



## Victoria Canoe and Kayak Club

# Newsletter

March 2018

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

March 3<sup>rd</sup> from 11:00 to 11:45: Marathon Canoe Clinic  
March 6<sup>th</sup> General Meeting 7:30 PM presentation on Gorge Waterway Initiative by Kitty Lloyd  
March 17<sup>th</sup> & 24<sup>th</sup>: 12:30-2:00: Dragon Boat **"Learn to Paddle"** - everyone welcome  
March 24<sup>th</sup> – **Paddle for the Kids**- Please consider sponsoring a paddler – Proceeds to BC Lions Society Children's Charities.  
March 29<sup>th</sup> Canoe and Kayak Meeting 7:30  
April 14<sup>th</sup> and 15<sup>th</sup> Wake Up the Gorge  
April 21<sup>st</sup> 90<sup>th</sup> Birthday Celebration for Harold Nishikawara  
May 5<sup>th</sup> Spring Cleanup Day 9:00 to 1:00  
May 12<sup>th</sup> 2018 Switch Blade Relay Race  
**Save the Date: Saturday September 15<sup>th</sup> – VCKC 50<sup>th</sup> Year Anniversary Celebration**  
**A friendly reminder to avoid paddling in Colquitz Creek estuary from March 1<sup>st</sup> thru June 30<sup>th</sup>**  
*Please check website for details of events*

### President's Report

March is the month at VCKC when we get an early start to our on-water programs. It is gearing up to be a busy spring and summer as we celebrate the club's 50th year. Paddle for the Kids kicked off this past month, and will be completing the 75-kilometre Voyageur journey on March 24th. Dragon Boat will be hosting their open session for beginners that same day. Wake-up-the-Gorge is in full planning mode this month as well. There are so many opportunities to participate, and to volunteer. Check out the full range of summer programs on our website ([www.vckc.ca](http://www.vckc.ca)).



Club members demonstrating a rescue 2-11

The VCKC March 6 general meeting will feature a talk by Kitty Lloyd of the Gorge Waterway Initiatives (GWI). Kitty is a Marine Biologist and Coastal Naturalist and is the GWI Co-ordinator. She will show us the 3 migratory bird sanctuary areas near the club and will explain the importance of the Sanctuary which includes the Gorge, Portage Inlet and the estuaries feeding into our waters. Of particular interest will be: how the abundance of wildlife is supported by the Sanctuary eco-system food chain - the nutrients, trees, water and marine environment. This year is the 100th anniversary of Canada's Migratory Bird Convention Act. Brochures on our migratory areas will be available.

~ Joe Boyd, President

**Important Reminder: The basement door and compound locks were changed Feb 1. The new codes are available on the website for all current members.**

## Voyageur Program Update

The Voyageur Program is in full swing with the start of Paddle for the Kids (PFTK). Paddle for the Kids is well underway with the Voyageur open day, PFTK kick off day and this weekend, paddling on a very cold snowy day in Sooke Basin and Sooke River Estuary.

New folks came out on February 4th for open day and some have since joined PFTK. It was a short day in blustery and sunny weather on the Gorge with a paddle up to Portage Inlet. We had *Munroe*, *Tillicum* and *Canada* out for that.



We had a capsize and rescue demo in *Canada* on February 11. Joe Boyd, Mark Sondheim, David Dorocz and Jim Brackett volunteered to get wet and show us how the rescue is done, while the rest of us watched from the dock. It took a significant amount of effort for them to make *Canada* go over.



After the demo we headed out to Victoria Harbour for a trip around to West Bay and back to VCKC. We paddled in *Tillicum*, *Canada* and

*Munroe*. This was a great opportunity for some of our inexperienced stern leaders to take the stern. We won't mention which one had trouble going in a straight line. Aren't voyageur's supposed to be

going in circles?!? Our return was met with a delicious brunch put on by Sharon White, Linda and Alan Thomson, Holly Marsh, Don Munroe and Roy Scully. Thank you for your hard work in feeding a hungry and grateful group of paddlers! Thanks also to Dina Buccione for donating delicious treats from her bakery.

Shannon Bernays from *Easter Seals*, *Lions Society for Children with Disabilities* spoke to our group. PFTK is a major fundraiser for *Easter Seals*. Thank you to everyone for all of your fundraising efforts in the past. We hope to raise money for this worthy cause again this year. Please see the following article regarding ways to donate.

Finally on February 18, seventeen brave people came out to paddle in *Sooke Basin and Sooke River Estuary* in windy and cold winter conditions. It was sunny though and a shuttle saved our paddling into the wind at the end of the day. I heard that our smiles were frozen onto our faces! It's not every day a paddler gets to boast about that. Most of us warmed up at 17-Mile House after, where our faces finally thawed out. By now you know you want to join us at an upcoming Voyageur Paddle, where there is always an adventure waiting and definitely a story!

