

SPRING 2011 ISSUE

THE RIPPLE

**February
AGM
Summary**

**Find out why
Waterhen Bay is
Ed Boon's
Favourite Place
to Paddle
page 23**

**Open
Paddles,
Courses,
& Trips!**

page 16

**Aluminum Chef
Recipe Competition**

**Are you a back-country
culinary expert? Show off
your talent on April 30th!**

Photo taken by: Gord Bergen

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 membership chair 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](#))

PADDLER'S 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

SUBMISSION DEADLINES

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 June 30th!

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President's Message

Hello from spring in Vancouver. The flowers are up here, leaves are starting to bud, and at St. George's, we are planning spring paddling trips. This year has flown by.

In March, we took our grade 10 students in to an area called the Stein Valley, where we hiked, looked at pictographs, and spent time with a First Nations elder named Fred. Fred is a survivor of Residential

Schools, and he shared his life story of abuse and addiction with the boys. For Fred, the valley was, and continues to be, a place of great healing. He found a cave where he spent four days on a vision quest, not eating, not drinking. He came out of that experience with a renewed connection to his culture, his song, and a new life. The boys, the other staff, and I were blessed with the chance to participate in a pipe ceremony, four rounds of a sweat lodge, and a meal of moose chili.

Our trip in to the Stein reminded me of why we do these outdoor expeditions. We saw amazing growth in our guys; their maturity, leadership, and how they relate to each other changed a lot

through their interactions with Fred and what he taught us. These places and spaces afford us the opportunity to go beyond ourselves to appreciate something bigger about our world and our place in it. So as we head towards summer, I urge all of you to start, or continue, planning that next grand adventure that will push, change, heal, and excite you.

I am personally looking forward to our year-culminating, once-in-a-lifetime canoe trip down the Lower Stikine River in May. It's a chance for our guys to demonstrate how far they've come as a result of their experiences this year, and a whole lot of fun as well. Stay tuned for that story!

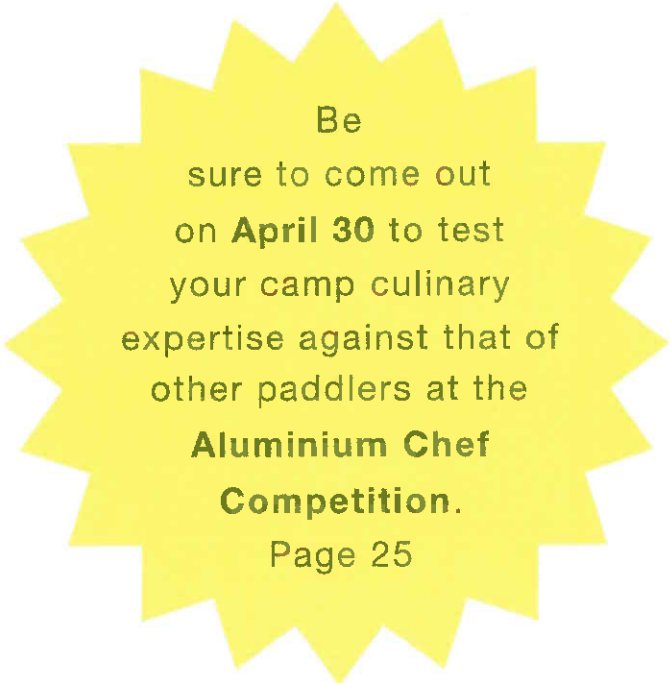
Catherine Holmen

We do not receive wisdom; we must discover it for ourselves, after a journey through the wilderness which no one else can make for us, which no one can spare us, for our wisdom is the point of view from which we come at last to regard the world.
-Marcel Proust

Editor's Message

Spring is a bit of a mixed blessing. It can be rather ugly, what with all the mud and the garbage that shows up as the snow melts. And there is the worry and consternation over ice jams and floods. But there is also the new life that pops up in the gardens and the forest, the lengthening days and strengthening sun, and the chance to go outside with out having to first find your mitts and toque. Plus, the lakes and rivers thaw and we can pull our boats out of the garage, don our lifejacket and go out for a paddle.

Before you take your paddle from the rack this spring, be sure to read Charles Burchill's summary of the new small vessel regulations, information that will be particularly important if you are leading groups onto the water either as a volunteer or as someone paid to do so. If you need some new ideas for trips, check out Edward Boon's tales of his and his wife's favourite place near Delta Marsh. Or perhaps you want to go a little further afield and Selena Randall's description of paddling opportunities and challenges in Europe is more up your alley. Whether it's a course, a day trip, or a backwoods adventure, there is no excuse not to get out on the water



Be
sure to come out
on **April 30** to test
your camp culinary
expertise against that of
other paddlers at the
**Aluminium Chef
Competition.**
Page 25

Yvonne Kyle

a great big... THANK YOU!

TO ERIC GYSELMAN

For many years of service to the Paddle Manitoba Board as newsletter editor, instructor convenor, community collaborations chair and all around good guy. Eric's constant reminder that paddling and Paddle Manitoba are supposed to be fun have encouraged the board to rethink its directions and to focus more on the joys of paddling than on the drudgery of meetings. Eric will continue to be a very active Paddle Manitoba member, acting as an instructor at Canoe School and leading and promoting member trips through out the summer.

TO STEPHEN CHALLIS

For his time as the Paddle Manitoba Vice President. Stephen has done a very thorough job of reviewing and, where necessary revamping the Paddle Manitoba agreements with our corporate members and of ensuring that the Paddle Manitoba insurance policies cover the board and the members appropriately. Stephen has also been responsible for PM membership lists, ensuring that all membership information is properly maintained. Though no longer sitting on the board, Stephen has agreed to complete the insurance review and he will continue to look after membership details.

TO MAURA NELSON

Who volunteered to act as PM secretary for most of 2010. Despite a number of unfortunate life situations, Maura was a faithful attendee at meetings and events. She helped to organize the first annual summer paddling party and was often seen in the background with her camera, capturing some great paddling moments that you have seen in the Ripple and other PM material.

TO TIM WINTONIW

Who without hesitation accepted a nomination from the floor at the 2009 AGM to take on the role of Instruction Chair for 2010. The instruction program at Fort Whyte went off without a hitch and Tim helped other paddlers and instructors get together for non-PM courses throughout the summer

TO JEREMIAH HEINRICH

Who has taken over the reins of the instructor chair. Less than two months into his new position, Jeremiah has already laid the ground work for the summer instruction program at Fort Whyte and is coordinating this year's Canoe School at Manitoba Pioneer camp.

TO TIM LUTZ

For taking over where Eric left off as community collaboration chair. Tim will be working to help keep PM in touch with other organized paddling groups throughout Manitoba.

TO SELENA AND CHRIS RANDALL

For coordinating this winter's indoor programs and for sharing their paddling experiences in Europe and in the Yukon.

TO ST. JOHN'S HIGH SCHOOL

For the indefinite loan of two additional canoes to add to the PM fleet at La Barriere Park. Now a few more paddlers will be able to join in for Wednesday Night fun

TO KEVIN LAWES AND CRYSTAL HURD

For the technical assistance and the spare computers that allowed us to bring our president to the AGM via Skype

TO CHARLES BURCHILL

For making sure that the AGM minutes were in the in-boxes of board members before they were home from the meeting.

