



**Official Newsletter of the Recreational Canoeing Association of British Columbia**

Issue: February 2008

<a href="#">Agency Members</a>	pg 2
AGM 2008 Location	pg 3
BC Heritage Rivers	pg 7
CALL FOR NOMINATIONS	pg 4
Canoe Songs & Games	pg 8
Capilano College Course	pg 9
<a href="#">Club Members</a>	pg 5
Course Reporting	pg 12
David Thompson Brigade	pg 8
<a href="#">Executive</a> Contacts	pg 2
Executive Reports	pg 9
Humor	pg 11
Master Instructor Reports	pg 12
On-Line Manual	pg 10
President's Report	pg 1,2,4
Recipe for Tripping	pg 6
Welcome New Members	pg 7
<a href="#">Zones</a>	pg 5

**PRESIDENT'S REPORT  
ELECTIONS**

The time has come for the annual election of half of the Board of Directors of RCABC. This yearly 50% turnover ensures that there is never a complete change in the board at one time, so continuity is maintained – a very important consideration in a volunteer organisation. The present board consists of 17 members with varying lengths of service, from Roger McColm, who has been in the Executive since time immemorial (well, longer than anyone else), to Hugh Westheuser and Dan Walker, who joined us in 2006. The rest of us have been on the Executive for varying periods, often in several different positions. While we are all interested and committed volunteers, it would be good for the organisation to have some fresh voices at the table, with new ideas and energy. So, if you are interested in paddling and the courses that RCABC offers, please put your name forward.

Unfortunately, our Vice President, Abby Pond, from Revelstoke, had to resign at the end of last year, due to personal circumstances which required her to leave the province. Abby was a new voice and face on the Executive, as well as an enthusiastic paddler who ran her own canoe tripping business. Her departure is a real loss to the association. A replacement Vice President would have a year to learn the work of the Executive and decide what other role she/he would like to play in future. If you are interested, call me. (Alan Thompson 250 592-4170)

This year, we are looking for a volunteer to become Editor of this Newsletter, CANEWS. There are usually 5 issues per year, and the job of the Editor is to solicit content, and to make the content look reasonable on the printed page. About half of the copies are paper-based; about half are sent electronically. Skills needed, or to be learned are layout of the articles and photos and how to post the edition on the website. A good eye for detail and inconsistencies in the articles and other material is essential. The past editor, Jean Chandler, will still be on the Executive in 2008 and will help with the transfer of functions.

The position of Treasurer is also open for election. This is a key part of the Executive, keeping the financial records of the association, accepting all revenues and paying all accounts. With the introduction of the membership over the web and PayPal, the Treasurer's job has become simpler, as over 50% of membership fees are paid this way.

Our Instructor Coordinator for the past 4 years, Scott Rookes, has told the executive that he intends to step down after the AGM for a well-earned break from those duties

A specific need for the Association is someone who is comfortable with websites and databases. As we have become more electronically based as far as record keeping is concerned, many of the Executive, including myself, have been forced well beyond our comfort (and competence) zone in managing these tools. If you have an interest and skills in this area, we'd love to hear from you.

President Report Cont'd Page 2

**The purposes of the Recreational Canoeing Association of British Columbia (RCABC) are:**

- To coordinate, promote, and encourage all types of recreational paddling;
- To develop safe canoeing practices and activities for canoes;
- To involve the society in appropriate conservation and environmental issues around the province.

**What does RCABC provide?**

- Teaching and course standards for recreational canoeing in BC
- Official instructor and paddler certification programs
- Information for paddlers who are interested in canoeing in BC
- Significant benefits for active members of the association
- Environmental activism in the best interest in BC's rivers

**EXECUTIVE**

**President** – Alan Thomson  
[pres@bccanoe.com](mailto:pres@bccanoe.com)  
(250) 592-4170

**Vice-President:** vacant

**Secretary:** Kari-Ann Thor  
Home: (604) 253-5410  
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**Member-at-Large:** Lynne Smith  
Ph. 604-853-9320  
Fx: 604-852-6933  
[westerncanoe@telus.net](mailto:westerncanoe@telus.net)

Alt.: Jamie Boulding  
[jamie@strathcona.bc.ca](mailto:jamie@strathcona.bc.ca)  
(250) 286-3122 or (250) 286-1954

**Instructor Coordinator:** Scott Rookes  
(250) 358-7223  
[instructor\\_coordinator@bccanoe.com](mailto:instructor_coordinator@bccanoe.com)

**Web Manager** (non-voting):  
Mike Riegner  
[mriegner@netidea.com](mailto:mriegner@netidea.com)

**AGENCY MEMBERS**

**Wood Canvas Canoes** 604-943-3052  
Boudi van Oldenbourgh  
1097 Jackson Way,  
Tawwassen BC V4L 1W5

**Hellman Canoes** 250-825-957  
Bob Hellman  
2957 Six Mile Lakes Rd.,  
Nelson BC V1L 6W3  
[www.hellmancanoes.com](http://www.hellmancanoes.com)

**Pacifica Paddle Sports** 250-361-936  
Peter Harris  
575 Pembroke St.  
Victoria B.C. V8T 1H3  
<http://www.pacificapaddle.com>

