



Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club
355 Gorge Road West
Victoria, B.C. V9A 1M9
Phone: 361-4238 (Info only)
Website: www.vckc.ca

September 2007

Dragonboat Summer



More Dragonboat
photos and stories
on Page 4

President's Message

Greetings!

I am glad to be talking to you once again. I hope you had a good summer with lots of paddling and doing other things that you like. I am looking forward to seeing you at our next meeting in September.

Although we had no formal meetings during the summer, your executive did get together to discuss the philosophy of VCKC: what we stand for as a club; what our goals are and how we can better serve all our members. This is a work in progress. It would be helpful for you to contact your program directors and give them some of your ideas. There is already some information on our website. However, as VCKC grows, we need to readdress this issue and modify it to suit our growing membership.

Traditionally the budget is dealt with by the new executive in January. I made an announcement to the executive that I would like to talk about budget issues in November under the existing executive who would have better knowledge to deal with the budget than a brand new executive. If the new executive need to make any changes, they can do so, but at least they will have a better idea of what they are dealing with.

One of the main paddling activities of the club during the summer is dragon boating. This year VCKC had six teams that we can be really proud of. They all participated in the recent Victoria Dragon Boat Festival the weekend of August 18.

Our brand new team, and everybody's new favourite, Locomotion did exceptionally well. They competed in the Pearl Division and won a silver medal with a time of 2:27.81. This was an awesome showing for a brand new team and a good example what commitment combined with fun can do.

Our Vasuki Dragons brought home a silver medal in the Bronze Division with a time of 2:29.70 and did well against some really tough competition.

Three of our teams ended up in the Silver Division with Gung Ho coming in second in the Silver B with a time of 2:27.78 and the Komodo Dragons coming in with a time of 2:38.67. I personally like Gung Ho's determination and spirit in dealing with team dynamics and working on bettering themselves. I

had the opportunity to see some Komodo Dragons coming to practice (sometimes an hour early) and was impressed with their commitment and camaraderie. They only practice for about 6 weeks in order to compete in the Victoria Festival and they do a good job of keeping up with more experienced teams.

Our third Silver Division team, Ageless Warriors, came away with a silver medal with a time of 2:23.74. According to some witnesses, they were leading the pack right up to five feet before the finish and only missed beating the notorious False Creek Grand Dragons by .17 seconds - now how close is that? This is usually a good indication that with very little effort, their team can win a gold medal in future races against very strong teams.

Finally, St' Keya did themselves proud on two fronts. First, they defended their title from last year and won the trophy in the Senior Division, coming in with the best time out of eight boats. They also competed in the Jade Division and won a silver medal with a time of 2:19.12. For those who might not know it, St' Keya is an over 50 team (4 are over 72 years old), where their average age is in the 60s, and they are winning against teams whose average age is much much less. If I wasn't one of them, I would wish to grow up to be one of them. This is a good example where your beliefs and a strong will can defeat stereotypical expectations about what being old is.

I would like to acknowledge all of the coaches and captains of each team who put their time and effort and used their skills to bring us to where we are now - feeling confident and proud of our achievements. My thanks go to Heidi and Sandra for all they have done for our team.

At the writing of this letter to you, next weekend will be our (St' Keya's) final test as we travel to Calgary to compete at the 2007 National Championships.

We all belong to a great paddling club and I am proud to be its president.

Until next time,

Mile Petrovic
President, VCKC

Canoe Program

The first Canoe Program meeting after the summer break will take place on Monday, September 17 beginning at 7:30pm.

Cathy and Doug Hull will present a slide show about their summer trip to the Kootenays. Please see their trip report (page 7) for more information.

Canoe Trip Report Elk & Beaver Lakes May 27, 2007

A good day was enjoyed by all on Sunday, May 27, when ten paddlers and one dog set out in five canoes for a relaxing paddle around Beaver and Elk Lakes.

We were looking after our granddog, Heidi, for the weekend and this seemed like a perfect trip to bring her along. She goes with Sharon and Bob all the time on the ocean and loves canoeing.

It was sunny and a little breezy but these are small lakes, how windy can it get? Well, it can! We cruised up the western shore enjoying the feeling of isolation even though we're so close to a major highway. We found a perfect spot for lunch at the northern end of Elk Lake, complete with picnic tables and facilities along a scenic little trail. This was a good opportunity for visiting especially with Louise from Montreal, whom we hadn't seen for some time.

After a relaxing lunch, we resumed circum-navigating the lakes even though the wind had picked up a little. By the time we had reached the Pat Bay Highway side of Elk Lake it had picked up considerably from the southwest so we all headed back across the lake into the wind and waves looking for shelter on the other side.