The Victoria Jason Volunteer of the year award

The Victoria Jason Volunteer of the year award is named for the late Victoria Jason, a Transcona resident who, in 1994 became the first woman to paddle solo through the Northwest Passage. It is awarded annually by Paddle Manitoba to a volunteer who makes a significant contribution to the work and programs of the organization. The recipient gets some choice in exactly what the award entails, usually some sort of paddling related gear.

The recipient of the 2011 Victoria Jason Volunteer of the year is **Crystal Hurd**. Since joining Paddle Manitoba, Crystal has made her presence known in many areas. She has assisted at Paddlefest and at the Waterwalker film festival, both as a pair of hands at the events and in planning and promoting them. She has been a tremendous support to the board in revamping our member e-mail lists to make communications with members more efficient. As our webmaster, she has taken the responsibility for ensuring that the Paddle Manitoba website becomes an increasingly more useful tool for all paddlers, both members and non-members. And she has spent countless hours giving the on-line Ripple a level of polish and pizzazz that has elicited great praise from the membership. When she gets outside to play, Crystal has been a supporter and a participant in Paddle Manitoba courses and member trips. Everything Crystal does is done with a smile and is done quickly and well. Her commitment to the organization is very much appreciated.

Past Recipients

2002	Charles Burchill
2003	Jim MacKay
2004	Don Kurt
2005	Charles Burchill
2008	Dusty Molinski
2009	Eric Gysleman
2010	Cameron White

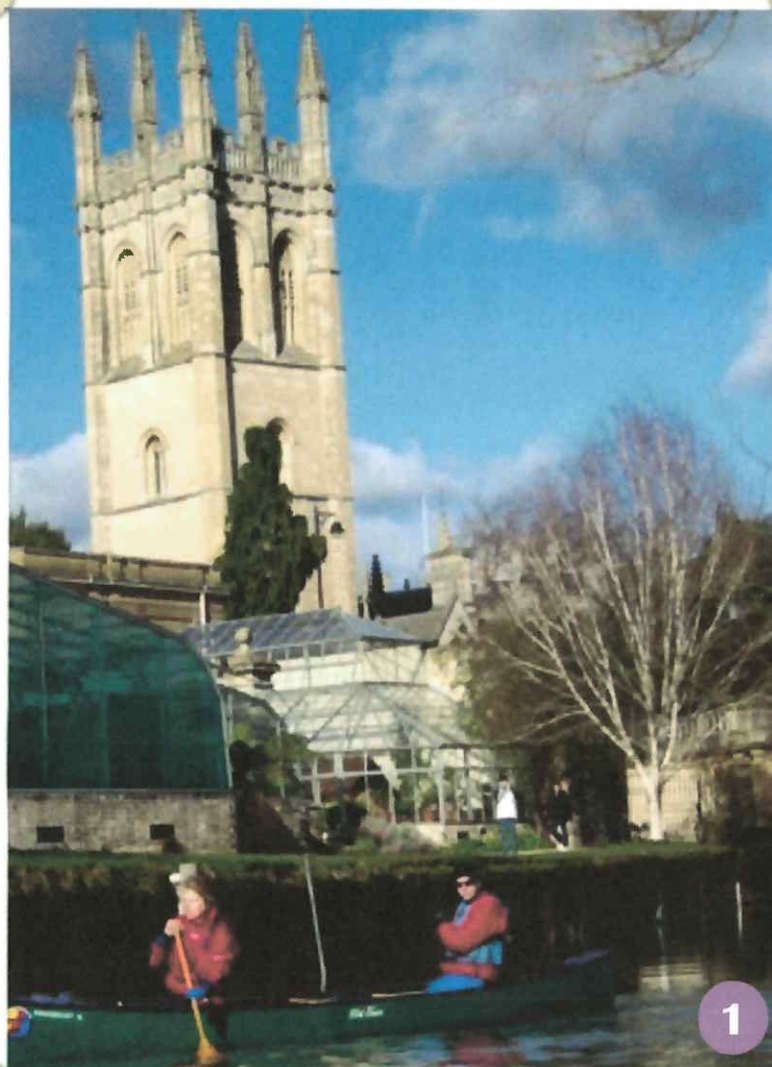
PADDLING IN EUROPE

by Selena Randall

Most of you know that we have come from the UK to Canada for the paddling, and that we were keen canoeists in UK. We thought we would put together a European perspective on paddling, and some of the main differences between paddling in Europe and in Canada. I gave a talk at the 2011 AGM, and can't really repeat it here, as the editorial team will be stressed out if I give them 85 pictures to include in the Ripple ☺, so this is just a flavour...

The majority of 'canoeists' in Europe are kayakers, and most clubs, schools and youth groups introduce people to kayaks first. Open canoes tend to be more popular with families, and with older people who find themselves unable to get into a kayak anymore. With plenty of coastline, sea-kayaking and canoe-surfing are increasingly popular. The sporting body for canoeing in Great Britain, the British Canoe Union (BCU) encourages people to try different craft. The first level canoe awards include tests in more than one type of craft, with specialization being encouraged at higher award levels - a challenge for coaches who have often been trained in just one craft!

Access in Europe is different to Canada, and relates to the rights of landowners. In Sweden and Scotland for example, there is a 'right to roam', giving free access, and camping a

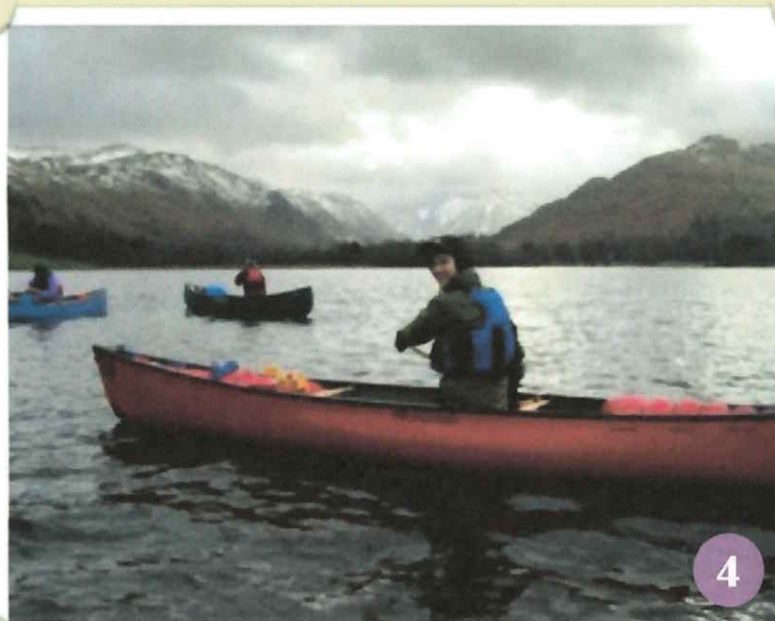


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reasonable distance from habitation and roads. In England and Wales, and much of the rest of Europe, access to rivers is limited. In France for example, by-laws restrict the time a canoeist may be on the water so as to avoid conflict with fishermen, and on many rivers camping is restricted to official camp-sites. In England and Wales, there are a number of 'navigation' rivers', where access is allowed (the Severn, Wye, the lakes of the Lake District), and others may be paddled if canoeists display a licence obtained from the BCU (canals, rivers Thames, Nene, Ouse, Medway and a few others). It is similar in Ireland and Northern Ireland. On other rivers there are formal agreements to paddle outside the fishing season, which means paddling between October and March, but it is not uncommon for paddlers to simply take the chance of a challenge by landowners.

