



The Rideau Trail NEWSLETTER

WINTER 1996

ISSUE NO. 102



Printed on recycled paper

The Rideau Trail Newsletter is published quarterly in March, June, September, and December by the Rideau Trail Association. The Editor of this issue is John Haley for the Ottawa Rideau Trail Club.

Submissions for the next newsletter are encouraged and should be sent, to arrive by **FEBRUARY 1, 1997**, to:

Lynn Nolan & Lars Thompson

832 Wartman Avenue

Kingston, Ontario, K7M 4M5

Telephone: 613-389-8747

Text should be typed or mechanically printed. Pictures are also welcome and, although colour photographs with good definition can be reproduced, black and white photographs are preferred because they print more clearly.

Unless otherwise stated, opinions expressed in this newsletter are not necessarily those of the Rideau Trail Association.

ISSN 0709-7085

THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1996-97

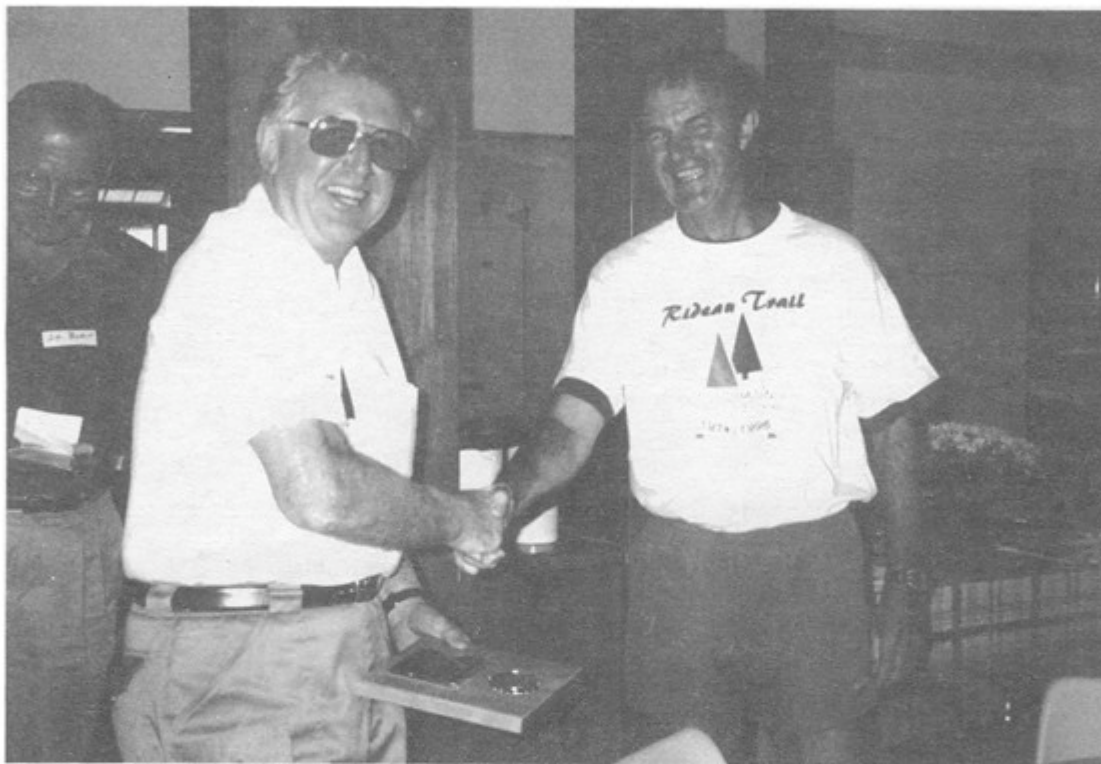
President		Jim Blain	Elgin	359-6282
Vice President		Graham Creedy	Ottawa	789-1657
Secretary		Caroline Meyer	Ottawa	722-7575
Treasurer		Rolf Calhoun	Ottawa	739-9493
Membership Director		Eva & Paul Smith	Glenburnie	542-6003
Trail Coordinator		Linda Hayes	Gloucester	749-9537
Correspondence Secretary		Fran Hollywood & Bill Chambers	Kingston	548-8520
Past President		Ron Maybury	Stittsville	836-2953
Newsletter Editors	Ottawa	John Haley	Nepean	225-0590
	Kingston	Lynn Nolan & Lars Thompson	Kingston	389-8747
Club Chairpersons	Ottawa	Graham Creedy	Ottawa	789-1657
	Kingston	Bob Chadwick	Bath	352-1052
	Central	John Miller	Perth	264-8338
Club Representatives	Ottawa	Peter Andrews	Ottawa	728-3016
	Kingston	Dale Ross	Kingston	384-2959
	Central			

Photo Credits	Courtesy of	Subject
COVER:	Mary/Wilf Bradnock	Bedford Mills, End-to-End Hike, August 17, 1996.
PAGE 3:	Marion Dunning	Outstanding Service Award Recipient Geoff Berry, September 7, 1996.
PAGE 10:	Norm McCleod	Bench in the Cataraqui Cemetery.
PAGE 12:	Bob Chadwick	Inaugural Hike at Gould Lake, June 22, 1996.

