



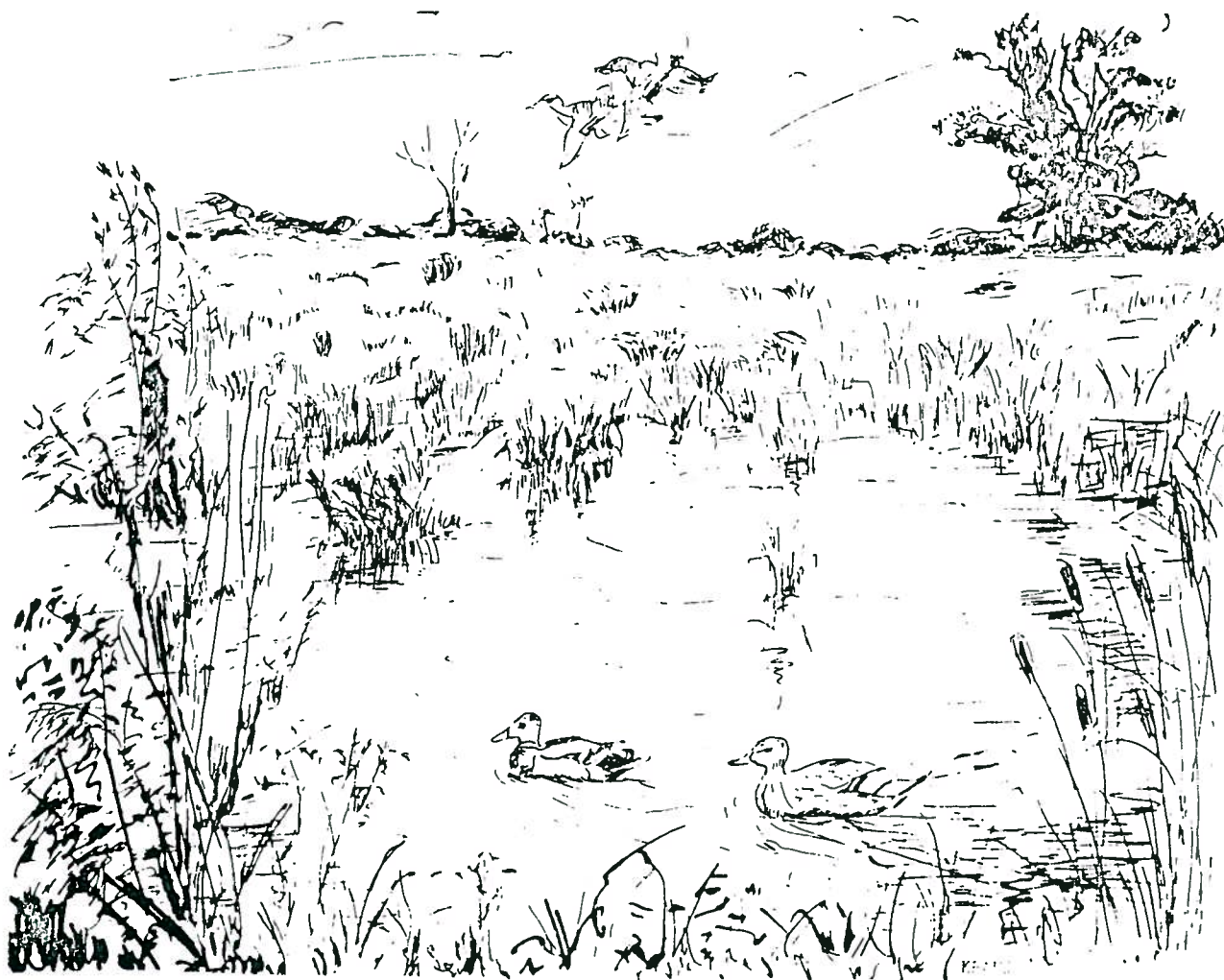
The Rideau Trail NEWSLETTER

Published by the Rideau Trail Association

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Issue No. 20

SUMMER 1976



Frances Kraus

NOTICE TO ALL MEMBERS OF THE RIDEAU TRAIL ASSOCIATION

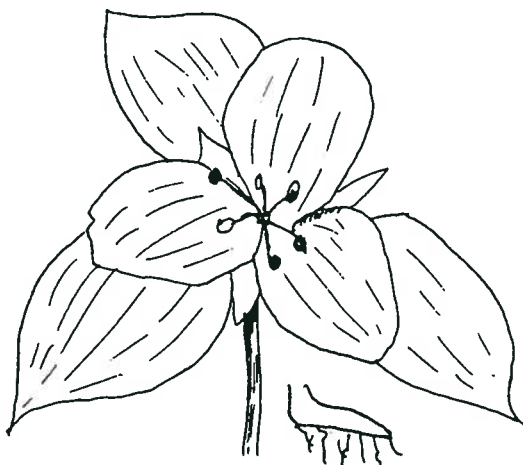
Please consider this notice your reminder to renew your membership in the Association now. Last year it cost \$80.00 and seven nights of volunteer labour to prepare and send out renewal notices by mail. Let's avoid this waste of money and manpower. Renew by sending your cheque for \$5.00 to Box 15, Kingston, Ont.

