

WINTER 2010 ISSUE

#1 RIPPLE

**Why Brielle
Delaquis
Likes to
Paddle**

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**Learn
How to Tie
a Bowline**

**A river by any
other name ...**

**Dusty Molinski explores the
literary origins of many
Manitoba villages, lakes and
rivers**

**One Last
Paddle before
the Freeze
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*Heading around the corner proves there is much to be found
along the Brokenhead River for the Paddler
Cover Image taken by Dusty Molinski*

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

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 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

Manitoba Whitewater Club
www.manitobawhitewaterclub.ca

Manitoba Paddling Association
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

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).

Submission
Deadline for
the next Ripple
is March
25th!

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PRESIDENT'S MESSAGE

Happy New Year!

Instead of a full message, I thought I would share a mini photo essay of my first four months in Vancouver. These photos represent only a small cross-section of life as an Outdoor Ed instructor at St. George's.

I did specifically want to reiterate my call for Board members for 2011. The execution of successful events and services will not be possible without the support and commitment of our members. The Annual General Meeting and elections will be held on February 12th at FortWhyte Alive.

Catherine Holmen

*Hiking the Barkley Traverse
with Discovery 10*



Grade 9s exploring Pitt Lake



Disco 10 heads to the Sechelt Inlet to learn to surf



Yes, it does occasionally snow in Vancouver!



Salmon spawning as observed by Grade 4s

EDITOR'S MESSAGE



Christmas is a lot of work, especially for moms who very often take the lead role in shopping, wrapping, cooking, planning, and remembering all the little details that make it a joyous time. The reward for the work comes when a gift is opened to a cry of "Wow!" and in the laughter and fun that is shared around the table when friends and family spend time together. When the tree comes down and the guests go home, there is a sense of sadness that it is all over for another year.

Paddling is like Christmas. Unless you are blessed with a home on a waterway, even a leisurely afternoon on a quiet lake or a morning playing in a favourite rapid means loading and unloading the boat and gathering the right equipment. And trips don't happen unless someone organizes food and gear, coordinates shuttles, checks the maps, and makes sure the canoes and kayaks are in good order. It can be a lot of work, often overseen by a diligent "mom" who takes the responsibility for ensuring that all the details are tended to. The payoff is in the "wow" when we see a moose crossing the river, in the exhilaration of a successful

run through a tricky class III, in the stunning beauty of a sunset across the lake, and especially in the warmth and camaraderie that we share with our fellow paddlers. And we load the boat to go home with regret that this one is over but with anticipation for whatever will get us out on the water next time.

There is plenty of 'wow' in this edition of the Ripple. Ten-year-old Brielle Delaquis tells us what makes canoeing fun for a young paddler, and many of us with a few more miles under our boat will agree with her assessment. Dwayne Dosch shares his weekend trip on a surprisingly lively Black River. Christine Mazur speaks to the allure of special places in her article on the Mantario Cabin. And Ed Boon shows us how much pleasure there can be when the work involves not just getting the boat ready but building it as well.

There are not many paddling opportunities right at the moment for Paddle Manitoba members. Now is time to dream of the waterways we will explore next summer and to start the work that will lead to the next big "Wow!"

Yvonne Kyle



WHY I LIKE TO PADDLE

by Brielle Delaquis

Hi my name is Brielle and I am 10 years old. Here are some things that I like and dislike about paddling and canoe tripping.

PADDLING

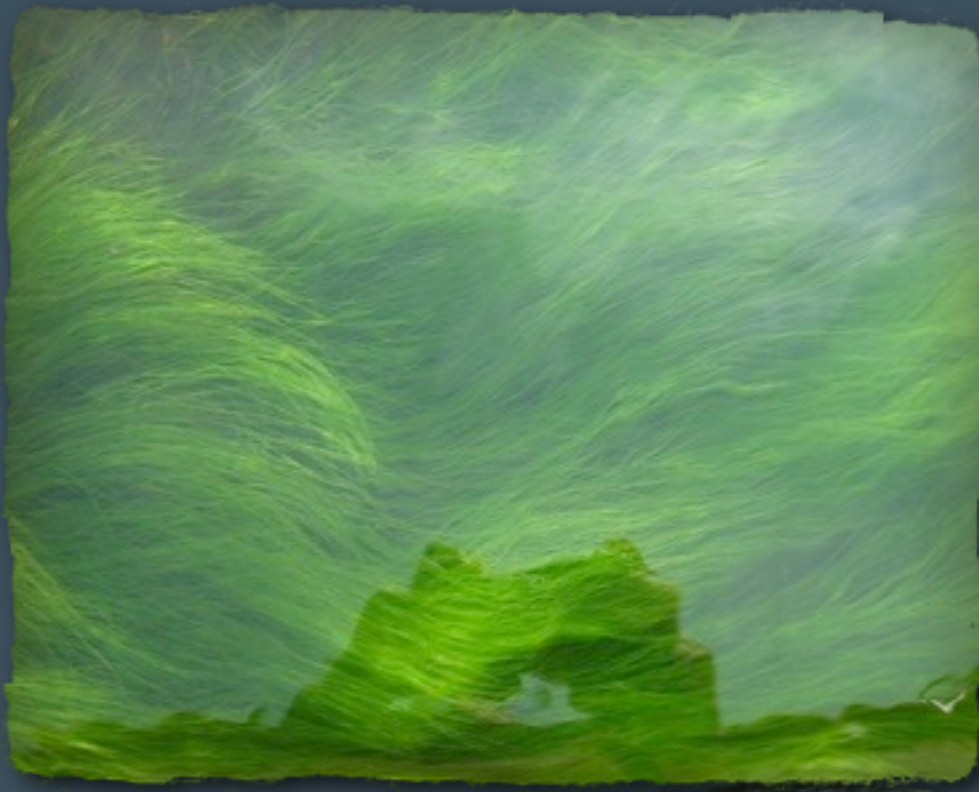
I started canoeing when I was 3, but started paddling at the age of 5. Every time I go canoeing my dad teaches me a new stroke. For example the J stroke, draw, cross draw and skulling... Most of the time I paddle in the bow, but this summer I got to paddle in the stern with a new friend of mine, Noah, in the bow while my dad coached us from the middle. I loved it! This summer I also paddled a kayak for the first time. I enjoy the kayak but I prefer canoeing.

