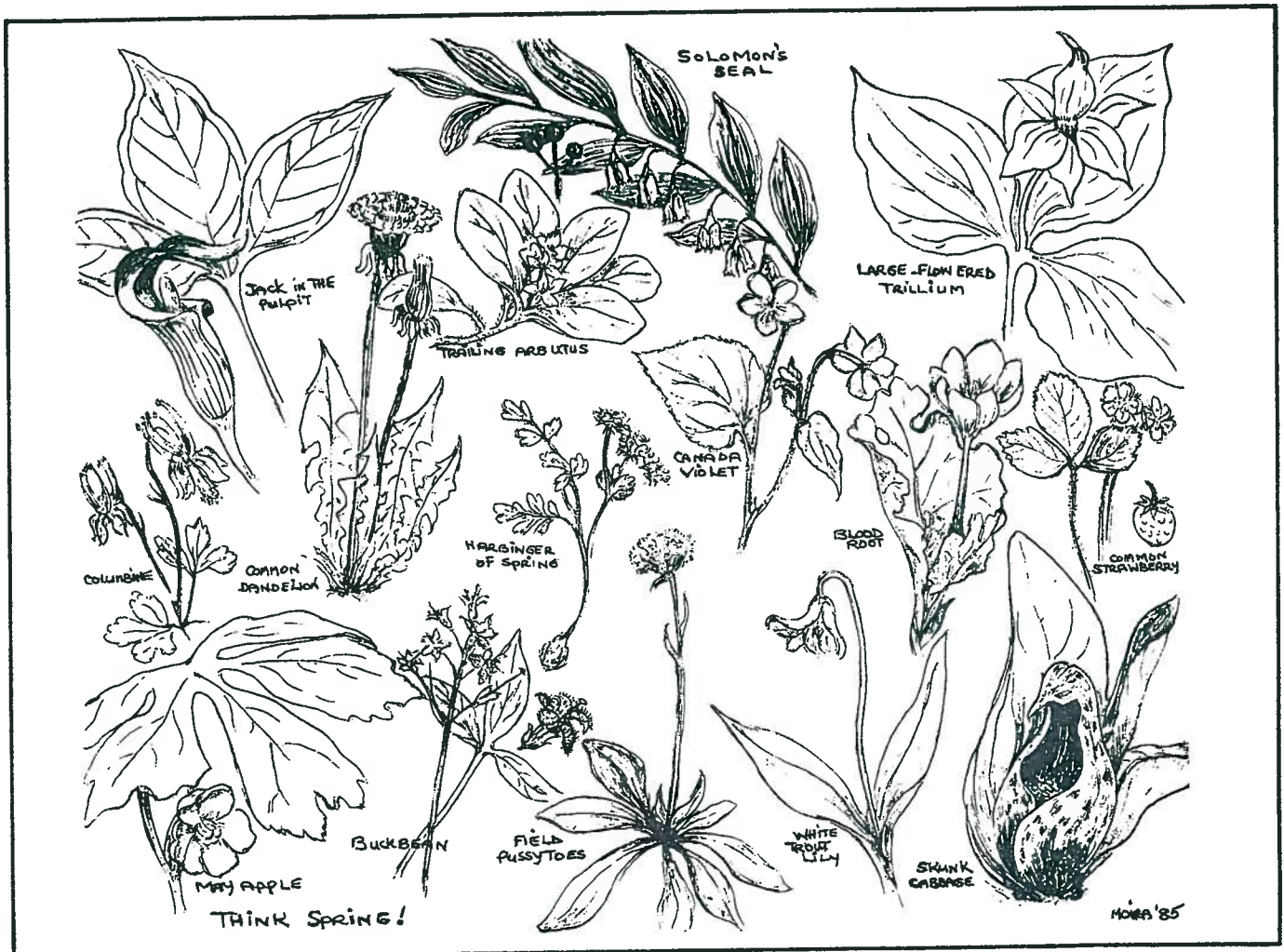




The Rideau Trail NEWSLETTER

Published by the Rideau Trail Association
Printed on recycled paper
Issue No. 55

SPRING 1985



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 May 1, 1985, to Brian Lunergan, 152 Monterey Drive, Nepean, Ontario, K2H 7A8, 829-0609.

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 1984-85

President	Ron Hunt	830-1592
Past President	Richard Cross	267-4270
1st Vice President	Moira Drummond	544-9529
2nd Vice President	Pearl Peterkin	829-3062
Treasurer	Al Gamble	729-5056
Membership Secretary	Elizabeth Palmer	542-6493
Secretary	Margaret McLeod	267-1641
Publicity Coordinator	Mrs. D.J. Kines	592-1497
Newsletter Editors	Johanna Koeslag	549-7502
	Brian Lunergan	829-0609
FOHTA Reps	Margaret Lafrance	692-4650
	Ray Forester	542-4385
Ottawa Club Chairman	Bill Grant	820-0697
Kingston Club Chairman	Joan Hughes	549-6265
Central Club Chairman	Jean Riddell	267-5017
Archives	Peter Brebner	729-8178
Kingston Rep	Norm McLeod	546-9440

A Special Planning Meeting

In 1981, the 10th anniversary of the RTA, recommendations were drawn up for plans for the next 10 years. Five years have now gone by and the executive feel that it is time to review these recommendations and draw up a plan for the future of the RTA based on this review and current perceived needs. To this end, a special meeting will be held on May 25, 1985, attended by association executive, local club executive and committee members. We hope to divide into special interest groups to discuss routes and negotiating, maintenance, publicity, membership, bequests and the corridor preservation fund. Input from members is welcome and encouraged. Please get in touch with someone on your local executive or any executive member listed above.

Notice

The Rideau Trail where it crosses private land, will be **CLOSED** on **Tuesday, March 5, 1985**. This action is necessary to protect the landowners who generously allow us to cross their land the rest of the year. Beware of trespassing on this day!

A special thanks goes to Moira Drummond for designing the cover illustration and to Mary Patton for her invaluable help in proofreading and editing.

A Hiker's Journal II - Notes on Some Outings, Rideau Trail and Otherwise

February 4-5, 1984: When Tom Kaddits invited me to go tobogganing, I thought he said "at Buck Lake." He didn't. He said "on Buck Lake." Tom, his daughters Beth and Ella, Ray Forester, Su Nag, and I, all wearing snowshoes or skis, are going to pull these toboggans down Buck Lake and across the portage to the Slide Lake cabin. I look at the gear mounded on the toboggans and am reminded of the stories of the Klondike Gold Rush, when the prospectors were required by the Mounties to lug a year's worth of provisions across the Chilkoot Pass. I tell Tom I can't stay the winter. "Oh, this is just what we need for the weekend," he says.

