



The Rideau Trail NEWSLETTER

SUMMER 2003

ISSUE NO. 128



HIGHLIGHTS OF THE RTA BOARD OF DIRECTORS MEETING APRIL 12, 2003

Guidebook Editor Ernie Trischuk attended the meeting and provided an overview of the new technology available for printing maps. There have been four trail changes since the production of the sixth edition of the Rideau Trail Guidebook. Under consideration was the possibility of using upgrade packages to make corrections to the current maps. Several negative aspects to this measure were expressed. These mainly involved the substantial cost and effort in making and distributing the new maps. Trail route changes would have to be of a very significant nature before a new map could be considered. A total of 900 of the 2000 copies of the sixth edition have been sold. It is unlikely that a seventh edition will be contemplated for some time.

Hike Leadership Training sessions were held in Perth and Kingston on March 29 and April 5. A total of 42 hike leaders were trained with a 90% positive response to the courses. It was proposed that each Rideau Trail Club have some members trained as instructors so that the Standard Hike Leader Course could be presented according to their own needs. It was also agreed that the RTA "Guide for Leaders" be reviewed and updated.

A change to the sign-up-sheet is to be introduced. The wording on the reverse of the sheet is to be condensed to make room for an "incident form" section.

Our Commercial and General Liability Insurance is about to expire. Our coverage is through Hike Ontario who provide the service for several affiliated clubs. We are investigating other companies who are offering insurance at substantially lower rates.

The Ottawa Club is moving forward with their decision to take advantage of the Legacy Landmarks Sign program sponsored by Hike Ontario and the Ministry of Natural Resources. About 6 locations are under consideration. The Kingston Club is continuing to study the matter.

Appreciation was expressed concerning the work of Tom Bach in maintaining the RTA website. It was decided that the E letter that is sent out to participating members should also be included on the website. It was thought that this would generate greater interest in the clubs and attract new members. There is also to be a new web address.

The City of Kingston has given top priority to their decision to purchase the K&P Trail north as far as the Kingston boundary at Orser Rd.

RIDEAU TRAIL ASSOCIATION 32nd ANNUAL GENERAL MEETING

**Saturday October 4, 2003
Lombard Glen Golf Club, Smiths Falls**

Agenda:

- 09:30 Coffee
- 10:00 Business Meeting
- 12:00 Lunch
- 13:00 Hikes
- 17:30 Buffet Dinner

Dinner is by reservation only and will cost \$16.00.
Reservations are required by September 24, 2003.
Full details will be in the Fall Newsletter.

Ottawa Contact: Don Grant 828-1026

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:

Ms. Shawn Hutchinson
13 Westcliffe Road
Nepean, Ontario K2H 7X3

Include your name and address and something about your hiking of 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.

Shawn Hutchinson

A new badge is to be produced to recognize those hardy individuals who brave the wild winter weather and walk and snowshoe the length of the Rideau Trail in January and February. The shape will be the same as the regular badge but will include two blue snowflakes on a white background.

Peter Hawkins

OTTAWA CLUB ANNUAL MEETING

The Ottawa Club Annual General Meeting was held on Friday evening, April 25 at Dominion-Chalmers United Church. Forty-five Ottawa Club members and guests attended the business meeting and presentation.

The Club Executive reported on the activities and achievements of the past year, including the introduction of the bi-weekly E-letter to improve communication among members, the quarterly planning sessions and dinners for existing and potential activity leaders, and another successful series of snowshoe outings, organized jointly with the Ottawa Rambling Club. Turnout for activities was very good, especially for the Tuesday Moonlighters and Wednesday Walkers.

Members who volunteered their time and efforts to the Club and the RTA were thanked for their dedication and hard work. However, the need for new volunteers to come forward as hike and activity leaders was stressed.

The Club Executive listed below was acclaimed:

Chair	Don Grant	828-1026
Vice Chair	Bill Mayers	833-0664
Past Chair	Grant Malinsky	730-2772
Secretary	Jocelyne Amourette	
Treasurer	Coby Fuykschot	722-6022
Trail Coordinator	Graham Creedy	789-1657
Activities Coordinator (exec)	Vacant	
Publicity Coordinator	Nigel Brereton	
Media Relations Coord.	Marilyn Levitan	828-2281
Human Resources	Bill Grant	820-0697
Newsletter Editor	Linda Rea	692-0958

The position of Activities Coordinator is vacant. Although the planning sessions and seasonal coordinators have served the Club well in organizing activities, it would be useful to fill this position to provide direction and continuity in the activities program. Anyone interested is requested to contact Bill Grant or Don Grant.

Attendees strongly endorsed the Board proposal, approved narrowly at last year's Association AGM, to replace the current individual/family membership by a "single membership" at the current annual fee and a "household membership" at a slightly higher fee.

Following refreshments, Eve Ticknor introduced the attendees to "Falcon Watch", a program staffed by dedicated volunteers which each spring monitors the activities of a pair of peregrine falcons and their nestlings on a ledge of the Crowne Plaza Hotel in downtown Ottawa. Her fascinating talk was accompanied by many

KINGSTON CLUB ANNUAL MEETING

Kingston Club held its 32nd Annual General Meeting on Saturday, May 3, 2003 at the Visitors Centre of the Little Cataraqui Conservation Area. It was attended by about 60 members.

After minutes were read and approved each of the executives presented a report, which collectively demonstrated an active past year and a generally healthy club. Noteworthy events were the Maintainers' Party, Pot Luck Supper and Hike Leaders' training course.

Cam Hodges presented a slate of officers for the coming year, who were then elected into office. They are:

Chair:	Tony Parfitt
Vice Chair:	Nicole Florent
Past Chair:	Cam Hodges
Secretary:	Ruth Turchinsky
Treasurer:	Arne Henriksen
Newsletter Editor:	Bob Gordon
Publicity:	Audrey Kilpatrick
Construction:	Tony Parfitt
Maintenance:	Robin Turkington
Outings Program:	Don Bond
Routes & Negotiations:	Betty McIver
Special Events:	Linda Line
Human Resources:	Joan Bailey

The Chair expressed particular appreciation for the excellent work done by Cherry Robinson, the outgoing Secretary for the past two years.

