



# THE R I P P L E

Paddle Manitoba Newsletter

## View from the Stern Springtime Plants for Canoeists

By B. Curtis Bird



Spring is my favourite season. Robert Frost was fond of it too. His poem "A Prayer in the Spring" declares: "Oh, give us pleasure in the flowers today; And give us not to think so far away/ As the uncertain harvest; keep us here/ All simply in the springing of the year."

Frost tells us to live in the moment, which is sage advice. For some years I have taken great pleasure in the flowers of the day, and in this column will share with you some of my favourite spring plants, and the uses to which they may be put. For canoeists, the utility of plants is considerable, for they can be both food and medicine, as well as feasts for the eye.

I'll never forget the revelation that struck me as I reached a turning point in my amateur botanical studies. This was about seven years ago, three years after I earnestly took up the quest to know the plants around me. My home on Turtle Mountain at Lake Metigoshe is nestled in an aspen forest surrounded by lakes and wetlands, ideal plant habitat.

The revelation was that the trees, flowers and water plants became my friends. I feared none, not even poison ivy or water-hemlock, for I knew their faces as well as those of the mischievous little boys on the other side of the hill who liked to race around on motor bikes. Knowing the poisonous plants, I knew their capabilities and how to avoid them. Knowing the rest, I knew when to expect new friends in blossom, when to say farewell, and when to harvest their goodness. Nature's rhythm is largely predictable, whether it concerns an approaching storm on a big lake, or the life cycle of wild flowers.

Cattails we often see when canoeing. They like shallow areas near shorelines and grow in thick abundance. We needn't feel guilty about harvesting a few for their tasty inner white core, which crunches like carrot and tastes something like potato. Starchy, definitely. These are harvested early, as the pearly white cores become slimy and bug infested as spring lingers into summer.

To harvest early cattail, pull straight up on the central shoots. But be careful - I've almost capsized, as they tend to be hard pulling at times. It's best to do this on foot at the shoreline, not in your canoe. Peel away the green outer layers. The inner ones are tender and juicy, and will sustain you if food is an issue. You might also cut up and boil the tender green parts, as the entire cattail is safe to consume. Add some to your stews.

(continued page 4)

## spring 2005

Inside this issue:

President's Message  
Page **3**

Are You a Pusher or a Puller?  
Page **5**

Orienteering by the Sun  
Page **6**

Cloudy But Clearing  
Paddler Profile  
Page **8**

A British Paddling Primer  
Page **9**

Courses  
Page **12/13**

Whitewater Club News  
Page **14**

Tuesday & Sunday Paddles  
Page **16**

Trips  
Page **17**

Book Report  
Page **18**

Events  
Page **19**

Paddlefest/Waterwalder Festival  
Page **20**

Calendar of Events  
Page **24**





(Paddle Manitoba)

### Welcome New Members!

If you would like to be part of Paddle Manitoba and join in our activities both on the water and off, sign up as a member today!

Contact our Membership Convenor,  
Brent Mazur, at 284-1772

### Contact Paddle Manitoba

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

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

Phone: (204) 338-6722

Directly contact Convenors

For information on specific programs  
(e.g. instruction, indoor program, etc.)  
contact the appropriate Convenor.

See page 3 for their phone numbers and  
e-mails.

### Paddlers' Forum

Pose a question on our on-line paddlers'  
forum by following the links on our  
website, at:

[http://www.paddle.mb.ca/mrcawebsite/  
forum](http://www.paddle.mb.ca/mrcawebsite/forum)

### Other Paddling Connections

Paddle Manitoba is affiliated with the  
following organizations:

#### Manitoba Paddling Association

(204) 925-5681; [mpa@sport.mb.ca](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.crca.ca](http://www.crca.ca)

#### Manitoba Whitewater Club

CRCA and Paddle Manitoba are focused on  
recreational and wilderness canoeing and  
kayaking.

MPA is focused on competitive paddling

### Newsletter Submission Guidelines

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

### Advertisement

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

The cost for corporate ads per issue and per four consecutive issues are as follows:

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

Ad copy and/or camera ready copy and payment must be received by the editor the month  
prior to the issue date. Receipts will be mailed with a copy of the issue each quarter.

### Other Submissions

The editor welcomes submissions of articles, trip reports, paddling tips, recipes, photos, jokes, and  
other materials of interest to local paddlers. Photo captions should be provided, although photos  
need not relate directly to an article.

### Send submissions by E-MAIL, SNAIL MAIL, or FAX.

Paddle Manitoba Newsletter

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

**Format Note:** Photos submitted electronically should be scanned at a setting of 250 dpi, at mini-  
mum. For electronic submissions of text, writers are asked to either provide text files in Microsoft  
Word format, or send text within the body of an e-mail or fax to (204) 897-9070.

## DEADLINE

for the Summer issue June 1, 2005

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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.

Paddle Manitoba  
**Next Meeting**  
**Planning your trip**  
**April 23 – 06:30 p.m.**  
Minto Armouries, 969 St. Matthews Ave.



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# At the Put In

By Cameron White, President

In just over a month we will gather on the Assiniboine River to paddle for a few hours together, not just with our friends, but also with canoeists and kayakers of all interests and backgrounds. Hardcore playboaters will float alongside day trippers who will skim by backcountry lovers – all traveling in boats of different materials, makes, and models. Regardless of background, they will be united by purpose. We'll be there on that Saturday, not only to enjoy a fine cruise on the river, but to show the people in this province that we love to paddle, and that we appreciate and protect the lakes and river that allow us to do so. Along the way, we will pay tribute to a great Manitoban, Bill Brigden, as many of his boats slide under the bridges on their path to Fort Gibraltar.

**We all enjoy paddling for different reasons. For some it's the thrill of surfing waves, for others it's the serenity of gliding through the boreal forest.**

Whatever the reason you step in to a canoe or kayak, you do so because it provides you with an end beyond the mere physical act of forward motion. You leave the river feeling more refreshed, satisfied, tired and hungry, enlightened, or invigorated than when you finish any other journey – and you know its all for the good.

Come and share your passion for the water with others. Whether or not you volunteer to help with tickets, or just come to enjoy the movies of the Waterwalker Film Festival, your presence at Paddlefest will help to strengthen our community and encourage others to experience what you already know – paddling is good for the soul. See you there.

The ecosystem of Lake Winnipeg's East side is under increasing pressure by proposed power lines and roads – projects which will forever change the face of one of the world's last undeveloped forests. Brian Johnston, our membership convenor, has passed along this link to a unique essay on the Bloodvein River. An American journalist provides a moving perspective on a heritage river, and our province, that few Canadians will experience.

<http://www.nrdc.org/onearth/05spr/manitoba1.asp>



Alistair and Lynne on a Seine River spring trip.



Another of my favourite plants is dandelion. This is often the first edible plant that pokes its head from the frosty spring soil. The new shoots are tender and not too bitter, and rich in iron and trace elements, and Vitamins A and C. Good raw, they can be used in salad or sandwiches. Later, as the leaves grow longer and tougher, you can cook them longer and blend them with milder greens such as spinach or Swiss chard or lamb's quarters.

It is very important that we eat raw foods. Only raw foods contain the enzymes that our cells need to perform their many functions properly. If we keep our cells healthy, we will tend to be healthy. Raw vegetables, fruits and wild plants, including nuts, are central to good health.

Lamb's quarters, also known as pigweed, is another important food source. Its mild flavour makes it ideal for the pot. I cook them only a short while, as you don't want to leech too much of the goodness out of them. Drink the water if you can, or use it on your plants or garden. This is an erect, much-branched weed, as my Peterson Field Guide to Edible Wild Plants points out. The highly nutritious seeds can be boiled to make a breakfast gruel, or even ground into flour.

