



The Rideau Trail NEWSLETTER

FALL 1988

ISSUE No. 69



RIDEAU TRAILERS CLIMB PERTH ROAD ROCK

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

Submissions for the next newsletter are encouraged and should be sent by November 1st, 1988 to Elizabeth Mason, 283 Avondale Avenue, Ottawa, Ontario, K1Z 7G7. Articles and pictures, preferably black and white are welcome.

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 1987-88

President	Ray Forester, Kingston	542-4385
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	Ron Hunt, Ottawa	830-1592
	Jean Riddell, Central	267-1451
National Trail Rep	Henry Heald, Ottawa	224-4471
Archives	Peter Brebner, Ottawa	729-8178

Highlights from the RTA Board of Directors Meeting, Murphy's Point Park, July 9, 1988

After some discussion, it was decided that the Constitution needs to be reviewed. A committee was formed to look at it and possibly update it or, if necessary, completely rewrite it to bring it into line with today's needs.

It was reported that sales of the new Guidebook are going very well. Jill Leslie from the Guelph Hiking Club was a guest at the meeting. She had many interesting comments to make about hiking in Ontario.

An update was given on the preparation of the "200 Awards" certificates to be given out to end-to-enders at the AGM in September. It was mentioned that end-to-end hiking is really becoming popular. One hiker has come all the way from Britain just to walk the Rideau Trail end to end.

Cover Credit: Many thanks to Nan Yeomans for taking the time to draw the cover sketch.

Smiths Falls..

In relation to the article "Swimming Holes on the Rideau Trail," by Bill Grant, Summer /88 issue, we received the following letter.

Dear Chris,

Just thought I would drop you a line to let you know how I look forward to receiving and reading my issues of the Rideau Trail Newsletter. That is ... until I received our most recent issue, No. 68, Summer 1988.

I am referring specifically to an article submitted by Bill Grant appearing on Page 6 in which he has done a fairly good job, (grammatically speaking), describing swimming holes along the trail for the potential enjoyment of our members.

However, contrary to Bill's statement, and I quote, "Smiths Falls lacks an outdoor area suitable for adults", the municipality owns, maintains and supervises approximately 80 meters of "prime" waterfront beach area situated on Park Street in the heart of Smiths Falls, on the historic and picturesque Rideau Canal.

I would suggest in the future Chris, that a little more research be put into articles before such statements are allowed to be published, as they have the potential to inflict a damaging image on an area in terms of tourism (even moreso when they are completely inaccurate!). Is this lack of research consistent throughout the article and in fact our Newsletter?

Our swimming area has long been used by thousands of tourists as a place to picnic (free of charge) as well as to take a refreshing dip and enjoy the Town's hospitality "Smiths Falls style".

To this end I am enclosing information with respect to our swimming area that I request you note Chris, and bring to Bill's attention.

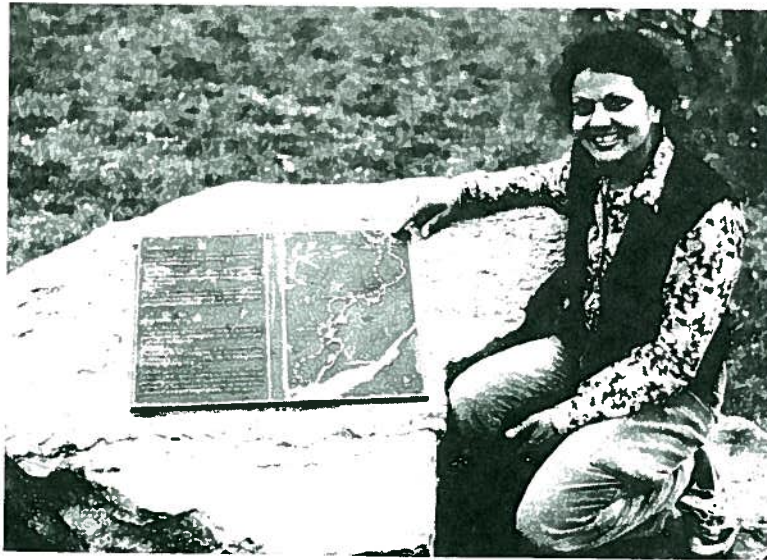
I will continue to be a strong supporter of the Rideau Trail Association and compliment you as well as other volunteers for the time and effort you put into our affairs.

I remain:

Rather disgruntled but willing to forgive and forget,



Rick St. Dennis, R.D.M.R., A.M.C.T. (A)
Director of Parks & Recreation
and
An Interested Rideau Trail Supporter



Another Happy End-to-End. Su Nag, Chairman of the Kingston club, at Richmond Landing. Photo by Stan Douglas.



Doug Knapp awards prizes to the essay contest winners at the Kingston Club Annual General Meeting held in April, 1988. First prize to Tasha Schleich (above left) and second prize to Shirley Marriott (above right). Photos by Su Nag.

