



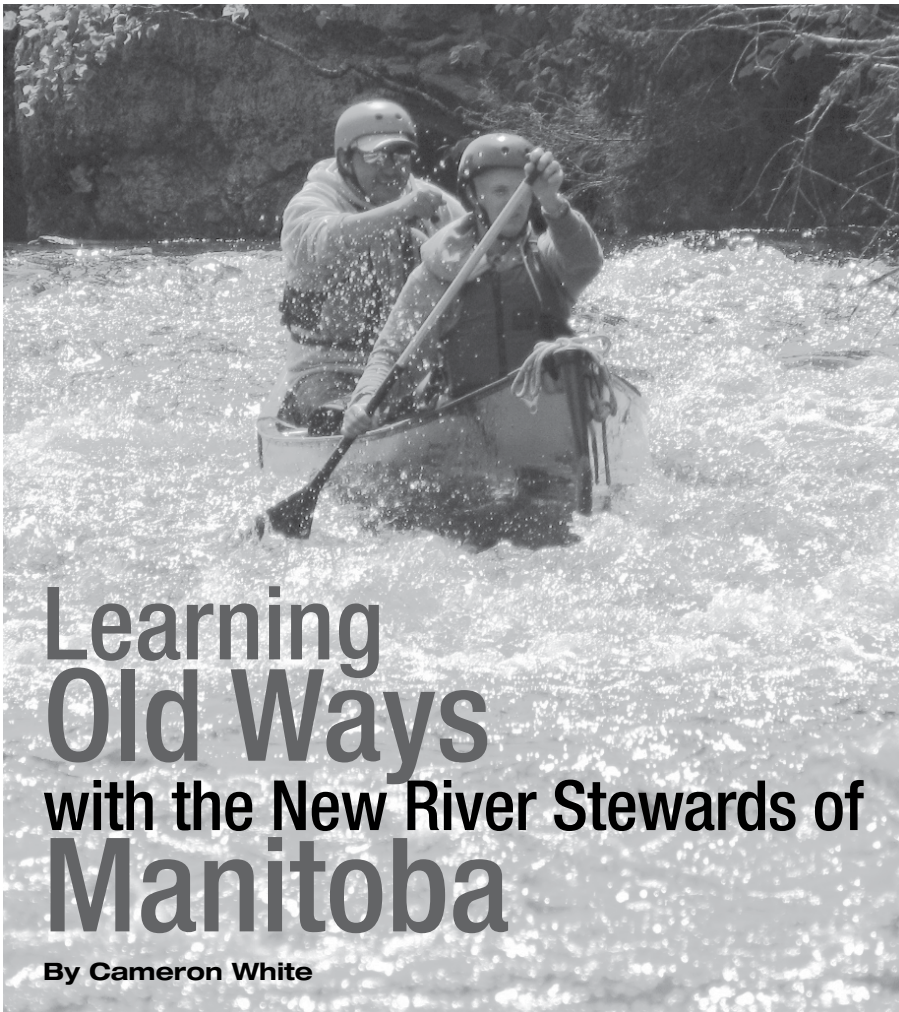
T H E



R I P P L E



Paddle Manitoba Newsletter



Learning Old Ways with the New River Stewards of Manitoba

By Cameron White

The muggy heat, that can only be generated by a wood stove and twelve men crowded in a small room, suffuses the discussion of backcountry skills and causes a few heads to nod. Maybe its not the warmth – the power point presentation seems incongruous in this setting beside Shoe Lake, and the audience has seen most of its learning take place in the outdoor classrooms of trapline and fishing boat. They listen politely but they are eager to be elsewhere than a lecture on “risk management”. There’s not much time to get ready for tomorrow’s float plane ride to Caribou Landing and they’ve already lived the last few days in wet tents buffeted by chilly winds, normal conditions for May on the East Side.

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spring 2008

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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,
Peter Loewen, at 332-0121

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

Website: www.paddle.mb.ca

Phone: (204) 338-6722

Directly contact Convenors for information on specific programs (e.g. instruction, indoor program, etc.) contact the appropriate Convenor. See page 3 for their phone numbers and e-mails.

Paddlers' Forum

Pose a question on our on-line **paddlers' forum** by following the links on our website, at:
<http://www.paddle.mb.ca/communication/forum.php>

Other Paddling Connections

Paddle Manitoba is affiliated with the following organizations:

Paddle Canada

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

E-mail: staff@crca.ca

Website: www.paddlingcanada.com

Manitoba Whitewater Club

www.mbwhitewaterclub.ca

Manitoba Paddling Association

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

www.mpa.mb.ca

MPA is focused on competitive paddling.

Newsletter Submission Guidelines

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

Advertisement

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

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

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

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

Other Submissions

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

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

The Ripple Newsletter

Phone: (204) 388-4465; E-mail: theripple@nlisnet.com

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 for Summer Issue

June 15, 2008

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

Paddlefest

Fort Whyte Alive

Time: 10:00 - 4:00 PM

Sunday, June 8, 2008

Paddle Manitoba officers

President

Cary Chapnick
642-7340
chapnick@mts.net

Vice-President

Vacant Position

Secretary

Vacant Position

Treasurer

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

Past President

Cameron White
878-3570
cwhites@mts.net

convenors

Membership

Peter Loewen
332-0121
ploewie5@hotmail.com

Instruction

Cameron White & Dan Smith
878-3570
cwhites@mts.net

Resources

Vacant Position

Indoor Program

Dusty Molinsky
586-7536
dustymolinsky@gmail.com

Newsletter

Eric Gyselman
388-4465
theripple@nlisnet.com

Advocacy

Tracy Laval
285-8390
lavaltdm@hotmail.com

Fundraising

Vacant Position

design & layout

Edge Advertising

792-3988
edgeadvertising@shaw.ca

President's Message

By Cary Chapnick

Although this is the spring addition of the Ripple, at this time we are in the midst of a seemingly endless February deep freeze. Spring is about hope, and hope is about the future. We have had some new folks step up to board positions that enable this organization to carry on. The board still urgently requires a secretary, not simply to keep meeting minutes, but to correspond with other groups and collate our bylaws, constitution, and policies. Paddle Manitoba would benefit from a dedicated fundraising convener to strengthen our financial position. Lastly I would like to see our resource convener position filled to develop our routes section of the web site. If any of you have experience/expertise that would be applicable, now is the time to step forward. Board member contact information is available on the web site (www.paddle.mb.ca) About Us.

We are working at building a library of topographic maps that members could borrow for trip planning. We are prepared to organize a hands-on small group workshop on paddle making. The two major projects we are currently focused on are the Water Walker Film Festival (March) and Paddlefest (June). Paddle Manitoba will also sponsor and accompany the David Thompson Brigade as it arrives at Ft. Gibraltar. Finally the board is planning an overnight campout geared towards family participation at the Fort Whyte Alive venue. The month of February is also a time to plan and dream. Check out these websites and stay warm. www.wildernesscanoe.ca <http://www.solarcooking.org/plans/collapsible-box.htm>

<http://www.pitch-in.ca>

Editor's Message

By Eric Gyselman

Editor's Message

The sun is streaming through the window of my office. The snow is starting to melt off the roof. Yes, spring is coming and with it a new paddling season. Finally!

The spring issue is always the largest of the year. The material from the AGM and the announcements for the upcoming courses and events all end up in this issue. But this issue also contains a great feature article by our Past President, Cam White, on the River Stewards program and an article by our current President, Cary Chapnick, on his trip on the Rice River last year. Charles Burchill got seriously involved in this issue with his contribution on edible roots in the Natural History column and with a bit of help from yours truly, an article on choosing a GPS receiver in the Navigation column.

This spring is going to be a busy one for Paddle Manitoba. The Waterwalker Film Festival, PaddleFest, Paddle Camp, and Shindig are all coming up in the next few months. Look for details inside.

Hope to see you there!

(continued from page 1)

Learning Old Ways with the New River Stewards of Manitoba

By Cameron White



Our students are River Stewards, seasonal employees of Manitoba Conservation and part of one of the province's most open secrets. Unless you met them on a portage trail or in a campsite, you're likely not to have heard of this small, but important band of conservationists. Originally conceived as an eco-tourism training opportunity, the Steward program was announced by the Honourable Eric Robinson in 2003. Stewards were to patrol the rivers in the hopes of acquiring skills that would allow them to conceive and operate their own sustainable tourism businesses. To date that goal has not been realized, but Manitoba Conservation quickly realized that the Stewards were an invaluable resource in the management of Manitoba's well-travelled wilderness rivers. One idea led to a better one.

