



The Rideau Trail NEWSLETTER

SPRING 1989

ISSUE No. 71



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

Submissions for the next newsletter are encouraged and should be sent by May 1st, 1989 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

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Computer		

Highlights of the Board of Directors Meeting

January 14, 1989

submitted by Nanette Whitwam

* The directors decided that the RTA would affiliate with the Ontario Trails Council, a new organization set up to promote the acquisition of recreational trails, especially the use of disused railway corridors.

* The directors are looking into the possibility of producing a poster-sized map of the Rideau Trail for sale as a collectors or gift item.

Cover Credit: Thanks to Tony Barker for his idea, photography and assembly of this lovely collage of photos of spring flowers.

The Search for the Painted Trillium

by Bill Grant

Once many years ago, someone showed me a single painted trillium. For years I sought in vain for another without success.

The painted trillium (*trillium undulatum*) differs from the well known and widespread white trillium *grandiflorum* seen in the millions every spring, in that it is a smaller, more delicate flower. It is white but with a star-shaped outline in red in the centre, and it is rarely found in large numbers. It should also not be confused with the dark red trillium *erectum* (wake-robin) which is very common in certain places. (For example, both flowers are found along the Mizzy Lake trail in Algonquin Park where there are no white trilliums). The plant may grow as tall as two feet but is usually shorter; the flower grows up to three inches across, but usually smaller. It is found in Ontario and Quebec and as far south as Georgia.

To get back to my story. As I mentioned, my search to other hikers, I began to receive hints as to where the painted trillium might be found. Someone, to whom I am eternally grateful, suggested "under beech trees". I went back to the Kemptville Forest, the location of my original discovery, and started searching under beech trees. Sure enough, I found at least a dozen, all in the immediate vicinity of beech trees. The same thing happened in the Lusk Lake area of the Gatineau. Others joined in the search and we found them in other places - the above mentioned Mizzy Lake trail for example. Not many on the Rideau Trail, but no doubt they are there somewhere.

Why does it grow near beech trees? It grows in cool acid soils which usually means higher ground or deep peaty forest areas. It can be cultivated, with some difficulty, under beech or oak trees. The painted trillium is very beautiful and not to be missed.



Painted Trillium

Follow the Fall Foliage

by Cathy Cutts

How lucky can one be? For our fall trip on the Trail east of Smiths Falls, we were fortunate enough to find a recently established "Bed & Breakfast" in Merrickville. The accommodation at Whisperwood House exactly fitted our needs. We were warmly welcomed and enjoyed the hearty English country breakfasts.

As we were not out to break any records, we walked leisurely between Rosedale and Roger Stevens Road and part of the Merrickville blue loop. We visited the lock stations, observed the historic houses and had time to patronize the local restaurants and stores in Merrickville and Smiths Falls. We all found some treasure to take home as a reminder of our stay.

We talked with local people who we met on the trail. One told us which side to use to avoid poison ivy. An attendant at the lock station expressed his concern about black spots on the leaves of the maple trees. A conservation officer patrolling on an all terrain vehicle, warned us about the hunting season.

Deep purple asters grew in profusion along the trail. Some of us christened them October daisies and Michaelmas daisies as reminders of the season. The changing colors of the leaves contrasted with the evergreens and the blue sky, added to our enjoyment of the hikes.

If you have not enjoyed fall hiking or "bed and breakfasting", why not give it a try? I am sure you will return for more.



Cathy's hiking group at Nicholson's Locks near Merrickville. Photo by Sig Swanbergson.

The Good, the Bad, and the Swampy!

by John Anderson

Day 1 Do you mind if I lay my sandwich down here, Mr. Prime Minister?.....

It's a gorgeous day for a hike! The sun is out, the temperature is in the mid-seventies and we are having lunch with the Prime Minister.

"What's this," I can hear you thinking.

"Mulrooney's hiking the Bruce Trail now?" No, not quite. There are twenty of us hiking today in two groups, all members of the Iroquoia Bruce Trail Club. For the next week, we will be making our home at the Glen-Lor campgrounds while we walk the Kingston section of the Rideau Trail.

The Cataraqui Cemetery was a pleasant surprise, many of it's stones so weathered we peer in vain to decipher their hidden mysteries. It is hugh and rich with 150 years of history, each bend in our winding path opening up to ever more fascinating vistas. And so, when we came upon the gravesite of Sir John A. MacDonald, what better place for lunch?

"If the rest of the trail is as easy as this," I conclude, "it will be a piece of cake." Little do we know!



Lunch with the Prime Minister

Day 2 Water, water, everywhere. And not a drop to drink.....

We fight through swampy fields that I swear have not been cleared since pioneer days and soon we are bleeding from a dozen cuts. At least the water soothes our wounds. I am leading when suddenly I am in muck over my boot tops and water to my knees. "Quick sand," a crazy thought flashes in my head, and I see a sombre gathering near Sir John A. as a grizzled old hiker mutters, "Well at least he died with his boots on!"



