

Dogwood Canoe and Kayak Club - Newsletter

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Lest We Forget



They shall grow not old,
As we that are left grow old:
Age shall not weary them,
Nor the years condemn.
At the going down of the
sun and in the morning
We will remember them



Presidents Report

Happy Autumn. I hope this finds all well.

I have been asked to make a couple of reminders to the membership, so hear it goes.

If you have any items from the library that are past due. Please be so kind as to return them so others can enjoy.

- Please be sure to bring your mug to the meetings. And yes your cups should come with your mugs.
- The club will supply wine at the Christmas party, there is **no outside alcohol permitted**. Please do not bring any.

The weather has turned cold and wet. This is of concern for you diehards who are still paddling. (Good on You) It doesn't take but a few minutes to catch hyperthermia if you get wet. Please be sure to take the proper precautions and care. It would be a good idea to refresh your memory as to what the signs of exposure are and how to recognize them. For those of you who weren't at the October meeting I mentioned that the current executive would be stepping down after this year. Yes all members have indicated that they would not be seeking another term of office. This is your time to step up to the plate and help the club that you are part of. Hey, if I can do it so can you. Please give the idea some consideration.

Keep your eyes posted for upcoming events and some of the great entertainment that is lined up.

See you all on November 28 at the next club meeting.

El' Presidente

Dogwood and Kayak Club General Meeting, October 21, 2008.

No executive meeting this date, present 25 members. Guests: 4 –Chris Cooper and his wife Barbara, Marilyne and Dave Anderson. President Shayne Langton forgot his briefcase and he add lipped with help of the appropriate people or members well during the meeting. Chris Cooper gave us a short report about the trip around English coast. The details about this exciting trip called British Isles Canoe Journey is on www.spiritdancercanoejourneys.ca

Jean Allan invited us all for the traditional dress up Halloween party next week on Wednesday 28th. We will meet at Spill Beans. It'll finish at Darby Beach with a camp fire close to Ray Ranta who started this tradition few years ago. Jean will send all info to Jeff Wade the trip coordinator and he will invite by E mail all members. Shayne's brief treasury report stated that the training in swimming pool was paid up. The club owes money to Shayne for the insurance and something else. The tabled motion about supporting or not the damming the Peace River was brought back by Shayne. Dave Huntley brought several copies of his old letter which was used several years ago for the same purpose and let members to read it. The membership had a lively discussion about the Peace River. (40min.) To dam or not to is a complicated matter, as it has many sides to consider.

1. Andy Gore mentioned that we as a club should be considering only the effect on our future paddling; we shouldn't be worried about the need for more electricity or how BC should save the power so no more damming would be needed it.
2. Others said that because this river already has two dams it wouldn't matter that much and other three wild rivers would be left untouched-for how long?
3. Neil Nyberg suggested to bring a speaker from BC Hydro for our next meeting because that way the club would get the info from the first hand and all our questions could be answered.
4. Other member suggested that agricultural, fishery, tourism and forestry issues should be brought up also for reconsidering the damming.
5. We all have time to get well informed on the BC Hydro website; it only takes ten minutes said Shayne.

The club was not ready to vote for or against the motion and it was tabled again. The Peace River was paddled by three present people – Dave, Freda and Ted; we don't know about others who may be enjoyed the paddle there? I saw the river on TV and would like to paddle part of it next summer. Would anyone be interested? Shayne was only happy to see how the members got involved with their different ideas and views. Vladimir suggested send an invitation to all members to come especially if the BC Hydro representative will come. Shayne got the bannock recipe and will try it next time while camping, good luck Shayne. Our new editor is James Wade, the son of Geordon Wade, the brother of Geoff Wade. Please, Email your articles, photos, recipes to dcknewsletter@yahoo.ca.

After refreshment Neil Nyberg presented his show of Mr. Weinberger's "Coast To Coast" trip with Donna in England. The lovely photos were accompanied by well suited music. It was James Herriot's country with sheep, the old English villages with the manicured landscape. 192 miles of hiking between the meadows, small villages, up and down some steep hills was accomplished in two weeks this September. The weather was good. Neil kept all the beauty of wilderness and English gardens with his camera. It was a wonderful show. Thank you was presented by Len Miller. The meeting was adjourned at 9.15 PM.



BANFF MOUNTAIN FILM FESTIVAL WORLD TOUR

The Banff Mountain Film Festival World Tour will exhilarate you with amazing big-screen stories when it comes to Vancouver over three evenings in December. Ignite your passion for adventure, action, and travel! Journey to exotic locations, paddle the wildest waters, and climb the highest peaks.

