



RIPPLE

Paddle Manitoba Newsletter

Historic Paddle Reproductions

By Doug Ingram
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I love canoe paddles, especially traditional Native American paddles. I love them for their diversity, their performance, and their mystery. There are questions about their design and function that we may never be able to answer. The traditional paddle makers are long gone, and the lifestyles that generated these paddles have all but passed out of memory. How, then, do we come to have any understanding of why traditional paddles were made the way that they were? I believe that by making reproductions of these paddles as accurately as possible, we have some hope of appreciating their qualities. In addition to making and testing reproductions, to begin to understand the choices behind the designs, we must apply our imagination and experience to the context and the geography of the region of their origin.

I have made almost 1000 paddles inspired by traditional designs. I am often asked about the differences between the various blades, or questions about the Northwoods grip, for example. I answer as well as I am able, and I see the questioner's face light up as he or she begins to understand. Still, I'm always left with the feeling that there is far more to know about these paddles and their history than I am able to draw on. Follow along as I share a personal journey of discovery into the influences and reasoning behind traditional canoe paddles.

In many cultures, tradition plays a significant role in determining the form of tools and decorations. In addition to being identifying traits for a particular group of people, traditions become established because they represent solutions that

work well within the context of a particular situation. Given that the conditions of canoe travel remain fairly constant, it is astonishing that so many variants to paddle design evolved. Amongst the many different blade shapes that have been conceived, traditional blades can be loosely categorized as being either straight-sided or round-sided. Surface areas are concentrated near the throat, evenly along the length, or near the tip. Tips are pointed, rounded, or blunt. I began to wonder what, then, are the constants of these traditional designs. Blade length varies, but averages in the 27- to 30-inch range. Width also varies, but blades are rarely wider than 6 inches.

Why such a narrow range of scale?

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winter 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,
Brian Johnston, at 754-2651

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.crca.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

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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

February 15, 2007

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The River Severyn

Presented by

David Perrett

And Annual General Meeting

Fort Whyte Centre

January 20, 2006

AGM - 6:30 Presentation - 7:00

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President's Message

By Cam White

It hardly seems like winter, although there is plenty of the white stuff on the ground. I use to welcome a warm spell in January, but now it would seem that real cold arrives as a novelty, not the Chinook. As we move into what climatologists promise will be the world's hottest year on record, the debate over the existence of global warming appears to be lost within the reality of the need for change within our society. Paddle Manitoba is not the organization which will directly effect that change. What we will do is strive to involve increasing numbers of people in outdoor water pursuits, so that they may understand the relevance of preserving our ecosystems as know them, or knew them.

Throughout the last year there were many encouraging signs that we are moving forward in our desire to bring new people to the water. The Paddle Canada AGM in October, our first face to face meeting in many years, saw an unprecedented level of unanimity and cooperation among the provinces. Financially, the national organization will have the potential to get back in the black with the pending sale of the Ron Johnston Paddling Centre in Merrickville. From there we can move forward to provide quality programming at the national level.

At home, our partnership with Fort Whyte Alive allowed us to deliver an exceptional program of instruction which for the first time included kayaking—my thanks to all the instructors who made this a reality. Wednesday Night Paddles exploded in popularity, and will continue to be a great bridge to the people of Winnipeg. Now we need to engage those who live beyond the city, especially in smaller rural centres where access to recreational activities can be limited. Often it just takes the initial effort of contacting local schools and tourism organisations, and we will find people eager to further participation in outdoor activities. Let's share what we have with the rest of the province.

Editor's Message

By Eric Gyselman

Ah, the winter solstice. Last year's canoe adventures are beginning to fade but its still 5 more months until spring break up. What to do?

I find winter is the perfect time to do a bit of research into old and new canoes and other gear. I admit my bias towards more traditional gear and I love to read about the history of canoes and canoeing. In this issue, you will see the feature article is by our own master craftsman of traditional wood and canvas canoes, Doug Ingram, owner of Red River Canoe and Paddle. I hope to be able to convince Doug to be a frequent contributor The Ripple. His passion for canoe and paddle design and his wealth of knowledge should be of interest to us all. This first article on paddle history is lifted straight from his web page (time constraints did not give him enough time to write a new article). Nonetheless, the information is not only interesting but educational. I have already started to think about a new paddle for tripping and another for white water and another . . . Well you get the idea. You can never have too many paddles.

The regular columns are back again in this issue. Read Andy Majewski's article on the fish we all love to hate northern pike, Dr. Nicole Reise's ideas on wilderness mishaps, and my own musings on the Geographic Coordinate System in the Navigation column. Charles Burchill's article on Wednesday (nee Tuesday) Evening Paddles shows how a good thing can just keep getting better. Finally, our own President, Cam Whyte, has contributed a number of short pieces on various PM activities over the last few months.

The Annual General Meeting of Paddle Manitoba is quickly approaching. I plan to volunteer for one more year as Editor. However, I am going to be asking for a couple of volunteers to help out in 2007. I would like to have a 'Reporter' who is willing to conduct interviews and write articles. I also need someone with sales experience to handle advertising sales. I am the first to admit my inadequacies when it comes to sales.

See you at the AGM.

HistoricPaddleReproductions

When I have made paddles with blades longer than 27 inches, which is the average length of my paddle blades, I have found that they quickly throw the whole paddle off balance. I like my paddles balanced at the throat, so that the mass of the shaft and grip equals the mass of the blade. As the blade gets longer, it has more mass farther away from the fulcrum, resulting in a blade-heavy paddle. This is tolerable for the short term, but becomes fatiguing over the long haul. Very long blades are also awkward to use. So, for the average-length paddle shaft, 30 inches seems to be the maximum useful length of blade. Blades must be fully immersed in order to maintain their full efficiency. If the blade is not fully immersed, then it will pull air in behind it as it moves through the water. When this happens, the water becomes more “slippery,” allowing the blade to slip backward, with less forward motion being applied to the canoe. Blades that are short must be made wider in order to maintain their overall surface area. Short blades are more difficult to use fully immersed, and when you make the short blade wide, blades not fully immersed will pull in air to an even greater degree. This is called Ventilation. Traditional blades almost universally have long sloping transitions from the main area of the blade, flowing smoothly into the throat. Making a blade long with a narrow throat ensures that the paddle is consistently used fully immersed. Thus ventilation is kept to a minimum, and efficiency is maximized.

