

The Ripple

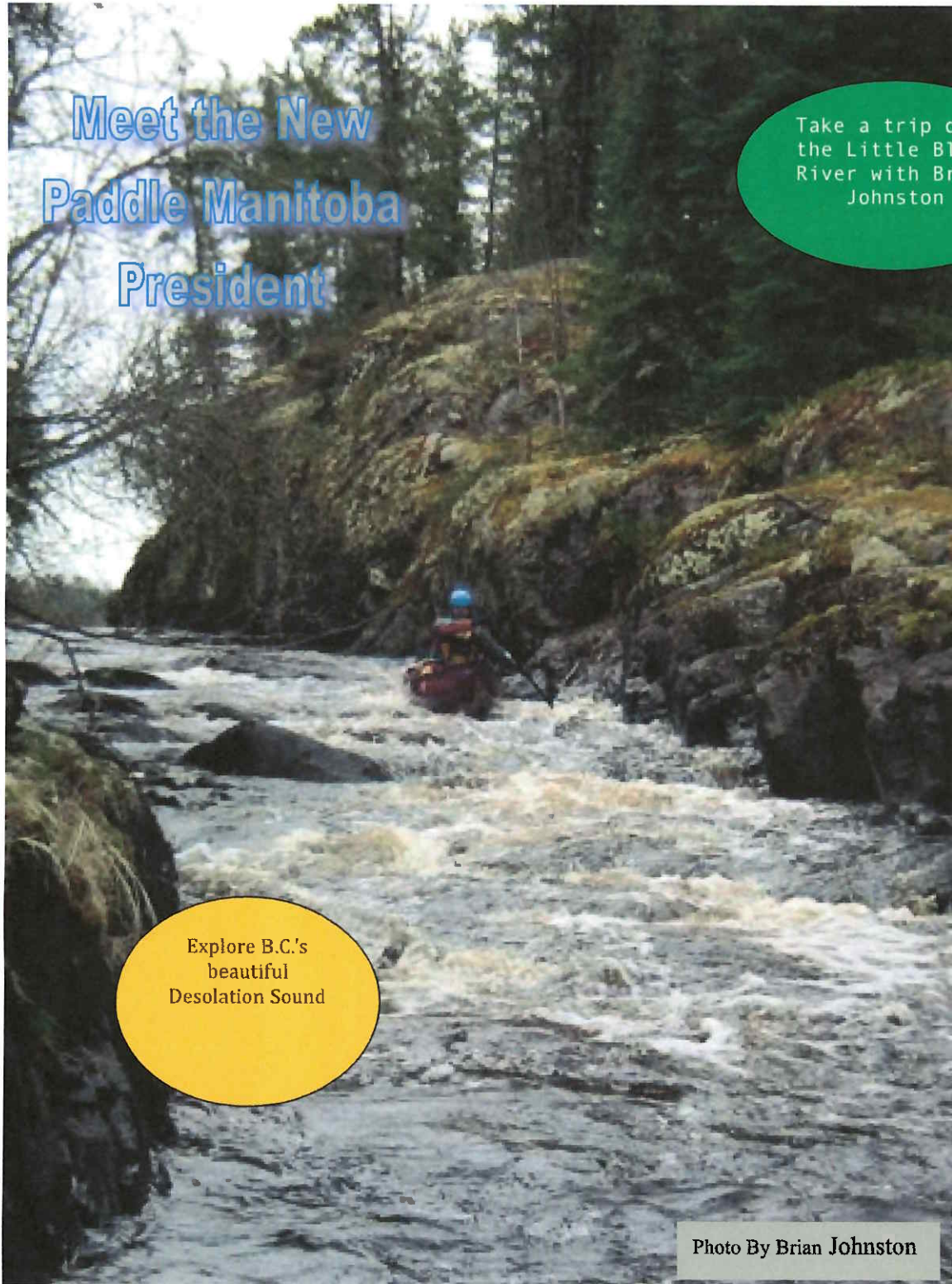
The (late)Winter 2011 edition

Meet the New
Paddle Manitoba
President

Take a trip down
the Little Black
River with Brian
Johnston

Explore B.C.'s
beautiful
Desolation Sound

Photo By Brian Johnston





**YOUR RECREATIONAL AND
WILDERNESS
PADDLING COMMUNITY**

Welcome New Members!

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 our membership secretary at

eric.gyselman@nolimitsinternet.com

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.

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

**DEADLINE FOR
SUBMISSIONS TO THE
NEXT RIPPLE
April 15, 2012**

Publication Dates

The Ripple will be available online 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

Newsletter Submissions

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 communication@paddle.mb.ca

Newsletter 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)

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President's Message

By Catherine Holmen

Happy 2012!

I spent a couple of weeks back in Manitoba over the holidays and among other visits, had the chance to catch up with one of my professors from the Faculty of Education at the University of Winnipeg. We ended up talking about my canoe trip down the Stikine River last May and the kinds of experiences the kids had over the course of their school year.

My professor was not only interested in the facts of the trip itself, but in the sense of adventure that we, and the kids, must possess to set out on these kinds of trips. I was a little amused because I don't consider myself to be overly adventurous, but am driven by the sense of curiosity and wonder at seeing, both new places and old.

Marcel Proust, author of the great French novel "A la recherche du temps perdu" ("In search of lost time"), has this to say about discovery: The real voyage of discovery consists not in seeking new landscapes but in having new eyes. Having new experiences in, and perspectives on, familiar settings can effect profound change in a very different, and in my opinion, often more significant, way than an experience with something totally foreign. When planning your adventures for this summer, think about how you can re-experience, or introduce to others, some of your favourite paddling spots. Seeing and appreciating through the perspective of someone else, particularly for me in taking kids out on adventures, lets me re-energize that which has become routine.

