



Victoria Canoe and Kayak Club

“The Paddling Post”

April 2021

The Victoria Canoe and Kayak Club respectfully acknowledges that its activities take place on the traditional territories of the Selk'wungen peoples, and that the land and waterways' historical relationships with the Songhees and Esquimalt peoples have existed since time immemorial. The club is committed to taking meaningful action to build respectful and reciprocal relations with the Songhees and Esquimalt peoples on whose land and waterways club members have the privilege of living, working, and playing.

President's Message



The weather certainly warmed up in the past week, making it even more enjoyable to get out on the water, which is now clear enough to see the healthy eel grass in the Gorge again. Summer is definitely on the way! We've restarted small club trips and have plans to add a couple more kayaks to the club fleet so more members can join us. Another OC1 is in the works for early summer. Courses have also started so we are getting more members certified. Although we are still in pandemic restrictions we are able to get small groups on the water in various ways. Check the club calendar for dates and times.

For those who missed it Canoe Director Louise gave a fabulous talk on her trip along the Yukon River! She had such rave reviews that we've asked her to do an encore presentation.

There is still time to donate to Pandemic Paddle for the Kids. Even if you aren't able to participate your fellow club members would

appreciate your support. Let's get those people back to camp!

Enjoy the sunshine, everyone!

Stay safe and stay healthy!

~ Kim Capson, President

COVID Orientation Sessions and Waivers

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.

When completing your 2021 waiver be sure to initial the three sections at the top and have it witnessed. It would be a shame to delay your paddling due to a clerical error.

40th Anniversary of PFTK



At just over halfway through our Virtual Event this year, we have already raised over \$6000 dollars through 88 donations with 23 participants registered. Congratulations to everyone participating, donating and sharing for this great cause. Our Marathon Paddlers have registered as a group - and are holding a fun photo contest as part of their fundraising - see further info in their update here in our Newsletter.

With the beautiful Spring weather finally upon us, let's get out and enjoy it, and raise a bit more money for Easter Seals while we're at it! I challenge everyone to get onboard so we can hit our \$10,000 goal!

For more information, to register, or donate, please check out the event website

<https://p2p.onecause.com/paddleforthekids>

If you need any assistance or have questions, please feel free to contact Jana Savage at vpresident@vckc.ca

Please also take note that some wonderful organizations around Victoria are in support of our efforts on behalf of Easter Seals, and have provided some prizes to celebrate our event -

- The Oswego Hotel – Gift certificate for a one night stay in one of their beautiful Studio Suites.
- Unsworth Vineyards – Gift card for \$100 to be used at their amazing vineyards, including their Restaurant and Tasting Room.
- Olive Oil Co – A beautiful gift basket filled with goodies from Olive Oil Co store.
- The Market Stores – Gift card for \$50 to be used at the Market on Yates or Market on Millstream grocery stores.
- Floyds Diner – Gift certificate for \$25 to be used at one of their 3 locations.

Winners for these prizes will be selected at the end of the event. Keep those efforts going!

~ Jana Savage Cain, Event Lead

Canoe Update

The warm weather and longer days of spring have finally arrived and I'm happy to report that our much-anticipated spring canoe lessons are now scheduled!

- If you need a Lakewater 1 Basic Tandem course which will allow you to borrow a canoe (restrictions apply), we have them scheduled May 15, June 12 and July 24. Lakewater 2 Basic Solo is scheduled for June 19. Lakewater 3 Advanced Tandem and Lakewater 4 Advanced Solo are expected to be offered sometime in the summer months or early fall.
- New for 2021 are Canoe Paddle Stroke Clinics if you want to improve the efficiency and power of your strokes. These are available April 24th and June 12th.
- We are also offering Ocean Canoeing in the month of May. Learn how to manage typical sea conditions including currents, tides, and weather on coastal waters. After this course you will be more comfortable setting out on your own maritime adventures. This two-part course begins with 12 hours of classroom work spread over 3 Zoom evenings that will give you the knowledge to prepare & plan for trips. In the second part of the course, you will be applying your knowledge in a two-day group trip on the ocean.

Note that due to the possibility that courses could be canceled with more severe Covid restrictions, we are delaying registrations. However, it is important that you sign up on the waitlist so that we can contact you once registration opens. Rest assured that we will do our best to accommodate all interested paddlers.

The 2021 Running of the Cow-vid will be a 1-day event this year due to current public health restrictions. Sadly, there will be no camping, no delicious meal to share and no fun evening events. But, this 1-day river run will allow us to celebrate the Cowichan with our fellow whitewater paddlers before she becomes too low to paddle for the summer months. If you have taken Moving Water 1 and are river-ready, contact Joe Boyd joeboyd@telus.net for more information. For your reference, you can link to a Running of the Cow-vid [here](#). Hope to see you there with (cow) bells on!

A reminder, if you would like to borrow a canoe and have at least Lakewater 1 certification, have taken the Covid-19 Orientation Session and are paddling with someone from your household, please contact canoebooking@vckc.ca



And finally, our canoe might be showing up in Hollywood! The props manager for ‘American Dreamer’, a movie currently being filmed in Victoria, needed a couple of canoes for stars Shirley MacLaine and Peter Dinklage. Dan Walker and I dropped off our canoes, where they enjoyed 2 days of schmoozing with the stars at a swanky Beach Drive mansion, returning no worse for wear. We can’t wait to watch the movie to see who was sitting in them!

