

# Cataraqui Canoe Club

# News

May 2009

## COMMODORE'S NOTE – BOARD NEWS

By Carolyn Bonta

**T**hroughout the winter, although paddling season was over for most of us, outdoor activities and desktop work continued.

Unfortunately, this winter's unpredictable weather led to several trip cancellations. Only the desktop work continued, focussed this winter on updating and simplifying the trip leader's resource guide. The new guide will provide more detail on the mechanics of trip leading, because often "who" (the trip leader) knows "what", "when" and "where" (the trip), but isn't quite sure of "how". This has been identified as a barrier to trip leading by potential volunteers. The Board hopes to have the new guide available on our website sometime this spring or early summer.

This winter, our phone message line shut down on us. When we were finally able to access the line, the Board opted to replace the recorded schedule with a more generic message. It appears that most trip participants either refer to this newsletter or to the website for trip information, and phasing out the recorded schedule is one way of reducing our workload with – hopefully – minimal impact on member services. As with anything we do, the Board appreciates feedback on our actions; please let us know if you are affected by this change.

The Club is far overdue to replace the locks on the boathouse, but this spring we will install a combination key/punch code lock on the entry door and will contact members storing boats to exchange keys. Remember, you have to be fully paid-up to store your boat at the boathouse: with storage space in demand, either pay your dues or lose your spot!



*Brock Kopp in Baby Falls, Tellico River, 2009 – Photo from Colin Money Penny*

As my previous Commodore's Notes emphasized, volunteers are the Club's most valuable asset. There are so many ways that members can get involved and contribute to our organization. As one way of easing volunteers into their duties, and to complement the new trip leader's guide, we are starting a mentoring program that pairs experienced trip leaders with new leaders, to help them plan, organize, and lead Club trips.

We are still desperately seeking a Vice Commodore for the Club, for further information, see page

8 in this issue. This position, in itself, is not difficult – at this time, it would bring the Board up to a full ten members, thereby helping to reduce the overall workload of individual Directors. More importantly, we need a leader for next season, when my two-year term as Commodore ends.

Recently, there has been interest in kayak instruction beyond the basics that the Club has been offering.

DAY OF CANOEING...(Continued on page 8)

**Cataraqui Canoe Club**

PO Box 1882

Kingston, Ontario K7L 5J7

Boathouse located on Orchard Street near the Woolen Mill

Call 613 544 8375, or view [www.cataraquicanoe.on.ca](http://www.cataraquicanoe.on.ca), for a current listing of up-coming trips and events**Executive and Board of Directors 2008 – 2009**The Board can be reached at [cataraqui\\_canoe\\_club@hotmail.com](mailto:cataraqui_canoe_club@hotmail.com)

<b>Commodore</b>	Carolyn Bonta	613-531-4578
<b>Vice Commodore</b>	Position Vacant	
<b>Secretary</b>	Heather McGaw	613-353-6537
<b>Treasurer</b>	John Telgmann	613-531-5156
<b>Past Commodore</b>	Ed Jezak	613-389-4459
<b>Board of Directors</b>	Maureen Beamish	613-374-3449
	Peter Hodgson	613-544-7944
	Phil Jacobi	613-389-1340
	Debbie Twiddy	613-374-1704
	Jennifer Spencer	<a href="mailto:jennifer.ccc@hotmail.com">jennifer.ccc@hotmail.com</a>

**Program Appointments**

<b>Newsletter Editor</b>	Sharon Ferguson – 613-384-3044 – <a href="mailto:editorcccnews@gmail.com">editorcccnews@gmail.com</a>
<b>Recreational Scheduling</b>	Jennifer Spencer – <a href="mailto:jennifer.ccc@hotmail.com">jennifer.ccc@hotmail.com</a>
<b>Boathouse Manager/Assistant</b>	Phil Jacobi – 613-389-1340, and Mark Hughes – 613-372-5989
<b>Instruction</b>	Peter Hodgson – 613-544-7944
<b>Hiking</b>	Gary Birrell – 613-389-5154, and Beth Orr – 613-389-6362
<b>Skiing</b>	Ed Jezak – 613-389-4459
<b>Whitewater Program</b>	Dugald Carmichael – 613-542-8628, and Mark Hughes – 613-372-5989
<b>Membership Secretary</b>	Debbie Twiddy 613-374-1704
<b>Volunteer Coordinator</b>	Sue Lynch – 613-634-4177
<b>Publicity and Special Events</b>	Maureen Beamish – 613-374-3449
<b>Telephone Listings</b>	Judy Skeggs – 613-374-3420
<b>Webmaster</b>	Alan Nicholls – 613-547-3781

**Newsletter Contributions Welcome!**

Members of the Cataraqui Canoe Club (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. If you have one or two pictures to accompany the article even better. Email the articles and pics to the News Editor at [editorcccnews@gmail.com](mailto:editorcccnews@gmail.com).

