

# Cataraqi Canoe Club

# News

January 2009

## COMMODORE'S NOTE – BOARD NEWS

By Carolyn Bonta

We want to begin the New Year with a warm welcome to our two new Board members, Heather McGaw (Secretary) and Debbie Twiddy (Director). We sincerely thank our departing Board members Dugald Carmichael, Debbie Gabriel and Rick Zamora for the excellent work and ideas contributed during their terms. Where will your energy be directed now? Scrambling up cliffs, kayaking, and cross-country skiing...

We are grateful to Margaret Wild for overseeing publicity for the Club this past year. Our deepest thanks to Ray Wilson for his services as Assistant Webmaster. Both Margaret and Ray have contributed so much to the Club over the years. Sue Lynch, who is always a pleasure to work with, occasionally filled in as Secretary on behalf of Rick last term and did a stellar job; Sue is Coordinator of Volunteers this year.

It really amazes me that such an active and busy club like the Cataraqi Canoe Club operates almost exclusively on the power of volunteers. Trip and activity leaders, webmasters, the newsletter editor, board members, summer evening boathouse supervisors, clinic instructors, boathouse manager and everyone else who

is involved with the Club does so through personal contributions of time, skill and energy. We are lucky to have a membership with such a diversity of talents that they are willing to share.

The University of Western Ontario's fall 2008 edition of the *Alumni Gazette* (<http://communications.uwo.ca/alumni/>) featured articles that examined volunteering in Canada. Did you know that 77% of all volunteer work is done by only 11% of the population? This



*Running a Beaver Dam on South Lake Creek, Between South Lake and Lake Gananoque, We Saw 3 Beaver Lodges and One Dam - Photo by Larry Labrecque*

seems to hold true for the Cataraqi Canoe Club, but un-

fortunately some of our regular, long-term volunteers have begun to move on to other projects and commitments. This is generally a good thing for the volunteer and for the other community groups that may benefit from a person's services, but it is a problem for the Cataraqi Canoe Club when we can't find new volunteers.

At this time, we are desperate for members to fill two important positions with the Club: Assistant Webmaster and Vice Commodore. **Position descriptions are on Page 5 in this issue.** We are also seeking new trip leaders to either lead established outings or to offer new adventures. If you are interested in leading a trip, please call our Coordinator of Volunteers for opportunities to co-lead a trip with a veteran leader. Or, check out the list of Program Appointments on page 2 for a

COMMODORE'S NOTE...(Continued on page 7)

**Cataraqi 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](http://www.cataraquicanoe.on.ca), for a current listing of up-coming trips and events**Executive and Board of Directors 2008 – 2009**The Board can be reached at [cataraqui\\_canoe\\_club@hotmail.com](mailto:cataraqui_canoe_club@hotmail.com)

<b>Commodore</b>	Carolyn Bonta	613-531-4578
<b>Vice Commodore</b>	Position Vacant	
<b>Secretary</b>	Heather McGaw	613 353 6537
<b>Treasurer</b>	John Telgmann	613-531-5156
<b>Past Commodore</b>	Ed Jezak	613-389-4459
<b>Board of Directors</b>	Maureen Beamish	613-374-3449
	Peter Hodgson	613-544-7944
	Phil Jacobi	613-389-1340
	Jennifer Spencer	<a href="mailto:jennifer.ccc@hotmail.com">jennifer.ccc@hotmail.com</a>
	Debbie Twiddy	613 374 1704

