



Victoria Canoe and Kayak Club

Newsletter

March 2019

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

- March 5th General meeting – presentation on SUP
- March 1 – combination for door and storage changes – check website
- March 13 – Dragon Boat Kick-off 7-9 PM
- March 30th **Peninsula Paddle for the Kids**
- April 6th and 7th **Wake Up the Gorge**

Please check website for details of events and schedule of courses.

President's Message

Hey Paddlers! March is here, the month of Spring!



We had a good turnout of keen paddlers today for the first weekend of our biggest fundraiser of the year, "Paddle For The Kids". We postponed our start this year in hopes of escaping some of the bad weather of recent years. We were feeling pretty smug as we all can recall the taste of a real winter over the last couple of weeks. Feeling pretty smug, until we were watching some snowflakes swirl around as we prepared for launching the Big Canoes. It actually was a great paddle with some new faces and old friends under sunny skies. The sunny skies were really appreciated by our Big Canoe Leaders as they demonstrated rescue procedures.

You might have missed the first day but contact Mary if you want to get involved with "Paddle For The Kids". (voyageur@vckc.ca)

Other programs are also getting started or thinking of getting started for the new season. **Wake Up The Gorge is just around the corner.** If you haven't been a part of this tradition drop by the clubhouse, April 6, 7 and see the action, or contact Tony to help out as a volunteer. (outrigger@vckc.ca)

I am very proud of all the different types of paddling our club supports in this big old house but in recent years, you might be surprised to hear, there is a growing number of paddlers not represented at VCKC. **At the March general meeting a couple of enthusiastic SUP paddlers will be making a presentation showcasing the sport of Stand Up**

Paddling. For a few years I watched these oddities on the water and could not figure out why anyone would forego gunwales and a comfy seat. More recently my wife and I have purchased a couple of these things. Upon my first attempts at using our new boards I was sure I made a fatal mistake. But refusing to admit I wasted so much money I persevered. Risking drowning, heart attack, or worse, humiliation, perseverance has paid off. Both Mary and I can now say we are SUP surfers. (On any wave about knee high). **Come and see the presentation, maybe your next boat, will be a board.**

Enjoy the lengthening days. And don't forget to keep that upper body rotation. It improves your stroke strength and helps get that summer shape back from the extra winter insulation.

Cheers to All

~Tim Marks, President VCKC

Big Canoe News

Big canoes are back in full swing. Peninsula Paddle for the Kids (PPFTK) started up with a kickoff breakfast and paddle on February 24 at 9:30am. Shannon Bernays from Easter Seals came to speak to us about Camp Shawnigan and other long term projects for people with disabilities.

VCKC has raised \$350,000 during the 37 years of doing Paddle for the Kids. If you are not a major fundraiser type of person, please consider sponsoring a paddler or just give on your own to Easter Seals. The information on how to do that is elsewhere in this newsletter. Even \$10 to \$20 will make a difference from every VCKC member!!!

Thank you to Susan & Jack for putting on the breakfast with help from Joe B., Debi L., Jack L., and Tony H. We had *Tillicum*, *Shawnigan*, and *Munroe* out with Ken, Dominique, and Mark doing the stern leading for 21 paddlers into Portage Inlet.



Mary, Joe and Mark taking the plunge

Once back at the club stern leaders, Joe, Ellie, Ken, Mark, Tim and Mary, did a capsize and rescue demo with *Shawnigan* and *Munroe*. With everything put away, we were done around 2pm and ready for our next adventure on the water.

Meet at the club at 8:15 Sunday mornings to join the PPFTK team. If you check out the club calendar you can sign up for each date you would like to come. Details are in the club calendar.

March 3 - Sooke Basin/Sooke River Estuary
March 10 - Maple Bay to Genoa Bay (**daylight savings!**)
March 17 - Esquimalt Lagoon to Pedder Bay
March 24 - Ladysmith Harbour

And finally the main event: Saturday, March 30 starting early (around 6am) and going late (around 6pm) with a potluck dinner at the club is the VCKC 38th PFTK - Peninsula Paddle for the Kids, leaving Brentwood Bay and paddling to VCKC in two groups of paddlers doing shifts all day. You can be part of this event by contacting Mary.

