

# Cataraqi Canoe Club

# News

January 2006

## NEWS FROM THE BOARD

By Ed Juzak

As you can see from the list of board members on page 2, in this issue, we experienced significant changes in the past year. Three of us have different positions; four members resigned and three new members joined.

Since I missed my chance to do so at the Annual General Meeting, let me now thank our past commodore, Dukke van der Werf, for her hard work in piloting our club for the past two years.

Our meetings are sedate affairs. We discuss the current issues, and make changes and additions to better benefit the membership. As three Board Members left before the Annual General Meeting three new members were voted to replace them.

Another member left shortly after the first meeting of this current board. The latter resignation left us with the options of functioning with nine members, or appointing someone from the club membership to the board. We chose the latter, and asked Margaret Wild to rejoin us on the board. She kindly accepted.

We give a hearty thanks for services to those former board personnel who resigned, some serving two years and some for many more years. We welcome Margaret Wild in her reassignment, serving now as a director, the new members; Michael Johnson as Treasurer, Jo Matyas and Ralph Kennedy in their role

as directors and as committee leaders.

Our main concerns, on the board, are to manage the resources of the club and to supervise the choice and scheduling of club events. For the latter, we welcome suggestions from members. In writing to us (collectively or individually) please use the club address, or the e-mail address of our web-master, [cccwebmaster@ca.inter.net](mailto:cccwebmaster@ca.inter.net). For contact with the newsletter editor, e-mail, [ccc.editor@sympatico.ca](mailto:ccc.editor@sympatico.ca).

Some members do not wish to be contacted at their private addresses.

We received a suggestion to schedule short trips this summer on Wednesday evenings in local waterways, some starting from the boathouse. These might appeal to people who are reluctant to commit to our regular (longer) trips. If enough of you express interest in this, we shall give it serious consideration. There was also a suggestion

that we extend the paddling from the boathouse, in particular the Saturday afternoon paddling.

As it is the first of January as I write this, let me wish you all good health and good paddling in 2006.

## SPECIAL THANKS

By Suzanne Bodner

Breast Cancer Action, Kingston's Chestmates Dragon Boat Team would like to give a huge thank you to the Cataraqi Canoe Club for support on the water, allow



*Gananoque River in January — Photo by Ray Wilson*

THANKS...(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 2005 – 2006**

<b>Commodore</b>	Ed Jezak	389-4459
<b>Vice Commodore</b>	Carolyn Bonta Johnson	531-4578
<b>Secretary</b>	Charles Hannan	536-1610
<b>Treasurer</b>	Michael Johnson	531-4578
<b>Past Commodore</b>	Dukke van der Werf	384-6054
<b>Board of Directors</b>	Dugald Carmichael	542-8628
	Ralph Kennedy	384-4635
	Jane Knibbs	634-6859
	Josephine Matyas	634-9280
	Margaret Wild	542-9626

### **Program Appointments**

<b>Newsletter Editor</b>	Sharon Ferguson – 384-3044
<b>Scheduling</b>	Dugald Carmichael – 542-8628
<b>Activities at the Boathouse</b>	Don Harris – 546-0842
<b>Boathouse Manager</b>	Dave Ferguson 384-3044/ Mark Hughes – 372-5989
<b>Courses and Clinics</b>	Ralph Kennedy – 389-6334
<b>Hiking</b>	Gary Birrell 389-5254/ Beth Orr 389-6362
<b>Skiing</b>	Ed Jezak – 389-4459
<b>Whitewater Program</b>	Dugald Carmichael – 542-8628/ Mark Hughes – 372-5989
<b>Membership Secretary</b>	Dukke van der Werf – 384-6054
<b>Publicity</b>	Josephine Matyas – 634-9280
<b>Volunteer Coordinator</b>	Carolyn Bonta – 531-4578
<b>Telephone Listings</b>	Judy Skeggs – 374-3420
<b>Webmaster</b>	Alan Nicholls – 547-3781

### **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 articles to the newsletter editor at: [ccc.editor@sympatico.ca](mailto:ccc.editor@sympatico.ca). If you have one or two pictures to accompany an article, even better. You can mail to the club address above, or share with any member of the board or executive. Please bring pictures and share at the schedule making pot-luck.

