



Paddle NL

16th. Annual Retreat

May 19 - 22, 2017 - Terra Nova - Splash-n-putt



Information available on our website
www.paddlenl.ca or e-mail us at
paddle.nl@gmail.com

YOUR ADVENTURE AWAITS !!

Sponsored by:



SUBARU

Greetings from Paddle Newfoundland and Labrador!

The long term forecast for the May 24th weekend is for light winds...which we all deserve! The planning for this summer's paddling is underway, with the 16th annual retreat being the unofficial start to an exciting season in our boats. Last year David Ayotte entertained us with tales of canoeing in northern Quebec and Labrador. We were intrigued by his camping and paddling equipment which he designed and constructed to enable him to explore the northern woods and waters in a safe, warm fashion, while avoiding flies. This year our guest instructor, Ms. Kate Hives is from Vancouver Island.

The Guest Instructor – Kate Hives



Paddle NL is delighted to announce our guest instructor/speaker for this year's Paddlers Retreat at Terra Nova Park...our 16th annual edition! Kate Hives, grew up on the beaches and tidal pools of Vancouver Island. At 13 she discovered the thrill of surfing a kayak courtesy of a passing motor boat. The motor boat produced a wake that propelled Kate to speeds which were well beyond her ability to meet under her own power! As they say, the rest is history! Here is a little more about Kate.

Kate's passion for paddling and the outdoors has been enhanced and pursued through education and time on the water. She has paddled in many countries and in almost as many types of boats! Kate graduated from Lakehead University's Outdoor Recreation Leadership Program and has worked as an Outdoor Educator, Kayak instructor and Expedition guide. She has numerous qualifications as a guide and an instructor with skills in ocean and white water kayaking.

Kate's presentations will include slide shows of some of her travels and there will be sessions to improve our paddling and tripping capabilities. The spring edition of the *Ebb and Flow*, early April release, will have the complete interview with Kate including details of what she has to offer and share as a result of her many experiences and abilities. Kate is excited to travel to the Province to meet our paddlers and to, learn about Newfoundland and Labrador.

Annual Retreat -Something for Everyone!

- Skills improvement or river running challenges for white-water boaters
- Clinics and day paddles for sea kayakers
- Clinics and river running trips for canoeists.
- Exciting dry land events for everybody -- the icebreaker, pub night presentations and a banquet with lots of prizes.
- Wonderful food -- the banquet dinner and the famous PNL pancake feast.

Be an Early Bird and Register by April 23rd!

Register by April 23rd and your name will be entered for a draw for one \$100 and three \$50 gift certificates courtesy of *The Outfitters*:

The Weekend Program

The full weekend itinerary is included below and has also been posted on the PNL website www.paddlenl.ca .

When to Register and the Cost

Once again, we are promoting Early Bird registration to enable the club to better plan for the large number of people that typically attend. The deadline for the Early Bird registration fee is **April 23rd**. Register on or before then and get a reduced fee. To register go to our website (www.paddlenl.ca) and fill in the online form and pay by eTransfer or send a cheque. **Early registration will help ensure you will be registered in your preferred events.**

Early Bird (on or before April 23rd deadline)

PNL MEMBERS: ACTIVITIES \$25*
NON-MEMBERS: ACTIVITIES \$45

After April 23rd - Higher price

PNL MEMBERS: ACTIVITIES \$30*
NON-MEMBERS: ACTIVITIES \$50

* Family with 3 or more members pays for 2 members

What the Registration Cost includes

All events outlined in the attached itinerary are included with your registration fee. The only additional fees are for the Sunday night dinner guest speaker event should you choose to participate (see below).

The Sunday Subaru Dinner Deal

The Sunday dinner will be catered at the Splash-N-Putt Conference Centre this year. The price is \$25 will include a choice of Roast Beef, chicken or a vegetarian entrée. All of the meals include a homemade dessert. **Since there is limited seating, it is important that you register early.** PNL does not promote drinking and driving. Please make transportation arrangements if you are not staying at the Splash-N-Putt Cabins.

With regards to the dinner, please indicate on the registration form whether or not you:

- a) Plan to partake and include the appropriate amount with your registration, and
- b) If so, whether you prefer roast beef, chicken or a vegetarian choice.

