



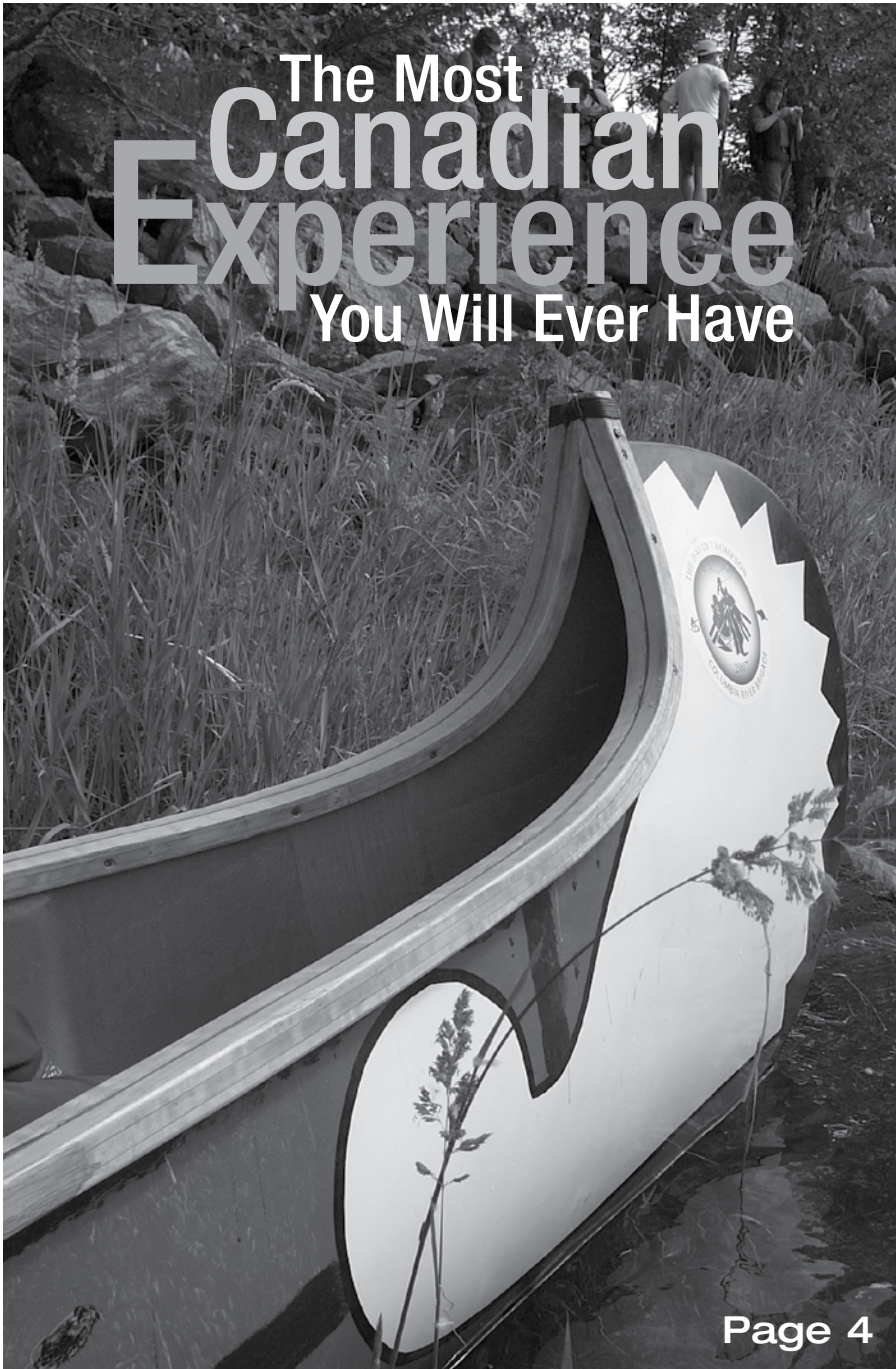
THE



RIPPLE



Paddle Manitoba Newsletter



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**3600 Kilometres • 160 Paddlers
16 North Canoes • 6 Rivers
1 Experience of a Lifetime**

fall 2007

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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,
Dusty Molinski, at 586-7536

Contact Paddle Manitoba
Seeking information on Paddle Manitoba?
Three 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/communication/forum.php>

Other Paddling Connections

Paddle Manitoba is affiliated with the following organizations:

Paddle Canada

(613) 269-2910 or 1-888-252-6292

E-mail: staff@crca.ca

Website: www.paddlingcanada.com

Manitoba Whitewater Club

www.mbwhitewaterclub.ca

Manitoba Paddling Association

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

www.mpa.mb.ca

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.

The Ripple Newsletter

Phone: (204) 388-4465; E-mail: theripple@mts.net

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.

DEADLINE

November 15, 2007

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.

Waterwalker Film Festival

Park Theatre

698 Osbourne, Winnipeg

1:00 TO 5:00 PM

Sunday November 18, 2007

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design & layout

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President's Message

By Cary Chapnick

Despite what the calendar says it feels like the end of the year to us canoe/kayakers. However, it is the "New Year" of our Indoor Program. This started with a Welcome Paddle BBQ on September 22, 2007 on a majestic fall afternoon on the LaSalle River. There were 14 canoes and 6 kayaks. This event attracted people new to Paddle Manitoba and from a wide range of demographics. There were people with children and grandchildren, "20 something" couples and couples that we would call seniors.

Our Indoor Program has been set for the year and promises to educate and entertain. Check out the events on our website www.paddle.mb.ca.

The Paddle Manitoba executive met in September 2007 for a day of strategic planning. In the upcoming year we hope to develop a children's program with tripping opportunities.

We will be looking to fill the following positions at the Annual General Meeting on Saturday, January 19, 2008:

Ripple Editor
Membership Convener
Secretary
Fundraising
Indoor Program

This is a chance to become involved and promote leadership to a great volunteer organization and paddling community.

Lastly, check out these interesting websites:

www.banaqua.org/cleanup
www.wffg.ca (Seth Woten)
www.cpaws.org (Jay Morrison)

Editor's Message

By Eric Gyselman

Almost time to hang up the paddle for another season! The hardy paddlers are getting in their last few days but it won't be long before ice covers all of Manitoba's waterways.

The feature article in this issue on the David Thompson Brigade paddle next summer should be of interest to us all. David Thompson is of course the famous Canadian explorer and map maker. While the article reads a bit like an infomercial, this is truly a national canoeing event and deserves the space in our newsletter.

I would like to introduce Becky Farguson to The Ripple. Becky lives in Brandon and works at Stream 'n Wood, one of our Lifetime Corporate Members. She will be keeping an eye on events going on in western Manitoba and helping with the training, events, and activities pages. Welcome Becky!

Finally, if anyone has ideas for articles on winter projects to keep us busy (and sane!) until spring, let Becky or I know. The winter and spring issues are great places for how-to articles.

The Most Canadian Experience You Will Ever Have

By Leanne Playter



Truly Canadian—Imagine yourself in the era of the voyageur, forging forward through rivers and landscapes unseen by anyone other than the native peoples, and unknown even to the explorers and fur-traders who would transform the face of the continent and the way of this new world. It was a time of change, of new adventure, of harrowing, even life-altering experiences. It was what shaped Canada as we know it; that which was built on the courage, the sweat, and the lives of our collective ancestors.

2008 marks the 200th anniversary of David Thompson's journey east to report remarkable news. He had opened up a trans-mountain trade route through the Rocky Mountains; an achievement that would change the new world forever. The 2008 David Thompson Brigade Society will commemorate this and his other successful endeavors with an event that is sure to make more than just waves... it will make history.

