

Victoria Canoe and Kayak Club **"The Paddling Post"** April 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 was a great success!

Riptide boarding the teams

See Race Marshall Don Munroe in front of the tent holding the megaphone. He was a great MC.

If you have not already done so, please take 2-3 minutes to complete the VCKC Dock Replacement Needs Survey as soon as possible, as your input is important and valuable. Your responses will help ensure that the dock replacement project meets the needs of our club and is successful in providing safe and efficient docking facilities. Thank you for your cooperation and participation in this important effort. Just follow the link <u>https://www.surveymonkey.com/r/RDZ3DSS</u> Thank you, Pam, maria and Tony.

President's Message

Well it's certainly nice to see Spring is in the air! The clubhouse has been buzzing with activity lately regular program paddles, Wake Up the Gorge race event and Paddle for the Kids in full swing! I love the energy that comes from getting out on the water. Spring is also in the air all around us, with the gardens blooming and creatures emerging from their winter cocoons. In that regard, please remember that paddling in Colquitz Creek is Off-Limits as it's a sensitive wildlife habitat. Also, please read the update on storage and house & grounds at the end of this newsletter.

Thank you to our members for responding to our call for a few more volunteers to take on Executive Board positions. All positions are now filled (with the exception of Vice President)! And a general thank you to all members for making our club the wonderful community that it is - from volunteering to help run events, to instructors and program leaders, to each member just doing their part in all the small ways we each contribute. Thank you.

Please enjoy this newsletter about all the exciting activity happening around the club and on the water. As always, if you have any questions, comments or want to chat, don't hesitate to reach out.

Paddles Up!

~ Jana Savage, President

Big Canoe

What an amazing season of paddlers training for the PFTK. We have had amazing weather for most of the training days. Our last training day started at Cattle Point. We pressed onwards towards Discovery and Chatham Islands and back for a total of 17.4km.

The Paddle for the Kids fundraising day(PFTK) is this Saturday April 1st. Last minute preparations are underway leading up to April 1st. A big thank you to The Community Action Bus for providing the transportation for our paddlers and to Saanich Lion's Club who will be providing lunch.

Shannon Bernays from Easter Seals, Lions Society for Children with Disabilities will be tallying the totals at our potluck celebration so come and celebrate with us. Thank you to everyone for all of your fundraising efforts in the past. Please consider giving donations even after April 1st.

Volunteers are still needed for the kitchen crew for the end of the day so please email <u>PFTK@vckc.ca</u> if you are interested in helping out.

More day trips will be planned and more practice sessions and clinics will be starting before the summer starts so keep an eye out on the calendar. Please email <u>bigcanoe@vckc.ca</u> if you want to help with planning a day trip. Many hands make light work. Monday practices will also start soon along with the continued Thursday practice paddle days.

Thank you, Anna Childress Big Canoe Director

Canoe Update

RUNNING OF THE COWICHAN – May 5–7, 2023



VCKC will be holding its Annual "Running of the Cow" this year on Saturday May 6th & Sunday May 7th .

Location: Cowichan River Dates: May 5th to 7th Camping: Stoltz Pool Boat Ramp area

This is a two-day moving water event where we paddle the Cowichan River, from the Lake all the way down to the ocean – river water levels permitting. This is open to all VCKC members who have completed moving water (river) canoe training. Club members may also join us just for camping, as its a great place to hike and bike in the area.

Camping will be available at the Stoltz Pool Boat Ramp at Cowichan River Provincial Park on Friday May 6th, and Saturday May 7th. Additional trailer space is available in the adjacent overflow, or in the campground.

On Saturday we will start at the weir at Cowichan Lake at about 10AM and paddle down to Stoltz Pool camp. A shuttle will be set up for those who do not paddle the canyon. There we will enjoy a dinner and a great evening at the campfire. We pack up camp and complete our paddle on Sunday May 7th . Saturday night dinner is open to all VCKC members and guests from other clubs.

VCKC also invites all moving water paddlers in the area to the Cowichan River that weekend to celebrate the last great weekend of river paddling before the summer low water levels set in (well hopefully there will be a few more).

If you are interested in attending, contact: Randy McBeath: <u>canoe@vckc.ca</u> Joe Boyd: <u>joeboyd@telus.net</u>

Paddle for the Kids Update

We wanted to share an update with you about our recent 42^{nd} annual *Paddle for the Kids* fundraiser, held April 1st.

