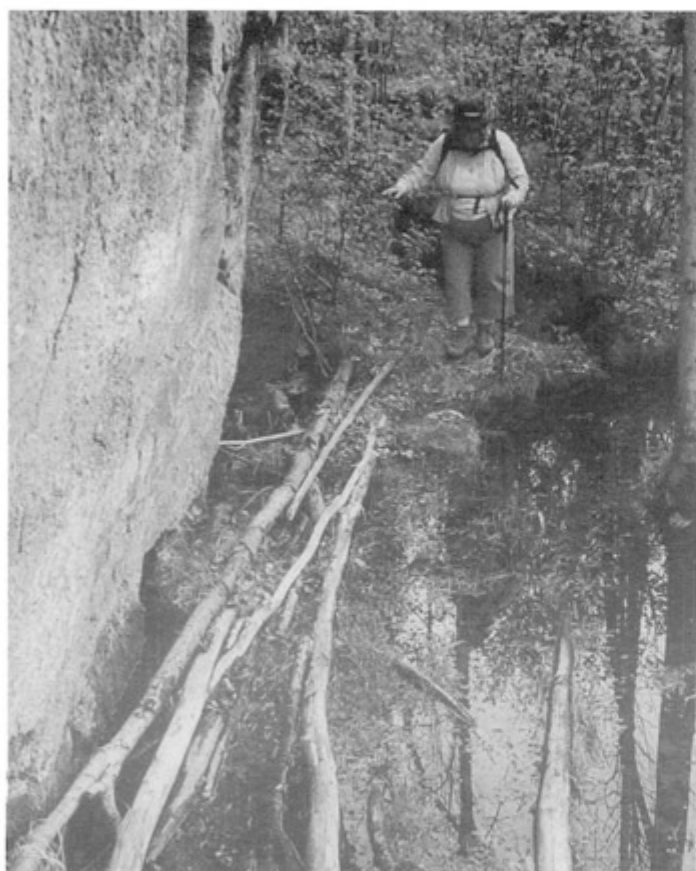




The Rideau Trail NEWSLETTER

FALL 2004

ISSUE NO. 133



Reflections along the Trail

above: Carynne Arnold on a tricky crossing
in SE Frontenac Park *Photo by Stephen Arnold*

right: Pitcher plants by a lake in Gatineau
Park *Photo by Art Campbell*



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

The Winter newsletter will again be prepared by Bob Gordon of the Kingston Club. Submissions for the next newsletter are encouraged and should be sent, to arrive by **November 1, 2004** to

Bob Gordon
266 College St.
Kingston, ON, K7L 4M2

e-mail: gordonr@chem.queensu.ca
telephone: (613) 544-9893

If possible, text should be sent electronically (with no document formatting). Pictures are also welcome - black and white photographs or colour photographs with good definition and contrast.

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

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ISSN 0709-7085

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THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 2004-2005

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Vice President	Ronald E. Hunt	Ottawa	590-7467	re.hunt@sympatico.ca
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Picture Credits: Cover, left: Stephen Arnold; right: Art Campbell; p 11, left: Caroline Cheng; right: Art Campbell; p 13: Peter Hawkins.

Highlights of the 33rd Annual General Meeting of the Rideau Trail Association

Saturday, June 19th, 2004, Lion's Club, Perth

Sixty five members were present. The President, Peter Hawkins, opened the meeting by thanking the many volunteers who help the organization in so many ways. As a result of their collective efforts, support and goodwill, the Rideau Trail Association (RTA) is the second largest trail organization in Ontario.

The Treasurer, Rolf Calhoun, reported that the RTA Annual Meeting has reverted to the spring due to fact that the fiscal year of the RTA has been changed to end on 31 March. This corresponds with the Club year-ends, and reflects a recommendation last year by our "reviewer". The 2004 year-end financial statements were approved.

Peter congratulated Rolf on having been Treasurer for 10 years and thanked him for implementing many changes in the RTA accounting methods, notably introducing computerized accounting, and adopting standardized balance sheet and income statements for reporting financial results.

Bob Chadwick, Membership Director, reported that the RTA has 1215 paid up members as of June 17, 2004. The Central Club had a whopping 22% increase in members during the last twelve months.

The RTA Trail Coordinator, Bill Murdoch, reminded the assembly of a suggestion made some years earlier that the RTA participate in an Adopt-a-Roadway program. It was felt that this would be a good way to promote and enhance the profile of the RTA. The Ottawa Club has subsequently decided to pursue this idea in conjunction with the City of Ottawa. Ottawa Chair, Ron Hunt, reported that the proposed area of clean up is located on map #9 along Roger Stevens Drive between McKenna Road (location of the Schoolhouse) and east where the Trail crosses Roger Stevens Drive.

Bill identified that work will be done this summer on two bridges on the Tow Path along the Tay River, and the building of a boardwalk at the beaver dam south of Ferrier Road (map #6). The Trail has been temporarily re-routed to avoid a third bridge – the one over the Jock River – which was damaged during the spring runoff (map #10). Finally, some RTA members in Gananoque have created a system of trails in the Marble Rock Conservation Area with the blessing of the Cataraqui Region Conservation Authority. The RTA has agreed to maintain this new trail system.

Peter Hawkins reported that the RTA has a \$5 million Commercial General Liability policy – bodily injury and/or property damage with a \$500 deductible. This policy covers the following types of activities:

- Hikes published in the *Rideau Trail Newsletter* within Ontario (including Urban walks, Moonlighters and Wednesday Evening hikes).
- Hikes in the Gatineau Park, Quebec.
- Bicycle outings on roadways, and bike paths.
- "Adopt-a-Roadway" program.

The insurance policy does not cover the following :

- Hikes in the United States.
- Mountain biking.
- Canoe events.

Elected Officers for the 2004-2005 Board:

President	David Armitage
Vice President	Ron Hunt
Secretary	Madonna Mayo
Treasurer	Peter Hawkins
Membership Director(s) (Interim)	

Bob and Wilma Chadwick

Corresponding Secretary	Grant Malinsky
Trail Co-ordinator	Graham Creedy

The Ex-officio members of the Board are:

Past President	Peter Hawkins
Newsletter Editors: Kingston:	Bob Gordon
Ottawa:	Linda Rea
Club Chairs: Central	Bruce Gourley
Kingston	Nicole Florent
Ottawa	Ron Hunt
Club Representatives: Central	Don Sherwin
Kingston	John Cornish
Ottawa	Bill Grant

Presentations were made to recipients of the 2004 RTA Outstanding Service Awards: Allan Tattersall, Rolf Calhoun and Don Sherwin. (See p 13.)

