



# Cataraqui Canoe Club

# News

October 1999



## Enter the Dragon

by Don Harris

Dragon boat races they say, are more than 2,000 years old. Your fearless C.C.C. decided, in their wisdom, or lack thereof, to take on the challenge.

The races took place Saturday, September 11, on a beautiful, sunny, fall day on the Greater Cataraqui in front of the picturesque canoe/rowing club quarters. Our crew varied from ancient mariners such as myself and Ed Jezak to the middle aged, as well as young, enthusiastic paddlers. It was a first for Kingston, and us, with very impressive entries from organizations and companies such as Alcan, Dupont, Bombardier, Whig Standard, CIBC, etc. Their money and power however, didn't phase us.

We won the first heat handily, beating out stiff competition from Metal Craft Marine and City of Kingston Dragon Flares. (Very impressive, huh?) Our next race in the semi-finals was a little more difficult as we edged out Metal Craft Marine by 2 seconds for first place. This brought us to the finals consisting of six boats. WE came in 4th, 3 seconds behind 3rd place Systems Interface - Fleet of Foote from Ottawa. First overall from Kingston, beating out 17 other boats. For this effort, we were awarded 1st place overall medals, (in error I might add), later exchanged for T-shirts. We were allowed to keep our magnificent trophy which can be viewed at the club house and will also be displayed at the annual general meeting in Oc-

tober.

The board is now entertaining the ambitious plan of a possible 2 boat entry next year if there are enough enthusiastic club members willing to participate.

Many thanks and congratulations to our special crew of exceptional paddlers, especially our helmsman Nick Bohak, and drummer extraordinaire, (man with the beat), Ed Jezak.

## Adult Sea Kayaking

The Gould Lake Outdoor and Environmental Centre leads two nine day sea kayaking trips every summer to Georgian Bay just south of Killarney Provincial Park. Everything is included and the cost is approximately \$700.

A nine day trip is a short time to develop and perfect skills, but it is a perfect amount of time to get started on good technique. You will have an opportunity to have your kayak traveling strokes critiqued so that you start developing the most efficient use of your muscles. It is a great feeling to paddle into camp and have no aching muscles. Depending on individual desires we may teach bracing and rolling. Both are skills that you would only use if your judgement was not good and you were caught out in big seas. However, both skills would be useful if you later decide that you want to learn how to kayak in white water.

The trip dates for next summer have not been established yet. If you are interested and would like additional information, contact the centre at 376-3596 or by email "pugh@limestone.edu.on.ca". Registration starts in mid-January.



## **Cataraqui Canoe Club**

**P.O. Box 1882  
Kingston, Ontario  
K7L 5J7**

**Boathouse located on Orchard street near the Woolen Mill  
Call 544-8375 for current listing of up-coming trips and events**

### **Executive and Board of Directors 1998 – 1999**

<b>Commodore</b>	Gary Birrell	389-5154
<b>Vice Commodore</b>	Margaret Milne	542-9626
<b>Secretary</b>	Alan Nicholls	547-3781
<b>Treasurer</b>	Ed Jezak	389-4459
<b>Past Commodore</b>	Rick Kirk	549-7152
<b>Board of Directors</b>	Bob Tolley	542-9626
	Don Harris	546-0842
	Barry Irish	549-7523
	Bill Shepherd	374-2629
	Amanda Gray	546-9665

### **Committee Appointments**

<b>Newsletter Editor</b>	Rick Kirk
<b>Trip Scheduling</b>	Margaret Milne
<b>Boathouse Manager / Assistant</b>	Bob Tolley / Mark Hughes (389-9936)
<b>Tele phone Listings</b>	Judy Skeggs (384-0758)
<b>Recreational Program</b>	Margaret Milne / Amanda Gray
<b>Flatwater Racing Program</b>	Bill Shepherd
<b>Whitewater Program</b>	Ed Jezak / Bernard Leger (384-0618)
<b>Publicity/Open House</b>	Barry Irish
<b>Boathouse Activity Co-ordinator</b>	Don Harris

### **Newsletter Contributions Welcome!**

Members of CCC are invited to submit write-ups of their favorite CCC outings: outdoor adventure; or just about anything that would be of general interest to our members. Mail them to the club or pass them on to any member of the board or executive, or better yet, bring them to the schedule making pot-luck. Also, if you have one or two pictures to accompany the article even better. Your pictures will be returned. The newsletter editor can also be reached by email at [Rick@ColDesigns.com](mailto:Rick@ColDesigns.com).

### **Has Your Address Changed?**

Has your address changed or do you have an e-mail address? We want to stay in touch and make sure that you receive the newsletter. Please forward any change in address/email/phone number to the club secretary at 389-4026; or at the club address listed above; or at [<nicholls@fox.nstn.ca>](mailto:nicholls@fox.nstn.ca).