Canoeing takes place all year round across much of Europe thanks to the Gulf Stream that keeps temperatures around 0°C in winter so that rivers generally do not freeze. The white-water season begins in October and ends in March, although after high rainfall some rivers are just about paddle-able at other times.

We've paddled across Great Britain (never in Northern Ireland or Ireland), and in France, Belgium, and Sweden. We have found remote spots, paddled through picturesque towns, and enjoyed a quiet backwater or play spot close to busy towns and roads. There is plenty for everyone and the photos included are some of our favourite places.



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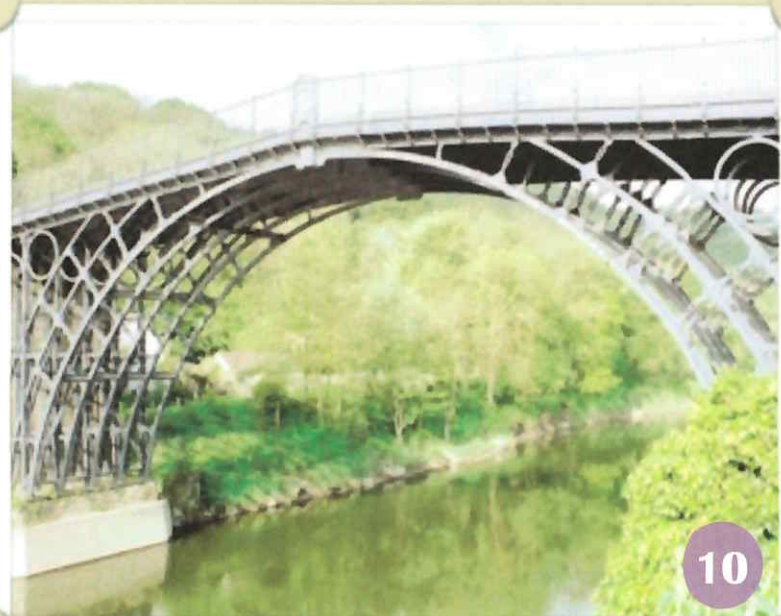
- 1 *Enjoying historic buildings in Oxford, England*
- 2 *Poling on a back channel of the River Nene, England*
- 3 *An annual canoe event on the River Wye, England & Wales border*
- 4 *Mountains, moorland and quaint tea shops surround Ullswater, Lake District, England*
- 5 *Castles on the River Allier, France (and the odd bit of local cheese, bread and a glass of wine)*
- 6 *More castles, and lots of good beer on the River Semois, Belgium*
- 7 *A winter white water playspot on the River Usk, Wales*
- 8 *A little white water, River Dordogne, France*
- 9 *Paddling the Svartlaven river system in Varmland, Sweden*
- 10 *On the Severn, Ironbridge, England where the industrial revolution started*
- 11 *Huge limestone cliffs and broad river channels on River Dordogne*



8



9



10



11

it's ALL IN THE name

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

Guess The Name

1.



2.



3.



Shape'n Up

By Dusty Molinski

Many Manitoba Lakes have been named for their Shape

The shape of the shoreline is one of the numerous natural features of Manitoba lakes and their surroundings that often gives rise to the lakes' names. In the outline of a body of water, people have seen great varieties of objects, animals, animal parts, and even different foods. What they imagine they see has become the lake's permanent name.

ARROW LAKE

(southwest of Swan River)

A timber cruising party named this lake for its shape in 1950.

CANOE LAKE

(in Whiteshell Provincial Park)

1976 was the year this lake was named for its resemblance to a boat that might be seen on it,

CIGAR LAKE

(south of Black River)

The suggestion of a local Conservation Officer led to the name of this lake.

CLAW LAKE

(east of Flin Flon)

The shape of this lake led to its naming in 1919.

4.



DUMBBELL LAKE

(southeast of Kississing Lake)

Geologist J. Harrison suggested the name for this lake based on its shape.

FINGER LAKE

(southeast of Kississing Lake)

This lake too was named by geologist J. Harrison.

GIRAFFE LAKE

(in Atikaki Park)

Regional Conservation staff saw the shape of an animal not normally seen in the area and named the lake for it.

5.



HAM LAKE

(northwest of Wekusko Lake)

The shape of this lake led to a name that has been in existence since 1920.

HATCHET LAKE

(east of Reindeer Lake)

Geologists named this lake for its shape during field work in the 1940s.

6.



HORSESHOE LAKE

(one northwest of Family Lake, another in the Whiteshell)

A local trapper named the lake in the Whiteshell. A map from the 1920s notes the lake near Family Lake for its shape and it is known locally as *Kasapawatamak Lake* (horseshoe-shaped).

7.



INSOLE LAKE

(southwest of Paint Lake)

An INCO employee, T.T. Quirke, named the lake after the liner used in his work boots.

MAN LAKE

(in Whiteshell Provincial Park)

From above, the shoreline gives the shape of a man lying on the ground.

8.



MOOSEHEAD LAKE

(in the Mantario Wilderness Zone of the Whiteshell)

A local trapper of the area, Alex Kolansky, named this lake for its shape.

OCTOPUS LAKE

(near McCreary)

Its shape led to this name in the early 1900s.



9.

Answers (highlight)

1. Canoe Lake
2. Cigar Lake
3. Dumbbell Lake
4. Giraffe Lake
5. Hatchet Lake
6. Insole Lake
7. Moose Head Lake
8. Sickle Lake
9. T-Bone Lake

OMACHASSIC LAKE

(in the Whiteshell)

Omachasic is Cree for *chicken crop*, and the name stems from the lake's strange connection to the river, that looks like how a true crop attaches to a gullet. A local Conservation Officer proposed this name.

OPTIC LAKE

(northeast of Athapapuskow Lake)

Claude Johnson was reminded of an eye when he saw this lake and he named it accordingly.

SAUSAGE LAKE

(northeast of Lac du Bonnet)

This name was put forward by a geologist. Today it applies to just one lake, but he had originally suggested it for three lakes, strung together by a small creek.

SICKLE LAKE

(southeast of Lynn Lake)

A member of the Dominion Land Survey, M. Cameron, named this lake for its shape that is similar to the harvesting tool.

SNOWSHOE BAY

(Shoal Lake on the Manitoba – Ontario border)

The shape of this bay led to the name it has been known by since 1877.

TALON LAKE

(east of Laurie Lake)

Much like a bird of prey's claw, it led to its name.

T-BONE LAKE

(in Whiteshell Provincial Park)

A local name describes the lake's shape.

THREE FINGER LAKE

(northeast of Sherridon)

Long, finger-like bays protrude from the side of this lake and have led to its name.

So the next time you think the shape of something is beginning to appear among maze of lakes and rivers on the map in your hands when you are out on the water, it probably is!



what knot?

The Figure-of-Eight Loop

by Eric Gyselman

In the last issue of *The Ripple*, I wrote about perhaps the most commonly used knot in canoeing and kayaking, the Bowline. If the Bowline has a shortcoming, it is its reputation of working loose when repeatedly loaded and unloaded. I have never personally had this happen when working with quality rope but nonetheless it is a pervasive criticism and should be taken seriously. If not the Bowline, then what knot should be used? One alternative is the Figure-of-Eight Loop. It is generally regarded as a safe knot to be used under conditions where a load is repeated applied and then released.

