



# ***Rideau Trail***

NEWSLETTER

Summer 2020

Issue No. 196



**The appeal of the trail:  
What lies ahead(?)**



## What lies ahead?



At the time this issue was in preparation, populations around the world were becoming infected with the novel coronavirus (COVID-19). You'll see references to this throughout.

We were commanded to stay home, avoid contact with other people and 'stay safe'. Business, parks and trails were closed.

Ordinarily, hiking a trail is about wanting to know what is around the next corner. We asked a few members what they wanted to do this summer, once/if the restrictions were eased. Their answers are here, and throughout the Newsletter.



This is the seat of a stool, but it reminds us that the K&P Trail is a welcome venue for cycling and hiking activity.

KINGSTON CLUB'S ANN AND PETER BURBIDGE



I will look forward to the swimming. I love all the Gatineau lakes, and would be hard pressed to choose a favourite, but I will mention a special memory of Lusk Lake. One fine summer day, a few of us had just finished a refreshing swim there, and were relaxing on the rocks, when a family of loons drifted by: two adults and two little ones. They were a splendid sight, and, of course, we chose to assume they had done this sail-past in our honour!

GRACE HYAM, OTTAWA

## Rediscovering the Rideau Trail

BY DENISE HALL



Anne Maurais: Get out of the house, drive to a meeting spot, hike and socialize. And maybe have an after-hike beer.

PHOTO: LINDA LINE, KINGSTON

During the COVID-19 pandemic in early spring getting outside to walk the streets in my neighbourhood just did not cut it. With lots of time and no access to provincial parks, the Quebec border issues, etc. my partner and I often headed out to hike on various parts of the Rideau Trail south of Ottawa.

We chose to start with areas relatively close to home that we like, and to check out parts of the Trail that have been rerouted or changed, over the past few years. So, at least once a week we packed a lunch, donned our hiking gear and with maps in hand headed out to enjoy the delights Mother Nature had to offer in early spring on and around our Trail. Wearing good boots to keep our feet dry, and remembering to do a tick check afterward were part of the routine.

One of the areas we wanted to check out was the reroute on map 9 off of Stanley and Narrows Lock Roads SW of Perth. Parking off Mackler Side Rd we headed south on the Trail. It was a lovely walk and we saw many points of interest including some of the mica mines in the Mica Mines Conservation Area.

Another very enjoyable hike that we did was off of the Heaphy Rd. Blue Trail on map 14 joining up with the Rideau Trail and heading south over





Paden Rd. to see Stoney Steps near Burritts Rapids. There was an abundance of wildlife on the ponds, budding trees and bushes and we even spotted a baby painted turtle in the reeds. I later learned that some hatchlings actually stay in their nest for the winter, emerging in the spring. This hike also took us over the long boardwalk built by RTA members in the summer of 2018.

One of our longest drives to hike on the Rideau Trail was SW of Murphy's Point Provincial Park, on map 8. We hiked a section between Cooper Dr. and Narrows Lock Rd. which included the Big Rideau Plateau Trail and the Ghost Town Trail. It just so happened that Robert Tolley and his wife from Kingston Club were doing maintenance on the section that we were hiking on that day. Robert apparently has been a Trail Maintainer for about 30 years. This was another interesting and enjoyable hike on a beautiful day in the woods.

When I first joined the RTA I hiked the Rideau Trail end to end over the 2006-2007 winters. That seems like a long time ago now. I think that it's time to trek our lovely Trail all over again. I know I certainly will try to lead more hikes for the club on the Rideau Trail in the future. We are fortunate to have so many landowners that allow us to hike on their property, and a team of maintainers to keep the Trail well-marked and in good order.



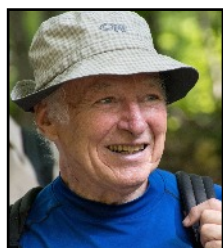
Trail maintainer Robert

DENISE HALL IS A FORMER VICE PRESIDENT OF THE ASSOCIATION

## Focus on History

This summer I plan to explore the far western edge of Gatineau Park in Onslow township before it's closed off completely. The first area is the farming community on the so-called Curley Lake Road (which does not go to Curley Lake, but follows the outflow from it), off Swamp Road, where the Dolan, Gibbons, Tracey, Farrell, Joyce, McLaughlin, Doyle and Dowe families farmed. The second area will be along the disused Colonization Road on the north end, from the west, families Hickey, Radey, Glynn, Fitzgerald, Kelly, Gorman and Sheehan.

BILL MCGEE, OTTAWA



EDITOR'S NOTE: GATINEAU PARK IS A REGULAR DESTINATION FOR OTTAWA CLUB ACTIVITIES. ALTHOUGH IT IS IN QUEBEC, IT IS PROBABLY CLOSER TO RTA MEMBERS THAN MURPHY'S POINT OR FRONTENAC IS FOR CENTRAL/KINGSTON MEMBERS. LONG BEFORE IT BECAME A PARK, IT WAS SETTLED BY IRISH IMMIGRANTS.

BILL MCGEE IS WELL KNOWN IN THE OTTAWA CLUB FOR HIS RESEARCH INTO THE HISTORY OF THOSE FAMILIES AND THEIR PROPERTIES. WHEN HE SHARES HIS FINDINGS, IT HELPS TO EXPLAIN THE NAMES, REMAINS OF BUILDINGS AND OTHER UNEXPECTED FINDINGS ALONG WHAT ARE NOW FOREST TRAILS.

NIELS RASMUSSEN PHOTO



Gorman Home near Kelly Lake

ALAN GORMAN



PHOTO: JOHN GOATCHER, OTTAWA

Most of all, I want to hike in the forest.

DORA ASHIQ, OTTAWA



This summer I look forward to breaking out of my confines. Among the many other activities I do with the RTA, I look forward to the clean up of our Adopted Road (Roger Stevens Drive). Always great comradery, a hunt for empty beer cans and full beer glass at a local pub at the end of the day.

ANNE MAURAS, OTTAWA

## Outstanding Service Awards

### Bert Stranberg

Central Club



JACK TANNETT PHOTO

Bert Stranberg, together with Peder Krogh, has been the mainstay of the Central Club maintenance team over recent years. Bert has coordinated regular maintenance work parties which have kept the Central Club section of the Rideau Trail in very good shape. He, with Peder, attended the first RTA chainsaw safety course, and he has kept up with the parade of fallen trees which seem to afflict our Trail, and especially those with Rideau Trail signs nailed to them.

Bert played a lead role in assisting the Kingston Club to open up the new route through the southern section of Murphys Point park, and also in clearing the new trail routing from Powers Road to McLaren Point Road. They knocked off six kilometres of road-walking from the Trail.

Bert has made trail maintenance an enjoyable and safe occupation in Central Club, and we owe him our thanks, and hope he will still be around to help us clear the trail for some years to come. In addition, Bert, with his wife Pat, has been a regular hike leader, and an active end-to-end in all seasons. Whether it's on a maintenance work party or on a winter end-to-end, having Bert on the team makes the experience more rewarding and more enjoyable. Thank you Bert.

JOYCE DAVIS

### Bill Ottney

Kingston Club



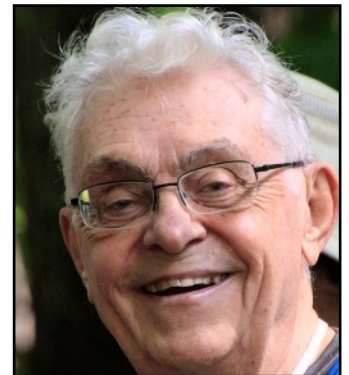
An avid hiker, Bill joined the Rideau Trail in 2001, and became a prolific hike leader and trail maintainer. The Slide and Swim annual event is one of his outings. He has also served on the Board as Membership Director.

Currently, Bill is our Publicity Coordinator, who ensures our hikes get in the local papers. In addition, he does an extraordinary job sending out our Club e letter to keep Kingston members updated on hikes and other local events. Nice work Bill. Thank you.

SHAREN YAWORSKI

### Jean Gauthier

Ottawa Club



NIELS RASMUSSEN PHOTO

Jean Gauthier is the Ottawa Club Outstanding Service Award recipient. An Ottawa Club member since 2012, Jean has been an amazing hike leader. Hitting the trails not only on the weekend but also with the Wednesday Walkers, Jean is an inspiration to all Ottawa Club members.

A review of the December 2017 Activities Calendar demonstrated his love of the outdoors - Jean led snowshoe outings December 2, 9 and 30. His outings were well planned whether the locations were on NCC Greenbelt trails or in Gatineau Park. An enthusiastic leader, in 2018-19, he led more outings than any other Ottawa Club leader. Jean could always be counted on as a last-minute replacement if a scheduled hike leader was unable to lead an advertised outing.

Jean's leadership abilities were not only demonstrated when leading hikes. Mapping was his profession - skilled at interpreting obscure and hard-to-read symbols, one never had to worry about getting lost on one of Jean's hikes. Jean contributed his knowledge of mapping to a hike leader course held in the fall of 2018 with the participants learning map reading skills and practising their knowledge.

We are truly honoured to present the Outstanding Service Award to Jean. Thank you for your contributions to the Rideau Trail. Congratulations as well, on your milestone birthday in May!

SANDY FREEMAN

## Appreciation for Service to the Rideau Trail Association

**David Batchelor** – Trail Coordinator,  
2017-2019

**Caitlin Farquharson** – Marketing and  
Communications Director,  
2019-2020

**Sandy Freeman** – Ottawa Club Chair,  
2017-2020

**Adriana Kievit** – Newsletter Editor,  
2019-2020

**Carol Seal** – Ottawa Club Rep.,  
2019-2020



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(Send updates by 25<sup>th</sup> of the month.)

