



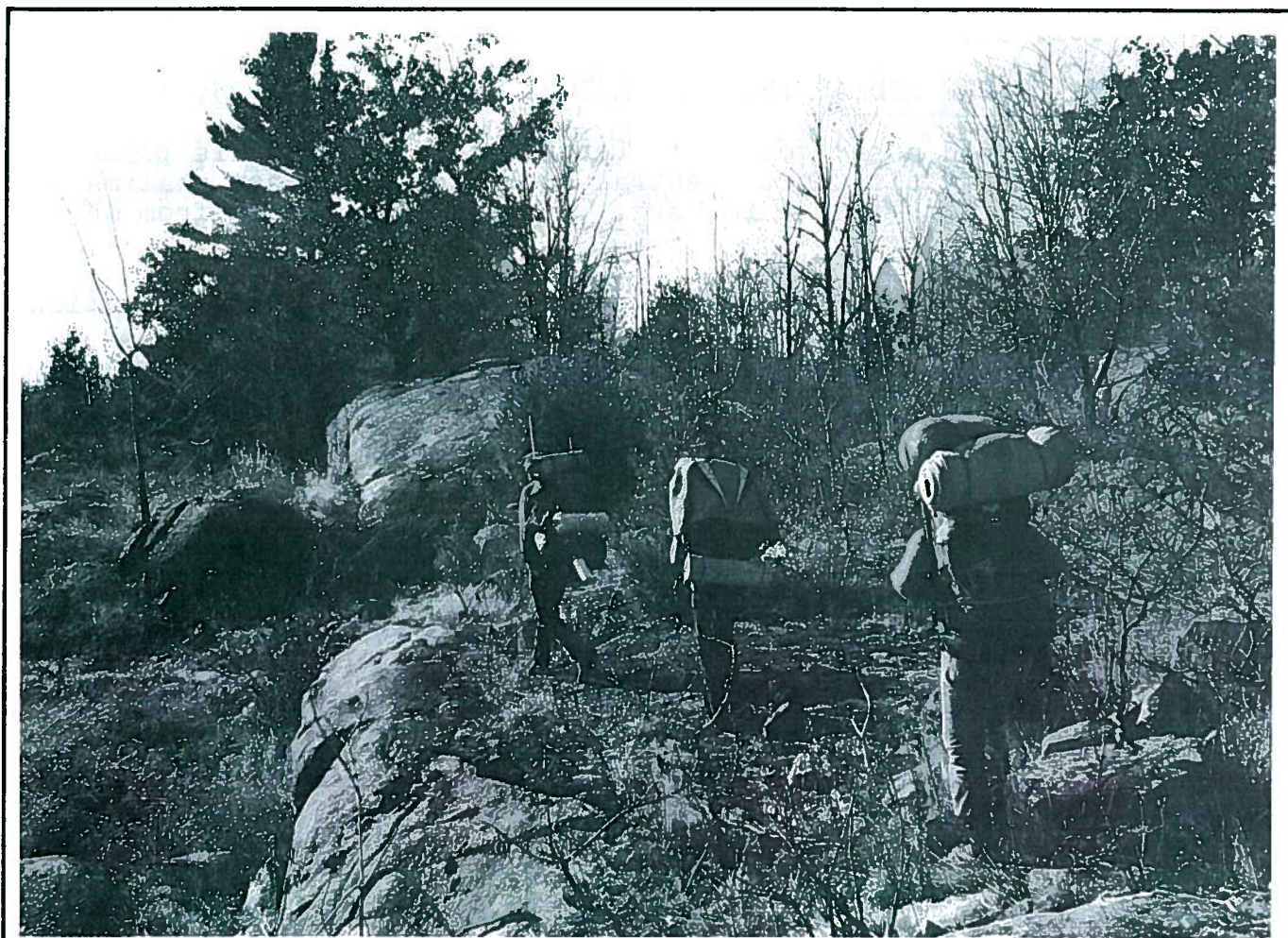
The Rideau Trail NEWSLETTER

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Issue No. 48

SUMMER 1983



Backpacking in Frontenac Provincial Park

Peter Andrews

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 Federation of Ontario Hiking Trail Associations. The editor of this issue of the newsletter is Mark C. Sims for the Ottawa Rideau Trail Club. Submissions for the next newsletter are welcome and should be sent to Johanna Koeslag in Kingston before August 1st.

Johanna Koeslag
18 Cowdy Street
K7K 3V7
Tel. 549-7502

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

ISSN 0709-7085

I would like to remind all members that articles of interest are needed, so try your hand at writing and please send them in.

Ottawa Editor
Mark C. Sims
R.R. #1 Manotick Station
KOA 2N0
Tel. 822-6655

HIGHLIGHTS OF THE RIDEAU TRAIL DIRECTORS MEETING APRIL 23, 1983

A happy hi and a sad goodbye! Terry Fuchs resigned his position as R.T.A. publicity director. Central committee has a new chairman, Marg McLeod, Perth. Welcome to Marg. Sorry to see you go from the board of directors Terry.

What are we doing with your money? It was moved that a donation of \$200.00 be made to the Kingston Heritage Job Fund to assist in rebuilding the R.T.A. catwalks, destroyed by fire last year.

Lands change hands! Central committee will assume maintenance of the Rideau Trail from Port Elmsley to Rosedale. This section was originally maintained by the Ottawa club.

The R.T.A. wants you! A nominating committee was set up to draw up a slate of officers to be voted on at the annual general meeting. Would you like to put something back into your trail association by serving on the R.T.A. board of directors? Contact Tedd Jordon of the Ottawa club; Arne Henrikson of the Kingston club or Jean Riddell of the Central committee if you are interested in an office.

The board holds four meetings yearly. There are a number of openings.

HIKE ONTARIO Meeting, Toronto, April 9, 1983

Ross McLean reported on plans for Go To Blazes Day. Every member association is involved except Elgin and Maitland. More than 2,000 people are expected to be involved and will cover some 2,000 miles of trail. Ross would like a report from each club after the event listing the number of volunteers involved, length of trail covered, any organizations involved (Scouts, etc.) and a couple of photographs.

Sandra Webster, publicity chairman, prepared a copy of Outlook. She is looking for a new editor since the resignation of Jean White.

David Emberley, retiring treasurer, said membership dues are due. \$20 per club plus 20¢ per member. The new treasurer is John Cole, 99 Sterling Street, London, Ontario, N5Y 1Y6 (Thames Valley Trail Association.)

Ontario Hiking Day will be Sunday, October 2, 1983. Chris Daffern of the Ganaraska Trail Association is co-ordinator. He would like to have a program director from each association as a contact.

HIKE ONTARIO directors would like to hold their next meeting in Ottawa of the Rideau Trail Association, and the Ottawa Trail Club in particular, will issue an invitation. It means getting billets for a maximum of 20 people for Saturday night, September 17. A few might come in on Friday requiring two nights accommodation. A boardroom style meeting hall would be needed for the Saturday (Hike Ontario will pay for it). A reasonably inexpensive restaurant for Saturday night dinner where RTA members would be welcome to join the directors for dinner (dutch treat). A nice section of the trail for a Sunday hike including a picnic lunch. The invitation should be extended at the next directors meeting in London on June 11.

Henry F. Heald

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FLORIDA'S OCALA FOREST

The Ocala Forest is one of about 150 National Forests in the United States. It is located in Central Florida about 50 miles west of Daytona Beach and 80 miles north of Orlando. The Forest covers about 360,000 acres and, except for areas near springs and streams, is characterized by vast sand pine forests. Along the streams you will see palm trees towering above lush sub-tropical vegetation. There are numerous lakes in the Forest, many surrounded by large, grassy "prairies".

Continued Page 12.

KINGSTON AGM

Slate of Officers for 1983-84

Chairman	Arne Henrikson	544-0465
Past Chairman	Cathy Cutts	542-5414
Vice Chairman	Joan Hughes	549-6265
Secretary	Caroline Gartenburg	542-8942
Treasurer	Larry McCurdy	546-0683

Committee Chairmen

Routes and Negotiating	Keith Bull	546-9693
Construction	Ray Forester	542-4385
Maintenance	Tom Kaddits	546-0806
Newsletter	Johanna Koeslag	549-7502

Members at Large in Charge of-

Publicity	Emma Martin
Social Programme	Moir Drummond
Hike Programme	Peter Skelton
Rep. to R.T.A.	Norm McLeod

Walking and Pregnancy

Need it be said that walking is still considered the best exercise for pregnant women? Fitness and Pregnancy, a booklet produced by Fitness Canada, recommends walking every day for the pregnant woman.

* * * * *

Longevity

A survey of eighty-six centenarians living in China in the central province Hubei showed that the secret of long life was to eat mostly vegetables, live in a mountainous area, walk a lot, and never lose your temper!

- from Globe and Mail 04/12/82

GUELPH TRAIL CLUB

Food for Backpackers

The Backpacker's Food Book, by Hasse Bunnelle. How to provision for day, weekend and longer expeditions, plus how to cook in the field, plan menus, choose a stove and satisfy appetites with well-balanced meals. Includes over 300 recipes. \$11.25

The One-Burner Gourmet, by Harriett Barker. Bake-aheads, make-aheads, foil cookery, wild-berry desserts, energy survival foods, plus a special chapter on using wild foods. \$10.35

The Well-Fed Backpacker, by June Fleming. According to The Whole Earth Catalog, this book is "the choice of all books on the subject". Beginning with nutritional needs, the author goes on to discuss how to buy and prepare food in advance, how to package it most efficiently, how to cook outdoors, how to supplement your diet with wild foods gathered on route, plus recipes for meals and snacks. \$4.75

Gorp, Glop, and Glue Stew, by Yvonne Prater and Ruth Dyar Mendenhall. Hundreds of fascinating food facts and favourite recipes from 165 well-known outdoor folk combine to make a cookbook that gives valuable tips about outdoor cooking and the mishaps that can occur. Including recipes for the "real" Logan Bread Mouse Soup, Quick Mountain Glop Glue Stew, and many outdoor delicacies (for those who are really hungry). \$8.95

All the above books are available from the Nature Canada Bookshop, BIO-75 Alberta St. Ottawa, or look at the local bookstore. Bon appetit!

* * * * *

Frontenac Provincial Park
Information Supplement
April, 1983

A considerable amount of construction will be taking place at the park this spring and summer. The Trail Centre, campsite #2 and the trail from Doe Lake to Cedar Lake will not be completed until mid summer. Accordingly the skills training programme associated with the trail centre will not be offered until construction is completed. The Township road leading from County Rd. 5A to the park also will be under construction.

Fees for the use of park facilities will be levied between May 13th and October 10th this year.

Lloyd W. Chapman
Park Superintendent
1 Richmond Blvd.
Napane, Ontario
K7R 3S3

613-354-2173

OTTAWA CLUB

The key for the School House may now be obtained from:

Peter Brebner	729-8178
Harmer Avenue, Ottawa	
Pearl Peterkin	829-3062
Sackville St., Ottawa	
Mark C. Sims	822-6655
Manotick Station	

For enquiries please contact Mark C. Sims.

Pollution Probe Ottawa-Carleton is hosting two events to mark National Environment Week, June 5th to 11th. In addition to an evening event - a presentation on a successful recycling program and the Second Annual Environmental Awareness Awards - Probe will be hosting a day long conference on recycling.

Environmental Awards Presentation

Wednesday, June 8 at 8:00 pm., York Street Theatre, Ottawa.

Probe's annual awards will be presented to groups who have contributed to environmental quality in the Ottawa-Carleton Region. The guest speaker will be Nyle Ludolf, president of a privately owned sanitation company, who implemented and manages a successful 3R - reduce, reuse, recycle - program for Kitchener, Ontario. The economically profitable, waste reduction and waste recycling program has experienced high rates of recovery of recyclable materials; the garbage fleet has been reduced by twenty percent. Come learn what Ottawa could be (and hopefully will soon be).

Action Recycle Conference

Thursday, June 9 from 8:45 to 5:00, University of Ottawa.

This conference will bring together people and organizations who could be instrumental in implementing an integrated recycling program in the Ottawa-Carleton Region. Business, labour, interested citizens, and government officials and representatives are expected to attend.

For further information contact Cecelia Johnson or Barb Johnson at Pollution Probe, 53 Queen Street, Ottawa K1P 5C5, (613) 235-9266 or 235-2871.

OTTAWA CLUB HIKES

Note: W.E.S.C. is West End Shopper's City at Baseline and Woodroffe. Meet in front of coin laundry at west side of centre.

Sunday July 17

Murphy's Point

Enjoy a day of hiking, swimming and sun bathing at Murphy's Point. Meet at W.E.S.C. at 10:30 a.m.

Leader: Pearl Peterkin 829-3062

Sunday July 24

Ottawa River 11 km.

Hike the first part of the trail from Richmond Landing to Britannia Beach. Cool your hot feet or entire body at Westboro or Britannia Beach - O.T.C. will gladly transport us back to the starting point for 85 cents. Meet at the plaque at Richmond Landing at 10:30 a.m.

Leader: Elizabeth Mason 729-6596

Saturday August 13

Gatineau Hike 6 km.

Hike to Ben Lake in the Gatineau for lunch and a swim. Meet on the steps of the Supreme Court Building on Wellington Street at 10:00 a.m.

Leader: Joe Parton 733-7624

Saturday August 20

Long Lake 10 km.

Hike from Long Lake to Murphy's Point (map 8) for lunch and a swim. Meet at W.E.S.C. at 9:30 a.m.

Leader: Bill Grant 820-0697

Monday September 5

Foley Mountain

Enjoy a day at Foley Mountain hiking and swimming. Bring a lunch. Meet at W.E.S.C. at 8:30 a.m.

Leader: Peter Brebner 729-8178

Sunday September 11

Rideau Lake 9 km.

Hike from Rideau Lake Park into Murphy's Point. Bring your swim suit and a lunch. Meet at W.E.S.C. at 10:30 a.m.

Leader: Jim Fish 226-7236

Saturday September 17

Gatineaus 16 km.

Hike to Macdonald Bay on Meach Lake. If the weather is still warm include a swim suit as well as your lunch. Meet on the steps of the Supreme Court Building on Wellington St. at 10:00 a.m.

Leader: Joe Parton 733-7624

Saturday September 24

AGM

Come to the AGM. See advertisement in this newsletter. Meet at W.E.S.C. at 9:00 a.m.

Contact: Elizabeth Mason 729-6596

KINGSTON RIDEAU TRAIL CLUB SCHEDULE OF OUTINGS

It is planned to continue the sequential hikes in the Fall. Meanwhile mark your calendar, get out your insect repellent, camping gear, swimsuits etc. and participate in some of the following activities.

Sunday, June 12 (see spring newsletter)

Saturday June 18

Enjoy a leisurely hike in the Little Cataraqui Conservation Area off Division Street. Evergreen woods and a sugar maple bush offer an interesting contrast. Meet at Sears North Door at 1:30 p.m. Contact George or Ruby Daniels. 546-7366

Sunday June 26

Van-Order Road area was rather wet in the Spring but a mid summer hike through farm land and woods should be rewarding. Summer flowers in full bloom. Meet at Sears North Door at 1:30 p.m. Contact Cathy Cutts. 542-5414

Saturday July 2

Sunday July 3

If you haven't tried backpacking before this overnight in Frontenac Park is particularly suitable for beginners as the distance walked will be quite short. Meet at Sears North Door at 9:00 a.m. Contact two weeks in advance Harry Dyer 546-3319.

Wednesday July 6

The Wednesday Walkers will walk some of the trails in the Foley Mountain Conservation Area. Bring a lunch and enjoy the view from Spy Rock overlooking Westport. Meet at Sears North Door at 10:00 a.m. Contact person - Emma Martin 542-1594.

Sunday July 10

Enjoy an afternoon hike on part of the Opinicon Loop followed by a cookout and the opportunity for a swim with hosts Joan and Robert Cartis at their summer camp on Lake Opinicon near Chaffey's Locks. Meet at Sears North Door at 1:00 p.m. Contact person Cathy Cutts 542-5414.

Monday July 18 to Friday July 22

Camping at Murphy's Point Provincial Park. Take this opportunity to hike the trail in both directions and explore the historic town of Perth and surrounding area. If you can't spare the whole time, come for part of the time or visit for a campfire evening. Contact Donald and Cathy Cutts at 613-542-5414 by phone or write to 15 Casterton Avenue, Kingston, K7M 1R4. Contact two weeks in advance.

Saturday July 30

Walk part of the Maple Leaf Road with views of Buck Lake and an interesting Beaver Pond. Meet at Sears North Door at 10:00 a.m.

Contact Tom Kaddits 546-0806.

Wednesday August 3

Hike on the trails near Otter Lake in Frontenac Park. Bring a picnic lunch. Meet at Sears North Door at 10:00 a.m. Contact Joan Hughes 549-6265

Sunday August 7

Repeat of Johanna's walk of April 10th. The area was too wet. (see details in spring newsletter)

Saturday August 13

Sunday August 14

Overnight suitable for beginners. Gould lake Area is beautiful every season. Meet at Sears North Door at 9:00 a.m. Contact Harry Dyer 546-3319, two weeks in advance.

Sunday August 21

Try a short hike in the Hidden Valley area off Perth Road. A shady walk through the woods and over the rocks. Meet at Sears North Door at 1:00 p.m. Contact Norm McLeod 546-9440.

Saturday August 28

Westport and Foley Mountain are attractive areas in any season. Bring a lunch and swimming togs and enjoy some of the trails in the Conservation area. Meet at Sears North Door at 10:00 a.m. Contact Donald Cutts 542-5414.

Wednesday September 7

Hike on the west side of Gould Lake to Spur Point and return. Meet at Sears North Door at 1:30 p.m. Contact person - Joyce Mayhew 546-1950.

Frontenac Provincial Park

The Ministry of Natural Resources staff have available application forms that are required by hikers or canoers to reserve interior campsites at 10 of the 11 clusters. The mailing address is:

Reservations
Ministry of Natural Resources
1 Richmond Blvd.
Napanee, Ont. K7R 3S3
telephone - 613-354-2173

Lloyd W. Chapman, Park Superintendent states that some construction on Township Rd. 5A and in the park will be taking place this Spring and Summer. Fees for the use of park facilities will be levied between May 13th and October 10th this year.

Advance Notice

Reserve Saturday, September 24th, 1983

The Annual General Meeting of the Association is planned for that day.

Place: "Stage Coach Inn" - Newboro

Time: 10:00 a.m.
11:00 a.m. Business
12:00 p.m. Lunch (bring your own)
1:00 p.m. Feature
"Happy Hiking Holidays". From the Rockies to the Arctic Our Members relive them.

2:00 to 5:00 p.m. Explore the area on foot around Narrows Lock or bring a bicycle or canoe and enjoy the many features of Westport, Newboro or Rideau Lake.

Re-assemble for dinner at 5:30 p.m. Cost for Roast Beef dinner, with juice, salad bar, dessert, rolls, pickles, cheese, tea, coffee will be \$8.95 excluding tax and gratuity. Reservations should be made through your local club Chairman.

* * * * *

Voyageur Trail News

Box 66 Ste. Marie
Ontario P6A 5L2

1. Casque-Isles Section: Between Terrace Bay and Rainbow Falls Provincial Park, approximately 40 km of shoreline hiking trail are completed and blazed. This section will be available to guidebook holders this spring.
2. Pukaskwa National Park: Seventy kilometres of coastal hiking trail winds its way from Hattie Cove south through boreal forest and over the hummocky volcanic rock of the Shield to the Swallow River. When completed to the Pukaskwa River, we will include this in our guidebook. For further information, contact the Superintendent, Pukaskwa National Park, P.O. Box 550, Marathon, Ontario POT 2E0.

Here's dreaming of Kluane and the Yukon in 1983.
Canadian Nature Tours may be contacted at 355 Lesmill Road,
Don Mills, Ontario M3B 2W8

Headwaters Outfitting Ltd.,
P.O. Box 818
Valemount, B.C., VOE 2Z0
Canada
Tel. 1-604-566-4718

June 26 - July 1 (Willow Creek, Jasper National Park)

Enjoy a 6 day pack trip, arranged for western artists by Karl Wood. Karl is a well known British Columbia artist. This package includes accommodation before and after your trip. Price: \$750.00

July 3 - 8 (Willow Creek, Jasper National Park)

Artists, as above.

July 12 - 16 (Mount Robson - Berg Lake)

Mount Robson is the highest peak in the Canadian Rockies. The trail to our camp at Berg Lake is one of the most spectacular in the world.

Books To Read

EQUINOX - Bi-monthly magazine \$2.95. It is a Canadian book devoted to wildlife, Outward Bound expeditions and Canadian history. The layout is good and photos excellent.

HIGH COUNTRY TRAIL - Along the Continental Divide by Michael Robbins and Paul Chesley. A very colourful, descriptive guide to a 3,000 mile trail. Well worth reading, even if you are only visiting the area.

NAHANNI TRAIL HEAD - \$17.95 - by Joanne Ronen Moore. Fantastic book - I have read it three times. A book everyone should curl up with.

A timely tip for the prevention of blisters comes from Pamela Sims - rub the inside of your socks at the points where blisters occur, with a dry cake of soap - Ivory or similar is best - but not the modern deodorant soap.

INFO

The address of the Hostel in Kingston is: 128 Earl Street, P.O. Box Number 1631. The phone number of the Canadian Hostelling Association is 613-546-7203. The Kingston Hostel will be open May 7 until September 2nd 1983.

FLORIDA'S OCALA FOREST (Continued from Page 3.)

There are a number of campgrounds in the Forest, ranging from well developed sites like Juniper Springs and Alexander Springs to more primitive sites where only a water pump and "privie" toilets are provided. There is a \$5.00 per day charge for the former while no charge is made to camp in the primitive sites.

In March my wife (Loris) and I spent a very enjoyable two weeks tent camping at Juniper Springs campground. The weather was fairly co-operative with a sufficient number of good days to make us forget about the few rainy ones. The campground is beautiful.

Continued Page 13.

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NEW!

Now is your chance to buy a Rideau Trail Association Sweat Shirt. These long sleeved sweat shirts are thick and comfortable keeping you warm in those cool summer mornings and perfect for any season. All Canadian and made from 80% cotton, 20% polyester with a map of the Rideau Trail as it winds it's way from Ottawa to Kingston. With the slogan "Hike the Rideau Trail".

To order send to:

Mark Sims
R.R. #1 Manotick Station
KOA 2N0

.....

ORDER FORM

Available in gray only for a price of \$18.00.

SIZE	AMOUNT
XL	
L	
M	
S	
Total Price	

Please Sign Here

Some of the camping areas are in dry pine forest while those located closer to the springs are surrounded by sub-tropical vegetation. Juniper Springs produce about 8 million gallons of water per day which flow down Juniper Creek into Lake George. There is a swimming area fed by the springs and the water is crystal clear with a year-around temperature (so they say!) of 72 degrees F. There is a short nature trail and hiking is available nearby on the Ocala Trail.

We had brought our canoe with us to Florida and we used it on a number of occasions. Our first trip was down Juniper Creek a distance of 7 miles to a highway crossing where we had arranged to leave our car for the return trip back to camp. The creek is very narrow and winding at the beginning but later widens out into a marshy area. The scenery is quite exceptional with towering palms and cypresses and dense tropical undergrowth. Occasionally otters and alligators are seen and birds such as cardinals, egrets and heron are plentiful. The trip takes about three hours.

On another day we canoed the lower section of Juniper Creek to its outlet in Lake George. The most significant feature of this trip was sighting what seemed to me the largest alligator that I have ever seen. We were watching a small snake in the water when this "monster" slithered off the riverbank into the water about 25 feet from us. I immediately gave the order "full speed ahead" to my crew.

On another trip we drove to Alexander Springs campground and spent the day canoeing on Alexander Springs Creek. This creek is similar to Juniper Creek only to the extent that it is fed by springs. It is much wider, slower moving, and has extensive areas of marshland. Again there was a large number and variety of birds, numerous turtles, and a few alligators (no large ones). Because of strong winds and a current that would be against us on the return trip we paddled only three miles downstream and then paddled back to Alexander Springs. If arrangements could be made for a pickup it would be an interesting trip to paddle the 12 miles to where Alexander Springs Creek empties into the St. Johns River.

The fourth trip was an 11 mile circuit on the St. Johns River around Hontoon Island, not far from the city of DeLand. We started from Blue Springs State Park and canoed to the north end of Hontoon Island where Hontoon Island State Park is located. We stopped for lunch there which we shared with a very ugly possum (he/she should have been asleep since it was midday and possums are nocturnal animals). We returned to Blue Springs Park by the main channel of the St. Johns River and were very nearly swamped by the wake of a very large motor launch whose driver had made no attempt to slow down when passing our canoe.

Blue Springs State Park is noted for periodic visits by the manatee whales (sea cows). Unfortunately, we did not see any although we were told that a few had been there earlier that day. The manatees are attracted to that location in the winter by the warm water from the springs that feed into the river.

Since I am writing an article which, hopefully, will be published in a hikers' newsletter, some mention should be made of hiking. The Ocala Trail, which is a part of the Florida hiking trail system, passes through the Ocala Forest in a general north-south direction. Because of a problem with my foot our hiking activity was restricted to a short hike north of Juniper Springs and a hike for 5 miles south of the Springs. The Trail is well cleared and marked with red (almost the same color as Rideau Trail markers) rectangles painted on the trees. At highway crossings there are signs where the Trail crosses the highway and also signs for motorists about $\frac{1}{4}$ of a mile on either side of the crossings.

The terrain is quite flat and a cushion of pine needles makes for easy walking on the Trail. There is evidence that hikers camp overnight almost anywhere. However, the majority of the campgrounds which I referred to earlier are on or near the Trail and many hikers stay overnight in these campgrounds. Occasionally you see deer and armadillos on the Trail as well as a variety of birds.

After 5 or 6 winter holidays in Florida we have come to the conclusion that the Ocala Forest, and Juniper Springs in particular, is best suited to our tastes. It is isolated to a certain extent from the main Florida tourist traffic and the surroundings are beautiful and offer plenty of opportunities for outdoor recreation. If one does wish to visit more tourist oriented places like Disney World, Epcot Centre, Daytona Beach, or the Kennedy Space Centre it can be done in a day's trip. One disadvantage, however, is that there is a US Navy bombing range nearby and the noise of the jet planes can be a nuisance at times.

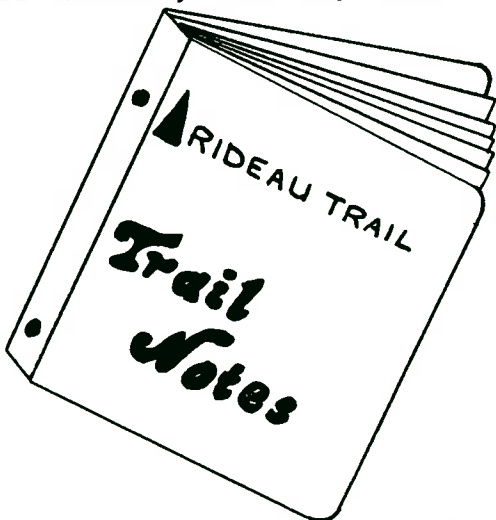
Tedd Jordan
April 1983

Trail Notes Reviewed by P. Peterkin

For those members who have not yet seen the field guide book of the Rideau Trail Association, let me tell you about it. It is a pocket-sized loose-leaf book with a waterproof plastic binder containing over 100 pages crammed with information to make your hiking more rewarding including notes on rocks and trees, flowers and birds, compasses and maps. Each chapter has been written by an expert - Robert Legget contributed the section on history, Mabel Corlett and Bob Stevens collaborated on the geology section, and the extensive write-up on ecological niches has contributions by John Arnold, Dan Brunton, Adele Crowder, Francis Cook and Frank Phelan, among others. I am sure your enjoyment of the Rideau Trail will be vastly enhanced by having this convenient-sized book in your backpack.

Unbelievably, though the price is only \$5.00, fewer than 400 of the initial printing of 2000 have been sold so far and of these, 100 were sold to the general public. This must be because many of our 950 members are not acquainted with **Trail Notes**. Once you have seen the book you will surely want to buy one.

If you wish to see **Trail Notes** contact:
Arne Henrikson, 544-0465, Kingston
Jean Riddell, 267-1276, Perth
Eileen Evans, 741-0789, Ottawa
Pearl Peterkin, 829-3062, Ottawa



Be sure to order a copy with your spring membership renewal!

Your Corridor Preservation Fund

As one of its low-key but important programs, the Rideau Trail Association maintains a "Corridor Preservation Fund". Supported by donations and by the allocation of bank interest from our operating account, the goal is to establish a fund of \$10,000 by 1986.

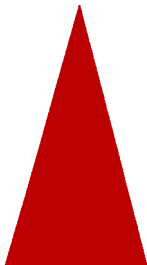
Since its inception in 1976, the fund has made three grants totaling \$1750 which stimulated funding from other sources to preserve areas of land for hiking and allied uses. The most recent grant was \$500 donated towards the purchase of the John L. Smith property. This land bordering the western boundary of the City of Kingston, will now be maintained by the Cataraqui Region Conservation Authority. The Authority is planning to undertake the job of rebuilding the burned out board walk in the area where the Rideau Trail passes through the Cataraqui marsh.

A delegation from the Kingston Club attended a Township Council meeting to express our thanks for their part in purchasing this land. A letter was received from Major John Gerretson expressing the City's thanks for the Rideau Trail donation.

As of January 19, 1983 the Corridor Preservation Fund stands at \$3778. If you would like to make a donation to help attain the goal of \$10,000, just include it with your membership renewal. Income tax receipts are provided.

MEMBERSHIP RENEWAL

It's that time of year again! Just write your name and address on the card in the envelope enclosed with this newsletter, check the items you would like to order, include your cheque with the card, then stamp and mail the envelope. What could be easier!! You will notice that the annual membership rate has increased from \$5 to \$10. A 100% increase! Still, where, in these days, can \$10 buy the value you get in fun and recreation that a membership in the Rideau Trail provides? Send in your envelope today!



If undeliverable, please return to:

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

APPLICATION FOR MEMBERSHIP

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

Membership year, April 1st to March 31st

Your membership in the Rideau Trail Association provides the financial support essential for the continuous maintenance, improvement, extension and protection of the Rideau Trail network. As a member you will receive the quarterly newsletter and special mailings, as well as voting rights in both Club and Association activities.

() Annual Family Membership.....\$ 10.00
() Patron (Life Membership)..... 150.00*
() Map Kit (13 maps) Members only..... 4.00
() Vinyl Case for maps..... 3.00
() Trail Notes Members..... 5.00
Non-members..... 8.00
() Car sticker (FREE to New Members)..... .50
() Crest..... 1.00
() Enamelled Pin..... 3.00
() Donation to RTA..... *
() Donation to Corridor Preservation Fund... *

TOTAL _____

PLEASE CHECK New () Renewal ()
Name.....
Address.....
.....
Postal Code.....
Telephone.....

* Qualify for income tax deduction. Charitable Registration No. 0041733-56-11