Paddle all or just a Few Days of the Trip... Without Breaking the Bank

The Brigade is a unique recreational event, leaving Rocky Mountain House, Alberta in May 2008 and journeying to Fort William (Thunder Bay), Ontario by mid-July 2008. The trip will take 63 days from start to finish, and is broken down into shorter sections for paddlers who want to take part but who may not have 9 weeks vacation time to spare.

Andy Korsos, President of The 2008 David Thompson Brigade Society says the Brigade Steering Committee has worked hard to make the event inclusive by welcoming all persons from all walks of life and locales to experience the culture, the heritage, the people and the truly Canadian vistas. Korsos also states, "We took a good look at what we would need to do to keep the event open and available. This meant segmenting the trip into sections that, time-wise, are manageable for most paddlers. We would love to have everyone stay on for the entire nine weeks to be immersed in the whole experience and we have several crews that will do that, but we also know that regular holiday time is all that some may be able to make it out for. And it is equally as important to keep the costs down to make the adventure accessible."

In fact, the cost is surprisingly low. Most organized paddling excursions are offered at thousands of dollars for a week or two out on the water. But the Brigade is not-for-profit and the committee has managed to keep fees for a paddler to be included in the entire trip in the hundreds. For those not making the whole trip, the cost decreases depending on how many days they will spend on the journey. Then it is just a matter of boat, food and gear... but there are even special deals here. For example, use of new equipment for free and purchases at very low cost from Totem Outfitters, facilities made available for camping, and meals provided by communities along the way, all of which makes for a very economical adventure.

Additionally, the fees that are paid by paddlers to participate go directly back into costs for the Brigade to function, such as route planning, advance scouts, safety planning and safety boats and personnel, so the value is multiplied.

Safety First... and Environment

Safety and environmental awareness are the reasons why there are a maximum number of crews that will be accepted, and also why the number may vary from section to section.

The Steering Committee has been working together for over two years to plan this extraordinary adventure while keeping a major focus on safe practices. Each crew will consist of eight to ten paddlers, and it is important to have mechanisms in place that ensure safety extends to everyone and everything, all of the time.

Korsos says the Committee and organizers take safety seriously, "We have a multi-tiered approach that includes each of the crews being accountable for safety in the boat. But we know that safety is about more than life-jackets and in-boat awareness. The safety plan extends to ground travel, communication methods, weather updates, daily crew captain reports, the need for support boats, and knowledge of local authorities and medical resources... Everyone involved in the Brigade must have a full understanding of the safety rules and procedures."



This summer, Brigade Logistics Coordinators traveled the rivers and visited communities to confirm the route and the safety requirements, as well as to meet with local agencies. Along the way, they took note of available resources and the number of people the land and water can support in each area and section of the route. The number of crews will be limited accordingly, and all participants educated to minimize the impact on the environment.

That awareness extends to the appropriate use of those resources which is important with a group this size. Most communities are providing campsites or other facilities, such as colleges, sports or fitness clubs, summer camps, resorts or parks, but even fields with portable services are being utilized where necessary. Each of these municipalities is a partner in the practical management of waste, water conservancy and recyclables as the Brigade moves along the route.

Community Involvement... Celebrate and Be Celebrated

The Brigade will travel through hundreds of communities, and visit dozens. Most of these stops will include public festivities, breakfasts, dinners or BBQs, and special events in honor of the "voyageurs" and the commemoration of David Thompson, as well as in celebration of the communities themselves.

There are many towns, villages and cities that hold fairs or festivals within their districts, but this inter-provincial event will bring wide exposure and bolster tourism to the area. In fact, this was one of the goals when the Steering Committee first came together. It seemed the clear choice, to do something positive with the attention a highly visible event like this can garner.

Chambers of Commerce and Economic Development offices are keen to host the Brigade. These agencies are fully aware that with a little marketing and publicizing the economic impact can be great, and being in the spotlight can have long-term benefits for local business as well as local residents.

A successful event creates a deep sense of pride within the community. When residents gather in a celebratory environment, relationships are created and reinforced,

and events that are staffed with community volunteers and supported by local organizations provide the basis for bringing people together toward a common goal.

Working together will most certainly strengthen the community; moreover it is a shared experience that will resonate with all participants, including the voyageurs. This is why the Brigade Committee has provided opportunities for any or all of the paddlers to take part in the festivities along with the residents and visitors who come out to greet them.

Although much of the emphasis for the paddlers is on being involved in a once-in-a-lifetime experience, many are equally excited about taking part in the cultural programs at communities. The north canoes will be ferried up to a central location where those in attendance, most particularly school children, are invited to mix with the voyageurs, ask questions, and inspect the canoes. Participants are welcome to talk about adventures they've had or great paddling trips they've taken. Many are happy to discuss their interest in the fur trade era, or explorers like David Thompson.

One of the most striking scenes of any brigade is the arrival. For the greeting celebration, the voyageurs will arrive "en masse". Imagine the impact of the vision and sound, described so well by the HBC's R.M. Ballantyne, as the brigade: "burst upon my view, while at the same moment the wild romantic song of the voyageurs, as they plied their brisk paddles struck upon my ear; and have felt thrilling enthusiasm on witnessing 30 or 40 of these picturesque canoes...half shrouded in spray that flew from the bright vermilion paddles"

With sights and sounds like that, it is easy to see why paddlers, sponsors, and communities are enthralled, and excited to take part. It is mutually inclusive, distinct, and it is shaping up to be a whole lot of fun for everyone.

And Now for a Message from Our Sponsor...

The Brigade has already captured the imagination of the media. News agencies, film documentarians, photographers and even a reality show producer have expressed interest in following these modern-day voyageurs on their journey. Though no decisions have been made, it is confirmation that this is an event people will come out for, and a story they will tune in to.

When asked about the enthusiastic response from businesses, Korsos says he isn't surprised, "As a businessman, I know that return on my investment is a key factor in agreeing to fund a project. This one is significant because, unlike most major events which last a few days or maybe a week, it is a nine week long promotional opportunity with a very broad audience." He adds, "What is exciting is that there is usually quite a gap between the two ends of the corporate to small business spectrum...our sponsorship inquiries are indicating that organizations of all sizes are seeing the benefit to advertising with and supporting the Brigade."



Interest from water-sport and paddling enthusiasts was anticipated, but those attracted to the commemoration aspect or who have an appreciation for heritage, history, education and culture are equally intrigued. Adventurers are taking notice, because they understand that over two months and nearly 3600 km traveling these Canadian rivers is a journey of epic proportions that may very well be the one major event of its kind they will witness or take part in.

After a recent airing of CTV's prime-time segment highlighting the upcoming events, the travel and tourism-oriented, sight-seers and festival-goers have also put this on their must-see list.

With so much focus preceding the event, a sponsor's company brand, products and services will have exposure from the time their participation is confirmed, through and after the event².

Why does this matter to paddlers? Well, the better the sponsorship a crew obtains, the less out-of-pocket expense and as one participant put it "the nicer the ride".

The Brigade Marketing Committee is available to work with advertisers and funders, whether major corporations who want the broad exposure or smaller businesses that want to contribute to the events within their communities. Due to the increasing number of inquiries, the Brigade Society has set up an email address that sponsors can use to get in touch with them directly:
coordinator@2008thompsonbrigade.com.

Legacy

When something like this has the ability to reach so many people, it is sometimes difficult to pin-point what the true legacy might be. The mission statement for the Brigade is succinct:

"First and foremost, to provide a supportive and safe environment for paddlers in voyageur canoes to travel from Rocky Mountain House, AB to Fort William, ON; Second, to educate the public about the achievements of David Thompson; And last but not least, to celebrate the fur trade period of Canadian history."

