



The Rideau Trail NEWSLETTER

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ISSUE 63



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

Submissions for the next Newsletter are encouraged and should be sent by May 1, 1987, to Elizabeth Mason, 283 Avondale Avenue, Ottawa, Ontario, K1Z 7G7, (729-6596)

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

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

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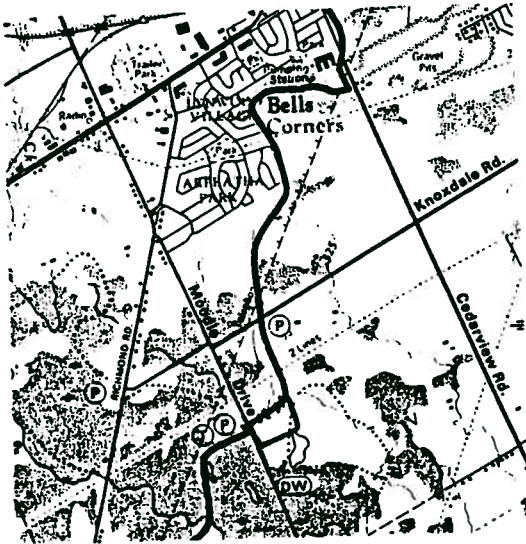
*The 2nd Vice-Presidents are the RTA representatives to Hike Ontario.

COVER CREDIT Norm McLeod caught "the boardwalk superintendants" in the act, as they enjoyed the view from the observation platform of the new Marion Webb Boardwalk. Handrails have been added, and the Boardwalk is now ready for its official opening on Saturday, June 20th.

Route Changes

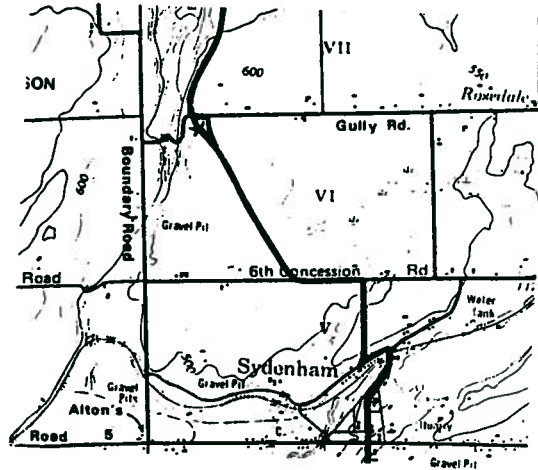
Bells Corners Map 2

Derek Hasler, the maintainer of this section, rerouted the trail between Knoxdale Road and Moodie Drive due to a dilapidated and dangerous wooden bridge on that part of the trail.



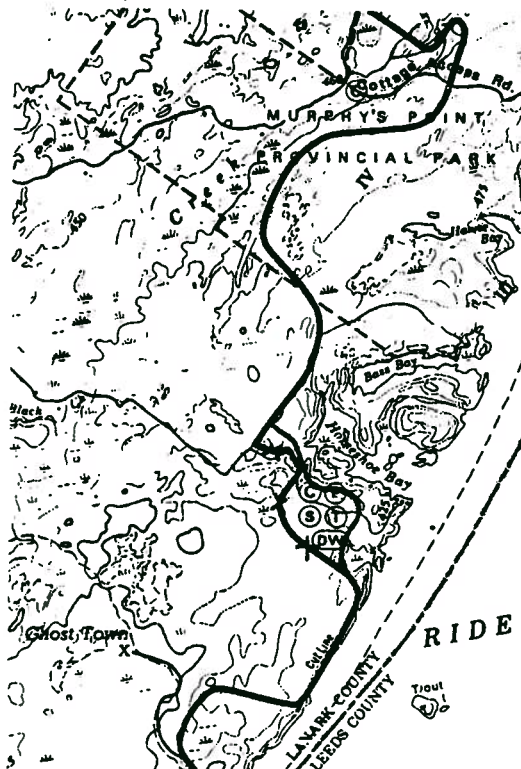
Gully Road Area Map 11

A small section of the trail was rerouted here because two homes did not want the trail going through their back yards. The trail now goes east 100 metres on Gully Road before heading diagonally south through a forest to an old sugar shack to join the original trail again.



