SEA KAYAK ASSOCIATION OF BC
Established 1982

PADDLE

The SKABC Newsletter

June 2009

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.

Kyuquot Sound and the Bunsby Islands **July 6-20, 2008**

— by Sylvie and Philippe Kruchten



South Bunsby, 10 pm on July 14th

Our connection with SKABC dates from last July through a chance encounter with a group on Rugged Point, at the south-east entrance of the Kyuquot Sound, on the west coast of Vancouver Island. A group of a dozen kayakers of SKABC were waiting for a break in the wind to depart as we landed on this provincial park. We got a very warm and enthusiastic welcome from the group and they shared with us tips on what to see, where to camp, and where you can enjoy a cappuccino while still in your kayak! We had launched a few days earlier at Fair Harbour (1 • on the map on p8), a not-so-nice assembly of parking lots, camp sites, and shop at the end of a long logging road. An alternative approach we envisaged for a while was a "wet launch" from the *M.V. Uchuk III* (www.mvuchuck.com), but we did not want to be bound in time to its weekly passage by Kyuquot.

At summertime, the 80 km logging road leaving off Highway 19, north of Woss is quite practicable (notwithstanding sudden encounters with speeding logging trucks), even without an SUV, as was our case. We stopped about half way to our launch point in the small harbour of Zeballos (250 inh.), where we spent the night at the *Cedars Inn*. We enjoyed the fish and chips

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Next Meeting:
Tuesday June 2nd
(7:30-9:00pm)

Tankers, Tar Sands threaten BC Coast
Presented by: Will Horter, Dogwood Initiative

Open Net Salmon Aquaculture
Presented by: Catherine Stewart, Salmon Farming Campaign

Location:
Vancouver Museum
Main floor meeting room
1100 Chestnut Street

Upcoming Meetings:

Tuesday, July 7, 2009
Rescue Practice at Locarno with Maureen Benzon. On the water @ 6:00 - probably until 8:00. Play until you get hungry or need to socialise on the beach... Note: This is NOT training, but Maureen will be available if anyone feels they need a little coaching (coaxing?).

The usual picnic on the beach is also scheduled. Bring your own dinner and socialize with fellow SKABC members. We will try to arrange to have the club hibachi (bbq) at the beach.

PADDLE Newsletter: for you, by you
Here's your chance to share your paddling stories, jokes, recipes, gear tips… articles can be about any paddling experience, short or long, and not restricted to club trips.

Guidelines: Please submit as a Word document, photos max 500 kb, deadline 15th of the month to:
newsletter 1@skabc.org

THANK YOU!!

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

Wonderful opportunity to clean up the world
(or a little part of it)



SKABC plans to participate in the annual TD Great Canadian Shoreline Cleanup, held each fall in September and sponsored by TD Bank Financial Group through its Friends of the Environment Foundation and the Vancouver Aquarium.

We all care about the marine environment and as we shuffle around on the local beaches with our boats and gear, many of us grumble about the amount of garbage that is dumped there or washes up all around us—you know the stuff—bottles, cans, bits of rope and net, tires and plastics in every form.

Sadly, one person can do so little, acting alone, but with 70,000 other co-volunteers, around 1700km of shoreline can be cleaned of 100,000 kg of junk—now we're talking!

Groups are assigned responsibility to clean up a section of shoreline, document what is picked up, and see that it is properly disposed of. Most groups do this over a weekend or just on one day. Believe it or not, it could be fun!

To take on responsibility for a section of our coast for 2009, we first need:

a **Cleanup Coordinator** NOW…then, nearer the day..

some energetic volunteers…then, on the day..

participation of the club masses! ..and

a truck, boat, food etc

Please step right on up!

SKABC will be cleaning up Jug, Racoon and Twin Islands in Indian Arm, on Saturday 19th September, launching from Deep Cove at 9:00 am.

For information see http://www.vanaqua.org/cleanup/home.php

Contact: Nick Heath nheath@sfu.ca 604.939.7222



Helen Clay

Letter from the Editor

Welcome to your bumper June issue of PADDLE! My thanks to all the contributors who have waited patiently to see their words in print. This month we have some great celebrations of summers past, including a trip to Kyoquot Sound and a solo paddle to Nootka Island. Dionisio gets a detailed write-up, and there are some great nutrition and safety tips to keep you strong and paddling safely in the great summer unfolding ahead of us.

There are also many great volunteer opportunities highlighted throughout these pages. SKABC is a club run entirely by volunteers. Giving a little of your time is a great way to give something back to the club, as well as developing your skills and getting to know some more about your fellow paddlers. We're looking for twelve people to help run our information booth at the MEC Paddlefest on 5th July (see page 9); volunteers for the Big Brothers Kayak Weekend July 11-12 (see page 4 and back page); a vice-president (see page 4); and a couple of helpers for a presentation at North Vancouver Library on June 25th (back page).

The Executive is also starting the call for nominations for the ORCA Award and Silver Paddle Awards. See page 13 for more details.

Emergency "Day" Bag — Bob Maher

It can happen to all Ocean/Sea Kayakers. You are out for a day paddle, the weather starts off great, then a storm comes in and you have to get to land for safety. Or….. you or someone else goes over and you have to get them to shore to warm them up. What do you do? If you have a good "Emergency Day Bag", your chances of a safe outcome are much greater.

Things do happen, why not be prepared!

