

The Rideau Trail NEWSLETTER

WINTER 1988

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ARQUE AU CP

The Rideau Trail Newsletter is published quarterly in March, June, September and December by the Rideau Trail Association. The editor of this newsletter is Elizabeth Mason for the Ottawa Rideau Trail Club.

Submissions for the next newsletter are welcome and should be sent by February 1, 1989

to: Christine Barker,
40 Bonny Lane,
Kingston, Ontario, K7K 6E2

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

ISSN 0709-7085

COVER PHOTO: The Bonwill Shelter on the Opinicon Loop. Photo by Arnold Pitman.

ATTEND THE ...

THIRD ONTARIO HIKING CONFERENCE

"HIKE FOR THE HEALTH OF IT"

MAY 19 - 22, 1989

UNIVERSITY OF WESTERN ONTARIO
LONDON, ONTARIO

HEAR ABOUT:

WALKING AND FITNESS
READING THE SKIES
FOOD FOR THE TRAIL
TRAIL MAINTENANCE
WILDLIFE NEEDS YOU
and more...

HIKE:

THAMES VALLEY TRAIL
ELGIN TRAIL
HISTORIC LONDON
MEDWAY TRAIL
and many more...

FOR FURTHER DETAILS AND REGISTRATION WRITE:

Hike Ontario Conference
Joe Dunn, Treasurer
Fanshawe College
P.O. Box 4005
London, Ontario
N5W 5H1

DEDICATION OF THE BONWILL SHELTER

by Ray Forester

September 24th was the type of day a hiker dreams of - sunny, a little on the cool side, leaves starting to change to fall colours - altogether a perfect day for a hike.

Nineteen members of the Rideau Trail Kingston Club and one puppy departed from Upper Rock Lake on the Opinicon Loop under the capable leadership of Keith Bull. This was the day the shelter on the Opinicon was to be officially opened. What better way to do this than to enjoy a hike terminating at the dedication site?

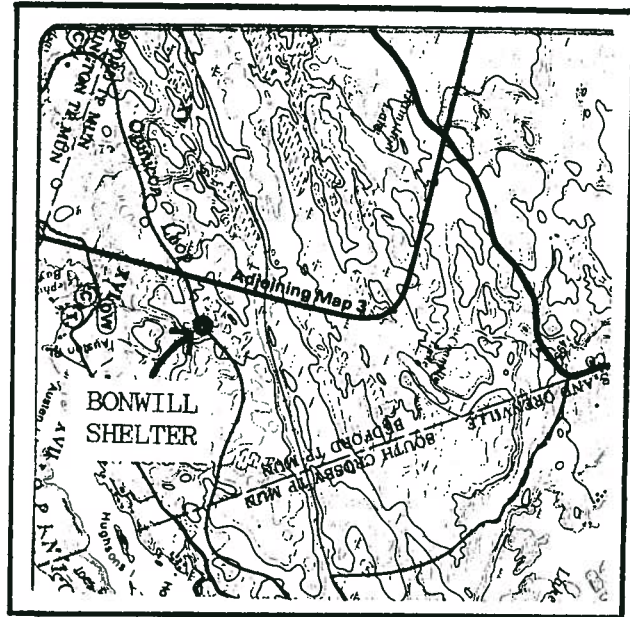
The opening ceremonies were slated to start at 2:30 pm. Keith and his group arrived at 2:15 pm to join several other members already at the shelter. In her opening remarks, Dr. Su Nag, chairman of the Kingston Club, thanked those who had helped with the shelter, especially Mr. and Mrs. Harry Gardner who built it. Moira Drummond paid tribute to Allan and Ellen Bonwill for whom the shelter is named. The Bonwills are longtime friends of the Rideau Trail. They allow the trail to cross their property and have maintained the trail many times. Allan has also hand-carved a number of signs identifying the trail. When the Bonwills sold part of their property, one of the conditions of sale was that the Rideau Trail continue to be allowed to cross it.

The president of the R.T.A. unveiled the commemorative plaque which states

ALLAN AND ELLEN BONWILL
SHELTER
RTA 1988

At the conclusion of the ceremony all adjourned to the Bonwill's home on Lake Opinicon where light refreshments were served.

The shelter is located on Map 4 as shown on the insert on this page. It is to be used for day use only.



Location of the Bonwill Shelter.

END-TO-ENDERS

Are you hiking the entire Rideau Trail? As soon as you have completed your hikes, send your name along with a brief description of your experiences to:

Secretary - Rideau Trail Assoc.
P.O. Box 15
Kingston, Ontario
K7L 4V6

To receive your END-TO-END badge at the annual general meeting in September 1989, you must send details of your hike to the secretary by August 15, 1989.

FROM THE EDITOR

It was wonderful to receive the articles that you, the Rideau Trail members, sent for this Newsletter. Not all articles would fit in this edition. Watch for more items in the next issue.

I extend a special thank-you to Jane Becker who helped with the proof-reading and editing of this issue.

