



Victoria Canoe and Kayak Club

“The Paddling Post”

March 2021

Be sure to check the website for information on when courses and activities are scheduled !!!

President’s Message



This month we mark the one-year anniversary of the pandemic, which brought a very drastic change to every aspect of our lives. Toilet paper shortages, empty food shelves, working from home, home-schooling, household bubbles, our homes became our world.

We never imagined the pandemic would last this long, the loss of life was mind-numbing, but in an amazing display of solidarity the world came together and everyone worked on a vaccine. The unprecedented cooperation among nations brought a number of vaccines into play against COVID-19, in record time. In these past couple of weeks, I am starting to hear of more and more friends and

family members who have received their first dose of the vaccine. It's finally happening, my friends.

We at VCKC had to close for a few months until we were all safely able to re-open in this new world of masks and hand sanitizers. We are definitely close to having our big boats back on the water! The solo boats continue to be busy; the weather is getting better, the Provincial Health Officer is talking of loosening some of the restrictions, things are looking up.

Watch for details about our upcoming general meeting, being held on March 23. We're planning to announce details for our 40th anniversary of Peninsula Paddle for the Kids virtual event, and a talk on herring recovery programs in the Upper Gorge.

Stay healthy, everyone!

~ Kim Capson, President

COVID Orientation Sessions

There are still a number of members who have not as yet completed this session. If you are interested contact Susan at secretary@vckc.ca. As the Provincial Health Authority considers relaxing some restrictions, this could result in some programs reopening and you want to be ready.

40th Anniversary of PFTK

40th Anniversary PPFTK is a GO!



Yes VCKC, we WILL be celebrating the 40th Anniversary of Paddle for the Kids this year. It's been a challenging year, but we are a resilient bunch, and so are the kids & families we support at Easter Seals.

This year's "Pandemic" Paddle for the Kids will be an event of our combined individual outdoor activities - paddling, walking, running, hiking, cycling (what else are you doing to stay active?!). We will each fundraise as usual and set a personal activity "distance" goal to complete by the end of the event. As a nod to our event's historical roots, we are encouraging everyone to attempt to complete 45km of activity distance - the equivalent of a 1-way paddle to Port Angeles!

Easter Seals has a brand new website that will allow each of us to sign up for our event and track both our group and individual progress throughout the event. Perhaps you will paddle 3km one day, then hike 5km another day? You'll be well on your way to Port Angeles with 8km completed!

Please plan to join us for more information at the PPFTK Kick-Off Event on March 23rd (7-8:30pm) via Zoom Video Meeting! At this meeting you'll hear from Shannon Bernays from Easter Seals, who will tell us about where our fundraising dollars have gone to support their programs' children and families. We will go through a PPFTK Website sign-up and answer any questions about how the website works and discuss lots of great ideas about what to include in your "Pandemic Paddle for the Kids" this year.

Please watch you emails for information and email link to sign up or find it under events on our website. You can also contact our VP, Jana Savage at vpresident@vckc.ca for more information.

Look forward to seeing you there!

~ Jana Savage Cain, Event Lead

Canoe Update

I was heartened this week to hear that the Provincial Health Officer hopes to ease the Covid-19 sports restrictions in the coming weeks. This will be welcome news to those of you interested in improving your canoe skills by taking a course or participating in the fun club day trips. Your volunteer Canoe Instructors will be meeting soon to set our spring canoe course schedule that will offer the range of Lakewater courses along with Moving Water, Ocean Canoeing and maybe even Poling. Check the Canoe Webpages in the coming weeks when we hope to confirm course and daytrip dates.

After these many months inside, the coming of spring may find you dreaming of outdoor adventures. If you have basic lakewater skills, there are many lakewater paddling opportunities on Vancouver Island.



To start you planning, check out the website <http://www.canoevancouverisland.com/> where you will find loads of ideas and detailed information for paddling day trips to multi-day trips, from southern to northern Vancouver Island. You will be surprised at how many beautiful lakes we have on the island. Happy paddling and stay safe!

