



Paddle Manitoba

FALL 2014 EDITION

SHINDIG 2014

SPRING ON THE WILSON RIVER

CANOE ZUGUNRUHE

GEAR REVIEW

BIRCH RIVER ROUTE

Contents

Shindig 2014 Brian Johnston	5
Advocacy Articles Dusty Molinski	6
Hidden Treasures	9
2014 AGM	15
Meet the Board	16
Spring on the Wilson River Newell Johnston	18
Canoe Zugunruhe Dusty Molinski	21
On Top of A Boulder	22
Gear Review Chris Randall	23
Birch River Route Dusty Molinski	25
Standing Tall with Big Stick! Charles Burchill	26
Corporate Members	30

Involvement

If you are interested in being part of Paddle Manitoba activities both on and off the water, sign up as a member to get started! Check our website for details on membership.

Paddle News

Want to know more about what is happening in the paddle community? Look for info at www.paddle.mb.ca or email us at info@paddle.mb.ca.

Paddling Connections

PADDLE CANADA
1-888-252-6292
www.paddlingcanada.com

MANITOBA WHITEWATER CLUB
www.manitobawhitewaterclub.ca

Social Media

Stay up on the latest paddle news:

FACEBOOK
Search for "Paddle Manitoba"

TWITTER
[@PaddleManitoba](https://twitter.com/PaddleManitoba)

Wanted.....Submissions for The Ripple!

Been on any interesting trips you'd like to write about? How about something on a paddling topic you are interested in? We are always looking for stories or articles from our members. We'd love to publish your experiences, ideas, and paddling related news. Contact us at info@paddle.mb.ca for more details.

Contact US

By Email

General inquiries: info@paddle.mb.ca

Website stuff:

webmaster@paddle.mb.ca

By Mail

Paddle Manitoba
P.O. Box 2663
Winnipeg, MB
R3C 4B3

President's Message

The View Forward

After a slightly hesitant start, it has been a busy year for Paddle Manitoba and the new board. In June we held another Waterwalker Film Festival and were part of MEC Paddlefest. A big thanks to Jeff & Leanne for helping things run (relatively) smoothly, Charles, Eric, Jeremiah, and Sharon for running paddling workshops, and Clarke for bringing his Pakboat along to demo to curious passers-by. Despite the temporary loss of canoe storage, Wednesday evening open paddles continued at La Barrière Park. And we have responded to many enquiries from paddlers across Manitoba and the rest of North America looking for information about routes, paddling gear, and instruction.

New members on the board have helped address many of the challenges we faced last year but the loss of some old hands has also been felt. Anyone who has recently visited www.paddle.mb.ca, for instance, will see that with the loss of Steve McCullough as our web guru, things are not as polished as they once were.

More importantly, a number of folks who previously were able to be trip leaders are no longer available to take on that role. We have always been careful to ensure our trips are run by experienced paddlers and that each trip also has a person with appropriate first aid certification. Away from

“civilization” this means wilderness advanced first aid or higher, for which the cost of maintaining certification is quite high. The already small pool of qualified trip leaders willing to donate their weekends has, perhaps not surprisingly, dwindled over the past couple of years as other commitments have to take precedence.

The lack of trip leaders was the main reason behind our decision to step back from offering trips in 2014. We are prepared to review at this decision and, if we can find a way to match trip leaders with committed participants, will hopefully run a series of trips again next year. Of course, if you think you would have time to lead a trip for Paddle Manitoba or have other suggestions on how we can provide opportunities for trips, we would like to hear from you.

We are always open to ideas for activities to keep members busy and connected to each other over the winter. Perhaps you have taken the trip of a lifetime this past summer or would like to share some local canoeing experiences with members? Maybe you have the skills to run an indoor workshop on something paddle related. Possibly you can volunteer to help at an event. And of course if you would like to sit on the board there will be the opportunity to stand at the AGM in early 2015.

By Chris Randall



Editor's Note

Hidden Treasures

People who paddle, especially those who venture off the beaten path and into the back country, are privileged to experience parts of the world often not seen by the average citizen. Indeed, it is often a quest for hidden treasures that makes us pick up our paddle. Sometimes the treasures we find are the ones we were looking for - a back country waterfall, the remnants of an old mining camp that the map says is over there somewhere. Sometimes the treasures are accidental - the wolf that swims across the river, a rainbow reflected in a glassy calm lake at dusk. And sometimes the treasures are moments - the buoyant chatter in the raft-up after a hard crossing, a jubilant high five at the bottom of a tricky rapid, laughter around a campfire. The treasures we uncover are gifts to us from the waterways. It behooves us as paddlers to cherish the gift and to do the best we can to protect the giver.

There are lots of hidden treasures that come to the surface in this issue of the *Ripple*. Dusty Molinski tells us about the Birch River, a little known Manitoba River. Charles Burchill shares the experience of learning to pole his canoe, a method of propelling a boat that is new to most of us. And Newell Johnson tells us about that first trip down a sporty river in the spring time, in his case, the Wilson River in western Manitoba.

As the days get shorter and the nights cooler, it will soon be time to hang up our paddles, clean the PFD's and start dreaming about the treasures we might uncover next summer.

By Yvonne Kyle

Shindig 2014

Proud Open Canoeists Take Their Traditional Bright Red and Green Canoes Into a Flurry of Decked Butt Boaters (i.e. Kayakers)

By Brian Johnston, volunteer instructor

Every spring, pool-trained newbie kayakers flock to the Whitemouth River as part of the annual Manitoba Whitewater Club Festival, aka "Shindig,"



a day filled with Saturday morning clinics followed by an afternoon river run on the Whitemouth River.

Hot paddlers dressed for cold water

Amongst this strong gathering of kayakers there is a handful of canoeists who steadfastly return each year. We may not be great in numbers but our boats are supersized compared to the ones powered by the double bladed paddlers. And from the shuttle to the parking area and all the way down the river, the classic red and green colours of the canoes carry a proud tradition. Moreover, while it is true that the prairie roadside fields and farms show little sign of the vast and vital

little sign of the vast and vital connection that this transportation route once provided, the canoes bring to life the ghosts of the long ago travelers on the river.

