



The Rideau Trail NEWSLETTER

Published by The Rideau Trail Association

WINTER 1975-76

ISSUE NUMBER 18

Cover Picture by
Bill Semple --

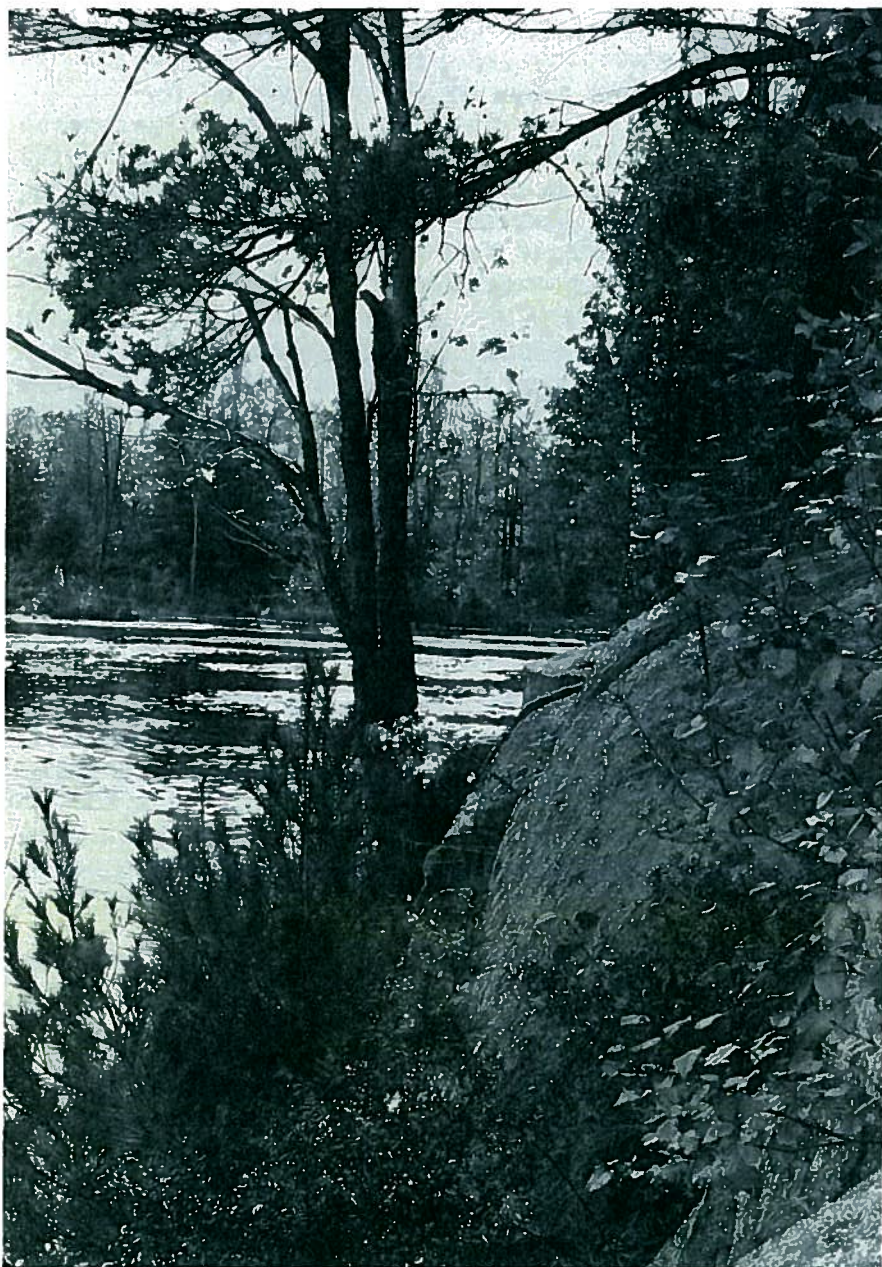
"TYPICAL TERRAIN
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Editorial

TO BEAR A FAIR SHARE

The Rideau Trail Association has no paid staff. That may seem a trite, negative-sounding statement. The positive corollary is that everybody who works for the RTA does so as a volunteer--whether it's licking stamps on circulars, keeping the Trail cleared, repainting faded markers, picking up litter on the Trail, maintaining membership records, negotiating with landowners for the privilege of having the Trail cross their property, putting out this NEWSLETTER, or acting as a member of the Association's Board of Directors, or of the executive of the two active Trail Clubs, or a variety of other chores.

Not all members are likely aware of the amount and quality of volunteer effort that goes into making the RTA a viable organization. Many outsiders, especially federal, provincial and municipal government people we deal with, frequently express surprise that so much work is done by so few people, without any payment.

We are happy to receive these compliments and proud of our reputation for volunteer activism.

But lately, unfortunately, a seldome-before-used word has been "rearing its ugly head" at Club and Association meetings: Apathy.

There is some difficulty in getting new members--or even different "old" members--to bear a fair share of the burden of running the Club, the Association, and the Trail. Ideally, new members should be becoming familiar with executive and other tasks by understudying some of the jobs being carried out by a few veteran members. It's not just a question of "new blood" being healthy; it's because there's lots of work to be done--and some of the essential work is being neglected because of the lack of numbers volunteering their services.

We don't plan on issuing circulars or questionnaires soliciting help. We hope that by drawing attention to the need for volunteers some of our members, as readers of the NEWSLETTER, may feel they can "answer the call" by getting in touch with any member of the Association's or Club's executive.

Right now there is a special need for volunteers to help reconstitute the somewhat dormant Central Club covering the Smiths Falls-Perth-Merrickville area. There is almost a "desperate" need for help to ensure the integrity of the Trail itself: to close the gaps where no Trail exists. There's the continuing need to get the Trail off roads and onto field and forest by negotiating with private landowners. And there is a great need to ensure continuity of leadership by willingness to assume elected posts.

If you feel the cause is worthy and can spare the time for some sustained and interesting voluntary effort, won't you help?