**Has Your Address Changed?**

Has your mailing or e-mail address changed? We want to stay in touch with you and make sure that you receive the newsletter. Please forward changes in mailing/email/phone number to the membership secretary at 613-374-1704; or to the club address above.

**CATARAQUI CANOE CLUB  
PADDLING SESSIONS**

*At the Boathouse — 1 Cataraqui Street*

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**INTRODUCTION TO CANOEING**

*Saturday, May 23, 2009 from 8:30 a.m. – 5:30 p.m.*

*Location: CCC Boathouse*

**\$20.00 Members**

**\$45.00 Nonmembers**

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**CANOE SKILLS IMPROVEMENT**

*Sunday, May 31, 2009 from 8:30 a.m. – 5:30 p.m.*

*Location: CCC Boathouse*

**\$15.00 Members**

**\$35.00 Nonmembers**

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**INTRODUCTION TO KAYAKING**

*Dates to be Announced*

**CHECK THE WEBSITE OR COME TO THE  
OPEN HOUSE, MAY 5-7, 2009**

**\$5.00 Members**

**\$10.00 Nonmembers**

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**INTRODUCTION TO SEA KAYAKING**

*Dates to be Announced*

**CHECK THE WEBSITE OR COME TO THE  
OPEN HOUSE, MAY 5-7, 2009**

**\$5.00 Members**

**\$10.00 Nonmembers**

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**FOR DETAILS – CALL PETER HODGSON – 613-544-7944  
OR VISIT THE WEBSITE – [www.cataraquicanoe.on.ca](http://www.cataraquicanoe.on.ca)**

**OR DROP IN AT THE OPEN HOUSE, TUESDAY TO  
THURSDAY, MAY 5, 6, & 7, 2009, 6-8 pm**

**CCC EQUIPMENT RENTAL POLICY**

**Use at the 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 if returned by the time the boathouse is closed. Posted Safety Rules and the direction of the Boathouse Officer must be followed. Equipment is restricted if needed for lessons or organized functions.

**Club Trips:** For a club sponsored trip, a member may rent a club-owned canoe for \$12.00 per day, or rent a kayak for \$10.00 per day. There is no charge for paddles, life jackets, kayak skirts, installed flotation, or required safety equipment. Members not renting a boat may rent paddles or lifejackets at a cost of \$1.00 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 otherwise with express permission from the Board.)*

**Record Book, Payment:** A member who rents equipment should complete an entry for all items in the record book at the boathouse. Remember to account for each paddle, lifejacket, and safety kit. All rentals will be payable to the Cataraqui Canoe Club.

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

**CATARAQUI CANOE CLUB  
PADDLING FROM THE BOATHOUSE**

*Members are invited to paddle from the boathouse throughout the summer at scheduled times without charge. This is a terrific way to wind down after the workday, hone paddling skills, and try out club owned canoes and kayaks. Please sign the waiver, and detail boat identity in the register. You should be familiar with posted Boathouse Paddling Guidelines.*

**PADDLING SCHEDULE**

**Wednesday Evenings, May 13 – May 27, 6-8 p.m.**

**Tuesday and Thursday Evenings, June 2 –  
August 28 6-8 p.m.**

**Saturday Afternoons, June 6 – August 29, 2-5 p.m.**

**Wednesday Evenings, September 2 –  
September 30, 6 p.m. to dusk.**

**A DAY OF CANOEING THAT DID NOT GO AS PLANNED. . .  
FRONTENAC PROVINCIAL PARK**

*By Josephine Matyas*

**T**he weather could not have been more ideal: clear, blue skies, the warmth of sunshine on an early August day, and not a breath of wind. The surface on Big Salmon Lake in Frontenac Provincial Park was flat, without a ripple in sight. For a day's outing, these were the types of conditions that a flatwater canoeist dreams about.

