



# Victoria Canoe and Kayak Club

## Newsletter

### December 2017

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

#### Dates to Remember

**Christmas Decorating Party:** Saturday December 2nd, 10 am to noon - potluck lunch to follow  
**Christmas Party:** Tuesday December 5th - 4:30 Canoe Lights Parade, Potluck dinner at 5:30. Bring Food Bank item - see article below  
**Lights on the Gorge:** Gorge-Tillicum Community Association annual holiday classic, Sunday December 17th, 1 pm to 5:30 - VCKC members welcome  
**Annual VCKC New Year's Day Paddle:** 10:30 am on January 1st. Bring your own boat or paddle in one of our big boats (Outrigger, Dragon Boat, Voyageur)  
**VCKC's Annual General Meeting:** The Annual General Meeting will be held on Tuesday January 9th. which is the second Tuesday in January. Elections for the 2017 Executive will be held at the AGM

#### President's Message

Check our calendar and the articles below - there is plenty going on at VCKC during December:

- ✓ a Christmas party,
- ✓ a light-up parade on the Gorge, and
- ✓ a lantern festival from the Gorge Tillicum Community Association.

Also to start the year off we will have our Annual New Years Day Paddle. Look for more details in the next issue.

The VCKC AGM will be held on Tuesday January 9th. Remember, this is the second Tuesday of the month. We will be presenting our results from the year past, and our plans for the year ahead. 2018 will be a big year for our club, as she will be turning 50! Your input and participation help VCKC be a better club. Hope to see you there.

**Joe Boyd, President**

**Lights on the Gorge: Sunday, December 17, 1:00 – 6:00 pm**, at the Victoria Canoe and Kayak Club and Gorge-ous Café. An informal, local, multicultural celebration of light will be back just before Winter Solstice this year: music, readings and more.

#### EXECUTIVE NOMINATIONS FOR 2018

The AGM is only one Executive Meetings away, so it is time to plan!

All Executive positions are for one year and are eligible for voting at the next AGM in January 2018. The expectation of the Vice-President is that the person will carry on to president, but it is a one-year position.

Some of the current Executive would like to continue, but if anyone is interested in a particular position or would like to come onto the Executive as a Director at Large for a year and learn how the Executive functions, please contact Linda Thomson at [pastpres@vckc.ca](mailto:pastpres@vckc.ca) phone: 250-592 4170, or any other member of the Executive.

If you know of anyone whom you think would be interested or you would recommend for a position, again, please let us know. Positions can be shared, as is the case at the moment in the Dragonboat Program, although the position will still have just one vote.

Meanwhile, come to one of the next Executive meetings and observe. All meetings are open to a club member.

## Changes to Payment Policy

All payments for membership, storage, and course fees must now be made through PayPal, or Cheque (if you are really not comfortable with PayPal). If you use a cheque, then please make sure that all fields are completed correctly and that you indicate on the cheque exactly what it is for.

Similarly, anyone that is to be reimbursed by the club will be paid by direct deposit if you bank at Coast Capital or by e-Transfer if you do not. If you require payment by cheque instead, then that is okay as well, although either of the first two methods is preferred. If you receive a cheque from VCKC, please deposit it within two weeks.

As Treasurer, I have requested these policies changes because: (i) they constitute better financial management for the club, (ii) it is easier to track funds coming in and going out, and (iii) it is easier for me!

I apologize for any inconvenience this no-cash policy may cause. However, as the club now has more than 500 members, it is particularly important that we operate in an efficient fashion. Thanks very much for your understanding.

**Loophole!** There will be an exception to this procedure one day a year. Payment in cash at the AGM will be accepted. However cash payment must be as follows: (i) only bills will be accepted - no coins; (ii) the bills must be in an envelope; (iii) the envelope must have your name clearly legible on it, as well as an indication as to what the payment is for (e.g., membership-individual, membership-family, storage-indoors, storage-outdoors). The envelope must be handed to either Muriel Johnson or me. Cash will not be accepted at any other time.

