

Cataraqi Canoe Club

News

Jan 2005

COMMODORE'S NOTE

By Dukke van der Werf

A brand new year has arrived. We hope that this one will be long enough to carry out all, or most of our plans for the next twelve-month period. This last year, 2004, seemed much too short. I couldn't make a dent in a to-do-list and time seemed too short to savor all that our seasons had to offer.

The Holidays, with all its good cheer, food and drink, the rushing around, tense moments and obligations are now only a memory. Some may still experience pangs of guilt brought on by overindulgence in the good things of life, or from a lack of physical activity, and so worry about the dismal state of their health and fitness. It is said, the Japanese diet is low in fat and that they have a lower rate of heart disease than North Americans. Heart disease in France is also supposed to be less prevalent than in North America, although we've heard too, of the gastronomic and very rich delights of French cuisine. The Chinese drink very little red wine, and the incidence of heart disease is substantially lower than in North America. Italians drink notable amounts of red wine and guess what, their cardiac systems are also much healthier than here in North America.

Cheer up! Balance in food and drink, and the enjoyment of moderate exercise helps us all to feel a lot healthier. Enjoy the winter and a fun-packed CCC schedule.

NEWS FROM THE BOARD

By Dukke van der Werf

At the AGM we regretfully said goodbye to David Ferguson, an active and energetic board member for the past two years. David will continue to make an important contribution to CCC as the Boathouse Manager. He will take over from Robert Tolley, who is unable to continue due to extensive travels in exotic places, (it is work, not pleasure), this past year and also in his future. Thank you, Robert, for your excellent work.



The Cataraqi River — Artist, Kimberley Barker

We want to publish Kim Barker's painting of the Cataraqi River (see this page), as viewed from the boathouse. It is displayed at all possible occasions for club members to enjoy. It is exhibited at the AGM, at scheduling parties and at open houses. Once again, we extend our thanks to Kimberley for sharing her talent and generosity with CCC.

We wish to extend a warm welcome to our new board member Deryck Perault. Deryck and his family are dedicated "boathouse paddlers". We are happy to have him aboard and anticipate his suggestions for events and trips that are suitable and enjoyable for young families.

We hope to see old and new members on our trips. We are happy to hear from you with feedback or suggestions. Browse the website at www.cataraquicanoe.on.ca. Please call with questions or comments, 384-6054.

Cataraqui Canoe Club

**PO Box 1882
Kingston, Ontario K7L 5J7**

Boathouse located on Orchard street near the Woolen Mill

Call 544-8375, or view www.cataraquicanoe.on.ca, for a current listing of up-coming trips and events

Executive and Board of Directors 2003 – 2004

Commodore	Dukke van der Werf	384-6054
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Treasurer	Ed Jezak	389-4459
Past Commodore	Margaret Wild	542-9626
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	Dugald Carmichael	542-8628
	Deryck Perault	542-1378
	Jane Knibbs	634-6859
	Beth Orr	389-6362

Committee Appointments

Newsletter Editor	Sharon Ferguson – 384-3044
Recreational Scheduling	Dugald Carmichael – 542-8628
Courses and Clinics	Barry Irish – 389-6334
Events/Open House/Canoe Trips	Barry Irish – 389-6334
Publicity	Margaret Wild – 542-9626
Coordinator of Volunteers	Beth Orr – 389-6362
Boathouse Equipment and Activities	Don Harris – 546-0842
Boathouse Manager/Assistant	David Ferguson – 384-3044 / Mark Hughes – 372-5989
Webmaster	Alan Nicholls – 547-3781
Membership Secretary	Barry Irish – 389-6334
Telephone Listings	Judy Skeggs – 374-3420
Whitewater Program	Dugald Carmichael – 542-8628 / Mark Hughes – 372-5989
Hiking	Gary Birrell – 389-5154 / Beth Orr – 389-6362
Skiing	Ed Jezak – 389-4459

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. 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 ccc.editor@sympatico.ca.

Has Your Address Changed?

Has your mailing or e-mail address changed? We want to stay in touch and make sure that you receive the newsletter. Please forward any change in mailing/email/phone number to: Member Secretary, at 389-6334, or to the club address listed above.

