



# Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club  
355 Gorge Road West  
Victoria, B.C. V9A 1M9  
Phone: 361-4238 (Info only)  
Website: www.vckc.ca

March 2006



New Members' Paddle - February 12

## General Meeting Tuesday, March 7, 2006

### What's Inside:

Canoe Program .....	2
Kayak Program .....	3
Outrigger Program .....	4
Trip Reports .....	4&6
Dragonboat Launch .....	5
Storage .....	5
Help Wanted .....	6&7
Trips & Courses .....	8&9
Who's Who .....	10
Calendar .....	10

The Victoria Canoe and Kayak Club is a member of:  
RCABA (bccanoe.com); CRCA (crca.ca) and CORA (canadianoutrigger.com)

General Meetings  
First Tuesday of each month (September - June)

April 2006  
Newsletter Deadline:  
March 16, 2006

February was Heart Month, and at the heart of VCKC is the paddling community. This month we had a presentation by Lori Peters and Drew Barnes who have been the driving force behind the Komodo Dragons, a dragonboat team comprised of clients with mental health issues and staff. This is their 4th season with VCKC and our club has provided a very warm, welcoming and supportive atmosphere, much more conducive to their clients than the larger "business" clubs.

The Komodo Dragons have done presentations at conferences on the amazing benefits they have found from paddling. For many clients, dragonboating is the first opportunity they've had to participate on a team. Dragonboating provides a level

playing field, where clients feel equal to staff in the boat and it's also an opportunity to be a "paddler", no different than anyone else at the festivals. One paddler was so thrilled with his medal he slept with it for three nights, and amazed his worker by initiating conversations.

In recognition of the benefits of this program, Lori and Drew have negotiated a contract between Vancouver Island Health Authority and VCKC that will enable the club to purchase new life jackets. We appreciate this generous donation and know that we have succeeded in fulfilling VCKC's philosophy of enabling paddlers to have a safe, fun paddling experience.

Judi Murakami  
President

## **DON'T FORGET V.C.K.C. PADDLE FOR THE KIDS LIVES ON**

This Special Voyageur Canoe Event is our Club's Big Fund raiser on behalf of the Lions Club Society to raise money and assist in the funding of programs for Kids with Disabilities. Its special focus is to support Camp Shawnigan where the children can safely experience the fun of camping and water sports.

In the last 23 years, the membership of the VCKC has raised over \$150,000 which has contributed hugely to the VCKC's very high standing in our community. This year's paddle to Port Angeles and back will be on **Saturday, April 1<sup>st</sup>** (weather permitting) beginning from our clubhouse at 6:30 AM and finishing around 5 PM in Victoria's Inner Harbour.

It's a fun day and you do not have to paddle the whole day, as we paddle in shifts, approximately 1½ hours. A Navel escort carries the spare crews in the relative comfort of an 85 foot training ship and the crew changes are made by an 18 person Zodiac provided by the Victoria Marine Rescue Society.

The remaining practice sessions are as follows:

**Feb 26<sup>th</sup>** Maple Bay to Cowichan Bay via Cowichan River. (Bring lunch)

**Mar 05<sup>th</sup>** Portland Island to Rum Island – Back to Sidney. (Bring lunch)

**Mar 12<sup>th</sup>** Thetis and Kuper Island from Chemainus with lunch and refreshments stop at Pub

**Mar 19<sup>th</sup>** Sidney, James Island. (Bring lunch)

**Mar 26<sup>th</sup>** VCKC to Oak Bay. (Bring lunch)

**You don't have to make every practice but you should try to make at least two depending on your experience and physical condition.**

**Please contact Don Munroe at 385-2268 or Alan Thomson at 592-4170 for more information.**

**And don't forget to complete your pledge forms. Available at the Clubhouse and online at [www.vckc.ca](http://www.vckc.ca).**

---

## **Canoe Program Report**

### Flatwater Paddles

There will be flatwater paddles on March 4th and March 18th. There will be no flatwater paddles on April 1st or 2nd due to the paddle to Port Angeles.

