

The Rideau Trail NEWSLETTER

SUMMER 1989

ISSUE 72



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, articles, photographs and items of interest, are welcome and should be sent by August 1, 1989 to :

Christine Barker
40 Bonny Lane
Kingston, Ontario
K7K 6E2

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

ISSN 0709-7085

COVER PHOTO: The Duke of Richmond monument at Steeplehill Crescent and Richmond Road (map 11). The hikers are resting after an END-TO-END hike in the spring of 1988. Photographer unknown.

The Rideau Trail Association Board of Directors for 1988-89

President	Ray Forester, Kingston	542-4385
1st V.P.	Nanette Whitwam, Ottawa	733-2118
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- Central	Ron Beacock, Central	267-4204
- Kingston	Sukriti Nag, Kingston	546-6041
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F.O.N. Representative	Larry McCurdy, Kingston	389-6427
National Trail Rep.	Henry Heald, Ottawa	224-4471
Archives	Peter Brebner, Ottawa	729-8178

THANK YOU

The editor would like to thank all those people who contributed to this newsletter. A special thank you goes to Patricia Narraway who typed much of the text, to Pearl Peterkin for the use of her computer, to Grace Hyam for her editorial skills and to Ben Robert for assisting in writing an article.

PHOTOGRAPHS WANTED

Newsletter editors are always happy to receive photographs from you, the members of the R.T.A. Clear colour photographs are always welcome. Our printers have the equipment to produce a black and white picture from your colour photograph. Please keep your photographs coming.

RIDEAU TRAIL ASSOCIATION

ANNUAL GENERAL MEETING

Saturday September 16, 1989

10:00 a.m.

HOTEL KENNEY, JONES FALLS

A business meeting with election of new executive followed by lunch (bring your own), a slide presentation and hikes.

SLIDES Dale & Orla Myrfield
Auyuittuq National Park
Baffin Island

HIKES: Rock Dunder
The Locks Area

DINNER: Prime rib of beef \$12.95
Chicken \$11.95
(Tax and gratuities extra)

EVERYONE WELCOME

RESERVE FOR DINNER BY CALLING:

Ottawa:	Elizabeth Mason	729-6596
Perth :	Ron Beacock	267-4204
Kingston:	Lynn Nolan	389-8747

CALL FOR NOMINATIONS

At the annual general meeting in September, a new Board of Directors will be elected. Nominations are being accepted for all positions. We are especially in need of nominations to fill four positions where the incumbent is stepping down. These four positions are described below. To volunteer your services, please call a member of the nominating committee:

Ray Forester, Kingston 542-4385
Cathy Cutts, Kingston 542-5414
Elizabeth Mason, Ottawa 729-6596

VICE-PRESIDENT

This position acts as a backup to the

president. It is hoped that the candidate in this position will accept the post of president when the current president steps down. The vice-president must attend the quarterly board meetings. He/she will be asked to handle special projects and to write a short summary of each board meeting for the newsletter. Since the current vice-president is from Ottawa, the candidates for this position must come from Kingston or the Central area.

MEMBERSHIP SECRETARY

This person handles all applications for membership in the Rideau Trail Association as well as requests for guidebooks, crests, pins, car decals and donations to the Association. The membership list is on a computer. The secretary maintains a card index of all memberships and a master ledger of all monies received. Membership information is passed to another person who updates the computerized list; the money is passed to the treasurer. In March and April, when renewals are received, as much as 15 to 20 hours work is required each week. The membership secretary must reside in or near Kingston.

CORRESPONDING SECRETARY

This person is responsible for handling all mail, except requests for memberships, at the Association post box in Kingston. A variety of mail is received. Some of it must be distributed to other people, some is filed and some, especially enquiries about the Trail, must be answered. The corresponding secretary also manages the supply of R.T.A. stationary. The person who holds this position must reside in or near Kingston.

OTTAWA NEWSLETTER EDITOR

This person is responsible for preparing, printing and mailing the June and December issues of the newsletter. The major portion of this job occurs in a 2 to 3 week period in May and November.

Deadlines must be adhered to so that the newsletter is mailed on time. The editor collects, edits, sometimes writes, and has typed all items for the newsletter. Access to a word processor is desirable for this position. The person who fills this position must reside in or near Ottawa.

HIGHLIGHTS FROM THE R.T.A. BOARD MEETING

The Rideau Trail Board of Directors met on Saturday April 16, 1989. The following items were discussed:

- the new RTA information brochures are now available. If you have any old brochures, please destroy them and get new brochures from your area chairman.
- 117 new members have joined since last November.
- the constitution is being revised.

