

Cataraqui Canoe Club

News

January 2000

COMMODORES NOTE

By Barry Irish

Dear Members of Cataraqui Canoe Club.

My name is Barry Irish. Last fall I was honoured to be asked by the nominating committee to stand for the position of commodore of the C.C.C. If you have any questions or concerns regarding the club, please feel free to call me at home at 549-7523 or e-mail me at irib@kingston.net.

This past season was very successful as our membership increased by 50%. The courses were filled to capacity, and we had to turn people away. The trips were very well attended and at our scheduling parties we had more ideas for trips than we had days.

I would like to thank our trip leaders and course instructors for their hard work and dedication - a job well done. I would like to thank Don Harris, Amanda Gray, Bill Sheppard, Rick Kirk, and Bob Tolley [who stepped down from the board] for all their hard work. I would like to welcome the new board members Peter Kopp, Linda Tucker, Grant Sutherland, Allistair Lamb, and Dukke Van der Werf. I am looking forward to working with you in the coming year.

I would like to mention here some of the charitable work C.C.C. does, as many of our members may not be aware of this. In the past season we donated

\$150.00 to the Water Front Working Group and The Dragon Boat Racing fee of \$400 went to Hospice Kingston [each person on the team paid \$5.00, the club paid the rest]. A donation was made to The Trans Canada Trail in memory of Gary Melko, a long standing member who recently passed away and, in late November, Margaret Milne, Don Harris, Lynda Morrison and myself manned a kettle for the Salvation Army at Frontenac Mall, representing C.C.C.



*Gary Birrell and Gary Melko
Frontenac Park - 1995*

As you read this, we will be half way through the winter season and, if you are like myself, you will be awaiting the upcoming paddling season with great anticipation. Hope to see you on the slopes or on the water with paddle in hand.

PS Don't forget to show up at our open house. Hope to see you there.

A New Millennium!

As we celebrate the new millennium, did you know that the Cataraqui Canoe Club can celebrate ~115 years as a club. CCC hosted an American Canoe Association camp on Wolf Island in 1893. In 1896 CCC joined with a group of Kingston sailors to construct a building to store skiffs and canoes in what is still the Kingston Yacht Club. Canoe sailing was popular at that time but slowly declined in favor of sail boats. We have now entered our 3rd century!

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 1999 – 2000

Commodore	Barry Irish	549-7523
Vice Commodore	Margaret Milne	542-9626
Secretary	Alan Nicholls	547-3781
Treasurer	Ed Jezak	389-4459
Past Commodore	Gary Birrell	389-5154
Board of Directors	Peter Kopp	546-9216
	Alastair Lamb	376-6953
	Grant Sutherland	376-1095
	Linda Tucker	634-0497
	Dukke van der Werf	384-6054

Committee Appointments

Trip Scheduling	Margaret Milne
Boathouse Manager / Assistant	Bob Tolley (542-9626) / Mark Hughes (389-9936)
Equipment Manager	Don Harris (546-0842)
Recreational Program	Margaret Milne / Dukke van der Werf
Flatwater Racing Program	Grant Sutherland / Alastair Lamb
Whitewater Program	Ed Jezak / Mark Hughes (389-9936)
Publicity	Peter Kopp / Linda Tucker
Telephone Listings	Judy Skeggs (384-0758)
Newsletter Editor	Rick Kirk (549-7152)
Webmaster	Alan Nicholls

Newsletter Contributions Welcome!

Members of CCC are invited to submit write-ups of their favorite CCC outings: outdoor adventure. 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. 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 547-3781; or at the club address listed above; or at [<nicholls@fox.nstn.ca>](mailto:nicholls@fox.nstn.ca).

GREATER KINGSTON CYCLE TRIP

by Gary Melko – 1996

On the 19th of July there were five brave souls attempting to cycle 300 km and camp along the route. No bed-and-breakfast, no hotels or motels, just the necessities of life and maybe ones charge card (for emergencies of course).