### **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.

THANKS...(Continued from page 1)

ing us to borrow a club canoe to retrieve and remoored our dragon boat throughout the 2005 season. We could not have conducted our practices without your help. All of the Chestmates are extremely grateful for the friendly and valued relationship that we have with CCC. See you on the river.

## EDITOR'S NOTEBOOK

Included in this issue is an article from Janice Ley regarding the future of Rock Dunder, including the shorelines and trails.

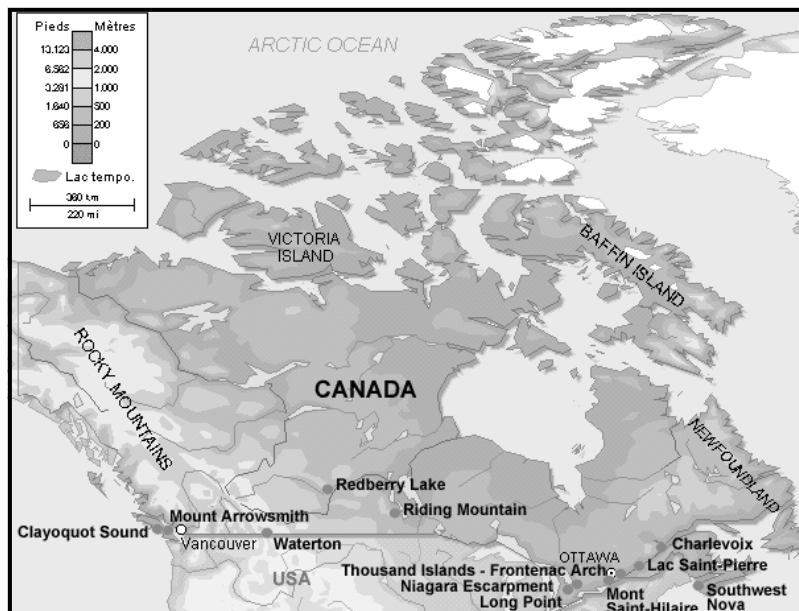
This area is part of the internationally protected Thousand Islands Frontenac Arch Biosphere Reserve, <http://www.fabr.ca/Index.htm>, which for one thing recognizes the need for the conservation of the sea-

sonal movement of the animal and plant species in the area, specifically of the Algonquin and Adirondack regions. It is one of the United Nations Economic, Scientific and Cultural Organization's (UNESCO's), thirteen protectorate biospheres in Canada, [www.unesco.org](http://www.unesco.org).

The Rideau Waterway Land Trust (RWLT), is an officially recognized partner of UNESCO. Lands acquired by RWLT are accessible to the public on a no fee basis. Low impact use of the lands allows for conservation of the plant and animal species and for the people's sustainable enjoyment. Support and respect for

the natural ecology of the area will preserve and make available these lands in perpetuity.

Simon Lunn's photos illustrate the beauty of the Rock Dunder area to remind us – think globally, act locally.



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

## 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.*

Send a description of your item and a contact number to our newsletter editor and to our webmaster.

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

384-3044

[cccwebmaster@ca.inter.net](mailto:cccwebmaster@ca.inter.net)

547-3781

## ROCK DUNDER

By Janice Ley

Rock Dunder is a familiar landmark to many of our Cataraqui Canoe Club members here in the Kingston region. Rising 275 feet above Morton Bay in Whitefish Lake, Rock Dunder provides spectacular views of the surrounding Rideau Lakes and woodlands. Owned by the Boy Scouts of Canada, its

shoreline and network of trails have contributed to many enjoyable Canoe Club outings over the years. Margaret Wild's fall paddle to Rock Dunder became a club tradition.

With declining membership, the Kingston area Scouts

have had to reduce the number of properties they operate, and the Rock Dunder camp location was declared surplus and put up for sale in September of 2004.



