



The Rideau Trail NEWSLETTER

*Published by the Rideau Trail Association
Printed on recycled paper
Issue No. 19*

SPRING 1976



Falls beside the trail at Glen Tay near Perth — Doug Knapp

REBIRTH

Buds swell
And sparkling cascades
From glistening crystals
Sing their song of joy

Here and there
A tiny fuzzy face
Sniffs the air
And finds a change;
Sweet scent of pine and balsam,
Dogwood bark and willow buds,
Maple sap and steamy soil.

Gone, the icy blasts;
Gentler now, the breeze
And warm the sun —
For Spring has come.

D.J.K.

TRIBUTE

The Rideau Trail Association lost an active, valued member with the sudden death of Harry Walker in mid December, 1975.

Harry's activities in the Association spanned three years and included major contributions in time, energy and dedication in the areas of:

- the Rideau Corridor fund
- the maintenance of good relations with land owners who had permitted the trail to pass through their land
- cooperating with federal and provincial officials in the implementation of the CORTS report
- the formulation of plans for Murphys Point Provincial Park

In addition, Harry was an active member of the Ottawa Trail Club Executive and spent numerous weekends helping to maintain and improve that section of the trail. At the time of his death, he was Publicity Coordinator for the Association. His employment with the CBC afforded the Association, through his energy and dedication, many excellent avenues for publicity.

The interest in and knowledge of our natural environment that was manifest in his involvement with the Rideau Trail Association was reflected in his personal life. Many weekends he and his wife Lucy spent in out-of-the-way places, identifying and watching birds, one of his favorites being owls. Each Easter they made a trip to Point Pelee to watch the annual spring flight of migratory birds.

The Association expresses its sincere sympathy to Lucy Walker.

SEA COAST CONSERVATION

The Hon. Ian Watson, M.P. Laprairie has proposed a private member's bill, in the House of Commons, urging the establishment of a Canada Sea Coast Conservation Authority. This would be similar in purpose to the Conservation Authorities of the Province of Ontario, except that it would be concerned with the seacoasts of Canada instead of a watershed. In particular, this Authority would be designed to conserve for public recreational use those regions of the coast which are at present accessible to the public, including both privately and publicly owned lands.

The directors of the Rideau Trail Association heartily endorse Mr. Watson's proposal. It is our hope that the following letter, sent to Mr. Watson in January, will assist in the speedy passage of his bill in Parliament.

Dear Mr. Watson:

The Board of Directors of the Rideau Trail Association, representing a current membership of approximately 4,000 individuals in south-eastern Ontario, wishes to offer its full support to the concept of Bill C-253.

This Board is very conscious of the urgent need for protecting

and conserving natural resources of our country before it is too late. Unless actions of this sort are taken now, our responsibility to future generations will have been negligent. Bill C-253 undoubtedly is based on such motivation, and we would urge its speedy acceptance in the House.

Yours truly,

D. J. Knapp,
President, R.T.A.

RENEW YOUR RIDEAU TRAIL MEMBER-SHIPS NOW. At the end of a membership year (March 31) the R.T.A. is feeling a financial pinch. Refer to the last page of this newsletter for the application for membership.

- PLEASE RENEW -

ONTARIO HIKING DAY - 1976

Have you noticed a little snugness in your waistband lately? Does your weigh scale tell you things you don't want to hear? Don't be dismayed! It's just nature's way of telling you to get out and enjoy again the fields and forests and the pleasure of using your own muscles.

To add a little formal encouragement and stimulus to your coming activities, FOHTA (The Federation of Ontario Hiking Trails Associations) has planned the second annual ONTARIO HIKING DAY for Sunday, May 16. Why not plan now to introduce all your uninitiated friends to the joy of hiking - on the Rideau Trail of course!