Common plantain we have all seen on portages, often near dandelion. Both plants are found all the way up the Hayes River toward York Factory, proof of long-term human presence, as dandelion is thought to have come from the Old World, and plantain may have done so as well. You can't mistake the heavily veined leaves of common plantain. In spring the tall seed stalk of summer has yet to develop. A good book such as *Plants of the Western Boreal Forest and Aspen Parkland* will assist with proper identification, which you want to be certain of before consuming any.

The Cree chewed plantain leaves to relieve toothache. I use it to treat wasp stings. On two occasions I have been stung, have quickly found and chewed a couple of plantain leaves (to release juices) and applied them in seconds to the sting. The sharp pains subsided. The plant works. It might work on mosquito bites; never tried it.

I have tried to boil and eat plantain, but find it tough. I'll chew it raw from time to time just to take in some of its special juices, just as I will dandelion leaves. Such plants in spring, boiled to make a tea, produce a wholesome tonic.

Mint doesn't reveal itself until later in spring, but when it does what a delight. Its flavourful leaves make a fine tea, with no drying required. Just pick half a dozen leaves from various plants (don't strip any one plant; that wouldn't be nice). Mint grows along the water's edge. Its leaves are opposite, its stalks square. Again, use a book if in doubt, or better yet go out with a friend who can introduce you to the wonders of springtime plants. I sometimes dry mint leaves for use in winter, but again I stress that mint can go from the plant to the teapot in seconds, and you can be drinking its goodness minutes later. Mint is good for upset tummies. So keep it in mind if you have little ones along on your next canoe trip. Don't give them too much, though. Moderation is prudent when consuming wild drinks.

Cow parsnip is the final common plant that I'll share with you today. Like the cattail, the white core of the stalks are eaten. And like cattail, they tend to get woody and disgusting as time wears on, so take advantage of spring when they taste something like celery. In fact people have called them wild celery. A tall plant, cow parsnip likes exposure to sunlight and good levels of moisture. Their leaf is large and resembles the maple leaf. I eat the branches, not the main stalk.

Always respect plants, and be careful how you harvest them. Pretend you're the plant and think about how you would like a human to harvest you – carefully and in limited quantity. Don't kill plants unnecessarily. It's unethical. Be kind to plants. Without green plants, we would not survive on Earth, for they supply not only food but oxygen. Yes, be very kind to plants.

## **Winnipeg Wild!**

### **Online Action Centres Launched**

Last summer, CPAWS Manitoba and *Wildcanada.net* launched an online survey to determine Winnipeggers' favourite parks and wilderness areas (based on a list of five provided in the survey), and why these areas are important to them. Survey results were compiled in January 2005 and showed a keen interest by respondents to take action to protect their favourite parks and wilderness areas.

The newly launched online **Winnipeg Wild!** action centres provide educational information and steps that individuals can take in support of the two areas most frequently identified in the survey responses. They focus on Birds Hill Provincial Park, which is next in line for public involvement in the development of a park management plan, and the eastern boreal forest, including Whiteshell and Nopiming Provincial Parks. The proximity of the eastern Manitoba parks and wilderness areas to Winnipeg makes them popular cottaging and recreational destinations, and as a result, heavily impacted by human use.

For details on the survey results and to check out the online action centres, go to: [www.winnipegwild.net](http://www.winnipegwild.net)

**Winnipeg Wild!** is a collaborative project between CPAWS Manitoba and *Wildcanada.net* to illustrate the important links between the residents of Winnipeg and the surrounding wilderness areas and wildlife.

For more information, see [www.cpaWSmb.org](http://www.cpaWSmb.org) or call (204) 949-0782.





## 2005 SUMMER PROGRAM

Enjoy a wilderness cabin vacation at the low cost of \$410 per week. Students 18 and older with a valid student ID are \$310 per week. The cost includes accommodation, food, canoes and guide services. Non-Manitoba Naturalists Society members get a free one-year membership included in their fees. A \$75 non-refundable deposit reserves your spot and the full amount is due two weeks prior to departure. Register before June 1st and receive a \$35 early-bird discount. For Family week only, the cost per child under 18 is \$100.

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: mns2@mts.net  
Web: www.manitobanature.ca/  
mantario

# Are You a Pusher or a Puller?

By Dr. Tom Meadows

When you paddle do you "PUSH" or "PULL?" While these terms can be more easily demonstrated and explained while paddling a canoe, the purpose of this article is to try to explain them verbally with the help of diagrams before canoeing season is upon us.

## The Puller

Consider that you are a bow paddler, paddling on the right side of the canoe. With your left hand grasp the top of the paddle but keep your left arm relatively straight. With your right hand grasp the paddle near the middle (or close to the blade) then lean forward and plunge your paddle blade into the water. Next PULL (back) on the paddle with your right hand (partly by using your upper body (i.e. leaning backwards) - thus moving the canoe forward as the blade is pulled to the rear. After the limit of your PULLING stroke, then remove the paddle from the water for the next stroke by having the blade MOVE TO THE RIGHT AND UP - (using your right (lower) hand/arm). At the same time move the left hand-arm to the left (across your knees), then upward, continuing the motion as you lean forward and plunge the paddle blade for the next stroke. As you keep repeating this sequence you will notice that your left hand (and the top of the paddle) appears to move in a clockwise CIRCLE. The important part of all this is to make sure that you keep your left (upper) arm almost straight! This makes the TOP of the paddle a "fulcrum" on a "second class lever" while the right hand does the pulling!

Another positive aspect to this pull type of stroke becomes apparent when you are in the stern of the canoe and steering using "J" or "PITCH" type of strokes. At that time the upper grip on the paddle is now used to twist the paddle blade for ruddering and hence steering the canoe. (Of course, other motions remain almost identical.)

Figure 1



Meanwhile, your paddling partner will appreciate how your paddle blade rises out of the water without the water dripping off the blade and blowing back into the canoe. Also, at this time, your blade should be "feathered" as it moves forward, greatly reducing wind resistance!

The lack of strain on your arm muscles will become more evident as paddling continues since using the large muscles as "pullers" tires them much less than using them in a pushing mode as will be described in the next section.

This low effort is a distinct advantage. On the first canoe outing in the spring, I find I can paddle all day without apparent ill effects or perceptible tiring. It is no accident that racing canoeists in the "C-1" and "C-2" competitions use this stroke. This simultaneous propelling and steering with lower energy costs is a racing advantage!

## The Pusher

What makes you a "pusher?" (See Figure 2). Again, assume you are in the front on the right side of the canoe. Plunge the paddle blade into the water and, with your upper (left) hand and arm push forward. At this time the

(continued page 6)



hand of the right arm, near the middle of the paddle (above the blade) is held more or less steady. This right hand becomes a "fulcrum" while the blade pivots to the rear. To make the next stroke the upper arm is brought back (usually quite near your face) while the lower arm PUSHES the blade forward. It is less likely that there will be much forward or backward movement of the torso while accomplishing this type of stroke. Pushers do not so readily "put their backs into it" so to speak!

Figure 2



When paddling in the stern, the "J" and similar steering aspects do not fit well with the pushing mode of operation. A forward PUSH on the top of the paddle will tend to rotate the blade upwards and out of the water. This is the part that the BENT-SHAFTERS claim an advantage for their paddles since the bent shaft is now more VERTICAL. In the "pull" type of stroke, however, the need for a "bent shaft effect" is much less because the nearly vertical blade motion of the "pulled" type of stroke does not really require so much of the "bent angle."

