



Rideau Trail

NEWSLETTER

Fall 2020

Issue No. 197



Important Changes to Membership
Trail Change Notification
Member Spotlight
Celebrate Our 50th!

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

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Cover Page Photo: Flagpole Hill on Slide Lake
Loop taken at Frontenac Park by Rusty Bassarab

Who Am I?



See page 24 for answer!

Our Vision:

An active organization that maintains and preserves a secure trail between Kingston and Ottawa, via natural countryside and accessible to the public, and arranges self-propelled outdoor activities such as hiking, snowshoeing and cross-country skiing on the trail and in nearby areas, through an engaged core of members to ensure mission continuity.

Our Mission

1. To promote and encourage hiking, snowshoeing, cross-country skiing and allied activities;
2. To open up, construct and maintain a series of interconnecting trails between the City of Kingston and the City of Ottawa in the general area of the Rideau Canal and its tributary waters;
3. To establish recreational facilities for the public enjoyment of nature in its unspoiled state with a minimum of adverse impact on the ecology;
4. To co-operate with other organizations whose objectives parallel or overlap with the objectives of the Rideau Trail Association and, where appropriate, to serve as a connecting link between such organizations.



Presidents Message

How many times have you been in a pandemic? I guess we all know the answer to that one.

As you know we had our first ever Zoom AGM in May which was necessary due to COVID 19 but hopefully we can look forward to seeing each other at our 2021 AGM in Kingston. We had to cancel our CPR/First Aid which was going to be held in Kingston back in March; a potential future date is in November, depending on government guidelines.

COVID 19 Stage 3 now allows us to enjoy the outdoors in groups again as long as we social distance to keep us all safe. When on a narrow trail, step off and let the oncoming people to pass. We always did that as we are courteous hikers, but it is just more important now to maintain distance. We also cannot car pool to our hikes so our hike leaders must be aware of who is coming on hikes due to restricted parking.

I am so happy this Pandemic did not hit next year, it really would have put a damper on what we have planned for you. So now that we are advancing towards our new normal we can continue to stay safe. Get out there and hike and take in all that fresh Air.

I also have a request of every one of you. We need help on our local club executive level as well as the Board Level. I don't care if you are a brand new member or have been with us for a while; please help us out. We need you to volunteer. Being on local executive gives you a chance to help out in any way you wish. Ottawa needs a chair and a vice chair plus Kingston needs an Outings Coordinator and Landowner Liasion. Central needs someone for Publicity and Social Events. We also have a very urgent need on the Board for Treasurer, someone to do the bookkeeping day to day and coordinate with

the club treasurers. If you or your significant other are a numbers person we need YOU. Our current Treasurer has done a wonderful job organizing the entire platform so you would step into an ideal Position.

We have lots of excitement coming up next year. First of all we are having our AGM in Kingston! As you know I am from there, so I am biased, but it is a nice town to explore. So come for the AGM on May 29th. The RMC chef is going to put on a great meal for us after the AGM. Afterwards, we will have the opportunity to participate in a planned hike, go on a boat tour or take in another activity; just enjoy. More info to come next newsletter.

Sharen Yaworski

President Rideau Trail Association





Board of Directors

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

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

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Central Club

Executive

Chair: Joyce Davis
Vice-Chair: Jim Middleton
Past Chair: Jack Tannett
Hike Activities Coordinator:
Maida Murray
Trail Maintenance: VACANT
Routes and Negotiations: VACANT
Publicity: VACANT
Social Coordinator: VACANT
Treasurer: Gayle Truman
Secretary: Mary Robinson
Member at large: Carol Richardson

Kingston Club

Executive

Chair: Rick Shaver
Past Chair: Sharen Yaworski
Vice Chair (Board Rep.):
Barry Monaghan
Secretary: Lynn Esau
Treasurer: Marilyn Martin
Outings: VACANT
Publicity: Bill Ottney
Landowner Liaison: VACANT
Construction: Jim Lorimer
Maintenance: Stan Huff
Special Events: Joel Lamorre
Human Resources:
Pascale Champagne
Member at Large:
Jennifer Brinkman

Ottawa Club

Executive

Chair: VACANT
Past Chair: Sandy Freeman
Vice Chair: VACANT
Rep. to RTA Board:
Sandy Freeman
Secretary: Carol Kerfoot
Treasurer: Robert Smith
Trail Maintenance: VACANT
Landowner Liaison:
Roger Reens
NCC Liaison: Lorraine Farkas
Activities: Denise Hall and
Kevin Reynolds
Publicity: Bill Davies
Member at Large: Brian Grant
Member at Large:
Kevin Chapman
Newsletter Editor: Steve Kelly
Newsletter Editor: Marlene Bzdel

Association News

Highlights

Highlights of RTA Board Meeting

July 25, 2020, via Zoom

By Ruth Oswald, Secretary

Important Motions

- A new RTA Landowner Liaison And Trail Maintenance Handbook was approved as an official RTA handbook.
- A streamlined online self-serve membership renewal service was approved for launch in August. For more information, see the Membership Director's article on page 6 of this newsletter.

