



Victoria Canoe and Kayak Club

(www.vckc.ca)

"The Paddling Post"

October 2022 Newsletter

The Victoria Canoe and Kayak Club respectfully acknowledges that its activities take place on the traditional territories of the lək̓ʷəŋən peoples, and that the land and waterways' historical relationships 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.

President's Message

What a fabulous fall we are having with these warm days and lots of sunshine! We do need some rain to fill up the rivers and streams but we can still enjoy the weather while it holds.



(Photo courtesy of Kim Capson)

We had a chance to host some of the Saanich Parks friends, organized by club member Pam Carroll. We got to take them out in an OC6 and a Big Canoe on a wonderful evening that really showcased our paddling area. We had lots of fun paddling around and getting them

used to switching sides in the Big Canoe. I'm happy to say that none of us ended up in the water so they did really well!

It's hard to believe but the year is winding down and we on the Executive are starting to talk about next year. Watch the November newsletter to see what Director positions might be vacant and think about joining us around the table. We can always use some fresh faces with new ideas.

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(Photo courtesy of Kim Capson)

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Enjoy the sunshine, everyone.

~ Kim Capson, [President](#)

Clubhouse Update: Fall House and Grounds Clean-up November 5th

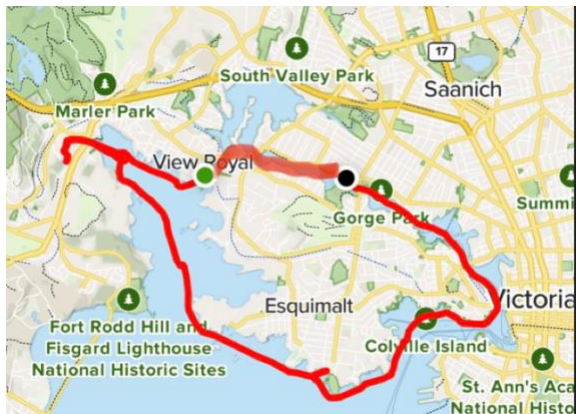
The annual fall house and grounds cleanup is set for 9:00 am Sat morning Nov 5th. Please bring any house or grounds tools or cleaning material you may have available to help spruce up the club setting. Thanks,

~ Sandy Rattray, [Clubhouse Director](#)

Big Canoe Update

Hello Fellow Paddlers!

After completing the Thompson River trip with Joe and David, Wade and I were inspired to bring back weekly Big Canoe paddles (Voyageur Thursdays) and plan a Big Canoe day trip on the Victoria Waterways Loop. While the prospect of portaging three Big Canoes on the sidewalk and E&N trail was daunting, we thought it would be a fun and unique adventure for the club. Over the next few Thursdays, we had a blast teaching new VCKC paddlers the Big Canoe basics (the switch) and purchased a brand-new portage cart with four wheels from western canoe!



Initially, we had hoped to paddle against a 1-knot current under the Tillicum Bridge and complete the loop clockwise, but the current appeared to be running much faster than projected. Team's Munro and Big Red sterned by Alan Thomson and Ken Gibbard paddled hard into the current and almost made it under the Tillicum bridge before being pushed back into the upper gorge. Wade made multiple attempts to steer Tillicum in and out of eddies on the side of the bridge, shouting encouragement to Dennis, Kevin, Eva, Diane, Jim, and Anna who paddled furiously against the current to the other side. Shouts of encouragement and glee erupted from onlookers and fellow paddlers!

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With the current picking up speed by the minute, it was clear that Munro and Big Red would not make it through. After paddling a little victory lap, team Tillicum slipped back under the bridge and joined Munro and Big Red to paddle the circle loop counter-clockwise.



Portaging from Upper Gorge for Esquimalt Oceanfront during Big Canoe Victoria Waterways Loop Day Trip - October 1, 2022

Preparing for the portage, Dennis Shouldice

The portage went surprisingly well, and we were thoroughly impressed by the new canoe cart!