RTA CONGRATULATES ONTARIO ENVIRONMENT MINISTER

The Rideau Trail Association on September 19 conveyed its "strong commendation" to Ontario Environment Minister William Newman for his veto of the proposed application of the pesticide, Avitrol, to 7,000 acres of scattered farmland.

The pesticide, which has recently been used outside Ontario to discourage unwanted or overabundant bird populations, attacks the nervous system, causing victims to screech, writhe and flop about. This is supposed to upset other birds so much that they leave the area. However, according to Gordon MacKenzie, President of the Federation of Ontario Naturalists (FON), "The birds which ingest this poison remain in extreme agony, for anywhere up to hours. Indeed, the more it makes birds suffer, the more effective it is in upsetting other birds in the area.

"This is just about the most inhumane method of control imaginable. It attacks all species in an area, not just the pests, and we don't even have evidence that this would be a real solution. We share the concern for damage caused by starlings, and we sincerely wish that something could be done to stop their population explosion. This European bird was introduced a century ago and is well on its way to displacing a number of native species. Avitrol is, unfortunately, not the answer."

According to the FON, the most distressing aspect is the lack of evidence that the application of Avitrol is a long-term solution. It certainly doesn't reduce the pest populations significantly; it just sends them into someone else's field. MacKenzie also claims that the birds may well adapt to Avitrol in a few years, anyway. As examples, he cites insects which became immune to DDT and rats which became immune to the poison, Warfarin. "If we are going to try to control bird populations, then we must use means which are humane, like broadcast amplifiers or sonic cannons. We must use means which attack only the pest and not every bird which occurs in the area."

The RTA has sent its congratulations for this "decisive and very bold" step to the Minister and expressed its hope that Mr. Newman will stand firm in his position.

RIDEAU TRAIL CORRIDOR PRESERVATION FUND ON PARTLY ABORTED LAUNCH

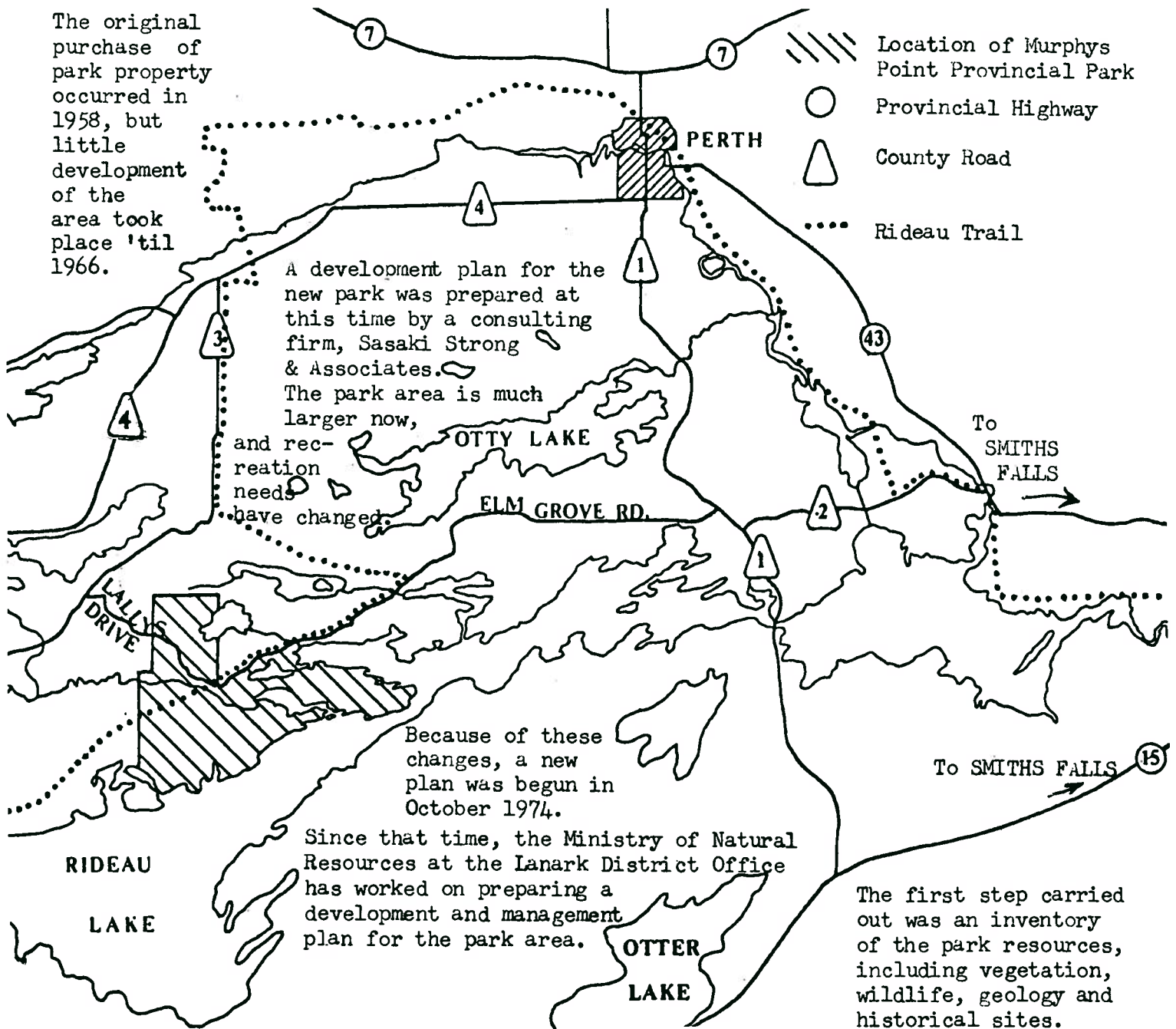
Because of the postal strike, a special circular announcing the launching of a fund to help preserve the Rideau Trail corridor from incompatible uses had not reached all members as this issue of the NEWSLETTER went to press. Most, if not all, Kingston Club members received their copy before the strike, but not the Central and Ottawa members. If the strike has since been settled, Ottawa members will have received theirs.

