

PADDLE

The SKABC Newsletter

May 2007

SKABC: To promote fellowship, safety, the exchange of information and skills; to encourage concern and respect for the environment, and above all to enjoy sea kayaking.



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SKABC will be celebrating 25 years of paddling in British Columbia with a day of festivities on **Saturday, June 9, 2007**. Everyone - members and anyone interesting in finding out about SKABC - is welcome!

Come join us as we:

- Enjoy a group paddle around English Bay
- Attempt a Guinness World Record for the greatest number of kayaks rafted together
- Eat, drink and make merry with fellow kayakers
- Celebrate sea kayaking in British Columbia

Schedule of Events for Saturday, June 9, 2007

2:00 pm - 4:30 pm	<ul style="list-style-type: none"> • Launch boats from the boat ramps in Vanier Park or the beaches near the Maritime Museum. • Assemble off Vanier Park and paddle along English Bay shore to Siwash Rock and back.
4:30 pm - 5:00 pm	<ul style="list-style-type: none"> • Kayaks assemble off Vanier Park for a group photo to celebrate 25 years of paddling in British Columbia (weather permitting). • If possible, attempt world record for most number of sea kayaks rafted together.
5:00 pm - 6:00 pm	<ul style="list-style-type: none"> • Return to shore, unload boats, etc. and congregate at the Billy Bishop Legion.
6:00 pm - 10:00 pm	<ul style="list-style-type: none"> • Celebration at the Billy Bishop Legion. • Appetizers, pizza, beverages and a celebratory cake will be provided. • Guests may purchase alcoholic beverages from the Legion. Entertainment to be determined.

RSVP Now!

- Please RSVP to Sue McLeish (social2@skabc.org) today, and **no later than May 18, 2007**. You may RSVP for both the afternoon paddle and the evening party, or just one.
- RSVPs are required to ensure we have enough on-water leaders for the paddle and enough food and birthday cake for the party.
- RSVPing also ensures you'll receive email updates on changes to the schedule, if any, and other details as they develop.

More information, including maps, are available at on the club website at <http://www.skabc.org/anniversary.html>

Next Meeting:

May 1st, 2007

(7:30-9:00 pm)

Being Proactive –

Mental and physical preparation to handle incidents on the water

Long time SKABC member Rick Davies will deliver a presentation on strategies for preparing oneself - both physically and mentally - for on-water incidents and emergencies.

Location:

Vancouver Museum
Main floor meeting room
1100 Chestnut Street

Upcoming Meetings:

Meetings begin at 7:30 pm

June 5, 2007—Climate Change

Location:

Vancouver Museum

Main floor meeting room

1100 Chestnut Street

July 3, 2007 and August 7th meetings
will be held at Locarno Beach

Spring Gear Swap

Tables will be available for members to display gear for sale at the May meeting. Please note that this is an informal gear swap and so members are responsible for selling their own gear (flea-market style). Remember to bring change, price-tags and willingness to bargain.

Paddling the Aleutians without a Safety Net

If you missed the November 2006 meeting where Dr Sheldon Green talked about paddling in the Aleutians, you'll have a second chance to catch this presentation:

Thursday, May 3rd at 7:00 pm

Mountain Equipment Coop

130 West Broadway, Vancouver

Check out our Yahoo Group on the SKABC website...

Planning a last minute trip? Looking for kayaking buddies? Go to the member's area of our site: www.skabc.org, and link to the Yahoo group. This allows you to post messages and respond to messages that others have posted. You can also use this area to get information about paddling destinations, paddling equipment, buying, selling, etc.

Membership Year:

April 1 to March 31. The fee is \$45.00 for one year.

SKABC Mailing Address:

Box 751, Station "A"
Vancouver, BC
V6C 2N6

Register online at

WWW.SKABC.ORG



My faithful and lightly used **Nimbus Seafarer** (16'4") white hull, green deck.

Includes 2 paddles, neoprene skirt, cockpit cover, paddle float and pump.

They are all in 'as new' condition.

Asking \$ 2700.