Marching up Craigflower Rd, Kevin Moore



Racing on the E&N, Eva Gnech



Rolling through Portage Park, Dennis Shouldice



Into the woods, Vanessa Kornborg

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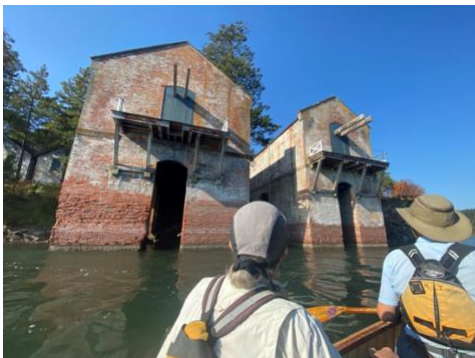
And.. we're off like a herd of turtles, Kevin Moore



Dennis Shouldice

We departed portage park, slipped under the 6-mile bridge and waved to onlookers as we canoed up Mill stream where a fallen tree blocked our path up to the little waterfall.

We enjoyed a quick lunch at the historic Cole Island which once served as a repository for naval ammunition and arms. These days Cole Island is largely inhabited by otters, as evidenced by large quantities of scat which we carefully avoided.



Big Red approaches Cole Island, Vanessa Kornborg



We paddled through Esquimalt Harbour, enjoying sunshine and views of seals, sea lions, and otters.



While paddling into downtown Victoria, we waved hello to onlookers, including fellow VCKC members and friends Ron and Sunae who were enjoying a picnic on the West Bay walkway.

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Smiling and exhausted after paddling (and portaging) 22 kms

Thank you to everyone who came out and enjoyed this amazing day! Especially to our Big Canoe captains Alan, Ken, and, Wade who provided new members an opportunity to learn and stern 😊

Upcoming Big Canoe Events:

Voyageur Thursday (weekly paddle) - October 20th @5:15 pm

Voyageur Thursday Halloween Paddle – October 27th @5:45 pm. All paddlers are encouraged to dress up and join in the fun. SUP paddlers wishing to participate should reach out to James Roorda at sup@vckc.ca.

Voyageur Thursday (weekly paddle) - November 3rd @5:15 pm

Stay tuned for updates regarding upcoming trips in November!

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

Canoe Update

Your Canoe Director is back after a 2-month hiatus driving and paddling across Canada and back through the Northern US. A huge thank you to David Dorosz for organizing the canoe courses while I was away - it is a splendid example of how club teamwork makes anything possible!

Our fall canoe courses program kicked off with Lakewater 1 attended by 14 new canoeists who are now eligible to borrow a canoe for use in the Gorge. A Lakewater 2 course was attended by 8 new solo canoeists with a follow up practice paddle for anyone who wanted to practice their new skills. A Lakewater 3 Advanced Tandem course was attended by 5 canoeists looking to improve their skills in preparation for more challenging conditions. The grand finale of the fall courses will be our Moving Water Tandem Course; as always, the timing of this course will be dependant on suitable water levels in the coming weeks.

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Also tentatively scheduled and dependant on rainfall, is our Remembrance Day Paddle on the Cowichan River. If you have taken the Moving Water course and would like to take part in this annual event, please keep an eye on the Canoe Program Webpages or the Club Calendar. As mentioned in the last newsletter, VCKC Canoe Program is looking for canoeists interested in teaching basic lakewater skills. Ellie will be offering an RCABC Lakewater Instructor Course in mid-October. The details are below and if you are interested, please email Ellie at ejames123@shaw.ca.

