



Victoria Canoe and Kayak Club

(www.vckc.ca)

"The Paddling Post"

February 2022 Newsletter

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 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.

Clubhouse Update: VCKC Door Code Change!

Important Reminder: The basement door and compound locks will get changed March 1st. The new code will be available on the VCKC web site for all current members.

~ Sandy Rattray, [Clubhouse Director](#)

President's Message

We are starting into 2022 with renewed hope that this will be the year the club comes back to life. It has been a while since we have held any of our usual social events. To begin, we are hoping to revive the monthly general meetings. The first one on February 15th will update us on the state of the herring in the Gorge. We'll be following that up with a "field trip" to the potential herring spawning sites in the Gorge. Details are still in discussion so watch the club calendar!

And speaking of the club calendar, we'll be using that a lot more this year. Courses, talks, events, maybe even barbeques and potlucks!

We have been discussing requiring proof of vaccination for club events, inside and outside, but the general consensus of the Executive is that we aren't in favour of that based on what has been happening with the evolving conditions of the pandemic, and the privacy issues that surround personal medical information. We would gently request that no one ask another club member about their vaccination status.

If any of you were around the clubhouse in mid-January you may have seen a film crew using the outside of the clubhouse. They are filming a TV series called *Reginald the Vampire* and our clubhouse happens to be the home of the star, Jacob Batalon of Spiderman movie fame! The

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production company made a nice big donation to the club for the inconvenience they caused. I'm not sure when the series comes out but we'll have to keep an eye out for it.

The days are getting longer, temperatures are rising, and the sun is coming out a little more. We're getting into the really great paddling days so keep your eyes on the club calendar for courses, open paddles, and races. See you soon on the water!

Stay safe and stay healthy.

~ Kim Capson, [President](#)

Treasurer Update

We are still in need of a Treasurer. Please, if anyone is interested let [Kim](#) know!



Peter Elson has been wearing three hats for the past six months as, in addition to his Marathon Director hat, he also took on Acting Treasurer and keeper-of-the-proposed-by-law-changes. It has been an incredible amount of work and we'd like to have a Treasurer to take over the tasks from Peter.

Peter has offered to help make the transition smooth for anyone interested.

The State of the Gorge Pacific Herring

Come listen to this fascinating presentation by Jim Shortreed, discussing the health of the local Pacific herring population.

When:
Tuesday, February 15th
7:00 PM - 8:30 PM

Location:
Online via Zoom



(Photo by Fisheries and Oceans Canada)

Register for the Zoom session in advance at <https://www.vckc.ca/event-4621836>. Please note that you have to answer a question or two after you click the link to ensure your registration.

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Meet the 2022 Executive



Arthur Caldicot,
Webmaster



Kim Capson,
President



Louise de Montigny,
Canoe Director



Peter Elson,
Marathon Director



Gord Evans,
Storage Director



Tony Hopkin,
Outrigger Director



Ellie James,
Director at Large



David Johnson,
Newsletter



Britt Kohn,
Safety Director



Debi LaHaise,
Membership



Elizabeth Martinson,
Big Canoe Director



Wade Martinson,
Kayak Director



Sandy Rattray, Clubhouse
and Grounds Director



James Roorda,
SUP Director



Jana Savage, Vice
President & Dragon Boat
Director



Craig Thomson,
Director at Large



Katrina White, Secretary



TBD, Treasurer

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Big Canoe Update

Hello Fellow Paddlers!

First let me introduce myself, my name is Elizabeth (Liz), and I am very excited to be taking over the role of Big Canoe Director, and I assure you, I have some very big shoes to fill! My husband Wade and I joined the club in 2019 and soaked up knowledge and training from VCKC's incredible team of volunteers and certified canoe and kayak instructors.

Big Canoe is an amazing way for club members of all ages and skill levels to have fun on the water together, get exercise and soak up the sun. I look forward to coordinating weekly paddles and day trips on and off the Gorge waterway once we have enough qualified stern leads to support this. If you are interested in becoming a big canoe stern lead, I would love to bring you on board, and arrange for the training required to help you achieve this. Please feel free to send me a message at bigcanoe.vckc@gmail.com and I would be happy to speak with you about learning and volunteer activities. We hope to put on a course in early 2022.

Family Day Field Trip – visiting herring sites around Gorge and Portage Inlet.

This coming Monday February 21, 2022, we hope to have two big canoes on the Gorge for the Family Day field trip. If you are interested in participating as a stern or paddler, please contact me directly at bigcanoe.vckc@gmail.com for more details regarding this event. All are welcome (capacity—and waiver submission—permitting). Bring the kids, friends and grandparents!

