

# Cataraqui Canoe Club

# News

May 2001



*Rock Dunder Hike, 2000*

## NOTE FROM THE BOARD

Anyone driving into Sydenham cannot fail to see a prominent notice at the T-junction inviting applicants for sprint racing!

We are pleased to report that **Sydenham Lake Canoe Club** has now become incorporated, and is ready to start up early in June. In fact the club is hosting the Canada Games Trials Regatta June 8/9, and the Ontario Summer Games Trials on June 29. CCC wishes the new club every success in it's first season of operation, and future success for seasons to come. For more **information on sprint racing** call Alastair Lamb 376-6953.

If you are interested in **Adult War Canoe**, Heather McNie would be happy to have you join the practice on Wednesday evenings. (Fun, and good training for dragon boat racing!) Phone Heather for details: 376-1095.

## Membership Renewal!

Membership renewals and space rental for the 2001 season are due April 1. Save a stamp.... Visit us at the Open House May 1,2,3 and renew for another activity filled season.

## COMMODORE'S NOTE

*By Barry Irish*

Hello Fellow CCC'ers. Once again the paddling season is upon us ( thank goodness ). Although this last winter has been a great one for outdoor activities, I must say that I have found it to have been a very long one, and am looking forward to the warm weather. My trusty Bluewater has been feeling neglected and is anxiously waiting the coming season.

I have had a quick look at the schedule for the coming season, and once again our trip leaders have outdone themselves, thanks go out to all. Without all of our volunteers, many of whom spend countless hours on our behalf, we would not be able to survive. Last year our membership numbers exceeded 300. We keep growing every year, let us continue this trend. Obviously we are Kingston's premier out door club. I hope to see as many of you as possible at our Open House or Gear Swap. Everybody who show's up at the Open House will have a chance to win a lovely cherry paddle, which has been graciously donated by Frontenac Outfitters.

Again this year anybody who is interested in participating in the Dragon Boat Festival, please contact me at 384-1492 or at < irib@kingston.net >, as I will be compiling a team list.

Hope to see you on the water!



*Cataraqui Trail End-To-End, 2000*

**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 2000 – 2001**

<b>Commodore</b>	Barry Irish	384-1492
<b>Vice Commodore</b>	Margaret Wild	542-9626
<b>Secretary</b>	Alan Nicholls	547-3781
<b>Treasurer</b>	Ed Jezak	389-4459
<b>Past Commodore</b>	Gary Birrell	389-5154
<b>Board of Directors</b>	Peter Kopp	546-9216
	Ken Pearce	384-5842
	David Forkes	634-5840
	Linda Tucker	634-0497
	Dukke van der Werf	384-6054

**Committee Appointments**

<b>Trip Scheduling</b>	Margaret Wild
<b>Boathouse Manager / Assistant</b>	Bob Tolley (542-9626) / Mark Hughes (389-9936)
<b>Equipment Manager</b>	Don Harris (546-0842)
<b>Recreational Program</b>	Margaret Wild
<b>Whitewater Program</b>	Ed Jezak / Mark Hughes (389-9936)
<b>Publicity</b>	Peter Kopp
<b>Statistics</b>	Ken Pearce
<b>Openhouse / Special Meetings Co-ordinator</b>	Joan Simpson (384-1492)
<b>Telephone Listings</b>	Judy Skeggs (374-3420)
<b>Newsletter Editor</b>	Rick Kirk (549-7152)
<b>Webmaster</b>	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@canada.ca>.

## CATARAQUI TRAIL END-TO-END

The END-TO-END 2000 CHALLENGE was accepted and enjoyed on mountain bike by cyclists from CCC and Kingston Velo Club. Many came just for the ride, and around six completed the Challenge. The Cataraqui Trail follows an abandoned rail line starting in Strathcona. It passes through quite lovely scenery, often at an elevation to appreciate the lilacs, or beside creeks where great blue herons played leapfrog with us. We divided the 104K into three sections, taking road routes to speed the returns and provide a change of pace. All agreed that this trail is best experienced by mountain bike – but were not at all sorry when the trail ended beside a plethora of fast food outlets in Smith Falls! Congratulations to Dorma Grant, Earline and Gunther Klashka, Ken Pearce, Robert Tolley, Margaret Wild and Gordon Cater (KVC) on their fortitude.