Let’s consider the use of paddles under traditional circumstances rather than today’s recreational use, which involves only limited periods of time. Before the advent of roads, rivers and lakes were the highways throughout much of North America. To get anywhere, travelers would have to paddle their canoes hour after hour, day after day. A desirable paddle would allow the paddler to work all day without undue fatigue. A paddle that was too small would not be powerful enough to get the job done, whereas a paddle that was too large would excessively tire the paddler. Edwin Tappan Adney and Howard Chapelle write in the classic *The Bark Canoes and Skin Boats of North America*, “The voyageur was particular about his paddle; no man in his right mind would use a blade wider than 4 1/2 and 5 inches, for anything wider would exhaust him in a short distance.” (see the Voyageur paddle below)



Voyageur paddle

Almost all of the blades that I make have widths of six inches. If I make them much wider than seven inches, blade flutter starts to become a significant issue. Flutter occurs

when the water pressure on the power face of the blade reaches a point at which the flow of the water around the blade is unstable, and it flows off the edges unequally. This causes the blade to flutter, or wobble along its axis. This is why it is important to create a smooth ridge along the center of the paddle blade. It helps to direct the water flow evenly across the blade when the pressure builds up. I have also found that wide paddles resist the rotation required for precise underwater control. As a result, wider paddles feel more sluggish and imprecise in their performance. Certainly, a strong paddler can overpower these conditions, but over time, even the strongest paddlers will become tired and annoyed by this characteristic.

That seems to explain why there are similarities in the scale of the blades, but not why there are so many variations in shape. I found it helpful to simplify the variety into two main categories: straight-sided and round-sided. In those with straight sides the surface area is evenly distributed over the entire blade. Straight-sided blades are common in areas with consistently deep water, such as the countless lakes of the Canadian Shield. Here, the water is deep everywhere, and you rarely have to be concerned about shallow water. Round-sided paddles, such as the ubiquitous beavertail, are common mostly along the East Coast regions of Nova Scotia, New Brunswick, Maine, and so on. This is a region full of deep lakes and shallow rivers. Paddles such as the teardrop-shaped beavertail keep much of their surface area located toward the tip of the paddle. If you paddle through shallow spots, having a wide tip allows the paddle to remain useful when a narrower one would be ineffective.

There is some speculation that the type and quality of the available materials also had an influence on paddle design. In *Canoe Paddles; A Complete Guide to Making Your Own*, Graham Warren and David Gidmark write, “The availability of tough, durable woods might have encouraged the paddlemaker to spend more time making an elaborate paddle, whereas the effort might not have been considered worthwhile with a soft, easily damaged wood.” I remember hearing stories from a friend who had paddled the Hayes River down to York Factory, in northern Manitoba. Her group was accompanied by several Cree paddlers from Nelson House, who consistently used their paddles as rollers to bring their canoes up on shore. At the end of the portage, they would select pieces of local spruce and quickly shape new paddles with their axes. Finesse and precision were not high on their criteria list. According to Adney and Chapelle, given a choice, paddle makers almost always chose a hardwood, birch being the traditional favorite, with maple a close second. These hardwoods were strong and could be worked thin with no loss of strength.

In addition, they had a nice smooth-grain texture that was pleasing to work with. It's no small coincidence, then, that the region where these species of trees grow is also where the most elaborate paddles have developed.

I chose five paddles to reproduce. The five that I chose represent different geographical regions, design approaches, and time periods. For documentation, I pulled out my trusty copy of *The Bark Canoes and Skin Boats of North America* by Edwin Tappan Adney and Howard Chapelle (Smithsonian Institution Press). I went through it, page by page, looking specifically for anything about paddles.



Fig 4 Mi'kmaq



Mi'kmaq paddle

Mi'kmaq

A Mi'kmaq paddle brought to England in 1749, along with a birchbark canoe, and documented by the British Navy, figure 4 in *Bark Canoes and Skin Boats*. The drawings in the book are from the Admiralty Collection of Draughts, National Maritime Museum, Greenwich. This is the oldest accurately documented paddle that I know of. This alone would make it worthy of reproduction, yet it has a unique blade shape, and is the only pole grip that I chose to reproduce. The material of the original is not specified; I chose to make mine from cherry. Cherry makes very fine paddles. The blade is long and comes to a fairly narrow and pointed tip. At first I thought that this pointed tip would be too fragile to be practical, but then I started to wonder if perhaps its function was to allow it to act as a push pole or as a walking stick. The narrowness of the tip would expose much less of the blade to the wear and tear of poling or to the effects of fast moving shallow water. The pole grip continues to be an enigma. I can't decide if it works better with the palm of my grip hand facing toward me, or away from me. It would be my inclination to hold my grip hand with the palm facing away from me. This would also be consistent with how many of the other grips are used. This grip is comfortable enough to use this way, but I would suspect that it provides less rotation control than other grips. It still eludes me why anyone would choose to make a pole grip. Given the amount of effort required to make the paddle, it seems that adding any sort of flat area for a grip would be very little extra work compared to simply leaving a pole end.



Cree paddle

Cree

The sample paddle was from northwest of James Bay, figure 124 in *Bark Canoes and Skin Boats*. I chose this one to represent the straight-sided paddles that are common in the waters of the Canadian Shield region, and because of the unique ball-shaped grip. The original paddle may have been maple or birch, though I suspect it was spruce. I made mine of ash. I chose the man's paddle rather than the woman's paddle simply because of the grip. Of the two paddles documented, the woman's paddle had a pole-end grip, which was already represented in the Mi'kmaq paddle from 1749. Of all the cultural groups I studied, the Cree were the only ones to differentiate between men's and women's paddles. Not only were the sizes different (the woman's paddle being slightly smaller, almost identical to the Têtes de Boule paddle), but the decorations were clearly distinct as well. Decorations would consist of bands, squares, dots, and crosses, usually in red. Sometimes the grips were painted as well.

The **ball grip** is common among Cree paddles. It is not clear from the evidence available to me whether the ball is just a disc or if it is truly spherical. I chose to make mine a flattened sphere. It's surprisingly comfortable to use, regardless of how you place your hand on it to grip it.

Where it really shines is in underwater recoveries, when you rotate the paddle with a palm roll, such as when using the Indian Stroke.



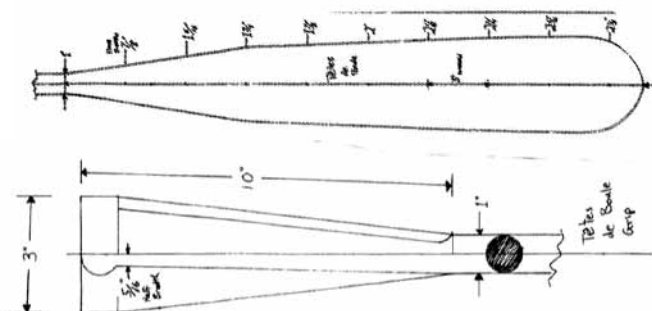
Tetes de boule

Tetes de boule

I chose the Têtes de Boule, figure 102 in *Bark Canoes and Skin Boats*, as another representative of the straight-sided paddles, because of its interesting grip, and because



Tetes de boule



(continues on page 5)

it seemed to be one of the most likely candidates for contemporary use. The grip has a cylindrical roll across the top, which I have found to be very comfortable in practice. The original was most likely maple or birch. I used ash, which makes a very tough paddle, strong and resilient. I don't often use ash, as it is heavy and I find the coarse grain structure unpleasant.



