



CATARAQUI CANOE CLUB

Newsletter

September 2016 (Fall - Winter)

Commodore's Note / News from the Board

If you look at the roster of the Board, you will notice that we have a new member. Jim MacLachlan was invited to join the Board in May, and he accepted without any arm-twisting. Thanks Jim, and welcome aboard. So we are back to being only two directors short of the normal complement.

Those who visit our boathouse should have noticed some changes. We had problems with the lock (again), partly due to the fact that the door was no longer rigid. We had the lock replaced, minus the keypunch mechanism. This is temporary. The locksmiths have ordered some part which will fix the original problem, but more than a month has elapsed without resolution. The original keys work in the temporary lock. To avoid future problems, we have had the door replaced. And, since our sign over the large door was deteriorating, we got a new one.

In anticipation of new regulations to come into effect in two years or so, the Treasurer is looking for a licensed certified public accountant to review our financial books. The larger firms that do this have

hefty fees, more than \$1,500.00. If anyone can suggest a licensed CPA who might be willing to do this for less, we would appreciate it.

Last fall, a Club member who works at The Seniors Centre asked whether The Centre could use the Club boats and facilities to offer an introductory paddling course to its members. Since we have a mandate to encourage paddling in our community, the Board supported the suggestion. The course was offered over a period of six Wednesdays, for two hours, from 6 July to 10 August. The Centre provided its own ORCKA-certified instructor. We provided the boats and equipment, and our boathouse. A Board member was at the boathouse during each session.

We have also provided again some assistance to the *K2O 200* paddling endurance race, run along the Rideau Canal route from Kingston to Ottawa. Please see the separate article in this issue.

Do not forget our Annual General Meeting on October 12 at 7 p.m. at the Ongwanada Centre. Attend, participate,



The sun rises over Kingston's Inner Harbour on Aug. 6th around 5 a.m., the race day of the challenging K2O 200.



K2O Race, Friday, Aug. 6th 05:50 am: Last-minute instructions to the crew of one of the two participating voyageur canoes

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and please consider assisting in managing our Club by standing for election to the Board. Any member in good standing can be a candidate.

If you do consider standing for election, I would appreciate a phone call or an e-mail soon, so that your name may be included in the material usually prepared for the AGM.

Ed Ježak
Commodore



K2O Race Day, Aug. 6th, Jim Lorimer and Ed Ježak

CATARAQUI CANOE CLUB plans TRANSITIONING to the ONTARIO NOT-FOR-PROFIT CORPORATIONS ACT, 2010

You may perhaps be aware that our Club is organized as a corporation without share capital under Ontario law. We received our "Letters Patent" on 17 September 1985. Our incorporators were Robert Dennis Burr (still a club member!) and the late Henry Lennox Cartwright. Mr Cartwright's daughter followed her father into the legal profession and is also still a club member. She has been our much appreciated informal legal advisor over the years and is now in fact one of our three honorary life members.

Since the Club incorporated under the ancient letters patent system, under which a corporation's existence was a privilege graciously granted by the sovereign upon petition by the incorporator-subjects, that system has been replaced by a system of incorporation by right, but the statute remained the same Ontario Corporations Act.

This changed in 2010 with the adoption of the new Ontario Not-for-profit Corporations Act (commonly abbreviated ONCA).

Although already passed by the Ontario legislature, ONCA still awaits formal proclamation at this time (yes, six years later and counting!). Once proclaimed, our Club will have two years to transition to this new statute, in particular to bring its bylaws and operating procedures into compliance with ONCA.

I was charged last year by your Board of Directors to review our existing bylaws and to suggest revisions. Although my review showed that by and large changes needed to meet new legal requirements will be modest, I considered it preferable to submit to the Board a complete redraft

of a proposed new operating bylaw, and that's where matters rest at this time.

Having a revised operating bylaw approved by both the Board and members will be a prerequisite when applying for continuance of Cataraqui Canoe Club Inc. under ONCA. When exactly this application for continuance can be filed will depend on when the Act is finally proclaimed. Some law firms speculate that this might occur before the end of 2016. If they are right, our application for continuance could at the earliest be filed late in autumn of next year, assuming members pass at the 2017 AGM, with or without amendments, the bylaw revisions submitted to them for approval.

The whole process will entail incurring legal fees for reviewing an in-house board-approved draft of the operating bylaw and for handling the application for continuance under ONCA.

In future, we shall also be obliged to issue our financial statements earlier and to have them reviewed by a licensed public accountant, and perhaps to file corporate tax returns as well (an ongoing new yearly expense of - very approximately - \$1,500 to \$2,500).

Although it may be tempting for members to think that these expenses are unnecessary for a small club such as ours, they cannot easily be avoided unless members agreed to CCC operating as an unincorporated entity, with its attendant particular organizational, banking, tax and internal control problems.