Nestled between fields and a narrow shoreline forest, the Whitemouth River offers a surprisingly good whitewater river run and teaching rapids for both kayakers and canoeists. This year's Shindig boasted higher than usual water levels, warm temperatures, blue skies, bouncing wave trains, and strong current differentials with only a few mosquitoes and black flies. Who could ask for anything more?



Cars with Canoes, an unlikely agricultural put-in that yields whitewater

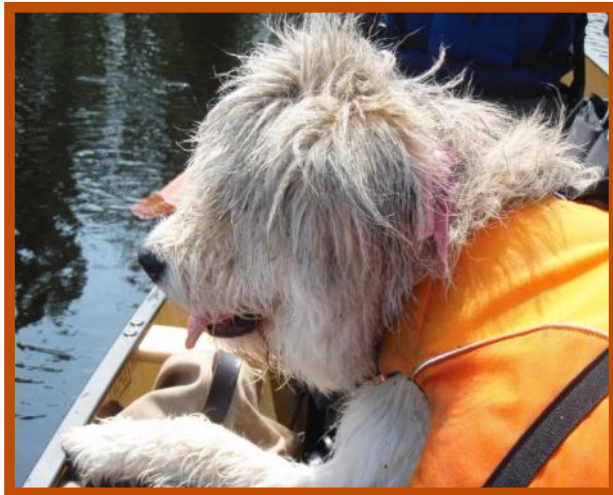
If you missed this paddler-friendly event why not plan to join in next year to take advantage of the camaraderie, meet new paddlers, and participate in instructor led clinics and a guided river run?

Advocacy Articles

-By Dusty Molinski

Here are a few plans and proposals that may be of interest to Manitoba paddlers.

Editor's note. Keep in mind while reading about these issues that it cannot always be 'someone' who speaks out about matters. Sometimes, it must be us. If these items spark a reaction from you - anger, concern, frustration, hope, etc - it's up to you to take the time to make your voice heard.



***Holly the canoeing Collie says.....
Don't be the silent majority! Protect
our rights to paddle! Speak up!***

New Management Plans Need Input!

Here is a chance to have a say in the future of our parks!

Currently, the province is in the process of developing a management plan for two provincial parks, Nopiming and Manigotagan River. They have also recently released draft plans for Caribou River, Colvin Lake, Nuelin Lake, Numaykoos and Sand River parks. Long-term management direction for the future of the parks is the ultimate goal of these plans. In the creation of these documents, they are seeking the public's input.

Now is the chance for all Paddle Manitoba members to share their thoughts on a future management plan for Nopiming and Manigotagan River and draft plans in place for the others. Take this opportunity to share your comments from a paddler's perspective!

For more information, check out:

<http://www.gov.mb.ca/conservation/parks/consult>

Once at this site, there are links to background information, draft plans, display panels and feedback sheets.

To be notified of planning events and to give your feedback, contact:

Manitoba Conservation and Water Stewardship

Attn: Morgan Hallett, Regional Parks Specialist

Box 4000, Lac Du Bonnet, Manitoba R0E 1A0

Phone: 204-345-1455

Email: morgan.hallett@gov.mb.ca

Portage Ban Provokes a Very Canadian Fight

Do we have the right to portage our canoes over ancient paths, or can the government stop us in the name of modernity?

A July 11, 2014, article on The Globe and Mail website, the *main* article, began with the headline and question above. The ban and subsequent fight is in regards to a well-used portage in Muskoka on the Moon River. The portage in dispute takes paddlers across Bala Falls. The Province of Ontario has made it illegal to use the portage since May of 2013, citing safety concerns. Those opposed say the ban is to help in the process of creating a hydro dam on the site, something many of them are against. Here is an excerpt from the original article:

“...Four red signs warn the public that use of the property is prohibited under section 28 of the Public Lands Act. Even standing and looking at the falls from this patch is not allowed. (Several people have been warned, but no one has been fined.)

The Ministry of Natural Resources says the ban was issued because the province has safety concerns about people boating, portaging and swimming around the north dam. Two men drowned in 2009 when they dove in to save a child. The province also says there are other portage options in the area – though they are longer. The township maintains the prohibition wasn’t necessary and other measures have been identified to improve safety. The Divisional Court, however, did not find the province’s portage ban unreasonable. In a ruling last year, it concluded there was insufficient evidence to show the ban was a guise to advance the power project.

The Ontario government won’t discuss the township’s appeal because the case is before the court. In court documents, the township argues the historic use of the portage is well documented in written and oral histories of Bala, in journals of early explorers such as Thompson, and in postcards and photographs. The township is pointing to the past because the Public Lands Act states that people have the right to portage if a route existed before the Crown sold or disposed of its land. The government counters that aspect of the legislation doesn’t apply here. The public, the province also says, has no legal right to use Ontario’s public lands. It only has a privilege...”

The Ontario court heard the case on July 14, 2014. A ruling in the case is still pending.

Check out the full original article at:
<http://www.theglobeandmail.com/news/national/portage-ban-provokes-a-very-canadian-fight/article19570688/>

Precinct K

What will we see when we paddle: new homes or a forested corridor?

Precinct K is a swath of city land bordered by the Seine River on the west, the Perimeter Highway on the south, the neighbourhoods of Island Lakes and Royalwood to the north and Lagimodiere Boulevard to the east. It covers 221 hectares (547 acres). It is set to be developed into housing, with construction slated to begin in 2015.

For paddlers (and many others) the concern in the planning of this new neighbourhood is the forested areas along the Seine River. The best case scenario would be that the forested areas along the river in Precinct K would be preserved and act as a continuation of the *Bois-des-esprits* to the north. This would continue the forest habitat, offer an opportunity for trails, offer a buffer between the river and activity further east and maintain a natural corridor along the river. The worst case scenario would be small “window” parks with the forest bulldozed for homes that would eliminate the possibilities mentioned above.

