

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

April 2012

Victoria Canoe and Kayak Club General Meeting

Tuesday, April 3, 2012 at 7:30 p.m.

Prior to the meeting (starting at 6:30) the Canoe Program will demonstrate a couple of fun canoeing stunts, For example, gunwale walking and canoe bouncing.

For Entertainment, the Canoe Program will show various program activities with slides and videos depicting white water paddling, origins of solo paddling fun, voyageur-ing, flat—water trips and ocean trips.

LEARN TO PLAY TAG AGAIN

There have been a few missteps in the last few weeks with regard to locking up the Clubhouse, compound and other facilities. Here are some important things to keep in mind (and this means YOU):

- 1. When leaving the Clubhouse, lock the door if you're the last person out.
- 2. This means you actually have to find out whether you're the last person. If you're not, "tag" someone else with the responsibility, as in "_____, if you're the last person to leave, would you please see that the door is locked?"
- 3. For combination locks that open and shut by rolling the tumblers, make sure you roll the tumblers if leaving the lock open (so that others don't see the combination) and after you lock it, so that the lock doesn't open readily. TEST the lock before leaving.
- 4. For padlocks, etc., make sure you don't leave them lying around after you remove them. Locks have been known to walk away.
- 5. Pretend the Clubhouse is your house. You wouldn't leave your house and valuables in the yard unlocked, would you?
- 6. Finally, do not give out the combinations. VCKC members can access this information by logging on to the website.

If you have a concern about Clubhouse security, please relay it to Marie Lansdowne.

Clubhouse and Gorge Waterway Cleanup

When: Saturday, April 28th. Time: 9:30am to 1:00pm

Please come and help to clean up the clubhouse and the Gorge Waterway. If you want to participate, be sure to wear clothes and footwear that you don't mind getting muddy. For the club cleanup, please bring any garden tools or house cleaning stuff that you are able to.

The paddling group will be out in the voyageur canoes - it's a messy job but it's an adventure. Please wear clothes and footwear that you don't mind getting wet and muddy.

We are so fortunate to have such a lovely location for our club. Please spare a couple of hours to help keep it looking spic and span.

Our Sponsors will provide:

- Gloves and garbage bags by the CRD;
- Dumpsters and dumpage fees by Waste Management; and
- Refreshments and treats by Tim Hortons.

Thanks Sandy Rattray, VCKC Clubhouse and Grounds
Don Munroe, VCKC representative for Gorge Waterway Initiatives (GWI)

PADDLE FOR CAMP SHAWNIGAN March 31st, 2012

The 2012 Peninsula Paddle for the Kids will have taken place March 31. This news item was written before the event. This annual fundraising event at VCKC is in support of the Lions Society Easter Seal Camp at Shawnigan Lake. The camp allows children with disabilities to enjoy a summer camp experience in a safe environment. Funds raised by the club help the Lions Society operate the facility for children and families with special needs.

The voyageur canoe route follows the shore of Saanich Peninsula from Brentwood Bay to the Clubhouse - about 40 miles in 10-12 hour. Bus transportation, great food, and a warm dry rest area provided by the local Lions Club help make for a great day of paddling for a good cause.

An enthusiastic group practiced for weeks to build skills in paddling voyageurs and enhance their fitness to complete their teams 2 hour turns. We experienced adventure, challenge, success and beautiful scenery - and of course sun, wind, rain, sleet and snow. We can all now slalom a voyager canoe through pilings like a pro. I'll do it again in a heartbeat!

The point of the Paddle is to raise funds for Camp Shawnigan. Thank you to everyone who donated to our paddlers for the kids. We'll share highlights next month. If you have any questions, please contact Joe Boyd: voyageur@vckc.ca, 250-386-6004

CLUB THANK YOU

The outgoing and current Executive is grateful to have Peter Kabel doing the annual

Financial audit for the club. It confirms financial records follow appropriate standards and provides assurance to members of financial records accuracy, even as the Treasurer changes. He has been volunteering this needed help for many years. Thank you so much Peter for your volunteer commitment of time and energy to support the Victoria Canoe and Kayak Club.

CLUBHOUSE NEWS

Ah, spring! This season brings increasing daylight and warming temperatures - eventually. Club programs are in full swing or rapidly gearing up. Let's take the opportunity to try something new.

