



Victoria Canoe & Kayak Club Newsletter

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

May 2012

Victoria Canoe and Kayak Club General Meeting

Tuesday, May 1, 2012 at 7:30 p.m.

The Dragon Boat Program will present the entertainment at the May General Meeting

Dear Maureen,

The timing of your passing is a puzzle - you were so vivacious, so creative, so full of love. It is said that timing is everything and as stroke you kept time for us and we won many medals.

One of the things I remember so vividly about you was your creativity. An invitation was a work of art, imaginative and unique and meticulously executed.

The timing of the end of your life has saddened many of us - you will be missed.

Joyce and Leo Vezina



Please see page 2 for more on Maureen.

IN MEMORIAM

Maureen Young
1945 - 2012

The Dragon Boat and Outrigger Programs are mourning the loss of paddling friend, teammate and Club supporter Maureen Young, who passed away on April 16.

Maureen was a longtime member of the Club who belonged to several dragon boat and outrigger teams over the years. She was the captain of Let It Riders, the Tuesday morning outrigger paddle/eat/gossip team (not necessarily in that order); she stroked for the dragon boat teams Heat Wave, Ageless Warriors, and Grand Dragons; and she was at various times a dragon boat team captain, team secretary, and secretary of the Dragon Boat Committee.

Those of us who muddled around in boats with Maureen over many, many seasons remember her as an accomplished athlete, a tireless organizer, maker-up of funny poems and songs, giver of parties, hard worker on behalf of the Club, great cook, and owner of a truly quirky sense of humour. She was generous with her advice to novices, and created many friends for the Club.

She also formed a Monday morning walking club that still goes out weekly. A favourite goofball memory of Maureen has to do with the time - a few years ago - when the Let It Riders team appeared at Wake Up the Gorge to sell 50-50 tickets dressed in pyjamas, slippers, dressing gowns, and hairnets with rollers.

And who can forget Maureen showing up for huli practice wearing a shower cap? For all the laughs and good times, we'll remember Maureen always.

Our thoughts and prayers are with Maureen's daughters Susan and Christine.



Dragon Boat Program

Dragon Boat Launch and Open Practices

The second dragon boat has now joined the first one in the water, having undergone repairs and painting as well as hull maintenance. The Dragon Boat Program sends a big vote of thanks to the devoted group of volunteers (Marie Lansdowne, Bob Elphick, with help from Dale Swan and Mary Kirchner) who carried out all of the necessary work.

Response to the early-season Open Paddles has been extremely gratifying, with full crews (mixed newcomers and old hands) taking the boats out every week, right from the first Saturday. Kudos to Brittany Kohn and her volunteer sterns for making this happen. The schedule of upcoming Open Practices is as follows: Sat. May 5; Sat. May 12; Sat. May 22 - all at 10:00 a.m. Consult the VCKC Calendar on the website to confirm these times. If you have friends, family or colleagues who are interested in checking out dragon boating, encourage them to come out.

3rd Annual Guts and Glory Festival, Sat. July 14

A planning meeting for this VCKC-hosted, fun-filled fundraiser for the Club was held on April 25th, but there are still some jobs to go around. If you like fun

in the sun, please volunteer! You don't need to be a member of the Dragon Boat program to apply. For more details, contact the Event Director, Brittany Kohn or the Dragon Boat Director, Mary Kirchner, at VCKC.coach.britt@gmail.com or dragonboat@vckc.ca respectively.

The main events will be a 2000m race in the large boats and 250m sprints in 10-seat Champions. Participants will also have an opportunity to try out paddle boarding at no extra cost. There will be a beer garden, BBQ, raffles, and other exciting extras, brought to you by our sponsors. Registration information is available on the website now. If you know dragon boaters at other clubs around town, please promote our event to them!

Dragon Boat Teams

St'Keya II and Rum Runners (formerly Lightning) are up and running ... Jack Louie is forming a new team for paddlers in the 50+ age bracket, to be known as Ageless Warriors. The team honours the contributions of Harold Nishikawara ... There will be a novices' team in all likelihood this year; and the Program welcomes the return of Komodo Dragons later in the season.



