



CATARAQUI CANOE CLUB

Newsletter

May 2015 (Spring-Summer)

Commodore's Note / Club News

Spring has finally sprung, and it's about time. That was one long cold winter but the paddling season is now off to a good start.

The boat house has been re-opened, the water is on, the picnic table is out front and the City of Kingston has made a beautiful park there for us.

Your club executive has approved the construction of a second fork lift for the boat house for easier usage. All storage spaces have been rented out, and the front door is being re-keyed. They are high tech keys and cost us a lot, but we take security seriously. The security cameras are always on duty, and they have night vision too. Still, security is no better than your efforts to lock up when you take a boat out for a paddle.

We will soon have our scheduling party to plan our summer's activities. Kingston has to be one of the finest places in the world for paddling. As Commodore, I will plan a greater number of easier trips for the less experienced paddlers, or those with too many years

experience and who just want a slower pace. The trips will be advertised as such, but the success will be determined by your participation. Some trips may be split in two, to better accommodate all paddlers.

One example is Loughborough Lake from Battersea. Some members like to stop at our favourite island, while others paddle to the dam, then return to the island.

Please respect your trip organizers as they carry out their duties, especially at the start of a trip. If you wish to stray off, let them know and stay in pairs. They are not certified leaders, they are not paid, they rely on your co-operation.

We have reserved our favourite camp site on Round Schooner Lake for October 2 - 5 to experience peak fall colours, weather permitting.

There will no doubt be some pot luck suppers, apres paddle refreshments and more.

It should all make for a great summer.

Steve Manders

Joining a Paddling Group? -- A Few Pointers

Club trips are organized by passionate paddlers who appreciate people. Their experience and knowledge are extended to me when I join them on a trip. To learn a sport or to improve your skills, shadow a master.

Years ago, on Georgian Bay, my rudder broke on the outbound run to Christian Island. After our beach break we started our homebound trip. We left the shore individually and in clusters. Mirror-like waters morphed into big waves with crests breaking overhead. My 19-footer slid down 'til the bow buried itself in the troughs. The yawing boat pitched back and forth like a compass needle. The big waves and the cold water added to the handicap I already had of my broken rudder and made me fear for my life. I owe a big debt, perhaps my life, to a fellow paddler - a "clubber".

On another trip, I chanced to surfe back and discovered that our group had overlooked one straggler, a woman, who happened to be an excellent paddler, but who had experienced some difficulties, had fallen back and was then alone in big waves. She was really struggling to maintain the pace behind the group. Her purple boat was nearly invisible; it was only by chance that I noticed her. She thanked me for the escort and commented that no-one had looked back.

"Stuff happens", and it is when you are the one needing help that you realize the value of being part of a "team". What happened on these trips could happen on any body of water, with any group and to any individual. And quite unexpectedly.

The lesson from this is that trip leaders are not responsible for my actions. I am responsible for my own safety, for my equipment fitness, and for my being qualified for the trip. I have a responsibility to the other paddlers and to the organizers to participate under their leadership. They are shepherding many people. They organize car shuttles and other logistics. They are involved in conversations with many, as well as getting on with their own embarkation or disembarkation. They need to track first-aid gear, emergency exits, rest stops, and monitor the whole group trip. Participants may get tired, ill, or fearful. The whole trip has to be flexible. They have enough to look after. They need my support.

It's my responsibility to get to the put-in with my rig set to go at the designated launch time. I should arrive early. If am ready to go, I need to get my rig out of the way for the others. If I choose to get on the water before the trip organizer, I should wait or "hover" nearby and be visible, thereby signalling my readiness. I should not let myself drift away in wind or current. I am part of a group. Underway, there should be a lead boat and a "sweep" or follow-up boat. I should consider volunteering for that task.

A paddler may fall out of rhythm with the group because of heatstroke or capsize and need the group's aid. Distance and time to render assistance could be critical. I have been involved in very long-distance kayak towing, with three boats pulling one paddler who was suddenly unable to paddle. Whatever the reason, that paddler was then a different person