Though the Committee has always been determined to leave something positive and meaningful behind, it seems now that the legacy may be much broader than expected. There are the points that are clearly stated in the mission statement about creating awareness of David Thompson and the Canadian fur trade period. But then there are others that are unspoken though equally as valuable.

Its meaning in part is to educate by commemoration of Thompson, but the Society has taken it a step further by forming an EduKit Committee to put together a children's information and activity package being referred to as a "FunKit". It will tell the story of David Thompson, his wife Charlotte Small, their children and the hardy voyageurs, through crafts, coloring pages, music and information about life in the fur-trade era. The FunKit will be presented as a gift to each of the communities. It is a thank you with added purpose: "to initiate interest in heritage, to retell the stories and echo our history, so that our youth will know it, care for it and learn from it."

And then there is this: Recreational paddling clubs across North America are excited about the focus there will be on their genre of paddling. With "extreme" so often the prefix to sports and other activities these days, it is reassuring that the interest has been high for the Brigade. This doesn't just speak to the connection Canadians feel to their shared heritage and to the water. It is confirmation that recreational paddling is alive and well in Canada and the rest of the continent.

Life seems to rush past so many of us, and this event provides the opportunity to reflect and enjoy the breathtaking views that can only be witnessed from our rivers and lakes. The camaraderie that builds within a group paddling together is a special tie created from being out in the fresh air under wide open skies, sharing thoughts and conversation. Mix in a few light rapids for excitement and it is the full experience.

What is interesting is that the participants who are inquiring and registering come from all styles of paddling, such as flatwater, whitewater, outrigger, dragon boat, and recreational; even people who have taken up canoeing



or kayaking because it falls in line with their interest in nature, or the historical aspect, including interpreters and re-enactors who want to experience the lifestyle of the voyageur. Age is not an issue either, with people from youth to the retired signing up and ready to go.

The Committee itself is made up of members with diverse backgrounds, a broad range of careers, and a canoe-load of varying experiences. This is what led to the following excerpt about the inspirational value of the Brigade in a section of their documentation titled "Who will it Touch and Why":

"There are a multitude of reasons why so many will take part. This adventure is...

- A photographer's vision
- A writer's inspiration
- A painter's paradise
- A philosopher's awe
- A poet's muse
- A family's connection
- A paddler's reality
- A sports lover's challenge
- A business brain's peace of mind
- A fitness fan's marathon
- A songwriter's lyric
- An adventurer's "once in a lifetime"
- An incredible opportunity for participation in a highly visible, completely unique event"

Flowery, yes, but it speaks to that mixture of intangible benefits that are almost impossible to measure in any quantifiable way; the inspirational value of the Brigade, the excitement, the passion, and the interest. That combined with a series of measurable tangible benefits such as new partnerships and increased levels of participation³ leads to legacy.

Get On Board... It's Easy

The Brigade is welcoming paddlers, volunteers, communities and sponsors to become involved and information is available via email, or if you prefer, you can get a real voice on the other end of the phone.

North canoes can be rented, borrowed from canoe clubs and other groups, or purchased. Some crews have clubs or sponsors purchasing the boats in exchange for advertising, and then are donating them back at the end of the trip or auctioning them off to raise money for other community programs and charities.

The Brigade website at www.2008thompsonbrigade.com provides detailed information. The Downloads page has the Host Community Package posted, which assists communities in planning for the Brigade's arrival, and how to take best advantage of the hosting opportunities.

Also available is the Registration & Information Package, which contains everything needed for crews to get on board. If you are an individual looking to join a crew or a crew looking for paddlers, the Brigade Committee has created a contact document to help people find each other. The document is secure and available only to society members. The required Society Membership Forms can be found on the website.

Additionally, in keeping with their goal of making this adventure accessible the Committee is offering reduced rates to those who register prior to October 31, 2007.

The Question

It has taken years of direct planning and combined effort to bring the event to the point of accepting registrations. Korsos says "it has already been an incredible experience, having these amazing people volunteer their time and energy to make this movie that has played in my head for years a reality. It is now a shared vision that the Brigade Committee has worked very hard to bring to fruition, and I am extremely excited about what we've accomplished as a team."

The question most often asked is what prompted such a huge undertaking...What are the origins of The 2008 David Thompson Brigade? The answer is simpler and more humble than most would think. It all began with an eight year old boy, a great book, and a dream.

It's a good story, and Korsos will be there for the entire journey... Why not come out and ask him first-hand? After all, every voyageur loves to share a hearty tale. In fact, it's difficult to stop them!

Leanne Playter leanne.playter@arcturusconsulting.net is a writer and a partner at Edmonton's historical & contemporary geomatics firm, Arcturus Consulting www.arcturusconsulting.net. She is Community Coordinator for The 2008 David Thompson Brigade and a member of The North American David Thompson Bicentennials Executive.

¹ Based on an article by Carolyn Morris

² Based on sponsorship support throughout Brigade

³ Based on an article by South West Regional Development Agency **R**



navigation

By Eric Gyselman



The Global Positioning System (GPS) is arguably the greatest advancement in navigation since the invention of the compass in the 11th century. It has literally revolutionized navigation at all levels, from military to commercial to civilian applications. GPS receivers are becoming cheaper, smaller, simpler, and more reliable every day. However, they are not foolproof and a basic understanding of how the system works and its limitations is essential. The next two articles in this column will look at the fundamentals of the GPS.

The Global Positioning System is actually a form of navigation based on satellite technology. Three systems are currently operational: the Russian GLOSNASS system, the Chinese BEIDOU system, and the American NAVSTAR system. It is the NAVSTAR system that virtually all civilian GPS receivers in North America use. When the term GPS is used in these articles, I will be talking about NAVSTAR. The European Space Agency is bringing a fourth system, GALILEO, into service in about 2012. I will discuss it in more detail in the next article. All of these GPS systems use similar principals, so the discussion below applies to all but the details, of course, vary.

The NAVSTAR GPS system was originally designed for military applications and is operated by the U.S. Department of Defence. It became fully operational in 1994. The system is composed of a minimum of 24 operational satellites in six orbital planes 60° apart. Each plane contains 4 satellites. The planes are inclined at 55° to the equator. In this configuration, at least 5 to 8 satellites are 'visible' at any time between 75°S to 75°N latitude (GPS will work north and south of these limits!). The whole system has a total of 31 satellites. The seven additional satellites provide a level of redundancy and security as well as allowing individual units to be taken off line for recalibration and orbit correction. The GPS satellites as a whole are referred to as the 'Constellation'.

The basic principals of Global Positioning Systems are simple. Satellites in orbit around the earth are continuously

transmitting time signals from highly accurate atomic clocks on board each satellite. The ground receiver, that little electronic device in your hand, listens for these signals. Even though the signals travel at the speed of light, it does take a measurable amount of time for the satellite signal to reach the receiver. The receiver measures this time and, multiplying by the speed of light, calculates how far away the satellite is. If the receiver knows the distance from a number of satellites (3 is the minimum) and where those satellites are in space, it can calculate its position on the surface of the earth. I think of it this way. If the GPS receiver knows how far away it is from one satellite, then you know you are somewhere on the surface of an imaginary sphere whose radius is equal to the distance from you to that satellite (fig. 1). If the GPS receiver knows how far away it is from two satellites then you have to be on the surface of both imaginary spheres. These two spheres must overlap and where they overlap forms a circle (fig. 2). So if the receiver calculates how far away you are from two satellites, you know you are somewhere on the circle where the two spheres overlap. Add a third distance from a third satellite and you have a third sphere that intersects the circle at two points (fig. 3). Now you know you are at one of these two points. Your receiver is smart enough to know that one of these two points does not make any geographic sense. It's either off in space somewhere or inside the earth. Consequently, if your receiver can 'see' three satellites, it can determine where you are on the surface of the earth. Add a signal from a forth satellite which creates a fourth sphere and the receiver has enough information to calculate both location and elevation.

