



Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club
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April 2008

VCKC General Meeting Tuesday, April 1, 2008

The Seaweed Lady

Known to many locals as "The Seaweed Lady", Diane Bernard has family roots deeply anchored in both Canadian coasts. She is the only known individual who began her own seaweed tours by offering the experience of the "garden" and education to enthusiasts around the world.

Diane is a passionate environmentalist and is committed to keeping her products clean, coastal and consistent.



Photo: Steve Giordano

Clubhouse News

The members of the Executive have now completed a quarter of their term. The time goes quickly. The budget for the year was agreed upon at the February meeting, and the major expense this year will be the painting of the clubhouse. The preparation of the house will start in April and the painting will probably be completed in July or August. The firm, "Brad Mcdonnell, Painting and Decorating", which specializes in heritage houses, will be doing the work and Larry Irving will be overseeing the project.

The two busiest positions on the Executive at this time of year must be Membership Director (Muriel Johnson) and Treasurer (Sharon Rivest). It's busy enough normally but this year they've had on-

line registration to tackle as well. It will make things easier for the two positions eventually, at least we hope so, but it has certainly added to their work this year. We thank them for persevering and hope they can come up for air soon.

There are always questions about what is and what is not covered by the insurance carried by the club and what activities are covered through other organizations. I find it complicated, and the language used in the policies almost incomprehensible! It seemed like a good time to review the topic Tony Dalmyn has offered to do so and will be reporting back to the Executive.

Linda Thomson
President, VCKC



Canoe Program Update

The canoe program has been busy with very regular flatwater and moving water paddles, thanks to Alan Thomson and Tom Staebell. The upcoming months will be even busier, with the full range of courses starting at the end of March, Running of the Cows, and the RCABC AGM, and the "Frost Free" weekend.

Jean Chandler recently began organizing half-day paddles on Wednesday mornings, from 9 to 12. These are very leisurely paddles on the Gorge, and depending on the direction of the tide, the group goes up to Portage Inlet or can paddle to town. It has been a good opportunity to try different strokes, or perhaps try sterning the

canoe for those people who usually paddle in the bow. It won't be long until there are ducklings, goslings and baby swans to entertain us too. And that usually means we get to see a bald eagle or two and maybe an osprey.

The annual Clubhouse clean-up and Gorge clean-up are on April 26 so please come out and help us keep our beautiful clubhouse looking clean and tidy. There are lots of chores, both inside and out and when there are lots of helpers the work gets done in short order. And it's fun to have some land-based socializing with paddling friends too!

Joy Newham
Canoe Program Director



Kayak Program

We now have a Facebook group called (what else) Victoria Canoe and Kayak Club. Thanks to Tara. We can use it to form groups for upcoming paddles, post pics and whatever. Take a look. Go to www.facebook.com and search for 'Victoria Canoe and Kayak Club'.

We also need someone to take over the 'program' section of our meetings. This Wednesday (March 19), I provided the entertainment with an old presentation about building your own boat. We need more so someone please pick up the reins.

Doug Linton

VCKC Clubhouse and
Gorge Waterway Cleanup
Saturday, April 26
9:00am to 1:00pm

Please come on out and help to clean up the clubhouse and grounds and the Gorge Waterway. If you want to participate with the paddling group in the voyageurs, wear clothes and footwear that you don't mind getting muddy---it's a messy job but it's an adventure.

We are so fortunate to have such a lovely location for our club, please try to spare a couple of hours to help keep it looking spic and span. Gloves, garbage bags and dumpage are provided by the CRD, Dumpsters by RDI, refreshments and treats by Tim Hortons.



Outrigger Program

Wake Up The Gorge (WUTG) is our annual CORA (Canadian Outrigger Racing Association) race series. They run as follows:

- April 12 – OC 6 races
(1000 meters with one turn)
- April 13 – Small Boat Races

Wake Up The Gorge is a very festive two days in our Gorgeous Park, if you will pardon the play on words. Last year there were 29 teams competing for medals in four divisions.

These are very exciting races for both competitors and spectators. Mark you calendars and come out and enjoy the races and refreshments.

The small boats (depending on winds and tides) go out to K-21 off of McCauley point and back. In case of adverse tides and winds Ron Williams will make up a race course Sunday morning.

See you there
Keith Larusson

Trip Report Crofton and Maple Bay March 1, 2008

Our canoeing trips up the eastern shore of Vancouver Island have not been very successful of late – at least as judged by whether we went where we had intended to go. Of course, they were always highly successful as judged by enjoyment and satisfaction.