The first day we started at Kingston and traveled approximately 65 km to Outlet near Charleston Lake where we camped at a Municipal Park. On the second day we traveled approximately 70 km to Smith Falls. Along the way we enjoyed the murals in Athens. The village was having a medieval day at which point the troops revolted and locked their leader in leg and wrist shackles; I have no idea why. In Smith Falls we enjoyed the view of the canal, boats, and great Chinese food (yeh! real food). The third day was a real test of strength and endurance. We ran into some strong westerly winds while heading to Silver Lake Provincial Park. In addition, we had to survive the ups-and-downs of the Westport Road. We arrived at Silver Lake around 4:00pm and decided that we deserved a good long rest. We stayed at Silver Lake for two nights. On the fifth day we cycled to Skolfield Park and were able to enjoy the use of some indoor facilities - what a treat. Skolfield Park is just north of Kingston on Perth Road and left a short jaunt back to Kingston to complete the loop. On the last day, after reflecting on the previous five days, I was quite impressed with each participant who excelled in their own way along this pleasant but sometimes very difficult trip. Maybe next year we can do 400 km - I'm already planning the route. Thanks to all for the companionship and a special thanks to Nancy who helped along the way to lighten our loads.

CANOE CLUB LADIES REVENGE

by Margaret Milne – 1996

It was an auspicious beginning. A beautiful cycling day, with Nancy providing car support so we could travel light on the initial push to our camp at Outlet.

Crowds in Kingston confused us with cyclists in the K-Town Tri, small boys shouted that Atlanta was in the other direction. This was an exciting new challenge, with an experienced leader, and we felt good. However, our fantasy was short lived. In the relaxed chat about camp, Gary confided to Gaetan that the trip would be even better in Smiths Falls - girls from Belleville were expected to meet us there. "Now let me get this right Gary, we already have four ladies, might this not be a little overkill?" "AAh yes, but these are canoe club ladies!"

Well! . . . Indeed. Hell hath no fury like a canoe club lady scorned. As women in the health field, we were able to describe in graphic detail the waning of prowess that awaits male avid cyclists. In case this did not occur soon enough, we arranged a more immediate fate – Gary was put in stocks in Athens.

Gary's only hope of reprieve is to lead another cycle tour next year. It was a terrific trip and very well organized. Besides, who could be as much fun to tease, even if he is a canoe club man!

**SPRING CANOE AND KAYAK SALE**

Sat. May 6 – Sun. May 7
9:00 am to 5:00 pm

Hundreds of Canoes and Kayaks
Unbeatable Prices – Best Selection Anywhere
"Free Test Paddling of 11 Quality Lines"

"Visit our Newly Expanded Shop & See Our New Lines"
www.frontenac-outfitters.com
(613) 376-6220

FAREWELL TO A DEAR FRIEND

By Barry Irish

On Tuesday, December 7, 1999, Gary Melko, a long-time member of C.C.C. passed away after a short bout with cancer. He will be dearly remembered by many. Everybody who new Gary had a funny story to tell about him, including myself, but most of these stories could not be printed here. When talking about Gary, many people would have a smile come to their face at the mention of his name and they would invariably relate a funny story about him. I have thought at great length about this and realized what a great gift he had - to have brought so much pleasure to so many people.



I was fortunate to see another side of Gary - his caring, giving side. I met Gary before I joined C.C.C. and we became good friends. Shortly afterwards, I went through a difficult time in my life and Gary was always there for me, as he was for all his friends and he was always willing to counsel me through my difficulties, even though this is what he did all day at work. I will always remember Gary for this.

Gary was responsible for me joining C.C.C. It was during this difficult time that Gary placed his hand on my shoulder and introduced me to C.C.C. saying, "I know what you need", and he was right. This is one of the best things that has ever happened to me and I will be eternally grateful. Thanks, Gary.

Even though I will miss Gary, especially his laugh, I will not be sad for I am very glad for having known

him. Gary, even though you are gone you will not be forgotten; you have left us with a great legacy.



Cataraqui Region Conservation Authority

Jan 23 Little Cat Classic Ski Loppet. 10:30 am – Winter Relay Triathlon; 1:00 pm – Cross Country Ski Loppets, 5km or 10km. Register 30 minutes before start time.