Guidebook Note: In order to ensure that the next edition of The Rideau Trail Guidebook is as accurate and current as possible, please forward any comments, corrections, or updates which you may be aware of to the Rideau Trail Association for the attention of the Guidebook Editor, Gerald Hinderks, with a copy to your Club Chairperson identified above.

OTTAWA CLUB — OUTSTANDING SERVICE AWARD

Geoff Berry has for many years provided invaluable assistance to the Ottawa Club, applying his many technical skills and devoting much time to a variety of activities including Trail and Schoolhouse maintenance, production of markers and stiles for the Trail, slide show presentations, leading hike and cross-country ski activities, and many other things which we tend to take for granted. He is pictured here receiving the Outstanding Service Award for the Ottawa Club from the Ottawa Club Chair Graham Creedy, with RTA President Jim Blain in the background.



KINGSTON CLUB — OUTSTANDING SERVICE AWARD

Lifelong partners Helen and Arne Henrikson were the joint recipients of the 1996 Outstanding Service Award for the Kingston Club. Their partnership in recent decades nourished a wide variety of recreational and social events of the Kingston Club.

Helen, in addition to her enthusiastic hiking and skiing participation, contributed her skills as a scientist and environmental activist directly for the benefit of the Rideau Trail. It was largely due to her leadership and perseverance that the Trail has an attractive green corridor to follow, in its first 4 km. from Lake Ontario shores through the Marsh Lands, under the protection of the Little Cataraqui Creek Conservation Area.

Helen's Rideau Trail accomplishments extended right up to her sad demise last spring. She and Arnie received

their End-to-End awards at the 1995 AGM, while it was in her last year that Helen meticulously mapped out for us proposals for trails that we used in the development of the new blue loop through marshland and woodland that, thanks to her efforts, were preserved so close to downtown Kingston.

Arne, also a scientist and a distinguished academic, is one of the Kingston Club's most respected leaders for hiking trips of all levels and particularly cross-country skiing, including recent winter weekends in the Gatineau Hills. He has served in a variety of executive capacities for the Club and has expanded his recreational interests to include SEORTA (South-East Ontario Rails to Trails Association), in which he has served as Treasurer.

Bob Chadwick

RIDEAU TRAIL ASSOCIATION FINANCIAL REPORT, AUG. 31, 1996

INCOME	BDGT. 1995-96	ACT'L 1995-96	BDGT. 1996-97	EXPENSES (continued)	BDGT. 1995-96	ACT'L 1995-96	BDGT. 1996-97
Memberships - renewal	10000	11185	10900	Merchandise - guide printing	12000		12000
- new	4300	4395	4000	- mktg, shipping	800		500
- life	<u>1200</u>	<u>600</u>	<u>600</u>	- other	<u>300</u>	<u>3452</u>	<u>1500</u>
Total Membership Fees	15500	16180	15500	Total Merchandise Expense	13100	3452	14000
Merchandise - guidebooks	8000	6326	7800	Meetings - AGM	300		300
- other	500	1801	700	- board	300	350	300
- shipping recov.	<u>400</u>	<u>7</u>	<u> </u>	- conferences	<u>800</u>	<u> </u>	<u>400</u>
Total Merchandise	8900	8134	8500	Total Meetings	1400	349	1000
Other - donations	1000	5422	2000	RT Preservation Fund	2000		
- interest	2000	4489	2000	TOTAL EXPENSES	34570	23244	36200
- AGM	300		300	NET INCOME	<u>-4870</u>	<u>14149</u>	<u>-4900</u>
- other	<u>100</u>	<u>30</u>	<u> </u>				
Total Other Revenue	3400	9941	4300				
RTPF - donations	400	1112	1000				
- interest	1500	1787	2000				
- fundraising	<u> </u>	<u>239</u>	<u> </u>				
Total RT Preservation Fund	1900	3138	3000				
TOTAL INCOME	<u>29700</u>	<u>37393</u>	<u>31300</u>				
EXPENSES							
Newsletter - printing	3300	3579	4000				
- delivery	<u>3200</u>	<u>2048</u>	<u>2000</u>				
Total Newsletter	6500	5627	6000				
Operations - stnry & supplies	885	751	700				
- mail		741	800				
- phone		443	500				
- mail & phone	885	401					
- copies	300	100	800				
- computer	550	387	500				
- bank		73	100				
- awards	250		300				
- affiliations	200	315	300				
- brochures	1200	630	1000				
- publicity	100	1450	1100				
- insurance	1500	1890	2000				
- legal & taxes	200	198	200				
- GST		427	400				
- other	<u>100</u>	<u>127</u>	<u>100</u>				
Total Operations	6170	7933	8800				
Support - Ottawa	3100	1965	3200				
- Kingston	2100	3717	2700				
- Central	<u>200</u>	<u>200</u>	<u>500</u>				
Total Club Support	5400	5882	6400				

