



Cataraqui Canoe Club News

May 2007

COMMODORE'S NOTE – NEWS FROM THE BOARD

By Ed Jezak

We are back into the CCC paddling season, our element. The winter was unusual, a bit of snow at Easter, yet relatively balmy weather, and no snow at Christmas. Some of us paddled the upper Salmon on January 4, not because we were particularly hardy, but because it was warm enough to do it in relative comfort. Dugald and I got trashed at the falls, but with one in a wet suit and the other in a dry suit, we did not suffer much. The Salmon River invited us again on the last day of March, and we ran it then.

As some of you might have noticed, we have had a change on the Board. Mike Fisher resigned, for personal reasons. We thank him for his service, and wish him well. We have asked Debbie Radloff-Gabriel to join the board, and she has accepted.

Things have been quiet at the Board, yet one topic stayed on our Agenda for several meetings, and for several years, that is risk management. We as a club have always maintained safe practices. In the distant past it was simply done without very much explicit discussion of the subject. Then the club decided to obtain insurance, to protect the members of the board and the activity leaders. Agencies through which we obtain our insurance, not unreasonably, impose certain conditions on us to minimize their risks. These

conditions, and the resulting procedures, are risk management. Recently we established the position of Risk Management Director. Carolyn Bonta is occupying that position temporarily, but she is too busy to continue in it. Any volunteers?



Massassauga Creek, Easy Downstream Paddle, April 2007 – See Article Page 5
– Photo by Dug Carmichael

We belong to the Ontario Recreational Canoe and Kayak Association (ORCKA), and we get our insurance through them. We are jumping through a few hoops right now trying to satisfy their requirements. Charlie Hannan is our intermediary with ORCKA. Being the scrupulous secretary that he is, when he noted that ORCKA had a requirement that member organizations file some documents with them, he inquired whether we were in compliance. The first response from somebody at ORCKA was that we seemed to be okay, only we needed to clear a point or two. Our response was viewed by somebody slightly higher up, who indeed was not satisfied, so that

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NEWS FROM THE BOARD...(Continued on page 4)

CATARAQUI CANOE CLUB OPEN HOUSE

*At the Club Boathouse, 1 Cataraqui Street
Tuesday, Wednesday, Thursday, May 1-3, 2007, 6-8 pm*

We welcome the public and club members to this annual event, to meet others, to enjoy refreshments, see demos by local outfitters and to plan great paddling trips. Sign up for canoe and kayak sessions, paddling instruction and techniques. Call Margaret Wild at 613-542-9626 for more information.

Cataraqui Canoe Club

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

Boathouse located on Orchard street near the Woolen Mill

Call 613 544 8375, or view *www.cataraquicanoes.on.ca*, for a current listing of up-coming trips and events

Executive and Board of Directors 2006 – 2007

Commodore	Ed Jezak	613-389-4459
Vice Commodore	Carolyn Bonta Johnson	613-531-4578
Secretary	Charles Hannan	613-536-1610
Treasurer	Michael Johnson	613-531-4578
Past Commodore	Dukke van der Werf	613-384-6054
Board of Directors	Dugald Carmichael	613-542-8628
	Debbie Radloff-Gabriel	613-544-1222
	Phil Jacobi	613-389-1340
	Josephine Matyas	613-546-6266
	Margaret Wild	613-542-9626

Program Appointments

Newsletter Editor	Sharon Ferguson – 613-384-3044 – <i>editorccc@yahoo.ca</i>
Scheduling	Dugald Carmichael – 613-542-8628
Activities at the Boathouse	Don Harris – 613-546-0842
Boathouse Manager/Assistant	Phil Jacobi – 613-389-1340/ Mark Hughes – 613-372-5989
Courses and Clinics	Carolyn Bonta – 613-531-4578
Hiking	Gary Birrell – 613-389-5154/ Beth Orr – 613-389-6362
Skiing	Ed Jezak – 613-389-4459
Whitewater Program	Dugald Carmichael – 613-542-8628/ Mark Hughes – 613-372-5989
Membership Secretary	Dukke van der Werf – 613-384-6054
Publicity	Josephine Matyas – 613-546-6266
Volunteer Coordinator	Margaret Wild – 613-531-4578
Telephone Listings	Judy Skeggs – 613-374-3420
Webmaster/Assistant Webmaster	Alan Nicholls – 613-547-3781/ Ray Wilson – 613-382-7189 <i>cccwebmaster@ca.inter.net</i>

Newsletter Contributions Welcome!