WILD LIFE

While canoeing I see lots of wild life like deer, turtles, muskrats, beavers, geese and goslings, ducks and various birds. The coolest animal we saw this summer was a caribou.

CAMPFIRES

At night, when we make a camp fire, we make Jiffypop popcorn and roast marshmallows. This summer Eric taught me how to roast the perfect marshmallow! Also I learned how to keep the mosquitoes off my feet by putting my pants over my feet.



FISHING

I like to fish because I like the reaction wheeling in a fish. But one thing about fishing I don't like is waiting to get a nibble.

MORNINGS

What I like about waking up in the morning is having a hot chocolate and my dad having coffee while making my favourite breakfast, pancakes.

SCENERY AND TAKING PICTURES

While canoeing I see lots of different kinds of scenery that I like to take pictures of. But the coolest type of scenery to see is rock cliffs!

This is a picture I took of the bottom of a creek while leaning over the gunwales. The shape that you see in the bottom of the photo is the shadow of my hands holding the camera.

SWIMMING

I like swimming because the water is deep and we usually have the lake to ourselves. Sometimes we find good rocks that we can jump off. Sometimes I like just putting my life jacket on and floating. But one thing about swimming that I don't like is the cold water.

In conclusion I like a lot of things about paddling and canoe tripping and I tend to forget about the things that I don't like.

I like paddling!

Brielle Delaquis





what knot?

The Bowline

by Eric Gyselman

The Bowline is the one knot paddlers seem to love. Maybe it's the nautical history. Maybe it's the relative ease of tying and untying. Whatever the reason, the poor old Bowline gets used for almost everything. That's not to say it isn't a good and useful knot. It is. But it also tends to be overused and sometimes used inappropriately. So let's have a closer look.

Type

The Bowline is a fixed-length loop knot. Once tied, it creates a loop in the working end of the rope. The size of the loop cannot be changed without retying the knot. It is not a hitch because it does not tighten around a fixed object and it should not be used as a bend, to tie two ropes together.

History

The Bowline is an ancient knot generally thought to have originated during the early development of sea-going sailing ships. It was used primarily for attaching a line from the bow of the ship to the weather-leach of the spar on square-rigged sailing ships. Hence the name: bow line or Bowline. Important for this use, it is easily tied and easily untied even with wet natural fibre ropes.

Strength

Virtually all knots reduce the breaking strength of rope at the knot. The most common format for reporting this value

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is percent of rope breaking strength. That is, if a rope has a 1000 kg breaking strength and the knot's effect is reported at 50%, the rope will, on average, break at the knot when a load of 500 kg is applied. The values should only be used as a guideline because the material, type, and size of rope will all affect the reported value.

The most commonly quoted value for the Bowline is 65%. The knot reduces the strength of the rope to 65% of its reported breaking strength.

Advantages

Perhaps the popularity of the Bowline is due to its ease of tying. Everyone seems to know the little ditty: "The rabbit comes out of his hole, goes behind the tree, and back down his hole". Dozens of different methods, both two handed and one, have been developed for tying this knot. Equally as important, the Bowline is one of the easiest knots to untie even when wet. Perhaps this is the reason it was so popular with old mariners. Also, it doesn't reduce the strength of the rope as much as some other common knots although there are certainly stronger knots available.

Disadvantages

From the first article in this series (see previous Ripple) remember, a good knot must perform four functions: easy to tie, easy to untie, not unduly diminish the strength of the rope, and stay tied until untied. It is this last point that is perhaps the Bowline's weakness. Many sources have reported Bowlines coming loose when repeatedly loaded and unloaded. This is so commonly mentioned that it is likely true. In my own experience, Bowlines do come loose when tied in 'springy' rope, especially cheap twisted polypropylene (which, in my view, should



The first step is the most important and often the one where folks seem to create grief for themselves. Take the working end of the rope and do a forward roll to create a loop with the end leading to the working end on top and the end leading to the standing part on the bottom (Fig. 1). It is critical that the loop have the working end on top.

Now take the working end, pass it under the loop, and up through the loop – 'the rabbit is coming out of his hole' (Fig. 2). Take the working end and pass it underneath the standing part from right-to-left – 'the rabbit goes behind the tree' (Fig. 3). Finally, pass the working end back through the loop from top-to-bottom, paralleling the rope that came up through the loop in figure 2 – 'the rabbit goes back down his hole' (Fig. 4). Now pull on the loop created by the knot, the standing end, and the working end of the rope to tighten the knot.

Done!

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be banned outright – its horrible stuff). This is less of a problem with braided ropes made of softer material such as nylon.

Uses

The Bowline is most useful where a load is applied and then the rope is kept under tension, for example, when tying a food bag for lifting into a tree at night in bear country. The Bowline tends to get used in situations where it is not the best choice of knot. For instance, because it is a loop knot, not a hitch, it will not tighten on a fixed object like a tree, so it may slip down over time. Similarly, because it may work loose

when loaded and unloaded, it is not appropriate for tying painters or lining ropes to canoes or kayaks.

Tying

Dozens of different methods of tying the Bowline have been published. Some of these, such as the one-handed methods, are practical. Others seem to be more academic than practical. A quick search on the Internet will generate more than you ever needed to know. I will show the 'classic' method here. I think it is important to understand the mechanics of tying the Bowline. This will help if you decide to adopt one of the modified tying methods.

One of the Bowlines most useful traits is the ease with which it can be untied even when wet and extremely tight. Pushing on the back of the loop loosens the knot and makes it easy to untie.

Variants

Many variations of the Bowline have been created. Some of these compensate for the knot's shortcomings, primarily its reputation to come loose when subjected to loading and unloading. Others are just knots that are very similar. Again, a quick search on the Internet will provide dozens. I will only discuss three here.

One of the most interesting variants is historical. If you look back at figure 3, you will see it is perfectly possible to pass the working end underneath the standing end from left-to-right rather than from right-to-left and then back through the loop. The only difference in the final knot is that the standing end will be on the outside of the Bowline in this variant rather than the inside as happens with the standard version. This variant is often referred to as the 'Dutch Navy

Bowline'. The 'standard' Bowline is occasionally called the 'English Navy Bowline'. The difference, apparently, is the Dutch Navy version is easier to untie and the English Navy version is less likely to work loose. I can only imagine the 'discussions' that took place between sailors from the two countries when they got together in some seedy backwater tavern. Either version seems to have equivalent properties. Try both and see if your loyalties lie with the English Navy or the Dutch.

