

Cataraqui Canoe Club

News

September 2000

Commodores Note

by Barry Irish

Hello fellow CCC members, another busy and successful paddling season has passed. Let's hope we have weather that is more suitable for our upcoming activities.

Thanks to the hard work and dedication of CCC sprint-racing volunteers, that program has had an outstanding year, with twenty-plus paddlers competing, and highly successful regattas staged. For the first time, sprint racing has generated a dollar surplus (approximately \$500), having in the past 10 years, run at an annual deficit. Congratulations to all concerned.

The recreational program continues to succeed (despite the weather!) with a full schedule of well-attended courses and events, and total club membership surpassing 300. Again due to hard working volunteers, trip leaders and enthusiastic participants.

However, since these groups comprise different interests with widely different goals and take place in different locations, there have been administrative problems. The work of the Board has become increasingly unwieldy attempting to do justice to both groups. Despite best efforts, communication has been inadequate, leaving room for misunderstanding and mistrust amongst both groups, which has led to conflict.

It has been difficult for busy racing members to try to operate through a board in another town. By the same token it has been difficult for the Board to accept responsibility and accountability at a distance. The tensions and division engendered by this situation has raised concern within the board and myself as Commo-



Saugeen River Paddle, August 2000

dore. There must be a better way of managing the interests of the club! At the June 28th board meeting, the motion:

"that the Cataraqui Canoe Club withdraws support for the Sprint Racing Program at Sydenham after the 2000 season and that the club offer support and encouragement towards the formation of a separate sprint racing club at Sydenham"

was put forward. The Board passed this motion, albeit by a narrow margin. We discussed the possible leasing of boats at token amounts, and what financial and other support could be offered to a new group.

It is to be hoped this issue can be positively resolved in the best interests of the majority of members. We need to hear your views – please send your comments to:

Barry Irish at 384-1492, 1147 Maria Ave., Kingston Ont. K7P 2W7 or to irib@kingston.net

You are also invited to a special meeting to share information and discussion on ways CCC could assist in the establishment of a Sprint Racing Club in Sydenham: **Monday Oct 23rd 7-9 pm in the Delehaye Room of the Kingston Public Library on Johnson Street.**

CCC Annual General Meeting

Monday October 30, 7 – 9 pm

Delahaye Room

Kingston Public Library on Johnson St.

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 1999 – 2000

Commodore	Barry Irish	384-1492
Vice Commodore	Margaret Wild (Milne)	542-9626
Secretary	Alan Nicholls	547-3781
Treasurer	Ed Jezak	389-4459
Past Commodore	Gary Birrell	389-5154
Board of Directors	Peter Kopp	546-9216
	Alastair Lamb	376-6953
	Grant Sutherland	376-1095
	Linda Tucker	634-0497
	Dukke van der Werf	384-6054

Committee Appointments

Trip Scheduling	Margaret Wild (Milne)
Boathouse Manager / Assistant	Bob Tolley (542-9626) / Mark Hughes (389-9936)
Equipment Manager	Don Harris (546-0842)
Recreational Program	Margaret Wild (Milne) / Dukke van der Werf
Flatwater Racing Program	Grant Sutherland / Alastair Lamb
Whitewater Program	Ed Jezak / Mark Hughes (389-9936)
Publicity	Peter Kopp / Linda Tucker
Telephone Listings	Judy Skeggs (374-3420)
Newsletter Editor	Rick Kirk (549-7152)
Webmaster	Alan Nicholls

Newsletter Contributions Welcome!

Members of CCC are invited to submit write-ups of their favorite CCC outings: outdoor adventure. 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. The newsletter editor can also be reached by email at 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 547-3781; or at the club address listed above; or at <nicholls@fox.nstn.ca>.

Saugeen River Trip

By John H. R. Bett, June 4 - 9, 2000

With some apprehension we set out for this adventure knowing our route took us through the now infamous Walkerton. We had a leisurely drive up in beautiful weather stopping to visit Wasaga Beach and the Blue Mountain Caves on the way to Southampton. The view of Collingwood and Nottawasaga Bay from the path through the caves was "awesome". The writer was sworn not to divulge who fit through the natural tunnel of "fat man's misery" and who did not. Our first night was spent at Southampton in a trailer park under canvas.