Destinations yet to be chosen, so if you have a favourite trip or somewhere you would like to go, let us know.

As usual, let Linda or Alan know by the evening of the Thursday before if you plan to take part, and let us know if you need partner/paddle/PFD, etc. [3135thom@islandnet.com](mailto:3135thom@islandnet.com) or 592-4170.

Meet at the Clubhouse at 9am on the Saturday morning. Bring food, waterproof clothing and a change of clothing.

### Advance Notice of Trip

The 2006 annual 'Running of the Cows' - paddling the Cowichan River from Cowichan Lake to Cowichan Bay - is going to be a two-day event, instead of a one-day rush as in the past. We will paddle from the Lake to Stoltz on the Saturday and from Stoltz to Hecate Ramp in Cowichan Bay on

the Sunday. Keeners can run the Canyon on both days. An invitation has been extended to members of the Beaver Canoe Club in Vancouver to join VCKC on this trip

The group campsite at Stoltz Pool Provincial Park has been reserved for us for Friday and Saturday nights (**May 5th and 6th**). If you think you will be camping on those nights, please let Tom Staebell (655-7113) or Alan Thomson (592-4170) know, as the fee to reserve the site has to be paid by the end of March. For those who do not want to camp, space is also available in the nearby Warm Rapids Inn ([www.warmrapidsinn.com](http://www.warmrapidsinn.com)) at very reasonable rates. Call Don Barrie or Rose Sirois (250) 709-5543 to reserve a room there.

### Canoe Program Meeting

The next meeting of the canoe program will be held at the Clubhouse on Monday, March 20th at 7.30pm. Presentations will be made on the re-canvassing of the Club freighter canoe and of Doug and Cathy Hull's trip on the South Colorado River.

Call Linda Thomson if you have any other topics for discussion or news to spread.

---

## ***Kayak Program Report***

Hi Everyone: This is my first article as your new director. I've got big shoes to fill because Gary has a great deal of knowledge and skill and worked hard at this job. Luckily Gary has agreed to help me and to do the course coordination for me. I promise to give it a good effort.

One thing I would like to do is to assist people to find paddle partners. I believe that paddling alone is an unacceptable risk when kayaking. There should be two boats in calm, no-current conditions and three boats in more challenging conditions. What I am proposing is to create a list of people interested in being contacted by fellow paddlers. If you email me at [fredinvictoria@yahoo.ca](mailto:fredinvictoria@yahoo.ca) with your name, phone, email and remarks, I will compile and maintain the list and send it only to the people on the list. In the remarks column you might want to put info such as skill level, availability and/or style of paddling. Some people like to paddle for exercise and others prefer to sight-see or jog around to improve their control skills. Those two different types are usually not compatible.

Our new members and intermediate paddles help people get together but due to concerns over liability we sometime have difficulty getting coordinators for these paddles. I think more people could simply get together to paddle for practice and enjoyment.

Victoria has so many great locations for paddling there is always somewhere to enjoy in almost any weather conditions.

The New Members paddle February 12 (see photo page one) was a success with about 17 paddlers of all skill levels coming out. Thank you Lani for an excellent job of leading and coordinating the group. There is no Intermediate paddle this month.

Be sure to read the Courses and Trips section. As the weather warms up we are having more outside clinics and the courses will begin in April. The price for the courses is still not set because part of the fee is dictated by our cost to register the course with Paddling Canada (name changed from CRCA). The plan is to have one flatwater and one level one course each month in April, May, June and September. The numbers are limited so get your name in early.

We need more instructors to conduct more courses so if you are experienced, consider taking a course to become an instructor. I believe one of the club's most important goals is to teach people how to paddle safely. Note that we will be having many clinics and they are a great way to improve your skills. Let Gary Allen know if you would like to see a specific clinic. You can contact Gary at [gd.allen@shaw.ca](mailto:gd.allen@shaw.ca). Safe paddling.

