



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

March 2012

Victoria Canoe and Kayak Club General Meeting Tuesday, March 6th, 2012 at 7:30 p.m.

Please see "Clubhouse News from our President" on page 3. This information will be discussed at this month's general meeting. Member input to the executive on the article, "Concerns Arising from the AGM & Solutions" will be welcome.

NOTICES

MEMBERS SUBMITTING CHEQUES

Cheques must be written out to Victoria Canoe and Kayak Club. (They cannot say "VCKC".) The bank does not accept cheques made out to VCKC. It is a lot of work for Muriel (Membership VOLUNTEER) and Anne (Treasurer VOLUNTEER) to contact the member for a replacement cheque and update the membership and financial records.

MEMBERS ARRIVING BY VEHICLE

Extra parking is available at the back of the Imperial Hallmark Dry Cleaners between Vincent Ave. and Arnot Ave. at Tillicum Rd. Other local businesses will have your vehicle towed. Please respect our neighbours.

NEWSLETTER DELIVERY

For a one-year trial, all members are being sent a paper copy of the newsletter to see if members will participate more freely in events other than paddling. Members can opt for e-mail transmission of the newsletter if they wish by logging in and revising your family information.



Power To Be provides inclusive adventure based programs designed to support people facing significant life barriers. Through a community collaborative approach and caring staff, Power To Be inspires people to connect with nature and discover their limitless ability.

It was busy year for Power To Be, and VCKC has been integral in offering some amazing programs. Thanks to the great VCKC location and the use of Voyageur Canoes our participants have a fun and accessible way to get out on the water.

The Adaptive Recreation team put the Voyageur Canoes to good use, from paddling with youth on the autism spectrum to paddling with participants with a wide variety of support needs in our open adventure programs.

Four Power To Be staff joined Alan Thomson on the big boat leader course this winter, which increases Power To Be impact in the community

by offering more accessible programs close to town.

The Wilderness School provided youth with a memorable expedition, spending some chilly December days camping and exploring Cowichan Lake by Voyageur Canoe. The youth and staff enjoyed the use of the Voyageurs for an overnight expedition, and look forward to many more trips to come.

Power To Be relies heavily on the support of our wonderful volunteers and, with the support of VCKC, we were able to honour these special individuals who give so much of their time at our annual volunteer appreciation. We spent the first half of the volunteer appreciation exploring the gorge waterway and then relived the year's highlights in a slideshow at the VCKC Clubhouse, with the scenic gorge waterway as the backdrop.

VCKC has allowed Power To Be to inspire even more people to connect with nature and discover their limitless ability.

Find out more at www.powertobe.ca or call Jason Cole 250- 385-2363

Article by Clay Webb



Clubhouse News from our President

Concerns Arising from the AGM & Solutions
Executive review of the budget process to address concerns from AGM on financial and capital planning and club principles is progressing. The purposes of VCKC were unanimously reaffirmed as:

- a) To encourage participation in all paddling activities; and
- b) To offer training in safe and skilful paddling. To establish a method of allocating funds to Programs that is fair and grounded in principles, Executive is clarifying the issues in the following areas:
 - a) Club Vision/Purpose, Values, Principles and Policies (in progress)
 - b) Financial Planning/Revenue Allocation (in progress)
 - c) Capital Asset Maintenance and Replacement (in progress)
 - d) Revenue Generation. (In progress)

There was general agreement that the following principles were important to the Executive and should constitute the basis for Programs' long-term planning and support:

1. Promotion of safe, skilful paddling (by instruction, coaching, instructor certification, community outreach).
2. Promotion of participation in paddling sports, including encouraging cross-disciplinary participation in Club activities. All Programs should have safe Club boats that permit them to offer access to the sport for beginners.
3. Promotion of a continuum of paddling opportunities within and across VCKC programs.
4. Promotion of the idea of a single Club as opposed to a collection of disparate programs. This extends to Club members' ongoing giving to the club such as participation in non-paddling, Club-sponsored activities.
5. Programs are to give to the Club in order to receive funding. This is grounded in the old practice of some programs contributing "50/50", to the purchase of major equipment. However, rather than quantifying the split or limiting it to dollar contributions, each Program will identify how it proposes to give something back to the Club (e.g. teach/train, fundraise, hold festivals, contribute to charity, raise Club profile, boat/club maintenance).
6. Community service - the Club should present an outward face at all times; be sensitive to its neighbours; and participate in local organizations and activities that benefit all paddlers, make paddling available to the less fortunate, or contribute to charity.

