



## Annual General Meeting

**Tuesday, October 10**

**7:00 p.m.**

**Ongwanada Resource Centre**

**191 Portsmouth Ave.**

**Kingston**

Join us at the Ongwanada Centre! We'll be voting on updated club bylaws, discussing trip organization, electing new members to the Board, and more. See you on October 10.

# September 2017

## Club Updates

### Exploring the Future of Trips

The CCC Board wishes to recognize the tireless efforts of our trip leaders. Without their dedication and willingness to give up their time to organize trips, we would not have a club.

Our club is expanding and now has roughly 150 members. And without them, we would also not have a club.

We would like to ensure that both trip leaders and participants have the best possible experiences on our paddling trips. In this context, we feel that there are opportunities for improvements which would benefit both. In addition there are certain legal and safety requirements which all guided trips (paddling or not) must follow to ensure the safety of the participants.

There have been many great suggestions and ideas 'floated' around and discussed by the Board and various organizers and participants. These ideas need to be examined and thought through, and some concrete steps taken to make improvements.

Consequently we have struck a working group of experienced leaders and participants to sort through all the ideas and present an action plan to the board for approval. We hope to have the action items completed well in advance of the next paddling season.



# Fall-Winter 2017-18 Events

Note: all scheduled events are subject to changes due to weather or other considerations. Any changes will be posted on our website. If you need to update an event, contact [Matt Shepherd](#).

## September

### Saturday, September 30: Eagle Lake Canoe / Kayak

A scenic paddle at a leisurely pace on fairly sheltered waters surrounded by typical Canadian Shield (granite shores and islands and large pine trees), with few cottages, and the start of some Fall colours. Lunch will be on a small island and if you are up for it take a swim. One destination will be Elephant Rock from which there is a stunning view. The put-in is a good public boat launch site with a sandy beach and ample parking. No shuttles or portages. The Seed to Sausage shop is ten minutes up Hwy 38 if you are interested! Contact John at 613 531-5156.

## October

### Saturday, October 7: Charleston Lake & Blue Mountain Paddle/Hike

A 6 km paddle from Outlet at the southwest corner of Charleston Lake takes us to Huckleberry Hollow on the south shore of the lake. Boats will be landed so we can hike about 3 km along a trail leading to the summit of Blue Mountain. The summit affords a panoramic view to the north, east and south. The fall colours are expected to be great. Contact Jim at 613 382-8682.

### Tuesday, October 10: Annual General Meeting

At Ongwanada Resource Centre, 191 Portsmouth Avenue. Meeting starts at 7:00 o'clock, but the social gathering at 6:30 p.m. Come to meet friends, help to reach our quorum, vote for the next Board of Directors, make your contribution to our discussions, and have fun. Snacking food and healthy beverages will be provided.

### Saturday, October 14: Frontenac Challenge

Hike the beautiful Big Salmon Lake loop, 17km, with hopefully full fall colours. Scenic picnic lunch spot. There is park fee per car. Contact Margaret at 613 542-9626 or [wildmargaret@yahoo.ca](mailto:wildmargaret@yahoo.ca).

### Saturday, October 21: Off-trail hike to Phil's Hill

Starting and ending at Sheffield Conservation Area, this is a 9-km loop hike in rugged bedrock barrens NW of Mellon Lake. Participation may have to be limited. For details phone Dugald 613 542-8628. For a map e-mail [dcarmichael1@cogeco.ca](mailto:dcarmichael1@cogeco.ca).

### Saturday, October 28: Paddle to "Before the Rush" (Artisans' Show)

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

Weather permitting, we shall put in at Gray's Beach (beside the 1000-Islands Parkway 1.5km east of the Hwy-2 overpass) and paddle 8 km down the St. Lawrence to the upscale Ivy-Lea Restaurant and Coach-House, where we can view the creations of numerous talented artisans (including the woodworking wizardry of CCC paddler Kevin Juckers) and/or simply hang out for a while in beautiful

surroundings, then paddle back to our vehicles. For details, e-mail Sam at samcheng3@gmail.com (preferred) or call at 613 770-4873.

Note: Depending on wind conditions, substantial waves may be encountered on the river; a trip for experienced paddlers who are comfortable paddling in strong current, windy, and choppy water conditions.

## **November**

### **Saturday, November 4: Canoe Lake-to-Kingsford Dam Paddle and Potluck**

A 16-km paddle via Desert Lake and Mitchell Creek will whet our appetites for a potluck at Nancy's cottage (limited to 18 participants). This event includes a 5-km shuttle, a 150 m portage, and an optional scramble to a high crag overlooking Birch Lake. For the paddle call Dugald 613 542-8628; for the potluck call Nancy 613 549-8856.