Board News

- There are opportunities to serve the Rideau Trail Association board as:
 - Treasurer
 - Vice-President
 - Marketing and Communications DirectorInterested? Talk to our President, Sharen Yaworski
President@rideautrail.org
- Phil Dawes, though stepping down as Treasurer this fall, will be chairing the RTA Information Systems Committee.

Finance

- Treasurer Phil Dawes presented financial statements for the first quarter (ending June 30, 2020). The statements were approved by the Board.
- Membership and donation revenue is down, probably because of Covid-19.

Membership

- 350 RTA memberships have not been renewed from last year, probably because of Covid-19. Please consider supporting the Rideau Trail by renewing your membership.

Trail Coordinator

- The GIS Working Group is continuing to improve the GPS data for all RTA trails. RTA clubs are asked to appoint a Trail Information Coordinator to help gather data from club members.
- A review of Blue Trails and Loop Trails is ongoing.

Next regular board meeting: October 17, 2020

Winter Newsletter: Deadline November 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

Streamlining Our Membership Processes

On August 1st, the Rideau Trail Association (RTA) launched a new online service for renewing and purchasing memberships. This new service offers significant benefits, both to members and to the Association.

Members

- adds members to RTA email lists much more quickly
- gives new members immediate access to the RTA online Event Calendar
- delivers new membership cards immediately, at no cost, via email
- gives members the option to choose to receive event notifications from two Clubs
- better protects the privacy of personal data
- makes it easier for members to update their personal information (postal and email address changes, phone numbers, volunteer interests, club affiliations, emergency contact)

Administration

- eliminates the risk of transcription errors
- better protects sustained integrity of our membership information
- manages yearly completion of our liability waiver
- amalgamates all our member records into one repository
- reduces our membership-related operating costs
- greatly reduces the time spent by your Membership Director and other volunteer personnel on nonvalue added tasks.

The cost of a basic annual individual membership will remain about the same at \$26. We are introducing an extra annual fee of \$4 for print subscription to our awesome quarterly newsletters which is only a fraction of the publication and mailing cost.

Note: Our mail-in form will continue to be available to members. Life Members who currently receive print copies of our newsletter will not pay anything for this continued service.

Please remember to complete the volunteer interest portion of the sign-up form when you renew. Even better, test our new process by updating your volunteer interests today. You can update any of your personal information by using the link at the bottom of every RTA auto-email. If you are not online, you can send me a letter with your request.

Two more board-approved membership changes will take place on September 1st.

1. The two-year membership option will be eliminated from both our online process and the mail-in form.
2. The cost of a household membership will increase to \$52. This will eliminate the discount of registering as a household.

These changes were approved because our Treasurer (Phil Dawes) and I have not been successful in developing a sustainable process to routinely reconcile membership revenue with membership registrations. I believe our Board, and in particular the Treasurer and the Membership Director, have a fiduciary responsibility to do this.

If you have any questions or concerns about any of the changes outlined above, feel free to contact me.

Mary-Jean McIntyre

RTA Membership Director membership@rideautrail.org

c/o Rideau Trail Association
PO Box 15
Kingston ON K7L 4V6

Thank You

I want to recognize and thank the following people:

Liz Choros for her on-going reliable and timely processing of RTA membership posted mail-outs.

This will be a much less onerous job going forward!

Phil Dawes for his remarkable generosity of time and MailChimp expertise

Kevin Chapman for his invaluable generosity of time and website management expertise

My RTA Board colleagues for their support to proceed with these changes

RT Club Executives for their cooperation as we transition to our new process

All past Membership Directors (Sheila Menard, Bill Ottney, and others) who paved the way for the improvements we are now making

YOU! All RTA Members for your patience and continued support as we make this important transition to a more sustainable operation. One that will serve us even better as we enter our 50th year!

Flora, Fauna: Friend or Foe?

Our phones quickly evolved over a relatively short period of time. What was once used only for talking now serves as our encyclopedia, compass, map, weather channel, recipe book and so much more. In fact, a large number of people rarely use the phone for its original purpose!

When in nature, some view this piece of technology as a distraction to enjoying the sights and sounds while others consider it a necessary tool for navigation and safety. When participating in nature as a solo traveller, I fall into the latter category. I also use technology to enhance my ability to enjoy the outdoors, especially when I first moved to Ontario from the prairie provinces. I was (and still am) dazzled by the incredible variety of plants and animals waiting to be discovered.

Unfortunately, I didn't have a guide to answer my questions: Is it edible? How venomous is venomous? Does it sting? Why does this grow here? What will that fuzzy, spiky caterpillar turn into? Why did that beautiful plant cause such a painful rash?

So, to keep me safe from my own curiosity, I used a nature identification app on my phone. I would take pictures of my newly discovered species and, at the end of the trip, share the photos with an online community of naturalists who would help identify and verify my specimens. Though there are several such apps, iNaturalist.org is the site and app I use to satisfy my inner citizen scientist.

Unless you're fortunate enough to have a personal flora/fauna expert, I invite you to try one of these apps! Just as nature can be helpful or harmful, so can technology; use with care! - by ML

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DREAMING OF 2021

We are optimistic that we can return to offering you exciting hiking adventures in 2021!