Once we start pulling on the ice of the lake it is much easier going than I expected. Much easier. My borrowed toboggan moves swiftly and lightly. Of course my load has slipped off behind me. A snowmobiler swishes by, stops, and offers to drag our laden toboggans the two or three miles to the portage. We decline, politely but firmly. We want an unmechanized experience. The tug of our muscles in the harness. The feeling of solidarity with nature. After the snowmobiler departs in a swirl of snow, Su Nag publicly announces, "You're crazy."

June 9: The Kingston Rideau Trail Club makes one of its rare forays into the waves! (The last time, at Murphy's Point, Arnold Pitman and Ray Forester almost sank part of the fleet.) I have been asked to lead this canoe hike (?) and a dozen brave souls, who obviously did not read the first "Hiker's Journal" column, have turned out. In a flotilla of canoes, on a cloudless, warm morning, we launch from Rothwelt Lake, to paddle up the creek to Holleford Lake and double back into Otter. Undaunted are my partners - Su Nag in the bow and Enid Brown amidships - even when, at the beaver dam, where I ask Su to drag the canoe carefully forward so I can disembark safe and dry, she puts her foot through the mesh of sticks and mud and gets a soaker. Even when, at Holleford Lake, I invite Enid to go ashore first, up six feet of sheer rock, and she slides back down to her waist in the water. Figuring I will get to them sooner or later anyway, everybody decides to go swimming. While we are in the water a canoe emerges

from the mouth of Crooked Creek, stops near my head, and the paddlers ask, "Where are we?" My kind of canoeists.

Later in the afternoon, sunburnt and content, we arrive at the Frontenac Park Trail Centre on Otter Lake in time for a canoeing lesson. After a demonstration of how to lower your canoe from shoulders to water at the end of a portage, Tom Kaddits breaks new ground in canoeing theory. He tells the instructor how he launches his canoe when he reaches the end of a portage. "I just heave the canoe off my shoulders and throw it." The instructor winces, mutters something tactful about many different, very personal techniques for doing things.

October 20-22: Rock Lake, Algonquin Park - far from the orange triangles. But then we are canoeing and there are seldom Rideau Trail markers on the water, except where the beavers have flooded a stretch of trail. Ray Forester and Tom Kaddits are crewing Ray's cedar strip Chestnut Prospector, Arnold Pitman and I, my battered kevlar Pine Tree. Ray, with his son-in-law, built his canoe himself. I have repaired mine a couple of times.

We are two distinct crews. In camp, for instance. Ray and Tom eat chateaubriand for supper, Arnold and I boil-in-bag dinners with Minute Rice. For breakfast they have bacon and eggs; we have Spoon Size Shredded Wheat. Arnold acts hangdog - he can look genuinely pitiful - and Ray and Tom generously share their chateaubriand with us. They don't fall for it again at breakfast though.

The design of Ray's canoe is so fast that it skims easily across the water. They only seem to be brushing the water with their paddles. Arnold and I are often paddling flat-out. Frankly, my ego is bruised. But they are bruising Ray's canoe. Whenever they launch or come ashore, there is a double clunk-clunk. And another scar on the tender, polished skin of Ray's canoe.

Why this should happen, no one can really explain. Arnold and I are not as hard on my lined and furrowed craft; of course - sadly - putting a new scratch on mine is like throwing a blade of grass into a hayfield.

But it seems that whenever Tom steps into Ray's canoe the stern rattles off a rock. Ray weeps. Tom, contrite, respectful, says, "Sorry, sir." Or when they go to paddle away from shore, the bottom drags with a grating sound. "Kaddits!" Ray hollers. "Yes, sir?" says Tom. "Is that right, sir?" Ray is frustrated. "What's the matter, sir?" Tom asks. Arnold and I are very impressed by Tom's model of courtesy and politeness, no doubt a product of his military training. Ray seems less impressed - no doubt a product of his military training. But, even so, when all is said, Ray wins the Good Camper Award hands down. The Good Camper Award is a high tech candle lantern that I have never been able to get to work outside my apartment. I have been trying to get rid of it for years. Modestly Ray declines the prize.

October 27-28: After missing it last year, Arne Henrikson is back leading the annual Rideau Trail backpack. The weather is warm and, after an early supper, we all sit around the fire to engage in the venerable bush tradition, the stimulating campfire conversation, the time-honoured practices of singing songs and swapping stories and legends.

"What time is it?" someone asks.
"Seven-fifteen," somebody says.
"What time is it?" someone asks a little later.
"Seven-thirty."
"Is it bedtime yet?"
"Seven forty-five."

On the trail the next day the weather is unseasonably warm, in the twenties Celsius. At Doe Lake Arne, Dale Myrfield, Tom Kaddits, and I decide to go for a swim. Of course, no one packs a bathing suit at the end of October, and at that critical moment, as we are flopping into the water, Orla Myrfield appears over the hill, camera at the ready. Fortunately, like many pictures of Rideau Trail hikers, the views are all from the back.

Terry Fuchs

Some Do's & Don'ts of Hiking

Here are some do's and don'ts to follow when on an organized hike:

Don't charge ahead of the leader, because then you become the leader. The real leader is then in the embarrassing position of being a follower. He or she can of course assume that you wish to lead your own group. If you have been following me, you see that we now have two groups. Now how did that happen? Oh well.

Don't hold a branch that is sticking across the path out of the way for the person behind you. If that person expects you do to this and you forget just once, an eye could be lost. The best way is to keep six feet between hikers when on a single track. If you find just the odd branch across the trail, **do** remove it.

Do take enough to drink and eat with you. Most people like to share their snacks. It's a great way to try out new things to eat. Most people prefer you to bring your own drinks. Drinks are heavy to carry.

Don't wander away from the main group. Your leader has set up a time table for the hike. If you upset this table too much you could have some annoyed people to contend with.

Do lend a hand. You have seen those helpful people who help others across a single log bridge. It's O.K. for you to be one of these people.

Do be cheerful. Your leader has no control over the weather, whether you know it or not. Good hikes are remembered not by the kind of day but by the kind of people.

Do remember it's all right to go back to a bad section of trail at a later date and do what you can to make it a good section.

Take a deep breath, look up, look all around. Look down, look all around. Great ain't it? See you on our next hike.

Tom Kaddits

Kingston Club Schedule of Events

Depending on the weather and trail conditions, there may still be an opportunity for some late season skiing. After the snow goes, dubbin your hiking boots and head for the trail. The month of April consists of 5 sequential hikes. These will be continued in later months. Suggestions for future programs and offers to act as leader may be made by contacting Cathy Cutts, 542-5414.

