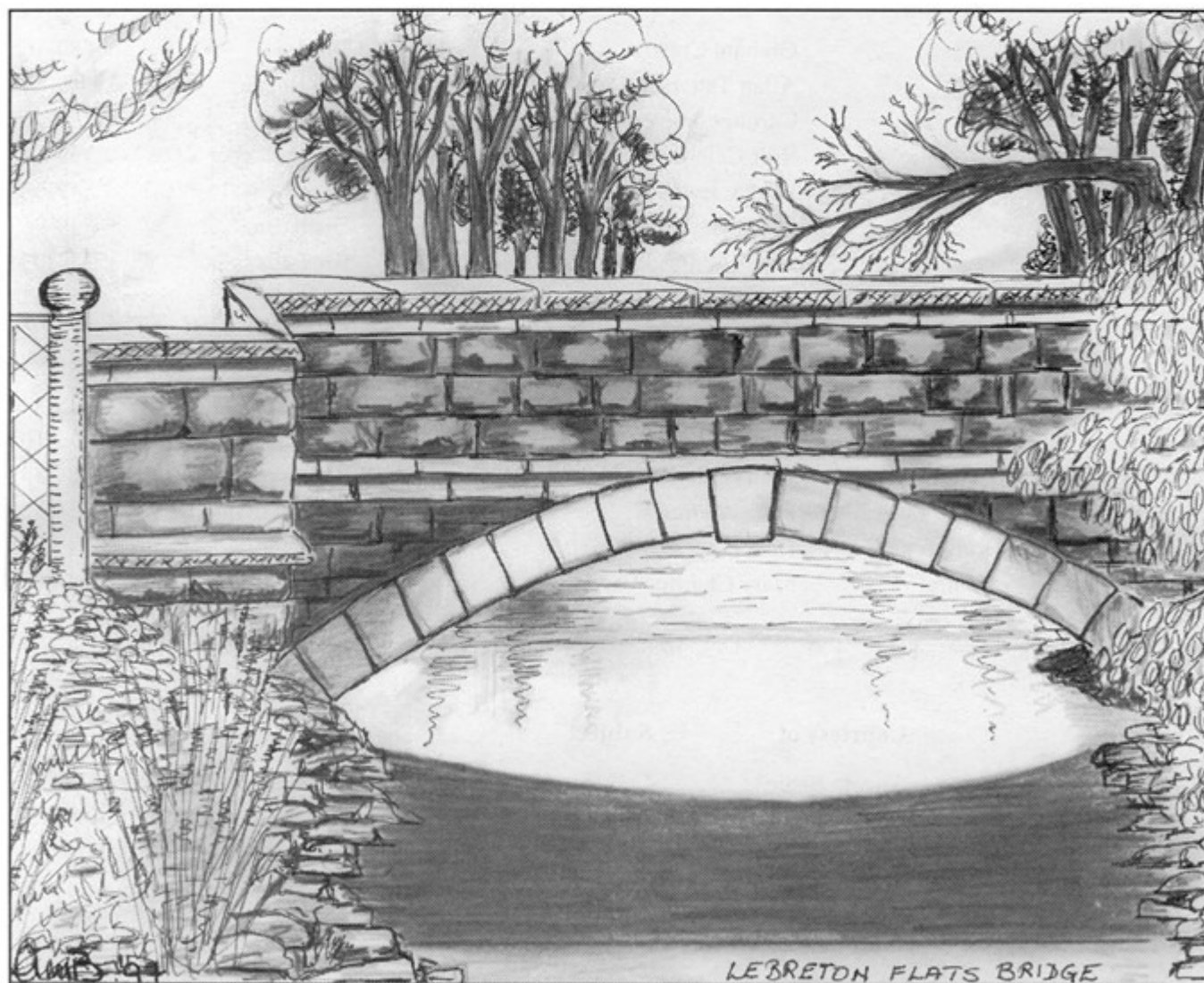




The Rideau Trail NEWSLETTER

WINTER 1997

ISSUE NO. 106



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, 1998**, 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

© 1997 Rideau Trail Association

THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1997-98

President		Graham Creedy	Ottawa	789-1657
Vice President		Allan Tattersall	Kingston	548-4080
Secretary		Caroline Meyer	Ottawa	722-7575
Treasurer		Rolf Calhoun	Ottawa	739-9493
Membership Director		Paul & Eva Smith	Glenburnie	542-6003
Trail Coordinator		Linda Hayes	Gloucester	749-9537
Correspondence Secretary		Jean Thompson	Kingston	544-0340
Past President		Jim Blain	Elgin	359-6282
Newsletter Editors	Ottawa	John Haley	Nepean	225-0590
	Kingston	Lynn Nolan & Lars Thompson	Kingston	389-8747
Club Chairpersons	Ottawa	Lisa Buchner	Ottawa	729-4487
	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	Mary Charlton	Perth	267-6802

Artistic Credits	Courtesy of	Subject
COVER:	Angela Beale	Lebreton Flats Bridge, Ottawa. Pen & ink with pencil shading.
PAGE 3:	Norm McLeod	Jean Thompson, Bob Chadwick, AGM, October 18, 1997.
PAGE 6:	Peter Andrews	RTA Schoolhouse Trails Map, October 1997.
PAGE 10:	Audrey Brown	Allan Tattersall, Pinestone Lodge Trip, Haliburton, Jan. 1997.

KINGSTON CLUB — OUTSTANDING SERVICE AWARD

Jean Thompson was presented with the Outstanding Service Award at the AGM in Westport on October 18, 1997 by Kingston Chair Bob Chadwick.

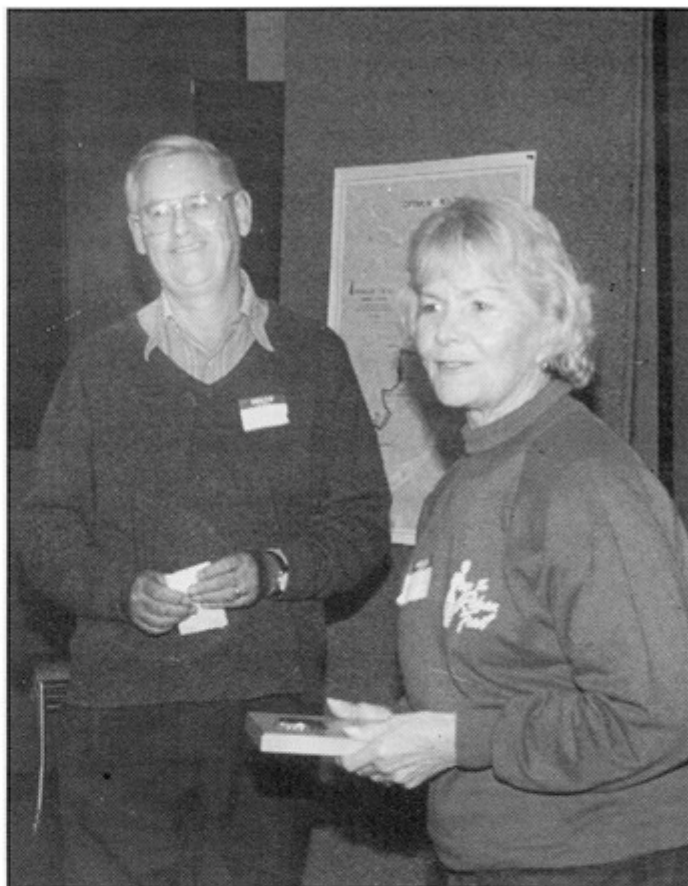
Over the years, Jean has acted for the Kingston Club in Publicity, Activities, and Routes & Negotiations roles, and for the RTA as Correspondence Secretary. She has co-ordinated the sale of Rideau Trail T-shirts, maintains a section of the Trail, and for our 25th Anniversary organized a raffle which raised \$1000 for the RTA.