## Notes from the board – Sprint Racing

We are often asked how a relatively small club can support such a diverse range of activities. In particular the question "Why should the bloke who just wants a quiet paddle, subsidise an exotic sport like sprint racing?" with its hefty association, insurance, equipment and regatta fees.

The Board has generally taken the broader view, that our mandate being to promote all aspects of paddling, we owe this support to the community and younger generation. In fact, most years Sprint Racing has been almost self supporting, with subsidies not exceeding \$1000.00.

The group on Sydenham Lake have been particularly enthusiastic and committed. They have generated much community support, to build a truly credible racing team.

To consolidate these remarkable achievements, the racing group is now developing a formal structure. A sprint racing chairperson, treasurer and secretary have been appointed, and interested parents are required on committee to oversee aspects of safety, publicity, recruitment, etc.

On Saturday, Oct. 16th, from 10 a.m. to 4 p.m., CCC is hosting a final marathon paddling regatta on Sydenham Lake. CCC paddlers have not quite made it to this level (yet!), but spectators are guaranteed an exciting event.

## Sprint Racing Team: Year in Review

*by the sprint racing committee*

The 1999 race season saw the return of most of last year's members as well as a number of new ones as the club continues its presence on Sydenham Lake. Membership grew from 23 in 1998 to 36 in 1999. Practices were held most evenings from 6-8pm with hot sunny weather prevailing throughout most of the summer. The Club attended regattas in Carleton Place (2), Gananoque, Ottawa (3), North Bay(2), Richmond Hill, Montreal, & Centre Island and held 2 very successful regattas on Sydenham Lake.

E.O.D. officials were extremely impressed with the Sydenham Lake site and offered encouragement to host higher level competitions such as the E.O.D. championships and the Cloverleaf Championships. This would require that the club put in a surveyed race course at an estimated cost of \$5K.- \$10K.

The club operated out of a tractor trailer behind the Sydenham IGA store. It soon became evident that 2 trailers would be needed next year if the club continues it's current rate of expansion. A new C-2 boat was purchased (with financial assistance from the KINGSTON CIVITAN CLUB) along with several old boats being refurbished thanks to George Jones, Bill Shepherd, Bob Harding and Doug Law. The club will continue to improve the quality of its fleet so that our racing members can be competitive with other clubs.

Our Club was chosen to host a "canoe triathlon" event in mid-October, which would attract top-level athletes to Sydenham. The event is being organised by Graham Barton, Canada's high performance coach. Club Members are encouraged to assist with the running of this event. (The official date is October 16th).

A special "THANK-YOU" goes to all of our hard-working parent volunteers: we couldn't do it without YOU!

## **AGM REMINDER!**

**CCC Annual General Meeting is scheduled  
For Monday, October 25, 7 to 9 pm  
Delahaye Room – Kingston Public Library**

**How I Spent My Summer Vacation**

*By Debbie Twiddy*

As we have done before, my sister, Karen and I took a week of vacation time to go canoe-camping amongst the many islands of Georgian Bay. We started at Bayfield Inlet, about 1 hour north of Parry Sound. Shortly after we set out we found ourselves a perfect island close to the mainland, with lots of trees, flat rocks, a good swimming spot, easy canoe launch, and lots of blueberry bushes. The weather forecast was for an unsettled and stormy week, so we were happy to find a sheltered location. Normally, we pick a site closer to the open waters of Georgian Bay because the barren, windy rocks are less inviting to mosquitoes.

As the week progressed, we were glad of the sheltered site, as the weather continued to be stormy. We set up a tarp over the kitchen area, got out our lawn chairs (no portages mean that these little luxuries are available!) and enjoyed ourselves, sketching and working with clay sculpture (more luxuries) when the weather would not allow for day-trips. Slowly the weather began to improve. On the sixth day, the weather was perfect for the first time in the holiday. We secured the campsite, packed up lunch, swim-suits, blueberry buckets, and fishing gear and headed out for a day on the beautiful shoals and rocks of Georgian Bay. We had a lovely time.

Late in the afternoon, hunger drove us back to the campsite. Karen headed up the hill as I secured the canoe. “Debbie, COME HERE RIGHT AWAY!” her voice floated down to me sounding strained and frightened. I headed up the hill and gasped. Our entire campsite was demolished. The kitchen tarp was in tatters. The tents were two small puddles of brightly colored nylon, with broken poles poking up through the fly-sheets. The food barrels were intact, but had been rolled some distance away from the campsite. Books, magazines, clothes, and packs were strewn about all over the ground. We had both seen raccoon damage before and immediately knew that this was an entirely different matter. We had been vandalized by a bear.

