

Cataraqui Canoe Club News

May 2010

COMMODORE'S NOTE – BOARD NEWS

By Ed Jezak

A new season has started. White water enthusiasts have been paddling for a while, and the more sedate flat water trips commence in earnest after our Annual Open House. Do not miss it, the first Tuesday Wednesday Thursday of May. Join us for good company, refreshments, and renew your membership, if you have not done it as yet.

A former, very active member of the club, Albert Angenent, has written a book, *Eastern Ontario White Water Rivers*. It is the best, and most complete reference on these rivers.

The latest printing was the third edition. Some of us have been with Albert as he recorded the characteristics of the various rapids on his small tape recorder, and we have used that information since. Albert has been fighting cancer for several years. He decided to stop managing the distribution of his book. In a generous gesture, he gave a CD containing the PDF file of his book, and the copyright to it, to the club. At the Board we have not yet decided whether to produce printed copies for sale, or just the CD. I, and the Board, take this occasion

to publicly acknowledge Albert's generosity and thank him for it.

Some of you might have noticed a minor change on the application form. Before you were asked whether you would "prefer to receive newsletters electronically" but now you are asked whether you would

"prefer to receive newsletters in printed format." The intent is to make electronic reception the default condition. In that case you would not be emailed the newsletter, but notified by email that the newsletter is available on our website. The newsletter is too long to email in COMMODORE'S NOTE ...

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Upper Salmon River, March 2010 — Photo from Steve Manders

CATARAQUI CANOE CLUB ANNUAL OPEN HOUSE

Club Boathouse, 1 Cataraqui Street

Tuesday-Thursday, May 4-6, 6-8 p.m.

We welcome the public and club members to this annual event, to meet others, to enjoy refreshments, to see demos by local outfitters, to sign up for canoe and kayak sessions, paddling instruction and techniques, and to plan great paddling trips.

Call Linda for Information, 613 546 1359

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.The Board can be reached at cataraqui_canoe_club@hotmail.com.**Executive and Board of Directors 2009 – 2010**

Commodore	Ed Jezak	613 389 4459
Vice Commodore	Mike Fisher	613 547 5386
Secretary	Sue Lynch	613 634 4177
Treasurer	Harry Burgstaller	613 549 4832
Past Commodore	Carolyn Bonta	613 531 4578
Board of Directors	Dennis Burr	613 547 5738
	Phil Jacobi	613 389 1340
	Jim Lorimer	613 373 2847
	Debbie Twiddy	613 374 1704
	Linda Whitfield	613 546 1359

Program Appointments

Newsletter Editor	Sharon Ferguson – 613 384 3044 – editorcccnews@gmail.com
Recreational Scheduling	Mike Fisher – 613 547 5386
Boathouse Manager	Phil Jacobi – 613 389 1340
Instruction	Dennis Burr – 613 547 5738
Membership Secretary	Debbie Twiddy – 613 374 1704
Volunteer Coordinator	Carolyn Bonta – 613 531 4578
Publicity and Special Events	Linda Whitfield – 613 546 1359
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 pictures to accompany the article even better. Call 613 384 3044, or email the articles and pix 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.

CATARAQUI CANOE CLUB PADDLING SESSIONS

At the Boathouse — 1 Cataraqui Street

IT IS a good idea to take a canoeing clinic if you are not an experienced paddler, both for your own safety and to avoid the discouragement of being out of control in a strong wind. After one of these clinics, you will be able to improve your skills by paddling on your own or with more experienced paddlers.

Every year, starting in May, the club runs a series of clinics for canoe and kayak skills, most of them from the club boathouse. The usual clinics offered are listed below. The newest schedule will be announced on the website and will be offered at the Open House for those who wish to sign up at that time. See below.

INTRODUCTION TO CANOEING

CANOE SKILLS IMPROVEMENT

INTRODUCTION TO KAYAKING

INTRODUCTION TO SEA KAYAKING

FOR DETAILS – CALL DENNIS BURR – 613 547 5738
OR VISIT THE WEBSITE – www.cataraquicanoe.on.ca

OR DROP IN AT THE OPEN HOUSE, TUESDAY TO
THURSDAY, MAY 4, 5, & 6, 2010, 6-8 pm

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 is restricted if needed for lessons or 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—Wednesday Evenings, 6-8 p.m.

June, July and
August—Tuesday & Thursday Evenings, 6-8 p.m.,
and Saturday Afternoons, 2-5 p.m.

