



Victoria Canoe and Kayak Club

Newsletter

April 2016

Victoria Canoe & Kayak Club 355 Gorge Road West Victoria, B.C. V9A 1M9
Phone: 250-590-8193 (Info only) Website: www.vckc.ca

Notices

- **Next General Meeting:** Tuesday, April 5th at 7:30pm (*Victoria Harbour "Rules of the Road"*)
- Canoe Course Schedule now available – *see below*
- 2016 *Wake Up the Gorge:* Registration now open – April 2nd & 3rd for OC6 & Small Craft, respectively.
- 2016 *Guts 'n Glory Dragon Boat Event:* Scheduled for July 23rd.
- **Spring Clean-up: Clubhouse and Grounds** April 23 9:00am to 1:00 pm

NB: see calendar item on website for details; meet at the Clubhouse unless noted otherwise.

Next General Meeting Presentation

The upcoming VCKC General meeting on Tuesday, April 5th will have a special guest, Mariah McCooley. As the new Victoria Harbour Master, she will address our members and speak about her job. Most

importantly she will talk about the "rules of the road" while paddling in the waters in and around the Victoria Harbour. The meeting starts at 7:30 pm, and it would be wise to arrive a little bit early to get a good seat. Don't miss this very informative evening.

President's Report

A big THANK YOU to **Joe Boyd** and to everyone who paddled or assisted in **Paddle for the Kids!** It has been another very successful Paddle. We await the final amount raised, but at the time of writing it was over \$20,000.00, so well done everyone! You may feel tired but you must feel pleased.

General Meeting at 7.30pm on April 5th: Please come early to help move the dragonboat into the water for the season and then stay and listen to the Harbour Master, Mariah McCooley tell us about the rules concerning paddling in the inner harbour and of the issues she faces in ensuring the safety of all forms of transport. She is a paddler herself and is sympathetic to our interests. This a MUST for any club member who paddles below the trestle whether in a solo boat or a team boat. In fact, in a club boat, it is a MUST MUST!

Linda Thomson, President

Canoe Program Update

April will be a busy month for the Canoe program. Though there are still spaces in the canoe courses we offer so please go ahead and register. There will be a beginner friendly flatwater paddle on April 16th around the Gorge. There will be more to follow so remember to check the calendar, as that will be the place they are first posted. Later in April, the date will depend on the weather, we will have our first skill clinic. The list of skills (each with their own clinic) will include: canoe rescues, forward stroke (no matter how good you are, the mechanics can be improved), and slid slips. If you have an idea or something you would like to practice please email me. Maybe a canoe ballet night? Though doing it right takes a lot of skill and practice, as seen in these two videos:

https://www.youtube.com/watch?v=Ofq_nI366VM
<https://www.youtube.com/watch?v=XrFTBE6KJYQ>

David Dorosz

2016 VCKC Spring Canoe Course Schedule

(visit vckc.ca to register or
email canoe@vckc.ca for any questions)

Canoe Course or Activity	Date	Cost
Lakewater 1	April 9th	\$25 + membership (single \$50, family \$70)
Lakewater 1	May 28th	\$25 + membership
Lakewater 2	April 24	\$25 + membership
Moving Water 1	April 2,3	\$100 + membership
Lakewater 3	June 25	\$25 + membership
Running of the Cowichan River	April 30/May 1	free
Frost Free Weekend	May 7/8	free
Ocean Canoeing Course	May 14/15 (12 hours Classroom dates TBD)	\$100 + chart and compass if needed
Moving Water 2	Will be offered if sufficient interest expressed	\$100 + membership
Basic Poling	Will be offered if sufficient interest expressed	\$35 for flatwater, \$65 for moving water + membership
Lakewater 4	June 26	\$25 + membership

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Dragonboat Program Update

This year, we are privileged to have Bon Lee returning as coach and Mile Petrovic as steer. Although our hope was to have 2 VCKC dragon boat teams this year, our resources of coaches available dictated that 1 team was the reality. We are excited to say that we now have a solid team roster of approx. 22-26 ladies for us to form an All women's team. They are committed to having a great racing season! Thank you to Brenda Sutton and to Louise Johnston for volunteering to be team captain and treasurer.