Members of the Cataraqui Canoe Club (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 the News Editor at *editorccc@yahoo.ca*, mail them to the club, pass them on to any member of the board or executive, or bring them to the schedule making pot-luck. 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 changes in mailing/email/phone number to the membership secretary at 613-384-6054; or to the club address above.

THE RIDEAU CANAL, CELEBRATING 175 YEARS 1832 – 2007, A PADDLER'S PARADISE

By Margaret Wild

Today's Rideau Canal, passing oh-so-gently between sparkling rivers, lakes and enchanting time encapsulated mill towns, gives little hint of turbulent beginnings.

In the War of 1812, an American take over of Upper Canada, considered "a mere matter of marching", was planned as appropriate reprisal against the British. The war provoked serious response, and was not considered merely the quaint skirmishes of general imagination. In fact the British Government remained concerned enough by 1827 to accept Colonel By's estimate of 474,844 pounds sterling to establish a safe, alternate route of a navigable waterway between Lake Ontario and the Ottawa River - to prevent "the enemy's interrupting the existing line of communication from Montreal to Kingston".

Lieutenant Colonel John By, an acknowledged engineering genius, came out of retirement to take charge of this mega project. Construction of the Rideau Canal was the largest undertaking in an extensive British Empire. It would have been the "Three Gorges Dam" of its day and must have set the sleepy young province on its ear.

10,000 Scottish masons were imported to groom and manipulate the massive stones with hand cranes. This number was augmented by carpenters, blacksmiths, labourers (mostly Irish and French Canadian), together with military companies of Miners and Sappers, needed to complete construction. Together they worked from camps and shanties with hand tools, pick, shovel and wheelbarrow to dig out 19 kilometres of manmade canal and 47 locks.

It's estimated at least 10% of the workers were lost to Malaria (endemic in Ontario to 1900), Dysentery, Lake Fever, Ague and Dumb Ague. There were the inevitable accidents. Blasting, an inexact science caused a huge boulder to land on the supper table near Kingston Mills!

Colonel By also contended with legal problems involved in land acquisition, including expropriation and buy-outs for milling facilities and flooded areas. Back in the old country By was entangled in political wrangling with cost overruns to 822,000 pounds. He was eventually exonerated, but died in 1836 without recognition of his feat, of carving an engineering marvel through untamed wilderness.

Each lock posed a unique engineering conundrum, complete with misleading surveys, and a climate and geology foreign to Colonel By and his team. Flooding and vile smelling mud flows complicated the picture. This truly was "engineering on the fly", with the resulting elegant solutions remaining almost untouched, and delightfully viable to

this day. Ken Watson's book, *A History of the Rideau Lock Stations* (see Sources, at the end of this article), describes each lock in detail.

With the exception of Ottawa, which owes its founding to the Canal, subsequent urban development focused more on hydro-electric sources, leaving behind tranquil landscapes and historic mill towns rich with stone edifices. As we know, the canal with Fort Henry protecting the entrance was never involved in military action, leaving abundant wildlife and recreational boaters as beneficiaries. Ken Watson said the Rideau Canal "is arguably the most scenic waterway in North America". Nine



The Cataraqui Canoe Club Hosts a Paddle on the Rideau Canal, Exiting

Hogs Back, 2006 – Reprint, Photo Jane Hough

RIDEAU CANAL-CELEBRATING 175 YRS...*(Continued on page 4)*

**Membership Fees and Boathouse Storage Fees
are due April 1, 2007.**

NEWS FROM THE BOARD...(Continued from page 1)

poor Charlie and his committee are now trying to see what needs to be done.

The next main activity for the club is our open house. The details appear in this newsletter. Before we can open our boathouse, it must be cleaned and prepared. This menial task is performed (mostly) by board members under the direction of the Boathouse Manager. We meet on a Friday around five o'clock; clean the bathrooms, sweep the floors, and do a general cleaning. When finished, and not before, we clean ourselves and snack on pizza and beer, at the club's expense. The latter is the only perk for which a board member qualifies.