### **Saturday, November 11: Hike at Gould Lake Conservation Area**

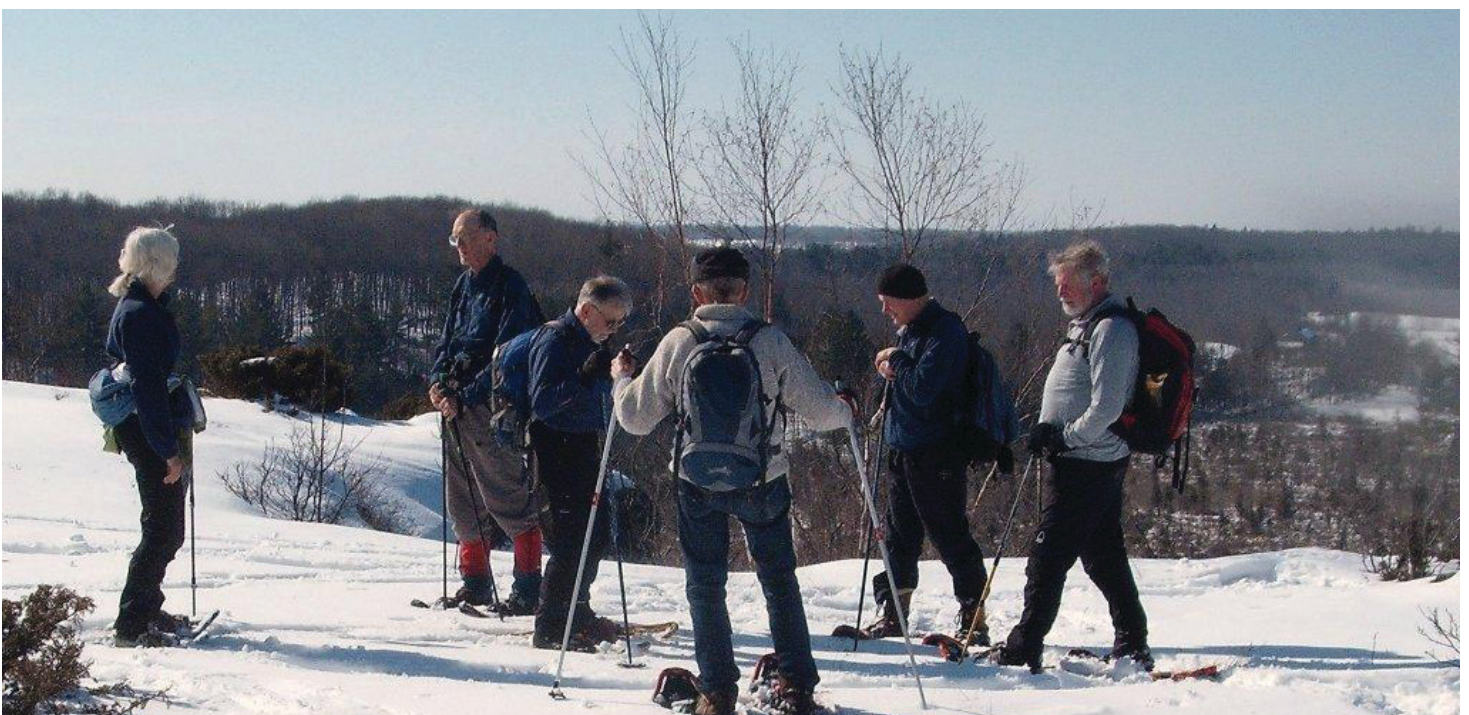
We will start from the barn and hike on the west side of the lake, that will lead us by mica mines and beautiful vistas in hilly, scenic and varied terrain. Contact Don at 613 384-4346.

### **Saturday, November 18: Hike the Tetsmine Lake Loop at Frontenac Provincial Park**

A hike from Kingsford Dam to take in the long views of the landscape without the leaf cover on the trees. Enjoy the rugged hills, valleys and lakes unique to the northern part of the Park. The basic loop is 13 km with some possible extensions. Contact John at 613 531-5156.

### **Saturday, November 25: Perth Road to Clear Lake Road hike**

This scenic , but rugged, 14 km hike includes a stunning vista from Mink Lake Overlook, the highest crag in Frontenac Provincial Park (195 m). The car shuttle is 7.5 km. Contact Ed at 613 389-4459 or ejezak@bell.net.





