



Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club
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February 2011

New Year's Day Paddle



Clubhouse News

2011 AGM Election Results

The 2011 Annual General Meeting was standing room only. Thanks to everyone who made the effort to renew their membership and take part in electing the 2011 executive. A special welcome to the new members of the executive:

Herb Stark - Kayak Director

Doug Magnuson - Boat & Locker

Wendy Clapp - Director at Large

Elizabeth Hoffpaur - Director at Large

Ron Crabtree - Director at Large

A complete list of your newly elected executive can be found on last page of this newsletter.

Update on the proposed Teva Nui boats

A decision by the executive regarding the purchase of the Teva Nui boats has been made. Support for these boats was withdrawn by both the Outrigger and Marathon Canoe sections. This left little to no support from any of the club programs. To the many members who emailed regarding this matter, thank you for your input. These boats are history for the time now.

First Paddle of the Year

The first paddle of the year brought out 25 plus paddlers under a sunny but very cold morning. Taking part was a good mix of two voyageur, four kayaks, and four canoes.

The group had planned to paddle up to the creeks off Portage Inlet. When we arrived at Portage Inlet, we were unable to go any further because the inlet

had frozen over. We headed back towards the clubhouse hoping to go up the small creek beside Kinsmen Park. Arriving at the mouth of the creek, we found it was full of Canadian geese and ducks feeding. Not wanting to disturb their feeding we continued under Tillicum Bridge but returned almost immediately as the ebb was starting to build.

Back at the clubhouse, everyone warmed up on the mulled wine provide by Alan. Thanks to all the members who provided a variety of food for the potluck. After lunch, everyone helped to take down the Christmas decorations but with Mavis, away most of us didn't know where to store all the club decorations. I hope she can find them for next year. However, it was still a good way to start the New Year.

Upcoming Events of Interest

Ocean River Sports has an event coming up on February 9 from 6:30 to 8:00 pm titled "*Kayaking with Those Who Know*". It will feature a cross section of Vancouver Island's own sea kayaking experts. It will be an evening of reminiscing sea kayaking adventures.

Ocean River would like to formally invite the VCKC kayakers to this evening. There is more information about it on their website at www.oceanriver.com.

There is an RSVP for the event so they can prepare with the appropriate amount of snacks and drinks. You'll be able to access the rsvp on the Ocean River website.

Bon Lee
President, VCKC



New Year's Day Paddle

(Photo: Harold Gillis)

Voyageur Program Paddle for the Kids - 2011

The 2011 Paddle For The Kids is getting underway. This VCKC fund-raising event is in aid of the Lions Society Easter Seal Camp on Lake Shawnigan. The camp is run every summer and is designed to allow children with disabilities to spend a week doing outdoor activities in a safe yet challenging environment. The funds raised by the Club help to subsidize the costs of the camp to enable children, whose families do not have the means, to attend.

The Paddle will take place on Saturday, March 26 preceded by seven (7) practice paddles.

The route follows the shore of the Saanich Peninsula starting at Brentwood Bay and ending up at the Clubhouse. The paddle is done in the Club's four voyageur canoes with two teams of six paddlers per team. Each team paddles for a shift of about 1.5 hours then switches with the other team. The whole trip is about 40 miles and will take from 10-12 hours. We are accompanied by a safety boat provided by the Victoria Marine Rescue Society. The Lions Clubs in the Greater Victoria area assist in fund-raising as well as providing the transportation on the day of the Paddle and sponsorship.

Practices

Saturday February 5:
The Gorge and Victoria Harbour -
(9:30 am start)

Sunday, February 13: Shawnigan Lake

Saturday, February 19: Sooke Basin/Harbour

Sunday, February 27:
Finlayson Arm/Saanich Inlet

Saturday, March 5: Maple Bay/Cowichan Bay

Sunday, March 13: Mill Bay/Cowichan Bay

Saturday, March 19:
Sidney Island/Darcy or
Portland/Rum Island

Saturday, March 26: Peninsular Paddle
Brentwood Bay to the Clubhouse

Except for the first practice, all trips will start by meeting at the Clubhouse at 8:30 am where transportation and other logistics for the day will be arranged.

Who can take part? All Club members from all programs are welcome to take part in the practices and the Paddle. Those who can't paddle can raise funds for Camp Shawnigan.

What should you bring? All paddlers must have a PFD/life-jacket and paddle. It is sensible to bring some spare clothing in a waterproof container and rain-gear. Unless otherwise advised, you should also bring along food and drink for the day's trip.