Jan 30, 1:00am to 4:00pm, Hearty Soup Fest. Event for the whole family. Sample soups donated by local restaurants and caterers. Participate in a winter activity

Feb 6, 10:30am to 1:00pm, Winter Games Day. Bring the children out for a fun day of games, stories and hot chocolate CRCA education staff will be running two-hour sessions of winter activities for children aged 7 to 11.

Feb 7 8:30am to 4:00pm, Winter Games / P.A. Day. Day of activities for children. Pre-registration required. Erika Cameron at 546-4228.

Feb 13, 1:00pm, Winter Camping Presentation. Outdoor experts from Trailhead will talk about and demonstrate winter camping equipment essentials.

Feb 13, 2:00pm, Everest Trek Presentation. Members of Everest Trek 98-99 will present a slide show and information session.

Feb 14, 5:00 to 9:00pm, Valentine Evening Skate. Skating / Bonfire and hot drinks available.

Feb 20, 2:00pm. Introduction to Orienteering. CRCA education staff will be leading a session on map and compass skills.

Feb 27, 10:00am to 2:30pm. Orienteering Challenge. Fun day of using a map and compass. Both ski and snowshoe courses available.

FIRST PADDLE '99*By Margaret Milne*

On a brilliantly sunny April 10 we shivered on the dock, a vicious North wind tearing at skin and creating white caps on the Inner Harbour. Mike Evans of Kingston Field Naturalists was to escort our first paddle of the season, timed to coincide with Spring migration of water birds. We began to doubt the wisdom of the venture, as our party had dwindled somewhat, and alternatives were tossed around. We settled on shuttling boats to Kingston Mills and launching below the locks.



Once on the water, the wind was our ally, boats were rafted up, and required the merest dip of a paddle for correction. This serendipitous arrangement allowed for unhurried observation, and left unfettered hands for binoculars and bird books.

While portaging through the locks, an eagle soared high over the cliffs (possibly a young bald?), and tree swallows swooped joyfully. Mike was an enlightening guide, and as we drifted through marshes other sightings included: Canada geese / black duck / mallard / ring-necked duck / greater scaup / bufflehead / double crested cormorant / great blue heron / ring-billed gull / American crow / pheobe / golden plover / killdeer / marsh harrier / musk rat, and an indeterminate scurry that may have been a ground hog?

It was positively balmy as we relaxed over lunch on the lee side of Belle Isle, followed by a brief paddle back to the canoe club boathouse. Many thanks are due to Mike Evans for sharing his considerable expertise, and helping turn disaster to triumph!

Official Winter/Spring 2000 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.

JAN. 15, Sat. TRIANGLE SKI CLUB (or wherever there is good snow). Each year Ed. has tried to introduce us to these highly recommended trails, located this side of Brockville (a small fee is required by the club). Each year this gallant attempt has been jinxed. Call 389-4459 to break the spell.

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

JAN. 21, Fri. First day to register for SEAKAYAK TRIPS described in October newsletter, at Limestone Ed. Office, 164 Van Order Drive, or phone Gould Lake (613) 376-3596.

JAN. 22/23, Sat./Sun. TUPPER LAKE. Gail has the winning formula for a weekend that combines cross-country and/or Alpine skiing with an option to experience the Olympic bobsled run. Skating is also recommended in this superb area. Phone 549-3503 for an update.

TRIANGLE SKI CLUB EVENTS

CCC members are invited to participate. - For more information call Roy Brookes (613) 342-7569, or Alfred Stakenvicious (613) 924-9430.

JAN. 21 Moonlight ski 8.30 p.m. to MacIntosh Mills.

JAN. 23 Ski Loppet - 15K and 5K races.

FEB. 6 Distance Challenge 10/15/25K

MAR. 4/5 Tay Valley Loppet in Perth.

JAN. 29/30, (Fri) Sat./Sun. ALGONQUIN PARK-CROSS COUNTRY SKI. Tom Stewart is also building on last year's success. He found good accommodation at \$50 per room (up to four people), that I believe includes breakfast. The East Gate Motel is next to an excellent series of trails, and even assisted with equipment for potluck dinner. Option to arrive Friday night greatly increases ski time. Tom's number is 389-4779.

