



T H E



R I P P L E

Paddle Manitoba Newsletter



Counting Calories for an Extended Canoe Trip

By Ray Ingalls

Long wilderness canoe trips require more detailed planning for food than short, leisurely trips. Planning is required for both quantities and types of food.

The combinations and quantities of foods you choose need to provide enough energy to meet your caloric requirements and thus prevent significant weight loss.

A long canoe trip is not the time to plan for large weight losses.

On one of my early longer canoe trips of more than three weeks in the wilds of Manitoba and Nutivuk, I lost significant weight (5.5 kg or 12 pounds). That took me back down to my early high school weight! I don't know what part of this loss was body fat and what was protein but starting out from my day job behind a desk, I would have expected to gain some muscle tone and maybe muscle mass so the majority of the loss was likely fat. Loosing 5.5 kg of fat during this trip was equivalent

to about 2000 calories per day or the same as 3.5 Big Macs or 480 g. of food mix (Table 3). Obviously, I was not eating enough. On the other hand an overabundance of food increases the weight of your pack for the whole trip and every portage. Some extra food for wilderness canoe trips should be included of course. There is any number of reasons your progress can be delayed. Wind and even an unexpected delay waiting through a couple of cold and windy days on

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summer 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/mrcawebsite/forum>

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.crc.ca

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

August 15, 2007

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HAVE A GOOD SUMMER

Paddle Manitoba officers

President
Cary Chapnick
642-7340
chapnick@mts.net

Vice-President
Cheri Villard
261-0768
paradisepaddler@hotmail.com

Secretary
Lisa Cameron
lisaba@mts.ca

Treasurer
Sharon Touchette
688-7385
Sharon.Touchette@gwlim.ca

Past President
Cameron White
878-3570
cwhites@mts.net

convenors

Membership
Dusty Molinski
586-7536
d_molinski@ducks.ca

Instruction
Cameron White
878-3570
cwhites@mts.net

Resources
Ken Schykulski
895-7121
KenSchykulski@hotmail.com

Indoor Program
Lori Slobodian
589-2783
lslobodian@gmail.com

Newsletter
Eric Gyselman
388-4465
theripple@mts.net

Advocacy
Tim Lutz
334-1182
timlutz@shaw.ca

Fundraising
vacant position

design & layout

Edge Advertising
792-3988
edgeadvertising@shaw.ca

President's Message

By Cary Chapnick

In the spring 2007 issue, Cam White ended his last contribution to the Ripple as president of Paddle Manitoba with a quote from Mr. Toad, "Believe me, my young friend there is NOTHING – absolutely nothing worth half so much doing, as simply messing about in boats'."

I would like to begin my first president's message likewise with a quote from Wind in the Willows. "It's never the wrong time to call on Toad. Early or late he's always the same fellow. Always good tempered, always glad to see you, always sorry to see you go." This has been my experience with Cam and I along with the board and indeed the entire membership would like to acknowledge and thank you Cam for your creativity and hard work in guiding our club in its progression.

My hook into Paddle Manitoba was in fall 2006 at the indoor program where Cameron White presented the 'Missinaibi – A Fur Trade Odyssey' and was cemented with the fall member lake trip in September 2006 at the Experimental Lakes Area.

So what is the direction forward? I think it's pretty much stay the course and remain true to our three pillars:

Learner: Courses in canoeing & kayaking, Indoor program, newsletter, website.

Social: Open paddles, trips, indoor program, WaterWalker Film Festival

Advocacy: East side of Lake Winnipeg, Lake Winnipeg Consortium

The focus of the upcoming year will be to find members who are willing to act as trip leaders and share with the membership some of their favorite spots. These trips can vary between an afternoon to weekend or longer trips. If you feel this is something you would be interested in doing contact me. There are currently 5 such trips in the works. Check out The Ripple on Line to find out more about these trips.

We also look to embracing new families to provide continued growth in the future for Paddle Manitoba.

See you on the water.

Editor's Message

By Eric Gyselman

This is a sad issue in spite of being the start of another paddling season. We lost Tom Meadows this spring. Tom goes way back in PM's history and even farther in my wife's family history in Minnedosa. Tom will be missed. I received his last article for The Ripple only days before he went into hospital. I gladly relinquish my Navigation column for his last musings on map and compass, a topic we discussed every time we met. You will be missed Tom.

This issue also contains the winners of the annual PM photo contest held at the Waterwaker Film Festival. We've splurged and printed them in colour this year. Ray Ingalls wrote the feature article for this issue. He gives us some interesting information on the 'energetics of canoeing' or as I call it 'guilt free gorp'. Don't miss Lori Slobodian's recipe in the Bush Kitchen and her request for ideas for this winter's indoor program.

PM has been busy this spring. The Waterwalker Film Festival, PaddleFest, MEC Night, and the Instructors Course at Pioneer Camp have all come and gone with great success. Thanks to all those who contributed their time to make these events happen.

Well, that's it! I'm going paddling.

Counting Calories for an Extended Canoe Trip

By Ray Ingalls

(continued from page 1)

Hudson Bay for a boat ride are real possibilities. For these potential delays, I suggest you plan food for one extra day for each week of travel.

Individual daily caloric requirements will be affected by your body weight, environment conditions such as temperature and headwinds (or tailwinds), canoe speed and efficiency, and the amount of time you spend paddling. An estimate of your daily calorie requirement can be calculated using the information from **Table 1** (I was unable to relocate the source). Your requirement is the sum of basal metabolism (energy required if you do nothing) adjusted for male or female, plus muscular activity (canoeing and camp chores), plus specific dynamic energy (heat generated by digestion of food). You may have experienced the effects of specific dynamic energy after a big Thanksgiving dinner when you find yourself and others sweating. The heat from specific dynamic energy is a source of energy loss and is only useful if required to help keep your body warm on a cold day, otherwise it is another loss.