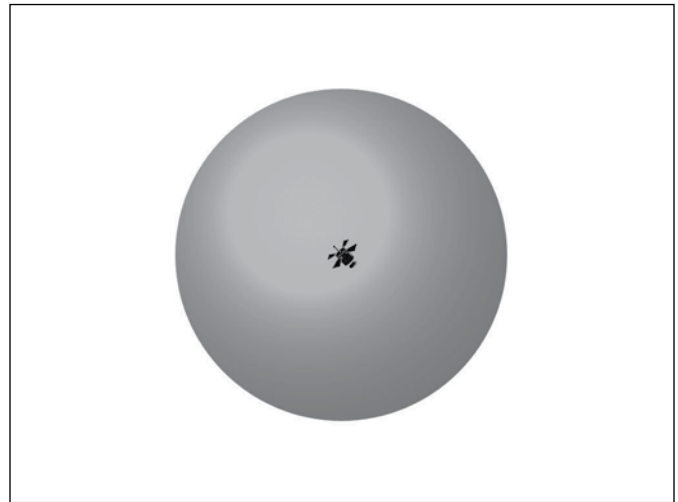


Figure 1

When I talk to people about the GPS, the first question is usually: "How accurate is it?" This requires detailed explanation, so I will devote the entire article in the next issue to accuracy. Probably the next most common question is: "Why does it take so long for my position to show up when I first turn the receiver on?" This one is a little simpler to answer. Remember that the key to the

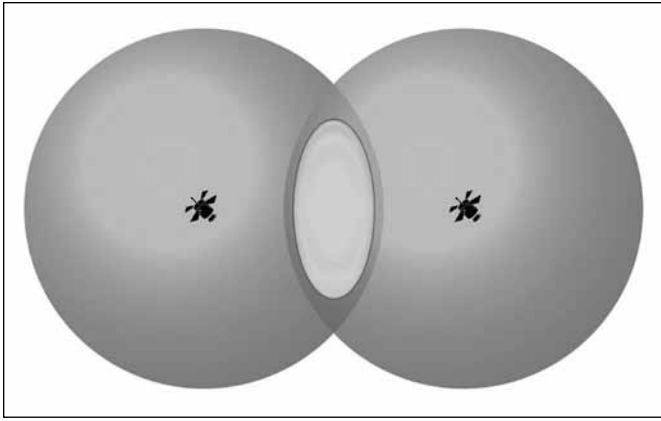


Figure 2

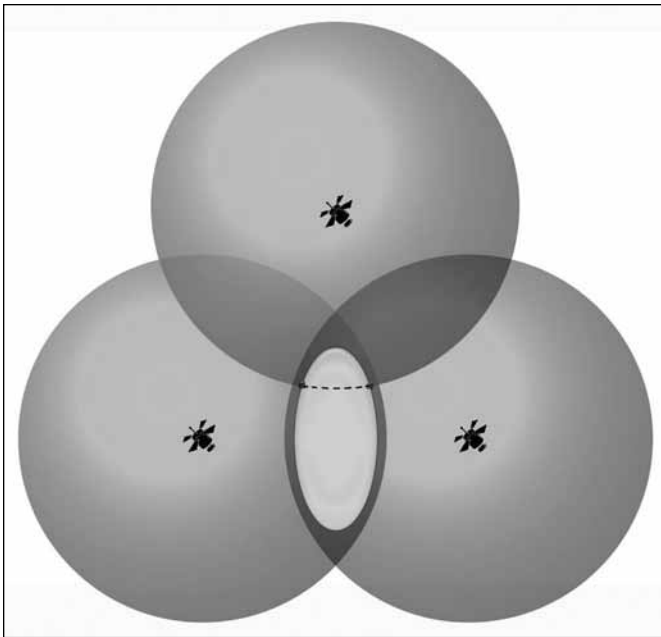


Figure 3

GPS system is the ability of the receiver to know exactly how far away the satellite is. To do this, it needs to know some key bits of information. First, it needs to know which satellites are currently within view and their approximate location. In GPS jargon, this is called the 'Almanac' data. Each of the GPS satellites transmits these data about every 15 minutes and it takes about 15 minutes to download the data. However, the receiver needs far more accurate satellite position information than what is contained in the Almanac data. In fact, the position of each satellite is known with 1 m – quite a feat in itself. This position information is known as the 'Ephemeris' data. Each satellite transmits its own ephemeris data every 30 seconds. So when you first turn on your GPS receiver at a new location or after it has been off for a long period of time, it must download the Almanac data for the Constellation then the Ephemeris data for each satellite within view. This can take as long as 15 or 20 minutes in some cases (often less time is needed because only a partial download is required). The good news is that these data are saved by the receiver,

so if it is turned off then turned on again near the same location or within a reasonable period of time, it can use the stored Almanac and Ephemeris data in memory rather downloading new information. Consequently, it can determine its position much more quickly.

Another question that is often asked is: "Why does the receiver watch up to 12 satellites when only 3 are needed for a location fix?" The receiver is smart enough to watch all available satellites at once. It picks those with the strongest signal and the best geometry in the sky to give the most accurate position fix. The receiver may appear to be inert in your hand but it is actually constantly listening to all the available satellites and calculating and recalculating its position. Its objective is to provide the most accurate position fix. You can actually see this happening. When you first turn the receiver on and it gets its first position fix, it will provide an estimate of the possible error in the fix. This error estimate usually drops over time as the receiver recalculates its position over and over again using different satellite combinations trying to minimize the position error.

Today's GPS receiver are busy little instruments, constantly listening for signals, calculating positions, creating navigation routes and tracks, and displaying a variety of information like speed, heading, sunrise/sunset information, and a host of other useful (and useless) bits of trivia for the operator. Most of this is done automatically but it is up to the operator to choose a couple of key bits of information for the receiver. First, what units do you want it to display: geographic coordinate system (latitude and longitude) or UTM? Secondly and perhaps most important, what datum do you want to use? Both of these have been covered in this column in earlier issues. The coordinate system you choose is largely a personal preference. The datum is not. If you plan on using the GPS information in combination with a map, look for the map datum (usually along the border somewhere) and the set the GPS to the same one. In North America, NAD83 is most often used but occasionally older maps use NAD27. If in doubt, choose NAD83 since these are the current standard for North America. WGS84 can be substituted for NAD83 since they are virtually the same. If your receiver is not set to the correct datum, the location information may appear to be incorrect. For example, in Manitoba if your receiver is set to NAD27 and the map is NAD83, expect to be out by about 200 m when the GPS coordinates are transferred to the map.

So there you have the basics of the GPS. But be careful! It is not a perfect technology. Problems with signal reception can occur and the positions displayed do have an error associated with them. In the next article, I will describe problems, sources of error, and a few of the more common ways of increasing accuracy.

My thanks go to Charles Burchill for his critical review of this article. He caught a couple of errors and made some suggestions that clarified the explanations. **R**

Paddle Manitoba Calendar of Events

Wilderness Edibles

Date: Saturday, 20 October 2007

Location: Fort Whyte Alive Interpretive Centre

Time: 7:00-9:00 pm

Admission: The public is welcome. Free to all Paddle Manitoba and Fort Whyte Alive members. A \$4.00 dollar donation from non-members is gratefully accepted. Coffee and soft drinks will be served. Beer is for sale.