The final variant is the Double-Bowline. While I will not go into the details here, basically a double loop is made in figure 1 with the rest of the steps being the same. This extra loop is reported to increase the working strength to about 75% and greatly reduce the possibility of knot working loose. Then again, the extra loop makes the double variant more difficult to tie and untie, hence reducing some of the appeal of the Bowline in its simplest form.

For instructions on tying of the Double-Bowline, see: http://www.ehow.com/video_4468153_tie-double-bowline-knot.html. It is interesting that this video shows the 'Dutch Navy' variant. By reversing the direction of the working end as it passes around the standing part, a 'standard' version would be created.

Additional Information and Instructions: For those interested in seeing a video on tying the Bowline, try: <http://www.animatedknots.com/bowline/index.php?LogoImage=LogoGrog.jpg&Website=www.animatedknots.com> (sorry for the long URL but this is a pretty good site).

If you want more on the history and uses of the Bowline, try: <http://www.titudorancea.com/z/bowline.htm>.



The second variant is simply an additional step to reduce the likelihood that the knot will work loose. After tying the Bowline, take the working end and tie a half-hitch around the loop created by the knot (Fig. 5). This is often referred to as a 'keeper' and is used on a number of knots to reduce the possibility of working loose.

Paddling Recipes

Flapjack

...keeps canoeists, walkers, and skiers full 'til lunchtime, and can be eaten whilst wearing mittens!

Oven: preheat to 350F,
Middle shelf.

250g/ 8 oz butter or margarine
250ml/ 1 cup corn syrup
125ml/ ½ cup soft brown sugar
375ml/ 1 ½ cups rolled oats
500ml/ 2 cups dried fruit or mix of fruit and chocolate chips.

Grease a tin at least 12 x 8 inch.
Melt butter/margarine syrup and sugar together in a saucepan. Stir in oats and dried fruit and mix together thoroughly off the heat. If mixture seems excessively dry and is hard to work, add more corn syrup. All oats should be coated, but all excess sugar/syrup should be absorbed.

Spread evenly in prepared tin.
Bake in preheated oven for 25-30 minutes until golden brown (too brown will make it too hard). It will be soft when removed from the oven, but will harden as it cools. Cut pieces to desired size and remove from tin once they are firm enough to remove.

A deluxe version has the ends dipped in melted chocolate...

From the kitchen of Selena Randall



Pepperoni-cheese-tortilla Wrap -From the backpack of Dusty Molinski

When I am out on the water, I like to have a good (meaning heated) breakfast and supper. At lunch, however, I would rather not have to dig out the stove or make a fire. My favourite lunch item is pepperoni-cheese-tortilla wraps. Easy, no-heat, quick to eat and yum that can be made in the canoe, on-shore, in the sun or in the rain!

Per wrap:

- Tortilla
- 1 or 2 Pepperoni sticks (for short trips vacuum sealed regular style or for longer trips you can get a dry style that requires no refrigeration)
- Cheese cut in strips or cheese strings (to your hearts content)

My Summer Project

by Edward Boon

I had hoped to get more paddling done this past summer, but a new grandchild was more fun! I did start an interesting project last winter that continued till this fall. I purchased a Kayak Kit from "Waters Dancing" in Edmonton last November. I worked on it in my basement last winter then moved out to the garage in the spring where I worked on it until I had to call it quits this fall due to the temperature. It wouldn't fit back in the basement so it is hanging in the garage until next spring. I figure I'll need another 2 weeks to complete it once the weather is warm enough. The kayak is 17 Ft 6 Inches long and 22 inches wide. It is called a Solace 17 EX. The kit is very complete and it could have easily been completed this past summer if I had I not been distracted with other things.

The boat will be called "Callula" which in Latin means "Small Beauty". It was the name of one of my great grandfather's boats that he used while commercial fishing out of the village of Rossport on the north shore of Lake Superior. He was one of the first settlers of the village in the late 1800's. My wife and I return to Rossport just about every summer to kayak the islands of the area.



The panels that make up the hull as they were joined together and the joints fiber-glassed.



The panels as they are stitched together with copper wire in preparation for gluing.



The fully stitched together hull, inverted and the seams are glued



The hull is glued, the deck has been stitched together and then stitched to the hull ready to be glued together. The deck is not glued to the hull at this time.



The hull with the deck joined to it, and the fiber-glass cloth is draped over the deck ready to fiberglass.