I have shown a sample calculation for a 75 kg man in **Table 2**. For this example, I used a muscular activity level of 'Heavy', equivalent to a paddling speed of about 5 - 5.8 km/h (3 - 3.5 mph). The total 24 hour requirement in the example works out to 5100 calories per day. For a woman of the same weight, the requirement would be 4980 calories per day (5100 - 120). This difference in basal metabolism for a woman over a man works out to be one ounce of the food per day (**Table 3**). Increasing the canoe speed to 6.7 - 7.5 km/h (4 - 4.5 mph) would add 5 calories/h/kg body weight or 2625 calories to this requirement bringing the total to 7725 calories per day. Going slower at 3.3 - 4.2 km/h (2 - 2.5 mph) would reduce the caloric requirement by 2.4 calories/hour/kg body weight to 4233 calories per day. The calories per hour paddling at the speeds described would be 405, 495 and 289 respectively. Other articles calculating caloric requirements for paddling that I have found state the requirements for a moderate level of paddling range from 470 to 551 calories per hour although these do not always use body weight and/or paddling rate in the calculation.

The calculations above show that caloric demand is much higher while paddling than during normal daily activities. Consequently, the energy density of canoeing food should be high to meet both your caloric demand and also reduce bulk and weight in the food packs. The suggested mix of dry foods (**Table 3**) should result in a caloric density of 4100 to 4300 calories/kg. Fiber is necessary in our diets but as fiber content increases, the caloric density decreases. Nonetheless, I have included some vegetables in the list even if their caloric content is low (**Table 4**). Foods that contain fat have a high caloric density (**Table 4**). Thus, to reduce total food weight and bulk but maintain caloric count, decrease the amount of vegetables and add more fatty foods.

The mix of food types shown in **Table 3** would require the canoeist to eat 1.0 kg per day for a "moderate" level of activity, 1.2 kg per day for a "heavy" level of activity, and 1.4 kg per day for a "heavy to severe" level of activity. All calculations are based on a 75 kg male. Some sources suggest 0.9 kg (2.0 lbs.) of food per person per day. From my experience on longer more difficult trips at a "heavy" rate of muscular activity, 0.9 kg of food per day is simply not enough. If, as in times gone by, our canoeing diet was largely pemmican (**Table 4**), 1 kg/day (6600 calories) would be more than adequate but our taste buds might be somewhat less satisfied and besides pemmican is hard to come by these days.

In summary, if we put together a food mix with 4100 - 4300 calories/kg and don't push too hard on the water, 1.1 - 1.2 kg of food per day per person should meet our minimum daily energy requirements. Any less will result in weight loss over the course of the trip. Besides, a full canoeist is a happy canoeist. **R**

Table 1**Calculation Caloric Needs**

- A. Basal Metabolism
 Men - 24 calories/kg/day
 Women - 21.6 calories/kg/day
- B. Muscular Activities Cal/kg/hour
 Sleeping - 0
 Light walking on level ground - 1.5
 Moderate - fast walking 2.4
 Heavy - slow run 3.9
 Severe - running 6.3
 Very severe - rowing 8.4
- C. Specific Dynamic Energy (SDE)-
 Heat of digestion - 10% of A & B
- D. Total caloric requirement
 - A & B & C

Table 3**Mixed Dried Diet**

- 20% Protein foods
 20% Fats & oils (in some foods)
 60% Carbohydrates
 100% (3/4 starch & 1/4 sugar)
 * 410 - 430 calories/100 grams or
 * 115 - 120 calories/ounce or
 * 1kg (2.2 lbs.) food = 4100 - 4300 calories
 * 1.5 kg food = 6150 - 6450 calories

Table 2**Example****Calculating Caloric Requirements**

- 75 kg man
 A. Basal - $75 \times 24 = 1800$
 B. Activity
 Sleeping & resting (10 hrs x 0) = 0
- Camp preparation
 (7 hrs x 1.5 x 75) = 788
 Paddling (7 hours x 3.9 x 75) = 2048
 Total 4636
- C. SDE - $4636 \times .10 = 464$
 Total calories 5100

Table 4**Energy Value of Some Dried Foods ***

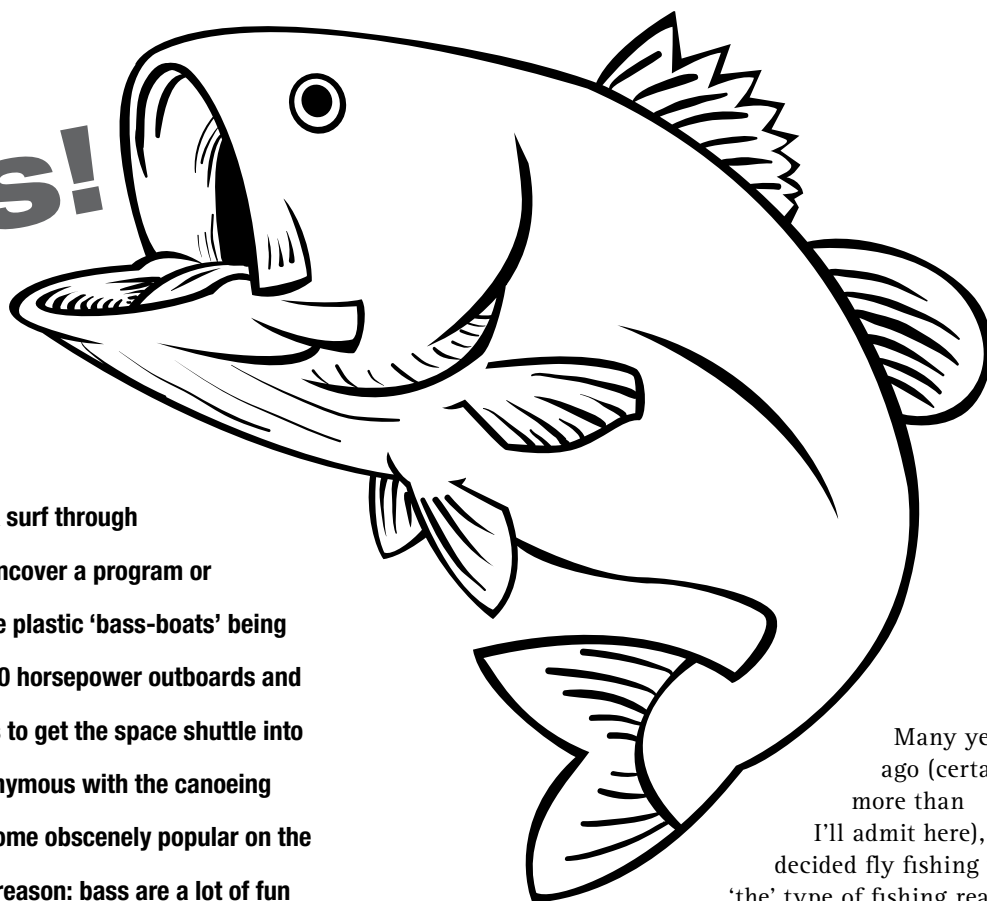
	Per 100 grams
Vegetables	200 - 290
Fruits	250 - 300
Grains	350 - 370
Beans, peas, potatoes, dry skim milk, sugar	380 - 390
Tofu curds	380
Hard cheese	390 - 400
Beef, chicken, venison	420 - 430
Chocolate candy	480 - 530
Dry whole milk	510
Peanuts, nuts, sunflower seeds	570 - 660
Pemmican (42% beef & 58% fat)	660
Margarine	710
Fatty bacon	780
Fats & oils	890
Breads & cereals	360 - 390
Cake mixes	430 - 440
Crackers	430 - 460
Cookies	460 - 500

