



The Rideau Trail NEWSLETTER

SUMMER 1998

ISSUE NO. 108



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 **AUGUST 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.

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THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1997-98

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	Kingston	Dale Ross	Kingston	384-2959
	Central	Mary Charlton	Perth	267-6802

Rideau Trail Association

P.O. Box 15

Kingston, Ontario

K7L 4V6

RTA Web Page:

www.ncf.carleton.ca/rta

Club Telephone Numbers:

Ottawa: 613-730-2229

Kingston: 613-545-0823

Central: 613-264-8338

Artistic Credits

Courtesy of

Subject

COVER: John Haley

Whisky-Jack, Black Mountain, North Vancouver, September 1996.

PAGE 10: Alex Bissett

Catherine O'Keefe and Friends, Gatineau Park, March 1998.

ICE STORM FOLLOW-UP

A great deal of work has been done by volunteers, trail maintainers and maintenance coordinators over the last three months to get the Trail back into condition for the hiking season. In the Kingston area, Robin Turkington organized 36 work party outings, with anywhere from 1 to 13 volunteers. Cleanup on this section of the Trail is essentially complete from Cataraqui to Murphy's Point Park, except for the portion of the Trail that runs through Frontenac Park. Park authorities have not permitted the RTA to do any maintenance; they are doing their own cleanup and as of May 1 Frontenac Park was still closed. In Gould Lake the main Trail and the loop trails are cleared. The new route around Westport has also been marked and cleared. Members from the Ganaraska Trail and Hike Ontario also generously offered help and this was greatly appreciated.

The Central Club held 4 maintenance days in April and, with the help of members from the Ganaraska Trail and from Oxford Station, Osgoode and Gloucester, in addition to the local team, have cleared 90% of the Trail in their area. The remainder should be open by the time the newsletter is published. Some dedicated individual maintainers worked on their own sections of the Trail and contributed greatly to the overall progress.

The Ottawa Section of the Trail is cleared from Ottawa south to Roger Stevens Drive in the Marlborough Forest. Part of the Schoolhouse loop has been cleared but not the Earth Star loop. Clearing of the rest of the Marlborough Forest portion south to Rosedale was scheduled to begin in early May. Ottawa Club members have also been actively clearing trails in Gatineau Park.

The Trail is considered cleared when the local Maintenance Coordinator declares it to be open. **This does not mean that all hazards have been removed. Overhanging broken branches remain and hikers using the Trail should exercise caution.** Hike leaders are asked to caution their hike participants, in both on- and off-Trail outings for the near future.

Linda Hayes

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The Rideau Trail Association expresses a big and sincere

THANKS!

to all individuals and groups who have assisted in any way with the clean-up of trails, including the Rideau Trail System, following the ice storm.

The Annual General Meeting
of the Rideau Trail Association will be held on:

Saturday, October 24, 1998

at

The Royal Canadian Legion

County Road 10
Westport, Ontario

AGENDA:

10:00	Refreshments
10:30	Business
12:00	Lunch (bring your own)
13:00	Afternoon Hikes
18:00	Roast Beef Dinner

The dinner is **by reservation only** and will cost \$15.00.

Please Reserve by **October 10, 1998** by calling:

Kingston:	Audrey Sanger	384-6244
Central	Mary Charlton	267-6802
Ottawa	Kathy Rothwell	761-9354

END TO END AWARDS

It's time once again for those have completed hiking the Trail and would like to receive the End to End certificate and badge at the Annual General Meeting in October to submit their letters to the Secretary of the Association:

Caroline Meyer
146 Faraday Street
Ottawa, Ontario K1Y 3M4

Include your name and address and a bit about your experiences hiking the Trail, including your starting and finishing dates. Comments about the state of the Trail will be forwarded to the Guidebook Editor or Trail Maintainers.

Please get your letters to the Secretary by September 1 to allow time for preparing lists, letters, badges, certificates, and presenters.

Please say whether you will attend the AGM or prefer your award to be mailed to you after the event.

