



CATARAQUI CANOE CLUB

Newsletter

Commodore's Note: Board News

Cataraqui Canoe Club Insurance.

The Cataraqui Canoe Club has renewed its insurance with Pearson and Dunn Insurance broker for another year. This provides liability insurance for our board of directors, and all our volunteers. Our trip organizers are insured whether or not they have any certification. Any trip on our schedule is considered a sanctioned one. Our insurance does not cover biking, rafting, rock climbing and 17 more sport activities. It does include paddling of any nature, Nordic skiing, hiking and camping trips. The best defence against being sued is good safety practices and disclosure. Our trip organizers are required to carry a certified first aid kit and a compass. It has been used a few times for self-administered first aid. We require our members to wear life jackets at all times on the water. Members failing to do so, accept the risk. Our trip organizers can cancel or postpone any trip for any reason, and frequently do so due to poor weather or water conditions. Our waiver now includes the clause that "Our trip organizers are not required to be certified, and this is acceptable to the participant." Some participants arrive at a launch site and start paddling before signing our waiver. They are not officially part of the trip even though they are paddling along beside us.

Our insurance policy has a Good Samaritan clause, meaning that anyone giving first aid to the best of their ability, they are insured against liability if the outcome is not what was desired, or worse. We don't want first aid being withheld for fear of liability.

Your club executive takes everyone's safety seriously. Your co-operation with our volunteers is expected in order to make their job easy and enjoyable. Fortunately this is rarely a problem and we look forward to another exciting summer on the water with you.

Our Boat House.

The Cataraqui Canoe Club just renewed our license with the City of Kingston for a further 20 years, with 4, 5 year terms. It is a joint license with the Kingston Rowing Club. The City owns the land, we own the building and are fully responsible for its maintenance. The City has leased 2 water lots from Transport Canada on which the Rowing Club has the docks, which we are free to use. It is included in our License. The License means that we do not pay rent or taxes for the use of the land, but we are expected to occasionally make our

facilities available to the public, and for some non-club events. That is a small price to pay for such a location. This will not put our boat storage at risk.

Last year we installed a security camera system. It is motion activated and has night vision. It records any motion by our front doors, inside and outside. It never sleeps. Once in a while some members have gone paddling and left our large doors open. We now have an electric door opener and closer to make it easier to operate. We used our security cameras last fall to identify one member that left the door open on one occasion. To open or close our door, just press the green button on the right side of the door, on the inside. There is a manual override in the event of a power failure. All our boat shelves are now occupied and there is a waiting list to store more boats there. Turn of the large lights too, as you leave. Come and watch the sun set while having a picnic on our new picnic table. The City of Kingston has spent a lot of money upgrading the landscaping and the water front trail there. It has become a beautiful place to spend a summer evening. You can borrow a club boat for a paddle from 6 to 8 p.m. on designated evenings. It is no longer just a warehouse, has become a place to go to.

A Winter Visit to the Elbow Lake Property

By: Carolyn Bonta
Manager, Elbow Lake
Environmental Education Centre
On Saturday, March 15, I had the pleasure of hosting the Cataraqui Canoe Club at the Elbow Lake Environmental Education Centre (ELEEC) near Perth Road Village. The purpose of the visit

was to introduce members to the ELEEC, and to explore the Elbow Lake property, which is owned and managed in partnership by the Nature Conservancy of Canada (NCC) and Queen's University.

The Elbow Lake property is located on 450 ha (~1,000 Ac) of beautiful Canadian shield in the Frontenac Arch, one of the most biologically diverse areas of Ontario. Formerly a recreational retreat for Hewlett-Packard employees and their families, this ecologically-rich property was purchased by NCC in 2006 and has since been managed as a nature reserve, to best protect the significant plants, animals and habitats within. In 2011, Queen's University expanded their Biological Station to encompass the developed portion of the Elbow Lake property. These facilities now operate as the ELEEC.

The purpose of the ELEEC is to act as the public outreach arm of the Queen's University Biological Station (QUBS), offering curriculum-based programs for high school science classes, as well as casual educational events for the public. The main QUBS facility at Opinicon Lake will focus on offering field courses and research opportunities for academics.

Although not recreational in focus, the Elbow Lake property has an 8-km trail network through a n extensive variety of different habitats. On this mixed-weather day, Club members explored the northern trails, learning about local biodiversity, research activities occurring on the property, and land management and facility operation.

Did you know the property has among the largest concentrations of Blanding's Turtle and Whip-poor-will in the area? In addition to investigating aspects of habitat loss and food availability on the decline of the Whip-poor-will population, researchers are studying patterns of breeding and calling phenology of frogs, monitoring marsh and feeder birds, surveying forest health and composition, and regularly sampling Elbow Lake's zooplankton (so far still free of Zebra Mussels!), phytoplankton and water chemistry. While some of these studies are carried out by academics, many are led by Citizen Science volunteers. As a centre for public outreach, ELEEC's goal is to engage everyday people in biodiversity conservation.

While the ELEEC is a public facility, the property itself is private land managed as a nature reserve. While we don't discourage walk-in visitors, advance notice of your visit is appreciated. There is currently no set fee for pedestrian use, but as ELEEC operates on a non-profit basis we do appreciate donations and ask that self-use visitors stick to the trails and refrain of using facilities (waterfront amenities, washrooms, kitchen area) intended for our paying customers.

For more information on the Elbow Lake Environmental Education Centre, please visit the website at <http://elbowlakecentre.ca>.

Frontenac Challenge

Many Cataraqui Canoe Club members are also keen hikers and have done

the Frontenac Challenge organized by the Friends of Frontenac Park. The challenge requires that you hike all 162 km. of the trails in Frontenac Provincial Park, in the months of September and October of a single season. They are then required to record some word or phrase off a special sign on each trail, to verify that they did indeed hike it. Last year saw a significant increase in the number of people completing it. There were 65 first timers, and 194 were successful. There is a total of 3,078 m. (10,157 feet) of vertical climb and decent along the trails, nothing tall such as in BC, but still a constant challenge.