This is my last Ripple message as the President, and it feels a little after the fact, given when I actually left the province. I'm encouraged by the energy I've seen from members over the past little while, responding to my call for the need for committed board members. Well done. That dedication will continue to be needed as the next board develops ideas for events and programming for the years to come. Stay tuned, and be sure to read emails from the new group of board members about the developments underway for 2012.

Happy paddling.

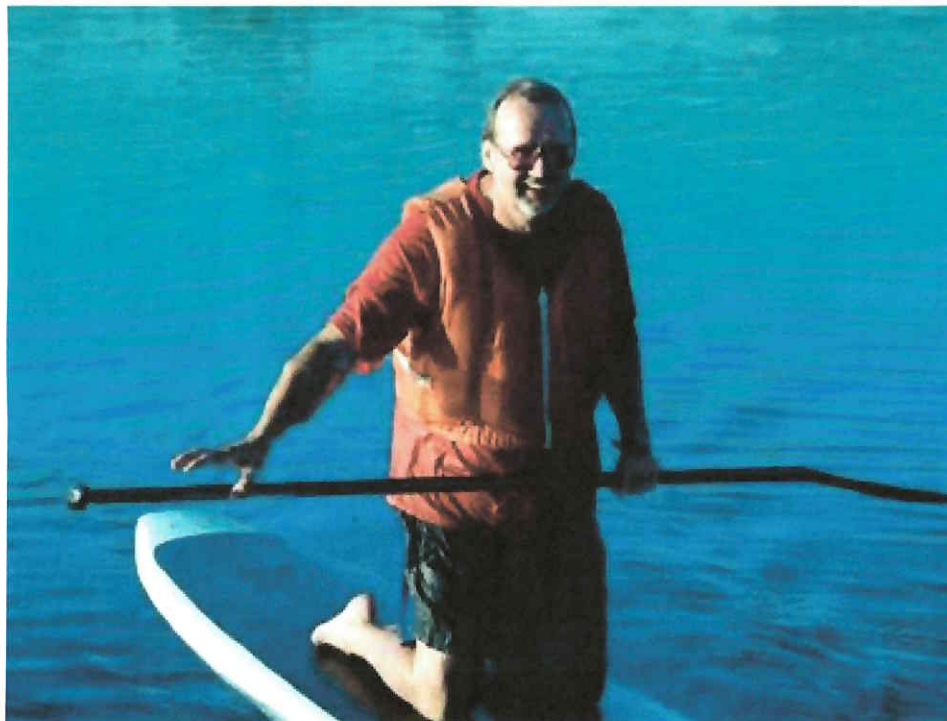
Editors Note

By Yvonne Kyle

Gary Brabant died recently. Many paddlers will remember Gary fondly as the person who helped them to buy their first – and maybe second and third – canoe or kayak. As the owner of Wave Track, he also helped to outfit many of those new boats with all the gear a paddler needs and a lot that he doesn't need but wants anyways. I was never really a Wave Track shopper – I live in Charleswood and the trek to his store always seemed so long – so I'd met Gary briefly but didn't have much opportunity to get to know him until the first Paddle Manitoba summer paddling party where he and I shared burger-flipping duty. It was a treat to chat with him and so easy to share a few stories. After supper, he shared his love for life and fun by demoing his abilities on a stand-up paddle board. He wasn't very good at it, and he laughed as much as the watchers as he pulled himself out of the water yet again, finally deciding that he would paddle board on his knees. The ALS that took Gary's life was a cruel blow. His passing will leave a big hole in the Manitoba paddling community.

As we prepare this issue of the Ripple, we are still waiting for winter to arrive in southern Manitoba. The calendar says it is here but the temperature disagrees. Warm days and little snow are a blessing for some but it's a mixed blessing. It's harder to ski. Skating rinks are melting. Toboggan hills are covered in grass. And paddlers should be worried about what the water levels will be like come spring. It's just crazy! So forget it all and start planning for summer. Perhaps you can take a trip on the Black River like Brian Johnston encourages us to do. Maybe you can come up with some names for some of the as yet unnamed features of the river and Dusty Molinsky will be able to tell the stories of your name choices in a future Ripple. This could be the summer when you go further afield, perhaps even following Tim Lutz to Desolation Sound.

Meanwhile, go outside. Enjoy the winter such as it is and think positively about what lies ahead. Gary would like that.



It's All in the Name

Taking a look at the stories behind the names of Manitoba's lakes, towns and other places.

by Dusty Molinski

Combo One, Please

If you can't choose between two names for a place, don't!

In Manitoba it seems that it is sometimes difficult to narrow the list of possible place names to just one, so often the final choice is made by combining two options, usually the first part of one name and the latter part of another. These combination names dot our province and include towns and villages, lakes and creeks, and an assortment of other geographic features..

Barwood Lake

To the southeast of Lac du Bonnet two cottagers put their names together to name this lake when they found the portage in: Fletcher D. Baragar and Tom Wood.

M and B Junction

A stop on the CNR between Martinville and Brandon.

Manibridge

South of Setting Lake is a railway point named after the province of Manitoba and Falconbridge, the owners of a nearby mine.

Manoka Mine

South of Bissett, a Mr. Smirchanski had not only mining concerns in Manitoba, but also in Oka, Quebec.

Mansask Lake

Being on the Manitoba and Saskatchewan boundary gave this lake its name, just west of Kississing Lake.