**Program Appointments**

<b>Newsletter Editor</b>	Sharon Ferguson – 613-384-3044 – <a href="mailto:editorcccnews@gmail.com">editorcccnews@gmail.com</a>
<b>Recreational Scheduling</b>	Jennifer Spencer – <a href="mailto:jennifer.ccc@hotmail.com">jennifer.ccc@hotmail.com</a>
<b>Boathouse Manager/Assistant</b>	Phil Jacobi – 613-389-1340, and Mark Hughes – 613-372-5989
<b>Instruction</b>	Peter Hodgson – 613-544-7944
<b>Hiking</b>	Gary Birrell – 613-389-5154, and Beth Orr – 613-389-6362
<b>Skiing</b>	Ed Jezak – 613-389-4459
<b>Whitewater Program</b>	Dugald Carmichael – 613-542-8628, and Mark Hughes – 613-372-5989
<b>Membership Secretary</b>	Debbie Twiddy 613 374 1704
<b>Volunteer Coordinator</b>	Sue Lynch – 613 634 4177
<b>Publicity and Special Events</b>	Maureen Beamish – 613-374-3449
<b>Telephone Listings</b>	Judy Skeggs – 613-374-3420
<b>Webmaster</b>	Alan Nicholls – 613-547-3781

**Newsletter Contributions Welcome!**

Members of the Cataraqi 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 [editorcccnews@gmail.com](mailto: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.

## SUMMER CANOE RACING ON THE MATTAWA RIVER

By Bob Clooney

Canoe racing never crossed my mind until I met Jim Lorimar. Jim was a member of the Canadian Armed Forces in North Bay and Petawawa. He raced canoes in the North Bay and Ottawa River areas. Several times Jim expressed to me his enthusiasm for canoe racing – and the July 2008, Mattawa River Canoe Race pervaded his thinking.

Always a recreational canoeist, I soon understood there was much more to learn about canoe racing. I finally agreed to become Jim's partner. Because of our weight and height, I would be in the stern and Jim would be the bow paddler. This would trim the canoe in favor of good mobility when paddling.

Jim decided that we would participate in the 32nd Annual Mattawa River Canoe Race, presented by the Foster Wild Environmental Fund and the North Bay - Mattawa Conservation Authority. The race was a very popular one, 64 kilometers long. It started at Trout Lake in North Bay and ended at the town of Mattawa on the Ottawa River. The Mattawa water route has historical importance in the development of this country, as a part of the voyageur route between Montreal and the Northwest. About 1613, the governor of Quebec, Samuel de Champlain, sent Etienne Brule to explore the route. Brule is considered to be the first

white man to travel it and the first courier-de-bois.

Of course, participating in a race requires training, and extensive training. You involve yourself in a long race that requires stamina to do power-paddling. Jim and I started training around the end of June. The race on the Mattawa River was scheduled for July 26, 2008.

We started our training from the Cataraqui Canoe Club boat house, paddled up the Cataraqui River to the Kingston Mills locks and back to the boat house. It was a distance of 8 kilometers one way. We paddled this route a few times. We kept hoping to do the distance in less time with more speed.

Next we paddled over to Cedar Island a couple of times and once around Gardener's Island. We paddled my 16' 6" Bluewater Saugeen, a good tracking canoe, only certainly not a racing canoe. Its' beam is too wide, and it is rather heavy. Most racing canoes are very light in weight, long and narrow - 17 to 18 feet in length, and they are rigged to give the paddlers everything that they need for their comfort.

Jim and I decided to use a boat house Bluewater Saugeen that seemed lighter in weight than mine. We rigged this

canoe with a few sheets of Styrofoam, duct-taped together as a brace for Jim's feet, with a half inch aluminum tubing as a foot brace for me in the stern. When you are racing in a canoe, a foot brace provides you with comfort and stability while you are paddling.



*Jim and Bob "rigging" the canoe with padding and a drinking hose  
- Photo by Jo-Anne Beckett*



*Ready to Start - Photo by Jo-Anne Beckett*

## CANOE RACING THE MATTAWA...(Continued from page 3)

It makes your paddling more effective. You also do not shift in your seat. In canoe racing, you paddle with your legs stretched out in front of you. Just think if we had done the race with the proper canoe.

After a week of training on the Cataraqui River, we decided to paddle longer distances with continuous momentum. On our first long excursion around Amherst Island, we figured the distance to be about 43 kilometers. In spite of the 5-foot waves and wide troughs on the south side of Amherst Island, we completed the paddle in about 8 hours and 20 minutes. We ran out of steam by the time that we reached the village of Stella on Amherst Island. We took a twenty minute rest, and then paddled back to the main land. Other training routes included: paddling from the north end of Loughborough Lake to Telephone Bay on Opinicon Lake; a paddle from one end of Loughborough Lake to the other end which took us about 7 and a half hours; and from Jones Falls to Westport which took us 3 hours.

