



The Rideau Trail NEWSLETTER

FALL 2011

ISSUE NO. 161



THE PRESIDENT'S STICK DOES CENTRAL

Rideau Trail Association Newsletter

Issue 161

Fall 2011

Rideau Trail Association

P.O. Box 15

Kingston, Ontario K7L 4V6

Telephone:

Kingston and RTA: (613) 545-0823

Central: (613) 264-8338

Ottawa: (613) 860-2225

Web Page: www.rideautrail.org

Electronic Mail: info@rideautrail.org

Webmaster: Paul Jean (613) 830-2853

web@rideautrail.org

*The RTA does not share its mailing list
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Editor of this issue: John Cornish, Kingston Club

Winter Newsletter

The Winter 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, with good definition and contrast. Please ensure that all items arrive by **November 01, 2011** and that they are sent directly to the Ottawa editor:

Ann Bolster, 1901-2625 Regina St

Ottawa, ON K2B 5W8

613-828-5131 ann_bolster@yahoo.ca

FRONT COVER: clockwise from top right:

President's Stick leaves Lally's in pouring rain, May 15;
Stick approaches the AGM in Perth, June 18;
Stick is at Rosedale Road, July 10, ready for Ottawa Club
The stick meets Smiths Falls Mayor Dennis Staples, June 22;
The Stick attracts a young fan club in Smiths Falls, June 22.

Cover Photos: David Allcock

The Rideau Trail Association is a member of
HIKE ONTARIO.

THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS 2011-2012

President:	Robert Groves, Lanark (613)-259-3175 grovesgroup@sympatico.ca
Past President	Peter Hawkins, Gloucester (613) 749-2093 pjhawkins@sympatico.ca
Vice President:	Louise Osborn, Perth (613) 267-0000 bobandlouosborn@gmail.com
Secretary	currently vacant
Treasurer:	Joy Webster, Carleton Place (613-253-7501) jgew@sympatico.ca
Membership Director	Sheila Menard, Kingston (613) 544-3110 sushe@sympatico.ca
Trail Coordinator:	David Armitage, Kingston (613)-634-4426 dlarmitage@sympatico.ca
Marketing/Communications:	currently vacant
Newsletter Editors :	
Ottawa:	Ann Bolster, Ottawa (613) 828-5131 ann_bolster@yahoo.ca
Kingston:	John Cornish, Gananoque (613) 382-4778 cornish@kos.net
Club Chairpersons:	
Ottawa:	Elizabeth Mason, Ottawa (613) 729-6596 emmason@sympatico.ca
Kingston:	Jenny Ellis, Kingston (613) 549-6807 ellisjl@kos.net
Central:	David Allcock, Perth (613) 264-9075 dave61@rogers.com
Club Representatives:	
Ottawa:	currently vacant
Kingston:	Don Coulter, Kingston (613-542-9998) coulter.dm@sympatico.ca
Central:	Dorothy Hudson, Smiths Falls (613) 282-0332 dhudson9@cogeco.ca

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Ode To The Rideau Trail

On its 40th Birthday
By Bruce Henderson

My way's not a highway
It runs past stone and tree
For 40 years our volunteers
Have kept this pathway free.
My way's not a highway
We walk o'er hill and dale:
My way is a footpath
That's called the Rideau Trail.

Yes, our trail's just over yonder
Where the tree-line meets the sky,
Please take a little wander
If you happen to pass by.
It links us to each other
And it links us to the land
It's been a joy to everyone
Since when it first was planned.

There's a history to this landscape
That many do not know
From the bedrock of the
Frontenac Arch
A billion years ago,
To a million years of
sediment
Left by the Champlain
Sea,
And traces of the glaci-
ers
Which fled so recently
(Tho' thousands of
years before us
Seems plenty long to
me !)

Voyageurs and First
Nations
Used water as their base
Canoes glided swiftly
Leaving little

trace.

Then fear and economics
Spurred on a great endeavor:
Building a canal
Which changed the land forever.

In 1971, Doug Knapp proposed a trail,
Soon dreamers and naturalists expand-
ed its scale;
Now the route would run to Ottawa
From Kingston by the lake
Then a score of hearty students
Blazed the path for us to take.

So now in Ottawa and Kingston
And even in Perth!
Hikers gather frequently
To test our Trail's worth.

There are lots of different vistas
many different charms
As we stroll along our pathway

Past forests, lakes and farms.

You can pick a berry, then hop on a ferry
Both could brighten your day
But if you're feeling really grave
You can visit Old John A.
There's the view from Foley Mountain
And the walk beside the Tay
Pleasant towns and villages
To while the time away.

Our trail has many seasons
And we embrace them all
From the trilliums of springtime
To the goldenrod of fall.
From a sultry stroll in summer
To the crunch of a winter hike
The trail will always welcome us
With no two walks alike.

We are well aware that there are tougher
trails

Steeper ways where oxygen fails
Much more ancient paths and routes
That have felt the fall of a mil-
lion boots.

We don't despise those Rocky
mountain highs
And have nothing but praise for
West and East Coast ways
The Appalachian can make a
great vacation
And the Camino in Spain is
nothing to disdain
Our feet have put to use
the magnificent Bruce
And we'd love to attack the
Milford Track.

But when we come back to
reload our packs
When we return we will always
yearn



.....For the simple, approachable Rideau
For from start to end, the Rideau is my friend



RTA 40th Anniversary Grand Finale
Unveiling the New Ottawa Trail Head
& Arrival of the President's Stick

Saturday. November 5

Hike and Celebrate
Everyone Welcome!

See Page 18 for details



RTA Toque

for the fall and winter seasons.
Stay warm while proudly sporting the easy care, anti-pill fleece hat, engraved with RTA logo.
This black unisex toque features four unlined panels and a fold-up band.

Ready for a Cold One?

The Rideau Trail Association is proud to offer the last of the special merchandise items that coincide with the RTA's 40th Anniversary.

This fall, we are offering an RTA Polar Fleece Toque, just in time

This fleece hat is yours at the special cost price of \$11.

There is a limited quantity of 50 fleece hats for all of the RTA, so don't delay.

There are a few seat cushions (sit-upons) and water bottles left so you are in luck if you delayed to make those purchases.

Great gift ideas for Christmas too!

Send your payment to your club representative today.

Many thanks for your tremendous support.

CLUB	CONTACT	TELEPHONE #	E-MAIL ADDRESS
OTTAWA	Diane McComb	613-820-3936	diane.mccomb@sympatico.ca
CENTRAL	John Miller	613-264-8824	jonver@teksavvy.com
KINGSTON	Gwyn Griffiths	613-766-2777	glg@cogeco.ca

Grab your RTA Toque and get ready for the.....

2012 Winter End-to-End Series of Hikes

We'll start in Ottawa on Friday, January 6 (a Night Hike), then continue on January 7, 8, 21 and 22.
The next hikes will be February 11, 12, 25 and 26, finishing in Merrickville.
Skiers are always welcome, but must provide their own transportation.

For additional information prior to the Winter Newsletter, contact Bill Murdoch at 613-767-4858

2011 End-to-End Awards

471 Tony Hopkins
472 Matthew Mertins
473 Lorena Loewen
474 Zeta MacDonald
475 Richard Dolighan
476 Don Stinson
477 Doug Cody
478 Gloria Daly
479 Brian Willies

2011 Winter End-to-End Award

51 Ann Wilson

RTA Name Pins

Think "Friendly"

Be kind to your fellow hikers
Especially to New Members
.... And your friends with "senior moments!"



Still only Six Dollars
A Great Stocking Stuffer
See back cover for order info.

Comfortable Hiking Holidays

Hike an adventure, Rest in comfort.

Toll free 1 (866) 449-1908

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Www.letshike.com

SWISS SKI HOLIDAY

CORFU, GREECE

January 28 to February 4, 2012

May 13 to 26, 2012

The Matterhorn awaits!
Come on a Comfortable *Skiing* Holiday to one of the most famous resorts in the world - **Zermatt, Switzerland**. The region is home to four different interconnected ski areas with over 300km of ski runs, including the longest at an astonishing 14 km! We'll also ride the highest altitude mountain rail car in Europe (which offers breathtaking views of the Italian, French & Swiss Alps), and even ski right over the border to Cervinia, Italy. You haven't really skied until you ski **Zermatt**!

This Greek Island is the perfect combination of European flair and tranquil sea-side living. 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.

IRELAND

KENYA

June 2012

July 1 to 13 2012

With more shades of green than you can imagine, the Emerald Isle lives up to its deserving reputation. From historical Dublin to picturesque Killarney & parts in between, we will take you hiking through some of the most sought-after scenery the country has to offer - and we'll even make a few pub stops along the way!

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 herdsman in their homes and, of course, see lions, elephants and zebras on our game drives. Accommodations include luxury tented camps and one night at the Ark! And did you know that July is the coolest month of the year in Kenya?

2011 End-to-End Awards

2011 Winter End-to-End Award

A Big Welcome To Our New Members

471 Tony Hopkins
472 Matthew Mertins
473 Lorena Loewen
474 Zeta MacDonald
475 Richard Dolighan
476 Don Stinson
477 Doug Cody
478 Gloria Daly
479 Brian Willies

51 Ann Wilson

Central

Roberta & John Clarke
Joanne Myers-Gerrits
& Erwin Gerrits

Kingston

Lhisha Bennett
Kelley Bolen
Matt Hutcheon
Bill Mahood
Dr. Ron Irwin &
Kaye-Lee Pantony
Leela Viswanathan

Ottawa

Linda Anderson
Deborah & William Barrett
Karen Beattie
Louise Corbin Household
Martha Farkas & Matthew
Farkas-Dyck
Ron & Toni Hoffe
Marla Huddleston
John Kazda

Lawrence & Belinda King
Rhys Knott
Claudette Lagrandeur
Renato &
Linda Landert
D.C. Loughheed
Juliet Marvin
Wilfred Gilchrist
& Linda Redekop
Alana Rovito
Ronald Scanlan
Linda Sewell
Dorothy Thompson
Rob & Cindy Weeks
Nicole Wegsheider

Non-Affiliated

Terry Browitt
Pat Hanley
Bert & Mary Jenkins

Special Thanks to these Recent Donors!

