



VICTORIA CANOE & KAYAK CLUB NEWSLETTER

RCABC (www.bccanoe.com), CRCA (www.crca.ca) and CORA (www.canadianoutrigger.com) member
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SEPTEMBER 2005



Photo by Lloyd Skaalen

See: Esquimalt Centenary
Celebration

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GENERAL MEETINGS

First Tuesday of each month
(September thru June)

NOVEMBER NEWSLETTER DEADLINE:

September 16th, 2005

GENERAL MEETING
(LATE) SUMMER BARBEQUE
TIME: September 6TH 5:00 PM

Come out and recount your summer exploits!
(Bring your BBQ fare and drink. Pot-luck dessert table.)

AROUND SALTSRING ISLAND ... IN ONE DAY!!

Why would three old guys, Hans Voermann, Heike Ramien and John Levey (average age 67) want to paddle the 38 nautical miles round Saltspring Island in one day? One of the reasons is a failed attempt the previous year when paddling clockwise from Roberts Bay we called it quits after we reached Ruckle Park in 13.5 hours with 5 nautical miles left to go.

Favourable tides are hard to find in the summer months. Starting from the Southern end requires a high tide at noon and this only occurs in the winter months when the days are too short for twelve hours of daylight. So this year we decided to start from the North end of Saltspring.

The tides were favourable on August 6. The weather report was encouraging and only the wind and passing tugboats were likely to upset our plans. Why tug boats?

Well, Hans has this thing about boats moving in the 5 to 6 knot range and is unable to resist the challenge of chasing after a vessel he might catch. Such an escapade would make it difficult for the rest of us to catch up with him.

Were we drug free? John, being vegetarian argued that he was at a slight disadvantage as he lacked the second hand steroids that the meat eaters unavoidably ingest. His own elixir was 2 litres of concentrated borsch.

So we packed three kayaks on one car and caught the 3:00 pm from Swartz Bay to Fulford Harbour on Friday August 5. Looking at various put-in places on our drive up the Saltspring coast, we decided on Southey Point which is right at the North end. The paddle over to Wallace Island took about twenty minutes and we camped overnight at the North end. It was a beautifully warm night with no need to put a fly over the tent

See **SALTSRING ISLAND** p.6

CLUB NEWS

Hello Paddlers

Well, we've had another summer filled with activities. July 1st was a tremendous Canada Day celebration, and VCKC contributed to the Gorge Tillicum festivities with dragonboat and voyageur rides raising \$514 for Camp Shawnigan and the purchase of club equipment. It was a long day and kudos to the superb organization that kept the lines moving. I'm hoping that the various coordinators have submitted articles as there are medals galore from the various races in all the programs.

Competition and camaraderie go hand in hand at VCKC, and this year is no different. The voyageur, outrigger and dragon boat programs put in a lot of sweat equity in repairing the boats, and this is how we keep costs down. We realize our equipment is getting older and takes a lot of maintenance, and your hard work is appreciated.

For the building, the upstairs shower is now fixed. I know the downstairs lock continues to be a source of frustration for everyone. I've found that patience, and pushing the * key several times before trying the code works. We will be meeting with Saanich Parks about cost sharing for the basement renovations, and we will come up with a viable solution for the door. All of the program directors have keys, and the upstairs tenants also have a key. We thank you for your patience.

We will start off the **September 6th General Meeting** with a **barbecue** and meeting on the deck. Please bring something to share, and anything you'd like to grill. Let's hope the weather holds. If you have any questions about the barbecue, please contact the Social Coordinator, Francoise at lsandfb@shaw.ca.

See you in September.
Judi Murakami

NEW MEMBERS GUIDE

The latest version of the New Members Guide is now available at the clubhouse, or on-line at the VCKC website.

Muriel Johnson

WEBSITE NEWS

Electronic version of the newsletter. Get your newsletter before everyone else! The monthly newsletter is posted to the website (www.vckc.ca) 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 on the main page of our website

(www.vckc.ca) 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 Muriel Johnson at paddlingfool@shaw.ca including your name, the event, date and time, and contact details (phone number, email, web site, etc).

Forums. This has been suspended pending implementation at the new host.

Online Photos. Got some interesting photos you would like to share? The website has the space. We now have a photo album on the website and are looking for some good photos and links of club members in action. Please submit photos to Mike at foxes@shaw.ca, and make sure you follow the guidelines published on the photos page of the website. There are currently a number of pictures and links on the page for the Voyageur Program and the Wake Up the Gorge Event.