*Paddling Rock Dunder Shoreline — Photo Simon Lund, Biologist, Rideau Waterway Land Trust*

Fearing that the sale of the property for development would see this special place lost to the community forever, the Rideau Waterway Land Trust (RWLT), an organization recognized by the United Nations Environmental Scientific and Cultural Organization (UNESCO), stepped forward to secure this

unique property for public use in perpetuity.

The Rideau Waterway Land Trust was formed in 1996 with a mandate to acquire and preserve lands of ecological value in the Rideau Waterway Corridor. It demonstrated a strong track record, acquiring or preserving 12 properties along the Rideau. Acquisitions have included islands on the Rideau Lakes, woodlands, wildlife habitat, and special scenic properties, such as the "Red Rock" of Big Rideau Lake. All acquisitions are carefully evaluated, and a management plan put into place to ensure that the properties will be maintained in their natural state in perpetuity.

Rock Dunder is a natural fit for the RWLT. From its location on Morton Bay, it encompasses 283 scenic acres, 7000 feet of shoreline, and two historic cabins. In addition to its hiking trails and scenic lookouts, Rock Dunder provides a low-impact camping area for canoeists, a sheltered cove and swimming spot, and accesses the portage connection to the Gananoque

**DUNDER...**(Continued on page 5)



**Great Gear Expert Advice Discounts**

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1. **West End Kingston — 795 Gardiners Road**
2. **Downtown Kingston — 166 Wellington Street**

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

Armchair Adventure Series starts March 2006 — 7PM

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



DUNDER...(Continued from page 4)

River system.

Rock Dunder lies within the internationally recognized Thousand Islands Frontenac Arch Biosphere Reserve. An area of considerable ecological importance, it has been designated as a Provincially Significant ANSI (Area of Natural and Scientific Interest), and has been identified as habitat for a number of Species at Risk and several locally rare species.

The RWLT was able to negotiate an Agreement to Purchase the property with Scouts Canada, and the purchase is scheduled to be completed in March, 2006. RWLT must raise \$170,000 to complete the transaction. They have a well-planned fund-raising campaign begun, and are approaching various government and non-governmental agencies as well as private corporations for support.

A key element of their plan is fund-raising from the community and individuals, and the RWLT is hoping to find motivated donors amongst the membership of the Cataraqui Canoe Club. I think we do have a real connection with Rock Dunder, and appreciate the importance of securing this special place, not only for our time, but as a legacy for future generations.



*Rock Dunder Viewpoint — Photo by Simon Lunn, Biologist, RWLT*

If you would like to be part of this important and unique project, please consider making a donation to the "Over the Top for Rock Dunder" campaign.

Donations may be sent to:

Rideau Waterway Land Trust (RWLT)  
1 Jasper Avenue  
Smith Falls, ON K7A 4B5

On-line donations may be made through their website:

[www.rwlt.org](http://www.rwlt.org)

If you would like further information on the Rock Dunder project, contact the RWLT office directly:

Telephone: (613) 284-2010

E-mail: [info@rwlt.org](mailto:info@rwlt.org)

And if you donate, mention that you are a member of the Cataraqui Canoe Club so the RWLT will know our organization supports this especially worthy cause. Charitable receipts will be issued.

*The Canadian Canoe Museum - Peterborough, Ontario*



**272 Princess Street, Kingston, ON K7L 1B5 – 613-546-4757**

**Trailhead's Features**  
*10% Discount to Cataraqui Canoe Club Members*

**Ski Wax Clinic**  
*Saturday, January 28*  
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**Discover Snowshoeing**  
*Sunday, January 29 and Sunday, February 5*  
*\$25.00 includes snowshoes*

**Paddling Film Festival**  
*Thursday, April 29*  
*\$10 in Advance, \$12 at the Door,*

[www.trailhead.ca](http://www.trailhead.ca)      [kingston@trailhead.ca](mailto:kingston@trailhead.ca)

