

Cataraqui Canoe Club

News

May 1999

Commodore's Notes

by Gary Birrell

Our thanks once again, to all those involved in contributing to the upcoming schedule of spring/summer events. We are offering a wide variety of events from beginner to advanced levels. These excursions incorporate paddling/hiking, camping trips, & white water activities. For those of you looking for a more diverse program, we have extended our activities to include cycling and backpacking excursions. Once again, it is apparent that there is "something planned" to entice the novice to the most experienced.

A variety of paddling "clinics" (from novice to experienced levels) are again offered to those who wish to acquire new skills or improve upon their existing skills .

Once again this year, the flat water racing program will be operating out of Sydenham. More information can be obtained at our Open House, May 4-6, Tuesday-Thursday, 6:30-8:30 p.m.

Hope to see you all at the Open House, and remember to have a safe and enjoyable paddling season.

Bloomfield to Sandbanks

By Barry Irish

After a little intrepidation at the start, twelve CCC members set off down Bloomfield Creek, a pretty meandering creek. While on West Lake there were a few anxious moments from waves caused by the wind and the boat traffic. We made it safely across West Lake to the sand dunes, where we had lunch, went swimming and sun bathed. Some of us even had a little canoe instruction. As the day wore on and it started to get late, I suggested that it was time to head home. I almost had a mutiny on my hands, but with a lot of persuasion, I managed to get everybody to return back to the cars – another lovely day.

Alas, this was the last trip I made with my trusty Kevlar Scott Elite, as Bob and Marg threatened to do some

evil and nasty things to me if I didn't sell it to them. I relented and sold it to them only when they promised to give it a better home than I had. I am now looking forward to paddling my new Freedom 17ft carbon kevlar with cherry mahogany trim and sliding bow seat. Can't wait.



Buck Lake Under Pass – Marg December 1998

Renew Your Membership Today!

Down load a membership form from the CCC web site.

“Membership in CCC is still only \$35”

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 1998 – 1999

Commodore	Gary Birrell	389-5154
Vice Commodore	Margaret Milne	542-9626
Secretary	Alan Nicholls	547-3781
Treasurer	Ed Jezak	389-4459
Past Commodore	Rick Kirk	549-7152
Board of Directors	Bob Tolley	542-9626
	Don Harris	546-0842
	Barry Irish	549-7523
	Bill Shepherd	374-2629
	Amanda Gray	546-9665

Committee Appointments

Newsletter Editor	Rick Kirk
Trip Scheduling	Margaret Milne
Boathouse Manager / Assistant	Bob Tolley / Mark Hughes (389-9936)
Tele phone Listings	Judy Skeggs (384-0758)
Recreational Program	Margaret Milne / Amanda Gray
Flatwater Racing Program	Bill Shepherd
Whitewater Program	Ed Jezak / Bernard Leger (384-0618)
Publicity/Open House	Barry Irish
Boathouse Activity Co-ordinator	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>](mailto:nicholls@fox.nstn.ca).

FRONTENAC PROVINCIAL PARK

May 15 – 16. Hike Leader Certification Level I. Weekend session for experienced hikers, who wish to obtain their Hike Leader Certification for Day Hikes.

May 21 – 24. Canoe Tripping Certification Weekend – Level I & II. Weekend session for experienced canoeists who wish to become certified.

June 4 – 6. Canoe Certification Weekend – Basic Flatwater. Course includes all the necessary elements of canoe safety and skills.

June 13. Family Canoe Day. Variety of educational and fun canoeing activities and demonstrations.

June 19 – 20. Hike Leader Certification Level II. Weekend session for experienced hikers who wish certification for overnight trips.

June 20. Canoe Skills Clinic. Session designed to upgrade your paddling strokes and rescue techniques. Bring your own equipment.

July 11. Kayaking Basics. Introduction to all kayaking strokes, rescue techniques and equipment selection. Equipment provided.

July 17. Take a Hike Day. Join one of three hikes of varying lengths.

August 8. “Lost in the Woods” Presentation for Children. Presentation for primary school-aged children and their parents.