Dragon Boat Open Practise

photo by Wendy Clapp

THE INAUGURAL "SWITCHBLADZ WATER RELAY" GORGE WATERWAY, VICTORIA

Race Day: Sunday, May 20, 2012

GOAL - to facilitate paddlers of all types coming together for some fun on our beautiful water!

Details to be announced on the VCKC website

Urgent questions? risa.greenwood@shaw.ca

START BUILDING YOUR TEAMS!

Teams: 6 paddlers combine to cover 6 legs:

- 1) K1 flatwater leg
- 2) Stand-Up Paddleboard leg
- 3) Marathon Canoe (2 man) leg
- 4) OC1 leg
- 5) Surfski leg
- 6) OC6 final leg

- no more than 3 men per team
- course legs will include the Gorge, Portage Inlet, Esquimalt Harbour to Coberg Spit (Esquimalt Lagoon) to McCauley Pt, into the inner harbour, starting and ending at VCKC
- each leg ~45 minutes, with final OC6 leg ~75 - 90 minutes
- Post-race lunch and awards at VCKC
- registration - cost and forms TBA - we intend to keep the cost DOWN!

SWITCHBLADE RELAY

SWITCHBLADE PADDLESPOUT RELAY RACE

Sunday 20 May 2012 / Victoria BC
gum start at Victoria Canoe & Kayak Club

<p>TEAMS: 6 paddlers (no more than 3 men) - 1 ocean kayak, 1 stand-up paddleboard, 1 tandem marathon canoe, 1 OC1, 1 surfski and all into an OC6.</p> <p>COURSE: Small boat legs 30-45 minutes each OC6 leg 60-90 minutes</p> <p>Forms & race package at www.vckc.ca Information contact: switchblade.relay@shaw.ca</p>	<p>BOATS: First registered, first served for OC6 = MCZ borrowing Bring your own small boats.</p> <p>COST: \$300 / team, includes dinner REGISTRATION: Deadline 13 May 2012</p>
---	---

ATTENTION

**You are entering the
Colquitz River Estuary
sensitive habitat area**

Please respect the animals that live
here and be careful not to disturb them.
Travel slowly, stay off the shoreline
and quietly enjoy the wildlife.

For more information contact
Saanich Parks at 250-475-5522
or www.saanichparks.ca



Notice

The Gorge Waterway Initiative (GWI) suggestion that people on the water using portage inlet needed to know before they enter the protected environment.

A warning sign on the inlet-side of the bridge at Admirals Road is now posted.

Monthly General Club Meetings - from our President

We have awesome programs and we want everyone to celebrate our love of paddling. A keen group of 45 was on hand for the Canoe Program activities and incredible movies at the April meeting. We were in awe of the acrobatics and paddling a canoe over top of another, and inspired by what you see and do on the trips. The upcoming meeting schedule is:

May 1, 2012	Dragon Boat Program - Mary Kirchner
June 5, 2012	Club BBQ
September 4, 2012	Club BBQ

Club Thank You - a note from our President

March 31st was an amazing day for 2012 Paddle for the Kids. We completed our mission in record time (just under 10 hours). Congratulations to Joe Boyd for organizing the event and Mavis Pillar for facilitating fundraising. This VCKC event for Easter Seals Camp Shawnigan raised \$12,137.41. The list of thank you's is many:

- Kim Bentzon (Coast Guard Auxiliary) for organizing the safety boats.
- Terry Bain (Central Saanich Lions) for organizing the bus and rest area and Ron Basey (Bus Driver)
- Wendy Clapp - our photographer
- Nancy Pearson - for organizing the kitchen crew.

- Alan Thomson - for his planning, support, and always ensuring we had all we needed
- Spinnakers - for a great brunch to start us off
- Verna and Shannon from BC Lions Society - gave purpose to our paddle
- 100.3 the Q for providing some live on-location coverage

And that is just some of the people who did not paddle. We are also grateful to the paddlers and sterns that made the boats move to where they were supposed to go. Your willingness to do this activity - and have fun with it - makes it all worthwhile.

To All VCKC Members

Please review:

<http://mariovittone.com/2010/05/154/>

Thank you,

Doug Linton, VCKC Safety Director

The Inaugural "Switchblade Water Relay"

Sunday May 20. Race starts at 9 am at VCKC and takes about 5.5 - 7 hours total. Come check out this unique paddle sport event - see website info.