We had a fairly new 15.5-foot Royalex canoe – lightly loaded with towels, snorkelling gear, a small backpack holding snacks and drinks, and a well-behaved dog. Just two of us in the vessel – bow and stern. This was to be the perfect day on the water: we put the canoe in at the end of Big Salmon Lake Road and started to paddle the length of the lake, savouring the day. But even the best laid plans can go off the rails, and in less than an hour we'd find ourselves flailing in the middle of the lake, canoe at the bottom, gear either bobbing about or rapidly sinking into the dark water. This is a story about paying attention to safety.

One of the nice things about living in Kingston is that in a short drive you can experience a whole other world at our wealth of lakes – and one of the more accessible and beautiful spots is definitely Frontenac Provincial Park, a patchwork of Canadian Shield granite outcrops, vast wetlands and deep lakes. According to Larry Showler, the owner of Frontenac Outfitters Canoe & Kayak Centre, Frontenac Park is the most southern *threshold* wilderness park in all of Canada. The park's perimeter has felt outside pressures, but the interior of the park is still pristine wilderness.

No motors are allowed on the 22 lakes of this park and if you want to stay overnight, all of the 48 campsites are interior sites – you'll need to hike or boat in to set up your tent. But for our day trip, we were planning to paddle on gorgeous Big Salmon Lake. Our goal was to travel the length of the lake and go over the short portage (490 metres and one small hill) to Labelle Lake. It's a short, lazy paddle across Labelle to the next portage marker. We'd heard that if you walk about 10-feet to the left of the marker and hike up the rock face, there's a great lookout spot.



*Island View – Photo Beverley Labrecque , 2008*

We'd been paddling just under an hour when our border collie mix, Rigby, shifted from one side of the canoe to the other. She usually lies on the bottom, enjoying the ride, but decided to get up and have a look around. What happened next, happened with alarming speed. One of us overcompensated for the shifting weight, the canoe tipped and immediately swamped and in seconds we found ourselves in the water with all our gear (including the PFD's we were *not* wearing – we're both lifeguard-level swimmers . . . go figure) bobbing around us.

Within seconds I knew we were in trouble – nothing was unfolding as it should. The dog was confused, paddling around in the middle of the lake. Our gear was caught in subtle surface currents and started to float out of reach, in all directions. But, most alarmingly, within 15-seconds our water-filled canoe tipped nose down and started to rapidly sink to the bottom, à la Titanic. Craig was holding tight to the bowline – he was following conventional wisdom, keeping the canoe close to us so we could flip it and “stay with the boat”. But, neither of us knew that there was a manufacturing flaw in the boat and that instead of being unsinkable (as per Canadian laws and regulations) this canoe would fill with water and head for bottom in record time.

The speed at which the sinking happened cannot be overstated. What happened next was one of the most terrifying moments of my life. Craig continued to hold on to the bowline, not even thinking that it was possible the canoe could sink. Within seconds, the sinking craft was pulling him underwater and – as he struggled and gasped to the surface for breath – it looked to me as though he was drowning. He was trying to save the

## MARCH BREAK – WHITEWATER PADDLING IN TENNESSEE

By Peter Kopp

For the past 2 years, members of the CCC have gone south in March Break to Tennessee and to North Carolina for a week of whitewater paddling.

The motivation for this trip was provided by a grass-roots whitewater canoe festival called “A’int Louiefest”, named mainly because the leader who “ain’t organizing it” – Louie, refused to have the festival named after him. He was only partially successful. Up to 100 solo boaters from Canada joined American boaters with different paddlers coming and going each day of the 9 days, depending on their holiday time. 99% of the whitewater boats are solo boats (one person whitewater canoes) mainly because they are more manoeuvrable in the dozens of creeks flowing out of the Smoky Mountains on the Tennessee and North Carolina side. Kayakers are called ‘butt-boaters’ at Louiefest but the occasional kayak does make an appearance on the trips without being harassed...too badly.