**Go Outdoors** 250 674 020  
RR # 1, Box 1828  
Clearwater B.C. V0E 1N0  
<http://www.go-outdoors.ca>

**2008 AGM**

The 2008 AGM will take place in Duncan, Vancouver Island on April 19<sup>th</sup>. Mark the dates in your diary and plan to attend. A draft program is included elsewhere in this edition of CANEWS and the full program will appear in the March edition and on the website. The venue is a superb private setting near Cowichan Bay, at the mouths of the Cowichan and Koksilah Rivers, courtesy of RCABC's members Dwight Milford and Vanessa Elford. The location offers opportunities for ocean and river paddling on the Cowichan and Chemainus rivers, with the Nanaimo River an hour away and the off chance that the Koksilah will be run-able.

**PADDLE CANADA**

As previously communicated, the national paddling body, now called Paddle Canada (previously Canadian Recreational Canoeing Association {CRCA}) has changed its structure to allow direct elections to the board. This means that RCABC, like all other provincial and territorial paddling associations, no longer has an automatic seat on the board of that organisation. As the elections are to be held on a province-by-province basis and the vast majority of Paddle Canada members in BC are sea-kayakers, the local elected member will certainly not be from RCABC's membership.

An issue that has been discussed by your Executive is whether or not to continue to be associated with Paddle Canada by applying for Federated Member Status. This membership option has been introduced to allow the provincial paddling associations to have some distinct recognition within PC, but it carries no voting rights. Federated Membership offers the advantage of continued regular contact with the national body and our partner provincial paddling associations. On the other hand, federated members are expected to promote Paddle Canada programs, including their Canoe courses. These courses would be in direct competition with our own program, so there is a reluctance to make a commitment that we won't actively keep. Of the other provinces, Quebec has never taken part in CRCA or Paddle Canada's programs, Ontario has withdrawn, and PEI and the Yukon are not presently members. The remainder of the provinces and territories use the Paddle Canada canoe courses as their core programs; with some additional locally developed courses.

It is a matter that will need ongoing consideration, particularly with the organisations that run regular canoe instructor programs through colleges, etc. Outdoor Recreation students who take instructor courses through their studies at these bodies contribute a large proportion of RCABC's membership income. Quite a number of the program graduates leave the province after graduation. The equivalency agreement with Paddle Canada allows RCABC certified instructors to gain parallel certification in PC for most disciplines, so portability is already possible, but the option to teach the national courses is one that is considered from time to time.

I'd be interested to hear from any RACBC members of their views on this matter – i.e. the importance of a connection with a national paddling association and the importance of RCABC maintaining its own program of courses.

# RCABC 2008 AGM

**SITE: AFFINITY GUEST HOUSE**  
5155 Samuel Rd  
Duncan, BC  
(250) 748-7430

**Hosts: RCABC Members, Dwight Milford  
and Vanessa Elton**

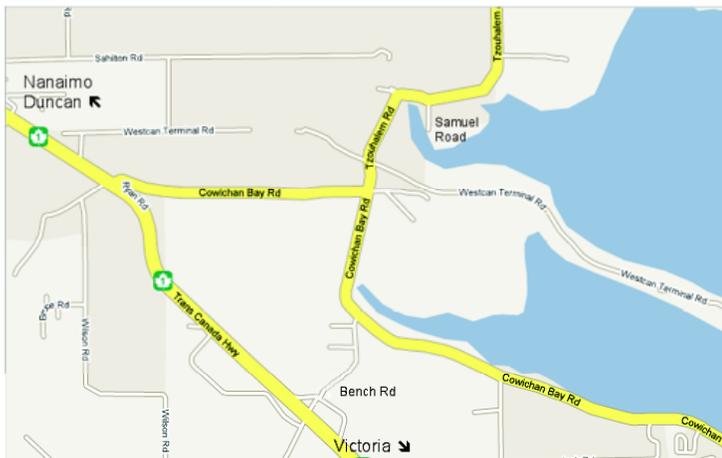
[www.affinityguesthouse.ca](http://www.affinityguesthouse.ca)

## Directions from Nanaimo through Duncan:

Take the Trans-Canada south of Duncan and turn left at the sign to Cowichan Bay – just across the bridge over the Koksilah River. Follow Cowichan Bay Road to the T-junction with Tzouhalem Road. Turn left and cross the bridge at Koksilah River (after the Longhouse). Turn next right onto Samuel Road. Distance from T-junction to Samuel Road less than 1 km

## Directions from Victoria:

Take the Trans-Canada north towards Duncan. Turn right at Bench Road, (traffic light) about 8kms before Duncan and follow to Cowichan Bay Road. Turn left and follow round the head of Cowichan Bay. At the T-junction with Tzouhalem Road, (at the Lawn Tennis Club) continue straight ahead. Cross the bridge at Koksilah River (after the Longhouse). Turn next right onto Samuel Road. Distance from T-junction to Samuel Road less than 1 km



Map: [link](#)

**Booking requirements** for types of accommodation. We need to know how many campers we will be accommodating so please RSVP to 1 866 748 7430.

