

The Rideau Trail NEWSLETTER

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WINTER 1976



BLACK DUCKS, RIDEAU RIVER

TIPS ON WINTER HIKING, SKIING AND CAMPING

I came across some good points to keep in mind when spending any length of time outdoors in the winter in the Imperial Oil Review (of all places). The article was written by Bendt Berglund, a well known expert on WILDERNESS SURVIVAL.

In order to keep your hands and feet warm, you have to keep your head covered. The degree of heat in the brain apparently has direct correlation to the heat in the extremities. If the hands or feet are cold, put a hat on. If you are over-heated, leave your hat on and unzip the front of your parka.

Berglund really stresses the importance of proper clothing. He insists on Norwegian string net underwear made of cotton with 1/8 inch thickness and squares that measure not less than 1/2 inch. Next to the underwear, he suggests wearing a wool shirt. The cotton underwear admits wetness from the body's sweat and passes it on to the wool of the shirt without getting wet itself. You must remain dry in sub-zero temperatures. Wool pants are good for shedding snow although for skiing, I find loosely fitting ski pants work well. Also a cotton windbreaker is best because it allows the circulation of air throughout your clothing. The author suggests silk gloves under woolen gloves and also silk socks under woolen socks. These would be good if you could find them!

It is important to maintain the body's fluid intake of two quarts of liquid a day. Berglund suggests lots of hot tea and soup with orange juice regularly and no alcohol. Alcohol apparently could result in a shock to the system in cold conditions. As far as food is concerned the author claims 2000 extra calories per day are needed with the emphasis on eggs, butter and bacon--meals with high fat content.

Here are some brief points on winter camping. A mummy sleeping bag is good but whatever kind you buy, it should be a couple of feet longer than you are. You can use the extra room to store your parka and boots. Berglund suggests sleeping in the nude and using your clothes for a pillow. Extra inner linings are apparently good to have to build up layers inside your sleeping bag. Sleeping on three or four inches of snow is preferable with a mat of high intensity polyurethane foam 3/4 in. thick under your sleeping bag. A tent heater is suggested but, if one is not using a tent, an all-night fire would be necessary.

For further details Berglund has three books--WILDERNESS COOKING, THE EDIBLE WILD, and WILDERNESS SURVIVAL (Pagurian Press Ltd.) or write to National Wilderness Survival Incorporated, in Campbellford, Ontario.

Kathy Grant

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ERRATA: Kingston Area Guidebook

R.T.A. members who own a copy of the Kingston Area Guidebook should make the following corrections:

- (i) Page 1; km 1.0 Delete; "Trail enters treed area known as Squaw Point". Add: "Trail continues through scrub bush."
- (ii) Page 1; km 1.3 Delete "... stand of deciduous trees." Add: "... wooded area of pine and deciduous trees known as Squaw Point."
- (iii) Page 1; km 3.9 Delete "four". Replace by "five".

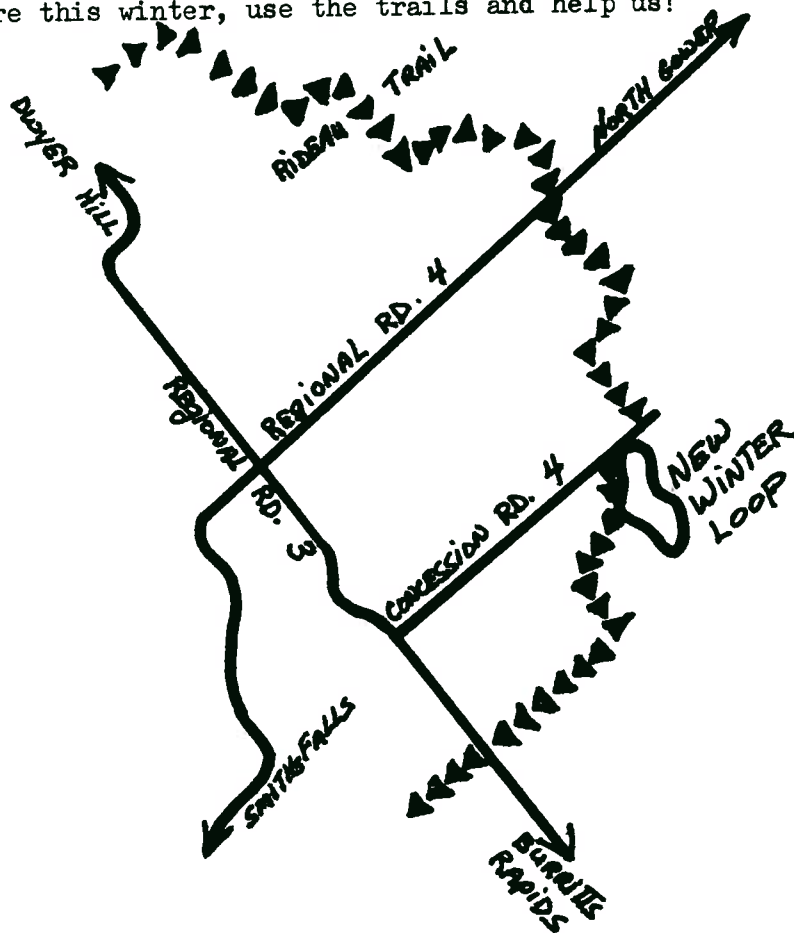
For those of you who keep forgetting to obtain a guidebook the technique again is to send your request with \$1.00 to Guidebook, 19 Charles St., Kingston, Ont.

