



Victoria Canoe and Kayak Club

Newsletter

May 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

- May 4th - **Spring Cleanup**
- May 4 & 5 - Running of the Cow (ROC)
- May 7th - General Meeting - presentation by BC Marine Trails
- May 11 - Switchblade
- May 11 - Canoe Lakewater II
- May 22 to 26 Ocean Canoeing Course
- June 21 - SUP Course and Solstice Paddle

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

President's Message

I hope everyone is enjoying some warm weather paddling. I just got off the Chemainus. Crazy low water, but sunshine and paddling friends, priceless.

Now, Right Now, is the time to contact Louise about Running Of The Cow for those River paddlers looking for fun times paddling long days in what is usually pretty nice conditions.

Wake Up The Gorge went well, congratulations, to the paddlers, and thanks to all the volunteers. You might recall, that was the day many in Victoria thought we might all get blown to the land of OZ, but the VCKC crew took it all in stride and put on a great race. Thanks again, Tony, and your volunteers.

Bon and the Marathon group are putting together another team race, Switch Blade. Check out the details. A number of the legs start and end at the club. With so many different crafts paddled you might find your niche, but unless you have been practicing you might just check it out and plan for next year. I am sure my cardio needs a little work regardless how keen I might feel thinking about racing the SUP leg.



Dragon Boaters are all smiles. A couple weeks ago Jana and I took delivery of a spanken new Dragon boat. I am sure it is way faster, but better you ask them. It does look cool. If you are interested, I am sure you could come on down and help take it for a spin.

Some of you have already participated in our club's first introduction to SUP, wahoo. May 26, 10:00am until 2:00pm is our first course and paddle. There have been some people asking to sign up already. If you want to participate, contact Mary at Voyager@vckc.ca. Yes, I know the big boats are organizing the smallest boats. I expect we will have a proper



director position and email for next year. Check the website calendar in a week or so for course details and costs.

Another SUP course will be held June 21. As this is a Friday and the Solstice, I think we should have a longest day party paddle. **Yes, a Solstice day, party paddle.** Stay tuned for details next newsletter.

I am looking forward to this month's general meeting to see some information about what BC Marine Trails are up to with a special emphasis on paddling north of Tofino. The West Coast is such a unique part of the world and it is so close to us, it is good to learn more. The more I explore into this country the more I am enthralled, huge beaches mixed with rugged shorelines all strung out along the foot of towering mountains drifting in and out of mist and clouds. BC Marine Trails help us steward this area and help us access this area. Come on out Tuesday, I am sure you will be inspired.

Hope to see ya all soon, holding a paddle.

Cheers to All

~Tim Marks, President VCKC

Big Canoe News



While recovering from all the activity of Paddle for the Kids during February and March, the big canoes are not getting a rest. Out with Shoreline Middle School students during some weeks, they might be busy with another associate member group in May. If the Cowichan River level is good, one or two big canoes might venture out for Running of the Cows, May 4th & 5th. Please express your interest by email to voyageur@vckc.ca. See ROTC info elsewhere in this newsletter.



The big canoes will be out for some volunteer groups in May and June, plus a camping trip on the first weekend in June.

Watch for more information about the Thompson River. Tentative dates are August 24-26. Detailed information will be in the June newsletter.

Happy Paddling to one and all!

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

Canoe Program Update



Canoe Fest 2019

April started with the annual **B.C. Canoe Festival** April 5th to 7th at Kawkawa Lake in Hope. Friday's rather questionable weather that resulted in overnight fresh snow on the mountains turned into a much warmer, sunnier weekend than expected. The Canoe Festival is organized by the Recreational Canoeing Association of BC (RCABC) and is a weekend full of canoeing, learning and socializing with other like-minded recreationalists. Learning opportunities included instructions in canoeing, poling, play boating, big canoes, wilderness first aid, tripping, ocean travel, slide presentations any even a heavenly 15-minute chair massage. With slightly over 100 participants, this event was well attended and worthwhile. The event was well attended by over 100 participants, including 9 VCKC members and RCABC executives: David Dorosz, Rick Bryan, Jean Chandler and Raoul Wiart. For more information about RCABC

visit www.bccanoe.com

Our vice-President, Kim Capson, has kindly brought VCKC into the social media age by creating a **FACEBOOK** page for the club. By joining **VCKC Club Chat**, we will more easily communicate about upcoming paddling opportunities. Please consider joining this private group for VCKC members only and let's organize some paddling together!

