



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

May 2008

General Meeting Tuesday, May 6, 2008

"Stroke Clinic"
by Ron Williams

"Things That Work For Him"

Drills that you can use to go
faster and last longer! No
matter what your paddle sport
is...



Inside ... Wendy Clapp
reports on her first
"Paddle to Port Angeles"

Clubhouse News

The preparation for the exterior painting of the clubhouse has begun, as you've probably noticed. There are carpentry repairs to the deck and to house that have to be completed before the painting starts. Volunteers for this work are needed. If you are able to help, please call Alan Thomson at 592-4170 or e-mail:

3135thom@islandnet.com. Alan is co-ordinating the work as Larry Irvine's work is keeping him in Vancouver a lot of the time.

Good News

Marianne West has offered to be the new Kayak Program Director! Thank you, Marianne and we look forward to having you on the Club Executive.

Our thanks too, to Doug Linton, who has been acting Director for the last 31/2 months. Doug can now settle back to his own duties.

Farewell to Judy Murakami

Judy and her partner Dale Patterson will be moving to Courtney in May, to start their retirement there. They will be missed a great deal.

Judy, the club has a lot to thank you for. Two years as President, one as Past President, and many hours as coach, as well as being a strong supporter of general club activities. We wish you all the best and hope you will join us for a paddle when visiting Victoria.

Linda Thomson
President - VCKC

Trip Report - Belcher Bay

Again weather frustrated flat water paddle plans. We, Ken Gibbard, Peter Kabel, Doug and Kathy Hull, and Arthur and Pat Swarbrick planned to do a circumnavigation of Becher Bay, looking into all the nooks and crannies and islands on the way. We put in at the Aylard Farm, part of East Sooke Park. From the parking lot we portaged to a very sheltered beach to the north. While we all made it in one trip we had quite a variety of portaging styles. (see photo) The plan was to go south to Beechy Head, then cross the mouth of the bay with the wind behind us and explore counter clockwise back to the easterly beach of Aylard Farm and portage back to the cars.

Just getting around the first headland between the beaches proved quite a challenge because of the wind but all was calm very close to shore from the beach paddling south. Near Beechey Head we could see white caps and waves that clearly were not safe to be out in.

We retreated the way we came, circled Campbell Cove, and paddled past two very tame mute swans in Murder Bay. We looked for a nice beach on the east side of Wolf Island but landed at a

sheltered beach just past the island where we had lunch. After lunch we began to paddle east along the shore but the wind was so strong that we soon gave that up. We paddled directly into the wind back to Wolf Island, then returned inside of it and again retraced our course close to the west shore and back to our starting point. It was a short paddle, but with interesting things to see all had a good time with good company.

Ken Gibbard



Canoe Program

April has been a very busy month for the program with courses plus flatwater and moving water paddles. Thanks to all the dedicated volunteers who make these events possible.

May will be another busy month with the canoe-camping trip for the Frost Free Feast (Mothers' Day Weekend), daytrips for flat and moving water plus more courses.

Thanks also, to Andy Denholm, who offered a wonderful slide presentation of summer canoe trips through the prairies at our March meeting. It was a very enjoyable evening.

I encourage you all to come to the general meeting on May 6 and take in Ron William's information about stroke improvement - something we can all work on.

Alan Thompson is deserving of our thanks for updating our Canoe Program page on the Club's website. He has provided valuable and detailed information about canoeing, especially around safety on the water. Please take a few minutes and read through this important information.

There will be NO Canoe Program meeting in May, as a number of our regulars will be away with Team Shawnigan on the David Thompson Brigade trip. I hope to see you at our May general meeting.

Joy Newham

More Canoe News ...

RCABC Annual General Meeting

Duncan, B.C.
April 19, 2008

The 2008 AGM of the Recreational Canoeing Association of BC (RCABC) was held in Duncan on the weekend of April 19 and 20. The venue was the Affinity Guest House, run by two RCABC members, and situated on the delta of the Koksilah and Cowichan rivers. This site provided plenty of room for campers as well as facilities for the AGM itself.

