

Cataraqui Canoe Club

News

April 2002

COMMODORE'S NOTE

Spring waters surge high (some relief from the drought?), and while whitewater enthusiasts are almost through their season, flatwater paddlers come into theirs. Preparations are under way for Open House, and we hope all members will find a few minutes to come on down. A great way to meet old friends and make new ones, enjoy refreshments, outfitter demos, and a door prize. Please invite any friends and colleagues who might be interested. (If you haven't renewed membership, this is a good opportunity, or you could download an application from the web).



GUY WITH THE SMILE

Bob Clooney, last year's open house door prize winner of brand new paddle donated by FRONTENAC OUTFITTERS. Now, if someone could only teach him what to do with it.

Kingston has a thriving canoe/ outdoors activity club, and CCC was represented at Kingston City Leisure Show.

You may have seen committee ads in the Frontenac Park tabloid, Kingston City Leisure Brochure, and Whig Spring Activity Guide, together with fine articles on the club.

One handicap they encounter, is a club logo that is no longer very distinctive or descriptive. They are actively seeking a new one that would actually feature paddlers, but possibly retain the Martello tower theme unique to Kingston. I know we have some wonderfully artistic members up for the challenge. The accepted design would not only reap honour and glory every time the logo appeared, but could even merit a year's complimentary membership!

See y'all at Open House!

Many thanks to everyone who took trouble to respond to CCC's visioning request. Replies ranged from paddlers who explained they only had time to store a boat with CCC, to ideas on paddling courses for disadvantaged youth. For members who might lack time for a day trip, we have added a Saturday afternoon 'paddling from the boathouse'. This is on a trial basis for the month of June from 2-5 pm, and will be continued if there is sufficient interest.

Your Publicity Committee (Peter Kopp, Barry Irish, Wendy Lloyd) have been working hard to ensure that all potential members are aware that

Margaret Wild.

NEWS FROM THE BOARD

On a sad note, the board donated to Hospice Kingston on behalf of CCC, in memory of Ed Jezak's wife Carol who passed away suddenly, to express condolences. We also sent flowers to Alan Nicholls who had a sojourn in KGH, but is recuperating nicely. Neither gentleman missed a beat in their work for the club – they just don't make them like that anymore!

Ken Pearce regrets that his hours of work do not

Cataraqui Canoe Club

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

Boathouse located at the foot of Cataraqui Street near the Woolen Mill
Call 544-8375, or check www.cataraquicanoe.on.ca
for current listing of events and information.

Executive and Board of Directors 2001-2002

Commodore	Margaret Wild	542-9626
Vice Commodore	Dukke van der Werf	384-6054
Secretary	Alan Nicholls	547-3781
Treasurer	Ed Jezak	389-4459
Past Commodore	Barry Irish	389-6334
Board of Directors	John Bett	544-2298
	Peter Kopp	546-9216
	Wendy Lloyd	544-4278
	Ken Pearce	384-5842
	Ray Wilson	382-7189

Committee Appointments

Newsletter Editor/Assistant	Don Harris (546-0842) / Ray Wilson
Recreational Scheduling	Dukke van der Werf (384-6054)
Courses & Clinics	Barry Irish / Wendy Lloyd
Whitewater Programme	Dugald Carmichael (542-8628) Ed Jezak / Mark Hughes (542-4798)
Publicity/Open House	Peter Kopp/Barry Irish/Wendy Lloyd
Boathouse Equipment & Activities	Don Harris (546-0842)
Boathouse Manager/Assistant	Robert Tolley (542-9626) - Mark Hughes (542-4798)
Webmaster	Alan Nicholls/Ed Jezak
Telephone Listings	Judy Skeggs (374-3420)

Newsletter Contributions Welcome!

Members are invited to submit writeups of their outdoor adventures (can be quite brief!), or other material of interest to CCC. If you have pictures to accompany the article, good care will be taken to return them. Stories can be mailed to the club, passed to any member of the executive or newsletter editor. Material may also be e-mailed to the editor: donharr@attcanada.ca

Has Your Address Changed?

Has your address (telephone no.) 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; to the club address listed above; or to nicholls@canada.com

permit him act as vice commodore, but we are happy he is able to remain on the board. We thank Dukke for accepting the position, and know she will do a great job.

We have learnt from Dugald Carmichael, our whitewater programmer, that there are new landowners on the lower Salmon River by Forest Mills. They gave permission for CCC to take the traditional short portage through the ir property this spring, but plan to turf the area, and do not wish us to cross it again. This could be a predicament if waters are exceptionally high, cutting off alternatives. New landowners above the waterfall were more welcoming, they invite us to sign the guest book if they are at home, but beware of the dogs if not!