To accomodate all tastes, transportation limitations, and time restrictions, Rideau Trail Association, Kingston has planned three hikes again this year:

1. This will be an all-day hike at Gould Lake. It will be approximately six miles long, some distance along the lake and part of the way on a country road. It will be fairly rugged, but beautiful. Meet at Sydenham High School in Sydenham at 9:30A.M. Bring your lunch, raingear and proper footwear. For further information, contact Kathy Grant at 389-1282.

2. Enjoy the "Cat" by joining us for a two hour walk along the shores of the Little Cataraqui Creek in Kingston. Bird life abounds in this attractive marsh area within the city. Meet at Elevator Bay (north side of Front Road) at 1:30P.M. Buses will bring hikers back to Elevator Bay for twenty-five cents per person. For futher information, contact Jack Watkins at 389-4354.

(Ed. note: see next article, by Helen Henrikson, for a detailed description of the sights to be seen along the "Cat").

3. For more ambitious hikers, this hike will cover 9.6 km. (6.0 mi.) on our side trail known as the "Opinicon Loop". The route winds through forests and abandoned meadows, skirting several small lakes and beaver ponds. Trail attractions include

prolific beaver activity such as dams, lodges and a beaver canal, spectacular spring flowers, a large, active heron rookery, small limestone caves, a disappearing stream, a scenic lookout from Mount Marvin, and the almost invisible ghost village of Lake Opinicon.

Participants are asked to meet at 10:30A.M. on the Opinicon Road (the road running between Perth Road Village and Chaffey's Locks) at a point exactly 9.0 miles from where the Opinicon Road branches off the Perth Road. There will be a large sign at the east side of the road, plus a yellow school bus so you won't be able to miss the spot. Cars will be left here and hikers will be transported by the bus to the other terminus of the hike, a point about 2 km. (1.5 mi.) south-west of Chaffey's Locks. Cost of the bus is twenty-five cents per person. Bring a lunch and sufficient drinking water as none is available along the route. Come rain or shine, but dress appropriately! Hikers will arrive back at their cars around 4 P.M.

What better opportunity will you ever get to experience hiking at its best? Buses to eliminate the need to retrace one's steps! Wild spring flowers at their peak! Well marked and maintained trails! Beautiful scenery!

The main purpose of Ontario Hiking Day is to stimulate awareness and interest in hiking as the ideal family recreational activity, but in addition, a vigorous public response provides tangible input to the government that hiking trails are wanted and merit support and protection. Plan now to participate and to bring along a few friends. Make the day something special!

HELP! SAVE OUR "LITTLE CAT"! Part II

(Ed. note: see the Winter 1975-76 Newsletter, No. 18, for Part I of Helen Henrikson's article which was mainly a history of the Little Cataraqui Creek Valley and an outline of the current threat of development in that area).

To put this region into the context of the whole corridor let us take a walk from Lake Ontario up to the Cataraqui Cemetery where Sir John A. Macdonald is buried. If you wish to see a great variety of vegetation, start at the shore of Lake Ontario Park one-half mile east of the Rideau Trail and follow the rocky limestone ledges on the shore hidden below the bluffs of the Park. Continue across the man-made beach and either skirt the shore further or walk through the pleasant mature wood to the area of the grain elevator. The Conservation Authority land starts north of Front Road at this point.

You will see the contrast immediately in this quiet serene open marshland-meadow area. In the spring, those trees bordering the golf course abound with warblers and other woodland birds. From the top of the incline the vista of the valley and penitentiary land seems limitless, though in the distance you will see and hear the Dupont complex. Several routes including the Rideau Trail catwalk lead to Squaw Point where more than 150 species of birds have been identified. In spring, the Kingston Field Naturalists conduct birdwalks along the Rideau Trail here and also north of Bath Road. The trail actually goes west from here, but with sewer construction under the trail north of here, it will probably be better to follow the line of the creek north into Belcourt land.

