



The Rideau Trail NEWSLETTER

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Fall 1984



What Could Tom Be Looking At?

Photo: Norm McLeod

The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The editor of this issue is Johanna Koeslag for the Kingston Rideau Trail Club.

Submissions for the next Newsletter are welcome and should be sent by November 1, 1984 to Peter Andrews, 1890 Wembley Ave. Ottawa, Ontario, K2A 1A7, 728-3016.

The Rideau Trail is a member of Hike Ontario (F.O.H.T.A.)

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

ISSN 0709-7085

The Rideau Trail Association Board of Directors for 1983-84

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Kingston Rep	Norm McLeod	546-9440

The Association Board of Directors are elected every year at the annual general meeting. This year, the following positions are open.

Membership Secretary. The person to fill this job must come from the Kingston area because it requires emptying the post box 2 or 3 times a week. The membership secretary processes new applications and renewals, forwards cheques and money orders to the treasurer and sends out membership cards as well as map kits, trail notes, pins, etc.

Newsletter Editor for Ottawa. The person who fills this job must coordinate the production of the newsletter twice a year, the summer and winter issues. The job includes preparing camera ready copy, getting this to the printer and seeing that stamps and labels are affixed and the newsletters posted on schedule.

FOHTA Reps for Ottawa and Kingston. The persons filling these 2 positions will be required to attend 5 Hike Ontario meetings throughout the year, represent the concerns of the Rideau Trail at those meetings and report back to the RTA board of directors. If you like to travel, expenses paid, this may be the job for you.

Anyone interested in filling these positions should contact Cathy Cutts in Kingston, 542-5414, or Bill Grant in Ottawa, 593-7221.

Off-Trail and Theme Hikes

Until recently, the RTA's three clubs limited their hiking activities almost exclusively to the trail and its loop trails. As members became increasingly familiar with the scenic stretches of the trail, a move towards off-trail hiking began. This was particularly true of the Ottawa Club because, apart from the Marlborough Forest area, there are few truly scenic stretches north of Perth.

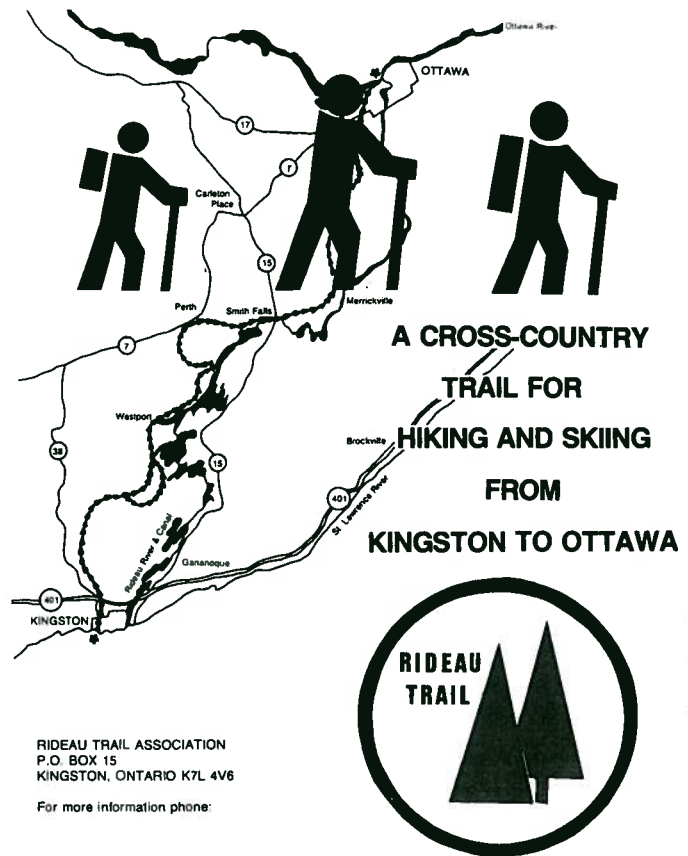
Consequently, two ideas have taken hold in the Ottawa Club, the concept of more off-trail hikes and the idea of hikes based on a theme, such as mushrooms, forestry, geology, wildflowers or history. For some years there have been occasional hikes in the Gatineau Park area led by Joe Parton. More recently, a series of hikes followed the abandoned K & P Railway roadbed. Pearl Peterkin has led historic hikes in the Merrickville, Burritts Rapids area.

Of course, I do not suggest that off-trail and theme hikes ever replace on-trail hiking, but rather supplement it. Here are a few of the possibilities. Charleston Lake Park has three medium length and long trails which combine geology, history, aquatic plants and forestry. The Limerick and Larose Forests deserve more attention for forestry and mushroom theme hikes. The Kemptville Forestry Station is an old stand-by for trees and mushrooms. Mill Pond Conservation Area near Portland has six kilometres of trails ideal for spring (maple syrup demonstrations) or fall hiking. Murphy's Point Park is a favorite for summer (swimming) hikes, fall colour hikes and ski outings.

Many other possibilities exist but they are further away and involve a long drive to get there. For example: the Newfoundland spur of the Opiongo Road (geology, history), Mont Ste. Marie, Quebec (geology) and Shaw Woods near Eganville (forestry). Readers can perhaps suggest more possibilities.

Bill Grant, Nepean, Ontario

Announcing The Information Poster!



Perhaps you've already seen this poster displayed in your local library or grocery store. 5000 posters have been printed for posting in high schools, colleges, universities and government buildings, etc. to advertise the Rideau Trail and make available to the public phone numbers to call for information.

If you would like to help distribute the posters, please contact your local publicity person to offer your services.

