



Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club
355 Gorge Road West
Victoria, B.C. V9A 1M9
Phone: 250-590-8193 (Info only)
Website: www.vckc.ca

May 2009

General Meeting Tuesday May 5, 2009 7:30 pm

Learn from the Best!

A Stroke Clinic with Ron Williams Champion Paddler Extraordinaire!

The feature presentation will be a clinic provided by Ron Williams on the application of his stroke. His stroke is applicable for both dragonboat and outrigger paddlers who want to move their boats faster. Ron has been a champion marathon canoe paddler for decades and has also paddled in outrigger races. Attend the May general meeting and learn from the best.

Canoe Program Meeting Monday, May 11 7:30 p.m.

**Marine Life in the Intertidal Zone
Guest presenter:
Philip Lambert**

Philip will be doing a slide show presentation of many of the marine species that fascinate us as we peek over the sides of our canoes and kayaks in the shallow areas or slowly drift along a steep rock wall or islet at a low tide peering at the many creatures that make their home there. Philip's presentation will help us learn about what these creatures are and some details of their lives. This is sure to be a fascinating presentation. Please join us. Members from other programs welcome, of course.

Clubhouse News

There has been a lot happening during the last month with the Paddle to Port Angeles, Wake Up the Gorge and the Spring Clean-up of the clubhouse and grounds and the Gorge Waterway. You will be able to read detailed reports of these events further on in the newsletter but I'd like to thank all the organisers and participants. A lot of man (person/people?) hours were contributed by club members.

The Mega Yacht Marina Protest continues to gather momentum and more political involvement. A **public meeting** is being held on Wednesday, April 29 at 7:00 pm at the Victoria High School Auditorium, 1260 Grant Street in Victoria. Local politicians and three former mayors will be present. Come and hear what has been happening to date.

The paddling season will soon be in full swing. Have a great time !

Linda Thomson
President, VCKC



Another Successful Cleanup

Thanks to every one who came out on Saturday April 18 to help with the cleanup of the Gorge and the VCKC clubhouse. Three voyageurs full of paddlers and about 30 members back at the club worked hard from 9:00 am to 2:00 pm to partly fill two dumpsters with junk from the Gorge and the clubhouse and grounds. A lot of weeding, whippersnipping, scrubbing, washing, etc. has the old house looking much neater. Thanks to all.

Sandy Rattray

RCABC General Meeting

The RCABC (Recreational Canoeing Association of BC) annual general meeting was held in Duncan on April 18. About 30 members attended from as far away as Whitehorse and New Denver. VCKC was represented by the President, Linda Thomson, and seven other club members. Three VCKC members stepped down from the RCABC executive at this meeting – Alan Thomson as president, Dan Walker as treasurer and Jean Chandler as Secretary. Jean will stay on as Vancouver Island Zone representative a role she will share with Lindsay Cornell. Dwight Milford takes over as treasurer so our club will continue to be represented. Other Island paddlers at the meeting include Tony Shaw from Nanoose (Editor of CANEWS) and Jamie Boulding from Strathcona Park Lodge.

Priscilla Haskin, the Paddle Canada Canoe Program Committee chair, showed us how the new national canoeing program is being developed and how it will operate in relation to the BC canoeing program. Doug Taylor, the BC Paddle Canada representative, also spoke to the meeting. Doug is a kayaker from Comox who is the Paddle Canada Secretary and has also been active in the BC Marine Trails project. Stephanie Meinke from the Nanaimo Paddlers club talked about the BC Marine Trails – she is president of that society – and how it is working to establish protected camping sites all along the coast of BC for the use of paddlers. Wally Priedolins' presentation of pictures from one of his canoe trips round Cape Scott was a good follow-on

from this talk. Other topics included a question and answer session on insurance and the results of a questionnaire to all members of RCABC about the association's operations and services. It was a good opportunity for VCKC members to meet instructors and paddlers from elsewhere in the province. As well as VCKC, there were representatives from the Beaver Canoe Club in Burnaby and the Dogwood Canoe Club in Vancouver as well as the Blackwater Paddlers in Quesnel.