Mansug

An old CPR point southwest of Winnipeg took its name from the first parts of the name of the Manitoba Sugar Company.

Mantario Lake

Many paddlers are well aware of this Whiteshell lake on the Manitoba and Ontario boundary.



Mantricia Lake

On the border of Manitoba and Ontario near Island Lake, this lake takes its name from the province of Manitoba and the north portion of neighbouring Kenora District, Patricia.

Odee Smith Lake

To the southwest of Bolton Lake, Orville D. Smith of the Royal Winnipeg Rifles is the namesake of this lake.

Piney

This familiar Manitoba town received its name by combining the longer name Pine Valley.

Rawebb

This former point on the Hudson Bay line was named for Ralph H Webb, former mayor of Winnipeg and proponent of the Hudson Bay line.

Renwer

Two former employees provided the name for this community near Swan River: A.E. Warren and W.E. Roberts.

Saskoba Lake

Near Athapapuskow Lake, another lake on the Saskatchewan and Manitoba boundary received

its name by combining those of the neighbouring provinces.

Soab Creek

Flowing into Grass River, this creek was named by combining the first letters of a well-known saying used when things go wrong, such as at the upset of a canoe that results in the loss of some surveying equipment, as happened here.

Son of a B****!

Wabowden

Near Setting Lake on the Hudson Bay line is this place named for W.A. Bowden, Chief Engineer of the Department of Railways in Ottawa at that time.

Winnitoba

This point in the Whiteshell on the CNR line that picks up canoeists is named for a combination of Winnipeg and Manitoba.

So the next time you need to pick a name for a new canoe, kayak, cottage, or even a child, maybe a combination will save you from having to choose between two equally deserving options!



Rallying Manitoba's Black River

By Brian Johnston. Photographs by Brian Johnston

The Black River is an unsung little river that does not have the perceived character of its more well-known neighbour, the Manigotagan River. In part, this is because the features along the waterway are unnamed or have names that are not widely known or used. It's time to rally the community to learn and promote Black River place names so that paddlers can more easily share information. And reminiscing about wilderness canoe trips is enhanced by the rich flavour of named features and places - "we were running 'Get Out If You Can, Dad!' on Black River and" Additionally, it's time to label the points of interest along the river that remain nameless.



The meandering marsh of the upper reaches; Yves in solitude.

Many canoeists are familiar with the numerous and common Manigotagan River place names such as Devils Sleuce, Rough Knuckle Rapids, Turtle Falls, Kettle Rapids, Boulder Rapids, Crooked Current Rapids, Big Eddy Rapids, Skunk Rapids, Engineer Rapids, Old Woman Falls, and so on. But how many trippers know and use Black River place names? As noted, most features go unnamed but the Black River can still boast some impressive names of its own, for example, Get Out If You Can Dad, Canyon, Roller Coaster, and Big Falls, as well as Native names such as Kompushtantukak and Kakakechaya Rapids.

For wilderness canoe trippers, maps are commonly regarded as the authority for place names. On the renowned Bérard maps show, the Bird-Manigotagan Waterways map does not even recognize the Black River in its title. No wonder the Black River is unsung. However while few Black River place names appear on any map, in support of the Black River, Bérard's map does indicate 70 'BR' notes for the Black River and only 56 'M' notes for the Manigotagan River. By the numbers the Black River outdoes the Manigotagan River with 25 percent more features! Alas, numbers alone do not tell the whole story! The named features of the Manigotagan River, along with its appropriateness as a long weekend canoe trip, an easier vehicle shuttle, and more predicable and constant water levels have for years drawn paddlers to the Manigotagan River over the Black River. For many canoeists, the Manigotagan River has served as "Whitewater 101," an introduction to moving water as well as a training ground for whitewater paddling.



Dwayne amidst the rugged rock whilst onlooker Gerry captures an image.

But, if the Manigotagan River is Whitewater 101 then the Mighty Black River is Wilderness 101. Remember, 25 percent more features! The Black River is a step up, providing more of a full-on experience with more whitewater, greater length, more difficult navigation, less refined portages, and primitive campsites. The Black River system offers changeability and unpredictability compared to the Manigotagan River. No two Black River trips are the same. This quaint river and seldom-used canoe route yields a less developed and more natural experience—it's easy to be intimate with nature and surrounded by wilderness. Fauna includes turtle, snake, owl, eagle, osprey, beaver, otter, moose, caribou, ... the list go on.

The Black River like its northern cousin, the Manigotagan River, travels through the great heart of the boreal forest and Canadian Shield country. These parallel watercourses both drain into the formidable Lake Winnipeg. David Thompson, the famous surveyor, had the Black River on the map a hundred years ago although First Nations people have used it much longer.

One spring in the mid nineties I met a crew on the Black River who had paddled together for more than thirty years. Although they had canoed the Black River many times they had not paddled it in the last decade. For them, they were rekindling an old friendship. On other trips down the Black River I have been surprised to meet several different canoe groups, even some travellers tracking upstream. Since the nineties, I have paddled it several times during the months of April through July and usually I see no one else, nor any signs of recent use. It's Manitoba's best kept secret.



In action; Kristin and Ryan bounce through waves.