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Rideau Trail Association: (613) 817-7295

Central Club: (613) 267-5756

Kingston Club: (613) 817-7295

Ottawa Club: (613) 860-2225

The RTA does not share its mailing list with other organizations.

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**Fall Newsletter: Deadline August 1, 2020**

We want your submissions! If possible, text should be sent electronically with no document formatting. Pictures with good definition and contrast are most welcome.

**Send material directly to the Editor, newsletter@rideautrail.org**

**Board of Directors**

(Anticipated following Annual Meeting)

President: Sharen Yaworski, Kingston  
(613) 544-6022 president@rideautrail.org

Vice President:

Past President: Brian Grant, Ottawa

(613) 225-8770 brian\_grant@sympatico.ca

Secretary: Ruth Oswald

(613) 590-7467 secretary@rideautrail.org

Treasurer (TEMPORARY): Phil Dawes, Ottawa

(613) 728-5520 treasurer@rideautrail.org

Membership Director: Mary-Jean McIntyre, Kingston

(613) 583-1667 membership@rideautrail.org

Trail Coordinator: Rusty Bassarab, Kingston

trailcoordinator@rideautrail.org

Marketing/Communications:

**Club Chairs:**

Central: Joyce Davis, Portland

(613) 794-3138 jbdavis098@gmail.com

Kingston: Rick Shaver, Kingston

(902) 331-0765 rick.shaver@hotmail.com

Ottawa:

ottawa@rideautrail.org

**Club Representatives:**

Central: Jim Middleton, Portland

middleton.james@gmail.com

Kingston: Barry Monaghan

barry.monaghan@icloud.com

Ottawa: Sandy Freeman, Ottawa

sandyjfreeman104@gmail.com

**Newsletter Editors:**

Marlene Bzdel, Ottawa

mlbzdel@gmail.com

Steve Kelly, Ottawa

(613) 422-1318 stkelly@rogers.com

**Central Club  
Executive**

Chair: Joyce Davis

Vice-Chair: Jim Middleton

Past Chair: Jack Tannett

Hike Activities Coordinator:

Maida Murray

Trail Maintenance:

Routes and Negotiations:

Social Coordinator:

Publicity:

Treasurer: Gayle Truman

Secretary: Mary Robinson

Members at large:

Carol Richardson

**Kingston Club  
Executive**

Chair: Rick Shaver

Past Chair: Sharen Yaworski

Vice Chair and Board Rep.:

Barry Monaghan

Secretary: Lynn Esau

Treasurer: Marilyn Martin

Outings:

Landowner Liaison:

Publicity/E-Note: Bill Ottney

Construction: Jim Lorimer

Maintenance: Stan Huff

Special Events: Joel Lamorre

Human Resources:

Pascale Champagne

Member at Large:

Jennifer Brinkman

Member at Large: \_\_\_\_\_

**Ottawa Club  
Executive**

Chair:

Vice Chair:

Past Chair and Rep. to Board:

Sandy Freeman

Secretary: Carol Kerfoot

Treasurer: Robert Smith

Trail Maintenance:

Justin Williamson

Landowner Liaison:

Roger Reens

NCC Liaison: Lorraine Farkas

Activities: Denise Hall and

Kevin Reynolds

Publicity: Bill Davies

Member at Large: Adriana Kievit

Member at Large:

Kevin Chapman

Newsletter Editors: Marlene

Bzdel and Steve Kelly



## Message from the President

I would like to take this opportunity to thank Brian Grant for his admirable skill, energy and dedication. His contributions have been invaluable as we reach our 50th year.

At a meeting of the Kingston Field Naturalists 50 years ago, Doug Knapp broached the idea of a hiking trail in southeastern Ontario. This was welcomed with enthusiasm since the Bruce Trail was so highly successful. The Rideau Trail was the result. It was the work of many volunteers from Kingston to Ottawa that led to the development of the Trail we enjoy today. Thank you Doug!

Unlike the Bruce Trail that owns much of their land, we rely on our private and public Landowners to keep our Trail secure. Some of our Landowners are new, as land is bought and sold over the years. Some have been with us for 50 years. To all our Landowners we say, Thank You.

We also would not be here without our members. Yes, that is you. We have members who have been with us for the 50 years, and others who are new. We need you all to help develop, maintain and to use the Rideau Trail. Thank you all for being there.

So here we are about to mark our 50 years. We will have special hikes, special events and merchandise to help us celebrate, but celebration is not where it ends.

We also need your help. Just as it took many volunteers to get the trail started, it takes many to maintain the Trail. Please feel free to contact someone on your club executive

if you have any interest in helping out. We are always in need of trail maintainers, hike leaders and executive members. The old saying applies, "Many hands make light work."

We also need to encourage Millennials to join us and bring in new ideas, to keep us going for another 50 years! Our website, Facebook and other social media will help to this end, but we need every member to help as well.

We have a great newsletter. Why not share it with a potential member? Adult membership was \$4.00 in 1971; it is still a great deal 50 years later, just for the colourful newsletter alone!

So let's work together and make Doug proud of that 1971 initiative!!

SHAREN YAWORSKI IS RETIRED FROM 45 YEARS OF NURSING, THE LAST 17 AS A NURSE PRACTITIONER. FOR MORE THAN 15 YEARS, SHE HAS SERVED THE RIDEAU TRAIL AND ITS MEMBERS IN NUMEROUS ROLES, INCLUDING CLUB EXECUTIVE AND BOARD POSITIONS.

AT PRESS TIME, THE MAY 23 ELECTION OF THE BOARD OF DIRECTORS WAS NOT FINAL. FOR THE SUMMER NEWSLETTER, THE EXPECTATION WAS THAT SHAREN YAWORSKI WOULD BE PRESIDENT - ED.



My favourite spot on the Trail is a bridge over Rideau Creek (near 13C). I often plan my maintenance so I can enjoy a break at this spot. It is generally very tranquil and serene with just the sounds of the creek and the birds.

STEPHEN CHAPPELL, OTTAWA

## RTA Response to COVID-19

It has been a difficult time for many of us since the implementation of strict 'stay at home' instructions from the provincial government. We have not been able to get out and hike, to travel, to play in parks, and most importantly, to visit with family and friends.

The Rideau Trail Board of Directors has discussed what we should do about the restrictions. The first steps were easy, the RTA suspended all face-to-face activities, including hikes. Annual meetings, for which planning started many months ago, were cancelled. But we still needed to elect members to executive positions, we needed to approve financial statements and budgets and we needed to plan for the coming year. Clubs have stepped up with innovative solutions to hold votes, distribute documents, etc. and things are getting done.

You will have received a few emails about the Association's annual meeting scheduled for May 23. It was moved to a webinar format that we hope will have worked well and met the needs of most members. While these arrangements are

not perfect, they do allow us to carry on the work of the Association.

The more complicated issue was what to do about the use of the trail. Trail maintenance cannot be conducted as it is a non-essential service. Many sections of the Trail are closed because, as I write this, public lands are closed to public access. Restrictions on unnecessary travel have also reduced access to the Trail. The good news is that the regulations around access and use are changing weekly.

It is not possible to give a blanket instruction for the entire Trail given that each municipality, and their public health agencies, are offering differing advice that can change quickly. As I write this in late April, the current instruction across the length of the Trail is 'stay at home, stay safe'. We should all heed this advice to ensure minimal impact for health services. When things change, you will hear about it from local authorities first. Take their advice.

Brian A. Grant, President  
Rideau Trail Association  
president@rideautrail.org

# Association News

## Highlights

APRIL 18 ONLINE BOARD MEETING VIA GOTO MEETING

BY RUTH OSWALD, SECRETARY

### Important Motions

- Budget Preparation and Tracking Policy was approved. To guide Clubs in preparing budgets.

### Board Members

- Retiring: **Carol Seal** (Club Rep and Vice-Chair of Ottawa Club) thank you for your contributions .
- Welcome to the Board
  - **Marlene Bzdel** (Newsletter Editor).
  - **Jim Middleton** (Club Rep and Vice-Chair of Central Club)
- Openings - two opportunities to serve the Association:
  - **Vice-President** and
  - **Marketing and Communications Director.**

Interested? Contact the President  
president@rideautrail.org

Also, the following RTA committees are seeking a chairperson:

- Strategic Planning
- Information Systems
- 50th Anniversary Planning

### Finance

- Financial statements 2019-2020 approved
- Budget for 2020-2021 to be reviewed for opportunities to reduce expenses
- The RTA website has been moved to a less expensive hosting company

### Membership

Memberships are down 12%. Have you renewed?

### Trail Coordinator

RTA Landowner Liaison & Maintenance Handbook presented for review.

### Risk Management

Liability insurance renewed for another term

Next regular board meeting:  
June 27, 2020



Summer? We have a cottage 50 km west of Kingston on Lake Ontario.  
JIM LORIMER, KINGSTON

## Member Services

(Who gets your question?)

Whatever the question, just contact the RTA for your club (page 5) or email:  
info@RideauTrail.org

### Address Changes / Paper Newsletter

To stop it, or to receive it, contact  
membership@RideauTrail.org

### End to End Badges

Keep track of the details of your hikes, whenever you did them:  
Date, start and end point of the hike and the leader's name.  
Your questions or claims can go to the appropriate contact (opposite).

### Getting Involved

Thank you for wanting to help out. Feel free to contact any of those listed on page 5. Your interest might be about event ideas, co-leading hikes, your club's social committee, working on the Trail or whatever. It's a busy organization, and your help would be welcome.

