

The Ripple

Spring 2012

Alcohol stove review

Building a Skin-on-Frame Kayak

Solo Kayaking across Lake of the Woods

The stories of Manitoba portage names

Trips!

Classes!

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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 and how to join see our website at www.paddle.mb.ca or contact the membership secretary, Eric Gyselman, at membership@paddle.mb.ca.

Paddle Manitoba

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

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 on our website.

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

The Ripple is published online quarterly. Each issue is 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 all.

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

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 Paddle Manitoba purposes as well, such as the next Ripple, the website, or other promotional material.

Submission deadline for the next Ripple is June 30, 2012.

Cover photo by Dave Maddocks.

President's Message

Dust off the paddles and get ready for adventure!

Spring arrived early this year, and with the warmer temperatures, paddlers are blessed with an early ice-off season and an earlier paddling start. As the paddling season begins, I dusted off my kayak paddles, took out my maps, and dived into planning a few paddling trips. I say paddling because I plan on taking advantage of the many forms of paddling you can do in Manitoba. In addition to my annual canoe trip with my dad and my weekend kayaking trips at ELA, I plan on trying out SUP, canoe racing, and even surfskiing! Also, I have a sea kayak but have never paddled in a sea or ocean so my mission this summer is to paddle on the Pacific Ocean.

This is my first message as president of Paddle Manitoba and I want to welcome new and returning members. With the shifting season comes change, and here at Paddle Manitoba, we have been working hard to rejuvenate our organization. Over the last few months, the dedicated Paddle Manitoba board has been rolling up our sleeves to try to find ways to let you see greater benefit to your membership, from our new courses at La Barriere Park to getting t-shirts made. We hope that you stay up-to-date with what we have been up to. I would like to extend my sincere thanks and humble gratitude to the board and other very dedicated members. Without them, the upcoming courses, trips, and

other goodies we have planned for you wouldn't be possible.

Finally, remember that Paddle Manitoba is YOUR recreational and wilderness paddling community. We are always looking for new ideas for how to make the community better. If you have

Manitoba has lots to offer paddlers, from paddling along the Assiniboine to shooting rapids on the Hayes River.

suggestions, we would love to hear them. What makes an organization like Paddle Manitoba survive is the members and friends who contribute their time and energy. If you have something to offer the organization, please contact one of the board members.

Take a look through the following articles for information about coming events. Further details can be found on our website, or by contacting the board. 2012 is looking like a busy year!

Happy Paddling!

Kim Palmquist
President
Paddle Manitoba

Editor's Message

Akela's Lifejacket Lecture

Regular readers of the Ripple know that I paddle a lot with kids, most frequently as part of the leadership of a Scout group. Nearly every time I take young people in boats, they are subjected to what has become known as "Akela's Lifejacket Lecture", "Akela" being my Scouting nickname.

I start by telling them that this summer, like every summer before it, people will die in boating accidents and that 90% of them will not be wearing a PFD. And I counter all the common excuses for not wearing them. I expand the lecture to include the kids' parents, acknowledging that they are probably very good at making sure their children wear a PFD, then asking them why they are not as diligent about wearing their own. And I am not in the least afraid to remind them that if parents without PFDs are unfortunate enough to be in a boating accident with the children they insisted wear them, there is a very real risk that the child's last memory of his mom and dad will be watching them drown.

Paddlers must set the example. Wear your PFD, not just when the kids are in the boat or when you are teaching a course or heading into some heavy water. Wear it always, for yourself and for your family.

In this issue of the Ripple, you see what Chris Randall's has to say about the nifty little stove he sometimes takes on his paddling trips and you can read about Warren Paulson's harrowing fall kayak

trip on Lake of the Woods. Be sure to check out all the opportunities for going paddling this summer – take a course, join a trip, celebrate canoe day on the Whitemouth, join Charles for a Wednesday evening on the LaSalle.

Wherever our boat takes you, enjoy the waterways and the friends you are sharing them with. And wear your PFD.

Yvonne Kyle
Editor



It's All in The Name

Taking a look behind the names of Manitoba's lakes and rivers

Pondering Portage Place Names

by Dusty Molinsky

Like them or hate them, portages are a part of paddling...and of the place names of Manitoba! Just as potholes come with paved roads, portages come with paddling. As a province with almost countless waterways, Manitoba is rife with portages. This stands as a true testament of the continued use of these waterways by canoeists over the centuries.

Many portages have no names. Others have names that are only heard when said under one's breath while hoisting the canoe to the shoulders. Still others have well-known local names, names used just within a particular community, amongst paddlers, in guidebooks, or scrawled onto maps. Finally, there are those well-used and well-documented portages whose names have become known to all and which are officially recorded in the *Geographical Names of Manitoba*.

Many sources of inspiration have led to the monikers we use for named portages today. The stories behind the names of portages in our province include tales of people, animals, places, locations, physical characteristics and memorable events.

Here are a few:

Apeschaw Portage

A Cree word meaning long, this portage is between Aseepayaysik Lake and Crying Lake.

Cranberry Portage

A community on Athapapuskow Lake today, it was named for the actual, well-documented historic portage between First Cranberry Lake and Goose Lake, first noted in 1778-1779 on a Turnor map as Cran-bury Carrying Place.



Cross Portage

Linking Sabomin Lake and the Nelson River, this is a translation of the Cree name pimichiniga.

East Mossy Portage

A four-mile carry, this portage connects Cedar Lake and Lake Winnipegosis. The Ojibway call it kakistetinak, translating to the main ridge. To the Cree it is kakaystutinak, great place or high portage.

Gabriel Portage

A gold mine by the same name led to this moniker on the east side of Round Lake.

Iskwayo Portage

On the east end of Little Chipewyan Lake is this portage. Its name is a Cree word meaning woman.



Island Falls Portage

Found on the Burntwood River, this name was translated from the Cree name of ministikopawustik.

Jonasson Portage

A local fisherman, Alexander Jonasson, is the namesake for this portage on South Indian Lake.

Kakaskeetapan Portage

Also on South Indian Lake is this portage, with a Cree name that means to pull over land to get to water on the other side.

Kapayakwak Portage

At the north end of Cross Lake, the Cree name for this portage means that is the only portage at that end.

Kapechayk Portage

On Reindeer Lake, you may not want to choose this portage. Its Cree name means far away.