*The Complete Light-pack Camping and Trail-foods
 Cookbook by Edwin P. Drew 1977 McGraw Hill

Natural History

by Eric Gyselman

Bass!



On any given weekend, a quick surf through the cable channels will likely uncover a program or two on bass fishing. Metal flake plastic 'bass-boats' being hurdled across the water by 200 horsepower outboards and loaded with enough electronics to get the space shuttle into orbit and back are hardly synonymous with the canoeing ethic. But bass fishing has become obscenely popular on the pro-fishing TV circuit for good reason: bass are a lot of fun to catch!

Manitoba has a number of bass species. The smallmouth bass (*Micropterus dolomieu*) is species the pro anglers are after. Largemouths (*Micropterus salmoides*) are also popular but relatively rare in Manitoba waters. Both species are non-native 'introductions' to Manitoba; the smallmouth being stocked as early as 1900. The rock bass (*Ambloplites rupestris*) is native but much smaller. As a kid, I spent hours and hours lying on the dock at Falcon Lake trying to convince rock bass in the dock crib to take a bit of bacon on a hook. This seems to be the rock bass' angling forte, 'hooking' youngsters on fishing. The white bass (*Morone chrysops*) found in Lake Winnipeg is actually in a different taxonomic Family than the others. Introduced into the Sheyenne River in 1953, it had spread into Lake Winnipeg by 1963. Today, white bass are becoming more abundant with a corresponding increase in commercial and sport fishing interest.

But when it comes to angling, smallmouth is still king. So let's have a little closer look and see why.

Many years ago (certainly more than I'll admit here), I decided fly fishing was 'the' type of fishing real fishers did. So much so that we fly fishers went 'angling' not 'fishing'. I eagerly

devoured every article in Field and Stream on catching rainbow trout in New England streams. To my ever lasting disappointment, Manitoba was not blessed with many such streams. Even if it were, I was too young to drive and my Dad was from the catch-and-eat school of angling. The best I could hope for from him was a disapproving shaking of the head as I thrashed the water with my crude fly fishing outfit. What was a pretentious young fly fisher to do? Then I read an article on fly fishing for bass using floating 'poppers'. Finding fly fishing gear in Manitoba at the time was difficult enough. Finding poppers was impossible. Undaunted, I created what I thought was reasonable facsimile from a wine cork and a few gaudy feathers I had in my novice fly tying kit. My first expedition to a local lily pad choked bay down from the family cottage was filled with naïve optimism. I thrashed the water with my homemade popper, becoming quickly frustrated at my difficulty in casting the crude lure. Just as I was about to give up and head home, the water exploded. A truly dumb smallmouth decided my homemade popper really did look like a frog swimming on the surface. We were both hooked!

Smallmouths can be both the most frustrating and exciting species to catch especially on fly rods or light tackle. Usually caught in shallow water (lily pad covered bays are the classic), bass can be masters at ignoring every lure thrown at them and then without warning vaulting through the surface of the water as they grab the lure they had just ignored for the last hour. Their aerial acrobatics are legendary. I have been confounded more than once as a smallmouth leapt from the water, seemingly stared me down, and spit the hook out directly into my face. But true to the 'angle's creed', I could only think: 'next time'.

According to The Freshwater Fish of Manitoba by Ken Stewart and Doug Watkinson, the smallmouth bass "is found throughout the Winnipeg River system, in Lake Winnipeg tributaries north to the Wanipigow River, in Dauphin Lake, the Valley River, and in the Saskatchewan River watershed north to Lake Athapuskow. In October 2002, specimens were collected from Hecla Island, Lake Winnipeg, and the Red River at the mouth of the Morris River, in Winnipeg and below the St. Andrews Dam." Most smallmouth anglers are familiar with the lakes of the northern Whiteshell Provincial Park but other provincial waterways are also worth a try.

Smallmouth bass are warm water spawners, preferring temperatures between 16° and 18° to lay their eggs. They can live into their early teens and have been caught as long as 56 cm in Manitoba waters (Tooth Lake, Nopiming Provincial Park). Smallmouths are a predacious species. As juveniles, they feed on small crustaceans and insects. As adults, they eat other fish, crayfish, frogs (as simulated by my primitive popper), swimming mice and shrews, and almost anything else edible in the waters they inhabit. They are top-consumers and can directly compete with other game fish such as walleye (pickerel) but whereas walleye prefer cooler water and shorter summer seasons, smallmouth bass are better adapted to warmer water and longer summers.