James & Judith Bates
Joan Billingham
Doug Cody
Louise Corbin Household
Ineke Garofalo
Annie Barwise & William
Higginson
Bert & Marilyn Horwood
Bert & Mary Jenkins
Edward Jezak
John Kazda

Lawrence & Belinda King
Dr. Terry L. Kinnear
D.C. Loughheed
John & Alina MacFarlane
Keith & Joan Marchildon
Sheila Needham
(in memory of John Needham)
Lorena Nelson
Robert W. & Carlyne M. Smith
Rolina & John ten Bruggenkate
Helene & Bill Wilmart-Collard

Highlights of 40th AGM of the RTA

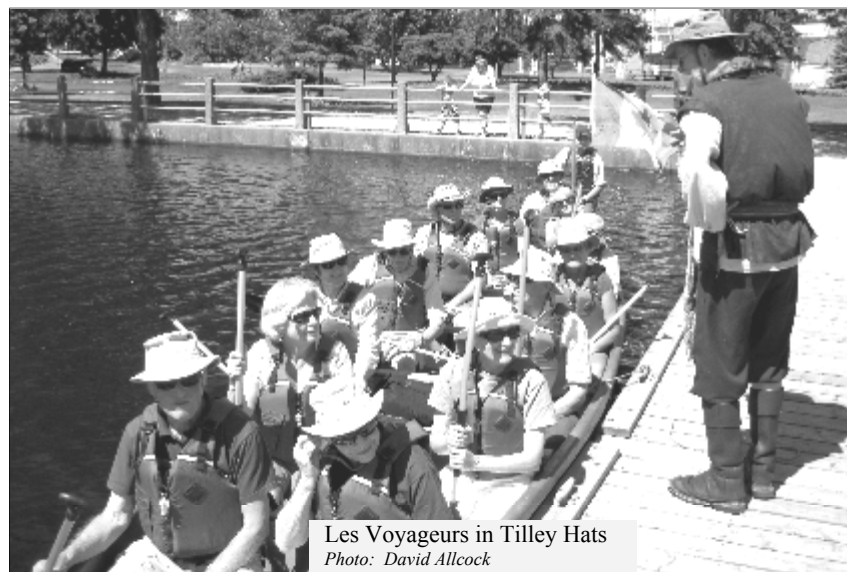
Submitted by Robert Groves

Approximately 85 RTA members gathered in the Royal Canadian Legion in Smiths Falls. President *Peter Hawkins* introduced the Head Table which included *Robert Groves, Vice President, Joy Webster, Treasurer, and Ron Hunt, Past President*. In the absence of a Secretary, *Graham Creedy* graciously accepted to minute the proceedings.

Ron Hunt, Chair of the Nominations Committee, opened the floor for nominations. None were forthcoming. He presented a proposed slate of officers by the Board for 2011-2012 which was accepted. The President is *Robert Groves*, Vice-President is *Louise Osborn*, Membership Director is *Sheila*

Menard, and the Treasurer is *Joy Webster*. There is no Secretary, an urgent circumstance that must be corrected as soon as possible.

President *Peter Hawkins* quickly reviewed his ten years in various board positions mentioning with gratitude the increasing importance of volunteers in maintaining and developing the Association.



Les Voyageurs in Tilley Hats
Photo: David Allcock

Finances

Treasurer *Joy Webster* presented a thorough financial report including a budget for the coming year based on a projection from the past three years. This is the first time a budget has been available at the Association's AGM. Briefly, revenue in the Operating Fund is approximately \$1,000.00 greater than last year. But expenditures rose causing our Operating Surplus to fall by about \$1500.00 to just under \$9,000. The Preservation Fund grew by nearly \$4,000 to approximately \$139,000.

Membership

Ron Hunt presented the membership report on behalf of Membership Director, *Sheila Menard*, who was unable to attend due to health reasons.

As usual, the figures represented the situation part-way through the renewal period, and hopefully may increase as more members renew. The intent is to arrange for *on-line* renewal in the future, which should overcome some of this problem.

Membership has declined approximately 8% over the last 4 years which presents some cause for concern.

Awards

Robert Groves, our incoming President, presented End-to-End and Winter End-to-End certificates, followed by certificates of appreciation to *Gwyn "Griff" Griffith, Andrew Bales, Ernie Trischuk, Ted Will and Ron Hunt* on their retirement from the RTA Board of Directors.

Outstanding Service Awards were then presented by *Jennie Ellis* to *Linda Line* and by *Elizabeth Mason* to *Nigel Brereton* on behalf of the Kingston and Ottawa Clubs respectively. *Elizabeth Mason* also presented the award to *Paul Jean*, our Guru of the Website.

Good Times

Following the adjournment of the AGM about 15 hikers followed *Bruce Gourley* on a Level 1 hike along Poonamalie Road to move the President's Stick further along toward Ottawa. Another 42 members enjoyed Voyageur canoe trips and a number of members went on a self-guided Heritage tour of Smiths Falls. The Town of Smiths

Falls helped organize these events, and provided very useful informational maps.

Banquet

The day was completed with a wonderful dinner served to about 60 members. During the dinner the guests were treated to an Ode in honour of the RTA's 40th, penned and presented by *Bruce Henderson*. The President's Stick was transferred from the Central Club to the Ottawa Club, once in an imaginary handoff (the stick was temporarily mislaid), and later with the actual stick. By most accounts the entire day was a huge success.



Thank you to *Elizabeth Mason* and all of the Ottawa Club volunteers, whose yeoman's efforts were complemented by the ladies of Branch 95 of the Royal Canadian Legion.

OUTSTANDING SERVICE AWARDS - 2011

NIGEL BRERETON

When The Ottawa Club discussed who might be our candidate for the outstanding service award we chose Nigel Brereton not just for the ordinary work he has done but for the extraordinary things he does willingly.

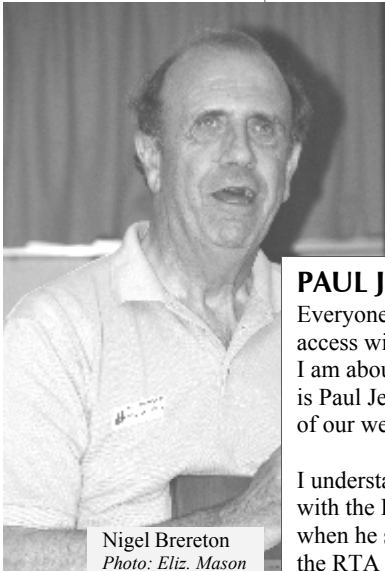
Nigel joined the RTA in 2001 and soon afterwards volunteered to head publicity for the Ottawa Club. His main thrust was to develop display booths at events in Ottawa. Then he became Club Rep on the board. He went to board meetings to listen, to learn and to volunteer. I stress the 'volunteer' because that's just in his nature.

When the RTA brochure needed reprinting, Nigel took on the task of redesigning as well as reprinting it. Our successful "Come Hike with Us" brochure is thanks to Nigel.

A few years ago there was talk of moving the Ottawa trailhead and Nigel volunteered to handle the design and permissions needed for a new sign. This is no easy feat in Ottawa as there are NCC and Parks Canada hoops to maneuver through. Negotiations took a couple of years. But Nigel is patient and persistent. The new sign was installed this spring; it will be officially unveiled in the fall when the President's Stick reaches Ottawa.

Nigel stepped down from the publicity role this spring. But he continues to volunteer. His ideas and suggestions continue as well as his will to get the job done.

I would like to finish on a personal note. I met Nigel some years ago on my first hikes with the Wednesday Walkers. Twice I remember Nigel helping out a leader and then being loudly chastised for a problem that occurred during



Nigel Brereton
Photo: Eliz. Mason

PAUL JEAN

Everyone in this room with internet access will appreciate the award that I am about to bestow. Our RTA Webmaster is Paul Jean. He has done a superlative job of our web site over the last few years.

I understand that PJ was innocently hiking with the Ramblers, an Ottawa hiking group, when he started chatting with a member of the RTA Board. It is always dangerous to chat with any executive member on a hike. Hobbies and interests were shared and before he knew it PJ was asked to manage the RTA web site. Lucky for us, he agreed.

PJ has modernized our web site and made it the envy of other organizations. We have received compliments from afar - from out east as well as from California. PJ not only manages the site, he also manages the database of e-mail addresses used to send out our e-newsletter, e-letter and special notices to club members. And he carefully protects our security and privacy while setting up procedures.

PJ, on behalf of the entire RTA I am honoured to present you with this Outstanding Service Award. Thank you for all you have done for us.
- Elizabeth Mason

..... the hike. A lesser person would have quit the RTA at that point. But Nigel was not discouraged. He returned the next week, started leading hikes and has endeared himself to all who join on the hikes he leads.

Thank you, Nigel, for the work you have done for us. May you enjoy many more years of hiking and helping. - Elizabeth Mason



Elizabeth Mason & Paul Jean (left)
Photo: Eliz. Mason

LINDA LINE

Linda Line, Special Events Convenor for Kingston certainly deserves to receive this award. She has been an RTA member for 19 years, and for the past 7, has been a member of the Kingston Executive Committee, in charge of Special Events.

She has planned and convened the past 7 Kingston AGMs, and 4 RTA Board AGMs and dinners. Each of these events has run smoothly thanks to Linda's quiet, efficient, detailed planning.