Contact: Jean Daoust at 604-463-4041

or email daoustjeanjoseph@shaw.ca

**Kayak Storage Rack FOR SALE**

2 boat sea kayak storage rack.

Includes rollers on the bottom to allow easy movement.

Made from white pine.

6 feet high, 5 feet long and 3.5 feet deep.

Located in North Vancouver. \$125 OBO.

Contact Nick Jones at 604-730-6128

Or email nick@jones.ca



Vancouver Island Paddlefest

Paddlefest 2007 -- May 12 & 13th -- is a weekend-long festival with [activities](#) and [events](#) for paddlers of all ages and paddling abilities. Located at Transfer Beach in beautiful [Ladysmith, British Columbia](#), participants can attend this free event and enjoy a variety of activities including [vendor/trade show](#), [workshops](#), [demonstrations](#) and [fun activities](#). Our theme this year is Capture The Paddling Spirit

There are on-land and on-water [workshops](#) offered both Saturday and Sunday to help you hone your paddling strokes, pack your boat, practice rescue techniques and many other [helpful tips](#).


The industry leading manufacturers, retailers and outfitters will have booths set up for you to check out the latest gear and pick up a few festival "deals". A full range of 100 boats of different makes and models will be on-hand for you to take a "test-paddle" of the latest technology and designs.

With participants from all over Vancouver Island, the Lower Mainland, Washington State, Alberta and even Ontario attending in the past - there will be lots to talk about.

Paddlefest 2007 has something for the whole family to enjoy.

We look forward to seeing you there!

Checkout their website at <http://www.paddlefest.bc.ca/>



Interested in helping out with the club, but don't know how?

We're looking for someone to assist with the mail-outs of the Paddle. Preferable from someone who receives the Paddle in the mail! Entails: picking up newsletters from printer, stuffing envelopes, addressing and stamping envelopes, and mailing them out.

Pay: Satisfaction that you're helping the club out by getting the newsletters out on time!

Please contact me at Newsletter1@skabc.org



Gayla Shulhan

Letter from the Editor

I can always tell the season is well under way when I start having to delete items from the training and trips schedules, because they're already in the past. People have done so much already in terms of training, it's incredible. I've just led my first training session of the season, and it made me appreciate more the effort that the trainers go through. There have been so many people over the years who keep volunteering, giving their time and efforts to help members become better paddlers—THANK YOU SO MUCH!

And, it's time to start sending me trip reports. You'll notice in this edition of the Paddle that there aren't any articles on trips. Please take 30 minutes to write about your experiences and send them to me. Include photos if you can. Especially include info about distances and where you launched from, where you stopped for rests and where you camped. That will help other members when they plan trips in the same areas.

As always, happy paddling!

Your Executive & Officers

President:

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president1@skabc.org

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Gayla Shulhan and
Shayne le Poer Trench
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How to Take Photographs from a Kayak

Robert Berdan, November 18, 2006

Kayaking is growing rapidly in Canada along the coast and on inland lakes. Dept of Fisheries and Oceans Canada reports that kayaking in British Columbia is growing at a rate of 20% per year since 1995¹. Taking photographs from a kayak is not difficult, but it does require a few precautions in order to protect your equipment, and there are a number of things you can do to ensure you get the best pictures possible. Here I will describe methods I have used to take pictures from a touring kayak and some regulations and guidelines to be aware of if you photograph wildlife.

Choose your camera carefully and protect it

First you must decide what type of camera to bring along. Space is limited so small compact cameras are well suited and they can be carried in your life preserver pocket. You can further protect your compact cameras, cell phones, and walkie talkies by storing them in small clear bags with waterproof seals (e.g. Aquapac cases). A few camera manufacturers make underwater cameras (e.g. Nikon's Nikonos) and some companies make waterproof digital cameras (e.g. Pentax Optio W20). You can also purchase waterproof casings for both compact and larger **single lens reflex (SLR)** cameras. Practically speaking though, underwater casings are bulky and clumsy to use above water. If you already own an SLR camera with interchangeable lenses you can use it to take pictures from your kayak, but you will have to take some extra precautions to protect it from the water.

