



Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club
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September 2010

**VCKC Fall BBQ
September 7, 2010
6:00pm at the Clubhouse**

It's the usual potluck with surnames from A-J bringing desserts and surnames from K-Z bringing salads or side dishes. Everyone brings something to BBQ for themselves. Beverages are B.Y.O.



It was a dragonboat summer ...

Lots of photos and news on page 5

Clubhouse News

Mark your calendar for our annual fall BBQ and general meeting on Tuesday, September 7.

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Big Brothers - Big Sisters

During the summer, VCKC took part in the Big Brothers Big Sisters annual picnic and Canada Day celebrations. Rides on dragonboats and voyageurs on Canada Day were provided by volunteers. Over \$1,000 was collected on Canada Day for the Lion's Club, Camp Shawnigan. Members from the dragonboat program invited kids from (the inner city) Camp Blanshard to the clubhouse in July and August. The kids had a wonderful time paddling in our dragon boat.

Thanks to all those who volunteered their valuable time.

Notice to members using the Clubhouse

Please take care not to leave food around the clubhouse. Any food at the clubhouse should be stored in rodent proof containers. Soon the wet and cooler weather will be upon us, with unwanted critters looking for warmth and food.

Clubhouse Housekeeper Needed

We are taking names from members interested in taking over the clubhouse cleaning duties. Remuneration. This is open to club members only.

If you are interested, please submit your name to president@vckc.ca.

Duties include:

- Dust main floor;
- Sweep or vacuum the main and basement floors and stairs;
- Damp mop the washrooms weekly and the wood and linoleum flooring on the main floor every second week. Spot clean as necessary;
- Empty all wastebaskets and prepare recycling and garbage pick-up;
- Purchase extra garbage tickets, cleaning products and toiletries at club expense;
- Clean washrooms and kitchen (excluding stove

and fridge) and restock both;

- Launder dish cloths and towels.

Bon Lee

President, VCKC

Celebrating National Canoe Day



A select group of paddlers gathered at the clubhouse to celebrate National Canoe Day on June 26. A series of hard-fought races was held, partners being selected by names drawn from a bailer! A four-person egg and spoon race requiring two paddlers, one egg carrier and an on-shore runner was marked by great hilarity and more than one broken egg.

The bailer race was strongly contested with at least one person (the long-armed Alan Thomson) using two bailers—which must be against the rules—but he didn't succeed anyway. Line honours went to a very determined and energetic Linda Thomson and her partner Mike.

The blind-fold race (see photo above), with three paddlers per canoe, was the noisiest and most hilarious as the guides tried to instruct their vision-impaired paddlers around the course. Such terms as draw, pry, sweep were completely forgotten, just "left, left, no right, right, right, straight ahead" as canoes battled round an erratic course at enthusiastic, canoe-scraping speed.

Afterwards, somewhat damp, but with great good humour, everyone gathered round the barbecues for a well-earned celebratory hotdog or burger.

Mark your calendars for 2011 - National Canoe Day, June 26. It's a "can't miss" event.

Maris Ratel

To ALL Paddlers:

Yes, ALL paddlers. There seems to be a growing interest in outrigger from outside the club, as well as from within the club from other programs, notably some keen dragon boaters.

Evenings are getting cooler and days are getting shorter so that means the fall/winter outrigger paddling season is not far off.

So let's get ready for fall, starting with my announcement of a new Acting Outrigger Program Director, Dave Schweitzer.

Dave has stepped up to take on this role on an interim basis till the next executive elections.

I will be working with him on the transition, as it looks like I will be here a bit longer than originally planned. (Anyone want to buy a house in Central Saanich??)

Please give Dave your support and encouragement.

So let's get started with some planning for the rest of 2010 and maybe 2011.