Small First Aid Kit (Gauze, Tape, Band-Aids)

Multi Tool (i.e. Swiss Army Knife or a Leatherman Multi Tool)

Several Bars of food

Bottle of water

Wool or Fleece Toque

Fleece Scarf

Fleece Top

Long Underwear

Rain Pants and Top

Warm Gloves or Mitts (Cortex or similar)

**Wool or Fleece Socks and "Two Plastic Bags". (Why Plastic Bags? See below)

All Weather Blanket (Similar to the Original "Space" Brand)

Small Flash Light with "New" Batteries NOT installed

Fire Starter (Similar to Coghlan's "Fire Lighter")

Matches, lighter and a Candle

Half, Flattened Roll of Toilet Paper

Cellular Phone and VHF Radio (depends on your location)

Cycling Flashing Light (they are small, waterproof and do not cost a lot)

And it all fits into a 10 Litre Dry Bag!

What Else?

- _____
- _____
- _____

**Why two plastic bags? The plastic bags can go over your dry socks and you than can put your feet into wet boots or sandals. This way your feet stay warm and dry, while you wear your wet footwear.

Note: In case you go over, keep items in separate Zip Lock style Bags (double or triple Zip) in your Emergency Dry Bag. This will give you a better chance of keeping everything dry, when you really need them.

Your Executive & Officers

President:
Bob Shields
president1@skabc.org

Vice President: VACANT

Treasurer:
Harald Riffel
treasurer2@skabc.org

Assistant Treasurer:
Rob Leeson

Secretary:
Albert and Holly Fujisawa
secretary1@skabc.org

Membership:
Claudette Poirier
membership1@skabc.org

Conservation Liaison:
Nick Heath
Nick Jones
conservation1@skabc.org

Training:
Kathy Romses
Maureen Benzon
training2@skabc.org

Trips:
Karin Hartner
trips2@skabc.org

Safety:
Leslie Hansen
safety2@skabc.org

Public Relations:
Mark Starkey
pr1@skabc.org

Programs:
Shirley Brunke
programs2@skabc.org

Social Director
Susan Rolfe
social2@skabc.org

Library:
Ray Saadien
library3@skabc.org

Webmaster:
Susan Jensen
webmanager2@skabc.org

Newsletter:
Helen Clay
newsletter1@skabc.org

Open your hearts: Big Brothers' Kayak Weekend July 11/12, Panorama Park — by Maureen Benzon

I first became involved with Big Brothers a few years ago. I was listening to my teenage daughter recounting a life enriching experience, and I thought - How lucky she has been, and my heart went out to all those kids who might not have had things quite as easy.

Two years ago, we held our first Big Brothers' Kayaking event. We offered 2 hour paddles to the Little Brother, accompanied by his mentor, and provided fruit and pizza when they returned. Big Brothers staff completed all the paper work and greeted the boys as they arrived. They also helped carry the kayaks up from the beach at the end of the day, for which we were extremely grateful. The participants were given a safety orientation on the beach, and then we accompanied them on a paddle. Because some of the boys were young, and most were inexperienced, we had a SKABC member paddle with each pair, as well as a "leader" to paddle wherever they felt most needed and just generally keep an eye on things (like the weather, and the distance covered). It was well received so we repeated the outing again last year. Word had spread, and Big Brothers were swamped with requests. We can accommodate 9 pairs in one day, so they took a waiting list of 10, and then had to refuse all others. This year we would like to be bit more ambitious, and extend the invitation to Big Sisters, but we can only do so with the support and help of club members.

I would like to offer the opportunity to boys and girls on both days of the weekend. On the Saturday, we would accommodate the younger boys and girls of 8 or 9 yrs. old. It is preferable for them to paddle a double kayak and SKABC executive have generously offered to cover the cost of boats, if we cannot borrow from members. Sunday, we will repeat the day we offered last year and take the pairs out in single kayaks. This will only be available to boys of 10 yrs or older. Last year DCCK donated a boat and pdfs, but this year the event is mid-season, so I am not sure if they will be able to donate the boat.

Please look at your calendar, and see if you are able to help. It is not necessary to commit to both days, or even a full day. 3 sessions on the water is a long day, so covering just one shift would help immensely. If you are not using your boat, and can deliver and fetch it to and from Deep Cove, I would be very grateful. (It will leave some budget to cover the pizza.) I think we already have a volunteer to bring cookies! If you have any other ideas on how to enhance the day, please let me know. This event is posted under "trips" and all help will be gratefully received.

Maureen Benzon benzon@telus.net Tel. 604-929-1035

SKABC Exec Update

Welcome to **Leslie Hansen**, who joins the Executive as our new **Safety Officer**. Thank you very much, Leslie, for volunteering your time to help make SKABC a safety-conscious club.

Wanted Ad: SKABC still needs a **Vice-President**, to assist Bob Shields in his role as President. You can contact Bob if you have any questions about the role, at president1@skabc.org

Go Play Outside! Nootka Island Solo — by Steve Best



Steve after launching from the MV Uchuck III (photo John Helliar)

When my paddling buddy told me he wouldn't be able to do a big trip in 2008, my thoughts soon turned to a solo trip and to Nootka Island. I hadn't done a solo trip since 2002 and I was ready for some alone-time. The open coast of Vancouver Island is my favorite playground and Nootka Island was one of the missing pieces.

When I Google-Earthed my way around Nootka Island, it became clear that a full circumnavigation of the island would take a full two weeks at the pace I travel, and half that time would be spent paddling up the channels on the inside of the island. On the all too rare occasions that I spend time paddling, I would rather spend that time on the open coast. I checked the schedule of a coastal steamer, the M.V. Uchuck III, and the pieces fell into place. I would be dropped off at the north end of Nootka Island on a Thursday and, if things went as planned, get picked up at the south end ten days later. If conditions did not permit a run down the outer coast, I could make my way down the inside of the island or just sit tight in Nuchatlitz until the Uchuck came by again nine days later.

The morning of Wednesday, June 11 found me driving off the Horseshoe Bay-Nanaimo ferry and heading up and across Vancouver Island. Arriving at the Gold River waterfront at 3:00 in the afternoon, I loaded (overloaded) my kayak and watched as the crew hoisted it aboard the Uchuck, ready for the next day's voyage.