Fred Trudell

---

## ***Outrigger Program Report***

We are underway organizing "Wake Up The Gorge" for April 22. We are just doing the OC6 Races. The small boat race will be held the next day. It will be handled by Westbay Paddlers this year as we could not find anyone in the VCKC willing to organize it.

At our last meeting we agreed to buy an OC1 if Ron Williams can get it for us at a good price. As well we are purchasing Grey Owl Paddles (one complete set of 5 paddlers paddles and one stern paddle) and I am looking into the costs from Ocean River and will present this at our next meeting which will be Feb 28 along with the WUTG meeting . Please send a team rep from each OR team. We also will have a team from GRPC joining our club and going to paddle out of our club soon . Their name is KoKoKnots. It is great getting new people into our club. Anyone who has any ideas for the Outrigger Program or are willing to join the executive and help run the program let Mavis or Keith know.

See you all Feb.28. Happy Paddling!

Mavis for Keith, Outrigger Coordinator.

## **Reel Paddling Film Festival**

Ocean River Sports is very excited to present the first annual Reel Paddling Film Festival in Victoria. This Film Festival tour is designed to bring the world's best paddling films to paddlers across North America and around the world.

The festival has been created to inspire more people to explore rivers, lakes and oceans, push physical and emotional extremes, embrace the lifestyle and appreciate the heritage of the places where we travel.

**Friday & Saturday March 10th and 11th at 7pm**

Ocean River Sports

1824 Store St.

Victoria BC

(250) 381-4233

Tickets: \$10 In Advance \$12 at the door

Seating is Limited so please book in advance

All profits go to The Boys and Girls Club Adventure Based Learning Program

## *Trip Report From C to C by way of CD (Translation below)*

Well, the title has to have some heft, doesn't it? And anyway, *Litus ad Litores* means nothing to anyone under 50 and not of UK extraction.

So, the first C is Chemainus, where 7 tandems launched on January 8th. The original intent had been to launch into the Chemainus River at the last bridge on the Crofton-Chemainus Road, but the water level was high and the current fast. Since it was advertised as a 'flatwater' trip and there are usually log jams in the delta, caution prevailed. The plan was to explore the delta of the Chemainus River at high tide, when much of the delta grassland would be covered in water and to take out at Crofton, so as to avoid retracing the outward route.

From the launch at Kinsmen's Park we headed over to Bare Point, noting the odd presence on the beach on Thetis Island of a Boeing 737. No, not bad piloting on the part of CP pilots; it had been barged there and was being prepared for sinking in Stuart Channel as an artificial reef. Round Bare Point and south along the shore towards Mainguy Island. The shore line is almost all sloping rock - typical Gulf Island strata - but mainly conglomerate rather than sandstone. One or two large houses have been built beyond the tanks and concrete storage buildings on Bare Point, one with a notice advising us to smile, as we were on Candid Camera. We smiled alright - the notice writer couldn't spell trespass!

The Chemainus River delta (the CD of the title) lies behind a row of islands - the Shoal Islands. The river silt has been deposited there so that the area dries at very low tides for quite a long stretch - about 3 nautical miles - hence the need to plan for the trip at high tide. There are a number of houses on this stretch of shore, but not crowded, so the paddler has plenty of green to look at. Behind Mainguy Island the land is Indian Reserve, so largely untouched by building and roads. The north channel of the Chemainus river comes out along this channel, and we followed it up, dodging most of the logs in the bed and on the shore and keeping clear of the places where the water was bleeding off through strainers to the east/river right. At one point we had to portage round a lag jam, but had the pleasure of watching some of the largest bald-headed eagles we'd seen in many years on the tall trees surrounding the channel. We could smell the remains of the dead salmon, but at this time, there were few visible remnants - the floods had flushed them out or buried them.