Club Program/Financial Planning

Establishing a method to allocate funds to Programs that is fair and grounded in principles is progressing as Executive clarifies the issues in the following areas:

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

Continuing discussion by executive committee on the proposed principles published in the previous newsletter resulted in recommended revisions. The Executive Committee will be working at its next meeting on our approach for planning programs and allocating financial support over a 3 to 10 year period.

Upcoming Events of Interest

Wake Up the Gorge Outrigger and small boat races April 14 and 15, 2012 9 a.m. start

Our Wake Up the Gorge outrigger and small boat race is fast approaching. Come join in by racing, contributing or buying baked goods, cheering on our teams, or relaxing with chilli and beer. We look forward to everyone having a good time.

Registration is now open. Contact Dave Schweter at outrigger@vckc.ca.

Monthly General Club meetings

We have awesome programs and we want everyone to celebrate our love of paddling. An enthusiastic group of 40 was on hand for Dave Schweter's Outrigger Movie Night at the March meeting - I'm still in awe of the paddling of the outrigger teams in the movie with Nappy Napoleon.

The upcoming meeting schedule is:

April 3, 2012 Canoe program - Yasmin Rampuri (Activities start at 6:30 pm!!!)

May 1, 2012 Dragon boat program - Mary Kirchner

June 5, 2012 Club BBQ

Clubhouse and Gorge Waterway Cleanup Saturday, April 28th 9-1 pm

Come join in to clean and shine the clubhouse and the Gorge Waterway. We are so fortunate to have such a lovely location for our club so please contribute a couple of hours to help keep it looking spic and span. Bring a cleaning bucket and clothes. The paddling group will be on the water collecting garbage—it's a messy job but it's an adventure. Gloves and bags are provided by the CRD, dumpsters and fees by Waste Management, and refreshments by Tim Horton. Thanks to Don Munroe for coordinating the Gorge Waterway clean up.

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

DRAGON BOAT PROGRAM REPORT

Dragon Boat Launch and Open Practices

While Eastern Canada basks in summer-like temperatures, we are still looking for that one 10-degree day to get at least one hull painted and in the water. If all goes well, the Dragon Boat Program will launch one boat and hold the first of its Saturday Open Practices on March 24. Newcomers to the sport are invited to show up at the Clubhouse at 10:00 a.m. for an orientation and dry-land session; the boat leaves the dock at 10:30. If you have friends, family or colleagues who are interested in checking out dragon boating, the Saturday sessions are an excellent

opportunity to give it a try. Watch the Calendar for details of this and subsequent open practices or contact Brittany Kohn -

VCKC.coach.britt@gmail.com.

This is just a reminder to new and experienced paddlers to dress appropriately for activity on the water at this time of year: lightweight synthetic layers, a water-resistant breathable shell, hat stashed somewhere, grippy gloves, tights or rain pants (NO jeans!), and sandals or neoprene booties (NO wellies!) or old running shoes with warm socks. And bring a bottle of water.

DRAGON BOAT PROGRAM REPORT, Cont'd.

Gorging Dragons Paddling & Sterning Clinics

The Gorging Dragons are once again offering their Platinum Dragon Boat Paddling Clinic April 21st and 22nd at VCKC. The format will be similar to last year's clinic, which was very favourably received.

Participants may register for a 4-hour session beginning at 8:30 a.m. on either Saturday, April 21st or Sunday, April 22nd - the cost is \$40 per person. To register, go to the Gorging Dragons website. Be sure to specify you're from VCKC, as a certain number of spaces are reserved for VCKC paddlers. These classes fill up fast, so act now! (VCKC coaches may enrol for free, but must contact Mary Kirchner in order to register.)

With content suitable for paddlers and coaches, the clinic will give you the building blocks to a more efficient and effective paddle stroke. The session begins with a dry-land session on stroke technique and theory, followed by an on-water session that includes individual instruction, videotaping, and use of the electronic Excalibur paddle. The session concludes with video analysis and review of the Excalibur data.

There is a good chance the Gorging Dragons will also offer a dragon boat sterning clinic in the afternoon of April 21st or 22nd (time to be arranged). Teams with sterns wishing to take advantage of this opportunity are invited to contact Mary Kirchner ASAP at mjkirchner@shaw.ca.

You don't have to be a dragon boater to apply; any VCKC member looking to acquire a new skill is welcome.

Planning for Festivals

VCKC teams will be well represented at local (Island) festivals this year. For those paddlers whose teams haven't mustered a full roster for any given festival, or who wish to participate in more far-flung or specialty events such as Portland, Alcan, Sproat Lake, women's races, etc., Renée Bagwell has volunteered to be the "VCKC United" Coordinator, helping them mount a joint team and register. Interested paddlers contact Renée at vckcteamliaison@hotmail.ca.

