

Summer 2004

Newsletter for Paddle Manitoba

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Pike Fishing and Canoeing *By B. Curtis Bird*

Fishing for pike can enhance your next canoe trip. It's fun, affordable and easy to learn. While casting or trolling for northerns (also called jack fish), you're bound to catch the odd wall-eye as well, and both are excellent eating. My purpose here is to help beginners get started.

You needn't break the bank to buy equipment. Expensive rods and boxes of hooks are nice but not essential. For about \$75 you can acquire all the tools you need: rod and reel with line (\$30), leaders (\$5), three or four lures (\$20), jaw openers (\$7), hook removers (\$10). And don't forget the fishing licence.

One of my favorite rods is a \$25 spinning outfit from Wal Mart. You'll also want half a dozen or so 10-or-12-inch wire leaders. These are tied to the end of your line with a fisherman's knot (not just any old knot) to prevent the pike's teeth from separating you from your catch.

After many years of fishing from canoes, I take only three to five lures: one or two silver Mepps spinners #3, one bronze Mepps #3, and two spoons, red and white Daredevils, one large, one medium. The idea is to fish with the attitude that you're going to set things up to minimize the risk of losing hooks and fish. Besides, do you really want to be

portaging a box of heavy hooks you'll never use?

Mepps spinners are excellent for pike. You can fish them shallow by keeping your rod tip high and accelerating your retrieve, or deep, by slowing the retrieve and pausing to give the bait the appearance of an injured minnow. They cast and troll equally well. The large Daredevil offers a more substantial bait for larger pike and also casts well, important for fishing near shorelines, weeds, rocks and sunken logs. Pike hide

in these structures and dart out to seize passing minnows, leeches and crayfish. Short accurate casts to such spots are better than long ones to open water.

Casting for the beginner can be a challenge, as Maureen found out. Line can tangle on the reel, creating a mess. To avoid this, keep an eye on your reel, and the beginner might want to avoid fishing at dusk when they can't see well.

Continued on page 9





(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:

www.paddle.mb.ca - Website

(204) 338-6722 - Phone

Directly Contact Convenors

For information on specific programs (e.g. instruction, indoor program, etc.) contact the appropriate Convenor. See page 3 for their phone numbers and e-mails.

Paddlers' Forum

Pose a question on our on-line paddlers' forum by following the links on our website, or
E-mail: mrca@mbug.cs.umanitoba.ca

Other Paddling Connections

Paddle Manitoba is affiliated with the following organizations:

Manitoba Paddling Association

(204) 925-5681; mpa@sport.mb.ca; www.mpa.mb.ca

Canadian Recreational Canoeing Association

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

CRCA and Paddle Manitoba are focused on recreational and wilderness canoeing and kayaking.
MPA is focused on competitive paddling

Newsletter Submission Guidelines

This newsletter is published quarterly (December, March, June, and September) on the first day of the month.

Advertisement

Advertisements must be prepaid. Classified Ads cost 25 cents per word, per issue, with a minimum of 12 words. Individual and Family Members may place up to 40 words free.

The cost for Corporate Ads per issue and per four consecutive issues are as follows:

eighth page	\$25	\$90
quarter page	\$35	\$125
half page	\$45	\$160
full page	\$75	\$270

Ad copy and/or camera ready artwork and payment must be received by the Editor 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

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Phone: (204) 783-7528; E-mail: harpa@shaw.ca

Format Note: Photos submitted electronically should be scanned at a setting of 150 dpi, at minimum. For electronic submissions of text, writers are asked to either provide text files in Microsoft Word format, or send text within the body of an e-mail.

DEADLINE

for the Fall (September) 2004 Issue

~ August 10th ~

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

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president's report

this activity we love so much.

While many outfitters and instructors search for clients, guides from the United States and other provinces bring outside groups to our rivers without licensing or certification. In both cases we have to ask whether the best interests of Manitoban paddlers and businesses are addressed by local programs and provincial policy?

Over the next year Paddle Manitoba will strive to address these issues. We may not be able to change provincial and national legislation over night, but we can certainly reach out to those lacking the opportunities to paddle. Looking at the recent struggles of a local, Aboriginal residential school to secure a paddling program, I am sure there is a need for this support. If you would like to donate your time to these projects let me know. New endeavours, like new rivers, hold great promise.

Cameron White

editor's report

Information on courses, as well as the immensely popular Tuesday paddle, can be found in the centre spread and surrounds.

White's philosophical musing on safety brings all shades of grey on this subject out of the shadows for thoughtful consideration.

Finally, we have tips on getting fit for the paddling season. I'm sure that there are many of you who are ahead of the game on this. You've already got the 'six pack' you say. But we're talking abs, not beer here; pay attention.

My apologies to James Vasiljev who I had not shooting a *chute* but a *shoot* in the last issue (I've been immersed in crime reports lately), and to Mick who I had presenting on *chili* (con carne?), rather than *Chile*. I hope the allusion to food brought them out in droves, Mick!

Cheers! And happy paddling.

Harpa Isfeld, Editor

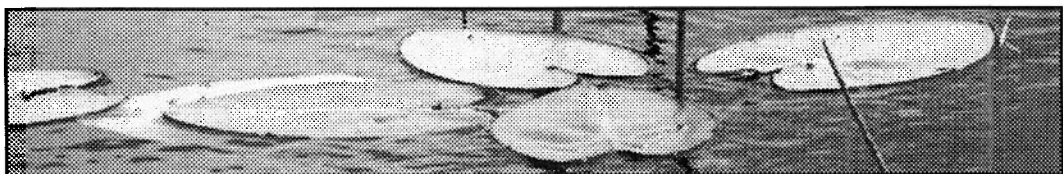
Our first Paddlefest has just finished as I write this and I'm still overwhelmed by how smoothly the day went--all thanks to you the volunteers and participants. Three hundred and nine people came to enjoy a day of paddling, films, York Boats, Voyageur Canoes, demos, gear try-outs, and chats with our outfitters and instructors. This great event was made possible by the generosity and hard work of Fort Whyte, as well as our own members. Most importantly, we introduced many non-members to Paddle Manitoba and the possibilities that paddling holds in this province.