You can safely protect you SLR camera by carrying it in a waterproof case that floats (e.g. those made by Pelican). Choose one of the smaller cases so it can be fastened on the bow in front of you or behind your seat (e.g. Pelican model 1400). Other accessories I recommend include a paddle leash connected to the case handle so if it falls off your kayak it won't float away. Also carry a dry-towel to wipe off your equipment when it gets wet. If you are kayaking in bright sunlight, a polarizing filter attached to your lens will reduce glare off the water and increase the overall color saturation of your images. A polarizing filter will also protect the front of your camera lens from salt spray. The downside is that you lose about 2 F-stops of light and that means your shutter speeds will be two settings slower. On overcast days, I often attach a clear ultra violet (UV) or Skylight filter on front of the lens to protect it from salt spray – there is no light loss when using these filters. Salt spray may affect the delicate coatings on lenses resulting in permanent spots and could also corrode your camera's electronics. If you do get salt spray on your lens or camera you should wipe it off at the end of the day using lens paper or cloth dampened with fresh water or lens cleaning solution.

Choose your lenses carefully

Telephoto lenses magnify the scene before you and are a good choice for wildlife, but they are also the most difficult to hold steady. New lenses equipped with image stabilization or vibration reduction technologies are especially good at reducing vibrations caused by handshake. One of my favorites is the Nikon 18-200 mm F3.5 lens with vibration reduction (VR). This lens has an equivalent focal length of 28-300 mm on a digital camera body that provides both wide-angle views and close-up views of wildlife. Lenses with maximum apertures around F2.8, are even better as they allow you to use faster shutter speeds that result in a higher percentage of sharp shots. Digital cameras are more flexible than film based cameras because you can change the ISO speed between pictures allowing you to select faster shutter speeds when required. If you would like to photograph birds in flight, breaching killer whales, or any moving wildlife, then consider increasing your camera's ISO speed from 100 to 200, 400 or even 800. As you increase the ISO speed, the downside is that your images will appear grainier and color saturation will be reduced. Ideally, always shoot with a shutter speed of 1/60 of second or faster if you want sharp pictures. With telephoto lenses you may have to use very fast shutter speeds to get sharp pictures. As a guide try to use a shutter speed equal to or faster than 1 divided by the focal length of your lens e.g. with a 300 mm lens use a shutter speed of 1/300 second or faster for optimum results. Vibration reduction technology may allow you to take pictures at two or sometimes three shutter speeds slower than a lens without. If you are shooting with film-based camera, consider using a 200 or 400 ISO speed film so your images will be sharper if you plan to use a telephoto lens.

The ideal camera lens depends on what type of images you plan to shoot – close-ups of wildlife or panoramic views. Zoom lenses are a good choice because they provide a variety of angles of view. Some lenses to consider are: 17-70 mm, 18-200 mm or 70-200 mm lens or a combination of these. Super wide-angle lenses can also be fun to shoot with e.g. Nikon's 10.5 mm or Cannon's 10-20 mm zoom lens. Whatever lenses you choose here are a few things to keep in mind when you take pictures from a kayak:

Try to keep your horizon level

Take pictures when the water is calm or when you can steady your kayak

Keep your camera strap around your neck so your camera doesn't fall into the water

Protect the front of your lens from water and salt spray with a UV or polarizing filter

Store your camera in a waterproof container that floats e.g. Pelican case.

Choose a camera that has a wide-angle-telephoto zoom lens with vibration reduction

Set your lens aperture, and ISO speed so that your minimum shutter speed is 1/60 of a second or faster

Don't take pictures if weather conditions make it unsafe to do so

Bring along a portable tripod to take pictures when you go ashore

What to include in your pictures

Finally keep in mind that some kayaks are easier to photograph from than others. On inland lakes I like to use a short wide kayak (11 feet 9 inches in length and 28.5 inches in width - Evergreen Envy Fiberglass kayak) for photography. This type of kayak has a large open cockpit that I can leave the spray skirt off in calm weather and I can place my camera gear in between my legs in front of me in a waterproof case or bag. If you plan to purchase your own kayak and use them as props in your photos, keep in mind that bright colors like orange, yellow and red are not only the easiest to see on the water, but they also make for strong centers of interest in your pictures.