Meadow Portage

Descriptive of the terrain over which it crossed, this portage joins Lake Manitoba and Lake Winnipegosis.

Meeswi Portage

Between Island Lake and Dussault Bay, the name of this portage is Ojibway for the fish species maria or burbot.

Omanësis Portage

Cree for calf moose, this portage is situated on the Saskatchewan River.

Oseemakotapeewin Portage

Connecting Island Lake, this Cree name means dragging the canoe over.

Painted Stone Portage

A historic portage at the height of land between the Hayes River and the Echimamish River. At one time a stone near the centre of the portage was used as a place to leave offerings when crossing over.

Portage Bay

A portage over a peninsula that links Fairford with the northwest end of Lake Manitoba.

Portage-la-Prairie

French for prairie portage, this portage connected the Assiniboine River to Lake Manitoba.

Rocky Launcher Portage

Along the Hayes River is this portage, explicitly hinting at what is waiting at the other end.



Portage Chute

On the Churchill River, a very steep falls requires canoeists to portage around.

Reef Lake

Locally this lake is known as Eaten Lake. Its name comes from the story of an early white trapper on the lake who turned into a *wetigo* (cannibalistic evil spirits or supernatural creature with cannibalistic qualities) and ate his partner. A search party looking for the two of them met with the cannibal on the portage. He was carrying his partner's two feet.

...

Thicket Portage

A community near Thompson today, this portage links Landing Lake and Wintering Lake. It is a translation of the Cree name *sagaskwaskow uniga*.

...

While portages themselves have names, and stories to go with them, portages are also part of the story of many other place names in Manitoba.

Giant Lake

In 1984, a very large summer student carried almost all of the crew's equipment across the difficult portage from Eaglenest Lake to the then unnamed lake.

Kakakechaya Rapids

The Black River is home to this set of rapids with an Ojibway name meaning portage.

Kasapotawistaki Lakes

Near Playgreen Lake, this name is Cree for short portage between the lakes.

Kawinnipasitamuk Rapids

Located on the McPhail River, the Ojibway name means he broke his foot on a portage which left it crooked.

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Member Photos

Milo's First Paddle

Paddle Manitoba Members met Milo Molinsky in the Summer 2011 edition of *The Ripple*. His Dad Dusty, a regular contributor to the *Ripple* with his "It's All in The Name" column, took Milo out for his first paddle early in the spring.



(A Not Very Impartial) Gear Review

Minibull Designs M4 Alcohol Stove

by Chris Randall

I think I would be fairly safe to say that most of the stoves used by canoe trippers still run on white gas. Though canister stoves are starting to find favour amongst those who prefer the 'point and shoot' convenience of these new fangled devices, stoves by Coleman, MSR and a few others are still in the majority. Unfortunately the very power which makes white gas stoves so useful for boiling water or melting snow also makes them less useful for more subtle styles of cookery and the noise that accompanies some of the hottest models makes normal conversation impossible.

In northern Europe, stoves fuelled by alcohol are more common. For many years the integrated stove and pan set made by Trangia was the weapon of choice for the Scouts. Though relatively slow to boil, with no moving parts the Trangia stove was famous for surviving abuse that would have spelled the end of more complex stoves. No repair kit was ever sold, as there was nothing to ever go wrong!

In Canada and the rest of North America, alcohol stoves have grown in popularity due to the new interest in ultra-light backpacking and a new generation of amateur stove builders. There are numerous designs on the internet for home made stoves, and I have made and used quite a few of these over the years. The simplicity and relative safety of designs running on gas line anti-freeze has led to a

wave of innovation, enabled by social media, that has allowed micro-commerce to flourish in basements across the continent. Among the front-runners in ultra light, super efficient stoves is Minibull Designs, a family operation out of rural Maine that makes some of the most innovative designs available.

Besides the radically updated Trangia style designs, made from exquisitely modified soda cans, Minibull also make a range of remote fuelled stoves. These latter overcome the major limitations of can stoves: they only hold a limited volume of fuel and they must be extinguished before they can safely be refuelled.

The M4 is the largest of the range. 'Large', however, is relative. The stove base and burner will comfortably sit in an egg cup, This tiny size does not include a pot stand which must be purchased separately, although it only took a few minutes to make a simple hoop out of hardware cloth. As with most other stoves, a windshield is also required. This can easily be cut from a foil oven sheet or you will probably find that you have one from another stove that fits the Minibull.

The body of the M4 is machined from aluminium while the burner is cut from two pieces of carbon fibre felt, a material used as heat shields in glass blowing. The alcohol fuel is fed from a small plastic bottle, through a thin silicone hose at the base of the



From left to right: Trangia burner, homebuilt soda can stove, and Minibull M4

stove, and is drawn up the wick to the top of the burner. To light the stove, the plastic bottle is held aloft, top down and gently squeezed until the middle of the burner becomes damp with fuel. Provided the burner is wet with fuel, the stove lights straight away. I have found this simple to do even with the spark from a fire steel. Once lit, the power of the stove can be adjusted by squeezing the fuel bottle. Full power spreads the flame across the burner, enveloping the carbon doughnut in a glowing blue flame. If left for a few minutes the flame begins to shrink back toward the centre. This can either be used as a simmer setting or another squeeze will restore full power.

Although alcohol stoves will never compete with white gas or propane stove for heat output, alcohol simply has less energy per unit than gas, I've found the time to boil a couple of cups of water to be entirely reasonable. Anyway, what's the rush? You're out in the wilderness. Relax. Enjoy your time! On a recent winter trip I found I was quite happy watching the chickadees in the aspen trees while waiting for the M4 to melt snow and bring water to a boil. In the evening, after a curry entrée, I used the simmer capability to cook a steamed pudding to finish off my day.

On the down side I did find it difficult to see the flame in bright sunlight. This has caused me to over-fuel the stove a couple of times, continuing to squeeze the bottle and spilling alcohol on the ground around the stove. I expect that with more practice this will be less of a problem, but to make things

easier I also bought the Minibull SS1, an attachment for the fuel bottle that provides a constant rate of fuel to the stove. This has the added bonus of allowing me to get on with other tasks rather than having to check the stove every 3-4 minutes.

The M4 has worked well for me as a solo traveller and would be fine for a couple of paddlers. It would also serve well as a companion stove when cooking mostly with open fires. For a larger group wanting to boil a litre of water at a time you may want to choose a more powerful stove.

