



## Victoria Canoe and Kayak Club

# **“The Paddling Post”**

**April 2024**

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, Esquimalt and W̱SÁNEĆ peoples have existed since time immemorial. The Club is committed to taking meaningful action to build respectful and reciprocal relations with the Songhees, Esquimalt and W̱SÁNEĆ peoples on whose land and waterways club members have the privilege of living.

### **President’s Message**



Welcome to Spring! Hot off the heels of PFTK and WUTG, the Stormin’ Norman Canoe Race is right around the corner!

Please check out our website and this newsletter for more details about all the activities happening around the club, and don’t forget Clubhouse Cleanup Day April 27.

With Spring in full swing we’re not the only ones active on the water - reminder that we are fortunate to paddle on a Migratory Bird Sanctuary and that it’s nesting season. Please give a wide berth to all creatures, big and small, and keep out of tight spaces where disturbance is more likely.

Our friend, Jacques Sirois of Greater Victoria Naturehood, shared this online bird reporting tool specific to Portage Inlet - check it out to learn how many amazing birds are right here, and to report your own sightings! <https://ebird.org/hotspot/L2751353>

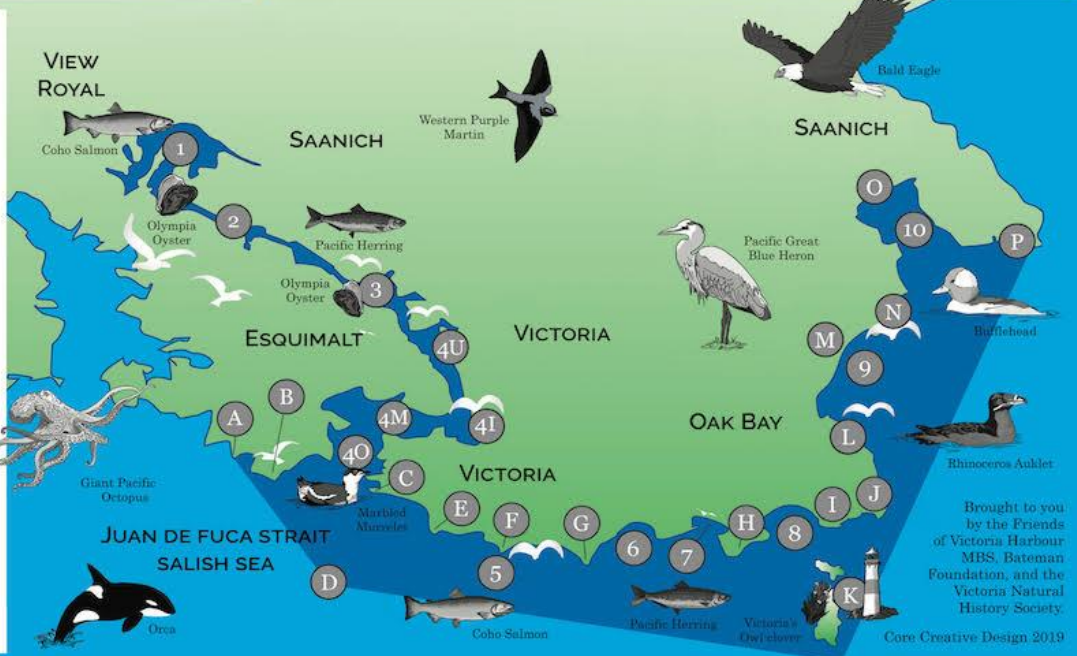
# VICTORIA HARBOUR MIGRATORY BIRD SANCTUARY

Est. Oct 27th, 1923 | 28 km in length | 1840 hectares of seafront waters

**A LOT MORE THAN VICTORIA HARBOUR  
A LOT MORE THAN BIRDS**



- 1 Portage Inlet
- 2 Gorge Waterway
- 3 Selkirk Water
- 4U Victoria Upper Harbour
- 4I Victoria Inner Harbour
- 4M Victoria Middle Harbour
- 4O Victoria Outer Harbour
- 5 Dallas Waters
- 6 Ross Bay
- 7 Gonzales Bay
- 8 McNeill Bay
- 9 Oak Bay
- 10 Cadboro Bay
- A Macaulay Point
- B McLoughlin Point
- C Ogden Point Breakwater
- D Brotchie Ledge
- E Holland Point
- F Finlayson Point
- G Clover Point
- H Harling Point
- I Kitty Islet
- J Gonzales Point
- K Trial Islands
- L Turkey Head
- M Willows Beach
- N Cattle Point
- O Gyro Beach
- P Ten Mile Point



Brought to you by the Friends of Victoria Harbour MBS, Bateman Foundation, and the Victoria Natural History Society.