The event is expected to be a great success, with many participants coming out to support this important cause. Easter seals Camp Shawnigan is the beneficiary of the funds raised, and we're proud to report that we are approaching 60% of our fundraising goal. Fundraising continues through April. Those wishing to donate may do so online via <u>Paddle for the Kids - Donate</u>.

3 Big Canoes and teams are planned to set out at sunrise to paddle the Gorge waterway, as much of the length as tide will allow. High winds caused relocation from the coast to the safer Gorge location. The Big Canoes plan to finish their 80 Km relay approaching sunset at Victoria Canoe and Kayak Club.



The 42nd *Paddle for the Kids* fundraiser for Easter Seals Camp Shawnigan. Paddlers in the event range from 20 to 90 years of age, and include 2 master canoe instructors, a nationally renowned marathon canoe racer, and curious adventure seekers. Since the first *Paddle for the Kids* event launched in1982, VCKC has proudly raised \$380,000 to support Camp Shawnigan.

- Pamela Carroll

Dragonboat Update

'Paddles Up, and Take it Away . . . Dragonboat Season 2023 is now well underway. The Learn to Paddle session we held in February was a great success and has brought in several new paddlers to the team.

Our mixed team is now starting their twice weekly practices (Tues & Thurs evenings) as we prepare for festival racing events in May, July and August this summer.'

- Hannah Griffiths, Director, VCKC Dragon Boat Program

Kayak

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!

- Wade Martinson, Director

SUP

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

- James Roorda, Director

Outrigger

WUTG 2023 OC6

Hi All,

WUTG 2023 OC6 went well with 16 races completed ahead of time for a nice easy finish of 2:15pm. Which was just as well because the tide was still ebbing and was barely adequate at 2pm.

This is the start of the senior men's race FGPC vs VCKC. This was a hotly fought contest.



I can't add anything to Saturday's story that has not already been said in Pam Carrol's excellent write up which is shared later in this newsletter. I was blown away by the help I received from the club members.

I got this note from Eric Ages. Erik was on the FGPC senior men's team:-

Hi Donna and Graham, Great job with Wake Up The Gorge. On behalf of the 30 athletes and 6 teams who attended from FGPC, please accept our thanks for a well run and fun event.

Best regards, Erik Ages, General Manager FGPC

A comment like that from someone who runs the biggest club in Victoria is high praise indeed. I also had a lady from Powell River come up to me and said thanks very much, we have been treated like Royalty!

These comments are not for me they are for the club volunteers without whom this would not have worked.

Graham Hayes VCKC Outrigger Director.

		SENIOR WO	MEN -				
RACE #	TIME	CLUB	TEAM NAME	Morning Time	Afternoon Time	Combined Time	Placement
1		Fairway Gorge Paddling Club	Gorge Outrigger Master Women	0:06:18	06:16.0	0:12:34	1st
		Victoria Canoe and Kayak Club	Riptide Women	0:07:07	0:07:27	0:14:34	
		Fairway Gorge Paddling Club	IM Women	0:06:47	0:06:42	0:13:29	2nd
		Powell River Outrigger Canoe Society	Powell River Heritage Women	0:06:41	0:06:54	0:13:35	3rd
		SENIOR M					
RACE #	TIME	CLUB	TEAM NAME	Morning Time	Afternoon Time	Combined Time	Placement
3	9:40	Fairway Gorge Paddling Club	Harrison Islanders	0:06:44	06:37.0	0:13:21	
		Victoria Canoe and Kayak Club	Riptide Mixed	0:06:54	0:07:18	0:14:12	
	10.00						
4	10:00	Powell River Outrigger Canoe Society	Powell River Mixed	0:06:20	0:06:10	0:12:30	
		Nanaimo Ocean Paddling Club	NOPC Adventurers	0:06:06	0:06:15	0:12:21	1st
	<u> </u>	OPEN MD	(ED				
RACE #	TIME			Morning Time	Afternoon Time	Combined Time	Placement
5	10:20	Fairway Gorge Paddling Club	Outrigger Open Mixed	0:05:45	05:41.0	0:11:26	
5	10.20	Powell River Outrigger Canoe Society	PC Mixed Old Dogs	0:06:14	0:06:27	0:12:41	150
	<u> </u>	I owen rever outrigger ounde obeiety		0.00.14	0.00.27	0.12.41	
6	10:40	Fairway Gorge Paddling Club	IM Mixed	0:06:24	0:06:06	0:12:30	3rd
•	10.10	Victoria Canoe and Kayak Club	Marathon Mixed	0:05:44	0:06:00	0:11:44	
		OPEN WO	MEN				
RACE #	TIME	CLUB	TEAM NAME	Morning Time	Afternoon Time	Combined Time	Placement
7	11:00	Powell River Outrigger Canoe Society	PC Wahine	0:06:48	06:48.0	0:13:36	1st
		Victoria Canoe and Kayak Club	Riptide Women	0:07:13	0:07:01	0:14:14	2nd
		SENIOR N					
RACE #		CLUB	TEAM NAME	Morning Time	Afternoon Time		Placement
8	11:20	Fairway Gorge Paddling Club	Gorge Outrigger Master Men	0:05:34	05:43.0	0:11:17	
		Victoria Canoe and Kayak Club	Marathon Men 70+	0:05:35	0:05:55	0:11:30	2nd