End-to-End Awards were presented to Justin Schmidt-Clever, Wesley Kennedy and Rick Adam. Winter End-to-End Awards were presented to Bernie Kerr, Dave Flowers, Grant Malinsky, Joan Bailey, Shawn Hutchinson and Bill Murdoch.

Certificates of Appreciation for retiring Board members were presented to Bill Murdoch, Rolf Calhoun, Allan Tattersall and Shawn Hutchinson.

Ron Hunt, Vice-President

Highlights of the July 2004 RTA Board Meeting

The *RTA Guide for Leaders*, originally published in May 2004, will be updated to incorporate information from the 1997 edition of the RTA Hike Leader's Guide, as well as to include information on West Nile and Lyme Disease. The goal is to have one authoritative reference available for RTA leaders. The current version of the *RTA Guide for Leaders* is available on the RTA website (www.rideautrail.org). Members who do not have access to the internet and need a copy should contact one of the Clubs.

The search continues for a new Membership Director. The dynamic duo of Bob and Wilma Chadwick who currently handle Membership Services have indicated that it is time to pass the baton along to someone new. If you know of anyone who might be interested in taking on this important role, please contact Nicole Florent by telephone at (613) 389-7121 or by email at florent_nicole@hotmail.com.

Information on the 2004 Hunting Season was discussed as well as the status of the planning for the 2005 End-to-End. See the separate notices in this Newsletter for more information on these two topics.

Liability insurance was discussed at the June 2004 AGM and continues to be a topical issue. Canoeing is currently not covered by our liability insurance policy. The RTA Treasurer, Peter Hawkins, will be investigating the costs and other terms and conditions related to adding this coverage to our policy.

The next regular meeting of the Board is scheduled for October 2004. The next Annual General Meeting of the Association will take place in June 2005.

Ron Hunt

Winter End-to-End 2005

The 2005 version will be from Murphy's Point Prov. Park to Ottawa, and starts on January 8. We will hike/snowshoe the second and fourth weekends of January and February. Meet at the entrance to the Park on Elm Grove Road to leave at 0830. Start or continue this wonderful experience or come out for a day or two. For further details, call Bill Murdoch, (613) 389-3023.

Fall 2004 Hunting Season

The purpose of this notice is to inform users of the Rideau Trail about the primary hunting seasons in the area of the Trail.

The deer hunting season is scheduled for November 1-6 and November 15-20. Hunters are very active during the entire deer hunting season because it is so short.

The season for waterfowl begins September 11 and runs until December 18, 2004. The season for game birds (such as grouse, partridge, pheasant) begins September 20 and runs until December 31, 2004. Hunting activity is most prevalent in the first two or three weeks of these seasons.

Hikers (especially hike leaders) are advised to wear "hunter orange" hats and garments and to proceed with caution when venturing into areas where hunting could be taking place.

For further information, please refer to the MNR publication *Hunting Regulations 2004-2005* which can be found at <http://www.mnr.gov.on.ca/mnr/pubs/pubmenu.html#hunting>.

2005 End-to-End - Update

Planning of the 2005 End-to-End series of hikes is proceeding. It has been decided that the 2005 End-to-End will start in Ottawa and finish in Kingston. The intent is to limit the length of most of the hikes to 15-17 km. to make them more accessible. The first two hikes are scheduled for April 30 and May 1, 2005 and together will cover the Trail from the Richmond Landing to Fallowfield Road (maps # 11 & 12).

Once the schedule has been finalized we will publish it on the Rideau Trail website. Anyone who would like more information, or is interested in leading one or more of these hikes, is encouraged to contact their local Club chairperson (Ottawa, Central or Kingston) whose names and numbers can be found on page 2 of this Newsletter.

Subscribe to the RTA E-Letter

for timely tips on hikes, possible route changes, and other news and information. Check the renewal box and remember to list your email address.

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 TD/Canada Trust Building, shortly before the departure time indicated. Bring lunch, water, sunscreen and insect repellent. 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. **Please note pace scale – slow is 2-3 km/hr, moderate is 3-4 km/hr, fast is 4-5 km/hr, very fast is 5+ km/hr. See note on Participants' Responsibilities and Levels of Difficulty on page 7.**

Wednesday Walkers depart at 1330 hrs, except on the second Wednesday of the month when an all-day outing is scheduled. Call 545-0823 for details.

Members willing to be leaders, or who wish to suggest new locations for upcoming seasons, should contact Don Bond at 634-9353. Leaders may obtain blank sign-in sheets from Joan Bailey at 389-1935, and should return completed sheets to her at 709 Davis Drive, Kingston, K7M 7X5.

The Annual Vermont Hiking Trip, organized by Watson Ogilvie for September 13 – 17, is now fully booked.

September 14 - 16, Midweek B&B Trip

Space may still be available. Call Bob Chadwick at (613) 352-1052 for reservations.

Saturday, September 18 Frontenac Challenge

Cedar Lake Trail. Level 2. Distance 14 km.

Gas \$4 plus Park fee. Depart 0830

LEADER: Audrey Sanger 384-6244

Sunday, September 19 Frontenac Challenge

Hike the Arab Nature Trail along with Doe and Arkon Trails at a fast pace. Level 3. Distance 18 km.

Depart 0900. Gas \$4 plus Park fee.

LEADER: Bill Murdoch 389-3023

Saturday, September 25 Charleston Lake

Hike the Biosphere! The friends of Charleston Lake Park are hosting a day of hiking, walking and Biosphere interpretation. Hike the Westside Trails, level 2, or enjoy the Eastside interpretation trail with a leader, level 1. Coffee & display. Depart 0900, or at the CLP trailhead at 0930. Gas \$4 plus entry fee.

CONTACT: Peter Murray 382-2824

Sunday, September 26 Frontenac Challenge

Big Salmon Lake Trail. Rough terrain at a moderate pace. Level 2. Distance 19 km. Depart 0830.

Gas \$4 plus Park fee.

LEADER: Dave Armitage 634-4426

Saturday, October 2 Rideau Trail

Hike the Trail through woodlands and pastures from Freeman Road to Sydenham and return. Lunch at the

Tea Room. Level 1. Distance 8 km. Depart 1000.

Gas \$3. LEADER: Peck Peckover 544-9190

Sunday, October 3

Rideau Trail

Hike from the Trailhead to The Parkway, including the Helen Henrikson blue trail. Lunch in or near Jean's place (depending on the weather); returning straight thru to the car park. Level 1. Distance 10 km. Gas \$2. Depart 1000.

LEADER: Jean Thompson 544-0340

Saturday, October 9

Rock Dunder

Thanksgiving weekend always means a Rock Dunder climb. Hike is short but rugged. Enjoy your lunch at the summit where beautiful fall colors abound if nature cooperates. Level 2. Gas \$4. Depart 1000.

