



Victoria Canoe and Kayak Club

Newsletter

June 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

- June 4th - **General meeting and BBQ**
- June 21 – SUP Course and Solstice Paddle
- June 15th – Flat Water Paddle Waterway Loop
- June 18th – Canoesdays start
- July 1st – Canada Day Big Canoe & Dragon Boat Rides

Be sure to check the website for information on the various courses and activities planned over the summer

President's Message

Hi All, from the president's paddle.



June! Here already? I am writing this from Pirates Cove, camping/teaching an ocean paddling course. Technology, how amazing, but this report will still be late to our ever patient editor. Thanks for your forgiveness, Susan.

Things are hopping around the club now as we are established in the better weather. Everyone try to make the most of it. If you are not busy paddling, email a program director and start living your dreams.

July 1st is when the club invites the community to get a taste of paddling dreams. We offer rides from Kopsapson beach. To do this we need volunteers, lots of volunteers. Email Kim Capson (vpresident@vckc.ca) if you can help. We need people to collect toonies, organize life jackets, and stern the canoes and dragon boat. As an additional incentive, we will have a 35' Salish style canoe that you could take a spin in.

Running of the Cow was a lot of fun, but water levels were too low for the Big Canoes.

So if you need your fix of whitewater and Big Canoes, the Thompson river trip in August is your chance. Make sure Mary knows of your dream, cause she can make it happen.

To no one's surprise, Outriggers are paddling in Cadboro Bay, Dragon boaters are racing all over the South Island, everyone is doing their usual summer paddling EXCEPT some of our members have started a WHOLE NEW THING, SUPing. The end of May saw Shelby and James teach a couple of Intro to SUP courses. Wahoo! Looks like next year VCKC will have a seventh paddling program. You will have another chance to take this course on the June solstice, and after the class join the club in paddling your boat of choice for the longest evening of the year paddle. What the heck, it is a Friday. You can plan to stay out late. (Contact Mary for details)

Sun is setting. Gota get back to camp.

See you at the June Bar-B-Que. Rumour has it your protein of choice will taste way better on a new barbecue. Come, check it out.

Cheers to ya all
Tim Marks
President

Big Canoe News

We welcome new associate members: Colquitz Middle School with Jared Adams as their teacher lead member. Say hello if you see them around big canoes some weekdays!

We will be using the Shoreline Middle School's 35' Coast Salish canoe, Sta'Qeya for our big canoe shakedown camping trip June 1 & 2. Tillicum will join Sta'Qeya for two weeks in early July, heading to Kyuquot Sound and Brooks Peninsula! This will be right after the excitement of paddle rides from Kosapsom Beach on July 1st. We hope you plan to be out for this exciting day.

Finally, the Thompson River paddle weekend August 24-25 and a possible extension to August 26 is in the works. Contact Mary if you are interested.

I have just heard the Songhees Nation will be sending a team of paddlers to Australia to compete in the World Distance Outrigger Championship. The Geronimo name has a long history in local indigenous paddling circles. This art auction is held at the Songhees Wellness centre. (1100 Admirals Rd.) I expect it to be an interesting event and money raised will help the Geronimo Canoe Club show their stuff to the world. Check it out if you can.

Happy Paddling to one and all!
~ Mary Marks, Big Canoe Director
voyageur@vckc.ca

Canoe Program Update



One of the highlights of the Canoe Program is the annual **Running of the Cow** and this year was no exception – 24 enthusiastic paddlers met at Cowichan Lake on a gloriously sunny May 4th. The flotilla set off with the ringing of the official ROTC cow bell, with Tim and Mary Marks in the lead canoe. The water levels were a bit on the low side, about 24 m³/sec, leading to excellent practice maneuvering around rocks and the debris resulting from winter

storms. Not everyone took on the Marie Canyon challenge, but those that did enjoyed the ride and arrived at the Stolz Pool campsite at about 5 pm, in time for a delicious meal of chili and Cobbs breads (thank you to Cobbs for the support!). The evening was lovely and warm, good stories were told and lots of laughter ensued. The next morning after vehicles were shuttled to the take-out spot in Duncan, we set off again at 10 am for another



beautiful day on the river, finishing about 4 pm. A big thank you to Joe Boyd for his tireless work behind the scenes (arranging the campsite and other logistics) and to Tim Marks for taking on the responsibility for ensuring everyone had a safe paddle.

Next month we start our **Canoesdays**, an opportunity to enjoy those long summer evenings paddling in canoe or kayak on the Gorge every Tuesday evening starting June 18th; check the calendar in the coming weeks for further details. The next **Lakewater 1** course is set for June 15th, there is still room available if you want to encourage friends or relatives to take up this fun sport.