Bruce Irving/Michael Fox

SEA KAYAK PROGRAM NEWS

I hope everyone had a great summer and got out on the water a lot. I know that I did!
Our next kayak program meeting is on **Wednesday Sept.21 at 7:00pm**. I am looking forward to seeing you there and hearing stories of your summer paddling trips.

All of the CRCA courses and clinics run by the kayak program this past year have been full and very successful. The next scheduled course is a CRCA level 1 on Sept 24-25. To register please contact Gary at gd.allen@shaw.ca. Keep in mind that these courses fill up fast.

I've been receiving many requests lately about borrowing the club kayaks. Unfortunately the club single kayaks are for use in club courses and clinics only. They must be available and in good repair with all accessories for these courses. They are kept locked for this reason. To loan the boats out for general use someone would need to be available to unlock the kayaks and check the equipment. We do have a plastic double (red Necky Amaruk) in the outdoor compound that is available for general use. Please contact Gary at gd.allen@shaw.ca to book it out. Ocean River Sports and Pacifica Paddle Sports rent kayaks.

Two club members took the initiative this summer to organize an overnight paddling trip for members who hadn't done one before. This was a great opportunity for everyone to practice their trip planning as well as navigation and camping skills. The group of seven kayakers chose Portland Island as the destination. There were three experienced paddlers along to lend a hand and provide advice when needed or requested. It was a lot of fun! Thanks to Jan and Knute for planning this outing. I think it was great that they took the initiative to organize a club event, and I encourage all members to do the same.

Remember, when out paddling, to always dress appropriately for the sea and weather conditions as well as for your paddling skills. Always paddle with a buddy and file a float plan.

Submitted by Gary Allen

NEW MEMBERS' PADDLE

Sun Dog Paddle

On Saturday, June 11 a stiff breeze had us sailing down Squally Reach from Gold Stream Marina. We learned about T-rescue in action, the disadvantages of cotton clothing, the advantages of a spare set of clothes, negotiating winds from all directions and strengths, and waters from calm to confused. During lunch at aptly-named Spectacle Creek we viewed a sun dog, a rainbow-colored patch in the sky caused by ice crystals in high clouds which act as prisms (usually a forewarning of a storm or snow). That was the easy part. Paddling back (up wind of course) gave us further opportunity to practice effective paddle strokes, to witness a couple of styles of towing, and to test our endurance. All landed safely with big smiles on their faces and a real sense of accomplishment.

Catherine Blondeau

CANOE PROGRAM NEWS

The next program meeting will be held at the Clubhouse on **Monday 19th September at 7.30pm**. The presenter will be Dan Walker, giving a presentation on a recent trip in the North East part of the province on the Murray and Pine rivers. The Canoe program meeting following September's is scheduled for November 21st.

River Clean-up Day. The last Sunday in September (25th) is BC Rivers Day - see <http://www.riversday.bcit.ca/> The Club has traditionally paddled down the Cowichan River, cleaning up the river banks of garbage. Contact Dan Walker @ 721-6913/dangeo@shaw.ca for details.

MARATHON CANOE PROGRAM

Results from the **2005 Fort Langley Classic** for the Tandem Marathon Canoes: 1st place for Ron Williams and partner in Men's Tandem, and 1st Place for Alex Mann and Lynn Sanderson for Mixed Tandem.

This year the race was 20 Km with a short portage: Great venue and good event organization. More VCKC members should take in this race as it is open to any paddler from complete novice to competitive paddler. Novices do not have to run the 20 K race as there are several categories: 6, 12, 18 and 20 Km. There are even Voyageurs to paddle!

This is one of the few races where there is a mass start of any craft that can be paddled. Olympic C and K boats, OC-1 & 2s, marathon canoes, rec. canoes, all starting together and

running 1.5 Km for the first turn. Lots of action and excitement! Next year plan to attend; you won't be disappointed!!!

Dave Hill

DRAGON BOAT PROGRAM NEWS

VCKC Dragon Boat Team Medals in Portland

A club team representing the Victoria Canoe and Kayak Club participated in the 17th Annual Portland-Kaohsiung Sister City Association Dragon Boat Races in Portland, Oregon, June 11th and 12th.