BALANCE SHEET AS AT AUGUST 31, 1996

ASSETS

Chequing/Savings	20197
Accounts Receivable	1072
GST Receivable	545
Club Receivables	126
Investments RTA	62000
Investments RT Preservation Fund	40000
Inventory, Merchandise	<u>5000</u>
Total Current Assets	128940
Real Estate	1
Office Equipment	2600
A/V Equipment	4000
Trail Maintenance Equipment	<u>1</u>
Total Fixed Assets	6602
TOTAL ASSETS	<u>135542</u>

LIABILITIES & EQUITY

Deferred Service Life Memberships	39000
Total Liabilities	39000
Members Surplus, Operating	39993
Members Surplus, Pub. & Merch.	18118
Members Surplus, RTPF	36736
Adj. Asset & Liabilities for YE95	-12454
Net Income	<u>14149</u>
Total Equity	96542
TOTAL LIABILITY & EQUITY	<u>135542</u>

RIDEAU TRAIL ASSOCIATION — OTTAWA CLUB ACTIVITIES

Unless otherwise stated, the meeting place is at the entrance to the parking lot at the corner of Booth and Albert Streets in Ottawa by the departure time indicated. Transportation is by pooling of private cars, and passengers are asked to contribute to the driver's gas cost in the amount indicated below (\$3 if not indicated). In the Gatineau Park, participants are responsible for the trail fee. Winter outings are generally of three to four hours duration on the trail.

Participants, see the Notices on Winter Activities, Activity Levels, and your Responsibilities on the next page. Leaders, please send sign up sheets to Ruth Hutchinson, 168-2111 Montreal Rd, Ottawa, Ontario K1J 8M8.

For more information about a particular event, call the leader at the number listed below. If you have trouble reaching a leader, or for general information, call the Ottawa Club at 730-2229.

Wednesday Walkers take to their skis as soon as possible. Non-drivers can be picked up at Booth & Albert parking lot entrance; drivers meet at Tom Brown arena, Bayview at Wellington, at 09:30. These are Level 2 or Level 3 outings. Call Nanette 730-5417 or Dorothy 523-4420.

Snow-shoeing

David Spector will coordinate outings on Sundays when conditions permit. Call 829-6802 for details. Meeting place in West End of Ottawa.

Friday December 6 Pot Luck Supper

Celebrate the end of the hiking season. Bring main dish, salad, appetizer, or dessert, & dishes/cups/cutlery/soft drink. \$5 towards expenses. Volunteers needed, contact by December 1. 18:30 at St John The Apostle Church Hall, 2340 Baseline Road, Nepean. No reservations, no menu coordination, just come.

CONTACT: John Barron 828-2296 (essential calls only)

Wednesday December 11

Slide show promoting the RTA at 19:30 at Mountain Equipment Co-op. Contact MEC for details.

Saturday December 14

Level 2 ski or hike depending on conditions. Departs 09:30.

LEADER: Bud Massé 235-4670

Saturday January 4 Gatineau Park

Level 3 ski. Departs 09:30.

LEADER: Bud Massé 235-4670

Sunday January 5 Wakefield to Herridge

Level 2 ski. Departs 09:30. Gas \$4.

LEADER: Dennis & Barri Scully 565-7710

Sunday January 12 Gatineau Park

Level 2+ ski. Departs 09:00. Gas \$4.

LEADER: Peter Brebner 729-8178.

Saturday January 18 Gatineau Park

Level 1 ski. Departs 09:30. Gas \$4.

LEADER: Andrew MacDonald 235-8569

Sunday January 19 Lac Philippe and Herridge

Level 2 ski, 21 km. Departs 09:00. Gas \$4.

LEADER: Geoff Berry 731-4832

Friday January 24 Slide Show and Coffee

Share your hiking slides: bring up to 25 slides from your latest hiking trip. Emmanuel United Church, 691 Smyth Road at Botsford. 19:00. \$4.00 contribution requested.

CONTACT: 749-0990 for further information

Saturday January 25 Gatineau Park

Level 3 ski on blue & red trails. Departs 09:00. Gas \$4.

LEADER: Inge Gullon 738-0712

Sunday January 26 Gatineau Park

Level 2 ski. Departs 09:30. Gas \$?.

LEADER: Art & Ida Campbell 828-0426

Sunday February 2 Gatineau Park, Pine Road Loop

Level 2 ski, 15 km. Departs 09:30. Gas \$4.

LEADER: Margaret Lafrance 737-0823

Saturday February 8 Ski at Schoolhouse

Level 1. Departs 09:30.

LEADER: Nanette Whitwam 730-5417

Saturday February 15 Gatineau Park

Level 1+ ski. Departs 09:00. Gas \$4.

LEADER: Barbara Thain 241-5082

Saturday February 15 Gatineau Park

Level 3 ski, McKinstry on trail. Departs 09:30.

LEADER: Dave Wardell 722-3752

Sunday February 16 Gatineau Park

Level 2 ski. Departs 09:30.

