



Victoria Canoe and Kayak Club
(www.vckc.ca)

"The Paddling Post"

May 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.

President's Message

It sure doesn't seem like spring with these chilly temperatures, does it? We are a hardy group, though, and if you check the club calendar you'll see lots of events happening around the clubhouse. We have courses and team potlucks and races oh my! It has been a lot of fun seeing the clubhouse busy again.



Plans are underway for the Gorge Canada Day picnic again. It will be fun taking the kids out in

the dragon boat and big canoes after such a long time away from it. Remember scenes like this of the little ones in the big boats? Always fun to be part of this event! We'll be needing lots of volunteers to paddle the boats, help people with PFDs, and generally keep things running smoothly so watch your emails as it gets closer.

We also have plans for some fun summer events and more details will follow in the June Newsletter.

Stay safe and stay healthy!



Canada Day 2017

~ Kim Capson, [President](#)

The Paddling Post

Big Canoe Update

Hello Paddlers.

May 2022 has been a planning and recovery month for Big Canoe; however, we are slowly



onboarding new Big Canoe paddlers during our weekly Wednesday night paddles, and a few of these paddlers even signed up for the Peace River Brigade!

I must say we have stellar team of paddlers set to paddle the Peace in July and there is still room in our Big Canoe "Tillicum" for a few additional paddlers. If you are interested in this epic 225 km paddling adventure on the Peace, please contact BigCanoe@vckc.ca.

In other news, we certified three new Big Canoe sterns, and two Big Canoe Stern Leaders in May and will be offering another Big Canoe Intermediate Course on June 4th taught by Alan Thomson and Joe Boyd, as well as a Big Canoe evening clinic taught by Helene Poulin. Stay tuned for more details on Helene's clinic!

In addition to the Peace River Brigade there will be lots of exciting Big Canoe trips added to the calendar in the coming weeks including a day trip on Sunday June 5th, over night camping trips in late June and mid July, Big Canoe Rides on Canada Day, and finally, the much-anticipated Thompson River weekend trip scheduled for September 26/27th. Big Canoe is BACK!!!

Other Big Canoe events to look out for:

Saturday, June 4th – PPFTK 41st Anniversary Gala hosted by the infamous Don Munroe. This is a canoeist's black-tie event - feel free to wear rubber boots and wool sweater. Expect a very entertaining evening with epic Big Canoe stories, guest presentations by Easter Seals, and finally the premier of Don's Voyager movie! Please remember to RSVP [HERE](#)

Intermediate Sterner Course – Register [Here](#)

Once again, I am incredibly thankful for the support of all those who continue to support the restart of Big Canoe after Covid 19 – you know who you are! All those interested in participating in our Big Canoe program are encouraged to contact me directly at bigcanoe@vckc.ca

See you on the water!

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

The Paddling Post


Canoe Update

April was a busy month for the Canoe Program. We ran four canoe courses including Lakewater 3 and 4, plus two Moving Waters! Congratulations to all the successful graduates of these advanced courses and a huge thank you to our volunteer instructors David, Ellie, Rick and Joe.

The annual **BC Canoe Festival** hosted by the Recreational Canoeing Association of BC at Kawkawa Lake in Hope was attended by over 100



canoe enthusiasts. The weekend event, held April 29th to May 1st, provided many opportunities to learn new paddling skills in big, tandem and solo canoes. VCKC instructors Ellie, David, H  l  ne, and Rick provided expertise along with instructors from many different canoe clubs across the province. There were also on-water workshops for poling and advanced paddle strokes and presentations highlighting canoe trips. My favourite was Tony Shaw's demonstration of how to set up a tarp without poles, he kept us laughing with his good humour. If you are a canoe enthusiast, plan to attend next spring's Canoe Festival!



Hurray, hurray, the first of May, we'll paddle the Cow from Lake to Bay! This year's Annual **Running of the Cow** was extra special given that the event was cancelled in 2020 and shortened to a 1-day Running of the Cow-vid in 2021. Here are the top five reasons why this year's ROTC was such a success!

#5 - Sunshine and perfect water levels! Despite forecasts for a rainy weekend of May 7th and 8th, we were incredibly lucky with lots of sunshine and just the occasional shower. Sunset and sunrise were glorious! Water levels of 42 m³/s were ideal.