The current up the north channel isn't too great to paddle against until you come to the central and southern channels. Then it speeds up to the point that paddling against it is hard work. Then comes the turn into the south channel, and the need to navigate around the large log pile on the bank where the current divides. Although we were a flatwater group, everyone managed this manoeuvre successfully and we took the current downstream to the long rocky promontory that bounds the Chemainus Channel to the south. There, we stopped for lunch. Unlike last year's trip (Dec 2004), it hadn't rained non-stop, so we could sit up on the ridge and look at the view, not huddle under the nearest cedar.

To the south of this spot, there is a valley between two rock ridges. In the middle runs a shallow, slow stream that meanders to and fro across the flat land. At high tide, you can paddle up this meander quite a long way - at least as measured by distance paddled. By crow-fly, it is a short way, but that ain't the way the water flows. So we potted up the creek, testing Andre's sterning skills in a canoe with no rocker at all, and then floated back down and into the delta proper again. From there, it is a 2.5 nautical mile paddle past the Crofton Pulp and Paper Mill into Osborn Bay and Crofton. Dave Thompson told us that much of the silt in the south corner of the delta is from the Cowichan River. The mill takes water from the Cowichan (the intake is a few hundred meters above the White - now silver - bridge) and filters it to remove impurities at Crofton. For many years, the material removed by the filtration was dumped into the sea at the mouth of Bonsall Creek. Although the practice was discontinued years ago, the seabed is still very soft and you sink in a long way compared to the delta proper, as the filtered particles are all very fine.

The forecast had been for SE strong winds later in the afternoon, so we were pleased to get round and into the Crofton (second C) ramp with only light winds to create a small chop. The hills of Saltspring Island look down on the Channel and on the ferry as it crosses from Crofton to Vesuvius and back. The shuttle van took 6 drivers back to Chemainus for our vehicles and we returned to load up the boats.

The trip took about 4 hours, and covered 11km or 6+ nautical miles. Thanks to the paddlers - Dave and Lois Thompson, Doug and Cathy Hull, John and Brenda Forish, Maris Ratel, Andre Cossette, Jean Chandler, Joy Newham, Susan Coulson, Sarah Thomson.

Submitted by Linda and Alan Thomson

## *Now where did I put my canoe .....*

### **BOAT STORAGE – Unpaid Fees are now overdue!**

If you have not yet paid, please remember to include your storage and/or locker renewal fees with your yearly membership fees (which were all due in January). Indoor storage is \$60, outdoor storage is \$40, and lockers are \$20 per year.

If you no longer need storage or a locker, please contact the storage coordinators (Alex Mann or Lynn Sanderson at VCKCstorage@yahoo.ca or 382-7781), as we are always getting new requests. Anybody wanting storage or a locker can contact us and we will put you on a waitlist.

The club policy for boat storage is as follows.

#### Preference for regular paddlers:

The storage is intended to promote paddling within the community. Preference for storage spaces will be given to members who use their boats regularly. Members who use the compound simply as a storage space for their boats, but rarely or never use them, will be asked to find another site to keep their craft. Please consider others who may wish to paddle, and who may not have other options for boat storage.

#### Unpaid storage fees:

Non-payment of fees will result in the boat being removed and the space given to someone else. Non-payment of either membership or storage fees by the end of January will result in efforts to contact the member (by phone call or email) in February. Non-payment by the end of February will result in the boat being removed and the space offered to a waiting member. Efforts will be made to inform the boat owner of this action, and the boat will be kept in the compound (but not on a rack) for a further month

(March).

Note that it is the member's responsibility to keep the club up-to-date with current contact information (e.g. mailing address, contact phone numbers, e-mail). Every effort will be made to reach members throughout February and March, but failure to reach a member due to wrong or missing contact information will not delay the process for unpaid fees.

