



## Victoria Canoe and Kayak Club

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

**January 2024**

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 W̱SÁNEĆ 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 W̱SÁNEĆ peoples on whose land and waterways club members have the privilege of living, working, and playing.

### **President's Message**

Hello Paddlers, and welcome to 2024! The Year of the Dragon, and our renewed commitment to hosting regular in-person member social events, meetings, clinics and FUN! So come on out, meet your fellow VCKC Paddlers and let's reconnect even more than before. Kick-starting this year is Paddle for the Kids and Herring and Nature in the City. Canoe courses are also starting to fill the calendar. Please check out our website calendar for more details and to sign up to participate!

Just this past week (as I write this), we held our AGM and as a result are welcoming some new Executive Board Members! Please join me in welcoming Ellie James as the Education, Standards and Safety Director, Marianne Pilon and Bon Lee as Co-Directors for the Outrigger Program, Rob Sainsbury as Marathon and Small Boats Program Director (seeking a Co-Director to join him!), and Irena Jazwinski and Fiona Coyle as Directors at Large. I'd also like to thank outgoing Executive Board Members Peter Elson, Graham Hayes and Lynda Purcell for all their hard-work and contributions to VCKC. We'll see you on the water! Still vacant are the positions of Kayak Program Director and Vice President (do you have some previous Board experience and natural inclination as a supportive person? Please contact me to discuss how this role might work for you!).

The Executive Board held its first ever "Retreat" Saturday after the AGM. That's a fancy word for "hung out at the clubhouse on a raining Saturday, drinking coffee, eating pizza, and discussing the upcoming year, generating ideas, plans and sorting out some logistics". With 7 paddling programs and annual membership numbers topping 600 regularly over the last few years (and growth continuing!), we all agreed that getting more members involved by way of small groups and committees (this is a volunteer club after all!) was a goal we'd like to work on this year. Please stay tuned for more details on how you can get involved! And if you have an idea, please don't wait to share it - this is YOUR Club! Reach out to me directly at [president@vckc.ca](mailto:president@vckc.ca)

Lastly, some of you may know that previously long-time VCKC Member, John Close, passed away mid-last year. To our surprise, the week before our AGM we received a letter and cheque in the mail from John's estate, with a donation to the club for \$3500. What a generous gesture, Thank you John! \$3500 equates to 50 individual (\$70) membership fees. We are honoured that John thought to consider us in that way.

That's it for now from me. Please enjoy the rest of this newsletter, there's lots to catch up on.

Paddles Up!

*~ Jana Savage, President*

### Event Updates

You're Invited!

**Paddle for  
the Kids  
Fundraiser  
Kickoff**

Join us on **Sun Feb 4 at 9:30** for a fun-filled day of voyageur canoeing, light brunch, and intro to Paddle for the Kids fundraiser for Camp Shawnigan.

A circular inset photograph showing three people in a wooden canoe on a body of water. The person in the foreground is wearing a grey cap and a red life vest, holding a paddle. Two other people are visible behind them, also wearing life vests. The water is calm with some ripples.

*Submitted by Pamela Carroll*

**For more information on this event see Big Canoe update.**

## Return of the monthly General Meeting / Social Event

Don't forget about the upcoming return of the monthly General Meetings on Feb 6th at 7pm! These are more of a social event, no club business is carried out. We'll have time 6:30-7 for new members to show up and have a tour of the clubhouse and grounds. Starting at 7pm we'll hear from three speakers. The first is Jim Shortreed who will be filling us in on the herring situation in the Gorge. After Jim will be Jacques Sirois who will talk about the 100th Anniversary of the Victoria Migratory Bird Sanctuary, an area that includes the Gorge and the clubhouse. And then long-time club member Ken Gibbard will be giving a short presentation of some past club trips. Stay after and socialize if you like. Hope to see you there!

*Kim Capson, Past President*

## Executive retreat day



This year the executive had its first retreat day. It was a full day of content including the roles of an executive, the history of the club and brainstorming ideas with new executive members before our first monthly meeting. *Hannah Griffiths, Dragon Boat Program*

## Banff film festival



VCKC shared a table with BC Marine Trails at the Banff film festival showing at the UVic theatre. There was a lot of interest around the table and the evening of films was very inspiring.

*Hannah Griffiths  
Dragon Boat Program*

## Big Canoe Update

### 43<sup>rd</sup> Annual Big Canoe Paddle for the Kids – March 23, 2024

The 2024 Paddle for the Kids seasons starts **Sunday, February 4th**. This annual fundraising event at VCKC is in support of the Lions Society Children's Charities – specifically, Camp Shawnigan. The camp we have supported for over forty years will undergo a complete redesign and build to serve our community for decades to come. Funds raised by the club will help the Lions Society rebuild the facility.