~ Louise de Montigny, Canoe Director

Kayak Update

A Paddler’s Haiku

*Sun drenched kayak.
Silent paddle cuts the sea.
Roasting in dry-suit.*



Finally! Our on-water training and club trips are happening again. I’m sure there are many happy kayakers among us. Let’s continue to hope that the Covid situation remains stable and we can continue doing what we enjoy in as safe a way as possible.

Before getting into this month’s update I need to say a huge thank-you to all the people who are working (and have worked) behind the scenes to keep the club Kayak Program running smoothly. I won’t mention names (because I’d hate to miss anyone), but we are very fortunate to have a dedicated group of volunteers who: teach Paddle Canada Basic Skills and Level 1 Skills courses; manage the bookings for our fleet of six club kayaks; schedule and manage participant lists for training courses; maintain the club kayaks & help in the search for suitable kayaks to add to the fleet; organize club trips and coordinate trip leaders; take on responsibility for leading group trips; and oversee the safety protocols for the program. Without their tireless efforts there would be no Kayak Program.

A few reminders or notices to draw your attention to:
[Waitlists for courses & clinics:](#)

- If you'd like to be waitlisted for a course or clinic you **must** register on the appropriate list (see events section or club calendar. If you were on a course / clinic waitlist last year you need to let Susan know that you're still wanting to be on this year's waitlist(s).
- Club members will be offered spaces in courses / clinics based on the length of time they've been on the waitlists. **Those who have been waiting the longest will be given first opportunity.**

Use of club kayaks:

- A reminder that use of club kayaks **requires a confirmed reservation.** If you have not reserved a kayak you shouldn't be taking one from the storage room. **Kayak reservations can be made only through email to Angie Walters at: kayakbooking@vckc.ca.**
- If you are using a club kayak for a club sponsored day trip **you are responsible** for arranging safe and secure transport of the boat to & from the launch site. **You are also responsible** to ensure the kayak and all gear are cleaned in accordance with club Covid policy before returning the kayak **bow first** into the storage racks.
- Please make sure the clubhouse door is securely closed and locked when you leave.

Other:

- We are hearing that renting wetsuits is a challenge in a Covid world. You may want to consider investing in thermal protection of your own considering the daily rental cost (if / when a wetsuit can be found) is usually in the \$50 range. It doesn't take much to make ownership more attractive than renting.
- There is a **Facebook group** [<https://www.facebook.com/groups/2301660256743723> - VCKC Club Chat] for social interaction among club members. It's a great place to talk about paddling gear, ask questions, meet with old & new friends, sharing kayak (and all paddle sport) information, and posting photos & notes about your paddling adventures. Membership is moderated and restricted to club members only. I'd encourage everyone to consider being active in the virtual community.

Please feel free to contact me about any aspect of the club's Sea Kayak Program. My direct email address is: kayak@vckc.ca

~ Craig Thomson , Kayak Director

*Five intrepid VCKC paddlers set out to conquer a new paddling adventure by taking the **Paddle Canada River Kayak Beginner Course** with Georgia Newsome (Coastal Bliss Adventures) on the Cowichan River over the Easter Weekend. The Beginner course is designed to introduce novice river paddlers to the equipment, basic skills, and techniques used when paddling in Class 1 moving water. Day 1 was spent on Fuller Lake learning the basic rescue techniques and, for those of us with previous sea kayak experience, getting used to a much more "responsive" kayak that turns on a dime. Day 2 saw us in moving water and learning how to navigate the river kayaks across eddy lines, into moving water, doing rescues on moving water, and getting back into eddies - all needed skills when the water moves below you. We ended the day with a fun paddle down the upper Cowichan River to Little Beach and we had tons of fun running some mild rapids, learning how to identify and avoid danger spots, and generally having a blast! I, for one, really enjoyed the course and can't say enough good things about Georgia and Kaitlyn who kept us safe and sound the whole time.*



Cheers,

~ Rich Weir



What a great day we had! I'm happy to pass on high regard for the Basic Kayak Course instructed by Elizabeth and Wade, Sat April 17. The course started with a Zoom meeting earlier in the week to go over some basic theory prior to our day together on Saturday. We then met at the clubhouse at 9am Saturday. First part of the day was on land (with masks and social distancing / Covid safety), going over key equipment, information, safety as well as overview of the agenda for the day, outlining the skills we would be learning and practicing.

As entry-level kayak paddlers, one of the skills had me (and other class participants) somewhat nervous - the 'upside down' wet exit. The instructors did a fabulous job outlining the skill step-by-step and allowed ample time for discussion and questions. Their calm approach was reassuring so when it came time for that skill, we all succeeded with little problems. One participant accidentally went over earlier in the afternoon, and because we were so well prepared, they exited

successfully on their own.

