

THE R I P P L E

Paddle Manitoba Newsletter

Manigotagan Park Unveiled

By Helen Fallding

A new provincial park along a popular canoe route east of Lake

Winnipeg will be announced by Conservation Minister Stan Struthers.

The Manigotagan River Park extends 750 metres on either side of the river from the border of Nopiming Provincial Park to about 1.5 kilometres upstream of the town of Manigotagan. The 55-kilometre long stretch of the river will be protected from logging, mining and hydro development. However, there is still room for a new high-voltage power corridor close to the east shore of Lake

The new park is across Lake Winnipeg from Hecla Island and south of the area being proposed to the United Nations as a World Heritage Site. Struthers is also expected to discuss today what advice he has received from First Nations on how to provide interim protection for those lands something environmental groups are pushing for. Ron Thiessen of the Wilderness Committee, which generated more than 2,000 letters lobbying for the new Manigotagan park, said he is looking forward to commending the government. Gaile Whelan Enns of Manitoba Wildlands said the announcement is "excellent and overdue." She would like to see Struthers formally protect other corridors like the Hayes and Seal rivers in Northern Manitoba.

"I believe, in terms of the succession of ministers we've had in conservation, that his heart is in trying to get some land and waters protected," Whelan Enns said of the minister she has known since he was an opposition critic.

Canoeists access the Manigotagan River from Long Lake in Nopiming Provincial Park, a four hour drive from Winnipeg. The five-day trip has quiet stretches through the boreal forest interspersed with rapids that require some skill or a guide. The Doer government has created several parks since it came to power in 1999, including some that already had interim protection from the Filmon government. Bushie said his First Nation is considering nominating additional lands for protection along the Manigotagan River.

C. Winnipeg Free Press, Dec. 3, 2004. Reprinted with permission.



Winnipeg if Manitoba Hydro is allowed to proceed with that option. An existing mining claim at Turtle Lake will also be recognized.

Chief Ian Bushie of the Hollow Water First Nation supports the government plan to protect the 55-kilometre stretch of river - a commitment announced by Premier Gary Doer more than two years ago. The former Filmon government had already given interim protection to 250 metres on either side of the river. Bushie said the First Nation will continue traditional hunting, fishing and gathering activities along the river corridor. The band also looks forward to future economic benefits from the protected area, he wrote in an August letter to Struthers.

winter 2005

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(Paddle Manitoba)

Welcome New Members!

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

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

Contact Paddle Manitoba

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

Website: www.paddle.mb.ca

Phone: (204) 338-6722

Directly contact Convenors

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

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

Paddlers' Forum

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

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

Other Paddling Connections

Paddle Manitoba is affiliated with the following organizations:

Manitoba Paddling Association

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

Canadian Recreational Canoeing Association

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

Manitoba Whitewater Club

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

MPA is focused on competitive paddling

Newsletter Submission Guidelines

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

Advertisement

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

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

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

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

Other Submissions

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

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

Paddle Manitoba Newsletter

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

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

DEADLINE

for the Spring (March) 2005 Issue
February 10th

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

Paddle Manitoba 2005 Annual General Meeting

Notice

15 January 2005, 0530 PM

Minto Armouries, 969 St. Matthews Ave. For detailed information see page 16.

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President's Message

By Cameron White

The end of another calendar year draws to a close and with it the last of the open water outside my window. From where I write I can see the Seine River at the edge of my yard, if I just sit up a touch straighter in my chair. An unspectacular river by most standards, and one typically ignored by the public at large until it makes its way into the city. With the coming of winter, the roar of ATVs and the whine of snowmobiles sound through the evening, punctuated by the yells of shinny hockey players (the only kind you'll find nowadays) and the tobogganers by the bridge. With the spring melt the visitors leave, for only a few of us paddle the river here, perhaps with good reason. Brown and slow, straightened and damned by man, the river flows by the wrecks of old cars and the detritus of a village busy growing into a town. Still, it has some stretches of subdued appeal, and for those who slip beneath the bridge and past the church it offers a few moments of escape from the suburbs. It gets the job done.

In many ways Paddle Manitoba is like that small, slow, prairie river. It quietly goes about the business of introducing people to the rivers and lakes of this country, providing a home for those who already paddle, and encouraging the strengths and differences of all those who put in at spring for whatever reason. Our growth is slow but sure, and by the time we reach the delta of another year's end, we have invited a few more people along on an activity that will grow into a passion.

