

# Cataraqi Canoe Club

# News

October 2005

## COMMODORE'S NOTE

*By Dukke van der Werf*

The following story was widely, and informally, circulated around The Netherlands last year. It describes the performance analysis and improvement strategies of a canoe team on a losing streak. I enjoyed the story and here it is:

Canoe Team A and Canoe Team Z agreed to challenge each other in an annual race. Each team had an eight-member crew. Both teams practiced hard and on the day of the race were in optimum condition. Team A won the race with a 1 km lead.

Team Z was devastated at losing the race. Team management decided to do anything in their power to ensure victory the next year.

They created a focus group to investigate the problems. Following much research, the appointed study group discovered that Team A consisted of seven paddlers and one instructor while, Team Z counted seven instructors and one paddler. This crisis situation inspired the management of Team Z to superior leadership qualities; they immediately hired the services of a consulting firm to reanalyze the structure of the team. After many months of hard work the experts concluded that Team Z was plagued by too many instructors and too few paddlers. Based on these findings it was decided to restructure the team with:

- 4 instructors
- 2 supervisors

- 1 senior supervisor
- 1 paddler.

In addition, they undertook to motivate the one paddler, "We must expand his area of work and increase the scope of his responsibility".

The following year Team A won with a 2 km lead! The management of Team Z immediately fired the paddler on grounds of poor job performance. In spite of losing the race, the supervisors received substantial bonuses in



appreciation of their excellent commitment to the team. The consulting firm re-analyzed the team's performance. This analysis showed: 1.) that the correct strategies were selected; 2.) that the motivation was good, yet the material used was of inferior quality.

the canoe!

The management of Team Z is now in the process of re-designing

## NEWS FROM THE BOARD

*By Dukke van der Werf*

This year, the Cataraqi Canoe Club's, Annual General Meeting – AGM, is Monday, Oct. 3, 2005, 7 p.m., at the Kingston Library, Delahaye Room, 130 Johnson Street. One of the enticements will be a slide show of the recent Dumoine, whitewater canoe trip. The show is a joint effort by some of the club members, who experienced the thrill and joy of this challenging trip. Your attendance at the AGM is vital for the Club and we expect to see many of you.

COMMODORE...(Continued on page 3)

## **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. Email pics and print to the newsletter editor at [ccc.editor@sympatico.ca](mailto:ccc.editor@sympatico.ca), or mail them to the club, or pass them on to any member of the board or executive. And please bring them and share at the schedule making pot-luck. If you have one or two pictures to accompany an 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.

This past year saw a steady influx of new members and we were happy to see so many on our trips. We try to accommodate all levels of paddling skills by teaming less skilled with more experienced members. When planning to join a trip, please contact the trip leader well in advance (one week) to allow sufficient time to try to team you up with another paddler, or to help make an informed decision as to the suitability of the trip.



Thanks are due to our dedicated volunteers, trip leaders, instructors, board members and others for their terrific contributions to the success of CCC. With our ever increasing membership, we require more volunteers (trip leaders, boathouse supervisors). If interested, please call the Coordinator of Volunteers, Beth Orr, at 389-6362.

As usual, the Club this last year endorsed many successful club activities. A new addition to our Clinics and Courses was the ORCA Kayak Course, instructed by

Ralph Kennedy. The two sessions were fully booked and everybody passed.

Community activities included: Frontenac Park Paddling Clinic, Boys and Girls Club, K-Town Triathlon and assistance for the Chestmates Dragon Boat Team. A Liaison Committee arranged a joint meeting with John Armitage, of the Kingston Rowing Club to deal with issues affecting both Clubs. See you at the AGM.

### **CATARAQUI CANOE CLUB ANNUAL GENERAL MEETING**

***Monday, October 3, 2005, 7 p.m.***

At the Kingston Library, Delahaye Room,  
130 Johnson Street

**Featured Speaker  
Dugald Carmichael**

*Speaks of his Exiting Paddling Expedition on the  
Dumoine River, 2005*

### **CATARAQUI CANOE CLUB GEAR SWAP**

The Cataraqi Canoe club offers a service to buy, sell, or swap used outdoor gear on the web.