Sept 1. The Frontenac Challenge. Hike all the 160 KM of trails of the Park between Sep. 1 and Oct. 31.

Sept 4 – 5. Hike Leader Certification Level III. Train the trainer course for qualified hike leaders interested in instructing.

Sept 11. Wilderness Navigation Using Map and Compass. Learn how to interpret and read topographical maps in order to find your way through the woods.

Sept 18 – 19. Advanced Wilderness First Aid. Follow-up to the basic wilderness first-aid course.

Oct 3. Ontario Hike Day. Participate in a 15 KM Autumn hike around the Cedar Lake Loop

Call the park at 376-3489 for detailed information.

Tupper Lake Ski Trip

By Bridget Kippen

My first overnight excursion with the Canoe Club turned out to be quite an enjoyable event. The weekend included two days of skiing – one day of cross-country and Mount Van Hovenberg (constructed for the Olympics) and one day of downhill at Tupper Lake. From the moment we left, it started to snow and continued for 24 hours making the conditions perfect. We stayed at a quaint motel in Saranac Lake – occupying six of their eleven units. On Saturday evening, we enjoyed a candlelit dinner for ten in our own private dining room at the Hotel Saranac.

Some of the highlights on the slopes were Gary's accomplished 360 degree turn (his debut to downhill skiing), Ed and Mike's collision, and 6 foot 3 inch David's burial in the snow. I did learn a few things off the slopes as well. Ed and Mike like to share a room with candles, Gary collects napkin rings while Mike collects napkins and Ed and I fit into the same size wetsuit (A remarkable feat! Where are the pictures? - Ed.)

Note From the Board

Cataraqui Canoe Club flatwater racers will again be training on Sydenham Lake under the direction of Program Manager Bill Shepherd (374-2629). Numbers are up and enthusiasm high to exceed even last year's stellar achievements.

Our club could not succeed without the dedication of instructors, trip leaders, and other volunteers. However, did our newsletter editor, Rick Kirk, and his bride to-be Mary Wood, go beyond the call of duty in choosing elopement to the Dominican Republic, rather than compromise the newsletter? Regardless, we send them our warmest wishes for every future happiness.

See y'all at the Open House!

B.C. Bear Warning

Submitted by Debbie Twiddy

The B.C. Department of Fish and Wildlife is advising hikers, hunters and golfers to take extra precautions and keep alert for bears while in the field, especially in the spring and fall seasons, when they can be irritable and unpredictable.

We advise that people wear noise-producing devices such as bells on their clothing to alert but not startle the bears unexpectedly. We also advise the carrying of pepper spray in case of an encounter with a bear.

It is also a good idea to watch for signs of recent bear activity while travelling in bear country. People should learn to recognize the difference between black bear and grizzly bear droppings. Black bear droppings are smaller, ovoid, and contain berries, fish skeletons, and possibly fur. Grizzly bear droppings have little bells in them and smell strongly of pepper.



"Canoe's in the Mist" - Algonquin Park

Last Paddle

By Marg Milne

1998 was said to be the warmest year on record. At last year's Christmas party Mike Fisher challenged us to a paddle next day. There was a slight mist in an otherwise mild day when Mike, Ed, Margaret and Bob put in at Buck Lake and paddled under Perth Road. Later, a short portage led into Slide Lake for a camp fire lunch, and exploration of an old log cabin. The camera date showed December 6th, I kid you not!

Equipment Rental Policy

Use at Boathouse: A member may borrow a canoe or kayak, together with paddles and life jackets, without cost when the boathouse is open if used only in the vicinity of the boathouse and returned by the time the boathouse is closed. Use of this equipment is restricted if needed for lessons or specially organized functions. Racing canoes and kayaks should be used only with the permission of the coach by persons with racing memberships or by persons taking part in organized racing programs.

Club Trips: For a club-sponsored trip, a member may rent a recreational canoe or kayak with paddle and skirt (if available) for a moderate fee per day. No charge will be made for flotation bags installed with the canoe or kayak. Additional equipment such as life jackets and canoe paddles may be rented at minimal cost per day each. A member may rent equipment for the use of a non-member coming as a guest.

