



VICTORIA CANOE & KAYAK CLUB NEWSLETTER

RCABC (www.bccanoe.com), CRCA (www.crca.ca) and CORA (www.canadianoutrigger.com) member
355 Gorge Road West, Victoria, BC V9A 1M9.
Phone: 361-4238 (info line only) Website: www.vckc.ca

April 2005



Photo by Karen Hoffman

Pack Your Yak. (see "ABCs" in 'Trips and Courses')

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GENERAL MEETINGS

First Tuesday of each month
(September thru June)

MAY NEWSLETTER DEADLINE:

April 16th, 2005

GENERAL MEETING

GUEST SPEAKER:

Don Munroe

"THE PADDLE TO PORT ANGELES"

TIME: April 5th 7:30 PM

Camping with the Big Guys by Chris Genovali

Chris is Executive Director of Raincoast Conservation Society, and participates in Grizzly and Wolf research on the mid coast. Large carnivore conservation is a major focus of Raincoast's work.
<http://www.raincoast.org/>

Attacks on humans by large carnivores are uncommon. Since 1900 cougars have killed only nine people in BC (in comparison bees kill upwards of three Canadians per year). A wolf attack on a kayaker on Vargas Island in 2000 is believed to be the first reported of its kind in BC history (this animal was habituated to human food fed to it by either kayakers or locals). In the sixteen-year period from 1978 to 1994, eleven people were killed by bear attacks in the province.

Staying safe in large carnivore habitat means following some common sense advice and realizing that you are no longer at the top of the food chain when hiking or camping in these wilderness areas.

Cougars, wolves and bears are powerful and magnificent animals, and they deserve your respect. For further information please check out the websites associated with each section.

General Guidelines

Camp in designated areas ... where provided. Avoid camping near running water, thick brush, animal trails or berry patches. Limit your impact by avoiding encounters and managing your food, food smells and garbage. Keep yourself and campsite odour free. Set up cooking, eating and food storage areas at least 100 metres from your tent and consider wind direction. Keep sleeping bags, tents and sleeping clothes free of food, food odours or beverages. Store your food and garbage away from your tent. Hang between two trees at least 4 metres above the ground and 1.3 metres from top and side supports. Wash and store all dishes and food utensils immediately after use. Strain food particles from dishwater and store with garbage.

See **Cougars, Wolves, Bears** p. 5

CLUB NEWS

Spring is here with new beginnings. Along with beginnings, there are endings, and we are sad to lose Dale Patterson as the House & Grounds Director and Steve Romaine as the Webmaster. We would like to thank Dale for his time and energy in doing an excellent job on upkeep of the rental unit and clubhouse, and for generously printing copies of the revised Member's Guide and waivers. If anyone is interested in filling this position, please contact me with your qualifications. A background in plumbing, wiring and construction is desirable (big shoes to fill). We would also like to thank Steve for his contribution in making the website such a useful resource for the club. Since its inception two and a half years ago, www.vckc.ca has become an indispensable source of information, news and a way to advertise the club. If anyone is able to act as Webmaster and/or secure a site please contact Paul de la Bastide.

The 23rd Paddle to Port Angeles with 50 hale and hearty paddlers is happening, and we applaud you all for your dedication to this annual charity. We hope the winds will be at your back and the sun shining on you. Everyone is encouraged to come out and support them in their early morning take off, their tired return, and the potluck afterwards.

The plans for the renovations are not yet complete, as the electrical, mechanical and structural engineers must all approve these plans. Each sign off means more money, and as we're looking at a minimum of \$40,000 we are putting the dock proposal on hold until the renovations are done. Our lease will be renewed in November and we will be discussing Saanich's commitment before we start spending money.

Speaking of money, we encourage everyone who can download the newsletter via the website to let the newsletter editor know so that we don't waste postage. Or if you can't download it, you can pick up a hard copy at the clubhouse (upstairs table). All savings, including postage and printing/paper is a way to help the club. The new revised Member's Guide is ready and available on the web and hard copies are at the clubhouse.

