



# Canoe Club Open House

**MAY 7 & 8, 2019**

**6-8 p.m.**

**At the Boathouse (1 Cataraqui St.)**

Cataraqui Canoe Club Open House is held at the boathouse (on two evenings this year) from 6-8 p.m: Invite your friends, neighbours, colleagues! They may be surprised to learn that Kingston not only has a vibrant canoe/kayak club with a fleet available to members, but also an active outdoor programme that runs throughout the year.

## January 2019

### Notes from the Commodore

Hi CCCers!

A new year, some new stuff:

A revised online membership form will be available soon! Hopefully it is easier to use than either last years form or the paper form! We really would prefer that you use the online form instead of the paper form. It's much easier for us.

Same goes for payments ... please use e-transfer rather than a cheque.

The new boathouse page also has an online form for boathouse space renters.

There will be a few website tweaks coming to support the new forms, hopefully self explanatory. Below the "Join ..." top level menu item you'll see 3 new pages ... Signup, Fees and Boathouse.

As we get ready for the new membership season, I'd like to remind everyone that renewals are due March 31, including your

fee! This is especially important for renewing members with a boat in the boathouse. We should have your payment in hand by March 31, otherwise you stand the risk of losing your spot! At the last AGM we referenced an updated Boat Storage policy. It can be found on the Boathouse page on the website. Please review it.

Now we just need some snow!

All the best for 2019!