If you have your heart set on a particular destination and want to book it as soon as it becomes available and safe to do so, ask to be put on our [INTERESTED LIST](#).

We will notify you when we are ready to accept reservations for that particular trip. There is no obligation on your part, nor does it guarantee your spot(s). We will still be taking reservations on a first-come, first-served basis as we always have. However, it means that you will be notified right away that we are ready to begin taking reservations, and then you can decide if you wish to book or not.

We are working on modified terms & conditions in the short term to allow for more flexibility, so that you can confidently book a holiday.

*** Dominica * in February**
– a perfect opportunity to bust out of winter and out of staycation mode!

Plus Portugal * Japan * Ireland
Amalfi Coast (Italy) * Corfu (Greece)
Kenya * Provence & Cote d'Azur
Tour du Mont Blanc
Galapagos Islands * Slovenija

IN THE MEANTIME...

We would love to keep you engaged until we can travel again. Here are 3 easy ways to keep in touch that would benefit us both:

1. Follow us on Facebook.

We post daily on topics such as hiking tips & tricks, travel information, gear reviews, trip announcements and so much more. Plus we're pretty entertaining 😊

2. Please tell your friends about us!

You can even earn travel rewards.

3. If you've travelled with us, please write a review on our Facebook page.

Nothing we like more than satisfied hikers!



Be safe. Be kind. Stay hopeful.

And we look forward to hiking with you again soon!

TICO # 50023501

Badge Request Contact



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



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



Kingston Section
wednesdaywalks60@gmail.com
Jennifer Brinkman, Kingston Club



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



End to End badges are presented to deserving members at the Annual Meeting if they registered with the Secretary in advance.

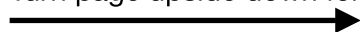
According to the RTA Fall Newsletter of 1971, an adult membership cost ____ per year:

- A \$2
- B \$4
- C \$6
- D \$8

6.00
4.00
\$2.00

Students (school or college)
Adult Membership
Family Membership

Turn page upside down for answer!



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!

Welcome New and Returning Members

Central Club

Carolyn Lunn
Simon Lunn
Maureen O'Connell
Jim Stinson
Liz Sutherland
Maureen van Dreumel

Kingston Club

Lauren Anstey
Dean Avery
Suzanne Bodner
Stephanie Coulter
Laura Cybulski
Frances Densley
Sarah Dewey
Mary Dobson
Matthew Fyfe
Susan Goff
Rich Ludlow
Matthew McConnell
Kylie McDonnell-Wade
Karin McInnis
Joanne Meisner
Hannah Muysson
Gabrielle Roy
Miriam Sayeed
Ron Smith
Sandy Smith
Jacques Talbot
Stephen Tripp
Pamela Welbourn
Donna Whitby
Laurie Whitby

Ottawa Club

Lalit Azad
Max Baechler
Sarah Barney
Carole Bernstein
Malcolm Betts
Maurice Bissonnette
Kevin Burton
Matthew Carlson
(Household)
Julie Cashaback
Simon Choynet
Marquis Cloutier
Lindsey Connelly
Annet de Boer
Evert de Boer
David Edgerton
Martha Farkas
Jennie Fiddes
Joann Garbig
Marc Garneau
John Gascon
Jason Gregoire
Darrell Gumieny
Robyn Hall
Ron Hughes
Alexandra Keenan
Kyle Kortelainen
Ken Lacroix
Sharon Law
Dinah Maclean
Roger Maclean
Monica McAuley
Greg Morash

Karin Morin
Lucas Novak
Mike O'Connor
Ryan Paliga
Sally Plant
Sean Pollick
Shana Poplack
Marie-Jo Proulx
Mutsumi Robinson (Okada)
Mouna Saim-al-dahr
Mike Shirley
David Skinner
John St-Laurent O'Connor
Simon Sulyma
Greg Tomalik
Lona Therese Touckly
Viviane Trubey
Bruce Charles Watts
Brittany Wiwat
Jason Xu
William Yao

Non-Affiliated

Michael Hook
William Snel (Household)
Marcus Yu

Do you know me?

Do you have a Rideau Trail name badge? First name, nickname, both names: the choice is yours. How would you like to be addressed on the trail, at meetings or social gatherings?

Be sure to get yourself a Rideau Trail name badge, with either a pin or a magnetic fastener. You can order one online!

Recent Donations

In memory of Wilma Chadwick
Bob Chadwick

In memory of Jean Thompson
Bob Chadwick
Diane and Karl Duttler
Ann Rich

Other donations

Kevin Burton
Ada Chambers
Gail Clement
Doug Hayes
Bruce and Linda Hutchinson
Lorna Kettles
Elizabeth Mason
Peter Murray
Hugh & Shirley Pratt
Thomas Irwin and Mona Whitaker

In Remembrance

Memories of Jean Thompson (1921-2020) **by Bob Chadwick**

The Kingston Club lost a long-serving and devoted member on June 10, 2020 when Jean Thompson passed away in her 100th year at the Kingsbridge Retirement Community in Kingston.

