

# Cataraqui Canoe Club

# News

Sep 2007

## COMMODORE'S NOTE – NEWS FROM THE BOARD

By Ed Jezak

We share a bit of bad news. The roof of our boathouse leaks. It leaks badly. When it rains, water drips down in the southeast corner. Repairs are needed before winter arrives. We obtained three estimates for the repair, yet, unfortunately they are not comparable. They range from limited repair of the leaking area, to the rebuilding of the roof section over the boat storage area. (The western end seems to be in good shape – a small repair was made to it last year.) The costs range from under two thousand to over twenty thousand dollars. We have a flat roof, which we share with the rowing club, so it makes no sense to make major repairs to just our part of it. We shall consult with the rowing club to see if they are prepared to replace the whole eastern section of the roof. This will need to be done eventually, and fairly soon. However, it takes several months to coordinate action with the rowers, so it won't be done this year. We decided to make repairs to the leaking area, and start planning for roof replacement. Luckily we have the financial resources to do this, yet the final roof replacement will use the bulk of it.

If any club member has any knowledge of flat roofs and their repair, please contact someone on the board, (see pg 2) as we are interested in soliciting your advice.

As most of you are probably aware, our club participates, in a small way, toward activities that serve our community. As in past years, we invited groups from the Boys and Girls Club to the boathouse to do some paddling in our canoes and kayaks.

This year Extend-a-Family contacted us and re-

quested that we organize a program for them, to include canoeing instructions in the morning and a paddle with our supervision in the vicinity of the boathouse. Two Extend-a-Family groups, with their own supervisory staff, served for two consecutive days. The children, the staff, and our members, who assisted, all enjoyed the experience.



*Dumoine River – July 2007: Zoë and Brock demonstrate how to side-surf a humongous wave without getting window-shaded – Photo by Dugald Carmichael*

For the past several years, our club members assisted at the swim portion of the K-Town Triathlon. We were there in the kayaks or canoes (kayaks preferred) to look after the swimmers in the water. The last few years the K-Town Club asked us to organize the boaters for this event. About half the boaters are club members, the others are recruited directly by the Triathlon staff. If any of you kayakers want to participate in next year's event, let us know here at the Board. All board members and their contact numbers are listed on page 2 of the newsletter.

Happy boating, and enjoy the snow activities at the season's change.

**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](http://www.cataraquicanoe.on.ca), for a current listing of up-coming trips and events

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	Debbie Radloff-Gabriel	613-544-1222
	Jane Knibbs	613-389-1340
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	Margaret Wild	613-542-9626

**Program Appointments**

<b>Newsletter Editor</b>	Sharon Ferguson – 613-384-3044 – <a href="mailto:editorccc@yahoo.ca">editorccc@yahoo.ca</a>
<b>Scheduling</b>	Dugald Carmichael – 613-542-8628
<b>Boathouse Manager/Assistant</b>	Phil Jacobi 613-389-1340/ Mark Hughes – 613-372-5989
<b>Courses and Clinics</b>	Carolyn Bonta – 613-531-4578
<b>Hiking</b>	Gary Birrell 613-389-5154/ Beth Orr 613-389-6362
<b>Skiing</b>	Ed Jezak – 613-389-4459
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<b>Membership Secretary</b>	Dukke van der Werf – 613-384-6054
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<b>Volunteer Coordinator</b>	Carolyn Bonta – 613-531-4578
<b>Telephone Listings</b>	Judy Skeggs – 613-374-3420
<b>Webmaster/Assistant Webmaster</b>	Alan Nicholls – 613-547-3781/Ray Wilson – 613-382-7189 <a href="mailto:cccwebmaster@ca.inter.net">cccwebmaster@ca.inter.net</a>

**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. email the newsletter editor at [editorccc@yahoo.ca](mailto:editorccc@yahoo.ca). Mail them to the club or pass them on to any member of the board or executive, or bring them to the schedule making pot-luck. If you have one or two pictures to accompany the article even better.

**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 the membership secretary at 384-6054; or to the club address above.

