



The Rideau Trail NEWSLETTER

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FRONTENAC PARK — The Simpsons

CANADIAN NATURE CONFERENCE

The 1976 Canadian Nature Conference, sponsored jointly by the Canadian Nature Federation and the World Wildlife Fund (canada) was held at Carleton University, Ottawa, from May 20 to May 22. The Rideau Trail Association was offered space in the display area, and we were able to set up a small booth.

The six foot by eight foot back panel, green and sky blue with a paste-up of the twelve maps running from corner to corner to show the complete trail, was titled "Come Walk with Us Along the Rideau Trail". At the front of the booth a table was covered with black and white enlarged photos and on a back-projection screen unit a change sequence of 80 colour transparencies was displayed.

A reasonable amount of interest seemed to be aroused and many questions were asked. Brochures and copies of a previous Association newsletter were kept available on the table, and about 90 of the former and 80 of the latter were taken.

Most of the impact should be credited to Norm McCleod's photo enlargements and to Ed and Shirley Simpson's interesting selection of very beautiful colour slides. The writer's wife, Joyce, in spite of an attack of bursitis, aided in the construction and erection, and an artist friend, Leonard Gerbrandt, came to our rescue and lettered the big title. The author also 'hosted' the display .

This display, while a fair amount of work to construct, erect, and accompany, was for me an interesting and enjoyable experience.



-Mort Neale

A CLUB DISCOUNT

Margesson's Sports Ltd. is once again offering a courtesy discount of 10% to members of the Rideau Trail Association on most catalogue items. To receive the discount a trail membership card along with other identification would have to be shown at the time of purchase; a photostat copy if ordering by mail.

Catalogues are free and are available on request from Margesson's, 17 Adelaide Street East, Toronto, Ontario, M5C 1H4.

THE TINY SHREW

The smallest of all living mammals, the soft-furred shrew is probably the most abundant mammal in Canada. In some areas, its population is estimated to reach up to 200 per acre. The ferocity of this relative of the mole is attributable to its extreme requirements for food. In fact, during its 16 month life, the common shrew does little but stalk, kill and eat prey, rarely even stopping to sleep.

The pigmy shrew, smallest of all the shrews, is only about two inches long and weighs approximately a tenth of an ounce, equivalent to the weight of a dime! In proportion to its weight, the surface area of its body is massive, in far greater ratio than in the case of an elephant, for example. The high ratio results in an excessive loss of body heat, and means that the shrew must constantly eat to replace the heat loss. In fact, pigmy shrews have been known to starve to death if deprived of food for as little as six hours. To avoid such an untimely departure, the pigmy shrew consumes three to four times its own weight every day, attacking and killing prey up to three times its own size.

Diminutive size is not the only distinction of the shrew; it is also the world's only venomous mammal. Its poison, not unlike snake venom, can induce a comatose state in a small victim in a minute or so; if the shrew had the capability of injecting all of its poison in one bite, it could even be fatal to a human. Fortunately, it does not have such a capability, although a bite can render a person's hand, for example, relatively useless for two or three days. The water shrew is a highly skilled diver and swimmer. In very calm conditions, it can even walk and run on the water's surface! Fine silky hairs on the water shrew's feet trap globules of air that actually serve as miniature pontoons.

Shrews are valuable in the control of insects and earthworms, two of their favourite meals. Indiscriminate diners, they also eat salamanders, frogs, mice, snails, dead animals, nuts, berries and even other shrews. Among their natural enemies are domestic cats, snakes, foxes, and particularly hawks and owls, which are not deterred by the shrew's strong scent glands.

--from Wildlife Report: The
Canadian Scene. International
Wildlife.



NEW TRAIL SIGN IN PERTH

As part of the activity on Ontario Hiking Day, 1976, a new sign marking the Rideau Trail was unveiled in the Town of Perth, opposite the Town Hall, and on the trail itself.

The project was undertaken to promote increased awareness of the trail in the Perth area, through which it passes. The Rideau Valley Conservation Authority constructed and donated the sign to the trail. The cooperation and efforts of Mr. O. Stirajs of the RVCA are sincerely appreciated, as is the donation of the sign. The Perth Town Council authorized erection of the sign and the Perth Public Library permitted its installation on their property.