Most recently Jean has negotiated and implemented the revised route which takes the Trail off Princess Street and through the Kingston railway station. She organized and led vigorous level 2 hikes at 8 a.m. on Tuesday mornings throughout the summer, she has been helping to compile and write changes to the Kingston section of the Trail for the new Guidebook, and she has been elected to the RTA Board as Correspondence Secretary for 1997-98.

Jean always performs her official duties with diligence and flair, and is often depended upon by others for help in areas such as typing hike schedules and acting for the Membership Secretary during vacation times.

Many of Jean's accomplishments will, I know, go unheralded but the Kingston Club wishes to extend thanks to her through the presentation of this award.

Lynn Nolan



Farewell Dear Friend! Harry Dyer

A day in August, 1982 stands out vividly in my memory as if it were yesterday. I was telling Heather Dyer about my first hiking trip in Austria and how I had enjoyed it. She said "Su, there is a hiking club in town and my husband is a member. You could hike with him". That started hiking in Canada for Stan Douglas and me. We hiked with Ed Ross and Harry Dyer - his favourite parts of the Rideau Trail, Conservation Areas, and through woods belonging to the Field Naturalists Group. Harry belonged to the latter group and was a keen bird watcher.

What I remember most of those trips was the congeniality and tolerance of others' abilities. I was a slow walker and my asthma and allergies were active in those days. Harry was wonderful and always patient with us rookies. He made a special effort to ensure that we enjoyed the outdoors. He pointed out the birds and flowers. He took me on my first camping trip, to Big Salmon Lake. It was a first for his granddaughter, Rowan, and Stan as well. It

was a beautiful spring weekend with trilliums still in bloom and scattered violets and columbines. The sort of weekend which remains imprinted in memory, forever.

As Harry's knees became more painful we made plans to enable him to transport his 50-60 lb. backpack and continue camping. Alas! It was not to be. Severe arthritis completely immobilized Harry during the last years of his life. Farewell dear friend! You will remain with us in spirit as we wander the familiar paths.

Harry Dyer joined the Kingston Club of the RTA in 1971 and was among the first 50 members. A true friend of the Trail, he passed away on January 25, 1997 and is laid to rest beside the Trail in Cataraqui Cemetery. Harry leaves behind his devoted wife Heather, three children, Gillian Kelley, Judith Beduhn, and Stuart Dyer, and nine grandchildren.

Su Nag

RIDEAU TRAIL ASSOCIATION FINANCIAL REPORT, AUG. 31, 1997

INCOME	BDGT. 1996-97	ACT'L 1996-97	BDGT. 1997-98	EXPENSES (continued)	BDGT. 1996-97	ACT'L 1996-97	BDGT. 1997-98
Memberships - renewal	10900	9596	10000	Merchandise - guide printing	12000		12000
- new	4000	4795	4400	- mktg. shipping	500	13	500
- life	600	1500	600	- other	1500		500
Total Membership Fees	15500	15891	15000	Total Merchandise Expense	14000	13	13000
Merchandise - guidebooks	7800	7160	8000	Meetings - AGM	300	284	300
- other	700	2095	1000	- board	300	336	300
- shipping recov.		9		- conferences	400	20	200
Total Merchandise	8500	9264	9000	Total Meetings	1000	640	800
Other - donations	2000	4081	3000	RT Preservation Fund		3000	
- interest	2000	1956	2000	TOTAL EXPENSES	36200	19814	35100
- AGM	300	517	300	NET INCOME	-4900	15385	-2800
- other		37					
Total Other Revenue	4300	6591	5300				
RTPF - donations	1000	1081	1000				
- interest	2000	2372	2000				
Total RT Preservation Fund	3000	3453	3000				
TOTAL INCOME	31300	35199	32300				
EXPENSES				BALANCE SHEET AS AT AUGUST 31,1997			
Newsletter - printing	4000	3103	4000	ASSETS			
- delivery	2000	1638	2000	Chequing/Savings			26122
Total Newsletter	6000	4741	6000	Accounts Receivable			255
Operations - office supplies	700	154	1000	Canada Post Deposit			12
- mail	800	1045	800	GST Receivable			436
- phone	500	681	600	Club Receivables			128
- copies	800	64	500	Investments RTA			70000
- computer	500	210		Investments RT Preservation Fund			42372
- bank	100	88	100	Inventory, Merchandise			5000
- awards	300		200	Total Current Assets			144325
- affiliations	300	15	200	Real Estate			1
- brochures	1000	618		Office Equipment			2600
- publicity	1100	1116	2000	A/V Equipment			4000
- insurance	2000	1890	2000	Trail Maintenance Equipment			1
- legal & taxes	200	165	200	Total Fixed Assets			6602
- training			500	TOTAL ASSETS			150927
- trail			500				
- GST	400	342	400	LIABILITIES & EQUITY			
- other	100	1047	100	Deferred Service Life Memberships			39000
Total Operations	8800	7435	9100	Total Liabilities			39000
Support - Ottawa	3200	2136	3300	Members Surplus, Operating			33868
- Kingston	2700	1849	2400	Members Surplus, Pub. & Merch.			22800
- Central	500		500	Members Surplus, RTPF			39874
Total Club Support	6400	3985	6200	Net Income	15385		
				Total Equity			111927
				TOTAL LIABILITY & EQUITY			150927

SUMMARY OF THE OPTIMUM ROUTE TASK GROUP REPORT

The work of the Task Group on rerouting the Rideau Trail has been completed, and a Report was presented to the Board of Directors on October 25, 1997. The Report reviews the history of the Trail since its 1971 inception, discusses the historical and environmental background of the route, develops an Optimum Route, and makes a number of suggestions for changes to the Trail.

The original guidelines for the Trail route emphasized the integrity of the Trail in terms of interest and remoteness. It was to be off roads as far as possible and near to the Rideau Waterway. It should embrace areas of historic and geological significance. Linkage to points of interest by spurs and loop trails should be considered.

