



# Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club  
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Website: [www.vckc.ca](http://www.vckc.ca)

October 2010

## General Meeting October 5, 2010 7:30pm

Doug and Cathy Hull spent the past twelve months wandering up and down western North America with a truck-camper, a Pakboat canoe and their Australian terrier named Miles.

After 25,000 km of driving and 1,700 km of paddling, they are back in Victoria and will be making a presentation about their travels at October's General Meeting.

They'll be sharing stories and details of three favourite and very different destinations.

(More details page 6)

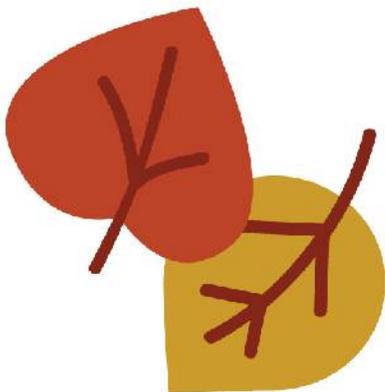


## Fall Cleanup

The fall clubhouse cleanup is planned for Saturday, October 23. We will need members to volunteer to help cleanup the house and the yard.

Things will get started at 9:00 am and if we have enough people we should be finished by noon.

Come for the morning or for an hour if that's all you can manage. It all helps. Bring rakes, gloves, secateurs (pruning shears), buckets, cleaning materials or whatever you may need for the task you plan to do, inside or out. The more people, the sooner the task is done.



## Portland Dragonboat Festival

On September 9, I set out for Portland with a group of VCKC paddlers to compete in the Dragonboat races held there on September 11 and 12. After a beautiful drive to Portland in the sunshine we arrived to a planned practice at the race site and meeting up with our billets. Everyone had a quiet evening before an action packed day of racing on Saturday.

Prior to races commencing on Saturday Sept 11, a fireboat in full operational mode pumping water in all directions, along with a bagpipe band, paid tribute to those who lost their lives on 9/11 nine years ago.

I had the privilege of racing with the VCKC United team, the VCKC Master's team and Ladies of the Lake women's team from Kent Washington. It was a crazy schedule as I raced in 5 races that day.

Sunday brought more excitement as the VCKC Master's team finished 3rd in the final race. Lan Chen and I agreed to help out the Kent team when they emailed our club looking for extra paddlers.

Little did we know what would become of that offer. We ended up coming in first in the "C" division finals and won by 4/100ths of a second in a photo finish race.

It didn't stop there however, winning that race meant we qualified for a 2000 metre race later in the day. Our strategy was to just finish the race as it would be an endurance race. In the end our plan turned out to be more than we expected—a 5th place finish out of 9 boats. Not bad for a fun weekend of racing.

I ended up racing the equivalent of seven races on Sunday. Needless to say I was pretty much out of gas by the end of the day. The highlight of course was the GOLD medal. I'm only sorry it wasn't earned with a VCKC team.

*Brenda Kalynchuk*

### For Sale Whitewater Canoe

Dagger Caper tandem/solo white-water canoe for sale.

It's made of Royalex and comes with flotation bags, painters, built-in kneeling pads and thigh straps.

This canoe is in great condition; we weren't able to take it out as much as we would have liked.

If you are interested, you are welcome to come by and see it.

Jesse - [jugglinjesse@yahoo.ca](mailto:jugglinjesse@yahoo.ca)

## British Columbia Seniors' Games Success

On September 16 and 17, Ann Fedora, Louise Johnson, Greg Goodwin and I were members of the Victoria United dragon boat crews brought together by Sheila Cantwell (Dog Paddlers) to compete in the B.C. seniors' games in Courtenay/Comox.

The crews (ladies and mixed) were formed in late July and made up of 36 over-55 paddlers from nine crews in (mostly) the Victoria area. Eight of the ladies paddled in both crews. We practised out of the Gorge Rowing and Paddling Centre a couple of times a week after the Victoria festivals. All of the crew were experienced, dedicated paddlers. And it showed in the practices and ultimately in the games races.

The race venue was in Comox harbour. The course used is only 375 meters so the races were long sprints. I predicted times of about 1:30. The ladies timed in at about 1:50 in their first race with a second place. But they managed a win in the second qualifier so they qualified for the semis on Friday. They placed second again in the semis and second for silver in the finals. They were beaten by about half a boat by the Fort Langley 'Fortified Women' and followed by the Cultus Classics.