*- Peter, Commodore*



*Crooked Creek on a snowy day, 2017.*

# FEBRUARY-MAY 2019

**Changes happen - always check the website before taking part in a trip!**

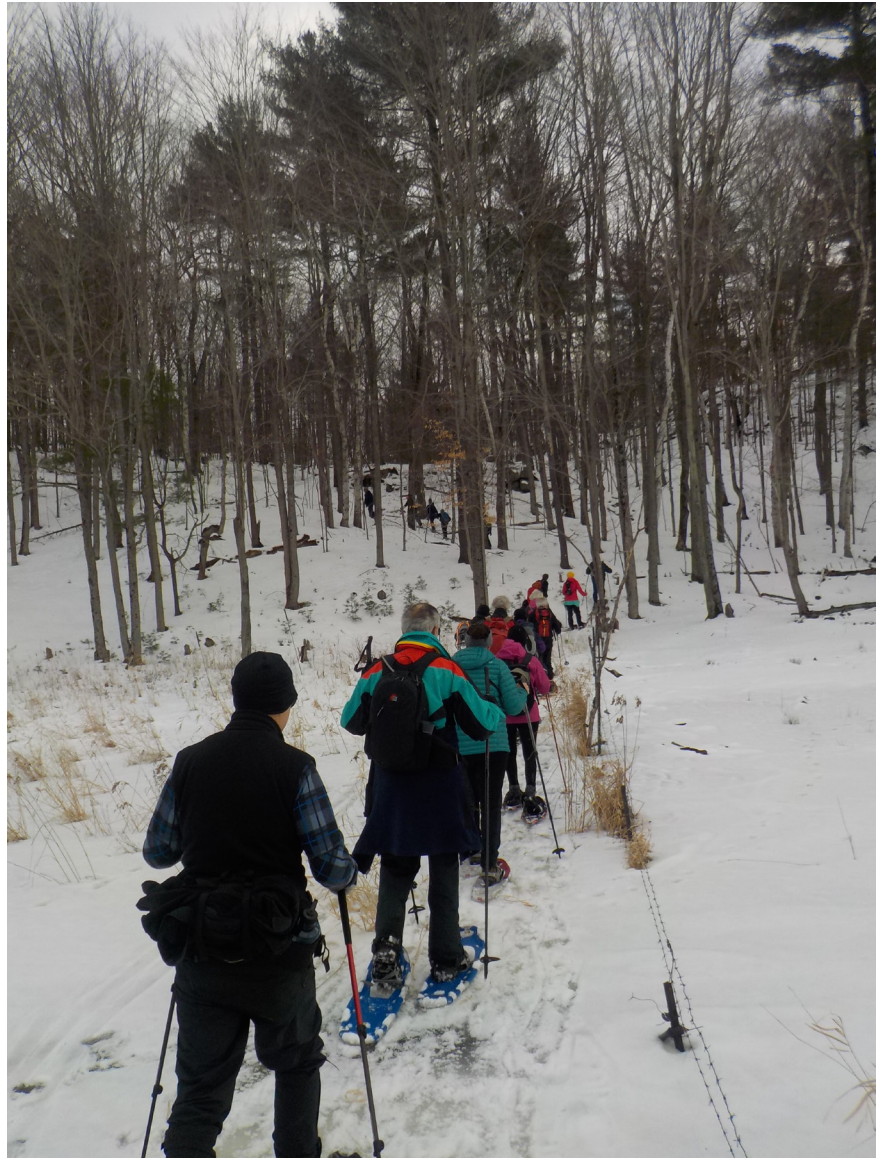
## **SATURDAY, FEBRUARY 2 – POTENTIAL CROSS COUNTRY SKI- TRIANGLE SKI CLUB**

Ernest Rae, a two year member of CCC and member of Triangle Ski Club, invites members to join him on weekly outings (usually on Sunday) of classical cross country skiing. Situated near Brockville, Triangle Ski Club boasts 35 km of picturesque trails with 17 km groomed for beginners, intermediate, and expert skiers. There are also snowshoe trails and an attractive chalet to warm-up in on brisk days. I'm told there is often snow in Brockville when lacking in the Kingston area.

These weekend outings (usually held on Sunday) are being offered through January into February.

*In consideration of unpredictable snow coverage and significant distance to Brockville, participants are advised to check the latest weather and trail conditions at: <http://www.triangleskiclub.org/Site/Home.html>*

*CCC aims to note any cancellation by Wednesday/Thursday of that week on the CCC website homepage (upper right hand corner.) The Day User fee is \$10:00. Contact Ernest via email at [zoloneca@yahoo.com](mailto:zoloneca@yahoo.com), and/or call 613-329-5031.*



*Dauntless in any weather: a 2018 snowshoeing trip. Photo: Beth Orr*

## **SUNDAY, FEBRUARY 3 TO TUESDAY, FEBRUARY 5 – PINECLIFF RESORT**

Join us on this three day excursion as we head to Pinecliff resort in Combermere, near Bancroft, where we have reserved Cottage #1. ([https://www.pinecliff.com/index.php/cottages/cottage-1-the-lodge#!cottage\\_1\\_1](https://www.pinecliff.com/index.php/cottages/cottage-1-the-lodge#!cottage_1_1))

Options will be to ski at Silent Lake on Sunday on the way there, and then ski Opeongo ski club on Monday (<https://opeongonordic.com/>) and if you still have energy after enjoying the indoor swimming pool and hot tub at the resort we can ski again Tuesday on the way home.

*Email Beth early as space is limited: [chickonwater@gmail.com](mailto:chickonwater@gmail.com)*

## **SATURDAY, FEBRUARY 9 – FRONTENAC PARK SWAMP HOP**

This is backyard territory for Janice and Eric who expertly weave their way across frozen swamps to find the most favourable scenic route. Starting from the trail centre, this may be a hike, ski or snowshoe depending on conditions.

*Park fees apply. Call Janice for latest indications: 613-542-9948 or email [janice.ley@cogeco.ca](mailto:janice.ley@cogeco.ca).*

## **SUNDAY, FEBRUARY 10 – POTENTIAL CROSS COUNTRY SKI – TRIANGLE SKI CLUB**

*See description February 2nd*

## **SATURDAY, FEBRUARY 16 – AMHERST ISLAND OWL WOODS**

Steve will be our informed guide: 'The Owl Woods on Amherst Island are world famous for owls in winter. You may see: Snowy, Barred, Northern Saw Whet, Boreal, Long Eared, Short Eared, and the occasional Great Horned Owl. Chickadees and Nut Hatches will eat from your hand. Woodpeckers and Northern Harriers are common. Viewings are erratic depending on feeding conditions - it is a good hike regardless.

*Bring binoculars, cameras, and suitable footwear for the km hike in. Where possible we will carpool from our rendezvous point – there is a fee for the ferry. Call Steve: 613-542-1054.*

## **SUNDAY, FEBRUARY 17 – POTENTIAL CROSS COUNTRY SKI – TRIANGLE SKI CLUB**

*See description February 2nd*

## **MONDAY, FEBRUARY 18 (FAMILY DAY) – SKI/HIKE FRONTENAC PARK NORTH**

We rarely schedule an official CCC trip during the week, but this is Family Day when most have a statutory holiday. Mary-Jean remembers northern Frontenac Park trails suitable for cross-country skiing when conditions are right and has asked Ed to lead a hike/ski in the area.