### Upcoming paddles:

Meet at VCKC with your paddle, PFD, lunch, drink, warm clothes for wet and cold weather and spare clothes, plus a twoonie for the canoe trailer. Every Sunday we leave at 8:30. If not driving away, please park in the vacant lot behind the old dry cleaners on Tillicum Rd.

February 25 - Sidney to Gulf Islands Marine

National Park

March 4 - Saanich Inlet

March 11 - Maple Bay to Cowichan Bay

March 18 - Ladysmith Harbour or Race Rocks

Finally the Big Day! Saturday March 24 Peninsula Paddle for the Kids, starting shifts 6am to around 6pm with a potluck and presentations at the club!

Any questions contact Mary Marks, Voyageur Program Director [voyageur@vckc.ca](mailto:voyageur@vckc.ca)

~ Mary Marks, Voyageur Program

Dear Paddlers,

*THANK YOU so very much for your support of Peninsula Paddle for the Kids and Easter Seals, we truly appreciate your support, hard work and fundraising!*

*Your fundraising will go towards our Easter Seals programs and services. One of our main services is Easter Seals House. It is important to note that 25% of the occupants that stay at our Easter Seals House are from right here on Vancouver Island. Families stay at Easter Seals House while their child receives care and treatment at nearby medical facilities; the BC Children's Hospital is a 5 minute walk from Easter Seals House. Their visit may be as short as one or two nights, or as long as several months. No matter how long they plan to stay, all guests arrive to a warm, comfortable, cost-friendly environment that provides a perfect home away from home during a stressful time.*

*Another of our service is Easter Seals Camp. All of our campers from Vancouver Island will be invited to attend Easter Seals Camp Winfield this year. Children and young adults with disabilities attend a week-long, fully-accessible, overnight camp. The goal at our camp is to focus on abilities rather than disabilities, providing campers with an opportunity to try new activities, create lasting memories, and build life-long friendships.*

*Along with the pledges envelopes and sheets that I dropped off at the Kick Off, you have many other ways to fundraise, one of the main ways is online.*

## **FUNDRAISING**

Fundraising online has proven to be very effective. Your donors can click on the link you provide via email or social media, and make their pledge with a credit card. We will track the online totals in the office and I will bring the results of all totals to the event on March 24<sup>th</sup>, to add to the offline donations.

**\*\*2** important things to tell your donors for after they click the link – in the dialogue box “Tell us about your gift”, we need them to specify:

- 1) This is for Peninsula Paddle for the Kids
- 2) That they are pledging the amount to you, include your name.

Here is the link : <https://www.eastersealsbcy.ca/default.aspx?PageID=1042>—They will need to go to the bottom and see the.... **To donate to the Peninsula Paddle for the Kids, click HERE**. and remember to add the information about the gift.

Shannon Bernays,

## **Canoe Program Update**

Canoeing activity is starting to pick up. So far, we have a moving water course on March 3rd and 4<sup>th</sup> and another on April 7<sup>th</sup> and 8<sup>th</sup>. The canoeing instructors will have met at the end of February to plan all the spring canoe courses, they will appear on the calendar in early March. If you have taken a course and would like to audit it again please email [canoe@vckc.ca](mailto:canoe@vckc.ca) instead of registering for the course. Preference will be given to those paying for the course so they can start to partake in club activities, and then we can fill out the course spots with auditors.

Running of the Cows and the RCABC paddle conference are both in April this year. We will have more information on them in next months newsletter.

Once PFTK is complete we will start running flat water paddles again. (Weekends need to be longer! Maybe three or four days?)

Starting last summer, I decided to start work on an older 16" red wood canvas Kildonan canoe. In the Canoe and Kayak meeting on March 29th we will go over things I learned while following Mile Elliot's book. I'll bring in most of the products used and I tried to take photos during most of the process.

~ David Dorosz, Director



## Dragon Boat News



Our "Kick-Off" meeting was a success in bringing new and returning paddlers together for an evening of fun and information. We are excited to welcome Ryan Ovens as our coach for the women's team and Mile as our stern. Brenda Sutton has stepped forward once again to be the teams' captain! Oh, what a fun year this will be!!

Here are some dates to add to your calendar:

Sat March 17<sup>th</sup> & 24<sup>th</sup> 12:30-2 **"Learn to Paddle"** - - this is an opportunity to introduce new paddlers to the sport and learn basic techniques and an opportunity to paddle. Book now to reserve your seat!

April-August: the start of regular practices- Monday and Wednesdays 5:45 warm up. In the boat 6-7:30

**VCKC's Guts and Glory**: a 1 day festival in 10 paddler boats

**Saturday July 21<sup>st</sup>**. Online Registration is open. Early bird deadline is April 15th.

Get your team registered in one or both race types. There will be an on-site food concession and beverage garden available for all paddlers. Check out our website for more details.