Friends and relatives have filled Jean's life with love and a variety of activities. A major activity for Jean in her 70s and 80s was her membership in the Rideau Trail Association, in which she participated regularly in hiking and cross-country ski trips, often as the leader. She was also a devoted trail maintainer with responsibility for a section of the Trail, initially one in wooded farmland and later the section closest to her home.

For several years Jean served on the Executive Committee of the Association. This required that she drive to Perth in order to attend the meetings. She also served on the Executive of the Kingston Club, most notably in the role of Landowner Liaison. In recognition of these services, Jean was a proud recipient of an Outstanding Services Award.

One of Jean's leading hiking accomplishments was to be the first person aged over 80 to complete the Frontenac Challenge. Later at age 90 she participated

in "Carrying the Stick", a relay hike from Kingston to Ottawa. This event was held to celebrate the 40th anniversary of the Association. A few years later, Jean was among those who celebrated the extension of the Trail to downtown Kingston from its original trailhead at Elevator Bay.



Two small memorial gatherings, one for family and one for friends, including some RTA members, were held at Jean's gravesite in the Cataraqui Cemetery beside the Rideau Trail. A memorial stone bench has been placed at the site by her family and friends to provide a resting place for hikers and others who choose to pay a visit.

In Remembrance continued on page 23...

Member Spotlight-Paula Burchell

One of the most enjoyable parts of adventuring in a group is taking the time to get to know your fellow hikers, cyclists and paddlers. For many, the opportunities for doing so this year have been fewer than usual so I decided to interview Central Club Member, Paula Burchell as I might if we were hiking a trail together. When you see Paula on the trails, be sure to ask her to elaborate on her answers (and the picture)!

Q What prompted you to join the Rideau Trail Association?

A I did some hiking out west with my sister and brother-in-law and wanted to hike in my area. When I retired after a 33 year career with 3M, I decided it was time for a new endeavour.

Q What is one thing people would be surprised to know about you?

A I was the first female president of the Canadian Trotting Association.

Q Where are some of your favourite places to hike?

A Anywhere in Central, the Rockies, anywhere there's a trail where other people lead so I don't get lost! When it comes to hiking, I'm a good follower!

Q Name some places you'd like to hike.

A Corfu, Greece and more of the east coast.

Q What incredibly common thing have you never done?

A Change a tire on a vehicle.

Q What is the best thing going on in your life right now?

A Being retired, really. My dogs [Jessie, Galen, Bob and Charlie], friends, family and hiking of course.

Q Describe your favourite day.

A Not having to go to work, planning my meals for the day, getting up as the sun rises, looking after my horse and dogs. Going for a walk/hike then reading in the afternoon.

Q Name something that was once important but is now becoming less and less relevant.

A The stress and pace of work. It used to be so central to my life and focus; now that I'm retired, it's such a relief.

Thank you for participating, Paula!

-by ML Bzdel



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ECO ADVENTURE ROUTES



Celebrate with Us!

Looking for something to do in 2021? The Rideau Trail Association will be celebrating its 50th anniversary.

Help celebrate by joining one or all of the events! Here is just a small offering of things to come.

Extreme hike! 50 kilometer Challenge - hike 50 kilometers in one day! This event will take place in the Central Club. A special badge will be awarded to all those who complete the challenge.

Hike 50 kilometers of the Rideau Trail in each of the three clubs - receive a special badge upon completion. Hikes could be a combination of the main trail and blue loops in the Ottawa, Central and Kingston Sections.

Enjoy the Annual General meeting at the Royal Military College Mess Hall, Kingston - May 29, 2021.

Watch for more details and other notices of celebration events in future editions of the newsletter and on the Rideau Trail website: rideautrail.org

An excerpt from the fall 1971 issue reminds us of the reason for celebration!

RIDEAU TRAIL

Donna Timpson

The big news from the Rideau Trail Association this fall is that there is a trail, stretching some 180 miles from Kingston to Ottawa. The whole thing has been accomplished with a lot of hard work by members of the three local groups at Ottawa, Smiths Falls and Kingston, and was made possible by the Federal Youth Opportunities Program which provided salaries for 28 students to spend the summer in the woods, blazing the trail. Since about half of the trail is on private land, the co-operation and enthusiastic help of landowners has been an important factor in the successful completion of the initial trail.

But this is just the beginning. What we have now is the bare bones of the Rideau Trail of the future, which will be really a series of winding trails, built to offer something for all tastes. This summer's work has opened up brand new areas to hikers, and the Trail travels through fields, along small country roads, follows a towpath along the canal for a while, and offers wonderful scenery typical of shield country.



Rideau Trail Association 50th Anniversary Annual General Meeting



**Join us in Kingston at the
Royal Military College
Senior Staff Mess
Saturday May 29, 2021**



Activities Include:

Welcome coffee & snacks
Chef inspired lunch
Hikes in historic area
Meet old friends and make new ones!