***Official Fall and Winter Schedule-2005/2006, of the Cataraqui Canoe Club***

Change in activity may be necessary due to weather or water conditions. Check with the trip leader. Changes with enough lead time will be posted on the website version of the schedule: <http://www.cataraquicanoe.on.ca/events.html>

**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.

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

**FEB 4, Sat. 8-9:30pm. CANOE SAFETY CLINIC.** This is the first of three indoor paddling clinics organized by Mark Hughes and Beth Orr at the Artillery Park Aquatic Center: <http://www.cityofkingston.ca/residents/recreation/programs/aquatics/index.asp>. The fee for each clinic is \$15 for members and \$25 for nonmem-

bers. Some club boats will be available, and a certified lifeguard will be on deck. Come and learn and/or practice:

- entering a canoe from deep water
- canoe rescues (emptying and righting a swamped canoe)
- donning a PDF (life-jacket) in deep water
- throw-rope practice
- rescuing an unconscious person

Call Mark 372-5989 for info and to register.

**GOT A GREAT PHOTO OR STORY FROM  
A  
CATARAQUI CANOE CLUB TRIP!**

Email the photo and/or the story with a short description to the Newsletter Editor!

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

**FEB 11, Sat. POTLUCK, SKI AND SLIDE SHOW.** Once again, Peter Kopp invites us to a potluck dinner, a paddling show-and-tell, and a moonlit (hopefully) x-country ski. Call Peter 546-9216.

**FEB 12, Sun. LITTLE CATARAQUI SKI.** Easy to intermediate x-country skiing on groomed trails close to home! Call Carolyn Bonta 531-4578.

**FEB 18, Sat. FRONTENAC SWAMP HOP (snowshoe, ski or hike).** Never the same and always fun! Eric Usherwood and Janice Ley will be our leaders, starting and ending at Park HQ. Selection of hopping equipment will depend on conditions. Call Janice 542-9958.

**FEB 18, Sat. 8-9:30pm. KAYAK ROLL CLINIC.** This is the second of three paddling

*(Continued on page 7)*

*(Continued from page 6)*

clinics (see FEB 4 for general details). No ice on Artillery Park pool! Come and learn to roll (or practice your roll) in warm water and congenial company. Call Mark Hughes 372- 5989.

**FEB 25, Sat. OPINICON AREA X-COUNTRY SKI.** Come and explore scenic terrain near Opinicon Road. Dukke van der Werf will show us the way. Easy slopes. Distance depends on conditions. Call Dukke 384-6054.

**FEB 26, Sun. BOILER ROOM CLIMB.** Jane Knibbs invites us to enjoy one of her favorite winter activities, at the Boiler Room indoor climbing gym: <http://www.boiler-room-gym.com/>. Beginners are welcome. Qualified staff will teach us how to work the belay device. Climbing shoes and harness can be rented at the gym. Please call Jane 634-6859 at least four days early.

**MAR 4, Sat. FRONTENAC PARK SNOW-SHOE OR HIKE.** Ray Wilson offers us a surprising adventure in Frontenac Park. Call Ray 382-7189.

**MAR 4, Sat. 8-9:30pm. KAYAK ROLL CLINIC.** This is the last of three paddling clinics (see FEB 4 for details). Come and learn to roll (or fine-tune your roll for spring paddling) in Artillery Park pool. Call Mark Hughes 372-5989.



*Chipmunk — Art by Debbie Twiddy*

**MAR 11-12, Sat. Sun. SILENT LAKE & KAWARTHA SKI WEEKEND.** Good spring skiing usually persists near Bancroft. We shall stay in The Sword Motel (pool, sauna, hot tub...), with easy access to 40-km of groomed ski trails in Silent Lake Provincial Park: <http://www.ontarioparks.com/english/sile-winter.html>. On Sunday a 60-km drive will take us to Kawartha Nordic Ski Club: visit the website <http://www.kawarthanordic.ca/>, with 50-km of groomed trails in scenic terrain (well worth the \$10 day pass). Call Margaret Wild 542-9626.