So my grateful thanks to the following 33 people (sorry if anyone got left off)

Z	Porter	Dock
Riptide	ENTIRE TEAM	Dock
Jayne	Takahashi	Kitchen
Carolyn	Rattray	Kitchen
Jacqueline	Wagner	Kitchen
Judy	Leonard	Kitchen
Pam	Caroll	Kitchen
Donna	Sainsbury	registration
Cheri	Huston	registration
Sandra	Tanaka	registration
Genevieve	Lemay	registration
Karen	Wilson	registration
Don	Munroe	race marshall
Keith	Wilson	timers
Betty-Ann	Thomson	timers
Sarah	Bradley	timers
Danielle	Boisvert	timers
Kari	Potts	timers
Brigitte	Lauzier	Safety Boat
Dave	Hill	Safety Boat
Irena	Jazwinski	Safety Boat
Ron	Williams	Safety Boat
Keith	Wilson	Safety Boat
Dennis	Zed	Setup Parking
Gary	Bartlett	Setup Parking
Chum	McLeod	Setup Parking
Jeff	van den Driesen	Setup Parking
Lynda	Purcell	Setup Parking
Peter	Elson	Assistant Race
C	T	Director
Sue Jennifer	Lee Yee	Timer & Registration
Mike	Y ee Desroches	Timer & Registration Safety Boat (&engine)
IVIINU	Destocies	Sarcty Doat (& engine)

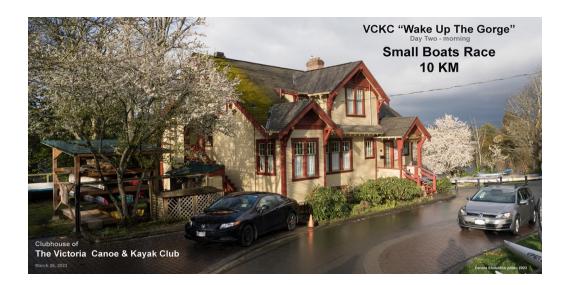
~ Graham Hayes, Director

Marathon and Small Boats

WUTG 2023 – Small Boat Races (Day Two)

While some juggling of schedules, paddling partners and canoes was the initial order of the day on Sunday March 26th, there was a great turnout and lots of competition for everyone on day two of Wake Up the Gorge.

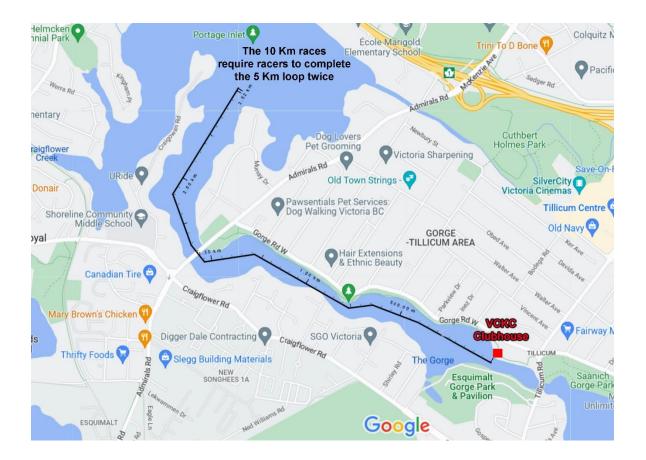
A bit of early morning rain cleared in time to provide overcast, but dry skies for the rest of the day. Three distinct races were scheduled, but the surfski and V1 boat paddlers had other ideas and joined the OC1 racers at the starting line at 9am for the 10k race. By the time the race was over, everyone was in the mood for meat or vegetarian chili, particularly when its flavour wafted throughout the clubhouse. On that note, a big THANK YOU to all those who worked in the kitchen and those who donated not only chili, but a wide variety of baked goods to keep everyone fed and watered.