*Great View – Rock Dundar Hike, 2000*

## LEARN TO CYCLE-TOUR

Canoe club member Linda Tucker is a lady of many talents, including competitive tri-athlete training. Since many of us casual cyclists feel intimidated by group cycle touring, Linda has organized a series of ‘learn to cycle-tour’ clinics for Kingston Velo Club members (\$20 annual fee), based on CCC’s “Learn to Canoe” concept.

Topics covered would include clothing, equipment, technique, ‘spinning’, draughting, etc for day and extended touring, plus a short tour on each evening session. To ‘learn’ more, call Linda at 634-0497, and check KVC website: [www.kvc.ca](http://www.kvc.ca)

## BOATHOUSE SPACE RENTAL

All members renting space are reminded that payment for the coming year is due as of April 1<sup>st</sup>. The total amount due, at the rate of \$6.50 per month, is \$78. Please make cheque payable to the Cataraqui Canoe Club and send to club address. This amount may conveniently be added to your membership renewal by making note of what it is for.

Space is limited at present, but expected to ease when racing boats are removed. Anyone else needing space, or anyone relinquishing space, should contact the boathouse manager or assistant as listed in this newsletter. Space is only available to club members.

## O.R.C.A. CERTIFICATION

Canoe club members who would like to hone their paddling skills with official certification, will be interested to know that Canadian Recreational Canoe Association (CRCA) has adopted the certification programme developed by the Ontario Recreational Canoe Association (ORCA).

CCC is fortunate to have Walter Sepic as a member who is a certified ORCA Level 3 Lakewater (flat water) Instructor. Depending on the number of requests and his availability, Walter is prepared to offer certification programmes to CCC members for \$50.00 a day. This is significantly below other commercial offerings, and would be an excellent opportunity for interested CCC members to increase their paddling expertise.

For example the ‘basic’ level, which is actually quite comprehensive, is divided into four sections, and these can be completed within two full days (approx. \$100). Walter has course descriptions available if you would like more information. He has reserved JULY 3,4 Tues. & Wed. and August 11,12 Sat. & Sun. for LEVEL 1, depending on demand. Level 2 could also be offered, depending on demand.

Call early to register, so Walter can plan his commitments: 544-4451, or by e-mail at: [walt.sepic@sympatico.ca](mailto:walt.sepic@sympatico.ca)

*Official Spring/Summer 2001 Schedule of the Cataraqui Canoe Club*



*“Natural Environment Canoe & Kayak Centre”*

**HUGE SPRING SALE!  
Of Canoes & Kayaks**

Sat. May 5<sup>th</sup> – Sun. May 6<sup>th</sup> 2001, 9:00am to 5:00pm  
Hundreds to Choose – Free Test Paddling of 10 Lines

“NEW” Azul & Sun Kayaks – Meet the Makers

Shop, Compare & Discover why our Paddlesports Centre  
Is **“THE NATURAL CHOICE”**

[www.frontenac-outfitters.com](http://www.frontenac-outfitters.com) (613) 376-6220

**For Sale - Solo Whitewater Canoe**

Prospector hull-shape made by locally-famous paddler, writer, and canoe-maker Albert Angenent; 14.5 feet; fibreglass lay-up very carefully crafted to ensure both strength and lightness; includes wood trim, adjustable center thwart, knee braces, straps, and floatation; weight approx 55 lbs with floatation installed; price \$700; call Karen (613) 477-1106 (Belleville, Ont.) for information.

**OPEN HOUSE MAY 1-3**

The Open House will be held in the club's boathouse at the foot of Cataraqui Street in Kingston – Tuesday May 1 to Thursday May 3: 6:30 to 8:30 pm.

This event gives an opportunity to meet old friends and make new ones, renew your club membership, try out some of the recreational canoes and kayaks, and sign up for courses.

Trailhead and Frontenac Outfitters will be showing equipment and giving demonstrations.

Any questions? Please call Joan Simpson at 384-1492.