This year sees the largest expansion of the program to date. In 2007, Stewards have been hired to patrol the Hayes, Berens, and Manigotagan Rivers as well as the Whiteshell provincial park. Their duties are varied and include registration of historical and cultural sites; portage repair; campsite maintenance; garbage removal; and survey of the canoeists who paddle the backcountry. For many of them this job takes on the aspect of backyard chores – they have

played and worked on these rivers all their life, and live in the communities that sit at their mouths. Those who travel the rivers for recreation call them wilderness, but for most of the Stewards they're home.

We spend the next four days on the Manigotagan learning canoe and guiding skills in preparation for a summer on the river. Some might find it odd that those raised in First Nations need any instruction in paddling, but natives have a new traditional way of living that involves Lund boats and 50 horsepower outboards: a few view the canoe with suspicion, most with the cautiousness of unfamiliarity. Manitoba is one of the last places in North America where the work of patrolling the backcountry takes place in canoes, albeit ones equipped with motors and chainsaws. Floatplanes and pickups do much of the work now, but the only way to truly know the river is by canoe. Craig Maxwell, the Resource Officer in charge of the Stewards training program, laments the fact that Conservation staff have so little time for traditional patrolling, as the modern ranger spends most of their day sorting out noise complaints in the busy campgrounds of the south-east. The Stewards then fill a small but vital roll as the watchful eyes of the backcountry.

Not all the Stewards were raised on the rivers they patrol, and suitable candidates are not always forthcoming from local communities. This year the Bloodvein has no keepers, and the Whiteshell territory will be worked for the third year by Derek Turnbull and Kyle Wiebe, two university students from points west. Different native cultures have also come together for this course – the Cree from Oxford and Norway Houses and the Ojibwa from the East Side keep their own counsel at first. Stewards are teamed with partners from different communities to share experiences and build bonds. None of the Stewards have travelled the rivers of the others, but the land is familiar to all.



Charlie Simard is the senior Steward and he takes pride in hosting us on the Manitogotagan. For over fifty years, Charlie and his father before him trapped and hunted this river: the two Simard cabins are testimony to their long association with this land. With every turn Charlie tells a new story of the Metis and pioneers who travelled here in search of food, furs, and minerals. We are outsiders in his kingdom, but he is eager to share his knowledge with all, and I know that I may not have a chance again to learn these stories first hand. William Meade, Charlie's new partner and junior by many years, views this job as a time to connect with the country of his parent's birth. He has come as far as Sand River Falls by ATV on hunting trips,

but this is his first time running the river and you can tell he is excited to see places of which he has only heard.

The prospect of swimming rapids as part of safety training daunts a few Stewards. One of the northern men confides to me that he has not swum in anything for twenty-years, and some of them have never paddled in a canoe since they were children. The novelty of this situation – those who live by the river not living in the river – is underlined by the fact that they use rivers as a means of sustenance, not recreation, as do the city dwellers from the south. My experience is not informed as a harvester of the river's bounty, and they who do the harvesting have long ago



learned more efficient ways of travel by motor boat and snowmobile. Nevertheless, they all gamely plunge in the cool waters, pfd's securely fastened. The cold takes its toll on Morden Everett, who was severely injured in an auto accident last year, and whose legs have taken this opportunity to cramp severely. A few minutes of impromptu massage therapy, and he rises stiffly to tackle the rest of the day.

Some of the older Stewards fear the loss of ancient skills in their communities, and Morden has done something to stem the tide of computer culture which washes over today's youth. As part of the school program, he teaches trapping and woodcraft to the children of Berens river. There is great



interest in his classes, but the message he passes on has not always taken root. Much of his summer will be spent cleaning up areas of the river bank befouled by garbage from residents, only to return weeks later to redo the work. Like Charlie Simard, he hopes that a new generation will be more conscious of their surroundings. Charlie tells me of the primitive batteries that were in common use before electricity came to Manigotagan, and how many of them ended up in the lake off the town's wharf, left there to bleed acid. "They didn't know any better then, but we're making sure our kids know better now" Charlie says as he tells me of his own efforts in educating local kids to respect the river.

This week on the river is part of a Paddle Course to certify the Stewards in leadership, guiding, and risk management skills, but the learning goes both ways and I am constantly amazed at what the "students" know about their world. We discuss proper environmental practices new to some, and they laugh at my pained expression as I chew on bitter roots used for teas and poultices. One of the candidates confides that he has acquired more knowledge of canoeing in the last week than he has in twenty-five years on the river, and then proceeds to deliver a lecture on the finer details of moose scat. It is a fair trade I think, and I am humbled to find how little I understand of this forest environment through which I travel.

The River Stewards program is more than just window dressing for Manitoba Conservation. For many this is important and relevant employment in communities where opportunities are few. Mervin Weenusk of Norway House, a father and husband, has mixed feelings about his new post. He tells me quietly that this is his first job, and his wife is worried about the future of his week long absences, but that he is proud to be doing something that will benefit the historical and environmental treasure that is the Hayes River.



You can love something to death, and we witness this reality at the over-popular Old Woman Fall's campsite. Tree roots are exposed from the caress of boot clad feet and the kitchen implements of past trippers stand guard over the fire place. Some environmentalists worry that increasing access to, and knowledge of, the back-country will threaten it with damage by well-intentioned tourists. But for others education and management are the keys to preservation, and the work of the River Stewards has already paid dividends in those areas. Over the last four summers, Charlie and his crew have cleaned up the worst excesses; contained the spread of human waste with the installation of bush biffies at key sites; and impeded erosion by maintaining portages. The Manigotagan is a better and safer place for his efforts, efforts which will now spread to new rivers and communities.

Months later in Lac du Bonnet, Earl Simmons, Chief Natural Resource Officer, shares his concerns over securing funding for the growth and maintenance of the River Stewards. What was originally seen as a one time, one river, project for tourism industry training has now grown into an important management resource that requires a large administration budget. Simmons is a strong proponent of expanding the program throughout Manitoba but he knows that without public support that may not happen. Like many of Manitoba's amazing natural resources, the River Stewards pass us quietly by without acknowledgment or fanfare. **R**



Hey Dude- Where's My Island?

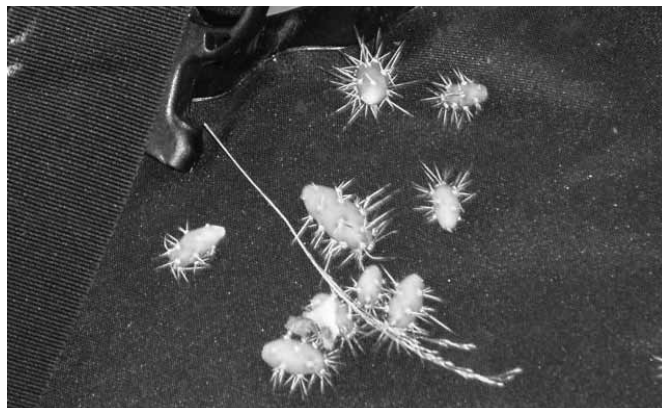
Rice River Trip August 25 & 26, 2007

By Dr. Cary Chapnick

Five members, two canoes, one kayak met early Saturday morning at the 59er for a briefing on options for the Rice River trip. The options were if winds were excessive to go upstream from the bridge to Shallow Lake and if winds were not problematic to go downstream from the bridge and paddle amongst the archipelago of Kasakeemeemisekak Islands.

After leaving the paved road at Winnipegow we travelled another 31 km on the winter road to where a bridge crosses the Rice River. This section can be notoriously poor in heavy rains. We put in downstream by-passing the rapids. The day was warm and sunny and the river was peaceful and brilliant as we made our way downstream to the estuary. We wanted to camp on one of the outer islands to appreciate the evening sunset but decided to save weight by dropping off our gear on one of the islands as we were going to be traveling about 6 miles north and returning into a 20km south wind in the shelter of the islands. We had a brilliant paddle north and on our way south the winds continued to build (60 km) and so did the waves. As we got closer on our return to where we thought we had left our gear it became evident that no one was absolutely certain which island the gear was on and it was obvious

that every island looked identical. As we had been on the water for six hours we decided to have a conference to determine whether we should abandon our gear and head back upriver to the cars or attempt to give ourselves another hour in an attempt to locate the island and gear. We were going to come ashore on a beach, however the waves were quite high and we were broadside to them and one of the canoes capsized. Fortunately, they were able to keep all their gear together, empty the canoe, right it and arrive to the beach safely. We were fortunate to have a GPS with us that marked the entrance to the estuary and we were able to make our way back there and once at



that point it became crystal clear and obvious where the island was. We were able to get our gear and not wanting any further trouble we decided to not camp on that island, which had prickly pear on it anyway, and camped on an island right at the estuary. We had a late supper, nice campfire and a warm evening. The next morning we paddled upstream and saw a large black bear, had lunch at the cars and then went for a paddle upstream for about an hour and a half up to the first set of falls. We then returned downstream again to the cars and made our way back to Winnipeg. **R**



Buying a GPS receiver? Read on!

