10. [www.myccr.com/default.htm](http://www.myccr.com/default.htm)**

A good site, especially for beginners. "This is an on-line meeting place for those who enjoy exploring the lakes and rivers of Canada. Inside you'll find hundreds of route descriptions, gear information and reviews – tips, tricks, techniques and active discussion forums."

**11. [www.paddle.mb.ca/](http://www.paddle.mb.ca/)**

Yes, our own web site. Check out all kinds of stuff, including a useful calendar of events. It notes, for example a Moving Water refresher clinic on May 15.

**12. [www.manitobanature.ca/](http://www.manitobanature.ca/)**

Home of the Manitoba Naturalists Society. This will connect you to the Mantario Program. The Mantario Wilderness Education centre (a super cabin with sauna) is located about 150 km northeast of Winnipeg, on an island on Mantario Lake (on the Manitoba/Ontario border), in the Mantario Wilderness Zone, on the east side of Whiteshell Provincial Park. A challenging six-hour paddle or so, depending on weather and your fitness level. Book ahead through the MNS office. Volunteers appreciated.



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### 2004 Summer Program

Enjoy a wilderness cabin vacation at the low cost of \$410 per week. The cost includes accommodation, food, canoes and guide services. A \$75 non-refundable deposit reserves your spot and the full amount is due two weeks prior to departure. Register before June 1<sup>st</sup> and receive a \$35 early-bird discount. For registration information please contact:

Mantario Wilderness Experience  
c/o Manitoba Naturalists Society  
401-63 Albert Street

Winnipeg, Manitoba R3B 1G4  
Phone/fax: (204) 943-9029

Email: [mns@escape.ca](mailto:mns@escape.ca)

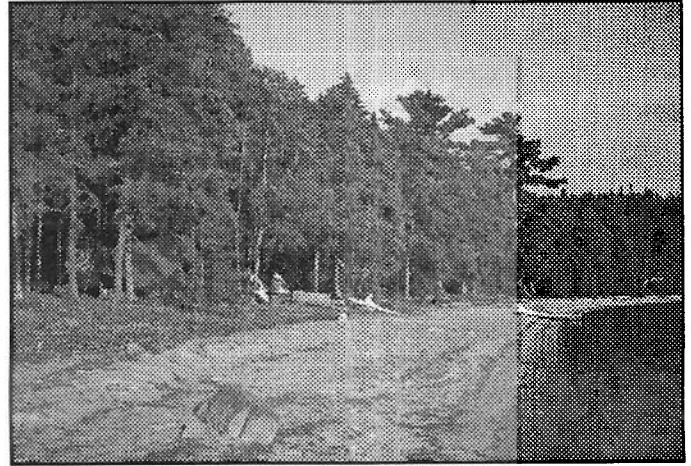
Web: [www.manitobanature.ca/mantario](http://www.manitobanature.ca/mantario)



#### *Continues Experimental Lakes*

enjoying a glorious sun and winds which remained favourable throughout the day. The red tarp we had set up around our kitchen table, proved to be a marvellous beacon which could easily be seen from one kilometre away, calling us home.

The evening was aglow with yet another flaming sunset. As the sun's light dimmed in the western sky, the brightness of Mars, our neighbouring planet, glinted in the south-east sky. So ended another great day in paradise. As we rose from our comfortable sleep on Monday morning, we noticed that what seemed at first to be a heavy cloud cover, upon further investigation, proved to be a very thick fog. Within a few hours, we were venturing forth into this thick blanket, gingerly making our way from one barely visible landmark to the next. There was something eerie, yet thrilling about venturing forth into this hazy watery world, relying solely upon a topographical map and a vague memory of the area. An hour later, the sun worked its magic, and slowly but surely burned off the grey invader, allowing us to bask in its radiant rays of heat and light. We enjoyed several hours of paddling, taking in the resplendent beauty of Manomin and Geejay Lakes, with their lovely cliffs and a few deciduous trees already starting to sport their autumn colours.



Winnange Lake shoreline.

Sadly, after successfully travelling across the three portages and several kilometres of lakes, we found ourselves again at the Experimental Lakes Road Bridge, our point of departure, thus ending our trip into paradise.