*Email Mary-Jean (preferred) [maryjean.mcintyre@gmail.com](mailto:maryjean.mcintyre@gmail.com) or call 613-583-1667 to join in.*

## **SATURDAY, FEBRUARY 23 – CATARAQUI TRAIL OUTING & SOCIAL GATHERING**

A few hours of skiing/snowshoeing /hiking (depending on weather and inclination) on the Cat Trail starting from Ingrid's home at the north east end of Sydenham Lake. Bring your lunch to enjoy early afternoon on the trail or later at Ingrid's, where hot beverages will be provided to sip on in front of the fireplace.

*Contact Ingrid for details at 613-376-6787 (before 9 p.m.).*

## **SUNDAY, FEBRUARY 24 – POTENTIAL CROSS COUNTRY SKI – TRIANGLE SKI CLUB**

*See description February 2nd*

## **SATURDAY, MARCH 2 – GATINEAU CROSS COUNTRY SKI DAY TRIP**

Beth is planning to ski in the Gatineau on Saturday March 2. This is planned as a day trip and we will decide what trails we will ski once we know the needs of the group and the conditions.

*Email Beth at [chickonwater@gmail.com](mailto:chickonwater@gmail.com) to take part.*

## **SATURDAY, MARCH 9 – HIKE/SKI/SNOWSHOE BLUE MOUNTAIN**

This trip is a combination of trail and off-trail hiking at Blue Mountain on the south side of Charleston Lake. The hiking trails leading to and from Blue Mountain are great for skiing, and there are opportunities to stray from the trail to take in other points of interest. The ascent to the top of Blue Mountain is challenging and the view





*"I believe the children are our future."  
- Whitney Houston - Steve Manders*

from the top wonderful. Depending on conditions we may ski down or scramble on foot if hiking.

*Call Jim for an update: 613-382-8682.*

## **SUNDAY, MARCH 17 – ST. PATRICK’S DAY URBAN HIKE**

Urban Walk on the verge of spring.....Happy St. Patrick’s Day! We shall meet at Lake Ontario Park for a walk along the lakefront, across the causeway and up to the Barriefield Rock Garden. Perhaps stop for a green beverage on the way back.

*Approx. 15km full day hike. Please contact Karen Alexander: kaalexander9@gmail.com or 613-331-1050.*

## **SUNDAY, MARCH 24 – WILDERNESS HIKE NEAR PARHAM**

One hour from Kingston, a 200-acre wilderness property, soon to be turned over to the Land Conservancy with very restricted access. Before then, come and explore these moderately rugged trails, max. 10km, hiking over rocks, past ponds, with lunch stop at a beautiful waterfall. Warming cabin on the property.

*By landowner’s request, maximum 8 participants, first come, first served. If enough interest, a second mid-week hike will be organized. Call Mieke Van Geest, 613-546-7542 for more information and to sign up. Car-pooling will be required.*

## **SATURDAY, MARCH 30 - NAPANEE RIVER WHITEWATER PADDLE**

The 8 km stretch between Yarker and Camden East is an excellent introduction to whitewater for beginners. Near the put-in and take-out are two 500m Class 1 rapids. If you are a competent flat water paddler and ready for a taste of whitewater, perhaps you could tandem with a CCC veteran in a fully fitted club whitewater canoe. (Mark tells us you will be back in time for Karen’s party!)

*Remember this is early season at peak water levels, and adequate cold water protection is essential (e.g., wetsuit). Call Mark on his cell: 613-328-6854. (Note: Plans may be changed, rescheduled, or cancelled depending on weather and water levels.)*

## **SATURDAY, MARCH 30 – POTLUCK SCHEDULE MAKING PARTY**

Once again Karen has volunteered to be our congenial host at a time of year when a party is most welcome and anticipation of summer is at its height. Come to enjoy good fellowship, good food and fun as we plan the best summer paddling ever. New members are especially welcome, knowledge of canoe routes is not a prerequisite!

*Call Karen at 613-547-2691 to join in.*



*Dugald takes the plunge at Mellon Lake.  
Photo: Steve Manders*



## **SATURDAY, APRIL 6 – LOWER SALMON RIVER WHITEWATER PADDLE**

Paddle the scenic, cedar-fringed Lower Salmon River starting at Roblin and continuing for 12 km to Kingsford through swifts and Class 1-2 rapids with two short portages.

