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PRESIDENT'S REPORT

ANNUAL GENERAL MEETING

Details of the activities at the Annual General Meeting of RCABC (AGM) are on page 7 of CANEWS. All members are encouraged to attend this meeting, and the Instructors AGM held on the Labour Day weekend. In a province the size of BC, canoeists rarely get the opportunity to paddle with paddlers from outside their own Club or community because of the distances involved. The RCABC AGM and IAGM are good opportunities to meet up with paddlers from elsewhere in the province, whether for a river trip or sharing course instruction approaches and techniques. Yes, the province is large, but we try to vary the sites to let all members attend without multi-day traveling at least once every few years. It is also a good time for your Executive members to meet you and hear what you have to say.

This year offers the chance of river paddling on the Lower Island rivers as well as sampling ocean paddling on Cowichan Bay and neighbouring waters. Two members have made the setting, Affinity Guest House, near Duncan, available to RCABC and we are very grateful for the opportunity to have a relatively private site for the meeting. I look forward to seeing you there. (See page 3 for directions and details.)

One of the main functions of the AGM is to allow members to see what the Executive has done over the year – actions, financial management, program development, etc. It is also the time of year when new members are elected to the vacant positions. All positions are held for two years, and, like any association, we are always on the lookout for new faces and voices. If you'd like to volunteer to help, please let me know or contact your Zone Director. To date, there appears to be no competition for the vacant seats on the Executive for 2008-09. While this means there will be continuity, it also means that there will be no new voices, ideas and energy, which is a pity.

President Report Continued Page 4

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

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instructor_coordinator@bccanoe.com

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Mike Riegner

mriegner@netidea.com

AGENCY MEMBERS

Wood Canvas Canoes 604-943-3052

Boudi van Oldenborgh

1097 Jackson Way,

Twawwassen BC V4L 1W5

Hellman Canoes 250-825-9571

Bob Hellman

2957 Six Mile Lakes Rd.,

Nelson BC V1L 6W3

www.hellmancanoes.com

Pacifica Paddle Sports 250-361-9365

Peter Harris

575 Pembroke St.

Victoria B.C. V8T 1H3

<http://www.pacificapaddle.com>

Go Outdoors 250 674 0204

RR # 1, Box 1828

Clearwater B.C. V0E 1N0

<http://www.go-outdoors.ca>

RCABC Environment News

Environment Director's Report, Spring 2008

Similkameen River

The Shanker's Bend Hydro project in Washington will be opposed by RCABC through the ROSS Committee, which is applying to the US Federal Energy Regulatory Commission for "intervener status" along with CPAWS. The project would flood a major portion of the lower Similkameen Valley into BC.

Coquihalla Pass Resort

March 8th is the deadline to comment to Environmental Assessment Office about the most recent update to this proposal. It would be located in the headwaters of the Coldwater/Nicola River system.

2008 Endangered Rivers List

I've nominated the Similkameen and Coldwater/Nicola for the list. I received the final call for nominations from ORC the day before the deadline and didn't get a chance to get input from RCABC members. My apologies.

Seymour River Habitat

A daytime fish count (swim) was done recently on the Lower Seymour River. The biologist from the BC Conservation Foundation reported that the gravel beds that are forming behind the boulders RCABC placed in the Seymour have become some of the best steelhead spawning habitat in the 3km stretch below the canyon. Steelhead in the Seymour are extremely endangered. Not many fish were counted, but that was likely due to the very cold water temperature and the fact that it was a daytime, not a nighttime swim. Sounds like a good job!

Mamquam River Access

A local paddler is hoping to raise \$10,000 to fix up the Mamquam River access road, outhouse and trails. I haven't received confirmation on this yet, but please contact me (environment@bccanoe.com) if you or your club are willing to help out, and I will point you in the right direction.

Flathead River

Good news! The province recently announced that there will be no coalbed methane drilling in the Flathead River valley in the East Kootenays. The battle for its preservation is far from over however, so check out www.wildsight.ca for news on their excellent campaign to preserve the Flathead.

Washington Large Woody Debris

The paddling community in Washington is putting up a serious battle over the installation of LWD in their rivers. The LWD is controversial for paddlers wishing to find a balance between river conservation and river safety. Contact me for more details or if you know of any installations coming up that may affect paddling safety.