See you on the water!

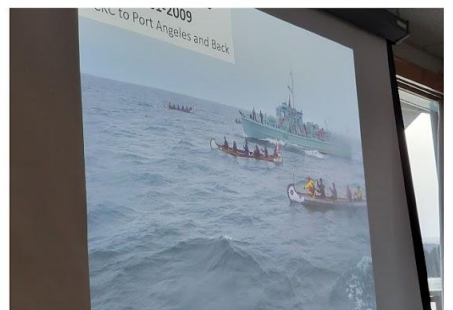
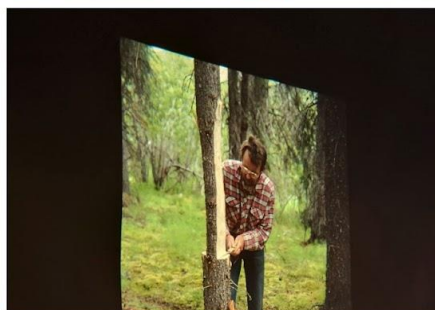
Paddles Up!  
~ Jana Savage, President

## Event Updates

### Monthly General Meeting / Social Event

The April social meeting was a rousing good time, led by Big Canoe Director Joe Boyd! Joe talked about Paddle for the Kids, and some other fun big canoe events like the Thompson River trip and the Brigades. Joe showed a picture from back when Paddle for the Kids was the Paddle to Port Angeles and we were escorted by a naval ship. There was some pretty good discussion between Joe, Don Munroe, Alan Thomson, and Ken Gibbard about these trips! On his mention of the upcoming Thompson River trip Joe showed a picture of Jean Chandler walking the gunwales of the big canoe! Ken Gibbard showed some slides of past club trips and had a couple of good ones of himself along with current Canoe Director James McBeath and his daughter. Ken talked about the home-made paddles, showed a picture of the initial carving of the paddles, and brought along some very early bent-shaft paddles made by club members. All in all it was a great evening of fun!

Again new members had a chance to come early and get a tour of the clubhouse.  
There will be another great talk in April, on Tuesday April 23 when Calem Watson will present his amazing solo canoe trip where he paddled 3000km across the Northwest Territories. There is a \$10 fee for this talk as Calem is coming over from Vancouver for it.  
Coming up in May will be a presentation by Royal Canadian Marine Search and Rescue, Oak Bay who are the ones who escort us in our Paddle for the Kids event. It looks to be a very interesting talk as well!



*Photos courtesy of Kim Capson, Ken Gibbard & Joe Boyd*

See you on the water!

*~ Kim Capson, Past President*

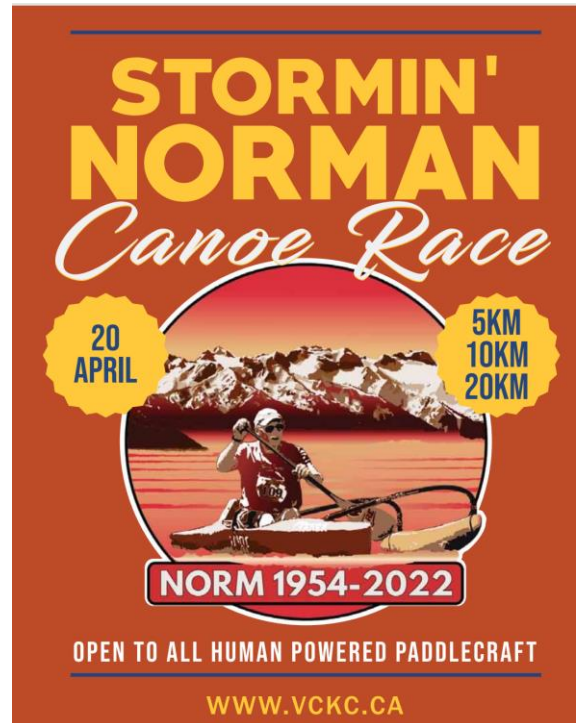
## Stormin' Norman Canoe Race

All human powered paddle craft welcome! Come join us at VCKC for a celebration of Norm MacDonell on Saturday, April 20. Organize your team or paddle solo!

