



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

May 2013

Victoria Canoe and Kayak Club General Meeting

Tuesday, May 7th, 2013 at 7:30 p.m.

Learn to be 'Fit to Paddle' 8 at the May Meeting

Whether you paddle to explore scenic waterways, to meet new friends, to get fit, or to engage your competitive spirit, taking care of your body will allow you to get the most out of your paddling experiences for many years to come. Join Tom Arnold (Head coach of the Gorging Dragons and National Outdoor Leadership School graduate) for easy exercise and nutrition tips that will help your paddling no matter your age, your goals, or the size of the boat you paddle.

NOTICES

1.
VCKC's executive authorized the purchase of a new microwave for the Clubhouse.
You will find it in the kitchen, working well.
2.
A public note to Sharon White:
Congratulations on a wonderful creation!!!!!!
Love Wendy

(A close look showed quilt like stitching to make this cloth picture of a voyageur.)



CRAIGFLOWER BRIDGE REPLACEMENT

Update:

Work commenced on the Craigflower Bridge replacement project on April 10, 2013, with corresponding road closures and altered timing on traffic signals all around the Gorge area. The first stage of the Craigflower Bridge replacement is the creation of the access road to a work bridge. Next, a temporary bridge is constructed so that cranes can be moved onto the temporary bridge to begin work on dismantling the existing Bridge. This work started April 10th and was well underway at the time of the newsletter deadline. Road access, piles and the first span were visible.

Our outrigger sources tell us there is already a marked channel for small boats going under the bridge. (Be very sure to take the marked channel if you don't want to have a piling dropped on your head.) In a short time the old bridge will be torn down, and construction will be conducted from the temporary bridge. The marked channel will change from time to time, so be alert for signs when on the water.

If you'd like to follow the progress of the project in pictures, check out this website:

<http://www.viewroyal.ca/EN/main/town/projects/craigflower-bridge-replacement-project/current-project-updates.html>



The first news releases were:

- [2013 04 09 Craigflower Bridge/Admirals Road Closed Starting April 10, 2013](#)
- [2013 03 28 Craigflower Bridge Replacement Project - Road Construction Advisory](#)
- [2013 03 22 Craigflower Bridge Replacement Project - Relocation of Olympia Oysters](#)
- [2013 03 13 Craigflower Bridge Replacement Project - Award of Contract](#)

Access to VCKC:

For those who access the Club by cycle or on foot, you will be able to cross the Gorge at Admirals - at least until the end of the school year. We'll keep you apprised of any changes to this setup. For those coming by car, the only access to the Clubhouse is off Tillicum via Gorge. Admirals is now closed between the bridge and Cowper, and local traffic only is allowed in the quadrant bounded by Admirals, Gorge, Tillicum and the Trans Canada Highway.

If you're travelling during either rush hour, you may have to contend with traffic jams on Tillicum, Craigflower, Admirals south of the Bridge, and Gorge east of Tillicum. Ongoing traffic updates will be distributed via the View Royal website above, project Twitter page ([@CBRProject](#)) and through local media.

Be careful as you go!

MEC PADDLEFEST

Saturday, July 13th

MEC Paddlefest is an urban festival that celebrates all things paddling, from canoes to Stand Up Paddle-boarding. Our goal is to bring together expert paddlers, beginners, families and individuals, and people from all walks of life who are curious about paddle sports. Bringing all of these keen people together, we'd like to provide them with high quality instruction and equipment in hopes of a fabulous experience on the water.

- Where: Willows Beach
- Time: 9:30 a.m. to 4:00 p.m.

For any other questions or concerns, please feel free to contact Jodi Hammond at victoriapaddlefest@mec.ca or call 250-386-2667.

VCKC VOLUNTEERS STRIKE AGAIN!

Canada Day Voyageur Rides

The VCKC voyageur ride at the Annual Gorge Picnic is a summer event to look forward to on Canada Day. More information will be in the June newsletter.

Thanking Our Volunteers

By the time this Newsletter reaches you, a team of VCKC members will have volunteered as race marshals at the Times Colonist 10K on Sunday, April 28th.

That's just one day after the gigantic House and Gorge Cleanup on Sat. April 27th, when an army of Club volunteers spiffs up the Clubhouse and grounds, and fans out over the Gorge Waterway above Tillicum Narrows to pick up garbage.

Voyageurs Paddle for the Kids

Please see page 4. There was so much volunteering that a whole page is needed for recognition!