Just prior to the Ontario Hiking Day hike, organized by the Ottawa Rideau Trail Club, Mayor Carl Greer of Perth issued a proclamation concerning Ontario Hiking Day and, drawing attention to the existence of the trail in the area, formally unveiled the sign. He was assisted by Gary Davies of Perth, one of the Association's directors. After the ceremony, the 25 hikers present took off on a walk on the trail to Bowes Mill, along the Tay River.

Thanks are due to the organizations that helped in getting this project of the ground and to Harry McCoubrey of Smith Falls who stayed behind after the ceremony and dug a few holes to get the sign into the ground.



Mayor Carl Greer of Perth, and Gary Davies unveil the sign.
(photo courtesy of The Perth Courier).

BOOK REVIEW

TITLE: Eyes on the Wilderness
AUTHOR: Helmut Hirnschall
PUBLISHER: Hancock House, 1975.

Helmut Hirnschall immigrated to Canada from Austria at the age of twenty-seven. His memories of Austrian wildlife were

of forests where trees stood in rows like soldiers, and the ground was as smooth as a carpet. All along I thought I had known the face of nature and after a few days of living in the Canadian northern wilderness I realized that I had been deprived of a very essential part of man's original birthright: the chance to experience unspoiled nature.

Hirnschall renders aspects of the natural history of wild animals with an almost disarming naivety, and he interprets the beauty and order of nature with simplicity and precision. His penetrating sensitivity to the wild is evidenced by his poetically perceptive accounts of a variety of Canadian wildlife.

This book ought not to be construed as a purely scientific primer on various species of Canadian wildlife. Rather, although the facts presented are scientifically sound, the author's clearly stated intent is to present

a personal testimony to my love for the Canadian wilderness. I am confessing to this love with a childish impudence and dedicate this book to all those who suffer from the same affliction.

Herein lies the appeal and readability of Eyes on the Wilderness.

Hirnschall punctuates his 175 pages with over two hundred complementary sketches. Drawing from a vault of experience as a commercial artist and now primarily devoting his artistic talents to book illustration (My Heart Soars, by Chief Dan George), these sketches contribute to the delight and information of the book. His apt reference to a number of Indian legends dealing with animals will appeal to readers of all ages.

Eyes on the Wilderness also serves as a vehicle for environmental awareness. By means of explicit and scientific contrasts between the Austrian wilderness he knew as a child and that of North America, the author reminds us that we are still fortunate to find unspoiled wilderness in Canada. He also cautions us that unless we practise responsible restraint in recognizing nature's place in our society, this heritage wilderness will all but disappear and its "existence will survive only as a memory in book and song."

Mike Moran.

TREE LORE

There are about ten species of larch(genus name) growing in the northern hemisphere and three of these, the Alpine Larch, the Western Larch, and the Tamarack, are native to Canada. The European, Siberian and Japanese Larches are exotics that are often seen in Canada as ornamentals.

Larches are tall and slender trees with straight and gradually tapering trunks. The crowns are narrow and open. Unique among native conifers, the larches' 'leaves' yellow in the fall and are shed prior to winter. Larches are also characterized by two different kinds of twigs. Towards branch ends and on branchlets, the twigs extend and bear leaves singly; while back on the branches the twigs don't elongate and the leaves crowd and appear to be in clusters. These twigs are spurlike growths scarcely 1/16" and appear along the branches. The leaves are needle-shaped, slender, flexible and soft to touch. Among the larches they can vary in length from 3/4" to 1 3/4" and the number in the 'clusters' varies from 10 to 50. Cones are born on the dwarf twigs and mature in a single season. The bark is scaly and the inner bark is a vivid reddish purple.

The Tamarack is the only indigenous larch found in Eastern Canada. It is often found in sphagnum bogs and swamps, but because it needs light, it rarely grows in pure stands.

Specific features will help you distinguish the Tamarack from the other larches. The needles are about 1" long and the clusters contain from 10 to 20 of them. The cones are only about 1/2", light brown when mature, and contain about 20 smooth scales. They open in the autumn and stay on the tree throughout the winter and the following summer. The bracts are shorter than the scales of the cones and can only be seen at the base. The seeds are 1/8" long and the seed wing about 1/4". The twigs are slender, orangey-brown and hairless. When young, the bark is thin, smooth, and gray, but with age it becomes reddish-brown and scaly. Like all larches, of course, the Tamarack also loses all its leaves as winter approaches.