REAL-TIME RIVER GAUGES*By Dugald Carmichael*

Since October 30, following a full year of lobbying by whitewater paddlers, the Ontario Ministry of Natural Resources has been permitting public access to water-level data from their 230 "real-time" gauges. A simple one-page disclaimer was the key to harmonizing OMNR policy with that of every other agency in the federal-provincial-territorial water-monitoring program. After the disclaimer was added to the Water Survey of Canada's (WSC) website, OMNR allowed their gauges to be added to the Ontario menu.

As soon as paddlers get the hang of using river-level data, whitewater paddling in Ontario will be safer and more enjoyable. For example, let's consider the Petawawa River.

OMNR is planning to install a new gauge at Lake Traverse, but for now the only Petawawa gauge is housed in a small metal shed on the riverbank near Petawawa village. Its data can be accessed either by using 'clickable' buttons and menus on the WSC website; <http://scitech.pyr.ec.gc.ca/waterweb/main.asp>, or using a direct link to the Environment Canada webpage; <http://scitech.pyr.ec.gc.ca/waterweb/fullgraph.asp?stnID=02KB001>, which defaults to the new disclaimer page. After accepting the disclaimer, what you see is a 7-day graph of the water level recorded by the gauge.

To make the present level useful for deciding whether or when to paddle the Petawawa, it must be compared

RIVER LEVEL GAUGES...(Continued on page 8)

CATARAQUI CANOE CLUB**GEAR SWAP**

The Cataraqui Canoe Club offers a service to buy, sell or swap used outdoor gear, clothing, equipment and camp gear by way of the web site.

Send a description of your item and a contact number



and a contact number to:

Alan: cccwebmaster@ca.inter.net — 547-3781

CATARAQUI CANOE CLUB
EQUIPMENT RENTAL POLICY, 2005

Use at the Boathouse: A member may borrow a canoe or kayak, together with paddles, lifejackets, and safety equipment, 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. Posted Safety Rules and the direction of the Boathouse Officer must be followed. The use of equipment is restricted if it is needed for lessons or specially organized functions.

Club Trips: For a club sponsored trip, a member may rent a club-owned canoe for \$12.00 a day, or rent a kayak for \$10.00 per day. There is no charge for paddles, life jackets, kayak skirts, installed flotation, or required safety equipment. Members not renting a boat may rent paddles or lifejackets at a cost of \$1.00 each, per day. A member may rent equipment for the use of a non-member coming as a guest. *(Equipment may only be borrowed or rented in other circumstances with permission from the Board.)*

Record Book, Payment: A member renting equipment should complete an entry for all items in the record book at the boathouse. Remember to account for each paddle, lifejacket, and safety kit, and rentals are payable to the Cataraqui Canoe Club.

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



**Ontario
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LAST CATARAQUI CANOE CLUB TRIP, 2004

By Ed Jezak

On Sunday, November 14, twelve of us assembled at a Tim Hortons in Kingston, and left for Gananoque shortly after 09:00 hours. In Gananoque two more paddlers joined the group. In all we had five canoes and four kayaks. The party in total included three guests, two from Napanee and one from Kingston.

The temperature was a few degrees above zero. Several nights of freezing temperatures created a thin layer of ice near the shore on the Gananoque River. The plan was to paddle up the river to the dam at Marble Rock, portage over it, and paddle as far upriver as conditions and time would allow. Usually there is almost no current in the Gananoque River until one gets to just below the dam. We expected the river to be blocked by a floating bog, about two or three kilometers above the dam. Our ambitious plan was to get to this blockage, and possibly investigate its extent.

We were on the river by 09:40 hours. The leading boats broke the ice, which required a bit of effort, but nothing too challenging. Once at the center of the river, we had open water. Everybody dressed warmly and wore gloves. I had neoprene gloves, which I did not put on until we were ready to launch, so my hands were cold when we started. After about ten minutes of paddling they warmed up. The rest of my body was almost too warm. (As all keep reminding me, I am old, and have poor circulation.) Nobody, in my hearing complained of being cold.

It was quiet, peaceful, and pleasant on the river, ex-

cept under the railroad bridge when a freight train rumbled past, and under the 401-highway bridge. Once above that, the road noise slowly faded. We had the river to ourselves. The sun shone, contributing substantially to our sense of well-being. We passed a golf course, but golfers weren't visible, perhaps it was a bit cool for them.

