



Cataraqui Canoe Club

News

May 2013

COMMODORE'S NOTE - BOARD NEWS BY MIKE FISHER

Fortunately, the proposed excavations which would have disrupted our activities at the boathouse have not materialized and the revised plans should offer, hopefully, little in the way of restrictions; that's good news for the "Open House", which will be upon us this month.

The Board has been busy preparing for the Spring, our busiest time of the year, and Beth Orr has organized the Schedule which should provide lots of opportunity for memorable events. Spring is always laden with anticipation for paddlers; it's a time when we test ourselves against fast flowing, swollen rivers with skills, thought forgotten over the Winter, canoes lifted from their cradles and all the essentials: Throw bags, dry bags, ropes, sponges, bailers, first aid kits and all the other bits and pieces thought useful. Finally, we squeeze into the "Dry Suit", clasp our hands around the paddle and all is before us.....Yes, I know, we've forgotten the lifejacket.... It happens!

Let's hope it doesn't... The Board has discussed a number of issues recently: Upgrading security at the boathouse by means of security cameras and recording equipment; increasing our fleet of canoes by purchasing an additional sea kayak; clarifying details of our insurance policy and understanding our obligations regarding safety and accident prevention. These, together with the routine duties of managing the Club's finances and responding to the many enquiries from individuals

and organizations have led to various proposals and lively debate.

On behalf of the Club, let me thank, again, all those who have volunteered their time and experience as "Trip co-ordinators", those whose energies make events such as the "Open House" so successful, members of The Board, and, not least, all other members whose characters and participation make the Club the vibrant organization it is.

So, we leave Winter behind and those warm, lazy days lie before us when the sound of paddle on water cleaves the silence..... CARPE DIEM !



PO Box 1882 Kingston ON K7L 5J7

The CCC Boathouse is located on Orchard Street near the Woolen Mill

For an update on current schedule check our website www.cataraquicanoe.on.ca

For other information contact a board member by phone or use the club email:

cataraqui_canoe_club@hotmail.com

Executive and Board of Directors 2012-2013		
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	Beth Orr	613 389-6362
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Publicity & Special Events	Linda Whitfield	613 546-1359
Volunteer Coordinator	Jim Lorimer	613 373-2847
Webmaster	Ed Jezak	613 389-4459

Newsletter Contributions Welcome!

Members of the Cataraqui Canoe Club are invited to submit write-ups of their favourite 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 Newsletter Editor at jebeckett@gmail.com

The Frontenac Arch Paddling Trails committee has partnered with 1000 Islands Kayaking to offer five premium paddling tours, starting with two this spring. Proceeds from the non-profit fully outfitted tours will help fund regional paddling infrastructure projects.

Common to each of the five tours offered this year is a day-long paddling experience along a regional waterway in the Frontenac Arch Biosphere. The cost of \$85 for each tour includes a special guest speaker for uniquely themed tours, certified instructors and guides from 1000 Islands Kayaking, on-the-water professional interpretation, and gourmet local flavours lunch. Bring your own kayak, canoe and gear or rent from 1000 Islands Kayaking for \$25.

Unique to each tour is the route, theme, interpreter, food, participants, the weather, and the wildlife.

Tour Dates, Locations, and Themes:

- * May 25th, Delta to Morton, Local Flavours
- * June 22, Seeley's Bay to Jones Falls, Rideau Canal, Patron's Choice (National Canoe Week)
- * September 7, Navy Islands, Ivy Lea, 1000 Islands, International Bridge
- * September 21, Frontenac Provincial Park, Frontenac Arch Biosphere Geology and Ecosystems
- * October 5, Charleston Lake Provincial Park, Photography, Birding, Fall Colours

Prior registration is required for each tour as space is limited, through www.1000islandskayaking.com <<http://www.1000islandskayaking.com>> or phone 1000 Islands Kayaking at 613-329-6265.

Celia Medcalf, chair of the committee says, "We encourage past and new participants to pick a new trail segment to explore.