Explore Kingston & Area

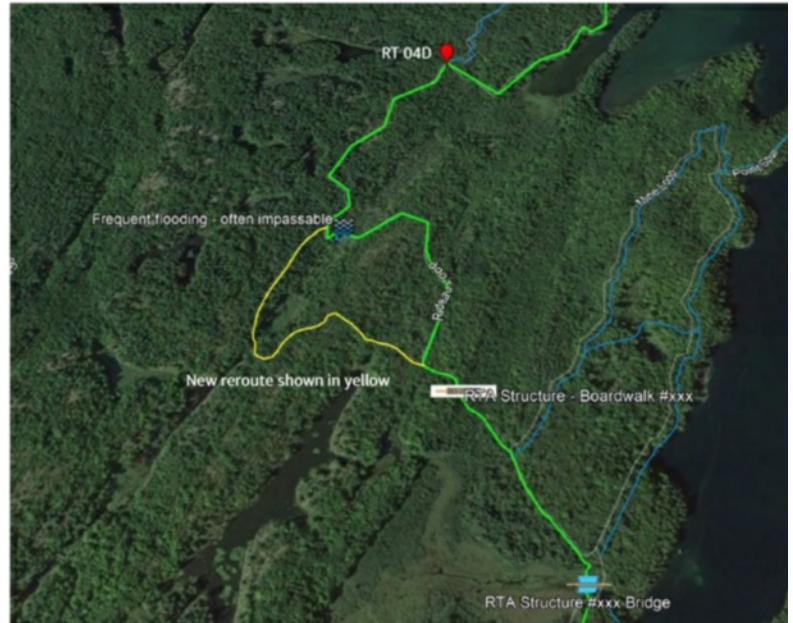
Stay overnight

If sufficient interest is shown group bookings can be arranged

TRAIL INFORMATION

NEW REROUTE. Between RT 04C and 04D in the Gould Lake area (Rideau Trail Map 04), there has been an area that has been frequently flooded and often impassable. A rerouting of our trail in that area has been approved by the Cataraqui Region Conservation Authority (who control the Gould Lake Area). In the diagram below the old route is shown in green and the new, reroute in yellow.

The new route will include a bridge to cross the low area that is frequently wet. The new reroute (shown in yellow) is slightly longer (only about 130 metres) but is noticeably less difficult; with less ascents and descents than the route it replaces, plus much less hiking through swampy areas. The trail will officially be switched over to the new route as soon as the bridge is put into place. RTA trail information will be changed accordingly. This all should be in place by the time you are reading this newsletter.



GIS. Many members would have heard of plans for the RTA to develop a GIS solution that will contain information on trails, trail structures, hike planning tools and more. The initial prototype of this product has been developed by Ruth Bidal, the RTA's new GIS Technician/Technical Expert. Work will continue to develop the product more fully with information that will assist hikers, hike leaders, trail maintainers and landowner liaison. The intent is to have most of the information available to all RTA members. Once the web-based product is sufficiently developed there will be a link on the RTA website and the password will be made available. If you know of information that you would like to see as part of this GIS product then pass that information into your club or directly to the RTA Trail Coordinator. -by Rusty Bassarab

Safety Reminder

All outdoor enthusiasts and especially group leaders are encouraged to wear hunter orange outerwear for increased visibility. Consult the provincial website at www.ontario.ca for the Wildlife Management Unit (hunting area) and various hunting season dates for each species. Also consult www.rideautrail.org and click on [Trail Alerts](#) for trail closure notices during hunting season. Be safe when you have fun!

Levels of Difficulty

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 are 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/h

Moderate: 3-4 km/h

Fast: 4-5 km/h

Very fast: 5 km/h 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.

*From the Rideau Trail Association Guide for Leaders

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.

Kingston Club Activities - Fall 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 15).

NOT SURE?

The Hike Leader will thank you for your questions.

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. If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

Note: All outings for the Kingston Club will follow the COVID requirements at the time of the outing. This will mean no carpooling, 6 distancing, and masks if distancing not possible. Club members only on all outings at this time. The Frontenac Challenge is likely a go but depends upon Provincial Park status. Please contact leader for the latest update and register for the outing as numbers will be limited.

Sunday September 6 Frontenac Challenge-Tetsmine and Gibson Loops

Level 3, moderate-to-fast pace, 20 km. Starting at Kingsford Dam, these trails pass by several homestead sites, abandoned mines and the Moulton Gorge. Meet at Kingsford Dam parking lot at 09:00. You must pre-register for this hike with the hike leader, Robert Tolley, by email, retolley@hotmail.com or cellphone 613-484-4295. No Park Fees.

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 (613) 530-5610.

Tuesday September 8 Portsmouth District Ramble

Level 2, easy pace, 7-8 km. Explore the historical Portsmouth District Area along "undulating" streets and harbourfront. If you wish, bring a lunch to enjoy afterwards back at the Pavilion, water and a chair. Departure Time: 9:30 am. Meeting Place: Lake Ontario Park Pavilion. You must pre-register for this outing as there may be a limit on the number of participants permitted. Leader: Linda Line: 613-531-4353

Friday September 18, Cataraqui Trail Level 1, Easy pace, 4-5 km. Limit of 15. Please email or call to sign up. Meet in the Foodland parking lot (close to the trail) in Sydenham at 1:30pm. We'll walk east along the Cat Trail from Foodland for about 30 or 40 minutes and return. Dress for the weather. Bring water. Optional refreshment stop afterwards. Leader: Jennifer Brinkman 613-929-3100 or jbrinkman59@gmail.com

Saturday September 19 Frontenac Challenge - Big Salmon Lake Loop Level 3, moderate-to-fast pace, 17 km. Meet at Big Salmon Lake parking lot at 9 am. Allow time to obtain your Park Permit. You must pre-register for this hike. Leader: Robert Tolley retolley@hotmail.com or cellphone 613-484-4295.