It was a pleasant paddle, through mostly open water, for just under two hours, at which time we were confronted with thin but solid ice, from one shore to the other. Somebody suggested looking for a lunch spot.



Lunch Break — Photo Ray Wilson

The original plan called for getting past the dam before break, only at that point the new suggestion was too popular to ignore.

We broke ice to a landing spot, and found a small clearing in the woods, about 40 meters from shore. The sun shone, enhancing the brilliant colors of the tree branches around and above us. Sheltered from the breeze, and comfortably warm we ate our lunch.

After that things got a little bit more interesting, and more difficult. We managed to hack our way upriver for another half a

kilometer or so. The ice was getting thicker, and our progress slowed to a crawl. Even under the warm noonday sun we could not make any reasonable headway against that ice. We were about one kilometer below the bridge at Marble Rock. If the estimate is correct, we covered nine kilometers from our start.

Since we were that close to the Rock, and some people hadn't seen it before, I suggested the possibility of hiking to it. There was not much interest in that proposal, especially since there wasn't a convenient place to go ashore. The west river bank, where there was a

CLUB TRIP, 2004...*(Continued from page 4)*

road was swampy. The ice was too thin to walk on and too thick to crash through easily, so we turned around with some difficulty. Our original channel through the ice was rather narrow, which we managed to widen.

On the return trip we made two prolonged stops to reassemble the group, which was getting spread out. During our rests we exchanged new and old jokes, and passing the golf course on the return trip, (about 14:00 hours), we did see a few people playing.

Since it was rather early when we got back to the put-out, we all headed for an intimate, small pub on the St. Lawrence shore. Unfortunately it was closed for renovation, so we retired to a neighboring one where they served beer, and where the soup of the day was delicious. Although we met with unexpected conditions and the original plans were modified at several instances, the trip was the more interesting for it.



CAMP RECIPES

by Barry Irish

Cajun Bannock

- 1/2 c white flour
 - 1/2 c whole wheat flour
 - 1 t baking powder
 - 3 T powdered milk
 - 1/2 t salt
 - 1 T unsalted sunflower seeds
 - pinch of garlic powder, onion salt, white pepper, cracked black pepper, cayenne pepper, dried thyme, and dried oregano
 - 1 T olive oil
 - 1/4 c water
- Mix all dry ingredients and add water slowly until dough is slightly sticky. Separate into 3 or 4 patties and fry in an oiled frying pan over moderate heat until both sides are a golden brown.

Simple Cinnamon Rolls

- 3 c Tea-bisk or Bisquik mix
 - 1/2 c brown sugar
 - 1 T cinnamon
 - 1/4 c raisins
 - 3 T butter
 - flour for rolling
 - 1 T olive oil
 - 1/4 c water
- Slowly add water to Tea-bisk or Bisquik mix to form a dough and roll out on a floured canoe paddle. Spread butter onto the rolled, flattened dough and sprinkle with cinnamon, brown sugar and raisins. Roll the dough into a log and cut 1" thick slices, then place them in a hot, oiled fry pan. Cover and bake over low heat 7 to 8 minutes.



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A PETAWAWA PERSPECTIVE

By Dugald Carmichael

The Canoe Club was on McManus Lake, near the end of a fabulous four-day Petawawa River trip led by Peter Kopp, in late June. It was a gorgeous day, sunny and warm. Ray and I caught up to the group, most of whom swam beside a bouldery campsite on the north shore.

“Hey Ray, I know a better spot,” said I.

We separated from the group and oared our big red CCC Dumoine to a rocky point on the south shore, a private water pool that I remembered from five years ago. What I didn't remember is that we had to dive in *shallow*, standing down near the water's edge due to a flat bedrock ledge extending out beneath the water, only 1.2m deep (I measured it later).

Quickly we readied to dive from a vertical crag, 1.5m high (I measured it later). The sun was behind a cloud, the water looked dark and deep. I spotted a Grumman-17 coming upriver not far off shore, carrying a family with two young children.

As a matter of habit I dove as shallow as I could, quickly sweeping my arms around so as to level out underwater. CRUNCH! A ten-point landing on the

bedrock ledge (forehead, nose, chin, chest, backs of both wrists, right hip, left thigh, right knee, right calf)!

