



CATARAQUI CANOE CLUB

Newsletter

September 2015 (Fall-Winter)

Commodore's Note / Club News

We have just had another successful summer of paddling our local waters. It wasn't too hot, too wet or windy. There was just enough rain to keep the creek levels up too. The attendance on the trips was always good, and the October 5th paddle on Loughborough Lake had a record 36 participants. Your board of directors continue to work hard to make the club successful, and for me as Commodore they make my job easy, for which I thank them all.

We have installed a second forklift in the

boathouse because moving it around was a delicate operation. The electric door opener had a few issues, hopefully the problem has been corrected. I am not aware of any security concerns in the boathouse, our security cameras are always on duty. Last spring we rekeyed the front door of the boat house at a significant cost. The key combination on the lock is also changed regularly. We take no responsibility for any private property stored on our premises. Locking up your boat and insurance is your responsibility.



This year I led three new club trips. The first one was from Lyndhurst to Gananoque Lake, a distance of 20 km. It was one of the most scenic trips in eastern Ontario and there were about 15 participants. We also visited Sharbot Lake and Eagle Lake, both about 10-km trips, which due to good launching facilities and sandy beaches were ideal for the casual paddlers. Janice and Eric led us on a new route through Clear, Indian, Benson, Mosquito and Newboro Lakes followed by a pot luck lunch.

The Palmer Rapids, Algonquin Park and Duomoine River camping trips did not materialize, but we have the Schooner Lake trip coming up. Several club members, Sam Cheng, Richard St-Onge, Gunter Heyland and myself have explored many other water ways; the best will be used for club trips next year. We are open to other suggestions, even if it is just for the more adventurous to explore.

I have been informed that a visiting paddler chained a red kayak to the docks over



The CCC fleet on the move down Loughborough Lake toward a very enjoyable day.

Photo: Beth Orr

night and found next day the chain had been cut and the boat stolen. The best deterrent is customizing the boat for instant recognition at a distance. You could use 1/8 inch diameter aircraft wire to secure your boat to the roof of your car or whatever. It is very hard to cut, most marinas can cut it to length and make the loop ends for a lock. You may catch a thief walking off with your boat, but if you don't have a serial number, conspicuous

marks or a name on the boat, there is not much you can do. Large colourful decals, your name conspicuously displayed inside, is the best deterrent. Trimline at 595 O'Connor Drive can make these. Let's see some creativity here.

We have had several potluck lunches and dinners this year. Our summer scheduling party was hosted by Gonny Moncur, Janice Ley had one on Benson Lake at the

farm house, Mary Buchanan hosted the winter schedule party. Après-paddle refreshments have always been popular, be it an ice-cream cone or beer.

One area of some concern is all the boats we store in the boat house, which are collecting dust. Inasmuch as the rent is paid, we would really like to see the owners take them out on the water with us.

If you have given up paddling, perhaps you would like to list your boat for sale with us. There is always a market for a fairly priced “experienced” boat. We also organize a used equipment sale during the Spring open house.

Steve Manders, Commodore



Beaver Dam on the Claire River

Photo: St. Manders

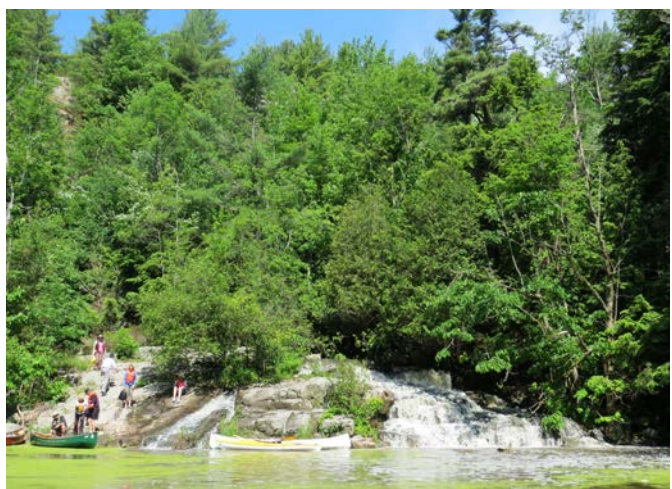


Benson Lake, Potluck at Janice's

Photo: St. Manders



North end, Loughborough Lake, Picnic on Snake Island [St. Manders]



Landon Bay, Picnic at the waterfall

Photo: St. Manders

Competitive long-distance canoeing

Cataraqui Canoe Club supports 2015 K2O Marathon Racers

The K2O race is an ultra-endurance non-stop paddling race between Kingston and Ottawa following the scenic and historic route of the Rideau Canal (an UNESCO World Heritage site). This year the race was run during the day and night of August 8th and 9th. Racers started in Kingston's Inner Harbour in front of the CCC boathouse at sunrise on Saturday and had to finish within 36 hours in Ottawa on Sunday.