Be taken away to the most captivating places on earth. From the exploration of remote landscapes and mountain cultures to adrenaline-fueled action sports, films in this year's world tour are sure to amaze the explorer within you.

The 2008/2009 Banff Mountain Film Festival World Tour brings films from the 33rd annual Banff Mountain Film Festival to about 285 communities around the world, including 30 in BC alone. This stop on the world tour is hosted by the Alpine Club of Canada - Vancouver Section. Please let your club members know about this exciting outdoors event: in your newsletter or e-newsletter, with a banner on your web site, listing it in your schedule or event calendar, and/or announcing it at your meetings. Don't let your members miss out. Let them be moved, be inspired! Check it out at www.accvancouver.ca

Best of Banff 2008 - Banff Mountain Film Festival World Tour Hosted by The Alpine Club of Canada Vancouver Section.

Thurs Dec 4th: Kay Meek Centre 1700 Mathers Avenue, West Vancouver. Doors 6:30pm / Films 7:30pm. Fri Dec 5th; Sat Dec 6th: Hollywood Theatre NEW VENUE 3123 West Broadway, Vancouver. Doors 6:30pm / Films 7:30pm. Tickets: At the Door: \$18 at Kay Meek, \$15 at Hollywood (cash only). Outlets: \$15 Mountain Equipment Co-op. 130 West Broadway in Van, 1341 Main Street in North Van

Online: \$18 www.accvancouver.ca. For program details, see www.accvancouver.ca

Contact us at bestofbanffinfo@accvancouver.ca



James's Joke of the Month.

The day after his wife disappeared in a kayaking accident, an Anchorage man answered his door to find two grim-faced Alaska State Troopers.

"We're sorry, Mr. Wilkes, but we have some information about your wife," said one trooper.

"Tell me! Did you find her?" Wilkes shouted.

The troopers looked at each other. One said, "We have some bad news, some good news, and some really great news. Which do you want to hear first?"

Fearing the worst, an ashen Mr. Wilkes said, "Give me the bad news first."

The trooper said, "I'm sorry to tell you, sir, but this morning we found your wife's body in Kachemak Bay."

"Oh my Gosh!" exclaimed Wilkes. Swallowing hard, he asked, "What's the good news?"

The trooper continued, "When we pulled her up she had 12 twenty-five pound king crabs and 6 good-size Dungeness crabs clinging to her."

Stunned, Mr. Wilkes demanded, "If that's the good news, what's the great news?"

The trooper said, "We're going to pull her up again tomorrow."

Bannock #1

"Bannock is a Native Indian fry bread. Simple and quick to make.

SERVES 4, 4 pieces

Ingredients

- 2 cups [flour](#)
- 2 tablespoons [baking powder](#)
- 2 tablespoons [sugar](#) (or less, if you prefer your bannock less sweet)
- 2 pinches [salt](#)
- [water](#), at room temperature

Directions

17. Mix flour, baking powder, sugar and salt together.
18. Mix with enough water so that the mixture becomes a dough.
19. Form into 4-6 large, thick patties.
20. Fry on lightly oiled frying pan, turning when the bottom is golden.
21. (You may also bake in the oven.) Good served warm.
22. If desired, spread with honey, jam, butter, or peanut butter.
23. Traditionally bannock would have been made with whatever ingredients were on hand.
24. For example, adding blueberries if they're in season.

This freezes well. Freeze, already baked, in a labeled ziploc bag with the air squeezed out as much as possible. To serve, bring to room temperature by removing from the bag and letting rest on the counter for a few hours.

Speed up the process, by baking or microwaving until the desired temperature is reached..

Cheese-Onion Bannock #2**Ingredients**

- cooking spray
- 3/4 cup finely chopped [onion](#)
- 1/3 cup [flour](#)
- 2 cups [oats](#)
- 1 teaspoon [baking powder](#)
- 1/2 teaspoon [salt](#)
- 1/8 teaspoon ground red pepper
- 2 tablespoons chilled [butter](#), cut into small pieces
- 1/2 cup grated [fresh parmesan cheese](#)
- 1/4 cup [water](#)
- 1 [egg](#) or 1/4 cup [egg substitute](#)

Directions

1. Preheat oven to 400°.
2. Heat a small skillet over medium-high heat. Coat pan with cooking spray.
3. Add onion; sauté 8 minutes or until tender.
4. Remove from heat; cool.
5. Place flour, oats, baking powder, salt, and pepper in a food processor; process until oats are coarsely ground.
6. Add butter; pulse 3 times or until combined.
7. Add onion and cheese; pulse 3 times or until blended.
8. Place mixture in a medium bowl.
9. Add water and egg, stirring until moist.
10. Let mixture stand 1 minute.
11. Place mixture onto a lightly floured surface; knead lightly 3 times (dough will be sticky).
12. Divide dough in half; press each half into a 5-inch circle.
13. Cut each circle into 8 wedges.
14. Place wedges on a baking sheet coated with cooking spray.
15. Bake for 15 minutes or until lightly browned.
16. Serve warm.

