



# CATARAQUI CANOE CLUB Newsletter

## January 2014

### Commodore's Note: Board News

Happy new year to all. Our new club executive is now just starting and my task is to figure out all that our past Commodore Mike Fisher did so smoothly. Like many tasks, it is easy when you know how, and have done it for a while. It is one thing to do a task, it is quite another to organize others to do tasks.

Last year at this time we were all worrying about what the City was going to do with our boat house. They own the land, we own the building with no cost for the land. They wanted to dig the floor of the boat house up, remove toxic materials below the floor, and replace the floor at no cost to us. The problem of safe handling and storage of boats was our issue. Some white water canoes could be stacked like so much cord wood, but there are also many private and delicate boats. Anyway, the City took another route, they dug up around the boat house and installed absorbent materials and repaved over the area. They actually did a beautiful job and extended some space for the Rowing Club trailers, and extended the City water front walk way past our boat house.

Our lease for the land had expired a couple of years ago. The City wants to review it. I have been in contact with them and provided them with all our current documents for

incorporation, financial statements and insurance, as is the Kingston Rowing Club. This is now under consideration by the city. They could charge us rent on the land, it could be reclassified by IMPAC and become taxable. We currently do not pay rent or taxes on the building or land. This will be settled in the next few months.

Our finances are in good shape, but any substantial change in the rent or taxes could change all that. My feeling is that the City does not want to change anything, but they have to review it periodically.

Our boat house had the number of storage spaces expanded by 9 spots a couple of years ago. They have all been filled up, and we have a couple of boats in temporary spaces for winter storage while anticipating a vacant space this spring. There are no plans to increase our fees at this time. A change to the rent or taxes from the City could change that.

We have finished drafting our schedule for the winter and spring of 2014. There was a bit of juggling of times to better fit individual trip co-ordinators. We have a busy schedule, we just need good weather.

We are required by Transport Canada to keep a certified first aid kit available on our trips. We have been pretty good at that this

last season. Normally it and the clip board for waivers are kept in the boat house, but I will keep it at my home for the winter season so that it is easier for our trip coordinators to pick up. Often, I can bring it along, or bring it home at the end of the trip, saving a special trip to the boat house in the winter months. Now everyone knows it is required, and where it is. It has occasionally been used for minor injuries and first aid was self administered. This was a prudent move imposed on us. The kit also contains a required compass even though it is hard to get lost paddling down a river.

That is all the business for now. Check our schedule and hope to see you on a hike, ski or paddle trip.

Steven Manders



French River

For years I have heard how wonderful the French River just south of Sudbury was to paddle. I had never done it, and I decided it was time to do so. Several friends who had done it before were very helpful with advice, maps and so on, but it is a large body of water with many little details to sort out.

The French River starts at Lake Nipigon, west of North Bay and flows to Georgian

Bay, about 100 km. It is an historical canoe trade route through some very scenic country. It parallels the Magnetawan River and Key River to the south, into the 30,000 Islands. The waters are sheltered from wave action by the many islands and the water way goes from there to Killarney, 75 km. away. It is a vast area. The land is quite flat, bare granite, sculptured by the glaciers, and cut by a number of large fault lines creating the rivers, usually with a tall cliff along one side. There are a few portages on the French River, but the lakes along it are large and very complex. You need to pay attention to navigating, and a GPS is useful to sort it out if you get lost. The park map is large and very detailed, on water resistant paper. It was all I needed.

I found that my 19 ft. Long sea kayak was not really portageable, all the camping gear had to be packed one item at a time to fit in. Fortunately, the system can be paddled with no portaging by using different starting points such as Hartley Bay, Pine Cove Inn, Key River Marina and so on. I paddled out from there and back, like a star pattern instead of a linear trip down the river. It would be equivalent to paddling for a week on the Thousand Islands, then shuttle to Charleston Lake to paddle for a day or two, then over to Loughborough Lake.

You need a camping permit to camp within the park area around the French River, but not elsewhere in the 30,000 Islands. They can be purchased from the various marinas and resorts in the area. There are no drive in camp grounds. The camp sites had small signs on trees which were often hard to find. They were useful for navigating, because each camp site was numbered, and could be located on the map. It was almost as good as a GPS. Often the camp site had little smooth flat ground to camp on, but all were very scenic. It was a photographers delight. That is what I spent my time doing.

You could spend a full month exploring the water ways, I had a week or so, I will be going back next summer to explore more of it. I would have to rate it the finest canoe and kayak route anywhere. Killarney has more spectacular scenery, but it requires numerous long portages. It is most spectacular in early October for the fall colours.

Steven Manders

### **WINTER AND SPRING SCHEDULE, 2014.**

#### **RENTING CLUB BOATS:**

The Cataraqi Canoe Club has an assortment of boats that it will rent to members for club trips for \$12 per day. You may bring a guest, but they must ride with you. (therefore, kayaks are out) The trip coordinator may be busy before or after the trip and not be able to attend to your needs exactly when you want, or even not at all. Let them know well in advance if you will be taking a boat. We cut a bit of slack for early pick up and return for the convenience of all. You are fully responsible to provide suitable racks on your car, and straps to keep the boat there and get it back safely. Does your vehicle have suitable tie down points? Some do not.

