



ISSUE NO. 142



Rideau Trail Association Newsletter

Editor: Elizabeth Mason, Ottawa Club

Spring Newsletter

The Spring Newsletter will be prepared by the Kingston Club. Submissions are encouraged. If possible text should be sent electronically with no document formatting. Pictures are also welcome, either in colour or in black and white, with good definition and contrast. Please ensure that all items arrive by **February 1, 2007** and that they are sent directly to:

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The RTA Newsletter is published quarterly in March, June, September, and December by the RTA. Unless otherwise stated, the opinions expressed are not necessarily those of the Rideau Trail Association. The triangle design on the covers of this Newsletter is a Registered Trademark of the Rideau Trail Association.

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ISSN 0709-7085

The Rideau Trail Association is a member of Hike Ontario.

Front Cover: Winter skiing in Gatineau Park

Photos: Steve Kelly

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PRESIDENT'S MESSAGE

by David Armitage

The 35th Anniversary celebration on Foley Mountain marked the end of another successful year for the Association. It also brought to mind my memories of the 1960's and 70's.

I joined the Bruce Trail Association in the late 60's and can remember how exciting it was to explore this wonderful trail. It was during these trail building years that the Ganaraska and Rideau trails also came into existence to promote hiking across the southern part of the province. Ontario now has twenty-four hiking organizations registered with Hike Ontario with a total membership in the thousands. Every weekend hundreds of hikers head out to spend the day or a few hours on the various trails.

During those early years, young people anxious to escape from an overly structured lifestyle sought ways to be more physically active and to have closer ties to the natural world. One way to fulfill this need was to hike or backpack; this was the driving force that led to the growth of hiking as Ontario's most popular outdoor sport. The addition of cross-country skiing and snowshoeing has made it a year-around activity appealing to people of all ages.

Many of us need to escape from the stresses and frustrations of everyday life. Access to natural areas can refresh the mind and enhance one's mental and physical health as well as provide an affordable means of recreation and social contact.

The Rideau Trail Association has been a tremendous success story. This fall there were 84 RTA outings organized and led by volunteers. While some local organizations have seen their memberships plummet there has been no significant drop in our numbers over the past few years. The mood around the three clubs is vibrant and continual trail improvements are part of our strategic plan. We are financially healthy; however, as I mentioned at the AGM in June, our membership fees do not cover the cost of running

the RTA. We need to bring our fees into line with those of other hiking clubs. This will need to be addressed at the next AGM.

A big thank you to Bill and his crew of volunteers who completed the loop trail at Rock Dunder.

I hope everyone will take advantage of the opportunities in the winter hiking schedule. The winter scenery, the challenges and the friendly ambience provide occasions not to be missed.

See you on the trails.

Advance Notice

Rideau Trail Association 36th Annual General Meeting

Saturday, June 16, 2007

Kenney Hotel, Jones Falls
Afternoon hike to Rock Dunder
5:30 Dinner
with guest speaker Doug Knapp

Final details will be in the next Newsletter

Advance Notice

Ottawa Club Annual General Meeting

Friday, April 20, 2007
7 p.m.

Dominion-Chalmers United Church
355 Cooper St

Final details in the next Newsletter

RTA PHOTO AND ANECDOTE CONTEST

Be one of Seven Big Prize Winners!

We want a big display of work from our talented membership for the 36th Annual General Meeting to be held in June.

All entries will be part of the display.

A 3-member jury selected from the Clubs will put their lives on the line by choosing seven prize winners whose art will grace future Newsletters and be featured in Association publicity.

Categories :

Best Nature Photo from a Rideau Trail Club Activity - 3 prizes

Best Hiking Photo from a Rideau Trail Club Activity - 3 prizes

Best Hiking Anecdote (written) may be combined with a photo or sketch - 1 prize

Rules:

Photos may be of any size, either colour or black and white.

A hard copy for the AGM display must be received by June 1, 2007. Mail entries to:

John Cornish,
26 Twin Oaks Lane,
RR#3
Gananoque, ON, K7G 2V5.

Submitted photos will not be returned.

Print name and phone number on back of photo entry along with a caption noting place and date taken.

Winners do not have to be at the AGM, but it would be wonderful to have you there when your name is announced to great applause!

Join the Fun! Get Clickin'!

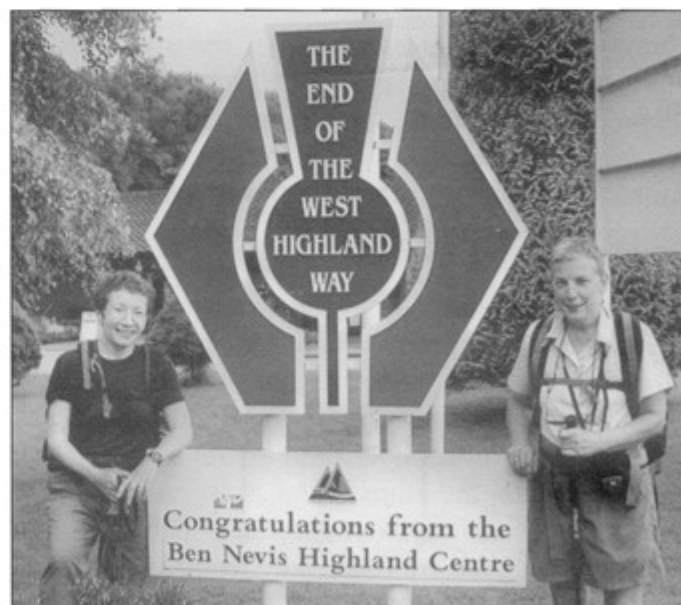
HIKING IN SCOTLAND

by Susan Irving and Sheila Menard

Early this September, we fulfilled a major hiking ambition by completing the West Highland Way, a 95-mile end to end walk in the Scottish Highlands from Glasgow to Fort William.

The weather was uncharacteristically lovely and the vistas were magnificent. Highlights included 95 miles of ripe wild blackberries hanging heavily on their branches, watching a shepherd and his dogs working the sheep, and sampling the local brew and single malts at the end of a fine day of walking. For Sheila the grand finale, despite the change from fine weather to drenching rain and impenetrable fog, was scaling Ben Nevis, Britain's highest peak. We also managed a visit to the Museum of Scotland to view the breathtaking painting "The Monarch of the Glen" by renowned Scottish artist, Sir Edwin Landseer.

We first fell in love with Scotland in 2003, when we joined a number of fellow Rideau Trail members on a hiking trip to the Highlands with the tour group, "Wilderness Scotland". We have revisited Scotland and Ireland each year since then and will most definitely return to this walkers' paradise many more times in years to come.