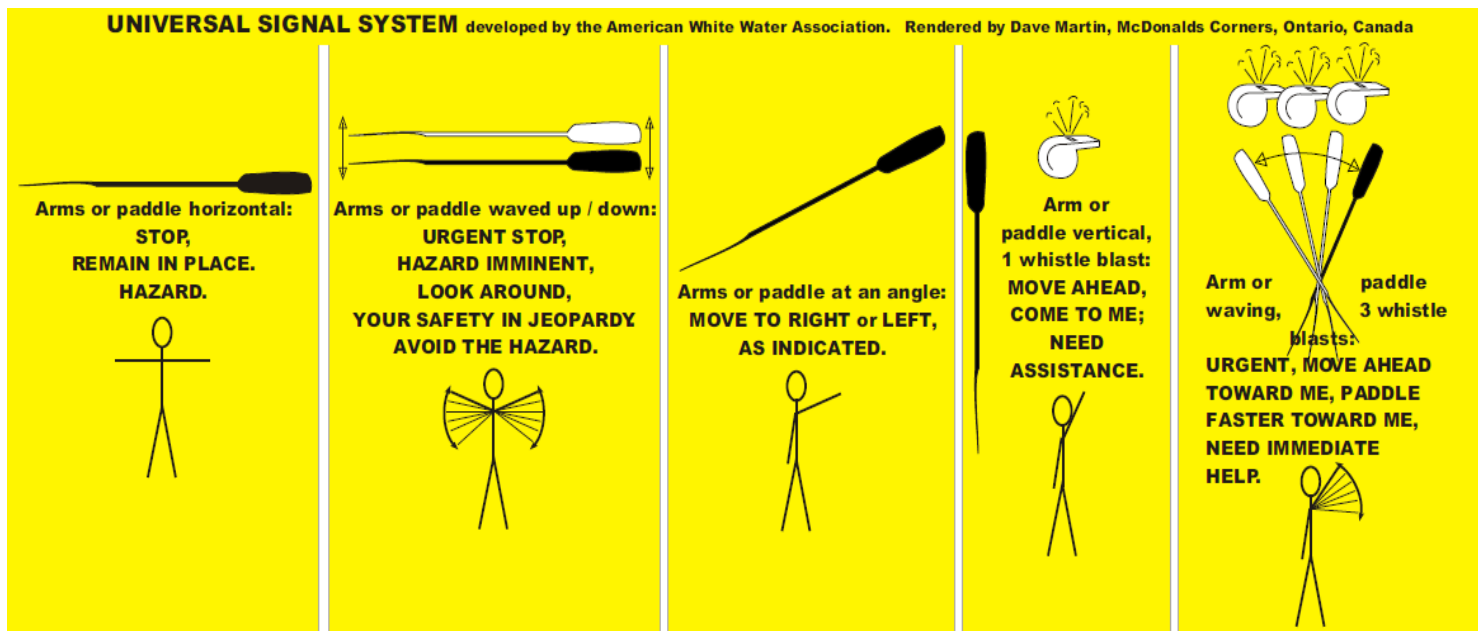
needing the group's moral support, experience and even its physical help. It is not the trip organizer's responsibility to intuitively know that I have a problem. I must tell the leader if I am injured, ill, or my equipment is damaged. I joined a group, and I need to participate in the group. Communication is part of the regimen.

A few years ago I joined paddlers who were new to me on an impromptu day trip. At one point, I noticed a paddle raised vertically. I assumed it was a signal. Paddling over, I asked if that was

an intentional signal for us to come to them. The reply was "yes".

The American White Water Association has worked out "universal paddle signals" (see below) to communicate in the paddling environment concisely and effectively. These standard paddle signals work despite loud water, wind and motor noise, over lengthy distances, at the speed of light. No batteries required. Paddlers would do well to familiarize themselves with these signals.

Dave Martin



Cross-country Skiing

The Gatineau Loppet 2015 -- A 51 km Test of Strength and Endurance in Adverse Weather and Snow Conditions

Many of our fellow paddlers in the Club enjoy cross-country skiing and snowshoeing in winter. The odd member, however, goes beyond recreational XC skiing and prefers to test his or her mettle in XC ski racing. One of these is Dave Linton who has competed 15 times in Canada's most prestigious long-distance XC ski race and finished 14 times. And the only time he didn't finish was last February 14th, during the coldest Gatineau Loppet on record. Read Dave's report below.

The participating field for the 51 km Classic XC Ski Race comprised 86 women and 459 men; of these, 63 women and 398 men finished, 23 women and 61 men did not finish. The fastest time for men was 3:29:58, for women 3:39:45; the slowest time was approx. 8 hours. Times during this loppet for top racers were off by an estimated 30 minutes due to weather and snow conditions. There were some young competitors, but also 18 racers aged over 70 years, of whom 12 finished.