The Minibull range of stoves is available at www.minibulldesign.com. I found it quite difficult to navigate my way through the range of stoves and accessories but it was worthwhile searching through their YouTube channel for information on the evolution of the Minibull line. At \$60 the M4 is not a cheap option, though the company also has a number of simpler, less expensive options for anyone wanting to try one of these high-quality stoves.



Using the Minibull M4 to make tea while snowshoeing

Trip Report

Berglund to Sioux Narrows by Kayak

by Warren Paulson

From October 30th to November 2nd 2007, I paddled solo across Lake of the Woods from Berglund Ontario to Sioux Narrows. The total distance was 121 kilometres, and I encountered glorious sun, biting cold, and the biggest waves I've ever travelled through in any craft. The trip was the focal point of a two-month sabbatical from work, the end result of which was that I quit my job, changed careers, and re-discovered some work-life balance.

My touring kayak is a plastic Perception Eclipse. At 17 feet, it will, with careful packing, hold a week's worth of gear. I started out on the Little Grassy River, a few kilometres from where it flows into Big Traverse Bay on Lake of the Woods. The river is very pastoral. Shorelines are, well, grassy, as it meanders through the farmland of the Rainy River District. Small, clean homes dot the shoreline. Sadly, many are for sale. Thankfully, the weather was sunny and gloriously warm the first day, with absolutely no wind. Had it be otherwise, I may not have had the nerve to do the trip.

At the mouth of Little Grassy River, where it enters Lake of the Woods, I had my doubts. It is nine kilometres to Bigsby Island. The only land in between is tiny Elm Island about a third of the way across. Off the port bow is a 63 kilometer stretch of

open water leading to the international boundary. I had visions of a strong north wind blowing me into the United States, leaving me to face a doubtful customs officer with my plight.

A nine kilometre crossing is a thing to behold, especially when you are more familiar with plying the smaller lakes of northern Ontario. It was made more daunting by the fact that the islands are all



very low, and the trees are short. Bigsby Island, nine kilometres away, could have been fifty.

The lake was dead-calm. Still, paddling nine kilometres would take me over an hour — a lot could

happen in that time. Resolute, I headed out. When I approached Elm Island, I decided to get out for a stretch. At first, I pulled up to the point and prepared to exit onto the rock. But when I imagined myself sliding down the slippery rock into the depths of the late-October water, I wisely paddled back to a small beach, and exited there. After a rest and some food, I tackled the six remaining kilometres to Bigsby Island. Now, the calmness of the lake felt eerie.

The last 500 metres or so seemed to take forever. Distances in this part of the lake are hard to judge. The more I paddled, the more the shoreline seemed to stay put. I made the island only to face another crossing across a large bay. By the time I reach the west shore of Bigsby Island, I was getting tired. I came across an old lighthouse on the south-west shore, pointing-out the channel to those daring enough to be cruising Big Traverse Bay. The lighthouse is a remnant from a time when the water was the only highway in these parts.

I was stiff and sore and stopped earlier than I had planned on a narrow rocky beach pointed directly



into Big Traverse Bay. At about dusk, after a great steak dinner, the wind started to increase. My weather radio predicted 80 km/h winds. It was right. By morning, the wind had raised the water several feet, the beach was gone, and my kayak (tied to the shore) was bobbing in a puddle of water. The waves hitting shore seemed about four feet. The wind was

fierce. I needed to paddle out from shore a bit, then double back with the wind and down the channel along the west side of the island. After some thought, I headed out.

I sat my kayak on the shore pointed out to sea, and strapped in. I then pushed myself out with my hands as each wave crashed in, until I was floating.

Ahead and to my left, I saw a vertical wall of water heading my way.

Once floating, I paddled hard into the waves. It was actually a lot easier than I'd expected.

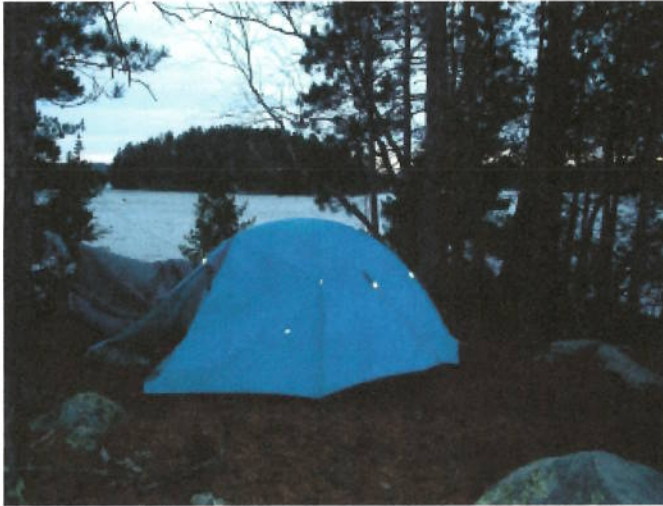
To round the point required some broadside paddling, something any paddler will tell you is unwise. However, the kayak was remarkably stable and seemed to want to flip even less than I did. I was dressed in a wetsuit, and prepared for the swim to shore if necessary. The waves were big, but once out from shore, were not breaking. It took all my concentration, but I was moving along nicely.

It was at about the point that I thought this would be pretty easy that I saw 'the wave'. Keep in mind the vantage point of the kayaker. Sitting even lower than a canoeist, my hips were likely below the water line. Ahead and to my left, I saw a vertical wall of water heading my way. It completely dwarfed the four- and five-foot waves I was sitting amongst, and hid the two identical waves that were travelling just behind it. I pointed my kayak into the wave, and rode it out. It was amazing. Riding up the wave, it was as long as my kayak. Sitting momentarily atop it, the ends of my boat were out of the water. The distance between the three giants was greater than my kayak is long. This was the strongest combination of joy and terror I had felt in my life.

I would ride four or five sets of giants like this before I made it to the relatively calm waters in the channel. I stupidly hit one wave broadside, somewhat complacent due to the demonstrated stability of my boat. The wave reminded me of my carelessness by breaking as I perched atop it. I leaned into the spray that covered my boat and splashed

over my head, to keep from rolling.

The channel proved to be worse than the open water. The wind was truly fierce. Though the waves were smaller, they were far less predictable. Paddling with the wind meant not seeing what was coming at



me. Every island or bay brought with it fierce cross-wind waves that would wreak havoc with the prevailing wind.

