



# Cataraqui Canoe Club

# News

September 1998

## Morton Creek: An Unbiased Report

By Don Harris

It was a perfect morning. Sun glistening off the still creek waters. Nary a ripple, making it perfect for a leisurely paddle down to Lower Beverly Lake. This is a large, beautiful lake, with many islands. Some say you could even become lost on it. We decided on the longer, more picturesque route to Delta Park. A few less enthusiastic paddlers decided to lag behind, and lunch on the water.

Unfortunately, the old general store that serves such lovely ice cream in the village had closed down. However, our beloved leader did enjoy his swim at the beach along with a well earned lunch of swiss cheese with hot banana peppers on muesli bread. It just doesn't get any better.

We finished off with a pleasant paddle to the south end of the lake, and a scenic trip up the river to Lyndhurst, where we were finally rewarded with our treat of the day - delicious, ice cold, ice cream. Hmmm.

For some unexplainable reason, nobody offered to pay for the leader's milkshake. Popular, as I am sure he was, at this time.

Looking forward to making this trip again.

## Commodore's Notes

By Gary Birrell

There is a definite chill in the air, signaling that the end of our paddling season is fast approaching.

As usual it was a successful and active season. Training sessions, day trips and camping expeditions were well attended. The CCC flat water sprint racing team

held a highly successful regatta in August. Our congratulations and appreciation to all involved.

A planning meeting has been held to prepare our fall and winter events. The winter calendar is nearing completion and as it stands, will offer a variety of winter activities addressing a range of skill levels.



*Team Work at the Baron Canyon, 1998*

I'm predicting an abundant delivery of the "white stuff" this winter. Our skis and snowshoes should finally get a generous workout. Hope to see you on the trails!

## Sprint Racing News!

In August Nick Bohak represented Cataraqui Canoe Club at the World Master Games in Portland Oregon in the 50 and over category and won 2 Gold, 1 Silver, and 4 Bronze in the K1, K2, K4 and K4 mixed categories. Also, at the Canadian Master Championships in Wistler, B.C., Nick won 1 Gold, 1 Silver, and 1 Bronze. Our congratulations to Nick and the entire Sprint Racing Team for a successful 1998 season.

**Cataraqui Canoe Club**

**P.O. Box 1882  
Kingston, Ontario  
K7L 5J7**

**Boathouse located on Orchard street near the Woolen Mill  
Call 544-8375 for current listing of up-coming trips and events**

**Executive and Board of Directors 1997 – 1998**

<b>Commodore</b>	Gary Birrell	389-5154
<b>Vice Commodore</b>	Margaret Milne	542-9626
<b>Secretary</b>	Alan Nicholls	547-3781
<b>Treasurer</b>	Ed Jezak	389-4459
<b>Past Commodore</b>	Rick Kirk	549-7152
<b>Board of Directors</b>	Bob Tolley	542-9626
	Don Harris	546-0842
	Barry Irish	549-7523
	Beth Orr	389-6362
	Bernard Leger	384-0618

**Committee Appointments**

<b>Newsletter Editor</b>	Rick Kirk
<b>Trip Scheduling</b>	Margaret Milne
<b>Boathouse Manager / Assistant</b>	Bob Tolley / Mark Hughes (389-9936)
<b>Telephone Listings</b>	Judy Skeggs (384-0758)
<b>Recreational Program</b>	Margaret Milne
<b>Flatwater Racing Program</b>	Bill Shepherd (374-2629)
<b>Whitewater Program</b>	Bernard Leger / Ed Jezak
<b>Publicity/Open House</b>	Beth Orr / Barry Irish
<b>Boathouse Activity Co-ordinator</b>	Don Harris

**Newsletter Contributions Welcome!**

Members of CCC are invited to submit write-ups of their favorite CCC outings: outdoor adventure; or just about anything that would be of general interest to our members. Mail them to the club or pass them on to any member of the board or executive, or better yet, bring them to the schedule making pot-luck. Also, if you have one or two pictures to accompany the article even better. Your pictures will be returned. The newsletter editor can also be reached by email at Rick@ColDesigns.com.

**Has Your Address Changed?**

Has your address changed or do you have an e-mail address? We want to stay in touch and make sure that you receive the newsletter. Please forward any change in address/email/phone number to the club secretary at 389-4026; or at the club address listed above; or at <nicholls@fox.nstn.ca>.