7. Supply and demand - Program proposals for funding should address the Program's ability to meet demand with current or projected equipment and coaching resources.
8. Equipment replacement - The Club should carefully husband its equipment resources. Programs should establish their equipment costs and their plans for renewal over a timeline of 3-10 years. All programs should reinforce Club policy that new members acquire their own paddles and PFDs after 3 practices or a season of paddling (depends on discipline).

The Executive Committee will be discussing at its next meeting how these principles might be translated into a format for Programs to use when planning for the future and requesting financial support.

Monthly General Club Meetings

We have awesome programs and we want everyone to celebrate our love of paddling. A crowd of 50 was on hand for *Doug Linton's Safety and Education* presentation at the February meeting - I'm certainly happy to wear my PFD after seeing Cold Water Survival. The meeting schedule is:

March 6, 2012	Outrigger - Dave Schweter
April 3, 2012	Canoe - Yasmin Rampuri
May 1, 2012	Dragon Boat - Mary Kirchner
June 5, 2012	Club BBQ

Upcoming Events of Interest

Bridge replacement - both the Johnson Street and Craig flower bridges are under construction this year. Key information updates such as closures are distributed through program directors.

Club House Cleaning

To improve the cleanliness of our clubhouse we have made the following changes:

- disposable paper towels only in the club bathrooms
- cloth towels stored in the office supply cupboard, for emergency use.
- disposable sponges in the kitchen
- fridge clean out weekly of old food.

Please let us know (positive and negative) how you think we are doing at maintaining a clean and tidy clubhouse. Contacts are June Parker, Sandy Rattray, Anne Ardiel or Pam Carroll.

See you all at the March meeting.
Pam Carroll, President, VCKC

Dragon Boat Program Report

Report

The Dragon Boat Program Committee hosted a very successful Orientation and Social event on Tuesday, Jan. 31 at the Clubhouse. A standing-room-only crowd talked, browsed acres of goodies, watched Wendy Clapp's slide show of past seasons' races and fun, heard from Director Mary Kirchner and each team about plans for the coming season, and had a chance to sign up for a team. Mary announced that Fraser Tweedy has joined the coaching staff, along with team manager Mark Chudley. The slide show made us all want to get out on the water again.

Since then the Program Committee has had two meetings, and a few of the five teams are ready to hit the water. The St'Keya name has been revived by a team of graduate novices from last year, now known as St'Keya II and coached by Mile Petrovic. Last year's Lightning is contemplating a name change - details will appear on the newly revamped Dragon Boat page on VCKC's website once all the teams are up and running. Paddlers wishing to join a grand dragons team (age 50+) are encouraged to get in touch with our recruitment officer, Brittany Kohn VCKC.coach.britt@gmail.com and the same goes for novices looking to join the sport. In a shining example of cross-program cooperation, Mary's outrigger team is looking after the maintenance of the dragon boats. Weather permitting, the Program hopes to launch both boats some time in March. The practice schedule appears on the website.

Open Practices

The Dragon Boat Program will be holding Open Practices on Saturday mornings or Sunday afternoons, starting March 24 or thereabouts - a schedule will appear on the website as soon as these are set up. This is an excellent opportunity for newcomers to the sport who wish to give dragon boating a try. If you have friends or colleagues who are curious about dragon boating, just put them in touch with Brittany Kohn - VCKC.coach.britt@gmail.com

Third Annual Guts and Glory Festival July 14

Planning has already started on this VCKC-hosted, fun-filled event, to be held at the Clubhouse on Saturday, July 14. The main events will be a 2000m race in the large boats and 250m sprints in the 10-seat Champions (Champion boats courtesy of Tom Arnold of Gorging Dragons and Ken McVay). Participants will also have an opportunity to try out paddle boarding at no extra cost. There will be a beer garden, BBQ, raffles, and other exciting extras, brought to you by our sponsors. Registration information is available on the website now. If you know dragon boaters at other clubs around town, please promote our event to them! ... and remember, you don't have to be a dragon boater to help out with organization and mounting of the event, or to be a spectator. For more details, contact the Event Director - who else? - Brittany! VCKC.coach.britt@gmail.com

VCKC General Meeting, May 1

The Dragon Boat Program is very excited to be sponsoring the Club's general meeting on Tuesday, May 1. The details are a secret at the moment, but there will be some social opportunities and a chance to preview the Guts and Glory event. Be sure and put this date on your calendar.