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OUR COVER SKETCH

The editor wishes to thank Helen Henrikson for permission to use the sketch which was on the front of her booklet A Nature Guide for the Little Cataraqui Region, published in 1975. The sketches of wildflowers and plants throughout the Newsletter are also reproduced from the book. Helen donates all proceeds from the sale of the book (\$1.25 per copy) to the Little Cataraqui Environment Association. You may purchase the book from Helen at 56 Sherwood Drive, Kingston or from a local bookstore. It will be available in Ottawa later this summer.

People who have pledged money to the Little Cataraqui Environment Association may honour their pledges now. New pledges to the L.C.E.A. or the Rideau Corridor Preservation Fund may be made by completing the form on the last page.



Trillium

OTTAWA RIDEAU TRAIL CLUB ANNUAL MEETING

This year's annual meeting was held at the Old Forge Inn on Thursday, April 22, 1976.

Ray Billingham, Chairman, opened the meeting with a brief summary of the highlights of the past year's activities. The joint outings with the Central Region, and the backpacking weekend in Frontenac Park were considered to be particularly successful.

Mr. Billingham also commented on the extensive work done by the maintenance group, headed by Ed Simpson. With regard to maintenance, the proposed bridge across the Jock River was discussed. A fairly elaborate structure is planned, and help, both with planning and personpower, is needed. If you would like to assist, please contact Ed Simpson at 828-1679.

The status of the Marlborough Township club site was also discussed by Mr. Billingham. The club hopes to establish a small camping ground there, and a cabin, if the lumber can be brought in. A tree planting session (trees courtesy of the Ontario Ministry of Natural Resources) is planned for the site on June 13.

Mr. Billingham mentioned that over the past year contacts with the various levels of government have been maintained.

The treasurer was not present at the meeting, however Mr. Billingham was able to inform the membership that the present bank balance was approximately \$200.00.

The other main item of business was the election of officers. The nomination committee had worked very hard and generated considerable response this year. This was a very encouraging development.

The club executive for 1976-77 is as follows:

Chairman: Ray Billingham (Telephone 731-6071)

Routes and Negotiations: *Bill Baker (820-0433)
*John Brown (828-4794)
*Keith Hudson (225-4521)
*G. A. Macklin (729-7086)

Maintenance: Ed Simpson (828-1679)
*Wayne Ellwood (684-4599)
*William Grant (820-0697)
*Ava Van Weerden (828-9711)

Secretary: Joan Noorman (733-5694)

Treasurer: Ted LeSage (729-9939)

Publicity: *Jane Arnott (728-3495)
*Michael Molan (521-2131)
*G. A. Macklin (729-7086)

Social Convenor: Dorice Joyce (728-8848)

*new officers

Joe Scanlon will be representing the club at the meetings of the National Capital Environmental Council.

Les Burden, Trix Geary, Rolly Hamilton, and Shirley Simpson are coordinating and working hard on the development of the new club site.

Mr. Billingham concluded the business meeting by summarizing upcoming events: the Rideau Trail Association's Annual Meeting, Ontario Hiking Day, and the above-mentioned tree planting outing on June 13.

Following the meeting, the members enjoyed coffee and cookies provided by the returns from bottles picked up along the Trail, and watched three excellent

short films on the outdoors.

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WHAT HAPPENED IN THE KINGSTON RIDEAU TRAIL CLUB IN 1975

(Ed. note: The following is a report presented by the Chairman at the Annual Meeting held at Gould Lake on May 1, 1976.)

Last year the Kingston Rideau Trail Club undertook a large and varied number of projects and concerned itself with several social issues which have a bearing on the survival and beauty of the Trail.

On Doug Knapp's suggestion, we negotiated for, and obtained use of, the Kellar cottage at Slide Lake as a shelter for cross-country skiers and hikers. We completed work on the rerouting of the Trail on catwalks through the Cataraqui marsh. We requested that the Trail be placed on the official plan of Kingston Township and that the City of Kingston preserve land north of Bath Road and along the Little Cataraqui marsh as protected recreational land. We scouted land north of Slide Lake and Labelle Gorge in order to provide an alternate, beautiful trail section and reduce the amount of trail now on roads. We spoke to representatives of Ontario Hydro about the placement of large new transmission lines which will run from Kingston to Ottawa to Cornwall to Kingston.