You will all have received an email describing the **VCKC Day Trip Inventory Project** with the intent to create a resource for Club members to use when deciding where to paddle. The inventory will provide practical guidance as to how to get there, what to expect, risks etc. There are well over 100 possible day trips and we need detailed and up-to-date information about each of them. Please consider contributing to this worthwhile project by collecting the data on your next paddling trip. To do so, go to the Club website in the Members Only section under "Documents" and click on the heading "Day Trip Descriptions" where you will find the list of possible trips and the form to collect the needed information. Send the completed form to canoe@vckc.ca. We have an ambitious target to complete data collection on as many trips as possible by end of May and your help is greatly appreciated.

The **Canoe Program Meetings** have provided a great opportunity to meet fellow canoeists and to share in stories and pictures of past trips. Now that the nice weather is on the way, we will continue our meetings outside for paddling practices in late afternoons. With about 20 new club members having recently completed the Lakewater 1 course, these regular practices will provide the opportunity to improve basic skills. More information on dates and times to follow.



Canoe Fest 2019

The annual **Running of the Cow** will be held on May 4th-5th. This exciting event has river paddlers starting at Cowichan Lake and paddling the Cowichan River all the way to Duncan over 2 days. Camping and dinner at Stoltz Pool campsite will be provided for a small fee of \$10. Those members who have taken Moving Water 1 or have equivalent experience are invited to participate. Please contact canoe@vckc.ca for details or if you have questions. We hope to see our 7 new river paddlers who have recently completed the Moving Water 1 course held this month – congratulations!

And finally, I want to highlight a new trip planning app called **CoastView**, developed by a science education non-profit organization with a mission to promote exploration of the coast through pictures and stories. Along with website posts, the CoastView app provides instant access to about a half-million images covering over 100,000 km of coastline on a mobile device (Apple products only for now). This allows an interactive experience for viewing and exploring the coast, planning trips, and viewing images offline while traveling. Try it to see what our southern Vancouver Island coastline looks like. If this inspires you to see these beautiful places yourself, consider taking the upcoming **Ocean Canoeing Course** to learn how to manage typical sea conditions such as currents, tides, and weather on coastal waters. After this course you'll be able to paddle on your own maritime adventures!

Happy paddling in the month of May!

~ Louise de Montigny, Canoe Director

Dragon Boat Program Update



Our 2019 Dragon Boat Season is off to an exciting start. We welcomed the arrival of our new Dragon Boat at the start of the month and our Women's Team "Imagine Dragonz" has been busy practicing for our first race of the season, the "Super Sprints" at the end of May. Our roster full for the season, and we're thrilled to have such a fun group to be paddling

with this year. We had our first team potluck on April 17 and had previous Co-Director of the Dragon Boat Program, Kim Capson, do the honours of christening the new boat with a bottle of "Like a Boss" to set the tone for our season. Watch for further team updates in future newsletters as our season progresses. Paddles Up!



~ Jana Savage, Dragon Boat Director

Kayak Program Update

Good news is we have an influx of members (existing and new) wanting to learn how to or improve their kayaking skills.



Participants from April course

Sea Kayak Basic Skills

- Another Sea Kayak Basic skills course was delivered on April 13th by Garth at Pearson College.
- There are 14 members still on the waitlist plus ongoing inquiries.
- Instructors have now been secured for two back-to-back Sea Kayak Basic Skills courses to be held on June 29th and June 30th at the clubhouse and Gorge waterway. Note, invitations to register will be sent to those on the existing waiting list first after which registration will be opened to members for any leftover spaces.

Sea Kayak Level 1 Skills

- Unfortunately, the May course had to be cancelled due to unforeseen circumstances. Instructors have been secured to hold a second course during the weekend of June 22-23rd. Those members who meet the course pre-requisites and were either bumped from the

May course or are on the June waitlist will be invited to register first before registration is opened.

- Members are reminded to please ensure you have met the pre-requisites that are stated in the calendar, before you register for the course.

We need to build the Instructor and Trip Leader capacity for the kayak program. If you have a minimum of Sea Kayak Level 1 skills, are interested in developing into a leadership role and wish to discuss the opportunity in more detail, please send a message to kayak@vckc.ca.

Members are encouraged to join the new VCKC Club Facebook page. This forum will be replacing the former Paddle Partners list. You can choose to engage as much or as little as you want but this platform will give members a chance to socialize, arrange or participate in informal practice sessions, day trips, post trip photos and share stories. There have been a few unforeseen challenges in recent weeks with the kayak program, but I am choosing to remain positive and work on solutions.