We have quotes on strengthening the middle racks in the boathouse used for kayaks, and they should be installed by summer. We also aim to purchase another two recreational kayaks, primarily for paddling from the boathouse. If any member is selling, please let us know, we could be interested.

The Board would like to remind trip participants of their responsibility to ensure the leader is informed of their whereabouts if they leave the group. To do otherwise creates undue anxiety and hazard for the leader and other members of the group.

VELO CLUB CLINIC

The Kingston Velo Club is again running clinics that could be of interest to paddlers who cycle - after all, some lower body strengthening does no harm? In fact these clinics are being organized by no less than Linda Tucker and Gaetan Lessard, two well known

CCC padlers.

There is a \$5 charge per clinic (or free for KVC members - \$20 per year). Website: www.kvc.ca To register contact Gaeten: 549-8856, or Linda: 634-0497.

May 6th, 7pm, Gaeten's **Maintenance Clinic** (more then you ever wanted to know) is covering the Pre-ride test, basic adjustments, and assistance in technical issues for beginners. **May 13th**, 7pm, deals with demystifying more advanced and ongoing maintenance.

Linda's **Touring Clinics** are on-road experiences for the beginner cyclist - focus is on safety, improving individual and group riding techniques, and equipment. They take place 6.45pm: **May 23rd**, 10-20K, & **June 13th**, 20-30K. Helmets are required.

NOTES FROM THE EDITOR

SPRING

Ahh! Spring. A young man's fancy, etc. You don't have to be young. The warm west winds, the soft rain. Young girls with their new skipping ropes. Young boys with their skate boards, and new bikes. Sleeveless shirts. On the old/or new bike again. Riding down a city street, or country lane with the rush of wind in your face, and the warm sun on your back. Makes the years roll off to a younger time when you were free as a bird, and this wonderful machine, the bicycle, could take you wherever you wanted to go. Even farther in your imagination, and sometimes farther then you should have. Likewise the itch to once again launch your canoe, or kayak, to paddle again in a different world, natures, and enjoy the signs of all the new life just beginning.



“Chicka-dee”
By
Debbie
Twiddy

WHITE WATER

Someone asked an anonymous boater about his class IV comfort level and he answered something along the lines of "I'm comfortable that I can usually find an eddy to swim to." Thus, the interviewer was inspired to offer this:

International Scale of River Difficulty

Class I: Easy Fast moving water with riffles and small waves. Swimming is pleasant, shore easily reached. A nice break from paddling. Almost all gear and equipment is recovered. Boat is just slightly scratched.

Class II: Novice Straightforward rapids with wide, clear channels which are evident without scouting. Swimming to eddies requires moderate effort. Climbing out of river may involve slippery rocks and shrub induced lacerations. Paddles travel great distance downstream requiring lengthy walk. Something unimportant is missing. Boat hits submerged rock leaving visible dent on frame or new gash in plastic.

Class III: Intermediate Rapids with moderate, irregular waves that may be difficult to avoid. Water is swallowed. Legs are ground repeatedly against sharp, pointy rocks. Several eddies are missed while swimming. Difficult decision to stay with boat results in moment of terror when swimmer realizes they are downstream of boat. Paddle is recirculated in small hole way upstream. All personal possessions are removed from boat and floated in different directions. Paddling partners run along riverbank shouting helpful instructions. Boat is munched against large boulder hard enough to leave series of deep gouges. Sunglasses fall off.

Class IV: Advanced Water is generally lots colder than Class III. Intense, powerful but predictable rapids requiring precise swimming in turbulent water. Swimming may require 'must' moves above dangerous hazards. 'Must' moves are downgraded to 'strongly recommended' after

they are missed. Sensation of disbelief experienced while about to swim large drops. Frantic swimming towards shore is alternated with frantic swimming away from shore to avoid strainers. Rocks are clung to with death grip. Paddle is completely forgotten. One shoe is removed. Hydraulic pressure permanently removes waterproof box with all the really important stuff. Paddle partners running along stream look genuinely concerned while lofting throw ropes 20 feet behind swimmer. Paddle partners stare slack-jawed and point in amazement at boat, which is finally pinned by major feature. Climbing up river bank involves inverted tree. One of those spring loaded pins that attach watch to wristband is missing. Contact lenses are moved to rear of eyeballs.