HIGHLIGHTS OF RTA BOARD MEETING APRIL 25, 1998

Catarqui Trail

The Board of Management is up and running; its function to develop, maintain, and operate the Catarqui Trail - at no cost to the owners, CRCA. Hiking interests on the Board are represented by Jim Blain and Don Coulter. The Board will consider a proposed management plan at its April meeting.

The section of the Catarqui Trail from Smiths Falls to Harrowsmith has been registered for incorporation into the Trans Canada Trail. Rerouting the Rideau Trail places it on the Catarqui Trail from its junction with Maple Leaf Road to just past Stonehouse Lake.

K & P Right-of-Way

Action continues to press relevant municipal and conservation authorities to acquire the former K & P Right-of-Way (Bell property) as a trail. Success will enable restoration for use by the Rideau Trail to bypass problem areas south of Orser Road, and for a Trans Canada Trail link north from Harrowsmith.

Rideau Trail Guidebook

The Board authorized the Editor to proceed with production of 2000 copies of the 5th Edition of the Rideau Trail Guidebook - expected availability date is June 1. In addition, a Guidebook Review Committee is to be established this summer to review and recommend

changes to the text, format, maps, binding, presentation and other relevant matters for the 6th Edition. Clubs are to nominate their committee member for the July meeting. A report is to be submitted to the 1999 AGM.

Ice Storm

Due to the tremendous effort of an energetic few members a great deal of the Trail is open for use - see page 3. All hikers are cautioned to be alert to the dangers of hanging branches, hung-up trees, and loose debris underfoot, which are likely to persist for some time. The Board approved the expenditure of up to \$1200 to cover costs arising from the ice storm clean-up.

Ongoing Activities

Further work is required on the following:

- policy development for reimbursement for mileage expenses arising from Board and Club directed activities;
- definition of RTA expectations regarding use of the Catarqui Trail;
- review of outstanding strategic issues;
- exploitation of invoicing as a means to facilitate membership renewal;
- exploration of ways to maintain association with Hike Ontario;
- standardization for regional "friends" associations such as Foley Mountain, Frontenac and Murphy's Point Parks;
- review of insurance coverage.

Allan Tattersall

KINGSTON CLUB EXECUTIVE

Chair	Watson Ogilvie	530-2378
Vice-Chair	Dale Ross	384-2959
Past Chair	Bob Chadwick	352-1052
Secretary	Brian Rook	634-2510
Treasurer	Margaret Page	389-7840
Routes & Negotiations	JoAnn Rogi	549-0953
Construction	Allan Tattersall	549-4080
Maintenance	Robin Turkington	549-4139
Hike Program	Carol Cain	548-4556
Special Events	Audrey Sanger	384-6244
Publicity	Peck Peckover	544-9190
Human Resources	Helga Wennerstrand	547-5944
Newsletter Editors	Lynn Nolan and Lars Thompson	389-8747

A report of the Kingstom Club Annual General Meeting, held on May 2, 1998 and at which the above executive was elected, is to appear in the Fall Newsletter.

**Have a
Rideau Trail Logo
on your favourite shirt**

RIDEAU TRAIL green and orange crest - \$5.00

Black or White Hiker - \$4.00

**Call the Rideau Trail line at 1-613-545-0823
to make arrangements**

An updated B&B list for accommodations along the Rideau Trail is now available. Mail or phone your request to the Correspondence Secretary in Kingston, or download the list from the RTA web page.

Jean Thompson

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, insect repellent, and sun screen. Most hikes will have a swim stop so also bring your swim suit for a cool dip. 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 for 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 Fall season, or who wish to suggest new locations to hike, are asked to call Carol Cain at 548-4556 before the end of June.

ALL PARTICIPANTS

See the Notices on Activity Levels and Participants' Responsibilities on page 11 of this Newsletter.

Although trails are largely cleared from the ice storm damage, hikers may cross areas that still require maintenance. Crews continue to work on these areas. **Please exercise caution on trails due to residual hazards caused by the ice storm.**

Wednesday June 10 Quinte Conservation Area

Hike the loop trails and other trails in the Belleville-Quinte area. Level 1. Departs 09:00 or meet at 10:00 at the area, 5 km. west of Belleville at the northwest corner of Hwy #2 and County Road 1.