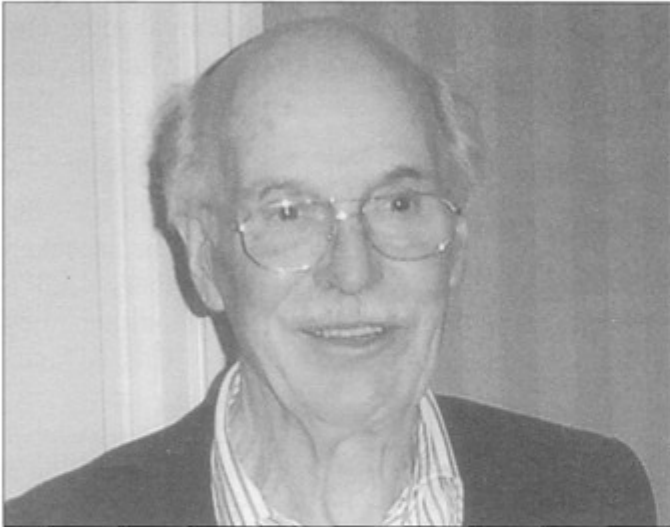


Proud end-to-enders. Photo: Sheila Menard

RON MAYBURY RECEIVES HIKE ONTARIO AWARD

by Ron Hunt

Great news! Ron Maybury of the Ottawa Rideau Trail Club received the 2006 Hike Ontario *Volunteer of the Year* award. Terri Leroux, president of Hike Ontario, presented the award to Ron at the Hike Ontario AGM held in Gananoque in October.



Ron Maybury. Photo: Tim Wood

Ron Maybury has been a member of the Rideau Trail Association since 1986 and has contributed in many areas. He was President from 1993-1995. As Past President, Ron led the task force that developed the Association's *Optimum Route Plan*.

Ron was the driving force behind the construction, installation and naming of the John Bennett Boardwalk. This joint project with the National Capital Commission is of great benefit to hikers crossing a perennially wet area of Stoney Swamp.

Ron has also been instrumental in the development and installation of signage making it easier for people to locate the Rideau Trail in western Ottawa.

In addition to leading various hikes, since May 2004 Ron has been the Ottawa Club's Trail Maintenance Co-ordinator. He also serves as the Rideau Trail Association's contact with a number of organizations such as the Rideau Valley Conser-

vation Authority, Friends of the Jock River, and the Eastern Ontario Model Forest.

WILMA CHADWICK RECEIVES OUTSTANDING SERVICE AWARD

by John Cornish

At the June Annual General Meeting held in Merrickville, the Kingston Club presented the Award for Outstanding Service to Wilma Chadwick in recognition of her dedication to the Association as joint Membership Director for over four years. Wilma personifies the "dedicated volunteer" who works steadily in the background on the many tasks that are the foundation blocks of the Association. Where would we be without such dedicated volunteers?



Wilma receives 2006 Outstanding Service Award.

Photo: Ernie Trischuk

In her capacity as Membership Co-director with her husband Bob, she worked assiduously, dealing with membership renewals, new members' applications, various listings and reports, as well as sales of guidebooks, wall-maps, badges, etc. Wilma's aim was to combine the manual and computer records of the Association into one computerized entity with 100% accuracy. It was a mammoth job, but Wilma had the necessary computer skills and commitment. We have all seen the excellent results of her work. Wilma and Bob also looked after the Association mailbox, and it was Wilma who invariably responded to the numerous and varied queries.

Wilma also assisted Bob as Association archivist preparing documents for permanent storage. She attended most Board meetings. Generally, Bob did the talking and Wilma did the background work!

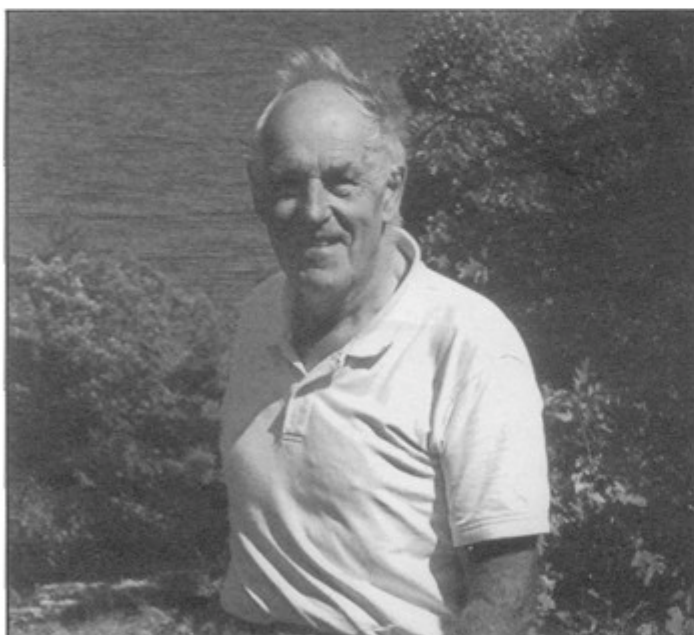
As if this is not enough, Wilma also assisted Bob in maintaining a section of the Trail, and helped to plan the many interesting hikes which Bob led.

It is with sadness that I report that in August Wilma suffered a serious stroke and was hospitalized at Kingston General. She continues treatment there, and is beginning to respond positively to therapy. The Club and Association offer our heartfelt sympathy and best wishes to Wilma and her husband Bob.

VOLUNTEER PROFILE: DAVE MILLER

by Margaret Lafrance

Since joining the Central Club eleven years ago, Dave has contributed leadership, administrative acumen and physical labour.



Dave Miller enjoying the outdoors.

Photo: Janet Laraway

One example of his contribution of hard physical labour occurred after the 1998 ice storm when, chainsaw slung over his shoulder, he cut and cleared parts of the Rideau Trail that had been

badly damaged. Others include construction of bridges and a boardwalk.

Another notable achievement has been the Crotch Lake trails. Working with Linda Sterling, a Central Club member and Crotch Lake cottage owner, Dave helped to build an impressive new trail that has received excellent reviews and attracts many hikers from other areas.

Dave has led many interesting and challenging hikes and has organized out-of-town canoeing and hiking trips for both Central and Ottawa club members.

He recently took on the task of Activities Coordinator. Not one to simply fulfill the requirements of this volunteer position, he has taken the extra step of e-mailing all members with a detailed description of the area, and conditions they will encounter on the next outing. This advance information has increased participation.

Central Club members appreciate Dave Miller's contributions and hope he will continue to be an active volunteer and club member for many years.

HIGHLIGHTS OF THE FALL 2006 RTA BOARD MEETING

by Ron Hunt, Vice President

Rideau 175 is the celebration of the 175th anniversary of the completion of the Rideau Canal. A large number of events are planned for 2007 (visit www.rideau175.org for more information). One of the ways the RTA will participate is to donate picnic tables which will be installed at several Rideau Canal lock stations. The picnic tables will carry a small plastic plaque with the Rideau Trail Association name, logo and website.

Work continues on an updated RTA brochure. Nigel Brereton presented a draft of the proposed brochure. The Board is tasked with making final wording before printing.

The Board approved a motion to pledge \$5,000 to support the development of a recreational trail in

Kingston. See 'Bath Road to Parkway Road Corridor to be Improved' on page 18. The RTA pledge is conditional on having the RTA name and logo included on the signage at the ends of the trail; the RTA would also like permission to erect its sign along the route of the trail.