To reserve a bed and breakfast room, call 1 866 748 7430.

## **Off Site Accommodation in Duncan**

The Town of Duncan has all amenities including a quaint organic market, and all your big grocery stores and fantastic local and franchise restaurants. Our farm market is a 15-minute bicycle ride from the property. Our electric assisted bicycles will be available. The village of Cowichan Bay has several nice restaurants and pubs that can be accessed from the property by canoe. This will not be an option at lunchtime due to low tides.

**PETS:** Affinity Guesthouse is patrolled by a large off leash Sheppard that will be sure to show your pet “who is boss” if you decide to bring your dog along. Please do not bring your dogs to the AGM unless you are prepared to ensure that they will not bother the other participants, the geese and swans, our resident cats or our faithful property dog. No pets are permitted in the Guesthouse or in the covered camping in the loft. With that caveat, some common sense and a little respect, there is lots of room for everyone and their companions on the property.

## **Accommodation Options and Facilities**

- Guest House:** Our King Room is reserved. Our Queen room is available for both nights @ discounted rate of \$125 per night includes breakfast. See [www.affinityguesthouse.ca](http://www.affinityguesthouse.ca) for details.
- Camping:** Camping is available on our acreage and also in the loft of our barn if weather is foul. Cost: \$10 per tent or camping rig.
- Cooking Facilities:** Water, tables, fire pit, BBQ, freezer and ice are available. The kitchen will be available 11 a.m. to 1 p.m. and from 5 – 8 p.m. for indoor meal prep.
- Washrooms Showers:** Two bathrooms are available on the main floor of the Guesthouse; one has a shower and is accessed by an outside door for campers. An outhouse will be available if the number of reservations require one.

## CALL FOR NOMINATIONS

### Annual General Meeting (AGM)

The RCABC 2008 Annual General Meeting will be held on **April 19**, at Affinity Guest House, 5155 Samuel Road, **Duncan BC**. One of the important functions of the AGM is to elect directors to the Association's executive (board).

### Executive Positions

This year, the positions of **Vice President, Treasurer, Environment Director and Editor CANEWS** need to be filled. The positions are for two-year terms. Nominations must be received by **March 7<sup>th</sup> 2008** so that they can be sent out to the membership for voting, electronically or by mail.

### Zone Representatives

Four Zone Director positions - **Fraser Valley, Okanagan, Vancouver and Northwest** - are also due for election. The nominations for Zone Reps are done within the Zone. Each Zone also has an alternate who assists in the Zone Rep duties. Contact your local Zone representative for details if you are interested.

The duties of these positions as laid out in the Association's constitution are shown to the right - see [http://www.bccanoe.com/media/constitution/constitution\\_2003\\_05\\_05.pdf](http://www.bccanoe.com/media/constitution/constitution_2003_05_05.pdf) - or you can contact the present office holder.

### Volunteering

Volunteering is not restricted to the above positions. There are ongoing and special task committees that need volunteers to complete their tasks most effectively. Additionally, all the executive members can be approached by interested members who may wish to assist and learn more about the position to see if they would like to let their name stand at a future election.

Volunteering for your sport can be fun, social, educational, or what ever you make of it.

The personal benefits of volunteering start with becoming more familiar with the organization and grow from there. Often people can effect the changes they wish to see by volunteering for an executive position. Let your voice be heard. Contact Alan Thomson by February 29, 2009 at [pres@bccanoe.com](mailto:pres@bccanoe.com) or phone (250) 592-4170.

**Duties of the officers to be elected April 19, 2008 are as follows:**

### Vice President:

- to carry out the President's duties in that officer's absence

### Treasurer:

- keep all accounts of receipts and expenditures and all books and records of the Association dealing with the financial matters of the Association;
- collect all fees, dues and monies on behalf of the Association;
- be responsible for producing such records on thirty (30) days notice at the request of the President, on the vote of the executive and at any general meeting.;
- produce a current written summary at each Executive meeting and
- produce the annual statement at the Annual general meeting.

### Editor, CANEWS:

- charged with the publication of the Association's official newsletter, this publication is to be known as CANEWS, and is to be the only official publication sent to members.

### Environment Director:

- Chair the Association's Environmental Committee
- Communicate with Zone representatives on environmental issues
- Communicate with Association's members through the official publication "CANEWS"
- Represent, RCABC on the Outdoor Recreational Council's Rivers and Shorelines Committee
- Submit an annual summary of the Environment Committee's activities to the Annual General Meeting.

### Zone Representatives:

- Carry out the business of the association for their zones
- Name an alternate to act in their absence
- Hold an Annual General Meeting of all members in that zone for the discussion of zone issues. A member may be elected Zone Representative for ratification at the Annual General Meeting.

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### President's Report, Cont'd.

#### 2008 DAVID THOMPSON BRIGADE

A number of teams have already signed up for this ten week trip in voyageur canoes from Rocky Mountain House to Thunder Bay – 3500 kms. It starts in May and ends in July. See <http://www.2008thompsonbrigade.com/> for details. There are teams looking for additional members, so even if you can't get up a local team or commit to the whole trip, but would like to take part, it is worthwhile contacting the Brigade Society. Should be a great journey.

