



Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club
355 Gorge Road West
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Phone: 250-590-8193 (Info only)
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October 2011

General Meeting Tuesday October 4, 2011 7:00 pm



Leila Darwish is the Community Outreach Coordinator for the Sierra Club of British Columbia. Leila will give a presentation on some of the different environmental issues that Sierra Club BC is working on in particular efforts to protect the beautiful and wild Flathead River Valley.

The Flathead River Valley, tucked into BC's southeast corner, is the last unsettled low elevation valley in southern Canada. The Flathead teems with many species that are threatened elsewhere, including grizzlies, lynx, badgers, fishers, wolverines and bull trout. B.C.'s Flathead has long been recognized as the missing piece of the adjacent Waterton-Glacier International Peace Park.

Clubhouse News - Summer Report

The fall BBQ was well attended under a beautiful warm fall sunset. The food and company were excellent. A great way to start up the new season. Apologies to any members who arrived at 7 instead of 5:30 for the BBQ. The late notice of the time change should not have happen. Hopefully everyone had an enjoyable evening just mingling and getting re-acquainted with members.

It is that time of year again for members to think about volunteering or playing an active role by running for a position on the 2012 executive. A small group of volunteers have been the backbone of our club for many years. To continue our all-volunteer club we are in need of new volunteers to step in. The hope is to get new blood into the executive and still

have our senior members there to help.

At times, we forget to thank members who volunteer their valuable time until they are stepping down. One of these individuals is Harold Gillis who have served as editor for our newsletter for many years. Harold will be stepping down at the end of the year as editor. Thanks Harold for your many years as editor. If you have an interest or have questions in becoming VCKC's next newsletter editor, please contact Harold at newsletter@vckc.ca.

Advance notice for the fall cleanup of the clubhouse/grounds, and the Gorge waterway is scheduled for November 5.

Bon Lee
President, VCKC

More strange goings-on from this year's Canoe Day Festivities



Photos: Sam Ludmer

Canoe Program Report

Our first meeting back after the summer break was very well attended and lots of fun. A huge thank you to Ken Gibbard for sharing his and others' photos of the goings-on of the club over the summer including: National Canoe Day on June 26; Canada Day; the Big Brothers Big Sisters Picnic and a day of wacky competition on Elk Lake. A big welcome to all the new faces who attended from both a canoeing and a kayaking background and a big welcome back to everyone else.

Our most exciting news was presenting all the new canoe courses that have been scheduled for fall. You will find those listed elsewhere in the newsletter. As well, a couple of folks came forward with ideas for presentations from their summer trips. I welcome hearing from any of you who might like to share your adventures, recent or not, with the club. We always love to hear about the amazing paddling destinations our members explore and everyone learns a tonne.

In that vein, I'm pleased to tell you that a couple of parties who went to the Broken Group Islands this summer—one trip in June and one in August—are joining forces to make a presentation at the October Canoe/Kayak meeting. You will benefit from two different approaches and two different experiences of the same place. And it will give a really good overview of the highlights and the many ways one can visit this magical national park that is relatively nearby and easily accessible.

Next Canoe/Kayak Meeting: Monday, October 17th at 7:30 pm at the VCKC clubhouse. Presenters will be Alan Thomson et al, and yours truly.

Happy Paddling,
Yasmin Rampuri
Director, Canoe Program



Canoe Courses for Fall 2011

To register for any of the courses outlined below or for more information, please send an email to canoe@vckc.ca. All courses require an up-to-date membership with VCKC.

All our courses are taught by amazing volunteer instructors certified by the BC Recreational Paddling Association, and in some cases, Paddle Canada as well. You do not need to have your own canoe, paddles and lifejacket, just let us know what you need to borrow from the club.

For all details such as where the course will be held, the exact times, what to bring/wear/etc., the instructors will be in touch with that info once you have emailed in to express interest in a course. If the cost is not listed, it was not known at time of printing. The instructors will also be able to provide that information when they get in touch with you.

Lake Water Basic Tandem (Level One)
Saturday, October 15, 2011

Cost: \$25 per person

This is the foundation course for everything else we teach at the club. To join us for any organized club paddling trips you must have completed this course. If you're a beginner this is where you start. You will learn everything from basic knots, to safe carrying and transporting of a canoe, to what to wear on the water, to all the basic canoe strokes, to a canoe rescue strategy. Classroom, on the water and IN the water! There may be a small additional fee to cover the cost of pool rental for the rescue portion.

Lake Water Basic Solo (Level Two)
Sunday, October 16, 2011

Cost: \$25 per person

Strongly recommend taking this course along with Basic Tandem, which is the prerequisite for this course. Even if you will never paddle solo, this is great training for you to really understand and experience how your strokes affect the propulsion of a canoe.

Moving Water Basic Tandem
Saturday, October 15th and
Sunday, October 23rd
(Note: this is different than what was announced
at the September canoe meeting)

Cost: \$150

This includes all instruction for both days, equipment and transportation up to the river, most likely the Cowichan. You only need to be dressed appropriately (in your own or rented neoprene/drysuit and helmet). The prerequisite for this course is Lake Water Basic Tandem. You will learn all the basics for river paddling such as reading water, ferrying across current, eddy turns and you will do a rescue in current.