The race is the brainchild of and was organized by **Gaetan Plourde**, a marathon paddler himself and former winner of the Yukon River Quest.

This year participants could choose between a K2O "full race" starting in front of the Cataraui Canoe Club boathouse and finishing under the Corktown Footbridge in downtown Ottawa, a distance of 202 km, or a K½O "half race", also starting in front of the boathouse but finishing in Smiths Falls, a distance of "only" 104 km.

The race includes portaging around all Rideau Canal lock stations, twenty-four for the full race distance and eight for the half race. Some of the portages, such as Kingston Mills, Jones Falls, Merrickville and Long Island, are long and difficult, in some cases crossing roads, so portaging becomes an important part of racing strategy because a significant amount of time can be gained or lost.

Racers were assigned to either the **adventure** or the **competitive class**, with the principal difference between classes being whether the racers portaged their boats unaided or not. Only in the competitive class could racers receive outside assistance; adventure class racers had to carry or wheel their own boats around all the lock stations, making their race even more challenging. The classes were further broken down into sub-categories such as male / female, individual or relay and separate categories for craft types (K1, K2, C1, C2, SUP).

The first three finishers in competitive class were awarded cash prizes of \$1500, \$500 and \$300, while winners in the adventure class received medallions and bragging rights.

This was the second year the K2O race has been run. Last year's started in front of Doug Fluhrer Park in Kingston and unfortunately had to be cancelled mid-way due to extreme weather causing unsafe paddling conditions on Big Rideau Lake. The organizers and sponsors were, however, not deterred from trying again, and this year's very successful race was the happy result.

The put-in for boats at Doug Fluhrer Park had been difficult as it required negotiating a steep embankment to the water; many of the competitors complained about the difficult entry. Learning from last year's race the organizers made several changes, among them the addition of the K½O half race and moving the meeting place and start location from Doug Fluhrer Park upriver to in front of the CCC boathouse.

The Canoe Club agreed with race organizers to allow use of our boathouse facilities for the pre-race gathering on Friday afternoon and the early-morning race start on Saturday. The ease of entry into the water using the docks and the close proximity of washroom facilities made this an ideal location for starting the race. Ed Ježak and Harry Burgstaller opened and manned the boathouse for the pre-race gathering and the early-morning start. In return, the CCC figures as one of several sponsors of the event.

The race drew some very competitive paddlers, some of them former winners of the Yukon River Quest, a prestigious 740 km canoe and kayak race down the Yukon River from Whitehorse to Dawson City.

Competitors came from as far away as Australia. However, the majority of the competitors were canoe and kayak enthusiasts

out to challenge themselves.

The craft used by competitors ranged from ultra-fast surf skis and super-lite carbon fibre racing canoes and kayaks to just “ordinary” canoes and sea kayaks. **Dave Linton** and I entered as a team in the adventure class, half-race, and K1 relay category, paddling our own sea kayaks. I would start and tag over to Dave at Chaffey’s Locks, and he would paddle the big waters of the Rideau Lakes finishing in Smiths Falls.

This year’s race featured a mass start at 6:00 am of 38 paddled watercraft of all descriptions. At the sound of the starting gun the paddlers using surf skis and racing canoes immediately vied for the lead in an attempt to get to Kingston Mills before the main crowd arrived and not lose time on the first portage by having to wait in line to access the canoe docks. After the initial flurry the race settled down into a routine of one paddle stroke at a time, maintaining energy and hydration levels, watching the kilometers go by while ignoring the sore spots ap-

pearing here and there. It was also a time to enjoy some of the magnificent scenery along the way. Unlike last year’s race, the weather cooperated and we experienced calm paddling conditions.