LEADER: Bev Armstrong 738-0310

Saturday February 22 Gatineau Park

Level 3 ski. Call in advance. Departs 09:30. Gas \$4.

LEADER: Roslyn Bern 827-3845.

Ottawa Club Activities Continued

Sunday February 23 Ottawa River

Level 0 ski. Departs 12:30. Refreshments at the Bennetts' afterward. Advance registration with leader essential as may have to limit numbers.

LEADER: Bob Bennett 749 7440

Saturday March 1 Gatineau Park

Level 3 ski. Stoffers Trail & W. Window, departs 09:30.

LEADER: Dave Wardell 722-3752.

Sunday March 2 Greenbelt

Level 1 ski. Two to two-and-a-half hours of enjoyable skiing in Greenbelt woods. Bring snack. Departs 10:00.

LEADER: Jean Sunter 828-6077.

Friday March 7 Pot luck Supper

New Members welcome! Share your favourite recipe. Emmanuel United Church, 691 Smyth Road at Botsford. 18:30. Small charge to cover costs.

CONTACT: 749-0990 for more information

Saturday March 8 Early Spring Hike

Level 1, leisurely loop on roads. Departs 12:30. Gas \$4.

LEADER: Bill Grant 820-0697

WINTER ACTIVITIES

Our activities do NOT provide formal instruction. Each participant is assumed to:

- understand the causes, preventive measures, and treatment for hypothermia;

- dress appropriately (in layers), bring lunch and water, and be prepared for unforeseen delays on the trail;

- understand that changes in weather and snow conditions can affect the difficulty level of a given trail;

- have experience on and be familiar with his /her own equipment;

- for skiers, be able to perform at least the basic diagonal stride, snowplow, and herringbone manoeuvres with confidence under a variety of snow conditions, for a period of three or four hours.

PARTICIPANTS' RESPONSIBILITIES

Participants must choose activities suitable to their physical capabilities and skill levels. They must inform the leader before the start about any health problems and difficulties with their equipment. They must respect the leader's judgement and their own financial obligations for the activity. Parents and guardians must supervise their own children.

RIDEAU TRAIL ASSOCIATION CENTRAL CLUB ACTIVITIES

The winter schedule is made up of cross country ski outings whenever weather permits. We hold other outings whenever we can kick the winter blues and weather permits. As usual we will meet at Conlon Farm unless otherwise indicated. You are reminded to wear suitable clothing and to bring lunch and water. For further details contact 264-8338.

Saturday December 14 Murphy's Point Prov. Park

Winter is coming so we head back to familiar terrain to wax our skis for the upcoming season. Bring cross country skis and meet at the park at 10:00.

HOMER: John Miller 264-8338

Saturday January 11 AGM & Ski Murphy's Point

Annual General Meeting at 10:00
McMartin House, 125 Gore Street, Perth

Ski after (about 13:00) at Murphy's Point Prov. Park.

TRAVEL KING: Don Sherwin 264-0759

Saturday February 8 Mount Pakenham

The height of our winter season is expected to be on track this year after two years of bad weather. John Clifford is expected to have everything in order for this occasion.

Meet at Conlon Farm at 09:00 or at Mount Pakenham at 10:00.

HAM PACKER Don Sherwin 264-0759

Sunday February 23 Mica Mine Conservation Area

We will again blazon a trail from Burgess Road 5 to Ferrier Road. Not for the faint of heart! Meet at Conlon Farm at 10:00.

TRUMP CARD: Guess Who? 264-8338

Sunday March 16 Murphy's Point Provincial Park

We must use the correct wax for this occasion: the Farmer's Almanac indicates that this will be a perfect spring skiing day but warm at midday. Meet at the park at 10:00.

CALLING FOUR: Bob Pelletier 267-3630

SKI ACTIVITY LEVELS

- 0 Flat terrain, variable length.
- 1 Gentle hills, may be long distance (e.g. 15 km.).
- 2 Variable terrain, some steep hills. Level 1 experience needed (Green & Blue trails in Gatineau).
- 3 Long, varied terrain, may be off trails. Level 2 experience essential (Red trails in Gatineau).

RIDEAU TRAIL ASSOCIATION — KINGSTON CLUB ACTIVITIES

The meeting place for all activities is the northwest corner of Sears parking lot, unless stated otherwise. During January and February the Wednesday afternoon walks will NOT be held. Wednesday hikes will begin again in March with walkers meeting at 13:30 (except on the second Wednesday of the month when a full day outing is scheduled as usual).

Bring lunch, water, and sun screen. Wear strong footwear and come prepared for weather changes. If in doubt about your ability to cope with the outing call the leader in advance. Car pooling will be organized, with passengers contributing towards the gas and parking fees. Leaders are reminded to send attendance lists to Helga Wennerstrand, 207-67 Village Drive, Kingston, Ontario K7K 6K6. Members willing to be leaders for the spring season, or who wish to suggest new locations to hike, are asked to call Watson Ogilvie at 530-2378 before the end of December.

Wednesday December 11 Parrotts Bay

Hike or ski, depending upon the weather. Meet at 10:00.