After a three-year hiatus, everyone was glad to get back on the water and the paddlers were definitely in race mode. The top finishers completed the 10k in less than an hour and everyone was back at the dock by ten minutes after the hour.



Pre-race briefing by Peter Elson, VCKC Marathon Director.



The race map above profiles the 10k course. A special thanks to Ron Williams and Mike Desroches who not only let the club use his outboard motor (which works), but also spent the day with Ron on the water as the safety boat, monitoring the paddlers as they completed the course.



Here is a picture (below) of the OC1, OC2 surfski and V1 racers moving toward the starting line

Thanks to Dennis Shouldice, Photographer and VCKC member, a full gallery of great pictures of each of the two days of WUTG are available: <u>LINK</u>

SUNDAY March 26 – Small Boat Race – 9:am – Final Results				
Class	Age	Paddlers	Time (10k)	Place
	group			
OC1 (M)	60+	Roman Matieschyn	57:12	1
OC1 (M)	60+	Jeff Spear	104.27	2
OC1 (F)	60+	Carol Spear	105:09	1
OC1 (F)	70+	Sue Milligan	109:50	1
OC1 M)	70+	Jan Urban	1:00:13	1
OC1 (M)	50+	Mike DeBreu	59:46	1
OC1 (M)	40+	Charlie Charlie	58:44	1
V1 (M)	50+	Garth Irwin	59:20	1
V1 (M)	V1 (M) 40+ Jason Do		58:24	1
V1 (F)	50+	Darrelle Butler	58:36	1
Surfski	60+	Ron Elbe & Sunae	1:02:10	1
		Lee		
OC2	Junior	Gracie Goudie and	1:09:10	1
		Ama Ganbat		
OC2	Junior	Daniel Tan and Pema	1:09:47	2
		Wangchuk		

SUNDAY	March 26	- Marathon Tandem	Race – 1:30 pm	ı – Final	
Results					
Class Age Pa		Paddlers	Time (10k)	Place	
	group				
OC2 (M)	50+	Rupert Wong and	56:49	1	
		Ron Williams *			
OC2 (M)	50+	Gordon Walker	58:39	2	
		and Mike Debreu			
OC2	40+	Darrelle Butler	59:22	1	
(mix)		and Jason Doucet			
OC2	Open	Jordon Chew and	59:43	1	
		Jared Buchmayer			
OC2	60+	Chum McLeod	1:07:37	1	
(mix)		and Bon Lee			
OC2	60+	Jen Yee and	1:07:49	2	
mix))		Mario deSantis			
Surfski	Open	James Dafoe	59:09	1	
*No relati	on to VCK	C's Ron Williams			

At 1:30 in the afternoon, the tandem marathon paddlers were ready to go and those who had also raced in the morning were fed, rested, and ready to paddle. One young surfski paddler, James Dafoe, who missed the earlier race participated in the afternoon and came in very close to the top, timewise. The race was a first-time event for several paddlers, including students from Pearson College. A recent addition to the marathon

program, Chum McLeod, threw her hat into the ring and paddled the 10 with Bon Lee. This was also the first 10k marathon race for Mario DeSantis, who teamed up with Jen Yee.

Now for the race results! It was great to see paddlers from several other clubs participate, including a number of students from Pearson College and paddlers from Fairway Gorge, Comox, Lattitude 48, and of course, VCKC. Not only were other paddling clubs well represented, but the age classification also spanned the spectrum from junior to 70+.

