



## Victoria Canoe and Kayak Club

# Newsletter

September 2019

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)

### Dates to Remember

- September 3rd - **General meeting and BBQ**

*Be sure to check the website for information on the various courses and activities planned over the fall!!!*

### President's Message

Yikes, the good weather will soon be just a memory, until next year. I hope you have got your money's worth of Summer! Join us Tuesday September 3rd for the club barbecue to tell and hear what you and the rest of the club has been doing. If you want to hear a short story with some pretty intense feelings, ask Jim Bracket, or Pat, or Mary, what it is like to hear the words, **"It'll be fine. We just have to make this one, very important ferry"** (not the kind that brings you to the island). Just be at the clubhouse any time after 5:30, bring something for the grill, something to drink, and something to share. Easy. It is a good time to enjoy sunshine on the back deck while sharing stories of summer trips.

The club's October General meeting will be Tuesday October 4th. Our presentation will be by the club's Officers and Executive, who will share a preview of what's ahead in 2020, and decisions that may need to be made at the AGM in January. A lot goes on behind the scenes at VCKC, and the Executive works hard to build, plan and deliver programs. This presentation will offer a chance to learn more about the club and how it operates.

Well, if you are still looking for more paddling fun when the weather turns, the river paddling will be starting soon, and we are blessed with year round opportunities, with the appropriate gear. Check the calendar for various program offerings and ask your program directors.

Cheers to ya all  
Tim Marks  
President



### Big Canoe News

VCKC Newsletter September 2019

On June 21<sup>st</sup>, VCKC held a Paddle Board Course and BBQ to celebrate the Summer Solstice.



Photos courtesy of Wayne Morrison

At the Annual Canada Fundraiser, the Dragon Boat and Big Canoe sections raised \$1,346 offering canoe rides. That means we gave 673 rides between 9 am and 2:30. Proceeds will go to Big Brothers and Big Sisters of Greater Victoria. A big thanks goes out to the organizers and volunteers.



Big Canoes have had a wonderful summer of adventure. 16 VCKC members were on the Kyuquot/Brooks trip on the west coast of Vancouver Island from July 2-12. The trip included old log dump wild camping, pie at the restaurant in Kyuquot, surf landing and all manner of beaches with sand or pebbles or rocks. Many days of cloudy weather provided little wind and calm seas. We had just enough rain to test out our gear. Fish were caught, campfires were plenty and company to keep us in big canoe community. Tillicum and Sta'Qeya (thankyou to Sonya

and Shoreline Middle School!) were well matched for speed and crew. It was a fantastic time on the west coast and great ocean paddling.

Thank you to Don Munroe for organizing a paddle in a big canoe (or two?) to the symphony splash on the August long weekend.

Our latest grand adventure was on the Thompson River. 10 paddlers in big canoes: Canada and Tillicum from VCKC, along with a tandem and two voyageur canoes from the Kamloops group made for exciting rapids, floats and eddy turns.

Happy Paddling to one and all!

~ Mary Marks, Big Canoe Director  
voyageur@vckc.ca



Mark your calendar Saturday November 2nd at 9:00am for the Fall Club Cleanup !!!!

~Sandy Rattray

## Canoe Program Update

I hope everyone had a great summer with lots of paddling opportunities. Thanks to those of you who posted photos and updates on Facebook's **VCKC's Club Chat**, it's great to see what folks are doing.

Our **Canoesdays** were held on Tuesday evenings from June 18<sup>th</sup> to July 30<sup>th</sup>, and a small but dedicated group were rewarded with lovely summer evening paddling on the Gorge, escorted by young families of ducks and geese and often, by a flotilla of SUPs. As well as enjoying a simple paddle, one evening we tested our maneuvering skills with an obstacle course that turned out to be harder than it looked given the wind that came up – it made for some good laughs!