Things to do in the short term (by end of September/early October):

1. I will be working with other club members on setting up one or more clinics for novices or experienced paddlers. Subject to enough interest, clinics will include: hula practice, rigging instruction and sterling. Stay tuned for details;

2. Outrigger program meeting, tentatively scheduled for September 28 at 7:30 pm subject to confirmation of the clubhouse being available. As there was no August meeting, I may try to schedule a meeting earlier in September if needed;

3. The boats need refinishing. This is something we had planned to do in the spring but were unable to carry out. We may get someone to do this, as it is in the 2010 budget, or see if we can get a work party together to do it ourselves with Doug Linton's expert guidance. So we may be looking to a few of you for some help.

Medium to longer term, end of 2010:

1. Set up a formal novice outrigger program to be implemented this year, or in 2011;

This is in response to what appears to be a growing interest by new club paddlers and paddlers in other programs (e.g. dragonboating) wanting to give outrigger a try. We will look at forming some new teams and ensuring that the teams have a qualified stern and training to get them around the Gorge on a regular basis;

2. Review of current outrigger scheduling practices to try and ensure that all paddlers have an opportunity to have some paddle time;

3. Consider an Outrigger program executive, versus a Director position only;

4. Look into developing a competitive team or two, à la the dragon boat program;

5. Host another race in addition to WUTG, review last years suggestion to add an "Iron" outrigger component to the paddle for Camp Shawnigan in the spring.

Most of the above will be included in the September 28 meeting agenda, so please plan to attend with your ideas and your willingness to HELP OUT. Note the meeting may be sooner. If so, I will send out a notice.

Thanks.

Max



Nootka Sound A Not-So-Wild West Coast

Would you like to experience the west coast of Vancouver Island, but you aren't quite ready for the foaming water and long passages on the "outside" routes? Even timid paddlers can tackle Nootka Sound, where marine wildlife, historic sites, and coastal communities await—at minimal risk. Here is our leisurely five-day itinerary:

Board the working coastal vessel M.V. Uchuck III in Gold River. Sip coffee and enjoy the scenery as the Uchuck travels down Muchalat Inlet. Ask the captain to drop you (literally) at San Carlos Point. Using a pallet attached to the ship's boom and a winch, the crew will lower you and your boat into the water.



Paddle down the west side of ten-kilometre-long Bligh Island, named for William Bligh, Captain Cook's navigating officer, who later became famous in connection with the Bounty mutiny. Head for Charlie's Beach, the most established campground in Bligh Island Provincial Park (amenities: big beach, several pleasant campsites, outhouse, no fee). Using Charlie's Beach as a base camp, spend several days exploring sheltered Bligh Island and the Spanish Pilot Group, a haven for marine life. Sightings of social sea otters guaranteed!

Cross Cook Channel to Nootka Island. Do this two-km crossing early because the wind comes up at 11:00 am ("You can set your watch by it" says the Uchuck captain). Explore tidal rapid Boca del Infierno if the tide is slack. Camp in Santa Gertrudis Cove, then walk through old growth forest to Jewitt Lake, named for the sailor John Jewitt, who spent three years as one of Maquinna's slaves.

Paddle down to Friendly Cove (just follow the parade of fishing boats). Tour the church to learn about Nootkan history, meet master-carver Sanford Williams, see the lighthouse, watch whales from the beach, and chat with hikers completing the rugged 35-km Nootka Trail. Board the Uchuck for its return trip through Gold River. Enjoy a bowl of chili as you pass Resolution Cove, where Captain Cook and Chief Maquinna first met.

Have we sold you on this leisurely trip? If so, here are some notes and references to help with your preparations: M.V. Uchuck staff are very accommodating to paddlers but you will need reservations for drop-off service; their web site is <http://www.mvuchuck.com/index.php>. "White Slaves of the Maquinna", John Jewitt's narrative of capture and confinement, is good reading. The Greater Victoria Public Library has copies. The BC Parks web site has information about Bligh Island and Santa Gertrudis-Boca del Infierno Marine Parks here <http://www.env.gov.bc.ca/bcparks/explore/parks/>

Doug and Cathy Hull

(Editor's note: Here's something else that Doug and Cathy discovered this summer.)

