

CATARAQUI CANOE CLUB

Newsletter

January 2015 / Winter-Spring

Commodore's Note

The Cataraqi Canoe Club is off to a new year with lots of activities planned. Last year was very successful with a trip nearly every weekend and good attendance. Noteworthy were the many pot-luck dinners and BBQ's that we enjoyed. There were the usual scheduling party dinners, but also backyard apres-paddle BBQ's at Steve's, Jim Lorimer's, Dave Linton's and Janice Ley's.

Many other trips ended with refreshments at a local restaurant or ice cream parlour. One dinner of note was at Hotel Kenny in Jones falls where 28 members gathered for a three-course dinner, and David L. entertained us on the piano. The point being that the members enjoy the group, as well as the activity.

Richard St.Onge and Sam Cheng are taking over for Steve Manders and Jim Lorimer in the boat house. The boat house underwent a lot of upgrades, such as ten new storage racks, the fork lift,

security cameras, power front door, a picnic table, new lighting, and our fleet of boats also underwent upgrades. The City of Kingston has also improved the water front trail past the boathouse.

Richard has plans to finish with more cosmetic upgrades and possibly a second fork lift, one for each side. We are looking for another 15+ ft. long sea kayak for loaner and rental purposes. We have renewed our licence with the City of Kingston for the boat house for a further 20 years. It is growing into a place that is a destination, not just a warehouse for boats. Club finances are also on very solid ground.

We are exceedingly fortunate to have such a beautiful and accessible area to paddle just north of us. There are many more lakes and rivers to explore, just beyond our favourites. We will explore more of them this summer and we welcome any suggestions you may have.

Steve Manders

Chilling Facts of Cold Water --

The 1-10-1 Principle

We used to think that hypothermia was something that we all needed to know about cold water immersion. However, research has shown that few people who fall into cold water make it through hypothermia. They die long before.

What you need to know is a simple series of numbers... 1-10-1. It is the second most important thing to remember to survive an accidental fall into cold water.

If you fall into cold water:

1 You have one minute to get your breathing under control. The initial cold shock will have you gasping for air, breathing uncontrollably and probably panicking. Keeping afloat and breathing will be very difficult but concentrate on just getting your breathing under control and you can expect gasping to pass in about one minute.

10 During the next ten minutes you will experience cold incapacitation and your body, in an attempt to preserve core temperature, will shunt blood to its core, causing your limbs to shut down and quickly making it impossible for you to self-rescue or even stay afloat. During this time you should make every attempt to get out of the water. If this proves impossible, get yourself in a position where you can stay afloat without active effort—ie, partially

supported on the ice or lodged with your head above water.

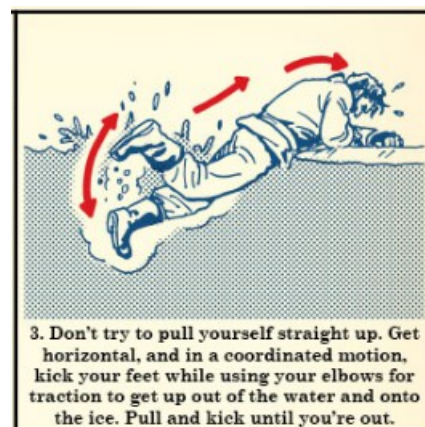
1 After cold incapacitation, hypothermia will finally start to set in but you can expect that it will take about one hour to become unconscious and still longer before you succumb to hypothermia. Assuming help arrives you have a very good chance of surviving even at this point.

Remember those numbers! 1-10-1; they are the second most important thing to know and understand if you accidentally fall into cold water.

And you already know the first most important thing: wear your lifejacket before you accidentally end up in cold water or you will likely be down before the count even starts.

Click the following link to see an ice self-rescue video:

<<http://www.outdoornews.com/March-2014/Ice-Safety-How-To-Perform-Self-Rescue/>>. The key is to get your legs as horizontal as you can before attempting to wriggle your body gradually onto firm ice.



Rock Dunder -- a popular seasonal-use property

Rock Dunder has over the years been a popular destination for our members. The property, previously a wilderness retreat of



the Boy Scouts for 40 years, is now owned and managed by the Rideau Waterway Land Trust (RWLT) headquartered in Elgin, Ontario. RWLT manages twenty parcels of "conservation lands" plus three areas of "community lands" (Rock Dunder near Morton, Sugarbush Island near Chaffey's Locks, and Nicholson's Point Woods just west of Kingston on Lake Ontario).

The "community lands" are those lands managed by RWLT that the public is invited to use. The Land Trust does not charge user or admission fees, but relies on donations and volunteers to maintain the network of trails, the shelters and the parking areas.