So many tasty looking wild plants - which ones can you eat? From fiddleheads to fennel we have all experienced the joys of cooking with the fruits of the forest - but not every green is tummy friendly. Learn more about wild produce, and the medicinal properties of common plants found beside the portage trail. Bring your own discovery for identification by our botanical experts.

Paddle Canada Annual General Meeting

Date: 26-28 October 2007

Location: Fort Whyte Alive

Representatives from across Canada will meet in Winnipeg to discuss paddling programs and advocacy issues. The first Paddle Canada meeting was held here in 1975. Please join us in welcoming the Paddle Canada board and executive.

This will also be the first time that our president, Richard Alexander from Newfoundland, will have seen a bison.

The 2007 Waterwalker Canoe And Kayak Film Festival: Second Showing

Date: Sunday, 18 November 2007

Location: The Park Theatre (Osborne)

Time: 1:00 - 5:00 pm

Admission: \$10.00 at the door. Call Lori at 589-2783 for more information.

For those who did not have a chance to see the first showing, we again present the year's top canoe and kayak films from around the globe. Join a group of female, whitewater kayaking doctors in Africa as they paddle local rivers and deliver medical services to their host communities. Sea kayaks the misty shores of the Queen Charlotte Islands, and then find out what exactly is meant by "Canoe Poling". In four hours of great cinema we will feature the best of the best - just like Cannes without the paparazzi! Support Paddle Canada's instructional programs through this important fundraiser. Great snacks and specialty coffees available.

Members Night at Mountain Equipment Co-op

Date: Saturday, 24 November 2007

Location: M.E.C., 303 Portage Avenue

Time: 7:00 - 9:00 pm

Admission: Paddle Manitoba members only please.

It comes but twice a year and just in time for Christmas. We'll have the coffee and cake ready, as you enjoy some great paddlesport savings in the downtown core. Enjoy 10% off all regular priced merchandise in the store. Buy a gift for a friend or get a new boat ready for spring.

River Secrets: Paddling the Path Less Travelled and the Paddle Manitoba Annual General Meeting

Date: Saturday, 19 January 2008

Location: Fort Whyte Alive Interpretive Centre

Time: AGM 6:00 - 7:00 pm / River Secrets 7:00 - 9:00 pm

Admission: The public is welcome. Free to all Paddle Manitoba and Fort Whyte Alive members. A \$4.00 dollar donation from non-members is gratefully accepted. Coffee and soft drinks will be served. Beer is for sale.

Manitoba's top river guides will wet your traveler's appetite with stories and pictures of faraway places that await your paddle. From the shores of Hudson Bay to the Arctic Tundra to South America - come explore the land beyond the guide books.

All members are encouraged to attend and vote at the AGM before the meeting.

GPS and Compass Navigation

Date: Saturday, 16 February 2008

Location: Fort Whyte Alive Interpretive Centre

Time: 7:00 - 9:00 pm

Admission: The public is welcome. Free to all Paddle Manitoba and Fort Whyte Alive members. A \$4.00 dollar donation from non-members is gratefully accepted. Coffee and soft drinks will be served. Beer is for sale.

The mysteries of navigation will be explained in this informative session hosted by Paddle Canada instructors. Learn how to use your GPS functions beyond basic location finding, and prepare yourself for what to do when your GPS doesn't work.

Wilderness First Aid

Date: Saturday, 19 April 2008

Location: Fort Whyte Alive Interpretive Centre

Time: 7:00 - 9:00 pm

Admission: The public is welcome. Free to all Paddle Manitoba and Fort Whyte Alive members. A \$4.00 dollar donation from non-members is gratefully accepted. Coffee and soft drinks will be served. Beer is for sale.

If you go out in the woods today - you just might get hurt. So how do you set that sprained ankle or treat a campfire burn? Our crack team of Paddle Manitoba doctors and paramedics will share the best options for medical treatment when you're far from the nearest hospital.

2008 Waterwalker Canoe and Kayak Film Festival

Date: Sunday, 16 March 2008

Admission: \$10.00 for everyone

The year's best paddling films will fire your spirits in the depths of a Manitoba winter. There's something for every enthusiast - double or single blade - from all corners of the world. Created to honour the memory of Winnipeg's own Bill Mason, this annual festival encourages us to value and preserve our wild spaces. Come and join us for a magic day of great films and paddling stories.

Paddle Camp: Canoe and Kayak Skills Program

Date: 16-19 May and TBD in June 2008

Location: Manitoba Pioneer (Shoal Lake) and the Whitemouth River

If you are looking to improve your skills as an instructor or casual paddler then get yourself to Paddle Camp! Whether you're a scout or guide leader, camp counselor, teacher, or just an enthusiast, we have a program for your skill level. Paddle Canada certification courses in Canoeing, Canoe Tripping, Kayaking and Whitewater Canoeing will be offered for instructor and skill level candidates alike.

Enjoy a weekend with fellow paddling enthusiasts on the shores of beautiful Shoal Lake. The province's top instructors and instructor trainers will provide a progressive, personal learning environment for all experience levels. As part of your course fees you receive meals, accommodations and Paddle Canada certification.

Registration: Contact the Instructor Convenor, Cameron White, at (204) 878-3570 or cwhites@mts.net for more information.

Manitoba Paddlefest

Date: 7 June 2008

Location: Fort Whyte Alive

Time: 10:00 am - 4:00 pm

Admission: No charge. Children and families welcome.

Manitoba's biggest paddling event returns. Paddlers of all skill levels and interest will enjoy the chance to take part in clinics and workshops throughout the day. Participate in a mini Paddle Canada kayak lesson, learn how to campfire cook like a gourmet, and check out the latest gear and boats to hit the water.

This event is designed for those who are interested in canoeing and kayaking, and want to explore all that is offered by these great activities. Families are welcomed and encouraged to take part in our on-water clinics hosted by Paddle Canada instructors

Natural History

By Cathy Foster and Cary Hamel

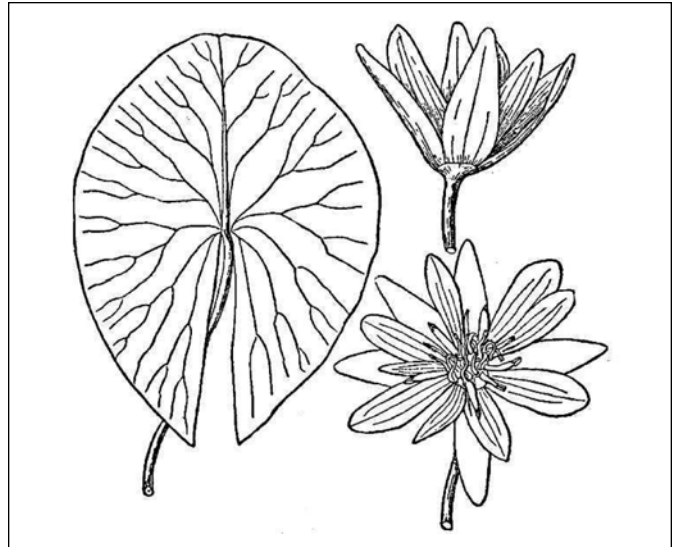
HAVE YOU SEEN THESE RARE WATER-LILIES?

This article originally appeared in the Whiteshell Echo 24:2 (June 2004)

Southeastern Manitoba, including Whiteshell Provincial Park, supports many plant species that are rarely seen elsewhere in Manitoba. As an example, two of the area's water-lily species are considered provincially rare. Your assistance is requested to collect information on these species in order to better understand their range and abundance in Manitoba.

