

Cataraqui Canoe Club

News

Sep 2008

COMMODORE'S

NOTE – NEWS FROM THE BOARD

By Carolyn Bonta

So much rain for 2008! We praised the precipitation when it fell as snow this winter, and enjoyed a whitewater season that stretched into the warm-weather months. Regular thunderstorm warnings grounded even the most hardcore paddlers some days this summer. Furthermore, daily rain showers do not make a happy camper! I hope folks managed to get out and enjoy their favourite activities while the sun shone.

Despite the weather, many members came regularly to paddle from the Boathouse. The first boats signed out are always the two sea kayaks. In recent years, the Club added more sea kayaking trips to our schedule; we also receive regular requests to offer kayak instruction. In late July, the Club purchased an Impex Currituck sea kayak, with skirt and paddle, to add to our fleet. This handsome kayak will undoubtedly be popular!

As the rain fell, the boathouse roof continued to leak. The good news is that the roof is undergoing a new retrofit; the bad news is that the Club won't be making many capital purchases in the next year or two! Let's keep our fingers crossed that the new roof does its job.

Also at the boathouse, we will be replacing the locks in the spring with a combination key / punch code lock. Members storing boats in the boathouse will re-

ceive new keys upon payment of their dues at the end of March.

This fall, you may notice eye-catching, colourful posters advertising the Cataraqui Canoe Club. These posters address the misconception that we are strictly a paddling club, by showcasing the full range of activities the Club offers. After all, we are *more* than a canoe club!



Ron Casselman relaxes near the put in at CCC's annual sunset/moonlight paddle on South Lake – Photo by Dugald Carmichael
Submit your articles and/or high resolution photos to editorcccnews@gmail.com

Our Annual General Meeting is scheduled for October 2, this year. The business part of the meeting summarizes Board actions and asks that the membership ratify the decisions we made through the year. Then, we elect next year's Board of Directors (see page 3). The business meeting will be followed by a presentation from Linda Whitfield, CCC member and proud mother of Olympic medalist Simon Whitfield, sharing her thoughts and experiences on encouraging physical activities in the community. See you at the AGM!

CATARAQUI CANOE CLUB — AGM

Thursday, October 2, 2008, 7 p.m.—9p.m. Doors Open 6:45 p.m.

In the Ongwanada Resource Centre Auditorium, 191 Portsmouth Avenue, Free Parking. (Along Bus Route C)

Featured Speaker - Linda Whitfield, "Retrospect on Physical Activity by a Silver Medal Mom"

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 – 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 – editorcccnews@gmail.com
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	Ray Wilson – 613-382-7189/ Alan Nicholls – 613-547-3781 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 adventures, 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: editorcccnews@gmail.com.

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.

AN INVITE TO JOIN THE BOARD OF DIRECTORS

Do you enjoy the outdoors? Do you enjoy participating in Cataraqui Canoe Club events? Do you have ideas for enhancing the services we offer our members? If so, you should join the Board of Directors. No paddling experience necessary; just a desire to get involved, share your skills, and have fun.

Without an active and involved Board, there would be fewer scheduled outings and events, and limited canoe or kayak instruction. Boathouse paddling would only be on Saturday afternoons. There would be no Open House or Spring Leisure Show display. And that is just the beginning of the many things the Board of Directors coordinate.

We currently have vacancies for Vice Commodore and Secretary, in addition to Directors. Our Treasurer and Membership Secretary are looking to relinquish their duties, so we are seeking members with those interests as well. We will always endeavour to carry out a full program of events, but having a complete Board of Directors will ensure we achieve this. Further information on joining the Board of Directors is available at www.cataraquicanoe.on.ca/BoardNomnoticeAug08.doc or by contacting a current Board member (see page 2). We hope you choose to come on Board!



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PADDLING FROM THE BOATHOUSE SEPTEMBER 3 – SEPTEMBER 24

Paddle WEDNESDAY'S 6 p.m. to dusk, depending on demand.

Members are invited to paddle from the boathouse in September. Please sign the waiver, and sign the register; both at leaving and returning from your paddle. You should be familiar with the posted: Boathouse Paddling Guidelines.



272 Princess Street Kingston ON K7L 1B5 613 546 4757

Downtown Location

Paddling Cycling Trail Navigating

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Downtown Kingston – 166 Wellington Street

Tel: 613-547-2797

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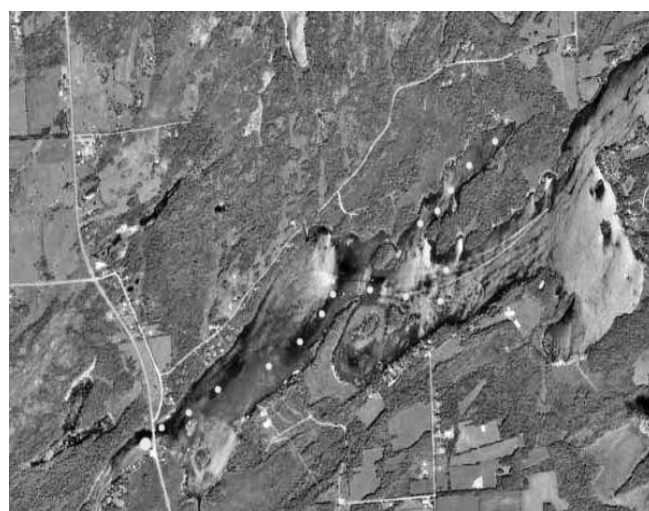
www.thepeakexperience.ca

SHORT PADDLE TRIPS—SERIES II ON LAKES & RIVERS WITHIN 30KM NORTH OF KINGSTON

Maps from Beverly Labrecque



Loughborough Lake Paddle From A Little Known Public Putin On The North Shore.