ATTENTION OTTAWA AREA SKIERS AND SNOWMOBILERS

With the co-operation of the Ministry of Natural Resources we have constructed a new winter trail which we hope will be comparatively free from snowmobiles.

The trail is a 2 mile loop through interesting bush in Rideau Township (see accompanying sketch map and refer to Rideau Trail map 4). Access to the trail can be gained by driving off the Dwyer Hill Road along Concession Road 4. Those wishing a longer trip may park on the Dwyer Hill Road and go in along the Rideau Trail; this adds another 5 miles to the round trip.

We hope to build more winter trails in this general area, which at present is not well used by snowmobiles. We are sure that we can get more help from the Ministry of Natural Resources once we have demonstrated there is a real need for these trails. So get out there this winter, use the trails and help us!



A CHANGE

All Ottawa Trail Club members should make note that the hike scheduled for April 10 announced in the last newsletter, has been rescheduled to Saturday April 16 because of the Easter holiday.

ENVIRONMENTAL ISSUES

When it comes to the flagrant wastage of natural resources, one of the most offensive of modern developments is the non-refillable metal propane bottle, used to fuel mantle-type lamps. These heavy, super-strong cylinders must not be refilled. They even stipulate a \$10,000.00 fine for transporting a refilled cylinder. Moreover they may explode dangerously if the empty cylinder is inadvertently incinerated.

Non-refillable lamps are not only environmentally expensive (consuming materials and energy in their construction), but they cost a great deal to run. A 14 oz. gas cylinder which costs about \$1.50 will only run a lamp for about 5 hours; i.e. 30¢ per hour. A Coleman lamp, by contrast, which uses bulk fuel, costs less than 4¢ per hour to run.

So conserve both money, energy and materials by avoiding apparatus that uses pre-packaged non-refillable fuel containers. Finally, why not write your MP or MLA and propose a ban on non-recyclable fuel containers? It costs a lot more to make a propane cylinder than it does to make a pop or beer bottle!

Another environmentally unacceptable item is the non-refillable can of fuel for backpacker's stoves. These are being increasingly found along the trail and around shelters in popular hiking areas. Many different varieties of light-weight hiking stoves exist. If you are contemplating buying one, give high priority to the use of a fuel which may be purchased in bulk quantities.

Doug. Knapp

A QUIZ

Are the following statements true or false? Answers on page 11.

1. The beaver is an endangered species in Ontario.
2. The ice on which you are walking cracks; as you plunge towards icy blackness you should relax, planning to breathe from the layer of air just beneath the ice.
3. Body warmth is the best cure for frostbite.
4. Owls have excellent daylight vision.
5. If one becomes unexpectedly lost on a sub-zero night, the best thing to do is to push on grimly.

THE CORRIDOR PRESERVATION FUND

In August, 1975, as a result of a motion passed by your Board of Directors, the Rideau Trail Corridor Preservation Fund was set up. The fund is intended to help maintain the natural integrity of the Rideau Trail and its corridor from Kingston to Ottawa.

The fund is important because the trail is important. The trail links us to our past and to natural surroundings of this area. It is possible that things might encroach upon the trail and detract from it. It is to supply the Association with some means to prevent such incompatible uses that we ask for donations.

