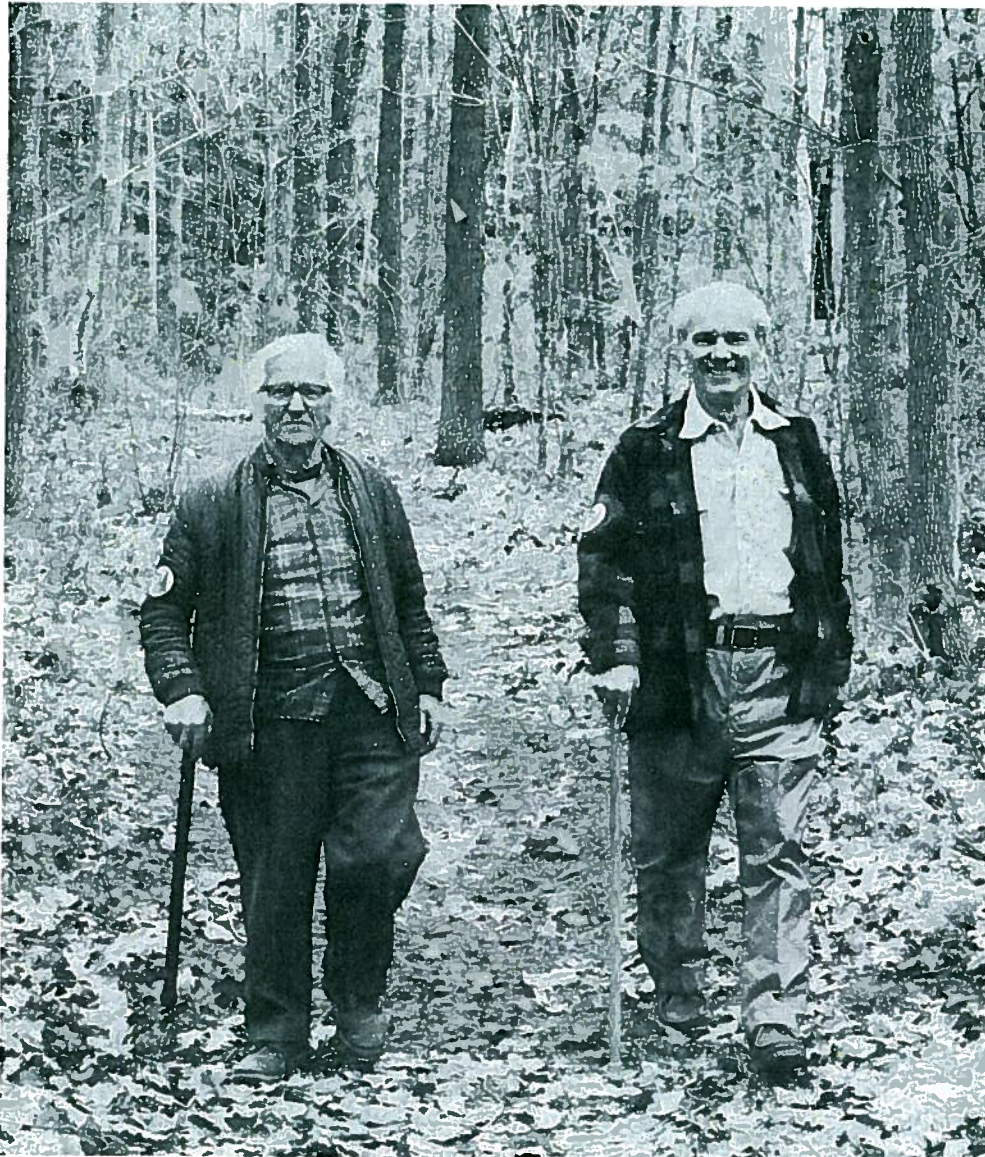




The Rideau Trail NEWSLETTER

*Published by the Rideau Trail Association
Printed on recycled paper
Issue No. 23*

SPRING 1977



Norm McLeod

Ed Ross and Harry Dyer with a spring in their steps.

THE AMERICAN ROBIN, HARBINGER OF SPRING

Although the American Robin (*Turdus migratorius*) is one of our most familiar North American birds, it need be no less interesting than the more exotic species which often command our attention.

