



# PADDLE

The SKABC Newsletter

July 2008

*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.*

## Broken Islands Mentored Trip, May 18-24, 2008 — submitted by Geoff Bridges

Participants: Geoff Bridges, Asif Tejani, Ohad Gal-Mor, Gretchen Jones, Graham Lorimer.  
Mentors: Maureen Benzoni, Bob Salo, Nick Heath.

At the pre-trip meeting we discuss the range of skills and experience in the group. I've never camped before and I say that I don't know anything, and need to learn everything! We then go over the business of the trip: who will be bringing stoves, who will be cooking each meal, how much water to bring etc. Each participant will lead for one day. In the afternoon we practice assisted and self rescues.



The trip starts from Toquart Bay on Sunday, May 18. We launch around 4:00 pm and paddle to first camp at Willis Island. I'm setting up my tent for the first time and am surprised how cleverly it is designed: almost idiot proof, though not quite. Graham and Ohad, seeing that I am having some difficulty, give me a few pointers and soon I am moving my gear in. By the time I have my tent set up, Bob has set up and tarped off the kitchen, pitched his tent, and he and Maureen have started supper. I see that I have a lot to learn.

Monday I wake to the sound of waves breaking on the shore, and birds singing. I get up and have the beach all to myself. I am awed by the beauty of this place; gorgeous views in any direction. Soon other faces start appearing and we have breakfast, then prepare for launching. Gretchen will be leading today, and explains her plan at the pre-launch meeting: explore some of the inner islands, break for lunch, paddle some more, and get back to camp in time for supper. Bob and Maureen show us how to get our compass bearings using a straight edge and the compass rose, then adjust for the difference between true north and magnetic north.

We are on the water by the planned time—not bad for our first morning. We launch in a light rain that soon becomes a downpour. We paddle to Turtle Island, Walsh Island and the Tiny Group. We raft up shortly after 12:00 pm and Gretchen decides that it would be best to return to camp for lunch. This way we will have a chance to dry out a bit, and we can go for an afternoon paddle if the weather improves. The rain has set in, and after we have put on dry clothes and had lunch there is little enthusiasm for climbing back into our wet paddling clothes.

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### Next Meeting:

**Tuesday, July 8**

(note that this July our meeting is the second Tuesday of the month )

**Club Picnic/Social at Locarno Beach**

Bring your own picnic dinner - the BBQ will be set up for you to grill your goodies

Gather any time after 6 pm for dinner at 7-ish

**Upcoming Meetings:**

Meet at Locarno Beach for July and August

**Tuesday, July 8, 2008**

(note this July it is the second Tuesday of the month)

**Tuesday, August 5, 2008**

**WANTED !!**

**Articles for inclusion in upcoming editions of the PADDLE.**

With summer well underway, and trips and training events taking place in rapid succession, we know there are lots of stories that members would love to hear. Every submission qualifies for our draw prize the month it is published - so share your experiences, and have a chance at winning one of these coveted \$25 gift certificates.

Please submit your anecdotes, trip reports, recipes, etc. as a Word document if possible; and try to limit each picture size to around 500KB or less.

**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](http://WWW.SKABC.ORG)

## Currents Course, May 2008 — submitted by Dawn Lessoway



The brave leaders of the 2008 currents course were George Prevost, Harald Riffel, Peter Kearney and Maureen Benzon, and before I continue, I would like to thank them again for their participation and volunteer spirit. It continues to amaze me that others are willing to spend their time ensuring that I, and others, have a safe and wonderful kayaking experience.

Let me also say that I am not naturally enthusiastic about paddling in current; you'd most likely find me floating in the kelp forests looking for marine life. I spend my time avoiding fast-moving water. If I wish to make it to those kelp beds, however, I need to paddle through that moving water, and after all, better the devil you know. (My secret mission in this article is to encourage everyone to come out to the currents course at least once, by showing my initial reluctance).

We met at Errol's place on Mayne Island (Seal Camp) after a somewhat exciting beginning: watching George Prevost launch from the ferry dock with a full kayak. It was an inspiring sight and furthered my dreams of one day kayaking around Klemtu after being dropped off the side of a ferry. George, of course, beat us to the island by a long shot.

(Continued on page 8)



**Shayne  
le Poer Trench**

## Letter from the Editor

And on the second day of summer, the Weather Gods said "Let there be sun", and (finally!!!) the skies turned blue and the sun shone brightly on BC's heavenly coastline. I am taking full credit for this change in weather, having just spent \$300 on a new paddling jacket. If I never need to take it out of my cockpit all summer, I will consider it a very worthwhile investment in the contrary laws of nature.

And in further acquisitions news - I'm afraid you'll just have to bear with me while I brag about my wonderful new kayak. I still dearly love my faithful old friend who has given me 10 years of great memories (and I have not decided yet whether to part company or keep her for pals to use) but it was time for something new, and I'm a very happy paddler/camper. Our maiden voyage together in Howe Sound on the 22nd was an unqualified success. The new baby is also yellow, so hopefully old paddling pals will still recognize me out on the water. I'll be the one who never comes to shore, as I try to postpone putting those first scratches on the hull!

If you are thinking about buying a kayak, in addition to reading reviews and manufacturers descriptions, make sure to tap into the wisdom of our many club members who among them must have owned every type of kayak there is, for every type of trip and every type of paddler. The SKABC "brain trust" contains the world's greatest knowledge on the subject of kayak choices.