Being adventure class participants, Dave, with help from Dagmar Jones, helped me portage around the lock stations from Kingston Mills to Chaffey’s Locks. and I assisted Dave in portaging from Newboro to Poonamalie lock stations. Upon reaching Chaffey’s Locks, I tagged over to Dave who raced to Smiths Falls.

To our pleasant surprise and joy we came first in the half race category with a time of 13:45:00 (average speed of 7.564 km/h).

At this point Dave and I had finished but, of course, the full distance racers were still looking forward to a hefty 100 km and a long dark night’s paddling to reach their finish in Ottawa the next day!

As tiring as the race was for me, paddling only 55 km, I can scarcely imagine how difficult and tiring it must have been for indi-



Kingston Inner Harbour, in front of CCC boathouse, K2O race start – Sat. 08 August at 6:05 am -- Photo: Dagmar Jones

vidual paddlers who actually went the full distance non-stop throughout the night. My hat off to them.

A testament to difficulty of the race was that there were fifteen DNFs among the thirty eight starters. The full-race fastest time was 23:07:23 (avg speed of 8.736 km/h) paddled by the husband-wife team of **Bonnie Pankin** and **Chris Weber**, and kudos to Kingston's own **Robert Ross** who finished third overall.

I would like to acknowledge the hard work of the race organizer Gaetan Plourde and also thank the numerous volunteers from Races Beyond Reason who staged the event. This is a unique event that has put Kingston, the Rideau Canal and the CCC on the international canoe and kayak marathon racing calendar, something that we should take pride in.

Jim Lorimer

A message from our Webmaster regarding cataraquicanoe.on.ca

That is the domain name (URL or Uniform Resource Locator) registered to the Cataraqui Canoe Club of Kingston Inc.. NetRover looks after our registration and maintains our website. Our annual fee is \$44.00 for domain registration and \$135.00 for the website.

The website was designed by **Alan Nicholls** around 2000; and he was the webmaster until 2009, when he passed that job to me. I have not made any design changes to date. The mechanics of editing files on the website are fairly simple. I maintain a copy of the website on my home computer. Any editing is done on these files, and then the modified files are transferred to the website.

The main purpose of the website is to provide information to members. A secondary one is to provide information about the Club to people who might be interested in joining us. The organization is simple. The links to the different sections appear at the top of the [Home](#) page, and at the top of most of the other pages.

The [Events](#) page is the one that anyone interested in a scheduled event should consult to check its status. Sometimes, not too often, events are listed on the website that do not make it into the Newsletter. This

past winter a number of events had to be cancelled due to weather conditions. The final status of an event is determined by its organizer.

Club forms (Membership, Boat storage rental) and documents (By-laws, Newsletters, AGM Reports) are under [Club documents, photos](#). There are other interesting documents on that page.

The main reason I am writing this note for our Newsletter is to ask for your support. There are errors on the site, some trivial, some not so trivial. I do not have time (or do not choose to devote that much time) to revisit pages that I have altered. Any mistakes I make stay there unless I accidentally stumble upon them. Rarely do I get messages informing me of errors. Please visit our website periodically. When you do, roam around to see what is there, and read critically. Communicate any errors you might find, or suggestions you might have, to the webmaster.

Finally, I have been at this task for seven years. It is not onerous, but I am getting old and absentminded. **Anybody interested in assisting? Taking over?**

Ed Jeżak, Webmaster

Jennifer and Pierre will be at our AGM – Don't miss them!

Nearly a year ago, Richard St-Onge who, as you probably know, is a CCC board member, made the acquaintance of Jennifer Gosselin and Pierre Pépin (and their dog Jasmine), appropriately on the water paddling. He couldn't miss their bright yellow 18 ft touring canoe with "Wild Raven Adventure.com" in bold black lettering on its sides



(and they spoke French like Richard!).

Turns out that Jennifer and Pierre are also long-distance paddlers of a sort, except in smaller daily doses than our marathoners Jim and Dave, but they paddled day after day for many days and months and for a very impressive 13,000 kilometres!

Recently, when they stopped briefly in Kingston, coming by canoe from Florida, Richard hosted the couple, and the snapshot above was taken at that time at our dock.

Steph Crosier interviewed the couple for the Whig-Standard. Her article "*Couple trades it all in for adventure by canoe*" appeared in the weekend Aug.23rd/24th edition of the Whig.