CROSS-COUNTRY SKIING ON THE RIDEAU TRAIL

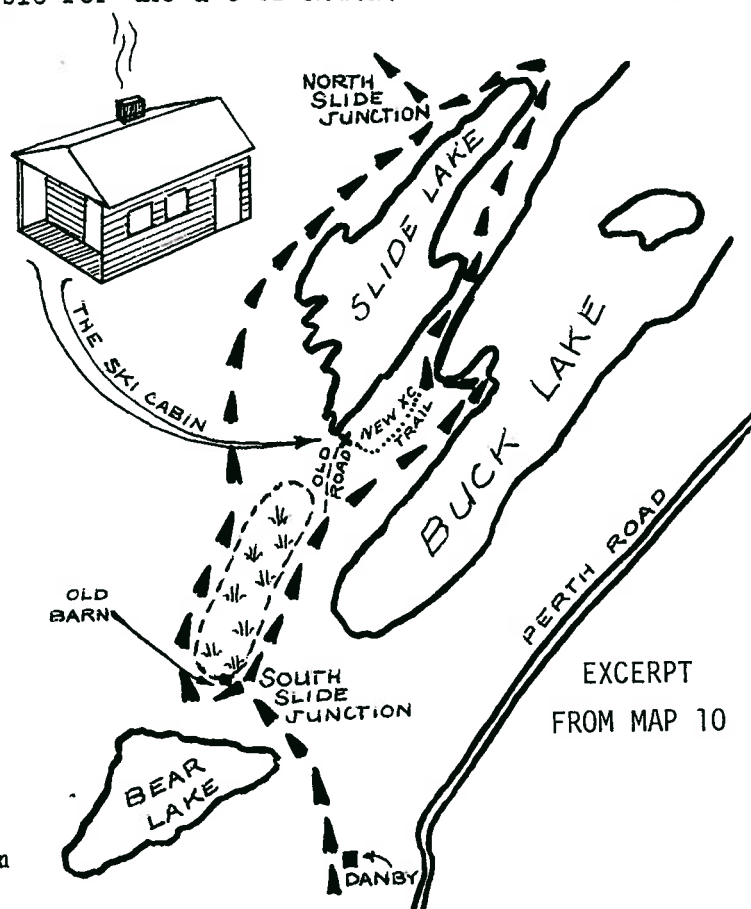
D. Knapp

Cross-country skiing is one of the fastest growing recreational sports in Canada today. Compared to the long tow lines for alpine skiers, ever increasing tow fees and hours of driving to get to the slopes, cross-country skiing is free, involves no waiting and is practically at your doorstep no matter where you live.

The Rideau Trail offers many excellent sections suitable for this use. Thanks to our recent measurement project these have now been clearly identified on the reverse side of maps 1 - 4, 5(a) and 9 - 12. Ottawa region identifies a total of 53.7 km as suitable, and Kingston region has 68.8 km which, of course, are also well described in the Kingston Area Guidebook. Why not give some of these a try this winter?

In addition, we also enjoy the use of a cabin in Frontenac Park for day use or overnight shelter. This cabin is available for the use of R.T.A. members and their guests. Members desiring to use the cabin may obtain the key from any of the Kingston Club executive or from John Cameron in Ottawa.

No wood supply is provided, but persons wishing to use the fire-place or stove may use any of the dead timber in the area. The cabin is equipped with a broom and dustpan, two kerosene lamps (bring your own kerosene), and a Quebec heater (wood stove) with one cooking element. The Quebec heater, by the way, is the very kind donation of Mabel Corlette of Kingston. The R.T.A. is indebted to Mrs. Corlette for her generosity.



SUGGESTED TOURS FROM THE CABIN

In addition to the outstanding 2.5 km trail between the Danby's (last house at the end of the drive in from Perth Road) and the cabin, the Kingston Club has added a short additional cross-country trail which provides a link-up between the cabin and the existing trail near Buck Lake (see map above). This is marked with blue triangles.

Another tour is to head north-easterly up Slide Lake from the cabin. At the north end of the lake, follow the swamp through the Labelle Gorge and on into Labelle Lake. From Labelle, cut east into Milk Lake and then east from it into Buck Lake. Tour south-westerly 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. Round trip - about 10 km (6 miles).

REQUIEM IN PAX

In September a special letter and questionnaire was sent to all members of the R.T.A. who reside in the Central Region bounded by Narrows Locks (near Westport) on the south and Kemptville at the north. In the letter, we sought to explain the reasons for the Central Club's suspension back in 1974 and the need for a trail club in each region. In the questionnaire we solicited the personal views and potential commitment of central area members with regard to a local trail club.

From the latter the response was definitely not very encouraging. Although it was obvious that the trail in the Central Region is being used and enjoyed, it was also obvious that interest in reviving the Club is insufficient to make a success of it.

Following the letter and evaluation of responses to the questionnaire, a public meeting was held in Smiths Falls on October 6 in order to discuss the future of the Club, as well as to publicize the trail and the R.T.A. To say the least, attendance was very disappointing - a result, at least in part, of weak publicity. The fact is that people living in Ottawa or Kingston simply haven't got the local knowledge and connections in order to ensure a vigorous response by the local media in Perth, etc. (- Just one more example of why LOCAL clubs are so important.)

In conclusion, it is now up to the R.T.A. board of directors to officially terminate the Central Club, and to divide the Central Region between the Ottawa and Kingston Clubs. It is expected that this region will still be maintained by the same individuals as in the past, although how their efforts will be organized and coordinated remains to be resolved at the November R.T.A. board meeting.

Doug Knapp

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A SUCCESSFUL WORKSHOP

On Monday, September 13, Rolly Hamilton, of the Ottawa Rideau Trail Club, led a workshop on hiking and backpacking. The session was well attended with about fifty people present.

At the beginning of the meeting, Ed and Shirley Simpson gave a great slide show of various backpacking trips that the club has taken over the years. The pictures reminded us all of the great beauty of this area.

Rolly talked about what features to look for when purchasing equipment, the differences between 'Good' and 'not so good', the drawbacks of certain types of items, and tips gleaned from personal experiences. He had borrowed a variety of equipment from the Outdoors Store, and a number of tents, backpacks, sleeping bags, footwear, and other hiking items were on display for people to examine. There was vigorous participation in the question and answer period that followed Rolly's talk, and all present benefitted.