How stupid! How embarrassing! How incredibly lucky not to be paraplegic! I knelt chest-deep in the water, blood flowing from a gash on my forehead, and I waved to the family as they paddled on by. I splashed water on my face, gave thanks there were no

sharks in McManus, and assured Ray I was alright. As soon as the coast was clear we dressed and re-joined the others, who were at the takeout beach. Only my forehead and nose need bandaging. Maureen took charge, used dressings from Barry's deluxe first-aid kit and my wounds were safe.

We lugged our gear up to the gravel turnaround, tossed a frisbee

and waited for the other vehicles to be retrieved from the putin at Lake Traverse. The family arrived back from their paddle, and talked with the crowd. Lesson learned, safety in the group.

Photos — Ray Wilson



FRIENDS OF THE SALMON RIVER

By Gray Merriam

The Friends of the Salmon River was initiated in April 2004, as a volunteer group devoted to learning more about the Salmon River and the surrounding region. We use that knowledge to care for the watershed, the river and the people who enjoy that natural wealth. Dugald Carmichael attended that formative meeting and continues to keep posted.

In cooperation with the Lennox and Addington Stewardship Council, the Frontenac Stewardship Council, and Quinte Conservation, The Friends have supported a basic environmental inventory of the Salmon watershed, including the riverine habitats, fish and bottom fauna in the river. Thanks to the Stewardship Councils, funding was obtained from the Canada-Ontario Agreement to support fieldwork in 2004, and that funding will continue for two more years of work. This inventory and information assemblage has one staff person, Melodie Green, who received much assistance from the Ontario Ministry of Natural Resources. The output of this work will result in a Salmon River Habitat Strategy. Findings will be communicated to the public through a series of three public meetings scattered over the watershed this winter. Watch for dates and places to be announced soon. Already we have an updated, accurate, Geographic Information System (GIS) map of the watershed. We also have a map based on remote sensing data of the forest areas in the watershed, their edge and interior characteristics. Melodie is currently assembling remote sensing data for the riverine vegetation along the whole river. She will soon have another map layer showing the wetlands of the watershed.

Last October The Friends held a watershed tour for the Board of Directors. We visited the whole length of the river from where it rises as Beaver Creek flowing out of Story Lake just south of Bon Echo, comes down over the Precambrian Shield, across the limestone, through the Salmon River alvar to Shannonville, where the Salmon makes a major contribution to the Bay of Quinte. Based on the success of that tour, as an educational device, we are contemplating a public tour next summer. Let us know if you are interested.

Some other active projects along the Salmon include: opposition to and a watch on the expansion of the Richmond Dump (contact Steve Medd,

sb.medd@sympatico.ca); intensive water quality protection and a watch by the Beaver Lake Protective Association on intensive livestock operations near the river around Beaver Lake (contact John Liggett, results@kos.net); visioning exercise and a shoreline survey leading to a lake plan for Kennebec Lake (contact Gray Merriam, merriam@king.igs.net).

The Friends of the Salmon hope that the Cataraqui Canoe Club will be an active participant with The Friends and we welcome the possibility that CCC will conduct a watershed 'Tour by Water' to explore and learn about the river beyond the usual white-water runs. The more we all do to increase public awareness of the natural wealth we enjoy in the Salmon and its watershed, the more secure that wealth will be. Contact the Friends of the Salmon any time; Gray Merriam (Merriam@king.igs.net 613-335-3589), or Nathalie Sorensen (natsoren@sympatico.ca 613-542-0398), or via Dugald Carmichael.