Our "Learn to Paddle" classroom session, held in March, was well attended and we have been out on the water

several times with a keen group of new paddlers. Thanks to our coach and steer and everyone else who has volunteered their time. Also a big thanks to our new paddlers, who are doing an awesome job and helped move the small boat to the water with much enthusiasm.

Practice Schedule:

Regular practice of the Women's Team is planned to start Wednesday April 6th** (Monday and Wednesday 5:30 pm to 7:00 pm). This is our initial schedule; we might amend it depending if the big boat is ready in the water. Thank you Mile and Kim for cleaning and painting.

Key Festivals Dates:

The team will decide which festivals it wants to attend. With emphases on attending Gut's and Glory and Victoria. Paddlers will be asked to pay festival costs up front so the festival can be booked.

- May 26 Fairway Gorge Super Sprints
- July 9-10 Nanaimo Festival
- July 23 Guts & Glory (VCKC's own 10-person boat festival!)
- August 6 Fairway Gorgefest
- August 14-16 Victoria Festival

Call Out for Help with moving the big dragon boat to the water! We have many on the team but sure could use some experienced boat movers and more muscle to help us! The date is for Tue, April 5th at 6:45. This is the same night as our club's General Meeting. We have been advised that it shouldn't take any longer than ½ hour, so we will be finished in time for the meeting at 7:30pm. Please email us if you can be there to help.

VCKC's own Guts and Glory:

This year it will be held Saturday July 23rd. This is the race that our club hosts and all proceeds go to the club. It is a fun event with two different race types: a 200 meter race and a 2500 meter combined -time race. Both in 10-paddler boats. There will be an on-site food concession and beverage garden available for all paddlers. Check out our website for more details. All club members welcome to participate! Gather a team together and register online!

Jack Louie has graciously volunteered to be Race Director and has already assembled a qualified team of people to form the GnG committee. The first meeting was held in March with monthly meetings to follow to keep us on track and to ensure all details are looked after! We will need many more volunteers as we get closer to the day. If you wish to volunteer to help out at

this event, send us an email and we will forward it to the committee.

Kim Capson & Paula Gough

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### Outrigger Program Update

Our annual Wake Up the Gorge is being held on April 2nd and 3rd. If you haven't put together a team yet, we will be accepting last minute registrations up until Thursday, March 30th.

Thanks again go to all the people stepping forward as volunteers and helping to make sure we have a very successful event again. This important fundraiser will help us going forward in purchasing a new set of two much lighter OC6s. These new boats will make a lot of paddlers much happier, especially loading in and out of the water!

By the time you have read this we will have had another OC6 steering clinic. That will mean that VCKC will have another group of 7 to 8 steersman for the paddling teams..... yippee!

A special thank you goes to Ron Williams for contributing his time and very much valued expertise in instructing the paddlers.

We are also happy to announce that we now have an up to date spares list. If you need an extra paddler or two, this will certainly help you find that right person. You will have to login once you are on the VCKC web page and go directly to the Outrigger Program tab. A big thanks to Molly Hamilton for organizing this!

The New Year brings new members to the club and last year's members re-joining. It is really important that team Captains make sure everyone on their teams have paid their dues and most importantly signed a waiver. Club policy dictates that if you haven't paid or signed the waiver you will not be able to paddle club boats. Thanks for your help in doing this!

Shawn Hamilton

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I would like to take this opportunity to thank Darrelle Butler for asking Ryan Mader to make a Slalom Canoe presentation at the VCKC March 2016 general meeting. I'm so sorry to any of you who missed it.

It was an excellent presentation. The photos of the tiny, decked canoes travelling through the gates were clear and crisp. His story of competing through these gates was enthralling. It rejuvenated my desire to continue to build my arms strength around my injuries in the hopes of one day returning to the rivers.

Interestingly enough, these down river racers have to go upstream into eddies behind rocks and other river features without touching the gates. Their timing is the winning post, but can be affected by errors at any of the gates with penalties.

