

FALL 2010 ISSUE

# #RIPPLE

Jet your way  
across  
portages with  
a new  
paddling  
gadget!

Sea  
Kayaking  
Photo  
Montage

Midges,  
Mosquitoes  
and Flies -  
Oh My!

Learn how to avoid these  
pesky bugs on your paddling  
adventures

Paddling the  
NWT's  
Nahinni River  
page 18



# PRESIDENT'S MESSAGE

This September, I tried something new.

Since the last issue of The Ripple, I've driven out to Vancouver to work in the Outdoor Education program of a boys' school called St. George's. We do all kinds of activities with all grade levels. My initiation to BC tripping involved hiking up a mountain; it was quite the experience. Unfortunately for my prairie-girl existence, hiking is way more than just a long portage trail, particularly when there is a significant amount of elevation that needs to be gained.

What amazed me most about the trip was the stark beauty of the mountains. One night, we camped by a lake in a valley between a couple of peaks, far above our starting point. There was a lot of broken rock and shrubbery, and only a few trees. At 5 the next morning, the peaks were black against a grey sky. It was very cold. My co-leader was a ways away from our tent, starting up the stove. His headlamp was the only light aside from dim reflections off patches of snow. I remarked afterwards that the terrain was so foreign to me that I might as well have been on the moon. It was a very different sort of beauty than our Manitoba prairies and Canadian Shield.

The hike was probably the hardest thing I've ever done. On a superficial level, it reminded me of why I paddle! In reality, what it did was make me push limits. I had to get involved, try something way outside of my comfort zone, and see what happened. It would be an understatement to say that it wasn't an easy three days, but I did something I never thought I'd be able to do.

Soon after this edition of The Ripple comes out, you will be receiving a letter from me about Paddle Manitoba's need for dedicated, committed volunteers to join the board for 2011. In anticipation of the details of what that means, I would like every one of you to think seriously about what it is you liked about Paddle Manitoba in 2010, what we could do to improve in 2011, and what part you would be able to play in making that happen.

Happy fall paddling.

*Catherine Holmen*

# EDITOR'S MESSAGE

Paddlers are resourceful people, especially the ones who venture into the back woods. You've seen this if you have ever watched anyone stow gear into a boat. A kayaker needs to figure out how to pack and where to put a whole lot of little bits while a canoeer has to balance the weight and position of the stuff in a way that leaves room for the paddlers – and sometimes for the dog. You've probably seen it on the trail too when you look at the contents of a tripping emergency repair pack – duct tape, copper piping, tie wraps, needle nose pliers, and those little bungee cord doohickeys with the balls on them that work so nicely for stowing paddles in the boat on the portage.

Where you see it most is in the ability of paddlers to avoid spending money. We don't usually skimp on our boats, although I'm sure retailers will tell us that we are not inclined to ever accept the price tag as final, but beyond that, every dollar we shave off the cost of our gear and equipment is a victory. So it's not surprising then that a lot of the gizmos

and gadgets we see on the water and in the campsites are home made contraptions that a resourceful tripper has invented in response to something he decided he needed but sure as heck wasn't going to spend money on.

In this Ripple, Bernie Delaquis shares the plans for a nifty food pack made almost entirely from reclaimed materials that might be hanging around in the garage. And Eric Gyselman begins a series of articles on how to tie knots, which is a skill that can make a lot of do-it-yourself projects easier. Bernie's food pack uses knots, for example. And I get to share a few stories and pictures from my dream trip this past summer on the Nahanni River, where the resourcefulness of our guides was apparent almost every day.

The warm fall has given us a few extra days to get out and enjoy a little more time on the water. Try to get the boat out one more time before you have to hang up your paddle for the season.

*Yvonne Kyle*



# Welcome New Members!

## Involvement

If you are interested in being part of Paddle Manitoba activities both on and off the water, sign up as a member today. For information on the benefits of membership, contact vice president Stephen Challis at [vice\\_pres@paddle.mb.ca](mailto:vice_pres@paddle.mb.ca)

## To Reach Paddle Manitoba

If you are looking for other information on what is happening in the Manitoba Paddling community, you can check out the Paddle Manitoba website at [www.paddle.mb.ca](http://www.paddle.mb.ca) or you can phone us at (204) 338-6722.

Also on the website, you will find a full list of current Paddle Manitoba Board members, complete with phone numbers and e-mail addresses. You are welcome to contact board members at any time with your paddling questions. If we can't help you, we might know someone who can. Click here for ([Board Members](#))

## Paddlers' Forum

Paddlers are a great source of information for each other! Ask or answer questions of your friends on the water by visiting the forum [Paddler's Forum](#).

## Other Paddling Connections

Paddle Canada – 1-888-252-6292  
[www.paddlingcanada.com](http://www.paddlingcanada.com)

Manitoba Whitewater Club  
[www.manitobawhitewaterclub.ca](http://www.manitobawhitewaterclub.ca)

Manitoba Paddling Association  
[www.mpa.mb.ca](http://www.mpa.mb.ca)

## Publication Dates

The Ripple will be available on line quarterly. Paddle Manitoba members will receive a link to the newsletter and it will be available exclusively to members for approximately one month after it is published, after which time it will be posted on the Paddle Manitoba website for viewing by the general public

## Submissions Deadline

Submissions for the Ripple are always welcome, including stories, trip reports, photographs, paddling tips, recipes – anything that might be of interest to other paddlers. Send your contributions to [communications@paddle.mb.ca](mailto:communications@paddle.mb.ca)

Submissions are best sent electronically, with text sent as the body of an e-mail or in a Word attachment. Pictures do not have to be related to an article but they should have a caption. Pictures submitted for the newsletter may be used for other PM applications as well (eg. web site, promotional material).

Deadline  
for  
submissions to  
the next Ripple  
is December  
25th!

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# it's

## ALL IN THE name

Taking a Look Behind the  
Names of Manitoba's Lakes  
and Rivers

### First Connections

by Dusty Molinski

Place names record the extensive use of waterways by Aboriginal people in what is now Manitoba.

Manitoba sits at the meeting place of several environmental regions: prairie, forest, tundra, and ocean coast. Each region includes distinct plants, animals and topography. They also include distinct inhabitants, the aboriginal people who each adapted to life in their own regions. Overlaying maps of the different environmental regions and the different aboriginal groups reveals a close relationship between the land and the people.

While each region and group is distinct, one feature is constant: water. Each region is connected to the other by water and all groups are connected to the water by the course of the needs of their daily lives. This close relationship led to the naming of many of water bodies in each region, as well as the features related to those water bodies, rapids, falls, narrows, cliffs and islands. The names are varied and diverse and stem from countless natural conditions and human activities.