Passamaquoddy paddle

Passamaquoddy

Two Passamaquoddy paddles were documented in 1849, figure 72 in *Bark Canoes and Skin Boats*. These two paddles, especially the decorated one, have always fascinated me. I have been making paddles based on the decorated Passamaquoddy paddle for about six years now but have always wanted to do one as close as possible to the original. I wanted to capture some of the original flavour of these unique paddles. The original decorated Passamaquoddy paddle documented in *Bark Canoes and Skin Boats* was of maple, and the other one is cedar. I made my reproductions of basswood so that I could easily do the detail carving on the grips. Basswood is fast and easy to work with. I would recommend it for beginners who will be working primarily with hand tools. It isn't very tough, so I would suggest treating it like a softwood for the purposes of paddle making.

These were the largest blades that I made. I was surprised that such large blades were as comfortable to use as they were. These blades were large and powerful, and still comfortable after a number of hours of use. Of the two, I prefer the one that is more like a stretched-out beavertail, the one that is decorated.

The drawing provided by Adney gave an indication of the type of decoration that was applied to the blade, but was rather skimpy on detail. I thought I would have to be content with this, but then last spring I came across a new book by Graham Warren and David Gidmark, *Canoe Paddles: A Complete Guide to Making Your Own* (Firefly Books, 2001). On page 20, I spotted a sketch drawn by Liz Reagan of a nearly identical paddle, which she had found in the Peabody Museum. I bought the book for just that one drawing. I did a computer scan of the drawing and printed it up to a scale that filled the paper. An enlarging photocopier would accomplish the same thing. I then drew pencil lines over it, dividing it into four equal lengthwise sections, and eight equal sections along its length. I then copied the drawing onto a sheet of graph paper that had a full-size tracing of the blade, prepared with the same divisions as I had made on the printout. I taped this full-size drawing over the completed paddle blade, and used carbon paper to transfer the design. To complete the design, I painted in the outlines with acrylic paint. After painting,

I applied varnish over everything, as the acrylic is not waterproof.

The Passamaquoddy are a Malecite group, and the decorated paddle that I chose to reproduce was not uncommon. "Formerly, the Malecite placed his personal mark, or dupskodegun, on the flat of the top of his paddle near the cross-grip. The mark was incised into the wood and the incised line was filled with red or black pigment when available. Sometimes the whole paddle, including the blade, was covered with incised line ornamentation

This was usually a vine-and-leaf pattern or a combination of small triangles and curved lines. The Passamaquoddy used designs suggesting the needlework once seen on fine linens. Sometimes other designs showing animals, camps,

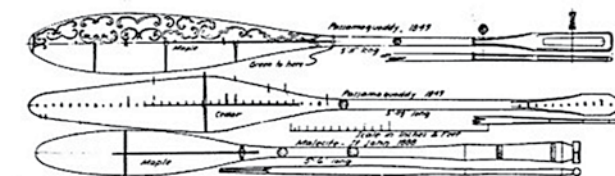


Figure 72
MALECITE CANOE DETAILS, STEM PROFILES, PADDLES,
SAIL RIG, AND SALMON SPEAR.



Passamaquoddy paddle


or canoes were used." (Adney and Chapelle, p. 80-82).

After making these paddles, I was particularly struck by the grips. I was surprised not so much by the sophistication of these grips, as by the near

universality of the solutions. Most modern grips are made so that the grip hand grasps the paddle along the top in the way that is so familiar to all of us. We've all been told to do the J-stroke thumb down. This forces us to twist our wrist and forearm considerably while making the correction. Regardless of the style of grip used in these traditional paddles, they all were designed to enable the



paddler to hold it so that the forearm is at right angles to the paddle shaft, much as one would hold a kayak paddle, except that the thumb is up beside the fingers instead of wrapping around the shaft.

This is strange for most contemporary paddlers, yet it is still practiced by proponents of the Northwoods stroke, using the Northwoods grip, also known as the Maine Guide grip. Using these traditional grips, and using the Northwoods stroke, we are encouraged to apply power through torso rotation rather than with our arms alone. This is exactly the sort of body mechanics that we are rediscovering and advocating for today's paddlers. In addition, the correction phase of the stroke is accomplished by allowing the wrist to bend through its natural motion. Once the paddle blade is in position for the correction, a simple bend of the wrist rotates the paddle completely. I remember questioning the way in which the pole-grip was used. It seemed to me only logical to hold it in much the same manner that one holds a Northwoods grip. I also recall wondering why the old paddle makers didn't simply elaborate on the pole-grip and add a flat spot to make a broader grip, one that would not only be more comfortable but also give more control. Looking back on the paddles that I made, and at the other documented paddles, it seems to me that that is exactly what they did do. The more elaborate grips that I have made and described appear to be a direct evolution from their pole-grip origins. I believe this to be true, as all of these grips were made so that they would be held along the side rather than across the top. Interestingly, I found that if I took the features of the Têtes de Boule grip and blended them with those of the Passamaquoddy grips, I would end up with pretty much the same grip that today we call the Northwoods grip. There are many sources of inspiration available; including the examples detailed here, the drawings in *Bark Canoes and Skin Boats*, museum collections, and old drawings and photographs. In particular, *Canoe Paddles: A Complete Guide to Making Your Own* contains a bounty of useful information for the home paddle maker. I would encourage anybody who has the ability and opportunity to try your hand at making a paddle based on historical examples. I am sure that you will be pleased with the sophistication and performance of these old paddle types. 

"This article was previously published in Canoe Journal"



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The northern pike:

Noble Predator...

By Andy Majewski
Fisheries and Oceans Canada
Winnipeg, Manitoba

snort or rocket?

I have a mixed relationship with northern pike (family *Esocidae; Esox lucius*). There are times when I curse the pike, and this mainly happens while I'm leaning over the side of my canoe hoping that the fish on the end of my line is one of my more revered fish such as a walleye or a bass. Of course, by the nature of the fight, I suspect from the beginning that I've hooked a pike, but yet I always remain hopeful until I see the elongate green silhouette emerge at my side. "Aw, ****, another pike!". A perfect example of this happened late this summer as I was sitting over a well known walleye spot on Lake of the Woods, ON, making a late-in-the day attempt at catching supper before heading back home to Winnipeg. The waters where I do most of my fishing don't hold many walleye, so my wife Kathryn and I had our hopes set high on treating ourselves to one for dinner that night. While working my jig up a ridge in about 40 feet of water, I hook what I had hoped to be an especially tenacious walleye. As I reeled it in, I fondly anticipated the hero's welcome that I would surely receive upon my return to the cottage...that is until it fired out of the water about 5 meters from the boat... aw, ****, a pike!