Other Uses: Equipment may be rented or borrowed in other circumstances only with the permission of the board.

Record Book, Payment: A member renting equipment should complete an entry in a record book to be maintained at the boathouse. Payment for rental should be made by cheque payable to the club.

Care of Equipment: In renting equipment, the member agrees to exercise due care, and to repair or replace damaged or lost equipment.



Log Cabin on Slide Lake, December 1998

Official Spring/Summer 1999 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.

PADDLING FROM THE BOATHOUSE MAY 5 - MAY 26 WED. 6.30-8.30 PM. Members are invited to paddle from the boathouse on scheduled evenings through the Summer. A terrific way to wind down after the workday, hone paddling skills, and try out club recreational boats. During May, Wed. is the scheduled evening. However, if you come after 7pm on Tue or Thu. evenings, you may paddle kayaks or canoes not required for "Learn to Canoe". Please remember to sign boats in and out on the Register.

MAY 1, Sat. MAYDAY CYCLE TO BREAKFAST IN BATH. For all those who said they thought about joining Bob and Margaret for a pleasant ride along the shore to indulge in Benny's "All Canadian" breakfast, but didn't make it. Total 40 km, or can be extended to burn more calories. Phone 542-9626.

For Trip Schedule Updates . . .
[Http://fox.nstn.ca/~nicholls/ccc.html](http://fox.nstn.ca/~nicholls/ccc.html)
or the Hot Phone at 544-8375

MAY 4/5/6 Tue/Wed/Thu. 6.30-8.30 pm. CATARAQUI CANOE CLUB OPEN HOUSE.

Plan to be there to meet old friends and new, and share your enthusiasm for Kingston's best outdoors club. Introduce your favorite young person to the rewards of flatwater sprint racing. Register for courses: "Learn to Canoe" in May, "Solo and Tandem Skills", "Wilderness Preparedness" and kayak clinics in June. Refreshments provided. Open house details from Barry 549-7523.

MAY 7,14,21,28 Fri. evening. BOILER ROOM CLIMBING GYM. Ready to climb the wall! Dave Kenny has the answer with a fun new experience that also offers excellent training. Join him in the Boiler Room climbing Gym on Friday evenings at a discount for group sessions. Call Dave at 353-7391, by the

Wednesday before to participate.

MAY 8, Sat. LOWER MADAWASKA WHITEWATER TRIP with Chris O'Brien who is a certified whitewater leader - should be great! Contact Chris at 634-3576 to join in. However, with river run conditions hard to predict, all white-water trips are subject to change.

MAY 9, Sun. MOTHER'S DAY PADDLE (flatwater!) on the lower, lower Salmon includes a search for wild ginger, fiddleheads and leeks, with lunch by a waterfall. This CCC tradition is always a knock-out favorite. Call Derek or Debbie at 374-1704.

MAY 11 - 27 'LEARN TO CANOE' COURSE. Tue & Thu evenings 6.30 to 8.30 p.m., from CCC clubhouse, equipment provided. Cost is \$20 for members and \$40 for non-members. Your instructors, Alan Nicholls and Ed Jezak, seasoned CCC paddlers from extended tripping to whitewater, give the right blend of instruction and encouragement to build confidence in the beginning paddler. Contact Alan at 547-3781.

Whitewater Program!

*Whitewater Experience is planned for
Every weekend of April and May*

*For an update of events contact
Beth 389-6362 or Bernard 384-0618
Or Geoff 353-2936*

MAY 15/16, Sat/Sun UPPER MADAWASKA & OPEONGO Class III Whitewater. Geoff is leading, he recommends leaving Friday evening to set up camp, so you can be on the river 10 a.m. Saturday to take advantage of a long day. Call Geoff at 353-2936.

MAY 15, Sat. KINGSTON VELO CLUB invite us to join their "Bring a Buddy" tour, an easy cycle to Howe Island. Bob Tolley is this year's KVC tour

director, call him at 542-9626.

MAY 16, Sun. FRONTENAC PARK FLATWATER PADDLE. Enjoy our beautiful Canadian Shield country with Spring birds and wildflowers - portages and certain dark coloured insects are taboo! Details from Beth at 389-6362.

