



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

April 2007

## **WAKE UP THE GORGE APRIL 14 -15, 2007 (DETAILS PAGE 3)**



## **Time for Spring Cleaning**

### **Gorge Waterway Appreciation Day Clean-up**

Please come out and help keep our clubhouse and waterway clean and beautiful!

**WHEN:** Saturday, April 28  
**TIME:** 9am - 1pm  
**WHERE:** Victoria Canoe & Kayak Club  
355 Gorge Road West

Questions??  
Call Don Munroe 385-2268

## President's Message

Greetings!

We had a good meeting at the beginning of the month with Michael Jackson giving us a wonderful presentation on the Galapagos Islands. He is a guide there and occasionally takes people from around here over there for a week, two weeks or three weeks or whatever time you would like. The next trip is in July 2007 and he made that announcement at the presentation. We learned a lot about the animals in the Galapagos as well as history of the area, etc.

The Executive Meeting was held on the second Tuesday of March. Mike Fox's request on behalf of the Dragonboat Program to buy a new dragonboat was approved. So, soon we will be getting a new dragonboat. Also, we are working to get the old one ready for the end of March.

The other day I was at VCKC to help move the canoes that were parked in one of the public spaces and it was a good thing Fraser and Mike were there to give me a hand. To tell you about why the canoes were moved is because Andrew from the City of Saanich gave me a call and talked to me about some complaints he had received. It seems that we are taking way too many spaces and there is not enough parking space for the public. I talked to him about it and he seems to be an OK guy and we took care of the canoes by moving them to a new location.

We had an extra Executive Meeting on the following Tuesday (March 20) to look at the budget. It was successful in that almost all requests were approved, including the purchase of a new dragonboat, the purchase of a marathon canoe and the purchase of a new club kayak.

The voyageurs have been practising every Sunday, and at the reading of this newsletter, we will have made our 25th crossing to Port Angeles and back (conditions permitting).

Linda Thomson, Kathleen Gunn and Don Munroe have successfully selected new tenants for the apartment above the clubhouse. Nevin and Jocelyn Harper and their three-year-old son, Isaac, are going to be moving in on April 1. Also, Linda and Kathleen have been doing quite a bit of work in preparing the suite for the new tenants. Thank you to you both.

I have been reading some newsletters from 2002 and found that at that time we had a Tips Corner, where people shared their wisdom with us. I was wondering if we could revive this section and share things that many of you have learned; tips that would help others. It could be about anything. If you have any, please let Harold know and hopefully he will be able to fit them into future newsletters.

Until next month,

Mile Petrovic  
President, VCKC

## Voyageurs Return

Around supertime on the evening of Saturday, March 24, I stood out at the end of the Ogden Point Breakwater looking to sea for VCKC's intrepid voyageurs. The rain had stopped but the wind was still blowing. I found some shelter on the downwind side of the lighthouse. "Surely, they can't be out there paddling in this," I thought. But then far on the horizon I spied a couple of navy vessels and soon I could see two voyageur canoes coming through the waves. Here are a few photos I took as they rounded the Ogden Point breakwater and paddled into Victoria harbour. I thought they looked remarkably energetic at the end of what must have been a cold and damp trip. More stories and pictures next month. Harold Gillis, Ed.



## Wake Up the Gorge April 15 & 16

The VCKC Outrigger Program is sponsoring CORA (Canadian Outrigger Canoe Association) sanctioned OC-1, OC-2 and OC-6 races.

The OC-6 races will be held on Saturday, April 14 beginning at 9am and ending at 5pm. This is a 1000 metre race with one turn. The start line will be the club wharf.

The OC-1 and OC-2 races will be held on Sunday, April 15 beginning at 9am and ending at noon. The race course has yet to be set. More details are available at the VCKC website at [www.vckc.ca](http://www.vckc.ca).



### Wilderness First Aid and Risk Management

I recently completed a five day course in Wilderness First Aid run by Slipstream in Victoria. We had hoped to run this course in January for VCKC but did not get the necessary minimum enrolment. This course was excellent. It was very well-taught and was an intense experience in learning to diagnose and treat injuries and sickness in field settings. As a follow-up, it has been suggested that we get Slipstream to run a first aid kit session in one of our regular meetings.