Other Opportunities

If you'd like to be a VCKC volunteer, keep an eye out for announcements about opportunities to teach kids from area schools or offer boat rides at local community events. Think about offering your services at two fun community events hosted by VCKC, the Switchblade Relay Race (Sun. May 19th) and Guts 'n Glory (Sat. July 13th).

Wild about Whales Derby Sat June 15th

Once again, the Boys and Girls Club will be conducting this event in the Gorge across from the clubhouse. VCKC supports this event with volunteers and the use of the club coach boat. Traditionally, the Dragonboat Program provides rides off the beach for kids.

Each raffle ticket corresponds to a numbered rubber whale that will race its way down the Gorge to the finish line on June 15th. You'll have an opportunity to watch thousands of little rubber whales race down the Gorge! Join us on June 15th to cheer on your whale at our fun and free family event. In addition to the race, you will enjoy a BBQ, family friendly activities, free face-painting and water themed children's activities. This event runs from 11:30am - 2:30pm, with the race starting promptly at 1pm. You're guaranteed to have a whale of a time!

Adopt a whale by purchasing raffle tickets. Please go to <http://www.bgcvic.org/whats-new/events/wild-about-whales/>. Spend a little, and you may win a lot! You can purchase single whales for \$5, a Pod of 5 whales for \$20, or go for the Leviathan pack of 25 whales for \$100. Order your raffle tickets now! The Boys and Girls Club is looking for volunteers for numerous Wild About Whales positions! For more information and to get involved, e-mail Alisha at abrown@bgcvic.org or phone 250-384-9133 ext 215.

HAROLD NISHIKAWARA'S BIRTHDAY PARTY

VCKC members celebrated Harold's 85th at VCKC. He was presented with the book titled "the Gorge of Summers Gone By" by Dennis Minaker & a pink carnation boutonniere. He had a very nice time with many old paddling friends attending, representing Victoria Secret team and the Ageless Warrior team. Jack Louie gave a nice speech about Harold's involvement with the very first Dragon boat at the club, several other people shared their memories including Lloyd, Stephen & Don Munroe from the Voyageur program. We all thank Harold for his contributions to our club.

Also, the potluck selection was a feast to remember.

A big thank you goes to everyone who made this a very special 85th celebration for Harold.

There's a website of interest related to the book written by Dennis Minaker that we gave him: victoriavision.blogspot.ca. It has some interesting comments about people swimming in the Gorge in the 60'S.



MARATHON PROGRAM PRESENTS
THE SECOND ANNUAL
PADDLE RELAY RACE
MAY 19TH

Teams consist of 6 paddlers, 3 women and compete in ocean kayak, paddleboard, tandem marathon canoe, solo outrigger canoe, surfski and an six person outrigger canoe. The cost is \$180 per team. The deadline for registration is May 16th.

Register at <http://www.vckc.ca/switchblade/switchbladeregisterform.asp>.

For more information go to <http://www.vckc.ca/switchblade/>.

SWITCHBLADE RELAY

SWITCHBLADE PADDLESPORT RELAY RACE

SUNDAY 19 MAY 2013 / VICTORIA BC
gam start at Victoria Canoe & Kayak Club

TEAMS:
6 paddlers (minimum 3 women) - 1 ocean kayak;
1 standup paddleboard; 1 tandem marathon canoe;
1 OC1; 1 surfski and all into an OC6.

COURSE:
Small boat legs 30-45 minutes each
+ OC6 leg 60-90 minutes

BOATS:
Teams are responsible for providing their own boats. OC6 Contact: Gord Wallace
email: gordiewallace@gmail.com

COST: \$180 / team, includes dinner
REGISTRATION: Deadline 16 May 2013

Forms & Race package @ vckc.ca / Race Information: <http://members.shaw.ca/Switchblade.Relay/>