We are fortunate to be able to leverage the systems analysis skills of Elizabeth Mason, our Ottawa Newsletter Editor. Elizabeth has reviewed the software and the procedures used to manage our membership database. She has volunteered to improve the documentation of the current system in collaboration with the Membership Director, Cam Hodges.

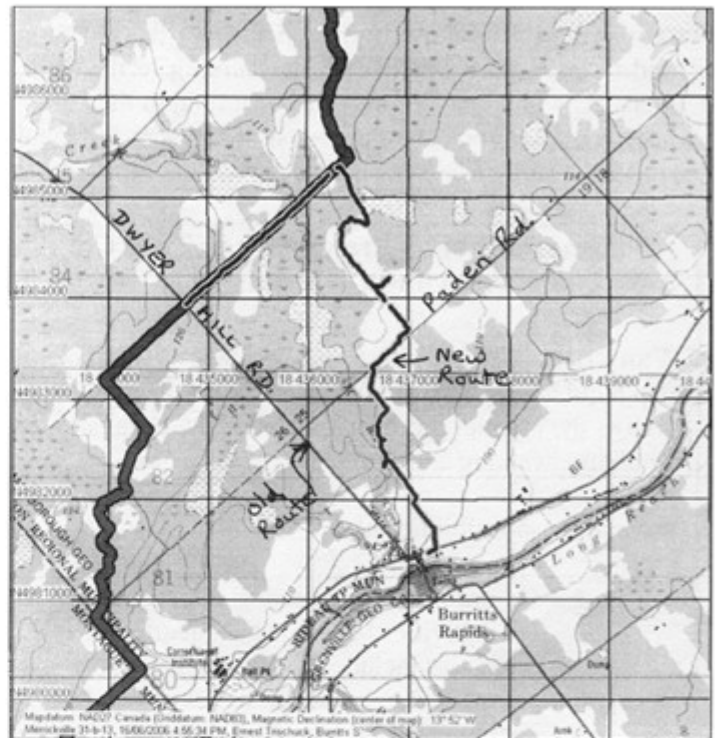
The Board has clarified and updated its price list for items such as the *Guidebook* and wall maps. Thanks again to Elizabeth for initiating and co-ordinating this effort.

Hardcopies of the fourth edition of the *Rideau Trail Association Guide for Leaders* are now available. Over the next few months the booklet will be distributed to all active RTA Leaders. Thanks go to the project co-ordinator, Graham Creedy and the following RTA members who worked with Graham in producing the updated *Guide*: David Armitage, John Barron, John Haley, Denise Hudson, Ron Hunt, and Mohan Taagepera. And thanks to Loretta Craig-Taylor for her editing assistance.

TRAIL RE-ROUTING - MERRICKVILLE BLUE LOOP

The following description refers to a change in the Merrickville Blue Loop between Burritts Rapids and its intersection with the main Trail in the Marlborough Forest. In the present Guidebook the route follows the Dwyer Hill Road from Burritts Rapids to Heaphy Road. The change provides a more interesting off-road route through private land and forest property. The new section has been flagged with blue markers. However, the markers on the old route along Dwyer Hill Road will remain until the next edition of the Guidebook is published. The description below replaces the second and

third paragraphs on page 81 of the Guidebook (seventh edition).



The trail turns right onto Ottawa Road #2 (Donnelly Drive). Christ Church, built in 1831, stands on the north side of the road. It has stained glass windows and a "bull's eye" window in the tower. About 200 metres along the road the Trail turns to the left into private land through a farm gate. Across the road stands a Georgian stone house, Burritts Farm, which was the residence of the founder of the settlement, Colonel Stephen Burritt.

The trail passes diagonally across the field and through a gap in the tree line. Turning to the left it reaches another gap between trees, then crosses a field on a grassy road and enters a wooded area and turns to the right at a trail junction. A short diversion down an unmarked trail to the left leads to Brassil's Creek and a scenic waterfall known as the Stoney Steps.

The Trail continues through attractive woodland and before reaching Paden Road crosses a section which may be flooded in the spring. Across Paden Road, the Trail enters the Marlborough Forest, property of the City of Ottawa. It follows a grassy track parallel to Paden Road for about 500 metres, then turns to the left. About 300 metres down an old farm road there may be flooding due to beaver activity and, to circumvent this, the trail takes a short detour through the bush. The road soon reaches higher ground and passes through an abandoned

farm settlement where foundations of several buildings remain.

Continuing to the north, the Trail follows the old farm road through thick bush and, after curving to the right, intersects with a gravel forest road. Turning to the left on this road, after about 500 metres it meets with the main Trail on Heaphy Road.

Vacant Position - Ottawa Rideau Trail Club Activities Co-ordinator

Wanted: A sociable, energetic volunteer who wants to help build the reputation of the Ottawa Rideau Trail Club as the premier group in the National Capital area for hiking, walking and snowshoeing activities.

The main responsibilities of the Activities Co-ordinator are:

- Co-ordinates the planning and preparation of the Activities Schedule on a quarterly basis. Activities include: hiking, walking, snowshoeing, cross-country skiing and some cycling.
- Ensures that the quarterly Ottawa Activities Schedule is prepared in time to meet the quarterly Newsletter input deadline. Collaborates with the Newsletter Editor regarding format, style and length of schedule.

For more information, please contact Ron Hunt, Chair of Ottawa Rideau Trail Club at (613) 590-7467 or via email at re.hunt@sympatico.ca

FALL BED AND BREAKFAST TRIP

by Juliet Milsome and Peck Peckover

On a cool, rainy morning 28 enthusiastic hikers set out from Kingston for a two-day visit to the Hudson area. Our first stop was St. Andrew's West, near the Quebec border, where we visited three generations of churches: the original 18th century (rebuilt) log structure; the oldest stone church in Ontario dating back to the early 1800's; and the most recent St. Andrew's Catholic Church, a magnificent 1860's building still used for weekly services.

By the time we arrived at Mount Rigaud for our first hike the sun was shining. We climbed up the steep ski slope and continued through thick woods to the cross at the summit. Our reward for the climb was a magnificent 360 degree view of the surrounding countryside.



Hikers pose outside the chapel in Oka.

Photo: Audrey Brown

A second reward was a delicious dinner at the Willows Inn, our home for the next two nights. This lovely inn is located on the Ottawa River with views of Oka on the opposite shore.

...continued on page 10

VOLUNTEER APPRECIATION BARBECUE

The RTA held a barbecue in September to thank the many people who give of their time and talents to support the Association and the clubs. Seventy to eighty volunteers gathered from all directions and all clubs. The day was cold and dull. The invitees were enthusiastic, talkative and hungry. So many arrived that all the food disappeared.

A big thank you goes to Margaret Lafrance, heading up the RTA Board "Recruitment and Motivation of Volunteers" sub-committee, and her helpers from the Central Club who organized the barbecue. We hope that this was the first of many RTA volunteer appreciation events.

