RideauTrail

NEWSLETTER

Winter 2021-22 Issue No. 202

Ready for Winter

RIDEAU TRAIL 50TH ANNIVERSARY CHALLENGE

Challenge reports:
Starting on page 9

RIDEAU TRAIL 50TH ANNIVERSARY CHALLENGE

Outstanding Service Awards 2020-21

Rideau Trail Association

Phil Dawes

NIELS RASMUSSEN PHOTO

Phil was in fact nominated TWICE – once each by two directors who are key to the successful administration of the Association: Membership and the Treasurer.

Phil Dawes was the mastermind behind the successful automation of membership registration. His skill in modifying the back-end systems to enable self-serve member registration was the key to that project's success. The project also benefited from Phil's ability to recreate the RTA PayPal account, improving it at the same time.

On the Finance side, it concerned our Treasurer, when he heard that the previous treasurer wasn't a 'finance guy'. But like he did with the membership process, Phil tackled the task with diligence and common sense.

Phil is a terrific team player. He is very knowledgeable, humble and fun to work with. Always respectful of the organization he is serving and those with whom he works, Phil rolls up his sleeves and gets the job done!

Thank you, and congratulations Phil!

MARY-JEAN MCINTYRE AND DEAN AVERY

Ottawa Club

Tony Barnes

NIELS RASMUSSEN PH.

Tony Barnes has been an active member of the Ottawa RTA since he joined in 2006. He has been running our Wednesday Walker program since late 2010 and continues to do so to this day. He is a very capable leader who navigates and looks after his followers well. Besides being involved in the Club as a leader he has maintained a section of the Rideau Trail for a number of years. Tony has also served in roles on the Ottawa Executive, first as a member-at-large, and then as Activity Coordinator (2012-16).

Tony has organized, booked and participated with friends, in a number of hiking holidays such as the Ganaraska Trail in Ontario, in Newfoundland and out of country. He has climbed many of the Adirondack High Peaks in New York State, and he's hiked in New Hampshire's White Mountains. Tony has made several trips to the UK, hiking trails such as the South Downs Way, Offa's Dike Trail, the Ring of Kerry and the Wicklow Trail up to Dublin.

Tony also enjoys canoeing, cross-country skiing and snowshoeing, and game nights with friends. He has a sense of humour and his presence/contributions to our organization is certainly appreciated by our Club. Tony, we thank you for all you do and hope that your trekking stick will remain with you on many adventures to come!

SUBMITTED BY DENISE HALL AND ED HUGHES

Kingston Club

Ed Jezak

ED JEZAK PHOTO

Ed Jezak joined the Rideau Trail in 1985. He's spent 20 years or so as a Trail Maintainer, working as recently as last April's reroute on North Shore Road.

In 1947, Ed emigrated to the United States from Poland. He moved to Kingston in 1968 to teach Math at RMC. After retiring, Ed hiked the West Highland Way in Scotland, in 2004. He is an annual visitor to Whistler with a Kingston group.

Thank you Ed, for all the years you have lent a hand to the Rideau Trail.

SUBMITTED BY SHAREN YAWORSKI

Changes for the RTA Board

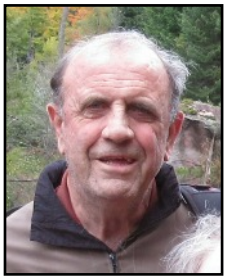
Last issue, the Board of Directors announced that **Evert De Boer** had joined as Membership Director. More about Ottawa member Evert is on page 14. Also in Ottawa is **Cheryl O'Connor,** who has recently been appointed as Association Treasurer.

This is an opportunity to say thank you to outgoing Treasurer **Dean Avery**, for his service to the Rideau Trail, and to its clubs and members. Your contributions have made the Association stronger.

The cover picture in the Fall Newsletter shows the Ottawa River from the Trail at sunset in July. The image, and the Newsletter were the work of new Editor, **Peter Weir**. He is in active service with the RCAF, currently stationed at CFB Petawawa. Peter saw the opening for an RTA Newsletter Editor and stepped up to serve. Peter has traveled and hiked in many parts of the world, most memorably the trails of Gibraltar, Iraq, and the highlands around the city of Islamabad in Pakistan. He has extensive experience with newsletters.
(Sorry for the flaw in Fall's puzzle. It excluded the digits.)

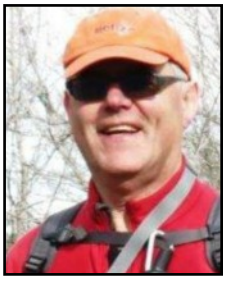
Changes Behind the Scene

(Who answers the phone?)



STEVE KELLY PHOTO

Here are some volunteers you should know. They are the 'face of the organization' for visitors to the Rideau Trail who have questions. **Nigel Brereton** (left) has been a member for 20 years or more. He knows the Trail and who's who. Nigel has answered and redirected emails to our 'info' address since about 2014. Nigel has retired from that role, and the task has been passed to **Jack Tannett** (right). Those who have been members for a few years will know that Jack, too, has done many things for the RTA.



H. ROBINSON PHOTO

Two other super-volunteers answer phone calls to the Rideau Trail. People call about the Trail, and where it goes. Prospective members wonder about the clubs, and whether it's right for them. **Elizabeth Mason** in Ottawa and **Sharen Yaworski** in Kingston make sure that members and visitors alike get the answers they need.

Thanks to each of you, for the service you provide the Association, whatever your club affiliation.

Webmaster

Webmaster and social media help wanted. Why not contact marketing@rideautrail.org? Let your networks and interested students know they might expand their experience.

RideauTrail.org

Catch up with hiking friends, past and present

Annual General Meeting
and Celebration

Saturday, May 28 2022

Mask-free, at RMC in Kingston

Trail closure

was an annual date in March, until 2022. With the November closure for hunting, that restriction is no longer necessary.

Founders of Rideau Trail

At the AGM/banquet, Sept. 1981, the founders of the Trail were recognized: Duncan Douglas, Rolly Hamilton, Ann Hutchinson, Doug Knapp, Norm McLeod, Ed and Shirley Simpson, Guy Thorn, Ray Billingham, Fred Cook and Vi Humphries. NEWSLETTER 42, DECEMBER 1981

Central Club

The outstanding service Award for the Central Club was announced in the Fall Newsletter. A very deserving **Jack Tannett** was recognized for his contributions.

Cover

The past and the future. Ottawa Club skiers and snowshoers took different routes and gathered for lunch.

March 2020

No Winter End to End In 2022

The Association's winter series will not be offered this season.

See leader initiative, page 18.

RIDEAU TRAIL ASSOCIATION

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Ottawa Club: (613) 860-2225

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

The Rideau Trail Newsletter is published quarterly in March, June, September and December by the Rideau Trail Association. Unless otherwise stated, the opinions expressed in this Newsletter are not necessarily those of the Rideau Trail Association.
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Social Media Admin. Help Wanted

Spring Newsletter: **Deadline February 1, 2022**
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

President: Sharen Yaworski, Kingston
(613) 449-2808 president@rideautrail.org
Vice President: * VACANT *

Past President: Brian Grant, Ottawa
(613) 225-8770 pastpresident@rideautrail.org
Secretary: Ruth Oswald, Ottawa
(613) 590-7467 secretary@rideautrail.org
Treasurer: Cheryl O'Connor, Ottawa
treasurer@rideautrail.org
Membership Director: Evert de Boer, Ottawa
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Trail Coordinator: Rusty Bassarab, Kingston
trailcoordinator@rideautrail.org
Marketing/Communications: Dilhari Fernando, Ottawa
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Club Chairs:
Central: Jim Middleton, Portland
central@rideautrail.org
Kingston: Barry Monaghan, Kingston
kingston@rideautrail.org
Ottawa: * VACANT *
ottawa@rideautrail.org

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Newsletter Editors:
Steve Kelly, Ottawa
(613) 422-1318 stkelly@rogers.com
Peter Weir, Ottawa
pweir2005@gmail.com