Kingston Club Skiers Take Note!

Those interested in joining an overnight ski trip in early February '89, come and attend a planning session prepared with suggestions and information about possible locations. Contact: Don Green, 389-5458.

Points of Interest in Smiths Falls

When you're in Smiths Falls enjoying their waterfront beach, you may enjoy some of the following attractions Smiths Falls has to offer as well: the Railway Museum, the Heritage House Museum, Smiths Falls combined locks, Boat Launching, two golf courses, etc.

The Four Seasons
by Shirley Marriott

Second Prize Winner in Essay Contest

The tree was big and strong. She had long thick branches. In summer her leaves were big and thick, making a small enclosed room at the trunk. The breeze filtered through them like a grate. Her name was Maple.

It was early spring and there were small early buds on her branches. There was still an occasional patch of snow here and there and everything was damp. Maple liked the water but there was something about spring that she hated. It was so cold! In spring she had no leaves to shield her from the cold and especially the wind. Now, you may be thinking about winter. Anyone who though awhile would know that trees sleep in winter. And that fall was alright because it carried the warm air of summer in its breeze. Maple loved summer and fall.

Come summer, Maple had a beautiful coat of green leaves. They quivered at almost any movement. The sun shone brightly and warmly. Occasionally a small animal would pass by and visit for awhile. Soon some wild flowers popped up along with a few weeds. Maple was having a wonderful time, but soon enough fall came. She still liked fall, but it meant winter would come soon. All the trees were beautiful shades of brown, red, orange, and gold. Maple was mostly a deep scarlet. Dead leaves paved the ground below tan.

Soon the breeze became colder and snow began to fall. Maple had one leaf still clinging to a branch. Day after day she watched it shaking in the wind. To her dismay it soon fell to the ground and Maple knew that she had to go to sleep now. She wanted to stay awake to see what winter was like. She wanted to see snow and ice and small icicles hanging from her branches. She knew this wasn't possible because she would die. Regretfully, she went to sleep with the hopes that she would wake up to see the snow.

Shirley Marriott

Trail Maintenance Handbook (1987)

The RTA Trail Maintenance Handbook has been revised (1987) and has been distributed to the trail maintainers for their guidance. Copies are available to members for \$2.00.

The handbook describes maintenance procedures, the proper erection of blazes (remember that the yellow tips point toward Kingston), the use of Private Property signs (new on heavy plastic), Junction signs and Maintenance Section signs.

At the back of the handbook is a form entitled "Trail Maintenance Checklist". This form should be completed by the maintainer in the spring, summer and fall or when special conditions require attention. The report is to be sent to the Maintenance Co-ordinator so that the condition of the trail is known. This makes it possible for the Co-ordinator to summon additional help for a maintainer who has a heavy work load or to request Construction forces to build bridges, steps, etc. The form should be photocopied to generate a quantity which can be filled out and submitted to the Co-ordinator.

This procedure of submitting updated information on the condition of the trail has been found invaluable and much appreciated by

Don Green, Maintenance Co-ordinator,
Kingston Club.

Are You Aware?

that the only museum in the world specializing in reptiles is in Picton, Ontario, Canada?

For nearly twenty years, the Reptile Breeding Foundation has been working to assure the survival of endangered species of reptiles.

An Exotarium was opened to the public during the summer of 1987. Located in Cherry Valley near Picton, it includes over 100 reptiles in 70 displays.

A Guide to Some Poisonous Plants

Information from the Ministry of Agriculture submitted by Moira Drummond.

<u>Plant</u>	<u>Toxic Part</u>	<u>Possible Effects</u>
Baneberry (Doll's Eyes)	All parts	Headache, abdominal pain, vomiting, diarrhoea, delerium, rapid heartbeat
Jack-in-the-Pulpit Skunk Cabbage	All parts	Contains small needle-like crystals of Calcium Oxylate that cause burning and severe irritation of mouth and tongue.
Mayapple (Mandrake)	Roots, leaves unripe fruit	Large doses may cause Gastric Enteritis and vomiting. Cooked ripe Mayapples may be made into marmalade.
Mushrooms	All parts	Poisonous and edible ones often grow side by side and are difficult to distinguish. Any ingestion is potentially toxic.
Jimson Weed (Thorn Apple)	All, mainly seeds, leaves	Flushed skin, dry mouth, dilated pupils, nervous excitement with hallucinations, delerium and convulsions.
Night Shades	All parts, mainly unripe berries	Rapid heartbeat, blurred vision, dilated pupils, flushed skin, delerium. Rarely, coma, convulsions, respiratory failure.
Poison Hemlock	Roots, seeds, foliage	Roots resemble wild carrot, may cause nervousness, trembling, weakness, dilated pupils, diarrhoea, vomiting, coma, death.