On race day, we placed in the Recreation Men's "A" Class, and our starting time was 07:45 hour. We started on Trout Lake under a partly cloudy sky. We kept the pace up pretty good, together with three other canoes in our class. On Turtle Lake, we got bombarded with a severe thunderstorm which lasted about an hour. The lightning was very close to the surface of the water, and the rainfall was so dense that we could hardly see ahead at all. The down pour filled the canoe about a quarter full, and the rain fell so fast that the rain drops were bouncing about 6 inches above the surface of the lake. This is where we got off course, where we should have paddled to the right of the lake instead of to the left. The severe thunderstorm forced some of the participants to retire to the shore, and some even dropped out of the race.



*Just After The Start of The Race, On Trout Lake, Paddling Hard - Photo by Jo-Anne Beckett*

It was the portages that cost us precious time. We got lost on two of them. There is a notorious portage known as the Portage du Talon which I will never forget. At the beginning of this portage, it was difficult to find the correct trail around the rock. The portage was very steep and windy. We had a close mishap where

we nearly walked over a cliff. In a canoe race, you run with your partner, balancing the canoe over your head or, with the bottom of the canoe resting

on your shoulder. During one portage (I don't remember which one); my shorts fell down to my knees while we were running with the canoe. It wasn't very easy to pull my shorts back up to where they belonged. Yet, I managed to lower one hand and then the other to get them back in place. The last portage was confusing. We came to a road, only we didn't know which direction to take. This cost us some time. We were told later it didn't matter which way you chose.

The choice to run the rapids was also part of the race. You could either portage or run the rapids. We were advised not to run the 8th set of rapids, due to a big rock at the bottom of the rapid that would be difficult to miss. We did very well running all 7 sets of rapids, as there was enough water from all the rain that we had in June and July. We were glad! Our choice to run the rapids gained us time.

We finally arrived in the town of Mattawa at 15:44:12 under a bright sky. Our race time was 7:59:12. The reception for us was overwhelming. We were given applause, a pat on the back, and some greatly needed refreshments. Afterwards, the organizers of the race presented to us a plaque for finishing in second place, along with a prize, and a wonderful barbecue dinner. That cold beer really tasted great. Now, I have a good idea of what canoe racing is about. I certainly learned a lot from the experience. I think Jim also did... Jim, do you remember what rain can do to duct tape?

**ASSISTANT WEBMASTER**

Are you reliable, interested in website design and maintenance, and looking to volunteer with the Club? The Cataraqui Canoe Club website is managed by two volunteers who work independently from their homes to monitor and update the information. This commitment requires weekly check-ups to keep the website's information current, and three times a year the new schedule is uploaded. The webmasters take turns looking after the website, keeping a flexible schedule that best fits their individual needs. No experience in web design necessary – this is an ideal position for a student, or for any member looking to develop new skills. If you are interested, please contact Alan Nicholls, Webmaster at 613-547-3781.

**VICE COMMODORE**

Are you a Cataraqui Canoe Club member with a comfortable understanding of the organization? Would you like to learn more, get involved, and further develop the Club? Are you a natural leader? Our volunteer Board of Directors meets monthly to discuss current issues and make decisions and changes that benefit the membership. The Vice Commodore participates on the Board and provides support to the Commodore, as required. Typically, the Vice Commodore will later seek election for the 2-year term of Commodore. Directors are elected at the fall Annual General Meeting yet, throughout the following term, Board members may approve members to fill vacancies. For further information on joining the Board of Directors as the Club's Vice Commodore, please contact Carolyn Bonta, Commodore at 613-531-4578.



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**INSPIRATIONAL QUOTES**

*By Mark Wideman*

He who does not know his way to the sea should take a river for his guide.

**BLAISE PASCAL** (1623 - 1662)

Sweet is the remembrance of troubles when you are in safety.