I think that my early animosity towards the pike developed out of my childhood (and arguably adulthood) obsession with smallmouth bass. As my fishing partner and I would ply the shorelines of Black Sturgeon Lake in north-western Ontario searching out signs of structure that might hold our favourite target, we would curse the pesky pike that attacked our hooks before the master angler sized smallmouth that was surely awaiting our arrival, had a chance to bite. I guess that there were worse problems to have than spending a day floating about catching fish, even if they weren't our preferred species. It seemed as though when nothing else was biting, you could always seem to coax a pike into taking the hook. This fact diminished the specie's stature in my childhood mind. Besides, the fact that they were so eager to take a hook

accounted for the hundreds of 'pike patties' that I was forced to consume as a child. By grinding the pike fillets into patties, you could cleverly avoid the need to pick the many y-shaped bones from the flesh. Maybe it was the flavour, maybe the texture, but something about those pike patties seemed to violate the code-of-the-wild I had formed in my young mind. Fish were meant to be eaten as fillets... or sticks.

On the flipside, the pike's eagerness to hit just about anything that moves has saved many a weekend fishing trip where the bass, walleye, or trout just were nowhere to be found. Besides, what's more exciting than watching a pike explode out of the water right in front of you, just as you're finishing your retrieve? Or how many of you avid anglers have witnessed this other favourite trick of

the Esocidae family: little fish gabs lure, big fish engulfs little fish and lure. I witnessed this rather exciting event on the end of my line while fishing for dinner on the way to the first campsite of a multi-day paddling trip a few years back. As a small pike burst out of the water to take my lure (as usual, I was after a bass), my paddling partner and I watched in amazement as a rather large musky (*Esox masquinongy*—a close relative to the northern pike) partially engulfed its poor cousin before it had finished its re-entry. Needless to say, the following train of events made for some tense and entertaining moments beside our fully loaded canoe. And coincidentally, that evening marked the beginning of a new obsession within me, one that my wife may never fully accept. I've tossed a lure at that same spot countless times

since that night in hopes of reliving the terror – it seems that I'm hooked on the musky. But I digress, back to pike...

As I grew up, and began making a living studying fish, my respect for the pike evolved. The northern pike is a top predator in freshwater ecosystems, and is widely distributed in Manitoba, occupying nearly all permanent water that support fish populations, but are most commonly found in cool, clear, water bodies in areas where flow is minimal and cover is abundant. Juvenile and adult northern pike feed mainly on other fish (approximately 90% of an adult pike's diet) and large invertebrates such as crayfish. However, they have also been known to hunt small mammals, frogs, and birds. Northern pike will commonly engulf fish that are one third, and sometimes up to one half, of their body length. In other words, northern pike are opportunistic feeders that will eat any living food target that they can fit down their gullets. A closer look at the morphology of the northern pike leaves no doubt of its function in the aquatic systems it inhabits.

Northern pike are built not so much for outright speed in open water, but for fast acceleration over short distances. Their bodies are composed of 55 – 60 % muscle by weight, and they use the flexibility of their elongate profile to create powerful thrusts that can propel them from a standstill to upwards of 4.5 m per second in less than 0.2 sec. This attribute of explosive acceleration is one aspect that makes a pike such an effective ambush predator. Northern pike tend to associate with submerged structures such as fallen trees, macrophytes, rocky slopes, beaver lodges, overhanging river banks, and even docks. From these stations, they use their combination of light coloured markings over a green to almost brown coloured upper body, and cream coloured to white ventral surface (colours can vary considerably based on the water quality characteristics), to blend in to



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the cover it occupies. They often sit motionless, relying on their cryptic coloration, and wait for their prey to wander within striking distance. However, northern pike will also use their cryptic qualities to stalk their prey over short distances. Anyone who has fished top-water lures for northern pike can attest to the explosive power at which this predator strikes its prey. The tongue and palate of the pike are covered with rows of backwards slanting teeth which help it grip it's prey once

contact is made, while the lower jaw is lined with longer, pointed, and razor sharp teeth specialized for piercing and slicing.

The mouth of the northern pike is also well adapted to injuring an angler's hand – especially for the backcountry canoeist whose tackle box might not be well stocked in order to save some weight and space in the pack. Long nosed pliers are standard equipment when fishing in northern pike territory.

(continued on page 10)



(continued from page 9)

I once witnessed a fishing partner carelessly put his thumb into a small northern pike's mouth while retrieving a hook. The fish clamped down, and my partner's instinctual reflex was to yank his thumb out of the pike's jaws. Those rows of backwards slanting teeth left barely a patch of skin on his thumb, and a painful evening at the hospital drove home the lesson. Thankfully, we weren't on a backcountry paddling trip when it happened, or his injury may have been a much more serious matter.

Apparently, the voracious nature of the pike extends into all facets of its life – even bedside manners. As a colleague of mine once bluntly noted while working with pike during their spring spawning period: “they don't know weather to sc**w each other, or eat each other!” Pike typically spawn in early spring just as the ice is

melting, and water temperatures are between 4 and 11°C. Spawning takes place in shallow, heavily vegetated floodplains of rivers, lakes, and marshes. Fertilized eggs are scattered with a thrust of the spawning partner's tales, and the egg's adhesive qualities allow them to attach to vegetation in the spawning area. Eggs generally take 12-14 days to hatch, after which the young remain attached to the vegetation and feed on their stored yolk for another week or so. After the young pike finishes absorbing its yolk it begins to feed on large plankton and small insects in the water, until it is large enough to prey on small fish (approximately 2-3 weeks after hatching). Growth in the early stages of life is very fast and young pike can reach a length of approximately 15cm by the end of their first summer.

Northern pike do have some commercial value in Manitoba;

however, they are most valued as a game fish. The largest northern pike caught by an angler in Manitoba is 150cm (59.05 in), caught in Max Lake in 1992. Whereas, the North American record, by weight, is 20.92 kg (46 lbs, 2 oz) caught in New York State in 1940. It is huge fish like these, combined with the voracious nature of northern pike that captures the imaginations of anglers young and old. In fact, I think that it's fair to say the northern pike has become an icon of northern wilderness, adorning advertisements for wilderness experiences with a typical monster-esque portrayal. And what resort town tackle shop, lakeside restaurant, or fishing lodge would be complete without a trophy sized northern pike adorning its walls to excite the imaginations of its customers?

It's true, the northern pike deserves respect, and my sense of wilderness wouldn't be the same without it. **R**

navigation

By Eric Gyselman

The world is a big place. How do we know exactly where we are? How do we transfer information from a map or chart to a real location on ground?

While many cartographic systems exist, only two are commonly used: the older Geographic Coordinate System (GCS) and the newer metric Universal Transverse Mercator or UTM system and its military equivalent. In this article, I'll concentrate on the Geographic Coordinate System.