An "occassional wet spot" on the Rideau Trail

The rest remove their boots and wade. Later, as I watch Phyllis pour a minnow out of her boot, Bill's wife Joan suddenly gives a loud screech and jumps two feet straight up in the air! As she is normally a quiet individual, this attracts our attention. "Leaches," she hisses and sure enough, there is a two inch black one happily sucking away on her leg.

"You know Bill," I says, " maybe this trail is not going to be so easy after all."

Day 3 You want me to step WHERE!.....

Once again the trail surprises, this time with it's wild and rugged beauty. It has made a complete transition from rolling farm country to Canadian Shield, all in the space of a few miles. We scramble up and down lichen covered rock past junipers the size of tennis courts. Gould Lake is like a 'Group of Seven' painting come alive. Windswept trees and cold granite knifing into the air from the blue depths of the lake below. And for us, all is right with the world today!

We are still encountering swamps, of course. But we now have got our sea legs, so to speak, and no longer panic when confronted with trail markers that lead up to a beaver dam and stop dead! Do a balancing act on a rotten log? All in a day's work. Lost the markers again? No problem, we're real good at checking ditches, culverts and fallen trees! The maps and the notes don't agree? So what!

Ken idly speculates that parts of the trail must have been blazed in the winter. Is it the twelve foot high blazes dead through the middle of the swamp that leads to this conclusion? Could be!

Day 4 Smile kids, it's the Pentagon watching.....

This is our rest day, so most of our band rests. If you really believe this, I know some swampland near Kingston, you're just going to love! Instead, we take off in every direction, sightseeing, shopping or just to relieve a 'Big Mac' attack.

As we have done every evening, the night is spent around the campfire recalling someone's daily disaster, or merely stargazing. The number of orbiting satellites is amazing, many appearing with clocklike regularity, night after night. Somebody remarks that most of them are probably spy satellites and after three nights fording lakes that the guidebook calls 'occasional wet spots', we have all become cynical enough to believe him!



Puffballs were found all along the trail, sauteed in butter, Mmmmmmm....

Day 5 Look dog, it's only fifty feet, JUMP!

We start at the back end of Frontenac Provincial Park. The trail is extremely rugged and poorly marked. For 3 hours we climb over rocks, swamps and beaver dams. The only break (break?) being two fifty foot gorges where the trail goes straight down and straight up! And now, with five miles of complete and utter wilderness to go, Bambi is complaining of chest pains!

We split the group, four of us racing forward to get help. The Park Superintendent can put an ambulance on stand-by and he can loan us a stretcher and two-way radio. Using a shortcut, Joan and I are soon on our way. We have walked at least 20 km and yet we are not tired! The adrenaline is flowing, the radio is crackling, the stretcher is bouncing off trees and we feel like the U.S. Cavalry! Then we are recalled. Bambi is already at the ambulance. We find her shaken, but okay.

By this time it is very, very late, the other group is worried and Ken comes looking for us.

He shakes his head in disbelief, I notice that he still has possession of Bambi's dog. "How," I ask him, "did you ever manage to get 'Mamie' through those two gorges?" Slowly he rolls his eyes heavenwards, then deeply growls, "DON'T ASK!" I don't ask.



The Rideau Trail has a beauty all its own

Day 6, 7 Hi. Nice patio you have here.....

After Frontenac, the next two days are a breeze. Bambi is back at the campsite and we only get lost once, stumbling into a guy's backyard. He's not the least upset. He offers us water and says everyone ends up in his yard! It's been a busy year for hikes, he patiently explains as we solemnly nod our heads. Why, we are the third group he's seen this year and it's only the end of August Uh, uh.....

Day 8 A trail, a trail! My kingdom for a trail!

The last day we plan a very short hike with everyone together. We will boldly walk from Big Bay to Westport in triumph. Our triumph is short lived when we lose the trail completely within 200 yards and only find it five kilometres later. Considering that two-thirds of our group are BT end-to-enders, plus half-a-dozen Iroquoia executive, and no less than four trail captains, this is a remarkable feat indeed! The Rideau has sent us off in its own inimitable fashion.

Will I be back to hike the Central section? You betcha! Now, where did I put those hand clippers?and the fly dope?.....I wonder if I can buy leach repellent?.....anybody seen my hip waders?....

....in the next episode, the Pyromaniac of Mississippi Lake!

Lyme Disease - Another Possible Worry for Hikers?

By Fraser Cooper

Just when you thought it was safe to go into the woods, along comes a story like this. I hope it's for real, but at the same time, I wish it weren't.

According to an article *The Summer Disease That Has Spread to 34 States*, by Florence Isaacs (Good Housekeeping, June '88), the tiny deer tick can carry a bacterium that causes an arthritis-like crippling disease.

The deer tick is a tiny critter about the size of the head of a pin. It lives in woods, marshes and other grassy places and feeds on deer, mice, dogs, horses and other animals including humans. It can also attach itself to birds, thus increasing its range. Many of these ticks carry a spirochaete (a type of bacterium) which causes Lyme Disease in humans. The name comes from Lyme, Connecticut, where it was first diagnosed.