Class V: Expert The water in this rapid is usually under 42 degrees f. Most gear is destroyed on rocks within minutes if not seconds. If the boat survives, it is in need of about three days of repair. There is no swimming, only frantic movements to keep from becoming one with the rocks and to get a breath from time to time. Terror and panic sets in as you realize your paddle partners don't have a chance in hell of reaching you. You come to a true understanding of the terms may-tagging and pinballing. That hole that looked like nothing when scouted, has a hydraulic that holds



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Natural Environment Canoe & Kayak Centre

18th Annual Massive Spring Sale

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you under the water until your lungs are close to bursting. You come out only to realize you still have 75% of the rapid left to swim. Swim to the eddy? What #%^&*#* eddy!?! This rapid usually lasts a mile or more. Hydraulic pressure within the first few seconds removes everything that can come off your body. This includes gloves, shoes, neoprene socks, sunglasses, hats, and clothing. The rocks take care of your fingers, toes, and ears. That \$900.00 dry suit, well it might hold up to the rocks. Your paddle is trash. If there is a strainer, well, just hope it is old and rotten so it breaks. Paddle Partners on shore are frantically trying to run and keep up with you. Their horror is reflected in their faces as they stare at how you are being tossed around! They are hoping to remember how to do CPR. They also really hope the cooler with the beer is still intact. They are going to need a cold one by the time you get out! Climbing out of this happens after the rapid is over. You will probably need the help of a backboard, cervical collar and Z-rig. Even though you have broken bones, lacerations, puncture wounds, missing digits & ears, and a concussion, you won't feel much because you will have severe hypothermia. Enjoy your time in the hospital, with the time you take recovering you won't get another vacation for 3 years.

Class VI: World Class Not recommended for swimming.

Thanks to
Debbie Twiddy



OTTER

BY

Debbie Twiddy

CCC OPEN HOUSE-MAY 7,8,9, Tue-Thu. 6:30-8:30 p.m. held in the club boathouse at the foot of Cataraqi Street. Your chance to exchange yarns with old and new friends, try out club boats, and win that door prize (courtesy Jack Wolfskin). Register for courses in **Learn to Canoe, Canoe Skills Improvement, & Kayak Touring.** Test paddle with Frontenac Outfitters on Wed., or Trailhead Thu. Evening. Any questions? Call Peter Kopp 546-9216.



Lost Again

Guess who the navigator is?

ORCA CERTIFICATION

The Ontario Recreational Canoe Association has developed comprehensive canoe certification courses for the serious paddler. CCC member Walter Sepic is certified to instruct Lakewater level 1 (basic), and level 2. He offers competitive rates to interested CCC members. Call 544-4451 or e-mail walt.sepic@sympatico.ca to ensure sufficient participation.

PADDLING FROM THE BOATHOUSE

Members are invited to paddle from the boathouse through the summer on scheduled evenings, there is no charge. This is a terrific way to wind down after the workday, hone paddling skills and try out club owned canoes and kayaks. This year we are asking that you **please sign the register** so we can track boat activity (and are sure not to lock out members after the paddle!!)

MAY 8 – 29. Wenesday, is the designated evening from 6:30-8:30pm. However, if you come after 7pm on Tue and Thu from May 14-30, you may paddle kayaks, or canoes not required for Learning-to-Canoe course.

JUNE 4 – AUG 29, Paddle Tuesdays and Thursdays from 6:30-8:30 pm.

JUNE 1 – 29, Interest in paddling from the boathouse has been growing over the past few years. The board has therefore decided to extend the paddling hours. During the month of June the boathouse will also be open Saturday afternoons from 2:00-5:00 pm. This is on a trial basis and depending on interest may be continued through July and August.

SEPT 4-25 Paddling reverts to Wednesdays from 6pm to dusk, depending on demand.

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.

LEARN-TO-CANOE COURSE: MAY 14-30, TUE & THU. EVE 6:30-8:30 p.m.

This three-week course is held at the club boathouse at the foot of Cataraqui St., using club equipment. The cost is \$20 for members and \$45 for non-members. Your instructors are seasoned CCC paddlers from extended tripping to whitewater, who offer the right blend of instruction and encouragement to build confidence in the beginning paddler. Register at Open House or call Barry Irish at 389-6334 or 539-4864 (cell).

SOLO & TANDEM CANOE SKILLS IMPROVEMENT: JUNE 5-19, WED. EVE: 6:30-8:30 p.m.

This three week course is held from the boathouse, using your own or club equipment. We are fortunate to have Walter Sepic, who is an ORCA Level 3 person to instruct. Walter will tailor the skills improvement course to match learning needs of participants. Cost is \$15 for members and \$30 for non-members.