Our robin was so named by the early colonists because it reminded them of the English Robin. As Oliver L. Austin, Jr. notes in Birds of the world: "So we find robins, related and unrelated, the world around, in America, Australia, India, Africa - wherever English is spoken."

The breeding range extends from the limit of trees in the north, across the breadth of the continent and into southern Mexico excluding the extreme southeastern United States. The breeding season is from early April to September. In the spring the males usually precede the females by about a week. Although they are too familiar to need much description, the males can be distinguished from the females by having a darker head and brighter breast. Young birds have a paler spotted breast. Adults return to the same general area each year; juveniles may return up to a mile away from their birthplace.

In southern Canada the first clutch of 2 to 5 robin-blue eggs is laid in late April or early May. Incubation usually takes 12 days, and the nestling period is about 14 days. Typically, this is followed by a second clutch, and in favorable conditions a third clutch is common.

The female constructs the cup-shaped nest of mud, twigs, grasses and other debris in 2 to 6 days. It is usually placed 5 to 15 feet above the ground, although extremes of height and location are great. Two or three storey nests are common and indicate that the nest has been previously used.

The American Robin is chiefly a fruit-eating species, although insects such as caterpillars, beetles, and worms comprise 40% of its diet. It typically cocks its head to examine food on the ground in order to get a better notion of its shape before seizing it. This is an example of monocular vision in which the bird looks with one eye while vision in the other eye is suppressed. This is a substitute for stereopsis (3-D viewing) which is poorly developed because of the lateral location of the eyes and the fact that they are more or less fixed in their sockets.

Its enemies include the domestic cat in residential areas, owls, squirrels, raccoons, crows, jays, grackles, and snakes. Robins will not tolerate the eggs of social parasites such as the Cowbird; they quite regularly remove the Cowbirds' eggs from the nest. External parasites include lice, flies, ticks, mites.

Despite detrimental effects on fruit crops while on its southern wintering grounds, this bird is advantageous in controlling insects.

Our robin is known to follow closely an average daily temperature of 2°C. The spring temperature rise is crucial to its return as it requires thawing ground from which to dig earthworms. It is our harbinger of spring.

Mike Moran

A special thank you - to the Frontenac County Library for the use of office equipment used in the production of this issue.

ONTARIO HIKING DAY 1977

Everyone now knows that Ontario has an annual ONTARIO HIKING DAY. The first and second holdings of this famous occasion have been in May, but this year FOHTA (the Federation of Ontario Hiking Trail Associations) has decided that perhaps the early Fall would be a change for the better. No springtime date exists that ensures freedom from snow north of Superior on the Voyageur Trail, freedom from floods along the Thames Valley or Rideau Trail, or freedom from blackflies everywhere.

Thus, it has been decreed that ONTARIO HIKING DAY shall henceforth be held about the first of October. This year, mark Sunday, October 2nd on your calendar and stay alert for further announcements.

D. Knapp

INVITATION TO HIKE IN NEW YORK

Members who expect to be in the New York metropolitan area with time for hiking are invited to write or phone R.T.A. member E.P. Belserene, about the possibility of joining one of the local clubs on one of the several hikes scheduled each Saturday and Sunday. Contact Ms. Emilia P. "Lee" Belserene,
9 Schley Avenue,
New Rochelle, N.Y., 10801
(914) NE 6-8763

HELP WANTED - KINGSTON TO PERTH AREA

A small number of Trail sections become available for "adoption" every year due to the moving or retirement of the individual who has been looking after the section.

A typical "adoption" consists of about 5 miles of trail which needs regular brush trimming in the late spring, and early fall, as well as occasional checks and general maintenance. The job is one of considerable enjoyment and satisfaction. If you are interested in the possibility of acquiring a piece of your own in the zone between Kingston and Perth, contact Doug Knapp in Kingston, at 542-2039.