The Stormin' Norman Canoe Race takes place in the protected waters of the Gorge Waterway and Portage Inlet. All ages, all skill levels, any paddle discipline... Choose your distance – 5km small boat - 10km big boat – 20km small boat. Choose your vessel – canoe, kayak, SUP, surf ski, K1, OC1/2/6, big canoes, dragon boat... All races are mass start and run simultaneously!

After a day of racing join us for a BBQ at the clubhouse provided by Norm's Family.

Support your club by racing or volunteering at this exciting annual event!



*Darrelle Butler*

## SUP and Kayak Safety Support for The Ironman Event at Elk Lake in May

Interested Members are invited to sign up for a shift to provide SUP or Kayak safety support, if we sign up from VCKC the club is then eligible to apply for grants.

Sign up here: <https://ironman.volunteerlocal.com/volunteer/?id=75578>

If you have any questions please reach out to *James Roorda*, SUP Director, [sup@vckc.ca](mailto:sup@vckc.ca)

## Surfrider's Blue Water Task Force Update

A few samples have been collected from the Gorge waterway in the last month. These samples all showed "low" levels of bacteria. Remain vigilant in the days following heavy rains, this is when high levels of bacteria are typically observed.

<https://bwtf.surfrider.org/explore/41/473>

## VCKC Safety Day- May 25<sup>th</sup> – Mark your calendar!

Captains, teams, individuals and families come out on Safety Day to show the bottom of your boat. Dramatic flips with efficient rescues and recoveries are what you want to demonstrate. Remember rescue practice make you a better safer paddler! Most important is to have fun while learning and practicing safety.

## Call for Volunteers

*Your active participation contributes to the health and well-being of your paddling club – please watch this space for opportunities which appeal to you as a volunteer. VCKC relies on the volunteer contribution of its members for all activities. Members are asked to contribute a minimum of 10 volunteer hours per year.*

SPRING CLEAN UP April 27<sup>th</sup> starting at 9am. We will be cleaning all aspects of the clubhouse inside and out. This includes a deep cleaning of the inside of the clubhouse and outside tasks such as window washing, deck cleaning, gardening, grass cutting, storage rack sweeping and more. Come help out for a morning to keep our clubhouse looking great. Many hands make light work!

SAFETY DAY May 25<sup>th</sup>. We are looking for volunteers who have expertise/experience in various paddling safety issues to do an hour or more session for the public and members. Topics may be anything connected to paddling and safety from First Aid, waterproofing, knots or planning trips. Please contact Ellie James at [safety@vckc.ca](mailto:safety@vckc.ca) or text 250-885-8030 if you would like to offer your skills in this area.

### **Sharon White - a long term VCKC member who will be missed by everyone who knew her.....**

*I remember the first time Sharon joined our outrigger team. I had been trying to convince her for a couple of years. It was at Cadboro Bay on a calm sunny warm day. The water was clear and you could look down and see all sorts of sea life. We even saw a couple of sea urchins and a star fish. And of course we saw a seal looking at us. She was a biologist at heart and knew the names of most marine life. And if she did not know its name, she would look it up in one of her many books. She loved getting out on the water in the outrigger canoe.*

*She paddled on Delia's Team which later was renamed "The Boat People" by Sharon at her 70th birthday party. She also paddled as a spare on daytime crews. She loved the social part and the new friends she made. She repaired the outrigger spray skirt a number of times and designed and sewed a special cover for the boat when it was stored at Cadboro Bay.*

*She was an active member of VCKC. She volunteered in the kitchen during Wake Up The Gorge. She helped with our annual Timmy's Paddle/Paddle for the Kids providing a hot dinner for the paddlers. She enjoyed volunteering on Canada Day helping excited kids put on PFDs so they could go for a paddle on the gorge waterway.*

*She always had a nice happy smile. She listened to you. She always had something positive to say. She was a joy to have around. Sharon will be missed by many club members, but especially by The Boat People.*

*Submitted by Delia Hill*

Sharon WHITE Obituary - The Times Colonist

Sharon Winifred White (Carlyle), 79

Born in Victoria, BC, raised in Ocean Falls and Willow Point, Sharon was a true daughter of the West Coast. In her early years Sharon was a lifeguard and school teacher. She was a strong, graceful swimmer. She loved fishing and mucking around in tide pools. If you left her alone at the beach for even five minutes you were bound to come back and find her giving someone a natural history lesson.