#### Security:

In order to make the compound more secure, combination locks have been put on both gates. It is the responsibility of members with boats in the compound to remember the combinations and to ensure that the gates are closed and the locks reset after removing or returning their boat. It is still strongly advised that club members lock their boats to the racks, as well as tying them to prevent blowing off the racks during strong winds. Locked gates will deter casual theft, but the fence is not a barrier to more determined thieves. The club does not carry insurance for losses for the storage area.

It is also best to provide the storage coordinators with copies of your combinations or keys in case boats have to be moved in an emergency.

#### Club canoes:

There are two club canoes available for members to use. They are stored in the outside compound. One is yellow and the other is turquoise and both are marked "V.C.K.C.". If you would like to use them, please sign them out in the book tacked to the bulletin board next to the locked storage cage in the basement.

All questions concerning boat storage should be addressed to Alex Mann or Lynn Sanderson at VCKCstorage@yahoo.ca or 382-7781.

---

### *VCKC Dragonboat Season Launch*

On Saturday, March 4 beginning at 5:30pm, we'll be holding our first annual launch of the VCKC dragonboat program.

This will be a celebration of the club and a new season of dragonboat paddling.

So pack your rubber boots, dust of your kimona (dress up if you like) and bring your favourite Chinese or other Asian dish. Also don't forget to BYOB and a candle.

At 6pm, as night falls, VCKC will launch the dragon boat with dragon head and drum. Under candle and lantern light, we'll paddle up the Gorge to mark the beginning of a new and exciting season. We welcome all past, present and future paddlers to the great

sport of dragonboating.

Dinner and party will follow until 10pm. There'll be some door prizes; new paddles raffled off; team sign ups and elections for year round captains.

We're looking for volunteers to help out. If you're available please email youthonthewater@yahoo.ca or Equinenorth@yahoo.com.

The official start of our season is Monday, April 6.



## Trip Report

### FEBRUARY IS THE CRUELLEST MONTH (for flatwater paddling)

T.S.Eliot opens his poem 'The Waste Land' with the words 'April is the cruellest month', but there is something to be said for February having pride of place. Mind you, Eliot was probably guided by poesy - why else would he go on 'breeding lilacs out of the dead land'? Snowdrops, crocuses, daffodils - yes; they are bulbs; but lilacs are a bush or a tree. His second name was Stearns, but he probably never paddled a canoe: if he did, it was probably an E.B.White wood/canvas model, coming as he did from New England.

This literary diversion was brought on by the fact that the FW trip planned for 4th February was cancelled due to gale to storm force winds from the northeast, making the proposed route down the east side to the peninsula out of the question. With a voyageur paddle the next day, most of us got our paddles wet that weekend anyway. The next flatwater paddle on February 18 was planned with the winds in mind, with a trip in Finlayson Arm and Saanich Inlet. There had been northerly gales on the Thursday and Friday, and the Goldstream Boathouse, where we intended to launch, suggested we call on the Saturday morning to check the winds. We did so, and were told that it didn't really matter what the winds were doing as the Arm was frozen and they wouldn't allow us to launch there in case the ice cut into boat hulls. I hadn't thought of Victoria as a place where sea ice would ever get in the way of paddling - so much for global warming!

So we settled for Thetis Lake - Emmerich said it was windy out at his place and he didn't fancy the alternative of Brentwood Bay and the Inlet around there. It was quite windy at the lake - a chilly north wind that blew straight into the car park, so Maris and I launched quickly and paddled over to where we were sheltered from the wind by a rock face and in the sun. There we waited for the solo paddlers, Ken and Emmerich to join us. I noticed that on

the rock face beside me were two plants - one was a reed, a plant that needs wet conditions to grow; the other, 2 feet away and maybe three inches higher, was stonecrop, a plant designed to withstand very dry conditions. Almost a botanical oxymoron.