I set up camp early, not having made much distance. It was near or slightly below zero by this point. My camp was cold, and my actions mechanical. It took a good deal of determination to not simply curl into a ball and wait for it all to end. I did manage to destroy a good pair of socks trying to dry them by the fire.

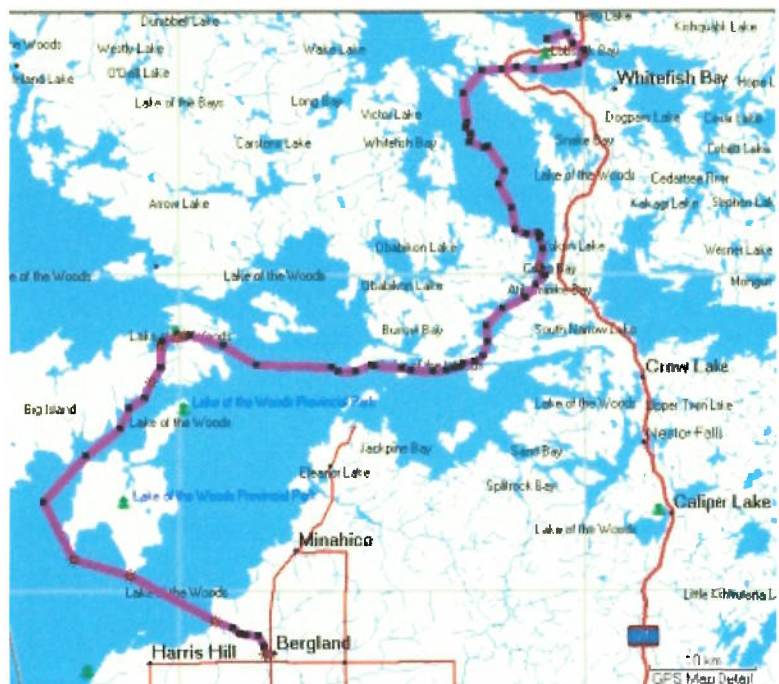
The next two days proved better. The morning of day three, it was cold enough that my paddle drippings froze to the deck of my kayak. But it was sunny, and soon warmed up. The wind was mild. Over the next two days, I paddled to, then through Whitefish Bay. On the third day, I covered nearly 50 kilometres in seven hours. Save for the odd hunter, the lake was void of people.

Travelling solo, especially in the late Fall, is an experience. Some of the views are fantastic. The cold is often bitter, and the risks high. To spend a day thinking only

of the next paddle stroke is freeing. Though the purpose of my trip was to reconsider my worklife, I never gave it a thought. I didn't need to. To simplify my existence for a few days, to think only of the next paddle stroke, was enough to teach me what I needed to know.

Epilogue

In hindsight, a solo trip across a big lake in November may seem a little risky, or in the words of my father, "a damn stupid thing to do." What may not be evident in the story is that safety was foremost in my mind. I lived in my wetsuit. I had done many solo trips, and so knew what to expect physically and psychologically. I was experienced in self-rescue. I had constant communication with my home base via amateur and marine radio. Using amateur radio, I was able to beacon my position at all times. Risky undertakings were always preceded with the question: "what's the worst that could happen?" and a preparation for same. Solo trips and off-season trips should only be undertaken with the greatest of care, but they should not be avoided altogether. The benefits are too great.



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 of the 2012 Victoria Jason Volunteer of the year is Janice Pennington.

Janice first made her presence known to Paddle Manitoba nearly two years ago when she volunteered to help at Paddlefest 2010, organizing the silent auction. In 2011, she took on the task of leading the organization of the event. Her energy and determination brought new ideas for 2011 and beyond.

Janice recently stepped up to become Manitoba's representative on the Paddle Canada board, bringing her considerable skills to Paddle Canada's mission pillars of paddling safety, educational programs, environmental awareness, and heritage.

Paddle Manitoba is blessed to have someone as dedicated, experienced, and willing as Janice working with and alongside of us. We are most appreciative indeed!

Previous Recipients

2002	Charles Burchill
2003	Jim Mackay
2004	Don Kurt
2005	Charles Burchill
2008	Dusty Molinsky
2009	Eric Gyselman
2010	Cam White
2011	Crystal Hurd



What Knot?

Water Knot

by Eric Gyselman

It is spring and time to think about getting gear ready for the upcoming paddling season. In this article, I will introduce you to a specialty knot that you may not use often but is very useful for specific applications like rigging out your canoe.

Have you ever wondered how to tie flat nylon webbing or bungee cord into a loop? I use short pieces of webbing tied around the thwarts or seat frames as 'hard' points for attaching gear I use frequently during the day that I don't want disappearing. A cheap carabiner through the loop makes a great way to keep track of water bottles or day bags. But how to tie the webbing ends together so they don't slip and can still be undone if necessary? Enter the Water Knot.

Type

The Water knot is actually a bend. Remember, a bend is a knot used to tie two ropes together. In the paddle sports, a Water Knot is usually used to tie both ends of the same piece of webbing or bungee cord together to form a loop. However it is also useful for tying two separate lengths of webbing or bungee together. It could be used to tie two lengths of equal diameter rope together, although other bends would be a better choice.

History

The history of the Water Knot seems a little vague although like so many other knots, it certainly comes from the climbing community where it has been used for a long time.

Strength

I have not been able to find any information on the effect of the Water Knot on the strength of the webbing. However, because it is often used in climbing, it is probably reasonable to assume that it is at least as effective as many other knots which typically have a load reduction of 50% or greater. Also since webbing itself is so strong, this reduction likely makes it safe to use for all but the most extreme uses in the paddle sports.

Advantages

The Water knot is easy to tie and makes a nice neat circular loop. Compared to other knots used to tie the ends of webbing together, it is relatively easy to undo.

Disadvantages

While the Water Knot is 'relatively' easy to undo, it can still be challenging to get loose once it has been heavily strained particularly if it is wet. Also, some sources suggest it can work loose if constantly loaded and relaxed. Therefore, at least 3" of webbing should be left after the knot is tied to allow for a little safety. If the knot is to be left for a long period of time, it may be wise to tape the ends to the loop of webbing with some electrical tape, just to make sure.

