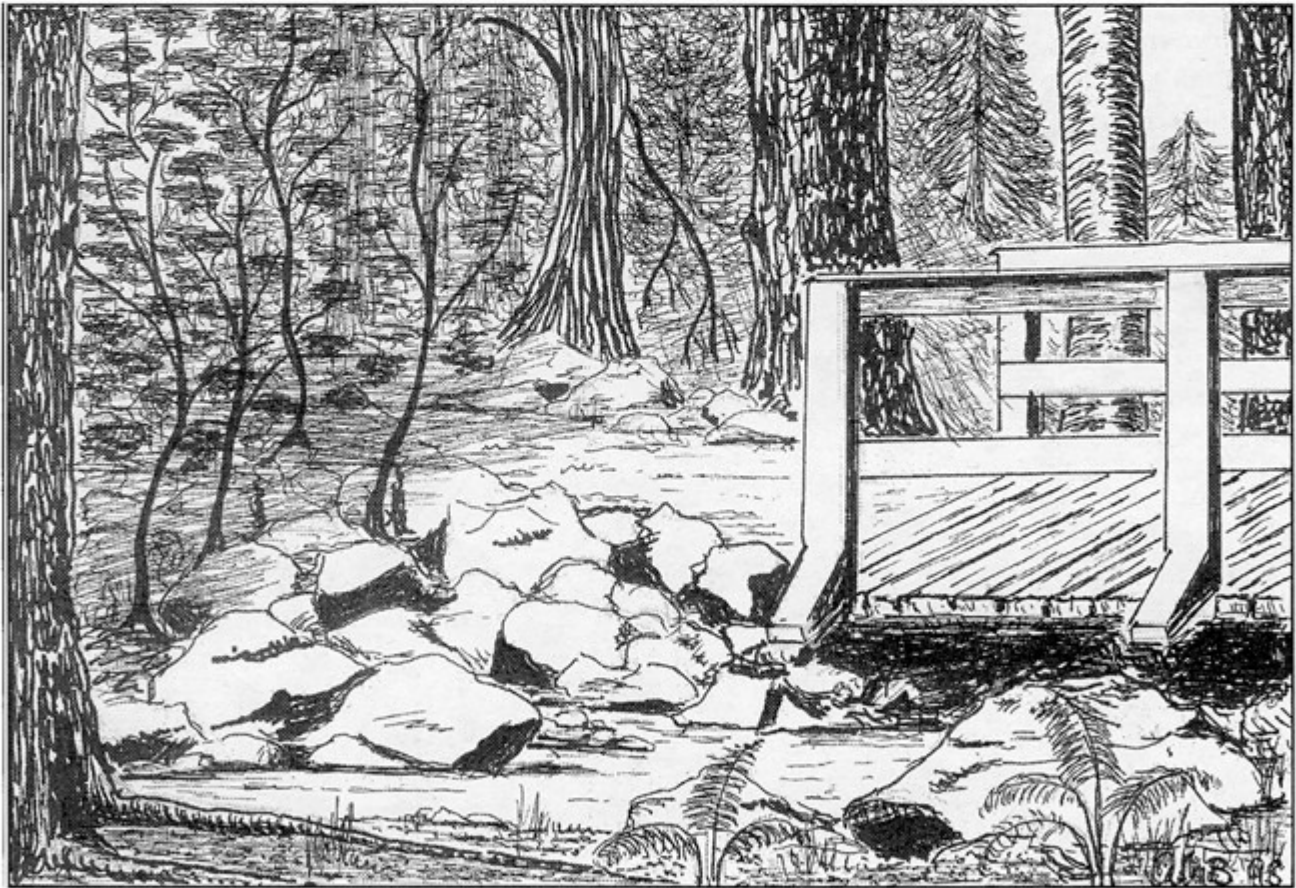




The Rideau Trail NEWSLETTER

SUMMER 1999

ISSUE NO. 112



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, 1999**, 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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COVER:

Angela Beale

Gatineau Park. Pen and Ink, 1998.

PAGE 12:

Trail Network, provided by Allan Tattersall.

Have some Madeira, m'dear!

Has anyone ever suggested that you take a hike in the Atlantic Ocean? It's not such a bad idea, and last March Mary and I did just that. Joining a party of Holiday Fellowship hikers at London's Gatwick airport, we flew to Madeira, 500 km off the coast of Africa. The island is of similar size to Montreal, 57 km by 22 km, with a population of 500,000. It is a self-governed province of Portugal, and costs are similar to those in Canada.

Being exceedingly mountainous, it is surprising that Madeira is so popular among hikers. There are at least two reasons: the climate is mild and invigorating all year round, and there are levadas. Over many years the industrious islanders have built 1200 km of aqueducts called levadas, cut into the hillsides to bring water from the rainy north-facing slopes to the drier and sunnier south. They follow the contour lines, sometimes passing through tunnels, and invariably there is a good trail alongside, affording wonderful views. When you tire of levadas there are ancient mule tracks leading across the mountains, which rise to 1650 m. Similar tracks have been cut into the coastal cliffs, which are among the highest in the world. The flora is surprisingly varied, because over the years sailors returning from the East have brought seeds and plants from many lands.

Every road is steep, but buses and taxis are available to take you to the starting altitude of your walk. The only flat areas are the airstrip, which is little bigger than an aircraft carrier, and the harbour front of Funchal, the capital. Here cruise ships bring visitors to sample the local wine, fish and fruit in the restaurants, and to buy basketry and embroidered goods, but they seldom get to see what the hikers see.

Tony Parfitt

Attention All Hike Leaders

Please ensure that you have a supply of Rideau Trail Association Brochures at the beginning of your hike. First-time hikers are welcome on hikes with us. If they find the hikes enjoyable, they should be encouraged to take out a membership and fully benefit from the advantages of Rideau Trail Association membership. They should be given a brochure, which has information about the Trail and the Association and a membership form. Please contact me for a supply of brochures.

Ken Buckingham 234-5543
Ottawa Club Publicity Coordinator

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

Saturday, October 16, 1999

at

Perth Curling Club

33 Beckwith St.
Perth, Ontario

AGENDA:

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

The dinner tickets must be purchased in advance and will cost \$12.50. Please reserve by **October 4, 1999** by calling:

Kingston:	Audrey Sanger	384-6244
Central:	Mary Charlton	267-6802
Ottawa:	Beryl Arnold	722-2815

END TO END AWARDS

Anyone who has completed hiking the Rideau Trail and would like to receive the End to End certificate and badge at the Annual General Meeting in October should submit a letter to the Secretary of the Association:

Mary Bradnock
75 Evergreen Drive
Nepean, Ontario K2H 6C5

Include your name and address and something 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 ensure that your letters reach the Secretary by September 1 to allow time for preparing lists, letters, badges, certificates, and presenters.

Please indicate whether you will attend the AGM or would prefer to have your award mailed to you after the event.

