



# Fort Langley CC



Club News 13 – January 2011



## Happy New Year, Paddlers

The FLCC New Year got off to its usual start with a Paddle & Pot Luck. The Voyageur was accompanied, first up Kanaka Creek and then around the island, by a couple of members in their own tandem. Perfect clear skies made for a perfect day – even it was still cold enough for the edge of the river to remain frozen and for whole portions of the creek to be frozen over. This was followed by a Pot Luck at Judy's home – just the very day before she flew off to the Cook Islands. Good Sport, Judy.

Planning Meetings are under way for most teams and divisions, at this time of year.

A Meeting for all **Outrigger Paddlers** will be held on Tuesday January 18<sup>th</sup> at 7pm in the Community Hall. If you did not see the email from Andrea (OC rep on Exec) or have questions - [email Andrea](#)  
The first OC race of the year will be the Icebreaker V12 at Burrard Inlet, Jan 15<sup>th</sup>.

The annual **Dragonboat Recruitment Meeting** is being advertised for Monday January 24<sup>th</sup> at 7:30 in the Community Hall. Your team should be represented – [email Carolyn](#) for further details. And watch out for the new posters, too. And if you know of someone who may be interested in joining a team, encourage them to contact Carolyn, who will put them touch with the teams that are looking for a couple of new members.

And welcome to two new DB Teams. **Dragon Alliance** is a new twice a week team that has developed from a couple of once per week teams in 2010. **Women's 49+** has also started training together.

**Then there was 2.** Just a couple of days before Christmas, Santa's little helpers took delivery of the Club's own BUK, just bought from a club in Comox.



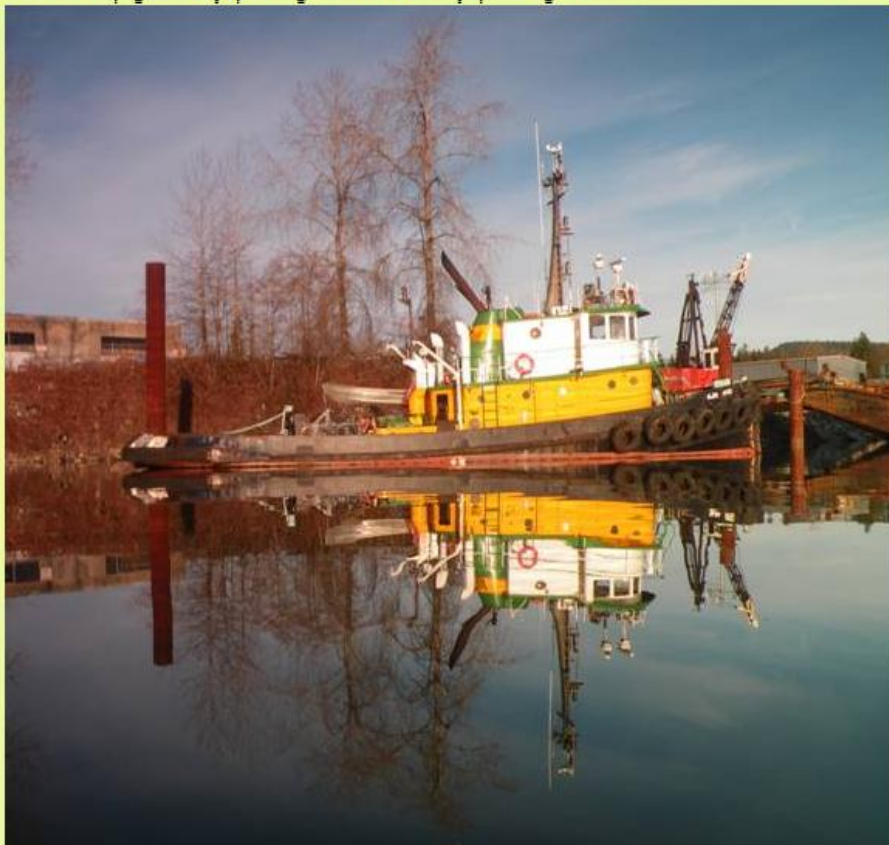
## Winter Paddling continues

The Sprint youths practice on the water regularly, together with gym and pool cross-training. 25 OC teams are paddling thru the winter. 3 DB teams, + 2 more combined teams, are out at least weekly. And the Voyageurs are enjoying the fresh air, and these photo-ops, too.

The **Voyageurs** have completed their planning and developed a full schedule. The first few months include:

|        |  |
|--------|--|
| Jan 1  | New Years Day Paddle with potluck dinner |
| Feb 19 | Bedwell Bay to Deep Cove                 |
| Mar 13 | Barnston Island                          |

And the Voyageurs enjoy taking their time to enjoy the sights.



The winter is a great time to get the housekeeping done. The red OC will be moved to John Keightley's shop – Thanks, John – for some repairs. One of the Voyageurs is currently at Western C+K receiving a much needed overhaul.

A work bee will be held to build the new Dock Box on the Canoe Dock – watch for more on this.

Volunteers are still being collected for a **Safety Review Committee**. [Email Safety](#) to join.

2011

### Membership Forms

New forms will be available on the download section of the website shortly.

### Members' Page

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

### Hypothermia

[Watch a short film](#) to save a life – maybe yours! Cold Water Boot Camp is for YOU.

### DB Recruitment

Update your team webpage before the recruitment meeting. Send your needs to [the Webmaster](#)

### New Year's Exercise Resolution

We have all made resolutions, and broken them. Here is a great article about the special benefits gained from Group Exercise, as opposed to exercising alone. [Exercise Together](#)

### Email issues

If you have "Computer Issues" with the club emails, newsletters or website, please let us know. [Email Webmaster](#)

### Cricket

England thrashed Australia in the Ashes, down under. [Email Cricket](#)

### For Sale

New links to the For Sale or Wanted Board have been added to the Web Menu, under Members. [For Sale](#)

### Western Canada Summer Games 2011

The website is launched – with lots of cool gear to buy, including advance tickets, @ [www.2011wcsq.ca](http://www.2011wcsq.ca)

### Bobby Stein Awards

for women in sport seek nominations @ [ProMotion](#)

### Exec

Your enthusiastic and tireless exec hope you read the minutes of their December meeting, recently sent to you.

### Dogwood

Dogwood Canoe Club – many of whom are over 80 & have paddled together for over 50 years – visited our shores just before Christmas for a drink in the Pub. Way to Go !!