

Cataraqui Canoe Club

News

September 2002

COMMODORE'S NOTE Margaret Wild.

If you have ever dreamed of paddling the Nahanni River, I urge you to attend CCC Annual General Meeting (in Johnson St. Public Library, Oct. 7 at 7pm). Paul Copland guided on Nahanni for eight years, and has captured every nuance of the adventure and grandeur in his slide presentation.

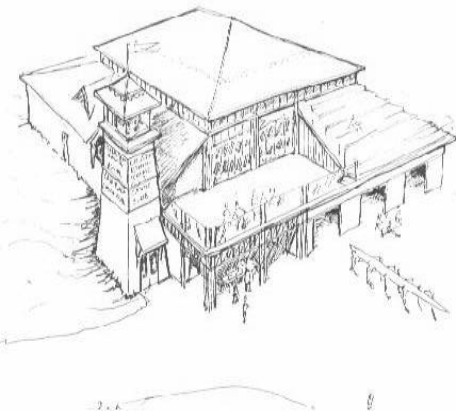
Of course this is the carrot enticing you to come and vote! Your board has worked diligently updating CCC constitution, and will present a sleight of board nominees for member's approval. Affairs are conducted swiftly, so we can get to the serious business of enjoying Paul's presentation, together with refreshments, tall tales and yarns.

Due entirely to our capable and willing volunteers, this has been another great paddling season. The cool spring failed to put a damper on paddling courses, which were well attended. In fact an additional w/e 'Learn to Canoe' was provided, so as not to disappoint any members - (it's instructor Denis Burr, was to give kayak sessions in late summer, but has broken his arm, we sincerely hope it will heal quickly!) Whitewater was quite exceptional, Dugald Carmichael thoughtfully kept tally on how many thrilling runs missed, for those unable to join in! There was good participation on summer tripping, and in paddling from the boathouse. Attendance was varied for the Saturday afternoon sessions, we

would welcome your feedback on this.

Kingston Rowing Club presented an interesting idea that could alter the focus of CCC activities. Whilst racing in Europe they noted there was always a clubhouse in which to take refreshment, socialize, hold meetings, etc. They thought this aspect was decidedly missing in Kingston. Local architects Inglis & Downey were approached,

who produced sketches of a combined clubhouse atop our boathouses. At present this is merely a 'twinkle in the eye', but given generous benefactors and government grants, who knows? We will work closely with Kingston Rowing Club on any future development, and keep you posted.



NEWS FROM THE BOARD

Members of the board are thanked for their work this past year. We are sorry to lose Ken Pearce, John Bett and Ray Wilson. For a variety of reasons they wish to continue working with the club, but are unable to sit on the board.

(Continued on page 3)

**CCC Annual General Meeting
Monday October 7 – 7 to 9 PM
Delahaye Room – Kingston Public Library**

Cataraqui Canoe Club

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

Boathouse located at the foot of Cataraqui Street near the Woolen Mill
Call 544-8375, or check www.cataraquicanoe.on.ca
for current listing of events and information.

Executive and Board of Directors 2001-2002

Commodore	Margaret Wild	542-9626
Vice Commodore	Dukke van der Werf	384-6054
Secretary	Alan Nicholls	547-3781
Treasurer	Ed Jezak	389-4459
Past Commodore	Barry Irish	389-6334
Board of Directors	John Bett	544-2298
	Peter Kopp	546-9216
	Wendy Lloyd	544-4278
	Ken Pearce	384-5842
	Ray Wilson	382-7189

Committee Appointments

Newsletter Editor/Assistant	Don Harris (546-0842) / Ray Wilson
Recreational Scheduling	Dukke van der Werf (384-6054)
Courses & Clinics	Barry Irish / Wendy Lloyd
Whitewater Programme	Dugald Carmichael (542-8628) Ed Jezak / Mark Hughes (542-4798)
Publicity/Open House	Peter Kopp/Barry Irish/Wendy Lloyd
Boathouse Equipment & Activities	Don Harris (546-0842)
Boathouse Manager/Assistant	Robert Tolley (542-9626) - Mark Hughes (542-4798)
Webmaster	Alan Nicholls/Ed Jezak
Telephone Listings	Judy Skeggs (374-3420)

Newsletter Contributions Welcome!