Composing pictures from a kayak is a little different from shooting on land. One difference is that you are sitting about one and half feet above the water, which makes for an interesting perspective especially for photographing wildlife. The kayak, its bow, and other kayakers can form interesting focal points in your pictures so include them by using a wide-angle lens. When kayaking I like to paddle near the shoreline and explore nooks and crannies for wildlife or interesting rock formations. Consider including the shoreline in your pictures. Include the bow of your boat as this clearly shows the viewer where the shot was taken from. Kayaks may also bring you in to close proximity to wildlife, such as birds, mammals and intertidal life. Below is a list of guidelines that photographers and wildlife viewers should follow:

Guidelines to help minimize your impact when viewing or photographing wildlife from a kayak:

- Marine mammal viewing guidelines recommends a minimum viewing distance of 100 metres. If your kayak party finds itself unexpectedly within 100 meters of a whale, stop immediately and allow the whale to pass.
- Avoid approaching whales from the front or from behind.
- Always approach and depart whales from the side, moving in a direction parallel to the direction of the whales.
- Haul-outs and rookeries should not be approached. Use binoculars or telephoto lenses to observe animals from a distance and back off at any sign of agitation.
- If you find an abandoned seal pup, leave it alone.
- Sometimes marine mammals appear inquisitive and follow or watch a kayak from the water. In these situations, it is appropriate to observe the animal from whatever distance it chooses however, you should not approach it.

How to Take Photographs from a Kayak — cont. from page 5

- Do not swim with marine mammals (they might bite you!).

Stay off nesting sites. If a bird is vocalizing at you move away from what the bird is trying to protect.

In summary, kayaking is an incredible way to travel and see wilderness areas with its wildlife and natural beauty and through photography you can share your great times with your friends. Remember to protect your camera from the water and select relatively fast shutter speeds (usually 1\60 of a second or faster) to get sharp images. Waterproof cases and waterproof cameras will allow you to protect your equipment from the water. But wait, what if the kayak tips and your expensive equipment sinks to the bottom? My advice is don't tip the kayak when you are shooting and consider insurance for your equipment!

1. Fact Sheet on Sea Kayaking in Pacific Canada, Fisheries and Oceans Canada.

http://www.pac.dfo-mpo.gc.ca/oceans/Policy/kayakfact_e.htm

Robert Berdan, a professional nature photographer, web developer and instructor, is located in Calgary, Alberta. He has been kayaking for several years on the West Coast, Rocky mountain lakes, and in Georgian Bay. Robert is a photo-guide on the Columbia III Mothership <http://www.mothershipadventures.com/Spec-intro.htm#phototour> that offers photo-kayak tours off the West Coast. He has three web sites: www.moodsofnature.com, www.scienceandart.ca and www.scienceandart.org

Robert Berdan

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New in the Library!

Available at the next meeting...

- THE WILD COAST—Volume 1 Author: John Kimantos
A kayaking, hiking and recreation guide for North and West Vancouver Island
- THE WILD COAST--- Volume 2 Author: John Kimantos
A kayaking and recreation guide for the North and Central B.C. Coast
- SEA KAYAKING : A WOMAN'S GUIDE Author: Shelly Johnson
This book is directed towards women interested in pursuing sea kayaking with a strong emphasis on technique over upper-body strength.



An Invitation from the trips committee

We already have a lot of trips scheduled for the 2007 season, but there is lots of room for more, and your suggestions are always welcome. Our primary purpose is to encourage members to volunteer to coordinate trips. Volunteerism is what this club is built on. By stepping forward to volunteer, you are making this a better club for yourself and all of us.

If you have a destination that you wish to visit, let us know. You can be a pre-trip coordinator if you have no on-water leadership skills. We will post your trip in the newsletter and on the website indicating that an on-water coordinator is needed. If you are one of the more skilled experienced members, we count on your volunteer efforts to coordinate the on-water portion of a trip.

