



# Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club  
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Phone: 250-590-8193 (Info only)  
Website: [www.vckc.ca](http://www.vckc.ca)

February 2010

**New Year's Day Paddle**

About 40 or so members started the year as they mean to go on—paddling! We had 3 voyageurs, an outrigger, kayaks, tandem and marathon canoes out. The paddlers ranged from young children (thank you for coming, Isaac and Stella) to a senior, senior (90+). We all made it up to Craigflower Creek and back but only the smaller craft made it to the wee waterfall at the head of the creek because a fallen tree blocked the way.

The forecast was on the wet side but the weather was kind and saved the rain until the afternoon, by which time we had enjoyed hot mulled wine and a potluck lunch. Thus fortified, we took down the Christmas decorations and put them away for another year.

I always enjoy this start to the New Year. Thanks to all those who came out and to Dan Walker for supplying the photos to the right.

Linda Thomson



## Dragon Boat Program

Thank you to all who attended our first Dragon Boat meeting this year. We had an excellent turnout! It is going to be a very exciting new year for dragon boat 2010!

We have a new director for the program this year, Mr. Jack Louie. Jack has assembled a determined and loyal new executive board for the program based on volunteers from the first two meetings (January 19 & 21, 2010). He is focused on improvement to all aspects varying from docking a boat to winning some gold medals! Jack is especially driven that we represent our club and our capabilities. To do just that let me introduce our new executive:

Director - Jack Louie

Vice-Directors - Brian Clarke & Jen Smith

Communications - Brian Masini

Recruitment - Herb Stark

Public Relations - Karen Armstrong

Festival Coordinator- Ron Crabtree

Treasurer-

Members at Large - Bon Lee, Bob Vernon  
and last but not least Mr. David  
Schweter.

Here are some of the areas the executive is working on:

Improving communications: being paddlers to captains to the executive and then in reverse. All matters to be dealt with fairly and efficiently;

Recruitment: filling all of the boats with strong paddlers, coaches and sterns. People who can train us and bring fun to our outings;

The Dragon Boat executive is already in touch with a representative from each of our VCKC teams. Please let your captains from

last year know anything you would like to add.

Last year there were some difficulties in filling boats and getting volunteers. Many things are being changed in order to ensure ALL teams are fair and will have a fighting chance at festivals this year (not that we didn't last year). We would like to see all of our teams do better and are putting things in place to ensure that happens.

The executive board are fine tuning the current structure and likely creating one or two NEW teams to accommodate all of our members and, we hope, some new ones. Our goals are long term and are intended to benefit our club and members as a whole.

Remember to invite your friends, family and coworkers to come check out and join the Dragon Boat program.

Paddlers, stay tuned for more exciting news and updates.

### **General Meeting**

**Tuesday, February 2**

**7:30pm**

**Ken Gibbard will present a  
slideshow and presentation  
titled:**

**"Nahanni Adventure"**

## **Canoe & Kayak Program Report**

On Monday evening, January 18, we held our inaugural canoe AND kayak program meeting, and we think it was a great success. Unless I hear any major objections from members in the two programs, I am happy to continue in this vein, and will endeavour to keep the agendas as much as possible of joint interest. At least until someone comes forward to take on the role of Kayak Program Director.

I should probably introduce myself. My name is Yasmin Rampuri. I took Max Nock's words from a previous newsletter very seriously and "stepped up" to take on my new role as Canoe Program Director. Like Max, I feel it is a privilege to become more involved in an organization I have so much respect for, and think is so well run and welcoming. I've done a bit of paddling (outrigger and dragon boat). But I am a relatively new canoeist. Fortunately, my stern paddler (read husband!) is pretty darn amazing so I get to go on river runs and trips I never otherwise would be able to.

Just prior to our January meeting, the instructors who teach our Moving and Lake Water Courses met and put together a tentative schedule. You'll find the result in the Courses and Trips pages of this newsletter, and on the website. If you have any questions, I'll do my best to answer them. And if you are interested in taking one of our excellent courses, please contact me at [canoe@vckc.ca](mailto:canoe@vckc.ca).

At our first meeting, we presented the course schedule, talked about upcoming flatwater and moving water trips, and discussed in more detail the utility and content of a "trip leader guide" that Alan Thomson is working on. Comments and feedback from the perspectives of both canoeists and kayakers contributed much to the discussion. You will also find information on upcoming trips and annual events on page xx as well as on the website.