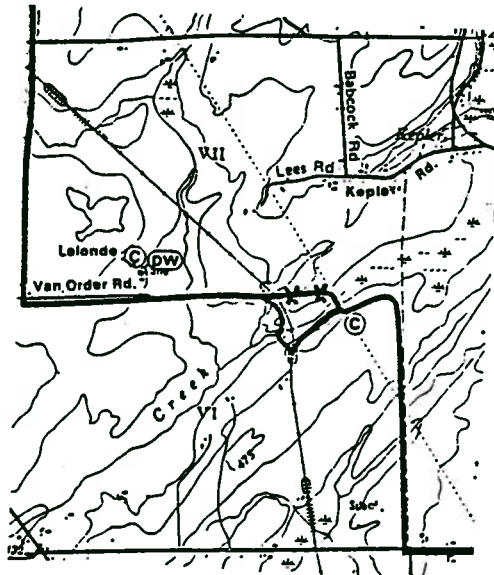
Rideau Lakes Campground Area Map 8

About 2km of the trail was rerouted here to take it off roads and away from a garbage dump. The new trail starts at the marina on Rideau Lake, passes between Horseshoe Bay and the road to Rideau Lakes Campground, and ends at the road going towards Murphy's Point Park.



VAN ORDER ROAD REROUTING MAP 12

The area east of Van Order Road (map 12) has been rerouted around a large swamp and is now passable. The new trail goes along the southern shore of the swamp, across a railway track and then north through scrubland and a farmer's field, to rejoin the original trail again.



* Please mark changes on your maps or store this sheet with your map kit.

FIRST AID TIP



HYPOTHERMIA

Shivering, slurred speech, stumbling and drowsiness after cold exposure are indications of hypothermia. Condition is severe when shivering stops. Unconsciousness and stopped breathing may follow. • Remove gently to shelter. Movement or rough handling can upset heart rhythm • Remove wet clothing; wrap in warm covers • Rewarm neck, chest, abdomen and groin — but not extremities. Apply direct body heat or safe heating devices • Give warm drinks if conscious • Monitor breathing; give artificial respiration if needed • Call for medical aid or transport gently.



St. John Ambulance

FIRST AID TIP



BURNS AND SCALDS

The size, location and depth determine how serious a burn is and whether the person's life is in danger. Burns on infants and the elderly are always serious. • Immerse the burn area in cold water to relieve pain • Cover the burn with dry, sterile dressing (no ointments) and bandage lightly • Monitor breathing when the burns are around the face • Transport to medical aid.



St. John Ambulance

FIRST AID TIP



UNCONSCIOUSNESS

Loss of consciousness may threaten life if the person is on his back and the tongue has dropped to the back of the throat, blocking the airway. • Make certain that the person is breathing before looking for the cause of unconsciousness • If the injuries permit, place the casualty in the recovery position with the neck extended. Never give anything by mouth to an unconscious casualty.



St. John Ambulance

FIRST AID TIP



FRACTURES

• Steady and support the injury. Do not move the victim • Dress wounds and control bleeding • If he must be moved, secure the limb with bandages over padded splints • Check for signs of a pulse beyond the fracture or joint injury. **NO PULSE!** get medical aid quickly • Hold neck and back injuries steady and call for help • Reassure and keep warm to prevent shock.



St. John Ambulance

FIRST AID TIP



HEAT EXHAUSTION

Heat exhaustion is a shock-like condition caused by exposure, especially in the elderly and persons in poor physical condition • Move out of the heat; place at rest • Loosen tight clothing • Keep head low; raise feet and legs slightly • For cramps, give a glass of slightly salted, cool water to drink (add ¼ teaspoon of salt). Repeat no more than once • Watch breathing • Get medical aid.



St. John Ambulance

FIRST AID TIP



FROSTBITE

Frostbite makes the skin white, waxy and numb; freezing causes hardening. • Warm frostbitten area gradually with body heat; **do not rub** • Do not thaw frozen hands and feet unless medical aid is far away and there is no chance of refreezing. They are better thawed in hospital • If there are blisters, apply sterile dressings and bandage lightly to prevent breaking • Get to medical aid.



St. John Ambulance

RIDEAU TRAIL WALKS

by Mike and Dorothy Shaw

(Note: The Shaws have walked a good part of the Rideau Trail in the last year. Dorothy has been kind enough to send us her impressions of the Trail. --Ed.)

April 19, 1986

Beautiful day; we left home at 8:30 a.m. Our daughter Lynda drove us to Victoria Island. We walked over to the rock with the plaque explaining the nature of the Rideau Trail, then pressed on, covering the first few miles back to Westboro Beach and our home on Kirchoffer Avenue, stopping for coffee before leaving again and following the Trail along the banks of the Ottawa River.

This day it was very busy with cyclists, joggers and walkers, being one of the first warm sunny days of the year. We paused briefly for a snack at Britannia. We followed the bike path along to Carling Avenue, and saw some Canada Geese in the water along portions of the river. Continued along to Acre's Road - and said a few words under my breath after landing on the spot where someone's dog had relieved itself - my nice new sneakers were now a mess and I sought out the nearest creek to clean off.