**SENTIMENTAL PADDLE ON THE ST. MARY'S RIVER, GUYSBOROUGH, NOVA SCOTIA**

By Bob Clooney

*Bob Clooney, member and trip leader with the CCC for 12 years shares further experiences of the St. Mary's River in Nova Scotia, where his grandfather used to lead trips.*

The rivers in Nova Scotia are not very long, anywhere in the interior you are never very far from the sea. In June this year, I revisited and canoed the St. Mary's River where I grew up and where my grandfather guided tours from the 1920's to the 1960's. Then you could catch salmon as large as 50 pounds, yet today you would be lucky to pull in a 30-pound salmon.

The St. Mary's River, which includes the West St. Mary's, is considered the longest river-way in Nova Scotia – famous for its fly fishing of Atlantic salmon.

I wasn't familiar with the West St. Mary's River from the starting point at Trafalgar, where the heightened land and its junction with the East St. Mary's at Silver's Pool is not far from Melrose. An old family friend Calvin, who lives near Sherbrooke Village, drove me up to Trafalgar in the back country to start my descent of the West St. Mary's River to Sherbrooke Village, my final destination. The river water was high and the current moved very quickly.

The beginning of the first day did not look very promising, as it was rather cool and overcast, with swarms of black flies everywhere. In fact, Calvin was glad to drop me off and go...

I soon discovered a couple of class 3 rapids with holes and ledges to run since there were no portages and the shores were too steep and thickly wooded to line a canoe. I got down okay, then came upon technical class 1 and class 2 rapids with a heap of big rock and pillows.

There were many good eddies along the river. The sun finally shone in the afternoon, and it was very hot. By 5 p.m. I was looking for a camp site, yet the terrain along the river was not very promising. The land along both sides of the river was rather steep and rocky. Finally, I saw a small clearing of land on the river, probably left by somebody who cleared it earlier.

The night spent at this camp site was anything but quiet, as the hooty owls called all night long. I could not believe the number of owls I saw along the river, even in broad daylight. I saw about a dozen bald eagles,

and several deer crossed the river.

By the time I reached Lower Caledonia, the West St. Mary's River began to widen. The current was still rather strong and in the morning the sun was very hot. Several fly fishermen were along the river. By noon of day 2 I reached Silver's Pool, where the East St. Mary's River joins the West St. Mary's River. Then the weather suddenly changed. The wind blew very strong and surfed the canoe from one side of the river to the other. It even spun 360 degrees.

Only 21 kilometers remained to paddle to Sherbrooke Village, yet, if the wind persisted I would be forced to spend the night at Silver's Pool. An hour later, the wind subsided, only a thunderstorm threatened. Still I continued paddling.

By 4 p.m. I reached Stillwater, where the river starts to narrow and picks up speed. At that time it was raining, only not hard. Ahead, was the last set of major rapids to get through before Sherbrooke Village. On the left of the river was a class 4 rapid, and on the right a class 3 rapid with very high waves. I took the class 3 rapid.

At 5:15 p.m., I reached the Hwy # 7 bridge at Sherbrooke Village, delighted to see the sun come out. The St. Mary's River can be paddled in 3 days, or a faster trip in 2 days. I had paddled the second day for nine and a half hours, and I was famished.

The St. Mary's River is one of the most beautiful rivers that I have ever paddled. To think this river was once logged – I was impressed with the magnificent forest on both sides of the water.



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**EXHAUSTION AND FULFILLMENT:  
THE ASCETIC IN A CANOE  
1944 SPEECH - PIERRE ELLIOT TRUDEAU**

*Source: originally published in French in Jeunesse Etudiante Catholique, November 1944.*

*First English publication in Wilderness Canada (1970), edited by Borden Spears.*

*P.E. Trudeau, aged 25, after canoeing more than 1600 km from Montreal to Hudson's Bay in 1944*

*From: [www.outdooradventurecanada.com/influences-v2-1.htm](http://www.outdooradventurecanada.com/influences-v2-1.htm).*

I would not know how to instill a taste for adventure in those who have not acquired it. (Anyway, who can ever prove the necessity for the gypsy life?) And yet there are people who suddenly tear themselves away from their comfortable existence and, using the energy of their bodies as an example to their brains, apply themselves to the discovery of unsuspected pleasures and places.