~ Louise de Montigny, Canoe Director

Kayak Update

The spring has sprung;
The grass has ris;
You're wondering where the kayaks is.



Hello paddlers. We're all itching to get back on the water for Paddle Canada courses and club paddles with old friends and soon-to-be new acquaintances. Judging by the hopeful tone of the Provincial Health Officer's COVID update (March 11) – we're getting closer and closer.

In preparation for resumption of on-water kayak programs we ask everyone to please ensure your club profile is up-to-date reflecting your highest Paddle Canada certification level and confirming your primary interest as "kayaking." This will help us plan for trips, anticipate demand for training courses and coaching sessions, and it will make life much easier for our Kayak Reservation Coordinator (Angie Walters). You can access your club profile through the Members Only section of the club website: <https://www.vckc.ca/sys/Profile> (Sign into your account and select the "Edit Profile" box in the top left hand corner to make any changes or updates).

As soon as the Provincial Health Officer's orders allow we have a slate of club paddles ready for posting to the club calendar for sign-up. We're planning on a minimum of 2 club paddles per month (on weekends to start) with a mix of "Relaxed" and "Energizer" events. Trips currently planned out include Brentwood Bay, Becher Bay, Cadboro Bay, Victoria Waterways Loop, Rum Island, Figgard Lighthouse and Discovery/Chatham Islands.

If you are unfamiliar with the new paddle definitions - a "Relaxed Paddle" is tailored to novice paddlers, although experienced paddlers are welcome to attend. Participants must have completed the [Paddle Canada Basic Kayak](#) course if using a kayak or [RCABC Lakewater-1 Basic Tandem](#) course if using a canoe. Generally, the pace in these paddles is set by those at the back of the "pack". The conditions for **Relaxed Paddles** are as follows:

- sheltered waters;
- frequent easy landing opportunities;
- light winds;
- calm to rippled sea state;
- Minimal current; and
- up to approximately 6 nautical miles in length.

An "Energizer Paddle" is tailored to more experienced paddlers (training and skills beyond "Basic"). Participants must have [Paddle Canada Level-1 Skills](#) if using a kayak or [Lakewater-3 Tandem Canoe Skills](#) if using a canoe. Energizer Paddles will require commitment by each participant to "keep pace" with the pack.

Energizer Paddles will be advertised with the reason for its classification as "Energizer" e.g., paddle length in nautical miles, open water crossing, etc. The conditions for **Energizer Paddles** are as follows:

- waters with a mildly exposed coastline;
- include short crossings;
- frequent easy landing opportunities;

- light to moderate winds;
- light to moderate chop sea state;
- mild currents;
- up to approximately 10 nautical miles in length.

We are also planning for restart of club sponsored Paddle Canada Basic and Paddle Canada Level-1 Skills kayak training courses. There are several club members who have been on waiting lists for Paddle Canada courses for quite a while. Susan Logan (the Training Program Scheduler) will be offering spaces in scheduled courses to current members on the waitlist starting with people who have been waitlisted the longest. If you are not sure your name is on the list send her an email indicating which course you are interested in ([Here](#)) Any open spaces will be posted to the club website and will be available on a first-come, first-served basis. At this time, we are not sure when / if combination Basic and Level-1 Skills courses will be offered in 2021.

As you can see there's lots of action going on behind the scenes. We all appreciate your cooperation and patience as the kayak program (like all VCKC programs) gears up for the 2021 on-water season. If you have any questions, comments, concerns please do not hesitate to contact the Kayak Program Director at: Kayak@vckc.ca. Hope to see many of you on the water soon.

~ Craig Thomson, Kayak Director

Marathon Update

A photo essay

A BIG shout out to Mike De Abreu, a new (to VCKC) marathon paddler with a great deal of experience on the water and seasonal import from Arnprior Ontario. Mike took the following pictures during a recent bright and crisp marathon Saturday morning outing. On this particular morning Darrelle Butler, Gord Wallace, Blaine Holden, Mike De Abreu, Ron Williams, Norm MacDonell and yours truly Peter Elson were all out for a paddle.