Crossing the Queensway, we're happy not to be inside a car on this lovely day. Our next stop on Northside Road, and a light lunch at the Dairy Queen in Bells Corners, just a short detour off the Trail. Continuing on through some bush to Bell High School, where a friendly janitor allowed us to use the telephone to arrange for our pick-up later on. We continued on through to Knoxdale Road. This was a very pleasant walk, not a bug in sight, and a strong smell of cedar in places; a good area for a short family walk. We pressed on

to Moodie Drive and our ride home --to continue another day!

April 26th: Day 2

Another bright, warm and sunny day. Getting an earlier start our daughter dropped us on Moodie Drive at 7:45 a.m. Today we both carried our knapsacks with our hiking boots--just in case--also lunch, as no places near the Trail to eat. We wandered through the Stoney Swamp area. Here I saw my first porcupine on foot, and was surprised by its size, as it walked lazily across our trail.

We found the walk on roads through Fallowfield to the turn-off on Eagleson Side Road long and uneventful. If you like that healthy (?) farm smell, this is a good time of year for it. We sighted our first Brown Thrasher of the year, and saw many flocks of geese today. It was a lovely walk from the Eagleson turn-off almost to Stapleton, along a grassy cart track. This is a good area for birds. We had a very busy chickadee around us when we stopped for lunch.

We saw four gray partridge and, near the end of the long straight-away as we were trying to figure out how to get across a deep wide ditch (with about three feet of water in it) we saw three white-tailed deer. With the help of a few well-placed stones we made it to the other side, bearing left on to Highway 10.

This stretch of road was the messiest we've passed so far, strewn with junk on the sides, and trail bikes noisily going around a track. We were glad to leave this behind going on to the highway and our ride home--to a bath, a shandy, and bliss--to continue another day.

JOIN A SELECT CLUB--BECOME AN

END-TO-ENDER!

ATTENTION ALL MEMBERS!

by Moira Drummond

The Rideau Trail Association Board of Directors has directed a committee, named at the January '87 meeting, to produce an audio-visual program to be available for trail club use, information and publicity purposes.

A beginning is to be made by compiling two trays of slides with an accompanying script. These are to depict the Trail in all its facets - the Trail itself, hiking in all seasons, cross-country skiing, snowshoeing, canoeing, work parties, etc. - and people of all ages doing all of these things.

Please look through your slides with this in mind - and think about this aspect when taking further pictures. Be prepared to donate your slides - and thank you!

Named to the committee are Cathy Cutts, Norman McLeod, Ray Forester, Jean Riddell, Peter Brebner, Mary Breig and Moira Drummond (as Co-ordinator).

"GO TO BLAZES" DAY, 1987

by Ray Forester

This spring, the Rideau Trail Association will again be holding its annual "Go To Blazes" Day. This is the day when as many members as possible turn out to help clear brush, remove garbage, and otherwise maintain our Trail after the ravages of winter. This year, we are hoping to groom the Trail from Kingston through to Ottawa. In order to make this event a complete success, and ensure good, safe hiking trails for the season, please reserve the day

listed below on your social calendar. Bring a lunch, gloves, and if you have them, pruning shears. Further information will be made available through the media, and word-of-mouth by club members. Dates for each club are listed below. So be prepared to "Go To Blazes" and help make this the best maintenance day ever!

Kingston Club - Saturday, May 9th
Central Club - Saturday, May 9th
Ottawa Club - Sunday, June 13th

A HIKING WE WILL GO...

OUTLOOK editor, Norman Day, will again be leading bed and breakfast hikes in England this summer. In May he'll be hiking back on the Isle of Wight and along the South Downs way; in August he'll be helping Canterbury celebrate the 600th anniversary of Chaucer's Pilgrims Progress by hiking the North Downs Way and Pilgrims' Way. In September he'll hike the Dorset Coast Path and Thomas Hardy country.

If you'd like to join him on one of his hikes - or get him to tailor-make a hike for eight or more of you, write to: Norman Day, Day Hiking, 17 Marlborough Avenue, Toronto, Ontario, M5R 1K5; or give him a call at (416) 964-7281.

Closer to home, Ron Baylis is now running Comfortable Hiking Holidays as a full-time business. Congratulations, Ron! He has hikes going all over Ontario - and many to choose from. Call Ron at (416) 445-2628 for details, or write to him at: Ron Baylis' Comfortable Hiking Holidays, Ste. 2304, 75 Graydon Hall Drive, Don Mills, Ontario, M3A 3M5.

