



Victoria Canoe and Kayak Club

“The Paddling Post”

November 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 relationship with the Songheesand and Esquimalt peoples have existed sine time immemorial. The Club is committed to taking meaningful action to build respectful and reciprocal relations with the Songheesand and Esquimalt peoples on whose land and waterways club members have the privilege of living, working, and playing.

President’s Message



Paddlers participating in November 11 event

We are still getting lots of paddling in despite the grey skies. Some evening paddles, some daytime paddles, and a wonderful gathering with friends in our big canoes on Remembrance Day.

The Bylaw Information session went well in October, and we received some great input from the members who attended. Another session is planned for November 25 to review the changes discussed that evening. Please join us and have your voice heard.

This is Susan Logan's last newsletter as editor. I want to thank Susan for all of her hard work not only in putting together such a great newsletter month after month, but also in gently nudging

all of the members of the Executive every month to have us all send updates on what we're up to as a club. It's a difficult task and Susan has handled it really well and given us something to look forward to every month. Thanks, Susan!

On a related note, if anyone is interested in taking over from Susan this would be a good time to let us know! Hopefully we can find someone to take over in time for the December edition.

For members who have been storing boats at the club you will have received notice that Saanich has told us that member storage has to end. Unfortunately, with so many people in the community looking for storage Saanich has been under increasing pressure to allow storage sheds or racks to be built on park lands. We were being used by others as a precedent-setting case since we were Saanich property allowing non-club boat storage. We've discussed this at the Executive meeting and may be looking at the possibility of getting together with others in the paddling community to explore some options for all of us as the need for boat storage is a big thing here in Victoria.

Lastly, we're tossing around some ideas for a Christmas get-together so keep an eye out for an email.

Stay safe and stay healthy, my friends!

~ Kim Capson, President

A Note from our Acting Treasurer



So, what does a treasurer do? The bottom line is that a treasurer upholds the financial integrity of an organization. This integrity is reflected in presenting accurate financial statements (unlike Calvin's canoeing observations); and integrating budget requests into an annual financial plan. The VCKC financial statements are posted each month on our members-only web site under the "news" icon. If you have a look, you will see that the last few statements have a different appearance than earlier ones.

The more recent ones have five different but interconnected stories to tell. The first is the balance sheet, accounting for all assets and liabilities since the inception of the club. The second sheet itemizes revenue and expenses for the current year, compared to what we had budgeted at the beginning of the year. The third sheet is a profile of the building or house account – rent received, and expenses incurred. The fourth story is a profile of changes in net assets since the beginning of the year; and the final sheet outlines the revenue and expenses for all seven club programs.

Behind these figures is an excel spreadsheet program that adds, subtracts and otherwise calculates the figures you see in the monthly financial reports. Behind the spreadsheet are both on-line and bank deposits and expenditures, many of which can be downloaded from bank records or web-based transactions. Behind all of these deposits, expenditures and calculations are club members, of course, and a treasurer who manages expenditures, checks accounts and works to provide you with statements that are both accurate and readable.

The budget process for 2022 is just getting underway and will be finalized in January in preparation for member approval at the AGM in February. This process includes forecasting revenues and expenses, but it also reflects requests for specific program purchases and activities and on-going club administrative expenses. So, unlike Calvin and Hobbes, a treasurer tries to make sure the club doesn't mistake a rock for a whale or bull kelp for a giant eel.

~ Peter Elson – Acting Treasurer



If you know of anyone who you think would be interested or you would recommend for a position, please let us know. Program Director Positions can be shared; however, the position will still have just one vote. All Executive positions are for one year term. Some of the current Executive have indicate a desire to continue, but if anyone is interested in a particular position or would like to come onto the Executive as a Director at Large for a year and learn how the Executive

functions, please contact Linda Thomson at [Here](#) or phone: 250-592 4170.

Big Canoe Update

Hello Fellow Paddlers!

There is action on the water in big canoes again. Watch the newsletter and website for any upcoming events in big canoes. We can often accommodate new or inexperienced paddlers within a team of experienced paddlers and stern leaders in our 22', 25', and 29' big canoes.

We have had some action on the water in recent months with our associate members, primarily from local schools. Associate membership for these groups is a great way to get people on the water once the group has enough qualified stern leads. If you are interested in becoming a big canoe stern lead, let me know so I can forward your name to our instructors. We hope to put on a course early in 2022.