**Lakewater 1 and 2** courses were held in June and July and the warm water made the canoe rescues without immersion gear delightful! Coming in September, before the weather gets cold, are basic canoe courses for new members or for those you who would like a refresher. The next **Lakewater 1** (basic tandem) course is set for September 15<sup>th</sup> and a **Lakewater 2** (basic solo) is set for the following weekend on September 22<sup>nd</sup>. Don't miss out, as our next basic courses won't happen again until the new year. We hope to have a **Lakewater 3** (advanced tandem) shortly after that; keep your eyes on the calendar for those dates.

I will be away for most of the fall and have decided to wait until January for the continuation of our monthly **Canoe Program** meetings. I expect to have a great line-up of interesting presentations including of paddling trips our members have taken this summer. More about that in the December newsletter.

Happy fall paddling everyone and remember to tell us about your latest paddling adventure on our Facebook VCKC Club Chat!

~ Louise de Montigny, Canoe Director

## Dragon Boat Program Update



Well as the Imagine Dragonz' Racing Season winds down we're not getting off the water just yet. Practices are continuing once a week into the Fall and we're also looking at Outrigger paddling and Dryland Training to maintain our fitness levels to roll into racing again next Spring.

This summer we competed in the Nanaimo Dragon Boat Festival bringing home Bronze Medals in the Women's Gold Final A Division. We also competed in the local Victoria Dragon Boat Festival, where we didn't medal, but we did put out some of our best race pieces yet. We were also pleased to host the Salem Water Otters dragon boat team up from Oregon to our local festival. We shared side-by-side festival tents, had their team to the clubhouse for a BBQ on the Saturday night and developed

wonderful new friendships and camaraderie. We look forward to considering travelling to one of their local festivals next season!

The Scouts Jamboree borrowed our old dragon boat for a week this summer.





As the Racing Season draws to a close I'd like to Thank Coach Brenda Sutton, Steers-person Tan (Brad Pitt) Barkley, Captains Lisa Luu and Nicole Milkowski and Team Treasurer Libby Milan. Also special thanks to Guidance from Bon Lee at the start of the season.



Without this dedicated leadership group, we would not have a team. Thank you to all for supporting and developing this team into so much more. We're proud to be such a cohesive group both on and off the water. We'd also like to thank Linda Nimshon and Mavis Pillar for arranging the purchase and delivery of carbon paddles for some of our team members straight from China! From what I understand it was an amazing trip they went on, both in their dragon boat racing and cultural experiences.

And thank you to VCKC as a whole, for investing in Dragon Boating with the new Millenium Boat. Practicing in it this season has been wonderful, and we look forward to using it for many years to come.

Team Brunch at Frankie's Diner after Sunday morning race at Victoria Dragon Boat Festival

*Paddles Up!!*

~ Jana Savage, Dragon Boat Director

## Kayak Program Update

Is it almost September already? Where did the summer go? Weather has been great for most of it. I hope everyone managed to get out and enjoy some time on the water!

Before I forget, on Friday September 6<sup>th</sup>, the kayak program will be gathering for an evening of fun and celebration. Come on out for a short paddle on the Gorge followed by a barbecue at the clubhouse. Details to follow in the club calendar and through email. If anyone is interested in helping plan and coordinate the event, please email me at: [kayak@vckc.ca](mailto:kayak@vckc.ca).

So... there was lots of activity in the kayak program this summer, particularly in June and August. A big thank you to Garth Irwin, Dorothea Hoffman, Brian Mallory and Roy Scully, our amazing volunteer kayak instructors. It wasn't the easiest task to pull it all together, but we managed to deliver four courses two weekends in June to 23 members.

*"Fantastic instructors. I cannot believe how much I learned in this course... I learnt so much and both instructors were so encouraging. I was the one with the least experience and yet the instructors were so good at teaching us at each of our levels." Purnima*

Donna Warenko sent a blog from the course she took earlier this year:  
<http://traillady.com/basic-kayaking-certification/>

Here are some photos taken by Ross Dunn from the Sea Kayak Level 1 course at Pearson College (part 1). One of the windiest days of the summer I would venture to say resulted in having to postpone the wet exits/re-entries and trip portion of this class to the following week in the Gorge (part 2).