**THE RIDEAU TRAIL ASSOCIATION
KINGSTON CLUB OUTINGS**

The meeting place for all hikes is Sears north door. For those without cars transportation may be provided but cannot be guaranteed. There may be wet sections during the Spring hiking period and insect repellent may be required during the latter weeks of May. Feedback regarding this program and suggestions for future outings may be made to Su Nag at 544-6505 evenings until 10:00 p.m. Happy hiking!

Saturday, March 7 Ski by Bullen Rd

Ski the section from Bullen Road towards Elginburg through the fields (Map 12). Meet at Sears north door at 1:00 p.m.

Leader: Peter Skelton, 544-0151

Sunday, March 15 Massassauga Rd

Hike from Bedford Mills along the Massassauga Road (Map 9). Bring a lunch and meet at Sears north door at 9:00 a.m.

Leader: Norm McLeod, 546-9440

Wednesday, March 18 Little Cataraqui Creek Conservation Area

Walk through the Conservation Area. Maybe the sap will be running! Meet at Sears north door at 1:30 p.m.

Leader: Moira Drummond, 544-9529

Saturday, March 21 Maple Leaf Road and Pot-Luck Supper

Hike along the Maple Leaf Road towards the South Bay of Buck Lake (Map 10). Bring a lunch and meet at 9:30 a.m.

Leader: Erwin Wendholt, 542-5789

Meet old friends and make new ones at a pot-luck supper. Call Nancy Young, 549-8856, or Su Nag, 544-6505 for details by March 18th.

Sunday, March 29 Upper Rideau Lake

Hike from Little Bay to

Narrows Locks, about 9 km. Bring a lunch and meet at 9:30 a.m. Leaders: Don and Lou Green, 389-5458

Saturday, April 4 Narrows Locks

Hike from Narrows Locks to Rideau Lake Campground (Map 8), about 7.5 km. Cross beaver dams en route.

Bring a lunch and meet at 9:30 a.m. Leader: Arch Mason, 544-5690

Sunday, April 12 Frontenac Park

Hike the Arkon Lake loop. The terrain is rugged but scenic with views of lakes and beaver dams.

Bring a lunch and meet at 9:30.

Leader: Arne Henrickson, 544-0465

Wednesday, April 15 Waterfront

Enjoy the Kingston waterfront. Walk to Point Frederick and Fort Henry Hill. Meet at 1:30 p.m.

Leader: Cathy Cutts, 542-5412

Saturday, April 18 Elginburg

Hike from Bullen Road through fields and woods to Elginburg Road (Map 12). Meet at 1:00 p.m.

Leader: Larry McCurdy, 389-6427

Sunday, April 26 Parks Canada

Mount Fitzsimmons Parks Canada introduces us to a new hiking area. Be prepared for wet sections and a fairly steep climb to the top for a spectacular view of the St. Lawrence River and surrounding area. Those interested can stop for supper on the way home. Bring a lunch and meet at 9:30 a.m. Contact: Su Nag, 544-6505

Saturday, May 2 Kingston Club Annual General Meeting

Charleston Lake

See notice and agenda on page 12. If you need a ride, call Nancy Young at 549-8856.

"GO TO BLAZES" DAY IS COMING!

THE RIDEAU TRAIL ASSOCIATION
KINGSTON CLUB OUTINGS (continued)

Saturday, May 9 "GO TO BLAZES"!

This is part of a special effort to maintain the entire Trail from Kingston to Ottawa. We are hoping for a big turn-out of hikers and all maintainers to clean up the Trail from Elevator Bay to Murphy's Point Park. Bring a lunch and tools and meet at 9:00 a.m. Maintenance Co-ordinators: Don Green 389-5458 and Tom Kaddits, 546-0806.

Wednesday, May 13 Frontenac Park

Enjoy the profusion of flowers as you walk along the Doe Lake loop. Meet at 12:30 p.m.

Leader: Johanna Koeslag 384-5534

Sunday, May 17 Foley Mountain

Hike from Little Bay Beach (Map 9) to Westport via Spy Rock with its panoramic view. Meet at 1:30 p.m. Those interested in having dinner in Westport following the hike, call Joan by the 15th.

Leader: Joan Hughes, 549-6265

Saturday, May 23 Van Order Road

Hike through fields and woods between Elginburg Road and Van Order Road (Map 12) Meet at 1:00.

Leader: Keith Bull, 546-9693

Sunday, May 31 Frontenac Park

Hike across the park from the Trail Center to Old Perth Road along varied terrain (Map 10). Enjoy the view from Flat Rock Runway. Strong footwear is recommended! Bring a lunch and meet at 9:00 a.m.