**Alan: cccwebmaster@ca.inter.net, or call 547-3781**



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### ***Two Kingston Store Locations***

- 1. West End Kingston — 795 Gardiners Road***
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The Peak Experience features a special discount for Cataraqi Canoe Club members

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

## RIDEAU CANAL EXPEDITION

By Jane Hough

Since moving to Kingston, Charlie had a dream, to paddle the Rideau Canal. Heeding the advice of an investment firm, he stopped dreaming, and started doing it. After a promotion in the newsletter, a total of 13 participants set off on Charlie's dream along the Rideau Canal, on June 20th. We were an international group, comprising 10 Canadians, 3 Americans, in 4 canoes, and 5 kayaks. Ages ranged from 33 to 80. A more eclectic group one could not ask for. The group purchased transit passes, which allowed us to pass through the locks, and so we avoided lengthy and tiring portages.



Maureen and Nancy, Paddling the Rideau Canal — Photo from Jane Hough

At the locks along the route, Kingston Mills, Jones Falls, Chaffey's Lock...the lockmasters were always courteous, and gave us tips on how to best enjoy the next section of the Rideau. The time spent in the locks allowed us to rest, and on two occasions to visit with people traveling via motorboat. We were blessed with the wind behind us on four of the five days, and sunshine everyday. It rained one evening, but most of us enjoyed supper at the Hotel Kenny at dusk. One unfortunate member, who got rain in her tent retreated to the hotel for the night and felt compensated, by the enjoyment of a long soak in the tub.

Previously, I traveled the canal in the fall, yet late spring brought a new perspective to the channel tour. High waters meant fewer deadheads to avoid. It added up to easier exits and entrances in our vessels, and expedited movement in and out of the waters. Loons presented themselves with babies clinging to their backs or swimming at their sides. I sighted a loon on her nest. The group spotted bass nests within the lock at Newboro. Wildflowers bloomed. Great Blue Herons were ever present. I saw the small ferry in operation at the exit of Sand Lake. The world was

green and quiet. There were few motorboats to destroy our peace. Each day we stopped for a leisurely lunch, (well, to tell the truth, all our meals were leisurely) and we reached our destination by mid to late afternoon.

Upon arrival at our overnight stop, the group established camp. Prepared for the night we then explored the lock area. Suppers occurred in various stages, but

evening found most members anxious for the sun to set, so they could go off to bed. Our vessels were usually in the water by nine in the morning, quite different from the fall, when we strived for an 8 o'clock departure, since the locks closed earlier. June meant long daylight hours, and we welcomed the first day of summer on the trip. That evening was also a full moon. Unfortunately, it rained, yet better in the evening than in the daytime.

On two occasions people made wet exits, one from a kayak, the other from a canoe, but both were at least intentionally intending to exit their vessels. Another member rescued a motorboat, which followed the buoys from the wrong side, and consequently ran aground. On our third day, we faced a stiff headwind, and the kayakers were impressed by the spirit of the canoeists. The canoes were impressed by how easily the kayakers moved through the waves. Each group had some wisdom to impart to the other, and we all came away with a broader knowledge of paddling and respect for each other after our days and nights spent along the Rideau Canal. Photos and messages continue to be exchanged amongst members, on both sides of the border.

Well done Charlie!





*Where the mink dwells... The Admiralty Islands, part of the "thousand" granite gneiss and sandstone hilltops, of The Thousand Islands, a delightful tour for our group of paddlers in July. Summer homes adorned the island shorelines, dating from the 1900's when rail made these fashionable islands accessible to cottagers. Our paddle included a short stop at Bostwick Island's, Half Moon Bay where church services have been held since 1887. The pulpit itself is on the shore. Boaters tie up to thin iron rods in the rock face, and raft together, to hear different denominational preachers on Sunday afternoons in July and August.*

*Mermaid Island is a home for the mink, which we saw running along the shoreline, as our paddlers sortéed for lunch on the rocky east shore. Here the granite and quartzite rocks and water vegetation encourage rock bass, and crayfish and up the bank, birds, rats, mice and possibly muskrats — all favorite foods of our skittish furry friend.*

*"We can never have enough of nature. We need the tonic of wildness, to wade sometimes in marshes where the bittern and the meadow hen lurk, and hear the booming of the snipe; to smell the whispering sedge where only some wilder and more solitary fowl builds her nest, and the mink crawls with it belly close to the ground."* — Henry David Thoreau (1847)



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

**Trailhead Features**  
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**Annual Kids Rental Sale — October 29/30**

*Visit Our Website for Trips and Events*

**[www.trailhead.ca](http://www.trailhead.ca)**

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



*Ray Wilson and Dugald Carmichael  
on the Dumoine River*

***Official Fall and Winter Schedule-2005/2006, 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.

**OCT 1, Sat. BUCK LAKE - SLIDE LAKE PADDLE.** An easy paddle down Buck Lake and portage 80-m to Slide Lake, where the green of summer will be turning red and gold. 10-km there and back. Call Bob Clooney 384-4482.