The disease has three stage, and like many diseases, early detection and treatment normally lead to a full cure. The first symptoms include a red rash, often in the configuration of a "bull's eye" and usually at the location of the deer tick bite. Flu-like symptoms - headache, fatigue, chills, nausea, muscle and joint pain, or swollen glands - are also common within a week to a month after infection. Penicillin or tetracycline treatment at this point should cure it. But these early symptoms don't always appear or may be mistaken for something else.

The second stage brings the arthritis-like symptoms, particularly in the knee joints, along with possible heart palpitations and occurs several weeks after the tick bite. Intravenous antibiotic treatment at this point is necessary.

The third stage brings established arthritis and neurological problems and occurs a few months to a few years after the tick bite. This is difficult to treat, but the article says that about 90 percent recovery rate is possible.

The tick season extends from April to November and, so far, the areas where the disease has been found are in the states bordering the Great Lakes as well as southern New England. There is no reason to assume that Ontario is safe, at this point.

The following information, adapted from the article in *Good Housekeeping Magazine* presents some ideas for the prevention and cure of Lyme Disease. "Experts" point out that self diagnosis is necessary. Therefore, if you exhibit any of the symptoms, be alert to the possible dangers.

Prevention

- * In areas where Lyme Disease has been reported, you should wear protective clothing (closed shoes, long pants, and long-sleeved shirts) when in wooded or grassy areas near bodies of water.

- * Use insect repellents that are effective against ticks.

- * When you return from a wooded or grassy area, check your family, including your pets, for tick infestation. Look at the hairline, eyes, ears and behind the knees.

- * Ticks, if found, can be removed by daubing them with petroleum jelly and using tweezers to CAREFULLY pull the tick out. Take care not to crush or squeeze the tick as the body fluids may contain the bacterium responsible for the disease. Wash hands thoroughly afterwards.

Identification and Treatment

- * If you have the Lyme Disease rash, call your doctor.

- * Be alert to other symptoms of the disease (including just not feeling well) within a month of tick bite.

- * Tell your doctor you are concerned about the disease.

- * If you are treated for Lyme Disease make sure you take the full course of antibiotics even though you may be feeling better.

Reprinted from the Guelph Trail Club newsletter with the permission of Fraser Cooper.

Spring Outings Schedule

Kingston Club Outings

Spring at last! However, be prepared for wet sections and bring your own insect repellent, particularly during May. Call hike leaders for detailed information about events or call 545-0823. Wednesday walkers, note the new departure times which apply to the hikes listed here. Happy hiking!

Saturday, March 4. Rideau Trail

Hike the section from the Bullen Road towards the Elginburg Road through fields (Map 1). Meet at Sears north door at 1 p.m.
Leader: Betty McIver, 549-8028.

Sunday, March 12. Skycroft

Hike in this scenic area with a choice of trails available. Bring a lunch. Meet at Sears north door at 9:30 a.m.
Leader: Tom Newton, 542-9253.

Saturday, March 18. Rideau Trail

Hike from Railton Road to Sydenham over fields and sloping terrain (Map 2). Meet at Sears north door at 12:30 p.m.
Leader: Donald Cutts, 542-5414.

Sunday, March 26. Mine Loop

Hiking in the Gould Lake Conservation Area. Bring a lunch. Meet at Sears north door at 10:30 a.m. Leader: Arne Henrikson, 544-0465.

Sunday, April 2. Sequential Hike IX

Hike across Frontenac Park through scenic terrain (Map 3). Wear sturdy boots and bring a lunch. Meet at Sears north door at 9:00 a.m.
Leader: John Harrison, 542-2970.

Saturday, April 8. Pot Luck Supper

Meet at Sears north door at 3:00 p.m. for a leisurely hike at Lemoines Point Conservation Area. Leaders: Dick & Marion Herington, 384-2321. The hike will be followed by a pot-luck supper in the area. For information, call Shirley Harmer, 549-4852.

Wednesday, April 12. Opinicon Loop

Hike part of the Opinicon Loop (Map 4) and have lunch at the Alan & Ellen Bonwill shelter. Meet at Sears north door at 10:00 a.m.
Leader: Harry Gardner, 389-9639.

Saturday, April 15. Trail Maintenance Day

Help us to maintain our trail. Bring tools and a lunch. Meet at Sears north door at 9:00 a.m. Maintainers, please give reports of your sections to Don Green, 389-5458, by April 1.

Sunday, April 23. Frontenac Park

Varied but scenic terrain with swamps and beaver dams along the Arkon Lake Loop. Bring a lunch. Meet at Sears north door at 9:00 a.m. Be prepared to pay for parking. Leader: Su Nag, 546-6041.

Saturday, April 29. Annual General Meeting

The Kingston Club AGM will be held this year at Queen's Biology Station near Chaffey's Lock. See the notice on page 8. Meet at Sears north door at 9:00 a.m. if you need a ride. For more information, call Shirley Harmer, 549-4852.

Wednesday, May 3. Narrows Lock

Hike the main trail and a loop trail. Bring a lunch. Meet at Sears north door at 10:00 a.m.
Leader: Arch Mason, 544-5690.