Roger Warnatsch

environment@bccanoe.com

RCABC 2008 AGM

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

Hosts: RCABC Members,
Dwight Milford and Vanessa Elton

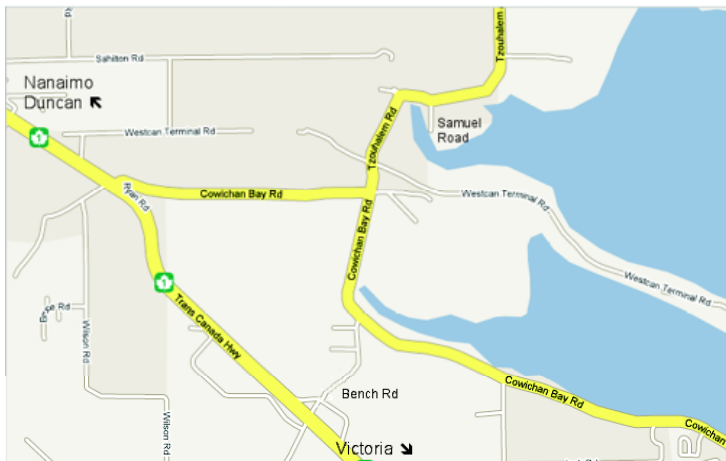
www.affinityguesthouse.ca

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.

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 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. Note: there are no hook-ups!
- 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 numbers of reservations require one.

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,

PADDLE CANADA (was CRCA)

As previously announced, RCABC will not be a member of the Paddler Canada board as of the end of this month. A board elected by PC members in each province will run this organisation. For BC, the nominated board member is a sea-kayaker, which is appropriate as the great majority of PC members in this province are sea-kayaking instructors. Provincial paddling associations can apply to become the federated member of Paddle Canada, and RCABC has applied for this status for 2008. This status essentially allows the provincial associations to nominate members to the Program Development Committees (PDC) of Paddle Canada, and keeps them in formal contact with both the national body and each other. Elsewhere in Canada, the provincial associations in 7 Provinces/Territories have federated status; whereas 5 do not. As the latter include Ontario and Quebec, plus 2 territories and PEI, Paddle Canada has significant gaps in its links with provincial associations.

Our application for federated status is pending. We are in an unusual position vis-à-vis the rest of the country in that we only provided canoeing programs, not sea or river kayaking, which causes problems. Paddle Canada rules require that all its members must also be a member of their local provincial association. Since in BC RCABC is the only provincial body applying for federated status and we have no kayak programs, it seems unreasonable to expect sea-kayak members of PC in BC to become members of RCABC. It remains to be seen whether Paddle Canada is able to accommodate our particular situation.

In the mean time, we will continue to try to develop equivalencies between the suite of RCABC instructor levels and those of Paddle Canada. We may also look into developing equivalencies with the Ontario Association (ORCKA), which has decided not to join Paddle Canada this year.

Volunteer at for the sport that has given so much to you! Contact the executive member whose responsibilities are closest to your areas of interest. See page 2 for executive contact information.

PADDLING NEWS

For those of us in the South West corner of the province, the paddling has not stopped over the Winter season, and we are now gearing up for the delivery of courses so that there will be more safe paddlers out on the water this summer. Speaking for South Vancouver Island, demand for courses seems to be quite high, whether for Lakewater or Moving water. I will be taking part in teaching both kinds of courses in the month, with an Ocean Paddling course to follow in May. It is always a pleasure to see people becoming comfortable in their canoe as they gain more control of its speed and direction. It is even better to see some of them come out on trips in the weeks and months following the course and become part of our paddling community. I hope many other members will be taking part in teaching courses this year and getting their own satisfaction from this.

For those members taking part in the David Thompson Bicentennial Voyageur Brigade this spring and summer, we wish you fair weather, dry portages and plenty of water in the rivers. It should be a memorable trip for all who take part in this 10 week, 3600km expedition. I know of at least two Master Instructors and one Lakewater instructor who are taking part in this event and expect that there will be others in the 13 crews registered to date.

Alan Thomson, President, RCABC
pres@bccanoe.com

RCABC 2008 AGM WEEKEND DRAFT PROGRAM

Friday April 18th

6pm: Evening welcome/social with entertainment (slide show or video)

Saturday April 19th

9am Poling Clinic – Leonard Thor and others (All day)
Voyageur Clinic (1/2 day)
Unorthodox canoe manoeuvres (1/2 day)

5pm **RACBC AGM** in Affinity Guest House
AGM Agenda attached

7pm Entertainment – slide show by Wally
Praedolins on ocean canoeing

Sunday 20th

9am Lakewater Re-cert
Voyageur Clinic (1/2 day)

Paddling Options available both days

River paddling on the Cowichan, Chemainus Koksilah and Nanaimo Rivers is within easy reach of the Guesthouse. Local paddlers will be on hand to lead trips.
Ocean paddling in Cowichan Bay and across to Saltspring Island can be started directly from the Guest House.

