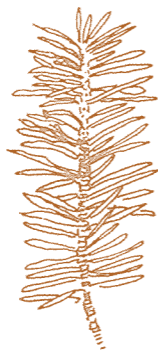




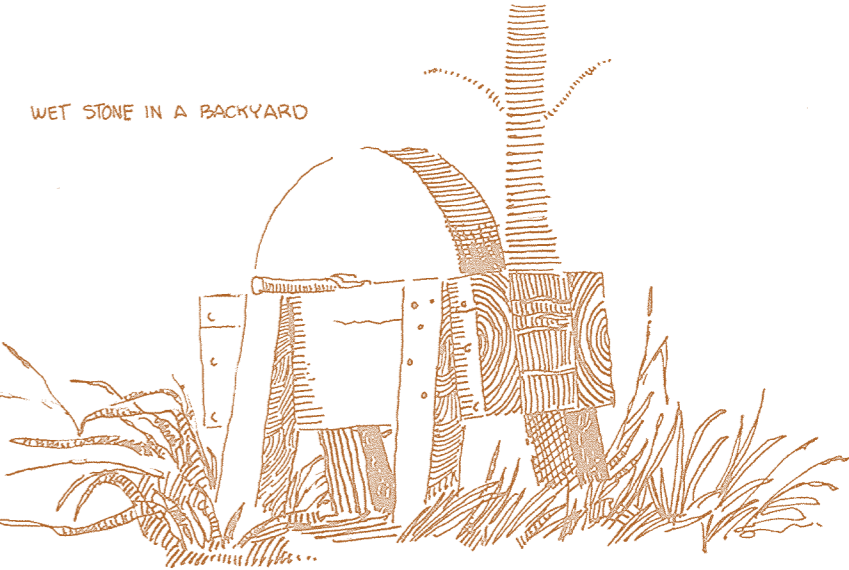
BUNCHBERRY - CORNUS CANADENSIS. VERY ATTRACTIVE LITTLE PLANT WITH BRIGHT RED CLUSTERS OF BERRIES, CAN BE EATEN RAW OR BOILED TO A THICK PASTE.



BALSAM FIR - ABIES BALSAMEA. THE BLISTERED SMOOTH GREY SURFACE BARK IS AN EASY SIGN FOR IDENTIFYING THE BALSAM TREE. WITH THE POINT OF A KNIFE OR NEEDLE, PRICK THE BLISTER THEN PRESS ON IT TO GET THE SAP. IT MAKES AN EFFECTIVE MEDICATION FOR BRUISES OR CUTS.



WHITE CEDAR - THUJA OCCIDENTALIS. TEA CAN BE MADE WITH THE TWIGS OR CHIPS OF THIS TREE. A SOUP CAN BE PREPARED WITH THE PITCH OF YOUNG SHOOTS.



WET SIDE IN A BACKYARD



TAMARACK

THE VOYAGE

THE WHITEMOUTH CANOE ROUTE CONSISTS OF APPROXIMATELY 200 KILOMETERS (125 MILES) OF PADDLING ON A RATHER INTERESTING STREAM. THE POINT OF DEPARTURE IS WHITEMOUTH LAKE, THE SOURCE OF THIS RIVER, AND AFTER SIX DAYS OF TRAVELLING WE FINISHED ON THE SOUTH BANK OF THE WINNIPEG RIVER.

THE ROUTE CAN BE CLASSIFIED IN TWO PARTS, THE FIRST PART FROM THE LAKE TO ST. LABRE CREEK AND THE SECOND FROM ST. LABRE CREEK TO THE WINNIPEG RIVER. THE EARLY STAGE OF THE FIRST PART IS NAVIGABLE ONLY IN TIMES OF HIGH WATER, THE AREA BEING SWAMPY AND PLUGGED AT MANY PLACES WITH LOG JAMS. CLUSTERS OF WILLOWS, REEDS, BLACK SPRUCE AND ASH ARE COMMON ACQUAINTANCE AS ARE MOOSE, A FEW DUCKS AND THE OCCASIONAL PAIR OF CANADA GEESE. HERE AND THERE ABANDONED LUMBER CAMPS BORDERED THE RIVER AND AT MOST OF THESE PLACES WE STOPPED FOR A SHORT VISIT OF COURTESY WHERE A NOSTALGIC BEAUTY SEEMS TO BRING LIFE BACK TO THE CAVED IN ROOFS, OLD BURN STOVES AND RUSTY FRYING PANS ON THE FLOOR.