Jobs of a pre-trip coordinator:

- Receive contact info from applicants
- Enquire about their skill level
- Consult the on-water coordinator for inquiries regarding qualifications
- Co-ordinate pre-trip day paddle
- Co-ordinate pre-trip planning meeting to establish details such as carpools, and cooking partners, and advise group of chart # and other research

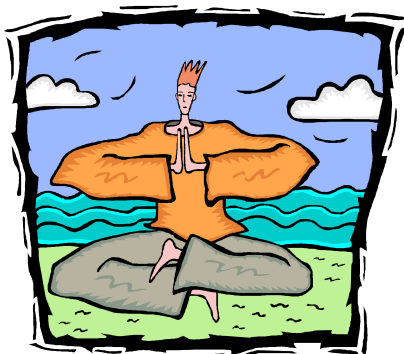
(Continued on page 7)

Yoga / Kayaking Weekend Trip — July 13-15

As keen kayakers, we often enjoy some time for our yoga practice after setting up camp, or before heading off for the day's paddle. There is nothing like a few sun-salutes and "asanas" to work out the kinks from the day's adventures, stretch and relax muscles that have been working hard, or to warm up the body and mind, building strength, stability and balance for the day ahead. We're always hearing people say "Wouldn't a yoga/kayak trip be great?" - so we decided to do something about it!



SKABC's first (we think) Yoga Kayak Weekend will take place July 13-15, with daily outdoor yoga-flow and meditation sessions led by certified instructor Leslie Young, who draws from over 20 years of yoga experience. Since 1991, Leslie has taught in Whistler and Pemberton, and has offered retreats, workshops & teacher-trainings in Canada, the US, and Mexico. Leslie also teaches yoga on kayaking trips in Belize with Island Expeditions. See www.mountainyoga.ca for more on Leslie's background. Some experience with yoga is required for this trip, and sessions will be adapted to best suit the group and environment. We plan to launch near Swartz Bay on Friday afternoon, paddling over to Portland Island to camp for the two nights. There are many options for Saturday's day trip, which will be decided based on conditions and weather at the time; and the same for Sunday's return to our launch site, so that we get a nice balance of paddling along with the weekend's yoga. Cost: \$85 (could be a little less if someone has a kayak to lend to Leslie!), plus Gulf Islands National Park Reserve camping fees of \$5/person/night.



Dinners Friday and Saturday will be a group effort, with a vegetarian theme; everyone will take care of their own breakfasts and lunches.

Heather and Shayne are sharing the pre-trip and on-water co-ordinator duties - please email hhw@telus.net or shayne@sisimka.com for more information about the weekend, and to register.

Namaste!

Heather Hamilton-Wright and Shayne le Poer Trench

(Continued from page 6)

Jobs of on-water coordinator:

- Screen applicants
- Manage pre-trip paddle on water. Assess participants for skills and group compatibility
- Facilitate group decisions during trip: re-route, go-no-go, choosing campsites, travel time and distance
- Navigate and assess weather conditions during the trip. Encourage group to participate in this task.
- Usually, but not necessarily, know the geography of the area

These positions can be done all by one person or divided into the two positions described above.

The on water coordinator will be a highly experienced paddler with leadership and rescue skills. The pre-trip tasks can be done by anyone. Mentoring opportunities are available by teaming up a less experienced coordinator with a skilled one as joint coordinators for one or more trips.

We are counting on you to maintain the great success of SKABC and improve your own leadership skills by stepping forward to volunteer to coordinate a trip. Contact the trips committee with your favorite destination ideas.

Your Trips Committee:

Simone Avram 604-275-2724

Nick Heath 604-939-7222

Birgit Stefani 604-881-4788

Training Schedule 2007

Course details and descriptions will be posted as they occur. Significant changes and updates will be communicated via a general e-mail to members. See <http://www.skabc.org/train.html> for course descriptions.

If you wish to volunteer to be a lead or assistant instructor, or you wish to be a coordinator, please e-mail K Cunningham at training2@skabc.org or leave message at 604-983-3016 with contact information.