Special reports were given by Watson Ogilvie on the Vermont hike, by Bob Chadwick on the B & B weekend hike, and by Lars Thompson on the Ski weekend.

A presentation was made by a visiting speaker, Karla Maki-Esdon, who is responsible for Public Relations of the Cataraqui Region Conservation Authority. She gave a most interesting talk on the responsibilities of the CRCA, and generously answered many questions put by a keenly interested audience.

After lunch members took advantage of the perfect weather to hike in the Conservation Area, hikes being led by Bill Murdoch and Cam Hodges.

Tony Parfitt

photographs of the birds and several video clips prepared for the evening news by local television stations.

Thanks to all attendees and to Eve for her wonderful presentation.

Grant Malinsky

RIDEAU TRAIL ASSOCIATION – KINGSTON CLUB ACTIVITIES

The meeting place for all activities, unless stated otherwise, is in the NE corner of the Kingston Centre north parking lot near the Canada Trust Building, 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. Contact Donald Cutts at 542-5414 for details or location of Wednesday walks. For timely tips on these hikes (route changes, leader changes, additional information) RTA members can subscribe to the e-letter...sent every second Tuesday.

Bring lunch, water, and sunscreen. 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. The contribution towards gas is indicated for each hike. Car entry fees for Provincial Parks and Conservation areas are to be shared.

Members willing to be leaders, or who wish to suggest new locations for upcoming seasons, should contact Donald Bond at 1161 Front Road, Kingston, K7M 4M2, telephone 634-9353. Leaders can obtain blank sign-up sheets from Joan Bailey at 709 Davis Drive, Kingston, K7M 7X5, telephone 389-1935, and should return completed sheets to her.

See Pages 10 and 11 of this Newsletter for Activity Levels and Participants' Responsibilities.

Sunday June 22 Cape Vincent, N.Y.

Cycle to Cape Vincent via Wolfe Island and return. Bring proof of Canadian citizenship for U.S.A. Customs, and medical insurance coverage. Have your lunch at Cape Vincent. Level 1. Distance 25 km. approx. Meet at the Wolfe Island ferry dock in time for the 9:30 ferry. U.S. ferry fee \$2.
LEADER: Mike Amodeo 634-1847

Sunday June 29 Purdon Bog, Perth Area

Enjoy the lady slipper orchids in and around Purdon Bog. Hike other trails in the area, north of Perth. Level 1. Distance 10 km+. Depart 08:30. Gas \$7.
LEADER: John Miller 264-8826
KINGSTON CONTACT: Cam Hodges 545-1925

July 1

Deadline to reserve for B & B trip. See outing of September 16 to 18.

Sunday July 6 Rideau Trail

Hike in the Opinicon area, possible swim. Level 3. Distance 20 km. Depart 09:00. Gas \$4.
LEADER: Bill Murdoch 389-3023

Wednesday July 9 Gananoque

Hike in the Landons Bay Campground area of Gananoque. Level 1. Distance 10 km. Depart 10:00. Gas \$3.
LEADER: Peter Murray 382-3498 (Cottage number, let it ring.)

Sunday July 13 Sheffield Cons. Area, Bon Echo

Hike in the Sheffield Conservation Area and then in Bon Echo Park. Level 2. Distance 12 km. Depart 09:00. Gas \$7 + park fees.
LEADER: Watson Ogilvie 530-2378

Saturday July 19 Frontenac Park

Hike trails in Frontenac Park with possible swim. Level 2. Distance 15 km. Depart 09:00. Gas \$4 + park fees.
LEADER: Audrey Sanger 384-6244

Saturday July 26 Rideau Trail

Hike the Rideau Trail from the Narrows to Black Ance Road. Level 2. Distance 15 km. Depart 09:00. Gas \$6.
LEADER: John Cornish 382-4778

Saturday August 2 Frontenac Park

Hike the Arkon Trail in Frontenac Park. Level 3. Distance 14 km. Depart 09:00. Gas \$4.
LEADER: Cam Hodges 545-1925

Saturday August 9 Rideau Trail

Hike the Rideau Trail from the Narrows to the Lions Club Beach in Westport. Level 3. Distance 18 km. Depart 09:00. Gas \$6.
LEADER: Bill Murdoch 389-3023

Sunday August 10 Parrotts Bay Area

Hike in the Parrotts Bay area. Level 2. Distance 10 km. Depart 09:30. Gas \$2.
LEADER: Peggy Harding 546-7202

Wednesday August 13 Canoe on Gould Lake

Canoes may be rented at the barn and must be reserved by August 11. Rain date will be August 14. Level 2. Depart 09:00. Gas \$3 + park fees.
LEADER: Peck Peckover 544-9190

Saturday August 16 Frontenac Park

Hike the Little Salmon trail in Frontenac Park. Level 2. Distance 15 km. Depart 09:00. Gas \$4.
LEADER: John Cornish 382-4778

Saturday August 23 Gould Lake

Hike from barn to Spur Point for swim and lunch at Gould Lake. Level 2. Distance 5 km+. Depart 10:00. Gas \$3 + park fees.

LEADER: Peck Peckover 544-9190

Sunday August 31 Rideau Trail

Hike the Rideau Trail from Maple Leaf Road up to Lindsay Lake, and out to the Opinicon Road via the Queens access. If inclement weather, too hot or rainy, hike will be shortened to 13 km, to exit at the cemetery. Level 2. Distance 16 km. Depart 09:00. Gas \$4. LEADER: Peter Murray 382 3498 (Cottage number, let it ring.)

Sunday September 7 Frontenac Challenge

Hike Little Salmon, Little Clear, and Hemlock trails. Level 3. Distance 30 km. Depart 8:30am. Gas \$4 + park fees.

LEADER: Bill Murdoch. 389-3023

Wednesday September 10 Charleston Lake

Hike the trails at Charleston Lake. Level 2. Distance 8 km. Depart 10:00. Gas \$5 + park fees.

LEADER: Ellen Shepherd 541-1185

Saturday September 13 Cycle

Bike on Wolfe Island with possible visit to Cape Vincent USA depending on circumstances. Level 2. Distance approx. 20 km. Depart to meet at Wolfe Island Ferry dock for 09:30 sailing. U.S. Ferry \$2.