We polled the audience for volunteers who would like to paddle with Mike Brodsky, a VCKC member who is 90 years old and blind but a strong and enthusiastic paddler. He is looking to develop a roster of people who are skilled stern paddlers, willing to go out for a leisurely social

paddle on the Gorge and share their canoe and transportation. To be clear, this would be an informal opportunity rather than a formal club activity. Please contact me if you are interested at [canoe@vckc.ca](mailto:canoe@vckc.ca), and if you would like to know more about Mike, follow this [link](#) to a recent piece on the cbc.ca website.

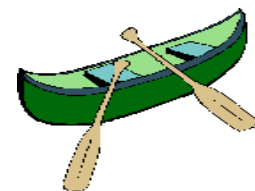
After the break, Jean Chandler presented her beautiful photos and journal entries from an incredible 2005 trip to Haida Gwaii. It was especially applicable to our audience as the trip consisted of both a kayak and a tandem canoe. The photos of wildlife and magically abundant sea life were a special treat—along with a rare humpback whale sighting—and the stunning scenery, both in fair weather and ethereal mist. Details of how to conduct such a trip and must-see areas were also helpful to anyone contemplating a future adventure in the archipelago. Thank you, Jean.

Next Canoe/Kayak Program Meeting will held at the clubhouse on Monday, February 8 at 7:30pm.

The meeting will feature a presentation titled: "The "Dangerous River" with Families". Paul Sacilotto will present a video of the Spirit Travellers' August 2008 trip down the awe-inspiring Nahanni River. The Spirit Travellers are a group of three families who love to go wilderness tripping and have always included their children. Come and see what is possible! (Those of you who attended Mike Rott's presentation of his trip on the Sturgeon-Weir River in Saskatchewan last fall will recognize many of the participants.)

The Nahanni was set aside as a National Park Reserve in 1972 and was made the first UNESCO World Heritage site in 1978. It is located in the Northwest Territories and was famously written about by R.M. Patterson in a fascinating book titled "The Dangerous River".

Yasmin Rampuri  
Canoe Program Director



## VCKC Flatwater Trip Report Cowichan Bay January 9, 2010

The first flatwater paddle of 2010 took place in Cowichan Bay. There were two kayaks—a consistent number—but the number of canoes varied over time so it was hard to be sure that everyone was with the group. I should have known this might be a problem as we ‘lost’ a single paddler and a tandem before we even left the car park by the Club so my list was outdated from the start.

The tide was high which let us paddle across the delta area without grounding. And the forecast 10-15 knot winds only showed up briefly before lunch so it was an enjoyable paddle with little of the promised/threatened rain.

We launched from Hecate Park on Cowichan Bay (usual internal debate as to whether it is pronounced Hecate as in Hecate Strait, or Hecaté as in Shakespeare). There we met Dwight and Vanessa and friend from the Duncan area and set off across to the timber loading dock area. But not before I had a chat with a man by the ramp. He was an immigrant from the UK who had arrived in Canada the day before and was taking a look around his new country. He said that he and his wife canoed (or maybe it was kayaked) and had come across VCKC on the web while still in England—now there’s fame for the Club!

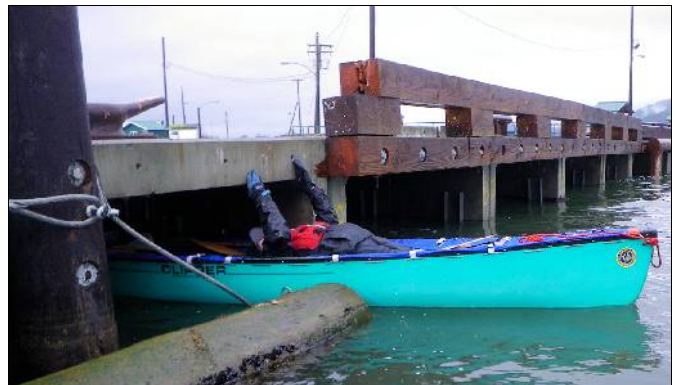


The timber wharf at the head of the bay looks very strange these days. Instead of the usual docking piers, there is what looks like an ascending ramp, as if a very large ship was going to dock and cars and truck had to be able to drive up to the deck 40’ - 50’ above sea level. The structure is part of the Washington State’s [Hood Canal floating bridge](#), towed up to Cowichan with the [intention of dismantling it](#) and selling the metal. What was not realized was that the area is not zoned for this kind of work, so there the

bridge sections sit, waiting to be moved to their next site. Another part of a floating bridge from Seattle is up in Echo Bay, in the Broughtons, where it supports the local marina’s buildings and other facilities—quite impressive.