Alan Thomson

Note: For more information on the Brigade, see page 8

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[www.westerncanoeekayak.com](http://www.westerncanoeekayak.com)

We also do telephone and online ordering - check our website for more info

#### RCABC CLUB MEMBERS

##### Columbia Canoe Club

2713 10<sup>th</sup> Ave, Castlegar, V1N 3A5  
Contact: Bert Port [sbport@telus.net](mailto:sbport@telus.net)

##### Kootenays

(250) 365-6056

##### Dogwood Canoe Club

1422 Braken Court, Port Coquitlam, BC, V3B 4Y3  
contact: Mark Alexander [secretary@dogwoodcanoe.com](mailto:secretary@dogwoodcanoe.com)  
<http://www.dogwoodcanoe.com>

##### Vancouver

(604) 465-0815

##### Beaver Canoe Club

P.O. Box 72072, RPO Old Orchard Rd, Burnaby V5H 4P9  
Contact: Heather Matthews  
[heather\\_may\\_matt@hotmail.com](mailto:heather_may_matt@hotmail.com),  
<http://www.beavercanooclub.org>

##### Burnaby

(604) 583-2246

##### Port Moody Canoe Club

2715 Esplande St, Port Moody BC V3H 3P4  
Contact: Gordon Clay [gord@pmck.org](mailto:gord@pmck.org)  
<http://www.pmck.org>

##### Port Moody

(604) 936 8203

##### Thompson River Interior Paddlers

RR2 C21, Haughton Road, Hefley Creek, V0E 1Z0  
Contact: [maratho@telus.net](mailto:maratho@telus.net)

(250) 578-0211

##### Blackwater Paddlers Club

Box 4072, Quesnel, B.C. V2J 3M5  
Contact: John Marien [jcmarien@hotmail.com](mailto:jcmarien@hotmail.com)

##### Quesnel

(250) 992 7065

##### Kelowna Canoe and Kayak Club

Kelowna Retail Centre, Box 2272, V1X 4K6  
Contact: Ron McKay [ron\\_kay@telus.net](mailto:ron_kay@telus.net)  
<http://business.silk.net/kckc/>

##### Kelowna

(250) 765-1555

#### ZONE REPRESENTATIVES:

##### Northwest Zone Rep: Roger McColm

(250) 847-4349 [tours@northernsun.bc.ca](mailto:tours@northernsun.bc.ca)

Alt.: Ian Hourston

[hourston@citytel.net](mailto:hourston@citytel.net)

(250) 627-4630

##### Burnaby-Delta Zone Rep: Dan Burnett

(604) 943-2341 [burnett@dccnet.com](mailto:burnett@dccnet.com)

##### Northeast Zone Rep: John Marien

Ph: (250) 992-7065

Fx (250) 992-7083 [jcmarien@hotmail.com](mailto:jcmarien@hotmail.com)

##### Vancouver Island Zone Rep: Tony Shaw

(250) 468-7955 [monotony@shaw.ca](mailto:monotony@shaw.ca)

##### Okanagan Zone Rep: Hugh Westheuser

(250) 769-6605 [hughwest@shaw.ca](mailto:hughwest@shaw.ca)

##### Vancouver Zone Rep: Leonard Thor

(604) 253-5410 [Vancouver@bccanoe.com](mailto:Vancouver@bccanoe.com)

##### Alt Vancouver Zone Rep: Chris Kovach

(604) 575-0365 [ckovach@telus.net](mailto:ckovach@telus.net)

##### Kootenay Zone Rep: Jim Jamieson

(250) 505-5010 [wh2oso@telus.net](mailto:wh2oso@telus.net)

##### Alt. Kootenay Zone Rep: Don Flowers

(250) 426-7389 or 250-426-3387 [dflowers@cintek.com](mailto:dflowers@cintek.com)

##### Fraser Valley: David Wooldridge

(604) 462-7300 or (604) 250-0744  
[dave@ridgewilderness.com](mailto:dave@ridgewilderness.com)

### 10 Day Menu Plan for Vegetarians

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Oatmeal with Fruit Compote	Bannock with Raspberry Jam	Alpen with Dried Apples	Familia	Buckwheat Barley Pan Muffins
Lunch	Pumpnickel with Edam Cheese	Crackers with Tomato Pate (tube)	Rice Cakes with Hummus	Pumpnickel with Monterey Jack Cheese	Tabouli Salad
Dinner	Spaghetti Marinara	Burritos	Tuna Casserole	Vegetable Curry	Black Bean Soup with Bannock

	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast	Granola	Mixed Grain Cereal	Gingerbread Pancakes	Cornmeal – Creamo Cereal	Muesli with Dried Cherries
Lunch	Crackers with Pesto (tube)	Oatcakes with Hummus	Pumpnickel with Sharp's Cheddar Cheese	Couscous with Basil Yogurt Sauce	Crackers With Vegy Pate (tube)
Dinner	Vegy Chili	Salmon Butterflies	Mediterranean Vegetable Stew	Dahl With Rice	Linguine Deluxe