Other than a few people who were unavailable, we managed to get through the waitlist for courses this year...that is, of course until July and August, come with the warmer weather came. Many new members or potential members have been looking for kayak training. There is a possibility we may be able to accommodate another Sea Kayak Basic course and other events in the fall. So please stay tuned!

Club trips... Mike Teachman has kindly taken on the role as a volunteer Trip Leader for the kayak program this year and has done a fantastic job. As I write this, he is out in Kyuquot Sound in the South Brooks Peninsula taking his Sea Kayak Level 2 certification (Yay Mike!)

On June 15th he co-led a group with Alan Thomson on the Victoria Waterways Loop. It was novice level loop trip of 16km that starts and ends at the VCKC clubhouse. This route required a substantial portage of approx. 1km from Portage Inlet to Thetis Cove on Esquimalt Harbour and included a stretch of about 4 kms on the Strait of Juan de Fuca passing many interesting sites - Canadian Navy ships, the downtown, sea planes, Esquimalt waterfront. The trip is described at this web site: <https://vicwaterloop.ca/about-the-loop>

On August 10th Mike led a trip around James Island starting at Island View beach. This was supposed to be another Victoria Waterway Loop trip but the ramp to the portage was not yet open. The group of three kayaked just over 18km <https://ridewithgps.com/routes/30822850n>

Then on August 18<sup>th</sup>, another beginner flat water day trip was planned for Sooke Basin however due to weather conditions the 7 kayakers and 1 canoe opted for Plan B, a trip to Tod Inlet/ Brentwood Bay instead.

Mike wrote "The trip went off really well ... The forecast this morning called for more west wind than I'd like to see for a beginner trip. On the drive to the clubhouse this morning I looked to Sooke and the low marine clouds draped over the hills and thought "I've seen this before"... those clouds called out great windsurfing conditions...but not so good for beginner kayaking in the Sooke Basin. So, I had a group huddle at the clubhouse and suggested we do Tod Inlet instead. Everyone was onboard. Excellent group."

*"Particularly fascinating during the trip was the huge crowd of jellyfish in the waters by the beach where we stopped for lunch at the end of Tod Inlet-----we could see twenty or more in a single glance. Mike Teachman's trip leadership was superb." Dennis*

Here are a couple of photos taken by Mike Teachma:



Happy Paddling!

~ Karen Thrussell, Kayak Director

## Marathon Update

It's been thirty-three years since VCKC has hosted a marathon canoe race. All who attended was impressed with our venue and the challenges of our changing water conditions on the Gorge and Portage Inlet. Our initial idea hosting a marathon race two fold. The first was to host a marathon canoe race on the Island and second, to give as many of our new novice paddlers a chance to race with other experienced racers. Our second goal was not achieved and a little disappointing as all but one of our novice paddler raced. We'll have to survey our novice paddlers to see what when wrong. Was the race course too long or were they intimidated by the field of out of town paddlers?





It was an impress field of out of town racers, entered was 2 gold medal Olympian racers from the LA games. 2 came as far Prince George and from all areas of the mainland. All were impressed with our Club, hospitality and venue. All commented this was a great event and they will all be back next yea



The morning 20km race was exciting to watch. The majority of the race course had good mix of water conditions, shallows, current, and 10 buoy turns in total. Some canoes would open up a lead in open water, only to lose ground in the shallows and in the buoy turns and then take the lead in open water again. The Pemberton canoe was in the lead with 5 km to the finish capsizes at a buoy turn losing 10 or 15 canoe lengths to our VCKC crew (Norm & Jason). With but 300 to 400 meter to the finish the Pemberton crew

(Hugh & George) pickup their stroke, pull even and passing the VCKC canoe, finishing 2 second ahead. What a finish!

Thanks to all the volunteers. Susan, Jen, and Darrelle for donating 3 different salads for the post-race dinner. Susan, Jen, and Peter as timers and Linda who helped with the cleanup. Special thanks to Ron who designed our trophy and running our safety boat.