Thursday, June 12. The Uchuck pulled away from the pier at 7AM for its run up the coast with a load of tourists who would overnight in Kyuquot. By late afternoon we are approaching Nuchatlitz Provincial Park, and the overcast that has hung around all day turns into rain. I help load my kayak onto the launch pallet, settle into the cockpit, do up my sprayskirt, and the Uchuck comes to a stop near Rosa Island. To the sound of camera shutters I'm hoisted into the air, swung over the side and lowered into the water. The Uchuck pulls away and I'm on my way in light winds and steady rain. I paddle a couple of n.m. through the islands to Island 40 North which I had picked as a likely base camp. I've got it to myself and I set up on the east facing point. There are tall weeds growing through the grass in the best tent spot, so it looks like I'm the first camper of the season on the island. I set up the kitchen tarp and tent, change out of my paddling gear, cook up shish kabobs and settle in for the night.



Camp at Nuchatlitz

Friday, June 13. Friday the 13th brings brilliant sunshine and strong postfrontal westerly winds. There are whitecaps everywhere by 10AM and the marine forecast calls for gale force winds. I decide to forgo a side trip to Catala Island and go for a paddle around my little island instead. Yesterday's brief paddle was only my second paddle of 2008, and this is a good chance to knock the rust off. At maximum output I can just make headway into the wind up the north side. The paddle back down the other side is a blast in strong following winds and seas. Back in camp I kick back and soak up the beauty of Nuchatlitz and the solitude. By 4:00 the winds start to moderate, a pattern that will repeat as the trip continues.

Kyuquot Sound and the Bunsby Islands *(continued from page 1)*

plus a cool beer in the nearby *Zeballos Hotel and Bar* (actually your only choice in downtown Zeballos) then wandered through the village looking at the old houses.

Our 12 day trip took us then to the Tahsish preserve (2), to the Rugged Point provincial park (3), to Kyuquot and the Mission group (5), then further northwest, towards the massive range of the Brooks peninsula, the Bunsby islands (7), also a provincial park.



Rugged Point, 180 degrees

South of Rugged Point are magnificent beaches, similar to the beaches near Tofino and Uclulet, but with a major difference: not a human being in sight. These beaches are the territory of a pack of wolves, which can be heard howling late at night, and of cougars that leave impressive tracks on the white sand. A few clear streams cross the beaches, ideal for a bath, and a resupply of freshwater.



Paddling northwest, we reached the charming village of Kyuquot, with its native reserve on one side and the 'white' area around the government wharf on the other side.



Disappointment: there is no restaurant on Kyuquot: the famous *Miss Charlie's Restaurant* mentioned in all the kayaking books we had read has definitely closed, and the posh fishing resorts only cater to their registered guests; you cannot even have a beer at their bar. The whole area is definitively "dry". The entrepreneurial Nicalena has however opened a minuscule coffee shop "Java the Hutt" on the first float left when entering the bay where on good days you can enjoy a cappuccino. She's also the manager of the friendly Kyuquot Inn (www.kyuquotinn.com) where we enjoyed a shower, a night in sheets, and lengthy discussions with passionate and knowledgeable owner Eric Gorbman.

Southwest of Kyuquot lies the Mission group; while everyone pointed us at Spring island as the main destination for kayakers, we found a really nice camp on a small islet 1 mile west of Spring (5), from where we watched a pod of 7-8 orcas feeding for several hours, occasionally breaching in the sunset [N 49° 59.8', W 127° 23.9'].

Being assured of rather nice weather for the near foreseeable future, we then leapt to the Bunsby Islands, some 6 nm further northwest, at the entrance of the Checleset Sound. The rocky islands are not very hospitable, and offer rather few opportunities to camp on the north part: there is in particular a rather large and ugly campsite, probably heavily used by groups, and full of detritus: cardboard, bottles, and large pieces of styrofoam. We found however delightful campsites at the south east end of the archipelago, in particular on the two islets south of Checkaklis (6) [N 50° 05.2', W 127° 33.0']. The sunset on Bastille Day was gorgeous: pink sky, turquoise sea, with full moon. At night, fog rolls from offshore, and covers almost completely the imposing Brooks peninsula on our west.



Our return back to Kyuquot was uneventful, our 6 nm of paddling moderately protected from big surf by a long range of rock and shoals: the Barrier Islets. But we had heard of people getting stranded on Bunsby for several days by strong winds and "horizontal rain", so be prepared for some delays.

Shortly before entering Kyuquot (9) we were welcomed by a large group of about 70 sea otters, very curious to see us, and not at all shy of the kayaks. They are much larger than the otters we see near Vancouver and in the Gulf islands.

We got some good advice from the SKABC members at Rugged Point; *leave early in the morning*; the winds tend to come up by 11am and can be rather strong in the afternoon, as we found out, fighting hard in the Kyuquot sound on our way back to Fair Harbour on our last day. And with the wind, the surf increases.

A few side trips to consider:

While most kayakers leaving Fair Harbour head southwest towards Rugged Point or Kyuquot, you can also turn north and reach the mouth of the Tahsish river, 8nm, (2) on the map. At high tide you can paddle a few miles up the river, but be prepared for a few portages at low tide, as we discovered the next morning. There were lots of old trees and many bear sightings. Almost no VHF reception that deep inside the fjord, though.

From Rugged Point, if you want to see interesting sea birds, like tufted puffins, paddle south to the Clark and Grassy islets (4).

From the Bunsby islands we went to the Acous Peninsula where you can spot remnants of native villages (7), and replenish your fresh water supply up the Battle River (8). Kayakers we met had pushed further North West to the Jakobson beach on the south shore of the Brooks peninsula.



