



# January 2017

## Commodore's Notes

I have just been elected the Commodore for the Cataraqui Canoe Club again, thanks for your vote of confidence. The organization continues to grow and prosper with a wide range of activities, and an enthusiastic group of participants. The organization has evolved over the years, there was once a racing group, they moved to Sydenham. Our white water group is quite small and past prime, but still excited about the activity. We have not been able to attract many younger adults, but the retired and near retired group is thriving. It was once a canoe club, now most members have kayaks. Canoes require a regular partner, kayaks allow more independence. We have debated including the word "kayak" in our name, but it would mean a bit of legal work to register it and little would be gained.

A year ago we were down a few members to serve on our club executive, we now have a full compliment. We have upgraded our club boats and the boat house over the last few years. Little more is needed, but we won't let it fall behind. Our storage spaces are full again, but there is frequently a turn over as members move away, so if you are in need of a space, call me and get on the waiting list. Our security camera has

## MEMBERSHIP RENEWAL 2017-2018



Forms & cheques due April 1, 2017!

The membership form is on the back cover of this newsletter, and can also be downloaded at [www.cataraquicanoe.on.ca](http://www.cataraquicanoe.on.ca)

been tested and works fine. The City of Kingston has spent a fortune upgrading the K&P trail by the boat house and it has become a lovely place to be. The water system will be winterized about the first of December and the washrooms will not be available for use till spring.

In as much as the paddling season is over, we continue to host a range of winter activities such as hikes, snow shoeing and social events. Our trip organizers are free to cancel or postpone any event due to bad weather or personal issues. They need that latitude if they are going to volunteer in the first place. Seldom is it a problem. That is why we never post the gathering location for our trips, sometimes last minute changes are needed and it is the only way to inform members. They can also advise members about the suitability of each trip about the length of the paddle, are the waters sheltered or exposed. Sometimes they arrange for members to crew in canoes for others. We intend to offer more camping trips next year.

Our spring scheduling party was held on December 10 and was a pot luck as usual. Many members come just for the social part, while the others planned our future activities.

- Commodore Steve Manders

# Spring 2017 Schedule of Events

All scheduled events are subject to changes due to weather or other considerations. Any changes will be posted on our website as soon as known. Request for modifications on the web should be addressed to our Webmaster, Matt Shepherd.

## February

### Saturday, February 4: Cataraqui Trail Outing and Social Gathering

A few hours of skiing/snowshoeing/hiking (weather dependent) on the Cataraqui Trail, starting from Ingrid's home on the northeast end of Sydenham Lake. Bring your lunch to enjoy early afternoon on the trail or later at Ingrid's where hot beverages will be provided to sip on in front of the fireplace. Contact Ingrid at 613 376-6787 for details (before 9 pm.)

### Saturday, February 11: Frontenac Park Swamp Hop

Frozen fens! Snowy slopes! Magical marshes! Once again Eric and Janice will show us the way, starting and ending at FPP Trail Centre. Depending on conditions, we may be hopping in hiking boots or on skis or snowshoes. Contact Janice at 613 542-9958 or [janice.ley@cogeco.ca](mailto:janice.ley@cogeco.ca).

### Sunday, February 12: World Famous Owl Woods on Amherst Island

Ski, snowshoe or hike (depending on weather) about one kilometre over level terrain. It is the best spot known to serious birders for owls, but nothing is guaranteed. Boreal, Sawwhet, Long-eared, Barred and Snowy owls are common. Many other birds will be at the feeders. We will want to car pool on the ferry, fees apply. Call Steve at 613 542-1054.

### Saturday, February 18: Hike, Ski or Snowshoe

Depending on conditions, this event might be northeast of Tamworth or north of Opinicon Road. Phone Dugald at 613 542-8628 for details.



### Saturday, February 25: Lemoine Point

Come and enjoy an easy, 5 km, ski or hike on easy trails close to home. Call Susan at 613 542-6146 (before 8 pm).

## March

### Saturday, March 4: Blue Mountain

This trip is a combination of trail and off-trail skiing/snowshoeing at Blue Mountain on the south side of Charleston Lake. The hiking trails leading to and from Blue Mountain are great for skiing and there are opportunities to stray from the trails to take in other points of interest. The ascent to the top of Blue Mountain is challenging and the view from the top is wonderful. Depending on snow conditions, we may ski down from the peak or scramble down on foot (carrying our skis). If snow is not sufficient for skiing, this can be a hike. Contact Jim at (613) 382-8682.



Massassauga, January 2015. Photo: Steve Manders

### **Saturday, March 11: Massassauga Back Country**

A fun day of winter adventure somewhere in or near the Massassauga back country domain of Janice and Eric. Activity will depend on weather and snow/ice conditions. Possibilities include skiing, snowshoeing, hiking, or even skating. For details contact Janice at 613 542-9958 or [janice.ley@cogeco.ca](mailto:janice.ley@cogeco.ca).

