

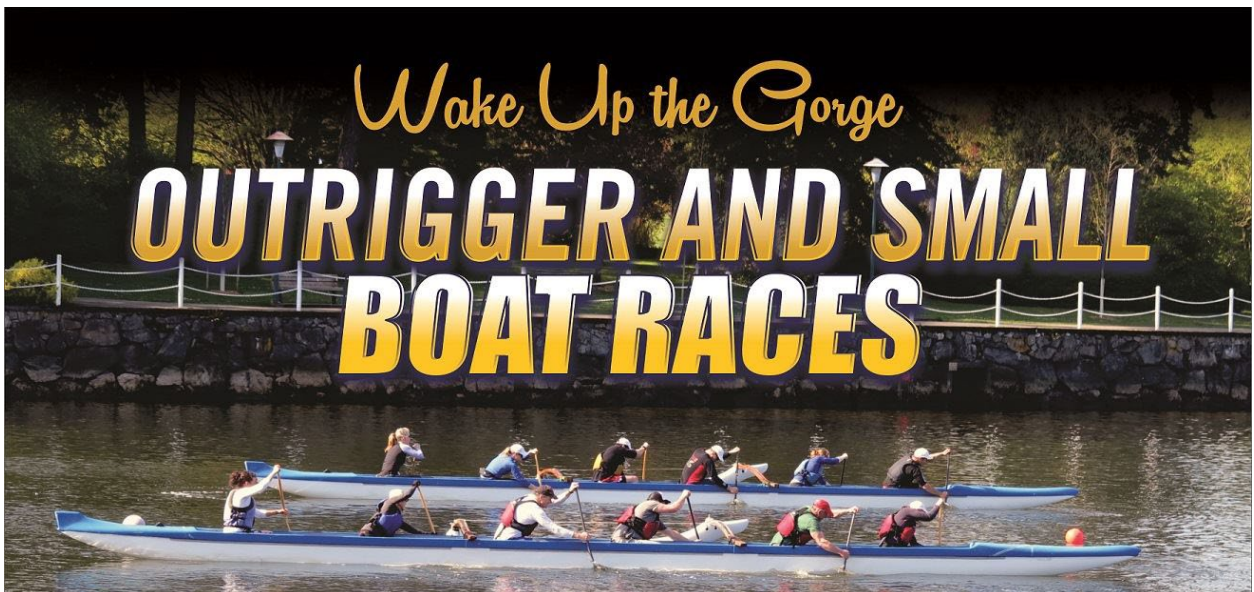


Victoria Canoe and Kayak Club

“The Paddling Post”

February 2023

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 sine 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.



Wake up the Gorge (WUTG) is Back!

WHEN: MARCH 25-26, 2023
WHERE: VCKC
WHAT: 1000 M RACES FOR OC6 ON SATURDAY (4X250M)
10 KM RACES FOR OC1-2, MC1-2, KAYAK, SURFSKI AND SUP ON SUNDAY (4X2.5 KM)
THIS IS A CORA SANCTIONED EVENT

WUTG Registration is now open! <https://www.vckc.ca/WUTG-2023>

President's Message



Fall 2022 Dragonboat practice at Sunset

Hello Paddlers. This is my first contribution to our newsletter as President, and I want to thank everyone for the warm welcome I've received. And big thanks to Kim Capson for her dedicated work in the role for the last 2 years! For those that don't know me – I joined the club in 2018 and started with the Dragonboat program as a paddler. Since then I've also enjoyed OC6 paddling, became Kayak Basic Certified, have tried some Big Canoe paddling and just last Fall obtained my Dragonboat Steering Accreditation. I've moved to the back of the Dragonboat as our Team's Steersperson as my primary paddling activity now, and the picture shown here is one I took last Fall during a paddle at Sunset. We're so very lucky to live where we do, with such amazing paddling opportunities right at our fingertips. I hope you all have enjoyed paddling

over the winter or are making plans to get back on the water this Spring. There is already lots of activity happening at the club including -

Paddle for the Kids 2023 is well underway, and saw a record 5 Big Canoes go out full of paddlers at their Kick-off Event. To find out more about this exciting, fun event please click here - <http://www.vckc.ca/PFTK>

Wake Up the Gorge (WUTG) 2023 is just around the corner! To register or find out more, please click here - <http://www.vckc.ca/WUTG-2023>

Regular weekly paddles – *More details about any of these can be found on the website calendar.*

- Tuesday Night Paddling (all craft) at 6pm
- Thursdays is Voyageur Canoe Thursday at 5:45pm
- Marathon / Small Boat program has 3-4 weekly paddles
- Outrigger Teams (please see Outrigger Calendar for more details)

As we enter 2023 there are still a few vacancies on our Club Executive Team. We are thankful to club member Kari Potts, who's offered to take on our Secretary role, and James McBeath, who's offered to take on Canoe Program Director role. To formalize these with a membership vote (a requirement) we'll be hosting a **Special General Meeting** (I know, another one...) via Zoom (trying to keep this as easy as possible!) on **March 14th**. As an added bonus – Don Munroe will be doing a short selected reading from his new book "Most Adventures Wins?" after the voting! You'll have received the information via email about this meeting as well. **Please register for this meeting here** – www.vckc.ca/event-5177915

The following roles are still vacant and available, and welcoming nominations! If you have the availability and inclination to help out with our club please be in touch for more information.