**OCT 3, Mon. 6-8 PM. ANNUAL GENERAL MEETING. Delahaye Room - Kingston Public Library.** At the AGM we review the business of the club and elect new members of the executive, but we also have fun! Dugald Carmichael will entertain us with slides and stories about this year's whitewater paddling. This is also a good chance to meet other paddlers, share photos, and tell stories of our paddling adventures. Let's all support our club by attending the AGM!

**OCT 8-10, Sat.-Mon. THANKSGIVING AT SILENT LAKE.** Barry Irish will roast a delicious turkey on the open hearth and we potluck the rest, at a drive-in campsite with easy access to good paddling and/or hiking. Fall colours should be near their peak in this beautiful provincial park. Contact Barry 389-6334 or 539-4864 (cell).

**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)

**OCT 22, Sat. GOULD LAKE ORIENTEERING.** Here's a chance to sharpen our map-reading and bush-navigating skills. Orienteering stations will be set out, and special orienteering maps with accurate contours will be provided. Beginners are welcome. For details call Peter Kopp 546-9216.

**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.**

**OCT 23, Sun. GATINEAU PARK ORIENTEERING.** Ottawa Orienteering Club welcomes nonmembers to their "B meets". This one convenes on Kingsmere Road at 10AM, with a choice of four levels (beginner, intermediate, short advanced, long advanced). There is a \$10 fee. For details call Beth Orr 389-6362.

**OCT 30, Sun. CHARLESTON LAKE HAUNTED HIKE.** On the eve of Halloween, this hike will be a beauty, but it could be spooky.

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Ghosts and goblins may be lurking in the grottos along Sandstone Island Trail! Costumes are expected. Call Beth Orr 389-6362.

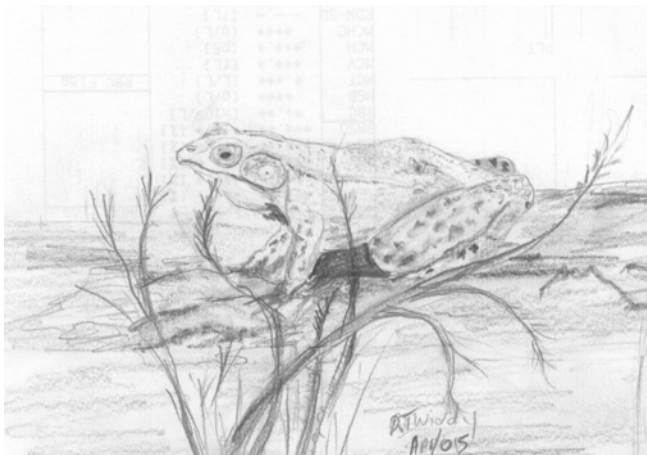
**NOV 5, Sat. CANOE LAKE TO KINGSFORD DAM PADDLE AND POTLUCK.**

A 16-km end-to-end paddle via scenic Desert Lake and Birch Lake will whet our appetites for a potluck at Nancy Young's cottage on nearby Eels Lake. Includes a portage (150-m) and an optional scramble to a scenic overlook on Birch Lake. Re potluck call Nancy 549-8856; re paddling call Dug Carmichael 542-8628.

**NOV 12, Sat. GANANOQUE RIVER PADDLE.** Too cold for swimming, but should be fine for paddling! Exact plans may depend on wind and weather. Call Ed Jezak 389-4459.

**NOV 13, Sun. CHARLESTON LAKE HIKE.**

By special request, Ray Wilson will lead a 10-km hike on the scenic Westside Loop, through the White Hills and past historic Tallow Rock Bay in Charleston Lake Provincial Park. Call Ray 582-7189.



