

# Paddlers Post

voice of the Nanaimo Paddlers Club



March 2006

## 2006-07 Executive

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## IN MEMORIUM

On February 5, 2006 we lost to cancer one of our long time members, Joan Roy. Joan was an avid canoeist and spent many hours and days traveling the waterways, both salt and fresh water. She could never choose the trip she liked best --- the Yukon River, the West coast of Vancouver Island, or Haida Guaii. In the formative years of the Nanaimo Paddlers she was very active in all aspects of the club from social to publishing the newsletter. In the latter years she was not very active but was always interested in what the members were doing and how the Club was functioning. She will be missed!

In her memory donations may be made to the Palliative Care Unit of N.R.G.H. or the Cedar Historical Society.

Submitted by Flo Dadds

## UPCOMING EVENTS

**April. 5TH:** Author Andy Lamb will do a presentation on his new book "Marine Life of the Pacific Northwest", showing more than 1400 species, some never before in print.

**May 3RD:** Evan (Lodless)sp.? to do a presentation on Klemtu and surrounding area.

**June 7th:** Meeting to be held on Newcastle Island.

## Leaders Opportunity

Everyone is welcome to volunteer to lead day paddles. We do have some Saturdays and evening paddles to fill. For all of the newcomers to our club, being a leader for the day isn't hard and you don't have to be expert paddlers to lead. Duties for leading the day include: Taking the names and phone numbers of interested paddlers, picking the time and meeting place, knowing the tides and currents (the paddles are pre-planned to work with the days currents) and checking on the weather for the days paddle. There are many experienced members that are more than willing to help out if you have any concerns. Remember that these day paddles are fun and social. It's a great way to meet and get to know your fellow members.

Heather Thomson  
390-0560  
Trip Coordinator

From The Safety Committee

Learning opportunities available to our members through the "Alberni Outpost" schedule of courses.  
Alberni Outpost Sea Kayak Technique and Training 2006 Descriptions

### **INTRODUCTORY KAYAKER**

Develop the essential or core sea kayak skills of safety, background knowledge of kayak design, equipment, clothing and etiquette. Practice rescue skills in pool in the mornings, then dry out indoors for the theory. Finish with the 8 staple strokes and paddling technique. We all have to start from somewhere, and the beginning is as good a location as any. Dates: February 5, 19, March 19, April 9, 23, May 28

#### **Rescue I Rescue Skills**

Learn the re-entries that all rescues are based upon. View these skills and techniques as your foundation and then enhance your technical alphabet once you have mastered these. The core rescue skills. Learn wet-exit, solo-re-entry, assisted re-entry with confidence.

#### **Navigation I Introduction to Nautical Charts**

This course covers the key fundamentals for navigation for sea kayaking. These basics consist of the nautical chart, compass, bearings, tides and currents. Tying it all together we show how to plot and complete a float plan. If you're interested in planning a trip for the future or wanting to learn staples of navigation for the future this course will point you in the right direction. Topics covered are Nautical Charts, Compass, and Bearings.

This introductory program will begin from the ground up and is suited for the novice and curious alike.

Dates: February 7, 20, March 6, 20, April 3, 17, May 2, 15

#### **Current I Introduction to Tide & Current Tables**

Introduction to Tide and Current Tables is designed to clear up the confusion of reading tide and current tables. This way you will be able to plan on enjoying that sandy beach for a picnic, or that mad dash of a swim for your kayaks after the beach break. This course will make tide and current tables a familiar entity for you. Topics covered Terminology of Tides; Basic Influences of Tides and Currents; Anatomy of Tide and Current Tables; Calculating Tides; Calculating Currents; Secondary Reference Ports.

Dates: February 8, 21, March 7, 21, April 4, 18, May 3, 16

### **INTERMEDIATE PADDLING PROGRAMS**

#### **Intermediate Paddling Skills.**

The theme of this course is improved boat handling, increased stroke efficiency so that you can extend the scope of your day tours, plus more safety skills and theory to make them safer. In addition we'll look at nautical charts. Introductory paddling skills and course are required for this course. Topics covered: Stroke Review; Rescue Skills; Dates: February 12, March 25, April 1, 16, May 6\*\*

#### **Rescue II Intermediate Rescue Skills**

Develop skills and tools to travel with more safety, confidence and freedom. This intermediate rescue skills course picks up after the basics of wet exit, solo and assisted re-entries to provide you with skills for what ifs on longer crossings, or anytime when you need to bring a friend back to shore.