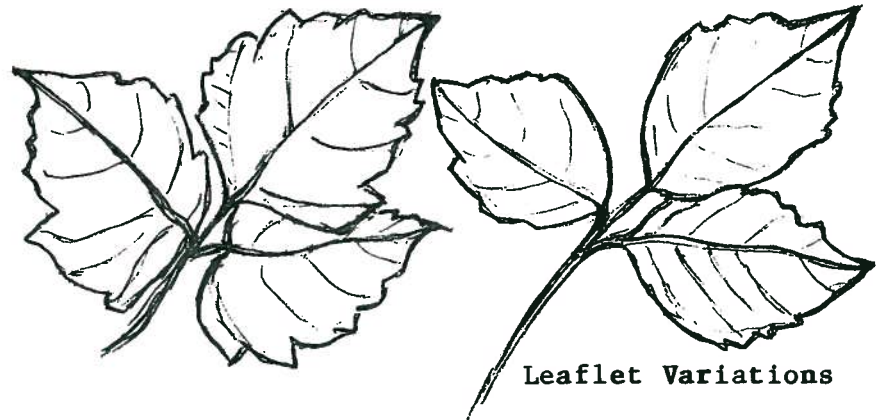
Cutting Insight

"If a man walks in the woods for love of them half of each day, he is in danger of being regarded as a loafer. But if he spends his day as a speculator, shearing off those woods and making the earth bald before her time, he is deemed an industrious and enterprising citizen."

Henry David Thoreau

"LEAFLETS THREE - LET IT BE!"

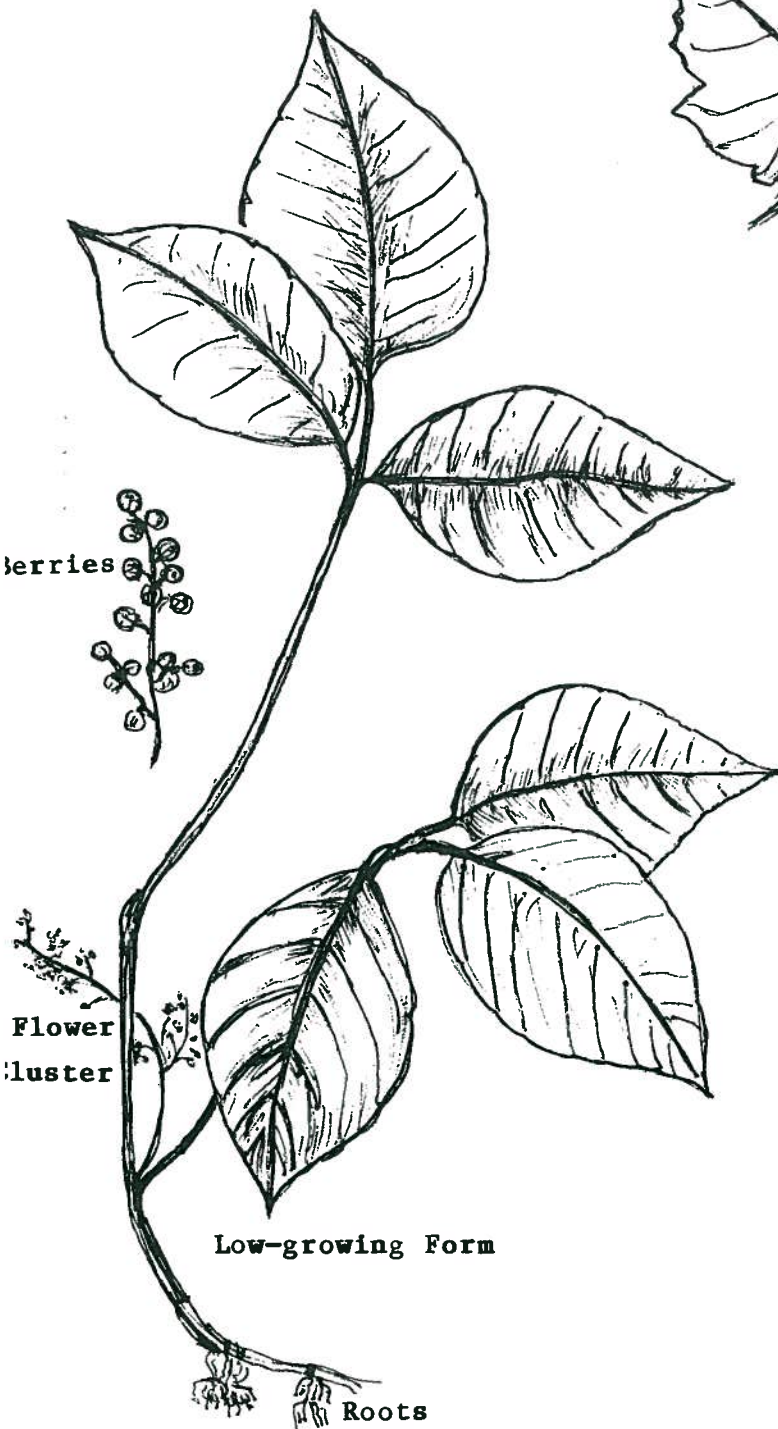
It just may be **Poison Ivy**, *Rhus Radicans* L. which is sometimes called Poison Oak, a name properly applied to a plant of the Pacific Coast.



Description A woody perennial spreading by seeds and sucker shoots, Poison Ivy may grow as dwarf, shrubby plants a few centimetres high carpeting the ground, as upright plants 60-90 cm high, or as vines twisting around trees, shrubs or posts and reaching some distance above the ground. The leaves are alternate, consisting of three stalked leaflets. The middle leaflet is longest, margins are very variable and the underside may be hairy.

In spring and early summer the young unfolding leaflets are reddish or bronzy green and hang limply from the ends of their petioles. During the summer, the leaflets change to deep bright green and stand out nearly level with the end of the petiole. Their upper surface is nearly smooth and sometimes has a glossy appearance. In autumn the leaves turn orange-red to wine-red in sunny areas, but to a dull tan or light brown in shady areas before dropping off.

After the leaves have formed in spring, clusters of small, erect, greenish-white flowers develop on some plants where leaf petioles join the stem. During summer, small round hard berries about 5 mm in diameter form. After the leaves drop in the fall, Poison Ivy is identified easily by the clusters of grayish to white, waxy looking berries on short, erect, bare stems which have alternating buds and leaf scars. Some berries may be hairy.



POISON IVY

Origin North America

Distribution in Canada All provinces except possibly Newfoundland.

Similar Plants

Virginia Creeper - has five leaflets and bluish fruit.

Manitoba Maple - sometimes with three leaflets, has opposite leaves and winged fruit.

Hog Peanut and Ground Nut - has three leaflets but is not woody and has larger flowers.

Clematis - a climbing or trailing vine with opposite leaves and larger white or blue flowers.