Level 1. Gas \$2.

LEADER: Bernie Gates 389-1835

Sunday December 15 Rideau Trail

Hike or ski Unity Road, Elginburg to Orser Road and return. Meet at 09:30. Level 1. Gas \$1.

LEADER: Watson Ogilvie 530-2378

Sunday December 15 Year End Coffee/Dessert Party

Share your favourite dessert. Coffee and tea provided.

From 19:00 to 21:30. For location and information

CONTACTS: Lynn Nolan 389-8747

Ada Chambers 549-8008

Saturday December 28 Little Cataraqui Creek

Hike or ski the conservation area depending upon snow conditions. Lunch indoors if weather is severe. Meet at 10:00. Level 1. Gas \$1.

LEADER: Peck Peckover 544-9190

Saturday January 4 Lemoine Point

Hike or ski the conservation area from south parking lot. Bring a lunch to eat at Lynn's place. Coffee/tea provided. Meet at 10:00. Level 1. Gas \$1.

LEADER: Lynn Nolan 389-8747

Wednesday January 8 Rideau Trail

Hike or ski from Railton Road to Sydenham and return, 8 km. Lunch at a restaurant in Sydenham. Meet at 10:00. Level 1. Gas \$2.

LEADER: Watson Ogilvie 530-2378

Sunday January 12 Eel Bay

Ski this beautiful area near Sydenham. Suitable for all levels. Meet at 09:45. Gas \$3.

CONTACT: Watson Ogilvie 530-2378

Saturday January 18

Cross-country ski, location to depend upon snow conditions. Meet at 09:30. Level 3. Gas T.B.A.

LEADER: Heather Barr 542-8406

WINTER SKI WEEKEND PINESTONE REVISITED

January 24-26 Haliburton Highlands

Peter Murray predicts great outdoor weather and skiing conditions and has completed all the arrangements for a wonderful weekend. The bus is full, but if you want to join the group and don't mind driving, there are a few rooms available. Peter will also take a few names for a "standby" list in case there are participants unable to go at the last minute. For further information please call Peter at 382-2824.

Sunday February 2 Little Cataraqui Creek

Ski or snowshoe the conservation area or come out for a short walk and gather for a brown bag lunch in the Outdoor Centre. Suitable for all levels, equipment rental available. Meet at 10:00. Gas \$1 plus entry fee.

LEADERS: Carol Cain 548-4556 (skiers)

Murray Henderson 546-9906 (snowshoers)

Saturday February 8 Frontenac Park

Ski the Little Salmon Lake Trail. Approx. 10 km. Meet at 09:00. Level 3. Gas \$3 plus park entry fee.

LEADER: Peter Burbridge 634-1877

Wednesday February 12 Lemoine Point

Hike or ski the conservation area from south to north. Level 1. Meet at 10:00. Gas \$1.

LEADER: Watson Ogilvie 530-2378

Thursday February 13 Little Cataraqui Creek

Enjoy an evening of skating, skiing or snowshoeing. Warming huts open, snacks and drinks available.

Children and friends of members welcome. Meet at 19:00 at Sears or at conservation area. No entry fee but cost is \$2.50 per person.

CONTACTS: Watson Ogilvie 530-2378

Ada Chambers 549-8008

Kingston Club Activities Continued

Sunday February 16 Frontenac Park

Ski on park trails, location to depend upon conditions.

Meet at 09:00. Level 3. Gas \$3 plus entry fee.

LEADER: Dugald Carmichael 542-8628

Saturday February 22 Frontenac Park

Activity to depend upon weather conditions. Meet at

09:00. Level 3. Gas \$3 plus park entry fee.

LEADER: Allan Tattersall 549-4080

Sunday March 2 Barnes Corners State Forest, N.Y.

S of Watertown. There is usually lots of snow for cross-country skiing. Suitable for all levels. Meet at 08:00 or 08:45 at North of the Border gas station on the Parkway at Reynolds Rd. Check your out of province insurance and bring identification. Gas \$6.

LEADER: Larry Wark 613-659-3971

Saturday March 8 Gould Lake

Activity and location to depend upon conditions. Meet at 09:30. Level 2. Gas \$3.

LEADER: Mike Amodeo 634-1847

Wednesday March 12 Rideau Trail

Hike or ski the trail from Bullen Road to Unity Road and return, approx. 9 km. Bring lunch. Meet at 10:00.

Level 1. Gas \$1.

LEADER: Lynn Nolan 389-8747

Hikes are graded with the following Levels

- 1 Suitable for beginners. Well defined trails, gentle inclines. Hiking boots not required, but trails may be very wet.
- 2 Generally on trail. May include hills, light bushwhacking, some rough spots or obstacles. Boots recommended.
- 3 Rough terrain, difficult hiking and extensive bushwhacking. Boots, level 2 experience, and a high level of fitness essential. Long pants and sleeves recommended.