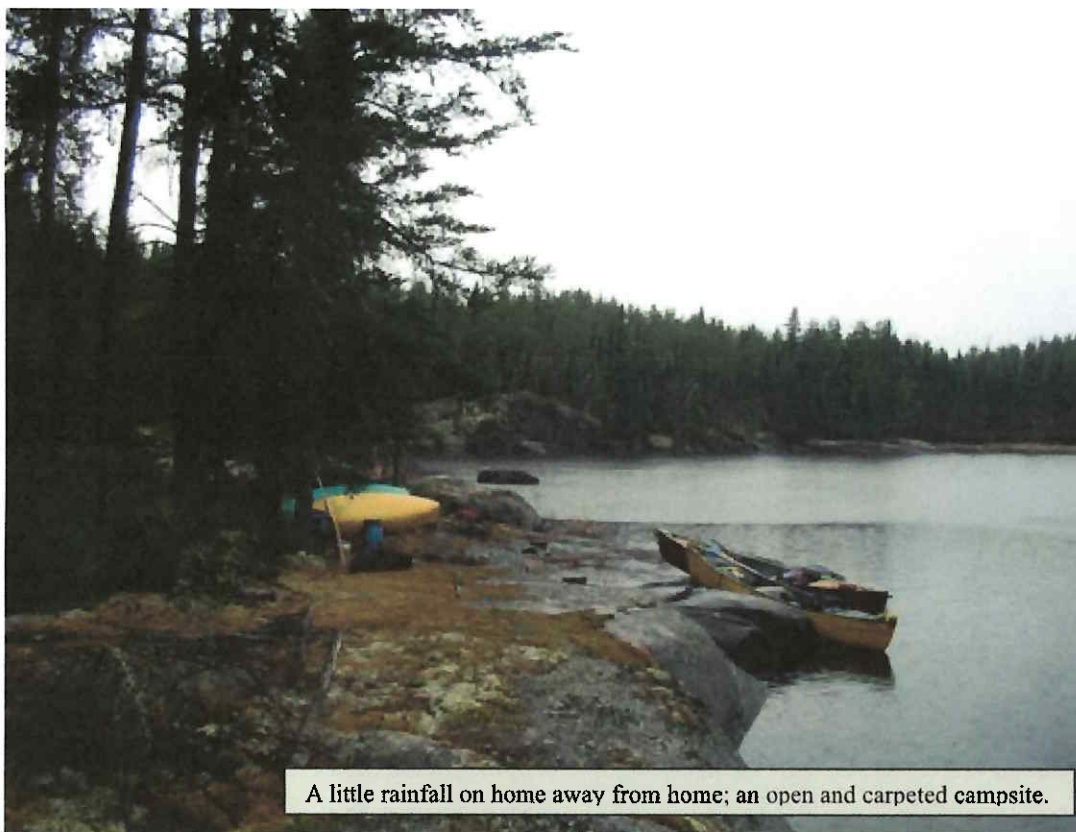
My usual tagline for the Black River is "100 rapids in a 100 kilometres". As a little river it lends itself to be paddled in the spring or after a substantial rainfall. In a high water year, it would make a majestic fall trip.

If you go or have information about the Black River please help document this wonderful unsung river. My goal is to promote and inform paddlers about the Black River. Increased awareness, knowledge, and use of the Black River by paddlers will help ensure its protection.

Please feel free to contact Brian Johnston at bjohnston@lssd.ca or 204 482-2121 W, 204 754-2651 H.

Bio info:

Brian Johnston is a recreational paddler and promoter of wilderness canoeing and whitewater padding. Currently he is the editor of the Paddle Canada Canoe Program and a master canoe instructor. Brian's other preoccupation is education. During the winter, he explores the frozen waterways and forest and is more often than not lost in thought.



A little rainfall on home away from home; an open and carpeted campsite.

If You Go—Be Ready for Wilderness 101

The Black River begins in Nopiming Provincial Park and flows approximately 100 km east towards Lake Winnipeg. In summer or during dry periods the water level may be marginal for canoeing.

There are several options for starting, all off of PR 314 in Nopiming Provincial Park. Typical put-ins are:

- (1) the Rabbit River parking lot***
- (2) Black River culvert, or***
- (3) Black Lake Provincial campground.***

There are two take-out locations both off of PR 304, either the PR 304 Black River bridge or the community of Black River First Nation (community dock or bridge).

Canoe Trip Distance: In the neighbourhood of 100 km depending on starting and ending locations.

Canoe Trip Duration: 4 days but will vary depending on your party.

Portages: None are marked but there are approximately 20 portages depending on water levels and paddling ability. As this route is rarely travelled the portages may be difficult to find and in poor condition. Not all rapids have established portages.

Rapid Classification: Class I to Class V.

Other: There may be beaver dams and logjams.

Access and Egress: Put-ins are off of PR 314 and take-outs are off of PR 304.

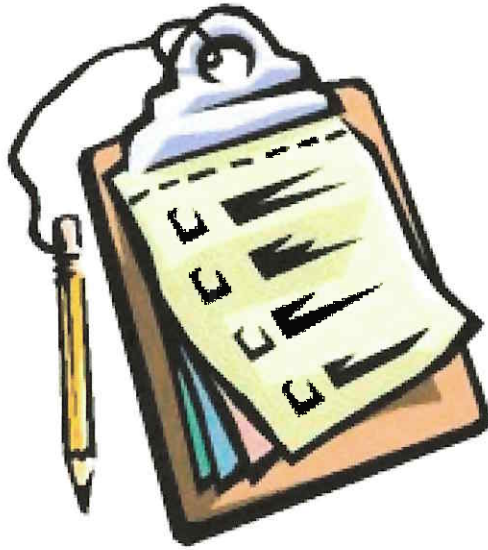
Topographic Maps: 52 L and 62 I (52L/11, 52L/12, 52L/13, and 62I/16).