Allergic Reactions The toxic action on persons who become sensitized to it, that is, the characteristic skin blistering, is caused by direct contact with an oil present throughout the plant in any season, or from handling shoes, garden tools, or other articles contaminated, perhaps years before. Household pets may also carry this poisonous substance. Roots may be found in compost piles. Bonfires containing Poison Ivy may vaporize the oil in the smoke causing susceptible persons to have a serious reaction.

The first sign of poisoning is a dermatitis, usually accompanied with a light itching, followed by a faint blush to the skin. Itching increases and small, watery blisters appear anywhere from a few hours to some days later. Blisters may burst and become irritating, oozing sores, which finally dry, forming scabs. A severe attack may upset health for sometime.

Treatment Carry out treatment as soon as possible after exposure. The oil should be washed off the skin by repeated latherings with soap and well rinsed with water. **Don't scratch!** Don't apply oily or greasy ointments or liniments. Applying cloths wrung out in ice water or taking cool baths containing epsom salts, starch or baking soda, may relieve the itching. Application to affected areas of a solution of potassium permanganate

or a 1% solution of Aluminum acetate (Burosol Powder) has been recommended in recent years. Your doctor should be consulted on appearance of any rash to prescribe treatment.

Prevention Contaminated clothing should be washed repeatedly with soap and water, or dry cleaned (this should be wrapped and labeled "contaminated with Poison Ivy"). The oil of Poison Ivy remains for an indefinite period so it may cause repeat cases of dermatitis.

1. Learn to recognize it.
2. Teach others to recognize it.
3. Avoid contact with it.

This information was compiled by Moira Drummond from the Ontario Ministry of Food and Agriculture fact sheet "Poison Ivy" and the Federal Dept. of Agriculture "Weeds of Canada".

* * * * *

Editor's Note The following letter appeared in the August, 1984 edition of Prevention Magazine.

Zinc and Poison Ivy

A friend of mine who gardens by a huge patch of Poison Ivy told me that zinc is the best defence against it. Just 30 mg a day, she said, and you will not be bothered with those pesky blisters and itching ever again. Five of us tried it and it works. Of course, we don't roll in the Poison Ivy, but at least we can now relax while picking wild berries (or hiking).

Beatrice Frolander
Warroad, Minnesota

Another Prevention reader claims that buttermilk will dry up any rash you may have from Poison Ivy.

* * * * *

Starvation in a Great Horned Owl

Taking a country walk can sometimes lead to surprising sights, as a landowner south of Ottawa found out on a pleasant May afternoon. A large Great Horned Owl suddenly revealed herself in a nearby tree by flying to a branch - which she missed completely, resulting in an unresisted crash to earth. The man found her alive but very weak, and when he attempted to assist her, she climbed onto his gloved fist and allowed herself to be carried thus to his house, where he arranged transportation to us in Verona.

Two main facts were immediately found on admission; she had a nasty abscess on the upper palate, and she was severely starved, weighing only 1077 g. She was a large owl with a wing-chord measuring 380 mm, but incredibly emaciated everywhere. The first thing we did was to take a swab of the abscess for analysis and give her a warm tube feed. To compound matters, she had diarrhea so we began to replace this fluid loss with oral Ringer's solution. In 24 hours we switched from tube feeds to syringes of high caloric concentrated paste with amino acids, and offered her small bits of skinned mouse. Although she took them readily enough, she merely mouthed them and spat them back, showing apparent discomfort. On the third day, however, she began to swallow small mice whole, though the high-calorie supplement still continued for a week.

At the end of her second week, we were dismayed to see no significant change in the abscess despite antibiotic and good diet, and no report had yet been received on the swab. However, she was gaining weight slowly, now 1290 g, and her behaviour was much improved. Finally, four weeks after admission, the report arrived telling us the bad news - the main agent was *Fusobacterium Necrophorus*, an anaerobic bacteria that's very difficult to conquer and unresponsive to the antibiotic Chloramphenicol she had been receiving. The pathologist recommended surgical removal of the abscess promptly. On the good side of the report, there were large numbers of other bacteria also present that had probably been affected by the antibiotic.

So, as much as possible of the abscess was removed and a fresh course of antibiotic was started, this time Tetracycline. The area was cauterized with iodine and the mouth rinsed well with hydrogen peroxide. On this day she weighed 1530 g, and was still quite thin!

When she was checked again in two weeks (she was by now living in a large outdoor aviary) a second, lesser debridement was carried out to remove a last small deep pocket of the abscess. By this time she had gained 58% of her weight back, now weighing 1757 g, and, while not thin, there was still room for more.

A month after the last treatment, we were pleased to read her weight at 1969 g, a grand gain of 81.8%! Her mouth was in perfect condition at last, and, after being banded with the largest band available for large owls (and it was rather a snug fit) she was borne away triumphantly by the delighted landowner who released her exactly where she had been found ten weeks previously.

Editor's Note Kit Chubb and her husband Robin run the Avian Care and Research Foundation in Verona, Ontario, 374-2923. If ever, on one of your hikes, you come across an injured bird, remember Kit and the care she provides for birds. A crew of volunteer ambulance drivers will bring birds to her from as far away as Toronto, Ottawa and Montreal.

A visit to Kit and Robin's home in Verona is quite an educational experience. Her aviaries are temporary homes for owls, hawks, a turkey vulture, and even an osprey on occasion. The last time I visited there to deliver a kingfisher with a broken wing, Kit had a cage full of baby harriers whose nests in the hay fields had been run over by a farmer's tractor. A baby catbird, oriole and crow came to her feeding call, and a tiny gallinule cried insistently for her attention. Not all the birds that come to her make it, but some do, like the owl in the above story.

Look for Kit's bird stories in the Kingston Whig-Standard alternate Saturdays.

Friends Along the Rideau Trail

Heading north from Kingston along the Rideau Trail, just past the village of Perth Road, the trail splits in two directions. This allows an alternate route which is known as the Opinicon Loop. Along this loop the trail crosses over property belonging to Skycroft Outdoor Centre. Skycroft is owned by Allan and Ellen Bonwill and operated by Jim and Anne Barton. There are 1800 acres crossed by 10 miles of hiking trails in addition to a sand beach, woodshop and canoes. This camping facility is also operated as a cross country ski area during the winter.