When the upper arm "pushes," the action between arm and shoulder bones and muscles requires more effort. It should be noted that the blade-distance of the "pushed" stroking is much less than that of pulling as can be seen comparing diagrams.

I would appreciate hearing from anyone who has read or researched the efficiency of the bent shaft paddles when the two methods of applying power are involved.

When you are taking canoeing instruction push or pull could be an item of discussion with your paddling instructor. In the real world, however, one does not use one or other method exclusively. Good paddlers use either method or a mix as situations may require.

## Orienteering by the Sun

By Dave Hadfield

I use the sun for orienteering all the time, but I've never bothered with the wristwatch thing.

The sun is a compass – if you know the time! It rises in the east, sets in the west, and moves 15 degrees an hour. At our Canadian latitudes it is not straight overhead, especially in winter – it's low in the southern sky. At noon, standard time, it goes through south. Therefore at, for example, 11:00, the true bearing of the sun is 165 degrees. At 14:00 it's 210 degrees. At 15:00 it's SW, and so on.

Increments of 15 degrees are easy to approximate without tools. Lift one arm from your side so that it's in line with your shoulders. Lift the other so it's pointing straight ahead. That's 90 degrees. Half of that is 45 degrees. Divide that half into thirds. Each one of those is 15 degrees – and that's the angular distance of one hour of apparent sun movement.

If your interest is in the northern quadrant of the compass, use your shadow as a pointer. For example, if you wanted to walk on a course of 45 degrees true and the time was 13:00, you know that the true bearing of the sun is 195 degrees. Therefore your shadow points at 015 degrees. Thus if you walk with your shadow pointing 30 degrees to your left, you are walking on a course of 45 degrees.

This process cuts magnetic deviation/variation out of the picture since the map is oriented to True North, and so is the planet.

There are some minor errors to deal with. In the summer you must subtract an hour for DST – "spring ahead, fall back" – because this method is for Standard Time. Also, in some places the time zone you're in is adjusted to accommodate communities rather than geographers, so that one's latitude just barely corresponds to the time zone. And the method is most accurate in the centre of your time zone – you could be 7 1/2 degrees out if you're at the edge. It's most useful for the three hours on each side of noon.

This method is for a quick, reasonably accurate approximation. For fine work use a compass. You'll find though that it's surprisingly accurate. Go ahead and try it, comparing with a compass. Once you get used to it your compass will tend to stay in your pocket.

But make sure your compass does stay in your pocket. The sun doesn't always shine – even in Manitoba!





**FOR SALE:** Bill Brigdon green 16' fiberglass tandem canoe in good condition. \$550.00 / solo Mad River Lady Slippy fiberglass canoe \$550.00. Both canoes have been stored inside. Ray 878-3075



This season if you take a special photograph you'd like to share with other readers, let us know. We'll make arrangements to publish some in a future issue of the Ripple.

*Where nature still rules!*

# WOODLAND CARIBOU

P R O V I N C I A L P A R K

Ontario's Woodland Caribou Park shares part of its western boundary with Manitoba's Atikaki Park, but nature knows no boundaries. Together these parks represent over 800,000 ha of outstanding wilderness. We invite you to venture forth into Woodland Caribou and choose from nearly 2,000 km of maintained canoe routes. Here begins the Bloodvein River, a Canadian Heritage River that we share with Manitoba. Protected within the sanctum of the park are many archaeological sites dating back thousands of years, significant herds of woodland caribou, wolverine, natural boreal forests, countless lakes, and many more treasures for you to explore. Park permits are required. The revenue generated from permit sales are reinvested towards the management and maintenance of the park. In this way, we are all responsible contributors to its protection.

#### CONTACT

Ontario Parks, Min. of Natural Resources,  
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Check us on line @  
[www.OntarioParks.com](http://www.OntarioParks.com)





## Thursday, Sept 30/04 — Cloudy but Clearing, High to be +16.



By Phil Hossack

The small beach where I landed for lunch.

It's just before 3 p.m. and I'm sitting on a rock at the southeast corner of Elk Island writing this.

I started my paddle today just after noon, cloudy skies, windy and large waves. The Lake I lamented yesterday of spending far too little time on and far too much time looking at...

Well, today she took me for a ride, toyed with me...and I her!

*We played.*

A stiff wind out of the northwest crested a four-foot swell by the time I reached this corner of the island. I had been paddling in the lee of the island as the front moved through. I tried to round the point to head north along the west shore and it became obvious I shouldn't really be tackling this paddle alone. The four-foot swell turned to four-foot breaking waves as I turned onto the exposed west coast. Surf shoots straight into the air as the big waves met the small limestone cliffs at the headland.

I'm very familiar with this island and know if I keep heading north there are no SAFE take outs in this wind for at least a mile. ANY take out on the exposed shore today is risky to the boat or to me.

Solo, it's risky today so I head back around the point east to a small gravel beach I'd spotted earlier...but not before taking a ride, dancing on these big waves, knowing I'll get blown to shore if I do dump, but having too much fun to worry about the small risk. I'm close to shore the water's cold, but I'm clothed in neoprene....

I'll have lunch at the beach...

An eagle surfs the squall off the lake as I surf the breaking waves back. He's fishing, ducking up and then down as he follows the large swell, looking for his lunch.

Elk Island has always had an eagle for me, and today is no exception, though I usually see them on the far northeast side of the island, opposite my position today.

*The Spirit smiles.*

Lunch was simple but always delicious here on the edge of the wilds – a baguette, some cheese and a small pot of potato soup. Victoria Beach and it's cottages a mile south, and the wildness of the Lake's narrows and expanse of the north basin behind me as I spill my soup.

I am at peace, my wetsuit peeled back to my waist, and up to my knees basking in a late September sun that has appeared to warm the afternoon. Wow, the Lake has calmed, the sky clear, sun glinting off the now quiet water. Now that I'm ashore on this beach it's too late to circumnavigate the island as planned, but the day has worked it's magic regardless.

The Lake held me here to think, relax and meditate.

*The Spirit does smile.*



Calm sunny afternoon paddling when the weather cleared.

## Paddler Profile Phil Hossack



By James Vasilyev,

Outdoor Adventures Coordinator,  
Recreation Services

Phil is a sea kayaker and instructor who has been paddling for 20 years.

Last year he completed his CRCA level 4, the highest skill designation in the program. He took this training with SKILS (Sea Kayak Instruction and Leadership Systems) on the west coast of Vancouver Island, lead by paddler extraordinaire, Michael Pardy. His paddling adventures have taken him to the coast, the Sea of Cortez and the Arctic where he worked with Victoria Jason.

Phil continues to work his way through the higher levels of instructorships within the CRCA system and teaches kayaking through the University of Manitoba's Recreation Services (RS). Phil will be teaching a level 1 sea kayaking course and guiding a trip in the Narrows for RS this summer. We are pleased to have him and congratulate him on achieving his level 4 status.





# A BRITISH PADDLING PRIMER

By James Vasilyev

**This summer I found myself in the fortunate position of contemplating a vacation overseas. It seems like most if not all of my peers have done "the Europe thing" but I have never had the wherewithal or prioritised a grand trip across the pond. I had been feeling a cultural/historical trip to the motherland was long in coming.**

So I started my investigation: got some maps, perused websites, and talked to the good folks at Hostelling Winnipeg. Everyone was asking me what I was planning to do and where I wanted to go. Good question, eh? I talked to my folks and others about what they did in Britain. Hmmm, sounds like a lot of driving around and shopping to me. Not my bag really. So I did what comes natural. I began thinking about paddling and what I already knew about Britain, which in a nutshell is that, it is basically the birthplace of recreational paddlesport, and has a unique history in regards to the development of sea kayaking. The Brits, having a long fascination with arctic exploration had gained an appreciation of the aboriginal paddling craft and style that evolved in Greenland. This paddling culture is defined by a harsh open water environment, which required them to create boats that are appropriate to those conditions where maneuverability is paramount. These design styles lend themselves well to British coastal paddling, which is exposed and challenging: rough, rocky

with heavy tidal currents. Throw in the British maritime tradition and a handful of enterprising and eccentric adventurers and the genesis of a new paddling culture is formed. I had been developing an appreciation with this kayaking style which was cemented with a couple of trials in British made boats. Then a fellow paddler and British sea kayak aficionado played a new DVD for me called "This is the Sea" which really got me stoked. I decided to make my vacation plans around the places that made and sold these kayaks.