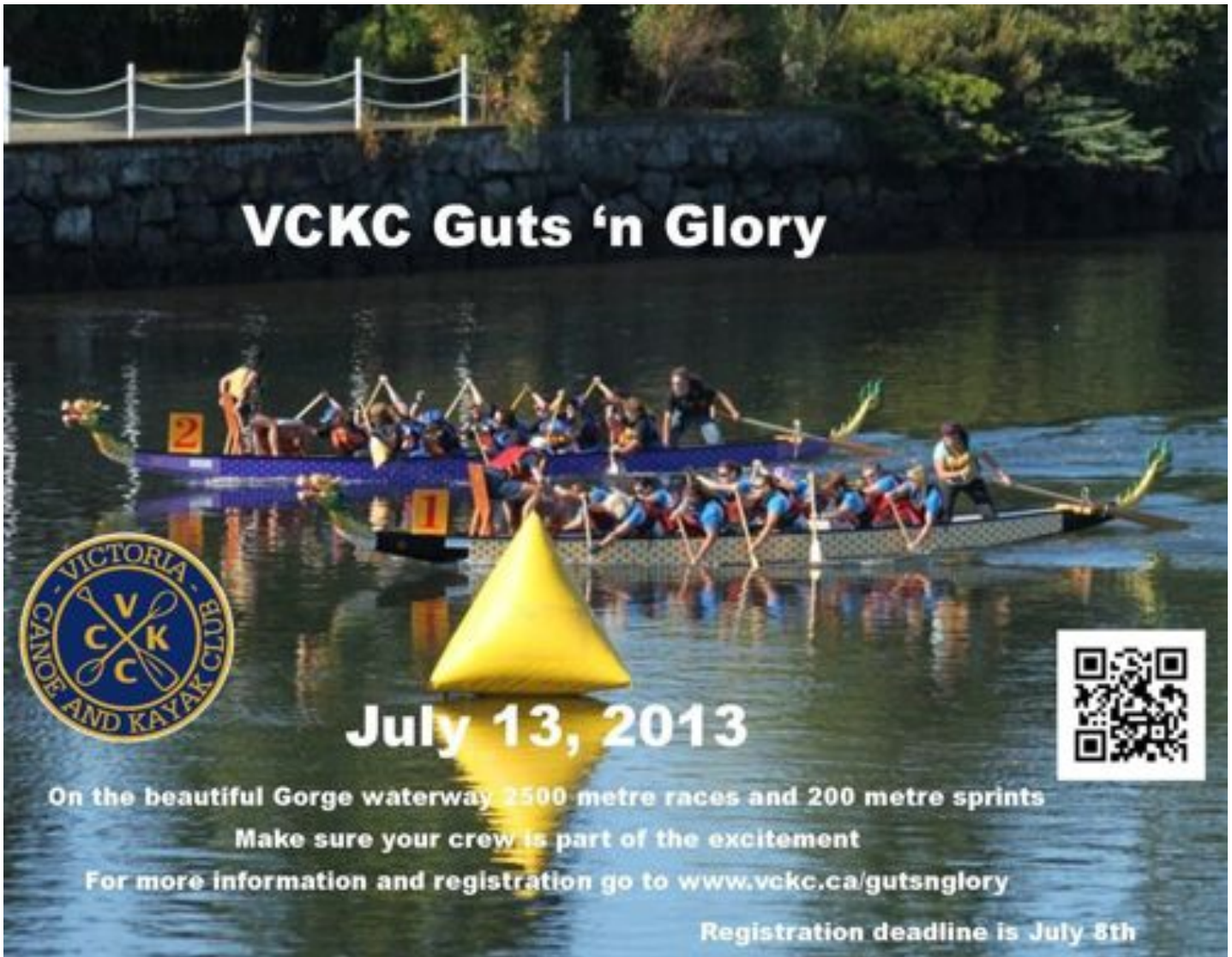
THANKS FOR YOUR SUPPORT!

Fairway Markets
Hoynes Brewery

Support boat drivers
Municipality of Saanich
Local paddling clubs with special thanks
to Ocean River Sports
RCMP & the Harbour Authority

DRAGON BOAT PROGRAM



Mark July 13th in your calendar for VCKC's Guts 'n Glory Dragonboat Race. Look for more information in the June newsletter.



VCKC Guts 'n Glory

July 13, 2013

On the beautiful Gorge waterway 2500 metre races and 200 metre sprints
Make sure your crew is part of the excitement
For more information and registration go to www.vckc.ca/gutsnglory
Registration deadline is July 8th



VOYAGEUR PROGRAM

Paddle for the Kids 2013

On Saturday March 23rd we completed the 31st Annual Paddle for the Kids in support of Camp Shawnigan. For the fourth year we took the Peninsula route from Brentwood to the clubhouse. It was also the fourth consecutive year of good weather! That sets a new record. The second shift turned out to be a bit long due to a headwind, but it all worked out in the end. Here is the 2013 PFTK by the numbers:

- Number of paddlers: 49 paddlers
- Distance travelled: 75 km
- Time required: 11 hours, 45 minutes
- Total funds raised: \$15,013.42
- 5,500 paddler-kilometres during the season (Feb 3 to March 23)

Once again we thank the Central Saanich Lions Club for providing onshore support, Oak Bay and Sidney Search and Rescue for offshore support, Ron Wade and Ron Bassey for the bus transportation, and of course our many donors. In Recognition for the Pledge Drive, congratulations to our top fund raisers:



Last boat home: Munroe

Mavis Pillar
Top Fund Raiser
Congratulations!!!!