~ Mary Marks, Big Canoe Director
voyageur@vckc.ca

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 right here on Vancouver Island is Easter Seals Camp Shawnigan. Easter Seals BC/Yukon offers one of the best nature-based, outdoor summer camps for children and young adults with disabilities. It's a place where campers can explore and develop their abilities in a safe, warm, fun and supportive environment. Campers are provided with an opportunity to try new activities, create lasting memories, and build life-long friendships.

HOW TO DONATE

Along with the pledges sheets that I dropped off at the Kick Off, you have many other ways to fundraise. Here are just a few ideas...garage sales, bottle drives, dinner parties to name a few. At work you can host a luncheon, a bake sale or a guessing game (pay \$2 and guess how many jelly beans are in the jar).

Another great way to fundraise is online. As I mentioned on Sunday we are working on a new website for Peninsula Paddle for the Kids that will be able to take donations right through that page, this should be completed in the next week. Once this is ready to go I will send out the link to you, in the meantime I have included the regular site we have used in the past with details on how to donate. It is totally up to you if you would like to wait until the new website is done or go ahead with the way we did it last year; either way works for us on this end.

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 30th, to add to the offline donations.

**2 important things to tell your donors 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/events/paddle-for-the-kids/> –They will need to go to the bottom and see the.... **GIVE TODAY** button, just click on that and it will take them to the general donation page where your donors will pick **SINGLE DONATION** and remember to add the information about the gift.

Below is a templated letter to help you put together your appeal for donations. You can modify and change to suit you.

Dear Family and Friends,

I've registered for the Peninsula Paddle for the Kids that will take place on Saturday, March 30th, 2019. This event is organized through the Victoria Canoe and Kayak Club. I will be hitting the water at the crack of dawn and will be paddling for 10 gruelling hours from Brentwood Bay to the Gorge Waterway; all in support of Easter Seals. I'm asking you to consider making a donation to this very worthy cause.

Your donation will go towards Easter Seals programs and services.

One of our main services right here on Vancouver Island is Easter Seals Camp Shawnigan. Easter Seals offers one of the best nature-based, outdoor summer camps for children and young adults with disabilities. It's a place where campers can explore and develop their abilities in a safe, warm, fun and supportive environment. Campers are provided with an opportunity to try new activities, create lasting memories, and build life-long friendships.

With your help, we can make a difference and support Easter Seals. To make an online donation on my behalf, just click the link below.

All online donations will automatically receive an electronic tax receipt. It's fast, easy and you'll be helping to support Easter Seals.

<https://www.eastersealsbcy.ca/events/paddle-for-the-kids/>

Click on the above link and it will take you to our Peninsula Paddle for the Kids page, from there you can click on the **GIVE TODAY** button at the bottom of the page. You will be directed to the secure payment site where you can donate online; you will choose the SINGLE DONATION option. PLEASE remember to fill in that the donation is to go to Peninsula Paddle for the Kids and the name of the person you are making the specific donation to. This information will go where the question is asked...**Tell us about your gift - do you have a specific program, service, event, or participant you want this donation to be put towards?**

Canoe Program Update

Despite the unseasonably cold February, six brave souls joined the first Lakewater 1 course on February 23rd and were rewarded with a beautiful day on the Gorge with no snow! The Canoe Program now has a full suite of courses scheduled: Lakewater 2 and 3 will be held in March and another Lakewater 1 and 2 are scheduled for April. Moving Water 1 will be held April 14th and 18th, so be sure to sign up early for that one, as space is limited, and this is always a popular course. For those with moving water experience, the annual "Running of the Cow" will be held Saturday and Sunday, May 4 - 5th. Please see the calendar for details.

The first Canoe Program meeting of the year held on February 24th was well attended. The intent of these fun and informative meetings is to provide the opportunity to get to know fellow canoe enthusiasts, to learn about upcoming Canoe Program initiatives, and to experience canoe adventures through "Armchair Paddler Presentations" of past trips by members.

