

# Cataraqui Canoe Club

# News

May 2005

## COMMODORE'S NOTE

*By Dukke van der Werf*

Sitting outside in early April to write this piece of prose, I enjoy the rays of a warm spring sun on my face (still too cold to expose more skin), and my thoughts wander to this past winter season. Some conditions not to my liking like the roller-coaster temperatures and the lack of snow. March did its most

wonderful best to make up for winter's shortcomings with quite agreeable temperatures and a record number of sunny days. The thin snow cover stayed around long enough to allow skiing until the end of the month (mind you, the last weekend we had to travel to Calabogie Peaks), and the

warm sun and mild temperatures made these trips into true peak experiences.

Some earlier, winter scheduled trips were cancelled or changed to hikes. Whether hike, ski or paddle (I heard rumors of December and even January paddles), enjoy we did. Without fear we faced adventure in Frontenac Park, Charleston Park, Opinicon Road, Algonquin Park, and Silent Lake.

One (non) event in particular comes to mind. John van Oostrom's New Year's adventure on Bob's Lake was unfortunately cancelled due to ice conditions (too much on the ground and not enough on the lake) and freezing rain. Unaware of the gruesome weather fore-

cast, Nancy and I left her cottage that morning to join the party on Highway #38 just north of Verona.

While waiting for our fellow CCC members to drive up from Kingston, the freezing rain started and we decided to head home. Easier said than done. The highway was soon covered with a thick layer of solid ice. Nancy dealt with it like a real trooper; she never once touched the brakes! Slowly and determinedly, she made her way down all those long kilometers to

Kingston. She kept going straight, right past cars that landed in the ditch, down the long hill on #38 just North of the 401, and then on Gardiner's Road where twice a car mysteriously disappeared just before hitting us. We still wonder what happened to them (never thought to look around and check)!

Well, any day now we will dust of the

paddling gear, ready for more fun and adventure on

COMMODORE... (Continued on page 3)



*Mark on the Petawawa River*

## CATARAQUI CANOE CLUB

### OPEN HOUSE

***At the Club Boathouse, 1 Cataraqui Street***

***Tues May 3 to Thurs May 5, 2005, 6 to 8 pm***

We welcome both members and potential members to this annual event. The Open House is an opportunity to meet others, enjoy refreshments, see demos by local outfitters and plan great paddling trips. Examine our canoes and kayaks and sign up for Learn-to-Canoe, Kayak and Paddling Skills Improvement courses. Call Margaret Wild at 542-9626 for more information.

## **Cataraqui Canoe Club**

**PO Box 1882  
Kingston, Ontario K7L 5J7**

**Boathouse located on Orchard street near the Woolen Mill**

**Call 544-8375, or view [www.cataraquicanoe.on.ca](http://www.cataraquicanoe.on.ca), for a current listing of up-coming trips and events**

### **Executive and Board of Directors 2004 – 2005**

<b>Commodore</b>	Dukke van der Werf	384-6054
<b>Vice Commodore</b>	Barry Irish	389-6334
<b>Secretary</b>	Charles Hannan	536-1610
<b>Treasurer</b>	Ed Jezak	389-4459
<b>Past Commodore</b>	Margaret Wild	542-9626
<b>Board of Directors</b>	Carolyn Bonta Johnson	531-4578
	Dugald Carmichael	542-8628
	Deryck Perault	542-1378
	Jane Knibbs	634-6859
	Beth Orr	389-6362

### **Program Appointments**

<b>Newsletter Editor</b>	Sharon Ferguson – 384-3044
<b>Recreational Scheduling</b>	Dugald Carmichael – 542-8628
<b>Courses and Clinics</b>	Barry Irish – 389-6334
<b>Events/Open House/Canoe Trips</b>	Barry Irish – 389-6334
<b>Publicity</b>	Margaret Wild – 542-9626
<b>Coordinator of Volunteers</b>	Beth Orr – 389-6362
<b>Boathouse Equipment and Activities</b>	Don Harris – 546-0842
<b>Boathouse Manager/Assistant</b>	David Ferguson – 384-3044 / Mark Hughes – 372-5989
<b>Webmaster</b>	Alan Nicholls – 547-3781
<b>Membership Secretary</b>	Barry Irish – 389-6334
<b>Telephone Listings</b>	Judy Skeggs – 374-3420
<b>Whitewater Program</b>	Dugald Carmichael – 542-8628 / Mark Hughes – 372-5989
<b>Hiking</b>	Gary Birrell – 389-5154 / Beth Orr – 389-6362
<b>Skiing</b>	Ed Jezak – 389-4459

### **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. Or email the newsletter editor at [ccc.editor@sympatico.ca](mailto:ccc.editor@sympatico.ca). If you have one or two pictures to accompany the article even better.