Members are invited to submit write ups of their outdoor adventures (can be quite brief!), or other material of interest to CCC. If you have pictures to accompany the article, good care will be taken to return them. Stories can be mailed to the club, passed to any member of the executive or newsletter editor. Material may also be e-mailed to the editor: donharr@attcanada.ca Preferably as an attachment in MS Word format.

Has Your Address Changed?

Has your address (telephone no.) 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 membership secretary, Barry Irish, at 389-6334; or the club address listed above; or to irib@kingston.net

Another loss is club secretary Alan Nicholls. Alan has been involved with CCC for many years, he is a past commodore, and has served on the board for the past sixteen. We worry how we will cope without the most dedicated and efficient secretary the club has ever had, (and how he will manage without us?) - but Alan says its time! It will take many to fill his shoes. Wendy has gallantly volunteered to be club secretary, and Barry CCC membership secretary. Alan was also responsible for developing CCC website, an invaluable tool, largely responsible for current growth. We are pleased he will remain as Webmaster.

Two new kayaks have been delivered - an additional R5 River Runner, and the Excel, a slightly longer version with a hatch. So there will be more kayaks available for clinics and paddling from the boathouse.

Perhaps the construction boom was responsible for strengthening of kayak racks being put on the back burner, at any event it didn't happen. However, the board is delighted to report that Barry and Peter think they can tackle the job. What a bonus, the club gets great racks, *and* more money to spend on boats!



Palmer Rapids

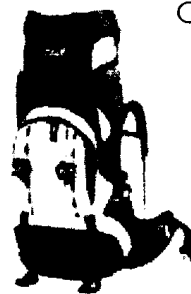
Congrats to our Neighbours

Our next-door neighbour **KRC** won the Burnstown master women's eight on the Madawaska, 5Km in 18 mins. 5 secs. They also did very well winning several events in St. Catherines

this summer, winning, and placing in many events. We are fortunate to be sharing the waterfront along with them. Hopefully their plans for an enlarged clubhouse with an upstairs for socializing comes to fruition, and we can share together our common closeness in paddling sports, and our love of the river. Along with the city's efforts for waterfront improvement.

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Paul Copland, previously of Trail Head, now has two stores for outdoor living and adventure. Jack Wolfskin, and Peak Experience. CCC members are given a 10 percent discount at both locations.

SYDENHAM LAKE CANOE CLUB

Congratulations are in order for our sister club in Sydenham after winning ten medals at the Canadian Sprint Canoe Championships. Possibly, we are looking at some future Olympians here. Lets hope so. They are a dedicated, very hard working group of athletes.

WANTED TO BUY

16 Ft. Kevlar Canoe
Ray Wilson
613 382 7189

**EDITOR'S NOTES
FALL**

Another summer behind us. Another Ontario summer. A crown jewel. From the endless green of Northern Ontario cedars and jack pines, to the lush coloured leaves of Southern Ontario maples. Fall is coming. Along with all its falling leaves. Still, it's warm enough to sit out on the deck with your hand around a long necked Mexican, beer that is, while listening to the smooth as whisky voice of Leon Redbone singing heart breaking songs of yesteryear. The kind they just don't write anymore. And/or keeping up with James Lee Burke's latest Dave Robicheaux novel. Writing so descriptive you can enjoy along with Dave, the taste of a po-boy sandwich and dirty rice washed down with an ice cold Dr. Pepper in the warm, southern, afternoon rains.

Thought for the day? Why does your car battery always die when you are miles away from anywhere, and never in your own driveway?

**For Trip Schedule Updates . . .
www.cataraquicanoe.on.ca
or the Hot Phone at 544-8375**

FIT FOR HEART

I have some happy news to report: Cathy Polk (me) and Marie Poisson, two new canoe club members, recently (on Sat. Aug 24/02) competed in the Kingston Rowing Club's Fit for Heart Regatta which raised over \$7,000 for the Heart & Stroke Foundation. They competed in 4 races on that partly cloudy/partly rainy day. They were part of an 8 person crew with the telling team name of "EAT OUR WAKE" - Oh, Yeah—WE'RE LOUD & PROUD!!!