We paddled round the islands and under the bridge into the back lake, ploughing through ice ¼" thick or more in places. Maris was christening her new paddle, and it must be a rare event for a paddle on its first outing to be used for icebreaking in Victoria waters. Emmerich was also using his new paddle - a 10'6" kayak paddle he had made to allow him to solo his canoe in comfort - seemed pretty successful until we hit the ice, when he had to revert to the single blade, to make use of the channel the lead boat had cut. Lots of dog walkers; some joggers, and, later on in the morning, some fishers on the rocks and one in a boat. Ken had a long discussion with one walker about where the water from Thetis Lake drained. The walker was sure it was to Saanich Inlet: Ken thought it was to Craigflower Creek. I don't know what waterways may have been dug by humans, but according to the CRD Harbours Atlas (<http://www.harboursatlas.ca/>), it drains via Prior Lake to Craigflower - so one up for Ken.

We had an early lunch near the car park, on a sunny rock out of the wind, and were planning to paddle round the islands again. But in the course of getting into his canoe, Emmerich, doubtless inspired by the Olympic ice dancers, gave a 15 second demonstration of the difficulties of balancing on one leg in the stern of a canoe while 6 feet from shore. We awarded him 8.7 points for artistic impression, but he fell in anyway - possibly in shock at scoring so high? So that put paid to our planned last leg, and we paddled straight back to the cars.

So, Dwayne, you are no longer alone - we have had 2 tipping incidents on Flatwater paddles in the last 3 months, a reminder that even the simplest canoe trips and the most experienced paddlers don't guarantee a dry day.

Alan Thomson

## HELP WANTED

The 'Wake Up the Gorge' organizers need 3 or 4 people with small boat operator's licenses to spend a relaxing day in the sunshine working the safety boat for the

'Wake Up the Gorge' celebrations on April 22. If enough folks volunteer, shifts should only be 1 - 2 hours. If you can help, please call Doug Linton at 727-0216.

## OTHER NOTES

Our webmaster, Mike Fox wants you to know that there is now a link to a calendar of club activities and events on our website at:

[www.vckc.ca](http://www.vckc.ca)

## More Help Wanted

### **Newsletter Distribution**

When I took on the task of editing the VCKC newsletter I didn't realize that it also involved 'distributing' the newsletter.

After sorting through dozens of emails to find content and then doing battle with my computer to get things to line up properly and fonts to behave, I send an electronic file to the printer who prints the newsletter.

The newsletter then needs to be picked up and distributed. This involves folding and stuffing envelopes provided by our Membership Coordinator, Tony Copping. These copies are put in the mail and the balance delivered to the clubhouse.

It would be a great help to me if a couple of members could volunteer to take on this final task of distributing the hard copies of the newsletter. It's not terribly time consuming but can involve a bit of running around. And it's not terribly time critical but should be done within two or three days of the newsletter being available from the printer on Government Street just below Bay. I will

continue to prepare the copy of the newsletter for the club website and to advise internet readers when it is available on-line.

### **Content**

Of course all club members can keep your newsletter editor happy by sending me content. I can always use content. Our executive are very good at letting me know about what's been planned around the club. But don't be shy about sending trip reports and photos from club trips you've been on. Or any other interesting stories or events you think VCKC members might be interested in.

This is my first year as a member of VCKC. It's taking me awhile to get a handle on the various clubs within the club. Please let me know if something needs correcting or clarification. My email is [haroldgillis@gmail.com](mailto:haroldgillis@gmail.com). Or call me at 598-9488.

This is also my first year in Victoria. I couldn't resist getting out with my camera during the terrific winter storms we had just a few weeks ago. I'll leave you with a photo I took at Gonzales Beach during one of those gales.



# Trips & Courses (Kayaking)

---

## *New Members Paddle led by Simon Williams*

Date: Saturday, March 4, 2006

Time: Meet at 1000 Hours (10:00 am) to be on the water by 1030 hours (10:30 am)

Launch Site: Stonepipe Landing Cafe (formerly Cove Cafe) on Coopers Cove, Sooke Basin. Where the sea almost meets the Sooke Rd (before Sooke River) 2.5 km past 17 Mile House Pub.