Ken Gibbard, stern lead for Canada, November 11, 2021, turning 90 this month ~ photo by Ellie James

“On November 11, we had a fun day. Some of us almost forgot what paddling big canoes in community was like. Although the day didn’t go quite as expected, we had a variety of experiences. We had a mini moving water lesson, practiced search and rescue emergency response procedures, explored into the next dimension through an unusual area in the spacetime continuum. All this and we still had time for Ellie and Helene to lead us in a Remembrance Day service with a reading of Flanders Fields, a time of silence, and a time of shared reflection.

Such a great time away, a great time together, and a mystical passage back through the mist, back to our realities.

VCKC, such an asset.” (comment by Tim Marks)

We had Tim, stern lead and seven paddlers, in *Tillicum*; Bon, stern lead with seven marathon paddlers, in *Munroe*; and Ken, stern lead and three paddlers, in *Canada*. Just in case you are not aware, Ken will be turning 90 this month. I tell you this to help you remember the truth that paddling is good for you. Paddling in a big canoe (and all the other VCKC vessels), is a wonderful opportunity for club members to get out on the water, to get healthy, and to have fun in community, even on cold, rainy (not that we noticed) November days!

It has been great to lead the big canoe program over the last few years. It is a big team of people that makes the program work. I have met so many great, fun people in this position. If you are interested in serving VCKC in the big canoe director position, please speak to me or one of the officers before the January AGM!

Yours Respectfully,

~ Mary Marks, Director

Canoe Update

After a dry summer with not enough water to canoe the local rivers, November rains brought too much water, resulting in river conditions that were too dangerous to be fun. The annual Remembrance Day Paddle was consequently cancelled, as was the fully subscribed Moving Water course. Despite the disappointment, Moving Water will be offered again in the new year when river conditions are more conducive to safe learning.

As I look back over this challenging year of Covid restrictions that prevented canoeing at the club until May, I am very pleased to see that we were able to run 9 Lakewater courses including: 5 LW1, 2 LW2, 1 LW3 and 1 LW4. Congratulations to the 75 club members who learned new skills and gained confidence in paddling a canoe during Covid.

Here are a couple of examples of the feedback about our courses that we often get:

"Please pass on our appreciation to the Instructors for the lessons learned and the good times we experienced during the Sat Oct. 23 course. We feel much more ready to take on future lake trips, safely and with some cool techniques to practice! We really respect all the instructors' dedication, expertise and patience, backed up by hands-on help when needed!"



"I had such a good time yesterday, and rediscovered enjoyment of a sport I haven't done for ages. Thank you so much for giving a whole day to us and making us safe and more confident on the water. You made it good fun too!"

Of course, none of the courses offered this year would have been possible without the technical expertise and continued enthusiasm of our volunteer Canoe Instructors - a huge thank-you goes out to each and everyone of them! This fall, VCKC's very own Master Paddlers/Instructor Trainers, Ellie James and Alan Thomson, have been busy recertifying instructors as well as training new instructors. The future looks bright for VCKC to continue offering our outstanding canoe courses!

~ Louise de Montigny, Director

Kayak Update

Happy November, fellow kayakers!

There's not a lot going on with the VCKC sea kayak program in the winter months. Organized courses and trips are on hold until spring. The most exciting news is that the NDK Sportive kayak is now in the Club fleet which brings VCKC up to 8 Club boats for member use. The Sportive is being outfit for use and will be available very soon – it is quite well suited for smaller sized paddlers.

I'd also like to remind paddlers that with the colder weather comes colder water and the importance of dressing for the weather and possibility of immersion. Wetsuits or drysuits should be in regular use now, with proper headwear (wool toques, neoprene hoods or skull warming beanies) and hand protection (pogies, neoprene gloves). Having a thermos of warm water available to re-heat your hands and gloves during shore breaks is always a good idea, as is taking along some hot chocolate, herbal tea, or water & lemon to warm the cockles of your heart on a cold paddling

day. Don't forget to pack energy bars and snacks that will boost your energy after paddling a distance in cold weather – it really can sap your strength.

I thought I'd take this time this month to share some of my favourite YouTube links to kayak skill demonstrations. It isn't a comprehensive list of everything that's out there, but these are my go-to videos when I'm looking for reference / examples. Pour yourself a beverage and work your way through the list as time allows.