## SKABC Website - more than you knew was there! — submitted by Jonathan Jacobsen

At the 2008 SKABC Currents Course weekend on Mayne Island, I overheard exclamations such as “We should gather up all the recipes for this wonderful food and publish them” and “How do I find the link to the online current tables?” As the club’s webmaster, I couldn’t help but pipe up and say “But that’s already on the club website!” Later I realized perhaps the website and the many resources on it need a bit of promotion.

Many people visit the site (at [www.skabc.org](http://www.skabc.org)) for the latest training class schedule, trips list and PADDLE newsletter. However, there are many more resources for members, accumulated by past webmasters, myself and others. Here’s a brief list:

**Club Member Directory** – Names, email address and phone numbers of all those members who agreed to have their contact info listed – a great way to stay in touch with someone you met on a trip or in a class and connect for future paddles.

**Trip Reports** – There are dozens of descriptions of trips undertaken by club members all over the world, from Alaska to the Bahamas to Belize and of course the many destinations within a short distance of Vancouver and the Lower Mainland. If you’re thinking of a trip somewhere and want first hand information on the destination, there’s no better resource than these write-ups. The **Photo Galleries** on the website also provide information about destinations.

**Trip Planning Resources** – Whether you are planning a club trip or just your own, the checklists, float plans and medical forms on the site will help.

**Safety Articles** – Covering everything from cuts and scrapes to VHF radios and hypothermia, this selection of safety articles are a must-read for all new kayakers.

**Book Reviews and Gear Reviews** – Some issues of the PADDLE newsletter provide reviews of books and gear for kayakers. Check out the PADDLE Article Index page to find these. The club’s **Library** is also listed in a PDF on the site, to help you plan which books you might want to borrow at the next club meeting.

**Training Class Reports** – Wondering what really happens in some of the club’s many training sessions? Read these reports to find out whether a particular class is right for you.

**Gulf Islands National Marine Park Reserve and Conservation Area** – A gem in the Strait of Georgia, GINMPR encompasses many islands and waterways in and around the Southern Gulf Islands. The site contains newsletters and links to resources about this treasure.

**Low Impact Camping** – Articles on how to minimize the impact of your trips and leave your destination in as good shape as you found it in.

**Wildlife Viewing Guidelines** – Recommendations for observing but not disturbing wildlife.

**Links to Other Resources** – Links to kayaking clubs around the world, to tide, current and weather tables and forecasts, to water taxi lists, to online bulletin boards, discussion forums, and buy & sell sites, and to all sorts of other kayaking websites and magazines.

If there’s something you think should be on the site, please submit it to [webmanager2@skabc.org](mailto:webmanager2@skabc.org)



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## **The Importance of a Good Float Plan,**

or

## **Wednesday's drama,**

or

## **You can trust your dentist! — submitted by Maureen Benzon**

Much has been said recently about the importance of the float plan. I conscientiously collate all participants' details and send a PDF copy to our primary on-shore contact for every paddle I do. Then I laminate a copy for my deck and a copy for the other leader. I know some people think, "There she goes again—this is just a nuisance, we never need it!"

In mid-May I went to the Broken Group with a group of eight. We had checked and completed the float plan at our pre-trip meeting. I joked with Asif about giving me a whole list of contact numbers where everyone else had just given just one. When it came time to compile the final document, I left in all the numbers and printed everything everyone had given me. Page 1 was a list of useful numbers (Park Ranger, water taxis and our primary contact). Participants' details formed a double-sided page.

Sometime after launching, I noticed a little cut on my index finger. It was not sore, and looked clean, so I smeared Polysporin on it and forgot about it. By Tuesday my finger was feeling a little stiff. Tuesday night I did not sleep. My finger was hot and swollen and throbbing. When I looked at it early Wednesday morning, I knew I could not wait another four days to see a doctor. I would have to evacuate, and started running through options in my head. If I evacuated with a water taxi, I would be stranded on shore with my boat, and no transport, but I knew that Earl and Tony were on Benson Island and were planning to leave that morning. If I joined them I could travel back to Vancouver with Earl. I woke Bob before 6:00 am and told him my plan. I would have to leave early to catch them before they launched. I had already started packing my gear, but we would have to follow safety rules. Two would come with me, so two could paddle back. While we chatted I looked at the sea state. I did not need a radio check to tell me the wind was too strong for me to paddle that day. Even if Earl and Tony left, I would not be able to keep up with them. I started to panic—I needed to start an antibiotic as soon as possible!

It wasn't yet 6:30 am, but I fetched my trusty float plan page one and put out a call to the Ranger. I expected to be given hours the office was open so was rather surprised when he answered. (I had woken him up, but he still seemed pleased that I had thought to call him first.) We discussed options. Whilst we were chatting, I remembered we had a dentist in our group. The Ranger offered to pick up the drugs from Ucluelet Pharmacy if I could get a prescription to them, but please could I do it as soon as possible; the wind was increasing and he did not want to be out in the storm.

Soon Ohad wandered across to join us for breakfast. When he saw my finger he went to wake Asif who came straight over. He was obviously concerned and agreed I needed treatment, but first he would like to check some details. Did I have the list of numbers he had sent me? Out came page two and Asif put through the necessary calls to colleague and pharmacy. As luck would have it, the pharmacist was out of town. His assistant gave Asif his cell phone number, and he agreed to help. We let the Ranger know that the plan was in action shortly after 8:00 am. At 10:00 am, the Parks Board boat pulled into the bay off Clarke Island and Bob paddled out to him to pick up my package. I felt huge relief. We spent the day on the beach and put it to good use discussing navigation, knots and tarping techniques.

Early Thursday morning we saw Earl and Tony paddle past. They had wisely spent the day off the water and were heading home. I managed to limp along with the group for the remainder of the trip, and even managed to forget my hand when we paddled around Effingham and played around the caves and arches.