Strathcona Sticker Shock

Marine campsite fees have doubled at Strathcona Provincial Park, such that it is now cheaper to car-camp. Tandem canoes pay \$20 per night (\$10 per adult) to overnight at one of the five marine campsites on Buttle Lake and Upper Campbell Lake. For \$16, up to eight people can camp at one of Buttle Lake's two vehicle-accessible sites.

If the price increase was meant to deter canoe-campers, it has been successful. All marine campsites were vacant when we visited Buttle Lake in July. Of the two car-campgrounds, we recommend Ralph River, at the south end of the lake. It's quieter, and there are trails and waterfalls within day-paddling distance. Buttle Lake campground has a big sandy beach, but expect to be surrounded by big rigs generators, power boats, dogs, and flocks of children with bicycles and water toys.

Doug and Cathy Hull

VCKC Dragon Boat News

August 2010

Canada Dry Victoria Dragon Boat Festival

VCKC First Class Dragons took 5th place in the Jade Consolation Final.

VCKC Grand Dragons took the Silver Medal in 50+ Division and the Bronze Medal in the Gold Division. Only 0.01 seconds ahead of Castaways in the Gold Semi Final but much more soundly (1.24 s) in the final. Mainlanders took top spots in these divisions. Darn! GRPC's Amazing Greys skipped the 50+ Final—tired of being in our wake? The GDs set VCKC's best time of 2:10.15 on Saturday (within the 20 fastest teams at the festival).



VCKC Namakas took the Bronze Medal in the Women's Division against stiff competition from the mainland. Great job! VCKC's Caroline Roberts (a turncoat?) was with the 4th place Rip



City Paddlers from Portland (who did a practice Friday at VCKC)—did she drag her paddle?

VCKC Victorious Secret took 2nd place in the Gold Consolation Final.

Stumptown Paddlers (our hosts in Portland) took the Bronze Medal in the Silver Division.

VCKC Komodo Dragons

took 4th place in the Bronze Division.

VCKC Jack Pack took 4th place in the Pearl Division. This first year Novice team had the thrill of their lives not only in their first race but also missed making the front page of the Times Colonist by being a boat lane away from the dragon boat that got swamped and capsized by large waves caused by a speeding fire rescue boat responding to a false alarm. Sue Anderson did a great job in manoeuvring the bow of the boat toward the waves.



In spite of race delays and race administration foul-ups, a good time was had by all. Even Herb! (But why do they charge so much for beer and for registration?)

About 60 joined in on Saturday's dinner at the Crystal Jade Restaurant.

Gorge Rowing and Paddling Centre Gorge Fest

VCKC Namakas took the Silver Medal in the Women's Division (their first race!);

VCKC Grand Dragons took 1st place in 50+ Final and the Mixed Red Division B Final;

VCKC Victorious Secret took 4th place in the Mixed Red Division B final.

VCKC United took 3rd place in the Mixed White Division B Final.

VCKC Komodo Dragons took 3rd place in the Mixed Green Division, a bronze medal.



VCKC Just the Boyz (a men's team combined from VCKC teams) came 4th in the He-Man Bro-tastic 'Stash-down' against some heavily favoured merged teams (Gorging Dragons & Xtreme Reach, Goblin Empire & Navy Anchors, Blu-By-U & Dragonslayers).

2nd Camp Blanshard - Kids Paddle

Five VCKC Dragon Boaters took 12 kids and their two guardians for a spin around the gorge. They didn't believe that the green growth on the shore was troll fur but they still had a great time scaring the trolls under the Admirals Bridge. They returned to the clubhouse for BBQd hotdogs and fresh local peaches. Check out their thank you card on the mantel.

July 2010

Champion 9 meter boat arrives

Nanaimo Dragon Boat Festival

VCKC Grand Dragons took 2nd place in B Final Platinum Division and jointly won the 50+ category trophy;

VCKC First Class took 1st place in Mixed Diamond Division B Final;

VCKC Victorious Secret took the Bronze Medal in the Mixed Gold Division.

