



Victoria Canoe and Kayak Club

“The Paddling Post”

May 2021

The Victoria Canoe and Kayak Club respectfully acknowledges that its activities take place on the traditional territories of the Lekwungen 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 has certainly been getting better and better. My weekly paddles in the OC1 have started requiring more summer-type clothing. Two weeks ago, I finally took the Basic Kayak course and received my certification so I can now take out a kayak. This was a long time coming. My little secret? I have always been afraid of being trapped upside-down under the water, so I only paddled big boats. I have now conquered my fear, thanks to our very patient instructors Jason and Vince! The club is very lucky to have so many wonderful volunteers.

Speaking of volunteers, we are able to do so many great things because of these volunteers. Unlike most clubs

we operate entirely on volunteer power. We don't have a single paid employee, so anything done at or for the club is done entirely by volunteers. In order to offer a course, we have to find club members with all the necessary instructor certification willing to give up their time for free. Want to enjoy the day paddling on a club trip? A club member with all the required knowledge needs to offer up their time for free to lead the trip. Thinking the clubhouse grounds need weeding? A club member volunteers to do that for free. The basement is accumulating garbage? A club member volunteers to take it out for us for free. The basement bathroom is in need of cleaning? A club member volunteers to clean it for free. The dragon boat is filling up with rainwater? Yes indeed, a club member volunteers to bail it out for free. You see where I'm going with this. We haven't had many opportunities to get together and socialise during our usual work parties where we clean the clubhouse or gather in groups to talk about new club courses or trips, so I'm taking this opportunity to remind all of us that we as volunteers are what make the club successful. Heading into our second year of pandemic restrictions is taking a toll.

Remember Dr. Bonnie's words.

Be kind.

Be calm.

Be safe.

~ Kim Capson, President

COVID Orientation Sessions and Waivers

There are still several members who have not 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 PPFTK Recap



We will get back to the big canoes

Well, it was a successful Paddle for the Kids once again this year - so wonderful we were able to go ahead with this event for the 40th Anniversary in a virtual fashion, even under Covid Restrictions. Thank you so much to everyone that participated! We succeeded in smashing our \$10,000 goal and raised \$11,692 in total for Easter Seals Camp Shawnigan - Way to go VCKC!!

Special mention goes out to Jean Chandler, Irena Jazwinski, Mavis Pillar and Sharon Skouge, who each raised \$1000+ !!

Lots of fun was had by all who participated by conducting their own individual fitness activities such as paddling, walking, hiking, swimming, running, biking etc. It was also fun to see the VCKC Marathon Group participate as a

group and use their photo contest for creative fundraising. Next year we're considering a combination of individual and group activities (provided social gathering has opened back up).

We're hoping to host a 40th Anniversary Celebration event later this year when social gathering restrictions have eased up. We will send out more updates about that when it's time.

We'd like to thank and recognize community organizations who supported our event by donating prizes for our participants -

The Oswego Hotel - one night stay, value \$199

Unsworth Vineyards - \$100 gift card and bottle of wine

Olive Oil Co. - Gift Basket, value \$50

The Market Stores - \$50 gift card

Il Terrazzo Ristorante - \$50 gift card

Floyds Diner - \$25 gift card

Steam Whistle - Cooler Backpack, \$20 value

Helly Hansen - Duffle Bag filled with work-out gear and accessories, value \$175

Thanks again everyone. Paddles Up and Away

~ Jana Savage, Organizer

Canoe Update

Despite the continued Covid-19 restrictions requiring 3m distancing, the 2021 canoe courses have started. Lakewater 1 Basic Tandem was held on Saturday, May 15th for 5 pairs of paddlers with each pair from the same household (or bubble). For those wanting to take Lakewater 1, but without a partner, we held a special Lakewater 2 Basic Solo course on Sunday, May 16th even though these paddlers had not taken Lakewater 1. It was a beautiful weekend and the winds stayed calm making these 2 courses, a great success. A big thank you to our instructors David Dorosz and Joe Boyd (Lakewater 1) and Alan Thomson and Jay Crowley (Lakewater 2). For those that missed out, Lakewater 1 and 2 will be repeated in June.