The Bonwills feel strongly that this lovely historic acreage along the Rideau Waterway should be preserved. They have dedicated themselves to this goal for many years. They have researched the history of the area and have assembled many artifacts into educational displays located in their recreation barn. They have continually supported projects such as the Rideau Trail, which encourage use of the land by outdoor enthusiasts who enjoy the natural beauty of both flora and fauna.

All seasons of the year have their special attraction at Skycroft. Be sure to visit and enjoy them.

A Rerouting at Jackson's Mill

At Jackson's Mill Road just south of the 5th Concession Road, the trail goes past the old mill (now a beautifully renovated home), turns into the driveway of a house and continues down a lane past a barn and into the hay fields beyond. This house has recently been rented and several horses occupy the barn yard, kept in by gates that block the trail. If you keep your eyes open for new markers when you hike this area you'll notice that the trail now goes through the field south of the barn yard and you have to climb over a stile to regain the original trail.

Central Club Outings

Saturday, September 22. A.G.M.

Bring the whole family and join us in Perth for the Annual Rideau Trail General Meeting. In the morning, take an historical walking tour of Heritage Perth, a leisurely walk beside the Tay Canal, or a more strenuous walk at Otty Lake. We'll get there and back by car. See the notice on page 11 for more details. Be sure to reserve your dinner tickets before September 15.

Contact: Marg McLeod, 267-1641

Monday, October 8. Narrows Locks

Join the Ottawa and Kingston Clubs for a hike in the Narrows Locks area. The fall colours should be beautiful at this time. Those who want to may book dinner reservations at Stirling Lodge in Newboro (272-2435) before September 15. Remember to bring a lunch.

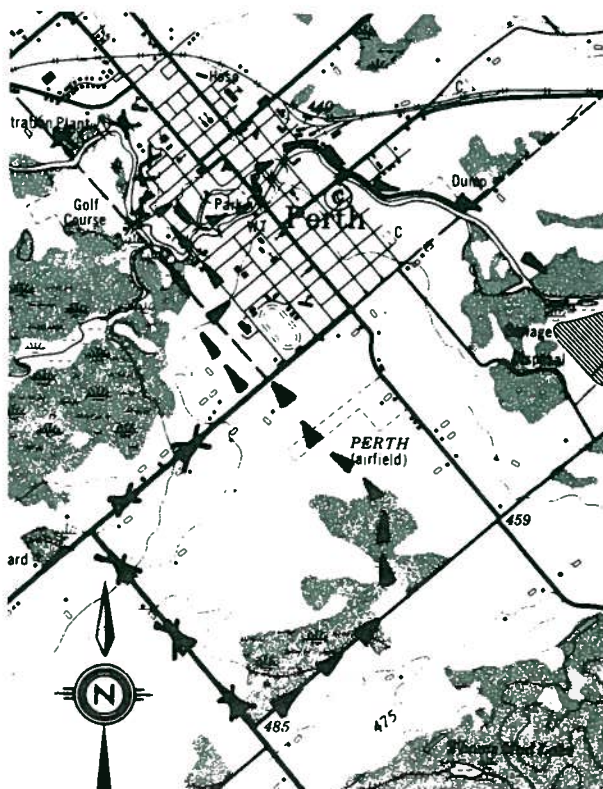
Contact: Marg McLeod, 267-1641

Sunday, October 28.

Let's get together for a hike somewhere. Meet at the O.M.A.F. office on 10 Sunset Blvd. at 11 a.m. Bring a lunch.

Leader: Marg McLeod, 267-1641

A Rerouting South of Perth Map 7



Ottawa Club Outings

Saturday, September 8. Hike #3 14km

This hike from Stapledon to Twin Elm is the third in our series of hikes in the Ottawa area. This section features prosperous farm land near Richmond. The trail is almost completely on gravel roads and farm concession lines. Meet at 2 p.m. on the steps of the Supreme Court Building on Wellington Street. Pack a picnic supper to enjoy a warm summer evening.

Leader: Elizabeth Mason, 729-6596

Sunday, September 16. Hike #4 14km

This one of our special hikes, from Roger Stevens Road to Stapledon, takes us to the log cabin along a very pretty and little travelled stretch of the trail. Meet at Westgate Shopping Centre at 10 a.m. Bring a lunch.

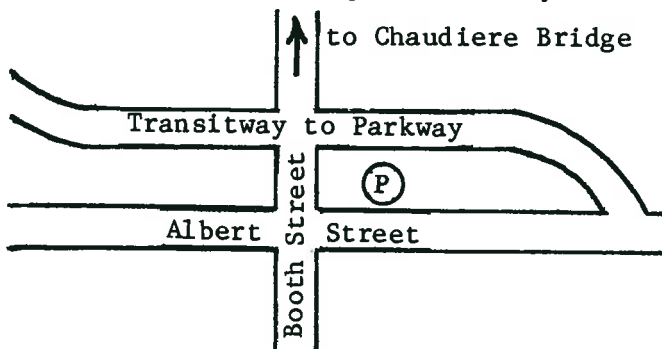
Leader: Andrew Oakes, 232-2755

Saturday, September 22. A.G.M.

Come one and all to the grand Annual Rideau Trail General Meeting. For details see the notice on page 11. Meet at 9 a.m. at West End Shopper's City by the laundromat on the west side. Be sure to buy your dinner tickets before **September 15th.**

Contact: Bill Grant, 820-0697

In order to have a central meeting place for all Ottawa Club Outings, we will begin to meet at Albert and Booth Streets. This corner is convenient for those who wish to leave their car because there is an N.C.C. parking lot nearby. For those taking the bus, buses 51, 52, 95, 96, 3 and 71 all pass this way.



This new meeting place will be used for at least the fall and winter outings. Once you have met there, please let someone on the executive know whether you find it easy or difficult to reach.

Wednesday, September 26.

Are there any Wednesday Walkers in Ottawa? Anyone who would enjoy a Wednesday walk should not miss this outing. If interest is shown, then Wednesday walks will continue in the future. Meet at 11 a.m. at Booth and Albert. Bring a lunch.