This course got me thinking about the larger topic of risk management and the fact that lack of knowledge or changing circumstances can cause injury or death to you or your friends in our paddling scenarios.

I have been very fortunate to have been mentored by experienced paddlers who are always looking for ways to improve their skills and knowledge. They continually review their paddling skills, gear, trip plans, weather, and safety issues, and discuss these topics before,

during and after our trips. As a result, I am lucky enough to not have seen anyone injured, despite paddling year-round for over five years of sea kayaking. This holistic view of risk management is necessary as one's paddling locations become more adventuresome.

Speaking for myself, thus this article, it is very easy to get complacent about one's skills and knowledge and forget that it is probably lack of planning, what you don't know or don't expect that can injure you or your companions. My friends, through their example, are excellent reminders of my own need for awareness and improvement (ignoring the usual level of male competitiveness, of course).

VCKC strives hard to provide, through its excellent instructors and experienced paddlers, training in skills, knowledge and awareness, so please take advantage of these courses and opportunities. Now if only I can get my roll working like my friends can do!

Tony Copping

# Program Reports

## Sea Kayaking

The clocks have given us another hour of daylight and the weather is warming up, just in time to get more of us out on the water. Not that many of us have let winter slow us down, as the monthly paddle attendance shows. Both are suited to beginner levels of paddling, so join us if you haven't been out recently.

Our clinics and courses are gearing up for spring, with our first on the water clinic with Doug Alderson April 1. See Trips and Courses for more details on all of these. Thanks to Doug Alderson and Dave Guiliani for our March Navigation Clinics!

And thank you Brian Henry from Ocean River Sports who showed us at the March meeting how boats move through the water efficiently. Brian is returning to his old passion of boat design!

On Wednesday, April 18th, in lieu of a kayak program meeting please plan to attend our "Kayaker's Fashion Show", where we can see what fashionable and safe paddlers wear on the water and off. Join us at Ocean River Sports for an evening of socializing, all for the purpose of fund raising to send disabled kids to Camp Shawnigan. We have had more than a dozen members step forward to offer their help in organizing this event. These people have been so keen and industrious, it looks like it will be a GREAT show!! Now all we need is lots of attendance. So we're counting on all of you to buy a ticket and come out for an evening of fun, education and entertainment! There will be a silent auction, raffles, a 50/50 draw, food and refreshments, music and good friends. So bring your paddling pals and your chequebook! Cash will do as well! Tickets (\$5) are available for sale before the event.

This month we start our recipe column. Enjoy!

See you on the water, and keep safe.

Glynis Newman and Susan Duhamel

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## Trip Report

### Rites of Spring (Our March Get Together Paddle)

Everyday that week, I checked the weather channel for the February 10 forecast and each time I saw "Rain". With a sigh I resolved to follow through with my commitment and head out for the February Get Together Paddle come rain or shine. Come Saturday morning I was pleasantly surprised to see blue sky as we headed to Brentwood Bay. Sure there was a

heavy fog as we descended towards the water, but how bad could it be?

Well, I got my answer as we walked down the steps to be greeted with a high tide, no beach to speak of and a barely visible small bay where we were to put in. So that's how bad it could be. At least it wasn't raining. But how could we navigate through this fog to our destination of Cole Bay? We arrived at nine am (my enthusiastic husband wanted to be ready for the 10:30 am departure). After a short time of waiting in the fog I was freezing. But soon the whole group arrived and after a quick beach/lawn talk all of us quickly helped solve the logistics of getting 24 boats from the lawn onto the water in just a few minutes. We headed north towards Cole Bay only to discover ourselves enveloped in a thick mist. Our leaders herded us together lest we lose someone in the haze. However only a few minutes later the fog blew off and we finally saw the sun after what had seemed like months of rain and storms!

If anything goes wrong in this VCKC group you can be sure there are many hands to help and they are real pros at getting the job done. And so it was that someone had a difficult time paddling due to an improper seat position. After a quick stop to fix a seat back we paddled along the shoreline, admiring the ocean front homes and wildlife, on our way to Cole Bay. At the head of the bay we all basked in the heat, eating our lunch and pondering the good weather, good food, and good friends.