See you all at the May meeting.

Pam Carroll, President, VCKC

Flatwater Paddles

There will be no Club Flatwater paddles in May.

Ocean Canoeing Course

The Ocean Paddling course scheduled for May 12th/13th has been cancelled due to lack of interest.



A North Island River Paddle Invitation

Paul Lazarski has once again generously invited VCKC river paddlers to Campbell River this spring for a week of paddling north island rivers. The dates of this year's event are May 22 to 27, and you are welcome for as few or as many days as you wish.

Paul hosted VCKC paddlers each of the last two years, and participants reported excellent paddling and good company. These are the rivers recommended by Paul:

For those attending for a full week...

- Salmon upper (III)
- White (III)
- Upper Oyster (III)

- Middle & Lower Gold (up to III+)
- Middle Nimpkish (III)

For those attending for weekends...

- Middle Gold (II+)
- Nimpkish upper & lower (II)
- Quinsam (II)
- Oyster middle & lower (II)
- Tsolum (II)
- Salmon middle & lower (II)

For further information about itinerary, transportation, and lodging, contact Doug Magnuson or Martin Davis.



Frost Free Weekend

The Club's annual Frost Free weekend paddle will take place from Friday May 11th to Sunday May 12th. This is a camping trip; Blackberry Point has a composting toilet; but no reliable fresh water source, and no other facilities, so bring what you need for the weekend in the way of shelter, clothing and food, etc.

The general plan of the weekend trip is to leave from Cedar Ramp, south of Nanaimo and paddle over to Blackberry Point on Valdes Island on the Friday. Saturday can be spent, frolicking in camp, going hiking on the Island or paddling to Porlier Passage or along the cliffs to the north. In the evening will be the barbeque - bring your own meat; we will provide the fire, potatoes for baking and the fruit grunt for dessert. The Sunday return trip should see us back at Cedar Ramp by about 2pm, all being well, although wind can always make a difference. We will have an ebb tide to help us on the way down to Blackberry Point and effectively slack water with a slight flood on the way back

The distance from Cedar Ramp to Blackberry Point is about 8 nautical miles/15 kms. The route mainly follows the shoreline of the islands in the De Courcy group, with 2 crossings of about 1 nautical mile each at the beginning and end of the paddling. It is a good paddle for beginner trippers. Canoeists and kayakers who have taken and passed the basic courses in either discipline are welcome to come on this trip.

Cedar Ramp is 1½ to 2 hours from Victoria. Parking near the ramp is limited, so sharing vehicles is encouraged. We will meet up the Clubhouse at 8am and head up to Cedar Ramp. If you want to proceed directly to the Ramp, be there by 10am: the plan is to be on the water by 10.30am.

So that we can plan for potatoes, barbeques and fruit grunt, please let me know by May 4th if you plan to take part in this trip.

Alan and Linda Thomson
250-592-4170 or 3135thom@islandnet.com

Trip Report - D'arcy Island

The Club flatwater paddle on Easter Monday, 9th of April was from Island View Beach to D'Arcy Island. There was a good turn out with 5 kayaks, 3 tandem canoes and the Club canoe with 5 paddlers - 16 people in all.

We were blessed with good weather - the 4 days of Easter had the best weather I can recall for the time of year - with little wind and reasonable currents. The launch had us on the water shortly after 9.30am and we headed over to the south end of James Island, using the ebbing current to help us ferry over to what the chart calls 'James Spit', although as far as I know, it is never dry, even at very low tides. But it does get shallow - less than 3' of water at a zero tide. There were plenty waterfowl in the water off the beach, somewhat disturbed by the usual cavorting dogs when they came close in shore. The highlight of the crossing was the passage of a couple of dolphins (or were they porpoises?) in front of our wee flotilla.

From James Island, we headed over towards Sallas Rocks, south of Sidney Island, then south to the north tip of D'Arcy Island. No other paddlers and very few boats of any kind.

