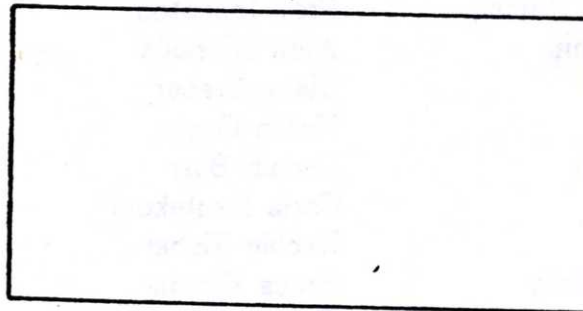


## NEWSLETTER

### Cataraqi Canoe Club

P.O. Box 1882  
Kingston Ont  
K7L 5J7



# Cataraqui Canoe Club

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Kingston Ont  
K7L 5J7

## Officers

Commodore	Dennis Burr	549-7316
Vice-Commodore	Alan Nicholls	389-4026
Secretary	Carla Deutekom	549-7316
Treasurer	Bruce Kirton	384-1474
Past-Commodore	Mike Fisher	386-3159

## Board Members

Diane Creber	386-3400
Fred Johnston	386-3568
Debbie Fisher	396-3159
Karen Orgee	547-3783
Tom Sylvester	389-1320

## Committee Chairman

Flatwater	John Mitchell	389-5326
Whitewater	Dennis Burr	549-7316
Flatwater Racing	Fred Johnston	386-3568
Membership	Alan Nicholls	389-4026
Safety	Diane Creber	386-3400
Publicity	Karen Orgee	547-3783
Equipment	Dennis Burr	549-7316
Editor	Carla Deutekom	549-7316
Social	Debbie Fisher	386-3159
Water Safety	Bruce Kirton	384-1474
X-Country Ski	Dennis Burr	549-7316
Cycling	Tom Sylvester	389-1320
Archivist	Fred Johnston	386-3568

## COMMODORE'S MESSAGE

Another year has come full about and my term as Commodore has just about ended. I would like to take this opportunity to thank all the people who have supported me this past year, in particular the other members of the Executive and Chairmen of the various committees. Many of you will never know the amount of work that they have done to make this club function. Thank you one and all.

Again this year the club has a long string of accomplishments. One only has to re-read the past issues of the newsletter to see that the club is broadening its horizons. This year we have toured on a number of new rivers and lakes, brought home a few more medals for whitewater racing, improved our flatwater and whitewater skills, and have rejuvenate the flatwater racing section. We've skied on a few more trails, fielded a maxi-team in the Canadian Ski Marathon and have exceeded our hopes for skiing endurance and speed. Our cycling trips have been better than ever. We still like our 30-40 km trips but we are no longer scared of the words "70 Km". (As a matter of fact some of us like the words "200 Km".) Also, although not an official section of the club, we have demonstrated our skills as triathletes.

My hopes for next year are that the new executive will keep the momentum going and that maybe more of the membership will join the ranks of "core" members and use this club to their fullest enjoyment.

## NOTICE

To All Members of the Cataraqi Canoe Club of Kingston, whereas by-law 5.1 provides for the Annual General Meeting to be held in September or October of each year, take notice that the Board of Directors has established that the Annual General Meeting shall be conducted as follows:

Date: Tuesday October 28, 1986

Time: 7:30 pm to 9:00 pm

Place: Delahaye Room  
Kingston Public Library  
130 Johnston Street  
Kingston, Ontario.

## AGENDA

1. Commodore's welcome and remarks

2. Committee Reports:- Membership

Flatwater Touring

Whitewater

Flatwater Touring

Cycling

Cross-Country Ski

### Social

3. Auditor's Report for the 1985/86 fiscal year.
4. Treasurer's update for 1985/86.
5. Club awards.
6. Other Business
7. Election of Officers and Members of the Board of Directors

Persons unable to attend the meeting can vote using the accompanying Proxy Form, also those wishing to submit names for nomination can do so using the accompanying Nomination Form which can either be mailed to the club post office box ( P.O. Box 1882, Kingston, Ont., K7L 5J7 ) or delivered at the Annual General Meeting.