Leader: Barbara Foster, 828-5087

Sunday, Sept. 30. Hike Ontario Day

The Ottawa Field Naturalists are hosting this joint outing. They plan to take us to the Lac Phillippe/Taylor area of the Gatineau. The fall leaves should be at their best. Two hikes are planned - one for avid hikers and one for naturalists. Phone early (2 weeks in advance) to reserve your seat on the Dinobus. If the bus is full, you can still come by supplying your own transportation. Bring a lunch. Meet at the front entrance of the Museum of Natural Sciences at Metcalfe and McCloud at 8:30 a.m.

For Reservations and Information call: 722-3050

Monday, October 8. Narrows Locks

Hike with the Kingston and Central Clubs in the area of Narrows Locks. The fall colors should be beautiful in this area of the Rideau Lakes. Those who want to may book dinner reservations at the Stirling Lodge in Newboro (272-2435) before September 15. Be sure to bring a lunch and meet at Booth and Albert at 9 a.m.

Contact: Linda Hayes, 234-1045

Saturday, Oct. 13. Trail Maintenance

Work has been progressing this year in moving some of the trail off roads and out of swampy areas. Workers are needed to clear and mark the new trail and to remove markers from the old trail. Meet at Booth and Albert at 9 a.m. Bring a lunch. A hammer, clippers or a saw would be useful.

Leader: Jim Fish, 226-7236

Saturday, October 20. Joe Parton Hike

Joe Parton will lead a hike somewhere on the Rideau Trail. Bring a lunch for this all day outing. Meet at 10 a.m. at Booth and Albert.

Leader: Joe Parton, 733-7624

Sunday, October 28. Frontenac Park

Enjoy a full day hike in Frontenac Park. This area is one of rugged terrain, so boots and wet weather gear are essential. Bring a lunch. Meet at 8 a.m. at Booth and Albert.

Leader: Peter Brebner, 729-8178

Sunday, November 4. Gatineau Park

Hike 13 km in the Lac Phillippe area of the Gatineau along ski trail #54. Now that the leaves have fallen, we may be lucky enough to catch a glimpse of wildlife. Bring a lunch. Meet at Booth and Albert at 9 a.m.

Leader: George Puysegur, 745-0563

Saturday, Nov. 10. Cabin Work Party

Come out to prepare the Ottawa Club cabin for winter use. Bring a lunch. Meet at Booth and Albert at 9:30 a.m.

Leader: Andrew Oakes, 232-2755

Friday/Saturday, November 16/17. 30km

Have you visited all three Ottawa area cabins yet? Here is your chance. We plan to spend Friday night at the Schoolhouse so that an early start can be made on Saturday morning when we will hike to the Club cabin and then on to Manning cabin for an outdoor dinner - potluck style. Those who wish to join the group for dinner only, should be at the Manning cabin by 4 p.m. Saturday. Phone Elizabeth by Wednesday, November 13 to indicate your intention of hiking and/or joining the group for dinner. Meet at Booth and Albert at 7:30 p.m. on Friday night with your sleeping gear and food for breakfast and lunch.

Leader: Elizabeth Mason, 729-6596

Sunday, December 2. Hike #5 15 km

This is one of the hikes in our series covering the entire Ottawa end of the trail. This hike will follow the Ottawa River from Richmond Landing to Bell High School. Meet at Booth and Albert at 10 a.m. Bring a lunch.

Leader: Margaret Lafrance, 692-4650

Sunday, December 9. Hike #6 15 km

This is the last in our series from Rosedale to Ottawa. This section, from Bell High School to Twin Elm, is one of the more interesting sections in the Ottawa area. Ruins of old farm buildings, beautiful stone houses, as well as

a cemetery and a historical monument are found along the trail. Meet at Booth and Albert at 10 a.m. Bring a lunch.

Leader: Peter Andrews, 728-3016

New Ottawa Club Executive

In June the Ottawa Club held its annual meeting and elected the following members as their new club executive for 1984-85:

Chairman Bill Grant, 593-7221

Vice-Chairman Ron Hunt, 746-1150

Secretary Linda Hayes, 234-1045

Treasurer Brian Lunergan, 829-0609

Trail Maintenance Jim Fish, 266-7263

Routes & Negotiations

Pearl Peterkin, 829-3062

Peter Brebner, 729-8178

Buildings & Lot Maintenance

Andrew Oakes, 232-2755

Outings Elizabeth Mason, 729-6596

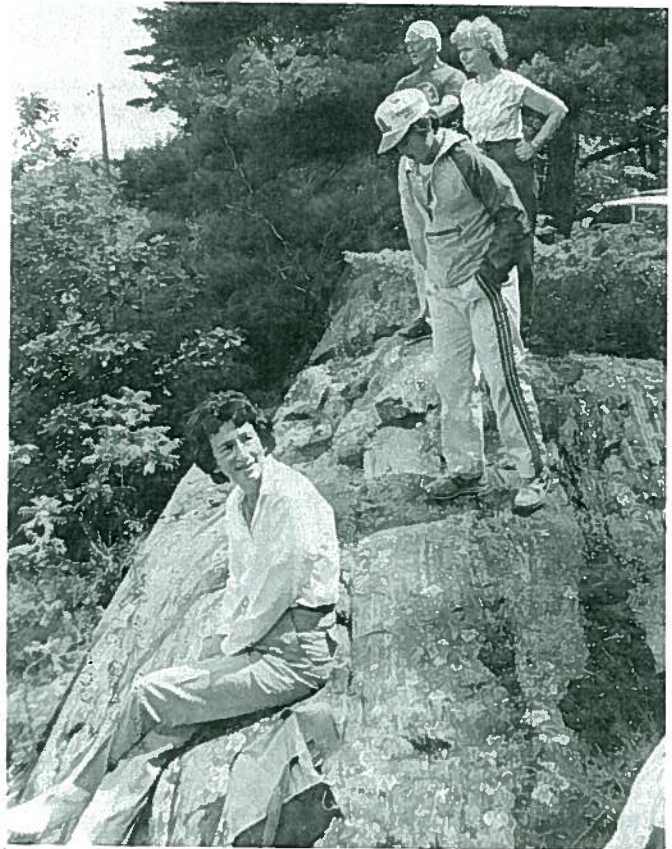
Publicity Elaine Vininsky, 722-3358

Newsletter Editor

Peter Andrews, 728-3016

F.O.H.T.A. Representative

Margaret Lafrance, 692-4650



What a long way down! Photo: N. McLeod

Ideas on Hike Leadership

On June 21, 1984, the Kingston Club held an evening hike specifically for members interested in becoming hike leaders. Cathy Cutts was the leader and she demonstrated how a good leader would conduct a hike. Afterwards we met at Cathy's home to discuss guidelines for hike leaders and to enjoy a snack. Peter Skelton played the magician by pulling out of his pack the things a hike leader should bring along. Below are the guidelines we discussed.