Kyuquot Sound and the Bunsby Islands

Practical details:

Our trip was a total of 100 nm, for 10 days of paddling, so around 10 nm a day.

We used marine charts #3682 for the Kyuquot sound (1:36,700), and #3683 for Checleset Bay and the Bunsby islands (1:36,500), and Tide and current table Vol. 6 (accessible online at www.marees.gc.ca, if you want to print out just a few pages); we noted great difference in timing of the tides between the Tahsish river and Kyuquot.

The informal map "Kyuquot #5" published by *Coastal Waters Recreation* cannot be used for navigation, but has a few interesting tips about features: animals, campsites, geological oddities, etc. Campsites are often wrongly indicated however, so do not rely too much on this map to find your home for the night. For example, there is no way for a kayak to land on the islet at the north east corner of the Bunsby group.

A resident of the Kyuquot reserve, Leo Jack, is providing water taxi services, if you feel lazy or are trapped somewhere by inclement weather. You can contact him on VHF channel 14. His web site is: http://www.voyagerwatertaxi.com/

Map of our trip (uploaded from our GPS):



MEC Paddlefest July 5, 2009, Jericho Beach

Volunteers wanted

Come and support your club while you enjoy the delights of Paddlefest 2009. We will be hosting an information booth and we need you to help spread the word about SKABC. Volunteer shifts are of two hours, starting 9:00 am and finishing at 5:00 pm with take-down. We need twelve people to really make this a successful day, so here's your chance to help your club.

Contact Shirley Brunke: programs2@skabc.org

Dionisio Point July 21 to 24, 2008 — by Simone Avram

Participants: Terry McGinnis, John Turchak, Simone Avram

Day 1… we launched our boats from the government dock beside the Sturdies Bay ferry on Galiano Island. It was calm, sunny and hot as we paddled north on the Georgia Strait side of Galiano. We paddled 15 meditative miles along the sandstone shores of the island in surprisingly calm and hot conditions. Before arriving at Dionisio Point we passed several islets blanketed by perching seals and their tiny pups. There are only a few sandy rest stops on this route so in bad weather it could be an unpleasant route. We were lucky with the weather…this time…

There is a marine campground ½ mile south of Dionisio with 14 nice campsites for kayakers. It even has a large kayak rack…(or a king size bed frame)…. for kayakers with a posturepedic mattress in their boat. What the site lacks is a safe landing beach. It has a steeply sloped (30 degree) sandstone hard rock shoreline with moss on it. We could not imagine any safety conscious kayaker attempting to land at such a precarious site.

We arrived at Dionisio just in time for happy hour. This is a spectacular spot with two beaches and great views. Unfortunately the camp spots start 500 feet from the beach, not what we kayakers prefer. A water pump and outhouse are well maintained. As the sun set onto a warm evening, we observed a horizontally striped magenta sky followed by a huge yellow moon rising in the east. It was no less than a kayaker's paradise.

Day 2…Was too windy to paddle and forecasting more wind. Instead, Turchak Walking Tours took us to explore several trails and the sandstone shorelines. We passed by a midden to the lighthouse that overlooks Porlier Pass. The dramatic tide change can captivate the bystanding observer for hours. After another lovely sunset, there was an astronomy lesson by McGinnis Consultants.

Day 3…With loaded boats, we launched at 9:00 am to paddle through a favorably tame Porlier Pass. We then stroked on, to the campground on the north tip of Wallace Island for a short break. As we paddled further on the east side, we found that the only other visible campground was the Marina campground east entrance. Eventually we arrived at Montegue Harbour. We had paddled 13 miles by now. Our desire for an isolated wilderness campground was overcome by the bakery boat, the marina store, the nice trail system and convenience of staying where we were. We made camp in the overflow field by the marina. Later we explored the trails and beaches and soaked up another spectacular sunset, then poured ourselves contently into our sleeping bags. The campground, in spite of being full, was surprisingly silent.

Day 4…An accident occurred on the beach as we were launching. A heavy holidaying boater had slipped on the beach and broken her ankle. We were instrumental in her speedy rescue by calling the coast guard on our radios and running to inform the park host. Help arrived and we happily launched towards Active Pass. We arrived at Active Pass an hour later than intended due to the emergency. Timing is crucial when navigating a narrow pass like this one. Missing slack tide can, in extreme tides, make the pass un-navigable by kayak. Fortunately, there was only a 2 foot tide change this time and the current was, as planned, in our favour. We gently surged through the Pass, keeping close to the Mayne Island shoreline. Three gargantuan ferries, as they appear to be from a tiny kayak, and two large boats crossed paths in synchronized chaos within the pass… and we delightfully played in the surging boat wakes. We lunched on the beach at Miners Bay (in Active Pass) then paddled comfortably to the Sturdies Bay ferry for our ferry ride home.

Go Play Outside! Nootka Island Solo *(continued from page 5)*

Saturday, June 14. Another beautiful day. By the time I break camp, load my boat and get on the water, it's 2:00. The winds are lighter than the day before but there are still whitecaps everywhere. When you do your paddling in the afternoon like I do, you learn to like paddling in wind. I debate cutting across Nuchatlitz Inlet to Ferrer Point and heading down the coast while the weather is good; but I really want to explore the Nuchatlitz coastline and decide to take a chance on the weather holding. (A week after the end of my trip, Environment Canada started issuing extended marine forecasts, instead of just the outlook for 24 hours. This should really help with this kind of decision.)

I wend my way through the Nuchatlitz Park islands for a couple of n.m. and pull in behind the grassy knoll for lunch. Then it's across to Belmont Point and a coastline of pocket beaches, sea caves and arches. I pull into the protected beach behind Benson Point around 4:45 for a break and to explore the site. Benson is a beautiful spot, with an exposed beach and a protected beach on either side of a rocky point, and acres of flat sandy meadow above the high tide line.