In the previous 14 years of competing (and finishing) in this event, I do not recall non-finishes ever exceeding three percent. Cold air presented breathing problems in climb areas (wind chill of -38° C), and cold dry snow presented glide problems. Fresh and blowing snow presented problems with the grip wax. When waxes are not working as expected, the energy expended is of course vastly increased.

Due to the extremely low temperatures, many skiers ran low on energy, putting them in a dangerous situation. Skiers rely on their energy to generate body heat and

therefore wear lighter clothing. Running out of energy thus meant that they could no longer stay warm. Hypothermia became a real problem. Dressing more warmly creates a different problem, dehydration caused by excessive perspiration, which also robs the body of energy reserves.

Knowing your body, your physical capabilities and limitations, and forecasting correctly what the weather is going to throw at racers is so important when deciding what to wear on race day (given that this trek takes around 5 hours for us "recreational" skiers). I think all of the foregoing contributed to the high number of non-finishers, but perhaps a weighty contributing factor may have been lack of knowledge and lack of respect for a formidable foe that can become so hostile to those who have not prepared adequately.

Two weeks of physio was insufficient to cure tendonitis of an Achilles tendon. Even though I would probably be skiing at half power, I felt I was fit enough to enter and complete this race. However, due to brutal conditions, it took me 3 hours to reach the 20 km checkpoint. All skiers were required to arrive at the 30 km time gate within 4 hours of start time or face disqualification. So rather than ski another 10 km in less than enjoyable conditions, only to be disqualified, I declared myself out of the race to officials at the 20 km checkpoint.

Three of us non-finishers shared a van ride from the nearby parking area. The 40-year-old big guy in front lost energy enough to stay warm (hands and feet frozen). The woman beside me was in dire condition, suffering from extreme hypothermia ... incoherent speech ... frost bite ... loss of equilibrium ... shaking violently and continuously. I pulled the blanket she had been given up over her shoulders. In spite of her condition, she was able to stutter her thanks. In fact, my act of kindness was a comfort to myself, for it helped me to keep my disappointing failure to finish in perspective.

It reminded me that on our ultimate epic journey it is not the length of the journey, or how long it takes to get there, that is so important, but rather the quality of the sojourn and the footprints we leave.

Maybe next year!

Cheers,

Dave Linton

[Some racers who completed the two long races in Gatineau (93 km because the race on Day 2 was shortened to 42 km on account of the weather) went right on to Dalarna, Sweden to the 90 km ultimate challenge of long-distance XC ski racing, the Vasaloppet.]

ELBOW LAKE

ENVIRONMENTAL EDUCATION CENTRE

Upcoming Events

Visit the website for details or to register:
elbowlakecentre.ca

May

Open House & Foot-bridge Grand Opening

July

Bass Fishing for Women Weekend

August

Night Under the Shooting Stars

Check their website frequently for program updates

PADDLING FROM THE BOATHOUSE

From May to September, the boathouse will be open for members and be staffed at the following times:

May: Wednesdays, from 6:00 p.m. to 8:00 p.m.

June, July, August: Tuesdays and Thursdays, from 6:00 p.m. to 8:00 p.m.

September — Wednesdays, from 6:00 p.m. till dusk

During these times, members may borrow, according to availability, one club canoe or one club kayak equipped with safety kit. Members must sign out and back in and **wear, while paddling, at all times a personal floatation device (PFD)**. A member may bring a guest to paddle a canoe, but non-members are not allowed to take out a kayak (or a canoe) solo.

Members are reminded that they alone are responsible for their safety when paddling from the boathouse. They must pay attention to weather, wind and water conditions and take appropriate precautions. Boats must be returned by 8 p.m. or the Club may have to request the assistance of emergency services.

Are You Willing to Share Your Expertise?

Each year we have several new people join CCC, many of whom have little or no paddling experience. The Club tries to offer introductory clinics for these individuals in the spring. We know that we have many members with great paddling expertise and knowledge of water safety. If you are willing to assist new paddlers with the basics in canoeing or kayaking, please contact Mary Buchanan at

613-536-5486 or e-mail to
<kayak_ski@hotmail.com>.

Formal certification is not required, just a willingness to share safety knowledge and paddling techniques for a few hours a season.

For persons new to offering clinics, arrangements can be made for mentoring by experienced individuals.

Participating members would be fully covered by CCC's liability insurance, and all sessions would take place at the Club's boathouse using club boats and equipment.