MAY 22/23/24 VICTORIA DAY WEEKEND - Have we got choices for you! Every CCC member is expected to attend at least one! (I feel pulled in all directions - never mind Spring planting.)

OPTION ONE - UPPER HIGHLANDS OF ALGONQUIN PARK BACKPACKING. Don plans three nights, with your best hiking ever from a base camp. Linda is Kingston contact at 634-0497

OPTION TWO - WHITEWATER. Call Geoff for details: 353-2936.

OPTION THREE - CHARLESTON LAKE PADDLE to Hidden Cove for Saturday overnight camp. Could also be a day trip. Check it out with Barry at 549-7523 or Regina at 546-9326.

OPTION FOUR - MAY 23-28 - MORE WHITEWATER. Chris Hughes and Kevin Orr welcome members to join them on a whitewater rafting and kayaking course with Wilderness Tours on the Ottawa River. Details from Chris 389-9936, or Kevin 389-6362.

MAY 30, Sun. MYSTERY PADDLE with Don Harris who invites us to get lost in the best places, and has many ideas for paddling adventures. Get the lowdown from 546-0842

PADDLING FROM THE BOATHOUSE JUNE 1 - AUGUST 26 - TUE. & THUR. 6.30-8.30 PM. Details as above.

JUNE 4,11,18,25 Fri. evening. BOILER ROOM CLIMBING GYM. Refer to May 7 for details.

JUNE 5, Sat. CANOE TRIPPING COURSE 9:00 am to 1:00 pm. EVERYTHING you always wanted to know about canoe tripping, but were afraid to ask.

Barry Irish is your approachable instructor, who will cover all the basics to ensure an enjoyable and environment friendly trip. Call 549-7523 to register. Non-member fee \$10.

JUNE 6, Sun. NAPANEE RIVER FROM PETWORTH TO NAPANEE LAKE. Easy paddle up a wondering river with lunch at Napanee Lake.

JUNE 6, Sun. OFF ROAD BIKE TRIP approx. 30K. Linda Tucker will use her triathlon expertise to put us through our paces on a fun off-road bike trip. Mountain bikes recommended. Linda's number is 634-0497.

For Trip Schedule Updates . . .
[Http://fox.nstn.ca/~nicholls/ccc.html](http://fox.nstn.ca/~nicholls/ccc.html)
or the Hot Phone at 544-8375

JUNE 12, Sat. ST. LAWRENCE KAYAK TOUR. Joe Reide lives in Brockville but is one of our most enthusiastic members - which says volumes for Joe and CCC! His latest joy is a seakayak, and he leads a day tour in the Mallory town area. This will be island hopping in relatively sheltered waters, so experienced canoeists could participate. 1-613-342-1361 for Joe or call Barry at 549-7523.

JUNE 13, Sun, TOURING KAYAK CLINIC. 9-12 noon and/or 1-4 p.m. depending on demand. Clinic to be held at the boathouse with your own equipment - some club boats are available. Gail Pringles first love is flatwater racing/coaching, making her well qualified to cover basics in paddling technique, equipment choices, weather and safety aspects of touring. Non-member fee \$10. Call Gail to register: 545-0319.

JUNE 16/23/30, Wed. eve. 6.30-8.30 pm. SOLO & TANDEM CANOE SKILLS COURSE. Instructed by Mike Fisher, a highly experienced paddler with the ability to share his knowledge in a lively practical manner. Mike will tailor the course to match skill level and learning needs of participants. Cost \$15 for members and \$30 for non-members. Register with Mike 542-0284, or Don 546-0842, if Mike is away.

JUNE 19/20, Sat/Sun. BEGINNERS WHITEWATER PADDLING CLINIC held at Palmers Rapids, has always proved a fun learning experience for paddlers at all skill levels. Ed Jezak as trip leader attracts a wide assortment of able assistants. Register with Ed: 389-4459.

JUNE 20, Sun. COLLINS CREEK PADDLE through to Collins and Inverary Lake. Water levels should be high early season for an interesting local paddle led by Don Harris: 546-0842.