Register at open house or contact Don Harris at 546 – 0842.

RECREATIONAL KAYAK TOURING

CLINIC. MAY12, 19 & 26, Sundays 1-4 pm.

(Raindate Mon. May 27) This popular clinic is an introduction to recreational kayaking for beginners. Held at the boathouse with your own or club equipment There is a \$10.00 fee charged for non members. Your instructor is Gail Pringle whose first love is flatwater racing and coaching. She is well qualified to cover paddling techniques, equipment choices, weather and safety aspects of touring. Dress warmly and bring a change of clothing. Gail stipulates that y-ou call her at 545-0319 to register. Please let her know if you will be need a club kayak, and give your choice of date (the clinics are identical).

For Trip Schedule Updates . . .
www.cataraquicanoe.on.ca or 544-8375

JUNE 9, Sun. CATARAQUI CANOE CLUB CLINIC held in Frontenac Park 10 am to 4 pm.

An opportunity for beginners to practice basic skills, safety maneuvers, and learn the fine points of equipment choice. The \$15 cost, plus parking fee, includes canoes and equipment. (Clinic fee waived for those bringing their own boat.) Register with the park: (613) 376-3489.

Paul Copeland, former owner of the local Trailhead, who is now owner of the new JACK WOLFSKIN store (corner Bagot and Wellington) is offering 10% discount to CCC members.

GARMIN GPS E-TREX VENTURE

New, last summer. Asking \$200.00
Complete with manual.
Call Don Workman — 384 – 4346

**OFFICIAL WINTER/SPRING 2002 SCHEDULE OF
THE CATARAQUI CANOE CLUB**

Change in activity may be necessary due to weather and water conditions. Check with the trip leader.

MAY 4, Sat. MADAWASKA WHITE WATER.

It's a long way to Madawaska! Be prepared for a long day, but the river will make it all worthwhile. Depending on the weather wetsuits may be required. Intermediate skills certainly are. For more information: Dugald Carmichael at 542-8628.

MAY 5, Sun. CYCLE TO BREAKFAST IN BATH. Rediscover that old bike and join Bob and Margaret for an exhilarating ride along the shore to breakfast in Bath. Total 40 km, or return can be extended to burn more calories. Call 542-9626 to join in.

MAY 19, Sun. LOCAL LEISURE PADDLE.

Tessa Clarke and Ken Feigelman own lakeshore property in Kingston Mills. They promise us a relaxing and enjoyable paddle only a short drive from Kingston. Anybody for a swim? Call: 542-7531.

MAY 26, Sun. RED HORSE TO GANANOQUI LAKE. No rapids and no portages! Just go with the flow! For details call Ray Wilson at 382-7189

JUNE 1-2, Sat-Sun. HART LAKE. This canoeing/camping weekend is a co-venture with the Rideau Trail Association. A good opportunity to get your body, mind and equipment in gear for the summer. The canoeing is easy with only one portage. The campsite is beautiful but primitive (no privies; bring a little shovel and be prepared to dig). There also is not a lot of space and the number of participants may be limited (first come basis). Book before May 27 with Dale Ross at 384-2959.

JUNE 2, Sun. GEOLOGICAL BIKE TOUR, an easy 60K exploring some of the geology sites around Kingston. This is a joint trip with the Kingston Velo Club in celebration of Bike Week. Departure is at 10:00 a.m. from City Park (near Court

House). For details, call Margaret Wild at 542-9626.

JUNE 8-9, Sat-Sun. WEEKEND CAMPING/CANOEOING TRIP ON THE LOWERMADAWASKA. Bob Cloony will guide us down the Buckbay to Griffith section of the river. This could be a day or weekend trip. There are idyllic, no-charge (very basic!) campsites to stay the night and boost energy and courage levels for the next day. This would be a good trip for beginners. The rapids have easy portages as alternatives to running them. Bob will need some experienced paddlers to assist him. Call him at: 384-4482.

JUNE 15, Sat. COLLINS LAKE. "Possibly", to quote the fearless leader Don Harris. The first bit of creek has one or two pull-overs (beaver dams). Short drive from the city. Information: 546-0842.

JUNE 16, Sun. FATHER'S DAY BIKE RIDE on the Cataraqui Trail. Meet in Sydenham for prompt 10 am. Departure, or Highway 38 at 10:30 am., giving 30 or 40K return with lunch in Camden East – your own or the Bookstore Café. (If Dad needs more challenge, suggest 80K loop from Kingston using Sydenham Road to approach, returning County Road 4 direction.) Margaret: 542-9626.

