

CATARAQUI CANOE CLUB



KINGSTON

==== April == 1985 == May =====

Snow Road / Calabogie Weekend

January 26 & 27 1985.

Pam, Brian, Carla, Alan, Bobby, Andrew, Anne, & Charles all met at Calabogie for cross-country skiing. After an enjoyable day of skiing we picked up Craig who had opted for down-hill skiing, dropped off Carla at Dennis' parent's cottage in Calabogie and headed to Millard's cottage where Geri was preparing supper.

On Sunday we skied at the cottage around the bush roads up to the rapids. While having lunch at the cottage we saw eight deer crossing the river, not very far away. Reluctantly we headed home in the late afternoon.

by Charles Millard

CRAIG TRAILS

Sat. Feb. 2

A large fraction of the club were at Craig Trails by noon Saturday. After the aquatics of the previous evening, some straggled in later than the planned 10:00 meeting time.

Conditions were excellent:- new snow, groomed trails, and -10 C temperatures.

Due to the staggered arrival times, the party was split into several groups. One group included Mike Barry, a new skier, who valliantly leveled nearly every mogul on Weathertop trail and covered himself with glory (or was that snow?).

Franz proved to be as able a skier as he is a canoeist while Dennis was rumored to have performed one (and just one) Telemark turn.

Much hot cider was consumed at the lodge. Due to the easy viewing from the lodge and the relatively easy snow conditions, many were tempted to show off by going down "Lobotomy Drop". Few succeeded, but the spectacle afforded much amusement. Late afternoon we all parted, some to tackle the Canadian Ski Marathon the next weekend.

reported by Debbie Fisher

(Ed. note: Debbie, does that mean that Franz is a good skier or not?)

We had lots of fun!

First we had a raft race. There were two teams. Each team had to build a raft with flutter boards, ropes, a life ring and floats. Then we had to put it in the water and race around the pool. My team, the Huckleberry Finns, beat the Tom Sawyers.

The winners of the dog paddle race won dog biscuits. It was hard to swim with the long night gowns on in the night gown relay race. It felt funny; the gowns were heavy. It was fun swimming in the feet first relay race, especially when Dennis and Mommy pulled me back.

The water ballet was very, very hard to do. Everyone tried to do whatever their team was doing, but sometimes it was hard to follow what the person in front was doing.

The prizes were good!

by Andrew Millard

THE POOL SESSION HELD FEBRUARY 1, 1985 WILL GO DOWN IN THE ANNALS OF CLUB HISTORY AS AN EVENING OF " INDESCRIBABLE PERFORMANCES."

THE RAFT RACE CLEARLY DEMONSTRATED EVERYONE'S ENGINEERING AND KNOTTING CAPABILITIES. THE FINISHED PRODUCTS WERE TRUE EXAMPLES OF THE CO-OPERATIVE SPIRIT. HAVING A TIME LIMIT NOT ONLY SERVED TO HEIGHTEN THE HILARITY BUT TO INTENSIFY THE VIGOUR THAT EACH TEAM DISPLAYED IN ITS EFFORT TO SUCCEED.

THE DOG PADDLE AND BACKWARDS RACES PRODUCED SOME INTERESTING IF NOT VOCAL (BARK, BARK) PERFORMANCES.

THE NIGHTGOWN RACE SEDUCED OUR OFFICIAL PHOTOGRAPHER, (NEGATIVES OF THOSE CAUGHT IN UNCOMPROMISING POSITIONS AND ENJOYING THEMSELVES WILL NOT BE SOLD.) ONE OBSERVER FOUND HIM LAUGHING DELIGHTEDLY AT A MEMBER WHO LOOKED ESPECIALLY PROVACATIVE IN HIS "NIGHTIE".

EVERYONE'S FLAIR FOR THE ARTISTIC WAS EXEMPLIFIED BY THE SYNCHRONIZED SWIMMING. THE INITIAL GROANS AT THE REQUEST FOR THIS EVENT WERE SOON REPLACED BY GRACEFUL EFFORTS WORTHY OF THE GOOD SCORES THEY RECEIVED.

MANY THANKS MUST GO TO THE ORGANIZER(S) AND PARTICIPANTS WHOSE CO-OPERATIVE SPIRIT AND GOOD SPORTSMANSHIP MADE IT A VERY MEMORABLE AND ENJOYABLE EVENING.

