



## Victoria Canoe and Kayak Club

### **"The Paddling Post"**

**October 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, Esquimalt and WSÁNEĆ peoples have existed since time immemorial. The Club is committed to taking meaningful action to build respectful and reciprocal relations with the Songhees, Esquimalt and WSÁNEĆ peoples on whose land and waterways club members have the privilege of living, working, and playing.



*Participants in the September 16<sup>th</sup> OC1 Orientation Course watch a huli recovery in progress. Rob Sainsbury, on the water, keeps a watchful eye on the recovery process.*

*Photo credit: Peter Elson*

### **President's Message**

As the cooler weather and shorter days descend upon us, activity is still buzzing at the club. Regular program paddles are continuing (even in the evenings - remember to dress warm and bring your lights!), and we have many events coming up soon - Knot Tying Evening, Fort Assiniboine Bicentennial Brigade Presentation, Remembrance Day Paddle, Clubhouse Clean Up, Big Canoe Leadership Course, Moving Water Canoe Course etc etc. More information about many of these events can be found right here in our newsletter. Please also be sure to check the Club Calendar regularly to see what you might want to get involved with and to register for events as may be required - [www.vckc.ca/calendar](http://www.vckc.ca/calendar)

Plans are already underway for next year as well. Have you completed your annual 10 hours of volunteering at the club? Want to know how you can get involved? Not sure where or how to start? We're looking at a variety of ways to make getting involved easier - please feel free to reach out to me directly to discuss - [president@vckc.ca](mailto:president@vckc.ca)

Wishing everyone happy paddling adventures continuing into the Fall. Hope to see you on the water!

*Paddles Up into Fall!*  
~ Jana Savage, President

## Upcoming Events

### Annual Remembrance Day paddle, November 11, 2023

The November 11th Remembrance Day paddle will be a community event which includes members of VCKC, South Island Whitewater Paddling Club and U of Vic Paddling Club.

There may be some short speeches and a reading of "Flanders Field" before a minute of silence at the Burma Star Memorial at Stolz pool at 11AM sharp. The Memorial is here at Stolz Pool in Cowichan River Provincial Park dedicated in memory of all who lost their lives in the WW11 Burma Campaign. It is known as the "Forgotten Army". Many paddlers leave a poppy at the Memorial.

Interested VCKC paddlers are required to have RCABC Moving Water 1 or equivalent (must confirm with the event organizer). Please register under VCKC events.

VCKC members may book a [canoe@vckc.ca](mailto:canoe@vckc.ca) if a canoe is needed. Everyone who books a canoe must assist in outfitting the canoe with proper safety gear and floatation. A time will be scheduled before the event.

Although there will be individual volunteers who will lead groups down the river, each canoe is expected to be responsible for outfitting their canoe and be comfortable with their paddling skills on Grade 1-2 water.

Car shuttles will be setup first and arranged at Gibs N Dots 9:30AM on the morning of the 11th.

This event is very dependent on water levels so everyone who registers will be kept informed.

Any questions or concerns please contact Ellie James at [director1@vckc.ca](mailto:director1@vckc.ca) or 250-885-8030.

### A Knotty Evening, Wednesday November 1st, 2023

*7:00 PM start till the last knot is tied. Everyone welcome.*

You are invited to participate in an evening of knots and socializing with other keen to learn knot members. There will be some experienced knot personnel to assist and entertain. We will be practicing the knots most often used by paddlers and campers. Bring your favorite length of rope although there will be some extra for practice.

Bring your own beverage and a snack item if you wish. We want the evening to be fun as well as educational.

Knot tyers;  
Helene, Ellie and Jay

Ellie James  
[director1@vckc.ca](mailto:director1@vckc.ca)

## **Annual Fall Clean-Up, Saturday November 4<sup>th</sup>, 2023**

Come join us for the annual Fall Clean-up at the clubhouse, November 4th, from 9:00 AM to 1:00 PM. Tasks include smartening up the outdoor spaces of the clubhouse, deck washing, BBQ cleaning, gutter cleaning, window washing and more. In addition we will be doing a thorough cleaning of the interior including meeting rooms, kitchen and storage areas.

It would be wonderful if for this clean-up we could see some new faces come out and help. It's a great way to meet other members of the club and put in your volunteer hours. The more people that show up the quicker things get done! A reminder email will be sent out closer to the date. If you have any questions please don't hesitate to contact me at [clubhouse@vckc.ca](mailto:clubhouse@vckc.ca)

Additionally the lost and found bin near the basement door was emptied on October 6th as it was getting very full. I currently still have the contents of the bin, so reach out if you think something you are looking for might have been in there.

Gord Evans  
[storage@vckc.ca](mailto:storage@vckc.ca)

## **An update on the recent water quality on the gorge (from Surfrider's Blue Water Task Force)**

Since the beginning of September eight samples have been collected from the upper and lower gorge. All these results were within the acceptable range. This time of year, with the first big rains it's worth being cautious about water quality after we get significant precipitation. More information and current results are available here:

<https://bwtf.surfrider.org/explore/41/473>

*~ James Roorda, SUP Director*

## **Marathon and Small Boats Update**

### **Pilot OC1 Orientation Sessions a Success!**

The pilot OC1 orientation sessions take centre stage this month. Over August and September, twenty-four VCKC members gained an appreciation for the OC1, it's make-up, its foibles, its capacity to huli, and the thrill of learning how fast an OC1 can go.