Happy paddling everyone and remember to tell us about your latest paddling adventure on our Facebook VCKC Club Chat!

~ Louise de Montigny, Canoe Director

Dragon Boat Program Update



"Imagine Dragonz" has been working hard at practices throughout May in preparation for our first race of the season. We've been focusing on Technique and Timing to harness the abundance of power we have on our team. All our hard work has paid off, resulting in a Gold Medal in the Women's Diamond A Division at the Super Sprints this past weekend!



We will continue our training into longer endurance pieces to prepare for the 500M races still to come. Next race is June 15th, locally at the Fairway Gorge Festival (2940

Jutland Road, at the Selkirk Trestle / Gorge Waterway) - come on down to cheer us on!

We also wish Mavis Pillar and Linda Nimshon Barnes good luck as they travel to China to participate in the 2019 China 4 City International Dragon Boat Festival May 31 - June 16. They will be competing with paddlers from all over the world!

Paddles Up!!

~ Jana Savage, Dragon Boat Director

Kayak Program Update

In June we have four sea kayak courses scheduled: Level 1 June 22-23, one in the Gorge and the other Pedder Bay. Both courses are full, but we are still registering for the waitlist in case of last-minute cancellations. Sea Kayak Basic Skills, one on June 29th and another June 30th. There may still be room in the June 30th class or members can add their name to the waitlist.

A flatwater paddle of the Victoria Waterways Loop is planned for Saturday June 15th. It is a novice level loop trip of 16km that starts and ends at the VCKC clubhouse. This route requires a portage of approximately 1km from Portage Inlet to Thetis Cove on Esquimalt Harbour. It also includes a stretch of about 4 kms on the Strait of Juan de Fuca,

where strong winds are common. We will pass many interesting sites - Canadian Navy ships, the downtown, sea planes, Esquimalt waterfront. The trip is described in more detail at this web site: <https://vicwaterloop.ca/about-the-loop>. Please refer to the club calendar for more information. Registration is open to members only, with a minimum of Kayak Level 1 certification or Canoe Lakewater 3 certification (or equivalent skills).

Over the past month, Mike Teachman and I went on a couple of [exploratory trips to collect data](#) for the [VCKC Day Trips project](#):



During the first trip we explored Brentwood Bay and Tod Inlet to Willis Point and beyond. This was a beautiful day for a paddle, and because it was still early in the season and during a weekday, we lucked out by being the only recreational boaters on the water.



The trip was in mostly sheltered waters but beyond Willis Point the windy conditions made it a little more challenging for the return trip. We did find an excellent lunch spot to the

south of Willis Point where a washed-up dock foam offered a comfortable “sofa”.



The second trip was return from Esquimalt Lagoon to Esquimalt Harbour. We left the sunglasses behind on this calm but cloudy and occasionally rainy day. We launched at the south end of the lagoon but barely made to the ocean with just enough water to reach the bridge and across the gravel flats where the lagoon enters the ocean during low tide (we definitely recommend a



higher tide level at both start and end for this particular trip). Even after the tide rose about 0.75m the current coming from the lagoon was too powerful to paddle against, so we opted to paddle on the ocean side back to the cars. We had another excellent lunch stop with a view Stewart beach into the harbour.



Members are encouraged to join the new [VCKC Club Chat page on Facebook](#). It's open to members only and you can choose to engage as much or as little as you want but this platform gives members a chance to socialize, arrange or participate in informal practice sessions, day trips, post trip photos and share stories.

I would like to again, encourage members to think about building their skills to become a future kayak program Instructor or Trip Leader. If you have a minimum of Sea Kayak Level 1 skills, are interested in developing into a leadership role please send a message to kayak@vckc.ca and I will discuss the opportunity with you in more detail.

Happy Paddling!

~ Karen Thrussell, Kayak Director

Marathon Update

Warmer weather is finally here. If you have thoughts of giving marathon canoe a try, now is the time. We meet every Saturday morning at 8 am and continue to average 5-7 canoes at our practices.



Photo by Dennis Shouldice

Last Saturday we had a new (first time marathon) paddler joining us. As she was our youngest paddler we had our most experienced and senior marathoner coaching her (see picture). Hope to see more younger paddlers joining us. Thanks to Dennis Shouldice we have a series of pictures from our Saturday morning practice. <https://dennis-shouldice-photos.smugmug.com/Other/Victoria-Canoe-and-Kayak-Club/>.