### 10 Day Menu Plan for Meat Eaters

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Red River Cereal	Bannock with Strawberry Jam	Alpen with Dried Pears	Hot Peanut Cereal	Cinnamon Rolls
Lunch	Pumpnickel with Mozzarella Cheese	Crackers with Mustard and Pepper Salami	Tabouli Salad	Pumpnickel with Cheddar	Crackers with Hummus
Dinner	Chicken Curry	Spaghetti Marina with Beef	Burritos	Salmon Butterflies	Pasta Diablo

	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast	Granola	Oatmeal with Fruit Compote	Super Pancakes	Arthur's Porridge	Muesli with Dried Blueberries
Lunch	Heavy Rye with Mustard and Hungarian Salami	Rice Cakes with Beef Jerky	Wild Rice Salad	Crackers with Sharp Cheddar	Oat Cakes with Turkey Jerky
Dinner	Couscous and Chicken	Chili	Tuna Casserole	Beef Stew	Hot Pot

#### Vegetable Curry – Serves 4

- 1 package Hucks Curry Veggie Ground
- 2 c. rice
- ½ c. dehydrated carrots
- ½ c. dehydrated zucchini
- ½ c. dehydrated celery
- ½ c. dehydrated onions
- 1/8 c. dried saffron
- 1/8 c. dried thyme
- salt and pepper

#### Vegetable Curry - preparation

Rehydrate vegetables and simmer with spices till tender.  
Cook rice.  
Then add Huck's package to vegetables and boil for 5 minutes keeping rice warm.  
Serve mixture on rice.

## MENU PLANS

### Notes

- One menu is vegetarian, and one is suitable for meat-eaters.
- Meals days can be interchangeable, depending on the needs of the day.

Breakfasts have one person each day in charge of getting up early to prepare it.

Lunches (most of them) are very simple, and are carbohydrate and protein based, so as to avoid an overload of sugar.

Dinners are often re-hydrated ahead of time in a large Nalgene container, which can also hold leftovers. (Container is part of group cooking gear),

- We usually eat a lot simpler than this, but wanted to put together a more interesting menu.
- The dehydrated food can be home dried or purchased.

### Snacks/Desserts

Everyday each person gets their snack bag filled with nuts (cashews, almonds, peanuts, Cajun soy nuts, and/or Cajun sunflower seeds), a good quality chocolate bar (Toblerone etc.), and fruit leather or fruit berries.

### Liquids

Hot Drinks are available at breakfast and dinner (coffee, variety of teas, and hot chocolate with powdered milk, sugar, and honey).

Cold Drinks are available at lunchtime (powdered fruit drink mixes).

Group Soups are to be available on colder days at lunchtime (packaged soups).

Menu plans & recipe contributed by Kari-Ann Thor

## British Columbia Heritage Rivers Program

Information in this article is from [http://www.env.gov.bc.ca/bcparks/heritage\\_rivers\\_program/can\\_rivers.html](http://www.env.gov.bc.ca/bcparks/heritage_rivers_program/can_rivers.html)  
British Columbia joined the [Canadian Heritage Rivers System](#) in 1995 — the same year our provincial system was established.

### National Significance

The Canadian Heritage Rivers System (CHRS) was created in 1984 by the federal, provincial and territorial governments. The CHRS aims to conserve and protect the best examples of Canada's river heritage, to give them national recognition, and to encourage the public to enjoy, appreciate, and honour them.

There are 37 Heritage Rivers across Canada, and more are being added to the system each year. The goal is to establish a system that reflects the diversity of Canada's river environments and celebrates the role of rivers in Canada's history and society. The selection process is detailed on the Ministry of Environment's website.

### Designated British Columbia Rivers Within the Canadian Heritage Rivers System

British Columbia presently has three rivers officially designated as "Canadian Heritage Rivers". Other BC rivers have been nominated or await nomination, following a public consultation process.

#### Nationally Designated BC Rivers:

- [Kicking Horse River](#) (Designated, 1989)
- [Fraser River](#) (Designated, 1998)
- [Cowichan River](#) (Designated, 2004)
- The Adams River is currently going through the process for nomination as a Canadian Heritage River. [Click here](#), to find out more about the nomination process.

B.C.'s objective is to have five (5) B.C. Heritage Rivers designated as Canadian Heritage Rivers.

#### Proclaimed British Columbia Heritage Rivers:

- [Adams River](#)
- [Alouette River](#)
- [Atnarko River](#)
- [Babine River](#)
- [Bella Coola River](#)
- [Blackwater River](#)
- [Campbell River](#)
- [Columbia River](#)
- [Cowichan River](#)
- [Fraser River](#)
- [Horsefly River](#)

- [Kechika River](#)
- [Middle River](#)
- [Mission Creek](#)
- [Peace River](#)
- [Prophet River](#)
- [Skagit River](#)
- [Stikine River](#)
- [Stuart River](#)

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### Welcome to New Members

*Welcome to RCABC's newest members. We would like to invite your feedback as to how we can make this organization more suited to your needs. We would also like to remind you that members are welcome to come to the spring AGM and/or fall Instructor's AGM, which vary in location throughout the province. These events are usually a good place to meet experienced and new instructors like yourself and to take part in many of the games, paddle trips and clinics, which are offered at these events!*