APPLYING YOUR CROSS COUNTRY SKI BRAKES

by Keith Bull

The Rideau Trail offers many opportunities for cross-country skiing. However, I have noticed that some skiers, competent on level ground, hesitate to try trails where there is the chance of going downhill. I have asked those skiers what holds them back and the invariable reply is, "I don't know how to stop when I start going too fast for comfort." Especially for you people, here is a quick course on controls for slowing down and for stopping.

The first thing to control is fear. Every skier, however skilled, experiences fear. It's nature's way of telling you, "Take care!" You eliminate fear by removing its cause. If a slope appears to be too difficult to run straight, then you must take steps to make the slope manageable. This is where the physical controls come in.

Falling or sitting is a recognized way to stop - it is even practised by the experts. In cross-country there is no shame in this manoeuvre! However, do it right. If possible always fall sideways with your feet lower than your head. If you fall forwards it's uncomfortable to say the least. Falling backwards turns your skis into a toboggan which is the last thing you want!

More graceful control is achieved with the snow plow. Any ski manual will instruct you in the basics of this essential method. To start with, the snow plow is best initiated at the top of the hill. This way you can control your speed from the moment you move off. Either as a straight plow or used in linked snow plow turns, this will control your descent. Build up your thigh muscles if you are going to use the snow plow frequently because it is tiring. As you gain experience you will be able to start a snow plow during your run down as a measure of controlling your speed.

Quite often the track is icy from ski tracks and speed builds up too quickly.

Notice that the snow to the side of the track is usually softer. Such snow is a good brake. Place one or both skis in this softer snow to slow you down. If you angle the ski in the soft snow even more braking power is obtained.

Pole-riding, although not elegant, is another method of braking. It's best to start it at the top of the hill. Place your poles between your legs and squat on them. The more pressure you apply, the stronger the braking effect. Be careful with bamboo poles as they will break more easily than aluminum or fibreglass. A variation of this glissade, as it is known, is to grasp both poles together and to apply downward pressure on one side. The principle is the same as pole-riding but the braking is not as effective.

In all of the above manoeuvres, I have assumed that you can see where you are going. Never tackle a run where you cannot see what is at the bottom. If there is a blind bend, ask someone else what to expect around the corner. If in doubt, side-step or walk down to where you can see the end of the run. In fact, side-step or walk any run that you do not have the confidence to tackle. This is common sense. There is nothing derogatory in walking.

Practice these suggestions on an open slope and soon you will have the confidence to tackle the wooded trails that are so typical of the Rideau Trail and this area. I look forward to meeting you skiing this winter!

BUSYBODY WANTED

The Ottawa Club needs a human resources person. Must know lots of people, love to talk and search out people for a variety of jobs. Ability to leap tall buildings at a single bound also useful. Four meetings a year plus intermittent requests for willing bodies.

Offer your help by calling:

Linda Hayes 234-1045

A SHORT INTRODUCTION TO THE LONG TRAIL

by Don, Elizabeth, Jean and Nanette

In early September, four members of the Ottawa Rideau Trail Club enjoyed a back-packing trip to Vermont. We spent 3 1/2 days hiking the Long Trail in the Green Mountains. The lodges and shelters maintained by the Green Mountain Club served us for overnight accommodation.

Wednesday morning we gathered at Don's home. Nanette had forgotten that we were travelling to foreign soil - we sent her home to get her passport. The trip down allowed us to feast on the last homemade goodies we would enjoy for a few days - ice cream and "nutterbutter" squares.

After a quick trip to Smugglers Notch, we were ready to start. One car had been left in Jonesville. Our lunch had been consumed. It was 2 pm and time to hit the trail. ...BUT... "Where are my boots?" cried Jean. We searched the car but only found three pairs of boots for the four of us. What to do? Stowe was not far away. An emergency trip to the shoe store there secured a pair of HI-TEC walking boots. With a co-ordinating pair of new wool/polypropylene socks, Jean was ready to go.

We returned to our starting point and started to climb. Taft Lodge near the top of Mount Mansfield - 2,000 feet above our parked car - was our destination for that first night. Some 2 1/2 hours later we reached the lodge, well satisfied with our workout and ready for supper. Taft Lodge was the only place where we paid for accommodation. At \$2 per head per night - tips gratefully accepted - we felt we were living high!

Darkness descended by 8:30 pm. We went early to bed but were up early too - at 6:20 am. Thursday dawned cold and clear. We started our final ascent to the "chin" of Mount Mansfield. In some places we scrambled up near vertical rock. Once above the tree-line we were able to really enjoy the light wind and a clear, sunny day. The profile of Mansfield is considered to be like that of a human profile. Along the top we travelled from the chin, around the nose

and over the forehead. At the summit station just below the nose we had a novel experience. No hiker can ever resist the last chance at indoor plumbing, candy bars or a chair to sit on. We discovered, much to our chagrin, that the new computerized vending machines were beyond us. Nanette lost some money before discovering how to use the drink dispenser. Bidding a final farewell to civilization, we headed for the downward climb off Mansfield. This descent was made rapidly with the help of ladders, bridges over crevices and tree roots. We arrived at Butler Lodge in time for lunch and in time to be entertained by a glider soaring in the air drafts caused by the mountain. We left Butler and continued our trek.