**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.**

**Please Note Schedule Changes for May 5, 6, & 13**

**MAY 5, Sat. DESERT LAKE MOUNTAIN BIKE trip.** Complete the whole figure of eight of 40K, or the first loop at 30K, with a stop at Desert Lake Store for ice cream. Don Seisling leads the way on this scenic route – phone (613) 962-9988.

**LEARN-TO-CANOE COURSE: MAY 8-24, TUE. & THU. 6:30-8:30 P.M.** This three week course is held by the club boathouse at the foot of Cataraqui St., using club equipment. The cost is \$20 for members and \$45 for non-members. Your instructors are seasoned CCC paddlers from extended tripping to whitewater, who offer the right blend of instruction and encouragement to build confidence in the beginning paddler. Register at Open House or call Don Harris 546-0842.

**SOLO & TANDEM CANOE SKILLS IMPROVEMENT: MAY 30-JUNE 13, WED. 6.30-8.30 P.M.** This three week course is held from the club boathouse, using your own or club equipment. We are fortunate to have Walter Sepic, who is an ORCA Level 3 person to instruct. (See news item for paddlers wishing to pursue official ORCA certification.) Walter will tailor the skills improvement course to match learning needs of participants, cost is \$15 for members, \$30 non-members. Register at Open House or contact Walter 544-4451 or by email at [walt.sepic@sympatico.ca](mailto:walt.sepic@sympatico.ca).

**RECREATIONAL KAYAK TOURING: JUNE 20 or JUNE 27, 6.30 P.M.** These clinics are an introduction to recreational kayaking for beginners. Held at the boathouse with your own or club equipment. Gail Pringle's first love is flatwater racing and coaching. She is well qualified to cover paddling techniques, equipment choices, weather and safety aspects of touring. Gail stipulates that you call her to register (545-0319), giving your choice of date for this popular clinic. There will be a \$10 fee for non-members

## 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.

Please Note Schedule Changes for May 5, 6, & 13

**MAY 6, Sun. SNUG HARBOUR TO BIRCH LAKE.** This is a favourite paddle from Mitchell Creek to Birch Lake, bordering Frontenac Park. If conditions are right, it includes hiking to an intriguing long-abandoned mine. Call Gary Birrell 389-5154.

**MAY 12, Sat. OUTDOOR GEAR SWAP.** Beth says its time for another gear swap – don't buy another thing until you have checked this out! Bring unwanted outdoor gear of any description down to the boathouse Friday 5-7 p.m. or Sat. 8-9 a.m., and set your price. 10% of proceeds go to CCC. The swap takes place Saturday from 9 a.m. to 2 p.m., and refreshments will

For Trip Schedule Updates . . .  
[www.cataraquicanoe.on.ca](http://www.cataraquicanoe.on.ca)  
 or the Hot Phone at 544-8375

be sold. Beth tells me there could even be canoes for sale, for more information her number is 389-6362.

**MAY 12, Sat. CYCLE TRIP** which Larry Jenkins describes as 'moderate'. From a triathlete this must be relative, but we know what he means, lets have every-one out for an enjoyable ride! Larry will leave from the boathouse so you won't miss the Gear Swap. Call 530-2308 to take part.

**MAY 13, Sun. MOTHER'S DAY FAMILY PADDLE** on the lower, lower Salmon River, a traditional CCC favorite. Trillium and marsh marigolds abound, and there is a bank where lady's slipper can be seen. Commodore Barry Irish is trip leader: 384-1492.

**MAY 19-21, Sat-Mon. VICTORIA DAY W/E CANOE TRIP** to Algonquin Park interior, ahead of the bugs – human and/or insectivorous. Don Seisling plans a paddle and camp on Booth Lake with only two portages. Reach Don at 613-962-9988.

## PADDLING FROM THE BOATHOUSE

Members are invited to paddle from the boathouse through the summer on scheduled evenings, there is no charge. This is a terrific way to wind down after the workday, hone paddling skills, and try out club recreational boats.

**May 9 to 23:** Wednesday is the designated evening from 6:30 – 8:30 pm. (However, if you come after 7 p.m. on Tuesdays and Thursdays you may paddle kayaks, or canoes not required for the Learn-to-Canoe course.)