*I would encourage all of you to use the RCABC website at <http://www.bccanoe.com> as a resource for your instruction, current events, news, etc. and for updating your membership information.*

*Please feel free to contact me at [instructor\\_coordinator@bccanoe.com](mailto:instructor_coordinator@bccanoe.com) if there are any questions along the way.*

*Please join me in welcoming:*

*Bryan Miller  
Christoffer Ling*

*Yours,  
Scott Rookes,  
Instructor  
Coordinator*

## The 2008 David Thompson Brigade

Wherever David Thompson traveled, so did the voyageurs engaged by him. Just as the voyageurs were the backbone of the fur trade, the voyageurs under Thompson, in many respects, were the backbone of his explorations. For over 200 years, the use of the canoe from the beginning of the fur trade era until near its end was a vital part of the transportation network of goods and fur and also provided a mode of transportation for David Thompson in many of his explorations. Following his crossing of Howse Pass in June of 1807, David Thompson began his return trip in the spring of 1808 to report his findings to the Partners of the North West Company.

This 2008 bicentennial commemoration event is an opportunity to bring to the forefront a way of life that no longer exists and in turn, helps commemorate David Thompson, the greatest land geographer of his time. Enjoy your visit and please [email](mailto:) any comments or questions.

<http://www.2008thompsonbrigade.com>

### Other Web Links

#### Canoe Songs

Check this web site out if you're feeling tuneful.

<http://www.canoesongs.ca/news.php>

#### Fur Trade and the Voyageurs

Check out this site for a Brief History of the Fur Trade and the Voyageurs.

<http://greatcanadianrivers.com/rivers/threerivers/home.html>

Topics include:

- When the fur trade began
- How the Ojibwa traveled across the lakes
- Who the Europeans hired to establish the trading posts
- The distance of a voyageurs' journey
- When the voyageurs set out
- Type of canoes and voyageurs
- Dangers the voyageurs faced
- Types of fur traded
- When the trade slowed down
- The historical role of the beavers

## Canoe Songs

For Christmas, my brother downloaded a bunch of canoe songs onto a CD for Roger and I, and I've found they're a great way to start the day. Here are the songs on it:

- Kokanee Canary Canoe - Ross Douglas
- I Love My Canoe – Troubled Hubble
- Blue Canoe – Ian Tamblyn
- Blue Canoe – The Blue Dogs
- Canoe – Ritt Deitz
- Canoe Song – Peter Mayer
- In a Canoe – Sun Palace
- Up Love Creek (Without a Paddle) – John “Juke” Morgan
- In a Canoe – Manny Fernandez
- My Baby's Got a New Canoe – Walker Avenue Gang
- My Old Canoe – Sam Leopold
- My Blue Canoe – Bryan Masters
- Paddle my Canoe – Jack Grunsky
- Blue Canoe – Frances England
- Paddle Your Own Canoe – Charlie McGettigan
- Somebody Stole My Canoe – John Dorsey
- Up the Creek Without a Paddle – Steven Hall
- Paddle Brother – Trevor Tchir
- Up the Creek Without a Paddle – Philip and Martha Andrews
- Paddle Like Hell – Dance Like Flames
- Paddle Your Own Canoe – Wolf Tones

Allyson Phillips

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### CANOE GAMES

#### Tug of War

Skill Level: Any  
Skills Learned: Team work; back paddling  
Precautions: Canoes may dump!  
Equipment: Strong rope per every two canoes; canoes, paddles, PFD's

Game: Two canoes face each other (3 or 4 people per canoe).  
One person holds the rope while the others try to paddle backwards.  
One side needs to get past a marked point in order to be declared the winner.

## Capilano College River Canoeing – AKA Canoe 2

by Allyson Phillips and Roger Warnatsch

Several people have asked us about the Capilano College canoe program so we thought we'd write a short article about it, starting with "Canoe 2" – the river-canoeing program. Every fall, the Wilderness Leadership Program offers two different canoe courses - Canoe 1, which is an RCABC Lakewater Instructor course, and Canoe 2, a moving water course that is basically a tour of southwestern BC rivers with instruction. It sounds cushy but it isn't! No catered meals, we all drive around in a stinky van and everyone sleeps in tents! It gives lots of opportunity to work on your leadership skills.

Day one was on the **Mamquam River** in Squamish, the program's hometown. The students don't need much orientation to moving water because they've all gone through over two weeks of river kayaking and rafting training, as well as the Lakewater Instructor's course. Canoe 2 has the well-deserved reputation of being the "wettest" course of the water program, and the often cold rainy weather adds to the anticipation! Being leadership students they are usually up for it and sometimes thrive on it, pushing their skills and sometimes swimming over and over. True to tradition, the Mamquam's relatively easy class 2 rapids highlighted the difference between rafts, kayaks and canoes, and instantly changed perceptions of what river canoeing is all about.

Water levels permitting, we normally go to the nearby **Cheakamus River** next for some very scenic class 2+ water. It's a challenging step up for the students (and instructors). These rivers always have some wood debris so we always run in a very controlled way with lots of scouting and portaging or lining around hazards.