In our first mixed race we clocked in at 1:37 – which was the fastest or second fastest of the day—and won our heat which allowed us to skip the second qualifier race in the afternoon. We placed second to the Fort Langley 'Fortified' in the semis on Friday with a difference of .2 seconds.

In the final it was Fortified VS Vic United all the way. We started very well and led by about half a boat by mid-way. Unfortunately, Fortified have developed a really explosive finish and they caught up just in time to beat us by .42 of a second to give us silver medals as well. Bronze went to 'Lift What's Draggin'

from Okanagan-Similkameen.

The finals as usual were exciting head-to-head all-out racing and we all came away happy with the results vowing to do it again. Unfortunately, the games next year are to be held in early August the week of the Victoria festival so I suspect there will be no crew from this area. Maybe 2012!

Doug Linton



### Important Note

During the summer, several VCKC members noticed non-members using the downstairs washroom.

Please do not give the combination to the downstairs door to people who are not members of the club.

## Membership Renewal Information

In a few short months 2010 memberships will expire and it will be time to acquire a VCKC membership for 2011. To help make this process as painless as possible I've put together some tips for VCKC members.

1) No Cash! No Cash! No Cash! If you don't have a chequing account please ask a friend to write a cheque on your behalf, because cash will not be accepted.

2) Pay by cheque! If you choose this option, please don't forget to include a completed waiver for everyone in the membership who intends to paddle. And remember that a waiver is an annual membership requirement.

3) Use VCKC's on-line Paypal account! Some members abhor Paypal but Paypal has changed. If you use Paypal, you no longer need to set up an account or contact your bank—all you need is a major credit card. (When you use Paypal, the annual waiver is included in the process.)

4) January 31, 2011 is important. The last day of January marks the end of the grace period for memberships. If you have not submitted the appropriate membership fee, along with the necessary waivers, your membership will become inactive on this date. Having an inactive membership means you will not receive any e-mail updates, information on courses or events, nor will you be allowed to take part in club outings. You can renew your membership later in the year but why take a chance on missing out on a great paddle or a great bar-b-queue?

Graham Lloyd  
Membership Chair



## Outrigger Program

The Outrigger Program had its first fall meeting on September 21 with an excellent turnout of both new and veteran members. I suspect that Barb's cookies and those provided by others may have had something to do with that. Thanks for the treats folks.

We received excellent suggestions on some key areas that we will work on to improve the outrigger program and make it more accessible to new paddlers while accommodating the needs of current paddlers as well. Seems we have an increased interest in the program, in part due to the success of the dragon boat program and the transition by some paddlers to outrigger for fun and to keep in shape for next year's dragon boat season. We therefore need to consider ways to fairly allocate time slots and will review the suggestions we received at the meeting for developing a fair allocation process.

And speaking of time slots, there appear to be some open ones during the week after work hours. So, if you are interested please contact Ann.

We will be setting up some training sessions in areas including huli, sterning, rigging, basics of paddling and a review of policies and procedures.

It was confirmed that it is okay for teams who want to carry out their own training to bring in outside instructors. Keep in mind however that there is a lot of talent in the club as well.

Also, our experienced paddlers and teams will be asked to take an active role in getting some of the newbies out on the water on a regular basis so that they can get the training and experience needed to form some new teams. I appreciate the efforts of our current captains and teams in assisting the new paddlers and suggest you and your teams look for ways to make this work. Let Dave and I know if we can be of any help.

And a potential new program.

Ron W. offered to assist in the training and will work on developing a Sprint program for outriggers. This could lead to some very competitive teams for next years WUTG, or any sprint race anywhere. We are truly privileged to

have several world class paddlers in our club, and their assistance would prove invaluable to those interested in sprint paddling, or paddling in general.

Irena has stepped up to take over Ann's role as scheduler. The transition will take place over the next few weeks so please continue to work through Ann for now. Thanks Irena. And thanks, Ann, for all your work over the past years.

I also understand that Barb has offered to take minutes of future meetings. Much appreciated, Barb. This will help Dave as he takes over the reigns for the program to year end, and perhaps beyond.