Saturday September 26 Biking trip on K&P Trail Cycle from Binnington Crt. to Unity Rd. and return (approx. 18 km.-gravel surface) Lunch optional at Tim Horton's. Meet at Binnington Crt at 10 am. You must pre-register for this outing as there may be limits on the number of participants. Leader: Mary Lou Hamilt on 613 777 8831 or maryloumargh@outlook.com.

Friday October 9 Cataragui Trail Level 1, Easy pace, 4-5 km. We'll meet in Sydenham and walk west along the Cat Trail from Foodland for about an hour and return. Depart from Canadian Tire 1 pm or meet in the Foodland parking lot in Sydenham at 1:30 pm. Bring water. Optional refreshment stop afterwards. Gas \$3. You must pre-register for this hike. Leader: Jennifer Brinkman 613 - 929 - 3100 or jkbrinkman59@gmail.com

Friday December 4 14th Annual Spy Rock Christmas Tree Hike and Sing

Level 1, easy pace, 1.4 km. Get into the spirit of the season as we attempt to sing Christmas Carols under this Foley Mountain landmark. Optional dinner/refreshments afterwards at The Cove in Westport. The hike leaders are responsible for booking reservations with The Cove. If you plan to stay for dinner you MUST contact the leaders by December 4. Bring a flashlight and icers. Carol sheets provided. Depart CTC at 5 pm. or meet at St Edward School parking at 6:15. Due to parking restrictions, we will shuttle to Foley Mountain. Gas \$6. Leaders: Gunhild Karius & Bill Ottney ottech2@cogeco.ca or 613 858-3183 (txt okay)

A Song for the Frontenac Challenge
(To the tune of Do-Re-Mi from
The Sound of Music)

Doe, a trail, an easy trail,
Gibson, Tetsmine and Hemlock.
Salmon Lakes both big and small,
Slide's a long, long way to walk.

Little Clear Lake and Arkon,
Oh, the friendships we will forge!
Cedar, down the Corridor,
And that will bring us back to Arab Lake Gorge...

—dedicated to Howard Robinson

by Kevin Chapman

Central Club Activities - Fall 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 15). For ALL events, hike leaders may refuse to take a hiker who does not have proper equipment or clothing.

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. If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

Central Club has not listed any hikes in the Fall Newsletter. Please continue to check the monthly e-Letter for a list of available outings.

NOT SURE?

The Hike Leader will thank you for your questions.

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

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Ottawa Club Activities - Fall 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 15).

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.

MEETING PLACE

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

Bate Island - Wednesday Walker

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 stops.

INFO FOR LEADERS

Waivers/sign-up sheets and incident report forms are available at rideautrail.org. Please forward completed sheets and forms after Wednesday Walks to **Tony Barnes** at fellwalkerca@gmail.com and after all other outings to the Coordinator, 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. If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

REGULAR ACTIVITIES

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/contact/leader will provide more detailed information about the activities.

Tuesday Evening Urban Walks - Every Tuesday evening September to mid-October. There may be a refreshment stop after the walk for those who are interested. Note: Meet at the starting point of the hike, as specified in the Activities Calendar, at 5:45 to depart at 6:00 pm. Because of early sunsets, flashlights or headlamps are handy to have on some of the walks. **DO NOT MEET** at Tunney's Pasture unless this is specified.

Coordinator: Maureen Dawson, 613-226-3864 or maureen.dawson@rogers.com

Wednesday Walkers - Meet at Bate Island for Level 2 and 3 impromptu hikes. Arrive by 9:15 a.m. for a 9:30 departure. For information contact Tony Barnes, 613-828-1216 or fellwalkerca@gmail.com

Thursday Morning Hikes - For details of when and where, watch the Ottawa 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

Owing to the COVID-19 pandemic restrictions at this time activities are listed without some details. At present group sizes are limited to 15 including the leader and pre-registration with the leader is required. You will be given the time to be at the trailhead for departure. Please note that until carpooling is allowed again we will not be able to offer the Ottawa End-to-Ends that were listed in the Summer Newsletter. You will be kept up to date on outings and any changes in procedures in the weekly e-notices.