So, the next time you visit the eastern Manitoba parks, take along a few small floating lures and spend a quiet evening or two in a lily pad covered bay. You too might convince a smallmouth to take your lure. Just a final word of advice: make sure your paddling partner knows CPR so he/she can get your heart started again when that hungry smallmouth explodes through the surface of the still evening water. **R**

BUSH KITCHEN

Lori Slobodian

PUTTANESCA

(Serves 2 - 4)

I've been downwind of this meal while Lori was cooking it. If this happens to you, I'm sure you will agree that keeping a bowl and fork at the ready in case she has leftovers is more than prudent. Be prepared to elbow your way to the front of the line though! Ed.

This very flavourful dish is quick, easy to make, and only requires one can. The only thing about the olive mixture is that it can make your Nalgene kind of smelly!

- | | |
|---|----------------------------------|
| – 3-4 tablespoons good olive oil | In a separate bag, place: |
| – ½ cup pitted and roughly chopped Kalamata olives (more if you like them!) | – 2 cloves garlic |
| – 2 tablespoons capers | – Dried pasta |
| – A shake of red chilli pepper flakes | Also pack: |
| | – 1 large can whole tomatoes |

In Camp:

In a frying pan, place the olive oil, olives, and caper mixture. Peel and crush the garlic then add to the frying pan as well. Fry this mixture until it is fragrant, 2 - 3 minutes, being careful not to burn the garlic. Open the can of tomatoes and crush with a fork. Add the crushed tomatoes to the frying pan. Lower the heat under the frying pan and let the mixture slowly boil, stirring occasionally, until the pasta is cooked. Pour over top of the pasta and top with parmesan cheese.





SIMPLE COMPASS

navigation

By Tom Meadows

FOR CANOERS

Orienteers Have Something to Offer

Both accuracy and time are important to orienteers as they race across country using map and compass to get to particular destinations. Several years ago it was realized that one did not need to use true north lines to navigate. Direction was relative. Travel angles could be measured from a Magnetic North “Zero” just as well as from a True North Zero. This strategy made it possible to use compasses without declination settings. By having Zero magnetic-north lines available on a map, angles for direction-of-travel could be obtained from them instead of using True North lines. By aligning the compass base plate along the line of travel between two points and then zeroing the compass dial to the zero magnetic north lines on the map, the angle to travel is set on the compass. The compass’ magnetic needle is then used to align the compass and, with it, the person’s body toward the line of travel - whether it be on land, through the bush, or in a boat across a lake.

“Declination” and Problems with Terminology

Terminology related to compasses, direction, and maps usually confuse beginners. Why this is so became apparent as I researched the term “declination” for this article. (Search for “Geomagnetism, Declination”, on the internet). Some authors considered “variation” and “declination” as meaning the same thing. Others used “deviation” and “variation” interchangeably. Frequently, deviation was used as a general catch-all for the many discrepancies that might occur in compass readings. For example, the discrepancy caused by having a compass too close to magnetic influences such as wrist watches or their bands

(solution: use your compass in your other hand), or to a zipper in one’s jacket or to a hunting knife hanging from a belt, etc., etc., are all types of deviation. When referring to maps, deviation was the term most often used to describe the angle between the true north lines on a map (i.e. longitude lines) and the “northern-pointing” lines on the map - called “Grid North” lines. There was, however, considerable agreement that “Declination” is the angular difference between True North and Magnetic North!

Longitude North and Grid North or “Deviation” Problems

The 'deviation' between longitude north and grid north is worth noting at this time. By attempting to have maps provide equal distance between points, regardless of direction or position, a discrepancy or "deviation" occurs when there is an angular difference between the converging longitude (true north) lines and the northern grid lines which do not converge. (Similarly for sections, townships, etc.). Longitudes converge as they point to the earth's pole while grids are square with parallel sides. Thus grid lines on a map will become more "deviant" as their distance from their originally correct starting line increases. An average map "deviation" is given on the map's compass rose. This approximate amount is usually calculated as for the centre of that map. When using a hand-held compass this small difference can usually be ignored. Thus, for practical purposes - on small maps - we assume that these north-south grid lines are basically true north and measure from them when using the magnetic declination angle.

OBTAINING THE MAGNETIC DECLINATION FOR YOUR CANOE TRIP AREA

Here Are Four Ways You Can Obtain Declination Angle:

Ask someone who already knows the magnetic declination for your tripping area. This is a real time-saver!

Check the Natural Resources Canada website for "Geomagnetism." If you supply the Latitude and Longitude of your travel area it will provide an up-to-date declination angle.

Do it yourself . . . at night . . . at your first camp site. This requires a clear night with the North Star visible. It also requires some ingenuity because of the upwards angle to the North Star. (Some hints: Align two pointed stakes with the pole star or tie a string to two branches, etc., on the line-of-sight. The next morning compare your compass (magnetic) direction with this direction. The angular difference is the declination for that area. (This method is a good way to check declination obtained by other methods).

Use the information given in the border of your topographical map. There are several good reasons, however, to avoid this approach, so I do not recommend it (e.g. the earth's magnetic pole is changing its position more rapidly recently, making declination calculations unreliable. Even the compass rose information given in the map's margin does not have angles accurately drawn - the degrees of the angles are defined but their actual sizes are exaggerated for visual clarity!).

TRANSFERRING THE DECLINATION INFORMATION TO YOUR TRAVEL MAP

Drawing the Magnetic Declination Lines on Your Travel Map

With a straight-edge draw a series of magnetic "zero" lines on your travel map using the declination you have obtained, measuring from the Grid North lines on the map.

Have these lines about 3 or 4 cm apart to insure there will always be a line available no matter where on the map you set your compass on (See diagram). These lines should be drawn in RED with a water-proof ball pen. At the top of the map mark each line with a directional arrow head/triangle to remind yourself that you must always use the compass dial-arrow pointing to the top of the map when aligning along the lines. (The dial's Zero pointing to magnetic Zero)

Setting Your Compass with this Info:

Assuming that your direction-of-travel is (e.g.) from A to B and, instead of trying to align the middle of the compass base-plate along the A to B direction, use the side of the compass to do the alignment (Argument: "parallel-to" also means the "same direction."). This method is simple, fast, and accurate. (NOTE: If the length of the compass base plate is too short for the distance between points, then, very lightly, in pencil, draw a line on the map joining the two points). At this time it is very important that the compass base is pointing in the intended travel direction - in this example from A to B.