There will be White-water, Sea Kayaking and Canoeing Trips

Due to the large number of people we are expecting, it will be necessary to pre-register for all clinics, so that we can have an efficient teacher-student ratio, and enough safety boaters on the water. **Do not plan on just showing up hoping for some instruction.**

Kayaking White-water Clinics: Saturday at the Ruins

Sea Kayaking Clinic:

Whether you're a seasoned veteran or brand new to the sport, this clinic is not to be missed! There will be a series of stations for you to work on various paddling skills, ranging from turning to Greenland paddling to towing and other rescue techniques – all designed to make you a better, more efficient and safer paddler.

Sea Kayaking Day Trips:

There is a relaxed recreational paddle for families, beginners and experts alike, and a somewhat more strenuous paddle for those advanced paddlers in the crowd. The alternatives will be discussed with the participants on the day of the paddle.

- Day Trip 1 Relaxed/Less strenuous ~ 8 nm or 15 km
- Day Trip 2 Longer/More strenuous ~ 14 nm or 26 km

Canoe Clinic:

Whether you're a seasoned veteran or brand new to the sport, this clinic is not to be missed! There will be a series of stations for you to work on various tandem paddling skills, solo paddling and rescue techniques.

Canoe Moving Water Clinic:

Moving water paddling techniques and manoeuvres, throw line rescues, basics of river reading and terminology. Immersion protection required due to low water temperatures.

Canoe Day Trip:

An enjoyable flat water group day trip to Dunphy's Island [20+ km) within Terra Nova Park.

PLEASE NOTE: Sea kayaking, and canoeing, **Day Trips** will be held on the **"best weather"** day and the **Clinics** on the **"other"** day.

Friday Night Check-In & Icebreaker Event

Please remember to check-in! Check-in will be offered at the Splash-N-Putt Conference Centre from 7:30 to 10:30 pm on Friday night. This is where you can confirm your registration and waiver signing, pick-up your weekend schedule, dinner tickets and other materials. **Limited registration and PNL membership renewal will also be available, however we encourage you to do this beforehand on our website (www.paddlenl.ca).**

PaddleNL and our guest instructors look forward to meeting everyone at Friday Evening's ***Icebreaker*** event. The Icebreaker will start at 8:00, in the same room as the Check-in. The food is always great and will be served till about 11:30. It's a wonderful opportunity to socialize with fellow paddlers and to get excited about the weekend. Please drop by, unwind with what we believe is the official start of the paddling season. This year there will not be a cash bar, so bring your own refreshments.

Event Central

The Conference Centre at Splash-N-Putt Cabins is the place to go! It's where you will find the **Calendar** and Notice Board for information on what's going on and for updates, registration for paddles, and so forth. Check it frequently.

PNL RETREAT WEEKEND AGENDA 2017

Friday, May 19

7:30 to 10:30 PM

CHECK-IN, registration, Sunday dinner ticket pick-up, clinic confirmation, membership renewal and updates at the Conference Centre at Splash-N-Putt Cabins. Come check us out!

8:00 to 11:30 PM

ICEBREAKER / MEET AND GREET SOCIAL EVENT is your opportunity to socialize and unwind with old and new paddling friends alike. Help start your weekend off on a high note – more details provided at check-in.

Saturday, May 20

8:30 AM

SEA KAYAKING AND CANOING CLINICS (SANDY POND):

Whether you're a seasoned veteran or brand new to the sport, this clinic is not to be missed! There will be a series of stations for you to work on various paddling skills, ranging from turning to Greenland paddling to towing and other rescue techniques, flatwater canoeing skills tandem and solo, canoe rescue techniques, solo paddling in a canoe - all designed to make you a better, more efficient and safer paddler.

New this year...Stand up Paddle Boards...stay tuned for more information.

Pre-registration and waivers mandatory.

Snacks and hot beverages will be provided at the cook house at Sandy Pond around lunch time. (Sponsored by **McGruer Agencies**)

10:00 AM

BASIC WHITE-WATER SKILLS AT THE "RUINS" Join some of PNL's more seasoned white-water paddlers to focus on developing your basic white-water skills. Not to be missed! Meeting in the parking lot at the Ruins at 10:00. Check info board for the clinic you are slotted into for more information. The clinic runs all day long with a break around the fire for lunch (Sponsored by **McGruer Agencies** and members of the PNL Executive.) **Pre-registration and waivers necessary.** Contact: Darren McDonald see page 7.