### **Has Your Address Changed?**

Has your mailing or e-mail address changed? We want to stay in touch and make sure that you receive the newsletter. Please forward any change in mailing/email/phone number to the club secretary at 389-6334; or to the club address listed above.

our beautiful lakes and rivers.

Hope to see many of you on CCC trips this spring and summer.

### NEWS FROM THE BOARD

*By Dukke van der Werf*

As readers of this newsletter you will discover yet another fun-filled schedule for spring and summer 2005. We attempted to vary the lengths of the driving, the paddling, and the level of difficulty to provide attractive and suitable activities for all of our members. Fast or slow, adventurous or cautious, fit or not-so-fit, there will be some outings tailor-made for your taste and abilities. Call the trip leader for details about the trip. Some of them may be suitable for families. If interested in improving your paddling skills, check out the skills improvement courses we are offering again this spring in May, June, and July; and sign up early to be sure of a place.

This year's CCC Open House will take place May 3-5. We encourage you to attend. It is a great opportunity to sign up, or to renew your membership, meet new members, re-establish contact with acquaintances and sign up for paddling courses. Local outfitters will display and demonstrate their equipment and gladly share their knowledge and expertise with you. Paddling from the boathouse continues to be very popular and the hours will be the same as last year.

NEWS...(Continued on page 7)



*Canoe and Kayak Outing*




## CATARAQUI CANOE CLUB

### GEAR SWAP

The Cataraqui Canoe club offers a service to buy, sell, or swap used outdoor gear by way of the newsletter and/or the web site.

#### ***Buy, sell, or swap used outdoor gear!!!***

The gear  swap is a way of encouraging our members to recycle used outdoor gear. It assists new members in getting gear at reduced prices and lets experienced members sell old stuff, enabling them to buy that fancy new equipment.

#### **What kind of outdoor gear can I sell?**

You can sell outdoor equipment that's intended for wilderness adventure and related to back-country activities such as; cycling, hiking, backpacking, paddling, and snowsports.

Just send a description of your item and a contact number to our webmaster:

Alan: [cccwebmaster@ca.inter.net](mailto:cccwebmaster@ca.inter.net) 547-3781



## CANOES, KAYAKS AND GEAR

*Canada's Best Prices and Selection  
Shop and Compare*

**Check Out Our Website For Information  
Free Test Paddling Every Day  
Rentals, Courses and Clinics**

1/2 hour north of Kingston on the water at the entrance to Frontenac Provincial Park, and 11 km north of Sydenham at 6674 Bedford Road

613-376-6220 [www.frontenac-outfitters.com](http://www.frontenac-outfitters.com)

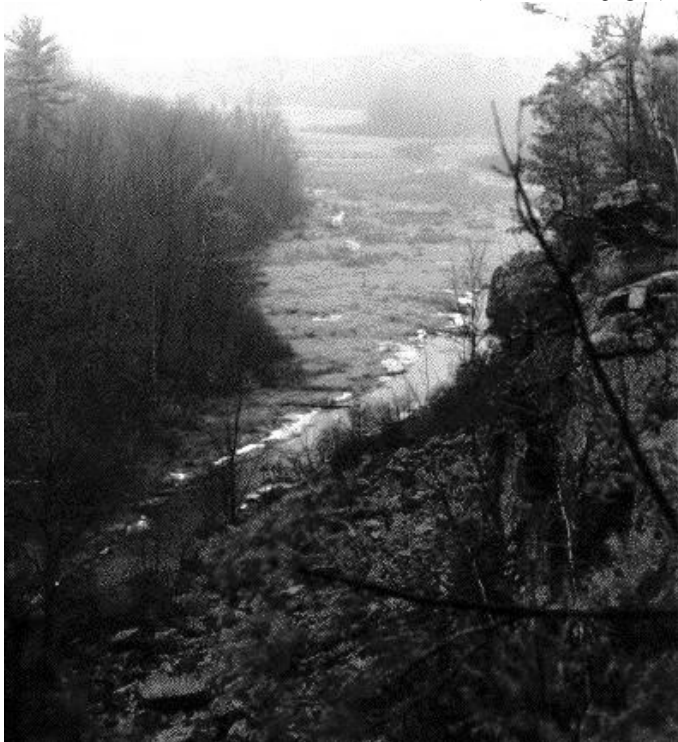
**MASSASSAUGA POLAR EXPEDITION***By Mark Wideman*

