

The Rideau Trail NEWSLETTER

Published by The Rideau Trail Association

FALL 1974

ISSUE NUMBER 13



SUMMER CHANGES TO FALL ON THE RIDEAU TRAIL

A GRAM OF PRECAUTION

There are a couple of situations that are bound to occur at some times at some places on the Rideau Trail that might cause a problem for the unwary or inexperienced hiker. In each situation, the remedy is the same: a gram of caution is worth a kilogram of cure.

One fairly common situation is when parts of the Trail through or around swamps or marshlands become awkward of passage because of flooding. Some Trail sections are quickly affected by even a short but heavy downpour of rain. The effect is a rapid rise in the water table and flooding. Conversely, these areas just as rapidly dry out in sunny weather.

The other not-so-common situation--but it can happen--is when Trail markers get knocked down or otherwise "disappear", causing hikers to feel temporarily puzzled. In one rare instance, the two circumstances have apparently happened together, causing some dismay.

The remedy in both cases is to ensure that at all times you are correctly following the Trail, with the aid of both markers and map. It is most important that you know where the next Trail marker is situated. If you walk for several hundred feet without seeing the next marker, something's wrong: You are either off the Trail, or one or more markers have disappeared.

In either case, do not continue on in the direction you have been heading. Turn around and walk back to the last marker you saw. Then circle around to the left to see if you can spot a marker. If not, go back again to the last marker and make a circle to the right. You should do this in case the Trail has made a turn to the right or left which would have been marked by the downed markers. If you are successful in locating the next marker, you can proceed. If it is a newly wet area, you can now detour around it, knowing where to regain the Trail.

If for any reason you cannot find the next marker--either in the direction you have been heading or to the left or right of the last marker--it's best for you to retrace your steps completely, rather than risk getting lost. Your next step is to report the "unmarked" section immediately to the nearest Trail Club's maintenance committee chairman.

BACKPACKING CONDUCT: SOME HIKING AND CAMPING DOs & DON'Ts

Here are some hints by Gary Schofield, teacher of wilderness skills at Algonquin College, Ottawa, who was guest speaker at the Ottawa Trail Club's annual meeting and was later interviewed by a NEWSLETTER reporter.

NEWSLETTER REPORTER: What's your philosophy about hiking and nature?

GARY SCHOFIELD: Live and let live. The idea of 'survival' or self-preservation is obsolete. I believe in living in harmony with nature, not in conflict. /Perhaps we can learn more about this concept from Indians and Inuit? -- Editor/ Our continued use of trails, for example, must result in negative effects on them. We should care--and we must take care. We must help nature regenerate after we have used her.

NR: What's the worst thing a hiker or camper can do to nature?

GS: Set the place on fire. It's a cliché to say it, but we must be careful with fires. Don't ever leave a fire unattended. Make it on a rock, or dig down to mineral soil--sand or clay. Never build a fire on humous soil. And be sure there are no cracks in the stone or earth through which the fire could reach tree roots and spread. If a fire is really needed, make it in a fireplace on an already-established campsite.

But why make a fire on a one-day hike? If you want to have hot soup, or a hot meal, bring along a 'backpack stove'.

NR: What's the next worst thing a hiker can do?

GS: Cut down a living tree. There's no need to do so today. Use tents with poles supplied, or use dead branches. And there's no need nowadays to cut green boughs for bedding. Nobody on any of our trips carries axes or hatchets. Nor sheaf knives. They're not usually needed, and they're dangerous; they're great causers of accidents. Avoid accidents. A jackknife is good enough. I carry a pen-knife. The only real advantage of an axe would be to split wood down the centre. You don't need to do that on a short trip.

For firewood, use dead branches--those found near the bottom of ever-green trees; those that have died because of being shaded from the sun. If there are still some needles on the branch, it's still alive. Use pencil-thin branches only. They give you the hottest fire.

NR: How much weight should a day-hiker carry?

GS: As light as possible; say, up to 15 pounds.

Continued on p. 4.

GARY SCHOFIELD'S HIKING AND CAMPING DOs AND DONTs

Continued from p. 3.

NEWSLETTER REPORTER: What are the essentials that a day-hiker should carry?

G A R Y SCHOFIELD: Map, compass, matches, a piece of plastic 6-foot or 7-foot square, and some high-energy food. These should be carried with you as an emergency kit at all times. You might get lost, and need them.

NR: Always be prepared to spend the night on the trail or in the wilderness--if you have to. Also, carry some extra clothing, especially a heavy woolen shirt.

