



...get into your element!

Hi Friend,

As the days grow longer, and warmer, think about joining us on an adventure that will inspire you to "get into your element"!

Last month we were in Calgary at the Women's Show. Thank you to all of you who stopped by to say hello, it was great to meet you!



Check out the **Featured Adventures** section below where we highlight some of the multi-day adventures that are coming soon!

We look forward to seeing you soon!

Cheers,  
Sue and Shannon



#### Featured Adventures

##### [West Coast Play](#) (June 25 - 28)

Don't miss this unique opportunity to experience the splendors of Vancouver Island's magical west coast in this weekend getaway. We'll meet together on Friday afternoon. You'll have time to stroll the beaches and enjoy the scenery or even take in a relaxing massage before our program begins with our evening's activities. On Saturday we will be met by our professional surfing instructor for a day on the waves. On Sunday we'll spend time kayaking and enjoying the majestic waters of Clayoquot Sound. We'll have a picnic lunch before heading back to our camp. This is an ideal weekend for the woman that wants to try new

activities and meet new friends.

##### [Broken Group Islands ~ Sea Kayaking](#) (June 28 - July 2)

The Broken Group Islands are a collection of picturesque islands located in Barkley Sound on the west coast of Vancouver Island, BC. This destination is known internationally for remarkable kayaking and wilderness camping, and is our most popular kayak destinations. Natural features of this tranquil group of islands include secluded lagoons, restful sandbars, thrilling blowholes and incredible arches. The calm, crystal clear waters are home to sea lions, river otters, porpoises, migrating grey whales and over 200 species of sea birds. The inter-tidal zones are also alive and vibrant with brilliant and fascinating sea life. There is also much evidence stating that the Broken Group was once a thriving home to thousands of First Nations as ancient native middens, village fortifications, stone traps and archaeological sites are scattered among the islands. Whether you're fairly new to kayaking or a seasoned veteran, the Broken Group Islands have something for you to discover and enjoy.

##### [Gulf Island Explorer ~ Sea Kayaking](#) (July 1 - 3)

Treat yourself to 3 days of fantastic paddling as we explore the coastlines of Link, DeCourcy and Valdes Islands. This is a perfect introduction for those of you who want to have a "taste" of multi-day sea kayaking before committing to a longer expedition or a west coast adventure. Our trip embarks and ends from Cedar-by-the-Sea, just south of Nanaimo and includes camping accommodation, delicious meals and snacks, professional and experienced guides, and equipment. Join us for a relaxing adventure while we explore the many splendid islets of the Northern Gulf Islands.

The Gulf Islands are one of BC's most popular kayak destinations. Bald eagles, cormorants and harbour seals thrive in these islands. The sculptured sandstone cliffs of the shorelines show off the colourful wildflowers. Their shelves and crevices are home to many nesting birds, including cliff swallows, pigeon guillemots, and peregrine falcons. The gnarled Garry Oak, Douglas Fir and the twisted Arbutus trees create picturesque rolling meadows, one of the rarest ecosystems in the world.

Explore the intertidal zone and enjoy the sensation of viewing the shorelines up close and personal - in a kayak.

### Taste Buds

One of the highlights of most of our adventures is our food... On our recent West Coast Fit weekend getaway we had a picnic lunch and served one of our favorites, Noodle Salad.



Here's our recipe of the month!

### Noodle Salad

#### Ingredients

Egg Noodles, cooked and drained  
2 carrots, grated  
1/2 red onion, chopped  
4 c. bean sprouts  
2 c. mixed bean  
1 tin sliced waterchestnuts  
1 red pepper, chopped

#### Instructions

Mix dressing, set aside.  
  
Wash and prepare the raw ingredients in a salad bowl.  
  
Mix with dressing and enjoy!

#### Dressing:

1/2 c. safflower oil  
1/3 c. soya sauce  
1/8 c. black bean sauce  
fresh crushed garlic (to taste)



### Community Events

#### Paddlefest 2010 ~ May 15 & 16<sup>th</sup>

Join Elements at this weekend at Paddlefest with activities and events for paddlers of all ages and paddling abilities. Located at Transfer Beach in beautiful Ladysmith, BC, participants can attend this free event and enjoy a variety of activities including vendor/trade show, workshops, demonstrations and fun activities. This year Vancouver Island Paddlefest hosts its 12th YEAR!

There are workshops offered both Saturday and Sunday to help you hone your paddling strokes, pack your boat, practice rescue techniques and many other helpful tips.

We'll be around all weekend so we hope to see you there!

### FOCUS ~ Photo of the Month

#### No Whiners allowed!

What's a weekend of fitness without a little wine? On our weekend getaway we sampled 4 Vancouver Island varieties! [Check out our calendar for the next tasting...](#)



See you soon!



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