Vice-President shall assist the President in the performance of their duties, and in the absence of the President, carry out the duties of that position; ideally this person is currently active as an Executive Member, so as to be familiar with the current Executive group activities.

Education, Standards, and Safety Director shall promote safe paddling, recommend safety standards, represent the instructors, and advise the Directors on risk management. Previous activities have included organizing huli practices, reviewing club equipment with program directors for any safety concerns, reviewing any reported safety incidents for learning opportunities and best practice moving forward etc.

House and Grounds Director shall advise the Directors on the maintenance of the Clubhouse facilities and coordinate construction and maintenance projects. The Director shall also organize the spring and fall cleanup of the

clubhouse and grounds, during which all regular club activities shall cease. Previous activities have been various - from organizing the build of new storage racks in the yard, to keeping up with lightbulb replacement and contacting service workers for any required repairs etc.

Newsletter Editor (Board Appointed) - is responsible for soliciting materials to be published, determining the features of a publication, setting and enforcing deadlines, making a final determination about what will be published in an issue, coordinating frequency of publication (10 issues/year), and overseeing all operations of a publication. This is a great position for someone with good document formatting skills, as each month they compile the content provided to them for the newsletter that goes out to members.

If you know of anyone who you think would be interested or you would recommend for a position, please let us know. Most Positions can be shared between 2 people; however, the position will still have just one vote. All Executive positions are for one year term.

Lastly, we previously shared the sad news about Mark Sondheim's recent passing. His family is holding a Celebration of his life in May. Please see the details below and RSVP directly to them if you'd like to attend.

Mark Sondheim

Please join us in celebrating a beautiful life ❤️



Sunday,
MAY 21st

3:00 - 5:00

**1070 Tillicum Road,
Victoria**

All attendees are encouraged to arrive with a haiku in hand - Mark's annual birthday request from family members.

Cheese, wine, tears and laughter provided.

RSVP to Ali at alisondheim@gmail.com
Please indicate if you would like to be added to a speakers list, which we welcome :)



Paddle cutting deep
Came flies to the horizon
Gravity defied

~ Jana Savage, President

Big Canoe Update

Big Canoe had a great turn out for the kickoff for the Paddle for the Kids Event with a record attendance of 5 boats in the water and rescue presentation after the lunch. It is great to see the hopeful ending of the Pandemic as we look to have pre covid attendance rates for our training days and the big day of the fundraiser.

Big Canoe is already full speed ahead with the training days every weekend for the Paddle for the Kids (PTFK) Fundraising on April 1st. It is great to see a wonderful turn out for the first training day of the PTFK with 5 boats out in at Sooke Basin and 39 people in the boats. We have a projected attendance of the same number for the Ladysmith Paddle coming up on Sunday.

We have practice paddles currently lead by Wade Martinson on Thursdays and will be increasing an extra practice paddle with more focus on stern training on Mondays starting in March. Check out the calendar for the updates and for future trips happening after the PFTK Fundraising event is over.

Thank you and Paddles Up
~ Anna Childress, Director

Canoe Update

Stay tuned for 2023 Canoe Program details!

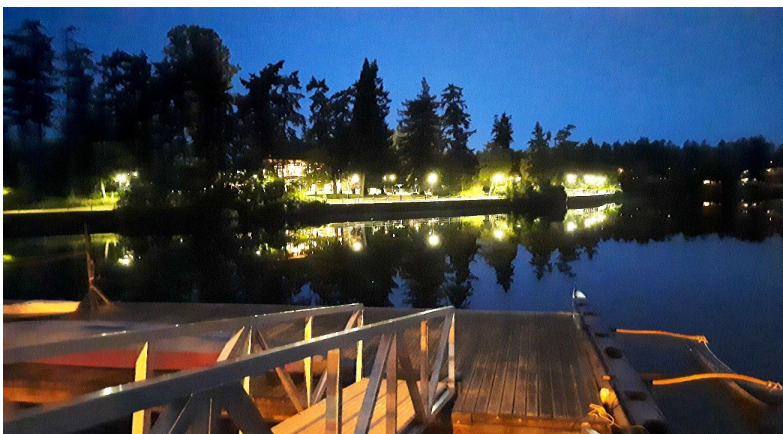
~ Director

Kayak Update

Check out the Kayak Courses now on the website calendar and register soon! Please note, there probably will not be Kayak Courses offered in July or August as our Instructors will be out paddling, enjoying their summer! So register for the Spring season ones today!