Where possible a hike will be offered if conditions are unsuitable for ski or snowshoe.

JAN. 30, Sun. BELLROCK SNOWSHOE with Debbie and Derek, keen observers of wildlife in their territory. You are invited back to their home for chili and hot chocolate afterwards. Phone in advance: 374-1704.

FEB. 5/6, Sat/Sun. WINTER CAMP - BON ECHO. As an experienced scout leader and outdoors person Mark Hughes takes pleasure in sharing skills that introduce beginners to the joys of winter camp. Briefing sessions will be held to ensure a positive experience, and members are encouraged to call Mark for more information. Sunday will incorporate the (in) famous Denbigh downhill ski run as an added incentive, and wim...s (other members!) are invited to join in: 389-9936.

FEB 12, Sat. FRONTENAC PARK SKI. Find the best route for cross-country, in a hop across beaver ponds guided by Janice and Eric - details 542-9958.

FEB. 13, Sun. OTTAWA WINTERLUDE. Mark may have transportation available to initiate us to big city thrills: ice sculptures, skating on the canal, beaver-tails and all. Suitable as a family outing, where alternate activities could be chosen for younger children. Call 389-9936 to take part.

**Be Courteous!
When Riding in a Car Pool . . .
Offer to Pay the Driver.**

FEB. 19/20, Sat/Sun. SNOW RIDGE - LESSER WILDERNESS STATE FOREST. Linda tells us that this park, South of Watertown. N.Y., is in a reliable snow belt, excellent for both downhill and cross country skiing. Suggested as an overnight, but close

enough it could be a day trip. Lynda Morrison has details at 546-4577.

FEB, 20, Sun. LITTLE CATARAQUI CONS. AREA boasts ski rental and a selection of well groomed trails, the perfect location for Beth's family ski, designed for children and beginning skiers. Beth is 389-6362.

FEB. 26, Sat. MASSASSAUGA CREEK AREA SNOWSHOE. Janice and Eric have extensive property and intimate knowledge of the area - a wonderful breath of fresh air after a week at that desk! Call 542-9958 to check conditions.

MAR. 4, Sat. KAYAK ROLL CLINIC in Artillery Park Pool, 8-10 p.m. Your chance to practice that roll in perfect conditions, and limber up for the thrill of whitewater. We have experienced kayakers to assist in instruction, and a few club boats are available. Cost \$10 for members, \$20 non members. Coordinator Kevin Orr: 389-6362.

**For Trip Schedule Updates . . .
[Http://fox.nstn.ca/~nicholls/cc.html](http://fox.nstn.ca/~nicholls/cc.html)
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MAR. 4/5, Sat/Sun. TITUS MOUNTAIN DOWNHILL SKI. Peter Kopp raced extensively with the Canadian ski team, so this has to be good! He recommends an overnight motel package for approx. \$60 Cdn, including a day's lift tickets. Reach Peter at 546-9216 for more information

MAR. 5, Sun. PARROTS BAY CROSS COUNTRY. Beth invites us to ski from her home and return for chili afterwards. Sounds fun - give Beth good notice at 389-6362.

MAR. 12, Sun. MYSTERY SKI OR HIKE. Weather is often erratic this time of year, so Ken Pierce and Susan Bobbitt will make the best choice depending on local conditions. Call 384-5842 for the solution.

MAR. 18, Sat. POT LUCK AND SCHEDULE MAKING PARTY. Like many artists Sylvia Naylor lives in the country, she hopes you won't mind the drive. Her work is probably beyond the reach of most

members, but she will exhibit, and offers a discount for CCC. I'm confident the exquisite scenes will inspire awesome plans for Summer schedule! (Please call Margaret 542-9626 with your ideas, if unable to attend.) Sylvia's number is 353-3005.