We would like to thank Rolly, Ed, and Shirley for their efforts in putting the workshop together. There were a number of new faces present, and we expect that the next workshop, on map reading and orienteering, will generate similar interest.

KINGSTON EXECUTIVE MEETINGS

The following presents a summary of the executive meetings of the Kingston Rideau Trail Club that were held on May 10, 1976, August 4, 1976, and October 5, 1976.

We still are in need of a volunteer to act as one of the Kingston representatives to the Rideau Trail executive. Meetings are now held four times a year, on a Saturday, for several hours.

The survival of the trail needs members prepared to serve at the administrative level. Call Jack Watkins, 389-4354, if you are interested.

Plans were made to make a side trail and make a small bridge over a stream near the Kellar cottage.

A publicity display was organized on September 16-17 at the Kingston Shopping Centre.

A Quebec heater was donated and then delivered to the Kellar cottage, thereby enhancing the attraction of this winter ski shelter on Slide Lake. The cottage was also repaired and finished by a work party in October.

Dick Henrickson will be exploring means to obtain use of two sections of land, one at Westport and one near the intersection of Highway #2 and Sydenham Road, where as yet the trail has not been permitted to pass. Dick will also be considering plans to take the trail off roads and relocate them in more scenic areas.

Cathy Grant will spearhead efforts to get the Trail listed on the official plan of Kingston Township. If successful, we will be notified of any changes which might affect the Trail.

Every executive meeting is used to plan club activities and we are always looking for new people who will help out with these activities.

N. Watkins, Chairperson, Kingston Trail Club.

MAINTENANCE AID

I would like to express my appreciation to those members who volunteered their services for the work party of September 25th.

This was the first time that the Ottawa Rideau Trail Club has placed an advanced notice in the newsletter asking for volunteers for maintenance. The method proved very successful with thirty-eight workers responding. Thanks to the regular core of workers, the 85th Scout Troop, the group from Trend Village, and all the other families and individuals, 25 kilometers of trail were improved and cleaned up.

In the spring, most likely late April, a similar work party will be organized. A final date will appear in the spring issue of the Rideau Trail Newsletter.

Ed Simpson, O.R.T.C. Maintenance Committee.

A CANOE TRIP ALONG THE RIDEAU WATERWAY (cont.)

An early start was made on 24 June across Lower Rideau Lake. The channel known as Mud Cut at channel markers N574 and N575 is a worth while shortcut for canoes, for it bypassed a boring paddle through Cheese Boat Shoals and Bacchus Marsh. A mile or two downstream brought us to the long cedar-lined channel to the lock with the fascinating name of Poonamalie. This is a beautiful, quiet spot with good camp facilities. We pressed on after lunch of peanut butter and honey, for storm clouds were threatening overhead and two fishermen at the lock swore that the fish had vacated the area or were simply not interested. We arrived at the Smiths Falls Detached Lock just after 1200 hours, locked through and made camp at Victoria Park—the municipal campsite between the locks. Facilities for campers are good at Smiths Falls, and we spent a pleasant afternoon and evening (in the rain) at Victoria Park.

The next morning we were at the main lock at 0900 hours (in the rain) ready to go through. The new lock has a lift of 26 feet and replaces the three original locks on the right which are now no longer in use. The descent was swift, and we passed out to the Rideau River below. From here we could easily see the old stone arched bridge on Beckwith Street which is now covered over by a cement slab and cannot be seen from Beckwith Street above. Colonel By and the Royal Engineers constructed a similar bridge at Ottawa above the flight of eight locks. It was demolished many years ago when new bridges were constructed in the centre town area. This arched bridge at Smiths Falls must be one of the last extant in North America. The rain persuaded us to move on.

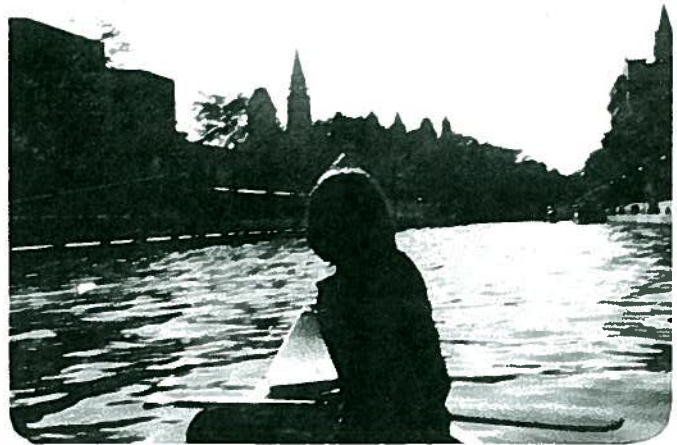
A mile further we came to a pair of locks named Old Slys—a very lovely and interesting stop along the way. The river channel in the two miles after Old Slys is crooked and narrow and we soon arrived at Edmunds Lock. Another three miles of winding channel brought us to another attractive spot, Kilmarnock Lock. We would have liked to have rested here, but the rain and threatening sky coaxed us on another eight miles to Merrickville, a small pioneer village founded at the end of the 18th century. Merrickville is a good spot for canoeists to stop. It has a few stores where one can replenish supplies, three interesting locks spaced out with turning basins, and a blockhouse built at the same time as the locks as part of a military program. The blockhouse was restored in 1967 by the Federal Government and was given to the Merrickville and District Historical Society to be operated as a museum of the early life of the Merrickville area. For those canoeists who aren't too weary, Collar Cemetery, burial place of William Merrick (1762-1844), and his wife Sylvia (1774-1848), and their eldest child Charlotte and her husband, Elisha Collier, is a mile walk from the locks.

