



Cataraqui Canoe Club

News

January 1999



Annual Winter Camp, Bon Echo Provincial Park 1997

Sprint Racing Update

By Bill Shepherd

We had a very successful summer this past year. Our paddlers competed in regattas around Eastern Ontario and brought home lots of ribbons. We even had a few make it to the Provincial Championships and Nick Bohac went to the National Championships in Whistler B. C. He brought home several medals from there. We also sent a team to the Ontario Summer Games in Guelph.

Our membership in the flatwater racing team nearly doubled from a year ago. We now have some promising atoms and peewees who are very keen on racing. We hosted a very successful regatta in Sydenham in August and have been invited by the CCA to make it an annual event. This fall and winter we will be doing some winter training. On Mondays we have been swimming at Progress Fitness Centre and Thursdays we have been using the gym at Sydenham Public School for basketball and other sports.

I would like to thank Revell Ford of Verona and Upper Lakes Group for their generous support of our racing team, also the parents that made our regatta in Sydenham so successful.

Commodore's Note

by Garry Birrell

I hope all had an enjoyable holiday season. My predictions in the last newsletter, as to the "availability of snow cover", has far exceeded my expectations. It's shaping up to be an excellent "play time season".

The AGM was held on October 19, '98. I would like to take this opportunity to thank Bernard and Beth who served the past two terms with the board. I would also like to extend an enthusiastic welcome to Bill and Amanda, who assumed positions as new board members.

There are a variety of outings listed on the CCC schedule of events. A planning meeting is scheduled for March 20, to firm up our "summer" trips. If you have any ideas regarding trips you would like to do, and are unable to attend the meeting, please contact Margaret Milne.

If you ever get the snow shovel out of your hand, slap on the skis or the snowshoes and head for the trails.



CCC Thanksgiving Dinner at Murphy's Point Provincial Park 1997

Cataraqui Canoe Club

**P.O. Box 1882
Kingston, Ontario
K7L 5J7**

**Boathouse located on Orchard street near the Woolen Mill
Call 544-8375 for current listing of up-coming trips and events**

Executive and Board of Directors 1998 – 1999

Commodore	Gary Birrell	389-5154
Vice Commodore	Margaret Milne	542-9626
Secretary	Alan Nicholls	547-3781
Treasurer	Ed Jezak	389-4459
Past Commodore	Rick Kirk	549-7152
Board of Directors	Bob Tolley	542-9626
	Don Harris	546-0842
	Barry Irish	549-7523
	Bill Shepherd	374-2629
	Amanda Gray	546-9665

Committee Appointments

Newsletter Editor	Rick Kirk
Trip Scheduling	Margaret Milne
Boathouse Manager / Assistant	Bob Tolley / Mark Hughes (389-9936)
Tele phone Listings	Judy Skeggs (384-0758)
Recreational Program	Margaret Milne / Amanda Gray
Flatwater Racing Program	Bill Shepherd
Whitewater Program	Ed Jezak / Bernard Leger (384-0618)
Publicity/Open House	Barry Irish
Boathouse Activity Co-ordinator	Don Harris

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. Also, 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 Rick@ColDesigns.com.

Has Your Address Changed?

Has your address changed or do you have an e-mail address? We want to stay in touch and make sure that you receive the newsletter. Please forward any change in address/email/phone number to the club secretary at 389-4026; or at the club address listed above; or at [<nicholls@fox.nstn.ca>](mailto:nicholls@fox.nstn.ca).

Kayaking the Mink and McCoy Islands

by Don Workman

Early in September after completing a major home renovation project, I finally got a chance to get away for a few days of heavenly paddling on Georgian Bay. After loading up the car with Kayaks and associated gear, Heather and I took to the highway and set out for Snug Harbor. After a few stops along the way, we arrived at Nobel, close to where we exit off the Trans Canada, some five hours later.



Upon turning on the radio for the local weather forecast, it went something like “winds 20 knots gusting to 40 knots”. When we pulled into Snug Harbor, the fellow who owned the parking area asked us where we were heading – I answered, we’d like to get out to the Mink and McCoys”. He replied, “Oh god, I wouldn’t venture out there if I were you, there is a high wind warning, small craft warning, water spouts and the whole shooting match”. After some careful considera-

tion and discussion with Heather, we decided we’d go any way and began loading up the boats.