Lunch at D'Arcy was leisurely, some of us dozed, others walked along the shore to one of the sites of the leper colony. The lazaretto was set up in 1894 and initially was sites on the north east corner of the island. Then it moved temporarily to Little D'Arcy until a new set of buildings was ready o the west coast of D'Arcy 1924. For the full story, read 'A Measure Of Value' by Chris Yorath, a local author who researched the history of the colony.

The trip back to Island View Beach was uneventful. Kryn did manage to see the seabed on the east side of James Spit - it was a +1' tide by 1.30pm, but I have to confess I couldn't. It might be worth paddling our someday when it is a zero tide or lower just to see where it is shallowest. I have heard of kayakers getting out of their craft here and standing in the water which only reached their waists. We were back at the car park by 3.30pm, with a good day's paddling to remember.

Thanks to Susan and Kryn, Jay, Jennifer, Maris, Susan and Bon, Barbara, Ron, Margaret, Sandy and Carolyn, John and Jill who came with us on the water and paddled the 8 nautical miles.

Alan Thomson



Club Program/Financial Planning - from our President

As members are aware, the Executive has worked since January to develop a method for long-term program planning and funding that is fair and grounded in principles by clarifying the following areas:

- (a) Club Purpose, Principles and Policies (complete)
- (b) Program/Financial Planning and Revenue Allocation (in progress)
- (c) Capital Asset Maintenance and Replacement 3-10 year plan (in progress)
- (d) Revenue Generation. (In progress)

Each VCKC program will now be developing 3-year plans describing their program plan and the anticipated resources needed. The Executive approved a template at the April 10 meeting (see the back pages of this newsletter), and will shortly be requesting programs to submit their three-year plans, together with any specific funding requests. The template will help ensure all requests are considered within the context of the Club's most pressing needs, utilizing a decision process that is seen as both fair and grounded in principles available to all programs to guide them when submitting proposals.

In the meantime, the Dragon Boat Program has submitted an urgent request to purchase a 9m (10 seat) Champion boat for the current season spurred by Nightstar Yacht Sales having offered the opportunity to use the rental fees toward the purchase. (the Program plans to rent Champions in order to mount its Guts N' Glory Club fundraiser on July 14th). The request was submitted with all of the three-year planning documentation required in the

new template. Although it was uncomfortable considering the proposal in isolation from the other Programs' 3-year plans, the Committee eventually approved a motion to grant up to \$7500 to the Dragon Boat Program to fund the immediate purchase of a Champion boat for the following reasons:

- The Dragon Boat program is one of the most populous in the Club, and dragon boating is an important feeder program for other paddling sports at the Club.
- A smaller boat would enable teams who come up short at practices to get on the water.
- 9-m. boats are increasingly coming into use as a separate category at festivals, so that having one available provides a valuable training tool.
- The Dragon Boat program supports the Club in myriad and substantive ways, bringing in revenues for VCKC through, among others, its annual festival and fundraising in partnership with Montana's; it also makes its members available for several charity or community events throughout the year. The Club maintains its own boats through volunteer labour.
- The timing of the request was critical, as an early approval would enable the Club to save money on the purchase.

The Executive is well aware that other programs at the Club have pressing needs for equipment purchase or renewal; and it will be addressing those needs at upcoming meetings.



Clubhouse News – from our President

April has been a very busy month with overlapping activities happening almost every weekend.

The month started with a flat-water Canoe Trip led by Alan Thomson and included Lake Water Basic Canoe Courses and our annual Wake up the Gorge event.

Wake up the Gorge attracted OC6 teams on Saturday and small boats on Sunday. A fun time was had by all participants and we really appreciated those who came out to help with all the activities and cheer the racers on. Congratulations to Dave Schweter, Risa Greenwood, Darrelle Butler and the organizing group for a great event. I thought the gold and silver cupcakes were an inspired race prize - especially the red velvet ones.

The next weekend the Club hosted a Dragon Boat stroke improvement clinic by Gorging Dragons using the Merlin Excalibur Data Acquisition Paddle. This paddle has positional sensors that allow almost every aspect of a paddler's stroke to be recorded and analyzed. By reviewing this data paddlers can analyze their stroke and see the strengths and areas needing improvement.