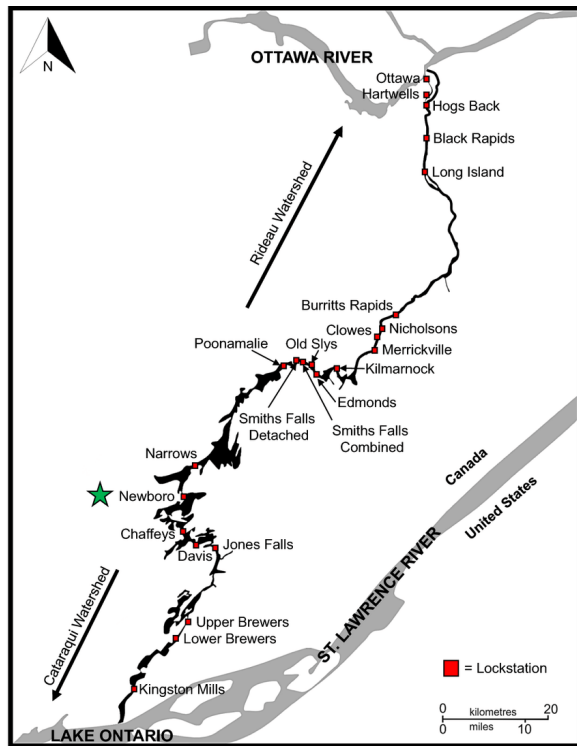
Happy fall paddling everyone!

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

A Classic Canadian Canoe Adventure - Kingston to Ottawa on the Historic Rideau Canal Waterway

One of the great advantages of having good padding skills is the ability to see the world at a leisurely pace and from a unique perspective – the water! We were extremely fortunate to have the opportunity to paddle the entire Rideau Canal from Kingston to Ottawa between September 19th to 28th.

The Rideau Canal is a monumental, early 19th-century construction covering 202 km from



Ottawa south to Kingston Harbour on Lake Ontario. It was built after the war of 1812, to provide a secure supply route from Montreal to Kingston, thereby avoiding the vulnerable St. Lawrence River route. Today, it is the best-preserved example of a slackwater canal in North America and is the only canal dating from the early 19th century to remain operational along its original line with most of its structures intact. In 1925, it was designated a National Historic Site of Canada; in 2000, designated a Canadian Heritage River in recognition of its outstanding historical and recreational values; and in 2007, it was inscribed as a UNESCO World Heritage Site, recognizing it as a work of human creative genius.

The route incorporates sections of the Rideau and Cataraqui rivers, as well as ten lakes, including the Lower, Upper and Big Rideau lakes. There are a total of 45 locks at 23 lock stations along the canal, plus two locks at the entrance to the Tay Canal, leading to Perth; most of the locks are still hand operated. About 19 km of the route is artificial - canals that were laboriously

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dug by pick, shovel, and wheelbarrow with the occasional stick of dynamite. To build this as a slack water system, there are 53 dams, weirs, and berms. To protect this strategic supply route, there are four blockhouses and some of the original 16 defensible lockmasters' residences along the waterway. Most of the stonework and many of the buildings are as they were in the 19th century.

The waterway, from north to south, has 4 distinct sections: the Cataraqui Watershed to Newboro Lock Station, which is the height of land that separates the Rideau from the Cataraqui Watersheds; the Rideau Lakes including the Upper, Big and Lower Rideau Lakes to Smith Falls; the Rideau River to Hogsback Lock Station, and finally the most well-known section, the Rideau Canal at Ottawa.

On average, we paddled about 20 km per day over 10 days. Paddling through all 45 locks required a pass, which we bought early in the year for \$55. The Lock Masters were always welcoming, friendly and happy to crank open those locks for us. All the locks were different, always great fun to go through, and always gave a sense of amazement in terms of how these were built in the 1800's. Nightly camping was available at (almost) any of the lockstations for a reasonable cost of \$5.25 per person; this included access to washrooms and running water and picnic tables. Since most of the lockstations are located away from towns and main roads, the nights were quiet and peaceful, especially since we were paddling in late September and not the busy summer season. We needed to have a self-sufficient food supply as there were few towns along the way; although we did enjoy a hearty breakfast in Perth, lunch in Smith Falls and Merrickville, and ice cream at Chaffey's. The most challenging section was Big Rideau Lake, a notoriously windy lake with a long fetch. The longest section was from Burritt's Rapids to Long Island Lock Station (41 km), but we split this up by camping at Rideau River Provincial Park (hot showers, yay!) with just 29km to Long Island. Our favourite lock station was at Jones Falls which is incredibly scenic with four locks, a lovely holding pond, a defensible lockmaster's house, a blacksmith's shop and an ingenious stone-arch dam. And of course, the iconic Ottawa locks, #1-8, between the Chateau Laurier and the Parliament Buildings. The canal makes for a historically rich and beautiful paddle and is better enjoyed by canoe or kayak than in a power boat or by car.