Kingston Club Executive

Chair: Barry Monaghan
Vice Chair: Jim Moss
Past Chair: Sharen Yaworski
Secretary: Lynn Esau
Treasurer: Marilyn Martin
Landowner Liaison: * VACANT *
Construction: James Lorimer
Maintenance: Stan Huff
Communications and Publicity: Bill Ottney
Outings Coordinator: * VACANT *
Wednesday Walks Coordinator: Jennifer Brinkman
Human Resources: Cathy Cummings
Technical Support: Laura Cybulski
Special Events: * VACANT *
Members at Large: Willa Thayer and Jacqueline Pidskalny

Central Club Executive

Chair: Jim Middleton
Vice-Chair: * VACANT *
Past Chair: Joyce Davis
Secretary: Mary Robinson
Treasurer: Gayle Truman
Trail Maintenance: David Skinner
Hike Leader Coordinator: Pat Stranberg
Landowner Liaison: Carol Richardson
Social Coordinator: Angela Quinn
Communications: Donna Glover
Member at large: * VACANT *

Ottawa Club Executive

Chair: * VACANT *
Vice Chair: * VACANT *
Past Chair and Rep. to 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 Coordinator: Adriana Kievit
Member at Large: Kevin Chapman
Member at Large: Malcolm Sanderson
Member at Large: Brian Grant
Newsletter Editors: Steve Kelly and Peter Weir

Association News

Highlights of Board Meetings

August 17 and October 23, 2021, via Zoom

BY RUTH OSWALD, SECRETARY

Important Motions

- **Annual Trail closure during deer rifle hunting season:** "...for the safety of Rideau Trail users, the Trail be closed to all users annually during deer rifle hunting season (normally from the first to the third Mondays of November inclusive) with the exception of Public Roads, parks and Conservation Areas where hunting is prohibited." See the Trail Alerts page of the RTA Website: https://www.rideautrail.org/discover-the-trail/trail-alerts/

Board News

- **Marilyn Martin** appointed as **Acting Treasurer**, while the board continued to search for a Treasurer.
- The following opportunities are available on the RTA Board:
  - **Vice-President**
  - **Ottawa Club Chair**

    Could you increase your contribution to the RTA? Talk to our President, Sharen Yaworski President@rideautrail.org

Trail Coordinator

- A volunteer is needed to help with the **GIS system**. Do you know someone who can help? trailcoordinator@rideautrail.org
- Installation of new trailhead and waypoint signage is in progress.
- A trail structure inventory is in progress.

Membership

- The total number of members as of Oct 2, 2021 is 1,268.
- There is concern that members not affiliated with a club (116) are missing out on news, and the Membership Director will follow up with those members.

Marketing and Communication

- Seeking a contractor for **website re-build**

  Volunteers are needed for project management, editing, updating etc. If you can help, contact marketing@rideautrail.org

Next regular board meeting:
Tuesday, January 25, 2022.

Potential Volunteers

Please contact any member of the Board or Club Executive.

Other News

Anniversary Challenge (green badge) extended to May 28. Cover 50 km in each sector, or walk 50 minutes, 50 times.

Official Winter End to End cancelled for 2022 (Alternative proposed - page 18)

Smith Army Surplus, Kingston
New sponsor with member 10% discount.

End to End series planned for 2022

Seasonal events - page 18

Accommodation for AGM at Queen's and/or St. Lawrence College

51 km event (two days) coming?
Optional shorter hikes, group dinner.

Have you joined the Facebook Group?

FROM A LETTER TO THE PRESIDENT:

Dear Sharen, as someone who has hiked every organized trail network in Ontario, I've got to say, this one is a beauty and I feel like I saved the best for last.

I've been thinking about how I would describe the Rideau Trail.Here goes:
Bookended by two world class cities, one the capital of Canada- Ottawa, and the other, the former capital of Canada, Kingston - The Rideau Trail meanders from one to the other along urban streets, shared pathways, an historic canal system, former railway lines and trails through mature forests. A varied and ever-interesting terrain dotted with small communities along the way that seem to want to embrace you and have you stay awhile. It's tempting to stay forever! The Rideau Trail is a well-kept secret and given that it is celebrating its 50th anniversary this year, it's time to let everyone know about this hiking gem.

Special thank yous to all the volunteers who help maintain the trail, to the landowners who allow us to cross their properties.

All the best,

Ruth Moffat

The Gifts of Covid

Walking the Rideau Trail and Finding Friendship

by Sylvia Vezina

This story begins a long time ago. Back in the early 1980's I began to see references to the Rideau Trail and was interested enough to send away for literature. I mailed a request (it was the 1980's after all!) for information and received and looked at some maps. I thought I might walk a bit of the Merrickville to Smiths Falls section. However, nothing happened on that front for more than thirty-five years. It was a dream put on the shelf while I earned a living and followed other 'paths'. Walking the Rideau Trail for pleasure was going to wait.

With a pandemic declared in Spring 2020, and most of my commitments cancelled for an indefinite time, walking became the thing to do. After a few months of walking around Kemptville, I began to see that with increased time available and my love of walking it might be time to take this activity to a new level. A chance conversation in early fall with another lady who loved to walk led to our having weekly walks together out of town to more remote and less populated trails (separate cars, of course). These walks also led to the beginning of a great friendship!

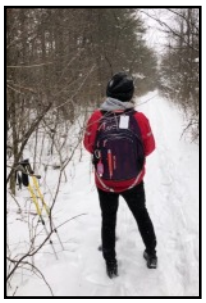
By early October we were on our first portion of the Rideau Trail and a fire was lit in me to form some plans and goals to walk the Rideau Trail in its entirety. My walking partner, Nancy, was on board for doing our future weekly walking sessions towards that goal. The first interesting happening on that walk was the sighting of a black bear and cub near Merrickville. Welcome to excitement on the Rideau Trail! A beautiful sight for me as Momma bear was very healthy looking and fortunately heading off in to the woods. I did not see the cub, but Nancy had seen both and alerted me to their presence.

We walked the Ottawa sector haphazardly. Some weeks it was following the southern signs to complete the sections from Merrickville to Rosedale Road, and other outings were walking parts of the trail to the north, but not necessarily in order. I walked many of the Rideau Trail road walks alone through the winter. An interesting and enjoyable part for me each week was the charting of which section to do, where we would meet and how far in to walk before returning to the starting point. As we were unable to carpool, this meant that the Ottawa Sector was done twice the distance because each walk in had to be done in reverse back to our cars at our starting point.

By late February, after weekly walks took us through the Marlborough Forest to Roger Stevens Road, I took to some more Rideau Trail road walking by myself on both sides of Richmond. A conversation with an acquaintance from gym classes gave me my second walking partner, Debbie, and another friendship was developed and deepened.

The weekly walking northward proceeded as planned with Debbie meeting me in Richmond and all points beyond until Britannia Beach. I chose to walk the final portion from there to Parliament Hill by myself to complete the Ottawa Sector on June 21st, National Indigenous Peoples Day.

I love walking in every season, but surprisingly my favourite times walking the Rideau Trail were in winter. The Marlborough Forest is my favourite area for the Ottawa sector, although there were aspects of every single outing that appealed and had wonder and charm. Every day that was a planned walking day I went out, weather was never an excuse to cancel. I have a motto, 'There is no bad weather- only poor clothing options', and I was fortunate enough to have made good clothing choices in all weather.



I walked - alone or with one of the ladies mentioned, or a sister or other friends, many portions of the Rideau Trail in the Ottawa sector. A recent tally shows that the total of Rideau Trail kilometres walked this year to date is just over 600 kilometres. That is where the back and forth of not being able to have a car at a second location works to add up the mileage. I wouldn't have done it any other way, or change any of the days or distances. It was a wonderful experience. Many questions arose, during each walk, that were fodder for Google searches for later. What tree is that; what is that plant? What snake or turtle? Who lived here before the land was abandoned? Whose tracks are these? Whose feathers? Why this and why that? Many pictures were taken, and treasured. Some retracing to find lost sunglasses, or forgotten poles (more than once), or just for the pleasure or redoing a certain portion was needed, but just added to the fun.