TYPE

Like the Bowline, the Figure-of-Eight Loop is a fixed-length **loop knot**. It creates a permanent loop of fixed length on the end of the rope. It is important to note that the “figure-of-eight” terminology is used in the name of a number of knots, hitches, bends, and loops. Here, I am discussing only the true “Figure-of-Eight Loop”.

HISTORY

The Figure-of-Eight Loop is another old knot apparently originating in the age of sail. It is sometimes called the Flemish Loop or the Flemish Eight. Historically, it was not particularly popular because in ropes made of natural fibre (hemp or sisal), it was difficult to untie after loading. This is not as true with today’s synthetic ropes and now it is widely used by climbers in particular because it is easy to tie and because one can tell at a glance if it is tied correctly. It is less

continued...

commonly used by canoeists and kayakers, which is a shame because it is a simple, reliable, and safe knot.

STRENGTH

The Figure-of-Eight Loop is reported to reduce the strength of the rope at the knot to about 55%. This is a greater reduction than the 65% usually reported for the Bowline. Is this a critical concern? Maybe, maybe not! Often we choose a rope that has a much higher working strength than we really need simply because our hands require a minimum diameter in order to get a reasonable grip. I strongly recommend you always know the working strength of the rope you intend to use. The retailer or manufacturer should be able to provide you with this information and if you can't get it, maybe you should look for different rope. Once you know the rated working strength, then you can decide whether the reduction in strength from any knot you intend to use is hazardous.

ADVANTAGES

The Figure-of-Eight Loop is easy to tie if the loop is tied first then slipped over whatever object you intend to use as a fixed point. It is a persistent knot that will not slip or loosen in use. Also, the visual symmetry of the parallel strands of rope makes it quickly possible to tell if it is tied correctly.

DISADVANTAGES

While the Figure-of-Eight Loop is easy to tie on a bight, it can be challenging at first to tie through a ring or around a thwart. In my experience, it seems to be one of those knots that drives paddlers crazy until they master it. However, with a bit of practice (preferably at home before heading out onto the water), it is intuitively obvious once the logic is realized.

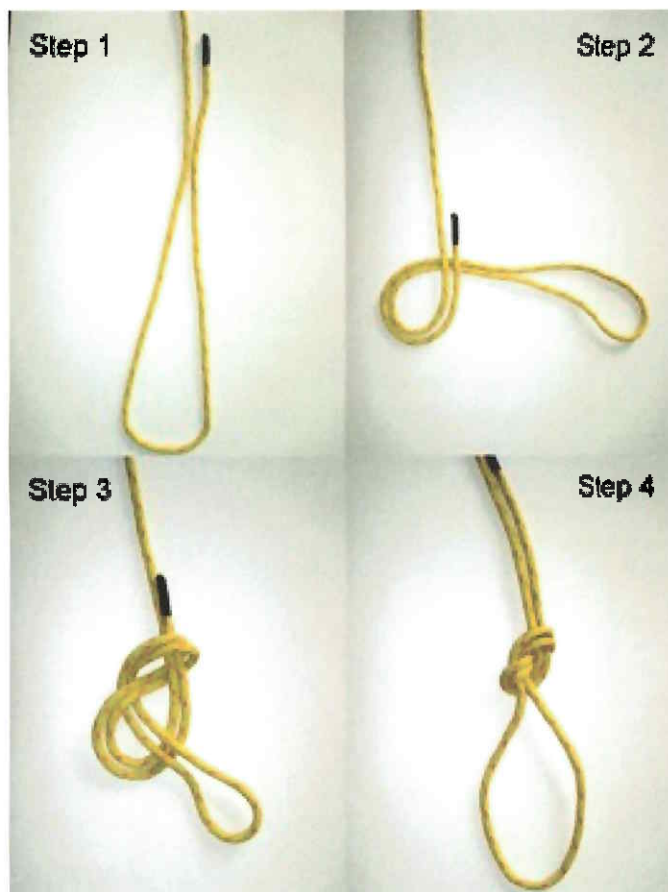
The Figure-of-Eight Loop is still considered more difficult to untie than other knots such as the Bowline. When it gets wet and then is loaded, it will tighten. You may want to use it selectively in situations where it need not be constantly tied and untied (such as for bow and stern painters) or where it is unlikely to be tightened while wet. I suggest you practice a bit and see how it works on the type of rope you normally use.

USES

The Figure-of-Eight Loop is particularly useful where loads will be put on the rope then released such as the bow and stern painters, lining ropes, lines used to suspend tarps, clotheslines, etc. It is useful for leaders and guides because they can tell at a glance if it is tied correctly so they don't have to handle the knot to make sure it is safe.

TYING

Tying the Figure-of-Eight Loop on a bight then passing it over the fixed object is extremely simple (Fig. 1). First, take a bight so that the loop is about twice the size of the loop you would like when the knot is finished (Step 1). Pass this loop under the standing end, forming second double-loop (Step 2). Now pass the initial loop over top of the standing end, then under and up through the double-loop formed in Step 2 (Step 3). Pull the knot snug and pass the finished loop over the fixed object that will be the anchor point (Step 4). That's it



continued....

Tying the Figure-of-Eight Loop through a ring or around a fixed object is easy to describe but, for some, challenging to master. The solution is easy, practice. First tie a single figure-of-eight knot in the rope leaving a long length on the working end (Fig. 2 – Step 1). A Figure-of-Eight Loop uses a fair bit of rope. Pass the working end around the anchor point and simply pass it back through the original figure-of-eight exactly paralleling the original figure-of-eight (Step 2). It is this last bit that is tricky and takes practice. With the working end, continue to follow the original figure-eight (Step 3) until the working end completely parallels the first strand (Step 4). The second strand should not cross over the first or form a twist. Sometimes novices find it easier to use two different coloured ropes to practice this knot. Obviously, a loop won't be formed but the different colours help to visualize the path of the strands. Have faith, with a bit of practice, your eye and brain will automatically distinguish the two parallel lines and tying the Figure-of-Eight Loop will become easy

VARIANTS

The Figure-of-Eight Loop seems to have remained unmodified over the years but many similar styles of knots have been created to ease tying or to address its other shortcomings, most notably difficulty untying. A quick search of the internet, particularly at sights demonstrating climbing knots, will provide dozens that are similar. If you enjoy learning new knots, this can be a lot of fun. However, the basic Figure-of-Eight Loop is a simple, and easy to remember knot, that is usually suitable for the needs of canoeists or kayakers.

ADDITIONAL INFORMATION AND INSTRUCTIONS

If the Figure-of-Eight Loop proves baffling and you are about to start cursing me for suggesting you try it, go to: <http://www.animatedknots.com/fig8follow/>. This website provides a clever animated protocol that really helps.



Wednesday Night Paddles

La Barriere Park

TIMES

May: 6:30-8:30 pm

June/July: 7:00-9:00 pm

August/September: 6:30-8:30 pm

LOCATION

Five km south of Perimeter hwy on Waverley Avenue - park near entry gate

COST

\$5.00 per person. There is no fee for those who provide their own boat and equipment but donations are welcome. Children 11 years of age and under paddle for free

DESCRIPTION

Join Charles for an evening paddle down the picturesque La Salle River starting from La Barriere Park. Socialize with fellow paddlers, watch for wildlife, practice skills, or just relax and enjoy. The leaders for these evening paddles are also Paddle Canada instructors so if you are taking a course, or just thinking about it, come with questions. Are you interested in a trip but not sure where to go? A few of the people that regularly come to these outings are also seasoned wilderness canoeists and are usually willing to talk about places and routes.