Measuring Travel Direction Using the Rotating Dial

At this point, the compass becomes a protractor. While holding the compass base plate firmly in place, rotate the circular dial so its parallel lines are parallel to one of the Zero datum lines that you have so carefully drawn on the map (e.g. see diagram).

(Editor's Note: Tom's diagram was lost in the final copy that he sent me. Obviously I have no way of recovering it now. Just close your eyes and imagine Tom showing you what he meant)

As mentioned in the foregoing, the arrow of the round dial must point along the line and to the top of the map! At this point, the compass is now set with the angle necessary to travel from A to B.

****It is a wise precaution to have at least one other person duplicate all these 'map-to-compass' and 'compass-to-the-real-world' operations!**

Applying This Angle Information:

Now that the travel direction is measured and set on the compass, it is ready for travel. At this time the magnetized needle comes into play! Pick up the compass from the map and stand with the compass in your hand pointing in front of you. Then turn both your body and the hand with the compass until the red end of the magnetic needle is aligned with the arrow of the dial, (i.e. with both northerly directions coinciding - "Red-in-the-head" as I used to tell my students).

You should now be facing in the A to B direction which you desire to go. By sighting along the compass you will now see your direction for traveling. The "heading" angle, (using the example as shown in the diagram) would be

(continued on page 10)

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60 degrees east of the zero magnetic north datum line. This is the same route for travel that would have been obtained using the conventional true north and declination methods.

SUMMARY:

Let's go over this again! You align the compass base along the direction of travel - then you rotate the dial along the magnetic zero lines - then pick up the compass and sight along it using the heading as set. It's as easy as One, Two, Three!

(Note: When I teach this the first time to students, I reverse this compass-on-the-map sequence - to a much more intuitive method where I set the dial first . . . aligning with the magnetic datum lines. Then I have the students turn the base plate to align on the A to B heading. This demonstrates quite clearly that the compass is a protractor and is measuring the angle from the magnetic zero line to the direction of travel - A to B)

Still Confused?

As you will have discovered, the foregoing 3-step method is somewhat difficult to follow verbally. It can be taught in about 10 minutes in a workshop setting using a large demonstration compass! I am willing, at some future Paddle Manitoba meeting, to do this. In the addition to the foregoing information, if the group desires, I could also show some of the simple but very useful map and compass Orienteering techniques that can be used for canoeing and bush travel. Since distance is an important element of navigation, I would also demonstrate a pacing method for distance measurement. This is usually combined with compass use in bush travel since position involves both distance and direction.

The Author: Dr. "Tom" was an R.C.A.F. Navigator in WWII. Later, while at University, he worked with the Manitoba Mines Branch for two summers in Northern Manitoba doing "Pace and Compass" geological mapping. Sometime after

this he did geological mapping and claims exploration with Lew Parres of Flin Flon. Dr. Tom's Air Force training also gave him a background in Meteorology. He was a charter member of the Manitoba Orienteering Association and was its first Vice President. In the early years of that organization, he did considerable map-making for them. Dr. Tom taught Outdoor Education for several years at the University of Manitoba. For some years he was an executive member of MRCA (Paddle Manitoba) - holding various executive positions. He is presently a member of that organization.

(Editor's Note: Tom and I had many lively discussions at PM events. We came from very different schools of navigation. I learned my skills on the quiet of a peacetime ship's bridge; Tom learned his when his life depended on it. Ultimately, how you decide to successfully get from A to B is a personal decision. The only criteria are that you can do it right every time. As Editor, I usually 'edit' articles for The Ripple, tweaking them here and there. But this is Tom's last article and I don't dare touch a word. I've only corrected typos and layout errors.) **R**



2007 Summer Program

Enjoy a five day wilderness cabin vacation at the low cost of \$310 per week. Full-time students 18 and older with valid student ID and MNS members are \$270 per week. The cost includes accommodation, food, canoes and guide services. A \$100 non-refundable deposit reserves your spot and the full amount is due two weeks prior to departure. Register before June 1st and receive a \$35 early-bird discount. For Family weeks only, the cost per child under 18 is \$100.

Participants must be physically fit and have their own sleeping bag and rain gear. For registration information please contact:

Mantario Wilderness Experience
c/o Manitoba Naturalists Society

401-63 Albert Street
Winnipeg, Manitoba R3B 1G4
Phone/fax: (204) 943-9029
Email: mns1@mts.net
Web: www.manitobanature.ca/mantario

July 2nd to 6th -
Fun and Fishing with Marc Leclair

July 9th to 13th -
Tai Chi with Si Chan

July 16th to 20th -
Family Week with Dale Brown

July 23th to 27th -
An Eclectic Botanical Tour of
Mantario with Charles Burchill

July 30th to August 3rd -
Mantario with Lorne Klassen.

August 6th to 10th -
Family Week with Dale Brown

August 13th to 17th-
Astronomy with Jennifer West.

August 20th to 24th -
Photography with Al Ross

August 27th to 31st -
The Four R's of Mantario with
Maureen Frolick

The Manitoba Naturalists Society reserves the right to decline application to any individual as the MNS deems appropriate and to cancel trips due to lack of enrolment.



Tom Meadows
1925-2007

Tom Meadows passed away on April 11, 2007. Like many at Paddle Manitoba, I was surprised. I had spent a very pleasant evening talking with Tom just a few weeks earlier. He still seemed so alive and as feisty as ever in spite of his 81 years. He promised to get me the article he was writing on a 'practical' method of navigating that didn't involve all the 'fancy' stuff I had been writing about in the Navigation column of The Ripple. And he did too. A couple of weeks later, it arrived by e-mail full of the kind of electronic glitches that drive Editors crazy – 100% Tom. It appears in the Navigation column of this issue exactly as he wrote it (less the glitches).

Then suddenly he was gone!