The Paddling Post

#4 – A beautiful camping spot at Stoltz Pool Picnic Area! Due to heavy damage to the group camp site by November's Atmospheric River, VCKC was given exclusive use for tent camping at the Stoltz Pool Picnic Site. This spot is ideally located on a grassy section of the riverbank beside the boat launch. Special permission to use this site was thanks to Joe Boyd who has maintained an active liaison between VCKC and BC Parks over the years. BC Parks sees VCKC's



Running of the Cow as the ideal event for weekend river users – we are particularly respectful of the natural environment.



#3 - Good food! 10 litres of award-winning homemade chili disappeared along with 2 pounds of salad, 4 dozen rolls from Cobs bread (thanks Joe!), and wide assortment of delicious cookies (thanks Dorothea!), other desserts and snacks. No one went away hungry on Saturday night!

#2 - Competent trip leaders! As is always the case, changes to the river from winter storms and



woody debris require that paddlers stay ever vigilant. Thanks to our club trip leaders Alan, Joe, David and Ellie, everyone stayed safe and had a great time. New river paddlers who recently completed the Moving Water course in April had a fantastic opportunity to practice their new river skills over the 2 days on the river.



The Paddling Post

#1 - Friends! For the first time in many months, maybe even since the start of Covid, we met



our good friends and made some new friends. We paddled together for two days, but we had lots of time to reminisce about past club events, tell tall stories about great adventures and laugh around the campfire. Tim and Mary Marks surprised us by joining us for dinner. We all agreed, the club should have more fun events like this to get people together!

And finally, a reminder that I will be sharing stories and photos of **My Yukon River Quest** on

Tuesday May 18th at 7 pm at the clubhouse; if you want to learn more about the why the Klondike Gold Rush ignited the world with gold fever and how its legacy makes for an amazing paddling trip, you will find this interesting.

Also, June canoe courses will be the last opportunity before summer to improve your canoe skills; a range of courses are posted on the website and ready for registration.

Happy paddling everyone!

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

Dragon Boat Update

Dragonboat Season 2022 is off to a great start. We have two teams this year - a Women's Team



and a Mixed Gender Team (still a few spots open for Men or Women!). Both Teams are registered to do four Race Festivals locally between Victoria and Nanaimo. Both Teams have really come together with great groups of people, and are developing the skills through hard work at practices coached by Brenda Sutton and Britt Kohn! Ryan Ovens is helping out with Steering this month and at the Super



Sprints races coming up shortly. As always, be in touch via the dragonboat email address if you're interested in joining us!

~ Jana Savage, [Dragonboat Director](#)

The Paddling Post

Kayak Update

June is just about upon us and Summer will be soon after that for what seems a cool Spring. As cool as it has been it has not stopped instruction or activities. We have been successful for putting on a Paddle Canada Sea Kayaking Level 1 and Basic course with another Basic course May 28th almost full.

The course filled up quickly, so we have also posted a Level 1 course June 4-5th and a Basic course June 18th. There is always a theory night on the Wednesday before the weekend of the course in the evening so be prepared to attend this very important part of the instruction. The Vancouver Island and areas ocean is very complex and it takes a little more time to go over how to keep safe while paddling in it.

These will be the last courses until the Fall unless an instructor feels they have time to put one together themselves. Most training occurs in the Spring and Fall since the Summers are busy enjoying the activities good weather provides.

Finding trip leaders is a priority for the program as it cannot all fall on the Instructors to provide trips. If anyone is interested the trip leaders must have Paddle Canada level 2, First Aid and a Restricted Marine Radio Operators certificate as a minimum. Please contact the program Director if you are interested in volunteering.

We continue to host a paddling evening every Wednesday for people to come out and socialize and practice skills. All watercraft are acceptable. I would be more than happy to also practice wet exits and rescues instead of paddling. Practice! Practice!! Practice!!!

Don't forget to try all the water activities within the club and contact the appropriate Program Director on how to do this.



Instructional Team (left to right top) Elizabeth Cretny-D'Eramo, Wade Martinson, Ryan Ovens; (left to right bottom) Jason Doucet, Vince Geisler, Craig Thompson; (missing) Susan Zedel

~ Wade Martinson, [Kayak Director](#)

The Paddling Post

Restart the Gorge 2022

The rain on Sunday May 15th may have dampened a few clothes, but never the spirits of participants, volunteers and spectators at Restart the Gorge 2022.