Being seasonal-use properties, the three areas of "community lands" may be enjoyed by the public, but only from May 15 to November 15 each year and only during daylight hours. At all other times these

properties are off limits to the general public.

Dave Walker, the Operating Officer of the RWLT, in a Jan. 2, 2015 letter to the Whig-Standard newspaper reminded members of the public of the closure of these community lands during late Fall, Winter and early Spring and asked recreational users of the areas to respect these regulations. These areas will reopen as usual on May 15, 2015 for the 2015 season.

His reminder was prompted by a regrettable incident on December 27, 2014 when some trespassers at Rock Dunder got into a situation that resulted in the OPP Emergency Response Team attending.

Apart from risk of injury to themselves, trespassers may also cause serious harm to natural features of the area, which might force the Land Trust to further restrict or to close the property or parts of it to the public year-round.



More information about the RWLT and Rock Dunder can be found on the RWLT website <<http://www.rwlt.org>>.

As a consequence, the Board urges all members of the Cataraqui Canoe Club to respect the periods of seasonal and night-time closure of the Rock Dunder, Sugarbush Island and Nichol's Point Woods community lands managed by RWLT. No club trips to these properties can be sanctioned for the out-of-season period.

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Upcoming rekeying of boathouse door lock

Club regulations provide for the periodic rekeying of the clubhouse entrance door lock and the regular changing of the digital code for the door lock. The latter was done recently after repairs to the lock, and the rekeying of the door lock has been authorized by the Board and is scheduled to be done before the end of April or by the May Open House at the latest. Our new boathouse manager hopes to be able to distribute the new security keys to members storing boats during the Open House.

You will be able to access the boathouse with your old key as usual at least until the end of April 2015, and perhaps a few days longer if the locksmith cannot accommodate us as planned.

The numbered registered security keys are meant for members storing boats at the boathouse. Other persons having a need to access the boathouse regularly are being provided with the entry code. Since the Club does not carry casualty insurance, members' cooperation in the controlled

access to the boathouse is essential.

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Winter-Spring Events Schedule

February 7 & 8, Saturday/Sunday: Algonquin park skiing weekend

Our base will be Whitney. Cross-country skiing on moderate to difficult trails.

Call Mike Fisher at 613 547-5386

February 14, Saturday: Charleston Lake ski or snowshoe trip

Ski or snowshoe to the peak of Blue Mountain in Charleston Lake Provincial Park. There are great views to the east, south and north from the top. Be advised that the final ascent is steep and challenging. We will also explore trails and off-trail routes in the vicinity of the peak.

Call Jim MacLachlan at 613 382-8682.

(In case of bad weather this trip may be rescheduled to Sunday Feb 15. Check the CCC website for updates.)

February 21, Saturday: Opinicon Road ski or snowshoe trip

Ski or snowshoe north of Opinicon Road on the Skycroft trails. This is a rugged beautiful area. The trails are ungroomed, but the slopes are mostly easy.

Call Dugald at 613 542-8628

(In case of bad weather this trip may be rescheduled to Sunday Feb 22. Check the CCC website for updates.)

February 28, Saturday: Gould Lake Conservation Area ski trip

This will be a leisurely afternoon ski on Wagon and nearby trails. If insufficient snow, it will be a hike.

Call Robert Tolley at 613 542-9626.

March 7, Saturday: Frontenac Park ski, snowshoe or hiking trip

Ski, snowshoe or hike the Salmon Lake Road, Doe Lake and Arab Gorge Trails, depending on weather and snow conditions. Do one or two trails then relax in the Visitors' Centre too. Bring your camera. Park fees apply by the car load.

Call Steve at 613 542-1054

March 14, Saturday: Queen's Elbow Lake Environmental Education Centre ski outing

Carolyn Bonta has extended an invitation to Club members to ski at Queen's Elbow Lake Centre. This is a good area to explore, scenic, but not too wild with warm facilities. Cost is \$8 per person. Carolyn will guide.

Trip co-ordinator and phone number to call: to be announced; please see our website.

March 21, Saturday: Eastern end of Frontenac Provincial Park

Ski, snowshoe or hike in this part of the park. We shall start at the end of Clear Lake Road, and proceed into the park. The first three kilometres, to the park gate, are over a road allowance (easy); next two kilometres, over the same road allowance bring us to park trails. At this stage we shall decide what to do. This will depend on the conditions, the group composition, and the group's wishes. (Some can return to the cars.) If we are on skis, and the conditions are good, we can proceed to the Hemlock Lake loop; one kilometre to the loop, and the park map claims that the loop is 5 kilometres. This would make a total distance of 17 kilometres.