Sharon was a lifelong sewer, crafter, artist and educator. She was also a long-time active member of the Victoria Quilters' Guild, through which she formed many close friendships. Sharon was an avid reader. There was nothing better than a pot of tea and a new sci fi or murder mystery. She enjoyed outrigger canoeing, bird watching, snorkeling, scuba diving, boogie boarding, fly-fishing, sitting in the sun, and finding funny quotes to include in her handicrafts. She loved puzzles, home baking, fancy hats, crazy socks and her family. Not necessarily in that order.

She had a kind and welcoming spirit. She always took the time to listen and made those around her feel comfortable. She was a proud and caring mother and grandma. Her unexpected loss is deeply felt by her family and friends who will always remember her with great love, gratitude, and respect.

*Published by The Times Colonist  
from Mar. 15 to Mar. 17, 2024.*

A celebration of Sharon's life will be held in the coming months. If you are interested in attending or have some memories or pictures to share, please email her family at [inmemoryofsharonwhite@gmail.com](mailto:inmemoryofsharonwhite@gmail.com).

*"Don't cry because it's over. Smile because it happened." ~ Dr Seuss*

The link for those who would like to connect to Sharon's Obituary page is [HERE](#).

## Canoe Update

**Running Of The Cow, May 4th and 5th** - The camping side of this annual event will proceed although, on the date of this publication, it would appear the river will not have enough water in it to be paddled. The water flow is being reduced to 7 cubic meters per second, a level which can be maintained throughout the summer in attempts to avoid the fish kill experienced last summer. A normal flow in April would be around 25 cm/s. This unprecedented but necessary water conservancy has taken us by surprise. It is likely Marie Canyon will now be paddled, by experienced paddlers only, during ROTC on one or both days. If you have registered for this event we will keep you informed of water conditions and the campout closer to the dates.

**Marie Canyon** is the middle section of the Cowichan River and due to its rocky (cheese grater) shores its characteristics remain consistent year after year. The canyon is short and the flow is confined to narrow channels allowing it to be paddled even during low water. Even so, it requires skill and during high water it is for advanced paddlers only. The right channel of the 'Last Drop' has an obstruction and is undercut as well and can be dangerous at any level.

An introduction to Marie Canyon will be offered as an Eddy Hopper clinic to experienced novice paddlers who have been certified on the Moving Water Tandem course. Clinics on tamer water may also be available on the spur of the moment depending on water conditions so register for the Eddie Hoppers by contacting the canoe director. One of these clinics has already taken place, advancing the skills of the participants.

The lakewater and ocean canoeing courses will continue to take place.

See you out there

*~ James McBeath, Canoe Program Director*

## Outrigger Update

### 2024 WUTG event

Our VCKC WUTG started in 1999, making this the 25th year since its inception. We did miss a couple of years due to COVID. This event is only possible because of our many volunteers, so thanks to everyone. Let keep it going for another 25 years. We also wish to thank LAT48 for loading us their OC6s.

We had a total of 22 crews from 9 paddling club registered for the OC6 sprints on Saturday. But only 5 crews registering from VCKC we're hoping next year to have a few more VCKC crews participating. The best combined 2 x 1000m sprint time was from LAT48, 9 minute 44 sec. The best time from a VCKC crew was 10 min 36 sec. Overall, the perfect day as everything ran smoothly.

Sunday's small boat was down with only 15 participators, but still everyone enjoyed themselves. The current under Tillicum Bridge was running too fast and it would have been unsafe (a bottle neck) if more than one canoe entered at the same time, so it was decided to start the race south of the Bridge. The 2 racers on their SUP couldn't safely get under the bridge and had to carry their SUP and walk over to other side of Tillicum Bridge. The fastest time was competed by Melanie Conrad from LAT48 (56'24"), with our own Jason Doucet finishing 10 seconds behind. Overall members from VCKC had a good showing.