*Some whitewater experience, plus cold-water protection (e.g., wetsuit), and suitable watercraft and equipment, are essential as the water will be frigid and at peak levels. Call Mark on his cell: 613-328-6854 to take part.*

*(Note: Plans may be changed, rescheduled, or cancelled depending on weather and water levels. A parking fee at Kingsford Conservation Area may apply.)*

## **SUNDAY, APRIL 7 – PARROTS BAY HIKE**

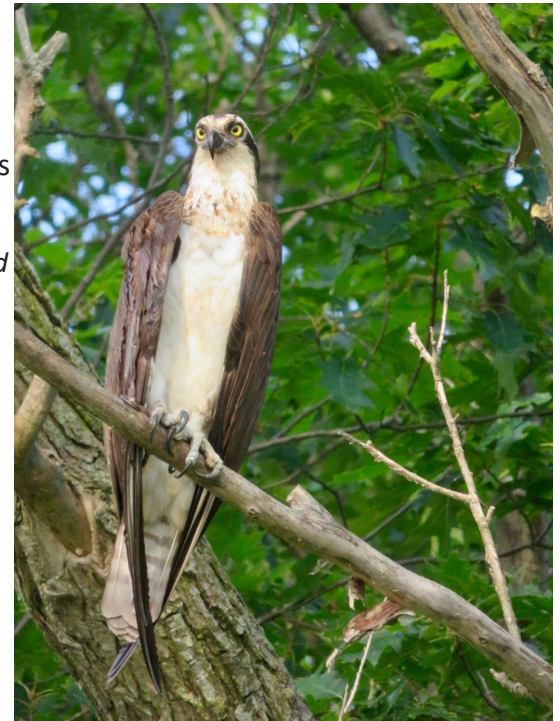
A morning hike with Mary-Jean to get your weekend off to a good start! Enjoy early returning birds on up to 6km of wood and wetland trails through scenic Parrott's Bay.

*Email Mary-Jean (preferred): maryjean.mcintyre@gmail.com or call 613-583-1667 to take part.*

## **SATURDAY, APRIL 13 – MASSASSAUGA CREEK PADDLE**

The club's first flat water paddle of the season, and another CCC classic orchestrated by Janice and Eric. There may be snow on the banks but it's intoxicating to be afloat again. There are invariably beaver dam lift-overs which may be better handled by canoe. A short bush whacking hike will be arranged around the lunch stop.

*The creek is sheltered but water and air temperatures remain low. Contact Janice for details: 613-542-9958 or email janice.ley@cogeco.ca.*



*Watching over an Open Paddle night: an osprey at Belle Isle. Photo: Pamela Cornell*



*Welcoming friends new and old at our Open House, Mary provides both smiles and snacks! Photo: Steve Manders*

## **SUNDAY, APRIL 14 – OPINICON ROAD HIKE**

We will aim for a moderately long and not too difficult trail hike in the Opinicon Road area. The Opinicon Road is an approx. 40 min drive from Kingston. Good hiking boots are required as we might have to negotiate puddles, streams, wetlands and rough bits of trail. However, the scenery will make it well worthwhile.

*(Depending on weather conditions we might end up hiking in Lemoine Point, which will shorten the hike and the drive and make it a half-day event.) Call Dukke at 613-384-6054 for further details.*

## **SATURDAY, APRIL 20 – SECOND WHITE WATER RUN ON LOWER SALMON**

Paddle the scenic, cedar-fringed Lower Salmon River starting at Roblin and continuing for 12 km to Kingsford through swifts and Class 1-2 rapids with two short portages. This will be CCC's second run on the Lower Salmon, but likely one of many for Dugald.

*Water and air temperature will have warmed to some extent, but check with Dugald (613-542-8628) as you sign up, to see if a wet suit is essential and/or you have sufficient white water experience.*

### **SATURDAY, APRIL 27 – HARDWOOD CREEK, VERONA TO PETWORTH.**

When raised by spring runoff, Hardwood Creek and the Napanee River provide a secluded 18km paddle with a 19km shuttle. Mostly flatwater and gentle current but includes about 300 m of swifts with bouncy waves at Petworth.