Other skills we learned included basic paddle strokes and assisted re-entry. With only 6 participants there was excellent personalized instruction for each skill. The on water day was spent just up the Gorge from the clubhouse, in the appropriately calm and protected waters. Overall I give the course and instructors 2 enthusiastic thumbs-up!

~ Jana Savage

BC Marine Trails Speaker Series: Coastal Cuisine



Join us on May 23rd at 7:00pm PDT for an incredibly special presentation by Jared Qwustenuxun Williams. Jared is a renowned First Nations chef. He is going to tell us all about traditional ways and how to exquisitely prepare the splendors of our shared coast.

[Register here.](#)

Jared is a father and husband, Elders Kitchen Manager, owner of Medieval Chaos, Salish Food Sovereignty Chef and most of all, his values, beliefs and passion embody the very meaning of reconciliation and understanding.

All proceeds go to support BC Marine Trails and our First Nations Engagement Program.

Respect Our Volunteers

Did you know that all course and clinic instructors are volunteers? They are giving their time so that you can gain skills to safely enjoy paddling. When you register for a session and don't show (especially without notice) it seems like you may be taking advantage of their willingness to volunteer their time.

Marathon Update

Yeah, warm weather!! I spent a wonderful two hours on the water the other day that led me to think about a picture contest to support Paddle for the Kids. So, I went back the next day and took a series of pictures. Now you have to figure out where I took them.



Figure 1



Figure 2



Figure 4



Figure 3

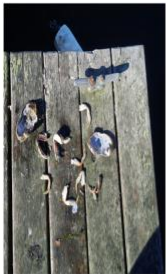


Figure 5



Figure 6



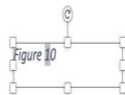
Figure 7



Figure 8



Figure 9



Paddle for the Kids Photo location contest

So here it is. To the left you will find ten pictures taken on the Gorge Waterway and Portage Islet.

What you have to do:

- Identify the location of all ten pictures. In a few words describe the location as accurately as possible. This is an opportunity to test your visual memory of Portage Islet.
- Just list the picture by number followed by your location description. Include your name and email.
- Send your entry to marathon@vckc.ca

Contest entry fee: a \$10 donation to PFTK – donate here: <https://p2p.onecause.com/paddleforthekids/vckc-marathoners>

Who wins?

The kids who rely on Easter Seals for support are the real winners. For VCKC members, the first ten people who correctly identify all ten locations will have a total donation of \$100 donated to PFTK in their names.

All entrants will be listed in the June Newsletter and the ten winners will get a special profile!

Contest ends on Saturday May 1st.

Good luck – I look forward to hearing from you.

See you on the water

~ Peter Elson, Marathon director

Outrigger Update



Does anyone want to try out an OC1? They are in the best shape ever with my last repair. The footrests are adjustable the way they were always supposed to be and no more C clamps. They might even be a good option for a child with their parent in the other OC1, a canoe or a kayak. Just tell me when you want a boat by email to outrigger@vckc.ca and we will make it happen.

Last year CORA gave us \$733.48 towards equipment maintenance. If anyone wants to engage in a profoundly optimistic gesture then paying your CORA membership for 2021 would be great. They know which clubs their paid up members are with and we will be going after more grants in the future. The cost is \$30.

We have a donated outrigger paddle that will be going to a new outrigger paddler. It's a very nice 50" carbon fiber & wood Kaloa brand paddle. If you or someone you know would like this paddle then send a name and contact info to me at outrigger@vckc.ca. The person needs to have started outrigger paddling in 2020 or later and be a VCKC member. I will get someone to draw a name soon after we get back into the OC6s.

It is past time for us to begin preparing for paddling in the OC6s. If you are a team captain or stern looking forward to paddling OC6 when things open up, hopefully this summer, please send me an email. I would like to get an idea of how fast the boats will be filling up when it's allowed and I will need help doing some maintenance before then

~ Mike Wheatley, Outrigger Director

SUP Update

Hello fellow paddlers,

This little taste of the sun we have been getting has really motivated me to start getting out on the water more often. Unfortunately we can't gather and paddle in big groups and the summer race season may not materialize but we can still get out there responsibly. For the time being, that will mean for the SUP program low key, small group paddles. Keep an eye on the calendar for regular Friday evening paddles, there is nothing better than a #SunsetSUP (maybe being out on the water for the sunrise is just as good).

Please reach out to sup@vckc.ca if you want to set up or join a paddle, are interested in using club equipment or just want to talk paddleboarding.

Take care out there and Happy Paddling!

~ James Roorda, SUP Director



Club Courses and Clinics

Be sure to check the club calendar for upcoming courses and clinics !!

Non Club Members Paddling

When you bring a friend to paddle remember to have them complete the VCKC Waiver. A completed waiver will have the three sections at the top initialed and a witness signature at the bottom. It is best if the witness to the waiver is the club member. Place the completed waiver in the white box.

Cub Contact Information

Officers

President president@vckc.ca
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Treasurer treasurer@vckc.ca
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Peter Elson

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Other Executive Positions

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Membership membership@vckc.ca

Debi LaHaise

Clubhouse and Grounds

(maintenance)

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Britt Kohn

Boat & Locker Storage

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Dan Walker

Director at Large

vacant

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Ellie James

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