



Victoria Canoe and Kayak Club

Newsletter

October 2016

Victoria Canoe & Kayak Club 355 Gorge Road West Victoria, B.C. V9A 1M9
Phone: 250-590-8193 (Info only) Website: www.vckc.ca

Notices

1. **Annual Fall Clean-up:** Saturday, Nov. 5th 9am to 1pm
2. **Dragon Boat Tuck Away:** Tuesday, Oct. 4th at 6:45pm (Just prior to our **General Meeting**)
3. **Salmon Spawning Season:** Salmon have been seen already in the Gorge. Do not disturb their spawning.

NB: see calendar item on website for details; meet at the Clubhouse unless noted otherwise.

Fall Clean-up

Volunteers are needed for the annual fall clubhouse and grounds tidy-up. Please bring yourself and tools to help with garden/grounds and house interior cleanup on Saturday Nov. 5th. Any amount of time you can spare from 9:00 am to 1:00 pm will be appreciated.

Sandy Rattray

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Canoe Instructor Course

I have requests for a Lakewater canoe Instructor course in Victoria. The **RCABC Lakewater Instructor course** is designed to be 40 hours. I plan to offer the course Friday evenings to Sunday October 14-16 and then October 28-30. (Dates flexible depending on those interested.) Participants are expected to know Lake Canoe skills as the emphasis is on teaching skills. I can offer Paddle Canada Lake instructor levels but would need to discuss in detail with the participant. All instructor participants need to register with either RCABC or Paddle Canada. Recertification candidates are also welcome.

Cost:

- \$250 (VCKC Members willing to volunteer teach courses: \$100)
- Recertification: \$100
- VCKC volunteer instructors- free

Please contact me at ejames123@shaw.ca or leave a message at 250-885-8030

Ellie James

President's Update

As you read this Newsletter, you will see how busy the club has been in the last month, and how much work people are putting in for the enjoyment of other club members. On behalf of all those, including myself, who have had fun during these events, many thanks for all your hard work!

Linda Thomson, President

A REMINDER: Club members and visitors must **always** wear a properly fastened, CCG approved PFD, when paddling with the club or when using a club boat.

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BC Marine Trails Network Association

This Association works to maintain camping access along the BC coastline for paddlers. VCKC has been involved for many years, and we are looking for someone to be our current representative. Anyone who is interested can do it, but it is particularly suited to paddlers who do tripping. If you would like more information please contact me at president@vckc.ca.

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Winter Paddling

Fall is upon us and we are rapidly heading into winter paddling. Please review your paddling clothing, gear and safety equipment etc. No cotton, take spare clothes with you, a PFD that would still keep you afloat. If you have sat on it often over the summer, it might not!

Youth paddling at VCKC

The Marathon Program hosted day campers aged 10-14 for an enjoyable 2 days of paddling at VCKC on August 25 and 30. The campers were involved in the Saanich Neighbourhood Playground Programs. One of the camp leaders, Isabelle Cliche, has been a member of VCKC and was aware of VCKC's interest in getting kids on the water and in educating them about safe paddling practices. She asked if it would be possible to get the kids out paddling. The kids were excited to try it and we couldn't wait to help get them on the water!

The kids enjoyed the experience overall. They tried voyageur canoes on the first day. Toured the Gorge waterway and Portage Inlet in the morning and then after a lunch break raced the canoes a short distance in the afternoon. On the second day the kids enjoyed a dragon boat paddle which included a beach stop at the playground for some fun on land before paddling back to the clubhouse for lunch. In the afternoon the kids tried the tandem canoes. They had some fun learning how to maneuver the boats on their own. Afterwards a few of the kids participated in a short canoe race.

The feedback from the kids and camp leaders was that the kids really had fun and they thanked VCKC for the opportunity to get out on the water!

Darelle Butler

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## Canoe Program Update

As winter looms closer it's good to remember the good



times paddling in the summer (bears on your beach you had though to land on for lunch excluded), and not to forget that we still get out onto the water all winter. For the river canoeists the winter brings rain so they can get back to the good play spots.

The first canoe course LW1, basic tandem, is available on Sept 25 or Oct 15. LW2, basic solo canoeing, is offered on Oct 1. The moving water course MW1 will be offered on Oct 22/23 (water level dependent). You

need to have first taken LW1 and be comfortable in a canoe but the river helps speed up your stroke development. More than flatwater, moving water lets you know when you do something wrong. If you are interested in other canoe courses such as LW3 or 4 or MW2, please email me.

After a summer of beautiful evenings for Canoes day drop in paddling, we will be running leader-led paddles during the shorter winter days. Check the calendar for dates and times.