Donna Warenko shared her experience at the April course on her blog <http://traillady.com/basic-kayaking-certification/>

~ Karen Thrussell, Kayak Director

Marathon Update



In support of Wake up the Gorge 2019, our marathon paddlers entered 4 crews. Half of our paddlers have little or no experience in OC6 racing. The weekend before the race we manage to get together and practiced a few buoy turns and to get a feel for the OC6 outrigger canoe. With only about 20 minute of practice our paddlers managed to be competitive. 2 of the 4 crews placed, with the senior mixed and open men both finishing 2nd.



Sunday's small boat race started with some confusion. Original plan for the morning was to race out to West Bay and returning to VCKC. But the current under Tillicum Bridge was running at 6+ knots and was expected to gain speed. We realized that our safety boat would never be able to return under the bridge and back to VCKC so a last minute decision was made to run the race north of Tillicum Bridge. But this change complicated things as we had racers paddling up from Ocean Rivers to VCKC, so now we had to wait and help carry their canoes across Tillicum Rd to VCKC delaying our start.

The morning race (approx 8.5km) had 16 paddlers in OC1s, OC2s, and one V1 canoe. In the afternoon there was just enough interest (9 paddlers) to hold the marathon canoe race (approx 7km) with 4 marathon tandems and one SUP. It was a perfect day for racing, cloudy with some sun. At the end of the race day many of us stayed and enjoy the sun off the VCKC deck.

MORNING SMALL BOAT RACE (APPROX 8.5KM)

1 st OPEN MEN	OC2	0:47:19	RUPERT & JONAS
2 nd OPEN MEN	V1	0:47:38	LEN MORRIS
3 rd JUNIOR	OC1	0:48:32	JASPER MORRIS
4 th OPEN MEN	OC1	0:49:58	DAN MILLER
5 th SENIOR MIXED	OC2	0:50:02	DEREK & ALLISON
6 th OPEN MEN	OC1	0:50:29	GUS MORRIS
7 th OPEN MEN	OC1	0:52:50	SHERMAN CHOW
8 th OPEN MEN	OC1	0:54:39	CHARLIE CHARLIE
9 th OPEN MIXED	OC2	0:57:36	EMMY MORRIS
10 th SENIOR WOMEN	OC1	0:59:28	SUE MILLIGAN

11 th OPEN WOMEN	OC1	1:04:48	LESLIE PAIGE
12 th SENIOR WOMEN	OC1	1:08:42	CAROL PAL
13 th OPEN WOMEN	OC1	1:10:58	STPHANIE LEIPPI

AFTERNOON SMALL BOAT RACE (APPOX 7KM)

1 st MENS	MC2	0:41:05	JASON & RYAN
2 nd MENS	MC2	0:42:44	JONAS & RUPERT
3 rd MIXED	MC2	0:45:59	BON & DARRELLE
4 th MENS	SUP	0:46:32	DAN MILLER
5 th MIXED	MC2	0:46:33	PETER & LARA

Switch Blade Relay

The Marathon program is hosting the annual Switchblade Event on May 11. There's still time for you to organize your own team. Please contact marathon@vckc.ca



For those of you who are not familiar with this event, this is a multi-discipline paddling relay race. Each team consist of 6 paddlers 3 women and 3 men. Leg1 is kayaks, leg2 SUPs, leg3 C2 Marathon canoes, leg4 OC1s, leg5 Surfskis, and finally all team members race together in an OC6. See link:

<https://spark.adobe.com/page/WRO0MB9I8dace/>

To be successful we need volunteers. If you can volunteer or help, please contact Maria or Jen at metawheela@gmail.com or jenniferyee@shaw.ca. Some of the legs start and finish at different locations around Victoria so we need volunteers to help marshal at varies locations. Legs 1 to 3 will be at VCKC, while others will move to Esquimalt Harbour, Esquimalt Lagoon (Coberg Spit), and from the Victoria Harbour.

Please support this event, as a spectator or volunteer.

Thanks, Bon

~ Bon Lee, Marathon Director

Outrigger Update



The twenty first annual **Wake Up the Gorge** was held on Saturday April 6 for OC-06. A total of 39 teams from Victoria, Greater Vancouver, Nanaimo, Powell River, and Brentwood Bay, participated in the outrigger section with seven divisions. This included four junior (under 19) teams from Pearson College and VYPC; we hope this group will grow. Music was provided by Robin Deans, a long-time supporter of the event. This year there were a few changes in staff. Don (the Voice) Munro, who has served as the Master of Ceremonies for years, has moved into WUTG retirement. This year, Joe Boyd very ably carried out these functions, and showed us a previously hidden talent, though we were all aware that he could speak for long periods of time. Delia Hill who has organized the kitchen in recent years, had a work commitment, and was replaced by Betty Ann Thompson; though Delia could not control herself and looked after grocery shopping.

