



# Victoria Canoe & Kayak Club Newsletter

Victoria Canoe & Kayak Club  
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October 2012

## Victoria Canoe and Kayak Club General Meeting Tuesday, October 2<sup>nd</sup>, 2012 at 7:30 p.m.



W. Clapp

### NOTICES

#### Fall Cleanup

Our annual house and grounds cleanup will take place on Saturday November 3rd starting a 9:00am. Any gardening or house cleaning equipment and supplies that you can bring along will be much appreciated. If you would like to bring along your tools and work on a specific project email Sandy at [clubhouse@vckc.ca](mailto:clubhouse@vckc.ca) or phone (250 3869144) to discuss.

Sandy Rattray

## THIS AND THAT

### Your Bottles for a Cause (while you keep Victoria Green)

Good news! The bottle drive undertaken by the Dragon Boat Program during the summer to raise money for cancer research was so successful; we think there's a future in carrying on and designating a favourite Club charity. People are still bringing their bottles in to the Clubhouse, but we don't want to see all the work of hauling them off fall on Wendy's shoulders. Instead, we've opened an account for VCKC at the Bottle Depot, with the Lions Club Camp Shawnigan as the designated recipient. Whenever any VCKC member or friend takes recyclable bottles or containers to any of the following three locations:

4261 Glanford Ave.

655 Queens Ave.

3961 Quadra St.,

All you have to do at the beginning of each transaction is state the account name VICTORIA CANOE AND KAYAK CLUB, and the cashier will place the refund of the containers on the account. Funds received in this way will be mailed to our Treasurer. So don't bring your bottles to the Clubhouse; make your way to the Bottle Depot and help provide a camping experience for kids.

Upper Peninsula residents STAY TUNED! We're hoping to extend this to the Sidney outlet in time.

### Esquimalt 100<sup>th</sup> Anniversary Celebration Saturday Sept 8<sup>th</sup>

VCKC provided voyageur canoe rides from Esquimalt-Gorge Park as part of the events to celebrate the founding of Esquimalt as a municipality in 1912. We were set up by 11am, but business was slow until noon. From then on, all 4 voyageur canoes were in regular use until 4.30pm, the line-up having been closed down at 4pm. The weather was very good and the slow tidal rise meant that the Club's old movable dock and two gangplanks worked well to get the paddlers too and from the boats with dry feet.

Many thanks to the Club members who took part in this event. Many showed up at 10 am to get the boats into the water and load them up with PFDs, the dock, gangplanks, bailers, painters, paddles, etc. Special thanks to Jean, who brought a tarp to provide some shelter from the sun; and to Sharon, who lightened the load on the way back by swimming to the Clubhouse. Thanks also to Phil and Barb, Mile, Ellie, Ron, Catherine, Paddy, Jen and

### For Sale

Coleman 3 Burner Camp Stove.

In new condition - box hasn't been opened.

Asking \$50 or OBO

Contact Graham at [gcrllloyd@telus.net](mailto:gcrllloyd@telus.net)



### Free Camera Batteries

My Pentax Optio W80 has finally been over-abused and no longer works. I now have 3 Pentax lithium rechargeable batteries that are surplus to my requirements. They are D-L178 3.7v and are offered free to anyone with the same camera or one that takes this size.

The battery recharger goes with them.

Call Alan Thomson at 250-592-4170 or e-mail me at [3135thom@islandnet.com](mailto:3135thom@islandnet.com)

Duane, Roy and Chris, Maris, Chark, Jeff, Louise and, of course, Linda. Apologies to anyone I may have missed out.

Alan  
Thomson



Roy Scully with Esquimalt Paddlers -P. Carroll

# DRAGON BOAT PROGRAM REPORT

## Victory at Victoria

VCKC's Ageless Warriors, coached by Jack Louie, won the Gold Medal in the Silver Division of the Victoria Dragon Boat Festival by 1/100th of a second! - a true photo finish (and you can see the photo in this Newsletter). The triumph was all the more striking because Ageless has two paddlers over the age of 80, and two more over 70 (this caused an audible gasp from the stands when the announcer read the team bio). Harold Nishikawara was so pleased with his team's showing that he took the members out to dinner at the Bengal Room.