### **Saturday, March 18: Cataraqui Trail**

This stretch of the Cataraqui Trail near Chaffey's Locks is the former Canadian Northern Railway bed and is one of the most scenic stretches in Ontario. Wild life is abundant. There is a lot of railway history to be revealed along here. It will be a hike, snow-shoe or ski trip depending on the snow accumulations. Easy terrain, no hills or climbing. Contact Steve at 613 542-1054.

### **Saturday, March 25: Frontenac PP Hike**

From Clear Lake Road we shall hike on a road to the east boundary of the Park, then along a road allowance until we reach marked trails. We can hike the Hemlock Lake loop, or head toward Mink Lake lookout. The latter is a bit longer, and more demanding. It will depend on the weather, and the group's wishes. The total distance will be between 12 and 18 kilometres. Contact Ed at 613 389-4459 or [ejezak@bell.net](mailto:ejezak@bell.net).

## April

### Saturday, April 1: Parrott's Bay Hike

Come and enjoy an easy hike at Parrott's Bay Conservation Area to ease into spring. The hike will be followed by a scheduling party in the evening (see below). Call Susan at 613 542-6146 (before 8 pm).

### Saturday, April 1: Potluck and Scheduling

Join us for some fun at this potluck party to share stories and make plans for the upcoming paddling season. New members are especially welcome. Please phone Karen for details, a few days in advance, at 613 547-2691 (before 9 pm).

### Saturday, April 8: Paddle Lower Salmon River

Twelve kilometres, class I and class II whitewater. A good, and popular, first run for experienced WW paddlers, and suitable for less experienced ones or even beginners in a canoe with an experienced partner. Water will be cold, so dry-suits or wet-suits strongly recommended. Contact Steve at 613 542-1054.

### Saturday, April 15: Paddle Upper Salmon River

The Upper Salmon River (north of Tamworth) is a favourite early spring whitewater trip for the club. It is a very scenic small river with rapids up to Class IV. Water levels may be quite high at this time and water temperatures will be quite low. Appropriate whitewater experience and cold water gear are requirements. Contact Jim at 613 382-8682.

### Saturday, April 22: Verona to Colebrook Paddle

When raised by spring runoff, Hardwood Creek and Napanee River provide a secluded 18 km paddle, with a 19 km shuttle. Mostly flat water and gentle current, but includes about 300 metres of swifts with bouncy waves, at Petworth. Call Bob at 613 384-4482.

### Saturday, April 29: Paddle Massassauga Creek

Come and brave the cattails of Massassauga Creek! This scenic 12 km paddle is a CCC celebration of spring. Since there are always beaver dams to lift over and somewhat more challenging access for kayaks, the trip is more easily done in a canoe. We typically also do some hiking to scenic lookouts along the way, so be prepared for some rough terrain. Contact Janice at 613 542-9958 or [janice.ley@cogeco.ca](mailto:janice.ley@cogeco.ca).

## May

**Tuesday, May 2**

**Wednesday, May 3**

**Thursday, May 4**

### Annual Cataraqui Canoe Club Open House 6-8 pm at the Boathouse

This is an occasion when club members can meet to discuss past adventures and plans for the summer. The public is invited to see our boathouse and our boats, to meet our members, and to find out more about our club. If you have not yet renewed your membership or boat rental (due by 1 April), then this will be your chance to do so!



### **Saturday, May 6: Paddle Crooked Creek**

Nine kilometre paddle with an eleven kilometre shuttle. It includes a 600 metre off-trail hike to a 40 metre overlook. There might be two or three beaver dams to cross. Number of paddlers will be limited. We shall start at Knowlton lake and finish on Hollerford Lake, at Dessert Lake Road. Contact Dugald at 613 542-8628.

### **Sunday, May 14: Mother's Day Family Paddle**

We shall be on the Napanee River, upstream from Petworth, a sheltered and relaxing paddle. Spring flowers will be in bloom, and perhaps wild leeks and fiddle-heads. Moms with kids are especially welcome. Call Debbie at 613 374-1704.

### **Saturday, May 20: Paddle on Desert Lake**

Easy flat water paddle, about 20 km. Can be more or less depending on group. For more information contact Don at 613-374-1101.

### **Saturday, May 27: Paddle on Loughborough Lake (from Battersea)**

We will follow a shoreline in hopes of sighting rare cottagers in their natural habitat, performing activities in accordance with spring rituals. Paddle would be approximately 12 km, or longer for some. This would warrant a revival stop at the "CreekSide" post paddle. Call Dave at 613-376-6883.

## **Film Festival in Port Hope on Feb. 11**

A non-Club event of interest: Club members are welcome to attend the Reel Paddling Film Festival festival stop on Saturday, February 11th, at the Port Hope Capitol Theatre. Doors open at 6:00pm and the films begin at 7:00pm.