Sunday, May 7. Heart Foundation Walkathon

Keep the beat with your feet. Walk for your heart, a long, medium or short hike at Little Cataraqui Creek Conservation Area and raise money for the Heart Foundation. Meet at the conservation area at 9:30 a.m. Leaders: Jean Thompson, 544-0340
Cathy Cutts, 542-5414
Johanna Koeslag, 384-5534

For pledge sheets call the leaders or Dorothy Forster, 542-4385, or Jen A'Court, 548-7588.

Saturday, May 13. Sequential Hike X

Hike from the Trail Centre in Frontenac Park to the ridge on the west side of Gould Lake (Maps 2,3). Bring a lunch. Meet at Sears north door at 9:30 a.m. Leader: Arnold Pitman, 548-3486.

Saturday, May 20. Sequential Hike XI

Hike from the Gould Lake Barn along the west side of Gould Lake (Map 2). Rugged but scenic. Bring a lunch. Meet at Sears north door at 9:30 a.m. Leader: Stan Douglas.

Sunday, May 28. Perth Area

Hike the trail through cedar groves and fields and by the Tay canal (Map 6) to Perth. Bring a lunch. Meet at Sears north door at 9:00 a.m.
Leader: Bernard Gates, 389-1835.

Saturday, June 3. Canoe or Hike near Morton
Canoeists, bring your canoes, paddles, life jackets and lunch and meet at Sears north door at 9:00 a.m. for a paddle in Morton Creek.

Leader: Tom Kaddits, 546-0806.

Hikers, meet at Sears north door at 1:00 p.m. for a hike up Rock Dundar.

Leaders: Vic & Joan Hughes, 549-6265.

Dinner afterwards at Hotel Kenney at 6 p.m. Reserve by calling Joan by May 31.

Wednesday, June 7. Doe Lake Loop

Enjoy the spring flowers in Frontenac Park. Parking fee required. Bring a lunch. Meet at Sears north door at 10:00 a.m.

Leader: Don Cutts, 542-5414.

Sunday, June 11. Sequential Hike XII

Hike from Gould Lake barn to Gully Road (Map 2). Bring a lunch. Meet at Sears north door at 9:30 a.m. Leaders: Bill Priestman, 547-5561

Erwin Wendholt, 384-7582.

Annual General Meeting

Kingston Rideau Trail Cub

Saturday, April 29, 1989

**Queen's Biology Station
Lake Opinicon**

10:00 a.m. Coffee and treats

10:30 a.m. Business Meeting

Nature walk for children 4-12 yrs led by Caroline Gartenburg, 542-8942 (If you have young children, please plan to join the walk)

12:00 noon Lunch

Brown-bag-it or call Mr Phelan, 1-359-5629, prior to the meeting to arrange a hot meal

1:00 p.m. Presentation of Essay Contest Prizes

1:30 p.m. "Natural History in the Rideau Trail Area"

By Dr. Bob Stewart, a well known ornithologist

2:20 p.m. Responsibilities of Hike Leading by Betty McIver

3:00 p.m. Hikes

Accommodations near the Trail

Last year a list of accommodations near the Rideau Trail was included in the newsletter. Space does not permit a complete list, but here are some corrections and additional addresses. For a complete, up-to-date list, please send a stamped, self-addressed envelope to Rideau Trail Association, P.O. Box 15, Kingston, Ontario K7L 4V6.

Kingston International Hostel

320 William Street

Kingston, Ontario

613-546-7203

Open May 1st to August 31st

Whisperwood House Bed & Breakfast

517 Elgin Street

Merrickville, Ontario K0G 1N0

613-269-3806

Smoke free. Open all Year.

Catherine & Bruce Henricks

Silver Hearth Inn Bed & Breakfast

(formerly Silverstone Antiques and B & B)

R.R. #8 Kingston, Ontario K7L 4V4

613-541-0356

Irene & Marvin Dasen

Tumblehome Bed & Breakfast

R.R. #1 Sydenham, Ontario K0H 2T0

613-376-6958. Open all year

Trish Van Luven offers packed lunches and evening meal by arrangement

Graham's Pightle (means small parcel of land) Bishops Mills

R.R. #2 Oxford Station, Ontario K0G 1T0

613-258-3753. Open all year.

Joyce & Bob Graham

If any readers know of other places, please send the addresses along to be included in the list.

Hikers take Note

Those interested in a five day hiking trip in Shenandoah National Park in March or in the Green Mountain area in Vermont in May, call Su Nag, 546-6041.

Ottawa Club Outings

Hikes normally take place regardless of the weather. The rendezvous point is at the corner of Booth and Albert Streets at the times indicated below. There is no charge except a few dollars gas money, since private cars are used for transportation to the trail head.

As indicated below, the spring program provides a variety of outings for all tastes and includes five end-to-end hikes not necessarily contiguous geographically. Please take note of the descriptive details so you will not be disappointed. Information on specific hikes can be obtained by phoning the hike leader indicated, or by calling Bill Grant, 820-0697. Hike leaders are asked to collect names and phone numbers of all participants and forward them to Bill Grant.

Wednesday Walkers. They resume their hiking activities (normally in Gatineau Park) every Wednesday at 9:30 am meeting at Booth and Albert. Bring a lunch. Call Dorothy Belter, 523-4420.