See you at the open house, and happy paddling.

RIDEAU CANAL-CELEBRATING 175...(Continued from page 3)

reasons to enjoy paddling the 202 kilometres; he finds it interesting, easy (thanks to slack water from the system), safe, accessible, quiet, photogenic, historic, friendly, and most of all fun! From the Cataraqui Canoe Club's vantage point right at the start of the system, who could disagree?

From March to November numerous celebrations take place along the canal to celebrate the 175th Anniversary; music, dancing, poetry, re-enactments, a steamboat flotilla, canoe racing, and walking tours. Already a Canadian National Historic Site, it is expected the Rideau Canal will be successful in its bid to become a UNESCO World Heritage Site just in time for Canada's Birthday.

SOURCES: www.rideaufriends.com, www.realrideauheritage.ca, www.pc.gc.ca/lhn-nhs/on/rideau, Ken Watson's website www.rideau-info.com/canal, and his book, *A History of the Rideau Lock Stations*, (published by Friends of the Rideau, available at Novel Idea).

PADDLE AWAY ADVENTURES

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EMAIL: IRIB@KINGSTON.NET

YOUR PADDLING DREAMS COME TRUE

CATARAQUI CANOE CLUB

PADDLING SESSIONS

At the Boathouse — 1 Cataraqui Street

*Lead Instructor (ORCKA Certified), Barry Irish
Call Barry 389-6334, Email irib@kingston.net*

INTRODUCTION TO CANOEING

*Sunday, May 20, 8:30 a.m. - 5:30 p.m.
Or Saturday, June 16, 8:30 a.m. - 5:30 p.m.*

EQUIPMENT CHOICES

FLATWATER PADDLING STROKES

WEATHER AND SAFETY ASPECTS

CANOE SKILLS IMPROVEMENT

Sunday, June 24, 2007, 8:30 a.m. - 5:30 p.m.

FACILITATED SESSIONS FOR ALL ABILITIES

PRACTICE YOUR PADDLING

SKILLED INSTRUCTOR

SEA/KAYAK SKILLS IMPROVEMENT

Details at Open House

FACILITATED SESSIONS FOR INTERMEDIATE PADDLERS

SAFETY

TRIPPING

*FOR DETAILS – CALL CAROLYN BONTA – 531-4578
OR CALL THE CLUB HOTLINE – 544-8375*

OR VISIT THE CLUB WEBSITE – www.cataraquicanoe.on.ca

**OR DROP IN AT THE OPEN HOUSE, TUESDAY,
WEDNESDAY, THURSDAY, MAY 1-3, 2007**

*The Canadian Canoe Museum – Peterborough, Ontario
www.canoemuseum.net*



**MASSASSAUGA CREEK ON A WINTER DAY
IN APRIL 2007**

By Dukke van der Werf



*Caching the Canoes Before Our Hike to the 500-Foot Ridge
– Photo by Dug Carmichael*

It was our first flatwater paddle of the season; snowflakes falling from grey clouds, new ice on lakes and ponds, faces tingling in the cold air. The trip leader, Eric Usherwood was delighted with these nearly perfect spring conditions!

Just before our arrival, on the way from his cabin to the launching spot, Eric noticed a raccoon dragging a trap caught on one of his front paws. He pronto set out on a “rodeo” mission (no - not on horseback) to rescue the animal. In hot pursuit, he managed to grab the end

of the trap chain when the raccoon tried to escape by climbing a tree. While Eric was trying to pry the trap open, the raccoon, surprisingly, did not attack him, only froze in fear and kept his face away from Eric’s hands. (I wonder what kind of reputation he has among the local raccoon population!) After being freed, the raccoon continued to climb up the tree although his paw was quite badly mangled. Eric showed us the trap, which he may want to hang on the wall.

Seven of us set out on this expedition using three canoes and one kayak. Massassauga Creek winds its way through cattails and cedar groves. We saw a number of muskrat (and one muskrat), beaver lodges, and a solitary blue heron.