The photos on the next page - compliments of Suzanne Brown, Gunhild Karius and Margaret Lafrance - are from the barbecue. Can you identify each person and their volunteer activity? HINT: In the centre of the display are Linda Hayes and Ernie Trischuk who worked many months preparing version seven of the Guidebook.



Hikers on the Hendrika Exel memorial hike had an opportunity to share memories about Hendrika which were especially appreciated by her daughter.

Photo: Karen Melanson

**Hike Ontario Certification
Course for Hike Leaders
Frontenac Provincial Park
Saturday April 28th 2007**

This is a basic one day course that offers training in:

- Leadership
- Risk and Incident Management
- Hike Planning
- Outdoor Skills
- Clothing

For further information contact David Armitage at

Email: darmitage@cogeco.ca

Tel: 613-634-4426

B&B Trip (continued)

The next day we crossed the Ottawa River to Oka National Park on a little ferry pulled by a tug boat. We had two excellent hikes in the Park as well as a shopping foray at the Oka Cheese factory. Between activities, some had a picnic while others went to Chez Gerard for a typical French-Canadian meal. Dinner was at Le Maxime, an excellent French restaurant in Hudson.

Our final day began with more hiking on the wooded slopes of Mount Rigaud. On the way home we visited the museum at Williamstown where we were impressed by the collection of heirloom quilts and the North-West Company display.

Bob and Wilma Chadwick had meticulously planned this hike to an area unfamiliar to most of us. Unfortunately, he was unable to join us this year due to Wilma's serious illness. A big thank-you goes to Bill Murdoch for stepping in at the last minute (the night before) to take on the leadership role.

WINTER END-TO-END HIKING 2007

Join us for a single hike, a weekend, or ALL THE WAY towards acquiring the coveted "Winter End-to-End badge". The trail is beautiful at this time of year!

The winter end-to-end hikes will start with the "Night Hike" at 7:00 p.m. on Friday, January 5. A hike starts at each Trailhead and lasts 2-3 hours.

GROUP 1: Will start in Ottawa and travel a minimum of 15 km per day.

Contact: Grant Malinsky 613-842-8736 or
Bernie Kerr 613-258-9675

GROUP 2: Will start in Kingston and travel a minimum of 10 km per day.

Contact: Bill Murdoch 613-389-3023

Participants can expect to be on the trail a minimum of 5 hours travelling at a moderate pace hiking or snowshoeing. (We have not needed snowshoes the last two years.) Skiers are always welcome but must arrange their own transportation.

Friday, January 5, Winter Weekend #1

Meet to leave the trailhead at 7:00 p.m. Bring a headlamp, flashlight, or a rope to tie to the person in front of you.

See your hike schedule for other dates.

ROCK DUNDER "BLUE LOOP" COMPLETED

by John Cornish

Our new partnership with the Rideau Waterways Land Trust has taken tangible shape! Kingston Club work parties mapped, cut and marked this major extension of the historic Rock Dunder trail.

The completed level 2-3 loop trail takes about 2 to 2 1/2 hours including some time to appreciate the magnificent summit. It can be nicely combined with lunch at nearby Jones Falls and an exploration of the Jones Falls dam, a most interesting feat of wilderness engineering.

Hikers going on their own to Rock Dunder, take note that the traditional access in Morton is no longer allowed. The new access road (no sign yet) is just south of Morton, west off highway 15 and south of the Morton road sign. The road address is #604; it is marked with a blue RTA marker. Park in the new lot at the very top of the road.

Cross-country Skiing Levels of Difficulty

Level 0 Easy, short, slow pace. All other levels require some experience and may be long (more than 15 km).

Level 1 Easy. Small hills, wide trails (green).

Level 2 Intermediate. Narrower, steeper trails (blue).

Level 3 Expert. Steep narrow trails (red/black) and/or bushwhacking.

Snowshoeing

Difficulty depends on position in the group. More experienced participants will lead and break trail.

RIDEAU TRAIL ASSOCIATION - CENTRAL CLUB ACTIVITIES

The meeting place for Central Club activities is Conlon Farm in Perth at the time noted unless otherwise stated. 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 hotline at 613 264-8338.

MID-WEEK HIKES

Fairly long, level 2 or 3 hikes or snowshoe or ski outings will be held most weeks - usually Wednesday - designed for the hardier hikers. The venue will be decided typically on a week's notice and will depend partly on weather forecasts and trail conditions. For current plans, contact JOINT PERPETRATORS: Dave Miller 613 812-1131 or Janet Laraway 613 284-2127 or e-mail dustydave@sympatico.ca

WINTER END-TO-END HIKES

Throughout the months of January and February there will be winter end-to-end hike/snowshoe outings on Saturday and Sunday every other weekend. For more information see page 10 and the Ottawa or Kingston activities for the weekends of January 5-7, January 20-21, February 10-11 and February 24-25.

Sunday, December 17 - Round Lake Loop Hike and Christmas Chinese Food

Level 1 or 2 hikes in Murphy's Point Park. Depart 11:30 a.m. Followed by dinner at the Skye Dragon. Gas: \$3.

SANTA CLAUS: Don Sherwin 613 264-5008

For the dinner R.S.V.P. by December 13 to

SANTA'S LITTLE HELPER: Chris McGuire

613 264-5008

Saturday, January 6 - Foley Mountain

Level 2. 6 km hike/snowshoe/ski Depart: 10 a.m. Gas: \$3

TOP-OF-THE-HEAP: Don Sherwin 613-264-5008

Sunday, January 14 - Sharbot Lake to Maberly

Level 1. 15 km hike/snowshoe/ski followed by refreshments at the Fall River Pub & Grill.

Depart: 10 a.m. Gas: \$3

LISTEN-TO-THE-LATEST-JOKE-BY: Ernie

Trischuk 613 283-8112

Saturday, January 20 - Mill Pond Conservation Area

Level 1+. 5 km hike/snowshoe/ski followed by pot luck at Josée's place. Depart: 10 a.m. Gas: \$3

QUEEN-OF-THE-ROAD: Josée Aghajanian

613 283-5967

Sunday, January 28 - Cataragui Trail

Level 1. 10 km hike/snowshoe/ski followed by refreshments in Westport or Rideau Ferry.

Depart: 10 a.m. Gas: \$5

WHAT'S-THE-HURRY?: John Miller

613 264-8824

Saturday, February 3 - Timber Run, Lanark

Level 2. 10 km ski or snowshoe. Depart 10 a.m. Gas: \$3

GET-HIM-WHILE-IN-RESIDENCE: Don Sherwin 613 264-5008

Saturday, February 10 - Mica Mines Conservation Area

Level 2. 8 km hike or snowshoe. Depart: 10 a.m. Gas: \$3

THE-ORIGINAL-KHARIUTS-OF-FIRE-PAIR:

Gunhild Karius and Bill Ottney 613 264-2861

Sunday, February 18 - Round Lake Loop

Level 2. 12 km ski or snowshoe. Depart: 10 a.m.