Riptide Mixed 1 heads for the finish line in a time of 7 minutes 32 seconds (Photo credit: Bon Lee)

By 7:30 am volunteers were already busy setting out buoys, tents, signs, ramps and tables. The result was that the planned schedule went off on time with the OC6 time trials. Because only one boat was in service, there was a quick turn around as each team was eager to get on the water.

While there were only three teams represented, this was the first ever race for a few paddlers. Of course, no VCKC OC race would be complete without the safety boat engine dying and the rescue boat crew paddling back to shore.

Final OC6 results (time trial – 1000 meters)

- | | |
|--------------------|---------------|
| 1. Marathon Crew | time: 6:26.08 |
| 2. Riptide Mixed 1 | time: 7:32.50 |
| 3. Riptide Mixed 2 | time: 7:33.00 |
| 4. Riptide Women | time: 7:58.24 |
| 5. Va Va Va | time: 8:33.10 |

Hot on the heels of the OC6 races was the marathon tandem 10k race.



Marathon Crew heads for the finish line in a winning time of 6 minutes 26 seconds (Photo credit: Bon Lee)

Competition for an early start was fierce as most marathon races are, but before long it became clear that there was a good race between the two boats competing for the first two positions and the second two battling it out for third place. The low water level and ebbing tide created logistical challenges that challenged everyone, but everyone conceded that it was a great race to be part of and if nothing else, the rain helped to keep everyone cool.



Two MC2 boats head downstream to get ready for the start of the race (Photo credit: Bon Lee)

If anyone is interested, the 10k race required paddlers to go from the clubhouse to the far north end of Portage Islet (aka stone house); back to the clubhouse, then back to a buoy about half a kilometer beyond Craigflower Bridge and back to the clubhouse again.

Final MC2 results (10 km)

- | | |
|---------------------------------|----------------|
| 1. Chris Cupp & Darrelle Butler | time: 58:17.15 |
|---------------------------------|----------------|

The Paddling Post

2. Peter Elson & Norm MacDonell	time: 59:27.05
3. Gavin Jaeger-Freeborn & Chris Nicholson	time: 1:02:45.06
4. Jan Urban & Ron Williams	time: 1:03:18.01

Then it was time for a well-deserved break and



Voyageur canoe gets ready with Liz in the bow and Ellie in the stern (Photo credit: Bon Lee)

everyone not already in the clubhouse headed there for veggie or beef burgers, drinks, and a great deal of socializing – meeting old friends, making new ones, telling paddling stories and generally having a great time.



The five boats competing in the 10k MC2 race get underway (Photo credit: Bon Lee)

While the PPFTK was postponed because of weather, the planned voyageur boat rides went ahead. While there weren't a lot of trips, it's clear that those who did participate had a great

time.

After lunch it was time for the final race of the day, the MC1 10k.

It's a testament to the perseverance and passion of marathon paddlers that four of the five competitors had already completed the 10k MC2 race in the morning! Marked by an asterisk in the race results.

Final MC1 results (10 km)

1. Chris Cupp*	time: 1:01.54
2. Norm MacDonell*	time: 1:06.02
3. Mario DeSantis	time: 1:06.21 (sprint kayak)
4. Chris Nicholson*	time: 1:10.35
5. Darrelle Butler *	time: 1:11.09



Darrelle Butler rounds the clubhouse buoy during the 10k marathon solo race (Photo credit: Bon Lee)

Finally, a HUGH SHOUT OUT to the more than thirty volunteers – it would have been a very soggy day without you. Not only did people step up to help out, others donated great goodies to purchase by donation. There volunteers are too many to mention by name and we don't want to miss anyone, but those that did worked on: kitchen set up and BBQ; boat operations and safety; buoy placement, timing; erecting tents,

The Paddling Post



Don Munroe loads his canoe on his car after a great day was had by all (Photo credit: Mario DeSantis)

registration, parking, and all the many details that go into preparing, organizing, baking, setting up and cleaning up. Frankly, we were overwhelmed by the fabulous response to our call for volunteers.

(A full gallery of pictures taken by Bon Lee will be posted on the VCKC Restart the Gorge web page)

See you on the water!