LEADER: Stan Huff 548-3003

Sunday, October 10 Moscow Wildlife Area and

Catarqui Trail Explore the trails of the Camden Lake Wildlife Area near Moscow in the AM and the Catarqui Trail over the newly renovated Yarker Bridge and points east in the PM. Lunch at Yarker Tea Room, or bring your own lunch. Distance about 12 km. Level 1. Depart 0930. Gas \$4.

LEADER: Bob Chadwick 352-1052

Wednesday, October 13 Catarqui Conservation

Area Hike the various trails in the Catarqui Region Conservation Area. Level 1. Distance about 10 km. Gas \$2 plus entry fee. Depart 0930.

LEADER: Ellen Shepherd 541-1185

Saturday, October 16 Frontenac Challenge

Hike the Slide Lake Loop. You have to do it sometime and you have tomorrow to recuperate! This

26 km hike will take 8 hours, so bring lots of water and food. Level 2, but you will think it's level 3, so boots are a must. Moderate pace. Gas \$4 plus Park fee. Depart 0800. LEADER: Bill Murdoch 389-3023

Sunday, October 17 Rideau Trail /Gould Lake
Hiking from the parking lot at Gould Lake, Dave will lead you around the Ridgewalk blue loop and return via the main Trail. Level 3. Distance 14 km. Gas \$3 plus entry fee. Depart 0900.
LEADER: Dave Armitage 634-4426

Saturday, October 23 Rideau Trail
Starting at the junction of Maple Leaf Road and the Catarauqui Trail, this hike will follow the main Trail to a point leading to the cemetery on Opinicon Road. Car shuttle. Level 2. Distance 13 km. Gas \$4. Depart 0930. LEADER: Peter Murray 382-2824

Sunday, October 24 Marble Rock Conservation Area Experience a hike on our new blue trail in the Gananoque area. Strong footwear required. Level 3. Distance 12 km. Gas \$4 plus entry fee. Depart 0900. LEADER: John Cornish 382-4778

Saturday, October 30 Rideau Trail / Foley Mtn.
Hike the main Trail in Foley Mountain by taking the blue trail from Lions Club beach. Visit Spy Rock and the RT historical plaque; looping onto Grady Road to return to park at the beach. Level 2. Distance 10 km. Gas \$4. Depart 0900.
LEADER: Cam Hodges 545-1925

Sunday, October 31 Gould Lake
Hiking from the main gate, let Peck take you along the Mine Loop, using the Crossover trail to return. Level 2. Distance 8 km. Gas \$3. Depart 1000.
LEADER: Peck Peckover 544-9190

Saturday, November 6 Frontenac Park
Hike the Arkon Trail. Level 3. Distance 14 km. Gas \$4 plus Park fee. Depart 0900.
LEADER: Joan Bailey 389-1935

Sunday, November 7 Amherst Island
Hike on the Island for 17 km at a moderate pace. Level 1. Meet to depart at 0830, or 0915 at the ferry for the 0930 crossing. Gas \$3 plus ferry fare.
LEADER: Peter Burbridge 634-1877

Wednesday, November 10 Rideau Trail
Hike from Bedford Mills to McAndrews Road and return. Our maintenance crew have reinforced the cable

on the ferry this summer. Level 2. Distance 8 km. Gas \$4. Depart 0900.
LEADER: Irene O'Brien 634-3576

Saturday, November 13 Gould Lake
Starting at the gate, hike the Wagon, Tom Dixon and Mica blue trails in the conservation area. Level 3. Gas \$3 plus entry fee. Distance 18 km. Boots recommended. Depart 0900.
LEADER: Dave Armitage 634-4426

Sunday, November 14 Frontenac Park
The Bufflehead with its many beaver dams provides an interesting hiking experience. Level 2. Distance 8 km. Gas \$3 plus Park fee. Depart 0900.
LEADER: Gloria Seeley 546-2503

Saturday, November 20 Opinicon Area
Enjoy a leisurely hike from Skycroft. Slow pace. Level 2. Distance 10 km. Gas \$3. Depart 0900.
LEADER: Allan Tattersall 549-4080

Sunday, November 21 Vanderwater Conservation Area Hike wooded trails by the Moira River. Level 2. Distance 12 km. Gas \$5, no entry fee. Depart 0900.
LEADER: Bob Chadwick 352-1052

Saturday, November 27 Mystery Hike
Audrey plans on taking hikers to a surprise destination. Depart 0900.
LEADER: Audrey Sanger 384-6244

Sunday, November 28 Catarauqui Trail
Starting at Perth Road, hike to Chaffeys Lock. Car shuttle. Level 1. Distance 19 km. Gas \$3. Depart 0830. LEADER: Elgin Bock 389-4216

Saturday, December 4 Christmas Dessert Party
Bring your favorite dessert or bottle of wine to this annual favorite. Time: 1900. Place: The Party Room, 350 Wellington St. Details: Linda Line 531-4353 or Kathleen Satchell 547-3294

Sunday, December 5 Foley Mountain
From the Lions Club beach, Bill will take you at a fast pace around the three blue trails in this conservation area, and then back to the beach. This brisk hike calls for a reviving refreshment stop in the village of Westport. Level 2. Distance 8 km. Gas \$4. Depart 0900.
LEADER: Bill Murdoch 389-3023

Wednesday, December 8

Gould Lake

From the main gate, enjoy a scenic hike along the mine loop to Point Spur and return. Level 3. Distance 10 km. Gas \$3. Depart 0900.

LEADER: Watson Ogilvie 530-2378

Saturday, December 11

Opinicon Area

Hike the Burch Trail at Skycroft. Visit an old mine shaft. Possible ski or snowshoe. Car shuttle. Level 2. Distance 11 km. Gas \$4. Depart 0930.

LEADER: Don Coulter 542-9998

Sunday, December 12

Greater Napanee

Hike wooded trails new to Kingston Club. Level 1. Distance 10 km. Gas \$3. Depart 0930.

LEADER: Bob Chadwick 352-1052

Saturday, December 18

Depot Lakes

Level 1-2. Distance 10 km. Gas \$4. Depart 0900.

LEADER: Audrey Sanger 384-6244

Sunday, December 19

Little Cat Cons. Area

Depending on the weather, hike or ski in the Conservation Area. Level 1-2. Distance 10 km or less. Bring lunch to eat in the Outdoor Centre. Gas \$2. Depart 0930. LEADER: Jean Thompson 544-0340

Maintainers Wanted

Volunteers required to maintain different areas on the Kingston section of the Rideau Trail. No previous experience required but, if desired, on-the-job training can be provided. If you are interested or would like more information, please phone Kingston Maintenance Coordinator: Robin Turkington, 549-4139

Donald Cutts 1924 - 2004

It is with great sadness that we have to report that a pioneer of the Association passed away on Friday, August 6. Donald Cutts died as a result of an accident in Kingston the previous day. It happened while he was returning on his bicycle from one of his daily visits to his beloved Catherine who has been hospitalized for about three years.