JUNE 22, Sat. UPPER, UPPER SALMON RIVER paddle led by Bob Clooney. There is scenery, swimming, flow and, yes, a tad of whitewater to wet the appetite. A day of fun for everyone! Bob can be reached at 384-4482.

JUNE 30, Sun. NAPANEE RIVER FAMILY PADDLE. This paddle includes some wading through shallow, rocky parts and will be enjoyed by young and old. We'll launch in Colebrook and after lunch (and a swim) at Barry's old stomping grounds will paddle back to Colebrook. Call Barry at 389-6334.

JULY 6 - Sat. RIDEAU LAKES PADDLE from Bedford Mills through Loon, Pollywog, Moquito and Benson Lakes, lunch and swim on an island, all without a portage. Call Janice 542-9958 for details.

JULY 14, Sun. BLOOMFIELD TO WESTLAKE, another family paddle with Barry Irish. This time we will swim on beautiful Sandbanks beach. Barry will provide a BBQ feast at \$6 per paddler. For details, call Barry at 389-6334.

JULY 20-21, Sat-Sun. PALMER RAPIDS BEGINNERS WHITEWATER SKILLS IMPROVMENT. This has always been a fun event for paddlers of all levels. Ed Jezak will instruct w/w canoe skills and Mark Hughes will lead, or assist with w/w kayaking. Some people may go up on Friday. Call Ed at 389-4459, or Mark at 542-4798.

JULY 20, Sat. FRONTENAC PARK INTERIOR LAKES. This six-lake and six-portage(!) expedition is a must for the intrepid paddlers amongst us. Have no fear! Bob Clooney will inspire us till the bitter end. Can we entice you with the promise of a picnic on an island with excellent swimming and no bugs? Will Bob Tolley take another long short-cut on that longest portage in the Park? Call 384-4482 for information.

JULY 27-28, Sat-Sun. CROTCH LAKE. Mark Hughes promises a new twist to this popular canoe camping trip. Short paddle to the campsite, short day trips may be organized. There are **NO PORTAGES**. May be suitable for beginners, families. Check with Mark. Anybody willing to go up on Friday to stake out the camp site? Call Mark at 549-4798

AUG 3-4-5, Sat-Mon. PLAYWEEKEND IN ALGONQUIN PARK with Beth Orr. Another favourite. Depend on Beth for play, fun and excitement. Call her at 389-6362.

AUG 4, Sun. 7-9 a.m. K-TOWN TRIATHLON. Each year CCC has been requested to help safety boat the swim portion of this exciting event. Every experienced paddler is asked to volunteer; kayaks are preferred, but canoes are also welcome. There is a T-shirt and packed lunch for your efforts, though nothing beats the satisfaction of helping a swimmer (boat must not move!). Ed Jezak will coordinate. If interested, call him at 389-4459.

AUG 10, Sat. MYSTERY OUTING FOR SEAKAYAKERS, with Don Workman. Basic level experience in strokes, braces, wet exit and self-rescue techniques is required. Location will depend on

weather conditions. Call Don at 384-4346

AUG 12,13,14, 15, Mon-Thur., PETAWAWA WHITEWATER. The Petawawa River is one of Ontario's finest, most scenic and best whitewater rivers. The trip begins at Lake Traverse in the East part of Algonquin Park and ends at MacManus Lake. Participants should have some whitewater experience. We will portage, run, track or line the canoes, depending on skill levels and water levels. There is one rest day in the canyon section of the Natch where there are trails to explore where the river winds around 300 ft. cliffs. Call Peter Kopp for further information at: 546-9216.

AUG 17, Sat. LYNDBURST TO CHARLESTON LAKE, with Bob Clooney. Last year's paddle to Black Rapids will be extended (after a 500 m portage and a gorgeous lunch site) into Charleston Lake. It will be a long day of paddling through interesting scenery and geology. Details: 384-4482.

AUG 18, Sun. FESTIVAL OF THE ISLANDS bicycle ride to Gananoque, approx. 60K return. This second weekend of the festival features recreation of a military camp and battles in the War of 1812. Call Robert at 542-9626 to join in.

AUG 18, Sun. SCHEDULE MAKING BBQ hosted by Dukke. There is more room in the yard than in the house. Help me pray for NO RAIN! BBQ will be provided (veg. option) at \$3 a person, simply BYOB, BYOL (lawnchair) and great ideas for fall trips. Lake Ontario is right there to tempt the swimmers. If you are unable to attend, call Dukke with your ideas. If you are coming to the BBQ, please call her well ahead. Tel.: 384-6054.