We found the signage on the trails and in the woods to be very good. Any apprehension on that part was put to rest very early on in the walks. Any missteps, and there were very few, were of our own doing and easily resolved. For me, the walking of the Ottawa Sector was a dream come true. Earning the badges offered by Rideau Trail for the 50th Anniversary was icing on the cake, and incentive to complete a few of the challenges. I have since completed the Central sector as well, with Nancy accompanying, and we travelled some beautiful wooded areas with much less road walking. The final walks from Perth to Murphys Point Provincial Park were my favourite parts of the Central Sector.

Now Kingston Sector is calling, and will be waiting for me to complete next year in time for my seventy-somethingth birthday. I consider walking the Rideau Trail to be one of the great gifts of Covid, along with the delightful gift of forming and deepening the friendships of those who walked with me and feeling the support of many others who listened and encouraged me to complete this long-awaited dream.

Why I Volunteer

BY SANDY FREEMAN

You already are a Rideau Trail Association (RTA) member, aren't you? Thank you for joining and continuing to renew your membership.

As members, we enjoy the benefits associated with the RTA: year-round outdoor physical activity, such as hiking, cross-country skiing, etc., discounted park passes and other store discounts. We've realized how much we enjoy getting together with like-minded friends.

The Association, however, exists because of its volunteers. Fifty years ago. a group of individuals who enjoyed and appreciated the benefits of the outdoors, started the Rideau Trail. Their willingness to plan, organize and negotiate access with landowners gave us this beautiful 387 kilometre route stretching between Kingston and Ottawa. We applaud the efforts of the Simpsons, Doug Knapp and their cohort of volunteers for their vision and perseverance.

As a non-profit organization, the RTA has no paid staff. Volunteers are still needed to keep the Association running. Our membership dues cover the cost of training (hike leaders, chainsaw skills), signage, insurance, newsletter publication, etc. We need people to lead hikes, trim the overgrowth of brush and put up signs, organize social events, provide leadership on the Executive. If you are concerned about not having the "right" skill set, getting information about volunteering is as easy as contacting a member of your Club Executive or a Board member. My first position was Vice Chair in my club. Could that be you?

When you consider the benefits of being a member, I hope you will also consider stepping forward to volunteer some time to help the Association continue to be such a welcoming outdoor club.

STEVE KELLY PHOTO

SANDY FREEMAN HAS BEEN VICE-CHAIR AND CHAIR OF THE OTTAWA CLUB, AND IS NOW THE OTTAWA CLUB REPRESENTATIVE TO THE RTA BOARD. SHE CONTINUES TO VOLUNTEER BECAUSE SHE BELIEVES IN THE TRAIL, THE ASSOCIATION AND ITS ACTIVITIES.

Trail Alerts

Before you go-check the news.
http://w w w .rideautrail.org/maps/alerts.html

Member Discounts

Several discounts are available to Rideau Trail members. The most recent addition is in Kingston.

Smith Army Surplus Store at 86 Princess St. Offers a 10% discount for members. They have large inventory of hiking gear. The following discounts are also available:

- 10% off 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 trail passes
- 15% off equipment at regular price and 20% off clothing and footwear at regular prices at **SAIL** in Ottawa. Some brand exclusions apply (e.g., GoPro, Garmin, Patagonia, …).

MEMBERSHIPS EXPIRE IN MARCH.
IS IT TIME FOR YOU TO RENEW?

Comfortable Hiking Holidays
Hike an adventure. Rest in comfort.

WE'RE READY! ARE YOU?

When you are ready to return to international hiking, the company you book with is now more important than ever.

Here's why we think you should travel with us:

- We are a small, family-run Canadian company that has been in the hiking business since 1986
- Small group sizes (15-20 guests)
- We personally lead/accompany every trip
- 70% of guests have travelled with us before!
- COVID safety protocols in place for all trips

Our 2022 hiking holidays have been filling up quickly and all that is missing is YOU!

Sign up for our monthly e-newsletter by emailing us at **info@letshike.com** and **Follow us on Facebook**.

Tour du Mont Blanc * Galapagos Islands Slovenija * Japan * Ireland * Kenya & others!

www.letshike.com
info@letshike.com * Toll free 1 (866) 449-1908

TICO #50023501 & #50023502

Welcome New and Returning Members

Central Club
Catherine Carbino
Wendy Johnston
Alan MacDonald
Cathy MacDonald
Cindy Phillips
Donna Reid
Barbara Scantlebury
Mary-Pat Shaw
Elsie Stresman

Kingston Club
Carolyn Baxter
Karen Bell
Morgan Bickenbach-Davies
Karen Bryson
Judith Carroll
Les Clarke
Susan Cole
Chloe Coulson
Susan DeLisle
Maria Graham
Sharon Kerr
Bonita Lawrence
Suzanne Lee
Ian MacDonald
Margaret Macsween
Ruth Morrison
Margaret O'Dell
Nancy Resnitzky
Laurence Roy
Gail Shkwarek
Naomi Wilkins
Eve Wyatt

Non-Affiliated
Cathy Hobin
Rebecca Kurowski
Maria Miranda
Karen Mitchell
Jess Paquette

Ottawa Club
Julie Aubry
Danielle Auclair
Kaarina P Baker
Renzo Benocci
Teresa Boers
Colin Bosche
Johanne Bouvrette
Marlis and Martin Butcher
Emily Cattelan
Denise Conway
Elizabeth Cowan
James Donnelly
Nathalie Grice
Jennifer Hall
Ryan Hall
Renee Helbecque
Sandra Houston
Kayla Humphreys
Brian LaDuke
Damian Laflamme
Deborah Landry
Susan Learoyd
Jamie Leslie
Katherine Maheux
Caitlin Mcmanus
Anne McRuer
Jennifer McSporran
Mary Catherine Owen
Lorna Palmer
Mylene Poupart
Alana Prudhomme
Sanjay Ramloll
Deborah Redmond
Jennifer Reid
Suzanne Roeder
Ann Seely
Ann Sutton
Monica Sutton
Lynn Townsend
Paul Weber
Anya Weiler

Levels of Difficulty

FROM THE RIDEAU TRAIL GUIDE FOR LEADERS

Hiking/Snowshoeing
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.

Cross-country Skiing
Level 0 Easy, short, slow pace. All other levels require some experience and may be long (more than 15 km).
Level 1 Easy. Small hills, wide trails (green).
Level 2 Intermediate. Narrower, steeper trails (blue).
Level 3 Expert. Steep narrow trails (red/black) and/or bushwhacking.

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.

experience
The East Coast Trail
with
Brown Rabbit Walkabout

Hike 250 kms of beautiful coastal trails on the Avalon Peninsula in Newfoundland with our help.

We provide transportation from & to St. John's Airport, to and from trail heads, and three meals a day with accommodations.

For prices and information contact Isa.

Phone: 1-709- 334-2208 Fax: 1-709- 334-3601
Email: brownrabbitcabins@gmail.com www.brownrabbit.nl.ca

Landowner Contributions

Most of the people who participated in the 50 KM Challenge are aware that it took some organization and a large amount of volunteer effort for the event to be successful (Thanks again to all who volunteered and provided assistance!). What only few people are aware of is the amount of cooperation and assistance that was provided to us by the landowners and organizations whose properties were part of the route. The intent of this article is to showcase the support, kindness and cooperation that the Rideau Trail does receive from landowners, and to offer our thanks to all of them.

Gerry Campbell, owner of the property near the intersection of Long Lake Rd and Narrows Lock Rd (RT 09D) not only permitted a checkpoint, with parking. He also allowed a portable toilet to be setup, arranged additional water resupply from his own resources and offered friendly support to volunteers and participants. JOHN OSBORN PHOTO

Once organizers selected the route to be used for the Challenge, a review was conducted to determine requirements for success. They considered the needs for registration, a start and finish point, signage, problem areas, safety issues, and logistic support requirements along the route. This review resulted in a list of improvements and requirements, many of which involved liaison with landowners/representatives.