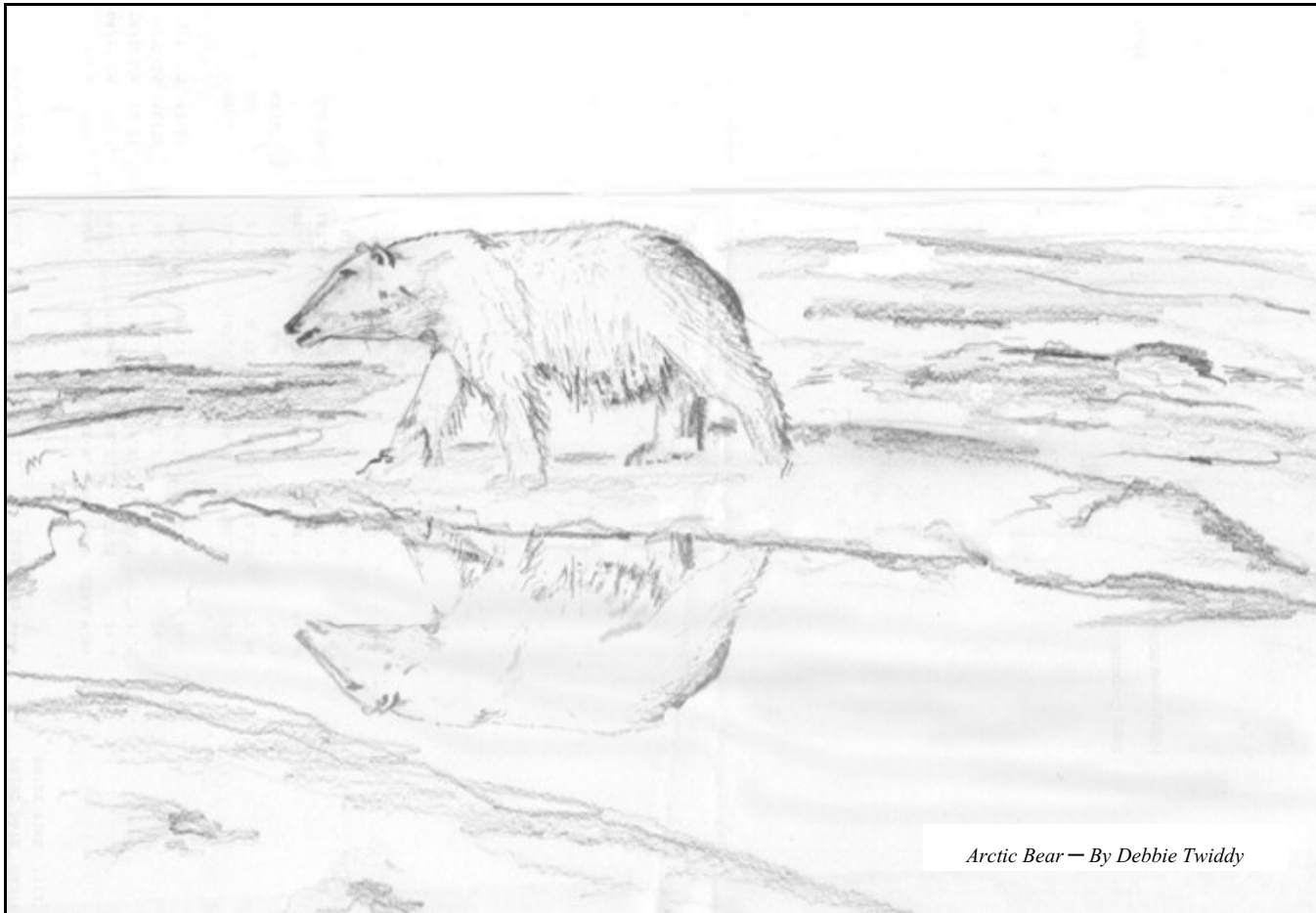


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Arctic Bear — By Debbie Twiddy

RIVER LEVEL GAUGES...*(Continued from page 3)*

to previous experience. By editing the range of dates, we can display the levels during two CCC trips led by Peter Kopp:

July 15-18 2003: 2.41-2.40m
 June 27-30 2004: 2.58-2.56m

The higher level in 2004 was great for paddling, with only a 150-m portage at Crooked Chute. Most of us also lined the upper half of Rollway. Ray Wilson's splendid pix, <http://www.members.kingston.net/raywil/Petawawa/> allow prospective paddlers to scout the rapids for themselves at this level.

The "historic" data for each gauge are tabulated as daily average flow rates (in cubic meters per second). For ease of comparison I have converted these numbers back into levels. This shows that the 2004 level was unusually low. The average late-June level is 2.72m, the range is 2.40-3.30m, and the flow rate

varies by a factor of seven (20-140cms).

Good idea to check the Petawawa level before driving up to Algonquin!

In recent years the club has sponsored whitewater paddling on the Napanee, Salmon, Moira, Madawaska, Petawawa and Dumoine Rivers. Now that there is public access to data from real-time gauges on each of these rivers, our whitewater leaders will be better able to advise prospective paddlers than ever before.