The following morning we drove to the dam to meet our shuttle. We left our vehicles at the place that would be the end of our trip, and were shuttled to Hanover. Our first day involved the lift over of two dams. Ordinarily these would have involved portages. Thanks to the strength of Peter and Ken we were saved this more arduous means of passing the dams. The second dam was at Walkerton where we stopped for coffee after assuring ourselves Tim Horton's had a safe source of water. The first night on the river was spent on an island. There was much debris in the trees high overhead along the river from floods that had inundated the river banks about four weeks before our arrival. On the upstream end of the island was a massive tree lying on its side from the flooding. Fatigue ensured a good nights sleep despite the knowledge this island had been underwater in the flood. Day two on the river brought us to Paisley where hot showers and fine dining in a local restaurant buoyed our spirits. The Municipal campground was well above the river up the bank. We were assured however that this area had also been flooded this spring and that the area where our tents stood was



Honest Officer I did not know . . .



navigable by motor boat only weeks before our arrival. Progress up to Paisley seemed slow. We missed the dock for the campgrounds and had to paddle back to it against the current, which was strong at this point. The parties who had retrieved the dock after the flood mounted it with the "Welcome to Paisley" sign facing the shore rather than the water.

The third day the current in the river increased as did the incidence and difficulty of the swifts and rapids. Peter tried to tell us we were nearing the end of our trip after we passed Saugeen Bluffs about mid morning. At the luncheon stop he wagered many beers that we were within a couple of miles of the end. Because of the slow pace to Paisley this seemed unbelievable despite the increase in the current. Mid afternoon we were all shocked to see Peter dancing wildly in the bow of his Canoe while Ken his paddling partner held on in disbelief. We rounded a curve in the river and the source of Peter's delight, and many beers, the dam that marked the end of our trip on the Saugeen came into view.

After refreshing ourselves with a good restaurant meal we drove north from Southampton to Sauble Falls. We made camp here and walked to the falls to see if we could find "the V". The following day we drove north to Lions Head and hiked a section of the Bruce trail. The rock formations and views of Georgian Bay were outstanding. At the end of the day we visited Sauble Beech on Lake Huron. Two nymphs are rumoured to have emerged from the lake. We shared a final campfire and retired for the night. The weather deteriorated overnight so we packed up in the rain. This was the first bad weather we had encountered. The good weather, the absence of insects, the varied spectacular scenery, and the cordiality of the group had us more than thankful for the opportunity to share a great trip!

Maniwaki Whitewater Weekend

By Dukke van der Werf and Alan Nicholls, August 2000

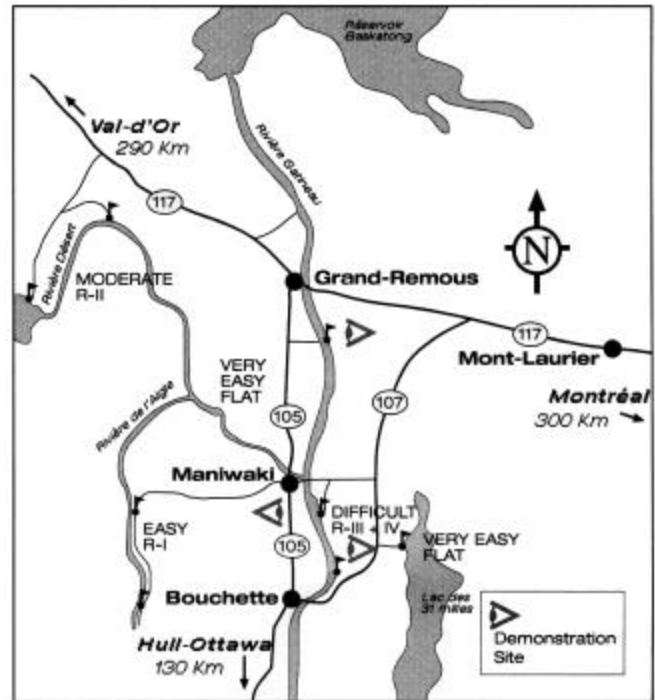
There it was: a pile of pamphlets and two large posters in the boathouse advertising the Upper Gatineau Whitewater Festival in Maniwaki, 130 km north of Ottawa. After talking around and advertising the event on the club website and telephone, five of us agreed to go on the trip — Ed, Dukke, Alan, Dale and Dale's sister Dena from Montreal.

