



# 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](http://www.vckc.ca)

October 2007

**General Meeting  
Tuesday, October 2, 2007  
featuring a safety presentation by the  
Canadian Coast Guard Auxiliary  
Unit 35 - Victoria**

**Despite several reprimands and three warnings, Tony and Dan continued to have fun at the Thursday night practice. Their claim that there is a relationship between fun and learning has absolutely no scientific basis!**



**Come out if you want to, but be assured, we cannot be responsible if you enjoy yourself**

More about all the fun and learning that went on at the summer kayaking practice sessions on page 4

## President's Message

Greetings!

Last time I talked to you, we were getting ready to go to Calgary to compete for the Canadian National Championship. St' Keya came in third place and we are very happy about that. VCKC took a combined team between St' Keya and Ageless Warriors to compete at the B.C. Seniors' Games in Nanaimo last week. We took a bronze medal in the top category.

As you know, every year VCKC nominates and votes on their Executive at the General Meeting in January. This year Judi Murakami is the head of the Nomination Committee. Please forward your nominees to her and give serious thought about whom you are nominating and whether you would like to be involved at the executive level. VCKC's future depends on serious and committed volunteers in order to maintain and run our Club with integrity. Nominate only people you are willing to stand behind and, if you volunteer, be aware that you need to contribute quite a bit of time and effort in order to do your job successfully. I am not trying to discourage you, I'd just like you to know what to expect.

Someone broke into our tenant's private area and took Isaac's stroller. I feel very disappointed about that and yet I know that there are desperate people out there. I feel sad for Isaac that he had to go through this. To him all of this probably doesn't make very much sense; however, for better or for worse he is sharing the world that we created. "Sorry buddy, we will try harder."

Thanks goes to Alan Thomson for doing such a good job of making a trash container shelter for the tenants. Alan is very involved in the Canoe Program and recently led a group of paddlers in two voyageur canoes down the Thomson River from Savona to Ashcroft. I was sorry I could not make it this year, as it turned out to be a beautiful sunny weekend and it sounds like everyone had a great time. Hopefully he will do it again next year!

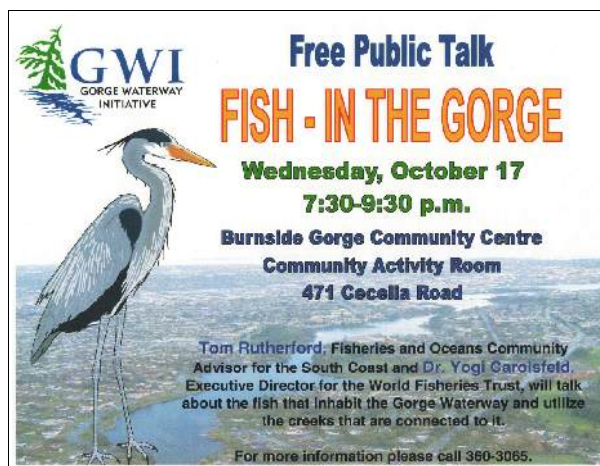
This is the beginning of outrigger season. I was very glad to see some of our Loco Motion paddlers involved in forming an OC6 team. I hope that St' Keya doesn't have to race against them next year in dragon boating because they will be primed and ready.

As I mentioned in my last letter, this year we are doing something different. Our present program people are proposing a budget for next year so as to make the job easier for the new Executive who will be voted in in January. This would be only a proposal. The new Executive would have the choice to accept it, modify it or decline it, but at least it gives them a good point to begin.

Not only is security on our premises an ongoing issue, so too is safety on the water for all programs. We need to remember that if we bring the guests, they have to sign the waiver. Once you are on the water, you need to use common sense and keep yourself and others safe. One thing of which I am aware is that whether I like it or not, I am carrying a VCKC flag as the president and as a member of the club and my behaviour is associated with the Club. The same goes for every member of VCKC. So when you are on the water, act according to the rules of waterways, be courteous and although not mandatory (but it will help) be friendly. I would like people to come to us and not stay away from us.

Until next time,

Mile Petrovic  
President, VCKC



For more information about the above talk, please contact Don Munroe at 385-2268.

## Canoe Program

The next Program meeting will be held on Monday, November 19, 2007. In the meantime the canoe program will certainly not be inactive.