First stop was of course London. I landed at Heathrow and immediately headed north to Cumbria, otherwise known as the Lake District. Even though I just got off the redeye flight and was completely jet lagged I was pretty buzzed on the train ride north. It was very exciting to be in a far away land with unknown adventures ahead. The train took me to Penrith where I had to take the bus into the heart of the District which brought me to my destination - Keswick. Most of the train ride passed through appealing scenery but Cumbria was incredible. It was all the things one might think about the English countryside: lush green hillsides with craggy bits here and there, ancient stone fences and hedgerows crisscrossing the hills and dale, and of course lots of sheep. I saw many rivers in the valleys running continuous gradient rapids of the class 2 variety. It looked promising for lots of fun river running in a canoe.

In Keswick what was most shocking to me initially was the scale of things. Like most towns in the UK (and probably all over Europe) everything was built way before cars entered the picture so it is very human sized. Narrow and winding roads, small brick and stone structures. Very charming and beautiful, except when cars are whizzing past. Everything is altogether too tightly spaced for the speeds they move at. I soon realised that Keswick is serious hiking and climbing country, and there are a lot of tourists. I was there in September and it was just off the peak season for most foreigners, which brings out the mature British travellers in droves. The quaint winding streets were packed all day that at first was off-putting but I began to understand how famous the area is for its mountains and hiking. I joined a German bloke for a ramble around the local lake Derwentwater, which was a good long day hike through some great terrain and a very cool ancient hamlet. So what's this got to do with paddling you ask? Oddly perhaps, the only distributor for a renowned English kayak company Valley Canoe Products (VCP) is located in Keswick. You would think they would be located on the sea coast somewhere but the company's founder is from there and that's where they've always been. They are essentially a paddling store with lots of demo models of all the Valley boats. Since the closest place to Winnipeg with these unique craft is in Georgia this was a reasonable place to go to try boats if you are already in England. And what a paddling shop it was.

I spent the better part of a few days drooling over gear I've only read about, demoing boats and talking paddling at length with the staff who were thrilled to have such an enthusiast around. Or so I like to think.... They also had lots of canoes and were dealers of BC's Clipper. Apparently there is lots of river canoeing in the region or "Canadian canoeing" as they call it. Before I left Keswick I was told I had to visit the pencil museum. I found it a pretty amusing thought, (no doubt you do too) but I was schooled rather quickly when I paid the place a visit. It turns out that Keswick is where graphite was first discovered and pencils first made. And not just any pencils but the fanciest dam pencils you never did see, I tell you what. They must have had a hundred different types of pencils for sale and anyone who is anyone in the art world uses Keswick pencils exclusively. So there....

My next destination was the north of Wales to visit the Anglesy Surf and Sea Centre (ASSC) and Nigel Dennis Kayaks. The demonstrating of kayaks in Keswick

*(continued page 10)*



was great for me but no real paddling excitement, taking place on a calm lake. It was to be very different in Wales. But first a little sideline story while on my way there.

I wanted to visit a walled town with a castle and Wales has no shortage so I got off the train en route in Conwy. I won't describe the whole experience but suffice to say it was a very cool and weird little place. To stay in a town that remains much like it was 600 years ago is quite stunning. The walls of the town are about a square kilometre so you can stand on a hill and see the whole thing. The fortress was built by King Edward the something something and was intended as an imperial outpost to control the region, as were all castles I guess. The castle portion faced a tidal estuary and was impossibly cool and beautiful. I decided to cough up the 8 pounds (and believe me it's done with a cough when you realise you are parting with about \$20) and gain entry into the castle proper - but not until I had a couple of pints in a pub outside the place. There's nothing like a few cask conditioned ales to get you into the old castle romping spirit. There were plaques

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**"The whole experience is very Lord of the Rings, are you with me?**

**The Welsh language, the dragon flags the ancient gateways, etc."**

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describing the rooms and their uses and it really is amazing the way of life that went on inside those very walls. And to think of the fighting that actually occurred in and around the place is moving. The whole experience is very Lord of the Rings, are you with me? The Welsh language, the dragon flags the ancient gateways, etc. The low ceiling pubs and inns all feel like the Prancing Pony to me in one way or another. Standing on the top of the castle tower, looking out over the fortress and the surrounding hillsides it's all but impossible but to bust out into the ol' Led Zeppelin; The Battle of Evermore, "the drums will shake the castle walls, the Ring Wraiths ride in black. Ride on!" Dig.

Outside the castle was a groovy gift shop selling cool Welsh stuff: flags, crests, daggers, battle-axes, claymores and other fun things. Good thing for me they were out of mead cause I really wanted to buy the dragon slayer axe they had and that would have put me over the top. It would have been interesting explaining that one at the airport....

With fantasy time over with I was on towards the Irish Sea and the island of Anglesey and Nigel Dennis Kayaks. I had concerns about my plans to stay there. Basically the admin staff at the centre had told me it wasn't a good time to visit. It was "dealers week" which meant that Nigel was doing business with his dealer network from the US and Europe and they were not running courses or guiding outings. I had a hard time swallowing that since I might only be there once in my life for all I know so I decided to just show up. When I got to the closest town I didn't know how to get to the centre which is out in the country on the coast somewhere but I was lucky to see a van with kayaks cruise by so I flagged him down with the paddle I was now carrying from Keswick. He told me that it was not a good time to drop in, yadda yadda but he said he would take me to see Nigel, as it was the end of the paddling day. So we went to a pub where Nigel and his staff were lowering a few and I was pleased to find him very approachable and sympathetic to my cause. It turned out to be a great opportunity because not only did I get to stay on site but was also invited to go and paddle in the afternoons

*(continued page 11)*



(continued from page 10)

with some of the most accomplished sea paddlers in the world as I discovered. In the evenings we would gather at Nigel's pub, "The Paddlers Return" to talk shop and watch slide shows of crazy expeditions. (In case some are wondering at this point, Nigel Dennis is a kayak designer who has done numerous expeditions including the first circumnavigation of the UK and Easter Island among others. His kayaks are often considered the best high performance rough water boats available and have a dedicated following in Europe and the US.). The conditions around Anglesey Island are demanding and the winds were especially ferocious when I was there. They howled all night through the outbuildings making it hard to sleep. It was a good thing that I have a lot of moving water experience otherwise my paddling would have soon been over. We played in tidal currents and in races "breaking in and out" or peeling in and out of big eddies around bridge pilings and rock outcrops. At times the winds were so strong I couldn't move against it and when it hit me from the side it almost took the paddle from my hands. This type of paddling involves lots of emergency bracing and if it weren't for the people I was paddling with I would have been over my head. I have virtually no ocean paddling experience and was amazed to see huge rapids form (tidal race) out of nowhere. Many of the people who were shown in the video 'This is the Sea' were there and it was incredible to watch how they could play a sea kayak in these waves. It was mostly fun but quite intimidating at times and I can't say I've gained any appreciation for paddling in that kind of wind.