Gas: \$3

A-VERY-WELL-ROUNDED: Bruce Gourley

613 283-5967

Saturday, February 24 - Wheelers Sugar Bush Trails

Level 2. 10 km hike/snowshoe/ski followed by pancakes & maple syrup. Depart 10 a.m. Gas: \$4

Leader: WHEELER-DEALER: Margaret Lafrance

613 267-4360

Sunday, March 4 - Frontenac Park - Clear Lake Road Access

Level 1+. 10 km hike/snowshoe/ski. Depart 9 a.m.

Gas: \$5

CATCH-ME-IF-YOU-CAN: Dave Miller

613 812-1131

Saturday, March 10 - Blue Mountain

Level 2. 8 km hike or snowshoe. Depart: 9 a.m.

Gas: \$7

UP-YOU-FROM-WIGAN: Dave Miller

613 812-1131

St. Patrick's Day, Saturday, March 17 - MURPHY'S Point Park

Level 1. 5-8 km hike/snowshoe/ski followed by

Irish fare at The Shipwreck Inn. Depart: 10 a.m.

Gas: \$3

PADDY'S-SISTER: Margaret O'Lafrance

613 267-4360

Sunday, March 25 - Ragged Chutes

Level 2+ hike. 12 km. Depart: 9 a.m. Gas: \$5

AS-RAGGED-AS-THEY-GET: Dave Miller

613 812-1131

Sunday, April 1 - April Fool's Day Walk in Historic Perth

Kingston and Ottawa Club members are invited.

Level 1 walk, approx. 6 kms. Meet 10:30 a.m. in the Atrium, Code's Mill building (opposite Stewart Park and Big Ben horse statue)

Contact: JOKER-FOR-THE-DAY Margaret

Lafrance 613 267-4360 or e-mail

margaretlf@sympatico.ca

RIDEAU TRAIL ASSOCIATION - OTTAWA CLUB ACTIVITIES

The meeting place for all Ottawa Club Activities, UNLESS OTHERWISE STATED BELOW, is the parking lot of the R. H. Coats Building (Statistics Canada) on the west side of Parkdale Avenue just north of where it intersects with Scott Street. The Tunney's Pasture OC Transpo stop is one block away. Transportation is by pooling of private cars; passengers contribute to the driver's costs. Fees for parking and entry to Parks and Conservation Areas are shared between the driver and passengers. Scheduled activities take place regardless of the weather. For more information about a particular activity, call the Leader at the number listed. If you are unable to reach a leader or if you need general information contact the Ottawa Club at 613-860-2225.

The Rideau Trail Association requires that participants sign an *Activity Sign-up Sheet* for the specific activity they are attending. The sign-up sheet is used by the Leader to keep track of how many people are in the group. Participants are expected to read the "Release of Liability" preamble at the top of the sign-up sheet.

Leaders: Please send the sign-up sheets to the interim Activities Co-ordinator - Ron Hunt at 6121 Larivière Crescent, Ottawa, Ontario K1W 1C6 (information is required for risk management and statistical purposes).

WEDNESDAY WALKERS

Every Wednesday, there are level 2 and Level 3 hikes or cross-country ski outings in the Gatineau Park. Departure time is 9:30 a.m. Call Dorothy Belter 613-523-4420 or Nanette Whitwam 613-747-2985 for more information including the meeting place. **Do not go to Tunney's Pasture.**

Tuesday Evenings - Canal Skating

This winter, come skate with us on Tuesday evenings whenever the canal is open. We meet at the Fifth Avenue change hut. Skating begins at 6:30 p.m. Afterwards there is an optional refreshment stop at a nearby pub. To check the ice conditions phone 613-239-5234 or consult the NCC website: www.CanadasCapital.gc.ca
Leader: Kay Methot kay.methot@cmn.ca
Leader-in-training: Janet Murphy, jkm@magma.ca

Advantages of Ice Skating

It's possible (for many, but not François) to go backwards as well as forwards.

It's a short easy drive to the skateway.

It's possible to attain phenomenal speed with minimal effort.

There is no membership or admission fee, just a voluntary donation for canal maintenance.

Hot chocolate, cider, beaver tails and other delicacies await you!

Saturday Skiing

Saturdays as soon as skiing starts and when no official level 2 or 2+ ski trip is planned there are impromptu level 2 or better ski outings in Gatineau Park - weather and conditions permitting. Depart Tunney's Pasture 9:30 a.m. Destination to be determined.

Warning: These outings are

- NOT for beginners
- may be long and may include challenges
- involve shared leadership responsibilities and are generally organized at the meeting point

Contact: Esther Hault 819 775-9695

WEEKEND ACTIVITIES

Tuesday, December 12 - Christmas Lights Urban Walk

Level 1. Enjoy the lights on the Hill and at the Museum of Civilization. Approximately two hours depending on the weather. Gather afterwards for refreshments (location TBD). **Do not go to Tunney's Pasture.** Meet at the parking lot on the EAST side of the National Library and Archives Building off Wellington Street. Depart: 6:00 p.m. LEADER: Pat Archer 613-565-6149.

Saturday, January 6 - Snowshoe Clinic and Level 1 Snowshoe

Level 1. Clinic to be held in Gatineau Park. Short climbs/descents. Bring lunch or snack. Tea stop in Chelsea optional. **Please confirm participation by Thursday, January 4, and indicate whether you need snowshoes.** The leader will reserve them at Bushtukah (approx. \$12/day). Depart: 9:30 a.m. **Meeting place to be confirmed.** Gas: \$3. LEADER: Theodora Newton 613-569-3540.

Sunday, January 7 - Gatineau Park

Level 2+. Cross-country skiing. Destination to be set by conditions. Depart: 9:30 a.m. LEADER: John Barron 613-828-2296.

Friday, Saturday & Sunday January 5, 6, 7 Weekend #1 - Winter hike (or snowshoe) on Rideau Trail

Level 1-2 See description on page 10.
Group 1: from Ottawa. Departs 7:00 p.m. Friday Jan. 5 from the Mill Restaurant parking lot, Ottawa River Parkway north side just west of Portage Bridge. **Do not go to Tunney's Pasture.** Meeting places for Saturday Jan. 6 and Sunday Jan. 7 to be determined. Departs 9:00 a.m. on Jan. 6 and 8:30 a.m. on Jan. 7.
LEADERS: Grant Malinsky (613-842-8736) and Bernie Kerr (613-258-9675)
Group 2: from Kingston.
LEADER: Bill Murdoch (613-389-3023)

Saturday, January 13 - Central Experimental Farm

Level 1. About 6 km. Pleasant winter stroll through the Farm. Coffee stop. **Do not go to Tunney's**

Pasture. Meet at OC Transpo bus stop #2390 (Parkdale/Carling). Bus #85. Depart: 1:00 p.m. LEADER: Coby Fuykschot 613-722-6022.