We invite you all to the club clean up on Sunday April 3rd. This is one of the ways we can maintain low membership fees, by relying on you to volunteer your time. There will be no paddling practices during this time, so what better way to socialize with other paddlers than by coming out for a few hours and helping out. I look forward to seeing you then.

Judi Murakami

MEMBERSHIP RENEWAL

Renewal time is here again. The fee for the **full year** is **\$30.00** for an **individual** and **\$45.00** for a **family**, for the year beginning in January of 2005. A membership renewal form was included with January's newsletter (mail-out versions). Hardcopies are available at the clubhouse. On-line readers can find an electronic version of the renewal form at: <http://www.vckc.ca/join/index.htm>. **Don't forget to read and sign the Waiver, and review the NEW Privacy Statement.** This is important for the following reasons: first, you will continue to receive your newsletter without interruption, and

secondly, for record keeping purposes, it will result in a lot less work for the membership director and the newsletter editor. **Boat storage/locker fees** are also due at this time for those members storing boats, or using lockers

WEBSITE NEWS

Electronic version of the newsletter. Get your newsletter before everyone else! The monthly newsletter is posted to the website (www.vckc.ca/newsletter) a few days before the printed version is mailed out. If you would like to take advantage of this and save the club both printing and mailing costs, then please contact Ken Dwernychuk via email at kenandcarol@telus.net or phone 385-4300. Online subscribers also receive email notification that the newsletter has been posted online.

Online Calendar. Clubhouse bookings (meetings, seminars, etc) and other events of interest to members (activities, races, social, etc) are now posted to our online calendar. Upcoming events are listed right on the main page of our website (www.vckc.ca) and more details may be found using our calendar at www.vckc.ca/calendar. If you would like to book the clubhouse for a club event or wish to let other members know of an upcoming event of interest then please submit these details to www.vckc.ca/feedback, including your name, the event, date and time, and contact details (phone number, email, web site, etc).

Forums. If you wish to discuss or post information for other members then this may be done using our free forums at www.vckc.ca/forums.

Online Photos. We now have a photo album on the website and are looking for some good photos of club members in action. If you do have photos that you would like to share then please submit them to Steve at licorice@geckobeach.com, making sure to follow these guidelines:

- Only your best photos please
- JPG (JPEG) format (what most new digital cameras take), maximum size of 800x600 pixels
- Make sure to include some description of the photos (e.g., Wake Up the Gorge 2004; Paddle to Port Angeles 2005)

Photo submission criteria may also be found at www.vckc.ca/photos.

Steve Romaine

HOUSE AND GROUNDS

All repairs to the glass at the clubhouse have been completed. Reminder: The scheduled spring cleanup will take place on **April 3rd @ 10 am**. Please bring along a pair of gloves and a rake if you have one. The repairs to the attic were scheduled for this time as well, but that will have to be confirmed with the new house and grounds director as I have submitted my resignation. I would like to take this time to thank all those who supported me in this position. Happy paddling to all.

Dale Patterson

BOAT STORAGE

Unfortunately, two kayaks have gone missing from the outside compound. Both kayaks were left unlocked. Please ensure your boats are locked, one lock at each end if possible and make sure you leave the premises secure. As spaces become available we are contacting members on the waitlist.

All questions concerning boat storage should be addressed to Ken or Marilyn at 479-2759.

SEA KAYAK PROGRAM NEWS

Next meeting will be **Wed. Apr, 20th 2005 at 1900hrs. (7:00pm.)** Our guest speaker: Brian Henry.

If you haven't renewed your VCKC membership by now your name has been removed from the membership list and you will no longer be receiving e-mail reminders.

The next kayak program meeting is on April 20 at 1900hrs. We are hoping to have Brian Henry come and talk to us on kayak designs and construction materials. Brian is owner of Ocean River Sports and founder of Current Designs kayaks. He has designed many kayaks so I'm sure you will find his talk very informative.

Please check the **Trips and Courses** section of the newsletter for up coming events and CRCA Courses. The courses fill up fast. So if you are interested call me soon (Gary at 818-0277) to register.