LEADER: Bernie Gates 389-1835

Sunday September 14 Frontenac Challenge

Hike Big Salmon trail. Level 3. Distance 19 km. Depart 09:00. Gas \$4 + park fees.

LEADER: Dave Armitage 634-4426

September 15 to 19 Hiking trip to Vermont

See box at right for details. Call Watson for further information.

LEADER: Watson Ogilvie 530-2378

September 16 to 18 B&B Trip

Bed and Breakfast in Merrickville and hiking in the area. Call Bob for information. Book early as space is limited. \$80 deposit per room required by July 1. Gas \$9.

LEADER: Bob Chadwick 352-1052

Saturday September 20 Frontenac Park

Hike the Bufflehead trail in Frontenac Park. Level 2. Distance 8 km. Depart 09:00. Gas \$4 + park fees.

LEADER: Lynn Nolan 389-8747

Sunday September 21 Frontenac Challenge

Hike the Tetsmine and Gibson trails of Frontenac Park.

Level 3. 23 km. Depart 08:30. Gas \$4 + park fees.

LEADER: Bill Murdoch 389-3023

Saturday September 27 Frontenac Challenge

Hike the Cedar trail of Frontenac Park. Level 3.

Distance 15 km. Depart 09:00. Gas \$4 + park fees.

LEADER: Cam Hodges 545-1925

**Kingston Club - Annual Trip to Vermont
Green Mountain and Long Trail Hiking**

September 15-19, 2003

The package price this year will again be \$144 US, less a possible discount. This covers 4 nights accommodation at the Red Fox Alpine Lodge, Jeffersonville, Vermont, 4 breakfasts, 4 dinners and an ice cream feast. While we will likely arrange 2 hikes daily, one for the leisure crowd and a more challenging one for the keeners, all participants should be fit, experienced hikers. Due to heightened security at the border a passport is strongly recommended. For further information please call Watson Ogilvie at 613-530-2378. Come hike with us.

FOUND! GOLD BRACELET (chain type)

After the Trail maintainers'/Hike leaders' Reception. To claim contact Barbara Pusch, 544-0933.

**KINGSTON CLUB NEW MEMBERS' EVENT
"GETTING TO KNOW YOU"**

Date: September 6, 2003

Time: 9 a.m. - Hike

11 a.m. - Short program about the Club, followed by Bar-B-Q

RSVP by September 2, 2003 to:

Cam Hodges 545-1925 or

Linda Line 531-4353

Kingston Club Mid-Week B&B Trip

to Merrickville - all RTA Members welcome. Tuesday - Thursday, 16 - 18 September. Estimated B&B cost per night \$60 single room, \$80 double or twin room. To ensure your space, please send \$60 or \$80 downpayment cheque payable to Bob Chadwick at the RTA, P.O. Box 15, Kingston ON K7L 4V6. For more information, please call Bob at 352-1052.

RIDEAU TRAIL ASSOCIATION - OTTAWA CLUB ACTIVITIES

The meeting place for all Ottawa Club activities, except as stated below, is the parking lot of the R.H. Coats Building (Statistics Canada) on the west side of Parkdale Avenue just north of its intersection with Scott Street in Ottawa. OC Transpo riders use the stop for Tunney's Pasture. The times given below are departure times.

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 drivers and passengers. Participants should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing. See Pages 10 and 11 for Activity Levels and Participants' Responsibilities.

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 **860-2225**.

Leaders, please send sign up sheets to John Haley, 55 Maple View Crescent, Nepean, Ontario K2G 5J7.

The Moonlighters

Every Tuesday evening until August 26 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 usually last until sunset. Bring water, snack, bug repellent, and flashlight. COORDINATOR: Laraine Laughland 723-8851

June 10	Mont Bleu to Pink Lake Lena Creedy	789-1657
June 17	Blanchet to the Pulpit John Crysdale	728-9192
June 24	McCloskey to Western Marion Dunning	232-8304
July 1	Canada Day - West along the Parkway Jim Mabbutt	521-6313
July 8	Keogan to Fortune Valley Grant Malinsky	730-2772
July 15	Pink Lake to Mackenzie King Estate Marion Dunning	232-8304
July 22	Visitor Centre to Penguin Picnic Grounds Bud Massé	235-4670
July 29	O'Brien to Capucin Chapel (optional swim) Laraine Laughland	723-8851
August 5	Meech Lake to Larrimac (optional swim) Marilyn Levitan	828-2281
August 12	Pine Road to Herridge (possible swim) Marilyn Levitan	828-2281
August 19	Mud Lake area Roger McCullough	721-9097
August 26	Greenbelt - Lime Kiln Jean Sunter	828-6077
September 2	Possible dinner get-together Volunteer organizer needed	

The Wednesday Walkers

Every Wednesday there are Level 2-3 hikes in the Gatineau Park. Departure time is 09:30. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for more information including the meeting place.

Friday June 13 Evening Canal Walk

Level 1, 2 hours, refreshments after. Meet at Dow's Lake Pavilion. Departs 18:00 (6 p.m.).
LEADER: Hendrika Exel 836-2153

Saturday June 14 Cycle Trip

70 km. loop from Hudson, Quebec (1.5 hours by car from Ottawa), partly paralleling Soulange Canal. Please advise by June 12 if you intend to join us for supper at Mon Village on Highway 417. Departs 08:30.
LEADERS: Dennis Sculley 565-7710
and Geoff Berry 831-5468

Saturday June 14 Gatineau Park

Level 3. Lusk Falls area. Departs 09:30. Gas \$4.
LEADER: Ann Lane 741-3184

Saturday June 14 Greenbelt

Level 1 leisurely hike, Bells Corners to Kanata & return, 8-10 km. Lunch in a coffee shop or bring your own. Departs 10:00. Gas \$2.
LEADER: Coby Fuykschot 722-6022

Sunday June 15 West Greenbelt

Level 1, 8-10 km. Departs 10:00. Gas \$3.
LEADER: Hendrika Exel 836-2153

Friday June 20 Aylmer Evening Hike

Level 1 hike, 8 km+. Aylmer Marina - Chemin Queen's Park (followed by ice cream at Lucerne malt shop). Departs 18:00 (6 p.m.). Gas \$2.
LEADER: Marilyn Levitan 828-2281

Saturday June 21 Rideau Trail

Level 2 hike, with possible swim, on a scenic section from Westport to Narrows Lock. Departs 08:30. Gas \$6.
LEADER: Don Grant 828-1026

Saturday June 21 Frontenac Park

Level 3. Big Salmon Lake loop, 21 km. Long drive, supper stop, late return. Departs 08:30. Gas \$7.
LEADER: David Spector 829-6802

Saturday June 21 Arnprior - McNamara Trail

Level 1, 5.5 km. Another hike on this wonderful short trail. Tea in Arnprior after. Departs 11:00. Gas \$5.
LEADER: Bill Grant 820-0697

Saturday June 21 Barbeque & Canal Walk

CANCELLED due to lack of a replacement venue.