While the focus of this profile is the small boat races on Day Two, several marathons also participated in the OC6 races on Day One. Here are pictures of the two teams:



OC6 Marathon Men's team (Gord, Mike, Peter, Jan, Mario and Bon) OC6 Marathon Mixed team: Jason, Darrelle, Jen, Mike, Sue, Bon)

It takes a good number of volunteers to make any event a success, as you know. From the set-up crew who arrived early in the morning to get everything from registration to parking to buoy placement in shape, to the food donors and kitchen supports, to the timers, recorders and safety monitors- all played an important role in making guests and members feel welcome. A big thank you to everyone involved, There's also always something new to learn from every event and WUTG was no exception. Those lessons will be carried forward to next year's Wake Up the Gorge. Meanwhile everyone at the club can take pride in an event that was by all accounts a success.

See you on the water,

- Peter Elson, Marathon and Small Boats Director

March 2023 Wakeup the Gorge by Pamela Carroll

Outrigger 6-man canoe race at VCKC. 15 teams, including Powell River, Nanaimo, Pearson College, FGPC and Lat 48, and of course VCKC. All registered and CORA members by our efficient registration crew. Temperature 6 degrees, with sunshine and wind gusting 9 - 12km. The fun and challenge was the current at 3-4 knots running out. We paddled upstream for the first 500m, but after the buoy turn, had current at our backs. Don, Race Marshall, met sterns about the course. Buoy turns are a crucial part of the race. About one boat length away from the buoy, the entire crew increases power to increase the boat momentum. Outrigger canoes are about 45 ft long and weigh 400 lbs – plus 6 paddlers averaging 175 lbs. That is over 1500 lbs of weight in the water to make a 180 degree turn in less than 5 seconds! What does it feel like to race? Here's my take.

Readiness buzz – got my gear? Check! Marshall calls to load our canoe. We'd planned together seats, start strategy, buoy turn moves, caller's switches, race strategy, and pacing. All together with everyone crucial. Push off the dock for a warmup set – everyone ready! Loop the canoe around to our race lane. Six paddlers glide as close as possible (but not over) the start, an imaginary line eyeballed from the starter across the gorge. Tensing to go, all paddles in the water ready – starter on megaphone shouting "all boats hold on the line". As the starting horn sounded, everyone catches the water and pulls hard and short – 10,10 10 to build up the boat speed. Hut then into race pace strokes. I strived to guide the boat straight on the edge of the current. Not always successful, but my crew adjusts to straighten our line. Caller encouraged us through the straightaway – reach, deeper, got it – and I felt stronger. Then, power up, buoy turn starts a boat length away. I start the turn at the right time. Seat 1 posts to spin the boat, seat 2 joins. Seat 3,4,5, press canoe through turn. We glided through just kissing the buoy (great turn, so fun!). Team emerged with a burst of speed to finish. Caller really laying on the encouragement for the second half. Pulled together and even picked up speed. Felt awesome to work hard together. Final push across finish and the horn blows. Hold the boat and breath. Absolutely awesome!

WUTG is a fun and easy-going race in a beautiful location. Paddlers gather at VCKC clubhouse around 8 am, where they spend time socializing with one another. The atmosphere is friendly and welcoming. One of the highlights of the morning is the incredible baking provided by members of the outrigger program. The baking table is a sight to behold, filled with delicious treats. As teams arrive, they are greeted by a welcoming setup in the clubhouse. Tables and chairs for everyone to relax, a registration team on hand to help with any questions, and hot and cold drinks to keep everyone refreshed. The clubhouse windows overlook the race start, allowing paddlers to relax while also keeping an eye on what is happening outside. Wake Up the Gorge is a fantastic event that combines the thrill of racing with the enjoyment of socializing with friends.

The races...1000km race with a buoy turn, twice. The women's 50+ race started the day and went off smoothly without any challenges at the start line. We think because of the capable racing teams and the Marshall's quick reactions. The other races followed quickly, including the Mixed 50+, Open Women, Open Men, and Senior Men races. All teams handled the current and buoy turns skillfully. Ron Williams managed the finish horn blasting, and there was cheering from the paddlers on the walkway as each team finished, racing their best. The changes at the dock were smooth, with all teams congratulating each other, making it feel like a party. The dock crew kept everything flowing so well that the races finished early. Notable among our teams are...

• The VCKC Marathon Men 70+ team is an inspiring group of canoe paddlers who are a joy to watch with their smooth, long strokes. Seat 2 (I think), who started paddling at the age of 83, has taken to the sport with remarkable ease. WUTG was his first outrigger 6-man race. The team is undoubtedly one to watch, and their passion for the sport serves as an inspiration for paddlers of all ages.