MAINTENANCE '77

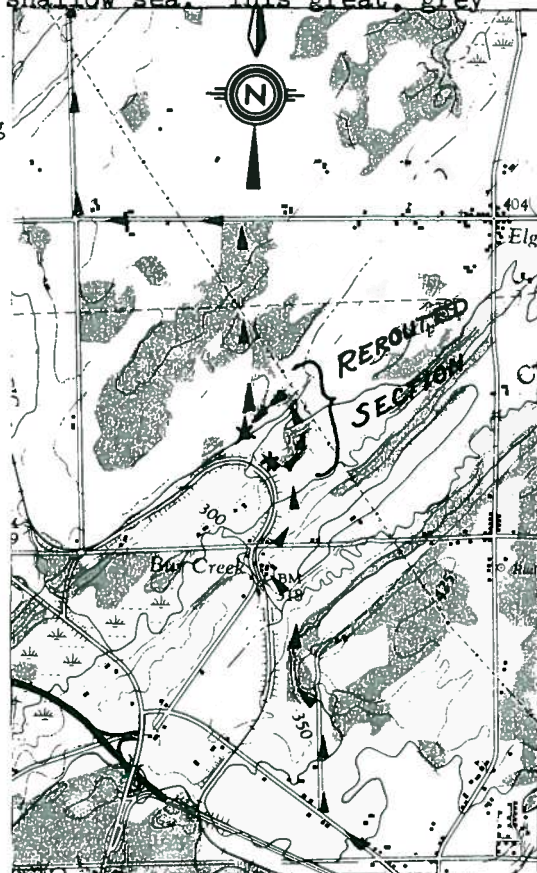
On Saturday April 23, another work group will be organized by the Ottawa Rideau Trail Club. The duties will be general clean-up, pruning, repainting and adding markers where required.

All members willing to take part, please contact Ed Simpson for the details.
Phone 828-1679.

A MINOR REROUTING ON MAP 12: A VIEW AND A GEOLOGICAL SURPRISE

About two miles north of Hwy. 401 and just north of the ghost village of Bur Creek, a minor trail rerouting has been done to take advantage of two interesting features of the landscape.

In the general area that lies between Sydenham, 10 miles to the north, and Kingston, three miles south, the geological nature of the landscape is what is known as "limestone plain" (the "Napanee Plain", to be specific). Under a very shallow layer of soil there lies layer upon layer of limestone, built from sediments and tiny marine organisms on the bottom of an ancient, shallow sea. This great, grey blanket stretching across southern Ontario from Windsor to Ganagoque sits upon a far more ancient base of pinkish granite known as the Canadian Shield. Usually the granite is well covered, being buried beneath more than two hundred feet of limestone and shale in Toronto, for example. However, here and there, where rounded and weather-scarred hilltops of the ancient shield stood higher than their surroundings, the limestone covering was thinner and more easily ground away by repeated onslaughts of glaciers. Thus, throughout the huge limestone plain we find rare patches of the great shield protruding like islands through a sea of limestone. One such island lies beside the Trail at the south end of the short rerouting shown in the map to the right.



This rerouting also provides a delightful new view to the hiker. The northern quarter-mile section follows the northern-western edge of a shallow but very broad valley, and from this ridge a lovely panorama to the south-east is presented.

If you are looking for a delightful afternoon hike in the Kingston area, why not try this one? Park where the trail leaves Bullen Road (which runs north from Old Hwy. 38) and hike north to the Elginburg-Glenvale Road. Total distance (one way) is 4.3 km (2.7 miles). The numerous small springs, caves and streams, the "two-way" creek described in our last issue, as well as the interesting geology and excellent view described above will ensure an enjoyable hike. This whole stretch is also excellent for cross-country skiing!

D. Knapp

A JOINT AFFAIR

On January 30 the Ottawa Rideau Trail Club was pleased to have 20 people from the Central Region, led by Duncan Douglas, join them on a very successful day trip. Over 50 people (on skis and snowshoes) traversed five miles of the trail to Merrickville where they enjoyed a hot lunch at the Merrickville Hotel before making the return trip to the starting point at Nicholson's Locks. In spite of the cold wind everyone enjoyed the outing.

WHAT IS YOUR KINGSTON CLUB EXECUTIVE DOING?

Every meeting of the Executive includes planning for work parties, seminars and hikes, as well as a discussion about manpower to accomplish them all. If you are prepared to help the Club in any way, please let us know. At present we are compiling names of people who would be prepared to lead a hike on the Trail.