Poison Ivy



Get Up and Go Hints by Moira Drummond

Stock up your freezer and kitchen shelves with basic ingredients for one-pot suppers and you'll be able to pack up at a moments notice for an outing. Remember, no matter what you serve, it tastes twice as good outdoors, so be prepared to make twice as much as you need ordinarily. Here's one to try -

Rice in the Rough

- 1 lb. ground beef
- 1/2 c. chopped onion
- 1 1/2 c. chopped green pepper
- 1 clove garlic, minced
- 1/2 c. rice
- 2 c. canned stewed tomatoes
- 1 tsp. chili powder
- salt and pepper to taste

Crumble ground beef into hot skillet. Cook, stirring, until meat loses its pink colour. Add onion, green pepper and garlic. Cook until meat and onions are brown. Add remaining ingredients. Stir well and cover tightly. Cook over high heat until bubbly, then reduce heat and simmer 30 minutes. Recipe makes 4-5 servings.

KINGSTON CLUB OUTINGS

In this quarter a series of sequential hikes are planned starting from Murphy's Point Provincial Park and proceeding south towards Kingston. Suggestions regarding future outings may be made to the Hike-Coordinator - Alberta Edgar, 542-9662

Hike leaders are reminded to send the lists containing the names and phone numbers of persons attending outings to Lucille Birtch, 544-9361

SUNDAY SEPTEMBER 4, ROCK DUNDER

Spectacular views of Whitefish lake and the surrounding area during this hike. Bring a lunch and meet at Sears north door at 9.30 am.

Leader: Arne Henrikson, 544-0465

Bring a lunch and meet at Sears north door at 9.30 am.

Leader: Keith Bull, 546-9693

SEQUENTIAL HIKE II - SEE OCT 23.

SUNDAY OCTOBER 2, ONTARIO HIKING DAY

Introduce your friends to the joys of hiking. Hikes planned are:

Hike # 1 Sequential Hike III

Hike from Narrows Locks to Little Bay Beach (Map 5). Bring a lunch and meet at Sears north door at 10 am.

Leaders: Marg & John Page, 389-7840

Hike # 2 Field Naturalist Area

Join the Kingston Field Naturalists for a hike in the Otter Lake Sanctuary. Meet at Sears north door at 1 pm.

Contact: Diane Lawrence, 546-2183

Hike # 3 Cataraqui Cemetery

The trail winds past stately trees and the grave site of Sir John A. McDonald. Meet at Sears north door at 1.30 pm.

Leader: Majorie Simmons, 542-9847

Hike # 4 Frontenac Park

Hike the scenic Doe Lake loop. This hike is organised jointly by our Club and Frontenac Park officials. Meet at Sears north door at 12.30 pm. or at the Trail Center in the park at 1.15 pm.

Leaders: Jean Thompson (RTA), 544-0340; Janine Papadopoulos (FP), 376-3489

SATURDAY OCTOBER 8, SEQUENTIAL HIKE IV - FOLEY MOUNTAIN CONSERVATION AREA

See the fall colours and the spectacular view of Westport from Spy Rock. Distance approx. 7 km (Map4). Meet at Sears north door at 1 pm.

Those interested in dinner at the Stage Coach Inn in Newboro at 5.30 pm. phone Donald Cutts (542-5414) by Oct. 5th.

WEDNESDAY SEPTEMBER 7, WATERFRONT WALK

Meet at Sears north door at 1.30 pm for a leisurely walk along the waterfront.

Leader: Jen A'Court, 548-7588

SATURDAY SEPTEMBER 10, SEQUENTIAL HIKE I

This is the first of the series of sequential hikes. Hike from Murphy's Point Provincial Park to the Three Buoy parking lot (Map 5). Bring a lunch and meet at Sears north door at 9 am.

Leader: Larry Dyke, 389-6692

SUNDAY SEPTEMBER 18, WELLESLEY ISLAND

Explore the trails at the Nature Sanctuary with their scenic vistas. Bring a lunch and meet at Sears north door at 9.30 am. Charges: Bridge toll, entrance fee.

Leader: Alberta Edgar, 542-9662

SATURDAY SEPTEMBER 17, ASSOCIATION ANNUAL GENERAL MEETING - MERRICKVILLE

See notice on pg.10 . If you require transportation contact Shirley Harmer, 549-4852

SEPTEMBER 19-22, SMITH'S FALLS AREA

Explore the Rosedale-Merrickville-Burritts Rapids area with visits to Smith's Falls and Merrickville. These places along the Rideau Canal are steeped in history. Interested persons contact Cathy Cutts,(542-5414) before September 12th.

SATURDAY SEPTEMBER 24, OPENING OF THE ALLAN & ELLEN BONWILL SHELTER

Hike the Opinicon Loop from Lindsay Lake to the shelter at Two Island Lake. The formal opening of the shelter will be followed by refreshments at Skycroft.