The Frontenac Arch Paddling Trails committee volunteers to improve information about, and access to, historic paddling routes around the UNESCO designated Frontenac Arch Biosphere Reserve for responsible recreational paddling. <http://www.explorethearch.ca/paddle-the-arch>

**Cataraqui Canoe Club
Outdoor Gear Swap and Sale
May 7, 8, 9 at the Open House**

**Do you have gently used outdoor gear that you don't use any more?
Are you looking for something that will make your outdoor experience even better?**

Come to the open house to check out the bargains!

Bring all items

Boats/Paddling/Skiing/Camping/Hiking Equipment

to the boathouse on May 7th

Contact Beth Orr

chickonwater@gmail.com

613 389-6362 for information.

Put a price on your treasure and 10% of proceeds will go to the Canoe Club.

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Official Schedule for the 2013 Summer Season

Change in activity may be necessary due to weather or water conditions. Check with the trip coordinator. 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 minimize impact on the environment?

Your trip coordinator can help with these and other questions when you call, and 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 make a trip less risky and more enjoyable for all.

Saturday June 1 Crooked Creek Paddle

Putting in from Salmon Lake Road, we shall paddle about 5 km via Otter Lake, Rothwell Lake and Holleford Lake and as usual Dugald will lead us on a "scramble" and we will have lunch atop Crooked Creek Overlook, and then return. Call Dugald at 613 542-8628.



Here is a link for paddling safety:

<http://www.mec.ca/AST/ContentPrimary/Learn/Watersports/WaterSafety/CanoeSafety.jsp>

Thousand Island Paddle (in 3 parts):

This will be a new trip for the canoe club, paddling from our boat house in Kingston to Rockport over a period of 3 days (non consecutive). We will paddle along the north shore of the St. Lawrence River viewing many multi-million dollar mansions, tiny island cottages in a breath taking setting. We will be paddling east only, thus utilizing the current and any tail winds, but this will require a shuttle each time. There are several great opportunities for refreshments at the end of each day. There are a few wide open areas that can develop a nasty chop if the winds are up, be advised to consider your skill level if the winds exceed 20 km/hr.. By starting early in the day, we may avoid some of the winds and traffic.

Sunday June 2

Thousand Island Paddle (Part 1) Kingston to Grass Creek Paddle

We will start at the club boat house on Cataraqui Street and paddle to Grass Creek Park, a distance of 20 km. See RMC, Fort Henry, and Cedar Island from the water. Paddle past the main Howe Island cable ferry. There is ample free parking, a good boat launching ramp, and washrooms at Grass Creek Park at no charge. Call Steve Manders at 613 542-1054.

Saturday June 8

Thousand Island Paddle (Part 2)

Grass Creek to Gananoque

We will launch our boats at Grass Creek Park after a shuttle to Gananoque. We will paddle through a very narrow channel with water 180 feet deep and a conspicuous current, and then past the 3 cars cable ferry to Howe Island. This stretch is 15 km. long. We will be getting out of the boats at a special canoe ramp in the east side of the entrance to the marina. Washrooms are located there. Call Steve Manders at 613 542-1054.

Saturday June 15

1000 Island Kayak/Canoe Mystery Tour followed by a BBQ

Suzanne and John will take us on a tour of favourite spots on the river followed by a BBQ at their place. No shuttle required. A nice way to spend a summer day on the water. Call Suzanne at 613 382-5234.

Friday June 21

Summer Solstice Evening Paddle

Celebrate the summer solstice with an evening paddle at Gould Lake. Leading us on this longest evening of the year is Mary-Jean McIntyre. For more information call MJ at 613 583-1667 or maryjean.mcintyre@gmail.com

Saturday June 22

Morton to Lyndhurst Paddle

From Morton follow Morton Creek to Beverly Lake, and then Lyndhurst Creek to Lyndhurst. A scenic route, with a good ice cream stop at the end! Contact Robert Tolley at 613 542-9626.

Sunday June 23

Shoreline Shuffle

The shoreline shuffle is a walk/paddle along 7.7km of Kingston's downtown shoreline. The event is intended to remind Kingstonians about the potential of our waterfront. It will be a chance to see firsthand what we have and what

we *could* have. It is a celebration as well as a chance to push city planners for a more integrated, publicly accessible shoreline.