By Charles Burchill and Eric Gyselman

Buying a GPS receiver or GPSr can be intimidating. There are just so many brands, models, and options to choose from.

How can you ever make the 'right' choice?

The first thing you should realize is all recreational GPS receivers provide the same basic level of accuracy and position information. The difference between manufacturers and models is in software, updated hardware (chip sets), memory, and secondary features. Some of these features may give you faster acquisition times and better signal reception under difficult conditions but if you compared the position given by the cheapest GPSr and the most expensive, they will likely be very close. It's kind of like buying a Hyundai or a Lexus, they will both get you where you need to go. What you are paying for is extra features.

Before heading off to buy that shiny new GPS receiver, make a check list of your needs (your real needs!). These should include: price range, display type (colour or black & white), amount of memory (will you be loading maps into your GPSr?), potential usage (will this just be for canoeing or will you be geocaching or navigating your car with the unit as well?), will you be likely to buy compatible computer software to go with your GPSr. Next, talk to canoeing friends and see what they use, ask for a demonstration, borrow different models and give them a test drive if you can. But be careful, just because someone else really likes a particular unit doesn't necessarily mean it's the right one for you. Finally, with list in hand and hopefully some experience using borrowed receivers, head off to a reputable dealer.

Sales people are there to help you make an informed and correct decision based on your 'real' needs. If you don't understand what he/she is telling you, ask for clarification. Remember, you will likely be relying on this little electronic gizmo to get you where you expect to go. It needs to do its job to your satisfaction. Remember also that GPS receivers are basically specialized computers and as such the life span of any particular model can be short. Once you have a short list of makes and models, visit the

manufactures websites and make sure the ones you are considering are not 'end of line models' or at least be aware that retailer is selling off the end-of-line models.

So what are some of the considerations you should be thinking about before you lay down your hard earned cash?

Do you really need a GPS receiver?

Most hiking and canoeing applications don't require a GPSr. Even when you take one, you should travel with alternative navigation aids. A GPSr can quickly become an expensive toy that rarely gets used, gets left at the bottom of a pack, or just left in a drawer at home. They cost a lot, even the cheap ones. Can you spend your money on something better? How upset will you be when you drop it off a cliff, leave it on top of your car when you loading your canoe (yes you will - everyone does at least once), or see it sinking slowly to the bottom of the lake when you dump your canoe?

Built in Software

The software built into a GPSr ranges from dead simple to very complex. Generally, less expensive units have more basic software and are easier to use but this may limit your navigation options. Built in software is the most important reason to try out a GPSr before you buy. Sometimes the software designer just 'thinks' more like you do so operation is more intuitive. Your canoeing buddy may not see it the same way but that is okay. It's your decision. By the way, the 'best fish and hunting days' on some models doesn't really work - we've tried!

Some things to consider as you work through the software:

How easy is it to input and change information like waypoints and routes?

Are the datums you need (NAD83, NAD27 in Canada and the USA) available?

Are all the coordinate systems you need (dd.mm, dd.mm.ss, UTM, MGRS) built in?

Does the unit display the information you are interested in (time, tide, sunrise/sunset, average speed, max speed, odometer, etc.)?

Is there sufficient memory to store all the waypoints you will need (this is personal – some folks like to store every waypoint they ever marked, others are neat freaks that only keep the absolute minimum)?

Is there sufficient memory to collect all the track information you are likely to collect; a bare minimum is 2000 track points (this can be more important than the number of waypoints if you ever need to follow our way back along a track because you made a wrong turn)?

How easy is it to create and modify routes?

Does it provide bearing and distance to the next waypoint (this is often very useful)?

Power

One of the greatest drawbacks of a GPSr is that it requires power. For canoeists, this means batteries. Can the unit use all types of readily available batteries (NiMH, alkaline, lithium, etc.)? Does it have an external power connection for use in vehicles such as a car or boat? A few of the newer units use only built in rechargeable battery – not very useful when you are in the middle of a 2 week trip and you run out of power.

The next question to ask is how long do the batteries last? Be careful of published figures. Manufacturers usually give a maximum duration with the unit running in 'power save' mode. Many add-on features like the built in compass drain the batteries significantly quicker. Backlighting is a big user of power. The only real way to know how long batteries will last is through experience based on how you use your GPSr. Fortunately, batteries are not very heavy. The trick is to know how many to take.

Just a note, if you are going to use your GPSr in the winter, consider lithium batteries. They work much better at low temperatures. Your GPSr LCD display will start to get sluggish at cold temperatures as well. Make sure you keep your GPS within the technical specifications for temperature range or the display can be damaged (usually above -15°C).

Multiple Channels (parallel)?

You will be hard pressed to find a new GPSr that doesn't have a 12 parallel channel receiver. This means it can keep track of up to 12 satellites at once. But remember, you will rarely 'see' more than six to nine satellites anyway. Paying extra for a 16 parallel channels unit may be a little overkill. On the other hand the more parallel channels the GPSr has, the greater the number of position solutions it can calculate. This may be important if you are going to use your unit in forested or other less-than-ideal locations.

WAAS?

The Wide Area Augmentation System or WAAS provides differential corrections reducing position errors from about 10-m to 3 or 4-m. The question is whether you need this much precision. For canoeing (unless you are lost on a portage), probably not but if you want to use the GPSr for geocaching as well as canoe navigation, WAAS may be a valuable option. Besides, most units today are WAAS ready.

Waterproof/Floats?

Is the GPSr you are considering really waterproof or can it just splash proof? Look for the IEC 60529 IPX7 standard or similar (stays dry when submersed at 1m for 30 minutes). Remember though, factory seals can break so you might want to keep it in a secondary waterproof container just in case. Most GPS receivers don't float, so tie it to something that does.

Electronic compass/Barometer/Thermometer?

These features can be useful but they come at a price with both monetary and power requirements.

The built-in GPSr compass can save you from having to rummage around in your pack for your magnetic compass. Remember though, when the batteries die, so does your GPSr compass so always have a magnetic compass as backup. Many folks keep their magnetic compass handy anyway because then they don't have to keep their GPSr running all the time or turn off the power consuming built in compass.

Barometric pressure is a key piece of information for forecasting weather. Some GPS models have properly designed barometers that compensate for changes in elevation. Others don't. So check the details before you buy or rely on this feature.

Knowing the temperature is nice but if you are on a canoe trip, what can you do about it?

Antenna type

Almost all handheld GPS receivers have either a 'patch' or 'quad-helix' antenna. Patch antennas are flat and built onto the face of the receiver. Quad-helix antennas usually stick out from the top. Under favourable conditions both work equally well. Patch antennas pick up overhead satellites well but may miss those near the horizon. Quad-helix antennas are better at picking up signals from satellites lower on horizon. Theoretically quad-helix antennas may give better positions when used in the bush.

An external antenna connection is another feature to consider if you plan to use your GPSr in a vehicle. It allows you to plug a second remote antenna into your GPSr via a cable. Many manufacturers sell an optional magnetic antenna that you can stick on the roof of your car.

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Computer connection

The ability to connect your GPSr to a PC is very useful for planning and saving navigation information. Most people find it easier to enter/edit routes and waypoints on a PC than the GPSr. The information created on the PC is then uploaded to the GPSr.

Two types of software are available. Many manufacturers produce proprietary software that works only with their GPS receivers. Usually, they are the easiest to use but may be limited in features. Second party manufactures like Fugawi produce powerful software programs but these may require more computer savvy to use properly. Whichever software you decide on, try to get a demo version or find a way to try out the software before you buy (remember many retailers will not take back software that has been opened). If you use a Macintosh or Linux based system, the selection may be more limited but some manufacturers will support these operating systems. Public domain software and shareware are out there. Give it a try before spending more money. We like "GPS Utility". Many geocachers like "GSAK". If you are into mapping then you might want to look at "OziExplorer".

Remember to check for updates to your GPSr firmware and software occasionally. Manufacturers are constantly fixing bugs and adding features. Usually these can be downloaded from the WWW.

Memory

GPSr memory is really important if you want to store maps on your GPSr (20MB as a minimum). Many newer receivers use MMC/SD memory cards rather than the 'on-board' memory chips used in older models. This allows you to keep maps for different areas on different chips and simply switch chips rather than uploading maps from your PC. Also, older receivers used serial connections which are painfully slow when compared to the newer USB connections.