*Suitable for all paddlers, with an option to shorten the trip to 13km by taking out 1km north of Petworth. 19km Shuttle. Call Bob at 613-384-4482 to take part.*

### **SUNDAY, APRIL 28 – MOIRA RIVER WHITEWATER PADDLE**

Paddle the Moira River from Lost Channel near Tweed to Latta with a short shuttle in the middle. More challenging than the Napanee or Salmon Rivers, but still Class 2 rapids with the occasional touch of Class 3 if water levels are high. This has been a long time favourite of many in the club. It is suitable for beginner whitewater and intermediate paddlers depending on the water levels.

*Participants must have suitable cold water protection (e.g. wetsuit). Club boats may be rented to members. Call Steve: 613-542-1054.*

### **SATURDAY, MAY 4 – GANANOQUE RIVER PADDLE**

The Gananoque River contains marvelously scenic views, including the lakes and streams that extend its watercourse. This paddle is section number one of three that form the Gananoque River Paddling Trail which winds through the heart of the Frontenac Arch Biosphere Reserve and the Thousand Islands watershed. Larry plans to start by launching on the River in Gananoque, paddle upstream for approx 1.5 hours and then return.

*Suitable for all levels, no shuttle or portages. Contact Larry by e-mail: [larrys@kos.net](mailto:larrys@kos.net) or phone 613-372-0858.*



*Good paddling and good company on the Napanee River, May 2018. Photo: Sam Cheng*



## CATARAQUI CANOE CLUB OPEN HOUSE

**MAY 7 & 8 (TUE/WED) 6-8 p.m.**

Cataraqui Canoe Club Open House is held at the boathouse (on two evenings this year) from 6-8 p.m: Invite your friends, neighbours, colleagues! They may be surprised to learn that Kingston not only has a vibrant canoe/kayak club with a fleet available to members, but also an active outdoor programme that runs throughout the year.

Come to renew acquaintances, make new ones, see what's happening over the summer and sign up for clinics. Enjoy refreshments and demos from local outfitters. (If you have not already done so, a chance to renew your membership.)

## SUNDAY, MAY 12 – NAPANEE RIVER MOTHER'S DAY PADDLE

No whitewater this time, just a gentle current on one of the prettiest stretches of Napanee River upstream from Petworth. Trees will be starting to leaf, spring flowers to bloom and perhaps fiddleheads ready to pick.



*A good meal after a good paddle at Jones Falls in June. Photo: Steve Manders*

Distance, pace and time will be adjusted to the ability of the paddlers, but is usually about 2-3 hours round trip with a break for lunch.

*Bring your Mom, children, grand-children! Details from Debbie at 613-374-1704.*

## SATURDAY, MAY 19 – GOULD LAKE PADDLE

A local gem! Dugald invites us to enjoy a leisurely exploration of Gould Lake, with its 18km of mainly undeveloped shoreline and its dozen picturesque islands. We shall paddle

about 12km and beach on a sandy bay for lunch.

*We hope to attract new paddlers at Open House and this 12km paddle could be suitable for beginners. No shuttle or portages: Call Dugald 613-542-8628 (preferred) or email [dcarmichae1@cogeco.ca](mailto:dcarmichae1@cogeco.ca).*

## SATURDAY, MAY 25 – LOUGHBOROUGH LAKE SHORELINE PADDLE

Explore part of the Loughborough Lake shoreline, starting from Perth Rd. With spring water levels, we can paddle into various creeks and bays, observing shoreline plants and birdlife. 10-12km. We'll stop for lunch on a small beach (depending on water levels) in a hidden bay.

*No shuttle or portages: For more information and to participate, call Mieke Van Geest, 613-546-7542 (preferred) or email [mvangeest@cogeco.ca](mailto:mvangeest@cogeco.ca).*