The rivers range from wider Class 2-3-4 rivers to steeper Class 4 creeks. Of more than 16 rivers, all within 2 –3 hours of Lenoir City near Knoxville, Tennessee, we have only paddled six rivers in two years. Each river can have 3-5 sections of whitewater, each section being a day-paddle. It is harder to find an easier Class 2-3 section than it is to find Class 3-4 sections but it is possible with some research and asking questions to locate the flatter Class 2-3 sections. Some of the more famous rivers are the Ocoee River, the Nantahala River with the Nantahala Outdoor Centre (NOC) and the Chatooga River, made popular in the movie Deliverance. The Tellico River with flatter Class 2 sections at the bottom of the mountain, Class 3-4 in the middle and a section called ‘the Ledges’ at

the top, with 7’, 10’, and 14’ doable waterfalls, offers something for all skill levels. A paved road following the river makes scouting from the car possible and provides an unlimited number of put-ins or take-outs.

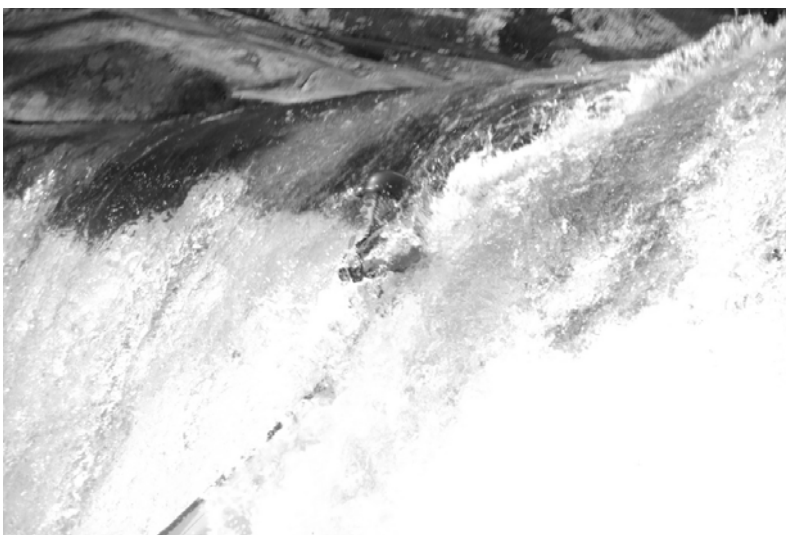
On the 16-hour drive south from Kingston, the snow quickly disappears and the grass turns from brown to light green to dark green in Tennessee. Temperatures on a sunny day are typically in the mid 60’s with the occasional day above 70 deg F. At night it would range in the low 40’s with the chance of frost at higher elevations. Accommodation is a choice of motels, tenting, towing a trailer or renting a cabin. The cabin

option offered us the comfort of drying out neoprene and paddling clothes at night. Wet suits, a dry suit or dry pants and a dry top are required as the air temperature may be warm but the water temperatures are still cold, more like our April-May water temp.

One of the attractions of whitewater in the southern states is the abundance of paved back roads (with no






pot holes!) and riverside parking lots at put-ins and take-outs. GPS coordinates are available, and even shuttle roads show up on GPS car units. Kingston bike touring groups have also made an annual trip south in March to enjoy excellent road biking in neighbouring Georgia and South Carolina.

Last year we had a CCC group of 5 paddlers with 5 days of paddling ending in a Friday night dinner in Asheville, North Carolina with live bluegrass music and mountain clog dancers. This year we had 6 paddlers and with the aid of vitamin “I”, adhesive tape, duct tape, Absorbine Junior. and moleskin, paddled 6 consecutive days. A week away in mid-March makes the winter seem a little shorter and leads straight into the start of our spring whitewater season here in late March. What a great time to get away. For stories on Tennessee check with Gary, Barry, Ed, Dugald, Brock, Don or Joanne.



Brock Kopp in Esquif Detonator on a 14 foot drop on Baby Falls, Tellico River in Tennessee— Photo Colin Money Penny, 2009

**WHITEWATER CLASSIFICATION** from [http://en.wikipedia.org/wiki/International\\_Scale\\_of\\_River\\_Difficulty](http://en.wikipedia.org/wiki/International_Scale_of_River_Difficulty)