Some of the names that I readily recognized from our canoe club were Gary Birrell, Mary-Jean McIntyre, Margaret Wild, Cookie Cartwright, Beth Orr, Robert Tolley, Don Workman, and Janice Ley. One of the most difficult trails is the Slide Lake Loop, it is 21 km. long, but there is another 6 km. of hiking just to get to it, and back to the car. There is 640 m. (2,100 ft) of vertical climb and decent on this one loop. It is the one trail that is the nemesis of many. To help make it easier, Margaret Wild leads a short canoe trip to the trail, saving several hours on foot. It is on our schedule again for Saturday September 6. You still want to be

sure that you have toughened yourself up before attempting this challenge. There is no helicopter to pick you up, if your legs give out. People have done it from age 6 months old on moms back, to 81 years old. There is a big BBQ and awards ceremony with your name on a certificate, put on in early November for the people that complete it. Are you up to the challenge?

Cataraqui Canoe Club

Summer Schedule for 2014



SAT June 7. Verona Lake to Hambly Lake Paddle:

Come join us for a fun day of paddling and exploration of Verona and Hambly Lakes. Sunshine guaranteed...possibly...and good time inevitable...hopefully.

Look forward to paddling with you. Call Maureen at 613 374 3449

SAT June 14. Thousand Island

Paddle: Boathouse to Grass Creek Park
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.

SAT, June 21. Summer Solstice Evening Paddle

Celebrate the summer solstice with an evening paddle at Gould Lake. Enjoy a leisurely paddle around Gould Lake on the longest evening of the year. For more information call John Schepers at 613 354-1524.

SAT-SUN, June 28-29. 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 come for a day. Call Ed Jezak at 613 389 4459 or Beth Orr at

chickonwater@gmail.com



Palmer Rapids

SAT, June 28. Morton to Lyndhurst through Beverly Lake Paddle

The perfect 17 km summer paddle, maximum beautiful scenery through historic towns of Delta and Lyndhurst followed by scrumptious ice cream. Call Robert Tolley at 613 542 9626 or trolley@theiet.org

SAT, July 5. Saturday, Adolphustown Reach Paddle

12km paddle. Jim invites everyone to paddle from his place on Adolphus Reach to Glenora Ferry. A 2 km hike brings us to "The Lake of the Mountain" where we will have lunch and then return to Jim's for a BBQ. In case of rain, trip will be delayed one day to Sunday, July 15. Contact Jim Lorimer at 613 373-2847.

SUN , July 13. 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.

SUN, July 20. Desert Lake

Join Don Ward in an exploration of Desert Lake's wonderful bays and islands. No portages or car shuttle. Call Don at [613-374-1101](tel:613-374-1101).

SAT. July 26. Puzzle Lake Paddle

Come explore several pristine lakes nestled between red granite ridges, with only 300 m of portaging and perhaps a few leftovers. Sue Feltham has agreed to be our guide. Call her at 613 542 6146. Please no calls after 8pm. (Rain date Sunday.)

Fri, Sat, Sun, Aug 1, 2 and 3. Algonquin Play Weekend

A canoe club favourite! This is a relaxing weekend spent enjoying natural waterslides, Jacuzzis and waterfalls. Experience wilderness camping and explore the beauty that Algonquin Park has to offer. Call Beth at 613 389 6362 or chickonwater@gmail.com. Space is limited.



Algonquin Park Waterfalls

SAT Aug 9, **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 Lorimer at 613 373-2947.

Sun, Aug 17. Mellon Creek Exploration

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.
Call Dugald Carmichael 613 542
8628.



Sat, Aug 23, Loughborough Lake

This has become one of our favourite
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.

Sun, Aug 24, Schedule Making Pot- Luck party

Come for an evening of socializing and
planning our fall activities. For directions
etc please call Dorma Grant at [\(613\) 532-3482](tel:6135323482). 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

Sat, Aug, 30, Paddle from Kingston to Jones Falls

Super Dave Linton has agreed to host a
paddle from the club house to Jones
Falls, followed by dinner at the Hotel
Kenny in Jones Falls.
<http://hotelkenney.com/>

Options are available:

1. Paddle from the club house and
car shuttle back after dinner.
2. Paddle from Jones Falls to meet
the group coming from Kingston
and then back again to the Hotel
Kenny.

Call Dave early to book as he needs
to make reservations for dinner. It

promises to be a fun day. at 613 376 6883.

**Sat, Sept 6, 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 7.

**Sat, Sun, Sept 13,14. Schooner Lake
Camping weekend**

A club favourite. 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. It is a 3 hour drive and reservations are needed. Call John Telgman at 613 531 5156.



Morning on Schooner Lake

**Sun. Sept 21. 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.

**Sat, Sept 27. Birch Lake to Kingsford
Dam**

A lovely fall paddle through Frontenac Park. Paddle Mitchell Creek thru Birch Lake to Kingsford Lake ending at the dam. No portages, but a shuttle is required. Call Ed Jezak for details 613 389 4459.

Here is a link to paddling safely:

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

Paddling tips

http://www.paddling.net/guidelines/showArticle.html?show=763&utm_source=FBfeed&utm_medium=socialfeeds

canoe over canoe rescue

<https://www.youtube.com/watch?v=oUW1bBWlbkE&feature=youtu.be>

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: 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
Treasurer	Ed Jezak	613 389 4459
Board of Directors	Mary Buchanan	613 536 5486
	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 Mike Fisher: mhartfish@yahoo.ca