**EURIPIDES** (485 BC - 406 BC)

People who don't take risks generally make about two big mistakes a year. People who do take risks generally make about two big mistakes a year.

**PETER DRUCKER** (1909 – 2005)

The best way to predict the future is to create it.

**PETER DRUCKER** (1909 – 2005)



**The Canadian Canoe Museum, Peterborough Ontario**



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**Kingston Locations**

**West End Kingston — 795 Gardiners Road  
Tel: 613-384-2002**

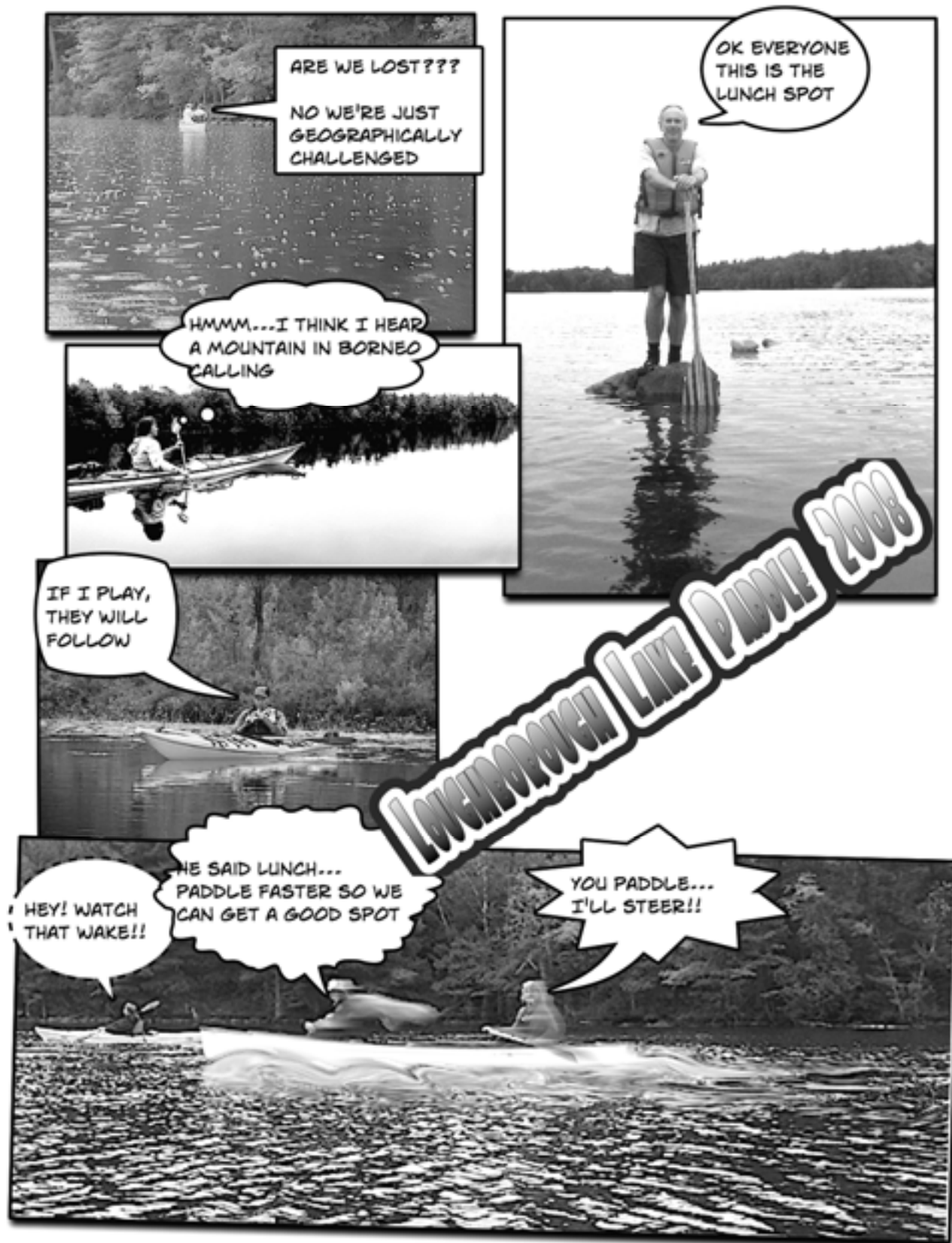
**Downtown Kingston— 166 Wellington Street  
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LOUGHBOROUGH LAKE – Photos Contributed and Page Composition by Dennis Burr

Dennis's photo page cartoon comments were filled in by the party guests at the December Scheduling and Christmas party, who won category prizes – the selections were then edited and chosen by Dennis Burr.



