



## Victoria Canoe and Kayak Club

# Newsletter

May 2016

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

### Notices

- **Spring Clean-up: Gorge, Clubhouse and Grounds** Saturday, April 23 9:00am to 1:00 pm
- **Next General Meeting:** Tuesday, May 3<sup>rd</sup> at 7:30pm (Wake Up the Gorge & Switchblade intro)
- **VCKC Guts 'n Glory Dragon Boat Races:** Saturday, July 23<sup>rd</sup>.
- **VCKC Switchblade Relay Race:** Date not firm... possibly August

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

### **Next General Meeting Presentation**

The upcoming General meeting on May 3<sup>rd</sup> will have a slide show presentation from 2016 **Wake Up the Gorge** and an intro to the upcoming VCKC event "**Switchblade Relay Race**".

If you have never attended either of these VCKC events, here is the perfect opportunity see these events through the eyes of the camera.

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### **President's Update**

The club's activities are ramping up. WUTG was very successful, the dragon boat is out of the compound and secured to the dock for regular use. The canoe program is well into teaching, and the marathon program welcomed Darrelle back for regular Saturday morning paddles.

When **PARKING** for all club activities, please remember to keep the four parking lots backing onto the playground free for families with children to use, and do NOT park in the private parking of the II Greco mini mall, or you may get towed. We have permission to park behind and along the fenced side of the Imperial Dry Cleaner. **THANK YOU!**

Last weekend (15-17th April) Alan and I attended the AGM of the Recreational Canoeing Association of BC (RCABC) which is the provincial body that lays down the content of canoe courses and the training of canoe instructors. During the meeting, it was decided that RCABC will incorporate paddle boarding into its

programs. The first instructor course will be sometime this summer, and will be open to all RCABC instructors. The rationale for including paddle boarding under canoeing was that most of the strokes used are canoe strokes, there is already canoe poling, and as one person rather flippantly put it, a paddle board is really a canoe without sides!

Thanks to Sandy Rattray and Don Munroe for organizing the Club Clean-up, and to all those who paddled and collected garbage from the Gorge, and those who cleaned and tidied up the clubhouse and grounds. Well done!

Linda Thomson

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### **Safe Boating Awareness Week**

It's time to start your engines, hoist your sails and grab your paddles! North American Safe Boating Awareness Week 2016 is on the horizon and it's time to get busy! Once again, we need you to join the crew.

The May long weekend has traditionally been considered by many as the unofficial start of the Canadian boating season. Since 1992, the Canadian Safe Boating Council has been striving to remind boaters before they head out on the water of the following 5 key points:

1. Always wear your lifejacket or PFD
2. Don't drink & boat.
3. Take a boating course
4. Be prepared; both you and your boat
5. Be knowledgeable of the risks of cold water immersion



What's really gratifying is that we're making a difference. The statistics reporting boating-related accidents and fatalities is steadily decreasing!

We need you to help us spread this messaging by reaching out to your fellow Canadian boaters both directly through your own organizations and through the media...and it's easier than you think.

The Safe Boating Awareness Week web pages on the CSBC site contain a wealth of Radio PSAs, TV PSAs, timely articles, magazine ads and more. As they are all copyright-free, you can either incorporate into your own internal communications or approach your local Community Television station, Radio station or weekly Community Newspaper

To learn more about this year's campaign and view the materials that are available copyright free for your use, click here. We also encourage you to spend some time with our Volunteer E-Guide that provides a step-by-step guide to help you with all your volunteer activities.

There's nothing like the satisfaction that comes from knowing that you're saving lives, and we have the tools and activities to help you do just that! Register right now as a 2016 campaign volunteer by sending an email with your contact information to me at [sbaw@csbc.ca](mailto:sbaw@csbc.ca) or give me a call at 905-719-5152. Together we can make the start of this boating season meaningful and fun while promoting boating safety!

### Be Part of Setting A New World Record For Lifejacket Wear!

Join Canada, the U.S. and a host of other countries on May 21st in beating last year's record of 10,917 Ready, Set, Wear it participants over 12 countries! Get together with one or more of your friends and take a picture of you wearing/inflating your lifejackets. Visit [www.readysetwearit.com](http://www.readysetwearit.com) to learn more and either join an event or register your own!

Ian Gilson, SBAW Volunteer Outreach Manager

North American Safe Boating Awareness Week is promoted by the Canadian Safe Boating Council (CSBC), a registered charity, and its

members and partners from all areas of the marine community. It is made possible through financial support provided by Transport Canada's Office of Boating Safety

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### Canoe Program Update

April has been a busy month for the Canoe Program. Moving water and lake water courses have been completed, and there are many more to go still. Some courses are now full but are taking a waiting list, in case someone drops out. As well as moving water instructors have completed their re-certifications.