Moving Water Basic Solo
Saturday and Sunday, October 29/30, 2011

Cost: \$150

Prerequisite is Moving Water Basic Tandem.

Canoe Tripping Paddler
Friday eve, Saturday and Sunday,
November 4/5/6, 2011

You will learn all the details and logistics for planning safe, fun and exciting multi-day canoe trips. If there is a canoe trip in your future or one on your bucket list, such as the Nahanni, this course is for you. This is an experiential course, so you will camp out overnight on a river or lake.

Lake Water Advanced Tandem (Level Three)
Saturday, November 19, 2011

Cost: \$25

Continue your learning of beautiful and efficient canoe strokes/steering and additional rescue strategies. Finessing and skill building.

Lake Water Advanced Solo (Level Four)
Sunday, November 20, 2011
Cost: \$25

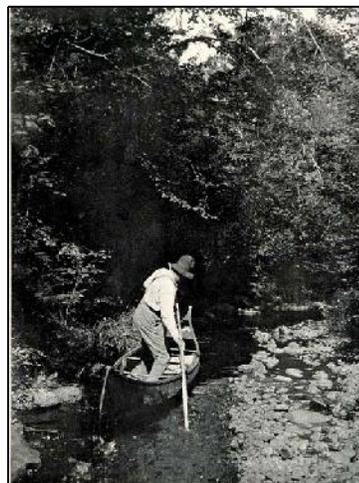
Same as above, but just one in the boat!

Lake Water Canoe Poling
Sunday, October 2, 2011

Canoe Poling is not new. It dates from when the waterways of this land were the highways for getting from place to place and covering long distances. One had to pole UP rivers as often as one got to paddle down them. Poling has experienced a bit of an upsurge in interest recently as it is a fantastic workout. And it is similar to a new sport growing in popularity, stand-up paddling. It so happens half the qualified instructors in BC are members of our club so we're taking advantage of this to offer a couple of poling courses this fall. The prerequisite is Lake Water Basic Tandem.

Moving Water Canoe Poling
Sunday, October 16, 2011

Prerequisite is Lake Water Canoe Poling.



Canoe Trips

For any brave and qualified souls, we need some more people to come forward and lead day trips. Please send an email to canoe@vckc.ca if you are interested in helping out in this way. Watch your email inboxes for anything we have been able to organize.

Seniors Moment Outrigger Reunion

On a beautiful sunny and calm September Friday morning with the tides in our favour, the original Seniors Moment outrigger team gathered at the clubhouse for a reunion paddle. We started our team in 2000 and paddled every Friday morning from September to June.

A couple of years after we started, a second team joined us and are called the Friday Flyers. Our original team consisted of Muriel, Peggy, Chrystal, June, Ken and Marilyn. After a few years Chrystal wasn't able to continue so the seat was shared by Pat and Lowell, working around Pat's work schedule. For nine years we were out there every Friday, rain or shine but wind or snow would sometimes cancel our outing. We had so many good times together

usually followed by coffee at Mocha House or lunch at Il Greco.

Two years ago we all found we were very busy and sometimes found it difficult to commit to weekly paddling, as well as wanting to pursue other activities so we sadly disbanded. Some paddlers have remained to spare on the two teams that still paddle Friday mornings.

Muriel suggested it was time we had a reunion paddle so Muriel, Peggy, Pat, Lloyd, Ken and Marilyn spent a wonderful couple of hours paddling to Westbay Marina and back, followed by lunch at Il Greco where Lowell and Francoise joined us. It was such a good day we have decided to make it an annual event.

Marilyn Tomlinson



Portland Dragonboat Festival September 2011



*Photos:
Wendy
Clapp*

VCKC Executive

President		Voyageur Program	
Bon Lee	477-1381	Alan Thomson	592-4170
Vice President		Marathon Canoe Program	
Mavis Pillar.....	778-430-4390	Ron Williams	592-6456
Treasurer		Education, Safety & Standards	
Linda Thomson	592-4170	Doug Linton	727-0216
Secretary		Membership	
Marie Lansdowne.....	email	Maris Ratel	email
Past President		Clubhouse & Grounds	
Linda Thomson.....	592-4170	Sandy Rattray	386-9144
Program Directors		Directors-at-Large	
Canoe Program		Michael Fox	391-0160
Yasmin Rampuri	655-4859	Wendy Clapp	email
Kayak Program		Diane Nishimura (Soc.) ..	589-3080
Herb Stark	email	Elizabeth Hoffpauir	email
Dragon Boat Program		Ron Crabtree	email
Brian Clark	email	Executive Volunteer	
Outrigger Program		Positions	598-9488
Dave Schweter	email	Harold Gillis (Newsletter)	email
		Doug Magnuson (Boat & Locker Storage)	email

VCKC Activities Calendar

[Click Here](#)