The Geographic Coordinate System uses east-west lines of constant latitude called 'parallels' and north-south lines of constant longitude called 'meridians'. Parallels and meridians use the Cartesian system of measurement: degrees, minutes, and seconds. Degrees are represented by the symbol °, minutes by ', and seconds by ". In the Cartesian system, a complete circle has 360° but the GCS, by convention, divides the world into hemispheres. The 0° parallel

of latitude is the equator. Parallels are labelled as being north or south of the equator. For example, the border between the United States and western Canada is correctly labelled 49°N but there is also a 49°S. The north pole is 90°N and the south pole is 90°S. The meridians of longitude are a bit stranger. The 0° meridian, also called the 'Prime Meridian', has to be someplace but there is no obvious location like the equator to put it. Again by convention, it has

been placed running from the north pole to the south pole through the Royal Observatory in Greenwich England. Historically, other locations have been used but today Greenwich is the standard throughout the world. From the Prime Meridian, Cartesian angular measurements are assigned +180° eastward and -180° westward. Therefore, Winnipeg is -97° or 97°W longitude.

Each degree of latitude and longitude is divided into 60' (60 minutes) and each minute is further divided into 60" (60 seconds). Where high precision is required, seconds may have a decimal following the integer (ex. 32.56"). The GCS also allows for fractional units to be used as substitutes for minutes and seconds. For example, 100° 30' 30" can be written as 100° 30.5 and 50° 30' 00" can be written as 50.5°. You will often see these different systems written in shorthand: degrees:minutes:seconds = DMS or ddmms; degrees:fractional minutes = DM or ddm.mm; decimal degrees = DD or dd.dd. Confusing? You bet but that's the way it works. So how did such a confusing system come to be?

The roots of the Geographic Coordinate system go back as far as the Babylonians and Greeks. Latitude was the first to be used because it could be calculated by simply measuring the angle to a fixed object in the sky, usually the pole star or the sun at noon. Relatively simple instruments gave surprisingly accurate positions. Longitude was more problematic. In theory, longitude could be measured by determining the time difference between when the sun reached its zenith at Greenwich and when it reached its zenith at your location. If you were east of Greenwich, the sun would reach its zenith before Greenwich; if you were west of Greenwich, it would be later. Unfortunately, this relatively simple calculation requires accurate and reliable timepieces. It was not until John Harrison developed the chronometer in the 18th century that ship's Captains could accurately

calculate their longitude.

The basic unit of GCS distance is the nautical mile which is equal to 1 minute of latitude. Therefore, each degree of latitude is equal to 60 nautical miles. Nautical miles are abbreviated as M, NM, nm, or nmi. Each nautical mile is equal to about 1.15 statute miles (the 'miles' we used to use and are still used in the US), 6076 feet, or 1852 meters. Be careful though! Nautical miles are only equal to minutes of latitude not minutes of longitude (except at the equator). Meridians of longitude are not parallel. They taper towards the pole and therefore each minute decreases in length as you move from the equator towards to poles.

By this point, I am sure some of you are thinking getting lost would be a blessing rather than dealing with this rather bizarre system. Take heart though. If you're prepared to get into Cartesian geometry (which I will not even going to begin to attempt in this article), you'll find that the system is pretty efficient and actually does make sense. The GCS has not remaining the preferred system for marine and aerial navigation for no reason.

So there are the basics. If the prospects of dealing with odd number formats and radial geometry seem intimidating don't feel alone. It is. But the Geographic Coordinate System has advantages. Once you get the hang of working in base-60 instead of base-100, life gets a lot easier. By this I mean we are used to counting up to 99 and the next number is 100. In the GCS, we count up to 59" and the next number is 1' 00" and we count up to 59' 59" and the next number is 1° 00' 00". The math is the same; it's just a different way of counting. Fractional degrees and fractional minutes helps but I'm sure the old Coast Guard Captain who taught all this stuff to me would cringe at the idea of messing with a system that was already perfectly good.

In the next instalment, I will introduce you to the metric navigation system called Universal

Transverse Mercator or UTM where the global layout is kind of weird but the math is a lot easier. **R**



MNS Indoor Program for 2006-2007 The MNS offers an Indoor Program which features slide/video presentations and talks by members and subject experts (see website for other upcoming events at www.manitobanature.ca/indoorprogram)

The Indoor Programs are held in the Pauline Boutal Theatre, Franco-Manitoban Cultural Centre, 340 Provencher Blvd.

Programs start 7:30 pm sharp (except March 12, 2007 - 7:00 P.M. start).

Admission \$2 for members and \$6 for non-members.

Members must show a valid membership card at each

Indoor Program or contribute the non-member admission.

For information call the MNS office (943-9029)

(Office hours are Monday to Friday, 10:00 to 3:00)

First Aid

By Dr. Nichole Riese, a northern flying physician and paddler

The majority of medical concerns for canoeists start off as minor. Treatment is usually simple but necessary to prevent a minor irritation from becoming a more serious medical issue. Here is some advice on a few specific skin problems likely to occur on canoe outings:

Poison Ivy is the one skin rash we all want to avoid. The best thing is prevention. Recognize the plant and avoid it. But life is not perfect (like the time I fell off my mountain bicycle). The best secondary prevention, if you think you were exposed, is to use soap and water to wash the plant oil off your skin as soon as possible. Even clothes can carry the oil, as can your dog's fur! Keep washing as long as you think there is any possibility of coming in contact with the plant's oil

If you get the classic redness with small water blisters that 'itch', Calamine™ or hydrocortisone cream will reduce the urge. The antihistamine, Benadryl™ helps but can make you drowsy or dizzy, so it is best to use at bedtime. When the water blisters open, the fluid within can spread the rash so wash your hands after any contact. Calamine or baking powder made into a paste with water can help dry out the weeping sores.

Burns can happen from excessive sun exposure or heat exposure. Sunscreen is important and should be reapplied frequently. Paddling involves more exposure to ultraviolet light than just direct sun rays because water reflects the ultraviolet rays from below. More than a wide brimmed hat is needed.

A first degree burn causes redness. Second degree burns have a water blister, which is the best protection: do not break this natural covering unless you

can see pus collecting underneath the thin skin. Drink lots of fluids to replace the body fluids lost in the burn area.

Second Skin brand makes Moist Burn Pads for burns, which may help an open burn area. Honey is also a very good covering for open burns or any wounds. Bacterial infections cannot generally grow in this sweet stuff, which has other healing values. Dry dressings during the day help keep away insects and dirt. You may have to soak them off in clean water. A mosquito net or a tent with many screens works well to air dry large burn areas, without allowing insects to alighting on the wound.

Insect bites should be avoided with long shirts and pants and bug sprays when possible.

The most effective personal repellent against wood ticks and mosquitoes is DEET (N,N-diethyl-3-methylbenzamide). Use soap and water to keep bitten areas clean. Soaking in the cool lake helps decrease swelling and itchiness. Calamine or hydrocortisone and Benadryl at bedtimes will help with very itchy lesions (see poison ivy).