In spite of all the talking sessions – which included a very good presentation on paddling with people with disabilities – there was time for paddling: a big canoe session on the Koksilah River and Cowichan Bay; a paddle round Somenos Lake with some disabled paddlers using the Club's freighter canoe; a session on poling and on the Sunday afternoon, a river paddle in the canyon of the Cowichan River. A good meeting, blessed with great weather - a pleasant change from 2008, when it snowed on us! Thanks to Dwight Milford and Vanessa Elton for the use of the lovely property in the Cowichan delta area.

Alan Thomson



Canoe Program Report

Spring canoe courses are progressing well with a large group for the early April classes – everyone getting ready for a very active summer. I would like to thank Jean Chandler for assembling all the Lakewater courses information. She also photocopied and filed it in a very organized

manner. This helps all the canoeing instructors prepare for courses much more quickly and helps to keep the course materials consistent. Well done Jean!

Remember that on Wednesday mornings, from 9:00am - noon, Jean leads a small group on the Gorge for skills practice or just pure enjoyment of paddling. Jean keeps a contact list of interested paddlers so if you would like to join the group, e-mail canoe@vckc.ca and I will put you in touch.

Alan Thomson has been working on the canoe fleet to make sure the boats are sea-worthy. Course participants will be most grateful when the flotation tank of the white canoe doesn't fill with water when they attempt to do their canoe-over-canoe rescues. Thanks so much Alan for all the time you spend fixing equipment for us!

May is a busy month with camping weekends and canoe courses but I will send out a group e-mail if we are able to put on a day trip sometime during the month. Check out the information for May's Canoe Program meeting. I think it will be an awesome presentation. I hope to see you there.

Joy Newham
Program Director

Canoe Program Meeting Monday, May 11 at 7:30 p.m.

Marine Life in the Intertidal Zone Guest presenter: Philip Lambert

Philip will be doing a slide show presentation of many of the marine species that fascinate us as we peek over the sides of our canoes and kayaks in the shallow areas or slowly drift along a steep rock wall or islet at a low tide, peering at the many creatures that make their home there. Philip's presentation will help us learn about what these creatures are and some details of their lives. I think this will be a fascinating presentation. Please join us. Members from other programs welcome, of course!

Bio:

Philip Lambert (BSc Uvic 1967; MSc UBC 1970) is Curator Emeritus at the Royal BC Museum. He has a wide experience with identification of marine invertebrates in BC waters based on 35 years of field collecting, identifying, and cataloguing

collections of marine invertebrates, production of exhibits and other public programs at the museum. He has made observations of deep-sea fauna from a three person submersible, remote operating vehicles and has been a scuba diver since 1967. His main research interest most recently is sea cucumbers and since 1986 he has described six new species of sea cucumbers from BC waters. He has produced several identification handbooks on marine species. In 1991 and 1994 he took part in Safari Projects, live TV shows from Race Rocks and Barkley Sound that featured aspects of marine biology, oceanography and human history. Phil also volunteers his time by arranging speakers for the Marine Group of the Victoria Natural History Society each month. His hobbies include underwater photography, guitar, ice hockey, kayaking, boating, cycling, and drawing.

Canoe Trip Report Finlayson Arm Circuit Route

After the Canoeing Lakewater Basic Tandem Course in March, the Club had a short trip on Thetis Lake the next weekend to let the new paddlers practice their new skills. The next weekend was a regular Flatwater paddle, a longer test of how comfortable they were in a canoe. There was a good turn out – 10 tandems, including three of the paddlers from the course and two guests.

The put-in was at the Goldstream Boathouse Marina. As the launching charges are \$10 per vehicle, we took as few vehicles as possible and used the Club's canoe trailer. The Marina is always a work in progress – a real working place rather than an up-scale marina, which I like – wood, metal fitments for yachts and the like, not carpet and boutiques.

The wind was coming from the North in the Inlet, but nothing above 10 knots, a good level to give new paddlers some challenge, but not too much to spoil the day. (The Weather Office does not name the Saanich Inlet among its areas. You have to choose between Haro Straits and Strait of Juan de Fuca – east Entrance. According to the Marina office, the south-east winds are the ones to beware of.)