### PALMER RAPIDS WEEKEND

The weekend of Aug. 2nd & 3rd marked the annual Palmer Rapids Race. It was a popular event with numerous participants and fans from miles around. Saturday was practice day, during which the competitors perfected their whitewater skills. The rest of us enjoyed the clear bright day, relaxing, reading, canoeing, etc. In the evening we enjoyed a good old campfire and ate popcorn and marshmallows. Sunday was a glorious day...the water glistening, the sun on the bright blue sky. The races were exciting and inspiring. Congratulations to all who participated and especially to Dennis & Damon Pickard for taking first in the Open Canoe event, Bruce Kirton for second place K1 novice, Sharon Bell for K1 women, and again to Dennis for first place in K1 intermediate.

A big "thank-you" to Carla & Dennis for introducing me to whitewater canoeing, and to Carla and Debbie for the kayak lesson. The eddies, ferries and yes, even the swims were certainly invigorating and lots of fun. A super way to spend a weekend!

by Anne MacPhail

### THE KINGSTON TRIATHALON

The 3rd annual Kingston Triathlon, the longest of its kind in Eastern Ontario and second largest in Canada, took place Sunday August 10. The Cataraqui Canoe Club was well represented with several members involved either as participants or as volunteers.

The Event consisted of a 2 Km. swim, a 55 km. bicycle ride and a 15 Km. run. The weather was perfect the event was extremely well organized.

Just after dawn, Debbie Fisher, Alan Nichols, Derek Paul, Bruce Kirton, Dennis Burr, Mike Fisher, and Rebecca Spaulding were positioned in kayaks on the swim course, ready to assist with lifesaving. Fortunately they were there as Derek had to pull one exhausted swimmer from the water.

The participants (Karen Orgee, Sheila Boyle, Carla Deutekow, Sylvain Lapointe, John Mitchell and myself, along with 600 other triathletes) entered the water and swam to the starting line for the 8:00 am start. The 2 Km. swim was parallel to the Kingston waterfront, to in front of the Marine Museum then back to Confederation Basin. Amongst much pushing and shoving, the first part of the swim

was upsetting. I got kicked in the wrist, breaking off my new watch and losing it, then I was hit in the face loosening my goggles which filled with water. As I treaded water a few seconds to adjust them, a swimmer from behind went right over the top of me, kicking all the way. It was at this point that I began to wonder "Why am I doing this?" Although I trained hardest and felt most confident in the swimming area, nothing except perhaps the New York City subway in rush hour would have prepared me for such close contact with other bodies.

Once we got spaced out, however, the swim became quite enjoyable, the water temperature was perfect, if only one could forget about how polluted the water was.

Next followed a pleasant cycle to Gananoque and back and then a run through the streets of Kingston. All along the way there were spectators cheering us on and the 500 volunteers were there to give directions or offer water, oranges, or bananas and give assistance. It was very well organized and the organizers (Norm Staples, Bill Greer, Ed Grenda, ..... ) deserve a big hand for staging such a spectacular event. We must also thank the volunteers for without them an event of this magnitude could not have happened.

by Diana Oraber

**Ed. note**

Congratulations to all the participants for completing the event and especially to Diana who finished 3rd in her age group. (We won't tell which group that was Diane).

**BURLIEGH RACES**

On Sunday August 17 weather was ideal for the Burliegh Falls whitewater Slolam races, however the water level was low and overall attendance was much less than expected. The Cataragui Canoe Club had 5 competitors entered in the various classes (and another at home with broken ribs). Campsites were available immediately adjacent to the race course and gates were up early for practice on Saturday.

Noteworthy finishes were Al Whittington & Harold Van Winsen- 1st place in C2, Bruce Kirton - 2nd place in K1 Novice, and Dennis Burr - 3rd place in K1 intermediate.

by Sharon Bell

**ORCA LEVEL 1 COURSE**

Although not as well attended as we had hoped, the ORCA Level 1 course went without a hitch. Our instructors, Meg Stanley and Glenda Young, deserve a hearty "Thanks" for all the work and time that they put into all the ORCA courses that they gave this year, which was far in excess of what we could afford to pay them. I must say that they were real tyrants though. I can't count how many times that I had to repeat my inside and outside circles to get them perfectly round as opposed to slightly oval, or my docking so that I would stop parallel and exactly 3 inches from the dock, or my side displacement so that my keel was perfectly perpendicular to the dock and my bow 6 inches plus or minus 2 inches from the dock. I swear my knees will never be the same again. Anyway, thanks guys it was fun???