Paddle For the Kids Update (PFTK)

Once again VCKC will be moving forward with the 41st Paddle for the Kids. This year's "hybrid" Paddle for the Kids will open from March 30th to April 30th. As past years, the objective is paddle the equivalent distance between Victoria and Port Angeles (return trip) which is 45.18 nautical miles (84 km). This year paddlers can participate in big canoe, canoe, kayak, OC1, SUP or log distance for activities such as walking, running, cycling, or hiking. During this time, weekly big canoe outings will be added to the club and big canoe calendars and all paddlers are encouraged to register for these events. If you are interested in joining us, please be sure to update your member profile by clicking "Big Canoe" under Paddling Interests/Certifications and "PFTK" under Volunteering.

See you on the water!

~ Elizabeth Martinson, [Big Canoe Director](#)

Canoe Update

Welcome to the 2022 paddling season! After two years of Covid restrictions that limited our club canoe activities, we are ready for a full and exciting year ahead.

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Have you started planning your summer paddling adventures? Here are some wonderful lake tripping ideas: <https://offtracktravel.ca/best-bc-canoe-trips/>. Be prepared for safe multi-day trips with our excellent canoe courses. All the Lakewater winter and spring courses are now posted on the Canoe Courses webpage.

If you are ready for an even greater challenge, consider our more advanced Moving Water



Murtle Lake

(river) and Ocean Canoeing courses. Tentative dates for these will be April and May. Advanced courses require prerequisite paddling skills so be sure to sign up for those prerequisite courses soon. To read more about these advanced courses, please see the Canoe Courses webpage.

We are very hopeful that VCKC can hold the annual Running of the Cow on the weekend of May 7th/8th.

Anyone who has successfully passed the Moving Water course is welcome to join us for a 2-day paddle down the

Cowichan River with camping available riverside. More information about this super fun VCKC event will be coming in future newsletters.

And a reminder, if you have passed Lakewater 1, renewed your membership and signed the waiver you are welcome to borrow a club canoe for paddling practice on the Gorge. Please contact canoebooking@vckc.ca with the date, paddle time, and canoe preference (if you know it) and Arthur will be happy to help you.

Get ready for your best paddling season ever!

~ Louise de Montigny, [Canoe Director](#)

Dragon Boat Update

Dragonboat Season is just around the corner! We will be getting organized for a late March / early April season start. If you haven't already done so, please send an email to dragonboat@vckc.ca to let us know if you'd like to be on the list for this season. We typically practice twice weekly (weekday evenings) approx 530/6pm-730pm. All levels of experience welcome (yes, even beginners!). We aim to compete in 3 festival race weekends locally here on the island this year. Come paddle with a fun, welcoming group that enjoys some competitive spirit! Further details will be sent out closer to season start.

~ Jana Savage, [Dragonboat Director](#)

Kayak Update

Greeting fellow member paddlers and future paddlers.

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I am a newly minted VCKC Director for the kayak program. Currently VCKC concentrates on the Sea Kayak program and we have a number of volunteers, such as myself, teaching the Paddle Canada Program for Basic and Level One sea kayaking. Starting in the Spring and then resuming in the Fall after the Summer we will be out on the water teaching those members who would like to get out on the water in the club kayaks and paddle safely, keep an eye on the calendar where we will be posting the courses and creating to gather interest for training from the membership. I am currently volunteering in kayaking but also have experience in canoeing as well and can instruct both sea kayaking and basic canoeing.

Growing up on Vancouver I spent considerable time under the water SCUBA diving and continue to do so and witnessed the uniqueness of the varied current situations of the underwater world which influence every ocean paddle of sea kayaking and I continue to learn in this complex environment we live so close too. I have also paddled on the North Saskatchewan and Athabasca Rivers in Alberta and did back country camping in the Rocky Mountains near where I lived and worked for over 20 years. As an educator I promote safe and fun activities in the water so that anyone who wishes to can do so safely. VCKC has many avenues to explore the opportunities of the water world around us and I hope you join me in exploring them all with me. If you want to volunteer in instructing, leading trips or just to say hello please send your enquires to vckc.kayak@gmail.com.

See you out there.

~ Wade Martinson, [Kayak Director](#)

Outrigger Update

I am pleased to be able to return to the position of outrigger director with VCKC. For those of you who don't know me, I first took on this role in 2017 as a way of getting more involved in both my new home of Victoria, and with the VCKC, which friends had directed me to as a new paddler. During my five years with the club, I have met a lot of great people and greatly benefitted from this wonderful organization, serving on the board is a chance to give back.