Maps


Most of the major manufactures provide topo sheets in various formats for their GPSr systems. Depending on the

capabilities and memory of the GPSr, these maps can often be stored on the receiver in some form. Remember the GPSr will have a smaller screen so previewing of larger areas will be a problem. We recommend you plan on using the position from your GPSr and transferring this location to a paper topo map. Of course, make sure you are using the correct datum. Throw in a good dose of visual observation to make sure of your real position.

There are software packages like Fugawi that allow you to scan and georeference your own maps. We don't know of any GPSr manufacturers that allow you to download these maps to their handheld GPS receivers but this capability is very useful for those of you that enjoy working with maps and computers. Some GPS receivers will take graphic images (e.g. Earthmate GPS PN-20) but how these work in real world conditions is not known

More Sensitive receivers

Manufacturers are constantly trying to improve their receivers in the highly competitive GPS world. For example the newer SiRF III chipset is purported to have greater sensitivity and quicker satellite acquisition times. The catch, of course, is increased cost. Is the extra cost worth it? Well, that's a personal decision. Personally, we feel quite comfortable with the standard chipsets. The slightly slower satellite acquisition time and occasional signal loss does not offset the premium cost. However, for others the latest and best is important. Look at the features and cost and make your decision. However, like all electronics today, the GPSr you buy today will be 'obsolete' tomorrow. Try to avoid 'GPS-envy' and continue to use the receiver you have until it no longer meets your needs (your real needs!). This may happen in 2013 when the new European system 'Galileo' becomes available but that's another story.

So in the end, how do you decide? Make a list of your real needs. Talk to others but sift through their comments to make sure you are getting what you need. Find a good reputable retailer that is willing to listen to you and provide good advice (if he/she tries to 'loose' you in jargon, go somewhere else). Finally, go the websites hosted by the various manufacturers. Often they have very useful pages that help you select the model that is right for you. 



Natural History

By Charles Burchill

Roots that I have known

After the last general article on wild edibles Eric Gyselman asked me to put something into the Ripple around specific edibles. I thought I would take a slightly 'off-the-beaten-track' approach. Most people are aware of berries and are at least willing to believe that those green things (leaves) can be eaten. If pushed they might even look at those fungus things (mushrooms) on the ground as potential edibles. People often forget that plants have roots – just ask someone to draw a tree and most of the time it will consist of only a trunk and leaves.

Roots are out of site and generally out of mind. We forget that they are there even though they represent the structure through which plants get much of their nutrients and water. A lot of effort goes into making roots for supporting the plant above the ground. Roots are often the storage basket for plants and help them survive the winter as well as other adverse conditions. This means that roots, rhizomes, and tubers are packed full of energy and nutrients. Berries are colourful, sweet, and tasty but ephemeral; roots are the pillar of the plant and may be available long after the rest of the plant has gone.

Picking roots does take some care since it involves digging and other things can get in the way and easily mix in with your target. Unlike the above ground shoots roots intermix and are not always easy to identify and separate. As a collector you will need to be able to identify the roots of your target plant and separate out those that you don't want.

As a naturalist and environmentalist digging up roots is not something to get into lightly since it can cause significant disturbance to the environment. This disturbance may be cosmetic leaving only unsightly scars for others to disapprove of, but it can also damage the plants and environment. A dug-up portion of the earth may leave an opening for invader species. Digging may also damage the roots of other sensitive plants killing them. If you are going to dig roots remember to respect the place, leave enough of the plant so it can reproduce, and get permission where necessary. You will require a permit to collect in parks and reserves in Manitoba.

To collect roots you will need some kind of tool – humans are long past the point where our nails provide enough support to scrape up the soil and find those hidden gems. My favourite tool is a Japanese digging knife (I picked

mine up from LeeValley years ago). After wrecking many trowels I found this hardened steel tool invaluable and it has provided me with many years of use for everything that requires digging a small hole. It is sharpened on both sides with one serrated edge and a pointed end. Sometimes you will want a rake and shovel but if you are starting to get into that much excavation you should probably rethink what you are doing and the potential damage you are causing. I have found a canoe, swim suit, and bug repellent also useful on occasion.

Writing this article I feel I might be cheating you out of something since I am a grazer rather than a 'pick and keeper'. I tend to stroll through the wilderness and pick and eat things as they come to mind and within easy reach – much like the grasshopper and not the ant. Popping a berry into my mouth while walking across a portage is my idea of partaking in wild edibles; digging and scraping, drying and storing – well I am more likely to go off to the grocery store. Roots do take a bit of extra effort.

The examples I have given below are only a few of the possible wild edible roots that I have tried. There are a few references at the end of this article if you are interested in more information.

On a final note just a reminder that there are some very poisonous plants out there. Before trying anything you should be absolutely sure that you know what you have picked.

(continued on page 12)

Onions

(*Allium sp.*)

I love onions and the wild ones are usually plentiful on dry slopes. There are a number of species found throughout 'Canoe Country'. The most common I have found are nodding onions which are abundant in places in the boreal forest of eastern Manitoba and north western Ontario.

Onions can be picked and eaten at any time of the year but they are easiest to find and identify during flowering (July). The flavour is strongest early in the spring and late in the fall – look for old dry flowering heads or identify places to find them and come back. It is easy to over harvest onions; remember they have a strong flavour and it can take years for larger bulbs to grow.

Use any place that you would normally use onions or green onions. Wild onions are quite a bit smaller than the domestic variety but the taste is usually stronger.

There is at least one similar looking plant to be aware of – death camas (*Zygadenus venenosus*)

Bulrushes and other sedges.

(*Scirpus sp.*, *Carex sp.*)

The first time I collected bulrush rhizomes I used a rake to pull up the rhizomes while standing waist deep in water off of a sandy beach. I got a handful for all of my efforts but they were quite nice. Peeled and boiled they are quite nice. Early in the year I have found the white base of bulrushes very pleasant to eat. From a canoe gently, but firm, pull on the upper portion of the bulrush if it slides free then the base will be nice.

Be careful where water quality is in question or water is contaminated.

Other sedges (*Carex species*) have edible roots and may be easier to collect but not much content.

Wild Sarsaparilla

(*Aralia nudicaulis*)

Nibble on the peeled roots or better steep a fist full of peeled rhizomes in something the size of a billy can. Add honey and let cool or not as desired.

Some people do not find the taste very pleasant so only try a little.

This is a very common plant throughout the Canadian provinces in river bottom forests. Really it can be found in virtually every wooded area with moderate shade. The plants usually form extensive stands about 25cm high (just about the knee). This is an underground bush with extensive occasionally branched rhizomes. Leaves come to the surface as stalks divided into three parts of 3-5 leaflets. Early in the summer it has clumps of small creamy flowers on a separate stem which later produce purple berries. Rhizomes can be found and followed by pulling up one leaf and following along.

Sarsaparilla often grows in the same areas as poison ivy. Damaging poison ivy roots and contacting the sap will also produce Rhus dermatitis.

Jerusalem Artichoke

(*Helianthus tuberosus*)

This large woodland sunflower often grows in large clusters in open patches. The best stands I have seen were in areas where a tree had fallen or been removed (in the case of Dutch Elm disease) along the wooded banks of small rivers and streams. The roots form small tubers later in the summer and are quite pleasant to eat raw or lightly boiled. Cooking them with other vegetables in soup is probably the best route to eating these small jewels.

Lily Pads – fools tubers.

(*Nuphar sp.*)

I have seen many references to eating lily pad tubers. I have tried on a number of occasions and have come to the conclusion that someone was joking or made a big mistake. All of the lily pad tubers that I have been able to dig out of the bottom of a lake or marsh taste like marsh. It is too bad since they are huge and probably contain a lot of energy.

Obtaining the roots is difficult unless you are a muskrat or beaver and can hold your breath and dig underwater. The tubers, some of which are as large as my arm around, are anchored to the bottom of the pond with many small roots. It takes a significant effort with an appropriate tool to separate them from the bottom.

If you are looking at trying lily pads in S. Eastern Manitoba make sure you know the difference between the common Yellow pond lilies and the rarer white water lilies (see the last Ripple for how to identify).

Wild ginger

(*Asarum canadense*)

These uncommon plants have two heart shaped leaves growing from underground rhizomes with a small non-descript urn-bell shaped flow below the leaves. It is a nice find in heavily shaded moist-wet wooded areas in the boreal forest (not bogs) with birch, aspen, and alder. The rhizome is found just below the surface and is easy to pull up – only take a little and leave the rest for later.

The taste is similar to domestic ginger, but stronger and often a little bitterer. Use it in same place you would domestic ginger such as stir fry.

This species is considered uncommon in Manitoba (S3). Only pick small portions and where there is a substantial amount growing.

