



West Coast Weekend

Going out: Theatre

Fri. 8 p.m. King Lear. At Bard on the Beach, 301-601 Cambie St. Tix: \$33. Info: bardonthebeach.org.

Fri. 8 p.m. Titus Andronicus. At Bard on the Beach, 301-601 Cambie St. Tix: \$33. Info: bardonthebeach.org.

Fri. 8 p.m./Sat. 2p.m./8 p.m. The Back Kitchen Release Party. At Granville Island Stage, 1585 Johnston St. Tix: \$31-41. Info: artsclub.com.

Fri-Sat 8 p.m./10 p.m. Theatre Sports. At The New Revue Stage, 1601 Johnston St. Tix: \$10.50-14.50. Info: vtsl.com.

Fri. 11:45 p.m. Amazing Improv Race. At New Revue Stage, 1601 Johnston St. Tix: \$10.50. Info: vtsl.com.

Sat. 6 p.m./7 p.m. Twelfth Night. At Bard on the Beach, 301-601 Cambie St. Tix: \$33. Info: bardonthebeach.org. **Sat. 6 p.m./Sun 7 p.m.** The Tempest. At Bard on the Beach, 301-601 Cambie St. Tix: \$33. Info: bardonthebeach.org.

Going out: Concerts

Fri-Sat. 8 p.m. American rock musician Chris Issak performs live. At River Rock Show Theatre, 8811 River Road. Tix: \$69.50-79.50. Info: riverrock.com.

Fri. 8 p.m. American hard-rock guitarist Ted Nugent performs live. At Red Robinson Show Theatre, 2080 United Blvd. Tix: \$54.50-69.50. Info: blvdcasino.com.

Sat. 8 p.m. Scottish rock band Nazareth performs live. At Red Robinson Show Theatre, 2080 United Blvd. Tix: \$39.50. Info: blvdcasino.com.

Sat. 8 p.m. New York band Les Savy Fav plays indie rock. At Commodore Ballroom, 868 Granville St. Tix: \$21.50. Info: livenation.com.

Sat. 9 p.m. Tahoe Mina EP Release Party performing funky house, dance beats and old school. At Canvas Lounge, 99 Powell St. Tix: \$20. Info: canvaslounge.ca.

Sun. 8 p.m. American singer-songwriter Nicole Atkins performs live. At The Plaza Nightclub, 881 Granville St. Tix: \$12. Info: plazaclub.net.

Going out: Clubs

Fri. 9 p.m. DJ Kevin Scott spin mashups. At Caprice Nightclub, 967 Granville St. Tix: \$15. Info: capricenightclub.com.

Fri. 9:30 p.m. DJs Relik and Remsta play hip hop, house and club. At Plush Nightclub, 750 Pacific Blvd. Tix: \$20. Info: 604-669-8980.

Fri. 9:30 p.m. DJ Black Ace, Wax and MC Griff performing hip hop, R&B and reggae. At Fabric Nightclub, 66 Water St. Tix: \$15/20. Info: fabricvancouver.com.

Fri. 10 p.m. Toronto DJ Syd-

Go surf a kite on a lake

The sun, wind, water and the right equipment make for an awesome sport

WestCoastOutdoors

Dave Norona



www.noronalive.com

With the recent sunny weather, Kim Duess and I were off to one of our favourite summer destinations, Niti-naht Lake. Located just 50 kilometres west of Lake Cowichan, Niti-naht Lake sits right at the edge of the Ditidaht Aboriginal Village.

This quaint village sits amongst giant trees, and every sunny day brings in thermal winds that attract windsurfers and kite surfers from around North America.

As we arrived early Wednesday morning, the wind was already howling and we wasted no time in grabbing our smallest seven-metre North Kites and gear.

Kim was off first and she was instantly up and flying across the lake.

I was next — and the higher wind created huge waves, which I surfed back and forth all afternoon.

The water was warm and there was not a cloud in the sky as we sailed together for hours.

If you're interested in learning this awesome sport then check out Elevation Kiteboarding (www.elevationkiteboarding.com).

IKO instructor Marie Leclerc and her great staff will get you up and kiting in a couple of days.

The consistent wind, wicked camping and



Dave enjoys the awesome wind and waves on Niti-naht Lake on Vancouver Island.

friendly atmosphere at Niti-naht make it ideal for learning.

Like any sport having the proper gear will make your time out on the water more productive, safer and fun.

Talk to Philippe at Air-time Boardsports (www.airtimeboardsports.com) in Vancouver and he will set you up with the ideal gear for you.

See ya on the water!

Gear Guide

Xcel Infiniti Drylock 3/2 wetsuit

Rated wetsuit of the year by the surf industry, the Xcel Drylock suit has quadruple glued seams with Fusion bonding and blindstitching on all seams. Polypro thermo barrier and "Dry-lock Seals" throughout.

Price range: \$409.95

Where to find: www.xcelwetsuits.com



Dakine Nitrous Shorts

The Dakine Nitrous shorts are made of lightweight and quick dry material and have an integrated harness build right in. Stainless steel leash rings, eight-point load dispersion system and ultra comfortable.

Price range: \$129

Where to find: www.dakine.com

ney Blu spins electric house. At Celebrities Night Club, 1022 Davie St. Tix: \$15. Info: celebritiesnightclub.com.

Fri. 10 p.m. Psy Trance DJ Sunkid performs live. At Club 23, 23 West Cordova St. Tix: \$6. Info: 604-688-5351.

Sat. 9 p.m. DJs Johnny Omega and Mesh play house. At Crush Champagne Lounge, 1180 Granville St. Tix: \$16. Info: crushlounge.ca.

Sat. 9 p.m. DJs J-Wing, Gman, Flipout and Goodfellas spin hip hop, reggae, classics and mashup. At Plush

Nightclub, 750 Pacific Blvd. Tix: \$15. Info: 604-669-8980.

Sat. 9 p.m. DJ Daryl O plays Top 40. At Caprice Nightclub, 967 Granville St. Tix: \$15. Info: capricenightclub.com.

Sun. 5 p.m. DJ Zarahskye performing progressive house. At Oasis Ultra Lounge, 1240 Thurlow St. Tix: free. Info: oasisvancouver.com.

Sun. 9 p.m. DJs Spaz, Patient Zero, Casperella and Phail spin industrial, gothic and metal. At The Red Room, 398 Richards St. Tix: \$3. Info: redroomrichards.com.