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

field of interest to you, and contact the program leader to find out how you can get involved with the Club.

Following a strong volunteer base, it would be unfortunate for the Club to reduce the number of events we offer and limit our community services. Many hands really do make light work – can you help?

Get active, try something new, contribute, and make a new lifetime friend – take advantage of what the Cataraqui Canoe Club has to offer! Happy 2009 everyone!

**SCHOONER LAKE REFLECTIONS**

*By Steve Manders*

**H**ow do I show you the spectacular fall colors, or the last of the warm fall days in a black and white photo? I can't.

On a fall day, October 11, 2008, 5 members of the canoe club paddled Schooner Lake north east of Bon Echo. Many of the photos taken that day had perfect mirror images of the subject matter reflecting on the water. One photo of a canoe in front of very colorful trees looks just as good up side down, as right side up. I have had fun with that one. The rounded cliff along the north side of the lake is actually 20 meters higher than the more vertical ones at Bon Echo.

There are a number of municipally operated very private camp sites along the lake. Access is on a municipal toll road which costs \$8 per day. Purchase camp passes and toll tickets online from the North Frontenac Township website, or at the general store and restaurant in Plevna on Hwy # 509.



*Mirrored Cliffs, Schooner Lake – Photo from Steve Manders, 2008*



*Schooner Lake Paddle – Photo from Steve Manders, 2008*



*Schooner Lake – Photo from Steve Manders, 2008*



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**A RIDEAU CANAL VINGNETTE –  
LOWER BREWERS MILLS &  
LOCK** – *Photos by Beverley Labrecque*

**A** September 2008 paddling trip to Lower Brewers Mills and lock on the Rideau Canal, resulted in this photo collage. Original canal construction straightened and widened the Cataraqui River for 10 kilometers downstream of Lower Brewers Mills. Work on the dam and lock occurred mostly in winter to avoid the malarial season. Hastily completed in 1832, with many ensuing repairs, it was reconstructed in 1977, using the original stone.

*At Right, Lower Brewers Mill, Now An Art Gallery -  
Photo by Beverley Labrecque*



**Map to Lower Brewers Mill and Lock on the Rideau Canal**  
- Photo by Beverley Labrecque



**A Houseboat Entering the Lower Brewer's Mill Lock** - Photo by  
Beverley Labrecque



**We Walked To A Great Little Island For Lunch** - Photo by Beverley Labrecque



**Great Blue Heron Fishing the Shoreline on the Rideau Canal, Next to  
Brewer's Mill** - Photo by Beverley Labrecque

***Official Winter Schedule for 2009, 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?

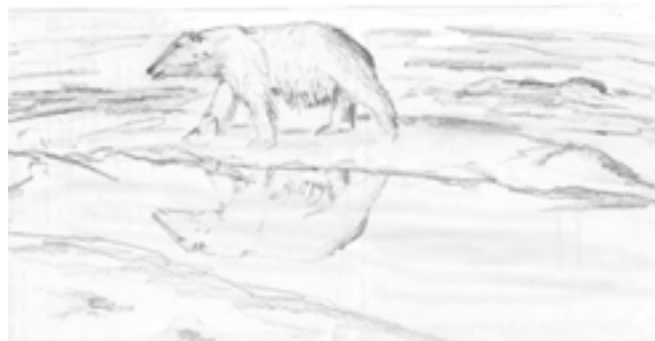
Your leader can help with these and other questions when you call, and at the same time describe the plan for the activity. Also, at the designated meeting place you will be required to read an outline of the activity and the anticipated risks, before signing a waiver. Good preparation and safety awareness 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.

