



Victoria Canoe and Kayak Club

Newsletter

May 2017

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

Dates to Remember

May 2 - General Meeting starts at 7:30 pm. Presentation will be on the Victoria Waterways Loop.
May 13/14 Frost Free Weekend Trip
May 20 - Switchblade Paddle Sport Race
May 28 - Power 2 B Corporate Fundraiser
June 4 - Ironman Triathlon

NB: See calendar item on website for details; meet at the clubhouse unless noted otherwise

Executive News

Next General Meeting Presentation

The upcoming General Meeting on May 2nd will have a presentation and update from John Rogers on the Victoria Waterways Loop Project. The 'Loop' project aims to establish amenities for a paddle and portage route between Victoria and Esquimalt Harbours. This update will be of interest to anyone who paddles the ocean waters that are right here in the city. (article in last newsletter)

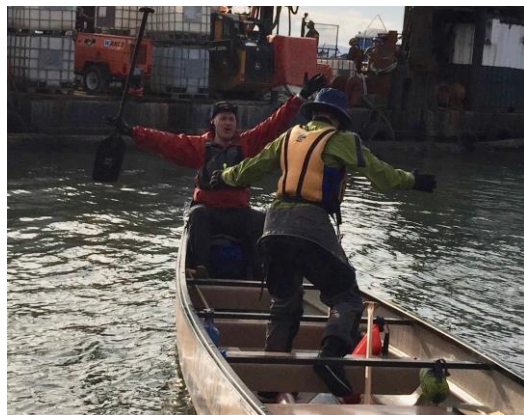
President's Update

Spring at VCKC is now in full swing. April saw several successful events - Paddle for the Kids, Wake Up the Gorge, Shoreline Clean-up, and Running of the Cows. There was even a long weekend in there when nothing was planned.

The clubhouse was used for two days as a movie set, playing the role of a canoe-themed coffee shop. Add to all that, some public works improvements happening in the parking lot, and we have a busy facility.

The month of May looks almost as busy. There are canoe and kayak courses offered every weekend. The Marathon program's multi-paddle discipline Switch Blade Race will be held on May 20th. This will also be the month when the summer brigades come together, some departing for Ottawa soon. Keep track of it all at www.vckc.ca. We have a great summer ahead of us still.

Joe Boyd, President



Many thanks for the flowers and cards from the VCKC executive and members. Your support during this difficult time is much appreciated. I'll likely be away for a while yet as I have many duties regarding my son's estate.

Jean Chandler

VOLUNTEERS

NEEDED

We are actively looking for volunteers to support the following events.

May 20 - *Switchblade Paddle Sport Race*

Contact Darrelle Butler marathon@vckc.ca

May 28th - *Power 2 B Corporate Fundraiser*- Beaver Lake (looking for 6 helpers and 1 stern)

Contact Don Munroe voyageurguy@shaw.ca

June 4 – *Victoria Ironman* Contact Jennifer Yee director2@vckc.ca

June 10 - *Big Brothers and Sisters* - Esquimalt Gorge Park

Contact Mile Petrovic mile.petrovic@shaw.ca

July - *1 Canada Day Gorge Paddle*

Contact Alan Thomson littoral@shaw.ca

Sat July 22. *Guts 'n Glory Dragon Boat Festival* Contact Kim/Paula
@ vckc.dragonboat.bc@gmail.com

2016 IRONMAN 70.3 Triathlon! We iced, we poured, we cheered, we worked on our tans and got to know people we usually only see in boats. We had a great day in a park, and came home tired, dusty and proud to have had a small part in an inspiring inaugural event. And we made money, too!

IRONMAN 70.3 (also known as Half Ironman) will be back again this year - on Sunday, [June 4th](#) and VCKC is looking

for volunteers to double down on last year's fun and the fundraising, too.



Last year's volunteers

The stipend for volunteer organizations is quite generous and it all goes directly to benefit club activities. This is the 3rd year VCKC will at this event. I'm looking for a team to join me again in staffing a Run Aid Station on the course of the Victoria Ironman Triathlon.

Your time commitment is for one shift of 4 hours (longer if you're able) from 7:30 a.m. to 2:30 p.m. at Beaver Lake. Last year's volunteers reported a fun day, filled with opportunities to observe and assist elite athletes, all while raising over \$1,000.00.



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If you are interested and want to know more please contact Jennifer Yee. I'll send additional details and answers to any questions to everyone who responds. Thank you for considering coming out for this volunteer opportunity, and I

Let it Riders first picnic outside- Judy Lenard, Sandy Rattray, Kim White, Louise Alexander and Leona Doucet.