## Hiking in B.C. - Juan de Fuca Trail

By Margaret Milne and Bob Tolley

A chance week in B.C. How best to enjoy - hike, bike, kayak? And how best to pack? We set off with back-packing gear for maximum flexibility, but included bike helmets and locks.

The economics of rental were interesting. If we had not taken our own, full gear would set each person back the price of a luxury hotel room per day. Two bikes equaled a rental car, and kayaks were \$20/hour. Value improved by the week, but still required a wealthy masochist!

Away from the tourist area in downtown Vancouver we were lucky to find good mountain bikes at \$20 for the weekend. The perfect vehicle for Stanley Park and environs. Vancouver is quite bicycle friendly, but we were glad to make the downtown tour on Sunday.

The only day with a sprinkle of rain found us admiring misty waterscapes en route to Vancouver Island. We had heard of the Juan de Fuca trail, which opened in 1995 to relieve pressure on the over popular West Coast Trail of the Island's Pacific Rim. This trail stretching 47 km along the Juan de Fuca Straight from China Beach to Port Renfrew, unlike its famous northern neighbor, does have some car access. Not exactly car camping, since beach camps (to avoid forest degradation) are a steep km below car parks, but this does provide opportunity to hike from base camps. An enterprising first nations group runs a bus shuttle between sections.

Again economics factored. Bus fare for two from Victoria exceeded the cost of car rental - we squelched masochist tendencies and rented. Despite Robert's complaints about my 3.5 lb tent (he would have been glad if he had to carry it!) day hiking enabled us to enjoy this magnificent area to the fullest. The trail is visually stunning but has no easy sections. Every foothold is up or down the fiord like valleys, on loose peat moss or mud, and over gargantuan tree trunks and beach boulders. There is 12 km between camps on the



*Juan de Fuca Suspension Bridge*

most difficult section. Knowledge of tide tables is essential to avoid being marooned at high tide.

Also known as the Marine Trail, every turn reveals the startling beauty of beaches and bays meeting dramatic waterfalls with the lush vegetation of temperate rain forest, and old growth trees towering hundreds of feet. We discovered some of the blobs floating in the sea were not seaweed or logs, but frolicking seals. Killer whales are frequently sighted. On the trail, very large fresh droppings witnessed overindulgence in the prolific berries. Surely no human would be so indelicate? Answering growls came from the beach. We practiced backing slowly, speaking softly, as recommended. One should drop articles to distract, a camera would be fine! Bears do not climb as well as humans - not an option with those tree trunks anyway. Cougars are present, but rarely seen, so no advice was offered in an encounter.

We did not reach the epitome of the trail known as Botanical Beach - said to be the most spectacular and having the most amazing rock pools. In a sense I'm glad, this was quite the most glorious hiking I've encountered, and definitely unfinished business!

### FOR SALE!

Exocet Nomad Seakayak - similar to Current Design, includes paddle & skirt. Used 1 week. Yellow/2 hatches Asking \$2,200. Call Martha at 531-0672

Ski and Cycle Car Racks - 4 pair of skis or 2 bikes, for small car, \$100. Call Rick at 549-7152.

North Face 4 Season VE-25 Tent, new, \$800; North Face children sleeping bags, \$100 each; Chlorophyll 20"X20' Tarp, new, \$200; 15' Canoe, cedar strip and fiberglass, refinished, \$750; Clement 60", 63" and 64" paddles, \$30 - \$35; Coleman Peak I stove, \$45; Profile Aero bars, \$20; Fanny pack with water bottle and tubing for drinking while riding / kayaking, \$15; Misc. Sig fuel and anodized bottles; MSR Cascade Cookset, almost new, \$45; First Need water purifier, \$25; Outdoor Research kitchen set for 4, \$50; Outdoor Research First Aid Kit, \$45; Many other items. Call Judy at 384-0758 for details or make an offer.

**Cataraqi Canoe Club History**

*edited by Rick Kirk from an historical account by Fred Johnston*

The development of the sport of canoeing is closely linked with the trend to industrialization and urbanization where people had the luxury of time and money in which to pursue leisure activities. By the 1860's interest in canoeing first manifested itself with the formation of clubs in and around the Montreal area. During the 1870's and 1880's, canoe clubs sprang up in settled communities with suitable water. The formation of the American Canoe Association (ACA) in 1880 at Lake George, New York State, added real momentum to canoe expansion and many Canadians joined the ACA organization which from 1880 onward, held annual camps which included canoe racing.