Also if you are planning on attending either the new members paddles or the intermediate members paddles please read the trip guidelines in order to understand the requirements of these paddles. If you need some clarification please don't hesitate to call me.

Gary Allen

NEW MEMBERS' PADDLE MARCH 6TH

A huge group of 22 (mostly) new members launched at Cooper's Cove in Sooke Basin, paddled out around Billings Point and up Sooke River. Weather was pretty agreeable with temperature around 12 C, and only a smattering of rain. We set a fairly leisurely pace so nobody got left behind. Nobody got out of breath either, because there was a lot of conversation happening.

We ventured a kilometer or so up river, beyond the flats, turning around when we got to the first riffles. Down to the flats for lunch, then back on the water for the return leg. We crossed the channel to follow the South shore for part of the return, which turned out to be a bit of a slog against a falling tide. We crossed back to the Cove through a slight chop with about 5-10km breeze. One of the new paddlers said that it was the most wave he had ever gone out in. Didn't seem to bother him much.

For the most part, the group stayed together pretty well, making it easy on the organizer and his merry band of kayak wranglers. Thanks to Susan, Michael, Dorothea, and Duncan for their help in rounding up strays and riding drag so nobody got lost.

Doug Linton

CANOE PROGRAM NEWS

There will be no canoe program meeting in April (in keeping with the every-other-month schedule). The next canoe program meeting is May 16th at 7:30pm.

Monthly Quote:

"I have no life to bother me wife,
No lover to keep me true,
All day long I laugh at this song,
And paddle my own canoe"

~*The Brigadoons*
Martinstown, Ont.

Monthly Tip:

A great substitute for pre-moistened towelettes: Carry a 2-ounce Nalgene bottle of witch hazel and cotton make-up remover pads. Pads soaked in witch hazel are every bit as refreshing as the store bought item, but they're lighter and cheaper. They're also more environment-friendly because they don't come in foil packets.

~*Call of the Wild*

The next **Lake Water 1** course is being offered on April 9th and 10th. This is an excellent course for newcomers to the club and is also a required course for rental of our club canoes. This is a great way to spend a spring weekend and it is an excellent opportunity for almost anyone in your family. Please contact Brandy at cora216@hotmail.com for more information or to register for the course.

Attention all those interested in watercrafts: VCKC Annual Pooch Paddle is Just Around the Corner

This is a reminder that the annual pooch paddle is coming up on May 18th. This annual event is open to all watercraft paddlers and I would like to take the opportunity to welcome everyone to intermingle with the other areas of the club. We will be celebrating the last "pooch friendly" day at Beaver Lake. As usual we welcome all members new and 'seasoned' to bring a picnic dinner, their favorite watercraft and of course their 'pooch'. This is an excellent time to try out other boats that you may not have access to on a regular basis. More info. will follow in the May newsletter. Please feel free to contact me if you have any questions.
Brandy: cora216@hotmail.com

Last Call: The first **Lake Water 1** course of the season is being offered on April 9th and 10th. Let me know if you want to sneak into that course.....there is still time!!

Please see the attached Trips and Courses for more canoe information!!

Brandy McBeath

DRAGON BOAT PROGRAM NEWS

For the month of March we have been offering drop-in practices on Monday evenings at 5.45pm and Saturday mornings at 9.30am. Turnout to these practices has been pretty good and many paddlers are enthusiastic about getting back into the boat again. We will continue to offer open practices on Saturday mornings starting 2 April for any paddler from any team to attend. These open practices will allow paddlers to practice their dragonboat stroke technique and to do some one-to-one work with coaches. Individual team coaches may encourage paddlers to attend these open sessions.

Team formation will be occurring near the end of March. This year we have introduced a paddler selection criteria process where all paddlers answer questions about their personal goals for the dragonboat season and then the dragonboat coaches will place paddlers on teams with individuals whom have similar goals. This year our club teams will include a competitive team, a competitive/recreational team, a grandmasters team (50+ years), and an introduction to dragonboat team. The introduction to dragonboat team will start their practices in early June; all other club teams will start their practices at the beginning of April. The paddler selection document, as well as other dragonboat documents, may be downloaded from vckc.ca/programs/dragonboat.