Early morning light on the water



Darrelle Butler with an early morning smile



Blaine, Gord and Darrell keeping their COVID distancing in check on the water



Photographer Mike De Abreu, Peter, Darelle, Blain and Gord pause near a snow-covered shore.



Darelle, Gord and Blaine head back toward the Clubhouse across Portage Inlet from the "stone house"



Grand master of the waterways Ron Williams provides some sage advice as everyone heads back to either the Clubhouse or admirals Beach



Peter Elson heading into the clubhouse dock

See you on the water
 ~ Peter Elson, Marathon director

Outrigger Update

With longer warmer days I am looking forward to the two OC1s being busier than ever. You can book one or both for either a single paddle or a regular weekly time slot by contacting me through outrigger@vckc.ca. The outriggers can be taken up to Portage Inlet or downstream under the Tillicum Bridge with permission of the director. All paddling has to be done in accordance with Transport Canada regulations and a PFD must be worn while on the water. If you go downstream under the bridge there are additional hazards including recreational traffic, commercial traffic and planning for a return during slack or slow water under the bridge. Do your research and ensure you are prepared for whatever paddle you undertake.

Enjoy!

~ Mike Wheatley, Outrigger Director



SAFETY NOTE

Are you thinking that it would be great to paddle to the harbour? Members who have been given permission by the various program directors are able to take VCKC boats under the Tillicum Bridge. Even if you are travelling with someone who has permission, you too must have the permission. If you do NOT feel comfortable with your abilities, or conditions, and have not read the tide chart it is recommended that you stay on the upper gorge.



If you have any questions or concerns about paddling south of the Tillicum bridge, please email either the related program director or safety@vckc.ca"

~ Ryan Ovens, Safety Director

SUP Update

Hello Fellow Paddlers!

There was some good news announced on March 11 about gathering outside so let's get out for a paddle!

The SUP program is going to start ramping up for summer. Now that the days are getting longer there will be a regular Friday night paddle. The plan will be to meet at the club at 5pm and enjoy an easy paddle and a sunset. Paddles will be subject to wind and tide conditions, so make sure you check in with sup@vckc.ca before. If you want to reserve the use of club equipment be sure to reach out in advance.



As the summer arrives there will be opportunities for Paddle Canada SUP Certification Basic and Advanced courses as well as relaxed and casual evening/weekend paddles. You're mostly on your own on a SUP so if you are unable to participate in your regular team paddle sport, SUP is a great option for you (it's mostly easier than it looks). You can still get on the water and get your paddle fix as the local-world starts to open up.

If you have any questions, suggestions or SUP requirements please reach out. I hope everyone is well and excited for the upcoming spring/summer/fall seasons.

Happy paddling!

~ James Roorda, SUP Director

Club Contact Information

Officers

President president@vckc.ca
Kim Capson
Vice-president vpresident@vckc.ca
Jana Savage Cain
Treasurer treasurer@vckc.ca
Mark Sondheim
Secretary secretary@vckc.ca
Susan Logan
Past President pastpres@vckc.ca
Tim Marks
Program Directors
Big Canoe Program bigcanoe@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
Craig Thomson
Outrigger Program outrigger@vckc.ca
Mike Wheatley
Marathon Canoe Program marathon@vckc.ca
Peter Elson

Stand Up Paddle Board

James Roorda sup@vckc.ca

Other Executive Positions

Education, Standards & Safety safety@vckc.ca
Ryan Ovens
Membership membership@vckc.ca
Debi LaHaise
Clubhouse and Grounds
(maintenance) clubhouse@vckc.ca
Britt Kohn
Boat & Locker Storage storage@vckc.ca
Dan Walker
Director at Large
vacant director1@vckc.ca
Ellie James director2@vckc.ca
Executive Appointed Positions
Newsletter Editor newsletter@vckc.ca
Susan Logan
Webmaster webmaster@vckc.ca
Arthur Caldicott