Alan Thompson provided information about the VCKC Canoe Day Trip Inventory initiative. The objective of the project is to identify and document suitable places for flat water paddling trips within a day's travel of Victoria; there is currently no single source that covers all the local waters, lakes and ocean. The target audience is primarily Trip Leaders who are interested in organizing club trips but may not have the local knowledge of some of our more experienced Master Paddlers. This Trip Inventory will be a valuable tool that will help to make Club Paddles more frequent events.

The Canoe Program meeting ended with a delightful 1933 film from the British Film Institute called "Canoeing with Reg Blomfield" the holder of international, Canadian and American Canoe Championships, demonstrating some rather remarkable canoe skill on Stoney Lake, Ontario; for those who missed the meeting, the film is available on YouTube. The next Canoe Program Meeting will be held Tuesday, March 19th at 7:30. Hope to see you there!

~ Louise de Montigny, Canoe Director

Dragon Boat Program Update



Photo courtesy Jana

Dragon Boat Season is just around the corner!

As we eagerly await the arrival of our new boat, we are pleased to announce our Co-Coaches for this upcoming season - Bon Lee and Brenda Sutton! Thank you so much to Bon and Brenda for stepping forward to coach our team. Bon is a seasoned coach, and Brenda is a previous paddler currently taking her Level 1 Dragon Boat Coaching course looking forward to expanding her involvement with the team into coaching this season. Still looking to connect with Dragon Boat Sterns, please be in touch!

2019 Dragon Boat Season Kick Off Meeting is March 13, 7-9pm at the Clubhouse. Come on out to learn more or sign up! [Email](#) Jana for more information.

Practices will be held Monday and Wednesday evenings - 5:30pm warm-up / 6pm on the water. We intend to participate in 4 local on-island festivals this season. Still welcoming new members for the season, please contact us to be kept on the communication list at dragonboat@vckc.ca.

~ Jana Savage, Dragon Boat Director

Making a Greenland Paddle



Wednesday February 6th Brain Mallory shared his experience in making Greenland paddles. Nine club members enjoyed the informative session organized by Karen Thrussell, Kayak Director. Hints on various techniques, tools and material were shared.



Kayak Program Update

A meeting of the kayak instructors and trip leaders occurred in February. The following are the results of that meeting:

- Alan Thomson presented a new club initiative: **Trip Inventory Project** – come out to the next Kayak Program meeting to learn the details of this exciting new project
- Two Sea Kayak Basic Skills courses (March 9, and April 13) and two Sea Kayak Level 1 courses (May 4/5 and June 22/23) are scheduled – click on the course names on the VCKC calendar for details
- The Basic Skills courses will take place at Pearson College where we will make use of the pool to teach wet exits and re-entries; the instructors will be Pearson college instructors lead by Garth Irwin, a VCKC member, and leadership students who are in training to become instructors (so lots of hands available to help our members become competent, safe paddlers)
- One kayak/canoe trip is scheduled to be organized by Mike Teachman – The Gorge Waterway Loop (June 15) – more details about this trip to follow
- A multi-day trip is in the planning stages (probably to take place in August) – an email will go out to members when this is finalized
- Clinics will be scheduled as facilitators are identified – some of them might work well in conjunctions with our Tuesday night paddles (which we anticipate will be well attended this year)

Our new Program Director, Karen Thrussell, conducted an informal survey to determine what courses and clinics members were interested in attending.

Survey Results:

PADDLE CANADA COURSES # REQUESTS

Basic*	17
Level 1	13

ON THE WATER CLINICS # REQUESTS

Strokes*	12
Towing Practice	13
Wet exit/ Re-entry	19
Sculling	12
Bracing/ Edging	13

CLASSROOM CLINICS # REQUESTS

Buying a Kayak	3
Kayak Maintenance	6
Tides & Currents	11
Charts & Compass	9
Trip Planning	8
VHF Marine Radio	7

TRIPS # REQUESTS

Day (Basic skill level)	21
Overnight (Level 1 skill)	6
Multi Day (Level 1 skill)*	6

Finally, once again a reminder: The club kayaks are for VCKC members use when taking courses or clinics, or when participating in club sanctioned paddles (Tuesday Night 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 “buddies”. If you would like to borrow a club kayak contact Linda Hall at kayakbooking@vckc.ca to reserve one.