Now we come to the lands between Bath Road and Princess Street that are threatened with extensive development. The whole southern part is open meadows with pools or

sloughs in which certain species of animals breed. Walk to the north of the field where there is an aspen-alder wood in which a fox whelped last year. The Conservation Authority land which lies inland can be reached by walking east to the Rideau Trail and continuing east of the Trail into the park. Don't miss this park because it is quite different from the rest. As for the whole region there is a great variety of flowering shrubs and trees so important for birds when the fruits ripen. There are various species of viburnum, dogwood, honeysuckle and cherries. There are three species of pines, ash, oak and even a few walnut trees, and across the little bridge is a thicket of great variety, including tamaracks, spruce and many huge willows bordering the marshes of the little stream. This stream arises from underground limestone a little further to the east. Until this year there was a pond rich in waterbirds. Drainage of this has changed the vegetation and animal life. This succession will be interesting to watch over the years. As in other areas generations of children have worn interweaving paths that confuse and amuse.

Back on the Trail, pass the estuary of the stream and then enter a lovely pine woods, a mixed woods - hemlock, maples, beech, blue beech and many others. Woodland spring flowers and a canopy of smaller trees and shrubs grow beneath the giants. Several points of land project into the marshes of the creek, each with something different to see. The pine woods border on different types of habitats and so there are many more species of birds and animals: Scarlet Tanagers pause here on migration, Redstart flash their colours, Woodcock pause unworried on the woodland path, crows warn the whole neighbourhood, nesting Common Gallinules hidden in the marsh cry, hawks soaring overhead hunt for mice, voles, rabbits and other food, and a pair of great Horned Owls live in these woods.

Past these pine woods the next part of the trail is in the open leading to the catwalk over islands of marshes to the bridge across the creek. Both the catwalk and the bridge, which were constructed by Rideau Trail volunteers last year, have opened a very interesting walk to the public. Here you can see the waterfowl more easily. Watch for the heaving bodies of spawning carp surfacing in open patches of water created where these fish have cut down cattails. From the bridge you'll see apartments south of Bath Road. These, unlike the proposed high-rise, do not intrude upon either the view or the creek. All around are extensive marshes. Many people enjoy canoeing in the meandering creek from here to Lake Ontario or to the Township branch of the creek. The time I like best is a couple of hours before sunset in the fall when the low sun warms the scene and the light is out of this world. Heavenly!

The water tower at the west end of the bridge was used to draw water from the creek for the market garden that operated on the north side of the CNR tracks. A permit has been granted to Mr. J. L. Smith for a road along the marshes with a peninsula to be cut out to store flood water to compensate for filling the marshy inlets. He is applying to have the zoning changed from open to commercial and residential. Here one feels hidden from city life. The terrain and vegetation is very attractive, the flora being similar to that found elsewhere in the valley. Going on across the CNR tracks, you enter Kingston Township, and soon come to an old, leaky dam on the stream of the abandoned market garden. Proceed to Highway Two (Princess Street) and Sydenham Road, and then up a little distance on Sydenham Road to the gate where the Rideau Trail enters the 100 acre cemetery where Sir John A. Macdonald is buried. The site is marked with a simple stone cross near a huge knarled tree. This beautifully wooded area is unique in these parts with its variety of large old trees that Doug Knapp described in the Summer 1975 Newsletter. It overlooks the broad valley of the meandering Cataraqui Creek upstream and rolling hills that are zoned for residential and industrial use. This secluded cemetery is very interesting. It has a Chinese section separated by a fence from the Jewish cemetery on Sydenham Road.

You'll note that the old erodable limestone grave markers were not much used after the turn of the century when it became fashionable to use the durable polished granite headstones that exhibit virtually no weathering.

Now you are about four miles from Lake Ontario Park and a half mile from the nearest bus stop on Princess Street. To see more of the Little Cataraqui valley north of Highway 401, continue north along Sydenham Road about 3/4 of a mile to Sunnyside Road. Walk east along Sunnyside Road about a mile to Cataraqui Conservation Authority land, which is approximately 2000 acres. Down the steep road below the woods lies the Creek, dammed to form a lake at this point. This whole region is a popular recreation area. The lake is flooded for skating, there are camping and picnicking facilities, and nature trails for hiking and cross-country skiing. The average hiker will have no difficulty crossing the large rocks of the spillway of the dam, because the flow is normally small.