We used to be able to paddle inshore of the wharf and sneak through under decking and between the wooden pilings. This was useful when the wind was coming up the bay, allowing us to paddle in the shelter of the wharves. Well, the wooden pilings have gone and there are now concrete tunnels with floating logs chained on the outside to prevent access. At high tide, it is a very tight squeeze—not for claustrophobics—but one of the barrier logs is about two feet shorter than the gap and two canoes managed to limbo there way down the tunnel and out the other end. At lower tide levels, it would probably be easier—as it was, you could make progress more easily by pushing on the concrete ‘ceiling’ with your hands than by paddling.



Across the delta, there was shallow water covering the grassy tussocks and into the mouth of the Cowichan. There seemed little enthusiasm for an energetic paddle up the river to the bridge, so we turned right and headed out along the north side of the bay towards Skinner Point.



The wind was getting up a little and where it hit the water coming out of the river mouth into the bay, little whitecaps were forming but by keeping to the shore, we avoided the worst of it. And it died down as we turned in to the old midden a few hundred metres past Genoa Bay. The midden is a nice site for sitting and looking at the view across the bay. Unfortunately, someone has towed an old floathome into the cove, where it has partially sunk. It is rather ugly, being sheathed in corrugated metal and it is hard to know what can be done about it—no roads, no owner, and too sheltered to be sunk by a storm. The other unusual feature of the midden area is the largest forest of false [daphne](#) I have ever seen—no broom—but filled with daphne.



After lunch, in calm waters, we paddled out to Separation Point and then across to the Cowichan Bay marina before heading back up to Hecate Park and the take-out. Sandy and I proved, to our own satisfaction, that it is



possible to paddle inside all of the docks and wharves. There was only one point where we had to get out to lift the canoe over a log that was too close to the neighbouring float home to let us slip through.



All in all, a good paddle to start the year off, and a good turn out. Thanks to Arthur, Pat, Andre, Harold, Maris, Linda, John, Brenda, Bon, Susan, Dwight, Vanessa, Christie, Sandy, Bill, Vic, Dave and Laurie for coming out and paddling, rain or not.

Alan Thomson

(Photos: Alan Thomson & Harold Gillis)

Still Haven't Renewed Your VCKC Membership??

To speed up your membership application please register [on-line](#).

Also please note that you must complete a new waiver each year. (If you register on-line the waiver process is part of the payment of fee process.)

Graham Lloyd  
Membership Chair



## ***Trips & Courses***

### **Flatwater Trips (for canoes & kayaks)**

Flatwater trips are scheduled for Saturday, February 6 and Sunday, February 21. No specific localities for these trips have been decided. A notice will be sent to all Kayak and Canoe program members beforehand, advising of the likely destinations.

As Alan will have to become more involved in the Voyageur Program trips and especially the Camp Shawnigan Paddle practices, we need volunteers to lead some of the flatwater trips over the next three months.

Call me or [e-mail](#) and I'd be happy to help with route planning and logistics; it is just that I can't be in two places at once.

### **Advance Notice:**

#### **Frost Free Weekend Camping trip:**

This trip is traditionally held on the Mother's Day weekend (May 8-9). It is possible that this date may have to be changed (delayed) to take place after the Camp Shawnigan Paddle. But if you are interested, let me know and I'll take your name for future reference. Last year, this was a 3 day/2 night trip to Blackberry Point on Valdes Island; and I'd propose to do the same again if members are willing to take the extra day off work (Friday or Monday, whatever suits).

#### **Running of the Cows:**

The ninth annual running of the Cowichan River is scheduled for May 1st and 2nd so put it in your diaries. [Tom Staebell](#) and [Alan Thomson](#) are the contacts.

### ***Moving Water Paddles***

Sunday, January 31

Saturday, February 13

Sunday, February 21

Trips will depend on water levels and what the group is into. The above are proposed dates although feel free to initiate a paddle any time.

All the details continue unchanged: 8:30am meeting at Millstream etc. A brief email reply is

helpful to ensure we will wait if you might be a minute or two late or to call you in the event of a cancellation and save an unnecessary trip to the meeting place. If you are no longer interested in participating drop me a reply to that effect and the harassment will stop. Otherwise it's "game on". Club boats are available for rental use by moving water course graduates but give me a call to make sure one is available. Sometimes a tandem seat will open up if you need a partner. See you on the river!