We wrap up the month with our semi-annual Clubhouse cleanup and Clean up the Gorge event. Thank you to Sandy Rattray and Don Munroe for organizing and to all the volunteers who participate. We are fortunate to be provided our clubhouse by Saanich and to have the Gorge at our doorstep. It is critical that we all join in to maintain the house and grounds and demonstrate that we are responsible tenants and community members.

Canoe Courses

For Moving Water Instructor Certification or a Re-cert, please contact Tom Staebell directly at thestaebellfamily@shaw.ca.

Lake Water Basic Tandem

This is the foundational course for everything else we teach at the club, and to join us for any organized club paddling trips. If you're a beginner this is where you start! You will learn everything from basic knots, to safe carrying and transporting of a canoe, to what to wear on the water, to all the basic canoe strokes, to a canoe rescue strategy. Classroom, on the water and IN the water! There may be a small additional fee to cover the cost of pool rental for the rescue portion.

Saturday, June 2nd, Cost \$25

Doug Magnuson

Canoe Tripping Paddler

You will learn all the details and logistics for planning safe, fun and exciting multi-day canoe trips. If there is a canoe trip in your future or one on your bucket list, such as the Nahanni, this course is for you! This is an experiential course, so you will camp out overnight on a river or lake.

Thu/Sat/Sun June 14/16/17

Cost \$100 plus transportation

Jay Crowley and Josh Pelletier

Lake Water Basic Solo

Strongly recommend taking this course along with Basic Tandem, which is the prerequisite for this

course. Even if you will never paddle solo, this is great training for you to really understand and experience how your strokes affect the propulsion of a canoe.

Saturday, June 16th, Cost \$25

Bon Lee

Lake Water Canoe Poling

Canoe Poling is not new - it dates from when the waterways of this land were the highways, and one had to pole UP rivers as often as one got to paddle down them - but it has experienced a bit of an upsurge in interest recently as it is a fantastic workout, and is similar to a new sport growing in popularity, stand-up paddling. It so happens half the qualified instructors in BC are members of our club, so we're taking advantage of this to offer a couple of poling courses this season. The prerequisite is Lake Water Basic Tandem.

Saturday, July 7th, Cost TBA

Tom Staebell

Moving Water Canoe Poling

Prerequisite is Lake Water Canoe Poling.

Saturday, July 14th

Cost TBA

Tom Staebell

Happy Paddling, Yasmin Rampuri, Canoe Program Director

VCKC Executive

Executive

President president@vckc.ca
 Pam Carroll 250-479-8878

Vice-president vpresident@vckc.ca
 Marie Lansdowne 250-382-3247

Treasurer treasurer@vckc.ca
 Anne Ardiel 250.658.2442

Secretary secretary@vckc.ca
 Barbara Abercrombie 250-598-7931

Past President pastpres@vckc.ca
 Bon Lee 250 477-1381

Program Directors

Canoe Program canoe@vckc.ca
 Yasmin Rampuri

Dragonboat Program dragonboat@vckc.ca
 Mary Kirchner

Kayak Program kayak@vckc.ca
 Doug Linton 250 727-0216

Outrigger Program outrigger@vckc.ca
 Dave Schweter 250 213-9944

Marathon Canoe Program marathon@vckc.ca
 Darrelle Butler
 & Risa Greenwood

Voyageur Program voyageur@vckc.ca
 Joe Boyd 386-6004

Other Executive

Education, Standards & Safety safety@vckc.ca
 Doug Linton 250 727-0216

Membership membership@vckc.ca
 Muriel Johnson

Clubhouse and Grounds clubhouse@vckc.ca
 Sandy Rattray 250 386-9144

Boat & Locker Storage storage@vckc.ca
 Doug Magnuson

Director at Large director1@vckc.ca
 Wendy Clapp 250 220-5787

Director at Large director2@vckc.ca
 Kym Thrift

Director at Large director3@vckc.ca
 Mile Petrovic

Director at Large director4@vckc.ca
 June Parker

Executive Appointed Positions

Newsletter Editor newsletter@vckc.ca
 Jean Chandler 250-727-6923

Webmaster webmaster@vckc.ca
 Ron Crabtree 778 430-4545

Note: the Deadline for submission of content for the next newsletter is May 22, 2012

