



Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club
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Phone: 250-590-8193 (Info only)
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June 2013

Victoria Canoe and Kayak Club General Meeting
Tuesday, June 4th, 2013 at 5:00 p.m.

POT LUCK BARBEQUE

Bring something for yourself to BarBeQue and
something to share for the Pot Luck Table.

NOTICES

Have a great Summer! See you in the Fall.

VCKC Clubhouse and Gorge Clean up

Thanks to all the VCKC club members who volunteered their time and energy to help clean up the clubhouse and grounds or went out in Voyageurs to remove junk from the Gorge. Thanks to our sponsors whose contributions help make this event a success:

- Waste Management (Dumpsters and dumpage fees)

- Tim Hortons (Coffee, treats, T-shirts, and water bottles)
- CRD (Gloves and garbage bags)

A slight sprinkle of rain didn't dampen our efforts and produced 3 dumpsters of recyclables and garbage after a morning's work.

Thanks, Sandy Rattray

Webmaster Update

I have been posting collages of pictures on our home page of VCKC events; you've noticed hopefully. Most of these photos were taken by Wendy Clapp. If you've some photos that

could be included please send them to me at webmaster@vckc.ca (max of 8 to 10 photos). I want to also post them to our Photos web page to maintain a photo record of our events.

Celebrate our Harbour on June 16th

Sunday, June 16 is your chance to Show We Care for the Victoria Harbour. Between 11:00 and 4:00 a whole host of small-boat businesses, boating clubs, community groups and individuals will be coming together in the Inner Harbour for the third annual Celebrate Our Harbour Day, a showcase for Victoria's self-propelled boating community. As in previous years, VCKC will provide rides in the voyageur canoes. The on-land activities, including historical tours, entertainment with a maritime theme, sand sculptures and much more, will take place on Songhees Point and Ships Point. There will be paddle boat races and other activities on the waters of the upper Inner Harbour. Whether you paddle a marathon canoe, an outrigger canoe, a kayak, a canoe or a dragon boat, you're more than welcome to show up - if you can identify your boat as representing VCKC, so much the better. Or take the kids and Dad (it's Father's Day) and head to the waterfront venues. It should be a fun-filled day.

Bridge Updates and other Local News

The temporary work bridge located just West of the old Craigflower Bridge has been completed, and at the date of this writing (May 22), cranes had begun work dismantling the old bridge. Boaters should be alert when approaching the bridge, and carefully inspect each channel in light of tide and current conditions, as you are now going under 2 bridges, not just one (though the spans on the work bridge are wider). Watch also for work going on overhead. The marked channel is not necessarily the best one to use, as you may find structures in the waterway impeding you, especially if you're paddling an OC6. If in doubt, stop and ask work crews.

The pace of work on the Johnson St. Bridge is also accelerating, but as yet you will not notice any changes to navigating under the bridge.

In case you're wondering about the small pink buoys near the shore at the beach across from the Clubhouse, those are the beds where some of the rare Olympic oysters have been relocated from under the Craigflower Bridge. Please do not disturb them.

The swans above the Craigflower Bridge hatched a family of two on May 18th. The new nesting pair - on the South bank between Craigflower and Tillicum - is still on the nest, and Dad is super-protective. Remember, we're NOT to feed the swans!

Finally, summer is bringing out small craft in droves in the stretch of water between Tillicum and the Inner Harbour, particularly on weekends and in the evening. Not all of these boaters know what they're doing. Be super-vigilant.

VCKC VOLUNTEERS

VCKC Volunteers at the Times Colonist 10 K Race

Several VCKC members volunteered as Race Marshals at the 24th Annual Times Colonist 10K road race on April 28th.

Here's a picture of them sporting their traffic vests and race crew T-shirts just prior to the race on Yates St. near Wharf St.

From left to right: Sue Shapton, Doug Linton, Bev Bowden, Diane Williams, Lise Vivier, Jack Louie, Jo-Anne McMillan, Liz Hoffpaur, Nathalie Sinclair, Shelley Scott, Bill Devos, Barbara Abercrombie, Alisse Carson, Len Neilsen, Mackenzie Preece, Sue Preece, and Dr. Bing Guan.