September—Wednesday Evenings, 6 p.m. to dusk

IN MEMORIAM: GAETAN LESSARD*By Dugald Carmichael*

On January 31, without any forewarning, Gaetan Lessard suddenly died while enjoying one of his many passions: cross-country skiing in Gatineau Park. Truly an outdoorsman for all seasons, Gaetan had boundless enthusiasm for cycling, paddling, hiking, skiing, snowshoeing and camping. For CCC he was most active in winter, as a leader of snowshoeing events and winter-camping weekends. His fitness was inspiring and his keen enjoyment of life was irresistible. Friendly, cheerful and witty, he had the gift of making people feel welcome and at ease. At a deeper level he was thoughtful and humane, with an artistic flair that found expression in hundreds of remarkable wood carvings.

Bon voyage mon ami; you leave us with many good memories.

COMMODORES NOTE ... (continued from page 1)

bulk. By not having to mail you a printed copy of the newsletter, we save our club the printing and mailing cost. The most recent info of our schedule and events is on the website. You are encouraged to consult the website.

So I ask all those who can conveniently manage to get the newsletter from our website not to request a printed copy.

At the moment Trailhead in Kingston gives our members a 10% discount on some items (not canoes or kayaks, or sale items). We have been notified that they intend to stop that after October 31 of this year.

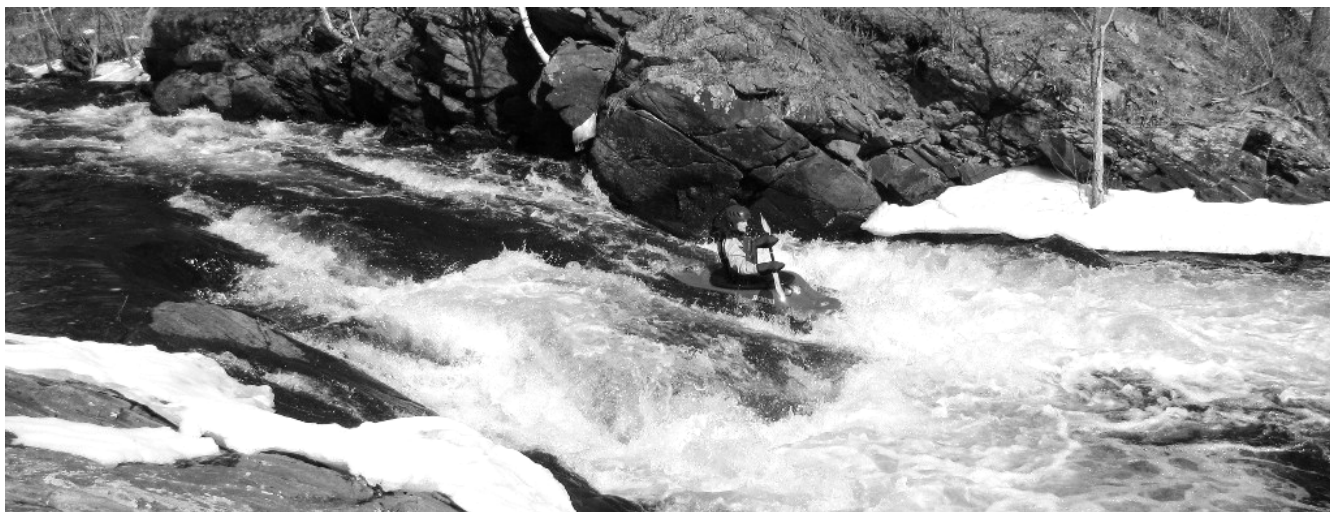
**UPPER SALMON RIVER, MARCH 2010***Article and photos on this page, by Steve Manders, 2010*

We three excited, energetic paddlers, Steve, Gwen and Peter, paddled the Upper Salmon River, starting at Sheffield Lake, in early March this year.

Thick ice on the lake, required us to drag the boats for 20 meters on the ice, just to get to the open water for our paddle. Further up the lake, there wasn't any open water.

We saw 3 Trumpeter Swans, 3 deer, and a King Fisher.

Water levels were low, yet adequate. Judging from the amount of snow cover and the weather forecast, we thought conditions would not get any better. Gwen was particularly pleased with the day after some time spent in Haiti doing first aid with the military.



A SMALL LOOK AT THE MANY FACETS OF CLUB MEMBER ADVENTURES



Loading Up For The Dumoine River — Photo From Barry Irish



**Packing Gear For The Petawawa River Paddle
— Photo Mark & Pat Wideman**

TRAILHEAD
KINGSTON

272 Princess Street Kingston ON K7L 1W5 613 546 4757

Downtown Location
Paddling Cycling Trail Navigating

Trailhead Features

*10% Discount To Cataraqui Canoe Club Members On All
Regular Priced Items (Boats Not Included)*

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Tents, Gear, Clothing, Footwear**

trailheadkingston.ca



Preparing To Come Aboard — Photo By Ray Wilson



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count for Cataraqui Canoe Club members**

Official Spring/Summer Schedule for 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.