LEADER: Bob Chadwick 352-1052

Sunday June 14 Frontenac Park

Hike the Gibson Lake Loop. Level 2+. 17 km. Departs 08:30.

LEADER: Murray Henderson 546-9906

Sunday June 21 Rideau Trail System Highlight #4

Level 3. Slide Lake Loop, 13 km. Rugged trail, possible swim. Departs Kingston 09:30.

LEADER: Klaus Stegemann 542-5375

Saturday June 27 Frontenac Park

Hike the Little Salmon Lake trail and expect several scenic snack breaks and a swim stop. 17 km. Level 3. Departs 09:00.

LEADER: Martin Reeve 548-4960

Sunday July 5 Gould Lake Conservation Area

Hike the Mica trail and adjoining trails. 10 km. Level 3. Departs 10:15.

LEADER: Peck Peckover 544-9190

Wednesday July 8 Charleston Lake Provincial Park

Hike the east side trails with scenic viewpoints. Level 2. Departs 09:30.

LEADER: Watson Ogilvie 530-2378

Saturday July 11 Rideau Trail System Highlight #5

Level 2-3. Narrows Lock to Murphy's Point. Swim.

Departs Kingston 09:00.

LEADER: Carol Cain 548-4556

Sunday July 19 Bike Trip

Cycle from Meadowcrest (off Hwy 15) to Joyceville Side Road to Gananoque and return. Level 2+. Departs at Meadowcrest at 10:00.

LEADER: Bernie Gates 389-1835

Sunday July 19 Frontenac Park

Hike the Mink Lake Lookout, the highest point in the Park. 16 km. Level 3. Departs 09:00.

LEADERS: Jim Blain 1-613-359-6282

Murray Henderson 546-9906

Saturday July 25 Rideau Trail System Highlight #6

Level 2-3. Gould Lake (a), swim. Departs Kingston 09:30.

LEADER: Bob Tolley 542-9626

Sunday August 2 Frontenac Park

Hike the Birch Lake Loop. 17 km. Level 2. Departs 09:00.

LEADERS: Murray Henderson 546-9906

Jim Blain 1-613-359-6282

Saturday August 8 Rideau Trail System Highlight #7

Level 2-3. Foley Mountain. New Trail. Swim. Departs Kingston 09:30.

LEADER: Dale Ross 384-2959

Wednesday August 12 Lemoine Point Cons. Area

Hike the Lemoine's Point area and enjoy the shade and lakeside. Level 1. Departs 10:00.

LEADER: Sheila & John Needham 389-1894

Saturday August 15 Rideau Trail

Hike from Railton Road to Sydenham and return. 12 km. Level 1. Departs 09:30.

LEADER: Watson Ogilvie 530-2378

Sat.-Sunday August 15-16 Canoeing/Camping Trip

Members have been invited to join the Cataraqui Canoe Club on their annual overnight trip to Crotch Lake. Bring your own gear or rent from the club. Phone telephone contacts for details.

CONTACTS: Allan Nichols 389-4026
Margaret Milne 542-9626

Thursday August 20 Evening Walk to Barriefield

Departs 19:00 from behind the OHIP Building (49 Place d'Armes) for a walk through historic Barriefield and return. 8-10 km. Level 1.

LEADER: Peck Peckover 544-9190

Sunday August 23 Rideau Trail System Highlight #8

Level 2-3. Gould Lake (b), swim. Departs Kingston 09:30.

LEADERS: Audrey Sanger 384-6244
Carol Cain 548-4556

Saturday August 29 Frontenac Park

Hike the varying trails with a visit to Moulton Gorge. 15 km. Level 3. Departs 09:00.

LEADER: Gloria Seeley 546-2503

Sat.-Monday September 5-7 Bon Echo Camping

Lynn Nolan and Ray Forester will again coordinate what was, last year, a very successful camping weekend.