Anyone who may speculate that white water paddling may be of interest can develop canoe and river reading skills in the canoe program courses in a safe environment. Once they reach the point of knowing that they want to advance to Slalom Canoe course, there are a select few of our members who can guide and teach these advanced moves.

On a completely other note, I was witness to Joe Boyd assuming the chair of the VCKC executive meeting in Linda Thomson's absence. It was his first meeting as chair and I believe he carried the meeting very well.

Jean Chandler

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2016 Paddle for the Kids: Tillicum Narrows Challenge



2016 Paddle for the Kids - Maple Bay Practice



## Voyageur Program Update

The *35th Annual Paddle for the Kids (PFTK)* was completed successfully on March 19. The journey of four Big Canoes, from Brentwood Bay to the clubhouse, took 12 hours exactly. 58 members took part in this year's PFTK, an annual fundraiser for Easter Seals Camp Shawnigan. Our club raised just over \$20,000 by getting sponsors to support the often difficult 12-hour journey.

This is a relay paddle where paddlers work in shifts of 2 to 3 hours to paddle the canoes all the way around the Saanich Peninsula. This year, and for the first time in recent memory, two people paddled the entire distance. Tim Marks sterned Shoreline School's new Salish canoe (pictured below). New member Craig Hammett paddled the full 75 kilometres in preparation for the Yukon River Quest.

It was a long day. 30 paddlers left Brentwood at 7 am sharp. We reached the Tillicum narrows at about 6:30 only to be challenged by swift currents of the ebbing tide. Our alternate crew set up ropes under the bridge for a helpful tow through the narrows. We towed each boat

through, with only 2 paddlers per boat, until we all reached our destination. A team effort that brought us to the 12-hour mark for completion.

We had a great, if not short party at the end, sharing dinner and stories at the clubhouse. With such a long day, we weren't staying up too long after dinner. That part was made easy for the paddlers with the help of VCKC members Sharon White, Karen Topp, Karen Brown, and Kim Boyd. Cobbs Bread on Oak Bay Avenue provided a generous supply of baked goodies to recharge us.

PFTK is a team effort that relies on contributions of time and skill from many people. Our special thanks to the Central Saanich Lions Club for providing the bus and hot meals for everyone. The Royal Canadian Search and Rescue Society (RCMSAR) had a watchful eye on us for the entire day, keeping us safe. Ocean River Sports provided the Grand Prize Paddle once again.

Tim Marks & Joe Boyd



2016 Paddle for the Kids: All Fresh at the Start



Checking Out a Landing Site



2016 Paddle for the Kids: The Shoreline School's Pacific Dancer

## April 2016 Events Calendar

| Sunday                                            | Monday | Tuesday                                        | Wednesday                     | Thursday | Friday | Saturday                                                 |
|---------------------------------------------------|--------|------------------------------------------------|-------------------------------|----------|--------|----------------------------------------------------------|
| 27                                                | 28     | 29                                             | 30<br>7:00 PM<br>G&G Planning | 31       | Apr 1  | 2<br>Wake Up the Gorge<br>Moving Water 1 - Tandem        |
| 3<br>Wake Up the Gorge<br>Moving Water 1 - Tandem | 4      | 5<br>7:30 PM<br>VCKC General Meeting<br>7:30pm | 6                             | 7        | 8      | 9<br>8:00 AM<br>Lakewater 1 - Basic Tandem               |
| 10                                                | 11     | 12<br>7:00 PM<br>Executive Meeting             | 13                            | 14       | 15     | 16<br>10:00 AM<br>Flatwater paddle                       |
| 17                                                | 18     | 19                                             | 20                            | 21       | 22     | 23<br>9:00 AM<br>Spring Clean-up:<br>Clubhouse & Grounds |
| 24<br>8:00 AM<br>Lakewater 2 - Basic Solo         | 25     | 26                                             | 27                            | 28       | 29     | 30                                                       |

### Club Contact Information

#### Officers

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#### Other Executive

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