



Cataraqui Canoe Club

News

January 2008

COMMODORE'S NOTE / NEWS FROM THE BOARD

By Carolyn Bonta

This fall's Annual General Meeting brought big changes to the Club's Board of Directors (listed on page 2). Two Executive positions were left vacant; Vice Commodore and Secretary. By contrast, there was substantial interest in the five Director positions, resulting in an election. With a fifth and sixth place tie, six Directors were chosen in an attempt to offset the workload left by the two vacancies mentioned.

This is my first year as Commodore. I would like to take this opportunity to thank Ed Jezak, now our Past Commodore, for his leadership during the past two years. Ed is a long-term Club member with many years of Board experience; I know he will guide me as I climb this new learning curve! On my journey, I look forward to meeting Club members; if I don't approach you first, please come over and introduce yourself!

Several veteran members have left – Charlie Hannan (Secretary), Michael Johnson (Treasurer), Dukke Van der Werf (Past Commodore), and Margaret Wild – I thank them for their many years of hard work on the Board. I'm thrilled that the four of you are continuing your involvement with the Club as trip leaders and by holding committee appointments; it's always a pleasure working with you.

New faces this year include John Telgmann as our Treasurer, Maureen Beamish, Peter Hodgson, and Jennifer Spencer as Directors. Following the AGM, Rick Zamora offered to be Secretary; the Board appointed him to this position at our November meeting. A warm welcome to you all! This brings our Board up to the full 10 members, but with one extra Director and still no Vice Commodore. We are looking to fill this vacancy. Anyone interested?



Puzzle Lake Hikers – Photo by Ryan Michie, 2007

In recent years, the Board has not only managed and supervised club operations, yet also heavily involved themselves in on-the-ground work. The demographics of this year's Board shifted toward working professionals. Recognizing those who use about 40 hours of weekly time in jobs,

I would like to see the Board concentrate on managing the Club – in particular, following up on some new ideas that have been incubating recently – while building a strong volunteer base to carry out the trips and events. I encourage you to contact Dugald Carmichael if you would like to lead a trip or Debbie Gabriel if you are interested in volunteering with events.

An ongoing headache last year that will undoubtedly continue to bring grief is the ever-leaking boathouse roof. In 2007, we had three new leaks. A patch job was done on the most serious one this fall, but only time will tell if it will hold. Our Boathouse Manager, Phil Jacobi, would appreciate advice from anyone with experience repairing – or replacing flat roofs, because it might come to that! None of our Board

COMMODORE'S NOTE...(Continued on page 4)

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.cataraquicanoe.on.ca, for a current listing of up-coming trips and events**Executive and Board of Directors 2007 – 2008**The Board can be reached at cataraqui_canoe_club@hotmail.com

Commodore	Carolyn Bonta	613-531-4578
Vice Commodore	Vacant	
Secretary	Rick Zamora	613-547-4186
Treasurer	John Telgmann	613-531-5156
Past Commodore	Ed Jezak	613-389-4459
Board of Directors	Maureen Beamish	613-374-3449
	Dugald Carmichael	613-542-8628
	Peter Hodgson	613-544-7944
	Phil Jacobi	613-389-1340
	Debbie Radloff-Gabriel	613-544-1222
	Jennifer Spencer	613-545-9109

Program Appointments

Newsletter Editor	Sharon Ferguson – 613-384-3044 – editorccc@yahoo.ca
Scheduling	Dugald Carmichael – 613-542-8628
Boathouse Manager/Assistant	Phil Jacobi – 613-389-1340/ Mark Hughes – 613-372-5989
Instruction	Peter Hodgson – 613-544-7944
Hiking	Gary Birrell – 613-389-5154/ Beth Orr – 613-389-6362
Skiing	Ed Jezak – 613-389-4459
Whitewater Canoeing/Kayaking	Dugald Carmichael – 613-542-8628/ Mark Hughes – 613-372-5989
Membership Secretary	Jennifer Spencer – 613-545-9109
Publicity	Margaret Wild – 613-542-9626
Coordinator of Volunteers	Debbie Radloff-Gabriel – 613-544-1222
Special Events	Maureen Beamish – 613-374-3449
Telephone Listings	Judy Skeggs – 613-374-3420
Webmaster/Assistant Webmaster	Alan Nicholls – 613-547-3781/ Ray Wilson – 613-382-7189 cccwebmaster@ca.inter.net

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. If you have one or two pictures to accompany the article even better. Email the articles and pics to the News Editor at editorccc@yahoo.ca.