After lunch we decided to continue to the north edge of the bay before turning back. Before rounding Seanus Island Glynis warned us of the importance of respecting the wildlife by keeping some distance between the kayaks and potential nesting areas of the birds on the water. Did everyone listen?

Before long we were entering Brentwood Bay and coasting under the ferry dock. I guess along with the sun's appearance and the birds' search for nesting areas there were other signs of spring that day. That first paddle after a winter lull when unused muscles protest the task they've been put to and we feel a bit worn as we tote our kayaks up the hill. But with the pleasant fatigue comes a resolution to get out there and tone those muscles for the long season ahead because it's days like this that we kayak for.

Terri Solomon

**Ed. Note:** Last month's trip report for the January 'inaugural' Energizer Paddle was submitted by Jennie Sutton. Jennie went uncredited in print. The devil is, as they say, in the details.

# Program Reports (Continued)

## Canoeing

The Canoe Program meeting on March 19 was well attended. One presentation was on the American Bullfrog's expansion into Vancouver Island in the Victoria area and the plans of the CRD and UVic researchers to monitor and, if possible, contain this very aggressive species. If members are willing, it is intended to take part in this program by paddling local lakes at night looking and listening for the bullfrogs and perhaps catching some. More to follow as we get nearer the mating season in May.

The other talk was by Chris Yorath who told the group about the leper colony on D'Arcy Island. He has written a book on his researches into the history of the colony "A Measure of Value" which is well worth reading. The talk started with a review of the disease leprosy and the background social and political circumstances of the time (1890s) in Victoria which lead up to the establishment of the lazaretto. The talk was illustrated with over-head and slide pictures and maps. It was of particular interest to those of the group who had paddled out to D'Arcy Island and seen many of the sites he spoke about.

### **Advance Announcement:**

#### **Next Canoe Program meeting:**

The 3rd Monday of May is the 21st, which is Victoria Day, so the next meeting will have to be held on another date – TBA. The topic for the evening will be last summer's trip down the Stikine River.

#### **Frost Free Weekend Camping Trip May 12 & 13th:**

For many years now, VCKC has organised a trip to a nearby Island on the Mother's Day weekend. The intent has been for this to be an introduction to canoe camping so the crossings are short and a larger canoe (voyageur or freighter) is taken when needed.

It is a change for new canoeists to learn about the pleasures (and problems) of canoe camping. From the 1970s until 2005, the destination of the trip has been Portland Island, but since the South Gulf Islands National Park

has been formed, the barbecue on the island has been removed and so the attraction diminished. The campsite at Princess Cove can also be a bit buggy. Last year, we went instead to D'Arcy Island and camped there, looking at the ruins of the leper colony and walking about the island.

This year, we are thinking of going to another island. One option is Wallace Island, off Saltspring. The island has a large campground and a reasonable walk from one end to the other. It is also a good spot from which to paddle to places such as Kuper Island, Dionisio Park and a number of small islands in the vicinity. Another option would be to paddle to Cabbage Island, off Tumbo Island, (Saturna) in the Georgia Strait.

The usual pattern for the Mother's Day weekend trip has been to leave from near Swartz Bay on the Saturday morning, returning early Sunday afternoon in time to give mother a visit/meal. Both the options mentioned above could follow this pattern, but as both involve ferry trips, it would be better to leave on the Friday afternoon, catching a ferry by 5pm at the latest. This is advance notice of this change in the usual timing. If you are interested in this weekend camping trip, please let Alan and Linda know if this option (leaving on a Friday afternoon) would be possible for you. If most people can't make it, we'll see what else can be done, leaving as usual on the Saturday morning.

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### **Going, going, gone?**

VCKC has two canoe moulds 14 1/2' and 16 1/2' which are going to be disposed of. If any member is interested in having either one for personal use, please contact Maris Ratel before April 20. Her phone number is 592-7082 or email: maris.ratel@gmail.com.

The moulds must be removed from club premises immediately after you ask for one. If I don't hear from anyone by the 20th, they're gone.

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# Trip Report

## 3.5 NM/Hour (More than just a pink, lop-eared rabbit)

Toast crumbs adorned the marine chart that Saturday morning the 17th of February. My forefinger lazily reviewed our proposed route for the day and I wondered what it was like for those very early explorers as they saw Coal and Gouge Islands for the first time.