Thanks again to all those that attended, we will do our best to work with you to move forward on the above areas, and we look forward to your continued participation.

#### It's BAAAAACK

The OC 6 that was at Gyro Park over the summer found its way home on the evening of September 23. It was ably sterned by Doug L. with Greg, Herb, Tony, Kym and I filling the other seats. It made its way through rainy but fairly calm waters to the Tillicum bridge. After detouring around an incoming cruise ship docking at Ogden, we finished with a quiet paddle up the Gorge with the sounds of the music festival blasting behind us. The music seemed to concern at least one of our paddlers who was quickly reminded of his age and that his attitude towards loud music was probably a bit more supportive in his younger days when Elvis was King.

All seemed well as six tired but satisfied paddlers approaching the bridge and clubhouse and dry clothes. However we were suddenly brought back to reality at the site of a **roaring** current under Tillicum. Maybe the one hour later then planned start time was going to be a bigger factor then we anticipated!

Our first try ended up with us reversing back to quiet waters (I didn't know these boats had a high speed reverse gear) and reassessing the best route. On our second attempt we took a different line and somehow managed to find that last ounce/gram of energy after what seemed

like an eternity paddling in the middle of the current, and we managed to pull thru. Doug mentioned something afterwards about "never having paddled against white water under the bridge before", I am glad he didn't tell us before we made the attempt.

So there are now two boats at the club. Get in them, have fun and stay safe.

Max



### Wilderness First Aid

To all members:

We have been offered wilderness First Aid course through Alert F.A. If we can get 8 people, the cost would be \$225 each, reduced to \$200 if we get 10, \$180 if we get 12. Individuals can also take a public course for \$240, and you will get a \$40 discount as a VCKC member (you will need a promo code). They also offer 15% off first aid supplies for members. If you are interested in doing this please contact me, and I will get something set up.

Doug Linton

## Canoe Program

Due to yours truly driving merrily home to Sidney instead of to the VCKC Clubhouse on Monday, September 20th, we will simply repeat the planned video "Call of the River: A Hundred Years of Whitewater History" and let you know the trips and courses that are planned and upcoming.

Again, I am hoping to present some slideshows of trips members have taken recently (or otherwise) to a unique and interesting destination that you might like to share with others. Please get a hold of me if you have anything you might be able to put together for us, I'd love to hear from you.

Next Canoe Program Meeting: Monday, October 18 at 7:30 pm

My sincere thanks to the instructors who met without me and missed their promised dinner; please find below a tentative canoe course schedule for the fall.

### Courses and Trips

Here are some proposed dates for courses. Please email [canoe@vckc.ca](mailto:canoe@vckc.ca) and let me know which courses you are interested in. We are able to offer more courses this fall if there are enough people who would like to take them.

#### Flatwater Level 1 Basic Tandem

This course has a mandatory classroom session which will take place before the on-the-water portion. The course also has a canoe rescue session which definitely involves getting in the water, possibly in a pool as the weather is getting cooler now. Each flatwater course is \$25 per person and may have an additional \$10 per person charge to cover pool rental fees (if you are lucky enough to do this in a pool!).

October 16/17 or 23/24

#### Flatwater Level 2 Basic Solo

October 30/31

#### Flatwater Level 3 Advanced Tandem

November 6/7

### Moving Water Tandem (prerequisite Flatwater Level 1)

October 30/31

If you are interested in becoming a flatwater or moving water instructor, please contact Ellie James directly at [ejames@bgcvc.org](mailto:ejames@bgcvc.org). If there are sufficient numbers a course will be put on.



Canoe/Kayak Flatwater trips are planned for Saturday, October 9th and Sunday October 24th

Usual arrangements:

- \* Meet in the parking lot by the Clubhouse at 9:00 am;
- \* Call or e-mail Linda and Alan Thomson by the Thursday evening before a trip if you would like to take part. And let me know if you need a boat or partner;
- \* Check the weather forecast for likely wind and rain conditions (250) 363-6717 or -6880 by telephone or the Environment Canada Internet forecast. Bring clothing suitable to the day;
- \* Bring lunch and hot drinks, too.
- \* The Club's website (click here) tells you what is expected of trip participants.