There has been little in the way of public consultation and planning, with all processes being rushed. *Save our Seine* and *Outdoor Urban Recreational Spaces* – Winnipeg hosted a public forum in May and a public hearing was held in June that ultimately led to development being approved. Part of this includes a “Secondary Plan” of special interest. This may lead to the area along the Seine River being set aside, but at this point, time will tell what Winnipeg Planning, Property and Development will do.

Precinct K map courtesy of OURS-Winnipeg.

For more information, check out:

Precinct K: What's the rush?

Winnipeg Free Press

March 32, 2014

<http://www.winnipegfreepress.com/local/precinct-k-whats-the-rush-251749871.html>

Precinct K development plans raise concerns

The Lance

June 6, 2014

<http://www.winnipegfreepress.com/our-communities/lance/correspondent/Precinct-K-development-plans-raise-concerns-262624221.html>

Save Our Seine (SOS)

www.saveourseine.com

Swan Song

Riel Parks and Rivers Commons

<https://rparc.wordpress.com/2014/06/>

The Photo Gallery - Hidden Treasures and Fun Moments

HIDDEN TREASURES PHOTO GALLERY



‘Black Lake is an awesome lake never any waves very quiet, saw the rare woodland caribou’
-from Jim with the picture taken on Shirley’s iphone

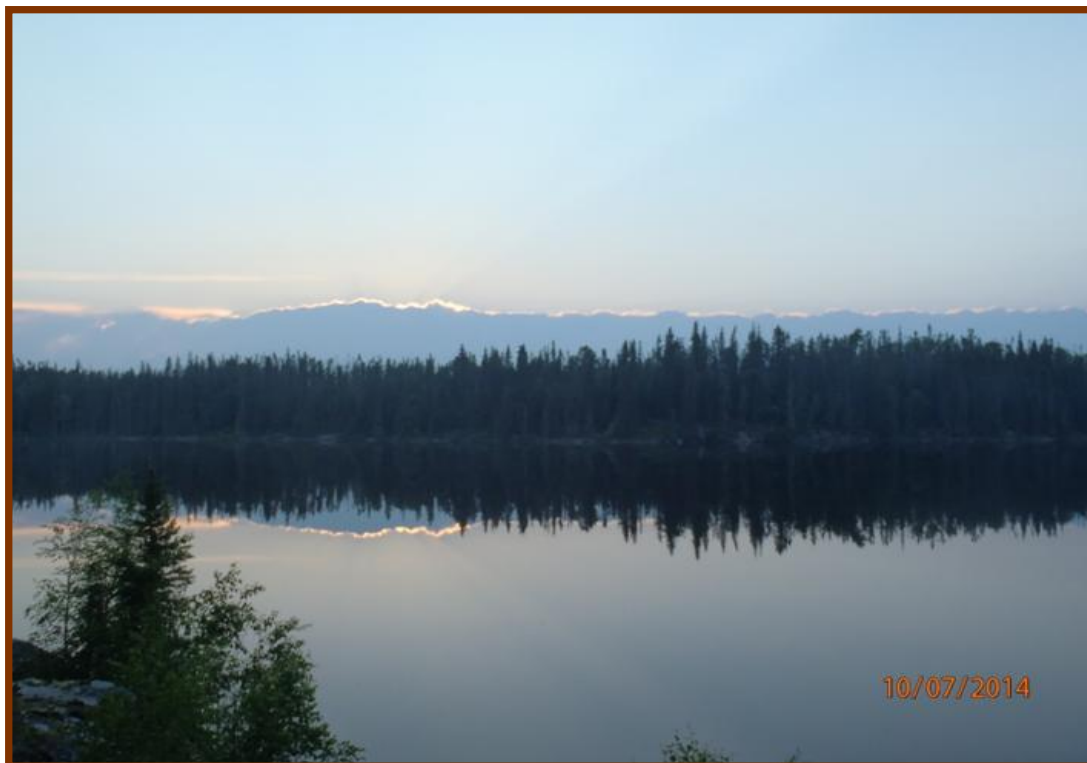
The North Grass River near Thompson Manitoba is home to Manitoba's 2 largest waterfalls. 30 Scouts Canada youth and their supporting adults paddled the river earlier this summer. Rain did not interfere with the trip, although this method of dealing with it may have hampered the paddling.

-next 5 pictures courtesy of Scouts Canada Quest 2014

HIDDEN TREASURES PHOTO GALLERY



Kwasitchewan Falls is the highest falls in Manitoba. You can reach it via a 26 km round trip hike from Pisew Falls Provincial Park on highway 6 about 45 km south of Thompson. Or you can paddle to it in a couple hours if you brave the marginal fish camp road and put in below Pisew Falls - the second highest Manitoba water fall.



Here is the view above the rapids that lead into Kwasitchewan

Here are the falls.....



and here's a different perspective from below them!



HIDDEN TREASURES PHOTO GALLERY

When one of the Scouts managed to lose his PFD along the way, our conservation office Scouter suggested a training flight for some underworked forest fire fighters (being a very wet summer in the north, forest fires were a non-issue) to drop the silly teenager a spare. He took advantage of the flight to snap a few quick pics of the normally rather placid Grass River -photos by Brian Barton



Board member Tim Lutz believes that a floating lunch is not a bad way to enjoy a lazy river
-picture courtesy of Tim



Milo Molinski, son of frequent Ripple contributor Dusty Molinski, shares his view that canoeing is definitely #1 for him! Ripple readers may remember meeting Milo back in 2011 and his first canoe trip in 2012.

-photo by
Dusty Molinski



Meetings, Meetings, Meetings...

2014 AGM and SGM

The 2014 AGM was held at the Cornish library on the evening of January 20th. Outgoing President, Chris Randall, presented a report of PM activities during 2013 followed by a report from the Treasurer, Sharon Touchette outlining the financial accounts. We also heard from the Manitoba Paddle Canada Rep., Brian Johnston with news of developments on the national paddling scene. The next item on the agenda was to elect a board for 2014 but, with insufficient candidates to fill the required posts, it was decided not to proceed further with the AGM. Instead the formal part of the meeting was closed in order to discuss how PM should be re-constituted to ensure its continued ability to serve Manitoba paddlers.