SAT MAY 22 BOATHOUSE TO KINGSTON MILLS A leisurely paddle, suitable for beginners, either upriver or downriver. Distance and direction will depend on the weather and participants' skill levels. Possible destinations: Kingston Mills, Fort Henry, Kingston Harbor. Call Dukke van der Werf 613 384 6054.

SAT MAY 29 LOWER MADAWASKA RIVER A trip for the intermediate paddler with suitable white water equipment and experience. The shuttle can be a bit bumpy but the river makes it all worthwhile. A full day's experience leaving all tired but contented. Call Dugald 613 542 8628.

SUN JUN 6 HART LAKE 40 km driving, 6 km paddling and 200 m portaging brings us to a beautiful (and rustic) campsite on an undeveloped lake. A marvelous place to relax, with Loughborough

Creek and Crow Lake waiting to be explored. Call Dukke 613 384 6054.

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

SUN JUN 13 FRONTENAC PARK CANOE CLINIC Come to beautiful Frontenac Park to learn new paddling strokes or refresh your existing canoeing skills. This course, which runs from 10 a.m. to 3:30 p.m., also covers safety maneuvers, and we will discuss equipment selection and trip planning. Cost is \$10 plus the park entry fee, participants must register in advance through Frontenac Park at 613 376 3489. Members requiring equipment may rent a club canoe with PFD's and paddles for \$12. For more info, or to arrange a boat rental, call clinic instructor Carolyn Bonta 613 531 4578.

MON JUN 14 – FRI JUN 25 RIDEAU CANAL KINGSTON TO OTTAWA

Paddle along the historic Rideau Canal and marvel at Colonel By's engineering feat. 9 paddling days with a weekend stopover in Smith Fall's. Camping at the lock stations, Provincial parks and optional B&B's. Contact Jim Lorimer 613 373 2847 for more details.

THURS JUN 17 MORTON TO LYNDBURST THROUGH BEVERLEY LAKE The perfect 17 km paddle: maximum beautiful scenery, historic towns (Delta and Lyndhurst), and scrumptious ice cream combined with a minimal 6 km shuttle. Call Robert Tolley 613 542 9626.

SAT JUN 26 SHEFFIELD TO HORSESHOE LAKE An easy 12 km paddle up the beautiful Salmon River, "Jewel of Eastern Ontario". Stop at a pretty spot on Crown land for lunch and a swim. Some gentle current to negotiate, and a lift over at the outlet of Crotch Lake. The car shuttle is 14km. Call Carolyn Bonta 613 531 4578.

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SAT JUL 3 EEL LAKE PADDLE. An easy paddle starting at the James Wilson Road, to explore Eel Lake and Canoe Lake. Canoe Lake is a deep reservoir with impressive crags that empties into Desert Lake. Nancy Young has invited us to eat our lunch at her cottage on Eel Lake. Call Dukke 613 384 6054.

**SAT-SUN JUL 3-4
PALMER'S RAPIDS**

WEEKEND Join Ed at the Palmer's rapids campground next to the Madawaska River: Lots of fun, lots of practice and probably lots of people. A perfect place to hone your whitewater skills... not to be missed. Call Ed Jezak 613 389 4459.



Tea Ready — Art by Debbie Twiddy

MON-FRI JUL 5-9 LIEVRE RIVER The Lievre River is a whitewater river north of Mont Laurier in Quebec with 70 sections of Class I-IV rapids. This trip suits solo tripping, or tandem boats with skirts, due to lengthy sections of continuous rapids. It took 4 days to paddle last year. Call Peter for info 613 546 9216.

CONTRIBUTE YOUR PHOTOS WITH A SHORT DESCRIPTION, OR AN ARTICLE AND PICS, TO THE CCC NEWSLETTER

Email the Editor
editorcccnews@gmail.com

SAT JUL 10 LINDHURST TO KILLING-BECK LAKE A vigorous 21 km paddle on five scenic lakes, three connected by Lyndhurst Creek. Two portages 480 and 360 meters, with a car shuttle of 11 km. Call Bob Clooney 384 4482.

SAT-SUN JUL 10-11 GRENADIER ISLAND CAMPING WEEKEND Grenadier Island became part of St. Lawrence Islands National Park in 1905, yet still shows traces of early United Em-

pire Loyalist settlement. Enjoy the group campsite, paddling, swimming and walks on this 8 km island. Call Margaret Wild 613 542 9626.

SAT JUL 17 RIDEAU LAKE Put in at Loon Lake near Bedford Mills and paddle over to our farmhouse on Benson Lake. We usually have a chicken barbeque and pot-luck lunch, perhaps a swim, and then paddle back. No car shuttle. About 18 km of paddling, no portages, but go through Loon, Stevens Creek, Bedore's Creek, Newboro, Mosquito and Benson Lakes. Contact Janice Ley 613 542 9958.