The course line up for October will keep the Lakewater instructors busy - four courses in the one month.

Linda and Alan have started a course with 15 boy scouts and their leaders. A similar sized group of Girl Guides seems likely in October. This is stretching the Club's canoe capacity to the limit as most of these paddlers do not have their own boats. But it at least forces us to use the boats, one of which probably has not been in the water this year so far. The canoe trailer that Emmerich Sperrer repaired is being very useful for the sessions held on the lakes.

The Thompson River trip took place as planned on September 8th and 9th. Ten paddlers from Victoria took part with a varying group of paddlers from the Kamloops area. The weather was perfect - sunny with little wind and the clearest night skies I've seen in decades. Watching the skies on Friday night by a small fire waiting for the last group to arrive almost made me forget the temperature which was below 10C - not cold but cold in comparison to the heat of the Fraser Canyon.

We have done this trip often enough that this year we dispensed with the scouting of the first rapids and ran them successfully. This saved us probably 30 minutes + on the morning trip, so we got in to the campsite for lunch shortly after 1pm and finished the run by about 4pm. It is the first time I can remember that we cooked supper at the campsite in the daylight. Now to find a way to cut down on the 70 minute delay caused by the need to run the shuttle . . .

The trip in the voyageurs is always fun - large capacity boats that can bounce in the waves of the big waters of the Thompson but are simple to paddle for paddlers without whitewater skills. The setting - river in a semi-desert, the history of Walachin, the two railway lines with long freight trains - make it a very different

experience from paddling anywhere on the Island.

Our thanks, as always, to Wally Makartoff and Thompson River Interior Paddling Society (TRIPS) for lending us their voyageur canoes and running the river with us. Many of the group are becoming familiar figures - maybe they will come over and paddle with us on the Cowichan Lake to Bay run in the Spring - quite different conditions to the Interior - no log jams there, for sure. Participants were Pauline Campbell, Ella Lapidus, Don Munroe, Diane Nishimura, Maris Ratel, Jen Smith, Emmerich Sperrer, Dale Swan, Linda and Alan Thomson - a good mix of newcomers to the river and 'old lags'.

I attended the RCABC Instructors Annual General Meeting in Sorrento on the Labour Day weekend and met my fellow instructors from various parts of the province. As seems to be the case these days, attendance was not large. But those who were not there missed out on workshops on making buoys for the canoeing courses; canoe sailing (very odd being in a canoe and moving at 6-7 knots but with no paddle in your hand!) and canoe games. There was also a very informative talk on canoe history from an active local historical researcher, Meg Stanley. They also didn't get to eat the wonderful corn at the great corn boil with the Beaver Club, and to join in the campfire singsong where Abby Pond from Revelstoke performed songs she has written herself. Finally, they missed out on the free apples since the camp was in an orchard with several kinds of apple trees and fruit for the taking.

Alan Thomson



## Everything I wanted to know about life, I learned at the Thursday night kayak practice sessions

When Harold asked me to write about this summer's Thursday night practice sessions for our newsletter, I wondered how I could possibly convey what it was like to be there. How do you write about a significant experience . . . in four hundred and sixteen words or less?

E-mail reminders each week and talk amongst kayakers gently nudged people to "remember Thursday evenings" in their summer schedule. But that can't account for why we had such a good turnout: an average of twenty-two kayakers per session over twelve weeks!!! You can advertise for all you're worth but if the product isn't any good...! Maybe the patient and encouraging leaders that supported inexperienced and experienced kayakers to learn new skills or to perfect old ones, made the difference. Yes, I'm very sure they helped, but there was something else.

Leaders emphasized that the sessions were not about "lessons", "classes" or "clinics" but some seemed to associate these practice sessions with "lessons", "classes" or "clinics" - in short: school. This was definitely not school but still, there was a ton of learning that took place. Each Thursday evening practice was filled with curiosity and enjoyment: highly irregular in my schooling history.

Often, at the end of practice sessions, we had to tell paddlers, "Yes, our time is really up...yes, really". They were engrossed and having fun playing. Maybe that was it: play! This spirit prevailed throughout the summer. And as a bonus, the learning seemed to stick!