This discussion continued at an open meeting a couple of weeks later where it was generally agreed that our Constitution and Bylaws needed to be remodelled to permit a more adaptable structure for the board, setting aside the list of committees proscribed by the existing Bylaws for fewer positions with more flexible roles. Even more importantly this meeting also produced enough volunteers from some of the new members to fill these new positions.

A Special General Meeting was held on March 22nd where, following some last minute amendments made to clarify some of the new bylaws, a vote was taken approving the amendments.

Details of the amended Constitution and Bylaws can found at;

<http://www.paddle.mb.ca/wordpress/wp-content/uploads/2014/05/24-Mar-2014-PM-Constitution-Bylaws1.pdf>

President: Chris Randall
Secretary: Helen Mawdsley
Treasurer: Sharon Touchette

Other Board Members-
Leanne Van Aert
Jeff Vincent
Tim Lutz



MEET THE BOARD MEMBERS!



Chris Randall
President

Chris has been paddling for around twenty years and has paddled at either extreme of North America with trips in the Yukon and Florida. Although he mostly paddles in the company of his wife Selena, and more recently Holly the Bearded Collie, he still likes to paddle solo when he can and tries to

Brian Johnston, Paddle Canada Director, Manitoba Region

Brian Johnston is an avid paddler, instructor, and wilderness tripper who has for over 20 years been promoting paddling. He believes canoeing is a good fit for any Boy Scout who grew up in Manitoba.

In the spring, when the white-throated sparrow, loons, and sandhill cranes start calling and the geese are nesting, the Black River is Brian's wilderness getaway. One day he hopes to publish a book to help promote and protect this treasure of a waterway. In summertime Brian seeks the rewards of Far North canoe trips.

Over the years, Brian has served the local and national paddling communities in various capacities, writing articles for several paddling publications, giving presentations at canoe symposiums and member gatherings, and leading trips, course, and clinics. He sits on the Paddle Canada Program Development Committee and is part of the Paddle Canada outreach program.

Off the water, Brian works as a Public School Teacher and Director of an Adult Learning Centre.



Helen Mawdsley
Paddle Manitoba Secretary

Helen has a hard time choosing between a kayak and a canoe. She has paddled many of the routes in Manitoba and Ontario, and is looking to explore new routes, as well as visit routes with memories. Outside of this, she is a statistician, is finishing her Master of Arts in Leadership at Royal Roads University (researching innovation), and works as a consultant for the provincial government. Helen's love of knitting rivals her passion for paddling, and it would not be odd to see her pausing for a moment in the middle of some calm water to knit a row or two. Two

little gentlemen tend to follow her wherever she goes and they can often all be seen paddling together as the love of paddling passes on to the next generation. About to re-marry, Helen is curious to see if her new partner will be able to keep up as they all explore the waterways of Canada together.



Jeff Vincent
Board Member

“It’s all about the adventure”, Jeff has paddled both kayaks and canoes across Manitoba for the past decade or so. He continues to look for new places to paddle with adventure always part of every trip.

This past year has seen more rain than he would like but every canoe trip has involved fun, friends, and great paddling. “It’s hard to beat a beautiful sunset camped beside a river or lake in Manitoba.” A lover of the outdoors, Jeff has enjoyed paddling with his new canoe mate, Leanne, exploring new

Leanne Van Aert
Board Member

Leanne is fairly new to paddling but has found that she enjoys it more than she thought she would. “It has broadened my horizons, shown me more of the beautiful backcountry of Manitoba, and introduced me to a whole new set of friends.” This year, it also brought a few new sets of rain gear to her wardrobe – it does not seem to matter if it’s a canoe, or a tour of a battleship, it seems to be raining whenever she gets close to a boat!



Tim Lutz
Board Member

Tim Lutz has enjoyed spending time floating around in a variety of small craft, on several bodies of water. He does less of that these days, having realized that being employed also has its perks. As board member this year Tim hopes help increase membership and member participation in Paddle Manitoba programs and events.



Tim started his career on the water at a very young age, preferring at first to let the water carry him rather than having to move under his own steam.

Spring on the Wilson River

By Newell Johnston

Dave had been watching the water level reports on the website for a few days when he called me about the Wilson River. The sun was shining with only a few clouds but the snow, though melting even as Dave and I chatted, was still more than boot deep all around my yard. Many culverts were still frozen and water was starting to spill over the roads where we live, just a few miles from Riding Mountain National Park, in western Manitoba.

Dave had some history with the Wilson River. A couple of years ago he and some friends had been on the river. A kayaker in their group had been trying trying to rescue Dave's cooler when the river sucked the kayak out from under him and pulled his shoes right off him. Not having realized what had happened, Dave and his canoe partner saw their buddy standing on the far bank, trying to yell over the sound of the river before he headed up the bank. When it became clear he wasn't coming down the river, they began to search for him. It had been early spring with a bit of snow still on the river banks and the air was still cool. The sun was fading as the wind picked up, bringing clouds and a cold breeze. And it began to snow. The canoers finally found the boatless kayaker sheltering from the weather in a culvert under the road in his sock feet, wet, hungry, cold and unhappy.

Dave's buddy never paddled with him again.

I smiled as I thought of his story of that attempt down the Wilson. 'It sounds like we should go to the Wilson then.' I said. 'Is the ice off yet Dave?'

He chuckles a bit, 'not sure'. Kevin says it's open at the highway where he can see it.' Then he pauses, 'Probably most of the ice is off', then 'not sure' he says again, quieter.

'What were you thinking of for boats? Canoe?' I asked hopefully.

'Kayaks.'

'I don't have a spray skirt.' I remind him.

'That's ok. I do.' Another pause. 'It'll be fun.' I know he is smiling.

That afternoon I gathered my stuff together - helmet, wetsuit, PFD, shoes, paddling gloves, dry bag. The more I thought about the kayaks, the possibility of finding ice, and a trip with no spray skirt in the cold fast water, the more I thought about my canoe. She was new when I bought her last year, my first boat. I cleaned her up, and fiddled around to find the best spots to attach the tie downs and thigh straps that I had bought last year, but never installed in the boat, finishing in the dark with a headlamp in front of my garage, my wife and kids shaking their heads at me.