Some new guidelines stressed the need for overnight rest stops for backpackers, and locations of B&Bs and other economical accommodation. There was also a need to identify parking places where the Trail intersects a road.

The Task Group included a Chairperson, the Trail Coordinator, and members of the Ottawa, Central, and Kingston Clubs. At some meetings staff from the Rideau Canal offices and a historical consultant were present. Using topographical maps, markers identified such things as accommodation and areas of historical and environmental interest within the Trail corridor. Sector groups decided on an Optimum Route which would link all points of interest, on the main Trail or on spurs or loops. Trail routing through urban areas was given careful review, depending on the attractiveness of the roads.

Following identification of the Optimum Route, members of the Group and other volunteers researched the sections of the Trail where re-routing was being proposed. This involved making contacts with landowners, as well as ground exploration of the route to assess its practicability. Since the Optimum Route can only be followed in an ideal situation, where access to all the land along its length is possible, some less than ideal sections of the Trail are bound to remain.

Some of the recommendations made in the Report can be implemented immediately, and will be included in the fifth edition of the Guidebook to be published in 1998. Others will require a little time to implement or are of a long term nature, where municipalities and conservation authorities are planning green corridors for the future, which could provide an optimum route for the Trail.

Recommended Changes:

Kingston Sector

Between Kingston and Sydenham, a number of changes are being made to take the Trail off roads and onto conservation areas, private lands, or abandoned rail corridors. Some of these changes depend on obtaining access to the old K&P rail bed.

In the Opinicon area, a recommendation from 1984 has been adopted, namely the relocation of the main Trail along the route of the Opinicon Loop. This has been made possible by the acquisition of the abandoned CN line between Smiths Falls and Strathcona by a consortium of outdoor clubs. It is expected that this new route can be established very soon, with a spur trail to Chaffey's Locks. The old trail may be retained as a blue loop.

Near Westport, the Trail will be re-routed along the west and north of Sand Lake to join the present route on the Westport Mountain escarpment, avoiding a 2 km walk on a busy highway and the village streets. In Murphy's Point Provincial Park, the Trail will be relocated along part of the Millennium Trail which the Park authorities are establishing along the Big Rideau Lake.

Central Sector

Going north from the entrance of Murphy's Point Park, there is a road walk down Elm Grove Road and North Burgess Road which we would like to eliminate. This could be done by crossing some Park property and some private land, if access can be obtained. An effort is being made to accomplish this. Further along the Trail, an attempt will be made to get access to Poonamalie Locks from Poonamalie Road.

A number of changes have been made in the past to improve the route through Smiths Falls. It is proposed that the Trail follow an abandoned rail line past the Railway Museum, and go through parkland beside the Rideau Canal to Old Sly's Locks, in place of the present route along streets. From Old Sly's Locks the Trail would follow a Hydro corridor to Rosedale.

Ottawa Sector

In this sector there have been two particular problems over the years: the avoidance of the Richmond Fen and a suitable approach into the City of Ottawa. The Ottawa Club is exploring a new route across the Jock River and

Continued on page 10

THE SCHOOLHOUSE

About 100 years ago a clapboard schoolhouse was built just east of what is now the intersection of Dwyer Hill Road and Roger Stevens Drive to serve the scattering of families trying to make a living among the swamps and rocks. It was a simple one room building, less than 30 by 20 feet. Some 30 years later it was moved to its present location, 1300 m west of Dwyer Hill Road on McKenna Side Road. About 1950 it was abandoned as a school, and when it was offered to the RTA as a shelter for hikers and skiers the neighbouring farmer was using it as a hay barn. (There is a project for anyone interested in local history. Put some meat on these rather bare bones!)

When we talk of the Schoolhouse, in the same breath we usually say, "... in the Marlborough Forest", but Forest is something of a misnomer for it refers to vacant land south and west of Richmond acquired in the 1960s and 1970s by the Regional Municipality of Ottawa-Carleton (RMOC). Today the Forest covers some 6,500 hectares of public land (about 25 square miles) mixed with roughly the same amount of privately-owned land. The public land is managed by the Ontario Ministry of Natural Resources (MNR).

Soon after the Rideau Trail was built through the Forest in 1971, MNR offered the Ottawa Club the use of the Schoolhouse, which is on a parcel of land some 6 km long, running north from Roger Stevens Drive. Trails were cleared and we have been walking there ever since. Recently the Club obtained aerial photographs that have enabled us to make the accompanying map more accurate than earlier ones. The trails south and west of McKenna Road have been cleared out and are well marked; they are ready for walking or snowshoeing. They meander a good deal, so they are not recommended for skiing. North of McKenna Road, the North Loop is being redeveloped. Long troubled by flooding, a new location is being worked out for a loop up to the Hydro Line. In the long term maybe we can extend this Loop a further 3 km to the end of the RMOC property.

As usual for trails and loops not part of the main Rideau Trail, these trails are marked by light or dark blue triangles; the difference is only that the dark markers are newer. The Schoolhouse is looked after by Geoff Berry (731-4832), the trails by Peter Andrews (728-3016). Contact either one if you want to use the building and need the key.

Over the years we have suffered from vandalism. Last spring the Quebec Heater was stolen, the second stove to go that route, but Geoff has set up an old Franklin stove. In cold weather it gives more light than heat, but at least you can toast your sandwiches. Windows have been broken, and Geoff regularly repairs the front door after it has been kicked in. Soon we must organize a work party to shore up the roof of the lean-to where the firewood is stored, or the snowload will make it an even bigger pile of firewood. Last October there were lots of Fringed Gentians on the west side of the South Loop.

Thanks to Ed Simpson for information on the early days.