The Kingston Christmas gathering is always a success with a great turnout, as is the annual Volunteer party. In September 2010 Linda organized the first Open House for Kingston. There was much interest from the Kingston public, resulting in 12 new members for

the Kingston Club. She is planning a repeat for this September.

Linda works quietly and efficiently with no fuss or bother, and produces marvelous results. At Executive Committee Meetings she nearly always has a new idea or suggestion

for whatever problem arises.

The Kingston club is most appreciative of Linda's outstanding efforts and skills. Congratulations from all members of the Kingston Executive.
- Jenny Ellis



Linda Line (l) and Jenny Ellis
(photo by Marianne Lods)

YOUR RTA Board

Meeting Highlights: July 23, 2011

Submitted by: Louise Osborn

RTA Vision 2021: New President, *Robert Groves* shared his vision for the RTA:

- Having no vacancies on our member- driven board (hey, but right now we really need a secretary! Please volunteer!).
- Robert would like to see a truly dynamic relationship between the Board and all RTA members. A sense of energy and engagement.
- He would like to see the board move from an 'operations' model to one where the board sets *policy*, and *committees*, with board representatives, would accomplish our operational needs.
- Robert sees us *defining our dreams* now and achieving them for our 50th anniversary [2021]. To that end the executive board is planning a one day visioning exercise to be held sometime in the fall of 2011. Stay tuned for updates!

Finance: Treasurer *Joy Webster* reports we did very well again this year and continue to be solvent. Comments were made about the level of excellence and the detailed work that went into the report. Well done Joy! Thank you.

RTA Exhibit Panels: *David Allcock* of Central combines designing portable displays for the Smiths Falls Museum with ones for the Clubs. The prototype has already received approval by the Central and Kingston Clubs as well as the Canal Museum. Great work David!

Incident Reports : a new policy, following best practices as recommended by Hike Ontario. **Hike Leaders are now required to carry a copy of the Incident Report on hikes at all times** - one board member says he keeps one in a ziplock bag in his First Aid Kit. Please note: The onus is on Club Chairs to implement the use of this report. It will be added to the Hike Leader Handbook, is already included in Hike Leader Training, and will be downloadable from our RTA Website soon.

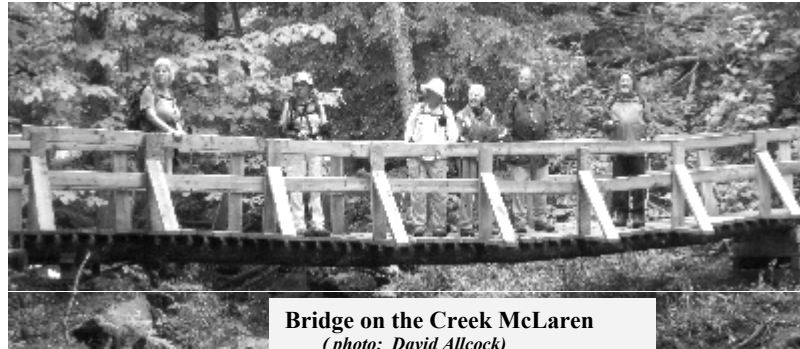
Membership : The good news from Membership Director, *Sheila Menard*, is that we have 138 new members, and 720 memberships as of July. **But** that it is down 27 from last year. So those of us who haven't renewed yet, now is a good time! Recruitment and retention of members continues to be on our agenda. Thanks, Sheila.

Trail Coordinator: Thanks to *David Armitage* for the great work he continues to do keeping our trails looking so good. David has very graciously agreed to be the Hike Ontario Rep on a temporary basis until after our visioning exercise this fall.

Kingston Club Highlights : "Carrying the President's Stick" – a huge success with several hundred participants. The club has a new treasurer, *Cam Hodges* and a new Routes and Negotiation Co-ordinator, *Susan Irving*. Congratulations Cam and Susan, and thank you! Discussions regarding the re-routing of the RT to "Mile Zero" at Kingston City Hall are on-going, as is the decision regarding a sign at said spot. Some other major re-routes are being worked on which will enhance the Trail experience.

Central Club Highlights: Received "The Stick" from the Kingston Club May 14th at the Lally Homestead. Carrying "The Stick" was certainly a major focus as was the completion of the bridge across McLaren Creek (and what a bridge it is too!). Kudos to the intrepid bridge builders: *Bruce Gourley*, Designer, supervisor and inspirational leader; *Dave Osborne*, who took over the completion after Bruce's nasty accident; *Tom Irwin*, *Ken Pyle*, *Dave Crowley*, *David Allcock*; and *Keith*

Murphy, relative of the land owner, who made it all possible with the skillful handling of his tractor. They all worked so diligently to schlep the lumber and materials through the



Bridge on the Creek McLaren
(photo: David Allcock)

woods, the black flies and the rain to get it done too! No more soakers or unintentional 'dips' in the creek! *WhoooHooo!* We hope Bruce has healed and are as good as new. Thanks all.



Photo: Dorine Best

KM. "0":
November 5 Unveiling
at "Final Fling"

Ottawa Highlights : Club Chair, *Elizabeth Mason*, reported on the AGM, which Ottawa sponsored June 18th in Smiths Falls: 85 members attended and 60 stayed for the fabulous dinner. Thanks to you and your team, Elizabeth, for a job well done! The transfer of "The President's Stick" took place on July 10th from the Central Club to the Ottawa Club at Rosedale and Wood Roads. Stay tuned to the e-letter to follow the historic journey of "The President's Stick" through

the Ottawa region, and for details regarding the "Final Fling" on November 5th, ending at the new trail head (or trail ending, depending on where you start), at the base of the locks at the Chateau Laurier. Good Luck, Ottawa!

Calabogie. So much more to explore.

It's all about trails and trails development....hiking, biking, canoe, ATV, ski, snowmobile, X-C skiing, and snowshoe

Often referred to as a best kept secret, the Township of Greater Madawaska has undertaken major trails development aimed at stimulating tourism and establishing the Township as the Ottawa Valley's destination of choice for outdoor recreational tourism.

The rugged natural beauty of the area combined with an almost unlimited array of outdoor recreational activities make it an ideal setting for this endeavor.

Manitou Mountain

Try the new Manitou Mountain trail near Calabogie. This trail is a 9 km, medium level of difficulty, hiking/snowshoeing trail through picturesque pine forests and spectacular wilderness scenery.



Manitou Mountain also links to the enchanting Lost Valley Trail, the Bear Claw Trail and the scenic Skywalk Trail atop Dickson Mountain behind Calabogie Peaks Resort. In total, the Manitou Mountain trails complex offers hikers 14 km of outstanding trails with 7 spectacular mountain top vistas and will deliver the promise seen in Greater Madawaska's creative theme "Calabogie. So much more to explore".

By Rick Brown

For more information visit the Township's website at www.somuchmore.ca where you will find Manitou Mountain and a downloadable trail map under Hiking Trails.



Photo from Rick Brown

RTA Editor's Comment:

A "MUST DO" hike!

In August, Ray Wilson and I accompanied Bob Chadwick from the Kingston Club, who was doing preparation for the Fall Getaway (see below).

Ray and I did the Manitou Mountain pre-

hiking while Bob and Caroline Farrell explored the beautiful trails which will appeal to those more inclined to gentler slopes.

"SPECTACULAR!" was the recurring reaction from this usually stoic duo as we traversed these dramatic trails. In Autumn colours, they will be breath-taking!

Calabogie is only a 2-hour journey from the Kingston area, less of course from Perth or Ottawa.. Well worth it! **JC**

Call Bob and get aboard.

Last-minute requests can likely be accommodated.

Kingston Club Fall Trip to the Calabogie Area

Tuesday to Friday, September 20-23, 2011

There may still be some vacancies available. Cost is estimated at \$200 per person double occupancy for the 3 nights, meals extra. **Please call the leader, Bob Chadwick, ASAP at 613-544-9222 for more information.**

YOUR BOARD NEEDS A SECRETARY!

This is an important position on the Board Executive, working closely with the President and the Treasurer to keep the Association running.

Must have experience with record-keeping, reports and minute. Must be computer-capable. If you have the time and skills to volunteer, your Association will thank you!

Please contact President Robert Groves 613)-259-3175 E-mail: grovesgroup@sympatico.ca

Stop Press - Central Club walks softly and carries the "BIG STICK"

By David Allcock

Who would have thought that, in just two months, the "Stick" could see so much change? When Central Club picked up the stick from Kingston on May 14th in Murphy's Point Park, it was so cold and rainy that there were thoughts of abandoning the relay there and then, but Margaret LaFrance had the "Dr. Livingstone I Presume" moment in Murphy's Point Park when she met John Cornish carrying the stick, and a band of Central Club hikers slogged on to the ruins of the Black Creek bridge.

The next day was just as bad, and cautions went out for hikers to dress to avoid hypothermia. That didn't deter a small hardy band of hikers from showing up. But it turned out to be a pleasure thanks to the cheerful company and freshly baked cookies provided en masse by Louise! 12 km later, with the north wind driving rain into our faces all the way, and our feet immersed in one long bog, we made it. If there was ever a walk that could prove the hiking mettle of our future president (Robert) and vice-president (Louise), this was it!

"The Stick" took a breather for two weeks and was then off on the trail again – this time to end up on Ferrier Road, guided on the way by Dave and Pat Batchelor. The weather had much improved in the meantime. One of the highlights of this walk was the crossing of the new bridge at McLaren Creek. Hats off to Bruce Gourley, our structural wizard! Susan Samila, our resident botanist, answered many questions along the way. Just don't ask us to take a test.