In the flyer dated September 1975, the Association promised quarterly reports of progress in the NEWSLETTER. RTA Treasurer Ted LeSage reported in mid-November that he had received over one hundred dollars already in contributions.

It will be recalled that, as the result of a motion passed by your Board of Directors at a meeting in Smiths Falls, August 27, 1975, a fund to help maintain the natural integrity of the 201-mile Rideau Trail and its corridor from Kingston to Ottawa was set up. Donations of \$5.00 or over, marked "Corridor Preservation Fund" and mailed to The Treasurer, Rideau Trail Association, Box 15, Kingston, K7L 4V6, will be acknowledged by an official receipt for income-tax deduction purposes.

NEW PROVINCIAL PARK AT MURPHYS POINT

The development of a new Ontario park, Murphys Point, should be of interest to all users of the Rideau Trail. Located 14 miles southwest of Perth on Big Rideau Lake, the 2900 acres of parkland will be developed to provide for a wide variety of extensive recreation activities. (See map below and your Rideau Trail Map 8.)



The second stage of the planning process involved receiving public opinion on the future of the park. Public meetings were held in March and June. Members from the Rideau Trail Association and other interested groups and individuals put forward their ideas at that time.

The resource studies and the public input together have helped to show the potential of Murphys Point. The park area consists of an extreme diversity of vegetation types and wildlife habitats, ranging from mixed-wood forests with occasional clearings, through low flooded swamplands, to cleared pastureland, which exhibits early stages of vegetation succession. For this reason, the park has the potential to be developed as a recreation area offering a wide variety of outdoor activities. (continued on p. 5)

New Provincial Park at Murphys Point

But the characteristics of the area which are an attraction and the basis for a large number of activities also place limitations on park development and recreation use.

Many areas of the new park are not suitable for intensive development. The type of activities which most people would like to see in the park also support this. For example, 66 per cent and 67 per cent of respondents to a park questionnaire did not want to see power boats or snowmobiles in the park, whereas 73 per cent and 76 per cent found that canoeing and hiking would be very desirable activities in the park.

Development will therefore be restricted to the few areas of the park capable of sustaining heavier use. Power boats will be prohibited from the inland waters and snowmobiles will also be "out". To see the park in its entirety an extensive trail system will cover most of the park for summer hiking and winter cross-country skiing. (Emphasis added by the Editor.)

These restrictions will allow better management of the important areas of the park. Some of the important areas include a heron rookery, two deer yards, Black Creek and a mature white pine stand, as well as abandoned mica mines. So, under the historical theme of "mineral resource exploitation in the South Precambrian Shield," the park will focus on the significance of the abandoned mines and on the natural areas of the park, and create an atmosphere conducive to participation in outdoor activities.

The Rideau Trail hasn't been forgotten, either. A new route will cover some interesting natural features, including going past lookouts over Rideau Lake. There will also be a small hike in the camping area for trail users. Camping for hikers, boaters and those driving to the park will all be included.

-- Bill Semple

(This article was written expressly for the RTA NEWSLETTER by Mr Semple, who is a Park Planner in the Lanark District of the Ministry of Natural Resources. If you'd like further information about the park, or would like to submit comments on its use, please get in touch with the Ministry of Natural Resources, Box 239, Lanark, Ontario, K0G 1K0, or telephone (613) 259-2108. — Editor.)

CROSS-COUNTRY SKIERS OF ONTARIO UNITE!

Although no statistics are available to prove it, it appears that almost as many people use the Rideau Trail for cross-country skiing as they do for walking. More and more attention is being paid by RTA to this activity, including the designating of sections of the Trail most suited for skiing. It is also a matter being discussed by the Federation of Ontario Hiking Trails Association to which the Rideau Trail Association, Inc., belongs.

Meanwhile, the special interests of all Ontario cross-country skiers are being promoted by a relatively new organization known as the Federation of Ontario Cross-Country Skiers. Its aim is to improve the lot of skiers in all parts of Ontario by improving the quality of cross-country skiing through instructional programs, providing advice on the proper construction of trails and urging that more facilities are made available to cross-country skiers. Like the Federation of Ontario Hiking Trails Association, FOXCS has a representative on the newly-formed Ontario Trails Council to help ensure that the Ontario Government is kept fully informed of the needs of non-motorized users of nature trails.

If you feel sympathetic to these aims and would like to receive the FOXCS Newsletter, the membership fee is \$1.00 for an individual person, \$3.00 for a family. The address is: Federation of Ontario Cross-Country Skiers, P. O. Box 2160, Station "C", DOWNSVIEW, Ontario, M3N 2S0.

WATCH THOSE WINTER TEMPERATURES WHEN COMBINED WITH WINDS

Winter outdoor sports have been increasing in popularity over the recent years. With the availability of new light-weight clothing, more and more people are heading outdoors to cross-country ski and to snowshoe.

For those who have had little experience with extensive exposure to the cold such as a day of cross-country skiing provides, the following two tables are presented as precautionary guidelines. These tables express the actual temperature felt by someone when the wind strength is combined with the air temperature. As an example, using Table 1, we see that if the wind is blowing at 10 miles per hour when the air temperature is 10°F (-12°C), the wind chill temperature which we experience outdoors is -11°F (-24°C). The section of the table that is 'snowflaked' indicates the conditions at which frostbite is likely to occur.

Table 2 expresses the same information, except it does so in metric units, expressing wind speed in kilometers per hour and temperature in Celsius degrees. Unable to obtain a metric wind chill temperature chart from the weather bureau, the author compiled the second table from Table 1. As a result of the technique used in the conversion (graphing, for those who are interested), there could be as much as a 2% error in the temperatures given in Table 2. Nevertheless, they provide a useful guide for determining whether weather conditions are suitable for an outdoor excursion.