Wasp stings are more frequent in August and later. Their stings are alkali or basic pH. Vinegar,

a weak acid, helps neutralize the initial stinging. If you do not have vinegar, try other weak acids such as tomato juice or a crushed aspirin mixed with water. Later, antihistamines may be needed to help reduce swelling and congestion.

Many other insect bites (and marine stings in the ocean) are acidic. Baking powder is a weak base. It can minimize many bug stings initially and helps dry out weepy sores (see poison ivy!) Steak seasoning also has been known to help reduce the initial stinging- but who would carry that in the bush? I have heard of people using urine to reduce the stinging of a jellyfish bite (urine is similar to weak ammonia). Urine is sterile or clean except when one has an infection and it too can be used on any open wounds (according to my colleague who works with the poor in South America).

Wood tick bites can be avoided with clothing and repellants. Most ticks in Manitoba are wood ticks not the very small deer ticks (*Ixodes scapularis*) that carry the bacteria *Borrelia burgdorferi* which causes Lyme disease. Young deer ticks are round and very small, the size of a poppy seed. Apparently spring and fall are the Lyme disease season in the United States; wood ticks are a greater nuisance in our spring time. The ticks can only transmit the disease from their stomach if they have been attached for over 72 hours. So checking daily for wood ticks is the real trick.

This is from a medical website with limited access:

(continued on page 14)



Closing out the Season with Paddle Manitoba

by Cameron White



Fall canoe trips have many advantages not the least of which are the lack of biting things, empty campsites, and moderate temperatures. Since there are no drawbacks to canoe camping at any time it is not necessary to mention that the odd biting wind and cold early night may also challenge the fall paddler. All these conditions were encountered by the eight Paddle Manitobans who headed to Winnange Lake Provincial Park, more commonly known as the Experimental Lakes Area (ELA), for a three-day September trip.

As with most Paddle Manitoba outings, the participants arrived from diverse paddling backgrounds and levels of experience, but this only added colour to the interesting mix. In discussions before the trip we had agreed that no one wanted to set any endurance records, and we were all looking forward to plenty of time around the fire at our superb beach campsite. Any medical issues that might have

arisen were to be ably addressed by the two doctors in attendance, but we all returned with nary a scratch (although I did learn a great home remedy for nasal congestion).

Starting out from Upper Stewart Lake, we spent part of a vigorous afternoon descending the only portage of the trip, the "Devil's Staircase". It is perhaps unfortunate that most dramatically challenging obstacles on canoe routes seem to acquire a demonic moniker when they usually occupy sites of exceptional beauty. After all, this portage could have been named the "Steep but Ultimately Rewarding Staircase", though that may not have the same ring as its present title. Once back in the water we quickly crossed Winnange Lake to find our intended campsite vacant. Only three of us ventured to take a dip in the chilly waters of our beach home, but the crystal-clear waters offered their usual reward to the daring.

The next day we set out for a day-trip to Buzzard Falls at the south-east end of Winnange Lake. Along the way we witnessed the results of recent forest fires in the park, but were relieved to find that they had not extended to the Falls. After a pleasant lunch we tacked our way back home against the wind that had followed us on our outward leg. At this time we looked

with envious eyes at the Kevlar cruiser of one paddler as he sliced lightly through the swells. Our exertions were soon forgotten as we prepared dinner and exchanged stories of other windy days. One of the great benefits of these trips is the chance to hear the experiences of other paddlers, and that night around the campfire proved no exception.

On our return, we decided to take the shorter route and ascend the Devil's Staircase. It was now that seventy year old Ray Ingalls put men thirty years his junior to shame with his ability to portage heavy loads without rest. I know this mention may embarrass Ray but it should serve as inspiration for the rest of us. Once at the take-out, freight trains thundered by feet from where we loaded our vehicles, but we were too tired to take much notice. At this point we felt the need for sustenance, and so concluded the trip with a stop at the Log Cabin restaurant in Kenora. The three days had passed too quickly and we headed back to the alternate reality of a Tuesday morning in the city. **R**



THE BUSH KITCHEN

Here's yet another recipe from Cheri Villard! So far she seems quite prepared to keep all of Paddle Manitoba well fed. This is the last of her recipes though and it's time for all you one-burner gastronomes out there to send in some of your favorite paddling recipes.

Curry Chicken

2 cups basmati rice

1 package Knorr cream of leek soup

4 tbsp curry or to taste

2 tbsp chicken broth

1 can water based chicken

3/4 cup slivered almonds

3/4 cup dried cranberries

Cook rice as you normally would or as per directions on package (try presoaking rice to cut down on cooking time). When the rice is half cooked, add the cream of leek soup and continue to cook over a medium heat. Add curry/chicken broth and continue to simmer until rice is cooked. Add slivered almonds and cranberries. Continue heating. Add a bit more water if the mixture begins to dry out. When hot, serve.

Combine all the ingredients together, reheat, and garnish with the remaining bread crumbs and Parmesan cheese plus the parsley. Enjoy!

(continued from page 12)

"The proper technique for removal of the tick includes the following steps: 1) Use a fine tweezer to grasp the tick as close to the skin surface as is possible. 2) Pull straight up gently but firmly, using an even steady pressure. Do not jerk or twist. 3) Do not squeeze, crush, or puncture the body of the tick, since its fluids may contain infectious agents. 4) After removing the tick, disinfect the skin thoroughly and wash hands with soap and water. 5) Sections of the

mouth parts of the tick which remain in the skin may be left alone and will be expelled spontaneously. Attempts at removal using the same technique as one would use to remove a splinter usually results in significant tissue damage, thus it is better to leave the retained mouthparts alone. 6) After the tick is removed and the area cleaned, the person bitten (or the parents) should observe the area for the development of an expanding erythema [bull's-eye of redness] which would suggest erythema migrans. Treatment at this early stage of

illness almost always results in complete cure of the disease. Components of tick saliva can cause a short-lived erythema [redness] that should not be confused with this."

The website noted a study against using grease or petroleum jelly to suffocate the bug but it seems to work sometimes. Heat applied to their distal end may help them let go of your skin – but do not inflict a burn." **R**

Winnipeg Welcomes 2 Great Canoeists

by Cameron White

The words "dynasty" and "celebrity" are words not usually associated with paddling, but if anyone deserves those descriptives, it is the Mason family of Chelsea, Quebec. It was therefore with a sense of excitement that we prepared for a fall visit to Winnipeg by Becky Mason, and her husband Reid McLachlan. The last time we met in 2003, Becky and Reid presented a slide show to PM following their trip down the Berens River as part of Boreal Rendezvous. Though Becky's trip to Western Canada was in support of her work with the Canadian Parks and Wilderness Society (CPAWS), she was eager to conduct canoe clinics wherever there was a demand. Demand was certainly not an issue, and with the support of M.E.C., Fort Whyte, and our local CPAWS chapter, we were ready to welcome our guests.