We worked our way up the western shore so we

could see the developments that are taking place along the shoreline. There are still places along this coastline where you can't hear the traffic and the view has almost no houses or other man-made structures and you can pretend you are in a remote area of the province.

The journey up took a little longer than planned – head wind, some new paddlers. But we reached the Spectacle Lake little delta and camping spot about 12:30 and stopped for lunch and some exploration. The only way over to the campsite from our landing beach (sand, not rocks) required jumping over the substantial creek flow or wading in quite deep water, so many stayed at the sunny beach. The plum tree at the campsite was just coming into blossom – later than usual thanks to the cool spring we've been having but it should be fully out now, as I write about it two weeks later.

We left about 1:30pm and headed over to Elbow Point. The wind had, if anything abated, as it often does when it might be of assistance (i.e. behind you) but it was warm and pleasant, especially as we idled down the east side of the Arm under the Gowlland Range with the sun bouncing off the cliffs and onto us. The mosses on the rocks were still quite damp but some flowers were beginning to show – a fawn lily here and there – though no chocolate lilies, Shooting Stars or camas as yet.

Back to the Marina for 3pm, as I remember, and a satisfied group returned to Victoria with memories of a very pleasant springtime trip. Thanks to the participants, Alan, Duane, Ella, Maris, Jean, Vernon, Maylene, John and Brenda, Peter, Doug, Karen and Elise, Janne and Glyn, Mike and Yasmin, Pauline and Linda.

Alan Thomson

You must live in the present, launch yourself on every wave, find your element in each moment.

Henry David Thoreau

Kayak Program Report

Congratulations to Dorothea Hoffman, Yves Aquin and Patti Stevens (that's me) who successfully completed the Paddle Canada Level 3 Skills course. While many of you were having family dinners over the Easter weekend, we challenged our camping skills to stay warm and dry on Vargas Island (near Tofino). The wet west coast weather did not dampen the spirits of the group and patience paid off with glorious sunshine on Monday for a day of surf training and rescue scenarios.

As you may or may not know, Yves and I are taking a year off to play! We will begin by spending approximately five months kayaking in northern BC in the areas of Haida Gwaii, Prince Rupert and Kitimat.

After that, who knows what opportunities may arise! Therefore, effective May 1, Dorothea Hoffman will coordinate courses and workshops for the Kayak Program. Thank you Dorothea for volunteering. Please note the new contact email address: kayakcourses@vckc.ca.

A few members from the kayak program have been working on making the VCKC web page for our section more user friendly. This should be up and running by May 1. Please check it out at:

<http://vckc.ca/kayak/index.htm>.

Also coming up in May is the Ladysmith Paddlefest. This paddle festival runs Saturday and Sunday, May 9 & 10 at Transfer Beach, Ladysmith. It's a weekend-long festival with activities and events for paddlers of all ages and paddling abilities. Participants can attend this free event and enjoy a variety of activities including workshops, demonstrations and fun activities. For more information, please go to www.paddlefest.bc.ca.

Kayak Courses

**Paddle Canada
Introduction to Kayaking**
(formerly called Flatwater)

Dates: Sunday, June 28

Location: VCKC Clubhouse/Gorge
Time: 9:00 am to 5:00 pm.

Cost: \$25

Register by: Wednesday, June 3

Paddle Canada Level 1

Minimum Skills: PC Introduction to Kayaking or equivalent

Dates: May 30 - 31
June 13 - 14
June 20 - 21

Length: 2 days

Location & Time: TBD by Instructor

Cost: \$50

Register by: Wednesday, May 20 (for May course) or Wednesday, June 3 (for June courses)

NOTE: You will be practising rescue techniques in the water for both courses. This means you will get wet! Therefore, a wetsuit is required. If you don't have a wetsuit please borrow or rent one. Otherwise, you may get too cold and be unable to complete the course.

Wetsuits are available to rent from [Sports Rent](#).
Phone: 250-385-7368.

For information on Paddle Canada course content, please go to Paddle Canada's website and review the [Sea Kayak Program overview](#).

Please register for these courses or workshops with Dorothea Hoffman - kayakcourses@vckc.ca.