The following Wednesday, June 1, to the outskirts of Perth with our resident geologist, Don Sherwin. Who but Don could inform our band of ten that we were traversing "alvars of Nepean Sandstone"? The weather was perfect, with a strong wind to keep us pest-free despite being the height of bug season and having to skirt the Perth town dump. Eight in total, we arrived in perfect time to join a huge

crowd that had gathered at Conlon Farm for the hike though Perth. At Conlon Farm, there was another new addition to the trail – a wonderful bench seat with a commemorative plaque from Don's family acknowledging his devotion to the Rideau Trail, on the occasion of his 80th birthday. What a wonderful gift, not just to Don, but to the whole Association. Thank you.

John Miller led us through Perth. There were over fifty people to admire the stick, to hold it, and to collect their anniversary badges. In addition, about 50 schoolchildren took our offer to skip class for an hour or so on the trail. Mayor John Fenik joined in and, in full regalia, the Town Crier Brent McLaren with Mrs. Town Crier. The Mayor along with John led the procession of over 100 the 1.5 km to the Bandstand. Then on through Perth, about



Photo : David Allcock

1.5 km, to the Last Duel Campground. We received great local press coverage both before and after the event. Thanks again, John

The following Sunday, Gill Hyland led the "Stick" and 12 hikers to Frizell Road. The Stick no doubt admired the view along the Tay Canal tow path to the Tay Marsh, which was every bit as boggy as its name.

Next weekend, Gunhild Karius led us – and the stick! – to Poonamalie Side Road, another 12 km day. The views of the Tay River took our minds off the high water levels as we crossed the Beveridge dam – quite safe really. But most of all, we were impressed by the people in the village of Port Elmsley. After elevenses at the beautiful Beveridge Locks Park, walking along the Port Elmsley Road and into the village, we were invited into a converted old stone church, by the tenant of the upper storey. Then, just a hundred metres

further on, we were stopped by an off-duty police sergeant, who asked us if we would like to have lunch at his picnic table overlooking the lake. How friendly can you get? This made the hike for all of us.

For the 40th Anniversary AGM in Smiths Falls, the Stick travelled the 7 km from Poonamalie Road to the water tower in Smiths Falls. We attracted several dozen hikers, all eager to be able to claim to have "carried the stick". Leader Bruce Gourley kept a good pace, and the best part of this hike was the opportunity to chat with members of the Kingston and Ottawa Clubs – some of them friends from end-to-end events. We arrived in Smiths Falls in time to join the Voyageur Canoe event.

The following Wednesday Ernie Trischuk led us to Smiths Falls. Ernie had invited one of our longest-term members, Al Hurd, and also Mike Lush, who walks the trail every year as a Cancer Research fund-raiser. Dorothy Hudson had arranged for 21 school children to join us, so we were about 30 altogether when we met Mayor Dennis Staples by the locks for a photo op and an interview with the local press.

Dorothy Hudson led us to Rosedale to transfer the Stick to Ottawa Club. While we were worried about hypothermia on May 15th, on July 10 we had the opposite worry – that of *hyper-thermia*! It was hot, so every overhanging tree was a welcome bit of shade, under which it was tempting to linger. The 10 km walk was totally along roads. At the corner of Matheson Drive and Rosedale Road, a house owner came out to chat and exchange hiking experiences – very pleasant. Then, we could see the Ottawa club coming down Wood Road to meet us – perfect timing. Elizabeth Mason accepted the stick, and we – our work done – retired to Rob Roy's for some liquid refreshment, secure in the knowledge that the Stick had been carried every step of the way through Central Club territory.

Thanks to all the hikers who made this relay the joyful event it turned out to be. Thanks especially to the hike leaders and for their hike logs. Thanks also to the trail maintainers, who made sure that it was all passable and well-marked.

No hiker was harmed in the making of this epic.

Along the Trail

by Elizabeth Mason

McGuigan Cemetery is a hidden gem along the Rideau Trail. It is not visible as you walk along the River Road between Nicholson's Locks and Merrickville. You can easily miss the sign indicating where to pass through a gate and walk along a path to the cemetery.

The cemetery is one of the oldest burial grounds in Eastern Ontario. Early pioneers as well as canal workers and their family members were buried here between 1800 and 1900. Some of the markers are simple stones standing on end with no name or indication of who is buried there.

The cemetery was overgrown and abandoned for years until the Merrickville historic society got involved and with a government grant was able to undertake significant restoration of the site.



Photo by Ken Watson

You can find the graveyard by walking towards Merrickville from Upper Nicholson's Lock along River Road. The entrance to the cemetery is just before Spillway Farm – a 1 km walk.



A similar historic cemetery, dating from 1828, can be found on the Chaffey's Lock "Blue Trail", within the hamlet, set just off the roadway.

Besides the original Chaffey family, it contains some 75 graves of soldiers and citizens who died during the construction of the Rideau Canal, many from malaria. Our hikes frequently pause there.

CATARAQUI TRAIL BIKE & HIKE

Saturday, September 24, 2011

TO CHAFFEYS LOCK COMMUNITY HALL
AND RETURN

Choose from 37, 33, or 12 km CYCLE routes,
or a 5 km HIKE

Collect pledges or make a donation. \$40 per family,
\$25 per adult, or \$10 for under 18.

Includes a BBQ at Chaffeys Lock Community Hall.
Silent Auction and Raffle included with your ticket.

NEW THIS YEAR!

\$30 Scenic Wagon Ride and BBQ

All proceeds go to maintenance and upgrades of the
Trail.

For information call 613 546-4228 ext. 221
or download brochure and pledge form:
www.cataraqueiregion.on.ca/lands/cattrail

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SUMMER GETAWAY AND STAR GAZING IN ALGONQUIN PARK

by Diane McComb

Twenty-one participants were welcomed on Thursday July 7, by the smiling faces of Catherine and Chris at the Algonquin Radio Observatory residence. We were given a tour of the comfortable accommodation and were directed to our assigned room. Catherine and Chris provided delicious meals throughout the weekend.

Donna Shields and Bruce Brenot, our organizers extraordinaire, provided a full and relaxing itinerary. On Friday, we canoed 21 km with 9 portages to the Baron Canyon River. We began the trip at 8:50 a.m. and ended at 4:50 p.m. - an 8-hour day just as planned. As the day progressed, the group gelled as a team especially at portages.

An interesting tour of the Algonquin Radio Observatory followed on Saturday morning and there was free time on Saturday afternoon.

On Sunday, Donna and Bruce led a 7.5 km. hike to High Falls with a 7.5 km return.

The evenings were spent viewing videos on wild life, the story of the Algonquin Radio Obser

vatory and stimulating conversation together with tall tales. Star gazing took place on Saturday evening under cloudy skies. The view of the moon was great.

Our hosts, Catherine and Chris, were gracious and most concerned about our well being. Our organizers, Donna and Bruce, worked hard to put together this fantastic weekend. Many left the weekend expressing the wish that the event be repeated next year.

**Make a note for your new Calendar:
Summer Getaway - Algonquin Park
Aug 16 to Aug 19, 2012**

Photo from Bruce Brenot



Stanley Douglas: In Memorium

Stan and I joined the Kingston Rideau Trail Club around the same time – fall of 1982. We were both protégés of Harry Dyer who initiated us in the joys of hiking and camping. Stan was an active member of the club for a couple of decades – joining hikes and backpacking trips, leading hikes, maintaining a section of the trail and he was a regular on trail maintenance days and construction projects.

He built a display board which was located along the trail at Gould Lake Conservation Area and a commemorative bench for Harry Dyer, also along the trail in the Gould Lake area. Stan was an excellent hiker covering distances quickly with his long stride, however, it was difficult for the rest of us to keep up with him.



Hiking the Rideau Trail gave him the confidence to stray further afield and hike over 50% of the Appalachian Trail. He also completed the West Highland Hiking Trail and the Southern Uplands Trail, both in his beloved Scotland. With the passing of time, his daily walks nearer home became shorter and then ceased.

He passed away on December 7th, 2010. He is survived by his wife Norah and his daughter, Judith.

Su Nag, RTA Life member

KINGSTON CLUB ACTIVITIES - SPRING 2011

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 sunscreen. Wear strong footwear and come prepared for weather changes. Car pooling will be organized. The contribution for gas is indicated for each hike. Car entry fees for Provincial Parks and Conservation Areas are to be shared.

See *“Levels of Difficulty and Participants’ Responsibilities on” on Page 18.*

If in doubt about your ability to cope with the outing, call the leader in advance.

Pace Levels: Slow 2-3 km/hr; Moderate 3-4 km/hr; Fast (or Brisk) 4-5 km/hr; Very Fast 5+ km/hr

Hike Leaders may obtain Sign-Up Sheets from Sharen Yaworsky 613-544-6022. Please forward completed forms to her at 51 Connaught Street, Kingston, K7K 4W4.

WEDNESDAY WALKERS depart at 1:30 pm, except on the second Wednesday of the month when an all-day outing is scheduled (see schedule below for all-day hikes). The afternoon Wednesday walks are ideal for those who wish some healthy, social exercise at an easy pace.

For information on these afternoon walks, call the Milloys at 613-530-2142.



NOTE: Frontenac Challenge “MakeUp” Help available for month of October

Robert and Jane Hough will be available as hiking partners to assist anyone who needs to make up a hike to complete their Challenge. Please call Robert or Jane at: 613-373-2268

Open House for New Members

Wednesday, September 14

Welcome to an information -packed evening! Experienced hike leaders will be available to answer questions about hiking, fitness levels, footwear, what to pack in your knapsack, and the benefits of being a RTA member. Find out about hikes that fit your interests and comfort zone.

You are welcome to bring a friend. Refreshments served.