Saturday January 13 - Spring Hike Planning

Leaders and prospective leaders: Come to a supper planning meeting on Saturday January 13. Enjoy a winter activity today and let someone else cook supper! Bring your ideas for hikes and outings to the meeting. RSVP by January 10 for meeting place and time to Elizabeth Mason 613-729-6596

Sunday, January 14 - Western Greenbelt

Level 1. Snowshoe outing. About 10 km. **Do not go to Tunney's Pasture.** Meet at south end of Baseline Transitway Park-and-Ride at 12:30 p.m. **Participants must call the Leader Sunday morning** to confirm in light of variable weather and snow conditions.
LEADER: Jean Cottam 613-726-1596 or cell: 613-299-8856.

Saturday & Sunday January 20 & 21 Weekend #2 - Winter hike (or snowshoe)

Meet to leave at 8:30 a.m.
Group 1 contact Grant Malinsky (613-842-8736) or Bernie Kerr (613-258-9675)
Group 2 contact Bill Murdoch (613-389-3023)

Sunday, January 21 - Rideau Trail

Level 1. 8 km. Snowshoe the Rideau Trail from Roger Stevens Drive. Depart: 12:30 p.m. Gas: \$5. LEADER: David Spector 613-270-1046.

Saturday, January 27 - Gatineau Park

Level 3. Snowshoe. 5 -10 km depending on conditions. Eardley Ridge from Eardly/Masham Rd. Depart: 9:00 a.m. Gas \$5.
LEADERS: Cliff and Gloria Daly 613-224-4413 or email at cliff.daly@pwgsc.gc.ca. **Participants are required to contact the leaders prior to the outing - severe weather cancels.**

Sunday, January 28 - Gatineau Park

Level 2. Cross-country skiing. Distance 20 km. P17 Wakefield to Herridge Lodge for lunch. Depart: 9:00 a.m. Gas: \$5.
LEADER: Dave Audette 613-224-1147
e-mail: dg.audette@sympatico.ca

Saturday, February 3 - Bell High School

Level 1. About 6 km. Hike or snowshoe on the trails behind Bell High School. **Do not go to Tunney's Pasture.** Meet at OC Transpo Baseline Station. Depart: 1:00 p.m. Gas: \$2.
LEADER: Coby Fuykschot 613-722-6022.

Saturday, February 3 - Gatineau Park

Level 2. Cross-country skiing. From P19, 10 to 15 km, following groomed blue and green trails to Taylor Lake and Lusk Lake. Depart: 9:30 a.m. Gas: \$5.
LEADERS: Don Carpenter/Marilyn Booth 613-730-3879 or mjbooth@sympatico.ca

Saturday, February 10 - Gatineau Park

Level 2. 12 to 15 km. Cross-country ski trip, likely from Meech Lake but trails and distance are dependent on snow conditions. Mid-afternoon finish. Depart: 9:30 a.m. Gas: \$4.
LEADER: Alex Bissett 613-828-4363 or alexbissett@sympatico.ca

**Saturday and Sunday February 10 & 11
Weekend #3 - Winter hike (or snowshoe)**

Meet to leave at 8:30 a.m.
Group 1 contact Grant Malinsky (613-842-8736) or Bernie Kerr (613-258-9675)
Group 2 contact Bill Murdoch (613-389-3023)

Sunday, February 11 - Western Greenbelt

Level 1. Snowshoe outing. About 10 km. **Do not go to Tunney's Pasture.** Meet at south end of Baseline Transitway Park-and-Ride at 12:30 p.m. **Participants must call the Leader Sunday morning** to confirm in light of variable weather and snow conditions.
LEADER: Jean Cottam 613-726-1596 or cell: 613-299-8856.

Sunday, February 18 - Rideau Trail

Level 1. 10 km. Hike the Rideau Trail from Dwyer Hill Road to the junction of the Earth Star Loop and back. Depart: 12:00 p.m. Gas: \$5.
LEADER: David Spector 613-270-1046.

**Saturday & Sunday February 24 & 25
Weekend #4 - Winter hike (or snowshoe)**

Meet to leave at 8:30 a.m.
Group 1 contact Grant Malinsky (613-842-8736) or Bernie Kerr (613-258-9675)
Group 2 contact Bill Murdoch (613-389-3023)

Saturday February 24 - Gatineau Park

Level 2. About 10 km ski to Meech Valley and the mill ruins. Eat lunch basking in the late February sun. Depart 9:30 a.m. Gas: \$3.
LEADER: Elizabeth Mason 613-729-6596

Saturday, March 3 - Gatineau Park

Level 2+. Cross-country skiing. From P12 to McKinstry Lodge, about 20 km. Depart: 9:30 a.m. Gas: \$4.
LEADERS: Don Carpenter/Marilyn Booth 613-730-3879 or mjbooth@sympatico.ca

Sunday, March 4 - Gatineau Park

Level 2. Cross-country ski outing. Probably starting from P12 (or P9, depending on conditions), to Huron Lodge, taking in Norway Day celebrations. Depart: 9:30 a.m. Gas: \$4.
LEADER: Peter Scott 613 729-9557.

**Sunday, April 1 - April Fool's Day Historic
Perth Walk**

Kingston and Ottawa Club members are again invited to participate in a level 1, approx. 6 km walk in Perth. Meet in the Atrium, Code's Mill building (opposite the Park and Big Ben statue) at 10:30 a.m. Contact: Margaret Lafrance 613 267-4360 or e-mail margaretlf@sympatico.ca
Ottawa members meet at 9:15 a.m. to car pool.

RIDEAU TRAIL ASSOCIATION - KINGSTON CLUB ACTIVITIES

The meeting place for all Kingston activities, unless otherwise stated, is at the Kingston Centre in the Canadian Tire parking lot along Bath Road towards the gas station. Be there shortly before the departure time indicated. Bring lunch and extra water. 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 Conversation Areas are to be shared. Leaders may obtain blank sign-in sheets from Joan Bailey at 613-389-1935, and should return completed sheets to her at 709 Davis Drive, Kingston, K7M 7X5. See levels of difficulty for skiing and snowshoeing on page 10.

Please note Pace Scale: slow 2-3 km/hr; moderate 3-4 km/hr; fast 4-5 km/hr; very fast 5+km/hr.

Wednesday Walkers

Depart at 1:30 p.m., except on the second Wednesday of the month when an all day outing is scheduled. For information on the afternoon walks, call the Milloys at 613-530-2142.

Friday, Saturday & Sunday January 5, 6, 7 Weekend #1 - Winter hike (or snowshoe) on Rideau Trail

Level 1-2 See description on page 10.

Kingston Contact: Bill Murdoch (613-389-3023)

Ottawa Contact: Grant Malinsky (613-842-8736)
and Bernie Kerr (613-258-9675)

Sunday, January 7 - Lemoine Point

First ski of the year. Brown bag lunch at Lars and Lynn's. Coffee and tea provided. Level 1

Meet to depart at 10:00 a.m. Gas. \$2.

LEADER: Lynn Nolan 613-389-8747

Tuesday, January 9 - Hike Leaders' Planning Session

Members willing to be leaders or who wish to suggest new locations for the spring season are invited to attend this planning session.

Meet at 7 p.m., 117 Park Street, Party Room.