Leader: John Harrison, 542-2970

Wednesday, June 3 Amherst Island

Have lunch at a farm house on Amherst Island and explore the area. Meet promptly at 12:00 noon to catch the 12:30 ferry. Leader: Moira Drummond, 544-9529

Saturday, June 6 Hiking/Canoeing

Experienced paddlers, bring your canoes and be prepared to take less experienced members for a paddle along Morton Creek. Bring paddles, life-jackets and a lunch. Register with Terry by June 4th. Meet at 9:30 a.m.

Leader: Terry Fuchs, 548-4143

Hike from Morton to Rock Dunder with its view of the surrounding area. Meet at 1:00 p.m.

Leader: Cathy Cutts, 542-5414

Those interested in dinner at Hotel Kenny following these events please call Cathy at 542-5414 by June 4th.

Sunday, June 14 Gould Lake West

Enjoy the scenic views of Gould Lake while hiking along its West side. The terrain is rugged with several steep inclines so wear sturdy boots! Bring a lunch and meet at 9:30 a.m.

Leader: Stan Douglas, 389-2563

**Saturday, June 20 Opening of
The Marion Webb Boardwalk**

The official opening of the Boardwalk at Gould Lake Conservation area will be followed by a hike along the Mine loop. Meet at 1:00 p.m.

Leader: Harry Gardner, 389-9639

**Cataraqui Region Conservation
Authority - Upcoming Events**

March-April - Maple Syrup Time!

See you at the Conservation Authority, located off north Division Street. Call 546-9228

Sunday, May 10 Mother's Day Walk

1:30 p.m. Meet at the parking lot off Bath Road and enjoy a walk around LeMoine Point.

Ottawa Club Outings

Hikes leave from the corner of Booth and Albert Streets in any kind of weather. If you do not have a car, please call the hike leader to let him/her know you will need transportation from the meeting place. If the leader cannot be reached, call 829-3062 for information on the outings.

Wednesday Walkers meet every Wednesday at Booth and Albert at 10:00 a.m.

Leaders are reminded that they should send a list of the participants and their telephone numbers to the Human Resources Co-ordinator, Linda Hayes, Ottawa Rideau Trail Club, P.O. Box 4616, Station E, Ottawa, Ont, K1S 5H8.

Saturday March 28 Trail Maintenance

Many parts of the Trail will need clearing and cleaning - so come out and do your bit. Bring along useful tools, such as hand-held saw, twig snippers, etc. Bring a lunch and meet at 10:00 a.m. Leader: Tom Bach, 748-6266

Sunday, April 12 Murphy's Point

An early Spring hike in the Murphy's Point area; wear sturdy, waterproof footwear, and bring a lunch. Meet at 9:00 a.m. Leader: Beverley Armstrong 738-0310

Sunday, April 26 Bicycle Trip Along the Ottawa River

After meeting at the usual place, we will cross over to the north shore and cycle along the new path to the Champlain Bridge, which will include a visit to the portage the voyageurs used on their way west. We will then return along the Ontario shore to the meeting place. For those who wish to continue, we will return to

Ottawa Club Outings (continued)

the Quebec side and cycle to Leamy Lake. Bring a lunch if you plan to do the second half of the trip. Meet at Booth and Albert Streets at 9:30 a.m. Leaders: Barri and Dennis Scully, 233-3770.

Sunday, May 3 Gatineau Park

Up McClauskys Road and along Ridge Road to the fire tower (approximately 15 kms). Bring a lunch and wear good boots. Meet at 9:30 a.m. Leader: Don Mitchell, 749-9537

Sunday, May 10 Slide Lake Loop

This is a marvelous hike in May - there should be lots of wildflowers, including trilliums, fringed polygala and, slightly off the trail, ladyslippers. A strenuous hike (approximately 15 km) including up and down countless ridges, so wear strong boots. Bring a lunch and meet at 8:00 a.m. Leader: Ron Maybury, 489-2255

Saturday, May 23 Marlborough Forest

A Spring hike through the softwoods and hardwoods of the Forest. After lunch in the shelter of the Earth Star loop, there will be a side trip to the Manning Cabin. There should be plenty of wildflowers. Approximately 10 km. Meet at Booth and Albert at 9:00 a.m. Leader: Bill Grant, 820-0697

Sunday, May 31 Ottawa Club Annual General Meeting

Mark this date on your calendar! Details were not available for publication in the Newsletter, but our new Ottawa answering line will soon have all the info! Call us at (613) 596-0572.

Ottawa will "GO TO BLAZES" on June 13! Ask Tom Bach about his trip to Australia...

THE RIDEAU TRAIL ASSOCIATION

CENTRAL CLUB OUTINGS

SUNDAY, JUNE 7th

Walk from Otty Lake to the Stanleyville Road through an area of abandoned mica mines. Bring a snack and meet at the Ontario Ministry of Agriculture and Food parking lot, 10 Sunset Boulevard, Perth, at 1 p.m. Contact - Marg McLeod at 267-1641.