But is that promise there for everyone? Paddling is much more than just a physical act of recreation. It holds the potential to make a difference in the development of our youth, as well as offering an adventurous way to discover Manitoba for those travelers from "away". We take good care of those with the means to paddle and yet there are many without the resources or knowledge to take advantage of

I don't know about you, but this winter has been drudgery for me. The day job too often interferes with rest and relaxation, now doesn't it? But *The Ripple*, your armchair paddling medium, has your antidote. For starters, what's better than paddling? Well fishing *and* paddling, of course! Bird's regular column has moved up front for this issue to lure you in. The pike are nearly jumping off the pages of this article. OK, enough hype.

We're hearing from Rob Currie--our new Indoor Program Convenor--for the first time, so listen up folks. This role is crucial to our good times and your input is requested.

A media release featured in our advocacy section is a must read. It speaks to the global significance of the Manitoba/Ontario boreal forest, and growing attention to this gem.



members' business

The Natural City Symposium

June 23-25th, 2004

University of Toronto Campus

Toronto, Ontario

Many people perceive nature and cities to be separate entities. Despite some significant shifts in thinking in recent decades, the overriding perception still seems to be that environmental issues are principally concerned with plants, animals and pristine wilderness areas. On the other hand, human settlements are generally seen to be the exclusive domain of architects, planners and urbanists. Too often, nature is mythologized as benevolent and the city as evil, despite growing urbanization trends worldwide.

The Natural City Symposium presents an opportunity to challenge this view. Urban and natural environments are not necessarily conflicting notions but must be integrated at many different scales, for sustainable, healthy settlements to occur. As renowned anthropologist, Margaret Mead, argued years ago, just as hives are to bees and dens to foxes, cities can be equally natural moments in the development of human society, as long as ecological integrity is preserved.

A major focus for this meeting will be how to rethink foundational concepts and apply them to the sustainable development of natural, healthy cities on a global scale, from developing to developed worlds.

For more information visit:

<http://www.utoronto.ca/divenv/NaturalCity/>

notice board

market place

Wanted: Kevlar or Duralite 17-18 ft canoe.
Call Murray or Linda at 864-2083.

Members!

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

E-mail: harpa@shaw.ca

Congratulations go to

Donna Kurt

the winner of Paddle Manitoba's

Victoria Jason Volunteer Award

Donna was recognized for her outstanding commitment through previous years to the organization and the sport of canoeing.

Visit our Paddlers' Forum

Exchange tips and viewpoints with other paddlers online

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

Fort
Whyte
centre



Paddling Open Houses

**Every Tuesday and Thursday
starting June 1, 6:30 – 9 PM**

Winnipeg's best selection of Kayaks will be available for you to enjoy, supervised by the pros from The Wilderness Supply Co. Bring your own boat, or try out one of ours.

Get all this for a \$5 donation (per person, \$10 per family) in support of Fort Whyte's environmental education programs.

Held at the Fort Whyte Adventure Site, 2505 McGillivray Blvd. For more information call 989-8357 or email paddle@fortwhyte.org.

indoor program report

Our last two indoor program events were well attended by members, as well as the general public. Dr. Gord Giesbrecht provided the audience with a visually interesting and, at times, very comical interpretation of his trips on Lake Winnipeg in the dead of winter. As I said at the closing of his presentation, his idea of risk certainly outdoes my somewhat simpler idea of making sure the remote and a beer are within arm's-length of the couch.

Mick Lautt's presentation reminded us that there is another 70% of the world out there that we need to explore by canoe (or kayak). Unfortunately I wasn't at the presentation (I am allowed to miss one now and again!) but from all accounts there is a contingent of Manitobans making the trip south next winter.

Which reminds me, if anyone has been on an exciting paddling trip of some sort, anywhere in the world, and you have some interesting slides, let me know. Maybe we can get you scheduled into this year's Indoor Social Program in the fall or winter!

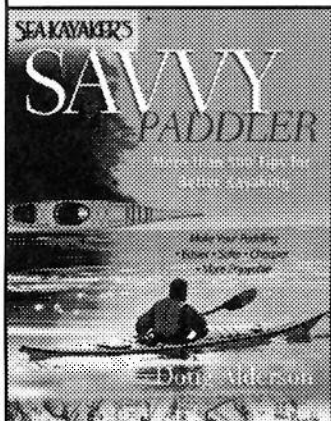
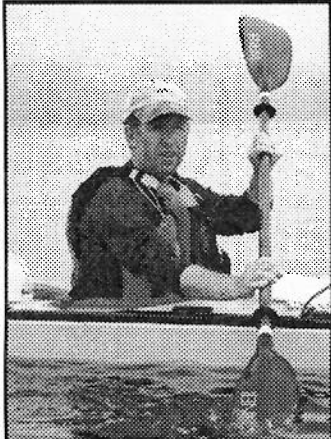
Of course Paddlefest was a massive success! We were turning them away at the door! At least we hope it works out that way, as the event is still two days away as I write this column. There is snow on the ground, the temperature is rising slowly, but as it stands right now, everyone is excited about checking out all the new paddling gear from Manitoba's retail-

ers, instructors and outfitters, and of course the "Best of the Waterwalker Film Festival". Many, many thanks go out to Fort Whyte and Cam White for taking all the time necessary to make sure this event goes off without a hitch.

We are in the process of determining next year's schedule for the Indoor Program so if anyone has any ideas please call or email me. It does not have to be directly related to paddling, just as long as you think it might be of interest to the general masses. My personal favourite, a beer tasting event, has not shown the positive reaction that I would have hoped, so I welcome any and all ideas as well as the speaker to go with the idea.

I guess that is the end of the Indoor Program until next fall. A hearty kudos to Gisele St. Hilaire for all the work she has put in over the past year and the gentle guidance she has provided to get me started ("NOT like that, its supposed to be done like this") in this new job of mine. For all of you who have attended our previous presentations we hope to see you back in the fall. And for all of you who have not made it out, WE DON'T BITE so come on out for some interesting shows, some great conversation and meet up with all your old paddling buddies or make some new ones.

Cheers! Rob Currie,
your new Indoor Program Convenor



A WEEKEND WITH THE SAVVY PADDLER

Doug Alderson, who is the author of *Sea Kayaker's Savvy Paddler*, has spent a lifetime in small boats and kayaks on the coast and inlets of Vancouver Island and has written numerous books and articles on Sea Kayaking.