		<p>Class 1: Easy.</p> <p>Waves small; passages clear; no serious obstacles.</p>
		<p>Class II: Medium.</p> <p>Rapids of moderate difficulty with passages clear. Requires experience plus suitable outfit and boat.</p>
		<p>Class III: Difficult.</p> <p>Waves numerous, high, irregular; rocks; eddies; rapids with passages clear though narrow, requiring expertise in maneuvering; scouting usually needed. Requires good operator and boat.</p>
		<p>Class IV: Very Difficult.</p> <p>Long rapids; waves high, irregular; dangerous rocks; boiling eddies; best passages difficult to scout; scouting mandatory first time; powerful and precise maneuvering required. Demands expert boatman and excellent boat and good quality equipment.</p>
		<p>Class V: Extremely Difficult</p> <p>Exceedingly difficult, long and violent rapids, following each other almost without interruption; riverbed extremely obstructed; big drops; violent current; very steep gradient; close study essential but often difficult. Requires best person, boat, and outfit suited to the situation. All possible precautions must be taken.</p>

**DAY OF CANOEING ...** (Continued from page 4)

canoe, and I was trying to save him – trying to reach around from behind and keep his head above water. I began to call for help and a canoe in the distance came to assist us. Craig let go of the bowline; the canoe sank to the bottom (in about 110-ft of water, we later learned).

Our rescuers loaded our dog into their already-full canoe; exhausted, we held on to the gunwales and they took us to shore near Dry Point. Our canoe was gone, our gear was gone. We were alright, although shocked. Our rescuers had no more room in their canoe, so after dropping us on dry land they paddled back towards the put-in spot, hoping to find a cell phone signal so they could call a report in to the park rangers. We started a three-hour hike, bushwhacking through the Canadian Shield, wading through bogs and swamps, cutting across brambles, trying to find a pathway and our way back to the main roadway. We had a topographic map, given to us by our rescuers – this was an enormous help.

By the time we made it back to our car, the park rangers had already been out looking for us. We filed an incident report with the assistant park superintendent (his first reaction was: “You can’t sink a canoe! Impossible.”) He learned differently when he heard our story and the story of the other canoeists who’d watched the events unfold.

The take away lessons? Even the strongest swimmers should wear PFD’s . . . and even in the calmest, most perfect of conditions. Dogs should not be tied to the thwarts or seats – ours was not, but if she had been she would have drowned with the canoe before we’d had a chance to untie the leash. A friend who is a canoeing enthusiast later told me how she’d often lashed her toddler’s car seat into the canoe . . . If one of us had become tangled in the long bow line, we would have been pulled under and drowned. Finally, important items, like car keys, wallets, identification, etc. should be popped into a watertight, floating canister.

We’ll be back out on Big Salmon Lake this summer – hoping for another perfect weather day like the one we had two summers ago. But this time we’ll be in our PFD’s from the moment we push off from shore. And you can bet that I’ve already taken my new, red, Kevlar canoe out into the lake and given it a “test-tip,” rest assured should we end up swamping again, I’ll know just how it will perform in emergency circumstances.

Frontenac Provincial Park is oh-so close to home ... but you’ll feel like you’re a million miles away. Head north on Sydenham Road, jog through Sydenham village and continue north on County Road 19 (Bedford Road). Watch for Big Salmon Lake Road and the signs for the park entrance. [www.frontenacpark.ca](http://www.frontenacpark.ca)



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### **Kingston Locations**

**West End Kingston — 795 Gardiners Road  
Tel: 613-384-2002**

**Downtown Kingston— 166 Wellington Street  
Tel: 613-547-2797**

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[www.thepeakexperience.ca](http://www.thepeakexperience.ca)



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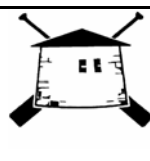
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# **Cataraqui Canoe Club of Kingston**

## **VOLUNTEER OPPORTUNITY Immediate**

### **Vice Commodore**

Are you a Cataraqui Canoe Club member with a comfortable understanding of the organization? Would you like to learn more, get involved, and further develop the Club? Are you a natural leader? Our volunteer Board of Directors meets monthly to discuss current issues and make decisions and changes that benefit the membership. The Vice Commodore participates on the Board and provides support to the Commodore, as required. Typically, the Vice Commodore will later seek election for the 2-year term of Commodore. Directors are usually elected at the fall Annual General Meeting but, throughout the following term, Board members may approve members to fill vacancies. For further information on joining the Board of Directors as the Club's Vice Commodore, please contact Carolyn Bonta, Commodore at 613-531-4578.

Carolyn Bonta, Commodore ~ Cataraqui Canoe Club of Kingston  
Phone: 613-531-4578  
E-mail: [bonta.johnson@sympatico.ca](mailto:bonta.johnson@sympatico.ca)

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#### **COMMODORE'S NOTE...***(Continued from page 1)*

Sometime this summer, we are hoping to offer sea kayak instruction.