The paddling route on March 23<sup>rd</sup> follows the shore of the Saanich Peninsula from Brentwood Bay to the Clubhouse. We paddle Big Canoes with two teams of 6 or 7 per boat. Each team paddles up to 2 hours and then switches off with another team. The whole trip is about 75 kilometres and takes 10-12 hours to complete.

The paddle will take place this year on **Saturday March 23<sup>rd</sup>**. There will be 7 practice paddles leading up to that date. Practice paddles can be the best part of the program. You can expect an adventure on every outing.

### Practice Trips and Dates

Date	Trip	Meet up Time
Sunday February 4	PFTK Kick-off – Portage Inlet	9:30 am
Saturday February 10	Saanich Inlet	8:00 am
Sunday February 18	Sooke Basin	8:00 am
Saturday February 24	Ladysmith Harbour	8:00 am
Sunday March 3	Maple Bay to Genoa Bay	8:00 am
Saturday March 9	Race Rock (weather permitting)	8:00 am
Sunday March 17	Gulf Island Marine National Park	8:00 am
Saturday March 23	<b>43<sup>rd</sup> Annual Paddle for the Kids</b>	early

All trips will start by meeting at the Clubhouse at 8:00 am where paddlers will sign in, be assigned to a canoe, organize ride shares and the boat towing will be arranged. Please bring a paddle, PFD, dry bag, dry clothes, weather-appropriate clothing, food, and water.

This program is open to all VCKC members. For more details and to register for this event, click on “PFTK” on the VCKC website homepage. If you can't paddle with us, please remember to help support Lions Society Charities through donation at <https://p2p.onecause.com/paddleforthekids2024>





*Previous years' Big Canoe Paddle for the Kids.*

*~ Joe Boyd, Big Canoe Program*



## Marathon and Small Boats Update



*Enjoying a (warmer weather) post-paddle coffee on the deck.*

This is my last submission to the newsletter as Marathon and Small Boats Director. As such, I want to share some memories and pictures.

As is the case with most water-based programs, this is generally a fallow time of year where more time is spent planning for the year ahead than paddling on the water.

The recent frigid weather put a temporary damper on marathon paddling, even for the heartiest, while the OC1's are in drydock until the weather turns.



*Jennifer and Mario navigate the course at WUTG.*

It's been almost eight years since I joined VCKC, and I still remember the warm welcome I received from all the marathon paddlers at the time as they patiently put me through my paces and taught me the basics.

That's not very far from the way things have continued, not just for me, but for other newcomers to marathon paddling at VCKC.

There are always new skills to be learned, fundamentals to be revisited and practice exercises to be executed.

Fortunately, this requirement is more than matched by those with experience who are willing to share what they know.



*Marathon men's crew (foreground) take off the starting line at WUTG (2023).*





*Getting ready for an early morning paddle*



*Sophie and Mike at the “Paddle for Norm” (2023)*



*Ron and Mario – both with a ready smile*

Two highlights for me, not including the people and the beauty and serenity of an early morning paddle, has been helping to organize and participate in Wake Up the Gorge and the opportunity to expand the small boat program.

Marathon paddling, unlike SUPs and OC1s, is not a growth water sport, but for those who do marathon paddling there is a deep and abiding appreciation for the skill and perseverance it requires and the camaraderie it engenders.



*Ron and Peter at Restart the Gorge (2022)*

I'll close with a picture of Ron Williams and me at the Restart the Gorge (2022). Ron is one of my favourite people, a thoughtful and talented ambassador for marathon canoeing and a living example of the many benefits of paddling. Thanks too to all the others in the marathon small boats program who contribute so much to making paddling safe, challenging, rewarding and most of all, fun.

See you on the water.

Peter Elson, Marathon and Small Boats Director (2020-2024)



Welcome to Rob Sainsbury who is taking on the role of Marathon and Small Boats Program Director and is seeking a Co-Director to join him!

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

*Rob and local friend Joel heading out to paddle the lagoon in Tahiti.*



## Dragonboat Update



It has been a quiet month for the dragon boat. The weather has certainly slowed our return to the water. The team have been taking it in turns to bail the boat and after the cold spell found a layer of ice to break through. Thank you to everyone that has helped keep the big boat floating! We are excited to get back on the water.

Happy Paddling!

~ Hannah Griffiths, Dragonboat Director














## Canoe Update

Thank you to Rhonda Black for her generous donation of a canoe/kayak cart. For members who would like to use it to transport canoes from the compound to the beach it has a new home on the top of the Canoe locker, for now. The straps are hanging in the bag on the outside of the locker door.