I was a little concerned about Heidi, complete with doggy life jacket, as it was a very bumpy ride with waves breaking over our bow, resulting in her sitting in a puddle of water. But she sat there, quite content and not bothered by the rough ride as she braced herself and seemed to enjoy it.

It was nice to reach the other side and everyone

relaxed together sheltered from the increasing wind. It was a little rougher trip back down the west side of the lake with a diversion through a narrow channel between shore and an island which was full of beautiful water lilies just coming into bloom which made for a good photo opportunity.

Maris read later that native tribes slapped the leaf of a water lily on the water and yelled "West wind! West wind!" during westerly storms as it is said to bring calmer weather. I wish we had known that before we started out as we could have gathered a bundle and been ready.

A little further along we saw large turtles sunning themselves on a log when all but one jumped into the water when they saw us, another photo opportunity. Back to our put in we all helped carry the canoes back to the vehicles and promised we'd do this trip again when we can enjoy the calm trip we had envisioned.

On the trip were Joy, Laurie, Dave, Pauline, Maris, Hazel, Louise, Jesse, Ken, Marilyn and Heidi (dog) with whom I was most impressed. Perhaps we just need to teach her to help paddle. On the other hand, maybe her 55 pounds was good ballast for us.

Many thanks to Dave Whitehead for leading the trip and Joy Newham for organizing it.

Marilyn Tomlinson



Victoria Dragonboat Festival

A Silver Sweep was enjoyed by all six VCKC dragonboat teams at the Victoria Dragonboat Festival this August.

Loco Motion started everyone off on the road to success with a silver medal! Not bad for a little engine that could. And with just a few months practice.

Vasuki followed with another silver medal and Ageless won a silver medal in the Silver Division.

St'Keya led the way with a silver medal in a tight race against our sister team Stumptown from Portland.

Gung Ho took second place and Komodo Dragons raced against them as they competed in the silver division for the first time in their seven years of paddling.

Komodo, as you may remember from a previous article, is the team that has just seven practices and is comprised of mental health clients and Vancouver Island Health Authority staff.

All the coaches were very proud of the teams, and everyone had a great time.

Portland Rose Festival

In June the Portland Rose Festival saw more Canadians this year with Vasuki and St'Keya participating from VCKC and a strong team from Nanaimo. It was a great festival in the taiwanese



boats with the flag catchers perched on top of the dragon heads.

We were royally hosted again, with Vasuki's sister team Stumptown Paddlers, and St'Keya was hosted by Dragon Fish. Everyone had a great time despite the rain although no one came home with any medals. We returned their hospitality for the Victoria festival.

Special thanks to Ron Williams for his superb painting of the 2 boats. The old one looks so good it even had paddlers from GRPC fooled. And now we have our new boat as well.

Vancouver Island Championships

VCKC also had an impressive showing at the Vancouver Island Championships.

St'Keya and Ageless took Gold Medals; Vasuki took first place in their division; Komodo and Gung Ho won bronze medals and Loco Motion came in second place in their race against Vasuki. Excellent, considering they are the novice team.

St'Keya also took the gold medal in the 50+ challenge, with Ageless taking silver.

Good work paddlers! You make us proud.

Judi Murakami



Kayak Program Report

Welcome back kayakers! We hope you had a great summer of paddling and we look forward to hearing about your adventures on the water! Our first meeting after the summer break will be on Wednesday, September 19th at 7 pm sharp. We'll have a brief meeting and then get into our second social of the year. This will be the time to meet new members (we've had many calls from new members or people who want to join!) and get reacquainted with old paddling pals. We'll have beverages and finger food available.

The monthly Get Together Paddles and Energizer Paddles have continued right through the summer. All have been well attended in spite of holidays. As well the Thursday evening Elk Lake sessions have been a phenomenal success. Thanks to Neil Solomon and many other volunteers who have organized, advertised and welcomed us to the lake each Thursday. Hats off to you all! It is the enthusiasm of every single kayaker who keeps this program so vibrant.

Check out Trips and Courses in the newsletter for upcoming paddles and courses. See you on the 19th!

Safe paddling!
Susan and Glynis

Kayak Trip Report

**Get Together Paddle
Becher Bay
August 2007**

Head to Head with the Canadian Navy

On the eastern end of East Sooke Park lies Aylard Farm Beach in Becher Bay with views across the Juan De Fuca to Washington State. It was also destination for lunch on the August Get Together Paddle.