Time: 7:00 pm – 9:00 pm

Place: Ongwanada Resource Centre, 191 Portsmouth Avenue

Information: Linda Line 613-531-4353



Saturday, September 3

Frontenac Challenge

Arkon, Doe, and Arab Trails: Frontenac Park

Level 3, Moderate pace, approx 15 Km

Gas \$6.00 + park fees 9:00 AM departure

LEADER: Sharen Yaworski 613-544-6022



Wednesday, September 14

Frontenac Challenge

Big Salmon Loop: Frontenac Provincial Park

Level 3, Moderate pace, 19 Km

Gas \$6.00 + park fees 9:00 AM departure

LEADER: Ann Wilson 613-531-9873



Saturday, September 17

Frontenac Challenge

Big Slide Lake Loop: Frontenac Park

Hike from the Trail Centre

Level 3, Moderate pace, 27 Km

Gas \$6.00 + park fees 8:00 AM departure

LEADER: Jim Lorimer 613-373-2847



Saturday, September 10

Frontenac Challenge

Cedar Lake: Frontenac Provincial Park

Hike the trails of Cedar Lake Loop.

Level 2, Moderate pace, 15 Km

Gas \$6.00 + park fees 9:00 AM departure

LEADER: Audrey Sanger 613-384-6244

Sunday, September 18 Jones Creek Trails

Hike the Hawk, Snipe, and Deer Trails

Level 3, Moderate pace, 12 Km

Gas \$7.00 + park fees 9:00 AM departure

(if you can meet the group for the leader, please call!)

LEADER: Ray Wilson 613-382-7189

Saturday, September 24 Marble Rock

Fall colours, cliffs and valleys should be magnificent from the new lookouts.

Level 2-3, Moderate pace, 12 Km

Gas: \$6.00 9:00 AM Departure

(if you can meet the group for the leader, please call!)

LEADER: John Cornish 613-382-4778

KINGSTON CLUB EXECUTIVE: the position of Secretary remains vacant. Please consider helping out. Meetings are on the 3rd Wednesday of the month at Chapters from 7 to 9 p.m. Contact Chairperson Jenny Ellis at 613-549-6807 or ellisj1@kos.net

Sunday, September 25 Lemoine Point CA

Hike the trails of the point with visits to the nursery and nearby Dog Park.

Level 1, Moderate pace, 10 Km

Gas: \$2.00 10:30 AM Departure

LEADER: Bruce Bromfield 613-634-9409



**Saturday, October 1 Frontenac Challenge
Little Salmon, Little Clear, Hemlock Loops
Frontenac Provincial Park**

Close the loops around the three lakes

Level 3, Moderate to fast pace, 25 Km

Gas \$6.00 + park fees 8:00 AM departure

LEADER: Bill Ottney 613-858-3183

Sunday, October 2 Cycle Wolfe Island to Cape Vincent

Enjoy a leisurely cycle to Tibbits Lighthouse and Cape Vincent. Level 1, Leisurely pace, Distance to be determined Meet at Ferry Dock for 9:30 AM departure from Kingston. \$2.00

LEADER: Pat Casey 613-385-2356

Saturday, October 8 Rideau Trail

Scenic Hike from Freeman Road to Gould Lake CA Gates

Level 1, moderate pace, 8 Km. Scenic Hike

Ice cream stop after the hike.

Gas \$6.00 9:00AM Departure

LEADER: Elgin Bock 613-389-4216



**Sunday, October 9 Frontenac Challenge
Hike the Big Salmon Loop: Frontenac Provincial Park**

Second chance to complete this hike for the Challenge and to work up an appetite for Thanksgiving Dinner.

Level 3, Moderate pace, 19 Km

Gas \$6.00 + park fees 9:00 AM departure

LEADERS: Robert and Jane Hough 613-373-2268

Tuesday, October 11 Hike Planning Meeting

Meet at 7:00 PM to help plan the Winter Hiking Schedule.

33 Elmwood Road (off Sir John A Macdonald Blvd.)

Use **FRONT** lobby entrance and buzz #444

Contact Elgin Bock 613-389-4216

Wed. Oct 12 : Cataraqui Trail

Hwy 15 to Chaffey's Locks and return

Level 1, Moderate pace, 15 Km

Gas: \$6.00 9:00 AM Departure

(if you can meet the group for the leader, please call!)

LEADER: John Cornish 613-382-4778

Saturday, October 15 Rock Dunder

Level 2+, moderate pace, 12 Km. Scenic Hike

Ice cream stop after the hike.

Gas \$6.00 9:00AM Departure

LEADER: Stan Huff, 613-548-3003

Sunday, October 16 Rideau & Cataraqui Trails

Hike from Skycoft to Chaffey's Lock Loop and return.

We will have lunch by the locks

Level 2, Moderate pace, 14.5 Km.

Gas \$7.00 9:00AM Departure

LEADER: Bill Murdoch 613-767-4858



**Saturday, Oct. 22 Frontenac Challenge
Gibson & Tetsmine Loops: Frontenac Park**

Enter at Kingsford Dam. Hike these beautiful loops through terrain of varying difficulty.

Level 3, Moderate pace, 24 Km.

Gas \$8.00 8:30AM Departure

LEADER: Sandra Muis, 613-542-8224

Saturday, October 29 Fort Henry Fright Night

Walk from Wolfe Is. Ferry Dock to Fort Henry and tour the fort. For the brave of heart, Come if you dare.

Level 1. Meet at 6:00 PM at Ferry Dock, \$10.00 Admission

Tim Horton stop afterwards.

LEADER: Pat Casey 613-385-2356

Sunday, October 30 Rideau Trail- Trailhead

Hike from the Trailhead to the Cemetery and back.

Level 1, moderate pace, 12 Km.

Gas \$2.00 10:00 AM Departure

LEADER: Sandra Muis, 613-542-8224

Saturday, November 5 Charleston Lake PP

Level 2-3, moderate pace, 10 Km.

Hike Westside Trails- scenic views. Refreshment stop in Gan afterwards.

Gas \$7. 9:00AM Departure

LEADER: Stan Huff, 613-548-3003

Sunday, November 6 Rideau Trail- Upper Rock Lake Parking Lot

Hike from Upper Rock Lake Parking Lot to Skycroft Level 2, Moderate pace, 11 Km.
Gas \$7.00 9:30AM Departure
LEADER: Bill Murdoch 613-767-4858



Hunting Season Starts (see Pg. 18)

Wed. Nov 9 Foley Mountain Conservation Area

Hike from Lion's Beach and return on the old "blue trail". Level 2, Moderate pace, 10 Km
Gas: \$7.00 9:00 AM Departure
LEADER: John Cornish 613-382-4778

Saturday, Nov. 12 Arkon Loop: Frontenac Park

Come explore the Park after the leaves have fallen.
Level 2, Moderate pace, 16 Km
Gas \$6.00 + park fees 9:00 AM departure
LEADERS: Robert and Jane Hough 613-373-2268

Saturday, November 19 "Skycroft Adventure"

Level 2, moderate pace, 12 Km.
Gas \$6.00 9:00AM Departure
(if you can meet the group for the leader, please call!)
LEADER: Ray Wilson, 613-382-7189

Sunday, November 20 Little Cataraqui CA

Walk the trails of the Conservation Area
Level 1, Moderate pace, 15 Km
Gas: \$4.00 10:00 AM Departure
LEADER: Bruce Bromfield 613-634-9409

**Saturday November 26 Ridge Walk
Gould Lake Conservation Area**

Starting at the Park Gates and return on the "Ridgewalk"
Level 3, Moderate pace, 10 Km
Gas: \$6.00 9:00 AM Departure
LEADER: Jim Lorimer 613-373-2847

Sunday, November 27 Charleston Lake Provincial Park - East Side Trails

Hike the Sandstone Island and the other lovely trails
Level 2, Moderate pace, 10 Km
Gas: \$7:00 + Park Fees 9:00 AM Departure
(if you can meet the group for the leader, please call!)
LEADER: John Cornish 613-382-4778

Saturday, December 3 Rideau Trail and K&P Trail

Join us for a hike along these two trails north of Kingston,
which we will make into a loop hike
Level 2, Moderate pace, 12 Km
LEADERS: Robert and Jane Hough 613-373-2268

Friday, December 9 Foley Mountain Festivities

Annual Christmas Tree Hike and Carol Sing with the Central Club
Hike 1.4 Km from park gates to Christmas Tree on the Lookout over Westport.
Caroling at the Christmas Tree and pub stop/dinner afterwards at The Cove.
Level 1 Hiking, Level 3 Caroling. Bring a flashlight.
Song sheets will be provided.
Gas \$6.00 5:30 PM Departure
LEADER: Bill Ottney, 613-858-3183

Saturday, December 10 – Christmas Meet & Mingle Party

Please bring appetizers, finger foods or a dessert. Bring your own wine/beer.
Coffee, tea, non-alcoholic punch provided.
Time: 7:00 pm
Place: Queen's Women's Association, 144 Albert Street
Cost: Room rental fee \$3 per attending person
RSVP: Linda Line 613-531-4353 or Linda Tucker 613-634-0497

Sunday December 11 "Blue Mountain Ascent"

Level 2, moderate pace, 10 Km.
Gas \$7.00 9:00AM Departure
(if you can meet the group for the leader, please call!)
LEADER: Ray Wilson, 613-382-7189

Wednesday, December 14 Gananoque Trail

Hike the Gananoque Trail; finish with a civilized latte or a hot chocolate. Level 1, Moderate pace, 12 Km
Gas: \$6.00 9:00 AM Departure
(if you can meet the group for the leader, please call!)
LEADER: John Cornish 613-382-4778

**Saturday, December 17 Christmas Lights
in Downtown Kingston**

Join Elgin for a leisurely walk along the waterfront and King St. to view Christmas lights.
Level 1, leisurely pace, Distance dependent on weather.
Warm-up and refreshments afterwards.
7:00 PM Departure from Tim Horton's near ferry dock.
LEADER: Elgin Bock 613-389-4216

Sunday, December 18 "A Light at Night"- Upper Canada Village

Enjoy feeding birds out of your hands as we walk the trails of Upper Canada Migratory Bird Sanctuary
Dinner afterwards at Upper Canada Village, followed by a horse-drawn Wagon ride around the village to view the lights.
Level 2. Gas \$11.00, 12:00 Noon Departure , \$8.00 Admission, \$5.00 Wagon Ride
LEADER: Pat Casey 613-385-2356

CENTRAL CLUB ACTIVITIES - FALL 2011

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 Rd.#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 your ability to cope with the outing, or any aspects of the planned hike or other activity, call the leader or the Central club hotline at 613-264-8338.