A new event this year will be the Tay River paddle that Bob Clooney has been itching to lead. We scheduled it on May 14 because Bob wants the river low enough to paddle under several bridges, yet by then it may be too low to paddle at all. OMNR's real-time gauge in Perth will make it possible to substitute another whitewater trip on that date (Moira or Mississippi?) if the Tay should be too low.

Official 2005 Winter Schedule of the Cataraqui Canoe Club

Weather or water conditions, may necessitate activity changes. Check with the trip leader.

IS THIS ACTIVITY RIGHT FOR ME? Is it within my limits of fitness and skill? Do I have the right clothing, footwear and equipment? What water, food and protectants should be included in my pack? What are the potential risks, and do I accept them? Is there a health problem that could affect my participation? Am I aware of strategies to minimize impact on the environment?

Your leader can help with these and other questions when you call, and at the same time describe the plan for the activity. Also, at the designated meeting place you will be required to read an outline of the activity and the anticipated risks, before signing a waiver. Good preparation and safety awareness on the part of each participant will make the trip less risky and more enjoyable for all.

There is a \$5 fee for non-members on paddling trips and overnight trips. Guests are welcome at no charge on non-paddling day trips.

JAN 30, Sun. CHARLESTON LAKE XC-SKI. In January, this magnificent park is a winter wonderland with hardly anyone around. Beth Orr invites us to ski a new 12-km loop trail with easy slopes. Call Beth 389-6362.

FEB 5, Sat 8-9:30pm. CANOE SAFETY CLINIC AT ARTILLERY PARK AQUATIC CENTER
This is the first of three indoor paddling clinics organized by Mark Hughes and Beth Orr. The fee for each clinic is \$15 for members and \$25 for nonmembers. Some club boats will be available, and a certified life-guard will be on deck.

Come and learn and/or practice the following skills:

- Entering a canoe from deep water
- Canoe rescues (emptying and righting a swamped canoe)

- Donning a pfd or life-jacket in deep water
- Throw-rope practice
- Rescuing an unconscious person

Call Mark 372-5989 for further info and to register.

FEB 6, Sun. CHARLESTON LAKE SNOWSHOE. Rugged terrain makes it too steep for comfortable skiing; yet snowshoes eat it up! Ray Wilson will be our leader. Snowshoe-rentals available at Trailhead. Call Ray 382-7189.

NO SNOW DAYS!

Check with the trip leader for alternate plans.

FEB 12-13, Sat.-Sun. EEL LAKE WINTER CAMPING (snowshoe, ski or hike). Gaetan Lessard has plans for an overnight adventure close to home and not too strenuous. A one-kilometre snowshoe, ski, or hike from Canoe Lake Road will leave us plenty of time to set up our tents for the night. A cozy cottage on scenic Eel Lake will be available for our potluck dinner. Call Gaetan 384-3089 for details.

FEB 12-13, Sat.-Sun. ALGONQUIN XC-SKI WEEKEND. Again Bob Clooney will organize and lead this popular event. East Gate Motel gives us easy access to a fine set of cross-country trails in a scenic sector of the park. Breakfasts are included; Saturday dinner is potluck. Option to arrive Friday night gives much more time for skiing. Call Bob early to be sure of a place - 384-4482.

GOT A GREAT PHOTO FROM A CATARAQUI CANOE TRIP!

Email the photo with a short description to the Newsletter Editor!

ccc.editor@sympatico.ca

FEB 18, Fri. POTLUCK, XC SKIING AND SLIDE SHOW. Triple-header! Peter Kopp invites us to a potluck dinner, Dumoine-River slide show, and

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XC-skiing on his country estate. If the weather cooperates, a nearly full moon will light our way. Call Peter 546-9216.

FEB 19, Sat. FRONTENAC SWAMP HOP (snowshoe, ski or hike). Always different and always fun! Eric Usherwood and Janice Ley will show us the way, starting and ending at Park HQ. Selection of hopping equipment will depend on conditions. Call Janice 542-9958.

See your various resource people or trip leaders if you require clarification about trip needs, gear and for any other questions or information you may need.