#### Results from the 10 am morning tandem C2 race (approx. 20km)

Hugh Fisher and George McLeod (Pemberton)	1 <sup>st</sup>	1:45:50
Norm MacDonell and Jason Doucet (VCKC)	2 <sup>nd</sup>	1:45:52
Patrick Turner and Chris Lapointe (Prince George)	3 <sup>rd</sup>	1:48.21
Darryl Spencer and Frank Burns (Kamloops/Harrison Lake)	4 <sup>th</sup>	1:49:20
Ryan Mader and Darrelle Butler (VCKC)	5 <sup>th</sup>	1:49:36
Chris Nicolson and Scott Decker (Kamloops)	6 <sup>th</sup>	1:50:40

#### Results from the 1:30pm afternoon solo C1 race (approx. 10km)

Patrick Turner	1 <sup>st</sup>	55:19
George McLeod	2 <sup>nd</sup>	56:45
Hugh Fisher	3 <sup>rd</sup>	58:44
Scott Decker	4 <sup>th</sup>	59:28
Norm MacDonell	5 <sup>th</sup>	1:00:05
Darryl Spencer	6 <sup>th</sup>	1:01:11
Chris Nicolson	7 <sup>th</sup>	1:05:44
Jason Doucet	8 <sup>th</sup>	1:05:55
Ryan Mader	9 <sup>th</sup>	1:06:59
Darrelle Butler	10 <sup>th</sup>	1:07:48
Peter Elson	11 <sup>th</sup>	1:11:47
Chris Lapointe	12 <sup>th</sup>	DNF



Raced 10km in the morning with the C2 canoes. The afternoon water level was too low for boats with rudders.

Mario DeSantis (K1)	1 <sup>st</sup>	1:04:50
Eric DeSantis (Kayak)	2 <sup>nd</sup>	1:09:58

Our own VCKC member returning from the IVF World Distance Championships 2019 - Mooloolaba, Australia.

V1 7 <sup>th</sup>	MACDONELL, Norm	Canada Master 60 Men	1:43:14.1	+8:50 behind the 1 <sup>st</sup> place Tahiti
V6 6 <sup>th</sup>	Canada 50	Canada Master 50 Men	2:10:29.8	+4:55 behind the 1 <sup>st</sup> place Tahiti

There is more info on the CORA Facebook <https://www.facebook.com/canadianoutrigger/>

~ Bon Lee, Marathon Director



## Outrigger Update

~ Anthony Hopkin, Outrigger Director

### Winter paddling is coming!!

Congratulations. We made it through a summer of paddling safely. But the balmy days of summer are coming to an end. Rain, stronger winds, colder air and water and early darkness will soon be the normal when we paddle. So, carry waterproof clothing or wear a drysuit, consult a weather forecast before you leave home and layer up your clothing. Some of you will be paddling after dark. Those who borrow club PFD's (buy your own sooner rather than later) should realize that they do not have whistles attached. Bring your own, on a lanyard outside of your clothing so that you can use it immediately if necessary. During a hula on a windy night the whistle may save your life if you get separated. If you paddle with newcomers to the sport, please take the time to alert them to safety measures they should be taking. We are individually safe because we as a group care!



~ Ken Gibbard, Safety Director



### BC Marine Trails Network supports Outdoor Recreation Council's BC RIVER DAY - SEPT 22, 2019

Thousands of British Columbians celebrate BC Rivers Day on the fourth Sunday in September each year, making it Canada's largest river appreciation event. This event coincides with World Rivers Day, now the world's largest river-related celebration and

one that was inspired by this BC event.

BC Rivers Day generates public awareness about British Columbia's waterways through a series of BC Rivers Day events hosted all across BC by recreational clubs, conservation organizations, community groups, schools, and local governments to highlight the recreational, environmental and economic importance of BC's rivers and the need for better river management.

Activities range from stream clean-ups and paddle trips to community festivals and stream stewardship groups showcasing their work to the public. Many of these events involve volunteers who make a positive difference to the health of BC's rivers, benefiting local communities that take part in these celebrations.


ORC coordinates the BC River Day initiative and acts as a central registry and promoter of events across the province.