Ours was to be a different kind of adventure: the Energizer. Our esteemed leader Susan called for a Beach Talk and made clear the recent VCKC email about the speed of this trip being 3.5 knots, was in fact one of the goals of the day. To achieve that goal she had deputized Dan, Neil and Roscoe to help out. What exactly did "Help out" mean? Well, on this paddle Dan and Neil were to keep the speed up and Roscoe was "The Whip". "The Whip", did she say? He showed nary a hint of a smile as his name and alias were mentioned. I found myself in an altered state. Our leaders Beach Talk now drifted from my mind as I imagined the crack of a bullwhip and the shrill cry of "Yeehaa". Maybe a silent prayer to a higher power would allow me the strength to keep close to 3.5 knots. Yes, OK, I had read the email notice but I thought it was a typo!

I was relieved to hear there was a warm-up. I could handle that and maybe feign a dislocated shoulder as the speed picked up. "The Whip" might have mercy. Our departure from the beach at the foot of Amherst Street did seem brisk until Mike Jackson paddled to the front with his GPS, informing the pace setters, Dan and Neil, that they were sometimes achieving four knots! The speed eased and the pack bunched up as we reached Little Shell and Ker Islands. We pushed on going clockwise around Coal Island with a great view of some wild life as they idly sat on rocks and in trees observing us modern day adventurers cruise (now 3 knots) past them.

As we landed on the west side of Gouge Island for lunch, I was surprised. Maybe this paddle was not as hard as my over-active imagination had concocted! I revived myself with sandwiches, steroids and tea. Roscoe (aka: The Whip) regaled us with a tale of rowdy children on the school bus he drives. We laughed and enjoyed his exploits but I began to realize this was a cunning plot to indirectly tell us about his capacity to deal with any paddler who might defy today's speed minimum. While we were vulnerable and at rest "The Whip" had found

an ingenious way to embed in our subconscious the notion that he would be there and capable of dealing with any tardy paddler who did not keep close to the obligatory 3.5. I was to have dreams of 3.5 that night.

Putting in after lunch we circumnavigated Gouge Island and then over to Fernie Island, through some islets and along the shoreline on our way back. We assembled at Curteis Point to make a crossing at the opening of Tsehum Harbour. Usually a busy channel due to marine traffic entering and leaving the harbour, we were greeted with empty and peaceful waters as we crossed together. And then, all too soon, it was over! Not as bad as I had imagined. "The Whip" did not have to "encourage" me. In fact he now seemed relaxed and jovial as he and others helped in the procession of kayaks from the beach to vehicles.

Eighteen of us participated and eighteen arrived on the beach at Amherst after 8 nm of paddling. We gathered to socialize at the Waddling Dog afterwards, to brag about athletic feats of 3, 3.5 and even, dare I say it, those moments of 4 and more knots. There is a secret to this Energizer thing I will share with you. All you have to do, in the words of Stan, who really got the spirit of this Energizer, is "shut up and paddle"!

Submitted by Skeg F. Glass

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### General Meeting Tuesday, April 3

Presentation by  
John Close and Jennifer Hyndman

**"Memories of the VCKC  
in the 80s"**

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## PSADDLE SORES January Get-Together Paddle

January 27 dawned clear and cold for the re-scheduled Get-Together Paddle at the Sooke Basin. My boat glistened like an ice cube atop the truck in the early morning light. During the 40 minute drive to Cooper Cove, the Good Ship Solstice warmed enough to shed its thick coating of overnight frost, making it just a little more inviting. Already on site was Duncan, our trip leader, in his full dry-suited regalia.

Within the hour, some 24 paddlers had gathered to warm in the sun and prepare to launch. First on the water were the plastic boats, grinding through the thin layer of ice in the cove and clearing the way for others to follow. With all boats afloat, we set off west, past the Goodridge Peninsula and it's landmark water tower.

A slight breeze and an ebbing tide carried us along the north shore of the nearly deserted Sooke Basin. Our morning paddle among the scattered sea birds was disturbed only once by a passing power boat.

In good time we rounded Billings Point, observing several trees stranded in the mud and gravel shallows of Billings Spit. Here we rafted up to plan our assault on the Sooke River.