CENTRAL CLUB'S "GO TO BLAZES" DAY - SATURDAY MAY 9th

Help get the trails in A-1 condition for hiking and enjoy fresh air and exercise. Meet at the Ontario Ministry of Agriculture and Food building, 10 Sunset Boulevard, Perth, at 10 a.m. Work parties will be formed. Bring a lunch, sturdy footwear, gloves and pruning tools. Plan to join us for a weiner roast at the end of the day. This is a family day! Contact - Jean Riddell at 267-1063

FRONTENAC PROVINCIAL PARK NOTES

March 8 - Canoe Trip Planning
Presentation by Bill Mason

March 22 - Canoe and Paddle!
Workshop, including repairs.

March 29 - Rock Climbing
Presented by Robert Chisnall

Phone (613) 376-3489 or write:
Wilderness Skills Program
Frontenac Provincial Park
P.O. Box 11
Sydenham, Ontario
K0H 2T0

OTTAWA CLUB OUTINGS

Weekend of July 6 - 7

Bicycle Outing

A weekend cycle outing. The group will travel about 50 km each day, and stay overnight at a Bed and Breakfast. If you are interested, please call Elizabeth by May 25. Leader: Elizabeth Mason
Home: 729-6596; work: 777-6523

Sunday, June 13 Ottawa Club

"GO TO BLAZES" Day!

We're cleaning our end of the Trail today. Bring your tools and help! Meet at 9:00 a.m. Maintenance Coordinator: Tom Bach, 748-6266.

FALL HIKING

Interested in a week's hiking September or October? Contact Elizabeth Mason by June 30th. The group will determine the destination. Call: 729-6596 (home) or 777-6523 (work)

A Future For Our Rivers

June 8 11, 1987

Sponsored by the National Capital Commission, and held at The Ottawa Congress Centre. Registration is limited to 350 delegates. For more information, call Donna L. Boulet at (613) 239-5116.

Bi-Annual Meeting - Appalachian Trail Conference, 3-10 July 1987

Eight of our members attended the 1985 conference in Vermont. Can we top this for this year's conference in Lynchburg, Virginia? Let's try!

APRES HIKE!

By Bill Grant

Hikers and backpackers normally rely on packed lunches for sustenance during hikes. But it is a growing practice to adjourn as a group to a nearby establishment, restaurant, pub, snack bar, or tea room, as the case may be. Alas, there are only too few of them, but the following are some suggestions for apres hike relaxation and nourishment.

It is logical to mention first The Mill restaurant which, by coincidence, is right at the Ottawa end (or beginning?) of the Trail, at Richmond Landing. It serves an excellent week-end brunch and full meals at other times. While there, be sure to visit the plaque marking the beginning (or end?) of the Trail.

Along the parkway there is no refreshment available except one confectionary store near Britannia, and off-Trail restaurants at the end of Carling Ave. (Swiss Chalet is reasonable.) From there to the Carleton Regional Forest (Marlborough Forest) there are none, unless you include the mundane restaurants in Richmond itself. However, mention should be made of the Richmond Bakery, a favourite stop of Ottawa hikers, as it serves bread, buns and biscuits of all kinds, and coffee.

Oddly enough, in the middle of the Marlborough Forest there is an unpretentious but friendly restaurant, the Clearview, very close to where the Trail crosses Regional Road 6 (the Roger Stevens Road).

Merrickville should be mentioned since it is connected to the Trail by a blue loop. The Merrickville Hotel has re-opened, and serves

barbecued hamburgers. A good spot for a small number of people is the little bake shop tea room just off the main street.

Smith Falls offers a number of plain restaurants, the most interesting one being the Bohemian, (which has been mentioned in "Where to Eat in Canada"). The best choice of course is in Perth: Patersons, a first class family restaurant, is on Highway 7; Noonan's at the south end of town, sometimes crowded and noisy; The Riverside, where you can watch the fish in the Jock River; Tinkers, which serves interesting food and sometimes has entertainment; and Maximilian's, for a full European style dinner. We must also mention the Maple Drop Bakery which serves tea and cake.

As we move south, places of refreshment are few and far between. Don't overlook Lally's store and summer-only snack bar near the Murphy's Point Park entrance.

At Rideau Ferry, the Inn is gone but we understand a new one is rising like a phoenix from the ashes.

At Westport there are a number of restaurants and a doughnut-and-coffee place, but the most convenient is Hilmer's on Bedford Street near the main intersection, if only because it seems to be open when others are closed.