We organized a number of seminars and hikes including

- 1) a workshop on backpacking
- 2) an overnight hike around Slide Lake
- 3) a hike on one of the Gould Lake loop trails
- 4) a cross-country ski clinic
- 5) a cross-country practical ski lesson
- 6) a cross-country ski hike near Gould Lake
- 7) a snowshoe hike by the light of the full moon
- 8) three hikes for Ontario Hiking Day

Cathy Grant spearheaded efforts to look into the possibility of establishing a trail around the outer boundaries of Kingston. A display was manned at Frontenac Mall one Saturday to enlist new members. Several specific trail maintenance work parties were organized. A section of trail which was obliterated by logging operations north of Lake Opinicon was rerouted and rehabilitated. Hundreds of Trail marker triangles were painted. The entire Kingston end of the Trail was accurately measured and detailed descriptions of the Trail were compiled for the new maps and Trail Guide. We published two of the Newsletters.

As you can imagine, all of this effort takes considerable time and interest! If you have any interest in sharing in the responsibility for any Club activities, we would be glad to hear from you. Get in touch with me, Jack Watkins at 389-4354, or write Box 15, Kingston.

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WHO ARE THESE PEOPLE, ANYWAY?

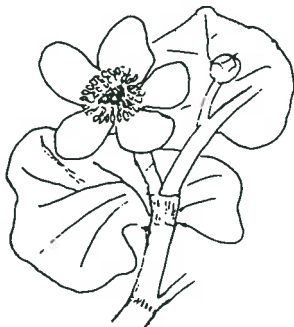
The newly elected executive of the Kingston Rideau Trail Club are

Past Chairman: Norm McLeod, 153 Morenz Cres. (Telephone 546-9440)

Chairman: Jack Watkins, 43 Huff Ave. (389-4354)

Vice Chairman: Sally Wills, 59 Brock St. (544-2801)

Secretary: Tara Seguin, RR 1, Inverary (353-6212)
Treasurer: Jane Knapp, 32 GretnaGreen. (542-2039)
Publicity: Marion Watkins, 43 Huff Ave. (389-4354)
Maintenance: Doug Knapp, 32 Gretna Green (542-2039)
Rideau Trail Representatives: Jack Watkins
Arne Henrickson, 56 Sherwood Dr. (544-0465)
Vacant - are you interested? If so, call Jack
Watkins for details.
Negotiations: Dick Henricksen (547-5536)



Marsh Marigold

WATERFRONT USERS COMMITTEE

There is a new group in Kingston, the Waterfront Users Committee, which is working towards:

- 1) increasing public access to the waterfront,
- 2) retaining present public access to the waterfront,
- 3) an integrated waterfront plan for the city - not all recreational, not all industrial or residential, but an aesthetically pleasing mix,
- 4) increased public awareness of waterfront issues and the rights of citizens.

Coming up soon, there will be street-end clean-ups on Queen and Cataraqui Streets. There will also be a meeting to discuss public access to the Teron property. For information contact Dorothy Geiger 546-6705 or 547-5971. Join W.U.C. by contacting Margaret Phipps-Walker at 548-8203.

FALL NEWSLETTER

Articles and pictures for the Fall Newsletter should be sent to a member of the Ottawa Club Publicity Committee (see the new officers, page 3) by August 5, 1976.

KINGSTON RIDEAU TRAIL CLUB COMING EVENT

Aug. 15 Family corn roast at Gould Lake. More details later.

ANNUAL GENERAL MEETING

If you weren't present at our annual general meeting you certainly missed an interesting meeting and a superb lunch in the brisk outdoors. Thank you Ted, for the delicious chili. This repast was served in the Rideau River Provincial Park following the business meeting at the Agricultural College, Kemptville, on May 8th.

At the business meeting we had the President's address (in this newsletter), the report of the Secretary, the Treasurer's report (we are still solvent), the slate of new officers was presented and several motions were passed. One of these regards a change in the fee schedule as follows:

Membership (except for senior citizens)	\$ 5.00
Senior citizen membership	3.00
Map Kit	3.00

The new fee schedule no longer includes the map kit with a first-time membership and also eliminates membership categories. The first change actually creates a fee reduction for families who sustain their membership, and the second eliminates the previous unfairness of having families subsidize single adults and students (the previous fee in these latter two categories was insufficient to cover the cost of servicing the membership).