In reading the names of these places, a slight understanding of aboriginal language is necessary. While there are many different dialects and family groups, there are some underlying similarities. Verbs and nouns play an important role. Often added to these verb and noun stem words, are affixes and suffixes that describe better what occurred or is occurring. Thus, what appears as one word, often translates to something that

would be written as a sentence in English or French. Another point to remember is that Aboriginal languages originally had no alphabet; so many written names today are phonetic spellings of those names using the Latin alphabet. Thus, the same word may be spelled several different ways, but have the same meaning. The names on maps are not always the "official" spellings.

Here are a few examples from the hundreds of names given by the Aboriginal peoples:

**Ameekewapiskak Narrows** – Natural wood trees which look like a tepee (Cree) Tod Lake

**Amisknatoweessootaneepaet Lake** – Beaver are hard to trap here (Cree) South of Limestone Lake

**Asamapikkanaponunk Rapids** – Going for the high rock (Ojibway) Berens River

**Thuykay Lake** – Along the sand shore (Dene) South of Nejanilli Lake

**Nunalla** – Most excellent land (Inuit) Northwest of community of Churchill

**Shethanei Lake** – Standing hill (esker) goes down into the water (Dene) Near head of the Seal River

**Wechesawan Lake** – Old people used to smoke fish which went rotten and started to smell (Cree) South of Gods Lake

**Pukumuweesekehao Bay** – Urged him to punch in the ribs (Cree) South channel of the Churchill River

**Ochekopemakewin Creek** – So many willows that you couldn't paddle (Ojibway) Flows into Poplar River

**Obodo** – Place where there is no protection from the wind or snow (Lakota) Northwest of Brandon

**Oseemakotapeewin Portage** – Dragging the canoe over (Cree) Island Lake

**Mineewatim Lake** – Here the portage cuts across a point (Cree) West of Big Sand Lake

**Kawinnipasitamuk Rapids** – He broke his foot on a portage which left it crooked (Ojibway) McPhail River

**Kamaskawak** – Very strong current where you cannot even line a canoe (Ojibway) South of Berens River

These names given to us by the original inhabitants of Manitoba give us a glimpse into the use, events and activities that have occurred in days gone by and link us to the past as we paddle today.



# *what knot?*

By Eric Gyselman

Knots seem to be one of those subjects that cause paddlers to scramble to change the subject. Most know the square knot or a close approximation. Some revel in their ability to tie a bowline using it for everything ("Want to see me tie a one-handed bowline?"). Some even know the clove hitch. The whitewater crowd does better, especially if they have taken a swift water rescue course, but beyond this, the knowledge base generally starts to thin out pretty quickly. That's too bad because knots are often simple to learn, incredibly useful, and frequently have a fascinating history.

The Paddle Canada curriculum requires students to learn basic knots as they progress through the different levels. However, I rarely see students show much enthusiasm - usually the opposite. Occasionally, I'll get a Scout or Guide leader who knows some knots but for most students, it's a whole new experience. Yet an understanding of rope and the ability to tie knots appropriate for the situation are as fundamental to canoeing as a J-stroke or an eddy-turn. That is why it's on the Paddle Canada curriculum. So, I plan to write a series of short articles for the next few issues of The Ripple to introduce you to the fascinating world of knots, especially those useful to paddlers. I will include a bit of history of the knot, who developed it, what it is useful for, and, equally important, what it is not useful for. I hope you will start to enjoy the benefits of using the proper knot.

In this article, I describe some essential requirements of knots and the basic lexicon that goes along with tying them. This will form the foundation for future articles.

Any knot has to perform 4 functions:

1. It has to be reasonably quick and easy to tie.
2. It has to stay tied until someone decides to untie it.
3. It cannot significantly reduce the working strength of the rope.
4. It has to be reasonably easy to untie



*continued....*

If a knot does not satisfy all of these requirements, it should generally be avoided. I appreciate there are exceptions but let's not complicate things.

'Knot' is a generalized term used to describe all sorts of twists and loops applied to rope to make it perform some function. Knots fall into a number of general categories with more specific uses. I'll use a simplified list in these articles.

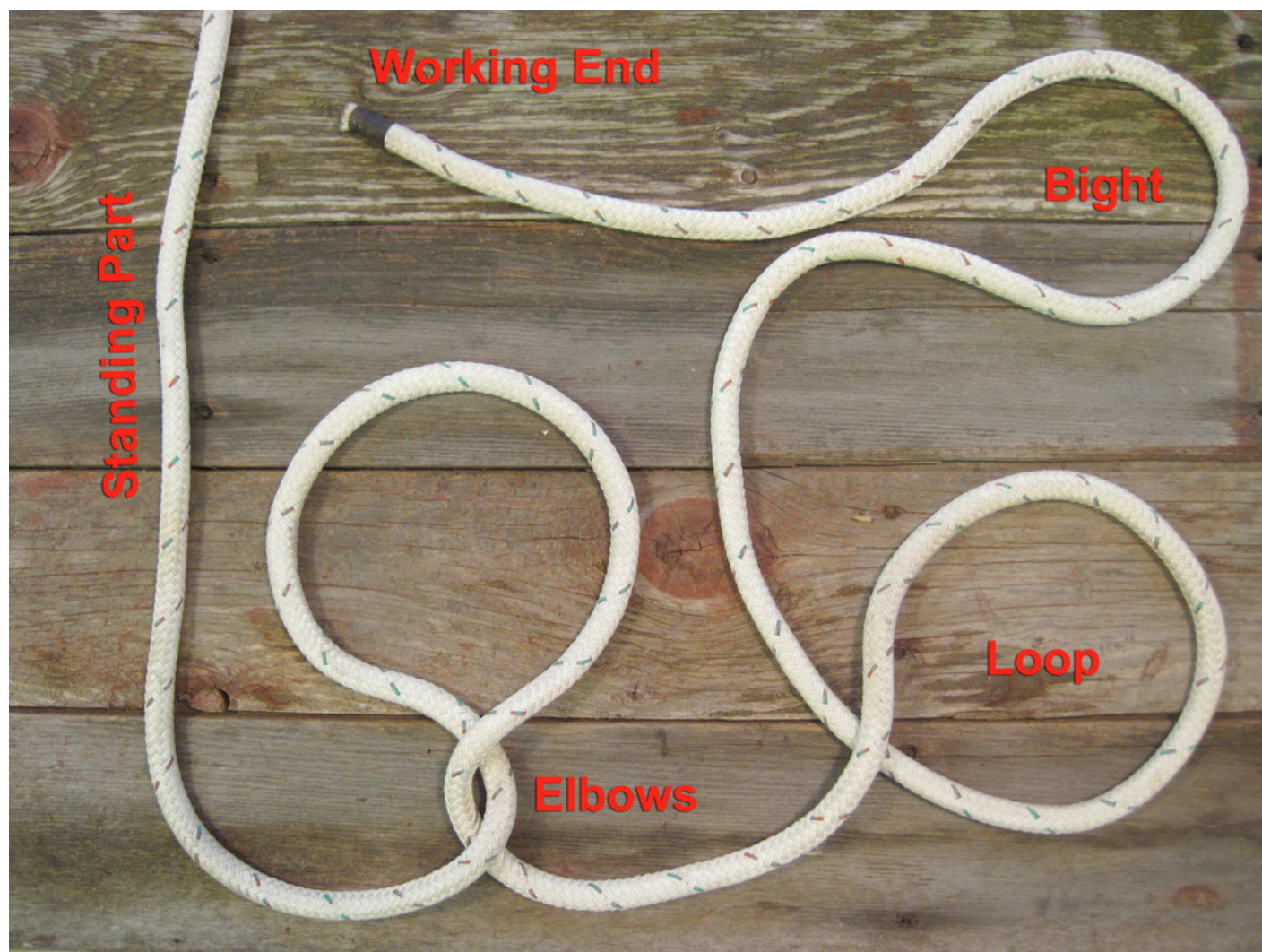
1. A 'hitch' attaches a rope to a solid object such a pole, ring, or thwart of a canoe as in a 'clove hitch'.
2. A 'bend' is used to attach one rope to another as in a 'sheet bend'.
3. A 'knot' is everything else including stopper knots, binding knots, and loop knots.