Harry Burgstaller

YOGA FOR CAMPERS

Having just returned from a three week camping trip, I expected that I would really notice that I was missing out on my weekly yoga classes. As it turned out I needn't have worried. There are many adaptations to yoga moves that proved useful while I was out canoe-camping with my tiny tent. I've decided to share what I've learned.

MORNING EXERCISES:

Be careful that you don't try these early morning exercises too vigorously with a full bladder. (An article on nocturnal yoga exercises is in the works.) Being tempted to hurry through the following stretches could undo any benefits derived.

1. RECLINING TWIST: This move is intended to disentangle the sleeper from the sleeping bag, sweaters, pillows, flashlights, and other paraphernalia that have encumbered the occupant overnight. Lying on your back, bend both knees up and roll them to each side as needed until you are free of most of the objects. Rest and take a few deep breaths—not too deeply if you've been camping for a few days and haven't had a chance to swim or wash.

2. THE SEATED STRETCH: Try to keep the sleeping bag wrapped around your torso while you strain to collect everything you will need to wear or use in the first fifteen minutes outside the tent. Is it raining? Listen for tell-tale signs as you breathe in for a count of six, and then out for a count of twelve. Don't worry about getting every single item. You'll almost

certainly be back shortly after your exit for the move that I have named the Return-to-Tent-for-Forgotten-Items stretch. If there's a flagon of rum in the tent pocket, grab it.

3. THE DRESSING STRETCHES:

Some campers skip these moves and simply pitch all their clothes outside the tent to be donned later. If you are in a busy campground or the weather is inclement this is inadvisable.

Dressing the upper body simply involves a few Half-Moon stretches, with the arms above your head, and a few twists of the torso which will warm you up for the more challenging moves involved in putting your pants on. There are two methods described below.

Make sure before you start either method that you are lying comfortably on your back and have all appropriate clothing within easy reach.

THE BRIDGE: With knees bent, place your feet flat on the ground close to your buttocks and tilt your pelvis. Raise your buttocks into the bridge position, then carefully lift and flex one leg towards you while you thread it through your pant leg. Once complete, repeat with the other leg. Raise buttocks again and completely pull up your pants.

LEG CRADLES: Because many people find the previous method a bit challenging, you can opt for this simpler method. Bend your knees up to your chest and give them a hug. Carefully feed your legs, one at a time, through your pants. Stop and rest.

Take three deep breaths. Give your knees another hug. Do a couple of leg cradles to loosen up your hips. It still will be necessary to do one full bridge lift in order to pull your pants up, but you'll feel much better for having done this.

4. THE DIAGONAL STRETCH: Now—reach for the tent zip and unzip it. I won't tell you what position to start from for this. Just be sure you don't have a knee or elbow planted on top of any person who happens to be sharing the tent with you at the time. Don't forget to co-ordinate your breathing with the stretches.

5. GOOSE-NECK-STRETCH: Look up. Look down. Look ahead, left and right. Is it raining? Are the bugs active? Are there any bears or raccoons out there? Do you need another layer of clothing? Where's your sunscreen/insect repellent/raincoat/bear spray? You may need to retreat back into the tent and repeat step two.

6. THE TENT EXIT: This is a very challenging series of moves especially if there is more than one occupant in the tent at the time. Some practitioners prefer to do this on hands and knees facing the tent door, but I prefer to back out of the tent, for several reasons: first, I can perform another diagonal stretch to nab a few extra items as I leave; second, I can pull the covers off my lazy tent partner from the door; third, I am in a perfect position to go directly into the best stretch of all, the Downward Dog.

In preparation for the rear-facing exit it is necessary to pivot from your forward-facing position before you start. To

accomplish this, roll over onto your belly, draw your knees under you, and fold forward into Child's Position. Rest here for a few breaths. It's ok if you cry a little. Care must be taken in this position if your bladder is full or you ate some of that yummy freeze-dried lentil and onion stew last night for dinner. You are now in a perfect position to back carefully out of the tent and go to the next step of the tent exit.

7. DOWNWARD DOG: After backing out of the tent—don't forget to re-zip the insect netting closed—straighten your legs behind you, extend your arms, and relax into the Downward Dog. If you sleep in minimal clothing you might want to check for other campers in the vicinity before you do this. Doesn't this feel good? Relax and enjoy the stretch. Ignore the mosquitoes. Breathe.

8. SUN SALUTATION: Come up to full upright position and windmill your arms to deflect the hungry insects. If the sun is visible, turn towards it. If it's cloudy, estimate where the sun should be and face it. Do a few sets of sun salutations. Who knows? Perhaps the sun will pay attention to you and the clouds will go away.

Smile and greet the morning. It's a lovely day, you're out of doors camping in a beautiful place. The day's adventures await you.