The Tamarack, also known as the Hackmatack, Eastern Larch, or Alaska Larch, can be found along the trail and is a distinctive conifer to get to know.

jane arnott

TRAIL GUIDEBOOKS

Within the first six months of its existence, over 300 copies of the Kingston R.T. Club's Guidebook have now been sold. This guidebook describes the many miles of side trails which are not covered by the descriptions on the reverse side of the maps. In addition, it provides a much more detailed description of the main trail than that covered on the reverse of the map sheets. For the dedicated hiker, it is a must; for the armchair hiker, a stimulus!

Copies are available for \$1.00 to R.T.A. members only. To get yours, send your name, address and the \$1.00 to
Guidebook,
19 Charles St.,
Kingston, Ont.

Wouldn't it be great if there were guidebooks to the other two major divisions of this great trail system? The field work has already been done. The measurements are complete, and all that remains is the checking, amplifying and editing to develop a publishable manuscript. Is anybody interested? If this kind of job appeals, let me know. Wouldn't a set of three guidebooks to the whole trail system be great?

-Doug Knapp

WORK PARTIES

This fall Rideau Trail members from the various sections of the trail will be doing a fair amount of trail care and maintenance. Care of the trail is an ongoing process, and requires willing hands. You are all encouraged to get out and help keep your trail in shape.

September 25, Saturday:

A work party will be going out on the Ottawa section of the trail. Work will include painting of markers, pruning of shrubs, and picking up of refuse. All members at all interested, please contact Ed Simpson at 828-1679 for more information.

October 16, Saturday:

Would you like to help cut a ski trail?-build a cross-country ski bridge?-help install a stove in our ski-cabin? This 'fun' work party needs your help. Why not give Doug Knapp a call at 542-2039 (Kingston) and offer your talents, muscles, energy and brains. We need you.

New Conservation Area Sign

Conservation Areas throughout Ontario, which provide recreational services to the public, will now be designated by a new Conservation Area sign.

Watch for these new signs when you want pleasant relaxation and recreation.



A CANOE TRIP ALONG THE RIDEAU WATERWAY

The Rideau Waterway, route of the pioneers and settlers of the early nineteenth century, has fascinated me for years. This interest culminated in a canoe trip along this historic route with my son from June 19 to June 27, 1976. I made the decision at the beginning of June, secured permission to remove Billy from school a week early, bought the necessary supplies to flesh out the camping equipment we already possessed, and selected our 17 foot Grumman (one of three canoes we own) as the best canoe to do the trip. Another decision was to commence the trip at Kingston and paddle towards Ottawa. This was done for several reasons: this was the directions the early travellers of the waterway took to reach their new lands; this was the direction Colonel John By took to inspect the finished waterway before returning to England; the prevailing winds along the waterway are from the southwest, an important factor particularly on the lakes; there was the psychological factor of heading to Ottawa and home which would help in completing the journey if the weather was bad.

We left Ottawa on Saturday 19 June at 1100 hours with, what seemed at the time, more equipment than two people really needed. We arrived in Kingston at 1400 hours and readied our canoe and equipment in Kingston Harbour. Our journey began at 1500 hours, and we hadn't left the inner harbour before a severe storm forced us off the river at Bells Island, quite wet. An hour later we made it across the Cataraqui to a marina at Barkers Point, where better shelter was found while we waited out the storm. The heavy rain stopped about 1630 hours, and we resumed our journey to Kingston Mills. A rocky gorge leads to the flight of four locks at Kingston Mills. To the right of the locks was the old course of the river as it tumbled down what must have been a beautiful waterfall. The flight of four locks combined with the steep rock cliffs on either side, make this one of the more impressive sights along the waterway. Near the top lock stands one of the four blockhouses still to be seen along the Canal (the others are at Newboro, the Narrows and Merrickville). The blockhouse is not in use, and needs attention; Parks Canada has plans to restore this fine old building when funds become available. Standing at the upper lock, one can see clearly the magnitude of the work that was necessary to transform this location from its original state to what it is today. We shall long remember Kingston Mills as the spot where all our fishing gear was stolen by people who came into the lock and campsite area between midnight and 0300 hours. This turned out to be the only trouble we experienced on the trip, and the police constable who took the report on Sunday morning said we were lucky that it wasn't worse for the area was often subject to such vandalism. On Sunday morning the lockmaster drove us to a gas station close by which sold a limited amount of fishing equipment and we purchased new gear.

