



## Victoria Canoe and Kayak Club

([www.vckc.ca](http://www.vckc.ca))

# "The Paddling Post"

April 2022 Newsletter

*The Victoria Canoe and Kayak Club respectfully acknowledges that its activities take place on the traditional territories of the Lekwungen peoples, and that the land and waterways' historical relationship with the Songhees and Esquimalt peoples have existed since time immemorial. The Club is committed to taking meaningful action to build respectful and reciprocal relations with the Songhees and Esquimalt peoples on whose land and waterways club members have the privilege of living, working, and playing.*

### President's Message

Hi everyone, and welcome to spring!

We've just finished the paddle portion of the 41st Annual Peninsula Paddle for the Kids (PPFTK) and it was a great series of paddles. More information in the Big Canoe section later in the newsletter but I wanted to mention that we are continuing the fundraising until May 15th. If you weren't able to paddle, or you haven't yet sponsored someone, there is still time! You can donate online here [PPFTK](#).

It's been a lot of fun seeing the club calendar filling up with courses and events. If you haven't checked lately have a look and see if there is a course you've been waiting to take. Also check out a wonderful upcoming event on May 17 — Canoe Director Louise's repeat presentation of her canoe trip along the Yukon River. It's live and in-person at the clubhouse and you can register here: [Yukon River Trip](#). More general meetings are planned as we fully ramp up, back to our normal social events. Watch the calendar for the return of our summer barbeques!

As we settle in this year we'll be updating our policies to reflect some changes necessitated by our bylaw updates that were passed at the Annual General Meeting (AGM) in January. Further information to follow.

Club members may have noticed a couple of young paddlers working hard on their high-kneel canoes at the club. They were visiting Victoria from Manitoba for a few weeks and their dad contacted us about using our facilities. The young paddlers are both on the Manitoba provincial team and needed to practice twice a day. We were happy to host them for their time here, allowing them to store their canoes in the compound along with other members who still have storage until the end of June, and the family insisted on paying for a family membership even

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though they would only be here for three weeks. It was fun to see a different kind of canoeing while they were here!

Our website has a few places where it hasn't been updated in a while, mostly due to COVID



Great Horned Owls

shutting things down, and we had an email about one of our pages saying that we still paddled in the Colquitz estuary. I contacted the sender, Dorothy Chambers, and ended up going for a lovely walk around the Colquitz Estuary trails with her. Dorothy has a wealth of knowledge about the wildlife in the area. I was fortunate to see a Great Horned Owl's nest while on the walk, getting a zoomed-in picture of an adult and one of the juveniles!



Ponds near Colquitz made by collecting runoff from the Trans-Canada Highway

The area near the highway where the McKenzie interchange was modified has had extensive work done to make better habitats for the varied wildlife. In creating ponds many stumps were brought in from Langford to create habitat diversity. I am relatively new to coastal waters, having been in B.C. for only ten years, and realize how much there is to learn about the areas in which we paddle. Our club lies within the Victoria Harbour Migratory Bird Sanctuary which is the oldest migratory bird sanctuary in Pacific Canada. We're hoping to add a wildlife information page

to the website to help all of us become more familiar with the wildlife around us. For now more information can be had here [Colquitz Estuary](#) and [Victoria Naturehood](#).

I'm looking forward to seeing everyone at the upcoming events!

Paddles up!

~ Kim Capson, [President](#)

## Big Canoe Update

Hello Fellow Paddlers!

## The Paddling Post

March was another exciting month for Big Canoe, as our Peninsula Paddle for the Kids (PPFTK)



participants covered just over 60 km exploring Sooke, Maple Bay and Discovery and Chatham Islands. Our teams were frequently encouraged by community members cheering from the shores, and during these interactions we shouted from the water "Hellllooo!! We're doing



it for the Kids! Easter Seals. Paddle for the Kids!!"

When April 3rd (the Big Day) finally arrived, the weather gods were not in our favour and high



winds and rain pelted the outside of Saanich Peninsula. Thanks to the quick thinking of our Stern PPFTK Leaders, we put "Plan B" in place. On the Big Day Louise and Raul woke up at the crack of dawn to drive our paddlers to the launch site and we enjoyed a wonderful day covering more than 60 km in the relatively safe waters of Saanich Inlet. Throughout the day our paddlers were treated to wonderful meals and a classic VCKC potluck thanks to volunteer support from Linda Thomson, Carolyn Rattray, Regina Barrett,

Anna Childress, Mavis Pillar, Pam Carroll, Kim Capson and Debbie Dodds. This included delectable breakfast treats baked by Carolyn and Lynda. YUM!!