WE ALL LOOK FORWARD TO RELIVING THE FUN AT A FUTURE FILM NIGHT.

THANK YOU JOHN MITCHELL FOR YOUR FINE ARTICLE !!

Kayak Seminar

On Sunday, February 17 and 24, I had the pleasure of attending, together with Club members and acquaintances, the kayak seminar/pool session at the Queen's University pool. The programme was conducted under the auspices of Dennis Burr who did everything possible short of offering open white water experience to those who attended.

At the first session, Dennis instructed us in the basics:- how to get into the kayak; hold the paddle; and the various forward, back, and sweep strokes. We underwent wet exit exercises and then practised the various strokes and turns.

The middle events included a video-taping, on an individual basis, of a full pool length's paddling, 180 degree turn and a full length back again. This proved a very useful exercise complemented by Dennis' constructive criticism.

The closing minutes (over 45 of them) were consumed by Dennis' monologue/presentation on equipment and kayak features, and interrupted by numerous questions and answers.

The second and final Sunday started with a pool-deck warm-up and then a few minutes reviewing/practising the previous week's drills. The bulk of the session was divided between learning rolls and working on braces (high and low), sculling across the pool, and rescues.

Again, Dennis did some video-taping which was available for review at Karen Orgee's house. Karen also invited the folks to an informal brunch which was well appreciated.

I enjoyed every minute of the 6 hours and would like to thank, on the behalf of those who attended, Karen for the use of her facilities and to Dennis for a splendid introduction to kayaking.

Certainly, Dennis was correct in saying that now the course is over he hopes that a sense of frustration would develop at not being able to get back into a kayak soon enough - that goes for me and my two sons.

presented by Bruce Kirton

THE GREAT "CANADIAN SKI MARATHON" WEEKEND

It was finally February 8th, and after weeks of anticipation we were on our way towards Montreal, to participate in the annual ski marathon between Montreal and Ottawa. The marathon was in its 19th year, and for the first time we learned they had run into real financial difficulties. This changed a number of factors in the organization, but the ski was on and in spite of the changes, we were looking forward to a good weekend.

Dennis and I had been booked to stay in a high school in Hawkesbury, a town about 25 km from the start line. We arrived late on Friday night but there was lots of room on the gym floor which was reserved for the 'open touring' skiers. Another gym had been set aside for the harder 'Courier de Bois' skiers. They had to get up at 4 AM in order to reach the start line by 6 AM, to give them time to complete the course.

The next morning saw us up at 5:30 and after a cafeteria breakfast of starch and grease we were off. We were late starting because we couldn't find the start-line, but by 8:15 or so we were skiing. There were new people starting constantly, and if you looked ahead or behind you saw a solid line of skiers.

The beginning trail followed a river with lots of room for the faster skiers to pass by. It was great to see all the different ages and abilities in the people there, from 5 to 85! As the trail wound on we had to cross a number of roads, but were soon in wooded country. This gradually developed into a variety of meadows, rolling terrain and forested areas and lakes. The trail in the meantime had narrowed down to two tracks, and sometimes only one. This was sometimes frustrating for the better skiers, especially when a bottleneck developed, but generally it worked out alright.

I hadn't seen Dennis for a long time now, as he had forged on ahead (just like when we paddled the Rideau together), and neither had we seen any of the other hardy canoe club members. At 10:30 I reached the second checkpoint, 15.7 km from the start. The hot drinks and munchies were welcome, but I was anxious to go on because we had been told we would have to turn around at 11 o'clock. But here I met with Dennis again who had reached this checkpoint at 10:10, and he was told he couldn't go on. Needless to say he was a little 'upset'. So we turned around and headed back. Shortly afterwards we met Allan Nichols and we spurred him on with stories of peanuts, glossettes, oatmeal cookies, and warmed Tang. (not quite as satisfying as we would have liked, but certainly better than nothing). Halfway back to the start a snack stop had also been set up, and here we met Tim for the first time. Dianne had reached the 2nd CP in time to go further and had kept going. She was determined to get at least a bronze standing in the open touring class, which meant she had to complete a total of five sections. For Dennis, Tim and I the days skiing was done by 1 PM, with two sections completed. Dianne did 3/4's of the second section, so had done a days total of three and one half sections.