Although it is off-Trail, we must mention Portland because it is the location of Gallagher's, which although ostensibly a bed and breakfast, also serves excellent lunches and dinners. It is very popular, and it is not open all

year round. Gallagher's faces the waterfront at the main entrance.

Moving on to Chaffey's Locks there is the famous turn-of-the-century Opinicon Lodge which serves very good meals and accepts outside guests for lunch and dinner (reservations recommended). From Chaffey's Locks south we are on the wilder part of the trail, and there is no refreshment available until near Sydenham unless you include the grocery store at Perth Road Village, which is off-Trail. Mid-way between Gould Lake and Sydenham, on a concession road, is The Summer Pantry, which serves afternoon tea.

About half a kilometer east of Sydenham on County Road 5A is the

Hill Top take-out which sells hamburgers and ice-cream.

Now we approach Kingston, and just south of where the trail crosses Highway 401 is a grocery store. Moving south to Highway 2 (Princess Street), east of the trail, near the highway overpass, is The Ambassador Motel, which has a good dining room. Finally, south to Bath Road, where there is a Mother's Pizza, Red Lobster, and other establishments.

So while a lunch is a necessity during a hike, there are, as I have shown, a number of places to which to adjourn after the hike, whether out of need or for pleasure, or a little of both. Happy hiking and bon appetit!



**KINGSTON RIDEAU TRAIL CLUB
ANNUAL GENERAL MEETING
SATURDAY MAY 2, CHARLESTON LAKE**

Agenda

- 10:00 a.m. - Coffee and Snacks
- 10:30 a.m. - Meeting opens
- 12:00 a.m. - "Brown Bag" Lunch
- 1:00 p.m. - Programme
- 2:00 p.m. - Hiking/Canoeing

If you need a ride, call
Nancy Young at 549-8856.



**Bill Grant demonstrates his support
for "Apres Hike" activities!
Photo by Aileen Wade**

**PROFILE: MISS HILDA BUCKMASTER
NINETY YEARS YOUNG**

By Cathy Cutts

I was privileged to attend Miss Buckmaster's birthday party on January 23, 1987. A member of the Rideau Trail Association since 1974 and a Life Member since 1978, Hilda displays a very positive outlook on life. She arrived in Canada from England in 1954 and whilst living in Toronto she walked with the Bruce Trail Club.

I asked Hilda to recall her early interest in walking. Her first walking holiday was in the Pyrenees in the early 1920's; and her association with the National Union of Students created the opportunity to meet many Europeans and join some of their outings.

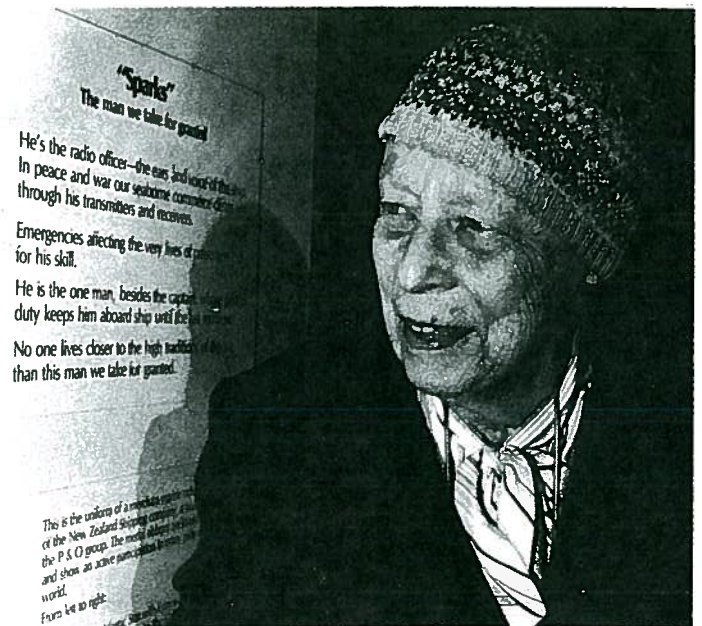
During our talk, her memories of hostelling holidays in Yugoslavia, Czechoslovakia, East Prussia (now Poland) and Sweden, were described. Highlights of a ponyback holiday in Iceland, and her views on people, politics and places were fascinating.

One of Hilda's experiences, "Footnote to 'The Tannenberg Mystique'" was included the pamphlet Books and Things (1973)

"It was 1937, and I was on a walking tour with a college friend in the Tannenberg area. The Youth Hostel was in one of the towers of the massive monument built in the 'pause' between the two German wars....Our sleeping room was in the top storey of the corner tower, reached by a winding stair, quite difficult to negotiate with a rucksack on one's back!