And Don't forget - Join us Tuesday Nights at 6pm for All Craft Paddle!
~ Wade Martinson, Director

Marathon and Small Boats



Early Morning on the Gorge - Photo Credit Maria DeSantis

The marathon and small boat program is holding its own over the winter paddling season. We are fortunate that a paddler or two from colder climates (e.g., Ontario), migrate West for some of the Winter months to paddle. We also have paddlers, as I'm sure other program do, that are experiencing a full Victoria Winter for the first time and are very interested in paddling in the winter. After all, it's not like snow and outdoor

skating are local options! While cold weather itself is not a major deterrent, wind often is, given how lightweight nature of a marathon canoe. Regardless, a core group continue make it out on the water three or four times a week.

The focus at this time of year, for the most part, is to maintain skill and conditioning levels until the weather breaks and more intense training is safer and timely.

WUTG 2023

The Marathon and Small Boats program is also gearing up for Wake up the Gorge 2023 on March 25-26. In addition to likely entering a team or two in the OC6 races on the 25th, small boat races will take place on Sunday March 26th. Unfortunately, the tide is too strong at the Tillicum Narrows to accommodate boats that day. So the small boat race (OC1-2) on Sunday morning will complete two loops of a 10km race course that will start at the club and go to the entrance to Portage Islet and back to the clubhouse (2 - 5km loops). The marathon single (MC1) and other small boats (kayak, surfski, SUP) will complete the same course later the same morning, while the MC2 race will take place in the early afternoon. Details are posted on the WUTG website.

For anyone who is interested in competing in the Sunday am small boat race using one of the three club OC1s, prior screening and an orientation session is required. For more information, email marathon@vckc.ca

WUTG Registration is now open! <https://www.vckc.ca/WUTG-2023>

See you on the water,

~ Peter Elson, Marathon and Small Boats Director

Outrigger Update

Plans are well underway for our upcoming WUTG Race event. For more information about registration or volunteering to help run the event, please check out the Event Page on our website at

<https://www.vckc.ca/WUTG-2023>

~ Graham Hayes, Director

SUP Update

Contact James for more details about getting out on a SUP! sup@vckc.ca

~ James Roorda, Director

Storage Update

Reminder – on-site storage at the clubhouse is available for day-use only, while out paddling. We’re currently working on better locker and cubby space organization in this area of the basement. To facilitate this, we're asking all members to please remove any personal items you have stored at the club in the cubbies (or elsewhere) by the end of February. Any items left beyond February will then be donated or disposed of.

~ Gord Evans, Director

Safety, Education and Standards Update

Plans are underway for a club-wide “Safety Day” on Sunday, June 4th – please mark your calendars! We plan to hold Huli Practices (reminder – all teams need to do them annually!), assess club safety equipment (such as PFDs) for ongoing use or repair/replacement recommendations etc.

Further information to follow as the date approaches.

Dragonboat Update



We had a great start to our 2023 Dragon Boat Season with a Learn to Paddle / First practice session. Britt coached us through some great technique drills and walked us through the perfect dragon boat stroke, which was great for both new paddlers and as a refresher to those returning. We will be enjoying weekend morning paddles until mid-March when we will resume our evening practices.

~ Hannah Griffiths, Director

First Practice of the 2023 Season – Photo Credit Britt Kohn

Club Contact Information

Officers

President president@vckc.ca

Jana Savage

Vice-president vpresident@vckc.ca

Treasurer treasurer@vckc.ca

Donna Sainsbury

Secretary secretary@vckc.ca

Program Directors

Big Canoe Program bigcanoe@vckc.ca

Anna Childress

Canoe Program canoe@vckc.ca

Dragonboat Program dragonboat@vckc.ca

Hannah Griffiths

Kayak Program kayak@vckc.ca

Wade Martinson

Outrigger Program outrigger@vckc.ca

Graham Hayes

Marathon Canoe and marathon@vckc.ca

Small Boat Program

Peter Elson

Stand Up Paddle Board

James Roorda sup@vckc.ca

Other Executive Positions

Education, Standards & Safety safety@vckc.ca

Membership membership@vckc.ca

Debi LaHaise

Clubhouse and Grounds clubhouse@vckc.ca

(maintenance)

Storage storage@vckc.ca

Gord Evans

Director at Large

1 - Ellie James director1@vckc.ca

2 - Lynda Purcell director2@vckc.ca

Executive Appointed Positions

Newsletter Editor newsletter@vckc.ca

Webmaster webmaster@vckc.ca

Arthur Caldicot

Past President pastpres@vckc.ca

Kim Capson