Reference Materials

Bérard, R. (1979). The Bird-Manigotagan Waterways Map. Manitoba Department of Natural Resources, Parks Branch.

Buchanan, J. (1997). Canoeing Manitoba Rivers. Calgary, AB: Rocky Mountain Books.

Paddle Manitoba Route Log, W-07 Black River accessed from <http://www.paddle.mb.ca/resources/w-07-black-river/>.



Time to Renew Your Paddle Manitoba Membership

Why not set yourself a reasonable New Year's Resolution – renew your Paddle Manitoba membership in January. Here are some reasons why:

1. You get a full year of all the wonderful benefits Paddle Manitoba has to offer.
2. You will start to receive your new magazine from Rapid Media in February.
3. As you plan for your spring trip, you will be able to purchase goods and services at a discount price through our Corporate Members.
4. You will receive a full year of our own newsletter, *The Ripple*.

So take a few minutes, download the new membership form from the Paddle Manitoba website (http://www.paddle.mb.ca/images/pdfs/pm_membership.pdf), fill it in, and send it along with a cheque to the Paddle Manitoba post box. The prices are the same as last year. That's it. Then you're good for the whole year.

So what's with "Rapid Media"? Unfortunately, *Kanawa* magazine will cease publication in February. Paddle Canada and Paddle Manitoba have partnered with Rapid Media to offer our members one of their fine magazines. You get to pick from: *Canoeroots*, *Adventure Kayak*, *Rapid*, or *Kayak Angling*. See their website for details (<http://www.rapidmedia.com/magazines.html>). For annual members, the subscription is included in your membership fee. For Lifetime members, you can subscribe for the low price of \$14. Just fill out the application identifying your choice of magazine and write "Lifetime Member" on the form.

Just a reminder, your Paddle Manitoba membership runs from January 1 to December 31. However, if you renewed after November 1, your membership is good until the end of the following calendar year.

Start the New Year right. Fulfill at least one of your New Year's Resolutions. Renew now!

A NEW LOVE

Adventures in kayaking and other paddling sports:

By Kim Palmquist

I first slipped into a kayak in 2009 on the Winnipeg River near Kenora, Ontario and little did I know that it would shape my life. It wasn't a long trip, nor was it a hard paddle but the feeling of gliding effortlessly on the water and the sound of my paddle slicing into the water were magical. I knew I was hooked! Previously, my paddling adventures were camping trips with my dad and canoeing with friends so kayaking never was in the picture until then.

Following that first eventful paddle in April (we had to break through thin ice sheets!), my first real taste of kayaking was paddling from Perrault Falls to Maynard Lake Lodge on the May long weekend in 2010! My paddling partner and I were all ready to go, I had my first Greenland paddle all ready to hit the water, and we were in high spirits! Little did we know what lay ahead of us! During our 4 day trip, we experienced SNOW! (a few inches!), high winds (so high waves), rain, 4 hour portages, rapids (sea kayaks do not do well in rapids), thunder and lightning, and a float plane ride home because I cracked my kayak! Even though it was difficult, watching sunsets, paddling through some gorgeous backcountry and learning how to paddle was worth every minute of it.

After that trip, I knew I had to get my own kayak and so the search was on for a nice red kayak! I ended up with a Current Designs Cypress and I knew I had found boat for me. I was working at ELA (experimental lakes area) when I got my kayak so I spent the summer paddling around all the lakes figuring how this thing worked! Who knew turning a 16ft kayak

could be so fun? I also had a few opportunities to practice my wet exits and wet entries, self rescues, and paddling strokes in some gorgeous land!

Throughout the winter and this past summer, I have the chance to meet some amazing people in the paddling community and who have inspired me to continue with my passion for paddling. This passion not only includes kayaking but also canoeing, including solo canoeing and also canoe marathon racing, SUP, surfskiing, and traditional Greenland style paddling! My real passion is for kayaking but I feel that any sort of paddling, whether it is canoeing or kayaking, is like no other activity! In the near future, I would like to paddle on each coast of Canada, including some time in the Arctic! I would like to also continue to learn about Greenland style kayaking, rolling, and everything else to do with kayaking!

MEET THE PRESIDENT

Kim Palmquist was elected as Paddle Manitoba's new president at the AGM on January 21st. Her interest in all paddle sports makes her an excellent choice for the position and we look forward to her leadership.

Welcome Aboard Kim!

What Kim goes when she gets outside to play!



English River canoe trip: lots of snow on the may long weekend



Kayak fishing at ELA:
I caught my first trout!



Canoeing with my dad at ELA



Surf ski

Kayaking at ELA



Greenland tricks at the Paddlefest
in Thunder Bay



My first
kayak with
my
Greenland
paddle



Evening paddle on Roddy Lake at ELA

A GREAT BIG THANK YOU

With Sincere apologies to folks who should have been included in the last Ripple but weren't

TO CATHERINE HOLMEN

whose three year term as president of Paddle Manitoba has come to an end. Since 2009, Catherine has worked diligently to lead the board and the membership as we work to become a true wilderness and recreational paddling community. Even after her career led her out of the province, Catherine continued to encourage and support Paddle Manitoba events and initiatives such as Paddlefest, Wednesday Night Paddles, Canoe School, the summer paddling party, and member trips, showing up as often as she could in person and taking part as a long-distance attendee when she was away. We wish you continued success in BC Catherine. Don't forget us back in Manitoba.