Tuesday, September 1 Urban Walk: Holocaust Memorial & Chaudière Falls. Level 1. Scenic walk to see the Holocaust Memorial then view Chaudière Falls. About 7 km. Because of the early sunsets, consider bringing a flashlight. There may be a refreshment stop afterwards for those interested. Please contact the leader by Monday for departure time and location. Leader: Ethel Archard, ethel.archard@sympatico.ca

Saturday, September 5 Rideau Trail and Tip-to-Tip Trail, Burritts Rapids

Level 1. Approximately 11-12 km. Moderate pace. An in-and-out hike where we will follow part of the Rideau Trail to and through Burritts Rapids and the Tip-to-Tip Trail. Bring a lunch and plenty of water. Contact the leader for departure time and location. Leader: Denise Hall, rebeccahall@rogers.com

Tuesday, September 8 Urban Walk: Mud Lake

Level 1. Scenic walk of about 6 km to and around Mud Lake, partly on the Rideau Trail and a blue loop, with an optional refreshment stop afterwards. Because of the early sunsets, consider bringing a flashlight. Please contact the leader by Monday for departure time and location. Leader: Ann Bolster, ann_bolster@hotmail.com

Saturday, September 12 Poets' Pathway Level 1, about 12 km. We will walk a stretch of about 6 km on the western part of the Pathway and then return by the same route. Limit of 10 participants. Bring lunch and water. Leader: Grace Hyam, dr003@ncf.ca, 613-829-7252

Saturday, September 12 Gatineau Park Level 2, 9-10 kms. Rugged trails, some climbing. Trail 3 to Ramparts Lookout, trails 21, 18 and 2 to Western cabin for lunch and then back on trails 9 and 1b. Please contact leader for departure time and place. Leader: Kathryn Fournier lou_daybreak@hotmail.com

Tuesday, September 15 Urban Walk: New Edinburgh to the Rockeries Level 1. Walk around New Edinburgh at a moderate pace. 6 km. There may be a refreshment stop afterwards for those interested. Because of the early sunsets, consider bringing a flashlight. Please contact the leader by Monday for departure time and location. Leader: Lena Creedy, Lena.Creedy@rogers.com

Saturday, September 19 Gatineau Park: Meech Valley Level 2. Hilly 10-km hike featuring the Lake and Hope trails. Moderate pace. Lunch by Meech Lake. Will the water still be warm enough for a quick dip? Contact me by noon Friday for meeting location and time. Leader: Ann Bolster, ann_bolster@hotmail.com

Tuesday, September 22 Urban Walk: Cummings Bridge to St. Patrick Bridge and Beyond Level 1. About 6 km. There may be a refreshment stop afterwards for those interested. Because of the early sunsets, consider bringing a flashlight. Please contact the leader by Monday for departure time and location. Leader: Stephen Chappell, stbradch_6@hotmail.com

Saturday, September 26 Poets' Pathway. Level 1, about 12 km. We will walk a stretch of about 6 km on the central part of the Pathway and then return by the same route. Limit of 10 participants. Bring lunch and water. Leader: Grace Hyam, dr003@ncf.ca, 613-829-7252

Saturday, September 26 Gatineau Park, Lac Philippe Level 2 about 10 kms. Rugged trails, some climbing. Tour of Lac Philippe on trail 73. Lunch at the south end of the lake. Moderate effort. Please contact leader for departure time and place. Leader: Kathryn Fournier lou_daybreak@hotmail.com

Tuesday, September 29 Urban Walk: Arlington Woods Area Level 1. There may be a refreshment stop afterwards for those interested. Because of the early sunsets, consider bringing a flashlight. Please contact the leader by Monday for departure time and location. Leader: Trudy Stephen, Trudystephen@rogers.com

Wednesday, September 30

Wednesday Walkers Oldtimers Assembly

Huron is closed. Easy Level 2 trail, 2 km, slow pace. Gatineau Park hike to La Sucrierie Cabin (near Visitor Centre) for lunch. Others are welcome to drop in and meet some Wednesday Walkers from the early days. Contact leader for details: Steve Kelly, 613 422 1318 stkelly@rogers.com

Saturday, October 3 Gatineau Park: Moonshine and More Level 2. Hike of about 11 km over rolling terrain featuring my favourites of the new twisty, rocky mountain-bike trails in the Brown Lake area. Moderate pace. Lunch at Brown Cabin (probably outside). Contact me by noon Friday for meeting location and time. Leader: Ann Bolster, ann_bolster@hotmail.com

Tuesday, October 6 Urban Walk: New Edinburgh/Lowertown Level 1. There may be a refreshment stop afterwards for those interested. Because of the early sunsets, consider bringing a flashlight. Please contact the leader by Monday for departure time and location. Leader: Pat Archer, parcher@storm.ca

Saturday, October 10 Gatineau Park. Level 3. About 10 km. We will hike up the Gangway, visit "Wow" for a beautiful view of the fall colours and perhaps trek on to Western Cabin. Lots of climbing and steep descents. Contact the leader for departure time and location. Leader: Denise Hall, rebeccahall@rogers.com

Tuesday, October 13 Urban Walk: Canal-Bridge to Bridge Level 1. There may be a refreshment stop afterwards for those interested. Because of the early sunsets, consider bringing a flashlight. Please contact the leader by Monday for departure time and location. Leader: Grace Strachan, gstrachan99@bell.net