Two key areas of concern were the wetland area south of Ferrier Rd East (RT 10B), with all of its narrow footbridges and flooded areas, and the beaver dam between RT 09E and 10A. The first problem might be solved by a reroute and the second by a reroute and the construction of a bridge.

Volunteers ready to lend their chairs for the challengers **Debra and Tim Murphy** allowed us to use their hunting camp for a checkpoint, to use the road into the camp and to park the vehicles of the volunteers in that location. STEVE KELLY PHOTO

However as both of these issues were in areas privately owned, the permissions of the respective landowners, **Cathy Stapleton** and **AJ St. Pierre**, were required. Central Club representatives did the required liaison and obtained the required permissions. We also received some assistance from landowner **Claudette Carrol and her son**, with some cedar plank movement. All this allowed the RTA to improve the areas of concern prior to the main event.

Another key requirement was to set up checkpoints to provide water, some energy foods, and sufficient toilet facilities for participants as they made their way along the route. These checkpoints had to be spaced out appropriately along the route and in an area suited to the purpose. Once again, using the preferred locations required permission from the landowners/their representatives.

We were fortunate to receive great support and cooperation in this regard. **Murphys Point Provincial Park** permitted us to use an area at Lally Farm for a checkpoint, arranged an additional parking area and ensured that the two toilet facilities in that location were cleaned and available for use. The property owners for the other checkpoints provided similar assistance with the Challenge.

Finally, there is the support provided by the **Town of Perth**. They permitted us to use the facilities and grounds of the Conlon Farm Recreational Area, including the chalet building. Their cooperation gave us a place for registration and event control functions throughout the day, rain or shine. This included making special arrangements for the early opening of the building (5:15 AM) so that facilities could be used during the registration period.

MANY THANKS TO THESE PARTICULAR LANDOWNERS AND TO ALL THE LANDOWNERS OF ALL TYPES WHO PERMIT THE RIDEAU TRAIL TO CROSS THEIR LANDS!

Prepared by **Rusty Bassarab**, shown here after completing the 50 KM course in June. Rusty is the TRAIL COORDINATOR for the Rideau Trail Association. The first comment of many, about this event, gave praise to the organizers. That began and ended with Rusty.

Congratulations and Thank You!

Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 4) or email: info@RideauTrail.org

Address Changes / Paper Newsletter
To stop it, or to receive it, call or email:
membership@RideauTrail.org

DIY Option: Update your Preferences
Where you see this link in emails from Rideau Trail, you can verify or change your information/interests.

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 RTA by phone, or you can email the appropriate club contact.

Getting Involved
Thank you for wanting to help out. Feel free to contact any of those listed (page 4). 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.

Badge Request Contacts

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

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

Kingston Club
jkbrinkman59@gmail.com
Jennifer Brinkman, Kingston

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

Congratulations!

Since the last Newsletter, the 'green badge' has been awarded to the following members, for meeting and completing the Challenge.

Central
Margaret Taylor Picard
Jim Middleton
Sabine Jaekel
David Skinner
Mary Hagerman
Rosemary Zehr

Ottawa
Sylvia Vezina
Ruth Moffatt
Linda Emslie
Harold Vandermeer
Bea Vandermeer
Evert de Boer
Annet de Boer
Carol Kerfoot
Ingrit Monasterios
Diana Rolston
Christina Eckerlin
Harold Piel
Judy Andrew Piel
Martha Farkas
Elizabeth Mason
Mehri Nasirai
Denise Hall
Doug Parsons
Réjanne Saunois
Pam Denesyk
Tom Denesyk
Debra Dendall

Kingston
Sandra Lopes
Miu Lam
Suzanne Savard
Jennie Chan
Smadar Junkin
Teresa Garrahan
Mary Dobson
William Ottney
Gunhild Karius
Jennifer Brinkman
Sarah Ettritch

Non-Affiliated
Margaret Corner
Mary-Ellen Cole
Sandra Green

Challenge Extended to May 28

Badge Help Wanted

Secretary Ruth is looking for someone to give her a hand. Could that be you?
secretary@rideautrail.com

JACK TANNETT PHOTO

Central's Bridge Builders

Allison Ball
Mary Robinson
Janet Eckersley
Bill Eckersley
Pat Stranberg
Bert StranbergDavid Allcock
Rusty Bassarab (imported from K-town)
Gary Funnell
Sylvain Ganter (single-handedly benched the track)
Peder Krough
Jim Middleton

Extreme Challenge: The Bridge

BY JIM MIDDLETON

DENISE HALL PHOTO

The Trail users' challenge was to cover 50 km in one day. Between Waypoints 09E and 10A, that meant 60 people would have to cross a beaver dam twice. For us, that meant our challenge was to build a bridge further downstream below the second dam, or build a boardwalk across the sixty feet of unstable beaver dam.

The tree fell just the way Peder predicted.

This construction tested our resourcefulness. Our original plan was to build a bridge directly below the large beaver dam, but the rodent engineers flooded our potential build site. Now getting to the bridge location required negotiating an extremely steep slippery hillside. While surveying the area and during construction many of us slid into the river - repeatedly!

The land owner gave us permission to build a foot bridge and we could use his dead cedars for the spans. So four of us, Bert Stranberg, Peder Krogh, David Allcock (consulting engineer) and I set out to see if it was feasible to span the creek with trees we could fell and drag into place. We did manage to use one already felled cedar and successfully manoeuvred it into position across the creek. Next we needed to fell a dead tree. Unfortunately these trees were standing in the creek; and it started to pour rain. Peder's prediction was correct: the tree landed on and damaged our just-positioned span. With chest waders, chains, a come along, and chain saw we eventually did manage to position two trees across the creek. By then we were thoroughly soaked and tired and called it a day.

All materials and tools had to be hauled by hand up and over a very large hill. When we returned with a huge work crew of Central member plus Rusty Bassarab, we discovered that Jack Tannett had single-handedly carried about twenty-five planks over the hill. We all got to work and in one day cut and attached the bridge deck with cedar planks salvaged from the old Ferrier Swamp boardwalk; we benched a track across the steep hillside with pick and shovel and shored it with rock and braced logs; we built a sixteen foot boardwalk from the new benched track to the bridge; we cleared a new track from the other side of the new bridge to rejoin the trail and put up new blazes.

A week later three of us put railings on the bridge.

JIM MIDDLETON IS CHAIR (AND MORE) FOR THE CENTRAL CLUB

Leading up to the 50 km Extreme Challenge, Sandy Freeman from the Ottawa Rideau Trail Club was interviewed by Giacomo Panico, host of CBC Radio's program, "In Town and Out"..

To hear the interview, follow the link and click on Play Segment'

https://www.cbc.ca/listen/live-radio/1-98/clip/15863141

STEVE KELLY PHOTO

Start: Conlon Farm in darkness
SHAREN YAWORSKI PHOTO

There were many trips made along the trail to make the trail as safe as possible.
DOUG WOODS

Rusty was an amazing organizer!!

Audrey mentioned to me today how great it was to have a cup of tea. She was very very impressed!!!

We are three clubs, but we are also one big family when it comes to Association events like this one. It is always so nice to see old friends and make new ones, when we get together for a single purpose.

Thanks to all for a great day. It takes a lot of dedicated people to keep a legacy going for 50 yrs. Now we are on to the next 50!!

Sharen Yaworski, RTA President

"Where did I put the tea?"
STEVE KELLY PHOTO

Three key volunteers: Lynn Esau, Jim Middleton, Rusty Bassarab
SHAREN YAWORSKI PHOTO

RIDEAU TRAIL
50TH ANNIVERSARY CHALLENGE

Events such as this do not occur without a great deal of planning and preparation. Rusty did an amazing job of setting this up with the support of many volunteers.
DOUG WOODS, CP-2/5

The event was fun for the volunteers, too.