To Eric Gyselman and Donna Prowse

for organizing the 2011 Waterwalker Film Festival. Paddle Manitoba members and friends gathered for some great food, good company, and awesome paddling films. What a great way to end the paddling season. And a big thank you too to Eric and Donna's team -

Brad Gyselman, Bowen LeMay, John Wood, and Wilma Wood

who previewed the films, manned the door, looked after the computers, and contributed to the delicious munchies that were offered.

To Sharon Touchette and Eric Gyselman

for a summer full of Paddle Manitoba trips. Many trips were filled and some even had waiting lists. Clearly Paddle Manitoba members want to travel together and Eric and Sharon did a terrific job planning fun adventures for them.

To Charles Burchill

for another great summer of Wednesday Night Paddles. Not floods, nor mosquitoes, nor sweltering heat can keep Charles from traveling with new and old paddling friends on the LaSalle River every Wednesday Night from May til September. Feel free to join him whenever you can!

To Jamie Hilland

who served Paddle Manitoba for several years as our regional representative with Paddle Canada. Jamie will now go back to paddling with the Whitewater Club.

To Janice Pennington

who is taking over as the new Paddle Canada representative. Janice can sometimes be seen driving around in her Volkswagen with her kayak strapped on top.

To Stephen Challis

for keeping track of the Paddle Manitoba membership records for the last several years. New members were welcomed. Old ones were encouraged to come back for another year. Stephen has passed the big box of membership information on to **Eric Gyselman**, our new membership secretary. Thank you Eric for taking on the job.

To Brad Gyselman

who has been learning his way around the Paddle Manitoba website and has assisted with keeping the front page and other information current and relevant.

To Crystal Hurd

for her on-going technical wizardry in making the Ripple look so good. Lots of folks comment on the quality presentation of the Ripple and the credit for this is all Crystal's. Some serious family issues kept Crystal from completing this issue. We wish her well and hope she will be back soon.

To Tim Lutz and Brian Johnston

who act as monitors on the Paddle Manitoba forum. Members are encouraged to look to the forum if you have paddling questions, trip suggestions, gear ideas, or any other paddling related comments. It's on the website www.paddle.mb.ca

What Knot?

The Alpine Butterfly Loop

by Eric Gyselman

In reality, canoeists and kayakers can probably get by with 6 to 10 knots. Most needs can be met with this small collection. But every once in awhile a specialized knot comes along which is just kind of interesting and useful. The Alpine Butterfly Loop is one of these.

I came across the Alpine Butterfly last fall when I was looking for something completely different on the internet – such are the segways of the information highway. It is used for tying a ‘balanced’ loop in a length of line for attaching or hanging stuff. An example would be a loop for hanging a flashlight from a tarp ridgeline. This knot is easy to tie and is symmetrical so the loop hangs straight. It is also easy to undo even after sustaining heavy loads.

Type: The Alpine Butterfly Loop is a true ‘knot’ since it is not used for tying a rope to a fixed object (a ‘hitch’) or tying two ropes together (a ‘bend’). Its sole purpose is to create a secure loop in the middle of a length of rope for attaching items or other ropes.

History: The Alpine Butterfly is one of those knots that has many names depending on who is using it. It is frequently called the ‘Lineman’s Loop’ or the ‘Harness Loop’. It has been described in publications dating back to at least the early 20th century. In the 1920s, it was first described in climbing knot manuals as the ‘Alpine Butterfly’. The decline of rope in the working trades has left ‘Alpine Butterfly’ as the most common name, climbing seemingly being the last preserve of an extensive collection of specialized knots.

Strength: The Alpine Butterfly Loop is reported to have ‘high breaking strength and is regarded by mountaineers as one of the strongest knots to attach climbers to the middle of a rope’ although I was unable to find a specific measurement of how much it reduces the working load strength of the rope. Because it is a symmetrical knot, the load is spread equally on both ends of the main rope, again adding to its reputation as a ‘strong’ knot. However, to be prudent, a strength

reduction of the main rope of 50% at the knot should be used. This may be overly cautious, but when no information is available, it is best to be conservative.

Advantages: Often a loop in the middle of a rope is very useful. The Alpine Butterfly is a simple, easy-to-tie knot with reported great strength. It is easy to tie in the middle of a rope without access to the ends. After loading, it is easy to untie even if wet. With an Alpine Butterfly in a length of rope, loading can be applied in three directions: on each end of the rope and on the loop of the knot. The load on the loop can be applied in any direction relative to the main rope. The length of the loop is easily adjusted as needed and the Alpine Butterfly can be tied with gloves on.

Disadvantages: The Alpine Butterfly is a loop that cannot be easily tied around an object or ring although in climbing, a carabineer is usually used. It is also difficult to tie one handed unlike a Bowline for example. The Alpine Butterfly can also be easily be tied incorrectly forming a knot that slips, so be careful when you are first learning. Make sure you are tying it correctly. Finally, the Alpine Butterfly works best on softer rope. It does not tie particularly well on hard stiff rope.

Uses: The Alpine Butterfly Loop is useful anywhere a loop is required in the middle of a rope. Obvious uses are for hanging stuff off ridgelines of tarps or on clotheslines. Because it is such a strong knot, it can also be used when a line needs to be pulled from the side such as rescues or when a tarp ridgeline needs to be in the shape of a triangle not a straight line. The Alpine Butterfly can also be used for isolating a section of rope where there is damage or shortening a rope where necessary. To me, it is one of those knots that is just looking for a good excuse to be used.

Tying: In researching this article, I was struck by the number of different ways the Alpine Butterfly can be tied. I have chosen the method presented by British

Bushcraft for a couple of reasons. First, it seems to be the easiest to demonstrate, not that the Alpine Butterfly is a complex knot. Secondly, this method of tying allows the length of the loop to be adjusted during tying which, to me, is important.