Thanks to Alan for leading the flatwater paddle out of Goldstream Marina, the weather and wildlife was amazing.

Coming up is the big WW sort of finale to the season: The Running of the Cowichan. It's a WW paddle from the lake to the ocean covering two days. So Yes, you do need to have taken the MW1 course. We have the group campsite at Stoltz Pool on Friday April 29 and Saturday April 30. We should have space for club members who would like to join us for camping, and but not WW paddling. Though you will have to listen to stories about river paddling... The beautiful Cowichan River area is great for hiking and biking, as well as canoeing on Lake Cowichan. Let [canoe@vckc.ca](mailto:canoe@vckc.ca) know, if you are interested.

David Dorosz

### 2016 VCKC Spring Canoe Course Schedule

(visit [vckc.ca](http://vckc.ca) to register or email [canoe@vckc.ca](mailto:canoe@vckc.ca) for any questions)

| Canoe Course or Activity      | Date           | Cost          |
|-------------------------------|----------------|---------------|
| Lakewater 1                   | May 28th       | \$25 [Note 1] |
| Lakewater 2                   | April 24       | \$25 [Note 1] |
| Lakewater 3                   | June 25        | \$25 [Note 1] |
| Running of the Cowichan River | April 30/May 1 | free          |
| Frost Free                    | May 7/8        | free          |

|                       |                                                           |                                                          |
|-----------------------|-----------------------------------------------------------|----------------------------------------------------------|
| Weekend               |                                                           |                                                          |
| Ocean Canoeing Course | May 14/15<br>(12 hours<br>Classroom dates<br>TBD)         | \$100 + chart and<br>compass if<br>needed                |
| Moving Water 2        | Will be offered<br>if sufficient<br>interest<br>expressed | \$100 [Note 1]                                           |
| Basic Poling          | Will be offered<br>if sufficient<br>interest<br>expressed | \$35 for flatwater,<br>\$65 for moving<br>water [Note 1] |
| Lakewater 4           | June 26                                                   | \$25 [Note 1]                                            |

**Note 1: Course requires Annual VCKC Membership- can be paid online prior to course.**

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## Dragonboat Program Update

Thanks to everyone for the great turn out to help move the big boat to the water. All went smoothly and now sits tied off the dock. What a great sight to see! A big “shout out” to Mile and Kim for getting the boat ready for the water! (painting, new rope etc.)

While coach Bon was away, coach Jack took over the “learn to paddle sessions” in March. With lots of positive feedback from our keen new paddlers.

Our regular practices season is now off to a grand start!!!



The team has elected Brenda Sutton as their Captain and Louise Johnston as treasurer. These ladies will undoubtedly keep everyone organized and having fun. We now have a full team roster and a full boat of wonderful women (and 2 gentlemen- Mile and Bon ;- ) at practices. Our first race is scheduled for May 29, Fairway Gorge Super Sprints. For many on our

team, this will be their first dragon boat race!

Anyone who is interested in Dragon boating (paddling, coaching, steering) we are taking names for next year and will keep in contact.

**Guts 'n Glory update:** Registration is now available on line!! All club members are welcome to participate! Gather a team together for a 10 man boat and register today!! Mark it on your calendar, Saturday July 23rd. The early bird deadline is May 15th. Please visit the VCKC website for pricing and registration details.

Guts 'n Glory is VCKC's own regatta of dragonboat races with a mission to fundraise for the club. It's a BIG community event with the public invited. It will be a great day full of fun, both on and off the water! You will have a choice of participating in 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.

Please contact us at dragonboat@vckc.ca if you have any questions or would like to volunteer!

Paula Gough and Kim Capson  
Co-Directors VCKC Dragon Boat Program

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## Outrigger Program Update



VCKC Ageless Warriors after the WUTG Race

Wake Up the Gorge has come and gone and I must say it was a great success.

Thank you to all the many volunteers this year, as you were great once again, especially Molly, my wife, which made my job much easier.

**A very special “thank you” to the sponsors who provided us with cash and prizes.**

As you might know, I am putting in a paddle order for all interested club members. If you need or want a new light weight carbon fibre paddle, this would be the time to get it. We are ordering from King Paddle and having seen and used their paddles, you won't be disappointed. They are of high quality and very good value for the money. By sending in a large order we will be saving some freight charges, which lowers the cost considerably. Please refer to the email I sent out previously for all the information.