Mary Bradnock

Biking & Canoeing the Rideau Canal System

During the summers of 1997 & 1998 my friend Rosemary and I canoed the length of the Rideau Canal system. This in itself is not unusual, but we feel that we did it in rather a unique manner. I am retired, but Rosemary is still employed and was only able to canoe at the weekends. We completed the passage of the Rideau Canal in approximately 25 km chunks at weekends. With only one car available between the two of us, we employed the following method of transportation.

We loaded the car with the canoe on top and our two bicycles hung on the rack at the rear of the vehicle. We then drove to a point on the Rideau Canal, there we would unload the bicycles, leaving them securely locked. Then we would drive further along the waterway to the starting point of our canoe trip. There we would leave our car, unload and launch the canoe, then paddle back to where we had left our bicycles. At this point we would conceal the canoe or leave it with some trustworthy person, such as a lockkeeper.

Mounting our bicycles, we pedalled back to the car. The bicycles were then loaded on to the rack of the car and we drove back to where we had left our canoe. After loading the canoe on to the car, we would drive home for the day, back to Ottawa. The canoe trips were usually between 20 to 25 km and took somewhere in the region of 4 to 5 hours to complete. After that period of time, one's upper body had received a good workout, whereas the lower extremities had become very cramped and it was a welcome change to exercise them by cycling back to the starting point. Of course the cycling was completed much faster than the canoeing.

As we canoed the waterways, we noted an abundance of water birds. Ospreys, Blue Herons, and Kingfishers happily feeding on plenty of fish. This was surely an indication that the river is in good health.

We included a trip from Perth down the Tay River to Port Elmsley and back through the Beveridge Locks and up the Tay Canal to Perth. It took us three attempts to traverse Big Rideau Lake. On our first attempt we left Narrows Lock and headed for Murphy's Point. A stiff westerly wind was blowing which was in our favour and pushed us towards our destination. However, soon whitecaps began to form. We first tried for the leeward shore, but the waves were reaching a metre in height so we frantically paddled to windward and found shelter in the harbour of the House Boat Marina. It was late in the season and everything there was stowed away for the

winter. We hid our canoe under a bush and hiked back 7 km to Narrows Lock, where we got in our car and drove back to pick up the canoe. A gale force wind was by now blowing and it would have been impossible for us to paddle against the wind and waves to get back to Narrows Lock.

Our second attempt to traverse Big Rideau was from Rideau Ferry. Then again the wind and waves were too strong, so we resorted to "Plan B" and paddled to Smiths Falls instead.

Our third attempt succeeded because we left Narrows Lock very early in the morning when the winds were calm. We reached Rideau Ferry in good time, despite near swampings from passing power boats.

This whole exercise was accomplished in 12 trips. Mostly we returned to Ottawa at the end of the day, with the exception of the Jones Falls to Kingston trip, which took two days and we stayed at a motel in Kingston.

We have started a similar enterprise which entails canoe/biking the Mississippi River. Perhaps by next year we will have completed that endeavour.

Ken Buckingham

Energy Bar Recipe

- 3/4 cup butter
- 1 cup brown sugar
- 1 egg
- 1/4 teaspoon salt
- 4 bananas, mashed
- 4 cups quick cooking oats
- 1 cup dried fruit &/or chocolate chips
- 1/2 cup chopped walnuts or pecans

Cream together the butter and sugar until fluffy, then beat in the egg, salt, and mashed bananas. Stir in the other ingredients. Press into a greased 9 by 13 inch ovenproof dish, and bake for 1 hour in an oven preheated to 350°F. When cooked, a toothpick inserted in the center comes out clean. Cool, then cut into 15 bars and wrap in plastic. Store in refrigerator or freezer.

Editor's note:

This easy recipe makes the best energy bars I have tasted. If after trying it you don't agree, let me know your recipe for an even better energy bar.

RIDEAU TRAIL ASSOCIATION — KINGSTON CLUB ACTIVITIES

The meeting place for all activities, unless stated otherwise, is the northwest corner of the Kingston Centre parking lot (Sir John A & Princess St.), 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 sunscreen. Most hikes will have a swim stop so also bring your swim suit for a refreshing 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. Participants are expected to select a trip suitable to their physical ability and skill level, and to support their volunteer leader.

Car pooling will be organized. The contribution towards gas is indicated for each hike and patrons are expected to apportion those fees related to entry into Provincial Parks and Conservation areas, when applicable. See page 10 of this Newsletter for Activity Levels and Participants' Responsibilities.

Leaders are now asked to send attendance lists to Carol Cain, 212 Greenlees Drive, Kingston, Ontario K7K 6P7. Members willing to be leaders for the Fall season, or who wish to suggest new locations to hike, are also asked to contact Carol at 548-4556 or Audrey Sanger at 384-6244 before the end of June.

Tuesday Morning Hikes

Kingston Members: Join Jean Thompson for early morning short hikes every Tuesday from June 1 to September 7. Meet at the Kingston Centre Parking Lot at 08:00. For information, call 544-0340.

Saturday June 12 Rideau Trail

How do you handle a hungry man? Bring extra grub 'cause Stan's taking you from the Frontenac Park Visitor Centre to Flag Pole Hill and return. Level 3. 15 km. Departs 09:00. Gas \$3.
MEALMATE: Stan the Man 634-6146

Sunday June 20 Rideau Trail Memories

Reacquaint yourselves over lunch with your end-to-end pals from Ottawa. This hike begins at the Narrows Lock and we'll meet the Ottawa crew (who are hiking from Murphy's Point towards us) for a late lunch in an undisclosed location before turning back. Level 2. 12 to 15 km. Departs 10:00. Gas \$5.
LEADER: Carol Cain 548-4556

Sunday June 20 Sandbanks Provincial Park

Enjoy the trails of Sandbanks and bring your swim suit, just in case! Level 1. Departs 09:15 or meet at the Adolphustown ferry at 10:15. Gas \$4.
DUNE BUGGER: Alberta Edgar 542-9662

Saturday June 26 Frontenac Park

Watch your step with Skats and hike the Tetsmine Lake trail. Bring swim gear along. Level 3. 12 km. Departs 08:30. Gas \$4.
DUNG DOODLER: Skats 384-6244

Sunday July 4 Charleston Lake Provincial Park

The scenic viewpoints of Charleston Lake's east side trails are an ever popular repeat. A level 2, you will be going a moderate distance before a nice swim break. Departs 09:30. Gas \$5.
LEADER: "What's-On" Ogilvie 530-2378

Sunday July 11 Murphy's Point Provincial Park

Hike the Millenium Trail with our own personal guide, Tobi Kiesewalter, prior to the trail's official opening in the year 2000. Enjoy a variety of habitats including coniferous forests, meadows and an extensive wetland system. Level 2. 12 km. Departs 09:00. Gas \$5.
CONTACT: Carol Cain 548-4556
LEADER: Tobi Kiesewalter, Senior Park Interpreter