The organisers promised paddling on rivers with rapids ranging from Grade I to Grade V, rafting, demonstrations and music. They would provide breakfasts and one dinner. Profits from the event would help a campaign against the proposed damming of the River Gatineau just downstream of Maniwaki to provide hydroelectric power and at the same time destroy the rapids in the vicinity.

Our plan was to camp in the grounds of the high school, go on shuttle buses, with our canoes carried on trailers, to the river we had selected, paddle the river and then return the same way. On our arrival on Friday, we went first to the reception tent. Although everyone around was speaking French, the man at the tent saw our Ontario licence plates, and spoke to us in English. Over the weekend we found the participants showed courtesy about language; and were willing to communicate in English, French or a mixture of the two. On the Saturday, Ed elected to paddle the difficult section of the Gatineau. As most of the rapids were beyond the scope of his open canoe (up to Grade V), he ran and played what rapids he could, and walked the others.

The rest of our party chose a 20 km trip down the Désert River, a river with twelve Grade II rapids, many of them technical, and just one portage. Altogether, 32 paddlers in canoes and kayaks went on the trip. The organisers arranged for a lead paddler, Jacques, and a tail-end paddler, Don, a wise precaution considering the number of paddlers. The party included a filmmaker, making a publicity film. From the start of the trip he sat in the middle of a canoe paddled by two other people, taking pan shots of the other paddlers.

We re-learned something about the prudent way to paddle in rapids — paddle slower than the river. With



short rapids, such as are found in the Kingston area, you can usually paddle forward and avoid obstructions, usually without problems. Not so on long rapids. On these rapids the canoe gains greater speed the further it travels, making it difficult to avoid obstructions. You have a choice of slowing down by using the back-paddle stroke or having an upset.

Halfway through a 600-metre rapid, going too fast for safety, we caught a rock at the edge and tipped the canoe. After what seemed a long time beneath the canoe looking at the green water, a loose water bottle and the rounded rocks moving beneath us, we separated from the canoe and started a bumpy journey floating 200 to 300 metres to the end of the rapid. The trip leader paddled with us reminding us to keep our feet ahead while we floated.

When we clambered ashore, we saw the filmmaker floating down the river, holding his movie camera above the water. He said afterwards that when his canoe tipped his only concern was to save his camera. Both he and the camera survived without damage.

We arrived at the campsite at 8 o'clock, changed into whatever dry clothes we could find (it had rained about two and a half inches in the afternoon and during our journey back) and satisfied our hunger with a supper which included the traditional pork and beans. Then

the music and dancing began — live music and singing and round dancing with a caller. The following day, Sunday, some of us still with sore muscles, we decided, together with two other paddlers we had met in Maniwaki, to paddle the Aigle River, with easy Grade I rapids. Jacques lent us his topo map. It took an hour and a half to arrive at the put-in spot, driving over dirt roads. We were in a provincial forest, consisting mainly of white pine. The river was narrow and winding, with high banks. As on the day before, the scenery was particularly attractive.

We arrived home late that evening after a great weekend. Are we going again next year? Certainly!

Georgian Bay Sea Kayaking

By Lynn Nolan

(A number of CCC members took advantage of Limestone School Board's excellent outdoor education kayaking trips. Carolyn Woogh made her fourth trip and kindly supplied pictures, David Forkes has been to Everglades and Georgian Bay, Margueritta Kluensch made three trips including Sagueney, Margaret Milne, Bob Tolley and Lynn Nolan to Georgian Bay. Lynn sent the following account:)

"I signed up for the July Adult Sea Kayaking on Georgian Bay and had a great time. The trip starts in Killarney and progresses through the surreal beauty of an ice sculpted land, where paddlers and bears are the only inhabitants. The destination Britt can be modified to suit weather and bear encounters!