**Paddle Manitoba and the Fort Whyte Center present:**



## **PaddleFest and the Waterwalker Canoe and Kayak Film Festival:**

*A celebration of all things paddling!*

**Sunday, May 16th, 9:00 AM at the Fort Whyte**

**Come and see the latest gear, demonstrations by our local paddlers,  
great paddling films and all the Fort Whyte family attractions.**

**You can try paddling a Voyageur canoe or York Boat, test out the latest boats or just enjoy the show.  
Great auction and door prizes. Learn more about Paddle Manitoba and the Manitoba Whitewater club.**

**Admission including the film festival : \$8.00 for Paddle Manitoba and Fort Whyte Members;  
\$10.00 for the general public. Children under 6 are free.**

**Supported with the generous assistance of:  
Wilderness Supply, Mountain Equipment Co-op, Wilderness Spirit, Northern Soul,  
Wave Track Canoes, WAVpaddling**

**Tickets available at the door or from our sponsors and Paddle Manitoba**

**All paddling events are weather dependent but the films will go on!**

# Finding Your Place

## *The Relative Joys of Bow and Stern* By Cameron White

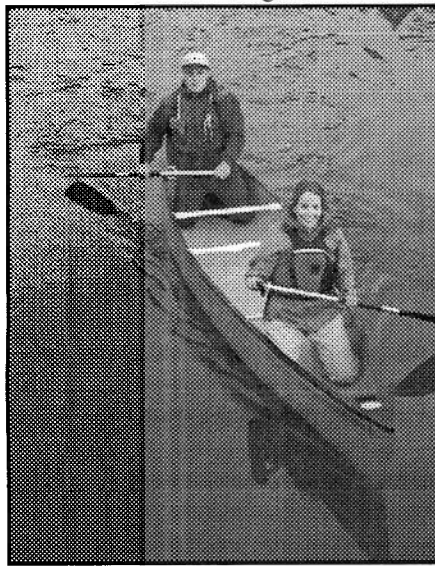
**T**he canoe, by default and design, is a vehicle of community. There are few references to this craft that do not evoke the image of paddlers moving in unison: silent symmetry in action. Even that most eager proponent of the solo tripper--Bill Mason--made constant reference to the camaraderie of the voyagers and the family spirit of the native paddler. Being social creatures most humans enjoy this co-operative approach. Few things can be more satisfying than coming to a perfect stop with your partner, inches from the dock, the canoe perfectly at rest. But now that you have decided to embark on this tandem adventure you ask yourself the question --where I do I sit?

The conventional wisdom maintains that the most skilled paddler should stern the boat as that position exerts the greatest influence on the direction of the canoe. Indeed the stern seat, being furthest from the boat's center, has the most leverage and the most immediate effect on the boat's tracking. We have all sat in dumb frustration as someone with a less than perfect J stroke allows the boat to careen like a drunken sailor on leave, while we grit our teeth and attempt to rectify the situation with stealthy pries and draws. While on family outings we offer firm adjournments to those children who wish to stern "before they are ready." The stern, like a pulpit or lectern, is the place of the wise and learned, the bow of the eternal apprentice. Or is it?

The bow is acknowledged to be the workhorse of the team, stoic and strong. At first examination there would appear to be small glory in the fo'c'sle station: keep your head down, work hard, and make sure you pass the GORP bag back when you are done. Unsung and unappreciated we can understand if the bow feels less than equal to the stern. In truth, though, the bow has a whole bag of tricks that he must reach into if the canoe is to proceed apace. In whitewater, the stern, for all his skill can only sit impotently and almost blind if the bow does

not act as the boat's eyes and call out the best route. A poor bow will practice the "Rock! - Crack - Oops" method of tardy reporting, leaving a long gash in your otherwise pristine gelcoat. No, far from just a galley slave, the bow is the radar of the ship, finding a safe port in every eddy turn.

If both seats have their merit, and you are equally skilled then who goes where? Most men insist that they stern because they are heavier and most women are loath to disagree. This



Lynne & Cameron.

argument has some merit because it is difficult to make headway if your bow looks as if it is loaded with pig iron and has just struck an iceberg doing eighteen knots.