The last two years, and Covid, brought a lot of challenges to the paddling community, particularly those in big boats. I want to thank Mike Wheatley for his efforts over the last two years during a difficult time in keeping the program going. One can never predict the future, but with that hopefully behind us, we look forward to a season of longer days, better weather and Outrigger canoes on the water.

Looking through old correspondence, I see not much has changed. Paddlers want easy access to boats, more instruction, and for some, a break from the Gorge waterway. Plans are presently underway to finish refurbishing of the two Calmars. The intent is to have one boat at Cadboro Bay for the summer season. Dock space remains at a premium at VCKC, and it is not yet clear if we can use the public boat landing to house the second boat, but options will be investigated.

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Solo paddling has certainly increased in the last two years, and I doubt the OC-one canoes will see less use this year. I am hopeful that there will be some move to an online booking system to aid members in using these boats more efficiently.

A couple of housekeeping items. There are tentative plans to host Wake Up the Gorge (WUTG) in April or May, conditions permitting, and if we go ahead, I will be calling on the general membership for support. This event was last run in 2019, and might be new to some. It is a long time tradition at VCKC, and normally attracts paddlers from Vancouver, the Sunshine Coast and various parts of Vancouver Island.

The Mirage will remain in the water, and either be moved to Cadboro Bay, or remain at the club dock on the Gorge. Regardless, any outrigger docked at VCKC for any extended period of time should use the East (short) side of the dock. The long section, facing Esquimalt, should be reserved for loading all boats, and this will become even more important as paddling intensifies with better weather. Care though needs to be taken to keep the bow free of potential contact with the dock during high tides.

Please feel free to contact me with any ideas or concerns, but as I learned as a long time administrator, also have a possible solution for me.

Look forward to 2022.

~ Tony Hopkin, [Outrigger Director](#)

Marathon Update: Anatomy of a Marathon Canoe

I know nearly everyone has seen a marathon canoe on the water. We're the ones who are on



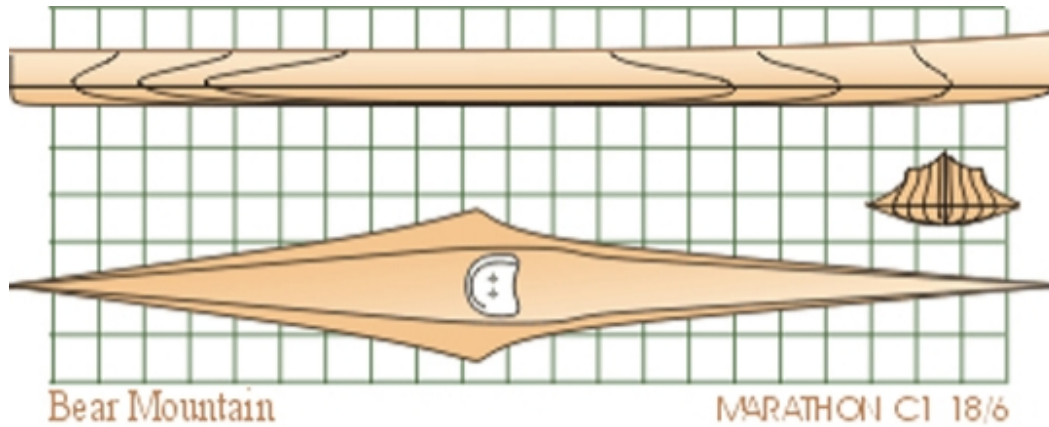
Paddler in a Savage River solo marathon canoe

the Gorge first thing in the morning and often greet an OC6 crew on their way out as we are finishing our workout. Most sessions cover between 10 and 12 km on the Gorge Waterway and Portage Islet. Weather and our imaginations usually dictate the exact route. What is seen less often is the actual anatomy of these canoes which can vary in length from 15 to 18.5' and about average about 2.5' wide. A marathon canoe can weigh between 30 and 40 pounds for