Early in January, Janice Ley and Eric Usherwood led an expedition of eight club trekkers on a long and interesting ramble through the wilds of Massassauga Creek. Whether or not this was a "polar" expedition is a moot point. Although none of us, as far as we can tell, actually reached either of Earth's poles, each of us carried one or two ski poles for stability over the oftentimes icy route. Despite the ice, Janice observed winter hiking has advantages; there are no bugs and no underbrush to beat back, the muddy spots along the trail are frozen over and you can see through the trees. On this day, in particular, the weather was favorable. With virtually no wind, the mercury just below freezing, and a gentle snowfall in progress, the conditions accommodated a perfect outing.

The morning hike took us along ridges, over icy bays, across a unique trestle bridge, and ended at Janice's snug cabin where we were served hearty soup, rolls, and cookies to accompany our bag lunches.

Just before lunch, Eric disappeared into Nine Owls Cabin to make a photo card for Ed Jezak who was unable to be present due to illness. Nine Owls must be a

MASSASSAUGA...(Continued on page 7)



*Massassauga Creek Hike View*

**CATARAQUI CANOE CLUB****COURSES**

*At the Boathouse — 1 Cataraqui Street*

**CANOE SKILLS IMPROVEMENT COURSE**

*Wednesday Evenings, 6:30 to 8:30 p.m.*

*June 8th/ June 15, 2005*

**\$15.00 Members**

**\$30.00 Nonmembers**

**LEARN TO KAYAK CLINIC**

*Details at Open House, Tuesday, May 3, Wednesday*

*May 4, Thursday May 5, 2005*

**PADDLING TECHNIQUES****EQUIPMENT CHOICES****WEATHER & SAFETY ASPECTS**

**\$5.00 Members**

**\$10.00 Nonmembers**

**ORCA FLATWATER KAYAK, Levels A, B**

*One Day Course: Saturday, June 11, 2005, Saturday, July 16, 2005*

**SKILLS, STROKES, RESCUES, SAFETY,  
EQUIPMENT SELECTION & MORE**

**(ORCA – Flatwater Level A&B Certification)**

**\$50.00 Club Members**

**\$85.00 Non Members**

**LEARN TO CANOE COURSE**

*Tuesday & Thursday Evenings, 6:30-8:30 p.m.*

*May 10-May 26, 2005*

**SKILLED INSTRUCTOR**

**\$20.00 Members**

**\$45.00 Nonmembers**

*FOR DETAILS – CALL BARRY – 389-6334, Email – [irib@kingston.net](mailto:irib@kingston.net)*

**OR CLUB HOTLINE – 544-8375,**

**CLUB WEBSITE – [www.cataraquicanoe.on.ca](http://www.cataraquicanoe.on.ca)**

**MITCHELL CREEK BRIDGE REPLACEMENT**

*By Carolyn Bonta*

Canoe Club members have long enjoyed the solitude of a paddle down Mitchell Creek in South Frontenac Township. Many of us are familiar too, with the task of ducking our heads to pass under the bridge at Canoe Lake Road, and we listened to the characteristic “thump-thump” sound of a vehicle traversing the timber deck above us.

Built in 1930, the Mitchell Creek Bridge has deteriorated considerably and now presents a serious risk to public safety. The Township of South Frontenac hopes to begin work on a replacement structure as soon as possible, immediately following environmental screening and receipt of approvals from various environmental and transportation agencies.