**MAR 19, Sun. PUZZLE LAKE MYSTERY TRIP.** This beautiful undeveloped provincial park is slowly becoming familiar to CCCers. Nevertheless, Beth Orr is planning to surprise us. Call Beth 389-6362.

**MAR 25, Sat. RIDEAU TRAIL GEOLOGICAL HIKE.** Come and walk across what used to be a barren quartzite island in a shallow sea too salty for trilobites and other primitive critters (460 million years ago). Then marvel as Collins Creek disappears down a sink-hole in the limestone bedrock, only to be reborn from giant springs 400 meters northwest. Call Dug Carmichael 542-8628.

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

**MAR 25, Sat. SCHEDULE-MAKING POTLUCK.** Always a fun party, at which we share stories and make plans for summer paddling etc. New members are especially welcome. Ed Jezak has kindly consented to be our host. Call Ed 389-4459 to take part. If you might like to lead an event this summer or fall but can't make it to the party, please call Dug Carmichael 542-8628.

*(Continued on page 8)*

*(Continued from page 7)*

**APR 1, Sat. PADDLE OR HIKE.** Depending on conditions, this could be an early spring flatwater paddle on Gananoque River or a late winter hike near Stonehouse Lake. To find out, call Dug Carmichael 542-8628.

**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 advance.**

**APR 8, Sat. MASSASSAUGA CREEK PADDLE AND HIKE.** A CCC rite of spring! Come and paddle 12-km up and down a gently flowing creek with two beaver dams as minor obstacles. Once again Janice and Eric will be in the lead canoe. After lunch, a 2.5-km bushwhacking hike to the outlet of Buck Lake is optional. Call Janice Ley 542-9958.

**APR 15, Sat. SALMON RIVER - KINGSFORD TO MILLTOWN EASY WHITEWATER.** A CCC premiere! This 14-km paddle includes 3 km of swifts and Class-1 rapids, and a 30-m portage around a weir in Lonsdale. Each of three short Class-2 rapids provides a big wave to be avoided, punched through, or surfed. Wild leeks may be plentiful on the island where we stop for lunch. Call Dug Carmichael 542-8628.

**APR 23, Sun. LOWER SALMON WHITEWATER.** A marvelous 12-km paddle from Roblin to Kingsford, mostly swifts and Class-1-2 whitewater in a scenic cedar-fringed glen. There are two short portages around weirs. Lunchtime entertainment may be provided by intrepid paddlers who surf The Ledge. Afternoon highlights will be Buttermilk Falls, Ordovician Springs and Weeping Wall. Call Mark Hughes 372-5989.

**APR 29, Sat. LITTLE CATARAQUI ORIENTEERING.** Come and enjoy a day of map-

reading and bush-navigating. For details call Peter 546-9216.

**APR 30, Sun. TAY RIVER WHITEWATER.** Bob Clooney invites us to paddle Tay River between Bathurst Road and Glen Tay, a scenic 10-km stretch with flatwater, swifts, Class-1-2 rapids, and one short portage. Hoping for higher flow than last year, we have scheduled this event two weeks earlier. Call Bob 384-4482.



*River Otter — Art by Debbie Twiddy*

**MAY 2, 3 & 4, Tues, Wed & Thurs evening. CCC OPEN HOUSE.** We welcome the public to visit our clubhouse, view our fleet of watercraft, and sign up for learn-to-canoe-and-kayak courses or paddling-skills clinics. Also an opportunity for members to meet and greet each other, enjoy refreshments and demos by local outfitters, and make plans to participate in upcoming events. For details call Jo Matyas 634-9280.

**MAY 6, Sat. NAPANEE RIVER EASY WHITEWATER.** This picturesque 8-km stretch of Class-1 rapids, swifts and flatwater between Yarker and Camden East provides an excellent introduction to whitewater for beginners. Call Peter Kopp 546-9216.

**Spring water levels are unpredictable...All Whitewater events are subject to change or cancellation.**