A total of three species of white water-lilies have been recorded in the Whiteshell. The Dwarf water-lily (*Nymphaea leiberghii*) is thought to be the most common. However, in the past it has been confused with the rare Pygmy water-lily (*Nymphaea tetragona*). A third species, the Fragrant water-lily (*Nymphaea odorata*), is also rare and is distinguishable by its larger flowers with more numerous petals. The smaller yellow water-lilies of the genus *Nuphar* are not considered rare. All three white water-lily species have large, circular leaves that are split between the stem and leaf edge. The leaves float on the surface of calm water and are green above and often purplish below. Flowers are usually white although those of the fragrant water-lily are sometimes pink.

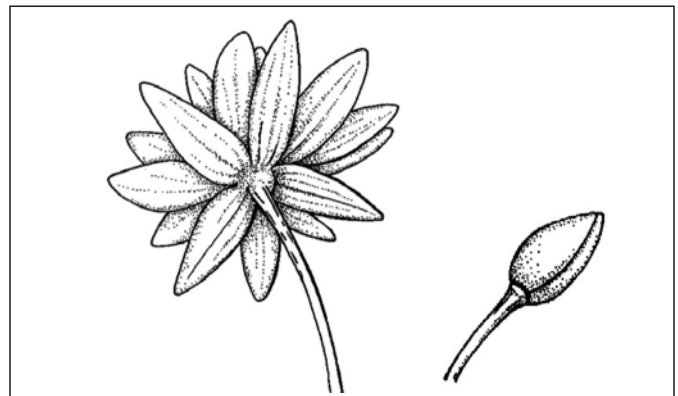
The Dwarf and Pygmy water-lilies are very similar. The leaves have 7-13 main veins and range in size from 2 x 3 cm to 15 x 19 cm ($\frac{3}{4}$ x 1 $\frac{1}{4}$ inches to 6 x 7 $\frac{1}{2}$ inches). Pygmy leaves tend to be slightly smaller and thinner with raised veins while Dwarf leaves tend to be thicker with impressed veins (observed from below). In addition, Pygmy leaves are sometimes mottled with reddish brown or purple above, especially when young. Pygmy flowers also usually have purplish centres.



The rare Pygmy water-lily

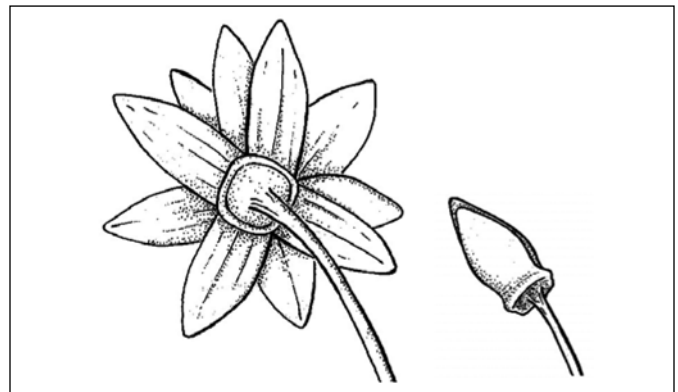
(© USDA-NRCS PLANTS Database / Britton, N.L. and A. Brown. 1913. *Illustrated flora of the northern states and Canada* Vol. 2: 80).

The most obvious difference between these two species is seen when the flower is flipped upside down; a square is formed where the Pygmy water-lily flower parts attach to the stem. This feature is not apparent in Dwarf water-lily.



The common Dwarf water-lily flower and bud from below

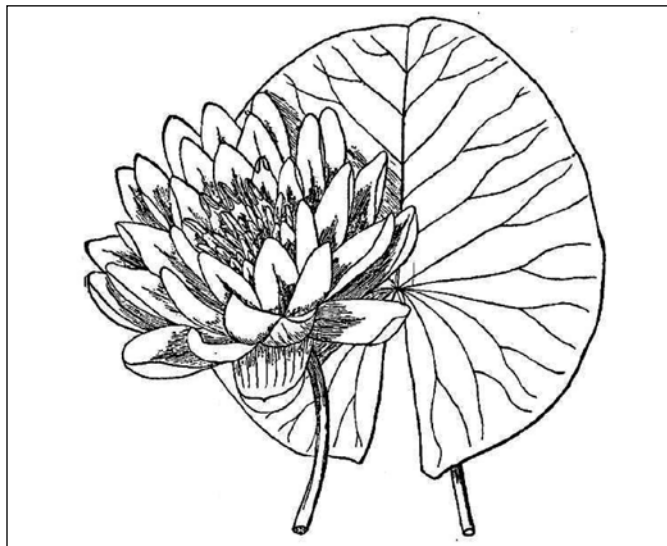
(© New York Botanical Garden from Brittonia 48(4): 520-531).



The rare Pygmy water-lily flower and bud from below

(© New York Botanical Garden from Brittonia 48(4): 520-531).

The leaves of the larger Fragrant water lily range in size from 10 x 10 cm to 40 x 40 cm (4 x 4 inches to 16 x 16 inches). They tend to be rounder in outline than the other two species and have more veins (6 to 27). While the flowers of the other two species have 8 to 17 petals and are 3 to 7.5 cm (1 to 3 inches) in diameter, those of the Fragrant waterlily have 17 to 43 petals and are between 6 and 19 cm (2 ½ to 7 ½ inches).



The rare Fragrant water-lily

(© USDA-NRCS PLANTS Database / Britton, N.L. and A. Brown. 1913. *Illustrated flora of the northern states and Canada* Vol. 2: 79).

All three water-lilies typically grow in slow-moving or stagnant water in lakes, rivers and ponds. In the Whiteshell, good places to see white water-lilies are at "The Lily Pond" on Highway 44 west of Caddy Lake and along slow-moving portions of the Whiteshell River. Flowering can occur throughout the summer, particularly late summer.

Researchers from the Manitoba Conservation Data Centre (CDC) are trying to learn more about the distribution and abundance of white water-lily species in the Whiteshell and southeastern Manitoba. The CDC's mandate is to collect, maintain and provide information on the province's biodiversity. If you see white water-lilies, especially the Pygmy or Fragrant water-lily species, CDC staff would like to hear from you. Please report any observations to the CDC and include as much of the following information as you can:

What: Which species do you believe the plant to be, how confident are you and why?

Where: Be as specific as possible. Use odometer readings to a known landmark or note the location on an existing or hand-drawn map.

When: Date(s) of observation.

Population description: How many plants are there (specify if precise count or estimate). How large of an area do the plants cover and what is the distribution pattern (are they

spread out or in clumps?). What percent are flowering? What is the flower colour?

Habitat: What type of water body (pond, lake, river, etc)? Is the water stagnant or moving? What other vegetation is growing in the area? Are the plants in full sun? Do you see any type of disturbance or threat to the population?

Contact Information: Name, address, phone number, e-mail.

Take a picture if possible but DO NOT remove any plants. It is illegal to collect plants in a provincial park without first obtaining a permit. Always take care when surveying shorelines and aquatic areas – sturdy footwear and a life jacket are wise precautions.

For further information about the CDC and rare species in Manitoba please visit our website:

<http://web2.gov.mb.ca/conservation/cdc/>.

You may also use our on-line form for reporting a rare species.

To report observations contact:

By Telephone: Catherine Foster (204) 945-6816 or

By Fax: (204) 945-3077

By Email: cdc_wildl@gov.mb.ca

By Mail:

Manitoba Conservation Data Centre

Box 24, 200 Saulteaux Cres.