VCKC has a few kayaks that are available for members on club courses and workshops. When you register for a course, please indicate if you would like to book a club kayak. When you use a club kayak, all the safety equipment is provided. However, it is your responsibility to transport the kayak to and from the launch site. Therefore, if you register for any of the above courses, you will have to arrange your own transportation including roof racks and tie downs.

If there is a workshop that you would like to see happen, get a group of four to six members together and contact Dorothea at the above email address.

Kayak Program Who's Who:

The following information is now available on the contacts page for the Kayak Program on the VCKC website. Therefore, this is the last time it will be included in the monthly newsletter.

Program Director - Vacant

Email & other enquiries: Doug Linton
dlinton@shaw.ca

Communications (email) - Fred Trudell -
fredinvictoria@yahoo.ca

Communications (paddlers' list) -
VCKCpaddlinglist@gmail.com

Courses & Workshops -
Dorothea Hoffman
kayakcourses@vckc.ca

Kayak Bookings - Susan Zedel - szedel@shaw.ca

Library - Vic Turkington -
victurkington@yahoo.com

Day Paddles and Expeditions - Marianne West -
mariannejwest@gmail.com

Instructors - Michel Guerard, Dorothea Hoffman,
Tom Hukari, Doug Linton, Brian Mallory, Dennis
McMillan, Marianne West.



Canoeing Flatwater Trips

Alan Thomson is unable to organise and co-ordinate any flatwater trips for May due to training courses and other commitments. If other Canoe Program members arrange trips for May an e-mail will be sent to all program members.

Participants should have taken and passed the [RCABC Lakewater Level I tandem course](#). Exceptions may be made at the discretion of the trip leader but will depend on the strength of the group and on the location of the planned trip.

Unless otherwise specified, all trips start by meeting at the Clubhouse parking lot at 9 am. The aim is always to have all participants back at the parking lot by 5 pm at the latest. At this time of year, return time is likely to be earlier.

Participants should be dressed appropriately for the forecast weather (call 250-363-6717 or look up the [Environment Canada forecast](#) on the web) and, if the trip is to be on the ocean, check the time of the tides and currents. It is helpful to bring your own charts or maps so that you can be self-sufficient if necessary.

Frost Free Weekend Camping Trip

This annual camping weekend is scheduled for May 9 and 10 (Mother's Day weekend). It is intended as a season-start canoe (or kayak) camping trip which is suitable for beginners. It has traditionally been a Saturday/Sunday trip with one night's camping. Last year, we added a day so that the effort of packing up for a single night in a tent could be spread over two nights, and we went to Cabbage Island, off Tumbo and Saturna.

Destinations for a two day/one night trip include Portland Island, D'Arcy Island, Wallace Island and Prevost Island. The latter two require a ferry to Saltspring Island.

Destinations for a 3 day/2 night trip include Cabbage Island; Wakes Cove (northwest end of Valdes Island), Blackberry Point (middle of Valdes) and Dionisio Point on Galiano. OR we could go to Prevost and stay there two nights, taking in Montague Harbour and perhaps Active Pass on the middle day.

Members who contacted me in March are all interested in a 3 day trip rather than a 2 day/1 night event so the dates are May 9 and 10 plus either the Friday or the Monday on either side. Contact Alan Thomson if you have any questions or would like to put your name down. If there is the demand, the Club canoe or a voyageur can be taken. Contact Alan Thomson at 250-592-4170 or 3135thom@islandnet.com.

Running of the Cows #8

Eighth year and going strong. This event on May 2 and 3 involves the running of the Cowichan River from Lake Cowichan to Cowichan Bay. The Stoltz Group campsite has been booked for VCKC for the Friday and Saturday nights. The site has a wood stove, a shelter for cooking, a campfire ring and about twelve tent sites. The parking lot for the group site can accommodate campers. Costs for camping probably about \$10 per tent per night depending on numbers using the site.