We have had two meetings, Dec. 8 and Jan. 19, since the last Newsletter was published. We made the following decisions:

- 1) to put the finishing touches on the ski cabin at Slide Lake.
- 2) to attempt again to have Kingston Township register the Rideau Trail on its official plan so that any changes in zoning which might affect the Trail will come to our attention. We also want the Township to recognize the unique recreational resource which the Trail represents.
- 3) to try to "air" weekly ski reports on local radio stations outlining the sections of Trail suitable for cross-country skiing.
- 4) to plan the annual meeting of the Rideau Trail Association.
- 5) to consider the possibility of grooming some sections of Trail for cross-country ski use with the help of the Cataraqui Region Conservation Authority.
- 6) to present a brief in June to the Ontario Trails Council.
- 7) to arrange for Trail identification signs at Elevator Bay and Gould Lake.
- 8) to monitor the use of the ski cabin and keep records of its use. (It is very popular, by the way). A note to those planning to use it: the chimney is plugged; so, use the wood stove until a work party can clean out the chimney.
- 9) to support the City of Kingston's official plan as it relates to the filling of floodplains.

Dick Henrickson successfully negotiated for the use of a section of Trail proceeding north from Foley Mountain, Westport and work is proceeding to mark and clear it.

(Editor's note): Both seminars held recently were very successful. On Dec. 1, 1976 100 people attended the cross-country ski seminar ably led by Mr. Sepp Walz of Kingston. On Jan. 20/77 Dr. Gerry O'Connor of Lyndonville, Vermont spoke to 60 people about winter camping and survival during a very informative and entertaining evening. The Executive is sorry for any inconvenience caused by the date change (from Jan. 26) necessitated by circumstances beyond our control.

J. Watkins, Chairperson, Kingston Trail Club

KINGSTON CLUB COMING EVENTS

Sunday March 20	A cross-country ski hike to the ski cabin at Slide Lake will be led by Sally Wills. Skiers meet at 11:00 A.M. at the Perth Road School and proceed to Danby's parking area in fewer cars. Bring your lunch.
Saturday March 26	Dick Henrickson will lead cross-country skiers along the Desert Lake Road at the Northern end of Gould Lake to Salmon Lake and back in a 6 mile ski trip. Meet at Sydenham High School parking lot at 10:00 A.M.
Wednesday April 6	Annual general meeting of Kingston Rideau Trail Club - see article following Coming Events List.

- Saturday
April 30 Enjoy spring flowers, a reversing stream, impressive views, limestone caves, a ghost canal and outcroppings of the Canadian Shield on a hike with Doug. Knapp, from Bullen Road to Elginburg Road and return (total distance 5.4 miles). You can cut it to any shorter distance at your whim. For further information call Doug. at 542-2039. Meet at the Cataraqui Community Arena just north of 401 at 1:00 P.M. You'll be home easily by supper.
- Saturday
May 7 Annual general meeting of Rideau Trail Association. See full details on page 7.
- Saturday
May 28 Joint hike with members of the Ottawa and Central regions. See details in Ottawa Club's calendar of events.

A DIFFERENT ANNUAL GENERAL MEETING - KINGSTON CLUB

The 1977 annual meeting of the Kingston Rideau Trail Club is sure to have something of interest to you! A varied programme has been planned to inform and entertain you.

Enjoy home-baked refreshments!

See colour slides of your own Rideau Trail!

Hear a speaker from the Kingston Field Naturalists talking about bird identification!

See two short films - Birds of Canada and Bird neighbours!

Participate in Club business and vote on the new slate of executive positions!

Let's see you at 7:30 P.M. in the Press Room of Kingston's Olympic Building on Wednesday, April 6, 1977.

BACKPACK SNACK BARS

- | | |
|--|------------------------------------|
| 1 6 oz. can frozen orange juice concentrate, thawed and undiluted | |
| 1/2 cup quick oats, uncooked | 1/2 cup shortening |
| 1/2 cup cut, dried apricots | 1/2 cup granulated sugar |
| 1/2 cup cut, pitted prunes | 1/2 cup table molasses |
| 1/2 cup raisins | 1 egg |
| 1/2 cup chopped nuts | 2 cups sifted all purpose flour |
| 1/2 cup chopped dates | 1/4 tsp. salt |
| 1/4 cup wheat germ | 1 tsp. baking soda |
| 1 T. sesame seeds | 1 tsp. ginger |
| | 1 tsp. cinnamon |

Mix orange juice concentrate, oats, apricots, prunes, raisins, nuts, dates, wheat germ and sesame seeds. Cream together shortening and sugar. Add molasses and egg; beat well. Sift dry ingredients; stir into molasses mixture. Add fruit mixture and blend well. Turn into greased 13" X 9" pan. Spread evenly. Bake at 325°F for 35 min. Cool. Cut into 3" X 1" bars. Wrap in plastic film or foil to store. Makes 36 bars. These can be frozen.

