



The Rideau Trail NEWSLETTER

FALL 2009

ISSUE NO. 153



On The Throne:

A first hot summer day, July 15, 2009,
in the west of Gatineau Park.

Photo by Tony Barnes.

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Rideau Trail Association Newsletter
Issue 153 Fall 2009

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Editor of this issue: Bob Gordon, Kingston Club

Submissions for the Next Newsletter

The Summer Newsletter will be prepared by the Ottawa 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 **November 1, 2009** and that they are sent directly to the Ottawa editor:

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Rideau Trail Association — Outstanding Service Awards, 2009



Ron Hunt

(Ottawa Club) Ron receives his Award from Elizabeth Mason.

You will most likely find our next recipient making an RTA presentation or having coffee with a prospective volunteer or facilitating a meeting.

He has been a member of the RTA for over 30 years and volunteered for an executive position in the early eighties. I am speaking about someone sitting up here at the front of this room – Ron Hunt.

His first volunteer position was to maintain the Ottawa Club cabin and property. Over 25 years later he is still doing that job. The cabin is gone; poison ivy has moved in.

He has been chair of the Ottawa Club twice - in the 1980's and again in the early 2000's. Some years ago Ottawa was looking for a newsletter editor and it was Ron whom I phoned to volunteer. As I worked on my first and second newsletters, I received calls from Ron asking if I needed any help, did I have any questions, how were things going. Ron does a great job of managing, encouraging, following-up.

He has been association president also for two terms, in the 1980's and right now. There is a picture in the photo display showing the Board of Directors in 1986. A younger Ron stands in the group. Meetings move along

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Margaret Lafrance

(Central Club)

Margaret joined the Ottawa Club of the Rideau Trail Association some 25 years ago, in 1984, and quickly became an active member of that organization. Some of her accomplishments while with the Ottawa Club included leading hikes and social events, organizing an AGM, participating in strategic planning sessions such as the Optimum Route Task Force, and serving as the Association's representative to Hike Ontario.

In 2002, Margaret waved goodbye to her friends and colleagues in Ottawa and moved to "the prettiest town in Ontario", namely Perth, bringing her organizational talents and enthusiasm to Central Club. She very quickly assumed an active role in that club, and was soon leading hikes, bike trips and snowshoe jaunts, and participating in many of our canoeing, camping and skiing, events, and helping to maintain our part of the Rideau Trail. In 2003, she became our social convenor, and in the spring of 2004, organized our first of many successful open houses at McMartin House in Perth, which have proven to be an excellent forum for promoting the club and its activi-

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Jim Lorimer

(Kingston Club) Jim (left) receives his award from Bruce Bromfield.

The Kingston Club has been blessed with a number of members who have stepped forward over the years to volunteer their time to activities that have benefited the club. Once again we have a member who has combined the dedication of countless hours of work along with a high level of professional expertise from which the club has benefited. This capable hike leader stepped forward to also take on the responsibilities of two time consuming coordinator positions for a period of time, those positions being the Maintenance Coordinator and Construction Coordinator. Of course I am speaking of our current Construction Coordinator, Jim Lorimer.

Members may have noticed the photo in a recent newsletter of the official opening of the Bridge at Gould Lake. After the washout of the Marion Webb Boardwalk, Jim surveyed the area and determined the best location for the new crossing. He drew up three possible bridge type crossings with costing and presented them to the Cataraqui Region Conservation Authority and it was agreed that a lasting steel structure would be best. Then the work began.

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Highlights of the 38th RTA AGM



(For further AGM reports and awards see page 23.)

The 38th AGM was held on June 13, 2009 in the village of Burritt's Rapids. There were 100 people present for the business meeting in the morning and 75 people attended the AGM dinner. The highlights of the business meeting were as follows:

Review of the major accomplishments for 2008-2009:

- Completion of the Trail Quality Task Force Report
- Decision to introduce an electronic version of the Newsletter on a trial basis
- Implementation of new accounting software
- Renewal of the RTA's registered mark.

Acknowledgement of the major Club accomplishments for 2008-2009:

- Kingston: replacement of the Marion Webb Board walk
- Central: replacement of boardwalk on Carol Property
- Ottawa: re-routing of the Rideau Trail to connect directly with Merrickville, and the repair of the Ken Prior Bridge.

Membership Report:

Total number of annual and life memberships was 890 as of June 2009 compared to 964 and 942 in June 2008 and 2007 respectively.

Treasurer's Report:

- Income statement Operating Fund: net surplus of \$10,214.13 for the fiscal year ended March 31, 2009
- RTA sold 240 Guidebooks in the last twelve months.

Trail Coordinator Report:

Presented the proposed design for the new RTA trail access signs for public and private property

Elizabeth Mason presented her report on the feasibility study of the electronic version of the Newsletter.

The following Board members stepped down from their responsibilities as Directors as of the AGM and were recognized for their many contributions:

John Cornish

Kingston Club Rep. 2004-2007

RTA Vice President 2007-2008

Margaret Lafrance:

Central Club Representative: 2005-2007

Central Club Chair: 2007-2009

Nigel Brereton:

Ottawa Club Representative: 2005-2009

Orchestrated the updating of the RTA brochure

Jennifer Collier: RTA Board Secretary: 2008-2009

Ron Casselman (in absentia): RTA Vice President: 2008-2009.

The 2009-2010 Board of Directors are as follows:

Elected officers:

Membership Director: Sheila Menard

President: Ron Hunt

Treasurer: Peter Hawkins

Secretary: vacant

Vice President: vacant

Appointed Directors:

Newsletter Editor (Kingston): Bob Gordon

Newsletter Editor (Ottawa): Elizabeth Mason

Marketing & Communications Director: Andrew Bales

(see announcement on p 5.)

Ex officio Directors:

Kingston Club Chair: Bruce Bromfield

Kingston Club Rep: Jenny Ellis

Central Club Chair: Ernie Trischuk

Central Club Rep: David Allcock

Ottawa Club Chair: Elizabeth Mason

Ottawa Club Rep: Jim Fish

There were 17 regular End-to-End awards and 11 Winter End-to-End awards announced at the AGM. *(See page 23.)*

Outstanding Service Awards were presented by the Clubs to: *(See citations on p. 3)*

Kingston: Jim Lorimer

Central: Margaret Lafrance

Ottawa: Ron Hunt.

After the AGM dinner, Tom Friesen, President of Hike Ontario, gave an entertaining and moving presentation on his experiences hiking the

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Trail Quality Task Force Report: Results & Next Steps

You may be wondering “what’s next” now that the *Trail Quality Task Force Report* has been completed. We reported at the June 13, 2009 AGM that the Board would discuss the report’s recommendations and decide next steps at the July Board meeting.

The decision to revisit the routing and condition of the Trail on an end-to-end basis came about from the December 2005 strategic planning session. The last time an assessment of the optimum route of the Trail had been carried out was in 1997; the results of that work were captured in the report *A Study on the Optimum Route for the Rideau Trail from Kingston to Ottawa*, September 1997.

There are eleven recommendations in the *Trail Quality Task Force Report*. Action has already been taken on two of those recommendations:

- Improve Trail Access signage on private and public land. The design of the public property and private property access signs was completed prior to the June 2009 AGM. The Board passed a motion at the July 7, 2009 meeting to place an order for these signs.

- Establish a Land Securement Committee to identify and monitor opportunities to secure permanent access. Our Trail Coordinator, David Armitage, convened a meeting on June 16, 2009 with the Trail Maintenance Coordinators and Routes & Negotiations volunteers from the three Clubs to discuss the mandate and structure of the committee. It was decided not to establish a standing committee; the Land Securement Committee will be struck if and when opportunities arise.

The Chairs of the three Clubs have agreed to review the remaining recommendations in the *Trail Quality Task Force Report* and report back on their proposed action plans at the January 2010 meeting of the Board.

The completion of the *Trail Quality Task Force Report* is the culmination of many months of effort, and much thoughtful analysis and discussion. On behalf of the Board, I would like to extend a big “thank you” to David Armitage for leading the Task Force and for writing the report. And please join me in also thanking the other members of the Task Force for their many contributions to the success of this project: Ron Arseneault, Bruce

-continued to right

Announcement: Appointment of Marketing & Communications Director

I am pleased to announce the appointment of Andrew Bales to the position of Marketing & Communications Director on the Rideau Trail Association Board of Directors.

Andrew Bales is a member of the RTA. He has traveled extensively and experienced some of the world’s finest hiking, in places such as New Zealand, Nepal, and Wales.

Andrew is currently employed with the Canadian Section of Amnesty International, where he has principal responsibility for online fundraising. He plays a central role in Amnesty’s external communications as the editor for Amnesty’s large-scale electronic newsletters, and as member of its major campaign teams. Andrew is also the Project Manager for Write for Rights, Amnesty’s marquee annual event, held on December 10 to mark International Human Rights Day.