This autumn, I hope to do the Carman Lake-Brown Lake hike. On a sunny day, from the viewpoint overlooking these two lakes when they are surrounded by scarlet maples, the panorama is spectacular!

GRACE HYAM, OTTAWA

## Badge Request Contacts



**Entire End to End**  
(Winter or otherwise)  
RTA Secretary  
secretary@rideautrail.org



**Central Section**  
hmrob@storm.ca  
Mary Robinson,  
Central Club Secretary



**Kingston Section**  
wednesdayw alks60@gmail.com  
Jennifer Brinkman, Kingston Club



**Ottawa Section**  
cekerfoot20@gmail.com  
Carol Kerfoot, Ottawa Club Secretary

# Thoughts on being President

BY BRIAN GRANT

Having enjoyed three years as President of the Rideau Trail Association, I thought I might share a few reflections with members as you are responsible for ensuring the future of the Trail. While the Trail is our key asset, you, the members, make the Association strong and vibrant. Only you can drive both the Association and the Trail to their potential. We have been maintaining and building the Trail network for almost 50 years. We have been hiking, socializing and enjoying the results of our hard work. Let's keep at it and make the Trail a great place for residents of eastern Ontario, and for visitors across the province, the country and from around the world.

As President, I have done many new things that have inspired me to work hard for you, the members. Some things have been simple and pleasurable, such as attending the Central Club's summer social that challenged all three clubs in fun activities. I sang Christmas carols (I don't really sing) with RTA members at Foley Mountain, overlooking picturesque Westport. That was one of the coldest nights of 2019, but it was followed by a hot dinner together. I enjoyed a well organized and well attended Christmas party in Kingston. In Ottawa I participated in the semi-annual clean-up of Roger Stevens Drive that was followed by well deserved beverages in a nearby pub.

Thanks to leaders in Central Club, I had the opportunity to scout-out some Trail options around Beveridges Locks and discuss options with the lockmaster. I also met several times with the Rideau Canal Branch of Parks Canada to discuss how we could support each other. They would like our participation in their programs and we can benefit from their work. While I was not able to help, I was pleased to see the long section of Boardwalk installed in Ottawa thanks to the hard work of their members managing Trail maintenance. In Kingston I was able to attend a number of Club meetings and appreciated their innovation and hard work. Also, in Ottawa, I join the Club executives for their meetings.

Being President was not all fun activities, but activities were always rewarding. I have had the opportunity to work with some really great people who are committed to the Trail and to the Association. They stepped in to take charge of projects, helped resolve complex issues, were supportive, and guided me in the work I have done.

Over three years, I chaired many Board of Directors meetings at McMartin House in Perth, and managed to squeeze in a few video meetings in an effort to reduce travel and make ourselves more efficient. Board members (and Club Executives) work behind the scenes. You often cannot see the result of their work, but it shows up in a well managed organization, with minimal conflict, a secure financial situation, and a well-planned agenda. We have improved administrative procedures, financial planning and

reporting, meeting effectiveness, trail safety, communications and are about to implement changes to improve membership processing.

On the other hand, we have some serious challenges that we must all work to address. We need the most effective Board members to stay around longer and share their wisdom and serve as examples for new Board members. We need more people willing to step up and accept roles on the Board and Club executives, and we need more people to work on Association committees so the workload is lessened for all. We created a five-year strategic plan and after three years we still have a lot to do. The plan needs to be reviewed and re-energized with new people - are you looking for something to do?

It has been an interesting, educational and rewarding three years. Managing an organization run entirely by volunteers is more challenging than managing in the public service, but new challenges are what keep us young and interesting. Thanks for your contribution to our work.

Let's go hiking!

## ArcGIS Expertise?



Do you know someone?

Please contact

[trailcoordinator@rideautrail.org](mailto:trailcoordinator@rideautrail.org)



## Trail Updates and Help Wanted

by Rusty Bassarab, Trail Coordinator

With COVID-19 restrictions, and after a tough winter, there will be a significant requirement for trail maintenance to be conducted once restrictions are lifted. **All members** are encouraged to volunteer such services as you are able to. Please contact the Trail Maintenance Coordinator at your club and see how you can assist. Without the volunteer work to do trail maintenance our hiking trails become difficult to navigate and much less enjoyable.

Many of you will be aware that a significant rerouting was done last year through the Mica Mines area South of Perth. The updated maps (maps 9 and 10) are available on the RTA website (kml and gpx files have also been updated). The Rideau Trail Distance Calculator has been updated and is available on the website. The Bells Corners Blue Trail was removed from Map 18, in accordance with the desire of the landowner (NCC).

Should any hikers find inconsistencies with the maps, particularly those using gps devices, please forward the gpx or kml track to [trailcoordinator@rideautrail.org](mailto:trailcoordinator@rideautrail.org) for correction.



# Levels of Difficulty

FROM THE RIDEAU TRAIL ASSOCIATION GUIDE FOR LEADERS

## Hiking

Level 1 Well-defined trails, gentle inclines. Hiking boots not required but trails may be wet. Suitable for beginners. Recommended for newcomers to club activities.

Level 2 Generally on trail. May be hilly with some light bushwhacking and rough spots. Boots recommended.

Level 3 Rough terrain, one or more places with extensive bushwhacking, steep sections, long climbs and descents, rock scrambling, beaver dams or other obstacles. Boots and level 2 experience are essential. Long pants and sleeves are recommended.

Speed

Slow: 2-3 km/hr

Moderate: 3-4 km/hr

Fast: 4-5 km/hr

Very fast: 5 km/hr or greater

The hike levels are based on mainly terrain difficulty or similar criteria, not on distance. Slight adjustment to the level may be made if a trip has exceptional endurance requirements (for example, a very long trip in easy terrain may change from Level 1 to Level 2 for this reason). If a particular trip has special requirements, this should be explained in the event description.

## Cycling

Level 1 Few hills, broad roads or bike paths, little traffic. Participants must have some cycling experience.

Level 2 Some hills, some traffic, participants should be fit and experienced.

Level 3 Long hills and narrow roads. An excellent level of fitness and cycling experience is essential.

## Canoeing

Level 1 Slow-moving sheltered water with no portages.

Level 2 Larger expanses of water, level 1 experience required.

Level 3 Canoeing in areas with larger expanses of water and Portages.

## Participants' Responsibilities

Participants are expected to choose a trip suitable for their physical abilities and their skill level. At the start they should inform their leader of any health problems or potential difficulties with their equipment. Each participant will respect all financial obligations. The volunteer leaders will expect the support and cooperation of each group member. Parents and guardians are expected to supervise their own children. Dogs are not generally permitted.

## Member Discounts

In addition to the other benefits of belonging to the Rideau Trail Association, members receive discounts from a number of vendors, including the following:

- 10% discounts at Ottawa stores Trailhead Paddleshack, Bushtukah & Great Escape Outfitters and Vamos Outdoors in Almonte
- 10% off a CRCA Annual Pass when purchased in-person at the Little Cataraqui Creek Conservation Area
- Discounted group rate on Gatineau Park xc ski & snowshoe permits
- 20% off at ColemanCanada.ca thanks to Hike Ontario!

## Recent Donations

Anonymous  
Patricia Chamberland  
Judith Christensen  
Linda J. Cornell  
Hannah Dragan  
Joanne Guillemette Lecuyer  
Verena Hammerli  
Heather Harrison  
Joseph Holtz  
Edward Lancaster  
Ross Lecky  
Joan Lee & James Brown  
Virginia MacLatchy  
Hazel Miller  
Abdullah Mostamandi  
Randy Smith  
Janet & Barry Smith  
Bert & Pat Stranberg  
Gordon Cater & Ina Thomas  
Dukke Van Der Werf  
Pamela Welbourn  
Helene & Bill Wilmart-Collard  
Nicoleta Woinarosky & Allan Gordon

"Every member should do **something** to help."

# CENTRAL CLUB ACTIVITIES - SUMMER 2020

## WHAT TO BRING

Bring lunch, water and strong footwear. Be sure to carry your health card, ID, emergency phone numbers and if necessary, a list of your medications. Come prepared for weather changes. Many events are 'rain or shine'.

## NOTE

Hiking boots are recommended for events rated at Level 2 or higher. A **high level of fitness** and experience are required for Level 3 outings.

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 9). For ALL events, hike leaders may refuse to take a hiker who does not have proper equipment or clothing.

## NOT SURE?

The Hike Leader will thank you for your questions.

## CARPOOLING AND FEES

Be at the meeting place at least 15 minutes before the stated departure time. The amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers.

## MEETING PLACE

Unless otherwise specified, meet at Conlon Farm in Perth. To reach Conlon Farm, take the main street (Gore) southeast through Perth to County Road 10 (Scotch Line), turn right towards Westport, then turn at the 4th street on the right (Conlon Drive) and proceed to the Conlon Farm parking area. GPS: 127 Smith Dr. K7H 0A3

## E-LETTER

Check the monthly E-Letter for updates and additional events, including short-notice hikes. To receive these electronic communications, send your e-mail address to [membership@rideautrail.org](mailto:membership@rideautrail.org). If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

**Hikers Routine:** Check for ticks everywhere on your skin when you get home.

**Wednesday Wanderers** - These are shorter, leisurely hikes for those who want a mid-week stretch. Details are sent out each Monday by email. Contact: **Margaret Lafrance** 613 466 0403 [margaretafrance03@gmail.com](mailto:margaretafrance03@gmail.com)

## Activities Calendar

### Central Club is listing no hikes in the Summer Newsletter.

Our decision was to proceed with scheduling **only** when self isolation and other COVID-19 measures have been lifted for all ages. We will list hikes in the monthly E-Letters in the event that our Club decides that group hiking is a safe activity.