Debbie Twiddy

K2O 200 Race, Aug. 5th & 6th, 2016

Cataraqui Canoe Club of Kingston again supported this year's K2O 200 race, Ontario's longest non-stop paddling marathon, whose start took place right in front of our boathouse at 6 a.m. on Friday, August 5th. Participants gradually arrived to sign in on Thursday afternoon, to receive their racing kits and at 6:30 p.m. a race briefing from the organizers, Racing Beyond Reason.



Team Manitoulin getting ready to launch their canoe



The two voyageur canoes participating in 2016 K2O

The demanding endurance race requires paddlers to cover the 200 km distance from Kingston to Ottawa, including the 22 portages of the Rideau Canal system, in under 42 hours (allowing 6 hrs more than last year). The best boats had actually needed less than 24 hours in the past. This year's fastest boat was the men's C2 "*Strokes of Genius*" in 24:32:21 hrs, needing roughly 12 hours from Kingston to Smiths Falls and another 12½ hrs

to the finish in Ottawa.



Aug. 6th 6 a.m.: And they're off!

The well-trained eight-member *Team Manitoulin*, paddling in the "mixed voyageur class", was the only finisher in that class and achieved the third-best result overall in 27:50:43 hrs. The best men's K1 result was achieved by "*Never Trust A Redhead*" in 27:37:11 hrs. The best women's K1 results were obtained by *Christina Sutcliffe* and *Betsy Simpson* with separate virtually equal times of just over 31 hrs 7 min.

Our boathouse accommodated between Thursday 8 p.m. and Friday 5 a.m. at least 16 boats of participants, including the voyageur-style OPP rescue squad canoe of Team Manitoulin. The Club also made available washroom facilities and a water hose for refilling of portable water containers.

Two volunteers of the Club (Ed Ježak and Harry Burgstaller) were on duty both Thursday and Friday, and at least one club member (Dave Linton) actually took part in the race. Jim Lorimer, who had been Dave's partner last year, was unfortunately sidelined by injury and sadly could only assist in seeing the racers off on Friday.

FALL – WINTER SCHEDULE OF EVENTS

Saturday, October 1st: Deseronto to Napanee Paddle

We'll start from Deseronto and paddle west to Napanee via Bay of Quinte and scenic Napanee River. The total distance will be approximately 12.5 km. This will be a straight paddle from the put-in to the take-out, because opportunities for stopping or swimming along the route are limited to non-existent. Optional lunch at the lovely Waterfront Pub restaurant by the river at the take-out location. Or bring your own lunch; there's space to sit on the dock.

Note: Depending on wind conditions, waves may be encountered in the Bay of Quinte at the start of the paddle for about 2.5 km; a trip for experienced paddlers who are comfortable in potentially choppy water.

Contact Sam at:
samcheng3@gmail.com (preferred) or
613 770-4873.

Sunday, October 9th: Hike to Blue Mountain, Charleston Lake Provincial Park

A reasonable hike to Blue Mountain northeast of Gananoque on the southeastern shore of Charleston Lake. The fall colours are usually at their best during the Thanksgiving weekend in October. From the top of Blue Mountain we will have a panoramic view of the sur-

rounding area stretching for miles.

Contact Bob at 613 384-4482.

Wednesday, October 12th: CATARAQUI CANOE CLUB OF KINGSTON ANNUAL MEETING OF MEMBERS [AGM]

Please make an effort to attend; better still, volunteer to serve on the Board or assist in some other capacity. You will meet interesting people, and at the end of the formal meeting, Dugald Carmichael will give a presentation titled *Kayaking a Craggy Coast: Sea of Cortez*.

Place: Ongwanada Resource Centre, Portsmouth Ave, Kingston

Time: 7 p.m.; Registration, coffee / tea / juice and refreshments from 6:30 p.m.

Sunday, October 16th: Sheffield Conservation Area Hike

Come and hike in scenic granite barrens west of County Road 41, starting from and ending at a trailhead beside Little Mellon Lake, but mostly off-trail. Fall colours should be good. Let's hope we can relocate the original Rocking Rock.

Contact Dugald at 613 542-8628.

FALL – WINTER SCHEDULE OF EVENTS (continued)

Saturday, October 22nd: Desert Lake Paddle

A tour of the shores of the lake, about 15 km. Contact Don at 613 384-4346.

Saturday, October 29th: Potluck after a Short Paddle

Dave and Jen will be pleased to host this event after a paddle near the area of their home. Many of us came from a time and place when we had to make our own entertainment, so be prepared to bring your best voice, and/or musical instrument, share a favourite poem, or relate an interesting incident in your life...or just bring yourselves. If unsure what to bring for the meal, suggestions will be offered. Guest numbers limited, as this potluck will be indoors. CCC members and partners/spouses welcomed.

Contact Dave/Jen at 613 376-6883 for the potluck, and Ed at 613 389-4459 or ejezak@bell.net for the paddle.