David Dorosz

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Dragon Boat Program Update

Our race season is now completed. In total, team "Blue Herons" raced in five festivals and received medals in three – Gorge Sprints, Guts 'n Glory and Gorge Fest.



Our own Guts 'n Glory festival held in July was a hit! We received positive feedback from everyone that participated. Thank you to our sponsors and to all the volunteers that helped out to make everything run smoothly and ensured that fun was had by all. To date we raised over \$2,000 for the club.

During the season, in midst of practices, festivals and team potluck BBQs our team volunteered in Ironman,



Canada Day Gorge party and donated blood! Thanks to **Kim C** who organized the "blood donation-/dinner" evening together. Now that's team spirit!!

We had our end of season wind up party Hawaiian Luau style! Thanks to **Mile** who was in charge of the pig roast and to **Marylee Alexander**

who came out to teach us how to Hula Dance !! The



evening was wrapped up with a video that Kim put together of our team throughout the season. Oh, what fun we have had together!!

We are looking ahead to next year and recruiting more paddlers and steers. So in Sept we held two successful "Jump in the Boat" sessions- An opportunity to give new people to paddle in a dragon boat and to try steering. More of these sessions will be planned for the New Year. Contact us if you'd like to receive future DB updates! We are recruiting now for 2017 -Paddlers, Steers and Coaches!



We'll be putting the Dragon boat to bed Tues Oct4th before the start of the General meeting. We could use all the help and expertise that could help out! We'll meet at the Clubhouse at 6:45. Afterwards, at that General Meeting Kim will be sharing the delightful collage of pictures and videos that she had put together throughout our season together. I hope that you will join us.

Paula Gough & Kim Capson

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## Voyageur Program Update



As much as our summer trip was magical, there was some serious research done that our team would like to share with you. Some of it makes me quite tired as I read it.

Some calculations from *Mark*:...

- We had two people in the stern, Tim for the first three days and Ken for the last two.
- Ken used the very long and heavy steering paddle exclusively. Tim also used this paddle, which is



intended just for steering. However, perhaps a third of the time he also used another oversized paddle that was somewhat less lengthy and heavy. It allowed him to paddle as well as to steer. So between the two of them I estimated that they amounted to roughly 20% of a regular paddler, which means in total that we had about 9.2 people paddling.

- We were taking about 45 strokes per minute and over the five days we paddled for about 24 hours.



That works out to roughly 64,800 strokes that each of our 9.2 paddlers paddled, or collectively, we took about 600,000 strokes.

- Tim estimated that we paddled about 58½ nautical miles. Each single stroke on average moved the boat forward about 7 inches or 18 centimetres.
- Not taking current into account, our average speed was roughly 2.4 nautical miles per hour or 4.5 km/h. Our actual speed in the open water would be a bit higher, likely around 2.7 nm/h or 5 km/h.
- Based on estimates of the weight of the boat, the crew's weight and the weight of our gear, each paddler on average moved about 290 pounds throughout the trip.

Next summer we might do some further study with our different models of Big Canoes. Enjoy the photos of the research team at work.

Good job Crew!  
Mark Sondheim and Tim Marks

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Outrigger Program Update

The outrigger program has some really good news.

We have been approved by the VCKC executive to go ahead and order a brand new OC6. We'll be placing the order in the next few days and hope to have the new boat in four months.

We put together a group of seven outrigger paddlers that represent a good cross section of outrigger paddlers in VCKC. The idea was to choose a boat that should suit just about everyone.

The committee called many paddling clubs from all over the West Coast. This included clubs as far south as San Diego, California and as far west as Winnipeg, Manitoba.

The boat our selection committee chose after a great deal of investigative work is a Mirage OC6. This is a boat that is recognized by every club we talked to as a very good OC6.

The Mirage will be considerably lighter than the Calmars we are used to. They are also a faster and more easily steered OC6.

As we are getting close to fall and winter temperatures, I would like to point out that there are a number of paddlers that haven't completed a huli.

Club rules state that a member must have completed a huli in the last two years, otherwise you cannot paddle in an outrigger canoe.

So if you are one of those who have not done a huli, this would be a good time to do it before temperatures fall.

Email me if you would like or need to do a huli.

If you have been on a team that completed it with out letting me know, please send me the date and the team members that you did it with.

The OC6 that was at Cadboro Bay is back at VCKC and regular scheduling can be started again. Thanks to Bon Lee, Susan Lee, Molly Hamilton, Jennifer Yee, Norm MacDonell and yours truly for bringing it back.

Please look at the "Spares List" on the VCKC website and make sure all your information is correct. If it needs changing, please let me know by email.