After finding a parking spot amongst the trucks and trailers of fishermen, we launched from the slip at Cheanuh Marina in calm and almost sunny conditions. Despite the number of fishing boats launching at the marina, once out on the water the traffic disappeared and we were pretty much alone except for the seabirds and occasional seal. As is customary with the Get Together Paddles,

the pace was a relaxing couple of knots and with the emphasis on chatting and catching up with the exploits of other paddlers over the summer, any physical exertion was forgotten.

We passed rocky coves and arbutus groves and soon passed Wolfe Island and before we knew it we were rounding Creyke Point and paddling into Becher Bay and the beach at Aylard Farm. Ahead of schedule, we pressed on towards the next headland where a rocky shoal was generating some light chop. Those hesitant of the conditions kept closer to shore where kelp reefs were offering some protection. The more adventurous played in the turbulent water.

Back to the beach for lunch and a quick photo opportunity before we were heading back to Cheanuh. The paddle back took us a similar route and again we arrived ahead of schedule and decided to carry on into an adjoining bay. We were greeted by three large naval vessels fortunately out of service and anchored in the bay. We were therefore able to inspect the ships at close quarters without fear of a cannon shot across the bow in warning. We were a little surprised that these vessels were wooden hulled and discussed the merits of different materials on our return to Cheanuh.

Another friendly and relaxing paddle and a cup of coffee and cake - what better way to round off the day?

Douglas Bain



Trips & Courses (Kayaking)

Get Together Paddle

When: Saturday, September 29, 2007

We'll meet at the clubhouse at 9:30 am and have introductions and a brief beach talk before heading out on the Gorge. Please be prepared to park your vehicle away from the clubhouse after unloading your boats and to return on foot. Contact Dorothea Hoffman if you plan to attend and if you have questions.

dmhoffman@shaw.ca

This is a paddle geared for novices, but should entice out many paddlers of all levels as this is a great way to meet people. Hope to see you there.

Upcoming Courses:

Paddle Canada Level 1 Courses

Saturday & Sunday, September 8 & 9, 2007

Minimum 12 hours

Cost \$90

To register for either of these courses contact Gary Allen at gd.allen@shaw.ca

There is a maximum of four (4) participants in each course so register early. For information on course content go to www.paddlingcanada.com.

VCKC in the Community

The Big Brothers and Sisters Picnic on June 10 at Kinsmen Gorge Park was highlighted by Voyageur and Outrigger rides courtesy of VCKC.

Thanks to Ken & Marilyn Thomlinson, Muriel Johnson, Mavis Pillar, Diane Nishimura, Malcom Warrington, Karen Dumais, Della Logan, Chark Nipp, Don Munroe for volunteering their time.

And also thanks to Lloyd Skallen for organizing this wonderful event.

Canada Day celebrations at Katsapsom Park on July 1 were highlighted by Voyageur and Dragon Boat rides. At the end of the day a total of \$496.00 had been raised to help send Kids with Disabilities to Camp Shawnigan.

Thanks for all the volunteers that showed up to make this event special and to Mike Fox and Don Munroe for their organization skills.

Don Munroe



Resident Swans

The resident teenage swans that many of you have perhaps seen on the Gorge met a sad fate a few months ago. A homeowner who lives on the Gorge reports that the two were killed in a collision with the Hydro and Telus telephone wires that cross Tillicum Bridge.

See the next page for details of a letter that has been sent to B.C. Hydro by the Gorge Waterway Initiative.

Scott Harrison
Senior Environmental Coordinator
BC Hydro
6911 Southpoint Drive
Burnaby, BC V3N 4X8

Dear Dr. Harrison,

RE: BIRD KILLS ON THE GORGE WATERWAY

On behalf of the Gorge Waterway Initiative (GWI), I am writing to express our collective concern regarding the apparent deaths of resident and migratory birds after coming in contact with the overhead wires and power lines which cross the Gorge Waterway at the Tillicum and Craigflower bridges. The GWI (see attached brochure for more information) requests that BC Hydro work with the District of Saanich, Township of Esquimalt and Telus to reroute the overhead wires and power lines at these sections of the waterway to underneath the bridges.

The Gorge Waterway and Portage Inlet are part of the federally-designated Victoria Migratory Bird Sanctuary (MBS), the purpose of which is to ensure a protected place for seasonal migratory birds. The Victoria MBS is located on the Pacific Flyway, a broad north-south migration route used by birds traveling between their winter quarters and their breeding grounds. The Gorge Waterway is a six kilometer long channel that links Portage Inlet to Victoria Harbour and provides critical resting and foraging habitat for birds making their spring and fall migration. Abundant eelgrass beds, clam beds and estuary habitat provide important food sources for birds needing to recharge their energy for their long migration.