Linda Hall for

~ Karen Thrussell, Kayak Director

Safety at VCKC

I hope that you looked at the "Report An Incident" last month. If you didn't, log in to the Members Only VCKC website. Our webmaster has now set it up so that on the right at the top, if you click on "Members" you will see under there "Report An Incident". Click on that and it will take you directly to the "Report An Incident" page. We hope that you do not have occasion to use it!

Thanks,

~ Ken Gibbard, Education, Standards & Safety Director

Marathon Update

The Marathon program continues to grow. On most Saturday mornings, just about every marathon canoe is utilized. Due to the snow and cold weather in the last 2 weeks, it has slowed with smaller turn outs. Still a few die heart paddlers continue to make it out regardless of weather. We officially cancelled only one Saturday practice so far.

As the weather warms we encourage new paddlers who wish to try marathon canoeing to attend one of our regular Saturday morning practices. If you are into racing or just wanting to improve your stroke efficiency, then this is the place to meet others paddler who have similar goals. All our Saturday sessions are coached if desired by an experienced paddler. Many of our paddlers race in all different types of crafts but uses marathon canoes to hone their paddling skills. Practice is every Saturday at 8am or if you have questions regarding the Marathon program please contact me directly (Bon) marathon@vckc.ca.

~ Bon Lee, Marathon Director

Outrigger Update

It has been a chilly winter since our New Year's Day paddle. The cool weather did not slow everyone down.



The "After Work Team" made up of Mavis Pillar, Mike Wheatley, Ron Crabtree, David Brar, Dominique Poulin, France Gagnon, Michelle Vernables, Linda Nimshon, and coached by Kevin Stewart, decided to enter the Lotus Icebreaker V-12 race in the chilly waters of Indian Arm in Vancouver, in double-hull outriggers. Linda Nimshon organized the dismantling and reassembly of our two Calmars into a V12 with the aid of Corey Teramura of Pearson College to allow for practice. By all accounts the double-hulled boats were a big

hit with most teams that tried them, and we will consider this for next winter. After some serious training the After Work group was joined by two paddlers from Powell River and one from Vancouver for the Icebreaker. This team won first place in the Senior 55+ Mixed Novice category. They also donated their cash prize to VCKC. Congratulations and thanks for your generosity.

The annual **Wake Up the Gorge (WUTG)** is taking place Saturday April 6 (outrigger) and Sunday April 7 (small boat: Bon Lee lead). I have set aside time on Saturday morning March 2 at 11:00 for a general WUTG meeting, for those who would like more information or to discuss how we can improve on this event. I will have coffee and some treats. If you prefer to email your comments on the event, please feel free. This event belongs to all of us.

Your help is greatly appreciated

~ Tony Hopkin, Outrigger Director



The association received a grant from the Mountain Equipment Cooperative (MEC) in January to develop a coastal Marine Code of Conduct. We have just formed a committee to oversee the development. Thanks, MEC!

We just posted this. We are continuing our invasive species removal on Gerald Island off Nanoose Bay in early April. Read more here.

We also formed a First Nations Working Group to review our approaches and help inform decisions as we work toward the creation of Marine Trails.

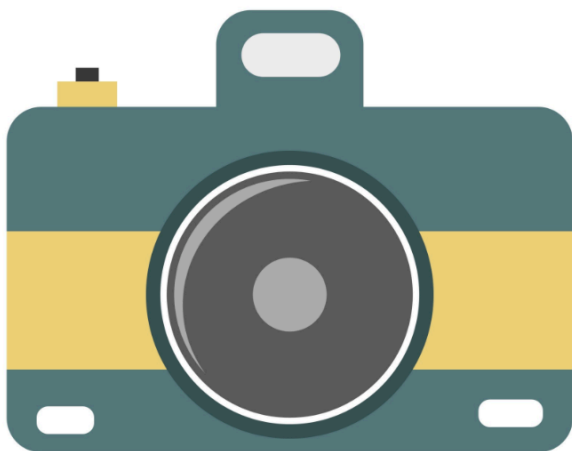
The BCMT volunteer committee, led by Karen, is developing a new 'Volunteer Code' for effective volunteer organization. On that note, we would like to welcome Danielle, a social media specialist, who will assist with Twitter and Instagram. Visit Instagram and Twitter by clicking on links at the bottom of this newsletter.