Andrew has also worked in consulting on social impact assessment, and with the Federation of BC Naturalists where he coordinated two significant mapping and planning projects designed to secure important natural areas in the Sunshine Coast and Sechelt districts. Andrew’s professional training includes an honours degree in Political Science at McGill, followed by completion of a combined Masters of Arts in Political Science and Environmental Studies at University of Toronto. He is also a trained, professionally qualified Project Manager.

Ron Hunt, President

-Trail quality continued

Bromfield, John Cornish, Bruce Gourley, Jim Lorimer, Ron Maybury, Bill Murdoch, Don Sherwin and Allan Tattersall.

If you would like more information on the *Trail Quality Task Force Report* or have any comments or suggestions that you would like to make on this topic, please do not hesitate to contact me (see page 2 for my e-mail address and telephone number).

Ron Hunt, President

Highlights of the July 7, 2009 RTA Board Meeting

I am pleased to inform you that the Board of Directors got off to a great start at their first meeting of the 2009-2010 "board year". A key part of this meeting was discussing and agreeing upon the priorities for the Board for the year ahead.

The agreed upon list of priorities is:

- 1) Decide when and where to install the new Rideau Trail Access signage
- 2) Develop action plans to follow through on the recommendations in the *Trail Quality Task Force Report*
- 3) Fill the vacancies on the RTA Board
- 4) Follow through on the Financial Oversight objectives
- 5) Initiate detailed planning of the 8th edition of the RTA *Guidebook*
- 6) Review training and procedures for RTA Leaders.

Great progress was made on these priorities at the July 7 meeting, and in the succeeding weeks leading up to the deadline for submitting this article:

- 1) Rideau Trail Access signage
Motion passed to order 70 public property and 95 private property access signs plus a few extra; cost not to exceed \$2,500.
- 2) Follow through on *Trail Quality Task Force Report* recommendations: See article on p 5.
- 3) Recruiting volunteers for the RTA Board vacancies.
Marketing & Communications Director recruited: see announcement on p 5.
Ads on p. 17 of this Newsletter for Secretary and Vice President.
- 4) Financial Oversight
Quotes obtained from qualified individuals who can conduct a review of the RTA financial statements.
- 5) Planning for the 8th edition of the RTA *Guidebook*
Volunteer recruited who can help with some of the map creation work;
Ad placed on p. 17 of this Newsletter for *Guidebook* Project Leader.
- 6) Review training and procedures for RTA Leaders
Board discussed the procedures in each of the three Clubs: procedure for providing copy of the *Guide for Leaders* to new RTA Leaders; and policy and procedures for training new Leaders.

The Board also reviewed membership application ques-

tions on the RTA brochure, Newsletter and web site. A common version of the wording of the questions has been decided upon and the Newsletter and web site will be updated immediately to reflect these changes. The changes will be made to the RTA brochure the next time it is reprinted. Thanks go to Elizabeth Mason for leading the effort to ensure that we have consistent wording.

As part of the Board's ongoing risk management responsibilities, the Chairs of the three Clubs agreed to complete their respective annual risk assessment and risk management reports in time for the October 2009 Board meeting.

The Board also discussed ideas for ensuring that buyers of the 7th edition of the RTA *Guidebook* receive copies of all of the changes that have occurred since 2006, when the *Guidebook* was printed. It was decided that the best course of action is to increase the awareness of Trail users (members and non-members alike) and purchasers of new guidebooks of the location on the RTA web site where trail changes are summarized; they can easily access and print copies of the re-routes from the RTA web site. The map changes on the web site are formatted in such a way that individuals can print them, and then insert the pages directly in their copy of the *Guidebook*. The Trail Changes section of the RTA web site can be found at:

<http://www.rideautrail.org/trailadj.htm>

The next regular meeting of the Board is scheduled for October 24, 2009.

If you have questions or would like more information about any of the above topics, please do not hesitate to contact me (see page 2 for e-mail address and telephone number).

Ron Hunt, President

-AGM Highlights continued

Camino de Santiago. We presented Tom with a small token of appreciation for his excellent presentation and for making the journey from London, Ontario to join us for our AGM.

In closing, I would like to thank the AGM organizer, Jim Fish, and his team of volunteers: Maureen Dawson, Joan Evans, Janice Fish, Diane Henderson, Mehri Nasirai and Irmgard Stegner. And I would also like to thank the Directors for their presentations, and say thank you as well to Elizabeth Mason, Fred Grodde and Nigel Brereton for leading the hikes. We owe the success of the June 2009 AGM to the efforts and dedication to duty of all of you!

Ron Hunt, President

"Rideau Trail Hikers" Complete Grueling Oxfam Trail Walk



Support workers Gloria Seeley and Audrey Sanger, and walking team members Bill Murdoch, David Banbury, Jim Lorimer and Dagmar Jones cross the finish line.

Walk 100 km, along the Ganaraska Trail from Barrie to Wasaga Beach, in 48 hours or less! This was the challenge taken on by fifty-one 4-member teams who set off on July 24, 2009. Oxfam Trailwalker events have been held all over the world, but this was the first one to be held in North America. Not only did the teams demonstrate their endurance and fortitude, but each team undertook to raise \$2500 in pledges. To date \$224,918 has been raised for this worthy charity.

The first team to finish, all female, completed the ordeal in 20 hours and 4 minutes. Our own *Rideau Trail Hikers* (see picture and names above) finished 11th in 34 hours and 34 minutes. The average age of the hikers was 55.7, and our own Bill Murdoch was the oldest to complete the challenge. There was rain, sun, and rough terrain, but no stifling heat.

The *Rideau Trail Hikers* covered more than 150 km in pre-event training, building compatibility as well as conditioning. The four walkers were assisted by their two faithful supporters at the various checkpoints. For the event they left Barrie at 7:15 after a 4-am breakfast, reaching Creemore 49 km later, in time for bed at 10 pm. The next day they were on the trail at 4 am, finishing at 5:49 pm. All team members had blisters on their feet and a well-deserved sense of achievement.

For more information see oxfamtrailwalker.ca

Bob Gordon

Winter End-to-End Series of Hikes for 2010

We'll start at 9th Concession Rd. and Salem Rd., on Map 6, 108.2 km of the Guidebook, Ed. 7. Parking is on a nearby farm driveway. The first date is January 9 at 0830 hr and we will travel towards Kingston. Additional dates are Jan 10, 23 & 24. February dates are 13, 14, 15 (Family Day), 26 (night hike at 1900 hr), 27 and 28.

Participants can expect to be on the trail a minimum of 5 hours and travel a minimum of 10 km. If snowshoes are needed, they are fun and easy, and you can expect lots of help. Skiers are welcome for some sections, but must arrange their own transportation.

For more information contact Bill Murdoch in Kingston, 613-389-3023. There will be additional information in the Winter Newsletter.

Bill Murdoch

-Jim Lorimer, continued

Jim designed and constructed the wooden cribs on which the bridge would sit and worked with volunteers on carrying the countless wheelbarrow loads of rocks to fill those cribs and to build the approach. Under Jim's leadership the Presland Steel Company was given the job of construction. When it became evident that the bridge segments would be too heavy to move across the water on the temporary bridge, it was Jim who designed and built the wooden gantry at each end which enabled volunteers to safely put the bridge in place.

Jim worked on countless other projects from the installation of the Bridge where the Trail leaves the Cataraqui Trail, the project to use the K&P trail to go under the 401, to the installation of gravel to improve the very busy section of the trail between the trailhead and Bath Road.

For his many hours of work and professional expertise we are pleased to present the Outstanding Service award to Jim Lorimer.

KINGSTON CLUB ACTIVITIES

The meeting place for our activities, unless stated otherwise, is the **Canadian Tire parking lot**, along Bath Road towards the gas station. Be there shortly before the departure time indicated. Bring lunch, extra water, insect repellent and sun screen. 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 2-3 km/hr, moderate 3-4 km/hr, fast (or brisk) 4-5 km/hr, very fast 5+ km/hr. See note on **Participants' Responsibilities and Levels of Difficulty** on page 12.

WEDNESDAY WALKERS depart at 1:30 pm, except on the second Wednesday of the month when an all-day outing is scheduled (see below). For information on these afternoon walks, call the Milloys at 613-530-2142.

Saturday September 12 Jones Falls Area
Scenic walking and hiking trails (new areas). Distance 10 to 12 km. Level 1 at a medium pace. Depart 9:00 a.m. Gas \$5.00.
LEADER: Stan Huff 613-548-3003

Sunday September 13 Frontenac Challenge — Cedar Lake Loop. Hike Cedar Lake Loop for 15 km. Level 2-3 at a moderate pace. Depart 9:00 a.m. Gas \$5.00 plus park fee.
LEADER: Gloria Seeley 613-546-2503

Frontenac Challenge Hiking Opportunity

Audrey Sanger would like to offer to hike with anyone who wants to do the Frontenac Challenge. She will be available to hike any Monday, Wednesday or Thursday during September and October. Please phone her the previous evening for details at 613-384-6244.