JUNE 25/26/27, Fri-Sun. WHITEWATER RAFTING with Wilderness Tours, includes mountain biking and excellent food. Approx \$200 with \$100 deposit required by May 8. All you need is camp equipment. Details from Barry at 549-7523

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JUNE 27, Sun. CATARAQUI CANOE CLUB CLINIC at Frontenac Park. 10am - 4pm. "opportunity for beginners to upgrade paddling strokes, and practice basic skills.....makes and models of canoes will be discussed" Bring your own equipment (or CCC members could rent club boats). Ed Jezak is principal instructor. Register with the Park (613) 376-3489. Cost \$10 plus parking.

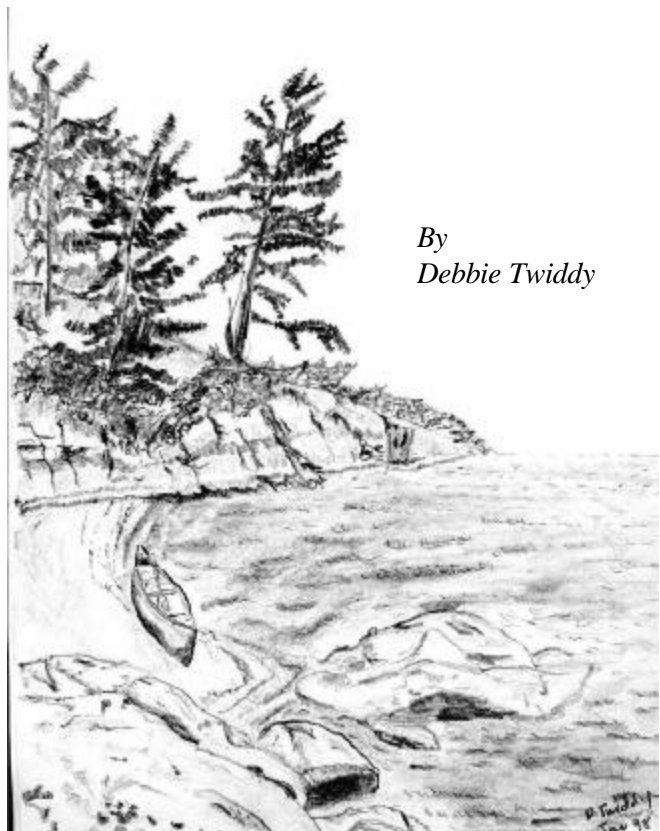
JULY 2,9,16,23,30 Fri. evening. BOILER ROOM CLIMBING GYM. Refer to May 7 for details.

JULY 1-4, Thu-Sun. BON ECHO PROV. PARK. Mark and Beth have their own tradition for celebrating Canada to Independence Days. Beth will reserve 3 sites at Bon Echo for camping, paddling, hike, bike and partying! Sunday includes a day trip to Palmers Rapids for beginners. Call Mark 389-9936, or Beth 389-6362.

JULY 10, Sat. ADMIRALTY ISLANDS SEAKAYAK TOUR led by Don Workman. This wonderfully picturesque area does have large stretches of open water with some strong currents, and is best enjoyed by touring kayak. Participants must be experienced in open water safety. Call Don at 384-4346 for

details.

JULY 11, Sun. BLOOMFIELD CREEK TO WESTLAKE. Renowned for duckling sightings. We are not sure if this is the right season, but its a lovely paddle, and includes a swim at Sandbanks. Call Barry: 549-7523.



*By
Debbie Twiddy*

JULY 16-18, Fri.-Sun. NUNIKANI LOOP in the Haliburton region has beautiful paddling, easy portages, and no camping fees for idyllic sites. Necessary to leave by 7 am. Friday for the drive and paddle to camp. Barry Irish has details at 549-7523.

JULY 24, Sat. NAVY ISLANDS SEAKAYAK TOUR led by Don Workman. Another exploration of the beautiful 1000 Islands best enjoyed by touring kayak. Participants must be experienced in open water safety. For more information call 384-4346.