Hidden from view are Ron Crabtree, Wendy Clapp, Mavis Pillar, Laurie Page, Roger Young, Ania Zapotozny, Margaret Argue and Sandy Argue.



Photo by Wendy Clapp.

15th Gorge Canada Day Picnic July 1st, 8:30 to 4:30

VCKC will be providing Voyageur and Dragon Boat rides to the public while collecting a small donation for Camp Shawnigan. Please come out and join in the fun! see <http://www.gorgecanadaday.ca/> for more info We hope to show the progress on the new bridge. Our afternoon shifts need additional volunteers.

Wild about Whales Derby Sat June 15th

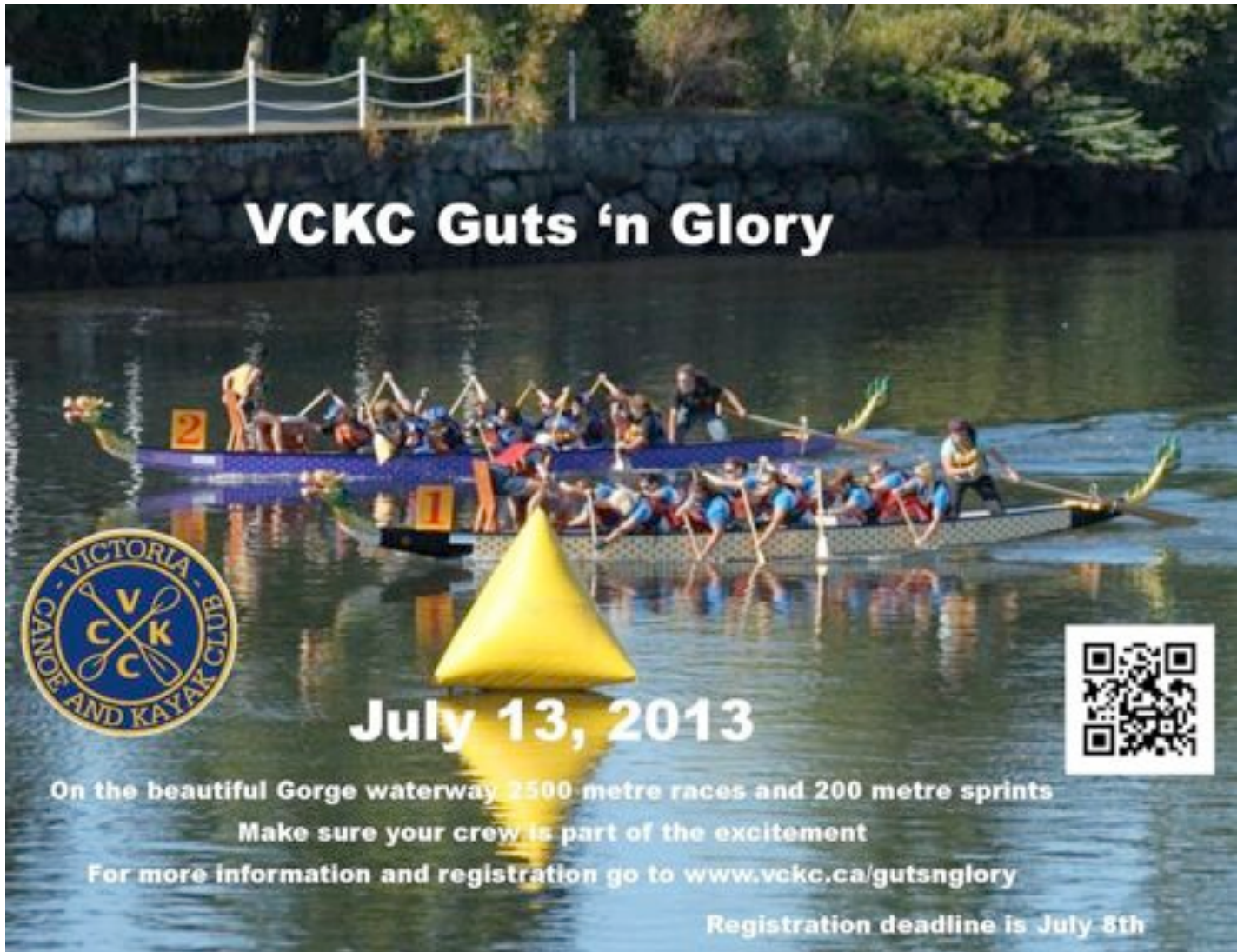
Once again, the Boys and Girls Club will be conducting this event in the Gorge across from the clubhouse. VCKC supports this event with volunteers and the use of the club coach boat. Traditionally, the Dragonboat Program provides rides off the beach for kids.