The next morning came quickly after a restless sleep with dreams of fast water and big waves! I called Dave and suggested, excitedly, that I wanted to take my canoe instead of kayaks. When I told him how busy I had been the night before adding outfitting he reluctantly agreed. After lunch we loaded the boat, along with the bikes we would be using to shuttle back to the truck when we pulled out.

We were only a few minutes down the road when I realized I had forgotten my bailer, at about the same time Dave announced that the gas station in town was closed and we were low on gas. But he figured we'd make it to the next town. Fortunately Dave had a few bucks stashed in his truck because I had left my wallet on my kitchen counter. He got the gas and I headed inside to ask for a bucket of some kind to use as a bailer. No luck. Before we were back on the road, the truck began to pop and sputter and finally stall. With a few turns of the key and some fancy pedal work we were off – a sort of sputtering, choking, and coughing kind of departure.

We dropped off our bikes at the take out along with a change of clothes for later. Dave found a cup in the ditch we could use as a bailer and we were off to our starting point. Dave's truck coughed and stalled again as we rolled to a stop near the river.

The sun was shining brightly and we were both getting hot standing on the bank after our struggle with wetsuits and the short walk with the canoe from his truck. We discussed the river, watched as a chunk of ice and a couple of tree pieces floated past us, smiled at each other, and then pushed out into the churning, brown water.

The first paddling was easy. The water was running quickly and there were no real hazards as we made our way down the river. Snow was still on the banks and we could see ice chunks in the corners where the water had pushed them out of the way of the spring surge. There were a few upright trees and willows marking what would normally be the river banks, but they were easy enough to spot in advance and not too difficult to avoid. We saw an occasional rock just under the water's surface and in many spots our paddles were bumping rocks, gravel, or river bottom.



On the corners the water was getting pushy and we came very close to bumping the banks on the outside of our turns more than once. After about 20-30 minutes the river narrowed, dropped noticeably, and the rapids started to become more serious. The high water flows were producing standing waves coming off the banks, often at strong angles to the wave trains created from the dropping slope and the river bed. The rapids became consistently bigger, stronger, and longer. In some places it was hard to determine if we had just been through three or four sets of rapids, or one long one. Dave had never used thigh straps before today, but was sure glad for them when the river started to get rough. He was bobbing up and down in front of me, and getting thrown about, but he was staying in position really well. He would rise high above me, and then slap down as he dropped into the trough between waves only to lift and slap back down again, sending water flying off the sides of the boat.

We both laughed as we watched ahead for the nicest runs with biggest waves and headed right for them. We kept ourselves facing in reasonable directions as we passed downstream, using our paddles to steady us as the water pushed us around and splashed up at us. Water poured in to the river out of valleys and depressions still covered in snow. In several places, the river was flooded over a flat spot and heading straight through, while the real river still cornered and met

back up with the flooded area a short ways downstream.



Though moving quickly, we had good opportunities to enjoy the view. We passed by a Canada Goose sunning on a gravel bank a few feet above the water's edge. The river banks were typical 'bush and scrub brush meets the water', interspersed with rock and gravel deposits. Occasionally in the high banks, we would see shale, limestone, and other deposits layered nearly straight up, with some walls extending over 50

feet high. In one of these beautiful sections we spotted a small waterfall cascading down the stone from half way up the wall. It was a magical site and I did not want to take my eyes off it.

I had to, of course, so I could continue to read the river. Just a few more minutes and we could hear the traffic on the road. An easy exit and we were back to our bikes. We put on dry socks, shoes and t-shirts and set out, happy to feel a strong steady tailwind. The sun was still bright and warm as we pedaled quickly and easily towards the truck a few miles ahead.

A beautiful river, an awesome afternoon, lots of smiles, great company, perfect weather, a warm sun, and we didn't swim.

What a fantastic way to start the paddling season!!

Canoe Zugunruhe

By Dusty Molinski

Zugunruhe (pronounced zug-un-roo) is the German word used to describe migratory restlessness in birds. In studies, migratory birds held in cages during the migratory periods in spring and fall exhibit increased fluttering, hopping and movement between perches while their wild relatives are actually on the move.

A similar behaviour has been known to be found in paddlers come the first melting of the snow and signs of moving water in spring. This behaviour I have come to call *Canoe Zugunruhe*.

With a slow melt this spring, I found myself in this condition. Paddling season was certainly close, but I still found myself confined to my house and not out on the water.

To remedy this ailment I turned to books, maps and finally the computer in a vain attempt to get as close as possible to being out on the water while stuck indoors. During this time I discovered plenty of videos of others paddling on Manitoba's lakes and rivers. Here is a sampling that may be of use to you the next time you have Canoe Zugunruhe!

Manitoba Surf: Rec Sports and Outdoor Program

by UMNDuluth

Showcases SUP on the waves at Sturgeon Falls.

<https://www.youtube.com/watch?v=2yV34sOuQNO>

Berens River Rapids Series

by gunwalegrabbers

A series of separate videos showing canoes running different rapids of the Berens River.

https://www.youtube.com/results?search_query=berens+river+rapid+series

Seal River Expedition 2013

by danic373

The sights of a trip down the Seal River by canoe.

<https://www.youtube.com/watch?v=jyrYrCujXGk>

My Churchill River Odyssey: Up a Creek with a Paddle

by Rock Ruby Adventures

An overview in photos of the trip from Stanley Mission to Churchill by canoe on the Churchill River.

<https://www.youtube.com/watch?v=LoDWTOLxu48>

Wilderness Paddle into the Canadian Northern Boreal Forests

by Canesser

Footage of a trip by kayak and canoe on the Bird River over three separate videos.