Once again I have come back from a trip overwhelmed by the kindness of strangers and deeply thankful to my paddle companions for their understanding and support. Thank you all.

(In future I will include everyone's family doctor on the float plan. This is the second time I have contracted an infection whilst kayaking. It might be a phone call that saves your trip. This year we also asked everyone for the status of their tetanus booster. Last trip someone stood on a rusty nail on the beach!)

## Day Paddle to Widgeon Creek — submitted by Alice Pletcher

Well ... it was a damp Sunday in June-uary (a new month on the west coast) when half a dozen of us paddlers crossed over Pitt Lake to Widgeon Creek. I very much wanted to lead a day trip on wondrous Widgeon Creek and so led my first ever club trip—there are few places as beautiful as Widgeon Creek. As powerboats are not allowed, it makes for a serene, peaceful paddle—a nice change from ocean kayaking.



The real beauty is hidden in the many arms of the tributary. We enjoyed the sweet smell of nature—we saw a young deer standing on the bank quietly watching us paddle by—we heard numerous birds singing their lovely songs—we saw the homes of the bank beavers ...



After a lunch break at the campground, we hiked up to Widgeon Falls and enjoyed the roaring falls.



*Spectacular Widgeon Creek Falls*



If you want to paddle Widgeon Creek, check out my trip plan on the club website (under Trips: View SKABC Trip Archives).



Everyone must paddle Widgeon Creek!

*Broken Islands Mentored Trip - continued from page 1*

We decide to stay at camp, and Nick gives us a lesson on using the GPS. He effortlessly navigates the menus, enters waypoints, plots routes and brings up maps. It looks so simple, until I try it myself. Nick gives us a scenario where we must find and assist a paddler in trouble on Turret Island, in heavy fog. We are given a waypoint for the paddler's position, and enter our current position as our starting point. We enter other intermediate points, forming a route we can use on the water tomorrow.

The rain eases and we break for dinner, prepared by Ohad and Asif. Appetizers are samoosas made by Asif's aunt, and a curried lentil dish for supper. Camp food has so far greatly exceeded my expectations. After supper we gather driftwood to set a fire, and spend a pleasant evening getting warm and telling stories. Nick and Bob tell tales of hiking, sailing, paddling and camping in places near and far.

On Tuesday Graham is the leader; we go over the float plan, load the boats and are on the water by 9:30 am. The novices take charge of the GPS and practice the Turret Island scenario. Our first waypoint leads straight through a small island on the northwest tip of Willis Island! If visibility was really that limited it would also be hard to keep the group together, and soon there might be more paddlers in trouble. However, by following the arrows on the GPS, with a constant readout of the distance to the next waypoint, we soon find our imaginary paddler and beach for lunch on Turret Island. The GPS is a valuable tool—and also fun.

We get a chance to paddle in four foot swells on the outside of Benson Island. Maureen reviews the paddling techniques for these conditions: paddle on the side that the wave is coming from, so that our weight is balancing against its push. She tells us how and when to brace. We pair up in twos, each of the less experienced paddlers matched with a more experienced one, and head into the swell. Soon we are all comfortable paddling in these waves, and it is fun watching paddlers disappear and pop up again. It is a confidence booster to manage these swells, and it has been another great day on the water. The sun has come out, and we head to Clarke Island. We land on a white sandy beach, surrounded by green shallow water; all seems right with the world. We set up camp, and hang our gear in the sun to dry.

Tony Clayton and Earl Elliot drop by from Benson. We have a nice visit, then have dinner, and relax on the beach around a campfire. It is windy as we bed down for the night, but at least it is dry.

Wednesday is Maureen's day of drama (*see her article in this issue*), ably resolved by the Park Ranger and Asif the dentist, who advises Maureen that she shouldn't take alcohol while on the medication. The wind is howling, and waves are crashing on the shore, so it is decided that today will be a camp day. Bob instructs us on charts, navigation and knots. We explore the island, and Nick tells us about the history of the Islands. He answers our questions about the local wildlife, and it is soon apparent that he knows everything. Asif dubs him the Nickopedia.

Later we have dinner. Maureen has wine. Asif sighs.

Thursday it is Asif's turn to lead. We will paddle the outside waters, in a chevron pattern formed with a lead paddler and a paddler 12 feet on either side of the leader, and about 10 feet back. Each succeeding pair of paddlers is behind and out from the ones ahead, much like the V of flying geese. This way everyone has someone watching out for them. The wind has died down, and the water conditions are good. With Asif leading we form the chevron. Then Lisa the park attendant comes to tell us she has spotted a baby humpback playing in the rocks between Clarke and Benson Islands. We immediately break into two groups. Asif is all by himself in the chevron pattern, with the rest breaking into a mad dash formation! The whale, being an intelligent animal, sees the stampede of kayakers and is nowhere to be found.

We reform the chevron as we paddle around Benson Island and head to Batley, where we see a couple of sea lions. As we paddle away, one dives in the water and follows behind us. He is soon beside us as we are paddling toward Wouwer Island. We spot a half dozen sea lions on Wouwer and stop about 200 yards away, passing the binoculars around to get a better look. We watch our sea lion companion go to meet the others in a very noisy reunion. We head for the outside of Wouwer; through large swells to Dicebox Island for lunch; and then on to Gilbert for our camp.





Friday it is my turn to lead. We have our pre-paddle meeting—the plan is to explore the waters around Effingham Island, then head to Hand Island for our final camp. It is a sunny day with flat waters. Effingham turns out to be a magical place, with rock channels to explore. Some of them are dead ends, and some make a full circuit. There are soaring cliffs, caves and sea arches. This is a play day, and fun is had by all.