After a long drive from Thunder Bay, and a short rest in Lorette, Becky and Reid arrived at M.E.C. to offer a

fascinating review of their paddling adventures across our country over the last twenty years. The Masons have maintained a strong connection to Winnipeg, witnessed by the many friends of her father who arrived to greet the couple and catch up on family news. Along with stunning photos of some Canada's greatest rivers, Becky offered insights into her learning experiences as a paddler and artist. Central to her environmental message was a stirring call to preserve and expand the Nahanni River Park Reserve, a river well traveled by her family and several members of the audience. The evening ended with a documentary film of Bill Mason's life, and many questions from the enthralled audience.

The next day saw us gather at Fort Whyte for the main event—solo and tandem paddling clinics. Reid, as well as being an accomplished artist and canoe builder, provides an integral part of Becky's instructional strengths, without which we could not have accommodated the many participants. A warm, bright September sun watched over an almost wind free paddling day as students worked back and forth across the lake, practicing their new found skills and coaxing the most out of tired muscles. Becky's forte lies in her ability to refine the skills of already experienced paddlers, especially solo canoeists. For

the evening's solo clinic more than the expected number of students arrived, creating challenges for the instructors which were met with patience and humour. Becky and Reid stayed on the lake until dusk, encouraging those determined to master their technique.

We enjoyed a late dinner with our guests, and then saw them off the next morning as they continued their journey through Alberta and Saskatchewan, promising to return. I am often amazed at how the Mason family has ties to every part of this country's paddling community, and how their travels serve to connect diverse interests. Their appearances would not be possible without the support of many partner organizations, and so we must then thank Ian Barnett, Lisa Dueck, Mick Lauth, and Ron Thiessen for making this great fall event a reality for PM. **R**



Paddle Manitoba's 6th Annual Photo Contest

Submit your entries now for 20 January 2007.



Pick Your Pics!

Now is the chance to expose your inner McGuffin or Foster! Dust off those photos from your summer's sojourn and enter to win great prizes and province-wide acclaim. (Not to mention the gratitude of the Photo Contest organizer!)

Winners!

Winning photos will be exhibited and prizes awarded at the Annual General Meeting at Fort Whyte, 20 January 2006. Winners of the individual categories will receive a free membership and the overall winner will garner a tasty paddlesport article of great value from Mountain Equipment Co-op. Your pics will also be published in the Ripple and posted on the website.

How to Enter:

1. Select one or more photos and assign it to one of six categories:

- Flatwater
- Whitewater
- Family Paddling
- Campsite Life
- Scenery
- Canoe/Kayak Equipment

Please ensure that some sign of paddling activity is evident in the photo. You can enter as many categories as you like.

Photos need not have been taken within the last year; however, previous submissions will not be considered.

2. Provide your contact information and a caption with full details of location and description of subject

3. Send all entries to:

Dusty Molinski
9-105 Scotia Street
Winnipeg, MB
R2W 3X2
Phone: 586-7536
Email: d_molinski@ducks.ca

4. Deadline for submissions: 5 January 2007

Important Photo Guidelines

Amateur: All photos must be amateur.

Limit: We encourage you to enter photos in all categories. You may submit 2 photos per category, per person for a total of 12.

Basic Specs: All submitted photos must be 5" x 7". Colour or black and white.

File Format: A 5" x 7" print is required. A digital copy is appreciated as well. Please label print and digital submissions with your name and the title of the work

File Size: Maximum file size of 1-MB

The Magic Continued

Wednesday Paddles at La Barriere – 2006

Over 21 weeks this summer Paddle Manitoba ran and supported Wednesday evening paddles at La Barriere Park. This is a tradition that was started in the early 1990s and has continued without fail ever since. I hope these paddles will continue for many more years to come. This year the outings moved from Tuesday to Wednesday; this change caused me, and some participants', confusion since I continued to refer to them as 'The Tuesday paddle on Wednesday' for most of the summer. Over the summer we had 280 participants with an average of 13 paddlers each week. Only one week over the summer was cancelled when I was away elsewhere on a canoe trip.

Over the last 6 years of my involvement with evening paddles, the magic has been the weather and the participants. With the exception of one day in May two years ago the weather has been perfect. The one cancelled paddle was due to 60km/hr winds and over 10cm of snow that fell during the day and evening. The rest of the weeks may, at times, have had rain, hail, snow and wind just before, or just after the paddle but never during.

Each week a wide variety of participants came out to join me for an evening of quite paddling, nature observation, skills assessment, or just to chew the fat. I learned as much about canoeing and people as anyone else – everyone, including those that were out for the first time had something to add, see, or experience. It was a treat for me to have so many people out that had rarely or never canoed before. The help provided by others with more experience was greatly appreciated by both me and the new comers.

The summer was the busiest that I have experienced as an evening leader. There was an excellent article in the Free Press titled "Water, water everywhere" by Tracey Bryksa on June 3, 2006. The article raised awareness and brought out many people through June, and much of July. Over the few days that followed the article I had over 100 phone calls from people wanting to come, paddle, and experience the river and a quite evening. Unfortunately, space was limited and I was distressed to turn many people away. The association with Fort Whyte Alive! combined with word of mouth continued to fill paddles for the rest of the summer and fall.

Each week was filled with the typical conversations about paddling, skills/mini lessons, equipment, where to rent, the last trip/or where to trip, and much more. We also had a chance to observe nature in its many forms. Many deer were seen, some of which were interested in us and followed the canoes along the shore – probably trying to figure out what those strange looking water creatures were. There were always a number of Killdeer in flight and the Great Blue Heron again graced us with its sight.

I was surprised to see a very large snapping turtle, along with many smaller painted, over the summer. I have seen many snapping turtles elsewhere in the Red River valley but this was the first time above the dam on the La Salle. One of my interests is in the area of plant identification and edible wilds. I enjoyed having a captive and interested audience to show different plants and what could be eaten. One interesting sight was the appearance of wild rice along the river near the dam. Next year we will see if it continues to grow and spread.

The vast majority of participants were new to Paddle Manitoba and many had either never paddled or had not paddled for many years. Most weeks, there was at least some portion of my time dedicated to showing new paddlers the basics of canoeing and how to keep away from the bank, and maybe go in a straight line. A number of participants had taken courses over the summer and wanted a chance to practice or brush up on their skills. Many wanted pointers or suggestions on their paddling technique. A few individuals had plans for trips and wanted a warm up, or in some cases help with skills and suggestions,





before heading out. On at least a couple of weeks I had the opportunity to demo canoe-over-canoe rescues. Several of the canoes needed to be washed and this provided a good learning opportunity to demonstrate some rescue techniques. I was delighted when Brent, remembering I had more canoes to clean, brought out an old mop to slosh around in the submerged canoes.