Jennifer and Pierre were on their return trip headed for Ottawa, where they and Jasmine safely arrived at the end of August. The CBC filmed their arrival and interviewed them at the foot of the Rideau

Canal locks (to see the news video click <https://youtu.be/VV6Z4-oeY6g>).

Having been away for about 15 months, they'll have now a few months to recover and to prepare for publication a book they are writing and to plan another big trip.

The Catarqui Canoe Club has asked Pierre and Jennifer if they would attend our AGM on October 14th to speak about their Odyssey and we are happy to announce that they have agreed! **THIS IS AN AGM NOT TO BE MISSED.** If you would like to find out more about the couple and their adventure, please visit their website at <http://www.wildravenadventure.com/>.

Our well-travelled Commodore chances on CCCers in the oddest places:



FALL-WINTER SCHEDULE OF EVENTS

Saturday, September 26th: Rock Dunder Fundraiser

The Rock Dunder area is fabulously scenic, important for conservation, and superb for hiking and paddling. The third annual Rideau Waterway Land Trust Fund-raiser is being held the morning of the 26th at the Rock Dunder Trailhead. Anyone can join our CCC fundraising team with a minimum donation of \$25. Proceeds from this event go to maintaining the Rock Dunder property and keeping it open to the public.

The event consists of "Beau's Walk", a 5-km loop-hike to the top of Rock Dunder and back, with coffee and muffins at the Trailhead.

Further information is online at <http://www.rwlt.org>. From this website you can enter as a participant or sponsor any member of the CCC Team. Alternatively, call Janice at 613-542-9958 and she will look after your entries and donations and answer any further queries you may have. Janice can also let you know about car-pooling arrangements. We plan to be at the Trailhead about 10 am.

Saturday, September 26th: Volunteer-Appreciation BBQ

From 3 to 6 pm, for all those members (and their guests) whose voluntary efforts make our club so vibrant and enjoyable, the Club will host a BBQ at the boathouse (with optional spontaneous paddling). For details call Richard at 613 530-5001.

Sunday, Sept 27th: Bay-of-Quinte (Long Reach) Paddle

This is the first of two events to commemorate the 400th anniversary of Champlain's travels in our part of Ontario. For background, here is a map of Sam's routes and a

brief account [Click the dropbox-url in this position in the website edition of the schedule

<http://cataraquicanoe.on.ca/events.html#start>]

Today's paddle will be 17 km, starting near Deseronto and ending near Picton. For details call Dugald at 613 542-8628. For a printable one-page map, e-mail dcarmichael1@cogeco.ca.

Humbling thought: On the late-September day we are commemorating, Champlain and his birchbark armada probably paddled at least three times as far down the Bay of Quinte as we will paddle!

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

Come and enjoy a blissful paddle and camping weekend. Glorious lakes in the Madawaska Highlands, with scenic creeks and hill tops to explore. There are no portages or shuttles, but there is a 45-minute paddle with all your camping gear to get to the camp site. Many kayaks are poor for this, so club canoes can be rented at \$12 per day, and the Club's trailer will be available to transport the canoes by reservation only. There are some short portages down the creek to Centennial Lake, and canoes are best for this too. This will also mean that fewer cars will be needed for the 2½-hour drive and incur the parking permit fee.

You may double up in a canoe on request. You may come for one to three days, but space is limited and you must pre-register.

Courageously, Beth has consented to be our camp counsellor.

Contact Steve at 613 542-1054.

FALL-WINTER SCHEDULE OF EVENTS cont'd

Saturday, Oct. 3rd: Paddle from Chaffey's Locks and Dinner at Opinicon Lodge

Come and paddle scenic lakes along the historic Rideau Waterway starting and ending at Chaffey's Locks, followed by dinner at newly renovated Opinicon Lodge. No shuttle, no portage. For details phone Dave at 613 376-3883 or at 613 929-0980 (cell).

Sunday, Oct 11th: Blue-Mountain Hike

A 4-km trail-hike through fields and forests brings us to the bedrock summit of Blue Mountain, which soars 70-100 m higher than most of the surrounding countryside. Weather permitting, we shall see panoramic fall colours to a distant horizon in every direction. For details phone Bob at 613 384-4482.