Jack Louie with CTV Crew in the Bengal Lounge  
W. Clapp

VCKC's "sister team" from Portland, Stumptown Paddlers, did not attend the Victoria Festival, but many Stumpies arrived with the Bridge City Paddling Club contingent, and they were treated to a memorable evening at the Clubhouse eating a Chinese buffet and watching the sun go down from our dock.

## Ageless Warriors Win Gold

It was at the 2012 Victoria Dragon Boat Festival by only 0.01 seconds!

Mixed - Silver Championship				
D2				TIME
Race 52		Place	1:12 PM	
LANE	1	5	Selkirk Serpents	2:17.15
	2	3	Amazing Greys	2:17.04
	3	2	Prevailing Wins	2:17.03
	4	1	VCKC Ageless Warriors	2:18.92
	5	4	Habu Sake	

R. Crabtree

## Dragon Tidbits

Congratulations to the following VCKC paddlers who participated as members of the Gorging Dragons Seniors Team taking the Gold Medal in the Mixed Division and the Silver Medal in the Women's Division at the BC Seniors Games held in Burnaby, August 23-24: Barbara Abercrombie, Pam Carroll, Katherine Davison-York, Greg Goodwin, Molly Hamilton, Shawn Hamilton, Liz Hoffpauir, Irena Jazwinski, Greg McKinnon, Mavis Pillar, and Herb Stark.

This was the first year in a while that VCKC did not field a United team at the Portland Dragon Boat Races in September, but there were plenty of VCKC paddlers in evidence at the festival, helping out such teams as Westshore Warriors (Gold medalists in the "F" Division), Snap at the Moon, Kent WA's Ladies of the Lake, and Cowichan Valley Dragon Divas.



Ageless Warriors win a Gold medal in the Silver Division at The VDBF by .01 of a second.  
W. Clapp



Rum Runners at the VDBF -W.Clapp

## CLUBHOUSE NEWS OCTOBER 2012

### VCKC Fall Barbeque

The September BBQ was well attended under a beautiful warm fall sunset. The food and company were excellent. The huge array of desserts was so impressive - the bounty overflowed the tables. Program directors shared highlights of the plans for the fall - a great way to start up the new season.

Esquimalt Centennial September Celebration in Gorge Park was greatly enhanced by free voyageur rides by VCKC through the afternoon.

Esquimalt said "It made the day very special".

Thank you to all the VCKC volunteers who made this much appreciated activity possible, particularly Alan Thomson who led the effort.

### Volunteering

It is that time of year for members to think about playing an active role by running for a position on the 2013 executive. To continue our all-volunteer club we are in need of new volunteers to step in. These rewarding roles make a difference. At times, we forget to thank members who volunteer their valuable time until they are stepping down. One of these individuals is Dave Schweter who has served as outrigger director. Dave will be stepping down at the end of the year but has committed to helping the new outrigger director. Thanks Dave for the hard work - you've made a positive difference in the outrigger program, particularly in VCKC teams racing. If you have an interest in becoming VCKC's next outrigger director, please contact Dave at [outrigger@vckc.ca](mailto:outrigger@vckc.ca).