Wait - There's More ...

In a summary of other activities, the Program Committee has revised the Dragon Boat Policies slightly (posted on the website).

Dragon Boaters are taking part in the annual Wild about Whales event in support of the Boys and Girls Club, Saturday, June 9 from 11:00 to 2:00 in front of the Clubhouse. You don't need to be a dragon boater to volunteer, and it's lot of fun.

For more information, contact Heidi Schwartz: schwartz3@shaw.ca

Canoe Program Report

Report

Hello everyone! With our new executive and some changes at the club, it is a little strange not seeing everyone once a month for our usual Canoe Meetings. But, there's lots going on to tell you about!

Meetings

We will hold a Canoe Program Meeting on Monday, March 12th at 7:30 pm at the clubhouse. I will be away that evening, but Ellie James has kindly agreed to host and will also be presenting some pictures and video from this summer's David Thompson Brigade. You don't want to miss this - Ellie is an amazing presenter!

The Canoe Program is proud and excited to be hosting the April 3rd General Meeting...and we have lots of interesting things in store for you! Be prepared to come a little early for some fun demos.

The Recreational Canoe Association of BC is having their AGM this April 13-15 in Hope, BC. There will be events, paddles and instructor re-cert opportunities as well as the meeting, and more information can be found on their website at www.bccanoe.com.

Happy Paddling, Yasmin Rampuri,
Canoe Program Director

Canoe Courses

We are really thrilled to present the roster of excellent, wide-ranging canoe courses that will be available this spring. In order to register please send an email to canoe@vckc.ca indicating which course you are interested in, and I will pass your name on to the instructor who has agreed to teach the course. The instructor will then contact you directly with all the details, how to pay, where to go, what to bring, etc. In order to take any of our courses you need to be a member at VCKC, and this can easily be done online.

Please feel free to circulate this information widely among your friends and contacts - we have excellent instructors and don't need to be such a well-kept secret in Victoria!

For anyone who is interested in Moving Water Instructor Certification or a Re-cert, please contact Tom Staebell directly at thestaebellfamily@shaw.ca. We are hoping to do this in conjunction with the Moving Water courses below, so you will need to be available those weekends.

Lake Water Advanced Tandem

Continue your learning of beautiful and efficient canoe strokes/steering and additional rescue strategies. Finessing and skill building, plus preparation for paddling in current. Prerequisite is Lake Water Basic Tandem and Basic Solo. Saturday, March 10th
Cost \$25 plus pool fee
Jay Crowley and Alan Thomson.

Lake Water Advanced Solo
Same as above, but just one in a boat! Prerequisite is Lake Water Basic Tandem. Sunday, March 18th
Cost \$25 plus pool fee
Jay Crowley and Kym Thrift

Moving Water Tandem

This includes all instruction for both days and use of club equipment. The course will most likely be held on the Cowichan River. You will 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. Sat/Sun April 21/22
Cost \$150 plus transportation
Tom Staebell

Moving Water Solo

Prerequisite is Moving Water Tandem
Sat/Sun April 28/29
Cost \$150 plus transportation
Tom Staebell and Ellie James

Lake Water Basic Tandem

This is the foundational course for everything else we teach at the club, and to join us for any organized club paddling trips. 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. Saturday, April 21st
Cost \$25

Linda and Alan Thomson

Lake Water Basic Solo

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.

Sunday, April 29th

Cost \$25

Linda Thomson and Mike Rott

Ocean Paddling Course

Yes, you can get out on the ocean in a canoe! Learn about navigation, weather, tides and currents, reading charts and using a compass to find your location and bearings in a classroom setting and then practice these skills in a two-night canoe trip around some islands off our coast. Excellent information you will need for safely paddling in the ocean that surrounds us.

Sat/Sun May 12/13 plus TBA evening instruction

Cost \$150

Alan Thomson and Jay Crowley

Lake Water Basic Tandem

This is the foundational course for everything else we teach at the club, and to join us for any organized club paddling trips. 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.