This trip on March 1 was planned to take advantage of an ebbing tide all day – we'd head north to south – and of the forecast change in wind direction. A shuttle vehicle was dropped off in Genoa Bay (well, by the marina, not actually in the Bay....) and then we drove up to Crofton, putting in at the ramp by the ferry terminal there. The day was sunny and not too cold, but with a steady breeze coming from the south. This was forecast to change to northwest at mid day – all the better to help sweep us through Sansum Narrows, I reckoned. As there was an odd number of paddlers and I wasn't feeling motivated to solo a tandem canoe against the wind for half a day, we took the Club canoe with 5 paddlers to accompany the 3 tandem canoes. It is always a pleasure to paddle in a wood-canvas canoe, especially one as stable as the freighter, and doubly enjoyable when you've been part of the team that refurbished the craft.

We set off after the Crofton – Vesuvius ferry left its dock cutting over its turbulence as we followed the shore line. It is an odd contrast, how little wake the ferry leaves behind, but how long the tracks of its passage and the eddies caused by its propellers remain. There presumably are good hydraulic reasons for this – good hull design for one – but it is not what you'd expect from a craft that size. The shore shelves very gradually at the SE end of Osborn Bay, so we were paddling in shallow waters where we could easily touch bottom with our blades, and had to watch out for the odd erratic boulder that lay below the surface, with no turbulence to betray its presence (near shore, the wind disappeared, hence our preference for hugging the land).

After Sherard Point¹, we were a little more exposed to the wind but still fairly sheltered as we passed undeveloped northeast slopes of Maple Mountain. There was the odd small beach that would have been a good stopping place had they been facing the sun, but no temptation in the shade. Rounding Grave Point (no cemetery that we could see) we were met with the wind in our face and against the current. Nothing particularly nasty, but requiring continued concentration to keep the bow into the wind. A good circumstance for adjusting boat trim to keep the bow a little heavy and so take advantage of weather vaning.

We got round Arbutus Point and into Maple Bay

around noon and pulled in to a small cove under, but out of site of some larger houses at the end of the road there. No sand, but sunny and sheltered, both desirable attributes of a lunch spot. Across the mouth of the bay we could see Octopus Point about 1 ½ miles away and the masts of the boats in Birds eye Cove marina directly south. We had a leisurely lunch, waiting for the wind to change direction, as forecast, but no sign, so we debated paddling into Birds Eye Cove and getting Dave to walk to Genoa Bay to get his car; gritting our teeth and going for it in the hope that the wind would change; or going back the way we came. We opted for the last, although we were aware that this decision would almost certainly result in the wind changing direction as soon as we were out on the water, Murphy's Law probably applying to meteorology more than to most sciences.

In fact, the wind did change, but at 3 pm. We were on the last stretch back to Crofton, coming round Sherard Point again when we saw the steam from the mill smokestacks stop blowing to the north east and swing round apparently 180° – but by then we were out of the narrows and within easy reach of the ramp.

All in all a pleasant day out on the water – blue skies, sun, peace – few power boats – and great scenery. We'll finish the round some other day – probably leaving from Maple Bay and heading over to Saltspring Island and Burgoyne Bay. And if the wind gets up again – paddle up to Vesuvius and ferry back to Crofton, where we'll leave a shuttle vehicle just in case. A lot of paddle trip planning is having Plans B, C and D in your back pocket.

Thanks to Susan and Bon Lee, John and Brenda Forish, Lori Wagar and Dave Whitehead, Doug and Cathy Hull and Jack Louis, Maris Ratel, Sandy Rattray for making this a very pleasant trip.

Alan Thomson



Trip Report **Sooke River/Sooke Harbour Paddle** **March 16, 2008**

There was lots of activity from the hordes of voyageur people as the four of us (Bon and Sue Lee, Frank Dodgshon and I, Ken Gibbard), left the club for the mouth of the Sooke River. We turned off the Sooke Highway at Idlemore Road, turned right to Billings Road and put in at a low bank access to the beach there.

The tide was well up so we went directly out to the main channel of the river but if the tide is down more than a few feet the easiest way up river is to follow a smaller channel close to the beach.

The west wind from across Sooke Harbour was cold but once we got into the shelter of the high banks and tall trees beside the river jackets came off and we were very comfortable. As we passed under the Sooke Highway bridge and continued up river we saw a couple kissing under the bridge, mute swans, Mallard ducks and lots of Canada geese. Well up above the Sooke Fair grounds we came to our first riffle. Frank and I got up it, despite the

shallow water and current, by following close to shore and going over the trunk of a submerged log and between its branches. Bon and Sue didn't make it so we ran down to them. I showed them how to line a canoe up river and by the time we finished our second riffle Sue was solo lining like a pro (see photo). We paddled the length of a long pool running to the northeast and then had lunch on a gravel bar where the first of the real faster water begins.