Any questions, call or e-mail Alan Thomson voyageur@vckc.ca; 250-592-4170. Mike Fox is handling the Lions Club liaison but is out of town for the first practices.

Attention All VCKC Members

The codes for the combo lock on the basement door of the clubhouse and the lock on the boat storage gate will be changed on February 1.

Paid up members will be able to access the new combinations on the web site members page.

Members are asked to take care not to share combinations with non-members.

Kayak Program

Hi Gang, just a quick message.

A few of us at VCKC would like to see the kayak program a tad more progressive and active.

To that end, I accepted the task with some trepidation, yet hopefully, with help from a lot some of you, survivable.

A 'progressive' start was easy. I moseyed over to the Crystal Pool to see if they still had a time slot for boats at their facility. A time when we could come, play, fall out, get back in, practice skills we've gained, and learn new ones with the aid of fellow paddlers. All in a safe warm environment. Now how good is that?

These sessions are from 6:30 to 8:00 pm, the first Sunday of each month. The cost is \$11.20 (includes HST). The pool requires a minimum of 7 and a maximum of 18. They would rather have individual 'sign up'.

Hmm, getting back to 'Active'. Well, you see, that's a toughie isn't it. Because all you represent that function. This is Your Program!

I hope you'll take this as an invite to get actively involved with VCKC's Kayak Program, and tell me you want a piece of that pool on February 6. I suggest goggles that don't leak, and nose plug if that's an area of concern. I seem to keep my brain in a different area of my anatomy, so water up my nose doesn't pose a problem. As well, a kayak, spray deck (skirt), PFD, paddle, paddle float, and pump.

I wear shorts and a tee, (not cotton), and neoprene booties.

VCKC has five or six solo kayaks and one double.

Susan Zedel, <szedel@shaw.ca> , is the contact person for club boats. Bon Lee investigated modes of transport: MEC has the "Sherpak Deluxe Universal Kayak Carrier", for \$39.95.

This is not a formal 'training session'. I'm just another paddler. But I believe we can feed off each other, have a great time, and learn.

Hope you'll join in. But you'll need to get registered soon.

Herb Stark
Director, Kayak Program



Everyone loves a cedar Kayak...

Dragonboat Program

Wow! What a great turnout for the January general meeting. After a lot of talking on my part, there were many suggestions and ideas from the DB community. The Dragonboat Program Committee will be addressing all the questions and ideas that came forward.

We are currently putting together a binder to be placed downstairs. The binder will contain all Dragonboat documentation, including policies, procedures and general meeting minutes.

Paddler surveys were distributed at the meeting and mailed out to members who were unable to attend. Currently we are gathering information from those surveys. Once that information is gathered, we will be filling teams with people who have common goals and interests and get out on the water.

We hope that this is another growing and fun year. We have put together various teams of differing technical, competitiveness, social and

commitment goals. The hope is that every paddler will find a team with the same goals and commitments and thus a great year will be available for all paddlers as well as the club.

Further discussion at the general meeting focused on maintaining and further developing a commitment to VCKC and its goals.

To better improve both the communications between paddlers and the Director and to increase the enjoyment for all, there will be monthly Dragonboat Program General Meetings from March to August. Watch the Calendar for dates. Any ideas or suggestions for the agenda, please submit to the Dragonboat program director vckc.db.director@gmail.com.

For information regarding teams or the paddler survey please contact vckc.db.registrat@gmail.com.

Brian Clark
Director, Dragonboat Program

Dragon Boating Plus

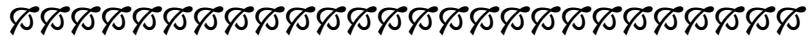
A couple of the Grand Dragons decided to try keeping the group 'rust free' during the Dragon Boat off season. To that end, weekend 'hikes 'n' bikes' have been organized on a fairly regular basis.

Wanting to mobilize more folks, we expanded the invite to any/all club members over fi-fi-fi-fifty, (hate saying that word!), that we knew of.

We try to accommodate all folks—and all fitness levels. We leave no one behind.

The hikes range in both distance and difficulty. Our next is Sunday, January 30. We'll meet at 9:00 am at the east end of Esquimalt Lagoon where the 'house' is. We'll check out Royal Roads, and the spit—then perhaps brunch.