Race #1: No contest—we creamed 'em!

Race #2: the competition was a little better but we still kicked butt!

Race #3: the medal round... we were neck & neck with our competitors, but we pulled ahead at the

end and **WON THE DAY!!!**

WE ROCKED, WE RULED, WE TOOK HOME THE GOLD!!!

And then, just when we thought it was all over... an upstart American team from Alexandria Bay had the nerve to challenge us to yet another race for bragging rights... so our team took on this challenge... tired as we were...

Race #4: This was another hard fought and close battle but once again we beat out the competition at the end and sent those Americans home packing 'cuz as we all know...

CANADIANS KICK ASS!!!

I should note however that there are 2 transplanted Americans on our team:

a brash & extremely competitive Jessica from up-state New York and would you believe it – a very mild-mannered Texan – Troy.

So an alternate name for our team could have been: TWO TRIBES

Sunday, Aug. 25/02 in the afternoon

A POST REGATTA VICTORY CELEBRATION POOL PARTY & BBQ was held at the HOUSE OF DAVE. The team partied heartily and rightfully so.

For those crew members who could not attend you missed Dave twisting and twittering along the edge of the pool a good 6 – 8 feet until he could no longer thwart the laws of motion, gravity and a little inebriation, after being pushed, first by Gillian, then by her willing accomplice – me. He finally crash landed into the pool but managed to hold onto his beer. Well he decided to take his revenge out on me, a little later on when he threw me into the pool, but in doing so ended up back in the pool himself, 'cuz I would not go quietly and without resisting. Gillian got off scot-free even though she had started the whole incident. A good time was had by all.
WHOOHOO!!

Sincerely, Cathy Polk

Normal

**OFFICIAL FALL/WINTER 2002 SCHEDULE OF
THE CATARAQUI CANOE CLUB**

Change in activity may be necessary due to weather and water conditions. Check with the trip leader.

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.

OCT. 6, Sun. DEPOT LAKES PADDLE from Third Depot Dam to First Depot Lake. Alan says it's a great trip and even offers guarantees of: a) getting wet and b) having immense fun in the process. Call Alan Nicholls at 547-3781 to see if he delivers!

OCT. 7, Mon. 7-9 pm CATARAQUI CANOE CLUB ANNUAL GENERAL MEETING is held in the Delahaye Room of the Kingston Public Library on Johnson Street. The business of presenting brief reports is usually conducted speedily. Paul Copland has accepted our invitation to present his slide show on his trip out West where he spent 2-1/2 weeks in the mountains and 2-1/2 weeks canoeing down the Nahanni River. I have heard that the show is spectacular. We do need your presence to elect new board members and, we hope, to approve past action taken by the board. Please attend to support your canoe club (and, optionally, patronize a local watering hole following the meeting). AGM details from Margaret: 542-9626.

OCT. 12, 13 & 14, Sat.-Mon. THANKSGIVING AT BON ECHO in the great CCC tradition with turkey roasted over the open fire – the best thanksgiving dinner you'll ever eat! Barry Irish has again graciously volunteered to cook the turkey kindly provided by Ken & Tessa, and we pot luck the rest. Fall colour is usually at its peak and can be viewed from the top of dramatic cliffs with ancient pictographs visible at water level. There are excellent paddling, hiking and biking options suitable for families, with all the comforts

of car camping to closet you at the end of the day. Remember to bring a lawn chair, and that extra sleeping bag and tuque, mittens, woollies, winter boots . . . – it can be cold. But no, the weather cycle (two years beautiful, two years unseasonably cold) promises a gorgeous weekend this time. Barry's tel. nr. is 389-6334.

OCT. 19, Sat. FRONTENAC CHALLENGE with Gary Birrell. Gary is planning to hike the Frontenac Park trails again this autumn. He invites us to join him today on the Cedar Lake Loop. The distance of this hike is 15 km and the level of difficulty is moderate. This could be fall at its best. Call him at 389-5154.