Drop in to book a demo or view a canoe today!

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www.westerncanoe kayak.com

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

RCABC CLUB MEMBERS

Columbia Canoe Club

2713 10th Ave, Castlegar, V1N 3A5
Contact: Bert Port sbport@telus.net

Kootenays

(250) 365-6056

Dogwood Canoe Club

1422 Braken Court, Port Coquitlam, BC, V3B 4Y3
contact: Mark Alexander 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,
<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
<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

(250) 578-0211

Blackwater Paddlers Club

Box 4072, Quesnel, B.C. V2J 3M5
Contact: John Marien 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
<http://business.silk.net/kckc/>

Kelowna

(250) 765-1555

ZONE REPRESENTATIVES:

Northwest Zone Rep: Roger McColm

(250) 847-4349 tours@northernsun.bc.ca

Alt.: Ian Hourston

hourston@citytel.net

(250) 627-4630

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(604) 943-2341 burnett@dccnet.com

Northeast Zone Rep: John Marien

Ph: (250) 992-7065

Fx (250) 992-7083

jcmarien@hotmail.com

Vancouver Island Zone Rep: Tony Shaw

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monotony@shaw.ca

Okanagan Zone Rep: Hugh Westheuser

(250) 769-6605

hughwest@shaw.ca

Vancouver Zone Rep: Leonard Thor

(604) 253-5410

Vancouver@bccanoe.com

Alt Vancouver Zone Rep: Chris Kovach

(604) 575-0365

ckovach@telus.net

Kootenay Zone Rep: Jim Jamieson

(250) 505-5010

wh2oso@telus.net

Alt. Kootenay Zone Rep: Don Flowers

(250) 426-7389 or 250-426-3387

dflowers@cintek.com

Fraser Valley: David Wooldridge

(604) 462-7300 or (604) 250-0744

dave@ridgewilderness.com

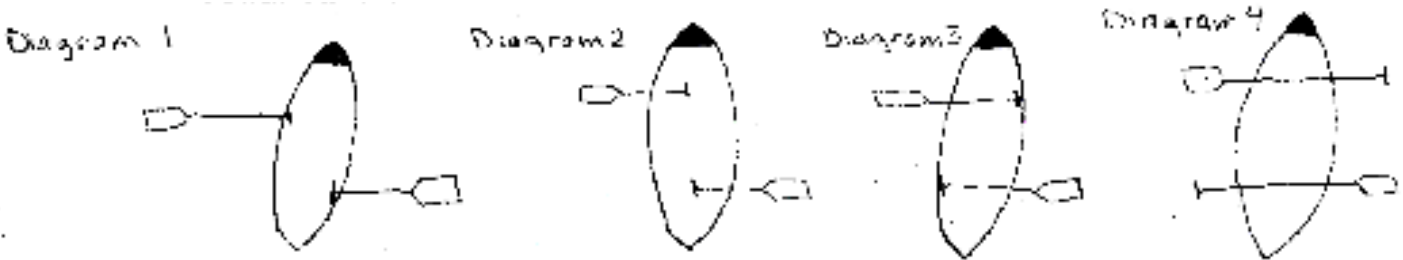
THINGS TO DO

Paddle Rock & Roll Game

Objective: learn trust and stability of canoe

The grip of the paddle is hooked on the paddle side gunwale. The tip of both paddlers' paddle should touch the water surface by rocking canoe from gunwale to gunwale. (Refer to diagram 1.) Then gradually rock and roll canoe until paddle is equal on both sides of the gunwale. The tip and then the grip of the paddle should touch the water. (Refer to diagram 2 – 4).

Note: in case of capsizing, do this activity close to shore. Instructor/leader should demonstrate first. Let students determine how extremely they want to rock and roll. Talk and demo the most stable position in the canoe and what to do in the event of capsize. Consider doing activity towards end of session.



Western Canoe and Kayak will be having a **Spring Sale** on Saturday April 5th.
Clearance prices on all used and older model stock.

When you have time, check out this site. With each correct answer you **donate rice** through the UN food program. This word game is both challenging and addictive, but what a wonderful use of time.

<http://www.freerice.com/index.php>

CANOE GAME - Enter/Exit Challenge

Skill Level: Basic

Skills Learned: Entering and exiting from a dock or beach

Precautions: None

Equipment: Canoes, paddles, PFD's, an empty margarine tub per canoe.