We were underway by 3 PM and decided we’d seek a route that was as wind protected as possible. We proceeded northward along the easterly shore line of Franklin Island. None-the-less the strong southwesterly headwinds proved to be a hindrance at times and we made the occasional brief stop to assess the weather and water conditions. As we came around the northern tip of Franklin Island, we decided to carry on westward still enjoying the somewhat protected inner island groupings. As we reached the Oak Islands located just east of the exposed big water, it really began to blow as a squall quickly moved in on us. We sought refuge, on what we believed was Jack Island, and set up a kitchen shelter and our tents in light rain. The next day the winds continued to blow strong and Heather wisely decided to avoid paddling the big water. Rather than paddle during the morning we watched the crashing surf pound the distant islands through binoculars. Later in the afternoon we paddled in the more protected areas and I, feeling comfortable in the rougher water, took a spin around the exposed shorelines of a couple of nearby islands. I admired how my Solstice GTS skipped, danced, sliced and surfed its way through the whitecaps.

By the next day the winds and water had calmed down sufficiently enough to explore the Mink and McCoy Island group. We got away fairly early and headed into the northwesterly winds with our sights set on Big McCoy Island, then we turned southeast to explore the Mink Islands, and with 15 to 20 knot tail winds pushing us, we unknowingly reached the Snake Island group. It was at this point that we realized our visual position did not make sense with the map. We decided we’d head due east, setting a heading for the main coast but it became evident that we really could have used a GPS to determine our exact position. Heather, with her sharp vision spotted a marina off in the distance and as we closed in on it, I beckoned a motor boat to obtain a fix on our map. It turned out we were at Kilbear Marina, about 5 kilometers from where we wanted to be. It was 6 pm and we both knew we had limited daylight. Without wasting time we paddled westerly toward the setting sun. We set up camp in a protected channel. The winds still howling and the surf out in the main water made moor-

Continued . . .

ing too difficult on the big bay. We had dinner in the dark and reflected upon the days events.

Heather had been nursing tendonitis in her arm by occasionally dipping it in the cool water. We talked about how far we had come and I approximated our distance to be about 50 kilometers that day alone. An insane distance, Heather commented, since the usual distance she had paddled out west on multi-day trips was about 8 kilometers per day.

The next morning we were up at sunrise and after a short 45 minute paddle, we were back to the car and into Kingston by early afternoon. Will a new distance record be set next year for one day? You never know – Parry Sound to Killarney anyone? Lets talk about it.

Happy paddling – can't wait for spring!



*Algonquin Park Pot-Luck Dinner 1997
Beth's Play Weekend*

FOR SALE

Kayak, Perception Dancer (Reg. Size)

Approximately 8 years old and well trained to stay upright most of the time. Boat and Spray Skirt Only \$450. Call Debbie at 374-1704

Sportrack Ski Rack with Cycle Attachment.

Carry four pair of skis or two bicycles. Rack designed for small car. \$100 takes all. Call Rick at 549-7152



CATARAQUI REGION CONSERVATION AREA

Jan 31 Snowshoe Demonstration. (10am - 4pm). Equipment display and opportunity to try the newest equipment. Presented by Canyon Mountain.

Feb 7, Winter Camping Clinic I. (10am - 4pm) Trailhead will have base camp display set up in the woods and will give a presentation on camping skills, clothing, food, and winter survival.

Feb 14. Valentine Evening Skate. (5pm – 9pm) The rink will be lit, and there will be a campfire and the opportunity to purchase hot drinks and snacks.

Feb 21 Winter Camping Clinic II (10am – 4pm) Trailhead will have a base camp display set up in the woods and will give a presentation on camping skills, equipment, clothing, food, and winter survival safety.

Mar 2 Moonlight Ski & Skate (5pm – 9pm) The skating rink and ski trails will be open. Warm up by the bonfire.

Mar 7. Backyard Sugaring-Off (2pm) Come and learn everything you will need know to tap the trees and boil the sap.