If you're interested, send an e-mail to: kayak@vckc.ca. A couple of folks to thank, for these outings are Diane Nishimura, Tony Dalmyne and Bon Lee. It wouldn't happen without them.



Canoe and Kayak Program Report

Thanks to everyone who filled the room at the well-attended Canoe/Kayak Program Meeting on January 17. It was a pleasure to see many kayakers and many new faces—welcome all!

We presented the schedule of courses that are coming up this winter and spring. Also mentioned were the next few and all the annual major trips VCKC does. Please find this list in detail in the Trips and Courses section of the newsletter. A big thank you to our wonderful instructors who all met before this meeting to lay out a plan I hope will give many folks opportunities to learn and try out new canoeing and kayak skills on the nearby rivers, lakes and ocean. We are so lucky to live here and be able to get out in our paddlecraft year-round!

Herb Stark popped up to the front to introduce himself as the new head of the Kayak Program. We have decided to continue with our merged program meetings and Herb will help out finding interesting material for future meetings. If you are interested in kayak courses, please email kayakcourses@vckc.ca.

Alan Thomson's presentation of his and the Rattrays summer trip in Johnstone Strait from Telegraph Cove to Rock Bay on the northeast part of the island was fantastic and everyone enjoyed his great photos and lively commentary. We got a great sense of the area from the many charts, maps and slides Alan brought along, and all felt very encouraged to go up and see the area for ourselves. Thank you, Alan.

Our next Canoe/Kayak Meeting will be on Monday, February 21 at 7:30 pm. The presentation will be by Dan Walker and Tom Staebell on a river trip in the Kootenays and should be fantastic and informative. Kayakers welcome, especially whitewater, though this was a canoe trip!

A friendly reminder to please renew your membership if you have not done so already. January marks the end of the grace period where you will continue to receive news and updates about club programs if your membership has lapsed.

Happy Paddling,
Yasmin Rampuri
Canoe Program Director

Trips - Flatwater

Saturday, February 12 -
a delta paddle if the winds are OK

Sunday, March 20 -
possibly the west end of the Juan de Fuca Strait—more likely Sooke Harbour and River.

E-mail notice of these trips and the likely destinations will be sent out the week before the scheduled date.

These paddles are open to all members who have passed the basic paddling course in either kayak or tandem canoeing. Club boats may be available if needed. Partners can be arranged for the single canoeists, if required.

Trips - Moving Water

Saturday, February 12, 2011

Sunday, February 27, 2011

VCKC members who have passed a moving water course are welcome to participate in the scheduled “club” trips. Helmets, PFDs, wet or dry suits must be worn and boats must be properly equipped.

River trips will depend on water levels and what the group is into. The above are proposed dates, although feel free to initiate a paddle any time.

All the details continue unchanged: Meet at 8:30 am at the Millstream Park and Ride where canoes and vehicles will be loaded up to economize with a usual stop for coffee along the way. A brief email reply to the trip notice is helpful to ensure we will wait for you, or to let you know there has been a cancellation. If you need to drop out at the last minute, please let Tom/other trip leader know. If you are a moving water course graduate and need to borrow a club boat let Tom know.

If new to these outings or if you have questions, please contact Tom Staebell at thestaebellfamily@shaw.ca or 250-655-7113 by Thursday evening before the scheduled date if you plan to take part.

There are some equipped tandem canoes that may be borrowed for a small contribution to the canoe program.

Advance Notices:

Frost Free Weekend Camping Trip:

This trip is traditionally held on the Mother's Day weekend (May 7-8). This has in the past been a 3 day/2 night trip; and we propose to do the same again if members are willing to take the extra day off work (Friday or Monday, whatever suits).

Running of the Cows:

The 10th annual running of the Cowichan River from Lake to Bay is scheduled for April 30th/May 1st - put it in your diaries. More details in a future newsletter. Tom Staebell and Alan Thomson are the contacts.

Up Island Paddling Weekend:

Currently scheduled for June 11/12. Destination TBA.

Canoe Courses

For more information or to register for any of the following courses, please contact Yasmin at canoe@vckc.ca. Your VCKC membership dues for 2011 must be paid in full order to register for any club courses below. You can join online at www.vckc.ca. An Individual membership is \$40; family \$60.

Lake Water Basic Tandem and Solo

This special course is for anyone who is available during the day and for anyone who wants to benefit from taking this instruction over a longer period of time. It will take place for 7 weeks during Jean Chandler's enormously helpful Tuesday morning stroke practice sessions.