Notes:

- Coordinators are assured a place in the course and do not pay course fees unless the fees are payable to outside suppliers.
- Generally, coordinators prefer to communicate by e-mail. If your e-mail is not acknowledged within 24-48 hours, phone to follow up.

Course	Dates (* Tentative)	Min/Max	Location	Instructor	Price
VHF	If you missed the Feb/Mar sessions in Vancouver, look for a course near you. Various Power Squadron Units offer course at different times & prices. http://vancouver.powersquadron.ca/radio.html				
Strokes & Rescue #1	Sat May 5 Sun May 6	20	Deep Cove	Maureen Benzon Cindy Carlson Bob Shields Frank Hamade	\$40
	Day 1: Rescues/bracing Day 2: Strokes/rescues REGISTRATION OPEN: Contact Janet Letourneau jletourneau@shaw.ca ph: 604-873-8405				
Rolling Clinic#2	Fri May 25 5:30 – 7 pm* Sun May 27 10 am-4 pm	4 / 6	West Van Aquatic Centre	Sea to Sky Kayaking	\$125 + GST
	Classroom, 2 pool sessions, video feedback & optional open water time. REGISTRATION OPEN: Contact Sea to Sky directly: info@seatoskykayak.com ph: 604-983-6663				
Weather	Sat May 26 Sun May 27	16	North Thormanby Is [subject to conditions]	Rick Davies	\$40
	Day 1: Theory/Water Day 2: Observe/water Participants responsible for camping, meals & travel costs if any. REGISTRATION OPEN: Contact Kathy Romses kromses@shaw.ca 604-987-0919				
Strokes & Rescue #2	Sat May 26 Sun May 27	20	Deep Cove	Steve Moon Rob Leeson Edwin Bussey	\$40
	Day 1: Rescues/bracing Day 2: Strokes/rescues REGISTRATION OPEN: Contact Alice Pletcher pletcher@shaw.ca ph: 604-929-2483				
Beginners Session #3	TBD	6 / 8	Ocean (Location TBD)	TBD	\$60
	Due to high demand for Beginners #2 offered in April 2007, a waitlist was started for a 3 rd offering. A third course will be offered once dates and instructors can be confirmed. Interested Members may send an e-mail to Training Coordinator at training2@skabc.org . Final dates and registration details will be communicated to those on the waitlist and all members by e-mail and in the June Paddle.				

Training schedule—continued from page 5

Course	Dates (* Tentative)	Min/Max	Location	Instructor	Price
Low Impact Camping	Sat June 16 Sun June 17	6 / 10	Portland Island (near Swartz Bay)	Gayla Shulhan Bob Maher	\$40
	Weekend camping. Participants responsible for camping, meals & travel costs, if any. ● REGISTRATION OPEN: Contact Alice Pletcher pletcher@shaw.ca 604-929-2483				
Currents (Course Full)	Friday Jun 15 evening Sat June 16 Sun June 17	16	Mayne Island	Mark Kelly Peter Kearney George Prevost Maureen Benzon Christian Duhme	\$40
	Participants responsible for camping, meals & travel costs ⊗ REGISTRATION is closed. Coordinator: Sue McLeish smmcleish@shaw.ca 604-732-3482. If the current waitlist reduces in size, an e-mail to members will be circulated to notify that the list has reopened. We are investigating feasibility of a second offering in the summer.				
Kids: Strokes & Bracing	July – 2 days (one weekend)	6 per instructor	Deep Cove	Maureen Benzon	TBD
	Details to follow ● Registration to open soon: Coordinator and volunteer instructors required				
Leadership	Aug 17-19 or Aug 31-Sept 3*	4 / 8	TBD	Harald Riffel	\$40
	● REGISTRATION OPEN: Contact Harald Riffel before April 22 or after June 30 th . thelongwayhome@telus.net 604-221-8284 Participants responsible for camping, meals & travel costs				
Surfing	Arrive Sep 7 Sat Sept 8 Sun Sept 9	15	Tofino	TBD	\$40
	Participants responsible for accommodation, meals & travel costs ● REGISTRATION OPEN: Sue McLeish smmcleish@shaw.ca 604-732-3482				
Kayak Repair	TBD	TBD	TBD	TBD	TBD
	Details to follow				
Trip Planning	Fall/winter 2007/08 ½ day	15	TBD	Tony Clayton	TBD
	New: Plan a trip for 2008! Selecting a destination, researching the area of interest, organizing logistics, assigning responsibilities within the group, selecting group equipment and planning, preparing and packing supplies.				