Nanette, Elizabeth and Jean are ready to start climbing. Photo by Don Mitchell.

In the hills of Vermont, large bodies of water are rare. It was with pleasure, therefore, that we came upon a beaver pond large and clear enough to use for cooling our feet. After this delightful interlude we arrived at our destination for the night, Taylor Lodge. This shelter has a metal-fenced porch. During the night we discovered that animals climbing this fence wake all sleepers. We awoke and frightened the unseen prowler off with a flashlight. A different type of prowler hid in Nanette's sleeping bag. She climbed in to cuddle up to a snake! Fortunately, it was of the inflatable variety and was returned to its rightful owner. (Backpackers with the RTA should be warned that there lurks a practical joker or two in the Ottawa Club.)

It was on this second night that we discovered our final day was not to be the 10 miles listed in our guidebook but 15 miles, due to a reroute a few years ago. We had hiked seven miles on our first full day and felt that doubling the distance on our next day would be overdoing it. We agreed to spend two more days hiking. This decision was easy to make since we had come supplied with a full day's extra rations in case of emergencies.

Day three opened cool and bright. But we awoke to sore legs and tender shoulders. We started off knowing that the stiffness would work out in the first hour. We skirted Mount Clark, crested Mount Mayo and pushed on to Puffer shelter for lunch. Puffer shelter is called after a long time member of the Green Mountain Club. But we feel it is aptly named for other reasons. We puffed and panted our way up to the shelter, and then away from it, on our final ascent to the top of Mount Bolton.

This "mountain" is topped by short balsam trees. There are a few spots where you can peek between the trees for a view of the surroundings but hiking here is mostly among a new growth of trees. Leaving Mount Bolton we descended far enough to reach the hardwood zone. Our last night, at Buchanan Shelter, was amid maple trees. We celebrated with a

taste of strawberry ice cream. (Actually the dessert was of the dehydrated variety, compliments of a fellow hiker, and not worth writing home about).

On our last morning we finished off the remains of the breakfast fare and set off on what we believed would be an easy day - all downhill or on the flat. But the Long Trail had a surprise for us! There were still plenty of uphill climbs. With each, we told ourselves that this would surely be the last. It was not. The Long Trail is built not upon the belief that "a picture is worth a thousand words" but on a similar belief that "a view is worth a thousand uphill steps." There were some wonderful views on that last day, well worth the work to see them. Our lunch stop at Duck Brook Shelter came with the chance to enjoy a refreshing splash in a waterfall. Later, as we warmed up with hiking, it was hard to believe the water had been too cold.

At last our final view over the countryside gave us a glimpse of our goal - Jonesville. We plodded forward. When civilization arrived in the form of a gravel road, we were four proud if foot-sore hikers. We all agree that hiking in the Green Mountains of Vermont is worthy of a return visit.

*happily may I walk
may it be beautiful before me
may it be beautiful behind me
may it be beautiful below me
may it be beautiful above me
may it be beautiful all around me
in beauty it is finished*

- NAVAHO NIGHT CHANT



OTTAWA CLUB OUTINGS

Unless otherwise stated, the outings listed below are cross-country ski outings and take place regardless of weather. There is no charge for the outing but participants are asked to contribute a few dollars for gas because private cars are used for transportation. Additional information on specific hikes can be obtained by phoning the outing leader indicated or Bill Grant at 820-0697.

FRIDAY DEC 23 CHRISTMAS CAROLS

Annual carol singing at 1890 Wembley Ave (Carlingwood-Maitland area) at 8 pm. Bring along your favourite Christmas music. Refreshments.

Contact: Marie Andrews 728-3016

WEDNESDAY JAN 4 WEDNESDAY WALKERS

The Wednesday outings continue during the winter months as ski outings in the Gatineau Park. The group meets at Booth and Albert every Wednesday at 9:30 am. Bring a lunch.

Contact: Dorothy Belter 523-4420

SATURDAY JAN 7 TWELFTH NIGHT POTLUCK

Margaret Lafrance will host a pot luck evening at 100 Haxby Private in South Ottawa at 7 pm. Please call by Jan 4 to indicate that you are coming.

Contact: Margaret Lafrance 739-1121
Bill Grant 820-0697

SUNDAY JAN 8 GATINEAU PARK

The year's first ski outing in the Ridge Road area, with a lunch break at a chalet. Bring a lunch. Meet at Booth and Albert at 9:30 am.

Leader: Bev Armstrong 738-0310

SATURDAY JAN 14 MURPHY'S POINT

A joint outing with the Central Club. Bring a lunch. Meet at Booth and Albert at 9:30 am or the parking lot just north of the park entrance at 10:45 am.