But don't invest in expensive clothing and equipment until you've done quite a bit of day-hiking.

NR: What are some good foods to carry and eat?

GS: I'd recommend cheese, or dried sausage, such as salami, balogna, pepperoni, a fruit drink made from powder, dried fruit (raisins, prunes, apricots, dates, figs, and dried apples). These are all good for a lunch. Freeze-dried foods are good, but expensive.

NR: What if it rains while you're hiking?
(See story by Shirley Simpson and Trix Geary, p. 9.)

GS: It always rains in Canada! Be prepared for it. I prefer a poncho rather than a full rain-suit. The poncho allows the body moisture, generated as we use up energy, to escape. A rain-suit can make you uncomfortable by holding in the body sweat. The poncho can also be useful as a ground sheet when sleeping overnight.

And always carry a pair of sandals or moccasins to wear later on when your boots or shoes are drying out. In any event, leave a pair of sandals or moccasins in your car, if you're on a day hike, and exchange them for your wet footwear when driving home.

NR: What should a hiker do about waste matter?

GS: If you mean human excrement, bury it in a deep hole, or at least under a rock or dead tree. Carry out with you all metals (including aluminum and other foil) and glass. Bury your leftover food in the same way you bury human waste. Protect the water in streams, ponds and lakes.

Concluded on p. 5.

GARY SCHOFIELD'S HIKING AND CAMPING DOs AND DONTs

Continued from p. 4.

NEWSLETTER REPORTER: What's a good insect repellent?

G A R Y SCHOFIELD: Diethyl-m-Toulamide. You can get it in 2-oz. plastic containers at, for example, Canadian Tire Corporation stores.

NR: What kind of shoes or boots should a hiker wear? Is there some mystique about proper footwear?

GS: Well, you don't need special footgear if you're only out on a short half-day or day hike, but sooner or later, if you plan to walk several miles on a weekend or during your vacation, you'll need a sturdy comfortable boot. I like the Greb Kodiak. [See separate article on hiking footwear, p. 12. Ed.]

NR: Do you have any other hints to make hiking even more enjoyable?

GS: Yes, there are a couple that even experienced hikers do not take into account, but which can be very helpful: When hiking in a group, make sure you have all agreed beforehand what the objective of the hike is. You may have with you a camera 'bug', for example, who wants to stop frequently to take pictures while the rest wait up for him or her. [No male chauvinists in RTA! Ed.] You should decide in advance what the purpose of the hike is, and whether to allow time for picture-taking, collecting rocks, or what-have-you. Otherwise, some of the hikers will become frustrated.

And here's a most important consideration: If there are very young children along, or older people, or friends who are out hiking for the first time, be prepared to gear your walking pace to the slowest.

NR: Gary, thank you very much for these useful suggestions.

GS: It's a pleasure to be of some help to members of the Rideau Trail Association. I'll no doubt see some of you on the Trail sometime. Good hiking!

Some Footnotes on

THE FEAT: HOW TO AVOID DEFEAT OF YOUR FEET

- * At home, before hiking, pick up a pencil with your toes, 20 times with each foot.
- * While seated, with legs straight out, squeeze toes under tightly and bend ankles so that feet point toward body as far as possible; then bend feet away from body--still keeping toes curled. Repeat 10 times.
- * Rest frequently on the Trail rather than taking a few longer stops. Remove boots. Relax with feet propped higher than body.
- * At mid-day, remove socks. Let 'em dry. Turn inside out and replace on different feet. Better still, change into clean socks.
- * Treat "hot" or sensitive skin areas with antiseptic ointment. Cover with adhesive tape or gauze bandage. Do not open small blisters. Protect them with ointment and gauze. Open large, painful blisters with sterilized needle. Smear with antibiotic ointment.
- * New socks are more comfortable if washed at least once before wearing.
- * Best sock-plus-sock combination is finely-knit wool-and-cotton sock fitted snugly next to the skin, covered in turn with all-wool coarsely-knit sock to provide cushion.
- * For Rideau Trail mixed terrain, best footwear is probably boot with sturdy yet resilient sole (could be rubber) and flexible "uppers" of leather to provide ankle support and good ventilation ("breathing").
- * Despite some olde-tyme advice, do not soak new boots in water.
- * If boots chafe legs, tie laces at lower eyelets, or loosely bind ankle with gauze bandages.
- * Hiking boots for less than \$15 are likely to be a questionable bargain.

[See also Gary Schofield's hints on footwear, p. 5.]