Saturday June 28 Rideau Trail

Level 1 hike. Kettles Road / Ruffed Grouse section, 10-15 km. Departs 09:30. Gas \$3.
LEADER: Fred Grodte 269-4306

Saturday June 28 Gatineau Park

Level 2 hike. Curley Lake Loop. Departs 09:30. Gas \$4.
LEADER: Ron Maybury 836-2953

Sunday June 29 Gatineau Park

Level 3 hike. Two Pines to Ferris Creek. Taxing, full-day event, end-to-end with car shuttle. Note: you must be suitably equipped, including plenty of water, and able to travel at reasonable speed to participate. Possible swim. L'organisateur souhaite la bienvenue aux adeptes de la marche francophones. Departs 08:30. Gas \$4.
LEADER: John Crysdale 728-9192

Tuesday July 1 Gatineau Park**Canada Day Hike with a Pot Luck Brunch**

Level 1 hike, 10 km. Pine Road to Herridge Lodge. Optional swim. Departs 08:30 (to beat the heat). Gas \$3.
LEADER: Marilyn Levitan 828-2281

Saturday July 5 Royal Oak Walk

Level 1+. 18 km. scenic urban walk with stops at six Royal Oak pubs - Hunt Club / Uplands to Wellington / Holland. Transport to start via Bus # 87. Departs 10:00. Gas \$0.
LEADER: Grant Malinsky 730-2772

Saturday July 5 Slide Lake Plus

Level 3 hike in Frontenac Park, 15-20 km. depending on temperature. Ample fluids essential. Long day, supper stop in Westport, late return. Departs 08:00. Gas \$7.
LEADER: John Haley 225-0590

Sunday July 6 Lac Echo Canoe

Level 2 leisurely afternoon/evening canoe outing with a swim. Call leaders if you have a canoe and would like a paddling partner or if you wish to participate but have no canoe. You need a whistle for your lifejacket. Parking fees may be required. Departs 13:00 (1 p.m.). Gas \$6.
LEADERS: Marilyn Booth/Don Carpenter 730-3879

Special Notice for Ottawa Activity Leaders

Thursday July 10 at 6 p.m.

Supper and Planning Meeting for Fall Schedule

What events would you like to see in the Fall Schedule (Sep. 21 to Dec. 15)? Leaders and prospective leaders - there will be a supper and planning meeting 6 p.m. on Thursday July 10. Please think of a hike or other event you could lead. By **Thursday July 3**, please call Bill Grant at 820-0697 to RSVP for the July 10 supper (this helps estimate the amount of food). If you cannot attend the meeting, please send the details for your hike/event to Peter Scott by e-mail to Peter_Scott@hc-sc.gc.ca.

Saturday July 12 Charleston Lake Provincial Park

Level 2+ hike. West Side Trails, 14 km. Departs 09:00. Gas \$8.
LEADER: David Spector 829-6802

Sunday July 13 Par 3 Golf, beginners welcome

Sunday afternoon/evening, par 3 golf (probably at Dunnderosa) followed by pub stop for light dinner/snack at golf course or in Old Chelsea. Rentals available. Departs 16:00 (4 p.m.). Tee-offs from 5 p.m. (about \$13 per person). RSVP by July 9 (latest). Gas \$3.
ORGANIZER: Marilyn Levitan 828-2281

Saturday July 19 Reserve for August Weekend!

Reserve now for Charleston Lake August weekend - see next page. Reservation deadline is Monday July 21.

Saturday July 19 Gatineau Park

Level 2 hike. Pine Road to Herridge. Departs 09:30. Gas \$3.
LEADER: Vinni Sahn 824-6757

Saturday July 19 Greenbelt

Level 1 hike. 8 km on the Sportsplex and Slack Road trails. Meet at south end of the parking lot at OC Transpo Baseline Station. Departs 10:00. Gas \$2.
LEADER: Jean Cottam 727-1596

Sunday July 20 Cycle to Almonte

Level 2 Cycle to Almonte and the Herb Garden, approximately 90 km. Departs 09:00.
LEADER: Esther Hault 775-9695

Saturday July 26 Gatineau Park

Level 2+ hike. Meech Valley area from parking lot 16.

Departs 08:30. Gas \$3.

LEADER: Ann Lane 741-3184

Saturday July 26 Cumberland Village Area

Level 1+ hike, about 10 km., moderate pace, village streets and local trails, some hilly terrain, on trail.

Optional trip to Cumberland Heritage Village Museum after hike, 27 buildings showing life in the early 1900s; info at www.musecumberland.com; \$5.00 admission.

Departs 09:00. Gas \$3.

LEADER: Bill Mayers 833-0664

Sunday July 27 Western Gatineau Park

Level 3 hike. Strenuous. Off-trail exploration, probably including some unusual routes. Note: you must be suitably equipped and able to travel at reasonable speed through steep, rough terrain and dense bush to participate in this event. Possible swim. Ice cream stop at the end of the day. Please call ahead if you plan to participate.

Bienvenue aux enthousiastes francophones de randonnées hors-piste. Departs 08:30. Gas \$4.

LEADER: John Crysdale 728-9192

Saturday August 2 to Monday August 4 Hiking & Camping Weekend at Charleston Lake

Maximum number 40. Reserve by **Monday July 21** via e-mail to keaney.vm@forces.gc.ca or by phone to 862-4277. Charges: \$20 per group site per night divided by number of campers; \$3 per vehicle; \$4 per adult. Site requested is Group B on Mud Bay with water access for canoes. Toilets & drinkable water on site. If required, tents & sleeping bags can be rented from Mountain Equipment Coop for a reasonable fee - campers' responsibility. Food - campers' responsibility. Canoes & musical instruments welcome. Group fire pit & picnic shelter with roof. Charleston Lake is well known for its hiking, fishing, swimming, canoeing, boating, natural heritage education and wildlife viewing. There will be organized hikes and free time for other activities. Departs 08:30 Saturday. Gas \$8.