### Craigflower School Canoe Project

Executive final approval of the Craigflower Canoe Project for grade 4/5 students initiated a call for volunteers. Members have stepped forward but more people are needed. To volunteer contact Pam Carroll at [president@vckc.ca](mailto:president@vckc.ca). The program includes:

- Cold Water Safety Day September 21 from 1-3pm at Kopsapsum Beach
- Paddling practice trips Tuesday 1030-1400 Sept 25-Oct 30 (weather permitting) in 2 dragon boats
- Certified training for volunteer teachers and parents in flat water and big canoe
- Associate membership 2012 and 2013 by Craigflower Elementary School
- Blessing ceremony and ongoing classroom visits by aboriginal elders

- Integration of Gorge Waterway experiences in classroom learning
- Request for MEC community grant for all-weather paddling clothing for children by VCKC
- Introduction to paddling voyageur canoes and practice trips spring 2013

### Club Program/Financial Planning

Executive continues work on a method for long-term program planning and funding that is fair and grounded in principles by clarifying the following areas:

- (a) Club Purpose, Principles and Policies (complete)
- (b) Program/Financial Planning and Revenue Allocation (in progress)
- (c) Capital Asset Maintenance and Replacement 3-10 year plan (in progress)
- (d) Revenue Generation. (In progress)

Each VCKC program is developing 3-year plans for September 2012. Program plans will be posted on the club website as soon as available. The October general meeting is planned to gather member feedback on program plans and everyone is welcome to email or talk to the directors with feedback. Executive will review them in October within the context of the Club's most pressing needs, to identify proposed club-wide priorities.

### Monthly General Club Meetings

The upcoming meeting schedule is:

October 2, 2012	Marathon Canoe program
November 6, 2012	Voyageur Canoe Program
December 4, 2012	Club Christmas Party
January 8, 2013	Annual General Meeting

### Upcoming Events of Interest

- Craigflower Canoe Project activities Sept 21-Oct 30.
- Basic Lakewater Canoe Course Sept 29/30
- Bridges Outrigger Race by Ocean River Oct 13 (Register by Oct 5)
- Canoe & Kayak Program meeting October 13
- Clubhouse Fall Clean up November 3

See you all at the October meeting.

Pam Carroll  
President, VCKC

# CANOE PROGRAM REPORT

## CANOE AND KAYAK MEETING

30+ people enjoyed a lively meeting on Monday 17th. Prior to the meeting the canoeing instructors had met to plan the courses for the Fall, and then the combined meeting got underway. There was discussion of the 3yr capital budget plan being introduced by the Executive and the upcoming Craigflower School Project, and then 3 presentations by members:

- Ross Beauchamp's solo kayak trip to Desolation Sound,
- Theresa Vollmeier and David Kilshaw's canoe trip to the Bowron Lakes and
- Linda Hall's canoe trips to Nootka Sound, Lake Chilko and Douglas Sound.

Many thanks to you all for sharing your wonderful trips.

Linda Thomson

## CANOEING COURSES - FALL 2012

### Lakewater Courses

For all the following four LAKEWATER courses, contact Dan Walker [dangeo@shaw.ca](mailto:dangeo@shaw.ca) or 250-721-6913

#### Lakewater Basic Tandem Course

Saturday, September 29th

This is the foundation for all canoeing courses. It offers the basic strokes for paddling a canoe safely - steering, manoeuvring, safety and rescuing techniques. This is the course you have to have to move on to the more advanced courses. Cost is \$25, plus a rental fee for the indoor pool rescue session. Instructors - Ellie James and Dan Walker

#### Lakewater Basic Solo Course

Sunday, September 30th

This is the beginner's introduction to solo canoe paddling. Even if you never expect to paddle alone, it is good to take this course to learn exactly what effect your strokes have on how the canoe moves - nobody else to blame or credit! Cost is \$25 for the day, plus a pool rental fee if the rescue session is done separately from the tandem course session.

Prerequisite is Basic Lakewater Tandem canoeing.

Instructors - Dan Walker and Linda Thomson

#### Lakewater Advanced Tandem Course

Saturday, October 13th

This course introduces the paddler to more strokes that are useful for steering, for manoeuvring and reinforces the basic strokes. It is a necessary prerequisite for moving water courses and for voyageur sterning.