"That night a tremendous thunderstorm struck us. Even the great stones of the tower trembled, as the gods of Slav and Teuton fought it out in the skies. The crack of the thunder seemed the discharge of cannon, the blinding ribbons of lightning the flash of rifle and grenade, the shriek of the wind the cries of dying soldiers. We shall never forget that night at Tannenberg, when Nature re-enacted History."

Miss Buckmaster served in the Women's Royal Naval Service in both World War I and World War II, and was happy to show me her World War I photograph album. She continues to play an active role in St. Luke's Church, and is a member of the Association of Women Electors in Kingston. Her letters to the Editor of the Whig-Standard are evidence of her varied interests and concerns.



Miss Hilda Buckmaster - Happy Trails!

Experience The Voyageur Trail This Summer

by Jim Fish

When completed, The Voyageur Trail will be the longest hiking trail in Ontario. It will extend from South Baymouth on Manitoulin Island through Sault Ste. Marie to Thunder Bay, passing through the most spectacular terrain that Ontario has to offer along the north shores of Lake Huron and Lake Superior. It will also form a major part of the planned National Trail, linking the Atlantic to the Pacific.

Given the ambitious plans for The Voyageur Trail and the relatively sparse population of the region, it is not surprising that trail building and maintenance are major concerns of the Voyageur Trail Association. The Rideau Trail Association, on the other hand, has a relatively large membership, many of whom would enjoy a chance to experience the rugged northern landscape of The Voyageur Trail.

An expedition to the eastern part of the Trail (this side of Sault Ste. Marie) is planned for late summer, probably in late August after "bug season". Current plans are to spend some time trail building/maintaining and some time hiking and/or camping. More definite plans will be based on the needs and wishes of participants.

Anyone who is interested, whether as a trail builder, hiker and/or camper, is asked to contact Jim Fish at R.R.#1, Carp, Ontario, KOA 1LO by June 1st. You will be contacted during June to finalize planning for the trip.

WHERE TO STAY

Hostels

In Ottawa, the Nicholas Gaol Hostel 75 Nicholas Street, is open year round. Facilities include 4-8 bed dorms; family rooms (reservations recommended); showers; laundry; fireplace and reading lounges; skate, bike, and canoe rentals; kitchen and barbecue pit. Call them at (613)235-2595

In Kingston, the Kingston International Hostel has 30 beds available in 4-6 bed dorms. Facilities include bike rentals, kitchen, lounge, and a local recreational program. Open from May to September 1st. Write to them at the Kingston International Hostel, 128 Earl Street, Kingston, Ontario; or call (613) 546-7203.

In Sudbury (Voyageur Trail country!) the Sudbury International Hostel has 20 beds in 4 - 8 bed dorms; kitchen; common room; open May to September 1st. Call (705) 674-0104, or write to Sudbury International Hostel, 116 Douglas Street, Sudbury, Ontario.

Country Bed and Breakfast

Rideau Trail Association member Ann Millar of Balderson, Ontario has responded to our request for accommodation near the Trail. She has three double rooms available between May and October; with help from a neighbour she can arrange for groups up to 12. Daily rates are \$25.00 (single), \$35.00 (double), children under 12 sharing adults' room, \$12.00. Write to Ann at Woodrow Farm, R.R.#1 Balderson, Ontario, K0G 1A0, or call (613) 267-1493.

IN MEMORY -

Of a tall, quiet man, with a sense of humour, who moved from Ottawa to Kingston last year. He went about making a life for himself in the area - buying a home on Amherst Island, finishing a course in real estate, and getting his boat ready for use.

As a member of the Rideau Trail Association he was known to the Ottawa Club members and soon began to make friends in the Kingston Club. He became terminally ill last autumn.

Bernard Downey died in Kingston on Friday, January 2, 1987.

Moira Drummond

The Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that, the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black,
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I -
I took the one less travelled by,
And that has made all the difference.

by Robert Frost



Kingston's Wednesday Walkers Striding Into Fall
(Photo by Norm McLeod)



If undeliverable, please return to:

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



Ottawa Phone Number:
613-596-0572

APPLICATION FOR MEMBERSHIP
Effective April 1st, 1987

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 Club and Association activities.

() Annual Family Membership.....	\$ 10.00
() Patron (Life Membership).....	150.00*
() Map Kit (13 maps) Members only.....	4.00
() Trail Notes Members.....	5.00
Non-members.....	8.00
() Car sticker (FREE to New Members).....	.50
() Crest.....	2.00
() Enamelled Pin.....	3.00
() Donation to RTA.....	_____*
() Donation to Corridor Preservation Fund.....	_____*

PLEASE CHECK New () Renewal ()

Name.....

Address.....

.....

Postal Code.....Telephone.....

Prices subject to change. TOTAL _____

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