We head out toward the lagoon between Jacques and Jarvis Islands, where we will have lunch. On the way we are paddling through a current coming from our right side. Bob teaches us to ferry across, using two points on the shore to check whether we are drifting. We pass into lagoon from the west, at very low tide through a narrow channel. Most of the group float through, but my boat draws too much water because it has excess paddler weight! We paddle past the native fish traps and look for a place to land, but the low tide has exposed steep rocky shores all around. Bob sizes the situation up, pulls out a rope, ties one end to a rock, feeds the other through our boats, and ties it to a rock on the other side. I am glad again that we brought him along.

Saturday is a sad morning, the last day of our trip. Ohad is leading, and the plan is for a short paddle to Lyall Point, and then on to where we left the cars at Toquart Bay. As we approach Lyall point, a 30 foot minke whale surfaces about 20 feet in front of our group. We all stop, and watch for him to reappear. He must be curious because he keeps circling us: surfacing about eight times very close to our group, and then a couple of times further away as he heads off. This was a perfect end to a perfect trip.

As we approach our landing spot, Maureen asks, “Well, did you learn everything?” I answer, “almost”. Seriously though, I got a basic idea of making and breaking camp, paddling in open seas, reading charts, using a GPS and tying knots. The real lesson though was how a trip should be conducted. I saw the preparation that goes into it, the emphasis on safety, the importance of keeping the group together, how everyone is included in planning each paddle and that it is important to leave the camp site as near as possible in the same condition as you found it. I was impressed by how patient our mentors were with us, and how willing they were to share what they had learned with us. These are the things that I will take away from this trip.



## Kayak Cuisine

### Melted Brie with Garlic Topping

— submitted by Bob Salo



- 3 Tbs. olive oil
- 2-4 garlic cloves
- 8-10 sundried tomatoes (chopped and rehydrated)
- 1/4 cup fresh parsley
- 1/3 tsp. black pepper
- Chili flakes to taste

Chop and mix above ingredients at home and store in zip-loc bag.

Take round block of Brie and place in 6-8 inch non-stick fry pan.

Cut diagonal lines across top of cheese.

Spread topping mixture over cheese.

Put lid on fry pan. Cook over low heat until cheese melts.

Scoop with crackers—"Triscuits" work well.

An alternative **Brandy and Nut topping** for the Brie:

1/4 cup brown sugar

1/4 cup nuts (any kind)

1 Tbs. liquor (Brandy, Whisky, Amaretto etc.)

Follow the same directions as above.

*Currents Course - continued from page 2*

Just as fortuitously, my tent looked out over Active Pass with a beautiful view of the ferries coming and going. Who knew that the horn from the 10:00 pm ferry was a perfect reminder to go to sleep, and the subsequent 6:45 am blast was the perfect antidote to the snooze button? Or that seals, resting on the shore below one's tent at night, sound an awful lot like big cats coughing up hairballs! I didn't!

The first class began next morning at 8:30 am. We sat in a semi circle around a chart stand near the fire pit and learned about currents. How does one tell they are in a current? Frustration about getting nowhere is a good clue, but also surface disturbance, sharp wave peaks, kelp flowing in one direction, boils, humps, whirlpools and eddy lines. Currents are often marked on a chart with arrows. The arrows with "feathers" on them show the direction of flood.

Ever heard of a green V? No, not room, V. It's the eddy lines that form a V shape after the water leaves a narrow passage. That's where you want to be to ride straight through the rapids: a natural arrow pointing the way you want to go, thanks to Mother Nature!

However, if you want to cross into that V, you need to do some planning, not the least of which involves thinking about your bottom! You have to edge in the right direction. George convinced me with a fancy cardboard duct tape boat/fleece demonstration: if you edge toward the current you tip. Another analogy George used was stepping onto a moving sidewalk from the side: if you don't provide some resistance and lean, you'll be swept off your feet. My mantra for the weekend [censored version] was, "Show the current your bottom". I learned to start edging BEFORE you enter the eddy line. In my state of determined courage I was more than happy to show my bottom and think, "Oh yeah, you think you're going to tip me? Look at this!"

We practiced ferrying across the current, by angling the boat anywhere from zero to 90 degrees upstream and allowing the current to move you sideways. If you need to adjust your angle, using bow sweeps is the most efficient because it doesn't slow you down. I have a very bad habit of using stern prys to adjust. Sweep! Sweep! Became my second mantra.

Fear is also a good motivator, and my first few times ferrying across became power-paddling experiences, until I watched George float down the current and survive. Suddenly, current became less of an enemy and the day became more of an opportunity to play.

Play was certainly the theme of the second day when we left the relative safety of the small currents and headed out to Boat Passage. Watching some of the more experienced paddlers play in standing waves continued my revelation that currents could not only be helpful, but fun!

I must admit I played it very safe by ferrying back and forth in the lower current, but I was continually amazed by the gumption of the other paddlers, who overcame their hesitancy and returned again and again to what I called the "bubble" zone, despite their lack of experience, age or previous dumping. I was happy to ride the current and wheel my way around whirlpools, using a high brace for the first time! Yay! My objectives met and legs sore from edging, I decided to rest at the end of the current and help anyone who tipped over.

This is where I probably learned my most valuable lesson: wanting to be helpful can be a danger. After one of the paddlers tipped in, I felt ready to rescue but decided to let them ride the current to me. George paddled over to them so fast and had the kayak righted so quickly that I didn't realize I was immediately downstream of them.