During the weekend, he will teach you how to make your sea kayaking cheaper, easier, safer, and more enjoyable. You will also learn a few new tips and tricks on knots, navigation and camp skills, and will be shown practical tips and tricks on the water to set up your kayak, modify your gear, and tune-up your strokes.

On Saturday night, Doug will present slides and stories of Vancouver Island, which is one of the finest places in the world to travel in a sea kayak.

- **Saturday and Sunday July 24 & 25**
- **University of Manitoba Field Station at Delta Marsh, Lake Manitoba**
- **Registration Deadline: June 18**
- **\$280 (Includes meals, accommodation, kayaks and gear)**

124 Frank Kennedy Centre, Tel. 204-474-7268
www.umanitoba.ca/rec_services

Manitoba River Kayaking Instructor - Recognized as top in his class! C'est Bon!

By Mick Lautt

The water was raging, the trainers were tough, and one by one the instructor candidates labored through their paces. Striving to display demonstration quality river running techniques and a keen awareness of instructional skill sets, from safety to teaching styles, the group spent three long days in tough conditions, competing for the coveted title of "CRCA River Kayaking Instructor".

In amongst the group, silently floating in the far corner of the eddy, sits the lone prairie paddler, Renaud Lafond. His small frame sitting tall in his borrowed boat, his keen eyes scanning the river, reading each subtle crest and seam, until finally it is his turn to make the run. With graceful strokes, he punches out into the current, jetting off the first wave

and onto the course. Tight s-turns, solid carving maneuvers, a dramatic "boof" over the hole, and an eddy entrance that would make even a salmon swoon, Renaud floats up beside the trainer and says "c'est bon?"

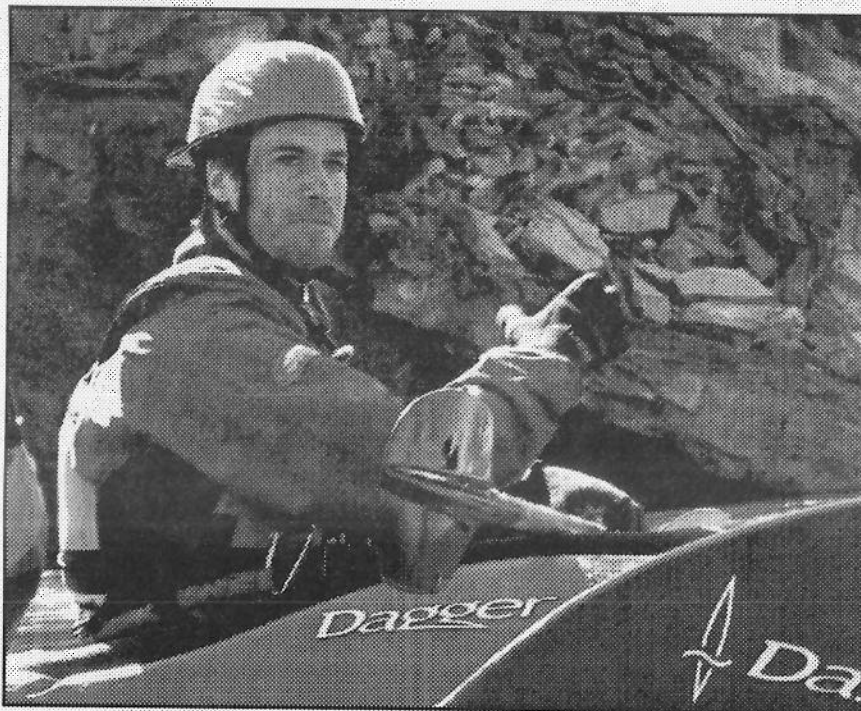
This past spring, Renaud made his way to Alberta to test for his national certification in river kayaking instruction. Partially sponsored by Paddle Manitoba and WAVpaddling, Renaud invested time, resources, and energy, and spent three days training and testing on the Kananaskis River near Canmore Alberta.

WAVpaddling and Paddle Manitoba are pleased to congratulate Renaud Lafond on his recent completion of the CRCA Instructor Certification Training for River Kayaking Instructors. Renaud

consistently impressed the course trainers and other candidates with his proficiency in teaching and smooth demonstration quality paddling. Renaud represented us flatlanders at a level that you would all have been proud, and joins the ranks of only three nationally certified instructors at this level for all of Manitoba.

WAVpaddling is proud to have Renaud Lafond as a member of our instructional team and Manitoba students are fortunate to have access to his experience and skills.

Congratulations Renaud, we look forward to your continued success!



Renaud Lafond - teaching his peers during instructor training

Renaud Lafond, is an executive member of the Manitoba Whitewater Club, an active member of Paddle Manitoba, and one of WAVpaddling's senior instructors.

Mick Lautt, chair of Paddle Manitoba's Kayaking Instructional Committee, and a member of the CRCA PDC Instructional Committee, also attended the weekend course in Alberta. Acting as one of the course instructor trainers, Mick has completed another step along the demanding road to attaining national River Kayaking Instructor Trainer Status.

To contact Mick or Renaud you can e-mail them at yak@wavpaddling.ca.

whitewater club news

By Jamie Hilland - Events Coordinator

WOW! What a busy season of winter paddling for the Whitewater Club, and what a great spring with lots of RAIN!!!

Winter pool sessions were once again a success, with over 40 people joining the club over the winter and many new faces. Winter pool sessions saw the club move from the Pan-Am Pool to Seven Oaks Pool, which was a bit of longer drive for some, but still a lot of fun.

The highlights of the pool sessions included a Mountain Equipment Co-op staff whitewater kayaking night, a College St. Boniface paddling evening, and the conversion of some sea kayakers to the 'dark side' of whitewater!

All of the winter pool sessions were followed by post-paddling drinks at *Alfie's* on Keewatin, where we enjoyed many "Big Gorge's" (a large platter of fried foods that feeds 8 for only \$24.00!), along with some fine draught on tap.

The club also enjoyed many social evenings, including *tobogayakking*, a climbing night at MEC, and a night out at Le Festival du Voyageur, complete with French comedy!