The recipe was originally found in the recipe book, "Time honoured recipes of the Canadian West".

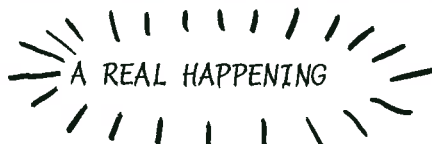
Kathy Otterspoor

HOW DOES THIS SOUND?

- A film on the Bruce Trail, produced in 1975, entitled "Among Other Things":
- A slide presentation on the Yukon Trail, featuring Fred and Ida Sainsbury, Ontario's two most intrepid hiking grandparents, telling about their 1976 backpacking hike over the Yukon's storied Chilkoot Pass:
- A delightful cooperative-style children's treasure hunt:
- A variety of skillfully-guided two hour hikes in a beautiful Conservation Area and Game Preserve:
- An "all-you-can-eat" weiner roast:
- Dynamic displays of the latest in hiking equipment:
- Slides and still photos of highlights along the Rideau Trail:
- A setting of trilliums, pines and giggling brooks in the spring sunshine on Foley Mountain:



What is all of this about? It's the 1977 Rideau Trail Association Annual General Meeting on May 7 and it promises to be



We feel so good about this programme that we know you will enjoy it even if it pours rain all day. The cozy, new Pan-Abode Nature Centre is as pleasant a setting as you could want, and all parts of the programme except for the hikes are indifferent to the weather.

So mark the date on your calendar, and get all your friends "hot-to-trot" on May 7 - rain or shine!

Here is the detailed programme:

- | | |
|-------------|--|
| 1:30 - 2:00 | Bruce Trail Film |
| 2:00 - 2:30 | Annual business meeting: Children's Treasure Hunt |
| 2:30 - 3:30 | "In the Steps of the Yukon Gold Seekers;
Featuring Fred and Ida Sainsbury |
| 3:30 - 5:30 | Guided hikes |
| 5:30 - ? | Weiner roast |
| | |
| 1:00 - 4:00 | Equipment, Rideau Trail, and FOHTA displays |

Cost of the weiner roast is 60¢ per person and everyone is invited - members and their guests.

To get to the Foley Mountain Conservation Area, drive up the hill that leads northward from the Village of Westport (See your R.T. map #9). At the top of the hill a sign on the east side of the road identifies the area, and beside the sign a gravel roadway leads to the east. Follow this roadway for about four miles directly to the Nature Centre on the shore of beautiful Upper Rideau Lake.

For further information, call Doug Knapp (in Kingston) at 542-2039 or Roy Billingham (in Ottawa) at 731-6071.

OTTAWA CLUB CALENDAR OF EVENTS

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.

- | | |
|----------------------|---|
| 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 | Learn about how to find your way with map and compass. This workshop, for the novice and experienced, will prove most interesting and informative. The workshop will be held at the Old Forge, 2730 Carling Ave. (at Richmond Rd.) at 7:30 P.M. |
| Tuesday
April 5 | Annual general meeting of the O.R.T.C. will be held at the Nepean Public Library, Merivale Road Branch, 1541 Merivale Road, at 7:30 P.M. There will be a slide show of Rideau Trail activities following the business meeting. We hope to see many members and would-be members out. |
| 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. |
| Saturday
May 28 | A hike on the Rideau Trail on the Bonwill's property at Skycroft Camp, near Chaffey's Locks. Ottawa Section hikers will meet at 9:00 A.M. at W.E.S.C. for the drive down to Skycroft, where they will meet members of the Central and Kingston Sections at the entrance to Skycroft at 11:00 A.M. |
| Sunday
June 12 | A hike of special interest to the younger folks as well as adult members! A hike into the Rideau Trail lot (map 4), where a weiner roast will be held in our newly built fireplace. Prizes will be awarded to the younger folks in several age groups for identification of birds and wildflowers along the Trail. Bring your own weiners or other roastable food and meet at W.E.S.C. at 9:30 A.M. |
| Saturday
June 25 | A hike on the Rideau Trail into an area immediately south of the North Gower Road (map 4), to investigate a beaver dam and a marsh. Bring a lunch and meet at W.E.S.C. at 9:30 A.M. |