I decided to try to help, which was my mistake: first of all, I wasn't needed. Secondly, I couldn't maneuver my boat in the eddy as quickly as I hoped and the waterlogged paddler soon became trapped between the boats, with her head about to be hit by my boat. I reached down and patted her head with my hand and apologized. In my shame, I once again realized that good intentions could lead one down the wrong path quite easily.

Humbled, but thankful that I learned a valuable lesson without dire consequences, I returned to my ferrying practice. As the current approached the maximum speed (about five knots), I could no longer keep my boat angled up-current and had to once again concede defeat and content myself with making S curves across the current's path. One time, a seal came up right beside me on a crossing, scaring both of us.





What else did I learn? We all need to learn at our own pace; that I will probably always enjoy sitting in kelp beds; that attitude is more powerful than age and skill; even loud whistles are not always easy to hear in wind; a word of encouragement or decisiveness and concern for everyone in the group makes for a good leader. Thank you again, leaders!

Other highlights of the trip were seeing the well weathered Robertson II wreck and recognizing what a beautiful boat she must have been, laughter from the hot tub, a great potluck dinner and the shrieks from the shower after a towel accidentally fell off. It was a pleasure to meet everyone; may our currents cross again someday.

#### Comments by other participants:

What incredible teamwork! The instructors worked well together. What an asset these instructors are to our club. They shared their expertise during lessons on land and on the water. The Currents Course was an exhilarating experience for me! Their guidance, made it possible for me to experience the rush of maneuvering currents in Boat Passage on Sunday! Incredible!

*Susan Rolfe*

Currents was my first SKABC training course, and I was extremely impressed with the quality of the teaching. All the course participants were friendly and helpful, both on- and off-water. I am a newbie camper too so thanks to everyone who patiently answered my many dumb questions. And finally – oh, that potluck dinner! Everyone excelled themselves and a fantastic feast was enjoyed by all! Wow!

*Helen Clay*



## Kathy's wedding (un)shower

— submitted by Sue Bennett

Congratulations go out to one of our own...Kathy Romses, who married Tom Saare on June 7, 2008.

With bows placed on bows, a gaggle of SKABC friends set out on Sunday, May 10, for a lovely sunny afternoon paddle in Deep Cove to celebrate, and ended the day at the Arms Reach Bistro, where Kathy was showered with enough bottles of wine to provision many future kayak trips.

Cheers Kathy! We wish you and Tom many years of happy paddling together!



### ***Solstice Kevlar Kayak***

with deck-mounted compass, 3 skirts for different weather, deck cover, paddle float, 2 life jackets, dry bags, 2 regulation throw bags, spare compass, kayak boots and gloves and many extras.

New: \$4000 for kayak **Selling price: \$2800 for entire package.** Also available: paddle, dolly, Thule racks, Hully Roller.  
778 878 1068 or [sharonlazare@gmail.com](mailto:sharonlazare@gmail.com)



### ***Current Designs Libra Double Kayak (Fiberglass)***

Red upper body, white hull. Overall length 21' 8". 14 years old, hardly used during the last 4 years. Great for camping or fishing. Two cargo spaces. **\$2,200**

Sue Johnson 604-603-5616 [sujohn@telus.net](mailto:sujohn@telus.net)

## SKABC 2008 Training Schedule - *please check the website for frequent updates*

If you would like to volunteer as an instructor, assistant instructor or coordinator in 2008, please e-mail [training2@skabc.org](mailto:training2@skabc.org) or leave a message at 604-983-3016.

New members may wish to review the course descriptions of the core courses offered by SKABC members, available on the club website at <http://www.skabc.org>

### Important Notes:

All course participants, coordinators and instructors must be club members at the time of the course. SKABC year is April 1 – March 31.

While significant changes and updates between meetings will be communicated via a general e-mail to members, members are responsible for monitoring the member's area on the SKABC website for the most recent information.

Subject to specific instructions to notify Training Coordinator of interest in certain courses, advance registrations through the SKABC Training Coordinator will not be accepted. Please wait for registration to open. Individual course coordinators will be identified once registration opens.

See Training on SKABC website member's area for policies, including cancellation and refund policy.

Course 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  | Min/<br>Max | Location                              | Instructor  | Price                                   |
|---|--|-------------|---------------------------------------|---|---|
| Trip Leader                                       | Wed July 9 eve – planning<br>Fri-Sun July 11-13 trip   | 6/8         | Southern Gulf Islands                 | Mark Kelly<br>Maureen Benzon                              | \$45                                    |
|   | ● <b>Registration open:</b> Coordinator – Maureen Benzon <a href="mailto:benzon@telus.net">benzon@telus.net</a> 604-929-1035   |             |                                       |   |   |
| Beginners #4                                      | Fri evening Jul 25<br>Sat & Sun July 26 & 27   | 6/8         | (Fri Theory TBA)<br>Sat/Sun Deep Cove | Maureen Benzon<br>Assistant required<br>(contact Maureen) | \$70                                    |
|   | ● <b>Registration open:</b> Coordinator – Graham Lorimer <a href="mailto:lorimer1@telus.net">lorimer1@telus.net</a> 604-929-4438   |             |                                       |   |   |
| Surf  | Arrive Fri Sep 5 for<br>Sat Sep 6 & Sun Sep 7  | 12/16       | Tofino                                | Instructors needed<br>Contact Training<br>Coordinator     | \$45                                    |
|   | Participants must arrive Friday evening before 11 pm. Course ends 1 pm Sunday. Participants responsible for costs of accommodation, travel & ferry. Dorms & some private rooms have been prearranged. Details available from Coordinator. Cancellation policy applies after July 18, 2008. Class size and final registration fee under review. Contact Coordinator to confirm interest. Details will be finalized at the beginning of July once instructors are confirmed.<br>● <b>Registration open:</b> Coordinator - Leslie Hansen <a href="mailto:leslie_hansen@telus.net">leslie_hansen@telus.net</a> 604-813-9044 (eve)  |             |                                       |   |   |
| Paddle Canada Level 2 Skills Certification Course | 2 day overnight course.<br>Dates TBD with participants following Trip Leader 3 day course in July 2008   | 3/4         | TBD                                   | Mark Kelly  | \$45 + Paddle Canada fees (approx \$50) |
|   | Members who have completed the SKABC courses and demonstrated their skills on the Trip Leader course described above, will be eligible to request participation in this 2 day course to obtain Paddle Canada Level 2 skill certification. Commercially offered courses of this type would normally cost more than \$500. Successful participants will be eligible to then pursue Paddle Canada Level 1 Instructor certification.<br>For information about the skills assessed at this level, please see Paddle Canada website for sea kayaking programs at <a href="http://paddlingcanada.com/programs/seakayaking/index.php">http://paddlingcanada.com/programs/seakayaking/index.php</a><br>For more information on this opportunity contact Coordinator for Trip Leader Course (see above). |             |                                       |   |   |