Heavy rains during the fall resulted in higher than normal flows and good waves over the winter. The temptation was too great for some of us, so we suited up and went paddling every month except January, which offered us no days with temperatures higher than -10 C. This seems to be our cutoff point (except for that February day when we went in -16 C [-26 C with the wind-chill] temps--a wee bit cold!).

Come March, paddling season began in earnest, with both the water and our spirits coming up. Although the water was cold and the ice not out, a drag across the ice wasn't so bad when the water was up!



Richard Helbig hanging out on "Surfer's", Sturgeon Falls, MB

In April, things really got going, with some good runoff levels, as well as some nicer weather at times. Sturgeon Falls was once again the location of choice after a one-year hiatus, and we were happy to return.

May saw the end of the pool sessions, and the start of the paddling season for more of our beginner paddlers, with a very successful "Welcome to Sturgeon" course run by Mick Lutt of WAVPaddling. Many of our newer club members enjoyed learning at Sturgeon at a friendly spring level.

Once again, the Manitoba Whitewater Club had a booth at Paddlefest and the Waterwalker Film Festival, with some fun videos displayed. A lot of fun was had by club members sliding down the toboggan slide into the water to start the kayaking demonstration--a great way to get into the water.

The snowfall and rain of early May has kicked the paddling season into high gear again. The Lake of the Woods Basin received over 100 mm of rain, which has resulted in

the dams being opened right up, with an expected flow of about 60,000 cubic feet per second! Sweet!

The levels are expected to crest around mid-July, just in time for our Fourth Annual SHINDIG Whitewater Weekend. This year, due to a scheduling conflict, the event will be held at the Whitemouth Falls Wayside Park in Seven Sister's, MB. Chef Jozef from *Jennifer's* has agreed to cater the event on the Saturday night with some delicious European Cuisine.

The *Shindig* will also be highlighted by an advanced freestyle clinic put on by Team Dagger and National Freestyle Team member Scott Feindel, our very own local boy done good!

This summer also promises some exciting paddling for many locals in other provinces. In late May, a rather small two-person contingent (Mick Lutt and Renaud Lafond) will head west to the Kananaskis Whitewater Festival. The summer will also see some local paddlers

head east to the Ottawa River, as well as further west to paddle the tidal rapids of coastal BC.

Overall, the club continues to grow and expand, and present more frequent and well-organized events for all members. We always welcome anybody interested in pursuing this fun paddle sport, and encourage anyone interested to contact us at: <http://wavpaddling.ca/phpBB/> or feel free to contact me directly at jahls@mts.net.

Have fun on the water and be safe!!



Members of the MWC enjoying Pool Paddling

advocacy in action

Canada's Boreal Forest Included in NRDC's Annual Biogems List

Manitoba and Ontario, Heart of the Boreal. One of 12 Western Hemisphere Biogems.

WASHINGTON (February 26, 2004) - NRDC (Natural Resources Defense Council), a U.S.-based environmental organization, today featured Canada's boreal forest in its annual list of the dozen critical natural areas in the Americas. NRDC's international effort to protect the Western Hemisphere's wildlands, the BioGem campaign, will mobilize citizen action over the coming year to protect Canada's boreal forest and 11 other extraordinary areas, ranging from the Alaskan arctic to the Amazon rainforest.

"We see Canada's boreal forest as one of the Earth's greatest conservation opportunities," said Susan Casey-Lefkowitz, an NRDC senior attorney. "This is one of the largest intact forests left on the planet."

Canada's boreal forest is a key piece of the great northern forest that rings the globe. There, amidst the pine trees and boggy marshes, billions of the Western Hemisphere's most beloved songbirds - warblers, chickadees and many others - build their nests and raise their fledglings every summer before flying south. The region now is threatened by plans to build new dams and transmission lines.

NRDC and other U.S. and Canadian

conservation groups recognize that protecting the boreal forest is critical for North American waterways and wildlife, and to combat climate change. This region also is vital to the health and livelihood of the many indigenous peoples that call the boreal forest home. Working in cooperation with indigenous communities and other environmental groups including Manitoba Wildlands and Canadian Parks and Wilderness Society (CPAWS), NRDC is asking the Ontario and Manitoba provincial governments to protect and conserve this globally significant forest.

"Manitobans support the protection of their globally significant forest regions," said Gaile Whelan Enns of Manitoba Wildlands. "The Manitoba government needs to ensure protected areas are in place before hydro, forestry or mining interests expand into the heart of the boreal."

"We welcome the awareness and support that NRDC members bring to the efforts to conserve this spectacular area," said Anna Baggio of the Wildlands League, the Ontario CPAWS chapter. "Land-use planning, led by First Nation elders, must take place

before any permits to mine, log or build dams are considered by government."

NRDC plans to address the fact that the Canadian power company that wants to build new hydroelectric dams in the boreal forest, Manitoba Hydro, already sells nearly 40 percent of its electricity to U.S. customers. "Our actions as U.S. consumers have a major impact on Canada's boreal forest," said Casey-Lefkowitz. "We are educating our members and the broader U.S. public about how our demand for electricity and forest products affect the health of the boreal forest."

NRDC launched the BioGems initiative in 2001 to empower citizens to save some of the Western Hemisphere's important natural areas. Since then, NRDC's 1 million members and Internet activists have generated more than 3 million messages of protest to corporations and governments.

Contacts:

Gaile Whelan-Enns, Manitoba Director
Wildlands Campaign, Ph: 204-944-9593

Susan Casey-Lefkowitz, NRDC,
Washington D.C., 202-289-2366

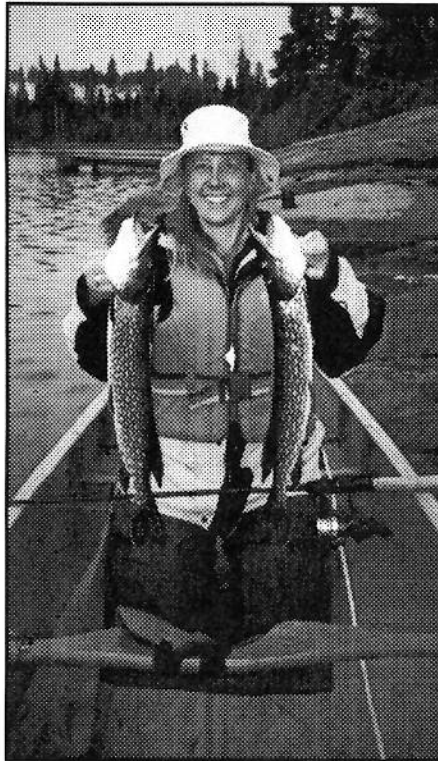
Next you need a jaw opener. This is a spring-loaded unit (I must be watching too much Red Green) that pries open the pike's mouth for hook removal. Use them with care; respect the fish. They can inhumanely force the mouth open too far and often need to be held partly closed.

