



Cataraqui Canoe Club

News

Fall 2009

COMMODORE'S NOTE – BOARD NEWS

By Carolyn Bonta

How time flies! Another season wraps up, and with it ends my two-year term as your Commodore. I enjoyed contributing to the inner workings of the Club and learned a lot from the experience. I also look forward to a bit more free time for paddling! Many thanks to the Board of Directors for being such a pleasure to work with.

This summer introduced our new trip leader mentoring program, with several mem-

bers leading or co-leading trips under the guidance of more experienced leaders. The feedback received suggests the success of these arrangements, and we have continued to pair co-leaders for our fall/winter trips as well. To provide further support and direction to new leaders, the Board began a review and update of our *Trip Leader's Resource Booklet*. Hopefully next year's board will continue this worthwhile task.

The boathouse roof retrofit from last fall appears to be standing up to the test of time – a full year of wet weather and no more leaks! What a relief. Also at the boathouse, we finally replaced the locks on the main

door with a combination key/ punch code lock. This new combination lock is the first step to ease access to the boathouse and equipment for instructors, trip leaders, volunteers, and those renting Club boats.

Every fall, we get requests from members to extend the Saturday afternoon boathouse paddling into Sep-

tember. With the resources in place this year, we are willing to keep the boathouse open for a few more weekends on a trial basis – if there is sufficient participation in the first two weeks, we'll remain open until September 26.



Spring Cleanup At The Boathouse In Early May, Ed Jezak In The Background Repairing A Thwart On One Of The Club Boats, Phil Jacobi In The Foreground, See Another Photo on Page 2 – Photo Debbie Twiddy, 2009

Our Annual

General Meeting is Tuesday, October 27. The business part of the meeting summarizes Board actions and asks the membership to ratify the decisions. Then, we elect next year's Board of Directors – which should be quite interesting this year, as we do not have any candidates for Commodore at this time. The AGM will conclude with a humorous presentation by local naturalist and outdoor guide Terry Sprague, who will entertain us with tales of the local hikes and paddles he's lead over the years, including his misadventures in areas familiar to CCC members.

Hope to see you at the AGM!

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 – 2009**The Board can be reached at cataraqui_canoe_club@hotmail.com

Commodore	Carolyn Bonta	613-531-4578
Vice Commodore	Position Vacant	
Secretary	Sue Lynch	613-634-4177
Treasurer	John Telgmann	613-531-5156
Past Commodore	Ed Jezak	613-389-4459
Board of Directors	Maureen Beamish	613-374-3449
	Peter Hodgson	613-544-7944
	Phil Jacobi	613-389-1340
	Debbie Twiddy	613-374-1704
	Jennifer Spencer	jennifer.ccc@hotmail.com

Program Appointments

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

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 high resolution 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 with you and make sure that you receive the newsletter. Please forward changes in mailing/email/phone number to the membership secretary at 613-374-1704; or to the club address above.



*CCC Commodore, Carolyn Bonta, Spring Cleanup At The Boathouse
- Photo, Debbie Twiddy, 2009*

SEA KAYAK STROKE IMPROVEMENT COURSE

By Gail Laidley

Ten course participants met at the boathouse to kick off another anticipated season of sea kayaking. The main focus of the workshop was to see if we could develop a paddling style that was efficient and required little energy to perform. Our instructor Dennis Burr, quickly introduced everyone, talked a bit about strokes, paddles and what we were going to do, checking to make sure we all had our safety gear, etc. After a brief demonstration, we practiced some of the ideas presented, with coaching from Dennis.

Then off we went for a paddle around Kingston harbor, a great way to find our momentum again. Dennis was able to help us correct and improve our

strokes that had sagged after a long winter break.

It was a great way to get back into the swing of things and find direction for the season ahead.

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SEA KAYAK RESCUE SKILLS COURSE – DESERT LAKE

By Tony Eccles

July 25, this summer, there were ten of us congregated at Tim Horton's along with our course instructor, Dennis Burr for the Sea Kayak Rescue Skills Course. We headed north in a convoy to Desert Lake, where we proceeded to learn the lessons of regaining entry into a capsized kayak.

As a first step, we practised wet exits to establish confidence in being underwater, and to ensure our ability to remove the spray skirt successfully. The rest of the morning was taken up with a series of self-rescue techniques, including "the ladder" and paddle-float re-entries both with and without a rescue-stirrup.

A late lunch provided an opportunity to dry out and warm up. As has been the case so often this summer, the sunshine promised by Environment Canada was not much in evidence. Most of us enjoyed an extended period of warming while we watched our game volunteer "victim", Vivian Wasiuta, as she demonstrated a series of assisted-rescue techniques that formed the basis for the afternoon's session.