VCKC was well represented at the meeting and on the Executive, with Dan Walker being re-elected as Treasurer, Jean Chandler as Secretary, Alan Thomson serving his third year as President and Tony Shaw (ex VCKC becoming Editor of CANEWS). The operators of Affinity Guest House, Vanessa Elton and Dwight

Milford are Club members and Dwight became the Vancouver Island Zone representative. Tom Staebell also attended from the Club.

There were two unusual canoeing clinics to go with the AGM itself (at 1 ¼ hours, it was a relatively minor part of the weekend's doings). On the Saturday, we woke to snow on the ground and snow in the air but went poling anyway. Two members poled their way up the Koksilah and the old main channel of the Cowichan, then portaged over into the Cowichan north channel and back down to Cowichan Bay. Some Club members will remember that trip with varying degrees of enthusiasm as a Flatwater trip of a few years ago. On the Sunday, eight members of the VCKC David Thompson Brigade team came up with a Club voyageur canoe and took part in a clinic lead by Dave Wooldridge, a very experienced big canoe paddler and instructor from Maple Ridge. Luckily, the weather cooperated and we practiced turns and side-slips in glorious sunshine on the open water of Cowichan Bay. We also met the Club Kayak day trip on its way round the bay.

The AGM was deemed a success thanks to the great facilities; it is a pity that more local paddlers did not attend but the morning snow, especially for those coming from Vancouver via Nanaimo was certainly a deterrent.

Course Results

The Club ran two Lakewater courses in April - Lakewater I with 17 participants and Lakewater II with 4 paddlers. Both were successful with everyone who took the full course getting their certificate. It looks as if some of these paddlers will be welcome additions to the various Club trips. Another 5 or 6 paddlers would like to take the solo course at a time that suits their schedules. The Level II course was held at Thetis Lake because the Clubhouse was fully used for the Wake Up The Gorge races. We were surprised to see how many other canoeists came to the lake to paddle - wood canvas, cedar strip, a solo Langford, a Sportspal and a Coleman, plus others of uncertain origin. Good to see people out in their boats.

The Ocean Canoeing course is fully subscribed with the classroom sessions being held in the last weekend of April and the paddling trip scheduled for the Victoria Day long weekend.

Alan Thomson

Dragon Boat Program

Dragon boat season is now in full swing.

It started with the maintenance of the boat. Mike Fox, our Dragon Boat Program Director, was very happy about the great turnout from all teams. Doug Clinton's skills were highly appreciated.

It followed with a successful launching. Moving a boat this big is a huge challenge easily overcome by the enthusiasm of all members from all teams. Under Dale's direction, we hauled it up, avoided tripping on each other's feet and put it in the water by the shore.

Lloyd S. had convinced some new recruits to participate to the launching. They were snatched up right on the spot by teams who were missing some crew members.

You want to know what dragon boating is all about? The VCKC DB team will participate in a fun race on May 24 at the Gorge. Come and see us. You will have an opportunity to appreciate the team work, the fun in the splash and who knows, maybe you will want to join us.

Marie-Eve Tessier



Kayak Program Report

We had nine people at the April meeting and 10 people at the April paddle. The participation and energy levels were high and from these last two kayak events a Program Director was born! On behalf of the members of the kayak program, we are pleased to announce that Marianne West has volunteered to fill this position. Congratulations Marianne and we look forward to working with you!

Communication:

Steve White attended the Executive meeting last week and provided a brief update via email. Fred Trudell volunteered to coordinate communication emails for the program. If you have stuff to broadcast or if you did not receive the April email regarding the meeting and paddle, please contact Fred.

The paddler's list will be updated and recirculated. The list is simply contact information of people interested in finding paddling partners. The list is sent only to the people on the list. No one else sees it. If you are a current member in the kayak program, you will receive an email some time in May asking if you would like to be on the paddler's list.

Club Paddles:

Discussed meeting time and location and appropriate clothing for upcoming paddle on Sunday April 20.

For the benefit of new members, it was asked if the paddle emails could include the guidelines for club paddles. Patti agreed to find the info from last year's emails and include it in future club paddle communication. **Next kayak paddle will be Sunday May 25.** See the Trips and Courses section for more details.