AUG 23/24/25, Frid-Sun. WHITEWATER FESTIVAL IN MANIWAKI, Upper Gatineau, Quebec. Grade 1-4 rapids are available, and entertainment is scheduled for Saturday. Thrilling tales of last year's festival are still circulating and causing adrenaline and/or goose bumps. Camping and meals are available at very reasonable cost. Call Alan Nicholls at 547-3781.

AUG 25, Sun. MORTON CREEK AND BEVERLEY LAKE PADDLE, the Don Harris special. Let's not miss the takeout at Lyndhurst and the best ice-cream going. Don's telephone no. is

546-0842

AUG 30/31, Sept 1, Sat-Mon. KAYAK TOUR OF QUINTE'S ISLE with camping at Sandbanks. Canoes are welcome, but remember this is a shipwreck coast, those rollers can be powerful! If conditions permit, we paddle Cherry Valley to Sandbanks, Wellington, Westlake, Point Traverse and the bird sanctuary on Swetman and Timber Islands. Also suitable as day trips, and cycling is excellent. Details from Margaret or Robert: 5432-9626.

SEPT 7, Sat, CHARLESTON LAKE CANOE/ KAYAK PADDLE with Joe Riede. What specifically does he have in store for us? Find out by calling him at (613) 342-1361.

SEPT 14-15, Sat-Sun. FRONTENAC PARK PERIMETER CAMPING/CANOEOING. Ed Jezak will lead this trip which could be shortened to a one-day affair. From Otter Lake we will travel through Desert Lake and Kingsford Lake into Devil Lake and to our campsite. The route home on Sunday will lead us through Big Clear, Labelle and Big Salmon Lake. Yes, you guessed it; there will be portages and lots of paddling! Ed can be reached at 389-4798.

SEPT 22, Sat. UPPER BREWERS TO MORTON. The Rideau water system will be quiet at this time of year. This is a very enjoyable paddle with a steep climb up Rock Dundar for a spectacular view of the surrounding scenery. No portages. Dugald Carmichael is in charge. Call him at 542-8628.

SEPT 28-29, Sat-Sun. SCHOONER LAKES. Participants have been raving about the scenery, campsite, company and the fun on this camping/canoe/kayak trip, with some interesting hikes. This transition into the fall season will, again, be masterfully orchestrated by Mark Hughes. Call the master at 542-4798 for details.

SEPT 28, Sat. FOURTEEN LAKES mountain bike tour. No, Gaetan didn't count any of them twice! Join this fun trip with Kingston Velo – Margaret is contact: 542-9626

OCT 6, Sun. DEPOT LAKES PADDLE from Third Depot Dam to First Depot Lake. Alan says it's a great trip and even offers guarantees of a) getting wet

and b) having immense fun in the process. Call Alan Nicholls at 547-3781 to see if he delivers!



EXPLORER LEIF ERICKSON

Kayaking the St. Lawrence

CCC PUNishment

Mrs. Davidson's dishwasher quit working, so she called a repairman. She had to go to work the next day, so she told the repairman, "I'll leave the key under the mat. Fix the dishwasher. Leave the bill on the counter. I will mail you a cheque. Don't worry about my Doberman. He won't bother you.....But whatever you do, do not, under any circumstances, talk to my parrot."

When the repairman arrived at Mrs. Davidson's apartment the next day, he discovered the biggest and meanest looking Doberman he had ever seen! But as she had said, the dog did not bother him. He just laid sprawled out over his dog bed that he had outgrown months ago. The dog glanced at the repairman once in a while..... However, the parrot drove him nuts. The entire time the bird screeched with his incessant yelling, cursing, and name calling!

That bird was relentless, which aggravated the repairman. Finally the repairman could not contain himself any longer. He yelled, "Shut up, you stupid, ugly bird!" To which the parrot replied, "Get him, Spike!"



**I KEEP TELLING YOU....IT'S NOT A BIKE
RUN!!!!**

Saturday September 8, 2001

By David Workman

On the spur of the moment, Linda and I decided to do an overnight biking loop from Kingston, Ontario over to Clayton New York and back through Gananoque. This would be a test for Linda's semi-new bike. She had just received it back from its 10,000 mile check-up. A new rack had been installed which I saw as she removed the sacred cycle from its dust free dome. She had once told me that she didn't like to get air on it. I saw her visibly cringe as the morning humidity touched the metal frame.