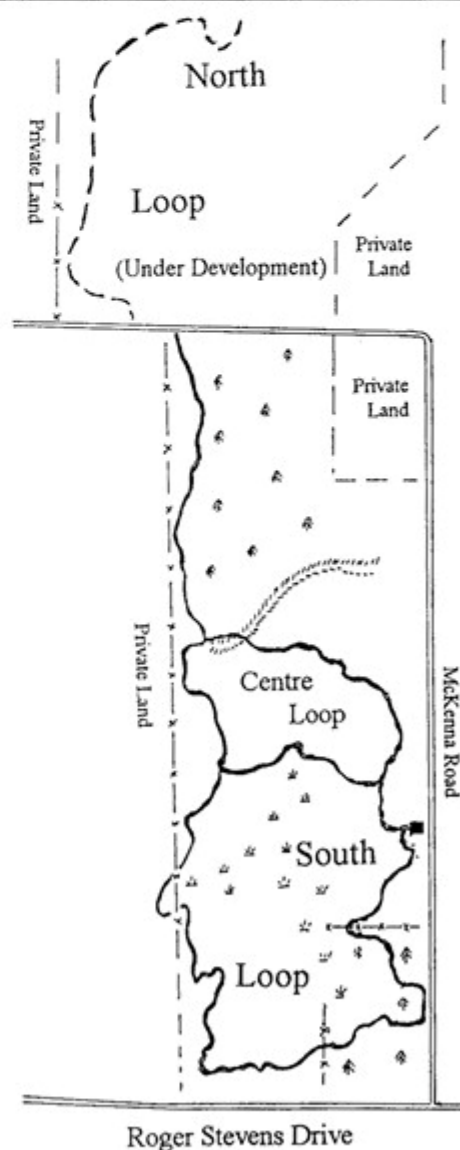
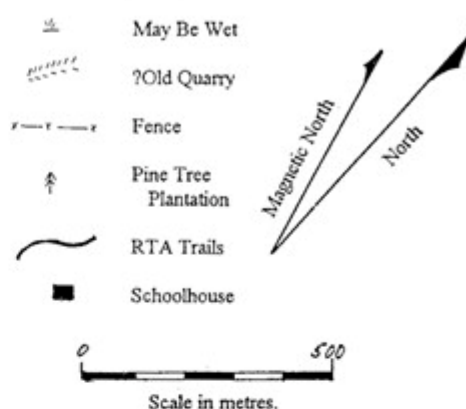
Peter Andrews

The RTA Schoolhouse Trails

October 1997

P.W.A.

Legend



RIDEAU TRAIL ASSOCIATION — OTTAWA CLUB ACTIVITIES

Unless otherwise stated, the meeting place is at the parking lot at the corner of Booth and Albert Streets in Ottawa by the departure time indicated. **Parking at Booth and Albert is courtesy of Allpark.** Transportation is by pooling of private cars, and passengers are asked to contribute to the driver's gas costs. Trail fees in the Gatineau Park are the responsibility of the participant. Parking fees, if any, are shared among the driver and passengers.

Participants, see the Notices on Winter Activities, Activity Levels, and your Responsibilities pages 8 and 10. 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.

Saturday December 13 Gatineau Park

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

LEADER: Bud Massé 235-4670

Sunday December 21 Gatineau Park

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

LEADER: Sam Ludmer 728-8892

Saturday January 10 Gatineau Park

Level 2 ski. Departs 09:00.

LEADER: Peter Brebner 729-9630

Sunday January 11 Mer Bleu

Level 1 ski or hike. Departs 09:00.

LEADER: Ken Buckingham 234-5543

Saturday January 17 Gatineau Park

Level 2 ski. Departs 09:30. Call leader in advance.

LEADER: Roslyn Bern 827-3845

Sunday January 18 Gatineau Park

Level 2 ski. Departs 09:30.

LEADER: Bill Armstrong 737-3567

Friday January 23 Pot Luck Supper

Bring and share your favourite dish for a relaxed social evening with fellow hikers. Newcomers welcome. We hope to have a video of interest to hikers & backpackers. Small contribution toward cost of facility. 18:30 at rear door of Emmanuel United Church, 691 Smyth Road.
CONTACT: Ruth Hutchinson 749-0990

Saturday January 24 Gatineau Park

Level 2+ ski. Departs 09:00. Possibly some off-trail or bushwacking.

LEADER: Inge Gullon 738-0712

Sunday January 25 Gatineau Park

Level 2 ski, probably Lac Philippe area. Departs 09:30.

LEADER: Marilyn Booth 730-3879

Saturday January 31 Gatineau Park

Level 2 ski on trail. Departs 09:30.

LEADER: Sam Ludmer 728-8892

Sunday February 1 Lac Philippe to Herridge

Level 2 ski, about 21 km round trip. Departs 09:00.

LEADER: Geoff Berry 731-4832

Saturday February 7 Gatineau Park

Level 2 ski. Departs 09:00.

LEADER: Alex Bisset 828-4363

Sunday February 8 Pine Road

Level 2 ski. Departs 09:30.

LEADER: Andrew Macdonald 235-8569

Saturday February 14 Gatineau Park Snowshoe

Level 1. A half-day introduction to snowshoeing; the winter version of hiking. We will rent equipment at the Visitor's Centre and 'shoe' nearby trails. Hot chocolate in Old Chelsea afterwards. Departs 13:00.

LEADER: Ann Bolster 521-6354

Saturday February 21 Gatineau Park

Level 3 ski, red trails. Departs 09:30.

LEADER: Bud Massé 235-4670

Saturday February 28 Greenbelt

Level 0, half-day ski. Departs 09:30.

LEADER: Jean Sunter 828-6077

Ottawa Club Activities Continued

Sunday March 1 Duck Island

Last date for advance registration for Duck Island half day Ski. Level 1. Registrants will be informed of actual date which will be set according to weather conditions. Refreshments afterwards at the Bennetts.
LEADER: Bob Bennett 749-7440

Friday March 13 Slide show and pizza

Bring and share some of your very best slides from your recent hiking activities: regret must impose limit of 15 slides per individual. Newcomers welcome. We will order pizza delivered. Small contribution will be requested to cover costs. 18:30 at Emmanuel United Church, 691 Smyth Road. Enter by rear door.
CONTACT: Ruth Hutchinson 749-0990

Sunday March 15 Gatineau Park

Level 2 hike or ski. Departs 09:00.
LEADER: John Barron 828-2296

**MARCH is the MONTH to renew your
RIDEAU TRAIL MEMBERSHIP!**

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.

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 CENTRAL CLUB ACTIVITIES

The winter schedule is made up of cross country ski outings whenever weather permits. As usual, we will meet at Conlon Farm unless otherwise indicated. Conlon Farm Drive is the third road on the right of County Road 10 heading out of Perth towards Westport. You are reminded to wear suitable clothing and to bring a lunch and plenty of water. For further details contact (613) 264-8338.

Sunday December 7 Maple Leaf Road

A joint hike with the Kingston Club, led by Dale Ross (384-2959). Level 2. Meet at Conlon Farm at 09:30.
CONTACT: Veronica Airth 264-8824

NOTICE

**Annual General Meeting
Rideau Trail Association Central Club
to be held at 10:00 on
Saturday, January 10, 1998
at McMartin House
125 Gore St. E., Perth**

Saturday January 10 AGM, Ski at Murphy's Point
For AGM see Notice above. Ski outing will commence at Murphy's Point Provincial Park at 13:30. Level 1.
LEADER: John Miller 264-8824

Sunday January 25 Round Lake

Try the new Loppet trail in the new expanded part of Murphy's Point Provincial Park. Level 2. Meet at the park at 10:00.
GUIDE: Don Sherwin 264-0379

Sunday February 22 Mica Mine Conservation Area
Come break a finger on the not well worn trail. A daredevil is needed to lead this day so step forward and show us your mettle! Level 2+. Meet at Conlon Farm at 10:00.