Kayak Bookings:

Colin Ross updated the group on kayak booking procedures. He also informed us of the number of kayaks available and a brief description. There are 5 singles and 1 double. Colin agreed to have his email address posted by the kayakers in the basement. After the meeting, Roy Scully and Marianne West did a quick inspection of the boats and gear. Other than stiff rudder or skeg lines on a couple of kayakers, the single boats seemed good to go for Sunday's paddle. If you would like more information on how to book the club kayakers, please contact Colin.

Kayak Courses & Workshops:

There has been some interest shown for Flatwater, Level 1 and Level 2 courses as well as Wilderness

First Aid. Navigation workshops were requested by a few people too. Patti is contacting the instructors and will approach the VCKC executive regarding support to get some new instructors certified. If there is a workshop that you would like to see happen, get a group of 4 to 6 members together and contact Patti. See the Trips and Courses section for more details.

Monthly Meetings:

There was a proposal to have the canoe and kayak meetings together on the same night. The idea would be to have a presentation that would be interesting to both groups. Everyone at the kayak meeting felt that this would be a good idea as the kayak program works on rebuilding. There is more to discuss with the Executive before making a change so the next kayak program meeting will be Wednesday, May 21 beginning at 7:00 pm. Please make an effort to come out, provide your input and assist our new Program Director in revitalizing VCKC's Kayak Program.



The following is a contact list of volunteers for the Kayak Program:

Program Director - Marianne West
mariannejwest@gmail.com

Club Paddles - Steve White
whitefreeman@hotmail.com

Communications (email) - Fred Trudell
fredinvictoria@yahoo.ca

Communications (paddler's list) - TBD
VCKCpaddlinglist@gmail.com

Courses + Workshops - Patti Stevens
pattilou_333@yahoo.com

Kayak Bookings - Colin Ross
cdross@shaw.ca

Library - Vic Turkington
victurkington@yahoo.com

Newsletter Coordination - Doug Linton
dlinton@shaw.ca

Trips (Canoeing)

Flatwater Trips

Saturday May 10:

This date coincides with the Club Frost-Free weekend paddling trip so **there will be no flatwater day trip this weekend.**

Sunday May 25:

A flatwater trip is scheduled for this date. A notice will be sent out beforehand giving details of who to contact and where it is planned to paddle.

And Don't Forget

Frost-Free Weekend Camping Trip Friday, May 9 to Sunday, May 11

The annual Club Frost-Free weekend canoe camping trip will take place as usual on Mother's Day weekend. Traditionally, this trip has been a one-nighter, usually to Portland Island but latterly to D'Arcy and Wallace Islands. This year it is planned to take an extra day to allow for two nights camping instead of only one and a wider range of destinations. The dates are Friday May 9 to Sunday May 11.

The destinations being considered are Cabbage Island – on the Georgia Strait side of Saturna – and De Courcy Island (Pirates Cove campground) or Blackberry Point (Valdes Island). Cabbage Island would entail taking a Friday morning ferry (9am) to Saturna (Lyll Harbour) and returning on the Sunday afternoon on the 3.35pm ferry. De Courcy and Blackberry Point entail driving to Cedar Ramp, north of Yellow Point; south of Nanaimo) on the Friday morning and returning on the Sunday.

This annual trip is intended as a trip for paddlers to learn about canoe camping - i.e. it is suitable for beginner canoe trippers, if not for beginner canoeists. In past years there has been a barbecue with baked potatoes and a filling fruit grunt for dessert, but increasing blanket fire prohibitions may make it difficult to continue this tradition. It is possible that the

Club canoe could be taken to provide a 'mother ship' for people who are interested by don't have their own canoe or are not comfortable paddling a tandem on the ocean. Canoeists and kayakers are welcome to take part. If you are interested in taking part in this trip, or have any questions, please call Alan Thomson @ 592-4170 or e-mail at 3135thom@islandnet.com.

Moving Water Trips

Meet at the Millstream Park'n'Ride to leave at 8:30 am or at Serious Coffee by the Silver Bridge in Duncan at 9:15 am.