Contact Ed Jezak at 613 389-4459 or ejezak@cogeco.ca

March 28, Saturday: Lower Salmon River whitewater trip

Paddle the Lower Salmon River starting at Roblin and continuing for 12 km to Kingsford through swifts and Class 1-2 rapids with two short portages. Some whitewater experience plus cold-water clothing and suitable equipment are essential as the water will be very cold and at peak levels.

Contact Mark Wideman at 613 767-6513.

**April 4, Saturday (Easter weekend):
lower part of the Lower Salmon River**

Paddle the lower part of Lower Salmon River starting at the Kingsford Conservation Area and finish just north of Hwy 401. This is a scenic cruise in a cedar lined gorge with several large waterfalls along the sides. This stretch is a bit of a drifter, ideal for beginners to white water. Cold water protection must be worn.

Call Steve at 613 542-1054

**April 19, Saturday: Moira River
whitewater paddle**

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 25, Saturday, SCHEDULE-
MAKING POTLUCK PARTY**

Join us for our next scheduling party to plan the Summer 2015 schedule of events. This is a potluck party at the home of Gonny.

Call Gonny at 613 549-5538

May 2, Saturday: Napanee River paddle

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 to members for this trip.

Call Ed Jeżak at 613 389-4459.

May 6, 7, and 8 (Tue, Wed, Thu):

OPEN HOUSE

Cataraqui 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 any more? Are you looking for some useable gear to make your outdoor excursions more enjoyable?

Bring your used gear to the clubhouse 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. Ten percent of the cost of your gear will go to the Club.

Call Mike with questions 613 547-5386 or mail to: mhartfish@yahoo.ca

May 10, Sunday: Mother's Day paddle on Napanee River north of Petworth

The Napanee River upstream from Petworth provides a sheltered and relaxing paddle, with spring flowers in bloom and perhaps fiddleheads to pick. It is one of the prettiest stretches of the river with only a gentle current, easy to navigate. The trip distance, pace, and time will be adjusted to the ability and interests of the paddlers but usually is about 2-3 hours round-trip, with a break for lunch at the mid-point. Bring your mom! Bring your child! Bring a friend!

Call Debbie at 613 374-1704

May 16, Saturday: Clare River flat-water paddling trip

A trip down the Clare River which flows out of Sheffield Lake. We'll launch somewhere downriver from Sheffield Lake. Be prepared to navigate several beaver dams.

Call Dugald at 613 542-8628

May 23, Saturday: Upper Salmon River whitewater paddling

An exhilarating whitewater trip down the Upper Salmon River for experienced paddlers. Club boats are available to club members.

Call Mike Fisher at 613 547-5386

May 24, Sunday: Loughborough Lake easy enjoyable flatwater paddling

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 Dave Linton at 613 376-6883

May 31, Sunday: Seeley's Bay – Rock Dunder flatwater paddle & short hike

A scenic paddle from Seeley's Bay to Rock Dunder for a hike & lunch at the top, from where you'll have spectacular views in all directions, returning through Dean's Pond. No car shuttle.

Call Bob Tolley at 613 542-9626



Club address & contact details:

Cataraqui Canoe Club of Kingston Inc., PO Box 1882, Kingston ON K7L 5J7.
The CCC Boathouse is located in Emma Martin Park on Orchard St. near the Woolen Mill.
For updates of our current event 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>.

Board of Directors & Executive 2014 - 2015

Commodore (E)	Steve Manders	613 542-1054
Vice Commodore (E)	--office position vacant--	
Past Commodore	Mike Fisher	613 547-5386
Secretary (E)	Gonny Moncur	613 549-5538
Treasurer (E)	Ed Jezak	613 389-4459
Directors	Mary Buchanan	613 536-5486
	Harry Burgstaller	613 549-4832
	Sam Cheng	613 770-4873
	Richard St-Onge	613 530-5001
	Debbie Twiddy	613 374-1704
	Linda Whitfield	613 546-1359

Program Appointments 2014 - 2015

Newsletter Editor	Harry Burgstaller
Boathouse Manager	Sam Cheng
Instruction	Mary Buchanan
Membership Secretary	Debbie Twiddy
Publicity and Special Events	Linda Whitfield
Volunteer Coordinator	Richard St-Onge
Webmaster	Ed Jezak

Newsletter Contributions Welcome!

Members of the Cataraqui Canoe Club are invited to submit articles, photos and pictures (digital jpg-format) for inclusion in the Newsletter. Please e-mail submissions to Harry Burgstaller at <haburg@kos.net>.