Saturday, October 17 Gatineau Park Level 2. We will hike a 15-km loop, all on trail, with the first 5 being the more challenging. Possibility of an indoor lunch. Undulating trails. Contact leader for departure time and place. Leader: Sheila Parry, sbparry007@gmail.com

Tuesday, October 20 Urban Walk, Britannia Village Level 1. There may be a refreshment stop afterwards for those interested. Because of the early sunsets, consider bringing a flashlight. Please contact the leader by Monday for departure time and location. Leader: Maureen Dawson, Maureen.Dawson@rogers.com

Saturday, October 24 Manitou Mountain, Calabogie Level 3. Distance will depend on weather. Moderate pace. Expect lots of ups and downs. Outdoor lunch. Contact leader for departure time and location. Leader: Denise Hall, rebeccahall@rogers.com

Sunday, October 25 Adopt-A-Road Clean-Up

The Club volunteers to clean up part of Roger Stevens Drive, near the Rideau Trail. After walking the road, there will be an optional stop at the Marlborough Pub in North Gower for refreshments/lunch. Why not join us? Please register in advance so we have enough equipment. Contact Brian LaDuke, yellow.bumper@hotmail.com, or Denise Hall, rebeccahall@rogers.com, 613-843-8222, for times and location. This event will occur rain or shine, so dress accordingly. If you have your own work gloves and/or picker please bring them along.

Saturday, October 31 Gatineau Park: Watch the e-notice and calendar for activity updates.

Saturday, November 7 South March Highlands Level 2+. Doing the whole 15.5 km loop, all on trail. Moderate pace. Lots of scenic ponds and outlooks. Wear good boots. Bring lunch. If non carpooling is still in place meet at the South March Highland for a 10:00 a.m. departure. Leader: Doug Parsons, 613-843-8222

Saturday, November 14 Gatineau Park: Carman Lake Level 2. Hike, spike or possibly snowshoe up and down, mainly on trail, for 8 to 11 km, depending on conditions (check weekly notice for update). Moderate pace. Lunch at the most peaceful lookout in the park and tea break at another (newly discovered!) lovely viewpoint. Bring an extra layer to don at lunchtime and a hot beverage or soup/stew. Contact me by noon Friday for meeting place and time. Leader: Ann Bolster, ann_bolster@hotmail.com

Saturday, November 21 - Watch the e-notice and calendar for updates.

Saturday, November 28 - Watch the e-notice and calendar for updates.

Saturday, December 5 Gatineau Park: Pink Lake Area Level 2. Hike, spike or snowshoe up and down on trail for 8 to 11 km, depending on conditions (check weekly notice for update). Moderate pace. Lunch outdoors overlooking the lake; bring an extra layer to don and a hot beverage or soup/stew. Contact me by noon Friday for meeting place and time. Leader: Ann Bolster, ann_bolster@hotmail.com **Saturday,**

December 19 Rideau Trail: Marlborough Forest Level 2. Hike 14 km or snowshoe 8.5 km, depending on conditions. Rogers Pond-Earth Star Loop or Deliverance Cabin. Contact leader for departure time and place. Leader: Doug Parsons, 613-843-8222

In Remembrance (continued from page 10)

Memories of Susan Samila by Margaret Lafrance

On June 9, 2020 the Central Club lost another long time member and volunteer, Susan Samila, to Cancer.

After retirement Susan moved to Perth from Toronto in 2001. Susan had a love of the outdoors and nature and on discovering the Central Club, became a member and soon volunteered as secretary of the Club Executive.

Susan then completed the hike leaders' training course and led many interesting outings, some challenging hikes and some specialty hikes to discover the flora, fauna and lichen along the trails. Susan continued to volunteer to lead hikes until the last year of her Life.

Susan also enjoyed taking on other outdoor adventures which took her to Newfoundland to hike Gros Morne, wilderness canoeing in British Columbia and Arizona to hike in the desert. Always with Susan were her camera and binoculars ready to spot some interesting species or photograph a plant, a tree, a flower.



Memories of Patricia Grant (1934 - 2020) by Margaret Lafrance

Pat was a long time member and volunteer with the Ottawa Club alongside her late husband, Bill and was the quiet, calm, philosophical half of the partnership.

Along with her passion for hiking, Pat enjoyed reading, politics, social activism, volunteering and music. Her greatest hiking achievement was completing the Milford Track in New Zealand alongside her husband and 4 other Ottawa Club friends.

Pat blessed the world with both a bright mind and a beautiful, nurturing heart and to know her was to love her. She will be greatly missed by her family and friends.





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addresses to
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My Favourite Place



Ann Bolster admits to momentarily setting aside social distancing rules when she noticed this bear on a hike at her favourite place, the Mud Lake Conservation Area. -Photo by Rosie Tay

Who Am I?

(from page 2)

If you said *Monotropa uniflora*, ghost plant, ghost pipe, Indian pipe or corpse plant, you are correct!

This plant is a perennial wildflower which does not have chlorophyll and can therefore survive in the darkest of forests. See if you can spot one the next time you (and they) are out!

Photo by: CD Bzdel

Inside Fall

EDITED BY Marlene Bzdel (OTTAWA) with Steve Kelly (OTTAWA)

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