Our first instinct was to simply leave—we were alone, and did not know if the bear was still in the area. After a brief discussion, we decided to risk the time it took to bundle most of the gear up and toss it into the canoe,

and then paddle out. We were fortunate that we were not several days away from our launch point and help if necessary. Looking over our shoulders the entire time, we packed up and quickly left—leaving a note tacked on a tree warning future campers that there had been a bear incident in the area.

Now, things began to take a strange turn. We decided to stay that night at a motel—the fancier the better. Several of the islands in this area have cottages, so we decided to ask at the next occupied cottage we encountered where the nearest access to a telephone could be found. A helpful cottager used his cell phone to dial directory assistance, then a motel, in Parry Sound. We arranged for a room in a motel—with hot tubs! It looked like a commercial for Visa credit cards or Bell Mobility—two disheveled canoeists dressed in nothing but swimsuits rooting around in their canoe, finally triumphantly emerging with a credit card and reserving a luxury room whilst standing knee-deep in the waters of Georgian Bay.... Wonder if we can sell the story somewhere!



*“Chickadee” by Debbie Twiddy – 1999*

The rest of our holiday, though more expensive than the first part of it, was uneventful. The bear that demolished our campsite must have been an “educated” bear, as he went through the tents and several packs even though they had no food in them. Karen’s tent had a few items that we thought may have attracted him—some strongly-scented shampoo and soap, and a few medical supplies. We were just unlucky. Now it is all over except for the insurance claims.

***Official Fall 1999 Schedule of the Catarauqui Canoe Club***

**There is a \$5 non-member fee on paddling and overnight trips. This fee can be applied towards future membership. Guests remain welcome with no fee on non-paddling day trips.**

SEPT/OCT, Mon & Wed. WAR CANOE Instruction and Practice. Heather McNie, a master war canoe paddler will lead a paddle from the boat house starting at 6:30pm. In light of the enthusiasm generated by Kingston's first Dragon Boat Festival, Heather has contacted all Kingston teams to join us. Come on down – FREE for members, \$20 for non members. Call Heather at 376-1095 for details.

OCT WHITEWATER trips will take place every weekend in October on the Ottawa River. Call Geoff at 376-7660 for full details.

OCT. 2, Sat. A la Monty Python "TWIT" PARTY (closest translation, Nerd?) No paddler could take himself or herself seriously, the water is such a leveler! Jane proposes a local lake paddle, followed by a potluck supper party in the "twit" theme. (Jane is supplying the Spam.) Question is, would CCC members need ANY preparation? Jane has answers at 634-6859.

OCT 8 & 22. EVENING. CLIMB THE WALL in the Boiler Room Gym. Group discount. Please call Dave Kenny at 353-7391 by the Wed previous to confirm.

OCT.8-11 THANKSGIVING IN ALGONQUIN at Lake of Two Rivers. Don Siesling says we will still have Fall colours, and options to hike, bike or paddle from base camp. Arrive Friday or early Saturday for a fabulous weekend. Its planned to organise Thanksgiving turkey dinner for Sunday. Remember extra gear for cool nights. Don's number is 613-962-9988. Margaret is local contact and potluck coordinator at 542-9626.

OCT. 9, Sat. MOUNTAIN BIKE TRIP of approx. 30k. Janice plans a trip suitable for both novice and experienced cyclist, at a relaxed pace over gravel and backcountry roads. Mountain bikes recommended.

Details 542-9958.

OCT. 16, Sat. BELLROCK SWAMP PADDLE to harvest wild High Bush Cranberries which grow at waters edge. A lovely Fall day. Earth Mother Debbie Twiddy, knows the places to pick, and can give tips on preserving these edible berries. Call 374-1704 for details.

OCT. 23, Sat. MOUNTAIN BIKE TRIP North of Kingston on varied terrain. Don Seisling plans a 9 a. m. meet at Tim Hortons, Sydenham Road, but give him a call to confirm: (613) 962-9988.

OCT. 24, Sun. LAST PADDLE? on Mitchell Creek or Kingsford Dam Gary Birrell has thrown down the gauntlet (remember Dec. 6 last year!) A picturesque area at any time. Phone 389-5154.

**For Trip Schedule Updates . . .  
[Http://fox.nstn.ca/~nicholls/ccc.html](http://fox.nstn.ca/~nicholls/ccc.html)  
or the Hot Phone at 544-8375**

OCT. 25, Mon. 7-9 p.m. CCC ANNUAL GENERAL MEETING in the Delahaye Room of Kingston Public Library on Johnson Street. Business is brief, so there is time to enjoy a coffee and share pictures of that great trip. (The wilder stories being reserved for a local watering hole after the meeting!) See you there - please send a proxy if unable to attend. AGM details Margaret: 542-9626.