A new trip that we introduced in 2007 was a historically significant stretch of the **Fraser River** from Yale to Hope. It is a great introduction to big volume hydraulics, with the odd (avoidable) whirlpool and boily rapid, but most of it is fairly easy. We try and do as much interpretive content as possible and this part of the Fraser provides lots of opportunity.

With a new appreciation for the power of large rivers, we move to the drier and hopefully sunny **Thompson River** and run a stretch from Savona to Walachin. This run gets the adrenaline going again with some big waves and strong eddy lines. Add the fantastic scenery, sockeye and coho salmon, eagles and some interesting history as well, and we've completed a huge transition from the small coastal rivers.

Cont'd above to the right

## Canoe 2, Cont'd.

Next we moved further into the interior and paddled the **Adams River** through the gorge. The students were already familiar with the Adams through the river kayak course, and have the unique experience of paddling (or swimming) it both in kayak and canoe. The salmon run is always fascinating. In 2007 the run was not as large as the previous year, but it still added a lot to the experience.

After a travel/drying out/rest day, we went back on the **Thompson River**. Our group was strong so we picked it up a notch and paddled from Spences Bridge to Gold Pan, where the Thompson starts dropping into the canyon. This run provides fairly continuous rapids with the main hazard being the hydraulics. Scouting almost every rapid, we picked our way down this amazing stretch of river. We typically see sheep, which are often very curious about us and sometimes chase one another around on the cliffs at jaw-dropping speeds. A couple of students learned the value of hanging on to their canoe after dumping. In a flat, casual looking pool below a rapid, they both got pulled under for about 5 seconds and spit up an impressive distance from the boat.

We travel in two vehicles, one to haul a trailer full of solo and tandem canoes, and the other to transport the students. In Squamish, the students stay in their homes and when we're on the road, we camp.

The students taking these courses are typically very motivated young people thinking about pursuing a career in guiding or another aspect of outdoor leadership. These courses are always advertised on the RCABC website and occasionally there is space for people who are not enrolled in the program.

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### Instructor Coordinator Report

In lieu of an Instructor Co-ordinator Report, Scott Rookes is hoping to have someone fill the position of Instructor Co-ordinator after the AGM. Although no one came forward at the IAGM, Scott is hoping that someone will step up to the plate with this request.

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### Environmental Director Report

No activity to report this winter. Happy Skiing.

– Roger Warnatsch

## “On-Line” Instructor Manual

The RCABC Instruction Manual is available on the RCABC website. It is accessible to all RCABC members.

### Features:

- Hyperlinks from the course outline to the section referenced. (e.g. Specific skills, strokes, etc.)
- Document organization such that revisions will be easy to insert into you manual. Sections, Sub-Sections, Parts, and Sub-Parts have replaced Page numbers. The new numbering system reflects a revised organization of the manual that will better enable expansion and finding things you are looking for.
- A list of changes since the previous edition with links to the new content.
- Capacity to add links to videos or other educational material on the RCABC website or elsewhere.
- Inclusion of new courses
  - Moving Water levels 3 & 4 - Playboating
  - C-1 courses
- Soon to be added new content includes Big Boat paddling and Poling as well as many other refinements. See below: “Updates to the Instructor Manual.”

### How to Obtain the Updated Manual:

- Go to the home page of our website (<http://www.bccanoe.com>)
- On the left side under “Quick Links”, select “Member Login”
  - **User Id or e-mail address:** if this is your first time logging into the secure part of our website, use your e-mail address that you included it on the member application form. When you sign in, you will be directed to Password Reset/reset Ticket, which gives you a one-off password that you may change to one you will remember.
  - If you changed your User Id to something other than your e-mail address when you were paying your membership on line, use your new User Id.
  - **Password:** Use the password (or the one you changed it to) from the e-mail sent April 23, 2007 entitled, “RCABC Welcome and Renewal Notice For (Your Name). This e-mail provided directions for on-line membership payments.
  - On the left side near the bottom, select “**Instructor Manual**”.
- An Adobe Acrobat file (PDF format) will open for you. It is set up as a printable document, with blank pages to ensure that each section starts on an odd page number. With a binder and 10 section separators, you can print your manual from your computer and start your own updateable manual.

## Updates to the Instructor Manual

The manual will be updated more regularly, now that the page numbers have been changed to sections, sub-sections, parts, and sub-parts. Changes will only require printing additional or replacement pages.

RCABC executive wish to start a review of each section to see if the courses and the skill descriptions match our needs. Additional areas that need immediate updating include the references for each course. Many of those in the current manual are out-of-date and no longer in print. New recommended texts, videos, websites and other reference material are needed. If you have a favourite source of information on paddling strokes, canoe history, canoe camping, safety and other topics, please send them to [instructor\\_co-ordinator@bccanoe.com](mailto:instructor_co-ordinator@bccanoe.com) so they can be included in the Online Manual. A short description of the content of the source material, its strengths and weaknesses as well as information on source and cost would be very helpful.

If you would like to become involved in updates and changes to the manual, submit your ideas to the Course Standards Committee care of Scott Rookes.