We left Merrickville at 0900 hours, 26 June. Two miles down stream we came to Clowes Lock, a single lock on the left bank and the gracefully arched overflow dam, one of many along the route. Past this lock the channel crossed over to the right bank in order to enter the approach to the next pair of locks called Nicholsons Locks, situated one at each end of a long narrow cut through solid rock. Two and a half miles downstream is the village of Burritts Rapids. The long approach to the single lock is reminiscent of the approach to Poonamalie Lock. Burritts Rapids is a lovely spot, and the Anglican Church, built in 1831, before the opening of the canal, is well worth a visit.

Its about 26 miles from Burritts Rapids Lock to Long Island Locks, a rather dull stretch of level unbroken water. However, on this particular Saturday afternoon the monotony of this section of the river was broken by an unexpected vicious storm. Billy was fishing from the canoe in the area of Becketts Landing when I noticed heavy storm clouds off to the west moving north at a good pace, and suggested that we simply let them pass; only a few drops were felt on the river and it seemed we had missed the main portion of the storm. Suddenly the wind changed direction, and the storm now crossing

the river one half mile ahead turned about and galloped towards us at a great speed. We ~~barely~~ had time to cover our packs with our plastic tarpaulin when heavy driving rain whipped into punishing darts by high winds and two foot high white capped waves slammed into us. The initial onslaught heeled the canoe over to 45 degrees and threw us across the river against the east bank. At this point, I was very glad we had chosen the Grumman canoe for the trip, for I feel that anything less would have capsized or swamped. A cottager helped us secure the canoe to a tree and gave us refuge in his cottage for nearly an hour. When the storm abated, we bailed out the canoe and set out again. The storm pounded us twice more within the next two miles, forcing us to seek shelter beneath overhanging branches once and simply sweating it out the last time. Our energies were spent by the head wind and choppy waters, we were unable to make much headway, and I began to wonder whether we would reach our destination for the day—the small-craft marina just beyond the new Kars bridge, where very good friends, Tom and Donna Todd, live beside the golf course. Over the noise of the rain and our heavy breathing we heard a fast moving houseboat pull alongside us and the driver offered a welcome tow. Billy secured the bowline to the stern of the craft and we got a free ride for a good three miles or more to Kars. The bridge and marina were in sight, and soon we were moored at the public wharf. Tom rescued us just in time for we had no spirit left nor strength to go on. After a few beers and Donna's great cooking we felt much better, and we were able to recount the excitement of the trip to an interested audience. Sleep in warm dry beds came easily to two weary and very thankful canoeists.

27 June, 1976, 1000 hours, Billy and I left the small craft marina. Tom, Donna and their two boys, Matt and Gregory, were there to get us on the last leg of our journey. The paddle was uneventful to Long Island Locks, and after the storm of only 16 hours previous, 'uneventful' was just what we wanted. There are three locks at Long Island, with a lift of 25 feet. The personnel operating the locks are very cordial (as at all the locks along the way), and we went through easily. We are told, however, that the weather forecast was for thunderstorms that night. That was all we needed to decide on canoeing to the end of the waterway—the heart of Ottawa, at the great flight of eight locks that go down to the Ottawa River. From Long Island on it was fairly easy, plagued only by inconsiderate people with high-powered motor boats who never slow down for canoeists—probably because they've never been in a canoe when a motor boat went by.



"JOURNEY'S END — OTTAWA"

Eventually we arrived at Black Rapids Lock on the west bank. This lock has been mechanized, and I can only repeat that the method of operation isn't as nice as the hand-operated method. Further in we came to the lovely homes back of Revelstoke Drive in Ottawa and saw a friend from Merrickville who sailed a large yacht from Toronto to this point to visit relatives. A warm greeting was exchanged. We then locked through Hogs Back Locks and Hartwell Locks with four cruisers, and took our time paddling the canal to the National Arts Centre in the heart of Ottawa.

The journey was over, we had knit together the knowledge we previously had of the Rideau Waterway with one continuous canoe trip and the achievement was fantastic! We had

learned much about the life and difficulties of the pioneers and early settlers of the Ottawa Valley area and had gained a better appreciation of the general region and heritage that is ours.