Also coming in June will be the Ocean Canoeing course. We had planned to run this in May but, you guessed it, continued Covid-19 restrictions caused us to postpone to June. If you have an interest in extending your canoeing skills to the marine environment, this course will give you a solid understanding of charts, tides, currents, and winds as well as a deeper understanding of the ocean paddling environment and give you a weekend to practice your new skills. For this and all courses, please see the VCKC Canoe Program webpages.



This year's Running of the Cow-'vid' was held the 1st of May and despite the limitations on travel and the need for social distancing, it was relatively well attended and a lot of fun. We saw both new and familiar faces and everyone agreed we should do it again next year, but without the social distancing! A big thank you to Joe Boyd for helping to organize the event and for submitting the more detailed description below!

~ Louise de Montigny, Canoe Director

Running of the Cow-vid 2021

*Hurray, hurray, the first of May,
We'll paddle the Cow from ~~Lake to Bay~~...Stoltz to Duncan!*



Typically, Running of the Cow (ROTC) is a 2-day event where paddlers start Saturday morning at Lake Cowichan, paddle the day to our camp spot at Stoltz Pool, share a meal, socialize, and continue the next morning paddling all the way down to Duncan. This year, due to Covid-19 and the continued requirements for social distancing, 'Running of the Cow-vid' had to be a single-day event with paddle groups limited to 10 paddlers, and tandem boats with partners from the same household.

Saturday May 1st was a beautiful warm, sunny day. We had an early start at 9:45 from Stoltz Pool when Alan and Linda Thomson led our intrepid group of 10 VCKC paddlers off the beach. With river levels running at 28 cms, we were able to easily avoid the wood and rock obstacles presented and there was no drama. We had a leisurely paddle with a couple of pleasant stops and arrived in Duncan in about four hours. When we were done, we smiled, thanked the river (and each other), and went home. Our VCKC group was followed by 2 groups of 10 paddlers from the South Island Whitewater Club and from the smiles on their faces, we know they had a great day too. It was a perfect day on the river with a respectable turnout given the limitations we had.



A special thanks to the VCKC river canoeists who scouted the route two days prior to the event: Rick Bryan, Tom Staebell, Alan Thomson, and Dan Walker, and to our Trip Leaders Alan Thomson and Rick Bryan. Water levels on the Cowichan are now dropping to more summer-like levels. We hope to see everyone back on the river in the fall and hope that next year ROTC will be a full weekend get together again!

~ Joe Boyd

Kayak Update



Another Kayaker's Haiku

*Edging in balance
Power flows from new paddle ...
Self-rescue again.*

Despite the pandemic the VCKC kayak program is running full speed ahead. Our Paddle Canada Skills courses will wind down in June until September. I understand that all members who had been waiting mostly patiently on lengthy waitlists for training courses have finally been taken care of. *I heard through the grape-vine that our very own VCKC President is now a Paddle Canada certified Kayak Basic Skills course graduate – way to go Kim!* A huge shout-out of thanks goes out to our course scheduling coordinator and volunteer kayak program instructors for accommodating as many members into as many skills courses as we could cobble together given our limitations on group size, kayak availability, instructor availability, weather, etc. When you stop and think of all the work that goes into putting on Basic and Level 1 skills courses for the club it's quite amazing.

While skills courses take a brief summer hiatus, keep an eye on the club calendar for opportunities to join in on skill development clinics. As daylight is with us into evening hours, now we're working to put together a series of evening paddles with a focus on strokes, rescues, boat control, and whatever else we can make happen.

Basic Skills to Level 1 Skills Progression

Which is an interesting segue into a discussion about the VCKC kayak program philosophy about transitioning new paddlers from Basic Skills to Level 1 Skills. It is our belief that new paddlers should have some "bum in the cockpit" time between completion of a Basic course and enrollment into a Level 1 course. VCKC is committed to developing safe and skilled paddlers who, as their skill level increases, we hope, become more involved in club activities, and take on leadership roles. It is for these reasons that you won't find VCKC offering a two day "Basic & Level 1" combination course which many of the commercial programs offer. We expect that it should take about 6 months of semi-regular paddling to practice and refine the skills a new paddler learns in a Basic course. Please don't be surprised or be offended if you're asked about how much "bum in cockpit" time you've accumulated since completing your Basic Skills course.