Wednesday, October 14th: ANNUAL GENERAL MEETING of MEMBERS of the CATARAQUI CANOE CLUB

At the AGM we review the business of the Club and elect new members of the Board, but we also have fun! Come and enjoy a presentation by Pierre Pépin and Jennifer Gosselin of Québec City who, with their dog Jasmine, canoed from Ottawa to the Florida Keys and back via the Great Lakes, the Mississippi River and the east coast of the U.S.A. They have just returned from their fifteen-month, 13,000 kilometre "Big Loop" canoeing adventure. Check out their website

<<http://www.wildravenadventure.com>>.

This is also a good chance to meet other paddlers and tell stories of our paddling adventures. Do you have some good photos to share with us? We hope to see you there!

Meet us in the main conference room of the **Ongwanada Resource Centre** at 7 pm (doors open at 6:45 pm for registration).

Saturday, Oct 17th: Gananoque River Paddle

We start in Gananoque and paddle up the river toward the dam at Marble Rock. The distance to the dam is about 10 km, but we probably will not go that far. It will depend on the weather and the wishes of the group. We shall stop for lunch and then return to the launch site. No shuttle and no portaging. The current in the river is barely perceptible. Contact Ed at 613 389-4459.

Saturday, Oct 24th: Eel's Creek by Canoe

As background, Dugald hopes you will enjoy reading Champlain's account of hunting deer, getting lost in the bush, and relocating himself. [Click the dropbox-url in this position in the website edition of the schedule:

<http://cataraquicanoe.on.ca/events.html#start>].

Challenging the judgment of historians and biographers as to where these events took place (e.g., read the footnotes), Dugald claims that only the watershed of Crowe River and Stoney Lake provide a credible match to the geographic details in this account. Come and judge for yourself!

After a two-hour drive to the put-in and a 12-km shuttle, we shall canoe 8.5 km up Eels Creek. There are seven portages, the longest being 160m. At the waterfall where Sam relocated himself, we have special permission to portage 50 m across the landowner's lawn.

Farther upstream, near the two mouths of the small creek that drains out of Big Cedar Lake, we can listen for the "great noise" that Sam heard 400 years ago.

Near the takeout we can have a look up the length of Big Cedar Lake, envisaging Sam's 5-km afternoon bushwhack along its shoreline. Then we shall drive 9 km up Hwy 28, virtually in Sam's "leisurely" bush

FALL-WINTER SCHEDULE OF EVENTS cont'd

whacking footprints, to where we have a landowner's permission to take a look at the most likely site for the hunt camp and one wing of the deer-fence, which is easily accessible.

Participation may have to be limited. Phone Dugald 613 542-8628. For a detailed map, e-mail dcarmichael1@cogeco.ca.

Saturday, Oct 31st: Paddle to “Before the Rush” (Artisans’ Show)

Weather permitting, the plan is to put in beside the 1000-Islands Parkway near Landon Bay and paddle 5 km down the St. Lawrence to the upscale Ivy Lea Restaurant and Coach House, where we can browse the creations of eighteen talented artisans (including CCC-member Kevin Juckers and Croydon kayaker David Field) and/or simply hang out for a while in beautiful surroundings, then paddle back to our vehicles. As a safety precaution, we may shuttle one or two cars down to the restaurant parking lot. Lunch location to be decided.

Call Sam at 613 770-4873. For a map, e-mail samcheng3@gmail.com.

Sunday, Nov 1st: Parrott’s-Bay Hike and Potluck

Come and enjoy a hike on newly-renovated trails in Parrott’s Bay Conservation Area, followed by a potluck. Re the hike phone Carolyn at 613 549-1958. Re the potluck call Janice at 613 377-3907.

Saturday, Nov 7th: Canoe Lake-to-Kingsford Dam Paddle and Potluck

A 16-km paddle via scenic Desert Lake and Mitchell Creek will whet our appetites for a potluck at Nancy’s cottage (limited to 18 participants). This paddle includes a 5-km shuttle, a 150 m portage, and an optional scramble to a high crag overlooking Birch

Lake. Re paddling call Dugald at 613 542-8628; re potluck call Nancy at 613 549-8856.

Sunday, Nov. 15th: Off-trail hike to Phil’s Ridge

Starting and ending at Sheffield Conservation Area, this is a 9-km loop hike in rugged bedrock barrens NW of Mellon Lake. For details phone Dugald 613 542-8628. For a map e-mail dcarmichael1@cogeco.ca.