Congratulations are in order to Karen Graves, Sandra Hanna, Diane Southall, Dennis Burr and Beth for achieving ORCA Level I Flatwater certificates.

## FOR SALE

### Paddle for sale...

One new whitewater/flatwater, 60 inch paddle, white spruce with cherry edges, asking \$40 ... Call Dave Schlesinger at 549-5037.

## COMING EVENTS

The Canadian Ski Marathon will be coming up again in a few months. Please think about it. It would be great if we could enter a bigger and better maxi-team this year. Everybody has fun, and you don't have to be a super skier to enter.

## SCHEDULE

### Friday Oct. 17 (Oct. 18 rain date)

Moonlight hay ride in Wilton. Come listen to our brush wolves hunting along the ridge! Adults \$4.00, Kids \$2.50. Contact Debbie Fisher at 386-3159.

### Sunday Oct. 19

Map-reading and Compass Skills. A chance to get practical experience in map-reading and compass skills. Derek Paul will take anyone interested on a hike through Frontenac Park. Please bring a compass if you have one and a topographical of the South end of Frontenac Park. Be sure to contact him at 386-3159.

### Tuesday Oct. 28

Annual General Meeting. This is your opportunity to give some input into club activities and to elect next year's executive. Please try to be there.

### Sunday Nov. 9

Barbeque and hike in Frontenac Park. This one is suitable for kids and dogs, as well as grownups. Hike in to an abandoned mica mine in the North end of Frontenac Park. Approximately 1.5 to 2 hours round trip, not counting the lunch stop.

Bring something to cook over a fire and we'll make a hot lunch at the half-way point. This is a good cross-country ski trail in winter so come have a good look at it. Contact Debbie Fisher well in advance at 386-3159.

There will be some spontaneous unscheduled flatwater trips. Call Dennis at 549-7316 to find out about these trips.

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Cataraqi Canoe Club  
of Kingston

By-Laws

3 June 1985.

1. Name

The organization shall be known as the Cataraqi Canoe Club of Kingston (hereafter known as "the Club").

2. Purpose

2.1 The Club shall be a non-profit organization.

2.2 The Club shall promote canoeing and kayaking by residents of Kingston and the surrounding area through activities such as the organization and sponsorship of instructional sessions, competitions and recreational trips.

2.3 In addition to its prime activities, the club may engage in other outdoor or social activities to enhance the health and well being of its members.

2.4 To achieve its goals, the Club may co-operate with or affiliate with other organizations with similar goals.

3. Membership

3.1 Membership is open to any person or family on the approval of an application submitted to the Membership Committee, and the acceptance of the membership fee by the Secretary.

3.2 Membership is maintained by the payment of the annual membership fee to the Secretary when its renewal is due.

3.3 A membership shall terminate:

(a) by failure to renew annual membership fees.

(b) by resignation.

(c) by the passing of a resolution to terminate membership by the Board of Directors on the recommendation of the Membership Committee.

3.4 A Member whose membership has been terminated by a vote of the Board of Directors has the right to appeal that decision to a duly called Special General Meeting, providing that the request for appeal is made in writing to the Board of Directors by the Member within ten days of notification by the Board of Directors.

4. Fees and Charges

The Board of Directors shall recommend a schedule of membership fees which shall be subject to ratification by a majority vote at a General Meeting. All other fees and charges shall be determined by the Board as they feel appropriate.

5. General Meetings

5.1 The Annual General Meeting shall be held during the months of September or October each year

5.2 Other general meetings, to be known as Special General Meetings, shall be called either when a majority of the Members petition the Secretary in writing or when a resolution requesting one is passed by the Board of Directors.

5.3 Each Member shall be notified in writing of the time, place, and agenda of a General Meeting at least two weeks in advance of the meeting.