LAST MINUTE PREPARATIONS

"How many saddlebags are you taking?" I asked. "They're called panniers, Hoss – we're not going horseback riding" returned Linda. She's a real stickler for terminology. "I suppose those are specialized biking socks you're wearing" I said sarcastically as I peered at the little bicycle logos by her ankles. "Well, yes" she replied "what did you think - that cyclists wear everyday ordinary socks". "I was just kidding" I said. While Linda had her back to me I rolled my sports socks down to the

same height as hers. We saddled up the nags and set off, barely having time to grab a cinnamon bagel before catching the ferry to Wolfe Island. We sat upstairs keeping a wary eye on the bikes below. A small shudder went through the bench as we hit a wave.

"What was that – another one of your monstrous sneezes?" said Linda sarcastically. She is always mocking me for having perfected the silent sneeze. But that's all right as I'm secure in the knowledge that I'll have the last laugh when I'm hiding in the cupboard from the axe killing maniac. It won't be my sneeze that gives me away.



From Wolfe Island it was a pleasant ride to Van Horne's ferry. Here we were treated like royalty as our bikes were the only vehicles present on the trip across to Cape Vincent. I was quite sur-

TIM HORTON'S BREAKFAST

prised that Linda didn't take that opportunity to do bicycle laps around the empty ship. Clearing customs was a breeze. We were just waved through. I barely had time to conceal my firearms and fresh fruit.

Occasionally Linda will humour me allowing me to ride point, as was the case today.

I looked back to see her front tire drafting a hair breadth from my back tire and asked foolishly "Am I going too fast for you".

"Oh yes...most definitely" she replied, "my fedora nearly blew off at the last curve".

The constant mocking can be quite annoying. Linda took over the lead. We blew by several hundred scenic spots which would have been quite interesting to see but the leader had her

blindens on and we had to press on in the 34 degree temperature. Arriving in Clayton we checked out a clothing store as Linda had forgotten to pack a bathing suit for our hotel pool tonight.

“Don’t buy one on my account. Once you’re in the water, no one will notice” I said helpfully while getting the evil glare.

Linda modeled several for me. I polled the audience and the favourite was the thong, but Linda went with a purple costume which in my opinion, had far

much material. We over to Caddy Bar for went bor-



too material. headed the Shack lunch. I in and rowed menu

LAZY, HAZY DAYS OF SUMMER Linda
On the St. Lawrence

watched the bikes outside. Pizza looked good. I disappeared back inside to order leaving Linda outside in the heat. It must have been a million degrees out there and no shade. The pizza took a long time to make. After a while, the bar stool became uncomfortable and I was getting a little chilled from the air conditioning. I went out to check on Linda. She wasn’t feeling well. I told her I had to get back before someone took the beer that one of my buddies bought me. I could feel the evil eye boring into my back as I re-entered the bar to check on the football scores and chat with my barflies. The bartender filled our water bottles for us and even included ice. Delbert challenged me to a game of pool but unfortunately the pizza appeared at that moment. I scraped Linda off the pavement and we rode over to the park. The pizza was excellent. The next stop was the U.S. border crossing. Again we were whisked through and told we could not ride over the international bridges but had to walk our bikes up the pathways. The ramps were extremely narrow. Linda scraped her

knuckles on the sides while I smashed my hip several times on large steel pylons that were sticking out. It was a good 2k walk. We rode to the Canadian border. There was a patch of shade just before we started our second 2k walk on the Canadian Bridge.

“Hold up a minute” I shouted to Linda as I sat on the guardrail and drank from my water bottle. I removed my black helmet which seemed a little softer as if it were melting.

“C’mon!” yelled Linda, “You’ve been resting all day.”

This was news to me. “Resting? What are you talking about?” I asked slightly perturbed.

“Well...we just had a downhill stretch and several hours ago I saw you sitting down when I stopped to tie my shoelace” she said with conviction. Well, she had me there. I was busted. I turned bright red with guilt and shame.

Editor’s Choice

Needless to say, there is a lot more to this boring dialogue between two supposedly adults. However I wont go into the boring? details of the night spent at the motel in the sauna etc. Enough said.



A WELL DESERVED BREAK



THE CANADIAN SPAN?