Saturday September 19 Paddle and Hike at Cedar Island. A short paddle to Cedar Island. Hike Cedar Island. Lunch on the Island. Level 2. Depart 9:00 a.m. Meet at DEAD MAN'S POINT with canoes.
LEADER: Pat Casey 613-385-2356

Sunday September 20 Frontenac Challenge - Arkon, Doe & Arab trails.
Hike the scenic trails of Arkon, Doe & Arab in Frontenac Park for 17 km. Level 2 at a moderate pace. Depart 9:00 a.m. Gas \$5.00 plus park fee.
LEADER: Norm Trembath 613-659-3894

Tues.-Thurs. Sept. 22-24. B&B Trip to Montebello, Quebec Hike, tour, explore and dine on a trip that includes Parc National de Plaisance, Parc Omega, les Chutes de Papineau, Manoir Papineau, Chateau Montebello and the Eastern Ontario Recreational Trail. Level 1-2 at an easy pace. Space limited. For information please call the Leader, Bob Chadwick at 613-544-9222.

Saturday September 26 Frontenac Challenge — Big Salmon Loop. Hike the Big Salmon Loop of Frontenac Park for 19 km. Level 2 at a moderate pace. Depart 9:00 a.m. Gas \$5.00 plus park fee.
LEADERS: Jane & Robert Hough 613-373-2268

Sunday September 27 K & P Trail
An easy level 1 fall amble at a relaxed pace for about 11 km. Depart 9:00 a.m. Gas \$2.00.
LEADER: John Cornish 613-382-4778

Saturday October 3 Frontenac Challenge — Hike the Little Salmon, Little Clear and Hemlock Loops at Frontenac Park for 26 km at a moderate to fast pace. Level 3. Two large figure eights to complete all three loops. Depart 8:00 a.m. Gas \$5.00 plus park fee. LEADER: Bill Ottney 613-652-2205

Sunday October 4 Blue Mountain - Huckleberry Hollow Hike to Huckleberry Hollow with lunch beside Charleston Lake, and return via Blue Mountain for 12 km. Level 2 at a moderate pace. Depart 9:00 a.m. Gas \$6.00.
LEADER: Ray Wilson 613-382-7189

Saturday October 10 Marble Rock
We've added new wonders for this hike. 11 beautiful km at a moderate pace through the woods and onto the high rocks. Level 2-3. Depart 9:00 a.m. Gas \$5.00.
LEADER: John Cornish 613-382-4778

Sunday October 11 Charleston Lake Provincial Park. Hike the trails of Charleston Lake for 10 km. Level 2-3. Depart 9:00 a.m. Gas \$6.00 plus park fee.
LEADER: Pat Casey 613-385-2356

Tuesday October 13 Winter Hike Planning Meeting. Help plan the Winter Schedule. Meet at the 2nd floor Meeting Room of Loblaws, Midland Ave. Time is 7:00 p.m.
Contact Elgin Bock 613-389-4216

Wednesday October 14 Gananoque East
Walk along the bicycle path from Gananoque East towards Brockville and return for approximately 12 km. Level 1. Depart 9:00 a.m. Gas \$5.00.
LEADER: Audrey Sanger 613- 384- 6244

Saturday October 17 Frontenac Challenge — Slide Lake Loop. Hike the Slide Lake Loop of Frontenac Park. Level 3. 28 km at a moderate pace. Depart 8:00 a.m. Gas \$5.00.
LEADER: Jim Lorimer 613-373-2847

Sunday October 18 Rock Dunder
Hike the trails at Rock Dunder and see the colourful view from the top. 10 km at a moderate pace. Depart 10:00 a.m. Gas \$6.00.
LEADER: Stan Huff 613-548-3003

Saturday October 24 Frontenac Challenge — Tetsmine & Gibson Loops. Hike the Tetsmine and Gibson Loops at a moderate pace for 25 km. Level 3. Depart 8:00 a.m. Gas \$5.00.
LEADER: David Armitage 613-634-4426

Sunday October 25 Cataraqui Trail
Hike the Cataraqui trail from Indian Lake Road to Forfar, level 1 for 13.5 km. Depart 9:00 a.m. Gas \$5.00.
LEADER: John Cornish 613-382-4778

Saturday October 31 Fort Henry Haunted Walk & Fright Night. Meet in front of Prince George Hotel at 7:00 p.m. in your Halloween Best. 3 km walk to Fort Henry. Limited space, reservations required. Call Jen Gazley by October 10 to reserve your spot. Cost is \$15.00.
See www.hauntedwalk.com/kingston.halloween.php and www.fortfright.com
LEADER: Jen Gazley 613-634-2286

Sunday November 1 Frontenac Provincial Park. Hike the **Tetsmine Loop** of Frontenac Park for 15 km at a moderate pace. Level 2-3. Depart 9:00 a.m. Gas \$5.00.
LEADER: Ray Wilson 613 382-7189

Saturday November 7 Charleston Lake Provincial Park. Hike the scenic trails at the Tallow Rock Bay Loop in Charleston Park for 10 km. Level 2 at a moderate pace. Depart 9:00 a.m. Gas \$6.00.
LEADER: Norm Trembath 613-659-3894

Wednesday November 11 Gould Lake East Side Trails. Hike some of the loveliest woodland trails in this region with some of the loveliest people! Level 2-3 for 10 km. at a moderate pace. Depart 9:00 a.m. Gas \$5.00. LEADER: John Cornish 613-373-2268

Saturday November 14 Charleston Lake Provincial Park. Hike a combination of scenic trails leading to Buckhorn Point. Possible bonfire. Level 2 for 10 km at a moderate pace. Depart 9:00 a.m. Gas \$6:00.
LEADER: Norm Trembath 613-659-3894

Sunday November 15 Lemoine's Point Conservation Area. Hike the trails in Lemoine's Point for approximately 10 km at a moderate pace, level 1. Depart 10:00 a.m. Gas \$2.00.
LEADER: Bruce Bromfield 613-634-9409

Saturday November 21, Murphy's Point Provincial Park. Hike the trails at Murphy's Point. Level 2-3 at a moderate pace. Distance to be determined by the conditions at the Park. Depart 8:00 a.m., gas \$7.00.
LEADER: Pat Casey 613-385-2356

Sunday November 22 Westport
Hike the trails in Westport area, and have an early supper out. Distance 15 km. Level 2. Pace brisk. Depart 9:00 a.m. Gas \$6.00.
LEADER: Bill Murdoch 613-389-3023

Saturday November 28. Rideau Trail, Perth Road to Skycroft. Rideau Trail hike from km 63.6, Map 4, to 84.4 Map 5. Distance 20.8 km at a moderate pace. Level 3. Depart 9:00 a.m. Gas \$6.00.
LEADER: Bill Ottney 613-652-2205

Sunday November 29 Frontenac Provincial Park
Hike to **Flag Pole Hill** in Frontenac Park. See the scenic view at the highest point. Distance 15 km at a moderate pace. Level 3. Depart 9:00 a.m. Gas \$5.00 plus park fee. LEADER: Stan Huff 613-548-3003

Saturday December 5 Gananoque Wild Life Area
See the improved trails and the impressive new re-route past the rocky walls. 14 km at a moderate pace, Level 2+. Depart 9:00 a.m. Gas \$5.00.
LEADER: John Cornish 613 -382-4778

Sunday December 6 Frontenac Provincial Park
Hike the **Arkon Loop** in Frontenac Park. Distance 12 km at a moderate pace. Level 3. Rugged terrain. Depart 9:00 a.m Gas \$5.00.
LEADER: David Armitage 613-634-4426

Wednesday December 9 Rock Dunder
Enjoy the spectacular views along the Rock Dunder. Distance 8 km at a moderate pace. Level 2. Depart 9:00 a.m. Gas \$6.00.
LEADER: Norm Trembath 613-659-3894

-continued next page

Saturday December 12 Depot Lake Conservation Area. Hike the trails of the Depot Lake Conservation Area for approximately 10 km at a moderate pace. Level 1-2. Depart 9:00 a.m. Gas \$5.00.
LEADER: Audrey Sanger 613-384-6244

Saturday December 12 Christmas Dessert Party

Bring an appetizer or dessert and BYOB. Coffee, tea & fruit punch provided.

Queen's Women's Association, 144 Albert Street
Room Rental fee \$3.00 per person. Time 7:00 p.m.
RSVP Linda Line 613-531-4353

Kingston Club Winter Get-Away Ski Weekend for 2010 Cancelled

We regret to announce that the Kingston RTA will not organize a ski weekend in 2010. We learned recently that *Hotel L'Estérel* in the Laurentians has been sold and is unavailable. Our other enquiries elsewhere, *Far Hills* in particular, have not been answered. Hence the planning committee (John Page, Konrad Wolf, Lars Thompson, Joan Patterson) is unable to plan a weekend in time for a notice in this newsletter. The committee will meet soon to discuss possibilities for the year 2011. Members are welcome to offer their suggestions and time in our search for alternatives.