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Instructor Course or Recertification

RCABC Lakewater Instructor 1 and 2 and/or Paddle Canada Tandem/Solo Intro and Intermediate Instructor's (depending on candidate skill, experience and goals).

For information about becoming an RCABC or Paddle Canada Instructor Programs see:

<https://www.bccanoe.com/courses/become-an-instructor>
<https://www.paddlecanada.com/instructor-candidate-registration/>

Dates: November 4-6 and Nov. 18-20

Location: Victoria, in partnership with Victoria Canoe and Kayak Club (VCKC) and South Island Whitewater Club (SIWC)

Prerequisites:

- Certified completion of RCABC Lakewater 1, 2 and 3 and/or Paddle Canada Tandem/Solo Introduction or Intermediate
- RCABC Lakewater 4 strongly recommended for RCABC Lakewater Instructor level 2 and Paddle Canada Intermediate Solo Instructor.
- Equivalent courses and experience may be accepted if vetted by Instructor
- All candidates must be strong paddlers
- VCKC or SIWC paid membership
- RCABC and/or Paddle Canada paid membership

Cost:

Depends on course desired and hours required \$100- 250.

Recertification is no charge for VCKC members (please call if you are not a VCKC member)

* Grants to cover the costs for new instructors are available through VCKC if you are willing to volunteer to teach for VCKC or through SIWC.

For more detailed information and registration please contact:

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Ellie James
250-885-8030
Email: ejames123@shaw.ca

Dragon Boat Update



Dragonboat Team continues paddling into the Fall, enjoying beautiful sunsets

~ Jana Savage, [Dragonboat Director](#)

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Kayak Update

Is this Fall? Sure the leaves are turning, or more like drying and then falling. It has been a super



warm Fall and our courses have had great weather. Ryan and Jason Instructed a Level One Sea Kayaking course and I snapped a few pictures for us to enjoy our beautiful Fall at the end of September.

The following weekend we held two, back to back, Saturday and Sunday Basic Sea Kayak courses due to the demand from club members. Elizabeth and Susan and then Myself and Jason taught over the two days. The Thursday theory night worked quite well, we felt, when teaching

the theory section of the course with so many members.

The Club mandate is to provide services in water safety and basic level training in watercraft and so, almost always, we use two instructors to teach a courses well below the threshold of what Paddle Canada says we can teach at to have a lower student to instructor ratio. As well we cannot teach over 8 students at a time with the amount of kayaks the club has in service. People aren't all built the same and we need kayaks to fit a wide range of people and that can be difficult with the kayaks we currently have.

In December I will be asking the club to approve in the budget the purchase of more kayaks for instruction, personal use and hopefully more trips. To this end please feel free to discuss this idea and its worth prior to our exec meeting in December. I believe that currently we need 8 new kayaks and equipment considering the use and instruction level we currently teach which is substantially higher than previous years. We will keep the current kayaks and green them out as they become unserviceable and obsolete due to being unable to repair.

The reasons for new kayaks are to attain kayaks that are the same or similar to each other so we can repair them and have parts in stock that could break, especially important when tripping. Currently one kayak is barely usable because we cannot find parts for it. Most of our kayaks are too old for us to find replacement parts. Most of our kayaks are not well suited for instruction but are adequate for tripping and going in straight lines. When teaching we need kayaks that are maneuverable and each of our kayaks has different levels of maneuverability.