Bannock #3**INGREDIENTS (Nutrition)**

- 3 cups all-purpose flour
- 1 teaspoon salt
- 2 tablespoons baking powder
- 1/4 cup butter, melted
- 1 1/2 cups water

DIRECTIONS

Measure flour, salt, and baking powder into a large bowl. Stir to mix. Pour melted butter and water over flour mixture. Stir with fork to make a ball.

Turn dough out on a lightly floured surface, and knead gently about 10 times. Pat into a flat circle 3/4 to 1 inch thick.

Cook in a greased frying pan over medium heat, allowing about 15 minutes for each side. Use two lifters for easy turning. May also be baked on a greased baking sheet at 350 degrees F (175 degrees C) for 25 to 30 minutes.

**Great bannock #4 recipe for your hunting or camping trip****Premix:**

- 2 cups of flour
- 1/2 tsp of salt
- 2 tsp of baking powder
- 1 tbs of sugar
- 1/4 cup of powdered milk (multiply ratio as needed)

Scoop 2 cups of mix into a bowl, add one cup of water a little at the time, while kneading (raisins or fruit optional).

Spread dough evenly on the oiled pan. Cook slowly until browned. Oil top and flip over. Check for stickiness in center. None? Slice, butter, jam and ENJOY! May also be cooked on a stick over a fire.

Thank you for those recipes: Alena Torn



A Treasured Memory

T'was a lovely August afternoon and we'd just shoved off from the banks of the Peace at Hudson's Hope. Lucas suddenly shouted "A beaver, a beaver, no two, three, four little beavers".

Carl, the father, laughed "those are no beaver, they are baby otters". Our two canoes were right beside these little critters. What a sight! One otter vanished for a few seconds and resurfaced flashing a struggling rainbow in his mouth. But, the food chain was not complete. A shadow crossed and in looking up there was a bald eagle circling about 10 meters overhead. His greedy eyes were on the rainbow and the otter. But, four splashing canoe paddles deterred this ambitious action.

The night was spent at the gates, which boasts the most manicured campsite in the country. Where else do you find neatly stacked firewood, raked soil and meticulous neatness - all with the peaceful view over the most peaceful river?

The next morning our canoes continued with two young fellows enjoying every moment of this wildlife panorama. In about a thirty minute, slow paddling, period of time we witnessed another bald eagle circling the fawn of a whitetail deer, but again the eagle was deterred by an alert mother. Timothy spotted a black bear scampering up the banks of the river. Hilarious! Twenty, or more, geese startled Elfrieda (and the rest of us) as they took off from the bank right beside us. That bugling alarm and the beating wings are a vastly superior sight and sound to that of a jet taking off from the airport. But, there is a similarity. And, then a beaver surfaced beside the canoe and escorted us for about 10 minutes, always staying a few meters ahead of us. I thought I heard the beaver mutter "these canoeists are clearly out of their domain, I'll show them where to go". More geese. More deer. And, birds of every description. After a period of time Timothy said "Grandpa, that was quite a show, wasn't it?" Yes, I said, "but, would you believe that some people want to build a dam and destroy all of this"? The answer came slowly "they wouldn't, would they?"

Ernie Reimer





There is a short business meeting at 7:30pm followed by the scheduled entertainment.

NOVEMBER 26
Geoff Wade
Geordon Wade
Exploring Baffin Island

Westburn Community Centre,
4781 Parkwood Cr.
Burnaby, BC.

Visitors are always welcome!

Club Meetings
Westburn Community Centre,
4781 Parkwood Cr.
Burnaby, BC.

4th Wednesday of each month
7:30pm
except July/Aug/Dec.

PLEASE REMEMBER:

Library books borrowed are on loan
For 1 month. They must be returned
or renewed each month. Please bring
any borrowed books to the next meeting.

Please bring your own mugs for coffee or tea
when you attend a meeting.