We “Entered Loughborough Lake At The Bridge On County Road #10, And Then Paddled East.”



In September, We “Entered At Seeley’s Bay (Off Highway #15) And Paddled To Brass Point Bridge On The Rideau Canal, Then Returned.” See The Map On The Left.

THE RIDEAU, LOCAL LAKES AND STREAMS*By Beverly Labrecque*

*Larry Heard Rushing Water In The South Creek Out of Lake Verona,
We Left Immediately. – Photo from Beverly Labrecque*



*The Great Blue Heron Protesting Our Presence In the North Stream Out
of Lyndhurst Lake. – Photo from Beverly Labrecque*



*Purple Hyacinths In The South Stream Out Of Lake Verona. – Photo from
Beverly Labrecque*

THE BIRDS LULLABY*BY PAULINE JOHNSON***I**

Sing to us, cedars; the twilight is creeping,
With shadowy garments, the wilderness through;
All day we have caroled, and now would be sleeping,
So echo the anthems we warbled to you;
While we swing, swing,
And your branches sing,
And we drowse to your dreamy whispering.

II

Sing to us, cedars; the night wind is sighing,
Is wooing, is pleading, to hear you reply;
And here in your arms we are restfully lying,
And longing to dream to your soft lullaby;
While we swing, swing,
And your branches sing,
And we drowse to your dreamy whispering.

III

Sing to us, cedars; your voice is so lowly,
Your breathing so fragrant, your branches so strong;
Our little nest-cradles are swaying so slowly,
While zephyrs are breathing their slumberous song;
While we swing, swing,
And your branches sing,
And we drowse to your dreamy whispering.

Official Fall & Winter Schedule--2007/2008, 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.

Sun Sept 14: SHEFFIELD LONG LAKE TO HORSESHOE LAKE PADDLE. An easy 12 km paddle up the beautiful Salmon River, "Jewel of Eastern Ontario". Skinks may be scurrying and stinkpots may be swimming! Some gentle current to negotiate, and a liftover at the outlet of Crotch Lake. The car shuttle is 14 km. Call Carolyn Bonta 613 531 4578.

Sat Sept 20 (rain date Sun Sept 21): FRONTENAC CHALLENGE PADDLE AND HIKE. Come and hike the 21 kilometers of Slide Lake Loop with access by canoe. After putting in at Buck Lake Narrows we shall paddle 4 km, cache

our boats, hike around the Slide Lake Loop at a medium-fast pace, and then paddle back to the putin. No need to limit numbers; fitness is advisable. Call Margaret Wild 613 542 9626 by Sept. 17th.

GOT A GREAT PHOTO FROM A CATARAQUI CANOE TRIP?

Email the photo with a short description to the Newsletter Editor! Article submissions also welcome. Submit your articles and high resolution photos to:
editorcccnews@gmail.com

Sat Sept 27: LOUGHBOROUGH LAKE PADDLE. Come and enjoy a paddle among the 99 islands in the picturesque east end of Loughborough Lake, starting and ending in Battersea. Centuries before the Rideau Canal, this was part of a busy canoe route north from Cataraqi/Kingston. Call Steve Manders 613 542 1054.



Moose - Art by Debbie Twiddy

Sun Sept 28: GATINEAU PARK ORIENTEERING. Can we find the red triangles among all those red maples? The Lou Garou Orienteering Club is hosting an open meet at Lac Bourgeois beside the Champlain Parkway. For details call Gary Birrell 613 389 5154.

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Thurs Oct 2, 7-9 PM: ANNUAL GENERAL MEETING. Ongwanada Auditorium, Portsmouth Ave near Calderwood. CCC kayaker Linda Whitfield, newly returned from watching Simon's sensational finish in the Olympic Triathlon, in Beijing, will present an illustrated talk, *Retrospect on Physical Activity by a Silver Medal Mom*. But first we review the business of the club and elect new members of the CCC executive. It is a good chance to meet other paddlers, share photos, and tell stories of our paddling adventures.

Sat Oct 4: SALMON RIVER AND CLARE RIVER PADDLE. A rerun with variations. Starting and ending at a private ramp on Sheffield Long Lake (parking \$5), we shall paddle about 10 km, portage 60 m, negotiate a beaver dam in both directions, and scramble about 1 km for a panoramic view of the fall colours from atop The Tor. Call Dug Carmichael 613 542 8628.