As well, 'rope' itself is a generalized term often applied to any cordage. I will use the term 'rope' for any cordage larger in diameter than about 8 mm or 5/16" and 'cord' for anything smaller. Other terms such as 'string', 'thread', or 'twine' could also be used but I'll

try to keep it simple and consistent. The reason for this distinction will become clear.

To finish off this first article, I want to introduce some of the basic terminology used when describing how to tie a knot. Again, a common understanding just makes it easier to follow. Referring to the figure, the end actively used to tie the knot is called the 'working end'. The inactive remainder of the rope is called the 'standing part'. Doubling the rope to bring two parts of the rope close together forms a 'bight'. If the rope crosses itself, a 'loop' is formed. If a loop is twisted, it creates an 'elbow'. Many other terms are used to describe similar formations of the rope. However, I want to use these to standardize the descriptions I will present in subsequent articles.

So there is the start. I hope you enjoy this series of short articles. Maybe we can swap knot stories by a campfire on the next Paddle Manitoba trip.







## Sea Kayaking – Alive and Well in Manitoba!

Sea kayaking may not be the first sport that comes to mind when you mention paddling in Manitoba. But the sea kayaking community is strong. On the Thanksgiving weekend, kayakers participated in a level 1 Sea Kayaking instructor course, qualifying two new level 1 instructors with two others having a year to complete the requirements. Phil Hassock also qualified as a Level 1 instructor trainer, the first in Manitoba. Phil and Mick Lautt taught a Level 2 kayaking course last fall and have shared some pictures from the course which included two days learning the ins and outs of paddling and rescues in current on the Winnipeg River followed by a drive north of Hollow Water to the Rice River where they paddled out to the archipelago of islands at it's mouth. A group of Hollow Water fishers shared an island, and some of their pickerel, with the kayakers.

Manitoba Sea Kayakers keep in touch via an e-mail "Paddle Group" and organize trips, like the summer 2010 one to Elk Island, by contacting the group on-line. Interested paddlers wanting to be added to the group can send Phil an e-mail at [pshossack@gmail.com](mailto:pshossack@gmail.com). The group may look at making this a "Facebook" page over the next year.

*Above - The group paddling out the Rice River to the lake in formation showing off their edging..*

*Below - Paddling the Archipelago and home*

*Pictures by Phil Hassock*







*Above - A flat calm  
horizonless morning  
rounding the South  
West point of Elk Island*



*Left - Drying Out*







*Above - A quite moment  
on a quite lake*



*Left - We've got the  
compass. We've got the  
charts. Now, where the  
heck are we???*

*Bottom Right -  
Mick and his fish*





# Paddle Manitoba Presents...



**Saturday, November 6, 2010  
7:00 pm to 10:00 pm  
(Doors open at 6:30 pm)**

**FortWhyte Alive Interpretive Centre  
Auditorium**

**Admission: Adults - \$5  
(Children 12 and under free)**

**Come and enjoy a magnificent collection of paddling films to celebrate the end of another Manitoba summer season.**

The **WaterWalker Film Festival** is arguably the finest collection of paddling films in Canada. In its 22<sup>nd</sup> year, the Festival continues to pay tribute to the paddle sports in Canada. From quiet retreats in a birch bark canoe to adrenaline pumping runs down stunning rivers, the Festival has it all. It has a social conscience too and includes environmental films, questioning decisions that could irrevocably change major Canadian rivers. **WaterWalker** has something for everybody.

Paddle Manitoba invites everyone, members and non-members, to join us as we wind down another paddling season. Come out to trade stories, plan next year's adventures, meet fellow paddlers, and talk to some of our corporate members about gear, trips, and services.

***Hope to see you there!***



Image from *This is Canoeing (Birchbark Man)*  
Photo Credit: Erik Simula  
Winner: Best Canoeing Film  
Waterwalker Film Festival





## BTW - The Bridge is Out - 2010 Wednesday Evenings at La Barriere Park

by Charles Burchill

May 5<sup>th</sup> started out sunny but cool (3 degrees). We finished the last regular evening paddle on September 29<sup>th</sup>, a beautiful warm evening with a wonderful setting sun. There were a total of 22 Wednesday evening paddles at La Barriere Park this summer, with 242 people attending.

Very heavy rains over the last weekend of May caused the river to rise dramatically. The bridge was submerged and there was significant current in the river. The water had dropped somewhat by the second week of June revealing washed out approaches to the bridge and a huge log jam under the bridge itself. The bridge continued to be out of commission through out the rest of the summer and fall. The log jam was removed from the upstream side of the bridge by August and on the last evening, September Sept 29<sup>th</sup>, the approaches were being removed and replaced.

The August 11 paddle was held at Fort Whyte Alive with a BBQ for members and

friends, and birthday treats for some. This was the only evening paddle that did not meet at La Barriere Park. Lots of fun was had by all with canoe races, paddle boards, kayaks, and a great feast of burgers, salad, and cake.

On September 22<sup>nd</sup>, Paddle Manitoba participated in the Great Canadian shoreline cleanup. Bags, pop bottles, drink cans, bait containers, more bags, coffee cups, what seemed like miles of fishing line, lures, miscellaneous packaging, more bags, .... It was really important for PM members to participate in this event. We use the water. We need to take some responsibility for keeping it clean.

There are a few people that require some special mention for their help over the summer. Eric lead for two weeks while I was out on canoe trips elsewhere. And a very special thanks to Susan, Kathy, and Ryan for taking phone messages and keeping everything straight.

Finally I want to say thanks to Paddle Manitoba, both membership and board members, who have been very supportive of the evening paddling programs. Thank you for your continued support and interest in these weekly outings. It is an excellent way to get people out on the river and to promote the objectives of the association.

See you on the river next summer...