**SUN JUL 25 FRONTE-
NAC PARK: 6 LAKES,**

6 PORTAGES An energetic day round the inner circuit of Frontenac Park. A trip for the determined tireless canoeist who regards the canoe as a land craft designed for occasional dips into water. Call Bob Clooney 613 384 4482.

SUN-THURS JUL 25-29 DUMOINE RIVER

The Dumoine is an excellent whitewater river in Quebec with abundant Class 2 and 3 rapids flowing into the Ottawa River west of Deep River. The Dumoine trip is an annual club favorite and this will be the 8th year for us to run the river. The Dumoine is the only river in southern Quebec to make its entire journey to the Ottawa River free of dams and is now threatened by hydro development. Call Peter for information 613 546 9216.

SAT JUL 31 DESERONTO TO PICTON A 22 km paddle straight down Long Reach (Bay of Quinte) to the picturesque town of Picton. Refreshments at the takeout. Contact Jim Lorimer 613 373 2847.

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

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SUN AUG 1 KINGSTON TRIATHALON The club provides several kayakers for this event. We provide a safety patrol for the swimmers. Club members who are willing to assist, and have their own boats, can contact Runners' Choice directly, at 613 542 2410. Those wishing to use club boats, please contact Ed Jezak at 613 389 4459.

TUES AUG 3-THURS AUG 9 PETAWAWA RIVER An extended trip on a relatively remote river in Algonquin Park requiring some experience of white water and wilderness camping. A rewarding experience for those wanting to "get away from it all". Call Barry Irish 613 389 6334.

SAT AUG 7 LOUGHBOROUGH LAKE, BATTERSEA TO THE NORTH END
A premiere lake in Eastern Ontario and a very accessible canoe trip, only a 20 minute drive north of Kingston, and no car shuttles or portages. The north end of the lake features about 80 granite islands covered with tall pines, many opened up for public use. We will paddle 16 km past 60 islands, with a few cottages. Loons are abundant, otters and eagles. Call Steve Manders 613 542 1054.

SAT AUG 14 FRONTENAC PARK/ OTTER LAKE TO KINGSFORD DAM
This paddle is about 13 km. Depending on water levels there are may be a couple of lift over's or portages and certainly a few beaver dams to see. Bring lunch and be ready for a swim. There is a store at Dessert Lake for ice cream and soft drinks. Contact Ed Jezak 613 389 4459.

SUN AUG 15 SCHEDULE PARTY Hosted by Carolyn Bonta, Call Carolyn 613 531 4578 for details.

TUES AUG 17-MON AUG 23, SCHOONER LAKE This camping trip is on a beautiful Ontario lake, accessible by a township toll road and 45 minute canoe trip. Located east of Lake Mazinaw and north of Arden, Camp Site # 10 has been reserved for August 17 - 23 and is suitable for a dozen people under tall pines. It has several sandy

beaches and a spectacular cliff view. Day canoe trips and hikes will be featured. This trip is suited to paddlers of all skill levels. Canoe club members are invited to join us for a day, a weekend, or the week, yet we need to limit attendance. Call Steve 613 542 1054 by Sunday, August 1.

SAT AUG 28 ROCKPORT TO IVEY LEA 18 km through the heart of the 1000 islands: Magnificent mansions and spectacular scenery. Return by the lost channel (if we can find it!) Contact Jim Lorimer 613 373 2847.

SAT SEP 4 MELLON LAKE A short paddle down Mellon Creek brings us to a deep secluded lake, which is 4 km long and has only 15 cottages. Most of the shoreline is crown land (part of a provincial conservation reserve). Granite ridges near the lake are home to Ontario's only lizard, the five lined skink. No portages, no shuttle. Options to swim and/or scramble up to a scenic overlook. Contact Dugald 613 542 8626.

SAT SEP 11 PUZZLE LAKE This lake is part of a provincial park, established primarily to preserve a lot of rare wild life, with beautiful scenery and granite cliffs. There are several portages along the way, the first about 200 m, the rest 50 meters well worth the extra effort. We'll paddle about 15 km. It is a 50 minute drive north of Kingston. Call Steve Manders 613 542 1054.

SAT SEP 18 TRIP ON THE RIDEAU Enjoy a late Summer trip on one of the Rideau Lakes with Dennis. Call Dennis Burr 613 547 5738.

SAT SEP 25 CHARLESTON LAKE, NORTH WEST END This trip starts in the village of Charleston at the north end of Charleston Lake, about an hours' drive north of Kingston. The lake features miles of spectacular cliffs, good fall color, and a plethora of islands and clean water, a very scenic trip. Many islands and cliffs shelter the lake from most winds. We will paddle about 17 km. Call Steve Manders 613 542 1054.