- * The leader must know the section of trail where the hike is to take place. This may involve actually scouting out the trail beforehand to become familiar with the terrain and the time required to cover the distance.

- * Arrive a few minutes early at the appointed meeting place.

- * Record the names and phone numbers of hike participants. This list should be given to the outings coordinator.

- * Give out brochures to new participants.

- * Announce the next up-coming hike.

- * Appoint a "tail-end Charlie", someone whose responsibility it is to bring up the rear.

- * Introduce hike participants to each other and count them.

- * Introduce yourself as leader and identify the "tail-end" person so that anyone who decides not to continue the hike knows who to tell. This way, the leader can be sure that all who begin the hike are accounted for at the end.

- * Arrange transportation for anyone who needs it and be sure all drivers understand how to get to the place where the hike is to begin.

- * On the trail, the leader should point out interesting features.

- * Pause once in a while for the slower hikers to catch up.

- * Be particularly careful to point out spots on the trail where direction changes might be missed.

- * Stop at a suitable spot for lunch and ensure that all participants are sufficiently rested before resuming.

- * After the hike, report any problem areas to the maintenance coordinator.

- * Carry a basic first aid kit or be sure someone else in the group does, a garbage bag and hand pruners. Also carry a whistle, matches, and extra food and water. In summer carry insect repellent, sun hat and glasses, and in winter, extra socks, mitts and an emergency solar reflecting blanket.

Hike participants, remember, that your responsibility is to cooperate with the leader and to let him or her know if you're leaving the hike or going off on your own. Working together we can continue to enjoy and have successfully organized hikes on the trail.

The Trail User's Code

- * Hike only along the marked route.

- * Do not climb fences. Use the stile.

- * Leave flowers and plants for others to enjoy.

- * Never strip bark from trees.

- * Light fires at official campsites only and drench fires after use.

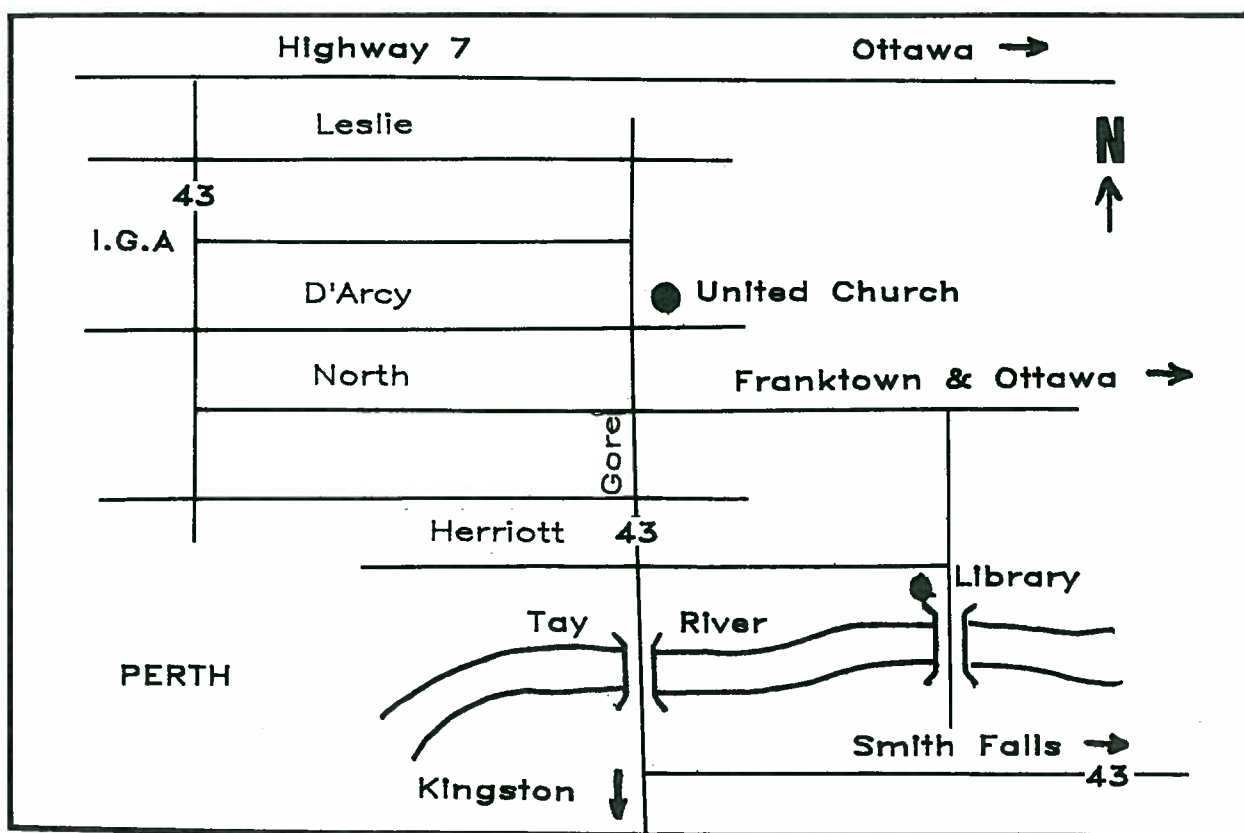
- * Keep dogs on a leash, on or near farmlands.

- * Walk around the edge of fields, not across them.

- * Protect and do not disturb wild life.

- * Leave only your thanks and take nothing but photographs.

Perth - Marg McLeod, 820-0697



Kingston Club Outings

The following program has been coordinated by Cathy Cutts, 542-5414, who may be contacted if the leader listed below each outing is unavailable. There are several new leaders so, hikers, please give them your support and cooperation. The outings towards the end of the program may be hike, ski, or snowshoe, depending on the conditions at that time.