## Courses at Fort Whyte

by Tim Wintoniw

Hello all. Another season of courses held by Paddle Manitoba is over with, although another paddling season is not. The sun is still shining and the water is still in liquid form. That can only mean one thing, plenty of time to keep the paddle wet before winter actually sets in.

All in all many courses this past summer were successful, with only a few that did not run because participant numbers did not meet the minimums, and one course did not run due to availability of instructors. For the most part courses were not affected drastically by the weather despite the amount of rain we received in Winnipeg. Overall it was a successful summer at Fort Whyte. We hope to fill every course being offered next year. So be sure to tell all your family and friends about our awesome instructors and the awesome time you, the participants, had during the courses.

See you out paddling next year and remember to keep the round side down.



*Instructor, Eric Gyselman, keeps an eye on his class*

# It's a Portaging Jet Pack!

by Bernie Delaquis

With a little ingenuity it could be a jet pack, but it's really a food barrel with a bunch of versatile options and a place to sit in camp. The current version has been on a couple of trips with many portages and seems to work quite nicely. It is simple yet versatile, much like the canoe.

The assembly is straight forward and all components can be found at your local hardware store.

## What you will need:

- 2 pails, the ones shown are from grape juice but any type will do. You can also buy them from hardware stores if you don't have any to recycle.
- 2 Gamma Lids from Lee Valley. These lids snap onto the pails and have a water tight screw lid.
- 2 ft of 1 x 6 lumber of choice
- ¼ " or ½" plywood 14" x 9 ½"
- 20 ft of rope
- Shoulder straps from an old backpack or a tumpline

The assembly is made up of four parts, the pails, the saddle, the harness and shoulder straps or tumpline.

## Step 1: The Saddle

The saddle is made up of 2 cradles and the centre web. The cradles are the two dog bone shaped pieces that keep the pails aligned. The objective here is to have the pails sit flat when lashed together and far enough apart so the ribs on the pails don't interfere with each other. The top cradle should fit between two ribs at the top of the pail. This is what locks everything together.

The top cradle is slightly narrower than the bottom cradle to deal with taper of the pails. For my set up, the top cradle was 1" and the bottom cradle 1 3/4" at their narrowest point. The cradles each have a dado cut down their length to fit the plywood web piece. The cradles are then epoxied to the web. Once epoxy has cured, drill a hole in each corner of the saddle for the harness. The holes should be large enough to allow the rope to slide through easily. You can glue strips of foam to the cradles for a better fit. This also helps to prevent the pails from sliding around.

## Step 2: The Harness

The harness is 2 ropes, about 7 feet long with a loop tied to one end. The ropes run through the holes in the saddle and around the pails. The free end is threaded through the loop, pulled to tighten, locked in place with a "slipped half hitch" I add a loose half hitch in the loop for safety. To untie simply undo the half hitch and pull on the free end.

## Step 3: Shoulder Straps/Tumpline

I have tried two types, shoulder straps and tumpline. The tumpline is a simpler design. Each end of the tumpline is tied to the ropes holding the pails together. The pails are carried horizontally on your back. . I tried the tumpline on a short trip but could not get the hang of it. In the tumpline orientation the "jet pack" option is not recommended.

The shoulder strap version is more complicated because you need to salvage the shoulder straps from an old backpack and you will need a little creativity to fasten them to the food





*continued....*

pack. The key to attaching the shoulder straps is to have them fastened directly to the saddle to prevent them from sliding side to side. The shoulder straps I used had a buckle at the top that allowed me to simply run the rope through the buckle and the saddle. The shoulder strap ends are fastened to the bottom harness rope.

**Additional Features:**

I removed the pail handles and added rope loops into each of the handle holes. These loops make great grab handle when lifting the pack in and out of the canoe or for hanging pails out of bears reach.

For long portages I will slip my camp seat between my back and the pack. This offers a little padding for your back.

**How To Use the Pack:**

Fill pails with all your heavy gear and get paddling partner to portage it. Tell him it almost carries itself. (Ever find those perfect rocks for a fire pit and wanted to bring them to the next camp sight! Just a thought.)

Once in camp, untie pails and they can be used as:

- Stools
- Counter top for food prep
- As a pail!
- A true minimalist could use the lids as plates and your food won't touch!

The saddle has a few uses also:

- A nice flat food prep surface
- Cut or find a flexible cutting board to fit on the saddle and you have a great cutting board
- A card table
- A serving tray. Breakfast in bed!

This food pack idea has worked well for me and my paddling needs. It's robust enough to handle the abuse of portaging and has the versatility you want when paddling. I heard somewhere, "If it doesn't serve at least 2 purposes, you should leave it at home." I think this project lives up to that. I hope you have enjoyed the article and that it sparks some ideas of what your food pack should look like. Maybe I'll meet you waterside somewhere and I can say "pull up a stool and sit for a while".

***Editor's note: We know that paddlers are very resourceful people and are great at creating useful gadgets to help make their experience on the water a little better. If you, like Bernie, have developed some sort of gizmo to help meet your paddling needs, why not share your knowledge with the rest of us. Send in your ideas, with pictures if possible, to [communications@paddle.mb.ca](mailto:communications@paddle.mb.ca).***



A GREAT BIG...

*Thank  
You!*

**To Charles  
Burchill**

For once again being an awesome host every Wednesday night for open paddles. He even brought his wife out on his Wedding Anniversary

**Touchette, Samantha Page,  
Bernie Delaquis, and Eric  
Gyselman**

Who provided safety boats and encouragement to the firefighters of the RM of MacDonald in their first Muscular Dystrophy canoeing fundraiser. Thanks also to fire chief Dwight Seymour for organizing the event

**To  
Selena  
Randall,  
Chris  
Randall, Ken  
Schykulski,  
Danielle Papin,  
Sharon**

**To  
Gary Brabant  
And Wave Track  
Canoe and Kayak**  
For giving up your demo night so that we could host the first ever Paddle Manitoba Paddling Party and for helping to flip burgers while you were there

**To  
the  
Wednesday  
night  
paddle crew  
– you know  
who you are –**  
who participated in the Great Canadian Shore Cleanup on September 22<sup>nd</sup>. The LaSalle looks a lot better and we all appreciate your efforts

**To All the Fort  
Whyte Alive and  
Paddle Manitoba  
Volunteers** who contributed to the success of Tuesday and Thursday open Paddle nights at Fort Whyte. Lots of people were able to enjoy a night on the water thanks to your commitment.





## The First Annual Paddle Manitoba Summer Paddling Party

You couldn't have asked for a much better weather on August 11 when almost 40 Paddle Manitoba members and friends, many with their children in tow, gathered at Fort Whyte Alive for an evening of food, fellowship, and frivolity. After a good old fashioned barbecue supper, people took to the water for some great games. There was the diabolical obstacle course – how DO you do side slipping in a kayak???, the blindfolded race and the mad dash to see who could nab the biggest collection of happy face balls. Lots of folks had a chance to try out a different boat – the kayakers went canoeing, the canoeists tried out paddle boards, with mixed success. The evening ended with cake to celebrate not only the great fun of paddling, but also Charles Burchill's birthday. There was lots of laughter and lots of new paddling friends.