For now, why not kick off the new paddling season by dropping by our annual Open House – 6-8 pm on May 5, 6 and 7 – to meet other members, check out our fleet of Club boats, sign up for paddling instruction, volunteer for Boat-house Duty, and learn more about what the Cataraqui Canoe Club has to offer. See you there!



*Sheffield Hiker – Art By Debbie Twiddy, 2009*



***Official Spring/Summer Schedule for 2009, of the Cataraqui Canoe Club***

Change in activity may be necessary due to weather or water conditions. Check with the trip leader. Changes with enough lead time will be posted on the website version of the schedule: <http://www.cataraquicanoe.on.ca/events.html>.

**IS THIS ACTIVITY RIGHT FOR ME?** Is it within my limits of fitness and skill? Do I have the right clothing, footwear and equipment? What water, food and protectants should be included in my pack? What are the potential risks, and do I accept them? Is there a health problem that could affect my participation? Am I aware of strategies to minimise impact on the environment?

Your leader can help with these and other questions when you call, and at the same time describe the plan for the activity. Also, at the designated meeting place you will be required to read an outline of the activity and the anticipated risks, before signing a waiver. Good preparation and safety awareness on the part of each participant makes a trip less risky and more enjoyable for all.

There is a \$5 fee for non-members on paddling trips and overnight trips. Guests are welcome at no charge on non-paddling day trips.

**MAY 24, Sun. ROCK DUNDER PADDLE & POTLUCK.** Come and paddle a scenic stretch of the Rideau Canal, climb Rock Dunder above Morton Bay for a stunning view, and return by a different route for a potluck dinner. 8 km paddling and 1 km trail-walking (steep in places). Call Maureen 613-374-3449.

**JUNE 6-7, Sat - Sun. HART LAKE CANOE-CAMPING.** 40 km driving, 6 km paddling and 200 m portaging brings us to a beautiful campsite on an undeveloped lake. A marvellous place to relax, with Loughborough Creek and/or Crow Lake waiting to be explored. Call Dukke 613-384-6054.

**JUNE 7, Sun. FRONTENAC PARK CANOE CLINIC.** Come out to beautiful Frontenac Pro-

vincial Park to learn different paddling strokes or to refresh your basic canoeing skills. This course, which runs from 10 am to 3:30 pm, will also cover safety manoeuvres and will discuss equipment selection and trip planning. Cost is \$10 plus the park entry fee; participants must register in advance through Frontenac Park at 613-376-3489. Members requiring equipment may rent a Club canoe with PFD's and paddles for \$12. For information or to arrange a boat rental, call clinic instructor Carolyn Bonta 613-531-4578.

**JUNE 14, Sun. MELLON LAKE PADDLE.** A short paddle down Mellon Creek brings us to a deep secluded lake, which is 4 km long and has only 15 cottages. Most of the shoreline is crown land (part of a provincial conservation reserve). Granite ridges near the lake are home to Ontario's only lizard, the five-lined skink. No portages, no shuttle. Options to swim and/or scramble up to a scenic overlook. Call Phil J 613-389-1340.

**JUNE 20, Sat. LOUGHBOROUGH LAKE PADDLE.** Where else can you leisurely paddle past so many islands, find a lovely picnic area on shore for lunch, and find good swimming spots? Steve M will lead the group through this sheltered, leisurely paddle. Call Steve at 613-542-1054.

**JUNE 27, Sat. ROCKPORT TO IVY LEA CANOE AND KAYAK PADDLE.** You are invited to paddle up the St. Lawrence River from Rockport to Smugglers Cove and Ivy Lea. After lunch on Ash Island, we shall paddle back to Rockport via Fiddler's Elbow and Lost Channel. Spectacular granite scenery and magnificent mansions! Co-leading will be Susan F. Call Jim 613-373-2847.

**JULY 4-5, Sat.-Sun. BEGINNERS' WHITE-WATER PADDLING.** Palmer Rapids on the Madawaska River has probably initiated (and baptized) more paddlers than any other stretch of whitewater in Canada. For a modest fee, we camp right beside the rapids. Call Ed at 613-389-4459.

(Continued from page 9)

for canoeing, or Mark H 613-389-3115 for kayaking.