[Tom Staebell](#)

res. 655-7113

cell. 588-2207

### ***Courses - Canoe***

#### **Lake Water Basic Tandem and Solo (Level 1 & 2)**

Saturday, March 20

Sunday, March 28, preceded by a pool session for rescues from 7:30am - 9:00am at Esquimalt pool

Registration and classroom session for LW 1 & 2 will be held Thursday, March 18 from 6:00-8:30 pm

#### **Moving Water Tandem**

Saturday & Sunday, March 13 & 14

#### **Moving Water Solo**

Saturday & Sunday, March 27 & 28

#### **Lake Water Advanced Tandem and Solo (Level 3 & 4)**

Saturday, April 10 (Level 3)

Sunday, April 11 (Level 4)

#### **Big Canoe Advanced Paddler Course**

Saturday & Sunday, April 24 & 25

Costs are \$25 for each Lake Water course (\$50 for the Lake Water 1 & 2 which we are offering as a package). In addition to the course cost, Lake

Water 1 & 2 students will have to pay \$10 each to cover the costs of pool rental.

Moving Water course fees are \$150 per weekend and include the use of a club canoe and transportation costs.

For more information or to register for any of the following courses, please contact Yasmin at [canoe@vckc.ca](mailto:canoe@vckc.ca).

**An Ocean Canoeing Course**, if offered, will cost \$125 for 3 evening classroom sessions plus overnight ocean camping trip. If you might be interested in taking such a course, please email [canoe@vckc.ca](mailto:canoe@vckc.ca).

Your VCKC membership dues for 2010 must be paid in order to attend any club courses or workshops. You can join online at [www.vckc.ca](http://www.vckc.ca) - \$40 for a single membership; \$60 for a family.

### **Courses & Trips - Kayaking**

Our paddle leaders are hoping to put together a kayak club paddle if there is interest, and we need your input. In order to join a club paddle, you must have passed an introductory course, including wet exits and assisted rescues, or show us that you have these skills. We will be offering a "show me" on the first Sunday of February at Crystal Pool. Cost will be \$15. If you are interested in a club paddle, please contact Dorothea Hoffman at [kayakcourses@vckc.ca](mailto:kayakcourses@vckc.ca). If you would like to participate in a "show me" please let me know.

We are beginning to plan our 2010 instruction sessions. We have five instructors who are waiting to hear from you!

Please let us know what you would like to see in 2010. Our first course will likely be an Introduction to Kayaking course, and we will have a maximum participation of four paddlers. There is a possibility that the "wet" portion of the course, wet exits and assisted rescues could be taught at Crystal Pool on a Sunday evening. Please contact us early for this!

Our instructors are also ready to teach level 1 Sea Kayaking and other courses such as Edging and Bracing, and Strokes.

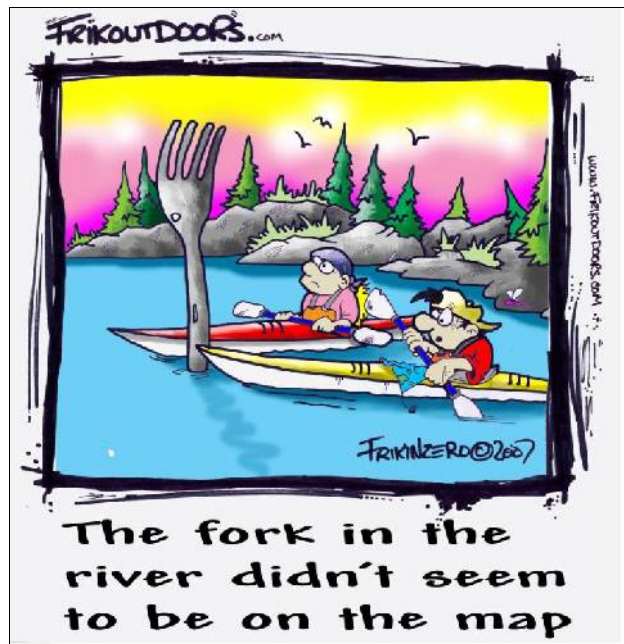
We're waiting to hear from you.

Please contact Dorothea Hoffman at [kayakcourses@vckc.ca](mailto:kayakcourses@vckc.ca).

Please include your name, the name of any other participant, your address, and the approximate date you joined VKCK (you may join online).

Also, please indicate your kayaking experience and what courses you are interested in.

Dorothea



".. and to any others who have felt the thrill of the back country and still long to explore what might lie just around the next bend. I know of no better way of doing just that, than having a fine canoe under one's seat, a sleek paddle in one's hand, a little bug dope in your pocket, and a harmonica near the top of your pack."