Don was out with the Kingston Club's Wednesday walkers just the day before the accident. Cathy was a founder of the Group and for many years Don and Cathy led most of the Wednesday walks. In recent years Don has been the coordinator for this popular weekly event.

Don and Cathy also initiated and for many years organized the Kingston Club Mid-Week B&B trip.

Participants' Responsibilities

Participants should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing.

Participants are expected to choose a trip suitable to their physical abilities and skill level. They should inform their leader, at the start, of any health problems or of any existing or potential difficulties with their equipment. Each participant will respect all financial obligations. The volunteer leaders will expect the support and co-operation of each group member. Parents and guardians are expected to supervise their own children.

Levels of Difficulty

Hiking: Level 1 - Well defined trails, gentle inclines. Hiking boots not required, but trails may be wet. Suitable for beginners. Recommended for newcomers to Club activities.

Level 2 - Generally on trail. May be hilly, light bushwhacking, some rough spots or obstacles. Boots recommended.

Level 3 - Rough terrain. One or more of extensive bushwhacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock scrambling. Boots, level 2 experience, and a high level of fitness essential. Long pants and sleeves recommended.

Cycling: Level 1 - Few hills, broad roads or bike paths, little traffic. Participants must be able to ride a bicycle.

Level 2 - Some hills, narrower roads, some traffic. Participants should be fit and experienced.

Level 3 - Long hills, narrow roads, excellent fitness and good cycling skills required.

Skiing: Level 0 - Flat terrain, variable length.

Level 1 - Gentle hills, may be long distance (e.g. 15 km). Participants should know how to glide on skis and have elementary knowledge of techniques for going uphill and downhill.

Level 2 - Variable terrain, some steep hills. Level 1 experience needed. For example, green and blue trails in Gatineau Park.

Level 3 - Long, varied terrain, may be off trails. Level 2 experience essential. For example, black trails in Gatineau Park.

This year marks the 20th anniversary of the first B&B trip that they organized. We plan to publish a photograph and more information on Don's life in the next issue.

Bob Chadwick

RIDEAU TRAIL ASSOCIATION - OTTAWA CLUB ACTIVITIES

The meeting place is in 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, UNLESS OTHERWISE STATED. OC Transpo riders use the stop for Tunney's Pasture. Departure time is indicated.

Scheduled activities described below take place as scheduled regardless of weather. For more information about a particular event, call the leader at the number listed on the schedule. If you are unable to reach a leader, or for general information, call the Ottawa Club at 860-2225.

Transportation is by pooling of private cars. Passengers generally donate to the driver's gas costs on a voluntary basis. Any other fees, e.g. for parking and entry to parks and conservation areas, are shared among the driver and passengers. **See note on Participants' Responsibilities and Levels of Difficulty on page 7.**

NOTE: Leaders: please send sign up sheet to Ron Hunt, Chairman, 6121 Larivière Crescent, Ottawa, ON K1W 1C6; Fax # is 834-3981.

Special Notice for Ottawa Activity Leaders: Planning for Winter Schedule

What events would *you* like to see in the winter schedule (December 11 to mid-March)? Think of a ski trip, snowshoe trip or other event you could lead. Please send the details for your event to Esther Hault e-mail: Esther.Hault@pwgsc.gc.ca

Wednesday Walkers

Every Wednesday there are Level 3 hikes or ski trips in Gatineau Park. Departure time is 9:30 a.m. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for meeting location.

Moonlighters Urban Walks

Every Tuesday evening beginning September 14 through to October 26, there will be an Ottawa urban walk. There will also be a refreshment stop each evening after the walk. DO NOT MEET AT TUNNEY'S PASTURE. MEET AT THE STARTING POINT OF THE WALK FOR DEPARTURE AT 6:00 p.m.

Coordinator: Pat Archer 565-6149

September 14 Sandy Hill/Rideau River/Ottawa East Meet at Strathcona Park (end of Somerset St. East)
LEADER: Pat Archer 565-6149

September 21 Leamy Lake
Meet in parking lot at "east end" of Jacques Cartier Park (end of Laurier St. at Dussault St.)
LEADER: Grant Malinsky 730-2772

September 28 Rockcliffe Park
Meet at Manor Park Public School (corner of Hemlock & Braemar) LEADER: Bill Cazemier 745-9957

October 5 Experimental Farm
Meet in parking lot of Sir John Carling Bldg. (off Prince of Wales Drive—turn right at first set of lights after

junction of Preston St. and The Driveway)
LEADER: Pat Archer 565-6149

October 12 Britannia Village
Meet at Lincoln Fields Shopping Centre parking lot—Richmond Road side near Pizza Pizza
LEADER: Allan Levine 567-4892

October 19 Hog's Back/Vincent Massey Park/Ottawa South
Meet in RA Centre parking lot (near Riverside Drive)
LEADER: Grant Malinsky 730-2772

October 26 Canal: Bridge to Bridge
Meet at TD Canada Trust (Pretoria Bridge & The Driveway) LEADER: Pat Archer 565-6149

Fall Activities

Saturday, September 18 Morris Island
Level 1. 7 km. Possible pub stop after hike. Depart: 11:00. Gas \$5. LEADER: Bill Grant 820-0697

Sunday, September 19 Rideau Trail
Level 1. Corkstown Rd to Lime Kiln on Rideau Trail. 10km. Depart: 10:00 Gas \$3.
LEADER: Ron Maybury 836-2953

Saturday September 25 Western Gatineau Park

Level 3. We will spend the day exploring the escarpment in the Cr  g  ur Road area, east to the Pulpit and west to Rooftop Hill. It is a full-day event. You must be suitably equipped and able to travel at reasonable speed in off-trail conditions. Depart: 08:30. Gas \$5.

LEADERS: John Crysdale 728-9192, Ann Lane 741-3184, Johanne Pineau 772-4981.

Saturday September 25 Western Greenbelt

Level 2. Not for beginners. Meet at south end of Park-and-Ride at Baseline Station Depart: 10:00 Gas \$2

LEADER: Jean Cottam 726-1596

Sunday September 26

THE SCHEDULED HIKE IN MONTREAL HAS BEEN CANCELLED. The substitute is:-

Sunday September 26 Near Farrelton

Level 1+ hike. 15 km. Gravel roads north of Farrelton. 3-3    hours. Magnificent scenery. Dinner in Old Chelsea afterwards. Depart 1:00 pm. Gas \$6.