Back on the water I cross to the south side of Nuchatlitz Inlet. Looking ahead at the mountain slopes, the forest is unbroken; I won't see logging again until I reach Nootka Sound. The south side of the inlet has long stretches of beaches separated by rocky points. At 7PM I pull into a beautiful beach with fresh wolf tracks in Louie Bay, just south of Florence Point. It's been an eight n.m. day and I'm positioned for the run down the coast tomorrow.

Sunday, June 15. A sunny day and I'm on the water around 2:00. Go-or-no-go decision time. Conditions are good and so is the 24 hour outlook on the marine forecast, so I decide to go for it. The afternoon winds are coming up as I paddle toward Ferrer Point so I hug the shore. In The Wild Coast, John Kimantas says this about Ferrer Point, "This stretch of water is one of the problem areas of the coast. The waters…combine…to create steep and irregular swells. Conditions can be dangerous and are best attempted in the morning before the seas and winds build." I, of course, am rounding at four in the afternoon. The winds are moderate, but the seas are chaotic as advertised. South of Ferrer Point boomers abound, keeping me on my toes. At Third Beach, halfway through my day's paddle, I decide against landing and take a break in the boat in the calm waters between some rocks.



Mid-Island Beach at Calvin Falls

South of Third Beach the seas become better behaved and the paddling becomes more relaxed. It's 7:30PM and the wind is dropping when I arrive at my destination, the mile long beach at Calvin Falls, halfway down the outer coast of Nootka Island. The surf is negligible as I pull in behind the protection of the reef at the north end of the beach. There is a group of tents a few hundred yards down the beach and a figure greets me as I get out of my boat. He turns out to be one of two instructors with a group of ten college students from NOLS (National Outdoor Leadership School) on their way around Nootka Island. Maybe they can use me as an example of everything not to do. I'm pretty wiped from a 12nm paddle, I set up my tent, eat a couple of Cliff bars, hang my food and crash.

Monday, June 16. Having made it to this remote spot I plan to spend the day taking it easy and soaking it all in. I watch the NOLS crew practicing their surf launches and landings, hike down the beach to top off my water at the waterfall, and go for a swim in the pool below the falls.

Cloud is moving in as I grill supper over a fire and head to bed. I'll be moving on tomorrow.

Tuesday, June 17. It's raining and foggy when I look out the tent door at 7:30AM to see the NOLS crew with their loaded boats at the water's edge, giving some kind of gung ho group cheer before paddling away. The rain stops and it's just foggy and calm when I get on the water around 12:30. The tide is high enough that I can take the innermost channel inside the reef and sea otters at Bajo Point. The fog has lifted and the weather continues to improve as I make my way down the coast. I take a break

in my boat at Beano Creek and head on. South of Beano Creek the coast gets really interesting. Rock gardens and sea caves can really slow you down.

When I get to the south tip of Nootka Island the NOLS crowd is camped on the beach west of Friendly Cove. I land on the beach beside them for a break and to answer a call of nature, and this is where modesty leads to slapstick. I pull my loaded boat as far up the beach as I can and head off toward the bushes at the top of the beach (Idiot! Never leave your boat unattended near surf.). I've gone about fifty feet when I hear the sound of a bigger wave behind me. I turn to see my boat lifted on the wave and being sucked out to sea. I leap into the surf and catch my now swamped boat, pull it back up the beach and pump out the cockpit. I then decide to get my boat floating and then turned aroundbefore launching, another bad idea. I get caught by another wave and the cockpit gets swamped again. I pull it up and pump it out again. This time I turn it on the beach before launching and paddling off across the mouth of Nootka Sound, chagrinned by my error, soaked to the waist and sure that I've provided entertainment for NOLS.



Friendly Cove

I'm exhausted from a fifteen n.m. paddle and all that pumping when I pull up on the excellent beach at Burdwood Bay, base camp for the next three days.

Wednesday, June 18. It's sunny but the marine forecast is calling for southeast gales and rain the next day. I spend the day taking it easy and getting the camp set up for the upcoming storm. My rain pants get hung on the end of an up thrust drift log and I dub it Camp Happy Pants.

Thursday, June 19. I wake up to the promised wind and rain, hunker down in the Camp Happy Pants Dining Hall and take things kind of slow. By the time I launch my boat it's 2:30. Once I round Burdwood Point things get bouncy, and I stick as close to shore as possible for every scrap of shelter I can get as I claw my southward into the wind. Progress is slow and by the time I get to the sand beach at Escalante Point, 3 n.m. down the coast, it's 5:00. The gale has blown itself out by this point as I turn and head back. I paddle back through the offshore rocks and reefs and I'm treated to the largest raft of sea otters I've seen on this trip. Back ashore I enjoy appetizers and wine before cooking dinner and packing it in for the night.

Friday, June 20. I awake to sunny skies for my planned exploration of historic Bligh Island Marine Park, stomping grounds of Capt. James Cook. I launch before noon and winds are light as I explore sea caves north of Discovery Point before heading across to Resolution Cove on the southeast coast of Bligh Island. I beach my kayak in Resolution Cove for a bit of lunch, where Capt. Cook beached the *Resolution* to replace masts. The afternoon winds come up so I duck into the shelter of the Spanish Pilot Group islands to work my way over to Charlie's Beach, where I hop out for a break. Ken and Margie, a kayaking couple from Seattle, are relaxing on the beach with their wineglasses. Charlie's Beach is a beautiful campsite with tent sites in clearings on a small isthmus and an outhouse in the woods. By the time I work my way back upwind through the islands to the open Sound, the winds have begun to drop and I have a pleasant paddle back to Camp Happy Pants. Back in camp for the shortest night of the year I enjoy a final campfire and hot meal.