Along the Trail
HAROLD PIEL PHOTO

Volunteering was really enjoyable and it was great meeting everyone.
LOUISA COATES

"From this point on I cleaned up a bit every time I passed someone coming the other way who looked alarmed."
JUDY PIEL SUFFERED A NASTY LOOKING CUT THAT BLED ON HER FACE. SHE FINISHED, AND HER NOTES AND PICTURES ARE ONLINE AT https://racingandtravelingover50.com/2021/08/31/the-rideau-trail-extreme-hiking-challenge-50km-trail-run/

Faces from the Bruce Trail - Ruth Moffat

Thank you to all the volunteers who made today's 50 km Challenge a great event.
There were quite a few Bruce Trail members who came out to join the hike.... Jonathan, Cheryl, Smadar, Mary-Ellen, Wendy, Margaret, Margaret, Sandy, Jacquie, Linda, Ruth & middle picture Andrea, Rosemary and Cindy.
Great fun and and really nice stretch of trail.
The butter tarts were a nice touch, too. (CP-6)

Best wishes for the next 50 years.

Welcome to Checkpoint 5
STEVE KELLY PHOTO

Thank you to everyone who made Saturday's 50 km challenge possible. A well-marked trail, super supportive people at the check points and a cheering section at the end! A fabulous, fun atmosphere! So many volunteers contributed to a really great day.
VICKI SCHMOLKA

We finished the trail last month. Really impressed by how well the trail is maintained.

JUDY PIEL

50 km, Cathy Cummings!!
SHAREN YAWORSKI PHOTO

Everybody was in good spirits and the weather cooperated with cooler temperatures. There were more than sufficient supplies of water, snacks, fruit, etc. at our checkpoint.

I travelled on the trail to where the Beaver Dam is, and I was very impressed with the bridge that had been constructed to get around the dam. The Central Club did a great job!

DOUG WOODS, CP-2/5

From Butter Tart Central (CP-6) Spending social time with hiking friends and encouraging fellow hikers made the day!

BILL OTTNEY

Hikers enjoyed the chance to sit down at the checkpoint.
STEVE KELLY PHOTO

Event control: constant contact with checkpoints, Mary-Jean McIntyre kept track of everyone.
SHAREN YAWORSKI PHOTO

Looking fresh after 50 km
SHAREN YAWORSKI PHOTO

Camino de Rideau?

Thank You, Volunteers

On behalf of all the participants, I would like to thank everyone who assisted with the RTA 50 KM EXTREME CHALLENGE, in August. You did a great job of assisting and tracking the participants. As a result, the RTA gave a great show. Of the 62 participants on event day, 59 finished. Additionally, 6 RTA members completed the route on an alternate date.

I would like to give some particular recognition to those volunteers who provided standby assistance in case of issues. Though problems did not develop and there was little for these people to do, your being there and ready to assist was still of importance and value.

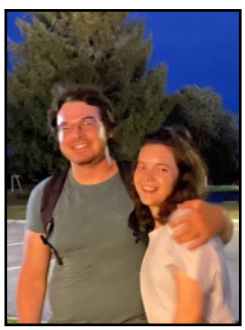
The final special recognition is to Central Club, who under the guidance of Jim Middleton did rerouting, bridge construction, boardwalk repairs, trail signage, etc in order to have the trail safe and ready for all the participants.

RUSTY BASSARAB, CHAIR OF ORGANIZING COMMITTEE

I felt great that we had pulled off a successful day for all the participants.

We experienced the elation of many tired hikers who, upon ascending the stile near CP-6, realized that there was a new rest stop/check point in place which was not present in the morning.

BILL OTTNEY



…and dark at the end. Congratulations Dmytro and Katrina!
SHAREN YAWORSKI PHOTO

Judy gets her badge, then goes to Emergency
SHAREN YAWORSKI PHOTO

I just wanted to thank you for the delicious butter tart yesterday afternoon. You were right about the miraculous effect that a sugar injection would provide. It was just the thing to fuel the final kilometres.

KARIN MCINNIS TO BILL OTTNEY, CP-6

National Day for Truth and Reconciliation

BY KATHRYN FOURNIER

Central Club members at the Truth and Reconciliation memorial forest in Last Duel Park

JIM MIDDLETON

In Kingston, Rideau Trail members attended an indigenous ceremony at Confederation Basis, while sporting their orange apparel

SHAREN YAWORSKI

BEECHWOOD PHOTO BY BRIAN GRANT

Orange Shirt Day began in 2013, when September 30 was designated as a day to remember the First Nations, Métis and Inuit children who attended Indian Residential Schools across Canada, symbolized by one girl's shiny new orange shirt. It was taken away as soon as she arrived at residential school and she never saw it again.

This year, Sept 30 officially became the National Day for Truth and Reconciliation to recognize not only the harms and ongoing impacts of residential school but also to commemorate the thousands of children now known to have died at the schools.

On Sept 30, 12 members of the Ottawa RTA club participated in the program offered by Beechwood Cemetery for the National Day. The program began with drumming and honour songs by the Seven Generations Assembly, a group of Indigenous youth, and remarks by two Deputy Grand Chiefs of the Nishnawbe-Aski Nation.

Events included the first full public display of Project of Heart, consisting of 57,000 tiles made by children across the country to honour the children who attended residential school.

The tour through the cemetery saw the grave of Dr. Peter Henderson Bryce, whose report on residential schools called THE STORY OF A NATIONAL CRIME: BEING A RECORD OF THE HEALTH CONDITIONS OF THE INDIANS OF CANADA FROM 1904 TO 1921, led to his forced retirement from the government and the suppression of his report. It also included that of Duncan Campbell Scott, now known for his extreme assimilationist policies, including forced attendance at residential schools.

The program presented some new information, and much that was disturbing. Hundreds of people circulated through the exhibits, many of them wearing orange shirts.

KATHRYN FOURNIER IS AN OTTAWA CLUB HIKE LEADER. SHE IS A MEMBER OF PINAYMOOTANG FIRST NATION IN MANITOBA.

HER MATERNAL GRANDPARENTS SPENT MANY YEARS IN AN ANGLICAN RESIDENTIAL SCHOOL NEAR WINNIPEG.

The Rideau Trail Association acknowledges and appreciates that the Trail crosses lands that Indigenous Peoples have inhabited and protected for thousands of years.

Meet Evert de Boer

Membership Director

My wife and I try to walk once week with another couple. Living in Ottawa, we prefer to hike in the Gatineau Hills. When COVID closed the Ontario-Quebec border, we hiked the local trails in Ottawa. They were not challenging enough. Our friends, who had hiked the Rideau Trail end-to-end years ago, suggested we set ourselves the goal of hiking the Rideau Trail end-to-end, starting in Ottawa. We took on this challenge and started on June 1, 2020, finishing November 6, 2020.

Ottawa End of the Trail

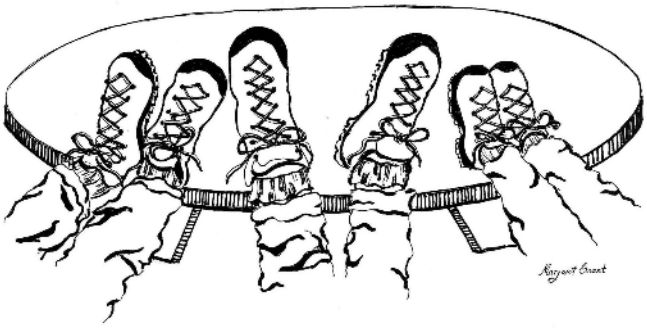
We immigrated from the Netherlands to Canada in 1982. We have done a fair amount of camping and travelling in Canada with our 3 children and, in the last couple of years, also camping with our 7 grandchildren (not all at the same time ??). The Rideau Trail led us to parts of Ontario we have not seen before. The rich variety of trail is amazing. For instance, after walking 2 days through Marlborough Forest, it is nice to walk from Burritts Rapids to Merrickville where one can see further than the next tree. It's this change in surroundings and scenery that makes the Rideau Trail so attractive. The four of us enjoyed hiking the Rideau Trail so much, that we completed the 150 km challenge in 2021, mostly hiking on 'Blue Trails'. We plan to do the Frontenac challenge in 2022.