*Book dedication from Kenai Canoe Trails by Daniel Quick*



## Paddle for Camp Shawnigan Saturday, March 27, 2010

The Paddle To Port Angeles may be gone, but the Paddle for Camp Shawnigan lives on. During the 28 years of the Paddle To Port Angeles, the Club has raised near \$200,000 to support children with disabilities attending the Lions Club Easter Seal camp on Shawnigan Lake, thanks to Don Munroe's untiring support for the charity. Although the route is different this year, the Paddle will still be done in the Club's voyageur canoes and raise money through sponsorship of the paddlers by friends, family and other Club members. The cooperation of the Lions Clubs in the Greater Victoria area will be sought to assist in fund-raising and some of the logistics for the Paddle.

The Paddle will follow the Saanich Peninsula coastline from Brentwood Bay to the Clubhouse, a distance of roughly 40 nautical miles/75 kilometres. It should take between 10 and 12 hours to complete, depending on wind. Each voyageur canoe will have 2 crews which will alternate paddling and resting in 1½ hours. The resting crews will be taken to a central location with washrooms and places to relax between paddling shifts.

**Practice Paddles** are scheduled for:

### February

Sunday, Feb. 21

Saturday, Feb. 27

### March

Sunday, Mar 7

Saturday, Mar 13

Sunday, Mar 21

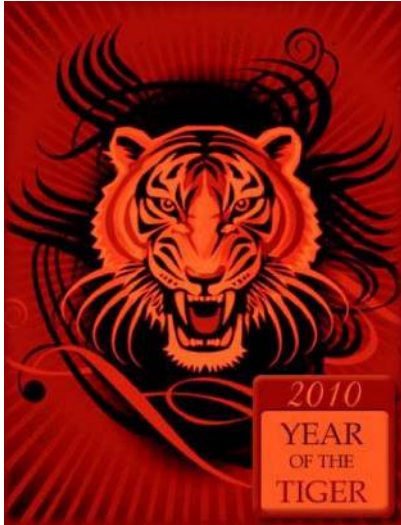
For practice paddles you should bring your personal equipment – PFD and paddle – suitable clothing (it can be wet and cold) and a spare change of clothing in a waterproof container. Food and drink, too – unless an arranged stop at a restaurant is announced. Any questions, ask Alan Thomson.

The routes to be paddled during the practice sessions will be decided soon and e-mailed to all interested Club members. You don't have to be a canoeist or an experienced paddler to take part; just a Club member – novices are welcome. If you have not already signed up to take part in this Club event, please contact Alan Thomson 250-592-4170 or e-mail [3135thom@islandnet.com](mailto:3135thom@islandnet.com).

Alan Thomson  
Voyageur Program Director







## GUNG HAY FAT CHOY

VCKC celebrates  
the year of the tiger with a  
**CHINESE NEW YEAR POTLUCK**  
Sunday, February 7, 2010 at 6pm

- BRING YOUR FAVOURITE CHINESE DISH
- RICE WILL BE PROVIDED
- GAMES AND PRIZES



A few more photos from the New Year's Day Paddle  
*(Photos by Bon Lee)*



## VCKC Executive

<b>President</b>		<b>Voyageur Program</b>	
Bon Lee .....	477-1381	Alan Thomson .....	592-4170
<b>Vice President</b>		<b>Marathon Canoe Program</b>	
DaveWhitehead .....	<a href="#">email</a>	Ron Williams .....	592-6456
<b>Treasurer</b>		<b>Education, Safety &amp; Standards</b>	
Sam Ludmer .....	298-7004	Doug Linton .....	727-0216
<b>Secretary</b>		<b>Membership</b>	
Laurie Flahr .....	<a href="#">email</a>	Graham Lloyd .....	381-5090
<b>Past President</b>		<b>Clubhouse &amp; Grounds</b>	
Linda Thomson.....	592-4170	Sandy Rattray .. ..	386-9144
<b>Program Directors</b>		<b>Directors-at-Large</b>	
<b>Canoe Program</b>		Michael Fox .....	391-0160
Yasmin Rampuri .....	655-4859	Irena Jazwinski .....	388-9757
<b>Sea Kayak Program</b>		Diane Nishimura (Soc.) ..	383-3080
Doug Linton .....	727-0216	Mavis Pilar .....	590-4390
<b>Dragon Boat Program</b>		<b>Executive Volunteer Positions</b>	
Jack Louie .....	598-1569	Harold Gillis (Newsletter)	598-9488
<b>Outrigger Program</b>		Dave Whitehead (Boat & Locker Storage)	<a href="#">email</a>
Max Nock .....	544-0051		

## VCKC Calendar of Activities

[Click Here](#)