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As the kayak director I am also seen in Voyageur Big Canoes on Thursday evenings and occasionally helping to teach Canoe courses. I am one busy person, as you can imagine, and I am also working full time. The club has a "10 hour" volunteer component to membership which isn't overly onerous and I am asking all club members to ask from the exec how we can all contribute to this expectation. It doesn't have to be in kayaking but we are in desperate need of trip leaders in Kayaking. The requirements are to have your level 2 sea kayaking, a Restricted Marine radio operators licence and first aid. Please come and talk to me about how the club can help members who are interested in becoming leaders and we may be able to help with the costs of these courses. The expectation would be that the people who take the courses will volunteer to plan and execute trips off the Gorge.

Happy paddling.

PS If you are interested in Whitewater kayaking I have connections to people outside our club. Our club currently does not have whitewater capability in instruction, or boats and other equipment to support this, but I am working on it.

~ Wade Martinson, [Kayak Director](#)

Marathon and Small Boat Update

Bridges 2022

The marathon program is delighted to have a regular "report" on each outing from Mario DeSantis, filled with great personal commentary and pictures. The Bridges 2022 race, sponsored by Latitude 48 on October 1-2 was no was no exception (see pictures below). October 1 comprised of a series of 5k OC6 sprints and October 2 was the Inny/ Outty small boat competition. Half of the proceeds from the small boat race were donated to the [Victoria Native Friendship Centre](#). VCKC marathoners who were entered were Mario DeSantis and Bon Lee; Darrelle Butler and Igor Porskurin. The bridges race was a series of firsts for the marathon program participants. It was the first marathon race for Mario, although he is a very experienced sprint kayaker. It was also the first marathon race for Igor, a very brave feat considering he has been in the program just a few months. Veteran marathoners Bon Lee and

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Darrelle Butler helped to guide the newcomers. A good race was had by all with lots of lessons learned.



Small boat inventory

The small boat program is small in more ways than one. Right now, we have three OC1s, (one hurricane and two what may be Draco's); one OC2 (under repair); and one surfski (repairs needed). Rob Sainsbury has been diligently hunting down a used hurricane or equivalent, so this is the current top priority for the small boat program. As this is the time of year when the 2023 budgeting process gets underway, consideration is also being given to how, and in what direction, the program could expand. If anyone has any ideas for the small boat program, please let the marathon and small boat director know (marathon@vckc.ca) asap.

See you on the water

~ Peter Elson, [Marathon Director](#)

Stand Up Paddle (SUP) Board Update

The fall season is here and so far it's been great for getting out on the water. The days feel like summer but they are getting noticeably shorter. And we may even see rain again someday! (careful what you wish for)

The SUP program will continue with a weekly evening paddle. Please check in with the program director for timings and forecasts.

It's no reason to stop paddling because it's colder or dark. I have to admit that I do become a bit more of a discerning paddler this time of year. A wise old person once told me something about

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cold weather and character building. At this point in my life I'm not worried about amassing or maintaining character, I've collected (endured?) enough. Fun on the water can be found in almost any kind of conditions but the equipment needs to be appropriate. Sometimes; because of the weather and location, this means the same type of clothing that you would use for a bike ride and other times it means a full dry suit. Come paddling with the SUP program and we can discuss this!

I welcome anyone and all to join me out on the water. It's always great to cover basic skills and get back to the fundamentals, or really dive into some technical refinement. Reach out and we can set something up. I hope to see you out on the water. Happy paddling!

~ James Roorda, [SUP Director](#)

From the Editor

Thank you 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.

Please note that I will be moving on from my Newsletter Editor role after the December 2022 issue. Please contact Kim (president@vckc.ca) if you are interested — or know someone who might be interested — in taking over the Newsletter beginning with the January 2023 issue.

~ David Johnson, [Newsletter Editor](#)

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Club Contact Information

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Marathon Canoe Program	
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Stand Up Paddle (SUP) Board	
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Lynda Purcell	director2@vckc.ca

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