Thanks again to all who supported our Big Canoe portion of PPFTK, and a huge shout-out to our fundraisers, specifically Laurie Page and Irena Jazwinski, who are leading the pack with more than \$1200 raised individually! To date VCKC has raised just under \$13,000 in online and offline donations and our virtual PPFTK participants still have 30 days to raise funds for PPFTK. If you haven't already signed up, follow this link to set up your PPFTK Fundraising page:

<https://p2p.onecause.com/paddleforthekids/home>.



In other news, Ellie James and Jim Brackett are just itching to get our Voyagers back on the river, and will be putting together a VCKC Big Canoe team (two boats) to join the Peace River Brigade, in which participants will spend six luxurious days paddling more than 225 km on the Peace River. Did I mention that this includes backcountry camping?!?! Join us at our first planning meeting to learn more. Register here: [Peace River Brigade Informational Meeting](#).



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Other Big Canoe events to look out for:

Wednesday, April 27th - [Big Canoe - Weekly Club Paddle](#)

Sunday, April 24th - [Intermediate Sterner Course - Big Canoe](#)

Sunday, May 15th – Restart the Gorge – Big Canoe Rides by Donation for PPFTK

Saturday, May 28th – PPFTK 41st Anniversary – Details to come – Expect a HUGE party organized by the one and only Don Munroe.

Once again, I am incredibly thankful for the support of all those who helped us to get VCKC's Voyager's back on the water. All those interested in participating in our Big Canoe program are encouraged to contact me directly at [bigcanoe@vckc.ca](mailto:bigcanoe@vckc.ca).

~ Elizabeth Martinson, [Big Canoe Director](#)

### Canoe Update

March and April are busy months for the Canoe Program, we ran the entire Lakewater series of courses from Basic to Advanced Tandem and Solo (4 courses). Congratulations to all the successful graduates of these courses and a huge thank you to our dedicated volunteer instructors! A keen bunch of these paddlers are signed up for our April 23rd/24th moving water course which opens up new river paddling opportunities. There are lots more Lakewater courses in the calendar for May and June, so be sure to check that out. And there are still a few spots left for the **Ocean Canoeing** course starting in May, so don't wait to sign up for that one.

All graduates of the moving water course are welcome to participate in the annual **Running of the Cow** event, to be held the weekend of May 7th - 8th with camping at Stoltz Pool. The event is open to the broader river paddling community so expect to meet paddlers from the South Island Whitewater Club and the UVic Whitewater Club. Dinner for all paddlers and volunteers will be available on Saturday night. For more information and to sign up for this super fun event, see the VCKC Calendar or Canoe Program pages.

For all our new or nearly new canoeists, have you signed up for **VCKC Club Chat** on Facebook Groups? It's the place to be if you're looking for club news and paddling opportunities. Other favourite sites to see what's new in the canoeing world featuring great photos, stories, and ideas include, among others: BC Canoeing, Canoe Vancouver Island and Beaver Canoe Club. Some of the tidbits I learned this week from these sites:

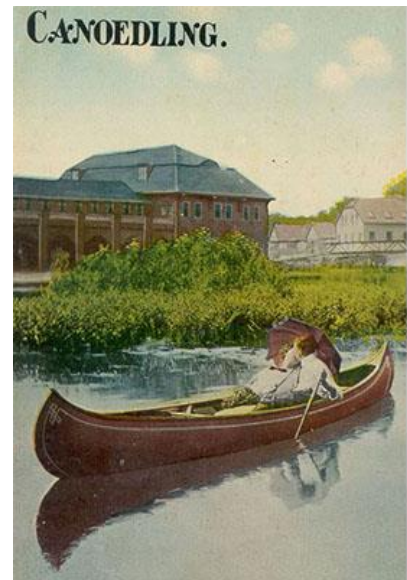
- 1) **No Canoe, No Canada** - CBC Radio's Sounds Like Canada in 2007 picked the canoe as one of Canada's Seven Wonders because of its exceptional role in Canada's history. Roy McGregor, author of *Canoe Country: The Making of Canada*, talked about the vital relationship between Canada and the canoe, this ingenious invention by First Nations' to travel the country's wild rivers and lakes. Canoes were introduced to early European explorers by the Huron and adopted for use by fur-running *coureurs-de-bois*. It was the vehicle that allowed David Thomson to map much of this vast country and has been celebrated by many

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Canadian artists, poets, and songwriters. The interview contains many wonderful stories to celebrate the canoe.