Happy Paddling - Mark

*Mark Sondheim, VCKC Treasurer*

## **MEMBERSHIP 2018**

Membership renewal for 2018 is fast approaching. Current memberships will expire December 31<sup>st</sup> and can be renewed during the month of December. A reminder will be sent if the membership has not been renewed, and will be termed "lapsed" after a short period.

Please login to your profile at [www.vckc.ca](http://www.vckc.ca) using your email and password and verify that the information provided is correct and then renew your membership. Those who are designated as Family Administrators, renewal will include yourself and all your family members.

After a membership has lapsed, members can still renew as described above. Family Administrators may renew their membership but the family members will remain lapsed and each will have to renew individually.

***A number of Family Administrators, who renewed their 2016 memberships after they had lapsed, will find that their family members are still lapsed and are no longer counted as members for 2017.***

Please don't let this happen to you – renew on time!

A message from your very friendly **Membership Director - Muriel Johnson**

## VCKC Christmas Party and Boat Parade

The holiday season is fast approaching and VCKC will be kicking it off in a big way this year with a boat parade and potluck!

Let's get the Clubhouse decorated, **Saturday, December 2**

If you can help with the decorating please meet Mavis at the Clubhouse for a 10:00am start. After the decorating enjoy a small well deserved potluck lunch. Please bring something to share.

Boat light up, parade and potluck, **Tuesday, December 5**

3:30-4:00 Boat decorating.

4:30 Boat parade start.

Volunteers are still needed to decorate boats. Please let your Program Director know if you will be decorating a boat by Saturday, Dec 2. A prize will be awarded to the best small boat and the best big boat.

4:00-5:45 We will be collecting donations and handing out hot chocolate and candy canes to the public. Fairway Markets has generously provided the refreshments and proceeds will go to Cool Aid Society.

6:00 Potluck dinner

After the parade club members will all celebrate the season in the Clubhouse with our annual Christmas Potluck. Please bring a dish to share. Mary and Laureen will be selling 50/50 tickets with proceeds going to Cool Aid Society.

Please spread the word... We hope the community will come out to enjoy a hot chocolate while watching the boat parade.

If you can volunteer and haven't already let Darrelle know please send her an email at:  
[marathon@vckc.ca](mailto:marathon@vckc.ca)

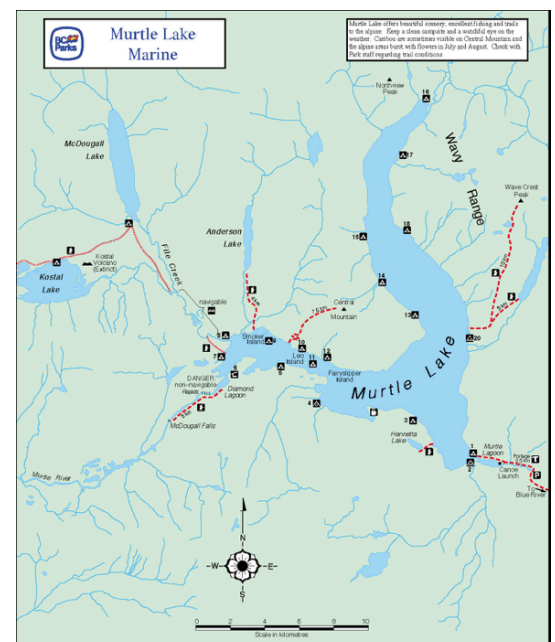
## Canoe Program Update

Let's celebrate the Club hitting 50 years young, in the best way possible by paddling. So... the canoe section is going to lead a paddling trip to Murtle Lake.