The new Board of Directors, elected by this meeting, is as follows:

President	-	V A C A N T	
Past President	-	Doug. Knapp, 32 Gretna Green, Kingston	542-2039
1st Vice President	-	John Cameron, 915 Ellsmere Rd., Apt. 106 Ottawa	226-2335 749-3512
2nd Vice President	-	Dr. R. Henriksen, Kingston	547-5536
Secretary	-	Norman McLeod, 53 Morenz Cres., Kingston	546-9440
Treasurer	-	Dr. T. LeSage, 56 Aleutian Rd., Ottawa	828-6015
Membership Secretary	-	Mrs. G. Taugher, 14 Durham St., Kingston	546-6538
Publicity Coordinator	-	V A C A N T	

Three directors from the Central Region will be appointed by the new Board and three directors from each of the two clubs will be appointed by the club executive.

As this list indicates, the positions of PRESIDENT and PUBLICITY COORDINATOR remain unfilled - a very critical weakness. If you would be willing to serve in either of these positions please inform any one of the directors listed above.

Attendance at this meeting was very disappointing. There were approximately 40 people present which is about 2% of our total membership.

One of the highlights was the presentation of the "200 Award" to HENRY HEALD, of Ottawa, who hiked the whole 201 miles from Ottawa to Kingston. Our congratulations to Henry.

Following the meeting we watched a delightful film about mountain goats in British Columbia, called "The Big Horn". I understand the children saw this film both backwards and forwards. The former certainly made a hit. Then we adjourned for lunch.

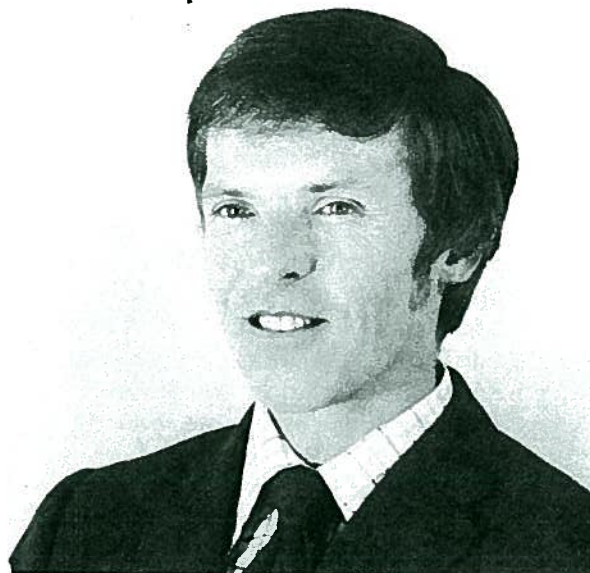
At 2:15 p.m. we met at the Howard Ferguson Forestry Headquarters where one group was taken on a tour of the tree nursery and the other group toured the nature trails for an hour or so. Many of us saw the "painted trillium" for the first time. It was a lovely afternoon, cool but sunny. Upon the completion of our tours we were each given a 2 year old spruce tree to take home and plant. Each time we see those trees we will remember the Rideau Trail Association - a living reminder of the hiking, enjoyment of nature and the fellowship with other hiking friends.

Doug. and Jane Knapp

PRESIDENT'S REPORT

ANNUAL GENERAL MEETING, MAY 8, 1976

It is my pleasure, on behalf of the Board of Directors, to welcome you here today to this - the fifth annual general meeting of the Rideau Trail Association. We hope that you will find the meeting both informative and entertaining. Perhaps it will also provide an opportunity to make and renew acquaintances with others who share your enjoyment in the outdoors, nature, conservation and hiking. Following the formal part of the meeting, we hope that you will stay to enjoy some of Ted LeSage's famous chili and afterwards a hike in the Howard Ferguson Forest adjacent to the College. I understand that the forest is known for its prolific spring bird population.



This is the conclusion of my third and final year as President. Association by-laws wisely insist that no member of the Board serve for more than three consecutive years in a given position in order to maintain a continuing influx of new ideas and to prevent the entrenchment of power cliques of any sort. On my retirement, my feelings are definitely mixed. At the same time that I pass on the responsibilities, I realize that I am also passing on many intangible rewards. I wish these same considerable satisfactions for my successor.

The Rideau Trail Association is now firmly committed to its role as an environmental group. Having a trail system automatically forces us to be concerned for its future. The past year has seen the slow but steady growth of the Rideau Corridor Preservation Fund with which we hope to be able to respond eventually to some of the pressures which threaten the integrity of the trail.