WIND CHILL TEMPERATURE CHART

°F MPH	32	25	20	15	10	5	0	-5	-10	-15	-20
5	32	25	20	15	10	5	0	-5	-10	-15	***** *-20*
10	22	14	8	2	-4	-10	-15	***** *-21***-27***-33***-39*			
15	17	8	2	-5	-11	-17	***** *-24***-30***-36***-42***-49*				
20	11	2	-5	-12	***** *-19***-25***-32***-39***-46***-52***-59*						
25	7	-2	-9	-16	***** *-24***-30***-37***-44***-51***-58***-65*						
30	5	-5	-12	***** *-19***-27***-34***-41***-48***-56***-63***-70*							
35	3	-7	-14	***** *-22***-29***-37***-44***-51***-59***-66***-73*							

Frostbite, which is literally a freezing of skin tissue, usually occurs after extensive exposure to air which is dry and well below freezing. Extremities, like the fingers, toes, ears, nose and cheeks are the first to be affected. At first, the skin becomes white and hard, and later, red or mottled. The severity of the frostbite varies

TABLE 1

depending on the length of exposure, wind chill temperature, moisture in the air and--not surprisingly--the person's physical condition. If you suspect you may have a frostbitten finger, DO NOT thaw it slowly NOR hold it over a blazing fire. Both procedures result in further damage to the injured tissue. Instead, the following approach is recommended: take a stiff belt of scotch (or two, if you are partial to this liquid) to stimulate body circulation, and place the frostbitten digit in water whose temperature is between 100° and 104°F. Monitor the water temperature constantly and add appropriate amounts of hot water as the temperature begins to drop.

WIND CHILL TEMPERATURE CHART

KPH \ °C	0	-5	-10	-15	-20	-25	-30
5	0	-5	-10	-15	-20	-25	***** *-30*
10	-3	-9	-14	-21	-26	***** *-31*-37*	
15	-5	-11	-17	-23	-28	***** *-34*-39*	
20	-7	-13	-19	-25	***** *-31*-37*-43*		
25	-9	-16	-21	-27	***** *-34*-41*-46*		
30	-11	-17	-24	***** *-30*-38*-45*-50*			
35	-13	-18	-26	***** *-32*-40*-47*-53*			
40	-14	-20	-27	***** *-34*-42*-49*-54*			
45	-15	-21	-28	***** *-36*-43*-51*-57*			
50	-16	-22	***** *-29*-37*-44*-52*				
55	-17	-23	***** *-31*-38*-45*-54*				

TABLE 2

Winter can be an active season for recreational sports. Exercise caution in planning outings by monitoring temperature and, if it is feasible to be outdoors for an extended period, wear warm protective clothing. Make sure that when you exchange your snowshoes for hiking boots in April all ten toes will be present and accounted for.

-- Wally Schlegel

(See also on p.8, a related article on another hiker's hazard, "hypothermia", that is only beginning to become properly understood. Ed.)



GREETINGS TO RTA MEMBERS FROM KEMANO, B. C.

To All Rideau Trail Members from Ottawa to Kingston: This is just a note to let you know that I am enjoying myself in "Beautiful British Columbia", and to let you know that, yes, last summer I hiked the whole Rideau Trail again, and enjoyed it even better than the first time. (See "How I Walked the Trail from Ottawa to Kingston", RTA NEWSLETTER, Winter 1973-74.) I wanted to contact Mr Walker (RTA publicity co-ordinator) but couldn't. Before I knew it, I was too busy packing and moving. I thought it was now about time I wrote and said a few things.

Since I hiked the Rideau Trail twice, I enjoyed it more fully. In fact, I sure hope that many more pack their packsacks and hike it. It isn't hard, once you get started.

Here in B.C. it is just beautiful. If you look at a map, just south of the city of Kitimat you can see the village of Kemano. That's where I live. The mountains reach out above me, and I have to crane my neck to see the top, they are so tall. Not too long ago, I went for a hike up to Tahtsa Lake, which is about 35 miles through rough bush country, with all the goodies, like grizzlies, wolverines, wolves--and even my favorite friends of the Rideau Trail, the raccoons! (See "Friends We Meet on the Trail", RTA NEWSLETTER, Summer 1975, for article on the Raccoon.)

I hiked also to the top of a mountain in Kitimat on a beautiful day and went sliding most of the way down, without a shirt on. I got a good burn, though. I enjoy it very much here, but hope to hear of more of you completing the Rideau Trail. Sincerely,

-- Ralph Hueller
Kemano, B.C.
Box 26

"HYPOTHERMIA" -- A POTENTIAL HAZARD FOR UNPREPARED HIKERS

Perhaps like some of you, I had not heard of this strange word until recently. It was drawn to my attention by Chairman Ray Billingham of the Ottawa Trail Club, who suggested we all should become aware of it because of the deaths of several hikers recently in the Adirondack mountains of New York and the White Mountains of New Hampshire.

It shouldn't be a hazard, other than for the unwary, the ill-prepared, the inexperienced and the foolhardy, but since hypothermia is reported to be increasing rapidly among outdoor recreationists all over North America, there's no doubt we should learn about it. (It's not even mentioned in my "home medical encyclopedia".) The following information is based on an article in Adirondack, Jan.-Feb. 1975, and Time magazine, July 14, 1975.

Physiologically, hypothermia is a simple ailment. When a hiker becomes chilled, his or her nervous system acts to restore heat by tensing the muscles. This causes shivering, the first danger sign. So far, no real problem. But if the hiker is also hungry, tired and wet, watch out. The body's reactions now become more radical. The blood vessels contract, reducing the flow of blood to the skin and other extremities. For reasons which medical scientists still do not fully understand, the central nervous system may now go awry and the body lose even more heat--instead of producing or conserving heat.

If exposure to cold continues until energy reserves are exhausted, internal body temperatures continue to plummet below normal. In effect, the cold will then reach the brain, depriving the victim of judgment and reasoning power, as well as loss of muscle control. Heart and respiratory rates slow down, and the hiker lapses into unconsciousness. When the body temperature drops to around 78°F (26°C), death can result within two hours.