Ice-Cold Chute Below Buck Lake Dam – Photo by Dug Carmichael

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A stretch break at the halfway point extended into a fascinating one-hour bushwhacking hike over rocky ridges, through woods, across beaver dams and around beaver ponds. One of the beaver dams allowed a considerable amount of water to escape from a higher lake into a deep ravine, testimony to a powerful river that during the glacial melt of approximately 12,000 years ago carved a deep channel through the bedrock. There was a dusting of fresh snow on the ground and on the frozen ponds. These snow-covered ponds showed a polka-dot pattern of dark gray on white. Could these dark circles have been caused by submerged tree stumps that had raised the water temperature?

Eventually, Eric led us to the top of his “500 FOOT RIDGE” where we admired the spectacular view. We climbed several more steep and narrow ridges. Our geology expert, Dugald Carmichael, pointed out that one

MASSASSAUGA...(Continued on page 7)

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 if returned by the time the boathouse is closed. Posted Safety Rules and the direction of the Boathouse Officer must be followed. Equipment use is restricted if 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 otherwise with express permission from the Board.)*

Record Book, Payment: A member who rents equipment should complete an entry for all items in the record book 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 without charge. This is a terrific way to wind down after the workday, hone paddling skills, and try out club owned canoes and kayaks. Please sign the waiver, and detail boat identity in the register. You should be familiar with posted: Boathouse Paddling Guidelines.

PADDLING SCHEDULE

MAY 9 – MAY 30 Paddle WEDNESDAY, 6-8 p.m.

JUNE 1 – AUGUST 25 Paddle SATURDAY, 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 5 – AUG. 30 Paddle TUESDAY & THURSDAY, 6-8 p.m.

SEPT 5 – SEPT 26 Paddle WEDNESDAY 6 p.m. to dusk, depending on demand.

PADDLING THE BARRON CANYON

By Jane Hough

Last spring several of us had the pleasure of paddling the Barron River in a section called the Barron Canyon. This is a river rich in history. At the time of the most recent ice-age, this area was covered in ice. When the glaciers retreated, it is thought that the melt waters thundering through this canyon must have carried as much water as a thousand Niagara Falls. More recently, the river was used to transport logs downstream to the busy lumber mills. I had been told that this was a paddle not to be missed. I was not left disappointed!



Barron Canyon – Photo by Jane Hough

Since this river is located in the far Eastern end of Algonquin Park, near Petawawa, we met at the Sand Lake Gate, and then drove to the Barron River parking lot. It was here that we put in, and started paddling upstream. The wind created some problems, especially for those canoeists who literally went sideways at one point in time. Fortunately, this was only for a brief section, and we soon approached the dreaded portage. Most of the paddlers, being kayakers, were not looking forward to this strange mode of transportation. However, with the co-operation of everyone, we soon trekked the 420 meters of trail, and were once again back in the water. We then saw remote campsites; each of them occupied that day in early June. It was no wonder, as the scenery was spectacular! The meandering river, lined with evergreens, gave each site lots of privacy. We paddled awhile in peace, before abruptly coming across the canyon itself. Rising suddenly out of the waters, the 100m cliffs loomed on either side of us. We gazed in awe at

BARRON CANYON PADDLE...*Continued on page 7)*

MASSASSAUGA...*(Continued from page 5)*

of the ridges contained quartzite. The presence of quartzite indicated that approximately 1,200,000,000 years ago the area was a sandy ocean beach. The other ridges (not containing quartzite) were most likely part of the ocean floor. We did not see any wildflowers on the hike.

Paddling and hiking kept us warm, yet our acquired body heat was rapidly lost again during the brief lunch break. When ready and eager to continue the paddle up to the rapids, we discovered that the thin layer of ice we broke, only two hours earlier before coming ashore, had refrozen. The small amount of water in our canoe had turned into ice as well!

The flurries continued. Soon the shores became higher and rocky, the creek narrowed and the current increased. We could hear the rapids ahead. We disembarked for another bushwhacking hike. This time we walked through a beautiful hemlock grove on a high ridge that overlooked the rapids, then gradually down a long slope that provided habitat for some big and handsome white pines. At that point Massassauga Creek turned into a turbulent and noisy current of water that rushed through a narrow and steep channel. In the wintry weather, the continuous spray of water created a thick coating of ice on rocks, twigs and trees. This fairyland scene offered a more than generous compensation for the cold. In particular, the beauty of a long line of icicles suspended from a tree fallen

across the chute took our breath away. The spray coming off the waves had gradually created a formation of very decorative icicles with lacey patterns. We stayed some time to admire this work of art and to take pictures.