One of the main individuals behind the creation of this fund was our energetic and capable publicity coordinator, Harry Walker, who died of a sudden heart attack on December 8, 1975. His presence has been sincerely missed by all of us. Following his death, several members of the Association made a special contribution to the Corridor Fund in Harry's memory. Although no property has been acquired yet with the support of this fund, and although it is still very small, it will grow and undoubtedly serve significantly in the future. I am certain that Harry would approve of this memorial.

Another important aspect of our work this past year has been the strengthening of communication links with the Ministry of Natural Resources and with the CORTS Commission. Discussions have concerned Murphy's Point Provincial Park, Frontenac Provincial Park, and the support that the CORTS Commission can provide to help protect and improve the Trail system throughout the whole Rideau Corridor.

On another front, the battle to maintain and protect the integrity of the Trail continues to be waged by the Federation of Ontario Hiking Trail Associations (FOHTA). The Federation represents the ten hiking trail associations in Ontario of which the Rideau Trail Association is second largest, both with respect to length of trail and also membership. Unfortunately we are still only represented by one individual, Doug. Knapp, whereas we are permitted to have two according to the by-laws of FOHTA.

A second representative is sincerely needed. If interested, please let me know.

Probably the major accomplishment of the association this year was the trail measurement project undertaken during the summer of 1975. Two students were hired to measure the complete main trail using a measuring wheel constructed by Guy Thorne. Maintenance volunteers completed the job during the fall, measuring side trails and loops.

The information obtained has been published in two ways. The first, done by Ed. Simpson and Ray Billingham, is a condensed version on the back of our new trail maps. These descriptions are an enormous improvement over the original descriptions and many thanks should be extended to Ed and Ray for a fine job. The second manner of publication has been undertaken only by the Kingston Club and consists of a thirty-two page guidebook. In this, the descriptions are more complete than on the back of the maps. Historical and natural descriptions of points of interest are included, as well as thirty-three miles of side trail description which the maps simply could not include. Well over a hundred guidebooks have already been sold (thank goodness - we had 1,200 printed!).

On a negative note, the Central Region continues to lack a club to properly stimulate local interest and participation. Our three Central Area directors, Duncan Douglas from Merrickville, Gary Davies of Perth and Harry McCoubrey of Smiths Falls have continued admirably to represent the region and to organize the maintenance of the trail. However, with so few members actively involved, the trail's existence is undoubtedly precarious. I would recommend that the incoming Board make the revival of the Central Club an objective of highest priority.

The Kingston and Ottawa Clubs have both held their annual general meetings during the last two weekends. I am very pleased to see the vigorous activity of both of these clubs and their gradual assumption of a more vital role within the Rideau Trail Association. Many exciting activities are being sponsored by both clubs and this is indeed a healthy trend. These include the development of the Cameron property near Richmond, the acquisition of a ski cabin in Frontenac Park, the updating of the whole map kit, publication of the guidebook, sponsorship of backpacking and cross-country ski seminars, organization of a multitude of hikes, maintenance work parties, normal routine maintenance and trail rerouting. Directors of the Rideau Trail Association are drawn largely from the executive of the clubs. With the excellent leadership now evident in the clubs, the strength of future Boards looks very promising indeed.

A very great amount of time and energy goes into the running of the Rideau Trail Association and before I retire I would like to thank all of the members of the Board who have worked so hard over the past year. Without the enthusiastic and dedicated efforts of all of these people, the Rideau Trail simply would not exist.

In conclusion, ladies and gentlemen, I would like to thank you for your kind attention and to tell you a very short story which undoubtedly is irrelevant. In the middle of what I thought was a particularly excellent lecture yesterday, I asked one of my students if he was learning anything. "No Sir", he said - "I am just listening to you".



Touch-me-Not

FINANCIAL STATEMENT

FOR

THE TWELVE MONTHS FROM 31 MARCH 1975 TO 31 MARCH 1976

BOOK BALANCE 31 MARCH 1975	\$2553.19
BANK BALANCE 31 MARCH 1975	\$2583.19

RECEIPTS:

Memberships	\$4252.94(79.91%)	
Donations	746.65(14.01%)	
Sale of Crests	162.55(3.05%)	
Sale of Maps	13.00(0.24%)	
Miscellaneous Income		
Refund B Crawford	13.00	
Refund FOHTA	93.98	
Refund Stale-dated Cheque	3.55	
Guide Books - Kingston	8.00	
Unaccounted Receipts	20.00	
U.S. Exchange	1.95	
Uncashed cheque to 31 Mar '76	6.85	
	<u>147.33</u>	
		<u>147.33(2.77%)</u>
		5322.47
		<u>5322.47</u>
		\$7905.66