TWO SEASONS ON THE RIDEAU TRAIL

The Rideau Trail in May

May 4th: We started our trip at the Ottawa-Carleton Conservation Centre shortly after lunch. The day was quite cool (it had snowed in Cornwall this morning) but the wind was light. Our heavy packs (André, 50 lbs.; Linda, 40 lbs.) kept us warm though it was chilly when we stopped for our hourly rest periods. The Trail still showed signs of spring flooding: we made numerous bridges to cross the streams and we were lucky to have a ride across the Jock River as the bridge at a particularly wide crossing hadn't been placed yet. The stiles were another problem. They were made for light-

loaded day-hikers. Linda, who is only 5' 4", found the ups and downs especially difficult. She had to kneel on the top step to get the strength to get over them.

May 8th: The sky cleared in the early morning and we left camp early to cover, if possible, the lost time after yesterday's snowfall and our day of rest in camp. While setting up camp that evening, we disturbed a limestone block to steady our stove and were surprised to find three camel crickets (probably *Ceuthophilus* sp.) huddling under it. I had never seen these crickets this far north before.

May 9th: When we left the cedar grove camp early this morning, we headed east along the Trail. Unfortunately, we missed the south turnoff. Because of the incredible amount of beaver activity in this area, we were lost for a while. A small dirt road led us to Highway 6 however and after asking directions, we found the Trail.

Today, we met on the Trail the first people since the start of the trip. They were quite bothered by black-flies. Black-flies are by far the most abundant creatures to be met on the Trail at this time of year. We kept applying Cutter's repellent but it soon lost its effectiveness. Baby Oil seems to work far better and much longer (it is also a multi-purpose oil).

May 13th: My birthday today! Linda prepared a special breakfast and gave me a small hairbrush as a present (I needed it...). We left town and followed the Trail to within three miles of Smith Falls. We saw a porcupine along the road. He hadn't seen us as he came ambling down a small side road. He suddenly stopped, turned round, raised his quills and ran off - not a very goodrunner, and funny to watch!

May 21st: This was the deciding day. We had been in Perth five days now and the weather seemed to keep its clutch on us. We had agreed that if the weather did not clear today, we would cancel the trip and return to Ottawa. At lunchtime, things had not improved. On our return bus to Ottawa, we were already planning our next trek on the Rideau Trail.

And so ended our spring walk, a victim of the weather. A few pieces of advice for anyone considering an early May trek: take rubber boots as we did to help you cross the numerous marshy areas (though the boots weigh a great deal); or, take sneakers along if you don't mind getting your feet wet. Take plenty of insect repellent and some warm clothing as the weather may take a few turns for the worse. But most important of all, keep your spirits up!

The Rideau Trail in August

August 21st: We came down on a Voyageur bus this morning to Elgin and walked from there to Chaffey's Locks under a very hot sun with high humidity. While cleaning our supper dishes near the water's edge, we were "confronted" by Bluegills (*Lepomis macrochirus*). These curious fish provided us with over an hour of fascinating behavior. Our cups, which contained residual oatmeal, gave these fish ample reason to establish "food" territories and threaten and chase each other for select areas around the cup. What is even more remarkable is their lack of fear. With a bit of skill, we could have caught them with our hands. We have heard that they are good eating.

August 24th: We were very refreshed after a day's rest at Lindsay Lake. We started early to try to reach Slide Lake in Frontenac Park today. I saw two large birds flying far away yesterday. They looked like eagles but there was something odd about their flight pattern. I hope that we will see them again today. It was a fine day for walking, but we missed a turnoff which should have brought us to Poole Lake. Instead, we followed a small overgrown road to the main highway. There, we took the proper bearing. Fortunately, the maps helped us and we finally found the blazes much further down the road. The walk proved to be lengthy: I figure it to be over 12 miles

to Slide Lake from Lindsay Lake. Crossing a field, we had noticed a small calf half stuck in mud. We notified the landowner, who was grateful.