(Based on Greb Hiking Bureau, Kitchener, Ontario, pamphlets.)

BACKPACK FRAMES

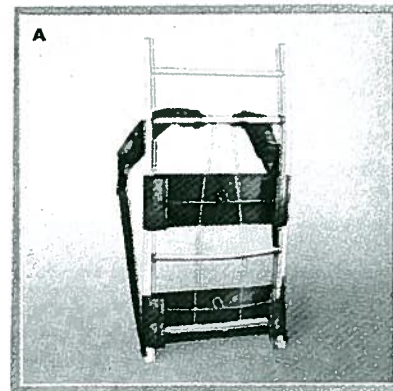
What are the qualities of the ideal backpack frame? For the hiking novices among our readers we should explain that a backpack is used for over-night and longer hiking. This consists of a heavy cloth bag - the "rucsac", which is attached to a light but sturdy metal frame. The purpose of the frame is to properly distribute the weight of the rucsac onto the shoulders and the hips, and also to keep the rucsac from resting directly against the back, where it will absorb sweat and get the contents damp.



Rucsac

To answer the question - "what are the qualities (and cost) of an ideal backpack frame?" - the August, 1974, edition of Consumer Reports provides the answer. In their usual thorough and impartial style, the magazine discusses, in general, what a backpack frame should do, and then it compares and evaluates about a dozen high quality makes.

Rucsac Frame -



CREST CONTEST

Considerable discussion was held at the May Executive meeting about the present design of our crest. The present crest is an orange isosceles triangle with the height equal to twice the base, but without name identification.

It has been decided that a prize of \$25.00 be awarded to the designer of the crest approved as most suitable for use by The Rideau Trail Association.

Guidelines for Crest Contest

1. Design must contain "orange isosceles triangle" with the height dimension equal to twice the length of the base.
2. Design must contain the words "Rideau Trail".
3. Entries to be submitted not later than October 31st, 1974.
4. The panel of judges will be the Association Executive.

CENTRAL CLUB EXPLORING RE-ROUTING TRAIL THROUGH 'THE LONG BUSH'

Among the current activities of the Central group is an effort to explore in depth (without falling into any deep holes!) the Trail corridor from Merrickville to Smiths Falls, which is practically confined to the highway. Colonel Duncan Douglas, Commander H.W.A. Moxley, and Don Burtch are mounting a fairly systematic exploration of the potential choices of route through the Long Bush and will no doubt be reporting soon on the results of their survey in an effort to get the Trail off the roadway.

-- Rita Burtch

* * *

ACKNOWLEDGEMENTS OF DONATIONS AND SUPPORT

The Rideau Trail Association is grateful to the following for their donations and support:

Mr Brian Barr	Mr Michael Horan	Mr Bruce Millar
Mr Douglas A. Bearance	Dr H. E. Jacobs	Mr Donald B. Mutton
Mr Mark A. Carter	Mr Edward Jezak	Mr & Mrs Gary
Mr R. T. Dancer	Mr Neil Lamont	Schofield
Mr & Mrs H. Gardner	Mr G.H. MacCarthy	Capt & Mrs G.R. Smith
Mr Reginald Heasman	Mr Peter McMillan	Mr E. M. Wade
	Miss Sheila McNamee	Mr R. B. Wolton

-- Helen Quilliam

* * *

COMMUNITY COLLEGE COURSE IN WILDERNESS SKILLS

At least one RTA member has taken of the new--and perhaps unique--courses being offered by Algonquin College in Ottawa. (We hope to get him to tell us about it in a future NEWSLETTER.) Algonquin offers basic courses in canoeing and backpacking which are given five times throughout the spring and summer.

The short courses are designed to teach the skills needed to travel and camp comfortably and safely in wilderness and semi-wilderness areas.

All courses intersperse classroom 'theory sessions' with practical field experiences on weekends. On at least one occasion, a field trip by a class took place on the Rideau Trail. Further information may be obtained from the Continuing Education Division, Algonquin College, 200 Lees Avenue, Ottawa, K1S 0C5.