Tuesdays 8:30 am to 12:00 pm
February 22 to April 5th

Lake Water Basic Tandem and Solo (Level 1 & 2)

Sunday, March 20 (Tandem)
Sunday, March 27 (Solo)

Moving Water Tandem (possible concurrent Solo Course, if there is interest)

Saturday & Sunday, April 2 & 3

Lake Water Advanced Tandem and Solo (Level 3 & 4)

Saturday, April 16 (Tandem Level 3)
Sunday, April 17 (Solo Level 4)

Ocean Paddling Course

Saturday & Sunday, May 21 & 22 (Victoria Day Weekend) plus three evening classroom sessions.

We have also set dates for another round of Lake Water Basic Tandem and Solo, and Advanced Tandem and Solo in late May/early June.

If there is interest, a course has been proposed for late June, late July or early September on Canoe Poling. Please email Tom Staebell at thestaebellfamily@shaw.ca if you are interested in this course.

Also, we have many potential instructors or current ones interested in re-certifying. If this describes you, we have plans in the works for your convenience! Please contact Ellie James, our master instructor, directly at ejames@bgcvc.org.

Costs:

\$25 for each Lake Water course (or \$50 for the Lake Water Basic Tandem and Solo which we encourage all paddlers to take together). In addition to the course cost, Lake Water Basic students may have to pay \$10 each to cover the costs of pool rental.

Moving Water course fees are \$150 per weekend and include the use of a club canoe and transportation costs.

The Ocean Canoeing Course is \$125 for three (3) evening classroom sessions plus an overnight ocean camping trip.



Outrigger Doings

While the Outrigger Program is on hiatus, due to the OC6's being refurbished, a hearty group of 12 paddlers headed to Lotus Land for the annual "Ice-breaker Races".

This event is special in that each team races two ama-less OC6s lashed together to form a catamaran. The course is about 10 kilometres long. The start/finish line is offshore of the Barnett Marine park in Indian Arm. From there, paddlers head north around Boulder Island with a buoy turn, back south to another buoy turn and on to the finish.

From the very beginning, the VCKC United team was in a tough spot. A sudden start left us trailing the pack. Once up to speed, some aggressive blocking tactics by the fourth placed team kept us from moving up. A strong push from everyone—and some skillful sterning from Dale—put us in position to make a beautiful pass at the first buoy turn. We gained on the third placed team but ran out of race-track to catch them. We finished

strong with a time of 31min, 12 sec. Good enough for fourth place in our heat, third in our divisional race.

After some cheer at a local pub, everyone sporting fancy new toques courtesy of Lotus Paddling Club, headed home. On the ferry, a spirited game of UNO erupted to put a cap on an exciting paddling adventure.

A big "Thank You" to Diane Nishimura, for putting the team together and convincing the race organizers to add additional heats so that we could race. I hope this experience will light a fire in some of our newer paddlers and convince them to come out for more race adventures.

The next race is "March Madness". It's put on by the False Creek Racing Canoe Club and consists of a five kilometre jaunt around English Bay on Saturday, March 5. There are divisions for men, women, mixed and age specific. Sterns can be provided if required. Email [VCKC Outrigger](#) if interested in joining us.



Photo: Ryan Ovens

Trip Report

Somenos Lake and Creeks

Sunday, January 23, 2011

The early months of each year are the best time to paddle Somenos Lake if you want to do more than simply circumnavigate the lake itself. In January—and sometimes December and February—the run-off from the fields and surrounding hills means that the water level rises enough that the creeks running into and out of the lake can be paddled.

Although the week before was relatively dry, the week before that had seen lots of rain, so it was likely that the lake was high enough to let us do more than paddle round it. There were five canoes and six kayaks at the put-in at the end of Drinkwater Road and no others cars parked there. There was no wind and the temperature was about 6°C, under a sky of medium high clouds. The entrance to Richards Creek was obvious, now that we have done this trip a number of times and don't have to paddle all the way round the edges to find it. The water level was as high as it has been on other trips, but it seems as if the weeds have grown, too, so the waterway is a little more congested especially further up the creek.

Last year, we'd heard what sounded like a beaver's tail slap off in the bushy marshes that fringe the creek itself, and we'd seen some



evidence of cut branches. This year, we passed two beaver lodges on the trip. One was upstream of the lake and clearly in use – we saw bubbles rising from the beaver as it went into the lodge and there were plenty freshly cut twigs in the area. The other was below the lake and looked deserted—no freshly cut twigs or other signs of life.