West Coast Experience 2019 - we are scheduling a plastics clean up to the West Coast once again. Read about it here. It's a spectacular opportunity. Register early if any spaces are left or go on the wait list.

Did you see our great film: An Opportunity Awaits (YouTube)?

Join the BC Marine Trails - it supports our initiatives to create safe and connected routes along BC's coast

~ Jean Chandler



I am looking for enthusiastic shutter bugs to assist with providing photos of VCKC's many events over the year. We have a number of events on the calendar and photos provide a unique way of telling our story. If you can assist to cover some of the events let me know at [newsletter](#)

Cooking and Camp-craft • Fun Race • Voyageur Canoe

2019 BC Canoe Festival



April 5 - 7 | Kawkawa Lake, Hope, BC

Early Bird – Adult \$160 - \$180

After March 20 – Adult \$180 - \$200

Subsidies for children and students

Includes food and accommodation



Clinics for all levels | Trip presentations | Nature and night paddles

For details & registration: bccanoe.com

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 9:30 AM Big Canoe Program - PFTK - kickoff breakfast; Victoria Harbour	25	26	27	28	Mar 1	2 11:00 AM WUTG volunteer meeting
3 8:15 AM Big Canoe Program - PFTK - Sooke Basin, Sooke River Estuary	4	5 7:30 PM VCKC General Meeting	6	7	8	9 8:00 AM Sea Kayak Basic Skills Course 8:30 AM Canoe Lakewater 2 - Basic Solo 12:00 PM Kayak Program - Cold Water Wet Exit Clinic
10 8:15 AM Big Canoe Program - PFTK -	11	12 7:00 PM VCKC Executive Meeting	13 7:00 PM 2019 Dragon Boat Season Kick-Off Meeting	14 5:30 PM Big Canoe Program - PFTK - Making- Of-The- Teams meeting for sterns	15	16
17 8:15 AM Big Canoe Program - PFTK -	18	19	20 7:00 PM GWI meeting in VCKC main meeting room	21	22	23 8:30 AM Canoe Lakewater 3 - Advanced Tandem
24 8:15 AM Big Canoe Program - PFTK -	25	26	27	28	29	30 6:00 AM Big Canoe Program - Peninsula Paddle for the Kids

Club Contact Information

Officers

President	president@vckc.ca
Tim Marks	
Vice-president	vpresident@vckc.ca
Kim Capson	
Treasurer	treasurer@vckc.ca
Mark Sondheim	
Secretary	secretary@vckc.ca
Jean Chandler	
Past President	pastpres@vckc.ca
Joe Boyd	

Program Directors

Big Canoe Program	voyageur@vckc.ca
Mary Marks	
Canoe Program	canoe@vckc.ca
Louise de Montigny	
Dragonboat Program	dragonboat@vckc.ca
Jana Savage Cain	
Kayak Program	kayak@vckc.ca
Karen Thrussell	
Outrigger Program	outrigger@vckc.ca
Tony Hopkin	
Marathon Canoe Program	marathon@vckc.ca
Bon Lee	

Other Executive Positions

Education, Standards & Safety	safety@vckc.ca
Ken Gibbard	
Membership	membership@vckc.ca
Debi LaHaise	
Clubhouse and Grounds (maintenance)	clubhouse@vckc.ca
Sandy Rattray	
Boat & Locker Storage	storage@vckc.ca
Dan Walker	
Director at Large	
Susan Logan	director1@vckc.ca
Ellie James	director2@vckc.ca

Executive Appointed Positions

Newsletter Editor	newsletter@vckc.ca
Susan Logan	
Webmaster	webmaster@vckc.ca
Arthur Caldicott	