Hook removers are long-nosed aluminum tools that resemble pliers but are much more effective. With barless hooks, mandatory in Manitoba (pinch barbs flat with pliers), hooks are easily taken out with the correct tool. They are also easier to remove from a Chocolate Labrador's lip and paw (as Mo found out with Gyda). Puppies and shiny lures don't mix well.

Fish when and wherever you like. How's that for technique? Play your hunches. Feel like a breakfast of sizzling fillets at 6 a.m.? Cast from your campsite. It pays to play your hunches. Remember, pike like structure: shorelines, boulders, weed beds, deadheads, drop-offs, lily pads, narrow channels, waterfalls. They also like shadows and breezy shores where food is stirred up.

Do two things before you fish, though. First, be sure your knot is sound. I like the fisherman's knot. Insert the line through the leader's swivel and pull it up about three inches, then twist the lines together about 10 times. Put the end through the gap at the leader, then through the loop you created. Wet the line and pull down snugly to the leader. Test your knot by holding your leader in one hand and your line in the other, and tugging hard.

Second, to help avoid broken lines, set the drag of your reel properly. The drag allows line to be released even when the lock is on. Adjust it so that it takes a sharp tug to release line.



Mo with pike caught at Lake Mantario
May 2003

This will be firm enough to set a hook but loose enough to allow fish to run. The drag, properly used, allows you to catch 14-pound pike on eight-pound test line, for example. When you know you've got a big one, you can also release your lock and let line out by back reeling. Then reel in as you can by taking your time.

Some years ago my father and I were fishing from my canoe in a little lake in Riding Mountain Park. While he paddled in the stern, I trolled from the bow. We trolled deep near shore, along an underwater weed line. A fish hit hard, and Dad steered us into deeper water. It took a while to play that fish, as it bulldogged in the weeds, and the drag screamed as the fish ran. We finally boated it, and at 14 pounds it was a good catch. After admiring it

a moment we released it. The two-pounders taste better anyway.

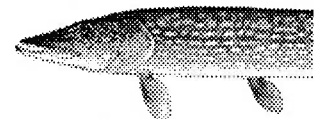
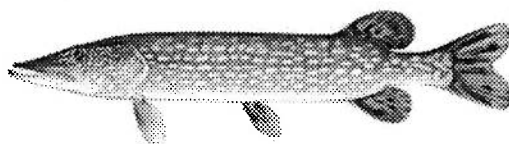
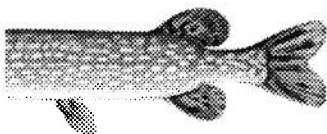
Line frays easily, so don't let it rub against the gunnel. Also keep line away from the side of your craft. Last summer on Lake Mantario, Maureen caught her first pike only to have it swim under the canoe. We got out of that jam by turning the canoe and getting into deeper water.

I release most fish, keeping only what is needed for a meal. Don't land a pike by putting your fingers in its eyes. Grab them behind the head or net them. One way to kill a pike is to hold it firmly in one hand on the floor of the canoe, and then insert a knife behind the head to sever the spinal column, uttering a word of thanks if that's your thing.

I like to clean fish in the canoe right away because they can taint if left too long. And I've never had problems with bears attracted to fishy smells in canoes, but it could happen. So wash the canoe out well if you choose to do this. Using your paddle blade as a table, place paddle across gunnels. With the fish on its side, insert filleting knife behind gills and cut down, then across along the spine. Cut through ribs and along spine to the end of the tail, being careful not to waste any flesh. Remove fillet, flip pike over and repeat. Remove rib cage by slicing under the bones. Skin by holding tail with thumb nail and slicing off fillet, from tail to head. Do not throw remains in water, but place along wild shores where scavengers will eat them.

Don't overcook fish. Note there are no bones in the tail, or in the belly meat. Enjoy.

Brad can be reached at
birdbrad@shaw.ca



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 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

Instructor Coordinator: Gerry Hirose, 488-8225
or gerry_hirose@yahoo.ca

Moving Water Course Coordinator: Brian Johnston, 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

IMPORTANT

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

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: June 7, 14, 21, July 12, 19, August 16, September 13

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

FW C: June 10, 17, 26, July 15, 24, August 5, September 4

FW D: September 18, or on demand

Combined Courses

FW A/B: 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. (See website for details)

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
June 5/6, 12/13, July 3/4

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

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

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:

Week of July 5.

Week of July 26.

Location and Cost TBD

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.

Location and Cost TBD

Contact: Gerry Hirose.

Kayaking Instruction

This summer WAVpaddling will be offering the following popular weekend courses.

Intro to River Kayaking - Weekend

(CRCA Flatwater Certification)

June 5 - 6 (FULL); Additional dates TBA

Intro to Whitewater Kayaking - Weekend

(CRCA River Kayaking Level 1 Certification)

June 12 - 13 (FULL); July 3 - 4 (2 spots left)

August 7 - 8

"Welcome to Sturgeon" Big water weekend at Sturgeon Falls.

(CRCA River Kayaking Level 1 / 2 Certification)

Aug. 28 - 29

Private Weekend Courses - Dates available for booking

Book 5 together for a private course.

July 31 - Aug. 1; Sept 4 - 5; Sept 11 - 12; Sept 18 - 19

NEW for 2004:

Whitewater Kayaking Youth Camp

June 28 - July 2. With Team WAV and AEM.

French Intro to River Kayaking Weekend

July 24 - 25; August 14 - 15.

Women's Intro to River Kayaking Weekend

June 26 - 27.

Kayaking and Yoga Retreat

With Lisa Towson from Yoga North;

August 21 - 22.

Freestyle Clinic

With Team Canada paddler and Team D pro, Scott Feindel;

June 20.