The waterway also serves as a flight path for many species of resident waterfowl and marine birds moving through the harbour areas, including the double-crested cormorant and the Great Blue Heron, both of which are threatened species in British Columbia. The GWI is raising this issue now because it appears that overhead wires and power lines crossing the waterway flight path has resulted in a number of bird deaths including this past April when two swans died after making contact with the power lines that cross the Gorge Bridge on Tillicum Road. Discussion with municipal parks staff revealed that bird kills of this type are fairly common in this area.

The Tillicum and Craigflower bridges are the only locations on the waterway where wires and power lines are strung overhead across the water; in all other locations it appears that these lines are routed under the bridges. Therefore, the GWI requests that BC Hydro, the District of Saanich, the Township of Esquimalt and Telus work together to reroute the overhead wires and power lines underneath the bridges at these locations. This will eliminate the current threat to both resident and migratory birds using the waterway.

Thank you for your attention to this issue. Please contact Jody Watson, GWI coordinator (360-3065 or jwatson@crd.bc.ca) should you have any questions or require further information. We look forward to working with you in our cooperative stewardship of the Gorge Waterway and the Victoria Migratory Bird Sanctuary.

Sincerely,

Jody Watson
Coordinator, Gorge Waterway Initiative



Cruising through the Kootenays

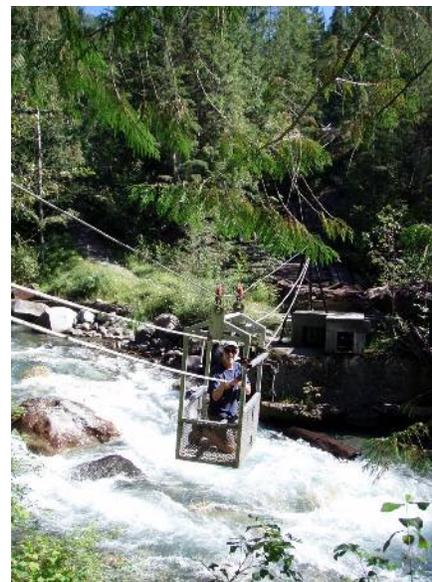
Grizzly bears we expected, but the wildfire was a surprise. The blaze was just a few kilometres away when we crawled into our sleeping bags on the beach at Slocan Lake. By morning, the wind had changed. No evacuation was necessary, and we went back to worrying about the bears.

Wilderness, waterfalls, and wildlife were highlights of our five-week trip in Kootenays, the southeastern corner of British Columbia. Many of the area's whitewater paddling routes are well-known, but we set out to explore the flatwater, low-risk options.

On the Arrow Lakes, our longest trip, we spent two weeks paddling between the cities of Revelstoke and Castlegar. This 260-kilometre trip offers a chance to study the effects of Columbia River Treaty and to transit a navigation lock. Our next stop was Slocan Lake, where Valhalla Provincial Park has 30 kilometres of shoreline. Some folks paddle this park in a day or two, but it took us over a week, allowing for hikes and beach-time. Day paddling trips included the Old Kootenay River in the Creston Valley Wildlife Area and Cameron Lake in Waterton Lakes National Park, just over the border in southwestern Alberta.

If you like to combine paddling with hiking and/or cycling, the Kootenays are for you. Snow-capped mountains, alpine meadows, old growth forest, and cascading waterfalls can easily be reached on day hikes. One hike even has a cable car!

Doug and Cathy Hull



Trips (Canoeing)

Flatwater Paddles

Regular flatwater paddles will start on Sunday, September 23. As before, the plan is to hold these paddles every second weekend, alternating Saturdays and Sundays. Future dates on this schedule will be Saturday, October 6 and Sunday, October 21; Saturday, November 3 and Sunday, November 18; plus Saturday, December 1 if we feel up to it.

Flatwater Trip Rules (Canoeing)

1. **Pre-Requisites:** Completion of the RCABC Level 1 (tandem) Lake Water course is the basic pre-requisite for participants; but the trip leader may make exceptions if someone appears to have adequate experience. (Note - while these trips are set up by the Canoe Program, all VCKC members are invited to attend; and other boats – e.g. kayaks – are welcome.)

2. **Notification:** Members wishing to take part in this paddle should let the trip leaders know by the evening of the Thursday before the trip. Unless at least three boats are signed up by that time, the trip may be cancelled, so please don't just turn up – there may be no-one there. For the Sept 23rd trip, please let Linda or Alan know by email 3135thom@islandnet.com or phone (592-4170 or 812-3799) by Thursday Sept 20th.