"Canoeing? No sweat. Canadians are born canoeists. Just sit down comfortably, grab the paddle with one hand, the gunwale with the other and enjoy the scenery — let the river do all the work for you! You'll see!"

Ganaraska River 18-Apr-15 — father & daughter (not CCC members) trying to enjoy a sunny weekend [Photo: An Sionnach]
The unlucky pair headed for a kayak, came to rest on top athwart it, and three persons went for an early and very cold swim.

CATARAQUI CANOE CLUB SPRING-SUMMER SCHEDULE OF EVENTS

Saturday June 6th: Lyndhurst to Gananoque Lake

Lyndhurst to Gananoque Lake down the Gananoque River. This is probably the most scenic river in our area and a new club trip. This trip is 20 km long and participants should be comfortable with that. Half of the paddle is shared with the Lyndhurst to Killenbeck Lake trip, but there are no portages, making it more kayak friendly. This route was once con-

lakes, three connected by Lyndhurst Creek. Two portages, 480 and 370 m, with a car shuttle of 11 km. Call Bob Clooney at 613 384-4482.

Saturday & Sunday June 27th/28th: 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,



Scenic Loughborough Lake — 07-Aug-2010 [Photo by Steve Manders]

sidered for the Rideau Canal, but Kingston was considered more secure back in 1830.

Call Steve at 613 542 1054.

Saturday June 13th: See CCC website.

Sunday June 21st (Father's Day): Lyndhurst to Killenbeck

A vigorous 21 km paddle on five scenic

above all, have fun. Come camp for the weekend or come for a day.

Call Ed Jezak at 613 389-4459.

Saturday July 4th: Canoe Lake

Enjoy the crystal clear water and rugged shorelines of Canoe Lake. Lunch at Goat Island, maybe enjoy a swim as well. We will paddle approximately 16 km. No



Battersea Village, Loughborough Lake, starting & end point of a Club trip — 13-Aug-2011 [Photo: Steve Manders]

car shuttle. Contact Sam Cheng at [<samcheng3@gmail.com>](mailto:samcheng3@gmail.com) or call 613 770-4873.

Sunday July 12th: Devil Lake

Devil Lake is a large lake with many islands and bays. It is an interesting lake to explore because of its many scenic bays.

Call Bob Clooney at 613 384-4482.

Saturday July 18th: Rockport to Ivy Lea

An 18 km paddle. Heart of the 1000 Islands. Paddle from Rockport to Ivy Lea via Smugglers 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.

Sunday July 19th: See the CCC website.

Saturday July 25th: Sharbot Lake

This is a new trip for the Club. It is scheduled for the middle of the summer because two sandy beaches are available to cool off on. It is actually two scenic lakes. This trip is suitable for all because participants can shortcut either part, if they choose, and are not committed to paddling the full 20 or so kilometres. We could split into two groups if warranted. We will finish the paddle with dinner in Sharbot Lake.

Call Steve at 613 542-1054.

Saturday Aug 1st: Puzzle Lake

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 Sue at 613 542-6146.

Please no calls after 8pm.

In case of rain, the alternative date is Sunday, Aug. 2nd.

Saturday Aug 8th: Morton to Lyndhurst

Paddle from Morton to Lyndhurst through Lower Beverly Lake. The perfect 17 km summer paddle. Maximum beautiful scenery. Visit the historic towns of Delta and Lyndhurst, followed by scrumptious ice cream. Call Robert Tolley at 613 542-9626.

Saturday Aug 15th: Melon Lake

A short paddle down Mellon Creek brings us to a deep secluded lake that 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 at 613 542-8628.

Sunday Aug 16th to Thursday Aug 20th: Dumoine River, Québec

Our popular trip for experienced white-water paddlers. Tandem partners should have paddled whitewater together before or plan to attend the Club's white-water weekend at Palmer Rapids in July. A commercial shuttle will drive us by logging roads to the put-in at Lac Benoit (approx. cost \$100 p.p.) from where we will paddle back 60+ km (four days) to the Ottawa River takeout. Call Peter at 613 546-9216.