To find out more information on BC Rivers Day, and how you can get involved, check out the following links:

Add your BC Rivers Day event to our events calendar (<https://www.orcbc.ca/bc-river-day>)

see list of events (<https://www.orcbc.ca/events/>)

View the BC Rivers Day Proclamation (see [http://orcbcca.nextmp.net/wp-content/uploads/2017/09/BC\\_proclm.pdf](http://orcbcca.nextmp.net/wp-content/uploads/2017/09/BC_proclm.pdf) or see the Nanaimo Proclamation [PROCLAMATION NANAIMO & WORLD RIVERS DAY September 27](https://www.nanaimo.ca/.../proclamations/20150927nanaimoandworldriver...) [...https://www.nanaimo.ca/.../proclamations/20150927nanaimoandworldriver...](https://www.nanaimo.ca/.../proclamations/20150927nanaimoandworldriver...))




## Gorge Waterway Cleanup

Saturday, Sept 14, 10am – 12pm




\*part of the Great Canadian Shoreline Cleanup





- k Meet at Waterfront Crescent beside Selkirk Green Park
- k Gloves and boots are in limited supply (bring 'em if you've got 'em)
- k Volunteers of all ages are welcome to participate
- k Children under 12 yrs must be accompanied by an adult
- k Hot lunch provided by Soupa Cafe & Irene's Bakery from 11:45am-12:30pm

For more information or to register  
please call 250-388-5251 or [travis@burnsidegorge.ca](mailto:travis@burnsidegorge.ca)

presented by: 

with support from:

### **Club Contact Information**

#### **Officers**

President	<a href="mailto:president@vckc.ca">president@vckc.ca</a>
Tim Marks	
Vice-president	<a href="mailto:vpresident@vckc.ca">vpresident@vckc.ca</a>
vacant	
Treasurer	<a href="mailto:treasurer@vckc.ca">treasurer@vckc.ca</a>
Mark Sondheim	
Secretary	<a href="mailto:secretary@vckc.ca">secretary@vckc.ca</a>
Jean Chandler	
Past President	<a href="mailto:pastpres@vckc.ca">pastpres@vckc.ca</a>
Joe Boyd	

#### **Program Directors**

Big Canoe Program	<a href="mailto:voyageur@vckc.ca">voyageur@vckc.ca</a>
Mary Marks	
Canoe Program	<a href="mailto:canoe@vckc.ca">canoe@vckc.ca</a>
Louise de Montigny	
Dragonboat Program	<a href="mailto:dragonboat@vckc.ca">dragonboat@vckc.ca</a>
Jana Savage Cain	
Kayak Program	<a href="mailto:kayak@vckc.ca">kayak@vckc.ca</a>
Karen Thrussell	
Outrigger Program	<a href="mailto:outrigger@vckc.ca">outrigger@vckc.ca</a>
Tony Hopkin	
Marathon Canoe Program	<a href="mailto:marathon@vckc.ca">marathon@vckc.ca</a>
Bon Lee	

#### **Other Executive Positions**

Education, Standards & Safety	<a href="mailto:safety@vckc.ca">safety@vckc.ca</a>
Ken Gibbard	
Membership	<a href="mailto:membership@vckc.ca">membership@vckc.ca</a>
Debi LaHaise	

Clubhouse and Grounds (maintenance)	<a href="mailto:clubhouse@vckc.ca">clubhouse@vckc.ca</a>
Sandy Rattray	
Boat & Locker Storage	<a href="mailto:storage@vckc.ca">storage@vckc.ca</a>
Dan Walker	

Director at Large	
Susan Logan	<a href="mailto:director1@vckc.ca">director1@vckc.ca</a>
Ellie James	<a href="mailto:director2@vckc.ca">director2@vckc.ca</a>

#### **Executive Appointed Positions**

Newsletter Editor	<a href="mailto:newsletter@vckc.ca">newsletter@vckc.ca</a>
Susan Logan	
Webmaster	<a href="mailto:webmaster@vckc.ca">webmaster@vckc.ca</a>
Arthur Caldicott	