Saturday, April 1. Mill Pond Conservation Area
A short hike, about 6-8km, in maple syrup time (unless the weather makes an April Fool of us). Bring a lunch and good footwear. Booth & Albert, 9:30 a.m. Contact: Margaret Lafrance, 739-1121.

Sunday, April 9. End-To-End
Westport to Bedford Mills, about 14km. Bring a lunch and good footwear (possibility of wet ground). Booth & Albert, 8:30 a.m. Contact: Peter Brebner, 729-8178.

Saturday, April 15. Hike Leaders Soiree
A pleasant evening to socialize and discuss hike leadership and future hikes. Light refreshments will be served at 7:30pm at a location to be determined. Contact Bill Grant, 820-0697, during the preceding week. All hike leaders, deputy hike leaders and aspiring hike leaders are welcome.

Sunday, April 23. Trail Maintenance
Help maintain the Rideau Trail (easy work) and get some outdoor exercise too. Bring a lunch, good footwear, and a hammer. Meet at Booth & Albert, 10:00 a.m. Contact: Tom Bach, 748-6266.

Sunday, April 30. Gatineau Park
Time to see the spring flowers. A vigorous hike in the park. Bring a lunch and good footwear. Booth & Albert, 9:30 a.m. Contact: Nanette Whitwam, 733-2118.

Saturday, May 6. End-To-End
Hike from Frizell Road through Perth to the Otty Lake Road, about 15km. Tea in Perth when the hike is over. Bring a lunch and good footwear. Booth & Albert, 9:00 a.m. Contact: Chris Jones, 824-3512 or Pat Smith, 433-2241.

Friday to Sunday, May 12-14. Frontenac Park
Backpacking in Frontenac Park while the flowers are at their height, a two night outing. Phone Pearl Peterkin, for reservations by April 28.

Sunday, May 14. Pakenham Mountain
A short walk-about of 6km to see the spring flowers. Bring a lunch and good footwear. Booth & Albert, 9:30 a.m. or at Pakenham main crossroads at 10:30 a.m. Contact: Bill Grant, 820-0697.

Saturday, May 27. Ottawa Club AGM
See the notice on page 10.

Sunday, May 28. Kemptville Forest
A gentle wildflower walk of about 6km. Bring a lunch. Booth & Albert, 10:00 a.m. Contact: Robina Bennett, 829-0958 or Catherine O'Keefe, 754-4441.

Saturday, June 3. End-To-End
Poonamalie Road to Frizell Road, past the scenic Beveridge Locks, about 15km. Bring a lunch and good footwear for at least one wet area. Booth & Albert, 9:00 a.m. Contact: Linda Hayes, 234-1045.

Saturday, June 10. Palmer Rapids
A new departure. A long drive will give us a chance to lunch at the famous Wingle Inn (Where to Eat in Canada) and hike in the immediate vicinity. This will be an interesting day but a long one. Booth & Albert, 9:00 a.m. Bring light snacks only. Contact: Frank Kemp, 749-3328 by June 8th.

Saturday, June 10. End-To-End
Otty Lake Road (south of Perth) to N. Burgess Road, about 15km. Bring a lunch and good footwear. Booth & Albert, 9:00 a.m. Contact: Don Mitchell, 749-9537.

Sunday, June 25. End-To-End
Foley Mountain area. A vigorous hike, about 15km along Big Rideau Lake (swim if possible) and dinner in Westport. Enjoy one of the longest days of the year. Bring a lunch and good footwear. Booth & Albert, 9:00 a.m. Contact: Bev Armstrong, 738-0310.

Central Club Outings

Saturday, April 15. Foley Mountain

An early spring walk to view the flowers at Foley Mountain. Meet at the Ministry of Agriculture on Sunset Blvd. in Perth at 9 a.m. Bring a lunch.
Contact: Jean Riddell, 267-1451.

Saturday, May 6. Maintenance Day.

Join us for a clean-up of the trail before the bugs come out. Meet at the Ministry of Agriculture on Sunset Blvd. in Perth at 10 a.m. Bring a lunch.
Contact: Richard Cross, 267-4270.

Saturday, May 20. Tay Canal

Walk along the Tay Canal. Meet at 10 a.m. at "Last Duel" campground in Perth. Bring a lunch.
Contact: Jean Riddell, 267-1451

Sunday, June 18. Otty Lake

Bring Dad for a walk over moderate terrain in the Otty Lake area. Meet at the Ministry of Agriculture on Sunset Blvd. in Perth at 1 p.m.
Contact: Jean Riddell, 267-1451.