Wednesday, September 5. Bell's Island
Join us for a leisurely hike at Bell's Island, but be sure to keep well to the edges of the golf fairways. Meet at Sears north door at 1:30 p.m. and pick your leader.

Sunday, September 9. A Bicycle Hike
Bicycle out to Grass Creek Park in Pittsburgh Township, about 15 km east on Highway 2. The MacLachlan Woodworking Museum will be open (admission \$1.00 for adults). Non-cyclists are welcome to join the group at the Park. There's a swimming area and picnic tables, so bring swim gear and a snack. Cyclists meet at the bottom of Fort Henry Hill near the information booth at 1:30 p.m.
Leader: Erna Smith, 544-4386

Sunday, September 16. Gould Lake
Hike about 8 km on some of the trails on the east side (Map 11). Bring a lunch to enjoy on one of the rocky viewpoints. Meet at Sears north door at 9 a.m.
Leader: David Roeder, 546-7352

Saturday, September 22. A.G.M.
Come one and all to the grand Annual Rideau Trail General Meeting! See the notice on page 11 for details. Be sure to contact Moira to reserve your dinner tickets **before September 15**. Anyone requiring a ride meet at Sears north door at 8:45 a.m.
Contact: Moira Drummond, 544-9529

Sunday, September 23. Hill Island
Keith Dewar of Parks Canada will be our interpreter on a leisurely woodland walk he calls "Forest of Lilliput". A field guide to fungi would be useful to bring along. Meet at Sears north door at 12:30 p.m. or at the 1000 Island Toll Bridge parking lot at 1:30 p.m.
Contact: Cathy Cutts, 542-5414

Sunday, Sept. 30. Hike Ontario Day
Try to introduce someone new to the enjoyment of hiking - fresh air, exercise, and good company.

Hike #1 Cataragui Cemetery Historical Walk. Meet at Sears north door at 2 p.m.

Leader: Cathy Cutts, 542-5414

Hike #2 Bedford Mills Towards Westport.
Bring a lunch. Meet at Sears north door at 10 a.m.

Leader: Norm McLeod, 546-9440

Hike #3 Join the Kingston Field Naturalists for a leisurely hike through the rugged terrain of the Otter Lake Nature Sanctuary. Meet at Sears north door at 1 p.m.

Leader: Larry McCurdy, 546-0683, 389-6427

Wednesday, October 3. Westbrook Area
Meet at Sears north door at 12 noon. Drive to Joyce's country home for lunch followed by a walk. Call Joyce Mayhew if you intend to participate, 389-9819.

Monday, October 8. Narrows Locks
Come to Narrows Locks for a joint outing with the Ottawa and Central Clubs. Bring a lunch and meet at Sears north door at 10 a.m. or at Narrows Locks at 11 a.m. Those who want to may book dinner reservations at the Stirling Lodge in Newboro (272-2435) before September 15.
Contact: Cathy Cutts, 542-5414
Joan Hughes, 549-6265

Saturday, October 13. Work Party
This work party could be doing trail maintenance in a swampy area, so come prepared. Bring a lunch. Meet at Sears north door at 9 a.m.
Leader: Tom Kaddits, 546-0806

Sunday, October 14. 8km
Hike the Peninsula Trail in Charleston Lake Provincial Park. Beautiful scenery, rugged in places. Bring a lunch. Meet at Sears north door at 9 a.m.
Leader: Su Nag, 544-6505 (9-10 p.m.)

Saturday, October 20. Opinicon Loop
Hike part of the Opinicon Loop (Map 9 & 10) from Skycroft towards Upper Rock Lake. Meet at Sears north door at 9 a.m. or at Skycroft at 10:30 a.m.
Leader: Jim Gartenburg, 542-8942

Sunday, October 21. Opinicon Loop
Hike part of the Opinicon Loop (Map 9) from Skycroft to where the main trail intersects the Leeds Grenville boundary. Meet at Sears north door at 9 a.m. or at Skycroft at 10:30 a.m.
Leader: Don Galloway, 548-8109

For those who want to camp overnight, space is available at Skycroft, 359-5491 or at Strong's Indian Lake Campground, 359-5779. Overnight lodging is also available at the Opinicon Hotel, 359-5233 or Dorothy's Fishing Lodge, 359-5816. Please make your own arrangements.

Saturday/Sunday, October 27/28.

An overnight backpacking hike is planned in Frontenac Park. Please register with the leader ahead of time.
Leader: Arne Henrikson, 544-0465

Saturday, November 3. "Little Cat"

The Little Cataraqui Conservation Area off Division Street offers good trails in all seasons. Bring a lunch. Meet at Sears north door at 10 a.m.
Leader: Mike Amodeo, 542-7936

Wednesday, November 7. Map 12

Enjoy a leisurely walk through the marshes and woods south of Bath Road. Meet at Sears north door at 1:30 p.m.
Leader: Erna Smith, 544-4386

Sunday, November 11. Map 12

A leisurely, late fall hike through the woods in the Van Order Road area. Meet at Sears north door at 1 p.m.
Leader: Tony Barker, 544-3612

Saturday, November 17. Map 12

Hike through farm land and woods north of Elginburg Road. Meet at Sears north door at 1:30 p.m.
Leader: Joyce Mayhew, 389-9819

Sunday, November 25. Map 11

Hike through woods and fields from the Gully Road south to Sydenham. Meet at Sears North door at 1 p.m.
Leader Donald Cutts, 542-5414

Saturday, December 1. Map 11

Hike through farm lands and woods from the Railton Road north to Sydenham. Meet at Sears north door at 1 p.m.
Leader: Betty McIver, 549-8028

Wednesday, December 5.

Enjoy a leisurely walk through the marshes and woods north of Bath Road to Princess Street. Meet at Sears north door at 1:30 p.m.
Leader: Emma Martin, 542-1594

Winter Activity

Do you pack up your hiking gear in November and find a comfortable chair and a good book? Or do you still have interest, energy and time for the outdoors? If so, the Canadian Ski Patrol System, needs you!

The Frontenac Zone in particular needs more Nordic patrollers to patrol Frontenac Park on weekends throughout the winter. We also patrol any loppets (citizens' races), such as those held at Perth, Algonquin Park and the Cataraqui Conservation Authority in February.