This doesn't happen by design all the time, but it also doesn't happen without effort. Many volunteers, and even those members with only time for a quick word of encouragement, allow for events such as Paddlefest to become reality. I would like to especially thank the board members Gerry, Lynne, Brian, Lynn, Gary, Brent, Rob, Dave, and Borden - you are stoic in your efforts. Without indoor program speakers winter would prove a little less interesting, and without the involvement of our corporate members few of our events would achieve their goals. A hearty thanks to all of you and a reminder that we never forget your support.



The little man to the left in the wannigan went on his first canoe trip this summer at one month old. He seemed to enjoy the afternoon's journey, through which he mostly slept, including our encounter with a bear, and we will bring him along on many more voyages. Your support of Paddle Manitoba, through membership and volunteer activity, will ensure in some small way that should he be so inclined in years to come, he can look out his window at a prairie river and decide to slip away for a few moments of grace.

A joyous and peaceful Christmas and Happy New Year to all.

Selecting the CORRECT PADDLE LENGTH

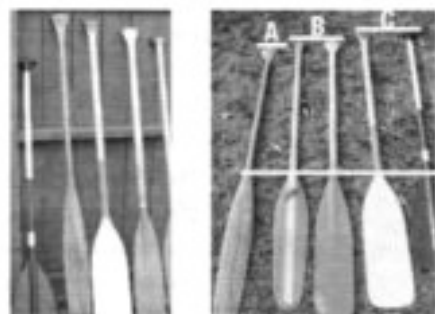
By Charles Burchill

The length and shape of a paddle is a very personal thing and depends on many factors. Body size and purpose are of course considerations but, in my opinion, what works for you as the paddler is the most important. If possible try various lengths and styles – not just for a few strokes but whole days or trips. After almost 25 years of serious canoeing I find that I use several different paddle lengths depending on what I am doing.

Paddles don't have to be expensive or made from fancy material to work well. A case in point is my favourite paddle. It is a cheap spruce laminate that I found on a trip in north western Ontario more than 20 years ago; I have used it ever since. This paddle has taken me through many trips, trials and tribulations, high water and low. It has been refinished many times. One of my canoeing friends recently asked why I use that cheap paddle and leave my hard wood Red Tail paddle for a spare. The answer: the paddle fits me, or possibly after 20 years I fit the paddle, perfectly.

I don't race canoes and, for me, whitewater is only done to get from one end of the river to the other. My preference is recreational paddling, solo flatwater, and tripping. Spending a periodic afternoon playing in the rapids is fun but I am likely never going to buy a special play boat and paddle. My suggestions about paddle length are for people just starting out and interested in recreational paddling.

If you look at my paddles below they are quite different in overall length. The longest is my classic solo and the shortest is my white water paddle. But if you actually look at the shaft length my classic solo paddle (A) is the shortest. The white bladed Clement and plastic paddles (C) are the longest. The point is the length of the paddle shaft is what should be measured and not the whole paddle.



In the end the best method for paddle selection is actually taking the paddle on a trip and trying it out. Unfortunately this is not often an option when you are standing in the store looking at that beautiful walnut or cherry blade.

Since the length of your paddle is very dependent on how you actually paddle I want to provide a few paddling pointers before looking at how to measure an appropriate length. When you are executing a basic forward stroke the blade should be submerged in the water (but not the shaft) and the grip should not come above your chin or nose at most. This is based on my paddling style and it works well for me over long relaxing trips. Keep in mind the paddle should be mostly



At one time paddle selection was easy – put the tip on the ground and if it came to your chin, some people said eyes, then it was the right length. An alternative was if you could hold both ends of the paddle (grip to tip) between your outstretched arms. This selection method was used when virtually all of the mass produced paddles were spruce laminates made by one company. Virtually all of the groups that taught canoeing used these paddles. The shaft length to blade length was basically the same for all of the paddles available – times have changed. Notice the two paddles on the right. Using the chin method they are different lengths.

vertical throughout the paddling stroke and the grip should not go above your nose.



- The catch, or start of your stroke, should be just in front of your knees. If you stick out your thumb on the grip end of the paddle it should just touch your cheek or chin.
- As you paddle through the stroke your grip hand will punch out diagonally across your body and finish just inside or over the paddle side gunwale. Your bottom hand will pull through the stroke and also act as a fulcrum point. Overlay on top of this arm movement a body rotation into the stroke. Think of looking away from your paddling side to start and looking over your paddling side shoulder at the end. Use your body at least as much as your arms or more.
- At the end of the stroke, just past your body or hip, the blade should easily clear or slip out of the water. It is important that you don't dig the water at the end of the stroke. A shorter stroke with a little higher cadence is better than a long back breaking stroke.