The OC1 orientation sessions wouldn't have occurred at all without the dedicated work of the volunteer instructors, Bon Lee, Rob Sainsbury, Ron Williams, and Jan Urban. Beyond their expertise, the instructors lent their own OC1 to participants to try out so they could experience the relative stability and unique design associated with different OC1 models.

The participants appreciated the opportunity to learn about the OC1 and look forward to future opportunities to practice the skills they were taught and to learn more advanced paddling and maneuvering techniques.





*Participants  
and  
instructors in  
the September  
16<sup>th</sup> OC1  
Orientation  
Course*

*Instructors  
were Ron  
Williams, Bon  
Lee, Rob  
Sainsbury and  
Jan Urban.*

*Photo credit: Peter Elson*

The OC1 introduction course covered: 1. Basic OC1 anatomy - parts and care thereof; 2. Safety equipment and protocols - range of travel and risk management; 3. Fundamentals of boat assembly, preparation, launching, and storage; 4. Paddling - basics and bracing technique; and 5. Huli (OC1) - completion of a successful OC1 huli. As a special treat for all participants, a post-course pot-luck BBQ (with hamburger, veggie and chicken burgers provided) was offered to thank participants for their contribution to this pilot project.

All the OC1 course participants have been invited to go out on the water with the marathon or any other program or paddler who would be able to help out and provide technical guidance. Meanwhile, we have three OC1s in the compound with at least two more in the process of being purchased. Plans for next year will hopefully include some group outings (assuming we have more OC1's in stock), more orientation courses and some dedicated courses for advanced skills and techniques. All of this will depend on having willing instructors and the necessary OC1s to provide a critical mass of participants in the emerging VCKC small boats program.





*Participants and instructors in the September 30<sup>th</sup> OC1 Orientation Course.*

*Instructors Rob Sainsbury (far left) and Bon Lee (far right), and participants with their pre-huli smiles on!*

*Photo credit: Peter Elson*

See you on the water,  
Peter Elson, Marathon and Small Boats Director

## **Kayak Update**

Kayak is wrapping up the usual Summer paddling Season after all of the Volunteers took to the waters to enjoy some paddling R&R. For myself I went paddling Big Canoe with a VCKC crew on The Athabasca River by Joining the Fort Assiniboine Bicentennial Brigade and then did two trips kayaking in the Broughton Group in Northern Vancouver Island.

VCKC has received the 5 new Sea kayaks from Blue Dog and we are in the process of outfitting them to be used for instruction, trips, and training. At this time they do not have numbers, plastic tubing on the lines, and no cord attaching the hatches to the deck. Hopefully, we will have a kayak work-bee where we can all get together and have fun outfitting and repairing them.

Our instructors over the winter will be getting ready for the Spring kayak training period by recertifying their first aid certs and doing clinics. We are in dire need of leaders who can take out canoes and kayaks on trips and I would like all members to look to gaining the qualifications to lead trips. The club may have some money to help you with this if you need it or are only getting these certs to lead VCKC trips.

We also will be hosting regular Wednesday biweekly paddles so please check out the calendar to see these upcoming events.

If you have questions please email the kayak director for help or inquiries.

~ Wade Martinson, Kayak Director

## SUP Update

Hello fellow paddlers!

The autumn paddling season is upon us, and I hope you're able to embrace it. The transition to the shorter days means less crowds, earlier (and sometimes more dramatic) sunsets, cooler temperatures and regular night paddling! Being on the water at night has a very different, maybe more calming, feel and it is worth trying if you have never been on the water at night. Please reach out if you would like to join. As always, the proper equipment and attire is extremely important.



*Photo credit: James Roorda*

[sup@vckc.ca](mailto:sup@vckc.ca) .

*~ James Roorda, Director*



## Dragonboat Update

We are continuing to paddle once a week on Thursday evenings and are enjoying the beautiful sunsets on the Gorge. We are also fortunate to be able to use the clubhouse for some dryland training once a week.



If anyone is interested in trying dragon boat now is a great time to hop in the boat, contact Hannah at [dragonboat@vckc.ca](mailto:dragonboat@vckc.ca) for more information.

Paddles up!

~ Hannah Griffiths, Dragonboat Director

## Outrigger Update

See website for more information on the Outrigger Program.

~ Graham Hayes, Director

## Big Canoe Update

See website for more information on the Big Canoe Program

*Big Canoe Program*

## Canoe Update

See website for more information, and Remembrance Day Paddle information is on the events page, above.

~ James McBeath, Director

**Deadline for submissions to November Newsletter:- end of day Saturday November 18<sup>th</sup>**

## Club Contact Information

### Officers

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### Program Directors

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