3. **Equipment:**

a) Participants are expected to bring their own equipment. If you need to borrow a canoe or lack a partner, let the trip leader know when you sign up on the Thursday beforehand. While every effort will be made to find partners for those who sign up solo, this can't be guaranteed;

b) Bring food and drink for lunch, spare clothing in a drybag or other waterproof container.

4. **Before You Go:**

a) Listen to or look up the weather forecast and dress accordingly. Phone forecasts can be had for free at 363-6717 (Public and Marine forecasts) or at http://www.weatheroffice.gc.ca/city/pages/bc-85_metric_e.html

b) If the proposed trip is to be on the ocean, look up the tide and current tables for that date and location; it is good practice for when you come to making your own trips. The Canadian Hydrographic Service publish these tables annually at a cost to us of about \$7.00; or you can look up the following

website:

http://www.waterlevels.gc.ca/english/Pr%E9dic_PDF_2007_Ang.shtml#Vol5 and look for the relevant place.

5. **Start Time:** Trips usually start by meeting at the parking lot beside the Clubhouse at 9am, but note that a different start time or meeting place may be needed for specific trips.

6. **Transportation:** We share cars/vans as much as possible to minimise the number of vehicles used as far as possible. Those getting a lift are expected to contribute to the driver's gas costs.

7. **Trip Locations/Duration:**

a) While trip venues/destinations are always planned ahead of time, based on factors such as tides, water levels, time of year, etc, the final decision will be made on the day, taking into account the weather and the experience level of the participants. This is particularly the case where the planned trip is on the sea. The trip leader will consult with the participants, but his/her decision is final.

b) Trips are generally been full day trips (4 – 6 hours paddling) but are not endurance events and frequently shorter options can be arranged for those with less time and/or stamina.

Courses:

Basic Paddling Skills:

Lakewater Level 1:

Thursday, October 11 - 6:30 - 8:30pm and
Sunday, October 14 - 8:30am - 4:30pm (tandem)

Lakewater Level 2:

Sunday, October 21 - 8:30 - 4:30pm (solo)

Advanced Paddling Skills:

Lakewater Level 3:

Saturday, October 27 - 8:30am - 4:30pm (tandem)

Lakewater Level 4:

Sunday, October 28 - 8:30am - 4:30pm (solo)

Cost: \$25.00 per level.

Participants must be VCKC members.

Registration: Contact Tom Staebell:

Res: 655-7113 (after 5:00)

Cell: 588-2207

Office: 652-1121 7 - 4 (Mon.- Fri)

VCKC Executive

<p>President Mile Petrovic 250-733-2013</p> <p>Vice President Linda Thomson..... 592-4170</p> <p>Treasurer Fred Trudel 480-0880</p> <p>Secretary Lorna Petrovic 250-733-2013</p> <p>Past President Judi Mirikami 360-2776</p> <p>Program Directors:</p> <p>Canoe Program Joy Newham 385-5876</p> <p>Dragon Boat Program Mike Fox 391-0160</p> <p>Outrigger Program Keith Larusson 598-7193</p> <p>Sea Kayak Program Susan Duhamell 361-4738 Glynis Newman 655-1272</p>	<p>Voyageur Program Don Munroe 385-2268</p> <p>Marathon Canoe Program Ron Williams 380-7496</p> <p>Education, Standards & Safety Doug Linton 727-0216</p> <p>Membership Tony Copping 479-1308</p> <p>Clubhouse & Grounds Kathleen Gunn 384-6436</p> <p>Directors-at-Large Mavis Pillar 384-4390 Diane Nishimura 383-3080 Michael Jackson 385-5727 Fraser Tweedy 380-6952</p> <p>Executive Volunteer Positions Irena Jazwinski (Social Coordinator) 388-9757 Harold Gillis (Newsletter Editor) ... 598-9488 Maris Ratel (Boat & Locker Storage .. 592-7082</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

VCKC Clubhouse Bookings and Club Activities September 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3	4 General Meeting 7pm	5	6	7 St'Keye Social 8:00pm - 10:00pm	8
9	10	11 VCKC Executive Meeting 7:30pm Mile 250-733-2013	12	13	14 St'Keye Social 8:00pm - 10:00pm	15
16	17 Canoe Program Meeting 7:30pm	18	19 Kayak Program Meeting 7:00pm	20	21 St'Keye Social 8:00pm - 10:00pm	22
23	24	25 Outrigger General Meeting 7:30pm	26	27	28 St'Keye Social 8:00pm - 10:00pm	9

The Victoria Canoe and Kayak Club is a member of:

RCABC (bccanoe.com);
 Paddle Canada (paddlingcanada.com);
 CORA (canadianoutrigger.com)

General Meetings

First Tuesday of each month (September to June)
 October Newsletter deadline: September 19, 2007