All participants will be required to sign a liability waiver. If you bring your own equipment make sure you bring all the required safety equipment as well ([Approved PFD](#), [Paddle](#), [Whistle \(sound signal\)](#), [Bailer](#), [Throw Bag \(buoyant heaving line\)](#)).

If you require equipment please book ahead by phoning Charles at 453-5374 as there are only a limited number of canoes available.

These outings are two hours long rather than a drop in program.



[\(click here for google maps\)](#)

Tuesday/Thursday Open Paddles

Fort Whyte Alive

On Tuesdays and Thursdays from June 1 – August 26, you can join some of Paddle Manitoba's corporate sponsors for an evening of paddling at the Fort Whyte Alive Adventure Centre (2505 McGillvary Blvd – NOT the Fort Whyte main center). Canoes and kayaks are available or you can bring your own. PFD's and paddles are provided.

Admission \$6 per person or \$15.00 per family

Celebrate National Canoe Day!

June 26, 2011

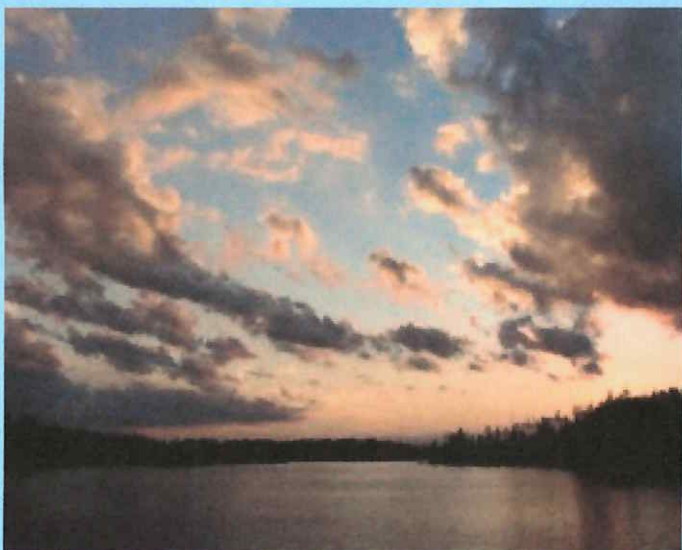
An early morning paddle to work or a family trip. A community party or a riverside picnic. Driving around town with your canoe on top of your car, or downloading our mini canoe templates to make models with your kids. There are as many ways to celebrate as there are Canadians, and large or small, we'd like to see how you're celebrating the fifth National Canoe Day. Even if your event is small, like a solo morning paddle or a family event, please register. Your support helps National Canoe Day grow and reach more Canadians. To register your event, visit [National Canoe Day](http://NationalCanoeDay.com) website.



Join a Trip!

Paddle Manitoba has a preliminary lists of trips planned for the summer. The routes and dates may change as the logistics get finalized so watch the PM website (<http://www.paddle.mb.ca/open-paddles-and-trips/trips/>). Bookings will be accepted by the designated trip guide after May 1. Again, watch the website for details.

Everyone attending a Paddle Manitoba trip must be a Paddle Manitoba member and is required to sign a waiver. A fee of \$5 per person for day trips and \$30.00 per person for overnight trips applies to all participants. Food and transportation costs and other details will be arranged with the trip leaders and the information will be provided to trip participants.



TOP: Relaxing at the end of a portage, E.L.A. trip 2010

BOTTOM: Breath-taking sunset, E.L.A. trip 2010

May 15 & May 29

Greeting Spring

Day trips on local rivers to enjoy the coming of spring. Because high water is expected, the location of the trips cannot be announce until the extent of flooding is determined. Please watch the PM website for further information.

June 4-5

Introduction to Canoe Tripping Clinic

Canoe tripping combines canoeing and camping skills. This is an informal introduction to backcountry canoeing aimed primarily at families but certainly open to anyone wanting to learn the basic skills. We have chosen to hold this event at the Fort Whyte Alive Adventure Site where novices can experience wilderness challenges close to home with some of the urban comforts. Overnight camping on site will be encouraged. A follow-up wilderness trip is scheduled for July 16 and 17.

June 19

Solo-Rama and Tandem-Mania

A fun filled river run daytrip with Moving Water Instructors. This trip will be within easy driving distance of Winnipeg but the actual location will depend on local water levels at the time. Watch the website for further announcements.

June 25-26

Ladies Spring Weekend

A Paddle Manitoba classic! Come join other women for a relaxing Whiteshell weekend adventure. Good paddling, good food, and good company.

July 1-3

Spruce Woods from the Assiniboine

Seeing Spruce Woods from the Assiniboine River gives a unique perspective to this historic route. This 3-day trip will include a couple of short hikes including one to Manitoba's desert.

July 16-17

Family Wilderness Weekend

This short weekend adventure is an extension of the Canoe Tripping Clinic held on June 4-5. It is an opportunity to put the skills learned earlier into practice. You will paddle and portage into a secluded lake for an overnight camp with experience guides for a taste of real wilderness tripping. While this trip will not be limited to those that took part in the Canoe Tripping Clinic, participants in the Clinic will be given preferential booking.

July 30-August 1

Paddle to the Rails

Ever wondered what it would be like to end a canoe trip on a train? This trip will attempt to paddle through the Whiteshell and board a CNR train back to Winnipeg.

August 20-21

Foraging for Fun

Has the idea of foraging for your own food on canoe trip ever crossed your mind? Come join a plant expert who will help you identify and prepare wild plants to supplement your freeze-dried fare. Maybe even a bit of fishing too! Foraging and canoeing – an obvious combination.

September 2-5

Winnange Weekend

Another Paddle Manitoba Classic! This 4-day trip through some of the ELA lakes east of Kenora is a grand way to experience the final weekend of summer. Classic Canadian Shield paddling at its best.

September 24-25

Ladies Fall Weekend

A grand opportunity to enjoy a beautiful Manitoba fall weekend in the company of other women. Peace and serenity – what better way to end the paddling season?

Take a Course!

There's a full slate of introductory canoe and kayak courses being offered between May and September. Taught by Paddle Canada certified instructors, courses are 4-8 hours long, depending on the level, and are held Monday/Wednesday, Tuesday/Thursday evenings or on Saturdays at the Fort Whyte Alive Adventure site. Courses are offered in partnership with Fort Whyte and are open to anyone 12 years old and up. All paddling equipment is provided. Registration is done through [Fort Whyte](#).

Canoe Basic Skills

The Canoeing Basic Skills course is designed to introduce the novice to paddling with a partner in calm lake waters. The skills and knowledge gained at this level form the foundation necessary for confident safe paddling activities. Rescue techniques at this level are demonstrated with the option for participant involvement.