I would like to point out to these people a type of labour from which they are certain to profit: an expedition by canoe.

I do not just mean "canoeing." Not that I wish to disparage that pastime, which is worth more than many another. But, looked at closely, there is perhaps only a difference of money between the canoeists of Lafontaine Park and those who dare to cross a lake, make a portage, spend a night in a tent and return exhausted, always in the care of a fatherly guide - a brief interlude momentarily interrupting the normal course of digestion.

A canoeing expedition, which demands much more than that, is also much more rewarding.

It involves a starting rather than a parting. Although it assumes the breaking of ties, its purpose is not to destroy the past, but to lay a foundation for the future. From now on, every living act will be built on this step, which will serve as a base long after the return of the expedition. and until the next one.

What is essential at the beginning is the resolve to reach the saturation point. Ideally, the trip should end only when the members are making no further progress within themselves. They should not be fooled, though, by a period of boredom, weariness or disgust; that is not the end, but the last obstacle before it. Let saturation be serene!

So you must paddle for days, or weeks, or perhaps

months on end. My friends and I were obliged, on pain of death, to do more than a thousand miles by canoe, from Montreal to Hudson Bay. But let no one be deterred by a shortage of time. A more intense pace can compensate for a shorter trip.

What sets a canoeing expedition apart is that it purifies you more rapidly and inescapably than any other. Travel a thousand miles by train and you are a brute; pedal five hundred on a bicycle and you remain basically a bourgeois; paddle a hundred in a canoe and you are already a child of nature.

For it is a condition of such a trip that you entrust yourself, stripped of your worldly goods, to nature. Canoe and paddle, blanket and knife, salt pork and flour, fishing rod and rifle; that is about the extent of your wealth.

To remove all the useless material baggage from a man's heritage is, at the same time, to free his mind from petty preoccupations, calculations and memories.

On the other hand, what fabulous and undeveloped mines are to be found in nature, friendship and oneself! The paddler has no choice but to draw everything from them. Later, forgetting that this habit was adopted under duress, he will be astonished to find so many resources within himself.

Nevertheless, he will have returned a more ardent believer from a time when religion, like everything else, became simple. The impossibility of scandal creates a new morality, and prayer becomes a friendly chiding of the divinity, who has again become part of our everyday affairs...

My friend, Guy Viau, could say about our adventure, "We got along very well with God... (a) good sport. Only once did we threaten to break off diplomatic relations if he continued to rain on us. But we were joking. We would never have done so, and well he knew it. So he continued to rain on us."

The canoe is also a school of friendship. You learn that your best friend is not a rifle, but someone who shares a night's sleep with you after ten hours of paddling at the other end of a canoe.

Let's say that you have to be towed up a rapid and it's your turn to stay in the canoe and guide it. You watch

*THE ASCETIC...(Continued on page 5)*

*THE ASCETIC...* (Continued from page 4)

our friend stumbling over logs, sliding on rocks, sticking in gumbo, tearing the skin on his legs and drinking water for which he does not thirst, yet never letting go of the rope; meanwhile, safely in the middle of the cataract, you spray your hauler with a stream of derision.

When this same man has also fed you exactly half his catch, and has made a double portage because of your injury, you can boast of having a friend for life, and one who knows you well. How does the trip affect your personality?

Allow me to make a fine distinction, and I would say that you return not so much a man who reasons more, but a more reasonable man. For, throughout this time, your mind has learned to exercise itself in the working conditions which nature intended. Its primordial role has been to sustain the body in the struggle against a powerful universe.

A good camper knows that it is more important to be ingenious than to be a genius. And conversely, the body, by demonstrating the true meaning of sensual pleasure, has been of service to the mind: You feel the beauty of animal pleasure when you draw a deep breath of rich morning air right through your body, which has been carried by the cold night, curled up like an unborn child.