By Sunday noon we were on our way again, in the rain, and crossed Colonel By Lake, the River Styx, passed Lower Brewers (or Washburn) Lock, and made camp at Upper Brewers Locks. Billy caught a good sized pike (18" long, about 10 lbs.) while fishing from the canoe in the channel between Colonel By Lake and the River Styx. The pike gave him a good fight and was so big that it bent the hook almost straight. At Brewers Mill Locks he caught another half dozen medium sized bass after supper. Brewers Mills is a lovely spot with good facilities for canoeists and campers.

We left Upper Brewers in the rain on Monday morning, and travelled the peaceful winding rock-lined channel to Cranberry Lake. This is really a beautiful stretch of water with trees forming thick curtains along steep rocky banks. We crossed Cranberry Lake, and Little Cranberry Lake before

noon, and saw the channel that leads to Seeleys Bay. Cranberry Lake is today a lovely well controlled lake, but I reminded Billy of the great difficulty that the builders of the canal encountered in the fetid swamps that once existed here. The steel bridge at Bass Point can be passed underneath by canoe without disturbing the bridge tender who happily waved to us as we paddled along. The winding channel from Seeleys Bay to Whitefish Lake is very interesting (even in the rain) and again Billy took time to cast a few lines. Whitefish Lake is large for a canoeist, and the western shoreline afforded the best protection on a rainy windy day. Less than an hour took us past Hog Island into the little bay which lies at the foot of the great flight of locks at Jones Falls. This is my favourite spot on the waterway, for it is the scene of the greatest of all the achievements of Colonel By and the engineers and builders of the route.

It was a thrill for me to be "locked through" the giant staircase of the main flight of three locks, 45 feet to the large turning basin which leads to the fourth lock that completes the rise of a full 60 feet. Beyond, the rock-bound channel gives access to the great arched dam which creates the small lake about a quarter of a mile upstream from the upper lock. The entire works--dam, locks, pond--is a remarkable piece of construction, especially when considered that all the stone was hand cut and hoisted into place by small winches in the isolation of the Canadian wilderness. The magnitude of Jones Falls thrills me with wonder, and the beauty fills me with peace.

An excellent supper was enjoyed at the Hotel Kenney, and a pleasant evening fishing out around Hog Island before turning in at our campsite above the upper lock. We slept well that night.

We broke camp and sett off early Tuesday morning, again in the rain, through the unusually winding series of channels bounded by high cliffs which lead to the open waters of Sand Lake. We paddled along the south shore and through the short and beautiful channel which leads

to Davis Lock. This quiet, remote place holds back the waters of Opinicon Lake (formerly designated Mosquitio Lake, which tells us something of the hardship of the early travellers of the waterway). The main channel took us through what is called Murphy's Bay to a narrow, wooded corner at the north end to the lovely lock called Chaffeys. This is a most enjoyable spot, and the Hotel Opinicon is a great place to eat.

The day had become sunny and warm and Billy and I would have enjoyed a day's rest at Chaffeys, but because of the weather forecast we decided to try for the Narrows, some 10 miles distant. After a small refreshment at the Opinicon we set off for the lakes beyond--Indian Lake, Clear Lake, Newboro Lake and the Newboro Lock. The latter has been modernized and the new steel gates are operated by electricity--not nearly as interesting as the original hand-operated gates. We locked through quickly and paddled into Upper Rideau Lake, the summit level of our journey. While in the mile long channel between the lock and the lake, I reminded Billy that



Heading Off.

this channel was completely excavated by hand, in the dense forest. It was hazy and hot when we entered Upper Rideau Lake and later a cross-wind made our travel difficult. We arrived at the Narrows Lock shortly after 1400 hours. The lock master assigned us a campsite, and we set up our tent and had an early supper. Later we had a good chat with the lockmaster and his assistant in their office located in the top floor of the Narrows blockhouse; the ground floor is given over to modern washrooms and toilets. A pleasant evening of fishing began at 1630 hours, and after four days of rain the red sky at sunset heralded a fine day for Wednesday. It didn't rain that night for the first night since we had left Ottawa.