Wednesday, March 3. Elevator Bay to Bath Road. Marshes and woodlands. Dinner for the Wednesday Walkers at Emma's house. Meet at Sears north door at 1:30 p.m.
Leader: Emma Martin, 542-1594

Saturday, March 9. Come out for a day of skiing fun at Murphy's Point Provincial Park. We'll meet up with the Perth group after lunch (bring your own) in the warm up hut. Meet at Sears north door at 9 a.m.
Leader: Johanna Koeslag, 549-7502

Wednesday, March 13. Visit the maple sugar bush at Little Cataraqui Conservation Area to see if the sap's running. Bring a snack in case pancakes are not available. Meet at Sears North door at 11 a.m.
Leader: Cathy Cutts, 542-5414

Sunday, March 17. The Craig Trails north of Verona offer a variety of trails and warm up facilities. Meet at Sears north door at 1 p.m. Leader: Tom Kaddits, 546-0806

Saturday, March 23. Gully Road to Desert Lake Road via Gould Lake and the Wagon Trail. Bring a lunch. Meet at Sears north door at 10 a.m.
Leader: David Roeder, 546-7352

Sunday March 31. Jackson's Mills and Elginburg Road area. Interesting geological features to explore on this section. Meet at Sears north door at 1:30 p.m.
Leader: Donald Cutts, 542-5414

Wednesday, April 3. Kingston waterfront and Point Frederick. Walk past 3 martello towers and see the 4th one. Historical plaques add interest and skyline viewing is worthwhile. Tea at Bird's afterwards. Meet at Sears north door at 1:30 p.m.
Leader: Bird Sampson, 549-5986

Saturday, April 6. Murphy's Point Park to Rideau Lake Camp Ground. Challenging terrain. Strong footwear required. Bring a lunch. Meet at Sears north door at 9:30 a.m. Leader: Larry Dyke, 389-6692

Monday, April 8. Rideau lake Camp Ground to Narrows Lock. Includes a short spur trail to a ghost town. Bring a lunch. Meet at Sears north door at 9:30 a.m.
Leader: Donald Green, 542-4043

Sunday, April 14. Narrows Lock to Little Bay in Foley Mountain Conservation Area. Enjoy views of Upper Rock Lake. Bring a lunch. Meet at Sears north door at 9:30 a.m. Leader: Arch Mason, 544-5690

Saturday, April 20. Little Bay to Maberley Road via Spy Rock and the spectacular view of Westport. Bring a lunch. Meet at Sears north door at 9:30 a.m.
Leader: Joan Hughes, 549-6265

Sunday, April 28. Maberley Road to Bedford Mills where a former grist mill is now a summer home. Bring a lunch. Meet at Sears north door at 9:30 a.m.
Leader: Norm McLeod, 546-9440

Wednesday, May 1. Wildflower walk at Lemoine Point Conservation Area. Bring a field guide. Meet at Sears north door at 1:30 p.m.
Leader: Helen Henrikson, 544-0465

Saturday, May 4. Kingston Club Annual General Meeting at Little Cataraqui Education Centre (off Division Street, just north of the 401). See the notice on page 11. Contact: Moria Drummond, 544-9529.

Saturday, May 11. Go To Blazes Day. The aim of this special day is to have every section of trail checked and a general cleanup done. Those areas needing a lot of work will be dealt with by work parties organized by a phone committee. Our responsibility extends from Elevator Bay in Kingston to Murphy's Point Provincial Park south of Perth. The trail is divided into about 30 sections so a good turnout of help would be appreciated. Meet in the parking lot at Cataraqui Conservation Area at 9 a.m.
Contact: Tom Kaddits, 546-0806
Don Green, 542-4043

Sunday, May 12. An opportunity to hike in the Ottawa end of the trail. Precise arrangements are not yet finalized. Bring a lunch. Meet at Sears north door at 8:30 a.m. Leader: Cathy Cutts, 542-5414

Monday, May 20. The west side of Gould Lake offers rugged terrain. Good strong footwear needed. The hike will start at Desert Lake Road and go part way to the barn and back. Bring a lunch. Meet at Sears north door at 10 a.m. Leader: Stanley Douglas, 389-2563

Sunday, May 26. "Take Your heart for a Walk" hike sponsored by the Heart Fund Association. Keep your eye on the media for more details. The walk will be in the Elginburg Road area. Bring a friend or a child or two or three. Meet at Sears north door at 1:30 p.m. Contact: Ray Forester, 542-4385
Cathy Cutts, 542-5414

Saturday, June 1. Rock Dunder on a clear day has spectacular views. Rough terrain on the ascent but well worth the effort. Visit Jones Falls while in the area and have dinner at Hotel Kenney. Meet at Sears north door at 1:30 p.m. Call Su two days ahead so she can make dinner reservations. Leader: Su Nag, 544-6505

Wednesday, June 5. Camden Lake Wildlife Area near Camden East. Bring binoculars, insect repellent and a lunch. Meet at Sears north door at 10:30 a.m. Leader: Moira Drummond, 544-9529

Cataraqui Conservation Area Events

March 11 - April 12. Weather permitting, maple sugaring will begin at Cataraqui Conservation Area on March 11. As well as programs for school children, the area offers slide shows, wagon rides to the sugaring hut, a self-guiding interpretive trail and pancakes with syrup. On weekends, there will be a \$3 entrance fee per car. Call 546-4228 for details.

Sunday, May 12. The Mother's Day Wildflower Hike will be held at Lemoine Point at 1:30 p.m. Meet at the Bath Road entrance parking lot to enjoy this leisurely spring hike.

Frontenac Provincial Park Events

The following wilderness skills programs are offered by Frontenac Provincial Park. An extensive spring and summer program is also planned. A daily vehicle fee of \$2.50 applies. To register or to obtain more information, contact Frontenac Provincial Park, Box 11, Sydenham, Ontario, K0H 2T0, 613-376-3489.

Saturday, March 9. A workshop on winter photography will be presented by Martin Sunderland, an experienced wilderness photographer. Participants should have basic skills in cross country skiing or snowshoeing and photography. Dress appropriately, bring a lunch and pack your camera equipment in a suitable carrying case. The program runs from 10 a.m. to 3:30 p.m. Meet at the trail centre in the park. Please register by March 6, 1985.

Saturday, March 23. This workshop on trip planning will describe planning applicable to various outdoor activities but will focus on canoe tripping since the season is quickly approaching. Participants will discuss route selection and assessment, equipment construction and appropriateness, physical fitness and conditioning, group composition and behaviour and individual skill evaluation. The program runs from 10 a.m. to 3:30 p.m. Meet at the trail centre in the park. Please register by March 20, 1985.