## External Courses available to the public and of interest to Members

|   |  |
|---|--|
| <b>VHF Marine Radio Operator Licence</b>                  | Look for a course near you. Power Squadron Units offer the course throughout the Lower Mainland at different times & prices.<br>Fee: \$90 per person <a href="http://vancouver.powersquadron.ca/radio.html">http://vancouver.powersquadron.ca/radio.html</a>   |
| <b>Wilderness First Aid Courses</b>                       | <b>St John Ambulance:</b> Call North Shore St John Ambulance directly to inquire about future offerings: <a href="mailto:nshore@bc.sja.ca">nshore@bc.sja.ca</a> or call 604-990-1290.<br><b>Alternative:</b> Wilderness Alert offers in depth multi-day courses. See web site for options and dates. <a href="http://www.wildernessalert.com/">http://www.wildernessalert.com/</a>   |
| <b>Kayak Rolling with Sea To Sky Kayaking (North Van)</b> | <b>Sea to Sky:</b> Please contact directly @ 604-983-6663 to register for public sessions. SKABC group sessions are over.<br><b>Course Overview:</b> You will meet at the store to watch a video & discuss rolling technique from 9 - 10:30 am. Then travel to West Vancouver Aquatic Centre for your pool time from 11:30 am – 1:30 pm. Return to shop at 2:30 pm to watch videos of yourselves and debrief.<br>For more information: <a href="http://www.squamishkayak.com/courses2.html">http://www.squamishkayak.com/courses2.html</a> |

## SKABC Trips Message From the Trips Committee Chair

For those of you who are looking at the trips list regularly, I bet you are seeing it dwindle daily as events pass with time and as trips fill up.



We would like to offer more trips but it takes some keen folks to volunteer. Most of you must have a favorite local **DAY** paddle you like to do with your friends. How about offering to lead a trip for SKABC? This year we have had a great response to all of the day trips held so far. (Most of the multi-day trips have filled quickly as well). Day trips are an especially good way to meet new folks and to socialize with one another without the pressure to organize an overnight or multi-day camping trip. It's OK to repeat something that has already occurred as there are always more of us that couldn't make it the last time but vow to go the next time. Please consider it as the summer goes on. Contact us at [trips2@skabc.org](mailto:trips2@skabc.org) or contact Karin at [khartner@shaw.ca](mailto:khartner@shaw.ca)

## Trip Classification

### STRENUOUS LEVEL

(Assumes some paddling experience)

| <u>Code</u> | <u>Description</u> | <u>Estimated Paddling Time</u> | <u>Distance (nautical miles)</u> |
|-------------|--------------------|--------------------------------|----------------------------------|
| 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

(Expected *conditions* require matching paddling *skills*)

| <u>Code</u> | <u>Expected Conditions</u> | <u>Paddling Skills Required</u> |
|-------------|----------------------------|---------------------------------|
| 1           | Calm                       | Beginner                        |
| 2           | Intermediate               | Basic (self/assisted rescues)   |
| 3           | Exposed/Difficult          | Good seamanship                 |
| 4           | Challenging                | Advanced                        |



## SKABC Trips for 2008 - *please check the website for frequent updates*

### Day Trips

| Date  | Destination   | Class                           | Duration | Coordinator   | Leader  | Maximum Participants                             |
|---|---|---------------------------------|----------|---|---|--|
| Monday evenings<br>July-7, 14, 21<br>August-11,18 | Indian Arm from Deep Cove<br>Launch by Deep Cove Canoe & Kayak Centre<br><b>ON WATER BY 6 PM<br/>BACK BY 8:30<br/>RAIN OR SHINE</b> | A1- must be able to self rescue | 2-3 hrs  | Maureen Benzon<br>Email preferred<br><a href="mailto:benzon@telus.net">benzon@telus.net</a><br>604-929-1035 | Maureen Benzon<br>Email preferred<br><a href="mailto:benzon@telus.net">benzon@telus.net</a><br>604-929-1035 | Sign-up not required<br><br><b>RAIN OR SHINE</b> |
| July 16   | Full Moon Paddle<br>Meet at Boat Launch at Vanier Park behind the Planetarium at 7pm  | A1- must be able to self rescue | 3-4 hrs  | Borre van Doorninck<br><a href="mailto:borrev@telus.net">borrev@telus.net</a>                               | Borre van Doorninck<br><a href="mailto:borrev@telus.net">borrev@telus.net</a>                               | Please let Borre know if you are coming          |
| Aug 9   | Sketch And Paddle<br>Gambier Island / Howe Sound<br>On water at Porteau Cove by 9am   | B2-3                            | All day  | Karin Hartner<br>Email preferred<br><a href="mailto:khartner@shaw.ca">khartner@shaw.ca</a><br>604-803-5215  | ...and artist<br>Kurt Connell<br><a href="mailto:kpconnell@hotmail.com">kpconnell@hotmail.com</a>           | 12   |
| Oct 15  | Harrison Lake to Kilby Provincial Park  | A1-B1                           | All day  | Karin Hartner<br>Email preferred<br><a href="mailto:khartner@shaw.ca">khartner@shaw.ca</a><br>604-803-5215  | Karin Hartner<br>Email preferred<br><a href="mailto:khartner@shaw.ca">khartner@shaw.ca</a><br>604-803-5215  | none   |