Saturday, June 21. I wake up early to meet the Uchuck at noon today. It's a sunny day and I'm on the water by 11 AM. The Uchuck pulls into Friendly Cove just ahead of me and I wait while she offloads cargo before being winched aboard. After changing out of my paddling gear I have a couple of hours to explore Friendly Cove before the Uchuck will be casting off. The trip back to Gold River has a holiday atmosphere with tourists crowding the Uchuck, returning from the day trip to Friendly Cove.

Back on shore I load up my truck, head across the island and catch the late ferry back from Duke Point. As I drive back I reflect on what has been a great trip: miles and miles of wild coastline; beautiful beaches; and weather that was varied enough to keep things interesting, yet still permitted me to complete the trip as planned. As I told the Uchuck crew on the trip back to Gold River, "I could do this trip every year."

Eating Well for Your Active Lifestyle — by Kathy Romses, Registered Dietitian

Nutrition and healthy eating are important for active lifestyles. Since we power our kayaks with our body we need high quality fuel. Here are some tips to keep your mind and body working well:

The Basics

- Follow Canada's Food Guide to meet energy and nutrient needs. Visit www.myfoodguide.ca to create a personalized food guide based on your age, sex and food preferences.
- Vegetables and Fruit, Grain Products and Milk and Alternatives provide healthy carbohydrates to fuel active muscles.
- Milk & Alternatives and Meat & Alternatives provide high quality protein to build and repair muscles.
- Foods from the four food groups supply vitamins and minerals which help to convert food into energy your body can use, prevent you from getting sick and build strong bones and muscles.
- Some people need supplements e.g., everyone over the age of 50 should take a daily vitamin D supplement of 400 IU (10 micrograms), all women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing folic acid every day, and pregnant women need to ensure that their multivitamin also contains iron.
- Choose foods as close to their natural state as possible, e.g., whole grains versus white, processed grains, an orange versus juice and local foods that are in season.

High Quality Fuel for Kayaking

1. Stay hydrated to maintain your mental and physical performance, and to help keep your body cool. Regularly sipping fluid during paddling can help prevent dehydration. Signs of dehydration are feeling very thirsty, tired, irritable, dizzy or light-headed. Your fluid needs will be affected by your individual biology, the air temperature, humidity, your fitness level, the amount you sweat and the clothing you're wearing. As a general rule, drink more water in hot weather and when you're sweating a lot. Adults generally need between 2 to 3 litres of fluids per day that includes all liquids, e.g., water, milk, juices, soups, etc. Sports drinks can be used during long, hot paddles to aid in fluid replacement and to provide a quick source of fuel (sugar) for active muscles and the brain. The electrolytes (sodium and potassium) in the drink help to replace those that are lost when sweat losses are high. Kayakers have the additional challenge of considering where and when they can stop for a washroom break.

2. Eat a small meal or snack a few hours before you start paddling. It should be mostly carbohydrate with some protein and a little fat. Too much fat and fibre can slow down stomach emptying and absorption, which can cause stomach upset in some people. Examples of pre-exercise meals or snacks – lean meat sandwich on whole grain bread, fruit and a cup of water, milk or juice; bowl of whole grain cereal with low-fat milk topped with fruit.

Meals or snacks (liquid or solid) that are rich in carbohydrate can:

- provide energy to fuel activity and keep your mind alert
- replenish liver and muscle glycogen stores (fuel) that have decreased with fasting (such as overnight) or after a long paddle
- alleviate, prevent or delay hunger
- provide a sense of well-being, comfort and pleasure
- extend the time that you're able to paddle

3. Try to eat at least every 3 to 4 hours during the day. Protein-rich foods are digested more slowly than carbohydrates, delaying hunger on long paddles. For snacking on the go try – trail mix with cereal; cheese and fruit; cereal, sport, or energy bars; juice and nuts.

4. Meals and snacks after paddling should include fluids, carbohydrates to replenish fuel stores and protein for building and repairing muscles.

For more information from a Registered Dietitian, call Dial-A-Dietitian at 604-732-9191. You can also visit the Dietitians of Canada website at www.dietitians.ca to access the following resources:

- EATracker – get a personal assessment of your daily food and activity choices
- Recipe Analyzer – find out the nutrients in your favourite recipes and get practical tips on how to make your recipes healthier
- Healthy Eating is in Store for You™ – learn more about nutrition labeling in a Virtual Grocery Store

Let's Make a Meal – build a one-day menu to compare against recommended servings in Canada's Food Guide

ORCA and Silver Paddle Awards

SKABC Executive are seeking nominations for the ORCA and Silver Paddle Awards.

The ORCA Award recognises long-standing members who have made an outstanding contribution to SKABC and the sea kayaking community as a whole. Past winners include Cindy Dopson, Tony Clayton, Rick Davies, Ray Pilman, and Harald Riffel.

The Silver Paddle Awards were instituted in 2008 as a way of recognising members who have made a valuable contribution to the club. These awards recognise and celebrate club members who may be newer to the club but have nonetheless worked hard for our volunteer-run organization. 2008's winners were Gayla Shulhan, George Prevost, Kallie Cunningham, and Peter Kearney.

The Awards will be made at the AGM in October. So put on your thinking caps, and as you paddle with our great club think about who you'd like to see acknowledged for their efforts.

Send your nominations to our President, Bob Shields, at president1@skabc.org. Include a few details supporting your chosen candidate. Bob will be happy to answer any questions you have on the Awards.

SKABC Training Schedule

SKABC members share their expertise through a variety of excellent courses. The courses provide opportunities for meeting people and refreshing your skills or learning new ones. Review descriptions of core courses by visiting the training section of our website at www.skabc.org.

If you would like to volunteer as an instructor, assistant instructor or coordinator in 2009, please e-mail training2@skabc.org or leave a message for Kathy at 604-987-0919.