Canoe Program Update

The weather is getting warmer and so is the water in the Gorge, one of the nice things to discover when doing rescues during courses. Speaking of courses we do have more coming up:

Lakewater 1 - May 13

Lakewater 2 - May 21 (Formerly was May 20)

Lakewater 3 - June 10th

Lakewater 4 - June 11th

Kayak Program Update

There have been some changes to the kayak course schedule since the last newsletter was printed. The Kayak Level 1 Skills course, originally scheduled for April 22nd and 23rd, has been cancelled due to insufficient registration. We require a minimum of 4 participants for the two-day courses. However, we have scheduled two additional Kayak Basic Skills courses in response to the number of people on a waitlist for this course. The new schedule is as follows.

April 23 - Kayak Basic Skills

May 7 - Kayak Basic Skills

May 13 - Kayak Basic Skills

June 3 / 4 - Kayak Level 1 Skills

You can register for any of our courses (except the April 23rd course which is full) by going to the website calendar, clicking on the course and following the prompts.

We now have 5 kayaks available for members. Our new kayak arrived in time for our April 2nd course and has already seen some use by members to practice their paddle strokes.

Club kayaks are available for club sanctioned paddles (day trips and camping), kayak courses, and clinics. These kayaks are also available to VCKC members for personal use on the Gorge Waterway - on the club side of the Tillicum Bridge only. Members must have successfully completed the Paddle Canada Kayak Basic Skills course or have equivalent skills. Members using club kayaks must always paddle with one or more paddlers. If you would like to borrow a club kayak contact Linda Hall at kayakbooking@vckc.ca to reserve one.

June is fast approaching when any member interested in practicing their canoe and/or kayak paddle strokes can meet on the water at the clubhouse to get some coaching from the club instructors. Keep your eye on the calendar for the start date for these fun evening paddles.

Happy paddling!

Linda Hall

Ocean River Sports Paddle Club Member
Appreciation Night May 10th

The Paddle Club Member Appreciation
Night will be from 6pm -7:30pm on May
10th.

Come and enjoy VIP deals on paddle gear
and have a chance of winning a New Eno
Single Nest Hammock

Join author Dennis Minaker for a Gorge
Historical Walk Saturday May 20 at 2pm or,
Monday June 19 at 7pm Both start at the VCKC
Clubhouse. Free. Some stairs 250 385 8884

Dragon Boat Program Update



Thanks to everyone for the great turn out to help move the big boat to the water. All went smoothly and now sits tied off the dock. What a grand sight to see!

Our two “Learn to Paddle” sessions were a success with over 30 new people introduced to Dragonboating.

Many thanks to Bon, Mile and Jen for sharing their knowledge. With lots of positive feedback from our keen new paddlers we look forward to seeing them at regular practice.

Our 2017 season is now off to a grand start!!

Practice Times: Tuesday and Thursday 5:30-7pm

Women’s Team - “Blue Herons”
(returns from last year)

– coached by Bon and Mile as steer.

Mixed Team* – coached by Jen Y.

**Still needing a steer.

*We are looking for more paddlers for this team; contact us if you would like to give it a go! **We have a couple of people who can steer but are unable to make the twice, weekly commitment. Please contact us if you are interested in this position, even if one day a week. It’ll make you feel great!!



The Blue Herons first race is scheduled for *May 28, Fairway Gorge Super Sprints!*

Our mixed team will get some practices in first before deciding as a team if they want to make this their first race of the season too.

- Paula Gough and Kim Capson -

Switchblade Paddle Sport Race

Saturday, May 20 - hosted by VCKC

Organize your team or support your club by volunteering for this exciting race!

Mixed teams of six paddlers each compete in this exciting race. First a paddler from each team competes in one of the small boat races, which include kayak, SUP, tandem canoe, OC1 or surf ski. Then all team members paddle in an OC6 together for the final leg of the race. The winning team has the shortest cumulative time. After a day of racing, racers and volunteers gather at the Clubhouse to share a meal and stories from the day!

Register for the race on the VCKC website.

If you are interested in volunteering or for more information please contact Darrelle Butler at marathon@vckc.ca

Paddle for the Kids 2017 went off without incident and we raised over \$14 K for Camp Shawinigan. This brings our Voyageur main event to a close.

Still on the Voyageur Calendar is support to the following programs. If you can volunteer please contact the following:

Power to Be Corporate Fundraiser at Beaver Lake 4 Voyageurs May 28 contact Don Munroe
Big Brothers and Sisters at Esquimalt Gorge Park June 10 contact Mile Petrovic
Canada Day Gorge Paddle July 1 contact Alan Thomson

For those who have signed up for the 150th celebration brigades have a safe and enjoyable time on the water.

Phil McEvoy
VCKC Voyageur Director



2017 Wake Up the Gorge, Chills, Spills & Tremendous Fun For All

Variety is the spice of life, & we sure had it at this year's WUTG.

First, the chills: The weather was chilly, with clouds, sun & rain keeping things interesting. This was great for the sale of chili & soup. The participants were only too willing to give their all to both win the heat and warm up. We had some terrific races.

The spills: One of our crews hulled in their second heat of the day. What a rude awakening!