Uses

The Water Knot is particularly useful whenever two lengths of webbing need to be tied together. It also works quite well with bungee cord and can be used with rope although, because the Water Knot can be relatively difficult to untie, there are better options for use with rope.

Tying

The Water Knot is particularly easy to tie. Like the Figure-of-Eight, a simple knot is tied in one end of the webbing and the second end simply follows the path of the first knot in the reverse direction. Start by tying a simple overhand knot in one of the webbing ends (figure 1). With the other end, follow the path of the first knot backwards, retracing the same path (figures 2 to 4). Finally, pull the knot tight making sure there is at least 3" at the working end of each piece of webbing (figure 5). That is it: simple, but very effective.

Variants

The Water Knot is also called 'Tape Knot', 'Ring Bend', 'Grass Knot', or 'Overhand Follow-through'. There is another form of the Water Knot used in fishing. It is very different so do not get the two mixed up.



Figure 1

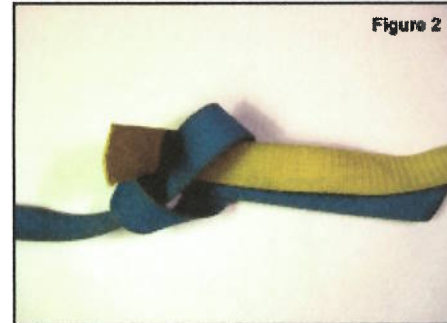


Figure 2



Figure 3



Figure 4

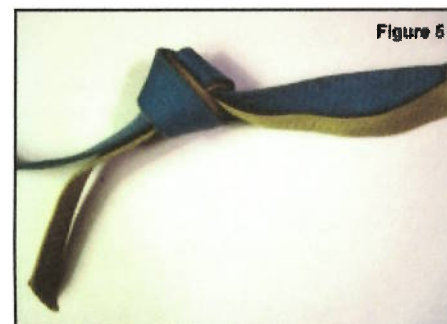


Figure 5

It's so Much More than Just a Boat!

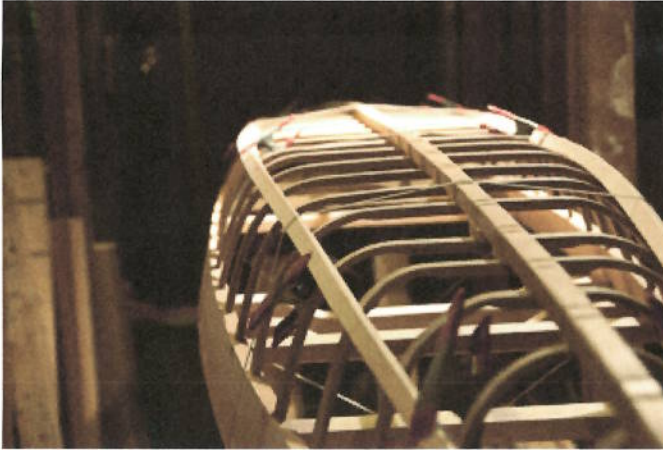
by Nicholas Feser

As I struggled to get by in my 20's, I always wanted to kayak. It always seemed a more enjoyable way to travel; sitting in your boat as opposed to carrying everything on your back. I had always fancied a wood strip kayak, or even a production made kayak, but found them very expensive. While I struggled to save up, I discovered a video on the internet extolling the benefits of skin on frame technology. The video demonstrated dropping the kayak off of the roof of a truck, dragging it along the parking lot and down the beach where it was kicked, punched, and then punctured with a knife. The burly guy in the video tried to tear the hole made by the knife to make it larger, and when that didn't work he spread the boat across two saw horses and sat in it. The boat made a wicked bend under his weight, but it didn't break. This was inspiration.

Although this sounds vaguely futuristic, it is some of the oldest kayak building technology known. A ridged skeletal frame is made by tying and pegging wood together. Stretching fabric tight over the frame and waterproofing it makes it a boat. This construction method is very inexpensive, because many of the pieces can be scavenged or cut from scrap, and many boats are laid up with canvas and something similar to aircraft dope.

Being very inspired by the durability found in the





online video, I researched all of the readily available materials, the most durable being nylon with an acrylic epoxy coating. Not just any nylon mind you, but ballistic nylon. While my boat won't stop a bullet, the fabric is named for the way it is woven; a puncture will not start a run in any direction. When building anything I am always interested in using modern materials, but still feel a great connection to the human history of tools and technology. I think some of the most beautiful and interesting results come from blending modern materials with traditional techniques. While my kayak is coated with space age materials (the acrylic epoxy is odourless and can be applied in a small non-vented space) the skeleton is true to the oldest methods. There is no glue and no screws or nails anywhere in the whole kayak. All of the pieces are wooden pegged or tied together with artificial sinew.

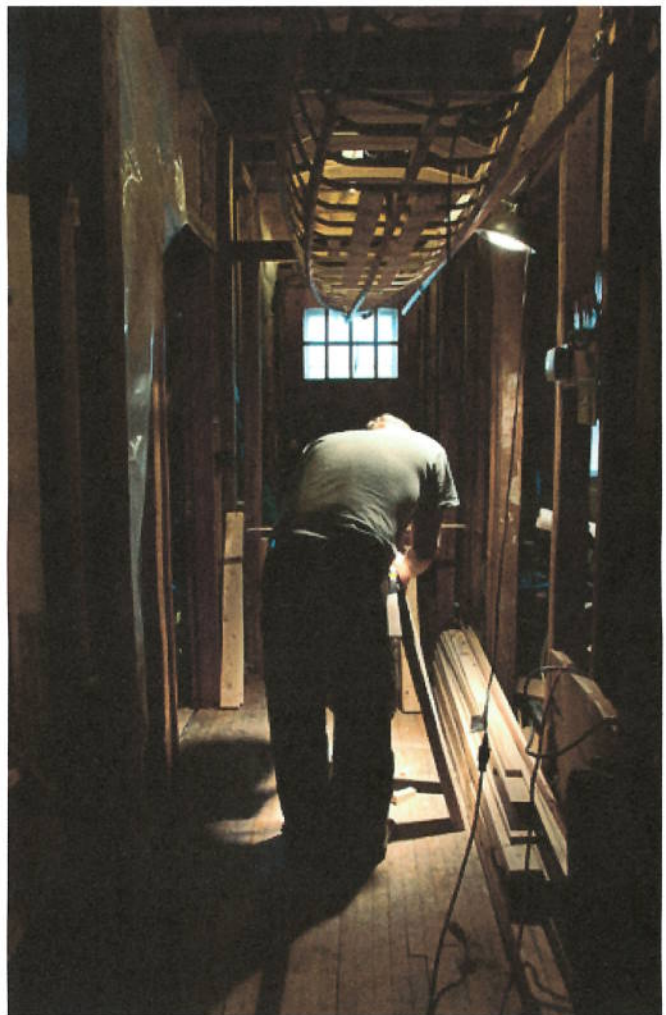
The overall method is really interesting because the directions are clearly easily transferred verbally,