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 some changes will be communicated via a general e-mail to members, members are responsible for monitoring the training section of the member's area on the SKABC website for the most recent information.
- 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.
- Course coordinators are assured a place in the course and do not pay course fees unless the fees are payable to outside suppliers.

Course	Dates	Min/Max. # of Participants	Location	Instructor(s)	Cost
Currents Course	June 20, Sat. June 21, Sun.	12/18 for currents	Mayne Island	George Prevost Peter Kearney Mark Kelly Richard Jensen Christian Duhme	$45
Registration FULL Coordinator – Scott Tebbutt and Stephanie Sersli, stebbutt@mrl.ubc.ca 604-221-9332 Participants must be comfortable performing wet exits to take this course. A wet or dry suit and a helmet are recommended. A waiver for the course must be signed on the day the course begins in addition to the SKA BC membership waiver.					
SKA BC Skills Weekend – See schedule shown below					
Paddle Canada Skills 3 (certification course)	3 days Dates TBD with eligible participants of course above	4	TBD	Mark Kelly	TBD
Coordinator Maureen Benzon benzon@telus.net Tel. 604-929-1038					
Trip Leader	TBA 3 days	6/8	Southern Gulf Islands	Mark Kelly Maureen Benzon	$45
Coordinator Maureen Benzon benzon@telus.net (preferred) Tel. 604-929-1038					

SKABC Training Schedule

Important Notes (cont.):

- Generally, coordinators prefer to communicate by e-mail. If your e-mail is not acknowledged within 24-48 hours, phone to follow up.
- Please provide previous training and trip experience when signing up for a course.
- Fees are paid to SKABC and must be received by course coordinator 7 days from registration booking to hold your spot in the course.
- If you have taken the course last year, you may be put on the wait list for popular courses, e.g. currents
- See the course descriptions document on the training site for more information about the courses.

Participants must ensure that they have the safety equipment required by Transport Canada www.tc.gc.ca/publications/EN/TP14726/PDF/HR/TP14726E.pdf

Course	Dates	Min/Max. # of Participants	Location	Instructor(s)	Cost
Paddle Canada Skills 2 (certification course)	2 days Dates TBD with eligible participants of course above	4/8	TBD	Mark Kelly Maureen Benzon	$45
Successful participants will be eligible to participate in a Level 1 Instructor course. **Prerequisite:** Must have completed Trip Leader (above) **Notes:** Participants are responsible for their own equipment, food, camping fees and travel to and from the launch site All participants must wear a wet or dry suit Coordinator Maureen Benzon benzon@telus.net (preferred) Tel. 604-929-1035					
Beginners	July 3, Fri. 6-9 pm July 4, Sat. 9-4 pm July 5, Sun. 9-4 pm	4/8	Deep Cove	Graham Lorimer Maureen Benzon	$60
Coordinator: Barry Dutour dut@infinet.net Tel. 604-999-9712					
Surf	October 3, Sat October 4, Sun	4/8	Tofino	Peter Kearney Mark Kelly	$45
Registration to open late spring. Participants must arrive Friday evening before 11 pm. Course ends 1 pm Sunday. Participants are responsible for costs of accommodation travel & ferry. This is a course for advanced paddlers, which includes a higher level of risk to paddlers and boats. Participants must be comfortable with paddling in ocean swells, familiar with the low and high brace and be very comfortable performing wet exits. A helmet and wet or dry suit are mandatory for this course and participants must be aware of the possibility of damage to their boat, or injury to themselves. If you have a previous shoulder, neck or back injury, seek medical advice before signing up for this one. A waiver for the course must be signed on the day the course begins in addition to the SKA BC membership waiver.					

The Mayne Train SKABC Skills Weekend, June 19-21, 2009

The Mayne Train Skills weekend is now FULL. Check for details on the website.

External Courses

Course	Dates	Min/Max. #	Location	Cost
VHF Marine Radio Operator Licence	Look for a course near you. Power Squadron Units offer the course throughout the Lower Mainland at different times & prices. Fee: $100 per person http://vancouver.powersquadron.ca/radio.html			

SKABC Trips Schedule- *please check the website for frequent updates*

Trip Classification

STRENUOUS LEVEL
(Assumes some paddling experience)

Code	Description	Estimated Paddling Time	Distance (nautical miles)
A	Minimal	<3 hours	<6 nmi
B	Moderate	3 – 5 hours	6 – 10 nmi
C	Strenuous	5 – 6 hours	10 – 15 nmi
D	Very	6 hours	15 nmi

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

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

SKABC Trips Schedule- *please check the website for frequent updates*

Day Trips						
Date	**Destination**	**Class**	**Duration**	**Land Coordinator**	**On-Water Coordinator**	**Maximum Participants**
Monday evenings May-4, 11 June-1,15,29 July-13,27 August-10	Indian Arm from Deep Cove Launch by Deep Cove Canoe and Kayak Centre	A1-beginner paddle Must be able to self rescue	2.5 hrs	Maureen Benzon Email preferred benzon@telus.net 604-929-1035 Graham Lorimer lorimer1@telus.net	Maureen Benzon Graham Lorimer	Please email for details **RAIN OR SHINE**
Monday evenings June-8, 22 July-6,20 August-17	Indian Arm from Deep Cove	Must be able to self-rescue	2.5 hrs	Maureen Benzon and Graham Lorimer benzon@telus.net lorimer1@telus.net	**Buddy session** All Levels Rescue and Bracing practice	Please email for details **RAIN OR SHINE**
May 7 7 pm June 5 7:30 pm Sept 3 6:30 pm	Full moon Paddles Meet at Boat Launch at Vanier Park behind the Planetarium **Please let Borre know you are coming**	A1 Must be able to self-rescue	3-4 hrs	Borre van Doorninck borrev@telus.net Don Chandler	Borre van Doorninck Borrev@telus.net	Please let Borre know if you are coming
Sept 12	Fraser River Hope to Agassiz **Must have Strokes and Rescue and moving water experience (Currents Course) or equivalent**	C3	Day Trip	Harald Riffel hereorsomewhere@gmail.com	Harald Riffel	