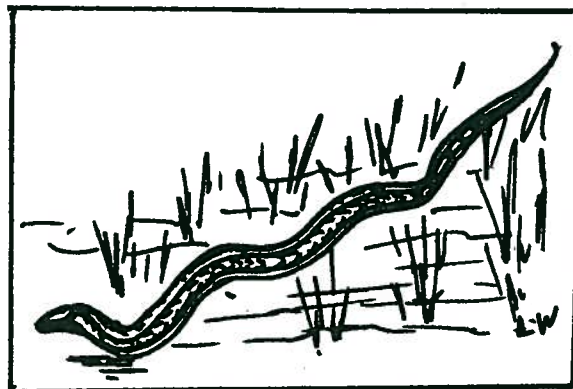
Friends We Meet on the Trail

THE EASTERN GARTER SNAKE

Ontario has 15 species of snakes, and the Eastern Garter Snake can be found throughout much of the Province. We see it often on the Rideau Trail--or, at least, to the side of the Trail. It is a fairly slender snake of about 36 inches in length when fully grown. Its base color may be black, brown or olive, with three yellow, orange or reddish stripes.

One that I saw at very close range and for an extended time on the Trail in Marlborough Township was olive with yellow stripes. The belly is usually yellowish or greenish.

✓We plan to print a photograph of a garter snake taken by the author, in a later issue. Meanwhile, we hope the sketch represents a reasonable facsimile.--Ed.✓



Garter snakes may be found in woods, fields, along roadsides, in marshes and on the shores of lakes and streams. They feed chiefly on earthworms, frogs and small fishes; the larger snakes will also eat mice.

Like most Ontario snakes, the garter snake is non-venomous, but if handled or cornered it may bite. This bite, if treated like any ordinary scratch (preferably cleaned with antiseptic solution), will cause no further discomfort.

The usual defence of garter snakes is the release of a nasty smelling scent, done by lashing the tail to smear its tormentor. However, if unmolested, these snakes--along with most other species--will bother no one and continue to play their own part in the balance of nature.

For those wishing more information, the following booklet is highly recommended:

Ontario Snakes by Barbara Froom, obtainable from the Ontario Ministry of Natural Resources for 50 cents.

-- Ray Billingham

ORGANIZED TRAIL CLUB OUTINGS

Ottawa Trail Club--

SATURDAY, SEPTEMBER 7TH: Hike and cookout in the Carleton Forest area. Meet where the main Trail crosses North Gower-Smiths Falls Road (see map 4), at 1:00 p.m.

SATURDAY AND SUNDAY,
OCTOBER 5TH AND 6TH:

Back-packing in the Slide Lake area. Meet where the main Trail crosses Buck Lake Road, south of Little Franklin Lake (see map 10), at 9:00 a.m., Sat.

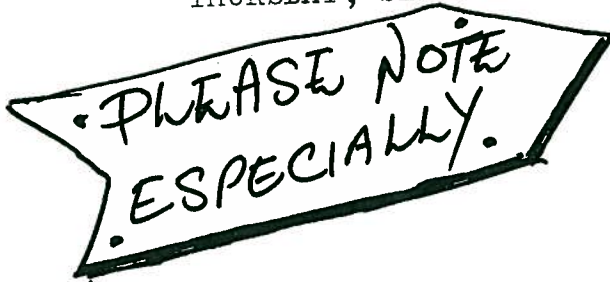
SATURDAY, NOVEMBER 30TH:

Ski or hike in the Moodie Drive (Ottawa-Carleton) Conservation area. Meet at the Rideau Trail parking lot on Moodie Drive, at 10:00 a.m.

Please note that Kingston and Central Club members most welcome. Bring required food for each outing. If you plan to go or if you'd like further information, please call Trix Geary, 722-2736.

Kingston Trail Club--

THURSDAY, SEPTEMBER 12TH: Special evening activity on overnight and extended hiking. Evening will consist of discussion, film presentation and possible display of equipment. Guest-speaker arrangements were not complete at time of publication. Meet in Theatre A, Stirling Hall (Physics Building), Queen's University, at 8 p.m.



SATURDAY, SEPTEMBER 28TH: Overnight hike in Frontenac Park. About 20 miles of rough terrain; suitable for persons physically fit. Bring enough food for four meals. Those interested, please contact leader, Stan Segel, at 544-1386. Meet in Sydenham High School Parking lot, 10:30 a.m.

SATURDAY, OCTOBER 26TH:

Short hike, about four miles, over gentle terrain in the newly re-routed section between Queen Mary Road and the Cataraqui Cemetery. Suitable for families. Meet on Bath Road at end of Queen Mary Road. Park cars. At 1:00 p.m. Contact Wally Schlegel, 548-3211.

CALLING ALL PART-TIME "END-TO-ENDERS"

If all the people who have walked the 200 miles of the Rideau Trail end to end were placed end to end, they would not cover much of the Trail.

Not many people have the desire or the opportunity of walking the full Trail in one fell swoop. Some do.