I am not certain who slept the least on Friday night, but when I arrived at the clubhouse around 6 30, Betty Ann was there setting up the kitchen. This was not the smoothest of events. I awoke at 04 00 to hear a howling wind. We started with a grey sky, and gusts up to 60 km/hr with a light rain. Our deck crew of Team Riptide led by Bruce Porter got boats on the water, and by some miracle we started close to our intended time. Things went well, though teams struggled against a strong wind in the early races. Mid-morning the safety boat was seen paddling into shore. We had a dead motor, and after a few moments of panic on my part, Mike Desroches, one of our safety boat crew offered to drive home a pick up his spare outboard.



Teams stopped for an early, though welcome lunch, and we started up again and finished the morning and afternoon races. The day ended around 16 00 and by all reports the participants went home happy.

Results can be found at:

[http://www.vckc.ca/Wake-Up-the-Gorge-\(WUTG\)](http://www.vckc.ca/Wake-Up-the-Gorge-(WUTG))

A huge thank you to all that volunteered whether food, time or door prizes. We know that these events are not possible without help, and we thank everyone for their contribution, although we would like to acknowledge the following members:

Arthur Cadicott, Mark Sondheim, Carolyn Rattray, France Gagnon, Joe Boyd, Ryan Ovens, Marianne Pilon, Delia Hill, Sharon White, Mari-Jane Cousins, Maria Eis, Brenda Stengel, Darrelle Butler, Bruce Porter, Kevin Stewart, Dave Barr, Mike Shannon, Betty Ann Thompson, Donna Sainsbury, Dave Hill, Ron Williams, Debbie Dodds, Nancy Baker, Leona Doucet, Cathy MacLean, Evelyn Reitmeyer, Jack Louie, Judy Leonard, Susan and Logan, Mavis Purvis, Wendy Clapp, Bon Lee, Jen Yee, Susan Lee, Dominique Poulin, Linda Nimshon, Paula Gough, Dorothea Haeusler, Jacqueline Wagner, Kim Capsom, Sue and Ray Simmons, Ron Williams, Louise Alexander, Kim White, Micheal Wheatley. Catherine MacKellar, Rhonda Black. I apologise for those of you who I missed, and I know I have missed some.

Finally, a big thanks to those companies and individuals who provided Door prizes and contributions to our event: Marion Pilon and Ocean River Paddling; Gorgeous Coffee ; Cob's Bakery; Thrifty's Food (Admirals Rd); Fairway Gorge Market (Tillicum); Clapp Enterprises; Ocean River Sports; Darrell Butler, MT;

~ Anthony Hopkin, Outrigger Director





At the April meeting Ellie shared pictures and stories from her family trip down the Stikine River.



Reminder of VCKC Spring Habitat Policy

At this time of year when the bird wildlife is making nests and sitting on eggs, be vigilant about not disturbing the shores of the water where nests may be located. If there is sufficient water to paddle without disturbing the bottom, paddle slowly, quietly and stealthily to ensure the wildlife does not become startled by your passing. Below is the club habitat policy.

E. Procedures to be observed by the Paddling Programs

1. Habitat and Wildlife- Every effort shall be made at all times to avoid disturbing wildlife during club trips or when using club boats, especially in the upper Gorge waterways from November through December (salmon spawning season) and from March through June inclusive when herons are nesting in Cuthbert Holmes Park.

Avoid entering the waterways during these times.

2. Do not feed the wildlife.

3. Habitat should be left as found. When paddling the Gorge, enter the creeks and rivers only when water is deep enough to prevent boats and paddles from hitting the bottom. Do not turn boats longer than 20 feet around in the mudflats of Colquitz River. These boats are required to back out.



~ Jean Chandler

Clubhouse and Gorge Waterway Cleanup

When: Sat, May 4

Time: 9:00 am to 1:00 pm

Please come on out and help to clean up the clubhouse and the Gorge Waterway. For the club cleanup please bring whatever garden tools or house cleaning stuff that you are able to.

The paddling group will be out in the voyageur canoes – it's a messy job so wear appropriate clothing.

We are so fortunate to have such a lovely location for our club so please try to spare an hour or two to help keep it looking good.

~ Sandy

BC Marine Trails Network (BCMTN): West Coast Clean-up

Site Condition Reporting (SCR): We take the information from SCRs and go to the sites to repair or remove garbage and other tasks. We hire fallers, as necessary, to take down danger trees. We dismantle fire rings that are in poor

places. Otherwise, we depend on people filling out these reports to keep our sites in good shape. This year we have prizes donated by local stores. When you fill out a SCR form you are automatically entered. Draw to take place September 30, 2019. Fill out the perfect Site Condition Report, these reports will be judged by a panel of three judges, judging to be completed by October 5, 2019.