<https://www.youtube.com/watch?v=Lc5E0H6o52g>

Sturgeon Falls, Manitoba

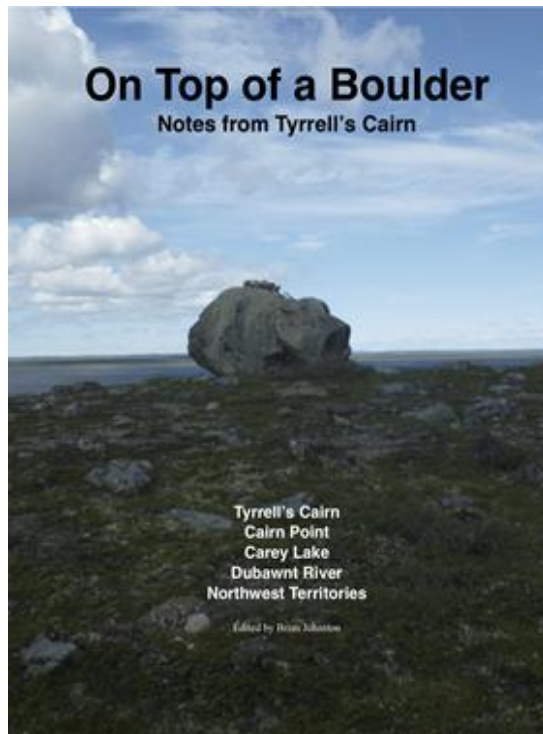
by mbwhitewater

A playlist of videos featuring kayaks at play on Sturgeon Falls.

https://www.youtube.com/watch?v=GIIt4tyLWV_I&index=1&list=PL15802460705C2148

On Top of a Boulder: Notes From Tyrrell's Cairn

Witness over a century of travellers' thoughts captured on top of a massive boulder in an otherwise barren landscape



Long-time Arctic paddler Brian Johnston is helping to preserve a unique collection of notes that speak to the essence of far north wilderness canoe travel.

Johnston, a veteran far north paddler, traversed 1000 km eastward along the edge of the subarctic, on route visiting Tyrrell's Carey Lake boulder cairn on the Dubawnt River. There, Johnston found the cairn notes deteriorating. He decided to preserve and share them before the harsh environment eroded the historical record. This is the first substantial effort to preserve, protect, and publish these cairn notes.

Johnston compiled the notes, together with transcriptions, and other relevant information, to form a nearly complete record. *On Top of a Boulder: Notes from Tyrrell's Cairn* reveals the voices of those who visited the cairn and preserves their words for future generations. The intent of the project is to document and share the cairn notes.

For half a century, recreational paddlers have sought the rewards of the Barrenlands. The Dubawnt River cairn is an old and distinct cairn. It is seldom visited and until now unrevealed. Dating back to 1893, J.B. Tyrrell's cairn is one of only a few with this long an accumulated history. The notes form a multilayered record of the echoes of history, including the ill-fated Art Moffat expedition. It is "a wonderful little window on history and the lure of faraway places!" praised James Raffan, renowned author and Executive Director of the Canadian Canoe Museum. The book is part of a larger project to protect and preserve the cairn notes.

Johnston produced an all-weather version of the book that resides at the cairn site, housed in a waterproof case. He acknowledges the support of Rite in the Rain for the all-weather paper and journal as well as Wilderness Supply Company for the protective waterproof case. If you enjoy canoe travel or share a kinship with travellers in an unbounded land, then *On Top of a Boulder: Notes from Tyrrell's Cairn* is a piece of history waiting your exploration.

To order your copy, please contact Brian Johnston by calling, 1-204- 482-2121 work, or 1-204-752-2651 home or by e-mail Brian@JohnstonPursuits.ca,. Read more at www.JohnstonPursuits.ca

Gear Review: Folding Saws

By Chris Randall

Even if you never plan on cutting firewood, a small folding saw is a handy piece of gear to have along on any paddling trip. They are small enough to slip into a pocket, ready to trim back branches on the portage trail or even clear moderately sized trees that may have fallen across the path. On a white water trip a folding saw becomes a piece of safety gear. In extreme situations, a trapped paddler can be freed by cutting through a seat or even a boat. Whatever its intended purpose there are a wide variety of saws to pick from. This is a review of three different models that I



From left to right- Bahco, Fiskars and Silky folding saws

Bahco Folding Saw

\$18 from Mountain Equipment Co-Op

This saw was a recent purchase at the last Paddle Manitoba members' MEC discount evening. We needed a spare to bring along on winter day hikes for cutting firewood at lunchtime brew stops. I like the bright orange handle compared to the traditional green version, though I'm informed that it is still possible to lose it amongst the undergrowth in summer. The blade is held open (or closed) by a simple tab on the side of the handle. It's comfortable to hold and cuts well for a small saw. The teeth are short but widely spaced which helps prevent them from

clogging. Although it is not my tool of choice for clearing larger fallen trees, doing so is certainly not an impossible task with this saw.

Fiskars 17cm folding saw

\$16 from Lee Valley Tools

Despite good reviews and Fiskars' long heritage of fine cutting tools, I just don't find this saw cuts very well. The blade looks good but side by side comparisons have shown that for whatever reason, it just doesn't cut as well as expected. It's not something to worry about if you are only lopping off the occasional branch but when cutting up a dozen lengths of 10cm dead pine for a fire it soon becomes tiring. The rest of the saw is OK if a little cheaply built. The non slip rubber handle is comfortable and the blade lock seems to be holding up well so far but overall not a saw I would recommend even at this low price.

Silky Gomboy

\$42.50 from Lee Valley Tools

For many years Silky saws were the preserve of professional arboriculturalist but they have made their way into amateur gardens and have also become well-known to bushcrafters. It's not quite fair to compare this directly to the other saws as the blade is 24cm long but a shorter 17cm version is also available (\$33.50). Unlike the other saws the handle is made of steel with a rubber coating so it feels substantially heavier and also more robust. Another difference is that the blade does not lock closed though I have not found this to be a problem.

The blade is what a saw is really about and Silky blades have a reputation for quality. This saw cuts very efficiently requiring very little effort to cut through either green or dead wood. The teeth are noticeably longer than the Bahco which could make them more vulnerable to damage so if you find yourself lending gear out to others on a regular basis this saw may not be a good choice.