Disclaimer: *These videos are provided for reference only and aren't a substitute for getting proper training from an instructor or experienced mentor.*

Forward Strokes

<https://youtu.be/pvi7rllsNRY>
<https://www.youtube.com/watch?v=4gyd0Vc2Jxg>
https://www.youtube.com/watch?v=ojYYI2Rcm_I

Entering & Exiting a Sea Kayak

<https://www.youtube.com/watch?v=5iR3TYgTzxw>
https://www.youtube.com/watch?v=_mQ67sFP25U
<https://www.youtube.com/watch?v=YfGKHvJE6nQ>

Cowboy (or Scramble) Self-Rescues

https://www.youtube.com/watch?v=uxyi_ia2W8s
<https://www.youtube.com/watch?v=P9VgFiW92j8>
<https://www.youtube.com/watch?v=4buggSO1XBE>
<https://www.youtube.com/watch?v=qxPXk1SfDjA>
<https://www.youtube.com/watch?v=t9AyD5BG0Mc>
<https://paddlingmag.com/skills/video-master-scramble-self-rescue/>

Paddle Float Self Rescues

<https://www.youtube.com/watch?v=LLNATL6BdQ>
<https://www.youtube.com/watch?v=yU7Kah7VNDA>
<https://www.youtube.com/watch?v=FbIW-rQtqVQ&t=353s>
<https://www.youtube.com/watch?v=hkj2S4yxoQI>
<https://www.youtube.com/watch?v=-ohIY0L5RRM>
https://www.youtube.com/watch?v=tlr_JzZfy9E
https://www.youtube.com/watch?v=C0bC7FzHL5Y&ab_channel=BangorDailyNews

Edging and Turning

<https://www.youtube.com/watch?v=g3ViKcVKPbs>
<https://www.youtube.com/watch?v=UkGoJhllbko>
<https://www.youtube.com/watch?v=0oZ-XVlz0I>
<https://www.youtube.com/watch?v=trqfcl8TYTM>
<https://www.youtube.com/watch?v=DF3j91VEJ2c>
<https://www.youtube.com/watch?v=9BysHoOHUvU>
<https://www.youtube.com/watch?v=jko5hklxQxo>

Happy paddling!

~ Craig Thomson, Director

Marathon Update

Before saying anything about the marathon program, I want to express my personal appreciation to both Susan Logan and Dan Walker who will be stepping down from the Executive at the AGM. Like Susan, I have also been the executive director of a registered charity, and I know how much knowledge, energy and time it takes to help guide an organization through multiple executive changes while keeping a clear head and a firm hand on minute taking and



Weathervane erected by Dan Walker

form filling. While Susan is not our executive director in name, as secretary for VCKC she has done a formidable job, in my view, to anchor decisions in good practice while keeping the overall impact of decisions on members and the club as a whole in mind. Although Susan and Dan are not stepping down immediately, this is Susan's last newsletter as editor, and I wanted to take this opportunity to give her a "shout out". As for Dan, one only need look in the compound to see the benefits of the changes he has made. If you don't get to the compound very often to admire the new canoe shelters, then glance up at the weathervane on the back deck – it's Dan who carefully crafted and painted the post on which it stands. Talk about a legacy.

As for the marathon program, come sun, cloud, rain, moderate winds and cold temperatures, we are out on the water 3-4 times a week. A core group of weekday regulars are joined by week-enders to fill a combination of single and tandem boats. We continue to make minor repairs to the boats and thank to Ron

Williams and Darrelle Butler we now have a master list of needed repairs so they can be tackled when time and weather permit.



Cormorants checking out the sights and catching a few rays of sunshine

This time of year is not only a transition in terms of weather, it's also one for bird species returning to our beautiful migratory bird sanctuary. There are plenty of Buffleheads and Mergansers back on the water, while the Cormorants have been back for a while. Salmon are still making their way home and we have adjusted our paddling routes and speed accordingly. Seals come and go as their appetites dictate and the odd sighting of river otters remind us that they are still around. Nature reminds us that all species, including us, live in a fragile balance of factors, the most important of which are healthy land, air and water.

See you on the water,

~ Peter Elson, Director

Outrigger Update

There will be an Annual General Meeting in January and some significant changes to the Club Bylaws are being proposed. The more members that participate, the more likely we are to have a good result. This is important for outrigger paddlers and all members of the Club so please take the time to consider the proposed changes to the Bylaws.

There is also an opportunity to elect new members to the Board of Directors for the Club. Working on the Board is a rewarding challenge. If you are willing to take it on, please connect with Linda Thomson.