Cattails

(*Typha sp.*)

Tips of the rhizomes, horn like growths that are next years growing tips are wonderful. The starchy ball formed at the junction of the green stem and white rootstalk is also very nice. I have found the starchy ball gets bitter, stringy, and marshy tasting in the summer – collect this portion when you can still easily pull the leaves from the base late spring or early summer. When gathering rhizomes make sure that they are still alive by peeling back some of the outer layer to see if the inner core is still white. The base of the leaves can be peeled away in the spring to obtain the white inner core to nibble or lightly steam. The rhizome tips are best at the end of the season. The best tasting cattails I have found are those growing alone in clean water – such as along cracks in a rock ledge or small sandy areas. The fastest place to harvest is in a large stand of cattails.

It is possible to pound (grind, smash, pulverize) the starch out of cat-tail rhizomes. This is a lot of work that I am generally not willing to do.

The leaves are long and narrow standing upright from a cylindrical base. The flower/fruiting heads are sausage like and appear on top of a stiff stem. They can be very tall – as much as 3meters. Underground stems (rhizomes) are extensive and grow sideways out from the base of the plant.

Be careful where water quality is in question or the water is contaminated. Watch out for wild iris and wild calla. Sweet flag can also be a problem – not poisonous but it has an unexpected bitter taste.

More information:

Cvancara, Alan M. Edible Wild Plants and Herbs :A Pocket Guide. Ragged Mountain Press. Camden ME. 2001

Reeves, Laura. Laura's Guide to Useful Plants: You can do that with milkweed?!. Self-published, 2007.

Schofield, Janice J. Discovering Wild Plants: Alaska, western Canada, the Northwest. Alaska Northwest Books. Portland OR. 1989.

Stensaas, Mark. Canoe Country Flora: Plants of the North Woods and Boundary Waters. Pfeiffer-Hamilton Pub. Duluth MN. 1996

Szczawinski, Adam F., Turner, Nancy J. Wild Green Vegetables of Canada. National Museum of Natural Sciences. Ottawa Canada. 1980 R

2007 Annual General Meeting Reports

President's Report

General

1. Paddle Manitoba continues to be an organization focused on growth both in width and depth. The annual general meeting (AGM) is like report card time and is a good time to reflect on where we have not made the grade and why, and also to celebrate our successes.

Membership Benefits

2. Let's start with our successes! Paddle Manitoba provides real bang for your buck to our members and is always on the hunt for expanding those member services. So what do we get for that \$30 bucks? Let's start off with the financials. First you receive the quarterly Kanawa, Canada's Paddling Magazine, a retail value of \$20.00. If you spent a total of \$100.00 of merchandise at our corporate sponsors your 10% discount will give you another \$10.00 value and you will break even.

You actually make (save) \$4.00 for every indoor event you attend. At approximately six events per year you're now ahead \$24.00. The indoor program is one of our successes. The topics are relevant to our members and the presenters are often asked to come back to provide a follow-up or new talk.

The Ripple is also something Paddle Manitoba does very well. It is the quarterly Paddle Manitoba newsletter that is professionally laid out and designed with great feature articles and serial articles on navigation, natural history and the bush kitchen.



Instruction

3. Paddle Manitoba instruction is a strong and growing feature with an increasing number of courses offered including kayaking and an ever increasing number of students. The instruction of paddle camp at Pioneer Camp offers Paddle Canada certification courses in canoeing, canoe tripping, kayaking and white water canoeing for both the instructor and skill level candidates. This will increase our pool of Paddle Canada instructors. Our relationship with Fort Whyte Alive has been very successful both on the instructional side and Tuesday and Thursday open paddles. Wednesday night paddles hosted by Charles Burchill have been successful in generating both revenue and in attracting new paddlers.

2007 Annual General Meeting Reports

Trips

4. There were 5 different trips planned in 2007. These included three day trips, Husavik Marsh, Whitemouth River, and Pinawa Channel. Although there was a lot of interest initially in the Husavik Marsh trip people who signed up early withdrew close to the closing date, mostly citing work commitments. The Whitemouth trip had three participants.

There were two overnight trips planned, one to Bain Lake and the other to Rice River. The Rice River trip involved two canoes, one kayak, and five people on the long weekend of September. The weather was warm with gusty south winds of 60 kms but with lots of protection among the many offshore islands- that all appear identical from the water. Prickly pear cacti were plentiful as was the wildlife, including a black bear sighting.

Direction for 2008

5. So where have we not met our expectations and why, and what to do about it?

Our convener position for fundraising has been vacant. The board is investigating the potential to become involved with the Manitoba Lotteries Commission in holding Bingo's as a fundraising event.

Water Walker Film Festival brought in a minor profit this year despite holding two showings. There will be a stronger effort towards promotional advertising directed to the March 2008 Water Walker.

I believe Paddle Manitoba has to take on a greater role in advocacy towards protection and stewardship of wilderness waterways.

Paddle Manitoba must also be the organizational driver behind Paddle Fest. Paddle Fest is one mechanism to promote recreational paddling in Manitoba and should also serve to increase our membership base.

We need to build our membership base beginning with targeting youth and families. Our membership has shown a decline and plateau over the last number of years. To that end we will be hosting an overnight paddle camp for families at Fort Whyte Alive.

We are again faced in 2008 with a need to fill vacancies on the board by people who have strong leadership qualities and a commitment to the organization.



2007 Annual General Meeting Reports

Paddle Manitoba Membership Report – 2006

By Dusty Molinski, Membership Convenor

Presented at the 2007 Annual General Meeting

2007 Membership Categories

In 2007 PM offered eight different membership categories.

These categories were:

Affiliate:	annual membership for non-profit clubs, associations and organizations.
Lifetime Corporate:	one-time membership for business members.
Corporate:	annual membership for business members.
Family:	annual membership for households of two or more.
Lifetime Instructor:	One-time membership for members that have been certified to instruct by Paddle Canada.
Lifetime Individual:	One-time membership for one adult member.
Individual:	annual membership for one adult member.
Instructor:	Annual membership for members that have been certified to instruct by Paddle Canada.

There is also a Honourary category for those Manitobans who have made significant contributions to the world of paddling selected by the board.

2007 Membership Rates

Membership rates were increased in 2006 to incorporate a subscription to Kanawa Magazine, which is published by Paddle Canada. Subscriptions to Kanawa Magazine were also offered to all life members for an annual fee of \$10. Membership rates for 2006 were as follows:

Affiliate	\$40
Lifetime Corporate	\$300
Corporate	\$100
Family	\$40
Lifetime Individual	\$200
Individual	\$30
Lifetime Instructor	\$250
Instructor	\$50

2007 Membership Totals by Category

Overall, total membership numbers have remained relatively unchanged over the past two years. The number of memberships by category for 2006 are as follows:

Membership Category	2007	2006	2005	2004	2003
Affiliate	0	2	5	3	1
Lifetime Corporate	12	9	8	8	n/a*
Corporate	0	3	4	6	10
Family	30	39	45	55	34
Lifetime Individual	10	9	8	7	n/a*
Individual	48	94	86	127	88
Lifetime Instructor	11	4	2	2	n/a*
Instructor	23	n/a*	n/a*	n/a*	n/a*
Honourary	2	2	2	2	n/a*
Total	136	162	160	210	133

* Honourary and lifetime membership categories were not offered prior to 2004.

Instructor membership category not offered prior to 2007.

Paddle Manitoba also maintains a newsletter exchange with 21 other organizations, including provincial paddling associations, the City of Winnipeg and Travel Manitoba.



2007 Annual General Meeting Reports

2007 Membership Interests

Members are asked about their experience and paddling preferences when they apply or renew, which allows Paddle Manitoba to focus its programming in the areas of interest to our members.

Interest Category	Percent of Members*
Canoeing	40%
Kayaking	10%
Both	21%
Flatwater	57%
Whitewater	39%
Moving Water	23%
Tripping	26%
Beginner	3%
Novice	5%
Intermediate	10%
Experienced	15%
Recreational	21%
Family	11%
Instructing	19%
Competitive	1%

Members are also asked about their interest towards participating on the Paddle Manitoba board.

Committees	Percent of Members*
Resource	4%
Membership	1%
Instruction	7%
Advocacy	3%
Newsletter	1%
Executive	1%

Other Membership Statistics

Kanawa magazine is included with all annual memberships. It may be declined by members if they do not wish to receive the magazine through Paddle Manitoba. It is offered to lifetime members for an additional fee of \$10.

	Percent of Members*
Receive Kanawa through Paddle Manitoba	74%
Addresses show where our membership base is located.	