A DRASTIC CHANGE OCCURS AFTER PASSING ST. LABRE CREEK. THE RIVER WIDENS AND NOW DRAINING MORE STRAIGHTLY, ITS BANKS SEEM TO START RISING FROM THEIR BED. JACK PINE, ASPEN AND WHITE SPRUCE REPLACE THE PREVIOUS FAMILY AND THE SIGNS OF ANOTHER LIFE REPRESENTED BY CHICKEN HOUSES AND DOMESTIC ANIMALS SUBSTITUTES THE MOOSE, FOXES & DUCKS. COLLECTIONS OF OLD FARM IMPLEMENTS IN THE BACK YARDS ARE SIGNS OF A PAST GENERATION WHO HAVE ACHIEVED THEIR ASPIRATIONS AND ONE CAN SENSE THE TRACES OF A MODEST AND NOBLE ANCESTRY IN THESE RURAL REGIONS.

ANOTHER VERY INTERESTING SUBJECT ON THE ROUTE WAS THE SIMPLE BUT PRACTICAL FARM BRIDGES ESPECIALLY AS SEEN FROM THE RIVER, MEN HAD TO GET LOADS ACROSS THE RIVER SOME HOW AND THEY MANAGED TO DO IT. GARDENS, SMALL DOCKS AND ROW BOATS WERE ALSO REFRESHING SITES AND EVEN THOUGH THE CANOEIST IS PADDLING THROUGH A FARMING AREA, THERE IS STILL MUCH PEACE & SILENCE ALONG THIS SECOND PART OF THE RIVER. INTERESTING RAPIDS AND FALLS OCCUR BETWEEN HADASHVILLE AND SEVEN SISTERS WHERE OUR TRIP ENDED.

Reid Boland

WHITEMOUTH RIVER CANOE ROUTE

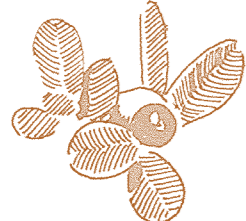
Manitoba Department of Natural Resources Parks Branch



OLD ABANDONED HOUSE NEAR TRANS CANADA HIGHWAY.



(ONE OF THE MANY OLD BRIDGES CROSSING THE RIVER)



BEARBERRY - ARCTOSTAPHYLOS UVA-URSI (KINNIKINIK) CROWING A FEW INCHES TALL ON SANDY AND ROCKY SOIL. THIS PLANT HAS MANY SHINY LEAVES AND RED BERRIES, QUITE NOURISHING. CAN BE EATEN RAW OR COOKED. THE DRY LEAVES WERE OFTEN USED BY THE INDIANS AS A TOBACCO.

Balkanize, who once journeyed from the Winnipeg River northeast to Hudson Bay, grew very fond of one of the songs of his companions. He wrote:

"In the canoe floating merrily down the river... the pleasing words and feelings responded to the lively air of 'La Rose Blanche' sung by the men as we swept round point after point and curve after curve of the noble river."

"With hearts joyful at the termination of their toils and fatigues, three hundred men were singing one of these lively airs, which, rising and falling in the distance, first loudly on the breeze, and then more steadily as we approached, burst at last into a long enthusiastic shout of joy. Away we went then, over the clear lake, singing 'La Rose Blanche' to our hearts' content!"

(NOTE: SONG TAKEN FROM A TEXT BY MARCUS BARBEAU)

LA ROSE BLANCHE



1 Pour un matin, je me suis levé, (bis) plus matin que ma tante, oh là! plus matin que ma tante

2 Dans mon jardin je me suis assis (bis) cueillant la rose blanche. (bis)

3 Je n'en eus pas goûté que l'on dit, que mon argent se ventait.

4 - M'ami, faites-moi un bouquet, ça n'est de roses blanches.

5 La belle on fait son bouquet, elle s'en comble la jambe.

6 Faut aller à l'urédécou, le médecin de Nantes.

7 - Beau médecin, j'ai médecine, que dis-tu de ma jambe?