Game: The tub is filled with water and placed on the center thwart of the canoe. The canoeists are challenged to enter or exit without tipping the tub or spilling any water.

Camping Tuna Casserole

4 hearty servings

500 g. tri-coloured macaroni
2 cans tuna flakes (dehydrated)
1 package mushroom soup mix
½ c. powdered milk
1 c. dehydrated mushrooms
½ c. dehydrated green onions
1 c. dehydrated peas
¼ c. dried sweet basil
200 g. sharp cheddar cheese

Rehydrate tuna and vegetables with spices, soup mix and milk powder.

Volunteer at for the sport that has given so much to you! Contact the executive member whose responsibilities are closest to your areas of interest. See page 2 for executive contact information.

Instructor Coordinator Report

A.G.M: April 18-20th, 2008

A good chance to get together and share some fun on Vancouver Island. The location will be ideal for river, ocean, poling and lakewater canoeing events.

Events:

- I) Lakewater Instructor canoeing recertification;
- II) Poling Clinic; and
- III) Big Boat Clinic (voyageur).

We are not sure at this time if the clinics will be more paddler level focused or instructor focused. This all depends on the interest shown; so let the instructor coordinator know if you are interested in attending. (See page 4 for Draft Program)

Master instructors wishing to attend may be eligible for reimbursement if they are helping to organize or teach an event. Again, ask the instructor coordinator for details.

Thanks to All:

As instructor coordinator, I have had the pleasure of working with many very enthusiastic people on the executive of the RCABC and throughout the organization. I am very proud to have worked with all of you, but feel it is time to let others take a turn.

I am proud of the things we have achieved so far including a new C-1 course, the start on a River Rescue level 2 course, and reviews of several RCABC courses as well as Paddle Canada equivalencies. I am also happy to say that the manual has gone online and that there are several new additions or changes to it now, which should help the organization. I also am proud to have worked on some of the Master Instructor maintenance requirements that should help with the quality of the organization as well as the ongoing upgrading of the standards of which we are so proud.

I have learned a lot and have enjoyed all of my time as instructor coordinator. I hope to keep active within the organization in other ways, such as with subcommittees, but I hope also to see some new faces in our organization to help out with our continuous development. Some challenges that face us in the future are: equivalencies from province to province, reviews of existing courses, and increasing the publicity of the organization within the province.

Good luck to all and thank you very much!

Scott Rookes, Instructor Coordinator, RCABC

instructor-coordinator@bccanoe.com

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 if there are any questions along the way.

Please join me in welcoming:

<i>DB Palmer</i>	<i>Joshua Graham</i>
<i>Simone Guigne</i>	<i>Lesley Brent</i>
<i>Julia Guest</i>	<i>Skye Phillips</i>
<i>Nicholas Gill</i>	<i>Jesse Peel,</i>
<i>Bob Dodge</i>	<i>Rodney Graham</i>
<i>Ryan Kuhn</i>	

*Yours,
Scott Rookes,
Instructor Coordinator*



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Please note our new address in the same building.

1869 Welch St., North Vancouver, BC V7P 1B7

ph. 604-240-0503

2 blocks east of Capilano Road, south of Marine Drive

Hiking Trails in B .C.

The Outdoor Recreation Council (ORC) advised RCABC through Roger Warnatsch (Environmental Director) of the Recreation Trails Strategy Committee to make sure everyone who has an interest in this process has a chance to stay in the loop.

The Provincial Government is developing a strategy for managing and maintaining the province's trails. It sounds fairly positive! The blurb below is from the Ministry of Tourism, Sport and the Arts,

http://www.tsa.gov.bc.ca/sites_trails/managing/recreation_trails_strategy.htm

"To coordinate a shared and sustainable vision for managing the province's trails, and develop a framework for guiding future decision making to strengthen the benefits from our recreation trail network, the Ministry of Tourism, Sport and the Arts, together with the Ministry of Environment (BC Parks), is initiating a Recreation Trails Strategy for B.C.

Development of the trails strategy will take a multi-phased approach. The first phase, which is currently under way, will solicit feedback from government agencies, First Nations, local governments, stakeholders, and other groups that have been historically involved in trail use and management in British Columbia. This information will be used to develop a background report and design a process for developing the trails strategy. The anticipated completion date for Phase 1 is March 2007.

Subsequent phases of the project will involve consultations with First Nations, local governments, stakeholders, and other organizations in a cooperative process to develop a made-in-B.C. trails strategy."

RCABC is a member of ORC. Its mandate is "Promoting access to and responsible use of BC's public lands and waterways for public outdoor recreation."