ORGANIZER/LEADER: Veronica Keaney 862-4277

Saturday August 9 Gatineau Park

Leisurely Level 3 hike at comfortable pace. Overlooking Lac La Pêche. Moderate 150 m vertical. Relaxed workout while enjoying awareness of surroundings.

Departs 09:00. Gas \$5.

LEADER: Mohan Taagepera (819) 770-4258

Saturday August 9 Rideau Trail

Level 2 hike, Upper Rock Lake to Chaffey's Lock, 14 km.

Departs 09:00. Gas \$7.

LEADER: David Spector 829-6802

Saturday August 9 Gatineau Park

Level 2 hike, about 12 km. Departs 09:30. Gas \$3.

LEADER: Alex Bissett 828-4363

Sunday August 10 Experimental Farm

Level 1 walk. Public transit to Dows Lake and walk through Arboretum. Victorian Tea at the Farm \$5.00.

(Period costume optional. Best Hat contest.) Walk about 8 km. Departs 13:00 (1 p.m.).

LEADER: Christine Banfill 235-8569

Saturday August 16 Gatineau Park

Level 2 hike, Skyline / King Mountain. Departs 09:00. Gas \$3.

LEADER: Vinni Sahni 824-6757

Saturday August 16 Greenbelt

Level 1+ hike, 16 km. Meet at south end of the parking lot at OC Transpo Baseline Station. Departs 10:00. Gas \$2.

LEADER: Jean Cottam 727-1596

Sunday August 17 Calabogie Area

Level 2 hike at Wabun Lake covers 17 km. on trail and gravel. This one comes with a swim. Departs 09:00.

Gas \$6.

LEADER: Pat Robinson 825-1457

Saturday August 23 West Gatineau Park

Level 3 hike. Wolf Lake Road - Swamp Road. Possible swim. Climb some hills, 10-12 km. Departs 08:30. Gas \$5.

LEADER: Alex Macdonald 237-6399

Saturday August 23 On the Fringe of Ottawa

Level 1 hike, 6-7 km. Optional refreshment stop afterwards. Departs 10:30. Gas \$2.

LEADER: Bill Grant 820-0697

Sunday August 24 Cycle to Wakefield

Level 2 cycle to Wakefield. about 80 km. Departs 09:00.

LEADER: Esther Hault 775-9695

Sunday August 24 Gatineau Park

Level 2 hike. Pink Lake and McKenzie King. Departs 10:00. Gas \$2.

LEADER: Hendrika Exel 836-2153

Sat. August 30 - Wed. September 3 Rideau Trail

See invitation from Jim Vanderlip and Peter Leeney from the Toronto Bruce Trail Club to join them as they hike the Central portion of the Rideau Trail, page 12.

Sunday August 31 Gatineau Park

Level 3 hike. Cr  gheur Road Grand Tour. Arduous. Pulpit, Hidden Face, Gallery, Nighthawk, Keyhole, Ferris Creek, South Window, Bottlerock, Home Cliff. This is a full-day event. Note: you must be suitably equipped and able to travel at reasonable speed through steep, rough terrain to participate. Possible swim. Bienvenue aux gens sportifs francophones. Departs 08:30. Gas \$3. LEADER: John Crysdale 728-9192

Saturday September 6 Corn Roast at the Schoolhouse Marlborough Forest, jointly with the Central Club. To accompany the corn-on-the-cob, bring a salad or dessert to share, and your own drink. Confirm attendance by

Wednesday September 3, please say if you can offer or need transport so that we can arrange car-pooling. We still need a volunteer to organize the roast, but we have a volunteer to help. Departs 16:00 (4:00 p.m.). Gas \$4. CONTACT: Theodora Newton 569-3540

Saturday September 6 Rideau Trail

Level 2+ hike from Westport to Bedford Mills, 17 km. The hike will start from the Lion's Club Beach in Westport. Departs 08:30. Gas \$7. LEADER: Ron Hunt 590-7467

Sunday September 7 Gatineau Park

Level 3 hike. Via Kidder Lake creek to Lac Monette, returning via Lac Racine and possibly Lac Richard. Swimming if weather permits. About 10-12 km. Departs 9:30. Gas \$4. LEADER: Graham Creedy 789-1657

Saturday September 13 Greenbelt

Level 1 hike, 8-10 km. Departs 09:30. Gas \$2. LEADER: Jean Sunter 828-6077

Saturday September 13 Gatineau Park

Level 2 hike. Pilon Road to the fire tower and Luskville Falls. 12 km. Car shuttle. Departs 09:30. Gas \$4. LEADER: Graham and Lena Creedy 789-1657

Sunday September 14 Gatineau Park

Level 2 hike, Ben Lake-Lac La P  che. Departs 09:30. Gas \$4. LEADER: Ron Maybury 836-2952

Saturday September 20 - Rideau Trail

Level 2 hike, 11 km. Narrow's Lock to Miner's Point Road. Departs 08:30. Gas \$6. LEADER: Don Grant 828-1026

Saturday September 20 Greenbelt

Level 1 hike, 8 km., Lime Kiln. Meet at south end of the parking lot at OC Transpo Baseline Station. Departs

10:00. Gas \$2.

LEADER: Jean Cottam 727-1596

Sunday September 21 Larose Forest

Level 1 hike. Departs 10:00. Gas \$3. LEADER: Bill Grant 820-0697

Social Calendar

The information night at Bushtukah (March 23) was attended by 35 members of the RTA and guests from the Ottawa Rambling Club and Adirondack Ottawa. After a presentation on footwear, clothing and equipment, we enjoyed a wonderful spread of savouries and desserts.

We regret having to cancel the summer barbecue when a replacement venue could not be found, but we hope to schedule it again next year.

The much-enjoyed corn roast will be held at the schoolhouse on Saturday September 6. One member has offered to assist with the organizing but we are still looking for a principal organizer; so please contact me if you could take on this role.