Should our outrigger program try and develop and create the best racing crews possible to represent VCKC? Is there an interest in doing this? See you at our outrigger meeting on April 22.

Full WUTG results are on VCKC's webpage.

~ *Bon Lee*

### Mario's Paddling in the Wake Up The Gorge (WUTG) Races      April 6-7, 2024

Our VCKC club hosted the races, and they were well managed: from directing the traffic of vehicles, to assisting in the launching of the boats, to providing breakfast and lunch, and above all to administering the races. I paddle with the VCKC marathoners, I learn a bit and I keep healthy: It is GREAT to be a member of the VCKC club!

April 6: Two OC6 Races of 1Km, for each team, one in the morning, the other in the afternoon.

The VCKC marathon division entered two teams: the *Marathon Men 50+*, and the *Marathoners – Mixed 50+*. We did extremely well. We were able to assemble two teams. In particular, our two OC6 crews never paddled together prior to these races.

*Marathon Men 50+*: Ryan, Jason, Mario, Gord, Jan, Bon.

*Marathoners – Mixed 50+*: Ryan, Jason, Chum, Jan, Jennifer, Darrelle.

Below are pictures of our crews.

April 7, morning: Small boat races. 9.54 Km

Often, I create my own challenges. This time I flipped my K1 as I put it on the water. The start was South of Tillicum Bridge, and I had the other challenge to paddle underneath the bridge and face the rough waves before reaching the start line. It was a miracle that I didn't fall in.

Our marathoners did well, and my participation to the race created the K1 age category: 80+.

Below are the images of the results and geography of the race.

April 7, afternoon: Tandem C2 race. 6.94 Km

Jason, Chum, Darrelle and I were the only canoeists willing to race. I partnered with Darrelle, and Chum with Jason. There was no competition as Chum and Jason were so much faster than Darrelle and I. There was a strong wind and ultimately Darrelle and I raced 'against' ourselves and the wind. Thank you, Darrelle and Jason.



*Submitted by Mario deSantis*

*~ Bon Lee & Marianne Pilon, Co-Directors*

## **Safety Update**

**VCKC Safety Day- May 25<sup>th</sup>** – We want to make safety day fun, educational and practical. Different programs will be practicing rescues and we also hope to offer short safety sessions. We are looking for volunteers to support or provide Safety Day programming – please see the call for volunteers above.

*~ Ellie James, Education, Standards & Safety Director*

## **Clubhouse and Grounds Update**

Our annual House and Grounds Spring Clean-up is scheduled for April 27<sup>th</sup>, starting at 9am. We will be cleaning all aspects of the clubhouse inside and out. This includes a deep cleaning of the inside of the clubhouse and outside tasks such as window washing, deck cleaning, gardening, grass cutting, storage rack sweeping and more. Come help out for a morning to keep our clubhouse looking great. Many hands make light work!