Trip destinations have not been chosen and will, as always, depend on the weather forecasts. If you have any favourite trip you'd like to suggest, let Alan know. A reminder note will be e-mailed to all section members the weekend before the planned trip. Alan Thomson's email: [3135thom@islandnet.com](mailto:3135thom@islandnet.com).

Yasmin Rampuri  
Canoe Program Director

## Tough Choices

Which paddling destination would **you** choose?

- (a) An uncrowded, undisturbed vast sub-Arctic lake where tendril-like channels are lined with towering red granite cliffs and spruce-pine forests?
- (b) A peaceful, remote route through four beautiful little lakes and three easy rivers, with plenty of sandy beaches and rustic campsites?
- (c) A wide, slow-moving river with scenery that includes stringy Spanish moss, a tangle of aquatic plants, alligators, and armadillos?

If you chose (a), (b), or (c), you might like to attend Doug and Cathy Hull's presentation at the VCKC general meeting on Tuesday, October 5.

Doug and Cathy spent one year wandering up and down western North America with a truck-camper, a Pakboat canoe, and their Australian terrier named Miles. After 25,000 km of driving and 1,700 km of paddling, they are back in Victoria and would like to share three of their

favourite destinations:

- (a) the 250 km-long east arm of Great Slave Lake, an area that may become Canada's next national park,
- (b) the Nation Lakes Canoe Route, 120 km of wilderness canoeing in central British Columbia, and
- (c) the flatwater rivers of East Texas, which can be paddled year-round.

For an overview of their travels, see Doug and Cathy's web site, [here](http://sites.google.com/site/canoehull/) (<http://sites.google.com/site/canoehull/>) and click on "Destinations."

The October 5 presentation will focus on the canoeing experience—scenery, wildlife, best times to go, camping, shuttle options—for the East Arm, Nation Lakes, and East Texas trips. If you are considering any of these three destinations, bring your questions. If you have already been there, bring your stories.



### **VCKC HALLOWEEN PARTY**

**SATURDAY, OCTOBER 30 @ 5 PM**

**POTLUCK OF YOUR MOST  
"FRIGHTENING FOOD"**

**COSTUME CONTEST**

**TRICKS AND TREATS**

**GHOULISH GAMES AND FREAKY FUN**

**RSVP DIANE AT**

**[MISSPRING@SHAW.CA](mailto:MISSPRING@SHAW.CA)**

# VCKC Executive

<b>President</b>		<b>Voyageur Program</b>	
Bon Lee .....	477-1381	Alan Thomson .....	592-4170
<b>Acting Vice President</b>		<b>Marathon Canoe Program</b>	
Mavis Pilar.....	778-430-4390	Ron Williams .....	592-6456
<b>Treasurer</b>		<b>Education, Safety &amp; Standards</b>	
Sam Ludmer .....	298-7004	Doug Linton .....	727-0216
<b>Acting Secretary</b>		<b>Membership</b>	
Marie Lansdowne.....		Graham Lloyd .....	381-5090
<b>Past President</b>		<b>Clubhouse &amp; Grounds</b>	
Linda Thomson.....	592-4170	Sandy Rattray .. ..	386-9144
<b>Program Directors</b>		<b>Directors-at-Large</b>	
<b>Canoe Program</b>		Michael Fox .....	391-0160
Yasmin Rampuri .....	655-4859	Irena Jazwinski .....	388-9757
<b>Sea Kayak Program</b>		Diane Nishimura (Soc.) ..	383-3080
Doug Linton .....	727-0216	Mavis Pilar .....	778-430-4390
<b>Dragon Boat Program</b>		<b>Executive Volunteer Positions</b>	
Jack Louie .....	598-1569	Harold Gillis (Newsletter)	598-9488
<b>Acting Outrigger Program</b>		Dave Whitehead (Boat & Locker Storage)	<a href="mailto:">email</a>
Dave Schweitzer .....			

## October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5 7:30 PM General Meeting	6	7	8	9
10	11	12 7:00 PM Executive Meeting	13	14	15	16
17	18	19	20	21	22	23 9:00 AM Fall Clubhouse Cleanup
24	25	26 7:30 PM Outrigger Gen Mtg	27 7:00 PM GWI meeting	28	29	30 VCKC Halloween Party