# Insanity on Wings

by Charles Burchill

Black flies, Deer flies, Mosquitoes, Horse Flies, No-see-ums, Sand flies, Biting midges,... – aarrghh! Nothing causes more anxiety in canoe-country travellers than these flying fiends. I have haunting memories of traveling through the bogs and fens of northern Manitoba being chased for hours by uncountable deer flies, and one, two, or three horse flies. As long hot days ended and the air cooled, I would escape from the larger flies only to be hounded by swarms of small grey, black and invisible devils.

What are we talking about? Biting Flies: insects with only two wings and mouthparts designed to pierce or slice into our skin and suck up our blood.

All biting flies locate their warm-blooded prey by sensing the carbon dioxide and moisture in exhaled breath, warmth and perspiration. Dark clothing – like your favourite jeans –also attract them.

Running away will only help while you continue moving [quickly]. When you stop, out of breath and panting, you will attract even more of them. Once it has located a suitable host, a biting fly inserts its piercing mouthparts or lacerates the skin, injects its anticoagulant-containing saliva to keep the blood flowing, then sucks up the blood.

So how do we deal with biting flies? Wear light coloured long sleeves and pants. A bug shirt (a fine mesh shirt) is very effective, as is with a net hood, although the latter can be quite warm. Tuck your pants into your heavy socks or wear gaiters to limit the black flies around your ankles. Remember to keep your cuffs and collar tight. Apply insect repellent to your clothing if necessary – after reading the labels carefully of course. Plan your trips late in the summer or in the fall when there are fewer pests. And travel with someone more attractive [to the flies] than yourself.

The following insect groups represents the common biting flies in Manitoba.

## **Mosquitoes** (*Family: Culicidae*)

There are fifty species found in Manitoba at least 28 of which bite humans. These insects are most active in the morning and evening when the weather is warm and humid. The various species all



*continued....*

require standing water for breeding although different conditions appeal to different species, resulting in mosquitoes continuing to be a nuisance from late spring through the fall - some even breed indoors (mosquitoes in the winter?!).

Although we all know what mosquitoes look like, and we know their bite, there are a few insects out there that we regularly mistake for these irritants. The most common are Chironomids or midges that are often seen flying in large clouds or swarms appearing as ghost like pillars over marshes. These look-alikes have no proboscis (does not bite), their wings are shorter than their body, males have feathery antenna, and when at rest their body touches the surface.

### **Black Flies** (Family: *Simuliidae*)

Like mosquitoes, black flies are most active at sunrise and sunset when the weather is warm and humid. Unlike many other insects, these flies require fresh running water to breed. The existence of black fly larvae is a sign of un-polluted water. On humans, bites are common around the hairline, the neck, behind the ears and around the ankles. Typically flying in swarms, black flies feed exclusively during the day. Activity often intensifies before a storm and may continue all day when skies are overcast. Fortunately black flies don't usually enter buildings or tents and when they do generally they don't bite (if you are getting lots of bites in your tent see biting midges below). The flies emerge in the spring, earlier than other biting flies, and peak usually in June. It is not all bad with black flies – adult males pollinate our beloved blueberries. Black flies are small, black or gray, with short legs and antennae – and of course they bite. There are at least 16 (25 in some literature) species of black flies in Manitoba.

### **Deer Flies & Horse Flies** (Family: *Tabanidae*)

These flying demons are part of the same family. Combined there are up to 50 species in Manitoba, found near streams, dugouts,

ponds, and lakes where their larvae breed in decaying organic matter.

Deer flies are smaller (10mm long) and faster with a preference for white tail deer. Look for wings that are tinted smoky brown or have dark patterns with a greenish-yellow thorax and dark stripes. Trying to swat one of these speedsters is difficult – you are probably better off putting a roll of duck tape on the back of your hat.

Horse flies are larger, some reaching as much as 2.5cm in length. Despite being slower and easier to smack, these larger flies usually just shake off any swat and continue to drill into your bare skin.

Both groups are most active during hot sunny days and prefer wet skin (swimmers beware!). They usually bite the arms, head, and neck. Horse and Deer fly season starts in June and begins to wind down late in July or early August.

### **Stable Flies** (*Stomoxys calcitrans*)

These flies are less common in canoe country, living instead primarily near livestock facilities. Their preferred host is cattle but they very gladly go after people when available. About the size of a housefly (~10mm long), they are most active during the bright days of summer and fall. Both males and females take blood meals using a stiff needle like piercing mouth piece. For breeding and egg laying, they prefer wet but well aerated organic matter such as silage or the rotting plant material found along fence lines and ditches.

### **Biting Midges** (Family: *Ceratopogonidae*)

This group flies are often called no-see-ums because of their small size (usually less than 3mm). They are also referred to as punkies or sand flies. Their small size allows them to slip through many mesh screens. There are upwards of 450 species in North America. Fortunately most feed on nectar. Those that do go after our blood are most active on calm days in the early morning, evening and dusk. The larvae live in mud substrates and the flies emerge in June and July. They prefer moist humid conditions and are most active after rain. This group and black flies are often lumped together by us paddlers.

### **More Information:**

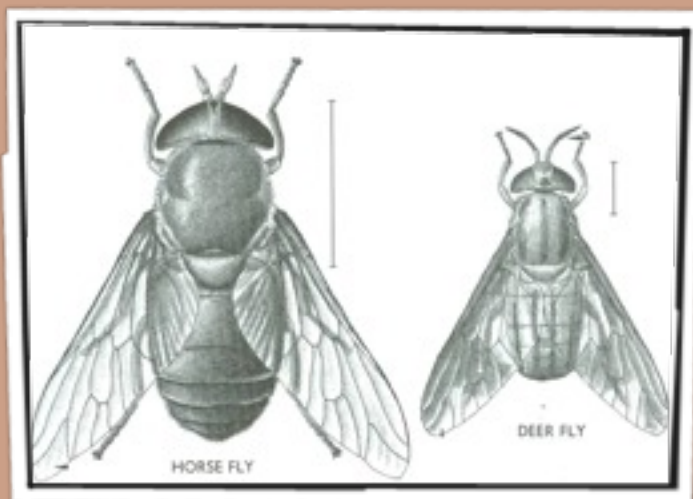
What's Eating You? [http://www.dnr.state.mn.us/young\\_naturalists/biting\\_bugs/index.html](http://www.dnr.state.mn.us/young_naturalists/biting_bugs/index.html)

Those Pesky Mosquitoes! <http://www.umanitoba.ca/afs/fiw/041125.html>

Biting Flies [http://www.env.gov.nl.ca/env/env/final/bugs/biting\\_flies.html](http://www.env.gov.nl.ca/env/env/final/bugs/biting_flies.html)

Biting Insects <http://bitinginsects.siteideas.net/>

Images from: Borror, Donald J. and Richard E. White. *Peterson Field Guide, Insects* Houghton Mifflin Co. © 1970.