An *Environmental Screening Report for the Replacement of the Mitchell Creek Bridge* was prepared, in June 2004, by McCormick Rankin Corporation to meet the requirements of the *Ontario Environmental Assessment Act* and the *Municipal Class Environmental Assessment*. The preferred bridge replacement option arising from this report was to build a new, single-lane structure on the existing abutments. Clearance under the bridge would be maintained at the existing geodetic elevation of 136.39 meters. This option was chosen because it would not require any in-water work and costs were reasonable.

Upon agency contact, however, Transport Canada’s *Navigable Waters Protection Act* (NWPA) ruled that the replacement bridge was required to have a clearance of 137.35 meters. The implications of this ruling are that in-water work will now be required for bridge replacement, and the increased elevation – just under one meter – will permit larger boats and other watercraft to access Mitchell Creek. The NWPA appears to

take precedence over all provincial (Ministry of the Environment, Ministry of Natural Resources) and Conservation Authority requirements.

The Cataraqui Canoe Club is concerned about some of the potentially negative environmental implications of increasing the Mitchell Creek Bridge’s elevation. Our primary concern is that personal watercraft, such as Sea Doos and Jet Skis would have access to the creek. Mitchell Creek is home to two species, the Common Loon and the Northern Map Turtle (a Species at Risk both provincially and nationally), whose populations are in decline in North America. Human activity, particularly through recreational boat use leading to disturbance and increased wave action, is the main culprit to the decline of these two species.

We are also concerned about the effect of the current proposal on fish and their habitat in the creek. The bridge in-water work is considered Harmful Alteration, Disruption or Destruction of Fish Habitat, under the federal *Fisheries Act*. In addition to this direct effect, fish may also be indirectly affected by the proposed, and resulting increased boat traffic disturbance to spawning beds and cover, increased waves and increased fishing pressure.

An analogy to the proposed bridge replacement would be the paving and widening of a single-lane dirt road,

MITCHELL CREEK BRIDGE...(Continued on page 6)



**272 Princess Street, Kingston, ON K7L 1B5—613-548-4767**

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**Canoes, Kayaks, Apparel, Footwear**

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**[kingston@trailhead.ca](mailto:kingston@trailhead.ca)**

**MITCHELL CREEK BRIDGE...***(Continued from page 5)*  
simply for the sake of making it more accessible to motor vehicle traffic! Road paving and widening would not occur without due consideration for traffic needs and potential environmental impacts...similar standards pertain to our waterways. The Cataraqui Canoe Club wrote a letter, outlining our concerns, to McCormick Rankin Corporation. We hope that due consideration will be made for environmental issues, including completion of a federal Environmental Assessment, prior to a decision being reached.

Information on the proposed Mitchell Creek Bridge replacement is maintained on file for public review at the South Frontenac Township municipal office in Sydenham. The phone number for the Township office is 376-3027.

### **CCC EQUIPMENT RENTAL POLICY**

**Use at the Boathouse:** A member may borrow a canoe or kayak, together with paddles, lifejackets, and safety equipment, without cost when the boathouse is open if used only in the vicinity of the boathouse, and returned by the time the boathouse is closed. Posted Safety Rules and the direction of the Boathouse Officer must be followed. The use of equipment is restricted if it is needed for lessons or specially organized functions.

**Club Trips:** For a club sponsored trip, a member may rent a club-owned canoe for \$12.00 per day, or rent a kayak for \$10.00 per day. There is no charge for paddles, life jackets, kayak skirts, installed flotation, or required safety equipment. Members not renting a boat may rent paddles or lifejackets at a cost of \$1.00 each, per day. A member may rent equipment for the use of a non-member coming as a guest. *(Equipment may only be borrowed or rented in other circumstances with express permission from the Board.)*

**Record Book, Payment:** A member, who is renting equipment should complete an entry for all items in the record book maintained at the boathouse. Remember to account for each paddle, lifejacket, and safety kit. All rentals will be payable to the Cataraqui Canoe Club.

**Care of Equipment:** In renting equipment, the member agrees to exercise due care, and to repair or replace damaged or lost equipment.