LEADER: Marilyn Levitan 828-2281

Saturday October 2 Western Greenbelt

Level 1 hike. 6-8 km. Departs 09:30. Gas \$2.

LEADER: Jean Sunter 828-6077

Saturday October 2 Rideau Trail

Level 2. 13 km. Beveridge Locks to Perth. Tay Canal, river and wildlife preserve. Departs 09:00. Gas \$6.

LEADER: Alex Bissett 828-4363

Sunday October 3 Urban walk

Level 1 – Leisurely walk along the Ottawa River – Lemieux Island, west along Parkway, Champlain Bridge, east along Quebec Shore of Ottawa River and return via Portage Bridge. About three hours.

Depart 02:00 pm. No gas charges.

LEADER: Vinni Sahni 824 6757.

Saturday October 9 Gatineau Park

Level 3 hike. Ascend Lusk Falls. Then east across the escarpment to Ferris Creek. Continue along escarpment and make a return loop. Departs 09:00. Gas \$5.

LEADER: Ann Lane 741-3184

Saturday October 9 Pot luck picnic at the

Schoolhouse Bring a main course that does not need heating up or a salad or dessert, to share, and your drink. Also bring your cutlery, plates and a chair.

Musical instruments welcome. Hike on the trails for an

hour before supper. Departs 3:00 pm. Gas \$5.

There is no contact person.

Sunday October 10 Gatineau Park

Level 2-2+. Lac Philippe to Bluff Lake lookout, returning via Twin Lakes. About 12 km. Departs 09:30. Gas \$5.

LEADERS: Lena and Graham Creedy 789-1657

Monday October 11 Carman Trails

Level 2. 14 km. To Wakefield Mill. Departs 09:30.

Gas \$5. LEADER: James Mabbutt 521-6313

Saturday October 16. Rideau Trail

Level 2. 10 km. Dwyer Hill Road to Roger Stevens Road including the Earth Star Loop. *Hike Leaders wanting to become familiar with this section of the Rideau Trail are especially welcome.*

Departs: 09:30 Gas \$5.

LEADER: Ron Hunt 590-7467 re.hunt@sympatico.ca

Sunday October 17 Rideau Trail

Level 1. 10 km. Historic walk visiting pioneer lime kiln, Fallowfield Church with Sir John A. MacDonald corner stone and Duke of Richmond memorial

Departs 10:00. Gas \$3.

LEADER: Ron Maybury 836-2953

Saturday October 23 Gatineau Park

Level 2+. Pilon road area. Steep climb at beginning. Short bushwack. Hiking toward the fire tower and returning by same route. Departs 09:00. Gas \$5.

LEADERS: Kay Methot 770-4258 and Donna Shields 823-9841

Sunday October 24 Gatineau Park

Level 3-. 20 km. Lac Philippe to Lac Racine. On and off trail. Departs 08:00. Gas \$5.

LEADER: John Barron 828-2296

Saturday October 30 Greenbelt

Level 1. 7 km. Lime kiln. Meet south end of Baseline transit station. Departs 10:00. Gas \$2.

LEADER: Jean Cottam 726-1596

Saturday October 30 Gatineau Park

Level 3. A couple of less common variations on the theme of Pilon's Road/Chartrand Creek. This hike is not long (about 8 km), but much of it is rough and definitely for off-trail enthusiasts. Departs 09:30. Gas \$5. LEADER: Graham Creedy 789-1657

Daylight Saving Time ends.

Sunday October 31 **Marlborough Forest**
Level 1. 10 km. Leisurely walk. Cedar Grove Trail.
Bring a lunch. Departs 09:30. Gas \$5.
LEADER: Coby Fuykschot 722-6022

Saturday November 6 **Schoolhouse**
Level 1. Leisurely walk. Schoolhouse trails. Bring a
lunch. Departs 09:30. Gas \$5.
LEADER: Coby Fuykschot 722-6022

Saturday November 6 **Masham Mountains**
Gatineau Park Level 2+. Exploring the approaches to
Masham Mountains (320 m). Pine & hemlock forests,
with deer trails, rabbit trails, no trails. No creeks. Some
steep slopes. LEISURELY paced. (Mohan doesn't and
can't walk fast, Kay can but doesn't). Have fun with your
compass and binoculars. Approx. (very!) 4-5 hrs.
Departs 09:30. Gas \$5. LEADERS: Kay Methot and
Mohan Taagepera 770-4258

Saturday November 6 **Mont Rigaud**
A hike at this new destination about 80 minutes drive
from Ottawa, probably level 2-3 and about 17 km on
well defined trails. Details including departure time will
not be known until after a pre-hike visit in October, so
please check the e-letter, web site, phone line, or call the
leader around November 1.
LEADER: John Haley 225-0590

Sunday November 7 **Architectural walk**
Level 1. 6-7 km. Rockcliffe. Possible pub stop. Departs
10:30. Gas \$2. LEADER: Bill Grant 820-0697

Sunday November 7 **Gatineau Park**
Level 2. About 11 km. Wolf Trail (Tawadina). Departs
02:00 pm. Gas \$ 4. LEADER: Vinni Sahni 824 6757

Thursday November 11 **Gatineau Park**
Level 3 hike. Exploratory. Ferris Creek to the North
Window and beyond (going NW parallel to Harrington
Lake). Return on old trail #10. Some off-trail.
Departs 08:30. Gas \$5. LEADERS: Marilyn Booth and
Don Carpenter 730-3879

Saturday November 13 **Gatineau Park**
Level 2. About 13 km. Skyline to Keogan with return on
Highland Trail (# 8). Departs 09:30. Gas \$3.
LEADER: Grant Malinsky 730-2772

Sunday November 14 **Gatineau Park**
Level 3. 14 km. The hike will be a one-way with a car
shuttle from the Twin Pines to the Luskville Falls via the
Yellowbox trail. Time is 6 hours. Some off trail and

climbing. Nice views from the Eardley escarpment.
Depart 08:30. Gas \$5.
LEADER: Dave Audette 225-4667.

Saturday November 20 **Greenbelt**
Level 1. 7-8 km. Jack Pine Trail. Meet south end of
Baseline transit station. Departs 10:00. Gas \$2.
LEADER: Jean Cottam 726-1596

Sunday November 21 **Rideau Trail**
Level 2. 15 km. Port Elmsley to Rosedale. The section
through Smiths Falls was re-routed a few years ago,
and is much more scenic now. Substantial sections on
roads, remainder easy trail. Departs 08:30. Gas \$6.
LEADER: John Barron 828-2296.