Call the authority at 546-4228 for additional information.



"Mist in the Morning"

Algonquin Park Baron Canyon Summer 1997

FRONTENAC PROVINCIAL PARK

Jan 30. Winter Camping Trip Planning Presentation to provide the novice and experienced tripper with the opportunity to share ideas and concerns. Topics include: route selection and assessment, equipment construction and appropriateness, menu planning, physical fitness and conditioning, safety, and the different form of winter travel. This presentation is required for those wishing to attend a winter camping weekend.

Feb 13,14. Winter Camping Instructional Weekend. Weekend to introduce participants to snow-houses, tents, and general winter camping skills. Learn how to stay warm, prepare meals and use a map and compass.

Feb 20,21. Winter Camping Instructional Weekend. Details as above.

Apr 24,25. Wilderness First Aid Course which takes you beyond standard first aid. In-depth course on how to manage emergency situations when help is more than a phone call away. Includes patient assessment, trauma management, moving techniques, dehydration, managing and preventing heat and cold emergencies and coping in the wilderness.

May 15,16. Hike Leader Certification Level I. Weekend session for experienced hikers, who wish to obtain their Hike Leader Certification for Day Hikes. Includes risk management, care of the environment, trip planning and leadership skills.

May 21-24. Canoe Tripping Certification Week-



Massassauga Creek Snowshoe, Winter 1996



Silent Lake Night Skiing, Winter 1996

end – Level I & II. Weekend session for experienced canoeists who wish to obtain their Trip Leader Certification. Include wilderness first aid, emergency canoe and paddle repair, map and compass usage, trip planning, weather forecasting and more.

Jun 4-6. Canoe Certification Weekend – Basic Flatwater. Course includes all the necessary elements of canoe safety and skills. Portaging, entries, exits, rescues, solo and tandem paddling strokes. Basic camping skills are also taught.

Call the park at 376-3489 for detailed information.

**SPRING NEW AND USED
CANOE AND KAYAK SALE**

*Sat. May 1 & Sun. May 2
9:00 am to 5:00 pm*

**Over 150 Canoes and Kayaks
Unbeatable Prices – Free Test Paddling
Meet Paddle Makers and Manufacturer Reps.**

376-6220 Voice, 376-6888 Fax
Showler@frontenac-outfitters.com
www.frontenac-outfitters.com

Official Winter/Spring 1999 Schedule of the Cataraqui Canoe Club

There is a \$5 non-member fee on paddling and overnight trips. This fee can be applied towards future membership. Guests remain welcome with no fee on non-paddling day trips.

If "La Nina" does not bring the promised cold and snowy conditions, ski events will be substituted with a hike wherever possible.

JAN. 30, Sat. SKI WAGON TRAIL and portions of the Rideau Trail. Bob Tolley is leading this trip for the Rideau Trail Assoc. and invites CCC members to attend as guests. Reach Bob at 542-9626.

JAN. 31, Sun. LITTLE CATARAQUI CONSERVATION AREA boasts a well equipped Outdoors Centre, with ski rentals. The perfect location for Beth's cross-country ski trip designed for beginners, or those preferring a shorter route. Sign up with Beth 389-6362.



by Debbie Twiddy

FEB 6/7, Sat/Sun. WINTER CAMP - BON ECHO PROVINCIAL PARK. This year Gary Melko and Bob Clooney are our cutting edge adventurers leading the winter camp. Bon Echo is an easy destination within the snow belt, and does provide an escape hatch

for camper or equipment failure! Give ample notice so briefing sessions can be arranged, to Gary at 634-3890, or Bob 384-4482.

FEB 7, Sun. SNOW SHOE TREK with Debbie and Derek in the vicinity of their home near Verona. Skiers can come if they wish, but be prepared to take them off and walk a few times. Trailhead has rental snowshoes but quantity is limited. Bring warm clothing and something to sit on – if it is a warm enough day, we may have an outdoor bonfire. Hot drinks and chili should make the day complete. Call Debbie or Derek at 374-1704 for details.