Contact: Jean Riddell(Perth) 267-1451
Bill Grant(Ottawa) 820-0697

SUNDAY JAN 22 LAROSE FOREST

Our first ski outing in this area. Refreshments afterwards at Pat's. Bring a lunch. Meet at Booth and Albert at 9:30 am.

Leaders: Pat Smith 443-2241
Chris Jones 824-3512

SUNDAY JAN 29 SCHOOL HOUSE LOOPS AND POTLUCK SUPPER

A good ski run on flat trails at the school house property (Map 9) followed by a potluck supper at the Gambles, 598 Courtenay Ave (west end of Ottawa) at 6 pm. If interested in the potluck supper phone Pearl Peterkin at 829-3062 by Jan 26. Skiers meet at Booth and Albert at 10:30 am. Bring a lunch.

Leader: Elizabeth Mason 729-6596

SATURDAY FEB 11 WINTERLUDE POTLUCK

Meet the Kingston Club visitors at the home of Peter and Marie Andrews, 1890 Wembley Ave (west end of Ottawa). Dinner is at 6:30 pm. Please call the Andrews by Feb 9th if you wish to attend.

Contact: Peter & Marie Andrews 728-3016

SUNDAY FEB 19 PINE GROVE

Celebrate Valentine's Day (belatedly) with an afternoon of easy skiing (10 - 12 km) in the green belt south-east of Ottawa, followed by appropriate apres ski refreshments at Aileen's. Bring a snack for mid afternoon. Meet at Booth and Albert at 12 noon.

Leader: Aileen Wade 733-8952

SUNDAY FEB 26 GATINEAU PARK

A 20 km cross-country ski along easy trails from parking lot 16 (Pine Road) to parking lot 17 (Wakefield) stopping for lunch at Herridge Lodge. Bring a lunch. Meet at Booth and Albert at 9:30 am.

Leader: Barri Scully 233-3770

SATURDAY MARCH 11 DUHAMEL

The third annual outing to see the famous deer at Duhamel, Quebec, north of Buckingham. Skiing, snow-shoeing or walking depending on conditions. Chinese cuisine near Buckingham on the way home so be prepared for a full days outing. Call Nanette by March 9 if you plan to stay for dinner. Bring a lunch. Meet at Booth and Albert at 10 am.

Leader: Nanette Whitwam 733-2118

NOTE

Watch for the foot-care workshop in the next newsletter.

OTTAWA CLUB EXECUTIVE

The Ottawa Club met for their annual meeting in June. The new executive elected at that time are:

Chairman	Linda Hayes
Secretary	Coby Fuykschot
Treasurer	Aileen Wade
Routes & Negotiations	Peter Brebner
Outings	Bill Grant
Trail Maintenance	Tom Bach
Publicity	Janice Freeman
Cabin Maintenance	Dave Stinson

HELP WITH SLIDE SHOW

Now that the Ottawa Club has a slide show, it is in demand. The publicity co-ordinator needs help with transportation and publicity related to the slide show. Volunteer your assistance by calling

Janice Freeman 231-4021 (days)

CENTRAL OUTINGS

SATURDAY JAN 14 MURPHY'S POINT

A joint outing with the Ottawa Club. Meet at the Ministry of Agriculture on Sunset Blvd in Perth at 10 am or the parking lot just north of the park entrance at 10:45 am. Bring a lunch.

Contact: Jean Riddell 267-1451

FRIDAY FEB 17 EVENING SKI

Enjoy an easy ski outing. Meet at the Perth Golf Course at 8 pm.

Leader: Jean Riddell 267-1451

HIKE LEADERS WORKSHOP

by Bill Grant

On Saturday May 7, the Ottawa Club sponsored an afternoon hike leaders workshop. The need for such a workshop had been talked about for some time. Three organizers were appointed to plan and conduct the workshop. They decided upon a novel approach to the subject - instead of the usual seminar approach a board game was devised. The was entitled "Hike Hazards". The group was divided into three tables with an organizer as referee for each table. The three groups proceeded to play the game, the object of which was to successfully lead a hike from start to finish including the pre-hike arrangements. Players proceeded through the various stages of the hike by the throw of a dice, They encountered hazard points where a card presented them with a problem. For the most part, the questions were based on past experience of hike leaders and sometimes provoked lengthy discussions. But some of the questions and the answers were on the lighter side. The prize for the most original answer goes to Frank Kemp. When asked what to do when a hiker shows up at the meeting point with a dog that is obviously uncontrollable, he responded "Give the dog taxi-fare and send it home".

Notwithstanding such levity, the game did succeed in bringing everyone to the realization that hike-leading is not a simple matter and that there are not always convenient answers to the problems encountered.

KINGSTON CLUB OUTINGS

In this quarter the sequential hikes are being suspended. They will resume in the spring. Hike leaders are asked to give lists of participants to Alberta Edgar (542-9662).

WEDNESDAY DEC 7 ELEVATOR BAY

Hike along the Little Cataraqui Creek in marsh and woods. Meet at Sears north door at 1:30 pm.