About Getting Involved

After hiking the Rideau Trail, I understood the need for volunteers. They spend many hours maintaining the trail (boardwalks, bridges, trail signs, cleaning garbage etc.). Volunteering gives me the opportunity to support the Rideau Trail organization in a tangible way. When I noticed the opening for Membership Director I decided to apply. It turned out to be a good fit with my skills and previous experience gained with my church, and my children's school.

Many feet make light work!

All the Board and Club Executive positions are listed on page 4. Is there one you could take on in 2022-2023? New boots are always needed.



Board of Directors

Vice President - works closely with the President and Board members. Prepares to assume role of President in 2023. Contact

Sharen,
president@rideautrail.org
or Brian,
pastpresident@rideautrail.org

Kingston Club

Landowner Liaison: represents the Rideau Trail to landowners

Outings Coordinator: Advises on activities and leaders.

Special Events: Social and non-hiking

Contact kingston@rideautrail.org

Central Club

Vice Chair: assists with Club affairs Prepares to assume role of Chair in the future.

Member at Large: Provides assistance where required.

Contact central@rideautrail.org

Ottawa Club

Chair/Vice Chair: vacant for nearly two years.

Bring experience to the Ottawa Executive. Previous incumbents have gone well past 'doing overtime'.

Contact pastpresident@rideautrail.org

The Rideau Trail, Revisited

BY ELIZABETH MASON

Both Mehri and I had looked at the possible Anniversary Challenges. When we compared notes we found we wanted to do the same thing, so we decided to work together on the Challenge that has us hike 50 km in each of the 3 sections of the Rideau Trail.

We began in March doing two hikes in the Ottawa area, each of about 10 km. Then the shutdown happened and we decided we could hike alone while things were closed down and complete our Ottawa section solo. As things opened again in June, we started hiking together further afield.

I had hiked the Rideau Trail end-to-end in the 1980's doing about 20 km for each hike and often cycling back along roads to the starting point. At that time there were no end-to-end hikes done by Ottawa, although Kingston regularly covered all their section with individual hikes. Mehri had hiked some of the Trail beyond Ottawa. For her, the hikes for the Challenge were a discovery of wonderful hiking on the Ontario side of the Ottawa River. For me, it was a re-discovery and remembering experience.

I chose hikes that were along trails rather than roads and were 5 to 6 km in length, as we would be doing a out and back hikes. Twice we hiked back-to-back days staying in an oTENTik at a lock station. Parks Canada rents permanent tent structures at three of the lock stations along the Rideau Canal. We stayed at Beveridge Locks and Upper Brewer. It was relaxing to not drive all the way home after a hike. And staying in a tent lent a camping experience to the event.

Hiking the Tay tow path out of Perth provided us with a few surprises. We both jumped more than once as a black rat snake slithered in front of us. At one point I thought that I was looking at a black knitted toque - until it moved. I realized it was a black rat all curled up!

Our hike on Foley Mountain was done on the hottest Sunday in August. It poured rain all the way to Westport and stopped for our hike. A doe and two fawns welcomed us to the area. A dip in Sand Lake cooled things off a bit near the end of that and the following day.

Part of the Slide Lake loop was on our list of hikes. Once we had started along the trail, we found it so beautiful that we decided to continue and do the complete loop. We were staying at Upper Brewer that night, so time was not an issue.

For me, the northern section of the Slide Lake loop and the trail from Bedford Mills to McAndrews Road were highlights: I love rock, pine trees and water as found in the Canadian Shield and the Frontenac Axis. Mehri enjoyed sections so much that she wishes the Ottawa hike leaders would do more hiking on the Rideau Trail. There are other places to hike in the area besides the Gatineau!

The idea of the Challenge was an excellent way for members to hike, discover and enjoy parts of the Rideau Trail that are not ordinarily hiked by their club. Thanks to the Association for organizing such an event.

OTTAWA MEMBERS ELIZABETH MASON AND MEHRI NASIRAI HAVE EACH COMBINED NATURE WITH VOLUNTEERING: LEADING, SOCIAL, NEWSLETTER, CHAIR, AND MORE.

Remembering Friends from the Trail

Edward Simpson

Only a few long-time members will remember Ed Simpson, but we all owe him our gratitude. In March 1971, Ed and his wife Shirley attended a meeting in Kingston, about building a walking trail between Kingston and Ottawa. A few weeks later at a formation meeting, they were named to the initial Ottawa Section, responsible for 'Routes and Negotiating.' Two years later when the Ottawa Club was created, Ed was elected to the position of 'Trail Maintenance.'

Ed and Shirley put up many of the first trail blazes on 168 km of Trail between Smiths Falls and Ottawa. For 10 years or more, Ed Simpson organized work parties to keep the Rideau Trail open. There was no team of Trail Maintainers, as we have today.

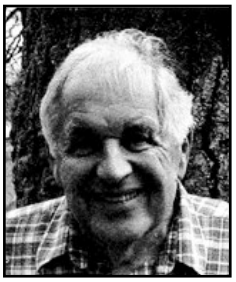
Ed Simpson was one of the founders of the Rideau Trail. He died last July, at age 91. Condolences to Shirley and the Simpson family.

BY SHAREN YAWORSKI, WITH NOTES FROM SHIRLEY SIMPSON AND NEWSLETTER NO'S 34, 40, 42 AND 45

***

Anthony Parfitt

(1927-2021)



Tony Parfitt's contributions to the Rideau Trail were abundant, to say the least. He was the engineering and construction brains behind many of the Trail's bridges, boardwalks and other improvements between Kingston and Westport. The Bedford Mills ferry was one of Tony's creations.
(See Issue 175, Spring 2015).

During eight years of service on the Kingston Executive, Tony was Chair, Vice Chair and Construction Coordinator. He was also an active volunteer with the St. Vincent de Paul Society and with Providence Manor.

A TRIBUTE TO TONY PARFITT IS IN NEWSLETTER NO. 144

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Jocelyn Lillycrop

The Ottawa Club's Wednesday Walker activity has been going for more than 30 years. Jocelyn Lillycrop was an active member in the early days. She was also known to members of the Ottawa Rambling Club and the Alpine Club of Canada. Although Jocelyn as born in Wales, she moved to Canada before the Rideau Trail was created.
Jocelyn Lillycrop died from a household fall last August. She was 85.

Walter Baker

"… THERE ARE MANY MILES OF HIKING IN THE HEART OF WOODS AND FORESTS WHEN THE (RIDEAU) TRAIL IS AN ABSOLUTE DELIGHT, WITH VIRTUALLY NO OBSTACLES TO BE CONCERNED ABOUT."

Such was Walter Baker's opinion of the Rideau Trail, after hiking it end to end. When he was 84, he hiked the distance again, this time in both directions! Walter Baker was a hiker. The picture with the Orkney Islands in the background, shows him at "John O'Groats". It is the northern tip of a north-south hike of the United Kingdom that Walter completed.

Walter Baker came to Canada in 1950. Soon after that, he attended Queens University, where he met his future wife. He was an educator, social worker, management consultant and entrepreneur. He developed the Strathmere country retreat, south of Ottawa. A friend of the Rideau Trail, Walter Baker was nearly 92 when he passed away on July 31.

***

Arthur James Campbell

Art's early years were spent on a farm in Manitoba. In the 1940's, he trained as a pilot and ferried aircraft overseas in the final year of the war. With a degree in Aeronautical Engineering from the University of Toronto, he re-enlisted in the RCAF. After many postings, he retired to Ottawa in 1975.