CANOING MOVING WATER paddling techniques and maneuvers; throw line rescues; basics of river reading and terminology. Beginners welcome; immersion protection required due to low water temperatures

8:00 PM

Technical and Social Evening: Expedition, short and long, planning...what's involved? Stand Up paddle Boards...what are they all about?

(Supper: you are on your own!)

Sunday May 21

10:00AM to 4:00 PM (Leaving from Splash-N-Putt Cabins)

SEA KAYAK DAY TRIP 1: Relaxed/Less strenuous ~ 8 nm or 15 km. Please rendezvous in front of Splash-N-Putt for the final decision on exact time, location, and confirm launch site, with your gear on and boat ready to put in. **Preregistration and waivers mandatory** - ensure at check-in that you are registered. Beginners are welcome on this trip,

SEA KAYAK DAY TRIP 2: Longer/More strenuous ~ 14 nm or 26 km. Please rendezvous in front of Splash-N-Putt for the final decision on exact time, location, and confirm launch site, with your gear on and boat ready to put in. **Preregistration and waivers mandatory** - ensure at check-in that you are registered. Bring your own lunch. Contact Ron Schwartz (contact info listed on page 7).

CANOE DAY TRIP: Sandy Pond to Dunphy's Island and Return (20 km plus ~ 1 km portage on good trail); or a day on the Bay, canoeing on the ocean. Decision on the trip will be decided based on weather conditions.

All paddlers will meet at the conference center for drop in information and destination. The trip will be an all-day event; so don't forget to pack a lunch..... Beginners welcome – will be paired with a more experienced paddler. **Preregistration and waivers mandatory.**

10:00 AM

RIVER RUN [Kayak only] (INTERMEDIATE/ADVANCED): To be announced: rock hopping or a river run (contact Darren McDonald see page 7 below).

7:30 PM

SUBARU DINNER AND KITCHEN PARTY held at the Conference Centre at Splash-N-Putt Cabins. Dinner will be served promptly at 7:30, so come early enough for a bit of socializing beforehand. *KATE HIVES PRESENTATION ...Paddling the British Isles...by herself and with others!*

Monday, May 22

9:00 to 10:00 AM

FREE PANCAKE BREAKFAST cooked up by your intrepid PaddleNL Board at the Conference Centre at Splash-N-Putt Cabins sponsored by **PaddleNL as part of your registration.** Be kind to the environment, bring your own mug.

11:00 AM

For those staying Monday there will be opportunities to further avail of the waters in the area. These activities will be determined by those staying.

A dry suit or neoprene wet suit is mandatory with the exception of the canoe paddle to Dunphy's Pond.

A. Sea Kayaking

Note: For those who do not own their own kayaks and would like to make arrangements to rent a boat for the weekend, please contact the Outfitters.

- Participants are expected to provide all of their own gear (i.e., boat, paddle, life jacket, spray skirt and other equipment as required by the Canadian Coast Guard).
- Participants must accurately identify their level of kayaking skills and experience, so that we can assign them to the right paddling group during the Retreat. This information needs to be provided to the trip leaders before the Retreat (for everyone who has registered to that point).

- Trip leaders will have the final say on whether or not daily trips are 'a go', and the group to which paddlers are assigned.
- Everyone **MUST** sign a waiver and send it in with their registration material. Trip leaders will need a list of participants.
- Sea kayaking **Day Trips** will be held on the “best weather” day. Sea kayaking **Clinics** will be held on the “other” day. If we are unable to paddle at all on a particular day, everyone is on their own, i.e., there is no substitute sea-kayaking event planned.
- Check out: <http://www.paddlenl.ca/Forms/PNL%20Waiver.pdf>;

B. White-water River Running

All river running is geared towards intermediate to advanced white-water skill levels and participants must provide their own equipment. We reserve the right to limit an individual's participation based on river conditions and skill level. Contact Darren McDonald.

C. White-water Clinics

Many people who participate in clinics do not have all of their own gear or are relatively new to the sport. Typically, there are some extra boats and gear available to accommodate your needs. If you have any questions regarding gear, equipment, etc. please contact Darren McDonald prior to the Retreat (contact info listed on this page).