It was about this time that Duncan informed the group that we should all switch to our less expensive "Spare Paddles". "The shallow rocky bottom of the river ahead is not so good for your \$500 paddle." "Spare Paddle?" someone in my boat whimpered...mine was forgotten at home.

And so I made my way over the bar and into the Sooke River with my two-day-old Werner using the time-tested, shallow-splishy-splashy-stroke which is definitely not part of the Forward Stroke curriculum taught by Gary. With any luck, nobody caught this performance on film.

Working against the moderate current, we made our way under the bridge and past the campground on the left, bordered upstream by DeManiel Creek. This was our planned lunch stop, but first we wanted to explore a little further. The current gradually increased with each meter of advance, until we could barely make any headway. At this point, I spied a promising back eddy and worked hard to reach it. From here I observed everyone's exertions at my leisure.

Once everyone had tired of paddling upstream and demonstrating the art of capsizing, we returned to the campground for lunch. Amongst the picnic tables was clear evidence that the winter storms had flooded the area and downed many tree limbs. Paddling here would have been very different a few weeks earlier.

Homeward bound, the receding tide made the bar even shallower. More shallow-splishy-splashy-stroking to get across and into deeper water. Rounding Billings Point we came into a little afternoon breeze and some chop. Apparently, this was the "cardio" portion of the workout, as we set off against the wind for that distant water tower. Note to Self: Don't make the PFD so darn tight next time!

Taking a short break along the way, I was fortunate to have a harbour seal surface a few feet from my boat. We both lingered there for a while, enjoying the afternoon sunshine.

Rounding the Goodridge Peninsula brought us into a calm,

warm and now ice-free Cooper Cove, with just one catch. With the tide out, the shore was mud. Not just any mud, mind you, but the goopy, thick mud that used to steal your gumboots when you were a kid. Thanks to that mud, I alighted from my boat with a distinct lack of balance and grace.

But no shortage of laughter. I'm new to this and despite the Psaddle Sores, I'm having fun anyway!

Submitted by Gary Jasik



### A Kayaker's Cookbook

This is a new column which will only continue in future newsletters if you contribute to it!! Everyone has a "favourite" meal that has brightened spirits or given energy during or after a long day's paddle away from home. Please send your mouthwatering recipes to Glynis at [gnewmandvm@shaw.ca](mailto:gnewmandvm@shaw.ca) and we can share it with your fellow paddlers!

To start things off, here's a favourite of Susan, Gary and myself. We have it at least once for dinner on every kayak trip. Enjoy!!

#### Skillet Pizza

1 or 2 Pita or Naan breads per person

**Pizza sauce** (I usually use the small cans of ready made sauce because the cans can be flattened down and packed out)

**Shredded cheese** (I usually use a combination of mozzarella and cheddar and it gets grated from chunks on site)

**Sliced pepperoni, sausage, salami....**whatever you like (I take Landjaegar sausage because it doesn't have to be refrigerated)

**Dehydrated mushrooms**

**Zucchini**

**Garlic pepper**

**Canola oil**

Start by rehydrating your mushrooms while you are preparing all the other ingredients (or sooner if you're more organized than me!!) Lightly cover the bottom of your skillet with the oil and put over low heat. Cook a Pita or Naan bread until it is slightly crisp and then turn over to cook the other side. Cover one surface with pizza sauce, then shredded cheese, then sliced meat, rehydrated mushrooms and sliced zucchini. Sprinkle some garlic pepper on top to taste and then "sprinkle" some water over all before covering with a foil pie plate (the water helps to "steam" heat and melt the cheese). Continue to cook over low heat making sure that the pizza "crust" doesn't burn. You may need to add a bit more oil and/or water to prevent burning and speed up the heating of ingredients. When all the cheese is melted....your pizza is ready!

I usually only cook one at a time and split the cooked pizza among everyone while the next one is cooking. This meal is usually preceded by a "Camp-pot Greek salad". Maybe I'll share that recipe with you another time!!