One of the ironies of someone like Tom is that he has been around so long; you assume he is going to be there forever.

Tom's history with Paddle Manitoba goes back to its founding days; his history with canoes a good deal further. He was very much from the 'old school'. Canoeing was to be simple. That was the challenge. City life, earning a living, raising a family – those, by necessity, were complicated. Retreating to a canoe was Tom's respite from the complications of life. Indeed, for him the challenge seemed to be to minimize the gear down to the necessities and then make due. I remember last winter at the PM food evening where a number of people were talking about food drying, storage, packing, and preparing. This stuff interests me, so I struck a conversation with Tom hoping to learn from his experience. He shook his head in that Tom-sort-of-way and said something about how silly this all was. Cooking on a canoe trip was to be as simple as possible. After all, it was just a chore that needed to be done before you could go fishing. That was the essence of Tom – straight to the point.

Tom may have been a to-the-point sort of person but he was also a great ambassador for Paddle Manitoba. I remember the first evening I came out to a PM winter lecture. I didn't know a soul. After the talk, as I milled about the room, Tom saw my name tag and didn't recognize my name. He introduced himself and started to strike up a conversation. The name Meadows was familiar to me from my wife's history. Her family is from Minnedosa and it turns out he went to school with her aunt at Roseneath School near Rapid City. This of course led to a long conversation that only ended when Cam through us out. At every PM evening after that, Tom made sure to come over to say hello if only to see how Jean (the aunt) was doing. As time went by, I realized he greeted everyone new in the same way. I guess it was his natural ability as a teacher. He genuinely liked and enjoyed meeting new people.

All of us will remember Tom in our own way. Paddle Manitoba has certainly lost one of its devoted members; someone who gave as much as he got from the organization. He will be missed.

Rest well Tom!

Paddle Manitoba's 7th Annual Photo Contest WINNERS

1. Flatwater/ Overall Favorite Photo of All Categories

Majestic Flatwater on the
Wild and Free Dog River
Brian Johnston

2. Family

Determined Dog
Cyndi Sangeeta

3. Whitewater

Dropping between
Pukaswa River Rocks
Brian Johnston

4. Campsite Life

Boil Up
Richard Seaby

5. Scenery

Mirrored Sunset
Tim Lutz

6. Equipment

Flotilla
Trisha Wilkie

Sponsored by:

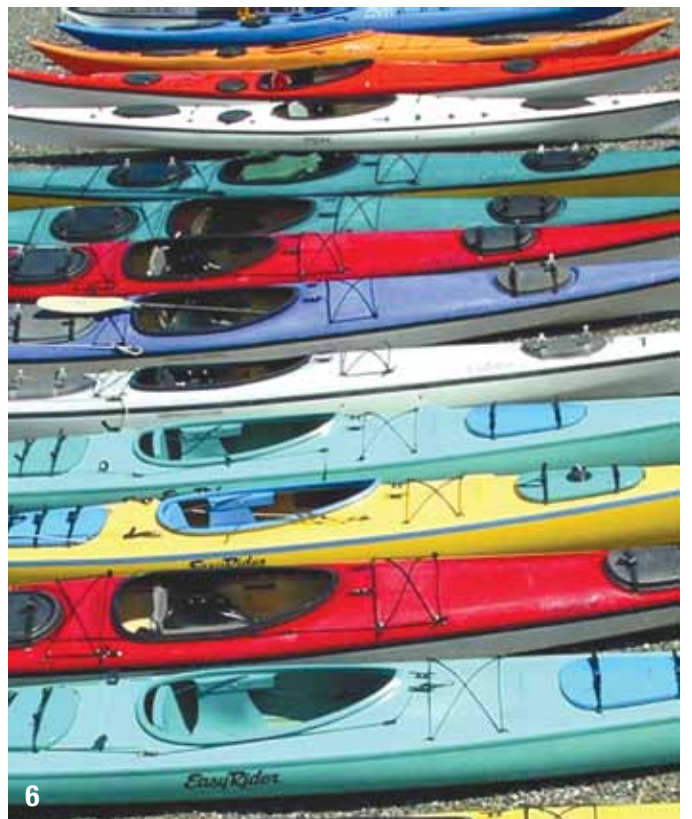




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Events – Spring 07

Paddle Manitoba has had a busy spring! We had the WaterWalker film festival at the Globe theatre in April, our spring MEC night (with the White Water club) in May, and PaddleFest at the Forks in June. Events like these are always fun and entertaining for our members as well as the general public. Check our website or The Ripple for upcoming activities.

Waterwalker Film Festival



MEC Night



Paddlefest



Pioneer Paddle Camp

by Cameron White

For seventeen years, Manitoba Pioneer Camp has run a series of Paddle Canada canoe courses during the May long weekend under the name "Canoe School". This year Paddle Manitoba and Pioneer joined together to promote this event as a skills and instructional training weekend for all camps and interested persons. Thus was "Paddle Camp" born on the blustery spring shores of Shoal Lake.

Chris Milne and the rest of the Pioneer gang did a splendid job of hosting the twenty-four participants who paddled through a few days of rain and wind, only to receive sunshine for the final day of testing. (I know what you're thinking "Rain and wind on May long weekend – c'est impossible!") Instructor courses in kayaking and canoeing, as well as skills courses in Canoe Tripping and Flatwater, kept everyone determinedly focused on mastering their strokes, rolls, and teaching. Camp Stephens, B'nai Brith Camp, and Luther Village Camp joined with Paddle Manitoba members in making this weekend a success.

Paddle Camp did not end with the long weekend. Six students met with Dave Pancoe for an exciting Moving

Water skills course on the swollen Whitemouth in June. The high water levels made for some dramatic runs and better stories. These new skills will equip the camp leaders with expertise for a long summer of wilderness tripping. Our new Paddle Manitoba instructors have already signed up for courses at Fort Whyte so look for them this summer.

Paddle Camp will return next spring – please make plans to join us. This event is not just for potential instructors, but for any paddler who wants to improve their skills in a natural setting with good company and great instructors. Thanks to Pioneer Camp, the Manitoba Camping Association, and all who worked hard to host Paddle Camp. **R**



General Information

Paddle Manitoba and FortWhyte Alive have partnered to provide you with quality Paddle Canada canoe and kayak courses for ages 12 and up.