There are always exceptions ... some people are able to spend more time developing their skills than others. We recognize not everyone will need 6 months of skill practice before being ready for a Level 1 course. If you think you're ready to tackle the Level 1 course sooner than our 6 month standard you're welcome to let us know ... but please be prepared to participate in a skill evaluation with one of our instructors before being confirmed into a Level 1 course.

Day Trips

As of the time of writing, there have been 4 VCKC sponsored day-trips. We've had groups go into Brentwood Bay; venture out beneath "the bridge" and follow the Gorge to the Johnson St. Bridge; explore the coastline from Flemming Bay to complete a grand circle tour of the Inner Harbour; and most recently a group hoping to paddle out to Rum Island learned that the weather could force changes from Plan A to Plan B, and onto Plan C.



Day trips will continue through the summer to the extent we're able to find trip leaders with available time. It does take a lot of time commitment to organize and run a day trip. It's much more than just showing up at the launch site, pointing at a map, assuring everyone that there's a first-aid kit available, and counting boats off the beach and back to the beach. Another shout-out of appreciation to our trip coordinator and trip leaders!

Keep your eyes on the club calendar for upcoming trip announcements. Our goal continues to be offering 2 trips per month. We are going to try to plan for some shorter-distance trips that don't require a lunch break stop (2-3 hours vs 3-4 hours in duration). If there's a day trip that you'd like to see us offer, please send me an email (kayak@vckc.ca) and we will see what we can put together. Please remember that the trip guides and coordinator are all volunteers ... we can't always offer exactly what everyone wants when they want it.



Trips are popular! Most of our trips have started off with more demand than we have had capacity to fill. The Covid rules limit us to no more than 10 paddlers in a "pod" of kayakers and everyone in the pod must maintain a 3 metre distance. In prior years we've been able to offer trips which accommodated more participants. This year we have limits and rule to live within, or risk losing our ability to run trips altogether.

We do our best to run more than one "pod" of paddlers for each trip, but it isn't always possible and not everyone who wants to go can be accommodated – this means we have disappointed people every time a trip is offered.

In order to keep a level playing field where all members who sign up for a trip have an equal opportunity to be confirmed and registered, we use a random draw process. Everyone on the sign up list has an equal chance of being randomly selected to be offered a seat. The odds of being chosen have nothing to do with a paddler being chosen (or not chosen) to participate in a past trip. Please understand that we considered a variety of ways to keep disappointed club members to a minimum and the best way is to give everyone an equal chance of being selected, a fresh slate for each trip.

Last word on trips ... not all of the trip leaders know all of the club members. Please don't be offended if a trip leader contacts you to confirm your skill level for any particular trip. The trip leaders are fully responsible for a group's safety from launch to return and have complete and final authority to determine if someone has the prerequisite skill / experience to participate. This is for the safety of everyone in the group.

Club Kayaks

Another reminder that access to a club kayak is a privilege and not a right of membership. There will be occasions when a kayak isn't available when a member wants one. Please don't take it upon yourself to take a boat from the storage rack just because it is there. If you haven't signed a kayak out with a confirmed booking through Angie (kayakbooking@vckc.ca) PLEASE DO NOT REMOVE A KAYAK. Club activities such as trips, training courses, and clinics take priority over an individual's ability to access a club kayak. Our kayak program is run completely by volunteers who do what they can as best they can to provide services to club members. You may be disappointed ... you may be frustrated ... but please don't treat our volunteers with anything less than the appreciation and consideration they deserve.

Finally, if you are signing out a club kayak for a club trip YOU MUST BE ABLE TO ARRANGE FOR TRANSPORT THE KAYAK TO AND FROM THE LAUNCH SITE YOURSELF. We will be removing the "I require assistance to transport a club boat" checkbox from the trip registration form. Please don't be offended if a trip lead contacts you to confirm your ability to arrange for safe transportation of a club boat to/from the trip launch site. If you aren't able to confirm ability to transport a club kayak you may be dropped from the trip so another person with confirmed ability may participate.

Kayak Program Director 2022

If you think you might be interested in taking on a leadership role in the club as the Kayak Program Director for the 2022 year, please email Susan Logan (club secretary: secretary@vckc.ca). If you might be interested and have questions about the job, please feel free to contact me (kayak@vckc.ca) and I'll be happy to talk to you.