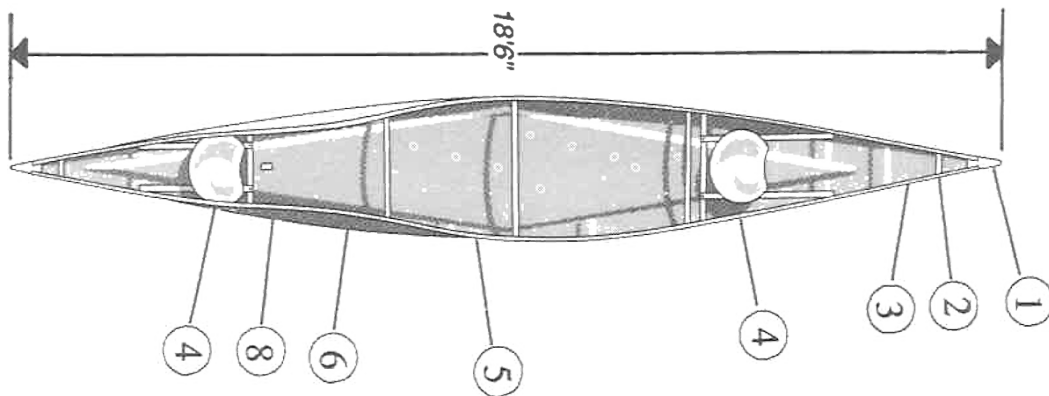
a tandem and as little as 20 pounds for a single. Marathon canoes also vary considerably in terms of specific dimensions that will affect turning radius, stability and tracking capability.

As you can see from the diagram below (next page), a single marathon is built for speed and has a number of adjustable and moving parts to help the paddler. The seat glides on runners and while the seat can be fixed in position, it can also be moved to adjust to water conditions and the paddler's weight. The foot rest can also be adjusted to accommodate various leg lengths. It's always worth taking time at the beginning of a session to make any necessary adjustments. While some can be made on the water, they are also limited.

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The tandem marathon canoe also has adjustable seats in the bow and stern. A foot rest can be adjusted in the stern or steering position but the person in the bow or power position needs to adjust a foot brace that fits into the bow. Again, the position of the seat and foot rests are designed to be adjusted to accommodate different sizes and weights of the paddlers. Thus the "trim" or levelness of the boat can be adjusted, depending on the paddlers and water and wind conditions. In some conditions being "bow heavy" is an advantage, in others, it's not.



Racers competing in the ReStart the Gorge Event in 2021

members anytime. If you are interested, contact the marathon program director at marathon@vckc.ca.

See you on the water.

If you are interested in seeing a marathon race in action, check out the [video](#) on the marathon program page. The marathon program runs year-round, is most suitable for skilled and well-conditioned paddlers and welcomes new and returning

~ Peter Elson, [Marathon Director](#)

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Stand Up Paddle Board (SUP) Update



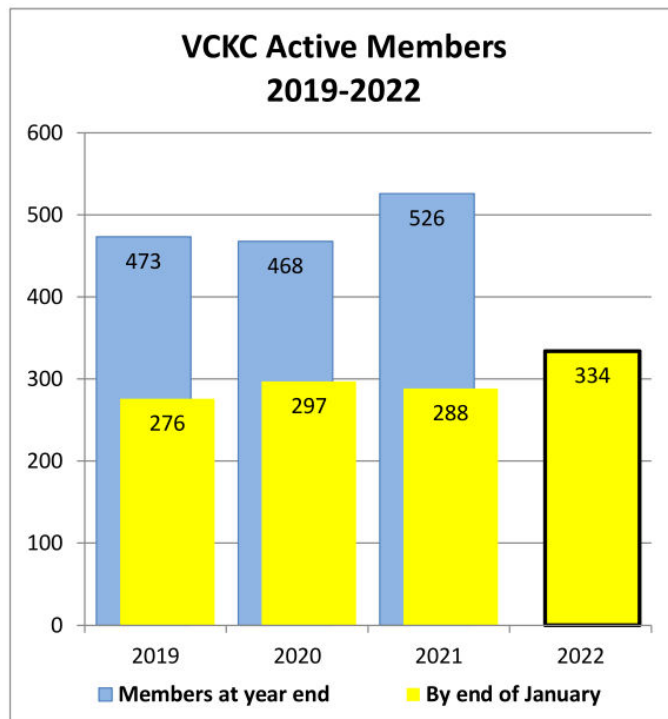
Hello fellow paddlers! This is your friendly neighbourhood SUP Director: James. I hope everyone is staying warm and having a good winter. Well I can't predict when we're going to get warmer temperatures I do know that the days are starting to get longer. This means we're going to resume a regular weekly evening paddle at the club on Wednesdays moving forward. Please reach out to sup@vckc.ca if you would like to reserve equipment, have any questions or just as a friendly note to say you plan to join. All welcome, this is a great chance to practice the fundamentals and prepare for paddling progression this summer.

Have fun out there and I hope to have you join me out on a SUP soon! Happy paddling!

~ James Roorda, [SUP Director](#)

Website Update: Annual Membership Renewals and New Member Recruitment

VCKC's boat was rocked in early 2020 when the COVID tidal hit. Just ramping up plans for the



2020 season, we suddenly had to shut down everything: cancel planned courses and paddling trips, lock up the clubhouse. We anticipated a membership and a financial crisis to go along with the halt in activities – the very thing for which members join the club.