8 - Tu jure, elle ne guérira pas, qu'elle n'est dans l'eau baignante.

9 Dans un bassin d'or et d'argent, cueillet de roses blanches.

(Translation by Regina Leanne Steadman)

1 I awoke early one summer morn, (bis) while all were still asleep, for lo, while all were still asleep.

2 Down the garden I traipse along (bis) to pluck the snow-white rose, he lo, to pluck the snow-white rose.

3 Three white buds I barely nicked, (bis) when my true love came walking, when my true love came walking.

4 "Sweetheart, O make a nosegay white, (bis) a nosegay for me and white, he lo, a nosegay of white roses."

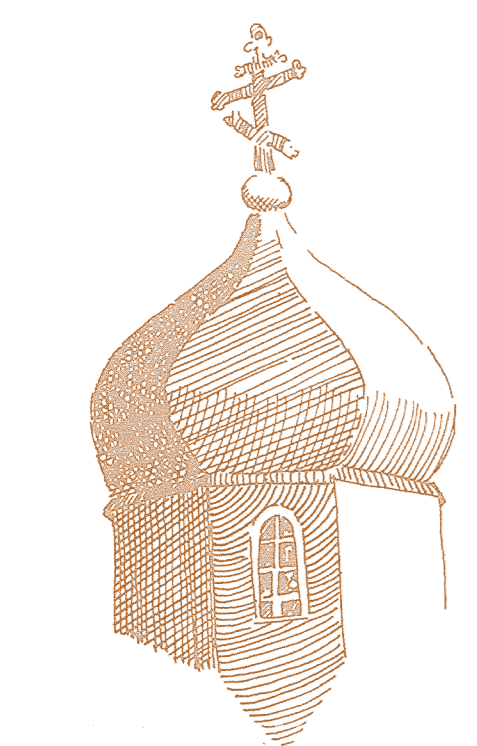
5 While she made the nosegay white, (bis) her hand was pricked on thorns, he lo, by thorns were pricked her fingers.

6 "You must fetch a doctor now, (bis) to heal my bleeding hand, he lo, to heal my bleeding fingers!"

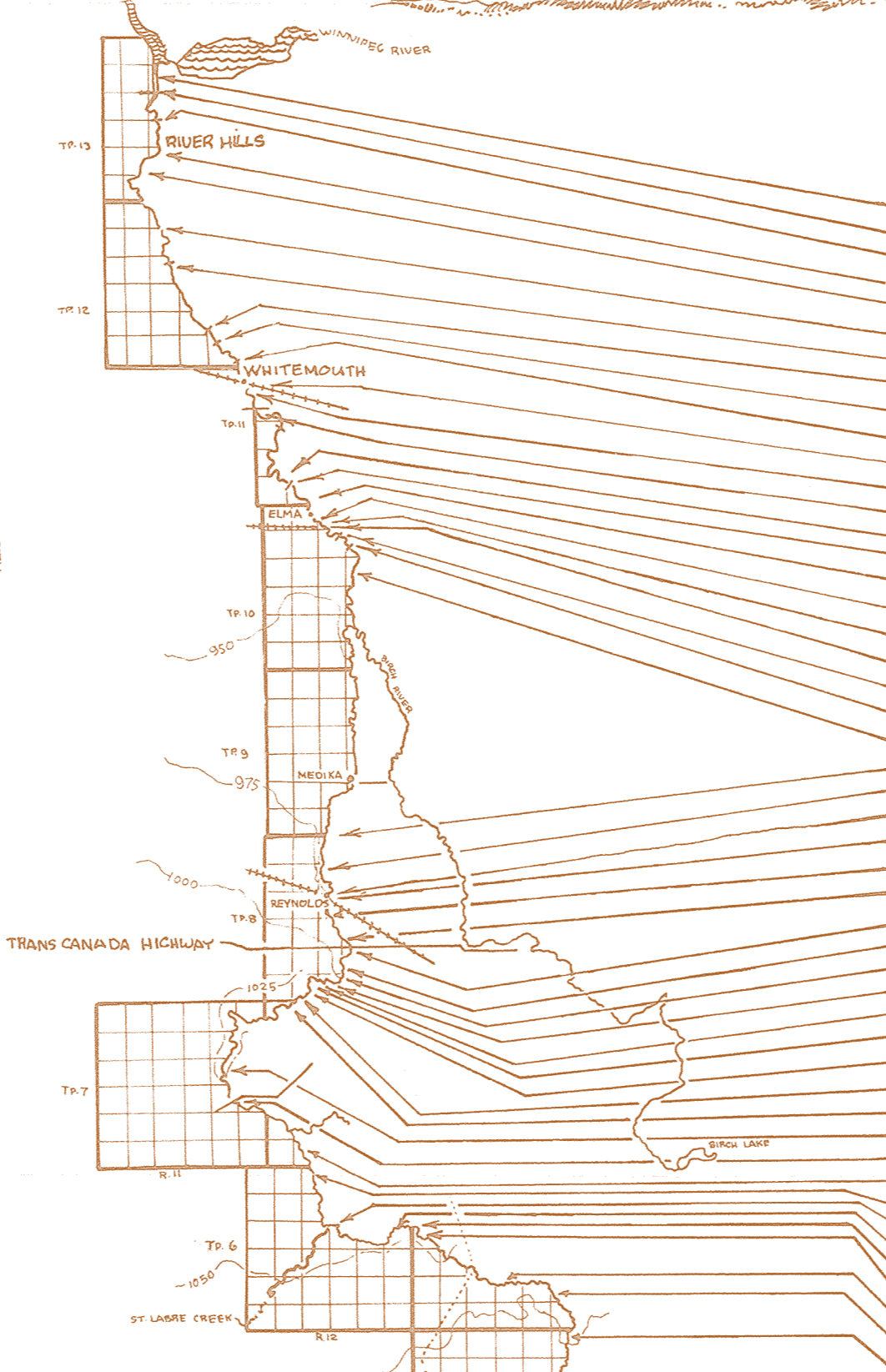
7 "Doctor dear, O help me now, (bis) and heal my wounded hand, he lo, and heal my wounded fingers!"