## Walking Perth



CREDIT: DESMOND DEVOY, PERTH COURIER

Central Club's Member Gary Waterfield has been busy during the pandemic. He is an avid hiker and participates at many of our events. Be inspired by the challenge that he has made for himself. Full story: <https://www.insideottawavalley.com/news-story/9955301-with-video-meet-perth-s-man-in-motion-intent-on-walking-every-street-in-town>

SUBMITTED BY JOYCE DAVIS



I hope to go out when Jack leads a summer, ice cream hike.

MARGARET LAFRANCE, CENTRAL



## Remembering Two Friends of Central

### Bruce Gourley



Bruce Gourley, one of the oldest members of Central Club, unexpectedly died on April 17, a victim of the covid-19 epidemic.

Bruce joined the Central Club of the Rideau Trail Association in 1999, shortly after moving to the Perth area, in retirement from Ottawa. He immediately showed his leadership skills in stepping into the Trail Maintenance position, and he

became Chair of Central Club in 2003. Bruce continued to serve on the Executive for many years as Maintenance Director and Routes and Negotiations Director. In 2007, Bruce Gourley was presented with the Outstanding Service Award.

Bruce was a good friend, an outstanding outdoorsman, hiker, kayaker, dog-lover and golfer. I shall always remember the camping trips he organized to beautiful Schooner Lake, and our companionship on our annual excursions to the Bruce Trail. I admired his leadership qualities, and his unique rapport with land owners along the Rideau Trail.

A few years ago, he moved to a retirement home in Perth, where I was able to enjoy our bi-weekly exercise classes with Bruce. On occasion, he was able to escape the institution for walks in Murphy's Point Provincial Park.

Whatta guy you were, Bruce! You shall be missed.

### John Miller (1933-2020)

I first met John Miller in 1991, after I had moved to a cottage on Bennett Lake, discovered the Rideau Trail, and joined the Central Club. Their essential founder and heart and soul was John. We became good friends, and participated in many great outings together. Central Club was very small then, and I recall the Annual General Meeting was held at a table in what is now Michael's Restaurant in Perth.

However, we did have a semi-weekly agenda of stimulating activities, including winter skiing in Murphy's Point Provincial Park. Our canoe days in the summers attracted many RTA members from the Ottawa Club. John was a great promoter of and participant in these events, which were supplemented by canoe camping trips to Crotch and Schooner Lakes, and to Frontenac and Killarney Provincial Parks. John was an avid canoeist, but I recall a few trips to the drink on windy Crotch Lake, and rapid-strewn Tay River below Christie Lake.

One of John's stellar achievements as Chair of Central Club was the organization of, and cooking for, the 25th Anniversary of the Rideau Trail Association, held at Merrywood Camp in September, 1996. With others, he organized Central Club's end-to-end of the Bruce Trail by B&B, starting with Cape Chin Connection near Tobermory in October, 1995. This activity proceeded each fall for ten years and more.

John was a superb outdoorsman, the match of any of us during the '90's. He was also a shameless skinny-dipper, and an inveterate charmer, with his joviality and ready wit. A stroke in 1998 could not stop him, and in December he strapped on his skis and joined many of us to ski across Crotch Lake to a party at Linda Sterling's.

John became less active in the Club after relinquishing the Chair in the early 2000's, but was always on hand to help with organizing the food for special events, and running the RTA booth at the annual Maple Festival in Perth.

In short, John has made a huge contribution to the welfare of our Club, and to the Association as a whole. John Miller died peacefully at home on February 19, 2020.

THE RIDEAU TRAIL HAS LOST TWO GIANTS OF THE CENTRAL CLUB. OUR CONDOLENCES TO THEIR FAMILIES.

THANKS TO DON SHERWIN FOR SHARING HIS MEMORIES OF HIS FRIENDS.



Central Club weekend trip to the Avon Trail, May 1997. John Miller is seated right. Don Sherwin is back row left.



# The Truth about Ticks

BY JIM MIDDLETON

Ticks are here to stay. It is unfortunate but true. Ticks transmit Lyme disease, also unfortunate but true. However, there is no reason for the fear of ticks to prevent us from hiking or working outdoors. With knowledge, and a few precautions we can hike safely.

## Clothing:

Wear light coloured clothing as it makes ticks easier to see. Wear closed boots and socks. Wear long pants and tuck your pant cuffs into your socks. Wear a long sleeved shirt also tucked into your pants. Consider wearing long gaiters.

## Repellent:

Use DEET on clothes (do not forget your hat) and exposed skin. Especially apply it to points where ticks would access skin: wrists and neck.

## Insecticide:

0.5% Permethrin is a potent arachnicide. It is not to be used directly on skin, but is for application to clothing. I use it on my boots and gaiters. It is challenging to acquire in Canada but is available in the USA or from the American Amazon site.

Marks Work Warehouse has Permethrin treated zip off pants with drawstring cuffs and Permethrin infused shirts. They are called Mosquito repellent. I have the pants and they are cool and effective.

## Checking for Ticks

Before disrobing or coming inside, check your clothes for ticks. Ticks crawl up on shrubs and grasses, and extend graspers to cling to your clothing as you brush past. They usually get on your boots and pants and crawl upwards, so commonly get caught in zip-off cuffs and waistbands. When you come inside put your clothes in the dryer on high heat for at least 6 minutes. Do this before washing them as they thrive in moisture.

At least once a day inspect yourself using a mirror. Pay special attention to groin, navel, armpits, scalp and behind your knees and ears.

Take a shower. Although it is unlikely the shower will dislodge biting ticks, you will feel those you may not have seen.

Go out there and enjoy your hiking!

## TICK PROTECTION IS SIMPLE

THIS IS ALL QUITE EASILY AND QUICKLY DONE.

- DRESS APPROPRIATELY
- USE A REPELLENT
- LATER, DISROBE CAREFULLY AND THROW THE CLOTHES IN THE DRYER
- CHECK YOURSELF BEFORE YOUR SHOWER.

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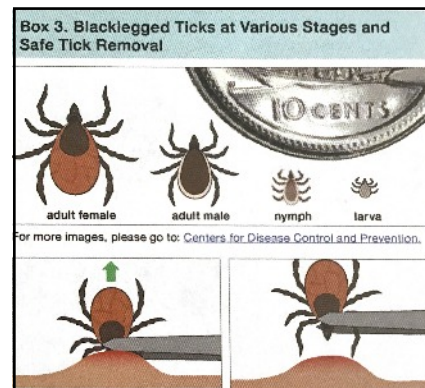


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Centers for Disease Control and Prevention

RETIRED MD, JIM MIDDLETON IS A HIKE LEADER AND VICE CHAIR OF THE CENTRAL CLUB.

Looking ahead to late summer or early fall, I plan to lead a hike at Petrie Island. It's a gem in the east end of the city and the trails offer some stunning vistas of the Ottawa River and Gatineau shoreline. Hope you can join me then.

STEPHEN CHAPPELL, OTTAWA



## Membership Application

### Missing Membership Card?

We will retain your updated membership cards until Ontario's emergency status due to COVID-19 is revoked. At that time, your cards (and crest, if ordered) will be mailed to you, as usual. Over the coming months we hope to introduce a new digital membership card. More information will be provided when we are ready to launch. Take good care. We will be hiking together again!

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p><b>*** Help Preserve the Legacy! ***</b></p> <p>The Rideau Trail Association (RTA) is committed to preserving one of Ontario's oldest and longest continuous footpaths, and encouraging use of its trail system through nearly 400 km of scenic beauty between Kingston and Ottawa.</p>                                                                                                                                                                                                                                                                                                                                                                                            |  | <p><b>Benefits of membership</b> include the following:<br/>         Quarterly newsletter with articles and event listings;<br/>         Retail discounts;<br/>         Voting rights for local Club and Trail business, and<br/>         The knowledge that you are supporting and protecting this world-class treasure.</p>                                                                                                                                                                                                                                                                    |  |
| <p>Individual Membership (age at least 18 years)</p> <p>( ) One year \$25.00</p> <p>( ) Two years \$45.00</p> <p>( ) Household Membership (2 adults, 1 address) \$40.00</p> <p>( ) Car Sticker (free to new members) \$1.00</p> <p>( ) Cloth crest \$2.50</p> <p>( ) RTA Name Badge - Pin (Print clearly please.) \$8.00</p> <p>( ) RTA Name Badge - Magnetic (Clearly please.) \$9.00</p>                                                                                                                                                                                                                                                                                            |  | <p>( ) New Membership ( ) Renewal</p> <p>Preferred Club Affiliation (choose one):<br/>         ( ) Central ( ) Kingston ( ) Ottawa ( ) Unaffiliated</p> <p>(Please Print)<br/>         Name(s):</p> <p>Mailing Address:</p> <p>Phone(s)</p> <p>E-Mail(s)</p> <p>E-mail is used for a quarterly newsletter, a monthly E-Letter and occasional other communication.</p> <p>( ) Please do not send a printed copy of the newsletter. I will read it online.</p> <p>Memberships are also available at RideauTrail.org</p> <p>The RTA does not share member information with other organizations.</p> |  |
| <div style="border: 2px solid orange; padding: 5px; text-align: center; font-size: 1.5em; color: gray;">MEMBER'S NAME</div> <p>Donation, Rideau Trail Association* \$ _____</p> <p>Donation, Rideau Trail Preservation Fund* \$ _____</p> <p><b>Total</b> \$ _____</p> <p>Pay online at RideauTrail.org or send with a cheque (CAD) to</p> <p style="text-align: center;"><b>Rideau Trail-Membership, PO Box 15<br/>Kingston ON K7L 4V6</b></p> <p>Membership year: April 1 to March 31. Those joining after Oct. 31 are paid-in-full for both current and following years.</p> <p>* Official receipts will be issued for \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001)</p> |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <p>In addition to enjoying hiking and other club activities, there are many other ways to be actively involved in the RTA. Check all activities that interest you. You will be contacted when your help is needed.</p> <p>( ) Maintaining a section of the Trail</p> <p>( ) Construction projects</p>                                                                                                                                                                                                                                                                                                                                                                                 |  | <p>( ) Leading hikes and/or XC ski or snowshoe outings</p> <p>( ) Helping with publicity</p> <p>( ) Serving on a committee</p> <p>( ) Organizing social events</p> <p>( ) Serving on the Executive</p> <p>Other (please specify): _____</p>                                                                                                                                                                                                                                                                                                                                                      |  |

## A Most Memorable Trip

On March 8th, when our first group left for Portugal, we expected nothing short of stunning coastal hikes under sunny skies. Although the coronavirus was in the news, we felt comfortable enough embarking on our trip; there was no government advisory not to travel abroad and Portugal had only reported 21 confirmed cases at that time. Still, to ensure we kept the group as safe as possible, we opted to use only private chartered buses for our transfers, forgoing the usually public transit.