You probably read in the Winter issue No. 10 of the NEWSLETTER how 14-year-old Ralph Hueller of Ottawa did it. And in the Summer issue No. 12, you read of Ralph being presented with the "200 Award" for that accomplishment. Records show that Ralph was the tenth person to have hiked the whole Trail.

But you don't have to do it in one gulp to be eligible for the "200 Award". Why not consider doing it in bits and pieces, dabs and dribbles, on weekends and holidays?

It's easier if you do it with one or more persons--or at least with the use of two cars, so that one car can be positioned at point B after you have set off from the first car parked at point A. Otherwise, you have to retrace your steps by walking back to point A. But that ploy, too, is not essential; all hikers know that the walk back is always different--you see things from a different point of view.

OK? In Ottawa, Margaret Pope, for one, is interested in hearing from other hikers who would like to "do" the Trail in manageable portions this way. Any takers? Her telephone number at the office is 996-5157 and at home it's 729-6324.

DISCOUNTS ON HIKING AND CAMPING EQUIPMENT FOR RTA MEMBERS

Two of the several outfits in the business of catering to the clothing and equipment needs of hikers have written us to offer discounts on purchases by members. Margesson & Co. Ltd., 17 Adelaide St. E., Toronto, M5C 1H4, offers a 10% discount on most of its lines of hiking, canoeing, and mountaineering equipment. Canadian Trails Outfitters, Box 3006, Postal Station D, Willowdale, Ont., offer a discount of 15% on the purchase of any equipment, food, accessories or literature, and free shipping. Both would be pleased to send you catalogues on request. Copies are also available for perusal from several RTA members, including the publicity director, Harry Walker.

A Now-It-Can-Be-Told Story:HOW WE 'DID' KINGSTON TO OTTAWA IN TWO DAYS

With light hearts, but heavy packs, we left the Gatarauqui Conservation area around 10 o'clock on a Friday morning, hoping to reach Ottawa in two weeks.

We walked all day with many rests along the way. After covering about eight miles, we found a good campsite and set up our tents for the first night. The weather hadn't been too promising, and by noon on Saturday the heavens opened up. In spite of good rain-wear, we were soon pretty wet, and one of us had developed a blister.

'No Shooting the Bull'

We had difficulty finding the trail in several places and ended up in the middle of a cow pasture, which also pastured one of the largest and noisiest bulls we had ever seen. We made it safely to the fence, but had to hide behind trees, because the bull didn't like the look of us--and we didn't blame him. He was very capable, and was ready to charge right through the fence.

Our packs seemed about 20 pounds heavier at this point, and it was raining harder than ever, so we decided to ask for shelter in a farmer's barn. The farmer and his wife took pity and insisted we spend the night in their house--and they even shared their dinner with us.

It rained heavily all night and was still raining on Sunday.

Due to a blistered foot, very stiff legs, heavy packs and heavy rain, we decided to bus back to Ottawa and try again another time. Since it was Sunday and buses weren't running very frequently, we found our thumbs worked better than our legs.

As a consequence of our fairly quick trip, we have a couple of suggestions we shall follow in the future and which may be of use to others planning to hike with packs:

- 1) Try to carry very light packs--20 lbs. or less.
/See also Gary Schofield's hints, p.3.-- Ed./
- 2) Bring "Elastoplast" and use it at the first sign of a rub on your foot.
- 3) Take frequent rests.

-- Shirley Simpson and Trix Geary

"OUR WALK IN FERGUSON'S FOREST"

(Reports by two younger members of the Rideau Trail Ottawa Club on their perceptions on the Sunday, June 23rd, group hike along the trails of the G. Howard Ferguson Forest Station, or "The Kemptville Nursery Forest", 35 miles south of Ottawa, east of the Rideau Trail.-- Ed.)

ONE SUNDAY IN JUNE we went for a walk in Ferguson's forest. I had lots of fun. When we started, I saw lots of butterflies and pretty flowers.

We came to a big puddle that covered the road. My Dad was the first to cross. He got his shoes wet. Then, my Mom, my sister, and I crossed--and we all got our feet wet. My father took a picture of one of the ladies running across the puddle.

Then we saw thousands of tadpoles in a stream. After that, we saw a big frog, and my friend tried to catch it, but he missed. We walked further, then we saw some frogs. We walked a little further, then I caught a little frog. It was so small, it could fit into your pocket. I let it go, of course.

Near the end we saw a tree with little holes in it.* Then the hike was over. We got into our cars and drove to a park and we had a weiner roast.