## December

### Saturday, December 2: Hike at Parrott's Bay Conservation Area

A short hike for a bit of exercise, and to build an appetite. Contact Ed at 613 389-4459 or [ejezak@bell.net](mailto:ejezak@bell.net).

### Saturday, December 2: Potluck and scheduling

There will be a potluck at the home of Paul and Janice following the hike to Parrott's Bay Conservation Area. We will provide the main course; others are requested to bring an appetizer, salad or dessert. All are welcome. Come to chat or have a game of pool or snooker. Planning for the winter season will follow the potluck. Contact Paul or Janice at 613 877-3907 a few days in advance for details, preferably before 9 pm.



### Sunday, December 10: Lemoine Point

Close to home, Lemoine Point includes 136 hectares of woodlands, old meadows and 2500 metres of shoreline. I don't count on snow, but the total of approx. 10 km of very scenic hiking trails will provide a welcome and much needed respite from the frantic Christmas shopping. Call Dukke at 613 384 6054.

## January

### Saturday, January 6: Murphys Point

Enjoy a mix of groomed trails and a back country trail for skiing, as well as warming huts to eat your lunch. There is a good chance of snow at Murphys Point, even when there's none in Kingston. However, if there is no skiing, a hike at Gould Lake will be substituted. There is park fee per car. Contact Robert at 613 542-9626 or [rtolley@theiet.org](mailto:rtolley@theiet.org).

### Saturday, January 13: Opinicon Ski/Snowshoe or Hike

Starting and ending beside Opinicon Road, this will be a ski or snowshoe if we get a real winter. Otherwise it will be a hike. For details call Dugald at 613 542-8628.

## Saturday, January 20: 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 or e-mail.

## Saturday, January 27: Nordic ski at the Triangle Ski Club

The Club boasts 35 km of picturesque trails, of which 17 km are groomed. To ski there you will be expected to sign a waiver and pay a fee. You can check conditions at [www.triangleskiclub.org](http://www.triangleskiclub.org). Contact Jim at 613 382-8682.



Our Commodore isn't off the wall -- he's on it! Steve Manders was one of the participants in the annual On The Wall festival in Doug Fluhrer Park in Kingston, a short walk past the Woolen Mill from the boathouse. Check out Steve's work... inspired by his recent book on Ontario railway history, *The First Spike*.



# A Serpentine Stowaway...

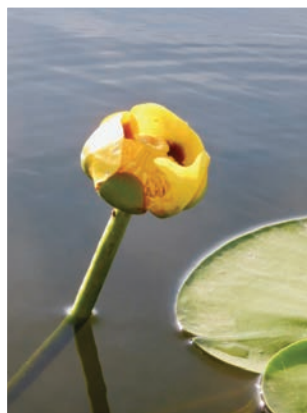


## Adventures abound on our weekend excursions!

Beth Orr shares this photo of a surprise guest from our Frontenac Lake paddle on August 26, 2017... a great day with 14 kayaks, 4 canoes, and at least one very special guest!

## Open Paddle Photos

Club member Pamela Cornell has been taking some spectacular shots of wildlife seen during open paddle nights from the boathouse. Just a few of them are below:



# A third & thrilling K2O

Paddling Race takes participants from Cataraqui Canoe Club to Rideau Club in Ottawa



*K2O racers rise with the dawn!*

The Kingston to Ottawa 200 (K2O) Paddling Race, Ontario's longest non-stop paddling marathon, had seen its 3rd annual return this year over the summer weekend of July 22nd-23rd. With the start line commencing at the Cataraqui Canoe Club and following the entire Rideau Canal waterway to finish at the Rideau Canoe Club, racers this year were tasked with competing amongst a record high number of 38 teams and 51 paddlers (with 16 teams challenging the 100km half distance) and completing the entire distance on water within a 36 hour time limit (24 hour limit for half distance teams).

Attracting both competitive and recreational paddlers alike from around the region, this past event included a variety of solo/tandem canoeists, kayakers and even stand up paddleboarders who took on the incredible challenge.

Year after year, the bar continues to be raised with this past race having seen its toughest competition yet with both new and personal records in each category. Early on the first quarter stretch had seen some close back and forth battles for first place but team number 10 (#wepaddle - Mike & Fiona Vincent from Regina, Saskatchewan) had pulled through shortly after, maintaining their first place position with a strong lead for the remainder of the race – along with setting a new incredible K2O record time of 21:08:39! Their record is sure to drive more challengers and competition in future years to come. Another very special shout out goes to team number 16 (Ivo Prudins with a very fitting team name “Pruvit”) for being the very first stand up paddleboarder to complete the 200km distance, finishing with a time of 33:06:25.