The first couple of days went along splendidly; those stunning coastal hikes under sunny skies were exactly what we got. But soon afterwards, news of the coronavirus sent the world into a tailspin and things began changing daily, even hourly. By Friday, March 13th, our government had made it a world-wide directive, urging all Canadians abroad to come home. This left us with quite the situation; we had a group already in Portugal and a second group scheduled to come to Portugal the next day!

Group 2 was immediately cancelled, literally 24-hours before departure, and our dedicated Vision Travel agent worked all day Saturday to help guests cancel their impending flights.

Maddalena and Robert commandeered a conference room at the hotel in Portugal as an "office" and worked to try to bring the first group home sooner than anticipated. We quickly learned that the first available direct flights home were not for another week, and guests were adamant about being on direct flights, to reduce "exposure" and for fear that other European countries could start closing their borders (which, in fact, happened).

So faced with another week in Portugal, the group unanimously decided to continue with the trip and go southwest to the Algarve as originally planned. The fresh air and exercise did wonders for our spirits and kept our thoughts off the news unfolding around the globe. Additionally, we were well isolated as we saw barely a soul on the trails, surely more isolated than had we spent our days in towns. We did an absolutely spectacular hike called the Seven Hanging Valleys, which perfectly epitomized the Algarvian Coast, and stopped for a most memorable lunch along with way. The Restaurant Casa Lamy at Praia Benagil stayed open just for us, serving up



laughs and entertainment along with grilled fish & seafood (and extra prawns for Ann)!

Slowly but surely, however, Portugal shut down around us. Our last 2 days in the Algarve were confined to our hotel, where we were the only guests. We made the best of it by playing trivia games and charades in the lobby, and Hiker Marianne taught a Zumba class on the rooftop terrace. From the laughter and the fun, you would never have known that anything was amiss.



Finding a place to eat when the whole country is in lockdown was our biggest challenge. The Gomes family, who own the hotel and a local restaurant, came to our rescue to ensure we were well-fed and well-lubricated ?? The hotel had no restaurant/kitchen, so waiters brought in food for us. We had our last meal in the hotel breakfast room, complete with a birthday and about 8 desserts apiece! With the restaurant closing, they would have gone to waste. We could not let THAT happen - LOL.) We will forever remember their genuine, caring hospitality.

It is not an experience we wish to repeat. However, we will remember it reverently. Throughout the whole ordeal, our guests were in good spirits, flexible and accommodating, and we could not imagine having gone through this without their cheerful dispositions. We think it was probably tougher on our families at home who were worried about us, but we kept everyone informed.

We all arrived home safely and now, well passed our two weeks of self-quarantine, we are all still healthy!

THIS REPORT OF A TRIP IN MARCH 2020 APPEARS COURTESY OF MADDALENA MOLINO AND COMFORTABLE HIKING HOLIDAYS.



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### Supporting our Advertisers

Have you noticed that a few of our regular advertisers are missing from the Summer Newsletter? Mandated closures and limited travel have had a devastating effect. Let's hope all can recover.

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Blaq Bear Eco Adventure  
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The Cove Country Inn  
OK Cycle & Adventure Tours  
Skyline Hikers of the Canadian Rockies



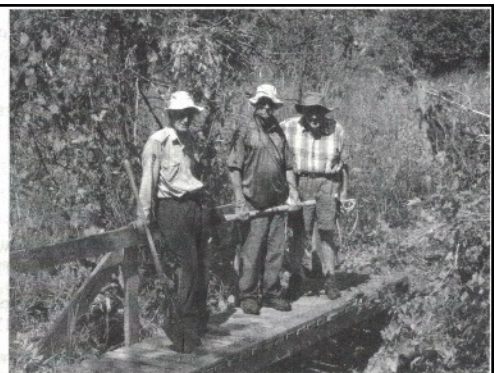
### Beyond Maintenance: Construction/Repair

The 'before' picture would show the damaged or washed out bridge. Left: Centreville Rd. Bridge 2019 shows a Kingston Club work party: Peter Burbidge, Doug Woods and Stan Huff. Right: similar view from the Fall Newsletter 2006.

JIM LORIMER, KINGSTON CONSTRUCTION COORDINATOR

### and after

Robin Turkington, Bill Murdoch, and Tony Parfitt are shown (while John Critchley took the photo) resetting the bridge south of Centreville back on its moorings. It had been washed downstream by the ice and high water last winter and was listing at a 45 degree angle.



# KINGSTON CLUB ACTIVITIES - SUMMER 2020

## WHAT TO BRING

Bring lunch, water, strong footwear, etc. Come prepared for weather changes. Many events are 'rain or shine'.

## NOTE

Hiking boots are recommended for events rated at Level 2 or higher. A **high level of fitness** and experience are required for Level 3 outings.

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 9).

## NOT SURE?

The Hike Leader will thank you for your questions.

## CARPPOOLING AND FEES

Be at the meeting place at least 10 minutes before the stated departure time. The amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers.

## MEETING PLACE

Unless stated otherwise, the meeting place is the Canadian Tire parking lot, along Bath Road, towards the gas station.

## INFO FOR LEADERS

Blank activity sign-up/liability waiver sheets can be obtained online or from the Club's Activity Coordinator. After the event, please send them to Pascale: [pascale.champagne@queensu.ca](mailto:pascale.champagne@queensu.ca) (613) 530-5610.

## E-LETTER

Check the monthly E-Letter for updates and additional events, including short-notice hikes. To receive these electronic communications, send your e-mail address to [membership@rideautrail.org](mailto:membership@rideautrail.org). If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

**Wednesday Walkers** - Ideal for people interested in healthy exercise walking at a comfortable pace with some social interaction. Walks depart every Wednesday afternoon at 1:30 pm. For details, contact Jennifer with your name and phone number at [wednesdaywalks60@gmail.com](mailto:wednesdaywalks60@gmail.com)

**Thursday Hikers** - meet in the Panera parking lot on Dalton Avenue at 8:50 am for a 9 am departure to the nearby Little Cataraqui Conservation Area. Two groups (moderate and fast) hike, snowshoe or ski for two hours of good exercise. Participants often enjoy a hot drink or snack at Panera afterwards.

Meet at Panera rather than Little Cat for consistency in carpooling. Note: this is a hiking/exercise event. Photos at the beginning or end of each event, only. Info: Sharen [sharenann@gmail.com](mailto:sharenann@gmail.com)

## ACTIVITIES CALENDAR

NOTICE: All scheduled outings are contingent upon meeting any COVID 19 restrictions in place at the time. This may mean the outing will be cancelled, or there may be requirements to limit number of participants, physical distancing, car pooling not allowed, or masks may be required. **Participants MUST contact the leader** a few days before the outing to ensure what conditions will be required.

### Tuesday June 2 Small Slide Lake Loop from 6767 Perth Rd.

Level 3, moderate pace, 13.8 km. Bring lunch, snacks and lots of water. Meet at CT at 9 am. Gas \$4. Confirm with leader to ensure COVID-19 conditions have been lifted. Leaders: Nancy Hunter 613 372 2157 [nancynelles@gmail.com](mailto:nancynelles@gmail.com); Lynn Esau 343 363 0384 [esaulynn@gmail.com](mailto:esaulynn@gmail.com)

### Saturday June 6 Audrey's June Bike

Cycling plan to be determined by participants but be prepared for no less than 40 km. Confirm with leader to ensure COVID-19 conditions have been lifted and to determine meeting time and place. Leader: Audrey Sanger [jsanger@sympatico.ca](mailto:jsanger@sympatico.ca)

### Saturday June 20 Bike on K&P Trail

Ride from Douglas Fluhrer Park to 401 and return (about 20 km.-gravel

and paved sections). Lunch by the river. Meet at Fluhrer Park at 10 am. Confirm with leader to ensure COVID-19 conditions have been lifted. Leader: Mary Lou Hamilton 613 484 5115 or [maryloumargh@outlook.com](mailto:maryloumargh@outlook.com).

### Tuesday June 23 Portsmouth District Ramble

Level 2, easy pace, 8-10 km. Explore the Portsmouth District Area with some "undulating" streets on route. Coffee



break at Seniors Centre along the way. Please bring water and a brown bag lunch to enjoy afterwards back at the Pavilion. Departure Time: 9:30 am. Meeting Place: Lake Ontario Park Pavilion. Please call ahead of date to confirm this event is still scheduled. Leader: Linda Line 613 531 4353.