### **CATARAQUI CANOE CLUB PADDLING FROM THE BOATHOUSE**

Members are invited to paddle from the boathouse throughout the summer at scheduled times. There is no charge. This is a terrific way to wind down after the workday, hone paddling skills, and try out club owned canoes and kayaks. Please remember to sign the waiver, and detail boat identity in the register. You are also asked to be familiar with posted; Paddling from the Boathouse Guidelines.

### **PADDLING SCHEDULE**

**MAY 11 – MAY 25** Paddle WEDNESDAY from 6-8 p.m.

**JUNE 4 – AUGUST 27** Paddle SATURDAY from 2-5 p.m. We encourage members, especially those with families too young for day tripping, to enjoy summer Saturday afternoons on the river.

**JUNE 2 – AUG. 25** Paddle TUESDAY & THURSDAY from 6-8 p.m.

**SEPT 7 – SEPT 28** Paddle WEDNESDAY from 6 p.m. to dusk, depending on demand.

**QUESTIONS?** Call Beth Orr, Boathouse Scheduling: 389-6362.

MASSASSAUGA...(Continued from page 4)

truly magical place, for when Eric reappeared with the finished card; the photo of our group on the front included no fewer than four Dugald Carmichaels! We hope the card afforded Ed as much amusement as it did us.

By the afternoon, enough snow had accumulated for most of us to don skis or snowshoes for a trek out to the old farmhouse, which our hosts had previously restored with great ingenuity.

We succeeded in getting to the cars at dusk; tired, well-fed and happy—we didn't quite reach the pole.



*Moving into spring, summer, and early fall outings, a favorite of canoe club members is the visit to Schooner Lake for late September weekend camping. Schooner Lake is on Crown Land and offers spectacular hiking, new places to explore by canoe and the best campsite that we have ever encountered. Beautiful sunrises mixed with surreal mist rising from the lake, and happy hours on the beach watching the sunset are high points of the weekend.*

NEWS...(Continued from page 3)

If you are interested in buying or selling used outdoor gear, consider taking advantage of the "For Sale" section of our website. The site also features current information on upcoming events, an archive section, interesting links and the weather forecast (we hope it will be good this season).

New members can obtain membership forms from the membership secretary, at the

Open House May 3-5 or from the website at [www.cataraquicanoe.on.ca](http://www.cataraquicanoe.on.ca). See you at our annual Open House.



*Great Gear*

*Expert Advice*

## **Two Kingston Store Locations**

- ♦ **West End Kingston — 795 Gardiners Road**
- ♦ **Downtown Kingston — 166 Wellington Street**

The Peak Experience features a special discount for Cataraqui Canoe Club members.

[www.thepeakexperience.ca](http://www.thepeakexperience.ca)

## **Whitewater for Beginners**

Whitewater at Palmer Rapids is a safe trip. The club makes the pilgrimage each year on the long weekend in July. We camp beside the rapids in a group campsite, which offers lots of opportunity to learn whitewater skills, share whitewater stories, food and beverage.



***Official Spring and Summer Schedule--2005, of the Cataraqui Canoe Club***

**Weather or water conditions, may necessitate activity changes. Check with the trip leader.**

**IS THIS ACTIVITY RIGHT FOR ME? Is it within my limits of fitness and skill? Do I have the right clothing, footwear and equipment? What water, food and protectants should be included in my pack? What are the potential risks, and do I accept them? Is there a health problem that could affect my participation? Am I aware of strategies to minimise impact on the environment?**

**Your leader can help with these and other questions when you call, and at the same time describe the plan for the activity. Also, at the designated meeting place you will be required to read an outline of the activity and the anticipated risks, before signing a waiver. Good preparation and safety awareness on the part of each participant will make the trip less risky and more enjoyable for all.**

**There is a \$5 fee for non-members on paddling trips and overnight trips. Guests are welcome at no charge on non-paddling day trips.**

**MAY 15, Sun. LOWER SALMON WHITEWATER PADDLE.** The last and probably the warmest chance for this marvelous 12-km cruise. Mostly fast-water and Class-1 rapids, with 200-m portaging. Three Class-2 rapids require paddling skill to navigate a good "line". The second can be portaged 150-m, and paddlers have the option of taking out before the third. If the weather obliges, wetsuits may not be needed. Call Barry Irish 389-6334 or 539-4864 (cell).