~ James McBeath, Director

## Safety Update

### TRANSPORT CANADA UPDATED INFORMATION REGARDING MINIMUM SAFETY REQUIREMENTS.

 Transport Canada    Transports Canada <b>Canoes, Kayaks, Rowboats, Rowing Shells, Other Human-Powered Boats: Minimum Safety Equipment Required Under the Small Vessel Regulations</b>				
Important Info	Lifesaving Device	Visual Signals	Vessel Safety Equipment	Navigation
<p>As the boat operator, it is your responsibility to have all the required safety equipment onboard your boat and to know Canadian boating laws.</p> <p>See the <i>Safe Boating Guide</i> for more information!</p>  	<ul style="list-style-type: none"> <li>One PFD or lifejacket for each person on board</li> <li>15 m buoyant heaving line</li> <li>If freeboard is more than 0.5 m: <ul style="list-style-type: none"> <li>One reboarding device</li> </ul> </li> </ul>   	<p>If your boat is over 6 m:</p> <ul style="list-style-type: none"> <li>One watertight flashlight</li> <li>Six flares or three flares and an electronic communication device or one type D flare and an electronic flare</li> </ul>  	<ul style="list-style-type: none"> <li>One bailer or one manual bilge pump or bilge-pumping arrangement</li> </ul> 	<ul style="list-style-type: none"> <li>One whistle or sound-signalling device</li> <li>Navigation lights</li> <li>One magnetic compass</li> <li>One radar reflector</li> </ul>    

Canada

Please note: VCKC SUP Program requires PFD to be worn at all times when on the water.  
Thank you to Cindy Dunphy for researching and providing this information.

Welcome to Ellie James who is beginning a new term as Education, Standards and Safety Director.  
[safety@vckc.ca](mailto:safety@vckc.ca)

## Outrigger Update

Welcome to Marianne Pilon and Bon Lee who are beginning a new term as Co-Directors for the Outrigger Program.

~ [outrigger@vckc.ca](mailto:outrigger@vckc.ca)

## Kayak Update

~ The Kayak Program is seeking a Program Director, please contact the club President if you are interested in learning more about this position.

## SUP Update

~ Please check club calendar for news on the SUP program.

Happy paddling!

~ James Roorda, SUP Director

## Club Contact Information

### Officers

President	<a href="mailto:president@vckc.ca">president@vckc.ca</a>
Jana Savage	
Vice-president	<a href="mailto:vpresident@vckc.ca">vpresident@vckc.ca</a>
vacant	
Treasurer	<a href="mailto:treasurer@vckc.ca">treasurer@vckc.ca</a>
Donna Sainsbury	
Secretary	<a href="mailto:secretary@vckc.ca">secretary@vckc.ca</a>
Karen Potts	

### Program Directors

Big Canoe Program	<a href="mailto:bigcanoe@vckc.ca">bigcanoe@vckc.ca</a>
Joe Boyd	
Canoe Program	<a href="mailto:canoe@vckc.ca">canoe@vckc.ca</a>
James McBeath	
Dragonboat Program	<a href="mailto:dragonboat@vckc.ca">dragonboat@vckc.ca</a>
Hannah Griffiths	
Kayak Program	<a href="mailto:kayak@vckc.ca">kayak@vckc.ca</a>
vacant	
Outrigger Program	<a href="mailto:outrigger@vckc.ca">outrigger@vckc.ca</a>
Marianne Pilon and Bon Lee	
Marathon Canoe and	<a href="mailto:marathon@vckc.ca">marathon@vckc.ca</a>
Small Boat Program	
Rob Sainsbury	
Stand Up Paddle Board	<a href="mailto:sup@vckc.ca">sup@vckc.ca</a>
James Roorda	

### Other Executive Positions

Education, Standards & Safety	<a href="mailto:safety@vckc.ca">safety@vckc.ca</a>
Ellie James	
Membership	<a href="mailto:membership@vckc.ca">membership@vckc.ca</a>
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(maintenance)	
Gord Evans	
Storage	<a href="mailto:storage@vckc.ca">storage@vckc.ca</a>
Gord Evans	
Director at Large	
1 - Irena Jazwinski	<a href="mailto:director1@vckc.ca">director1@vckc.ca</a>
2 - Fiona Coyle	<a href="mailto:director2@vckc.ca">director2@vckc.ca</a>

### Executive Appointed Positions

Newsletter Editor	<a href="mailto:newsletter@vckc.ca">newsletter@vckc.ca</a>
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Webmaster	<a href="mailto:webmaster@vckc.ca">webmaster@vckc.ca</a>
Arthur Caldicot	
Past President	<a href="mailto:pastpres@vckc.ca">pastpres@vckc.ca</a>
Kim Capson	

**Deadline for submission to February Newsletter:- end of day Saturday February 17<sup>th</sup> .**

Please identify as “newsletter submission” in the subject line and send to [newsletter@vckc.ca](mailto:newsletter@vckc.ca) .

If photographs are part of your submission include photographer credit information.