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 613-545-9109; or to the club address above.

PADDLING THE MIGHTY MOISIE RIVER

By Bob Clooney

The Moisie River has often been compared to the Nahanni River, that other great river of the Northwest Territories. Although the Nahanni has higher canyon walls, the Moisie is famous for its Atlantic salmon fishing. The Moisie River starts at the height of land at the Quebec-Labrador border and eventually makes its way down to the north coast of the Gulf of St. Lawrence just east of the town of Sept-Iles.

Day one, in August, 12 of us flew on Beaver float planes from a lake near Sept-Iles to put in and canoe the Moisie. This flight was our second attempt, as the day before was very foggy and the pilots did not want to fly. We flew to a section of the river that was 264 kilometers from our takeout, at the bridge on the only highway to Sept-Iles.

Starting the trip at that location on the river avoided the strenuous portages on the upper river. At the trips completion, we'd dropped 1,000 feet. Most of the whitewater on the trip was runnable, with a few lift-overs and six portages, the longest being 600 meters.

The portages on the section of the river that we paddled were anything but easy...we had to scramble up steep rock and then hop from boulder to boulder...hoping not to slip, which a couple of us did. There were boulders along the river that were almost as big as houses. Luckily for us it rained on only one portage, as rain makes the portages more dangerous.

Being near the east coast, fog and showers occur quite frequently. We planned our trip for the end of August, because the weather is generally pleasant at that time

of the year, and the "biting" insects were not supposed to be too bad at that time of the season. However, the black flies were with us all the way down the river.

The terrain along the river was very rocky and steep except for flat sandy stretches along the shore. We camped mostly along the sandy stretches. One evening, just before dark, I was brushing my teeth...when suddenly a gust of wind came up and lifted my tent about 6 inches above the sand. Then the tent started moving up the river until it was over the river. I ran as

fast as I could to get my tent. I waded into the river for 150 meters before I grabbed the tent to get it onto the shore. The wind was awesome, and it was an effort to get it on shore. I was up to my butt in the water. Two other voyagers saw my predicament and they helped me to get it on the shore. By this time it was dark, and one of the voyagers loaned me a few tent pegs to get me through the night. The following morning I found my tent pegs except two. I was also fortunate that I didn't have my down sleeping bag in the tent at the time of the ordeal. After that, I placed a rock in

each corner of the tent. I should have known better. Later on, two other voyagers had their tents blown into the river.

I would like to describe two of the challenging portages. The first one is called Satan's portage, not all that long, yet so steep. The portage wound around an R5 and a salmon ladder. At the end of this portage, there was a wooden stairway with landings, and steep. The end of the wooden stairway was broken off by ice in the spring. I'm sure glad that it wasn't raining when we descended the wooden stairway.



"The Moisie River starts at the height of land at the Quebec-Labrador border and eventually makes its way down to the north coast of the Gulf of St. Lawrence just east of the town of Sept-Iles."

— Map from Natural Resources, Government of Canada

COMMODORE'S NOTE...(Continued from page 1)

members have expertise in this area, and we are struggling.

As I write this in mid-December, Kingston already has a few inches of snow on the ground, giving hope for a winter packed with snowshoeing, skiing, and skating – and lots of it. The past two years have seen our winter trips changed. The more opportunities a person has to experience winter activities, the more they will enjoy this wonderful season. See you out there!

Turkey Vulture – Photo by Bev Labrecque, 2007



THE MOISIE...(Continued from page 3)

The other notorious portage is called the “pimple portage”. This one went straight up (like going up a pyramid) only it was shorter. We went up a sandy and slippery, esker-like terrain and then down a very slippery, gravelly path. Thank God, that was the last portage of the trip.

As for the rapids, we had a good variety of everything from C1 to C5, including

some technical runs. There were no portages for some of the C3 and C4. The waves on some rapids were quite high...so we had our spray covers on. The current on the river was very fast. We could do 40 kilometers in a few hours.