Sunday, March 24. The Ontario Rock Climbing Association will present a workshop on rock climbing. Climbing equipment will be available for inspection and demonstration. Belaying and climbing techniques and knots will be explored. The program runs from 10 a.m. to 3:30 p.m. Meet at the trail centre in the park. Please register by March 21, 1985. All ages are welcome.

Notice

The National Trail Association will hold its first annual general meeting in Ottawa on Saturday, May 11, 1985. For more information call Henry Heald, 224-4471.

Canadian Ski Patrol System Tips for Winter Safety

So you're a hiker in summer who has finally realized that winter can provide just as much fun, good exercise and superb scenery. Whether your choice is skinny skis or snowshoes, the key to total enjoyment is preparation and adherence to a few common sense rules. The Canadian Ski Patrol System reminds you that a little thought and these simple rules will take you safely through the winter.

Know your abilities. If you have never gone further than 500 metres around the local park, don't set off into wilderness on a 25 km loop. Work up gradually. On trails, be able to stop within the distance you can see ahead, in case of unexpected obstacles.

Let someone know where you are going and your approximate return time. Two young men died recently at Sibley Provincial Park. From news reports, O.P.P. were not notified until the following morning, although they were due home at 5 p.m. Had a search been started at 6 p.m. perhaps they would have lived.

Anticipate bad weather. Either be prepared to handle anything or stay close enough to shelter. In a blizzard or high winds, crossing a large lake could be disastrous.

Carry a map and compass and know how to use them. Most local areas provide maps. If trails are well-marked, and you do not leave them, those maps may be sufficient. If you leave trails at any time, a topographical map of the area is essential.

Plan your trip, taking weather and your abilities into account. If unfamiliar with the terrain, consult someone who is.

Be prepared for an emergency. The boys at Sibley Park broke a ski tip. That alone should not have been serious. But they were dressed in blue jean jackets and corduroy pants, guaranteed to hold water. They had consumed about a litre of wine, had no food, no hats, and no extra clothing, though skiing 13 km. They probably were in a thoroughly chilled state when the ski broke.

Recognize the signs of hypothermia. Shivering is the body's attempt to warm itself. Beyond uncontrollable shivering, the victim can seem normal, when in reality, he is sliding into a very dangerous stage of incoherence, irrational thought and the inability to respond at all. If you, or any member of your group is at the early stage, do something! Stop and light a fire or have a lunch break. In our territory, falling through the ice is a real possibility. If you cannot get to shelter in less than 10 minutes, light a fire and get dry. How? Carry a waterproof container of matches (a film can is good) with you at all times. Firestarter cubes work well, dead pine twigs are plentiful. Tramp down the snow in front of a reflective surface, ideally a flat rock in a sheltered spot or a large log.

Carry the proper equipment. If planning a trip further than 5 km, take at least a space blanket, matches, and knife as emergency equipment. Have a tuque, extra mitts, and a "warm layer", a down vest or extra sweater. Refuel your body frequently with water or fruit juice, chocolate, granola bars, oranges, or "gorp".

Keep dry! Dress in layers. Wear a dry layer next to the skin, a warm insulating layer, and then a water and windproof layer. Take off the warm layer before you perspire. When you stop for any reason, replace the warm layer to avoid losing heat.

With a little preparation in clothing, nourishment, and knowledge, the human body can handle virtually anything a Canadian winter can throw at it. Be prepared and enjoy!

Cookie Cartwright

Editor's Note. You may all be looking forward to Spring and don't want to read anything about winter anymore. Well, read these tips anyway. Many apply to hiking or canoeing trips as well, and we've certainly been known to have some pretty wintry weather even in the Spring.

The Canadian Beaver

The beaver is the largest rodent in North America. Adults average 40 to 60 pounds, though a large one may reach 100 pounds. Including its 12-13 inch tail, a large beaver may be four feet long. Their eyes are small, dark and quite weak, but they have a keen sense of smell and acute hearing.

Beavers are well adapted to life in and around water. The small ears and nostrils have muscles that constrict to close the openings when under water. Large fur covered lips constrict behind the front teeth to prevent water or wood chips from entering the mouth while they cut branches or bark under water. A beaver can stay under water at least 15 minutes and swim submerged for half a mile. In an emergency, it can redirect oxygen-rich blood from the muscles and abdomen to the brain.

A beaver uses its tail as a warning signal by slapping the water, as a rudder when swimming and as a prop when reaching up to cut a tree trunk. The tail is not used, however, as a trowel for mudding houses and dams or as a way to carry young. During summer and fall, fat is stored in the tail for use in the winter.



A beaver's front legs are short with long, sharp, curved toe-nails for digging and holding and rotating small branches. The hind feet are large with five long blunt-clawed toes which are webbed for swimming. The dense fur consists of a mat of fine insulating underfur and a heavier longer outer fur that is kept waterproof by constant combing and oiling. Between the hind legs are the castor glands that produce a yellow-orange liquid deposited by the beaver to mark its boundary and warn off other beavers.

A beaver is a quite industrious lumberman, being known to cut down trees 100 feet tall and 5 feet in diameter. Standing on its hind legs, the beaver grasps the tree with its front paws. It circles the tree, cutting with the top incisors and anchoring with the bottom and then wrenching off the wood with all four teeth. The circling and chipping continues until the tree is so weakened it falls over - but not always towards the water as the beaver would like. Sometimes it goes the other way or lodges against another tree. It takes about half an hour for a beaver to chew through a 5-inch aspen. Once a tree is down, branches are cut off and dragged to the water for storage.



Beavers build their lodge either in the centre of a pond or on the bank of a lake or stream. Mud and old sticks are piled until they protrude from the water. Then they dig under water to hollow out tunnels that lead to a chamber slightly above water level. On the outside, the lodge is plastered with mud and sticks except for one spot directly on top which serves as an air vent.

For building dams, beavers begin by embedding sticks, saplings and twigs into the streambed at an angle against the flow of the water. Stones and more wood are placed at the base on either side for support. Mud and more sticks are added until gradually a barricade is formed that is capable of holding back enough water to maintain a pond not less than 10 feet deep. Dams vary in length, height and width but all are extraordinarily strong, requiring bulldozers or dynamite to dislodge them.

While we accuse the beaver of being a nuisance, frequently constructing dams that flood farmland and hiking trails, we must remember that this animal is one of the

The Canadian Beaver

environment's greatest assets. Wherever they take up residence and long after they leave, insects, fish, waterfowl and mammals thrive. When silt finally builds up and the pond is abandoned, a beaver meadow rich in nutrients remains. Some of our best agricultural areas owe their quality to the multitalented, industrious beaver. So let us not be too quick to condemn this furry animal, and remember to smile as we patiently reroute our flooded sections of trail. Johanna Koeslag

Our Friend the Beaver?