8 "Not till you bring it in water clear (bis) will your hand cease to bleed, he lo, and all your bleeding fingers!"

9 In a gold basin silver-mounted, (bis) O bring your hand of once, he lo, and cover it with roses!"



THE CHARACTER OF THE LANDSCAPE REFLECTS VERY MUCH THE PEOPLE LIVING ALONG THE SHORES OF THE WHITEMOUTH RIVER SO GIVING IT A DISTINCT PERSONALITY.



- 66 WHITEMOUTH RIVER FALLS. & WINNIPEG RIVER, PORTAGE ON EAST SIDE
- 65 SEVEN SISTERS & PROVINCIAL ROAD NO 307.
- 64 RAPIDS - SHOT
- 63 HIGHWAY BRIDGE AT RIVER HILLS
- 62 SHOT FEW LITTLE RAPIDS.
- 61 ABANDONED RAILWAY BRIDGE.
- 60 RAPIDS, ROPED ONCE DOWN PART WAY THE PORTAGE 50 YARDS, THEN ROPED THE CANOE ANOTHER 10 YARDS.
- 59 RAPIDS, PORTAGE ON WEST SIDE.
- 58 SERIES OF SMALL RAPIDS, PORTAGE 500 PACES.
- 57 RAPIDS - SHOT.
- 56 CPR BRIDGE.
- 55 200 YARDS BEFORE ARRIVING TO RAILROAD BRIDGE, WE STOP FOR PREPARING MEAL, GOOD LANDING FOR CANOE, SHADY PLACE IN CORNER OF FARMERS FIELD.
- 54 HIGHWAY NO 49 APPROX 1/2 MILE BEFORE THE BRIDGE, SHOT A RAPID.
- 53 RAPIDS - VERY BEAUTIFUL - FLOWING IN A NUMBER OF STEPS. PORTAGE 200 YARDS.
- 52 A SHORT DISTANCE BELOW NO 51 FALLS, THERE IS ANOTHER SET OF RAPIDS, ROPED CANOE.
- 51 FALLS - THIS IS A VERY PICTURESQUE ISLAND IN MIDDLE OF THE RIVER, HERE WE ROPED THE CANOE.
- 50 FALLS - PORTAGE FEW YARDS ON ROCKS IN MIDDLE OF THE RIVER.
- 49 NO 11 HIGHWAY BRIDGE, ELMA.
- 48 RAILROAD BRIDGE - C.N.R.
- 47 RAPIDS - PORTAGE 2 YARDS.
- 46 RAPIDS - SMALL PORTAGE.
- 45 FALLS - PORTAGE ON LEFT SIDE IN FARMERS YARD.
- 44 COUNTRY BRIDGE, ONE OF THE MANY ON THIS RIVER WHICH DO ADD TO THE BEAUTY OF THE TRAVELLING, COMPARABLE TO LOG FENCES.
- 43 MANY OLD FARM MACHINERY ABANDONED ON RIVERBANK.
- 42 RAILROAD BRIDGE (G.W.W.D.)
- 41 SUSPENDED BRIDGE.
- 40 REYNOLDS, LOCAL PEOPLE SWIMMING IN THE RIVER.
- 39 OLD UKRAINIAN HOUSE, THE COUNTRYSIDE REFLECTS VERY MUCH ITS PEOPLE, SO GIVING A PERSONALITY.
- 38 TRANS CANADA HIGHWAY BRIDGE.
- 37 LITTLE FARMS BORDERING THE RIVER BANKS.
- 36 SAW A RED FOX APPROACHING A CHICKEN HOUSE, WE DID NOT WAIT TO SEE THE END RESULTS.
- 35 ROADSIDE PARK, AT THIS POINT THE LANDSCAPE CHANGES FROM WILDERNESS TO PASTORAL COUNTRYSIDE THE REST OF THE VOYAGE.