We began with the classic t-rescue, with a couple of variations; one in which the individual re-enters from a prone position between the two kayaks, and the other which employed a rescue-stirrup. Before finishing up, Dennis demonstrated two more techniques.

The first of these was the scoop rescue of a disabled paddling partner, while the second involved a method for securing an unconscious paddler in the water in the event that artificial respiration was required.

The day ended for many of us, with a leisurely 11 kilometre paddle to the end of Desert Lake and back. All in all, it was a terrific day that combined valuable learning experiences with a chance to see a beautiful scenic lake.

In addition to gaining confidence and experience in our applied skills, many of us learned lessons better acquired in a class such as this rather than in a real emergency. As an example, foam paddle floats do not offer sufficient buoyancy for some people, and river rescue knives attached to PFD's for convenience can be a hazard when trying to scramble back into the cockpit, as they tend to snag on everything.

The group extends our many thanks to Dennis for all of his efforts in organization, planning, and for sharing his experiences. It was a genuinely beneficial course that was presented in a fun and learning-friendly environment.

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



Kim Carter does the Ladder Re-Entry

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.



Janice Ley Surfing on the Lower Salmon River, April 2009 – Photo by Pat Wideman

PADDLING SCHEDULE

Saturday Afternoons, September 2 – September 26, 2-5 p.m.

Wednesday Evenings, September 2 – September 30, 6 p.m. to dusk.

CATARAQUI TRAIL BIKE & HIKE

Saturday, September 26, 2009

TO CHAFFEYS LOCK COMMUNITY HALL & RETURN

Free Lunch & Great Prizes — (For Participants donating \$25 to this fundraiser, to raise money for trail maintenance & improvements).

37km, 33km & 12km CYCLE routes, or 5km HIKE

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info@trailheadkingston.ca

Official Fall/Winter Schedule for 2009/2010 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.

Fri – Sun, SEPT 25 – 27 SCHOONER LAKE CANOE CAMPING Come enjoy a blissful paddle and camping weekend. Glorious lakes on crown land in the Madawaska Highlands, with plenty of creeks and crags to be explored! Partici-

pants can arrive either Friday or Saturday. Saturday travellers will coordinate travel plans with Jane K. Contact Steve to attend this relaxing fall camping weekend. 613 542 1054.

Sat Oct 3 GOULD LAKE ORIENTEERING

Peter will once again set up orienteering stations in between the fall leaves at Gould Lake. Can you find your way with map and compass? Challenging and fun! Special maps with accurate topographic info will be provided. Beginners are especially welcome. Call Peter 613 546 9216.

Sun Oct 4 A BOATHOUSE PADDLE

From the boathouse, Ed will lead an easy-access to the water, leisurely paddle either upriver towards Kingston Mills locks or downriver to Kingston Harbor, Fort Henry and Cedar Island. The choice of trip will depend on wind, weather, and paddling abilities of participants. A great local trip for families and for those without vehicles or boats! Canoe Club members are permitted to sign out a club canoe or kayak free of charge for this trip. Call Ed 613 389 4459.

Sat Oct 10 CHARLESTON LAKE PADDLE

Let's be thankful for one more day on the water this season. At Charleston Lake, we will be putting in at the north end, to minimize the distances that we have to paddle while maximizing the amount of scenery per paddle stroke. Expect spectacular cliffs along the extreme west end. Call Steve to join this nice fall paddle. 613 542 1054.

Sun Oct 18 FRONTENAC CHALLENGE

SALMON LAKE LOOP HIKE Are you working towards completing the "Frontenac Chal-



GOT A GREAT PHOTO FROM A CATARAQUI CANOE CLUB TRIP?

Email your high resolution photos along with a description, or an article, to –

editorccccnews@gmail.com

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lence"? Or, are you in the mood for a good day of hiking? Beth will lead us on this hike to scout the fall colors of Frontenac Park. Call Beth 613 389 6362.

Sat Oct 24 DESERT LAKE TO BIRCH LAKE TO KINGSFORD Come and explore the bays of Desert Lake and Birch Lake. Depending on the day we may include heading off to Kingsford. Call Don 613 384 4346.

Tues Oct 27, 7:00

– 9:00 pm AN-

NUAL GEN-

ERAL MEETING

Ongwanada Audi-

torium, Ports-

mouth Avenue

This is a good chance to meet other paddlers, tell stories of our paddling adventures, and learn more

about the business of the club. We start the evening with reviewing the business of the club, and your opportunity to elect the next CCC executive. After the business portion, local naturalist Terry Sprague will entertain us with **"Thoughts from the Pied Piper of Nature"**. Learn about some of the cool places he has taken people and the topics they discuss - everything from natural history to human history. His hikes are about more than just birds - its stories about mammals, reptiles, insects, wildflowers, sawmills, logging camps, agriculture, and the people who shaped these areas. See you at the AGM!