Sunday March 14 Mount Pakenham

A true time to test your skills obtained during the season with a run at the end of the day on the downhill course. Level 3. Meet at Conlon Farm at 10:00.
FEARFUL INTERIM

PARTICIPANT: John Miller 264-8824

RIDEAU TRAIL ASSOCIATION — KINGSTON CLUB ACTIVITIES

The meeting place for all activities, unless stated otherwise, is the northwest corner of Sears parking lot, before the departure time indicated. Wednesday walkers depart at 13:30, except on the second Wednesday of the month, when an all day outing is scheduled. 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. Contributions to the driver toward gas would be appreciated, together with entrance fees to Provincial Parks and Conservation Areas, when applicable. If asked, the Leader will suggest an appropriate amount. 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 contact Watson Ogilvie at 530-2378 before the end of December. **Please see pages 8 & 10 for activity levels and participants' responsibilities.**

Wednesday December 10 Bath

Hike or ski along the waterfront and surrounding area in Bath. Level 1. Depart 10:00.

LEADER: Bob Chadwick 352-1052

Saturday December 13 Frontenac Park

Hike or ski from East Gate, depending on conditions. A reconnaissance for a later ski trip. Level 3. Depart 09:00.

LEADER: Allan Tattersall 549-4080

Sunday December 14 Coffee and Dessert Party

Bring your favorite dessert to share with others at our Members' Christmas Party, St. Lawrence Place, 19:00.

DETAILS: Ada Chambers 549-8008

Sunday December 28 Little Cataraqui Creek

Hike/ski/snowshoe in the Conservation Area, depending on conditions. Lunch indoors. Level 1. Depart 10:00.

LEADER: Watson Ogilvie 530-2378

Saturday January 3 Murphy's Point Provincial Park

Saturday only skiers depart 09:30. Suitable for all levels. See notice below for hostel weekend.

January 2-4 Weekend Murphy's Point Prov. Park

Level 1 skiing on groomed trails, two single beds to a room, \$41 per person per night including 3 meals. 90 minutes north of Kingston - moderate chance of good snow conditions. Register by December 15, 1997. Limited space but all RTA members welcome. CONTACT: Bob Chadwick 352-1052

Saturday January 10 Lemoine Point

Hike or ski the Conservation Area from south parking lot. Bring a lunch to eat at Lynn's place. Coffee/tea provided. Level 1. Depart 10:00.

LEADER: Lynn Nolan 389-8747

Wednesday January 14 Parrots Bay Conserv. Area

Ski the Conservation Area trails. Level 1. Depart 10:00.

LEADERS: Bernie and Alice Gates 389-1835

Saturday January 17 Frontenac Park

Ski various trails in the Park. Level 3. Depart 09:30.

LEADER: Peter Burbidge 634-1877

January 23-25 Carmen Trails Country Lodge

Level 2 skiing, private and NCC trails, partly groomed, 2-tier bunks, small separate M & F dorms, about \$20 per person per night, choice of self-catering or (for about \$20 per day) meals provided. 3 hours north of Kingston - excellent chance of good snow conditions. Limited space but all RTA members welcome. For more information CONTACT: Bob Chadwick 352-1052

Saturday January 31 Frontenac Park

Hike/ski/snowshoe, depending on conditions. Level 3. Depart 09:00.

LEADER: Allan Tattersall 549-4080

Sunday February 8

Cross-country ski. Location to depend on snow conditions. Level 3. Depart 09:30.

LEADER: Dale Ross 384-2959

Wednesday February 11 Sandbanks Provincial Park

Cross-country ski on various trails. Level 1 to 2. Depart 09:00.

LEADER: Margaret Page 389-7840

Thursday February 12 Little Cataraqui Creek

Enjoy an evening of skating, skiing and snowshoeing. Warming huts open. Bring your own hot drinks.

Children and friends of members welcome. Depart 19:00, or meet at the Conservation Area. No entry fee, but cost is \$2.50 per person.

Kingston Club Activities Continued

Saturday February 14 Little Long Lake

Ski the lake & various trails in the Eel Bay area north of Sydenham. Suitable for all levels. Depart 09:30.

CONTACT: Watson Ogilvie 530-2378

Friday to Sunday February 20 - 22

Winter getaway weekend - Pinestone Lodge revisited. See notice on page 15 of Fall Newsletter.

CONTACT: Dale Ross 384-2959

Allan Tattersall 549-4080

Saturday February 28 Gould Lake

Hike or ski some of the Gould Lake Trails. Level 2. Depart 09:30.

LEADER: Bob Tolley 542-9626

Sunday March 8 Rideau Trail

Hike the Billy Greene Road from Maple Leaf Road to the woods. Level 1. 12 km. Depart 09:30.

LEADER: Peck Peckover 544-9190

Wednesday March 11

Activity to depend on trail and weather conditions. Depart 09:30.

LEADER: Jean Thompson 544-0340

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.

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.



Optimum Route Summary, Continued from page 5

Fen, probably by building a bridge and boardwalks. This may take some time to develop, but the need for an improved route is great because of the large amount of road walking which is now required.

In the approach to Ottawa, a new route has been worked out through the Greenbelt at Stony Swamp and under Highway 417 near the Equestrian Centre to join pathways along the Ottawa River Parkway and thence to the end of the Trail at Richmond Landing.

With the adoption of the Report by the Board, it will be up to the Clubs to implement the recommendations. When this is done, we should have a much improved Trail with less road walking and some attractive new sections.

Ron Maybury

SATURDAY, OCTOBER 25 - EDIBLE WILDS WITH MARTHA WEBBER

The frost was on the pumpkins when ten hardy souls met Martha Webber, a tiny, elfin lady, botanist, and highly informative guide. She carried throughout the day a little wicker basket containing important items such as a pocket knife (tied to the basket), a small trowel and a magnifying glass. We followed Martha by car from Almonte a short distance to her property.

This outing was a gastronomical experience. To warm us up first, Martha offered from her thermos a piping hot Linden tea, made from the lopsided heart-shaped leaves or dried blossoms of the Basswood tree, with a pleasant, mild taste. A smooth bark is one of the identifying features of the Basswood tree. Linden tea is relaxing and restorative and has been used as a home remedy for nervousness, hysteria, insomnia and cramps.

We stashed our mugs in the back of Martha's vehicle and sauntered slowly along the path. En route, Martha pointed out some wild raspberry leaves from which a relaxing tea can be made. To add a bitter touch to the tea, add some spirea, a plant from the rose family.

A spring tonic which provides a few vitamins can be made from Wild Strawberry leaves. Martha pointed out that one should not boil the water but merely get it quite hot as boiled water kills the nutrients in the leaves. Leaves should be picked when the plant is in flower and thoroughly dried before using for tea. Berry teas have been used as a home remedy for diarrhea.