Winnipeg MB R3J 3W3 **R**





By Lori Slobodian

It's the last day of my all too short summer holidays and I find myself with a combination of a wonderfully calm sunny Sunday and no one to paddle with. Luckily, just the day before, I had taken a Flat Water D (Solo) canoeing course, and so, I think, what better time than now to put these new found skills into action.

Our Solo course, held at Fort Whyte Alive Adventure Centre, began with three of us, all women, sitting on shore with our instructor, covering the basics of canoeing safety and history. Then it was time to get onto the water. We slipped our canoes past a group of all women kayakers also taking a course. Our instructor remarked that these days a kayaking course full of women was not uncommon, but he was happy to have a group of all women solo canoeists. We looked at each other and smiled nervously. I think we were all concerned about our canoe handling abilities and particularly because the wind had continued to build through the morning.

As the wind howled, we climbed into our boats and in no time at all we were blown to the far end of the pond. With all of us struggling to make it back to the dock, it became obvious that we would have to retreat to what we hoped would be calmer waters at LaBarrier Park. No such luck. The winds made for an extremely challenging day, and in the end we decided to complete the course at a later date, but not before learning key lessons about how our boats reacted in such conditions.

As I drove home from the course and reflected on the day, I thought back to the instructor's remark about the lack of women in solo canoe courses, and the possible reasons why this may be. Thinking of my own reason for not going solo, I imagined others thought the same way. To start, there's the prospect of getting a boat on and off the car single handed. Then there's getting the boat into and out of the water. And finally navigating and camping as a solo endeavour always seemed just beyond my comfort level. The course had given

me the tools, but I think that what perhaps I lacked was the confidence that I could go out on my own and enjoy it.

So as I head out on my own, this bright Sunday morning, I ponder all of these things. Can I accomplish this for the first time on my own? I have owned my boat now for just about 7 years, but this is the first time I am completely solo. Even after taking the course, I wonder if I am able to repeat the steps our instructor showed us to effortlessly lift a 50 lb canoe over my head? I am starting to have some doubts. I did it yesterday, but in the company of my fellow paddlers as spotters. I arrive at the park and already the fishers have set up camp on the banks. Great, an audience! As I un-strap the boat, I run through the hand placements in my head (the identification of the 'which-way' hand being key) and before I know it the boat is safely at the shore. Step one & two complete, the boat is now waiting for me to take charge and hop in and paddle gracefully down the river.

As I push off shore I think about something else the instructor had said, "Kneel long enough and your legs will go numb, you won't feel it at all!" There was no doubt that kneeling for the day had left my ankles sore and the back of my legs stiff. Fortunately I had spent the week prior to the course in a yoga class, stretching muscles and ligaments in new directions! Now I find myself thinking about my yoga class and my encounter with the wind. How similar fighting the wind was to fighting with my body to get it into those new yoga poses. And as in yoga, if I would just breathe and relax into the technique, it would not require super human strength to muscle through it. All that was required was a properly placed stroke, a calming breath and I could easily move the canoe where I needed. Who knew yoga and solo canoeing could provide such similar lessons?

Today is yet another lesson as I test how long I can actually kneel for. I find that with a little bit of strategically placed foam, and some rest breaks, I can paddle all the way from the landing at LaBarrier to the bridge at the golf course, relatively pain free, and I enjoy this time, on my own, moving quietly through the water.

I land the boat back at the launch, and there are two moms and several kids getting ready to take their two canoes out. As I move my boat from the water to the car rack by myself, I notice the family watching me and I feel hopeful that I am providing an example of another option for enjoying the canoe.

There certainly is no denying that it is more work doing it on your own, but it is also extremely gratifying getting your own boat out and moving it through the water under your own speed, on your own time and in your own style.

So don't be intimidated by solo canoeing. Take a course, give it a try, you may be amazed at yourself, how graceful the boat feels as it responds to your paddle strokes, and the feeling of independence it gives you.

Now to try a solo camping weekend! **R**

Wednesday Paddles at La Barriere 2007

Since May second I have woken up 21 Wednesday mornings with the expectation of going for a paddle at the end of the day. Before leaving for work I always checked the weather and the list of people that had called (or emailed) over the prior few days. Fairly often the weather prediction was for rain or showers, but I knew that it would at least be dry if not clear - it always was (and is) for these canoe outings.



I made sure that the keys were where they should be and that my sun and tree paddle, at least, was ready to go. I looked forward to the end of a long work day, one that never seemed to end and always had two or three additional requests and meetings to patiently deal with; all I wanted was to get out and launch my canoe.

One hundred fifty four participants came to paddle over the summer. I met many new people; some had canoed before with years and thousands of kilometers under their belts, for others sitting in a canoe was a brand new experience. A few people came to practice their skills before taking a course, or after. I had the pleasure of helping a number of people hone their skills when working on a skill level - I learned a lot from these same people about my own skills.

There were several regular paddlers who were more than willing to share their time, experience and skills with others. Greg, who always brought his own canoe, but inevitably helped get canoes out, and put them away. Brent came out many weeks and provided almost as much direction and support as I did - he even gave me many rides to the park.



Eric had a chance to practice both paddling and instructing skills in his red canoe. Sharon was willing to paddle with anyone who also came out to experience paddle and canoe.

I want to thank those members of the Paddle Manitoba board who regularly came out to paddle, help others, and show that paddling in the city is just as important as those wilderness trips we all dream about. It is an important opportunity to give people a chance to paddle, practice, or just experience a little wilderness close to home. These short paddles provided an introduction to the wilds close to home and help build a shared understand of the need to conserve and cherish the wilderness and waterways for others to enjoy.

Thanks for a great summer of paddling; I will be out again next summer. **R**



Registrations are now being accepted for The 2008 David Thompson Brigade

www.2008thompsonbrigade.com

PADDLE ALL OR JUST A FEW DAYS of this recreational trip! Leaving Rocky Mountain House, AB in May/08 and journeying to Fort William (Thunder Bay), ON by mid-July/08 with 25' voyageur canoes

A PADDLING EVENT OF THIS MAGNITUDE has not taken place on our rivers since 1967

RELIVE HISTORY AND MAKE HISTORY

As a modern-day voyageur, you will follow in the paddlestrokes of David Thompson's 1808 brigade

CELEBRATE AND BE CELEBRATED

as communities we visit hold festivities in honour of David Thompson and the 2008 Brigade voyageurs

For more information email to: info@2008thompsonbrigade.com



Where nature still rules

WOODLAND CARIBOU

PROVINCIAL PARK

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 groups 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 is 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,
Box 5003, Red Lake, Ontario, P0V 2M0
Tel: (807) 727-1329 e-mail: woodland_caribou.mnr@ontario.ca
Check us on line @ www.OntarioParks.com

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Private Instruction
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Phone 204.470.4872

email yak@wavpaddling.ca

"See you on the water!"

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) *Do Not Mail Cash*

Individual (Adult)	\$30
Lifetime Individual (L. Ms. add \$10 per year for Kanawa subscription if desired)	\$200
Family (two persons, same household)	\$40
Corporate (Business)	\$100
Lifetime Corporate (add \$10 per year for Kanawa subscription if desired)	\$300
Instructor	\$50.00
Lifetime Instructor	\$250.00

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 November 1 expire December 31 of the next membership year.