Lars Thompson for the Planning Committee

-Ron Hunt, continued

nicely when Ron is at the helm. His managing, listening, coordinating skills are put to excellent use. Although he slipped up this past week he phoned me this week to ask about the plaques to be presented. The board minutes indicated that he was in charge of this with Jim Fish. I wanted to tease him when talking to him as it was rather late for getting the engraving done. We had made sure the plaques were done weeks before in an attempt to make this presentation a surprise.

A perfect example of Ron as leader, manager, organizer occurred at our last club meeting. Someone made a suggestion about a small project. Ron's immediate response was, "Great, we can get a GRANT for that!"

I asked others to provide remarks about the qualities that make Ron the perfect recipient of the Outstanding Service Award. Here are some of them.

In my view, Ron exemplifies the total leader: dedicated to the sport, dedicated to the club, dedicated to folks he leads. In 2005, I hiked the E2E and Ron Hunt was the major organizer, certainly for Ottawa folk. He arranged rides, educated us on poison ivy, was always concerned about everyone's welfare, and had the most wonderful sense of humour. Ron is extremely tactful with people. Most of all, Ron is the consummate listener. I just can't say enough about him. He is truly my best model of a RTA hike leader and RTA ambassador.

Ron, with those accolades ringing in your ears, please come forward to receive your Outstanding Service Award for 2009.

-Margaret Lafrance continued

ties, signing up new members, and linking up with existing ones. From 2005-2007, she was Club Representative and Vice-Chair, and during this stint, represented the club on the board, and participated in the December, 2005 strategic planning session. She took an active role in this event, and became Chair of the Volunteer Recruitment, Motivation and Retention Task Force. In this capacity, she organized the first Volunteer Appreciation Barbeque, held in September, 2006, and came up with a number of other initiatives to further the mandate of her committee, including the supplying of first aid kits to active hike leaders. She also conducted a survey of Central Club members.

In 2007, Margaret took over the reins of Chair of Central Club, and did an exemplary job. Her major contribution during this period was her initiation and leadership of Wednesday morning hikes, which have attracted many new members, and encouraged many others to become more active in their lifestyles. These hikes will resume in the fall, with, once again, Margaret as leader.

Central Club recognizes the valuable work Margaret has done in helping to maintain a vigorous and well-run branch of the Rideau Trail Association, which has done much to promote fitness and camaraderie in the local area. We are therefore pleased to nominate her for the Special Service Award for 2009.

CENTRAL CLUB ACTIVITIES

The meeting place for Central Club activities is Conlon Farm in Perth. To reach Conlon Farm, take the main street (Gore St.) southeast through Perth to county road #10 (Scotch Line), turn right towards Westport, then turn at the 4th side street on the right, Conlon drive, to the Conlon Farm parking area. If in doubt regarding any aspects of the planned hike or other activity, call the leader or the Central Club hotline at 613-264-8338.

See **Participants' Responsibilities and Levels of Difficulty** on p 12.

MID-WEEK ACTIVITIES

Wednesday Morning Wanderers: There will be a Level 1, moderate-paced hike every Wednesday morning, departing from Conlon Farm. Time and destination will be announced to Central Club members by e-mail at the beginning of each week. For more information contact Margaret Lafrance 613 264-0057.

WEEKEND ACTIVITIES

The Central Club invites members to complete the Frontenac Challenge, so we have scheduled in September and October all the hikes that make up the Frontenac Challenge. (For more information on the challenge, please visit the Frontenac Provincial Park website.) Please note that most of these hikes have a meeting time of 8:00 am, and that in order to fit them all in, some are scheduled for weekdays. We hope lots of you will join us as we hike the trails of this beautiful wilderness area.

Sunday, September 6 Murphy's Point Park, Round Lake Loop Meet at 9:00 am. Level 2 hike, 12 km on this popular circuit. Gas \$2 plus park fee.

LEADER: Ernie Trischuk 613-283-8112

Saturday, September 12 Frontenac Park, Little Clear Lake Loop

Meet at 9:00 am. Level 2 hike, 14 km, part of the Frontenac Challenge series of hikes. Gas \$5.

LEADER: David Allcock 613-264-9075

Saturday, September 19 Volunteer BBQ, Westport Lions Club Beach This event is intended for Central club members who have led activities, served on the executive, or otherwise assisted with the club's program during the past year. Contact John Miller for more information 613-264-8824.

Sunday, September 20 Frontenac Park, Arkon Loop, Arab Lake Gorge and Doe Lake Loop

Meet at 8:00 am. Level 2 hike, 17.5 km, part of the Frontenac Challenge series. Gas \$6, plus park fee.

LEADER: Dorothy Hudson 613-283-0332

Saturday, September 26 Frontenac Park, Tetsmine Lake and Hemlock Lake Loops

Meet at 8:00 am. Level 3 hike, 19 km, continuing the Frontenac Challenge series. Gas \$5.

The hike will be followed by a chili supper (meat or vegetarian) at Gunhild's. (BYOB). Please phone

Gunhild in advance if you are planning to participate.

LEADER: Gunhild Karius 613-264-2861

Wednesday, September 30 Frontenac Park, Cedar Lake Loop

Meet at 8:00 am. Level 2-3 hike, 15 km, another in the Frontenac Challenge series. Gas \$6, plus park fee.

LEADER: Dorothy Hudson 613-283-0332

Saturday, October 3 Trail Maintenance Day

Contact Dave Batchelor for more information 613-264-1559

Sunday, October 4 Linda's Loop

Meet at 9:00 am, and hike this very scenic trail near Crotch Lake, Level 2, 12 km. Gas \$5. The hike will be followed by a pot-luck dinner at Linda and Bruce Sterling's place on the lake. Please phone Linda in advance if you plan to attend.

LEADER: Linda Sterling 613-279-1109

Saturday, October 10 Ragged Chutes

Meet at 9:00 am, and enjoy the fall colours and rushing waters along one of the most beautiful trails in Eastern Ontario. Level 2, 12 km. Gas \$5.

LEADER: Bruce Gourley 613-283-5967

Tuesday, October 13 Frontenac Park, Big Slide Lake Loop

We continue our Frontenac Challenge series of hikes with a weekday outing for hardy hikers. Meet at 8:00

am. Level 3 hike, 27 km. Gas \$5.
LEADER: Dave Miller 613-449-7459

Thursday, October 15 Hike Leaders Planning Meeting, 124 Chambers Street, Smiths Falls, 4:00 pm.
Come with your ideas for the winter hiking schedule.
Chambers Street construction should be finished!
Contact Dorothy Hudson 613-283-0332

Saturday, October 17 Frontenac Park, Gibson Lake Loop Meet at 8:00 am. Level 2, 16 km, another hike for the Frontenac Challenge. Gas \$5
LEADER: Gunhild Karius 613-264-2861

Thursday, October 22 Frontenac Park, Little Salmon Lake Loop

Meet at 8:00 am. for another weekday hike for the Frontenac Challenge. Level 2 hike, 16 km. Gas \$6.
LEADER: Janet Laraway 613-284-2127

Saturday, October 24 Frontenac Park, Big Salmon Lake Loop Meet at 8:00 am. for the final Frontenac Challenge hike. Level 3, 22 km. Gas \$5.
LEADER: Dave Miller 613-449-7459

Sunday, November 1 Rideau Trail
Meet at 9:00 am, and hike the Trail from Miners Point Road to Powers Road. Level 2 hike, 14 km. Gas \$3.
LEADER: David Allcock 613-264-9075

Saturday, November 7 Marble Rock Conservation Area
Meet at 9:00 am to hike in this scenic area just north of Gananoque. Level 2 hike, 12 km. Gas \$6.
LEADER: Dave Miller 613-449-7459

Sunday, November 15 Foley Mountain Conservation Area
Meet at 9:00 am. This hike is always a favourite during hunting season. Level 2, 8 to 10 km. Gas \$3.
LEADERS: Sandy Clifford and Arlyn McMillan

Saturday, November 21 Rideau Trail
Meet at 9:00am, and hike the Trail from Upper Rock Lake to Indian Lake Road. Level 2, 14-16 km. Gas \$5.
LEADER: Dorothy Hudson 613-283-0332

Sunday, November 29 Blue Mountain
Meet at 9:00 am. The Blue Mountain hike, in the Charleston Lake area, is level 2, 11 km. This hike will be followed by an optional second hike to Rock Dunder

(Level 2, 5 km). Gas \$6.
LEADER: Dave Miller 613-449-7459

Saturday, December 5 Rideau Trail
Meet at 9:00 am. for a level 1 hike on the Trail from Perth to Beveridges Locks. 14 km. Gas \$2.
LEADER: Gill Hyland 613-267-5756

Friday, December 11 4th Annual Carol Sing and Hike at Foley Mountain Meet at 6:00 pm. Gas \$3.
LEADER: Gunhild Karius 613-264-2861

Sunday, December 13 Murphy's Point Park, Round Lake Loop and Christmas Dinner
Meet at 11:30 for a 12 km level 2 hike or snowshoe, followed by dinner at The Crown in Perth. Please call Don in advance so that reservations can be made. Gas \$2. LEADER: Don Sherwin 613-264-0759

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.