CONTACT: Lynn Nolan 389-8747 (July)
Dale Ross 384-2959 (August)

Sunday September 6 Parrot's Bay Conservation Area

Trek one of our local Conservation Areas that is a favourite repeat. 14 km. Level 1+. Departs 09:00.

LEADER: Stan Huff 549-2081

Wednesday September 9 Charleston Lake Prov. Park

Hike the trails in this pretty park and expect a swim stop. 10 km. Level 2. Departs 09:30.

LEADERS: John & Margaret Page 389-7840

Saturday September 12 Rideau Trail Highlight #9

Level 2-3. Opinicon section of the trail. Possible swim (in Lindsay Lake). Departs Kingston 09:00.

LEADER: Peter Murray 382-2824

RTA CENTRAL CLUB ACTIVITIES

Bring water, lunch, insect repellent, sun protection, and suitable clothing & footwear. Keep in touch at 264-8338.

Saturday, June 27 Purdon Conservation Area

Joint outing with Ottawa Club to see lady slipper orchids and more. The hike is no longer a mystery, and we can now easily find our way so it is time to change! Level 3-. Meet at Conlon Farm at 9:30 or Sylvania Lodge at 10:00. ORCHID WADER: John Miller 264-8824

Saturday July 25 Bennett Lake

Appropriate venue for the Klondike Goldrush Centennial! Bring canoe or kayak, swimwear, lunch, & a contribution to the pot-luck supper at Don Sherwin & Chris McGuire's storm-ravaged summer hacienda. Also bring chain-saws, heavy machinery and logging trucks if available (just kidding!). Level 1 flat water. Meet at Robin's Doughnuts on Highway #7 in Perth at 10:00. HOSTS: Don Sherwin & Chris McGuire 268-2447

Saturday August 15 Black Lake

A repeat of last year's highly successful canoe day and pot-luck at Wanda and Bob Pelletier's. Bring your canoe or kayak, swimsuit, lunch and your favourite dish for the pot-luck supper. Level 1 flat water. Meet at Conlon Farm at 10:00.

YOUR HOSTS: Wanda & Bob Pelletier 267-3630

Saturday Sept. 12 Mill of Kintail and Morris Island

This interesting hike to a number of new venues in North Lanark and Carleton Counties has been rescheduled from May 3, due to high water levels this spring. Our day will culminate with an English tea or Peterson's ice cream in Almonte. Level 1. Meet at Conlon Farm at 10:00.

RAMBLE WITH: Wanda Pelletier 267-3630

Saturday September 26 Kick and Push Trail

An easy Level 1 hike, for people of all ages and average fitness levels. We shall hike the old K & P railway right-of-way from Snow Road Station to Lavant Station to savour the ever-changing fall panorama in North Frontenac County. 16 km. Meet at Conlon Farm at 9:30. LEADER: Jim Ronson 264-1937

Special Central Club Fall Event Early Announcement:

October 13-19, 1998. Mount Orford Provincial Park, Eastern Townships, Quebec. Central Club is organizing an excursion to this beauty spot of unique appeal, especially in autumn. We shall stay at the Auberge de la Fugue near the main park entry gate, and organize hikes each day in the park (Level 2-3). We can get breakfast at the Auberge, and will sup there or sample some of the numerous fine restaurants in the area. **Please reserve a spot no later than July 1.** A deposit will be required with your reservation at this time.

ORGANIZER: Wanda Pelletier 267-3630

RIDEAU TRAIL ASSOCIATION — OTTAWA CLUB ACTIVITIES

The activities listed below take place as scheduled regardless of the weather. 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. **Parking at Booth & Albert is courtesy of ALLPark.** Transportation is by pooling of private cars, and passengers contribute to the driver's gas costs. Any parking fee is shared by driver and passengers. Hikers should bring a lunch, drinking water, sun and insect protection, and should wear appropriate footwear and clothing. **For more information** about a particular event, call the leader at the number listed below. If unable to reach a leader, or for general information, call the Ottawa Club at 730-2229.

Leaders, please send sign up sheets to Ruth Hutchinson, 168-2111 Montreal Rd, Ottawa, Ontario K1J 8M8.