Six members are interested in the Polar Bear Express trip in August.

Theodora Newton 569-3540

HIKE ACTIVITY LEVELS

Hikes are graded with the following Levels

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

Level 2: Generally on trail. May include hills, light bush-whacking, some rough spots or obstacles. Boots recommended.

Level 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.

NEW ON THE WEB SITE

The RTA web site at www.ncf.ca/rta now includes the RTA E-letter listing upcoming activities and other useful information, and the sign-up sheet for use by activity leaders.

RIDEAU TRAIL ASSOCIATION - CENTRAL CLUB ACTIVITIES

The meeting place for Central Club activities is Conlon Farm in Perth at 9 a.m., unless otherwise noted. To reach this recreational area, take the main street (Gore Street) southeast through Perth to County Road 10, turn right (southwest) towards Westport, then take the fourth road to the right (Conlon Drive) to the Conlon Farm parking area. If in doubt regarding any aspects of the hike or activity call the hike leader, or the hot line at 264-8338.

Please note that all canoeing is flatwater. If you do not have a partner - or a canoe - contact activity leader at least 7 days before the event in order to request help with pairing up.

Sunday June 29 Purdon Bog Conservation Area + joint hike with Kingston Club

A joint outing to see Showy Lady Slipper Orchids, followed by hike. We will meet at Sylvania Lodge on Dalhousie Lake for coffee after the hike. Level 1, slow-moderate pace. 12 km.

KINGSTON COORDINATOR: Cam Hodges 545-1925
BOG BUDDY: John Miller 264-8824

Saturday July 5 Canoe Day

Chaffey's Locks to Hart Lake. A very popular outing with lots of good exercise for the heart.

FLOAT WITH: Don Sherwin 268-2447

Saturday July 12 Combined Nature Walk/Hike with Rideau Valley Field Naturalists

Point Trail in Murphy's Point Provincial Park
Slowing down our speed and with the help of the Field Naturalists we'll be checking in with wildlife and plants. Suggestion: bring binoculars if you have them. Level 1. Slow pace. 5.5 km.

TAKE-IT-EASY WITH: Susan Samila 264-1196

LEADER (RVFN): Jim Ronson 264-1937

Sunday July 20 Canoe Day at Bennett Lake followed by Pot Luck hosted by Chris McGuire and Don Sherwin
Float on the hallowed waters of Bennett and Faron Lakes. Always a good day with our hosts par excellence! A very level and easy canoe trip - perfect for beginners.

ALWAYS BUOYANT: Chris McGuire 268-2447

Saturday August 2 Hike Sand Lake - Foley Mountain

Level 1+ moderate pace, 10 km. We will be able to view the offspring of the birds we love to welcome. Once we're up the hill it gets easier!

PACER: Gunhild Karius 264-2861

Weekend of August 15, 16, 17 Canoeing/Camping/Hiking Kings Lake area

This is a repeat of a successful outing 2 years ago. Catering will be on a group basis. Bring only your favourite snacks and drinks. Noon departure from Conlon Farm. Registration by August 1 required.

SINK OR SWIM WITH: John Miller 264-8824
and Bruce Gourley 264-2478

Saturday August 24 Hike Bottle Lake and Caldwell Lake

Climb Lavant Mountain and take a dip in, or from, the Bottle. Level 2, slow to moderate pace, 12 km.

BOTTLE OPENER: John Miller 264-8824
and guest George Beckstead

Saturday September 6 Hike Marlborough Forest area & Schoolhouse Corn Roast/Potluck with Ottawa Club

Explore part of the Marlborough Forest prior to joining the Ottawa Club. Level 1, slow, moderate pace, 8 km.

Meet at Conlon Farm at 1 p.m.

TREES TALK TO: Susan Samila 264-1196

AND . . .

Cornroast with Ottawa Club: Meet at 5 p.m. at the Schoolhouse. RSVP several days ahead in order to make sure there is enough corn for you!! Bring your favourite potluck dish. Book! Book! Book!

RSVP CONTACT: Theodora Newton 569-3540

Weekend September 13, 14 Bike

Brockville - Gananoque on St. Lawrence Bikeway

Flat. 40 km. one way to Gananoque/80 km. return to Brockville by bike. Individual option: one day, or stay overnight in Gananoque and return to Brockville on Sunday. Registration by September 10 in order to reserve accommodation in Brockville.

BUMS UP WITH: Margaret Lafrance 267-6743

Sunday September 28 Slide Lake Loop

This trail needs no explanation, it's a challenge but David has sworn to take it easy! Level 3, moderate pace, 16 km.

HOPPING ALONG WITH: David Miller 267-6743

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.

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.

TORONTO BRUCE TRAIL CLUB RIDEAU TRAIL END-TO-END HIKES

Sat. August 30 - Wed. September 3 Rideau Trail

Jim Vanderlip and Peter Leeney from the Toronto Bruce Trail Club invite RTA members to join them as they hike the central portion of the Rideau Trail in a series of 5 hikes. Leaders can advise on local accommodation.

They describe these as Level III car hikes, no dropouts, hilly, rocky, moderate pace, hiking boots required.

Contacts: Peter Leeney (905) 822-1877 (before 10 p.m.)

Jim Vanderlip (416) 921-0568 (before 10 p.m.)

Saturday August 30 Rideau Trail Maps 4-5

22 km. Depart 08:30, Map 5, km. 126.7, Narrows Lock Rd., southwest of Rideau Lake North Shore Rd., just before the Lock station. Hike through Westport and to the top of Foley Mountain, the highest elevation of the Rideau Trail, 207 metres above sea level. We will hike along the north shore of Upper Rideau Lake.

Sunday August 31 Rideau Trail Map 5

21 km. Depart 08:30, Map 5, km. 147.9, at the corner of County Rd. 21 (Elm Grove Rd.) and Long Lake Rd. Hike through cottage country along the north shore of Big Rideau Lake and enter Murphy's Point Provincial Park.

Monday September 1 Rideau Trail Maps 5-6

21 km. Depart 08:30, Map 6, km. 169, Conlon Farm Recreation Area, Perth, 1 long block northwest of County Rd. 10 (Scotch Line). Hike through rocky pastures and mature woods, past beaver ponds and abandoned mica mines to the historic town of Perth.