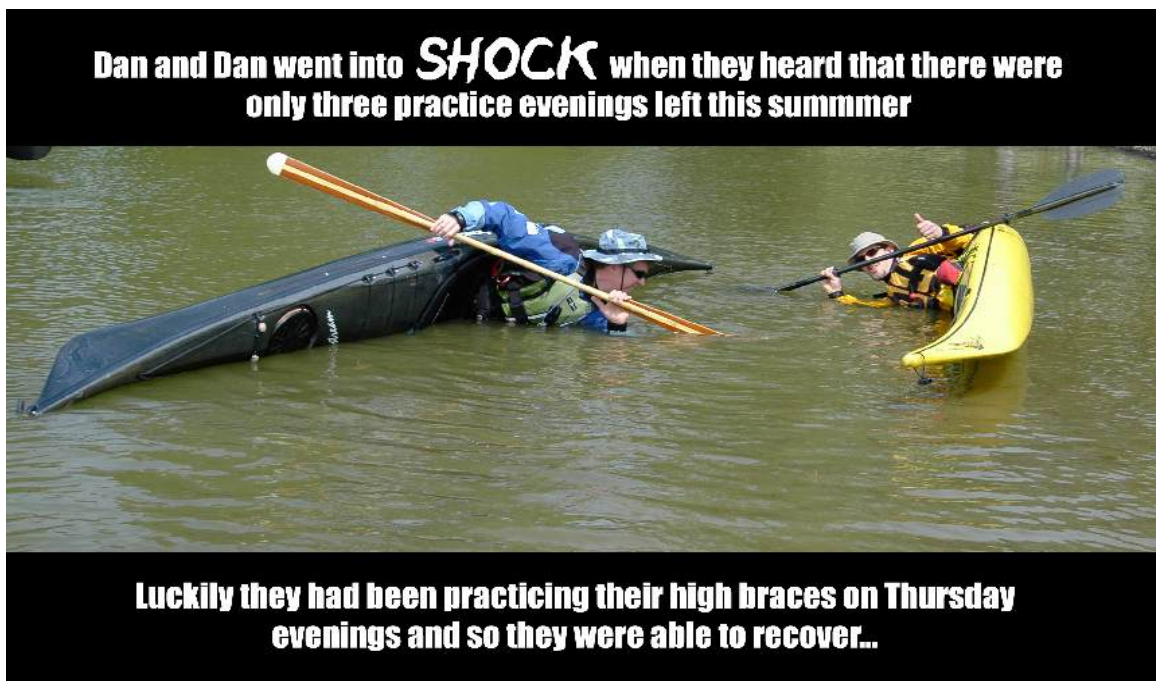
Some paddlers came with some pretty negative attitudes about their skills and abilities. Nevertheless, they seemed to blossom in the environment that formed and found support from each other as they played. It appeared to be communicated without a word. You just did not criticize. Well, how can you NOT criticize and learn, you might say! People would listen, support and encourage. Maybe if someone asked, "What would you do?", that became the moment to offer suggestions. Paddlers thrived in that nurturing setting.

There were many who worked (maybe played is a more appropriate word now), on this summer kayaking project. Too many to mention in this article and so their names are listed on the website we used to keep paddlers informed.

<http://kayakpractice.blogspot.com/>

You'll also see more images on the website (besides the one on this page and page 1). Your imagination may be fuelled by those pictures and give you a glimpse of our play - at work - this past summer.

Neil Solomon



## Kayak Program Report

Summer is hanging on valiantly and we hope everyone has taken advantage of this weather to get out on the water. On September 19 we had our second program social of the year where many of us bragged about trips taken over the summer and new members met old ones. This seems to have become a most popular evening.

Next meeting is October 17 at the clubhouse when Michael Jackson will talk about his recent trip to Burma where he was snorkelling and kayaking. Mike is a keen paddler who thoroughly enjoys hooking people on kayaking with his wonderful stories and slides.

We plan to have a Gear Swap in October (date to be confirmed). Bring outdoor, paddling and camping gear you don't use or need any more. Weather permitting we'll have it outside. This has been a great opportunity in past years to clean out your bins and closets or get a great deal from a fellow paddler. You can sell or swap.

Dorothea has stepped up to run a drybag clinic at the clubhouse. It will differ somewhat from ones in the past and involves fitting specifically for your boat. Contact Dorothea at dmhoffman@shaw.ca asap if this sounds up your alley. Numbers will have to be limited due to space.