Bill Moorman.

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BOOK REVIEW

TITLE: My Climb in the Alps and Caucasus
AUTHOR: A.F. Mummery
PUBLISHER: Quarterman Publications, Inc.

Witty, technical, compelling, truthful and realistic, A.F. Mummery's classic 1896 work on mountaineering is available in reprint form for all those who missed it the first time round.

Albert Frederick Mummery was an extraordinary climber and his exploits and viewpoints dominated the alpine scene of his era. His outlook toward mountaineering was that of unmixed play and his feelings of having fun and enjoying himself are interspersed throughout this 400-page hardbound book with his technical expertise and accomplishments. He was a principal exponent of guideless climbing and resisted the doctrine that an amateur roped between two guides represented the only proper climbing arrangement. Always looking forward to the next new challenge, he nonetheless viewed the mountains he had climbed as old friends and revisited them from time to time.

Although many books with handhold-to-handhold descriptions have been written, and many with rapturous, poetic descriptions of the peaks, in this book we find the magic, the fun, the comradeship, the slippery ice and the cold wind combined into what mountaineering is really all about.

This book is available for loan by writing Jack Watkins, 43 Huff Avenue, Kingston

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THE HIKING GOURMET

I am continuing to solicit recipes which are tried and true and especially suited for hiking/skiing.

If you have a favourite, why not send it to me and I will see that it gets into the newsletter. Send it to Jack Watkins, 43 Huff Ave., Kingston.

Mountain Bars

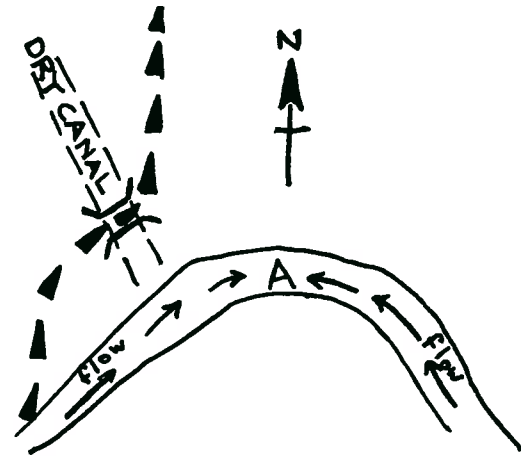
2 cups crushed vanilla wafers	1 cup seedless yellow raisins
1½ cups finely chopped nuts	2 tablespoons light corn syrup
2 cups powdered sugar	6-8 tablespoons honey
½ lb. finely chopped dates	½ teaspoon vanilla
½ cup finely chopped apricots	enough water to bind together

Combine all ingredients and add the water last. Knead. Press and shape into log rolls 2"x5". Roll in powdered sugar and wrap in plastic.

(comment: high energy but sweet)

A MYSTERY STREAM

Did you ever see a river that reverses its direction of flow? A ridiculous question--and yet just beside the Rideau Trail you can find a stream that appears to do this. It's an illusion, of course, but a mighty good one. This unusual spot is two miles from highway 401 north of Kingston (at km. 10.9 in map 12). Here the hiker will find a small tributary called Collins Creek. If you follow the stream about 50 metres you will encounter a small waterfall flowing towards you! How can this be? Can a stream flow in both directions?



Retracing your steps, you will quickly find a middle point toward which the flows from both sides converge (point A in the sketch). A close look here shows the flow disappearing under the north bank, from which point it threads its way underground through limestone crevices and caverns until it emerges behind the old mill at Bur Creek, one-half kilometer to the north.

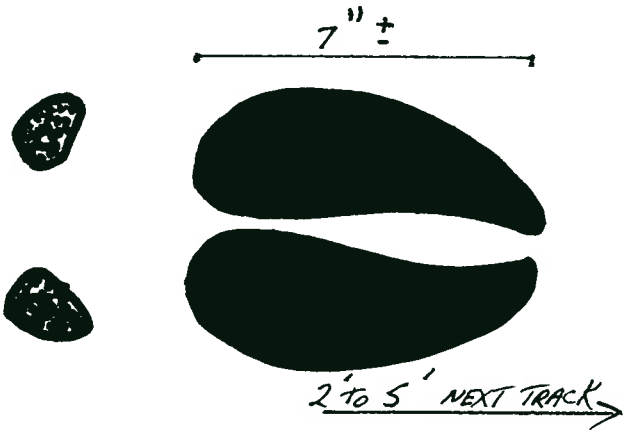
The dry canal (see sketch) used to carry water to the mill from a small lake at this site that had been created by damming the two streams. However, after the water found its underground passage the lake drained through it and the canal ran dry. This meant the demise of the mill, and thus also of the village of Bur Creek.

Doug Knapp.