The following two suggestions will provide an approximation for the proper length.



1. Use the bent arm technique.

Hold the paddle as you would when paddling but put it on the top of your head. If your arms form roughly 90 degree bends then the paddle is about the right length for your body. When you are holding the paddle your shaft hand should be 5-10cm above the blade. Some people say more and others say less. I hold the paddle closer to the blade but that is just my preference.



2. An alternative is sitting down and putting the grip on the chair beside you. If the blade starts near your eyes, or two fist distances above your chin then paddle is about the right length.

After that long winded introduction how do you select the perfect starter paddle when standing in the outdoor store? If you are in a canoe in mid-stroke your paddle blade should be fully in the water with the grip end of the paddle at about your chin level.

There are some simple rules for adjusting your paddle length. If you are paddling classic solo a shorter paddle is better. If you are interested in American freestyle then you might want a longer paddle with a narrow blade. White water and some tandem applications a longer paddle with a shorter broader blade is better. If you want speed and just straight paddling then a longer bent shaft paddle is probably the best. Larger canoes, or canoes with high seats, require longer paddles.

I have paddled with people that like really long paddles and others that like very short paddles. Most of these people have been paddling for years and have worked out a style that is comfortable and meets their needs. Since I started paddling regularly my paddles have been getting shorter. A paddle that is too long will have you digging too deep or holding the paddle grip over your head. It may seem like a little problem in either case but both will cause problems in the long run. Digging deep might mean that you have better reach for braces and more power. It also means that it is much more difficult to get a good perpendicular stroke, and usually more difficult entrance and exits. Finally it puts the blade deeper in the water which can mean digging clams (hitting bottom) in shallow water. Holding the paddle higher means poor body connection and poor power.

Over the years I have found that the information in Bill Mason's books very helpful. If you want more information on paddles see

Path of the Paddle by Bill Mason ©1980, pp 10-11, 14-16 or

Song of the Paddle by Bill Mason ©1988 p147.

Shhhhh...

Some of Canada's Loveliest Wilderness Locations might be best kept on the down-low

Reprint from the Winnipeg Free Press -
Saturday, September 25, 2004

By Bartley Kives

Of the many debates raging in outdoor circles, one of the most divisive involves how much information is too much. As fewer parts of Canada remain truly remote, some people fear the increase in wilderness-travel guidebooks and how-to articles may actually do the environment more harm than good. Most people who engage in outdoor journalism are motivated by the belief that encouraging people to hit the trail can only help preserve natural areas. The theory is, city dwellers may have little regard for the wilderness until they have some kind of awe-inspiring, first-hand experience outdoors. Personally, I believe this to be true.

Unfortunately, for every person who heads out into the bush with good intentions, there's a yahoo seeking to conquer the wilderness - or a thoughtless idiot who races in unprepared.

Two weeks ago in a column about paddling northwestern Ontario's Dryberry Loop, I expressed disgust about how much garbage and improperly disposed sanitation I found at many campsites. Some of it appeared to be left behind by other canoeists.

That inspired Paul and Margruite Krahns, a thoughtful Altona couple with extensive paddling experience in the Experimental Lakes Area, to write me a letter expressing similar concerns about overuse of the area, both by responsible and irresponsible visitors.

The Krahns feel I may be contributing to the problem by providing detailed directions to the remote lakes that make up the ELA.

"Your reporting may encourage naïve and marginally experienced outdoorsy folks to buy more high-end camping gear from now-trendy stores like MEC and SIR and set out for adventure in this quiet, all-too-accessible wilderness," they write. "Few of the people who visit these lakes actually travel them, they vacation on them. These 'campers' find campsites that require as little physical effort as

possible to reach, set up camp and stay for several nights, perhaps a week.

"We have made a point of only telling paddlers we know and trust about these beautiful lakes...we live in a culture of cowardly conquest. Each of the lakes in this area that is within one portage of road access is significantly messier than those farther along the route.