Although Paddle Canada courses are completed for this year, check out Trips and Courses in the newsletter for upcoming paddles. See you on the 17th!

Safe paddling!

Susan and Glynis

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### Trip Report Main Lake Provincial Park

In August, my friend Rob and I as well as Eliot, the Norwich Terrier, headed up over the Malahat for a four day canoe/camping trip at Main Lake Provincial Park. This is a provincial park on Quadra Island that was established only ten years ago in 1997.

In the park there's a chain of interconnected lakes that form the largest freshwater waterway in all of the Gulf and Discovery Islands. Some of the lakes are connected to one another by narrow, marshy channels that can only be navigated by canoes or kayaks. And although motorized boats are allowed on the lakes, we never found them to be so numerous as

to be annoying.

We put our canoe in where the gravel road crosses Village Bay Lake. One side of this lake is built up with cottages that can mostly only be reached by water. While we organized our gear one family arrived from a grocery run and loaded all manner of luxury items (read beer and other cold beverages) into their motor boat for transport to their cottage.

We had a lovely late afternoon paddle to the end of Village Bay Lake where a narrow, shallow, lily pad filled channel connects to Main Lake proper. There are seven 'official' camping locations on the shores of Main Lake. But as we paddled from location to location, we discovered that even though it was mid-week, most were taken by groups of teenage boys from a local summer camp program. We were finally forced to set up camp on an unofficial spot. Although the tent sites were a bit 'lumpy', there were huge rocky ledges at the water's edge perfect for swimming, sunning and watching the gorgeous sunsets.

We spent four days and three nights exploring the lake by canoe and also doing some hiking. At one end of Main Lake there's a trail that leads down to Yeatman Bay near Surge Narrows Provincial Park. It's not a long trail and it seemed odd to so quickly be beside the ocean after leaving behind such a large body of fresh water.

This is a trip I'd recommend for anyone wanting to get a taste of canoe camping. The distances aren't great and although you're not that far from civilization, Main Lake does have an isolated feel to it . . . at least once you've left the cottages behind.

Harold Gillis



## Trips & Courses (Kayaking)

### Get Together Paddle

**Sunday, October 21, 2007 - Sooke River**

Meet at Cooper Cove on Sooke Road at 9:30 am for a beach talk and launch. OTW (on the water) by 10 am.

We'll paddle through Sooke Basin to the Sooke River, where the tide and rains should allow us to paddle 1.5 miles up to the fairgrounds.

After lunch (bring something to sit on in case we end up on the rocky shore instead) we'll return to Cooper Cove for a hot drink at the restaurant "Fuse" nearby. New owners and rave reviews!!

Duncan also asks you to use your least favourite paddle as this route is hard on blades!! Contact Duncan Pennington at [dpennington@shaw.ca](mailto:dpennington@shaw.ca) or 477-5261 for more info.

### Energizer Paddle

**Saturday, October 13, 2007 - Cadboro Bay**

Meet at Caddy Bay parking lot at 9:30 am for a beach talk and launch OTW (on the water) at 10 am.

We'll paddle south along the shore and back, and remember that this is an Energiser Paddle so we'll be travelling at a steady pace of 3 knots or so. The length of the paddle will depend on conditions that day but be prepared for 7 - 10 miles along a beautiful shoreline.

The reward, as usual, will be a cool beer or a warm tea afterwards.

Contact Mike Jackson for more info at [mjackson@islandnet.com](mailto:mjackson@islandnet.com).

You are invited to

## A CLASSIC ROWING CELEBRATION



**SUNDAY SEPTEMBER 30**

**Victoria Canoe & Kayak Club**

**2 pm to 4:30 pm 355 Gorge Road West**



Love the water? Want to be healthier?  
Discover how easy it is to go rowing!

- ☞ Free coffee, treats and music
- ☞ Meet rowing experts
- ☞ On the water demos
  - ☞ Talk with boat builders
  - ☞ Water safety information
  - ☞ For more information call 394-6574

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[www.whitehallrow.com](http://www.whitehallrow.com)

### **CLOSE & LOCK THE CLUBHOUSE DOORS WHEN YOU LEAVE**

We continue to have problems with the clubhouse doors being left open and unlocked at the end of the day. Open doors increase heating costs and unlocked doors void our insurance in the case of theft.