I left Wales and spent a few days travelling in France before I headed to London to wind down my vacation. While at the ASSC I met a bloke who did a slide presentation on paddling the Thames River. I hooked up with him on the morning of my flight home and we went kayaking on the grand old river. To the uninitiated, the Thames doesn't look very appealing to paddle. It is as muddy as the Red and filled with the unfortunate garbage you would expect from a city of millions. There is lots of boat traffic as well lending a menace to the picture. Once on the water with the guide Harry, however, it became a captivating way to experience not only the city and it's history but some very exciting paddling as well. We paddled down stream with the current the Thames being a huge tidal river with pretty extreme fluctuation. Harry is a spastic and very funny Irishman who knows London like the back of his hand so it was cool learning about the city, it's landmarks and the history of it's storied waterway. There are tidal races right in the middle of the city so we had some exciting big waves to surf and play in (more exciting for Harry than me...) while listening to Big Ben toll and remind me that I had to catch a flight! Harry is known to the river authorities for his antics. He likes to charge big boats from the side, fat tour boats loaded with people are best, and catch their wake right at the back and surf them down the river especially when fighting the ebbing current. He has made some enemies for doing this but has lots of fans as well it seems as guys on ships would say hello to him by name. It is quite the sight to see and he has some interesting scars on his kayak from clipping ships with the bow, as he likes to turn into the trough of the wave RIGHT at the stern. Between playing in the waves, negotiating the heavy boat traffic and learning about the city and river there is much to experience paddling the Thames. From a more sobering perspective it was eerie to paddle under some of the bridges and see the pockmarks in the pilings created by shrapnel from German bombs during the war.

All in all my first time overseas, while nothing like my usual paddling trip, was an eye opening and exciting paddling experience not likely to be repeated. Cheers! ■

# RED RIVER CANOE & PADDLE

**Wood/canvas  
canoes built and  
restored, premium  
paddles.**

Canoe models available:

**Legacy 17'6" x 35"**

**Kildonan 17'6" x 39"**  
(double-end & 'Y' stern)

**Boreal 16' x 36"**

**Cruiser 16' x 3"**

**Pleasure 16' x 34"**

**Red Fox 14' x 30"**

**Esprit 13' x 28"**

**Lorette, Manitoba  
204-878-2524**





# paddle manitoba courses 2005 schedule

## Introductory Courses

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

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

FW A/B/C/D = Flatwater Canoeing Levels A, B, C, or D

Length: A, B, and C are 4 hours, D is 6 hours  
Double classes (A/B or C/D) are 8 hours

### Prerequisites:

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

FW B: 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 wants to hone their skills.

FW D: FW C, or equivalent - for someone who has tried solo paddling and wants to hone their skills.

### Dates:

FW A	FW B	FW C	FW D	FW A/B
May 4, 25	May 11	June 12	Aug. 14	May 15
June 30	June 1	July 24		
Aug. 10, 24				

Fees: Single class: \$45/\$65 members/non-members

Double class: \$75/\$95 members/non-members

## Advanced Courses

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

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

**Certified Instruction:**  
**All Paddle Manitoba**  
**courses are taught by**  
**instructors certified by**  
**the CRCA.**  
**Safety First: Properly**  
**fitted, fully secured PFDs**  
**must be worn by all**  
**participants while on or**  
**near the water.**



## Moving Water Tandem Canoeing Course

MW-1A = Moving Water Canoeing Level 1A  
Length: Two days or approximately 16 hours  
Prerequisites: Flatwater Level C certification or equivalent.  
Phone: 878-3570 for more information

## Solo Moving Water Course

MW-1B = Moving Water Canoeing Level 1B  
Length: 2 days, approximately 16 hours  
Prerequisites: FW Level D certification or equivalent.  
Phone: 878-3570 for more information

## Tripping

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

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

Prerequisite: At least FW C skill level or equivalent.  
Dates: May 20-23 for CTI or as requested

## Instructor Certification Courses

A Flatwater Instructors Course will take place August 6-7, 2005.  
Call 878-3570 if you are interested.



## How to Register

1. Fill out the forms on the Paddle Manitoba website under instructions or contact Paddle Manitoba at 878-3570.
2. Send completed forms to Lynne White, Box 23 Lorette, MB R0A 0Y0 with a \$25.00 cheque or money order payable to Paddle Manitoba.
3. Pay the remainder of the fee on the date of the course.

Deposits are non-refundable unless the course is cancelled due to environmental, safety, or instructor absence, or unless the student provides proof of illness or emergency (e.g. bereavement). The student must advise the Course Director 24 hours prior to the course if he/she cannot attend the course in order to be eligible for a refund.

Check our website for changes

*Scheduled course dates may be subject to change based upon participation.*

Please consult the **CALENDAR** page of the **PADDLE MANITOBA WEBSITE** for periodic updates.

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



## Events Coordinator

# Manitoba Whitewater Club

By Jamie Hilland

**In winter, many people put away their boats, and patiently wait for the ice to break in spring, dreaming of warmer days ahead. Not so with the whitewater crew!**

Our winter has been quite active with a full calendar of pool sessions, social events, presentations, and even a few trips out to the waves!

The MWC enjoyed a full season of pool sessions at the Pan Am Pool on Monday nights (8:30 PM - 10:30 PM), and have really enjoyed the amount of space at this pool, as well as the various toys to play with like the diving platforms, bubble machine, and even "The Chair" (ask Bradd Tuck sometime!). Pool sessions have been followed by après beverages at The Round Table lounge accompanied by lots of cheap wings. The suicide wings satisfy the spice inclined, and the extra suicide makes you plain sweat! Lots of fun with 'bevys' to wash them down.

The MWC was pleased to make a presentation to the membership of Paddle Manitoba about the ins and outs of whitewater kayaking in Manitoba at the Minto Armories on February 19th. We enjoyed sharing our love of this great sport with others, and hope to see some new faces as a result of this presentation.

In early February, a brief warm spell made us jones for some outdoor paddling. A few of us ventured to one of our favourite spots in an effort to cure the winter boatin' blues. The day was beautiful, the water was up - but the eddies were full of icebergs. DOH! After a period of consideration and discussion, we decided that conditions were too risky to attempt to paddle, and instead went and scouted some more rapids to play on in the area.

The MWC also enjoyed some great social events this winter, with a very fun and successful Christmas scavenger hunt and gift exchange that produced some pretty funny moments. (Picture five paddlers recreating the fictional Battle of Upper Fort Garry - we know, completely inaccurate historically, but so fun!).

As spring approaches and the sight of trickling water fills our eyes, we are all starting to get "the itch" (No, not that one!). This winter saw great levels of snow in the Western Ontario watershed, and bodes well for a great spring and summer of big water! We will be starting the season this Wednesday, March 23rd, which is actually a bit late for us, but we had to wait out what we hope will be the last cold snap this season.

Currently, the club is busy finishing pool sessions for the season, and will likely continue these into May this year. All are welcome to come and enjoy the warm pool, and practice those paddling skills for a summer of fun. Check out our community pages at [www.warpaddle.ca](http://www.warpaddle.ca) for more information.

The club is also busy planning for our annual paddling festival, THE SHINDIGGG, which will take place from June 24-26th this year at Cook's Falls,

Manitoba. We are stoked to return to our favourite paddling campground, and invite anyone interested in whitewater to come on out. Information and registration forms can be found on our website. Last year's event saw paddlers from across Canada and the northern US participate, and we look to have an even bigger turnout for this year's event. This year's program includes a twilight paddle, video show, river run, dinner at Jennifer's, prize giveaways, a barn dance with DJ B-Mackin, and a king of the wave competition! It should be massive fun, so come on out!