New this year- - we are registered with Dragon Boat Canada as a CCWC qualifier!!

We will need volunteers to help make this event a success. We have a few main areas that we are looking for someone right now to head up- Master of Ceremonies, head of the beer garden, and head of kitchen/BBQ area. Let us know if you'd like one of these positions. We look forward to working with you.

Please contact us if you have any questions.  
Paddles Up!

~ Paula Gough and Kim Capson,  
Co-Directors VCKC Dragon Boat Program

A reminder to all paddlers that when we have extreme (for Victoria) weather conditions it is important to be prepared even if only on the Gorge. First preference would be for a dry suit, followed by a wet suit. If you do not have either of these then multiple layers of wool and/or fleece covered with reasonably snug rain gear will give some protection simulating a wet suit. Be concerned, be careful.

~ Ken Gibbard, Safety Director for VCKC



## Marathon Program Update



### Switch Blade Relay

SATURDAY May 12, 2018 VICTORIA BC  
Victoria Canoe and Kayak Club

**TEAMS**  
Mixed: 3 Female Minimum  
Paddlers: 1 Ocean kayak, 1 SUP,  
1 Tandem marathon canoe, 1 OC1,  
1 Surf ski, and all into an OC6 COURSE  
Small boat legs: 30-45 minutes  
OC6 leg: 60-90 minutes

**REGISTRATION**  
Early bird entry \$180 per 6 person team  
Until Friday April 13  
\$240 per team thereafter  
Teams supply their own boats  
Must have 5 teams minimum registered  
by April 27 for race to go ahead!  
Dinner included!

Race info contact: [marathon@vckc.ca](mailto:marathon@vckc.ca) or  
[dabrm1@hotmail.com](mailto:dabrm1@hotmail.com)

Sponsored By



Paddlers wanted.....Volunteers needed and spectators welcomed for the **2018 Switch Blade Relay Race**, the Islands ultimate multi-paddle sport competition, which is held on May 12, 2018. This relay will see teams vying for the best overall time covering waters from Portage Inlet, Victoria's Inner Harbour, and Esquimalt Harbour. An exciting OC-6 finale decides which team tops the day. Dinner is provided for volunteers and paddling participants. For more information please contact [marathon@vckc.ca](mailto:marathon@vckc.ca).

~ Ryan Mader, Marathon Program

## Kayak Program Update

The VCKC kayak instructors met February 26<sup>th</sup> to set the Sea Kayak course schedule. Check the calendar to see when the courses will take place. VCKC follows Paddle Canada curriculum and offers two levels: "Sea Kayak Basic Skills" (\$40) and "Sea Kayak Level 1" (\$80). You must be a VCKC member to register for any of our courses or workshops.

The Canoe and Kayak Programs have begun joint meetings. The meeting dates are a bit ad hoc in order to accommodate courses. Keep your eye on the calendar to see when they are occurring.

We have not purchased our new kayak yet. Roy Scully is diligently searching for just the right boat at just the right price☺ The club presently owns 4 kayaks and has one kayak on loan from Roy, so with this new kayak we will have 6 kayaks to use for our courses.

The club kayaks are for VCKC members use only and they are reserved during courses for course participants. The kayaks must stay in the Gorge Waterway unless you are participating in a VCKC club sponsored paddle. As the days grow longer demand for the club kayaks increases. Members use them to practice paddle strokes or simply to enjoy a paddle on the Gorge Waterway. If you would like to borrow a club kayak, and you have completed the Sea Kayak Basic Skills course, contact Linda Hall at [kayakbooking@vckc.ca](mailto:kayakbooking@vckc.ca) to book one.



Happy Paddling Everyone!  
Linda Hall  
~ Kayak Program

## Outrigger Program Update

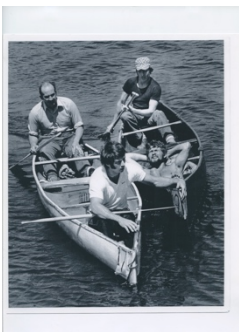
The annual Wake Up the Gorge Festival planning is underway. This event will be held April 14th (outrigger) and 15<sup>th</sup> (small boat). This is a major club event that benefits the Outrigger Community and VCKC. Even if you do not compete you can be part by volunteering. For more information or to volunteer contact [outrigger@vckc.ca](mailto:outrigger@vckc.ca).