QUIZ ANSWERS

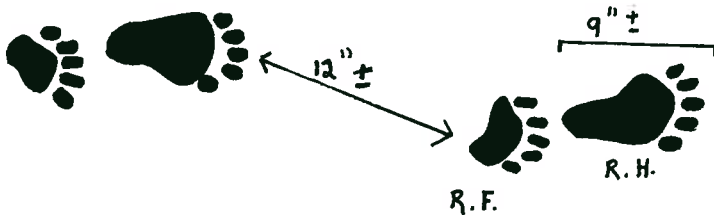
1. Nothing in past records indicates that there ever were more beaver living in Ontario than at present. Estimates for Ontario show a total beaver population of about 2 million.
2. No! Kick upward--hard and extend your arms. This could keep you from going completely under water, thus keeping you partly dry. Keep grabbing the ice and slide yourself out of the water with a breaststroke kick. If the ice will not support your weight, it might be possible to break a path to shore. While travelling on ice, the carrying of a long branch or pole might prevent your body from falling completely through the ice.
3. Body warmth is the best cure for frostbite; warm damaged areas against your body. Fire and snow further aggravate the damaged tissues.
4. Owls have excellent daylight vision. They are able, to a remarkable degree, to contract the pupil of the eye in bright light and to dilate it in the dark.
5. This is a dangerous fallacy. As Bradford Angier points out in "How to Stay Alive in the Woods", the best thing to do is to hole up in safe cover and get a fire going and go to sleep. Calories conserved in this manner will be used by the body to produce extra heat necessary to offset increased coldness.

MAMMAL TRACKS



MOOSE

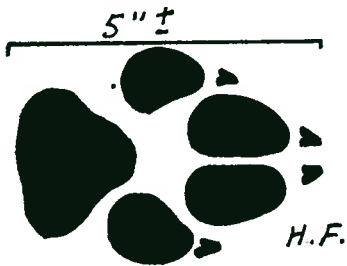
Mammals are those living things to which the term "animal" is often erroneously restricted. Mammals differ from all other animals in having hair at some stage of their lives and in suckling their young. Most mammals, unlike birds, tend to be nocturnal or secretive. Their elusive nature often precludes extensive prolonged observation. However, one way of learning something of the habits of these shy creatures is by studying their tracks. If conditions are favorable, the winter snows will reveal well-defined tracks of many of our mammal friends... This selection of tracks was taken from The Peterson Field Guide to the Mammals. There is also a Field Guide to Animal Tracks by Olaus J. Murie.



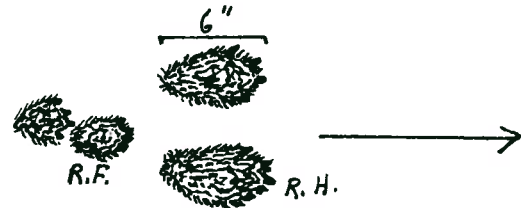
BLACK BEAR



PORCUPINE



WOLF



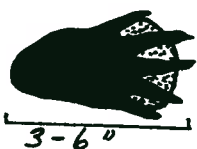
SNOWSHOE HARE



STRIPED SKUNK

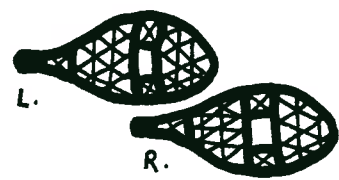


RACCOON



BEAVER

4" BETWEEN TRACKS.
HIND COVERS FRONT.



MAN

ACKNOWLEDGEMENT OF DONATIONS

Special thanks go to the following members who have made donations to the Rideau Trail Association from May 1, 1976 to October 31, 1976.

Sam Gelman	Dr. & Mrs. B.N. Smallman
Dr. Dusan Soudek	J.C. Ketchum
Dave Bailey	Mr. & Mrs. R.M. Powell
Henry F. Heald & Family	R.B. Wolton
J.E.D. Whitmore	Quentin Playfair
Henry Fliess	Dr. J.S. Cudmore
Ambassador Francois Pictet	Bruce W. Taylor
Peter & Joan Kirby	Suzette Desloges
Mr. & Mrs. T. Andrews	Douglas A. Bearance
Allan E. Levine	Margaret Johnson
Yves Roy	Waldraut Schlegal
Miss Catherine Emslie	Mr. & Mrs. John O'Neill
Dave B. Knight	Fred Leers
Mr. & Mrs. L.A. Csunynoscka	R. Armstrong
Mr. & Mrs. Angus Mair	Elizabeth Nuse
Mr. & Mrs. Michael Leo	Mike Lewandowski
Mrs. Pat Taylor	Caroline L. Caza
G.D. Hillier	W.F.J. Harwood
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Dr. John Meisel	Dudley S. Collins
E.B. McDougall	Dr. A.M. Bryans
Genevieve Donovan	John R. Fuller
Ms. Gabriella Lang	Mr. & Mrs. Harry Wilmshurst
David Jack Beer	Dr. & Mrs. R.J. Avery
Bernard Heywood	Dr. & Mrs. D.W. Einarson
J.K. Olson	F.D. McIntosh
Mrs. D.C. Arthur	Mr. & Mrs. W.B. Bolton
Mr. & Mrs. Martin W. Moser	David Bree
Mr. & Mrs. Victor Gaizauskas	Mr. & Mrs. Harry McCoubrey
Mr. & Mrs. David Smith	James A. Smith
Neil Lamont	Jim M. Smith
Mr. & Mrs. Peter Merkley	Jane Nelson
Lise A. Leroux	Mr. & Mrs. H.H. Gardner
Michael Drainie	Rene Bissonnette
Jane Arnott	Juliette del Junco
Mr. & Mrs. R. Priddle	V.M. Humphreys
Mr. & Mrs. H.W. Thomas	Mrs. G. Krotov.
James P. Foley	
Dr. J.S. Riordon	
Mr. & Mrs. V.E. Tant	
Douglas G. Sly	
Alec D. Macmillan	