**MAY 21, Sat. OUTLET to MARBLE ROCK PADDLE.** Ray Wilson invites us to paddle 18-km down Wiltse Creek and Gananoque River. Perhaps a beaver dam or two, but no portages. Redwings will be roosting and muskrats muttering in the bulrushes. Call Ray 382-7189.

**MAY 28, Sat. UPPER SALMON WHITEWATER PLUS.** One of the best whitewater runs in south eastern Ontario, with 3-km of flatwater added so as to link up our "end-to-end" paddle of Salmon River. Short stretches of Class 3-4 whitewater can be portaged 350-m, but Class-2 whitewater skills are needed. May include a 600-m trailwalk to the top of The Tor for a great view of Cade Lake and Sheffield Long. Call Dugald Carmichael 542-8628.

**GOT A GREAT PHOTO FROM A CATARAQUI CANOE TRIP!**

**Email the photo with a short description to the Newsletter Editor!**

**[ccc.editor@sympatico.ca](mailto:ccc.editor@sympatico.ca)**

**JUNE 4-5, Sat-Sun. HART LAKE CANOE-CAMPING.** 40-km driving, 6-km paddling and 200-m portaging brings us to a secluded campsite on an undeveloped lake. A wonderful way to unwind, with Loughborough Creek and/or Crow Lake waiting to be explored. With luck, whippoorwills may sing a soothing lullaby as we drift off to sleep. Call Bob Clooney 384-4482.

**See your various resource people or trip leaders if you require clarification about trip needs, gear, and for any other questions or information you may need.**

**JUNE 5, Sun. PADDLING CLINIC AT FRONTE-NAC PARK.** Here is a good chance for rookies to learn from experienced paddlers, with all equipment provided by the club. Cost is \$15 plus parking fee. To register, call FPP headquarters 376-3489.

**JUNE 12, Sun. NAPANEE RIVER PADDLE.** Put in at Colebrook, paddle 7.5-km to Napanee Lake for lunch and a swim, and then back to Colebrook. It is a relaxing paddle through a scenic part of Upper Canada, originally settled by kin of Barry Irish. This trip includes 100-m of easy lining and/or wading past

*(Continued on page 9)*



*(Continued from page 8)*

the ruins of historic mills at Petworth. Call Barry Irish 389-6334 or 539-4864 (cell).

**Spring Water Levels Are Unpredictable... All Whitewater Events Are Subject To Change Or Cancellation.**

**JUNE 18 Sat. LYNTHURST TO KILLINGBECK LAKE PADDLE.** This is a 21-km trip (with two portages 900-m on five beautiful lakes, three of which are connected by Lyndhurst Creek. Call Bob Clooney 384-4482.

**JUNE 20-23, Mon.-Thurs. RIDEAU CANAL PADDLE.** This is our chance for a first-hand look at an engineering marvel of the early 19<sup>th</sup> century. Charlie Hannan invites us to paddle from Kingston to Rideau Ferry in four easy stages (22, 20, 25, and 21-km). Putin is at CCC boathouse; overnight camping is at Lower Brewers Mills, Jones Falls and The Narrows lock stations (with option to B&B at Jones Falls); and takeout is at Rideau Ferry marina. Paddlers would be welcome to join us for fewer than the four stages. Call Charlie 536-1610 for details.



**JUNE 26, Sun. THIRD DEPOT LAKE TO FIRST DEPOT LAKE PADDLE.** This is an enjoyable 8-km trip pioneered by Alan Nicholls. It includes 300-m

portaging and 200-m fastwater in a rocky channel decorated with colorful plastic scrapings from previous trips. Not recommended for cedar or birch-bark canoes. For details call Beth Orr 389-6362.

**JULY 2-3. Sat.-Sun. BEGINNERS' WHITEWATER CLINIC.** Palmer's Rapids probably initiated (and baptized) more paddlers than any other stretch of whitewater in Canada. For a modest fee, we camp beside the rapids and learn by watching as well as paddling. Call Mark Hughes re kayaking (372-5989) or Barry Irish re canoeing (389-6334 or 539-4864).