ALL PARTICIPANTS

See the Notices on Activity Levels and Participants' Responsibilities on page 11 of this Newsletter.

Please exercise caution on all trails, even where these have been cleared since the ice storm, due to residual hazards (such as branches hung in trees overhead).

The Moonlighters

Every Tuesday evening to September 1 there is a short Level 1-2 hike, usually within Gatineau Park, always within a 30 minute drive. Meet at Booth & Albert by 17:55 to depart at 18:00 sharp. Hikes last until sunset or shortly after (20:00 to 21:00). Bring water, snack, bug repellent, and flashlight.

COORDINATOR: Laraine Laughland 723-8851
OR CONTACT: Ruth Hutchinson 749-0990

Wednesday Walkers

Every Wednesday there are Level 3 hikes in Gatineau Park. Departure time is 09:30. For meeting location

CONTACT: Dorothy Belter 523-4420
Nanette Whitwam 730-5417

Wednesday Wanderers

Same format as the Moonlighters, but west of Ottawa (Greenbelt, Rideau Trail, etc.), Wednesday evenings from May 27 to August 26. Meet at Chances R Restaurant, Shoppers' City West, near Baseline Transitway Station, to depart at 18:45.

LEADER: David Spector 829-6802

Saturday June 13 Gatineau Park

Level 1. Black Lake to Bourgeoise Lake. Short day but bring lunch. Departs 09:30

LEADER: Laraine Laughland 723-8851

Saturday June 13 Cycling to Old Chelsea

Level 2. 70km. on paths and roads. Departs 08:00.

LEADER: Dave Wardell 722-3752

Sunday June 14 Greenbelt - Stony Swamp

Level 1. Departs 10:00.

LEADER: Jim Fish 599-4806

Sunday June 14 Gatineau Park

Level 2+. Lac Renaud to Twin Lakes. About 10km.

Some bushwhacking. Departs 09:30.

LEADER: Gerry Schut 746-4548

Sunday June 21 Rideau Trail System Highlight #4

Level 3. Slide Lake Loop, 13 km. Rugged trail, possible swim. Departs Ottawa 08:00.

OTTAWA CONTACT: Marilyn Booth 730-3879

Saturday June 27

Last date to reserve for cycling weekend July 11-12.

CONTACT: Sam Ludmer 1-514-334-7718

Saturday June 27 Purdon Bog

Level 2 traditional annual joint hike with Central Club.

View the spectacular lady slipper orchids. See the carnivorous pitcher plant and the beautiful but shy wild iris. This hike, until recently known as the mystery hike, is now all too familiar to everyone. However, our fearless leader, the Orchid Wader, from Central Club, has indicated it is time to vary the pattern and once again enter the realm of the unknown! Tea at Sylvania Lodge by Dalhousie Lake. Departs Ottawa 08:30.
CONTACT: Roslyn Bern 827-3845

Sunday July 5 Gatineau Park

Level 2. Departs 09:30.

LEADER: Bill Johnson 825-5700

Weekend July 11-12 Montreal Area Cycling

Level 2. Explore cycle trails in the Laurentians. About 60+ km. each day. Overnight at Ludmer residence in St. Laurent near Montreal. Must reserve by June 27.

LEADER: Sam Ludmer 1-514-334-7718

Saturday July 11 Gatineau Park

Level 2. About 15 km. to the Pulpit subject to trail conditions. Departs 09:00.

LEADER: Marion Dunning 232-8304

Saturday July 11 Rideau Trail System Highlight #5

Level 2-3. Narrows Lock to Murphy's Point. Swim.

Departs Ottawa 08:15.

OTTAWA CONTACT: Wilf/Mary Bradnock 829-1403

Sunday July 12 Morris Island

Level 1+. Possible swim. Departs 10:30.

LEADER: David Spector 829-6802

Saturday July 18 Mayo PQ

Level 1. Centre Educative Forrestiere. Departs 10:00.

Please phone leader in advance.

LEADER: Dave Davis 261-5137

Saturday July 18 Gatineau Park

Level 2. Probable swim. Departs 09:30.