Prerequisite is Basic Tandem canoeing course. Cost is \$25. Instructors Alan and Linda Thomson.

#### Lakewater Advanced Solo Course

Sunday October 14th -

This course builds on the basic solo course and adds strokes that are valuable not only for solo paddling on lakes and the ocean, but also for moving water paddling. Cost is \$25.

Prerequisite is Basic Solo Lakewater paddling.

Instructors - Alan Thomson and Kym Thrift

#### Lakewater Instructor Course.

Anyone is interested in taking the 5 day Lakewater Instructor's course contact Ellie James [ejames123@shaw.ca](mailto:ejames123@shaw.ca) or 250-686-9117.



-file photo

## Moving Water Courses

For the following three moving water courses contact Tom Staebell at [tomstaebell@gmail.com](mailto:tomstaebell@gmail.com) or 250-655-7113.

### Sunday October 21st - Eddy Hoppers

This course does not lead to any certification but is a chance for paddlers who are thinking about trying moving water paddling to get an idea of what it is like. Paddlers who have taken at least the basic Lakewater Tandem course will be paired with an experienced river paddler and we will run part of the Cowichan River, learning to enter and leave eddies safely and experience the effects of current on the canoe.

The Eddyhoppers is dependent on there being enough water in the Cowichan to make the course runnable, and is limited by the number of experienced stern paddlers available. First come, first served. No cost other than sharing of transportation costs.

### Saturday and Sunday October 27th/28th - Basic Tandem Moving Water

This is the introduction to moving water/white water paddling. It is a two day course, moving students from simple moving water with clear-cut eddy lines and slower currents to more challenging rapids where the line taken matters and strokes need to be done at the right time and precisely. Cost is \$100 plus canoe rental if necessary, and transportation costs if sharing vehicles.

Prerequisites - Advanced Tandem Lakewater.

Instructors - Tom Staebell, Dan Walker

### Saturday and Sunday November 24th/25th - Basic Solo Moving Water

This course is the introduction to solo moving water. In this course, you need to supply the steering and the power yourself - no one else in the boat. Prerequisite is Basic Tandem Moving Water. Cost is \$100 plus boat rental if needed, and transportation costs.

## Moving Water Instructor Course

Contract Ellie James for the instructor course - [ejames123@shaw.ca](mailto:ejames123@shaw.ca) or 250-686-9117.

A Moving Water Instructor course is planned to be run in conjunction with the above two paddler-level courses plus a 5th day at a time convenient to the students. Cost - \$200 (plus transport and canoe

rental costs). Prerequisites - Lakewater Instructor certification for one year or more.

Instructor - Ellie James and friends.

## Big Canoe Sterner Course - Voyageur Sterner Course

A course is planned for paddlers who want to stern the voyageur canoes. Successful completion of the course leads to certification as an Advanced Paddler (RCABC) or Intermediate Paddler (Paddle Canada). The course is open to paddlers who have taken the basic and advanced tandem canoe courses and have experience of paddling in the voyageur canoes. Cost of the course is \$50 for two days.

The dates will be on a weekend late in October or early in November. Anyone interested should contact Joe Boyd, Voyageur Program director or Alan Thomson for further information.

Alan Thomson [3135thom@islandnet.com](mailto:3135thom@islandnet.com): 250-592-4170 or Joe Boyd [voyageur@vckc.ca](mailto:voyageur@vckc.ca).

## FLATWATER PADDLE

The next flatwater paddle is Saturday October 20th. A note will be sent to all Canoe and Kayak Program members a week ahead. There is no fixed trip plan yet, but it will probably be in the Cowichan Bay/estuary area.

All Club members who have taken the basic canoe and/or kayak courses are welcome. Club canoes are available if needed, and single paddlers will be matched up with partners for the trip.