CONTACT: Linda Line 613-531-4353

Wednesday, January 10 - Opinicon

Ski the Poole/Warner/Lindsay Lakes area. Level 1 for 6-8 km at an easy pace, Map 3. Meet to depart at 10:00 a.m. If unskiable, an alternate hike at

Level 2 will be led on the SkyCroft trails, Map 4. Gas \$5.

LEADER: Allan Tattersall 613-549-4080.

Saturday, January 20 - Frontenac Park

Ski, snowshoe, walk from trail centre to Big Salmon Lake and return on the road. 8 km. Level 2. Meet to depart at 9:00 a.m. Gas \$5.

LEADER: Elgin Bock 613-389-4216.

January 20 & 21. WINTER Weekend #2

Meet to depart at 8:30 a.m

Group 1. Contact Grant Malinsky 613-842-8736 or Bernie Kerr 613-258-9675.

Group 2. Contact Bill Murdoch 613-389-389-3023

Sunday, January 21 - Easy SnowShoe - Gananoque

A couple of hours on the shoes in easy terrain, hot chocolate with your lunch in a warm place, then a hike or snowshoe in the afternoon. Level 1, relaxed pace. Meet to depart at 9:00 a.m. Gas \$5

LEADER: John Cornish 613-382-4778

Sunday, January 28 - Lemoine Point

Ski or hike at Lemoine Point. Level 1. Meet to depart at 9:00 a.m. Gas \$2.

LEADER: Gunter Heyland 613-634-9298

Saturday, February 3 - Eden Grove Conservation Area

Something entirely new. Intrepid explorers John and Peter introduce you to Eden Grove

Conservation Area, an area previously unknown to RTA hikers, not far from Lansdowne. Hike or snowshoe to the summit for a glorious view. About 10 km. Level 2 at a moderate pace. Gas \$5. Meet to depart at 9:00 a.m.

LEADER: John Cornish 613-382-4778

Sunday, February 4 - Lemoine Point

Ski or hike. Level 1. Meet to depart at 9:00 a.m. Gas \$2.

LEADER: Yvonne Hawkins 613-384-9717

Saturday, February 10 - Skycroft to Massassauga Road

Ski or hike. Level 2. Approximately 12 km. Meet to depart at 9:00 a.m. Gas \$5

LEADER: Donald Coulter 613-542-9998

February 10 & 11 - WINTER Weekend #3

Meet to depart at 8:30 a.m.

Group 1. Contact Grant Malinsky 613-842-8736 or Bernie Kerr 613-258-9675.

Group 2. Contact Bill Murdoch 613-389-389-3023

Sunday, February 11 - Freeman Road

Ski or hike Freeman road to Gate at Gould Lake. 12 km. Level 2. Meet to depart at 9:00 a.m. Gas \$4

LEADER: Gunter Heyland 613-634-9298

Wednesday, February 14

Ski old farm roads, fields and swamps 6 - 10 km. Level 2. Hot lunch possible over an open fire.

Meet to depart at 10:00 a.m. Gas \$4.

LEADER: Allan Tattersall 613-549-4080

Saturday, February 17 - Myles Acres

Ski or surprise. Level 2. Meet to depart at 10:00 a.m. Gas \$4

LEADER: Stan Huff 613-548-3003

Sunday, February 18 - Lemoine Point

Ski or hike. Level 1. Meet to depart at 9:00 a.m. Gas \$2.

LEADER: Yvonne Hawkins 613-384-9717

February 24 & 25 - WINTER Weekend #4

Meet to depart at 8:30 a.m.

Group 1. Contact Grant Malinsky 613-842-8736 or Bernie Kerr 613-258-9675.

Group 2. Contact Bill Murdoch 613-389-3023.

Saturday, February 24 - Bufflehead

Hike the Bufflehead in Frontenac Park. 12 km.

Level 2+. Meet to depart at 9:00 a.m. Gas \$5.

LEADER: Audrey Sanger 613-384-6244

Sunday, February 25 - Little Cat Conservation Area

Ski the long trail in the conservation area. Level 2. 10 km. Meet to depart at 9:30 a.m. Gas \$2.50

LEADER: Lynn Nolan 613-389-8747

Sunday, March 4 - Little Cat Conservation Area

Ski or hike in conservation area. 10 km. Level 1.

Meet to depart at 9:00 a.m. Gas \$2.50.

LEADER: Yvonne Hawkins 613-384-9717

Sunday, March 11 - Cataraqui Cemetery

Hike from the Trailhead to Cataraqui Cemetery and return. 12 km. Level 1. Gas \$2.

LEADER: Sandra Muis 613-542-8224

Wednesday, March 14 - Cataraqui Trail

Hike somewhere on the trail for 12 km. Meet to depart at 9:00 a.m. Gas \$4.

LEADER: Audrey Sanger 613 384 6244

Saturday, March 17 - St. Paddy's Hike

Wear something green today. We'll hike on the new Gananoque Trail, pausing to warm up at

Timothy O'Horton's. Relaxed pace. 12 km. Level 1. Meet to depart at 9:00 a.m. Gas \$5. Bring a few extra bucks for refreshments at O'Horton's.

LEADER: John Cornish 613-382-4778

Saturday, March 24 - Cataraqui Trail

Hike on the trail for a maximum of 10 km. Level 1.

Meet to depart at 9:00 a.m. Gas \$4.

LEADER: Gloria Seeley 613-546-2503

Saturday, March 24 - Spring Pot Luck Party

BYOB and favorite appetizer, entree or dessert to celebrate the arrival of spring. Meet at 6:00 p.m.

Location: Queen's Women's Association, 144 Albert Street.

RSVP: Linda Line 613-531-4353

Saturday, March 31 - Rideau Trail

Enjoy a stylish hike on the trail along Kepler Road.

Slow pace for 12 km. Level 1. Gas \$3. Meet to

depart at 9:00 a.m.

LEADER: Audrey Sanger 613-384-6244

Sunday, April 1 - April Fool's Day Historic Perth Walk

Kingston and Ottawa Club members are again invited to participate in a level 1, approx. 6 km walk in Perth. Meet in the Atrium, Code's Mill building (opposite the Park and Big Ben statue) at 10:30 a.m. Contact: Margaret Lafrance 613 267-4360 or e-mail margaretlf@sympatico.ca

Wanted in Kingston Trail Maintenance Co-ordinator

Robin Turkington, our current co-ordinator, is stepping down as of April, 2007. We need a volunteer to take on this important role as head of the Maintainers' group, member of the Executive and organizer of work parties. Contact Robin at 613-549-4139, or John Cornish at 613-382-4778.

Advance Notice

**Kingston Club
Annual General Meeting**
Saturday, April 21
Reserve this date on your calendar!
Little Cat Education Centre

Details in next Newsletter.

Bath Road to Parkway Road Corridor to be Improved: Douglas Knapp proposed last spring to the Kingston Club Executive, and to the City and local Rotary Clubs, that a major effort be undertaken to pave, landscape and otherwise improve the current pathway in this corridor. The Rideau Trail uses about half of the length, and parallels the rest. Your executive took the matter to the last RTA Board of Directors meeting. We're pleased to report that the Association has expressed strong support for Doug Knapp's proposal and has pledged \$5,000 towards the costs, pending commitment of the other major funding required.