The Hull with fiberglass coating applied



The Project as it looked when I moved it back to the garage for the winter

Notes from the Little Black River

by Dwayne Dosch

Pictures by Brian Johnston

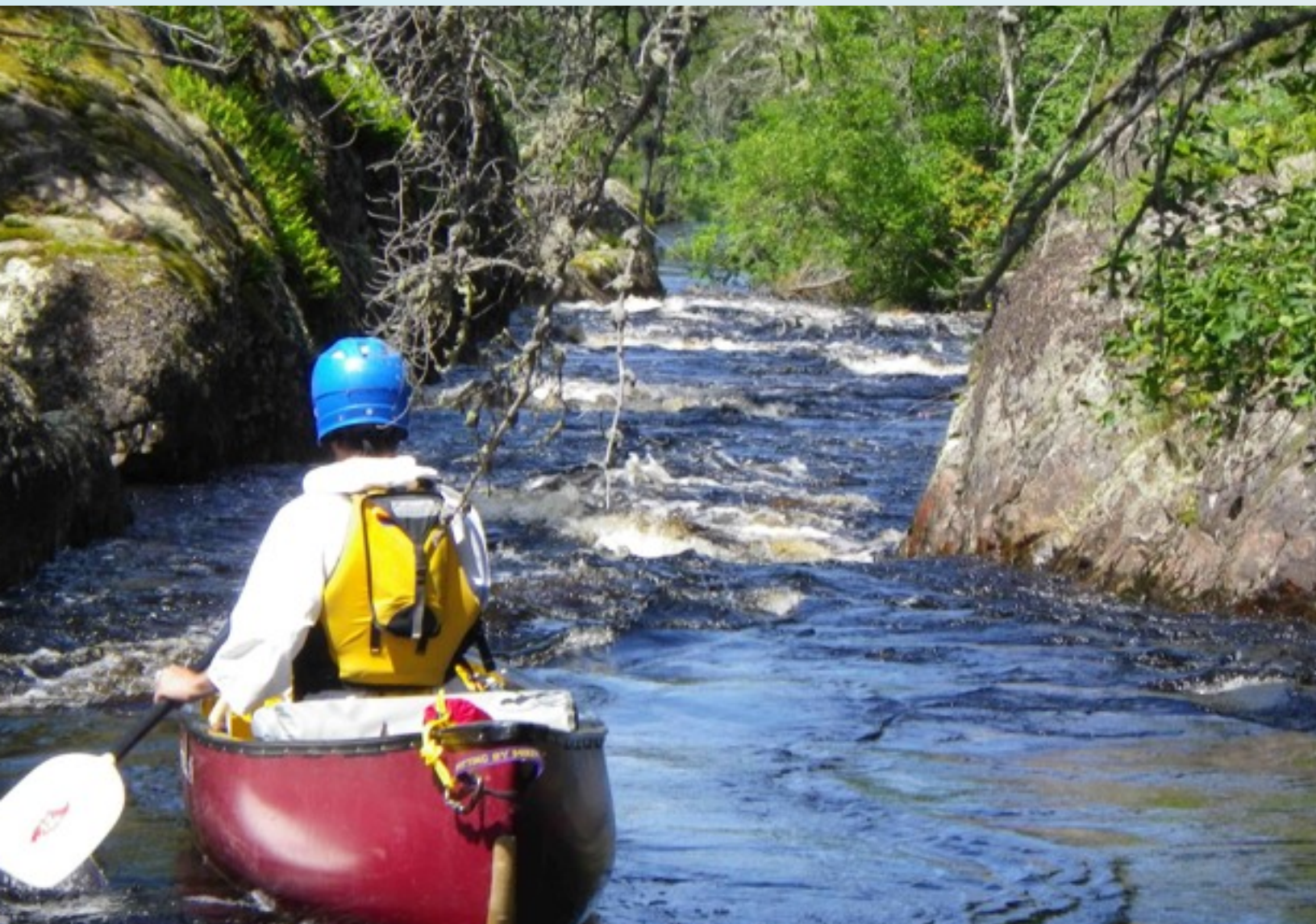
The return of high water levels proved too great a temptation. Running the Black River with plentiful warm aqua would provide opportunities sometimes bypassed on cool spring days with even colder water. A call to Brian Johnston set the wheels in motion. Brian mentioned that his ankle was sprained but he thought he'd be good for the weekend.

Arriving at the put-in on highway 315, it was obvious that water levels were

approaching normal spring run-off – but this was mid-July. What a trip this promised to be, blue skies, moderate breeze, few bugs, and we'd already gotten up close with a moose cow and calf during our shuttle. Brian's ankle appeared a bit suspect. "It'll be good" he reassured me with a smile, "when you called I was crawling around!" With the helpful hands of my friend Doug Gottfried (aka Shuttle Doug) we were quickly off-loaded. "Auf Wiedersehen," and Doug was gone.

An hour later we sat contemplating our first Rapid, a narrow class IV chute, while chewing on lunch and keeping a wary eye on the hornets. Opting for the more conservative approach we carried past the initial drop and ran the fast moving Class II Tech below. With the exception of the 3 waterfalls downstream we would only portage one other set of rapids.

Although the wind greatly intensified and we lost a half hour clearing a river spanning sweeper, we continued to



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make great time and had supper at the east end of Little Black Lake before moving on to our campsite. We'd seen two more moose through the day, one a calf drowned in 1 ½ metres of water just an arms reach from shore and the other a big cow that had allowed us to come within 50 metres as she stood chest deep in the marsh. The lake turned to glass as the sky darkened and was still perfectly calm the following morning as we paddled to our portage past a falls. At 9 metres, this is a respectable drop and the view is picture perfect. It's the kind of place ideal for lunch, quiet reflection or just a good snooze in the sun.

But, the river beckoned and we followed. We stopped again at 1 pm, having run a number of rapids and traversed a second marsh. Atop a great Class II rapid, at a

spot we refer to as Lunch Rapids, we had a bite to eat while a young Piping Plover chick ran along the bank and through exposed tree roots. Hours later, having lined past the second falls, run the canyon, and made our second rapid portage we found a passable campsite on high rock ridge on river right where we managed to set-up camp before the bugs struck en-masse. Thank God someone invented bug tents. I noted that Brian's ankle seemed to be getting notably stronger.

Day 3 dawned cloudy and cool with bugs. The sun was gracious enough to shine on us during the most difficult portion of the whitewater this day and again as we set up camp below the logging road bridge. Our site was a natural for blueberries but we'd have starved this year if we'd relied

on them! I saw more otters today than blueberries. We'd begun to see logjams aplenty this afternoon. I'd hoped that with the high water they'd have moved out, clear to Lake Winnipeg. We packed it in just as the rain started.

The morning of day 4 was cloudy again, breezy, and cool with bugs. Did I mention the blackflies and mosquitoes? Early in the day we spotted another moose riverside at about 150 metres. Lunch was a hurried affair with the bugs as bad as any I'd experienced either as I grew up on the farm or during the 15 years I spent living in North Eastern Manitoba. Oddly two hours later and a few kilometres downstream, there was not a bug to be seen as we patiently portaged around the last falls above the road. Yet the weather had not changed. In fact, the



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temperature had risen a couple degrees and there was no breeze.

Mother Nature gave us a grand finale as we approached our take out at highway 304, a monstrous deluge with lightening and thunder worthy of note. There was nothing we could do but wait it out beneath the riverside willows and appreciate the free rinse cycle. As we put ashore to await our pickup, a wonderful looking specimen of a snapping turtle greeted us and stayed for a short visit on the rocks.

Sadly, we said goodbye to one another but with the hope that next year will once again bring us high water and the chance to paddle waterways where only small craft such as canoes and kayaks can reasonably venture.





WINTER PADDLE PROGRAM

Selena Randall

Selena.j.randall@gmail.com

We have been honoured to be asked by the board to organise the winter indoor program this year, a challenge for new-comers, so we ask you to bear with us! It's a 'fledgeling' schedule at the moment and we will be asking some of you to input. All take place at Fort Whyte Alive, Interpretative Centre, from 7pm until 9pm.