### **SO PLEASE**

**CHECK TO MAKE SURE THE  
CLUHOUSE DOORS ARE CLOSED  
AND LOCKED WHEN YOU LEAVE**

## **Trips (Canoeing)**

### **Flatwater Paddles**

**Saturday, October 6**  
**Sunday, October 21**  
**Saturday, November 3**  
**Sunday, November 18**  
**Saturday, December 1**

No trip routes are fixed as yet, but we hope to get in one or two sea paddles (e.g. to Portland Island) before the weather turns cold and windy and makes more sheltered trips advisable. There are no very high tides among these dates, although it is high tide around mid-day for most of them, so some delta paddles may be worthwhile. If you have a favourite routes, let Alan or Linda know and we'll see if we can fit it in.

### **General Notes on trips**

All trips leave from the parking lot by the Clubhouse at 9am unless participants are otherwise notified. The trips generally last all day. The aim is to be back in town before 5pm.

Call Alan or Linda @ 592-4170 or e-mail us at 3135thom@islandnet.com by the Thursday evening before a scheduled trip so that we can arrange for canoes and partners if needed.

Take lunch and a change of clothing with you and wear clothing appropriate to the forecast weather.

Pre-requisite skills are Lakewater/Flatwater Level I or equivalent – as assessed by trip leader.

Kayakers are welcome.

Trips with less than three boats signed up may proceed, but will not be official VCKC trips.

### **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)

Four Provinces  
Three Drainages  
Two Centuries of History  
All for One Big Event

### ***The David Thompson Brigade A Bi-Centennial Commemoration 2008***



A Paddle into the 19th Century

Don Munroe asks that anyone interested in joining a team to participate in this historic event contact him at 385-2268.

More information at:

[www.2008thompsonbrigade.com/index.htm](http://www.2008thompsonbrigade.com/index.htm)

## VCKC Executive

<p><b>President</b>  <b>Mile Petrovic</b> ..... 250-733-2013</p> <p><b>Vice President</b>          Linda Thomson..... 592-4170</p> <p><b>Treasurer</b>          Fred Trudel ..... 480-0880</p> <p><b>Secretary</b>          Lorna Petrovic ..... 250-733-2013</p> <p><b>Past President</b>          Judi Murakami ..... 360-2776</p> <p><b>Program Directors:</b></p> <p><b>Canoe Program</b>          Joy Newham ..... 385-5876</p> <p><b>Dragon Boat Program</b>          Mike Fox ..... 391-0160</p> <p><b>Outrigger Program</b>          Keith Larusson ..... 598-7193</p> <p><b>Sea Kayak Program</b>          Susan Duhamell ..... 361-4738          Glynis Newman ..... 655-1272</p>	<p><b>Voyageur Program</b>          Don Munroe ..... 385-2268</p> <p><b>Marathon Canoe Program</b>          Ron Williams ..... 380-7496</p> <p><b>Education, Standards &amp; Safety</b>          Doug Linton ..... 727-0216</p> <p><b>Membership</b>          Tony Copping ..... 479-1308</p> <p><b>Clubhouse &amp; Grounds</b>          Kathleen Gunn ..... 384-6436</p> <p><b>Directors-at-Large</b>          Mavis Pillar ..... 384-4390          Diane Nishimura ..... 383-3080          Michael Jackson ..... 385-5727          Fraser Tweedy ..... 380-6952</p> <p><b>Executive Volunteer Positions</b>          Irena Jazwinski (Social Coordinator) 388-9757          Harold Gillis (Newsletter Editor) ... 598-9488          Maris Ratel (Boat &amp; Locker Storage) 592-7082</p>
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## VCKC Clubhouse Bookings and Club Activities October 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2 General Meeting 7pm	3	4	5 St'Keye Social 8:00pm - 10:00pm	6
7	8	9 VCKC Executive Meeting 7:30pm Mile 250-733-2013	10	11	12 St'Keye Social 8:00pm - 10:00pm	13
14	15	16	17 Kayak Program Meeting 7:00pm	18	19 St'Keye Social 8:00pm - 10:00pm	20
21	22	23 Outrigger General Meeting 7:30pm	24	25	26 St'Keye Social 8:00pm - 10:00pm	27
28	29	30	31			

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: October 20, 2007