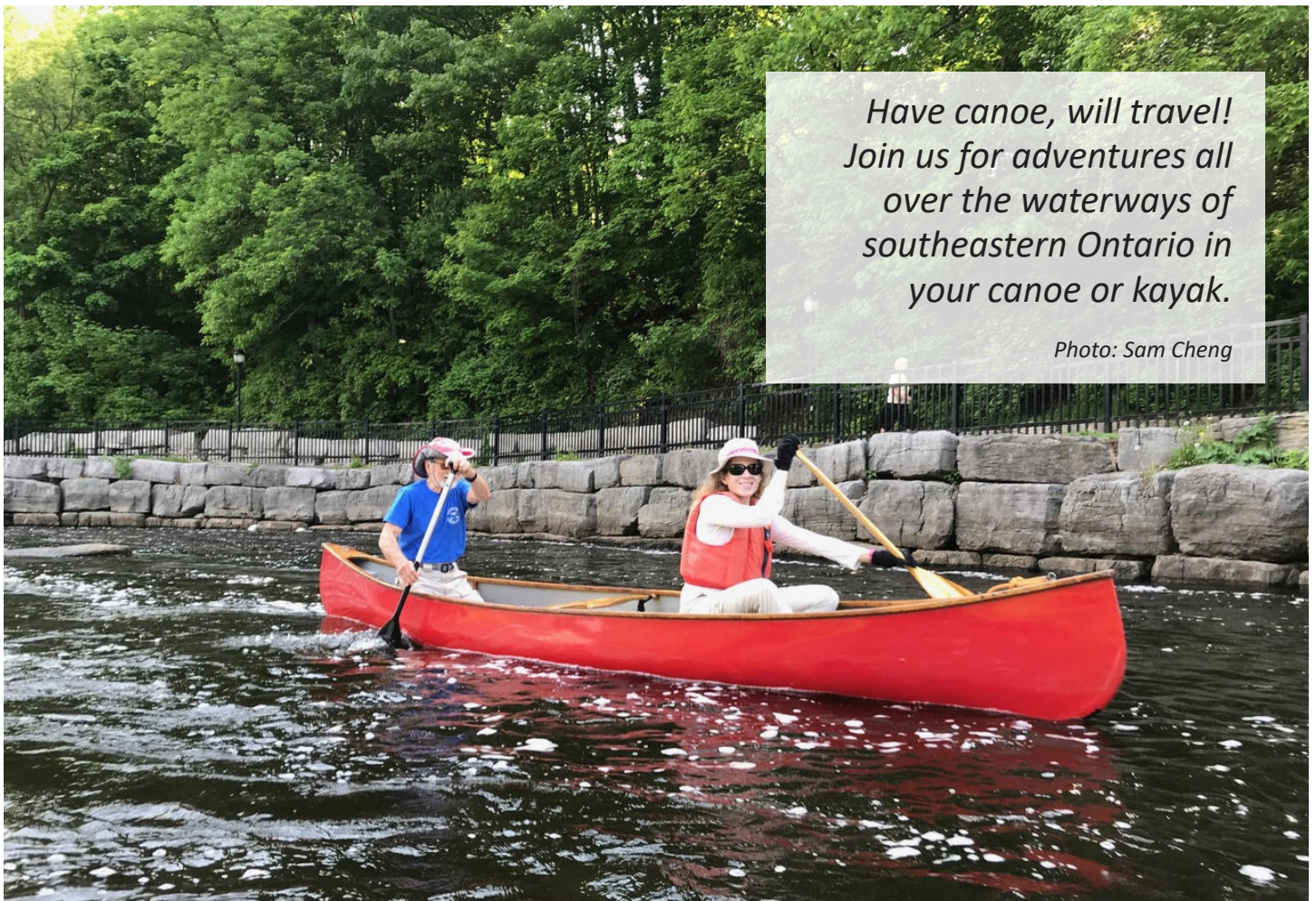
CATARAQUI CANOE CLUB  
Box 1882, Kingston ON K7L 5J7  
Boathouse: 1 Cataraqui St.  
(North of the Woolen Mill)  
[info@cataraquicanoe.ca](mailto:info@cataraquicanoe.ca)  
[www.cataraquicanoe.ca](http://www.cataraquicanoe.ca)

**Board of Directors:**

Commodore — Peter Bedoukian  
Vice-Commodore — Jim MacLachlan  
Past Commodore — Steve Manders  
Secretary — Ed Jezak  
Treasurer — Paul Jepson  
Mieke Van Geest  
Mary Buchanan  
Clive Hansen  
Stacey Airhart  
Margaret Wild

**Program Appointments:**

Boathouse Manager: Steve Manders  
Communications: Clive Hansen  
Facebook: Stacey Airhart  
Newsletter: Matt Shepherd  
Instruction: Jim MacLachlan, Gail Pringle, Ed Jezak  
Membership Secretary: Mieke Van Geest  
Volunteer Coordinator: Stacey Airhart  
New Member Liaison: Mary Buchanan  
Recreational Schedule: Margaret Wild



*Have canoe, will travel!  
Join us for adventures all  
over the waterways of  
southeastern Ontario in  
your canoe or kayak.*

*Photo: Sam Cheng*