BOOK REVIEW

by Richard Cross

HISTORICAL WALKS - THE GATINEAU PARK STORY

by Katharine Fletcher

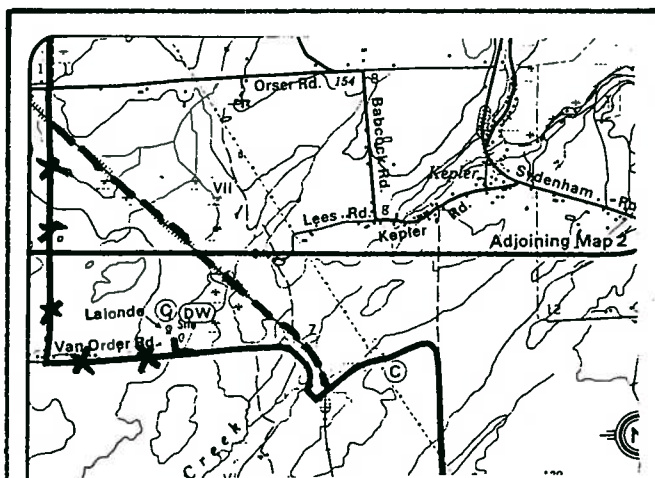
Chesley House Publications, 1988

Hikers will find this book of special interest because it provides maps and descriptions for 22 hikes in Gatineau Park. These hikes range in length from the 500 metre Hickory Trail, developed especially for the disabled, to the 23 km. hike on Ridge Road between Champlain Lookout and the fire tower. Many of the hikes follow well-marked ski trails. Others use unmarked trails. The book gives clear descriptions for following either type of trail.

Your pleasure in following these hikes will be heightened if you first read the historical notes in the book. You will read of Philemon Wright's settlement in

Hull in 1800, of the extensive lumbering of red and white pine, of the fires of 1870, 1915 and 1920, of the coming of the families who gave their names to the lakes in Gatineau Park - Meech, Harrington, Mulvihill, Lusk. You will read of mills and mines, of cottages and a chapel.

My wife and I have enjoyed pleasant hikes on seven of the trails described in this book. Our favourite hike to date is the climb up the Eardley Escarpment at Luskville Falls.



ROUTE CHANGE Van Order to Orser Roads

The Trail between Orser Road and Van Order Road (Map 1) has had to be rerouted because the landowner is unhappy with how the trail on his land has been used. As a temporary move, the trail will follow an abandoned railway right-of-way in this area. Please see the route change on the map above. Drinking water and camping will still be available at the Lalondes. We hope that this change will only be temporary and that a new route will soon be negotiated.

HOORAY MICHAEL

Michael Tolley, aged 7 years, is to be congratulated. Recently, he joined a hike across Frontenac Park. He cheerfully completed the hike with energy to spare - hopping and skipping ahead of the other hikers.

SNAKES ALONG THE TRAIL by Bill Grant

The fear of snakes is a common occurrence even among hikers, whom you might think, would know better. It is an irrational fear. Nobody is born with it. There are many myths and misunderstandings concerning snakes. Why, for example, do people assume they are wet and slimy when in fact they are dry and often smooth to the touch? Literature from the Bible on is full of references to snakes and of course in many parts of the world there are indeed dangerous snakes. In Ontario the only remaining poisonous snake is the massasauga rattler, the last record for the timber rattler is 1941. Fortunately, the massasauga snake is not found in this part of Ontario.

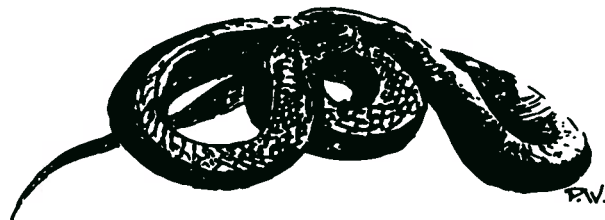
Of interest to us are the snakes which are found in eastern Ontario and therefore along the Rideau Trail. All of these snakes are non-poisonous and most are totally harmless. There is more danger from snapping turtles than from any snake you may encounter along the trail.

The most common is the striped green and black eastern garter snake. This snake, which is rarely more than two feet long, likes the sun. It will therefore often be found right on the trail on sunny days; but it will normally slither away when it senses approaching footsteps. Although they make good pets, they are very difficult to distinguish from the very similar ribbon snake. The ribbon snake is quite rare, usually found along the edges of aquatic areas. The garter snake, far more adaptable, is found in a wide variety of habitats.