Leader: Dorothy Thomas 546-0459

SATURDAY DEC 10 CRAIG TRAILS

Hike the scenic area of the Craig Trails. Bring a lunch. Meet at Sears north door at 10 am.

Leader: David Roeder 545-0516

SUNDAY DEC 18 BARRIEFIELD-FORT HENRY

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

Leader: Alberta Edgar 542-9662

WEDNESDAY DEC 28 ROGER'S SIDE ROAD

An easy hike in a scenic, undulating woodsy area. Meet at Sears north door at 1:30 pm.

Leader: Emma Martin 542-1594

WEDNESDAY JAN 4 LEMOINES POINT

Ski or walk in this area. Meet at Sears north door at 1:30 pm.

Leader: Bird Samson 549-5986

SUNDAY JAN 8 GOULD LAKE

Bring the family to hike, ski, snowshoe or toboggan according to the weather and your preference. Potluck supper planned in the barn for 4:30 pm. Meet at Sears north door at 2:30 pm.

Contact: Shirley Harmer 549-4852

SATURDAY JAN 14 ELEVATOR BAY

Ski or hike in this area. Meet at Sears north door at 1:30 pm.

Leader: Alberta Edgar 542-9662

SUNDAY JAN 22 MURPHYS POINT

Enjoy intermediate skiing in the park. Bring a lunch. Meet at Sears north door at 9 am.

Leader: Larry Dyke 389-6692

SATURDAY JAN 28 SLIDE LAKE CABIN

Ski from Perth Road to the Slide Lake cabin. Bring a lunch. Meet at Sears north door at 9:30 am. This outing is not recommended for novices.

Leader: Arne Henrikson 544-0465

WEDNESDAY FEB 1 CATARAQUI CEMETERY

Enjoy a ski in this historic and interesting area. Meet at Sears north door at 1:30 pm.

Leader: Jen A'Court 548-7588

SUNDAY FEB 5 CHARLESTON LAKE

Ski trails of varying categories. Bring a lunch. Meet at Sears north door at 9 am.

Leader: Keith Bull 546-9693

WEEKEND FEB 11-12 OTTAWA

Join the Ottawa Club members for a potluck supper on Feb 11 and skiing in the Gatineau Park on Feb 12. An overnight stay with members of the Ottawa Club can be arranged. Please call by Feb 7 if you wish to attend.

Contact: Betty McIver 549-8028

SATURDAY FEB 18 CANADIAN FORCES

The Canadian forces base is suitable for skiers of all levels. Bring a lunch. Meet at Sears north door at 10 am.

Leader: David Roeder 545-0516

SUNDAY FEB 26 FRONTENAC PARK

Ski in the southern section of the park. Bring a lunch. Meet at Sears north door at 9 am.

Leader: Tom Kaddits 548-8856

WEDNESDAY MARCH 1 LITTLE CATARAQUI AREA

Hike or ski in the Little Cataraqui Conservation Area. Meet at Sears north door at 1 pm.

Leader: Cathy Cutts 542-5414

SATURDAY MARCH 4 RIDEAU TRAIL

Ski or hike the section from Bullen Road towards Elginburgh through fields (Map 1). Meet at Sears north door at 1 pm.

Leader: Betty McIver 549-8028

SUNDAY MARCH 12 SKYCROFT

Hike in this scenic area - choice of trails available. Bring a lunch. Meet at Sears north door at 9:30 am.

Leader: Tom Newton 542-9253

SATURDAY MARCH 18 RIDEAU TRAIL

Ski or hike from Railton Road to Sydenham over fields and sloping terrain (Map 2). Meet at Sears north door at 12:30 pm.

Leader: Donald Cutts 542-5414

PHOTO CONTEST

Frontenac Park is having a photographic contest. Pictures must be taken in the park after November 1, 1988. For details of the contest contact Frontenac Park.

WORK AT SCHOOL HOUSE

The school house building on the McKenna Road (map 9) is in need of repairs. In the spring, a work party is needed that will be available for several sessions. If you are interested in participating please give Tom Bach a call at 748-6266.

Someone is also needed to take responsibility for maintenance of the school house. Please call Tom.

Volunteer your time....we need your help!

NOTICE OF TRAIL CLOSURE

The Rideau Trail, where it crosses private land, will be closed on Thursday December 22, 1988. This action is necessary to protect the land owners who generously allow us to cross their land the remainder of the year. Please take care not to trespass on this day.

RIDEAU TRAIL ASSOCIATION LIFE MEMBERS

The Board of Directors wishes to express its appreciation to life members for their generous contributions to the financial stability of the Association.