LEADER: Bud Massé 235-4670

Sunday July 19 Gatineau Park

Level 2. Full day. Departs 09:00.

LEADER: Don Mitchell 749-9537

Sunday July 19 Canoeing

Smiths Falls to Merrickville. Level 2-, 15 km. Bring own equipment if you have it. Call leader by July 14 for coordination. Departs 09:00.

LEADER: John Barron 828-2296

Saturday July 25 Brown Lake

Level 1+, 10 km. Swim. Departs 09:30.

LEADER: Peter Scott 729-9557

Saturday July 25 Rideau Trail System Highlight #6

Level 2-3. Gould Lake (a), swim. Departs Ottawa 08:00.

OTTAWA CONTACT: Marg Wood 236-8525

Saturday July 25 Gatineau Park

Level 3. Departs 08:30.

LEADER: Dave Wardell 722-3752

Sunday July 26 Gatineau Park

Level 2. Lac Philippe to Lac Monette. Departs 09:30.

LEADER: Gerry Schut 746-4548

Saturday August 8 Rideau Trail System Highlight #7

Level 2-3. Foley Mountain. New Trail. Swim. Departs Ottawa 08:30.

OTTAWA CONTACT: Nanette Whitwam 730-5417

Saturday August 8 Narrows Lock to Westport

Level 2. 15 km. On Rideau Trail. Departs 09:00.

LEADER: Bill Shannon 722-6407

Saturday August 8 Canoeing - Lac L'Ecluse

Level 1, flatwater. Long day. Possible swim at lunch on lovely beach. Bring own equipment. Departs 08:30.

LEADER: Marilyn Booth 730-3879

Sunday August 9 Cycling

Level 2. About 80km. from Booth and Albert to Masson, Cumberland and return. Departs 09:00.

LEADER: Bill Armstrong 737-3567

Saturday August 15

Level 2. Blue Loop, Burritt's Rapids and Merrickville.

18 km. Departs 09:00.

LEADER: Ken Buckingham 234-5543

Sunday August 16 Gatineau Park

Level 2. Probable swim. Departs 09:30.

LEADER: Pat Clarkin 729-2737

Saturday August 22 Gatineau Park

Level 2. 15 km. Departs 09:00.

LEADER: Gary Kyer 748-0373

Saturday August 22 Canoeing - Lac Lapeche

Level 2. Bring own equipment. Departs 08:00.

LEADER: Dave Wardell 722-3752

Sunday August 23 Rideau Trail System Highlight #8

Level 2-3. Gould Lake (b), swim. Departs Ottawa 08:00.

OTTAWA CONTACT: Ken Buckingham 234-5543

Sunday August 23 Gatineau Park

Level 2. Pine Road to Carbide Mill. Swim at

MacDonald Bay. Departs 09:30.

LEADER: Andrew Macdonald 235-8569

Wednesday August 26 Wednesday Wanderers

Join us for the last hike this season. Departs 18:45 from Chances R, Shoppers' City West. Details on page 7.

Saturday August 29 Charleston Lake

Level 1+. Short trails. Late return. Departs 08:30.

LEADER: David Spector 829-6802

Sunday August 30 Shaw Woods Old Growth Forest

Level 1. Long drive, short beautiful walk followed by visit to used book store. Probable refreshment stop.

Departs 09:30.

LEADER: Bill Grant 820-0697

Tuesday September 1 The Moonlighters

Join us for the last hike this season. Departs 18:00 sharp. Details on page 7.

Monday September 7 Gatineau Park

Level 2. Possible swim afterwards. Departs 09:30.

LEADER: Ruth Hutchinson 749-0990

Saturday September 12 Rideau Trail Highlight #9

Level 2-3. Opinicon section of the trail. Possible swim (in Lindsay Lake). Departs Ottawa 08:00.

OTTAWA CONTACT: Graham Creedy 789-1657

Saturday September 12 Mushroom hike

Level 1. Destination to be determined. Date may change according to growing conditions. Call leader in advance.