See *"Levels of Difficulty and Participants' Responsibilities"* on Page 18.
Pace Levels: Slow 2-3 km/hr; Moderate 3-4 km/hr; Fast (or Brisk) 4-5 km/hr; Very Fast 5+

MID-WEEK ACTIVITIES:

WEDNESDAY MORNING WANDERERS:

These hikes will resume in September.

For more information call Margaret Lafrance 613-264-0057 margaretafrance@bell.net

WEEKEND ACTIVITIES:

 **Frontenac Challenge:** Anyone interested in hiking the entire Frontenac Challenge, please see the Kingston Club schedule for all organized Frontenac Challenge hikes.



Sunday, September 4 Frontenac Challenge: Slide Lake Loop

Get the most demanding Challenge hike out of the way first!

Level 3, 28 km, moderate to fast pace. Meet at 8:00 am.

Gas \$6.00

LEADER: Dave Miller, 613-264-7459

davesshack@gmail.com



Saturday, September 10 Frontenac Challenge: Tetsmine and Gibson Loops

Level 3, 25 km, moderate pace. Meet at 8:00 am.

Gas \$6:00

Starting from Kingsford Dam, we will hike the 2 loops as a figure 8

LEADER: Gunhild Karius, 615-283-8985

karius1@sympatico.ca

Friday to Sunday, September 16-18

Bon Echo Provincial Park

Camp for the weekend and enjoy the attractions of Bon Echo as well as day hikes on Friday and Saturday, or join us just for a day of hiking. Those planning to camp are advised to make reservations. If you are interested in participating, please contact the leader by mid August.

LEADER: Dorothy Hudson, 613-283-0332 dhudson9@cogeco.ca

Saturday, September 24, Madawaska River Paddle
Level 1, 12 km. Meet at 9:00 am. We will end the canoe season on a picturesque river, paddling from Calabogie to Burnstown, and have lunch in a great restaurant.

LEADER: Don Sherwin, 613-264-0759

dsherwin@bell.net

Sunday, September 25

Please note that the earlier announced Family Hike in Murphy's Point has been cancelled.

Sunday, October 2 Ragged Chutes

Level 2+, 13 km, moderate pace, meet at 9:00 am. Gas \$6.00

A very scenic hike to view the Mississippi River and fall colours.

LEADER: Dave Miller, 613-264-7459 davesshack@gmail.com

Saturday, October 8 Madawaska Nordic Trails

Level 2, 10 km, moderate pace, meet at 9:00 am. Gas \$7.00

A pleasant walk along the Nordic ski trails with views across to Calabogie Mountain.

LEADER: Dave Allcock, 613-264-9075
dave61@rogers.com

Thursday, October 13 Hike Planning Meeting,
Meet at 4:00 pm, 390 Bracken Ave. 613-283-8985

karius1@sympatico.ca

Sunday, October 16 Marble Rock Conservation Area
Level 2-3 (some steep climbs) 10 km, slow, meet at 9:00 am. Gas \$6.00

We will hike at a relatively slow pace to explore and enjoy highly varied Canadian Shield terrain, scenic out-looks, a profusion of lichens and fall fungi.

LEADER: Susan Samila, 613-264-1196

ssamila@storm.ca

Saturday, October 22 Narrows Locks Rd. to Foley Mountain

Level 2, 12 km, moderate pace, meet at 9:00 am. Gas \$4.00

We will be hiking from Narrows Lock, the highest elevation on the Rideau waterway to Foley Mountain, the highest point on the Rideau Trail.

LEADERS: Mary and Howard Robinson, 613-256-0817
hmrob@storm.ca

Saturday, October 29 Rock Dunder

Level 2-3, 10 km, slow pace, meet at 10:00 am. Gas \$5.00

Fantastic view at Whitefish Lake and surrounding country side. Some steep sections.

LEADER: Bruce Gourley,
613-283-5967

brucegourley@sympatico.ca

**Sunday, November 6
Frontenac Provincial Park
Little Clear Lake Loop**

Level 2, 12 km, moderate pace, meet at 9:00 am. Gas \$6.00

A pleasant hike on mainly level ground.

LEADER: Don Sherwin, 613-264-0759
dsherwin@bell.net



Hunting Season Begins
(see Pg. 18)

Saturday, November 12 Murphys Point Trails

Level 2, 12 km, moderate pace, meet at 9:00 am. Gas \$3.00

Walk the Sylvan and Point trails from the park gates. Explore Murphys Point when all the summer visitors have gone.

LEADERS: Pat and David Batchelor, 613-264-1559
dlhbatchelor@cogeco.ca

**Sunday, November 20 Charleston Lake Park
Tallow Rock Bay Trail**

Level 2+, 12 km, moderate pace, meet at 9:00 am. Gas \$6.00

Hike the scenic Tallow Rock Bay Trail

Leader: Dave Miller, 613-264-7459

davesshack@gmail.com

SUNDAY, November 27, Foley Mountain Hike

Level 1-2 (some hills), 6 km, slow pace, meet at 9:00 am. Gas \$4.00

Hike the trails of Foley Mountain and enjoy the view onto Westport from high above.

LEADERS: Josie Roberts, 613-267-3769

roberts.j@ripnet.com and Alina McFarlen

SATURDAY, December 3 Lavant Mountain Loop

Level 2, 10 km, moderate pace, meet at 9:00 am. Gas \$6.00

Explore a new trail with Dorothy.

LEADER: Dorothy Hudson, 613-283-0332

dhudson9@cogeco.ca

FRIDAY, December 9 Foley Mountain Festivities

Annual Christmas Tree hike and Carol Sing with Kingston Club

Hike from park gates to Christmas tree overlooking Westport, carolling at the Christmas tree, followed by pub stop/dinner at The Cove.

Level 1 (1.4 km) hiking, Level 3 carolling, song sheets will be provided. Bring flashlights. Meet at 6:00 pm. Gas \$4.00

Leader: Gunhild Karius,
613-283-8985

karius1@sympatico.ca

**Sunday, December 11
Hike Narrows Locks
Rd. to Miners Point Rd.**

Level 1-2, 11 km, moderate pace, meet at 11:30 am.

Gas \$4.00

Join us for our pre-Christmas hike followed by dinner at Michael's Table

(110 Gore Street E, Perth). Please call the

leaders to confirm a space for dinner.

LEADERS: Pat and David Batchelor, 613-264-1559

dlhbatchelor@cogeco.ca

and Mary and Howard Robinson, 613-256-0817
hmrob@storm.ca



Hey, hiking's not ALL hard work!
Enjoy the moment!
(photo: David Allcock)

****AN RTA NAMEPIN MAKES A GREAT CHRISTMAS
PRESENT - STILL JUST \$6 - BUY TWO! **
(ORDER FORM ON BACK COVER)**



2011 Hunting Seasons

November is the primary hunting season in the area of the Rideau Trail (Wildlife Management Units 64 and 67).

Hikers , especially Hike Leaders, are advised to wear "hunter orange" hats and garments and to proceed with caution when venturing into areas where hunting could be taking place.

Additional info: <http://www.mnr.gov.on.ca/en/Business/FW/2ColumnSubPage/291144.html>

Nov. 7 to Nov. 20, 2011: Deer hunting with high velocity rifles is permitted for this period in rural and forested areas through which the Rideau Trail runs.

Dec. 5 to Dec. 11, 2011: Deer hunting using bows or muzzle-loading guns is permitted.

The hunting season for migratory birds and other game birds begins in mid-September and runs until the end of December.

Participants' Responsibilities

Participants are expected to choose a trip suitable to their physical abilities and their skill level. At the start they should inform their leader of any health problems or potential difficulties with their equipment. Each participant will respect all financial obligations. The volunteer leaders will expect the support and cooperation of each group member. Parents and guardians are expected to supervise their own children. Dogs are not generally permitted.

Levels of Difficulty

Hiking/Snowshoeing

Level 1 Well defined trails, gentle inclines. Suitable for beginners.

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

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

Cross-Country Skiing

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.



RTA 40th Anniversary Grand Finale

Come and Join Hikers on the Final Leg of Carrying the President's Stick and an Unveiling of the New Plaque

Saturday November 5 EVERYONE WELCOME!

10 am - choose to start the 12 km hike from Britannia (see page 18 for details)

1:45 pm - or choose to hike the final 1.5 km from Richmond Landing (see page 18 for details)

2:15 pm - gather at the new trailend below the Bytown Museum

2:30 pm - unveiling of the new plaque

3:00 - 4:00 pm - light refreshments at the Bytown Museum

All on the hike will have a chance to carry the stick as it passes from hand to hand along the way.

We encourage our older members who aren't up to hiking far to come out for the final 1.5 km

Or to welcome the arrival of the stick below the Bytown museum.