Mike Amodeo
George and Janet Anderson
Isabelle Anstice
Tom Bach
Garry W. Beckman
Allan and Mary Jane Bowes
Mary Breig
Roger Scott Brown
Ken and June Buckingham
Hilda Buckmaster
Keith Bull
Mr. & Mrs. R.B. Carson
Donald Chown
Jim Clare
Mrs. A.E. Covington
Donald and Cathy Cutts
Violetta Czasak
E.H. Dudgeon
Wilhelmina Easton
Deborah Elliott
Mr. & Mrs. Albert Fell
Jim Fish
Ray and Dorothy Forester

Arthur Fox
Mrs. J.E. Fuykschot
Vera and Ed Gill
Marianne and R.P. Groves
Elizabeth Gutteridge
Ann Jessica Haden
Ruth E. Hodge
Mr. & Mrs. D.M. Holman
Joan and Vic Hughes
J.L. Johnstone
Peter Kopp
John Le Geyt
Henri Lemelin
Ted and Rose Le Sage
James Lewis
Janice Ley
Peter McNaughton
Paul Manley
Larry McCurdy
D.D.C. McGeachy
Stephen McPherson
Don Mitchell
Miss B.A. Morrison

Sukriti Nag
Peter Nelson
T.W. Newton
Maxine Oldham
Pearl Peterkin
Roger and Roberta Rathburn
Derek Redmond
Winnifred Ross
Bird Sampson
Michael and Dorothy Shaw
Helga Stegeman
Klaus Stegemann
Robert Taylor
Gord Thompson
Jean Thompson
N. Turnacliffe
Eric Usherwood
Raymond Watts
Elizabeth Wendholdt
Erwin Wendholdt
Peter Westaway

RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS

1988-89

The following list outlines the new board of directors voted into office at the Rideau Trail Association Annual General Meeting on September 17, 1988.

President	Ray Forester	Kingston	542-4385
1st Vice President	Nanette Whitwam	Ottawa	733-2118
Treasurer	Al Gamble	Ottawa	729-5056
Membership Secretary	Arch Mason	Kingston	544-5690
Secretary	Christine Banfill	Ottawa	235-8569
Publicity Co-ordinator	Cathy Cutts	Kingston	542-5414
Newsletter Editors	Christine Barker	Kingston	544-3612
	Elizabeth Mason	Ottawa	729-6596
Club Representatives*	Linda Hayes	Ottawa	234-1045
	Peter Brebner	Ottawa	729-8178
	Jean Riddell	Perth	267-1451
	Sukriti Nag	Kingston	546-6041
	Norman McLeod	Kingston	546-9440
F.O.N. Representative	Larry McCurdy	Kingston	389-6427
National Trails Rep.	Henry Heald	Nepean	224-4471
Archives	Peter Brebner	Ottawa	729-8178

* these positions are not voted for

RIDEAU TRAIL ASSOCIATION FINANCIAL SUMMARY

YEAR ENDED AUGUST 31, 1988

The following is a summary of the financial statement as presented at the Rideau Trail Annual General Meeting on September 17, 1988. For full details regarding this statement, please contact the Treasurer, Al Gamble at (613) 729-5056.

	<u>1987/88</u>	<u>1986/87</u>
<u>OPERATING ACCOUNT</u>		
Total revenue	13,247	10,232
Total expenditures	14,089	11,840
Gain (defecit) for the year	(842)	(1,608)
Balance forward from previous year	<u>7,231</u>	<u>8,839</u>
Balance this year end	6,389	7,231
<u>PUBLICATIONS & MERCHANDISING ACCOUNT</u>		
Total revenue	22,222	2,417
Total expenditures	16,992	1,177
Gain (defecit) for the year	5,230	1,240
Balance forward from previous year	<u>8,743</u>	<u>7,503</u>
Balance this year end	13,973	8,743
<u>CORRIDOR PRESERVATION FUND ACCOUNT</u>		
Total revenue	2,645	1,570
Total expenditures	415	664
Gain (defecit) for the year	2,230	906
Balance forward from previous year	<u>14,168</u>	<u>13,262</u>
Balance this year end	16,398	14,168
<u>TOTAL ALL ACCOUNTS</u>	<u>\$36,760</u>	<u>\$30,142</u>

END TO END 1988

Fifteen people completed their END TO END hike in 1988. This is a record number for any year since the Rideau Trail was completed in 1971. The following hikers deserve your congratulations for the "physical ability and endurance" they have demonstrated in hiking from Kingston to Ottawa.

40. John N. Merrill
41. John Le Geyt
42. Sukriti Nag
43. A.R. Forester
44. Tom Kadditts
45. Ken Johnson
46. Ginny Johnson
47. Kathryn Johnson
48. Bill Brown
49. Joan Brown
50. Julia Brown
51. Haidee Harrison
52. John Anderson
53. John Wynn-William
54. Christina Ratzel

Our 1988 END-TO-ENDERS are a mixed group. John Merrill came from Derbyshire England expressly to hike the Rideau Trail. He says "Although the Rideau Trail is one of the shortest trails I have ever done, it is one of the most enjoyable simply because of its remarkable mix of wilderness, abundant wildlife, historical villages and the Rideau Canal."

John Le Geyt is a life member and long time member of the Association. He backpacked some of the trail in 1982 and finished with day outings in 1987/88. He recorded his trip using his camera. John maintains a section in the Merrickville area.

Sukriti Nag is chairman of the Kingston club. She hiked the trail between May 1985 and May 1988. She enjoys outdoor activities and has participated in hik-

ing and canoeing in other parts of Ontario as well as in the United States.