### **Sunday June 28 Mystery Cycling Tour**

Route to be determined by participants. Please call ahead of date to confirm this event is still scheduled, and time and place to meet. Leader: Audrey Sanger jsanger@sympatico.ca

### **Thursday July 23 Bike on Howe Island**

Level 2, moderate pace. Start at CFB McDonald's at 9:30 am for 55 km, or at Howe Island ferry terminal on Joyceville Road at 10:20 am for 30 km. Bring some food and water. Confirm with leader to ensure COVID-19 conditions have been lifted. Leader: Robert Tolley 613 484 4295 (cell) or retolley@hotmail.com

### **Saturday July 25 K&P Trail**

Level 1, moderate pace, 12 km. Walk from Binnington Court to Douglas Fluhrer Park and return. Lunch by the river. Meet at Binnington Crt. at 8:00 am to beat the heat. Confirm with leader to ensure COVID-19 conditions have been lifted. Leader: Mary Lou Hamilton 613 777 8831 or maryloumargh@outlook.com

### **Saturday August 15 Lemoine Point**

Level 1 moderate pace, 5 km. Meet at and depart from Bath Rd (Coverdale parking lot) entrance, stop for snacks afterwards optional. Meet at 9:00 am. Contact leader to ensure COVID-19 conditions have been lifted. Leader: Mary Lou Hamilton 613 484 5115 maryloumargh@outlook.com.

### **Saturday August 29 Hike and Swim (optional) at Gould Lake**

Level 2, moderate pace, 10 km. Scenic and rugged trails. Bring lunch, water. Depart CT 9:30 am. Gas \$3. Contact leader to ensure COVID-19 conditions have been lifted. Leader:

Robert Tolley 613 484 4295 (cell) or retolley@hotmail.com

### **Tuesday September 8 Portsmouth District Ramble**

Level 2, easy pace, 8-10 km. Explore the Portsmouth District Area with some "undulating" streets on route. Coffee break at Seniors Centre along the way. Please bring water and a brown bag lunch to enjoy afterwards back at the Pavilion. Depart 9:30 am. Meeting Place: Lake Ontario Park Pavilion. Please call ahead of date to confirm this event is still scheduled. Leader: Linda Line. Tel: 613 531 4353

I look forward to paddling and cycling with other clubs.

JIM LORIMER, KINGSTON

## **End to End**

Walked the entire Rideau Trail between Kingston and Ottawa. Whether it was all at once or in many stages - CONGRATULATIONS!

| <b>Certificate</b> | <b>Member</b>      | <b>Year Started</b> | <b>Year Completed</b> | <b>Club</b>    |
|--------------------|--------------------|---------------------|-----------------------|----------------|
| 563                | Ryan Pyne          | 2017                | 2019                  | Ottawa         |
| 564                | Elizabeth Sherlock | 2017                | 2019                  | Non-affiliated |
| 565                | Anonymous          |                     |                       |                |
| 566                | Samantha McClung   | 2017                | 2019                  | Ottawa         |
| 567                | Tom McClung        | 2017                | 2019                  | Ottawa         |
| 568                | Kyle Sonntag       | 2017                | 2019                  | Ottawa         |
| 569                | Stephanie Lang     | 2017                | 2019                  | Ottawa         |
| 570                | Sandy Freeman      | 2016                | 2019                  | Ottawa         |
| 571                | Justyna Lawrence   | 2007                | 2011                  | Ottawa         |

### **Winter End to End**

|     |                   |      |      |        |
|-----|-------------------|------|------|--------|
| 99  | Ann Bolster       | 2019 | 2020 | Ottawa |
| 100 | Craig McManus     | 2019 | 2020 | Ottawa |
| 101 | Claudette Heiss   | 2019 | 2020 | Ottawa |
| 102 | Werner Heiss      | 2019 | 2020 | Ottawa |
| 103 | Réjanne Saunois   | 2019 | 2020 | Ottawa |
| 104 | Michel Carpentier | 2019 | 2020 | Ottawa |

# Pieces of the Rideau Trail

BY JUSTYNA LAWRENCE

When I was 16 I fell on a cut sumac tree and the spear point went through my knee, destroying the joint. I had surgeries so I could walk and became active, but I was always in pain and favoured my other knee. In 2005 I hit a wall. I was running a B&B, but I could barely walk 25 feet. I spent most of my days in an electric lift chair. MRI's confirmed that both knees needed replacing.

One day my husband asked "what one thing would you do if you could?" He and I had boated on the Rideau system. I sarcastically said, "walk the Rideau". He drove me downtown, kicked me out and said "Go touch the Richmond Landing Marker". I was shocked and mad. That was more than 25 feet! I got home and spent three days sulking in my lift chair, in pain. After the next swim, the



PHOTO: THE PASSIONATE HIKER

same thing happened. Into the truck, back to where I had stopped. So, in 2007 with a cane, poor shoes, and no idea where I was going, I started shuffling the Rideau Trail.

April 2008 birthday I got a 2001 trail map. I obsessed over it and the posted detours. Some days, walking 25 steps was too far for me. Between then and Nov. 5, I only walked from the Landing to just past Woodroffe. But 8.6 km. is 8,600 meters or for me, about 40,000 steps. I was jubilant! Then I got one knee replaced.

April 2009 I celebrated reaching Britannia. We started using two vehicles: one at the start and one at the goal. Friends or family started walking with me. It made me push harder and further. The company took much of the pain away. There were geese, ducks and seagulls, sail boats, fisher-people, kayakers, bikers and walkers. We rediscovered Andy Haydon Park for a family picnic and were surprised with entertainment at the stage. Through the Equestrian Park were deer and horses. Good distractions because the distance between road access was increasing!

At Bells Corners I could turn the page. I sat at home going back and forth measuring how far I had walked: 23.4 km! Some walks were more than the 2 km. By now I had

invested in good walking shoes but had yet to realize what else I needed.

I was blogging as "Rideau Trail Nut" on "Spark People", a site that allowed me to measure and record the distances I walked. That challenged me to become responsible with my Diabetes. I became a mentor and motivator. Walking the Rideau Trail and its role in my recovery from depression was published as a "Spark Success Story". I had walked my way down to 220 pounds.

By Perth I was elated. Every drive now affirmed that I HAD WALKED ALL THIS WAY! We made it a picnic day with wading in the Tay River through Stewart Park. As I left the park on the rainbow bridge I looked at the homes and wondered if I could ever retire there on the Rideau Trail in this lovely village. By now it was September 2010.

Because of circumstances, I began the final part of the journey from Kingston heading back to Sydenham. At the Cataraqui cemetery I decided that donating my body to Queen's University would mean I could be buried on the Rideau Trail. Finally, the entire family joined me to walk the last part of the Rideau Trail to Sydenham. August 16, 2011. My kids ran ahead and put yellow ticker tape across for me to run into.

From being able to only walk 25 feet to completing the entire Trail, I am so very grateful for all the people who made it happen. Who made ME happen. I was so broken when I started. I had lost sight of what is important and what is possible. Slow and steady is OK. Now I close my eyes and can picture so many places I walked and the people who were with me. When I pieced together the Rideau Trail, I pieced together myself.

I am fortunate to have run TLC B&B in Richmond and host end to end walkers. COVID-19 has us closed, and if we can't reopen I am happy to have been able to share my story.

JUSTYNA LAWRENCE LIVES NEAR THE TRAIL, IN RICHMOND.



Stewart Park, Perth - Claire Tannett

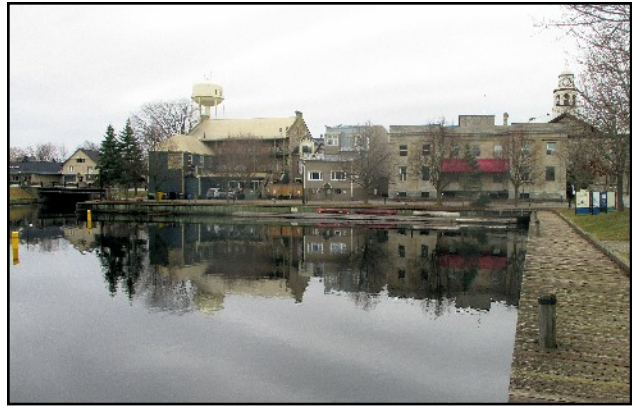


## Rideau Trail Challenge

BY THE PASSIONATE HIKER

Here is a photo of reflections in the Tay River, captured while wandering through Perth recently. This photo was taken from the Rideau Trail as it makes its way through the town.

This must be one of the prettiest short stretches of the entire Rideau Trail and, being all on Town land, it's open to those of us lucky enough to call Perth "home". Do you have a favourite local "End-to-End"? What stretch of the Trail appeals most to you? Why not share it with us?



## Coping with COVID-19

BY MAIDA MURRAY



On March 13, hiking and life in Ontario changed. For how long is difficult to predict. That day I was too busy to get a badly needed hair cut. Little did I realize, I would not be busy again for many weeks.

On March 14, I took up physical distance walking around our home, a large farm on rocky, swampy land near Perth. I had the opportunity to walk through spring with my 2 dogs and sometimes a friend. That day I needed icers, a warm coat and a hair cut. The woods were full of snow and the paths were icy. Geese were already flying over head. Self isolation seemed like a difficult prospect.

A few weeks later I needed taller rubber boots than I possess, a great many dry socks and a hat. I no longer needed a hair cut. Loons were calling at night and grouse were drumming during the day. A quick glance in the mirror made self isolation seem like a necessity.



This past week the ice and snow have all melted in the bush, and the frogs have begun to call. I still need rubber boots and I still need a hat. Worst of all I need another hair cut.