Wednesday July 14 Parrot's Bay Conservation Area

Join this twosome for a hike in their own backyard! No one knows it better! Level 1. Approx 10 km. Departs 10:00. Gas \$1.
BACKYARD BIRDS: Bernie & Alice Gates 389-1835

Saturday July 17 Frontenac Park

Hike the Little Salmon Lake trail and expect snack breaks in scenic locations and a much deserved swim thereafter. Level 3. 17 km. Departs 09:00. Gas \$4.
HEAD MINK: Martin Reeve 548-4960

Sunday July 25 The Cataraqui Trail

Hike the railway line from Harrowsmith to Yarker with Jackrabbit. Level 1. 16 km. Departs 08:00. Gas \$3.
TRAIL THUMPER: Jackrabbit Jewitt 389-0226

Sunday July 25 Cataraqui Canoe Club Invitation

Janice Ley has invited us to try the Rideau Lakes paddle. The route is from Bedford Mills through Loon, Pollywog, Mosquito and Benson Lakes; lunch and swim on an island! Give Janice a call for more information.
LEADER: Janice Ley 542-9958

Kingston Club Activities Continued

Saturday July 31 Gould Lake Conservation Area

Hike the rugged Mine Loop, explore a few mica mine pits and have two dips in refreshing Gould Lake. A short, but nonetheless interesting excursion. Level 3. Departs 10:30. Gas \$4.

LEADER: Peck Peckover 544-9190

Saturday August 7 Wanakena, New York

Come prepared for a joint hike with the Adirondack Mountain Club. This hike is a 3+ and takes us to a scenic view atop Cat Mountain. 18 km. Departs 08:00 from Meadowcrest (corner of Kingston Mills Road & Hwy 15). Gas \$7.

CONTACT: Carol Cain 548-4556

LEADER: Kathy Disque (Adirondack Club)

Sunday August 8 Cape Vincent, New York

Another popular event is the annual leisure bicycle trip to Cape Vincent. Meet at the Wolfe Island ferry dock at 09:15 to catch 09:30 ferry. Bring ID for entry to US and medical coverage.

PEDDLE-PUP: Watson Ogilvie 530-2378

Wednesday August 11 Foley Mountain Cons. Area

Join the Pages as they hike Foley Mountain with lunch and a swim stop at the beach. Level 2. Approx 8-10 km. Departs 09:30. Gas \$4.

LEADERS: Margaret & John Page 389-7840

Sunday August 15 Quinte Isle (McCauley Mountain)

Hike the park and snowmobile trails in the Quinte area with Bruce Trail enthusiast Morgan Harris. The terrain is relatively flat but, due to the length (20 km), this hike is rated a 2. Stop for a dip in Lake of the Mountain after. Departs 08:30. Gas \$5.

CONTACT: Carol Cain 548-4556

LEADER: Morgan Harris 399-5590

Saturday August 21 Gould Lake Conservation Area

The swimming here just keeps bringing us back! Try hiking the Famous, East, and Mica trails with Jean and enjoy the luxury of swimming in crystal clear Gould Lake. Level 2. Approx 8 km. Departs 09:30.

LEADER: Jean Thompson 544-0340

Sunday August 22 Cataraqui Canoe Club Invitation

Once again the Cat Canoe Club is offering our program some diversity with their kind invitation. Don has a lovely paddle from Morton Creek to Lyndhurst planned which takes you through Beverly Lake. Did someone say ice cream in Lyndhurst?

LEADER: Don Harris 546-0842

Weekend August 27 - 29 Charleston Lake Prov. Park

The Kingston Club's annual camp/hike/canoe weekend will be held this year at Charleston Lake Provincial Park. Please join Peter Murray and Lynn Nolan for a variety of activities, or plan to relax at the beach.

CONTACT: Lynn Nolan 389-8747

Sunday August 29 Gould Lake Conservation Area

Hike the Mica Trail and others nearby before leaping off the rocks for an energetic and delightful "splash". Level 3. Approx 8-10 km. Departs 10:00. Gas \$4.

HEAD DOG PADDLER: Peck Peckover 544-9190

Saturday September 4 Frontenac Park

This little Peggy wants to hike Arab Lake, this little Peggy wants Doe, this little Peggy wants a lunch/swim stop, then this little Peggy wants more (hiking - suggestions for the afternoon welcome), then this little Peggy wants to go home! Level 2. Approx 12 km. Departs 09:30. Gas \$5.

LEADER: Peggy Harding 546-7202

Wednesday September 8 Rideau Trail

Enjoy this late summer outing by hiking through the fields and along Orser Road to Railton Road and return. Level 1. 9 km. Departs 10:30. Gas \$2.

MEADOW MUFFIN: Bill Murdoch 389-3023

Saturday September 11 Gananoque Bike Trip

Cycle from Meadowcrest to Joyceville Side Road to Gananoque and return. Don't be shy of this trip; it is scenic, paced to please, and rewarding. Departs 10:00 at Meadowcrest (corner of Kingston Mills Road & Hwy 15). Tattoos optional.

BIKER DUDE: Bernie Gates 389-1835

Saturday September 11 Sandbanks Provincial Park

Hike the ski trails through the forest, have lunch by the lake and hike the dunes with a possible swim in West Lake. Level 2+. 20 km. Departs 08:30. Gas \$4.

CONTACT: Carol Cain 548-4556

LEADER: Morgan Harris 399-5590

Sunday September 12 Frontenac Park

Little Ada is going to take us out on the Arkon Lake loop at one of the best times of the year! Level 3. 14 km. Departs 09:30. Gas \$4.

ARKON HILLBILLY: Ada Chambers 549-8008

**See Page 12 for the Kingston Club Proposed Trip
Day Hiking in Vermont, October 18-22, 1999
and the Kingston Club Ski Weekend**

RIDEAU TRAIL ASSOCIATION — OTTAWA CLUB ACTIVITIES

The meeting place for all Ottawa Club activities, unless otherwise specified below, is the parking lot of the R. H. Coats Building (Stats Canada) in Tunney's Pasture on the west side of Parkdale Avenue just north of its intersection with Scott Street. For more information about a particular activity, call the leader at the number listed. If you are unable to reach a leader, or for general information, call the Ottawa Club at 730-2229. See page 10 of this Newsletter for Activity Levels and Participants' Responsibilities.

Activities take place as scheduled regardless of the weather. Transportation is by pooling of private cars, and passengers contribute to the driver's gas costs. Any other fees, e.g. for parking and entry to Conservation Areas, are shared among the driver and passengers. Participants should bring a lunch, drinking water, sun and insect protection, and should wear appropriate footwear and clothing. Leaders, please send sign up sheets to Ruth Hutchinson, 168-2111 Montreal Rd, Ottawa, Ontario K1J 8M8.

Wednesday Walkers

Every Wednesday there are Level 3 hikes in Gatineau Park. Departure time is 09:30. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for meeting location.