FOUND

A Terry Williams rust coloured V-necked sweater, size medium, was found on the trail in Rideau Township, Concession IV (near Merrickville) on September 12, 1976. The owner should call G. Cote, 523-3408, on weekdays between 5:30 and 9:30 p.m.

CORRIDOR PRESERVATION FUND PLEDGE FORM

I pledge to donate the sum of _____ to the Rideau Trail Corridor Preservation Fund to help preserve the Rideau Trail corridor from incompatible uses.

DATE _____ SIGNATURE _____
WITNESS _____ ADDRESS _____

This can be sent to Corridor Preservation Fund, Rideau Trail Association, Box 15, Kingston, K7L 4V6. Donations of over \$5.00 will be acknowledged by an official receipt.

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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 calendar 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.

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|---|---|
| Saturday
January 8 | A cross-country ski or snowshoe 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 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 W.E.S.C. at 9:30 a.m. All interested members are asked to contact Dorice Joyce, at 728-8848, before January 20, to enable Dorice to know who 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 W.E.S.C. at 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. |
| Saturday
March 12 | A cross-country ski or snowshoe outing on the Rideau Trail. Ski the big loop (maps 3 & 4). Bring a lunch and meet at W.E.S.C. at 9:30 a.m. |
| Thursday
March 24 | A workshop on map and compass reading will be held at the Old Forge, 2730 Carling Ave., at 7:30 p.m. |
| Saturday
April 16 | A spring hike in the Howard Ferguson Forest Station (map 5A). Bring a lunch and meet at W.E.S.C. at 9:30 a.m. |

NOTE: the Hike previously announced for April 10 has been moved ahead to the next Saturday, April 16, because of Easter.

KINGSTON RIDEAU TRAIL CLUB

Wednesday CROSS-COUNTRY SKI SEMINAR

December 1 Learn about what to wear; how to wax and tar your skis; what equipment you need and where to ski.
The seminar is free and led by ski expert Sepp Wenzl.

Saturday CROSS COUNTRY SKI HIKE

December 11 For the novice as well as the more experienced; a chance to apply the knowledge acquired at the Dec. 1 seminar. Details for this hike will be announced at the seminar on Dec. 1 and in the Friday Night Column, Kingston Whig Standard, Dec 10, 1976.

Saturday CROSS COUNTRY SKI HIKE

January 15 Enjoy the winter outdoors skiing on the Rideau Trail on the Bonwill's property at Skycroft camp. Après ski hot drinks in the barn at Skycroft.

Meet at Skycroft at 12:30 for a two hour ski suitable for children and adults.

Wednesday WINTER BACKPACKING SEMINAR

January 26 An increasing number of people are talking about wanting to camp out overnight during the cold weather. Find out tips on how to winter camp and "live to tell the tale" at a free seminar led by an experienced winter camper. St. Lawrence College, Lecture Theatre 8 p.m.

Saturday WINTER BACKPACKING HIKE

January 29 Here's your chance to prove your mettle. A chance to try your hand at winter backpacking and spending one night on the trail.

Sunday Hikers will be using snowshoes so find, borrow or buy your pair now.
January 30 The hike will be led by Dick Henrickson, an experienced winter camper, and probably take place in Frontenac Park. Interested persons should attend the seminar on January 26, and must signify intent to go on the hike by telephoning Jack Watkins 389-4354, one week in advance.

Saturday SNOWSHOES AND THE FULL MOON

February 26 Romance. The winter landscape bathed in the moon's silver light. And hopefully, lots of untrod snow.

Meet Bob and Betty Mortimer at the barn at Gould Lake, 7 p.m. and enjoy an invigorating snowshoe hike--not long and especially for beginners.

Hot drinks afterward.

If you let Jack Watkins (389-4354) know well in advance, he will try to get some snowshoes for you.

N.B. Some of the plans listed above may be changed by weather and other factors.

To be sure that an event will be held as scheduled, read the Friday Night Column, Kingston Whig-Standard on the Friday preceeding the scheduled event or phone Jack Watkins, 389-4354.

If undelivered, please return to:

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

APPLICATION FOR MEMBERSHIP - RENEW NOW FOR 1977-78

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

* This is a Kingston Areas Guidebook only.