**NOV 20, Sun. GIBSON LAKE HIKE.** Come and crunch through freshly fallen leaves! This is a picturesque 15-km loop hike in northern Frontenac Park, starting and ending at Kingsford Dam. Call Bob Clooney 384-4482.

**NOV 26, Sat. OPINICON HIKE.** Fallen foliage makes it easier to appreciate the marble springs, mineral pits, abandoned homesteads, historic Bedford Road... Call Dukke van der Werf 384-6054.

**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-**

**DEC 3, Sat. HUCKLEBERRY HOLLOW**

**HIKE.** Come and enjoy this 5-km trail to the top of Blue Mountain, a high quartzite knob with a spectacular view of Charleston Lake, Rock Dunder, Tug Hill, the Adirondacks, a heron rookery... Call Ray Wilson 582-7189.

**DEC 4, Sun. FEASTING, CAROLLING AND**

**SCHEDULE-MAKING.** Once again, Dave and Sharon Ferguson will graciously host our seasonal party. Turkey will be provided, and we potluck the rest. New members are especially welcome. Call Dave or Sharon 384-3044. If you might like to lead a scheduled activity next spring but can't make it to the party, please contact Dug Carmichael 542-8628.

**DEC 10, Sat. MARBLE ROCK HIKE.**

Scenic loop-trails in this conservation area provide a very enjoyable 10-km hike, with splendid views of Blue Mountain, Little Blue Mountain, Wiltse Marsh etc. Call Ray Wilson 382-7189.

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

**DEC 17, Sat. BUFFLEHEAD LOOP HIKE.**

Too late for the Challenge, but Frontenac Park

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*(Continued from page 7)*

will have no deer-flies! This 11-km hike will start and end at Park HQ. Call Gary Birrell 389-5154.

**JAN 1, Sun. LITTLE CATARAQUI SKATE, SKI OR HIKE.** Winter weather can be iffy, so let's enjoy an easy outing not far from home, with comfortable shelter close at hand. Call Dukke van der Werf 384-6054.

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

**JAN 7, Sat. TRIANGLE SKI CLUB.** Terrific trails (30-km, more than half of them groomed) and a snug chalet await us near Charleston Lake, but will there be enough snow? Perhaps a bit of snow-dancing would help! Call Ed Jezak 389-4459.

**JAN 14, Sat. CHARLESTON LAKE SNOW-SHOE.** Rugged terrain too steep for comfortable skiing, yet snowshoes make it easy! Snowshoes rented at Trailhead. Call Ray Wilson 382-7189.



*Art by Debbie Twiddy*

**JAN 21, Sat. MASSASSAUGA HIKE, SKATE OR SKI.** A winter adventure somewhere near marvelous, mysterious Massassauga Creek. For details call Janice Ley 542-9958.

**JAN 22, Sun. SANDBANKS SKIING.** 15-km of mostly groomed XC trails woven through forested sand dunes, a cozy chalet, and perhaps a hot cocoa provided by the Friends of Sandbanks, all for a "suggested donation of \$1.00/day (adults)." Call Barry Irish 389-6334 or 539-4864(cell).

**JAN 29, Sun. CHARLESTON LAKE SKI.** Shhh! Let's keep it a secret -- this magnificent park has hardly any visitors in winter! Beth Orr invites us to XCski a 12-km loop trail with easy slopes. Call Beth 389-6362.

**FEB 4, Sat. OPINICON SKI.** Depending on conditions, this intermediate XCskiing might be mostly on trails or mostly on frozen beaver ponds. Call Dug Carmichael 542-8628.

**FEB 4, Sat 8-9:30 pm. CANOE SAFETY CLINIC.** Artillery Park Aquatic Center. This is the first of three indoor paddling clinics organized by Mark Hughes and Beth Orr. The fee for each clinic is \$15 for members and \$25 for nonmembers. Some club boats will be available, and a certified lifeguard will be on deck. Come and learn and/or practice the following skills:

- Entering a canoe from deep water
- Canoe rescues (emptying and righting a swamped canoe)
- Donning a pfd or life-jacket in deep water
- Throw-rope practice
- Rescuing an unconscious person

Call Mark 372-5989 for info and to register.

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

**ADVANCE NOTICE: KAYAK ROLL CLINICS** for the year will be **Feb. 18** and **March 4, 8-9:30 pm** at Artillery Park pool. See the next newsletter and/or call Mark Hughes 372-5989.