The last set of rapids was the most interesting and challenging. Named the “Railroad Rapids”, they are located before and after the only railway trestle on the river. We had to get off the river to scout them and we had some mishaps. Some canoes went over and we lost a few paddles. Someone lost a shoe. We spent a good part of the day getting through this last stretch of serious rapids. After passing the last rapid, a C1, the river broadened and flattened. We were only 10 kilometers from the takeout. The Moisie is one river that I will never forget...especially those portages.

GREAT CANADIAN CANOE QUEST

QUILL PRESENTATION

Queens University, Goodes Hall, Room 310 — 143 Union Street, Kingston, Ontario

Presenter Jay Morrison

Come to a free presentation by adventurer Jay Morrison, of Canada Parks and Wilderness Society. Jay spent the last two summers doing a solo 7,000 km paddle from the Gulf of St. Lawrence to the Arctic Circle using traditional routes navigated hundreds of years ago.

Call Suzanne 613-541-1265 for Information



Descent – Photo by Ray Wilson



Crossing – Photo by Ray Wilson

CHESTMATES BREAST CANCER SURVIVOR DRAGON BOAT TEAM

Is looking for someone, a male or female, to help with steering and assistant coaching our very special team. No experience necessary, strange as it may seem, we'll teach you. Suzanne 613-541-1265

MY INTRODUCTION TO SNOWSHOEING

By Michael Johnson

I've always enjoyed winter snow activities, and now in particular, snowshoeing. As kids, my twin brother and I hurried to finish our homework so that we could spend our evening at the local rink, playing pick-up hockey with friends. In those days, the humble warm-up hut was our second home, and snowball fighting was a competitive sport! My snowshoe wanderings now, include evening hikes through conservation lands in Kingston and half-day bushwhacking adventures at Gould Lake and Frontenac Park. Once, after a good 30 centimetre plus, snowfall, I snowshoed 3 kilometres up Princess Street to get to work!

Growing up in Ottawa, I regularly skated on the Rideau Canal and downhill skied in the Gatineau hills. When my wife and I moved to Kingston in 2000, we blended our love of skiing and exploring trails by taking up cross-country skiing.

Two years ago, we branched out further and tried snowshoeing... and what a world that has opened up!

I love snowshoeing for its simplicity and versatility. The new models are lightweight and compact, hooking in nicely to the bungees of a backpack until you need them. They slip easily over shoes or boots – no other equipment necessary, yet ski poles are helpful – and off you go! Just add snow; the more, the better!

While my wife, with map and compass forays untracked powder, windswept lakes, and beautiful winter vistas from the tops of rock barrens, they're still a bit too hardcore for me. I'm looking forward to a winter with many shorter adventures at my favourite local places.

In early February, I'll be leading my first CCC trip; a beginner's snowshoe outing at Gould Lake, great for people like me who are new to the sport. Happy trails, everyone!



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Official Winter Schedule for 2008, 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 makes a 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 2, Sat. GOULD LAKE BEGINNERS' SNOWSHOE. An easy morning of snowshoeing, on familiar trails close to home, with Michael Johnson in the lead. Snowshoes can be rented from Trailhead. Call Michael 531 4578.

FEB 2, Sat. 8-10pm. WINTER POOL SESSION. This is the first of three opportunities to tune up our whitewater skills in kayaks or canoes in the comfort of a warm swimming pool with no danger from rocks or strainers. No certified teaching, but friendly and helpful advice will be available from experienced spring paddlers. For details call Mark Hughes 372 5989.

FEB 3, Sun. FRONTENAC SWAMP HOP (snowshoe, ski or hike). Once again, Eric Usherwood and Janice Ley will break trail for us on

Trip Leaders use the waiver found at:
www.cataraquicanoe.on.ca/waiver.pdf

snowy granite ridges and frozen ponds in beautiful Frontenac Park, starting and ending at the Trail Centre. Selection of equipment for hopping will depend on conditions. Call Janice 542 9958.

FEB 10, Sun. CHARLESTON LAKE SKI. Charleston Lake Provincial Park offers a picturesque 12 km loop-trail with mostly easy slopes. One steep slope will be scouted, with the option to portage our skis. Call Beth Orr 389 6362.