Tuesday September 2 Rideau Trail Maps 6-7

17 km. Depart 08:30, Map 7, km. 185.6, Township Office on County Rd. 18 (Port Elmsley Rd), 1 km. south of the intersection of County Rd. 43. Hike through Perth, site of Canada's last duel. Following the Tay River and the Rideau Canal through the summer countryside we reach the village of Port Elmsley.

Wednesday September 3 Rideau Trail Maps 7-8

22 km. Depart 08:30, Map 8, km. 207.6, at the corner of County Rd. 23 (Rosedale Rd) and Guthrie Rd. Hike through Smiths Falls. The trail leads past the Hershey chocolate factory. Leave some room for desert.

GANARASKA TRAIL HIKES

The Bruce Trail Club continues their journey on the Ganaraska Trail. Departure from the meeting place to car pool to the start will be 08:30, sharp.

To pre-register contact Cathy Johnstone or Tom Hall:

johnstone_cathy@hotmail.com 519-782-3749 anytime

Tom Hall tomjhall@rogers.com 416-239-6578 6-9 p.m.

Hike #8 August 2 Meeting Place: Conc. #12 and Hwy #169 (km 20.7) Start of Hike: Sadowa United Church (km 1.2) Maps: 13, 14 Distance: 19.8 km. Section: Orillia

Hike #9 August 3 Meeting Place: Coldwater Rd. in Orillia (km 40.5) Start of Hike: Conc. #12 and Hwy #169 (km 20.7) Maps: 14, 15 Distance: 19.8 km. Section: Orillia

Hike #10 August 4 Meeting Place: Line 10 north of Old Barrie Rd. (Reg. Rd. 11) (km 60.7) Start of Hike: Coldwater Rd. in Orillia (km 40.5) Maps: 15, 16 Distance: 20.2 km. Section: Orillia

Hike #11 August 30 Meeting Place: Peter Rd. (km 14.0) Start of Hike: Wye Marsh Centre near Midland (km 34.7) Maps: M1, M2 Distance: 20.7 km. Section: Midland

Hike #12 August 31 Meeting Place: Line 5 (km 3.5, Barrie Section) Start of Hike: Peter Rd. (km 14.0, Midland Section) Maps: M1, 17 Distance: 17.5 km. Section: Midland/Barrie

Hike #13 September 1 Meeting Place: Line 5 (km 3.5, Barrie Section) Start of Hike: Line 10 north of Old Barrie Rd. (Reg. Rd. 11) (km 60.7) Maps: 16, 17 Distance: 14.7 km. Section: Orillia/Barrie

Hike #14 October 11 Meeting Place: Gill Rd. (km 24.5) Start of Hike: Conc. 5 (km 3.5) Maps: 17, 18 Distance: 21.0 km. Section: Barrie

Hike #15 October 12 Meeting Place: Pinegrove Rd. near Minesing Swamp (km 44.7) Start of Hike: Gill Rd. (km 24.5) Maps: 18, 19 Distance: 20.2 km. Section: Barrie/Mad River

Hike #16 October 13 Meeting Place: New Lowell CA (km 13.2) Start of Hike: Pinegrove Rd. near Minesing Swamp (km 44.7) Maps: 19, 20 Distance: 19.3 km. Section: Barrie/Mad River

Understanding The West Nile Virus

The West Nile Virus is a mosquito borne virus that can cause encephalitis or meningitis (inflammation of the brain or its lining). It was first discovered in 1937 in the West Nile area of Uganda, hence its name. The virus is spread to humans by mosquitoes that become infected after feeding on the blood of birds that carry the disease. There is no evidence that WNV can be spread by human contact with dead birds. Nor can it be spread from one person to another. The disease has been found mainly in crows, blue jays, and ravens, which seem to be more susceptible to the disease. Another 180 species of North American birds are known to carry WNV. A number of dead birds found in Eastern Ontario during 2002 tested positive for WNV. Only one person in our region was confirmed with the disease. However, Health Canada warns that WNV is expected to spread rapidly to new areas this year.

The chances of being bitten by an infected mosquito are relatively low; very few mosquitoes in fact are carrying the virus. Only about 1% of those who contract WNV become seriously ill. Anyone exposed to mosquitoes in an area where WNV has been detected is at some degree of risk. WNV can cause health complications for people of any age or health status. Children, the frail, and those with weakened immune systems are more at risk.

Many of those infected have no symptoms. Mild indications of the disease include headache, fever, body aches, skin rash, and swollen lymph glands. Symptoms of more severe infection are high fever, neck stiffness, disorientation, tremors, muscle weakness, paralysis and in rare cases permanent neurological damage can occur. As of this time there is no cure for WNV, nor is there a vaccine available that could protect us from the disease.

Hikers can protect themselves by using insect repellents, the most effective being those containing Deet. The best protection for hikers is to cover up. Long pants, long sleeved shirts, and a hat are recommended. Extra care should be taken before dusk and after dawn when mosquito concentrations are at their highest.

Ref: Health Canada, April 2003
Ontario Ministry of Health 4/14/2003
Center for Disease Control and Prevention

David Armitage

Winter End to End Hikes

The last half of this year's winter odyssey started with the same ten hikers, at -23°C. Is it any wonder that we got to the cars in record time after the first shuttle? This enabled us to have lunch in the cars and do that long miserable road walk on the east side of Smiths Falls. 23.6 km. and we were done by three o'clock. Oh yes, it heated up to -18°C. Sunday started at -26°C and it too heated up to -18°C. Did 18 km. that day including about 3.5 km. of snowshoeing. With our vast knowledge of doughnuts and their location, we had lunch at Country Tyme. What's an extra 300 m. when it's -20°C with a wind? Weekend 3, 41.6 km.

Weekend 4 started with the same ten hikers in the stifling heat of -7°C. Snowshoed at least 5 km. and those in front said some of it was tough going. Snow started falling around two, and by supper time in Perth there was plenty, with lots more to come. Things are livening up now ... Ottawa group are starting to stay in B&Bs with those from Kingston. 21.1 km. this day. Sunday was a disappointment. Falling snow, wind, and clogged roads. We could have met the challenge but there were not enough access points to the Trail for safety purposes. Total for this year's winter outing was 141.7 km.