OCT. 20, Sun. AUTUMN PADDLE. Bob Clooney will comfort those who mourn the end of summer with a late-season paddle on Buck Lake and Slide Lake. With his luck, the weather will be great! This trip includes one short portage and provided it is not too windy, may be suitable for beginners. Call Bob at 384-4482.

OCT. 27, Sun. CHARLESTON LAKE. Young members especially, will enjoy the interesting, short interpretive loops in this lovely Provincial Park. Total distance of the four loops is approx. 18 km, but you can choose your own length. Call Barry Irish at: 389-6334.

NOV. 3, Sun. OTTER, DESERT AND CANOE LAKE PADDLE. Let's not store the boats yet, but pretend that winter is NOT just around the corner! Even at this time of year, it could be a pleasant paddle on these scenic lakes. Total distance is 16 km (says Dugald) and there is one approx. 250 m portage. Just in case winter actually is around the corner, the paddle can be shortened or will be changed to a hike. What is not going to be changed is the finale: a pot-luck meal at

Nancy and Gaetan's cottage on Eel Lake. For details on the trip call Dugald Carmichael at 542-8628. Please contact **Nancy at 549-8856 to organize the pot-luck.**

NOV. 10, Sun. HIKE AT SKYCROFT. So far, we have found our way out each and every time. But there are still unexplored trails and, hence, still opportunities to practice our orienteering skills. Take Monday off and bring a tent, just in case. Are you up to the challenge? In fact, the hike will be approx. 10 km on moderately easy terrain. Call trip leader Dukke van der Werf for more information at: 384-6054.

NOV. 17, Sun. GOULD LAKE. Bob Tolley is proposing to hike the East trails of this beautiful conservation area with old Mica mines, beaver ponds, lakes and scenery. The terrain is rugged and the distance approx. 12 km. Come dressed for the weather. Call: 542-9626.

NOV. 24, Sun. RAY WILSON'S MYSTERY HIKE. I managed to get him to commit to a date, but no luck with a destiny. At this time of year final plans will depend on the weather. Give Ray a call at: 382-7189.

NOV. 30, Sat. HIKE THE RIDEAU TRAIL North of Elginburg Road. This is an afternoon hike, meant to create appetites that will do Barry's cooking justice. We will leave at 1 pm from Tim Horton's on Sydenham Road. Please bring boots for puddles and beaver dams. Trip leader is Peter Kopp: 546-9216.

NOV. 30, Sat. CCC CHRISTMAS SCHEDULING PARTY. Barry has again offered to be our most generous host, and will prepare a magnificent feast at \$5 a person. New members are especially welcome to this popular event, please call well in advance so Barry can plan numbers. His telephone number is 389 – 6334. Contact Dukke at 384-6054 with scheduling ideas if you are unable to come. It is suggested that guests bring a donation for the Food Bank (non-perishable food items). (NB: B+Y+O+B = designated driver!)

DEC. 8 SUN. MYSTERY HIKE Beth Orr will lead a hike, (or ski). Activity, distance and terrain will depend on weather conditions. Call Beth for details at: 389 – 6362.

DEC.15, Sun. RIDEAU TRAIL HIKE. Join Bob Tolley on a hike sponsored by the RTA. We will hike from Ghost Town to Narrows Lock and return on the Blue Loop. The distance is 12 km and the terrain is moderately difficult (level 2). Please clarify: will two feet of snow change the hike into level 3, or into a ski trip? Bob will know, call him at: 542-9626.

Christmas

Dec. 21-26, Sat. – Thurs. FAR HILLS INN at Val Morin in the Laurentians have a special rate of \$495, plus gratuities and taxes. This traditional inn offers gourmet food and access to hundreds K of groomed and back country trails, then you return on Boxing day to celebrate with the family. Margaret and Robert plan to be there again, and welcome the company of like minded members – last year there were six of us! Call 542 – 9626 for details.

JAN. 5, Sun. LITTLE CAT. CREEK Family Fun Day of cross country skiing at this local conservation area with a good choice of trails. It is ideal for beginners and ski rental is available. If there is no snow, Don will take us hiking. Phone 546-0842 for more information.