2007 Canoe and Kayak—Course Schedule

These courses will cover the basics of paddling while introducing the student to more advance skills. Instruction is progressive, but courses are small enough that instructors can accommodate individual needs. All Paddle Manitoba / FortWhyte Alive instructors are certified by Paddle Canada.

Safety First: Properly fitted, fully secured PFDs must be worn by all participants while on or near the water.

Location: Courses take place at either the Fort Whyte Alive Adventure Centre or at La Barriere Park. The location of each course will be found in your registration package. La Barriere Park offers sheltered paddling in a natural setting while Fort Whyte has the advantages of a dock system and convenient washrooms. All Kayak courses are taught at FortWhyte Alive.

Course Times: Courses may be taught on either evenings, starting at 0500PM, or weekends starting at 0900AM.

Registration: All course registration is through the Fort Whyte Centre. Call 989-8353 or download the registration forms found at www.fortwhyte.org or www.paddle.mb.ca

Introductory Canoe Courses

Flatwater Courses will introduce you and your family or group to the basics of canoeing. In addition to safety training and equipment education, you will be taught the strokes and maneuvers that will help to further enhance your paddling experience, and build confidence on the water. Each course requires a minimum of 4 students and the maximum number of students is 10. Students should bring a change of clothes. All equipments (canoes, paddles, PFDs) are provided.

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

Duration: A, B, and C are 4 hours, D is 6 hours

Double classes (A/B) are 8 hours

Prerequisites:

FW A: No previous experience required – for someone who has not paddled stern. Canoe equipment and safety are covered in detail.

FW B: FW A, or equivalent – for someone who is comfortable in a canoe and wants to learn more. A solid introduction to the stern and how to steer.

FW C: FW B, or equivalent – for someone who has paddled stern in a canoe and wants to hone their skills.

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

Dates/Locations are either FortWhyte Alive (FWA) or Labarriere Park (LP):

FW A	FW B	FW C	FW D	FW A/B
Jul 16 (FWA)	Jul 19 (FWA)	Jul 21 (LP)	Aug 25 (LP)	Jul 14 (LP)
Sep 10 (FWA)				Jul 28 (LP)
				Aug 18 (LP)
				Sep 8 (FWA)

Fees:

FW A or B or C = \$55.00 for PM and FWA members / \$75.00 for non-members

FW D = \$65.00 for PM and FWA members / \$85.00 for non-members

FW A/B = \$85.00 for PM and FWA members / \$105.00 for non-members

Introductory Kayak Course

The Flatwater Kayak course will introduce you, and your family or group to the basics of kayaking. In addition to safety training and equipment education, you will learn the strokes and maneuvers that will help you to build confidence on the water. You will participate in a “wet exit” – essential for safe paddling technique – so bring a change of clothes. Each course requires a minimum of 4 students and the maximum number of students is 6. All equipments (kayaks, paddles, PFDs) are provided.

Duration: The Flatwater Kayak Course is 8 hours in length, but it will be taught in two parts for evening courses.

Dates (all kayak courses are taught at FortWhyte Alive):

Weekend Courses

Jul 7

Aug 11

Aug 25

Weekday Courses (Pt 1/Pt 2)

Jul 10/12

Jul 24/26

Aug 21/23

Fees: FW Kayak = \$85.00 for PM and FWA members / \$105.00 for non-members

Advanced Courses

Once you are confident with your flatwater skills you may want to challenge yourself with Paddle Canada's advanced courses. Canoe and kayak camping, whitewater, and lakewater paddling are some of the interests covered in these courses. Contact the various discipline chairpersons listed below to find out more details on available courses and instructors.

Moving Water Canoe – Learn to paddle moving and whitewater in a solo or tandem canoe.

Brian Johnston: (204) 754-2651

River Kayak – Moving water and whitewater kayak

Mick Lauth: 470-4872

Canoe Tripping – Learn to enjoy, or lead, multi-day canoe trips in river and lake environments. Navigation, camping and safety skills are part of the curriculum. Great for families.

Cameron White: 878-3570

Sea Kayaking – Open water touring for kayaks on lakes and coastal environments. Camping and navigations skills covered as part of the program.

Phil Hossack: (204) 736-2902

Instructor Courses

Paddle Manitoba offers both kayak and canoe Paddle Canada Instructor certification. By becoming an instructor you can offer your camp or outdoor organization an important paddlesport resource. Instructors can also earn great part-time income while doing something they love. Contact Cameron White at 878-3570 for more information.

How to Register

1. Fill out the form on the Paddle Manitoba website under “Learn With Us” or contact Fort Whyte at 989-8353 and www.fortwhyte.org
2. Send the registration form and fees to:
Fort Whyte Centre
1961 McCreary Road
Winnipeg, MB R3P 3K9

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

Check our website for changes
Scheduled course dates may be subject to change based upon participation.

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

www.paddle.mb.ca

Paddle Manitoba Member's Trips.

Enjoy summer paddling trips with other Paddle Manitoba members in some of province's unique locales. Some trips are day and others overnight. In addition to remitting a fee for insurance, we ask that you please ensure your membership is current before contacting the trip leaders. Have fun Paddling Manitoba!

Pinawa Channel

Date: 21 July 2007

Paddle the Pinawa Channel from Pinawa to the historic dam site where we will stop for lunch, and weather permitting we will continue on to Hwy 313

where the Pinawa Channel meets Lee River. There will be a fee of \$10.00 per person for insurance. Call Cheri at 261-0768.

Rice River/Lake Winnipeg

Dates: 25-26 August, 2007

Explore the archipelago of islands off of Rice River with Cary Chapnick, when the nights are cooler and the mosquitoes fewer.

This trip can be done by either canoe or kayak. There will be no rapids on this section of Rice River. Bring a fishing rod.

There will be a nominal fee of \$20.00 per person for insurance. To register contact Cary at chapnick@mts.net.