The first step is to drape the rope over your hand at the point where you want the Alpine Butterfly Loop (Figure 1). Wrap the rope around your hand forming a loop (Figure 2). Twist the rope by bringing one of the working ends over the other (Figure 3). It doesn't matter which end is over the other. This is more easily done by simply rotating your hand horizontally 180°. Reach below the point where the ends of the rope cross and grip the loop below your hand, bringing it below the crossing point of the ends and then forward (Figure 4).

At this point, by pulling the end of the loop, you can adjust the size of the loop. Finally, bring the loop forward then pass it back under the two lines resting on the top of your hand (Figure 5). Finally, pull the knot tight, straightening any loose parts as you go. Figure 6 shows the finished knot. That is it - a simple and very effective knot.

Variants: I couldn't find variants of the Alpine Butterfly perhaps because the knot is so simple. However, many methods of tying have been developed. A search on the internet will provide at least a half-dozen. Some of these may be easier for you to tie, so have a look. If you decide to tie a second rope to the loop, use a Sheet bend or use a carabineer if you have one.



Figure 1

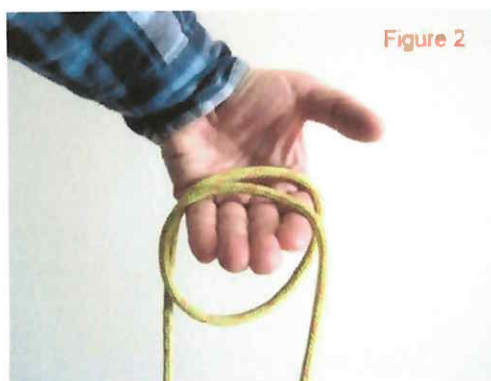


Figure 2



Figure 3

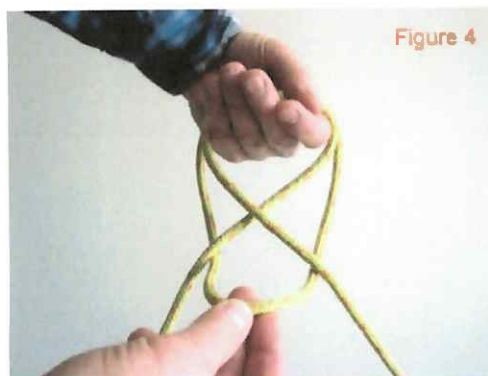


Figure 4

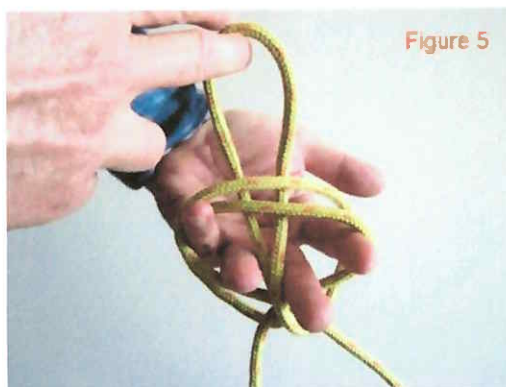


Figure 5



Figure 6

Salty, Sharp, and Spectacular – Canoeing Desolation Sound

By Tim Lutz

The impetus of this trip may have been the short paragraph in “Adventure Kayak” magazine which mentioned that Desolation Sound had the warmest Pacific waters north of California. It may have been that I got to drive through Gibson, BC, home of *The Beachcombers*, or it may have been the fond memories I had of my summers kayaking in the San Juan Islands. Whatever the reason, I decided to load up the car and head to Desolation Sound, which is about 100km north of Vancouver, as the crow flies, or a few hours if you lack the crow’s flying ability and are relying on twisty roads and BC Ferries.

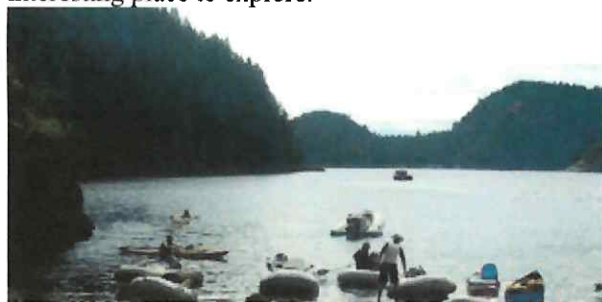


In planning for the trip, I read a couple of guidebooks and looked over the maps. Desolation Sound is home to a Marine Park, and their web-site provided some information as well. The choice I had to make was what sort of craft to take, and on what route. Kayaks are popular on the left side of our great country, and for good reason. Being both faster and more capable in rough water, kayaks are also ultimately safer as the ability to roll is backed up with the ability to right, re-enter, and pump out the cockpit even if one fails to roll. Canoes are less often seen in the sound, despite its relatively warm waters and relatively sheltered conditions. We saw only one other, and it was a voyageur model. I appreciate canoes on a trip of this sort simply for their luxury, comfort, and the ability to bring . . . well . . . nearly anything we could want.

In the end, canoes were the choice, and I brought both a 20'6\"/>

canoe. These fit nicely on and in my small car. Not wanting to expose myself and my friends to undue risk, I made modifications. In the big boat, I added d-rings and laces in flotation/storage barrels, and on the folder, I brought a spray deck. Upon arriving at the destination I discovered how completely unnecessary these precautions were. I never laced on the spray deck and neither canoe shipped a drop of water from boat wakes, the only substantial wave encountered. I also brought a VHF marine radio, but only to listen to weather reports, and only then because the purchase needed justifying.