As always, check our community boards at: <http://warpaddling.ca/phpBB/> for the latest information on courses, water levels, and club activities. We look forward to a year of big water, new faces, and days of fun on the waves.

See you out there.



**10th Anniversary  
Sale and Celebrations  
Saturday April 30, 2005  
9:00 - 5:00 pm**



**WAVpaddling**, Central Canada's Whitewater Kayaking School, will be running the following popular CRCA certified courses:

### Flatwater Day Course

Scheduled throughout the summer. Some evenings.

### River Kayaking Weekend (beginner)

June 4-5, June 11-12, July 2-3, August 13-14

### Whitewater Kayaking Weekend (intermediate)

June 18-19, July 16-17, August 27-28

### "Welcome to Sturgeon" Big water Weekend at Sturgeon

May 14-15, July 23-24, Sept 10-11

### SPECIALTY CLINICS: "Surf's Up", "Precision River Running" and "Freestyle"

Please check website schedule.

**June 26** – Additional dates to be announced.

### CRCA Flatwater Kayaking Instructors Course

May 5-6 evenings, May 7-8 daytime.

Pre-course clinics to be announced.

**Private Weekend Courses Available** – Book together for a private course.  
(CRCA certification included)

### → **NEW for 2005**

### NEW: Whitewater Kayaking Youth Camp

(CRCA certification included)

See website for details.

### NEW: Kayak and Yoga Retreat

(CRCA Flatwater) with Yoga North.

See website for details.

As part of each course, the students will be tested and certified in the appropriate CRCA levels. These levels include CRCA Flatwater Kayaking and CRCA River Kayaking 1 and 2

For most recent course dates and details, please visit our website at [www.wavpaddling.ca](http://www.wavpaddling.ca) or contact us at [yak@wavpaddling.ca](mailto:yak@wavpaddling.ca) or 204.775.1124 ext. 1.

## Wilds of Manitoba Canoe Courses

Each course is operated at the discretion of the instructor who is solely and fully responsible for the course; the instructor may cancel or reschedule the course because of weather, water flow, illness, insufficient registration, etc. For additional course details, contact the instructor listed for the course. If the courses listed do not suit your needs or for customized courses, contact any instructor.

### Instructors

Gerry Hirose	488-8225	<a href="mailto:gerryhirose@mts.net">gerryhirose@mts.net</a>	429 Oxford St., Winnipeg R3M 3J1
Brian Johnston	754-2651	<a href="mailto:bjohnston@lssd.ca">bjohnston@lssd.ca</a>	PO Box 88, Beaconsfield R0E 0B0
Donna Kurt	334-3111	<a href="mailto:icanoe@wilds.mb.ca">icanoe@wilds.mb.ca</a>	30 Riverstone Rd., Winnipeg R2V 4B1

### Course Dates

May 18	FW C	Gerry Hirose
May 28-29	MW I A/B	Brian Johnston/ Gerry Hirose
June 2	FW C	Gerry Hirose
June 4	FW A/B	Donna Kurt
June 11-12	MW I A/B	Brian Johnston/ Gerry Hirose
June 18-19	MW I A/B	Brian Johnston/ Gerry Hirose
July 2-3	MW I A/B	Gerry Hirose
July 9	FW A/B	Donna Kurt
July 13-17	CT I	Gerry Hirose
Sept 10	FW D	Donna Kurt



## Tuesday Evening Paddles

Time: May, June, 6:30-8:30pm  
July, August, 7:00-9:00pm  
September, 6:30-8:30pm

Location:

La Barriere Park on the  
La Salle River.

**La Barriere Park is located 5km  
south of the Perimeter highway on  
Waverley Street.**

Contact:

Charles Burchill  
(204) 453-5374

Register:

Advanced registration is  
requested, as equipment avail-  
ability may be limited.

Cost:

\$1 for PM members; \$3 for  
MNS members; \$5 others;  
Free if you bring your own  
equipment.

## Sunday Afternoon Paddles

Time:

TBA, variable depending on  
leaders.

Possibilities include:

May 29, June 26, July 31,  
August 28, September 25,  
October TBA.

Location:

TBA (call). 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.

## Tuesday and Sunday Paddles - 2005

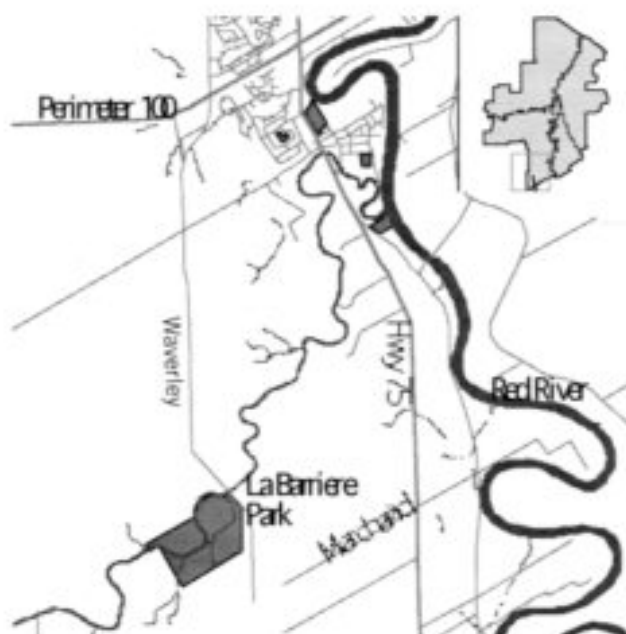
**Paddle Manitoba will be hosting Tuesday evening paddles on the La Salle River at La Barriere Park this year. These paddles offer an excellent opportunity to meet other people with similar interests, practice new skills, prepare for an upcoming trip or just enjoy a quiet paddle on one of Winnipeg's wonderful rivers.**

Even though these paddles are recreational the leaders, and usually other paddlers, will be glad to share their knowledge and provide tips and directions to new comers. If you have recently taken a course and want to practice, or if you are thinking of taking a course and need some review these paddles offer an excellent opportunity to get on the water and put in a little practice time. Some course instructors may request that you have your paddling skills assessed at a Tuesday or Sunday paddle. If this is the case please let the leader know when you register.

If you would like to attend a Tuesday evening or Sunday paddle call the leader a head of time to register or you may have an enjoyable evening sitting and watching the fish swim by from the shore.

Paddle Manitoba supplies canoes, paddles and personal floatation devices (PFD) for the Tuesday 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 there is no requirement to pay, but your donation will not be turned down.

Sunday paddles are usually held in another location in Winnipeg. You must supply, or arrange for, your own equipment and transportation.





# Paddle Manitoba Members Trips

These clinics are offered as a way of encouraging those new to PM to enjoy wilderness tripping, while also providing a social event for all members. Participants must complete a CRCA waiver and medical history, and pay a \$15.00 administration and insurance fee. Then all you need is your favourite paddle and some good campfire stories. Should you have questions about skill levels or equipment required to participate in these events, please contact the trip leader.

## The Bird is the Word

**Saturday, 7 May 2005, 05:00 AM**

A spring outing on the rarely travelled lower Bird River is a tradition for some of us PMers. If you have basic whitewater skills and you want to see one of Manitoba's most striking valleys then join us for this day trip. A good warm-up for the paddling season and, of course, some tasty beverages to follow. Basic moving water skills and the ability to portage are required. Contact Cam at 878-3570 or [cwhites@mts.net](mailto:cwhites@mts.net).