One theory suggests that if you concentrate on specific leaves, roots or berries, intuition will tell you whether or not something is edible. We tried the test on a bunch of Buckthorn Berries. A strong laxative effect can be had by eating these blackish coloured berries. One can eat a few berries without ill effect but a large quantity is not advised; birds don't eat them. To help identify the buckthorn plant, the leaves are semi-opposite on the branches.

We next visited the Burdock plant, noted by Dave (one of the participants) to have stimulated the idea for Velcro. The stem of the young Burdock, also called Wild Rhubarb, is somewhat bitter but can be peeled and eaten raw or cooked like asparagus. The first year root can be cooked as a vegetable. And if you are in need of an aphrodisiac, try nibbling on some Burdock leaves or using them to make a tea.

In the mint family, a tea made from Motherwort, also called Creeping Charlie, will clear sinuses, throat

congestion or colds. Wort is an old English word meaning mint but it also refers to a pot herb. Dave told us that Motherwort, taken as a strong tea, becomes a stimulant - so go easy.

We picked buds from some branches and chewed them. After a few minutes, they had an anaesthetic effect. This was the Toothache Tree or Prickly Ash. It has an ash-type leaf and an orange smell.

A mass of Duckweed was found floating in a small waterlogged area. We have all seen Duckweed before but probably were not able to call it by name. Each tiny green speck of weed has roots growing down from its underside. The weed is grown for use as livestock feed.

We next examined a Spotted Alder tree, identified by its bark covered with lenticels, little spots (pores) through which gases are exchanged between the air and the stem tissues. If you break off a piece of branch, fray the ends and use it as a toothbrush, it acts as a stimulant for gums. A brown dye can be made from the root of the Alder tree.

Many Ostrich Ferns grew by a marsh. The fronds are pre-formed underground. These ferns produce fiddleheads, a delicacy highly cherished in the Maritimes. The Ostrich Fern is the best known, tastiest and safest fern to eat. Other types of fern are not recommended for eating. Bracken ferns are carcinogenic in many animal species. At their mature stage, ferns should not be eaten.

Cattails were evident in the middle of the marsh, where we almost lost Dave, Craig (another participant), and the Bannock sticks. Dave broke off the brown, fuzzy top of a Cattail to start a campfire (more on the bannock sticks and campfire later). The lower part of the Cattail stalk can be peeled to provide a celery-like vegetable, best picked just as shoots become visible above the water. If pulled up, attached to the root is a white knob, also edible. When the Cattail is young, the top is green before formation of the the brown, fuzzy part, and can be cooked to provide another vegetable similar to corn. A word of warning: the Cattail may be purposely grown to soak up pollution; it is advisable to eat only Cattails found in the woods or away from water facilities and roadsides.

Wild Ginger, unrelated to commercial ginger, can be used in soup, jam, or anywhere else you fancy. It can also be candied and eaten after a meal to eliminate flatulence.

Martha pointed out a plant sometimes called a ground pine. It is a protected plant which has stayed in our environment since the age of dinosaurs. I believe it can also be found in Gatineau Park.

Most plants have a look alike, so take care in identifying which are edible. For example, Milkweed and Dogbane both produce a milky juice. The young Milkweed leaves, shoots and half-ripe pods can be cooked and used like asparagus. Dogbane, on the other hand, is poisonous.

We arrived at a sunny clearing where we would enjoy our lunch over a campfire made on flat rock. We gathered dry tinder and wood for the fire, and forgot to use the Cattail which was kept for a future outing. At the site, we discovered and sampled Sheep Sorrel, small green leaves shaped like sheep ears. Sorrel contains oxalic acid, also found in apples, which gives it a pleasantly sour taste. Fresh sorrel can be chopped for use in salads.

Martha provided each of us with Bannock dough, which we warmed in our hands and then formed into a wiener shape on the end of the Bannock sticks. These were toasted over the fire until the dough shrank and came off the stick easily. The cooked product was a tall thimble-like container of bread. Out of Martha's basket came a choice of two fillings: a warm bean and rice mixture (which could contain Wild Ginger, Wild Garlic, Wild Leeks, etc.) and Martha's homemade Dandelion Jam. With two pieces of Bannock each, we sampled both fillings. The Dandelion Jam was made from the flower part of the Dandelion before the flower opens. Martha's jam contained some Wild Ginger. If you know anyone with a good crop of Dandelions, make friends with them.

Dave produced from his bag three apples which were set on some rocks at the side of the fire to bake. After a while, the juice started to bubble through the skin of the apples and we enjoyed a tasty dessert.

Warmed by sun and fire, satiated with Bannock and Baked Apples, it was time for a little stroll. We found a Grapefern which shows up in the fall when other plants are dying. A little further along we came to Martha's Wild Garlic patch. We were shown how to identify the specific location of the garlic. From her basket, Martha produced the trowel to help free a few pieces of garlic. We each identified our own patch and dug up a few pieces of Wild Garlic to take home.

While we discussed a fungus on a rotted, fallen tree, someone spotted a Wild Oyster Mushroom which Martha plucked from the tree and tucked into her basket. Craig later pointed out a lovely, wide, flat-topped red fungus which Martha stated was not edible. Some fungi are poisonous and others are woody and simply not palatable.

We wandered on to a little lake where Martha indicated that there were Poison Sumac on the opposite shore.

Some Sumac, such as the Scarlet Sumac, will produce a tea similar to pink lemonade. The tea turns very bitter if boiling water is used.

Firmly planted in the rocky path was a huge Dandelion. Aside from its use in Martha's wonderful jam, the long, white Dandelion root can be cooked and used as a vegetable or to make tea. The young plants are very sweet and they are a rich source of iron and vitamin C. The root can be baked and dried to make a fine coffee substitute. Young leaves can be used in salads. Not to mention the Dandelion's contribution to wine making.

We arrived back at the cars where Martha proceeded to bring out her thermos of hot tomato soup containing Wild Oyster Mushrooms, Wild Ginger and Jerusalem Artichokes. Jerusalem Artichokes have a crisp, nutty texture much like Water Chestnuts. Anita was put to work slicing a Jerusalem Artichoke into a pickling brine and after a very few minutes we enjoyed a tasty treat.

It was a day that I will not soon forget. The sun was slowly sinking and we were once more aware of the chill. Martha's basket was safely packed into her vehicle, ready for the next adventure. We departed with pieces of Wild Oyster Mushroom, Wild Garlic and Jerusalem Artichoke. I fried my mushroom and garlic with a chicken burger for supper that evening and sliced the Jerusalem Artichoke and some Wild Garlic into my soup another evening.

Should you have an opportunity to be guided through the woods with Martha, it is an experience not to be missed. Thanks to Helmut Alexander for suggesting this outing and to Marilyn Booth for all her efforts to schedule it.