The Trailhead in Ottawa has moved from Richmond Landing to the entrance locks of the Rideau canal. A new sign has been installed there and will be formally unveiled at 2:30 pm.. **Questions?** Ask Elizabeth Mason 613-729-6596

OTTAWA CLUB ACTIVITIES - SPRING 2011

Transportation for hikes is by carpooling in private cars. Passengers contribute to the driver's gas costs. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers. Scheduled activities take place regardless of weather. For more information about a particular activity contact the leader. For general information about the Ottawa Club call 613-860-2225. *Please arrive at least 10 minutes in advance of departure time.*

Leaders: Blank activity sign-up sheets are available on the RTA website or from Ethel Archard at 613-592-7733. Please forward completed sign-up sheets to Ethel Archard, 11 Selye Crescent, Kanata, ON K2K 1C8.

For hikes to September 10, see Summer 2011 Newsletter.

*** NEW TUNNEY'S PASTURE MEETING PLACE ***

Starting in September, the central meeting place will again be at Tunney's Pasture, but a different parking lot: the last (farthest north) parking lot on the west side of Parkdale before the Ottawa Parkway and opposite Emmerson Ave.

WILDERNESS FIRST AID

Saturday, November 26, Ottawa. This introductory (non-certification) course by Canadian Wilderness Medical Training is offered in partnership with the Ramblers. The full-day session is open to all members – any hiker can benefit from knowing how to help out in an emergency! A 50% subsidy is available on a first come first served basis for a limited number of RTA leaders who have led at least three hikes in the past year and who have taken leader training. Cost is \$45.

Register online at <http://fs16.formsite.com/ottawahike/firstaid/index.html> (password is "safety"). If you do not have Internet, contact Ethel Archard (tel. 613-592-7733).

MIDWEEK ACTIVITIES

Wednesday Walkers

Every Wednesday, there are Level 2 and 3 hikes in Gatineau Park. Departure time is 9:30 a.m. For more information including the meeting place contact Tony Barnes (tel. 613-828-1216 or e-mail fellwalkerca@gmail.com)

Tuesday Evenings

MOONLIGHTERS URBAN WALKS

Every Tuesday evening beginning September 13 through to October 25, there will be an Ottawa urban walk. There "may" also be a refreshment stop each evening after the walk for those who are interested.

Do not meet at any "usual" club meeting places. Meet at the starting point of the walk for departure at 6:00 p.m.

Co-ordinator: Pat Archer 613-565-6149

Tuesday, September 13 Green's Creek (Blackburn Hamlet)

Meet at NCC P26 Parking Lot off Bearbrook Road

Tuesday, September 20 Leamy Lake

Meet in parking lot at "east end" of Jacques Cartier Park (end of Laurier St. at Dussault St.)

Tuesday, September 27 Hog's Back/Vincent Massey Park/Ottawa South

Meet at RA Centre parking lot (near Riverside Drive/Bronson Ave.)

Tuesday, October 4 Rideau River/Ottawa East

Meet at Strathcona Park (end of Somerset St. East) in Sandy Hill

Tuesday, October 11 Britannia Village

Meet at Lincoln Fields Shopping Centre parking lot—
Richmond Road side near Pizza Pizza

Tuesday, October 18 Ottawa River Parkway to Hull

Meet at Tunney's Pasture, north parking lot

Tuesday, October 25 Canal Bridge to Bridge

Meet at TD Canada Trust (Pretoria Bridge & The Drive-
way)

Enjoy the Season Together!**Tuesday, December 13 Christmas Lights Walk**

Meet at inside door of National Library and Archives,
395 Wellington Street, Ottawa at 6:00 p.m. After the
walk, the group will head to a pub for some Christmas
cheer.

Contact: Maureen Dawson at 613-226-3864 or

Maureen.Dawson@rogers.com

**REMINDER: CHARITABLE DONATIONS TO THE
RIDEAU TRAIL CAN BE MADE THROUGH
www.canadahelps.ca
IT'S THAT EASY!**

Sunday, November 6 Introduction To Map & Compass, Gatineau Park

Level 3, total 8 hours. For beginners or those who have forgotten everything, a one day map and compass clinic that will teach you the skills needed to navigate with confidence off-trail. First half is theory inside, second half in rugged terrain near Lac Philippe.

Maximum of four participants. Must provide your own compass preferably with declination adjustment. \$5 admin fee. Meet and carpool from Island Park/Western Parkway vicinity

To register, e-mail cliff.daly@rogers.com or phone 613-224-4413

Tuesdays, November 8, 15 and 22 "TAKE 2" Map and Compass Clinics

Level 3, approx. 6 hrs. For those who have had recent instruction OR are familiar with M&C basics, at a specified Gatineau parking area - we'll briefly review the fundamentals before exploring a rugged section of the Park. From the supplied maps, participants will select their own destination landmarks and lead us to them. Take your own compass. Maximum of three participants per clinic. No charge Meet and carpool from Island Park/Western Parkway vicinity. To register, e-mail cliff.daly@rogers.com or phone 613-224-4413

IMPROMPTU SATURDAY OUTINGS IN GATINEAU PARK

Held when no official level 2 or 3 activity is scheduled. *These outings are NOT for beginners.* They may be long and challenging, lasting 4 to 5 hours plus a lunch stop. Meet at Tunney's Pasture (north parking lot, across from Emerson) at 9:15 a.m. *Warning: these outings are NOT for beginners. They may be long and challenging.* Expect to hike for 4 to 5 hours plus a lunch stop. E-mail your name, e-mail address and phone number to be kept informed about the destination.

Contact: Chris Heap (chrishe@ieee.org or 613-740-9975)

WEEKEND ACTIVITIES**MEETING LOCATIONS**

The meeting place for most Ottawa Club weekend activities is one of the following:

- ***NEW* Tunney's Pasture, North Parking Lot** The last (farthest north) parking lot on the west side of Parkdale before the Ottawa Parkway, opposite Emerson Ave.
- **Fallowfield Park & Ride** The northwest parking lot of the OC Transpo Fallowfield Park & Ride station located at Fallowfield and Woodroffe. If you travel by car drive to the drop-off area by the bus shelters and park nearby..

Baseline Park & Ride The parking lot at the OC Transpo Baseline Park & Ride station on Woodroffe Avenue south of Baseline Road. Meet at the south-east corner of the parking lot.

Sunday, September 11 Adopt-a-Roadway Clean-Up

Join us for a few hours to clean 5.5 km of road allowance along Roger Stevens Drive, south west of North Gower. Meet at Fallowfield Park and Ride to leave at 9:00 a.m. Gas \$5.

Leader: Suzanne Brown 613-224-6006

**Saturday September 17 Rideau Trail Anniversary Relay—Roger Stevens Rd. to Kettles**

Level 1+, distance 10 km. Map 13. Bring lunch and fluids. Meet at Fallowfield Park & Ride at 9:30 a.m. or where the Rideau Trail crosses Kettles Road at 10:15 a.m. Bus shuttle to Roger Stevens Rd \$5. Gas from Ottawa \$5.

Leader: Doug Parsons 613-723-0726

Saturday September 17 Impromptu Level 2-3 Hike.

See above for information.

Sunday September 18, Merrickville-Limerick Trail

(Scotch Line) - Hike organized as part of the Open-Trails Ontario, 8-kilometre (5-mile) trail loop in the Limerick Forest to the Boardwalk. Meet at Block House Park 10 a.m. in Merrickville for the Guided tour; Level 1. Late Lunch at Elements Bistro.

Contact in Ottawa, Marilyn Schwartz 613-828-4488 or marilyn_sch1970@yahoo.ca (meet at 8:45 am at the Fallowfield Park and Ride). In Merrickville contact Denis Faulkner 613-269-2136 (this is not a Rideau Trail Hike)

**Saturday September 24 Rideau Trail Anniversary Relay—Kettles Rd. to Franktown Rd.**

Level 1, distance 9 km. Map 13/14 revised. Bring lunch and fluids. Meet at Fallowfield Park & Ride at 10 am or at Conley and Franktown Rd at 10:30 a.m. Car shuttle. Gas from Ottawa \$5.

Leader: Denise Hall 613-843-8222

Saturday September 24 Gatineau Park

Level 3. An unusual but interesting route from Pilon Road. For level 3 enthusiasts only! No great distance, but you should be at ease with rough terrain and vegetation for this exploratory hike. Departs 9.30 a.m. from Tunney's Pasture.

Leader: Graham Creedy 613-789-1657

Note: The Mer Bleue Hike formerly listed for September 24 has been changed to October 10.

**Saturday October 1 Rideau Trail Anniversary Relay—Franktown Rd. to Brownlee Rd.**

Level 1+, distance 12 km. Map 14 revised. Bring lunch and fluids. Some areas may be wet. Meet at Fallowfield Park & Ride at 10 am or at Shea and Brownlee Rd. at 10:30 a.m. Car shuttle. Gas from Ottawa \$5.

Leaders: Erica & Kent Phillips 613-232-2353

Sunday Oct 2 Corkstown Ridge Trails

Level 1+, distance 7-8 km. Walk two loop trails through the forest on the ridge off Corkstown road. Meet at Moodie and Corkstown Road at 10:00 a.m. Nearby is the Queensway and the OC Transpo stop for the #96 bus going east and west. Bring a snack.

Leader: Judy Leeson (613) 829-1083

Sunday October 2 Gatineau Park

Level 3, 10-12 km, starting from the Alpine club access, ascend to great views, ponds, and the start of the autumn leaf show. Some hiking off trail, good boots needed.

Depart from Tunney's Pasture, north parking lot, at 9:30 a.m. Gas \$3

Leader: Jim Leeson (613) 829-1083

Saturday, October 8 Gatineau Park

Level 2 hike, distance about 18.5 km. Hike from Asticou to Kingsmere, visit waterfall, return via Pink Lake (if weather is not co-operative we may shorten hike by turning at Pink Lake, about 12 km). Depart at 9:30 a.m. from Tunney's Pasture, north parking lot. Gas \$2.00.