OTTAWA CLUB ACTIVITIES – FALL 2009

Transportation for hikes is by car-pooling in private cars. Passengers contribute to the driver's gas costs. Fees for parking and entry to parks and conservation areas are shared between the driver and passengers. Scheduled activities take place regardless of weather. For more information about a particular activity, call or e-mail the leader at the number/address listed. If you are unable to reach the leader, or if you need general information, contact the Ottawa Club at 613-860-2225. See note on **Participants' Responsibilities and Levels of Difficulty** on page 12.

Leaders: Blank activity sign-up sheets are available on the RTA Website or from Suzanne Brown at 613-224-6006. Please mail completed sign-up sheets to Suzanne at 1119 Field Street, Ottawa, Ontario K2C 2P6, or e-mail them to suzannebrown@rogers.com.

Meeting Locations: The meeting place for Ottawa Club activities can be one of three main locations along the OC Transpo transitway. Although traditionally, the meeting place has been at the R.H. Coats Building (Statistics Canada), now two other meeting locations along the OC Transpo transitway are frequently used. Activity descriptions include the meeting place as one of the following three start locations.

<u>Tunney's Pasture</u> The parking lot of the R.H. Coats Building (Statistics Canada) on the west side of Parkdale Ave. just north of where it crosses Scott St. The Tunney's Pasture OC Transpo stop is one block away.	<u>Fallowfield Park & Ride</u> The northwest parking lot of OC Transpo's Fallowfield Park & Ride Station, off Fallowfield Rd. west of Woodroffe Ave. If you travel by car, take the first left after you enter the Park & Ride facility, turn right into the parking lot, then cross the lot to the far side.	<u>Baseline Park & Ride</u> The parking lot of OC Transpo's Baseline Park & Ride Station, off Woodroffe Ave. south of Baseline Rd. Meet at the south-east corner of the parking lot. All cars must proceed to the trailhead and must not remain in the parking lot.
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Wednesday Walkers

Every Wednesday, there are level 2 and 3 hikes in 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.

Ottawa Section End-to-End Hikes

In 2009, we are offering an end-to-end hike of the 100 kilometres of the Ottawa section of the Rideau Trail. Have you hiked our section yet and discovered the history, flora and fauna of the area? Then join us as we walk from downtown Ottawa to Rosedale on the edge of Smiths Falls. The final sections are scheduled this fall.

Impromptu Saturday Level 2-3 Hikes

Saturdays when there are no official level 2 or 3 hikes planned, there are impromptu hikes in the Gatineau. Consult the weekend schedule for confirmation of the hike date. Meet at Tunney's Pasture at 9:15 a.m. Destination to be determined. These hikes are run on much the same basis as the Wednesday Walkers. Expect to hike for 4 to 5 hours plus a lunch stop. Be flexible and bring your own ideas. Bring lunch, insect repellent, sun screen, and lots of water. **Warning: These outings are NOT for beginners, may be long and challenging, and are generally organized at the meeting point.**

Contact persons: Chris Heap 613-740-9975, Alex Macdonald 613-302-2137

Weekend and Other Activities

Date & Time	Diff. Level & Length	Activity Descriptions
Saturday Sept. 12 9:30 am	Level 1/2 16 km	Ottawa End-to-End Hike #2 (Map 15) Fallowfield to Corkstown Road. Meet at the Fallowfield Park-and-Ride. Starting at Fallowfield village, this hike will pass through the woodlands of the Western Greenbelt and along NCC bicycle paths. At trail end, hikers will have the option of boarding a bus at a nearby stop or returning to the Fallowfield Park and Ride. Gas: \$2. <i>Leader: Jim Fish, 613-599-4806 or jimfishca@yahoo.ca</i>
Saturday Sept. 12 9:30 am	Level 2 9 km	Gatineau Park Hike from the parking lot between P8 and P10, walk North to O'Rourke's Clearing and perhaps on to the Carbide Mill. On the return trip, a little bushwhacking to follow an old Bell line. Meet at Tunney's Pasture. Gas \$4. <i>Leader: Steve Carrick 613-592-1931</i>
Saturday Sept. 19 9:30 am	Level 2 17 km	Ottawa End-to-End #4 (Maps 13 & 14) From the corner of Brownlee and Huntley Roads north of Richmond to Kettles Road. Meet at Tunney's Pasture at 9:30 a.m. (or 10:00 a.m. at the Brownlee/Huntley intersection.) Gas \$3. <i>Leader: Graham Creedy, 613-789-1657</i>
Sunday Sept. 20 1 p.m.	Level 1	Wiener Roast Enjoy hiking at Long Island Locks and then a wiener and marshmallow roast around 3 p.m. <i>Please phone to indicate you are coming so that we can bring enough hot dogs and fixings.</i> Pack your own drink, fruit, veggies, snacks, etc. If you play a musical instrument bring it along. Add a lawn chair, a Frisbee or other items for your comfort and enjoyment. Meet at Tunney's Pasture. Gas \$3. <i>Contact: Maureen Dawson 613-226-3864</i>
Saturday Sept. 26 9:00 am	Level 1/2 12 km	Ottawa End-to-End #6 (Maps 12 & 13) Roger Stevens Road to Burritt's Rapids through the Marlborough Forest, past the Earthstar section, the new Gentian Trail and the Stoney Steps. Car shuttle. Bring a lunch. Meet at Tunney's Pasture. Gas \$7. <i>Leader: Elizabeth Mason 613-729-6596</i>
Sunday Sept. 27 9:30	Level 1 8 km	Stoney Swamp. Hike the beautiful Stoney Swamp trails. Starting from P06 on Richmond Road. Meet at the Baseline Park and Ride. <i>Leader: Jean Sunter 613-828-6077</i>
Sunday Sept. 27 9:30 am	Level 3 10 km	Gatineau Park. FOUR RIDGES WALK. A moderately paced ascent of the Eardley Escarpment from Cregheur Road leads to The Gallery with wonderful views across the Ottawa valley. Then we go for a short walk along The Backbone before climbing to The Nighthawk which provides the highest and longest of the ridges. Finally we come to The Balcony where are the best views of the day. On the way down we visit the site of the former cabin of The Alpine Club. No bushwhacking worth mentioning. Meet at Tunney's Pasture. <i>Leader: Nigel Brereton (613)5966191 and nigelb@primus.ca</i>
Saturday Oct. 3 10:00 a.m.	Level 1+ 7 km	Kanata North Hike from March Road around the beaver pond and along trails west of Goulbourn road. Gas \$3. Meet at Tunney's Pasture. <i>Leader: Ethel Archard 613-592-7733</i>
Saturday Oct 3 9:15 a.m.	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike. Destination to be determined on the day of the hike. Meet at Tunney's Pasture. See description on page 13. <i>Leader Chris Heap 613-740-9975</i>
Saturday Oct. 10 9:30 a.m.	Level 2 20 km about 6.5 hours	Wakefield Triangle (Thanksgiving weekend) P17 to Lac Phillippe beaches area and looping back to parking lot - a big circle. Meet at Tunney's Pasture. Gas \$7. <i>Leader: Laraine Laughland 613-723-8851</i>