May 2011

Wednesday, May 18th - 5:00pm-9:00pm

June 2011

Monday, June 6th - 5:00pm-9:00pm

Wednesday, June 8th - 5:00pm-9:00pm

Monday, June 13th - 5:00pm-9:00pm

Wednesday, June 15th - 5:00pm-9:00pm

Monday, June 20th - 5:00pm-9:00pm

Wednesday, June 22nd - 5:00pm-9:00pm

July 2011

Monday, July 11th - 5:00pm-9:00pm

Wednesday, June 13th - 5:00pm-9:00pm

August 2011

Saturday, August 6th - 9:00am-1:00pm

Saturday, August 20th - 1:00pm-5:00pm

September 2011

Saturday, September 10th - 1:00pm-5:00pm

For fees and more information please see the [Canoe Basic Skills](#) page on the Paddle Manitoba website.

Lake Canoe Skills Instruction Tandem

Lake Canoe Skills Introduction Tandem is the first course in the Lake canoe paddling series offered by Paddle Canada. This course builds on the fundamentals that were learned from Canoe Basic Skills. During this course paddlers will increase their safety and theory knowledge, hone their paddling skills to encounter paddling in calm to light wind conditions and larger water crossings.

May/June 2011

Mon/Wed, May/June 30th/1st - 5:00pm-9:00pm

June 2011

Saturday, June 4th - 9:00am-5:00pm

Mon/Wed, June 27th/29th - 5:00pm-9:00pm

July 2011

Saturday, July 23rd - 9:00am-5:00pm

August 2011

Mon/Wed, August 8th/10th - 5:00pm-9:00pm

For fees and more information please see the [Lake Canoe Skills Instruction](#) page on the Paddle Manitoba website.

Introduction to Kayaking

The Introduction to Kayaking course is designed to introduce the novice or relatively inexperienced kayaker to paddling. The emphasis is on mastering the fundamentals of kayaking, along with a strong grounding in water safety and safe kayaking practices. Participants may paddle either a river kayak or sea kayak for this course.

May/June 2011

Tue/Thu, May 17th/19th - 5:00pm-9:00pm

Tue/Thu, May 24th/26th - 5:00pm-9:00pm

Tue/Thu, May/June 31st/2nd - 5:00pm-9:00pm

June 2011

Tue/Thu, June 7th/9th - 5:00pm-9:00pm

Saturday, June 11th - 9:00am-5:00pm

Tue/Thu, June 14th/16th - 5:00pm-9:00pm

Saturday, June 18th - 9:00am-5:00pm

continued...

Tue/Thu, June 21st/23rd - 5:00pm-9:00pm
Saturday, June 25th - 9:00am-5:00pm
Tue/Thu, June 28th/30th - 5:00pm-9:00pm

July 2011

Tue/Thu, July 12th/14th - 5:00pm-9:00pm
Saturday, July 16th - 9:00am-5:00pm
Tue/Thu, July 19th/21st - 5:00pm-9:00pm

August 2011

Tue/Thu, August 2nd/4th - 5:00pm-9:00pm
Saturday, August 6th - 9:00am-5:00pm
Tue/Thu, August 9th/11th - 5:00pm-9:00pm
Saturday, August 13th - 9:00am-5:00pm
Saturday, August 27th - 9:00am-5:00pm

September 2011

Tue/Thu, September 17th - 9:00am-5:00pm

For fees and more information please see the [Introduction to Kayaking](#) page on the Paddle Manitoba website.

Canoe School

Paddlers wanting to expand their skills even further should consider attending Canoe School on the May long weekend (20-23). See the following page for more details.

Moving Water Canoe Courses

Making the leap to river canoeing or tripping? Sign up for a 2-Day Introduction to Moving Water Canoeing Course. Learn the art and skill of paddling moving water with "Manitoba's Most Experienced Trio": Dwayne Dosch, Gerry Hirose, and Brian Johnston.

Introduction to Moving Water Course

June 4/5 or June 25/26 (2 days)

Tandem and/or Solo

Class I current

Prerequisites: Flat Water certification or equivalent.

Intermediate Moving Water Course

May 28/29 (2 days)

Tandem and/or Solo

Class II whitewater

Prerequisites: Moving Water certification or equivalent.

Moving Water Refresher Clinic

June 11 (1 day)

Prerequisites: Any Moving Water certification or equivalent. Get ready for your summer canoe trip with a guided practice session.

New* Moving Water Rescue Workshop

June 18 (1 day)

Prerequisites: Any Moving Water certification or equivalent. For recreational canoeists to practice simple moving water rescues including self-rescue.

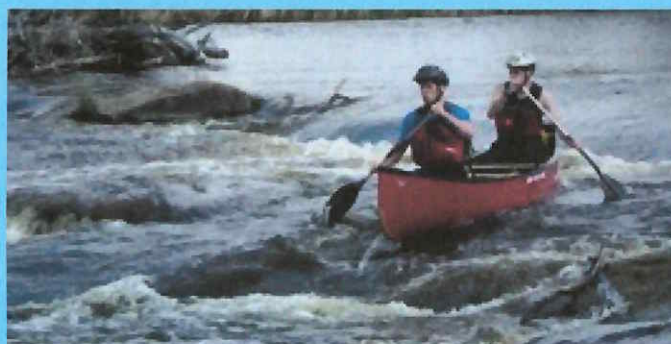
For Information or To Register Contact

Brian Johnston

Res. (204) 754-2651

Work (204) 482-2121

bjohnston@lssd.ca





Canoe School 2011

Join us at Manitoba Pioneer Camp on Shoal Lake for a weekend of paddling instruction

We offer Paddle Canada certification for instructor and skills courses

All equipment is provided on site

Low student to instructor ratios, with an experienced staff of instructor-trainers



Canoe Instructor Training

Join Paddle Manitoba and Manitoba Pioneer Camp on Shoal Lake over the May long weekend for four days of fun, adventure, hard work, and canoe development.

Certifications available: Lake Canoe Intro Instructor Tandem. This course is ideal for individuals who work with outdoor education groups or at summer camps.

Lake Canoe Intermediate Skills Solo. This course focuses on higher-level solo skills, and is ideal for individuals looking to learn technical control of a solo boat.

Courses run from May 20th to May 23rd

For an information package, please contact Jeremiah at 204.788.1070 or jheinrichs@pioneerencamp.com



#4- 1115 Henderson Highway
Winnipeg, Manitoba
R2G 1L4
telephone. 204.788.1070
fax. 204.788.1001



Box 2663
Winnipeg, Manitoba
R3C 4B3
telephone. 204.338.6722
email. info@paddle.mb.ca

WATERHEN BAY

A Nice Place to Paddle

by Ed Boon

One of my wife's and my favourite places to paddle in Manitoba is Waterhen Bay, and the connected waterways, located at the south end of Lake Manitoba. The put-in on Waterhen is top notch and there is ample parking at the site. We have met the conservation officers who keep an eye on the area and they were very interested in our kayaks and what we do while touring the marsh. They have let us know that there is no problem with us paddling in the area and told us that motorized watercraft are not allowed in the marsh. This is another big plus to paddling the marsh.

The area is part of the famous Delta Marsh. The bit we paddle most is made up of Waterhen Bay, which connects to Clandeboye Bay, which in turn opens onto Lake Manitoba. These bays are usually sheltered from the winds that make the big lake too rough to enjoy, but we have seen them whipped to a muddy froth. The nice thing about kayaking this area is that the wild life does not seem bothered by our presence. There are literally hundreds of different species of birds that call this area home and nest here in the spring, including the rare and endangered Piping Plover. We see many of these little visitors near their nesting site, which is plainly marked with signs warning against disturbing them.