#### **CANOE CLUB IS PRO-ACTIVE WITH YOUR SAFETY:**

Everyone is **required to wear** a personal flotation device on every club trip. The use of a wet suit or dry suit in the spring time when the water is very cold is strongly advised. Enquire with the trip co-ordinator about water conditions. Trip coordinators are required to bring along the Club first aid kit. It is normally kept in our equipment

room hanging on the wall beside the door. It may be passed onto the next trip coordinators at the end of a trip to save time. Please notify our boat house manager if you do not return it promptly, so that we always know where it is. There have been an assortment of minor injuries over the years which required self administered first aid. We wish to be prepared.

#### **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 am I prepared to 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 and 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. Sometimes we have to change our schedule, check our web site or call the trip co-ordinator for details. **Trip co-ordinators are free to cancel any trip for bad weather or personal reasons. They may elect to use a rain date or have someone else lead it.** That is why we require everyone to call to get our starting times and places.

#### **GETTING STARTED ON THE WATER:**

Some participants arrive at the starting point of the trip rather than at the original

gathering point such as a Tim Horton's. You are still required to sign our waiver. The trip coordinator may be busy getting ready then as well. Please attend to this issue before setting out on the water. If you don't, you are not officially a participant. **Please stay within ear shot at all times. It is hard to lead an event, when some participants are far ahead or far behind.**

### **WINTER AND SPRING SCHEDULE FOR 2014**

**February 1, Saturday.** Lemoine Point. Ski, snow shoe or hike There is a good chance to see deer and Barred owls. Allow an hour or two for the hike, and time for coffee or hot chocolate after. Susan Feltham 613 542-6146, no calls after 8 p.m. please.

**February 9, Sunday** Frontenac Swamp Hop (snowshoe, ski or hike) Beaver ponds may be obstacles in summer, but when frozen solid they give us access to snowy granite ridges and scenic overlooks, starting and ending at the FPP Trail Centre. Selection of equipment for hopping will depend on conditions. Call Janice 613 542 9958

**February 15. Sunday.** Ski or snowshoe north of Opinicon Road on the Skycroft trails. This is a rugged beautiful area. The trails are un-groomed, but the slopes are mostly easy. Call Dugald at 613 542-8628.

**February 22 and 23** Cross Country ski weekend . We will leave Kingston Saturday a.m.. and ski Silent Lake Provincial Park that has 40km of groomed trails, then head

to Combermere where we have rented a cabin with a pool and a hot tub. Sunday we will explore new trails, the Opeongo Hill Nordic Ski club. <http://opeongonordic.com> Call Beth at 613 389-6362 or [chickonwater@gmail.com](mailto:chickonwater@gmail.com)

**March 1, Saturday.** Ski, snow shoe or hike Rock Dunder at Morton with a beautiful view of the Rideau. Be advised that this is a particularly rugged trail sometimes best suited for snow shoes. Call Jim MacLachlan at 613 382-8682.

**March 8, Saturday.** Hike or snowshoe at Gould Lake. Skiing is possible depending on conditions and which trails are used. Call Jim Lorimer at 613 373-2847.

**March 15. Saturday.** Hike 8 km of moderately-rugged trail at the Elbow Lake Environmental Education Centre, a new satellite facility of the Queen's University Biological Station. Learn the history of the ecologically significant Frontenac Arch Natural Area and the Centre's goal of bringing biodiversity and conservation education to the community. Warm up afterward with lunch and tea at the Pavilion. Day Use fees apply (\$8/person) as this outing will be guided by ELEEC staff. Call Steve Manders at 613-542-1054.

**March 22, Saturday.** Paddle the lower Salmon River. This is an ideal river to recover your paddling skills on, or learn to paddle white water on. It is mostly fast current, a few waves and scenic in a deep cedar lined valley with several waterfalls flowing into it. Call Ed Jezak at 613 389-4459

**March 30, Sunday.** Paddle the Lower Salmon River starting at Roblin and continuing for 12 km. to Kingsford and through swifts and Class 1-2 rapids with 2 short portages. Some white water experience plus suitable clothing and equipment are essential as the water will be cold at peak levels. Call Mark Wideman at 613 767-6513

**April 5, Saturday** Paddle the Napanee River from Yarker to Camden East. This is an easy river with some white water, some fast current, but nothing particularly difficult. It is ideal for beginners, open canoes and kayaks. Cold water protection is essential. Club boats may be rented for this. Call Ed Jezak at 613 389-4459.

**April 13. Sunday.** Join us for our next scheduling party to plan the summer 2014 schedule of events. This is a pot luck party at the home of Ed Jezak. Call 613 389-4459

**April 19. Saturday** (Sunday is Easter) Paddle the Moira River from Lost Channel near Tweed to Latta with a short shuttle in the middle. This is a long time favourite of mine. More challenging than the Salmon or Napanee Rivers, but still grade 2 rapids, with the occasional touch of grade 3 if water levels are high. Club boats may be rented to members. Visit the Mapledale cheese factory at the end of the

trip for some of the finest cheddar cheese in the world (they have the trophies to prove it) Call Steve Manders at 613 542-1054.