Individual teams will have team meetings either in late March or early April to discuss team goals, festivals, etc. The Grandmasters team has a meeting scheduled for 23 March at 7pm at the clubhouse. The Competitive team has a meeting scheduled for 29 March at 7pm at the clubhouse.

Steve Romaine

OUTRIGGER PROGRAM NEWS

The next Outrigger meeting will be April 26th at 7:15 p.m.

Outrigger teams; please let me know how you are doing on your respective jobs for WUTG. The next Wake Up The Gorge meeting will be April 8th at 7:15 p.m.

This year **Wake Up The Gorge** will be held April 16th at West Bay Marina. It is a great venue and we have lots of community support from the people there. It will be a fun event with good 'viewing' from either side of the waterway. Parking is available at the Work Point Barracks parking lot. Mavis Pillar, Outrigger Coordinator.

Monthly Outrigger Meetings: 4th Tuesday of every month @ 7:15 p.m.

All meetings will consist of a short meeting and an information session on outrigger paddling. We will cover items such as: care of the outrigger; winter paddling & safety; paddling

techniques videos with discussion; video & talk on rigging; open ocean techniques videos and talk; racing techniques and many more.

Outrigger Information

Outrigger Board – Please check the Outrigger Board every time your team goes out. Important information will be posted there.

GORGE WATERWAY APPRECIATION DAY CLEANUP



WHEN: Sunday, May 1 between 9AM and 1PM
Come and represent VCKC with other community groups in keeping our Special Waterway CLEAN and BEAUTIFUL.
For further information contact Don Munroe at 385-2268

BUY AND SELL

Kayak stands. Sturdy and durable. Can be used for boat storage or when washing your kayak. Metal construction with webbing straps to support the kayak. They fold up to approx. 3" x 30" when not in use. \$50 per pair. Call Glynis at 655-1272 or Gary at 818-0277

Roll your own 'Egg Carton Fire Starter Cubes'. Just add molten paraffin or bee's wax and string wicks to an egg carton filled with a unique blend of some of the finest quality cotton, hemp, assorted synthetics and dog-hair dryer lint. First bag free. No charge for refills while supplies last. Ken 385-4300.

Current Designs Caribou. Excellent condition. Sleek, fast and stable. No skeg 17'6" L, 21 3/4" W. Yellow with red seam and combing. Spray skirts and paddles may be available. Call Gary at 478-8004 or 818-0277

Hummingbird VHF radio. Excellent condition; includes charger. \$60 Karen 474-3708

17 ft. Revelation canoe (Royalex) by Mad River, excellent condition. Red colour with ash yoke, thwart and seat frames, ready for moving river, flat water or rough seas. Asking \$900, call Peter 479-3934.

Wanted - roof racks: older gutter clamp preferred. Call Jean Chandler at 727-6923

Want to meet other paddlers and/or advertise paddling activities/events of interest to members but not sponsored by VCKC? Do it here in this section:

PADDLING PARTNERS AND NON-CLUB ACTIVITIES

Bill Hillsden and other devoted paddlers continue their regular ventures to various destinations. To help Bill expand his weekly e-mail list, for upcoming weekend paddles, those not receiving e-mails who would like to be on his list, drop him a line at willhill@island.net or call or fax him at 360-0650. These paddles are usually impromptu and are not intended to interfere with scheduled or pre-planned events. As a result, most paddles are not decided until weather, tides and personal plans are confirmed.

OCEAN RIVER SPORTS EVENING PRESENTATIONS

Friday 29th April 7pm

Harvey Golden

One of North America's most experienced Greenland paddling, Greenland kayak and paddle building and also kayak rolling practitioners. This should be a wonderful look into the world of Greenland style paddling.

Friday 6th May 7pm

Chris Duff

Chris has solo paddled around the South Island of New Zealand, around Ireland and also Iceland. Kayak Instructor and author of a number of books on his adventures, Chris' stories will give you a glimpse of what is possible if you allow yourself to dream big..