"We believe the best way to care for and preserve the wilderness these days is to make sure that pleasure-seeking, lazy vacationers are kept unaware of it. Let them vacation at Falcon Lake, West Hawk Lake, Lake of the Woods, and so on, but please don't give them the information they need to begin to do what they have done at these lakes to those in other areas."

The Krahns have a point. Like me, they've seen the Experimental Lakes Area suffer serious damage over the past five years, partly at the hands of ATV riders, motorboat users and car campers who access the area using the gravel Highwind Road.

The scars involve more than garbage. There are portage trails pockmarked by ATV use, denuded campsites where people have chopped down live trees for firewood and local black bear populations that have gotten used to scavenging carelessly stored food.

But some of the damage stems from the sheer number of responsible people who've left their footprints in the area. In this way, telling more people how to reach the ELA - however well-intentioned that may be - might not have been the wisest move. After visiting the ELA twice this summer, the Krahns have chosen to take a sabbatical from the area in the hopes of lowering the impact on the area. Other canoeists may choose to do the same.

But I have another idea: Regulate traffic in the area by creating a new park, along the lines of Quetico Provincial Park further east in Ontario.



(continued from page 6)

As anyone who's paddled both the ELA and in Quetico can tell you, the lakes southeast of Lake of the Woods are just as spectacular, both in terms of scenery and opportunities for flatwater canoeing, as Quetico, which is nestled along the Ontario-Minnesota border south of Atikokan.

Quetico is a strictly regulated wilderness park that lowers the impact of wilderness camping by placing limits on the number of visitors, cuts down on litter by preventing canoeists from packing in glass and metal cans, and eliminates noise and pollution by banning motorized travel on all but a select few lakes.

A similar park covering the entire ELA would not be possible, given the presence of fishing lodges, cottages and First Nations communities throughout the area. But these businesses, summer

homes and traditional lands could be grandfathered by the creation of a new provincial park, which would ideally extend all the way from star ELA lakes like Hillock and Teggau south and east to the stunning lakes of Waterfall, Isinglass, Kakagi and Pipestone.

Of course, I have no idea what it would take to lobby the Ontario government to create such an area, let alone alleviate the concerns (and in all likelihood, strong opposition) of area residents. But some kind of active regulation is way overdue: even Winnange, the only ELA lake currently protected by a park, is being abused.

Sure, I know it's easy to throw around the idea of a new wilderness park – my daydreaming won't help the environment in the short term.

bartley.kives@freepress.mb.ca

Outdoor Community Events

This space is provided free of charge to groups wishing to promote outdoor activities.

Learning Opportunities

Cross Country Ski Waxing, 9:15 PM, every Saturday at M.E.C. Drop in and bring yourself, not your skis. Winter Clinics: We will be offering Ski Touring and Intro to Climbing Clinics this winter. Call the M.E.C. at 943-4202 for more information. A small fee for expenses will be collected.

Climbing Wall

Baby, it's cold outside! Come to M.E.C. and climb indoors every Thursday night from 6 until 9. We'll lend you a harness and shoes. Belayers are provided by Vertical Adventures.

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

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woodland.caribou@mnr.gov.on.ca
Check us on line @
www.OntarioParks.com



3rd Annual

Photo Contest

Congratulations to all the talented photographers who submitted photos to the Paddle Manitoba's 3rd Annual Photo Contest.

2004
CONTEST
WINNER



Canoeing at Sunset – Tom Wilson



Down Time – Mark Bleiske



Play Time At Sturgeon – Chris Ryman



Clay Lake – Marc Payette



Calm – Mark Bleiske



Water Lily – Sue Appleyard

VIEW FROM THE STERN!

The Mysterious Link Between People and Loons

By B. Curtis Bird

Of all the birds in the boreal forest, the loon is my favourite, edging out the cheerful chickadee by only a feather. Both birds also inhabit the deciduous forests that border the boreal region, such as Turtle Mountain of southwest Manitoba where I make my home.

The loon I admire for its call, of course, which is actually a repertoire of at least four calls, including the well-known tremolo and wail. But there is much more to the loon than its calls. The bird is an example for us in that, like geese and beavers, it is thought to mate for life. Its arresting plumage features a necklace-like ring of white feathers round its neck, a key to some Aboriginal accounts. And it clearly has an affinity for people, given the many times friends and I have been approached by loons while canoeing on various lakes.