1st Camp Blanshard - Kids Paddle

Gorge Canada Day Picnic

VCKC raised over \$1,000 by providing rides to kids and the public in 2 dragon boats and a voyageur during the Canada Day celebrations.



June 2010

Nanaimo Paddlefest

VCKC Victorious Secret took 1st place in Mixed Red Division.



Portland Rose Festival

VCKC United reached the semi finals of the Portland-Kaohsiung Dragon Boat races using tug-like Taiwanese boats.

Ron Crab tree

(all photos by Wendy Clapp)

Our Coach

From time to time, throughout our lives, comes a person bearing special qualities. What those qualities are, generally, needn't be defined. And so we speak of my fishing buddy, my climbing partner, my dragonboat seat partner, my spouse. It's a joint, personal suitability... a comfort zone duet, if you will. The caveat here, however, is found in the old adage — 'one man's medicine, is another man's poison' — where the personalities of your 'best fishing buddy' and 'best backpacking buddy' clash, and the longed for weekend pack to a remote high lake, teeming with Eastern Brook, gets cancelled.

Far less often does one end up with several 'special qualifying' buddies. Twice in some 39+ years for this person!

So then consider this. Just how often does an entity simply 'appear', and coalesce with dozens, nay, not a handful, but dozens? In one establishment alone! Never is your bet? You lose mate! But it is so rare, you're nearly right.

An entity such as that indeed exists. And, in fact, at our Clubhouse. And he's my Coach. Oh, and yours too? Why am I not surprised?

Brain Clark, in one season, took the New, 'VCKC Grand Dragons' from "VCKC Who?" to Platinum at the Nanaimo Festival! Ya, sure, read, if you will, 'ol farts'. We don't mind. We don't mind racing either ~ ~ ^.,.^ ~ ~ but sonny, you'll need a 'chin strap' for your wee beanie, if you plan on keeping up.

In his quiet way, Brian has taught us to "streak", in a very few short months. Course we don't "show it All". Just enough to be winners in all aspects of this paddle sport.

During some of the longer lung bursting sets, Brian's encouragement of: "You're looking good Grand Dragons; Stay with me now!" was so welcome, uplifting and positive: we did! This Coach showed us we

could fight beyond the finish line, if required.

Brian also worked with Victorious Secret, and the new women's team "VCKC Namakas". Wait, not yet done! He is also favoured at GRPC (Gorge Rowing and Paddle Centre) and steers for the Dragonauts. The short story? Fair enough. Brian is extremely well known and respected, as coach, stern, paddler and humanitarian in the dragonboat community. He is always 'upbeat' with his ready grin and always makes himself available for any extra tutorage with an eye toward perfection.

And he's ours. And he walked away from the Victoria Dragonboat Festival with a Bronze, Silver, and Gold Medal. While it's true the Dragonauts managed the Gold, the VCKC Grand Dragons pulled off the Silver and Bronze.

Life is good. What could be better?

Well there's a crux. And as I sit here at the keyboard working on this wee piece of prose for the second night, I listen to Melissa Etheridge, again and again, as she sings, "I Run For Life". No doubt you know the song. We all waved pink carnations for the 'survivors' last Sunday, as her song played. As I 'donated', and took three carnations, Brian was on my mind. (Though I didn't need three, my habit is to look for two ladies not having flowers, and share.) I can wave and pray just as eloquently with one, while hoping your Gods are attentive.

With that, I ask for your support and prayers, for our Friend, Coach, a Father, a Husband, and much more, as Brian battles this insidious sickness we call Cancer. He learned of it only a week ago, so there is yet, much he doesn't know. He's taught us how to fight whilst in the dragonboat. Let us band together and help him in this fight. Be you religious, agnostic, or atheist, your kind thoughts can not do anything but good!