*Probably markings made by Yellow-Bellied
Sap-Sucker.--Ed. (See p. 14.)

-- David LeSage
(age 11)

WE WENT WALKING in Ferguson forest and we saw flowers. I wanted to pick some, but Daddy said no, let other people see them.

Then we walked down the path and we saw a beaver dam. Then my friend and I met two nice girls and we talked together. They found some strawberries and everybody ate some.

Then we walked and w a l k e d. My brother asked a lady if he could walk her dog, an^d the lady said yes. And then I did the same thing, and she said yes. Then we both walked the dog.

We came to a hill and we stopped, because we didn't know where to go. We waited for a man. Then we walked the dog some more. We saw a sign saying "Visitors' List" and we signed our name.

We went back to our car and we went to a park. My two friends and my brother and I went to the merry-go-'round and played for a while. Then my Dad called us for supper, and we had hot dogs and canned drinks and marshmallows. After supper we asked my mother if we could roll up our pants and walk in the waters, and she said yes.

And that is my story about our walk in Ferguson's forest.

-- Marianne LeSage
(age 8)

Friends We Meet on The Trail

THE YELLOW-BELLIED SAPSUCKER

In last Winter's **Issue** No. 10 of the NEWSLETTER we were introduced to the Black-Capped Chickadee, frequently encountered on the Trail. It lives with us year-'round. Since some of our younger members saw what was no doubt the handiwork (beakwork) of the Sapsucker during a walk in the Ferguson Forest in June (see p.13), we'd like to introduce this less-frequently-seen migrant bird to you.

It's sometimes called the yellow-bellied woodpecker, or the red-throated sapsucker.

Its main distinguishing feature, enabling you to easily recognize it, is the long white patch or stripe on its black wing. It is the only woodpecker having a red forehead patch.

There's no mistaking when the Yellow-Bellied Sapsucker's been around: It makes a series of little rows of holes in the bark of trees, often in parallel rings. And it does literally suck the sap.

You'll usually find bees, butterflies (other flies), and even hummingbirds taking advantage of the Sapsucker's drilling. And the Sapsucker loves eating the insects, too.

They make a squealing or mewing sound.

They nest in Canada, and about this time of the year they are beginning to pack up and head south, to spend the winter in the southern United States.



NOW WE ARE ALL LANDOWNERS

As was briefly mentioned in President Doug Knapp's report in the Summer Issue No. 12 of the NEWSLETTER, the Rideau Trail Association is about to become a landowner. Several months ago, Mr E. Peter Cameron of Ottawa made known to the Association his desire to donate a parcel of his land for Trail use.

The approximate five acres of land is situated in the southeast corner of Lot 18, Concession No. 8, Rideau (formerly Marlborough) Township, about 25 miles from the northern end of the Trail. It lies 550 feet from the main trail and the intersection of loop trails, giving it a strategic position. You can locate it on map number 4.

This is the site of the homestead of the Gould family, but only parts of the original foundation can be seen today. A hand-dug well is nearby. The surrounding land is vacant. The property is situated on a ridge of land with a gentle rise of about 50 feet. At present about half of it remains open space, reflecting the original clearing by previous owners for farming purposes. The other half has been cut over, but some older deciduous trees remain. About 15 years ago Mr Cameron planted several hundred pine seedlings which have matured well. Combined with sumac and other scrub growth, this presents a pleasant setting, especially in autumn.

Local and regional governments have approved the severance of this property, which completes the last major hurdle in transferring it to the Association. A condition--that no building be erected on the site--was attached to the severance approval.

The Canadian National Sportsmen's Show has approved in principle a grant of \$450 to support the Association in securing the property. This money will cover legal, surveying and other costs of acquisition.

Mr Cameron's gift will represent the first real asset of the Association. Obviously, our objectives and resources preclude our becoming a major landowner. By owning certain property, however, the Association can ensure rights of way and the provision of facilities for hikers. What type of development that will occur on the land is not definitely known at the moment. The no-building condition will have to be investigated. Certainly the well will be tested for drinking water use, and if satisfactory a pump may be installed. A picnic table-cum-shelter, fireplace, pit toilet and camp site may be other possibilities.

We are indebted to Mr Cameron for his generosity and to the Sportsmen's Show for their support. Ownership of this land implies certain responsibilities in upkeep, payment of taxes, and other expenses. This will be an interesting experiment to see if the Association membership is ready to accept these obligations.

-- Jane Johnston

"SAY, JUST WHAT REALLY HAPPENS AT THOSE EXECUTIVE MEETINGS?"