Our VCKC website contains a lot of information, so please use it. A lot of time and effort goes into it! Thank you to Victoria Mann for making it work.

Outrigger paddlers Jim Charlie and Haley Sylvester, just got back from competing in the Queen Lili'uokalani race in Hawaii. If you see the couple, give them a high 5 for they represented our club quite well. Haley is the better looking one of the two. They both did great!!

Ron Williams, at the young age of 76, just finished racing in the US Nationals. He finished in the top three, as expected by those who know him. Who says you can't compete when you get to be a Senior!!

Once again, thanks for filling the sign out sheets and rinsing off the boats after each use.

Cheers,

Shawn and Molly

P.S. A special thanks to the selection committee, consisting of Molly Hamilton, Sandy Rattray, Laurie Page, Anne Ardiel, Jen Yee, Mark Sondheim, and yours truly for taking the time to ensure VCKC gets the "right" OC6

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## Prevost Island Trip Report

The planned trip took place on Sunday, 11th September 2016. Numbers were lower than expected, possibly due to the Dragonboat Section's season-ending barbeque that evening. (As that event wasn't on the main Club calendar, I was unaware of the event, which was a pity.) There were 4 boats – a tandem canoe, a solo kayak, a double kayak and a crossbreed Sea-1 canoe, paddled with a kayak blade. The forecast has strong northerly winds in the early morning, and freshening again later in the afternoon, but the window of light winds arrived on time just as we set off from Welbury Bay, opposite the Long Harbour ferry terminal. There is a nice walking

ramp and set of steps down to the beach, which has more barnacled rocks than sand - could be a useful day's project to clear off the rocks and create a better launch corridor.

Down Welbury Bay with the wind behind us and then across Captain Passage to the westerly tip of Prevost. Some waves nearing the island due to wind over flood tide effects but nothing special. While Prevost Island has very few buildings on its shores, Secret Island is chock-a-block with small island cottages, each with its own dock on the north east shore, the sheltered side. And obviously used; we saw more people by the boats and cottages there than on the Saltspring shore of Welbury. Down by the Acland Islands and across Ellen Bay to the Red Islets, where we stopped for lunch. No camping is allowed on these islets since they became part of the Gulf Islands National Park Reserve, but there is a nice shell beach for landing and logs to sit on. The sun shone and the wind dropped to under 5 knots. Lots of ferries plying the local channels, but the newer vessels don't produce much wake, so our waiting boats weren't disturbed as they rested on the beach, half in the water. Round by Portlock Point, named after an early fur trader on the Pacific Coast and not, as I'd half hoped after the home of the man who interrupted Coleridge in the composition of his poem Kubla Khan. But he was from Porlock, not Portlock. Then the long, straight paddle up the north east side of Prevost. We went via Hawkins Island – really 3 islets. There used to be a fish-farm between it and Prevost, but it is long gone, with only a small raft loaded with remnants of equipment remaining. Landing is possible on the northern islet, and possibly a campsite for one or two tents, but we didn't stop to explore.

Round Peile Point and into James Bay, the provincial park on Prevost Island. The park includes all of Peile Point and all but the Selby Point western tip of James Bay. It also runs to the western shore of Selby Cove, but only to the high tide line. We paddled in to the campsite on the west side of the bay and walked into the old orchard. Plenty apples and plums for the picking. I took home 4 lbs/2kgs of very ripe blue plums and made 6 jars of jam on our return home. There is a picnic table at the campsite closest to the beach, and possibly more further along the ridge of sites. I don't know if there are any trails in the expanded park – didn't used to be when it was smaller; something to explore on another trip. Finally, back to Welbury Bay and the take-out. With a high tide, there is essentially no beach, so we landed the canoe, moved it up to the road and then, one by one, landed and carried the kayaks up. The trip lasted about 5 hours, 4 on the water, one on shore. Then off to our

respective ferries – Roger to Vesuvius for the crossing to Crofton, Barbara and Ron, Andre and Linda and me to Fulford Harbour. A good day on the water, only one other paddle craft seen all day, a double kayak at James Bay.

Where have all the paddlers gone? (or was that poppies?)