Saturday November 27 **Gatineau Park**
Level 2+ Slow paced, exploratory snowshoe/hike.
Departs: 09:30. Gas \$5.
LEADER: Mohan Taagepera 770-4258

Sunday November 28 **Edge of Ottawa**
Level 1. Location and distance to be determined by
weather and ground conditions. Bring snack.
Departs 10:30.
LEADER: Bill Grant 820-0697.

Saturday December 4 **End-of-season potluck**
dinner This will be at 400 Stewart, East of Charlotte/
South of Rideau, starting about 6 o'clock. The party
room is on 1st floor; take elevators down from lobby.
There is a door person to open the door and direct
participants.

Bring a main dish, salad or dessert to share,
and your own drinks. Tea and coffee will be provided.
There will be a small charge to cover the extras and
room rental. Please call to confirm you will be coming
Two volunteers/ helpers will be needed.
Contact: Nestor Hobe 244-0856

Saturday December 11 **Greenbelt**
Level 1 hike or snowshoe. 8 km. Sportsplex trails.
Starts 10:00 from south end of Baseline Transit
Station parking lot. Departs 10:00. Gas \$2.
LEADER: Jean Cottam 726-1596

Upcoming Survey of Ottawa Club Members

As part of an outreach program, the Ottawa Club will this Fall be conducting a sample survey of its members to understand what reasons motivate their membership and to also ascertain some basic characteristics such as: age, sex, worker or retiree. This latter information will help us know what our present "market" is, and identify any major gaps in whom we are reaching.

In addition, we will be contacting people who recently left the Club to ascertain their reasons and hopefully understand any shortcomings.

This survey will be conducted through the mail and will allow respondents to return an anonymous questionnaire.



Deer Fly Patch Catch !

One day's catch, 28 June in Gatineau Park

Scratch One Bathtub!

Yes it's finally gone. Ron Arsenault, one of our new trail maintainers, his colleague Brian Harrison and your author teamed up to improve the Trail in the Long Bush just east of Wood Road (map #8) on July 15. No kidding: a bathtub, several car tires, discarded bicycles, shingles, engine parts, a smashed up toilet and about a dozen garbage bags full of household refuse were removed from the edges of the Trail. We would like to acknowledge the support of the Township of Montague in this cleanup effort. The Township agreed to haul our "treasure trove" to the dump after we finished our grimy task.

Unfortunately there is another "cache of trash" to be dealt with about two kilometres east of Wood Road. But we think you will find the initial section of the Long Bush walk to be even more pleasant than ever. No bathing facilities anymore though.

Ron Hunt

Wednesday Walker Annual Report 2004 (Ottawa Club)

Wednesday Walkers continue to have level 2 and level 3 outings every Wednesday. Most of the level 3 regulars have purchased high tech snowshoes complete with crampons. They are used late in the season when the snow has a hard, icy crust, character building for skiers and walkers. With these snowshoes, the all too short best season of the year is extended, this year by 2 weeks.

In the 53 Wednesdays April 16, 2003 to April 14, 2004, there were 49 Wednesday outings, 11 skiing, 36 walking and 2 snowshoeing. 102 people signed in. Average attendance 18, maximum 65 (the anniversary "outing"). For the level 3 group, average time on the trail 4.7 hours, longest 6.4 hours; average distance covered 10.8 km, longest 20.2 km.

There were four injuries reported: none skiing, two walking, one in the trail-head parking lot (resulting in 4 months off and 4 shoulder tendons reduced to 2 1/2), one at Lusk Falls involving a spectacular fall with some facial DNA left behind (she was always more than just a pretty face). Two resulted in damaged knees - one with snowshoes on, one carrying snowshoes.



The photo above, "*Grant greets spring at his Gatineau Park home*", was taken on April 16th, on a Friday Frolic (that name was used when the group was first set up in 1992, then abandoned because some of the ladies misunderstood).

On behalf of all Wednesday Walkers our thanks to Dorothy Belter for all she has done to us in this, her 20th year of leading the Wednesday Walkers.

Art Campbell

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. See **note on Participants' Responsibilities and Levels of Difficulty on page 7.**

Sunday, September 26 Murphy's Point Provincial Park Nature theme hike to focus on mushrooms, fungi and lichen on Point Trail. Hike, 6 km, Level 1, slow pace. Optional additional hike afterwards at moderate pace elsewhere in the Park.

NATURALLY: Susan Samila, 264-1196

October 2 - 8 Independent Outing to the Bruce Trail Hike part of Caledon Hills, all of Toronto Section. No vacancies.

CONTACT DEPENDABLE: Don Sherwin, 268-2447

Sunday, October 3 Foley Mountain to Narrows Lock Hike, 14 km, Level 2, moderate pace
LEADER: David Eggleton, 284-6503

Saturday, October 9 Ragged Chutes
Hike, Level 2, 12 km, moderate pace. Pot Luck to follow at the President's country dwelling on Powers Road. Without a doubt our favourite outing.
LEADER: Ted Pearl's brother, Bruce Gourley, 264-2478

Saturday, October 16 Trail Maintenance Day
Participate on this very social happening and bring your favourite maintenance tool. To volunteer to help, please CONTACT Bruce Gourley 264-2478

Sunday, October 24 Frontenac Park: Little Clear Lake Loop Hike, Level 2-3, 15 km, moderate pace. SEE A LITTLE CLEARER with Gunhild Karius, 264-2861

Saturday, November 6 Frontenac Park: Gibson Lake Loop Hike, Level 2, 15 km, moderate pace
HERE WE GO LOOPY LOO with: Susan Samila, 264-1196

Sunday, Nov. 21 K & P Trail: Flower Station to Barryvale Hike, Level 1, 16 km, moderate pace
KEEP ON THE RAILS WITH OUR TRAINED DRIVER: Janet Laraway, 284-2127

Saturday, December 4 Murphy's Point: Round Lake Loop Hike, Level 2, 12 km, moderate pace, Followed by Holiday gathering at local restaurant
SANTA IN DISGUISE AS Don Sherwin, 264-0759

Lyme Disease

Lyme disease has become a serious and growing health problem as it continues to spread across North America. It is now present in most Canadian provinces. Over 200 cases have been reported in Ontario. The disease has been a factor in other parts of the world including Europe for many years. It was first discovered on this continent in Lyme, Connecticut in 1975 when a cluster of children became mysteriously ill with arthritis.

Transmission: It is a bacterial infection primarily transmitted by deer ticks that inhabit wooded or grassy areas and have been infected by other animals. The disease resides in mice, deer, rats and birds. The tick can attach itself to the skin but since it is only about the size of a poppy seed it can easily be missed. Not all ticks are infected with Lyme Disease.