Other questions we often hear are: Why do executive meetings last three hours each month? What business do they discuss? Where and when are they held?

May I answer the last question first? Your Association's executive members meet monthly--except July and December--on the fourth Wednesday of the month, at 8:00 p.m., in the Municipal Council Chambers of the Smiths Falls City Hall.

Your executive consists of the president, three vice-presidents (representing Trail Clubs at Kingston, Central area, and Ottawa), treasurer, publicity director, and secretary, plus the chairman and two representatives from each Trail Club. In addition, the chairman of a special or a standing committee attends executive meetings while the committee is active.

The 'must' items of a meeting are: the approval of minutes of the previous meeting, their clarification if need be, and completion of business arising from the previous meeting; the treasurer's report, submitted monthly for approval by the executive; a report by each Trail Club on its activities during the previous month; and announcements of special activities for the coming month.

Things Come to a Crest

As an example of the kinds of questions that arise: An item in June that claimed considerable pro and con discussion was the matter of our present crest. From the discussion came the decision to initiate a crest contest, which was announced in issue No. 12 of the NEWSLETTER.

Your Association President reported to the May meeting on a "brief" he had presented to the Kingston Planning Board on the preservation of the Rideau Trail 'corridor' within the Kingston Planning Board's area of jurisdiction.

At the June meeting, Doug Knapp was able to report that Kingston City Council had approved the brief and that the RTA corridor will be respected. Your executive members hope that this brief may be used as a guide for other areas as required.

Those of you who attended the annual meeting will be glad to know that Rolly Hamilton and Harry Walker accepted some of the challenges made to us by Michael Cassidy, Member of the Ontario Legislative Assembly for Ottawa West. They have drafted letters and maps to be sent by the President to the several MLA's whose constituencies the Rideau Trail traverses, that they may be aware of the location of the Trail and the fact of the Association's existence.

Continued on p. 17.

"IS THAT WHAT HAPPENS AT THOSE RTA MONTHLY EXECUTIVE MEETINGS?"

Continued from p. 16.

Your RTA executive committee had representation at a meeting held Sunday, May 26, in Weston, of the Federation of Ontario Hiking Trail Associations. This is a recently formed organization whose members hope, through the strength of the unity of the many hiking trail clubs in Ontario, to have greater lobbying power with the Provincial Legislature in assuring the conservation of trail corridors. Nine clubs had representatives at the meeting; four others had been expected, and it is hoped that there will be additional members.

Your executive is an active group, whose members try to the best of their ability to keep your Association "alive and well, and hiking along the Rideau Trail".

The Smiths Falls Council Chamber has extra chairs around the room, and sitting in on a meeting or two might encourage you to take a more active part in the business side of the Association's programs. Come and join us.

-- Hugh Munro,
Secretary

FREE OR INEXPENSIVE PUBLICATIONS

It is perhaps not generally known that the Ontario Ministry of Natural Resources, Parliament Buildings, Toronto, distributes a large number of publications on nature subjects. One is mentioned on p. 6 of this issue. There are free pamphlets, for example, on The White-Tailed Deer in Ontario, The Moose in Ontario, The Beaver in Ontario, Ontario Turtles, and The Ruffed Grouse in Ontario--to name a few. Why not write for the current list of publications?



OTHER HIKING TRAILS - Part III

In the last two newsletters, five different Ontario Hiking Trails were described and the completion of this series was promised in this issue. However, due to unforeseen problems, the necessary information is not yet completely assembled, so in this issue we will give a brief description of hiking in the State of Vermont.

The Long Trail

The Long Trail is a wilderness footpath traversing the ridges of the main range of the Green Mountains for 262 miles from Massachusetts to the Canadian border. Nearly 100 approach and side trails supplement the Long Trail, creating a trail system of over 435 miles. This system traverses public lands, both state and federal, and also makes extensive use of private lands.

The Long Trail is identified by white-painted blazes on trees and rocks while most approach and side-trails are similarly marked with blue blazes. Signs and arrows are placed at intersections and elsewhere as required to supplement the blazing. Other trails, not in the Long Trail system, are maintained by the Vermont Department of Forests and Parks on state lands and by the U.S. Forest Service in the Green Mountain National Forest; these are usually marked with blue blazes. Trails maintained by other organizations or individuals on private lands are blazed in various ways.