LEADER: Bob Bennett 749-7440

Saturday September 12 Frontenac Park

Level 3. Slide Lake Plus! Departs 08:30.

LEADER: David Stambrook 739-7904

Sunday September 13 King Mountain Area

Level 1. Long half day. Departs 09:30.

LEADER: Ann Bolster 521-6354

Sunday September 13 Westport to Bedford Mills

Level 2. Departs 08:30.

LEADER: Ron Hunt 736-9887

Saturday September 19 Mont Bleu to Pink Lake

Level 1+. Half day. Departs 09:30.

LEADER: Laraine Laughland 723-8851

FIRST AID COURSES - OTTAWA

Interested in a First Aid Course with emphasis on outdoor activities? Possibly in August or November. If so, please call Ruth Hutchinson at 749-0990.

The St. John Ambulance Society also provides First Aid courses every weekend all year, and on some evenings. These are essentially the same as any course which the Club might organize but with more flexibility in dates. Telephone 722-2002 to arrange your own course.

In all cases participants are expected to pay their own course fees. Some employers may reimburse costs - contact them directly to determine eligibility.

MAP AND COMPASS

Ottawa Club members who are interested in Map and Compass may wish to contact the Ottawa Orienteering Club. They are planning a Summer Solstice Evening Introductory Orienteering Series in June 1998.

Telephone (819) 568-3926 or (613) 226-3947.

OTTAWA CLUB ANNUAL GENERAL MEETING 1998

The Ottawa Club AGM was attended by 60 members on the evening of Friday, April 25. The executive reported on the financial status of the club, the condition of the Trail this spring, and planned trail reroutes. Excellent participation in activities has continued this year and reports were provided by the activities coordinator & hike series leaders. Participation in publicity events, including the Wild Life Festival at Carlingwood Mall, were discussed. Club membership and the Membership Renewal Campaign were also reported. From February, 1997 to February, 1998 a 7% drop in club membership was noted. The executive is looking at membership issues and planning another campaign this summer. All Ottawa members who volunteered their time were thanked for their efforts and encouraged to continue their enthusiasm and support.

A smaller executive was elected to deal with trail issues more efficiently, with a Trail Coordinator responsible for all aspects of the trail and supervision of trail maintenance, landowner negotiations and major projects which have been moved to non-executive positions. This year there are 3 activities coordinators, one a Senior Activities Coordinator serving on the executive. There are two vacant positions; interested members should contact Bill Grant at 820-0697 for more information.

Following refreshments, Barclay Cormack, a forester with the Ottawa Carleton Stewardship Program, discussed the impact of the Ice Storm on trees and the forest. Club member Caroline Cheng later presented her collection of Ice Storm slides featuring Gatineau Park.

OTTAWA CLUB EXECUTIVE

Chair	Lisa Buchner	729-4487
Vice-Chair	Kathy Rothwell	761-9354
Secretary	Barbara MacVicar	828-2383
Treasurer	Laraine Laughland	723-8851
Trail Coordinator	Peter Andrews	728-3016
Activities Coordinator	Ruth Hutchinson	749-0990
(Sr.) Winter & Summer		
Publicity Operations	Bill Armstrong	737-3567
Coordinator		
Publicity Media Coord.	Vacant	
Human Resources	Bill Grant	820-0697
Newsletter Editor	John Haley	225-0590
Non-executive positions:		
Trail Maintenance Coord.	Vacant	
Landowner Negotiations	Fred Grodde	
Major Projects	Leon Sokolowski	
Spring Activities Coord.	Barbara Kreiger	235-0604
Fall Activities Coord.	Peter Scott	729-9557

CATHERINE

On Wednesday April 8th, 25 Wednesday Walkers walked from Hollow Glen and stopped, on our return leg, at a path intersection known as Catherine's Corners. We laughed while recounting the history of that name, not knowing that Catherine O'Keefe, the *raison d'être*, had died that morning.