Sun Oct 5: GOULD LAKE ORIENTEERING. Can you find your way in open but trackless forest using a map and compass? Challenging and fun! Orienteering stations will be set out, and special maps with accurate topographic info will be provided. Beginners are especially welcome. Call Peter Kopp 613 546 9216.



Sat Oct 18: BIRCH LAKE PADDLE. Flaming fall foliage on the far flank of Frontenac Park!

Starting at Snug Harbour and depending on the wind we might paddle back to Snug Harbour, or we might take out at Kingsford Dam. No portaging, 10-12 km paddle and perhaps a 9 km shuttle. Call Gary Birrell 613 389 5154.

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

Sat Oct 25: PUZZLE LAKE PADDLE. Just 50 minutes drive from Kingston, a short paddle across Gull Lake and a 150 m portage will bring us to Puzzle Lake and Loyst Lake, scenic jewels nestled between red granite ridges in an undeveloped provincial park. Call Steve Manders 613 542 1054.

Trip leaders use the waiver found at:

www.cataraquicanoe.on.ca/waiver.pdf

Sat Nov 1: CANOE LAKE TO KINGSFORD DAM PADDLE AND POTLUCK.

A 16 km paddle via Desert Lake and Birch Lake followed by a potluck (for up to 18 paddlers) 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. The shuttle is only 5 km. Re paddling call Dug Carmichael 613 542 8628. Re potluck call Nancy 613 549 8856 in good time.

Sat Nov 8: GANANOQUE RIVER PADDLE.

Starting in Gananoque, we shall paddle 6-10 km up this beautiful river and then return. Gentle current in some places but no portages. Call Ed Jezak 613 389 4459.

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(Continued from page 7)

Sat Nov 15: WESTSIDE TRAIL HIKE. Come and crunch through freshly fallen leaves in Charleston Lake Provincial Park! This picturesque 10 km loop-trail traverses the White Hills to historic Tallow Rock Bay, and then circles back across a floating bridge and along a high ridge with stunning views of Slim Bay and Runnings Bay. Call Beth Orr 613 389 6362.

Sun Nov 23: ARKON/BUFFLEHEAD HIKE. The Arkon Loop provides 13 scenic kilometers of rugged terrain in western Frontenac Park, starting and ending at the Trail Centre. Option to shortcut via Bufflehead Trail so as to walk only 10 km. Call Phil Jacobi 613 389 1340.

Sun Nov 30: SHEFFIELD AND MENZEL HIKE. Let's hike the scenic, rugged 4.5 km loop trail at Sheffield Conservation Area, and then warm our tummies with brunch at the Lakeview in Erinsville. Then we'll drive to Menzel Centennial Provincial Park and hike the easy 4 km trail to Mud Lake, headwaters of our beloved Butter-milk Falls beside the Salmon River. Call Carolyn Bonta 613 531 4578.

Sat Dec 6: OPINICON HIKE. Vistas are expansive when the leaves are down! From the trails near Skycroft we can explore mysterious mineral pits, abandoned homesteads, sinkholes, springs ... Call Dukke van der Werf 613 384 6054.

Sat Dec 13: PARROTT'S BAY HIKE. Beth Orr invites us on a short hike through fragrant stands of cedar in Parrott's Bay Conservation Area, to whet our appetites for the potluck party in the evening. Call Beth 613 389 6362.

Sat Dec 13: SCHEDULE-MAKING CHRISTMAS POTLUCK PARTY. Ho-ho-ho! Dave and Sharon Ferguson have kindly offered to be our congenial hosts. New members, carolers, and pro-

spective trip leaders are especially welcome. Please call 613 384 3044 in good time.

Sat Dec 20: MARBLE ROCK HIKE. Ray Wilson invites us to hike 10 km and enjoy superb scenery along the double-loop trail. Call Ray 613 382 7189.

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

**Sat Jan 3: LITTLE CATARAQUI SKATE,
SKI OR HIKE.** Close to home, inexpensive, and sure to be enjoyable. Warm shelter and amenities will be close at hand in case they may be needed. Call Dukke van der Werf 613 384 6054.

Sat Jan 10: MURPHY'S POINT SKI. Conditions permitting come and ski on groomed cross-country trails (20 km) in beautiful Murphy's Point Provincial Park. Amenities include two warm-up shelters. Call Maureen Beamish 613 374 3449.

Sat Jan 17: MASSASSAUGA HIKE, SKI OR SKATE. Rarely good for skating, but always adventurous and always fun! Once again Eric and Janice will lead an outing to exotic places in the marvelous Massassauga Watershed. Call Janice 613 542 9958.

Sat Jan 24: BACK-COUNTRY SKI. One of many blessings within an hour's drive of Kingston is plenty of suitable terrain for enjoyable off-trail skiing. For details call Dug Carmichael 613 542 8628.

Sat-Sun Jan 31-Feb 1: GATINEAU SKI. Gatineau Park offers superb cross-country and/or downhill skiing with all the amenities. Expect an early departure on Saturday so that one-dayers can return to Kingston in good time. Others may wish to stay over and extend the fun. Call Ed Jezak 613 389 4459.

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