Irena Jazwinski
2ND Place
Congratulations!!!!



Jana Piercy
3rd Place Winner
Congratulations!!!



First Boat through
Tillicum: Kawa



The Voyageur Program will continue this year with:

- Canada Day picnic on the Gorge
- Symphony Splash (August)
- Other day trip and brigades through the year (any suggestions?)

Fraser River Brigade - August 25-30

Time to start thinking about summer holidays! The Fort Langley Canoe Club is hosting a week long Voyageur Canoe Brigade. It will travel from the resort town of Harrison to Richmond, spanning the Harrison and Fraser rivers. They are expecting up to fifteen teams. Could be a fun camping trip.

If you are interested in being part of a VCKC team, send an email to Voyageur@vckc.ca. What better way to experience the Fraser River than in a big canoe?



Bus Ride between Shifts - Thanks, Ron



First Shift Change at Sidney Government Dock.



Catnap at Lions Clubhouse - Thanks BC Lions - Central Saanich



Shift two arrives after four and three quarters hours paddling.



Shawnigan
(which has subsequently under gone repairs)



Boys and Girls Club Boat - Thanks, Ellie

River Rescue Courses in Squamish

Boreal River Rescue would like to inform the members of Victoria Canoe and Kayak Club about a series of whitewater and swiftwater rescue courses offered in Squamish for June, 2013.

Boreal River Rescue delivers excellent whitewater and swiftwater rescue training courses for river guides, paddling instructors, boaters, field workers,

and rescue professionals. Our programs are intensive, hands-on, and well run. The curriculum is constantly updated to stay relevant and useful. Courses include a combination of skill practice, rescue simulations, discussions, and practical reviews.

Date	Course	Cost
June 20 to 21	Whitewater Rescue (WWR levels I & II)	\$249 plus tax
June 20 to 23	Whitewater Rescue Technician (WRT) levels I, II, III	\$449 plus tax
June 22 to 23	Whitewater Rescue Technician - Bridge (upgrade from WWR to WRT) level III	\$249 plus tax
June 22 to 23	Whitewater Rescue Technician - Recertification level III	\$249 plus tax

All courses listed above are based at Sunwolf located at 70002 Squamish Valley Rd., Brackendale, BC, V0N 1H0

To register for any of these courses please:

- Call us toll free at 1-866-242-9383; or
- E-mail us at info@borealriver.com and let us know which course you are interested in and we will email you a registration form; or

- check out our website www.borealriverrescue.com for more information and registration forms for these and other courses offered by Boreal River Rescue.

Please do not hesitate to contact me for further information or assistance with registering.

Thank you, Dorothy, Boreal River Rescue, 1-866-242-9383 or info@borealriver.com and www.borealriverrescue.com.

CANOE PROGRAM

Details of the VCKC spring canoeing course schedule appear in the previous newsletter and on the VCKC website calendar. These courses have proven very popular. Almost 30 students have taken advantage of the training so far. Still to come are exciting courses in Ocean Canoeing, River Canoeing, Advanced Lakewater training, Tripping and Poling. Contact canoe@vckc.ca for details. Ten students received Flatwater Level I certificates after successfully completing the Crystal Pool rescue session on April 7. Congrats for their achievement and commitment.

Club playboaters held a playboat clinic on April 5th. Nine Club playboaters under the tutelage of Master Instructor Tim Marks refined their strokes and tested their skill on multiple Koksilah River drops. On a day when all other lower Island rivers were washed out, the Koksilah was at a perfect level. Two of us were re-certing for Moving Water Instructor. One of Tim's dictum's is to carefully choose the spot to challenge your students and be ready if they take a swim. Apparently we were being challenged at every drop as many of us made good use of our drysuits through the course of the day's run.



May 21st Canoe and Kayak Program Meeting: Bon Lee will be providing entertainment with a slideshow on how Bowron Lakes trip. We'll also have a fascinating canoe related activity provided I can think of one before the meeting.

Good progress is being made on repairing and rigging the river boats. Flotation bag rigging was either renewed or replaced in the boats and some minor repairs done. Only the old red prospector still requires a bit of work. All three boats will be ready for the upcoming Moving Water Level I course.

Bi-weekly Lakewater paddles continue to be run by Club. For details contact Alan Thomson (3135thom@islandnet.com). Club members also participate in informal river runs almost weekly. Contact Dan Walker at canoe@vckc.ca.