FEB 19, Sat. 8-9:30pm. KAYAK ROLL CLINIC. This is the second of three paddling clinics (see FEB 5 for general details). No ice on Artillery Park pool! Come and learn to roll (or practice your roll) in warm water and congenial company. Call Mark Hughes 372-5989 for further info and to register.

FEB 20, Sun. LOWER ROCK LAKE XC-SKI. Come and explore some new terrain near Opinicon Road. Dukke van der Werf will be chief trailbreaker. Easy slopes; distance depends on conditions. Call Dukke 384-6054.

FEB 27, Sun. RIDEAU CANAL SKATING. Our taxes have already paid for the world's longest skating rink (7.8km), so let's drive up to Ottawa and skate on it! Call Mary Jean McIntyre 389-2942.

MAR 5, Sat. 8-9:30pm. KAKAK ROLL CLINIC. This is the last of three paddling clinics (see FEB 5 for general details). Come and learn to roll (or fine-tune your roll for spring paddling) in Artillery Park pool. Call Mark Hughes 372-5989 for info and to register.

MARCH 5-6, Sat-Sun. SILENT LAKE & KAWARTHAS XC-SKI WEEKEND. With luck there should still be plenty of snow near Bancroft. We stay in the Schnitzel House, permitting easy access to 40km of groomed trails in Silent Lake Provincial Park. On Sunday there is a short drive to the exten-

sive, well-groomed trails of the Kawartha Ski Club - well worth the modest fee. Call Margaret Wild 542-9626 for information (If no snow, a local activity will be offered on Sunday.)

MAR 12 or 13, Sat. or Sun. MARBLE ROCK CONSERVATION AREA (hike, snowshoe or ski). 10km on new trails north of Gananoque, with Ray Wilson in the lead. To find out when and what, call Ray 382-7189.

MAR 20, Sun. STONEHOUSE LAKE HIKE. A picturesque 8km hike starting and ending at Rock Lake overlook; mostly on the Rideau Trail. Includes 300m easy bushwalking to an overlook of Stonehouse Lake, and an optional, fairly steep scramble from our lunch spot to an overlook of Garter Lake. This should ease our spring fever in good time for the schedule-making party tonight! Call Dugald Carmichael 542-8628.

MAR 20, Sun. SCHEDULE-MAKING POTLUCK. Always a fun party, at which we share stories and make plans for summer paddling etc. New members are especially welcome. Eleanor Beach has kindly consented to be our congenial hostess. Call Eleanor 545-0768 to take part. If you might like to lead an event this summer or fall but can't make it to the party, please call Dugald 542-8628.

MAR 26, Sat. NAPANEE RIVER PADDLE. This 12-km stretch of the Napanee River between Long Swamp Road and Colebrook is usually ice-free and approaching spring-peak flow in late March. A gentle current will help us along, and a stretch of fastwater near Petworth will give us a good ride. But let's not forget the water will be freezing cold. Call Bob Clooney 384-4482.

For trip schedule updates...

Visit the website: www.cataraquicanoe.on.ca

APR 3, Sun. LOWER SALMON WHITEWATER. 12 km, mostly fastwater and Class-1-2 whitewater in a scenic cedar-fringed glen. Two short portages around weirs. Who will surf The Ledge while we lunch and warm our bods beside the fire? Afternoon highlights will be Buttermilk Falls, Ordovician Springs and

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(Continued from page 10)

There is a \$5.00 non-member fee on paddling and overnight trips. This fee can be applied towards future membership. Guests are welcome with no fee on non-paddling day trips.

Weeping Wall. Call Dugald Carmichael 542-8628.

APR 10, Sun. SALMON RIVER - BEAVER LAKE TO PENNELLS CREEK. A CCC premiere! Ed Jezak will lead this 12-km trip, which includes a taste of urban paddling in downtown Tamworth. This is planned as one of three new day-trips on segments of the Salmon, where the club has never paddled before; a part of a set of downstream day-trips that will cover almost the entire river. Each new trip will be scouted and paddled in advance by the leaders and their deputies, so that a good assessment of the attractions and the difficulties will be available when the leaders are contacted. Call Ed 389-4459.

APR 16, Sat. MASSASSAUGA CREEK PADDLE AND HIKE. A CCC celebration of spring! Once again Janice and Eric will be in the lead canoe. A joyous 12km paddle up and down a gently flowing creek with two beaver dams as minor obstacles. After lunch a 2.5-km bushwhacking hike to the outlet of Buck Lake is optional. Call Janice Ley 542-9958.