Ray Forester is currently president of the Rideau Trail Association and is active in the Kingston area. The section on the Opinicon Loop, which Ray looks after, now has a "President's Bench" located at the top of a hill where people can rest and contemplate.

Tom Kadditts is a keen outdoors man - even hiking a section near Murphy's Point with his leg in a cast and using one crutch! He says that he was so busy with maintenance projects in the Kingston area that he did not get up to the Ottawa area until 1988.

Ken, Ginny, Kathryn, Bill, Joan, Julia, Haidee, John Anderson and John Wynn-William are members of the Iroquoia Club of the Bruce Trail Association. For the last 3 years a small group from this club have spent the week before Labour Day walking the Rideau Trail. When they started, they endeavoured to do 4 of the 12 maps each year. Because many of the



Members of the Iroquoia Club who completed the Rideau Trail in 1988. (One member completed the trail for the second time)

group are active in the Bruce Trail, they knew enough to carry pruners and hammers. As they hiked they did a little trail maintenance. John Anderson has written about the trials of this group in what he calls their "Rideau Odyssey". Excerpts from his story will appear in future newsletters ... watch for them ... some of the tales are hilarious!

Christina Ratzel started her END-TO-END in 1986 at "The Mill" in Ottawa. Her first hikes near home were done alone. Progress was slow because she walked both directions. Then she moved to bicycling - pushing her bicycle along the trail in one direction and then cycling home. Pushing a bike may sound easy but Christina found that it is not so when you have to wade through 30 cm of water, carry it over a beaver dam or drag it through dense bush.

Things went well until Christina got far enough away from home that her husband refused to let her hike alone. (Was that experience speaking? Rolf broke his leg in 1987 while hiking in Frontenac Park and was rescued by helicopter!) Christina was not deterred. She asked a friend to join her. He phoned another friend and soon the Wednesday END-TO-END group was formed. Christina hiked most of the Kingston end with this group. Tales abound about their experiences with dogs, donkeys and water. But these stories must wait for another newsletter.

It seems that END-TO-END hikers are an enthusiastic and persistent breed. Why not put yourself to the test. Earn your END-TO-END badge in 1989!

HIGHLIGHTS FROM THE R.T.A. BOARD MEETING

by Nanette Whitwam

The Rideau Trail Board of Directors meets quarterly. Over the past few months the following items have been discussed:

- the association agreed to break its affiliation with Hike Ontario on the grounds that little has been accomplished by

that organization and that there is no indication that there will be any improvement. The conference in London will go ahead and you are encouraged to attend.

- liability insurance was discussed. This is a very costly item but essential for those taking responsibility for hikes and trail routings.
- \$7 out of our \$10 membership goes to production and mailing of the Newsletter
- total membership stands at 1000 including about 130 complimentary and/or honorary members
- the Board decided to transfer \$5,000, earned from the sale of guidebooks and other items, to the operating fund. This, together with a continued membership growth, will avoid the need to increase membership fees in 1988/89.
- in November, a new organization, Ontario Trails Council, is having a founding meeting. The Rideau Trail will attend as an observer.

THE CORRIDOR PRESERVATION FUND

by Al Gamble

The Rideau Trail is a legacy to future generations. The vision of the first trail builders became a reality through years of effort in planning and negotiating to obtain the 400 kilometre route between Kingston and Ottawa. Those early negotiations with private landowners, municipalities, conservation authorities and other agencies were the key to obtaining the best possible route at that critical time.

Since then, each year has seen other dedicated volunteers come forward to give their time and energy to maintain and improve the trail. Thus, the Rideau Trail is a precious heritage which all can share and which is handed on for our protection. It was in this spirit that

the Corridor Preservation Fund was conceived.

A growing population and pressures from expanding commercial/industrial interests pose obvious threats to the trail in the decades ahead. As negotiations with landowners change and as ownership changes, there will be opportunities to take advantage of better routings for the Trail. Likewise, it seems wise to provide for natural disasters to the Trail (beavers particularly) which would force major re-routings. To face such possibilities without providing financial resources, would leave the Trail in jeopardy and betray the trust of those who made it all possible.

Accordingly, as insurance for the future, the Corridor Preservation Fund was established in 1975. The initial objective was to accumulate \$10,000. In 1985 this initial target was met due to the generosity of club members, bequests from members, and bank interest from the Association operating fund. The Board of Directors then established a new and even more ambitious target - \$50,000.

Fortunately, no major threats to the trail have yet emerged to make large demands on the Fund. Thus it continues to grow as insurance to cover the inevitable problems of the years ahead. The Fund was used recently for small projects. In 1987, \$700 was approved for a pilot project to improve trail markings. In 1988, \$400 was spent to purchase equipment for trail maintenance.

The money made possible by the Corridor Preservation Fund enables the Rideau Trail Association to play an important role in preserving land for our precious hiking corridor. Why not include a donation to the Fund when renewing your membership next April?