Saturday, June 2nd

Cost \$25

Doug Magnuson

Canoe Tripping Paddler

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.

Thu/Sat/Sun June 14/16/17

Cost \$100 plus transportation

Jay Crowley and Josh Pelletier

Lake Water Basic Solo

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.

Saturday, June 16th

Cost \$25

Bon Lee

Lake Water Canoe Poling

Canoe Poling is not new - it dates from when the waterways of this land were the highways, and one had to pole UP rivers as often as one got to paddle down them - but it has experienced a bit of an upsurge in interest recently as it is a fantastic workout, and 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 season. The prerequisite is Lake Water Basic Tandem.

Saturday, July 7th

Cost TBA

Tom Staebell

Moving Water Canoe Poling

Prerequisite is Lake Water Canoe Poling.

Saturday, July 14th

Cost TBA

Tom Staebell

Update on Paddle for Camp Shawnigan - March 31st, 2012

The 2012 VCKC Peninsula *Paddle for the Kids* annual fundraising event for the Lions Society Easter Seal Camp at Shawnigan Lake is in full swing. About 30 paddlers enjoyed a first practice - with an excellent brunch at Spinnakers.

The Voyageur canoe route follows the shore of the Saanich Peninsula from Brentwood Bay to the Clubhouse - taking about 10-12 hours to complete. Bus transportation, great food, and a warm dry rest area are provided by the local Lions Club. It all makes for a great day of paddling for a good cause.

The paddle will take place this year on March 31st. Continuing practices are on:

- Sunday February 26th - Sooke Basin

- Saturday March 3rd - Pat Bay to Sidney
- Sunday March 11th - Saanich Inlet
- Saturday March 17th - Ladysmith Harbour
- Sunday March 25th - Pedder Bay to Beacher Bay

All trips will start by meeting at the Clubhouse at 8:30 a.m. where ride shares and boat towing are arranged. Please bring a paddle, PFD, dry bag, dry clothes, weather-appropriate clothing, food, and water.

This program is open to all VCKC members. Those who can't paddle can raise funds for Camp Shawnigan.

If you have any questions, please contact Joe Boyd: voyageur@vckc.ca, 250-386-6004



Joe Boyd, Voyageur.

Photo by Wendy Clapp

East Sooke Park by Water

On February 11th, the club's flatwater paddle followed the shore of East Sooke Park, launching at Becher Bay and taking out at Whiffen Spit. I have walked the Coast Trail a number of times and always enjoyed its twists and turns and the great views out over the Strait of Juan de Fuca; but I can say from experience that it is a lot less tiring to paddle the coast, and the views are just as good. The last time we did this paddle, it was quite cold - I don't remember snow, but it was a day to paddle with gloves and hat on. This paddle was quite a bit warmer, and while there was no sun, the occasional path of blue sky broke up the cloud cover and the forecasted 60% possibility of rain turned out to mean 100% dry.

We put in at the Cheanuh Marina in the Becher Bay Indian reserve #1 - \$4 per canoe to launch, and no charge for parking, which was very fair. The forecast wind was from the east - 5-15 knots according to Environment Canada, but less than 5 knots according to Sailflow. It felt a bit windier than 5 knots, but the sea was pretty calm, and as the current and wind were going the same way, we didn't expect much in the way of waves. We followed the shore line of the bay, round behind Wolf Island and into Murder Bay and Campbell Cove, site of the Becher Bay marina. I have no idea why Murder Bay is so called, and neither Walbran or Scott cast any light on the matter - does any member know the origin of the name? Ken said he saw some framing for a structure on Wolf Island, which was sold not long ago, but I missed that, focussing instead on the dozens of tubular metal fence posts that surrounded the island, nearly all of which had either fallen down or perhaps been systematically knocked over.

We paddled against the current to Alldridge Point by Aylard Farm and then past the pictographs and round Beechey Head. The current should have been in our favour, according to the Tides and Current tables, but it only helped sporadically. Whether the current predictions were wrong or we were often in back eddies, I don't know, and in any case, the current wasn't strong. There were a number of walkers out on the Coast trail, even a couple running along, but paddling was a lot easier due to the straight-line option. Not that we took many straight liens - the ins and outs of the coast line just asked to be followed, with sneak routes inside small islands and rocks. We saw a couple of sea-lions in the bay west of Beechey Head, but they didn't come close.