Most trails are rough underfoot and are often steep and rugged. However, by watching one's footing and carefully noting the signs and blazes, the trails can be safely used by even inexperienced hikers. For experienced hikers wishing to spend more than one day on the trail, the Long Trail system provides many opportunities for longer trips involving one or more overnight stays. More than 70 shelters, provided by the Green Mountain Club and its generous friends, are located at convenient intervals for the use of backpackers. Before planning these longer hikes, however, the hiker should have the detailed GUIDE BOOK OF THE LONG TRAIL and also be familiar with the rules and courtesies governing responsible use of the trails and shelters.

The Green Mountain Club

The Green Mountain Club was founded in 1910 under the leadership of James P. Taylor to fulfill the dream of a wilderness footpath along the Green Mountains between Massachusetts and Canada. Since completion of the final link of the Long Trail in 1931, the Club has continued to maintain most of the trail and has also constructed additional side trails and shelters. In this work the Club has help from other cooperating groups and certain portions of the trail system are maintained by the Department of Forests and Parks of the Vermont Agency of Environmental Conservation and by the U.S. Forest Service.

Concluded on p.19

In recent years steadily increasing use of the Long Trail has brought problems of maintaining both the trail and its unspoiled primitive environment. As a result, the GMC has expanded its conservation efforts to include public education activities stressing wise and responsible hiking practices.

The GMC is a non-profit organization and its activities are carried on almost entirely by volunteer labor and the funds of its members. The Club now has nearly 4,000 members and is organized into local groups known as Sections. An important part of each Section's varied program of activities is the maintenance of assigned trails and shelters.

The Club issues a variety of information concerning hiking in Vermont and in addition publishes THE LONG TRAIL NEWS, a quarterly newsletter for its members. The Club also invites specific inquiries about trail conditions, trip planning or Club activities. Reports on trail conditions and contributions for the maintenance of trails and shelters are always welcome.

If you enjoy hiking and believe in the Green Mountain Club's efforts to preserve and maintain a quality trail system in Vermont, then a GMC membership for you is a natural. Annual membership dues are \$6.00 for an individual adult; \$2.00 for an individual junior (under 18); \$8.50 for husband and wife plus \$1.50 for each minor child in a family (under 18). A life membership is \$100.00. In sending your dues to the Green Mountain Club office, Box 94, Rutland, Vt. 05701, include all names for which the membership applies with ages as appropriate for junior members and minor children.

The following publications of value to anyone contemplating hiking in Vermont may be obtained from the Green Mountain Club, Box 94, Rutland, Vermont, 05701;

- (i) "Guidebook of the Long Trail" - A complete description of the trail and its shelters plus detailed maps and hiking suggestions; a must for anyone planning extended use of the Long Trail.\$3.00
- (ii) "Trail Map of Mount Mansfield Region".\$.50
- (iii) "Vermont Hiker's Guide" - This new publication, to be issued some time in 1973, describes many trails outside of the Long Trail System. Write to the GMC for details.
- (iv) Information Leaflets - Free
 - "Suggestions for Use of the Long Trail by Backpacking Groups".
 - "Suggestions for Use of the Long Trail in Winter".
- (v) Slide Shows - Ask for printed information on these.
 - "Hiking in Vermont" - Tape narration reviews the enjoyment of hiking, the clothing and equipment needed, and proper use of trails.

D. J. Knapp

If undelivered,
please return to
RIDEAU TRAIL ASSOCIATION,
Post Office Box 15,
K I N G S T O N, Ontario.
K 7 L 4 V 6

**QUALITY • COMFORT
RELIABILITY**
Specialists in light-weight
equipment for
Canoe-tripping, Hunting
Fishing, Prospecting
and Exploration

for a **FREE CATALOGUE**
with Complete Listing
and information write

**CANADIAN TRAILS
OUTFITTERS**
Box 3006,
Postal Station "D"
Willowdale,
Ontario



APPLICATION FOR MEMBERSHIP - RENEW NOW FOR 1974

Please check one: New Membership ____ or Renewal ____

Name: _____ Telephone No. _____
(Please print)

Mailing
Address: _____
(Please include postal code.)

Fees--

Student \$3.00
Adult \$4.00
Family \$6.00
Senior Citizen. \$3.00
Affiliated
Organization...\$5.00

I enclose \$ _____ to cover:

- (a) Membership fee _____
(b) Plastic map case _____
 (\$1.00; supplied
 with each new
 membership) _____
(c) Crest (50¢) _____
(d) Donation _____

Please make cheques or money orders payable to:
Rideau Trail Association

and mail to: P. O. Box 15, Kingston, Ont., K7L 4V6.