SKABC Trips Schedule- *please check the website for frequent updates*

Weekend / 2-3 Day Trips

Date	Destination	Class	Duration	Land Coordinator	On-Water Coordinator	Maximum Participants
June 17-19	Gulf Islands—Launch at Swartz Bay and paddle to Mayne Is Currents and training Symposium Weekend with an overnight stop **Wheels required**	B2	2 days	Harald Riffel hereorsomewhere@gmail.com	Harald Riffel hereorsomewhere@gmail.com	
Aug 1-3	Ross Lake Wa Kayak and Hike No formal border crossing but must have passport and be eligible to travel in the USA	B3	3 days	Sue McLeish smmcleish@shaw.ca	Mark Allison mark_allison@telus.net 604-525-2345	

Longer Trips

June 1-5	Ross Lake (WA) Cross border near Hope-unmanned border crossing	B3	5 days	Simone Avram Simone.avram@shaw.ca 604-677-9247	Terry McGinnis 1terrymc@telus.net	6
June 7-13	Broken Islands Must be able to do self and assisted rescues	B3C2	7 days	Coordinator required Contact khartner@shaw.ca 604-803-5215	Karin Hartner khartner@shaw.ca	6-8
June 15-18	Victoria-Sooke to Discovery Is	B3	4 days	Simone Avram simone.avram@shaw.ca 604-677-9247	Terry McGinnis 1terrymc@telus.net	6
July 6-10	Sidney Spit to D'Arcy Is	B3	5 days	Simone Avram simone.avram@shaw.ca 604-677-9247	Terry McGinnis 1terrymc@telus.net	6
July 19-24	Southern San Juan Islands Put in at Port Angeles .	B3	6 days	Simone Avram simone.avram@shaw.ca 604-677-9247	Terry McGinnis 1terrymc@telus.net	6
July 30-Aug 10	God's Pocket (north of Port Hardy) .	C3	12 days (2 days travel)	Simone Avram Simone.avram@shaw.ca 604-677-9247	Terry McGinnis 1terrymc@telus.net	6

SKABC Trips Schedule- *please check the website for frequent updates*

Longer Trips						
May 25- 29 and any further suggested dates in the summer	Partners to share kayaking from the comfort of a sailboat Sail and paddle various locations such as Gulf Islands/ Sunshine Coast Must be safety-conscious and be able to self-rescue.	B2	5-day trips	Fred Collaco tangywca@yahoo.ca 604-278-6819 Mother Ship is a Catalina 28 Mark 2 with diesel engine No sailing skills necessary		3 plus Fred
August 1— 9	Southern Gulf Islands Walk on Victoria Ferry. Launch and return to Swartz Bay. (See itinerary in Trips section of website)	B2-C3	9 days	Susan Rolfe Susancrolfe@gmail.com	Bruce Pickwell Bruce.Pickwell@telus.net	6-8
Sep 19-22	Gulf Islands **PADDLE AND SKETCH** Launch 12 noon Sep 19th from the foot of Amherst St in Sidney and paddle to base-camp at Rum Island	B2	4 days	Land coordinator required	Artist and on-water coordinator Kurt Connell kpconnell@hotmail.com	6-8

SKABC Mailing Address
Box 751, Station "A"
Vancouver, BC
V6C 2N6
Web: www.skabc.org
E-mail: info@skabc.org

Established 1982

SKABC presentation June 25th

Helen Clay and Mark Starkey are seeking volunteers to help with a public presentation at the Capilano Branch of North Vancouver Library. We are planning a general talk to introduce the public to sea kayaking and SKABC. Please contact Mark at pr1@skabc.org

Big Brothers Kayak Weekend July 11-12, 2009

Volunteers Wanted

- The organizers of the Big Brother/Sister weekend are appealing to all members to volunteer for what is becoming an annual event. The weekend will consist of 6 organised 2 hr. paddles. We are hoping to borrow suitable kayaks from members to keep the cost down, and enlist a corps of volunteers.
- Saturday shifts will be (on the water) 9.00 to 11.00, 12.00 to 2.00 and 3.00 to 5.00 and will cater to the younger group. The Big Brother and his little buddy will paddle in doubles, each accompanied by a club member, with the leader free to paddle where they feel most needed. The boys will arrive back to shore to hot Pizza and other goodies kindly provided by club members.
- Sunday shifts will be (on the water) 9.00 to 11.00, 12.00 to 2.00 and 3.00 to 5.00 and will cater to the slightly older group who will paddle in single kayaks, with the same ratio of Big&Little : volunteers and the same welcome back to shore. Big brothers will provide 2 staff members to organize the arrival of the boys and help carry boats at the end of the day.

Please contact Maureen benzon@telus.net (604-929-1035) if you are able to join us, lend a boat, or provide cookies or snacks.

See page 4 for full article and more information

Gear Tip: For the Solo Paddler— by Steve Best

You've just launched through the surf, you reach back to deploy your rudder and – dammit! The bungee rudder retainer is still looped over the rudder! Easy to fix – just have your buddy paddle up and slip off the bungee. But if you're solo you have two choices: either go back to the beach with two unplanned trips through the surf, or paddle with no rudder until your next landing.

I repeated the above scenario more times than I care to admit before I came up with the simple setup pictured here. Just tie a loop at the end of a length of cord around the bungee, route it through your deck rigging, and tie it off near the cockpit. Tug on the cord and the bungee slips off the rudder.