Lunch was taken at a beach behind an island. The trail dips down to the sea here and we were a bit surprised

not to find anyone there. Last time, we came across two Club members having a break at this spot; this

time, we found a full-grown seal in possession of one half of the beach.

It was well above the tide line and looked to be dozing on the grass and pebbles. It wasn't very pleased to see us, grunting and baring its teeth, but it didn't move back to the water. Could it have been moulting, and so had to keep out of the water? Or was it sick and had humped itself up on land to die - or was it just grumpy after a hard Friday night out on the rocks? Who knows - we ate on the other side of the beach and left it



alone.

The second half of the trip was a little brighter than the first half, and we cruised along into Iron Mine Bay and then circumnavigated Secretary Island to see if there was a landing place. Bob reported having heard of someone camping there for the night, but we didn't see any spots where you could land except possibly in completely calm conditions.

The current had turned by this time and as we rounded Possession Point and Company Point, the eddy line and current were obvious and required some effort on the part of the two solo canoeists. But the wind was still quite gentle, although now apparently coming from the northeast and we had no difficulty in paddling over to Whiffen Spit and the waiting van and trucks. A good 4 hour paddle in excellent conditions and in good company, with the 17 Mile House as a handy end-of-trip stopping place.

Thanks to Lorne, Bob and Sharon, John and Brenda, Jack and Maris, Orla and Ken and Andre for coming out with us.

- Linda and Alan Thomson



Club Thank You

The outgoing and incoming Executive are grateful to have Marianne West doing the bookkeeping for the club. It assures continuity and accuracy, even as the Treasurer changes. She has been volunteering this needed help for more than four years. Thank you so much Marianne for your volunteer commitment of time and energy to support the Victoria Canoe and Kayak Club.



Bon Lee with Canoe Class



Photos by Wendy Clapp

Voyageur Practise

VCKC Executive

Executive

President president@vckc.ca
 Pam Carroll 250-479-8878
Vice-president vpresident@vckc.ca
 Marie Lansdowne 250-382-3247
Treasurer treasurer@vckc.ca
 Anne Ardiel 250.658.2442
Secretary secretary@vckc.ca
 Barbara Abercrombie 250-598-7931
Past President pastpres@vckc.ca
 Bon Lee 250 477-1381

Program Directors

Canoe Program canoe@vckc.ca
 Yasmin Rampuri
Dragonboat Program dragonboat@vckc.ca
 Mary Kirchner
Kayak Program kayak@vckc.ca
 Doug Linton 250 727-0216
Outrigger Program outrigger@vckc.ca
 Dave Schweter 250 213-9944
Marathon Canoe Program marathon@vckc.ca
 Darrelle Butler
 & Risa Greenwood
Voyageur Program voyageur@vckc.ca
 Joe Boyd 386-6004

Other Executive

Education, Standards & Safety safety@vckc.ca
 Doug Linton 250 727-0216
Membership membership@vckc.ca
 Muriel Johnson
Clubhouse and Grounds clubhouse@vckc.ca
 Sandy Rattray 250 386-9144
Boat & Locker Storage storage@vckc.ca
 Doug Magnuson
Director at Large director1@vckc.ca
 Wendy Clapp 250 220-5787
Director at Large director2@vckc.ca
 Kym Thrift
Director at Large director3@vckc.ca
 Mile Petrovic
Director at Large director4@vckc.ca
 June Parker

Executive Appointed Positions

Newsletter Editor newsletter@vckc.ca
 Jean Chandler 250-727-6923
Webmaster webmaster@vckc.ca
 Ron Crabtree 778 430-4545

Note: the Deadline for submission of content for the next newsletter is *March 20th*!

Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	01-Mar	2	3
08:30 Voyageur Practice		19:30 WUTG meeting				08:30 Voyageur Practice
4	5	6	7	8	9	10
		19:30 VCKC General Meeting		19:00 Advanced Canoeing Course - Tandem & Solo		Lakewater Advanced Tandem Canoe Course
11	12	13	14	15	16	17
08:30 Voyageur Practice		19:00 Executive Meeting				08:30 Voyageur Practice
18	19	20	21	22	23	24
Lakewater Advanced Solo Canoe Course						
25	26	27	28	29	30	31
08:30 Voyageur Practice						Paddle for the Kids