- 34 CANADIAN FORESTRY ASSOCIATION CAMP ON LEFT SIDE, SUSPENDED BRIDGE ACROSS THE RIVER.
- 33 STRONG CURRENT IN THE WINDING RIVER, LOG JAM, PORTAGE 75 YARDS ON LEFT SHORE.
- 32 WE CAMPED ON THE LEFT BANK 50 FEET ABOVE THE RIVER.
- 31 SAW A MOOSE, THE RIVER BANKS IN THIS AREA ARE FROM 20 TO 30 FEET HIGH.
- 30 BOY SCOUT CAMP (GROUP FROM ST. BONIFACE.)
- 29 PILES OF ROCKS IN THE RIVER, OLD BRIDGE CRIBBING, ALSO IN THIS AREA WE SHOT SEVERAL SETS OF RAPIDS, SAW A MOOSE & BILL NORTH TRAPPEERS CABIN.
- 28 PICNIC SITE, VERY WELL KEPT, GOOD FISHING AT END OF THE DOCK, NORTHERN PIKE AND WALLEYE.
- 27 RIVER VERY WIDE & RUNNING STRAIGHT NORTH.
- 26 ISLAND IN MIDDLE OF THE RIVER. VERY PRETTY SITE, SHALLOW SANDY BOTTOM AROUND ISLAND, HIGH SANDY BANKS - TRAPPEERS CABIN.
- 25 ST. LABRE CREEK - FAST COOL WATER RUSHING INTO THE WHITEMOUTH RIVER.
- 24 MOSQUITOES - PLENTY OF WINDFALLS & LOGS ACROSS THE ROUTE. (NOTE) NO 24 IS A LAGOON ALONG THE RIVER BEFORE ARRIVING TO NO 25. SAW A PAIR OF CANADA GEESE
- 23 MOSQUITOS VERY BAD, SAW A MOOSE.
- 22 HARD WOOD FOREST, VERY DAMP, THIS WHOLE AREA IS POOR FOR CAMPING.
- 21 SHACK ON WEST SIDE OF RIVER, BRICK SIDING COVERED, STOVE, BED & COOL OIL LAMP INSIDE.
- 20 LITTLE WHITE FORESTRY CABIN ON EAST SIDE OF RIVER.
- 19 WIDENING OF RIVER - GOOD CANOEING.
- 18 WINTER TRAIL - OLD CASINS ON EAST SIDE IN MEADOW, CHICKENHOUSE, BARN, SHACK.
- 17 CONFUSING AREA, CHANNEL COMING FROM WEST SIDE OF SWAMP, SAW A MOOSE.
- 16 CAMPING SPOTS PLENTY IN THIS AREA, BOTH SIDES OF THE RIVER.
- 15 LOGS ACROSS THE RIVER.
- 14 RAPIDS - PORTAGE ON LEFT BANK, LENGTH DEPENDING ON WATER LEVEL.
- 13 SAND BARS, RIVER APPROX. 20 TO 30 FEET WIDE.
- 12 HEALTHIER FOREST CONSISTING OF BIRCHES SPRUCE, POPLAR & ASH.
- 11 RIDGE - WATER RUNS FASTER & TUNNELS ITS WAY THROUGH DENSE FOREST.
- 10 RIVER ENTERING INTO HEAVIER FOREST - WILLOW & BLACK ASH, RIVERBED IS SANDY & HARD.
- 9 SECOND GAZE LINE, RIVER WIDENING.
- 8 FIRST POSSIBLE CAMPING PLACE ON THE WEST SHORE. IN JACK PINE STAND.
- 7 BLACK SPRUCE, GROWING CLOSER TO RIVER CHANNEL.
- 6 CLUSTERS OF WILLOWS
- 5 MARSHY AREA.
- 4 BRIDGE & ALL WEATHER ROAD.
- 3 BEAVER LODGES.
- 2 WHITEMOUTH LAKE.