Some time during the late 1880's or early 1890's, an association of gentlemen canoeists emerged in the City of Kingston, and called themselves the Cataraqi Canoe Club. By 1893 the club was sufficiently strong to act as the host club for the annual camp of the ACA which was held at Long Island Park, on Brophy's Point, Wolf Island. The camp included activities such as: leisure paddling, canoe sailing, and competitions, with evenings devoted to entertainment.

Little is known of the Cataraqi Canoe Club until 1896 when a group of Kingston sailors formed a local yacht club and invited the members of the Cataraqi Canoe Club to join forces with them in pursuit of a new building. A merger took place, a handsome building was constructed which provided storage for a number of skiffs and canoes and thereafter the canoeing fraternity was part of the Kingston Yacht Club. Canoe sailing appeared to be the main thrust of the Kingston group and as that type of canoeing seemed to decline around the turn of the century as sailing crafts increased in size, the canoeing group was slowly submerged within the yacht club.

In May of 1900, a number of Canadian clubs including Kingston and three Brockville clubs met at the Revere House Hotel in Brockville and laid the foundation for a distinctly Canadian national canoe organization to be known as the Canadian Canoe Association. During the first year Kingston's representative on the C.C.A. was a young lawyer, John Mowat, who went on to become Mayor of Kingston, 1906 - 1907.

Canoeing was again revived in Kingston in 1936 when the Cataraqi Canoe Club reappeared. Henry Cartwright, a young lawyer moved from Toronto to Kingston in 1929. In Toronto, Cartwright was an "Islander" who developed an interest in canoeing as a young boy at the famous Island Aquatic Club. After getting a practice established in Kingston, he returned to canoeing as a recreational past-time, and purchased his own racing canoe. The lure of competition led him to join the closest club - the Gananoque Canoe Club. Cartwright trained in Kingston, and while training met another avid canoeist, Gordon McMann. The two struck upon the idea of forming a local club and the Cataraqi Canoe Club was reborn. A site for the new club was leased from the federal government. The site was on the property occupied by the H.M.S. Cataraqi on the east side of the inner harbor. A World War I hut was moved from Barriefield to the river. Several canoes were scrounged from local supporters and an old war canoe was purchased from Carleton Place for \$50. By 1938 the club was sufficiently strong to host the Canadian Championship Regatta which was held in the inner harbor.

Again the war intervened and canoeing declined. No C. C.A. championships were held from 1942 to 1945 and the Cataraqi club was little heard from during these years. By the late 1940's the club ceased to operate and the Gananoque Canoe Club purchased the canoes. The proceeds from the sale were loaned to a new Kingston organization, which planned to build a Brigantine sailing ship.

A new group appeared in 1964 led by Moira Dickson Stanton, a former Sudbury Canoe Club paddler, and Peter Eggleton, a former Montreal paddler with plans to revive the Cataraqi Canoe Club. In 1965 the club took up quarters on the Cataraqi River, a bit north of the old site, and applied for membership in the C.C.A.. Kingston Parks and Recreation generously donated two hockey "shacks" each spring and these were assembled on a vacant piece of property on Orchard Street between the water treatment plant and the Woolen Mill. The restrictive, temporary and unreliable facilities hampered the growth of the club and by the early 1970's it was decided to discontinue racing and focus on the building problem.

Building a community base for the club became the prime objective. A canoeing and water safety program was established in 1971 under the direction of Fred

Johnston, a former Sudbury canoeist. In the same year, Dwayne Ramsay initiated a series of week-end canoe outings for the membership and this attracted new enthusiasts to the club. With the help of the Kiwanis Club of Kingston and the federal winter works program, the funding for a new building was available. On June 9, 1974 the new club facility was officially opened at Lake Ontario Park on property leased from the City of Kingston. In 1975 a Wintario Grant was received which allowed the club to purchase six new racing boats. In addition, funds were received from the Kingston Olympic Program Committee for improvements to the docks and for hosting the 1976 Olympic Regatta, Kingston.

The setting of the clubhouse on Lake Ontario was an idyllic setting however the typical rough waters of the lake hampered the training in tippy, Olympic style canoes and kayaks. In 1979 the Club was approached by John Armitage with a proposal for building a combined Rowing / Canoe Club at the former site of the Canoe Club on Orchard Street on property recently purchased by the city. A grant was received from the Ontario Ministry of Culture and Recreation and construction began in the fall of 1979. By the spring of 1980 the new club facility was up and running. Unfortunately, the shift to the new facilities resulted in a loss of many of the young members. The Club initiated a major membership campaign to refill the ranks which was not successful and the fortunes of the Club declined and the building was mothballed.