The Conservation land extends east to Perth Road (Division Street). From the southeast corner of the land it is less than a mile south to Highway 401 and access to public city transit.

This treasure bordering the City of Kingston is worthy of being preserved for future generations. The development proposed from Bath Road to Princess Street in Kingston, and in the flood plains of Kingston Township upstream, would destroy the importance and continuity of this area as a sanctuary for both people and animals.

After Part I of this article appeared in the last Newsletter, many Rideau Trail Association members responded promptly and generously with either pledges or donations to help the City of Kingston and the Cataraqui Conservation Authority buy this valuable endangered land. We are indebted to their generosity and support. If you haven't already given to this worthy cause, cut out and fill in the form on page 11 of this Newsletter.

OTTAWA TRAIL CLUB OUTINGS

Sunday, April 11	Event: Spring walk in Murphys Point Park or Canton Lake - Mill Pond Conservation area. The exact locale will be determined following selection of the locale of the March 20th outing.
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Sunday, May 16	Ontario hiking day.
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Sunday, June 13	Event: Hiking and tree planting on a four acre site where a Rideau Trail picnic and camp area is to be built.
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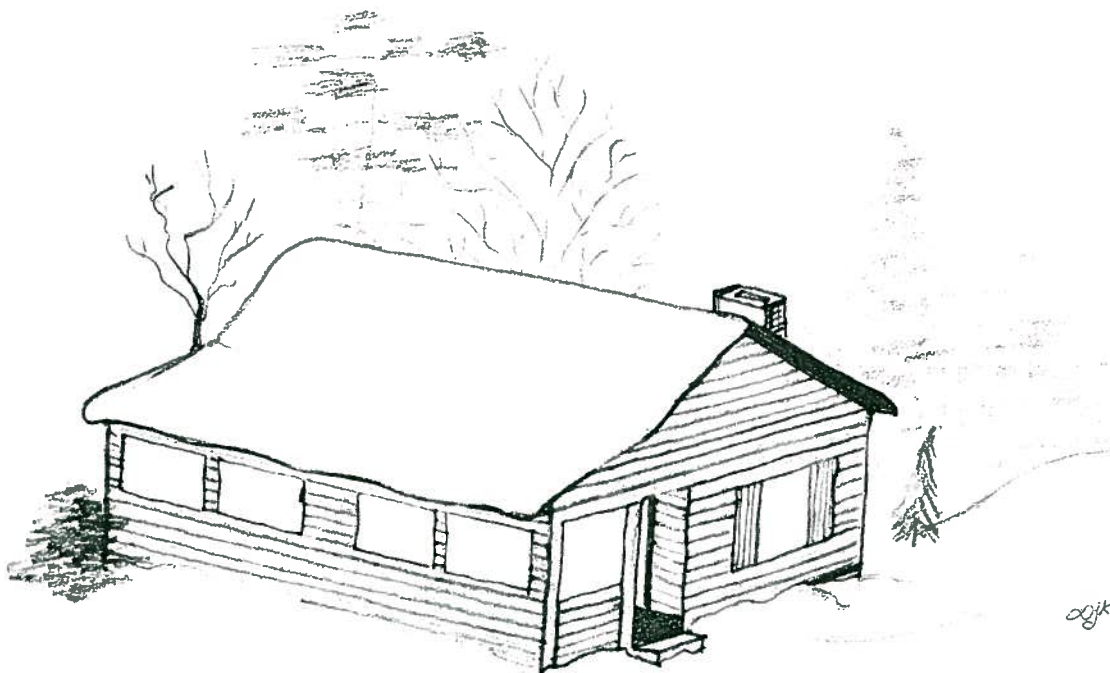
For the above outings, meet at Westend Shoppers' City, corner of Baseline and Woodroffe at 9:30 A.M. Bring your lunch. For further information call Trix Geary at 722-2736.