# It did NOT rain everyday!

## My journey on the Nahanni River

by Yvonne Kyle

I love to paddle. I do it as often as I can, which never seems to be quite often enough. My children, who at 14 and 21 are quickly passing beyond “children,” have been doing canoe trips since they were very small. Even so, trips with just our family have been rare. So I was pretty pleased when I suggested we do a family excursion and the response was positive. I was thinking a week in the Whiteshell would be fun until Colin suggested we go a little further afield, and before long, we were planning our gear and saving our pennies for a two week dream trip on the Nahanni River. Oh Boy!

To begin our trip, we made our way by plane and van to Fort Simpson Northwest Territories where we loaded our selves and our gear into three 4-seater Cessnas for the flight over the Mackenzie Mountains. I’m a prairie girl living in a province where the biggest “mountain” is 832 meters high when it stands on its tiptoes. So real mountains are intriguing and flying over them is always mesmerizing, especially in a small plane that doesn’t reach much higher than the peaks. We landed on a gravel bar, known affectionately to the people who use it as the Bunny Bar. On this makeshift runway in the middle of nowhere our three planes landed, along with another plane and several helicopters – NWT international without the air traffic controllers.

Our canoes and the rest of our food and gear were waiting for us at the Bunny Bar, brought in earlier by the outfitter with whom we were traveling. We packed the boats and set out for our first campsite. For me, as for many Canadian paddlers, the Nahanni has held the number one position on my ‘bucket list’ for a very long time. I had to do some serious pinching to convince myself that after wishing and hoping for so many years and planning for



*Doing the laundry on one of my gravel bar campsites*

so many months, finally it was time to do the paddling.

We were a party of nine. Jaroslav, a retired professor from Calgary who was awaiting knee replacement surgery was amongst the oldest paddlers to make the trip in a canoe while Eric, trading bow and stern positions with his dad was amongst the youngest. Jaroslav shared his boat with our head guide Luke who first went down the Nahanni before he was born. Despite a 60 year age difference, Luke’s knowledge and skills and Jaroslav’s quiet wisdom and humor allowed a rapport to develop between them, both on and off the water, that was a treat to watch. Gord, a

copywriter from Toronto, emerged as the intrepid one on our trip, always wanting to go further and climb higher than everyone else, occasionally causing his father and paddling partner, Jim, to roll his eyes as only a father can. Heather and I shared a fourth boat and Dan, in his maiden summer as a river guide, paddled solo, giving him ample opportunity to perfect his corny jokes. Our crew was a great blend of personalities that fit well together, which was good because for the next 13 days, we would see only each other and a handful of National Park staff.

Our first full day on the Nahanni began with hike to Rabbitkettle Lake and the Tufa Mounds. Heather is studying geology and the prospect of seeing cool rocks was one of the things she was most looking forward. The Tufa Mounds, with their intricate patterns and intriguing formations, certainly fit the criteria for cool. My old lady knees, however, objected somewhat to the hills we had to climb to see them. From

### Dan, the river guide's corny joke

Q. What’s the difference between a river guide and a mutual fund?

A. The Mutual fund eventually matures and makes money



Rabbitkettle Lake, the Nahanni meanders for about 120 km to Virginia Falls and in the three days we took to paddle this distance, we took liberal advantage of the characteristics of a meandering river, recognizing that the failure to paddle a straight line was not a sign of poor control of the boat but rather an effort to hang out in the strongest currents where we didn't have to work as hard. The river is wide and the mountains tall. The flatlander in me marveled again at the beauty of mountains, although Jaroslav, who lives in the shadow of the Rockies, declared them to be 'just mountains.'

Most frequently, Jim and Gord led the way and the rest of us would spread out behind. We'd raft up every 40 minutes or so and wait for Dan to catch up. In the waiting, we would simply drift, sometimes chatting and telling stories, more often just relaxing and taking in the ever-changing view. We camped primarily on gravel bars and thoroughly enjoyed the meals Dan and Luke prepared for us, with everyone eventually joining in to tease Eric about his quirky eating habits. I frequently camp with young people and am often in charge of making sure meals are prepared and cleaned up properly. Having someone else taking responsibility for all this was indeed a bonus for me. The weather in the first few days was a bit of a downer. After shining brilliantly for our flight in, we did not see the sun again for some time. It rained everyday, primarily but not exclusively, at night and it was cool. By the time we reached Virginia falls, we were all a little disheartened. My kids were especially grumpy and I was starting to wonder if this was going to be an exciting adventure or two weeks of listening to grumbling.

Things began to change at the falls. Known locally as 'Nailicho,' –big water falling down, most guide books refer to them as "Virginia Falls, twice as high as Niagara." I have looked at many pictures of Nailicho and read many stories but nothing prepared me for the experience of seeing the falls for myself. This is a powerful place. The path from the campground



*The calcified trees, essentially standing fossils, that catch the mineral water as it drips off the side of the Tufa Mounds*

follows the Sluice Box, the lead-up to the falls, and each lookout allows for a closer view of its churning turbulence and of Mason Rock, the giant pinnacle that divides the falls into two very distinct sections. The river appears to end and it is only when you are almost right beside the falls that you experience the full impact of the water plummeting 90 metres to the canyon below. There are no guardrails here and you can get as close as you dare. For

me, Nailicho hit the heartstrings. I found myself wiping a drop or two that my family didn't believe was just spray.

The portage trail is mostly boardwalk and is relatively easy to walk down although it is considerably less easy to go back up for the second load – those old lady legs again! We donned our wetsuits – now there's an uncomfortable piece of clothing for someone not used to wearing it! – and



*continued....*



*"Virginia Falls, twice as high as Niagara"*



*The view out the front of my tent at The Gate*

secured spray skirts to our boats in preparation for a different Nahanni. No longer just a quickly meandering stream, the river now works itself into a series of class II and III rapids. And what a blast they are! Luke and Jaroslav led the way through the rapids with Luke choosing the safest and cleanest routes –usually. Sometimes he chose instead the paths that he thought would give the best thrill and, like good little ducklings, we followed where he lead. None of us had much white water experience but we all found it a relatively straightforward challenge to follow Luke's advice to "keep the bow pointed down stream." Jaroslav loved the waves from the first one he met, despite initially being very worried about going into them. Eric wanted the biggest waves on every rapid and gave Colin a hard time if he chose a quieter route. Heather took a while to warm up to them but in the end, she too admitted that rapids were fun. And there didn't seem to be much eye-rolling when Gord guided his and Jim's boat through less than smooth waters.