**July 5, Sun. MORTON TO LYNDHURST PADDLE.** A scenic 18 km paddle on Morton Creek, Lower Beverley Lake and Lyndhurst Creek, with a lunchtime visit to Delta. No portages, and the shuttle is only 6 km. Bring your lunch or buy yummy burgers and ice cream in Lyndhurst. Call Margaret at 613-542-9626.

**July 11, Sat.  
R I D E A U  
L A K E S P A D -  
D L E & B B Q  
P O T L U C K .**

Janice L invites us to paddle ~12 scenic kilometres through Loon, Pollywog, Mosquito and Benson Lakes, stopping on an island for lunch and a swim. No portaging; 3 km car shuttle. Call Janice 613-542-9958.

**JULY 12-16, Sun.-Thurs. DUMOINE WHITE-WATER CANOE-CAMPING.** Once again, (7<sup>th</sup> year running!), Peter K will lead this whitewater adventure on the Dumoine River in Quebec, with Class 2-3 whitewater. The Dumoine is the only river in southern Quebec to make its entire journey to the Ottawa River free of dams, and is now threatened by hydro development. Access is by float plane or logging road. Call Peter 613-546-9216.

**JULY 19, Sun. LYNDHURST TO KILLING-BECK LAKE PADDLE.** Spend the day on the water with this vigorous 21 km paddle on five scenic lakes, three of which are connected by Lyndhurst Creek. There will be two portages (480

m and 360 m), with a car shuttle of 11 km. Call Bob C 613-384-4482.

**JULY 26, SUN. BIG RIDEAU/ADAM LAKE.** Head out to explore some of the hidden bays and small lakes around Adam Lake and Murphy's Point Park area of the Big Rideau. The paddle will be a loop of between 8 and 12 km depending on conditions, followed by a potluck BBQ at Carole's lakeside home on Adam Lake. Approximately 90 km drive from Kingston to beginning of route. Call Carole at 613-267-5523 or Maureen at 613-374-3449.

**AUG 2, Sun. K-TOWN TRI-ATHLON.** Capable paddlers (preferably kayakers) will be needed to monitor the swimmers, starting in front of City Hall at 07:00 and finishing about 10:00. To volunteer, call Runners' Choice 542 2410 or e-mail: [mike@ktowntri.com](mailto:mike@ktowntri.com). If you want to use one of CCC's kayaks call Ed Jezak 613-389-4459.

**AUG 9, Sun. SOUTH OTTER LAKE TO KINGSFORD DAM PADDLE.** This paddle is about 13 km. Depending on water levels there are may be a couple lift-over's or portages and certainly a few beaver dams to see. Bring lunch and be ready for a swim. There is a store at Dessert Lake for ice cream, soft drinks. Call Bob at 613-384-4482.

**Trip Leaders use the waiver found at:  
[www.cataraquicanoe.on.ca/waiver.pdf](http://www.cataraquicanoe.on.ca/waiver.pdf).**



*(Continued from page 10)*

**AUG 10-15, MON-SAT. LIEVRE RIVER WHITEWATER PADDLE AND CAMPING.**

The Lievre River is a scenic whitewater river in a remote area of Quebec north of Tremblant and Mont Laurier which offers abundant Class 2-3 rapids. Campsites are less developed. A prerequisite for this trip is experience on the Dumoine or comparable whitewater. Call Peter 613-546-9216.

**AUG. 15, SAT. THOUSAND ISLANDS KAYAK-CAMPING.**

Kayaking in style around the Admiralty Islands, such as Beau Rivage. Paddle approx 10 km into campsite. Paddlers are welcome to arrive on Saturday to join us for a day trip. Call Margaret 613-542-9626.