(REEDS) PHRACMITES COMMUNIS. COARSE GRASS GROWING IN SHALLOW WATERS FROM 1 TO 2 METERS HIGH. HAS A CYLINDRICAL JOINTED STEM, MUCH USED BY THE INDIANS AS FOOD DURING THE WINTER. THE ROOTS CAN BE DUG AND BOILED SIMILAR TO POTATOES. THE SHOOTS IN SPRING CAN BE COOKED IN THE MANNER OF ASPERGUS. THE KERNELS ENCLOSED IN DULL RED HULLS CONTAINS NUTRIENT VALUE AND CAN BE COOKED TO MAKE A REDDISH PORRIDGE.

(LABRADOR TEA) - LEDUM GROENLANDICUM VERY COMMON IN BLACK SPRUCE SWAMP. THESE SHRUBS HAVE AN AROMATIC QUALITY. A HANDFUL OF GREEN LEAVES IN A BOILING TEA PAIL, MAKES WONDERFUL DRINK OF SPICY TASTE.

(CAMP COFFEE) POUR THE COFFEE INTO A POT OF BOILING WATER (1 HEAPING TEASPOON PER CUP) AND AN EXTRA ONE FOR GOOD LUCK. LET IT BOIL FOR ONE MINUTE, TAKE THE PAIL OFF THE FIRE AND TRICKLE COLD WATER INTO THE COFFEE TO MAKE THE GROUNDSETTLE TO THE BOTTOM. LET IT REST FOR A MINUTE OR SO, THEN SERVE.

(BANNOK)
1 CUP FLOUR
1 TEASPOON BAKING POWDER
1 PINCH SALT
1 TEASPOON SUGAR
MIX ALL INGREDIENTS CAREFULLY AND THEN WORK IN A TABLESPOON

OF LARD OR SHORTENING, BE SURE ALL IS WELL MIXED, THEN ADD WATER SLOWLY, WORKING INTO A DOUGH. USE REFLECTOR CHURN OVER OPEN FRYING PAN, OR IN FRONT OF A FIRE ON ANGLE. BLUEBERRIES AND RAISINS MAY BE ADDED TO DOUGH TO GIVE VARIETY.

ROSE HIPS - THE REDDISH ORANGE FRUIT OF THE WILD ROSES CAN BE EATEN RAW AND IS A VALUABLE SOURCE OF VITAMIN C. THE ROSE METALS ARE PLEASANT TO NIBBLE.

BETWEEN NO. 4 AND 8, QUANTITY OF LADY'S-THUMB GROWING IN THE STREAM, IT GAVE A PINKISH SHADE TO THE RIVER SURFACE AT PLACES.

NO 24. SAW A PAIR OF CANADA GEESE ON THE LEFT SIDE OF RIVER BANK.

CAUTION: This Canoe Route is to be used for general information; it is not a navigational chart. It was prepared in July of 1966 and the information recorded, including information with respect to the volume and velocity of water, reflects only the conditions which existed at that time. Because of the constantly changing nature of the waterway, this Canoe Route should be referred to with extreme caution, and only in conjunction with topographical maps and other available data.