Exhilarated by the exciting water, and cheered by the return of the sun, we took advantage of the warm dry day to do some laundry and take a bath – there were bare bottoms in all corners of the gravel bar. Wine was on the menu for dinner and we lingered longer than usual to share stories around the campfire. There were plenty more rapids to come, beginning the next morning with Figure 8 Rapids. Often called Hell's Gate, Figure 8 used to be much trickier until an island in the middle of it relocated itself, something that is prone to happen with the islands and gravel bars on a meandering river. The day's paddling ended at The Gate in the heart of Third Canyon, a campground with a rare amenity on this trip- a composting toilet. The view out the front door of my tent here was about the most spectacular piece of nature I have ever seen.

It was humbling to pass through The Gate. Sheer walls tower all around and it is hard

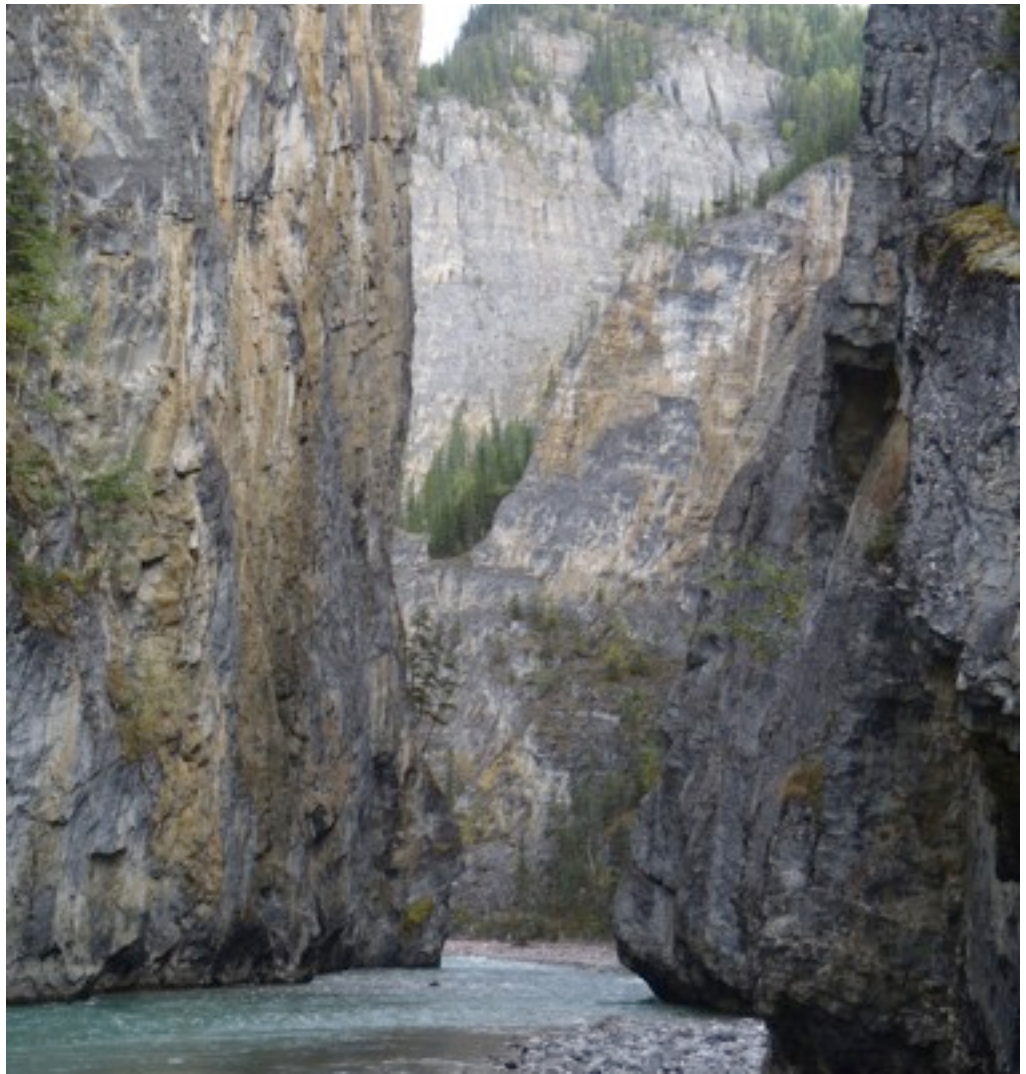


*continued....*

not to feel small and insignificant in contrast to such immensity. Similar feelings followed me throughout the canyons. Through another of the quirks of nature that make the Nahanni so special, the canyons meander in the same path as the river and around every corner is a new spectacular view. There were occasional close calls because we were doing too much ogling and not enough maneuvering. Words to describe what we were seeing are hard to come by. "Mind-boggling" was the best I could do and I used it frequently.

En route to Second Canyon, where Heather likened the rocks atop the canyon walls to those Wiley Coyote is always able to find to roll down on the roadrunner, we watched a small black bear struggle to climb a cliff wall. Overall, our wildlife count was disappointing. We saw a pair of trumpeter swans, a fleeting moose, and a mouse who took refuge under the fire box until he realized it was a bit too hot, but alas, no sheep, no matter how many times we looked at white rocks hoping they would move. Moving along, we passed through Deadmen Valley, which derives its names from one of the most colorful Nahanni stories, that of the McLeod brothers, prospectors who were found in 1908, missing their heads, near the mouth of a creek. The valley is aptly named, even without the bodies. In contrast to the canyons, the river here is wide and full of gravel bars without much vegetation. The mountains pull back from the river and the flat terrain is gray and bleak,

Taking a break from paddling for a day, we hiked into Prairie Creek Canyon. With the water moving so fast, an up front a personal encounter with the canyons along the river is not possible but we walked into several of them and although the pedestrian ones were not as tall, the close up experience was impressive. We could explore the caves, clamber up the boulders and take a good look at the rock faces. It was at Prairie Creek that Jaroslav started doing regular map checks to determine how many more times he would have to



*A close up look at the Prairie Creek Canyon.*

set up his tent. He was developing a strong loathing for his leaky uncooperative home away from home and couldn't wait to be rid of it.

Owing to a fortuitous miscalculation on the part of Dan and Luke – they misremembered the number of days in August - we were able to extend our stay in First Canyon, camping at the base of 1400m walls where we could bask in the sun and have our minds boggled again by the incredible beauty. Drifting through the canyon the next day - paying attention to the water wasn't really necessary except in a couple of spots - we developed kinks in our necks from looking up. We spoke little, save for frequent exclamations of "wow".

First Canyon has as its bookends George's Riffle and Lafferty's Riffle, both commemorating well-known Nahanni trippers who dumped their boats. There was whooping and hollering from several boats as the bows went under water in the biggest waves. The grin on Eric's face as he came down George's was a highlight of Luke's trip. Pure joy is a wonderful thing! (The same joy shone on Luke's face later in the trip while he rode the river taxi taking us to our last night's accommodations). Lafferty's is a "choose your own adventure" rapid with an option even to avoid it almost completely, although no one in our party considered that option. Eric was in the stern for this one and he was very happy to finally accomplish his oft-stated goal of getting his dad wet. Colin didn't complain.