Each raffle ticket corresponds to a numbered rubber whale that will race its way down the Gorge to the finish line on June 15th. You'll have an opportunity to watch thousands of little rubber whales race down the Gorge! Join us on June 15th to cheer on your whale at our fun and free family event. In addition to the race, you will enjoy a BBQ, family friendly activities, free face-painting and water themed

children's activities. This event runs from 11:30am - 2:30pm, with the race starting promptly at 1pm. You're guaranteed to have a whale of a time!

Adopt a whale by purchasing raffle tickets. Please go to <http://www.bgcvic.org/whats-new/events/wild-about-whales/>. Spend a little, and you may win a lot! You can purchase single whales for \$5, a Pod of 5 whales for \$20, or go for the Leviathan pack of 25 whales for \$100. Order your raffle tickets now! The Boys and Girls Club is looking for volunteers for numerous Wild About Whales positions! For more information and to get involved, e-mail Alisha at abrown@bgcvic.org or phone 250-384-9133 ext 215.



DRAGON BOAT PROGRAM



VCKC Guts 'n Glory

July 13, 2013

On the beautiful Gorge waterway 2500 metre races and 200 metre sprints
Make sure your crew is part of the excitement
For more information and registration go to www.vckc.ca/gutsnglory
Registration deadline is July 8th



VOLUNTEERS NEEDED FOR JULY 13th - GUTS 'N GLORY & JULY 1st DB RIDES

Several VCKC members and friends have volunteered to fill some of the many roles. We still need a few more. In particular, if you are not racing on the day, why not help out? If you can help, please email gngeventdirector@vckc.ca.

For the Gorge Canada Day Festivities, VCKC usually gives rides as a fundraiser. We usually have two shifts of volunteers. One or two more volunteers are needed in the morning, and several are needed in the afternoon. If you can help, please email dragonboat@vckc.ca.

Thank you to all 18 members who filled in the volunteering survey. This allows us to spread the load, and allows you to better connect with the club.

If you haven't completed the survey, please do. It's at <http://www.surveymonkey.com/s/3RZTC5V>.

Registrations are open... see www.vckc.ca/gutsnglory for details.

The \$5 Burger & Beer deal for paddlers & volunteers is back!

Medals to top three teams in Open, Mixed & Womens' divisions.

Dragon Boat Program Update

The VCKC dragon boats and associated equipment are introducing the enjoyment of paddling to three school levels:

- Craigflower Grade 4s on Wednesday afternoons.
- Shoreline Grade 5 & 6s on Fridays
- Esquimalt High School on Thursday (practicing for an end of May event)

This year the number of adult DB paddlers has decreased significantly. Ryan & Brian have scheduled the practice sessions to Monday &

Wednesday at 6pm. With all the paddlers together at one time, a common set of techniques can be learned and, with two boats, some competitive practices. This allows a small club like VCKC to develop a core of strong paddlers and have a longer term view.

VCKC will be entering two teams in the GRPC Super Sprints on June 1st (one mixed and one women's). You may want to drop by the Selkirk Waterfront (9am to 3pm) to cheer them on.

How to be a Fit and Healthy Paddler

Those who attended the May 7th General Meeting were privileged to hear an information-packed talk by Tom Arnold of Vancouver Island Paddling, aimed at helping paddlers in every discipline and at every level of activity design a personal fitness and nutrition program that will keep them fit for paddling well into the sunset years. A graduate of the National Outdoor Leadership School, member of VCKC's Marathon program, coach of the Gorging Dragons, and expert paddler in many kinds of small craft, Tom distilled a lifetime of wisdom into a short presentation – *with* demos.