For Trip Schedule Updates . . .
[Http://fox.nstn.ca/~nicholls/ccs.html](http://fox.nstn.ca/~nicholls/ccs.html)
or the Hot Phone at 544-8375

FEB 12 Fri. BOILER ROOM CLIMBING GYM. Ready to climb the wall waiting for the paddling season? Dave Kenny has the answer with a fun new experience that also offers excellent training skills. Join him in the Boiler Room climbing gym on Friday evenings, at a discount for group sessions. Call Dave 353-7391, by the Wednesday before to participate.

FEB 13, MONT STE MARIE Downhill Skiing. Mary needs your reservation with full payment (approx. \$60) early in the New Year, if you would like to take part in this coach trip. 389-8724.

FEB 13, Sat. TRIANGLE SKI CLUB near Brockville. Previously scheduled in January when conditions were unfavorable. We were highly impressed with the variety of trails, over 40km, offered when we hiked around in November. (To our embarrassment, club members were sending a search party when we failed to reappear at dusk!) Sign up with Ed at 389-4459.

FEB. 14, Sun. OTTAWA'S WINTERLUDE - skating on the canal, ice sculptures, beaver tails and entertainment galore. Mark has generously offered to provide vans for transportation again this year. Call him at 389-9936 if you would like to join in.

FEB. 20/21, Sat/Sun. CAMP OSKENONTON is a Scouting lodge fully equipped with everything except running water. The adventure is completed on skis to carry in your gear. A small donation to the Scouts covers costs. My New Year resolution is to make sure I take part! Register with Mark or Gail: 389-9936.

FEB. 28, Sun. FRONTENAC PARK SWAMP HOP. If there is a vestige of snow, Janice and Eric will find it in their famous ski-trek over the beaver ponds of Frontenac Park. Details from Janice at 542-9958.

For Trip Schedule Updates . . .
[Http://fox.nstn.ca/~nicholls/ccc.html](http://fox.nstn.ca/~nicholls/ccc.html)
or the Hot Phone at 544-8375

MAR. 6/7 Sat/Sun. TUPPER LAKE Alpine and Cross Country skiing. Gail is negotiating an all-inclusive deal in motel accommodation for approx. \$60/day, Canadian at par. (Make sure you take the Canadian dollars!) Plan is for early departure Saturday to allow ample time for cross country skiing at Mount Vanhouvern, plus downhill skiing, and the possibility of taking part in the Olympic bobsled run. Gail did this last year, and can give you details: 389-9936.

MAR. 12 Fri. BOILER ROOM CLIMBING GYM. Refer to February 12 for details.

March 13 & 27, Sat. KAYAK ROLL CLINICS at Artillery Park 8-10pm. All skill levels welcome. Sometimes participants have "come in off the street" and completed the roll, the rest of us have to rely on that strong brace! Some club boats are available, and Bernard Leger is our newly qualified instructor, with many able assistants. Fee \$10.00 for members, \$20.00 for non-members. Call Bernard 384-0618 to register.

MAR. 12-14, Fri-Sun. ALGONQUIN PARK East Gate Area Tom Stewart suggests we arrive in time for skiing Friday night and spend two nights in a yurt. (Motels also available) We inspected a yurt recently, a modern version of the dome shaped, skin covered tent dwelling used by nomadic peoples of the Steppe. It was equipped with bunk beds, a good wood stove, appeared functional and positively cozy. To share Tom's vision call 389-4779.

Renew Your Membership Today!

Memberships expire March 31. Renew your Membership with the form included with this Newsletter or download it from the Web.

Membership in CCC is still only \$35.

MAR. 20, Sat. POT LUCK SUPPER & SCHEDULE MAKING PARTY. Linda Tucker has offered to be our hostess, please call 634-0497 to take part. We will be anticipating a sizzling Summer schedule! (Call Margaret at 542-9626 with your ideas if unable to attend.)

MAR. 21, Sun. SKI BUCK LAKE AREA on the first day of Spring, weather permitting. Regina is trip leader and invites us to visit a local cottage for apres ski refreshments. Regina can be reached at 546-9326.

MAR. 28, Sun. BON ECHO PROVINCIAL PARK. Always a great destination. Gail plans a hike (or ski) depending on weather, to work off those winter calories. Contact Gail at 389-9936.