On land, people will walk, cycle, skateboard and wheelchair their way along waterfront paths.

On water, there will be a flotilla of craft moving at the same pace, with people paddling, sailing, rowing, motoring or swimming. NOTE: water activities may be limited by wind for safety reasons.

The canoe club will be paddling together as a group. What a great way for our club to support this great community event.

Ed Jezak will be our guide.

Call 613 389-4459.

This is a link to the group organizing this event.

<http://wateraccessgroup.weebly.com/index.html>

Saturday June 29 to Monday July 1

Palmer Rapids Weekend

An annual event not to be missed. The perfect spot to practice your white water skills, or learn new ones. Mix with paddlers of all skill levels; watch, learn and, above all, have fun. Come camp for the weekend or for a day. If conditions are optimal we hope to get a group to paddle the lower Madawaska river on Sunday.

Call Ed Jezak at 613 389-4459



Saturday July 6

Lyndhurst to Killingbeck Lake

A vigorous 21 km paddle on five scenic lakes, three connected by Lyndhurst Creek. Two portages, 480 and 370 metres, with a car shuttle of 11 km.

Call Bob Clooney at 613 384-4482.

Saturday July 13

Gananoque Lake Tour

This is a new trip for us. There is public access to the lake on the Sandy Bay Road on the east side of the lake. There is private parking there for a fee, or you can park up the road for free. It is a short run up the lake to the narrow scenic part, through the picturesque Crank and north ward. We may make it as far as Black Rapids near Charleston Lake, a 10 km paddle. We will likely be paddling back against afternoon head winds, so the trip will be adjusted accordingly. Call Steve Manders at 613 542-1054.

Saturday July 20

Rockport to Ivy Lea Paddle

18 km paddle. Heart of the 1000 Islands. Paddle from Rockport to Ivy Lea via Smuggler's Cove and Lost Channel. After lunch return via Fiddlers Elbow. Enjoy magnificent scenery. We usually linger at the local pub after the takeout. Contact Jim at 613 373-2847.

Monday July 22 to Friday July 26

Dumoine River Whitewater Canoe Camping

A spectacular trip in the Laurentians for whitewater enthusiasts.

Contact Peter Kopp 613 546-9216

This is an entertaining video on how to pack your canoe.

<http://www.youtube.com/watch?v=jrgY8XY28i4>

Saturday July 27

Loughborough Lake Paddle

The Loughborough Lake Association is organizing a fundraising event with proceeds going to Southern Frontenac Community Services Corp. They are paddling from Perth Rd along the north shore then over to Battersea. Power boats and pontoon boats are a part of this event (but not many). This event ends with a social gathering (food provided) at "the Creekside Restaurant, where prizes are awarded for best decorated crafts and costumes, and best poker hands from cards picked up on route. (Registration is \$40 per person, of which \$25 is a charitable donation.)

The Club trip will coincide with this event, without being a part of it. Members are encouraged to register, but not required to do so. Those who do register will join the gathering in Battersea, those who do not will find our own spot on the lake for a picnic and a swim. Contact Ed Jezak at 613 389-4459.

http://www.sfcsc.ca/REVPoker_Run_2013.pdf

Friday August 2 to Sunday August 4

Algonquin Play Weekend

A canoe club favourite! This is a relaxing weekend spent enjoying natural waterslides, Jacuzzis and waterfalls. There is also an option of a day trip to explore the Barron Canyon. Call Beth Orr early, as space is limited. 613 389-6362 or chickonwater@gmail.com

Sunday August 4

K-Town Triathlon/Duathlon

Club members who kayak are asked to assist in providing part of the safety patrol for the swimmers. Those who have their own boats, and are willing to help, please contact Runner's Choice at 613 542-2410.

Those wishing to use Club boats, please contact Ed Jezak at 613 389-4459.