OCT. 30, Sat. GANANOQUE RIVER PADDLE weather permitting. Ed is hedging his bets, offering a hike at Charleston Lake Park if not. Call 389-4459, to see if its paddles or boots.

NOV 5 & 19. EVENING. CLIMB THE WALL in the Boiler Room Gym at a group discount. Please call Dave Kenny at 353-7391 by the Wed previous to confirm.

NOV. 6, Sat. BIG SALMON LAKE LOOP. This time definitely a hike, though if weather's gorgeous, you just might twist Bob's arm. He plans a fairly vigorous hike of approx. 18K. You will require good gear

to be prepared for all weathers. Bob Clooneys number is 384-4482.

NOV.14, Sun. NARROWS LOCKS TO GHOST TOWN hike on the Rideau Trail. This is Bob Tolley's section of the trail, so you mustn't mind if he hands you hammer or clippers, or asks you to go ahead and try (not) to get lost. Its still a nice hike - call 542-9626 to join in.

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**or the Hot Phone at 544-8375**

NOV. 21, Sun. FRONTENAC PARK HIKE with Regina, who has good knowledge of the trails, and will make the best choice for weather conditions. Check with Regina at 546-9326.

NOV. 28 Sun. FLAG POLE HILL HIKE 1. Larry Jenkins and Margaret Spicer have returned from globe-trotting with good ideas for hiking. They know two interesting routes to Flag Pole Hill in Frontenac Park. Call Margaret at 530-2308 for details on this one.

DEC 3 & 17. EVENING. CLIMB THE WALL in the Boiler Room Gym. Group discount. Please call Dave Kenny at 353-7391 by the Wed previous to confirm.

DEC. 4. Sat. GOULD LAKE East side trails. A short but rugged afternoon hike, to sharpen appetites and minds for the Millennium schedule. Phone Margaret: 542-9626.

DEC. 4, Sat. CCC CHRISTMAS SCHEDULE MAKING PARTY. Your host, has arranged the best gift of all at this busy time - NO COOKING! Barry Irish - Chef Extroidinaire - will prepare a magnificent repast (including door prizes) at \$5 a pop. Simply BYOB and creative thoughts. Give Barry ample notice at 549-7523. (Please call ahead with scheduling ideas, if unable to attend.)

DEC.12, Sun. FLAG POLE HILL HIKE 2. (See 1 above.) Larry will entertain you with tales of the Orient, even if the weather is not so hot! Call 530-2308 for details.

DEC. 19-25 approx. SKIING IN THE LAUREN-

TIANS. This is the third year Margaret and Bob have abandoned traditional seasonal excess, to enjoy the pure beauty and invigorating ski (hiking) trails of the Laurentians! Its not cheap, but we're hooked, and welcome the company of like minded souls. Phone 542-9626 for more information.

JAN 14 & 28. EVENING. CLIMB THE WALL in the Boiler Room Gym. Group discount. Please call Dave Kenny at 353-7391 by the Wed previous to confirm.

JAN. 9, Sun. LITTLE CATARAQUI CONS. AREA is known for well groomed ski trails, offering a good workout, within minutes driving time. Don Harris also knows it as the best local skating route. Join him for a skate and/or ski by calling 546-0842.

JAN. 15, Sat. TRIANGLE SKI CLUB (or wherever there is good snow). Each year Ed. has tried to introduce us to these highly recommended trails, located this side of Brockville (a small fee is required by the club). Each year this gallant attempt has been jinxed. Call 389-4459 to break the spell.

JAN. 22/23, Sat./Sun. TUPPER LAKE. Gail has the winning formula for a weekend that combines cross-country and/or Alpine skiing with an option to experience the Olympic bobsled run. Skating is also recommended in this superb area. Phone 549-3503 for an update.

JAN. 29/30, (Fri) Sat./Sun. ALGONQUIN PARK-CROSS COUNTRY SKI. Tom Stewart is also building on last year's success. He found good accommodation at \$50 per room (up to four people), that I believe includes breakfast. The East Gate Motel is next to an excellent series of trails, and even assisted with equipment for potluck dinner. Option to arrive Friday night greatly increases ski time. Tom's number is 389-4779.

**ADVANCE NOTICE.** Sherry Davy of the Brockville Paddlers, is contacting CCC and other paddling groups to gauge interest in a trip from Kingston to Brockville, camping on Provincial Park Islands, over the July holiday weekend. She has kayaked this herself, and would pace so that experienced canoeists and kayakers could enjoy paddling with the current. Check out her website at "www.davyatrecorder.ca", and watch this space for more details.