WEDNESDAY OCTOBER 12, AMHERST ISLAND

Walk or drive on the island. Meet at Sears north door at 11.45 am. to be in time to catch the ferry at Millhaven Dock. For lunch reservations contact Moira Drummond, (544-9529) by October 9th.

SUNDAY OCTOBER 16, SEQUENTIAL HIKE V

Hike from the outskirts of Westport to Bedford Mills through varied terrain - part road, part woods (Map 4). Bring a lunch and meet at Sears north door at 9.30 am.

Leaders: Don & Lou Green, 389-5458

SATURDAY OCTOBER 22, SEQUENTIAL HIKE II

Hike from Three Buoy parking lot to Narrows Locks crossing beaver dams en route (Map 5, about 7.5 km). Wear sturdy shoes. Bring a lunch and meet at Sears north door at 9 am.

Leader: Arch Mason, 544-5690

WEEKEND OCTOBER 29/30, BACKPACKING TRIP

Our annual backpacking trip will be in Frontenac Park. Register with the leader by the 26th night. Bring your own gear and food and meet at Sears north door at 8.30 am.

Leader: Arne Henrikson, 544-0465

WEDNESDAY NOVEMBER 2, BELLE'S ISLAND

Late fall walk beside the golf course and through the oakwoods. Meet at Sears north door at 1.30 pm.

Leader: Emma Martin, 542-1594

SATURDAY NOVEMBER 5, TRAIL MAINTENANCE DAY

We need your help to maintain our trails. Bring a lunch and implements if you have them and meet at Sears north door at 9 am. Maintainers, please try to attend and send reports of your sections to the maintenance co-ordinator, Don Green(389-5458) by the 1st Nov.

WEEKEND NOVEMBER 12/13 MALBOROUGH FOREST

Stay overnight at the Ottawa cabin and hike in the Malborough forest on Sunday (Map 9). Bring your own food and gear and meet at Sears north door at 12.30 pm. Leader: Stan Douglas, 389-2563

SUNDAY NOVEMBER 20, SEQUENTIAL HIKE VI

Hike from Bedford Mills along a country road to Cottage road (Maps 3 &

4). Bring a lunch and meet at Sears north door at 9.30 am. Leader: Johanna Koeslag, 384-5534

SATURDAY NOVEMBER 26, SEQUENTIAL HIKE VII

Hike from the junction of Massassauga and Cottage roads along the east side of the south bay of Buck Lake to Maple Leaf Road (Map 3). Bring a lunch and meet at Sears north door at 9 am.

Leader: Norm McLeod, 546-9440

SATURDAY DECEMBER 3, SEQUENTIAL HIKE VIII

Hike from Maple Leaf road to the large beaver dam near Old Perth Road (Map 3). Bring a lunch and meet at Sears north door at 9.30 am.

Leader: Stan Douglas, 389-2563

Get-together for coffee and dessert at 8 pm. Slides will be shown. For information call Shirley Harmer, 549-4852

WEDNESDAY DECEMBER 7 ELEVATOR BAY

Hike along little Cataraqui Creek along marshes and woods. Meet at Sears north door at 1.30 pm.

Leader: Dorothy Thomas, 546-0459

SATURDAY DECEMBER 10, CRAIG TRAILS

Hiking in this scenic area. Bring a lunch and meet at Sears north door at 10 am. Leader: David Roeder, 544-0516

SUNDAY DECEMBER 18, BARRIEFIELD, FORT HENRY AREA

Walk in Barriefield and view the heritage properties. Enjoy the views from Fort Henry hill. Meet at Sears north door at 1 pm.

Leader: Alberta Edgar, 542-9662

CENTRAL CLUB OUTING

Sunday, October 2. Ontario Hiking Day
Meet at 9:30 a.m. at the O.M.A.F. parking lot at 10 Sunset Blvd., Perth for a hike in the Murphy's Point area. Bring a lunch. Contact Jean Riddell, 267-1451.

OTTAWA CLUB OUTINGS

Hikes take place regardless of the weather. The initial meeting place is the parking lot at the corner of Booth and Albert Streets (Lebreton Flats). There is no charge except a few dollars gas money on longer trips, as private cars are used for transportation.

The fall program is designed to provide at least one outing a week-end into December. End-to-end hikes, very successful in the spring, resume in September. The length of the hike is mentioned below when this is known in advance. Additional information on specific hikes can be obtained by phoning the hike leader during the week preceding the hike, or Bill Grant, 820-0697.

Hike leaders are asked to send lists of hike participants to P. Narraway, 932 Winnington Avenue, Ottawa, Ontario, K2G 4C4.

Wednesday Walkers continue their Gatineau Hikes every Wednesday, meeting at Booth and Albert at 9:30 a.m.
Dorothy Belter, 523-4420.