If by chance you are one of the chosen few who has volunteered to maintain a portion of the Rideau Trail populated by Mr. and Mrs. Beaver, I extend my sincerest sympathy. It is not only an exercise in futility trying to keep or maintain a dry and passable trail, but one must also contend with the various complaints from others about poor trail conditions which contribute to wet feet.

In 1982 the trail between Elginburg road and Van Order Road was comparatively dry and passable. Each year, however, more and more of the trail was flooded out due to the efforts of beavers. An individual who has never walked this portion of the trail previously must be amazed to see our orange triangle visible in the middle of what now appears to be a small inland lake. Major rerouting in this area will have to be undertaken once permission of adjacent property owners is received to route the trail through their land.

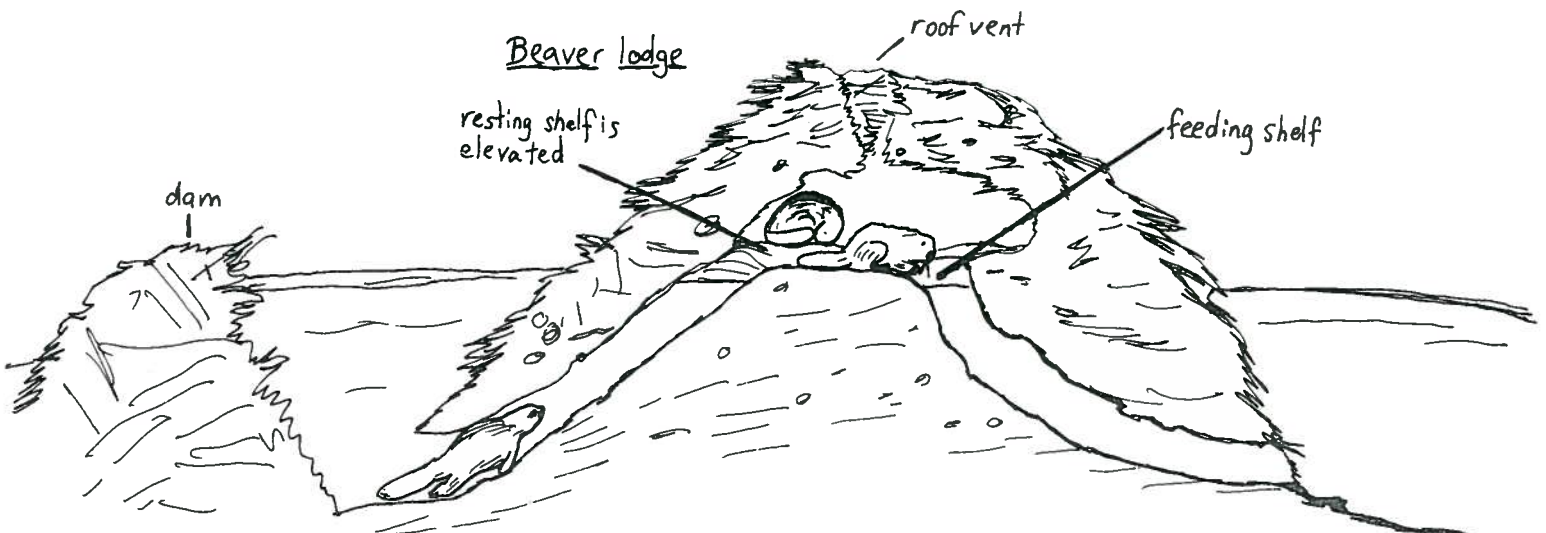
Continuous work has also been undertaken on the beaver dam on the west side of Gould Lake. No matter how often we bridge the top of the dam, the beavers appear to raise the water level, thus flooding out our walkway. Major and costly construction will be required in order to maintain a dry passable route over this dam.

A report of vandalism was received concerning a section of trail leading from Perth Road into the Slide Lake area. Upon investigating, we found that no vandalism had occurred but our friends the beavers had been busy rearranging the landscape. A goodly part of a day was spent by a sizable workparty putting the trail back in order.

When walking the trail we often come across areas where a beaver has dropped a large birch tree for the purpose of reaching the small tender branches at the top of the tree for food. I often shudder at what appears to be wanton destruction by the beaver. But then I remember that they live here, it is their environment, and I am only passing through.

The beaver is here to stay and that is as it should be. But please remember when walking a trail that has been flooded by these busy little rascals, that some Trail Maintainer is doing all that he or she possibly can to make the trail passable, although it may still be a little "damp" in places.

Happy trails, Ray Forester



Ottawa Schedule of Events

Hikes leave from Booth and Albert Streets in rain, sleet, sunshine...any weather. If you do not have a car, please call the hike leader to indicate that you need transportation from the meeting place. If the hike leader can't be reached, call 829-3062 for information on hikes.

Saturday, March 9. !!Surprise!!

Once again it's time to join in helping to maintain the Rideau Trail and Club properties. Come out and lend a hand. Meet at Booth and Albert at 9 a.m. Bring a lunch.

Contact: Andrew Oakes, 232-2755

Saturday, March 23. Spring Outing

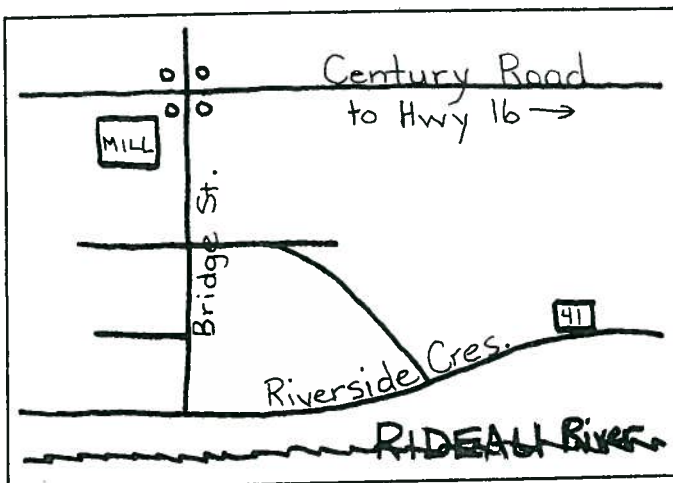
Come out and enjoy the first days of spring! It may still appear like winter, however, so this may be a ski outing. Otherwise, hiking will be the order of the day. Meet at Booth and Albert at 12 noon. Bring a snack.

Leader: Elizabeth Mason, 729-6596

Friday, March 29. Fit for Hiking?

Are you fit for hiking? Come and participate in a workshop given by Margaret Lafrance on exercises to help you get ready for the hiking season. Meet at Booth and Albert at 7:30 p.m. or at 41 Riverside Crescent in Manotick at 8 p.m.