## Members' Manigotagan Canoe Tripping Clinic and Gathering

**20-23 May 2005  
Sponsored by Mountain Equipment Co-op!**

Looking for an introduction to canoe tripping or merely wishing to hone your skills with friends? - then join us for a trip down one of Manitoba's favourite rivers. Navigation, fieldcraft, river reading and camp cookery will all be covered. On request you can be evaluated for your Canoe Tripping 1 certification from CRCA. Families are welcome.

Of course there's more to the weekend than just academics - this is a social trip! All members of Paddle Manitoba are welcome to join in this first adventure of the year. There'll be great prizes from M.E.C. If you're already a tripping master then please come and share your experience with those new to the Boreal forest.

Contact Cameron at 878-3570 or [cwhites@mts.net](mailto:cwhites@mts.net) to reserve a place and find out more.

## Fall Lake Trip

**30 September - 3 October 2005,  
Whiteshell Provincial Park**

Enjoy the fall colours and close off the paddling season with a relaxing trip on Manitoba's lakes. Whether canoeist or kayaker, you will enjoy this social trip hosted by Borden Smid, PM's own Vice-President. Borden will share some of his unique insights into park management and ecosystem use.

Call Borden Smid at 668-4568 or email [smidbd@ms.umanitoba.ca](mailto:smidbd@ms.umanitoba.ca) to book your space on this trip.





# Book Report

By Dr. Tom Meadows

The following book report will be of interest to Paddle Manitoba members who have often wondered about the canoeing opportunities to be found in northern Ontario on the east side of James Bay. It is also of interest to those with geological background or those who have read the tripping diaries by James Tyrell about his northern Alberta, Northwest Territories, and Arctic explorations and, like Farley Mowatt have been lured to the rugged and pristine north.

Finkelstein, Max and Stone, James.  
**Paddling the Boreal Forest:  
Rediscovering A. P. Low.**  
Forward by Becky Mason. c2004.  
Natural Heritage Books, Toronto,  
P.O. Box 95, Station O, Ontario, M4A  
2M8. 319pp. s.c. \$26.95 (Can.)

A.P. Low, a contemporary of the Tyrell brothers and a member of the Geological Survey of Canada during the later years of the 1800s, has been re-discovered by Finkelstein and Stone who have attempted to re-trace some of his canoeing related explorations East of James Bay. By skilful use of Low's logs and the descriptions of his geological and geographical tripping they have brought alive the beautiful and the rugged aspects of the boreal rock and lake country of that area.

By describing their own attempts to duplicate A. P. Low's rigorous and back-breaking canoeing situations they have made it possible for us to follow in their footsteps.

One must remember that EAST of James Bay is an area where the prevailing wind is from the WEST transporting into Ontario both

the moisture and temperatures of James Bay that are cooler and much wetter than one would expect during summer travel at this latitude.

The following quotations really spoke to me and I am sure will be equally relevant to members of Paddle Manitoba and Canadians, in general:

*"We believe a canoe trip is a pilgrimage in being Canadian. The canoe transcends its physical form to become the medium that connects us to Canada's past - to the land, to its natural, unchanged landscapes and to the beauty and the essence of what being "Canadian" means. It can take us even farther - the canoe can take us closer to heaven."*  
(p.252)

*"... if most Canadians don't understand that our nation exists as it does today because of its heritage of canoeing, exploration, wilderness and partnerships with the Aboriginal Peoples, then sadly most Canadians don't know Canada."*  
(p.252)

*"As a nation we are becoming more distant, more disconnected, from the elements that define us. More Canadians need to know our wild nature and our wilderness roots. The best way we know to achieve this is to go on a long canoe trip. After you read this book, if only just to humour us, try to find an opportunity to paddle a canoe. Only then will you understand more fully the life of A. P. Low, and only then will you begin to know Canada better - its past, its landscapes, its heritage."*  
(p.252)

The other remarkable thing is, after reading the trip logs of these famous people who travelled on rivers in the past, how almost impossible it is - with our new canoeing and camping equipment - to even come close to their tripping timetables and the pace at which they covered distances. One must keep in mind that they were doing detailed geological mapping and making notes of many other aspects of their camping, including accurate geographical and biological recording.



# Events

## Canoe and Kayak Spring Trip Gathering

**Saturday, 23 April 2005, 0630 PM,  
Minto Armouries, 969 St.  
Matthews Avenue**

Whether you are new to wilderness tripping or an old hand, this is your chance to get ready for spring and meet some fellow travelers. We will offer a short talk on the art of backcountry paddling, and then introduce you to the leaders of Paddle Manitoba's 2005 trips. For those planning their own adventures this is a great chance to meet others interested in journeying with you. If you are planning on participating in any Paddle Manitoba trips you should attend this event.

If you can bring along a snack for the event please let us know.

All are welcome, cash bar. RSVP not required but desired. Please bring your membership dues with you.

## Manitoba Paddlefest

**Saturday/Sunday,  
4-5 June 2005,  
Assiniboine River and  
Fort Whyte Centre**

Manitoba Paddlefest celebrates canoe and kayak culture by encouraging citizens to enjoy the beauty and value of our lakes and rivers. First we will paddle down the Assiniboine River on 4 June, to commemorate the life of Bill Brigden. On Sunday 5 June families, paddlesport retailers, non-profit groups, and local artisans come together at the Fort Whyte centre to learn about and experience the joy of paddling. Admission on Sunday includes the Waterwalker Film Festival. See more details on page 20.

## Manitoba Whitewater Club Shindig

**24-25 June 2005,  
Cooks Falls**

Three days of whitewater fun for the whole family. Fun competitions and a river run, plus the usual off-water festivities, will ensure that the 5th annual shindig is a great one. Your registration fee of \$20.00 will include: two nights camping, a catered dinner on Saturday night, and a D.J. - plus tons of great prizes to be won!

Contact Jamie Hilland at  
779-5579 or  
[jahla@mb.sympatic.ca](mailto:jahla@mb.sympatic.ca) for  
more info.





# Join us for Paddlefest Manitoba and the Waterwalker Film Festival June 4 and 5

Celebrate our canoe and kayak heritage at this family event and  
show your support for our lakes and rivers

**Saturday June 4, 1200 p.m.**

**Paddle from Assiniboine Park Footbridge to Fort Gibraltar.  
Admission Free**

Bring your boat, your family, and your friends to the north end of the Assiniboine Park Footbridge. Water Stewardship Minister Steve Ashton will join us as we paddle to Fort Gibraltar, and show our support for the preservation of Manitoba's Waterways. A free bus shuttle at Fort Gibraltar will take you back to the park.

**Sunday June 5, 1000 a.m.**

**Paddlefest returns to the Fort Whyte Centre!**

This day will entertain the whole family. Bring your own boat to paddle or take a new one for a test run! Voyageur canoe races, paddling demos, displays by our paddlesport retailers, York boat rides, silent auctions, and the famous Waterwalker Film Festival promise to give you a full day of excitement.

Admission to Fort Whyte is \$8.00 for the general public. \$6.00 for Paddle Manitoba and Fort Whyte members. \$18 for families of two adults and up to three children. No charge for those 5 years of age and under.

Tickets at the door.

Our Sponsors and  
Supporters Include:

Mountain Equipment Co-op

Wave Track Canoe and Kayak

WAVpaddling

Red River Canoe and Paddle

Northern Soul

Wilderness Spirit

Rivers West

Duluth Pack



# OUTDOOR ADVENTURES



Providing programs for novices or seasoned enthusiasts, we have great instructors and guides, quality gear and offer a safe and comfortable learning environment.

This season we have our most exciting and comprehensive programs yet!

- Women's trips, kayaking and hiking
- Sea kayak training and trips, including the Narrows of Lake Winnipeg
- Backpacking in the Rocky Mountains
- Day trips and more!