**Jan. 31, Sat. GOULD LAKE BEGINNERS' SNOWSHOE.** An easy half-day of snowshoeing on familiar trails close to home, with Michael Johnson in the lead. Snowshoes can be rented from Trailhead. Call Michael 613-531-4578.

**Feb.7, Sat. GOULD LAKE SNOWSHOE.** Depending on snow, we snowshoe from the parking lot on Gould Lake Road, along the east shore of Gould Lake, on the Rideau Trail and return via the "Ridgewalk Trail". The trip is approx 14 km and crosses rugged terrain. Call Jim 613-373-2847.

**Feb. 15, Sun. FRONTENAC SWAMP HOP (Snowshoe, Ski, Or Hike).** Once again, Eric Usherwood and Janice Ley break trail for us on snowy granite ridges and frozen ponds in beautiful Frontenac Park, starting and ending at the Trail Centre. Selection of hopping equipment will depend on conditions. Call Janice 613-542-9958.



**Feb. 21, Sat. XC COUNTRY SKIING - CHARLESTON LAKE PROVINCIAL PARK.** We plan to ski the 10 kilometer Tallow Rock Bay Trail, rated difficult by park staff. It may involve some trail breaking. Call Dennis 613-547-5738.

**Feb. 28, Sat. 8-10 pm. WINTER POOL SESSION.** This is the first of three opportunities to tune up our whitewater kayak or canoe skills 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 613-389-3115.

**Feb 28-Mar. 1, 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/sile-winter.html>. Overnight lodging at the Best Western Sword Motel includes a pool, sauna and hot tub. A short Sunday drive takes us to Kawartha Nordic Ski Club with 50 km of groomed trails plus a new 10 km snowshoe trail. Day passes cost \$15, see [www.kawarthanordic.ca](http://www.kawarthanordic.ca). Call Margaret Wild 613-542-9626.

**Mar. 1, Sun. BON ECHO XC-SKI.** Beth Orr hopes for snow in beautiful Bon Echo Park for a XC-skiing event, and if not then a hike. Data from Environment Canada's, online, climate stations in Kaladar and Bancroft will help her to decide. Call Beth 613-389-6362.

**Mar. 7, Sat. SKYCROFT AREA - SKI OR HIKE.** Depending on the weather and snow conditions, this will be a nearby XC ski or a hike, an intermediate 10-12 km. Call Dukke 613-384-6054.

*(Continued from page 9)*

**Mar. 8, Sun. SHEFFIELD-MELLON SNOW-SHOE.** Let's hope the snow and cold temperatures hold, so we can explore the rugged barrens and wetlands in the Mellon Lake area! This off-trail snowshoeing adventure on Crown and Conservation Authority lands will be about 6-10 km, suitable for those with good fitness levels. Call Carolyn 613-531-4578.

**Mar. 14, Sat. 8-10 pm. WINTER POOL SESSION.** Come, enjoy a tune-up of whitewater, kayak or canoe skills in the comfort of a warm swimming pool, without danger of rocks or strainers. Uncertified, friendly, helpful advice is available from experienced spring paddlers. For details call Mark Hughes 613-389-3115.

**Mar. 22, Sun. XC-SKI CATARAQUI TRAIL.** The Cataraqui trail from Sydenham towards Perth Road is very scenic. It is only a half hour from Kingston and is suitable for a ski or hike, depending on snow. The trail runs along the north shore of Sydenham Lake past many cottages and scenic islands. Good for beginners, and enjoyable for all. Steve Manders 613-542-1054.

**Mar 28, Sat. 8-10pm. WINTER POOL SESSION.** Come, enjoy a last tune-up of whitewater, kayak or canoe skills in the comfort of a warm swimming pool, without danger of rocks or strainers. Uncertified, friendly, helpful advice available from experienced spring paddlers. For details, call Mark 613-389-3115.