Big Rideau Lake is well named, for it is nearly 20 miles long and any wind over 10 miles per hour would make canoeing very difficult and hazardous. I arose early, checked and estimated the weather and the wind, and roused Billy early enough to be on our way by 0700 hours. Good time was made across a relatively calm plain of water (Horseshoe Bay, Bass Bay, Murphy's Point, Rocky Narrows) at our average speed of four miles per hour. Food and drink breaks were taken in the canoe, as usual, and after many pauses for witty remarks and lots of laughs, as usual, we glided into the marina at Rideau Ferry. This is not a good place to camp. The only spot available for tenting was at Safari Marina, with deplorable toilet and water facilities. Rideau Ferry's only redeeming feature is the good food at the Hotel. I couldn't wait to get back on the waterway and get out of there. However, Billy and I spent a pleasant evening looking at yachts and fishing, and we visited the Beveridge Locks on the Tay Canal.

--this feature will be continued
next issue as Bill and Billy
Moorman continue to Ottawa.

HEMLOCK (TSUGA CANADENSIS)

The Eastern Hemlock is found throughout the Great Lakes-St. Lawrence Forest Region and the Acadian Forest Region. It is usually found in mixed stands associated with Yellow Birch, Eastern White Pine, Red Spruce, White Spruce, Sugar Maple and Beech.

This medium size tree generally has a straight and tapering trunk, with slender and flexible branches. Its leaves are perhaps the most reliable distinguishing feature, and are flat with a round or indented tip. They are dark green, grooved above, and marked with a white line on each side of the midrib below. They appear two ranked on the twig.

It is useful to note that hemlock wood is not suitable for campfires since it throws off sparks. The knots are very hard and will dull an ax. By the way, the hemlock tree of the forest is in no way related to the water hemlock plant.

By steeping the needles of young hemlock trees in a pot of hot water for about 10 minutes, a very good pot of tea can be made.

ON THE WING

This is an ideal time of year to witness bird migration--the more or less regular, extensive, seasonal movements of birds between their breeding regions and their wintering regions. This article presents a limited selection of information on the mystery of this migration to augment our personal observations of birdlife in the area of Ontario roughly associated with the Rideau Trail.

Many species breed in this region over the summer months because it satisfies the need for abundant supplies of rich food necessary to sustain their high metabolism, suitable nesting conditions, and optimum daylight hours for raising their young. Most of these summer visitors must leave before the deep chill of winter sets in and travel to other regions which will continue to offer favourable conditions. Thus, the yearly migrations result from a naturally selected tendency to live the year through in places where the conditions are optimum for survival.

Of those species that migrate in this area, most migrate latitudinally (north to south in the fall and in the opposite direction the following spring). The distance to the wintering area may vary from several thousand miles, as with the Bobolink which migrates to Brazil and the Great Blue Heron which often travels to South America, to several hundred miles, as in the case of the American Goldfinch, Tree Sparrow, and Slate-coloured Junco which winter in the Northern United States. Even the Blue Jay and Chickadee which we consider year-round residents tend to migrate out of the more northern portions of their range in the winter.

Swallows, Kingbirds, Waxwings, Warblers and other insect eating birds must leave early in the fall when their diet disappears with the advent of colder weather. Ducks, Geese, and Gulls feed largely from harvested fields; open water will often keep them around until the freeze-up. Grosbeaks, Buntings and Grouse can sustain themselves on berries and seeds throughout the winter in the south of their range along with Chickadees, Rough-legged Hawks and Owls.

Most strong flying small birds and most of the larger birds tend to migrate during the daytime. Swallows, Waxwings, Robins, Bluebirds, and most Blackbirds, Jays, Crows, Hawks, and Pigeons are among these diurnal migratory birds. The larger secretive birds and most of the smaller birds tend to migrate at night. These nocturnal flyers include Woodcocks, Woodpeckers, Nuthatches, most Thrushes, Orioles, and the majority of Finches.

Some birds migrate in flocks containing a single species; Waxwings, Crows, Kingbirds, and Nighthawks are representative of this group. Some flocks contain several species of the same family; Swallows, Blackbirds, and Wood Warblers for example. Other birds migrate alone; Grebes, Kingfishers, and Shrikes tend to be solitary migratory flyers.

A migrating bird travels to a very specific area both in the spring and the fall. Nesting and wintering activities tend to be carried out in the same small areas each year; Great Blue Herons and Yellow-bellied Sapsuckers being excellent examples. The precise mechanism of migration and navigation over such great distances and the accompanying physiological changes remain, in great part, a complex mystery; and the seemingly unending diversity and precision is awe inspiring.

Mike Moran.