Dates: February 25 \*\*, March 5, April 2, May 6\*\*

#### **Navigation II Intermediate Sea Kayak Navigation**

Navigation usually begins over a coffee and then the research begins, but the real navigation starts when the paddle hits the water. This program deals with on the water navigation of piloting, taking field bearings and following them, fixing locations, time management, and recognizing environmental factors that can alter your plans.

This program is kayak based and intermediate kayaking skills and some touring are recommended to maximize your learning potential. The focus of this course is navigation, if your paddling skill and technique require development and refinement we will be happy to offer those in one of our introductory and intermediate paddling technique courses

Date: February 25 \*\*, March 4, \*\*, April 30, May 7

### **Navigation III Introduction to Multi Day Sea Kayak Touring**

Sea kayak touring has its roots from Inuit hunting where the hunters needed to be in tune with their surroundings and even considered one with their environment. In today's terms kayaking is a great way to interact and communicate with nature. Exploring on all levels. This two and a half day course encompasses the basics of sea kayak touring so that you will be comfortable on your own tours and feel the Inuit spirit.

### **Current II Understanding Tides & Currents**

Continues from Current I and examines the process of what and how tide and currents are driven. Next the emphasis is on topography and bathymetry and how they interact with tides and currents. Hydrology will also make a cameo appearance. Once these concepts are gained then we re-examine tide and current tables but in greater detail and progress to field methods of estimating tide and current levels.

Having an understanding of tide and current tables will put you in good stead for this course. Current I Tide and Current Tables or equivalent is recommended for this course.

Topics: Celestial Engine and Tide; Season and Tide; Topography & Bathymetry; Hydrology; Tide and Current Tables; Field Methods of Estimating;

Date: February 15, March 15, April 11, 25, May 9, 23

### **Current III Navigating Current Channels**

Combines all of the theory gained from Current I&II in active application in moving current. New paddling skills and techniques directly associated to currents are introduced to make crossing these areas safer and more enjoyable. Come out to learn and feel the respect of currents. Come out to feel how much fun you can have in currents.

Dates February 25 \*\*, March 26, April 15, 29, May 20

## **ADVANCED PADDLING PROGRAMS**

### **Sculling & Bracing**

Develop greater communication with your kayak and the conditions you are in through bracing and edging. Learn to put your kayak on edge for tighter turns and greater maneuvering with confidence. Bracing will expand your level of support and confidence for rougher conditions. Bracing is also a key progression to your roll. Dates: February 4, 18, March 18, April 8, 22, May 27

### **Rolling I**

Learn the theory and more importantly the feeling of the components to rolling. We focus on the experiencing the body mechanics of rolling while going through the roll first hand in the pool. We cannot guarantee success for every student, but we will put you ahead with the components and skills to perfect it later.

Dates: February 4-5, 18-19, March 18-19, April 8-9, 22-23, May 27-28

**\*\* Denotes TBA**

CALL ALBERNI OUTPOST AT (250) 760-0044 FOR PRICES OF THESE COURSES AND SIGN UP PROCEDURE.

Joan Hume: Safety



### **Our scheduled Saturday trip to Degnen Bay**

Saturday, February 25, 2006 - We left Cedar boat ramp on a grey, chilly day. The wind had been forecast but did not materialize so we were not uncomfortable paddling on a cold morning. Seven boats came out and we crossed Stuart Channel (1 mile) to Link Island, followed the shore to the "Hole In The Wall", the narrow gap between Link and De Courcy Islands. Passing through we crossed Pylades Channel to Dibuxante Pt. On Valdez Island proceeding into Gabriola Passage and had a coffee break stop in Wakes Cove Provincial Park. This park was purchased in June of 2002 and with the exception of five small properties, encompasses the whole north end of Valdez Island. It is a wonderful addition for boaters and paddlers to the marine parks list. Leaving the cove we crossed Gabriola Passage to a small islet in Degnen Bay for lunch. The tide was too high for us to see the whale petroglyph on the sandstone ledge on the northeast shore of Degnen Bay. We will plan a petroglyph paddle and look for glyphs another day when we can walk to the "Weldwood Site". Here within the forest on sandstone slabs there are up to fifty carved mythical creatures.