Several professional quality films will be shown, featuring epic expedition trips, adrenaline pumping whitewater runs, inspiring nature filled wilderness tours and fun, recreational family outings. Whether you canoe, kayak, SUP or just float, the Film Festival should have something to please and entertain.

This year, the festival is hosting a special guest, Traci Lynne Martin, who will be attempting to set a Guinness World Record for kayaking this summer through the Great Lakes system. Following a film and presentation featuring Traci, she be available during intermission and after the show to talk to those who wish to meet her.

Find out more, including ticket prices and lots of info about Float Your Fanny, at <http://floatyourfanny.ca>

## **We will not over-fill our boats!**



But trip organizers *can* sometimes connect interested members with another person to share a canoe, if they can't bring their own to an outing. Sometimes, we can even help with kayak transport!

Call well in advance and talk to the organizer!

# J-Strokes meet brushstrokes in the art of Sable Dog Paddles

Veronica Lloyd is a local artist working in a medium our members might be familiar with! As “Sable Dog Paddles,” she refinishes and paints old paddles to become (functional) art. The Cataraqui Canoe Club has contributed some paddles to Veronica in the past, and in exchange she provided our door prize for our 2016 Annual General Meeting!

## 1. When did you start Sable Dog?

I have always been an avid DIY'er. I have been refinishing wood paddles and furniture for years, just to give these things a little more personality or give them a fresh start. In the summer of 2015 I decided to try out a couple craft fairs as 'Sable Dog Paddles' and the response was overwhelmingly positive. Since then I've been doing my best to keep up with orders, I've been very fortunate.

## 2. Why paddles as a medium?

I always liked the idea of using paddles as decoration, the older the better. The natural aging of the wood after its been soaked in water and left out in the elements give it a great colour that I try to bring out in the refinishing process. I also like the stories people have when they pass on old paddles to me. My favourite paddle was a beautiful oak tripping paddle that someone had taken the time to stitch back together with copper wire, I can't be sure of the reasoning but it's fun to ponder and the copper turned out beautifully when refinishing.

## 3. Where do you get your paddles from?

The salvaged paddles come from all over the Kingston area, I call around to the local marinas, place ads on kijiji and frequent garage sales and antique markets looking for well aged paddles. My new paddles are made in Ontario by Redtail paddles, they come to me unfinished and I paint and seal them ready for the water.

## 4. Who typically buys your art?

All kinds of people, avid paddlers to people who just like cottage style décor.

## 5. Are the paddles still useable as paddles once painted?

For the new paddles, yes! The paint is an exterior acrylic and it is then encased in several layers of spar polyurethane. I discourage people from leaving the paddle soaking set of course and to keep them out of direct sun or outside in the freezing cold as with any paddle. The old paddles have already had their time in the water for the most part and while I use the same materials to refinish them, their purpose is for décor.

## 6. How can people see your work?

I predominantly use my Facebook page 'sabledogpaddles' as a means of communication with potential buyers. I often put up photos on the page or on Instagram under the same name. I have recently had paddles on display at The Kingston Collective, a store on Bagot St selling local wares. I hope to attend several craft fairs throughout 2017 and will update my Facebook page with upcoming events as they are booked.



# Financial Update: Finance Review

Our current set of by-laws (available on the web) require that:

The Board shall appoint a person, preferably a Club Member, to review the records of the finances and property pertaining to the Club and to make a report at the Annual General meeting.

In the past it was the task of the Treasurer to find a member able and willing to do this. In the previous two years I was able to convince Harry Burgstaller to perform this task. This year we found out that new regulations on Not-for-Profit Corporations (like us) would soon be put in place, which might force us to retain a Certified Public Accountant to do the review. (See Harry's article in the September Newsletter.) I spent some time trying to find a CPA prepared to do a review, and to determine the price of this service. I could not find one. I got two short interviews, but no offers. I did not try the two big firms, assuming that their fees would be beyond our means.

Running around trying to find a CPA, I did not make a major effort to find a Club member to do the review; and such review was not available at the last AGM. After the formal meeting I met Stephen Abbott, who volunteered to look at our financial records. His report is below. I, and the Club, thank him for his effort. (For which he will be awarded a free Club membership for the coming year!)



- Ed Jezak, Treasurer

## Financial Review

To the Board and Members of the Cataraqi Canoe Club:

At the Annual General Meeting of the Cataraqi Canoe Club on October 12, 2016, Treasurer Ed Jezak asked if a member would review his Treasurer's Report and give an opinion. I committed to doing this. Although not an accountant, I have run my own business for over 35 years and am familiar with the auditing process. However, **my review does not represent an audit** in the legal sense.

I have reviewed **all** the source documents, deposit books and cancelled cheques received/issued by the Club during the fiscal year ending March 31, 2016. I have also discussed with Ed his work process.