JULY 25, Sun. RIDEAU LAKES PADDLE from Bedford Mills through Loon, Pollywog, Mosquito and Benson Lakes, all without a portage. The perfect Summer paddle with lunch & swim on an island! Janice has

details at 542-9958.

JULY 31 - AUG 2, Sat-Mon. ALGONQUIN PARK PLAY WEEKEND. Beth and Mark are looking for new places to play, new experiences to savour. Hold onto your hats and get the latest from Beth 389-6362, or Mark 389-9936.

AUG. 1, Sun. K-TOWN TRI. approx. 7-9 am. Each year CCC is requested to help safety boat the swim portion of this exciting event. Every experienced paddler will be needed to assist, kayaks preferred, but canoes very welcome. There is a T-shirt and packed lunch for your efforts, though this is a rewarding experience in itself. Coordinator Ed Jezak at 389-4459.

AUG 6,13,20,27 Fri. evening. BOILER ROOM CLIMBING GYM. Refer to May 7 for details.

AUG. 7, Sat. CANOE LAKE PADDLE from Kingsford, does include a shuttle, but this almost guarantees the wind at your back for a very pretty paddle. Expect a good workout with one shortish portage. Leader is Bob Clooney 384-4482.

AUG. 8-14, MADAWASK CANOE CENTRE WHITEWATER Canoe and Kayak Course. Deposit required by May 15th. Contact Barry at 549-7523.

AUG. 15-22, RED RIVER ALBERTA PADDLE in the Foothills of the Rockies with former CCC members Len and Theresa Burt. Call Barry 549-7523 by May 15th if you are interested.

AUG. 14/15, Sat/Sun. WEEKEND CANOE TRIP with Al Nicholls. Alan too, is seeking fresh pastures. Can they measure up to past experience? Find out by calling 547-3781.

AUG. 21, Sat. FESTIVAL OF THE ISLANDS CYCLE to Gananoque. This second weekend of the Festival features historical re-enactment of a military camp, and warship in the battle of 1812. A really fun event. Call Bob or Margaret: 542-9626.

AUG. 21, Sat. SCHEDULE MAKING BBQ. Regina will BBQ hamburgers (carnivore option!) at cost. BYOB, salads and desert will be needed. Musical entertainment is promised to help reconcile us to planning

for those cooler days. Should be fun! (Call Margaret 542-9626 with your ideas if you can't get to the party.) Otherwise give Regina ample notice at 546-9326.

AUG. 22, Sun. MORTON CREEK TO LYNDHURST through beautiful Beverly Lake is a feast for the eyes, to help work off calories from the party. Always provided you don't succumb to a delicious ice cream in Lyndhurst after that long paddle. Don Harris is your guide: 546-0842.

AUG. 29, Sun. BLUE MOUNTAIN. Paddle through Charleston Lake to hike up Blue Mountain for a wonderful view of surrounding countryside. Details from Gary Birrell 389-5154.

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or the Hot Phone at 544-8375

SEPT. 3,10,17,24 Fri. evening BOILER ROOM CLIMBING GYM. Refer to May 7 for details.

SEPT. 4-6, Sat-Mon. EEL CREEK CANOE ROUTE a new CCC destination in the Kawarthas. Includes a visit to the amazing petroglyphs of Petroglyph Park, and beautiful High Falls. To join the adventure, call Barry at 549-7523.

PADDLING FROM BOATHOUSE SEPTEMBER 2 - 29, WED. 6 pm to dusk. Depending on demand.

SEPT. 11, Sat. PUZZLE LAKE PADDLE with David Forkes. David is a keen outdoors person, with good local knowledge. Originally billed as a mystery paddle, it is still a mystery to me. Where is Puzzle Lake? Call 634-5840 to find it.

SEPT. 19, Sun. UPPER BREWERS TO MORTON paddle, including a climb to Rock Dundar. With power boats gone, this is the best time to enjoy our beautiful Rideau system. Phone Margaret at 542-9626.

SEPT. 24-26, Fri-Sun. FRONTENAC PARK. Regina has exhausted all opportunities at campsite 13, and now favors Campsite 1! Sure to be a great location for a fun weekend at a lovely time of year. Regina's number is 546-9326.