We had 15 participants and 3 instructors, Robbie, Hanna and Jamie, and were well equipped with the school board's kayaks, tents, food and cooking equip-

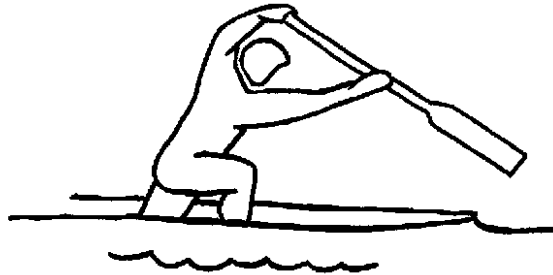


ment. We supplied our own sleeping bags and personal items. On the orientation day at Gould Lake we were divided into food groups of four, with whom we shared cooking duties for the next ten days. Lisa made great cinnamon buns from scratch, and I made fresh blueberry pancakes. The frequent potlucks were awesome — I had never before seen such tasty food prepared on a single burner camp stove. We ate breakfast, lunch and dinner from the same plastic container (with an occasional rinse). I'm considering trying this at home.

We generally paddled 16 km per day and, as Hanna did her best to protect us from open water and rough waves, we frequently tucked in behind pine covered, red granite islands, playing hide and seek with Georgian Bay down the coast from Killarney. When we were forced into the Bay proper the excitement began. All of the paddlers intrepidly faced the high waves, and even found enjoyment once we discovered that no one had rolled over.

We saw a black bear picking blueberries near our proposed campsite one afternoon and decided to paddle another few km, just in case. Bob and Margaret found a small bear in a tent on their August excursion in the same region. They were forced to move camp (consoled by moonlight paddle) before Mother showed up.

A great camaraderie develops when you spend 10 days helping each other set up tents, carry heavy bags, pack kayaks, and experience wonderful sunsets (not forgetting sunrises). As Margueritta commented 're-entry is always difficult' — it seems strange to talk with someone who isn't in your food or tent group! I'm hoping to go again — how about the Sagueney next year anyone?



Sprint Racing – “Year in Review”

by Bob Harding

In it's third season of rejuvenation, the year 2000 saw several positive developments for the Sprint Racing Division of the Cataraqui Canoe Club. An executive committee was formed consisting of: Chairperson Alastair Lamb; Vice-chair and public relations Bob Harding; Secretary Marie McKenna; Treasurer Bill Shepherd; Fund-raising chair Joanne Beatson; Equipment and course manager George Jones; Regatta co-ordinator Susan Bayly-Jones; Public relations and Recreation Committee rep. Brenda Law; Board of directors rep: Grant Sutherland. This group met on a regular basis and was instrumental in hiring a head coach for the summer season. Coel Kirkby, a Queen's student and former paddler from the Burloak Canoe Club in Oakville provided coaching to the youth members in two sessions per day. Midget paddlers Ryan Wood, Chris Harding and Devon Bayly-Jones obtained their Level I Coaching Certification and provided assistance to Coel throughout the summer. Heather McNie and Grant Sutherland provided a War Canoe program twice a week for interested members. The club continued its operation on Sydenham Lake using a rented tractor trailer for boat storage.

As well as hosting their regular summer regatta, the Sprint Racing Division also successfully hosted the Eastern Ontario Divisional Championship Regatta in which qualifying crews were selected to represent the Eastern Ontario Division in Provincial and National Championships. In addition, the club was well represented at the Ontario Provincial Championships, The Ontario Summer Games, The Cloverleaf National Bantam Championships, The Canadian National Championships and the Canadian Masters championships. (See individual results). The Club's goal for next season is to have a permanent building to provide boat storage and a focal point for training and other club activities. A big “THANK YOU” goes out to all

of our parent volunteers ... we couldn't do it without you.

Individual Race Results

Eastern Ontario Divisional Championships

Peewee

- Tom KcKenna - bronze - boys C-1
- Tasha Ostopovich - bronze - girls K-1
- Tasha Ostopovich/Megan Law - bronze - girls C-2
- Tasha Ostopovich/Megan Law - silver - girls K-2

Bantam

- Emily Shepherd/Tasha Ostopovich - silver - girls C-2
- Emily Shepherd/Tasha Ostopovich/Megan Law/Charlene Mckenna – bronze - C-4

Midget

- Emily Shepherd/Jordan Bayly-Jones - bronze - C-2
- Jordan Bayly-Jones - 6th place - 6000 meter