The next morning we had to be up even earlier because the drive to the beginning of CP seven, the days starting point, was at least an

hour away. We arrived there with time to spare and met Tim and Dianne. We couldn't start right away as many Courier de Bois skiers were still coming through. They had started at the beginning of the previous section at 6 AM. For the ones trying to get a gold, this also meant camping overnight and carrying all their gear. The silver category involved carrying a 5 kg pack and completing all sections. And the bronze had to complete all sections. Unfortunately there is a cutoff time at which these skiers have to reach CP 7 and many of them didn't make it. Obvious disappointment was on many faces as a red line was drawn through their numbers.

Sunday was a beautiful warm sunny day and it was a pleasure to be skiing. Also the scenery was gorgeous, and there were fewer people on the trail. Saturdays skiing had been really good too, but it was quite cold, and not as spectacular. It was also more challenging on Sunday. Imagine what a long, winding, steep hill would be like after 500 skiers had snowplowed and fallen down it. Both days involved steady climbing, which made the going hard work but the return relatively easy. We made better time today and reached CP 8 before 10 AM. This time we were allowed to go on. I did another 5 km and turned around just before 11 AM. My left shoulder was giving me trouble and soon I couldn't use it anymore. It turned out I had developed a tendonitis so I got a ride back to the start from CP 8. In the meantime Tim had already turned back; Dianne had reached the halfway point to CP 9; and Dennis was 2 km short of that. They met each other on the way back and Dennis coached and coaxed Dianne back to the beginning. If you had skied 102 km you would be tired too! Well done Dianne, you deserved your Silver!

Let's see how everybody else did: Dennis 73.4 km; Tim 57.4 km; Carla 49 km; and Allan 31.4 km. Also, John and Ginny Moss, friends of Dianne and Tim were along, who had in fact talked them into joining the marathon. They are also new members of the club. Welcome, and congratulations on doing so well. John and Ginny did 8 and 7 sections respectively, and their daughters Julie and Lori did 4 and 7 sections. Well done everybody!

On Sunday night there was a banquet held in Hull at the Palais de Congress. Before that we had the pleasure of using the facilities of a health club in the building; hot tub, sauna etc. Just what we needed! The banquet itself was less than we expected, in that there were no awards presentations or speeches, as in previous years. But we had a good meal and friendly table talk. We did learn that there were many people who have participated yearly, and many who have accomplished the Gold Bar award or others numerous times. Quite a feat.

All in all, we really enjoyed the experience and the skiing, and would encourage anyone to try it. You simply do your best. Our hopes are that next year their organization is again up to previous years standards and that they can again offer shuttle bus and other services which we missed out on. Also we would make our own arrangements for food and accommodation as we didn't feel we got our monies worth. But the skiing conditions were excellent, and it was really inspiring to see so many similarly interested people enjoying the great pleasures of winter. Here's to next year.

by Carla Deutekom

Napanee River

March 2, 1985.

The sound of a telephone ringing shattered the peaceful Saturday morning musings of Dennis and Carla recently. It was Mike with a proposal so bold it brought gasps of amazement from all listening. ..most of Wilton. "How about a canoe trip down the Lower Salmon today? It's only -5 C." Dennis and Carla, of course leapt at the idea of an icy trip down a raging river.

Arrangements were made to meet at noon and the search was on. Amidst ski wax, bindings, poles and other miscellaneous stuff we found three paddles, two lifejackets, one canoe and half of a set of kneepads. Next project: ..checking if we still fitted into our wetsuits ...tight fit but with a little vaseline and a lot of tugging.....

We, of course, also had to obtain the usual quota of duct tape for our rapidly aging Scott canoe.

Noon arrived and so did our friends. They too had been valliantly searching for equipment and brought everything necessary for a safe and successful trip....well, nearly everything. Those of you who attended the kayak sessions remember the 20 minute lecture on what to bring...didn't Dennis mention a spray skirt being essential?

We decided a more conservative river would be in order seeing as we had a less than perfect equipment situation, so we tackled the Napanee.

The launching was easy. a) put boat on snowbank. b) jump in. c) slide down.

The river was very cold but it was pleasant to be on moving water again. One thing we discovered of considerable importance to paddlers is that aluminum paddles are too cold in low temperatures, unless your hands are very well protected.

