

Canoeing Flatwater Trips

Flatwater Paddles in March are planned for the following dates: Notices will be sent out ahead of time by e-mail, but if you don't get these; call Alan for details @250-592-4170.

Saturday March 7
Sunday March 22

E-mail notices will be sent out to all canoe program paddlers roughly a week prior to the trip as a reminder. Sign-up is expected by the Thursday before the paddling day.

Participants should have taken and passed the [RCABC Lakewater Level I tandem course](#). Exceptions may be made at the discretion of the trip leader but will depend on the strength of the group and on the location of the planned trip.

Unless otherwise specified, all trips start by meeting at the Clubhouse parking lot at 9 am. The aim is always to have all participants back at the parking lot by 5 pm at the latest. At this time of year, return time is likely to be earlier.

Participants should be dressed appropriately for the forecast weather (call 250-363-6717 or look up the [Environment Canada forecast](#) on the web) and, if the trip is to be on the ocean, check the time of the tides and currents. It is helpful to bring your own charts or maps so that you can be self-sufficient if necessary.

Frost Free Weekend Camping Trip

This annual camping weekend is scheduled for May 9 and 10 (Mother's Day weekend). It is intended as a season-start canoe (or kayak) camping trip which is suitable for beginners. It has traditionally been a Saturday/Sunday trip with one night's camping. Last year, we added a day so that the effort of packing up for a single night in a tent could be spread over two nights, and we went to Cabbage Island, off Tumbo and Saturna.

Destinations for a two day/one night trip include Portland Island, D'Arcy Island, Wallace Island and Prevost Island. The latter two require a ferry to Saltspring Island.

Destinations for a 3 day/2 night trip include Cabbage Island; Wakes Cove (northwest end of Valdes Island), Blackberry Point (middle of Valdes) and Dionisio Point on Galiano. OR we could go to Prevost and stay there two nights, taking in Montague Harbour and perhaps Active Pass on the middle day.

Any members - canoeists or kayakers - who are interested in being a part of this trip should let me know soon - before the end of March - so that I can see what the interest is in doing a 3 day/2 night trip or the 'normal' Saturday/Sunday format is more popular. Contact Alan Thomson 250-592-4170 or 3135thom@islandnet.com.

Running of the Cows #8

This is advance notice that the 8th annual "Running Of The Cows" - paddling the Cowichan River from Lake to Bay - will take place on May 2 and 3. The group campsite at Stoltz Pool has been booked for the nights of the 1st and 2nd (Friday/Saturday) and invitations have been issued to the Beaver and Dogwood Clubs in Vancouver to join us. Prerequisites to take part in the trip are Moving Water Level 1 and appropriate equipment. Any questions, speak to Tom Staebell 250-655-7113; thestaebellfamily@shaw.ca or Alan Thomson 250-592-4170 or 3135thom@islandnet.com.

Moving Water Trips

Saturday, March 14
Sunday, March 22
Saturday, April 11
Friday, April 24
Sat. & Sun. May 2 & 3

VCKC river trips are open to current members or invited guests (waiver required) who have received RCABC or equivalent instruction and who agree to abide by VCKC safety rules as outlined in the member guide.

Unless otherwise announced, we meet at 8:30 am at the Millstream Park'n'Ride (exit 14/Sooke off the Island Highway) and carpool to the appropriate river section. Please contribute to driver's fuel and vehicle expense. (\$10 is appropriate these days.) Trips are subject to last minute cancellation due to water level or road closures so please advise by Thursday evening if you plan to attend and phone my cell (after 6:30 am, please) if your plans change. The three club river boats are available for a modest fee on a "first call" basis.

May 2 & 3 Lake to Bay VIII (Our annual Cowichan River run with Friday and Saturday evening camping at the Stoltz group site. See previous page for further detail.)

Tom Staebell
res 655-7113 after 5:00 pm
cell 588-2207 after 6:30 am
thestaebellfamily@shaw.ca

Courses - Canoeing

Lakewater Level 1:

Thursday evening, March 19,
Saturday, March 21 and
Sunday morning, March 22

Thursday evening, April 23,
Saturday, April 25 and
Sunday morning, April 26

Lakewater Level 2:

Sunday, March 22
Sunday, April 26

Lakewater Level 3:

Saturday, April 4

Lakewater Level 4:

Sunday, April 5

Moving Water Level 1:

Saturday, May 23 and
Sunday May 24

Moving Water Level 2:

Saturday, May 30 and
Sunday, May 31

Ocean Canoeing Course

This is advance notice of the RCABC Ocean Canoeing course which will take place in May. The course consists of 2 days of classroom sessions on charting, tides and currents, weather and navigation and 3 days/2 nights of canoe tripping on the ocean. The Paddling portion is planned for the Victoria Day weekend (May 16th/17th/18th). The classroom sessions will likely consist of 4 evening sessions in later April/early May. The dates will depend on the convenience of the students and instructor. The cost of the course is \$100 per student. In addition, there will be the costs of relevant charts, ruler, dividers, Tide and Current Tables Volume 5 - say up to \$50. Students are limited to 8 due to limitations on the student to instructor ratio. First come, first served.

Past students are welcome to sit in on the classroom sessions and to take part in the trip, but not as students.

Please let me know by the end of March if you want to take this course so that I can plan the classroom dates.

Alan Thomson
250-812-3799
3135thom@islandnet.com

Kayak Courses

Paddle Canada Flatwater (Introduction to Kayaking)

Dates: Mar 21 + 22 / Apr 18 + 19

Location + Time: Crystal Pool - Sat 3:30 pm to 6:00 pm; VCKC Clubhouse + Gorge - Sun 9:30 am to 4:00 pm.

Cost: \$45

Register by: Wed Mar 11 / Wed Apr 8

For information on Paddle Canada course content, please go to Paddle Canada 's website and review the Sea Kayak Program overview at <http://paddlingcanada.com/programs/seakayaking/index.php>.

Workshop - You decide the topic!

Date: Saturday, April 4

Location + Time: Crystal Pool - 3:30 pm to 6:00 pm.

Cost: \$25

Register by: Wed Mar 25

Please register for these courses or workshops with Patti Stevens at pattilou_333@yahoo.com. Space is limited to 6 members, so don't delay!

Crystal Pool is located at 2275 Quadra Street . Entrance is from the East side by Central Park (Queens Ave).

VCKC has a few kayaks that are available for members on these club courses and workshops. When you register for a course, please indicate if you would like to book a club kayak. When you use a club kayak, all the safety equipment is provided. However, it is your responsibility to transport the kayak to and from Crystal Pool. Therefore, if you register for any of the above sessions at Crystal Pool, you will have to arrange your own transportation including roof racks and tie downs.

If there is a workshop that you would like to see happen, get a group of four to six members together and contact Patti at the above email address.

VCKC Membership

Your VCKC membership dues for 2009 must be paid in order to attend any club courses or workshops. You can join online at www.vckc.ca.