The one club program that continued to prosper was the touring and technical whitewater program which became more and more self sufficient. The touring and whitewater group would plan outings and arrange meeting locations. In 1984, under the leadership of Mike Fisher, the touring and whitewater group began reintegrating back into the Cataraqui Canoe Club. The club facilities on Orchard Street were again used for boat storage and training activities. Canoeing and water safety courses were reintroduced and efforts were made to reintroduce sprint canoe racing.

[Today (1998) the club is a going-concern. The membership is larger than anytime in the past and represent a variety of interests. The club has thriving touring and technical whitewater schedule of events and 1997 and 1998 represented a resurgence of a competitive sprint racing group.]



*Kayaks on the Ottawa, 1997*

### **MY EM"BEAR"ASSED EXPERIENCE**

*by Beth Orr*

It was a beautiful, warm, sunny summer morning in Algonquin park. I was the first one awake at our campsite and took the opportunity to enjoy the solitude of the "Thunderbox".

The birds were singing, the sky was blue. I was admiring the flora and fauna, when I caught sight of something moving in the bushes just to the left of me. Coming directly towards me and my thunderbox was a black bear, approximately 20 meters away. Well!!!, let me tell you, all the things you are taught to do when you see a bear went right out of my head. I don't know what the speed record for the mile is, but I'm sure I broke that record getting back to the campsite. (I'm not sure when I pulled my pants up, but they were up when I got back to my tent.)

Getting back to my tent, I screamed at my husband that there was a bear at the thunderbox. After he got dressed, put on his socks and shoes, combed his hair and brushed his teeth, my beloved emerged from the tent to save me from this fierce carnivore. Obviously the beast did not follow me to the campsite, but was he still near? Of course, by this time I really needed to go back to the thunderbox to finish what I was doing earlier! Banging pots and singing loudly we ventured back to the scene, no bear was in sight. I figured that I had scared the poor bear as much as he scared me.

p.s The others on the campsite slept through the whole ordeal.

**Camp Cinnamon Rolls***By Barry Irish*

Here is a treat which is popular around the camp.

On flour tortillas spread butter, cinnamon, and brown sugar. Roll-up and brown in a oiled frying pan. Be sure to bring enough for everybody!

**The Three Amigos***By Don Harris*

Barry, Joe, and myself all signed up for an exciting three day white water adventure on the Madawaska at MKC (Madawaska Kanu Center) just a few miles south of Barry's Bay.

We took the optional package, which included instruction, meals, and camping. There was enough room on our single campsite for all 3 of our tents, and our two vehicles.

It started as a bit of a bummer, due to Joe's car breaking down in Bancroft while enroute. However, Barry came to the rescue and picked him up while enroute himself. Joe did the single kayak course, while Barry and I took the tandem canoe course. Needless to say, we out performed the kayaks by a wide margin in our canoe. At least we managed to stay dry.

It was just like a very enjoyable vacation. The food was first rate, (as good as our own cooking, ahem!), as were the instructors, and the course itself. A lot of instruction was on a one-on-one basis due to class ratio per instructor being kept to a low level.

Just to mention, the facilities were excellent, including leisure areas, inside and out on the decks, with many movies pertaining to whitewater, coffee and juice available full time. Refrigerators were also available for storing your own juice, and other necessities.

I thought the hardest part of the course would be keeping Barry and Joe, our two eligible bachelors out of mischief. However, they were perfect gentlemen, as usual. Probably my modest influence.

Barry is considering a five day run next season, with possibly more participation from other club members. Keep it in mind.

**Wilderness Tours Kayak Course***By Mark Hughes*

The Ottawa River is absolutely perfect as a teaching river for canoeing and kayaking. There are flat sections and swifts that are kind to the first tentative strokes of a beginner, and there are powerful rapids that will thrill and challenge the most experienced paddlers. Within two days of training, novices are running rapids named the Iron Ring, S-Turn, Butterfly, Noname and Black Velvet.