<http://www.ktowntri.com/volunteers>

Saturday August 10
Thousand Island Paddle (Part 3)
Gananoque to Rockport

We will gather at the canoe launch ramp in Gananoque and shuttle to Rockport. There are a few wide open areas here with a nasty chop if it gets windy, we will paddle under the Ivy Lea bridge being swept along by a good current. The tour boats make this very scenic, bring a camera. You will also be photographed by the tourists on these boats. Got any ideas for them? This section is 20 km. long. There will be a pit stop at Ivy Lea Park. There is a lovely restaurant and bar at the end to greet us. Call Steve Manders at 613 542-1054.

Saturday August 17
Loughborough Lake

This has become one of our favorite paddles. It is a 15 minute drive from Kingston -there are no portages or shuttles. We will paddle between many granite islands, with interesting cottages nestled between majestic pines. The waters are fairly well sheltered, 7 islands are posted as Crown Land for the public to picnic or camp on. We launch in Battersea at the public ramp and limit the distance paddled for slower boats, and beginners. This is a great trip for beginners, families and seasoned paddlers. Call Steve at 613 542-1054.

SAT Aug 24- Schedule Making Pot-Luck party/ BBQ Come for an evening of socializing and planning our fall activities. For directions etc please call Beth Orr at 389-6362. If you might like to lead an event this fall or winter but can't make it to the party, please let Beth know at Chickonwater@gmail.com.

Sunday August 25
Paddle from the Boathouse to Kingston Mills
This is a great paddle for beginners and seasoned paddlers alike. Boat rentals are available from the club. Try out one of the club's new boats. Call Dukke at 613 384-6054.

Saturday August 31
Puzzle Lake Paddle

Come explore several pristine lakes nestled between red granite ridges, with only 300 m of portaging and perhaps a few lift-overs. Susan has agreed to be our guide. Call her at 613 542-6146. Please no calls after 8pm.

Saturday September 7
Frontenac Challenge Slide Lake Loop
Hike/Paddle

Be prepared for rugged hiking and rough terrain. A demanding but rewarding day in Frontenac Park, accessed by boat. Contact Margaret Wild at 613 542-9626. In case of bad weather this will be postponed to Sunday, September 8.

Friday September 13 to Sunday
September 15

Schooner Lake Canoe Camping Trip

This is simply the most beautiful lake and campsite around. Access is by municipal toll road which keeps the traffic down. The lake is noted for a spectacular cliff along the north end and secluded sandy beaches at most camp sites. It is a 45 minute paddle from the cars, with no shuttling or portages to the camp, so you can load your boats safely. We can hike and canoe out from the camp depending on the weather and interest. We will book the camp site for 3 days, you can join us for any or all of them. It is a 3 hour drive and reservations are needed. Call Steve at 613 542-1054.

French River

Steve Manders is planning a week long trip down the French River into Georgian Bay. This is a premiere river trip in a spectacular rugged granite area. The French River drains Lake Nipissing at North Bay. It is mostly flat water with some gentle white water. The length of the trip and dates are open for discussion. Call Steve at 613 542-1054.

Saturday September 21

Circumnavigate Howe Island

Join Jim McLaughlin for a paddle around Howe Island. We will put in at Grass Creek Park and then paddle around the island approximately 30km. Call Jim at 613 382-8682.

Sunday September 29

Charleston Lake Paddle/Hike

After a 6-km paddle from Outlet to Huckleberry Hollow, we park the canoes, hike 2- km to the summit of Blue Mountain for lunch, and maybe a swim on our way back!

Call Beth Orr at 613-389-6362 or

chickonwater@gmail.com.



When driving from Seattle, Washington to Canada a few years ago, we stopped for a break and a short hike in Deception Falls State Park where we came across a plaque, right beside a beautiful little waterfall, with the following text:

*“ There is no rushing a river . . .
... When you go there
You go at the pace of the water.
And that pace ties you into a flow
That is older than life on this planet.
Acceptance of that pace,
Even for a day,
Changes us,
Reminds us of other rhythms
Beyond the sound of our own heartbeat”*

by Jeff Rannicke

Submitted by Dukke Van der Werf