But nope. Our fears were not realized; members stayed with us and new members joined for the first time. The chart shows total members for 2020 only slightly down from the previous year. Awesome.

Last year, 2021, the second COVID year, was even better: a new record for members, breaking 500.

VCKC's member renewal program starts in December and continues to the end of January – you have seen the emails! Thanks for renewing! The increase shown from February through to November is new members, hence there is no year end bar shown yet for 2022.

And look at 2022: 336 renewed members by the end of January! If COVID backs off, and the weather is good, 2022 will set new records for everything: renewals,

new members, courses, paddling trips. Omigosh! So much activity!

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VCKC operates on a sea of volunteers pitching in for . . . everything. The club has no paid staff; all instructors, trip leaders, boat repairs, people coordination – it's all done by members just like you. If the anticipated increase in members this year is borne out . . . all hands on board!

PADDLING INTEREST AND CERTIFICATIONS

Paddling Interest ☐ Big Boat
☐ Canoe
☐ Dragon Boat
☐ Kayak
☐ Marathon Canoe
☐ Outrigger
☐ Stand Up Paddleboard

Current Paddling Certification Level ☐ Beginner
☐ Intermediate
☐ Advanced
☐ Instructor
☐ Coaching
☐ Racing Official
☐ *Other - please fill in details below

CANOE - RCABC ☐ LAKEWATER LEVEL 1 - BASIC TANDEM
☐ LAKEWATER LEVEL 2 - BASIC SOLO
☐ LAKEWATER LEADER
☐ LAKEWATER LEVEL 3 - ADVANCED TANDEM
☐ LAKEWATER LEVEL 4 - ADVANCED SOLO
☐ LAKEWATER INSTRUCTOR LEVEL 1
☐ LAKEWATER INSTRUCTOR LEVEL 2
☐ LAKEWATER INSTRUCTOR TRAINER
☐ MOVING WATER LEVEL 1 - TANDEM
☐ MOVING WATER LEVEL 2 - SOLO

A portion of the Paddling Interest and Certifications section on the Member Profile

"Edit Profile" button, make your changes, and remember to save the changes before you leave. Thank-you.

How you can help: Update your Paddling Interests and Certifications

Program directors, course coordinators, trip leaders and others all rely on information that members have provided to the club to help the club meet their interests and needs as well as possible. The section in each member's profile called – drum roll – "Paddling Interests and Certifications" is where this information is found.

Is your profile up-to-date? Please log in to the website, where you will be taken to the "VCKC Member's Area." Click on the "Member Profile" button. To update anything in your profile, click on the

[Member Profile](#)

[Edit profile](#)

~ Arthur Caldicot, [Webmaster](#)

From the Editor

Okay, back to our regular format and regularly scheduled release this month! Thanks to everyone who provided contributions for this issue. Any errors in presentation though are mine. Please let me know if you have any suggestions for improvement or something new you'd like to see in the newsletter.

~ David Johnson, [Newsletter Editor](#)

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Club Contact Information

Officers

President	
Kim Capson	president@vckc.ca
Vice-president	
Jana Savage	vpresident@vckc.ca
Treasurer	
<i>vacant</i>	treasurer@vckc.ca
Secretary	
Katrina White	secretary@vckc.ca
Past President	
<i>vacant</i>	pastpres@vckc.ca

Program Directors

Big Canoe Program	
Elizabeth Martinson	bigcanoe@vckc.ca
Canoe Program	
Louise de Montigny	canoe@vckc.ca
Dragonboat Program	
Jana Savage	dragonboat@vckc.ca
Kayak Program	
Wade Martinson	kayak@vckc.ca
Outrigger Program	
Tony Hopkin	outrigger@vckc.ca
Marathon Canoe Program	
Peter Elson	marathon@vckc.ca
Stand Up Paddle (SUP) Board	
James Roorda	sup@vckc.ca

Other Executive Positions

Education, Standards and Safety	
Britt Kohn	safety@vckc.ca
Membership	
Debi LaHaise	membership@vckc.ca
Clubhouse and Grounds (maintenance)	
Sandy Rattray	clubhouse@vckc.ca
Boat and Locker Storage	
Gordon Evans	storage@vckc.ca
Director at Large	
Craig Thomson	director1@vckc.ca
Ellie James	director2@vckc.ca

Executive Appointed Positions

Newsletter Editor	
David Johnson	newsletter@vckc.ca
Webmaster	
Arthur Caldicot	webmaster@vckc.ca