The run down to the harbour was too fast it seemed! We crossed to the East Sooke shore, crossing a strong ebb building into quite a chop with the west wind against it. It was relatively calm near the shore as we went inside of rocks and under dock ramps until we approached Whiffin Spit.

Then we completed the loop of Sooke Harbour. After a couple of groundings on the now wide gravel bars at the mouth of the river, we got back to our launching point. We had coffee and reviewed the chart of our trip, about 9 1/2 knotal miles, on our way home.

Submitted by Ken Gibbard



Trips & Courses (Canoeing)

Spring Canoe Courses

Lakewater Level 2 (solo):
Sunday, April 13 8:30- 5:00

Lakewater Level 3 (tandem):
Saturday, May 31 8:30 - 5:00

Lakewater Level 4 (solo):
Sunday, June 1

Contact for Lakewater courses:

Tom Staebell
res. 655-7113 after 5:00 pm
cel. 588-2207 after 6:30 am
off. 652-1121 7-4:30, Mon-Fri

Ocean Paddling Course:

An RCABC OCEAN CANOEING COURSE (Levels 3 & 4) will be run on April 26 and 27 (classroom sessions) and May 17 - 19 (Victoria Day weekend) for the camping trip. Basic Lakewater Canoeing (Levels 1 & 2) are the pre-requisites for this course. The cost of the course will

be \$100 which includes both the classroom and the tripping sessions. In addition, there will be the cost of materials (charts, tide and current tables, etc,) plus any costs associated with the trip (ferry tickets, camping fees, etc.). Charts will be provided for the classroom sessions but you will need to buy your own for the tripping weekend.

The course covers the Canadian Aids to Navigation System, basic navigation including chart reading and interpretation, using a compass and plotting a course; using tide and current tables; weather and waves; trip planning; and overall risk assessment. The course does not include any advanced canoe strokes or paddling techniques; but what works best in an ocean environment and what is safe.

If you are interested in taking this course, please contact Alan Thomson at 592-4170 or 3135thom@islandnet.com. Numbers are limited to 8 new students but VCKC members who have taken the course before are welcome to sit in on the classroom sessions to brush up on their skills and knowledge for free. They're also invited to take part in the trip.

Spring Paddle Calendar (Moving Water)

Meet at the Millstream Park'n'Ride to leave at 8:30 am or at Serious Coffee by the Silver Bridge in Duncan at 9:15 am.

Tom Staebell
res. 655-7113 after 5:00 pm
cel. 588-2207 after 6:30 am
off. 652-1121 7-4:30, Mon-Fri

March 30 (Sunday)
April 12 (Saturday)
April 20 (Sunday)
May 3-4 Running of the Cows (Lake to Bay VII)
May 11 (Mother's Day)
May 24 (Saturday)

Flatwater Trips

April Flatwater trips are scheduled for:

April 13 (Sunday)
April 26 (Saturday)

The flatwater trip on March 29th will not take place. It is the day of the Club's annual Paddle to Port Angeles and there is also a Moving Water Course being taught that weekend. So, all in all, too many competing events.

Flatwater trips in April are scheduled for the above dates. As April and May are high season for delivering canoeing courses, any offers to lead on either of these dates would be welcomed. The usual arrangements are in place. An e-mail will be sent out a week ahead of the scheduled trip asking that the trip leader be notified by Thursday evening to allow for matching of paddlers with partners, canoes, etc if needed. The

policy is that unless there are 3 boats, the trip will be cancelled as an official Club trip.

These trips are open to all Club members who have taken a basic tandem canoe course or have equivalent experience, or have taken a basic kayaking course. These day trips are often on the ocean but the exact site depends on tides, currents and winds, as well as the skill levels of those taking part.

Meet at the Clubhouse at 9am to double up on transport and make sure everyone has the necessary equipment. We plan to be back in town by 5pm at the latest.

Let the trip leader know by the Thursday evening beforehand if you plan to attend, specifying if you need a canoe, partner or other assistance.

May Trip (Advance Notice #1)

The annual Club Frost-Free weekend canoe camping trip will take place as usual on Mother's Day weekend. Traditionally, this trip has been a one-nighter, usually to Portland Island, but latterly to D'Arcy and Wallace Islands. This year it is planned to take an extra day, to allow for two nights camping instead of only one and a wider range of destinations. The dates are Friday May 9th to Sunday May 11th. The destinations being considered are Cabbage Island - on the Georgia Strait side of Saturna - and De Courcy Island (Pirates Cove campground) or Blackberry Point (Valdes Island). Cabbage Island would entail taking a Friday morning ferry (9am) to Saturna (Lyall Harbour) and returning on the Sunday afternoon on the 3.35pm ferry. De Courcy and Blackberry Point entail driving to Cedar Ramp, north of Yellow Point; south of Nanaimo) on the Friday morning and returning on the Sunday.