How to Avoid Hypothermia. If the weather suddenly turns cold, wet and windy, stop. Turn around and go home. If you have become wet, even a slight breeze can carry cold air under and through your clothing, causing a "refrigeration effect" by evaporating moisture from the surface. If you have started to shiver, get out of the wind and rain. Build a fire. The exercise may prevent you from going into hypothermia. If you stop, however briefly, you may slip into hypothermia. Drink warm liquid.

Treatment. The first symptoms are intense and uncontrollable shivering, followed by speech difficulty and sluggish thinking. Give warm drinks. Get victim into dry clothes and a warm sleeping bag. Keep patient awake; to sleep is to die. Leave patient stripped of all wet clothes. Get the patient into a sleeping bag with another person. If you have a double bag, put the victim between two warmth-giving hikers. Skin-to-skin contact is absolutely the most effective treatment. This critical step could save a person's life.

The moral of this tale is the old-fashioned advice to use horse sense, even in hiking! Hikers must eat well and dress and equip themselves for the worst weather possible, but they must turn back when weather conditions deteriorate--when soaking rain is accompanied by wind and a drop in temperature. Hikers who retreat from bad weather or illness are not cowards; they just want to live to hike again. Those who insist on pushing on may be stalked by hypothermia.

-- Harry Walker

"AWARENESS OF NATURE ON THE NATIONAL CAPITAL'S DOORSTEP"

That's what the NCC's Interpretation Service is out to stimulate. "NCC" is the Federal Government's National Capital Commission, the outfit that is perhaps better known for its work in maintaining Ottawa's scenic driveways, the Gatineau Park in Quebec just north of Ottawa, and the world's longest (seven miles) skating rink on the Rideau Canal. Actually, the NCC is responsible for many, many functions in the 900-square-mile National Capital Region.

But it's the Interpretation Service of the NCC that is fast becoming familiar to Rideau Trail hikers at the Ottawa end, because of the highly successful naturalist-led programs it offers the general public. Its favorite rendezvous point for its nature walks is the Rideau Trail parking lot under the hydro-electric power lines on Moodie Drive, two miles south of Bells Corners. (See Map 1.)

Not only that, but scores of potential RTA members are being indirectly recruited for us by the Interpretation Service people who draw hikers' attention to our existence. (We "feed" them brochures and application forms.)

Starting modestly in the summer of 1973, the NCC Interpretation Service has been developing surely and steadily in introducing Ottawa residents and visitors to the plant and animal life in the forests, fields and marshes of the Western Greenbelt and the Gatineau Park.



**National Capital
Commission**

Interpretation Service

Last summer, four students of biology and geography led hundreds of people on guided walks. Not counting organized school groups that took place mainly in May and June, 59 persons attended three organized public walks in June, 297 on 21 walks in July, and 156 on six organized walks in August. Family outings take place on Sundays and Tuesdays, and special all-day outings to examine nature topics in depth take place on Saturdays. Last summer, topics included life at the pond's edge, insect hunts, geology of the Greenbelt, introduction to orienteering, fossil hunts, edible and inedible plant identification, wildflower identification, and environmental games.

Similar programs are now being planned for the coming spring, summer and fall. We hope to publish a complete listing in the Spring NEWSLETTER. Meanwhile, because interest continues strong, there will be naturalist-led snowshoe walks on February 1, 4 and 15 on the Jack Pine Nature Trail on Moodie Drive, just south of the Rideau Trail parking lot. The aim will be to study animal snow prints and to decypher the tales they tell.

Although not organized in the same sense, the NCC has marked out many cross-country ski trails around Ottawa. Those of you familiar with some of the more popular trails will find this winter that some of them--especially in the Stony Swamp area--have been re-routed and that part of the Jack Pine Trail has been set aside for walking only--no skiing or snowshoeing on it.

And there's more, much more--including scheduled and unscheduled color transparency slide shows. We hope to report on more events in future issues. If you want more information, including up-to-date skiing maps, write or call the NCC at 48 Rideau Street, Ottawa, K1N 8K5, telephone 828-3620 or 992-3323.

HELP! SAVE OUR LITTLE 'CAT'!

What's the 'Cat'? What's happening to it? How can I help?

The 'Cat' is the Little Cataraqui Creek Valley through which the Rideau Trail runs in Kingston (see Map 12). This section between Bath Road and Princess Street is threatened with high-rise and commercial development of staggering amount all along the eastern bank of the Creek. Even on the western bank near Princess Street a proposed road, connecting Princess Street with Bath Road, would permit development of the low-lying region near there, passing on the edge of the Creek and bringing traffic into the heart of the marsh.

How did this all come to pass? When the city of Kingston annexed the Little Cataraqui Valley from the Township in 1952, the fathers had a vision of a greenbelt around the city. It would comprise this valley to the west and north, the marshes of the Greater Cataraqui River to the east, and the 'blue belt' of Lake Ontario to the South. The City tried for about 23 years to get rid of the Township zoning that permitted industrial, commercial and/or medium-density housing. It succeeded in getting its Official Plan for greenbelt designation approved by the Ministry of Planning and Development. However, this plan could not be implemented without a Zoning Bylaw and this the Ontario Municipal Board of another Ministry rejected. During this time, the Cataraqui Region Conservation Authority acquired most of the government-owned land south of Bath Road along the Creek.

By 1970, the City had given up and zoned the valley from Bath to Counter Street for medium-density housing--up to 28 units per acre--not realizing how much housing this permitted. Because of public protest, the number of units was reduced this year to 14.5. The old Township bylaw was still in effect until mid-October and, consequently, two developers were able to apply for permits for the maximum possible development allowable. What Kingston is faced with in this 42-acre strip of creek bank above the floodplains is a total of 931 housing units and three large commercial buildings (100,000 square feet of space). And even more development is possible. As well, most of the land is low-lying, though above the flood plains, and would have to be filled to three feet above the floodplains creating, no doubt, the danger of downstream siltation.