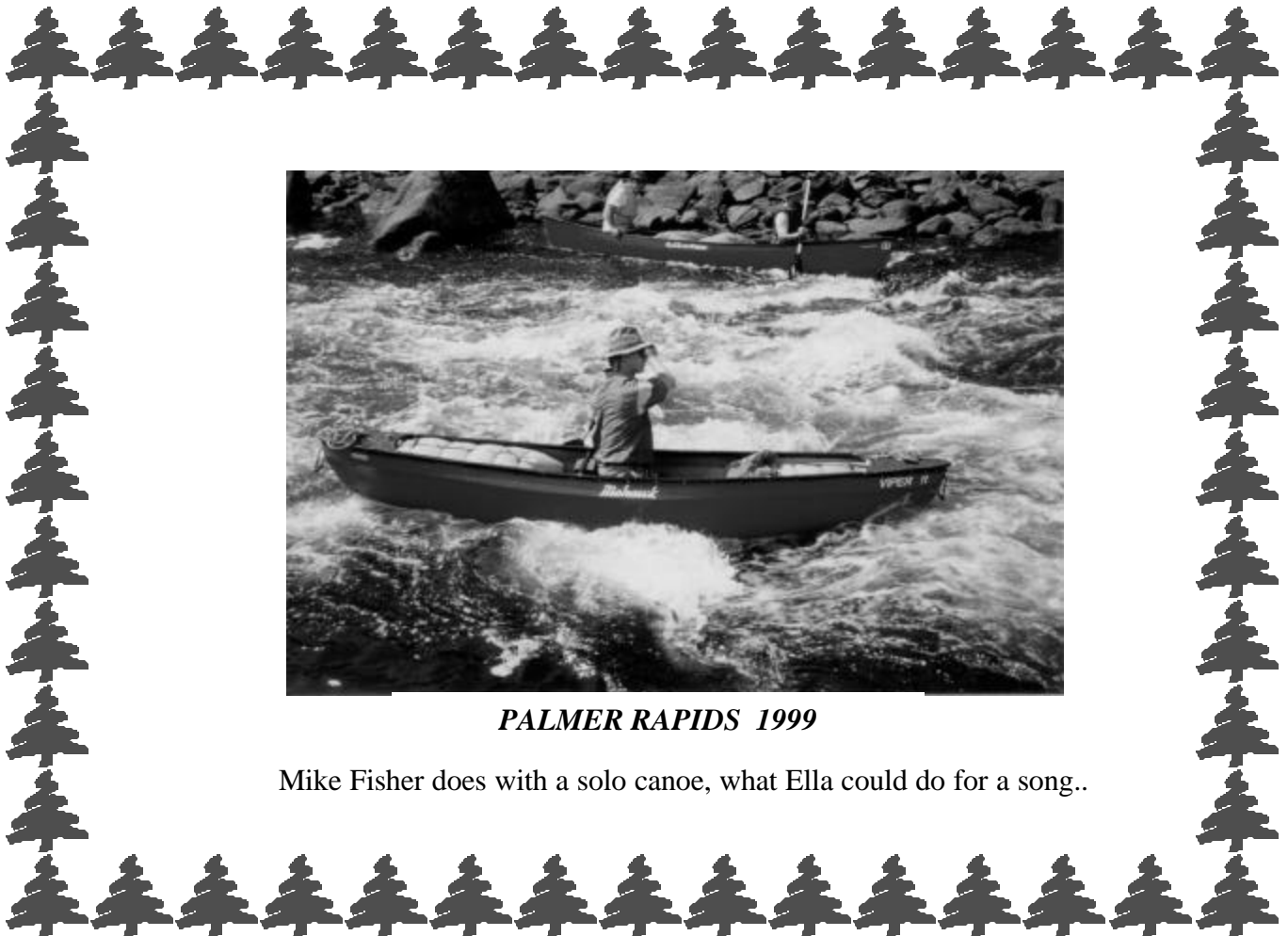
CCC EQUIPMENT RENTAL POLICY

Use at Boathouse: A member may borrow a canoe or kayak, together with paddles, lifejackets and safety equipment, without cost when the boathouse is open, if used only in the vicinity of the boathouse and returned by the time the boathouse is closed. Posted Safety Rules and the direction of Boathouse Officer must be followed. Use of equipment is restricted if needed for lessons or specially organized functions.

Club Trips: For a club sponsored trip, a member may rent a recreational canoe, or kayak with paddle and skirt for \$8 per day. There is no charge for installed floatation or required safety equipment. Canoe paddles and lifejackets are available at \$1 each per day. A member may rent equipment for the use of a non-member coming as a guest. *(Equipment may only be borrowed or rented in other circumstances with express permission from the board.)*

Record Book, Payment: A member renting equipment should complete an entry in the record book maintained at the boathouse. Payment for rental should be by cheque made payable to the club.

Care of Equipment: In renting equipment, the member agrees to exercise due care, and to repair or replace damaged or lost equipment.



PALMER RAPIDS 1999

Mike Fisher does with a solo canoe, what Ella could do for a song..