One exciting outcome of these paddles was the chance to arrange paddles for groups of individuals on a different evening. Trying to arrange for a larger group to come out to

Wednesday evening was a problem because of the popularity and limited space. With encouragement from one of the participants the Boys and Girls club came out one Wednesday evening and then arranged to come out several more times over the summer on other nights.

The board of Paddle Manitoba should be congratulated and thanked for continuing to support evening paddles as an excellent way to promote canoeing and paddling awareness in Manitoba.

Thanks goes to Brent, Chris, Greg, John, and the others whom I don't

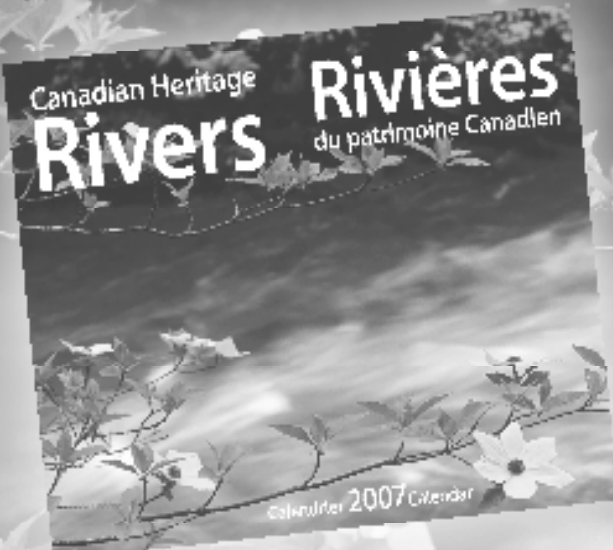
recall, who often brought their own canoes and graciously took new paddlers out with them or passed on their knowledge and skills.

On a final and personal note I could not have done all of these paddles without the help of my friend Brent. I really appreciated his willingness to give me, and my canoe, a ride each week to the park.

See you next year on the rivers and lakes of Manitoba and beyond.

Thanks for a great summer.

Charles Burchill 



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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 (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
Affiliate (Club, Organization, Association)	\$40

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
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Tel: (204) 989-8355, Fax: (204) 895-4700

Email: ibarnett@fortwhyte

Website: www.fortwhyte.org

Pioneer Camp

230 Sherbrook Street, Winnipeg, MB R3C 2B6

Tel: (204) 788-1070

Email: pioneercamp@mts.net

Website: www.pioneercamp.com/manitoba

Wilderness Supply

623 Ferry Road, Winnipeg, MB R3H 0T5

Tel: (204) 783-9555

Wilds of Manitoba

30 Riverstone Road, Winnipeg, MB R2V 4B1

Tel: 334 -1111

Email: icanoe@wilds.mb.ca

Website: www.wilds.mb.ca

Woodland Caribou Provincial Park

Ontario Parks, Min. of Natural Resources

Box 5003, Red Lake, ON POV 2M0

Tel: (807) 727-1329

Email: woodland.caribou@mnr.gov.on.ca

Website: www.OntarioParks.com

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

OUR MEMBERS RECEIVE A 10% DISCOUNT ON GOOD AND SERVICES FROM THESE BUSINESSES.



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 CANOE AND PADDLE

MANITOBA'S PURVEYOR OF HANDCRAFTED WOOD-CANVAS CANOES AND PERSONALIZED PADDLES. DOUG INGRAM BUILDS CANOES IN THE SPIRIT OF CHESTNUT AND E.M. WHITE AND HIS ARTISTRY MUST BE SEEN TO BE TRULY APPRECIATED. DOUG WILL WORK WITH YOU TO BUILD THE CANOE OR YOUR DREAMS. DROP BY FOR A COFFEE AND SEE THE BEAUTY OF CANOE BUILDING IN PROCESS.

Address: P.O. Box 78, Group 4, RR2 LORETTE, MB R0A 0Y0
Phone: (204) 878-2524
Email: RRCP@MTS.NET
Website: WWW.REDRIVERCANOE.CA



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/



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 PYRANHA WHITewater BOATS.

Address: 303 PORTAGE ACROSS FROM THE TRUE NORTH ARENA.
Phone: (204) 943-4202
Website: WWW.MEC.CA



WAVpaddling

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

Address: 119 Lenore Street, Winnipeg, MB R3G 2C2
Phone: (204) 775-1124
Email: yak@wavpaddling.ca
Website: www.wavpaddling.ca



Northern Soul

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

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



Red River Outfitters

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

Address: Box 23, Lorette, MB R0A 0Y0
Phone: (204) 878-3570
Email: rro@mts.net
Website: www.redriveroutfitters.ca



Wave Track Canoe and Kayak

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

Address: Unit C, 42 Speers Road, opposite Symington Yards off Lagimodiere Blvd.
Phone: (204) 231-8226
Email: wavetrak@escape.ca
Website: www.wilds.mb.ca/wavetrack/



Wilderness Spirit

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

Address: 696 McMillan Avenue, Winnipeg, MB R3M 0V1
Phone: (204) 452-7049
Email: info@wildernessspirit.com
Website: www.wildernessspirit.com

Paddle Manitoba Calendar of Events

The River Severn and the 2007 Paddle Manitoba Annual General Meeting

Saturday, 20 January 2007, 6:00 PM – AGM, 7:00 PM– Presentation, Fort Whyte Interpretive Centre

With pictures and stories, local artist David Perrett will share the story of his six-week journey on one of Canada's most remote fur trade rivers – the Severn. Along with seven paddlers from Camp Stevens, David and his fellow guides made their way to Hudson Bay through the rugged Ontario Boreal forest, encountering adventure and obstacles aplenty to challenge the modern day voyageur. Their destination – Fort Severn – is one of the oldest European settlements in Ontario founded in 1689 by the HBC.

Paddle Manitoba will conduct its Annual General Meeting at 0600 PM, before the presentation. All members are encouraged to attend and vote on issues pertaining to your association.

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

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

Campfire Cooking and Food Drying

Saturday, 17 February 2007, 7:00 pm / Fort Whyte Alive, Interpretive Centre

Looking for the perfect bannock recipe or wondering how to dry salsa – this is your night. Paddle Manitoba members will gather to share their secrets for camp cuisine, and the preparation you can do while the snow still flies.

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

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

Northern Adventures on the Seal

Saturday, 17 March 2007, 7:00 pm

One of Manitoba's most remote rivers, the Seal was explored by some of our local paddlers last summer including Yves Brunel, Gerry Hirose, and Suzanne Gates. Enjoy an evening of their stories and pictures.

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

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

The Waterwalker Canoe and Kayak Film Festival

Sunday, 21 April 2007, 10:00 am – 3:00 pm / Location TBC

The best of the world's 2006 and 2007 paddling films come to Winnipeg as part of this national tour. Paddlers from all backgrounds will enjoy these new offerings which feature diverse locations and experiences, both canoe and kayak. Come and support Paddle Canada!

Admission: \$10.00

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