**Mar. 29, Sun. SCHEDULE MAKING POTLUCK PARTY.** Gail Laidley is the wonderful potluck host, as we plan our many summer activities. Call Jennifer Spencer 613-545-9109 to take part. If interested in leading or co-leading an activity this summer or fall but unable to attend, call Jennifer 613-545-9109.

**Apr. 4, Sat. LOWER-LOWER SALMON RIVER PADDLE.** Easy trip as a first trip of the year to get the cobwebs out of your system. Due to the temperature & time of year it may not be for beginners. Proper clothing, safety equipment and outfitted boats required. Trip starts at Kingsford Centennial Park. 8 km trip with 3 km of swifts and a class 1 rapids. Three, short Class 2 rapids provide a big wave to avoid, punch through, or surf, with a 30 m portage around a weir. Call Barry Irish at 613-389-6334 or 613-539-4864.

**Apr. 5, Sun. HIKING AT ROCK DUNDAR.** One of the little known gems of South Eastern Ontario, this

trail is about 6 km, in two loops. Mostly it is moderate, with challenging sections on the shore-ward side, and with beautiful panoramic views. Estimated hike time: 2-3 hours. Call Dennis 613-547-5738.



**Apr. 11, Sat. MASSASSAUGA FLATWATER PADDLE.** Janice Ley and Eric Usherwood will lead this enjoyable 12 km paddle up and down a gently flowing creek. Optional adventures include one or more special, short hikes. No portages, yet with lift-overs. Some experience recommended, due to the still cold water temperatures. Call Janice 613-542-9958.

**Apr. 11, Sat. BEGINNER WHITEWATER - SALMON RIVER (From Kingsford).** *For beginner paddlers, this trip is a pre-requisite for the trip on Sunday, April 12.* An opportunity for properly equipped paddlers with little or no whitewater experience to develop whitewater skills in the company of more experienced paddlers. This scenic 8 km paddle downstream from Kingsford includes 3 km of swifts and Class 1 & 2 whitewater rapids in cold, high water conditions. Three, short Class 2 rapids provide a big wave to avoid, punch through, or surf. There is a 30 metre portage around a weir in Lonsdale. Up to four tandem whitewater canoes equipped with flotation bags may be available for rental by club-members at the discretion of the trip leader. Beginner canoeists may be paired with experienced canoeists in tandem canoes. Whitewater kayakers should provide their own equipment and have previous experience. Call Barry Irish at 613-389-6334 or 613-539-4864 (cell).

**Apr. 12, Sun. SALMON RIVER, ROBLIN-KINGSFORD, NOVICE WHITEWATER - Class 1-2** **Whitewater, Swift, Cold, High Water Conditions.** *Because this trip is longer and more challenging, for beginner paddlers, the pre-requisite is the Kingsford trip on Saturday, April 11.* An opportunity for properly equipped paddlers with *some* whitewater experi-

(Continued from page 10)

ence to develop their skills in the company of experienced paddlers. 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 include Buttermilk Falls, and the Weeping Wall. Practice whitewater skills: ferrying, eddying, surfing and back-paddling. Four tandem whitewater canoes equipped with flotation bags to rent by club-members at the discretion of the trip leader. Call Mark Wideman at 613-544-4744.

**Trip Leaders use the waiver found at:**  
[www.cataraquicanoe.on.ca/waiver.pdf](http://www.cataraquicanoe.on.ca/waiver.pdf)

**Apr. 18, Sat. DESERT LAKE TO BIRCH LAKE - FLATWATER PADDLE OR HIKE (Depends On Water Conditions).** Don will lead us on a long day of flatwater paddling, if the water conditions allow. Otherwise, we may hike in the same area. A full day, either way, up to 20 kms. Call Don 613-384-4346.