Then it was back to the boats and a leisurely paddle with the current to the parked cars. As usual, tea, cookies and a hot woodstove waited for us at Janice's cabin. Great trip - despite the cold!

BARRON CANYON PADDLE...*(Continued from page 6)*

the bluffs above us. On the rim one can often see hikers looking down upon the river. In the peace and solitude of the river we reflected upon our surroundings, as we paddled to the next portage. There were lots more of those obstacles on the river, yet we chose to return to the parking lot, content with having conquered this small portion of the river.

Later we hiked the trail at the top of the canyon and took the picture in this article. It was delightful to find the trail in "wilderness" condition, with no railings or platforms. There are lots of warnings, however, about how a fall from the cliff top would be fatal!

This lower section of the Barron Canyon is an easy day trip well worth considering doing.



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Official Spring and Summer Schedule--2007, of the Cataraqi Canoe Club

Change in activity may be necessary due to weather or water conditions. 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 13, Sun. MOTHER'S DAY FAMILY PADDLE. Once again Debbie Twiddy will lead this popular paddle on a calm stretch of the Napanee River upstream from Petworth. Mothers with children are especially welcome. Spring delicacies will be sprung – wild leeks and fiddleheads! Call Debbie 374 1704.

MAY 19, Sat. ROCK DUNDER PADDLE AND POTLUCK AT SHANGRI-LA. Come and paddle a scenic stretch of the Rideau Canal, climb Rock Dunder for a stunning view, and return to Shangri-La by a different route for a potluck dinner. 8 km paddling and 1 km trail-walking (steep in places). Call Maureen Beamish

374 3449.

MAY 26-27, Sat-Sun. HART LAKE CANOE-CAMPING. 40km driving, 6km paddling and 200m portaging brings us to a secluded (and rustic) campsite on an undeveloped lake. Optional activities are invigorating swims before breakfast and a leisurely exploration of Loughborough Creek. Call Nancy Young 549 8856.

GOT A GREAT PHOTO FROM A CATARAQUI CANOE TRIP?

Email the photo with a short description to the Newsletter Editor! Article submissions also welcome.

editorccc@yahoo.ca

JUNE 3, Sun. PADDLING CLINIC AT FRONTENAC PARK. This is an opportunity for novice and intermediate paddlers to upgrade their strokes and practice canoeing skills. PFDs and safety equipment will be provided by CCC, along with a limited number of canoes and paddles. Minimum age of 16 unless accompanied by an adult. Cost is \$10 plus \$11 vehicle parking fee. To register, call FPP headquarters 376 3489.

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

JUNE 3-15, Sun-Fri. RIDEAU CANAL END-TO-END PADDLE. In celebration of the 175th anniversary of the Rideau Canal (URL: <http://www.rideau175.org/>), and with sage advice from pioneer Charlie Hannan, Maureen Beamish and Margaret Wild will lead a paddle from Kingston to Ottawa. There will be 9 days of paddling 20-28km per day, at least 8 nights of camping (with some optional B&Bs), and at least one stopover

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for rest and reprovisioning. Participation will be limited. Call Maureen 574 3449.

JUNE 9, Sat. MORTON TO LYNDHURST PADDLE. A scenic 18km paddle on Morton Creek, Lower Beverley Lake, and Lyndhurst Creek with a lunchtime visit to Delta. No portages, and the car shuttle is only 6 km. Available when reaching Lyndhurst will be yummy burgers and ice cream! Call John Telgmann 531 5156.

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 10, Sun. THIRD DEPOT LAKE TO FIRST DEPOT LAKE PADDLE. Come and enjoy a "perfect summer paddle" (see Jo Matyas' article and pix in the January newsletter) in the spring! This 8km trip includes three short portages and about 200 meters of fastwater. The car shuttle is 9 km. Call Beth Orr 389 6362.