CLUBHOUSE NEWS

April has been a very busy month with overlapping activities happening almost every weekend.

Wake up the Gorge attracted 30+ OC6 teams on Saturday and small boats and marathon racers on Sunday. A fun time was had by all participants and we really appreciated those who came out to help with all the activities and cheer the racers on. Congratulations to Ryan Ovens and Darrelle Butler and the organizing group for a great event. The monsoon rains and hail made us earn those cupcakes.

Craigflower grade 5 students started voyageur paddling April 9th. Paddling Tuesday mornings in the voyageurs until the first week of June, they hope to finish with a day trip. There is lots of enthusiasm in the boats. Thanks to sterns Alan Thomson, Doug Linton, Bon Lee, Fabian Quocksister and Michelle Tomasino, organizer James Skwarok, and the teachers for a great experience for all involved.

Grade 4 students will resume their dragon boat paddling sessions in May - we will be asking for volunteers to stern and paddle with the students.

We wrap up the month with our semi-annual Clubhouse cleanup and Clean up the Gorge event. Thank you to Sandy Rattray and Don Munroe for organizing and to all the volunteers who participate. We are fortunate to be provided our clubhouse by Saanich and to have the Gorge at our doorstep. It is critical that we all join in to maintain the house and grounds and demonstrate that we are responsible tenants and community members.

May looks to be just as busy with a range of courses, Running of the Cows trip on the Cowichan River, Switchblade, school programs in dragon boats from Craigflower, Shoreline Middle School and Esquimalt

High and more.

Upcoming Events of Interest

The second annual "Switchblade Water Relay" Sunday May 19th. Race starts at 9 a.m. at VCKC and takes about 5 ½ - 7 hours total. Come check out this unique paddle sport event - see website info.

See you all at the May meeting.

Pam Carroll
President, VCKC

Monthly General Club meetings

May 7 Fit to Paddle Whether you paddle to explore scenic waterways, to meet new friends, to get fit, or to engage your competitive spirit, taking care of your body will allow you to get the most out of your paddling experiences for many years to come. Join Tom Arnold (Head coach of the Gorging Dragons and National Outdoor Leadership School graduate) for easy exercise and nutrition tips that will help your paddling no matter your age, your goals, or the size of the boat you paddle.

June 4 Club BBQ

September 3 Club BBQ

Our Thanks, Roy

Thirty-Five VCKC members enjoyed the paddling slide shown by Roy Scully at the April general meeting. Roy presented slides from a variety of trips in various locations around the island. The audience responded enthusiastically to his presentation.



VCKC Executive

Executive

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Kayak Program kayak@vckc.ca
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Voyageur Program voyageur@vckc.ca
 Joe Boyd 250-386-6004

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 Muriel Johnson
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Boat & Locker Storage storage@vckc.ca
 Maylene McMillan
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 Wendy Clapp 250 220-5787
Director at Large director4@vckc.ca
 June Parker

Executive Appointed Positions

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 Jean Chandler 250-727-6923
Webmaster webmaster@vckc.ca
 Vacant
 (Ron Crabtree interim) 778 430-4545

Note: the Deadline for submission of content for the next newsletter is May 22nd.

May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	May-01	1	2	3
Times Colonist 10K Run 9am Ocean Canoeing Course		10am Craigflower school voyageurs			1:15pm Shoreline School DB Practice	OC6: Brotchie Reach Race 10am Dragon Boat Open Paddle (All Welcome)
5	6	7	8	9	10	11
Brotchie Reach Small Boat Races	5pm Ocean Canoeing classroom session	10am Craigflower school voyageurs 7:30pm VCKC General Meeting		7:30pm VDBF Organizing Meeting	Ocean Canoeing course 1:15pm Shoreline School DB Practice	Ocean Canoeing course 10am Dragon Boat Open Paddle (open)
12	13	14	15	16	17	18
		10am Craigflower school voyageurs 7pm Executive Meeting	6pm Gorge Waterway Initiative Meeting		1:15pm Shoreline School DB Practice	10am Dragon Boat Open Paddle (All Welcome)
19	20	21	22	23	24	25
Switchblade Paddle Relay Race		10am Craigflower school voyageurs 7:30pm Canoe & Kayak Program Meeting	VCKC Newsletter Deadline		1:15pm Shoreline School DB Practice	10am Dragon Boat Open Paddle (open)
26	27	28	29	30	31	Jun-01
		10am Craigflower school voyageurs				DB: Gorge Super