Catherine has been involved with the Rideau Trail Association for many years, and with Gatineau Park even longer. Her collection of maps was invaluable as she shared these and her knowledge of Gatineau Park with us. Catherine loved nature; her love of wild flowers, of trees, of birds, ..., her sense of humour, fun, of the ridiculous, and her timing, were outstanding. Thus her witty comments were always most appropriate. It was as a result of one such comment that Catherine's Corners received its name. To walk or ski with Catherine was to laugh, to chuckle and to smile. She was truly one of a kind and will be greatly missed.

This time last year
And years before
We headed north
To find the hill
Where sun-filled hepaticas
Break through the cold leaf-mold
And herald spring.

Your plan, as always
Sound, kindly, without guile
It seems to me we didn't pack a lunch
- Sit breaking eggs and taking time -
Yet sometimes glimpsed a porcupine
Or saw its trace
But mostly found the flowers
Blue, pink and white
Then stumbled quickly home.

This year, the morning that you didn't wake,
Spring may not come to startled friends
You left behind.
But this I know
Hepaticas are blooming on that hill
And wherever you are now
They are blooming too.

Poem by **Anne McDougall**, Ottawa

Submitted by **Art Campbell**



From left: Catherine O'Keefe, Pat Clarkin, Phil Herbst
Gatineau Park, March 1998

HIGHLIGHTS OF THE RIDEAU TRAIL SYSTEM

The 1998 Highlights of the Rideau Trail System, a series of hikes jointly organized by the Ottawa, Kingston and Central Clubs, continue this summer with hikes #4 to #9 listed in the activities on pages 5 to 8. The hikes are long and level 2 or level 3, and should be attempted only by individuals in good physical condition. Long drives and car shuttles are required so plan for a late return.

The arrangements and meeting places are the same as for each local club's normal hikes. The leader is appointed by the club responsible for the trail segment being covered. The other clubs appoint a coordinator to work with the leader on details such as rendezvous points and confirmation of times for transportation arrangements from their meet location. For more information, call the leader or contact in your city.

Further hikes in this series will be listed in the Fall Newsletter. Tentatively, these are:

- #10 - Perth to Beveridge Locks - Sunday Sep. 27
- #11 - North Burgess Rd. - Ferrier Rd. - Sat. October 3
- #12 - Marlborough Forest - Sunday October 18
- #13 - Re-routed Trail, Ottawa.

HIKE ACTIVITY LEVELS

Hikes are graded with the following Levels

- 1 Well defined trails, gentle inclines. Hiking boots not required, but trails may be very wet. Suitable for beginners and recommended for newcomers.
- 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.

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 of any existing or potential 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.

CYCLING ACTIVITY LEVELS

Bike outings are graded with the following Levels

- 1 Few hills, broad roads or bike paths, little traffic. Participants must be competent at riding their bicycles.
- 2 Some hills, narrower roads, some traffic. Participants should be fit and experienced.
- 3 Long hills, narrow roads. Excellent fitness and good cycling skills required.

THE FINE PRINT

Have you renewed your membership this year?
No renewal means no more newsletters.
If you haven't done so, renew today!
Use the form on the back cover.

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).

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.

A REALLY SHORT BOOK REVIEW

Where can you hike over an Unnecessary Mountain, then between two Lions, via an Enchantment Pass to a Hanging Lake, and take in the North-West Passage, all in the same (long) day? Hike 17 of "103 Hikes in South-western British Columbia", Fourth Edition, by Mary and David Macaree provides the answer.

As I flew back from Vancouver in April, I was already planning hikes from the book for my next trip back there. The information and hike descriptions are excellent, as I have found from taking several of the hikes described. Best times of the year for each hike are given, as are hiking times and full access details. The photos in the book pale by comparison with the actual views. But these hikes are tough, several thousand feet up and down for a typical hike, so they are not for the inexperienced.

If you are planning a trip to B.C., I suggest taking some extra days, your hiking gear, and a copy of this book, and get into top condition first. You'll be glad you did.

John Haley

From:

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



NOTE: If your address label includes the year "1998" then your membership has expired and has not been renewed. Your continued membership is important to the RTA; please maintain it by renewing now. Future issues of the Newsletter will not be sent without your membership renewal.

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 ☐ |

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