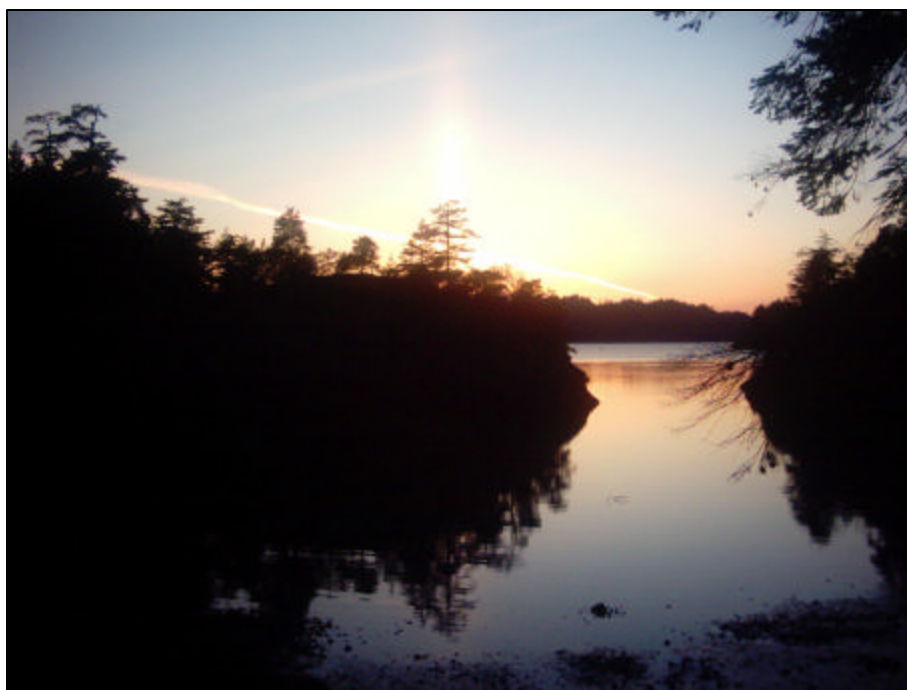
Leaving our white shell lunch beach, we stayed close to Gabriola's shore as tiny soft snow flakes descended

upon us. The sea was calm and it was very pleasant paddling, encountering many seals, ducks and two visits by river otters. Proceeding through False Narrows the tide had changed from flood to ebb so we had a minor current to buck into. Rounding Mudge Island, we caught about a two knot ride through Dodd Narrows all the way back to the boat ramp in Cedar. As we were pulling the boats out and loading cars, it began to snow in earnest. It was a first paddle in falling snow for all of us and we really enjoyed the whole experience.

Our distance for this trip was 20.4 Kilometers

Submitted by:

Joan Hume



Long Bay—Jedidiah Island 2005

## Founding members of Nanaimo Paddlers Club

**Dorothy Pollitt**  
**Life Member**  
**Passed away December 1996**



Part of an article submitted by Ray Roy "Paddlers Post"  
December 2000.

Ray & Joan joined the club in 1982

The seed was sown by the late Dorothy Pollitt a member of the *Dogwood Canoe Club* in Vancouver. Arriving to live in Nanaimo she contacted Parks & Recreation and two of their instructors, Ted Girard and Gary Amaka. She invited them and some of their students to a meeting at her home.

Present were: Dorothy, Ted Girard, Gary Anala, Gordong Liard and Dianne Harkeness.

The initial meeting [Probably in Sept 1980] involved selecting a name, starting a newsletter, planning some trips and designing a logo. Dorothy designed the first logo, featuring a two-place canoe. It was officially replace in 1995. Today a number of our members proudly display both the old logo and the new one.

Gordie worked at Harmac where he promoted the club in the company newsletter whenever he could. This became our biggest source of members. By the end of the year there were 34 memberships, couples and families. Quite a few of these families had young children. We always wore our PFDs to set any example for the kids. I can't remember any kayaks in those days.

The meetings were held in homes. I recall a meeting at Gill Dunlop's home near Qualicum. Some of us never got there—couldn't find the palce. Eventually we had enough funds to rent a hall for our nine indoor meetings each year.

**Jack Clark**  
**Life Member**  
**Passed away January 1997**



**Pictures submitted by Gillian Dunlop**

### DAY TRIPS 2006

Sat	March 4	Easy	Nanaimo - Dingy Dock	Janice	729-7021
Sat	March 11	Easy	North West Bay	Pete	468-9855*
Sat	March 18	Mod	Gerald Island	Sally	751-0343
Sat	March 25	Easy	Kulleet Bay	Joan	758-6258
Sat	April 1	Mod	Ballenas Islands	Glenn	468-1453*
Sat	April 8	Mod	Chrome Island	Richard	390-2579
Sat	April 15	Easy	Gabriola Island	Francine	758-0354
Sat	April 22	Easy	Pirates Cove	Ted	390-2540
Sat	April 29	Easy	Sproat Lake	Joan	758-6258
Sat	May 6	Easy	Newcastle Isl. Training	Heather	390-0560
Sun	May 7	Easy	Newcastle Isl. Training	Heather	390-0560
Sat	May 13	Easy	Ladysmith to Chemainus	Gillian	245-5720
Sat	May 20	Mod	Blackberry Point	Heather	390-0560
Sat	May 27	Easy	Spider Lake	Dawn	753-1957