BCMTN is a volunteer-run organization consisting of:

- 12 paddling clubs and hundreds of individual, family and business members.
- 11 board members
- 3 main committees (Communications, Stewardship & Trails Development)
- Several small committees or advisory groups that help run the association.
- In 2018, BC Marine Trails Board and Committee members logged nearly 5,000 volunteer hours or an average of more than 350 hours per year per person.

Go to www.bcmarinetrails.org if you are interested in learning more about BCMTN or joining this environment/paddling volunteer organization.

Do you have old Pillows Blankets, etc?

I am collecting old Pillows, towels, wash cloths, blankets (not sheets) for the Cool Aid Society in Victoria. They shelters they provide include Emergency shelters, Transitional Housing, Supportive Housing, Seniors Housing and Affordable Housing to Victoria's most marginalize people. Please leave them in the pink bin near the front door of the clubhouse.

Thank you for your consideration. Jean Chandler

Do you need used river paddling gear?

Please call Jean at 250 727-6923 if you are interested.

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	

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>28</div> <div>📅 8:00 AM Canoe Moving Water 1 - Tandem</div>	<div>29</div> <div>📅 9:00 AM Big Canoe Program - Shoreline Middle School</div> <div>📅 5:30 PM Women's Dragon Boat Team Practice</div>	<div>30</div>	<div>May 1</div> <div>📅 5:30 PM Women's Dragon Boat Team Practice</div>	<div>2</div>	<div>3</div> <div>📅 9:00 AM Shoreline Dragon Boat Session</div>	<div>4</div> <div>📅 Sea Kayak Level 1 (cancelled)</div> <div>📅 9:00 AM Spring Clean-Up: Club and Gorge Shoreline</div> <div>📅 Running of the Cowichan</div>
<div>5</div> <div>📅 Sea Kayak Level 1 (cancelled)</div> <div>📅 Running of the Cowichan</div>	<div>6</div> <div>📅 9:00 AM Big Canoe Program - Shoreline Middle School</div> <div>📅 5:30 PM Women's Dragon Boat Team Practice</div>	<div>7</div> <div>📅 7:30 PM General Meeting</div>	<div>8</div> <div>📅 5:30 PM Women's Dragon Boat Team Practice</div>	<div>9</div>	<div>10</div> <div>📅 8:30 AM Big Canoe Program - Colquitz Middle School</div> <div>📅 9:00 AM Shoreline Dragon Boat Session</div>	<div>11</div> <div>📅 8:00 AM 2019 Switchblade Paddlesport Relay Races</div> <div>📅 8:30 AM Canoe Lakewater 2 - Basic Solo</div>
<div>12</div>	<div>13</div> <div>📅 5:30 PM Women's Dragon Boat Team Practice</div>	<div>14</div>	<div>15</div> <div>📅 5:30 PM Women's Dragon Boat Team Practice</div>	<div>16</div>	<div>17</div>	<div>18</div>
<div>19</div>	<div>20</div> <div>📅 5:30 PM Women's Dragon Boat Team Practice</div>	<div>21</div> <div>📅 7:30 PM Canoe Program Meeting</div>	<div>22</div> <div>📅 5:30 PM Women's Dragon Boat Team Practice</div> <div>📅 6:00 PM Ocean Canoeing Course</div>	<div>23</div> <div>📅 6:00 PM Ocean Canoeing Course</div>	<div>24</div> <div>📅 8:30 AM Big Canoe Program - Colquitz Middle School</div> <div>📅 9:00 AM Shoreline Dragon Boat Session</div> <div>📅 1:00 PM Shoreline Dragon Boat Session</div> <div>📅 6:00 PM Ocean Canoeing Course</div>	<div>25</div> <div>📅 Ocean Canoeing Course</div> <div>📅 8:30 AM VYPC</div>
<div>26</div> <div>📅 Ocean Canoeing Course</div>	<div>27</div> <div>📅 9:00 AM Big Canoe Program - Shoreline Middle School</div> <div>📅 5:30 PM Women's Dragon Boat Team Practice</div>	<div>28</div>	<div>29</div> <div>📅 5:30 PM Women's Dragon Boat Team Practice</div>	<div>30</div>	<div>31</div> <div>📅 9:00 AM Shoreline Dragon Boat Session</div>	<div>Jun 1</div> <div>📅 Big Canoe Program - summer trip prep</div>