	Percent of Members*
Winnipeg Address	72%
Rural Address	28%
Manitoba	96%
Other	4%

* Based on information provided by members at time of renewal or application. Members may select more than one category. Some members did not select any categories.



2008 Membership Changes

Renewal reminder stickers will be included on the next Ripple to be sent out to try and retain current members

A new "introductory" membership category is being proposed. This membership would be available to people who are purchasing new canoes or kayaks and are not presently members of Paddle Manitoba. An introductory membership would be a means of introducing them to our organization and to becoming full-fledged members.

2007 Annual General Meeting Reports

Indoor Program and Events Report

By Lori Slobodian Indoor Program Convenor

General. Paddle Manitoba continues to strive for increased topic diversity and presentation quality in all its indoor programs, clinics and events. The request for more clinics and experiential programming was met through the delivery of workshops on camp cooking, wild edibles, and partnerships with Fort Whyte Alive and others to present a full day of paddling information ranging from paddling technique to equipment & gear clinics.

Attendance. Average attendance for 2007 indoor programs remained consistent with 2006 at 42 people per meeting. A below average turnout for the Water Walker Film Festival in April resulted in a rescheduling of the 2008 festival for March, when it is hoped that colder weather will encourage participation.

Events, Clinics and Indoor Programs presented in 2007

January 20: David Perret

The River Severn and the 2007 Paddle Manitoba Annual General Meeting

February 17: Ray Ingalls, Tom Meadows

Campfire Cooking and Food Drying

March 17: Yves Brunel, Jerry Hirose, Suzanne Gates

Northern Adventures on the Seal

April 29:

The Waterwalker Canoe and Kayak Film Festival

The Globe Cinema

May 18-21:

Paddle Camp

Shoal Lake

June 7:

PaddleFest at the Forks

September 22:

BBQ, Paddle & Bonfire at LaBarriere Park

October 22: Laura Reeves

Wilderness Edibles

October 26-28:

Paddle Canada Annual General Meeting

November 18:

The 2007 Waterwalker Canoe & Kayak Film Festival Second Showing

The Park Theatre

November 24: Prepared by Lori Slobodian – Indoor Program Convenor

Member's Night at Mountain Equipment Co-op



2008 AGM Paddle Canada and Instruction Report

By Cameron White Instruction Convenor

1. Paddle Canada

a. The 2007 PC AGM was held in Winnipeg, the site of the first AGM in 1975, on 26-28 October. Attended by almost all the federated members, our President Emeritus Kirk Wipper, and members of the instructional community, the AGM instituted sweeping changes in the governance structure of Paddle Canada. MP Stephen Harper was a guest of honour.

b. As of April 2008, the board of PC will be elected directly by the members of Paddle Canada, not appointed from within the boards of the provincial federated members. This will allow for representation from provinces such as Quebec and PEI where there are no federated members. In adopting this change Manitoba has given up some of its integral power in the hopes of building a strong, national paddlesport movement.

c. Each province and territory will have one representative to the board. In Manitoba that person will be offered a non-voting seat on the PM board to ensure communication between the two bodies.

d. In 2008 PC will focus on program and website development along with expansion of programming into Quebec and Ontario.

2. Paddle Canada / Manitoba Instruction

a. General. Paddle Canada course participation in 2007 enjoyed an increase of 216 students over 2006's 286 for a total of 502. Much of this success can be attributed to increased course offerings outside Winnipeg particularly in native communities and youth camps, as well as continued growth in the area of kayak instruction.

b. Paddle Camp. Paddle Manitoba partnered with Manitoba Pioneer Camp to host Paddle Camp on the May long weekend. Building on the long-established Pioneer Canoe School, Paddle Camp is an opportunity for guides, youth camps and the general public to come together in a beautiful setting on Shoal Lake and engage in numerous skill and instructor level courses. A follow-on weekend provides whitewater training on the Whitemouth River. Much of the instructional resources for this weekend are donated by volunteers, and the weekend promotes a truly communal spirit among all disciplines and skill levels. In total 31 students attended Paddle Camp and interest in already gathering for the 2008 camp. Courses offered in 2007 were as follows:

- i. Lakewater Skills and Instructor;
- ii. Flatwater Canoe Skills and Instructor;
- iii. Flatwater Kayak Instructor;
- iv. Canoe Tripping 1; and
- v. Moving Water Canoe 1A.

Sea Kayak Level 2 Course. Phil Hossack organized a SK Lvl 2 course in cooperation with noted West Coast paddler Doug Alderson. Three students graduated and Phil is now a Level 2 Instructor.

d. Kayak Fleet. In addition to our canoe fleet, Paddle Manitoba has entered into a partnership with our corporate partners that will provide for a fleet of seven kayaks to be employed in our Fort Whyte instructional program.

2007 Annual General Meeting Reports



2007 Annual General Meeting Reports

3. Fort Whyte/Paddle Manitoba Instructional Program

Paddle Canada courses conducted at Fort Whyte continued to enjoy popularity, and provide needed revenue to Paddle Manitoba. Course fees rose to support an increase in instructor wages to \$20.00 per hour. We thank Fort Whyte for their continued support of this revenue-sharing partnership.

Course Counts for PM / Fort Whyte Courses

Type	07 Courses	07 Students	06 Courses	06 Students
FWA	2	12	3	13
FWB	1	2	1	5
FWA/B	7	43	6	38
FWC	1	5	1	6
FWD	1	2 (4)	1	2
FW Kayak	12	67	11	62
Total FW	24	128	23	126
Members' Trips	5 (2 Starts)	8	2	22

4. Instruction Chairs

Senior instructors of the paddling community act in the capacity of discipline chairs for Manitoba, contributing to program development and administration. The chairs for 2007 were:

- Lakewater Canoe – Chris Milne,
- Canoe Tripping – Cameron White,
- Moving Water Canoe – Brian Johnston,
- River Kayak – Mick Lutt, and
- Sea Kayak – Phil Hossack,

5. Insurance

Paddle Manitoba maintains \$2 million of on-water insurance to facilitate club trips and clinics outside of regular courses. PM extends coverage to the MWC for events such as Shindig and pool sessions under the policy.

6. Instructors

2007 witnessed a long awaited increase in the number of both kayak and canoe instructors. At Paddle Camp, nine canoe and two kayak instructors were certified. A Moving Water Instructor Level 1 was also granted. Paddle Manitoba had a total registration of 23 canoe and 14 kayak instructors in 2007.



2007 OPERATING BUDGET

By Sharon Touchette Treasurer

For The Year Ended December 31 Preliminary (Unaudited)

	2007		2008	
	Actuals	Budget	Variance	Budget
REVENUES				
Memberships	\$ 6,270.00	\$ 6,300.00	30.00	6,300.00
PaddleFest/Waterwalker	928.00	2,500.00	1,572.00	2,500.00
Sponsorship	1,155.00	-	(1,155.00)	2,400.00
Wednesday Night Paddle	518.00	800.00	282.00	600.00
Insurance	500.00	1,100.00	600.00	850.00
Member Meetings	168.75	200.00	31.25	200.00
Donations	50.00	50.00	0.00	50.00
Merchandise – CDs, Clothes, Gear	115.00	250.00	135.00	200.00
Instruction	1,788.87	2,100.00	311.13	1,800.00
Newsletter	-	300.00	300.00	
Investment Interest	713.37	600.00	(113.37)	600.00
	\$12,206.99	\$14,200.00	1,993.01	15,500.00
EXPENSES				
Operating and Administration	\$ 1,226.66	400.00	(826.66)	600.00
Subscriptions – Kanawa	368.88	400.00	31.12	400.00
Telephone	1,152.54	1,200.00	47.46	900.00
Newsletter – The Ripple	5,976.17	5,000.00	(976.17)	6,000.00
Insurance Expense	1,250.00	1,250.00	0.00	1,250.00
PaddleFest/Waterwalker	2,354.42	2,000.00	(354.42)	2,000.00
Paddle Canada Dues	424.00	450.00	26.00	450.00
Member Meetings	325.98	500.00	174.02	350.00
Merchandise – CDs, Clothes, Gear	201.93	200.00	(1.93)	200.00
Instruction Program	-	200.00	200.00	
Website Expense	1,806.29	1,600.00	(206.29)	250.00
Volunteer Appreciation	-	300.00	300.00	300.00
Paddle Canada Representation	300.00	500.00	200.00	300.00
Equipment	-	200.00	200.00	2,500.00
	\$15,386.87	\$14,200.00	(1,186.87)	15,500.00
Excess (deficiency) of revenues over expenses	(3,179.88)	-	3,179.88	

2007 Annual General Meeting Reports



2007 Annual General Meeting Reports



STATEMENT OF FINANCIAL POSITION

As At December 31 (Unaudited)

	2007	2006
CURRENT ASSET		
Cash	\$ 940.17	\$ 3,603.07
Cash Box	25.00	25.00
Account Receivable	700.00	1,930.35
Term deposit	3,297.58	3,213.93
Current Assets Subtotal	4,962.75	8,772.35
Investments	18,933.65	18,724.96
Property, Plant and Equipment	-	-
	\$ 24,318.68	\$ 27,497.31
CURRENT LIABILITIES		
Accounts payable and accrued liabilities	\$ 1,734.18	\$ 53.74
	1,734.18	\$ 53.74
FUND BALANCE		
General Fund	22,584.50	27,443.57
	\$ 26,052.86	\$ 27,551.05

Volunteer Awards 2006 and 2007

Each year Paddle Manitoba gives out an award to a member who has made a long and significant contribution through their volunteer work.