COUGARS, WOLVES, BEARS from p.1

Dump dishwater in designated areas or at least 100 metres from your sleeping area. If using environmentally friendly soap, dishwater may be disposed of in the ocean where there is a strong flushing tide (not a lagoon). Do not burn or bury garbage. If you pack it in - pack it out! Use areas below high tide mark, away from camp, in an area of high tidal exchange for toilets.

Cougars

Hike in groups of two or more. Make enough noise to prevent surprising a cougar. Watch for cougar tracks and signs. Cougars cover uneaten portions of their kills with soil and leaf litter. Avoid these food caches. Keep children under control and close at hand. Cougar kittens are usually well hidden. However, if you do stumble upon cougar kittens, do not approach or attempt to pick them up. Leave the area immediately, as a female will defend her young.

<http://wlapwww.gov.bc.ca/wld/pub/cougsf.htm>

Wolves

Do not allow children to play away from camp. Keep them close to adults at all times. Keep pets leashed and under control; better still, don't bring them at all. Keep a clean and

orderly camp. Wolves have been reported removing personal and other non-food items from campsites. Do not use the upland areas for your toilet; wolves will feed on human excrement.

<http://wlapwww.gov.bc.ca/bcparks/explore/misc/wolves/wolfsaf.htm>



Bears

Check the beach upon landing for tracks, spoor and other signs of recent bear activity. If necessary, choose a different beach. When hiking, be heard and be cautious in berry season. Research indicates that bear spray can be effective with some bears when used properly. If you plan to carry it, be aware that wind, spray distance, rain, freezing temperatures and product shelf life can all influence its effectiveness.

Familiarize yourself with the proper use of bear spray.

<http://www.outdooradventurecanada.com/safety-v1-3.htm>

Marnie Phillips

A TEST OF LEADERSHIP

Expedition Leadership Responsibilities

At the West Coast Sea Kayak Symposium Kirk Nichols defined leadership as, "facilitating a group of people to achieve a common goal".

Nichols is a faculty member for the University of Utah's Department of Parks, Recreation and Tourism and a teacher for the National Outdoor Leadership School (NOLS). He led the discussion on leadership responsibilities at the symposium.

Whether it's a day paddle, an overnight or a weeklong trip, he advises paddlers to meet before they go and discuss the common goals and objectives.

Nichols says, we should ask what the common goals are. If one paddler wants to do a high mileage outing, while the rest want to gunk hole, there is no common goal. Expectations won't be met. He adds that leaders should ascertain what the level of commitment is. What will the group put up with or tolerate in regards to weather, sea state and leadership.

If leadership is based on a top down model and the group prefers the consensus model look for sparks to fly. Nichols says leaders should also ask questions of themselves. For example: Am I operating within the context of people's expectations?

Nichols told us how to do these things by remembering the line from the Wizard of Oz. Lions and tigers and bears, oh my. He substitutes the words, analyze, manage and inform, oh my.

Two analytical tools he uses are the Float Plan and what he referred to as the Decision Triangle.

Nichols' triangle surrounds the human factor. He uses a traffic light to assess each of the three conditions. If he gets a red, yellow or green light for any of the three conditions surrounding the triangle that will affect what ever decision he makes. For example if the question were to launch or stay on the beach, three reds, would mean staying ashore.

Of course when you get a combination of colours things are not so red or green. He says the leader must examine the sea, weather and terrain conditions.

When looking at the terrain consider the shoreline. Is it a cliff, are there pullouts, surf, are there headlands, channels, or wind funnels? For sea conditions the things to consider include tides, currents, swells, wind waves, whitecaps, and water temperature. Weather conditions such as, wind, rain, temperature, wind direction and fog all of these conditions, have to be considered and weighed before the decision to launch is made. Each affects the risk factor.

Two very practical tips that Nichols supplied were, take bearings before you leave, just in case fog rolls in, and don't plan trips with a quartering wind from the rear, as it can be difficult to hold many kayaks on a straight line in such winds.