Symptoms: The incubation period for this disease may occur between 3 and 30 days after becoming infected. The most common sign is a red rash often in the shape of a bulls eye with the circle spreading outwards. In approximately 35% of cases no rash was reported. Lyme disease may resemble other diseases making it difficult to diagnose. It can manifest itself initially as flu like symptoms. If left untreated bouts of arthritis in the large joints may occur. Other associated illnesses include migraine or neurological disorders. Chronic conditions occur in about 10% of cases.

Treatment: Lyme disease can be treated successfully with antibiotics; however, complications can occur if not treated quickly.

Prevention: Hikers should wear light clothing with long sleeves and pants, and a hat. Ideally the pants should be tucked into the socks. Repellents containing Deet may prevent ticks becoming attached to the skin. After an outing hikers should bathe or shower and check exposed areas for possible ticks.

Tick Removal: Use fine point tweezers. Do not squeeze the tick's body; grip it where its mouthparts enter the skin and gently tug at it until it releases itself.

References: Health Canada, Lyme Disease. Canadian Lyme Disease Foundation. The Canadian Journal of Infection Control, Vol.19 No 2 Summer 2004.

Submitted by David Armitage

RTA Outstanding Service Awards - 2004

Allan Tattersall, Rolf Calhoun, and Don Sherwin



Allan Tattersall became a life member of the Rideau Trail soon after his retirement from the Armed Forces as a full Colonel. Almost immediately he became a strong hike leader, followed by a position on the Kingston Club executive in charge of Construction. He continued in Construction during his tenure as Vice Chair and Past Chair of the Kingston Club during the 1998 - 2003 period. During these years the Club enjoyed closer ties with the CRCA which led to Allan's early involvement with GPS mapping. Gould Lake, including his new Ridgewalk blue trail, were mapped at this time with the Pages assisting.

Allan became President of the Association in 2000. During this period, he was successful in steering the RTA back to the fold of Hike Ontario. The bronze plaques at our Trailhead, and near Spy Rock, are both attributed to his efforts. The erection of signs donated by MEC and rerouting in the Opinicon area are also feathers in his cap. His involvement in the RTA continues by his being back on the Kingston executive as Treasurer this year. He has been a strong force in the Association's progression.

Jean Thompson

The RTA saw the end of an era on March 31, 2004 when **Rolf Calhoun** stepped down as treasurer of the association after serving for ten years. During that time he became renowned for the professionalism, competence and dedication that he brought to the role, which involves not only keeping track of the

association's accounts and the reporting that entails, but also management of the Rideau Trail Preservation Fund.

Rolf was also widely respected for his thoughtful insight on the broad range of issues faced by the RTA Board, and for his ability to summarize a position in a concise and frank way when the occasion warranted – an asset that undoubtedly helped guide the Board so successfully during his term of office.

Although not part of his mandate, Rolf also acted as the RTA's contact with Hike Ontario for much of the last decade, where issues such as insurance benefitted greatly from his knowledge and insight.

Graham Creedy

Don Sherwin has been a member of the Rideau Trail Central Club since 1991. Every job in the club at one time or another has been undertaken by Don. As a result he was very qualified to write job descriptions for all positions in the club in his very efficient style.

There is no doubt that without Don's dedication to the Central Club it would not have survived, but through his guidance we continue to add new members. It is a privilege and an honour for me to have such a rewarding friendship with Don.

John Ivan Miller, Central Club Past President

Trail Flooding — Now Solved ?

A portion of the trail on Map 2, between Forest Rd. and Orser Rd. has been temporarily closed due to excessive water - just a little argument with some beaver.

However, thanks to continuing hard work by Bill Murdoch and his helpers, the problem seems to be resolved. If flooding reappears, detour via Forest Rd. and Stagecoach Rd. Markers are in place at the intersections.

Thank You !

The Rideau Trail Association gratefully acknowledges donations from: Christine Banfill, Oonagh Berry, Jeffrey Forgrave, Hilde Linder, Regina Mueller, Beth Peterkin, Robert Peters, and Helene & Bill Wilmart-Collard.

Thanks are also due for donations to the RTA Preservation Fund from: Jim Blain, Mac & Elinor Freeman, Jeffrey Forgrave, Chris Hargreaves, Barbara Humenny, Carol Husband, Hilde Linder, and Guy Thorne.

"HELLO, uh, THERE"..... a discussion on RTA Name Tags

So, at the hike start-point, it goes round the circle. The hikers introduce themselves. Nice friendly touch, that. Five minutes later, ask anyone to tell you the names of the people they didn't already know. Hmmmm. Or the name of that fella you're sure you hiked with three weeks ago.... Personally, I've been there. How do the newer members or prospective members feel, knowing hardly anyone?

This summer I hiked with a group in SW Ontario. They all wore personalized club name-tags, hard plastic with metal clasps. Most had them attached to their hats or back-packs. (Attach once and no more hassle, just like a trail badge). I was issued a returnable/reusable guest tag with first name on it. The tags helped me feel part of the group, made the hike that much more enjoyable for me. And members used my name. Friendly.

In winter, I belong to a curling club where the members habitually all wear club nametags, even though they mostly curl together at least once a week. So do the members of most other curling clubs. The name tags helped me in the first season get quickly socialized into the club. Since, they've also got me safely through more than a few bouts of temporary forgetfulness.

Cost: The tag I have in mind is 1" X 3 1/2", black rigid plastic with white lettering. Metal clasp. About \$5.00 for a permanent, personalized RTA tag; \$1.50 for a reusable/returnable non-member/new-member tag. There's a few logistics to work out for hike leaders, but nothing heavy.

Wearing a tag would, of course, be voluntary. Some people have said they don't feel good about wearing a label. Well, I guess one would really be doing it as a courtesy to others – as they're doing for you. I'm in favour of any step that might make some fellow hikers, new or old, feel better involved. Maybe we'd also attract more new members, and save some of the ones that don't renew.

John Cornish, Kingston Club

Got an opinion? Join the discussion. E-mail your comments to John at cornish@kos.net.

Other Activities and Notices

The activities and notices listed below are not sponsored by the Rideau Trail Association, but are published as a service to RTA members. The Association accepts no responsibility for them.

The Wool Shed at Topsy Farms, Amherst Island

Blankets, wraps, yarn, and knitted goods at a pesticide/growth hormone-free sheep farm. Also Ontario lamb. A fascinating stop on your hike/cycle tour of Amherst Island. 14775 Front Rd. past Emerald. (613) 389-3444. www.topsyfarms.com

Ottawa Stores Offering Members 10% Discounts on regularly priced goods

Bushtukah Great Outdoor Gear. 203 Richmond Rd.
(792-1170)

The Expedition Shoppe. 43 York St. (241-8397)
and 369 Richmond Road (722-0166)

Trailhead. 1960 Scott St. (722-4229)

Hiking the Emerald Isle July 2005

Ireland welcomes you with stunning landscapes and quiet country settings. Itinerary includes hiking The Kerry Way, and The Aran Islands. This is an all inclusive hiking tour with many unique features.