Contact: Margaret Lafrance, 692-4650



Wed. April 10. Wednesday Walkers

The Wednesday walkers continue to meet every Wednesday morning at 10:30 a.m. at Booth and Albert. Come out today to start the spring hiking season.

Contact: Patricia Harrison, 746-0806

Sunday, April 14. Ottawa A.G.M.

Attend Ottawa's annual general meeting and enjoy hiking the Earth Star Loop. The ministry will be doing some work in this area over the winter and will erect a shelter for us on the loop. The meeting will follow the hike. Bring something to cook over an open fire for dinner. Meet at Booth and Albert at 12:30 p.m. See the notice on page 12.

Contact: Eileen Evans, 741-0789

Sunday, April 21. Trail Maintenance

Do your part to help keep the Rideau Trail in tip-top condition. Come out for a maintenance day. Meet at Booth and Albert at 9:30 a.m. Bring a lunch.

Contact: Jim Fish, 226-7236

Saturday, April 27. Stoney Swamp

Enjoy a walk along the trail on Map 2. This area features wooded landscapes, beaver swamps, boardwalks, and pioneer history. Waterproof footwear is recommended. Bring a lunch. Meet at Booth and Albert at 10 a.m.

Leader: Ken Prior, 745-1777

Sunday, May 5. Murphy's Point Area

The area between Narrows Locks and Murphy's Point lies in the Frontenac Axis. The topography is rock, woods and beaver ponds. Be prepared for an interesting hike. Bring along bug spray and raingear. Pack a lunch. Meet at Booth and Albert at 8:30 a.m.

Leader: Peter Brebner, 729-8178

Sunday, May 12. Joint Hike

The Kingston Club will join us today to hike on the Ottawa end of the trail in the Burrits Rapids area where some rerouting was recently done. The trail runs through abandoned farm land, pine plantations and past a mill ruin. Meet at Booth and Albert at 9 a.m. Bring a lunch.

Leader: Elizabeth Mason, 729-6596

Sunday, May 26. Calabogie Area

This hike will be in the Calabogie area, possibly the most scenic section of the K & P Trail maintained by the Mississippi Valley Conservation Authority. Meet at Booth and Albert at 9 a.m. Bring a lunch.

Leader: George Puysegur, 745-0563

Weekend, June 1-2. Bike Outing

We are planning a weekend bicycle trip. Possibilities include cycling to the school house for an overnight stay, or travelling into the Almonte area to camp or stay at bed and breakfast accommodation. We would travel about 50 km each day. If you are interested, please contact Al Gamble, 729-5056, or Elizabeth Mason, 729-6596, by Friday, May 17th.

Saturday, June 8. Larose Forest

East of Ottawa, just south of highway 417, the Larose Forest covers a sandy area once called "The Bourget Desert". A warmup hike before lunch will be followed by a ramble on the forest road. As well as a variety of tree species, there should be lots of wild flowers. Meet at Booth and Albert at 10 a.m. Bring your lunch.

Leader: Bill Grant, 820-0697

KINGSTON ANNUAL GENERAL MEETING

Saturday, May 4, 1985

at the
Education Centre
Cataraqui Conservation Area

10:00 a.m. Snacks and Drinks

10:30 a.m. Annual Business Meeting

12:00 noon Lunch - Brown bag it!

1:00 p.m. Program by Club members
"Being Prepared for Outdoor Activities"

2:30 p.m. Walks and Hikes
with information on
Marsh Grasses and Spring Flowers

Skiing Like We've Never Seen It! Gatineau - Ottawa's Joy, Our Delight

Those in the Kingston Club who decided not to accept the Ottawa Club's invitation to ski in the Gatineau in January should be kicking themselves. Even the Ottawa locals said the skiing was the best they have had for years. As Kingstonians, we could only marvel at not only the snow, but also the trails.

To start at the beginning, Su Nag, Marion Thomas and I drove to Ottawa on a crisp, sparkling day when even the 401 looked beautiful beneath its blanket of snow. Our first aim was to try skating on the Rideau Canal. After a few false turns, we found Dow's Lake, donned our skates and were on our way. It was a Breughel-like scene, with the endless procession of skaters in a rainbow of coloured outfits. Our skating skills left much to be desired and indeed we felt like country hicks as the Ottawa citizenry flashed by us. However, we enjoyed it, bitter cold and all, for where else can you get hot chocolate and beaver tails right on the ice? Those warming huts were a godsend too.

As the sun set, we drove to Pearl Peterkin's where we were joined by Johanna Koeslag and Arne and Helen Henrikson. Together we met our hosts for the weekend. It was a warm friendly evening as we enjoyed the delicious potluck supper brought together by our

Ottawa hosts. Later, Pearl showed us slides of her walking tour in England and we were astonished at the steepness and beauty of the Cornish coastal walking path. Before we broke up, we planned for the morrow, splitting into groups. Peter Andrews led the more adventuresome skiers and Al Gamble the wiser ones.

One can only envy the good fortune of the Ottawa enthusiasts at having such a magnificent park as the Gatineau Hills on their doorstep. The cross-country ski trails are extensive, well maintained and marked, with three levels of skill. Peter Andrews and Jim Fish took Arne, Helen and myself over reputedly the less arduous of the red or expert trails. At times we found them more than a handful and all of us kissed the snow at least once and some of us many times! However, it was superb skiing and will be long remembered as a wonderful day's outing. Johanna, Su and Marion and their Ottawa hosts tried some gentler trails and reported them to be beautiful too.

So we returned home to Kingston, a relaxing glow creeping over us as we recollected the highlights of the weekend. Thank you, Ottawa members for a super time.

Keith Bull

Happy Hiking Holidays Ahead!

Holidays to me are three-fold events. First comes the planning and anticipation. Second the holiday itself and the third part is the memories. At present, amidst the snow, I'm planning for summer. There are so many parts of Ontario to explore that the difficult part is to decide which area to try this year and which to leave till later. I'm not about to stick a pin in the map with my eyes closed because I have acquired some valuable sources of information.

Doug Robertson's Best Hiking in Ontario published by Hurtig, Edmonton, 1984, contains useful information about hiking in general and more specific information about trails in some provincial parks, in national parks and on crown land, as well as examples of trails on Conservation Authority properties. In addition there is a section about trails built and maintained by volunteers (e.g. Rideau, Guelph). More information may be obtained from specific Conservation Authority offices (Appendix 3) and M.N.R. district offices (Appendix 2).