**RENEW YOUR MEMBERSHIP TODAY!**

**Memberships expire March 31. Renew your membership with the form included in this newsletter or download it from the website.**

**[www.cataraquicanoeclub.on.ca](http://www.cataraquicanoeclub.on.ca)**

**JULY 9, Sat. SHEFFIELD LONG LAKE TO HORSESHOE LAKE PADDLE.** This is a 12-km stretch of the Salmon River with red granite scenery and two good swimming holes. Some gentle current to negotiate, and one easy liftover near the outlet of Crotch Lake. Call Carolyn Bonta 531-4578.

**JULY 16, Sat. FRONTENAC PADDLE-CHALLENGE.** Can you paddle 12-km and portage 3680-m in one day? Invigorating exercise and stunning scenery for the paddler on six lakes in Frontenac Provincial Park. Call Charlie Hannan 536-1610.

**For Trip Schedule Updates...**

**Visit [www.cataraquicanoe.on.ca](http://www.cataraquicanoe.on.ca) or call the hotline at 544-8375**

**JULY 17, Sun. MORTON CREEK TO LYNTHURST PADDLE.** A beautiful 18-km paddle via Lower Beverley Lake, with a 6-km shuttle. Includes a visit to Delta and to one of Don Harris' favorite ice-cream parlors in Lyndhurst. Call Barry Irish 389-6334 or 539-4864 (cell).

*(Continued on page 10)*

*(Continued from page 9)*

**JULY 19-22, Tues-Fri. DUMOINE RIVER WHITEWATER CANOE-CAMPING.** A spectacular trip in the Laurentians for whitewater enthusiasts. Contact Peter Kopp 546-9216 for details.

**JULY 23, Sat. GANANOQUE PLAYHOUSE PADDLE.** Now for something completely new. Mary Jean McIntyre invites us to paddle among the Admiralty Islands, dock at the Gananoque Playhouse for a 1430 matinee performance of Anne of Green Gables, then paddle back to our vehicles 4-km and head for home. Call Mary Jean 389-2942.

**WEATHER OR WATER CONDITIONS MAY NECESSITATE ACTIVITY CHANGES. CHECK WITH THE TRIP LEADER.**

**JULY 30 – Aug 1. Sat.-Mon. NUNIKANI LOOP PADDLE.** For the long weekend, how about a canoe-camping trip in the scenic Haliburton Highlands? A 19-km trip, paddling four beautiful lakes near Carnarvon, with only 1165-m easy portaging. With luck our campsite for both nights will be on a beautiful island in Red Pine Lake, with a Sunday choice of relaxing or day-tripping to Kennisis Lake. Call Barry at 389-6334 or 539-4864 (cell).



**AUG 6, Sat. CHARLESTON LAKE PADDLE, HIKE AND SWIM.** After a 6-km paddle from Outlet to Huckleberry Hollow, we park the canoes, hike 2-

km to the summit of Blue Mountain for lunch, and cool off with a refreshing swim on our way back. Call Ray Wilson 382-7189.

**Ample notice is required if you are looking for, or wish to be a paddling partner, and, or you would like to rent a boat. We suggest you call the trip leader at least a week in ad-**

**AUG 7, Sun. BALD HEAD BEACH KAYAKING.** An excellent 14-km day-paddle for kayaks around Wellers Bay National Wildlife Area south of Trenton. We will put in on Lake Ontario west of Consecon, paddle northwest through the beautiful, tropical-looking waters along Bald Head Beach and Bald Head Island, and return to our vehicles via Wellers Bay. Call Ralph Kennedy 384-4635.

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**[www.cataraquicanoeclub.on.ca](http://www.cataraquicanoeclub.on.ca)**

**AUG 12-14, Fri.-Sun. QUINTE'S ISLE KAYAK-CAMPING.** Here is an opportunity for sea-kayaking fun and relaxation around Quinte Isle, with camping at Sandbanks. Explorations may include False Duck Island and Timber Island Nature Reserve. Paddlers are welcome to arrive on Saturday or join us for a day trip. Call Margaret Wild 542-9626.