The Moonlighters

Every Tuesday evening until August 31 there will be a short Level 1-2 hike, usually in the Gatineau Park, always within a 30 minute drive. Meet at Tunney's Pasture 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

Saturday June 5 North Grenville

Level 1 ramble. 12 km. Long day. Departs 08:30.
LEADER: Henry Clarke 258-7220

Saturday June 5 Gould Lake

Level 3 hike. Approx 17 km. Departs 08:30. Gas \$6.
LEADER: David Spector 829-6802

Sunday June 6 Adirondacks - Seymour Mountain

Level 3+. 22km, 2000' climb, on a trailless peak.
Departs west end Ottawa at 07:00. Late return. Call:
LEADER: John Barron 828-2296

Saturday June 12 Greenbelt

Level 1. Greenbelt forest west of Ottawa. 7 to 8 km.
Refreshment stop afterwards. Departs 10:30. Gas \$2.
LEADER: Bill Grant 820-0697

Saturday June 12 Rideau Trail

Level 1. Hike Dwyer Hill Road to Roger Stevens Road.
10 km. Departs 09:00. Gas \$3.
LEADER: Ron Hunt 736-9887

Sunday June 13 Cycling

Level 2 cycle approx 60 km. Destination to be decided.
Departs 09:30.
LEADER: Geoff Berry 831-5468

Sunday June 13 Gatineau Park

Level 3. Hike, part trail, part bushwacking, but only 10 to 12 km. Possible swim. Departs 09:30. Gas \$3.
LEADER: Graham Creedy 789-1657

Wednesday June 16 Jean's Greenbelt Hike #1

The first of four planned short Wednesday evening hikes.
Level 1. Bruce Pit and Trail 29. Planned to end by dusk but bring flashlight, and bug repellent, water, munchies.
Meeting place is south end of Baseline station OC Transpo parking lot. Departs 18:30. Call in advance.
LEADER: Jean Cottam 726-1596

Saturday June 19 Gatineau Park

Level 3 hike, approx 16 km. Departs 09:30. Gas \$3.
LEADER: Don Carpenter 256-2651

Saturday June 19 Cycling

Level 2, approx 80 km, to Pinhey's Point. Departs 09:00.
LEADER: Esther Hault 724-6106

Sunday June 20

Level 2 hike. Departs 09:30. Destination and gas TBD.
LEADER: Margaret Wood 236-8525

Sunday June 20 Cycling

Level 1 cycle to Aylmer for brunch and return. Approx. 40 km. Departs 09:30.
LEADER: Margaret Lafrance 692-1810

Saturday June 26 Purdon Bog

Traditional hike with Central Club FLOWERGIRL Mary Charlton. Level 2. See the spectacular lady slipper orchid display, the carnivorous pitcher plant, and the beautiful but shy wild iris. A dip in Lake Dalhousie afterward. Departs Ottawa 08:30. Gas \$5.
OTTAWA COORDINATOR: John DuVernet 738-8021

Ottawa Club Activities Continued

Sunday June 27 Cycling

Level 1 cycle 10:00 to 13:00 on Ottawa Parkway (closed to vehicles). Bring lunch and drinks. Departs 10:00.
LEADER: Elizabeth Mason 729-6596

Sunday June 27 Gatineau Park

Level 2- hike, on trail, 10-15 km. Possible swim.
Departs 09:30. Gas \$4.
LEADER: Barbara Dorrell 235-0604

Thursday July 1 Gatineau Park

Level 2. Canada Day hike and swim Brown's Lake from Carman Trails Hostel. Departs 08:30. Gas \$4.
LEADER: Ann Bolster 521-6354

Saturday July 3

Level 2 hike and probable swim. Departs 09:30. Gas \$3.
LEADER: Bud Massé 235-4670

Sunday July 4 Cycling

Level 3, Ottawa to Quyon Ferry and return along other side of the river. 100 km. Departs 09:00.
LEADER: Bill Armstrong 737-3567

Wednesday July 7 Jean's Greenbelt Hike #2

Level 1. Trails 28 and 27. Planned to end by dusk but bring flashlight, and bug repellent, water, munchies. Meeting place is south end of Baseline station OC Transpo parking lot. Departs 18:30. Call in advance.
LEADER: Jean Cottam 726-1596

Saturday July 10 Gatineau Park

Level 1, 7 km hike, long swim at Ben Lake. Bring lunch, water and insect repellent! Departs 09:30. Gas \$4.
LEADER: Pearl Peterkin 747-2985

Sunday July 11 Morris Island

Level 1, 6-8 km. Possible wild raspberry picking and swim. Bring lunch, water and bug stuff. Departs 10:00. Gas \$3.
LEADER: Bill Grant 820-0697

Sunday July 11 Lusk Falls & Lake Charette

Level 2+ hike with possible swim. Departs 09:00.
LEADER: Barbara MacVicar 828-2383

Saturday July 17 Gatineau Park

Level 1 hike to Lac Lapeche from the south. 8 km. Swim, children welcome. Departs 09:30. Gas \$4.
LEADER: John Barron 828-2296

Saturday July 17 Gatineau Park

Level 2 hike O'Brien to Macdonald Bay, and swim. Departs 09:00. Gas \$3.
LEADER: Sam Ludmer 721-2855

Saturday July 17 Canoeing - Low, Quebec

Level 1. Participants arrange own canoe and equipment. Meet in Wakefield at 10:00. Unsuitable weather conditions may cause postponement. Call in advance.
LEADERS: Barri and Dennis Scully 565-7710

Sunday July 18 Gatineau Park - Lac Lapeche

Level 2 hike with swim. Departs 09:00. Gas \$4.
LEADER: Ron Maybury 836-2953

Wednesday July 21 Jean's Greenbelt Hike #3

Level 1. Trails 26 and Jack Pine. Planned to end by dusk but bring flashlight, and bug repellent, water, munchies. Meeting place is south end of Baseline station OC Transpo parking lot. Departs 18:30. Call in advance.
LEADER: Jean Cottam 726-1596

Friday July 23 Evening Canal Walk

Level 1. About two hour walk with possible ice cream or coffee stop afterwards. Meet at 18:30 at Dow's Lake corner in front of restaurant. Parking available across street. Possible parking fee.
LEADER: Barb Sigurdson 521-7311

Saturday July 24 Gatineau Park

Level 2+ hike from Pilon Road. Steep climb at start. Long day. Boots essential. Departs 09:00. Gas \$4.
LEADER: Marion Dunning 232-8304

Saturday July 24 Rideau Trail Opinicon/Cataragui

Level 3 hike, 24 km. Long day. Probable supper stop after. Departs 08:30. Gas \$5.
LEADER: David Spector 829-6802

Sunday July 25

Level 1 hike. Explore the Ottawa and Gatineau Rivers, with explanatory chat highlighting environmental and historical sites along the way. A long walk mainly on bicycle paths. Departs 09:30.
LEADER: Andrew Macdonald 235-8569

Monday August 2 Rideau Trail Marlborough Forest

Level 1 hike, approx. 10 km. Departs 09:30. Gas \$3.
LEADER: John DuVernet 738-8021

Saturday August 7 Gatineau Park

Level 2 hike, Lac Philippe to Lac Monette. Departs 09:30. Gas \$4.
LEADER: Gerry Schut 746-4548

Wednesday August 11 Jean's Greenbelt Hike #4

Level 1. Wild Bird Shelter to Richmond Rd. Planned to end by dusk but bring flashlight, and bug repellent, water, munchies. Meeting place is south end of Baseline station OC Transpo parking lot. Departs 18:30. Call in advance.
LEADER: Jean Cottam 726-1596

Ottawa Club Activities Continued

Saturday August 14 Gatineau Park

Level 2 hike to explore the Lusk Caves with possible swim to follow. Bring flashlight, helmet, and shoes FOR WADING IN ADDITION to your hiking boots as well as usual stuff. Parking fee. Departs 09:00. Gas \$4.