**April 27. Sunday.** Paddle Hardwood Creek near Verona and the Napanee River. This is a flat water trip, with some current to help you along. There is a chance to gather fresh fiddle heads for supper. Call Bob Clooney at 613 384-4482

**May 3. Saturday.** Paddle Desert Lake, Mitchel Creek and Birch Lake. This is a scenic flat water trip. It can be done as an out and return trip, or one way with a shuttle depending on winds and interest. Call Don W. At 613 384-4346.

**May 6, 7, and 8. TUE, WED, THUR Canoe Club Open House and Gear Swap**

6- 8 p.m. at our boathouse. Come to meet with others; find out what is happening; sign up for various clinics; and renew your membership, if you have not done so by now.

**OUTDOOR GEAR SWAP.** Do you have old gear that you don't use anymore... are you looking for some experienced gear to make your outdoor excursions more enjoyable?

Bring your used gear to the club house Tuesday evening and it will find a new home by Thursday evening, Come to the Open House to find that treasure you have been looking for. 10% of the cost of your gear will go to the Club. Call

Beth with questions 613 389 6362 or [chickonwater@gmail.com](mailto:chickonwater@gmail.com)

**May 11, Sunday.** A Mother's Day paddle on the Napanee river upstream from Petworth provides a sheltered and relaxing paddle, with Spring flowers in bloom and perhaps wild leeks and fiddleheads. Moms with kids are especially invited. Call Debbie Twiddy at 613 374-1704

**May 17, Saturday.** Paddle the Lower Salmon River. It is in a deep cedar lined canyon with a good current to sweep you along. Mostly grade 2 rapids with a couple of portages. Club boats can be rented for this. The water should have warmed up by now. Call Steve Manders at 613 542-1054

**May 24, Saturday.** Paddle Crooked Creek. This is a flat water trip that must be done in the early season to have enough water. Start at Otter Lake near Frontenac Provincial Park. Enjoy a hike to the top of a scenic lookout for lunch. Call Dugald at 613 542-8628

**May 31. Saturday.** Paddle an interesting part of the Rideau Canal with a hike to the top of very scenic Rock Dunder for lunch. Near Jone's Falls. Call Robert Tolley at 613 542-9626 Cell 613 484-4295.

The Cataraqui Canoe Club will periodically mention other trips that may be of interest to our members. They are not club sanctioned trips, the club has no involvement beyond mentioning them. They are:

**February 15, Saturday.**  
**February 14,15 and 16<sup>th</sup> . The Gatineau Loppet. The Biggest Cross Country Ski event in Canada.** Want to challenge yourself? Want to stand shoulder to shoulder with skiers from all over the world at the starting wave? Many of them are recreational skiers, and some are Olympic class. Want to train so that you know you can ski for at least 5 hrs. at a brisk pace?...Food and drink provided every 15 km. approx. Want to sprint across the finish line as your name and address is announced to cheering crowds...and experience euphoria that is rarely felt? For more information Call Dave Linton. at 613 376-6883  
<http://www.gatineauloppet.com>

**May 4. Sunday.** Biking with the Velo Club . Find out if group pedaling is as much fun as group paddling when Kingston Velo Club invites you as a guest on their 'Bring your Buddy' Cycle Tour through Howe Island, with lunch or picnic in Gananoque. There is a choice of a 35 km route suitable for road, hybrid or mountain bike, or a 65 km route with road bikes recommended. The pace will be moderate (19-23 km/hour) for part of

the longer tour, with a leisure pace (14-18 km/hour) when we join the 35 km tour. Full details from Margaret or Robert at 613 542-9626 or [margaretwild@sympatico.ca](mailto:margaretwild@sympatico.ca) NOTE: This is not an official Cataraqui Canoe Club sanctioned trip.

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](http://www.cataraquicanoe.on.ca)  
 For other information contact a board member by phone or use the club email: [info@cataraquicanoe.on.ca](mailto:info@cataraquicanoe.on.ca)

### Executive and Board of Directors 2012-2013

Commodore	Steve Manders	613 542 1054
Vice Commodore	Jim Lorimer	613 373 2847
Past Commodore	Mike Fisher	613 547 5386
Secretary	Gonny Moncur	613 549 5538
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Board of Directors	Mary Buchanan	613 536 5486
	Harry Burgstaller	613 549 4832
	Beth Orr	613 389 6362
	Debbie Twiddy	613 374 1704
	Linda Whitfield	613 546 1359

### Program Appointments

Newsletter Editor	Mike Fisher
Boathouse Manager	Steve Manders
Instruction	Mary Buchanan
Membership Secretary	Debbie Twiddy
Publicity and Special Events	Linda Whitfield
Volunteer Coordinator	Jim Lorimer
Webmaster	Ed Jezak

Newsletter Contributions Welcome!

*Members of the Cataraqui Canoe Club are invited to submit articles for inclusion in the Newsletter, photographs and pictures may be included. Please e-mail submissions to the Editor: Mike Fisher [mhartfish@yahoo.ca](mailto:mhartfish@yahoo.ca)*