Hiking Banff August 2005

Spend 7 days in the Banff area hiking in the Egypt Lake, Vermillion Lake and Lake Louise areas. A possible day trip to the Columbia Icefields. Included will be concerts at the Banff Centre Summer Arts Festival.

For information and a complete itinerary contact Linda Simpson at howaboutahike@aol.com, 613-345-5664. Travel arrangements through Joan Patterson, Marlin Travel, Kingston.

Cataraqui Trail Hike and Bike Saturday, October 2, 2004

Good ole family fun! Gather pledges!
Win Prizes! Win lunch on us!

*Rideau Trailers are warmly invited to come out in support
of the other major trail in our area.*

HIKE: Start 10:00 am in Harrowsmith,
downhill into Sydenham. Return trip 14 km, 3-4 hrs.

BIKE FUN RIDE: Start 11:00 am Perth Rd Village into
Sydenham. Return trip 22 km, 2-3 hrs.

BIKE CHALLENGE RUN: Start 10:00 am Chaffey's
Locks. Return trip 57 km, 5-6 hrs.

Rest stop and Canteen in Sydenham. Collect \$25 in pledges
and have lunch on us! Your name will automatically go into
a draw for fabulous prizes!!!

For information or to register call (613) 546-4228 ext 304,
or visit www.rideau-info.com/cattrail/
Or register at the start of the hike or bike.

Rideau Trail - Kingston Club
Winter Get-Away Weekend for 2005

Hotel L'Estérel, Laurentians — February 4 - February 6, 2005

Hotel L'Estérel is a cross-country ski resort north of Montreal. Groomed cross-country trails, leading from the door, are available at all levels of difficulty. Expert trails access the Laurentian trail network. If requested, other trails may be accessed by bus for all-day skiing on Saturday. Skating and snowshoeing are also available at the hotel.

The hotel's indoor facilities include track, courts, pool, whirlpool, and sauna. Facilities available for group activities such as bridge and scrabble. A "get-acquainted program" on Friday (before supper) and a Saturday evening program will be planned. Evening program proposals welcomed.

Gourmet meals are fixed table d'hôte dinners on Friday and Saturday evenings, full breakfasts Saturday and Sunday mornings, and a buffet supper Sunday (3 to 4 p.m.). Gratuities are included. Bag lunches may be ordered. Cost for the weekend is \$290 per person double occupancy or \$390 single.

Departure from Cataraqui Town Centre at 9:00 a.m. Friday February 4 with arrival at about 1:00 p.m. Konrad Wolf, a RT member, is our bus driver. Since all rooms may not be available upon arrival, bring a lunch and dress for your preferred activity. We return to Kingston about 9:00 p.m. on Sunday.

We have reserved 40 double rooms. A payment is due to the hotel on September 30 with final payment on January 2. We require a deposit of \$90 per person on registration, with the balance payable by post-dated cheque dated December 31. Make cheques payable to **Rideau Trail in Trust**.

Please return your completed registration form with your deposit and post-dated cheque. Available rooms will be allotted in order of registration with priority given to bus passengers and members. You are urged to **register early** to avoid disappointment. Those unable to travel on the bus will be refunded their share of bus transportation costs after all bills are settled. Enquiries: Lars at 389-8747.

RIDEAU TRAIL - KINGSTON CLUB: WINTER WEEKEND — Feb 4-Feb 6, 2005

REGISTRATION FORM #

(FOR USE BY ORGANIZERS)

Name(s) _____

Address _____ City _____ Postal Code _____

Phone (home) _____ (business) _____ Rideau Trail Member Y/N _____

Enclosed is my/our deposit of \$90 per person, totalling \$ _____ (payable to Rideau Trail in Trust)
and post-dated cheque dated December 31 for \$200 per person double occupancy, or \$300 single occupancy,
totalling \$ _____ (payable to Rideau Trail in Trust)

I wish to room with _____ Prefer non-smoking _____ Smoking _____

I/We have the following dietary restrictions _____

Members of the Rideau Trail - Kingston Club will be given booking priority if hotel room numbers are restricted. It is suggested that non-members take out a membership before registering to ensure their booking priority.

Cancellations after December 1 may not receive a full refund if replacements are not available.

Cut out and mail to: Lars Thompson (Ski Weekend 2005) 832 Wartman Avenue, Kingston K7M 4M5



®

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

Canada Post
Publications Mail
Agreement No. 40019036

Fall is a Great Time for Hiking !

MEMBERSHIP APPLICATION: The membership year is from April 1 to March 31. If you join after October 31 your membership will be extended to the end of the following membership year. 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, the E-Letter (if requested), and special mailings, as well as voting rights in the Association and in local Club activities. To join or renew, please complete the form below (or obtain a form by clicking on *Join RTA* at www.rideautrail.org). Please mail it with your payment to: **Rideau Trail Association, P.O. Box 15, Kingston, Ontario, K7L 4V6.**

☐ Annual Individual Membership	\$20.00	MEMBERSHIP INFORMATION New ☐ Renewal ☐ Present Life Member ☐ Name(s):
(All members must be at least 18 years old.)		
☐ Annual Household Membership	\$25.00	Address:
(Two adults at the same address)		
☐ Patron (Individual Life Membership)	* \$500.00	City, province, postal code:
☐ Trail Guidebook: Members	† \$25.00	
(6th edition, 2001) Non-Members	† \$30.00	Telephone:
☐ B&B Guide	† \$5.00	
(\$4.00 if ordered with a Trail Guide)		☐ I wish to subscribe to the RTA e-letter. E-mail address:
☐ Rideau Trail Wall Map (2000)	† \$12.00	
☐ Crest (cloth, 3-inch diameter)	\$2.00	
☐ Enameled Lapel Pin	\$6.00	
☐ Car Sticker (free to new members)	\$1.00	
Prices subject to change		
☐ Donation to the RTA	* \$ _____	PLEASE INDICATE IF YOU CAN HELP WITH Leading hikes ☐ Maintaining trails ☐ Leading xc ski/snowshoe outings ☐ Communicating with members ☐ Hosting social events ☐ Serving on Executive ☐ Helping with publicity ☐ Keeping records ☐ Other (specify):
☐ Donation to RT Preservation Fund	* \$ _____	
TOTAL	\$ _____	
* Qualifies for income tax credit (Charitable registration # 11911 9485 RR 0001)		
† Includes postage and handling		