WOOD STOVE WANTED

If you have an airtight, old Quebec heater or other kind of wood stove that you would like to recycle by donating to the Ottawa Club for the Schoolhouse, please contact Peter Andrews (728-3016) or any other member of the Ottawa Club Executive. Thanks in advance!

AGM AND ACCOLADES

The AGM weekend was a great success, with 118 attending the AGM, 108 staying for dinner, and 67 staying overnight. Thanks to the Central Club!

The Fun Draw was also successful, raising \$948 in sales with a member's donation raising this to \$1000 for the Preservation Fund. Thanks especially to Jean Thompson for her work on this.

We acknowledge with thanks the donors of prizes for the draw: Grace Howard, Sepps, Peck Peckover, Trailhead, Friends of Frontenac Park, John Miller, Ray Forester, Tom Newton, Camera Kingston, & Heritage Screencraft.

Anniversary T-shirts are still available: call 544-0340 in Kingston or 726-0237 in Ottawa.

A letter of thanks, signed by RTA President Jim Blain, has been sent to Mountain Equipment Coop (MEC) in Ottawa, in appreciation of their generous support. The Spring Newsletter is expected to contain information on the new signs along the Rideau Trail, funded by MEC.

Further thanks to everyone who has helped in any way in our 25th anniversary year; we appreciate your help!

Congratulations to Jean Thompson and Peck Peckover, of the Kingston Executive, who were honoured at a ceremonial tea party on October 9, 1996, hosted by the Royal Bank at the Minos Restaurant on Princess Street. Jean and Peck were Kingston Club nominees for Senior Volunteer awards. Association President Jim Blain was there to be the first to congratulate them.

SCHOOLHOUSE NOTEBOOK

Ottawa Club members were dismayed to learn that the schoolhouse stove had been stolen. No damage was done - the visitor was a thief, rather than a vandal. The doors to the schoolhouse will be left closed, but unlocked, pending a general review of the schoolhouse situation by the new Maintenance Committee of the Club Executive, which will hold its initial meeting in December.

Peter Andrews, Trail Maintenance Coordinator for the Ottawa Club, has completed work on a new and mostly dry South loop which, when added to the Centre loop, gives 4-5 km. of good hiking or snowshoeing. Work will now proceed on a North loop, north of the McKenna Road extension.

Bill Grant

25th ANNIVERSARY END-END WALKS

We began in Ottawa on a cold, wet weekend in May and ended on a cold, wet weekend in September. People have asked us why. Why commit so many weekends to walking the Rideau Trail with people you don't know?

Well! You may not know your fellow walkers at first, but by the time we reached Kingston our fellow walkers were our friends. They welcomed us to their homes and hosted an end of walk party. At Cataraqui we were greeted with saxophone renderings of "Summertime" and "the Saints go marching in". On the cold, snowy second day out from Ottawa, we were met on the Fallowfield Road by a sainted Ottawa member who brought us hot soup in a crock and provided mugs and spoons.

We wish first to thank the many people who made it all possible: our leaders who prehiked or drove the routes and guided us from one orange marker to the next; the trail planners and negotiators; the trail markers and maintainers and brush cutters; and the civil engineers (not beavers) who made the bridges.

Most appreciated of the leaders was the democrat, with British accent and detective raincoat, who by the end had really mastered the art of the car shuttle. The double shuttle on the next-to-last day allowed us to eat lunch in the shelter of the Sydenham IGA where the coffee percolator staved off hypothermia for some of us.

Inevitably not everything went as planned. Beavers have redesigned the route in several places - most noticeably in flooding the approach to the Joy's Road bridge. The downpour on the last weekend meant that we did not fully appreciate the new bridge beyond the Orser Road because we had to paddle to and from it.

Most weekends the weather was pleasant and the company was always good humoured and enjoyable. Individual quirks became noticed - some of us are very

preoccupied in trying to identify the very varied plant life. Others have special talents in imitating cow noises (or was that bull?). There are individual approaches to drinks - what to take and how to take it. Prefrozen, sock-wrapped, hand-carried water containers gained adherents as the weather heated up. The most impressive was the drink bag carried on the back with a tube to the mouth.

Of course we learned a lot about one another. Many of us turned out to have a life outside of walking! But the most animated discussions were usually on walking topics - boots of leather or Goretex or Hitech, shorts versus longs, where are the best walks, how should car shuttles be run, and the list goes on. We shared and sympathized with one another over the minor inconveniences of wet feet, pine-tarred pants, scratched arms and faces, wasp stings, insect bites, and poison ivy. The support group continued during the week over the phone and by E-mail.

Only by walking this trail can you start to appreciate the unfolding scenery from spring to summer to fall from the Ottawa River to Lake Ontario. Through small towns, beside rivers, lakes, and canals, along country roads and lanes, through bush and corn fields, over rocky Canadian Shield, and through swamps and forests, there is always something new and interesting. There is an immense diversity of trees, shrubs and wildflowers. All manner of wildlife watches the noisy crowd go by and some of the larger ones may be seen (deer, turkey vultures, and herons). Snakes and frogs pretend that no-one is there in the hope that people will go away.