Another point of interest on the trip was a new type of rock we found. I noticed the first ones....white crystalline in structure, and they float! On closer inspection they seemed to form in wide sheets at points where the current slows...in fact we had to break up some of them to get through. When I picked one out of the water, it was quite cold to touch and shrank rapidly. Any ideas? We did in fact have to get out and walk a few lengths where the river was blocked up completely.

By the end of our 1 1/4 hour trip we were all quite chilly and glad to get back to Wilton where Mike electrified the villagers by appearing in the general store clad in full wetsuit and lifejacket. Cookies and hot tea finished one of the earliest trips ever made by Cataraqui Canoe Club members.

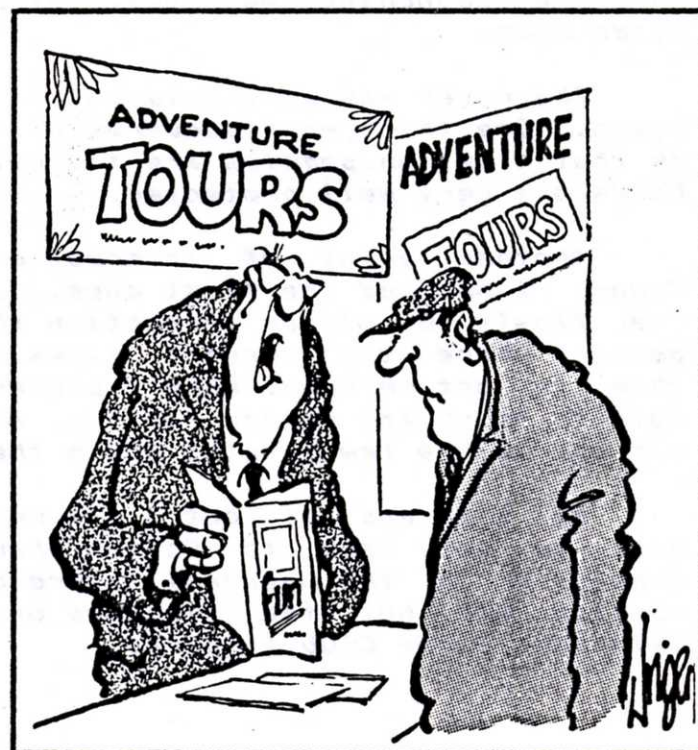
by Debbie Fisher



"Arnold, will you please stand away from that on/off switch."



"I hope you know your stuff. I'm a very weak swimmer."



"Here's one you'll love! Two weeks in an open boat without food and water."

DRESSING FOR SPRING PADDLING

Spring time is the best season for whitewater canoeing and kayaking due to the abundance of run-off water filling river beds that are otherwise dry. Days can be warm, the birds sing, and flowers bloom, giving everything a quality of beauty that make paddlers yearn to be on the water. One thing we must remember, in our haste to get into our boats, is that the water can be treacherously cold. Even a short swim can be potentially fatal unless we are dressed and prepared for this occurrence.

In this article we will attempt to address the problem of suitable attire for spring paddling and additional equipment to thwart that demon "HYPOTHERMIA".

As in cross-country skiing, layering appears to be the method of choice. This way we can adjust our clothing to meet our immediate temperature requirements.

Starting from the inside and working our way out, we first find ourselves staring at long underwear (depending on who is wearing it of course). These should be either wool or polypropylene. Both are good for warmth although polypropylene is better because it dries quicker (helping to offset body cooling due to evaporation); it has a slightly lower thermal conductivity, making it warmer (especially when wet); it is lighter (it actually floats although this does not mean it will replace your life jacket); and IT DOES NOT ITCH. Also on the inside we find wool socks unless you are lucky enough to have polypropylene socks.

The next layer should be a waterproof insulating layer. Usually this takes the form of a Farmer John wetsuit, although I do see people paddling in rain suits with street clothes underneath. Both are fine for keeping you dry from water that splashes onboard but in a swimming situation the wetsuit is far superior in keeping you warm and is also buoyant. Wetsuits are pricey but in the long-run are worth the extra expense. There are a large variety of wetsuit styles which can be confusing when you are buying so at this point I would like to see if I can help you buy your wetsuit.

First of all, the best place to start looking is probably your local supplier of wind-surf materials. (SCUBA diving wetsuits are not suitable as they tend to be thicker and constrict body motion.) What we want is a Farmer John wetsuit made of 1/8 or 3/16 inch neoprene rubber. Try to get away without having to buy the accompanying jacket as it is not suitable for paddling. They tend to be too tight in the shoulder and armpit especially when you wear additional clothing underneath. Nylon coating on the inside and the outside helps to put it on easily and makes the surface less susceptible to abrasion. Another nice feature for canoists to have is extra thickness on the knees.

