

## Club News 5 – May 2010

## Website News



### Grant recognized as Community Sport Hero

Grant was recognised by Sport BC as one of Langley's five Community Sport Heroes. In this picture, Grant is receiving his award from the CEO of Sport BC.

To read more about this prestigious award [click here](#)

The club's rule says a proper PFD must be worn – here is an interesting read about why. [Read more](#)

### Paddles Up: Attention: GO !!!!

The Dragon Boat season has started with the Deep Cove Dash. In atrocious weather, the 6 teams from FLCC represented the club with tremendous efforts. With most teams having several – or many! – new DB paddlers, the opening event was a real shakedown for the teams. Full results are available at [Dash Results](#) but some highlights and best times are:

Dragon Queens	2 <sup>nd</sup> in Women's Div B consolation	1'08.58"
Fort Fury	3 <sup>rd</sup> in Women's Div A championship	57.85"
FORTified	2 <sup>nd</sup> in Mixed Div B consolation	55.39"
Fraser Dragons	1 <sup>st</sup> in Mixed Div C consolation	57.80"
Fusion	3 <sup>rd</sup> in Mixed Div B consolation	56.84"
Paddle Pushers	2 <sup>nd</sup> in Women's Div A consolation	55.79"
SOAR	3 <sup>rd</sup> in Mixed Div C consolation	1'00.88"

### Pile Caps

The new Canoe Dock has 11 steel piles that must be covered to prevent birds from falling down inside them. The photo taken from the new Trans Canada Trail shows one covered with a plastic cap and one a carved cedar gull. It would be great if some of our artistic paddlers would create some sculptures to replace these existing caps.

The piles are approximately 14 1/8" outside diameter and 13" inside. The sculptures should be heavy enough that they do not blow off yet light enough that they can be carried up a ladder for installation. They should be designed to last a couple of years at least before they are taken down for cleaning or replacing.

If there is enough interest we might be able to arrange a seminar to show prospective artists how to carve foam and cover it with cement to make a light but sturdy sculpture. Interested artists please [Email Glenn](#)



### Coming Up...

#### Paddlers' Classic Regatta May 8<sup>th</sup>

Flatwater boats to race in the Bedford Channel. Marathon Race includes portages and a short creek excursion. Each race will be mixed, men and women paddlers.

10:30 am - 20k with Portage:

Marathon C2, K1, C1, Surfski, OC-1, Open.

10:40 am -10k with or without Portage:

K1, C1, OC-1 Bantam, Novice and Masters.

Campground offers washrooms/change facilities.

Clubs and individuals to register by May 5th to Alison Routley. [Email Alison](#)

Inquiries to Grant Rawstron: 604-888-0129

Registration \$10 per paddler if insured with CKBC

#### FLCC Fun Dragon Boat regatta. June 19<sup>th</sup>

This will be a fun regatta and BBQ with mixed teams arranged on the day. It is open to all members of the FLCC and their friends and family. The cost is \$10 per person (including a BBQ lunch), and of course non-members will also have to pay a \$10 drop-in waiver fee.

We will need volunteers for the day - anyone willing could please contact Louise Meissner. [email Louise](#)

We would like RSVPs in by June 5th to Carolyn K. [email Carolyn](#)

#### FLCC Open Houses May 15<sup>th</sup> & May 29<sup>th</sup>

Open Houses are being run again this year to provide opportunities for non-members to try all sorts of different paddling on the Fraser. To help, or introduce a friend or.. [email Open House](#)

#### World Canoe Day June 13<sup>th</sup>

Join an Open House as Canoe Clubs across the world celebrate the joy of paddling. [email Canoe Day](#)

#### FLCC Fun OC-6 Regatta July 17<sup>th</sup>

The details are still being worked out, but this year will see the club's first OC-6 regatta. To volunteer to help or commit your team, start by contacting Andrea. [Email Andrea](#)

#### Brigade Days Monday August 2<sup>nd</sup>

Details to come later regarding the weekend camp/paddle, but note that the arrival at the Fort this year will be on MONDAY.

### Members' Page

this should be the starting page for most Members. Why not bookmark it, or create a link from your desktop? [Go there](#)

### Cold Water Bootcamp.

If you only have 10 minutes to learn how to Save Your Life, possibly yours, watch this video. Click [Cold Water Bootcamp](#)



The Sprint Youth Group are running a Planter sale – in time for Mothers' Day [Read more](#)



Sea Syrens have a fundraiser to bowl you over [Read more](#)

DB paddles may be ordered at special club prices. If you missed the original note, just ask your team rep for a copy. Orders must be in by early May.

FLCC won \$500 from Western Canoe and Kayak in Abbotsford.



Western rewards clubs whose members purchase the most during the month of March and FLCC has been the lucky recipient of this generosity again this year. Thanks Western!

Update your team pages [Email webmaster](#)

The recreational canoe group conducted a very successful Basic Tandem Skills course over 2 days in April. Twenty people learned draws, pries, J stroke, canoe over canoe rescues, etc. The weather cooperated to make it a memorable occasion. Instructors were David Westell & Katie Stein Sather.



### **White Caps on the Nicomekl**

The recreational group were in action in early May continuing the tracing of the steps of James McMillan as he searched the West Coast in 1824 for the best location for a HBC trading post. This followed on from the Salmon River trip in April. [See more](#) The early Spring weather continued to confuse the day with strong winds making progress difficult – 17km in 5 hours – negotiating the white-capped waves on the way.

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Another marathon recreational canoeing opportunity is being planned for 2011, when The **David Thompson Brigade** (Version 2011) will be right here in BC & Washington state, on the Columbia River. Starting in Invermere, BC, it will paddle down the Kootenay River, into the Pend Oreille, and then to the Columbia River. All together it's 45 days of preparation and paddling, and recuperating, June 1 to July 16. Look for much more information at [http://voyageurbrigade.org/thompson/2011\\_Thompson\\_Columbia\\_Brigade/2011\\_Home\\_2.html](http://voyageurbrigade.org/thompson/2011_Thompson_Columbia_Brigade/2011_Home_2.html) Katie Stein Sather, Voyageur Rep on the Board, wants a team from our club to paddle in it. "I'd love to join the Brigade after Father's Day, and run to the ocean with them", and hopes you would like to join her for this trip. Training and planning will begin in the Fall. [Email Katie](#).