OUR SKI CABIN

In the last issue (No. 18) of the Newsletter, we reported on negotiations of the Kingston Club with the Ministry of Natural Resources for the use of the cottage at the south end of Slide Lake in Frontenac Park (see map 10). Negotiations have now been satisfactorily concluded and the cabin is already in active use as a shelter for Rideau Trail members and their guests.

In the immediate vicinity of the cabin, the Rideau Trail is too rough for cross-country skiing except for an outstanding 2.5 km. trail between it and the Danby's (last house encountered on the drive in from Perth Road). However, an excellent

Sketched
by
Doug Knapp



10 km. (6 mi.) tour, using the cabin as a base, would be to ski up to the north end of Slide Lake, continue on northerly into the swamp in the Labelle Gorge, and thence on into Labelle Lake. From Labelle cut east into Milk Lake and east again into Buck Lake. Tour southwesterly down the shore of Buck Lake to the little waterfall where Slide Lake drains into Buck Lake. At this point, cut west back into Slide Lake and then tour south again back to the cabin.

To obtain further information about use of the cabin, contact any member of the Rideau Trail Association Board or any member of the Kingston Club executive. (See No. 16 of the Newsletter for names, etc. of directors of the Association).

G O R P AND THE HIKING GOURMET

GORP is a most delicious, easy-to-make, nutritious food suitable for any kind of hike, in any season. I've tried it. My friends have tried it, It never lasts long.

And since it is important in hiking to eat something nutritious often, gorp meets that need in a simple and effective fashion. Before I share the recipe with you, I want to encourage you to send me all of your special tried and true recipes for food appropriate for eating or preparing on the trail. I will collect the recipes and see that they get published in the Newsletter.

RECIPE FOR GORP (high energy food)

24 oz. semi-sweet chocolate chips

16 oz. butterscotch chips

1/2 cup of each of the following: honey, chopped dates, yellow raisins, chopped, dried apricots, shredded coconut, cashews, walnuts, wheat germ, uncooked oatmeal, Bircher Muesli.

Melt the chips in a double boiler; add honey and mix. Pour melted chips and honey over all other ingredients. Mix well. Pour into shallow, greased pan. Cool. Enjoy. HIDE WELL. (You may have trouble protecting the gorp from the gremlins before you go on the hike).

- Jack Watkins,
43 Huff Ave.,
Kingston -

NEW TRAIL DESCRIPTIONS, MAPS AND GUIDEBOOK

Faithful readers of the Rideau Trail Association Newsletter will recall news of the trail measurement project during the summer of 1975. Well, it has now been completed and you can expect great benefits to come your way.

Remember those "!!/"???! descriptions on the back of the maps? They have all been completely replaced by detailed distance information which will tell you what you want to know. Moreover, accumulating relocations of the trail have gradually made it necessary to correct eleven of our fourteen maps. Accordingly, all fourteen maps have been brought up to date, complete with the new trail descriptions on the back. These will be distributed to all R.T.A. members about the end of March.

Not all of the information from the measurement project would fit on the back of the maps. Historical data and less specific location descriptions were necessarily omitted, as were all descriptions of side trails. Therefore, the Kingston Club decided that it would publish a separate guidebook.

Twenty-nine pages of detailed trail description now are available to guide hikers over the 148 kilometers (97.6 miles) of trail for which the Kingston Club has responsibility. In addition, the 53.7 kilometers appropriate for cross-country skiing have been clearly identified. The guidebook is convenient for trail use. It measures 5 inches by 7 inches, but features reduced-size type, so that each page covers as much material as a page of this newsletter. The format is of loose-leaf style so that as descriptions need to be updated, a new page can simply be substituted for the obsolete one. The guidebook is available for \$1.00 and will only be sold to R.T.A. members. Anyone hiking in this region will find it a resource of tremendous value. To get your copy, send a cheque plus your name and address to: "Guidebook", 19 Charles Street, Kingston, Ontario.