Date & Time	Diff. Level & Length	Activity Descriptions
Monday Oct. 12 1:00 p.m.	Level 1 10 km	Gatineau Park. Hike Pine Road to Herridge Lodge and return. Easy pace. Bring snacks and water. Depart Tunney's Pasture. Gas \$5. <i>Leader: Coby Fuykschot 613-722-6022</i>
Saturday Oct. 17 10:00 a.m. In Burritt's Rapids	Level 1 10 km	Rideau Trail Meet at 10 a.m. at the swing bridge in Burritt's Rapids. Walk from Burritt's to junction of former Rideau Trail and Dwyer Hill road and return - late lunch at the Yellow Canoe in Merrickville. <i>Leaders: Denis Faulkner 613-269-2136 or Fred Grodde 613-269-4306.</i>
Saturday Oct. 17 9:30 a.m.	Level 3 10-12 km	Gatineau Park. An energetic hike in area between Farris Creek and Gangway- considerable climbing and faint trails, fall colours, good views. Bring lunch and good boots. Gas \$5. Meet at Tunney's Pasture. <i>Leader: Jim Leeson 613-829-1083.</i>
Friday Oct. 23 9:00 a.m.	Level 1? 11 km	Discovery Hike Discover the Mac Johnson Wildlife Area north of Brockville. The leader has not been there yet so be prepared to discover it with her. Bring a lunch. Gas \$10. Call the leader for meeting place. <i>Leader: Elizabeth Mason 613 729-6596</i>
Saturday Oct. 24 2:00 p.m.	Level 1 7 km	Mer Bleue. Hike the world famous bog and boardwalk. Easy pace. Bring snacks and water. Depart Tunney's Pasture. Gas: \$2. <i>Leader: Coby Fuykschot 613-722-6022</i>
Saturday Oct. 24 9:30 a.m.	Level 2 10 to 12 km	Gatineau Park Hike in Gatineau Park from Meech Lake P12 on various trails to lookouts with chalet lunch stop. Meet at Tunney's Pasture. Gas \$4. <i>Leader Alex Bissett 613 828 4363 or alexbissett@sympatico.ca</i>
Sunday October 25 9:30 a.m.	Level 2 12 km	Gatineau Park Circuit of Lac Philippe following the snowshoe trail and the shoreline - all on trail. Gas \$5. Departs from Tunney's Pasture. <i>Leader: John Barron 613-828-2296</i>
Saturday Oct. 31 11:00 a.m.	Level 1 7 km	Halloween Hike. Hike the lime kiln loop in the Greenbelt. Wear your favourite costume and be prepared to laugh at each other. Get home in time to greet the small goblins at your door. Bring a lunch or snack. Gas \$2. Meet at Tunney's Pasture. <i>Leader: Elizabeth Mason 613-729-6596</i>
Saturday Oct 31 9:15 a.m.	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike. Destination to be determined on the day of the hike. Meet at Tunney's Pasture. See description on page 13. <i>Leader Chris Heap 613-740-9975</i>
Saturday Nov. 7 9 a.m.	Beginner /Refresher	Map&Compass Clinic - Gatineau Park A one day map and compass clinic that will teach you the skills needed to navigate with confidence off-trail, for both beginners and those wanting a refresher in the basics. First half theory at the Gatineau Park Visitor Centre, second half in-field near Lac Phillippe. Maximum of five people. Must provide your own compass preferably with declination adjustment. <i>Leaders: Cliff and Gloria Daly. To register, please e-mail cliff.daly@rogers.com or phone 613-224-4413</i>
Saturday Nov 7 9:15 a.m.	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike. Destination to be determined on the day of the hike. Meet at Tunney's Pasture. See description on page 13. <i>Leader Chris Heap 613-740-9975</i>

Date & Time	Diff. Level & Length	Activity Descriptions
Sunday Nov 8 9:00 a.m.	Level 3 (slow) 10 km	Gatineau Park - Frypan Lake Hike from P15/ Cross Loop Road and start up the snowshoe trail that goes to the Healey cabin, but very soon take the right fork onto the old abandoned trail to Carman Lake. Branch off to the left and make our way up to Frypan Lake. Return by looping a bit to the north. Allow up to 5 hours but could be less if the old trail section is visible everywhere. Weather could intervene to produce skiing or snowshoeing somewhere. Meet Tunney's pasture. Gas \$5. <i>Leader Stan Rosenbaum, 613-596-4288 or srosen@magma.ca</i>
Wednesday Nov 11 10:00 a.m.	Level 1 12 km	Rideau Trail Hike the Rideau trail from Fallowfield to north of Richmond on the new re-route. Bring a lunch. Contact the leader for meeting location. Gas \$2. <i>Leader Elizabeth Mason 613-729-6596</i>
Saturday Nov. 14 9 a.m.	Beginner /Refresher	Map&Compass Clinic - Gatineau Park A one day map and compass clinic that will teach you the skills needed to navigate with confidence off-trail, for both beginners and those wanting a refresher in the basics. First half theory at the Gatineau Park Visitor Centre, second half in-field near Lac Phillippe. Maximum of five people. Must provide your own compass preferably with declination adjustment. <i>Leaders: Cliff and Gloria Daly. To register, please e-mail cliff.daly@rogers.com or phone 613-224-4413</i>
Saturday Nov 14 9:15 a.m.	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike. Destination to be determined on the day of the hike. Meet at Tunney's Pasture. See description on page 13. <i>Leader Chris Heap 613-740-9975</i>
Saturday Nov 21 9:15 a.m.	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike. Destination to be determined on the day of the hike. Meet at Tunney's Pasture. See description on page 13. <i>Leader Chris Heap 613-740-9975</i>
Saturday Nov. 28 11:00 a.m.	Level 1 10 km	Walk along Rideau River and Hog's Back and return by bus. Meet at Sunflower Cafe on Montreal Road & Coburg Street. Must call leader in advance. <i>Leader: Ruth Hutchinson 613-749-0990</i>
Saturday Nov 28 9:15 a.m.	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike. Destination to be determined on the day of the hike. Meet at Tunney's Pasture. See description on page 13. <i>Leader Chris Heap 613-740-9975</i>
Sunday Nov. 29 10:30 a.m.	Level 1 8 km	Fall hike along Ottawa river in Orleans - walk & roll. Meet at bus stop at Montreal Road and highway 174E. Must call leader in advance. <i>Leader: Ruth Hutchinson 613-749-0990</i>
Saturday Dec. 5 10:30 a.m.	Level 1 8-10 km	Gatineau Walk & Roll. The start and end points are both reached by public transit. Meet at the bus stop in front of the Museum of Civilization in the Hull sector of Gatineau. We will walk east on the Gatineau side of the Ottawa River following the bicycle path and loop up around Lac Leamy. Must call leader in advance. <i>Leader: Ruth Hutchinson 613-749-0990</i>
Saturday Dec. 5 9:15 a.m.	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike. Destination to be determined on the day of the hike. Meet at Tunney's Pasture. See description on page 13. <i>Leader Chris Heap 613-740-9975</i>
Saturday Dec. 12 9:15 a.m.	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike. Destination to be determined on the day of the hike. Meet at Tunney's Pasture. See description on page 13. <i>Leader Chris Heap 613-740-9975</i>

Vacant Positions on the Rideau Trail Association Board of Directors

Vice President

The Board is seeking nominations for the position of Vice President. We are looking for a volunteer who can “learn the ropes” with the guidance and support of the other Rideau Trail Association Directors in preparation for taking on the President’s role in June 2010.

This is an opportunity that would appeal to individuals with leadership experience, and persons who would be inspired by the challenge of leading the Rideau Trail Association into its fifth decade. Do you know someone who fits the bill?

Secretary

The Board is seeking nominations for the position of Secretary. We are looking for a volunteer who can take on the task of producing the minutes of the RTA Board meetings and who will maintain the RTA Board Action Register beginning in July 2009. The Secretary is also the custodian of the RTA Board’s current files and records.

Candidates must be familiar with Microsoft® Word and have regular access to e-mail.

For more details about either of these positions, please contact Ron Hunt, President – Rideau Trail Association at 613-590-7467 or via e-mail at re.hunt@sympatico.ca

Volunteer Needed: Project Leader - RTA Guidebook 8th Edition

The RTA Board is looking for a Project Leader to coordinate the design, development and production of the 8th Edition of the RTA *Guidebook*. The *Guidebook* Project Leader plays a leadership role in the design of the 8th Edition, contributes personally to some of the content of the new *Guidebook*, functions as the *Guidebook* editor, and coordinates the activities of other volunteers who update the maps and provide material for the updated *Guidebook*.

This is a challenging and rewarding project. And the Project Leader can count on the RTA Board for resources and support. Candidates must have access to a computer and have regular access to e-mail. Good planning, organizing and communications skills are essential.

Are you interested? Or do you know someone who we should talk to? For more details, please contact Ron Hunt, President – Rideau Trail Association at 613-590-7467 or via e-mail at re.hunt@sympatico.ca

Volunteer Needed: RTA Newsletter Editor (Kingston)

The RTA Board is looking for a volunteer from the Kingston area who can take over the role of Newsletter Editor beginning in late summer 2010. The Newsletter Editor (Kingston) is responsible for producing two issues of the *Rideau Trail Newsletter* per year. This involves collecting photographs, drawings, activity schedules, announcements, articles and other information from Board members, Club executive members, RTA members and other contributors. The Editor assembles the Newsletter, using desktop publishing software, according to the guidelines established by the RTA Board, in a “camera-ready” format in preparation for printing and distribution.

Candidates must have access to a computer and be familiar with Microsoft® Publisher or a similar program and have regular access to e-mail. The retiring editor, Bob Gordon (613-544-9893 or rdgordon@sympatico.ca), can supply further information and help his successor to get started.

Are you interested? Or do you know someone who we should talk to? For more details, please contact Ron Hunt, President – Rideau Trail Association at 613-590-7467 or via e-mail at re.hunt@sympatico.ca

Perth's Tay Canal 175th Anniversary Hikes



"On the towpath at last....."



"Hikers will follow their leader anywhere!"



"Even in the middle of the canal..."



"...and on the bus too."

Photos by Ernie Trischuk (1,2,4 above) and David Batchelor (3).

On Sunday, July 5 the Central Club organized an outing to celebrate the 175th anniversary of the Tay Canal with a hike along the Canal towpath, which is a section of the Rideau Trail.