**When participating in the Cataraqui Canoe Club hikes, wear appropriate apparel and footwear for the conditions of the day.**

*(Continued on page 11)*

*(Continued from page 10)*

**AUG 17, Wed. SOUTH LAKE EVENING PADDLE.** Ray Wilson invites us to watch the sunset by canoe on South Lake (7-km N of Gananoque), and paddle back by moonlight. Depending on the weather, this special event might be postponed for a day or two. Call Ray 382-7189.

**You may be a paddler if;  
You can't drive over a bridge without looking  
for water under it.**

**AUG 20, Sat. OTTER LAKE TO KINGSFORD DAM PADDLE.** A 16-km tour of scenic lakes and creeks flanking Frontenac Provincial Park includes just one easy liftover across Desert Lake Road. Call Beth Orr 389-6362.

**AUG 21, Sun. SCHEDULE-MAKING POTLUCK PARTY** at the Irish residence. Call Barry 389-6334 or 539-4864 (cell). If you might like to lead an event this fall or winter but can't make it to the party, please call Dugald Carmichael 542-8628.

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**[www.cataraquicanoecub.on.ca](http://www.cataraquicanoecub.on.ca)**

**AUG 26-28, Fri-Sun. ALGONQUIN PLAY WEEKEND.** Bob Clooney has booked three drive-in campsites for CCC on Pog Lake, with access to picturesque hiking trails as well as paddling and swimming. Call Bob early 384-4482.

**SEPT 3-5, Sat-Mon. EELS CREEK CANOE-CAMPING.** By popular demand, once again Barry Irish will lead an outing to Eels Creek north of Stony Lake in the Kawarthas. Highlights will be spectacular High Falls and the remarkable prehistoric carvings in marble bedrock at Petroglyphs Provincial Park. Call



*By Debbie Twiddy (Reprint)*

Barry 389-6334 or 539-4864 (cell) for details.

**SEPT 10, Sat. BREWERS MILLS MORTON PADDLE.** With powerboat traffic tapered, a 17-km paddle up the Rideau Canal will be all the more enjoyable; no portages, with a swim and a short trail-walk to a spectacular viewpoint at Rock Dunder, 80-m above Morton Bay. Call Margaret Wild 542-9626.

**SEPT 17, Sat. PUZZLE LAKE PADDLE.** 12-km paddling on three scenic lakes nestled between red granite ridges, with only 300-m portaging. Best season for spotting rare veggies in this undeveloped provincial park, with Carolyn Bonta as our expert guide. Call Carolyn 531-4578.

**SEPT 23-25, Fri-Sun. SCHOONER LAKES CANOE-CAMPING.** One of our most enjoyable paddle-camping weekends. Glorious Crown Land lakes in the Madawaska Highlands. Participants arrive either Friday or Saturday. Contact Mark Hughes 372-5989.

**CATARAQUI CANOE CLUB MEMBERSHIP FORM**

*Please mail this completed form with your check to:  
Membership Secretary, Cataraqui Canoe Club of Kingston  
P.O. Box 1882, Kingston, Ontario K7K 5J7*

**Persons to be included in club membership. (Include only active participants. Date of birth required for those under 18):**

Family Name	Fist Name(s)	Date of Birth
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

***Please tick appropriate boxes:***

New Membership [ ] or Renewal of membership [ ]

Single membership \$35 [ ] or Family membership \$60 [ ]

***Newsletters and other messages should be sent to:***

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal code \_\_\_\_\_

Phone (home) \_\_\_\_\_ Phone (work)/(other) \_\_\_\_\_

E-mail address \_\_\_\_\_

***Agreement:***

Because of the risks of personal injury while taking part in canoeing and other activities of the club: I/we hereby release the Cataraqui Canoe Club of Kingston from all liability from these activities. We undertake to co-operate with the club in carrying out appropriate safety precautions and to abide with the club's safety rules.

This application is for club membership to March 31, 2005 next year. A check to cover the fee is attached.

***Signature of applicant*** \_\_\_\_\_ ***Date*** \_\_\_\_\_

***Second signature*** \_\_\_\_\_ ***Date*** \_\_\_\_\_

(Signature of parent or guardian required if applicant is under 18)