Sat Oct 31 GANANOQUE RIVER PADDLE

We may be looking for ghosts and goblins on the lovely Gananoque River, on this fall day paddle. There may be gentle current in some places, but no portages. Call Ed 613 389 4459.

Sun Nov 1 NARROWS LOCK HIKE This hike will be from Narrows Lock to Ghost Town on the

Rideau Trail returning via a blue side trail, about 13km. Scenic wilderness and cottage country, includes beaver dam crossings north of Big Rideau Lake. Call Robert 613 542 9626.

Sat Nov 7 CANOE LAKE TO KINGSFORD DAM PADDLE AND POTLUCK

A 16km 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. It includes a 150m portage and an optional scramble

to a scenic overlook on Birch Lake. The shuttle is only 5 km, a wonderful way to wrap up the paddling season. Re paddling call Dugald 613 542 8628. Re potluck call Nancy 613 549 8856 in good time.



Sun Nov 15 CHARLESTON LAKE HIKE Join the members for this hike, a good way to put in the "off-season". Depending on the weather and conditions Beth will select a nice crisp trail to hike at Charleston Lake Provincial Park. Call Beth 613 389 6362

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

Sat Nov 21 CANADIAN CANOE MUSEUM

Are you looking for something different but still paddle related when the weather gets cooler? Gail will organize a group trip to Peterborough to visit this unique national heritage center, (see www.canoemuseum.ca), with 580 canoes and kayaks and thousands of artefacts. Expenses will be gas and admission. Call Gail 613 531 6580 to arrange carpooling and to confirm admission.

(Continued from page 7)

Sun Nov 29 SHEFFIELD AND/OR MENZEL HIKE Come along for a full or half day of hiking! In the morning, explore the scenic, rugged 4.5km loop trail at Sheffield Conservation Area (practically Carolyn's backyard). The afternoon will be an easy, 4km round-trip hike at Menzel Centennial Provincial Park to Mud Lake, the headwaters of Buttermilk Falls on the Salmon River. In between, warm your tummy and your toes over brunch at the Lakeview Tavern in Erinsville. Call Susan 613 542 6146, please call before 8 pm.

Sat Dec 5 OPINICON HIKE Vistas are expansive when the leaves are down! From the trails near Skycroft we can explore mysterious mineral pits, abandoned homesteads, sinkholes and springs. Call Dukke 613 384 6054.

Sat Dec 12 MARBLE ROCK HIKE Ray Wilson will be leading us through the Marble Rock Conservation Lands to enjoy superb scenery along the double-loop trail. Call Ray 613 382 7189.

Sun Dec 13 SCHEDULING-MAKING & HOLIDAY POTLUCK PARTY Christine and Neil will be our gracious hosts for this holiday party. New members and prospective trip leaders are all welcome. Bring a festive spirit, a dish to share, and exciting activity ideas for the New Year! Please call 613 634 6043.

Sat Jan 9 MASSASSAUGA HIKE, SKI OR SKATE Start the year off in the fresh air with the activity of Janice's choice (which means, dependant on weather and conditions). Always adventurous and always fun! Eric and Janice will lead an outing to exotic places in the marvelous Massasauga Watershed. Call Janice 613 542 9958.

Sat Jan 16 TORONTO BOAT SHOW VISIT "Put some summer in your winter" by visiting the Toronto Boat Show for the day. Big boats, little boats, fast boats, slow boats. Check out canoes, kayaks, gadgets and gear. Check out the website www.torontoboatshow.com. Will need to assign car-pooling in advance, expenses will be gas and admission. Call Steve 613 542 1054.



Sun Jan 17 PUZZLE LAKE SKI OR SNOWSHOE Carolyn will lead us on a leisurely trip to Puzzle Lake Provincial Park by either ski or snowshoe, depending on the weather. If conditions permit, we may explore new terrain, otherwise, we will travel along tried-and-true favorite routes. Call Carolyn 613 531 4578.

Sat – Mon, Jan 23 – 25 ALGONQUIN PARK AREA XC SKI WEEKEND Shake off the winter blahs with this weekend away! Leave Saturday morning to ski at Silent Lake for the day. Share a potluck dinner at a cabin; warm up with pool and hot tub. Ski Algonquin Park trails on Sunday. Return time to be determined, either Sunday or Monday. Call Beth 613 389 6362.

CATARAQUI CANOE CLUB ANNUAL GENERAL MEETING

**Ongwanada Auditorium, Portsmouth Ave
Tuesday, October 27, 7:00 – 9:00 p.m.**

Vote For Your Executive

SPEAKER

Local Naturalist Terry Sprague
See details in this schedule – Tues Oct 27