Nichols also talked about judgment and what affects our judgment calls. One factor was familiarity with the location. Often the more familiar we are with an area the poorer our judgment becomes. Another factor affecting judgment was peer pressure or acceptance. Commitment was another. Groups with strong commitment will accept higher risks.

Managing the group means combining your skills with the group skills to garner cooperation so that everyone reaches the goal having a good time. If it's done right, the managing aspect of leadership is almost invisible.

Keeping everyone informed is one of the keys, says Nichols. If 99% get the message and one does not there has been a break down in communication. That's why the pre-launch shore briefing is so important. He cautioned that good communication also means the leader is open to information as well. Don't be inflexible.

The best question from the group was what do you do when one person is a maverick and constantly breaches or does not adhere to the group's wishes or practices. For example when someone constantly paddles off alone and won't stay with the group.

Nichols first suggested taking the rest of the group to shore. Eventually the lone wolf will return. When he does simply

explain that the group was waiting for him to rejoin them. Don't be judgmental. Do this often enough and the message should get through.

If that didn't work Nichols' final solution was to document the incident. Anyone who has ever managed knows that without documentation it can be very hard to bring about changes in behaviour.

And there is the rub. Getting people to modify their behaviour so that it's consistent with the paddling group's goals is one of the toughest tests of leadership.

Gordin Warner.

UPDATE: Gulf Islands National Park Reserve



D'Arcy Island Photo by Doug Linton

Summer touring weather is fast approaching, and many canoe and kayaking folk will likely find themselves venturing into the Southern Gulf Islands. If planning overnight trips in this area please be aware that, since establishment of the GINPR in 2004, several small islands/islets are designated "NO CAMPING".

" Sprinkled throughout this area are a number of smaller islands and islets. The ecosystems of these islands are fragile and easily impacted. Some are important haulouts for marine mammals, others are key nesting sites for seabirds, including species whose populations are threatened or at risk. Visitors should exercise discretion when approaching these islets, and abide by the wildlife viewing guidelines. The islets in this area that are included in the GNIPR are the Isabella Islets, Imrie Island, Grieg Island and Reay Island, [Russell Island, Dock Island,] the Little Group, the Sallas Rocks and the Unit Rocks. NO CAMPING"

Official Visitors Guide

VCKC EXECUTIVE

President

Judi Murakami 360 - 2776

Vice President

Mile Petrovic 893 - 1904

Treasurer

John Levey 479 - 5647

Secretary

Katy Clark 360 - 1083

Past President

Paul de la Bastide 598 - 9611

PROGRAM DIRECTORS:

Canoe Program

Brandy McBeath 213 -1984

Dragon Boat Program

Steve Romaine 475 - 6964

Outrigger Program

Mavis Pillar 384 - 4390

Sea Kayak Program

Gary Allen 478 - 8004

Voyageur Program

Don Munroe 385 - 2268

Marathon Canoe Program

Ron Williams 380 - 7496

Education, Standards and Safety

Doug Linton 727 - 0216

Membership

Muriel Johnson 391 - 0560

Clubhouse and Grounds

Vacant

Social Coordinator

Francoise Brunet 388 - 7512

Boat Storage

Ken & Marilyn Tomlinson 479 - 2759

Newsletter

Ken Dwernychuk 385 - 4300

kenandcarol@telus.net

Directors-at-Large

Norm McConnell 381 - 9178

Peter Kabel 479 - 3934

Lloyd Skaalen 388 - 7512

OTHER VOLUNTEERS

Sea Kayak Instruction

Doug Alderson 656 - 0530

VCKC Clubhouse Bookings For Classroom And Grounds

April		2005				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	7:30 p.m. 5 VCKC General Meeting Judi 360 - 2776	6	7	8	9
10	11	7:30 p.m. 12 VCKC Executive Meeting Judi 360 - 2776	13	14	15	16
17	18	19	7:00 p.m. 20 Kayak Program Meeting Gary 478-8004	21	22	23
24	25	7:00 p.m. 26 Outrigger Program Meeting Mavis 384-4390	27	28	29	30