Junior

- George Jones/Coel Kirkby - silver - C-2
- Coel Kirkby - silver - C-1

Masters

- George Jones - gold - C-1
- Nick Bohac/Bob Harding - gold - K-2

Ontario Provincial Championships

Midget

- Emily Shepherd/Jordan Bayly-Jones 4th place - C-2

Masters

- George Jones - gold - C-1

Ontario Summer Games

- Tasha Ostopovich - bronze - C-1
- Emily Shepherd/Tasha Ostopovich - bronze - C-2

Cloverleaf Championships

- Tom Mckenna - 5th - C-1
- Tasha Ostopovich - 5th - K-1
- Emily Shepherd/Tasha Ostopovich - 5th - C-2

Canadian National Championships

Midget

- Emily Shepherd/Jordan Bayly-Jones - 11th - C-2
- Jordan Bayly-Jones - 13th - C-1 (6000 meter)

Masters

- Nick Bohac - 6th - K-1
- Bob Harding - 7th - K-1

Canadian Masters Championships

- Heather McNie - bronze - women's C-1
- Nick Bohac - 4th - K-1
- Bob Harding - 8th - K-1
- Nick Bohac/Bob Harding - 4th -- K-2

Official Fall 2000 Schedule of the Cataraqui 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. 23, Sat. FALL OPEN HOUSE held at the boathouse, from 1-3 p.m. An opportunity to inspect the club's fleet and year round schedule. New members joining at this time will be in great shape for Spring 2001, with membership honored to March 2002. More information from Joan 384-1492.

SEPT. 24, Sun. UPPER BREWERS LOCK TO MORTON Enjoy a river paddle with no portages, that includes a hike to Rock Dundar for spectacular views. Contact Margaret 542-9626.

SEPT. 30, Sat. DOG PADDLE ON DOG LAKE. Fall colours appear more intense with green left for contrast. David Forkes has a penchant for the unusual paddle. Rideau Trail members are invited to join in. David is at 634-5840.

OCT. 1, Sun. CATARAQUI TRAIL End-to-End 2000 Challenge by mountain bike. This should be our final ride, having divided the 104K into three sections. However, we do have maps, logbooks and applications left, if you would like to join in and cover the remainder another time. A \$10 fee supports the trail, you receive an End-to-End flash and certificate on completion. Or just come for the heck of it! Details from Bob 542-9626.

OCT. 7/8/9, Sat.-Mon. THANKSGIVING AT BON ECHO - turkey with all the trimmings and options to hike, bike or paddle amidst fall colour and dramatic scenery. Who could ask for more? With car camping you can pack extra gear for inclement weather, and bring your family. Contact Barry 384-1492 for the fine print.

OCT. 14, Sat. LYNTHURST TO CHARLESTON LAKE. One of Ed's best flat water paddles we haven't done in a while. Call 389-4459 to join a lovely Fall day trip.

OCT. 15, Sun. BELLROCK SWAMP PADDLE to harvest wild High Bush Cranberries which grow at waters edge. Earth Mother Debbie Twiddy knows where to pick and can give tips on preparing and preserving these edible berries which can be made into a delicious cranberry sauce. Be prepared to get your feet wet and muddy, and be ready to haul your boat over obstructions. Phone Debbie or Derek at 374-1704 for information.

Given the unusual weather patterns this year, please check with your trip leader to see if early Fall events might be a paddle or hike, and later events a hike or ski.

OCT. 21, Sat. PADDLE FRONTENAC PARK INTERIOR. Bob Clooney invites those with energy and strength from a season's paddling, to join him through beautiful park lakes connected by some longer portages. Please note there is a fee per boat or vehicle entering the Park. (At this point we teased Bob on member interest, but I know he will get many calls at 384-4482!)

Oct. 23, Mon. 7-9 pm. Sprint Racing Open Meeting. Delehaye Room of the Kingston Public Library on Johnson Street. Open discussion on the formation of an independent sprint racing club in Sydenham.

OCT. 29, Sun. OPINICON AREA. Possibly Dukke will paddle Hart Lake, or she may hike at Skycroft, depending on weather. Either options sounds great, call 384-6054 for the forecast!