Got a Great Photo from a CCC Trip!

Why not have it scanned and email the photo with a short description to the Newsletter editor

Rick@ColDesigns.com

APR. 4, Sun. MOIRA RIVER - LOST CHANNEL. The great outdoors is resuscitated, and quiet ribbons of ice become a pulsating maelstrom, you're not going to miss all this are you? Probably suitable for experienced whitewater enthusiasts in wet suits. However, with water levels difficult to predict, all whitewater trips are subject to change. Keep updated with Bernard 384-0618, or Beth 389-6362.

APR. 9 Fri. BOILER ROOM CLIMBING GYM. Refer to February 12 for details.

APR. 10, Sat. THE GREAT WATERFOWL MIGRATION is at its peak by the end of March, begin-

ning of April. We have invited a Kingston Field Naturalist to lead our first flat-water paddle of the season to a local destination, where we might observe without disturbing these activities. Bring binoculars, bird books, warm clothing and a hot flask! Contact Margaret at 542-9626.

For Trip Schedule Updates . . .
[Http://fox.nstn.ca/~nicholls/ccc.html](http://fox.nstn.ca/~nicholls/ccc.html)
or the Hot Phone at 544-8375

APR. 11, Sun. NAPANEE RIVER WHITEWATER is usually a suitable paddle for beginners. Alan Nicholls has run this many times and still finds lots of fun. For details call Alan 547-3781.

APR. 17/18 Sat/Sun. ONE NIGHT BACKPACKING EXPEDITION with Gary Melko. Last year's trip in Frontenac Park at Easter was highly successful, and we asked Gary for a repeat. To hear the plan, phone 634-3890.



by Debbie Twiddy

APR. 24, Sat. COMMODORE'S MYSTERY TRIP. Will it be hike or paddle, and where will he transport us? To find out call Gary Birrell: 389-5154.

APR. 25, Sun. LOWER SALMON RIVER WHITEWATER usually suitable for beginners, and very scenic if you dare take your eyes off the river. Check with trip leader Ed. Jezak: 389-4459.

MAY 1, Sat. MAYDAY CYCLE TO BREAKFAST IN BATH. For all those who said they thought

about joining Bob and Margaret for a pleasant ride along the shore to indulge in Benny's "All Canadian" breakfast, but didn't make it. Total 40km, or can be extended to burn more calories. Phone 542-9626.

MAY 4/5/6 Tue/Wed/Thu. 6.30-8.30 pm. ANTICIPATED DATES FOR CCC OPEN HOUSE.

Plan to be there to meet old friends and new, and share your enthusiasm for Kingston's best outdoors club. Register for courses: "Learn to Canoe" in May, "Solo and Tandem Skills", "Wilderness Preparedness" and kayak clinics in June. Open house details from Barry 549-7523.

MAY 7, Fri. BOILER ROOM CLIMBING GYM. Refer to February 12 for details.

MAY 8, Sat. WHITEWATER TRIP depending on conditions. Call Bernard for more information 384-0618.

MAY 9, Sun. MOTHER'S DAY PADDLE on the lower, lower Salmon includes a search for wild ginger, fiddleheads and leeks, and lunch by a waterfall. This CCC tradition is always a knock-out favorite. Call Derek or Debbie at 374-1704.

ADVANCE NOTICE

MAY 28-30. ONTARIO FIELD NATURALISTS CONFERENCE. Cataraqui Canoe Club is invited to take part in the display on Sat. May 29th 9am to 4pm at Queen's Bioscience Campus.

JUN 25/26/27. Wilderness Tours Whitewater Rafting on the Ottawa. Includes campsite, food, one-day rafting with other activities available. Deposit by May 1 required to save your spot. Call Barry at 549-7523.

AUG 8-14. Madawaska Canoe Centre Whitewater Canoe and Kayak Course. Deposit required by May 15th. Call Barry at 549-7523.

AUG 15-21. Alberta Paddle in the Foot-Hills of the Rockies. With former CCC members Len and Theresa. Burt. Deposit require by May 15th. Call Barry at 549-7523 early if you are interested.