APR 17, Sun. LOWER SALMON WHITEWATER. How about a rerun of this superb 12-km paddle from Roblin to Kingsford? Call Barry Irish 389-6334 or 539-4864 (cell).

APR 23, Sat. BIG SALMON TRAIL HIKE. Michael Doyle invites us to hike this favorite 19-km loop in Frontenac Park. Last chance before the black flies get bloodthirsty! Call Michael 542-1383 after 7pm.

APR 24, Sun. SALMON RIVER - KINGSFORD TO MILLTOWN. Second of three new paddles on the Salmon, this time with Bob Clooney in the lead. This trip is 14 km, starts with Class-1 rapids, and involves a portage around a dam in Lonsdale. Call Bob 384-4482 for details.

APR 30, Sat. GOULD LAKE ORIENTEERING. By popular demand, Peter Kopp will organize and lead another fun day of map reading and bush navigat-

ing near Gould Lake. Red-and-white station markers will be set out in advance, and special orienteering maps with accurate topographic contours will be provided. Novices are welcome. For details call Peter 546-9216.

MAY 1, Sun. SALMON RIVER - PENNELLS CREEK TO ROBLIN. This is another first-time paddle for CCC, 12 km long. Depending on the flow rate, a steep stretch at Croydon may have to be portaged. Call Dugald Carmichael 542-8628 for details.

MAY 3, 4 & 5, Tues, Wed & Thurs evening. CCC OPEN HOUSE. We welcome the public to visit our clubhouse, view our fleet of watercraft and sign up for learn-to-canoe-and-kayak courses or paddling-skills clinics. An opportunity for members to meet and greet each other, enjoy refreshments and demos by local outfitters, and make plans to participate in upcoming events. Call Margaret Wild 542-9626 for details.

MAY 7, Sat. NAPANEE RIVER EASY WHITEWATER. This 8-km stretch of the Napanee between Yarker and Camden East is an excellent introduction to whitewater for beginners and an enjoyable ride for experienced paddlers. There are Class-1 rapids near the putin (0.5km), the takeout (1km) and a surfing wave beside our lunch spot. Call Peter Kopp 546-9216.

MAY 8, Sun. MOTHER'S DAY FAMILY PADDLE. Once again Debbie Twiddy will lead this popular paddle on a calm stretch of the Napanee River upstream from Petworth. Moms with kids are specially invited. Debbie will show us where to find spring delicacies - wild leeks and fiddleheads! Call Debbie 374-1704.

MAY 14, Sat. TAY RIVER WHITEWATER. Another CCC first (we hope)! Bob Clooney invites us to paddle Tay River between Christie Lake and Perth, a stretch with flatwater, fastwater and Class-1-2 rapids. OMNR's on-line gauge in Perth will tell us if the Tay is high enough. Call Bob 384-4482.

A hearty thanks to the participants in the Cataraqui Trail's "hike and bike", fund raising event held on October 2, 2004. Despite poor weather it raised almost \$2,000 for the Trail, and all concerned seemed eager to return next year.

CATARAQUI CANOE CLUB MEMBERSHIP FORM

*Please mail this completed form with your check to:
Membership Secretary, Cataraqui Canoe Club of Kingston
P.O. Box 1882, Kingston, Ontario K7K 5J7*

Persons to be included in club membership. (Include only active participants. Date of birth required for those under 18):

Family Name	Fist Name(s)	Date of Birth
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please tick appropriate boxes:

New Membership or Renewal of membership

Single membership \$35 or Family membership \$60

Newsletters and other messages should be sent to:

Name _____ Address _____

City _____ Prov. _____ Postal code _____

Phone (home) _____ Phone (work)/(other) _____

E-mail address _____

Agreement:

Because of the risks of personal injury while taking part in canoeing and other activities of the club: I/we hereby release the Cataraqui Canoe Club of Kingston from all liability from these activities. We undertake to co-operate with the club in carrying out appropriate safety precautions and to abide with the club's safety rules.

This application is for club membership to March 31, 2006, next year. A check to cover the fee is attached.

Signature of applicant _____ ***Date*** _____

Second signature _____ ***Date*** _____

(Signature of parent or guardian required if applicant is under 18)