May 3-4 Running of the Cows (See below)
May 11 (Mother's Day)
May 24 (Saturday)

Tom Staebell
res. 655-7113 after 5:00 pm
cel. 588-2207 after 6:30 am
off. 652-1121 7-4:30, Mon-Fri

Run for cover; put on the shutters, bring out your neck bells – the VCKC annual **"Running of the Cows"**– will take place this year on the weekend of May 3 & 4. The Running of the Cows is the complete descent, by canoe or kayak, of the Cowichan River from its start in Lake Cowichan to Cowichan Bay where it enters the sea. Taken direct, it is about an 8 hour trip, allowing for portaging around Skutz Falls and possibly Last Drop. But it has been split into a two day trip to allow for playing in some spots, resting in others and enjoying what is usually a very pretty trip down the river with flowers and trees just coming into blossom and greenery. See last month's newsletter for more details.

Courses

Lakewater Level 3 (tandem):
Saturday, May 31 8:30 – 5:00

Lakewater Level 4 (solo):
Sunday, June 1

VCKC Voyageurs Paddle for the Kids 2008

We skimmed across the dark green waters, our paddles dipping in unison, the lights from the houses dancing across the waves. I had one clear thought in the back of my mind, I need to get in shape. Mavis and Irena had asked me to join them for VCKC's March 29 Paddle to Port Angeles annual fund raising event for the Easter Seals Camp Shawnigan.

Preparations for the paddle had begun 3 weeks before I had embarked on the first real open ocean practice and endurance run on March 2. We embarked from the Sidney boat launch south of the pier and paddled by Sidney Island to a beautiful beach on Rum Island. What a different experience from being in a Dragon Boat on the Gorge! One good sized wave would have swamped the Dragon boat. Our four canoes were cutting through choppy waters, my back was hurting and I had one clear thought: "Keep up the pace. You can do it!" I could see the new Sidney Hotel in the far distance so hope was on the horizon even if I was getting soaked as the waves were breaking over the bow. In only 4 weeks we would be paddling over to Port Angeles.



My respect for everyone practicing for the big day with me was growing steadily. I couldn't help pick up Peter C. Newman's book "Caesar's of the Wilderness", read about the description of the first voyageurs in Canada and make comparisons. They changed the history of Canada and opened up the land to opportunity for generations. I quote from his book. "Their 18 hour paddling days were more wretched than many men then or now could survive. Their only reward was defiant pride in their own courage and endurance." Our purpose was very different from theirs but somewhere I knew this feat would take courage! What began to happen to me was a deep sense of commitment to the common goal we had to raise money for the kids.

The next week March 9 we embarked from the same location Sidney boat launch and paddled around Sidney and James Island. My lunch break that day saw us land on a rocky beach surfing in on a wave. Awesome! The beauty of nature was very up close and personal as I looked out at the scene with the four canoes silhouetted on the shore and the bay beyond and I realized I would not have experienced this rare moment had I not made the choice to paddle.

The third practice paddle I had was from Chemainus. We had been invited to the pub on Thetis Island for lunch as had been a tradition in many previous years. I was in Mile's canoe with Lorna and the other paddlers. Thetis Island is fairly large and I came to realize that fact, when the answer to my question to Mile: "How much further is it?" was: "It's just around the next corner." I was never so happy to see the pub and taste the delicious chili.



The final practice on March 23 landed on Easter Sunday. While others were celebrating, we were intent on getting in shape for next Saturday. We skirted the shores of some of Victoria's most expensive estates from Oak Bay, Cordova Bay and Ten Mile Point. We even paddled around an underwater Easter egg hunt soon to get underway. It was a much more intense pace of paddling that day. As I looked over at Port Angeles I knew my courage was going to be tested in less than a week.



March 29 arrived! As we gathered in darkness we heard the news, there would no open ocean paddle over to Port Angeles. We were to stay within the boundaries of the Gorge and Victoria harbour, as the weather was unsuitable to

accommodate our flotilla with only one safety coast guard zodiac. We were divided into Group A and Group B. Group A left around 6:30 and would return in 2 hours. My boat was the Blue Heron with Helen, Barry, Keith, Gwen and Cathleen on board. I have to share my amazement in the physical endurance of Helen and Barry. They stayed through 12 hours of straight paddling. Can you imagine? Congratulations! I certainly was tested in my personal fitness level, the pace was much faster. I knew I could not let them down, so despite the pain, I stayed steady. In the final lap our canoes were escorted by the jaunty harbour ferries.