### Weekend / 2-3 Day Trips

| Date   | Destination  | Class  | Duration | Coordinator   | Leader   | Maximum Participants |
|--|--|--|----------|---|--|----------------------|
| July 12-13   | Beaumont Harbour (in new National Park on Pender Island), launch from Mayne Island<br>Good for beginner campers and new kayakers.<br>Boat rentals available from Mayne Island Kayaking.  | B2 - must be able to do wet exit & assisted rescue     | 2 days   | Ash Whitehead<br><a href="mailto:Ashwhitehead@hotmail.com">Ashwhitehead@hotmail.com</a><br>If someone would like to help Ash on coordinating, please contact him.<br>Karin will assist. | Ash Whitehead<br><a href="mailto:Ashwhitehead@hotmail.com">Ashwhitehead@hotmail.com</a>            | 8                    |
| Aug 2-4  | Paddling and Hiking<br>Ross Lake, WA. Access from near Hope - no border crossing required  | B2   | 3 days   | Mark Allison<br><a href="mailto:mark_allison@telus.net">mark_allison@telus.net</a><br>604-525-2345  | Mark Allison<br><a href="mailto:mark_allison@telus.net">mark_allison@telus.net</a><br>604-525-2345 | 8                    |
| Aug 29-Sept 1<br>Labour Day weekend<br><br><i>Reserving the ferry both ways is essential</i> | "The Mayne Event"<br>- kayaking, hiking, biking and relaxing on Mayne Island.<br>Camping at Errol Fisher's beautiful oceanside property - \$10/night includes hot tub and outdoor shower | B2-B3<br>must be able to do wet exit & assisted rescue | 3 days   | Susan Rolfe<br><a href="mailto:susanrolfe@telus.net">susanrolfe@telus.net</a>   | No on-water leader   | 20                   |
| Sep 20-21  | Gabriola Island - camping at Andrew Kirk's cabin<br><br>Wet or dry suit required   | B3   | Week end | Andrew Kirk<br>Email preferred<br><a href="mailto:rew@vcn.bc.ca">rew@vcn.bc.ca</a><br>604-469-9194  | Andrew Kirk<br>Email preferred<br><a href="mailto:rew@vcn.bc.ca">rew@vcn.bc.ca</a><br>604-469-9194 | 8                    |

### Longer Trips

| Date                          | Destination   | Class  | Duration                                  | Coordinator  | Leader  | Maximum Participants |
|-------------------------------|---|--|---|--|---|----------------------|
| July 2-12<br><b>TRIP FULL</b> | Kyuquot Sound<br>Brooks Peninsula and<br>Bunsby Islands   | C3<br>Surf & open<br>water<br>skills<br>required                   | 9 days<br>on<br>water<br>2 days<br>travel | Simone Avram<br><a href="mailto:Simone.avram@shaw.ca">Simone.avram@shaw.ca</a><br>604-275-2724   | Terry McGinnis<br><a href="mailto:1terrymc@telus.net">1terrymc@telus.net</a><br>604-872-5898    | <b>TRIP FULL</b>     |
| July 7-11                     | Sailing and paddling<br>around Gabriola Island<br><br>(see below on sailing<br>and paddling partners)   | B1-B3  | 5 days                                    | Fred Collaco<br><a href="mailto:collafred@yahoo.ca">collafred@yahoo.ca</a>   | Fred Collaco<br><a href="mailto:collafred@yahoo.ca">collafred@yahoo.ca</a>                      | 3 plus Fred          |
| July 19-27                    | Gulf Islands -<br>Swartz Bay to Departure<br>Bay, Nanaimo<br><br><b>Walk-on trip - must<br/>have wheels</b> (see Trips<br>website for itinerary)  | B3   | 9 days                                    | Bruce Pickwell<br><a href="mailto:Bruce.Pickwell@telus.net">Bruce.Pickwell@telus.net</a>   | Bruce Pickwell<br><a href="mailto:Bruce.Pickwell@telus.net">Bruce.Pickwell@telus.net</a>        | 8                    |
| July 21-25                    | Galiano to Valdes<br>Camp at Dionisio Point<br>and Blackberry Point   | B3   | 5 days                                    | Simone Avram<br><a href="mailto:Simone.avram@shaw.ca">Simone.avram@shaw.ca</a><br>604-275-2724   | Terry McGinnis<br><a href="mailto:1terrymc@telus.net">1terrymc@telus.net</a><br>604-872-5898    | 6                    |
| Aug 9-16                      | Kyuquot Sound<br>Brooks Peninsula<br>Bunsby Islands   | C3<br>Surf & open<br>water<br>skills<br>required                   | 6 days<br>on<br>water<br>2 days<br>travel | <b>Coordinator<br/>required</b><br><br>Simone Avram will<br>assist with plans<br>initially   | Ron Simmer<br><a href="mailto:patex@shaw.ca">patex@shaw.ca</a><br>604-438-5935                  | 6-8                  |
| Aug 15-25<br><b>TRIP FULL</b> | Hakai Pass<br>Via BC Ferries to Bella<br>Bella  | C3   | 9 days<br>onwater<br><br>2 days<br>travel | Simone Avram<br><a href="mailto:Simone.avram@shaw.ca">Simone.avram@shaw.ca</a><br>604-275-2724   | Terry McGinnis<br><a href="mailto:1terrymc@telus.net">1terrymc@telus.net</a><br>604-872-5898    | <b>TRIP FULL</b>     |
| Aug 18-21<br><b>TRIP FULL</b> | Nanaimo to Saltspring Is.<br>Coordinator will provide<br>details.<br><br><b>Walk onto ferry so<br/>must have wheels.</b>  | C2   | 4 days                                    | Bob Griffiths<br><a href="mailto:bobmdbob@hotmail.com">bobmdbob@hotmail.com</a><br>604-224-5751  | Bob Griffiths<br><a href="mailto:bobmdbob@hotmail.com">bobmdbob@hotmail.com</a><br>604-224-5751 | <b>TRIP FULL</b>     |
| May-Sept                      | <b>Sailboat Paddling<br/>Partners</b><br>Gulf Islands/Sunshine<br>Coast<br>Sailing and kayaking on<br>a cost-share basis (app<br>\$40/day)<br>Bring own food, kayaks,<br>gear, bedding, etc | B2<br>must be<br>able to<br>do wet<br>exit &<br>assisted<br>rescue | 5-day<br>AT<br>LEAST<br>trips             | Fred Collaco<br><a href="mailto:collafred@yahoo.ca">collafred@yahoo.ca</a><br>604-278-6819<br><br>Mother Ship is<br>Catalina 28 Mark 2<br>with diesel engine<br>No sailing skills<br>necessary | Fred Collaco<br><a href="mailto:collafred@yahoo.ca">collafred@yahoo.ca</a><br>604-278-6819      | 3 plus Fred          |