Leader: Laraine Laughland 613-723-8851

Monday October 10 Mer Bleue

Level 1. approx distance 10 km. Hike the bog, at an easy pace. Bring lunch, water, snacks and bug spray. Depart from Tunney's Pasture, north parking lot, at 10 a.m. Gas \$2.

Leader: Coby Fuykschot, 613-722-6022

Saturday October 15 Nepean Sportsplex trails, 1701 Woodroffe (near Hunt Club West)

Level 1, distance 6 km, bring snacks, water and bug spray. Meet at 1:00 p.m. at the trailhead in the parking lot. Take OC transport bus # 95 to the Sportsplex or drive your car to the Parking Lot P-14 behind the Sportsplex.

Leaders Coby Fuykschot, 613-722-6022 and Jean Cotnam 613-726-1596, cell 299-8856.

Saturday, October 15, Gatineau Park

Level 2, approx. 3 hours from Camp Fortune parking lot. Follow a variety of trails for lunch at Shilly Shally cabin and return to parking lot via #1 and #14 trails. Depart from Tunney's Pasture, north parking lot, at 11:00 a.m. Gas \$3

Leader: Pat Archer, 613-565-6149

Saturday October 15, Calabogie, Manitou Mountain Trail-Lost Valley Loop

Level 3, distance 15 km. Many beautiful vistas and lookouts. Depart from Baseline Park and Ride at 9:00 a.m. Gas \$9.

Leader: Doug Parsons 613-723-0726

**Sunday October 16 Rideau Trail Anniversary Relay—Brownlee Rd. to Fallowfield Rd.**

Level 1+, distance 11 km. Map 14 revised, and 15. Bring lunch and fluids. Meet at Fallowfield Park & Ride at 10:30 a.m. or the United Church parking lot on Steeple Hill Crescent and Fallowfield Road at 10:50 a.m. Car shuttle. Gas from Ottawa \$4.

Leader: Margaret Johnston 613-829-9460

Saturday, October 22, 2011 –Gatineau Park.

Level 2-3, distance 11-12 km. Luskville section of the la Peche sector. A loop hike starting out by a short road way walk from the parking lot of Lusk Falls and then climbing the Eardley Escarpment adjacent to Faris Creek. Good views overlooking the escarpment along the way. Eventually descending the trail at Lusk Falls back to the parking lot. Lots of ups and downs. Lunch outside with a view. Depart at 9:20 a.m. from Tunney's Pasture, north parking lot. Gas \$4.

Leader: Denise Hall 613-843-8222

(rebeccahall@rogers.com)

Saturday, Oct 22 Rail Trail

Level 1, distance 10 km. Enjoy a one-way hike on the Ottawa river rail trail from Wyman north towards Shawville. A short car shuttle. Leisurely hiking to notice the flora and fauna in the area. Bring a lunch. Meet at the north parking lot at Tunneys Pasture to leave by 9:30 am. Gas \$8.

Leader: Elizabeth Mason 613-729-6596



Sunday October 23 Rideau Trail Anniversary Relay—Fallowfield Rd. to Robertson Rd.

Level 1+, distance 10 km. Map 15. Bring lunch and fluids. Meet at Tunney's Pasture, north parking lot, at 10:30 am or Mill Hill Rd. at Robertson Rd at 10:50 a.m. Car shuttle. Gas from Ottawa \$2.

Leaders: Grace Strachan 613-721-1421 and Marilyn Schwartz 613-828-4488



Saturday October 29 Rideau Trail Anniversary Relay—Robertson Rd. to Britannia Park

Level 1+, distance 12 km. Map 15. Bring lunch and fluids. Meet at Mill Hill Road and Robertson Road at 10 a.m. for car shuttle. Gas from Ottawa \$2. Hikers travelling by OC Transpo take the bus #118.

Leaders: Maureen Dawson 613-226-3864 and Ruth Hutchinson 613-749-0990



The President's Stick Reaches Kilometre "0"

Saturday November 5 Rideau Trail Anniversary Relay

Long Hike: Britannia Park to Canal Locks

Level 1+, distance 12 km. Map 16. Bring lunch and fluids. Meet at the Ron Kolbus Centre in Britannia Park at 10 am. Arrive at the new trailhead for the unveiling of our new sign at 2:30 pm with refreshments to follow. Return home via OC Transpo after hike.

Leaders: Ann Bolster 613-828-5131 and Grace Strachan 613-721-1421

Saturday November 5 Rideau Trail Anniversary Relay

Short Hike: Richmond Landing to Canal Locks

Level 1, distance 1.5 km. Map 16. Meet at the parking lot (west end) below the National Archives accessed via Commissioner St off Wellington Street at 1:45 pm. Arrive at the new trailhead for the unveiling of our new sign at 2:30 pm with refreshments to follow. Walk back or return on your own via OC Transpo.

Leader: Maureen Dawson 613-226-3864



Hunting Season Starts (see pg. 18)

Saturday, November 12 Western Gatineau Park

Level 2+ to 3, 10-12 km (some off-trail). Moderate-pace hike west from the Eardley-Masham Road, starting at the Sand Pit. Lots of up and down and contouring along the edge and top of the escarpment, with spectacular views of the Pontiac and the Ottawa River. After lunch we may descend to the base of the escarpment and scramble to the top. Meet at Tunney's Pasture, north parking lot, at 9:15 am to depart at 9:30. Gas \$5.

Leader: Brian Worobey 613-882-5356 or by e-mail (brianworobey@rogers.com)

Saturday November 12 Black Creek Trail

Level 1, distance 5 km. This trail will make for a pleasant, easy fall hike through fields and forest. Bring snacks and water. A visit to the Inuit Artists Gift Shop is optional. Meet at 1:00 p.m. at the # 95 bus stop at Fallowfield Station. You can hike back the same way we came or take the #176 bus back to Tunney Pasture.

Leader: Coby Fuykschot 613-722-6022

Saturday November 19 Lime Kiln Trail

Level 1, distance 7 km. Take a mid morning hike on the lime kiln trail. Visit the bird sanctuary. Meet at Tunneys Pasture to leave by 10:30 am. Bring a snack or lunch. Gas \$2.

Leader: Elizabeth Mason 613-729-6596

Saturday November 19, Impromptu Level 2-3 Hike

See above information.

Saturday November 26 Course: Introduction to Wilderness First Aid Course

See above for information.

Saturday, December 3 Walk and Roll urban hike.

Level 1, distance approx. 8 km. Early winter stroll along Sparks Street and down to the river, viewing works of art en route. End hike at a Coffee Shop on Somerset Street. Meet at Oscar Peterson's statue, corner of Elgin and Albert at 1:00 p.m. (come by bus, no parking available).

Leader Ruth Hutchinson 613-749-0990

Saturday December 3, Impromptu Level 2-3 Hike

See above for information.

Saturday December 10, Impromptu Level 2-3 Hike

See above for information.

Sunday, December 18, Marlborough Forest, Roger's Pond-Earth Star Loop.

Level 2, hike 15 Km or snowshoe 8 km depending on conditions. Depart from Fallowfield Park and Ride 9:00 a.m. Gas \$5.00.

Leader: Doug Parsons 613-723-0726

Rideau Trail - Kingston Club Winter Get-Away Weekend for 2012

Hôtel Le Chantecler, Laurentians — February 3 - 5, 2012

Hôtel Le Chantecler is in Ste. Adèle with cross-country and snowshoeing trails nearby. Also, downhill skiing (snowboarding) and skating are available from this hotel. The hotel's facilities include squash courts, fitness room, pool, and sauna. Rental equipment for various activities is available. It is rated as a four-star hotel; and your ski-weekend committee is pleased to recommend it again.

Cost for the weekend is **\$350 per person double occupancy or \$450 single**. This fee covers return bus travel from Kingston, 2 buffet breakfasts, 1 four-course dinner, 1 dinner buffet, and 1 lunch buffet upon departure on Sunday (3-4 pm).

Departure from Cataraqui Town Centre at 9:00 a.m. Friday February 3 with arrival at about 1:00 p.m. with return to Kingston about 9:00 p.m. on Sunday February 5. All arrangements will be confirmed by letter to you early in January 2012.

We have reserved 40 double rooms. Single rooms available. For bus and hotel commitment we require a \$100 cheque per person upon registration; and a second cheque for the balance postdated Dec. 15. Make cheques payable to **Rideau Trail in Trust**. If there is insufficient interest, the trip will be cancelled and your payments refunded. Please return completed registration form with two cheques.

Hotel rooms are allocated in the order of registration with priority given to members and bus passengers. You are urged to **register early** to avoid disappointment. Bus seats are assigned in the order of registration.

Your second cheque will not be cashed until there is sufficient registration. Cancellations **after December 15, 2011** may not receive a full refund if replacements are not available.

Lars Thompson (613) 389-8747, thorlarsen@cogeco.ca — On behalf of the RTA ski committee

Please copy this notice and share with a friend!

RIDEAU TRAIL - KINGSTON CLUB: WINTER WEEKEND

Hôtel Le Chantecler, Laurentians — Feb 3-5, 2012

Name(s) _____

Address _____ City _____ Postal Code _____

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

Two cheques payable to **Rideau Trail in Trust** (\$350 per person double or \$450 single occupancy) are enclosed for the amount of \$ _____. A cheque for \$100 is due at the time of application; your other cheque, for the balance remaining, may be postdated to Dec. 15, 2011.

I wish to room with _____

Dietary restrictions _____

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

Cut and mail to: Lars Thompson (Ski Weekend 2012) 832 Wartman Avenue, Kingston ON K7M 4M5



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: (<i>edition 7, 2006</i>) 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: _____ *E-Mail Address (optional): _____ *For monthly and quarterly e-Newsletters & communication NOTE: RTA does not share member info or addresses with any other organization () Please do not send me a printed copy of the Printed Newsletter - I will use the E-mail version)
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): _____