DIARY OF A RIDEAU TRAIL HIKER

by Rick Revelle

Rick is hiking the Rideau Trail from Kingston to Ottawa. Here is an excerpt from a hike he took in July.

SUNDAY JULY 10 5:30 am

If I learned anything from this day's hike, it was that summer hiking is very different from spring or fall tramping. I had enough items packed for a final four-day push to Ottawa, but I underestimated the effects of 90-degree heat and of improper map reading.

I passed a stile on Mayberly Road to go up to Foley Mountain. Half an hour later I found the stile again and proceeded on the Trail. Foley Mountain is beautiful and Spy rock breathtaking. The Trail on the mountain looked well-used.

I stopped at Little Bay at 8:30 am for a short break and a bite to eat. There were four or five house-boats in the bay.

Using the old set of maps instead of my new trail guide, I made a serious mistake. When I came to the gravel road that overlooks Upper Rideau Lake, I turned left. After about an hour I realized I had made a mistake. I checked my map book and saw that my left turn should have been a right turn. I hitched a ride back to almost the spot where I had erred. I had lost almost 1 3/4 hours. Walking on an open road in the heat with a 50-pound pack slowed me down considerably.

By now I had developed some nasty blisters from a combination of heat and heavy pack. In the past I have walked 110 kilometres without a hint of a blister. Today, in 10 kilometres, I developed six.

The last seven kilometres to Murphy's Point took me 3 1/2 hours. I was blistered and beat. I called a taxi and stayed at the Perth Tay Motel. My ride came and picked me up on Monday - three days early. The blisters did me in!

This foreshortened hike taught me to:

- not walk far in the heat
- carry a lighter pack when hiking for more than a day
- check my maps more often
- use common sense and my compass
- keep my hikes under 30 km per day to allow for unforeseen events.

OTTAWA SCOUTS HIKE THE RIDEAU TRAIL

by Fraser Robinson

On the evening of Friday, June 3, nine members of the 36th Ottawa (Glebe-St. James) Scout Troop arrived at the Rideau Lake Campground. There we met some kind campers who offered to keep an eye on our car while we hiked for the next two days. The night was so clear and calm that starlight reflected off the surface of the lake; the only noise came from raccoons foraging for garbage.

The next morning we awoke to cold cereal and cheese. We packed our gear and followed the Rideau Trail northwards. On the way we found nests, salt licks and snake skins. Around lunch time we arrived at a submerged beaver dam. We proceeded to cross, up to our waists in muddy water. We ate our lunch as we dried off in the hot sun. At the end of the long afternoon - 8 km of hiking - we arrived at our group campsite on Round Lake in Murphy's Point Provincial Park. We ran to the lake for a welcome swim. We had foil dinners - ground beef, potatoes, onions and carrots cooked in foil on hot coals. A campfire followed with the 36th Ottawa Cub Pack who were camped at the park as well.

The next morning, breakfast was not very appetizing - I burned the sauce for Eggs Benedict. After a Scouts-Own worship service, we hiked back over the 8 km we had come. One interesting part about the return was that we did not need to get wet "swamp walking." Larry Dyke of the Rideau Trail pointed out that there was a usable beaver dam about 100 metres downstream from yesterday's wet crossing place. Another welcome discovery was that walking back over now familiar ground, and with lighter packs and no wading, took much less time. We had more time to enjoy a dip in Big Rideau Lake on our return to the original campsite.

What did we like about the weekend? Hiking, a good campfire, sleeping after hiking all day! What did we dislike? Burned breakfast, drinking swamp water

even with a full dose of purifying tablets, cold swimming water and beach bums with beer cans and deafening ghetto blasters. What had we learned? How to wade a swamp (if really necessary), not to wear shorts when hiking in the bush because of brambles and junipers, not to make a fire away from campgrounds. What would we do differently next time? NOTHING ! !



Scouts ready to set out along the Rideau Trail. Left to right: D.Delage, F.Padoin, J.Courtright, A.Abboud, D.Thomas, M.Delage, S.Heidemann, F.Robinson. Scouter A.Camfield at the rear.

WARNING

There is a problem in Eastern Ontario with giardia, known more commonly as "beaver fever". Any water taken from streams, ponds or lakes must be boiled for 5 minutes before it is consumed. Halazone treatment will not kill giardia.



If undeliverable, please return to:

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



OTTAWA PHONE NUMBER: 613 596-0572

KINGSTON PHONE NUMBER: 613 545-0823

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 local Club and Association activities.

- () Annual Family Membership.....\$ 10.00
 () Patron (Life Membership)..... 150.00*
 () Guide Book Members..... 10.00
 () Non-Members..... 15.00
 () Postage & Handling..... 2.00
 () Car sticker(FREE to New Members)..... 1.00
 () Crest..... 2.00
 () Enamelled Pin..... 3.00
 () Donation to RTA.....*
 () Donation to Corridor Fun.....*

Prices subject to change.

TOTAL

PLEASE CHECK New () Renewal ()

Name

Address.....

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

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