New in the Library - Available at the next meeting...

- THE COMPLETE SEA KAYAKER'S HANDBOOK AUTHOR: Shelly Johnson
A full spectrum guide to boats, gear, strokes, draws, rolls, etc
- DVD PERFORMANCE SEA KAYAKING
The basics and Beyond
- DVD THIS IS THE SEA
Take a head-long dive into 90 minutes of inspiring, edge-of-your seat kayaking action. Immerse yourself in stunning photography featuring some of the world's best paddlers. Filmed in Japan, Tasmania, Newfoundland, British Columbia, Norway and Wales.

SKABC Trips 2007



Trip Classification

STRENUOUS LEVEL			
<i>Assumes some paddling experience</i>			
Code	Description	Estimated Paddling Time	Distance (Nautical Miles)
A	Minimal	< 3 hours	< 6 nm
B	Moderate	3-5 hours	6-10 nm
C	Strenuous	5-6 hours	10-15 nm
D	Very	6 hours	15 nm

DIFFICULTY LEVEL		
<i>Expected conditions require matching paddling skills</i>		
Code	Expected Conditions	Paddling Skills Required
1	Calm	Beginner
2	Intermediate	Basic (self/assisted rescues)
3	Exposed / Difficult	Good seamanship
4	Challenging	Advanced

DATE	DESTINATION	CLASS	TYPE	COORDINATOR	ON WATER	MAX #
Day Trips						
May 27	Around Bowen	D2	Day	Peter Kearney pkearney@shaw.ca 604-947-9078	Peter Kearney	
May 31	Moonlight Paddle Deep Cove	A2	3 hour evening paddle	Looking for Coordinator	Looking for Co-ordinator	6
June 3	Big Brothers Kayak Day	A1	Day	Maureen Benzon benzon@telus.net 604-929-1035 Volunteers Needed!	Maureen Benzon benzon@telus.net 604-929-1035	Volunteer's needed
June 9	Anniversary Party Kitsilano / English Bay	A1	1/2 Day	Sue McLeish social2@skabc.org	Various	As many as possible
June 23	Pasley Islands (from Bowen Island)	A2/B3	Day	Nick Jones nick@jones.ca 604-730-6128	Nick Jones	n/a
June 23	Pasley Islands (from West Vancouver)	D2	Day	Maureen Benzon benzon@telus.net 604-929-1035	Maureen Benzon	6
Monday eve 6.00 to 8.30 June to Aug	Deep Cove - Beginner Paddle	A1	2 hour evening paddle	Maureen Benzon benzon@telus.net 604-929-1035	Maureen Benzon	n/a
June 30	Moonlight Paddle Burrard Inlet	A2	3 hour evening paddle	Maureen Benzon benzon@telus.net 604-929-1035	Maureen Benzon	6
Aug 28	Moonlight Paddle False Creek	A2	3 hour evening paddle	Carole Dedhar cdedhar@bccrc.ca 604-683-7288	Looking for Co-ordinator	6