PIONEER REFLECTIONS

Catherine Parr Trail compiled The Canadian Settler's Guide in 1874, twenty-two years after her arrival in Upper Canada. The book was to aid newly arrived pioneer women, and presents extensive descriptions of life in the new land.

Robbery is not a crime of common occurrence in Canada. In large towns such acts will occasionally be committed, for it is there that poverty is to be found, but it is not common in country places. There you may sleep with your door unbarred for years. Your confidence is rarely, if ever, abused; your hospitality never violated.

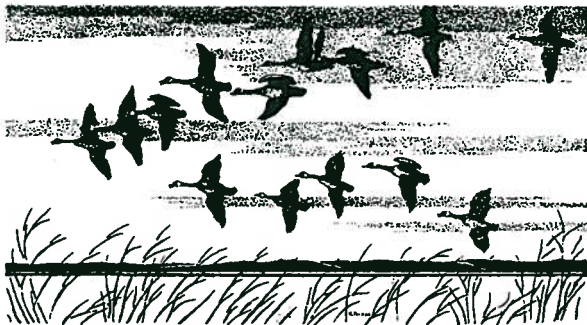
...

It is delightful this consciousness of perfect security: your hand is against no man, and no man's hand is against you. We dwell in peace among our people. What a contrast to my home, in England, where by sunset every door was secured with locks and heavy bars and bolts; every window carefully barricaded, and every room and corner in and around the dwelling duly searched, before we ventured to lie down to rest.

...

Surely we ought to be a happy and a contented people, full of gratitude to that Almighty God who has given us this fair and fruitful land to dwell in.

THE HIKER'S CODE



*How oft against the sunset sky or moon
I watched that moving zigzag of spread wings
In unforgotten Autumns gone too soon,
In unforgotten Springs!*
Frederick Peterson, *Wild Geese*

Respect the privilege of using the trail by following these rules: hike only along marked routes, do not leave the trail; do not climb fences or open gates but instead use the stiles; carry out all garbage and litter; protect all trees and shrubs and leave flowers and plants for others to enjoy; never strip bark from trees; keep dogs on a leash on or near farmland; walk around the edge of fields, not across them, and do not disturb farm animals; protect and do not disturb wildlife; do not camp or make a campfire, except at officially designated and posted campsites; no motorized vehicles; leave only your thanks and take only photographs; use the trail at your own risk.

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A GREAT CHILI

At the annual meeting this year, those present enjoyed a superb chili provided by Ted LeSage. Ted is kindly sharing this recipe with us. It is the recipe of E.C. Butler, chef for the La Ronde, and the Chevalier Grill, in the Chateau Lacombe, Edmonton, Alberta.

Serves: 10 Preparation Time: 20 minutes Cooking Time: 45 minutes

INGREDIENTS.

3/4 cup margarine or butter	2 tablespoons chili powder
2 cups diced celery	3 14-ounce cans kidney beans
3 large onions, chopped	2½ pounds ground beef (minced Chuck)
1 green pepper, diced	1 28-ounce can tomatoes (Bravo-Italian)
2 cloves garlic, crushed	1 cup water or beef stock (if water used add 1 oxo cube)
1/2 teaspoon oregano	salt to taste
1/2 teaspoon powdered cumin	

Heat margarine in saucepan; saute onions, pepper and celery until tender. Saute beef in same saucepan, break up with fork. Combine with remaining ingredients in suitable container.

If recipe is to be served soon-bring to boil, lower heat, and cook gently for 35 minutes.

If recipe is to be refrigerated or frozen, rely mainly on the reheating process for cooking time. (the storage ages and improves the flavour) Stir frequently to prevent burning, and consequent off-flavour, especially with large quantities.

AN HONOURARY MEMBER

Doug Knapp this year stepped down from the presidency of the Rideau Trail Association after three labourious years. The board of directors, in recognition of and appreciation for his efforts, energy, and eagerness, unanimously voted to give Doug honorary membership status .

ARCHIVIST

We have not yet been able to fill the archivist position and are still looking for persons interested. It's a position that would provide access to and knowledge of information relating to many aspects of hiking and the trail. Please contact any member of the executive if you would like further information on the job.

A REMINDER

Last issue we appealed to members with dogs to their pet adequately leashed when within a quarter mile of any dwelling along the trail. We would also like to remind members that pets must be on leashes no more than six feet in length when in Provincial or National Parks.