Alan Thomson



The Blue Herons

## October 2016 Events Calendar

| Sunday                                         | Monday | Tuesday                                  | Wednesday | Thursday | Friday                                    | Saturday                                              |
|------------------------------------------------|--------|------------------------------------------|-----------|----------|-------------------------------------------|-------------------------------------------------------|
| 25<br>8:00 AM<br>Lakewater 1 - Basic<br>Tandem | 26     | 27                                       | 28        | 29       | 30                                        | Oct 1<br>8:00 AM<br>Lakewater 2 - Basic<br>Solo       |
| 2                                              | 3      | 4<br>7:30 PM<br>VCKC General Meeting     | 5         | 6        | 7                                         | 8                                                     |
| 9                                              | 10     | 11<br>7:00 PM<br>Executive Meeting       | 12        | 13       | 14                                        | 15<br>8:00 AM<br>Lakewater 1 - Basic<br>Tandem        |
| 16                                             | 17     | 18                                       | 19        | 20       | 21<br>10:00 AM<br>Camosun Canoe<br>Course | 22<br>8:00 AM<br>Moving Water 1 -<br>Tandem           |
| 23<br>8:00 AM<br>Moving Water 1 -<br>Tandem    | 24     | 25                                       | 26        | 27       | 28<br>10:00 AM<br>Camosun Canoe<br>Course | 29                                                    |
| 30                                             | 31     | Nov 1<br>7:30 PM<br>VCKC General Meeting | 2         | 3        | 4<br>10:00 AM<br>Camosun Canoe<br>Course  | 5<br>9:00 AM<br>Fall Clean-up:<br>Clubhouse & Grounds |

### Club Contact Information

#### Officers

|                                 |                                                                            |
|---------------------------------|----------------------------------------------------------------------------|
| President<br>Linda Thomson      | <a href="mailto:president@vckc.ca">president@vckc.ca</a>                   |
| Vice-president<br>Joe Boyd      | <a href="mailto:vpresident@vckc.ca">vpresident@vckc.ca</a><br>250 386-6004 |
| Treasurer<br>Bon Lee            | <a href="mailto:treasurer@vckc.ca">treasurer@vckc.ca</a>                   |
| Secretary<br>Hélène Poulin      | <a href="mailto:secretary@vckc.ca">secretary@vckc.ca</a>                   |
| Past President<br>Jean Chandler | <a href="mailto:pastpres@vckc.ca">pastpres@vckc.ca</a><br>250 727-6923     |

#### Program Directors

|                                                   |                                                                          |
|---------------------------------------------------|--------------------------------------------------------------------------|
| Canoe Program<br>David Dorosz                     | <a href="mailto:canoe@vckc.ca">canoe@vckc.ca</a>                         |
| Dragonboat Program<br>Paula Gough<br>& Kim Capson | <a href="mailto:dragonboat@vckc.ca">dragonboat@vckc.ca</a>               |
| Kayak Program<br>Roy Scully                       | <a href="mailto:kayak@vckc.ca">kayak@vckc.ca</a>                         |
| Outrigger Program<br>Shawn Hamilton               | <a href="mailto:outrigger@vckc.ca">outrigger@vckc.ca</a><br>250 900-0540 |
| Marathon Canoe Program<br>Darrelle Butler         | <a href="mailto:marathon@vckc.ca">marathon@vckc.ca</a>                   |
| Voyageur Program<br>Tim Marks                     | <a href="mailto:voyageur@vckc.ca">voyageur@vckc.ca</a>                   |

#### Other Executive

|                                                           |                                                                          |
|-----------------------------------------------------------|--------------------------------------------------------------------------|
| Education, Standards & Safety<br>Ellie James              | <a href="mailto:safety@vckc.ca">safety@vckc.ca</a><br>250 885-8030       |
| Membership<br>Muriel Johnson                              | <a href="mailto:membership@vckc.ca">membership@vckc.ca</a>               |
| Clubhouse and Grounds<br>(maintenance)<br>Sandy Rattray   | <a href="mailto:clubhouse@vckc.ca">clubhouse@vckc.ca</a><br>250 386-9144 |
| Boat & Locker Storage<br>Arthur Caldicott                 | <a href="mailto:storage@vckc.ca">storage@vckc.ca</a>                     |
| Director at Large (social)                                | <a href="mailto:director1@vckc.ca">director1@vckc.ca</a>                 |
| Director at Large<br>(events& volunteers)<br>Jennifer Yee | <a href="mailto:director2@vckc.ca">director2@vckc.ca</a>                 |
| Director at Large<br>(events& volunteers)<br>Bill Buckley | <a href="mailto:director3@vckc.ca">director3@vckc.ca</a>                 |

#### Executive Appointed Positions

|                                   |                                                            |
|-----------------------------------|------------------------------------------------------------|
| Newsletter Editor<br>Ron Crabtree | <a href="mailto:newsletter@vckc.ca">newsletter@vckc.ca</a> |
| Webmaster<br>Victoria Mann        | <a href="mailto:webmaster@vckc.ca">webmaster@vckc.ca</a>   |