The Little Cataraqui Environment Association Proposal

The public is not asking the developers to give up their land, but rather, that the Conservation Authority buy as much land as possible at a fair price. Indeed, this seems satisfactory to two, or maybe also the third owner, since development will certainly be expensive and difficult. As a compromise, the Little Cataraqui Environment Association (LCEA) proposed limited development, confined to the Bath Road and Princess Street section, which would release the central core as natural parkland, thereby preserving the pine woods and saving the conservation land and creek area.

Why save this land? The marshlands and woods are a precious part of Kingston--part of a corridor that connects Lake Ontario to the rural area north of here. It is a stopping point for migrating birds, many of which nest in this area. It is part of the only walk in Kingston--the Rideau Trail. It is great for walking, skiing, ice-skating, and observing and enjoying nature. Certainly high-rise apartments of such density will disrupt this route. As well, the effects of people, cars, pets and pollution will have devastating effects on the animal populations.

THE LITTLE CATARAQUI ENVIRONMENT ASSOCIATION PROPOSAL

Isn't all this a treasure to have bordering the city? Won't you help keep it preserved for all time? The development proposed from Bath Road to Princess Street would destroy the importance, the continuity of this area as a sanctuary for both people and animals, and interrupt the greenbelt corridor that is so necessary for animals.

How to help? The Rideau Trail Association has set up a trust fund called the "Corridor Preservation Fund" to help in the purchase of endangered sections of the Trail. In addition, the Little Cataraqui Environment Association of Kingston was formed this past spring specifically to save the valley and to attempt to amend the Official Plan designation for this area.

In addition to organizing opposition to development, the LCEA has set up a pledge fund in a neighborhood way, and with the help of the Grenville Park Association has collected almost \$20,000 in pledges--for the land will be very costly to purchase. These pledges will be handled through the Cataraqui Conservation Trust Foundation for income-tax deductions.

Impressed by this fund and by the strength of opposition to the development, Mayor Speal and the Kingston Council have decided to halt all development along the Creek while arranging for the appraisal of the lands. Meanwhile, he urges that the Association continue with the pledging of funds to provide proof that there is widespread interest in preserving the marshlands. Provincial grants are available to provide up to twice as much as collected from private individuals and corporations, so that your \$10 could be increased to \$30, and it is tax-deductible. Whether you manage \$50 or \$10, \$5, or even \$2, please support this preservation, either through the Rideau Trail Association or by pledging for later collection. There is an urgent need for action now!

-- Helen Henrikson, President
Little Cataraqui Environment Association
56 Sherwood Drive, Kingston K7M 2E3
telephone: 544-0465

(Editor's Note: Unfortunately, because of space limitations, some of Mrs. Henrikson's article had to be omitted. We plan to publish later her graphic description of what one might expect to observe on a walk through the threatened area. Meanwhile, readers interested in learning more about the area--and about nature in general--are invited to write or telephone Mrs Henrikson for a copy of her excellent recently published booklet, A Nature Guide for the Little Cataraqui Region, printed by St. Lawrence College, Kingston, 1975. This guide is replete with helpful illustrations. All proceeds from the sale of the publication will go to the Little Cataraqui Environment Association to help fulfil the aims mentioned in Mrs Henrikson's article above.)

NEW PUBLICITY CO-ORDINATOR FOR KINGSTON CLUB

Jack Watkins, currently serving as Vice-Chairman of the Kingston Trail Club, has agreed to accept, as well, the position of Publicity Co-ordinator. If you have any questions concerning planned events, give him a call at 389-4354. (For the names, addresses and telephone numbers of the remainder of the Kingston Club executive, see RTA NEWSLETTER for Summer 1975, p. 10.)

TRAIL BLAZERS

On Saturday, October 18, the Kingston Trail Club had scheduled a work day to blaze and cut a new section of wilderness trail. This trail, an extension of the Rideau Trail north from Frontenac Park into the Labelle Lake area, is part of an extensive plan to replace the main trail that now exists to the east of Buck Lake--a section almost exclusively on roads (see Map 10).

As the 18th neared and no firm commitment seemed to be forthcoming from the area landowners, the Kingston Trail Club made alternative plans. As it turned out, we were fortunate that we had. Despite the dismal weather, overcast skies threatening rain and a cold, stiff breeze, a total of 16 volunteers worked on three separate jobs.

One group, composed of Dick Hendrickson, Dave McLay and Paul Wesson, marked the originally planned wilderness trail with ribbons. Only when the Club receives a definite yes from the landowners will this route, going through a rough, rocky, beautifully unspoiled area, be worked on further.

A second group, including Jack Watkins, Norm McLeod, Chris Peppler, Derek Redmond and three students of the Outward Bound Club of Loyalist Collegiate Institute, proceeded to the Bedford Mills Road, from where they worked on a side trail leading south to the Opinicon Road (see separate story on p. 13). Another group of six workers--Doug Knapp, Ed Ross, John Harrison, John Atkinson, Allan Bonwill and myself--spent its time on the Bonwill property, which is on the Opinicon Road, about 4 kilometers from Chaffey's locks. Several tasks were undertaken there.

One job was the painting of trail markers. The Opinicon Trail, the side trail designated in black on Maps 9 and 10, has always been incorrectly marked with orange triangles. The Kingston Trail Club is attempting to replace these triangles with appropriately colored blue markers designating a side trail. This project of converting to blue triangles was begun at the Bonwill property.

In addition to painting and replacing markers, the group blazed and partially cleared a new section of trail. This one mile of new trail replaces a portion of the Opinicon Trail which had been obscured by extensive lumbering. Rather than expending energy to clear the slash area, it was felt that it would be more advantageous to select a new and definitely more attractive route skirting Two Island Lake.

While John Harrison and John Atkinson measured and described portions of the Opinicon side trail for a soon-to-be-published Rideau Trail Guide Book, Allan Bonwill and Doug Knapp blazed the route that now travels one-half a mile around the east shore of Two Island Lake and heads through woods to join up with the Opinicon Trail, one-half a mile to the east. During this time, Ed Ross and I hiked through the slash area, removing whatever markers we could find.