DISBURSEMENTS:

Newsletters	1487.45	
Lumber, Hardware	214.44	
Travel	75.00	
Crests	299.86	
Distance Measuring	456.00	
Annual Grants (KTC 162.50, OTC 162.50)	325.00	
Lawyer Fees	102.65	
Membership (FOHTA)	10.00	
Adds	7.40	
Postage (Newsletter)	257.96	
Printing	955.15	
Refreshments	53.68	
Advances	60.00	
Insurance	66.80	
Maps	982.91	
Postage, Stationery, Etc.	377.28	
Transfer (to Corridor Preservation Fund)	147.00	
N.S.F. Cheques	9.00	
Uncashed Cheque to 31 March 1975	30.00	
	<u>\$5992.58</u>	
Bank Balance 31 March 1976		<u>5992.58</u>
Plus Deposits (C.P.F. Fund)		<u>\$1913.08</u>
		<u>916.10</u>
BALANCE TO 31 MARCH 1976		<u>\$2829.18</u>



Alternate-Leaved Dogwood

HOW TO SELECT YOUR FIREPLACE OR CAMPFIRE WOOD

Beechwood fires are bright and clear,
If the logs are kept a year.
Chestnut's only good they say
If for long its laid away.
Birch and fir logs burn too fast,
Blaze up bright and do not last.
Elmwood burns like a church yard mold,
E'en the very flames are cold.
Poplar gives a bitter smoke
Fills your eyes, and makes you choke.
Applewood will scent your room
With incense like a sweet perfume.
Oak and maple, if dry and old
Keep away the winter cold.
But ashwood wet or ashwood dry
A King shall warm his slippers by.

Anonymous



RECIPES FOR HIKERS

Granola #1 ingredients:

6 cups rolled oats
1 cup sunflower seeds
1 cup slivered almonds
1 1/2 cup shredded coconut
1 cup sesame seeds
1 cup wheat germ
1 teaspoon vanilla
1/2 cup honey
1/2 cup oil

Procedure:

- 1) mix dry ingredients
- 2) add oil
- 3) melt honey and vanilla together
and pour over mixture
- 4) place on a cooky sheet and bake
until brown at 325°

Granola #2 ingredients:

3 parts rolled oats
1 part sunflower seeds
1 part raisins
1/2 part peanuts
1/2 cup honey
1/2 cup oil
pinch salt
mixed dried fruits(optional)
1 part sesame seeds

Procedure:

- 1) mix dry ingredients
- 2) for every ten cups of dry ingredients,
add 1 cup of melted honey and oil and
just enough water to moisten mixture
- 3) cook at 250° for an hour
- 4) dried fruits are added last

Granola can be kept indefinitely if kept dry and can be eaten dry or with milk.

Bannock ingredients

4 cups flour
6 tbsp. sugar
1 tsp. salt
1/3 cup cold bacon fat
milk or water
4 tsp. baking soda

Procedure:

- 1) mix dry ingredients
- 2) cream the fat in with a fork adding small
amounts of water or milk until the dough
gathers into a ball with no dry spots

- 3) press this into a flat pancake not more than an inch thick and dust the top and bottom with flour
 - 4) heat a pan (preferably cast iron if you're not backpacking)
 - 5) grease pan and brown the bannock on both sides
 - 6) continue to cook for about 15 minutes or until it is baked through
- Serves 3-4

Hard tack ingredients:

5 cups of flour
1 tsp. salt
1 tsp. sugar

Procedure:

- 1) mix dry ingredients thoroughly
- 2) slowly add enough water to make a stiff dough
- 3) roll out dough into 2 1/4 inch thickness and cut in sections
- 4) bake in greased pan until bone dry
- 5) let cool

Hardtack makes a nourishing snack

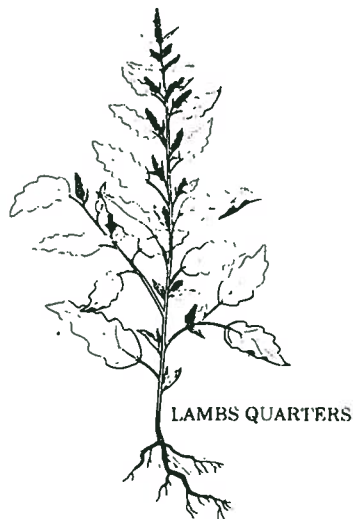
Lamb's-Quarters (Chenopodium album)

This plant is found all over the continent, in meadows and open spaces. The stem ranges in height from 1 to 3 feet, is erect, and green in colour, turning reddish toward the base.