For the most up-to-date course listing, please visit
www.wavpaddling.ca or contact yak@wavpaddling.ca or
204.775.1124 ext. 1.

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.

Private Instruction Available

Classes are small and personalized, with never more than 6 participants, providing students the attention and safety they deserve.

As part of each course, the students will be tested and certified in the appropriate CRCA levels. These levels include CRCA Flatwater Kayaking, CRCA River Kayaking - Level One, and CRCA River Kayaking - Level Two.

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

instruction corner

Tips for Efficient Paddling

To paddle straight keep the paddle shaft vertical; hands should be outside the boat and the paddle should travel parallel to the centerline of the boat

Utilize the larger muscles of the body, i.e. abdomen and lower back versus arms, to propel the boat, using torso rotation for power. A good check for body rotation is to look at the opposite side of the boat at the initiation of the forward stroke.

Imagine planting the paddle in a vat of molasses and bringing the boat to the paddle rather than drawing the paddle back. The power stroke should be short, especially for solo paddling.

Check to ensure that the paddle blade is fully immersed in the water and that the blade is vertical for correction strokes.

Splash the bow or stern of the canoe for effective turning strokes.

I hope these tips help you to improve your enjoyment of paddling this season.

Gerry Hirose, Instruction Convenor

Tuesday Evening & Sunday Paddles *Charles Burchill*

Paddle Manitoba continues to host Tuesday evening paddles at La Barriere Park throughout the summer and fall. Several Sunday afternoon paddles will also be held. These paddles offer an excellent opportunity to meet other paddlers, practice new skills, get pointers from certified CRCA instructors, or just enjoy a quiet evening out on the water.

Every paddle is run and organized by a certified CRCA instructor. Even though these paddles are not a course, the leader, and often 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 one of the Sunday afternoon events listed below, 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 be enjoying the evening sitting and watching from the shore.

Paddle Manitoba supplies canoes, paddles, and personal floatation devices (PFD) for each participant involved in a Tuesday evening paddle. Participants are expected to supply their own refreshments, transportation, appropriate clothing (including 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. For the Sunday paddles, participants must bring all their own equipment.

Everyone must sign a Paddle Manitoba waiver prior to the start of any event. While paddling or on the water, every participant must wear a properly fitting PFD.

Tuesday Evening Paddles

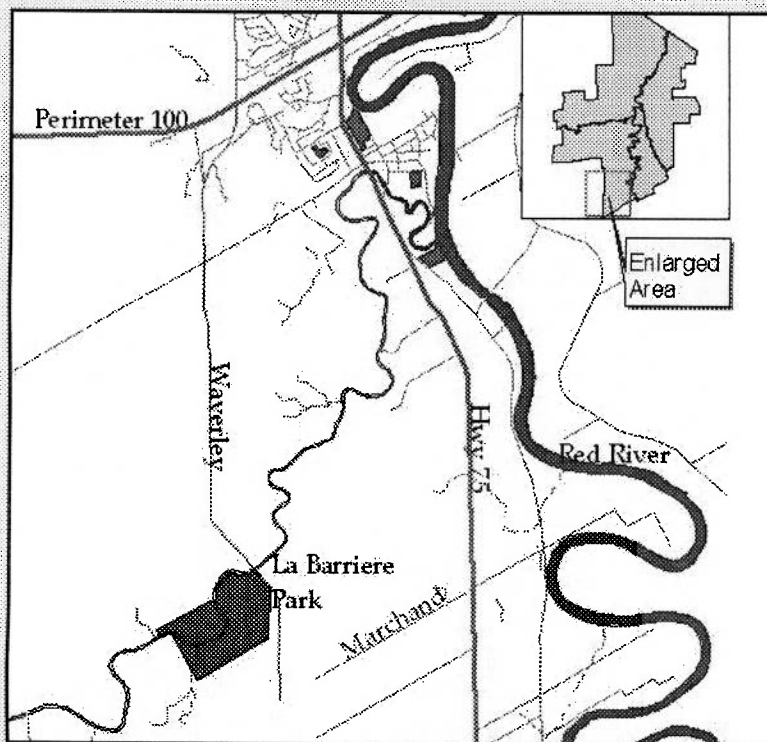
Time: May, June - 6:30 to 8:30 pm
July, August - 7:00 to 9:00 pm
September, October - 6:30 to 8:30 pm (or dusk)

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, but usually starting between 1:00 and 4:00 pm.

Dates: June 13, June 27, July 11, July 25, September 5, September 19.

Location: TBA, we will try to arrange paddles on various Winnipeg rivers.

Contact: Charles Burchill (204) 453-5374.

Cost: Free, but you will need to supply your own equipment and transportation.

Safety: A State of Mind or a Suit of Clothes?

By Cameron White

One of the more interesting duties I have performed as a member of my local paddling association is that of reviewing the annual crop of Waterwalker Film Festival winners. The quality varies, but what better way to pass a cool spring evening than with a bowl of popcorn, a passel of river films, and my paddling partner there to listen to my ongoing critique? After a while some of the films start to look the same, but in the end they're all about messing around with boats.

Watching the film *River Rat*, I was aroused out of my usual trance by the sight of Kevin Callan negotiating the Madawaska's rapids sans helmet, head clad only in a Masonesque floppy hat. Surely Mr. Callan, one of Canada's most respected and prolific canoe tripping advocates, knew that negotiating whitewater without a helmet was not only dangerous but also a horrible example to the uninitiated. Had he not heard of the CRCA? Did he not know of the recent strictures imposed by the Paddle Manitoba board against the depiction of non-helmeted rapid running? A calculated oversight perhaps, as was his lack of wetsuit in the mid-October days whose snowy climax caused him to abandon the river for the

road. Evidently the film spoke more to the romance of canoeing, and the daring of the explorer, Thompson, in whose footsteps he followed, than the safety aspects of river running. Any canoeing manual will tell you that such quaint scenes are dangerous teaching, but artistically they may point us to a higher truth about safety.