By the end of the work day we had cleared about three-quarters of the new trail. Subsequent work has resulted in the cutting of another one-fifth of a mile. The hope is that the trail can be completed before winter sets in.

The work detail of October 18 accomplished much: the blazing of a new wilderness trail, the repair and reconstruction of two miles of side trail south of the Bedford Mills Road, the beginning of the project to convert orange markers to blue ones along the Opinicon Trail, the re-routing of one mile of the Opinicon Trail, and the taking of measurements for the prospective Rideau Trail guide book of a portion of the side trail. A productive day's work for 16 ambitious volunteers.

-- Wally Schlegel

TRAIL REHABILITATION ON OPINICON LOOP NEAR CHAFFEY'S LOCKS

Anyone who has hiked on the Skycroft property near Chaffey's Locks in the past year or more will have suffered trials and tribulations finding his or her way, due to extensive lumbering operations that took place on the property and the removal of some trail markers. On October 18, four hardy members of the Kingston Club and three students from the Outward Bound Club of Loyalist Collegiate, Kingston, guided by Allan Bonwill, set out to locate and make useable this section of the trail.

The party succeeded in re-routing the trail around the lumbering slash, as well as altering all the triangles from orange to blue. The new trail is a loop trail (see Map 9), which proceeds north, 1.2 miles west of the swing bridge at Chaffey's Locks, and joins the main trail on the road leading to Bedford Mills. It is in a delightfully improved location, passing over a beaver dam, crossing a beaver canal and following the shore of both a large beaver pond and a small lake for over half the distance. Much of the section follows valleys which 'flow' around several rock outcroppings.

The trail is now in tip-top condition, but members should note that it does not proceed as indicated on existing trail maps. Changes will be announced when final work on this section is completed. Why not look it over on your cross-country skis this winter?

-- Jack Watkins and Doug Knapp

KINGSTON CLUB NEGOTIATING FOR USE OF CABIN AS TRAIL SHELTER

The Kingston Trail Club has been communicating with the Ontario Ministry of Natural Resources about the "Keller cottage", which is to the south-east of Slide Lake (see Map 10 and correction in RTA NEWSLETTER, Summer 1974). The Club recently offered to accept responsibility for the conversion of the cottage to a cross-country ski lodge. The proposal is that the cabin would be kept locked, and keys and reservations for use could be obtained from the Club executive. The Ministry has responded by giving approval to use the cottage as a trail shelter, but noted that "this permission does not convey any exclusive right to the cottage". As soon as the position of Ministry is clarified, the Club is prepared to begin repairs to the cabin.

SHORT NOTES FROM THE KINGSTON TRAIL CLUB

Shared Hiking. In the Summer issue of the NEWSLETTER, those who are on the Kingston mailing list received a 'Kingston Trail Club Hikers Register'. Please add the following new member to your directory: Emma Martin, 284 Patrick Street, Kingston, telephone 542-1594. She prefers terrain that is moderately rough and would be willing to participate in a short walk on three days' notice. Her ambition is to walk the 320 kilometers to Ottawa. She'd love company on her walks, so give her a call.

Kingston City Waterfront Loop. More popularly known as KICIWALOO, this project is now well under way. Letters were sent to the governments of Pittsburg Township and Kinston Township, Cataraqui Region Conservation Authority, Kingston Planning Board and the City's department of Parks and Recreation. All have replied favorably to the Kingston Club's proposal to construct a hiking trail around Kingston. Now that we have received the blessing of all the municipalities and authorities involved in this project, we will proceed with negotiations. Help, however, is greatly needed. If you can spare two hours a week to spend on KICIWALOO, please give Kathy Grant a call at 389-1282.

HAPPINESS IS BACKPACKING IN FRONTENAC PARK

In case you don't remember, October 4 and 5 were two beautiful, warm, sparkly autumn weekend days...just made for backpacking. That's how ten Ottawa Trail members spent a most enjoyable outdoors weekend.

We left Ottawa at 8:30 a.m. Saturday, driving to Sydenham, where we had hoped to meet other keen hikers, but no one showed, so on to Frontenac Park (see Map 10). After leaving a couple of cars at the south-east entrance, we drove on and entered the Park on the west side.

The trail led us through dense forests, across beaver dams and over barren rock outcroppings. These rocks were vantage points from which to view the striking scenery of Frontenac Park, with its many small lakes and beaver ponds nestled among the hills. Late in the afternoon we found a suitable camp spot overlooking Little Black Lake. We pitched our tents under the trees, gathered wood and prepared a camp fire on a safe rocky surface. Before starting our meal, we washed and swam in the dark water of the little lake.

After dinner we sat for hours 'round the camp fire, chatting, telling tales of other hikes, and enjoying the warmth of the fire. Several times we heard geese calling as flocks flew overhead in the bright starlit sky.

Next day dawned bright and sunny. After breakfast we packed up and set off to walk the last eight or so miles to the south-east entrance to the Park. We followed the trail around the east side of Camel Lake, the north shore of Mink Lake, and then east to the top of a high rocky hill. From this high spot, facing west, we could see Camel Lake to our left, Mink Lake straight ahead, and Big Salmon Lake to our right. A beautiful sight. We reached the cars in the late afternoon, tired and happy...happy to have spent two days and a night exploring a delightful wilderness area of the Rideau Trail.

-- Ottawa Field Correspondent

A TIP TO SOUTHBOUND HIKERS: FOLLOW THE YELLOW TIP

As the result of a pilot project successfully carried out by the Ottawa Club of the Rideau Trail Association, it should soon be possible to walk (or ski, or snowshoe) the Rideau Trail from Ottawa towards Kingston (southward bound) knowing for sure you're always oriented (south-iented?) in the correct direction. No more getting completely twisted around.

Ed Simpson, head of the Ottawa Trail maintenance group, has announced that the demonstration shows it is quite practicable to affix yellow tipped adhesive triangles onto the existing orange isosceles triangular markers--and that they will endure. This means that hikers walking from Kingston towards Ottawa should constantly see the traditional orange isosceles triangle, but that hikers walking from Ottawa towards Kingston should look only for the yellow-tipped triangles.