Saturday, November 5th: Paddle and Potluck

A 16-km paddle from Canoe Lake via Desert Lake and Mitchell Creek to Kingsford Dam. This should whet our appetites for a potluck at Nancy's cottage (limited to 18 participants). Trip includes a 150 m portage, and an optional scramble to a high point over-

looking Birch Lake. For the paddle contact Dugald at 613 542-8628, and for the potluck contact Nancy at 613 549-8856.

Saturday, November 12th: Gould Lake Hike

We will start from the barn and hike on (or a bit off) marked trails on the west side that will lead us to mica mines and beautiful vistas in hilly, scenic and varied terrain. Contact Susan at 613 542-6146, but not after 8:00 pm.

Sunday, November 20th: Hike in Frontenac Provincial Park

We will hike on the Clear Lake Road until we come to the east boundary of Frontenac Park, then continue on the service road (actually still the Clear Lake Road), leading us to the Hemlock Lake Loop. We can have our lunch break at Campsite #12, which is situated near Hemlock Lake.

Contact Bob at 613 384-4482.

Saturday, November 26th: Hike Tetsmine Loop, Frontenac Prov'l Park

A late November hike to take in the long views of the landscape without the leaf cover on the trees. Enjoy the rugged hills, valleys and lakes unique to the northern sections of Frontenac Park. Basic loop is approximately 13 km with

FALL – WINTER SCHEDULE OF EVENTS (continued)

some possible extensions.

Contact Janice at 613 542-9958 for further details.

Saturday, December 3rd: Hike at Parrot's Bay Conservation Area

There are six kilometres of trails which cross woodland, wetland and field areas. The wetlands, woods and shoreline areas provide many opportunities for wildlife viewing and nature appreciation.

Call Paul or Janice at 613 877-3907.

Saturday, December 10th: POTLUCK AND SCHEDULING

Come to enjoy good cheer, great food, and participate in planning exciting events for late Winter and Spring of next year.

Hosts Margaret and Robert look forward to hearing from you at 613-542-9626 or margaretwild@sympatico.ca.

Saturday, January 7th: Little Cat Hike/Ski

We will start this winter season with some pleasant exercise in Little Cataqui Conservation Area. "Little Cat" is situated just north of the 401, off Division Street. It provides a total of 14 km of scenic hiking trails (or skiing, if there is enough snow).

Contact Dukke at 613 384-6054.

Saturday, January 14th: Ski or Hike

If we get a real winter, this will be a back-country ski off Arden Road. If not, it will be a ski or hike off Opinicon Road.

Contact Dugald at 613 542-8628.

Saturday, January 21st: Nordic Ski at Gatineau Park

We leave Kingston about 8:00 and arrive at the park office about 10:45, where we purchase day passes. We start skiing about 11:00. The trails are groomed, and labelled from green (easy) to black (tough). We shall have lunch at one of the huts and expect to be back at the parking lot between 2:00 and 3:30 in the afternoon.

Contact Ed at 613 389-4459 or ejezak@bell.net. (Assuming good conditions.)

Saturday, January 28th: Nordic Ski at the Triangle Ski Club

The Club boasts 35 km of picturesque trails, of which 17 km are groomed. To ski there, you will be expected to sign a waiver and pay a fee. You can check conditions at www.triangleskiclub.org.

Contact Jim at 613 382-8682. (Assuming good snow.)

Club name, address and contact details

Club's registered name	Cataraqui Canoe Club of Kingston Inc.
Postal address	PO Box 1882, Stn "Main", Kingston ON K7L 5J7
Physical location	The boathouse is located in Emma Martin Park at the Inner Harbour opposite (north of) the Woolen Mill
For updates of the current events schedule	Please see the Club's website: < www.cataraquicanoe.on.ca >
For all other questions	Please phone a board member or write to the Club's e-mail address below: < info@cataraquicanoe.on.ca >

Board of Directors and Executive 2015 - 2016

Commodore	(E)	Ed Ježak	613 389-4459
Vice Commodore	(E)	---position vacant---	
Past Commodore		Steve Manders	613 542-1054
Secretary	(E)	Gonny Moncur	613 549-5538
Treasurer	(E)	Ed Ježak	613 389-4459
Directors		Mary Buchanan Harry Burgstaller Jim MacLachlan Matt Shepherd Debbie Twiddy	613 536-5486 613 549-4832 613 382-8682 613 531-7370 613 374-1704

Program Appointments 2015 – 2016

Newsletter Editor	Harry Burgstaller
Boathouse Manager	Steve Manders
By-laws Review	Harry Burgstaller
Instruction	Mary Buchanan
Membership Secretary	Debbie Twiddy
Publicity and Special Events	Matt Shepherd
Volunteer Coordinator	Gonny Moncur
Web Master	Matt Shepherd