### OVERNIGHT TRIPS 2006

Fri	Apr 14 – 16	Mod.	Gabriola Island	Francine	758-0354
Fri	Apr 21 – 25	Mod.	Pender Islands	Joan	758-6258
Mon	May 8 – 11	Mod.	Around Gabriola Island	Joan	758-6258
Mon	May 8 – 13	Mod.	Deer Group	Ted	390-2540
Fri	May 19 – 22	Mod.	Blackberry Point	Ray	740-0056
Fri	May 26 – 28	Easy	Sandy Island	Sally	751-0343
Sun	June 4 – 10	Stren	Broken and Deer Isl.	Ted	390-2540
Mon	June 5 – 9	Mod.	Nootka Sound	Ian	619-6404
Mon	June 19 – 24	Mod.	Deer Group	Joan	758-6258
Fri	June 30 July 5	Mod.	Nuchatlitz	Glenn	468-1453*
Mon	July 3 – 7	Easy	Sea Chart	Full	Full
Mon	July 17 – 21	Mod.	Outer Broken Islands	Joan	758-6258
Sat	July 22 Aug 12	Stren	Klemtu to Port Hardy	Full	Full
Thu	July 27 Aug 8	Mod.	Brooks & Bunsby	Full	Full
Mon	Aug 14 – 18	Easy	Sayward Lakes Car Camping	Joan	758-6258
Thu	Aug 31 Sept 5	Easy	Saltspring Isl. Car Camping	Joan	758-6258

The following notes about the paddles were submitted by the Nanaimo Paddlers Safety Committee.

This program is to allow new members and paddlers who have beginning skills, to meet other members and to paddle in a safe environment. Experienced paddlers are welcome to attend.

Those participating must bring a change of clothes in a dry bag, and dress for immersion. i.e. Insulating clothing such as fleece or a wet suit. We must always be prepared for the possibility of immersion.

Skills development in a peer-supported environment will be our focus. Examples are strokes rescues, towing, formation paddling. Our group safety decisions will be made by the group as a whole. The trip co-ordinator simply chooses the location and time to paddle and may suggest exercises for trip members to consider.

The safety committee has created this six month schedule in hope that all members regardless of proficiency level will paddle to enjoy the water and gain experience and comfort in their boats.

Your Safety Committee  
Heather, Ken, Pete & Joan

### INTRODUCTORY TRIPS

Sun	Apr 02	Easy	Neck Point	Joan	758-6258
Sun	Apr 09	Easy	Kuleet Bay	Joe	751-0343
Mon	Apr 17	Easy	Southey Island	Joan	758-6258
Sun	Apr 23	Easy	Shack Island	Heather	390-0560
Sun	Apr 30	Easy	Boat Harbour	Ken	390-0720
Fri	May 12	Easy	Full Moon	Sally	751-0304
Wed	May 17	Easy	Evening	Joan	758-6258
Sun	May 28	Easy	North West Bay	Pete	468-9855*
Fri	June 02	Easy	Evening	Gloria	722-2738
Sun	June 04	Easy	Ladysmith Harbour	Heather	390-0560
Sun	June 11	Easy	Evening	Joan	758-6258
Fri	June 16	Easy	Evening	Janice	729-7021
Sun	June 25	Easy	Spider Lake	Ted	390-2540
Fri	June 30	Easy	Gerald Island	Joan	758-6258
Wed	July 05	Easy	Evening	Marilyn	754-7103
Sun	July 09	Easy	Nanaimo Estuary (Evening)	Gloria	722-2738
Sun	July 16	Easy	Nanoose Harbour	Molly&Don	753-3659
Sun	July 23	Easy	Evening	Joan	758-6258
Sun	July 30	Easy	Chemainus	Heather	390-0560
Sun	Aug 06	Easy	Ladysmith Harbour	Ken	390-0720
Sun	Aug 11	Easy	Full Moon	Janice	729-7021
Sun	Aug 13	Easy	Schooner Cove	Pete	468-9855*
Sun	Aug 20	Easy	Evening	Marilyn	754-7103
Sun	Aug 27	Mod	Pirates Cove	Joan	758-6258
Wed	Aug30	Easy	Jack Pt(Evening)	Sally	751-0343
Sun	Sep 10	Easy	Boat Harbour	Ian	753-6350
Sun	Sep 17	Easy	Mudge Island	Joan	758-6258
Sun	Sep 24	Easy	Maple Bay	Francine	758-0354
Sun	Oct 1	Easy	Winchelsey	Richard	390-2579