Tom emphasized the importance of maintaining a strong core for any paddling sport. This becomes even more important as we age; and of course a strong core helps in many other activities, such as gardening and golf. Here are some exercises you can do at home with a minimum of equipment. You can find many demonstrations of each exercise online.

- Plank
- Variations on the Plank, such as Mountain Climbers and Side Plank
- Vertical crunches
- Crunches on a stability ball
- Ball Pass with a stability ball
- Superman

- Working with small weights to increase shoulder and arm strength

Another important tip for canoe or dragon boat racers: Always warm up for your sport by doing active exercises that get the heart rate up and the blood flowing to the muscles and joints. Save the stretching for *after* you come off the water – and don't neglect it!

Tom also passed on many helpful tips about nutrition for paddlers, whether your chosen sport is sprinting, marathoning, touring, or strictly recreational:

- Eat a balanced diet. Beer, yam fries and burgers should be at the tippy-top of your personal Food Triangle, not the bottom layer
- Why carbo-loading on the night before your Big Race is not a smart strategy
- The athletic drink of choice (water, and lots of it)
- Fuel to take on long trips, or why taping bananas inside your hull is a good idea
- Go easy on the coffee – it's a diuretic
- Food to help you recover after a big effort: focus on sources of protein that are easily digested and low-fat, such as hard-boiled eggs
- Your new mantra: "Clear and Copious" (Did we say to drink lots of water?)

MEC Victoria Paddlefest

Hi there. Hope you've been able to enjoy this awesome spring weather we've been having...it's making us here at MEC even more excited about this year's Paddlefest!

I'm just checking in to make sure that you've received our invitation and registration package I sent out a little while ago.

This event is a wonderful way of networking as a paddling community and as responsible natural adventurers.

We'd love to have you there. Please let me know if I'll have the pleasure of working with you this July 13th at Willows Beach in Oak Bay.

Warmth, Jodi Hammond
Victoria Paddlefest Coordinator
Mountain Equipment Co-op

A new member finds VCKC helps them

In the past decade, my body had not responded well to the four physical rehabilitation programs attended. In fact, I had almost given up hope. In March 2013, thanks to the friendly VCKC Members attending the "Munro Honouring Ceremony," I chose to become a member. I am now more grateful than ever for that all inclusive day. I now experience some surprising Positive Health Benefits of [my own] paddling experience. Being on the water, paddling, and volunteering with your club has helped the brain improve communication with the middle ear balancing system better than any medication ever could. The people attracted and committed to The Paddling Community of VCKC, [especially Dragonboating and also Outrigger], by their very presence, are a welcome 'medicine' to improving one's health.

The Monthly VCKC Meetings; with special presentations on various Paddling Vessels; Sharing Experiences; Nutrition Information; Core Strengthening; has been very informative and accurate. A further help in getting one's body rebalance itself close to what it once was...healthy and vibrant. The improvements in my own body, and from finding new coping skills from paddling are remarkable and enjoyable.

The sense of community within VCKC is refreshing. Through Team/Group participation, VCKC is such an inspiring, warm, group of people to commune with. Thank you to all members for continuing to be A Shining Light In and On The Waters Of The Gorge Waterway...resonating into and around the Victoria Community.

Namaste, Shelley Scott, [VCKC Member]

River Rescue Courses in Squamish

Boreal River Rescue would like to inform the members of Victoria Canoe and Kayak Club about a series of whitewater and swiftwater rescue courses offered in Squamish for June, 2013.

Boreal River Rescue delivers excellent whitewater and swiftwater rescue training courses for river guides, paddling instructors, boaters, field workers,

and rescue professionals. Our programs are intensive, hands-on, and well run. The curriculum is constantly updated to stay relevant and useful. Courses include a combination of skill practice, rescue simulations, discussions, and practical reviews.