Murtle Lake is the largest lake in North America that is restricted to only paddlecraft (except for the park boat). Google photos of the lake, it looks amazing. It offers mountains, bears, moose, big trout, wilderness camping combined with designated tenting sites and sand beaches. The one catch is that group size is limited to ten persons, and there is a portage to get to the lake (that keeps out the power boats).

We could if there is enough interest have two groups, and maybe circumnavigate the lake in different directions. We will start with ten spots and then create a wait list. We will arrive to portage to the lake on Sunday August 12 and leave Saturday August 18<sup>th</sup>. I'll send out an email when we will put the sign up online in December.

**David Dorosz – Canoe Director**



## Dragon Boat Recruiting for 2018 season!!



In addition to our returning women's team, we have some interest in forming a mixed team and we **need more men and ladies** to make this happen. Contact us if you have an inner dragon that you would like to unleash. **No experience necessary. Just a desire to learn, race and play/paddle well with others**

We will have a "Kick-Off" meeting in February and "Learn to Paddle" sessions in March. Dates TBA. Just let us know if you are interested and we can keep you posted on any new developments.

We also are on the lookout for **coaches and steer people**. We can't have a team(s) without these very important people. The past few years we have mostly relied on the commitment of 2 amazing volunteers (Bon and Mile) in these positions. It would be good to have some new faces to share in the fun and to share their knowledge and experience of this racing sport.

In recent years, the team typically partakes in 5 festivals (4 in Victoria and 1 in Nanaimo). This year, in addition to, there seems to be a "buzz" on getting to Portland for the Rose Festival Dragon boat races.

One of the Victoria races is our own club hosted race- VCKC's Guts'n **Glory!** The date has been set for July 21, 2018! AND it will be a Dragon Boat Canada qualifier!

Well, that's our news for Dec. Keep an eye out for the dragon boat. It will be lit up for VCKC's Christmas Boat Parade and out on the water Saturday afternoons with the UVIC team.



Merry Christmas!

**Paula Gough and Kim Capson**  
**Co-Directors VCKC Dragon Boat Program**  
vckc.dragonboat.bc@gmail.com

## Kayak Program Update

The kayak program has reorganized the storage of club kayaks. All club kayaks are now stored together on the left side of the storage room as you enter from the outside. The club kayaks are all numbered, for easy identification, and soon the storage spaces will also be numbered. All of this is designed to keep our kayaks out of the spaces allocated for member's kayaks. This was a minor issue last season.

We are working on a few more ideas for workshops/clinics to take place in the new year, so keep your eye on the calendar. If you have ideas for workshops/clinics please send them to [kayak@vckc.ca](mailto:kayak@vckc.ca). Also, if you have marine or kayak knowledge and skills that you are willing to share with VCKC members, please let us know and we will schedule a clinic and post it on the calendar.

Just a reminder: Club kayaks are available for courses, clinics and club sanctioned paddles (day trips and camping). 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](mailto:kayakbooking@vckc.ca) to reserve one. Please note: it is important to use the [kayakbooking@vckc.ca](mailto:kayakbooking@vckc.ca) email address when requesting a kayak.

Happy holiday paddling everyone!

Linda Hall

## Marathon Canoe Program Update

What's new in the Marathon program? The secret is out, regardless of the type of craft you're racing, marathon canoeing will improve your racing skills.

In the last 2 months, our Saturday morning sessions have ballooned to a point where the demand has surpassed the number of canoes available. Many of the paddlers joining us on Saturday morning are from the general racing community. So far the program has managed to cover the short fall of club canoes with privately own canoes. Only once did we turn a paddler away. Thanks to those who have allowed the usage of privately own canoes to the marathon program.

Saturday also includes some social time after our practice session. With the large number of paddlers after the practice we have turned to having coffee and snacks at the clubhouse. A few paddlers have provided some unusual baked goods. One of these is a gluten free peanut butter blondies, great as an energy snack after any paddle. The recipe is provided or sharing.