How can you describe the feeling which wells up in the heart and stomach as the canoe finally rides up on the shore of the campsite after a long day of plunging your paddle into rain-swept waters?

Purely physical is the joy which the fire spreads through the palms of your hands and the soles of your feet while your chattering mouth belches the poison-

ous cold. The pleasurable torpor of such a moment is perhaps not too different from what the mystics of the East are seeking. At least it has allowed me to taste what one respected gentleman used to call the joys of hard living.

Make no mistake, these joys are exclusively physical. They have nothing to do with the satisfaction of the mind when it imposes unwelcome work on the body, a satisfaction, moreover, which is often mixed with pride, and which the body never fails to avenge.

During a very long and exhausting portage, I have sometimes felt my reason defeated, and shamefully fleeing, while my legs and shoulders carried bravely on. The mumbled verses which marked the rhythm of my steps at the beginning had become brutal grunts of "uh! uh! uh!"

There was nothing aesthetic in that animal search for the bright clearing which always marks the end of a portage.

I do not want you to think that the mind is subjected to a healthy discipline merely by worrying about simplistic problems. I only wish to remind you of that principle of logic which states that valid conclusions do not generally follow from false premises. Now, in a canoe, where these premises are based on nature in its original state (rather than on books, ideas and habits of uncertain value), the mind conforms to that higher wisdom which we call natural philosophy; later, that healthy methodology and acquired humility will be useful in confronting mystical and spiritual questions.

I know a man whose school could never teach him patriotism, but who acquired that virtue when he felt in his bones the vastness of his land, and the greatness of those who founded it.



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## *Official Fall & Winter Schedule - 2007/2008 of the Catarauqui Canoe Club*

Change in activity may be necessary due to weather or water conditions. 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 minimise 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.

**SEPT 26, Wed. 7-9 PM. ANNUAL GENERAL MEETING.** Ongwanada Auditorium, Portsmouth Ave near Calderwood. All of us have paddled some of it and some of us have paddled all of it – our beloved 175-year-old Rideau Canal! How was it built? How did it change from a military to a commercial to a recreational waterway? How and why did it become a World Heritage Site? What are the consequences for paddlers with a clubhouse on its bank? Come and enjoy an illustrated talk by the illustrious historian-geographer Brian Osborne: *The Rideau Canal: Past, Present and Future*. But first we must review the business of the club and elect new members of the executive. This is also a good chance to meet other paddlers, share photos, and tell stories of our paddling adventures.

**SEPT 29, Sat. (rain date Sun Sept 30) FRONTE-NAC CHALLENGE PADDLE AND HIKE.** Come and hike the 21 kilometers of Slide Lake Loop with access by canoe. After putting in at Buck Lake Narrows we shall paddle 4 km, cache our boats, hike around the Slide Lake Loop at a medium-fast pace, and then paddle back to the putin. Numbers will be limited and fitness is advisable. Call Margaret Wild 542 9626 by Sept. 24<sup>th</sup>.

### **GOT A GREAT PHOTO AND/OR ARTICLE FROM A CATARAQUI CANOE TRIP!**

**Email the article and/or photo with a short description to the Newsletter Editor!**

**editorccc@yahoo.ca**

**OCT 6, Sat. ROCK LAKES PADDLE.** Let us give thanks for picturesque waterways close to home! A leisurely paddle on three bonnie lakes and interconnecting creeks in the Catarauqui Watershed off Opinicon Road, with possibly one or two beaver dams to negotiate but no shuttle. About 15 km, but could be as short as 3 km if you wish. Includes an optional scramble to a scenic overlook, and lunch on a rugged island of Cambrian sandstone. Call Dug Carmichael 542 8628.

**OCT 13, Sat. DESERT LAKE AND BIRCH LAKE PADDLE.** Come and explore all the beautiful bays of Desert Lake and Birch Lake. About 20 km with option to take out after 12 km. No portages, no shuttle. Call Don 384 4346.