This year's inspiring group of competitors continued upholding the traditions of determination, grit, and smiles all the way through from start to finish (maybe not smiles at certain points!) Also, the new K2O “Race for a Reason” campaign had allowed some racers to use the platform as a way for fundraising towards charitable causes – a combined total of just over \$3000 was raised for a variety of charities including the Soldier On Fund, Stuart Mclean Camp YMCA Kanawana Fund, Upstream Ottawa, and The Food Sharing Project.



Whether racers took on the physically and mentally demanding challenge as a personal test, setting new goals, or for a charitable cause, the K2O organizing team wants to thank everyone involved for another great year. Bringing the community together and further

## Help plan our 2018 adventures!

Have your say in planning our next season's activities at the Potluck and Scheduling Party, December 2, 2017. See page 4 for details.



growing the sport of marathon paddling could not be done without the racers, sponsors, dedicated support crew members, and of course, the incredible volunteers...a big hand goes out to all involved! Stay tuned for the K2O registration launch for 2018!

You can also check out the website at [www.kingston2ottawa.ca](http://www.kingston2ottawa.ca) for news, announcements, and pictures from this year's race!

Text: Race Directors Eric Hua & Ian Mockett    Photos: Steve Manders



CATARAQUI CANOE CLUB  
Box 1882, Kingston ON K7L 5J7  
Boathouse: 1 Cataraqui St.  
(North of the Woolen Mill)  
[info@cataraquicanoe.on.ca](mailto:info@cataraquicanoe.on.ca)  
[www.cataraquicanoe.on.ca](http://www.cataraquicanoe.on.ca)

**Board of Directors:**

**Commodore:** Steve Manders  
**Vice-Commodore:** Jim MacLachlan  
**Past Commodore & Treasurer:** Ed Jezak  
**Secretary:** Gonny Moncur  
Mary Buchanan  
Peter Bedoukian  
Clive Hansen  
Paul Jepson  
Debbie Twiddy

**Program Appointments:**

**Boathouse Manager:** Steve Manders  
**Communications:** Matt Shepherd  
**Instruction:** Jim MacLachlan  
**Membership Secretary:** Debbie Twiddy  
**Volunteer Coordinator:** Gonny Moncur  
**New Member Liaison:** Mary Buchanan  
*Share your thoughts, comments and contributions for this newsletter by emailing [info@cataraquicanoe.on.ca](mailto:info@cataraquicanoe.on.ca)*



# Cataraqui Canoe Club – Membership Form

Please mail this completed form with your cheque to:  
Membership Secretary, Cataraqui Canoe Club of Kingston,  
Box 1882, Kingston ON, K7L 5J7

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**Persons to be included in club membership. Include only active participants.**

(Date of birth required for those under 18, requested for others):

Family name	First name(s)	Date of birth
_____	_____	_____
_____	_____	_____
_____	_____	_____

New membership ☐ or Renewal of membership ☐

Single membership \$35 ☐ or Family membership(two members, same household) \$60 ☐

Boat Storage included \$ \_\_\_\_\_ \*Boat storage must be pre-approved by Boathouse Manager

**Newsletters and other messages should be sent to:**

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal code \_\_\_\_\_

Phone (home) \_\_\_\_\_ Phone (work)/(other) \_\_\_\_\_

Email \_\_\_\_\_

I prefer to receive newsletters **IN PRINTED FORMAT:** ☐

I would like my contact information to be shared with other **club members** for the purpose of organizing small, additional non-Club paddling/outdoor activities: ☐

☐ I would like to volunteer and help the club with:

☐ leading trips / instruction

☐ boat house duty

☐ behind the scenes, general assistance (mailings, etc.)

☐ other (Community and club special events, Open House, leisure shows).

## **Agreement:**

Because of the risks of personal injury while taking part in canoeing and other activities of the club, I/we hereby release the Cataraqui Canoe Club of Kingston from all liability from these activities, and undertake to co-operate with the club in carrying out appropriate safety precautions and abide with the club's safety rules. Our Trip Coordinators are not required to have any certification and this is acceptable to me.

**This application is for club membership to last until March 31 next year.**

A cheque to cover the fee is attached.

Signature of applicant \_\_\_\_\_ Date \_\_\_\_\_

Second signature \_\_\_\_\_ Date \_\_\_\_\_

(Signature of parent or guardian required if applicant is under 18)