Third Annual Guts & Glory Festival July 14

Planning is proceeding apace on this VCKChosted, 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. An organizational meeting will be held at the Clubhouse on Wednesday, April 25 at 7:00 p.m. If you like fun in the sun, please volunteer! For more details, contact the Event Director, Brittany Kohn at 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.

Recruitment

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.

SAVE MONEY AND HELP THE CLUB!

(The burgers are fine, too!)

Montana's Cookhouse and Saloon, 315 Burnside West, is offering the following sponsorship deal to VCKC members (i.e. paddlers in all programs):

- 1) All VCKC members will receive a 15% discount on food and beverage at Montana's. This is for both teams and VCKC members dining with their families. If you are a VCKC member dining with your family, up to 6 people may be discounted in total. Be sure to mention to the server that you're a VCKC member. The server will issue you two receipts, one with the total amount before the discount, and one with the discounted amount.
- 2) Keep your receipt for the total amount before discount! When you're in the Clubhouse, drop it in the specially marked envelope in the Dragon Boat cubbyhole in the office. The Dragon Boat Program will volunteer to collect all the receipts and return them to Montana's. At the end of the year VCKC will be given an amount equal to 10% of the total amount of the bills before the discount; this money will go into the Club's general revenues.

The Executive endorsed this proposal. Do yourself a favour while contributing money to your Club.

THE INAUGURAL "SWITCHBLADZ WATER RELAY" GORGE WATERWAY, VICTORIA

Race Day: Sunday, May 20, 2012

GOAL - to facilitate paddlers of all types coming together for some fun on our beautiful water!

Details to be announced on the VCKC website Urgent questions? risa.greenwood@shaw.ca

START BUILDING YOUR TEAMS!

Teams: 6 paddlers combine to cover 6 legs:

- 1) K1 flatwater leg
- 2) Stand-Up Paddleboard leg
- 3) Marathon Canoe (2 man) leg
- 4) OC1 leg
- 5) Surfski leg
- 6) OC6 final leg

- no more than 3 men per team
- course legs will include the Gorge, Portage Inlet, Esquimalt Harbour to Coberg Spit (Esquimalt Lagoon) to McCauley Pt, into the inner harbour, starting and ending at VCKC
- each leg ~45 minutes, with final OC6 leg ~75 90 minutes
- Post-race lunch and awards at VCKC
- registration cost and forms TBA we intend to keep the cost DOWN!

CANOE PROGRAM REPORT

Meetings

I hope you enjoyed the Canoe Meeting held on Monday, March 12th. It was great to get the gang together and I was sorry to be out of town so I had to miss it. I understand it went very well and some great plans were made for the general meeting we are hosting next.

So, mark your calendars for the next General meeting April 3rd at 6:30 pm. The Canoe Program is proud and excited to be hosting it, and we have lots of interesting things in store for you! Be prepared to come a little early as noted

above for some fun demonstrations and games in our canoes. We will present after the business and break on a wide range of things we do in canoes - more than you might imagine!

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

.CANOE PROGRAM REPORT Cont'd

Trips

Overview

In addition to the regularly scheduled day trips, the club does a few annual trips. Alan Thomson leads most of these (on flatwater--lake or ocean), but I am very interested to hear from other experienced canoeists that would be willing to lead these trips as well. Specifically, due to the Ocean Paddling Course happening on the same weekend as the Frost Free camping and paddling trip May 12/13/14 we need someone to come forward to lead this trip again.

As well, we have a busy self-managed group of river paddlers who get out regularly while our island rivers have enough water for canoe river runs - anyone interested in getting on this distribution list please contact Tom Staebell directly at thestaebellfamily@shaw.ca. Is there interest in a similar group of flatwater paddlers? If so, please send me an email canoe@vckc.ca and I'll work towards getting an informal list together so you can self-manage in the same way as the river group and find folks to get out on shorter notice than our organized club day trips.

Flat Water Trip

There will be a flatwater trip for canoes and kayaks on April 9th, Easter Monday. This is a day with a low tide of 1' at mid-day in Victoria, 1.30pm in Fulford, so a trip somewhere that doesn't need a high tide would be in order. An outside possibility, given little or no wind, would be the section of the Juan de Fuca Strait between Sombrio Beach and French Beach – about 12 nautical miles. Given the currents in the Strait that day, this would best be done from French Beach to Sombrio, but would involve a long shuttle. A possibility closer to Victoria would be from Finlayson Arm, from Goldstream Boathouse to Spectacle Creek and back via McKenzie Bight and Elbow Point.