Date	Course	Cost
June 20 to 21	Whitewater Rescue (WWR levels I & II)	\$249 plus tax
June 20 to 23	Whitewater Rescue Technician (WRT) levels I, II, III	\$449 plus tax
June 22 to 23	Whitewater Rescue Technician - Bridge (upgrade from WWR to WRT) level III	\$249 plus tax
June 22 to 23	Whitewater Rescue Technician - Recertification level III	\$249 plus tax

All courses listed above are based at Sunwolf located at 70002 Squamish Valley Rd., Brackendale, BC, V0N 1H0

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1-866-242-9383, info@borealriver.com,
www.borealriverrescue.com Thank you, Dorothy,
Boreal River Rescue

CANOE PROGRAM

The Wheels of Democracy Roll On: How I Went from Freedom to Servility in 30 Seconds

So, anyway, there I am at the Annual General Meeting of the RCABC. The meeting ends, and I almost make it out the door, when my ol' buddy, Jean Chandler, nabs me.

Seems the Association "needs" a new Island Zone Rep.

I don't know whether it was Jean's persuasive charm, or the bamboo slivers she shoved under my fingernails, but I "graciously" accepted.

So, yep! -- now I'm your new Zone Rep.

And, yep! -- I got even with Jean - she's still the Alternate Zone Rep. Wayne and Shuster. . . Laurel and Hardy. . . Abbot and Costello. . . Rick and Jean. . . Ya can't beat team-work!

For those of you who are fortunate enough not to know me, I'm a second-year VCKC member, newly transplanted from Williams Lake to the Island, and living in North Cowichan. My wife and I chose the Island as a retirement project, hoping never again to shovel snow off the driveway.

I'm mostly a river-basher. Thanks to Tom, I'm having fun swimming in most of the South-Island rivers. My picture tells it all.

And, thanks to Ellie, I'm newly recertified as a Flat Water and Moving Water Instructor. (Gawd help the students!)



Photo by Rick Bryan

Mostly, our job (Jean's and mine) will be to promote 2-way communication between the Club and the Association. We'll be nagging Dan to pass along bulletins to the recreational single-stickers, and we encourage you to bug us with questions and comments relating to our sport.

In case you've lost it, here's our e-mail address: vancouver_island@bccanoe.com. Or you can rattle my personal cyber-cage: rickbryan@shaw.ca

See you on (or, in my case, in) the water!

Rick Bryan

Upcoming Events

The Canoe Program has the following upcoming events that may be of interest to you.

- Basic Tandem Lakewater Canoeing course - June 2. This is the last opportunity this Spring/Summer to take this introductory canoeing course
- Basic Tandem Moving Water, June 1&2 - If you've completed the introductory flatwater courses

you may enjoy taking this introductory river canoeing course. This is the only opportunity this spring to take this course.

Please let me know if you're interested in the two course options.

Thanks,

Dan Walker, dangeo@shaw.ca

Colquitz School

The Canoe Program is going ahead with the canoeing workshops for the Colquitz School 8th graders. The workshops will be at the VCKC Clubhouse, on succeeding Fridays, 9:30-11:15AM, June 7 & 14. Sixteen students are scheduled to attend the first session and 14 the second. A Basic Tandem Flatwater course will be held on June 2 for those students interested in a full day course.

Please let me know if you can help out with either the workshop or basic tandem course. Obviously, the workshops will run less than two hours so not a big time commitment but your help will be greatly appreciated.

thanks,

Dan Walker

VCKC Executive

Executive

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Treasurer treasurer@vckc.ca
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Executive Appointed Positions

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Webmaster webmaster@vckc.ca
 Vacant
 (Ron Crabtree interim) 778 430-4545

Note: the Deadline for submission of content for the next newsletter is August 18.

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	01-Jun
		10am Craigflower school voyageurs				DB: Gorge Super Sprints
2	3	4	5	6	7	8
		10am Craigflower school voyageurs				Advanced Tandem canoe course
		6pm VCKC BBQ				10am Dragon Boat Open Paddle 12pm Big Brothers Big Sisters Picnic
9	10	11	12	13	14	15
		Executive Meeting				Advanced Solo canoe course
16	17	18	19	20	21	22
Celebrate Our Harbour	7:30pm Canoe & Kayak Meeting		Canoe Tripping Canoe course classroom	Canoe Tripping Canoe course classroom		
23	24	25	26	27	28	29
		National Canoe Day				
30	Jul-01	2	3	4	5	6
	Canada Day Saanich Canada Day Picnic					Nanaimo DB Festival