~ Peter Elson, [Marathon Director](#)

~ Tony Hopkin, [Outrigger Director](#)

Stand Up Paddle Board (SUP) Update

Fellow paddlers, happy spring? You know it's bad when Yellowknife had a better weather week than we did here on the South Island. Despite the historically poor weather we've been dealing with I hope it hasn't stopped you from ramping up your paddling. After all, the water temperature isn't any better or worse than normal!



As we gear up for summer I hope you can join us for some paddling. Did you make it to Restart the Gorge? If not, no worries because we continue to paddle on Wednesday nights and it's open to everyone. I'm also happy to coach beginners when we can find a convenient time. All you need to do is reach out SUP@vckc.ca.

As we move into the summer the hope is to plan some trips and PaddleCanada courses around our local waterways. If you have an idea for something please let me know.

So, don't let the weather get you down, hopefully we've seen the worst of it. As the saying goes: "no winter lasts forever, no spring misses its turn", and good things come to those who wait!

Looking forward to seeing you out on the water, Happy paddling!

~ James Roorda, [SUP Director](#)

The Paddling Post

Clubhouse Update

Thanks to all the members (about 30) who showed up to work for Clubhouse and Grounds Cleanup on April 30th. The place got a good cleaning inside and out and the grounds look much tidier also due to your efforts.

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Introducing Irène Dicaire! Irene is a VCKC Club Member who has volunteered to take on the weekly clubhouse cleaning responsibilities. We are very appreciative of your offer Irène! When you see Irène around the clubhouse be sure to thank her for the work she's doing to keep our clubhouse clean and well stocked with supplies. With all our paddling programs back in full swing, and so many of us utilizing the clubhouse, this is an important role. Don't forget to do your part by cleaning up after yourself as well. And big thanks to Peter who kept supplies well-stocked over the last while in the interim.



~ Sandy Rattray, [Clubhouse Director](#)

Storage Update

Greetings. This is my first storage update in the newsletter since starting and as a new member



I have been familiarizing myself with the club and the club executive over the past months. There were a number of storage initiatives passed along to me but two have been a priority with an approaching deadline.

The first was to address the safe storage of boat repair supplies (combustible and flammable liquids) within the clubhouse, which we have agreed to do under our new lease. This is an important component to ensuring the protection of club members, visitors, tenants, first responders and the clubhouse structure in the case of a fire event. A complete inventory of these supplies was conducted to understand what types of supplies we had, volumes and where they were hidden away. Consultation and an onsite visit with Saanich Fire yielded a greater understanding of the safe storage requirements, with the added benefit of an updated pre-incident plan to give firefighters important information needed when responding.

I'm pleased to announce that the club has found and purchased a used flammables cabinet for a very low cost, that is large enough to house our boat repair supplies. This cabinet will be installed under the enclosed deck later in May. Further steps will be taken to reduce unwanted / expired supplies as well as development of policies pertaining to the use of this cabinet.

The Paddling Post

The second item is more a reminder to all club members who currently have their personal watercraft stored on club grounds. June 30th is fast approaching and this is the deadline when all personal watercraft need to be removed from the compound and clubhouse. I know that many members are experiencing challenges in finding alternative storage solutions and unfortunately the options in Victoria are limited, so much so that I receive many emails a month from nonmembers asking if the club has storage or if I know of storage in the community. The only viable options I'm aware of are Ocean River Sports or Pacifica Paddle Sports but their availability is ever changing. If anyone has suggestions for other storage options, please consider sharing this with me, so I can pass it along to others.

~ Gord Evans, [Storage Director](#)

Gorge Road Construction Beginning this Summer

The District of Saanich will be undertaking significant construction on Gorge Road between Tillicum and Admirals Roads. The approximate start date of construction is June or July of this year. Saanich is currently tendering the project to obtain a construction contractor.

To learn more about this project you can go to this project update on Saanich's website at:

<https://www.saanich.ca/EN/main/local-government/departments/engineering-department/current-projects.html#water>

A completion date for the Gorge Road construction has not yet been identified.

From the Editor

Lots going on this month so a bit longer newsletter!

Thank you to everyone who provided contributions for this issue; any errors in presentation 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](#)

The Paddling Post

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