To learn more about edible wild plants, the following are a few of the books available at the Ottawa Public Library:

Stalking the Healthful Herbs, Euell Gibbons, 1966

Stalking the Wild Asparagus, Euell Gibbons, 1962

Wild Green Vegetables of Canada, National Museums of Canada, 1980 (this book is unfortunately out of print)

The Edible Wild (a cookbook), Berndt Berglund and Clare E. Bolsby, 1971

Martha highly recommends her "well-thumbed" copy of A Field Guide to Wildflowers and Weeds by Courtenay and Zimmerman (she believes it is due for reprinting).

NOTE: Anyone intending to try eating edible wild plants is strongly advised first to read some of the books and to go on an outing with an experienced person such as Martha Webber.

Laraine Laughland

THE AUSTRIAN TYROL AND SWITZERLAND

From a longer article by **Art Campbell**:

Ida and I joined our tour company (Denure Tours, 1-800-668-6859) in Lindsay, flew from Toronto to Zurich, to begin our bus tour based in Hinterthiersee, Austria for 6 nights, thence to Weggis, near Luzern, for 6 nights.

In a word, tremendous. Beautiful scenery combined with heart stopping narrow roads over and/or beside steep gorges. ... Well signed trails, although, like many trails here, there were markers where they were not really needed. Tapes were used not to define trails (see Path Marking, Fall '96) but to show cows the limits of their space. Meeting stern looking and friendly, helpful people. Hearing a symphony of cow bells every day. Giving way to cows coming down a trail and thankful for a ballet capability while proceeding up the trail.

Arrival day was a 6 hour drive, in the rain, through manicured countryside. Every field looked like a lawn. The hills and valleys were imposing, to say the least.

Day 1 was a guided walking tour of Innsbruck, and a Tyrolean Folk Evening. Dancing, singing, performing with various instruments, making everyone feel welcome by acknowledging, in the appropriate language, the 10 different countries represented in the audience, and an audience participation song for each country.

Day 2 was scheduled as a "Local Drive". I bought a trail map and followed the Tourist Office recommendation. Hotel at 812 m, Hohlensteinhaus 1330 m, about 1600 ft. up. I packed a lunch, unnecessary as I soon looked down on a pasture, with cows, turkeys, a house-barn-pub, with tables. A few steps provided views of the Inn Valley, 2500 feet below. A trail climbed a ridge; another great view. Going down, a farmer coming up said something in German. I heard myself say "Je ne parle pas. ..."; the well rehearsed phrase "Ich nicht spricken zee Deutsch" simply would not emerge. I said "English?". He said something and pointed up the hill and said "cows?". I held up 4 fingers. After trying again to converse, we parted, laughing. A group coming up included an English speaking woman. In response to my "Bitta, the way to Hinterthiersee?", she responded "go down".

Day 3 was a visit to "Eagle's Nest", Hitler's tea house, just inside Germany, with Saltzberg in the distance. We took special buses for the hair raising trip to a tunnel, then an elevator to the "tea house". Spectacular view, almost 360 degrees, combined with excellent beer.

... Day 6 we transferred via the Alberg pass and Vaduz, Liechtenstein, to Weggis, on the same lake as Luzern, and, lucky for me, at the base (435 m) of "The Rigi" 1797 m, say 5900 feet, at its highest, Rigi Kulm.

Day 7, was a "free" day with return boat tickets to Luzern provided. I bought a trail map and, under a cloudy sky, headed for Rigi Kaltbad, 1438 m. Just after entering cloud, a young man appeared, saying "Spricken zee Deutchsh?" "No, spricken zee English?" "Yes." ... We walked together, he obviously enjoying the chance to use his English. We ate lunch in the cloud, while a cog train rumbled unseen within feet. We parted in cloud at Rigi Kaltbad, he heading for the top, another 1000 feet up, while I headed for a down trail. Very steep in spots, with metal ladders and steps. Again, the trail was lost at a pasture, while still in cloud. At about 748 m, that is more than 2000 feet down, another "Spricken zee Deutchsh?" appeared out of the fog. A resident of Zurich demonstrated a capability in 6 languages, and announced that he was 60. He invited me to join him to Rigi Kulm, 3000+ feet above us, to return by cable car. I declined.

Day 8 was a visit to a typical farm, by way of a church, which was blessing horses that Sunday. The farm visit was very interesting, with a tour of the house, over 400 years old, and, with an excellent lunch complete with apple cider, barn flies and an Alphorn concert. The farmer displayed his prize bull, to the obvious interest of the nearby cow herd.

Day 9, our tour was to visit The Rigi. Up on the cog train to Rigi Kulm, the top, a look around for about an hour, thence down to Rigi Kaltbad by cog for lunch and look around. Cable car to Weggis. In general it was similar to my walking trip, a climb in clouds, but this time emerging on top. An airplane type view of clouds below. We noted that big rocks, some say 20 feet high, were not solid; rather they appeared to be gravel and clay.

Day 10, a tour of countryside was scheduled. I headed for Rigi Kulm ... Leisurely descent, including another "Spricken zee" encounter. More laughter. Some confusion where a trail met a road at a switchback turn. Another "Bitta, spricken zee..." to get directions.

Day 11 was a trip to Lugano in the Italian section of Switzerland. ... Spectacular. ... Ida and I finished with a walk beside the lake, looking across at Italy.

On the flight home, I talked with a couple from Zurich. I asked the woman if "Ich nicht spricken zee Deutsch" was a reasonable way to say "I don't speak German". She responded "You certainly make your point."

THE 1997 APPALACHIAN TRAIL CONFERENCE

During Aug. 1-8, 1997, the Appalachian Trail Conference held its 31st biennial meeting at the Sunday River Resort, Maine. It was hosted by the Maine AT Club and the Appalachian Mountain Club, two of the 31 clubs that maintain the 2,160 miles (3,450 km) of trail from Maine to Georgia. Nearly 1400 enthusiastic hikers gathered, many who had hiked the whole length of the trail, and were housed in various types of accommodation, ranging from luxury hotels and condominiums to RVs and tents. As usual, there were discussions on maintaining the trail, and how to possibly limit the number of hikers who were using the trail, to try to maintain the wilderness. There were excursions and hikes of different levels of difficulty. L.L. Bean figured prominently in all these events!

An exciting presentation was by Dick Anderson who described the progress in the construction of the International Appalachian Trail - Sentier International des Appalaches (IAT/SIA). This trail will stretch 700 km from Maine, through New Brunswick to the tip of the Gaspé Peninsular, from Mount Katahdin in Maine to the spectacular 300 ft cliffs of the Gaspé.

The IAT/SIA was proposed during a Maine gubernatorial campaign in 1994, when candidate Joe Brennan proposed to the public its formation, and pointed out that a winding trail through the northern Mountain Range would be tangible proof that a common bioregion can link different political jurisdictions and diverse cultures. Clouds, animals, and running rivers do not have boundaries, it is human beings who invent the boundaries. The trail project is 100% volunteer-driven, and is making progress working with land owners, hikers, outdoor conservation organizations, and international governments, and the target date for completion is Earth Day of the year 2000.

