

Eddyline

MAY 2013
WWW.KCK.ORG

ESTABLISHED 1970

KNIK CANOERS AND KAYAKERS

MAY GENERAL MEETING (5/16)

-This is the **THIRD Thurs in May. 7pm @ Loussac**
-This is the member list edition. **SAVE IT.** Not published on website.

Bryan Caenepeel of Adventure Appetites will present the evolution of the Adventure Appetites idea and why he feels Adventure Appetites fills a void in the outdoor industry. This is not boiled in a bag food. It is **REAL FOOD!** -The concept: Take out the hassle of planning, shopping, and preparation of food. Adventure Appetites does it all to get you out there quicker! Where there food preparation and packaging service fits into the AK outdoor community.

Shari Lee, M.S. Certified Feldenkrais®Practitioner, Bones For Life Trainer & Change Your Age Teacher will lead a "Paddle Power" mini *Feldenkrais* session to demonstrate quick, easy, effortless strategies you can use to refresh your muscle memory, improve balance, flexibility, power, agility & deftness to prepare yourself for paddling adventures this season! Shari will also demonstrate the use of new anti-aging technology that can enhance energy, increase power, improve cardiovascular performance, speed tissue repair, and reduce pain and soreness; ultimately benefitting your paddling endeavors!

2013 Calendar

May 2013

2..... Board Meeting, 6:30PM, **BP Leaning Center**

May 2013

16..... General Membership Meeting, 7:00PM, **Loussac Library**

June 2013

27..... Goose Lake Potluck BBQ 6:30PM

July 2013

25..... Goose Lake Potluck BBQ 6:30PM

August 2013

22..... Goose Lake Potluck BBQ 6:30PM

NO LOUSSAC MEETINGS IN SUMMER.

HELP OUT!!!

The club is looking for a BBQ grillmaster to store and bring the BBQ to the BBQs. We have a place after the summer. Also looking for a backup speaker coordinator. Call Keith @ 561-2799.

Sea Kayaking Classes:

ACA level III Coastal Skills and Rescue: \$250
Pool Rescue; 2 Day Over Night...4/19 pool, 5/4,5 ocean
Pool Rescue; 2 Day Over Night...4/26 pool, 5/10,11 ocean
Lake Rescue: 2 Day Over Night...7/12 lake, 7/13,14 ocean
Lake Rescue: 2 Day Over Night...8/2 lake, 8/3,4 ocean

ACA level II Essentials of Sea Kayaking: \$100
Ocean All day 5/19 Whittier
Ocean All day 6/16 Whittier

Sea Kayak Rescue: Pool : 4/19 or 4/26..... \$70
Sea Kayak Rescue: Lake; offered all summer

Intro to Kayak Stokes: 5/22 -8/24... \$70
Wed,Thur Evening, Sat Morn 2 hr class

Alaska Kayak Academy AKA 907 746-6600
Paid Advertisement Not associated with KCK

Packraft Classes:

P R 201: River Safety: 2 days.....\$235
Learn how to be safe in Class III whitewater.
Dates: 5/25,26,27 special Memorial Day course
Dates: 6/1,2 : 6/15,16: 7/20,21: 8/10,11

P R 101: Moving Current Introduction: ... \$70
Held on Eagle River; learn how to "drive" your PR in a relaxed environment; Classes start 5/23; every Thursday night

Teen Sea Kayak Camp & Packraft Camp: call www.kayakcenterak.com

Alaska Kayak Academy AKA 907 746-6600
Paid Advertisement Not associated with KCK

DISCOUNT TO KCK MEMBERS: The AKA is offering a 10% discount on all summer classes from prices shown. 10% off merchandise (excl. boats). Werner paddles 15% off until 4/25. No shipping.

Knik Canoers & Kayakers
P.O. Box 242861
Anchorage, Alaska 99524-2861

4-2013 Membership application		BOATING INTERESTS Indicate skill level w = Want to start, B = Beginner, I = Intermediate, A= Advanced					
		Canoeing	WW Canoeing	Rafting	WW Rafting	Sea Kayaking	WW Kayaking
Name #1							
Name #2							
Name #3							
Name #4							
MEMBERSHIP TYPE: ___ Individual (\$10) ___ Household (\$15) Renewal New Member		WAIVER OF LIABILITY: In consideration of your acceptance of my membership application, I, for myself, my heirs, executors, administrators and assigns, forever waive, release and discharge any and all rights, demands, and claims for damages I may have against Knik Canoers & Kayakers, Inc., its representatives, officers, members, board members, sponsors or outing leaders for any and all injuries resulting from my participation in any of the activities of the Knik Canoers & Kayakers, Inc. That I freely and voluntarily assume all risks as incident to participation in any of the club activities and that I will assume and pay for my own medical and emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses. I alone shall be responsible for the use of my own judgment in determining whether I should participate in club activities. Signed Person 1.....Date:..... Signed Person 2.....Date:..... Signed Person 3.....Date:..... Signed Person 4Date:.....					
___ Check if interested in participating in group trips							
Mailing Address _____ City _____ ST _____ ZIP _____ Phone: _____ Email: _____							
___ Check if you do not want your name/phone in annual KCK directory:							
VOLUNTEER INTERESTS Please check areas where you would like to assist KCK: ___ Help with anything ___ Membership database ___ Lead trips ___ Meeting presentation Eddyline newsletter ___ Instruction ___ Help with mailings ___ Safety clinics ___ Write stories/articles							
Mail Form and dues to: Knik Canoers & Kayakers P.O. Box 242861 Anchorage, Alaska 99524-2861		IMPORTANT: <u>Each</u> adult applicant must sign application. A parent/guardian <u>must also sign for each</u> minor. Applications missing any signatures will not be accepted.					