It was the sixth year that a team from the club has paddled in the Rose Festival event. This year the team did itself and the club proud, winning a trophy and medals by placing third in Division 3. The team also had the fastest time ever by a VCKC team by racing a 2:55 in its semi-final race. All the races that the VCKC team entered were exciting races, with boats placing within 5 seconds of each other. In the semi-final race, VCKC placed just 2/100 of a second ahead of the next boat.

Kudos go to all the participants who demonstrated great teamwork, camaraderie, and effort. Special recognition go to Judi Murakami and James McBean for their coaching efforts leading up to the races. This was truly a magnificent beginning to the racing season!

Members of the winning team were:

Jack Louie	Judy Leonard
Stephen Lee	Judi Murakami
Lauryn Morley	Carole Hartland
Michelle Hayes	James McBean
Tim Morley	Kathy von Brevern
Peter Liem	Sharron Rivest
Shannon Whissell	Keith Larusson
Sheila Morley	Shaun Hall
Josh Whissell	

Stephen Lee
Co-coach

Club Team Scores in Nanaimo

With the VCKC flag proudly leading the way before each race, the combined forces of Grand Masters and Comp/Rec dragon boaters paddled their way to a Silver medal in the Jade Division at the Nanaimo Dragon Boat Festival, July 9 and 10. This was the first year that a team from the club has attended the fledgling event and it was a successful debut. Battling challenging conditions on and off the water, the 13 members from each of the teams managed to outperform some very stiff competition to earn their medals. Blowing winds, choppy water, riding waves, and torrential downpours did not dampen the enthusiasm of the team. After only one hurried practice the Wednesday before, the group came together and performed as a team in true fashion.

Congratulations to all for a job well done!

Members were:

Bonnie Worsley	Carole Hartland
Diane Nishimura	Cory Marshall
Gary Bromley	Irena Jazwinski
Jack Louie	James McBean
Judy Leonard	Jane Dewing
Kieth Larusson	Josh Whissell
Lorna Petrovic	Kathy von Brevorn

Lynda Zorn	Michelle Hayes
Mavis Pillar	Rick Chambers

Mike Ostan	Shannon Whissell
Mile Petrovic	Sharon Johnson
Pat Joya	Stephen Lee
Sharron Rivest	Sylvia Nolan

Visit www.nanaimodragonboat.com for pictures and race results.

Stephen Lee

Ageless Warriors Dragon Boat Team

The Ageless Warriors had their wind-up party on Friday, August 19 after a successful season of dragon boating. The Ageless Warriors is a new dragon boat team (although with a name that had been used previously) for those 50 and over. Jack Louie, the team's coach, started the team because he felt VCKC needed to offer a program for the older, more mature paddlers, and he felt coaching a Grand Master's team was a service he could do for his club.

The team is a mixed bag of gender, age (the oldest turned 80 in August), size, fitness and skills. Almost half the team are novices who had no expectations other than having some fun on the water. To their surprise and delight, the team did very well. At the Gorge Festival, the Ageless Warriors won a silver medal and at the Victoria Festival, they won gold. Some of the team members had already won medals in other festivals this year; four went to Portland with Stephen Lee's team and 13 went to Nanaimo (combined team) where they won bronze and silver respectively.

Now it is the end of the season. What words can sum up what each felt about their dragon boat experience? "Awesome," "great," "better than anything dreamed it could be," and "learned a lot" are a few. The team is already talking about next year and it would be no surprise for all to come back to VCKC as Ageless Warriors because as one put it: "We all like each other."

Maureen Young

Gung Ho News

This team was launched by a Dragonboat Program decision in May 2005 to authorize a novice coach, Fraser Tweedy, to

recruit as many interested new dragonboat candidates as possible during the month of June, so that VCKC could field a team identified as "Silver" in the Victoria Festival in mid August 2005. An underlying objective was to produce candidates for the Club's two core teams, Rec/Comp and Grandmasters.

Fraser rose to the challenge. With the help of Lloyd Skaalen and Françoise Brunet for administration of the team, an immediate publicity campaign was begun with one popular press ad and a flurry of posters to prospective recruit likely establishments. On the 7th of June the first orientation briefing was held and on the 9th the first orientation paddle was conducted with the help of veteran dragonboat coaches and regular team members; the novices on that occasion were seven!