At the AGM in January, President Cary Chapnick presented the 2006 award to our Membership Convenor Dusty Molinski and the 2007 award to Eric Gyselman, Editor of The Ripple.

Thanks to Dusty and Eric for their hard work that helps Paddle Manitoba be the successful organization it is.



STATEMENT OF OPERATIONS

For The Year Ended December 31

	General Fund	
	2007	2006
REVENUES		
Memberships	\$ 6,270.00	\$ 5,974.36
PaddleFest/Waterwalker	928.00	1,893.50
Sponsorship Note 1	1,155.00	2,000.00
Wednesday Night Paddle	518.00	895.45
Insurance	500.00	930.00
Member Meetings	168.75	220.35
Donations	50.00	38.38
Merchandise – CDs, Clothes, Gear	115.00	336.00
Instruction Note 2	1,788.87	1,930.35
Newsletter	–	
Investment Interest	713.37	615.17
	<hr/>	<hr/>
	\$12,206.99	\$ 14,833.56
EXPENSES		
Operating and Administration	1,226.66	385.05
Subscriptions – Kanawa	368.88	402.48
Telephone	1,152.54	1,249.77
Newsletter - The Ripple	5,976.17	4,726.60
Insurance Expense	1,250.00	1,250.00
PaddleFest/Waterwalker	2,354.42	1,683.84
Paddle Canada Dues	424.00	434.00
Member Meetings	325.98	493.68
Merchandise – CDs, Clothes, Gear	201.93	765.12
Instruction Program	–	205.62
Website Expense Note 3	1,806.29	1,600.00
Volunteer Appreciation	–	–
Paddle Canada Representation	300.00	444.75
Equipment	–	–
	<hr/>	<hr/>
	\$ 15,386.87	\$13,640.91
Excess (deficiency) of revenues over expenses	(3,179.88)	1,192.65
Fund balance, beginning of year	5,558.42	4,980.94
Increase from Investments	713.37	615.17
Fund balance, end of year	\$ 1,665.17	\$ 5,558.42

2007 Annual General Meeting Reports



Manitoba Paddlefest - 2008

Date: Sunday, 8 June 2008

Location: Fort Whyte Alive

Time: 10:00 am - 4:00 pm

Admission: No charge. Children and families welcome.

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

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



Wilds Of Manitoba Paddle Canada Certified Canoe Courses



***RUNNING
North Winnipeg
or any billabong
tailored to group or individual
www.wilds.mb.ca/courses
334-3111***

Manitoba Whitewater Club Shindig!!

20-22 June 2008

This annual summer festival is not to be missed if you love paddling whitewater or just watching others paddle! In addition to the crew from Manitoba, the club hosts a number of out of town paddlers from around Canada and the USA. This is a great weekend of paddling, games, camping, delicious food, dancing, prizes and more. We look forward to seeing you. Camping available at Cook's Falls on the Whitemouth River

Contact Jamie Hilland for more information at
email: jahla@mts.net
web: www.mbwhitewaterclub.ca



manitoba
whitewater
club



WAVPaddling
Central Canada's Kayaking
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Leaders of Paddle Canada certified
whitewater and sea kayak instruction in
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Beginner to advanced.

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programs, please visit our comprehensive
website at:

www.wavpaddling.ca

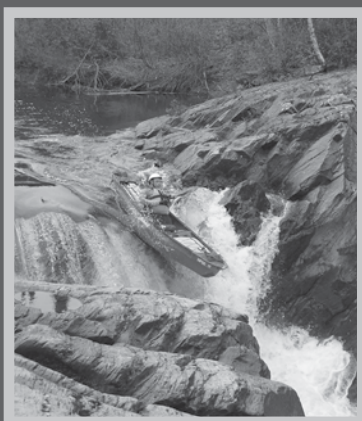
**Whitewater Kayaking
Sea Kayaking
Courses and Clinics
Instructor Training
Private Instruction
Group Bookings**



Phone 204.638.0691
Toll Free 1.866.440.2349
email yak@wavpaddling.ca
"See you on the water!"

Paddle Manitoba's 8th Annual Photo Contest

Submit your entries now!.



Pick Your Pics!

Now is the chance to expose your inner Karsh or Leibowitz! 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 Paddlefest Manitoba, June 8th. 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
309-739 Kimberly Ave.
Winnipeg, MB R2K 4B7
Phone: 586-7536
Email: dustymolinski@gmail.com

4. Deadline for submissions: May 30, 2008



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

Paddle Manitoba Trips 2008

Paddle Manitoba will be hosting a series of paddling trips throughout the 2008 season. The list below is only the beginning. Check our website for additional listing as the season progresses. Both day and multiday trips will be offered.

The following applies to all trips:

- Only Paddle Manitoba Members may participate except where specifically noted.
- Participants must preregister with the trip leader by the date specified.
- Space is usually limited, so register early.
- A \$10 per paddler fee will be charged to help offset the PM liability insurance.

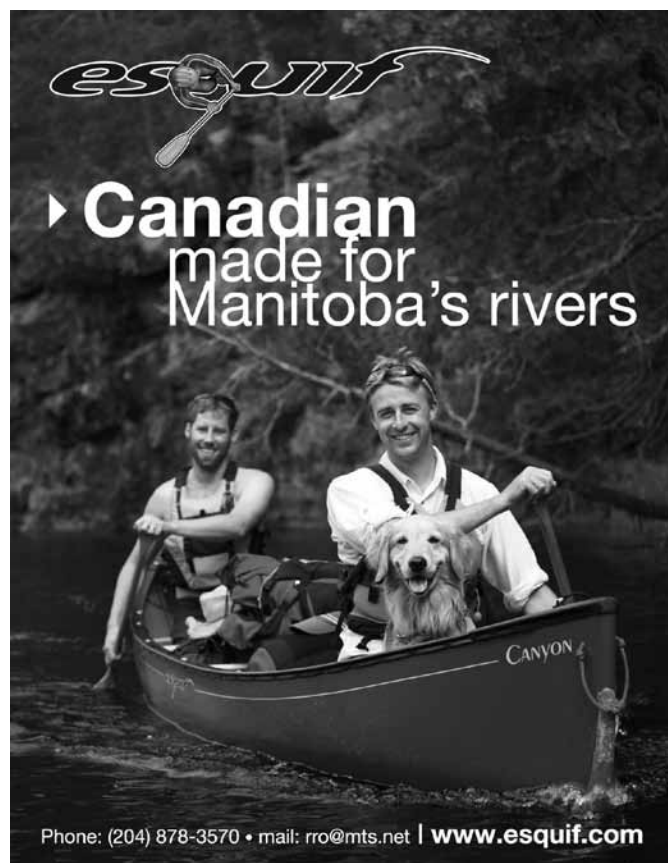
Willow Creek/Husavik Marsh

Location: West side of Lake Winnipeg, south of Gimili

Date: May 10

Cost: \$10 per person for insurance

Lake Winnipeg has many hidden treasures. Come explore one of the many creeks feeding 'the big lake' and search the Husavik Marsh to see the varied wildlife that call it home. This is an ideal paddle for family and novices. We will meet at 11am at Centenail Park (Hwy 9 and Willow Creek Road). To register, contact Cary Chapnick at chapnick@mts.net, or 204.642.7340 (registration cutoff date – May 8)



Spring paddle in the Sandilands

Location: Whitemouth River south of the #1 Hwy

Dates: 24 May and 7 June

Cost: \$10.00 per person for insurance

Enjoy a beautiful spring daytrip in the Sandilands forest. Participants should be confident in negotiating Class I rapids and able to backferry around obstacles. Bring a lunch and prepare for a 4-5 hour trip in spring conditions. Contact Cameron White at cwhites@mts.net or 204.878.3570 for the 24 May trip (registration cutoff date – May 22) and Eric Gysleman at eric.gysleman@nlnet.com or 204.388.4465 for the 7 June date (registration cutoff date – June 5).