Plan: a shoreline paddle

Please bring a change of dry clothes, warm drink, lunch and snacks, and cash for a hot drink or beer afterwards!

At this time of year it is imperative we each dress for immersion.

Call Simon Williams at 727-2628 for more information and to let him know you'll be joining us. In case of a

change of plans (weather!), we will want to be able to advise everyone.

Hope to see you there!

**New Members' Paddles (NMPs)** allow new members to meet other members; to paddle in a safe environment and to introduce new members to Victoria area paddling locations. They are tailored to beginner paddlers although experienced paddlers are welcome to attend.

All those who plan to attend NMPs need to wear immersion gear (i.e. drysuit or wetsuit OR insulating clothing such as fleece. ALSO remember to bring a change of clothes in a drybag. The trip leader has the right to deny your participation in the paddle if he/she thinks you are not adequately prepared for the possibility of immersion. If you are unsure about the suitability of your equipment or clothing, please contact the trip leader for advice prior to the paddle date. It is also expected that you will bring adequate food and water for the duration of the paddle.

---

## *Upcoming Courses*

### **Forward Stroke Improvement Clinic**

For all level of paddlers. Learn to improve your power and efficiency when paddling forward. Paddle further and faster with less effort.

Saturday, March 25 at 10:30am. Limited space.

### **Paddling Canada (CRCA) Level 1 Course**

Saturday & Sunday, April 1 & 2

### **Paddling Canada (CRCA) Flatwater Course**

Saturday, April 22

### **Navigation Clinic: Charts & Compass**

Thursday, March 23 at 7:30pm at the Clubhouse

Contact Gary Allen at [gd.allen@shaw.ca](mailto:gd.allen@shaw.ca) for more information and to register

### **Notes on Courses:**

Courses are to be scheduled and will run if there is sufficient interest. Dates may be changed to suit the needs of the instructors or club members. Courses will have a class size of 4 paddlers and may run with fewer participants based on the decision of the individual instructor.

Instructors have CRCA (Canadian Recreational Canoeing Association) certification and **volunteer** their time. If you sign up for a course, please pay your fee in advance and show up to the class rain or shine. Participants will be required to sign a CRCA liability waiver. All participants must be club members.



# Trips & Courses (Canoeing)

---

## ***Flatwater Paddles***

There will be flatwater paddles on March 4 and March 18. There will be no flatwater paddles on April 1 or 2 due to the paddle to Port Angeles.

Destinations have yet to be chosen so if you have a favourite trip or somewhere you would like to go, let us know.

As usual, let Linda or Alan know by the evening of Thursday before if you plan to participate. Also let us know if you need a partner/paddle/PFD, etc. Contact [3135thom@islandnet.com](mailto:3135thom@islandnet.com) or 592-4170.

Meet at the clubhouse at 9am on the Saturday morning. Bring food, waterproof clothing and a change of clothing.

---

## ***Other Trips***

**Annual Running of the Cows** - See Page 2

**Pooch Paddle - May 11, 2006**

Club members with dogs can take advantage of the last week that dogs are allowed on the beaches at Beaver and Elk Lakes. Meet between 5 & 6pm at Beaver Lake Beach and bring a picnic supper.

**Portland Island Camping Trip - May 13-14, 2006**

This is for everyone; voyageurs will be taken if needed for those without a canoe or with more people than their boats can handle. Contact Alan or Linda Thomson 592-4170

**And thinking about summer ...**

If anyone would be interested in a week-long Gulf Islands canoe camping trip this summer, let Alan or Linda know. If enough people are interested, we'll

set up a meeting to discuss the options. We are thinking of a 5-7 night trip, with one or two base camps and day outings from there. We also think that the Club freighter canoe could be used for those who do not have a canoe or are uncomfortable with their tandem skills in the ocean.