Regardless of your interest in becoming involved in the updates to our manual, YOUR FEEDBACK IS VERY WELCOME. Please send your comments to Scott Rookes, Instructor Co-ordinator at [Instructor\\_Coordinator@BCCanoe.com](mailto:Instructor_Coordinator@BCCanoe.com).

## Just for Fun, One of the Many Uses of a Canoe

### The Devil and the Werewolves

retold by S. E. Schlosser

Now there once was a man named Jean Dubroise who never did a lick of work, but his house and his barn and his crops were still the best in the whole land. This puzzled people, since Jean had no family and no hired men to help him. No one could figure out how he managed to have the best trapping lines in winter, and have fences and barns in perfect repair at all times with no one working his farm.

Odder still were the reports of a roaring sound that came from Jean Dubroise's property late at night when good, God-fearing people should be sleeping. His neighbours started avoiding the place, and folks in town would hurry to the other side of the road rather than meet Jean when they saw him coming.

One night, Dubroise's next door neighbour, Alphonse, had a bit too much to drink. Alphonse decided that he would dare the strange noises and take a short-cut across Dubroise's land to get home. As he was weaving his way through the fields, he heard a loud roaring noise from overhead. Alphonse threw himself flat on the ground and saw a huge canoe flying over him. The canoe landed on the ground in the clearing next to Dubroise house and the Devil jumped out with a whip in his hand.

At the sight of the Devil, Alphonse gasped and rolled under some shrubs at the edge of the field. From his hiding place, he heard the Devil shout: "Come out of the canoe!" and snapped the whip at the occupants. Twenty creatures with the shaggy coats of wolves but the upright walk of men leapt from the canoe. Alphonse recognized them immediately. They were werewolves (called loup garou); men who had neglected their religious duties for so long that they had fallen under the spell of the Devil. As the loup garou began ploughing and mending fences and doing all the daily chores on the farm, Dubroise came out of his front door to talk and drink with the Devil.

Alphonse knew then that Dubroise had sold his lazy soul to the Devil in exchange for the werewolves' work on his farm. Alphonse lay trembling under the bushes, praying the Devil and his minions wouldn't find him. At last, the Devil and the loup garou jumped back into the flying canoe and flew away.

As soon as it was safe, Alphonse hurried to the local priest to report what he had seen. When he heard about Dubroise's evil visitors, the priest came up with a plan to rid the neighbourhood of the Devil. While Dubroise was in town the next day, the priest sent Alphonse and several of the parish men to Dubroise's farm with buckets full of holy water. The men sprinkled the holy water over Dubroise's house, his outbuildings, and all of his land. Then the men hid themselves in the bushes to keep watch.

It was midnight when the Devil and the loup garou came flying to Dubroise's farm in the huge canoe. They landed in the clearing next to the house and the Devil leapt out of the canoe. As soon as his foot touched the holy water sprinkled onto the ground, the Devil started leaping about and shrieking in pain and rage. The werewolves were frightened and fled from the canoe.

The Devil was furious. He believed that Dubroise was trying to save his soul by driving the Devil away with holy water obtained from the priest. The Devil ran to the house and pulled Dubroise right out of his bed. He dragged Jean Dubroise outside, threw him into the canoe, and flew away in a blast of fire that scorched the ground for many meters.

The men of the parish collected the werewolves and brought them to the priest. The priest pricked each one with a knife, which is the only way to turn a loup garou back into a man. The restored men fell to their knees and begged the priest to forgive them for neglecting their religious duties. From that day on, the men were faithful to their parish and never more did any fall under the Devil's spell. But Jean Dubroise was never seen again.



### **Prospector Canoes from Clipper, Esquif & Hellman**

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Please note our new address in the same building.

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ph. 604-240-0503

2 blocks east of Capilano Road. south of Marine Drive

### **RCABC Instructor Course Reporting**

### **RCABC Instructor Course Reporting, Cont'd.**

The following are directions for on-line certification  
of New Instructors:

#### **Note:**

- 1) Master Instructor goes to RCABC website at:  
[bccanoe.com](http://bccanoe.com)
- 2) Click on left side button "Member Login"
- 3) Enter email/ username, and password.
- 4) Click on "Administration" button
- 5) Under the manage members area, enter the  
name of the student you want to find/add  
certification for.
- 6) Click "View" beside members correct name.
- 7) Go to Instructor Certifications area and click on  
" Add new Instructor Certification"
- 8) Enter all required fields as prompted.
- 9) Click "create"

The students will only come up on the  
database if they have paid a membership  
fee and have been entered (or entered  
themselves) into the database.

It might be a good idea to have your  
students pay and register on the website  
prior to the course or shortly after the  
course so that you are able to enter them  
as certified when the course is  
completed. Otherwise, you will have to  
wait for them to complete the entry  
before you can certify them on the  
database.

Once you have entered a certification for a  
particular member, they are certified as an  
instructor in the discipline you entered.

This information will be included in the  
next update of the manual. (See Section  
IV – 41.1, Course Reporting.)

You must complete this process for each Instructor  
student who passes to establish their certification.