JUNE 17, Sun. SHEFFIELD LONG LAKE TO HORSESHOE LAKE PADDLE. An easy 12km paddle up the beautiful Salmon River, "Jewel of Eastern Ontario". Some gentle current to negotiate, and a liftover at the outlet of Crotch Lake. The car shuttle is 14 km. Call Carolyn Bonta 531 4578.

JUNE 23, Sat. ROCKPORT TO IVY LEA PADDLE. A CCC premiere! Come and paddle the St. Lawrence River under the Thousand Islands Bridge to Smugglers Cove and Ivy Lea. After lunch on Ash Island, the river will help push us downstream through Fiddler's Elbow and Lost Channel on our way back to Rockport. Spectacular granite scenery and magnificent mansions! If a strong westerly wind is forecast, this 18km trip may be shortened, restricted to experienced sea-kayakers only, or interchanged with the Long-Reach paddle (see Aug 18). Call Jim Lorimer 373 2847.

RENEW YOUR MEMBERSHIP TODAY!

Memberships expire March 31. Renew your membership with the form included on the back page of this newsletter or download it from the website.

www.cataraquicanoecub.on.ca

JUNE 29 - JULY 1, Fri-Sun. BEGINNERS' WHITEWATER PADDLING. Palmer Rapids on the Madawaska River has probably initiated (and baptized) more canoeists and kayakers than any other stretch of whitewater in Canada. For a modest fee, we camp right beside the rapids. Call Ed Jezak 389 4459 re canoeing or Mark Hughes 372 5989 re kayaking.

**For Trip Schedule Updates...
Visit www.cataraquicanoecub.on.ca or call the
hotline at 544-8375**

JULY 7, Sat. CHARLESTON LAKE PADDLE AND HIKE. After a 6km paddle from Outlet to Huckleberry Hollow, we shall cache our watercraft and hike 2km to the quartzite summit of Blue Mountain (see pix in the January newsletter p.4). Great blue herons will be nesting down below, and on the distant horizon will be the Adi-

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(Continued from page 9)

rondack Mountains, Tug Hill Plateau and Rock Dunder. Following a leisurely lunch, we shall return to Outlet by the same route. Call Ray Wilson 382 7189.

JULY 8-12, Sun-Thurs. DUMOINE RIVER WHITEWATER CANOE-CAMPING. A thrilling trip in the Laurentians for whitewater enthusiasts. Contact Peter Kopp 546 9216.

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

JULY 14, Sat. MELLON LAKE PADDLE. A 1km paddle down Mellon Creek brings us to a deep secluded lake, which is 4km long and has only 15 cottages. Most of the shoreline is crown land (part of a provincial conservation reserve). The surrounding granite ridges support rare species of cacti, warblers, and skink (a blue-tailed lizard). Options to swim and/or scramble up to scenic overlooks. Call Dug Carmichael 542 8628.



JULY 21, Sat. THOUSAND ISLANDS SEA-KAYAKING. Are you an experienced sea kayaker with proper safety equipment and a practical knowledge of rescue techniques? Join in the fun

then of exploring some of the 1725 islands in the St. Lawrence River. Call Don 384 4346.

JULY 22, Sun. LYNDBURST TO KILLING-BECK LAKE PADDLE. A vigorous 21km paddle on five picturesque lakes, three of which are connected by Lyndhurst Creek. Two portages 480m and 360m, with a car shuttle of 11km. Call Bob Clooney 384 4482.

Trip leaders use the waiver found at:

www.cataraquicanoe.on.ca/waiver.pdf

JULY 28, Sat. RIDEAU LAKES PADDLE. From Bedford Mills we shall paddle ~12 scenic kilometres through Loon, Pollywog, Mosquito and Benson Lakes, stopping on an island for lunch and a swim. No portaging; 3km car shuttle. Call Janice Ley 542 9958.

AUG 4-6, Sat-Mon. ALGONQUIN PARK PLAY WEEKEND. Beth Orr has booked two campsites on St Andrews Lake, which includes 8 kilometres of paddling and two short (75m) portages from Achray. Within easy reach will be natural granite waterslides, High Falls, and the beautiful Barron Canyon, all of which were carved by a giant melt water river about 10,000 years ago. What a place to spend the long weekend! Participation is limited. Call Beth 389 6362.