We managed to make our way through the sedges and grass onto the fields below Mt Richards—plenty geese and ducks taking advantage of the good feeding conditions—and a couple of eagles, perched on the power poles, doing the same! After nosing our way across and through barbed wire fences and flooded dykes, we decided not to push our luck into the furthest marshy fields and headed back to the lake. It began to drizzle a little but nothing that would get us wet, and there still was no wind. Lunch on the east side of the lake in mature trees, then down to the entrance to Somenos Creek, the waterway to the Cowichan River. While on the lake, we were treated to the sight of a number of trumpeter swans swimming and flying in the area. They are very big birds, most impressive to see, even at a distance. One of the party said that there were 1000 pairs of these swans, or 5% of the world population that wintered in East Vancouver Island.

The drizzle had stopped and the sun was trying to shine as we headed down Somenos Creek, which had more current running than I recall from past years. The level was high, and when we reached the bridge that carries Trunk Road, we could go no further as the pipe under the roadway was less than a foot above the water. We could have portaged over

the road, I suppose, but it is a short distance to the river and hardly worthwhile. So back up the creek and across to the waiting cars. And waiting scones for Linda and me! Dwight and Vanessa had got to the put-in too late to join us and had left two lovely blueberry scones for us, tucked under the roof rack of our van to foil the thieving ravens. Yum, yum —a good way to end a trip.



Thanks to Bon and Susan, Sue, Vic, Linda, Herb, Duane, John and Brenda, André and Marie and Ken for a fine trip on a fine day.

Alan Thomson (Photos and Text)



Diane N. is planning a club get-together for Sunday, March 20 ... Something she's calling "Paddle for a Pot o' Gold"

Watch the website and the March newsletter for more details.

100 Lakes on Vancouver Island

Occasionally I come across websites that I think might be of interest to VCKC members. One that I've been reading for the past two years or so is written by a fellow from Nanaimo named Richard Powell. Richard's blog is called "[100 Lakes on Vancouver Island](#)". As that title suggests, Richard is in the process of visiting one hundred lakes here on Vancouver Island.



Richard takes lots of splendid photos and always has something interesting to say about the lakes he visits as a paddling destination.

As well as thoughtful writing about lakes and canoes, Richard allows himself the occasional tangent. In the fall he wrote about picking hedgehog mushrooms near where he lives. And his most recent entry provides links to five of Richard's favourite blogs about paddling and the beauty of nature.

You can reach Richard's blog by clicking [here](#).



(Photos: Richard Powell)

VCKC Executive

President	Bon Lee	477-1381	Voyageur Program	Alan Thomson	592-4170
Vice President	Mavis Pillar.....	778-430-4390	Marathon Canoe Program	Ron Williams	592-6456
Treasurer	Linda Thomson	592-4170	Education, Safety & Standards	Doug Linton	727-0216
Secretary	Marie Lansdowne.....	email	Membership	Maris Ratel	email
Past President	Linda Thomson.....	592-4170	Clubhouse & Grounds	Sandy Rattray	386-9144
Program Directors			Directors-at-Large	Michael Fox	391-0160
Canoe Program	Yasmin Rampuri	655-4859		Wendy Clapp	email
Kayak Program	Herb Stark	email		Diane Nishimura (Soc.) ..	383-3080
Dragon Boat Program	Brian Clark	email		Elizabeth Hoffpauir	email
Outrigger Program	Dave Schweitzer	email	Executive Volunteer Positions	Ron Crabtree	email
				Harold Gillis (Newsletter)	598-9488
				Doug Magnuson (Boat & Locker Storage)	email
					email

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Trip - Moving Water	31 7:00 PM Paddle For the Kids - Sterners Meeting	1 7:30 PM General Meeting	2	3 7:00 PM Outrigger Program Meeting	4	5 Practice - Paddle for the Kids
6	7	8 7:00 PM Executive Meeting	9	10	11	12 Trip - Flatwater Trip - Moving Water
13 Practice - Paddle for the Kids	14	15	16	17	18	19 Practice - Paddle for the Kids
20 Trip - Flatwater	21 7:30 PM Canoe/Kayak Program Meeting	22 Course - Lakewater Basic (mornings to April 5)	23 7:00 PM GWI meeting	24	25	26
27 Practice - Paddle for the Kids Trip - Moving Water	28	1	2	3	4	5 Practice - Paddle for the Kids