You might also like to look at booties while you are there. They should be of the same material as your wetsuit and should have hard soles. A feature that I like are booties with straps or laces. These stop your feet from slipping inside your booties while you are portaging around those class VI rapids.

9-

If you are a kayaker the next item you should wear is your spray-skirt. The next layer over top of the spray-skirt will stop the water from seeping between your spray-skirt and your wetsuit and entering the boat.

Over top of the wetsuit we now put on a paddling sweater. Here again we have several choices. An old wool sweater will do fine or you could make something from nylon or polyester pile. The third choice is to buy a commercially made paddling sweater made of polyester pile or Antron II (a pile material similar to polypropylene). Here again our prime concern is first warmth and freedom of movement. Paddling sweaters generally have 3/4 length sleeves that fit above the neoprene cuff on your paddling jacket to maintain a water tight seal.

A paddling jacket is our outer layer. These are usually made of water-proof coated nylon. You can get some made of Gor-Tex but they are overpriced and do not do any better than coated nylon. Features of a good paddling jacket include roominess in the body to allow for extra clothing; roominess in the shoulders to allow for freedom of movement; neoprene cuffs and collar and elastic drawstring at the waist to keep out water; and a closeable pocket.

The only thing left to cover now is our hands and head.

For an experienced kayaker who has a bomb-proof roll I would recomend pogies for the hands. Pogies are coated nylon gauntlets that wrap around the paddle and attach with velcro, allowing direct contact with the paddle. The problem with inexperienced paddlers using pogies is that if they should end up swimming the pogies stay attached to the paddle. The paddler's hands are exposed to the freezing water, becoming so numb that they are useless. For inexperienced kayakers and for canoists I would recommend rubber gloves (the heavy duty kind used in the home to prevent dish-pan hands). These offer a fair bit of warmth and good contact with the paddle.

In the early spring I wear a 1/8 inch neoprene hood under my helmet. I do not find this to be particularly comfortable but it does protect my ears and the back of my neck from the freezing water that can otherwise leave me dangerously disoriented. I also find it handy for warding off blackflies.

So far we have been talking about paddling clothing but there are other articles to bring for safe spring-time paddling. These include matches in a waterproof container to warm yourself at lunch time; a good lunch to replace calories lost to exertion and cold; a warm beverage (I enjoy hot jello); a towel and a complete set of dry clothes to be left at the take-out spot; for canoists, a change of clothes to be carried in the canoe in case of a dump.

In this article we have talked about how to wear paddling clothing in layers and what each layer should be composed of. Now is the time that each of us should take a look at our paddling garb to see if we are ready. Remember that the Spring paddling season starts in 3 to 4 weeks and that we all should be equipped to have a safe and enjoyable time.....GOOD PADDLING!

submitted by Dennis Burr

- The revised **TELEPHONE PYRAMID** will be used to pass on information which is not contained in the NEWS LETTER.
- Information items will be passed on selectively.
- Club members have indicated for which activities they wish to be contacted.