When participating in the Cataraqui Canoe

Club hikes, wear appropriate apparel and

footwear for the conditions of the day.

AUG 10-12, Fri-Sun. QUINTE'S ISLE KAYAK-CAMPING. Sea-kayaking in style south of Picton, with overnight camping at Quinte's Isle. Great for birders – last year we

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(Continued from page 10)

spotted a huge mute swan. Paddlers are welcome to arrive on Saturday or join us for a day trip. Call Maureen Beamish 542 9626.

AUG 18, Sat. DESERONTO TO PICTON

PADDLE. Long Reach will provide 22km of picturesque paddling on the Bay of Quinte, well protected from the westerly wind. To make the shuttle easier, Jim Lorimer will pre-position his truck at our takeout in Picton. Option of a scenic drive home via Glenora Ferry. Call Jim 373 2847.

Note: Depending on weather, this trip may be interchanged with Jim's Rockport paddle, June 23.

**EVERY ONE MUST BELIEVE IN
SOMETHING**

I BELIEVE I'LL GO CANOEING

— HENRY DAVID THOREAU —

AUG 25, Sat. PADDLE FROM THE BOAT-

HOUSE. A leisurely paddle either upriver to Kingston Mills or downriver to Kingston Harbor, Fort Henry, Deadman's Bay and Cedar Island. Either trip will be about 12km, with the choice depending on wind and weather. Call Dug Carmichael 542 8628.

AUG 25, Sat. SCHEDULE-MAKING POT-

LUCK PARTY. Carolyn Bonta and Mike Johnson have kindly consented to be our hosts. For directions etc please call 531 4578. If you might like to lead an event this fall or winter but can't make it to the party, please call Dug Carmichael 542 8628.

AUG 26, Sun. SOUTH LAKE EVENING

PADDLE. Weather permitting, once again we shall watch the sunset by canoe on South Lake (7km N of Gananoque) and paddle back by the light of the full moon. Call Ray Wilson 382 7189.

SEPT 1, Sat. SALMON RIVER AND CLARE

RIVER PADDLE. Sheffield Long Lake is unusual in that Salmon River flows through it and

Clare River sometimes flows out of it. Putting in at Gull Creek on the Arden Road, we shall paddle 4km down Salmon River to Cade Lake and trail-hike 1km to the top of The Tor for a fine view of Sheffield Long Lake. After lunch and an optional swim in Cade Rapids, we shall return to Sheffield Long Lake and explore the long bay that sometimes feeds into Clare River. There is one short Class-2 rapid to be run, lined or portaged. Call Dug Carmichael 542 8628.

SEPT 8, Sat. BREWERS MILLS TO MORTON PADDLE.

This scenic 17km paddle includes an optional swim and a short trail-hike to a spectacular viewpoint atop Rock Dunder, 80m above Morton Bay. Let's hope for our usual tailwind! Call Margaret Wild 542 9626.

SEPT 15, Sat. UPPER SALMON RIVER

PADDLE. From Highway #7 to Horseshoe Lake is a beautiful 12 kilometer stretch of the Salmon River, with 40m of rock-fringed fastwater and a 40m portage. The car shuttle will be 10 km. Call Bob Clooney 384 4482.

SEPT 22-24, Fri-Sun. SCHOONER LAKES

CANOE-CAMPING. Come and enjoy a blissful paddle-camping weekend. A superb campsite on crown land in the rugged Madawaska Highlands, with glorious lakes, creeks and crags to be explored! Participants can arrive either Friday or Saturday. Contact Mark Hughes 372 5989.

SEPT 29, Sat. (rain date Sun Sept 30) FRON-

TENAC CHALLENGE PADDLE AND HIKE. Come and hike the 21 kilometers of Slide Lake Loop with access by canoe. Putting in at Buck Lake narrows, we paddle 4km, cache our boats, hike around the Slide Lake Loop at a medium-fast pace, and then paddle back to the putin. Numbers will be limited and fitness is advisable. Call Margaret Wild 542 9626 by Sept 24th.



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 a one year club membership (include only active participants), to be paid for a one year period. 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 boathouse and safety rules.

This application is for club membership fees to March 31, 2008 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)