LEADER: Millicent Toombs 521-6693

Sunday August 15 Gatineau Park

Level 3. Dense vegetation, swamps, flies, mosquitoes and more! No great distance, but possibly an epic challenge as we hunt down some elusive Gatineau landmarks. Good opportunity to practice your navigation skills. Departs 09:30. Gas \$4.

LEADER: Graham Creedy 789-1657

Saturday August 21 Charleston Lake

Level 3. Hike West Side Trail, 17 km. Long Day. Stop for supper afterward. Departs 08:30. Gas \$5.

LEADER: David Spector 829-6802

Sunday August 22 Gatineau Park

Level 2 hike. Departs 09:30. Gas \$3.

LEADER: Pat Clarkin 729-2737

Saturday August 28 Gatineau Park

Level 2 hike, Brown's Lake area. About 15 km. Departs 09:00. Gas \$4.

LEADER: Marilyn Booth 730-3879

Tuesday August 31 The Moonlighters

Join us for the last hike of the season's Tuesday evening series. Gas \$3. Departs 18:00 SHARP.

LEADER: Laraine Laughland 723-8851

Sunday September 5

Level 2 hike, Mica Mines - Long Lake Road. 12 - 14 km. Departs 09:00. Gas \$5.

LEADER: Margaret Lafrance 692-1810

Saturday September 11 Mushroom Hike

Level 1. Destination to be determined. Date may change in accord with weather and growing conditions. Call leader in advance.

LEADER: Bob Bennett 749-7440

Sunday September 12 Western Ottawa

Level 1 hike, approx. 6 km, exact location to be determined. Departs 10:30. Gas \$2.

LEADER: Bill Grant 820-0697

Sunday September 12 Rideau Trail

Level 2 hike, Narrows Lock to Westport. Possible swim. Departs 09:00. Gas \$5.00.

LEADER: Bill Shannon 722-6407

Saturday September 18 Greenbelt

Level 1 family/joint hike with NCC. Beautiful restored lime kiln, from Wild Bird Care Centre, 6 km. Phone leader for meeting time. Gas \$2.

LEADER: Bill Grant 820-0697

Saturday September 18 Rideau Trail

Level 2. Westport to Bedford Mills. 17 km. Departs 08:00. Gas \$5.

LEADER: Ron Hunt 736-9887

Sunday September 19 Gatineau Park

Level 2 hike Departs 09:30. Gas \$3.

LEADER: Bev Armstrong 738-0310

INDEPENDENT ACTIVITIES

The Rideau Trail Association accepts no responsibility for the following notices, provided for the information of RTA members, or for the activities to which they relate.

Ottawa Orienteering Club

SUMMER SOLSTICE Evening Series June 1 through July 1. A great introduction to map and compass.

Web: www.magma.ca/~ottawaoc

CONTACT: Richard Guttormson 226-3947

Ottawa Rambling Club

October 9-11 Thanksgiving Adirondaks Hiking Trip.

RTA members are invited to join the Ottawa Rambling Club in a hiking trip to the Lake Placid region, New York State. Reservation deadline September 6.

October 29-31 (Halloween) Madawaska Valley Hiking Trip. RTA members are invited to join the Ottawa Rambling Club in a hiking trip to Madawaska Valley/ Renfrew County. Package cost (accommodation, meals, taxes & gratuity) \$153.00. Reservation deadline Oct. 17.

E-mail: orc@visualcities.com

Web: www.visualcities.com/ottawa_rambling_club

CONTACT: Gregory Stack 741-5378

Fire Starter

One of the "Ten Essentials" (see page 11) for carrying on every outing, this is one of various types:

Fill a small paper cup (ketchup container from Harvey's) with lint from the clothes dryer, add a short piece of wool or string for a wick, and fill and coat with melted candle wax. The result is effective, waterproof, and lightweight.

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 May include one or more of rough terrain, long climbs and descents, rock scrambling, 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.

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.

VEHICLE BREAK-INS IN GATINEAU PARK

If you have a break-in or any other problem in the Gatineau Park requiring the police, you must contact the police in Wakefield, phone (819) 459-9911. They will send an officer to meet you. It may take some time for an officer to arrive, depending on what else is happening at the time. They will complete a police report and may powder for fingerprints. It is important that you call from the nearest phone you can find and that you do not go home until the police report has been completed. The police cannot go outside of their jurisdiction to Ottawa, Nepean, Hull, etc., to observe damage to your vehicle.

The Wakefield police cover 99% of the park including Mountain Road, Lusk and the Masham-Eardley area. Their jurisdiction ends in Quyon to the West. The Hull police protect the Lac des Fees area. The Pink Lake area is protected by the Aylmer police and the RCMP who are often visible as they cover the Prime Minister's summer home at Harrington Lake. The Wakefield police may

Continued on Page 15

RIDEAU TRAIL ASSOCIATION CENTRAL CLUB ACTIVITIES

The meeting place for Central Club activities is Conlon Farm in Perth, unless otherwise indicated. To reach this recreational area, take the main street (Gore Street) south-east through Perth to County Road 10, turn right (south-west) towards Westport, then take the third road to the right (Conlon Drive) to the Conlon Farm parking area. If in doubt, call the hot line at 264-8338.

Saturday June 26 Purdon Bog Conservation Area

This is a joint outing with the Ottawa Club and will encompass a visit to view the many thousands of Lady Slipper Orchids as well as a hike and a dip in Dalhousie Lake. Meet at Conlon Farm at 09:30 or Sylvania Lodge at 10:00.

FLOWERGIRL: Mary Charlton 267-6802

Saturday July 24 Canoe Otty and Black Lakes

Explore scenic Otty Lake, lots of interesting islands and bays, then to Black Lake for swimming and pot luck supper. Meet at Conlon Farm at 09:30.