Dates for next year are the first and third weekends of January and February plus the last weekend of February, if needed, to complete the end to end.

Bill Murdoch



A Hiker's Best Friend

If you look at the symbolic sign for a hiking trail, you will see a pair of hikers with quite long sticks, the type of stick traditionally used by Boy Scouts and Girl Guides. Nowadays all sorts of sticks can be bought for outlandish sums: metal sticks with handles, sticks of variable length, even sticks with springs. Horseracing types favour sticks you can sit on, while skiers like to use their ski-poles. For anyone disabled these sticks are great, but, in my opinion, for the able-bodied hiker getting on in years there is nothing to beat a plain, long stick.

When walking on a level trail you don't need a stick, and so it should be light in weight. It is when you come to a hill that that third leg proves valuable, enabling your arm muscles to relieve your leg muscles of some of the effort. A spike on the end of the stick will grip the ground, although on asphalt a rubber tip is better. But it is on the steep, rocky downhill that the long stick proves its worth. By sliding one's grip upward, the stick can be placed forward to provide support and cushion the downward lunge. In this situation sticks with handles are useless.

Sometimes we have to cross a stream over stepping stones, or balance on a wet slippery log. Here the long stick can be placed in the mud or water to provide support, its length being instantly variable. Often all that is needed is confidence!

When hiking overseas a long stick can be a nuisance when travelling by air. To solve this problem I have made sticks of 3/4-inch maple dowel which can be dismantled into 15-inch sections. Suitable zinc screw couplers can be obtained from Lee Valley Tools Ltd., Ottawa for \$3 each set; visit or mail order (Part number 05E06.04). The sticks can be embellished with changeable tips and a knob, and the top screw can be used as a camera mount. The whole stick costs about \$12.

Tony Parfitt

Donations over \$10 to Rideau Trail Preservation Fund:

Jim Blain	Mr. & Mrs. ten Bruggenkate
John Cameron	Adrian Camfield
John Cornish	Geraldine Dubrule
V. Gaizauskas	Bob Gordon
Donald A. Grant	Robert Horwood
Loris Jordan	Elsie Keates
Bernard Kerr	Edward Lancaster
Jim & Judy Leeson	Maryetta & Hugh McDowell
Gloria Seely	Helene & Bill Wilmart-Collard

Central Club

Here is a list of the executive and committee members of the Central Club, which has a new Chairperson, Bruce Gourley.

Chairperson	Bruce Gourley
Vice-Chairperson & Club Representative	Don Sherwin
Secretary	Susan Samila
Treasurer	Chris McGuire
Trail Maintenance	Bob Taylor & Bruce Gourley
Major Projects	David Miller
Routes and Negotiations	John Miller
Publicity	Gunhild Karius
Directors-at-Large	Heidi Gibbs & Veronica Airth
Social Convenor (non-Executive position)	Margaret Lafrance

DONATIONS

The following donations are acknowledged with thanks.

In addition to those listed in the Spring Newsletter, the following donors in memory of Sandra Malinsky:

DA Grant	Janet Murphy
Bud Massé	Marion Armstrong
Janice Miller	Leona Malinsky
Elizabeth McIver	

Donations to Rideau Trail Association:

Diane Arthur	Oonagh Berry
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Hilde Linder	Beverley Morrison
Sonia Plourde	John & Fiona Poland
Linda Smyth	E. Snasdell-Taylor & family
Maria & Allan Tilford	Guy & Donna Stinson
John & Barbara Todd	

EDITOR'S NOTES

About 25 Ottawa Club members of the RTA travelled to Newfoundland last summer, each spending at least some time in Gros Morne National Park. Needing a picture for the cover of this Newsletter, I thought it appropriate to use one from this national jewel. If you haven't yet been there, put it on your "must-visit" list. If you've been, you will already want to go again. The hiking there varies from easy to very difficult, and it is all magnificent.

I still needed to fill this page - although I could have left it blank, a clean slate like each day of our lives.

So I've added the photo below, taken somewhere on the Rideau Trail on October 25, 2002. Can you identify the location? Answer by email to jhaley@mondenet.com for a reply, or wait for the answer in the next newsletter.

I took both of these photos on solo hikes. Hiking alone may not be to everyone's taste, and unfortunately may be a greater risk for a woman than for a man, but it brings rewards different from those of a hike with one or more others. In the vein of the humour at the right, it enables me to be more like Dr. Watson and less like Mr. Holmes. All of my senses are heightened; my awareness increased. I see that I am as fragile as the flower I nearly stepped on, and that although the flower and I are both very small and insignificant, we are essential parts of all that is.

John Haley

HUMOUR

Sherlock Holmes and Dr. Watson went on an overnight hike. As they lay down for the night, Holmes said: "Watson, look up and tell me what you see."

Watson: "I see a fantastic panorama of countless stars."

Holmes: "And what does that tell you?"

Watson: "Astronomically, it suggests to me that if there are billions of other galaxies that have roughly similar stellar population densities as represented by my view, then, potentially, trillions of planets may be associated with such a galactic and, therefore, stellar population. Allowing for similar chemical distribution throughout the cosmos it may be reasonably inferred that life, possibly intelligent, may well fill the universe.

Also, being a believer, theologically, it tells me that the vastness of space may be yet another suggestion of the greatness of God and that we are small and insignificant.

Meteorologically, the blackness of the sky and the crispness of the stellar images tells me that there is low humidity and stable air and therefore we are most likely to enjoy a beautiful day tomorrow.

What does it tell you, Mr. Holmes?"

Holmes: "That someone has stolen our tent."





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

www.ncf.ca/rta

rta@ncf.ca

Ottawa Club Telephone: 613-860-2225
Kingston Club Telephone: 613-545-0823
Central Club Telephone: 613-264-8338

The Rideau Trail Association is run entirely by volunteers. If you reside in the area of the Rideau Trail and you wish to be a volunteer, please check one or more of your interests below. Member information you supply remains confidential. The RTA does not release this information to other organizations. If you do not already subscribe to the RTA E-letter, and wish to do so, please indicate below and provide your email address.

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| ☐ * Patron (individual Life Membership) | \$500.00 |
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| ☐ † Non-Members | \$27.00 |
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