**OCT 14, Sun. TRIANGLE TRAIL RUN.** This will be a 5 km run in congenial company on cross-country ski trails near Charleston Lake. There is a \$5 entry fee, and a nonperishable item for the food bank is requested. Call Peter Kopp 546 9216.

**OCT 20, Sat. GOULD LAKE ORIENTEERING.** Can you find your way in open but trackless forest using nothing but a map and compass? Challenging and fun! Orienteering stations will be set out, and special orienteering maps with accurate contours will be

*(Continued on page 7)*

*(Continued from page 6)*

provided. Beginners are welcome. Call Peter Kopp 546 9216.

**OCT 21, Sun. BLUE MOUNTAIN HIKE.** Ray Wilson invites us to join a hike he will be leading for the Rideau Trail Association to the lofty (194 m) summit of Blue Mountain, which provides a stunning overlook of Charleston Lake, a heron rookery, the Adirondacks, Tug Hill Plateau and Rock Dunder. At least 8 km, or 14 km if Huckleberry Hollow is included. Rendezvous is at 0900 in the Canadian Tire parking lot at the Kingston Centre, near the gas station beside Bath Road.

**OCT 27, Sat. DOG LAKE PADDLE AND PIZZA PARTY.** A CCC premiere! Penny Paterson invites us to explore Dog Lake by canoe or kayak, and then come ashore at her cottage for a pizza party. Call Penny 353 6687.

**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.**

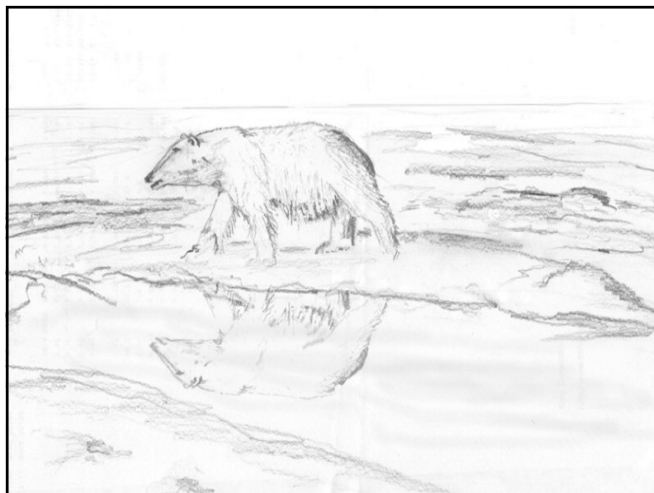
**NOV 3, Sat. CANOE LAKE TO KINGSFORD DAM PADDLE AND POTLUCK.**

A 16 km paddle via Desert Lake and Birch Lake will sharpen our appetites for a potluck at Nancy Young's cottage on nearby Eels Lake. Includes a portage (150 m) and an optional scramble to a scenic overlook on Birch Lake. The shuttle is only 5 km. Re paddling call Dug Carmichael 542 8628. Re potluck call Nancy 549 8856 in good time; attendance is limited to 18.

**NOV 10, Sat. FRONTENAC PARK HIKE.** This scenic 14 km hike from Perth Road to Clear Lake Road includes a stunning vista from Mink Lake Overlook, the highest crag in Frontenac Park. The car shuttle is 7.5 km. Call Ed Jezak 389 4459.

**NOV 18, Sun. ARKON BUFFLEHEAD HIKE.** Come and crunch through freshly fallen leaves in rugged terrain in western Frontenac Park. Starting and ending as a group, tackle 17 km with Carolyn Bonta or 12 km with Phil Jacobi, starting and ending at the Park Office. Call Phil Jacobi 389 1340.

**NOV 24, Sat. OPINICON HIKE.** What a different world when the leaves are down! Near Skycroft we can explore mysterious mineral pits, abandoned homesteads, sinkholes and springs... Call Dukke van der Werf 384 6054.



*Arctic Bear – Artist Debbie Twiddy*

**DEC 1, Sat. SCHEDULE-MAKING CHRISTMAS POTLUCK PARTY.** Be ye warily merry! With expert help Dugald Carmichael will host our seasonal party and roast a turkey, and we shall potluck most of the rest. New members are especially welcome. Please call Dugald 542 8628 in good time. Please also call if you might like to lead a scheduled activity next spring but can't make it to the party.