The route we took started in the town of Lund, and we camped the first night at Copeland Islands Marine Provincial Park. It was spectacular. From there we headed north then east into Desolation Sound Park, and camped at U Lake. This wasn't our plan, as we had heard that it was heavily used and abused, by both yachters and us "reg" folks. However, upon arriving, the campsites were immaculate, and in a beautiful bit of forest. Unwin Lake is a place to stop for a swim, and we happened to spot a unicorn drifting along the lake, being ridden by a young girl. It was by no means private, or wilderness, but it was an interesting place to explore.



I had heard Pendrell Sound really had warm water, so I led our group north and into the sound. They were skeptical when we found no campsites on the first half of the sound, but we returned to camp at Roscoe Bay Provincial Park. This was heavily used, though not abused, and we had all sorts of neighbours. Black Lake was another chance to swim in warm water.



South to the Curme Islands we paddled, taking care to see and be seen by some of the largest motor yachts we had encountered. We also kept our distance from the seals reached on rocky islands (as per law), but binoculars and telephoto camera lenses did allow us a closer look. The Curme Islands have a few camping spots on them and there are no large boats to be found – I suspect it is not a safe anchorage for them. This is a beautiful part of the park.

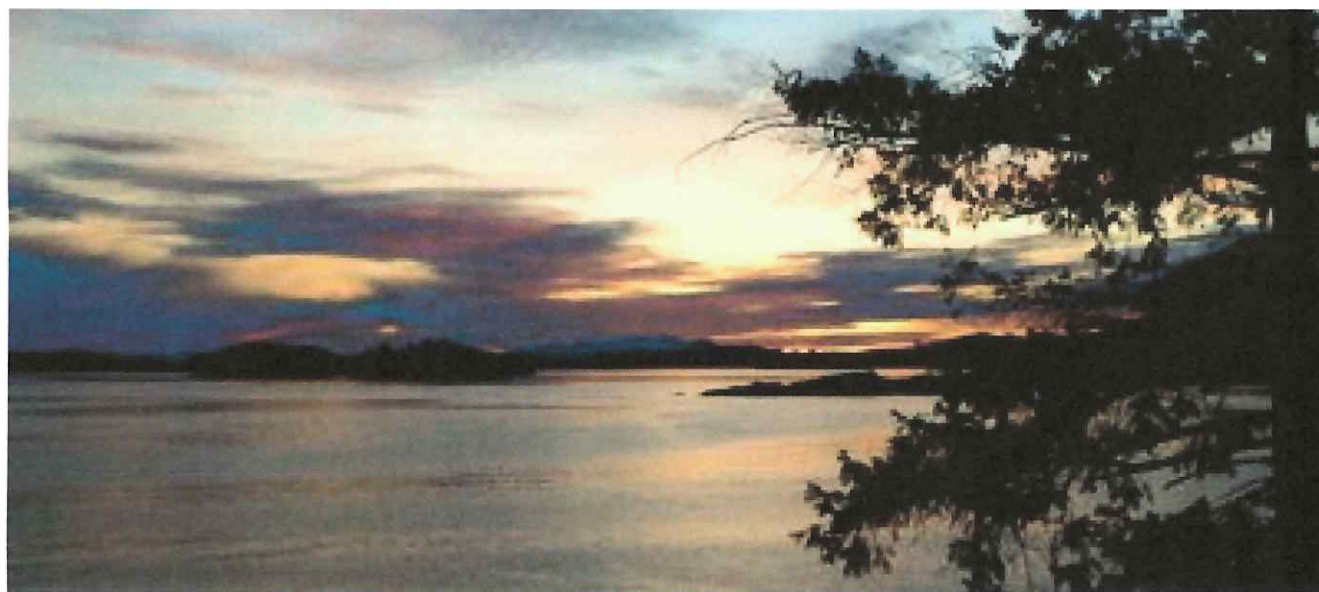


One interesting bit of flora is the Arbutus (sometimes called Pacific Madrone) tree, which has an outer bark of rusty red and an inner of smooth pale yellow. It looks like a snake shedding its skin, but in fact that is the healthy state of the tree. They are common out on the coast, and a very interesting plant. We did snorkel around the Curme Islands and while there were abundant sea-stars, and some crustaceans we saw no fish or anything terribly exciting.

Our last campsite was in Grace Harbour, which is off Okeover Inlet. From there we paddled south down Okeover inlet to the government dock which was our take-out. While our take-out was some distance from Lund by water, two of our group walked overland a few kilometers and picked up the car

A few pertinent details

There are no permits required, and I don't think there were any user fees. Ah Freedom BC Ferries are not free, about \$50/car and you need to take two from Vancouver Fishing, including using a crab-trap, requires a saltwater license Proper LNT for the ocean basically says anything below the high tide line is fine Oyster beds are sharp. Good shoes with closed toes are a good idea. Salt stings cuts Hope, BC is on the drive, and the first Rambo movie was filmed there Tides come and go quite quickly – watch your boats and always tie them to something Molly's Reach, set of the Beachcombers, is still in business in Gibson This trip could be fun in a canoe, kayak, dingy, sailboat . . . most anything that floats Binoculars are nice to have on a trip like this – lots to see Parking in the lot in Lund is pricey – parking on the roadside is free, just stay well over



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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.)

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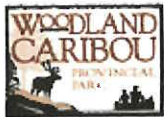
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Email: aem@seminfo.mb.ca

Website: www.aeminfo.mb.ca



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Website: bisonactiveliving.ca



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