Sunday, September 11. Opinicon Area.
At long last, a return to the exciting Opinicon area, about 15km in hardwood and mixed forest. Bring a lunch and good footwear. Meet at Booth and Albert at 9:00 a.m.
Ron Maybury, 489-2255.

Saturday, September 17. AGM.
Everyone welcome at the Annual General Meeting of the RTA. See the notice on page 10. Walks and hikes are planned. Bring a lunch. Meet at Booth and Albert at 8:45 a.m.

Saturday, September 24. Mystery Hike.
Somewhere in the Gatineau area - you have not been there before. Bring a lunch and good footwear. Meet at Booth and Albert at 10:00 a.m.
Nanette Whitwam, 733-2118.

Sunday, September 25. Mystery Bike Tour.
Meet at Booth and Albert at 10:00 a.m. Bring a lunch. Andrew Oakes, 225-8982.

October 1-2. Ontario Hiking Weekend.
Saturday, October 1. Frontenac Park.
Peter Andrews, who knows this area well, will lead a day long hike (about 7 hours) on the trails in this attractive park. Meet at Booth and Albert at 8:00 a.m. Bring a lunch and good footwear.
Peter Andrews, 728-3016.

Sunday, October 2. Autumn Ramble
A short, gentle hike suitable for famil-

ies not too far from Ottawa, to celebrate Ontario Hiking Day. Meet at Booth and Albert at 1:00 p.m. Bring a snack and rainwear if needed.
Peter Brebner, 729-8178.

October 8,9,10. Thanksgiving Weekend
Backpacking in Frontenac Park. This is a three day trip through a rugged hardwood forest area, fall colours with any luck. Bring appropriate gear and food supplies. Meet at Booth and Albert at 8:30 a.m. on Saturday. Contact Pearl Peterkin, 829-3062 by October 2nd, so she can make necessary park reservations.

Sunday, October 16. Pakenham Mountain
Another first. See the fall colours. Jim Fish will lead us on an exploration of this hill-top plateau west of the Mississippi River. Bring a lunch and good footwear. Meet at Booth and Albert at 9:30 a.m. Jim Fish, 839-2262 (CARP).

Saturday, October 22. Opinicon Loop
A vigorous hike in this area led by Ray Forester who maintains it. Up to 12km. Bring a lunch and good footwear. Meet at Booth and Albert at 9:00 a.m. or meet Ray at the Chaffey's Locks lock station at 11:00 a.m.
Contact: Bill Grant, 820-0697.

Sunday, October 23. 11th Annual Joint Outing with the Ottawa Field Naturalists.
A general interest ramble on a flat portion of the Rideau trail in the Marlborough Forest with lunch at the shelter on the Earth Star Loop (fireplace). Bring a lunch and good footwear. Meet at Booth and Albert at 10:00 a.m.
Eileen Evans, 741-0789.

Sunday, October 30. End-to-End

The series continues with a hike of approximately 16km in the Long Bush area west of Dwyer Hill Road. Bring a lunch and good footwear. Meet at Booth and Albert at 9:00 a.m.

Elizabeth Mason, 729-6596.

Saturday, November 5. Map & Compass

Ron Beacock of the Central Club will lead us through the techniques of using a compass and reading maps. Bring a lunch and an orienteering compass if you have one. Meet at Booth and Albert at 8:30 a.m. or the School House (McKenna Road and Roger Stevens Road) at 10:00 a.m.

Bill Grant, 820-0697.

Sunday, November 6. Trail Maintenance

Help maintain the Rideau Trail (easy work) and get some out-door exercise. Bring a lunch, good footwear and a hammer. Meet at Booth and Albert at 10:00 a.m. Tom Bach, 748-6266.

Saturday, November 12. Westport Area

a vigorous 13km hike near Big Rideau Lake. Bring a lunch and good footwear. Meet at Booth and Albert at 8:00 a.m. Peter Brebner, 729-8178.

Saturday, November 19. End-to-End

Weather permitting, we shall fill the gap not yet walked between Richmond Road at Twin Elms and Stapledon (east of Richmond) about 15km. An alternate hike is planned if difficulties are anticipated in this area. Meet at Booth and Albert at 9:30 a.m. Bring a lunch and good footwear. Andrew Oakes, 225-8988.

Sunday, November 27. Kemptville Forest

A gentle stroll in this forest north of Kemptville, followed by refreshments. Meet at Booth and Albert at 10:00 a.m. Bring a lunch and good footwear. Dress warmly. Elaine Vininsky, 225-8982.

Saturday, December 3. End-to-End

Rosedale to Smiths Falls, 12km on country roads. To celebrate our reaching Smiths Falls, we will adjourn for refreshments at the Old Mill Pub in Ashton, Ontario. Meet at Booth and Albert at 9:30 a.m. Bring a lunch and good footwear. Marg Lafrance will be the leader but call Bill Grant, 820-0697.