The outstanding characteristic of this whole hike series is that it is a shared experience. All of the remarkable things, beautiful scenes and funny incidents are made special because of the people with whom we enjoyed them. Thanks for the memories of the End-to-End, 1996.

Mary and Wilf Bradnock

RIDEAU TRAIL ASSOCIATION END TO END AWARDS 1996

Hiker	Start	Finish	Award	Club/City
Jim Goetz	10 Sep 95	18 Sep 95	Sep 96	
Doug Vincent	16 Aug 95	27 Aug 95	Sep 96	
M. van Proojen	16 Mar 96	29 Jun 96	Sep 96	Kingston
Timo Viitanen	16 Mar 96	29 Jun 96	Sep 96	Kingston
Maggie Hunter			Sep 96	Ottawa
Kay Méthot	1991	25 May 96	Sep 96	Ottawa
Don Sillars	19 Sep 89	17 Sep 96	Sep 96	Kingston
David Spector	10 Sep 89	19 Jul 96	Sep 96	Ottawa

B&B IN COBOURG/PORT HOPE AREA

Those who have participated in Cathy & Don's outings over the years know how terrific they are. On our last adventure, our headquarters was The Breakers Motel in Cobourg on the most favorable location on the shoreline of Lake Ontario. The main house, built by an Irishman escaping peril in his homeland, is rich in Victorian lore.

We arrived to giant waves swooping onto the private sandy beach as if on the Atlantic coast. The motel's great lawn abutted the beach and guests are encouraged to picnic here amid well kept flower beds and aged trees. This is where we gathered with our lunches before taking off to walk along the beach. As the beach became a grassy area, we marvelled as we watched the multitude of Monarch butterflies gathering to make their journey south to Mexico or Central America. The beach walk led to the Victoria Park mile long boardwalk which overlooks the beach and is now part of the Waterfront Trail. Leaving the trail to explore the town and find good places to eat was an event in itself. Cobourg was founded in 1758 by United Empire Loyalists and is steeped in history. By the way, the food was excellent and reasonably priced.

Day two saw us heading west where part of the Ganaraska Trail was to be combined with the Waterfront hike. Sometimes the Waterfront Trail took to the road, but when it abuts the beaches, the marvel is well worth

the short diversions. Part of the trail was elevated above the beach where the waves remained high and lashed furiously onto the shore as we looked down. Colorful wild flowers were profuse and all readily identified by Cathy. We came upon a Herb Garden, with each patch named by markings on smooth beach stones. The stretch of Ganaraska Trail offered a more rugged terrain. Hiking alongside the Ganaraska River, we became aware that the salmon run was on. What a sight that was, and the first time for most of us! Some of us just had to stop and watch as most of these huge fish conquered one hurdle after another. But there was one that just couldn't move any further. Was that her mate that was giving all that help? It seemed we watched for 15 minutes, and all his efforts were in vain. But there was our group to catch up with, no more time to watch this river drama with its sad outcome after a valiant struggle to perpetuate the species.

Our last day was an historical walking tour of Grafton, a good lunch, and then north to Vernonville and Margaret Page's ancestral roots before heading homeward.

The Cutts are great organizers, researching each project thoroughly. Members of this troop were the Chadwicks, Pages, Bills, Diane Tuttle and myself. The Malloys joined us on day two.

Thank you Cathy and Don for a pleasurable three days.

Jean Thompson

REMEMBERING

The Rideau Trail memorial bench is located alongside the Trail in Cataraqui Cemetery, overlooking a yet to be completed memorial garden/pond development. The granite bench is inscribed "A remembering place on the Rideau Trail". It was financed by memorial donations made in remembrance of Carolyn Burns and Peter Vasko, members of the Kingston Club whose untimely deaths in a motorcycle accident on Wolfe Island were reported in the Fall 1995 Newsletter.

In consonance with the policy adopted at the July 1996 RTA Board of Directors meeting, this memorial bench provides a focal point along the Trail for remembering those who have passed on. Sitting on the bench under the Crimson King maple tree, there is an excellent overview of the developing memorial garden and, looking quarter left, a view of Carolyn's headstone ... remembering!

Allan Tattersall



RIDEAU TRAIL SONGS FROM THE ANNUAL MEETING

These songs were treats for those who attended the Saturday evening festivities on the AGM weekend:

Lyrics: **Chris Jones & Barb Sigurdson**
Tune: "On Top Of Old Smokey"

Along the trail Rideau, you'll find young and old,
It's a great club to belong to, or so we've been told.

They'll walk you and talk you and make you feel good;
You'll forget your sore feet and your despicable mood.

You'll buy the big boots, the stick and the hat;
Who would have thought you'd be doing all that?

When out with the club, the best thing we've found,
Is to head for the pub, or just sit around.

When you're the tail ender, and catch up to the break,
The leader yells "forward" and you're left in the wake.

You'd better be lively for a lunch spot to find,
Or you'll get poison ivy right on your behind.

You'll hike the side roads, the byways and trails,
You'll see what counts most; of course, you'll prevail.