Following is a sample of a portion of a page of the guidebook.

Km	Description
12.4	Shore of Little Black Lake. This is an excellent primitive campsite (no facilities).
12.6	Ford stream. Note remains of old boat just south of trail. Cross beaver dam on stream which flows into Camel Lake.
13.7	Campsite on Camel Lake.
13.8 to 14.0	Trail runs along a ridge with Camel Lake on the east and large beaver swamps on the west. Note tree with marker and three blazes on it. Big Salmon Lake shore can be reached a short distance north of this point.
14.3 to 14.6	Swampy part of Mink Lake south of the trail. Trail veers south around the lake towards the lookout hill and terrain becomes more rocky and barren. Very active beaver area.
15.1	Mink Lake west of the trail. Climb lookout hill.
15.5	Lookout point with excellent view. Mink Lake (310°), Camel Lake (260°), Big Salmon Lake (10° and 310° - behind Mink Lake). Cottage on Big Clear Lake at 50°. On a clear day, microwave tower in Kingston can be seen due south. Major power transmission line running from Newboro to Hinchinbrooke on north horizon. Trail heads east from here, reaching a ridge from which Labelle Lake can be seen to the northeast.

RIDEAU TRAIL ASSOCIATION ARCHIVES

The Rideau Trail Association will soon begin its fifth year of operation. Many of the records pertaining to these beginning years still exist, not as one single collection but rather as several disjointed, incomplete, personal files.

A centrally located archives library is now needed to preserve these old records and to provide a continuing depository for records of present Club and Association activities. As well as detailing the history of the R.T.A., the archives will also serve future officials of the Clubs in determining the thrust of the previous concerns and interests.

To create permanent archives, an archivist is essential. The Association encourages any one of its members who has any organizational abilities to volunteer his or her talents. More information on archives can be obtained from an article entitled "Archives in the Community" by Ian E. Wilson, published in "Historic Kingston, Volume 17". The Queen's University Archives, located on the second floor of the Douglas Library, could also be contacted for information.

If you are interested in the position of archivist, please notify the Rideau Trail Association, Box 15, Kingston, Ontario, K7L 4V6.

- Wally Schlegel -

(Ed. note: Mrs. Schlegel compiled a list of types of records to be preserved which will be published in the next Newsletter. Meanwhile it is available from M. Watkins at 389-4354.)

ANNUAL MEETINGS ANNOUNCED

Ottawa: The Ottawa Rideau Trail Club will hold its annual general meeting at the Old Forge, Richmond Road and Carling Ave., on April 22nd beginning at 8:00 P.M. Official business will be quickly followed by a film show.

Kingston: The Kingston Trail Club is heading for the outdoors for its annual meeting on May 1 at 11:00 A.M. All members and potential members are invited to the brief business session at Gould Lake barn. Afterwards, plan to enjoy some of the most beautiful trails in the area by hiking along Gould Lake for a picnic lunch. Children are welcome.

To get to the Gould Lake barn, go to Sydenham. Just east of the High School is a rustic sign indicating the direction to the Gould Lake Conservation area. Follow similar signs to Gould Lake and the barn. If you need a ride, call Jack Watkins at 389-4354 and we may be able to help you get there.

Rideau Trail Association: The fifth annual general meeting will be held on Saturday, May 8, in the Engineering Building auditorium of the Kemptville College of Agricultural Technology. The meeting will begin at 11:00 A.M. and the business session should be concluded no later than 12:30 P.M. It is hoped that during this time there will be a programme of nature films for the children. Arrangements are being handled by the Ottawa Section who are exploring some interesting possibilities for speakers.

There are plans to serve an outdoor chili lunch at 12:30 in the Howard Ferguson Forest adjacent to the College. Then it is hoped that everyone will stay to enjoy a hike under the guidance of a Ministry of Natural Resources employee.

Make plans now to attend! As well as your having an enjoyable family outing, the Board of Directors would appreciate your support.