JAN. 12, Sun. LOCAL SKI OR HIKE with Ed Jezak. Weather conditions at the Triangle Ski Club seem to be jinxed. No luck at all so far. Can somebody please lift the spell? Details from Ed at 389-4459.

JAN. 18, Sat. MYSTERY SKI, HIKE, SKATE, PADDLE(?) or whatever. Leave it up to Dugald Carmichael and his sense of adventure. Call him at 542-8628 for more specifics.

JAN. 26, Sun. SKIING AT SANDBANKS with

Barry Irish. There is a good possibility of (better) snow cover due to lake effect snow. This is a very pleasant ski with gentle slopes and may be suitable for beginners and families. For more information, call Barry at 389-6334.

JAN 25/26, Sat./Sun. SKIING IN ALGONQUIN PARK. Bob Clooney will be the trip organizer and leader this year. Inexpensive motel accommodation is available close to a series of extensive cross country trails in this Northern Park, famous for its rugged beauty. Bob likes speed and distance. Please contact him well in advance to discuss the trails, accommodation and meals. His tel. Nbr. Is 384-4482.

FEB. 2, Sun. CATARAQUI TRAIL SKI with Linda Tucker. She proposes to start at Harrowsmith and ski to Camden East where the finalists can treat themselves to hot chocolate at the Tea Room. At this time of year a hike should not have to be considered as an option! Call Linda at: 634-0497.

CCC PUNishment

Three fellows were trying to cross a river swollen by spring runoff into a raging torrent.

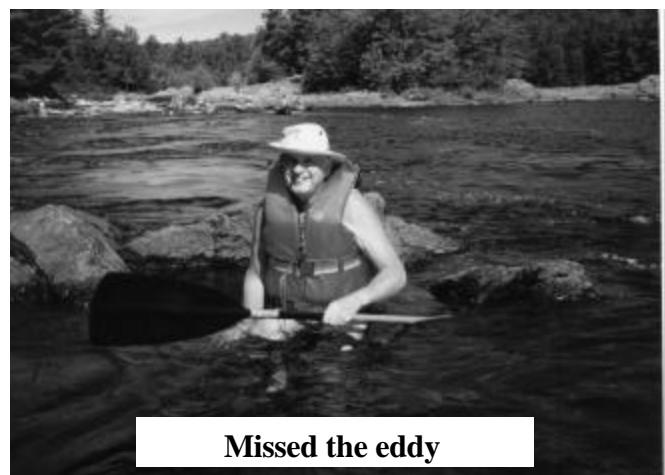
The first guy felt it was impossible to cross without divine assistance. He offered up a prayer – Lord, please give me the strength to cross this river. Developing superhuman powers, with mighty strokes he battled the current in his canoe. Despite almost drowning, he finally emerged drenched and exhausted on the opposite bank.

.. Observing this the second fellow offered up a prayer – Lord please give me the strength **and** intelligence to cross this torrent. He angled his ca-

noe into the eddy, read the current, and started to ferry across. He became sucked into a hydraulic, which did eventually spit him out. Battered and hypothermic he crawled up the opposite bank

The third guy quaked in his boots – Lord please give me the strength, intelligence **and** wisdom to cross this river!

The Lord turned him into a woman. She consulted a map, asked some directions, and crossed the bridge 500m downstream.



Missed the eddy

WANTED – CCC CANOE INSTRUCTORS!

Between CCC courses and work for the community, there has been a particularly heavy demand for volunteer canoe instructors. To support the instructors we have, and to encourage new volunteers, the Board has agreed to sponsor chosen candidates in a CRCA/ORCA certification programme.

Certification consists of two full weekends given by Walter Sepic, who is a qualified level three instructor. The first w/e provides basic level one qualification, and the second takes the participants to canoe camp instruction level. We plan to offer the first session after Thanksgiving, and the second one in spring. There is a maximum of six participants per session. To express interest in the current or future certification courses, please contact Barry Irish: 389-6334, or cell phone 539-4864, email: irib@kingston.net

CATARAQUI CANOE CLUB

KINGSTON'S FINEST



The Lone Kayaker