Through this boat I have a connection to our ancestors.

as are the measurements. Every aspect of your boat can be measured with parts of your body. The overall length should be about 3 arm spans. The width should be hip width plus two fists, give or take, depending on what kind of craft you are designing. This not only makes each boat an extension of the person it is made for, but also lends a great

connection to that bundle of twigs and fabric you might find yourself in out in the middle of a great body of water.

Having made my own paddle and boat, I find the experience as I travel very different. It isn't just a sense of pride, but also a bit of wonder. My boat is lighter than the most expensive carbon fibre crafts, its very beautiful compound curves made with the humblest of carpentry skill. Through this boat I have a connection to our ancestors. Even though their blood might come from a different tribe than mine, their history is still my history because it is human history. I can't help but feel a greater connection to this place, this planet and our people when I paddle.



Summer Paddling Opportunities

It's time to go paddling!

Wednesday Night Paddles

May: 6:30-8:30 pm

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

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

Location

La Barriere Park: 5km south of the Perimeter highway on Waverley Avenue. Park near the 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 Burchill 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, and 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.



Tuesday/Thursday Open Paddles at 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.

Cost

\$6 per person or \$15.00 per family

Take a Course!

Paddle Manitoba will be offering Paddle Canada certified canoeing courses at La Barriere Park throughout the summer season. Two levels have been scheduled: Canoe Basic Skills and Lake Canoe Introduction Tandem.

These courses will offered in two formats. For those more comfortable with a relaxed pace, one version will be offered in four evening sessions, each two hours long.

A more conventional format for each course will be offered once per month on a Saturday. This will be a full eight hours over the single day and is suitable for those who like to 'get-it-done' or whose schedule has less flexibility.

Canoe Basic Skills

The Canoe Skills Basic course is designed for those with little or no canoeing experience. It teaches the fundamentals. Topics include basic gear selection, canoe safety, basic paddling strokes, entering and exiting the canoe, balance, and emergency procedures. At the end of the course, you will be comfortable getting into and out-of a canoe, have the knowledge to select the appropriate basic gear, paddle the canoe in roughly the direction you would like, and know what to do in an emergency. Paddle

Manitoba increased the length of this course from the four hours recommended by Paddle Canada to eight hours so that students have lots of time to practice and have more fun!

Course Dates:

May 10, 17, 24, 31 – Thursdays, 6:30 to 8:30

May 12– Saturday, 8:30 to 5:00

June 7, 14, 21, 28 – Thursdays, 6:30 to 8:30

June 9 – Saturday, 8:30 to 5:00

July 5, 12, 19, 26 – Thursdays, 6:30 to 8:30

July 14, – Saturday, 8:30 to 5:00

August 2, 9, 16, 23 – Thursdays, 6:30 to 8:30

August 11, – Saturday, 8:30 to 5:00

Lake Canoe Introduction Tandem

The Lake Canoe Introduction Tandem course is for those who have an understanding of the basic canoeing skills and want to advance to the level where they can comfortably paddle on longer outings. Improving and refining paddling strokes are emphasized as is learning rescue techniques and the fundamentals of navigations, knots, and environmental stewardship. At the end of the course, students will be able to comfortably paddle for extended periods on calm sheltered waters with confidence.

Course Dates:

May 8, 15, 22, 29 – Tuesdays, 6:30 to 8:30

May 26 – Saturday, 8:30 to 5:00

June 5, 12, 19, 26 – Tuesdays, 6:30 to 8:30

June 23 – Saturday, 8:30 to 5:00

July 3, 10, 17, 24 – Tuesdays, 6:30 to 8:30

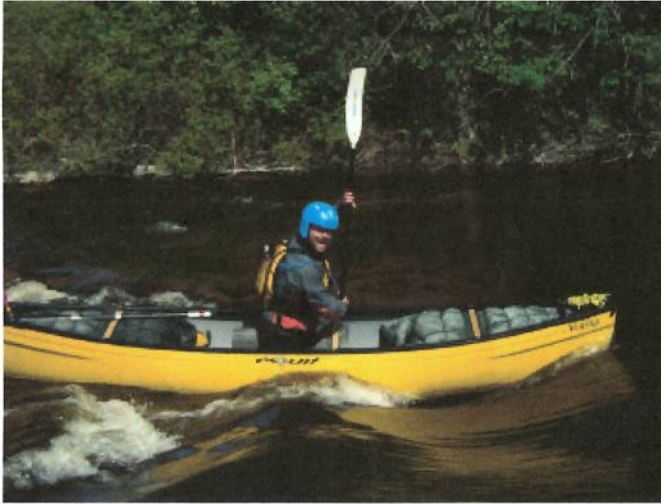
July 28 – Saturday, 8:30 to 5:00

August 7, 14, 21, 28 – Tuesdays, 6:30 to 8:30

August 25, – Saturday, 8:30 to 5:00

Cost

All courses cost \$85 for Paddle Manitoba Members and \$115 for non-members. Your instructor will have registration forms for Paddle Manitoba if you decide join on the day you start your class.



Registration

Please see the Paddle Manitoba website for more details about courses, including how to register:
www.paddle.mb.ca/learn-with-us/canoe-courses

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 Tandem and/or Solo

Class I current

Length: 2 days

Prerequisites: Flat Water certification or equivalent.

Dates: June 2/3 or June 9/10

Intermediate Moving Water Course Tandem and/or Solo

Class II whitewater

Length: 2 days

Prerequisites: Moving Water certification or equivalent.

Date: May 26/27

Moving Water Refresher Clinic

Get ready for your summer trip with a guided practice session

Length: 1 day

Date: June 23 or 24

Prerequisites: Any Moving Water certification or equivalent.