**May 29 to August 30:** Tuesdays and Thursdays from 6:30 – 8:30 pm.

**September 5 to September 26:** Paddling reverts to Wednesdays from 6 pm to dusk, depending on demand.

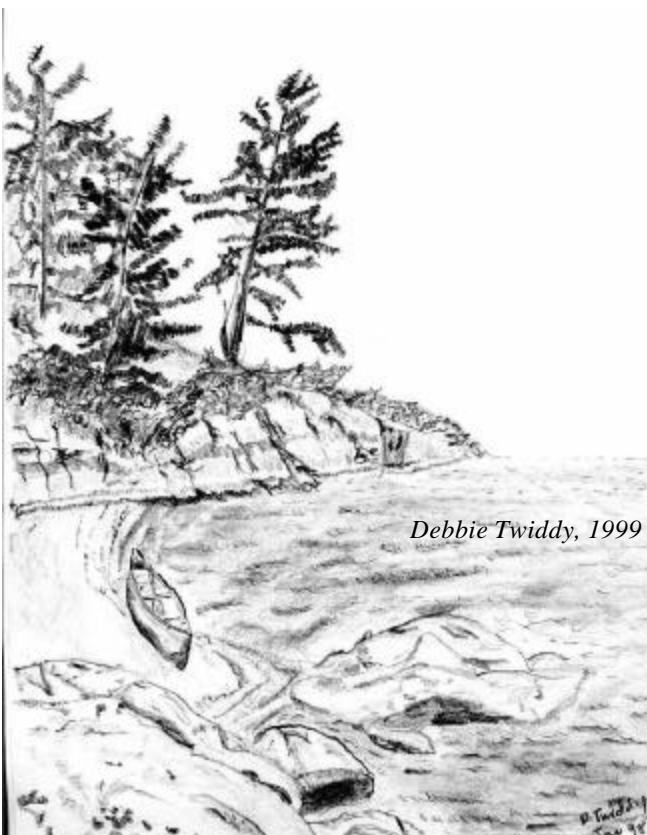
Any Questions? Call Don Harris at 546-0842

**MAY 26, Sat.pm. KINGSTON IMMIGRATION Services** have asked us to introduce new immigrants to a Canadian experience. Joan Simpson would appreciate help from experienced paddlers at the boathouse to make sure it's a positive one! Joan is 384-1492.

**MAY 27, Sun. DEPOT LAKES** afford a scenic paddle, not too distant, with just a brief 'carry over'. Ken Pearce is captain: 384-5842.

**JUNE 2, Sat. GEOLOGICAL BIKE TOUR** in collaboration with 'Bike Week' – explores geological features on country roads in the Kingston area. Approx 60K with lots of stops! Departs 10 am City Park (near Court House). Details Bob Tolley 542-9626.

**JUNE 3, Sun. PADDLE COLLINS CREEK** through to Collins Lake with Don Harris. This very pleasant local paddle is launched from Division St, you hardly need leave Tim Horton parking lot! Call 546-0842 for Don.



*Debbie Twiddy, 1999*

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**JUNE 5, Tue (raindate Wed.) WEEKDAY SEAKAYAKING** for those lucky enough to take advantage, Don Workman will lead a trip on the St. Lawrence, or Lake Ontario. Since open water with large swells can be expected the trip is best enjoyed by seakayak (the club owns two), and self-rescue ability is a requirement. Contact Don at 531-8248.

**JUNE 9, Sat. UPPER, UPPER SALMON RIVER** paddle led by Bob Clooney. Nobody will come clean re possibility of whitewater on this, it's sure to be fun anyway. Bob's number is 384-4482.

**JUNE 16, Sat. MOUNTAIN BIKE TRIP** from the Cataraqui Trail to Bedford Mills and Buck Lake with David Workman, which will be part road and part trail cycling near David's home turf. Details 353-1693.

**JUNE 17, Sun. FATHER'S DAY FAMILY** paddle from Colebrook on the Napanee River to Napanee Lake, includes a lunchtime swim. Why should Mother's have all the fun? Call Barry Irish 384-1492.