Contact Alan Thomson for more information. 250-592-4170; [3135thom@islandnet.com](mailto:3135thom@islandnet.com)

## CANOE PROGRAM TEAMS WITH VOYAGEUR AND KAYAK PROGRAMS

### Thompson River Voyageur Paddle Report

The Annual Thompson River Voyageur paddle was a great success. Thank you Alan for organizing this paddle for us. We all had a great deal of fun. Experienced river voyageurs and those who wished to test this sport all gained experience. In fact, we had one person who had never been in a voyageur and another who had never been on a river.

Many waves were set upon with varying amounts of water filling the boat each time. Yes, we did have one complete upset (the partials don't count because of the great teamwork used to recover a tipping boat). With a sudden lean, two paddlers were tossed over to the lower side of the voyageur, leaving only Tom on the uphill side of the wave. Although Ellie put in a magnificent low brace, Tom was unable to reach the water to compliment her efforts with a high brace. His paddle and arms were just too short. All paddlers were upstream of the boat (hoorah!). With quick thinking, Ellie instructed the paddlers to right the boat almost immediately after the tip. The gunwales were a few inches under water so bailing was not a consideration. Wally and Alan brought their boats to the rescue and, with the help of Doug paddling the swamped boat, towed the boat and paddlers to shore.

Our gratitude goes to Alan and Linda who stopped in Mission to pick up the two voyageurs from Ridge Wilderness Adventures and Wally who brought his boat from Heffley Creek. Packing only personal gear made the weekend much easier and gave us the opportunity to ride high on the big waves. Also, we have a very special thank you to Donna and Marie who helped with the shuttle, but did not paddle. Next year, we hope to see them in the boat.



Crossing the Eddy Line -J. Chandler



The Mottley Crew -E. James

Paddlers and campers came from Salmon Arm (Keith, Sam, Donna & Marie), Kamloops (Dave), Campbell River (Marcy & Jeff) and of course, the south island (Tom, Ellie, Jennifer, Doug, Karen, Joe, Maris, Earl, John, Jill, Peter & yours truly, Jean.



Gunwale Walking - E. James

### Upcoming Canoe / Kayak Program Meetings

Monday October 15<sup>th</sup>, 7.30pm. Topic will be either more club member summer trips or a Northern river trip by Tony Shaw. Whichever isn't presented in October will be at shown at the next meeting planned for Monday November 19<sup>th</sup>.

## VCKC Executive

### Executive

**President**  
 Pam Carroll [president@vckc.ca](mailto:president@vckc.ca)  
 250-479-8878  
**Vice-president**  
 Marie Lansdowne [vpresident@vckc.ca](mailto:vpresident@vckc.ca)  
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 250 477-1381

### Program Directors

**Canoe Program**  
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**Dragonboat Program**  
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 Dave Schweter [outrigger@vckc.ca](mailto:outrigger@vckc.ca)  
 250 213-9944  
**Marathon Canoe Program**  
 Darrelle Butler  
 & Risa Greenwood  
**Voyageur Program**  
 Joe Boyd [voyageur@vckc.ca](mailto:voyageur@vckc.ca)  
 250-386-6004

### Other Executive

**Education, Standards & Safety**  
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 June Parker [director4@vckc.ca](mailto:director4@vckc.ca)

### Executive Appointed Positions

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**Webmaster**  
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 778 430-4545

Note: the Deadline for submission of content for the next newsletter is October 23.

## October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	Oct-01	2	3	4	5	6
Basic Lakewater Solo Canoe National Rivers Day		10am Craigflower School Canoe Program 7:30pm Genera l Meeting				
7	8	9	10	11	12	13
	Thanksgiving Day	10am Craigflower Canoe Program 7pm Executive Meeting				Bridges Outrigger Race - Ocean River
14	15	16	17	18	19	20
	7:30pm Canoe & Kayak Program Mtg	10am Craigflower Canoe Program	7pm GWI meeting			
21	22	23	24	25	26	27
		Newsletter Deadline 10am Craigflower Canoe Program			8am Canoe Course taught by Nevin	