~ Article by Bon Lee

***Darrelle Butler – Marathon Canoe Program Director***

### HEALTHY PEANUT BUTTER BLONDIES GLUTEN-FREE DESSERT

Total Time 35 minutes

Servings, 9 blondies

#### INGREDIENTS

1 15oz can of chickpeas (garbanzo beans),  
rinsed and drained  
½ cup peanut butter  
¼ cup honey can substitute maple syrup for a  
vegan option  
¼ cup coconut sugar  
1 tsp almond milk  
2 tsp vanilla  
½ tsp salt  
½ tsp baking powder  
¼ tsp baking soda  
½ cup chocolate chips  
Extra sea salt & chocolate for top



#### INSTRUCTIONS

Preheat oven to 350 degrees F. Grease an 8" or 9" glass baking pan and set aside.

Put all ingredients except for chocolate chips into your blender or food processor.

Blend until creamy and smooth.

Once smooth, add chocolate chips and mix by hand.

Pour mixture into your prepared pan and spread out evenly.

Sprinkle a few more chocolate chips and sea salt on top.

Bake in your preheated oven for 20-30 minutes until edges pull away from pan, and the top is set and slightly golden brown.

Let cool for at least 15 minutes, then enjoy.

Store in an airtight container in the refrigerator.

You can eat them cold or warm them up in the microwave for 15 seconds to regain the fresh oven bake.



# 2017 Fall Cleanup



Thanks everybody who came out on a chilly but not wet day to assist with the club and grounds cleanup. We had a good turnout including members of the UVIC dragon boat team and did a good job inside and out. Thanks Sandy  
~ Photos by Wendy





*Do you have a story and or photos from a club or private trip that you would like to share? Send them to newsletter @vckc.ca It is a great way to not only personalize our newsletter but might inspire others to embark on a similar expedition.*

## December 2017 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	Dec 1	2
3	4	5 3:30 PM Christmas Party and Boat Parade - All Members Welcome	6	7	8	9
10	11	12 7:00 PM Executive Meeting	13	14	15	16
17 12:00 PM Lights On the Gorge - Gorge-Tillicum Community Association	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Jan 1	2	3	4	5	6

## Club Contact Information

### **Officers**

President	<a href="mailto:president@vckc.ca">president@vckc.ca</a>
Joe Boyd	
Vice-president	<a href="mailto:vpresident@vckc.ca">vpresident@vckc.ca</a>
Tim Marks	
Treasurer	<a href="mailto:treasurer@vckc.ca">treasurer@vckc.ca</a>
Mark Sondheim	
Secretary	<a href="mailto:secretary@vckc.ca">secretary@vckc.ca</a>
Hélène Poulin	
Past President	<a href="mailto:pastpres@vckc.ca">pastpres@vckc.ca</a>
Linda Thomson	

### **Program Directors**

Canoe Program	<a href="mailto:canoe@vckc.ca">canoe@vckc.ca</a>
David Dorosz	
Dragonboat Program	<a href="mailto:dragonboat@vckc.ca">dragonboat@vckc.ca</a>
Paula Gough & Kim Capson	
Kayak Program	<a href="mailto:kayak@vckc.ca">kayak@vckc.ca</a>
Roy Scully	
Outrigger Program	<a href="mailto:outrigger@vckc.ca">outrigger@vckc.ca</a>
Jennifer Yee	
Marathon Canoe Program	<a href="mailto:marathon@vckc.ca">marathon@vckc.ca</a>
Darrelle Butler	
Voyageur Program	<a href="mailto:voyageur@vckc.ca">voyageur@vckc.ca</a>
James (Phil) McEvoy	

### **Other Executive**

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

### **Executive Appointed Positions**

Newsletter Editor	<a href="mailto:newsletter@vckc.ca">newsletter@vckc.ca</a>
Susan Logan	
Webmaster	<a href="mailto:webmaster@vckc.ca">webmaster@vckc.ca</a>
Arthur Caldicott	