Canoe Camp in the City – An Urban Adventure

Open to Paddle Manitoba Members and non-members alike

Location: Fort Whyte Alive

Dates: 12 -13 July and 16-17 August

Families who are new to overnight paddle trips can join us for a fun-filled camping adventure right here in the city. We'll combine paddling classes with games and activities and, of course, great campfire cooking so that you and your children can experience the life of the voyageurs close to home. Free for Fort Whyte and Paddle Manitoba members. Contact Cameron White at cwhites@mts.net or 204.878.3570 for more information.



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.

2008 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
May 5 (FWA)	May 12 (FWA)	Jun 16 (FWA)	Aug 23 (LP)	May 10 (FWA)
Jun 2 (FWA)	Jul 24 (FWA)	Jul 26 (FWA)		May 24 (FWA)
Jul 21 (FWA)				Jun 14 (LP)
				Jun 21 (FWA)
				Jun 28 (LP)
				Jul 19 (LP)
				Jul 26 (LP)
				Aug 9 (LP)
				Sep 13 (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 = \$95.00 for PM and FWA members / \$115.00 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

May 10
May 31
Jun 14
Jun 15
Jun 28
Jul 5
Jul 19
Jul 26
Aug 2
Aug 23
Sep 6

Weekday Courses

May 6/8
May 13/15
May 27/29
Jun 3/5
Jun 17/19
Jul 8 /10
Jul 22/24
Aug 12/14
Aug 26/28

Fees: FW Kayak = \$90.00 for PM and FWA members / \$115.00 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: 1-866-440-2349

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 Camp on Shoal Lake: 16 – 19 May 2008

If you are interested in seeking an instructor level, or just acquiring new skills which will improve your paddling enjoyment, then Paddle Camp is the place for you. We have partnered with Pioneer Camp to deliver a great program of two and four day courses in a fantastic setting. Meals and accommodations are included in the price, as well as Paddle Manitoba and Paddle Canada instructor memberships where required.

Pioneer Camp, located at Mackinnon Island on Shoal Lake, has long been a partner of Paddle Manitoba and a strong supporter of Paddle Canada. Their facilities and instructor base make them an ideal host for this event. Individuals and organizations alike are welcome. Call Cameron White at (204) 878-3570 for more information.



Four Day Instructor and Skills Courses (16-19 May)

Course	Description	Length	Prerequisites	Cost
Flatwater Canoe Instructor	An instructor who teaches basic manoeuvres and safety protocols	4 days	FW D skill level or solid solo experience	\$380
Lakewater (LW) Canoe I	An advanced instructor who focuses on the challenges of open water	4 days	FW Instructor Level	\$380
Canoe Skills	Flatwater A-D certifications offered in a communal learning atmosphere	4 days	16 years of age or older	\$380



Two Day Skills Courses (17-18 May)

Course	Description	Length	Prerequisites	Cost
Canoe Tripping (CT) 1	The basics of overnight canoe tripping including navigation	2 days	Solid solo and tandem canoe skills	\$180
Canoe Camp Course (CCC)	FW A & B levels plus safety and teaching methodologies for camp staffs	2 days	16 years of age or older	\$180
Flatwater Kayak	FW Kayak certification plus an introduction to rolling	2 days	16 years of or older	\$180



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

April/May/June, 6:30-8:30 pm

July/August, 7:00-9:00 pm

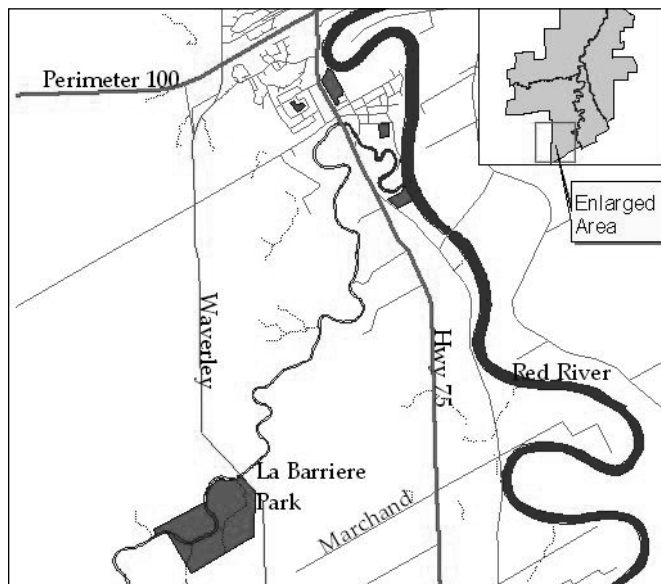
September 6:30-8:30 pm

Labarriere Park

\$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 by phoning Charles at 453-5374 (a couple of days in advance, please).



Tuesday and Thursday Night Paddles

June/July/August, 6:00-8:00 pm

FortWhyte Alive Adventure Site (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 paddlestrokes of David Thompson's 1808 brigade

CELEBRATE AND BE CELEBRATED

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

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



Ripple Classified Advertisements

15 year old looking for 17' canoe
(pref) aluminium.

Simon 204-642-7340 chapnick@mts.net

Paddle Manitoba
Members may
place a classified
advertisement of
up to 40 words in
this section free




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 sanctuary 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




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
Lifetime Instructor	\$250

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.

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 goods
and services from
these businesses.**



Mountain Equipment Co-Op

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

Address: 303 Portage across from the True North Arena.

Phone: (204) 943-4202

Website: www.mec.ca



Red River Canoe and Paddle

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

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

Phone: (204) 878-2524

Email: rrecp@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: Box 44, GRP 10, RR2, Lorette, MB R0A 0Y0

Phone: (204) 775-2462

Email: aem@seminfo.mb.ca

Website: www.aeminfo.mb.ca



Red River Outfitters

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

Address: Box 23, Lorette, MB R0A 0Y0

Phone: (204) 878-3570

Email: rro@mts.net

Website: www.redriveroutfitters.ca



WAVpaddling

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

Address: Comp. 132, RR 5, Dauphin, MB. R7N 2T8

Local Cell: (204) 470-4872

Toll Free: 1-866-440-2349

Email: yak@wavpaddling.ca

Website: www.wavpaddling.ca



Wilderness Spirit

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

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

Phone: (204) 452-7049

Email: info@wildernessspirit.com

Website: www.wildernessspirit.com



U of M Recreation Services

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

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

Phone: (204) 474-8234

Email: rec_services@umanitoba.ca

Website:

www.umanitoba.ca/faculties/physed/recreation/



Wave Track Canoe and Kayak

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

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

Phone: (204) 231-8226

Email: wavetrak@mts.net

Website: www.wavetrack.ca



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: 74 Gleneagles Rd.
Winnipeg, MB R2J 2Y2

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 St. North, Brandon MB

Phone: (204) 727-2767

Email: info@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: pioneerpcamp@mts.net

Website: www.manitobapioneerpcamp.ca



Camp Stephens

YMCA-YWCA Camp Stephens, established in 1891, is one of Canada's longest-running summer camps, offering modern facilities and fun and challenging programs for families, women and young people ages 8 to 16.

Address: Winter Camps Office
3550 Portage Ave. Wpg, MB R3K 0Z8

Phone: (204) 889-8642 ext. 230

Email: campstephens@ymcaywca.mb.ca

Paddle Manitoba Calendar of Events

2008 Waterwalker Canoe and Kayak Film Festival

Date: Sunday, 16 March 2008

Location: the Base Theater (two blocks north of Whytewold and Ness)

Time: 12:00 - 4:00 pm

Admission: \$10.00 for everyone

The year's best paddling films will fire your spirits in the depths of a Manitoba winter. There's something for every enthusiast - double or single blade - from all corners of the world. Created to honour the memory of Winnipeg's own Bill Mason, this annual festival encourages us to value and preserve our wild spaces. Displays from our sponsors and a concession featuring treats and sandwiches will be open during the intermission. Come and join us for a magic day of great films and paddling stories along with a silent auction and door prizes. Free and easy parking.

Wilderness First Aid

Date: Saturday, 26 April 2008

Location: Fort Whyte Alive

Time: 7:00 - 9:00 pm

Admission: The public is welcome. Coffee and soft drinks will be served. Beer is for sale.

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

Paddle Camp: Canoe and Kayak Skills Program

Date: 16-19 May 2008

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

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

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

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

Manitoba Paddlefest

Date: Sunday, 8 June 2008

Location: Fort Whyte Alive

Time: 10:00 am - 4:00 pm

Admission: No charge. Children and families welcome.

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

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