**Apr. 18, Sat. BEGINNER WHITEWATER SALMON RIVER (From Kingsford) Class 1 & 2 Whitewater In Swift, Cold, High Water Conditions.** *For beginner paddlers, this trip is a pre-requisite for the trip on Sunday April 19.* An opportunity for properly equipped paddlers with little or no whitewater experience to develop whitewater skills in the company of experienced paddlers. A second chance to paddle this scenic 8 km stretch, downstream from Kingsford, with 3 km of swifts and Class 1 rapids. Three, short Class 2 rapids provide a big wave to avoid, punch through, or surf. There is a 30 metre portage around a weir in Lonsdale. Up to four tandem whitewater canoes equipped with flotation bags may be rented by club-members at the discretion of the trip leader. Beginner canoeists may be paired with experienced canoeists in tandem canoes. Whitewater kayakers should provide their own equipment and have some previous experience. Call Peter Kopp at 613-546-9216.

**Apr. 19, Sun. SALMON RIVER (ROBLIN TO KINGSFORD) NOVICE WHITEWATER. Class 1 & 2 Whitewater In Swift, Cold, High Water Conditions.** Because this trip is longer and more challenging, for beginner paddlers, the pre-requisite is the Kingsford trip on Saturday April 11 or Saturday April 18. This is an opportunity for properly equipped paddlers with some whitewater experience to develop whitewater skills in the company of more experienced pad-

dlers. Here is a second chance to paddle this superb 12 km run from Roblin to Kingsford, which has 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, and the Weeping Wall. Come and practice whitewater skills such as ferrying, eddying, surfing and back-paddling. Call Mark Wideman at 613-544-4744.

**Apr. 25, Sat. DOG LAKE FLATWATER PADDLE.** Head out for a morning paddle in a protected creek, then head back to Penny's place for lunch. Afternoon activity is an exploratory paddle around Dog Lake. Call Penny at 613-353-6687

**May 3, Sun. TAY RIVER WHITEWATER PADDLE.** Paddle the 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 to be negotiated with care. Call Barry at 613-389-6334 or 613-539-4864 (cell).

**May 5, 6, 7, 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 each other, enjoy refreshments and demos by local outfitters, and make plans to participate in upcoming events. For details call Maureen Beamish 613-374-3449.

**May 9, Sat. LITTLE CAT ORIENTEERING.** Come enjoy another fun day of map-reading and bush-navigating in Little Cataraqui Conservation Area. Orienteering stations will be set out in advance, and special orienteering maps will be provided. The approximate time will be 1.5-3 hours of hiking. Novices welcome. For details call Peter Kopp 546 9216.

**May 10, Sun. MOTHER'S DAY PADDLE.** Bring your mother, your daughter or son. You can even bring your kid-sister if she'll get into a canoe with you! We will canoe a local waterway, on a quiet river backwater, or swamp for a maximum of 3-4 hours. If the fiddleheads or wild leeks are up and abundant, we may pick a few. Get your feet wet or muddy, a few lift-overs possible. Bring insect repellent. Other hazards, the water temperature may still be cold. Call well in advance Deborah Twiddy (613) 374-1704.

**Membership and Boathouse Storage Fees due April 1, 2009.**  
See Page 12, for Renewal Form

**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 club membership, ending March 31, 2010. Include only active participants. Date of birth required for those under 18, and requested for others.

Family Name	First Name(s)	Date of Birth
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Please tick appropriate boxes:**

New Membership ☐ or Membership Renewal ☐

Single membership \$35 ☐ or Family membership \$60 ☐ Boat Storage Fee Included \$ \_\_\_\_\_

**Newsletters and other messages should be sent to:**

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal code \_\_\_\_\_

Phone (home) \_\_\_\_\_ Phone (work) (other) \_\_\_\_\_

E-mail address \_\_\_\_\_ I prefer to receive newsletters electronically ☐

**Volunteer of Services to the Club**

I would like to volunteer and help the club with its activities ☐

☐ Leading trips/ instruction

☐ Boat house duty

☐ Behind the scenes, general assistance (mailings, etc.)

☐ Other (i.e., community and club special events, open house, leisure shows...)

**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 and 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, 2010.**

A check to cover the fee(s) is attached.

**Signature of applicant** \_\_\_\_\_

**Date** \_\_\_\_\_

**Second signature** \_\_\_\_\_

**Date** \_\_\_\_\_

(Signature of parent or guardian required if applicant is under 18)