Visit us at [umanitoba.ca/rec\\_services](http://umanitoba.ca/rec_services) | Or call **474-7268** for more information.

**\*NEW BROCHURE NOW AVAILABLE!\***

## Spring/Summer CRCA Courses at recreation services

### FLATWATER KAYAKING INDOOR

#### Session 1)

Sunday nights – April 17, 24,  
May 1

#### Session 2)

Sunday nights – May 29,  
June 5, 12

**\$130**

### OUTDOOR

#### Session 1)

Sunday – June 12, St. Malo

#### Session 2)

Saturday – August 6,  
St. Malo

**\$140**

### INTRO TO KAYAK TOURING

(includes flatwater kayak certification)

Camping and day trips with  
instruction out of Wavey Creek.  
Food, camping, and gear  
included.

Session 1) June 17–19

Session 2) July 22–24

**\$275**

### SEA KAYAK – LEVEL 1

Friday night to Sunday – June  
24–26, Star lake research site.  
Food, cabin accommoda-  
tion, gear, transportation, and  
instruction provided.

**\$320**

### FLATWATER CANOEING LEVEL A

#### Intro to canoeing

3 hour sessions; 6–9pm,  
La Barriere Park.

Thursday, May 26

Wednesday, June 15

Wednesday, July 13

Thursday, August 17

**\$60**



## Paddle Manitoba Membership Application and Renewal

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

First Name and Initials

Street Address (P.O. Box)

City, Province (State)

Postal Code (Zip)

Telephone (Home; Business)

Fax Number

E-mail/Website (please write very clearly)

**Family Membership** (names of persons at address):

**Membership Fees** (please circle appropriate category)

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

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

Cheque or money order payable to Paddle Manitoba.

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

Application Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

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

Paddle Manitoba Donation \$ \_\_\_\_\_

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

Cut out and mail with payment to:

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

## Paddle Manitoba Corporate Members

(\$30/year)

### Fort Whyte Centre

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

### Mountain Equipment Co-op

303 Portage Avenue  
Winnipeg, MB R3B 2B4  
Tel: (204) 943-4202  
Fax: (204) 943-4268  
Website: www.mec.ca

### Pioneer Camp

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

### Wilds of Manitoba

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

## Paddle Manitoba Volunteer Positions

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

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

Please tell us how **you** could help Paddle Manitoba achieve its objectives. Contact the appropriate convener (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



## Paddle Manitoba Lifetime Corporate Members



### Adventure Education

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

**Address:** 22-222 Osborne St. Winnipeg, MB R3L 1Z3

**Phone:** (204) 775-2462

**Email:** aem@mb.sympatico.ca

**Website:** www.aeminfo.mb.ca



### Red River Canoe and Paddle

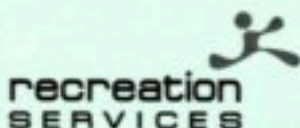
Manitoba's purveyor of handcrafted wood-canvas canoes and personalized paddles. Doug Ingram builds canoes in the spirit of Chestnut and E.M. White and his artistry must be seen to be truly appreciated. Doug will work with you to build the canoe or your dreams. Drop by for a coffee and see the beauty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

**Address:** P.O. Box 78, Group 4, RR2 Lorette, MB R0A 0Y0

**Phone:** (204) 878-2524

**Email:** rrcp@mts.net

**Website:** www.wilds.mb.ca/redriver



### U of M Recreation Services

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

**Address:** Recreational Services, University of Manitoba, Winnipeg, MB R3T 2N2

**Phone:** (204) 474-8234

**Email:** rec\_services@umanitoba.ca

**Website:** www.umanitoba.ca/faculties/physed/recreation/

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



### WAVpaddling

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

**Address:** 119 Lenore Street, Winnipeg, MB R3G 2C2

**Phone:** (204) 775-1124

**Email:** yak@wavpaddling.ca

**Website:** www.wavpaddling.ca



### Northern Soul

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

**Address:** 67 Cunningham Avenue, Winnipeg, MB R2M 0W4

**Phone:** (204) 284-4072

**Email:** adventure@northernsoul.ca

**Website:** www.northernsoul.ca



### Red River Outfitters

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

**Address:** Box 23 Lorette, MB R0A 0Y0

**Phone:** (204) 878-3570

**Email:** rro@mts.net

**Website:** www.redriveroutfitters.ca



### Wave Track Canoe and Kayak

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

**Address:** Unit C, 42 Speers Road, opposite Symington Yards off Lagamodiere Blvd.

**Phone:** (204) 231-8226

**Email:** wavetrak@escape.ca

**Website:** www.wilds.mb.ca/wavetrack/



### Wilderness Spirit

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

**Address:** 696 McMillan Avenue, Winnipeg MB R3M 0V1

**Phone:** (204) 452-7049

**Email:** info@wildernessspirit.com

**Website:** www.wildernessspirit.com



# Paddle Manitoba Calendar of Events

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## Canoe and Kayak Spring Trip Gathering

**Saturday, 23 April 2005, 0630 PM, Minto Armouries, 969 St. Matthews Avenue**

We will offer a short presentation on the art of backcountry paddling, and then introduce you to the leaders of Paddle Manitoba's 2005 trips. If you are planning on participating in any Paddle Manitoba trips, or need a partner for your own adventure you should attend this event. Non-members welcome.

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## The Bird is the Word

**Saturday, 7 May 2005, 0500 AM**

A spring outing on the rarely travelled lower Bird River is a tradition for some of us PMers. If you have basic whitewater skills and you want to see one of Manitoba's most striking valleys then join us for this day trip. A good warm-up for the paddling season and, of course, some tasty beverages to follow. Basic moving water skills and the ability to portage are required.

Contact Cam at 878-3570 or [cwhites@mts.net](mailto:cwhites@mts.net). For PM members only please.

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## Members' Manigotagan Canoe Tripping Clinic and Gathering, 20-23 May 2004.

Looking for an introduction to canoe tripping or merely wishing to hone your skills with friends? Then join us for a trip down one of Manitoba's favourite rivers. Navigation, fieldcraft, river reading, gear selection and camp cookery will all be covered. On request you can be evaluated for your Canoe Tripping 1 certification from CRCA. Families are welcome. All experience levels are invited but you must have intermediate flatwater skills.

Contact Cam at 878-3570 or [cwhites@mts.net](mailto:cwhites@mts.net) to reserve a place and find out more.

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## Manitoba Paddlefest, 4-5 June 2005

Manitoba Paddlefest celebrates canoe and kayak culture by encouraging citizens to enjoy the beauty and value of our lakes and rivers. This is a family event which provides activities for all ages and interests. Your admission on Sunday 5 June at Fort Whyte includes access to the Film Festival and all activities. On Saturday 4 June we encourage you to bring your canoe or kayak and friends to paddle with us from Assiniboine Park to Fort Gibraltar to show your support for Winnipeg's waterways and their future ecological integrity.

Saturday's events are free. Admission to Fort Whyte is \$8.00 for the general public. \$6.00 for Paddle Manitoba and Fort Whyte members. \$18 for families from three to five people. No charge for those 5 years of age and under. Tickets at the door.

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## Fall Lake Trip

**30 September - 3 October 2005, Whiteshell Provincial Park**

Enjoy the fall colours and close off the paddling season with a relaxing trip on Manitoba's lakes. Whether canoeist or kayaker, you will enjoy this social trip hosted by Borden Smid, PM's own Vice-President. Borden will share some of his unique insights into park management and ecosystem use.

PM Members only please

Call Borden Smid at 668-4568 or email [smidbd@ms.umanitoba.ca](mailto:smidbd@ms.umanitoba.ca) to book your space on this trip.