Joan and Vic Hughes

Editor's Note:

Internet users may like to check out the following:

Appalachian Trail Conference:

<http://www.atconf.org/>

Maine Appalachian Trail Club:

<http://www.nconline.net/~matc/>

Cégep de Matane - more information on the IAT:

<http://www.cgmatane.qc.ca/SIA-IAT/>

Alabama Trails Association:

<http://www.auburn.edu/~hudsojt/alternative.html>

(Extension at the south end of the AT into Alabama)

HIGHLIGHTS OF RTA BOARD MEETING OCTOBER 25, 1997

The handover of the former CNR Strathcona-Smiths Falls right of way has been delayed pending resolution of legal matters. Consequently the Board will not hand over the final \$2000 of the committed \$5000 until the process is finalized. The resulting trail, to be called the Catarqui [Rail] Trail, will be managed by a Board composed of the various member organizations of SEORTRAC. The RTA will have two members on the Board, initially Jim Blain and Allan Tattersall.

Agreement has been reached with Queen's University Archives which will see the RTA's and its Clubs' materials of archival interest professionally maintained for posterity and available for historical research. Production and signing of the agreement are awaiting details of the agreement to be settled.

The Board accepted the final report of the Optimum Route Task Group. A summary starts on page 5 of this issue of the Newsletter. Actions to implement the various recommendations are the purview of the Clubs as and when appropriate. It is intended to review and report on progress annually at the AGM.

Considerable difficulty in resolving changes arising from Highway 416 has delayed progress on providing a revised Guidebook. A new deadline for providing changes to the Guidebook Editor, Gerry Hinderks, was established as February 28, 1998, which should permit printing a new Guidebook for distribution in the 1998 hiking season. As the delay may spark further alterations to revisions already submitted, Clubs are requested to submit them as a separate package rather than withdrawing material currently being processed.

Tom Bach, the Computer Services Coordinator, provided a demonstration of a proposed RTA web site and was authorized to implement this on the Ottawa Freenet as quickly as possible. The web site will provide general information on the RTA and its Clubs, with examples of activities, notices of Trail revisions, and contact details and a membership application form.

A number of projects are under way to look at various aspects of RTA and Club business, including items raised from the floor at the AGM. These will be reported upon as and when decisions are taken.

Allan Tattersall

RIDEAU TRAIL ASSOCIATION END TO END AWARDS 1997

Number	Hiker	Start	Finish	Award	Club/City
206	David Peddle	4 May 96	14 Oct 96	Oct 97	
207	Suzanne Gagnon	4 May 96	14 Oct 96	Oct 97	
208	Ken Sutton	4 May 96	14 Oct 96	Oct 97	
209	Christine Gordon	4 May 96	14 Oct 96	Oct 97	
210	Frank Vajda	4 May 96	14 Oct 96	Oct 97	
211	Helen Dinovo	4 May 96	14 Oct 96	Oct 97	
212	Kit Chapman	4 May 96	14 Oct 96	Oct 97	
213	Ed Millar	4 May 96	14 Oct 96	Oct 97	
214	Uzeir Huskic	4 May 96	14 Oct 96	Oct 97	
215	Bob Zachary	4 May 96	14 Oct 96	Oct 97	
216	Orval White	4 May 96	14 Oct 96	Oct 97	
217	Susan Murdock	11 May 96	6 Oct 96	Oct 97	Ottawa
218	Andreas Szabo	17 Sep 96	26 Sep 96	Oct 97	
219	Ole Olson	10 Aug 96	30 Aug 96	Oct 97	Ottawa
220	Carol Cain	1996	1996	Oct 97	Kingston
221	Marg Wood	11 May 96	29 Sep 96	Oct 97	Ottawa
222	Eva Tihanyi	4 May 96	9 May 97	Oct 97	
223	John Barron	14 May 94	11 May 96	Oct 97	Ottawa
224	Anna Marshall	11 May 96	7 July 96	Oct 97	Kingston
225	Sheila Needham	11 May 96	7 July 96	Oct 97	Kingston
226	Audrey Sanger	11 May 96	7 July 96	Oct 97	Kingston
227	David Wright	18 Aug 96	24 Oct 96	Oct 97	Central
228	Don Sherwin	9 Sep 90	10 Jul 97	Oct 97	Central
229	Marion Armstrong	Nov 92	26 Jul 97	Oct 97	Ottawa
230	Joy Webster	May 97	26 Aug 97	Oct 97	Ottawa
231	Heidi Raeder	May 96	Sep 96	Oct 97	Ottawa
232	Wilf Raeder	May 96	Sep 96	Oct 97	Ottawa
233	Leon Sokolowski	May 96	Sep 96	Oct 97	Ottawa
234	Mary Bradnock	25 May 96	28 Sep 96	Oct 97	Ottawa
235	Wilf Bradnock	25 May 96	28 Sep 96	Oct 97	Ottawa
236	Hendrika Exel	Spring 91	Fall 96	Oct 97	Ottawa
237	Jon Howarth	1 Apr 97	30 Sep 97	Oct 97	Ottawa

NEW END TO END AWARD CERTIFICATES

I would like to thank those people, namely Merlene Seth and Graham Creedy, who participated with me in the creation of the new computerized version of the End-to-End Award Certificate. The task would have been extremely arduous if I had laboured on it alone. In fact, without Merlene's expertise with desktop publishing, I would not have even commenced working on this project. We spent many hours, last summer, slogging over a computer deciding on fonts, designs, and wording. Graham's contributions consisted of adding colour to our small invention and, of equal importance, printing copies for this year's award recipients.

Caroline Meyer
Secretary, Rideau Trail Association



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



<http://www.ncf.carleton.ca/rta>

This is the address expected for the RTA's new web site; rta can also be entered in capitals as RTA.
Many thanks to Tom Bach for his work on this, and congratulations on the great results achieved!

MEMBERSHIP 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

- | | | |
|--------------------------|--|----------------|
| ☐ | Annual Individual / Family Membership | \$20.00 |
| ☐ | * Patron (Life Membership) | \$300.00 |
| ☐ | † Guide Book: Members | \$17.00 |
| ☐ | † Non-Members | \$22.00 |
| ☐ | Car Sticker (Free to New Members) | \$1.00 |
| ☐ | Crest | \$2.00 |
| ☐ | Enamelled Pin | \$3.00 |
| ☐ | † Rideau Trail Wall Map | \$12.00 |
| ☐ | * Donation to the RTA | \$_____ |
| ☐ | * Donation to the RT Preservation Fund | \$_____ |
| | Prices Subject to Change | |
| | TOTAL | \$_____ |

† Includes Postage & Handling

* Qualifies for income tax credit.

Charitable Registration No. 0041733-56-11.

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 ☐ |

Name:

Address:

City:

Province:

Postal Code:

Telephone: