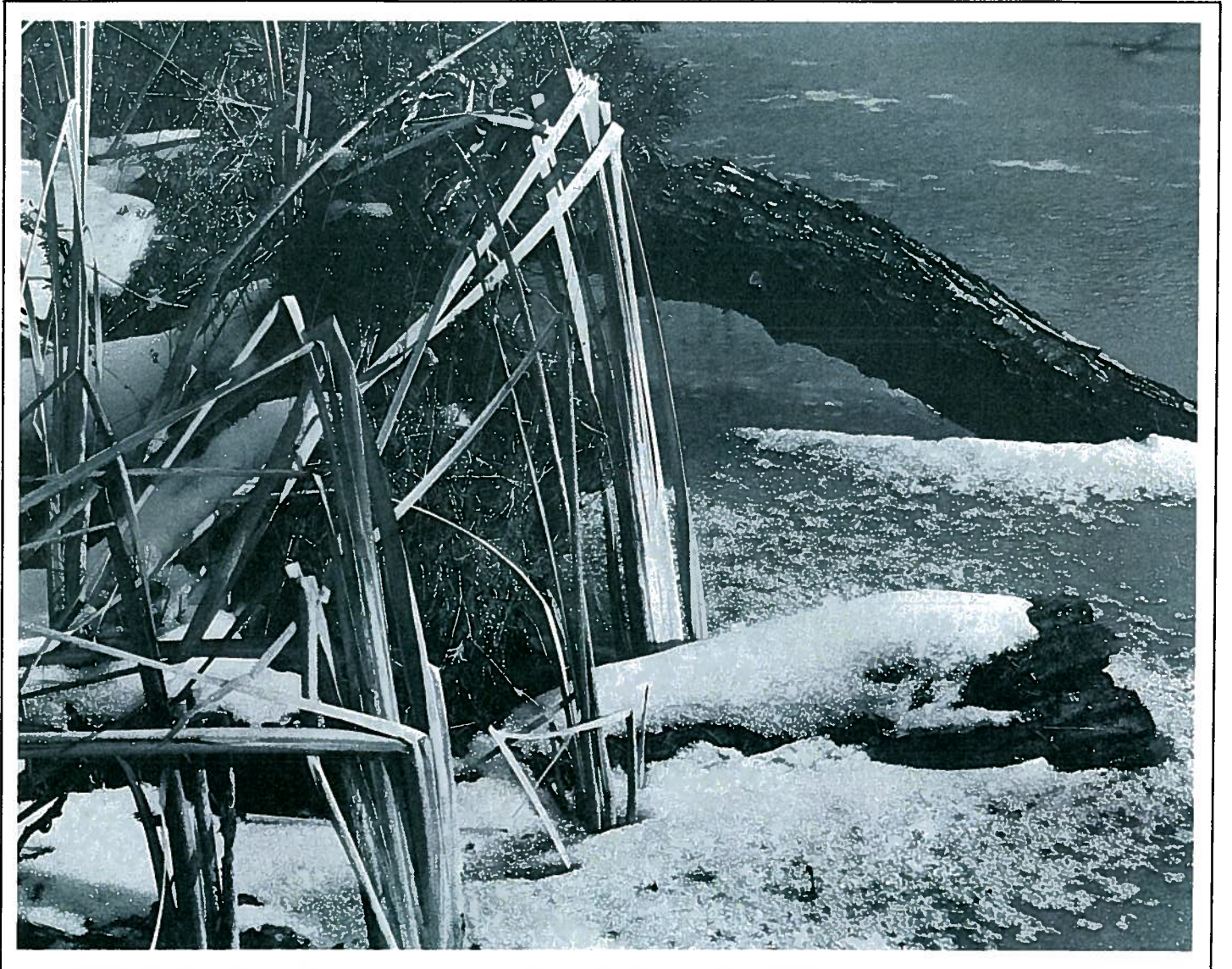


The Rideau Trail NEWSLETTER

Issue No. 39



By NORM MacLEOD

The Rideau Trail Newsletter is published quarterly in December, March, June and September by The Rideau Trail Association. The Association is a member of the Ontario Hiking Trail Associations. The editor of this newsletter is Colin Wright for the Kingston Rideau Trail Club. Submissions for the next newsletter are invited and should be sent to Diana Brebner, 52 Harmer Ave., North Ottawa. K2P 2E2. Phone 236-8230.

Unless otherwise stated, the opinions expressed in items in this newsletter are not necessarily those of the Rideau Trail Association.

ISSN 0709-7085

The Hiker's Code

- Hike only along marked routes
- Do not leave the trail.
- Do not climb fences or open gates.
- Carry out all garbage and litter.
- Protect all trees and shrubs — and leave flowers and plants for other people to enjoy.
- 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 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.

Committee plans expansion

By JOHN HARRISON

It has become clear over the last few years that a one or two-person Routes and Negotiating Committee can do little more than handle crisis situations.

Yet there is a need for much more!

A large part of *The Rideau Trail* remains along roads. Within the city and township there are continual threats to the integrity of the trail because of changes in land ownership, new developments and the construction of new highways. The Kingston club would like to expand the Routes and Negotiating Committee to have a membership of six or eight people and to launch a major new effort to improve the trail.

This committee would identify sections of the trail that need re-routing and would keep tabs on sections that could be in jeopardy. Members would take responsibility for individual tasks — negotiating the new route with landowners or government, blazing the trail and organizing work parties to establish and maintain the trail.

This work is important for the future of *The Rideau Trail*. If YOU wish to take part, please call John Harrison at (613) 542-2970.

By The Way...

In these days of high unemployment the Ottawa Rideau Trail Club has some good openings available.

CHAIRMAN - A post that has been vacant for several years and badly needs filling. The Chairman presides over executive meetings, approximately 10 times a year and maintains close liaison with all other officers, as well as contact with necessary government departments, conservation authorities, etc. He or she also attends quarterly R.T.A. meetings usually held in the Central Region. An interesting and challenging position. If you like meeting people and knowing what's going on, this is for you!

SOCIAL CONVENOR - This is a most important job - running the fun part of the Club, which is really the cement that binds the members together. How often have you thought 'I wish we would hike here or there' or 'We should have a workshop or a lecture on such and such a subject' ? Take this position and you can arrange things to your liking.

SECRETARY - Again a vital part of the organization. The Secretary takes minutes of the executive meetings, held approximately 10 times a year, transcribes them and distributes them to members of the executive, as well as the minutes of the Annual Meeting. The Secretary is in charge of the mail received by the Club and forwards it to the right parties. If necessary, a typist can be available to help out.

For all these jobs, present committee members will give assistance and support,

IN ADDITION: New members are needed for all the Committees to bring new ideas and fresh enthusiasm. If you think you would like to help in any way or if you know of anyone you would like to nominate for the above-mentioned jobs, please call Shirley Simpson, 828-1679 or Dorice Joyce, 829-9130

- By EILEEN EVANS,

Ottawa

Kingston Rideau Trail Club

Annual General Meeting

WHEN: Saturday, May 2. 10 a.m.

WHERE: Salmon Lake Lodge, Frontenac Park via Desert Lake Road. (*See map.*)

WHAT'S HAPPENING: Meet the club executive. Short business meeting.

THEME: History. Karl Montgomery, a member of the park staff, will speak to us about the history of the area prior to its designation as a provincial park. He will touch on such items of interest as: Where were the settlements associated with mining, agriculture and logging? Have any Indian artifacts been found? Why not join us for a day's outing and find the answers!

HIKES: This is a great opportunity to explore part of the new trail across the southern boundary.

REFRESHMENTS: Homemade cookies, coffee or juice.

N.B.: Please bring a chair for the meeting and a packed lunch to enjoy on the hike.

(Note: Map is not drawn to scale)

☐ Distance is 8 miles from Sydenham to the park entrance.

☐ Distance from park entrance to the lodge is approximately four miles.

Did You know...

An Israeli report on extensive studies of walking with backpacks, which recently appeared in the Journal of the American Medical Association, concludes that walking 30 minutes a day with a 7-lb (3.2kg) backpack for three weeks, can improve physical fitness by 15 per cent. Fitness improves by 30 per cent if the load weight is doubled on the fourth week!

-By Mike Cuddihey

Ottawa Club: Calendar of events

All members and friends are invited to take part in the following activities. Mark the dates on your calendar now! Unless otherwise stated, participants will meet at the West End Shoppers City (corner of Baseline Road and Woodroffe Avenue; meet near the Woodroffe Avenue exit) at the time specified. If you wish further details, please contact members of the Club Executive - Social Convenor, Dorice Joyce, 829-9130; Publicity, Eileen Evans, 741-0789; Diana Brebner, 729-8178.

PLEASE BE ON TIME! Outings will leave promptly at the time specified.

Saturday,
March 7 This will be the last cross-country ski and snowshoe outing of the season, the exact location of which will be determined later. Meet at W.E.S.C. at 9.00 a.m. and bring a lunch. For further information call Dorice Joyce, 829-9130 or Eileen Evans, 741-0789.

Sunday,
April 26 An early spring hike from the Knoxdale Road area through to Richmond Road. This is a very pleasant part of the trail - mixed woods, open fields and a board walk across a marsh, where we should see some early spring flowers. Waterproof footwear might be advisable at this time of the year. Meet at W.E.S.C. at 9.00 a.m. and bring a lunch.

Saturday,
May 23 Roly Hamilton will lead a hike on the Earth Star Loop, (Map 4) a beautiful stretch of the trail on which we might even see a beaver at work and there should be plenty of spring flowers. Meet at W.E.S.C. at 9.00 a.m. and bring a lunch.

Sunday,
June 14 OTTAWA RIDEAU TRAIL CLUB ANNUAL MEETING.
The annual meeting will be held at Gould Lake Conservation Area, near Sydenham (Map 11). We will meet at W.E.S.C. at 9.00 a.m. to drive down the Gould Lake for the business meeting at 11.00 a.m., followed by lunch. Bring your own food - hot and cold drinks will be provided. After lunch we will hike the trail by the lake. This is one of the most spectacular sections of the trail, fairly hilly and rugged with views from the high ground over the lake. If you can't make any of the other outings - BE SURE to come to this and SUPPORT YOUR CLUB.
Note: If wet the meeting will be held in the Barn at the Lake, so don't let the weather put you off.

Profile of a bog:

Where orchids and leeches live in harmony

By DOUGLAS KNAPP

Leeches — revolting, blood-filled leeches: I knew a bog had frogs, and probably mice and snakes too, but I never suspected that the spongy masses of sphagnum harbored hordes of these revolting vampires.

Along the Opinicon loop of the Rideau Trail, not too far north of Kingston, is one of these strange formations that so few people seem to understand — a bog.

To most people, a bog is the same as a swamp or marsh — but it just isn't so. While all three involve water, each is entirely different.

A marsh is a flooded area of cat-tails, rushes an aquatic grasses.

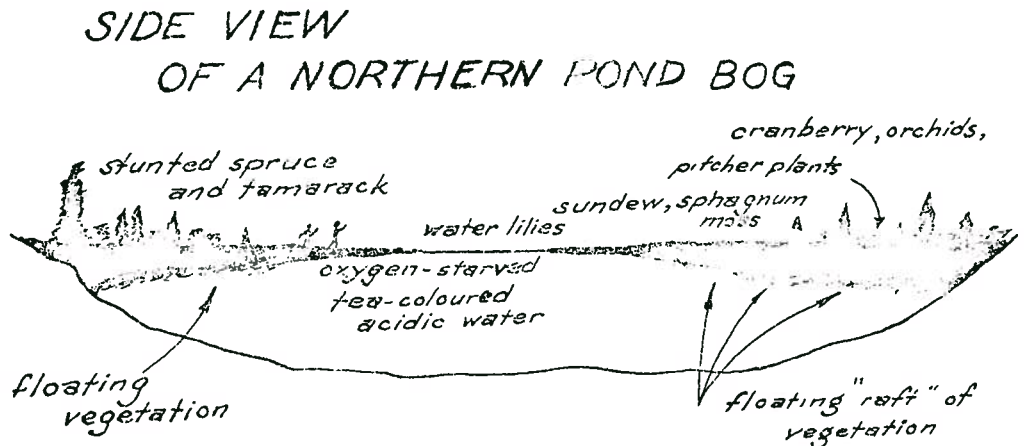
A swamp is a flooded woods where trees stand on little islands which often consist of little more than their own roots.

But a bog is really special! It is an exotic member of Mother Nature's bag of tricks.

Take a pond or a lake with the normal tangle of vegetation along its perimeter. Then, let the vegetation grow inwards from the shore, supported upon a tangle of its own roots and dead material from years past. Add a few stunted spruce or tamarack, lush sphagnum moss, cranberries, graceful orchids and carnivorous plants and you have a bog.

Who could guess that beneath this apparently normal growth could lie a lake? (Provided the water is sufficiently deep that vegetation doesn't rest on the bottom.) Now go for a stroll over the surface. If you bounce up and down a bit you might notice the whole 'ground' flexing, like the hide of some great, prehistoric beast. And if you glance down at your feet you might wonder from whence came those small pockets of water collecting quietly albeit steadily around your boots.

A dynamic illustration of the nature of a bog occurred recently along the Opinicon Road. The road had been built in an era when trucks were smaller and lighter. And in fact, the road had been built on top of a bog and was supported by a thick, tangled, floating mat some two or



three metres thick. In 1976, a major road construction was undertaken and the inevitable happened.

A gravel truck, carrying 30 tons of stone crashed through and became thoroughly wedged in the net of roots, threatening to go the rest of the way. After a lengthy battle, and with the aid of cranes and chains, the truck was finally hauled out and the road builders decided to fill the hole. They dumped and they dumped — a total of 6,000 cubic yards of rock before they abandoned the effort and decided to reroute the road.

But what about the leeches? If you go for a stroll in a bog and notice that your boots seem to be mysteriously attracting pockets of water, you might decide that bare feet would be more appropriate — particularly on a hot July day. So, with bare feet sensuously delighting in the cool water and the mossy cushion I continued my safari, searching out and photographing exotic orchids and the carnivorous sundew and pitcher plants. However, glancing down at my bare ankles about five minutes later I was surprised to see a crimson stream of blood flowing down my ankle and nearby, several, small, black, rubbery-looking blobs stuck securely to my skin.

Contrary to popular belief, a leech isn't hard to remove. Just grasp it firmly, dig in your fingernails to get a good grip on the slippery body, and yank! No problem at all — except that the anti-coagulant used by the leech will probably keep your blood

running for another five or 10 minutes. Perhaps soggy shoes might be preferable after all!

Beautiful tiny sundew, whose sticky droplets cling to numerous hairs on its leaves and ensnare unsuspecting victims, and fascinating pitcher plants waiting to drown unsuspecting insects — the flora of the bog holds much to interest the amateur biologist. Orchids, too, abound. And they are a delight to the eye. These delicate, intricate and beautiful members of an ancient family seem to be somehow out of place in our rugged northern land.

Gathered at their roots are certain fungi capable of digesting waste material without benefit of oxygen. These digestive wastes then serve to supplement the diets of their flamboyant hosts.

The sundew and pitcher plants are equally fascinating. The tiny sundew covers its leaves with a coating of hairs equipped with special glands. These glands, activated by the slightest touch, are capable of discharging a sticky fluid at the hair ends to trap careless insects. Once ensnared, the prey is unable to escape from the hairs which press it down toward the leaf. More fluid is secreted and the new 'meal' is smothered and digested by pepsins and enzymes so the insects' precious organic salts can be absorbed through the leaf.

This is a just one example of the total fascination of a bog. It is a unique eco-system which balances its flora and fauna carefully within a



OPINICON BOG (Foreground, as well as middle) Note stunted spruce — D.J.K.

semi-aquatic environment of floating vegetation which has stained the highly acidic water to the point where it resembles strong, brown tea. The stunted spruce and tamarack are reminiscent of the boreal forest near the tree line — struggling to survive in a hostile environment where life itself is truly precarious. Rather than the cold and wind, the real enemy, is the lack of oxygen. All

plants need a good supply of oxygen available to their roots — and spruce and tamarack are no exception.

When most, or all, of the pond surface is covered, the water simply gets no exposure to air. And, as vegetation beneath the surface dies, it will scarcely even rot for lack of the necessary oxygen. The larger plants and stunted trees struggle along — starved for nutrients but somehow extracting their much-needed oxy-

gen from the shallow, spreading root systems that avoid the oxygen-starved depths.

No, a bog is distinctively different from a swamp or a marsh. Neither land, nor water, it is very much like an enormous raft. And it holds the promise of interesting exploration.

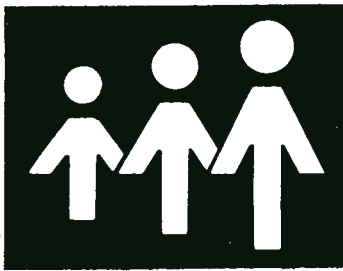
But tread gently. Take care to spare the delicate orchids, the plentiful pitcher plants and sundew — and don't forget to wear your shoes!



*PITCHER PLANT
Opinicon Bog, July 1977 — D.J.K.*



*GRASS PINK ORCHIDS
(Calopogon Pulchellus)
In Opinicon Bog — D.J.K.*



FEDERATION OF ONTARIO HIKING TRAIL ASSOCIATIONS,
Box 422, Cambridge, Ontario N1R 5V5

FOHTA. OUTLOOK

NUMBER 2

FROM THE EDITOR

This issue of OUTLOOK has been prepared by Henry Graupner, while waiting for a new editor to take over on a more permanent basis. Diana Brebner of Ottawa has accepted the position of OUTLOOK editor from the next issue on. She has been involved with editing the RIDEAU TRAIL Newsletter, and works in the publishing industry. I am happy to be able to place this Newsletter in her care, and wish her all the best.

As some of you know, I am also withdrawing from active participation as a FOHTA director, after seven years, first as President and then as Secretary. The pressures of my professional activities are just too great to allow me to devote the time to the job which it requires, and FOHTA will be better served by others who have the time. Knowing the representatives which each member trail club and association appoints as FOHTA director, I am confident the Federation is in good hands. New ideas for the future are coming forward, and a change of secretary probably never did any organization any harm.

The first issue of OUTLOOK dealt mostly with our May 1980 HIKE ONTARIO! Conference. In this issue, I would like to go back further and highlight some of the FOHTA story, and to look ahead at the plans for the future.

HISTORY OF FOHTA

In early 1973, the Bruce Trail Association circulated a letter to other hiking trail groups in the province, asking for an indication of interest in a province-wide organization. At the time, I was on the Executive of the Guelph Trail Club, and I recall that that club's response was definitely in favour of meeting with others and investigating the need for such an organization. In the summer of that year, the Provincial government held its Ontario Trails Symposium. I attended that event and came away convinced that the government was going to involve itself in the hiking trail movement in one way or another. It therefore became imperative that all trail groups came together in order to influence the government as to the nature of its involvement. With the sponsorship of the Guelph Trail Club, a meeting was held at my home in November 1973, to which representatives of all hiking trail groups known about were invited. At the time the Guelph's invitations were being circulated, the Rideau Trail Association was also discussing similar initiatives.

The persons gathered together at that first meeting from all across the province were quick to reach the conclusion that a province-wide organization was required to deal with concerns which are common to all of the voluntary trail building groups in the province. A formal organization was established early in 1974 and provincial letters patent were granted in January of 1975. Of the eleven founding member organizations, one has been dissolved (Credit Valley Footpath Club) and one dropped out (Peterson Trail Association). Two new trails have since joined, to bring

membership up to eleven again (Avon Trail and Maitland Trail Associations). The complete list is shown elsewhere in this issue.

One of the major early tasks of FOHTA was to identify the policies which the Federation, on your behalf, would request the government to initiate. This resulted in myself as the hiking representative on the 1974-76 Ontario Trails Council, being well able to express the hikers' viewpoint at the discussions of the Council, and permitted the Federation to submit a number of briefs to the Council. The early enthusiasm of hikers, and of other recreational trail groups for a limited form of government involvement with the trails movement, is reflected in the recommendations of the Ontario Trails Council's final report which was published in the fall of 1976. I now look back over the more than four years which have elapsed since the conclusion of the Council's work and regret to say that very little action has been taken by Queen's Park towards implementing any of the recommendations, except the one dealing with landowner liability.

I suspect that even this matter would not have been dealt with by the government so expeditiously, had it not been for the fact that other groups in the province such as farmers and landowners, were also pressuring for the changed liability and trespass legislation which is now in effect.

In 1975, FOHTA sponsored the first annual Ontario Hiking Day as a means of increasing the public's awareness of the activity of hiking and of generating publicity for our trails. In recognition of our efforts, a plaque was presented by the government to the Federation at a ceremony at Queen's Park. Ontario Hiking Day has been held each year since then, although the success in meeting its objectives has varied from year to year and from one trail to another. The one thing we cannot plan for is the weather, and the energies and ideas of the local organizers of the event are also variable.

FOHTA has also, during these years, worked hard to establish good communications with Queen's Park, particularly with the Ministry of Natural Resources and the Ministry of Culture and Recreation which have the most to do with our activities. This objective has met with only limited success, because public and government attention has been focussed for some time almost exclusively on the Niagara Escarpment and the Bruce Trail. FOHTA is a founding and active member of the Coalition on the Niagara Escarpment, and has mobilized wherever possible the province-wide assistance of the members of the other trail groups in support of the Bruce Trail and of the Niagara Escarpment Commission's plans.

Lastly, the HIKE ONTARIO! Conference at Peterborough in May 1980, was a significant achievement for FOHTA. The tremendous efforts which went into planning this event, were worthwhile, judging by the comments of most of those present. Contrary to some earlier

"conventional wisdom" about hikers, it is clear that they and their families will travel to and attend such an event, given a good program and other conference attractions.

During the conference business sessions participants strongly urged the Federation to undertake certain activities in the future on behalf of the hikers, hiking trails and trail organizations.

THE FUTURE OF FOHTA AND YOU

The unanimously adopted resolutions of the HIKE ONTARIO! Conference dealt with several specific areas in which FOHTA should initiate programs and activities.

However, FOHTA does not have a permanent staff, nor does it have a separate pool of helpers to call on. FOHTA is YOU and it can have no separate or active existence without your participation and help. The one or two representatives which your club or association already appoints, do not form a large enough group to carry out all the activities which are FOHTA's mandate.

Right now, there is an urgent need for people to work in four specific areas:

- the development and implementation of a Volunteer Development Program to increase the number of our members who actively participate in running our organization, and to improve all of our effectiveness
- a group to look after our relations with government (mainly, but not exclusively, the Provincial government)
- to coordinate and improve FOHTA public relations and publicity in the media
- to assist with Ontario Hiking Day

Each of the first two of these areas requires a working group with a coordinator or chairman, to be responsible for all aspects of these activities. Within broad guidelines already established, the groups would be responsible for their own ideas, planning and implementation, and their own timetable. Funds are available to meet certain expenses. Each group would have to work out where and when it meets, how it communicates, etc. The groups would be responsible to the Board of Directors of FOHTA, and it is hoped that each group would contain at least one director to facilitate liaison with the Board. Outlines of the objectives of these two working groups, are available from Bob Fanning, Secretary, FOHTA, Box 422, etc., or your FOHTA representative (see list below).

The Ontario Hiking Day Coordinator would work with FOHTA groups and other organizations to provide a central coordination service aimed at increasing the effectiveness of local and province-wide activities and publicity for this annual event.

Please give serious consideration to this call for your help. The Federation has an important job to do on behalf of all hikers and hiking trails. Without more active participants, this job cannot be done. Why don't you call your FOHTA rep. and discuss this with him/her.

THE OPINIONS EXPRESSED

in this Newsletter are those of the Editor and contributors, and do not necessarily represent the position of the Federation of Ontario Hiking Trail Associations.

FOOD FOR THE TRAIL

LOGAN BREAD - A SOLID FOOD FOR PACKING

(This recipe is supposed to be able to sustain two people for 16 days, and a 2-inch x 2-inch square will sustain a person for a day.)

1 quart water	1¼ cups cooking oil
4 lbs. whole wheat flour	1 cup sesame seeds
1½ lbs. raw or brown sugar	2 cups honey
12 oz. non-fat dry milk solids	1½ cups wheat-germ
2 tablespoons baking powder	1 cup blackstrap molasses
2 tablespoons salt	

Preheat oven to 300°F. Mix all ingredients in a bowl. When well mixed put into greased, turkey sized roasting pan, 2 inches deep (bread pans can also be used). Bake one hour. Cut into squares and air-dry until semi-dry, then wrap in plastic. Can be stored for six months in breadbox or frozen for longer storage.

"Outlook" is indebted to Paul Syme, Sault Ste. Marie, for submitting this recipe. I have sampled the Logan Bread and can recommend it.

YOUR FOHTA REPRESENTATIVES, as of February 1, 1981

Avon Trail Association	Vacant	
Bruce Trail Association	Doug Paton, Toronto (Caledon Hills BTC)	416-923-2035
	Gordon Thompson (Toronto BTC)	416-451-0124
Elgin Hiking Trail Club	Brian Henson St. Thomas	519-633-3850
	Henry Jeanes St. Thomas	519-631-4702
Ganaraska Trail Association	Chris Daffern Oshawa	416-723-6794
	Jim Parsons Lindsay	705-324-4708
Grand Valley Trails Association	David Emberly Cambridge	519-621-5586
	Lorne Stobbs Kitchener	519-745-1947
Guelph Trail Club	Bob Fanning Agincourt	416-298-7250
	Sandra Webster Cambridge	519-658-9938
Maitland Trail Association	Don Grant Goderich	519-524-9426
	Lynda Postill Clinton	519-482-3393
Quinte-Hastings Recreational Trail Association	Dave Thornton Belleville	613-962-1448
	James Galway Belleville	613-968-3265
Rideau Trail Association	Al Gamble Ottawa	613-729-5056
	Doug Knapp Kingston	613-542-2039
Thames Valley Trail Association	Nell Rombouts London	519-439-6561
	Jeff Smith London	519-451-4355
Voyageur Trail Association	Paul Syme Sault Ste. Marie	705-254-4791
	Ralph Wood Hamilton	416-529-9671

Rideau Trail Association

Summary of Financial Statement

[1980]

OPERATING ACCOUNT

Revenue:	1978/79	1979/80
Membership fees	\$4,697	\$4,068
Sale of maps, crests and pins	\$1,297	\$1,373
Donations	\$853	\$1,120
Bank Interest	\$307	\$395
TOTAL REVENUE:	\$7,154	\$6,956
Expenditures		
Newsletter (4 in 78/79, 3 in 79/80)	\$2,658	\$1,966
Support of Club activities		
Kingston	\$922	\$15
Ottawa	\$965	\$559
Map cases and other items for sale	\$1,276	\$332
Meeting and travel costs	\$173	147
Postage, telephone and stationery	\$1,089	1,026
FOHTA and other memberships	\$166	\$130
Grant to hike Ontario Conference (May, '80)	---	\$200
Interest to C.P. fund	\$469	\$395
Liability insurance	\$67	\$67
Miscellaneous Items	\$44	\$104
TOTAL EXPENDITURES	\$7,829	\$4,941
Surplus (deficit) for the year	\$675	\$2,015
Balance from previous years	\$5,158	\$4,483
Balance at end of fiscal year	\$4,483	\$6,498

Corridor Preservation Fund

REVENUE	1979	79/ 80
Donations.....	\$410	\$276
Bank Interest.....	\$58	\$148
Operating Account Intrest.....	\$469	\$395
TOTAL REVENUE.....	\$937	\$819
Balance from previous years.....	\$497	\$1,435
Balance at end of Fiscal year.....	\$1,435	\$2,254

Al Gamble, (Treasurer)

Kingston Club: Calendar of events

If you are the type of person who would rather join winter than fight it you should be in good shape to continue the sequential hikes started last September. If, on the other hand, you have been hibernating why not make a renewed effort to enjoy the trail this spring?

SATURDAY, APRIL 11:

Maberly Road to the little bay in the Foley Conservation Area at Westport. Bring a lunch to enjoy on Spy Rock. Meet at Sears north Door at 9 a.m. (Leader is Harry Dyer: 546-3419)

SATURDAY, APRIL 11:

Come and get some exercise in the fresh spring air. Join a work party to help reroute Mica Trail (along the east side of Gould Lake) Meet at Sears north door at 8:30 a.m. Bring a lunch and wear boots. For more information call Caroline Gartenburg. 542-8942.

SUNDAY, April 19:

Gully Road to Gould Lake through the woods for an afternoon walk. Meet at Sears north door at 2 p.m. (The leader is Emma Martin: 542-1594)

SATURDAY, April 25:

From Little Bay to Narrows Lake on upper Rideau Trail. A challenging 10km hike over various types of terrain — rugged hillsides, woodland, rolling fields, abeaver ponds and wild spring flowers can be enjoyed on this hike. Bring a lunch and wear boots. Meet at Sears north door at 9 a.m. or at the lower parking lot, Foley Mountain Conservation Area at 10:15 a.m. Contact Susan Thompson: 546-6806.

SUNDAY, May 10

Join a hike from Narrows Lake to Rideau Lake. Further details will be available later. Contact Norm Macleod: 546-9440.

SATURDAY, May 16

Enjoy an 8.3 km, one-way hike from the southwest boundary of Rideau Lake Park (km 15.0 map 8) to the entrance to Murphy's Point Provincial Park. Participants should meet at Murphy's Point Provincial Park office at 10 a.m. where car pools will be arranged. Bring a lunch and be prepared for some very pleasant countryside. Call Hike leader Mike McCoubrey (1-613-283-7276) in Smiths Falls or Doug Knapp, 542-2039 for more details.

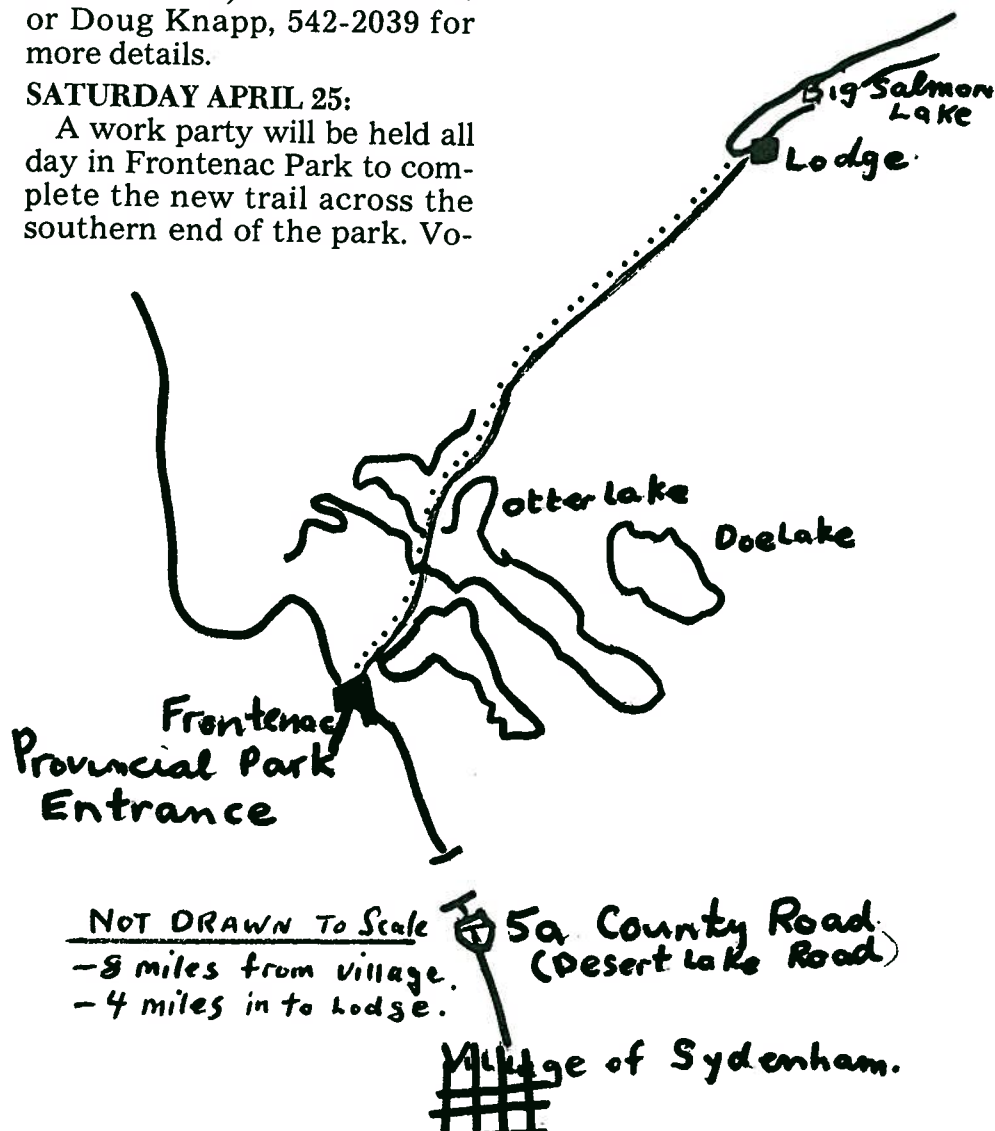
SATURDAY APRIL 25:

A work party will be held all day in Frontenac Park to complete the new trail across the southern end of the park. Vo-

lunteers are needed to clear and mark the new trail and to establish a new campsite. It promises to be a strenuous day and the work area is about two hours in from either the Perth Road or the Salmon Lake Road. If you can help, please call John Harrison at 542-2970.

SATURDAY, May 2

Kingston Club annual meeting. See Page 4 for details. Don't miss it!





If undelivered, please return to:

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

MEMBERSHIP RENEWAL

Memberships in the Rideau Trail Association run from April 1st to March 31st of the following year. As most memberships will expire on March 31st, and this may be your last newsletter, it is hoped that you, as a member of this Association, will check the date on your membership card and take this opportunity to renew. Your membership provides the financial support essential for the continuous maintenance, improvement, extension and protection of the Rideau Trail network.

Membership.....\$5.00
Senior Citizen... 3.00
Crest..... 1.00
Enamelled Pin.... 2.50
Donation

Name _____
Address _____

Postal Code _____

(Tax receipts sent for donations over \$5.00)

On the occasion of the TENTH ANNIVERSARY of the Rideau Trail Association, we are attempting to increase our membership. Perhaps you would like to take this opportunity to provide a membership for a friend. They will receive a card indicating your gift.

Name _____
Address _____

Postal Code _____

WE LOOK FORWARD TO HEARING FROM YOU

Rideau Trail Association
P.O. Box 15
KINGSTON, Ontario K7L 4V6

*Map kits are sold to members only.
**This is a Kingston Areas Guidebook only.