• Pearson College Wahine's is a junior division team of young women who are coached by one of their teachers, who is also a member of Pearson College Old Dogs team. The team participated in the Open Women's division. A young team, they performed well and won their division. However, more important than their victory was the fact that they had a good time while racing. They were enthusiastic and focused on their performance, while building valuable race experience. The team's positive attitude and energy were infectious and made them a joy to have at WUTG.

The lunch served by the excellent kitchen crew was delicious and satisfying. The fact that over 150 bowls of chili were scooped out in just 1 hour speaks to the quality of the food and the efficiency of the kitchen crew. The chili described as "very tasty". The fact that it was brought in by outrigger program volunteers meant many special recipes to add to its appeal. It was appreciated by all. The lunch was enjoyed not only for its taste but also for the overall dining experience. The homey clubhouse and welcoming vibe making it even more enjoyable for the participants lounging and schmoozing. We heard comments like "what a gorgeous clubhouse" and "such a welcoming vibe" and "I really enjoy this race". Thank you, Thrifty Foods, for donating \$150 toward the food.

Good race events have a good Race Director. Graham's first outing at the helm was a great success. Planning and organizing so well done. He handed out medals with fun, and quickly! Hey, at the end of the day teams are keen to know who won and get on with their day. Timers were on top of the races and the results board. There was a lot of interest in the results board. Competitive nature showing.

Putting the canoes away ... the dock crew had it. Bruce, ran the dock, raced the last race, then beached the Mirage.

Overall, the event was well-organized, and everyone had a good time racing their best. The early finish is a testament to the efficiency of the event's organization.

Safety, Education and Standards

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.

Storage Update

Work progresses on several storage projects, most notably the installation and re-organization of program lockers. Late last year the club purchased four new Mastercraft lockers to replace the rusting and crowded program lockers for Marathon and Small Boats, Dragonboat, Kayak and Outrigger programs. All have been assembled and two have been installed and are already in use. The final two need the ventilation holes punched in the sides and then moved into final positions. After these lockers are complete the focus will be on replacing the Big Canoe locker and then finding a home for the SUP program (currently without any locker).







As a byproduct of this re-organization the large cubby was relocated near the day use lockers to create a singular area for day use storage. Unfortunately, these cubbies were overflowing with personal items that have been abandoned or forgotten by members. In the February newsletter and in an email, we let club members know that all personal items were to be removed. As of March 8th, all remaining items were removed and are being held till April 8th before being donated. If you want an item returned contact me before that time!

Before the purge

~ Gord Evans, Director

House and Grounds Update

My first contribution as House and Grounds Director will be a short one as I'm just getting up to speed on all that this position entails. An email detailing the Spring Cleanup will be coming soon so please watch for this.

A huge thanks to Sandy Rattray for looking after our clubhouse for 12 years! Since 2009 with only a one year hiatus, Sandy has been instrumental in keeping the clubhouse looking great and making sure all those critical house systems function smoothly. I'm not sure what aspects of the position he might miss but he really didn't want to give up his front door key. So much so that I had to wrest it from him!

~ Gord Evans, Director

Officers

Club Contact Information

Officers		
President	<u>president@vckc.ca</u>	
Jana Savage		Other Executive Positions
Vice-president	<u>vpresident@vckc.ca</u>	Education, Standards & Safety <u>safety@vckc.ca</u> Wade Martinson
Treasurer	<u>treasurer@vckc.ca</u>	Membership <u>membership@vckc.ca</u>
Donna Sainsbury		Debi LaHaise
Secretary	<u>secretary@vckc.ca</u>	Clubhouse and Grounds <u>clubhouse@vckc.ca</u>
Karen Potts		(maintenance)
Program Directors		Gord Evans
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James McBeath		Director at Large
Dragonboat Program	<u>dragonboat@vckc.ca</u>	1 - Ellie James <u>director1@vckc.ca</u>
Hannah Griffiths		2 - Lynda Purcell <u>director2@vckc.ca</u>
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Wade Martinson		Executive Appointed Positions
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Marathon Canoe and	<u>marathon@vckc.ca</u>	Webmaster webmaster@vckc.ca
Small Boat Program		Arthur Caldicot
Peter Elson		Past President <u>pastpres@vckc.ca</u>
Stand Up Paddle Board	<u>sup@vckc.ca</u>	Kim Capson
James Roorda		