But I am wiser now. Although I expect this hair cut to be as bad as my last effort, I have ordered a summer hat online. My advice to all hikers finding it hard to self isolate: cut your own hair. But make sure you have a suitable hat!

HIKE LEADER MAIDA MURRAY IS CENTRAL'S ACTIVITY COORDINATOR. THEY COULD USE AN EXTRA HAND OR TWO: MAINTENANCE, PUBLICITY, ETC.

Physical/social distancing: maintaining 2 m gap between non-household people  
PPE: personal protective equipment (usually mask, gloves, etc.)  
Curbside pickup: take out, for any store or restaurant

## Welcome New and Returning Members

### Central Club

Denise Mackey

### Kingston Club

Sami Alahdab  
Carolyn Bonta  
Anne Brown  
Heather Eagleson  
Karen Graves  
Suzanne Hadley  
Carolyn Heald  
Ryan Laflamme  
Joan Lee & James Brown  
Sheila Mackie  
Frederick Pentney  
Carolyn Ritchie

### Ottawa Club

Margaux Carson  
Rob Cochrane  
Rosalyn Cochrane  
Chelsey Donohue

Frederick Fee

Natalie Feldman

Brian Graham

Elissa Guy

Steven & Vaida Hick

Jay Kim

Ivy Lai

Justyna Lawrence

Virginia MacLatchy

Kathryn Moore & Will Leffler

Jean Murray

Maria Fernanda Nunez

Janet & Barry Smith

Corinne Wilson

James Young

### Non-Affiliated

Daniel Bulanda

Alton Deslandes

Christina Laflamme

# OTTAWA CLUB ACTIVITIES - SUMMER 2020

## WHAT TO BRING

Bring lunch, water, strong footwear, etc. Come prepared for weather changes. Many events are 'rain or shine'.

## NOTE

Hiking boots are recommended for events rated at Level 2 or higher. A **high level of fitness** and experience are required for Level 3 outings.

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 9).

## NOT SURE?

The Hike Leader will thank you for your questions, if you raise them a few days before the event. For general information about the Ottawa Club call 613-860-2225.

## Assistance in Greenbelt or Gatineau Park

Is it a life-threatening emergency? Call **911**! As a second step or for any other emergency, call **613-239-5353**. Each Gatineau shelter (except Shilly Shally) has an emergency radio communication system. Park shelters are indicated by signs on the trails and are marked on the trail map.

## CARPPOOLING AND FEES

Be at the meeting place at least 10 minutes before the stated departure time. The amount quoted for gas is a

suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers. Additional drivers may be needed for **accessible hikes**. If you are available to drive, please call the leader in advance of the hike.

## MEETING PLACE

The meeting place is usually one of the following locations along or near the OC Transpo Transitway.

**Tunney's Pasture:** The government parking lot on the west side of Parkdale Avenue just across from Emmerson Avenue.

**Fallowfield Park & Ride:** The northwest parking lot of the Park & Ride station, off Fallowfield Road west of Woodroffe Avenue. Park near the drop-off area by the bus shelters.

**Baseline Park & Ride:** The parking lot at the Park & Ride station on Woodroffe Avenue south of Baseline Road. Meet at the south end of the parking lot, farthest from the bus stop.

## INFO FOR LEADERS

Waivers/sign-up sheets and incident report forms are available at [rideautrail.org](http://rideautrail.org). Please forward completed sheets and forms after Wednesday Walks to **Tony Barnes** at [fellwalkerca@gmail.com](mailto:fellwalkerca@gmail.com) and after all other outings to the Coordinator, [rtaleaderottawa@gmail.com](mailto:rtaleaderottawa@gmail.com)

## E-LETTER

Check the monthly E-Letter for updates and additional events, including short-notice hikes. The Club also offers a weekly e-Notice. To receive these electronic communications, send your e-mail address to [membership@rideautrail.org](mailto:membership@rideautrail.org). If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

## Regular Activities

When Public Health restrictions DO NOT APPLY, these activities take place on a regular basis, whether they are scheduled or not. For example, the Club meets every Wednesday. The nature of the event changes according to the demands and limitations of the season.

The people mentioned as coordinator/contacts will provide more detailed information about the activities.

**Urban Walks** - Every Tuesday evening from mid-March through April. There may be a refreshment stop after the walk for those interested. **Note:** Meet at the starting point of the walk as specified in the Activities Calendar at 5:45 to depart at 6 pm. DO NOT meet at Tunney's Pasture unless so specified. Coordinator: **Trudy Stephen**, 613-828-9313.

**Moonlighters** - Some Tuesday evenings (May through August) there will be short hikes in Gatineau Park depending on leader availability. Hikes last until sunset. Various Level 1-2 routes will be followed, approximately 6-8 km, at a moderate pace. Please consult the weekly

updates to see if a hike is being offered. There may be some hilly, rough or wet terrain. Please bring your own water, snack, bug repellent, flashlight and proper footwear. There is usually a short break during the hike as decided by the leader. Meet at Tunney's Pasture at 5:45 pm for a prompt 6 pm departure. Coordinator: **Hazel Miller**, 613-232-6558

**Wednesday Walkers** - Level 2 and 3 impromptu all-day events in Gatineau Park. Meet on the southeast side of Bate Island, off the Champlain Bridge, at 9:15 am to depart at 9:30. For information, contact **Tony Barnes**, 613-828-1216 or [fellwalkerca@gmail.com](mailto:fellwalkerca@gmail.com)

**Thursday Morning Hikes** These hikes finish in June. For details of when and where, watch the weekly e-notice. Generally these hikes will alternate between a Level 1 on flat terrain and an easy Level 2 on somewhat rough terrain. They are always about 2 hours long, which allows one to be home for lunch. For ideas or to volunteer to lead a morning hike contact **Elizabeth Mason** at 613-729-6596 or [emmason283@gmail.com](mailto:emmason283@gmail.com)



## ACTIVITIES CALENDAR - OTTAWA

Due to the COVID-19 pandemic, we are listing the activities that could take place if the restrictions are lifted during the summer.

**You will not see dates listed** in this Calendar. Once restrictions are lifted, we will publish outings in the E-Letter and weekly e-notices.

Want to work towards an Ottawa End to End badge? When we can, we will offer hikes on the Rideau Trail this summer and fall.

### Rideau Trail

#### **Ottawa End to End #1, Ottawa Locks to Britannia**

Level 2 (long Level 1), 13.3 km, map point 19H to 19B. Depart from Tunney's Pasture at 09:00. Gas \$2.00. Or join the group by 10:00 at Ottawa Locks Trailhead and bring bus tickets/pass/cash for your own return from Britannia. This is a level hike on recreational trails (give way to bicycles) alongside the Ottawa River. Bring water, lunch, and sun protection. Leaders: TBA

#### **Ottawa End to End #2, Britannia to Old Richmond Road**

Level 2, 15.6 km, map point 19B to 18C. Depart from Tunney's Pasture at 09:00. Gas \$3.00. This is a level hike on recreational trails (give way to bicycles) and in the Stony Swamp Conservation Area where trails may be muddy. Bring water, lunch, and sun protection. Leaders: TBA

#### **Ottawa End to End #3, Old Richmond Rd to Brownlee**

Level 2, 12.6 km, map point 18C to 17A (formerly 16G). Depart from Tunney's Pasture at 09:00. Gas \$4.00. This is a level hike mostly on tracks, which may be muddy, and quiet roads. Bring water, lunch, and sun protection. Leaders: TBA

#### **Ottawa End to End #4, Brownlee Road to Munster Road**

Level 2, 13.3 km, map point 17A (formerly 16G) to 16A. Depart from Fallowfield Park & Ride at 09:00. Gas \$4.00. This is a level hike on mostly-quiet roads and a dirt track that may be wet and muddy. Bring water, lunch, and sun protection. Leaders: TBA

#### **Ottawa End to End #5, Munster Road to Roger Stevens**

Level 2, 13.3 km, map point 16A to 15B. Depart from Fallowfield Park & Ride at 09:00. Gas \$4.00. This is a level hike on a mix of dirt, grass and gravel tracks and roads that may be wet and muddy in places. Bring water, lunch, and sun protection. Leaders: TBA

#### **Ottawa End to End #6, Roger Stevens to Burritts Rapids**

Level 2, 15.0 km, map point 15B to 14A/B. Depart from Fallowfield Park & Ride at 09:00. Gas \$5.00. This is a level hike through the Marlborough Forest on a mix of gravel and dirt tracks that may be wet and muddy in places, passing Rogers Pond and the Earth Star shelter. Bring water, lunch, and sun protection. Leaders: TBA

#### **Ottawa End to End #7, Burritts Rapids to Merrickville**

Level 1-2, 9.6 km, map point 14A/B to 13E. Depart from Fallowfield Park & Ride at 09:00. Gas \$6.00. This is a level

hike on roads, passing many historic houses and the lovely Nicholson's Locks, and adding a short side trip to the McGuigan Cemetery. The Tip-to-Tip Trail at Burritts Rapids, adding another 4 km, is an option before our return. Bring water, lunch, and sun protection. Leaders: TBA

#### **Ottawa End to End #8, Merrickville to Rosedale**

Level 2, 15.1 km, map point 13E to 12F. Depart from Fallowfield Park & Ride at 09:00. Gas \$7.00. This is a generally level hike on roads out of Merrickville, then on dirt and gravel roads and tracks through woods in the "Long Bush" where the trail may be wet in places. Bring water, lunch, and sun protection. Probable stop for refreshments in Merrickville before our return. Leaders: TBA

### **Ottawa Leaders Offering Other Activities**

Stephen Chappell

#### **Old Quarry Rd. to Wood Rd. Map 13, 13A to 13D**

Level 2 about 12 km, moderate pace. This is all on the Rideau Trail and would count towards the Ottawa E2E. Will require a shuttle. Meet at Fallowfield Park & Ride at 9:15 am for a 9:30 am departure. Bring lunch, water and wear good boots. Possible pub stop afterwards at Marlborough Pub. Gas \$5.