An e-mail will be sent to all Canoe and Kayak program members the week before.

Thompson River Trip

I am considering running the Thompson River voyageur canoe trip in September, on either the 8th/9th or 15th/16th. This trip was once a

regular part of the canoeing schedule and involves paddling the Thompson River between Kamloops Lake and Ashcroft. We have used two or three voyageur canoes, but tandem canoes are welcome. We stay at the Juniper Beach Provincial campsite, and paddle the whole stretch on the Saturday and half of it on the Sunday, so that people can fit the trip into a weekend.

If you would like to take part in this trip, please let me know so I make an estimate of the interest. No river skills are required for those paddling in a voyageur canoe, but some paddling skills are needed

Frost Free Weekend/Mother's Day Weekend Campout

The Club's annual season-opening camping trip will take place on the Mother's Day weekend in May 12th/13th. The recent trips have been extended by a day to give a 3-day/2-night trip, so the Friday or the Monday will be added if everyone interested can take the extra day.

The destination for the past 3 or 4 years has been Blackberry Point on Valdes Island. The put-in/take-out is at Cedar Ramp, near Nanaimo. The campsite at Blackberry has a composting toilet, but no running water - this trip requires self-sufficiency. The canoes and kayaks travel in a group from Cedar Ramp over to the De Courcey Island chain, and then down to Valdes Island, a paddle of about 3 ½ hours. From Blackberry Point, there are paddling options South East and North West along the coastline of the island, as well as hiking trails on the Island itself.

On the Saturday night, there is a group barbeque - you provide the meat, we provide baked potatoes and fruit grunt for dessert.

If you are interested, please let me know. I will be taking names, but, because of the Ocean Paddling Course on the same weekend, I won't be leading the group of campers. I hope some other experienced paddlers will undertake this - volunteers?

Alan Thomson 250-592-4170 3135thom@islandnet.com

CANOE PROGRAM REPORT Cont'd

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 the staebell family@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.

Moving Water Tandem

This includes all instruction for both days and use of club equipment. The course will most likely be Basic Tandem, which is the prerequisite for this 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 for 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 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 twonight 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



CANOE PROGRAM REPORT Cont'd

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

Happy Paddling, Yasmin Rampuri, Canoe Program Director

OCEAN RIVER SPORTS AND OUR DRAGONBOATERS





VCKC Executive

Executive

President <u>president@vckc.ca</u>
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Yasmin Rampuri

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Kayak Program <u>kayak@vckc.ca</u>
Doug Linton 250 727-0216
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250 213-9944

Marathon Canoe Program

Darrelle Butler & Risa Greenwood

Voyageur Program <u>voyageur@vckc.ca</u>

Joe Boyd 386-6004

Other Executive

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<u>safety@vckc.ca</u>

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Clubhouse and Grounds <u>clubhouse@vckc.ca</u>

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Kym Thrift

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Mile Petrovic

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June Parker

Executive Appointed Positions

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Jean Chandler 250-727-6923

Webmaster webmaster@vckc.ca

Ron Crabtree 778 430-4545



Maylene
McMillan took
her inaugural
voyage in her
first new boat
from the VCKC
dock. It was
quite some time
ago, but she still
smiles when she
paddles it. She
cares for an
maintains her
boat with great
diligence.

Photo by Jean Chandler Note: the Deadline for submission of content for the next newsletter is: April 17, 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01-Apr	2	3	4	5	6	7
		19:30 VCKC General Meeting				
8	9	10	11	12	13	14
		19:00 Executiv e Meeting	17:30 DB Committee	07:00 Jack's Dragon Boat team meeting		**Wake Up the Gorge**
15	16	17	18	19	20	2 1
Wake Up the Gorge			19:00 GWI meeting	19:00 Basic Tandem Canoeing Class room session		Drabpmboat Clinic - Gorging Dragons Lakewater Basic Tandem Canoe Course
22	23	24	25	26	27	28
Dragonboat Clinic - Gorging Dragons			19:00 Guts'n Glory Meeting			Clubhouse Spring Cleanup
1 29	30	01-May	2	3	4	5
Lakewater Basic Solo Canoe Course		19:30 VCKC General Meeting		17:00 Ocean Paddling Canoe Course	17:00 Ocean Canoeing Course	