Have a great summer everyone! Happy paddling and remember "keel strip side down, big hole side up" (unless you've got your roll all sorted out). If you've got any questions or comments about the VCKC kayak program, please don't hesitate to reach out (kayak@vckc.ca)

~ Craig Thomson , Kayak Director

Kayak courses are in full swing now, and I couldn't be more excited to be one of the instructors! I am so grateful to VCKC for organizing the instructor training class in the fall. I was really nervous but enjoyed it immensely and can't believe how much I learned.

I love meeting other club members who take my classes and clinics, and especially seeing them on the water again and again. Nothing tops the sense of community I feel working with students, other instructors, and everyone involved in VCKC's kayak program. I have always enjoyed VCKC's facilities, but now am happy to really feel like I'm part of a club!

~ Elizabeth

Do you have paddling books that you no longer need? If we can recruit a volunteer to manage the project, we would like to start a VCKC Book Library with a section of our website dedicated to listing books about paddling that are available for loan to members. Members may enjoy having access to some good books about paddling, be they instructional books, trip planning books or old classic adventure stories from days long gone. If you have an interest in managing this project, contact secretary@vckc.ca.

Marathon Update

A BIG shout out to Gord, Darrelle, Ron, Bon, Sue, Blaine, Jan, and Norm who each completed a marathon for the cause, Su who added her kilometers; and to those who donated to the PFTK marathoners campaign. Last month I proposed a photo location contest to support Paddle for the Kids. It's great that we exceeded our campaign goal. The marathon program contributed \$350 to the cause. However, the photo -location contest was a flop – no entries! Regardless, I thought I would give you the answer to the puzzle so you can go back to the April newsletter and still see what spots you recognize. For location purposes, the passage from Admirals bridge to the body of the Islet will be called "Portage Islet neck". Answers

Figure #	Location
Figure 1	Bench on the East side Portage Islet neck
Figure 2	Exposed branch at the entrance to Craigflower Creek
Figure 3	Log on the North West side of Portage Islet
Figure 4	Exposed branch at the junction of Portage Islet and the bay that leads up to Craigflower Creek
Figure 5	Corner of the dock at VCKC
Figure 6	Ducks at the "stone house" on the North side of Portage Islet
Figure 7	Admirals bridge
Figure 8	Geese having a get together at the junction of Portage Islet and Portage Islet neck
Figure 9	Crocodile model on a dock on the East side of Portage Islet near the "checkerboard" (I've never seen a bird or otter anywhere near it)
Figure 10	Log on the North/East side of Portage Islet, also near the "checkerboard"

See you on the water
 ~ Peter Elson, Marathon director

Do you have a used marathon canoe (MC-1) for sale or know someone who does? The marathon program would like to add to it's fleet of two single canoes. If you do, please email Peter Elson at marathon@vckc.ca

Outrigger Update



The pair of OC1 outriggers are getting busier with more members taking the COVID orientation. If you yearn to paddle, then consider the outriggers. As for the greatly anticipated relaxation of COVID restrictions, who knows when, I have had three responses to my request for OC6 sterns and captains to contact me at outrigger@vckc.ca along with two time slots being reserved. Keep those emails coming.

As well as this newsletter we have a Facebook page. Presently, 50 of our 350 members are signed on. If you want timely announcements about outrigger activities, please sign on to the group called "VCKC Club Chat". It's a closed group for VCKC members wanting to get in touch

with each other about setting up informal trips or getting more information about the trips. Only members can see who's in the group and what they post. I hope to make more use of the Facebook group for outrigger info.

~ Mike Wheatley, Outrigger Director

Storage Update



Over the past month or so, the numbering of storage locations was completed. Club boats were assigned specific storage locations and numbered bow and aft with their assigned location numbers. In addition, a gravel transition was laid leading into the Compound to make it easier to move the trailers in and out. Inside projects, including further cleaning and organizing of the basement will be left till the Club reopens.

The Club continues to receive almost weekly requests for boat storage from local residents. Unfortunately, all storage locations assigned to members are taken.

~ Dan Walker

Cub 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
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 Tim Marks

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 Jana Savage Cain
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 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)

Britt Kohn clubhouse@vckc.ca
 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 Caldicot