Some years ago, before my state of wedded bliss, I dated a woman who devoted herself to the sport of playboat kayaking (enough already - we all have our dark, double-bladed secrets). She left town every summer weekend to play on the Brierleys, and run the cold creeks of the Eastern Slopes. One day she phoned, distraught after having attended the funeral of one of Alberta's better known female paddlers, a friend and mentor. This woman, no rank novice, had attempted the upper reaches of the North Saskatchewan River --a cold, fast, sweeper-infested run best left unpaddled by mere open boaters. She was accompanied by skilled companions and wore the latest gear. While negotiating a hole she was pulled down and drowned before the water let her go. It took several hours to extricate her battered body from the boulder garden in to which she had washed, still clad in helmet, drysuit, and PFD. Why, I asked, had she even attempt-

ed such a difficult run?

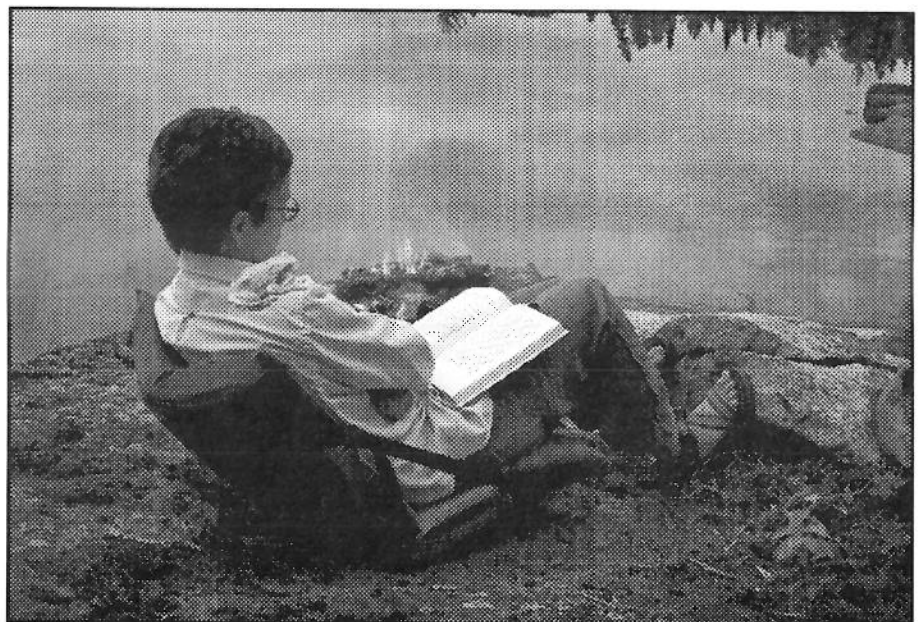
We are drawn to the flame of risk, and we embrace it as part of the defining challenges shared between boaters. But in that burning embrace are dangers that we cannot prevent through mere checklists and safety rules. For many, the nature of risk is defined by perception. I know paddlers who cannot comprehend the allure of solo back-country tripping, but whose wave-surfing day trips leave me shaking my head--each to their own. Regardless of our chosen poison, eventually, we must act as the sole judge of our own abilities or those of persons in our charge. When the risk becomes the reason behind our forays--when we have become danger junkies--then we have gone too far. Many of the films involved elements of risk that we would not consider taking on a daily basis, and my wife and I began to wonder if we admired the paddlers for their skill or disapproved of them for their apparent disregard for life and limb.

The next film, entitled *Extreme Kayaking*, followed two of Canada's best running the Moose River in New York State. We couldn't help but sit amazed at the skill of these kayakers who had gathered from all over the States and Canada to ride this river. Applause turned to

Two Friends Reading Photos don't lie...?

Sara Jane Schmidt and tree frog
reading by the fire, on Porcus Lake.

Courtesy of Rick Schmidt Photography



horror when one of the paddlers missed his line and went right instead of left after a 40 foot waterfall. He was pulled in to a hole, which the other boaters had avoided, and was churned under for minutes only to be shot up for a few seconds of air. Throw bag after throw bag arced over him, but to no avail. He was becoming exhausted. We were sure he was going to die, and we wondered if we should show this film at the Festival. Finally the river surrendered its prize and he was pulled to safety. Ben Aylsworth, kayaker and narrator, tells us in the voice-over that his colleague's survival was nothing short of miraculous. This man was skilled, supported by dozens of fellow boaters, and wore a PFD, helmet and drysuit, and yet experienced near death by an error of inches. He had followed all the rules, and still had come up second best.

The last film was particularly difficult to watch as it detailed the deaths of 12 boys and one teacher in the well known Lake Tamiskaming canoeing tragedy. *Acceptable Risk?* features Dr. James Raffan, whose work in experiential education is well known to educators and paddlers alike. I have met Dr. Raffan and found him to be a man of reasoned concern who values the character-building qualities of risk, but not at all costs. Certainly, this film would contain no equivocal messages of safety, and yet here was Dr. Raffan calmly canoeing over the sight of the accident with no PFD! Didn't he know that hundreds of outdoor education teachers, and Outward Bound hopefuls hung on his every word? When discussing Canada's greatest canoeing mishap shouldn't our narrator be showing us how to be safe. If only it were that simple.

The boys of St. John's School were wearing lifejackets when they died. Ironically, their old style keyhole lifejackets provide such good flotation that when they were found caps were still affixed, hair dry. They had not drowned but rather died of hypothermia, and they perished in the cold because they followed another safety "rule": always hang on to your boat. Those who broke that rule lived. Perhaps unconsciously Raffan, by not wearing his lifejacket, was demonstrating that his skill and knowledge were the trumps to his lack of PFD. I wasn't sure if this could be true but the film's message was clear. The boys died because poor planning and situational awareness were not employed.

When we speak of safety we always want to give our opinion. We dare not presume to advise someone on their choice of religion, but we are sure to tell them of the best ways to avoid reaching the netherworld. Endless lists, stories, commandments and exhortations are trotted out to warn the paddler of potential dangers. They must be followed--or else. In most cases the proffered advice provides wise counsel, and little in the way of sacrificed comfort. The advantages of wearing safety gear are self-evident. If we have to ask ourselves, "do I need these precautions right now?" the answer is a resounding "Yes!"

What then can I add to this mountain of wisdom that has come before? Only what I have seen through the eyes of Callan, Raffan, Aylsworth and all the people who have survived because they know that safety hangs on situational awareness, not the gear rack. Although this state of awareness includes the use of appropriate equipment and protocols, it really means much more than that. Without the ability to discern and react to unique and

changing dangers we will be left, figuratively, hanging on to the overturned canoe of safety rules while our fellow paddlers and students suffer injury and possible death.