OCT. 30, Mon. 7-9 pm CCC ANNUAL GENERAL MEETING in the Delahaye Room of Kingston Public Library on Johnson St. Our yearly meeting to give brief reports and elect Board Members. Please attend to support YOUR canoe club, enjoy a coffee, meet other members and share pictures of that great trip.

**For Trip Schedule Updates . . .
[Http://cataraquicanoe.on.ca](http://cataraquicanoe.on.ca)
or the Hot Phone at 544-8375**

Remember to send a proxy with another member if unable to attend. AGM details Margaret 542-9626.

NOV. 5, Sun. MALLORY TOWN LANDING. This is Joan's home turf and a new hiking destination for CCC. Phone 384-1492 to learn more.

NOV. 12, Sun. SLIDE LAKE LOOP from Perth Road. A Frontenac Park hike with Regina, who ensures participants a good workout. Regina is 546-9326.

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NOV. 19. Sun. GOULD LAKE EASTSIDE TRAILS. Challenging terrain in under 30 minutes drive. Call Margaret for detail on this afternoon hike: 542-9626.

NOV. 25, Sat. FLAGPOLE HILL in Frontenac Park, a deservedly favoured hiking destination. David Workman can tell you more at 353-1693.

DEC. 3, Sun. MYSTERY HIKE led by Ed Jezak (389-4459). An intrepid outdoors person, Ed is well qualified to make an interesting choice.

DEC. 9, Sat. CHRISTMAS SCHEDULE MAKING PARTY. Your host, Barry Irish, has again generously offered to prepare a magnificent repast (including door prizes) at \$5 a pop. Simply BYOB and creative thoughts, new members are especially welcome. There was standing room only last year, so give ample notice to 384-1492. Joan will arrange a local hike, so we can arrive in calorie deficit! (Please call ahead with scheduling ideas if unable to attend.)

DEC. 17, Sun. FRONTENAC PARK HIKE or alternate with Gary Birrell. Your chance to escape crazed shoppers for the real world - so why are most participants male? Phone 389-5154 for the answer.

JAN. 7, Sun. LITTLE CATARAQUI CREEK. Don Harris welcomes the New Year at this extensive local conservation area. Depending on weather, there are options to skate, ski or hike, with equipment rental

and hot chocolate at hand. Suitable for beginners and younger members. Reach Don at 546-0842.

JAN. 13/14, Sat/Sun. GATINEAU HILLS X-COUNTRY. Ed has chosen a superb destination where snow is (almost!) guaranteed. He is working on accommodation arrangements, so you may choose to make a day or weekend trip. Ed's number is 389-4459.

JAN. 21, Sun. SANDBANKS PROV. PARK X country ski trip. Gentle forested slopes with the lake never far away. There is a warm-up hut with hot chocolate. Probably suitable for beginners and young skiers. Check with Barry: 384-1492.

JAN. 27/28, Sat/Sun. ALGONQUIN PARK X COUNTRY ski. Tom Stewart has found good value accommodation at East Gate Motel, next to a series of trails in this park; famous for its rugged beauty. Breakfasts are included and Sat. evening is pot luck. Option to arrive Friday night greatly increases ski time. Tom's number is 389-4779.

Cycle Touring Eastern Ontario

by Rob Tolley

We were pleasantly exhausted after our 410 Km cycle camping trip lead by Gaetan Lessard, July 15-21 2000, but the load was only 10lbs heavier than our normal touring load - for me an extra tent & sleeping bag. Marg took the pans. The first day was dreadful weather - downpoured all day & night. We camped at Foley Mountain under the sheltered picnic area. We The 2nd day we struggled through the demanding but scenic terrain of the Lanark Highlands and some showers, staying at Sylvania Lodge with a beach & restaurant). Next day on through Lanark, Perth to Smiths Falls. Then we took some interesting back-country roads through Bishop's Mills to Prescott. Here we had a day off & toured a historic Windmill battle site & Fort Wellington. We came back along the St Lawrence, always managing to buy a large bottle of wine to go with camp dinners. Our last day we had a beautiful campsite overlooking a bay at Ivy Lea.

All in all, lots of fun, socializing and exercise! Who's up for tour next year Coburg to Cornwall, that Gaetan is planning?