Only those who have been Members for the one month immediately preceding a General Meeting shall be entitled to vote. No more than two persons shall be entitled to vote for each Family Membership.

5.5 A quorum at any General Meeting shall be one third of the membership entitled to vote.

5.6 A Member entitled to vote at a General Meeting, but unable to attend, may give written authorization to vote to another person in his or her place. No more than one such proxy shall be used by any person at a General Meeting.

## 6. Fiscal Year

The fiscal year shall begin on the first day of April.

## 7. Board of Directors

7.1 The activities, property and other matters pertaining to the Club shall be directed and administered by a ten member Board of Directors, consisting of nine elected Officers and the Directors and the Past-Commodore. In the event that the Past-Commodore is unable to serve on the Board, an additional person shall be elected instead.

7.2 Meetings of the Board of Directors shall be held on a regular basis with no more than nine weeks between meetings.

7.3 Usually the time and place of each Board Meeting shall have been decided by resolution at a previous Meeting. A Meeting may also be called on two weeks written notice by the Commodore. The quorum for a Meeting arranged in either of these ways shall be five Board Members.

7.4 In special circumstances a Meeting may be called by the Commodore with less than two weeks notice. The quorum for such a meeting shall be seven Board Members.

## 8. Officers

8.1 The Officers of the Club shall be the Commodore, Vice-Commodore, Secretary, and Treasurer.

8.2 The positions of Secretary and Treasurer may be held by the same person.

## 9. Duties

9.1 The Commodore

(a) provides leadership to the Club directly and through the Board of Directors.

(b) presides at General Meetings of the Club and at Meetings of the Board.

(c) acts as ex-officio member of all committees.

(d) signs the minutes of General Meetings of the Club and of Meetings of the Board.

9.2 The Vice-Commodore

performs all duties of the Commodore in the absence of the Commodore.

9.3 The Secretary

(a) records minutes of General Meetings and Board Meetings.

(b) notifies the Membership of General Meetings.

(c) receives applications for Membership and membership dues.

#### 9.4 The Treasurer

oversees the finances of the Club, the receipt and payment of funds.

9.5 The duties shown above are specific to these particular Officers. Other duties for the successful functioning of the Club shall be designated as needed by the Board to particular Board Members or Committees of the Board.

### 10. Election of Officers and Board of Directors

10.1 The election of Officers and other Members of the Board of Directors shall take place at the Annual General Meeting. Each person elected must be a Member of the Club.

10.2 The Term of Office for Officers and other Members of the Board of Directors shall expire when the new Officers and other Members of the Board have been elected.

10.3 If vacancies of Officers or other Members of the Board occur during their Term of Office, the Board of Directors may appoint other Club Members to fill the vacancies until the next election.

10.4 The Commodore may hold no more than two consecutive terms of office.

### 11. Committees of the Board

11.1 The Board of Directors shall establish and maintain a Membership Committee consisting of the Officers and one other Board Member to approve new Memberships and to encourage a healthy growth of the Club.

11.2 The Board of Directors may establish other committees to make recommendations to the Board and to carry out functions as specified by the Board to pursue the goals of the Club.

### 12. Auditor

The Board shall appoint a person to audit the records of the finances and property pertaining to the Club and to make a report at the Annual General Meeting.

### 13. Amendments

These by-laws may be added to, amended, or repealed by affirmative vote of at least two thirds of the votes cast at an Annual General Meeting or a Special General Meeting, providing that written notice of action has been given to the Membership at least two weeks before the Meeting.

**NOMINATION FORM**

I, \_\_\_\_\_ being a member of the Cataraqui Canoe Club of Kingston, do hereby nominate \_\_\_\_\_ who is also a member of said club, to stand for election of position \_\_\_\_\_ held at the club's Annual General Meeting on October 28, 1986.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Nominee's Acceptance: \_\_\_\_\_

.....  
.....

**PROXY FORM**

I, \_\_\_\_\_ being a member of the Cataraqui Canoe Club of Kingston and having full voting rights as provided by by-law 5.6, do hereby appoint and assign my voting rights to \_\_\_\_\_, to cast a voting ballot on my behalf, only at the club's Annual General Meeting to be held October 28, 1986.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_