The black rat snake, also known as the "pilot black snake", has been added to the endangered species under the Game & Fisheries Act which imposes a fine of up to \$5000 for its killing. This is the largest snake in Ontario, growing to a length of 6 feet with recorded lengths of over 8 feet. It is black with traces of white; feeds on mice and other small

prey. It is most often found in hardwood forests and wetlands from Smiths Falls to Kingston.

Because of its similarity to the very threatened Lake Erie water snake the relatively common northern water snake has also been added to the endangered list. The northern water snake can grow to an impressive 5 foot length. The older snakes are dark brown, almost black and they may be confused with the black rat snake. They feed almost exclusively on small fish, salamanders, crawfish and aquatic carrion. They can administer a nasty bite if provoked.



Pilot Black Snake

Artwork by Peter de Lepper.

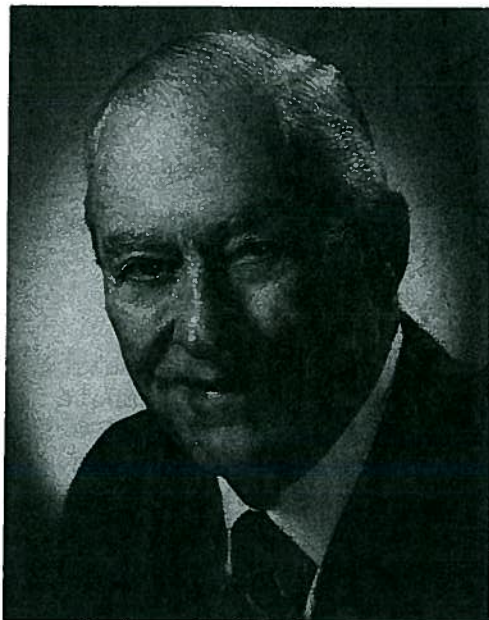
A relatively common, though seldom seen, snake is the grass or smooth green snake. It is bright green, never longer than 2 feet and satiny smooth to the touch. This delightful little snake prefers fields and clearings where it may even scale small shrubs and vines in search of its prey of insects, spiders and the like. Its sole defence is its colour. It may be handled safely, but gently, please.

Our smallest snake is the red-bellied snake. It is less than a foot long, dark-brown or grey, sometimes almost black, with speckling and stripes along the sides and a bright orange-red stomach. It is secretive, hiding under stones or logs and is seldom seen. It feeds on slugs, earthworms and larvae.

The northern brown snake or Dekay's snake is only a foot long, fat and brown with long stripes and dark spots. It is found south of the Chaffey's Locks area. Because it is nocturnal it is seldom seen. It is very gentle, never bites and makes a good pet.

The eastern milk snake, up to 3 feet long, but usually smaller, is grey or brown with rows of black-bordered brown blotches. It is found in open woods, clearings and farmland, often in the farm buildings where it hunts rats and mice. It is rarely seen and can deliver a nasty bite if handled.

If you are lucky enough to meet any of our trail residents, admire them, try to identify them and even handle them if you must, but then do return them to their home territory.



Al Gamble. Photo by John Evans Photography Ltd, Ottawa.

R.T.A. TREASURER HONOURED
by Ben Robert

W. Alastair Gamble was invested as a member of the Order of Canada in April 1989 by Governor General Jeanne Sauve.

At the age of three months, Al emigrated to Alberta from Scotland. By the age of 16 he had begun his financially oriented career by joining the Bank of Montreal.

In 1940, he enlisted with the R.C.A.F. and served our country in the Eastern Air Command thereby earning the M.B.E. award. Using his financial skills, he became Chief of Finance for the R.C.A.F. in Europe. When he retired in 1964, he was the Director of Finance at Air Force Headquarters in Ottawa.

Most people are content with simple retirement. But Al chose to dedicate his time and efforts to organizations that could benefit from his managerial skills. The Trillium Foundation of Canada, the Government of the Northwest Territories, the Canadian Association for the Mentally Retarded and the United Way of Ottawa-Carleton are a few of the many organizations that have profited from his helping hand.

Our thanks to Al stems from his involvement with the Rideau Trail Association. He was elected to the Board of Directors and has served as treasurer for the past ten years. Through his efforts, the Association now has a solid financial base. In 1987, Al arranged funding through WINTARIO to assist in the publication costs of the new Rideau Trail Guidebook.