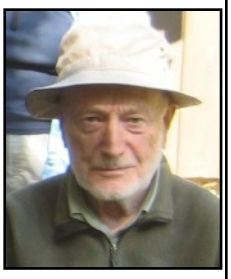
Art became very familiar with Gatineau Park. The Wednesday Walkers came to rely upon his expert knowledge of the Park, to show them the trails less travelled.

Art Campbell was 96 when he died in September.

***

Stanley D. Rosenbaum

(1927-2021)



Stan was a member of RTA Ottawa Club until he moved to Edmonton at age 90. He spent many years exploring the old trails in Gatineau Park carefully mapping his findings. The excellent map he produced from those expeditions is still used by many in the local clubs who enjoy back country skiing and hiking. He was a joy to have on a ski or hike, explaining the local flora and fauna and taking fabulous photos.

Stan immigrated to Canada from England. He had a PhD in physics, and at Nortel he contributed to many technical

advances, at least one of which led to high commercial success.

Stan was also a long-time member of the Alpine Club of Canada (ACC), where he served as local president and as national president. He participated in the famous ACC mountaineering expedition to the Yukon - the 1967 climb of 10 new mountains, named the Centennial Range.

Stan was an active conservationist. As a long-time member of the Ottawa Field Naturalists Club (OFNC) and head of their conservation committee, he led OFNC responses to development of the Greenbelt and development in Gatineau Park, and countless others. He received their annual Conservation Award two times, in recognition of his tireless work to achieve fair play for conservation issues.

People have said: Stan was a "remarkable man". He was a "very special person".
“Stan taught me about skiing, waxes, nature, weather, Gatineau Park, …everything!”
“His influence has benefited those in all the outdoor clubs with which we are associated".

Stan Rosenbaum died quickly of cancer, last September.

SUBMITTED BY LORRAINE FARKAS AND BILL MCGEE

Recent Donations to the Rideau Trail

Peter Dawe
Dorothy Kessler
Elizabeth Marshman
Margaret O'Dell
In memory of Howard Robinson
Dukke van der Werf
Guy Warwick
CJ Woodford

Thank you

Evert says membership renewal online is easy with this link http://eepurl.com/g_-9S9
It’s only $26 (or $30 for printed Newsletter) per person.

SERVICES ALONG THE TRAIL

Kichesippi Beer Company

You have been exploring the Rideau Trail in the west end of Ottawa and you start to get thirsty. You have plenty of water in your water bottles, but you want something more. Maybe, you are near the end of your hiking for the day and are ready to enjoy some great craft beer. Why not go to where the beer is made?

In Bells Corners, at Waypoint 18E, on the north-east side of the old railway bridge, you will find an unofficial path that leads down the embankment. At the bottom of the embankment, look to your left and you will have discovered the Kichesippi Beer Company (2265 Robertson Road, Ottawa). Kichesippi Beer has been around Ottawa for a long time, and you will find their beer in many pubs and restaurants.

This past summer and fall they had an outdoor beer garden with picnic tables where you could enjoy a cool drink and the warm autumn sun. Next to the beer garden there is a food truck, Ad Mare, serving delicious sea food options including traditional fish and chips which Margaret and I enjoyed. The food truck is on site Wednesday to Sunday and should be there in March, if all goes well.

By the time you read this, that fall warmth will be long gone and you will need to avail yourself of the indoor tap room. Their beer selection is large with favourites like 1855 Amber Ale, Heller Highwater Helles and one of my favourites, Boom IPA, a strong (7.2% alcohol) and bitter (80 IBUs) IPA. I need to make a few more trips to sample their Cheshire Cat Pilsner, BC Light Lager and the Corktown Dry Stout. Ordering a flight of four beers is a good way to sample the options. If you cannot taste all the beers in one visit, you can drop by the on-site store and bring some home. To check out their full beer selection go to www.kbeer.ca

In addition to beer, wine and cider you can also get snacks like pretzels, unique nacho formulations and other treats to boost your energy. The atmosphere in the tap room is comfortable and relaxing, just what you need after hiking. Check out the bike converted to deliver draft beer directly to the customer.

There are a few hikes you can do that will bring you back to the brewery with a starting point just west of the railway bridge where there is a small parking area for 6 or 8 cars. Check Map 18, Waypoint 18E.

SUBMITTED BY FORMER PRESIDENT, BRIAN GRANT

Calendar of RTA Outings and Events

All three clubs have a schedule of events that their leaders provide for the members.The list of outings changes as the dates approach.

REMEMBER TO CHECK THE ONLINE CALENDAR FOR THE LATEST INFORMATION.
teamup.com/ks4o7f1oa94o7taugd

Be sure to contact an event's leader, if one has any questions about it:
trail pass, lunch plans, duration, etc.

The clubs send regular email messages to affiliated members.
Not getting yours? Contact Membership@RideauTrail.org

Remember, each club has regular impromptu activity:

Kingston
Tuesday's Walk
Rock and Roll Wednesdays
Wednesday Walks in the afternoon
Thursdays- Fast and Far at Little Cataraqui Creek CA

Central
Wednesday Wanderers

Ottawa
Wednesday Walkers
Saturday Skiers

Some Scheduled or Interesting Outings

Friday, December 3 Carol Sing Social in Westport
RSVP for pub: Bill Ottney 613 858-3183

Tuesday, December 7 Kingston Holiday Party
Will Central and Ottawa do the same?

Saturday, December 18 XC Ski, Gatineau Park
Ottawa's first of monthly ski events

Full Moon hikes, starting December 18

Tuesday, December 21 Christmas Lights, in
Kingston and in Ottawa

Sunday, January 2 Balderson Trail
Happy New Year, RTA Central!

Winter on the Rideau Trail, Starting January 6
Thursdays. Details below.

February - Two Snowshoe Events in Frontenac PP
Level 3, Central Club

Planned but Not Scheduled

Ottawa - February or March, depending on Conditions
Snowshoe in Gatineau Park, Bear Pond Loop
Level 3, about 11 km. Path following streams and ponds.
Leader: Denise Hall

Ottawa - Snowshoe in Gatineau Park, Alexander Trail
Level 3, about 10 km from P11 (trail fee)
Leader: Denise Hall

2022 End to End Series
Coming in March

Saturday, May 28
Annual General Meeting
and Celebration
in Kingston, for all
Rideau Trail Association members

Thursdays on the Trail, Starting January 6
Westport towards Kingston in January-February. Level 2 or 3, about 12 km each day, depending on conditions. Come for the day or work on your badges. Get the details from coordinator, Dave Audette 613-601-2833 daveaudette3@gmail.com

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. Hike Levels: page 8

Details and updates: Online Calendar

KINGSTON CLUB ACTIVITIES - WINTER 2021-22

Public Health (COVID-19) restrictions are varying, and can affect our activity. Participants are urged to contact the event leader for the current information.

WHAT TO BRING
Bring lunch, water, and strong footwear. 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 18).

NOT SURE?
The Hike Leader will thank you for your questions.

CARPOOLING AND FEES
Be at the meeting place at least 10 minutes before the stated departure time. An 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
After the event, please send the waiver to HR Coordinator, Cathy Cummings waiver.kingston@rideautrail.org

Activity Updates

The full list of outings and updates including additional events and short-notice hikes is available any time via the online Calendar (Teamup) teamup.com/ks4o7f1oa94o7taugd. Those without access can call their club (page 4).

Activity Coordinator Contact

(blank waivers, questions, offerings, etc.)
activities.kingston@rideautrail.org

Regular Activities

Check the Calendar for details and updates.

Tuesday's Walk - Tuesday mornings. Level 2, 8:30 am.

Rock and Roll Wednesdays (in December plus?) - Level 3. Vigorous outings in the rocky terrain of the Gould Lake Conservation Area Contact Ron: 44dinnick@gmail.com

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. Contact Jennifer wednesdaywalks60@gmail.com

"Fast & Far" Thursday Outings Level 2-3. Brisk-paced (10 km/2 hr.) morning exercise. Seasonal activity based on conditions and interest. Contact Lynn: esaulynn@gmail.com

CENTRAL CLUB ACTIVITIES - WINTER 2021-22

Public Health (COVID-19) restrictions are varying, and can affect our activity. Participants are urged to contact the event leader for the current information.