By July 7th the team, having adopted the name "Gung Ho", had 24 members excluding executives, had acquired a major sponsor that covered Victoria Festival indebtedness, had determined that they would self finance the Gorge Festival registration and associated costs, and had developed the team spirit that would take them through the rigorous route to being a truly competitive team. Novices, yes, but "Gung Ho" motivated.

Just prior to the Gorge Festival, 6 August, the team's sponsors included the original, Oxford Foods, plus Curves (Saanich), Aggressive Excavating, Victoria Corneal Laser Centre and Victoria Choral Society. The team's operational numbers were 25, including drummer and stern, plus 2 non-paddling members. And, having had excellent coaching support from veteran members of the DB program and Ron Williams, the team was ready!

While the Gorge Festival was a greater test of capability than members anticipated, the team did come in second place in their first race and completed the three race competition with a third place ribbon in the Green B Division. That whet appetites for the next event!

In the Victoria Festival finals on Sunday 14 August, Gung Ho was to prove an embarrassing challenge for VCKC's Ageless Warriors who barely took them out of the Pearl Division gold medal win by 17/100 of a second. What a triumph for VCKC's "novice" team, a win of the Pearl Division Silver Medal after just nine weeks of paddling!

Gung Ho members assert "they will be back" for the next dragonboat season!

Lloyd Skaalen

OUTRIGGER PROGRAM NEWS

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.

VOYAGEUR CANOE

GORGE PARK CENTENARY CELEBRATION VOYAGEUR RACE

On July 24th, Esquimalt Parks and Recreation Department held a celebration of the 100th anniversary of what was previously known as the BC Electric Company Park, then the Gorge Kinsmens Park, and, as of the 24th July 2005, as Esquimalt Gorge Park. The activities were held in the Park and included music, kids games and some competitions. Among these was a voyageur canoe race, in memory of the paddling and rowing races held in the Gorge in past years¹. The Club agreed to provide the canoes, and Don Munroe agreed to teach the teams that needed training in these big boats. As of the week before the race, only 2 teams were entered. Since Don was off to the Haida Gwaii, I agreed to field a VCKC team to use the third available voyageur.



Photo by Lloyd Skaalen

The Club team consisted of the Tomlinsons, the Thomsons, Mavis Pilar and Tom, a last minute fill in from the James Bay Athletic Association. On the day of the race, three other teams turned up. As the 4th voyageur canoe was not usable, we took the Club freighter canoe and paddled that, in view of its more delicate construction. The course was a triangular one, from the mooring buoy by the Kinsmen Park beach to a point by the walkway on the other side of the Gorge, down to the storm sewer outlet opposite the Club dock and back up to the start point; about a 5 – 6 minute course.



Photo by Lloyd Skaalen

From the start, it was clear that at least one of the crews had little experience in voyageur canoes. They paddled fast, but like a destroyer guarding a convoy, in zigzag patterns. Nonetheless, the 4 boats arrived at the first turn about the same time. As the buoy was quite close to the walkway rock wall, maybe 12-15' out, the confusion was great as three unskilled teams fought to round the buoy safely. We kept to the outside – closest to the wall – to avoid being rammed by the other boats, and lost time doing this. The leg down to the second turn buoy was marked by constant attempts by the Clipper voyageur to nudge us from our course, so we arrived at the turn in 3rd place. This is where the cunning and skill came in. The buoy was out from the rock wall by the Park, but the storm sewer has built up a sort of delta that protrudes into the water 6 – 8' at the low tide levels. The first boat to reach the buoy made a wide turn and hit this sandbar. So did the second canoe, leaving us room close to the buoy to perform a snappy sharp turn – love those stationary draws! – and head out on the last leg in the lead. In spite of having the slowest boat, we managed to maintain our position and pass the final marker first. Thanks to the crew, especially Tom, a novice paddler, and to Fraser Tweedy who paddled alongside on the last stretch yelling that the other boats were catching up and to paddle faster!

The presentation of the award cup took place later on. The cup, lent by the James Bay Athletic Association for the day¹, was a 1906 rowing trophy, solid silver. We weren't allowed to keep that, but on the Clubhouse wall there is a new block-mounted picture. It shows the start of a war canoe race on the Gorge, probably from the 1930s, a fitting reminder of the past of this great waterway, and of the long association that the Park opposite our clubhouse has had with competitive paddling.

Alan Thomson

¹ The James Bay Athletic Association used to have a swim and paddle clubhouse on the Gorge just below the Tillicum Bridge – see Dennis Minnaker's book.