Conventional wisdom holds that loons prefer isolated and undisturbed lakes to those with people. This is correct, but loon psychology isn't that simple. They are also curious and friendly, much like chickadees, which are also close to my heart. I sense that loons are attached to us by some mysterious bond, perhaps forged eons ago. The fact is loons can inhabit lakes that border highly developed areas. An example is the Lake Metigoshe region on the U.S. border south of Brandon, which is ringed by cottages and churned by motorboats. Often I've seen and heard loons fly over my trailer there, whereas 20 years ago there were few or none. Quiet, boat-free lakes sit near Metigoshe in Turtle Mountain Provincial Park, offering suitable nesting sites.

A few quick facts. Loons summer in canoe country but winter on the warmer saltwater coasts of the eastern U.S. seaboard and the Gulf of Mexico. They start to breed at age two or three, and fly into our lakes to raise two young. They typically nest at the water's edge on islands or on old muskrat houses or other mounds of vegetation near water, since their legs, placed well back for swimming purposes, make walking almost impossible. They eat fish, water plants and the like. Studies show that lakes hit by acid rain, deficient in key foodstuffs, kill young loons, because while their parents are able to fly to nearby water bodies for nourishment, they do not bring back (or cannot bring back because of difficulty taking off) the needed fish for their young. Still, the population of common loons in Canada appears to be doing well.

The Ojibway, I believe, have a mythical account of the loon that begins with a sad old man sitting by a lakeside. With respect to its originators, I recount it here for you.

A loon approaches the fellow, who is weeping. "What is the matter, old man?" asks the loon. "My eyes fail me," he says. "My wife and my son go hungry because I cannot shoot my arrows straight. I cannot see to hunt." "Oh my, that is a problem," replies the loon. "But maybe I can help. Slip onto my back and hang on tight." The old man considers the offer. He concludes he has little to lose, and obeys the loon.

"Now," continued the loon, "I will swim out to the depths and dive. I want you to keep your eyes open, take a deep breath, and hang on tight. Are you ready?"

(continued page 11)

"I am ready, loon," the old man says.

The loon swam out and dove powerfully and quickly, and soon reached great depths in the northern lake. The old man struggled to keep his eyes open. When the loon resurfaced, it asked him if his sight had improved. "Yes," the old man said. "I can see a little better than before."

"Good," said the loon. "We must dive again. Are you ready?" "I am ready," the old man said, taking another deep breath.

The pair dove again, deeper this time, and the man felt the water rush past his eyes. For the most part he kept them open. Finally they surfaced again, the old man gasping for air. "Can you see clearly now?" the loon inquired. "Better, loon. But perhaps we should dive once more." They did. "Now," says the loon, after their third dive, "can you see?"

"Yes, loon, I can see," said the man, joyful in the renewal of his sight.

The loon returned him to shore, where the man got off and stood facing the large black bird. At this time, the loon was all of one colour.

"Loon," says the old man, "in gratitude for your help, I will give you my cherished necklace of white shells," and he removed it from his own neck and tossed it onto that of his benefactor.

And that is how the loon came to have a necklace of white feathers.

I like this story very much, because it portrays humans and animals living and working in harmony. More than that, it conveys a sense of mystery about the loon that remains with us today. And it speaks to the loon's tendency to approach people on shore or in canoes.

A friend, Larry Grenkow of Saskatoon, and I were paddling the shield country north of La Ronge in Saskatchewan a few years ago when had an encounter with a loon that made not only our day, but our entire trip. We were camped on an island and cooking our supper when a loon approached on the water and serenaded us with a sad tremolo call – a fairly typical loon encounter, but we wondered about its mate.

Next morning we headed out and rounded a bend toward our first portage. But we couldn't find the landing. This was highly unusual for Larry and I, who normally between the two of us found them easily. "Where is that portage?" I said to my bowman, as we paddled into a little bay, past where the landing should have been.

"I don't know, but I do know there's a loon up there near shore. See it?"

I didn't at first. But then, as we got closer, yes, only a metre from shore, amongst some fallen jack pines. The bird was stuck. It became our mission to free it.

"What do we do, throw a bag over its head or something?" Larry asked.

"No. We won't even touch it, if it can be helped. I'll get out and approach it slowly...It's OK, loon, we're here to help," I said, as I waded closer. "Easy, loon, it's OK." The loon was in an awkward pose, one wing free and one not, held fast by a couple of branches. The eyes were alive and the plumage beautiful, I recall, with a luminescent navy blue among the colours. Less than a metre from the bird was a foot-long pike, stationary and predatory. It vanished as I approached.