In my opinion the Treasurer's Report reflects fairly the financial position of the Cataraqi Canoe Club on March 31, 2016. No material modifications are required.

- Stephen Abbott

## Join us at the potluck!

Have your say in planning our next season's activities at the Potluck and Scheduling Party, **April 1, 2017**. See page four for details!





# Our New Member Liaison is here to help in 2017!

The Canoe Club Board is pleased to announce a new initiative for this year: Mary Buchanan has proposed, and we have gratefully accepted, to act in the new role of New Member Liaison for this year.

As long-term club members know, we have a dedicated “core” of returning members, but often see turnover with members in the 2-5 year range. This is often due to the nature of Kingston itself: the university, the base, and other major employers in the city have people who come to work and study, and whose tenure ends after a few years.

This doesn't account for all member turnover, however, and Mary is going to be looking into ways to better support and communicate with new club members in the coming year. Current plans include getting in touch with new members directly to see what their interests are and what drew them to the club, doing more to communicate which upcoming trips are suitable for novice paddlers (which not all new club members are, but some prefer to ease into trips), and to investigate more social opportunities, like barbecues at the Boathouse, for new members to get to know the more established members of the Club.

If you've joined the club this year, or in the past few years, free free to get in touch with Mary if you have any questions about the Club; if you're an established member and would like to help Mary in her efforts to make new members feel welcome and acclimate quickly to the Club and its activities, we welcome your involvement.

Thanks to Mary for taking this on – we're looking forward to seeing where it takes the Club!

## INSTRUCTION AVAILABLE!

**We offer training in basic and advanced canoeing and kayaking. Visit our website for details, or contact instruction coordinator Jim MacLachlan.**



# Customized Decals for Your Boat

A few canoe club members have customized decals on their boats. They can serve two important functions. Firstly, you want your new boat to look sharp and personalized. Secondly, anyone can pick up or paddle off with your boat and if you don't have some conspicuous marks on it, you will have a hard time recovering it. You may even catch a thief with it, they will say it is theirs, prove it is not, right then and there. Do you remember the serial number and where it is?

To get really classy and personalized weather resistant decals to decorate your boat, go to Trim-Line of South East Ontario. They are at 595 O'Connor Drive Kingston, not far from Lowe's Home Improvements. Phone them at (613) 389-8671 or go to [www.trimlinegraphics.ca](http://www.trimlinegraphics.ca). They have a large selection of fonts, colours, decals and they can put it on your boat for you, or show you how to do it.

- Steve Manders

## All this could be yours!

Our Facebook page is ready to go, but before we publish it, we need a Facebook page manager to help us reach new audiences and attract new members. Duties are minimal (posting photos and updates periodically, and triaging questions to the appropriate board member for follow-up). If you're on Facebook regularly with a few minutes a week, email [info@cataraquicanoe.on.ca](mailto:info@cataraquicanoe.on.ca) and Matt will give you all the details. Thanks, Facebookers!



## Club Member Art

Club members have myriad hidden talents! If you create art you'd like to share in this space, email [matt@shep.ca](mailto:matt@shep.ca) and we'll schedule it for an upcoming newsletter!



*Deer*  
by Debbie Twiddy  
Drawn from a photo  
taken on the trail

# Time for a Tick Talk

## Tick Identification



	Black-legged (deer) tick	Dog (or wood) tick
Colour	Dark brown to black, females have an orange/red back	Red-brown with white markings on back; elongated body
Size	Adults are 3-5mm long	Adults are 4-6mm long
Lyme	Must be attached to a human for a minimum of 24-36 hours before Lyme Disease can be transmitted	Not known to transmit Lyme Disease

Courtesy Northwestern Health Unit

There is a home test kit out now to determine whether or not that the black legged tick that burrowed into you after your last hike has Lyme disease or not. It is called Care Plus in a white and red box. (Borrelia Bacteria Indicator). You take the tick and place it into a small vial, crush the tick, add some test solutions and wait for a colour change. The test kit give results in 10 minutes and has a shelf life of 18 months. They claim to have a 95 % reliability. The cost is about \$20. At positive test means it is time to see your doctor for sure, a negative test means that you should still be observant for subsequent symptoms or not. About 1/3 of the adult ticks in our area carry Lyme disease.

Ticks and other biting insects are attracted to dark colour clothing, it resembles their traditional meals. They also show up better on plain light colour clothing. Insect repellent seems to work with them. This has become a serious matter for all of us.

- Steve Manders



CATARAQUI CANOE CLUB  
 Box 1882, Kingston ON K7L 5J7  
 Boathouse: 1 Cataraqui St.  
 (North of the Woolen Mill)  
 info@cataraquicanoe.on.ca  
 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  
 Matt Shepherd  
 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*

# 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)