PIRATE KING: John Miller 264-8824

Friday to Sunday August 13 to 15 Crotch Lake

Canoe, camp, and hikes. This year we will explore the south end of this very scenic lake, three nights, one campsite, no portages. For those who can not make it Friday morning, there will be someone to guide them in Friday evening or Saturday morning. Group catering, some money required. Call for more details.

VOYAGEUR: Don Sherwin 264-0759

Sunday August 29 Hike Robertson Lake

A fairly easy hike through very pretty country, 12 km, level 1. Meet at Conlon Farm at 09:30.

GUIDE: John Miller 264-8824

Saturday September 17 Hike the Carp Ridge

Explore this very scenic area, exposed rock, beaver ponds, woods, wetlands. 12 km, level 2. Meet at Conlon Farm at 09:30.

TRAILBLAZER: Dave Miller 826-2336

Sunday September 26 Hike the Salmon Lake Loop

20 km, level 2. A full day's hike and a longish drive to Frontenac Park. Meet at Conlon Farm at 09:00.

PACESETTER: Gernot Eberle 264-0437

Kingston Club Proposed Trip Day Hiking in Vermont October 18-22, 1999

Depending on the level of interest shown, the Kingston Club is considering a trip to the Stowe area of Vermont with lodging in the Mount Mansfield Hostel at the Vermont State Ski Dorm. Prices are quite reasonable at \$15 U.S., per person/night for lodging with breakfasts costing \$5 and dinners \$7. (Prices are before 9% tax and volume discounts.) At these prices, one cannot expect luxurious accommodations, however, the hiking is extraordinary and well worth it.

Sleeping is in bunk rooms (separate as to sex) holding up to 25 people each. There are shower facilities and a wood burning fireplace in the common room. Hiking ranges from the challenging Long Trail and the Mount Mansfield Side Trails, to the gentle but scenic 5 mile Stowe Recreation Path.

As we need a minimum of 10 people to make advance reservations, please contact Watson Ogilvie at 530-2378 for more information or to reserve. Time is of the essence as groups book well in advance, so please make your reservations as soon as possible.

Stowe is about a 5 to 6 hour drive from Kingston, so plan on 3 hiking days and 2 days driving. Gas TBA.

Kingston Club Ski Weekend

Anticipate! After our very successful ski weekend last February at L'Esterel in the Laurentians, you'll be interested to hear that we are booked for next winter at the same place with the same low rates! So circle your calendar for next February 4 - 6. Full details and an application form will be in the Fall Newsletter.

The "Ten Essentials"

1	Map	6	Knife
2	Compass	7	Flashlight
3	Matches	8	First aid kit
4	Fire starter	9	Extra food and water
5	Sunglasses	10	Extra clothing

The list (in no particular order) is intentionally short; not mentioned are details like a waterproof container and a spare bulb and batteries. It's not material things you have that count, it's the skills you have to know how to use the above. Real skills, not ones you only think you know. Having the skill means knowing the details.

HIGHLIGHTS OF RTA BOARD MEETING APRIL 17, 1999

This meeting focussed on staff work of the Association. Detailed review and updating of By-Laws, AGM guidelines, and liability insurance are in progress. Also under consideration are Leader Guidelines for Weekend Trips and possible exemption from PST for the newsletter.

Membership

At this time membership renewals are running under 50%. The Association depends on membership fees to continue operating, so if you haven't renewed yet, take a few minutes right now to get your cheque off to Paul Smith at the RTA address (see back page).

Cataraqi Trails Alliance/K&P Trail Group

Cataraqi Trails Alliance (CTA) staff coordinated an information evening at Kingston City Hall on April 15, at which the CTA and associated trail groups (Cataraqi Trail, K&P and Waterfront Trail Groups) were featured.

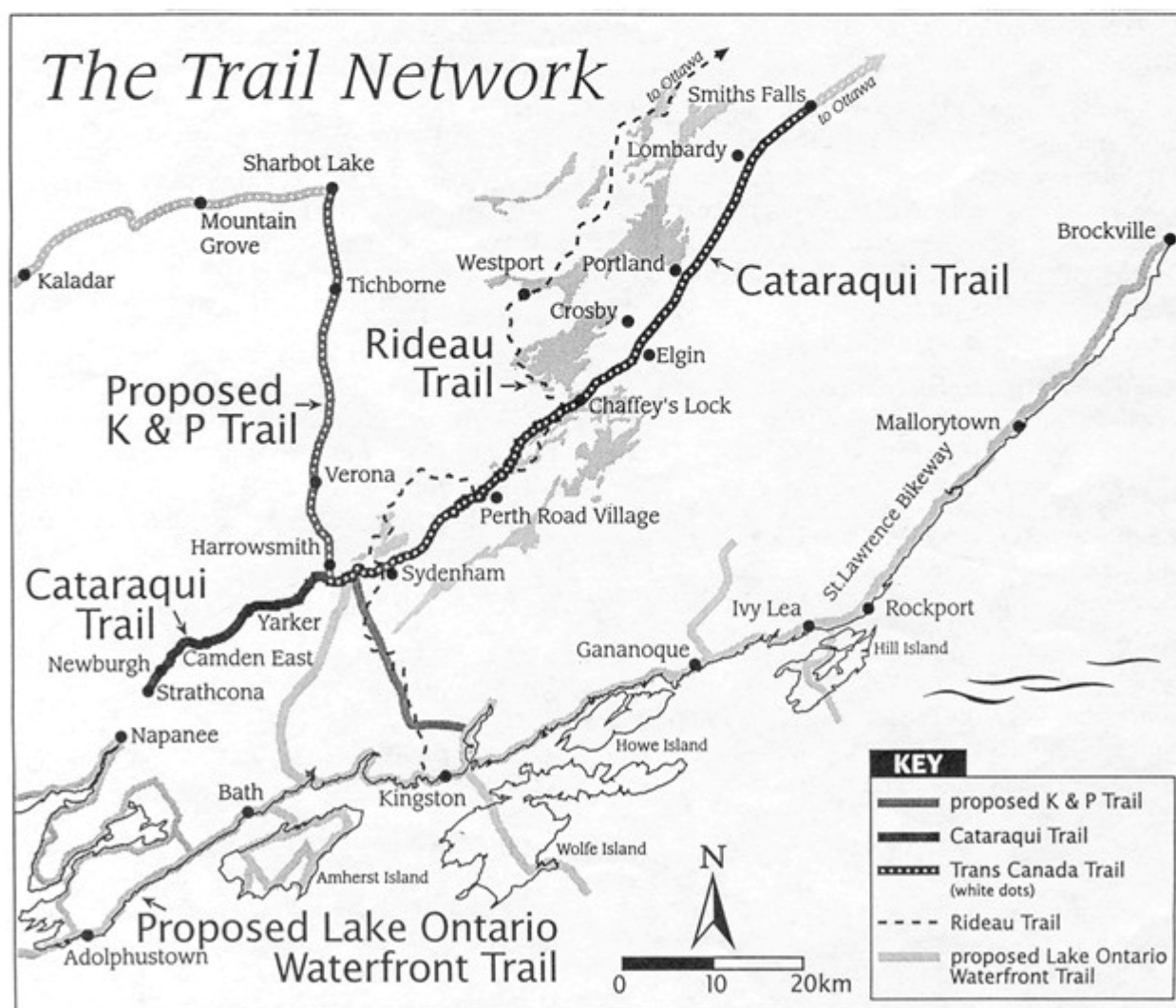
The theme was "The Economic Spin-offs Of Trails". Key speakers David Crombie (Waterfront Regeneration Trust) and Tim Buck (Ontario Trails Council) presented interesting and persuasive details of economic benefits of well developed trails. Hopefully the timing of this event will provide impetus to the ongoing efforts to acquire the K&P right of way, the "missing link" in the Trans Canada Trail regionally and a vital corridor to assure the future of the Rideau Trail in the south, which at present is largely dependent on the goodwill of private landowners.