In fact, given the distance of the bow seat from the end of the boat and the capacity of the modern tripping canoe, it takes a lot more than a thirty pound weight differential to substantially affect the boat's performance. At times, when you are facing stiff headwinds or attempting a tricky back ferry, it pays to have the stern light and the bow heavy--and we all know the winds are rarely at our back. So why so much intransigence regarding our placement, especially among married paddlers?

We appear to be set in the pattern of man in the stern and woman in the bow. Perhaps this rises from a sense of fear. Fear of losing control and the fear of what to do with it once we have it. The male sees himself as the skilled protector, steering the crew away from danger. If he gives up the stern--what then? The woman may question her own ability and thus not demand her turn at the driver's seat. And so the couple continues throughout their paddling life, oblivious to the advantages of the other's situation.

This irony was amply demonstrated by the trip I took with my wife on the Bloodvein River last summer. I manned the stern and she the bow. My offers for a change were met with polite refusal and I did not insist, comfortable with the status quo. Finally on departure from the X Rock Rapids, a strong headwind forced a switch. My weight and strength were needed in the bow and Lynne would have to stern. We went through the morning without incident, faces set against the drizzling blast. By afternoon when the sun appeared and the wind died we lunched in the boat, too lazy to revert to our normal places. We ran a few Class IIs and Lynne's expression, at first hesitant, broadened into a confidently wide smile.

After ensuring that all was right with the new pilot, and quelling the urge to throw in the odd corrective stroke, I began to rediscover the pure bliss of the bow. This was great. Scenery unfolded without the frame of blue 60 litre barrels. My arms welcomed the chance to unlimber with steady pulls, free of the J stroke's curl. I didn't have to plan and I didn't have to think. Most importantly I was reminded of the ageless truth that it doesn't matter if your path is straight as long as you get there in the end.

Not all change is for the better, but most gives us a chance for new learning even if it is not the most efficient way. So change up now and then and enjoy the ride. Who said canoeing was about efficiency anyway?

# Call for Submissions

## **Waterways Her Way: An Anthology of Women's Paddling Adventures**

Raincoast Publishing, Spring 2005

Edited by Laurel Archer

**W**aterways Her Way (working title) will be a literary anthology of creative non-fiction stories and personal essays about women finding adventure in paddling North America's rivers, lakes and oceans. Discovery is the general theme: the discoveries women make about themselves, their relationships, Nature, or the meaning of adventure. Possible specific themes include: artistic inspiration, women-only trips, solo expeditions, mixing romantic love and paddling, spirituality, mentorship, leadership, teamwork, whitewater thrills, competing in paddle-sports, changes afoot in the paddling world, etc.

All in all, the collection will reflect the diversity of reasons women take up paddling, why they enjoy paddling, who they enjoy paddling with and why, and some of their best and/or worst experiences on the water. The multiplicity of emotions paddling watercraft evokes is often key to learning about one's self and the nature of traveling on water. Fear, passion, joy, frustration, peace, may all be part of the mix in any given experience. Stories about serene weekends canoeing on a southern lake, competing in whitewater slalom, sprint or rowing events, tripping in a traditional dugout canoe through coastal waters, paddling on a breast cancer dragon boat team, teaching paddlesports or guiding trips on Arctic rivers or the Pacific or Atlantic oceans are all welcome.

Journeying by kayak, raft, rowing shell or canoe, in the wilderness or through the urban sprawl, women paddlers' backgrounds also vary dramatically, and this will also be a theme in the collection. The editor invites women of all ages and walks of life to submit stories and essays about their unique paddling experiences.

Submitting a work does not guarantee its publication. Approximately thirty

submissions will be chosen for inclusion in *Waterways Her Way*, and the pieces will be selected based on literary merit and how well the pieces fit the themes of the collection. Both unpublished and previously published pieces are welcome. If submitting previously published material, please indicate on the cover page all pertinent publishing details and publisher contact information. The editor will undertake obtaining permission to reprint the piece should it be chosen for inclusion in *Waterways*.

The length of the stories or personal essays should run between 1500 and 2500 words, though pieces that are slightly shorter or longer will be considered if they have merit. Type, double space and paginate your work.

Submissions may be sent via post or email. If you are mailing your submission by post, please include two hard copies along with a cover letter that lists your all your contact information, including an email address where you can be reached, a short bio, and a word count of the submission. If you are submitting a previously published piece, please also provide the publisher's contact information.