The day was warm and sunny and 19 hikers from the Kingston, Ottawa and Central Clubs hiked along the towpath for a distance of about 2 kms to a small bridge, where they were greeted by Central Club volunteers David and Pat Batchelor and a Voyageur canoe operated by raconteur and river rat, Tim Armstrong of the Rideau Round Table. Pat and David helped us into the canoe and handed out lifejackets and bottled water to everyone. We were each given a paddle, and a brief paddling lesson, then Tim guided us leisurely across the Tay, while recounting the history of the Tay Canal's origins, the biodiversity of the flora and fauna and wildlife along the shores, interspersed with humorous comments and instructions to perform Les Voyageurs' cheer which involved banging our paddles on the side of the canoe and raising our paddles and voices to the sky in unison.

We disembarked on the far side of the Canal at the Perth Wildlife Reserve where we were greeted by Stephanie of the Rideau Valley Conservation Authority, who gave us the history of the wildlife, birds, waterfowl, turtles, frogs and vegetation that could be found in the Reserve. Hikers then followed the interpretive trail to the Rideau Valley Field Naturalists' Butterfly Garden where we were served cold drinks and goodies and shown the variety of plants and bushes planted in the Garden to attract butterflies.

Afterwards the hikers were transported back to their cars by school bus, driven by JosJe, the Central Club's very own bilingual professional driver.

On the same day, and following the official Rideau Trail hike, there were 3 other similar hikes along the towpath for members of the public, starting at 10 a.m., 11 a.m. and 12 noon. These hikes were led by Central Club hike leaders Don Sherwin, Dave Allcock and myself. Once again, David and Pat were waiting at the bridge to help people into the Voyageur canoe and hand out bottled water, lifejackets and Rideau Trail brochures.

A total of 70 people of all ages took part in this event, not only learning about the history of one of this country's waterways but also the enjoyment of hiking, nature and the outdoors.

Margaret Lafrance

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LAND OF SMILES

January 31 to February 14, 2010

Nowhere but on our **THAILAND** holiday will you experience such friendly smiles and incredible adventure! This is a hiking holiday with a twist – you'll interact with the locals in hilltribe villages, ride the infamous Death Railway over the River Kwai, bathe rescued elephants & get up at the crack of dawn to offer alms to the monks. We promise you a remarkable journey in an unforgettable country.

UNLEASH THE WILD SIDE

July 4 to 16, 2010

Don't just *drive* through **KENYA** – hike it too! Imagine encountering herds of zebras, giraffes and gazelles right on your path! Travel to 3 different parts of the country, take in incredible sunsets over the savannah, visit Masai warriors in their homes and, of course, see lions, elephants & leopards on our game drives. Accommodations include luxury tented camps and one night at famous Treetops!

OPA!

May 9 to 22, 2010

Hike to the heavens to visit holy monasteries, trek in shade of ancient olive groves and lose yourself in the cobblestone streets of Corfu Town. **CORFU** is considered by many to be **GREECE'S** most beautiful island, especially in spring when it is carpeted in wildflowers. And you will never tire of the deep, deep blue of the sea that surrounds you.

VIVA LA PASIÓN

April 21 to May 3, 2010

Challenge yourself in the beautiful **ANDALUCÍA** region of southern **SPAIN**. Descend into bottomless gorges to see vultures nesting, hike through picturesque "white villages", learn about 25,000 year old cave paintings and tour the Alhambra Palace. Add some flamenco & a little sangria, and there you have the Spanish passion for living. Olé!

Walking for Twenty-five Years

I do not know whether this sounds like agony or an accomplishment, but it is a fact that on September 26 the Wednesday Walkers of the Ottawa Club will have completed twenty-five years of existence. The entry in the 1984 Fall newsletter about the walk on that day says that "If interest is shown then Wednesday walks will continue in the future." As they say, the rest is history, but where this first walk went (led by Barbara Foster, meeting at 11 am with participants advised to bring a lunch) is lost in the mists of time. The founders of the Wednesday Walkers (Ken Prior and John Beech) are no longer with us but a leader who came after them, Max McClellan, is living on the west coast. After Max moved, Graham Creedy took over for a while.

In the early days attendance was small, not widely promoted, and there was only one level of hike—level 3. This was partly because in those days the network of back-country trails in the Gatineau Park was not as extensive or marked as it is to-day. With no GPS the hikers often got off the planned route and had to find the way

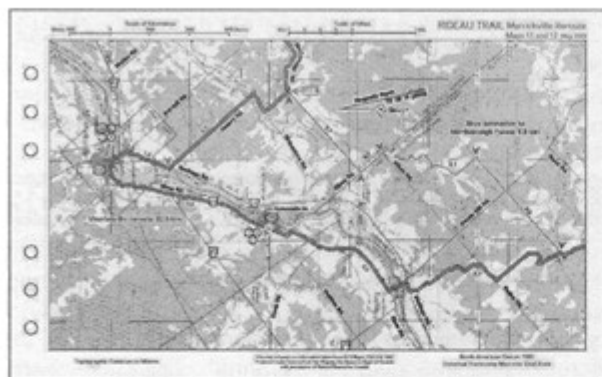
out by compass or by "feel". Various horror stories of hikes gone awry exist from those times, such as not arriving at the lunch/swimming stop until 3 pm and, on another occasion, not returning to town until sometime in the evening. The late Catherine O'Keefe, who was a regular for many years, recorded all her hikes in a diary passed on to the Club after her death. Generally, Dorothy Belter in her unofficial role as supervisor kept a good eye on everyone; exercising some restraint on wilder ideas before the group set off and making sure the group stayed together. Some of the early outings had a musical bent with hikers playing recorder or harmonica and having singsongs during the lunch break.

Cross-country skiing was always part of the Wednesday Walkers and, like hiking, started small. Max McClellan was a member of the Alpine Club and ski outings became more adventurous and challenging after he became involved.

-continued on page 20

Trail Re-routes

Burritt's Rapids to Merrickville Maps 11 & 12



(See printable map under Change #8 on RTA website)

The old Blue Loop from kilometer 217.9 to Burritt's Rapids is now part of the main trail. A reroute has been implemented from Burritt's Rapids.

From the swing bridge in Burritts Rapids, follow the road north and turn right on to highway # 2. About 200 metres along the road the trail turns left into a field and passes diagonally to the right across the field and through a gap in the tree line. The trail continues on through 3 meadows. Turn left and keep close to the other side of this tree line till a marker indicates to the right, which leads to a gap in the trees at the north end. Through this gap are 2 more smaller hay meadows. The trail runs through their centres then follows an old cart track. Watch for an abrupt left turn to the north, and afterwards a turn to the right through a fence gap, and straight to Paden Rd. Immediately across Paden, the trail enters Marlborough Forest and follows a grassy track parallel to the road for about 500 metres, then turns to the left and north along an old road and veers gradually to the right (east and then south, almost 180°). A clearing is reached and then a crushed stone road. Turn left here and in about 500 metres reach the Heaphy Rd, the former main trail. At this junction turn right to continue the main trail northbound, left for the Blue cutoff which leads to the main trail south to Merrickville.

Schoolhouse and Loops Closed

The schoolhouse and the trails known as the Schoolhouse Loops (map 17 of the Trail Guide) are no longer maintained by the Rideau Trail Association. The City-owned property around the schoolhouse is still accessible to the public, including RTA members, for hiking, snowshoeing and skiing, although it is uncertain how long the schoolhouse itself will be left open.

Cataraqui Trail Bike and Hike

Saturday, September 26, 2009

to Chaffeys Lock Community Hall & return

Free Lunch & Great Prizes

(For Participants donating \$25 or more. This event is a fundraiser to raise money for trail maintenance & improvements)

37 km, 33 km & 12 km CYCLE routes

5 km HIKE

For information call 613-546-4228 ext.304 or visit www.rideau-info.com/cattrail

-Walking for 25 Years, continued

Moving into more recent times, Art Campbell (very much alive and kicking) became the hike leader, and in the early 1990's, as the size of the Wednesday Walkers grew, they began splitting into different outings. Around this time, Pat Clarkin decided to start a group for those who preferred more leisurely (level 2) hikes. Pat led this group for about fifteen years.

The start of the new century signalled a new leader for the "level 3's" and Dorothy Belter, who had been prominent in the group for many years, became the hike leader of the "3's" while also being leader of the whole Wednesday Walkers.

To-day it is not uncommon to have forty or fifty people out on a Wednesday with maybe four groups forming around whoever volunteers to lead a hike to a particular destination. Although the event is listed as an RTA outing, it has the air of an informal group of hikers and membership is never required. Wednesday Walker events are better patronized than weekend hikes, although some leaders use them as an opportunity to pre-hike a weekend outing.

The Wednesday Walkers have a high level of camaraderie with many regulars and newcomers arriving frequently thanks to word-of-mouth. They recently established a voluntary e-mail list for communication of any matter of common interest (thanks to Art Campbell and now maintained by Marilyn Booth).

The Wednesday Walkers are an undoubted success, so on their twenty-fifth anniversary let us raise a glass to the founders and their successors.