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 18). 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. An 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

Activity Updates

The full list of outings and updates including additional events and short-notice hikes is available any time via the online Calendar (Teamup) teamup.com/ks4o7f1oa94o7taugd. Those without access can call their club (page 4).

Activity Coordinator Contact

(blank waivers, questions, offerings, etc.)
activities.central@rideautrail.org

Every Week (Conditions permitting)	**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 mlafrance03@cogeco.ca

A Tradition Returns

Central members have traditionally joined with their Kingston friends to sing carols on Spy Rock and then share a dinner and companionship at a Westport restaurant.

Friday, December 3

Check the Calendar or contact Jim Middleton Middleton.James@gmail.com

Ottawa Club Activities - Winter 2021-22

Public Health (COVID-19) restrictions are varying, and can affect our activity. Participants are urged to contact the event leader for the current information.

What to Bring

Bring lunch, water, sunscreen 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 hikes 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 18).

Not Sure?

The Hike Leader will thank you for your questions. For general information about the Ottawa Club call 613-860-2225.

Carpooling and Fees

Be at the meeting place at least 10 minutes before the stated departure time. An 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

Be sure to check Teamup. Some meeting places are affected by long-lived construction projects.
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

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 waivers.ottawa@rideautrail.org
Note: For Wednesday Walkers, send waivers to **Tony Barnes,** fellwalkerca@gmail.com

Emergency 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

Activity Coordinator Contact
(blank waivers, questions, offerings, etc.)
activities.ottawa@rideautrail.org

Activity Updates
The full list of outings and updates including additional events and short-notice hikes is available any time via the online Calendar teamup.com/ks4o7f1oa94o7taugd. Those without access can call the club 613-860-2225.

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.

Wednesday Walkers - Level 2 and 3 impromptu all-day events in Gatineau Park. Meet at 9:15 am to depart at 9:30. For information, including meeting place, contact Tony Barnes: 613-828-1216 fellwalkerca@gmail.com

Saturday Skiers As soon as skiing starts, the Saturday Skiers get together each week to enjoy the cross-country trails in Gatineau Park (Level 2 or 3). Dates are not listed individually; if there's snow, we go. Bring lunch and meet for a prompt 9:30 departure from Tunney's Pasture (subject to change). For more information, contact **Steve Kelly** stkelly@rogers.com 613-422-1318

50th Anniversary Extreme Challenge

This Challenge was one of the three that celebrated Rideau Trail's 50th Anniversary. Participants had to complete a 50 km route between Perth and Murphys Point Provincial Park. These 67 individuals were successful.

Alison Ball	Katrina Dalatova	Kelsey Hannusch	Melanie Morrish	Michelle Sherwin
Rusty Bassarab	Stan De Haan	Smadar Junkin	Dave Morton	Lynn Stoute
Morgan Bickenbach-Davies	Tamara De Haan	Dmytro Kravats	Jim Moss	Bert Stranberg
Jeff Boyd	Jonathan Dolbec	Ryan Laflamme	Abdullah Mostamandi	Ivan Suarez
Thomas Boyd	Patti Dow	Brad LeBlanc	Margaret O'Dell	Greg Taylor
Michel Carpentier	Lynn Esau	Wendy Manning	David Ott	Margaret Taylor Picard
Janet Chadwick	Martha Farkas	Charlene Mathias	Sophie Pasquet	Willa Thayer
Steve Chadwick	Marlena Flick	Eric Mathison	Judy Piel	Bruce Trench
Christine Cloutier	Jonathan Fung	Yuliia Matsakova	Andrea Poorter	Jacqueline Van Dyke
Mary-Ellen Cole	Bonnie Garba	Karin McInnis	Bryden Pritchard	Scott Walker
Margaret Corner	Diane Giguère	Jim Middleton	Mary Robinson	Gary Waterfield
Cathy Cummings	Richard Godin	Cheryl Mitchell	Diane Rolston	Rosemary Zehr
Harley Cunningham	Sandra Green	Ruth Moffat	Réjanne Saunois	
	Cindy Greenlaw	Jon Morrish	Vicki Schmolka	

Volunteer Opportunities

DENISE HALL PH.

Limited time commitment? Brian LaDuke would like someone to coordinate the Rideau Trail's 'Adopt a Road' project. Two days a year, volunteers collect roadside trash near the Trail. Brian will tell you more, yellow.bumper@hotmail.com

New Website! Ideas and opinions are needed. Have you contacted Dilhari about **Social Media**

Adopt a Road

Years ago, the Rideau Trail 'adopted' a road segment through Marlborough Forest. The task is to pick up the coffee cups and beer cans along the side. These Ottawa Club volunteers did the clean up, last October. It's an easy way to get involved. Lunch at the pub is good too. Watch for the notice in the Spring. - DENISE HALL

STEVE KELLY PHOTO

Members Corner

Is your pack ready to prepare you for a full day out in winter? Dry and warm replacements are good for your feet, head and thermos. Be sure to check the Trail Updates and the latest maps.

Anniversary Challenge (now extended): Looking for a hiking buddy? This space will be updated for the next Newsletter, out in March.

Did you notice this? Your club needs help. See page 4 for opportunities for social, management or other aspects of what your club provides.

Using this space?

Find a hiking partner for a make-up hike.

Want to buy/sell equipment?

Contact the Editor (page 4).

Ottawa Club Celebrates 50 Years of Rideau Trail

BY ADRIANA KIEVIT

In September, concerns about COVID had subsided a little, and the possibility of getting together in groups became possible. The Ottawa Club thought we would arrange a "social" where members could get together to socialize, and at the same time, celebrate the 50 years of the Rideau Trail.

Former Club Chairs, Sandy Freeman and Denise Hall and I got together to organize the event. Our priorities included a venue that had shelter (in case of rain), where washrooms were available, that was accessible by bus, that had parking, and lots of room to wander around and meet people. We also decided that we would supply "munchies" and some drinks - not a meal, as this would be more informal and allow more opportunities for people to wander around to socialize.

ADRIANA KIEVIT IS PUBLICITY COORDINATOR FOR OTTAWA

Former Chair Sandy Freeman welcomes members to the event.
'Refreshments are served…' -STEVE KELLY PH.

Members renewed acquaintances in small groups - STEVE KELLY PHOTO

Former Chair, Denise Hall cuts the celebration cake.
KEVIN CHAPMAN PHOTO

More than 50 Ottawa members attended the open-air, mid-week gathering.
KEVIN CHAPMAN PHOTO

Event organizers L to R: our Event Registrar, Chantal Cormier, Adriana Kievit, Sandy Freeman and Denise Hall - STEVE KELLY PH.

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

My Favourite Place

For me, the northern section of the Slide Lake loop and the trail from Bedford Mills to McAndrews Road were highlights. On page 15, Elizabeth Mason writes about her experience with the Anniversary Challenge. - JACK TANNETT PHOTO

Membership

Thank you for being a member of the Rideau Trail organization. Without your support, there would be no Rideau Trail.

Most memberships expire on March 31, 2002. Your exact date is indicated on the paper Newsletter (above) and at the bottom of the email which carries this issue. Please use this link http://eepurl.com/g_-9S9 to renew your membership online, for only $26 (or $30 for printed Newsletter) per person.

Trail Markers

Rideau Trail heading north, towards Ottawa

Yellow Tip

Rideau Trail heading south, towards Kingston

Coming in Spring

The Spring Newsletter will offer the first of a new feature called CURATED HIKES. The article will present a detailed description of a hike, including access, facilities, etc. It will appeal to someone who wants a guide they can follow. It might also be appeal to others who enjoy reading about a hike's features.

Can you suggest a hike for such a description? Contact Brian, pastpresident@rideautrail.org or the Editor.

The Rideau Trail Newsletter is printed on recycled paper.

Inside Winter EDITED BY STEVE KELLY (OTTAWA)

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