But even the experienced paddler can't help but be a little bewildered at the pace at which the technology of the sport and the language (riverese) is progressing. We had to learn all new paddling strokes, shoe-horn ourselves into all new boats with names such as Stubby, Kinetic, X's, 007, Godzilla, Frankenstein, and learn new riverese. Fortunately we brought two interpreters (teenagers Chris and Kevin) to explain the meaning of phrases such as "Hey Sharky . . . that hole hog doing some awesome surfing but endured and did major carnage".

So we proceeded with the course. Beth barged it down the river, Bernard did major carnage, Gail kissed a rock, Kevin and Chris did awesome 360's, and I back-ended. In all seriousness, our course was run personally by Kevin Varette who is ranked 2<sup>d</sup> in Canada, and 10<sup>th</sup> in the world for rodeo kayaking. His instructors shared his seriousness in safety, training and passion for the sport.

So - just remember - "Bad" means "Good", although sometimes "Bad" is "Bad". Should I say it was a "Good" or "Bad" course? I guess I need more training.



*Lone Kayaker, Charleston Lake 1996*

***Official Fall 1998 Schedule of the Cataraqui Canoe Club***

**There is a \$5 non-member fee on paddling and overnight trips. This fee can be applied towards future membership. Guests remain welcome with no fee on non-paddling day trips.**

**SEPT. 13 Sun: SLIDE LAKE LOOP.** This time it's a hike led by Larry Jenkins. Approximately 18K through rugged country - the contrast in lake levels is quite dramatic. Call Larry at 530-2308.

**SEPT. 20 Sun: BLUE MOUNTAIN.** Paddle through Charleston Lake to hike up Blue Mountain with a wonderful view of surrounding countryside. Details from Gary Birrell 389-5154.

**SEPT. 26 Sat: OFF ROAD CYCLE TOUR** following the abandoned rail line which runs past Perth Road, Rideau trail and Massassauga Road. Janice suggests you do not bring your featherweight road bike for this - sounds as though it will be fun! Call Janice 542-9958 to join in.

**SEPT. 27 Sun: THIRD DEPOT LAKE TO FIRST DEPOT LAKE.** A short and interesting trip. It includes two lakes, a swamp or two, and a rocky stream to bounce your canoe or kayak down. Call Alan at 389-4026.

**OCT. 2/3/4, Fri.-Sun: ALGONQUIN PARK-BURNT ISLAND LAKE.** Mark tells us the colours were magnificent this time last year. This very popular canoe camping trip includes multiple outdoor options. Book early to avoid disappointment at 389-9936.

**OCT. 4, Sun: BREAKFAST IN BATH CYCLE.** Join Bob and Margaret on their favourite bike trip. A pleasantly invigorating ride on Sunday-quiet roads, to earn the right to indulge in the "All Canadian" breakfast at Benny's. Total is 40km, or up to 60, if you feel energetic and/or guilt ridden! Call 542-9626.

**OCT. 10/11/12, Sat.-Mon: BON ECHO PARK-THANKSGIVING DINNER.** Len and Theresa Burt bequeathed Barry their ingenious reflector oven, used

last year to roast Thanksgiving turkey with amazing results. Bon Echo is a short 90 minutes from Kingston to experience the ultimate in outdoor cuisine. This is a car camping trip so come out and enjoy the fall colors of Bon Echo. Bring your favorite toys - bike, canoe etc. Call Gary at 634-3890 or Barry 549-7523.

**OCT. 17, Sat: DEPOT LAKES PADDLE with a 9km hike.** Always a winning combination. When we did this with Debbie it was hunting season, adding a certain element of danger - could this be deja vu? Ken Pearce is trip leader: 384-5842.

**OCT. 18, Sun: GOULD LAKE CONSERVATION AREA** provides scenic and moderately challenging hiking, all within 30 minutes driving time. Call Linda at 634-0947 to join in.

**For Trip Schedule Updates . . .**  
[Http://fox.nstr.ca/~nicholls/ccc.html](http://fox.nstr.ca/~nicholls/ccc.html)  
**Or call the hot line at 544-8375**

**OCT. 19, Mon: CCC Annual General Meeting.** The AGM is a session in which we review the business of the club and elect new executive and board members. This is also a good time to meet other members of the club and view member photo collections. The meeting starts at 7:00pm in the Delahaye Room at the Kingston Public Library. Please come to the AGM and support the club. If you can not attend, please forward your proxy to a fellow member who is attending and can vote on your behalf.

**OCT. 25, Sun: FRONTENAC PARK - KINGSFORD DAM.** Another paddle and hike in a lovely area. Mark will modify the activities depending on weather, which is hard to predict in late Fall. Call 389-9936 for details.