Chris Randall

chris@csrandall.force9.co.uk

If there is a particular topic you want to learn about, or even if you would like to get involved in teaching others a new skill in a 20-30 minute session, please get in touch.

date	location	time	
FEB 12	FORT WHYTE ALIVE INTERPRETIVE CENTRE	7:00 PM	Paddle Manitoba AGM (2010 Review from Board Members - Presentation of 2011 Budget - Election of Board Members) . Slideshow on Paddling in Europe.
date	location	time	
MAR 26	FORT WHYTE ALIVE INTERPRETIVE CENTRE	7:00 PM	Slideshows - Nahanni and more! (If you would like to present some slides please contact Selena or Chris Randall)
date	location	time	
APR 30	FORT WHYTE ALIVE INTERPRETIVE CENTRE	7:00 PM	Indoor Skills Workshop - Playing with tarps, Menu Planning, Homemade Kit, Canoeing with Kids etc..

THE 2010 PADDLE MANITOBA
ANNUAL GENERAL MEETING



SATURDAY FEB 12, 2011
FORT WHYTE ALIVE INTERPRETIVE CENTRE - 7PM

AGENDA WILL INCLUDE

- A REVIEW OF 2010 INCLUDING
 - REPORTS FROM ALL BOARD MEMBERS
 - FINANCIAL REPORT
 - RECAP OF THE TRIPS AND SPECIAL EVENTS THAT HIGHLIGHTED THE YEAR
- PRESENTATION OF THE 2011 BUDGET
- CONSIDERATION OF CONSTITUTIONAL AMENDMENTS TO CHANGE THE CLASSES OF PM MEMBERSHIP AND TO ALLOW ABSENTEE VOTING AT FUTURE AGMs.
- ELECTION OF BOARD MEMBERS.

(NOTE: THOSE WHO ARE CONSIDERING VOLUNTEERING FOR A BOARD POSITION OR NOMINATING ANOTHER MEMBER TO A BOARD POSITION ARE ENCOURAGED TO CONTACT CATHERINE (PRESIDENT@PADDLE.MB.CA) BEFORE THE MEETING.)

THIS WILL BE AN EXCELLENT OPPORTUNITY FOR PADDLE MANITOBA MEMBERS TO GET TOGETHER TO SWAP STORIES FROM LAST YEAR'S PADDLING EXPEDITIONS AND MAYBE MEET SOME NEW FRIENDS THAT YOU WANT TO SHARE A BOAT OR CAMPSITE WITH WHEN THE ICE RECEDES.

PADDLE MANITOBA MEMBERS WHOSE MEMBERSHIPS WERE VALID ON DECEMBER 31, 2010 ARE ELIGIBLE TO VOTE AT THIS MEETING AND CAN STAND FOR ELECTION TO THE BOARD

**SNACKS/
DRINKS
PROVIDED**

THE EVENING WILL INCLUDE A SPECIAL PRESENTATION FROM SELENA AND CHRIS RANDALL OF THEIR EXPERIENCES **PADDLING IN EUROPE.** THEY HAVE TRAVELLED RIVERS AND LAKES MOST OF US CAN ONLY DREAM OF, AND WILL HAVE LOTS OF STORIES AND PICTURES TO SHARE FROM THEIR MANY TRIPS IN NUMEROUS COUNTRIES THROUGHOUT THE CONTINENT.



Christine Mazur is co-chair of the Mantario Committee and a member of Nature Manitoba since 1996.

Mantario Cabin

by Christine Mazur

For over 35 years, Nature Manitoba has run a summer program for the general public out of the Wilderness Education Centre also known as the Mantario Cabin. Located on an island at the southern end of Mantario Lake, the cabin is a favourite destination of many naturalists and others who cherish opportunities to slip away from populated areas into the backcountry. While I didn't get a chance to visit my favourite home-away-from-home this year, I made it out to the Mantario Cabin no less than seven times during the calendar year of 2008.

I started with a 22 km ski on the Louis Riel Day weekend that February and made my next stop at the Cabin in early May while helping out with a Mantario Trail work party. Barely three weeks later, with the winter ice fresh off the lakes, I paddled in with a group from Nature Manitoba on the May long weekend. High winds and daunting waves could not keep us shore-bound for long and we made it out and home appreciating the opportunity to practice inclement weather paddling and teamwork.

With a documentary film project in the works that year, I hit the waves again, first in July

and then on the August long weekend, to scout out shooting locations. In August I couldn't find a paddling partner. I called Julie Gold Steinberg, one of my first paddling mentors and instructors. Unable to get away for the weekend, she offered her 14-year-old daughter up as a victim - er - I mean paddling partner.

All was well until I dragged my 60 lb 14-foot cedar-strip and canvas canoe over that last beaver dam at the end of the Three Lake to Mantario portage and punctured the bottom. We made it to the Mantario trail campsite, and the next day headed over to the Mantario Cabin for some duct tape, bailing as we went. Though a canoe instruction workshop was in progress, the wonderful participants kindly helped us out. D Kurt assured me that the duct tape, applied with friction and heat, would indeed hold. Two years and many kilometres of paddling later, it has - with a coat or two of varnish as insurance!

My next foray to Mantario that year was on foot on the September long weekend. I planned to shoot footage of the Whiteshell Wilderness Zone for my documentary about how the area came to be so designated. It

being my sixth time hiking the Mantario Trail, I was fairly comfortable going alone over five days. However, I hit a snag the on the first day when, 19 km into the hike, I discovered that I'd left all my spare video tapes in the trunk of my car. Finding that cell phone reception at Marion Lake is quite good, I called Denise Levesque. She and a group of naturalists were heading to the Mantario Cabin the next day and she agreed to meet me there with extra tapes. Once again, I was saved by the Cabin and the good people using it.

Trip number seven that year was on D Kurt's Thanksgiving paddle, a most rainy weekend. Never once dropping the camera in the water, I captured video footage of otters, an eagle, loons crying, beautiful fall scenery and great paddling.

I know there are many other paddling destinations in Manitoba that should be explored but whenever I have the opportunity to get away for several days, I always return to the Mantario Cabin, the first place I learned to canoe 15 years ago as a participant in the summer program.

it's

ALL IN THE name

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

From the Pages

by Dusty Molinski

The places and figures of different books have inspired the names of many a Manitoba village, town, lake or river.

"What do we call this place?" is a question posed by many in the history of our province. But where does one look for inspiration? Often those who respond to the question looked no further than a favourite book upon the shelf.

Sometimes it was a novel or a book of poems, with a particular character that suited the feeling of the surrounding landscape in that part of the province. Sometimes it was a magical land described in a book that seemed to now be the very land where people were standing. Sometimes it was simply a nice name.