As we passed the dock at the Blue Crab bar in Coast Harbour Hotel we could see VCKC members waving and shouting encouragement. My heart warmed. If that reward was not enough, my eyes could not believe the incredibly beautiful scene in front of us. There hanging over our fair city was the most beautiful rainbow I have ever seen. It stretched from the Johnson Street bridge over to the BC museum. We all were in the right place at the right time to share this special gift of beauty.

As we passed under the Johnson Street bridge I thought I spied a few photographers capturing our return, maybe my husband was one of them. There it was in the distance Tillicum Bridge! I knew there were discussions about getting home to VCKC. Could we make it through? The rapids were running against us. As one boat made it through, the second got stalled and wasn't moving at all. Here comes Mile with his awesome strength and Voyager red sash on to re-enact the days of old, pulling them through. He also helped our canoe through and as we waited for canoe # 4 we saw a paddle raise in triumph over a head as they made it on their own paddle power! Homeward bound we were to share in a delicious potluck dinner, tasty desserts served by Don's sister and other VCKC volunteers. Thank you to all! It was a real celebration of a day to remember! The BC Lions Society were very happy to hear the VCKC Voyaguers had collected almost \$15,000.00 in pledges.

Now if someone asks you to paddle next year, do it. I have experienced the beauty of our wonderful outdoors, the friendships kindled, the appreciation for reaching a goal & the truth in knowing our Club does make a difference in other lives.

Thank you to all the people who made pledges for this very worthy cause. Also thank you to Don Munroe for organizing another successful "Paddle for the Kids".

Wendy Clapp



**"VCKC's Team Shawnigan"
A Two Month Paddling Adventure
with the
2008 David Thompson Brigade!**

In early May the team's members will begin assembling for their two month paddle from Rocky Mountain House, Alberta to Thunder Bay (Fort William) Ontario, covering over 3,200 kilometres.

Team Shawnigan will leave from Rocky Mountain House with approximately 15 other teams, mainly from the Prairies. Team leader is Don Munroe. The rest of team Shawnigan is paddlers Cathy and Doug Hull, Ellie James, Jean Chandler, Debbie and Bill Bresser, Don Chambers, Maurice Robson and Harold Nishikawara. Robert Lafontaine will join the team in Prince Albert and paddle to Winnipeg. Louise Bedard and Joy Newham will join in Winnipeg for the duration of the paddle to Thunder Bay.

You can follow the Brigade's progress on the website: www.2008thompsonbrigade.com and for a link to our team's own website, add: "team-shawnigan.htm". You will also be able to access these sites from VCKC's website.



Kayak (Trips)

Get Together Paddle

When: Sunday, May 25

Meet at Brentwood Bay Ferry Terminal (Verdier Park) at 9:30am. Plan to be on the water by 10:00 am. The plan is to paddle from Brentwood Bay to McKenzie Bight with side trip to Tod Inlet. We'll decide on the exact route on the day of the paddle. The trip will be approximately 4 - 6 hours on the water plus driving time.

An e-mail will be sent out a week before the scheduled date with further details. Please contact Steve White whitefreeman@hotmail.com 882-5439 if you plan to attend.

Evening Paddle on the Gorge

When: Monday, May 12

Meet at the Clubhouse at 5:30 pm. Plan to be on the water by 6:00 pm. Here is an opportunity for new paddlers to come out for an evening paddle and practice their skills. Experienced paddlers, please join us and share your knowledge with the group. This paddle will be approximately 2 - 3 hours on the water. If you need to rent a club kayak, please see the booking guidelines below.

Please contact Patti Stevens pattilou_333@yahoo.com 474-7444 if you plan to attend.