Each year, the C.S.P.S. offers a first class First Aid course. For about \$50 you can become a fully trained patroller in Alpine, Nordic or both. Classroom training in First Aid is supplemented by trail training as soon as weather permits, and throughout the season other events are available.

This year, the C.S.P.S. will begin recruiting for the Calgary Winter Olympics in 1988. Recruits will need to make time commitments of a long weekend for each of the first two years, a week the third year and a month for the Olympics themselves. Right here in Frontenac Park, on a more modest scale, we will provide extra training in search and rescue, survival skills and winter camping.

This year's course starts Tuesday, September 18 and will run for 10 weeks every Tuesday and Thursday from 7:30 to 10:00 p.m. at R.M.C.

For more information call:

Training Officer

Ed Jezak, 389-4459

Nordic Coordinator

Cookie Cartwright, 546-7990

A Cross Country Relay Walk

In the Summer Newsletter there appeared an article about the formation of a National Trail Association with a dream of establishing a cross-Canada hiking trail. This article prompted JeanCharles Poirier, a R.T.A. member from Limoges, Ontario, to write the following letter.

* * * * *

I read with interest your Rideau Trail newsletter and especially the article about the dream trail across Canada. This is a majestic dream and challenge in the scope of the Trans-Canada highway and a national railway, even if probably not quite as expensive. It is a challenge well worth your efforts, both for the publicity involved and the probable increase of the popularity of hiking in Canada.

To match this grand project, I would like to propose a grand publicity stunt and challenge to back the creation of this trail. A cross-country relay walk could be organized from St. John, Nfld. to Victoria, B.C. This walk would follow roads and pass each of the provincial capitals and Ottawa. This walk could be done around the clock, as no walker would walk more than 10 km and pass on either a Canadian flag or some other symbol representing the trail to the next walker. Each walker could collect pledges from people for each kilometre walked. This would build a national fund for later building the National Trail. Mayors of cities crossed and other dignitaries could be invited to walk with the walkers for added publicity and support.

Provincial associations like Hike Ontario would be responsible for the coordination of the relay in their province. Local nature and hiking clubs could supply the walkers. The general public could be invited to show their support by sponsoring the walkers.

The advantages to such a venture, as I see them, are as follows:

1. Lots of publicity.
2. A proof of public support for a national trail.
3. Another source of funds.
4. All the organizations supporting the trail would have the opportunity to participate actively both in the relay walk itself and the publicity.
5. Contact with associations and residents from coast to coast would be established.
6. I must repeat #1, lots of publicity.

I am convinced you could find even more advantages. I realize the difficulties involved in organizing such a project, but is the project of a National Trail any simpler? A relay walk would be a great enthusiasm builder (that's advantage #7) as it would get a lot of people involved very early in the trail construction project. Imagine the excitement of the walkers when the relay was approaching their region! Nobody would get tired of being involved because nobody would walk more than 10 km.

Teams of organizers, five or six changing every 100 km or so, would follow and precede the walkers, calibrating the course, dropping and picking up walkers at each check point and collecting pledges. A log book of the walk could be kept showing the names of all the walkers and the money they raised, the place and time of their 10 km stretch, etc.

I hope you can use my idea, or at least part of it, and I especially hope I have participated in my own small way to the success of our coast to coast National Hiking Trail. Long live the trail and long live hiking!

Jean-Charles Poirier
P.O. Box 150
Limoges, Ontario
KOA 2M0

Hiking Magazine

Hiking is a new Canadian magazine for backpackers, walkers, and outdoor adventurers. The R.T.A. received several complimentary copies with a request for our mailing list. Since it is not our policy to give out our mailing list, yet this appears to be a professional and interesting publication, we will tell you a little about the magazine and give you the address so that those who want to can write for a subscription.

The contents of this first issue of Hiking magazine include:

- A special report rating Canada's great canoe routes.
- An article on getting started in backpacking.
- A personal account by Fred Gaskin and Gordon Lightfoot of their mishap on the South Nahanni.
- A feature on Pukaskwa, our newest national park.

The regular departments include:

- Trail Talk. This issue introduced Hike Ontario and described the Bruce Trail. (The Rideau Trail could be featured in a future issue.)
- Fitness and Health. A home fitness program for rock climbers.
- Travel and Adventure. Hiking by horse in Alberta.
- Equipment. Rating camera packs.
- Walking. An urban hike in Ottawa.

The next issue plans to feature an account of Jerry Kobalenko's solo 600 km trek across Labrador's Arctic.

A one year subscription of four issues is \$6, a two year subscription of ten issues is a special rate of just \$7. Apply to:

HIKING
3047 Powerline Road
R.R. 2 Lynden, Ontario
LOR 1T0

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The Walker's World

This is another new publication for walkers, hikers and those interested in related activities such as bird watching and travel. Feature articles for 1984 include:

- Walking the Florida Keys.
- England's Lake District.
- Washington's Olympic Peninsula.
- Alpine walking in Austria.

Also included will be articles on walking for health, profiles of famous walkers and book reviews. A one year charter subscription is \$29. Write to:

The Walker's World
P.O. Box 13038
Charlotte, North Carolina 28266

Did You Know?

Bed & Breakfast service is now available in the Niagara Falls area including St. Catharines, Niagara-on-the-Lake, Fort Erie, Welland and Vineland. The average rate of a room for two with breakfast is \$40. Contact: Monique Wetherup, 2631 Dorchester Road, Niagara Falls, Ontario, L2J 2Y9.

Interested in hiking, adventure and travel in the mountains? You may want to consider taking part in programs offered by the Yamnuska Mountain School, Box 7500, Canmore, Alberta, T0L 0M0. Included are courses in backpacking, rock climbing and mountaineering.

The Ontario breeding bird atlas, a project of the Ontario Federation of Field Naturalists to increase our knowledge of birds in the province, is progressing well. So far, 75 out of 108 blocks have been visited and 35 adequately covered. To reach the remote blocks, canoe trips are being arranged. Vacancies remain on some trips for experienced birders, canoeists or campers. Your help is needed to make the project a success, even if you send in only records of the birds nesting in your backyard. For information write: Judith Kennedy, Atlas Office, F.O.N. 355 Lesmill Road, Don Mills, Ontario, M3B 2W8.



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 (includes map index). 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