When the sun did come out, paddlers danced to the music provided by our MC Robin Deans.

A big thank you to our sponsors, SaveOn Foods, Westside Mall, for providing food & the tent, Cobs Bakery, Oak Bay, for the wonderful bread & gifts, Home Hardware, Health Essentials, Gorgeous Coffee, Wendy Clapp & Helmcken Market. Their generosity helped make this event sparkle.

- Ralph Rossman -





VCKC Annual Frost-Free weekend – May 13th/14th 2017

It has been a Club tradition for some 30 years to have the first camping trip of the season on the Mother's Day weekend. This is the time of year after which no overnight frosts are expected, and it is safe to plant the more tender seedlings.

The trip consists of a paddle by canoe, kayak, voyageur – I suppose you could paddleboard it, too – out to Portland Island on Saturday morning; spending the rest of the day there, having a barbecue in the evening; and going to be back at Swartz Bay around lunch time on the Sunday, thus leaving time to get home and do the Mother's Day observances.

Details

The trip will start from the public wharf at the foot of Barnacle Road, which turns off Dolphin Road, just behind (south of) the ferry terminal at Swartz Bay. There may be some parking on Barnacle Road, otherwise the drill is to unload boats and gear, then take the vehicles and park them in the ferry terminal parking lot. It is about a 3-5 minute walk back to the dock. There is a beach beside the dock where the canoes and kayaks can be loaded and then it is about 1½ hour's paddling (3 nautical miles or 5kms) to the Princess Bay campsite on the south side of Portland Island. If numbers are small, we may decide to use the Shell Beach site on the west side. After setting up camp, there will be time to paddle round the island or to walk the trails that cross and circle it.

At dinner time, we will set up a couple for barbecues for everyone to cook their dinner; baked potatoes will be provided, as will a fruit 'grunt' for dessert. No fires, this being in the Southern Gulf Island National Park Reserve, but the evenings are usually pleasantly warm. Sunday morning has time for a leisurely breakfast, breaking of camp and getting ready for the paddle back to the Island.

You will need to bring camping gear – tent, cooking equipment, enough water, and food for the trip. Details provided if needed. To take part, you should have taken the basic kayaking or canoeing course. A voyageur canoe could be used if the need arises.

Contact Alan Thomson at 3135thom@islandnet.com or 250-592-4170 if you are interested.



Participants from a previous trip gathering for breakfast

Saturday May 22 was the day to clean up the Clubhouse both inside and out, and the waterway. Thanks to all the volunteers who helped.



May 2017 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	May 1	2	3	4	5	6
Moving Water 2 - Solo						
Running of the Cowichan		7:30 PM VCKC General Meeting				
7	8	9	10	11	12	13
Moving Water 2 - Solo						
8:00 AM Kayak Basic Skills Course		7:00 PM Executive Meeting				8:00 AM Kayak Basic Skills Course
						8:00 AM Lakewater 1 - Basic Tandem
14	15	16	17	18	19	20
Moving Water 2 - Solo						
			7:00 PM GWI Steering Committee Meeting			8:00 AM Switchblade Paddlesport Relay Races
21	22	23	24	25	26	27
Moving Water 2 - Solo						
8:00 AM Lakewater 2 - Basic Solo						
28	29	30	31	Jun 1	2	3
						Level 1 Sea Kayak Skills - 2 day course

Club Contact Information

Officers

President	president@vckc.ca
Joe Boyd	
Vice-president	vpresident@vckc.ca
Tim Marks	
Treasurer	treasurer@vckc.ca
Mark Sondheim	
Secretary	secretary@vckc.ca
Hélène Poulin	
Past President	pastpres@vckc.ca
Linda Thomson	

Program Directors

Canoe Program	canoe@vckc.ca
David Dorosz	
Dragonboat Program	dragonboat@vckc.ca
Paula Gough & Kim Capson	
Kayak Program	kayak@vckc.ca
Roy Scully	
Outrigger Program	outrigger@vckc.ca
Ralph Rossman	
Marathon Canoe Program	marathon@vckc.ca
Darrelle Butler	
Voyageur Program	voyageur@vckc.ca
James (Phil) McEvoy	

Other Executive

Education, Standards & Safety	safety@vckc.ca
Ken Gibbard	
Membership	membership@vckc.ca
Muriel Johnson	
Clubhouse and Grounds	
(maintenance)	clubhouse@vckc.ca
Sandy Rattray	
Boat & Locker Storage	storage@vckc.ca
Arthur Caldicott	
Director at Large (social)	director1@vckc.ca
Jean Chandler	
Director at Large	
(events& volunteers)	director2@vckc.ca
Jennifer Yee	
Director at Large	
(events& volunteers)	director3@vckc.ca
Bill Buckley	

Executive Appointed Positions

Newsletter Editor	newsletter@vckc.ca
Susan Logan	
Webmasters	webmaster@vckc.ca
Victoria Mann/Arthur Caldicott	