**For Trip Schedule Updates...  
Visit [www.cataraquicanoe.on.ca](http://www.cataraquicanoe.on.ca) or call the  
hotline at 544-8375**

**DEC 2, Sun. MARBLE ROCK CONSERVATION AREA HIKE.** Come and enjoy an 11 km loop-hike on scenic trails in Gananoque Watershed. Not much marble but plenty of beautiful bedrock, and splendid vistas of Blue Mountain, Wiltse Marsh, etc. Plus, for any GPSers among us, a geocache to hunt for! Call Ray Wilson 382 7189.

**DEC 8, Sat. OPINICON HIKE.** This will be a 12 km loop hike, mostly on trails but partly along a high, forested ridge between Garter Lake and Long Lake, starting and ending on Opinicon Road beside Upper Rock Lake. Call Dug Carmichael 542 8628.

*(Continued on page 8)*

*(Continued from page 7)*

**DEC 16, Sun. HIKE, SKATE OR SKI.** Winter conditions are unpredictable, but Gary Birrell can be counted on to find us a fun thing to do and a fun place to do it. Call Gary 389 5154.

**JAN 5, Sat. LITTLE CATARAQUI SKATE, SKI OR HIKE.** Close to home, inexpensive, and sure to be enjoyable. Warm shelter and amenities are available as they may be needed. Call Dukke 384 6054.

**JAN 12, Sat. MASSASSAUGA HIKE, SKI OR SKATE.** Once again Eric and Janice will lead an adventurous outing to exotic locales in the magnificent Massassauga Watershed. Call Janice 542 9958.

**WEATHER OR WATER CONDITIONS MAY  
NECESSITATE ACTIVITY CHANGES.  
CHECK WITH THE TRIP LEADER.**

**JAN 20, Sun. PUZZLE LAKE BUSHWHACKING HIKE OR SNOWSHOE.** Carolyn Bonta has been scouting some new adventures! Come and enjoy a challenging day on rugged terrain in this gorgeous undeveloped provincial park. If you think you can match or best Carolyn's endurance, then this trip is for you. Numbers will be limited. Call Carolyn 531 4578.

**JAN 26-27, Sat-Sun. GATINEAU SKI.** Gatineau Park offers superlative cross-country and/or downhill skiing with all the amenities. Expect an early departure on Saturday so that one-dayers can return to Kingston in good time. Others may wish to stay over and extend the fun. Call Ed Jezak 389 4459.

**FEB 2, Sat. GOULD LAKE BEGINNERS' SNOWSHOE.** An easy day of snowshoeing, on familiar trails close to home, with Michael Johnson in the lead. Snowshoes can be rented from Trailhead. Call Michael 531 4578.

**Ample notice is required if you are looking for, or wish to be a paddling partner, and, or you would like to rent a boat. We suggest you call the trip leader at least a week in advance.**

**FUNDRAISER FOR CATARAQUI TRAIL**

*Saturday, October 13, 2007*

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**FAMILY CYCLE 17 km – Start 10:30 a.m., Hwy #15**  
**CYCLE 60 km – Start 9:30 a.m., Sydenham Road**  
**CYCLE 37 km – Start 10:30 a.m., Perth Road**  
**CYCLE 33 km – Start 10:30 a.m., Kin Park, Harlem Road, Portland**

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**CATARAQUI CANOE CLUB  
ANNUAL GENERAL MEETING**

***Wednesday, September 26, 2007***

***7 p.m. to 9 p.m.***

***Doors Open at 6:45 p.m.***

In the Auditorium of the Ongwanada Resource Centre, 191 Portsmouth Avenue, Kingston

**Featured Speaker – Brian S. Osborne,  
Professor (Emeritus) of Geography at  
Queen's University**

*Speaks and Illustrates, "The Rideau Canal:  
Past, Present and Future".*