WAVpaddling Paddle Canada Courses.

Phone: (204) 470-4872 | Web: www.wavpaddling.ca | Email: yak@wavpaddling.ca

Beginner River Kayaking Weekend- PC Flatwater Cert

(fee includes boat package if needed, campsite fee, national certification, sport insurance)

July 14-15

August 18-19

Whitewater Kayaking Weekend- PC River 1

(fee includes boat package if needed, campsite fee, national certification, sport insurance)

July 21-22

Aug 25-26

Sturgeon Falls Big Water Kayaking – PC River 1 -2

(fee includes campsite fee, national certification, sport insurance)

Aug 4-5

Sept 15-16

Sea Kayaking Weekend – PC SK1

(fee includes boat package if needed, campsite fee, national certification, sport insurance)

July 14-15

Rolling Clinic

July 8

Please call about our Brandon and Dryden Courses and Clinics

AS SEASON PROGRESSES, PLEASE VISIT WWW.WAVPADDLING FOR COURSE ADDITIONS AND CHANGES OR TO BOOK A PRIVATE / SPECIALIZED PROGRAM.

From Your Indoor Convenor

As you make your way through the wilderness this summer... did you go on an amazing trip and have pictures or slides to share? Did you stumble across a great campsite/route or recipe? Are you struggling to figure out exactly what should go in your camp kitchen? Not exactly sure how to rig that great new tarp that you just bought? Are you just starting out and want to gather information from experienced members? Want to share your ideas and experiences with others?

Hello fellow Paddle Manitoba members!

My name is Lori Slobodian and I would like to take this opportunity to let you know that I am the new Indoor Program Coordinator for Paddle Manitoba. I am looking forward to planning an exciting list of topics and events for the indoor season.

We are looking for topics for our evening presentations and for people to deliver them. If you have a topic that you are burning to know more about, or have a presentation that you want to share, send me an email. lslobodian@gmail.com or give me a call 589-2783

Cheers and Happy Paddling!

Lori



Paddle Manitoba and Partners – Open Paddle Nights

No experience encouraged! Family Friendly.

Paddle Manitoba and its Corporate Partners, FortWhyte Alive, and the City of Winnipeg offer open paddles for the general public. These social evenings provide novices and experienced paddlers with the opportunity to paddle in relaxed, natural settings just minutes from home. We provide all necessary equipment or you can bring your own boat, paddle and PFD. No experience is encouraged!

Families will particularly enjoy the chance to experience the excitement of canoeing or kayaking with the assistance of experienced staff. For those who desire, we will educate you in the basics of entering and paddling your canoe or kayak. Many paddlers had their start at one of our evening paddles. We emphasize family fun and casual learning as great ways to discover more about Paddle Manitoba.

Wednesday Night Paddles

July/August, 7:00 – 9:00 pm

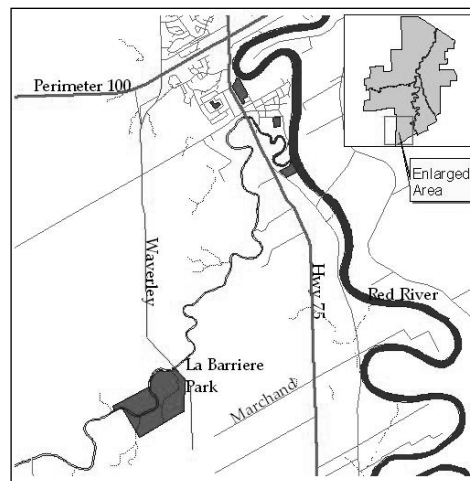
September 6:30 – 8:30 pm

LaBarriere Park ([link to map](#))

\$5.00 per person. Children 11 years of age and under paddle for free

Slip down the La Salle River and you'll soon forget that you are in Winnipeg. This dam controlled river provides a great setting for a nature paddle in a park setting. There is a chance to see deer and beaver while learning the fine points of canoeing from your host, Charles Burchill.

*Please reserve your canoe for Wednesday Night Paddles by phoning Charles at 453-5374. Phone several days in advance because this is a popular event. Participants should be prepared to stay for the whole evening. All paddlers must sign a waiver. Wearing PFDs is mandatory.



Tuesday and Thursday Night Paddles

July/August, 6:00 – 8:00 pm

FortWhyte Alive Adventure Site 2505 McGillivray Blvd. ([link to map](#))

\$5.00 per person. Children 11 years of age and under paddle for free

Enjoy canoeing or kayaking in a lake setting with a beach and dock. This sheltered location has convenient washrooms and is ideal for your first family paddle. Staff will introduce you and your family to the basics of canoeing or kayaking – or both.



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 paddle strokes 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



Real Wilderness, Real Adventure, Really Fun!

When it comes to camping... we're the **REAL** thing.

Call 788-1070 for a brochure
or visit us on the web.

MANITOBA
PIONEER CAMP
LAKE OF THE WOODS
www.manitobapioneer camp.ca




WAVpaddling Central Canada's Kayaking School.

Leaders of Paddle Canada certified
whitewater and **sea kayak** instruction in
Manitoba.

Beginner to advanced.

To stay in the loop, join our
e-mail list and browse our popular
community forums on line.

For more information on our programs,
please visit our comprehensive website
at:



www.wavpaddling.ca

**Whitewater Kayaking
Sea Kayaking
Courses and Clinics
Trips
Instructor Training
Private Instruction
Group Bookings
Yoga and Yak**



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 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: 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. CRCA 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@escape.ca
Website: www.wilds.mb.ca/wavetrack/



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

**Our members
receive a 10%
discount on goods
and services from
these businesses.**

THE RIPPLE WANTS



YOU!

The Ripple needs articles, photos, and suggestions from the Paddle Manitoba membership. If you have ever wanted to write that great adventure novel, start with an article for The Ripple. We need material on trips, gear, techniques, history, and adventure. We also need your favourite photos for the world to see.

Now is the time to do it!

Contact: Eric Gyselman Editor, The Ripple Email: theripple@mts.net Telephone: 204.388.4465