The leaves have either toothed or lobed margins, and the flowers are green and clustered.

The leaves and seeds can be eaten raw alone or added to a salad. The leaves boiled make a delicious and nutritious green vegetable. The seed can be ground and cooked to a thick gruel. This gruel can be eaten as porridge, or baked into cakes.

In the prairies this plant is widespread and considered a bad weed. Here it does not take over crops to such a degree and provides good eating for hikers, campers, and even urban gardeners.



DOGGONE!

Owners of land over which the Rideau Trail passes are generally pleased with the good manners and consideration shown by hikers on their property. However, there is a problem concerning dogs which hikers bring with them and allow to run freely around the landowner's house and buildings. For example, the Danbys who live between Perth Road and the ski cabin on Slide Lake are concerned about a danger to their two cats from visiting dogs, and also that their own rather large dog might find one of the visitors a rather tasty morsel. For these reasons the Danbys now feel obliged to lock up their own pets during weekends.

It would be sincerely appreciated if hikers with a dog would be careful to see that it is properly leashed when within a quarter mile of any dwelling along the trail.

The goodwill and generosity of landowners is something we all realize cannot be put in jeopardy.

ONTARIO CHAMPIONS

You may recall the article in Newsletter 16 describing the giant trees along the trail in the Cataraqui Cemetery just north of Kingston. It was mentioned that some of the giants might well qualify as Ontario's largest. Well, their measurements were submitted and two are now listed as the largest known Ontario specimens in the Honour Roll of Ontario Trees. The two champions are a Hemlock of 41 inches diameter at breast height and an average crown spread of 66 feet, and an American Tamarack of 31.5 inches diameter and crown spread of 43 feet.

The "Honour Roll" makes very interesting reading to anyone interested in trees. You can obtain a free copy simply by writing to the Ontario Forestry Association, 150 Consumers Road, Willowdale, M2J 1P9, Ontario.

GUIDEBOOK

GUIDEBOOK

GUIDEBOOK

The RIDEAU TRAIL GUIDEBOOK, describing 97.8 miles of trail from Kingston to Narrows Lock is available (to members only). This is an excellent aid to anyone planning a hike in this section. To get your copy send \$1.00 to:

Guidebook,
19 Charles Street,
Kingston, Ontario.

Why not do it now?

Why not do it now?

Why not do it now?

GRAPHIC DISPLAYS

Most of you have seen the many pictures of Rideau Trail Association activities displayed at several of our meetings. Several pictures of the Kingston Rideau Trail Club annual general meeting on May 1st were displayed at the Rideau Trail Association annual general meeting last week in Kemptville. We are fortunate to have such a competent, interested and capable photographer in our midst. Maybe we should have a title of R.T.A. Photographer and give it to Norm McLeod. Thank you Norm for all the wonderful displays.

D. J. Knapp

RIDEAU TRAIL WANTS A POT BELLY

Pot bellied stove that is! If you have an old wood stove that could be used in our cross-country cabin at Slide Lake, please call Jane Knapp at 542-2039.

ONTARIO HIKING DAY

Opinicon Loop Hike

Despite the threat of rain, the certainty of bugs, and the lack of sunshine, about eighty hikers turned out for the Opinicon Loop Hike. The Hike, of about six miles, led by Doug Knapp, was a success with only a few sprinkles of refreshing rain. Although the bugs were out in droves, we didn't get more than a few bites. Three cheers for Off!

Quite a bit of wild life was seen - a porcupine, a deer, a black rat snake, a hawk and of course herons at the rookery. We hiked across two or three beaver dams, investigated the disappearing stream and some caves. Some of us waded in Lindsay Lake about a mile from the finish.

Several unusual wild flowers were found along the trail - even Poison Ivy! Two of the flowers were "Pale Corydalis" kin to "Dutchman's breeches and Bleeding-hearts", and the other was "Fringed Polygala" which grows three to four inches high and has a beautiful purple-pink, rather large flower. Several lovely bell shaped yellow flowers called "Wild Oats" were seen as well as Jack-in-the-Pulpit, Violets and Trilliums, of course.

I hope all the hikers managed to avoid getting poison ivy and in spite of a few stiff muscles, I hope we'll meet again soon on the Trail.

Gould Lake Hike

This was led by Sally Wills and Kathy Grant. Nineteen people showed up at 9:30 at Sydenham High School. First of all, we checked to see if everyone had lots of repellent against the black flies! It was fairly wet on Tom Dixon and the Wagon Trails with slippery embankments presenting difficulties for some. By the time we reached the Desert Lake Road the black flies were quite annoying and everyone was looking for a break. We stopped for lunch by Cronk Lake where there was a cool breeze. We headed back into the East Trail and when we arrived at the junction of Tom Dixon and Mica Trail, the consensus was to return on the Tom Dixon and escape the bugs as soon as possible. When we arrived at the Wagon Trail it was pouring rain which actually felt refreshing after the humidity of the woods. Hopefully the hike next year will be more enjoyable; that is, before the blackfly season!