Saturday, Nov. 21st: Frontenac Provincial Park Hike

From Clear Lake Road we shall hike along a road to the east boundary of the park, then along an old road allowance until we reach park trails. We can hike the Hemlock Lake Loop, or head toward Mink Lake lookout; the latter is a bit longer and more demanding; it will depend on the weather and the group's wishes. The distance will be between 12 and 18 km. Contact Ed at 613 389-4459.

Sunday, Nov. 29th: Tetsmine Lake Hike and Potluck

Come and crunch through freshly fallen leaves along the Tetsmine Lake Loop trail (12 km) in Frontenac Park. On our way home, a potluck will be hosted by Dave and Jennifer.

Re the hike call Bob at 613 384-4482. Re the potluck call 613 376-6883 or 613 929-0980 (cell).

Sunday, Dec 6th: Lemoine’s Point Hike and Schedule-Making Christmas Potluck

For the morning, Susan will organize a trail-hike at Lemoine’s Point. Contact Susan at 613 542-6146 not later than 8 pm. In the evening, Margaret and Robert have kindly offered to host our annual Christmas Potluck Schedule-making Party. Please come and

FALL-WINTER SCHEDULE OF EVENTS cont'd

join in the seasonal revelry. Phone 613 542-9626.

Monday, Dec. 21st to Friday, Dec. 26th: Laurentian Christmas

The handsome *Auberge du Vieux Foyer* in Val David offers "casual upscale" accommodation, cuisine, massage, skiing, skating, snowshoeing,... Margaret and Robert would welcome your company. For details call 613 542-9626.

Thursday, Dec. 31st: New Year's Eve Events

Ring in the New Year with your fellow club members! During the day Susan will lead us on a short brisk hike, and she can be reached at 613 542-6146. Please no calls after 8:00 pm.

That evening Mary will host a potluck New Year's Eve Party...complete with hats, horns and champagne at midnight. Space is limited, so if you would like to attend, call well in advance and no later than Dec. 28th. Mary can be reached at 613 536-5486.

Sunday, Jan. 10th: Skycroft Ski or Hike

From the Skycroft trailhead, 40 minutes' drive from our rendezvous, ungroomed trails in beautiful terrain are open at no expense for xc-skiing, snowshoeing or hiking. For details phone Dukke at 613 384-6054.

Saturday, Jan. 16th: Massassauga Skate, Ski or Hike

Always such a fun day! A winter adventure somewhere in or near the magical Massassauga domain of Janice and Eric. For details phone Janice at 613 542-9958.

Saturday, Jan. 23rd: Murphy's Point Cross-country Ski

Snow may be iffy near Kingston, but is likely deeper in Murphy's Point Provincial Park, about 65 minutes' drive from our rendezvous. Amenities include 20 km of groomed trails and two heated chalets. Call Bob Tolley at 613 542-9626.

Saturday, Jan. 30th: Nordic Skiing in Gatineau Park

We leave Kingston about 08:00, and arrive at the park office about 10:45, where we purchase day passes. We start skiing about 11:00.

We'll be skiing on groomed trails. We can stay on the green trails or venture onto the blue, it will depend on the composition of the group. We can even ski in two groups, and meet for lunch. We expect to be back at the parking lot between 14:00 and 16:00.

The group might disperse at this stage, but some of us will probably stop in Ottawa for dinner (and some shopping) before heading home. Contact Ed at 613 389-4459.

Newsletter Contributions Are Welcome

*Members and friends of the
Cataraqui Canoe Club are
invited to submit short articles,
photographs and pictures
suitable for the Newsletter.
Send submissions to the
Newsletter Editor at the
Club's webmail address*

<info@cataraquicanoe.on.ca>

Club name, address and contact details	
Club's registered name	Cataraqui Canoe Club of Kingston Inc.
Postal address	PO Box 1882, Stn "Main", Kingston ON K7L 5J7
Physical location	The boathouse is located in Emma Martin Park at the Inner Harbour opposite (north of) the Woolen Mill
For updates of the current events schedule	Please see the Club's website: < www.cataraquicanoe.on.ca >
For all other questions	Please phone a board member or write to the Club's email address below: < info@cataraquicanoe.on.ca >

Board of directors and 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 Jezak	613 389-4459
Directors	Mary Buchanan Harry Burgstaller Sam Cheng Richard St-Onge Debbie Twiddy Linda Whitfield	613 536-5486 613 549-4832 613 770-4873 613 530-5001 613 374-1704 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