Allegra (a locality north of Beausejour)

"Grave Alice and laughing Allegra and Edith with golden hair"- A line from Longfellow's poem *The Children's Hour*. It was chosen by the first teacher of the area to symbolize the joy of life.

Atlantis Island (in Rocky Lake, northwest of The Pas)

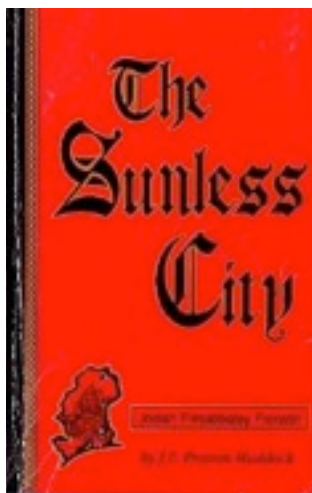
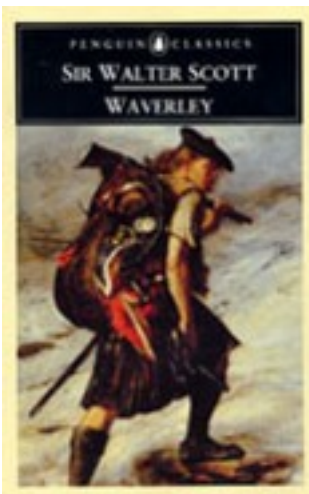
The rock formations on the island were thought to reflect what atlantis must have first looked like and inspired the naming of the island by a local cottager with a fascination for the *Lost City of Atlantis*.

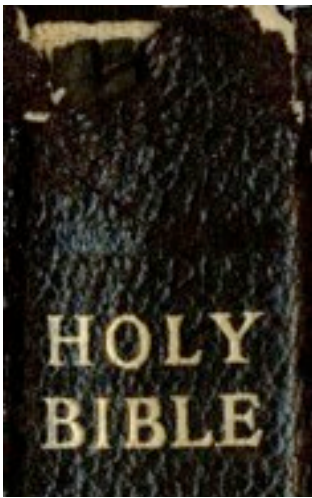
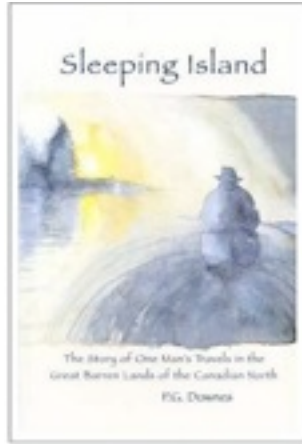
Bradwardine (northeast of Virden)

The Post Office in Ottawa chose a character in the novel *Waverly*, by Sir Walter Scott, as the name of this town.

Brunkild (southwest of Winnipeg)

The CNR named this community for Brunkild, a character in Norse legend who is depicted in Wagner's opera *The Ring of the Nibelungs*.





Copperfield (*locality northwest of Pilot Mound*)

Residents who were reading the novel *David Copperfield* by Charles Dickens suggested the name.

Flin Flon (*city in northwestern Manitoba*)

Josiah Flintabbatey Flonatin, a character in the novel *The Sunless City*, by J.E. Preston Muddock, led to the naming of this community after the book was found on a portage in the area.

Oliver Lake (*northeast of Dauphin*)

Oliver Twist, a character from a Charles Dickens novel of the same name, was used by a survey crew to name this lake. Nearby Twist Lake was named for the same.

Ponemah (*south of Gimli*)

Ponemah, a kingdom in Longfellow's poem *Hiawatha*, inspired the name of this neighbourhood.

Tunilini Lake (*southwest of Nueltin Lake*)

Downes' book *Sleeping Island* inspired a canoeist to give this name to this lake after he had canoed here in the 1960s.

Books of faith were the source of inspiration for several place names. Many of the early settlers to our province were inspired by people and places from the bible. This was often the only book many families owned when they first arrived.

Eden (*north of Neepawa*)

A very early settler chose this name because she thought this area best represented her picture of the Garden of Eden compared to any other place she had seen.

Gilead (*southeast of Souris*)

A place in the Old Testament that lies in present day Jordan inspired the name of this former school district.

Mary Hill (*northwest of St. Laurent*)

The first postmaster named this locality after the Virgin Mary and the area's location on an elevation above the surrounding landscape.

Melita (*town southwest of Brandon*)

A Sunday school superintendent suggested the name of an island, Melita, upon which the apostle Paul was shipwrecked.

Some places were not named for a book or characters from a book, but for an author themselves.

Chaucer (*northwest of Glenboro*)

The CPR named this railway point for the author of *The Canterbury Tales*, Geoffrey Chaucer.

Rudyard (*west of Morden*)

A visit in 1908 by author Rudyard Kipling, who wrote *The Jungle Book* and *The Man Who Would be King*, gave the name for this railway point.

Lastly, in one instance, a community named for a character in a book, had its name changed to something else.

Inwood (*southwest of Gimli*)

Originally this community was called Cossette, after the young girl in *Les Misérables* by Victor Hugo.

The next time you are out on the water reading your favourite book, you may not have to let your mind escape too far to reach the people and places on the pages. They could be at the very place you are!

A GREAT BIG...

Thank You !

To
**Donna Prowse,
Monica Young, Dustin
Molinski, Janice Pennington,
Kevin Lawes, Crystal Hurd,
Selena Randall Chris Randall, and
Sharon Touchette**

For planning, promoting, and hosting the Waterwalker film festival. It was a great night of watching fun paddling films and socializing with other Manitoba paddlers.

And
To..

**Gary
Brabant
from Wave
Track
and
Steve Allen
from Camp
Stevens**

Corporate members who came out to join in and support Paddle Manitoba with Waterwalker.

To
**Selena and
Chris Randall**
For taking on the role of coordinating the Paddle Manitoba indoor programs for this winter. Look elsewhere in this Ripple for an outline of what's coming up.

To
**Brielle
Delaquis,
Dwayne Dosch,
Brian Johnston,
Chris Randall, Dusty
Molinski, Edward
Bloom, Christine Mazur,
Eric Gyselman, Stephan
Challis, Selena Randall,
and Charles Burchill**

WOW! Your collective efforts have made this issue of the Ripple a jam-packed collection of stories and pictures. The Ripple editor was thinking the winter issue would be a little thin but the Paddle Manitoba members allowed it to be otherwise.