I also consult an Ontario road map and A Guide to Conservation Areas published by the M.N.R. which gives details of the length of summer and winter trails and other facilities at each location. For non-backpackers, The Ontario Bed and Breakfast Book by Patricia Wilson, Grosvenor House Press, and the Ontario government Accommodation Guide are invaluable. The number of interesting excursions into new territory that can be planned is almost limitless. Let's see! Will it be Meaford area near the Bruce Trail? How about the Niagara section and include a show or play? The Grand Valley Trail in the midst of the Mennonite community is another alternative. Oh yes! The Avon Trail has a loop that passes the Stratford Theatre. I could go on and on. Maybe I will resort to the pin sticking after all!

P.S. Don't forget to allow lots of time for inquiries and replies.

Cathy Cutts

OTTAWA ANNUAL GENERAL MEETING

Sunday, April 14, 1985

12:30 p.m. Meet at Booth and Albert

1:30 p.m. Hike the Earth Star Loop

3:30 p.m. Meeting at Manning Cabin

4:30 p.m. Dinner - Bring your own

See you there!!

Central Committee Outings

Saturday, March 9. Murphy's Point

Come out and join with Kingston Club members for a cross country ski outing at Murphy's Point Provincial Park. Meet at the Perth I.G.A. parking lot at 1 p.m.
Leader: Jean Riddell, 267-1063 (days)

Saturday, May 11. Go To Blazes Day

Bring your lunch and brush clippers and help clear the trail. Meet at the Ministry of Agriculture & Food building on Sunset Blvd. at 10 a.m.
Contact: Marg McLeod, 267-1614

Sunday, May 26. Take Your Heart for a Walk.

This hike is sponsored by the Heart Fund Foundation. What is your choice - a fairly strenuous hike or a leisurely walk? Bring a lunch. Meet at the Perth I.G.A. parking lot at 10 a.m.
Leader: Marg McLeod, 267-1641

Remember! Take nothing but pictures - leave nothing but your footprints.

Hike leaders are volunteers. Do we appreciate them enough?

evidence submitted during the 1980-82 hearings which found fault with this policy and nothing in the Hearing Officers' report (1983) that specifically identifies this policy as being flawed. As a result, the policy was contained in the NEC's Final Proposed Plan for the Niagara Escarpment (1983) which was submitted to Mr. Sterling.

In the Niagara Escarpment report released on July 31, 1984, however, this longstanding — and apparently quite valid — policy on priority acquisition for the Bruce Trail has evaporated.

Recommendation: That Part 3 — "Escarpment Parks and Land Acquisition" of Vol. 1 of the Niagara Escarpment Plan be amended and the above-noted paragraph on priority Bruce Trail acquisition be inserted.

2) In the three drafts of the Niagara Escarpment Plan, the Niagara Escarpment Commission saw fit to illustrate (using red lines) on the maps accompanying

the policy texts those areas to be acquired under the provisions of the plan. Again, we see no evidence from the Hearing Officers' report and know no sound reason why areas of future acquisition were deleted from the maps accompanying the Niagara Escarpment Plan (July/84). In fairness to landowners along the escarpment, we feel that it would be appropriate to show, at least in a generalized way (given the 1:50,000 scale of the maps), the government's land acquisition intentions. Such delineation could be accompanied by a cautionary note in the legend to the effect that the configurations are meant to show the government's general land acquisition intent with respect to the parks system. Precise and final boundaries will be established as a result of detailed negotiations with individual landowners.

Recommendation: That all maps accompanying the Niagara Escarpment Plan show those areas identified for future acquisition, and that a qualifying note be given (e.g. in the map legends), on the basis of the above.

3) The Niagara Escarpment Plan

allows for the creation of a committee of five members to administer the Niagara Escarpment Fund.

Given the unfortunate evolution of the membership of the Niagara Escarpment Commission over the years, which saw the representative balance prescribed by the Niagara Escarpment Act gradually eroded away, the Association is concerned that the O.H.F. Niagara Escarpment Committee fully represent the organizations and agencies which are active in acquiring escarpment lands.

Recommendation: That the Niagara Escarpment Committee of the Ontario Heritage Foundation be comprised of representatives of the Ministry of Natural Resources, the Conservation Authorities, the Bruce Trail Association and the Nature Conservancy of Canada, and a person representing municipal interests, in addition to the NEC chairman.

We thank you for the opportunity to bring these matters to your attention and we trust Cabinet will agree to make these improvements to what is already an exceptional Plan.

Volksmarching on the Grand Valley Trail

The International Federation of Popular Sports was founded in Germany in 1968. The objective was to encourage health through outdoor activity. The theme is organized walking (ie. Volksmarching), cycling, canoeing or skiing for Fun, Fitness and Friendship. The emphasis is on encouraging participation by people of all ages. Through a series of medals and awards people are encouraged to start and then to progress to higher achievements, at their own pace, eventually moving to an enjoyment of the activity without the need for awards.

In 1983 Hike Ontario was asked if we could provide a venue for a Volksmarch event in June, 1984. A large group of Volksmarchers were to come to North America to help promote the idea here. The Grand Valley Trail Association agreed to be the host club. On Saturday, June 23rd/84 a small group of Grand Valley Trail Association members guided 110 Volksmarchers from Germany, 20 Volksmarchers from southern Ohio, 2 from Austin, Texas and one from Haileybury, Ontario along the Grand Valley Trail from the Elora Gorge to the covered bridge at West Montrose.

Many of the German Volksmarchers had never walked on a North American style hiking trail and some were initially disturbed about the rough foot-

ing. Nevertheless they demonstrated that they were indeed "walkers". As one vigorous Grand Valley hiker commented, "These people move like they have V-8's and I've got a 4 cylinder engine."

Following their hike the Volksmarchers visited the Concordia Club in Kitchener for refreshments. Although the trail had been tough by their standards they were proud to have met the challenge and they had enjoyed the contact with nature along the way.

When asked if they would like to come back the majority answered yes.

Fohta Awards

In the past year at least three clubs have presented the FOHTA award (a beautifully designed scroll) to individual members of their respective clubs. The Rideau Trail Association has honoured Ed and Shirley Simpson for several years service in the area of trail and facility maintenance; the Grand Valley Trails Association has honoured Betty Schneider as a founding member, guiding light, and enthusiastic supporter of the Association; and the Guelph Trail Club has presented Jim Pierce with the award for his pioneering work on the Radial Line Trail, his continuing work in maintenance coordination, and his leading of hikes.

Dave Hull - Editor



WINTER 1984/85

Busy year for Hike Ontario

The past year has been a very busy one for Hike Ontario, the new name for the Federation of Ontario Hiking Trail Associations. In my report of a year ago I mentioned that we had applied to the Ministry of Tourism and Recreation for approximately \$14,000 of base grant funding. I am happy to report that we have received the grant and have been putting it to good use.