The Board authorised Allan Tattersall to represent RTA interests in negotiating a fair share of financial support from the RTA as start-up or seed money for the K&P Trail Group to assure an executive role in the CTA.

Millenium Projects

Plans are developing for RTA Clubs to participate in local community Millenium celebrations along the Trail.

Allan Tattersall



Ottawa Club Wednesday Walker Annual Report - April 15 1998 to April 14 1999

This is the 15th year for the Wednesday Walkers, under the enlightened leadership of Dorothy Belter. This year was not the lowest point but a significant one. On Thursday February 18, more Wednesday Walkers attended the symphony at the National Arts Centre than came skiing on Wednesday February 17!

During the year, we had 16 skis and 35 walks, using 25 trailheads. Largest turnout was 36, minimum 2 (Feb. 17), and average 20. As usual, the Wednesday Walkers split into 2 groups, one being level 3 as advertised in the Newsletter, and one best described by their winter practices: "track set trails, inside lunch, and let's talk". The level 3 group's longest outing was 21 km, the shortest just over 5 km, and the average 11 km. Time spent on trail: longest just over 6 hours, shortest just over 3 hours and an average of 5 hours.

Members who walk the Rideau Trail have an end to end hike to aspire to. We thought of equivalents for Gatineau Park - circumnavigating or simply walking everywhere in the park. Anyway, during the last year the Wednesday Walkers have covered most of the park except for the North West corner - Wolf Lake area, and the South East - Hull, and a section in the middle where, in previous years, the RCMP have asked us to identify ourselves.

We also have walks/skis on Mondays and Fridays. The level 3 group were involved completely during the past hiking season with "tidying up" the park.

There were two significant injuries. One occurred on a "tidying" day. We had a very pleasant, even interesting hike to within about 100 m of the work site when one worker slipped, twisting a knee. She was able to hobble out and was off for about 4 weeks. The other injury was to a new member of the Wednesday Walkers, one of 9 "probationary walkers", and a very proficient skier. He skied with the level 2 group 2 or 3 times, then came with the level 3 group. Near the end of the day, he encountered a tree, resulting in, as we found out later, a cracked bone in the upper arm. He appeared at the meeting place the following Wednesday, arm in a sling, to thank the people who had helped out! A class act.

On behalf of all the Wednesday Walkers, thanks Dorothy for everything you did to us in the past year.

I thought it important to let others know something about the Wednesday Walkers so that when you move up ...

Art Campbell

Ottawa Club Annual Meeting

The Annual General Meeting of the Ottawa Club was held on the evening of Friday, April 17 and was well attended by Ottawa members. Tea and coffee were followed by the business meeting with reports from the Club executive. This year's membership renewal campaign, initiated by the Ottawa Club, resulted in over 100 renewals from lapsed members and the first year in the past five that the RTA's membership has increased. Details of the Ottawa section reroutes were discussed including plans for a seasonal crossing of the Jock River near Richmond. Members who volunteered their time and efforts to the Club and the Association were thanked for their support and hard work. The business meeting ended with the election of the new Club executive listed below.

Following refreshments, Club member Richard Davis spoke entertainingly of his experience as a university student involved in clearing and marking the Rideau Trail in 1971 when employed through the Opportunities for Youth Grant. Caroline Cheng followed with a presentation of her stunning slides from a recent trip to Mexico including a visit to the Monarch butterfly sanctuary.

Chair	Lisa Buchner	729-4487
Vice Chair	Beryl Arnold	722-2815
Secretary	Barbara MacVicar	828-2383
Treasurer	Margaret Wood	236-8525
Trail Coordinator	Peter Andrews	728-3016
Activities Coordinator (Sr.)	Ruth Hutchinson	749-0990
Publicity Operations Coordinator	Ken Buckingham	234-5543
Publicity Media Coordinator	Wendy Quinlan-Gagnon	741-9119
Human Resources	Bill Grant	820-0697
Newsletter Editor	John Haley	225-0590

Non-executive positions:

Trail Maintenance	Bill Shannon	722-6407
Landowner Negotiations	Fred Grodde	
Major Projects	Leon Sokolowski	
Activities Coordinators	Barbara Dorrell (spring)	235-0604
	Peter Scott (fall)	729-9557

Lisa Buchner

Lyme Disease

The following information is derived from a recently received press package on Lyme disease:

People who participate in activities like hiking, cycling, camping, hunting or fishing, and people who travel to the United States, are at higher risk of contracting Lyme disease, which is a growing concern in Canada.

Lyme disease is a bacterial infection caused by *Borrelia burgdorferi*, which is carried by ticks that transmit the infection from animals to humans. Lyme disease is the most common tick-borne disease in the US, with over 99,000 cases reported from 1982 through 1996; a 32-fold increase in annual incidence was seen over the same period. People at highest risk include those living in, working in or travelling to endemic areas including the US Northeast, upper Midwest and Pacific coastal areas.

Lyme disease is considered endemic in parts of B.C. and in southwestern Ontario - near Long Point and Point Pelee. The ticks that are known to transmit Lyme disease have also been found in over 250 locations across Canada, including Quebec, northern Ontario, parts of the prairies and the Atlantic regions. Half of the reported Canadian cases of Lyme disease were a result of participating in camping, hiking, hunting or other similar recreational activities in Lyme endemic areas of the US.

Cases of Lyme disease have been reported throughout the year. People are generally at highest risk during the late spring and summer months when the nymphal tick is most likely to feed. Risk continues when the adult tick feeds during the fall, winter and early spring months.

Within days or a month after being bitten by an infected tick, approximately 60 to 80% of those infected develop a characteristic skin rash known as erythema migrans (EM), which can vary in size and location. EM is often accompanied by flu-like symptoms including headache, fever, fatigue, joint aches, muscle aches and a stiff neck. When diagnosed early, Lyme disease can usually be successfully treated with antibiotics without any long-lasting complications. However, diagnosis can be difficult because symptoms may imitate other illnesses.