For submissions via email, send only one copy of your piece with the first page being a cover sheet with author/publisher contact information, the short bio, and word count. Only MS Word (.doc), text (.txt) or rich text formats (.rtf) will be accepted, and the subject line must read "*Waterways* submission" or the attachments will not be opened.

The deadline for submissions is March 15th, 2004. Manuscripts must be postmarked by this date and a SASE enclosed for a response or return of manuscript. Payment will be \$100.00 (Cdn.) and a copy of the anthology. The authors of selected pieces will be contacted by April 30th, 2004.

### **Send submissions to:**

Laurel Archer  
364 Morland Road,  
Comox, B.C.  
CANADA V9M 3W2

For questions, contact Laurel via email at [laurel.archer@telus.net](mailto:laurel.archer@telus.net)



Winter/Spring Courses  
Specialty Clinics, and our new  
Whitewater Kayaking Youth  
Camp Announcement! Please visit  
us online for more information!

WAVpaddling is central Canada's white water kayaking school specializing in kayaking instruction in and around Manitoba. We provide highly personalized, small group, and private CRCA certified kayaking instructional adventures.

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

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

**[www.wavpaddling.ca](http://www.wavpaddling.ca)**

Phone: 204.775.1124 ext.1  
email: [yak@wavpaddling.ca](mailto:yak@wavpaddling.ca)

**"See you on the River!"**

\*TM



## What benefits do I receive as a Paddle Manitoba member?

- ♦ An annual Paddle Manitoba Directory
- ♦ A quarterly newsletter (*The Ripple*) full of articles and information of interest to Manitoba paddlers.
- ♦ Discounts on Paddle Manitoba courses and purchases at participating local paddling stores.
- ♦ Paddle Manitoba General Meetings and other events, offering paddling information and opportunities to meet and socialize with other paddlers.
- ♦ Discounts on CRCA merchandise.
- ♦ Opportunities to participate in canoeing and kayaking trips to locations in Manitoba.
- ♦ Workshops related to paddling.
- ♦ CRCA accredited paddling courses.
- ♦ Access to canoeing and kayaking information, including route descriptions, maps, trip survey logs, contacts with people who have 'been there, done that'.
- ♦ Paddle Manitoba Corporate and Affiliate Members are listed in *The Ripple* and the Paddle Manitoba website.
- ♦ A voice for paddlers.

✎ **Join Paddle Manitoba Today!** ✎

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

## Paddle Manitoba Membership Application and Renewal

\_\_\_\_\_  
Last Name or Organization Name (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, Org, 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)

**COMPLETE BOTH SIDES OF THIS FORM,  
cut out and mail with payment to:  
Paddle Manitoba Membership Committee  
P.O. Box 2663, Winnipeg, MB R3C 4B3**

## Paddle Manitoba Volunteer Positions

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

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

Please tell us how you could help Paddle Manitoba achieve its objectives. Contact the appropriate convenor (listed on 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            |                                   |

### Individual Life Memberships

No more cheque writing, no more wondering, "Did I send it in?"  
Now you can purchase an Individual Lifetime Membership from Paddle Manitoba and receive our programs and news--forever!

The Life Membership costs \$200.00 and protects you against rate increases and interruption in such services as delivery of *The Ripple*!

# did you remember to renew your Membership



Please fill out the form on the left side of this page 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.

## 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



### **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.



**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, 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 Cunnington Ave, 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.



**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:** www.wildernessspirit.com.



## Paddle Manitoba Corporate Members (\$30/year)

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

**MassageWorks**, 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: 943-4202, Fax: (204) 943-4288, Web: www.mec.ca

**Pioneer Camp**, 230 Sherbrook St, Wpg MB, R3C 2B6, Tel: (204) 788-1070, Email: pioneercamp@mts.net, Website: www.pioneercamp.com/manitoba

**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:

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## MARK YOUR CALENDAR!

Saturday, March 27th - 6:30 PM

### **Professor Popsicle Visits Paddle Manitoba**

LOCATION: Officers' Mess Kapyong Barracks

Date and Time TBA

### **Paddling Chili with Mick Lautt**

LOCATION: Officers' Mess Kapyong Barracks

Sunday, May 16th - 9:00 AM

### **Paddlefest 2004**

LOCATION: Fort Whyte Centre