1) We hired a facilitator, Mr. William Thorsteinson, to examine the manner in which Hike Ontario conducts its business, and help give guidance on where we can improve our effectiveness. As a result, we held a major "think-tank" meeting, on March 31 to clarify the purpose and objectives of our organization. The meeting was well attended, and produced consensus on the following organizational goals:

A) To create hiking as a natural healthful and enjoyable activity for citizens of all ages.

B) To establish a network of high quality trails across the province and connecting with Manitoba and Quebec.

C) To gain public support for hiking.

D) To develop Hike Ontario as a focal point for all activities related to hiking.

2) The organizational newsletter Outlook is printed and distributed through our member association newsletters. Last year for the first time we were able to provide financial support for the printing and distribution of the association newsletters. This took the form of a rebate.

3) Hike Ontario has endorsed the concept of a national hiking trail from coast to coast. Hike Ontario has agreed to act as the sponsoring agency for the Ontario segment of such a trail.

4) The next Hike Ontario conference will be held in Guelph in 1986. Those of you who attended the Hike Ontario con-

ference in Peterborough in 1980 will no doubt look forward to another rewarding get together.

5) Basically, most of our member associations are in healthy shape. I am pleased to report that since our last AGM a revival in the fortunes of the Ganaraska Trail Association has taken place. They are adding both members and new trail.

6) We have applied to the Ministry of Tourism and Recreation for expanded base grant funding to sustain and extend our activities. The ministry response is expected very soon.

The above report was made by
Gord Thompson at the
Bruce Trail Association
annual general meeting. Along with
the BTA response printed below, it is
reproduced with the co-operation of
Norman Day, editor.
Bruce Trail News.

BTA response to Niagara Escarpment Plan

Back in 1967 Leonard Gertler made his first recommendations on preserving the Niagara Escarpment and securing the Bruce Trail for all time. This summer the Hon. Norm Sterling, Provincial Secretary for Resources Development, released his report on the Niagara Escarpment Plan. Initial indications are that the report is supportive of the Bruce Trail, including as it does a \$25,000,000 fund for land acquisition along the Niagara Escarpment. The Bruce Trail Association welcomes the final plan, but, nevertheless does have some reservations. The following is a shortened version of the text of a letter sent by the BTA to the Assistant Clerk of the Executive Council in response to Norm Sterling's request for comments by interested parties.

At the outset, we wish to commend Mr. Sterling and the Government of Ontario on their efforts to retain in this final report the essence of the Bruce Trail and land acquisition policies that have evolved over the past 15 years. In particular, we heartily applaud the establishment of the \$25 million Niagara Escarpment Fund. Cabinet is to be congratulated for its far-

sightedness and its commitment in that regard.

Having rendered this general support for the plan, the association has a number of specific concerns which must be addressed. We sincerely hope that cabinet will respond favorably to the following constructive criticisms and make the necessary adjustments to the plan in

rendering a final decision:

1) In the Proposed Plan for the Niagara Escarpment (1979) it was stated that:

"The Bruce Trail does not appear on the acquisition list. The Trail is assigned a special status, recognizing that it is an essential component of the parks system and that opportunities for acquisition may occur at random. When the opportunity occurs to acquire a section of the Bruce Trail, the acquisition of that section assumes top priority for the allocation of funds."

To our knowledge, there was no

Continued on next page

Did You Know?

* A group of citizens in Kingston is discussing a plan to establish a walking trail and bicycle path from the city to Kingston Mills. For more information contact Phil Quattrochi at 542-9793 or 542-4996.

* The St. Lawrence Islands Park was established in 1904, the oldest National Park east of the Rocky Mountains. Many festivities are planned here this season to mark Parks Canada's centennial year. These include an opening festival in May, a canoe regatta on June 15, and an old-fashioned picnic on July 1st. Keep your eye on the media for details and other events.

* The familiar Rideau Trail Crest has been in use now for 10 years. The crest was designed by Derek Redmond of Kingston and chosen from among 42 entries in the crest designing contest.

* The Rideau Trail Association has been incorporated for 10 years.

* When hiking the Rideau Trail through Perth, take the time to visit The Round Garden, a unique garden for the blind. A self-guiding system leads visitors through the waist-high planter boxes on walkways that are level and smooth. Plants are identified and described in English, French and Braille. For more information phone 267-7013 or 267-3865.

* The Arboretum at the University of Guelph offers many interesting programs, such as Maple Syrup Days in March and a wide variety of spring, summer and fall "walks" to observe seasonal birds and flowers. For details, contact the J.C. Taylor Nature Centre, University of Guelph Arboretum, Guelph, Ontario N1G 2W1, (519) 824-4120, ext. 3932.

Wanted - Executive for Kingston Club.

We need new people for the following positions: vice chairman, hike coordinator, special events person, routes and negotiating, construction, maintenance coordinator. New executive will be elected at the annual general meeting held on May 4th. If you're interested, contact Arne Henrikson, 544-0465.

Wanted - a companion hiker. During the summer between mid-July and the end of August, Delmar Ellis of Sarnia hopes to combine the paddling of the Rideau Canal and the hiking of the Rideau Trail. He would welcome any non-smoker who might wish to share this experience. He is an active pensioner who has completed the Bruce Trail from end to end. Please write Mr. Ellis, 1521 Colborne Rd. Sarnia, Ont. N7V 3M1.

Wanted - "Bed & Breakfast". From time to time we get inquiries from people looking for accommodation on or near the Rideau Trail. If there are any landowners or members or friends who would like to join the "Bed & Breakfast" group, please contact Cathy Cutts at 542-5414.

Advance Notice - 1985 ATC Meeting.

The Appalachian Trail Club's conference and general meeting will be hosted this year by Vermont's Green Mountain Club, August 2-9, at Green Mountain College in Poultney, Vermont. Meetings, workshops and hikes are now in the planning stages and the Conference chairman, Neil Giroux, guarantees that the bugs will be gone and the sun will shine on all participants. For more information write: 1985 ATC Conference Planning, P.O. Box 1680, North Adon, Ma. 01247. The above notice was submitted by Perry Tooker of Brockville.

Membership Renewal Time!

We've added something new to the renewal cards this year - an interest questionnaire. If everyone would take a minute to tick off their interests, even those who don't need to renew their membership, and mail them in the enclosed envelope, then the records can be updated. From this information it will be easy to generate telephone lists of those willing to do maintenance work or trail rerouting or whatever activity. Also, we'll try to plan hikes and activities geared to those interests you indicate, for example, a hike specifically for birdwatching. People with similar interests will have a chance to meet each other. In this way, we hope to make the organization of the R.T.A. more efficient and make better use of the resources of our membership.

P.S. Check your mailing label for the expiry date to see whether you need to renew.



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
- () Trail Notes 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