Ottawa Rideau Trail Club

Annual General Meeting

Saturday, May 27, 1989

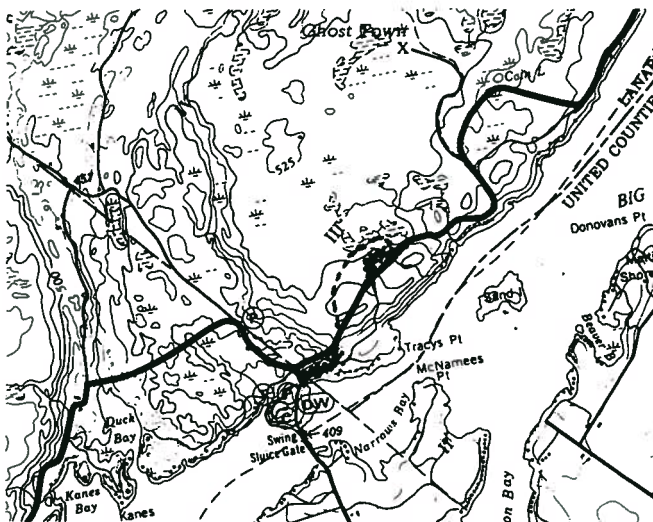
at the
United Church
59 Main Street
Manotick, Ontario

- 10:15 a.m. Coffee and cookies
10:30 a.m. Business Meeting
12:00 noon Lunch
1:00 p.m. Hike in Marlborough Forest
or
Walking tour of historic Manotick

Go directly to the church or be at Booth and Albert at 9:30 a.m. for a ride.
Bring a lunch.
For information call 596-0572.

Route Change on Map #5

Please note the following route change that has been made necessary by a new subdivision and sale of cottage lots, one of which includes our coloured rocks.



Also, please note changes in the wording of trail description for this section found on page 72 of the Guidebook for Km 122.4, Narrows Lock.

"T intersection of Trail and Narrows Lock Road at the Lanark-Leeds county line, with parking space on the east side of the road. The Trail goes right along the road for 1.0 km and turns left on a road allowance opposite a cottage entrance. Straight ahead along the road at Narrows Lock drinking water and toilets are available in season. Rideau Trail members who are walking the Trail may camp with permission of the Lockmaster.

The Trail goes along a ridge, crosses a stream in about 0.3 km and continues past two beaver dams on the left.

Km 124.6 As printed.

Notice of Trail Closure

The Rideau trail, where it crosses private land, will be closed on Thursday, March 30, 1989. 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.

The Trail User's Code

Ah, wilderness! It's great to be out-of-doors, enjoying fresh air and unspoiled landscape. It's not so great to stumble across garbage, fire scars or trampled vegetation, unpleasant reminders that careless hikers have gone before. It doesn't need to be that way! Using some simple rules, we can visit our natural areas, enjoy them, and leave them as beautiful as they were when we arrived. Try to exercise these rules on all your trips to the outdoors. Encourage your friends to do likewise!

- * Hike only along marked routes, especially on farmland. Do not take short cuts.
- * Do not climb fences. Use the stiles.
- * Respect the privacy of people living along the trail.
- * Leave the trail cleaner than you found it. Carry out all litter.
- * Leave flowers and plants for others to enjoy.
- * Do not damage live trees or strip off bark.
- * Keep dogs on a leash, especially near farmland.
- * Protect and do not disturb wildlife.
- * Light cooking fires at official camp sites only and drench fires after use.
- * Leave only your thanks and take away nothing but your photographs.

"I like long long walks, especially when they are taken by people who annoy me."

Noel Coward

Kingston Club Essay Contest

This contest is open to 7th and 8th grade school students in Kingston and the surrounding area.

Topic: Rideau trail club related activities, such as, hiking, canoeing, skiing, snowshoeing or camping.

Format: Maximum length is 4 double-spaced typed pages or 110 lines. One page of black and white illustrations may be added.

Prizes will be awarded at the Annual General Meeting of the Kingston Club in April, 1989.

If, in the opinion of the judges, the standard of any or all of the entries does not warrant a prize, it may not be awarded.

Prize winning essays will be printed in the newsletter. The 1st prize entry will also be printed in the Whig Standard newspaper in the Education Section.

Deadline: March 15th, 1989

Mail entries to:
The Chairman
Kingston Rideau Trail Club
220 Country Club Drive
Kingston, Ontario K7M 7B6

Please enclose your mailing address.

Prizes: 1st Prize - \$50.00
2nd Prize - \$35.00
3rd Prize - \$20.00

CONGRATULATIONS!

W. Alistair Gamble has been declared a Member of the Order of Canada. In addition to being the treasurer of the RTA for many years, Al has been active in a number of other non-profit organizations, both as a paid employee and as a volunteer. The Order of Canada is awarded in recognition of outstanding achievement and service.

Management of Trail Maintenance

by Don Green

Four documents contribute to the management of trail maintenance.

1. Maintenance Section List.
2. Maintenance Section Signs.
3. Maintenance Check List.
4. Maintenance Handbook (Rev. 1987).

It is the responsibility of the Kingston Club to maintain the main trail and the loop trails between King Street in Kingston and the Elm Grove Road in Murphy's Point Provincial Park.

The maintainers attempt to keep the trail in reasonable condition as outlined in the Trail Maintenance Handbook. Unfortunately, they are sometimes one step behind Mother Nature's winds and rains and two steps behind Mr. & Mrs. T. Beaver. (T. = trouble).

In order to 'manage' trail maintenance, the main trail has been divided into 21 sections and the loop trails into 11 sections as shown on the accompanying Maintenance Section List. More divisions are contemplated.