This annual trip is intended as a trip for paddlers to learn about canoe camping - i.e. it is suitable for beginner canoe trippers, if not for beginner canoeists. In past years there has been a barbecue with baked potatoes and a filling fruit grunt for dessert, but increasing blanket fire prohibitions may make it difficult to continue this tradition.

It is possible that the Club canoe could be taken to provide a 'mother ship' for people who are interested by don't have their own canoe or are not comfortable paddling a tandem on the ocean. Canoeists and kayakers are welcome to take part.

If you are interested in taking part in this trip, or have any questions, please call Alan Thomson @ 592-4170 or e-mail at 3135thom@islandnet.com.



May Trip (Advance Notice #2)

Run for cover; put on the shutters, bring out your neck bells - the VCKC annual "Running of the Cows" - will take place this year on the weekend of May 3 & 4. The Running of the Cows is the complete descent, by canoe or kayak, of the Cowichan River from its start in Lake Cowichan to Cowichan Bay where it enters the sea. Taken direct, it is about an 8 hour trip, allowing for portaging around Skutz Falls and possibly Last Drop. But it has been split into a two day trip to allow for playing in some spots, resting in others and enjoying what is usually a very pretty trip down the river with flowers and trees just coming into blossom and greenery.

As in the past, the Club has booked the Group Campsite at Stoltz Pool Provincial Park for the nights of Friday, May 2 and Saturday, May 3 so that is where we will be based and will break the trip after day one. Our paddling colleagues from Vancouver have been invited to take part and we hope to see a number of them join us again. Camping costs will depend on the number of campers but will probably be in the order of \$10 per tent per night. There is a covered cooking

area and space for a campfire, so come prepared to have a good evening of fun and friendship between two days of good paddling!

This trip is for experienced whitewater canoeists only - having passed the Moving Water tandem canoe course is essential. While the river classification grade is usually below 2 except in the Canyon, there are numerous places where being able to manoeuvre quickly on the river to avoid log jams and sweepers is essential. Full river running equipment is required - a canoe rigged for whitewater with airbags, throw rope, etc. And paddlers should have a wet or dry suit and a helmet. You can run parts of the river (e.g. the Upper Cowichan (from Lake to Skutz Falls) or Stoltz Pool to Duncan) but the shuttles will be based on running the full trip each day so you'll need to make other arrangements if you want to pick and choose.

If you plan to take part in this annual adventure or have questions, please let Tom Staebell know at 655-7113; thestaebellfamily@shaw.ca or Alan Thomson at 592-4170; 3135thom@islandnet.com

Next Kayak Paddle

The next day paddle for the kayak program will be April 20. We will meet at the boat launch in Cowichan Bay at 10 am and try to paddle up to Maple Bay (depending on weather, etc). If you have any questions or concerns, please let me know.

Stephen White
Day Paddle Guy
Ph: 882-5439
Email: whitefreeman@hotmail.com



VCKC Executive

President		Voyageur Program	
Linda Thomson.....	592-4170	Don Munroe	385-2268
Vice President		Marathon Canoe Program	
Marie-Eve Tessier	386-5652	Ron Williams	380-7496
Treasurer		Education, Standards & Safety	
Sharron Rivest	478-2981	Doug Linton	727-0216
Secretary		Membership	
Tony Dalmyrn	483-5224	Muriel Johnson.....	391-0560
Past President		Clubhouse & Grounds	
Mile Petrovic	250-733-2013	Lawrence Irvine	920-3622
Program Directors:		Directors-at-Large	
Canoe Program		Diane Nishimura	383-3080
Joy Newham	385-5876	Maris Ratel	592-7082
Dragon Boat Program		Executive Volunteer Positions	
Mike Fox	391-0160	Ray Patts (Social Coordinator)	294-4445
Outrigger Program		Harold Gillis (Newsletter Editor)	598-9488
Keith Larusson	598-7193	Maris Ratel (Boat & Locker Storage)..	592-7082
Sea Kayak Program			
Vacant			

<p>The Victoria Canoe and Kayak Club is a member of: RCABC (bccanoe.com); Paddle Canada (paddlingcanada.com); CORA (canadianoutrigger.com)</p>	<p>General Meetings First Tuesday of each month (September to June) May Newsletter deadline: April 20, 2008</p>
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Click here for
[VCKC Calendar](#)



Sunday Trip
 to Rum Island
 Photo: Wendy Clapp