Why Renewing Your Membership is Better than Doing Your Taxes

by Stephen Challas

This article is about why renewing your membership in Paddle Manitoba is way, way more fun than tax preparation. (This being January, both are matters you should begin to contemplate.)

First: it's simple to do. Go to the [membership area](#) of the PM website, print and complete the one page application, and mail it in with the payment. No complicated forms, no receipts to gather, and no fears of a possible audit !

Second: once you have your member card in hand, you can start to shop at the corporate member locations and receive a ten percent reduction off regularly priced goods and services. Ten percent? Yes, indeed. That is like getting your Goods and Services tax refunded twice!

Third: We don't send boring codes, manuals, and guidelines. Instead you get three issues of Kanawa, Canada's Paddling Magazine, at no charge for one year as one of your member benefits.

And, here is the guarantee: if you like paddling, or even just like "the idea of paddling", you will like it even more as a member of Paddle Manitoba.

How so?

Take my experience. I had been paddling for forty years before I joined Paddle Manitoba and doing it worldwide: Pirogues on the Niger River, Sea Kayaks on the West Coast, Prospectors on the Namakan. (Gondolas in Venice await.)

What have I got from Paddle Manitoba? A huge improvement in my paddling skill, better safety, and increased knowledge through shared experience. The shared experience includes introductions to stunning locations for paddle expeditions (both close and afar) and hearing

presentations on the key role paddling plays in the life of this great country.

To paraphrase one of PM's recent guest speakers, James Raffan, curator of the Canadian Canoe Museum: Paddling, canoe or kayak, is at the core of the Canadian cultural, historical, and artistic experience. Yes, even more so than hockey. However, similar to hockey, paddling happens to be great exercise, is a huge amount of fun, and can result in an occasional bump, bite, or bruise.

Besides, how much paddling - canoe or kayak - can you do in Manitoba in January? Not much. So instead, do the next best thing and get to renewing your membership in Paddle Manitoba. Then you probably should consider starting on those taxes.

Stephen Challis is the Paddle Manitoba Membership Convenor





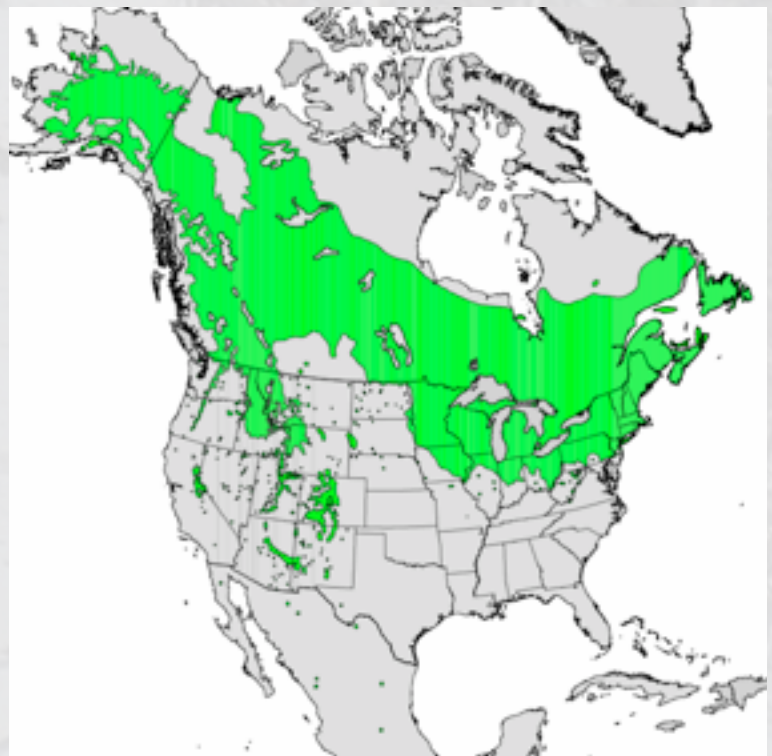
MY FRIEND THE ASPEN

Populus tremuloides Michx.

by Charles Burchill

My friend is commonly known as trembling aspen, quaking aspen, poplar, popple, white poplar, or just aspen. Some people call it the ghost tree due to the chalky-white bark. Much maligned and frequently ignored and overlooked, this tree, often thought of a weed, is found across all of Manitoba. It is in fact one of the most widely distributed trees in North America stretching from Mexico to Alaska and from coast to coast. In well-drained fertile soils it can grow as tall as 40m with a trunk diameter of 60cm. In much of southern Manitoba, with heavy clay soils, the trees are smaller and often thought of as the neighbourhood 'bush'. Individual stems only live 60-90 years. There are several other less common poplars in Manitoba – Balsam Poplar (*Populus balsamifera* L.), Largetooth Aspen (*Populus grandidentata* Michx.), and Eastern Cottonwood (*Populus deltoids* Marsh.).

Aspen have white or cream coloured smooth trunks with bark that is light greyish green or chalky white, with a smooth waxy lustre. Leaves are small and roundish with fine teeth, and end in a pointed tip. The leaves have a flat petiole (stem) that is stronger in one direction than the other allowing the leaves to flutter in the slightest breeze. It is this fluttering that gives the tree its common name “quaking” or “trembling” aspen. Flowers appear before the leaves in the spring as catkins with male and female flowers on separate trees (clones). Seedpods mature along the central stem of the hanging female catkin. A good seed crop is produced every 2-3 years and in some cases a single tree may produce millions of seeds. The seeds deteriorate quickly and few are fortunate enough to find good conditions to germinate.



Aspen spreads and reproduces prolifically, primarily through suckers that are genetically identical to the parent tree. Adult trees produce a chemical that inhibits suckers but if the parent



tree is removed through fire or logging (or beavers) the root suckers grow quickly. These suckers, with the support of the existing root systems, can grow up to 1 meter every year for the first 10 years. In the year after disturbance it is not unknown for an aspen clone to send up 100,000 suckers per hectare. The stems are so dense you cannot walk through the bush. Don't even bother to try to portage. Over time the trees thin out due to competition for light and other resources. In the spring it is often easy to spot a single clone since they will all be the same sex and will flower and leaf out at the same time. When the leaves turn golden in the fall every tree in the same clone will usually change at the same time - sometimes making interesting aerial patterns.