#### **Trails of Petrie Island.**

Level 1 6.5 km. Moderate pace pausing at areas of interest. Enjoy beautiful views of the Ottawa River and Inland waterways. All on trail. Wear good walking shoes, bring water and snack. Arrive at Tunney's Pasture at 8:45 am for a 9 am departure. Gas \$2.

Kathryn Fournier

#### **Ramparts and Western, Gatineau Park**

Level 2, about 8-10 km. From Etienne Brule parking lot, trails 3 and 28 to ramparts, then 21 and 18 to Western Cabin.

#### **Asticou Sector, Gatineau Park**

Level 2, about 8 km. From P2 at Relais Plein Air, we will explore trails 65 and 66.

#### **Jack Pine and Lime Kiln, NCC Green Belt**

Level 1 about 8 km. From P11 on West Hunt Club, we will explore trails 25, 26, Jack Pine and Lime Kiln.

#### **Lac Philippe, Gatineau Park**

Level 2 about 12 km

### Sunday Afternoon Hikes

#### **Mer Bleue Sector**

Level 1, about 6 km. From P20 on Anderson Rd, we will explore trail 50 and the Dewberry Trail.

#### **Greens Creek**

Level 1, about 6 km, From P25 on Bearbrook, explore trails 60, 61, 63.

### Sandy Freeman

#### **Hike and Swim in Gatineau Park**

Level 2. P16 to MacDonald Bay via Trails 50 and 36. Swim and lunch at MacDonald Bay. Bring lunch, water, bathing suit, etc. if swimming. Gas: \$4.00. Meet at Tunney's Bay at 9:45 for 10:00 am departure.

### Denise Hall

#### **Easy Cycle from Bate Island to Alymer Marina**

Level 1, 13 km each way primarily on bike paths. Bring lunch, sunscreen and bug spray. Depart from Bate Is. at 10:00 am

#### **Manitou Mountain, Calabogie**

Level 3 Moderate pace. Lots of ups and downs. Outdoor lunch. Meet at Baseline Park & Ride for a 9:00 am departure. Gas \$8

### Grace Hyam

#### **Poets Pathway 1st Instalment**

Level 1 walk, 8 to 10 km. The Poets Pathway is a walking and biking trail of about 35 km, from Beechwood Cemetery to Britannia Beach. Its purpose is to preserve green space in the nation's capital and to commemorate Canada's poets. Participation will be limited to 15 to allow communication at points of interest. Departure: Contact leader to register and for departure information. Leader: Grace Hyam, dr003@ncf.ca or 613-829-7252

#### **Poets Pathway 2nd Instalment**

Level 1 walk, 8 to 10 km. Participation will be limited to 15 to allow communication at points of interest. Departure: Contact leader to register and for departure information. Leader: Grace Hyam, dr003@ncf.ca or 613-829-7252

Congratulations Craig McManus  
Winter End to End no. 100

### Doug Parsons

#### **Fallowfield to Black Rapids**

Level 1 about 11 km. Walk on a tree lined, lightly gravelled, shared bicycle path. Lunch at the locks at Black Rapids. Meet at Fallowfield Park Ride for a 10:00 am departure.

### Kevin Reynolds

#### **Paddle: Ottawa River, Knox Landing Area**

Level: 2 Distance: ~15 km moderate pace, pausing for items of interest. Explorative: islands, bays and marshes in the Knox Landing area on the Quebec side of the Ottawa River. We will do an exposed crossing of the Ottawa River from the Braeside area. This may be choppy if it is breezy. Once across there are rocky outcrops and marshy areas. You will require your own equipment and transportation. Please contact the leader if you have questions about outing suitability. Difficulty Clarification: Moderate Effort and Technical Challenge. Departure: 9 am from Kanata Canadian Tire (8181 Campeau Dr) north corner of the parking lot. Leader: Kevin Reynolds, kevinjunk9@gmail.com

## Frontenac Park and The Cove

Mid-week, October 13-16, 2020



- Open to all RTA members
- See the Rideau Trail at its best
- Face the Frontenac Challenge

### Fall Colours in Frontenac

Connect with fellow RTA hikers in the other clubs  
Hospitality by The Cove in Westport  
Plans for single or double occupancy  
Limited space - reserve now

**Contact:** Denise Hall (613) 843-8222  
rebeccahall@rogers.com

PHOTO: WESTPORT IN OCTOBER, JACK TANNETT

## Winter End to End

In Praise of Leaders

BY CATHY CUMMINGS

In the tradition of "fun, exercise and friendship," the End2End offers a great way to embrace winter, burn calories and obtain the extra benefit of some precious sunlight throughout the winter.



After traversing approximately 122 km from Westport to Merrickville, the extended-length group joyfully arrived at Upper Nicholson Lock to celebrate the completion of our Winter End2End.

Kudos to Rusty Bassarab, our dedicated leader, for all his efforts to make this winter wonderland dream a possibility for so many of us. Rusty is without doubt an enthusiastic, friendly leader who has great organizational skills and the patience of a salmon

swimming upstream to reach his goal!

Now here are some health facts that just might encourage you to don some snowshoes next year . . . or not! The snow acts as a cushion to spare your knees so it is a low impact, muscle-building activity. Enjoying the fresh air

and outdoor smells can help reduce stress levels and connecting back to nature improves your sense of well-being. Winter sunlight produces mood-boosting vitamin D as the snow actually reflects a tremendous amount of light and can help to alleviate symptoms of SAD. It has been proven that mood is improved after a fresh snowfall. You'll benefit by burning up to 1,000 calories per hour and if you are breaking track, you'll burn 34% more calories and build additional muscle tissue due to the extra resistance.

For anyone who may be interested in the Winter End2End in 2021, there are two different groups to choose from, a core group that travels 10-15 km/day and an extended-length group that covers 15-20 km/day. Keep your eyes open for information in the Fall newsletter.



Rusty Bassarab and friends hold celebration banner.

KINGSTON'S CATHY CUMMINGS IS LOOKING FORWARD TO LEADING HIKES ON THE TRAIL.



Thinking about summer... I joined the Central Club in 2003 when I moved to Perth and at that time, the Club's summer activities were mostly day canoe trips and canoe/camping. John Miller, Don Sherwin, Bruce Gourley and Tom Irwin were responsible for organizing and leading the canoe outings. Members of the Ottawa Club used to come with us. I was an enthusiastic participant and particularly enjoyed canoe/camping. (See Don's recollections on page 11.) In this picture the lake appears to be missing, but Dave is up to his knees in something.

MARGARET LAFRANCE, CENTRAL CLUB



Former Membership Director from Kingston, Sheila Menard finds joy away from hiking.

SHAREN YAWORSKI

## Joint Event for Central and Ottawa

BY STEVE KELLY

Hoping for a sunny day in March, members of the Ottawa and Central Clubs planned a winter outing that featured both snowshoeing and cross-country skiing in Gatineau Park. Thanks to the Activity Coordinators and all the leaders in both clubs for making this event a reality.

For both snowshoers and skiers, the day began by going uphill.

TONY BARNES PHOTO



Barbara takes off her skis to show how it's done



Group rendezvous along the trail, for an inside lunch at Huron

ROSIE TAY PHOTO



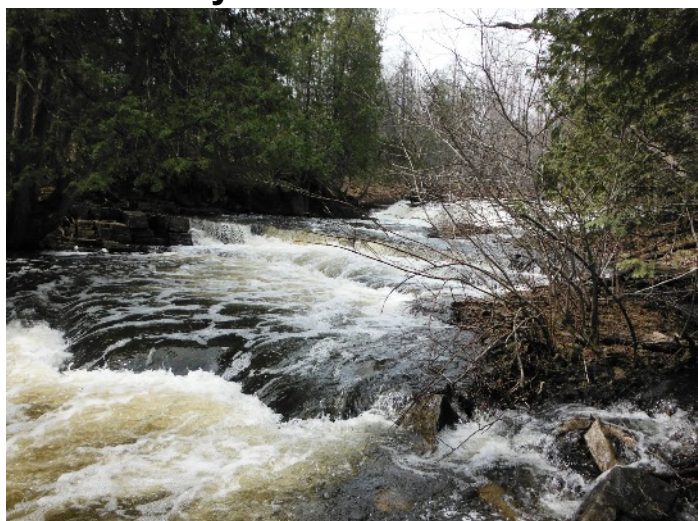
See you in 2021!





PM40022816  
Return undeliverable Canadian  
addresses to  
RIDEAU TRAIL ASSOCIATION  
PO BOX 15  
KINGSTON ON K7L 4V6

## My Favourite Place



On one hike in April, Brassil's Creek was raging over the Stoney Steps near Burritts Rapids. (Article on page 2)

DENISE HALL

2021  
  
50th



Remember the relay of The Stick from Kingston to Ottawa for the 40<sup>th</sup> anniversary?

Our bonds were formed in 2005  
While doing the end-to-end and  
learning to survive  
So on RTA's 40th, we just had to  
be there

To "Carry the Big Stick" and  
celebrate with flair  
Lots of good memories - so much  
fun

Looking forward to our 50th in 2021

JOAN EVANS, OTTAWA

Painting of the Larry Tracey home by  
Father J.J. Sammon (c1930). See Focus on  
History, page 3.



## Inside Summer EDITED BY STEVE KELLY WITH MARLENE BZDEL (OTTAWA)

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