We have a very real responsibility to provide good examples of safety through our actions and by the tools we use. Perhaps even in the adventures sought and portrayed we must be cognizant that others, less skilled, will follow in our paths. Rules, however, do not provide wisdom and insight; before we criticize the practice of others we should have plenty of those two qualities in store. In the end, real safety, if there is such a thing, comes in knowing our limitations and those of others. Without that knowledge, who among us can put down the paddle when it's time to walk away and curl up with a good movie?



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.

July 5 to 9 - Boreal Forest Birds with Ward Christianson
 July 12 to 16 - The Trees with Charles Burchill
 July 19 to 23 - Wilderness Education with Dale Brown
 July 26 to 30 - Mantario Appreciation with Lorne Klassen
 August 2 to 6 - Astronomy with Ian Cameron
 August 9 to 13 - Tai Chi with Si Chan
 August 16 to 20 - Photography with Al Ross
 August 23 to 27 - Family Week, Leader TBA

Tweaked your interest? Please contact the MNS office today for registration information:

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

Web: www.manitobanature.ca/mantario

Getting Fit for Paddling

From *The Kayaker's Playbook*, By Kent Ford, with Mary and Phil DeRiemer

Improved fitness will make your paddling more enjoyable, because you will feel more energetic, and be able to paddle greater distances without fatigue. You will feel stronger, and be able to do routine tasks like carrying boats and dealing with unexpected difficulties like tough moves on rivers or increasing winds on open water. You'll also feel more flexible, and you'll be able to use your entire body to execute your strokes strongly and efficiently.

The best fitness program for kayaking is paddling. "As much as possible, time in z boat" is the motto borrowed from the broken English of European elite level paddlers. This is because Specificity is the cardinal rule of sports training. The more specific your preparations, the better your performance.

The best plan is to take time for short paddle sessions dedicated to techniques and fitness. You can jump in a boat for a quick hour of exercise on a nearby lake, flatwater river, or quiet ocean bay. This can be a relaxing cruise, or sprints designed to improve your strength and cardiovascular fitness. Stroke drills (Available at performancevideo.com) will help you know what to practice.

In addition to using kayaking to improve your fitness, you can also con-

dition your body beforehand to enhance your experience. One option is a general fitness program at the local sports club. Aerobics and strength training will give you more general endurance when you are in the boat. Ask one of the club's fitness consultants to teach you a routine for general fitness. With their help you might add a few upper body exercises specifically to aide your paddling. Torso twisting and abdominal exercises are among the best.

Whether you do some training on the water, or in a local sports club, these three stretches are recommended as very beneficial to your comfort and efficiency kayaking. These stretch the 3 directions your torso can move in a kayak. When you do these stretches, warm up for a few minutes with some light running or paddling motions. Then stretch gently, just to the point where you feel the stretch. Hold this position for 15 to 20 seconds. Repeat 3 times each direction. Stretching before each paddle helps prevent injuries like tendonitis, muscle soreness, strains, and dislocations. Stretching afterwards is most likely to improve your flexibility.

Begin with stretches in the three major ranges of motion.

1) C Stretches. Sitting on the floor or in

a boat, work your lateral flexibility on each side. This helps rolling, bracing, and general edging of the boat.

2) Torso twists. Twist your chest and shoulders so you feel the twist low and deep in your torso. This twist is easy to do in a boat, with you hands assisting by grasping the deck, one hand in front of you, one behind.

3) Hamstring stretches. The hamstring stretches that are safest for your back are done lying on your back, with your leg extended straight up. Prop your leg against a wall, use a short section of webbing, or better yet, a friend if you can't reach your hands up to help the stretch.

Many people include shoulder warmup and stretches and neck rolls in each direction as part of their stretching routine.

Tips for avoiding injuries:

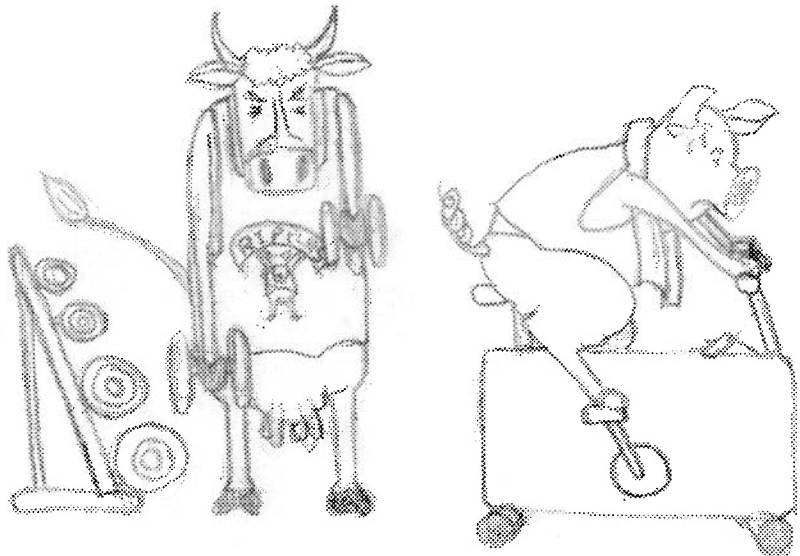
Warm-up and stretch before each paddle
Be systematic in the distance and difficulty
Cool-down, and stretch after each paddle

[http://www.performancevideo.com/
Ebook/fitness_for_paddling.htm](http://www.performancevideo.com/Ebook/fitness_for_paddling.htm)

Paddling with Cow & Pig *The warm-up*

Cartoon by John Tanasiciuk

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



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 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 _____

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 | |

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: pioneer camp@mts.net,

Website: www.pioneer camp.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

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*!

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



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/



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 Cunningham 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



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 Lagamodiore 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 Ave, 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!

June 18 - 20, 2004

Shindig - Manitoba Whitewater Weekend

LOCATION: Whitemouth Falls Wayside
Park, Seven Sisters, MB



Also...

Sunday, June 6, 2004

CPAWS Manitoba Run & Walk for Wilderness

Email info@cpawsmb.org for further
information.