Moving Water Canoe Safety and Rescue Clinic

Length: 1 day

Date: June 23 or 24

Prerequisites: Any Moving Water certification or equivalent.

For information or to register, please contact:

Brian Johnston

1-204-754-2651 Res.

1-204-482-2121 Work

bjohnston@lssd.ca

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 (www.paddle.mb.ca). 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.

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 also offer the chance to do 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.

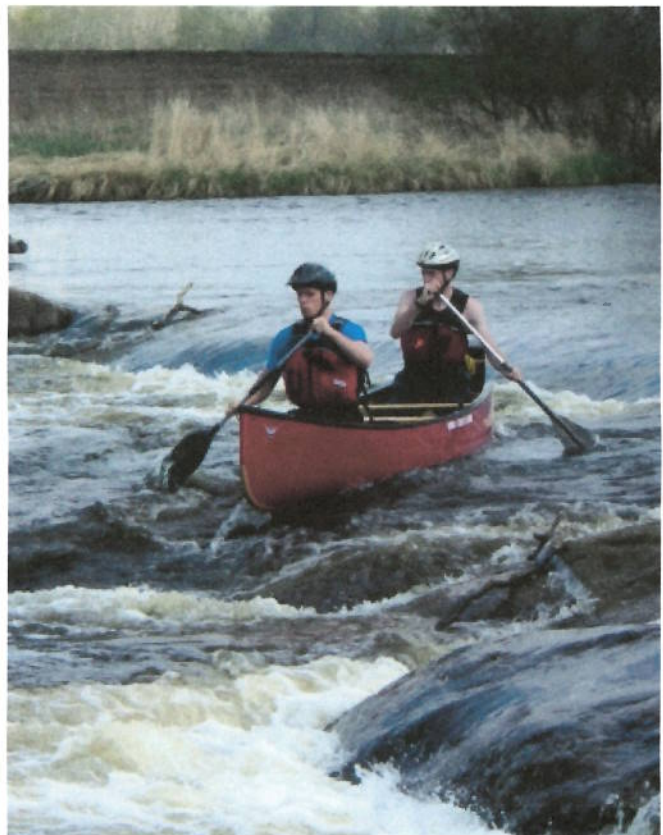
July 30-August 1: Paddle to the Rails
Ever wondered what it would be like to end a canoe trip on a train? This trip will attempt to paddle

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?



Whitemouth River Canoe Day

Celebrate National Canoe Day on the Whitemouth River!

by Jenny Dupas

Bring your canoe, yourself, and some friends to the Whitemouth River Canoe Day. The Rural Municipality of Whitemouth is celebrating National Canoe Day on Sunday, June 24. Whether you're a seasoned canoeist or a canewbie, all are welcome. This is the first year the Municipality will be celebrating this Canadian icon in an official capacity. So mark your calendars and let's get paddling.

The Whitemouth River is a paddler's destination and it has been used as a paddling route for decades.



The river has a character like no other river in Manitoba. One moment it is calm and silent, smooth and winding. The next it boils and bubbles as

rock outcrops create rapids and waterfalls. The Whitemouth River beckons not only avid canoeists but kayakers as well. Its rapids and hydraulic currents provide a prime spot for Manitoba paddlers wanting to play and learn. Nakka Falls, Oak Falls, and Cooks Falls are avidly used as white-water kayak and canoe training sites. Their Class 2 to 3 waters promise a solid stage for both novice and expert.

Whitemouth River Canoe Day festivities include

canoe races on the Whitemouth River for all ages and levels, demonstrations, lessons, water safety, crafts for the kids, local musicians, and a BBQ dinner at Whitemouth Falls Provincial Park. A Parks Canada interpreter will be on hand to share the history of the river and the stories of the voyageurs and others for whom it has been important.



Free registration for races. There will be prizes to be won, as well as bragging rights. The event runs from 12pm to 5pm on Sunday, June 24th.

Contact Jenny Dupas at 204-348-2473 for more details or to register.



From the Board Room

Our AGM has come and gone and we have a few new faces on the board along with some dedicated returning board members. Change is in the air at Paddle Manitoba!

Instruction

Fort Whyte Alive has changed how it delivers instruction programs this year, and Paddle Manitoba, instead of teaching the Fort Whyte courses, has set up our own canoe instruction program at La Barriere Park. We will be offering basic and introductory tandem and solo canoeing and a canoe style course. We will not be offering kayak instruction this year, but we do hope to have some courses for double-bladders next year as well as stand-up paddling courses.

Website

The long-anticipated new web-site is taking shape under the guidance of Steve McCullough, our new communications chair. Watch www.paddle.mb.ca for the unveiling of new features very soon. There will be many positive changes to the website that we think everyone will enjoy.

LaBarriere Boats

We are working on building a new storage facility at La Barriere Park for our canoe and future kayaks. The current compound is long overdue for an upgrade and we hope to have a new shed next summer

Paddle Manitoba 'Stuff'

We are working with a local print shop to come up with some cool Paddle Manitoba swag. This will include t-shirts and hoodies to start with and more goodies will follow in the coming months.

Indoor Program

We are working on our fall indoor program, which will include our annual Waterwater film festival, seminars and clinics - a little something for every paddler. Watch the website for details

Paddlefest

On June 24th, 2012, Fort Whyte is hosting "Gearing up for the Outdoors". This event will incorporate our annual Paddlefest activities and promises to be a fun-filled day. Paddle Manitoba will be conducting canoe workshops on and off the water. In addition to our paddling events, Fort Whyte will have many activities for the whole family to enjoy! Come on out to celebrate paddle sports and the other ways we all love to get outside and have some fun! Mark the date on your calendar. The board will be contacting you to help out with some of the day's events!

From the Paddle Manitoba president and board, we thank you for being a part of this organization, and we hope to see you out on the water this year. Happy Paddling!

Paddle Manitoba Internet News

Website Renovations

We have completed the first phase of some much-needed work on the Paddle Manitoba website. It features the same great content, but things should now be much easier to find and use. Check it out at www.paddle.mb.ca.

The new site design is much simpler and will work better on all screen sizes from desktop computers down to smart phones. We have clarified the menus to make things easier to find, and we've added an interactive map to present our member-contributed paddling route logs. This route information is a great resource for paddling in Manitoba, and can now be more easily used to research and plan trips.