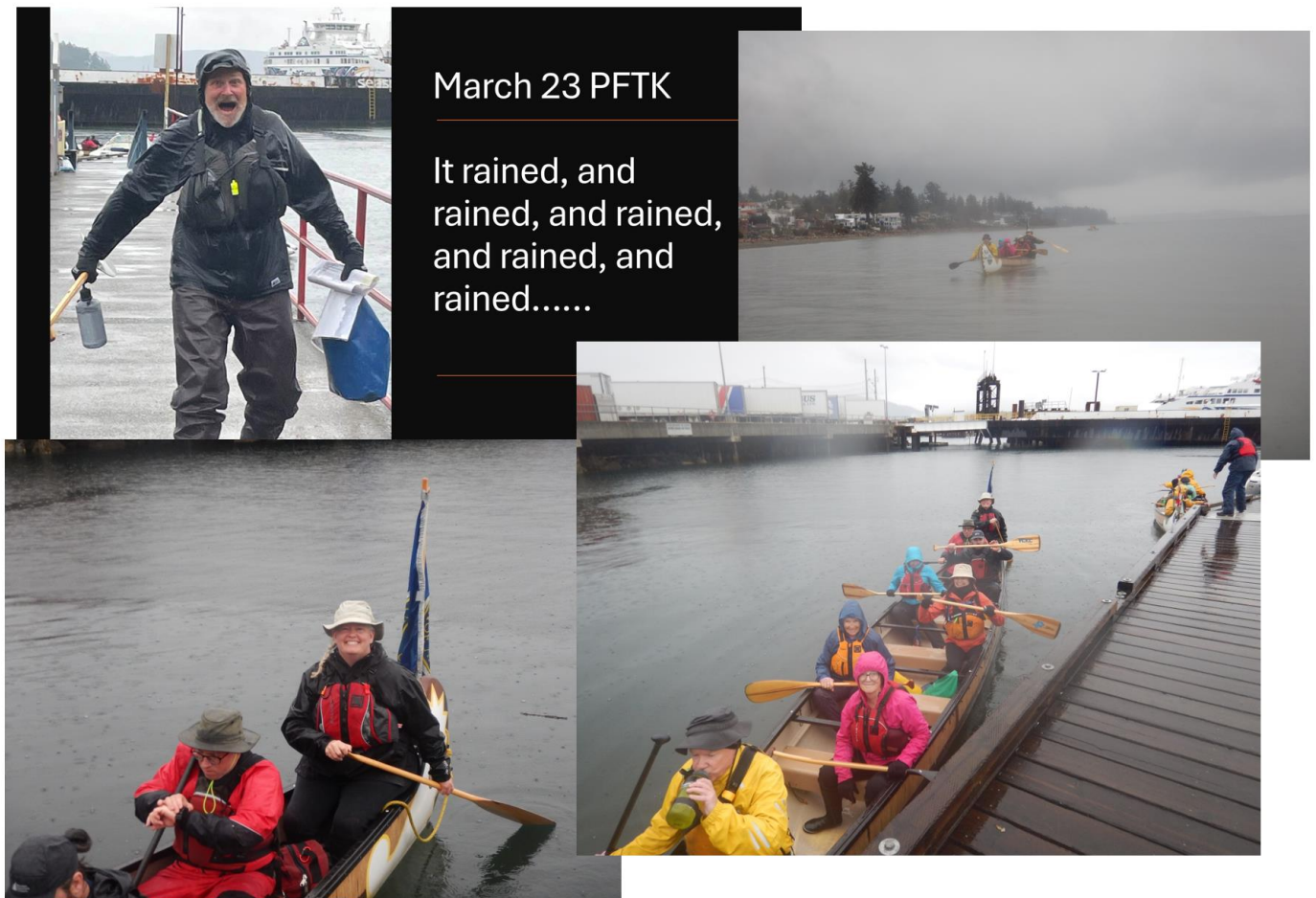


During the cleanup the lost and found box will be emptied and items donated, so if you are missing anything please stop by prior and see if your lost item may have landed there.

If you have been in the main room of the clubhouse lately you may have noticed a new projector on the ceiling. The old projector worked, but it was a little bit outdated as technology advances so quickly. The new projector has LED technology with no expensive bulbs to replace, is energy efficient, connects via HDMI, has a high resolution and good onboard speakers. As an added bonus the image is substantially larger than before. We hope this will be put to good use during presentations and training sessions.

~ Gord Evans, Clubhouse and Grounds Director

## Big Canoe Update



The 43<sup>rd</sup> annual Paddle for the Kids took place on March 23<sup>rd</sup>. Two Voyageur canoes left Brentwood Bay at 7 am sharp with 17 paddlers. The rain was particularly heavy and continued throughout much of the day. It tested the limits of our rain gear, but our spirits were not dampened.

Two teams completed the 75-kilometre journey to the clubhouse in 10 hours and 55 minutes. Currents were not favorable at the Tillicum bridge, but the crews seemed to be motivated to get out of the rain enough to power through just before 5:55pm. Kudos to **Dave Hill** and **Angie Walters** who paddled the full distance from Brentwood to VCKC.

## PFTK 2024 arrives at VCKC, 17:55



Paddle for the Kids 2024 raised just shy of \$18,000 for **Camp Shawnigan** at last report.

This demonstrates that this is much more than a long-distance paddle in the rain. Our club continues to go well above providing recreational services. We can share well beyond the paddling community.

It's the sort of thing that makes us feel proud to be members of VCKC.