Guidelines: *These paddles allow new members to meet other members; to paddle in a safe environment and to introduce new members to Victoria area paddling locations. They are tailored to beginner paddlers although experienced paddlers are welcome to attend. The pace is set by those at the back of the "pack". All those who plan to attend need to wear immersion gear (i.e. drysuit or wetsuit OR insulating clothing such as fleece). ALSO remember to bring a change of clothes in a drybag. If you are unsure about the suitability of your equipment or clothing, please contact the trip leader for advice prior to the paddle date. It is also expected that you will bring adequate food and water for the duration of the paddle.*

Kayak (Courses & Workshops)

Upcoming Courses:

**Paddle Canada Flatwater Course
Saturday May 24**

Minimum 8 hours

Cost \$55

For information on course content, please go to www.paddlingcanada.com. To register, please contact Patti Stevens at pattilou_333@yahoo.com.

**Paddle Canada Level 1 Course
Saturdays May 31+ June 7**

Minimum 12 hours

Cost \$90

For information on course content, please go to www.paddlingcanada.com. To register, please contact Patti Stevens at pattilou_333@yahoo.com

Wet-Exit + Assisted Rescue Workshop

Date + Location: TBD by members who register by May 15

Minimum 2 hours

To register, please contact Patti Stevens at pattilou_333@yahoo.com

Upcoming Paddlefests:

Ladysmith Paddlefest - Saturday May 10 + Sunday May 11 at Transfer Beach, Ladysmith. The tenth annual Paddlefest 2008 is a weekend-long festival with activities and events for paddlers of all ages and paddling abilities. Participants can attend this free event and enjoy a variety of activities including workshops, demonstrations and fun activities. For more information, please go to www.paddlefest.bc.ca.

Victoria Paddlefest - Sunday June 15 at Gyro Beach, Caboro Bay. The second annual MEC Victoria Paddlefest is a family event focused on education, fun, and safety on the water. This exciting one-day event hosts on-water courses and demonstrations and informative land-based seminars for beginner, intermediate, and advanced kayakers. For more information, please google: MEC Paddlefest Victoria.

VCKC BOOKS BOATS!

There is a small fleet of kayaks available for loan or rent to members, only. Two kayaks (one single and one double) are available at no charge to members and four kayaks (all singles) are available for club paddles only at a rate of \$10/kayak/day. All kayak loans/rentals include a Personal Flotation Device (PFD - "life jacket"), a paddle, a paddle float, a pump, and a throw line. For more information or to book a kayak, please contact Colin Ross at cdross@shaw.ca. Colin has agreed to check his e-mail every second day, so please contact him in as much advance notice as possible to avoid disappointment.

For Sale

16 foot Femat Canoe
\$350.00 OBO

Fibreglass, 66 lbs; full yoke; fixed bow and stern seats; blue top, white lower half.

Hand-laid in Ontario in mid-70s by Canadian white water canoe/kayak champion.

Enclosed bow and stern for white water use, 3 very light keels for flat-water tracking.

Minor cosmetic patches. Fast and a pleasure to paddle.

Contact Alan Bull vhps@shaw.ca or call 595-4199 if interested.



VCKC Executive

President		Voyageur Program	
Linda Thomson	592-4170	Don Munroe.....	385-2268
Vice President		Marathon Canoe Program	
Marie-Eve Tessier	386-5652	Ron Williams	380-7496
Treasurer		Education, Safety & Standards	
Sharron Rivest	478-2981	Doug Linton	727-0216
Secretary		Membership	
Tony Dalmyrn	483-5224	Muriel Johnson	391-0560
Past President		Clubhouse & Grounds	
Mile Petrovic	250-733-2013	Lawrence Irvine	920-3622
Program Directors		Directors-at-Large	
Canoe Program		Diane Nishimura	383-3080
Joy Newham	385-5876	Maris Ratel	592-7082
Sea Kayak Program		Executive Volunteer Positions	
Marianne West	885-1723	Ray Patts (Soc.Coord.)	294-4445
Dragon Boat Program		Harold Gillis (Newspaper).	598-9488
Mike Fox	391-0160	Maris Ratel (Boat & Locker Storage) ..	592-7082
Outrigger Program			
Keith Larusson	598-7193		

VCKC Calendar