- 2) A not so uplifting report that is worth a read is the ***Recreational Boating-Related Fatalities in Canada, 2008-2017***. This comprehensive report was prepared for The Boating Safety Contribution Program by the Drowning Prevention Research Centre, Canada. This affirmed VCKC's important mandate to teach safe paddling skills to the community and reinforced the need for canoe lessons to teach basic skills including how to self-rescue from a capsized. Of an average of one hundred boat-related fatalities in Canada, 24 were canoe-related, the highest number occurring in Ontario (8), followed by Quebec and B.C. (5 each). Most of the individuals who died were not wearing a PFD at the time of the incident; the most common month for fatalities was July and the most frequent day was Saturday; capsizing (73%) and the inability to get back into the canoe were a typical cause. Poor weather conditions including rough water and high winds were frequent causes contributing to all recreational boating-related deaths. And of significance, one-third of individuals fatally injured in a recreational boating-related incident had consumed alcohol!

- 3) Did you know that canoes were an important make-out mobile during Victorian times? This was because chaperones tended to be older, unable to swim and wouldn't dare get into something so tippy. The canoe's unchaperoned occupants could then easily hide themselves in the lakeside willow branches. These courting canoes were often decked out with a holder for parasols so young women could stay out of the sun, and gramophones that played romantic records. In fact, this is where the term canoodling is rumoured to come from!



Happy paddling everyone!

~ Louise de Montigny, [Canoe Director](#)

## Dragon Boat Update

Paddles Up, and Take it Away . . . Dragonboat Season 2022 is now well underway. On April 2nd we hosted two Learn to Paddle workshops. We had a full boat for both sessions and paddlers received excellent instruction from our coaches Britt and Brenda. Simultaneously I received Steering instruction from Ryan in the back of the boat. The weather was very cooperative, and a great day was had by all.

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Our teams have now started their twice weekly practices (Tues & Thurs evenings) as we prepare for festival racing events in May, July and August this summer. We still have some spots available on our Mixed Team (men's spots, possibly women as well) - if paddling and racing with a great group of people interests you, please be in touch with me for more information! Our Mixed Team practices at 7pm on Tues/Thurs evenings.

~ Jana Savage, [Dragonboat Director](#)

## Restart the Gorge: Outrigger and Marathon (and Big Canoe and SUP) Update

Grab your paddles, talk to your friends, it's time for **Restart the Gorge 2022**. Scheduled for Sunday, May 15th, it's a blend of racing, learning and fun.

### What fun?

- Live music from noon to 2 pm
- Voyager canoe rides (by donation for PPFTK)
- Food for sale, including a BBQ ([one lunch food voucher for racers - hamburger and a drink](#))
- Great races to watch right on the Gorge
- Celebrate Paddle for the Kids Finale

### What learning?

- SUP clinic to learn how to use a paddleboard – then test your skills on a 50-meter race!

**RESTART the GORGE 2022**

SOLO & TANDEM MARATHON (10Km)  
SUP SPRINT RACE (50m)  
OC6 (1000m)

BIG CANOE RIDES  
LUNCH & AWARDS  
PADDLE FOR THE KIDS PARTY

**SUNDAY, MAY 15, 8:30 - 5:00**  
**VCKC Clubhouse, 355 Gorge Rd W., Victoria, BC**

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### What races?

- **OC6 races all day** (1000 metres – all within viewing distance of the club) – [open to VCKC club teams](#)
- **Marathon races** (10 k) – tandem in the morning and solo in the afternoon – [open to all comers](#)
- **SUP** – sprint race in the afternoon, plus a 10k paddleboard race - [open to all comers](#)

### REGISTRATION FEES

**1 RACE: \$20.00**

**2 RACES: \$25.00**

**3 RACES: \$30.00**

Register here: <https://www.vckc.ca/event-4747419>

Outrigger questions: [outrigger@vckc.ca](mailto:outrigger@vckc.ca)

Big Canoe questions: [bigcanoe@vckc.ca](mailto:bigcanoe@vckc.ca)

Marathon questions: [marathon@vckc.ca](mailto:marathon@vckc.ca)

SUP questions: [sup@vckc.ca](mailto:sup@vckc.ca)