D. Contact Names and Numbers

General Registration & Retreat Questions	Eugene Forsey	eforsey@nf.sympatico.ca	727-3880
Chair Retreat 2017	David Hickey	david.hickey@gmail.com	325-2265
White-water Clinics & River Runs	Darren McDonald	darrenmcdonald@live.com	727-2352
Sea Kayaking Clinics & Trips	Ron Schwartz	rdsch@gmail.com	685-6505
Canoe	Rod Drover	rodneydrover@esdnl.ca	725-5685

E. Accommodations

This year the Retreat Headquarters is again at Splash-N-Putt Cabins, which is likely to fill up early. Please mention that you will be there for the PNL Retreat. Alternative places to stay are also listed below. Participants are responsible for their own accommodations:

Retreat Headquarters

TRANS CANADA HIGHWAY/TRAYTOWN/GLOVERTOWN

Splash 'n' Putt Cabins (709) 533-2541 info@splashnputtcabins.com
(709) 533-2753

NB

- 1) Credit card required to confirm reservations
- 2) A deposit of \$165 required by May 12th
- 3) Full amount due on check in
- 4) There will be no splitting of bills at the event, so bring cash or a cheque to pay your roommate(s)

Alternative Accommodations

TRAYTOWN

Pinetree Lodge (709) 533-6638

GLOVERTOWN

Lilac Inn Bed & Breakfast 1-709-733-6038
Noah's on the Point 1-709-424-6020 www.noahsonthe point.com

EASTPORT

Almost Home Bed & Breakfast, Eastport (709) 677-2010
Eastport Efficiency Units (709) 677-2458
Eastport Peninsula Sunshine Park (709) 677-2438
Sandy Cove Beach Housekeeping Cabins (709) 677-3158 www.sandycovebeach.ca
Seaview Cottages (709) 677-2271 www.seaviewcottages.net
Stay-N-Play Cottages (709) 677-2729
The Doctor's Inn Bed & Breakfast 1-877-677-3539
White Sails Inn & Cabins (709) 677-3400

CHARLOTTETOWN

Clode Sound Motel & Restaurant (709) 664-3146 www.clodesound.com

PARKS (Camping)

Terra Nova National Park (709) 533-2801
Eastport Peninsula Sunshine Park (709) 677-2438

**PaddleNL RETREAT REGISTRATION
INFORMATION**

REGISTRATION DEADLINE: Early Bird Registration ends April 23rd.

NO REFUNDS WITHOUT MEDICAL NOTE

Note:

If you are paying your Annual Membership (Single \$20 & Family \$25) add the appropriate fee to your total.

By April 23rd

MEMBERS	
ACTIVITIES	\$25*
DINNER	\$25
Membership Fee	
TOTAL	

NON-MEMBERS	
ACTIVITIES	\$45
DINNER	\$30
Membership Fee	
TOTAL	

* Family with 3 or more members pays for 2 members. NB Breakfasts, with the exception of Monday, you are on your own.

After April 23rd

MEMBERS	
ACTIVITIES	\$30*
DINNER	\$30
Membership Fee	
TOTAL	

NON-MEMBERS	
ACTIVITIES	\$45
DINNER	\$35
Membership Fee	
TOTAL	

* Family with 3 or more members pays for 2 members

How and Where to Register

Registration must be done online at the PNL website www.paddlenl.ca and you can pay by eTransfer or send a cheque to:

Mail it to us at **Paddle Newfoundland and Labrador Club**
P.O. Box 2, Station 'C'
St. John's, NL, A1C 5H4

ARE YOU A MEMBER OF PNL? Members are entitled to lower activity fees. The annual fee for PaddleNL members is due April 1, 2017, so unless you have very recently joined the Club, you will probably want to sign up now. There is a provision for PaddleNL membership on the Retreat Registration Form.

Waivers & Children Under 18: Waivers are required to participate in any club event due to the potential for club liability. We appreciate your co-operation in this manner. The waiver form is included in this package and must be included with your registration form. You will not be allowed to participate if you have not signed a waiver.

Children under the age of 18 require not only a waiver signed by the parents, but must also be accompanied by either a parent or a designated guardian over the age of 18 to participate in activities on the water.

If you need a copy of the under 18 waiver or extra copies of the adult waiver, please visit the PNL website. www.paddlenl.ca.

Please Note:

- Early bird registration rates **end April 23rd for a chance to win a prize....**
- Registration for Sunday dinner cannot be accepted after **May 8, 2017**
- There will be no refunds without a medical note.

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