

## **Kayak Courses**

### **Paddle Canada**

#### **Introduction to Kayaking** (formerly called Flatwater)

Dates: Sunday, June 28

Location: VCKC Clubhouse/Gorge

Time: 9:00 am to 5:00 pm.

Cost: \$25

Register by: Wednesday, June 3

### **Paddle Canada Level 1**

Minimum Skills: PC Introduction to Kayaking or equivalent

Dates: May 30 - 31

June 13 - 14

June 20 - 21

Length: 2 days

Location & Time: TBD by Instructor

Cost: \$50

Register by: Wednesday, May 20 (for May course) or Wednesday, June 3 (for June courses)

**NOTE:** You will be practising rescue techniques in the water for both courses. This means you will get wet! Therefore, a wetsuit is required. If you don't have a wetsuit please borrow or rent one. Otherwise, you may get too cold and be unable to complete the course.

Wetsuits are available to rent from [Sports Rent](#).  
Phone: 250-385-7368.

For information on Paddle Canada course content, please go to Paddle Canada's website and review the [Sea Kayak Program overview](#).

Please register for these courses or workshops with Dorothea Hoffman - [kayakcourses@vckc.ca](mailto:kayakcourses@vckc.ca).

VCKC has a few kayaks that are available for members on 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 the launch site. Therefore, if you register for any of the above courses, 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 Dorothea at the above email address.

### **Kayak Program Who's Who:**

The following information is now available on the contacts page for the Kayak Program on the VCKC website. Therefore, this is the last time it will be included in the monthly newsletter.

Program Director - Vacant

Email & other enquiries: Doug Linton  
[dlinton@shaw.ca](mailto:dlinton@shaw.ca)

Communications (email) - Fred Trudell -  
[fredinvictoria@yahoo.ca](mailto:fredinvictoria@yahoo.ca)

Communications (paddlers' list) -  
[VCKCpaddlinglist@gmail.com](mailto:VCKCpaddlinglist@gmail.com)

Courses & Workshops -  
Dorothea Hoffman  
[kayakcourses@vckc.ca](mailto:kayakcourses@vckc.ca)

Kayak Bookings - Susan Zedel - [szedel@shaw.ca](mailto:szedel@shaw.ca)

Library - Vic Turkington -  
[victurkington@yahoo.com](mailto:victurkington@yahoo.com)

Day Paddles and Expeditions - Marianne West -  
[mariannejwest@gmail.com](mailto:mariannejwest@gmail.com)

Instructors - Michel Guerard, Dorothea Hoffman, Tom Hukari, Doug Linton, Brian Mallory, Dennis McMillan, Marianne West.

## Canoeing Flatwater Trips

Alan Thomson is unable to organise and co-ordinate any flatwater trips for May due to training courses and other commitments. If other Canoe Program members arrange trips for May an e-mail will be sent to all program members.

*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.

Members who contacted me in March are all

interested in a 3 day trip rather than a 2 day/1 night event so the dates are May 9 and 10 plus either the Friday or the Monday on either side. Contact Alan Thomson if you have any questions or would like to put your name down. If there is the demand, the Club canoe or a voyageur can be taken. Contact Alan Thomson at 250-592-4170 or [3135thom@islandnet.com](mailto:3135thom@islandnet.com).

### Running of the Cows #8

Eighth year and going strong. This event on May 2 and 3 involves the running of the Cowichan River from Lake Cowichan to Cowichan Bay. The Stoltz Group campsite has been booked for VCKC for the Friday and Saturday nights. The site has a wood stove, a shelter for cooking, a campfire ring and about twelve tent sites. The parking lot for the group site can accommodate campers. Costs for camping probably about \$10 per tent per night depending on numbers using the site.

This trip is open to all paddlers who have taken and passed the Moving Water tandem course. The river grading is generally level 1-2, with some 2+ in the Canyon section. Superior river manoeuvring skills are required to avoid sweepers and log jams. Wet or dry suits are advised. Helmets are essential for the Canyon section. All canoes should have flotation (airbags/Styrofoam) and have a bailer, painters and a throwbag. We hope to be joined, as in past years, by some paddlers from the Beaver and Dogwood Clubs in Vancouver. Any questions, speak to Tom Staebell 250-655-7113; [thestaebellfamily@shaw.ca](mailto:thestaebellfamily@shaw.ca) or Alan Thomson 250-592-4170 or [3135thom@islandnet.com](mailto:3135thom@islandnet.com).

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.

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

## ***Courses - Canoeing***

### **Moving Water Level 1:**

Saturday, May 23 and  
Sunday May 24

### **Moving Water Level 2:**

Saturday, May 30 and  
Sunday, May 31

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

## **RCABC Lakewater Instructor Course**

A Lakewater Instructor course is being planned for Friday, June 5 to Sunday, June 7 and Saturday and Sunday, June 13 and 14.

This course is not often available so this would be a good time to take it, especially as it is being held locally.

**Pre-requisites:** Lakewater paddler courses I-IV. First Aid certification is strongly recommended. Individual membership with RCABC (\$45) is also required;

**Teachers:** Tony Shaw and Ellie James – both are Master Instructors with RCABC; **Location:** Victoria (June 5-7); Shawnigan Lake/Duncan area (June 13-14);

**Cost:** \$350\*

Contact: Alan Thomson or the 2 Master Instructors. We would be happy to go over what is required and lend you the Instructor Manual that covers the course and the content.

\*The Club (VCKC) will refund successful candidates for 50% of the cost of the course (up to \$200) after instructing at least one course in that discipline within the 12 months following the course.

Why take this course ?

- 1) You will become a better canoeist if you take the course and learn to teach these paddling skills;
- 2) It is a pre-requisite for any other Instructor level courses – Moving water, Tripping, etc.;
- 3) The Club needs more Lakewater Instructors. We are losing two this year;
- 4) The course needs four candidates to make it a 'go' so apply early.