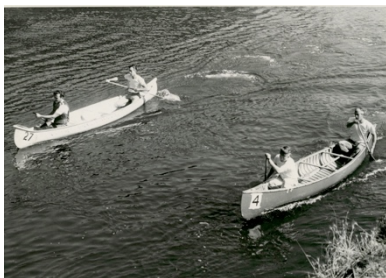
For information on how to register a team, where the event will be held etc. go to [Wake Up the Gorge \(WUTG\)](#)

~ Anthony Hopkin, Outrigger Director

## Blast from the Past



This is the space to share memories from the last **FIFTY** years. Do you have a unique story or picture to share?  
Send them to [newsletter@vckc.ca](mailto:newsletter@vckc.ca)



*1st Gorge Race*



*1st BBQ in 1983*

## Volunteer

### Opportunities

Volunteers are an integral part of all events held by VCKC. Without them our events could not be a success. This is a fun way to contribute, meet people and even introduce others to the club.



Special thank you to Sharon White, Linda and Alan Thomson, Holly Marsh, Don Munroe and Roy Scully for the great job at the PFTK Kick Off Breakfast.

- ✚ March 24<sup>th</sup> Paddle for the Kids Post Paddle Supper - cooks required contact Susan Logan: [director1@vckc.ca](mailto:director1@vckc.ca)
- ✚ April 14<sup>th</sup> and 15<sup>th</sup> Wake Up The Gorge contact outrigger@vckc.ca
- ✚ May 12 Switch Blade
- ✚ June 3<sup>rd</sup> 2018 Iron Man Relay – volunteer details to come later
- ✚ July 21 – Guts and Glory Festival- contact [dragonboat@vckc.ca](mailto:dragonboat@vckc.ca)



### "Harold is turning 90

Come and help celebrate Harold Nishikawara's 90th birthday with a potluck dinner at our clubhouse commencing 5:30pm, Saturday, April 21, 2018. Harold would be thrilled to see many of his old VCKC friends again."

~ Jack Louie

### Refreshment Fund



We all enjoy a hot beverage on a chilly evening and that is what our refreshment fund supports, however, to make it work we need to remember to add our looney to the jar. Without the contributions supplies cannot be provided.

### FOR SALE

\$1,200 · Chesapeake 17' Kayak, custom built fiberglass and wood.

Length: 17'  
Weight: 45 lbs  
Beam: 24"  
Payload: 325 pounds  
Cockpit: 31" X 17"  
Weight: 180-250 lbs.

Debra Sheets, [e-mail: dsheets@uvic.ca](mailto:dsheets@uvic.ca)

\$1,100 · Chesapeake 16' Kayak, Custom built fiberglass & wood

Length: 15'6"  
Weight: 42 lbs  
Beam: 23"  
Payload: 220 pounds  
Cockpit: 31" X 17"  
Weight: 100-160 lbs.

### Boat Building Plans

Cynthia Carter is a senior who is downsizing a variety of items collected over the years. She has a whole box of a variety of small boat building plans which she would love to donate to the Canoe and Kayak Club either for your use or to be passed on to others. If you are interested in obtaining these plans from Cynthia, contact her directly at [cynthia1.carter@gmail.co](mailto:cynthia1.carter@gmail.co)

## March 2018 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 8:30 AM Voyageur Paddle to Gulf Islands National Park (PFTK Practice #4) 9:00 AM Marathon Program Clinic - 2	26 6:30 PM Kayak Instructors Meeting	27	28 6:30 PM Canoe Instructors Meeting	Mar 1	2	3
4 8:30 AM Voyageur Paddle for the Kids - Saanich Inlet 4:00 PM WPC Annual General Meeting	5	6	7	8	9	10
11 8:30 AM Voyageur Paddle for the Kids - Maple Bay to Cowichan Bay	12	13 7:00 PM Executive Meeting	14	15	16	17 12:30 PM Dragon Boat Learn to Paddle
18 8:30 AM Voyageur Paddle for the Kids - Ladysmith or Race Rocks	19	20	21 7:00 PM GVI Steering Committee Meeting	22	23	24 6:00 AM Voyageur Paddle for the Kids - The Big Day! 12:30 PM Dragon Boat Learn to Paddle
25	26	27	28	29 7:30 PM Canoe and Kayak Meeting	30	31

## 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>
Jean Chandler	
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 & Linda Hall	
Outrigger Program	<a href="mailto:outrigger@vckc.ca">outrigger@vckc.ca</a>
Tony Hopkin	
Marathon Canoe Program	<a href="mailto:marathon@vckc.ca">marathon@vckc.ca</a>
Ryan Madar	
Voyageur Program	<a href="mailto:voyageur@vckc.ca">voyageur@vckc.ca</a>
Mary Marks	

### 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>
Susan Logan	
Director at Large (events & volunteers)	<a href="mailto:director2@vckc.ca">director2@vckc.ca</a>
vacant	
Director at Large (events & volunteers)	<a href="mailto:director3@vckc.ca">director3@vckc.ca</a>
vacant	

### 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	