BILLBOARD-FUTURE ACTIVITIES

OTTAWA TRAIL CLUB

All members and friends are invited to take part in the following club activities. Mark these dates on your calender now! Car lifts are available from the West End Shoppers City (corner of Baseline and Woodroffe Ave., meet near the car wash) for the hikes.

If you wish further details, or have any ideas for future outings, please contact members of the club executive--Social Convenor, Dorice Joyce 728-8848, Club Chairman Ray Billingham 731-6071, Secretary Joan Moorman 733-5694, or Publicity Co-ordinator Jane Arnott 235-2183.

- | | |
|--|--|
| Monday
September 13 | A workshop on hiking and backpacking, with equipment display, talk and slides. To be held at the Ottawa Public Library, 120 Metcalfe Str., at 7:30 p.m. |
| Sunday
September 19 | Ahike on the central section of the Rideau Trail, from the Narrows on Big Rideau Lake (map 8). Bring a lunch and meet at 9 a.m., West End Shopper's City. The Ottawa group will meet Central Section hikers at 10:15 a.m. at the Blockhouse at the Narrows on Big Rideau Lake. |
| Saturday and
Sunday
October 2&3 | A backpacking and overnight camping trip along the Rideau Trail, either in Frontenac Park-Slide Lake area (map 10), or south of Westport in the Chaffey's Locks/Bedford Mills area (map 9). Meet at 8 a.m. at West End Shopper's City. Those who plan to participate, please contact Dorice Joyce at 728-8848 re. final arrangements. |
| Saturday
October 30 | Ahike into the Rideau Trail lot from North Gower Road (see map 4). Bring lunch and meet at West End Shoppers City at 9:30 a.m. |
| Sunday
November 21 | A hike from the Rideau Trail parking lot on Knoxdale Road to Richmond Road (map 2). Bring a lunch and meet at 9:30 a.m. at West End Shoppers City. |
| Saturday
January 8 | A cross-country ski or snow-shoe outing on the new ski loop, south of North Gower Road to Dwyer Hill Road (map 4). Bring lunch and meet at West End Shoppers City at 9:30 a.m. |
| Sunday January
January 30 | A cross-country ski or snowshoe outing on the Rideau Trail. Leave cars at Nicholson's Locks, ski into Merrickville for lunch at a local hotel (map 5). Meet at West End Shoppers City at 9:30 a.m. All interested members are asked to get in touch with Dorice Joyce, at 728-8848 before January 20, to enable Dorice to know how many persons will be taking part. |
| Saturday &
Sunday
February 26 & 27 | A backpacking and overnight camping trip on the Rideau Trail lot (map 4). Ski the loop and camp on the lot. Meet at the West End Shoppers City and 9 a.m. Those interested please contact Dorice Joyce, 728-8848, so that she can notify you in case of a change caused by bad weather. |

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.

BILLBOARD (cont.)

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| Saturday
March 12. | A cross-country ski or snowshoe outing on the Rideau Trail. Ski the big loop, maps 3 and 4. Bring a lunch and meet at West End Shoppers City and 9:30 a.m. |
| Sunday
April 10 | A spring hike in the Howard Ferguson Forest Station (map 5A). Bring lunch and meet at West End Shoppers City at 9:30 a.m. |

KINGSTON TRAIL CLUB.

- | | |
|---|---|
| Thursday & Friday
September 16-17 | Kingston Rideau Trail Club is planning to have a publicity display in the Kingston Shopping Centre each night from 7-9 p.m. Bring friends to see the display of maps, pictures and newsletters--meet club members and help our membership grow. |
| Tuesday
September 21 | Come and get a few ideas on backpacking and perhaps share a few of yours at a seminar. There will be no charge for RTA members (with membership card), and 50¢ charge for non-members. Speaker will be Doug Knapp, past president of the RTA, and active hiker in the Adirondacks, White Mountains of New Hampshire, as well as the Rideau Trail. The seminar will be held at LCVI at 8:00 p.m. Look for a sign in the foyer, indicating the room number. |
| Saturday and
Sunday
September 25-26 | An overnight backpacking hike. Watch the Friday Night Column of the Whig Standard for further details, or call 389-4354. |
| Saturday
October 2 | Explore ruins of old Lake Opinicon Village. The hike will be led by Jack Watkins. Meet at Skycroft Camp at 1 p.m. |

If undelivered, please return to:

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

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	(a) Membership fee	_____
Senior Citizen: 3.00	(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