August 27th: We spent the 25th and 26th as rest days at the waterfalls at Slide L./ Buck L. We saw a Black-and-White Warbler and a Hairy Woodpecker. Flowers abounded: cardinal flower, lance-leaved goldenrod, large-leaved aster, downy goldenrod, larger blue flag, veined skullcap, swamp loosestrife, pickerel weed and Engelmanns arrowhead. We walked over to Camel Lake during the afternoon to establish a new camp. Climbing the cliff to reach the North and South Slide Lake Junction is an interesting experience while carrying a 50 lb. pack. Both Linda and I found the experience rather unbalancing if not downright dangerous.

August 29th: Still at Camel Lake, resting. We saw the odd birds that had been first seen at Lindsay Lake. I have positively identified them as Turkey Vultures (*Cathartes aura*). I had seen these birds before during a few trips I had undertaken to Mexico. There, they are common. According to the Checklist of the Birds of the Ottawa-Hull Area (1970) published by the Ottawa Field-Naturalists' Club which we carried with us, the Turkey Vulture is described as rare in the area during Spring and Summer (less than 5 individuals per season). We had observed a rare regional bird and were thrilled.

Linda had a few problems with Poison Ivy. We tried an old Indian remedy which was used to relieve itching - stag sumac berries. These relieved the itching and stopped the spreading, though applications had to be made two or three times a day.

August 30th: The trek to Doe Lake was very demanding. The terrain is very irregular and demands considerable care and attention to cross. As suggested in the Kingston Trail Guide, the area is not for beginners.

August 31st: We saw the Vultures again today (the same two covering a large territory?) and we added a new bird to our list. This time, it was the uncommon Osprey which flew over Doe Lake. It flew close enough to the camp for us to identify it. The sighting was the talk of the day.

September 1st: Weather conditions deteriorated during the night. We woke up to a few showers this morning, but luckily we could eat breakfast, pack things and leave before the rain began to soak every tree, bush, and small plant in our path as we marched to the Gould Lake Campsite. Our ponchos offered some protection but our boots and pants soon became soaked wet. As the campsite did not offer any shelters, we decided to continue our walk to Sydenham. We were given a ride to the Voyageur bus terminal in Kingston where we ate an enormous supper (Linda is still ashamed of it). The bus brought us to Ottawa by 1:15 A.M..

Our second season on the Rideau Trail proved to be far superior to Spring. Black-flies and mosquitoes were nearly absent. The weather was more favorable though a few nights were cold. The area covered had been demanding, but very interesting and rewarding.

Linda Healy & André Sigouin

ONTARIO TRAILS COUNCIL HEARING

Are you concerned about protecting the places you hike? If hiking has a meaning to you, please write a short brief expressing your view-point to the Chairman of the Ontario Trails Council, Mr. William Coates, Chairman, O.T.C., c/o Park Planning Branch, Ministry of Natural Resources, Queen's Park, Toronto, Ontario, M7A 1W3. The public meeting in Kingston will be held on May 31, 1977. Send your brief before then.

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.

ACKNOWLEDGEMENT OF DONATIONS

Donations to the Rideau Trail Association received from November 1, 1976 to January 31, 1977 by these members is appreciated.

Colin Manary
Mr. & Mrs. G.R. Jackson
Evelyn Reid
John Solman
Winnifred J. Potter
N.G. Vanderlee
Dr. Dusan E. Soudek
Dr. L.M. Rabb
Scott M. Willing
Stephen & Mary Heder
Fred J. Mills
J. Mike O'Hara

N.W. Ney
Alta E. McLean
Lt. Gen. Duncan A. McAlpine
Chris G. Hylton
Mr. & Mrs. John Hackney
Robert W. Mortimer
A.E. Richards
Ambassador Francois Pictet
Terry L. Kinnear
E.G. Woolsey
Mr. & Mrs. C. Frankton

HIKER'S REGISTER - OTTAWA SECTION

Several hikers have expressed interest in being able to locate other hikers for company on outings along the Rideau Trail. This may be particularly helpful during July and August when there are no scheduled group hikes in the Ottawa Section. If you wish to have your name listed on a Hiker's Register, or if you wish to contact others for purposes of arranging an outing, please telephone Social Convenor, Dorice Joyce at 728-8848 and indicate the type of hike (several hours, all day, back-packing) and times available (week-days, week-ends).

MEMBERSHIP RENEWAL

Please consult your membership card as to your renewal date. Many memberships are due on April 1, 1977. Please use the form on the back of this page.



If undelivered, please return to:

Rideau Trail Association
Box 15
Kingston, Ontario
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.