Destination(s) would depend on numbers - some camping areas can handle more tents and people than others.

Timing would depend on peoples' holiday plans. It would not be late July/early August as we are already committed then, but other times between mid June and mid September are possible.



---

## ***Courses***

**Lakewater Basic Level - April 6-7, 2006**

This course is the basic canoeing skills course. It is intended for new paddlers and for those who want to take more advanced courses. Level 1 is tandem paddling; Level 2 is solo. The course will take the full weekend and will include rescue sessions.

Cost: \$50.00

**Lakewater Advanced Level - April 29-30, 2006**

This course is intended for paddlers intending to go on to take Moving Water courses and for those wishing to add to their basic set of strokes. Level 3 is Advanced Tandem Paddling; Level 4 is Advanced Solo.

Cost: \$50.00

These courses have been developed by the Recreational Canoeing Association of B.C. They are open to paddlers of all ages but children should be over 10 years of age unless particularly comfortable in water or accompanied by an older sibling. All students must be club members.

To register for the above courses, contact Tom Staebell (655-7113) or email him at:

[thestaebellfamily@shaw.ca](mailto:thestaebellfamily@shaw.ca)

**Ocean/Coastal Paddling**

If interested in taking an Ocean/Coastal Paddling Course, please contact Alan Thomson.

---

## VCKC Executive

<p><b>President</b> Judy Murakami ..... 360-2776</p> <p><b>Vice President</b> Mile Petrovic ..... 893-1904</p> <p><b>Treasurer</b> Paul Post ..... 412-4323</p> <p><b>Secretary</b> Lorna Petrovic ..... 733-2013</p> <p><b>Past President</b> Paul de la Bastide ..... 598-9611</p> <p><b>Program Directors:</b></p> <p><b>Canoe Program</b> Linda Thomson ..... 592-4170</p> <p><b>Dragon Boat Program</b> James McBean ..... 813-3456</p> <p><b>Outrigger Program</b> Keith Larusson ..... 598-7193</p> <p><b>Sea Kayak Program</b> Fred Trudell ..... 480-0880</p>	<p><b>Voyageur Program</b> Don Munroe ..... 385-2268</p> <p><b>Marathon Canoe Program</b> Ron Williams ..... 380-7496</p> <p><b>Education, Standards &amp; Safety</b> Doug Linton ..... 727-0216</p> <p><b>Membership</b> Tony Copping ..... 479-1308</p> <p><b>Clubhouse &amp; Grounds</b> Kathleen Gunn ..... 384-6436</p> <p><b>Social Coordinator</b> Irena Jazwinski ..... 388-9757</p> <p><b>Boat Storage</b> Alex Mann &amp; Lynn Sanderson .. 382-7781</p> <p><b>Newsletter</b> Harold Gillis ..... 598-9488</p> <p><b>Directors-at-Large</b> Mavis Pillar ..... 384-4390 John Close ..... 384-8077 Joy Newham ..... 385-5876 Fraser Tweedy ..... 380-6952</p>
--	--

## VCKC Clubhouse Bookings and Club Activities March 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2 Dragonboat Mtg (after last practice)	3	4 Canoe Trip - TBA 9:00am Linda - 592-4170 Kayak Trip - NMP Simon - 727-2628
5	6	7 7:30pm General Meeting Judi 360-2776	8	9	10	11
12	13	14 7:30pm VCKC Executive Mtg Judi 360-2776	15 7:00pm Kayak Program Mtg	16	17	18 Canoe Trip - TBA 9:00am Linda - 592-4170
19	20 7:30pm Canoe Program Meeting	21	22	23 7:30pm Kayak Program - Navigation Talk Fred 480-0880	24	25 Stoke Improvement Clinic 10:30am
26	27	28 7:30pm Outrigger Program Meeting	29	30	31	