The loon was silent and calm as I continued to speak soothingly and size up the problem. In moments I snapped a couple of branches, careful not to hurt the bird. It responded perfectly, lifting free its troubled wing and then submerging. We watched it swim out into the lake, past our red canoe about 30 metres, where it surfaced. Then, facing us, it gave a most beautiful call, a heartwarming song that left us feeling at peace with ourselves and the world.

The loon said thanks. To us there is no doubt. And our personal bond with the loon has been strong ever since.

Brad Bird can be reached at birdbrad@hotmail.com.

Paddle Manitoba

2005 Annual General Meeting

15 January 2005, 0530 PM

(followed by our Indoor Program at 0630 pm)

Minto Armouries, 969 St. Matthews Ave.

Who's invited?

All members and those interested in participating as a volunteer board member.

Why should you attend?

Every member has a right and a responsibility to review the financial statements and reports of Paddle Manitoba. The selection of board members is an important part of a successful year. You as members have the right to examine and recommend changes to Paddle Manitoba policies and plans.

How long?

Just one hour – we promise. And then its on to our Sea Kayaking presentation!

Moving Water.

What is it all about?

Paddle Manitoba (PM) has had a strong presence teaching white water or moving water courses in Manitoba for years.

By Brian Johnston

This year PM taught such courses from the first of May (earlier than past years) 'til mid-June. The river levels remained high throughout the season, which allowed for courses to use the mighty Black River in addition to the old standard locations of the Whitemouth River (Elma Bridge and Farmers) and the Winnipeg River (Manitou Rapids at Pine Falls). Not only does the Black River offer an



May 29/30 Course

(l to r) Gerry Hirose, Chris Schultz, Steve Vogelsang, Bob Howe, Kyle Chemetz, Dean Girolami, Scott Blas, Kevin Gawne, Ryan Penner, Steven Wiebe and Jason Westmacott

What was taught? Three different kinds of CRCA certification courses were offered. In addition to the typical moving water level IA (tandem) and the occasional moving water level IB (solo) course, PM also ran the moving water instructor level 1 course.

excellent teaching rapid at the put-in but it also provides for a lively half-day river run down to the take-out. Plus, compared to the rapids on the Whitemouth River, the Black River white water is in a wilderness setting, something more akin to canoe tripping. (Yes, there is even one portage.) Utilizing both the Winnipeg and Black Rivers on the same course gives students exposure to the strong currents and large volume of the Winnipeg as well as the small and technical waters of the Black. This is not to suggest that one location is better than the other but during higher water levels it is exciting to explore the less travelled waterways. It seems

that every year someone is learning to paddle on the Whitemouth but the same cannot be said about the Black River.

This report includes several photographs taken during these courses. They only provide a small glimpse into what moving water is all about. If you are interested in learning firsthand please inquire about taking a moving water course. We would love to see you come out and be part of the experience.



June 12/13 Course

(l to r) Garry Sochootuk, Marcel Ritchot, Vicki Hawkins, Tom Michniuk, Lynn McManus, Brent Mazur and Gerry Hirose



Brent Mazur practicing a low brace.



Lynn and Brent executing an eddy turn.



Two canoes in the line-up getting ready to practice manoeuvres.

Manitoba Whitewater Club

Winter 2004

By Jamie Hilland

Events Coordinator
Manitoba Whitewater Club

After an outstanding summer, the members of the Whitewater Club were treated to an exceptional fall season of paddling, with high water levels continuing well into November and December! More than to the usual amount of fall paddling trips occurred, with some great water conditions awaiting those brave enough to head out.

The great fall season was a nice cap to a great run of high water that started in April of this year, and has continued unabated. There is also plans to paddle when the temps are above -10 C, which we hope will happen at least once a month so that we can continue our new tradition of paddling every month all year long!

While great paddling was to be had by a few brave (or crazy) souls, pool sessions started once again as well. This year saw the club return to the Pan Am pool after a one-year hiatus, and let me tell you, it's great to be back! The first night was great; as we had our previous guard again (love ya Cheryl!), access all the platforms, the bubble machine, and all of the big pool. We have successfully mastered the front and back loop off the boards, and are working on doing Pan Ams off the 3 meter! Don't worry - we're all trained professionals (or at least we like to think so!).

Winnipeg Wild!