Besides birds, there is an abundance of other wildlife using the marsh. We have seen beaver, otter, and deer along with the tracks of lynx and racoon and some that to me look like elk or caribou, although we have yet to be eye



continued....

witnesses to them. There are carp in the bays, spawning in early spring after the ice goes out, and continuing to splash around all summer. In the shallow water they actually bump the bottoms of our kayaks as we move among them.

Our normal routine when we paddle the marsh is to cross Waterhen and Clandeboye Bays, navigate the connecting waterways, and head west along the south shore of Lake Manitoba. The one-way trip is about 3 miles. With regular stops along the way and our lunch break, our normal time for the round trip excursion is about 5 hours. We don't rush, instead lingering to enjoy the time on the water. Throughout the season we see a constant change in the marsh, the new growth of reeds, the constantly changing water level, the young birds as they grow and learn to fly. In the spring after the ice is gone, the water and the air have a distinctive chill, the summer can be down right torrid in temperature, and the fall once again turns chilly. Paddling the marsh we can truly witness the circle of life.

We do paddle other areas in our kayaks, both in Manitoba and Ontario, but The Waterhen Bay area of Delta Marsh is one our favourites. If you enjoy sightseeing, I highly recommend it.

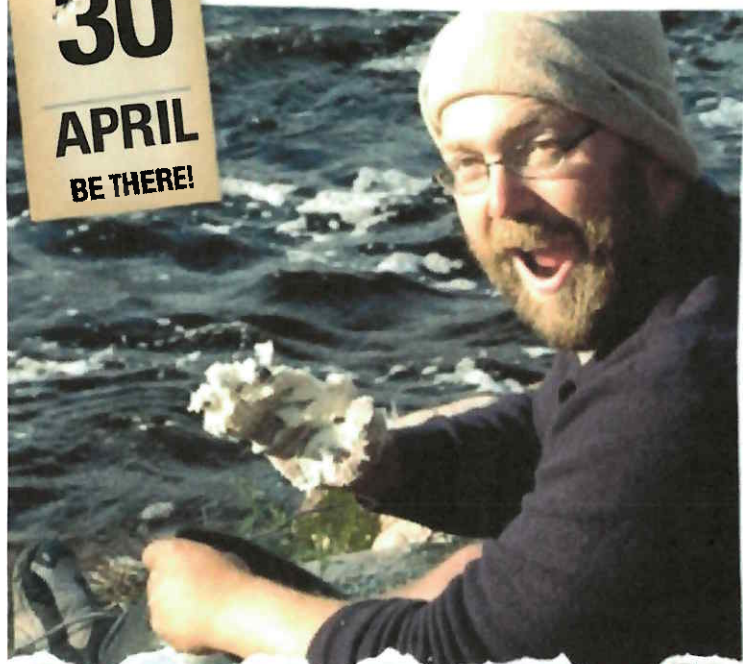


- 1 *The put-in at Waterhen Bay*
- 2 *Kayaks are loaded and ready to launch, Bonnie is finishing up in the aft hatch of her "ride".*
- 3 *Paddling in one of the many waterways through the marsh.*
- 4 *A beautiful day for a paddle.*
- 5 *He stopped by for a visit and a little rest. Don't worry, I released the youngster on some floating reeds, and he was once again riding on mom's back before we lost sight.*
- 6 *Pelicans are in abundance in the marsh.*

30

APRIL

BE THERE!



ALUMINUM CHEF

Have you Mastered the MSR, Conquered the Coleman, Perfected the Primus? If you are Talented with a Trangia, and would be able to showcase your skills, then you are invited to

PADDLE MANITOBA'S INAUGURAL ALUMINUM CHEF COMPETITION

Entrants will bring with them the cooking apparatus of their choice, along with all the other equipment and ingredients they will require. They will then have a set time to prepare their entries on-site and present them to the panel of judges. The winning teams will receive great honour, glory, bragging rights, a prestigious title, and the sweet satisfaction of victory.

Basic Rules

Teams may consist of one to four people.

Dishes may be entrées, sides, or desserts, and breakfast, lunch, or supper. In all cases though, they should be made in a manner consistent with canoe tripping or kayak touring.

Please prepare enough of your dish for a minimum of four sample-sized tastings. Of course more would always be welcomed. Bring along a written recipe for your creation that will be posted on the Paddle Manitoba website after the event

Only one hour of preparation time will be allowed. Entrants may "start" their dishes early if, for example, something needs re-hydrating or soaking, but the cooking and/or final preparation will be done on-site under the scrutinizing eyes of the public and judges.

Cooking appliances must be of a type that could fit in a blue barrel. Basically any stove a reasonable person would take on a canoe trip is fine. Open fires are not permitted.

Winners will be chosen and titles awarded for each of the following categories:

Most delightful culinary creation (including taste, texture, presentation etc.)
Best new recipe/backcountry adaptation/creative dish award
Innovation in Cooking Award for the most effective kitchen/wannigan
Spirit of the Voyageur Award for demonstrating fair-play and camaraderie
Judges Award – for fine qualities not recognized in the above categories

Contest takes Place on Saturday, April 30, 2010, 7:00 pm at Fort Whyte Alive. Please RSVP to communications@paddle.mb.ca or connect@paddle.mb.ca if you are entering a dish.



Gnashing of Teeth and Wringing of Hands Important Updates to Small Vessel Regulations (SOR/2010-91)

By Charles Burchill

The Canadian Shipping Act, 2001 (<http://laws.justice.gc.ca/eng/C-10.15/index.html>) is an act of the Canadian government that is used to protect the health and well-being of individuals, promote safety, and protect the environment with regard to marine transportation. Attached to the act are the regulations that help to clarify the interpretation of the act and to identify fines and penalties for contraventions. The set of regulations that is probably most important to canoeists and kayakers, is called 'Small Vessel Regulations' (<http://laws.justice.gc.ca/eng/SOR-2010-91/index.html>). It was most recently updated April 29, 2010.

The following is based on my interpretation of the existing and new regulations.

For most of us the regulations around the use of human powered paddle craft have not changed. In short, whether you are out for an afternoon paddle on the local pond or a more extended recreational trip, you are required to carry a properly fitting approved PFD for everyone in the boat (in white water it must be inherently buoyant), a buoyant heaving line of at least 15m, a bailer or bilge pump, a sound signal device (e.g. pealess whistle), and, if there is reduced visibility or at night, a flashlight. Other requirements depend on the size of your boat, the size of the water body, and the boat's proximity to the shore. You can see the complete list by reviewing the [Transport Canada information on required equipment for Human Powered Pleasure Craft](#). If you are interested you can also find the fines for infractions of these specific items in the [Contraventions Regulations \(SOR/96-313\)](#).

So far that doesn't seem too bad and really shouldn't be cause for any gnashing or wringing!

But the updated regulations added a whole new section and it is this new part that seems to have caused some consternation. Identified as "Small Vessel Regulations, Part 3-Human-Powered Vessels Other Than Pleasure Craft" it applies to any watercraft that is not a pleasure craft, including those used for "Guided Excursions". These are defined as *'a non-competitive outdoor recreational activity or excursion led by a person in charge of the activity or excursion during which the participants use a human-powered vessel'*. The person in charge need not be paid for the regulations to apply. Thus, they cover instructors, guides, camps, and teachers as well paddling clubs, scout and guide groups, church groups, or any other commercial or non-profit organized group on the water with an identified leader.