Nigel Brereton



Gunter, Yvonne, John, Krystyna, Norm and Steve on the bridge east of Flagpole Hill in Frontenac Park, June 21, 2009. *photo by Linda Tucker.*



"New Leaders Always Welcome" This dog from a nearby farmhouse leads a group of hikers across a beaver dam at Lac la Pêche in Gatineau Park. It followed the hikers for 11 km and never broke a sweat. *Photo by Bryan Parlor.*

***Didn't receive your newsletter?
Perhaps you forgot to renew your
membership.***

**Renew now. See form on back page.
Contribute to the maintenance, improvement,
extension and protection of your Trail.**

Welcome! New Members of the Rideau Trail Association

Central Club

Elizabeth Gemmell
Louise & Bob Osborn
Christine Piper
Holly & Joe Watson

Kingston Club

Mary Brown
David Dunton
Elizabeth Gray
Ben & Anne Poels
David Smith
Mary Stewart
Amy Sun
Liz Tata
Gary & Christina Wayner
Michelle & Doug Williamson

Ottawa Club

Catherine Carvell
Judy Donegan

Robert & Lorna Giles
Louise Harrod
Darlene Bamford & John Hunter
Linda Long
Darrell Fry & Gary MacDonald
Debbie Macdonald
Bryan & Margaret Parlor
Julie Rhyno
Juan Salinas
Louise & Peter Scotchmer
Elizabeth Williams
Heather Patch & Natalie Woodley
Alina Zaroubina

Neutral members

Michael S. Frost
George Bryant
Tara Gill
Penny Suikki

For Tim

By Bruce Henderson

When we leave the woods and trail at end of day
When we stumble to the cars and put our packs away
When the doors are still ajar, someone's sure to say,
"Let's go for a coffee" -" Veux-tu prendre un cafe?"

Now Canadian coffee doesn't grow on trees.
It's found in shops—in little mugs if you please.
Turn left at the light, 'cause it wouldn't be right
To say goodnight...and skip the coffee.

As we pass with muddy boots and sweaty hair
The locals look aghast, and greet us with a stare.
But the hike has heightened our self-esteem.
We're sure we've earned our sugar and cream.

Now there's nothing wrong with beer or wine.
But that post-hike coffee goes down fine.
As we hug each mug, and make bad jokes,
We smile and laugh -we're simple folks.

And a bonus treat as we rest our feet,
Since there's nothing sadder than an over-full bladder,
Why, just down the hall for one and all
A comfortable loo, with running water, too!

When we leave the bugs and beasts behind,
It's a coffee shop we have to find.
The Rideau Trail Guide gets 4 stars,
But we need some maps for the coffee bars.

The desires of hikers can be complex.
Some wish for shirts with large red checks,
And some may want unbridled sex,
But some of us want our coffee!

So, the day may seem done with the setting sun,
But we want a quick stop at our favourite shop.
For the hike is not through 'til we've had our
brewour coffee.



Recent Donations to the Rideau Trail Association

Andrew Bales
Bob & Wilma Chadwick (in memory of Ian Watson)
Doug Cody
Eve D'Aeth
David Dunton
Michael S. Frost
Grant Gollifer & Jeanette James
Regina Mueller
Sharon & Jim Plumb
Moirah Rehmer
Anke Springer
Klaus & Helga Stegemann
Rick Butson & Al Stewart
Rolina & John ten Bruggenkate
Margaret Ann Varner
Holly & Joe Watson

The following donations were made in memory of John Lalonde:

Connie Brown
Florence & Ossie Fisher
Sylvia & William French
Gordon & Frances French
Sarah French
Patrick & Nancy Grew
Murray & Patricia Henderson
Diane Kemp
Kingston Gators Women's Hockey Team
Sheila Loyst
Leanne Piper
Anne Revell
Bruce & Joab Rice
Cecil & Marie Ross
Corinne & Brian Sands
Ruth & Peter Steinfort
Jo Ann & Dan Thompson
Joan Thompson
Denise Truscott
Meta Wagar
Beverley Webster
Alex & Michelle Westwater
Joan Wilson

Some of the hikers who regularly stop for coffee. Taken at Foley Mountain on a 2005 end-to-end hike. The poet is at the head of the table. Photo by Ron Hunt.

More Awards presented at the 38th AGM

Rideau Trail End-to-End Awards

Jim Fox
Bruce Buie
-and in absentia to:
Jessie Hunter
Jane Kenyon
Graham Steed
Sharon Kerr
Jack Freiburger
Georgia Mulholland
Irena Babir
Lois Corey
Diane Cropp
Peter Nicholl
Tom Tomakich



Fiona Nisbet
Dan Welsh
Bonnie Zinn
Ingrid de Buda

Rideau Trail Winter End-to-End Awards



Elaine Lowen
Don Coulter
Jenny Ellis
Linda Ball
Janet Laraway
Marguerite O'Connor
Dagmar Jones
Dorothy Hudson
David Allcock
Bill Murdoch

and in absentia to: Janet Hayley

On behalf of the Winter End-to-End hikers, Jenny Ellis thanked Bill Murdoch for his leadership. She also acknowledged Bruce Henderson's poem on winter hiking that was printed in the Summer Newsletter.

Certificates of Appreciation to Outgoing Board Members *(See list on page 4.)*

Photos above are of some of the presentations at the AGM

Condensed Financial Report (as presented by Treasurer Peter Hawkins at the 38th AGM and condensed by the editor)

I am pleased to report that the fiscal year ended March 31, 2009 reports a Net Surplus of \$10,214.13. While not quite as strong as last year, we have had two years in surplus after two years of deficits. This is the second year of reporting to you on a fund basis, so you will find separate reports on the Operating Fund and the Rideau Trail Preservation Fund. As I indicated last year, it will take two fiscal years to completely separate the funds, and at present more than half the transfers have been completed. The new accounting program - Simply Accounting by Sage - is operating in a very smooth and satisfactory manner.

Now to mention a few points from the year just passed. We continue to fulfill our responsibilities in the operation and maintenance of the Rideau Trail as a four season activity destination and to promote it wherever possible. We have sold a further 240 guidebooks, bringing our 3 year total to 933 sold. We need to sell a further 267 just to reach break-even. It would be even better to sell most of the rest as they represent pure surplus. Our insurance costs have stabilized for the present. We continue to be active members of Hike Ontario, and I believe that we must remain active in the areas of trail rights, usership, management, and insurance.

Peter Hawkins, Treasurer

Preservation Fund

Income statement

Interest on investments	\$4140
contribution to Gould Lake bridge repair	(1836)
Year's surplus	\$2304

Balance Sheet—Assets

Investments and cash	\$118,282
Donations	1,675
Due from RTA	8,023
Fund balance March 31/09	\$127,980

Operating Fund

Income

Memberships	\$25,072
Guidebook sales	7,433
Donations	2,049
Interest	3,557
Other	3,751
Total income	\$41,862

Expenses

Cost of Guidebooks	\$3,084
Newsletter	7,669
Operations	10,929
(incl. \$4266 insurance)	
Club support	7,750
Meetings	2,216
Total expenses	\$31,648

Surplus
\$10,214



®

PM40022816
RETURN UNDELIVERABLE
CANADIAN ADDRESSES TO
 Rideau Trail Association
 P.O. Box 15
 Kingston, ON K7L 4V6

MEMBERSHIP OR RENEWAL 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, and they provide essential financial support for the continuous maintenance, improvement, extension and protection of the Rideau Trail. Mail this form (or download one from www.rideautrail.org) to: **Rideau Trail Association, P.O. Box 15, Kingston, ON K7L 4V6.**

All members must be at least 18 years of age.

- () Annual Individual Membership \$25.00
- () Annual Household Membership (two adults at the same address) \$30.00
- () Patron (Life Membership) * \$500.00
- () Trail Guidebook: (*edition 7, 2006*)
 - insert only, members ** \$25.50
 - insert and cover, members ** \$35.50
 - insert and cover, non-members ** \$39.95
- () Car Sticker (free to new members) \$1.00
- () RTA Hiker Namepin - **Please fill in name in box below.** \$6.00
- () Cloth crest \$2.00
- () Enameled Pin \$6.00
- () Wall map ** \$12.00

- () Donation - Rideau Trail Association * \$ _____
- () Donation - Rideau Trail Preservation Fund * \$ _____

Prices subject to change TOTAL \$ _____

* Qualifies for income tax credit (No 11911 9485 RR 0001)

** Includes postage and handling

PLEASE INDICATE MEMBERSHIP CATEGORY

New () Renewal () Life ()

(Please Print)

Name(s):

Address:

Postal Code:

Telephone:

If you wish to receive the RTA e-letter (as well as the Newsletter by mail) please provide your e-mail address below:

In addition to enjoying the hiking and other activities sponsored by the three local clubs, there are many other ways for you to be actively involved in the Rideau Trail Association. If you are willing to participate, please check any of the activities on the right which interest you. You will be contacted when your help is needed.

Name on pin (please print in CAPS)

- () Maintaining a section of the Trails
- () Helping with construction projects
- () Leading hikes
- () Leading cross-country ski or snowshoe outings
- () Helping with publicity
- () Organizing social events
- () Serving on Executive
- () Other (Please specify): _____