By the time this newsletter out, Norm will have completed the General Clinton marathon canoe race in New York. Congratulations to Norm (VCKC) and Bob (Ont) who finished 2nd in the over 60 endurance 70 mile (112.6km) category with a time of 08:29:37, averaging a speed of 13.2km. We're all proud of you.

Scheduled for June 8th is a marathon canoe race. This will be a first for VCKC for many, many years hosting this type of race. This event will consist of 3 categories:

Solo (men or women) – 10km

Tandem (men or women) – 20km

The final Mixed – 10km (random draw, experienced paddler will race with a novice paddler)

Entry fees, 1 event \$25

2 event \$35

3 event \$40

The 20km Tandem (men and women) race will start at 10am. After lunch will be the 10km solo race. The final 10km Mixed race will start after a ½ to ¾ hr break starting around 2:30-3 pm.

A Barbeque is planned after the event at the Clubhouse. Burgers with sides for \$5. Free tea and coffee or bring your own beverage. Please join us as this race is planned to be held completely within the Gorge and Portage Inlet.

~ Bon Lee, Marathon Director



Photo by Dennis Shouldice

Outrigger Update

I sometimes struggle finding events to report on for the Outrigger Canoe section. This past month though, I have a number of activities to report on, and a number of people to thank.

Team Wolfpack entered the Brotchie Reach races. This is a 13.5 race from the Fairway Gorge Paddling Club (FGPC) through Victoria's inner, middle and outer harbours, around navigational buoy V21 to the Brotchie Ledge marker and back. The team made up of Darcy Graham, Ryan Ovens, Caitlin Copage, Sandy Zinkowski, and France Gagnon came in fourth place in their category in this grueling event. Well done Team Wolf Pack



As in all aspects of the VCKC, the organization runs on the backs of volunteers. Team (Wolfpack) took it upon themselves to remove the OC 6 parked at the dock and clean the hull. This will be a necessary job through the summer months as the hull becomes coated with algae.

As will maintenance of the lock. BTW, there is some WD 40 in the Outrigger locker.

Thanks Wolfpack.

A big shout out to Mike Wheatley, who took it upon himself to repair the fragile OC 2 in our fleet of boats. I had the pleasure of have a spin on it after; great job Mike.

This is a boat that needs TLC, please don't use it without instruction.

On Mother's day, a group of paddlers (Mike Desroches, Kevin Stewart, Jayne Takahashi, France Gagnon, Dave Hill, Malcolm Warrington, Dave Hill, Catherine McKellar), ably lead by Linda Nimsholm carried out some much needed maintenance on one the Calmars, with some cleaning, installation of refurbished iakos, and new rigging for the ama. One boat down and two to go; stay tuned for a further request for help.





Finally, the annual migration of a boat to Cadboro Bay took place, thanks again to team riptide. Malcolm, in his usual fashion checked tides and watched the weather and set a time and date. The forecasts were for 10 knot winds with some waves. Once around the break water, the reality was closer to 20 knots with swells over a metre.

According to Malcolm, Jayne spent a lot of time in the bow paddling air. There are rumours that Bruce's left cheek is still numb from protecting the ama. The boat was bailed on three occasions even with the spray skirt on. The team arrived wet, tired, but on a bit of an adrenaline rush.

A big thanks to:

Malcolm Warrington, Bruce Porter, Ralph Rossman, Michele Venables, Jayne Takahashi, France Gagnon.

The boat is now stored at Caddy Bay for the summer. This is open water paddling with some serious current, and funny things like standing waves; there are some conditions that apply when paddling there. See Outrigger

Director for details.

While on the subject of paddling open water, all outriggers need to know the principles of a huli and be prepared for a plunge into cold water. CORA has a useful section on this. Thanks Kevin for the reminder

See

<https://www.canadianoutrigger.com/safety/huli/>

~ Anthony Hopkin, Outrigger Director

Adventurer Wanted.

I will be going up to Revelstoke for the Revelstoke Paddlesport Challenge July 19-21st.

<http://paddlerevelstoke.ca/information/>

The plan is to participate – not seriously compete - in a solo canoe.

Would any other adventurers like to join me for the journey?

We can work out the details. I may be open to paddling tandem in my other canoe.

Definitely camping for the duration.

David Kilshaw (davidkilshaw99@shaw.ca)

Clubhouse and Gorge Waterway Cleanup

Thanks to all who came out to the VCKC house and grounds and Gorge shoreline cleanup. The weather was great, and the place looked good after a few hours of work. Thanks to Don for handling the Voyageur cleaning up the shores trip and again, to all those who gave time and energy to help with the club and grounds. See you at the Fall Cleanup.

~ Sandy



Club Contact Information

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