¹ See Dennis Minnaker's book 'The Gorge of Summers Gone' for this history

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

Dragon Boat paddle for sale. Height 46". Gently used, and in excellent shape. Asking \$30. Wet suit. Full length, with zippered front. Size approx 8-10. Asking \$35. Call Jenny 477-1876

Ladies wet suit, Medium Size, Gloves and Booties included, Asking \$50, contact Brandy 250-213-1984

MEC Paddling Jacket, barely worn, like new, New Approx \$300 - \$400, ASKING: \$120
Excellent Quality, Unisex, Ladies(L-XL) Men's(M-L) Contact Brandy 250-213-1984

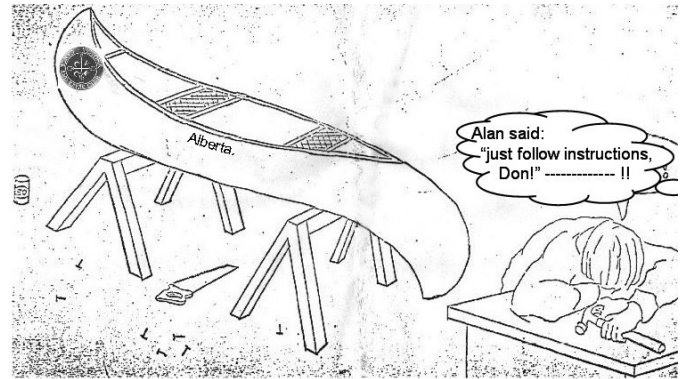
Gorge Waterfront 2 bedroom apartment with fireplace and kayak storage. \$800/mo available immediately.
Call Laura: 250 595 3036

Would the person or persons who have borrowed my kayak paddles (light blue and black) please return them to the clubhouse as I would like to use my kayak. Thank you.
Pauline Campbell

The last ferry leaves Fulford Harbour for Swartz Bay at 7:50 pm so allowing for loading time and the half hour road trip from Southey Point to Fulford we needed to complete our circumnavigation by 6:00 pm at the latest. In fact we got back to Southey Point at 5:02 pm. Back at the house of Hans, where we had left two of our cars, the tired but happy trio had a glass of champagne to celebrate

Could the desire to keep our paddling muscles in shape even as we lose our marbles perhaps be the real reason for this challenge?

John Levey



SALTSPRING ISLAND from page 1.

We were on the water at 6.33 am heading SE down Trincomali Channel. A slight headwind caused some chop which reduced the advantage we anticipated from a building ebb. The sound of a tugboat behind us put Hans into take-off mode until he figured it was doing at least 7 knots.

We reached the Channel Islands at the mouth of Ganges Harbour at 10:00 am. This was 12.5 NM in 3.5 hours.

The next leg took us to the aluminum jetty near the SW corner of Saltspring (9 NM in just over 2 hours) where we indulged in a lunch break. The growing flood and a SE breeze now pushed us towards Sansum Narrows. Hans left Burial Island to starboard and shot ahead of Heike and John who left it to port. The currents in Samsun Narrows need careful reading and Heike's assessment, based on the strongest current taking the shortest route between two points, proved to be correct. We made up lost ground and clocked 7 knots while Hans slowed down in a back eddy. However, we all arrived at Octopus Point at 2:00 pm. 6.5 NM in 1.5 hours Time for a good stretch.

The final leg from Octopus Point to Southey Point, 10 NM, took only 2.5 hours. We covered the round trip of 38 nautical miles in 10.5 hours. Allowing an hour for pit stops and lunch this works out at an average speed of 4 knots.

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 paddlingfool@shaw.ca

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

Peter Kabel 479 - 3934

Lloyd Skaalen 388 - 7512

OTHER VOLUNTEERS

Sea Kayak Instruction

Doug Alderson 656 - 0530

VCKC Clubhouse Bookings For Classroom And Grounds

September		2005				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	5:00 p.m. 6 VCKC Fall Barbecue Judi 360-2776	7	8	9	10
11	12	7:30 p.m. 13 VCKC Executive Meeting Judi 360 - 2776	14	15	16	17
18	7:30 p.m. 19 Canoe Program Meeting Brandy 213-1984	20	7:00 p.m. 21 Kayak Program Meeting Gary 478-8004	22	23	24
25	26	7:00 p.m. 27 Outrigger Program Meeting Mavis 384-4390	28	29	30	