Sunday, December 11. Marlborough Forest

For this last hike of the year, we will walk into the Ottawa Club's Log Cabin from the O'Neill Side Road for a leisurely lunch by the fire and some firewood gathering, then walk out by the Gentian Trail. Bring a lunch and good footwear. Meet at Booth and Albert at 10:00 a.m. Nanette Whitwam, 733-2118.

RTA ANNUAL GENERAL MEETING

Saturday, September 17, 1988

10:00 a.m.

Legion Hall, Merrickville, Ontario

Everyone Welcome!

A business meeting with the election of a new executive will be followed by a brown bag lunch. (Bring your own).

1:00 p.m.

Talk by Arctic Explorers, Richard Weber and Chris Holloway who will display their equipment and show slides.

Hikes

1. A historic walk around Merrickville led by Pearl Peterkin, 829-3062,
2. An alternate hike led by Jean Sumter, 828-6077 and Johanna Ede, 731-1541.

5:00 p.m.

Dinner

Cost \$12.00 (includes the cost of guest speakers). Reserve for dinner by September 8, 1988 by calling:

Ottawa: Linda Hayes, 234-1045
Aileen Wade, 733-8952

Perth: Jean Riddell, 267-1451

Kingston: Shirley Haimmer, 549-4852
Jean Thompson, 544-0340

Hike Leader's Math

by Ron Hunt

Hike leaders are supposed to be calm, cool and collected people. However for me the most nerve-racking part of leading a hike is sorting out the transportation. How many cars do we need to transport the hikers to the starting point? How many cars should be spotted at the end of the route to be hiked?

So this is where the mathematics comes in. For a while I have thought that there must be some simple formulae and rules-of-thumb for organizing this aspect of the hike.

Let's start with a few assumptions. First, with the trend towards smaller cars, it would be wise to assume that each car can carry only 3 passengers in addition to the driver. Also, if the objective is to hike the trail in one direction, then at least two cars will be needed -- one for each end of the route to be hiked. Now for the equations.

The minimum number of 4-passenger cars needed to carry all the 'hikers' (including the hike leader) is:

$\text{cars} = \text{hikers}/4$, where if cars is not a whole number then round up to the next higher number; and

$$\text{cars} > 1.$$

The minimum number of cars that must be dropped at the far end of the trail to ensure that only one trip needs to be made to retrieve the other cars (left at the starting point of the hike) is :

$$\text{drops} = [(\text{cars} - 1) / 4] + 1 .$$

Note: The notation '[y]' means take the integer part of the number 'y' and ignore the fractional part.

The minimum number of cars needed to spot the ' drops' and return to the starting point with the drivers is :

$$\text{spots} = [((4 \times \text{drops}) - 1) / 3] + 1 .$$

Now here is an example to show how the formulae work on the day of a hike. Let's assume that there are 52 hikers and one hike leader.

$$\text{hikers} = 53; \quad \text{cars} = 53/4 = 13.25 = 14 .$$

$$\text{drops} = [(14 - 1) / 4] + 1 = [3.25] + 1 = 3 + 1 = 4 ;$$

$$\text{spots} = [(4 \times 4 - 1) / 3] + 1 = 5 + 1 = 6 .$$

Reference

Introduction to Number Theory, J.E. Shockley, Holt/Rinehart and Winston Inc.: Toronto, 1967, p.19 .



The Measuring Wheel hits the high point in Frontenac Park when measuring the trail last fall for the new Guidebook. Don Green, Bernard Gates and Arne Henrikson take a breather after the ascent of Smooth Rock Runway. Photo by Keith Bull.

Hike Ontario Conference 1989

CALL FOR PRESENTERS: Would you like to get involved in the 1989 Hike Ontario Conference in London? People are needed to share their knowledge, experience or talent by acting as presenters at the conference. If you are interested, simply fill in and return the application form below. It's as easy as that.

A. YOUR AREA OF INTERESTS (Please ☒ one) ☐ Benefits of hiking/walking ☐ Bird watching ☐ Canoeing and hiking ☐ Cardiology ☐ Conditioning ☐ Conservation ☐ Cycling and hiking ☐ New trail development ☐ First Aid ☐ Fitness aspects of hiking ☐ Flora and fauna ☐ Food drying ☐ Hiking in the 21st century ☐ History ☐ Map and compass ☐ Music : singsongs ☐ National trail ☐ Nutrition ☐ Orienteering ☐ Orthopedics	B. YOUR EXPERIENCE IN THE AREA Please briefly outline your proposed presentation: _____ _____ _____ _____ _____	C. YOUR MAILING ADDRESS, ETC. NAME: _____ ADDRESS: _____ _____ POSTAL CODE: _____ PHONE: () _____ (HOME) () _____ (BUS.) HIKING CLUB AFFILIATION: _____ PROFESSIONAL AFFILIATION: _____
☐ Photography ☐ Physiotherapy ☐ Podiatry ☐ Politics and hiking ☐ Sketching and painting ☐ Sports Medicine ☐ St. John's Ambulance ☐ Stress tests ☐ Trail maintenance ☐ Trails : uses and misuses ☐ Walking research ☐ Wild flower identification ☐ Wild animals (Please list another choice)		SUGGEST ANOTHER PRESENTER I would like to suggest _____ _____ as another excellent presenter for the conference. You can contact her/him at: _____ _____ PHONE: () _____ to determine if she/he would help. Her/his area of expertise is: _____