DATE	DESTINATION	CLASS	COORDINATOR	ON WATER	MAX #
Weekend Trips					
May 18 -21	San Juan Islands Car camping	TBD	Simone Avram 604-275-2724 sa@skabc.org	Terry McGuiness	10
May 19 - 21	Copeland Islands Marine Park	B2 / C2	Karin Hartner khartner@shaw.ca 604-803-5215	Karin Hartner	8
May 26 - 27 Cost \$15	Kayak Cuisine (Howe Sound)	B2	Geraldine MacLear gmaclear@yahoo.com	Tony Clayton tclayton@telus.net	12
June 7-8	Keats Island	B2	Shelley Lear 604-437-1549 after June 1	Shelley Lear	8
June 16 – 17	Galiano Island Family Car Camping & Kayak	A1	Nick Jones nick@jones.ca 604-730-6128	Nick Jones	N/A
July 13-15 Cost \$85	Portland Island Kayaking & Yoga with Leslie Young	B2	Heather Hamilton-Wright hwh@telus.net 604-731-2446	Heather & Shayne le Poer Trench Shayne@sisimka.com	7
July 20 - 22	Thormanby Island	TBD	Roxanne Rousseau	Roxanne Rousseau	Trip Full
Aug 4 – 6	Ross Lake, WA	A2/B2	Mark Allison 604-525-2345 mark_allison@telus.net	Mark Allison	8
Sept 1-3	SKABC Social Wknd Mayne Island	-	Sue McLeish social2@skabc.org	Various	N/A
Longer Trips					
May 20 - 26	Broken Islands Mentored Trip	B2/B3	Maureen Benzon	Bob Salo	Trip Full
June 10 – 16	Deer Group Islands / Barkley Sound	C3	Simone Avram 604-275-2724 sa@skabc.org	Terry McGinnis	6
June 23-29/30	Broken Islands	B2/C3	Jonathon Jacobsen jjacobsen@telus.net 604-275-2724	Jonathon Jacobsen	8
July 7 - 15	Orcas Islands / San Juan Islands	C3	Simone Avram	Terry McGinnis	Trip Full
Aug 8 - 18	Queen Charlottes	C4	Simone Avram	Terry McGinnis	Trip Full
Aug 22 - 30	Nuchatlitz	C3	Maureen Benzon benzon@telus.net 604-929-1035	Bob Salo bsalo@telus.net 604-465-8608	6
Aug 25 - Sep 2	Johnstone Strait	C3	Simone Avram	Terry McGinnis	Trip Full

SKABC Mailing Address

Box 751, Station "A"
Vancouver, BC
V6C 2N6

Web: www.skabc.org
E-mail: info@skabc.org

**Member Discounts**

As a member of SKABC, you can receive a discount (usually 10% on retail purchases, and/or special rental rates) with many of the local retailers/renters. Some of the participants are:

- Ecomarine
- Deep Cove Canoe and Kayak
- BC Dive & Kayak
- Cowichan Bay Kayak and Paddlesports
- Middleton Boats

Thors Cove Cottage

“far from the maddening crowd”

*3 bedroom waterfront cottage beside
Desolation Sound Marine Park*

Completely outfitted for self catering with wharf and sandy beach. Accommodates up to 8 guests.

*Special offering to SKABC members for months of May, June & September:
\$120 per day — minimum 2 day rental*

www.thorscovecottage.com

604 483 6870

The above advertisement has been paid for by Thors Cove Cottage.

RENTAL INFORMATION AND MEMBER DISCOUNTS

Deep Cove Kayak offers SKABC members 10% off rentals, lessons and tours.

Regular rates (before discount) are as follows:

Weekdays: Single kayak \$28-2hrs, \$38-3hrs, 46-4hrs, \$56-5hrs+. Weekend rates on singles are \$4 more.

Long term rates: Singles \$75-overnight/24hour, \$110-2 days/48 hours (includes Friday night pickup/return Sunday night/ Monday morning), additional days \$45 per/day. <http://www.deepcovekayak.com>

Middleton Boats offers SKABC members a special rental rate of \$35/day including PFD, paddle w/spare, skirt, pump, rope bag and paddle float. Wide variety of models, for small to large size people, featuring fiberglass models from Boreal Design. David Middleton david@middletonsboats.com (604) 984-8066 1851 Welch St, N.Vancouver, just east of Lower Capilano Road

Ecomarine <http://www.ecomarine.com> also rents as does **BC Dive & Kayak** <http://www.bcdive.com>. Both offer SKABC members a 10% discount on purchases, and they may offer discounts on rentals.

MEC also rents. Rates are shown at www.mec.ca : [about MEC](#) : [Stores & Services](#) : [Rentals](#) but it is recommended that you check details with the individual store you want to rent from.