Future plans include convenient online payment for memberships and online registration for courses and trips. Our goal is to use the Internet to get more people away from their computers and out there paddling.

The site is a work in progress, so let us know what features you'd like or about any problems you experience. Please send your error reports and suggestions to webmaster@paddle.mb.ca.

Social Networking

Paddle Manitoba has also started getting active in various social networks online. We now have a Facebook page that's already full of information, stories and paddling gear reviews. 'Like' our page and add your unique, wacky, and informative posts about

all forms of paddling. Anyone is welcome to add articles, pictures or videos to the site providing the content is related to paddling and is appropriate for all ages.

We have also started a Paddle Manitoba Flickr group that will allow our members to easily share their paddling photos with us and with the world. A random and constantly changing selection of these images are displayed on our site, showcasing your talents and our province. If you're a photographer, please contribute! If you aren't a Flickr member yet, you can easily sign up using your existing Google, Yahoo, or Facebook account. Add photos by joining our group and then using the "Actions" button above photos to contribute them.

We're also getting active on YouTube, twitter, and Google+, so members can stay connected with local, national, and international paddling news. If you are a social networker, come find us!



Annual General Meeting Minutes

January 20, 2012

Chair:
Yvonne Kyle, Communications Chair

Charles Burchill and Sharon Touchette for their inventory of equipment

Present:
20 Paddle Manitoba members were present including 2 board members.

Eric Gyselman for taking on the membership secretary role and for his ongoing support to Paddle Manitoba

Apologies:
Sharon Touchette

Selena Randall for organizing the indoor program

1. Minutes of last meeting

Stephen Challis for getting us a good deal on insurance

No outstanding actions to follow up.

Charles Burchill for running the Wednesday night paddles

2. Review of 2011

Sharon Touchette and Eric Gyselman for organizing regular trips throughout the summer

A report on the 2010 year had been circulated prior to the meeting, and Yvonne teased out key highlights for the benefit of those members present. Members who had made particular contributions were thanked for their efforts:

3. Finances

Janice Pennington for organizing Paddlefest

The accounts were circulated to members. They showed a slight over expenditure against income, but a number of credits are outstanding.

Charles Burchill for his work on the Canoe Style Course which is now running across Canada

Ken Schykulski moved the finance report be accepted, Colin Kyle seconded, all agreed.

4. Election of Board Members

A number of board members have stepped down either because they have reached the end of their term or are unable to continue in the role.

President: Catherine Holman has stepped down following her move to BC, but becomes Past President. Charles Burchill nominated Kim Palmquist, and in the absence of any other nominees, all agreed.

Vice- President: This post has been vacant over the past year. Following recommendation by the board, Tim Lutz nominated Chris Randall and all agreed.

Treasurer: Sharon Touchette has agreed to stay on the board. Donna Prowse proposed her re-election and all agreed.

Secretary: This post has been vacant over the past year. Chris Randall nominated Selena Randall, and all agreed.

Communications Officer: Yvonne Kyle has stepped down, but has offered to continue delivering Ripple for now. There were no nominations, and the post remains vacant.

Community Collaboration: Tim Lutz has agreed to remain on the board. Eric Gyselman proposed his re-election, all agreed.

Indoor Program: Selena Randall provided this role as a non-board member last year. There were no nominations, and the post remains vacant.

Paddle Canada representative: Janice Pennington

Instruction Chair: There were no nominations for this role, and the post remains vacant.

5. Victoria Jason Award

This award is given to a volunteer who has provided great service to Paddle Manitoba over the year. It was awarded to Janice Pennington who arranged Paddlefest almost single-handed and made it such a terrific event.

6. Any Other Business

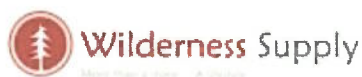
The National Canoe Museum is organizing 'Paddle Canada Day' and National Paddling Week in 2013. Stephen Challis and Tim Lutz have been contributing to this development on behalf of Paddle Manitoba.

Selena Randall
January 31, 2012

Paddle Manitoba 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. Paddle Manitoba 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.)



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.

623 Ferry Road, Winnipeg, MB R3H 0T4
(204) 783-9555
info@wildernesssupply.ca
www.wildernesssupply.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.

Box 78, Grp 4, RR2 Lorette, MB R0A 0Y0
(204) 878-2524
rrcp@mts.net
www.redrivercanoe.ca



WILDS of Manitoba

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.

30 Riverstone Rd, Winnipeg, MB R2V 4B1
(204) 334-3111
courses@wids.mb.ca
www.wids.mb.ca



MEC has 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 Pyanaha white-water boats.

303 Portage Ave., Winnipeg
(204) 943-4202
www.mec.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.

74 Gleneagles Rd, Winnipeg, MB R2J 2Y2
(204) 284-4072
adventure@northernsoul.ca
www.northernsoul.ca



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.

(807) 467-8535
scottgreen1980@msn.com
www.greenadventures.ca



In addition to a wide range of canoe and kayak programs,

University of Manitoba 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.

Recreational Services, University of Manitoba, Winnipeg R3T 2N2
(204) 474-6100
rec_services@umanitoba.ca
bisonactiveliving.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.

696 McMillan Avenue, Winnipeg MB R3M 0V1
(204) 452-7049
info@wildernessspirit.com
wildernessspirit.com



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.

Winter Camps Office, 3550 Portage Ave.
Winnipeg, MB R3K 0Z8
(204) 889-8642 ext. 230
campstephens@ymcaywca.mb.ca



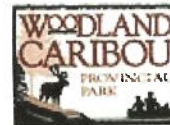
Manitoba Pioneer Camp offers a variety of exciting programs that specialize in wilderness canoeing and adventure programs both in our children's camps and through Wildwise, our out-tripping program. Located in pristine wilderness on two Shoal Lake Islands, we have been providing traditional wilderness camping experiences for children, youth and adults since 1942.

4-1115 Henderson Highway, Winnipeg MB, R2G 1L4
(204) 788-1070
pioneer camp@mts.net
www.manitobapioneer camp.ca



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!

135 17th St. North, Brandon MB
(204) 727-2767
info@streamnwood.com
www.streamnwood.com



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.

Box 5003, Red Lake, ON P0V 2M0
(807) 727-1329
woodland.caribou@mnr@ontario.ca
www.ontarioparks.com