**OCT. 31/NOV. 1, Sat/Sun: HALLOWEEN BBQ AND SLEEPOVER** at a spacious cabin on Mud Lake. Cycle there if you wish, costumes optional, stay for breakfast. Why should kids have all the fun? Anetta will provide hamburgers (vegetarian option) at a moderate cost. She promises not to try skating - at least till the fire is lit! Call 545-1405 for more infor-

mation.

**NOV. 8, Sun: FRONTENAC PARK HIKE** with Ed. Jezak, who is familiar with all the trails from canoe routes to ski patrol. Call Ed at 389-4459 to take part.

**NOV. 15, Sun: VANDERWATER TRAIL.** Barry Irish will introduce us to this new destination for CCC on a 12km hike in the Bellville area. Barry's number is 549-7523

**NOV. 22, Sun: CHARLESTON LAKE PARK** "The Frontenac Axis of the Canadian Shield has produced a northern landscape in a southern Ontario climate." The park is visually striking and has unusual flora for this latitude. Join Beth (389-6362) in her favourite local hike.

**NOV. 29, Sun: MCINTOSH CONSERVATION AREA.** This time it's Gary Melko expanding our horizons with a hike or ski North of Brockville. Reach Gary at 634-3890.

**DEC. 5, Sat: FRONTENAC PARK HIKE.** Bob Clooney, one of our experienced hikers, has offered to lead a hike in the Park. Please call Bob at 384-4482 for details.

**DEC. 5, Sat: SCHEDULE MAKING AND CHRISTMAS PARTY** hosted by Barry Irish. It's suggested you bring along a fun outdoor gift (max. \$5) with your pot luck dish. We will be looking for exciting trips to keep us in good shape for Spring whitewater. Please give Barry ample notice at 549-7523, or call with ideas if you can't get to the party.

**DEC. 12, Sat: WHITEFACE MOUNTAIN DOWNHILL SKIING.** Mary Buchanan is a keen downhill skier, and invites CCC members to join her in this excellent charter bus day trip. Cost of approx. \$75.00 includes lift tickets. Reservation and full payment required by Nov. 15, with Mary at 389-8724.

**DEC. 13, Sun: CLEAR LAKE ROAD.** Hike or ski on this trail which adjoins Frontenac Park. Sounds an interesting variation, with Anetta leading the way: 545-1405.

**DEC. 21-26, Mon-Sat: FAR HILLS INN, LAURENTIANS, P.Q.** "Over 130km of groomed cross-country ski trails leave directly from the hotel. Superior accommodations, pool and squash club. Five gourmet dinners and breakfasts." Christmas package approx. \$400.00. Another couple joined us last year, and we all signed up to repeat the experience. More information from Margaret or Bob at 542-9626.

**JAN. 3, Sun: SANDBANKS PROVINCIAL PARK.** The trails weave gently through forested dunes, and there is a warm-up hut with hot drinks provided. Barry leads this ski trip: 549-7523

**JAN. 9, Sat: LITTLE CATARAQUI CONS. AREA.** Many people know the pleasant groomed trails in this area, which is on our doorstep. Don Harris also finds extensive skating possibilities;. Join him for a skate and/or ski. 546.0842.

**For Trip Schedule Updates . . .**  
**[Http://fox.nstn.ca/~nicholls/ccc.html](http://fox.nstn.ca/~nicholls/ccc.html)**  
**Or call the hot line at 544-8375**

**JAN. 16, Sat: MYSTERY SKI TRIP with Ken Pearce.** Maybe the mystery is where we find the snow? Check this out with Ken at 384-5842.

**JAN. 23, Sat: GOULD LAKE CONS. AREA.** Yes Virginia, it is possible to enter the park without getting stuck in a snow bank. Find out on this ski trip with Bob and Margaret. Call 542-9626.

**JAN. 31, Sun: LITTLE CATARAQUI CONS. AREA.** This area also boasts a well equipped Outdoors Centre, with ski rentals. The perfect location for Beth's cross-country ski trip designed for beginners, and those who prefer a shorter route. Sign up with Beth 389-6362.

**FEB. 13: (ADVANCE NOTICE) MONT STE MARIE DOWNHILL SKIING.** Mary needs your reservation with full payment (approx. \$60) early in the New Year, if you would like to take part in this coach trip. 389-8724.