This trip is open to all paddlers who have taken and passed the Moving Water tandem course. The river grading is generally level 1-2, with some 2+ in the Canyon section. Superior river manoeuvring skills are required to avoid sweepers and log jams. Wet or dry suits are advised. Helmets are essential for the Canyon section. All canoes should have flotation (airbags/Styrofoam) and have a bailer, painters and a throwbag. We hope to be joined, as in past years, by some paddlers from the Beaver and Dogwood Clubs in Vancouver. Any questions, speak to Tom Staebell 250-655-7113; thestaebellfamily@shaw.ca or Alan Thomson 250-592-4170 or 3135thom@islandnet.com.

VCKC river trips are open to current members or invited guests (waiver required) who have received RCABC or equivalent instruction and who agree to abide by VCKC safety rules as outlined in the member guide.

Tom Staebell
res 655-7113 after 5:00 pm
cell 588-2207 after 6:30 am
thestaebellfamily@shaw.ca



Courses - Canoeing

Moving Water Level 1:
Saturday, May 23 and
Sunday May 24

Moving Water Level 2:
Saturday, May 30 and
Sunday, May 31

Tom Staebell
res 655-7113 after 5:00 pm
cell 588-2207 after 6:30 am
thestaebellfamily@shaw.ca

RCABC Lakewater Instructor Course

A Lakewater Instructor course is being planned for Friday, June 5 to Sunday, June 7 and Saturday and Sunday, June 13 and 14.

This course is not often available so this would be a good time to take it, especially as it is being held locally.

Pre-requisites: Lakewater paddler courses I-IV. First Aid certification is strongly recommended. Individual membership with RCABC (\$45) is also required;

Teachers: Tony Shaw and Ellie James – both are Master Instructors with RCABC; **Location:** Victoria (June 5-7); Shawnigan Lake/Duncan area (June 13-14);

Cost: \$350*

Contact: Alan Thomson or the 2 Master Instructors.
We would be happy to go over what is required and lend you the Instructor Manual that covers the course and the content.

**The Club (VCKC) will refund successful candidates for 50% of the cost of the course (up to \$200) after instructing at least one course in that discipline within the 12 months following the course.*

Why take this course ?

- 1) You will become a better canoeist if you take the course and learn to teach these paddling skills;
- 2) It is a pre-requisite for any other Instructor level courses – Moving water, Tripping, etc.;
- 3) The Club needs more Lakewater Instructors. We are losing two this year;
- 4) The course needs four candidates to make it a 'go' so apply early.



Two Canoes For Sale

Two Clipper Canoes for sale. They are both Ultralight (honey colour). One is the Solitude and the other is the Packer. The price is: \$1,500 (new \$2,150) for the solitude and \$1,400 (\$1,945) for the Packer.

The solitude is in very good condition and the Packer is like new. Please check the write-up from Clipper Canoes. I'm located in Comox.

Details at Clipper website:

[Solitude](#)

[Packer](#)

Norman Neiderer
neiderer@shaw.ca
250-339-2130

Canoes are simply too small to accommodate clashing personalities . . . Try to be tolerant of others' opinions, but remember that once on the water you're a captive audience.

Jerry Dennis

Paddle to Port Angeles

(Photos: Wendy Clapp)



VCKC Executive

President		Voyageur Program	
Linda Thomson	592-4170	Don Munroe.....	385-2268
Vice President		Marathon Canoe Program	
Bon Lee	477-1381	Ron Williams	592-6456
Treasurer		Education, Safety & Standards	
Vacant		Doug Linton	727-0216
Secretary		Membership	
Diane Nishimura	383-3080	Carolyn Rattray	386-9144
Past President		Clubhouse & Grounds	
Mile Petrovic	733-2013	Sandy Rattray ..	386-9144
Program Directors		Directors-at-Large	
Canoe Program		Jack Louie	598-1569
Joy Newham	385-5876	Maris Ratel	592-7082
Sea Kayak Program		Muriel Johnson	391-0560
Vacant		Mavis Pilar	857-9564
Dragon Boat Program		Executive Volunteer Positions	
Mike Fox	391-0160	Mavis Pillar (Soc.Coord.)	857-9564
Outrigger Program		Harold Gillis (Newsletter)	598-9488
Keith Larusson	478-2981	Dave Whitehead (Boat & Locker Storage)	507-0271

May 2009 Calendar

[Click Here](#)