If left untreated, Lyme bacteria can spread to other parts of the body months to years following a tick bite and progress to late-stage Lyme disease. The bacteria can affect the joints, tendons, heart or nervous system, potentially resulting in arthritis, heart abnormalities such as heart block and myocarditis, and Bell's palsy.

In a clinical trial, about 20% of people infected with the *Borrelia burgdorferi* organism did not exhibit symptoms.

The Health Protection Branch of Health Canada recently approved the world's first vaccine for the prevention of Lyme disease: LYMERix™, manufactured by SmithKline Beecham Biologicals, which has been proven effective in the prevention of both definite Lyme disease and asymptomatic infection (laboratory confirmation of infection, with or without symptoms).

"The availability of this vaccine is an important milestone in healthcare. Having this vaccine available will reduce the threat of Lyme disease for Canadians who spend time outdoors or who plan to travel to endemic areas", said Dr. Roger White, SmithKline Beecham Medical Director.

LYMERix™ was evaluated in a clinical trial that enrolled 10,936 individuals ranging from 15 to 70 years of age at 31 US sites in endemic areas. Results from the multi-center, double-blind, placebo-controlled clinical trial demonstrated an overall vaccine efficacy rate of 82% against Lyme disease and with a 100% efficacy rate against asymptomatic infection, after three doses (after two doses, vaccine efficacy rates were 60 and 83%, respectively). Study participants received three doses of LYMERix™ or placebo on a 0, 1 and 12 month schedule. Compliance in the study was high with 92% of participants completing the 20-month study.

LYMERix™ is a genetically engineered vaccine that contains lipoprotein OspA, an outer surface protein of the causative Lyme disease bacterium, *Borrelia burgdorferi*. It is hypothesized that when infected ticks bite humans who have been vaccinated with LYMERix™, the vaccine-induced antibodies are taken up by the tick and interact with the *Borrelia burgdorferi* in its midgut, thereby preventing transmission of the organism to the host.

LYMERix™ may be associated with side effects, including injection site reactions, flu-like symptoms and rash.

People should continue to take other preventative measures because ticks that carry Lyme disease can transmit other tick borne illnesses as well. Preventative measures include avoiding tick-infested areas, wearing protective clothing outdoors, tucking in pants and shirts, and checking for ticks after coming in from the outdoors. It is also important to use insect repellents containing DEET on exposed areas for additional protection.

Treatment is most effective with early detection and immediate therapy. If detected early, Lyme infection can usually be successfully treated with an oral antibiotic.

LYMERix is a trademark of SmithKline Beecham. For more information contact their vaccine hotline at 1-800-268-4372 or their website at www.lymevaccine.com.

Vehicle Break-Ins In Gatineau Park cont'd from p. 10

provide assistance in any of these areas. The police office in Chelsea is an administration office only.

An emergency phone number is posted on a board at the exit from the Visitor Center in Chelsea. We missed it. There was no indication on the door of the Visitor Centre as to what one should do. We have asked the police to post their number on the Visitor Center door. Someone called the Hull police for us on his cell phone and stated that we were in the Gatineau Park and what was the address of the station in Hull. The person answering should have said "call the police in Wakefield" but instead gave us a Hull address. We drove there only to find that we needed to report to the police in Wakefield. The police will not take a report by phone.

My passenger door lock was damaged to gain entrance while parked at P11 (O'Brien). There was absolutely nothing of value in the car, and the glove compartment was emptied and left open before we went skiing. I left nothing to encourage a break-in. When we arrived back at the car, it was not obvious that there had been a break-in, but I noticed immediately that the glove compartment was now closed, the gas tank cover was released in an attempt to find the trunk release, and the passenger side door button was stiff to open. The car was locked.

There was little in my trunk worth taking on the day my vehicle was entered, but one of my passengers lost a new expensive pair of hiking boots with costly custom-made orthotics of no value to anyone else. Another pair of boots left in the trunk was untouched.

We were informed that if a wallet is found containing both cash and a credit card, thieves will often leave the money and take the credit card. The vehicle will be left as close to normal as possible. It may be several hours or even days before the owner discovers that the credit card is missing, during which time the thieves can accumulate heavy expenses on the credit card. Sometimes, spare tires have also been removed during a vehicle break-in.

Reports indicate that entry is often via the passenger side door by using a tool to release the lock, drilling the lock, or breaking the window. Frequently, the culprit tries to leave no evidence of entry. Break-ins tend to be the work of organized adults. The police are doing surveillance by placing plain-clothed officers in the parking areas. And they are catching thieves.

When they catch people, the police spend 4 hours completing the paperwork to take an apprehended person to court. They must make a court appearance with the

accused. The police incur a cost of \$2,000. The fine, if caught if the paperwork has been properly completed, and if found guilty, is \$50. This is a Canadian law. We are appalled with this minor penalty and plan to inform our MP by letter that this is not good enough.

We were told to leave nothing of value in the trunk of a vehicle; only your oldest, rattiest clothing or equipment.

After a call to the N.C.C, I spoke with Louie L'allier who is responsible for the Visitor Center in Chelsea. We discussed signage in the park. He agreed that the emergency phone number could be posted on the Visitor Center door. Signs at the parking lots state "Hide your valuables" with a diagram of an open trunk and a dollar sign. Louie agreed that this notice is misleading as it suggests that the trunk is a safe place to leave money. I suggested that the emergency phone number be placed in a more prominent location. It would add emphasis to add the police phone number to the same post that holds the "Hide your valuables" sign (hopefully to be changed to "do not leave valuables in your vehicle"). The sign post I observed is quite visible on entering P11 (O'Brien). Other parking lots likely have similar signs. I believe that he will follow through with some of these suggestions. He made the point that once cyclists are on the road they, as well as vehicle drivers, can access cars in the parking lots. They then blend with the many other park users and are difficult to track.

If you report to the police they will have a more accurate record of the frequency and locations of break-ins. Based on the number of reports they receive, they are alerted to watch the areas most frequently hit. If you fail to report, the police simply don't have the information they need to indicate problem areas.

As police sometimes recover items that have been stolen, the report helps them to match these items with their owners. They believe that cars may be watched as they park and that thieves are aware of what is being left in the trunk. If you are going to leave items in your trunk, put them there prior to parking in the Gatineau Park.

In the Province of Quebec, if your parked car is found unlocked, you are subject to a \$30 fine plus \$42 in admin/court fees. In Ontario, there is no such penalty. If you see vehicles idling in the corner of a parking lot or people just sitting in a vehicle, BE SUSPICIOUS.

The best place to hide valuables is at home. The bottom line is: **DON'T LEAVE ANYTHING OF VALUE IN YOUR VEHICLE.**

Laraine Laughland



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



Printed on recycled paper

HAVE YOU RENEWED YOUR MEMBERSHIP?
IF NOT, PLEASE RENEW NOW, BEFORE YOU FORGET.
IF IN DOUBT, CALL THE MEMBERSHIP DIRECTOR (SEE PAGE 2).

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: _____