With only one more tent night to look forward to, we waved good-bye to the canyons, pausing for a dip in Kraus's hot springs where. Despite the sulfur smell common to hot springs, the warmth of the water was a nice contrast to the cool air. Our last camp was in The Splits, the braided portion of the river that leads paddlers out of the National Park. The slowing of the river currents coincided with an ugly turn in the weather. By supper time, the rain had started and it refused to stop. Over night, the wind also came up and Jaroslav's was not the only tent that was wet. Our last day of paddling was miserable. Waves as big as some we had encountered in the canyons now impeded our progress and the cold rain left several in our group approaching hypothermia as we pulled into the tiny community of Nahanni Butte and took our canoes out of the water for the last time. It was a wretched way to end such a spectacular voyage.

Accepting the hospitality of the local people, we gathered in the lobby of the community hall, searching our packs for dry clothes and welcoming the proffered hot tea while we waited for the open motorboat that would take us on the last leg of our journey. A young bride was also in the community hall, preparing for her wedding. And while the first group left in the water taxi, Jim, on his knees, helped the bride to don plastic bags over her shoes to protect them from the muddy path to the church. This was a much more satisfying final image of the Nahanni.

We awoke the next morning to a bright blue sky and a perfectly calm Liard River, having left the Nahanni when we left Nahanni Butte. Jaroslav unceremoniously dumped his tent in the garbage and we all stashed our still wet gear into the van to begin the journey home. The lousy last day and even the leaky tent will fade over time. What will remain will be the memory of this remarkable Canadian gem and the wonderful people we were lucky enough to share it with. And you can't beat that!



*The sun setting over the Sluice Box, above Virginia Falls*



*The view out the front door at our bonus camp site in First Canyon. Penguin, the 10th member of our group, shows up in a lot of Heather's pictures. If you want another perspective of our trip – and lots more pictures, you can check out Penguin's blog at [www.heatherspenguin.blogspot.com](http://www.heatherspenguin.blogspot.com).*



# From the Board Room

*A round-up of the major items that the Paddle Manitoba Board has been working on*

## **New Logo**

The board met with Dave Maddocks of Shine Branding to begin the process of developing a new logo. After a meeting to determine what Paddle Manitoba wants its logo to say about the organization, Dave has presented some options that the board is reviewing. The new logo should be available for the AGM in January

## **Off-Season Programming**

Options for what to do when we can't go paddling are being discussed. Volunteers have stepped forward to coordinate an indoor program. We may also have some outdoor off season fun for members and friends. Watch your in-box for dates and activities.

## **Member Trips**

The last member trip of the season was an extended long weekend in the Experimental Lakes Area. Reports from those who participate all indicated that it was an awesome adventure.

## **Canoe/Kayak Courses**

The Fort Whyte/ Paddle Manitoba instruction season has ended. Many paddlers took lessons over the summer and discussions have already begun on ways to make next season's courses even better.

## **Website Updates**

Our webmaster will be looking at the design and content of the website over the next while with an eye to improving it and making it an even more useful resource for members and other visitors.

## **Waterwalker Film Festival**

Details are being finalized for the 2010 Waterwalker film festival to be held on Saturday, November 6, 7:00 – 10:00 at Fort Whyte Alive. Not only will there be great films to watch, but there will also be a chance to meet with the other paddlers to look back on the past paddling season and start planning for next year.

## **Membership**

A review is being done of membership categories to determine if changes are needed. Any proposed amendments to the membership structure will be brought before the membership at the AGM in January.

## **Summer Paddling Party**

A great time was had by all who attended the First Annual Summer Paddling Party in August. Look for some pictures elsewhere in this Ripple.

## **New Board Members**

With the AGM not far away, the board is looking for people to fill positions that may become vacant. Volunteers are always welcome and if anyone is interested in a board position, they are free to speak to the person who currently holds, it or to any other board member for more information on what the job entails

## **BINGO**

A request has been made for Paddle Manitoba to host a bingo again this year. If we are granted the opportunity, money raised will be used to support paddlers in rural and northern areas who are interested in achieving instructor certification

# Our Corporate Members!

If you are in need of paddling supplies or are looking for an outfitter or camp to enhance your paddling experiences, please visit the Paddle Manitoba corporate members identified below. PM Members are entitled to a 10% discount on the purchase of goods and services from our corporate members (You must show your Paddle Manitoba Membership card. Some restrictions apply.)

## 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](mailto:courses@wilds.mb.ca)

Website: [www.wilds.mb.ca](http://www.wilds.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: [rr@mts.net](mailto:rr@mts.net)

Website: <http://www.redriveroutfitters.ca/>



## 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](mailto:info@wildernesssupply.ca)

Website: <http://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](mailto:woodland.caribou.mnr@ontario.ca)

Website: <http://www.ontarioparks.com/>



## 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](mailto:info@streamnwood.com)

Website: <http://www.streamnwood.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: 4-1115 Henderson Hwy., Winnipeg, MB, R2G 1L4 Phone: (204) 788-1070

Email: [pioneercamp@mts.net](mailto:pioneercamp@mts.net)

Website: <http://www.manitobapioneercamp.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](mailto:info@wildernessspirit.com)

Website: <http://www.wildernessspirit.com/>



## 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](mailto:campstephens@ymcaywca.mb.ca)



## Green Adventures

Whether on vacation or just looking for a new way to explore the scenic lakes of Kenora, Ontario, Green Adventures nature based tour company is dedicated to making your outdoor experience unforgettable and fun. Come and see what the Lake of the Woods region has to offer you

Phone: (807) 467-8535

Email: [scottgreen1980@msn.com](mailto:scottgreen1980@msn.com)

Website: <http://www.greenadventures.ca/>



## 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](http://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: [rrcp@mts.net](mailto:rrcp@mts.net)

Website: <http://www.redrivercanoe.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](mailto:adventure@northernsoul.ca)

Website: <http://www.northernsoul.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](mailto:aem@seminfo.mb.ca)

Website: [www.aeminfo.mb.ca](http://www.aeminfo.mb.ca)



## Wave Track Canoe and Kayak

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

Address: Unit C, 42 Speers Road, opposite Symington Yards off Lagimodiere Blvd. Phone: (204) 231-8226

Email: [wavetrak@mts.net](mailto:wavetrak@mts.net)

Website: <http://www.wavetrack.ca/>



## U of M Recreation Services

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

Address: Recreational Services, University of Manitoba, Winnipeg, MB R3T 2N2 Phone: (204) 474-6100 Fax: (204) 474-7503

Email: [mailto:rec\\_services@umanitoba.ca](mailto:mailto:rec_services@umanitoba.ca)

Website: [bisonactive.living.ca](http://bisonactive.living.ca)