You can get in a tizzy when nature does call,
Just take a quick "whizzy" cause you ain't in a mall.

To fool them mosquitoes, the bugs and black fly,
Entice them with fritos, and watch them all die.

You're meeting new friends with interests the same,
It's fun to be out there - and that's no false claim.

So let's make a toast in this 25th year --
To that first little group with that special idea.

To the rest of us hikers on our great Rideau Trail,
Good walking, long friendships, and all that entails.

Lyrics: **Dugald Carmichael**

Tune: "Around the Bay and Back Again" - Tom C. Connors

Rideau Trail - Rideau Trail - heading north o'er hill and dale
From Kingston up to Ottawa - the home of Big Joe Montferrand
The home of Big Joe Montferrand

From the marshes of Cataraqui past the grave of Sir John A
I headed north past Jackson's Mills near the Kick & Push right-of-way
I walked through Sydenham, crossed the Gully Road, down the limestone hill
On Precambrian shield I found myself - that was quite a thrill!

Rideau Trail - Rideau Trail - heading north - I must not fail
Have to get to Pont Portage - I want that end-to-end badge!
I want that end-to-end badge!

I left the Frontenac Park behind me and passed Buck Lake next day
Ate some dust on the Massasauga Road just past Bowden Bay
Near Bedford Mills slipped off a beaver dam - wet right up to here!
Staggered on till I came to Westport and downed a pint of beer
Rideau Trail - Rideau Trail - heading north through swamp and swale
Three hundred clicks on foot or ski - an end-to-end soon I'll be!
An end-to-end soon I'll be!

Up Foley Mountain my heart was pounding as I turned for Narrows Lock
The Rideau Lakes made a panorama from the ridge of ancient rock
The bush was boggy and the mudvetch soggy as I rounded Horseshoe Bay
Night was falling and loons were calling - I almost lost my way!
Rideau Trail - Rideau Trail - end to end my holy grail
Had to make camp after dark - in Murphy's Point Provincial Park
In Murphy's Point Provincial Park

I wandered westerly past old mica mines, bound for Perth next day
Spent the night in a B&B and then started down the Tay
Past Port Elmsley the Poonamalie Road brought me to Smiths Falls
Where Joe Montferrand drowned a forest fire using five spitballs
Rideau Trail - Rideau Trail - heading north through storm and gale
End to end my only goal - gotta reach the Nation's Capital!
Gotta reach the Nation's Capital!

Through the underpass, north on Chambers Street, out to Rosedale Creek
Down the Rideau Valley through cedar forest I wandered all next week
Past fields of clover along Jock River till I came to Moodie Drive
Then past Bells Corners and Remic Rapids to the town of Colonel By!
Rideau Trail - Rideau Trail - built to last through rain and hail
Twenty-five years and more to go - in the heart of East Ontario
In the heart of East Ontario!

The Inaugural Hike on the new, more scenic, routing of the Main Trail at Gould Lake took place on June 22, 1996. The hike leader and developer of this new route was RTA Founding Member Doug Knapp (at the left in the photograph).



SUBSCRIPTION APPLICATION: The Membership year is from April 1 to March 31. Your Membership in the Rideau Trail Association provides the financial support essential for the continuous maintenance, improvement, extension, and protection of the Rideau Trail network. As a Member you will receive the quarterly newsletter and special mailings, as well as voting rights in local Club and Association activities. To join or renew, complete the form below and mail it with your payment in an envelope to:

**Rideau Trail Association
P.O. Box 15
Kingston
Ontario K7L 4V6**

**Ottawa Club Telephone: 613-730-2229
Kingston Club Telephone: 613-545-0823
Central Club Telephone: 613-264-8338**

PLEASE INDICATE YOUR INTERESTS:

Serving on executive ☐ Construction ☐
Trail maintenance ☐ Leading hikes ☐
Leading x/c ski outings ☐ Newsletter ☐
Other (specify):

PLEASE INDICATE MEMBERSHIP CATEGORY:

Renewal ☐ Already Life Member ☐
New Member ☐ Complimentary Member ☐

- | | | |
|--------------------------|---------------------------------------|-----------|
| ☐ | Annual Individual / Family Membership | \$20.00 |
| ☐ | Patron (Life Membership) | *\$300.00 |
| ☐ | Guide Book: Members | \$15.00 |
| | Non-Members | \$20.00 |
| ☐ | (Plus \$2.00 Postage & Handling) | \$2.00 |
| ☐ | Car Sticker (Free to New Members) | \$1.00 |
| ☐ | Crest | \$2.00 |
| ☐ | Enamelled Pin | \$3.00 |
| ☐ | Rideau Trail Wall Map | \$12.00 |
| | (Includes \$4.00 Postage & Handling) | |
| ☐ | Donation to the RTA | *\$_____ |
| ☐ | Donation to the RT Preservation Fund | *\$_____ |
| | Prices Subject to Change | |
| | TOTAL | \$_____ |

* Qualify for income tax credit. Charitable Registration No. 0041733-56-11.