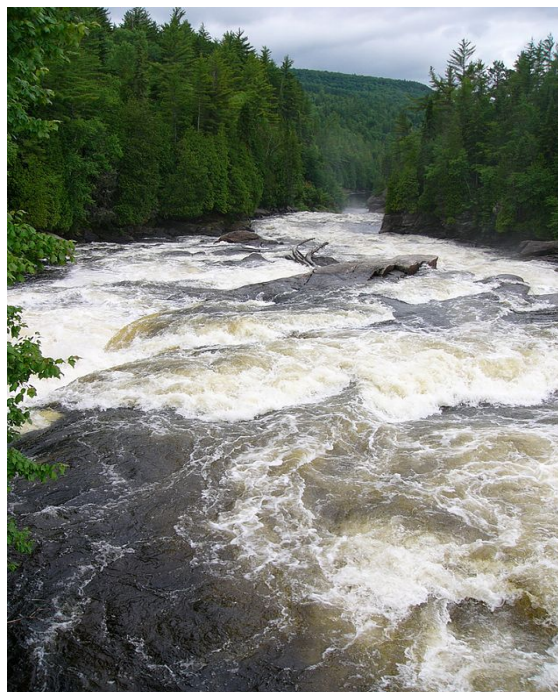
Saturday Aug 22nd: Loop through selected Rideau Lakes

Join us for a paddle on several of the Rideau Lakes — Clear, Indian, Benson, Mosquito and Newboro. A round trip of

approximately 18 km, with possibilities to shorten the trip if needed. No portages and no car shuttles, just a relaxing day of paddling with a barbecue and potluck lunch hosted by our leaders at their farmhouse on Benson Lake. The idyllic summer paddling experience. Call Janice at 613 542-9958 for more information.

Saturday Aug. 29th: Loughborough Lake from Battersea

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



Dumoine River, Québec - The non-canoeable Grand Chute

and beginners. This is a great trip for beginners, families and seasoned paddlers.

Call Steve at 613 542-1054.

Sunday Aug 30th: CCC Fall-Winter Events Scheduling Party

Join us for our next scheduling party to plan the fall and early winter events. This will be a potluck at the home of Mary Buchanan.

For further details contact Mary at 613 536-5486.

If you are unable to attend the party but would like to organize a fall-winter activity, contact Mike Fisher at 613 547-5386.

Sunday Sept. 6th & Monday Sept. 7th (Labour Day Weekend): See CCC website.

Saturday Sept. 12th: Boathouse to Kingston Mills Locks

A leisurely paddle up the Rideau River from the boathouse followed by a

relaxing lunch at the historical Kingston Mills Locks. Approximately a 13 km paddle. No car shuttle. Contact Sam Cheng at <samcheng3@gamil.com> or call 613 770-4873.

Sunday Sept. 20th: Frontenac Park Paddle Challenge

An energetic and demanding paddle-and-portage trip, or perhaps I should say "portage-and-paddle" trip. We complete a circuit of the inner lake system passing through several lakes of the Park. This is a trip for the fit and determined willing to exert themselves for most of the day. Contact Mike Fisher at 613 547-5386.

Saturday Sept. 26th: See CCC website.

Friday Oct 2nd to Sunday Oct 4th: Schooner Lake Camping Weekend

Come and enjoy a blissful canoe camping weekend. Glorious lakes in the



A picture to whet your appetite, to make you look forward to gorgeous, mild, bug-free Indian summer days and autumn paddles in our resplendent "backyard" [Photo: Steve Manders]

Madawaska Highlands, with plenty of creeks and crags to explore. There are neither portages nor a shuttle. Participants can arrive Friday or Saturday. Contact Steve Manders at 613 542-1054.



Late October day, Frontenac Park

GOT A GREAT PHOTO FROM A CATARAQUI CANOE CLUB TRIP?

E-mail your high-resolution photos with a brief description of the trip (trip destination, date), or a whole trip report, to the CCC Newsletter Editor at [<haburg@kos.net>](mailto:haburg@kos.net) for use in a future CCC newsletter.

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. across from the Woolen Mill. For frequent updates of the current event schedule, please see the Club's website:

www.cataraquicanoe.on.ca

For all other questions, telephone a board member, or use the Club's email address:

[<info@cataraquicanoe.on.ca>](mailto:info@cataraquicanoe.on.ca)

Board of Directors & Executive 2014 - 2015

Commodore (E)	Steve Manders	613 542-1054
Vice Commodore (E)	---position vacant---	
Past Commodore	Mike Fisher	613 547-5386
Secretary (E)	Gonny Moncur	613 549-5538
Treasurer (E)	Ed Jeřak	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 Jeřak

Newsletter Contributions Welcome!

Members of the Cataraqui Canoe Club are invited to submit articles, photographs and pictures for inclusion in the Newsletter. Please email submissions to the Newsletter Editor at <haburg@kos.net>.