**JUNE 18, Tue (raindate Wed.) WEEKDAY SEAKAYAKING** for those lucky enough to take advantage, Don Workman will lead a trip on the St. Lawrence, or Lake Ontario. Since open water with large swells can be expected the trip is best enjoyed by seakayak (the club owns two), and self-rescue ability is a requirement. Contact Don at 531-8248.

**JUNE 23/24, Sat/Sun. CYCLE CAMPING TO BROCKVILLE.** If Earline & Gunther are not in Nepal, they will be leading this cycle of approx 90K, with option to camp or B&B in Brockville, and return next day. They did this last year on their way to Newfoundland, and discovered an easy route almost entirely on bike paths. The Klaschka's number is 389-2717.

**JUNE 24, Sun. CATARAQUI CANOE CLUB CLINIC** held at Frontenac Park. An opportunity for beginners to practice basic skills, safety maneuvers, and learn the fine points of equipment choice. It's necessary to take your own boat, although CCC members

could rent a club boat to take up. The cost is \$10 plus parking fee. Register with the Park: 376-3489.

**JUNE 30/JULY 1,2, Sat-Mon. PALMER RAPIDS BEGINNERS** Whitewater Paddling Clinic- what better location and pursuit for Canada Day! This fun learning experience is popular with paddlers at every skill level. Ed Jezak plans to go up Friday night, and will instruct W/W canoe skills. Mark Hughes will concentrate on W/W kayaking. Call Ed 389-4459, or Mark 542-4798.

**JULY 8 Sun. MYSTERY PADDLE?** Beth Orr knows many interesting paddles, call 389-6362 to see if you need to find your passport.

**JULY 15, Sun. BLOOMFIELD TO WESTLAKE,** Commodore's family paddle, with a swim and BBQ on beautiful Sandbanks beach. Barry & Joan will provide the BBQ at a cost of \$6 per paddler. Rideau Trail members may join in. Details from 384-1492.

**JULY 16-20, Mon-Fri. MADAWASKA WHITE-WATER COURSES** for canoe or kayak. Mark Hughes has six signed up, four more would be merrier *and* earn a discount. These courses provide a tremendous learning curve at every skill level, besides making a memorable vacation. The cost of approx \$700 included instruction, meals and camping. Contact Mark 542-4798.

**JULY 22, Sun. RIDEAU LAKES PADDLE** will likely put-in at Chaffey's Locks, and include Loon, Pollywog, Mosquito & Benson Lakes, all without a portage. With lunch and swim on an island – it doesn't come better! Call Janice 542-9958 to take part.

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**JULY 27/28/29, Fri-Sun. JOE PERRY LAKE** interior canoe camping in Bon Echo Prov. Park. Regina has booked three sites, and already has several members signed up. Phone 546-9326 promptly, if you're interested in wilderness camping in a new location with good company.

**AUG. 4/5/6, Sat-Mon. CROTCH LAKE** has long been a favorite CCC canoe camping trip. Three days will allow for leisurely paddling, plus a side trip on the Mississippi River to hike and enjoy whitewater play. Mark's new number is 542-4798.

**AUG. 5, Sun. 7-9 a.m. K-TOWN TRI** Each year CCC has been requested to help safety boat the swim portion of this exciting event. Every experienced paddler is asked to volunteer, kayaks are preferred, but canoes are also welcome. There is a t-shirt and packed lunch for your efforts, though nothing beats the satisfaction of helping a swimmer (boat must not move!) At time of press we are looking for a co-ordinator – please contact Barry Irish if you can take this role. Check web and hotline for details nearer the time.

**AUG. 11, Sat. NAVY ISLANDS SEAKAYAKING.** Joe Riede leads this trip from Gananoque, where the Thousand Islands really start to become spectacular. Open water, swells, and boat traffic, means this trip is best enjoyed by seakayak. Check with Joe at 1-613-342-1361.

**AUG. 12, Sun. BEVERLEY LAKE PADDLE –** Don Harris special from Morton Creek through Beverley Lake. A winding creek (easily missed!) leads to the takeout in Lyndhurst, followed by the best ice cream anywhere. Don is 546-0842.