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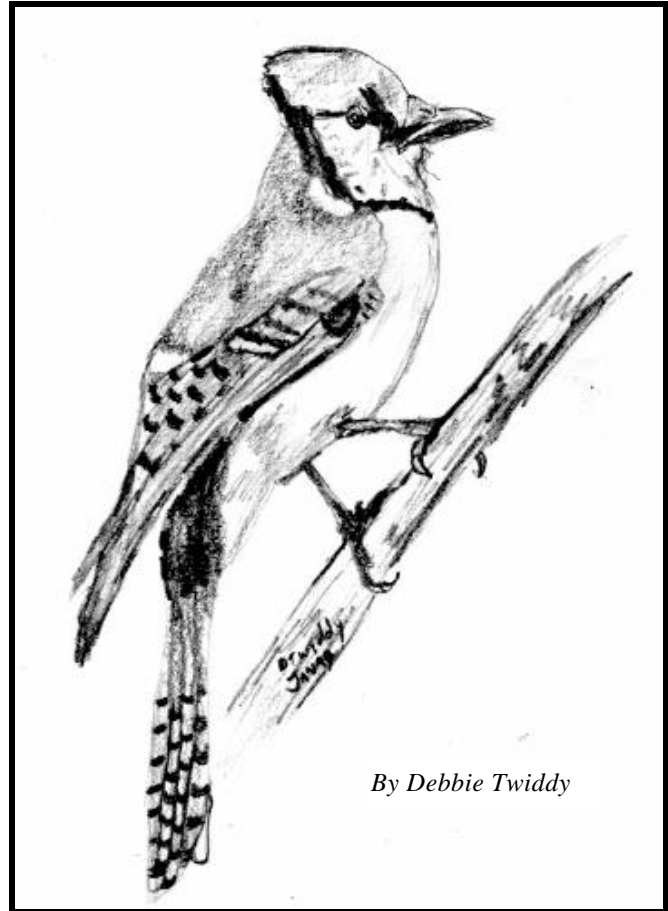
MAR. 19, Sun. BON ECHO CROSS COUNTRY SKI. Mark has always been lucky with good snow left in this stunning Provincial Park, situated within 90 minutes drive time. Check it out at 389-9936.

MAR. 25/26, Sat/Sun. SILENT LAKE AND KAWARTHAS. In recent Springs, Margaret and Bob have saved the best cross country skiing till last in this magnificent area, and wished we'd had it on CCC schedule! We stay opposite the Park in Schnitzel House where food is excellent, though accommodation somewhat basic. The trip is dependent on snow, call 542-9626 for an update.

Membership Renewal!

**Membership renewals are due April 1
Still only \$35 . . .**

APR 1 (TENTATIVE). APRIL DEBBIE & DEREK'S DO-OR-DIE BELLROCK SWAMP TRIP. Those of you who went on the berry-picking trip in October in Bell Rock Swamp will remember how tantalising the creek looked when we finally had to turn back. The creek does intersect another road (Long Swamp Road) a few miles downstream. We have explored some but not all of the creek from that road. We encountered many beaver dams and obstructions but are reasonably convinced that it can be done. We are now planning to explore the whole run from Moscow Road to Long Swamp Road. This trip is not for the faint-of-heart. Be prepared to get your feet wet, muddy, and be ready to haul your boat over lots of obstructions. We will bring a saw to deal with the worst of them. Hence, "The Debbie & Derek Do-Or-Die Bellrock Swamp Trip." Just think of the stories you can tell your friends later over a cold beer (if you survive!). Call Debbie or Derek at 374-1704 in March for a date confirmation or check the CCC Web Site for updated scheduling.



By Debbie Twiddy

APRIL 1, Sat. KAYAK ROLL CLINIC in Artillery Park Pool, 8-10 p.m. Your chance to practice that roll in perfect conditions and limber up for the thrill of whitewater. We have experienced kayakers to assist in instruction, and a few club boats are available. Cost \$10 for members, \$20 non-members. Coordinator Kevin Orr: 389-6362.

APRIL 2, Sun. CHARLESTON LAKE HIKE with Regina, providing you can keep pace with her! Slim Bay is bridged once more, opening the Western loop for increased options. Regina's number is 546-9326.