Map and Compass by Ron Beacock

I read with interest, Ray Forester's article regarding survival kits. A most hearty thanks for introducing a subject that is rarely given enough thought and only as a last minute "Oh, maybe we should include" consideration. While a survival kit should be a vital consideration of every hiker and backpacker, it must be remembered that any such kit is limited by the knowledge of the person using it.

If I had a dollar for every time I heard "LOST - ME! -- never -- that only happens to someone else. I never leave the trail," I'm sure I could retire. In my entire life, I have met but one person who could actually make the above claim, that being an Indian friend of mine, with his rather simple philosophy, "Indian not lost - tepee lost." For those of us who can't afford to lose our tepees, there is a certainty - becoming lost can happen, does happen, and if you spend a lot of time in the woods, possibly will happen to you. It happened to me and no one was more shocked and surprised when I finally realized that I was LOST.

If this article succeeds in only one aspect - let it be this - to force you, the reader, to take some positive action against becoming lost and forcing you to take that action now and not when that sickening feeling creeps over you, as you fully realize that you do not know the way back to your tepee. Am I trying to scare you? You bet I am! Because almost every lost person case can be prevented. Whoever referred to an ounce of prevention being worth a pound of cure could easily have made it a ton of cure when referring to being lost. Knowledge is the foundation of prevention.

This knowledge should act as a prescription - helpful, accurate. and with few frills. The composition of this prescription will vary from person to person and therefore each individual has to select their own ingredients. Certain basics do exist, and later this fall we will be offering a day long MAP AND COMPASS seminar as one of these basics. If this seminar proves successful, ie., is meaningful and useful to the partici-

pants, then others with the same theme could very well follow.

Knowledge is the tool to be used when a certain set of parameters demand it. Some are preventative tools such as MAP AND COMPASS. Others become relevant only in extreme circumstances, such as SURVIVAL. As with all tools, they must be used repeatedly to become proficient. Personal confidence grows with the successful application of these learned skills. Have you taken your ounce of prevention today?

Ron Beacock is presently enjoying his second year with the RTA. He comes to us from the Maritimes, having spent 15 years in the Canadian Armed Forces, which provided him with the basis for much of his outdoor knowledge. His many interests include: hiking, backpacking, canoeing, canoe camping, cross-country skiing, bird watching, reading, chess and bridge.

Gros Morne National Park 1989

As I write this, we should be packing our packs for backpacking trip to Gros Morne National Park in Newfoundland. Regrettably, we found ourselves too few in number to attempt the trip safely. Interest in the trip remains constant, so with this in mind, we will plan this trip for the summer of 1989.

One criticism was that notice of such a trip should have been given earlier. This is a valid point. I hope this is early enough. There will be a meeting to discuss a backpacking trip to Newfoundland in late October or early November. There will be a slide presentation of a previous trip to this park and general discussion regarding cost, Transport, etc. This is a shared cost trip so no one will profit in any way.

If you are interested, please contact Ron Beacock by October 20, 1988 for further information about the organizational meeting. I'll accept letters, telegrams, courier packages, even telephone calls as long as they are addressed to Ron Beacock, R.R. #5 Perth, Ontario. K7H 3C7. (613) 267-4204.