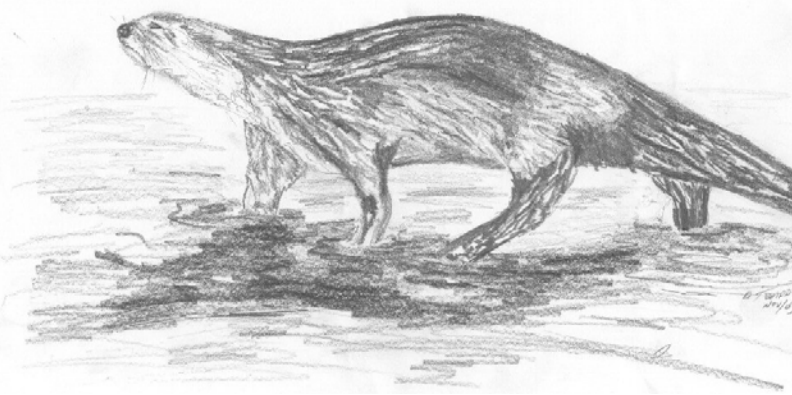
**AUG. 23, SUN. SHEFFIELD LONG LAKE TO HORSESHOE LAKE PADDLE.** An easy 12 km paddle up the beautiful Salmon River, "Jewel of Eastern Ontario". Stop at a pretty spot on Crown land for lunch and a swim! Some gentle current to negotiate, and a liftover at the outlet of Crotch Lake. The car shuttle is 14 km. Carolyn and Solveig will be co-leading. Please call Solveig at 613-634-6899.

**AUG. 29, Sat. UPPER BREWERS MILLS TO MORTON PADDLE.** This scenic 17-km paddle includes an optional swim and a short trail-hike to a spectacular viewpoint atop Rock Dunder, 80 m above Morton Bay. Call Margaret 613-542-9626.

**SEPT. 5, Sat. DESERONTO TO PICTON PADDLE.** Paddle this picturesque straight run on the Bay of Quinte down Long Reach with refresh-

ments and fine food at the take-out in Picton. Call Jim 613-373-2847.

**SEPT. 5-7, Sat.-Mon. EELS CREEK CANOE CAMPING.** Carolyn and Jane will lead an outing to Eels Creek north of Stony Lake in the Kawarthas. Highlights will be spectacular High Falls and the remarkable prehistoric carvings in marble bedrock at Petroglyphs Provincial Park and the Saturday evening birthday party for Carolyn, of course! Please call Jane at 613-634-6859.



**SEPT 13, Sun. PUZZLE LAKE PADDLE.** A day with 2 hours of paddling and portaging to the north end of

Puzzle Lake and Loyst Lake. Then lunch, perhaps a swim, a bit of photography and more paddling. Bring your cameras for this late summer day on the water. Call Steve 613-542-1054.

**SEPT 19, Sat. FRONTENAC CHALLENGE.** For those hardy souls, join in on this six-portage, six-lake outing in beautiful Frontenac Park. Call Jim 613-373-2847.

**SEPT 25-27, Fri-Sun. SCHOONER LAKE CANOE CAMPING.** Come and enjoy a blissful paddle-camping weekend. Glorious lakes on crown land in the Madawaska Highlands, with plenty of creeks and crags to be explored! Participants can arrive either Friday or Saturday. Saturday travellers will coordinate travel plans with Jane K. Contact Steve to attend this relaxing fall camping weekend 613-542-1054.

**Membership and Boathouse Storage Fees due April 1, 2009.**  
See Page 12, for Renewal Form

**CATARAQUI CANOE CLUB OPEN HOUSE**

*At the Club Boathouse, 1 Cataraqui Street  
Tuesday to Thursday, May 5, 6, & 7, 2009, 6-8 pm*

**CATARAQUI CANOE CLUB MEMBERSHIP FORM**

Please mail this completed form with your check to:  
Membership Secretary, Cataraqui Canoe Club of Kingston  
P.O. Box 1882, Kingston, Ontario K7K 5J7

Persons to be included in a club membership, ending March 31, 2010. Include only active participants. Date of birth required for those under 18, and requested for others.

Family Name \_\_\_\_\_ First Name(s) \_\_\_\_\_ Date of Birth \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please tick appropriate boxes:**

New Membership ☐ or Membership Renewal ☐

Single membership \$35 ☐ or Family membership \$60 ☐ Boat Storage Fee Included \$ \_\_\_\_\_

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

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

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

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

E-mail address \_\_\_\_\_ I prefer to receive newsletters electronically ☐

**Volunteer of Services to the Club**

I would like to volunteer and help the club with its activities ☐

☐ Leading trips/ instruction

☐ Boat house duty

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

☐ Other (i.e., 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 to abide with the club's boathouse and safety rules.

**This application is for club membership fees to March 31, 2010.**

A check to cover the fee(s) is attached.

**Signature of applicant** \_\_\_\_\_

**Date** \_\_\_\_\_

**Second signature** \_\_\_\_\_

**Date** \_\_\_\_\_

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