Cheers!! Glynis

## Trips & Courses (Kayaking)

### Energizer Paddle, Saturday, April 14

**When:** Saturday, April 14<sup>th</sup>

Meet at 9:30 am to be on the water by 10:00 am

**Where:** At the foot of Amherst Street in Sidney.

**The Plan:** After a Beach Talk and depending on weather we'll head to the west side of Coal Island. From there we'll cross to Pym and then have lunch on Portland Island. The distance travelled will be approximately 9 NM and there will be some current on the crossings. This Energizer will be longer and so the speed will be 3 knots as opposed to the 3.5 kn usually paddled.

Please email Neil to confirm your attendance at ngs@islandnet.com or call him at 727-1753.

### Get Together Paddle: Saturday, April 28

**When:** Saturday, April 28

**Where:** Meet at Gyro Park, Cadboro Bay at 9:15am  
Plan to on the water at 10:00 am

**The Plan:** There will be a medium tide all day. The plan is to head South past Cattle Point, Oak Bay Marina, and the golf course. We may buck the tide past Trial Island to McNeill Bay or even Gonzales Beach. This route allows for either following the coastline and practising manoeuvring our kayaks or staying a bit out from shore and kayaking in a straight line! The goal is to have a fun paddle, see new territory and to be safe.

Please ensure that you are a current, paid-up member of VCKC and have signed the club waiver form.  
Looking forward to seeing you there!

Please contact Jennie Sutton  
jls50@shaw.ca  
592-6434

## Upcoming Courses:

### Paddle Canada Flatwater Course

Saturday May 5, 2007

Minimum 8 hours

Cost \$55

To register contact Gary Allen at gd.allen@shaw.ca

### Paddle Canada Level 1 Courses

Saturday April 21 – Sunday April 22, 2007

Saturday May 12 – Sunday May 13, 2007

Minimum 12 hours

Cost \$90

To register for either of these courses contact Gary

Allen at gd.allen@shaw.ca

There is a maximum of four (4) participants in each course so register early.

For information on course content go to [www.paddlingcanada.com](http://www.paddlingcanada.com)

### Manoeuvring: Sunday, April 1 (that's no joke)

Turning in the wind is not all about the paddle. Use the best stroke at the right time for the most efficient performance.

**Host:** Doug Alderson

**Who:** Everyone welcome - no special gear required.

**Where:** Cadboro Bay (Gyro Park)

**When:** Sunday April 1 start time 12 (noon) - boats, paddles, and paddlers ready on the shoreline. Demo and skills practice 12 - 2pm. Then a recreational paddle 2 - 4pm for those who are inclined.

**Why:** Efficient paddling gets the most performance with the least amount of effort. Get the inside story on his new book "Sea Kayak Strokes: a Concise Manual for Learning and Improving Sea Kayak Skills" coming soon to a kayak club near you. Look forward to a lot of interesting and informative on-water clinics led by our capable volunteer instructors.

**Some additional instruction sessions will be advertised in future newsletters such as a wet-exit/bow rescue clinic. Others will be organized on request by groups of members such as a rough water rescues clinic. If there is a clinic that you would like to see happen, just get a group of 4-6 members together and let Gary Allen know. He will do what he can to match a qualified instructor to your needs.**



Photo: H. Gillis

## **Trips & Courses (Canoeing)**

### **Flatwater Paddles**

- Sunday, April 1:** Contact Alan or Linda Thomson 592-4170
- Saturday April 14:** No Paddle – Wake Up the Gorge races
- Sunday April 29:** Contact Joy Newham
- May 12 & 13:** Frost Free Weekend Camping Trip  
(See page 5 for details)

### **Moving Water Trips**

- Saturday April 14:** Upper Cowichan River from Lake to Skutz Falls. Meet at the Millstream Park & Ride at 8.30am
- Sunday April 22:** The Annual RUNNING of the COWs  
This year, the Running of the Cowichan River from Lake to Bay will be a one-day event. The put-in at Lake Cowichan is planned for 9am. Meeting points will be 7am at the Millstream Park and Ride; 7:45 at the White (Silver) Bridge at Duncan; 8:15 at Skutz Falls. Shuttles will be left in place at Skutz and at the take-out. The take-out will be either at the last bridge (Tzouhalem Rd) or the TCH bridge at Duncan. It depends on the log jams below Duncan, which will be scouted before the 22nd.