### Schedule (as of April 15)

9:00 - 10:00	OC-06 races (1000 metres)
10 30 - 11:30	Marathon tandem (10k)
10:45 - 12:00	OC-06 continues
10 AM	BIG CANOE Ride by Donation (Two canoes - <i>Munro and Shawnigan</i> )
11:30 AM	BIG CANOE Ride by Donation (Two canoes - <i>Munro and Shawnigan</i> )
12 - 1:00	Lunch - PPFTK Party and associated announcements and awards to happen over lunch hour
1 PM	BIG CANOE Ride by Donation (Two canoes - <i>Munro and Shawnigan</i> )
1:00 - 2:00	Marathon solo (10k)
2:00 - 3:00	SUP sprints (50 m)
2:15 PM	BIG CANOE Ride by Donation (Two canoes - <i>Munro and Shawnigan</i> )

~ Tony Hopkin, [Outrigger Director](#)

~ Peter Elson, [Marathon Director](#)

### Stand Up Paddle Board (SUP) Update

Fellow paddlers, welcome to the spring paddling season! Bring on the sun and the days at the beach! The SUP program continues to paddle on Wednesday evenings, please consider coming out and joining us. As the sun starts to set later in evening we will start to adjust our paddling



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times with it. Right now we meet around 6pm for an hour or so relaxed paddle on the gorge.



Get in touch via email [SUP@vckc.ca](mailto:SUP@vckc.ca) and we can make arrangements.

There are a few more paddling options to consider, including the Restart the Gorge races we will be hosting in May. No experience required and we hope to get as many people as possible out on the water. Join on the day to dive right in or get in touch in advance and we can set up some training sessions so you're ready to race. And on that note, keep an eye out for PaddleCanada courses and other SUP trips this summer. Again, if this is of interest please reach out and we can make some plans.

Looking forward getting out on the water with you. Take care and happy paddling!

~ James Roorda, [SUP Director](#)

## Clubhouse Update: Spring Cleanup April 30th

The annual spring cleanup is set for 9:00 Saturday morning April 30th. Please bring yourself and whatever house or grounds cleanup materials or tools you may have available and spend some time helping keep the old house looking good. Thanks.

~ Sandy Rattray, [Clubhouse Director](#)

## Gorge Road Construction Beginning this Summer

The District of Saanich will be undertaking significant construction on Gorge Road between Tillicum and Admirals Roads. The approximate start date of construction is June or July of this year. Saanich is currently tendering the project to obtain a construction contractor.

To learn more about this project you can go to this project update on Saanich's website at:

<https://www.saanich.ca/EN/main/local-government/departments/engineering-department/current-projects.html#water>

A completion date for the Gorge Road construction has not yet been identified.



## Updating your Profile Information, Paddling Interests, & Certifications in the VCKC website.

1. Login to the VCKC.CA website, which brings you to the Member's Area



Welcome to the VCKC Members Area

2. Select your Member Profile

Member Profile

### My profile

Home » My profile

Edit profile

Profile [Privacy](#) [Email subscriptions](#) [My event registrations](#) [Invoicing](#)

Membership details

3. Edit your Profile

### My profile

Home » My profile » Edit

Save

Cancel

Profile [Privacy](#) [Email subscriptions](#) [Donations](#)

4. Update your Profile Information

#### PROFILE INFORMATION

User ID 50107228 This field is generated automatically

Family Surname

First name (For one individual only)

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### 5. Update your Paddling Interests and Certifications

### 5. Save your changes, before leaving.

#### PADDLING INTEREST AND CERTIFICATIONS

- Paddling Interest:
- ☐ Big Boat
  - ☐ Canoe
  - ☐ Dragon Boat
  - ☐ Kayak
  - ☐ Marathon Canoe
  - ☐ Outrigger
  - ☐ Stand Up Paddleboard
- Current Paddling Certification Level:
- ☐ Beginner
  - ☐ Intermediate
  - ☐ Advanced
  - ☐ Instructor

~ Arthur Caldicott, [Website Director](#)

~ Debi LaHaise, [Membership Director](#)

### From the Editor

Thanks to everyone who provided contributions for this issue; any errors in presentation are mine. Please let me know if you have any suggestions for improvement or something new you'd like to see in the newsletter.

~ David Johnson, [Newsletter Editor](#)

# The Paddling Post

## Club Contact Information

### Officers

President	
Kim Capson	<a href="mailto:president@vckc.ca">president@vckc.ca</a>
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Stand Up Paddle (SUP) Board	
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Sandy Rattray	<a href="mailto:clubhouse@vckc.ca">clubhouse@vckc.ca</a>
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