FEB 16, Sat. 8-10pm. WINTER POOL SESSION. Come and enjoy tuning up our whitewater skills in kayaks or canoes in the comfort of a warm swimming pool with no danger from rocks or strainers. No certified teaching, but friendly and helpful advice will be available from experienced spring paddlers. For details call Mark Hughes 372 5989.

FEB 16-17, Sat.Sun. ALGONQUIN SKI WEEKEND. Inexpensive lodging is available at East Gate Motel in Whitney, close to a great set of xc-country ski trails in a scenic sector of the Park. Breakfast is included; Sat. night is potluck. Option to arrive Fri. night for extra skiing. Call Tom Stewart early to be sure of a place – 532 5550.

FEB 21, Thurs. WHITEWATER SLIDE&VIDEO PARTY. Not much chance of paddling this month, so why not reminisce, fantasize, and share a few good stories! For details call Peter Kopp 546 9216.

FEB 23, Sat. OPINICON AREA SKI. What a pleasure to ski in scenic surroundings on un-groomed trails at a leisurely pace close to home! Distance will depend on conditions. Call Dukke van der Werf 384 6054.

Membership and Boathouse Storage Fees due April 1, 2008.

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MAR 1-2, Sat.&Sun. SILENT LAKE & KAWARTHA SKI WEEKEND. Near Bancroft, Silent Lake Provincial Park provides 40 scenic kilometers of groomed cross-country ski trails <http://www.ontarioparks.com/english/silent-winter.html>. Overnight lodging at the Best Western Sword Motel includes pool, sauna and hot tub. On Sunday a short drive will take us to Kawartha Nordic Ski Club <http://www.kawarthanordic.ca/> with 50 km of groomed trails plus a new 10 km snowshoe trail. Day passes will cost \$15. Call Margaret Wild 542 9626.

MAR 9, Sun. BON ECHO SKI OR HIKE. Beth Orr is hoping beautiful Bon Echo Park still has enough snow for one more xc-skiing event, but if not this will be a hike. Data from Environment Canada's online climate stations in Kaladar and Bancroft will help her to decide. Call Beth 389 6362.

MAR 15, Sat. 8-10pm. WINTER POOL SESSION. Come and enjoy one last tune-up of our whitewater skills in kayaks or canoes in the comfort of a warm swimming pool with no danger from rocks or strainers. No certified teaching, but friendly and helpful advice will be available from experienced spring paddlers. For details call Mark Hughes 372 5989.

MAR 16, Sun. HIKE OR PADDLE NEAR GANANOQUE. Ray Wilson invites us to trail-hike 11 km in the scenic Marble Rock area or to paddle a picturesque stretch of the Gananoque River (flatwater). Call Ray Wilson 382 7189.

MAR 22, Sat. SALMON RIVER HIKE. Come and explore a high ridge of granite with beautiful vistas across the valleys of Salmon River and Hooley's Creek. Rugged terrain with no definite trail. Depending on conditions, we may hike from Opinicon Road instead. Call Dugald Carmichael 542 8628.

MAR 29, Sat. SCHEDULE-MAKING POTLUCK PARTY. Good food and good fun! Phil

and Debbie Jacobi will be our congenial hosts as we make plans for summer paddling etc. Call Phil 389 1340 to take part. If you might like to lead an event this summer or fall but cannot attend the party, please call Dug Carmichael 542 8628.

MAR 30, Sun. LOWER SALMON WHITE-WATER. A superb 12 km paddle from Roblin to Kingsford, mostly swifts and Class 1-2 rapids in a cedar-fringed limestone glen, with two short portages around weirs. Scenic highlights will be Buttermilk Falls and Weeping Wall, yet let's not forget the water will be ice-cold. Call Barry Irish 389 6334 or 539 4864 (cell).



APR 5, Sat. MOIRA RIVER WHITEWATER. The Moira offers two whitewater runs, each 4 kilometers long. More challenging than the Lower Salmon are rapids ranging up to Class 3. A trip for intermediate paddlers with wetsuits or drysuits. Call Dugald Carmichael 542 8628.

APR 12, Sat. MASSASSAUGA CREEK PADDLE AND HIKE. Once again Janice Ley and Eric Usherwood lead this enjoyable 12 km paddle up and down a gently flowing creek. Optional adventures will be one or more short hikes to special places. Entertainment may include a chance to watch Eric cross the creek using his new cable-mounted breeches buoy. Call Janice 542 9958.