Skyline Hikers of the Canadian Rockies

Celebrating 75 years of hiking in the Canadian Rockies.

Enjoy a first class wilderness camping and hiking experience with this non-profit organization, offering five 6-day base camps in Banff National Park from mid-July to mid-August 2007. Hikers carry only a day pack, but must be fit for mountain hiking. Hike fee approximately \$900. Includes return bus transportation from Banff to trailhead, tent accommodation, wholesome meals, camp staff, guided day hikes.

For information and a free brochure contact:
phone: 1-866-445-3774

e-mail: registrar@skylinehikers.ca

website: www.skylinehikers.ca

Ontario contact: Volunteer: Harry Moerschner 705-445-0267

Spring 2007 Trip to the Adirondacks

Tuesday May 15th to Friday May 18th

Hike in the spectacular High Peaks Wilderness Region. Three nights co-ed bunk accommodation at the Adirondack Loj. Breakfast, packed lunch and dinner are included. The Adirondack Loj is located at Heart Lake 5 miles south of Lake Placid. Arrangements have been made to accommodate 20 people.

Total cost is \$173 (US) or about \$200 (CDN)

A deposit of 50% is required. Please send cheques for \$100 to David Armitage at 4323 Bath Road, Kingston, ON K7M 4Z1. For further information contact David at 613-634-4426 or email: darmitage@cogeco.ca

*Note: Published for information purposes only.
This activity is not sponsored or endorsed by the RTA.*

Rideau Trail Association Inc.

Balance Sheet - Draft Unaudited As of March 31, 2006		
	2006	2005
ASSETS		
Current Assets		
CIBC Chequing	\$12,939.30	\$47,371.12
ING Savings	\$53,370.31	\$52,013.28
Petty Cash-MS	\$500.00	\$300.00
Acc'ts Receivable	\$1,200.00	\$0.00
Pre-Paid Expenses	\$642.75	\$0.00
Undeposited Funds	\$100.00	\$100.00
Current Portion RTA	\$14,000.00	\$14,000.00
Inv'mnts		
Accrued Int	\$2.00	\$2.00
Investments		
Merchandise Inventory	\$2,500.00	\$4,000.00
<i>Total Current Assets</i>	<i>\$85,254.36</i>	<i>\$117,786.40</i>
Fixed Assets		
Real Estate	\$1.00	\$1.00
Office Equipment	\$1.00	\$1.00
Audio/Visual	\$1.00	\$1.00
Equipment		
Trail Maintenance	\$1.00	\$1.00
Equip		
<i>Total Fixed Assets</i>	<i>\$4.00</i>	<i>\$4.00</i>
Other Assets		
Investments RTA	\$86,000.00	\$56,000.00
Investment RTPF	\$49,918.00	\$49,918.00
<i>Total Other Assets</i>	<i>\$135,918.00</i>	<i>\$105,918.00</i>
TOTAL ASSETS	\$221,176.36	\$223,708.40
LIABILITIES AND EQUITY		
Liabilities		
Accounts Payable	\$181.30	\$0.00
Deferred Service Life	\$43,770.00	\$46,400.00
Mem		
<i>Total Liabilities</i>	<i>\$43,951.30</i>	<i>\$46,400.00</i>
Equity		
Operating Fund	\$65,238.94	\$65,238.94
Balance		
RTPF Board Approv	\$44,211.29	\$44,211.29
Bal		
RTPF Restricted	\$51,844.36	\$51,844.36
Control Bal		
YE Retained Income	\$16,013.81	\$3,156.97
Net Income	(\$83.34)	\$12,856.84
<i>Total Equity</i>	<i>\$177,225.06</i>	<i>\$177,308.40</i>
TOTAL LIABILITIES AND EQUITY	\$221,176.36	\$223,708.40

Profit & Loss - Draft, Unaudited April 1, 2005 to March 31, 2006		
	2006	2005
INCOME		
Memberships	\$23,065.00	\$20,606.41
RTA Name Pins	\$940.00	\$0.00
Guidebooks	\$6,256.00	\$4,640.80
Other Merchandise	\$968.00	\$783.00
Donations RTA	\$1,583.74	\$1,531.27
Donations RTPF	\$2,921.00	\$3,535.00
Interest	\$5,524.76	\$5,589.74
Other Revenue	\$102.91	\$6.62
TOTAL INCOME	\$41,361.41	\$36,692.84
EXPENSES		
Donation for Rock	\$10,000.00	\$0.00
Dunder		
Newsletter	\$7,008.12	\$5,388.65
Web Site Expenses	\$510.69	\$512.80
Office Supplies	\$1,709.89	\$707.71
Mail	\$1,033.59	\$1,785.20
Telephone	\$902.08	\$773.19
Copies	\$121.20	\$43.98
Bank	\$50.00	\$100.30
Affil & Memberships	\$664.00	\$35.00
Brochures	\$755.21	\$0.00
Insurance	\$4,774.68	\$3,726.00
Legal & Taxes	\$651.70	\$304.62
Trail	\$825.00	\$0.00
Other Operating Exp	\$2,091.67	\$441.74
GST Exp	\$379.48	\$179.33
Club Support	\$5,950.00	\$3,500.00
RTA Name Pins	\$666.74	\$0.00
Marketing & Shipping	\$106.80	\$0.00
Other Merch Exp	\$1,500.00	\$4,500.00
Meetings	\$1,743.90	\$1,432.10
TOTAL EXPENSE	\$41,444.75	\$23,836.00
NET INCOME	(\$83.34)	\$12,856.84

The above figures were presented by the RTA Treasurer, Peter Hawkins, at the June 2006 AGM.

Recent Donations

Rideau Trail Association:

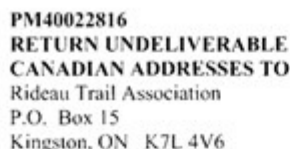
Maureen Dunseath in memory of William Armstrong

Dora Hunter

Bernard Adell

RTA Preservation Fund

Jane Buckley in memory of William Armstrong,
Bob Bennett, Ken Buckingham, Hendrika Mariia Exel-Gillesse



LABEL

MEMBERSHIP APPLICATION

The RTA membership year runs from April 1 to March 31, but if you join after October 31 your membership will be extended to the end of the following membership year. Your fees entitle you to receive the quarterly newsletter, and to vote at Association and local Club meetings. They also provide essential financial support for the continuous maintenance, improvement, extension, and protection of the Rideau Trail.

Mail to: Rideau Trail Association, P.O. Box 15, Kingston, ON K7L 4V6.

- () Maintaining trails
- () Leading hikes
- () Leading cross-country ski or snowshoe outings
- () Communicating with members
- () Recording information
- () Carrying out publicity activity (displays, presentations)
- () Hosting social events
- () Serving in an executive capacity as...
- () Other. Please specify...