During a "Guided Excursion," or other non-pleasure outing, the regulations become a stricter. In addition to the above requirements, the following also apply:

- Everyone must **WEAR** an appropriately sized PFD or lifejacket. If the participant is under 16 or in all cases when on white water the PFD must be inherently buoyant
- When on class 3 or above white waters an appropriately fitting helmet must be worn
- Equipment not in use must be secured in place while the boat is moving
- If the water temperature is below 15° equipment or plans must be in place to protect from hypothermia in the event of a capsize or swamping
- A briefing on safety and emergency procedures is provided to all participants
- The number of people must be reported to someone on shore, or a record left in a known location if the excursion is in a remote area, in case communication with search and rescue authorities is necessary
- A first aid kit must be taken that meets the standard set out in the regulation in is in a waterproof container.

To me all of these additional requirements seem pretty reasonable and are already followed by most organized groups, although if you read the regulations carefully you might wonder about some of the specifics and/or the interpretation of some items.

On March 17th, the minister clarified the new regulations to reverse the clauses that caused the greatest teeth gnashing and hand wringing, those relating to the registration of non-pleasure boats used by the leaders of guided excursions. Part 2 of the Canadian Shipping Act requires all non-pleasure craft to be registered with the Small Vessel Registry. Unfortunately when enforcement of the new regulations came in last September (2010), not very much thought was given to how canoes and kayaks are used by many groups and the potential burden and confusion that the registration requirements would cause. The requirements were unclear and did not appear to provide any significant benefit to the paddling public. A letter writing campaign ensued and the minister has since stipulated that human powered vessels are exempt from registration, at least temporarily (interim guidelines: <http://www.tc.gc.ca/eng/marinesafety/bulletins-2011-01-eng.htm>, and associated Q&A: <http://www.tc.gc.ca/eng/marinesafety/oep-vesselreg-hmnpwrdfaq-3649.htm>).

I think it is important that all paddlers know about the existence of specific Acts and regulations that might affect our activities. If there are problems and issues with the legislation we should, as voters and general public, bring these issues to the appropriate authorities. Paddle Manitoba will attempt to keep the membership up to date on associated legislation and requirements as they evolve.

Paddle Manitoba Annual General Meeting Saturday, February 12, 2011 Fort Whyte Alive

Meeting Summary:

1. Review of 2010 Minutes.

Motion to Accept 2010 Minutes: Kevin Lawes, second Jamie Hilland.

Accepted without comment or modification.

2. Reports

A document titled: "2010 In Review," containing the basic report from Paddle Manitoba had been circulated to all members prior to the meeting. It was reviewed and member questions and comments were invited. The full report is available on the PM website. http://www.paddle.mb.ca/images/pdfs/2010-Annual_Report.pdf

3. Indoor Program

Selena Randal presented on Canoeing in Europe with occasional input from Chris Randal.

4. Old Business

NONE

5. New Business

a. Constitutional Amendments - see web site for specific wording of motions and background.

i. Elimination of the life instructor and life individual membership categories

Discussion:

Questions and comments included what the real annual cost of membership is, the fact that life instructor members especially contribute greatly to PM activities, and whether mandatory participation might be an alternative to elimination of life memberships

Motion to eliminate life instructor and life individual membership categories.

Motion accepted.

Subsequent motion to amend policies to reflect the changes to membership categories accepted unanimously

ii. Include Absentee Voting - as outlined in the attached document.

Motion to amend constitution and bylaws to include absentee votes on amendments to constitution and bylaws.

Motion was accepted unanimously without discussion.

b. Budget.

The Paddle Manitoba budget for 2011 was presented and questions entertained

Accepted unanimously.

c. Elections.

Instructor Chair: Nominated: Jeremiah Heinrichs. Approved
Community Collaborator: Nominated: Tim Lutz: Approved
Program: No nominations: Selena and Chris Randal have agreed to continue to organize the indoor program but not to sit on the board. This position remains vacant.
Communications: Nominated: Yvonne Kyle. Approved
Paddle Canada Rep: Jamie Hilland. This is not a position elected by Paddle Manitoba but it was recognized.

Treasurer: Nominated Sharon Touchette: Approved

Secretary: No nominations, this position remains vacant.

Vice Pres: No nominations, this position remains vacant.

Stephen Challis has agreed to continue to look after membership and looking into insurance options but not sit on the board.

President: Nominated: Catherine Holmen: Approved. It was noted that Catherine is currently working out side of Manitoba for the next (6?) months but would continue to attend board meetings and working on behalf of Paddle Manitoba as she has for the last six months.

d. Plans for 2011.

i. Grow membership. There was a discussion on building on the current positive energy with regard to volunteerism in Paddle Manitoba and reaching out to the community. If members have suggestions regarding membership, ideas on growth, etc. please contact the board.

ii. Challenges New Small Vessel Regulations have been enacted that will change the requirements for 'guided excursions. Suggestion was made that Paddle Manitoba take an active role in promoting awareness about the new regulations and their relevance to all paddlers, especially those who take on a paddling leadership role. It was noted that Paddle Canada is taking a wait and see attitude to this portion of the regulation and if it would impact insurance coverage or requirements.

6. Presentation of the Victoria Jason Award to Crystal Hurd.

Meeting adjourned 9:30pm

From the Board Room

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

OFF-SEASON PROGRAMMING

We had a very interesting presentation on paddling in Europe as part of the AGM in February and another on paddling on 2 different northern rivers in March. See elsewhere in this Ripple for details on the Aluminum Chef Competition that will cap off the 2011 off-season program

SUMMER INSTRUCTION PROGRAM

The schedule for this year's Fort Whyte Alive instruction Program has been finalized. The instructor chair will be contacting qualified instructors shortly to recruit people to teach the courses being offered.

CANOE SCHOOL

Canoeists wanting to improve their skills and earn instructor certification are encouraged to attend Canoe School on the May long weekend. Contact the instructor coordinator for more information (courses@paddle.mb.ca)

AGM

The board hosted the Annual General Meeting in February, entertaining motions to discontinue lifetime individual and life memberships and to allow absentee voting at future AGM's. A full report is included in this Ripple.

MEMBER TRIPS

PM members have volunteered to lead a number of member trips over the upcoming summer. These will include day trips, one-nighters, and extended weekends and are suitable for families or individuals.

PADDLEFEST

A volunteer is in place as coordinator for Paddlefest 2011, to be held at Fort Whyte on Sunday, June 10th. Members will be approached to help with manning the door, assisting with paddling clinics, promoting the event, and coming out to celebrate all that is good about the canoe and kayak.

"PADDLE MANITOBA SWAG"

In the absence of an official new logo, PM will be looking to make available some promotional material such as t-shirts, water bottles, and stickers, to have available to sell or give away at events throughout the summer.

WEBSITE RE-DESIGN

Our Webmaster has some great ideas for making the PM website into a terrific resource for Manitoba Paddlers. Hopefully a lot of the changes will appear as the paddling season progresses.

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@wlds.mb.ca

Website: www.wlds.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: 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

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 Pyranha 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: [bisonactiveliving.ca](http://www.bisonactiveliving.ca)