APR 13, Sun. FRONTENAC PARK HIKE. Come and celebrate the first signs of spring in the granite-girdled wetlands around the Cedar Lake Loop. This hike will be 15 km if we can park at

(Continued from page 7)

Arab Lake, or 18 km if we must park at the Trail Centre. Call Marie Poisson 389 2473.

APR 19, Sat. SALMON RIVER EASY WHITEWATER. The first of four opportunities for novice paddlers to learn the skills and feel the thrills of whitewater. Experienced paddlers demonstrate the skills and offer friendly advice. Available first-come-first-served are three tandem whitewater canoes equipped with flotation bags. This scenic 8 km paddle downstream from Kingsford includes 3 km of swifts and Class-1 rapids. Each of three short Class-2 rapids provides a big wave to be avoided, punched through, or surfed, with a 30 m portage around a weir in Lonsdale. Call Barry Irish 389 6334 or 539 4864 (cell).

APR 20, Sun. LOWER SALMON WHITEWATER. A superb 12 km paddle from Roblin to Kingsford, mostly swifts and Class 1-2 rapids in a cedar-fringed limestone glen, with two short portages around weirs. Afternoon highlights will be Buttermilk Falls, Ordovician Springs and Weeping Wall. Come and learn and/or practice whitewater skills such as ferrying, eddying, surfing and back-paddling. Call Mark Wideman 544 4744.

APR 26, Sat. SALMON RIVER EASY WHITEWATER. A second chance to paddle this scenic stretch. 3 km of swifts and Class-1 rapids with one short portage and three short Class-2 rapids, with a big wave to be avoided, punched through, or surfed. An excellent introduction to whitewater, and good fun for experienced paddlers. Call Barry 389 6334 or 539 4864 (cell).

APR 27, Sun. LOWER SALMON WHITEWATER. Enjoy paddling this beautiful river of swifts and Class 1-2 rapids in a cedar-fringed limestone glen. Two short portages around weirs. Entertainment may include veteran paddlers humbled by river deities as they try to surf the biggest wave below The Ledge. Call Peter Kopp 546 9216.

MAY 3, Sat. TAY RIVER WHITEWATER. Once again Bob Clooney invites us to paddle Tay

River between Bathurst Road and Glen Tay, a beautiful 10 km stretch with flatwater, swifts, and plenty of Class-1-2 rapids. There is one short portage, and a low bridge must be negotiated with care. Call Bob 384 4482.

MAY 4, Sun. WEST KENNEBEC PADDLE. Here is a chance to explore a new part of the Salmon watershed by canoe or kayak. This is a 16 km flatwater paddle along the shoreline of beautiful Kennebec Lake, starting and ending beside the bridge on Henderson Road. Likely there will be an optional scramble to the crest of a crown-land granite ridge overlooking the lake. Call Dugald Carmichael 542 8628.

MAY 6-8, Tues-Thurs. 6-8pm. CCC OPEN HOUSE. We welcome the public to visit our boathouse, view our fleet of watercraft, and sign up for courses or paddling sessions. It is an opportunity for members to meet and greet, enjoy refreshments and demos by local outfitters, and make plans to participate in upcoming events. For details call Maureen Beamish 374 3449.

MAY 10, Sat. LITTLE CAT ORIENTEERING. Enjoy another day map-reading and bush-navigating Little Cataraqui Conservation Area. Orienteering stations set out in advance, and special orienteering maps provided. Novices are welcome. For details call Peter Kopp 546 9216.

**OF NORTHERN EMPERORS AND THE
LURE OF FAR AWAY PLACES:
An Evening of Canoe Stories with
James Raffan**

Sponsored by the Friends of Frontenac Park

Thursday, February 7, 2008: at 7 p.m.

*Wilson Room, Kingston Frontenac Public Library,
Central Branch, 130 Johnson Street, Kingston*

James Raffan has written and edited numerous best-selling books, including *Fire in the Bones* and *Deep Waters*. The canoe stories will be about Herb Pohl and Sir George Simpson, two iconic Canadian canoeists who are the subjects of the *Lure of Faraway Places: Reflections on Wilderness and Solitude* and *Emperor of the North*, his two most recent books, published in 2007. Enjoy a winter lecture.