People planning to take part should let Tom Staebell or Alan Thomson know by the evening of Thursday, April 19 to let us organise shuttles.

This trip is only for experienced river runners (i.e. those who have taken and passed the Moving Water tandem course and run parts of the Cowichan River before).

Non VCKC members will have to sign a waiver. Wet or dry suits are advised. Boats must be rigged for river running – airbags; throwbags, etc.

### **Safety Guidelines:**

Trips are usually 4 – 6 hours plus paddle time, so bring food/hot drinks etc. Newcomers are welcome. It is preferred that paddlers have taken a Lakewater 1 course. Meet up at the clubhouse at 9am unless informed otherwise by the leader of the trip.

Bring along a waterproof bag with a change of clothes, rain gear, lunch, water bottle and snacks. When carpooling, riders can offer the car driver an appropriate amount to cover gas costs.

### **Courses**

#### **Lakewater Level 1 (tandem):**

April 19 – 6:30 pm – 8:30 pm  
registration and introduction

April 21 – 8:30 am – 4:30 pm  
on the water

#### **Lakewater Level 2 (solo):**

April 28 – 8:30 am – 4:30 pm

#### **Lakewater Level 3 (tandem):**

June 2 – 8:30 am – 4:30 pm

#### **Lakewater Level 4 (solo):**

June 3 – 8:30 am – 4:30 pm

To register, please contact: Tom Staebell  
Res. 655-7113 after 5:00 pm  
(best bet)  
Cell. 588-2207 after 6:30 am  
Off. 652-1121 7 – 4, Mon – Fri

### **Ocean Paddling: June 15 – 17**

There will be an Ocean Paddling Course (levels 3 & 4) held in June. The on-water course will take place on June 15th – 17. The classroom portion of the course will take place on three evenings prior to that time on evenings suitable to the participants.

Interested paddlers should contact Alan Thomson (by e-mail only) by June 1 to book a place. Cost of course will be \$100 each. Participants are required to have the relevant charts, tide and current tables and a compass – cost new approx \$50 - \$60.

## VCKC Executive

<p><b>President</b>  <b>Mile Petrovic</b> ..... 250-733-2013</p> <p><b>Vice President</b>  Linda Thomson..... 592-4170</p> <p><b>Treasurer</b>  Fred Trudel ..... 480-0880</p> <p><b>Secretary</b>  Lorna Petrovic ..... 250-733-2013</p> <p><b>Past President</b>  Judi Mirikami ..... 360-2776</p> <p><b>Program Directors:</b></p> <p><b>Canoe Program</b>  Joy Newham ..... 385-5876</p> <p><b>Dragon Boat Program</b>  Mike Fox ..... 391-0160</p> <p><b>Outrigger Program</b>  Keith Larusson ..... 598-7193</p> <p><b>Sea Kayak Program</b>  Susan Duhamell ..... 361-4738  Glynis Newman ..... 655-1272</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>Directors-at-Large</b>  Mavis Pillar ..... 384-4390  Diane Nishimura ..... 383-3080  Michael Jackson ..... 385-5727  Fraser Tweedy ..... 380-6952</p> <p><b>Executive Volunteer Positions</b>  Irena Jazwinski (Social Coordinator) 388-9757  Harold Gillis (Newsletter Editor) ... 598-9488  Maris Ratel (Boat &amp; Locker Storage .. 592-7082</p>
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## VCKC Clubhouse Bookings and Club Activities April 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3 General Meeting 7:30pm	4	5	6	7
8	9	10 VCKC Executive Meeting 7:30pm Mile 250-733-2013	11	12	13	14 Wake Up the Gorge 9pm - 5pm
15 Wake Up the Gorge 9am - Noon	16	17	18 Kayaker's Fashion Show - Ocean River Sports	19	20	21
22	23	24	25	26	27	28
29	30					

The Victoria Canoe and Kayak Club is a member of:

RCABA ([bccanoe.com](http://bccanoe.com));  
CRCA ([paddlingcanada.ca](http://paddlingcanada.ca));  
CORA ([canadianoutrigger.com](http://canadianoutrigger.com))

**General Meetings**

First Tuesday of each month (September to June)  
May Newsletter deadline: April 18, 2007