Dennis
Burr
549-7316
K W F X C H P S

Mike & Debbie
Fisher
386-3159
K C W F X H P S

Alan & Gerry
Nichols
389-4026
K W F X C H P S

Tim & Dianne
De-Rose
386-3400
W F X C H S P

Brian
Finlayson
382-5237
W F X C H S

Rebecca
Spaulding
542-0115
K W F X C H P S

Garla
Deutekom
549-7316
K W F X C H P S

Garry & Debbie
Williams
389-4353
W F

Franz
Walker
389-0611
W P

Jean
Brown
546-4045
K W F X C

Charles Anne
Millard
389-3982
W F X H P S

John Allison
Mitchell
389-5326
K W F X P S

John & Ginny
Moss
374-2344
W F X C H

Don & Karen
Graves
546-5326
F X C H P S

Ken & Kathy
Furnell
546-9686
W F X S

Ed
Jazek
389-4459
K F

Graham
Mutch
548-8978
W C

Karen
Orgee
542-2650
W F X C H P S

Brian
Ferguson
542-6825
F X

Dianne
McIntyre
374-3210
F C H

Bob
Bird
386-3637
F H P S

Marie
Edwards
546-4366
W F X C H S

Joe
Hosick
549-7316
W H

Bruce & Sheln
Kirtan
384-1474
F S

Mike & Sarah
Barry
546-0445
F X

Aniko
Takacs
542-3819
F X H S

Jean & Nige
Fitzpatrick
389-4179
F X H S

Darlene
Leverre
389-1484
W F X C H P S

Kim
Rogers
F X

Aniko
Takacs
542-3819
F X H S

Jean & Nige
Fitzpatrick
389-4179
F X H S

K - Kajaking
W - Whitewater Canoeing
F - Flatwater Canoeing
X - X-country Skiing
C - Cycling
H - Hiking
P - Pool-night
S - Social Activities

| Date | Event | Type | Contact | Telephone |
|---------|--|-------------------|------------------|-----------|
| April 5 | Lake Placid | HLK | Joe Hostick | 549-7316 |
| 6 | " | | | |
| 7 | " | | | |
| 7 | Upper Salmon | WM | Dennis Burr | 549-7316 |
| 8 | Lower Salmon | WM | Dennis Burr | 549-7316 |
| 11 | Film Night | SOC | Dennis Burr | 549-7316 |
| 14 | Upper Salmon | WM | Dennis Burr | 549-7316 |
| 19 | Pot Luck Special General Meeting Party | SOC BUS SOC | Diane Creber | 386-3400 |
| 20 | Oreongo | WM | Dennis Burr | 549-7316 |
| 27 | Mississippi | WM/FM | Franz Walker | 389-0611 |
| 27 | Upper Mississippi | WM | Dennis Burr | 549-7316 |
| 28 | Mississippi Slalom | WMR | Dennis Burr | 549-7316 |
| May 3 | Pool Fun Night | SOC | Carla Deutekova | 549-7316 |
| 4 | Upper Salmon | WM | Mike Fisher | 386-3159 |
| 5 | Bicycle Trip | CYC | Brian Findlayson | 382-5237 |
| 8 | Pot Luck | SOC | Debbie Fisher | 396-3159 |
| 11 | Mojra | WM | Mike Fisher | 386-3159 |
| 18 | Madawaska | WM | Dennis Burr | 549-7316 |
| 25 | Skootamata | WM | Mike Fisher | 386-3159 |
| June 1 | N. Frontenac Park | FM | Mike Fisher | 386-3159 |
| 1 | Gull River | WM | Dennis Burr | 549-7316 |
| 2 | Gull Slalom | WMR | Dennis Burr | 549-7316 |
| 8 | Upper Salmon | WM | Dennis Burr | 549-7316 |

Looking ahead to more whitewater excitement!
Find out details from Dennis, if you wish to
participate (*) or be a spectator.

| Date | Event | Type | Contact | Telephone |
|-----------|-----------------------|------|-------------|------------|
| June 15 | Petawawa Ribbon Race | WMR | Dennis Burr | 549-7316 |
| 29 | Madawaska | WM | Dennis Burr | 549-7316 * |
| July 27 | Madawaska Kanu Camp | WM | Dennis Burr | 549-7316 |
| 28 | MKC Slalom | WMR | Dennis Burr | 549-7316 |
| August 1 | Palmer's Rapids | WM | Dennis Burr | 549-7316 * |
| 2 | Palmer's Rapids | | | * |
| 3 | Palmer's Slalom | WMR | Dennis Burr | 549-7316 * |
| 8 | Canadian Nationals | WMR | Dennis Burr | 549-7316 |
| 9 | " | | | |
| 10 | " | | | |
| 11 | " | | | |
| 17 | Burleigh Falls | WM | Dennis Burr | 549-7316 |
| 18 | Burleigh Slalom | WMR | Dennis Burr | 549-7316 |
| 24 | Ottawa River (Middle) | WM | Dennis Burr | 549-7316 |
| 24 | Ottawa River Rafting | RAFT | Dennis Burr | 549-7316 |
| 28 | Gull River | WM | Dennis Burr | 549-7316 |
| 29 | Provincials | WMR | Dennis Burr | 549-7316 |
| October 5 | Spencer's Creek | WM | Dennis Burr | 549-7316 |
| 6 | Spencer's Slalom | WMR | Dennis Burr | 549-7316 |