Herb Stark

Canoe Program Report

Hello everyone! Hope you've had a wonderful summer filled with paddles, PFDs, portages and great pictures. If you've gone on a great trip to an interesting destination, I would love to hear from you! Hopefully your video or photos, what gear you took, and how you planned it will become the "edutainment" for the next several canoe meetings. Help others to discover the amazing places you have by sharing your stories and pictures with us. I certainly look forward to hearing about them.

Canoe Program Meeting

Monday, September 20 at 7:30 pm

We will present a video called "The Call of the River". It's a fascinating look at the history of canoeing.

National Canoe Day - June 26, 2010

Well, Joy got her wish from last year, and this year's National Canoe Day fell on a Saturday. We took full advantage of that (and the lovely sunny weather) and had a great day celebrating that gem among the Seven Wonders of Canada - The Canoe!

Jean Chandler's stroke practice group started the festivities off with a choreographed performance which made some difficult technical paddling look easy. And then we had several goofy races with the many folks who'd come for the fun. Among these were egg races, blindfolded and backwards paddling and using bailers as paddles. Alan dropped a few buoys to make a "race course" and we kept the number and type of boats the same for simplicity's sake. We just randomly drew names from among the gathered for the various heats and races. This worked smoothly and well, and everyone there had a blast!

We then enjoyed a fabulous BBQ, culminating in a beautiful cake decorated for the day with a bright red canoe on it! Thanks to everyone who contributed and helped out. A wonderful time was had by all.

BC Rivers Day - September 26, 2010

Stay tuned for plans for this fun day.

Canoe Trips and Courses

A meeting will be held in the next week to plan the fall courses for moving and flat water, and also some trips. Keep your eye on the website for updates. (*Ed. Note: Check 'Trips and Courses' part of the Newsletter page.*)

Yasmin Rampuri
Canoe Program Director

Trips and Courses

RCABC Big Canoe Advanced (Skipper) Course

An Advanced Big Canoe course will be run on a weekend in October that suits the interested paddlers.

The Advanced Course is intended to train paddlers to stern a voyageur or other big canoe - strokes, managing the crew, boat handling on land, etc. Prerequisites are the basic tandem and solo canoeing courses (Levels 1 & 2); and preferably with Advanced tandem skills as well.

Depending on the number of students, the course will take two days and will be held on the Gorge (based at the Clubhouse). It will include a rescue session, which will require wearing a wet or dry suit for that portion. Cost is \$50 per person.

Please let me know by [e-mail](mailto:3135thom@islandnet.com) by September 24 if you are interested in taking this course. Anyone who is considering sterning a voyageur canoe in next year's Paddle For the Kids and has not already taken the course should sign up for this one.

Alan Thomson 3135thom@islandnet.com

For Sale

Chesapeake Sport Tandem Kayak \$2800 OBO

I built this tandem to participate in adventure races. It is a narrow and very fast double which is perfect for couples who want to really cover the miles, whether it's for exercise, super-fast touring, or winning races.

Buy this boat if:

You need a racing kayak for two;
You are in an long-duration adventure race;
You are athletic and like to cover ground;

You are a strong paddler who wants to carry a child or large dog

Length: 21'8"

Hull weight: 65 lbs.

Beam: 22"

Max payload: 475 lbs.

Cockpit size: 31" X 17"

Paddlers weight: 250-400 lbs

Contact Info:

Debra Sheets

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VCKC Executive

| | | | |
|---------------------------------|----------|--------------------------------|-----------------------|
| President | | Voyageur Program | |
| Bon Lee | 477-1381 | Alan Thomson | 592-4170 |
| Acting Vice President | | Marathon Canoe Program | |
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| Sam Ludmer | 298-7004 | Standards | |
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| Sea Kayak Program | | Mavis Pilar | 590-4390 |
| Doug Linton | 727-0216 | Executive Volunteer | |
| Dragon Boat Program | | Positions | |
| Jack Louie | 598-1569 | Harold Gillis (Newsletter) | 598-9488 |
| Acting Outrigger Program | | Dave Whitehead (Boat & | email |
| Dave Schweitzer | | Locker Storage) | |

VCKC Calendar

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