SINCE YOU ASKED

The complete Rideau Trail system now totals 242 miles in length. Of this, 201 miles is the main trail linking Kingston and Ottawa. It is marked in orange triangles. The remaining 41 miles, marked in blue triangles, consists of side trails and loops.

The Kingston Club's section of responsibility is 156.6 km (97.6) miles) in length. Of this, 53.7 km (32.9 miles) is recommended as suitable for cross-country skiing.

The Central Region, which runs 114.4 km (71.2 miles) from Narrows Locks to Merrickville, has 44.8 km (27.8 miles) which is suitable for cross-country skiing.

The Ottawa Club's section runs 123.5 km (76.7 miles) from Merrickville to water's edge on the Ottawa River at Richmond's Landing behind the National Archives building. Not including the 27.4 km side trail into the Howard Ferguson Forest, the Ottawa section offers 47.9 km (29.8 miles) of trail which is suitable for cross-country skiing.

LITTLE CATARAQUI ENVIRONMENT ASSOCIATION PLEDGE FORM

I pledge to donate the sum of _____ dollars to be held in trust for the purchase of land for public use along the Little Cataraqui Creek between Bath Road and Princess Street in Kingston

Date _____ Signature _____

Witness _____ Address _____

Please send this to Box 15, Rideau Trail Kingston, K7L 4V6, or phone Helen Henrikson, 544-0465, or Ella Sutherland, 542-5017 to have it picked up.

If it is a Corridor Fund Donation (Marked Little Cataraqui) send it to the same address.

ACKNOWLEDGEMENT OF DONATIONS

The Rideau Trail Association is grateful to the following for their donations and support over and above their regular membership fees.

M. John Munn	H. Wheeler	B.A. Schau
A. Crowder	Anne M. Hutchison	Jennie Ellis
Mrs. Mary J. Brodie	D. Irvine	R. MacFreeman
Miss Flora MacDonald	Alta McLean	J.S. Sutherland
J. Travers	V. Humphreys	K. Marchildon
R.V. Brouillard	Mrs. Anne Robertson	R. Bidwell
Robert B. Fitzsimons	Robert A. Clark	R. Horwood
Mr. & Mrs. J.E. Gander	Francis L. McKim	Ruth M. MacLaren
William Moorman	Keith A. Hudson	R. Giles
M.R. Cragg	Robert F. Legget	A.T. Jordan
Patrick J. Fitzgerald	Robert B. Carson	Fred J. Pincock
T.W. Newton	Henry H. Gardner	K.J. Clarke
William A. Joyce	P. Quattrocchi	Ivor Bowen
Norman M. Guiou	Mr. & Mrs. Walter Thumm	G. Audcent
Ernest G. Mabley	Donald E. McAllister	H.L. Cartwright
Michael J. Sydenham	C. Frankton	Charles R. Silversides
W. Green	Gerard R. Wyatt	William E. Laundry
R. Bissonnette	David Lampert	Donald M. Muir, M.D.
Herbert Pangborn	Elizabeth Heinmuller	G.C. McRostie
Margaret Pope	A.E. Pokorny	David B. Knight
W.R. Purcell	Valentina Krotkov	Margaret Benson
R.A. Bentley	Jane Arnott	Lawrence J. Peters
E. Slasor	R.T. Dancer	P.W. Raftery
Marilyn J. Eaman	Donald Timmins	H.W. Thomas
Mary P. Atkinson	E.G. Woolsey	D. Farr
Jacques J. Seguin	William B. Bolton	Alison Tett
G.A. Macklin	A.D. MacMillan	B.A. Wightman
Pierre Massicotte	Loverne Teichroew	Maj. Gen. D.A. McAlpine
M.W. Moran	Brian L. Richardson	M.W. Hudson
R. Wheeler	J. Mike O'Hara	Len Leparskas

If undelivered, please return to:

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

APPLICATION FOR MEMBERSHIP - RENEW NOW FOR 1975-76

(FEE SCHEDULE VALID ONLY UNTIL MAY 8)

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