The 18th Annual BC Marine Trail Ocean Kayak Marathon takes place in English Bay on Sunday, July 13. The BC Marine Trail Ocean Kayak Marathon, hosted by Ecomarine, is a tradition for paddlers to get out and have fun with the paddling community. The 10m Marathon is for keener paddlers looking for a challenge. Proceeds from this event go to support the BC Marine Trail.

Go to <http://www.ecomarine.com/locations/entryform2008.pdf> for information and registration. Registration ends 4:00 pm July 12.

**SKABC Mailing Address**

Box 751, Station "A"

Vancouver, BC

V6C 2N6

Web: [www.skabc.org](http://www.skabc.org)E-mail: [info@skabc.org](mailto:info@skabc.org)**Discounts for members**

As a member of SKABC, you are eligible to receive a discount at many of the local retail and rental locations - see the club website for details.

Please enquire before finalizing your purchases, and take a moment to express your appreciation.

If the business does not offer a member discount, please respect their position.

**The Mayne Event**

How about spending Labour Day weekend on Mayne Island!

We have the opportunity to camp, for only \$10 per night, at Errol Fisher's beautiful oceanside property on Seal Beach. Some of the exceptional amenities include attractive forested campsites, a secluded beach, a hot tub and an outdoor shower.



Our potluck dinner on Saturday night is always a big hit.

Kayaking jaunts will be decided by those attending. There will be no on-water leader, but everyone must have attended a Strokes and Rescue Course. The island is also fun to explore - bring your bike or hiking boots.

There is a Saturday morning Farmers' Market, and on Sunday (if you are willing and able) plan to join the 8 km "Mayne Island Cow Pie Run." The Lions will be hosting a Salmon Festival with a scrumptious salmon barbecue on Sunday afternoon.

What a wonderful way to wind up summer paddling!

Please contact Susan Rolfe at [susanrolfe@telus.net](mailto:susanrolfe@telus.net) if you wish to participate in this fun-filled weekend.

*Ferry reservations, both ways, are essential on this long weekend.*

**SKABC Trade Show Report**

The first-ever SKABC Trade Show, on Tuesday June 3, was a smash hit! We had thirteen exhibitors showing their products for all things paddly—they also donated a fantastic pile of door prizes, including paddles, a GPS, clothing, books, gear bags and more. It seemed like everyone in the room won something! The exhibitors were very stoked to meet such an enthusiastic and dedicated crowd of paddlers. Our thanks go to the exhibitors, to "Safety" Bob Maher for all his hard work organizing the show, to his team of volunteers who helped the evening run so smoothly—and of course to you, our members, for making the Show such a success.

**MEC Paddlefest, Sunday July 6**

**Volunteers requested for SKABC table:** SKABC is considering participating in MEC's 2nd Annual Paddlefest at Ambleside Park, and will need volunteers to staff the club's information table for shifts of a couple of hours each. Contact Lesley Cerny: [secretary1@skabc.org](mailto:secretary1@skabc.org) **by July 2** if you can help.

Paddlefest is an urban celebration of kayaking, canoeing, and the ocean environment in BC. The day will feature learning opportunities on water and on land. Paddlers of all skill levels are welcome. This is a family-friendly event, offering opportunities to test boats and equipment from various watersports manufacturers, and has something for every paddler, from beginner to expert.

So even if you are not able to commit to staffing the SKABC table, a visit to the Paddlefest promises to be a fun and informative way to spend some time.