Although the teeth on the Fiskars and Silky (bottom) blades are similar the Silky leaves the Fiskars trailing. Small teeth on the Bahco (top) cut very well.

Overall there is little to choose between the Bahco and Silky saws. Both are excellent tools and have features that make them good value for money. If I were primarily carrying a saw for occasional use or in my emergency kit I would opt for the Bahco. It is lighter and losing it to the river would cause less heartache. If I were looking for a small saw to use when gathering firewood I would probably choose the Silky. Its improved cutting performance and likely longer term durability give it just the edge to justify the additional cost.

Coconut Cream Pudding a.k.a “Hot Coconut Smoothie”

-from “Backcountry Cooking” by Dorcas Miller

-contributed by Chris Randall

At home, combine:

1 tablespoon plus one teaspoon of sugar

¼ cup of powdered milk

1 tablespoon plus one teaspoon of potato starch

1 tablespoon of coconut cream powder (look for this in the Asian food section, it may be sold as a block from which you can grate the amount required)

In camp:

Place ingredients in a mug, add 1 cup of boiling water, stir well, cover and let stand for 5 minutes.

I first took to eating this while winter camping, the additional calories are just what’s needed to help keep you warm on a -30 night, but it is also great after a long day of portaging in the rain. For comparison this smoothie has something like 250 calories. A cup of thick hot chocolate has around 110!

Enjoy!



Birch River Route

Exploring the Whitemouth River's little known tributary

By Dusty Molinski

The Birch River of eastern Manitoba (not to be confused with Birch River near Swan River) starts at Birch Lake, south of the Trans-Canada highway. From there it flows northwest to eventually meet the Whitemouth River south of Elma. Despite its location and the wealth of information about the river into which it flows, little in the way of paddling information about the Birch River is available.

The Birch River is slightly narrower than the Whitemouth, but it cuts through the same terrain. Arising in wetlands, it has dark tea-coloured water, outcrops of granite, rapids, high and low banks lined with a mix of deciduous and coniferous trees, and human elements of cottages, homes and farms.

Roads paralleling the river and well-placed bridge crossings create ample opportunities for access, egress and shuttling of vehicles or bikes for day trips of around 20 km. If you are looking to explore longer, Pine Tree Campground is located on the river at Prawda and provides over-



night camping. Aside from bridge crossings, the vast majority of the land along the Birch River is private property.

Our exploration of the river took us between the communities of McMunn and Prawda, a 20 km route we completed in approximately three hours. There were plenty of class I rapids and three short (less than 5 m) portages, two at class II ledges and one at a straightforward, but class II volume, rapid. The river corridor remains in a largely natural state with human elements spread throughout. The only drawback to our section was the traffic noise from the Trans-Canada where the river parallels the highway; it was Friday evening on a summer weekend.

At the time of our paddle, the river had a water level of 98.5 m and a discharge of 11 m³/s. At a slightly higher level, the ledges on the rapids we encountered would be drowned out, leaving more rapids for play. Daily water level and discharge readings for the Birch River can be found online by visiting www.wateroffice.ec.gc.ca. The Birch River monitoring site is number 05PH007.



Standing Tall with a Big Stick - Canoe Poling

By Charles Burchill

-pictures courtesy of Charles Burchill, Kevin Silliker, and Tim Humes

This summer I had the opportunity to take a poling course from the experts in New Brunswick. Poling, as outlined in the Paddle Canada poling program, is the art of propelling a canoe up or down shallow moving water using a long wooden or aluminum pole. I have also found poling extremely useful for crossing the shallow wetlands that we often find here in the prairies - although you need a special foot or shoe for your pole.

Almost since I began canoeing, I have periodically used a pole of some sort to propel myself through easy shallow moving water, shallow marshes, or beaver ponds. In 2013 I went for a paddle down the Pinawa Channel expecting to paddle back up later in the day. I discovered that several sections of the channel are just a little too shallow to paddle comfortably and it looked like it might be a longer day than expected. When I spotted a standing dead willow near the shore, I grabbed the 'pole' and shot myself back to the top of the channel quickly and easily. The experience re-ignited my interest in using a pole and I went about learning on my own.



I began with Harry Rock's excellent book 'The Basic Essentials of Canoe Poling' and the associated video. I browsed the web, and reviewed the Paddle Canada poling course (which is fairly limited but an update is coming). Then I made myself several poles and went off to learn a few new skills. Initially I stayed in a local pond making sure that I could stand and complete most of the basic skills - sweeps, pushing, stopping, snubbing, side displacement, etc.... I went back to the Pinawa Channel and practiced going up and down bits of shallow moving water. I found a few other nearby places where I could try out and expand my new skills - including parts of the Whitemouth River (South of the Trans Canada), the Pembina River, and parts of the Assiniboine River. I broke a couple of poles and had one pole get stuck between rocks when I treated it like a glorified paddle. I found going up stream to be trickier than I anticipated from watching videos and reading descriptions. Needing advice, I contacted Rory Matchett, senior Poling Instructor Trainer with Paddle Canada, and sent him some videos of what I was doing. Rory replied with some suggestions and encouragement.



I was headed to New Brunswick for some summer paddling and I arranged to meet Rory in Miramichi to take some lessons, break any self-taught bad habits, and learn a few additional techniques for my poling toolkit. I spent several excellent days on the Little Southwest Miramichi River and its tributaries under the tutelage of Rory Matchett, Tim Humes, and Kevin Silliker. These three amazing instructors developed the Paddle Canada Poling Program. They got me going up and down rapids that I would have considered the bottom level of class III and too shallow to handle with a paddle. In the end I covered enough skills and training time to become a certified Intermediate Poling instructor.

If you ever come across water that is too shallow to paddle easily but you don't really want to wade (or in the case of Manitoba marsh muck, you can't walk) then consider making or finding a suitable pole. The best poling canoe is at least 16 feet long with a fairly wide, flat bottom. A good pole length is 10-12 feet long; if a longer pole is needed then you can probably paddle. I suggest starting with wood that has a 1 1/4 - 1 1/2 inch diameter. Although it is not necessary, putting on an end cap and hanger bolt will protect the pole end and provide better bottom grip. If you are headed up a marshy creek or pond, consider adding a marsh foot on the bottom of your pole.