If you consider something genetically identical and interconnected to be the same organism, then Aspen clones could be considered both the largest and oldest living things on earth. Clones can be fairly small, only a few trees, but sometimes they can appear as an entire forest. There is a 106 acre, 6,000 ton stand of genetically identical quaking aspen in the Wasatch Mountains of Utah. The age of this giant clone has been estimated at 10,000 years or more.

Because aspen grows so quickly, and in many areas is the only common tree, it can be used for almost everything. Traditionally, aspen wood was used to make canoe paddles, tepee poles, deadfalls, snow shovels, snowshoe frames, crates and boxes, washboards, and floorboards. Whistles were made from hollowed out stems. Water was run through ashes to obtain a caustic solution which, when combined with animal grease was used to make soap. Today, aspen is commonly used in plywood, Aspenite, and oriented strand board. It is often used as firewood and for smoking meat and fish. A friend of mine uses poplar wood to fire clay pots, the temperature and ash giving unique patterns to the work. Young aspen branches are used to make baskets, wreathes, and furniture. The wood is odourless and tasteless, making it suitable for tongue depressors, ice cream sticks, and chopsticks.

The aspen tree is a favourite food of beaver; an adult beaver can consume 1-2kg of the thin bark daily. The original range of the beaver corresponds to that of the aspen suggesting a close connection between the two. Branches and logs are used to build lodges and dams. Ruffed grouse also depend on aspen, breeding and nesting in mid-sized stands, and eating the male flower buds



which are a good source of calcium, fibre and vitamin A. Hares and rabbits gnaw the bark off young trees, often killing the stem. Deer and moose browse the twigs and leaves. And porcupines also show a distinct preference for aspen bark.

Mammals and birds are not the only animals that like aspen poplar. There are over 300 insects and 150 diseases that attack trembling aspen. The forest tent caterpillar probably causes the greatest and most noticeable damage. At its worst, an infestation of tent caterpillars can cover more than 100,000 square kilometres leaving whole and can defoliate whole stands in just a few days. They then descend the trees in search of more food, eating everything in their path along the way. Fortunately, the aspens recover quickly, growing a full new set of leaves. Periodically the caterpillar population crashes because of a parasitic fly that the caterpillars by laying eggs in their cocoons.

Much of the aspen tree is edible (although from my experience not very palatable). Apparently you can eat the inner bark and cambium in the spring with some sources claiming it tastes like honeydew melon – I have not found this to be the case. The sap has been made into syrup. At one time the ashes were even used as a source of salt.

The tree has a wide range of traditional medicinal uses. The leaves chewed and applied to bee or wasp stings relieve the pain. Masticated leaves also help with mosquito bites and cuts. Claims have been made for the poplar to be an asset in treating heart disease, cancer, poisoning, even diabetes. The inner bark and powdery bark bloom have been used to stop bleeding. The leaves and bark contain salicylates and thus have pain relief, fever-reduction, and anti-inflammatory qualities.

The ghost tree is ubiquitous in canoe country but it is usually overlooked because of its weedy short-lived nature. Next time when portaging or paddling along a golden fall shore take another look at this amazing tree.

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OK Then, One Last Paddle...

by Chris Randall

We'd been out for a short paddle by ourselves the weekend before, it was cold but nothing we'd not been out in before, after all 0°C had been pretty common for a UK winter. But Cam White from Red River Outfitters was determined to have one last paddle before freeze up so a few hardy souls agreed to come along for a last run down the Roseau River on 21 November – just after the first snow. Cam offered boats and organized a friend to help with the shuttle so we couldn't really drop out when the temperature gauge read -14°C on Saturday morning!

We met at Cam's and had a monster breakfast at a local restaurant before we headed to the river. The Roseau is not quite the nearest river to us but it's not more than 45 minutes to the put in. Neil and Dusty, Selena and I were paddling tandem. Cam was solo so we had three boats on Cam's trailer as we headed across the snowy southern Manitoba landscape.

We found the river edge frozen so when we had kitted up we sent Cam out first to test the ice. Cam was insured and we figured that if the ice would take him, it would take the rest of us as well! He went as far as he could before it began to crack, jumped in his boat and shuffled the rest of the way.

The river was filled with mini icebergs, made up of rotten ice and snow. As we made our way down with the swift current



continued....

we had to cut from side to side, avoiding the main flow where the bergs were gathering. The Roseau is mostly class 1 with a couple of bits that go up a grade where there are rapids created by glacial boulders that were dumped here by the ice when it receded 10,000 years ago. Trying to manoeuvre to avoid the rocks was not easy when surrounded by ice! There were lots of little play spots along the way but no one felt brave enough to risk much playing.

Most of the river is made up of high sand cliffs that are slowly being cut through at each bend. There are a few houses along the banks but the river is still pretty wild. The Roseau was one of the traditional transport corridors for traders heading south to the Missouri via the Red River.

We stopped halfway to try to restore blood flow to our feet (a partial success) before pushing on to Cam's friend George who has a house and campsite on the river. Once packed, we sat around the kitchen table for hot chocolate and talked about the history of the river.

Big thanks to Cam for getting us out on the water and for the loan of the canoe. So that's it for the wet stuff this year. Time to get out the snowshoes!



From the Board Room

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

Off-Season Programming

Chris and Selena Randall have been working on indoor programs to get us through the winter. January's had to be cancelled due to a scheduling conflict but there are interesting and informative evenings planned for the rest of the months between now and paddling season.

Waterwalker Film Festival

The 2010 Waterwalker film festival was held on Saturday, November 6. About 50 members and guests enjoyed heart pumping river runs, quiet canoe ballet, and adventurous family expeditions. Many thanks to the PM members who made this event happen

Canoe School

Planning has begun for this year's canoe school to be held at Manitoba Pioneer Camp on the May long weekend for those interested in becoming Paddle Canada instructors. A special effort will be made to bring in paddlers from remote and northern communities for this year's Canoe School

New Logo

The Board is still considering options for a new logo that reflects our desire to represent wilderness and recreational paddlers throughout Manitoba

New Board Members

The board continues to look 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

Insurance

The board is reviewing our insurance coverage to ensure that it properly covers members for activities that Paddle Manitoba offers.

Fort Whyte Agreement

We have renewed our partnership with Fort Whyte Alive, a relationship that has proven to be mutually beneficial in the provision of introductory canoe and kayak courses and in promoting safe paddling.

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

Website: 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

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

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

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

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: pioneer camp@mts.net

Website: <http://www.manitobapioneer camp.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: <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

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

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

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

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

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

Website: 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

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

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