To define these sections in the field, we have Maintenance Section Signs. These are useful to the maintainers particularly where sections meet each

other in wooded areas. They are useful to hikers who wish to advise the Maintenance Co-ordinator or the maintainer of a problem. They are most useful to end-to-end hikers since they show the map number in the Rideau Trail Guidebook. These section signs, along with the private property signs are, by and large, the only place where the name Rideau Trail appears on the trail.

Part of 'management' is to know the condition and correct the problems on the trail. This is accomplished by the co-ordinator receiving a report, spring, summer and fall from the maintainer who submits the Maintenance Checklist which is part of the Trail Maintenance Handbook. From these reports, special work groups can be contacted and sent to a trouble spot to assist the maintainer. The reports are also useful as they provide data so that the many volunteers that help on "Go-To-Blazes" day can be sent to various locations where there is work to be done. It is important that these lists be completed and forwarded to the co-ordinator.

One final improvement would be to train Mr. & Mrs. Beaver to submit a checklist. Not practical, however, unless Canada Post would pick up the mail at the many Beaver Lodges.

Kingston Club Maintenance Sections

Rideau Trail

Section	Map	Location	KM	Maintainers	Phone
1	1	Elevator Bay	0.0		
2	1	to Bath Road	2.6	Bird Sampson	549-5986
3	1	to Cataraqui Cemetery	5.2	Dorothy Thomas	546-0459
4	1	to Elginburg Road	14.1	Betty McIver	549-8028
5	2	to Orser Road	22.1	Bernard Gates	389-1835
6	2	to Railton Road	25.8	Tom Newton	544-1517
7	2	to Bridge in Sydenham	31.7	Jean Thompson	544-0340
8	2	to Gully Road	34.6	Ron McCullough	376-3765
9	2	to Intersection of Cottage Road & main road to Gould Lake	38.6	Bill Cotton	389-6290
		to		Emma Martin	542-1594

Section	Map	Location	KM	Maintainers	Phone
10	2	Marion Webb Boardwalk to	41.4	Bill Priestman	547-5561
11	3	Desert Lake Road to	50.1	Doug Knapp	542-2039
12	3	Frontenac Park to	52.8	Arnold Pitman	548-3486
13	3	Rock Junction to	61.1	John Harrison	542-2970
14	3	Perth Road to	65.1	Stanley Douglas	389-2563
15	4	Cottage Road to	77.2	Norm McLeod	546-9440
16	4	Bedford Mills, falls to	97.0	Su Nag	546-6041
17	4	Westport Dam to	100.2	David Pratt	389-7714
18	5	Little Bay Beach to	106.1	Joan & Vic Hughes	549-6265
19	5	Narrows Lock to	115.4	Marg & John Page	389-7840
20	5	Three Buoy Parking Lot to	123.1	A. Czap	272-2790
21	5	Cottage Road to	127.0	Brett Kops	546-9508
22	5	Murphys Point Prov. Park	130.8	Larry Dyke	389-6692

Loop Trails

Gould Lake Loop Trails (see Gould Lake enlargement map)

A	2	Famous, Wagon & East Trails	Nancy Young & Gaetan Lessard	389-4513
B	2	Mica Trail	Caroline & Jim Gartenburg	542-8942
C	2	Tom Dixon Trail	Dale & Orla Myrfield	389-4407
D	2	Mine Loop	Arne Henrikson	544-0465

Slide Lake Loop Trail

E	3	East Slide Lake	Klaus Stegeman	542-5375
F	3	West Slide Lake Slide Lake Cabin	Tom Kaddits Doug Knapp	546-0806 542-2039

Opinicon Loop Trail

G	3	Maple Leaf Road to	0.0		
H	3	Lindsay Lake Road to	12.3	Ray Forester	542-4385
I	3	Skycroft Red Gate to	16.0	Erwin Wendholt	384-7582
J	4	Skycroft Mont Marvin to	17.5	Harry Gardner	389-9639
K	4	Opinicon Loop Road Entrance - North End to	20.7	Arch Mason	544-5690
		Rideau Trail	25.3	Keith Bull	546-9693

Recipes

by Jennifer Hunt

Cool frosty air and potluck suppers make me think of Casseroles..... For me they must meet three requirements. First is that they are a meal in themselves, second is using up leftovers especially turkey after Christmas, and

third is, it can be made ahead of time and kept in the refrigerator. These two recipes meet my requirements and they are delicious and unusual. TRY THEM.

Chicken or Turkey Almond Casserole

Fills a 2 litre casserole dish.

In a large bowl mix:

1 c. mayonnaise
1/2 c. milk
1 c. cream soup
1 1/4 c. chopped celery
1/2 c. chopped onion
1 c. sliced mushrooms

Place all the poultry and croutons and half the cheese in a greased 2 litre casserole dish:

4 c. cubed cooked poultry
2 c. croutons
12 oz. grated Swiss or Gouda cheese

Pour the first mixture over this, then top with remaining cheese. Sprinkle with *1/4 c. slivered or chopped almonds*.