May 2012

Sun	Mon	▼ Tue	Wed	Thu	Fri	Sat
29	30	01-May	2	3	4	5
Lakewater Basic Solo Canoe Course		19:30 VCKC General Meeting	19:00 Ageless BBQ	17:00 Ocean Paddling Canoe Course	17:00 Ocean Canoeing Course	10:00 DB Open Paddle
6	7	8	9	10	11	12
08:30 Kayak Introduction		19:00 Executi ve Meeting				10:00 DB Open Paddle
13	14	15	16	17	18	19
						10:00 DB Open Paddle
20	21	22	23	24	25	26
08:00 Switch Blade Paddle Sport Relay Race						
27	28	29	30	31	01-Jun	2
						Lakewater Basic Tandem
						12:00 Ocean's Day -

FORM FOR PROGRAM PLANNING AND PROPOSALS

Background

The VCKC Executive agreed at its Feb. 14, 2012 meeting to institute a procedure for allocating funds to programs that is fair and grounded in principles available to programs to guide them when submitting proposals. These principles are based upon the Club's purpose, values and policies as enshrined in its Constitution, written documents and Club traditions.

The following principles are important to the Executive and will constitute the basis for programs' long-term planning processes and their applications for financial support:

- The promotion of safe, skilful paddling (through instruction, coaching, instructor certification, or community outreach).
- VCKC is a single Club which promotes participation in paddling sports. It encourages cross-disciplinary participation by members in *all* Club activities, both on and off the water. All programs should have *safe* Club boats that permit them to offer access to the sport for beginners.
- VCKC provides a continuum of paddling opportunities within and across programs.
- Programs are expected to contribute to the Club. Each program is asked to include with each proposal for support an outline of how it proposes to give something back to the Club, whether that is in the form of teaching/training, holding festivals, funds raised, contributing to charity, raising the Club's profile in the local community, boat and clubhouse maintenance, or other forms of volunteerism.
- Community service – the Club should present an outward face at all times; be sensitive to its neighbours; and participate in local organizations and activities that benefit all paddlers, make paddling available to the less fortunate, or contribute to charity.
- Supply and demand – program proposals for financial support should take into account the program's ability to meet demand with current or projected equipment, storage space, and instructional resources.
- Equipment replacement – The Club should carefully husband its equipment resources. Programs should state in their proposals their equipment costs and their plans for renewal over a timeline of 3-10 years. All programs are expected to reinforce with their participants the Club policy that new members, once they join the Club and demonstrate an interest in a program, should acquire their own paddles and PFDs.

The following criteria were felt to be of little to no importance in determining which programs will receive preference in funding in any given year:

- The number of participants enrolled in the Program.
- Whether the program is purely recreational or trains paddlers for competitive events.
- The Program's ability to generate revenue.
- The size of boats used by the Program.

Template for Program Submissions

All programs are expected to regularly assess their resources in the light of current activities and plans for the next three years. Part 1 of this template should be used to guide the planning activity, and should accompany any request for financial support. If Form 1 is updated on a yearly basis, program submissions will actually require little in the way of additional work and documentation.

Form 1: Planning

1. Briefly describe your program and paddlers' activities
2. List Program assets (boats, equipment, etc.), their value and condition
3. Comment on boat storage space (if relevant)
4. Program enrolment in the previous year and current year, with projections for the next 3 years
5. Instruction and coaching: List program resources; means of certifying coaches and/or instructors; future plans; adequacy to meet program needs
6. Equipment renewal: Does the program have enough craft and equipment, in safe enough condition, to introduce new members to the sport and provide a continuum of paddling experiences? If not, project your needs for renewal or replacement – with costs – over the next 3-5 years, listing in order of priority.
7. Revenues: What are your plans for contributing revenues to the Club's income?
8. Community service: List your program's non-monetary contributions to the Club (including to other programs) and to the local community or the wider community of paddlers on the West Coast. Include contributions to charity; equipment and Clubhouse maintenance; social activities; publicizing the Club's activities; and making paddling available to the less fortunate.
9. What are the limits on program growth? Is there an ideal size for your program?

Form 2: Request for financial support

1. What do you require? By when?
2. What will your Program be contributing to the Club in the current year?