*Pictures submitted by Joe Boyd*

Big canoes transiting Enterprise Ch on Saturday, Mar 23, with RCM-SAR escort. Looking good!



*Photos by Mike Stacey who just happened to be walking on shore when the boats went by.*

With PFTK 2024 now done, there is more to look out for in Big Canoe this year. Stay tuned for updates and emails. If you want to save some dates:

- July 1: Canada Day celebrations on the Gorge – Voyageur rides to the general public
- July-August: Butchart Gardens fireworks (Saturday night, on short notice)
- September 7 & 8: Thompson River trip, Savona to Ashcroft
- Big Canoe Leader courses – based on demand – contact Big [Canoe@vckc.ca](mailto:Canoe@vckc.ca)

*~ Joe Boyd, Big Canoe Director*

## SUP Update



*Photo credit: James Roorda*

Hello fellow paddlers. The days are starting to get warmer and longer, and that usually goes well with an evening paddle. I am going to be very busy, but keen to paddle when I have a chance over the next few months. If you would like to set up a paddle and/or give SUP a try please reach out to me via email. I'll do my best to get us out on the water.

Warm and sunny weekend afternoon paddles are great this time of year.  
Let's get paddling!

Happy paddling!

*~ James Roorda, SUP Director*

## Dragonboat Update

For more information see club calendar.

*~ Hannah Griffiths, Dragonboat Program*

## Marathon and Small Boats Update

For more information see club calendar.

*~ Rob Sainsbury, Marathon and Small Boats Director*

## Kayak Update

*~ The Kayak Program is seeking a Program Director, please contact the club President if you are interested in learning more about this position.*

**Deadline for submission to May Newsletter:- end of day Saturday May 11<sup>th</sup> .**

Please identify as "newsletter submission" in the subject line and send to [newsletter@vckc.ca](mailto:newsletter@vckc.ca).

If photographs are part of your submission include photographer credit information.

## Club Contact Information

### **Officers**

President [president@vckc.ca](mailto:president@vckc.ca)  
Jana Savage  
Vice-president [vpresident@vckc.ca](mailto:vpresident@vckc.ca)  
vacant  
Treasurer [treasurer@vckc.ca](mailto:treasurer@vckc.ca)  
Donna Sainsbury  
Secretary [secretary@vckc.ca](mailto:secretary@vckc.ca)  
Karen Potts

### **Program Directors**

Big Canoe Program [bigcanoe@vckc.ca](mailto:bigcanoe@vckc.ca)  
Joe Boyd  
Canoe Program [canoe@vckc.ca](mailto:canoe@vckc.ca)  
James McBeath  
Dragonboat Program [dragonboat@vckc.ca](mailto:dragonboat@vckc.ca)  
Hannah Griffiths  
Kayak Program [kayak@vckc.ca](mailto:kayak@vckc.ca)  
vacant  
Outrigger Program [outrigger@vckc.ca](mailto:outrigger@vckc.ca)  
Marianne Pilon and Bon Lee  
Marathon Canoe and [marathon@vckc.ca](mailto:marathon@vckc.ca)  
Small Boat Program  
Rob Sainsbury  
Stand Up Paddle Board [sup@vckc.ca](mailto:sup@vckc.ca)  
James Roorda

### **Other Executive Positions**

Education, Standards & Safety [safety@vckc.ca](mailto:safety@vckc.ca)  
Ellie James  
Membership [membership@vckc.ca](mailto:membership@vckc.ca)  
Debi LaHaise  
Clubhouse and Grounds [clubhouse@vckc.ca](mailto:clubhouse@vckc.ca)  
(maintenance)  
Gord Evans  
Storage [storage@vckc.ca](mailto:storage@vckc.ca)  
Gord Evans  
Director at Large  
1 - Irena Jazwinski [director1@vckc.ca](mailto:director1@vckc.ca)  
2 - Fiona Coyle [director2@vckc.ca](mailto:director2@vckc.ca)

### **Executive Appointed Positions**

Newsletter Editor [newsletter@vckc.ca](mailto:newsletter@vckc.ca)  
Sarah Bradley  
Webmaster [webmaster@vckc.ca](mailto:webmaster@vckc.ca)  
Arthur Caldicot  
Past President [pastpres@vckc.ca](mailto:pastpres@vckc.ca)  
Kim Capson