Bake at 350 degrees F. for 40 minutes.

Note: You can make your own croutons from cubed bread crusts. Toss in melted margarine, sprinkle with seasonings and toast on cookie sheet in the oven.

Pork Chop Bake

Fills a 2 litre casserole dish.

In a skillet, saute:

1 tbsp. vegetable oil
1/2 c. chopped green pepper
1/4 c. chopped onion

Stir in and heat till thickened:

1 tbsp. brown sugar
1/2 c. water
1/2 c. chili sauce
1 tbsp. vinegar

Mix in:

1 c. macaroni, cooked
or
2 c. leftover cooked pasta
19 oz. can creamed corn

Pour into casserole dish and top with:

4 lean pork chops

Cover and bake for 60 min. at 350 degrees F.

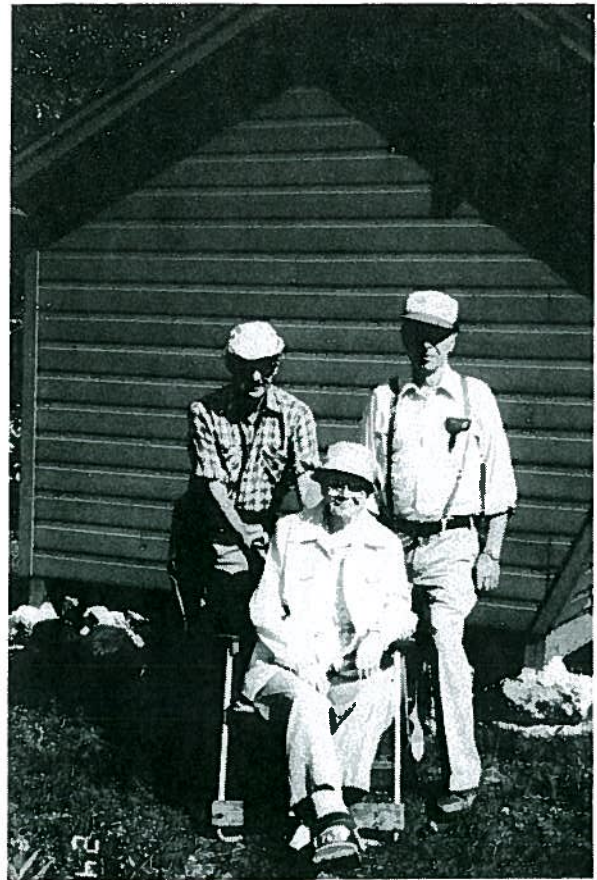
Did You Know?

- * One of our RTA members, Ron Baylis, runs *Comfortable Hiking Holidays*. These include weekend and longer trips in Ontario, England, Europe and Hawaii.

Write Ron for a Brochure at:
Comfortable Hiking Holidays
Ste. 2304, 75 Graydon Hall Dr.
Don Mills, Ontario M3A 3M5
(416) 445-2628

- * The Ottawa Field Naturalists Club has published a revised edition of *Lichens of the Ottawa Region* by Dr. Irwin Brodo, Curator of Lichens at the National Museum of Natural Sciences. This book is an illustrated guide to the identification of the lichens of southeastern Canada and the adjacent areas of the United States. It makes lichen identification and study easier for the serious amateur and for the novice. The book features an illustrated glossary, 84 line drawings and practical keys to 400 species of fruticose, foliose and crustose lichens.

For more information write:
The Ottawa Field Naturalists
P.O. Box 3264, Stn. C
Ottawa, Ontario K1Y 4J5



Alan & Ellen Bonwill at the shelter named after them. On the left is Ray Forester, president of the RTA.

Please Take Note!

The annual Naturalists Workshop is on again this year at Queen's Biology Station, Lake Opinicon, on May 20-27, 1989. Those who have taken this week-long workshop in the past have thoroughly enjoyed it. Two scholarships are available for selected participants: one through the Kingston Field Naturalists (contact Anne Robertson, 389-6742) and one through Biology Station for a student or senior (contact Frank Phelan, 359-5629).

For details of the program write:

Queen's Biology Station
P.O. Box 31,
R.R. #1 Elgin, Ontario K0G 1E0

Notice

The Federation of Ontario Naturalists annual general meeting and conference is being held in Kingston, May 26-28, 1989.

Wanted! Ottawa Newsletter Editor

The Ottawa editor is looking for someone to help put together the summer issue of the newsletter (work is done in May). It is hoped that this helper would then assume the position of Ottawa editor. The main work is done in May and November of each year. If you would like to help, please call Elizabeth Mason, 729-6956 or leave a message on the Ottawa club phone, 596-0572.

Membership Renewal Time

It's hard to believe another hiking year has passed and the time to renew memberships is here again. Check the date on your address label. If it is 1989, you need to renew. Please send your fee with the enclosed renewal card in the envelope provided as soon as possible. Remember that Lifetime memberships to the RTA are available for \$150 (income tax deductible) and if you purchase one, renewal time may pass you by unnoticed forever more.



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.....	12.00
() Non-Members.....	17.00
(Includes Postage & Handling)	
() 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