We have decided to hold a ***huli drill/contest*** this coming **June 11th**. See the calendar for all the details. This will be something new and exciting, and a excellent opportunity to recertify yourself.

We are also planning a “Paddling Efficiency” clinic. No date has been set yet. This will help you paddle easier, with more power, and enable you to paddle longer.

The OC2 should be available in early May and I hope to figure out a good way of booking it. If you plan on paddling the OC2, then you must be able to perform a huli in it. This is different than one in an OC6 and should be somewhat easier. You don't have to lift yourself as high as you would in an OC6.

Wendy Clapp's photos for Wake Up the Gorge are available at <https://plus.google.com/photos/102062719319978966911/albums/6270234693624544129>.



Edmund Duggan's photos of Ocean River's Barges Race are available at:

<https://www.dropbox.com/sh/n65v6uy1bv5wnh2/AAC0RcbeNHi7HDnu1u02TZD-a?dl=0>

Shawn Hamilton

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**WUTG Volunteers Appreciated!**

A great big thanks to all of you who helped make



WUTG a great success! Thank you especially the folks who helped me in the kitchen.

- To Ron, Laurie and Jean who brought food.
- To all you kitchen helpers:-Laurie (thanks for coming at the crack of dawn), Jim, Doris, Brenda, Val, Debi (thanks for staying till the bitter end!).
- To Jack and 50/50 sellers-Val, Carolyn and Sandy.
- To Brenda for her great handwriting on the signs
- To Sue for cheerfully doing that job no one wants-the garbage!
- To Ron and Graham for hanging out at the dock all day
- To Jean for coming to help out on Sunday.



We could not have pulled it off without all of you!!

And thanks of course to ***Shawn and Molly*** who have devoted so much time and energy to WUTG and the outrigger program, in general.

I think a great time was had by all. So, cheers to a job well done!

Judy Leonard



Rockin' Robin handling the WUTG Sounds

Molly for tallying and recording, Robin for the Sounds, Ocean River for the boats, the many Sponsors



Shawn Relaxing on dock (where's Molly?)



The WUTG Safety Crew

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### Voyageur Program Update

Hey gang, are you looking for a little summer paddling adventure in the Gulf Islands with some cool friends and yet to be friends? VCKC is assembling a group of interested paddlers to adventure from Nanaimo, south to Sidney (or thereabouts.) The exact route is yet to be determined and is a little dependent on the size of the group.

Anyone interested must email the Voyageur director to reserve their seat soon so stern leaders can be arranged. It is anticipated two or three boats will be involved in the trip.

GULF ISLANDS VOYAGEURS  
July 23-28  
Nanaimo to Sidney  
Tim Marks



VCKC's Women's Team at WUTG

P.S.: Add the following for appreciation: Don for announcing, the Time Keepers, Brit for Marshalling,

## May 2016 Events Calendar

| Sunday                                  | Monday | Tuesday                                                 | Wednesday                                                   | Thursday                                                      | Friday | Saturday                                                |
|-----------------------------------------|--------|---------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------|--------|---------------------------------------------------------|
| May 1<br><b>Running of the Cowichan</b> | 2      | 3<br><b>7:30 PM<br/>VCKC General Meeting<br/>7:30pm</b> | 4                                                           | 5<br><b>5:30 PM<br/>Ocean Canoeing<br/>Classroom Sessions</b> | 6      | 7                                                       |
| 8                                       | 9      | 10<br><b>7:00 PM<br/>Executive Meeting</b>              | 11                                                          | 12                                                            | 13     | 14<br><b>Ocean Canoeing</b>                             |
| 15<br><b>Ocean Canoeing</b>             | 16     | 17                                                      | 18<br><b>7:00 PM<br/>GWI Steering<br/>Committee Meeting</b> | 19                                                            | 20     | 21                                                      |
| 22                                      | 23     | 24                                                      | 25                                                          | 26                                                            | 27     | 28<br><b>8:00 AM<br/>Lakewater 1 - Basic<br/>Tandem</b> |
| 29                                      | 30     | 31                                                      | Jun 1                                                       | 2                                                             | 3      | 4                                                       |

### Club Contact Information

#### Officers

**President** [president@vckc.ca](mailto:president@vckc.ca)  
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 & Kim Capson  
**Kayak Program** [kayak@vckc.ca](mailto:kayak@vckc.ca)  
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**Voyageur Program** [voyageur@vckc.ca](mailto:voyageur@vckc.ca)  
 Tim Marks

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