WinnipegWild.net links healthy urban community with healthy natural world

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

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

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

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

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

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

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

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

Any and all are welcome to pool sessions at any time. Pool sessions are every Monday night from 8:30 PM until 10:30 PM, and drop-in fees are \$10 per session. If you need a boat for the pool, Mountain Equipment Co-Op has graciously offered us the use of their boats at no cost. However, these boats must be booked in advance at MEC, and require a \$5.00 deposit, refunded upon boat return.

We are always looking for new members, especially open boaters! Membership is only \$10 per year, and includes social events, pool sessions, and the Annual Shindiggggg paddling festival every June, a legendary paddling and party weekend. Please feel free to drop by, or go to <http://wavpaddling.ca/phpBB/> at any time for more information, or to post any questions that you may have.

See you on the waves (or in the pool)!

Paddle Manitoba Membership Application and Renewal

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

First Name and Initials

Street Address (P.O. Box)

City, Province (State)

Postal Code (Zip)

Telephone (Home; Business)

Fax Number

E-mail/Website (please write very clearly)

Family Membership (names of persons at address):

Membership Fees (please circle appropriate category)

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

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

Cheque or money order payable to Paddle Manitoba.

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

Application Date _____ / _____ / _____

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

Paddle Manitoba Donation \$ _____

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

Cut out and mail with payment to:

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

Paddle Manitoba Corporate Members

(\$30/year)

Fort Whyte Centre

1961 McCreary Road, Winnipeg, MB R3P 2K9
Tel: (204) 989-8355, Fax: (204) 895-4700
Email: ibarnett@fortwhyte.org
Website: 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: (204) 943-4202
Fax: (204) 943-4288
Website: www.mec.ca

Pioneer Camp

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

Adventure Junkie Tours

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

Wilds of Manitoba

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

Paddle Manitoba Volunteer Positions

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

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

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

WILDS Of Manitoba

Offers Paddle Canada certified canoeing courses in North Winnipeg and other venues if required. Flexible dates can be booked from June to October.

Address: 30 Riverstone Rd, Winnipeg, MB R2V 4B1
Phone: (204) 334-3111
Email: courses@wilds.mb.ca
Website: www.wilds.mb.ca

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

WINTER 2005 15

THIS CORPORATE MEMBER WAS EXCLUDED FOR A FEW YEARS



Paddle Manitoba Calendar of Events

Free admission to all events. Non-members welcome.

An Introduction to Sea Kayaking in Manitoba

15 January 2005, Annual General Meeting 0530 PM and Indoor Program 0630 PM
Minto Armouries, 969 St. Matthews Ave.

Join local Sea Kayaking gurus Mike Becwar and James Vasilyev for an instructional evening on one of the fastest growing paddle pursuits. Learn about gear and destinations, instructions and safety all in one show following the AGM. Sea Kayaking offers a unique way to enjoy the treasures of Lake Winnipeg and other Manitoba wonders. Grab those double blades and check it out.

Whitewater in Winter with the MWC

19 February 2005, 0630 PM, Minto Armouries, 969 St Matthews Ave.

Ever wonder what people actually do if they're not out tripping during the summer? Join Paddle Manitoba and the Manitoba Whitewater Club for a winter shindig and find out what all the fuss is about. Great slides and stories from the summer will highlight the excitement of whitewater paddling in Manitoba, and will tempt you to grab a wave next summer. This is a great opportunity for MWC and PM members to hoist a glass together - please join us in welcoming our friends.

Archaeology in the Park

19 March 2005, 0630 PM, Minto Armouries, 969 St. Matthews Ave.

What do you know about pictographs, artifacts and other signs of those people who have gone before us on the river? Do we always know what to do upon discovering important cultural sites? We'll spend an evening learning about Manitoba's unique heritage sites that you can visit by canoe or kayak this summer.



"That's not a canoe - this is a canoe!"

Outdoor Community Events

This space is provided free of charge to groups wishing to promote outdoor activities.

Learning Opportunities

Cross Country Ski Waxing, 9:15 PM, every Saturday at M.E.C. Drop in and bring yourself, not your skis.

Winter Clinics: We will be offering Ski Touring and Intro to Climbing Clinics this winter. Call the M.E.C. at 943-4202 for more information. A small fee for expenses will be collected.

Climbing Wall

Baby, it's cold outside! Come to M.E.C. and climb indoors every Thursday night from 6 until 9. We'll lend you a harness and shoes. Belayers are provided by Vertical Adventures.

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