I am willing to remain as Outrigger Director for another year but at the same time I encourage anyone else who would like to take it on to put their name forward. Some may see this as particularly desirable as it is unlikely that I will be willing to take on the organizing duties for Wake Up the Gorge if we host this event in 2022. I will be looking for someone to take this on as a volunteer project separate from other Outrigger Program responsibilities. If you feel this should be done by the Outrigger Director, then you may wish to put your name forward for the position.

For someone who started paddling outrigger (any size) in 2020 or later I have a fine 51" Kaloa Carbon Fiber paddle with a wood shaft and padded case that has been donated for the use of a new outrigger paddler. It has a tee handle so the shaft can be shortened if 51" is too long. If you or anyone you know would like this paddle, please send a note with contact info to outrigger@vckc.ca. I will draw a name for the paddle before the AGM.

The 6 person outrigger (OC6) is seeing lots of use. If you would like to try it out then look at the Outrigger Practice Schedule, <https://vckc.ca/sys/website/?pageId=18135>, find a time and paddling style that interests you and contact the Team Captain about going for a paddle.

The other two OC6s are still having their bottoms refinished. The OC2 is still out of service. The plastic OC1s are being used regularly but not as often as before the OC6 went back in the water. The fibreglass Hurricane OC1 is ready for use if you have been introduced to its assembly. Let me know if you want an introduction.

It continues to amaze me that there is so much fun to be had paddling when the weather seems so miserable. We keep catching the sunny bits. Come out and enjoy it.

~ Michael Wheatley, Director

SUP Update

Hello fellow paddlers!

It's that time of year when the days seem to get drastically shorter everyday. This will have obvious impacts on our paddling, but it shouldn't stop us from getting out there. First thing we should do before going out for a paddle is to check the weather and conditions. Once we know what to expect, we need to make sure we have the right gear for the conditions. The realities of the weather and water temperatures here mean the right gear can be the difference between life and a really bad time. So, get your favourite weather app ready, along with your wet/dry suit, paddling mitts and booties and get out there. The whitewater, surf and tidal currents are out there waiting for you to play in! If you have any questions or want to plan a paddle, please reach out to sup@vckc.ca

~ James Roorda, Director

Storage Update

I'll be stepping down as Storage Director at year's end. Sadly, one of my last jobs as Storage Director has been to ask all members storing boats at VCKC to remove them by June 1st, 2022. Under the new VCKC lease agreement Saanich has directed that all private boats be removed from the VCKC Clubhouse and Compound. This is part of Saanich's decision to prohibit private property storage on public lands. VCKC executive protested this decision, but Saanich was adamant. I hope many of you will consider taking on the Storage Director position. It's one of those jobs that you can make as busy as you like and it's a great introduction to the Executive.

Storage Director Duties include:

- Writing a monthly storage report for the Newsletter
- Assigning storage spots for Club boats and making associated updates to the database.
- Overseeing storage spots for Club boats and equipment. With the approval of Exec, you can rearrange storage both in the Clubhouse and Compound.
- Attending Exec meetings as a voting member of the Exec.
- Unfortunately, there can be some heavy lifting if you have to help move Club boats or trailers.
- If you're the handy type, there are opportunities for DIY storage related projects and there may be some related repair jobs.
- As of June 1, 2022, all member boats will be removed from the Clubhouse and Compound so managing the storage of member boats will no longer be a duty.

Thanks to everyone for making this an enjoyable and productive three years.

~ Dan Walker, Director



Our Tuesday morning (Nov 9) marathon paddle turned out to be of a different nature. We notice a large log had jammed itself into the docked OC6.

We manage to dislodge the OC6 from the log, but realize if we left the log in the water, it would just move up and down with the current. Depending on how the log makes impact with the OC6 it could do real damage. This log was probably a thousand pound or more so we knew it would be impossible get it out of the water. The next best thing was to try to move the log as far away as possible.





Photos by Jennifer Lee

Darrelle and I grabbed one of the rec-canoe and with a tow rope we manage to paddle the log over to the beach over at the Gorge Park. With the strong wind and current it took us over ½ hour to paddle with log in tow to make the crossing. The log is now jammed into the beach, but will probably float itself free when the water level comes up. Hopefully the log will stay away from our side of the Gorge.

~ Bon

Club Contact Information

Officers

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Peter Elson(acting)

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Susan Logan

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