**AUG. 18, Sat. FESTIVAL OF THE ISLANDS** cycle trip to Gananoque. This second w/e of the festival features historical re-enactments of a military camp and warship in the Battle of 1812. 60K total, call Bob Tolley 542-9626.

**AUG. 18, Sat. SCHEDULE MAKING BBQ** hosted by Susan and Ken Pearce, a couple who enjoy entertaining and it shows! They will provide the BBQ (veg. option) at \$3 a person, simply BYOB and creative ideas for the fall schedule. (Call Margaret at 542-9626 with ideas if unable to attend.) Please give Susan and Ken ample notice: 384-5842.

**AUG. 19, Sun. PADDLE ON EAGLE LAKE** where Lynn Nolan and Lars Thomson have a cottage, and invite Rideau Trail and CCC members to join them. On a lovely island with great swimming (I'm not sure if Lynn still stokes up the sauna), a trip not to be missed. Contact is Margaret: 542-9626.

**AUG. 24-26, Fri-Sun. UPPER GATINEAU WHITEWATER FESTIVAL** at Maniwaki, Quebec. A great weekend. Camping and meals provided on the grounds of the Maniwaki High School. Shuttles arranged to the various rivers. All levels of paddling: between Grade I and Grade IV rapids. You will remember thrilling tales from the Newsletter when CCC members attended last year's event. Additional information available on the CCC website. Call Al Nicholls, 547-3781.

**AUG. 25/26, Sat/Sun. SEAKAYAKING WEEK-END.** We camped on Grenadier Island last year en route to Brockville, and vowed to come back and explore this interesting island. I believe we launch from Brown's Bay. Call Margaret or Bob: 542-9626

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**SEPT. 1/2/3, Sat-Mon. PETAWAWA RIVER WHITEWATER.** An exciting canoe camping trip through magnificent scenery. Peter tells us the rapids may be bypassed on short portages, opening the trip to more recreational paddlers. Details from Peter Kopp 546-9216.

**SEPT. 8, Sat. 3<sup>RD</sup> ANNUAL DRAGON BOAT RACE** in aid of Hospice Kingston. We will be paddling against teams from Kingston and across the Province, and the competition has intensified! An exciting event for paddlers and spectators alike, the park by the boathouse is flooded with happy crowds and entertainment. Each team member is asked to contribute \$10 towards club entry (\$500+). Contact Barry Irish 384-1492 if you are interested in taking part, but please note there is not always space for everyone on the team.

**SEPT. 9, Sun. CATARAQUI TRAIL** by mountain bike. Dorma was a keen End-to-End last year, and agreed to repeat the section from Sydenham to Chaffey's Lock for KVC and CCC members. 65K total. Call Dorma 547-6446 to join in.

**SEPT. 15, Sat. CYCLE TO AMHERST ISLAND.** One of David Workman's favourite destinations at a lovely time of year, good birding. Phone 353-1693 for David.

**SEPT. 16, Sun. FRONTENAC PARK PADDLE.** Last year Bob Clooney invited energetic paddlers to join him through beautiful interior lakes connected by some longer portages. A mysterious lady non-member accepted the challenge (she did well), will she come again? Call 384-4482.

**SEPT. 23, Sun. UPPER BREWERS TO MORTON.** Enjoy a paddle on the beautiful Rideau system, no portages, that includes a hike up Rock Dundar for spectacular views of surrounding countryside. Contact Margaret 542-9626.

**SEPT. 28-30, Fri-Sun. SCHOONER LAKES.** For many years we heard rumors of this hidden northerly area of great beauty. Finally Mark Hughes led the trip for us, and we think he has a permanent assignment! Paddling through Fall colour, no portages, wilderness camping and interesting hikes. Come for two or three days, details: 542-4798.

**SEPT. 29, Sat. DOG PADDLE ON DOG LAKE.** Luxury paddle through scenic lakes touched with fall colour, to enjoy ice cream at Melody Lodge, followed by the option to dine at Loughborough Inn. MC is David Forkes: 634-5840.



Debbie Twiddy, 1999