Member Interests (please check all that apply)

- | | | | |
|------------------------------------|------------------------------------|---|-----------------------------------|
| <input type="radio"/> Canoeing | <input type="radio"/> Kayaking | <input type="radio"/> Beginner | <input type="radio"/> Movingwater |
| <input type="radio"/> Family | <input type="radio"/> Experienced | <input type="radio"/> Whitewater | <input type="radio"/> Tripping |
| <input type="radio"/> Competitive | <input type="radio"/> Intermediate | <input type="radio"/> Flatwater/Lakewater | <input type="radio"/> Instructing |
| <input type="radio"/> Recreational | <input type="radio"/> Novice | | |

Interested in helping out? Which committees interest you? (please check your interests)

- | | | |
|--------------------------------|----------------------------------|-----------------------------------|
| <input type="radio"/> Resource | <input type="radio"/> Membership | <input type="radio"/> Instruction |
| <input type="radio"/> Advocacy | <input type="radio"/> Newsletter | <input type="radio"/> Executive |

Cut out and mail with payment to:

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

Paddle Manitoba Volunteer Positions

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

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

Please tell us how **you** could help Paddle Manitoba achieve its objectives. Contact the appropriate convenor (listed on page 3) for more information on how to contribute in these areas.



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



Paddle Manitoba Lifetime Corporate Members



Mountain Equipment Co-Op

Everything imaginable for canoeing and kayaking. Special members' only discount nights hosted twice a year. A wide selection of repair, rescue, and outfitting accessories. Home of Seaward composite kayaks and Pyranaha whitewater boats.

Address: 303 Portage across from the True North Arena.

Phone: (204) 943-4202

Website: www.mec.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 of 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: rrop@mts.net

Website: www.redrivercanoe.ca



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: 255 Tache Avenue, Winnipeg, MB R2H 1Z8

Phone: (204) 775-2462

Email: aem@mts.net

Website: www.aeminfo.mb.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. Paddle Canada instruction also available.

Address: Box 23, Lorette, MB R0A 0Y0

Phone: (204) 878-3570

Email: rro@mts.net

Website: www.redriveroutfitters.ca



WAVpaddling

WAVpaddling is central Central Canada's 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: Comp. 132, RR 5, Dauphin, MB. R7N 2T8

Local Cell: (204) 470-4872

Toll Free: 1-866-440-2349

Email: yak@wavpaddling.ca

Website: www.wavpaddling.ca



Wilderness Spirit

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

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

Phone: (204) 452-7049

Email: info@wildernessspirit.com

Website: www.wildernessspirit.com



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/



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 Lagimodiere Blvd.
Phone: (204) 231-8226
Email: wavetrak@mts.net
Website: www.wilds.mb.ca/wavetrak/



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



Northern Soul

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

Address: 67 Cunnington Avenue, Winnipeg,
MB R2M 0W4
Phone: (204) 284-4072
Email: adventure@northernsoul.ca
Website: www.northernsoul.ca



Stream 'n Wood

Outfit your next adventure with Brandon's outdoor centre – Stream 'n Wood. We offer four seasons of gear including canoes from Old Town and Esquif, and kayaks from Necky and Ocean Kayak. Southwest Manitoba's largest bike sales and service centre is also located in our new store, along with our paddlesport rental department. Let our knowledgeable staff help you plan your next wilderness trip!

Address: 135 17th North, Brandon MB
Phone: (204) 727-2767
Email: becky@streamnwood.com
Website: www.streamnwood.com



Wilderness Supply

More than a store... a lifestyle. Winnipeg's family run outdoor store where the staff always have time to chat and the coffee pot is always on. Suppliers of fine canoes and kayaks as well as equipment to fit all your outdoor needs

Address: 623 Ferry Road, Wpg, MB R3H 0T4
Phone: (204) 783-9555
Email: info@wildernesssupply.ca
Website: www.wildernesssupply.ca



Woodland Caribou Provincial Park

Ontario's Woodland Caribou Park shares a boundary with Manitoba's Atikaki Park, but nature knows no boundaries. Here begins the Bloodvein River, a Canadian Heritage River which draws paddlers from around the world. Park permits are required of paddlers, and the revenue generated from permit sales is reinvested in the management of the park. Let us help you plan your next adventure in one of Ontario's great natural treasures.

Address: Box 5003, Red Lake, ON P0V 2M0
Phone: (807) 727-1329
Email: woodland.caribou.mnr@ontario.ca
Website: www.OntarioParks.com



Manitoba Pioneer Camp

Manitoba Pioneer Camp offers a variety of exciting programs that specialize in wilderness canoeing and adventure programs both in our children's camps and through Wildwise, our out-tripping program. Located in pristine wilderness on two Shoal Lake islands, we have been providing traditional wilderness camping experiences for children, youth and adults since 1942.

Address : 640 Broadway Avenue, Winnipeg
MB R3C 0X3
Phone: (204) 788-1070
Email: pioneer camp@mts.net
Website: www.manitobapioneer camp.ca

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Paddle Manitoba Calendar of Events

Wilderness Edibles

Date: Saturday, 20 October 2007

Location: Fort Whyte Alive Interpretive

Centre Time: 7:00-9:00 pm

Are you worried about the health of Lake Winnipeg? As the water quality of this natural wonder declines, all of us need to become aware of what we and our governments can do to reverse man-made damage. Members of the Lake Winnipeg Research Consortium will update us on the present condition of the world's tenth largest body of fresh water, highlighting ongoing conservation efforts.

Admission: Free to all PM and FW members. \$4.00 for the general public

Refreshments: Coffee will be served free. Cash beer bar.

Paddle Canada Annual General Meeting

Date: 26-28 October 2007

Location: Fort Whyte Alive

Representatives from across Canada will meet in Winnipeg to discuss paddling programs and advocacy issues. The first Paddle Canada meeting was held here in 1975. Please join us in welcoming the Paddle Canada board and executive.

This will also be the first time that our president, Richard Alexander from Newfoundland, will have seen a bison.

The 2007 Waterwalker Canoe And Kayak Film Festival: Second Showing

Date: Sunday, 18 November 2007

Location: The Park Theatre (Osborne)

Time: 1:00 - 5:00 pm

Admission: \$10.00 at the door. Call Lori at 589-2783 for more information.

For those who did not have a chance to see the first showing, we again present the year's top canoe and kayak films from around the globe. Join a group of female, whitewater kayaking doctors in Africa as they paddle local rivers and deliver medical services to their host communities. Sea kayaks the misty shores of the Queen Charlotte Islands, and then find out what exactly is meant by "Canoe Poling". In four hours of great cinema we will feature the best of the best - just like Cannes without the paparazzi! Support Paddle Canada's instructional programs through this important fundraiser. Great snacks and specialty coffees available.

Members Night at Mountain Equipment Co-op

Date: Saturday, 24 November 2007

Location: M.E.C., 303 Portage Avenue

Time: 7:00 - 9:00 pm

Admission: Paddle Manitoba members only please.

It comes but twice a year and just in time for Christmas. We'll have the coffee and cake ready, as you enjoy some great paddlesport savings in the downtown core. Enjoy 10% off all regular priced merchandise in the store. Buy a gift for a friend or get a new boat ready for spring.

River Secrets: Paddling the Path Less Travelled and the Paddle Manitoba Annual General Meeting

Date: Saturday, 19 January 2008

Location: Fort Whyte Alive Interpretive Centre

Time: AGM 6:00 - 7:00 pm / River Secrets 7:00 - 9:00 pm

Admission: The public is welcome. Free to all Paddle Manitoba and Fort Whyte Alive members. A \$4.00 dollar donation from non-members is gratefully accepted. Coffee and soft drinks will be served. Beer is for sale.

Manitoba's top river guides will wet your traveler's appetite with stories and pictures of faraway places that await your paddle. From the shores of Hudson Bay to the Arctic Tundra to South America - come explore the land beyond the guide books.

All members are encouraged to attend and vote at the AGM before the meeting.

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

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