An Off-the-Trail Outing by Cathy Cutts

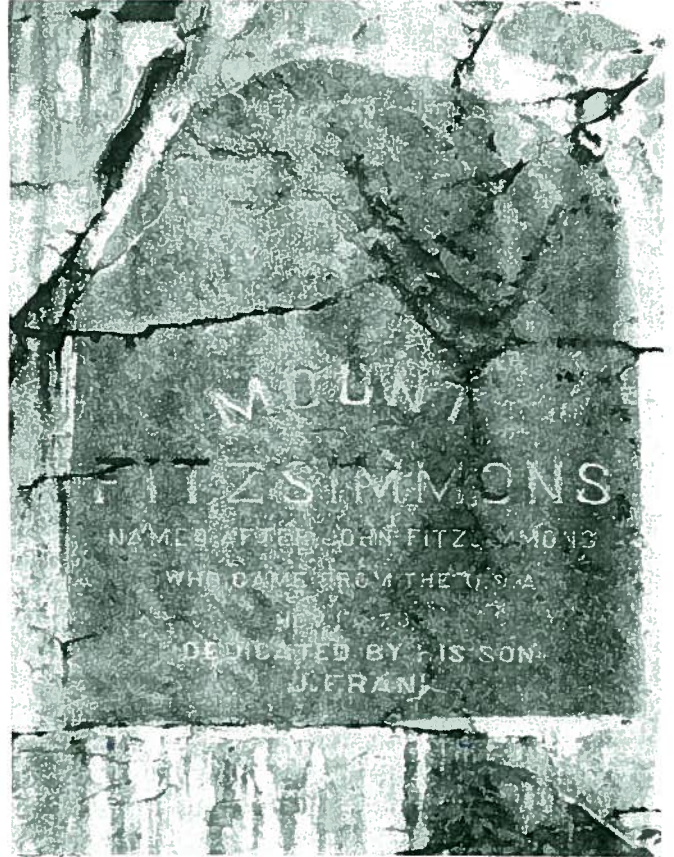
On Sunday, May 22, 1988, seven early risers who attended the annual Inter-denominational Sun Rise Service on the rocky outcropping over looking Landon Bay and the St. Lawrence River were rewarded by sights and sounds of nature.



The path winding up to the top has been clearly marked with interpretive signs explaining the varied features of the area. A great blue heron flew over during the singing of a hymn and later the distinctive call of a loon was clearly heard. Meanwhile the mist was gradually clearing as the sun rose higher. The islands dotting the river became more distinct. A memory to cherish!



After coffee and muffins, the hikers left to meet the not-so-early risers for the "ascent" of Fitzsimmons Mountain. Carved in the rock face is a memorial dated 1870 to John Fitzsimmons who came from the U.S.A. This high rock can be seen from Highway 401 on the south side just west of the road to Ivy Lea Bridge. Vegetation now obscures the huge cross painted on the rock.



Photos by Lucille Birtch.

1988 Bruce Trail Association AGM

The Bruce Trail Association will be holding their Annual General Meeting on September 9, 10, & 11 at The Heidehof, 600 Lake Street, St Catherines, Ontario, L2N 4J4. Anyone interested in attending should contact Norman Day, (416) 964-7281 for more information.

RECIPES
by Jennifer Hunt

Harvest time in the fall brings back some favourite fruits and vegetables to our kitchens. Pumpkin loaf is always a popular snack and this recipe is particularly moist. For the nippy fall hikes take a thermos of carrot soup along. No pieces to get stuck at the bottom and it is a tasty and nourishing alternative to sandwiches. The cranberry sauce is very simple and is a suitable accompaniment to that special roast.

Pumpkin Bread

Makes 2 loaves.

Preheat oven to 350F ; oil 2 loaf pans.

In a medium bowl mix well:

- 1 2/3 cups sugar
- 4 eggs
- 1 1/4 cups oil
- 1 19 oz tin pumpkin

In a large bowl mix:

- 3 cups flour
- 2 tsp baking powder
- 2 tsp baking soda
- 2 tsp cinnamon
- 2 tsp nutmeg
- 1 tsp ginger
- 1/2 cup chopped pecans

Combine ingredients of two bowls. Mix well. Pour into pans. Bake 1hr 15 min. Let cool in pans. Freeze well.

Comment or question? Write to me at: 1148 St. Jovite Ridge, Gloucester, Ont K1C 1Y7.

Cranberry Sauce

Makes 1/3 cup.

- 2 cups fresh cranberries
- 3/4 cup brown sugar
- 1/4 tsp pumpkin pie spice

Wash cranberries; place in casserole; sprinkle with sugar & spice. Cover and bake 30 min. in 350F oven. Stir occasionally.

Carrot Soup

- 1/3 cup butter or margarine
- 1/2 cup chopped onion
- 2 cups carrots, thinly sliced
- 1/4 cup rice, uncooked
- 3 cups chicken stock
- 1 tsp curry powder
- 2 cups milk

In a medium sauce pan, saute-onion in butter. Add carrots, rice, curry & chicken stock. Simmer until carrots & rice are tender. Puree in blender. May be frozen at this point. Heat gently & add milk.



If undeliverable, please return to:

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

Ottawa Phone Number: 613-596-0572

Rideau Trail Association

Kingston Phone Number: 613-545-0823

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 local club and Association activities.

() Annual Family Membership.....	\$ 10.00	PLEASE CHECK	New ()	Renewal ()
() Patron (Life Membership).....	150.00*			
() Guide Book Members.....	10.00	Name.....		
() Non-Members.....	15.00	Address.....		
() Postage & Handling.....	2.00			
() Car sticker(FREE to New Members).....	1.00			
() Crest.....	2.00			
() Enamelled Pin.....	3.00			
() Donation to RTA.....	_____*	Postal Code.....	Telephone.....	
() Donation to Corridor Fun.....	_____*			
Prices subject to change.	TOTAL _____			

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