Poling really hits its own in shallow rivers with a gentle gradient and boulder-strewn bottoms. But before heading into current, practice on a local pond with a rocky, hard bottom and water less than 3 feet deep. Work on moving yourself forward, sideways, and backwards, and on turning. Get used to working the pole on both sides of the canoe. Stand in the boat with your feet spread wide just aft of the center (based on the direction of water movement). A more modern stance has your feet square to the direction of the boat, a traditional stance has your feet more diagonally placed.



Be prepared to go for a periodic swim when you are first starting.

One of the biggest things that I learned from the course was how to get up some fairly large drops and move against the current; that and snubbing. I've determined that poling down rapids with low water is far easier, and offers better control, than trying to paddle or line the rapid and I think I will look for a pole more often from now on.

Depending on water levels, there are a number of Manitoba rivers with sections suitable for poling including the Brokenhead, Whitemouth, parts of the Assiniboine (including sections in Winnipeg upstream of Assiniboine Park), Pinawa Channel, Little Saskatchewan, and Pembina River.

So next time you find yourself in some shallow water, stand tall and carry a big stick!



Our Corporate Members!



Mountain Equipment Co-Op

Everything imaginable for canoeing and kayaking. Great advice from active users, and rentals for all types of paddling. A wide selection of repair, rescue, and outfitting accessories. Home of Seaward composite kayaks and Pyranaha whitewater boats. **10% member discount available only on member's nights hosted twice yearly (fall and spring).**

Address: 303 Portage across from the True North Arena (MTS Centre)

Phone: (204) 943-4202

Website: www.mec.ca



Wilderness Supply / WAVpaddling

We offer the best brands in the outdoor industry. Our expert staff will help you navigate through our huge selection of canoes, kayaks and camping equipment. Locally owned and family run, consider us your home away from home – we're proud to be your outdoor adventure store!

WAVpaddling is our instructional arm for certified canoe and kayak courses. Guided trips are also available. Let's get you out on the water!

Address: 623 Ferry Road, Winnipeg, MB R3H 0T4

Phone: (204) 783-9555

Email: info@wildernesssupply.ca

Website: www.wildernesssupply.ca

WAV Email: courses@wildernesssupply.ca

WAV Website: www.WAVpaddling.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 or your dreams. Drop by for a coffee and see the beauty of canoe building in process.

Address: P.O. Box 78, Group 4, RR2 Lorette, Manitoba, Canada R0A 0Y0

Phone: (204) 878-2524

Email: rrcp@mts.net



Our Corporate Members!



Heartland Canoes & Winnipeg Canoe Rentals

Paddle Manitoba Corporate Partner

Buy or rent canoes, kayaks and SUPs. Canoe trailers are also available for group rentals. Heartland Canoes are proud to offer canoes by Clipper with models ranging from 16 to 22ft. Contact us for details of special offers and last minute deals.

Paddle Manitoba members receive \$250 discount from fiberglass Clipper canoes and \$500 off kevlar Clipper canoes.

Address: 10-K Keenlyside St, Winnipeg, Manitoba, R2L 2B9

Phone: (204) 661-5670

Email: see contact form on website

Website: www.winnipegcanoerentals.com

Green Adventures

Paddle Manitoba Corporate Partner

Kenora's kayak touring and instructional outfitters provide fun, safe, and convenient opportunities for people of all abilities and experiences to learn while exploring North Western Ontario. They offer Paddle Canada lessons in kayaking and canoeing as well as fully guided custom trips. Kayak fishing trips and gear rentals round out the GA adventure catalog. Green Adventures is here to get you out there!

Address: 26 Rupert Road, Kenora, ON , P9N 3B5

Phone: (807) 467- 8535

Email: scottgreen1980@msn.com

Website: www.greenadventures.ca



Northern Soul

This Manitoba company will guide you on some of our most stunning rivers – with a twist! Relax on a “Yoga Canoe” or sharpen your skills with a day of Nature Photography. Northern Soul will work with community and business groups to customize trips to suit your needs.

Address: Box 23, Lorette, Manitoba, R0A 0Y0

Phone: (204) 878-3570 Toll Free: 1-866-425-9430

Email: adventure@northernsoul.ca

Website: www.northernsoul.ca

Our Corporate Members!



Wilderness Spirit

Your guides to the Hayes, Thelon, Bloodvein, Assiniboine, and many other Manitoba and Arctic rivers, are biologists whose knowledge of the wilderness will enhance an already exciting adventure. They will also customize instructional packages for any age and skill level.

Address: 696 McMillan Ave, Winnipeg, MB., R3M 0V1

Phone: (204) 452-7049 Toll Free: 1-866-287-1591

Email: Rob@wildernessspirit.com

Website: www.wildernessspirit.com

Manitoba Pioneer Camp

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

Address: 640 Broadway Avenue, Winnipeg, MB R3C 0X3

Phone: (204) 788-1070

Email: pioneercamp@mts.net

Website: www.manitobapioneercamp.ca

Camp Stephens

YMCA-YWCA Camp Stephens, established in 1891, is one of Canada's longest-running summer camps, offering modern facilities and fun and challenging programs for families, women and young people ages 8 to 17. For generations, young people from all backgrounds have come to these breathtaking islands on Lake of the Woods 17 kilometres south of Kenora, Ontario to take part in a unique and caring island community.

Address: Winter Camps Office, 3550 Portage Ave, Winnipeg, MB R3K 0Z8

Phone: (204) 889-8642 ext 230

Email: campstephens@ymcaywca.mb.ca

Website: <http://www.ywinnipegcamp.com/campstephens/>

WILDS Of Manitoba

Offers Paddle Canada certified canoeing courses in North Winnipeg and other venues if required. Flexible dates can be booked from June to October.

Address: 30 Riverstone Rd, Winnipeg, MB, R2V 4B1

Phone: (204) 334 -3111

Email: courses@wilds.mb.ca

Website: www.wilds.mb.ca