If a hiker from the Kingston end should suddenly notice that he or she is following a yellow-tipped marker, then that hiker knows he is disoriented--that's a polite way of saying he or she is twisted around! If a hiker from Ottawa should suddenly notice that he or she is not following a yellow-tipped marker, then he or she will know he or she is walking back toward Ottawa--not toward Kingston!

Walking in a circle is far from being uncommon on the Rideau Trail--especially if the sun is obscured by cloud. But this new technique, when fully applied, should prevent hikers getting 180 degrees out of phase. At the time of writing, the yellow-tipped markers are in effect from Ottawa to Merrickville. The hope is that they will soon be applied on markers all the way to Kingston.

BILLBOARD OF TRAIL CLUBS' FUTURE ACTIVITIES

Ottawa Trail Club:

- Saturday,
January 10 Event: Cross-Country Skiing and Snowshoeing on Rideau Trail.
Locale: Exact location to be determined closer to date of event.
Possibly in Merrickville area. Rendezvous place and time: 9:30 a.m.,
Westend Shoppers' City parking lot; near car wash. Car lifts to start-
ing point available for those arriving at rendezvous on foot or by
bus. Eating arrangements to be announced later. All interested mem-
bers are asked to get in touch with Social Convenor Trixie Geary at
722-2736 before January 1 to get latest detailed information and to
enable Trixie to know how many persons will be taking part.
- Saturday and
Sunday,
February 28-29 Event: Leap-Year Back-Packing Trip. Locale: Winter hike and over-
night camping in Rideau-Carleton Forest, subject to change. Rendez-
vous place and time: 9:30 a.m., Westend Shoppers' City parking lot.
Consult Trixie Geary on details of what to bring, especially for ov-
ernight camping equipment. It's essential to register your interest
with Trixie in advance, so that in case of a change necessitated by
bad weather, you can be informed by telephone.
- Saturday,
March 20 Welcome-to-Spring Skiing or Walking (dependent upon weather) Outing.
Locale: Exact location to be decided closer to date of event, but
likely to be either in Murphys Point Park (see article elsewhere in
this issue) or Canton Lake-Mill Pond Conservation Area. Rendezvous
place and time: 9:30 a.m., Westend Shoppers' City parking lot.
Bring lunch. Phone 722-2736 in advance to let Trixie Geary know
you're coming and to get latest details on area chosen and whether
hiking mode will be walking or skiing.

Kingston Trail Club:

- Thursday,
December 4 Event: Evening Seminar on Cross-Country Skiing, including a
guest speaker, display of equipment and a short film. Time:
8:00 p.m. Location and complete information will be announced at
a later date.
- Sunday,
December 14 Event: Personal Practical Instruction in Cross-Country Skiing. To
be held in conjunction with the seminar of December 4. Time:
1:30 p.m. Locale: This and other details to be announced as they
become available. Please note that this event will take place only
if weather conditions permit. All ages welcome to attend.
- Saturday,
January 17 Event: A Day of Cross-Country Skiing. Time, date, place--includ-
ing meeting place--can be obtained from Arne Henrikson, 544-0465.
- Saturday,
February 21 Event: Snowshoe Hike by the Light of the Full Moon. Time: 8:00
p.m. Locale: Participants are asked to meet at Gould Lake barn.
To reserve a pair of snowshoes, call Jack Watkins at 389-4354.

Note: Complete details of all Kingston Trail Club activities, including scheduled Club meetings, can be found in the Kingston Whig-Standard in both the 'Around Town' section or the 'Friday Night' column compiled by the Kingston Arts Council. Further information can be obtained from Publicity Co-ordinator Jack Watkins, 389-4354.

Ottawa members can get further details from Social Convenor Trixie Geary or other members of the Club executive, who would like to receive ideas and suggestions about outings and other social events.

IN MEMORIAM

It is with deep regret that we have to inform members of the sudden death of Harry Walker on December 8th. Harry was a very enthusiastic member of the Rideau Trail Association and always willing to take on more work on its behalf. He was editor of the attached Newsletter which is itself a fitting memorial to him. Those of us who knew him personally will miss him very much; his happy personality and ready wit lightened many a meeting.

Your executive would like to show their appreciation of him, as a friend and a member, by making a donation in his name to the "Rideau Trail Corridor Trust Fund". This was one cause in which he firmly believed and on which he worked very hard.

Anyone wishing to join us in making a donation in his memory may do so by sending it to

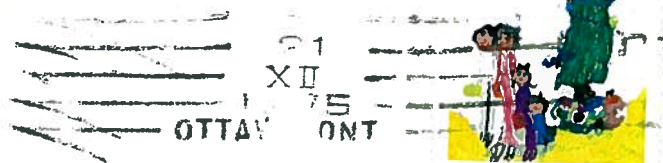
The Treasurer,
Rideau Trail Association,
P. O. Box 15,
Kingston, Ontario.
K7L 4V6.

Please make the cheque payable to The Rideau Trail Association and mark on the back "H. Walker Memorial".

Ottawa Trail Club Executive
December 11, 1975.

If undelivered, please return to:

Rideau Trail Association
Box 15, KINGSTON, Ont., K7L 4V6
Canada



APPLICATION FOR MEMBERSHIP - RENEW NOW FOR 1975-76

Please check whether.... New membership _____ or Renewal of membership _____.

NAME (please print): _____

MAILING ADDRESS: _____

(Please include postal code.) Telephone: _____

FEES:

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

I enclose \$ _____ to cover the following:

- (a) Membership fee _____
- (b) Plastic map case (\$1.00)
(Supplied free with each
new membership.) _____
- (c) Crest (badge) (\$1.00) _____
- (d) Donation _____

Please make cheques or money orders payable to the "Rideau Trail Association"
and mail remittance to Rideau Trail Association
Post Office Box 15
KINGSTON, Ontario
K7L 4V6