APRIL 9, Sun. THE GREAT WATERFOWL MIGRATION is at its peak. We have invited the Kingston Field Naturalists to join us, and guide our first flat water paddle of the season where we might observe without disturbing birding activities. Will probably leave from the boathouse - bring binoculars, bird books, warm clothing and a hot flask! Contact Margaret 542-9626.

APRIL 15, Sat. MASSASSAUGA CREEK. The creek is one of the first to open in Spring, and there is often snow on the banks as we meander through the rushes. Young paddlers might enjoy this, there is an interesting dam where we often lunch. Its intoxicating to be afloat again! Trip led by Janice and Eric: 542-9958.

APRIL 16, Sun. MOIRA RIVER WHITEWATER. Intermediate skill level, and wet suits probably required. Check with Alan Nicholls 547-3781.

Since Spring water levels are unpredictable, all whitewater events are subject to change or cancellation.

APRIL 21/22, Fri/Sat. FRONTENAC PARK BACKPACKING. After hiking every corner of Frontenac Park, Margaret Spicer has always wanted to backpack here. If past experience is a guide, she won't be disappointed. Call 530-2308 to join in.

APRIL 29, Sat. DEPOT LAKES should be a lovely paddle providing weather is Springlike. If not, Ken and Susan will organize a hike. Call 384-5842 for the verdict.

APRIL 30, Sun. LOWER SALMON WHITEWATER. Ed. hopes it will be sufficiently warm by this date to run a trip suitable for beginners without wet-suits. Sufficient experienced paddlers will be needed to assist - a fun run on a scenic river! Ed. Jezak is 389-4459.

MAY 1-31, MON. & WED. EVE. - WAR CANOE instruction and practice 6.30 - 8 p.m. from the boat-house. We are sending our vintage (1920's) war canoe for a refit, and are excited to have Master Paddler Heather Mcnie as our coach, and husband Grant Sutherland to cox. Learning the balance and technique required for war canoe is not only fun, but provides spin offs for dragon boat and recreational paddling. Reach Heather and Grant at 376-1095. Suggested nominal cost; members \$10 for the season, \$50 non-members. You are welcome to 'try out' on May Day!

MAY 2/3/4 Tue-Thu. CATARAQUI CANOE CLUB OPEN HOUSE tentative dates.

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

MAY 6, Sat. NAPANEE RIVER WHITEWATER
The section from Yarker to Camden East is an excellent introductory experience for beginners. However, it's essential Alan has enough experienced paddlers on hand to help. Please call Alan Nicholls at 547-3781.

MAY 7, Sun. CYCLE TO BREAKFAST IN BATH. Rediscover that old bike and join Bob and Margaret for an exhilarating ride along the shore to breakfast in Bath. We had 20+ cyclists last year and needed to give advance warning to the cafe! Total 40K or can be extended to burn more calories. Call 542-9626.

MAY 14, Sun. MOTHER'S DAY FAMILY PADDLE . A leisurely paddle on the Salmon River in her Spring glory. We may discover Fiddleheads among the Marsh Marigolds. Debbie and Derek have a new route this year: phone 374-1704 for details.

ADVANCE NOTICE.

JUNE 5-11. JAMES AULT WATERWAY. Regina Smith 546-9326

JULY 15-23 & August 5-13 GEORGIAN BAY SEAKAYAK. Introductory Course. Limestone Com. Ed. (613) 376-3596

JULY 16-21. GARY MELKO MEMORIAL CYCLE TOUR. Gaeten Lessard (613) 789-6249.

AUG 19-27. SAGUENAY FJORD SEAKAYAK (Advanced). Limestone Com. Ed. (613) 376-3596

AUG 25/26/27 CANOE/KAYAK KINGSTON TO BROCKVILLE. Sherry has kayaked this herself and will maintain a pace so that experienced canoeists / kayakers will enjoy paddling with the current. Participants will camp on Provincial Park Islands. Check out her website at "www.davyatrecorder.ca". Sherry Davy (613) 345-1538.