Little Cataraqui Creek Hike

Meanwhile, back in Kingston it was raining at 1:30 PM when the hike began, led by Marion Watkins, Debbie Peters and Ed Ross. We had a small group - fifteen people - and about fifteen had gone on ahead of the organized hike. Everyone got wet feet quickly because of the low-lying areas of the Trail. In spite of this, everybody enjoyed the walk. It was pleasantly warm, there were no bugs and the birds were singing. Some of us had seen rabbits, a mallard, carp and lots of Red-winged blackbirds; as well as all the marsh wildflowers.

Litter: Do you know how long your litter lasts? A Pennsylvania State University study concluded that a steel or tin can will last until 2074, an aluminum can will be around until 2114 and a glass bottle wouldn't deteriorate until the year 1,001,973. Makes you stop and think for a minute, doesn't it?

OUR THANKS TO DOUG. KNAPP

For your enthusiasm, hard work, creative ideas thoroughly carried out during your three year term of office as Rideau Trail Association president, Doug, thank you from the Association members.

LESSONS ON LIGHTNING

Every year lightning kills about 150 persons and injures some 250 others. According to lightning expert Dr. Martin A. Uman, over 25 percent of lightning's victims are struck while they're engaged in some sort of outdoor recreation. This means that such things as camping, hiking, boating, golfing and sightseeing - the stuff summer vacations are made of - can be very dangerous.

Dr. Uman reports that lightning strikes the earth roughly 100 times per second. Though no one can explain exactly what causes lightning, scientists do know that a thundercloud is a complex electrical field. At the top of the cloud are ice crystals carrying a positive charge; at the bottom of the cloud is a large negative charge. Normally, the earth is also negatively charged. But as a thundercloud passes above, the negative charge in the bottom of the cloud induces a positive charge on the ground below. When the difference in charges becomes great enough to overcome the insulation of the air, a long spark of lightning begins. A bright streak pushes down from the cloud; streamers of light rush up to meet it. Lightning flashes and cracks. The air, rapidly heated to a very high temperature, expands, then contracts, causing a crash of thunder.

Lightning may flash from cloud to cloud, but when it travels from cloud to ground, or vice versa, it seeks the easiest path.

Lightning kills more people standing under trees than in any other spot.

But other locations are dangerous, too. Lightning hits mountaintops almost as often as trees. Large open spaces, when you're the tallest object, are especially dangerous.

To avoid becoming a lightning casualty while you're enjoying the outdoors, follow these simple rules if a storm comes up;

If you're near a tall wooden mast, post or tree, stand off at a distance twice the object's height.

When camping, stay out of your tent if it's pitched in a high spot or under a tree.

While hiking in a forest, seek shelter in a grove of the smallest trees. Get off a mountain top before a storm starts and take shelter in a cave, ditch or canyon at the bottom of a cliff.

If you're riding, dismount and lie down away from your horse. Stay away from cattle or sheep, too. Don't touch wire fences or stand near them.

On the golf course, avoid sun and rain shelters unless they have lightning protection. Get out of your golf cart and drop your clubs or anything else that's metal - even an umbrella. Crouch in the lowest place you can find.

Keep away from beaches or water. In a small boat, drop your metal fishing rod, take off a jacket with a metal zipper and lie down.

If lightning does strike someone, don't leave first aid to the experts. Immediate resuscitation can restore breathing and prevent brain damage.

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.

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PLEASE NOTE that tax deductible receipts will not be issued for donation of less than \$5.00 unless specifically requested.

Helen & Arne Henrikson



If undelivered, please return to:

Rideau Trail Association
Box 15
Kingston, Ontario
K7L 4V6
Canada



3/76

APPLICATION FOR MEMBERSHIP - RENEW NOW FOR 1976-77

Please check whether.... New membership_____or Renewal of membership_____

NAME(please print):_____

MAILING ADDRESS:_____

(Please include postal code.) Telephone:_____

I enclose \$_____to cover the following:

MEMBERSHIP FEE: \$5.00
Senior Citizen: 3.00

- (a) Membership fee _____
- (b) Plastic map kit(\$3.00) _____
- (c) Crest (badge) (\$1.00) _____
- (d) Guidebook (\$1.00) _____
- (e) 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