The Rideau Trail Association is proud to list Al Gamble as one of its members. Thank you, Al, for all you have done and are doing for us.

SLIDE PRESENTATION

The Rideau Trail slide presentation is ready for use. If you know of a group that would be interested in hearing about the Rideau Trail, please give the publicity co-ordinator in your area a call. They are ..

Kingston	Jean Thompson	544-0340
Ottawa	Janice Freeman	231-4021

ANOTHER HIKE

John Merrill, the author of "Turn Right at Land's End", will hike the Bruce Trail this spring. Last year John was the 40th person to earn a Rideau Trail END-TO-END badge. The Bruce Trail should be easy for John, he has already hiked the entire coastline of Britain - all 6,824 miles of it!



Rideau Trail Association Ottawa Outings

Hikes normally take place regardless of the weather. The rendezvous point is at the corner of Booth and Albert streets at the time indicated for each hike. The only charge for the hike is a few dollars for gas money if you ride in someone else's car - private cars are used for transportation to the trailhead. Some outings are followed by a visit to a place of refreshment; this is decided on the day of the hike.

This summer's program provides a variety of outings for all tastes including special END-TO-END hikes. Please take note of the description details so that you are not disappointed. On hot summer days hikers are expected to take appropriate precautions - wear sun screen if needed and carry plenty of water. For information on specific hikes phone the hike leader indicated or call Bill Grant at 820-0697.

Hike leaders are asked to collect names and phone numbers of all participants and to forward the names to Bill Grant.

WEDNESDAY WALKERS continue their Gati-neau hikes every Wednesday, meeting at Booth and Albert at 9:30 a.m. There are now two levels of difficulty; when numbers permit, there will be both an easy walk and a more vigorous one.
Contact: Dorothy Belter 523-4420

SUNDAY JUNE 25 END TO END
Foley Mountain area. A vigorous hike of about 15 km 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. Meet at Booth and Albert at 9 a.m.
Leader: Bev Armstrong 738-0310

MONDAY JULY 3 GATINEAU HIKE
Enjoy Canada Day with a good walk and a cool swim in the central part of Gati-neau Park (Lake Clear). Bring a lunch, insect repellent and a swimsuit. Meet at Booth and Albert at 10 a.m.
Leader: Pearl Peterkin 829-3062

SUNDAY JULY 9 LAROSE FOREST
This is a second opportunity to participate in this event. Pat Smith, who lives near the forest, and Chris Jones will lead a hike in this interesting plantation forest. At least 12 km., easy walking. After the hot hike you are invited for a cool swim in Pat Smith's

pool. Meet at Booth and Albert at 9 a.m. Bring a lunch, comfortable footwear, insect repellent and a swimsuit.
Leaders: Chris Jones 824-3512
Pat Smith 443-2241

SUNDAY JULY 23 CANOEING
Enjoy a day's canoeing on the Gatineau River near Low P.Q. Participants should provide paddles and life preservers. Phone the leaders by Sat. July 22 to ensure space in a canoe is available. Bring lunch and a swimsuit.
Leaders: Dennis & Barri Scully 233-3770

SUNDAY JULY 30 GATINEAU PARK
A vigorous or easy hike and a swim, depending on the weather. Meet at Booth and Albert at 10 a.m. Bring good footwear, lunch, insect repellent and a swimsuit.
Leader: Bev Armstrong 738-0310

SATURDAY AUGUST 12 CHARLESTON LAKE
Our fifth annual trip for a hike and swim. We will hike on the Peninsula trails again - length of hike will be determined by the weather. Bring a lunch, good footwear, insect repellent, drinking water and a swimsuit. Be prepared for a long day. Meet at Booth and Albert at 9 a.m.
Leader: Bill Grant 820-0697

SATURDAY AUGUST 19 END TO END

This is a short hike (7 km.) from North Burgess Road to Murphy's Point Park. It will be followed by a swim. Bring lunch, insect repellent, water and a swimsuit. Stop for tea in Perth on the way home. Meet at Booth and Albert at 10 a.m.

Leader: Elaine Vininsky 225-8982

SATURDAY AUGUST 26 BIKE TOUR

This outing will be a mystery bicycle ride. Bring a lunch. Meet at Booth and Albert at 10 a.m. Phone Andrew for details.

Leader: Andrew Oakes 225-8982

MONDAY SEPT. 4 FOLEY MOUNTAIN

Enjoy a hike in the scenic Foley Mountain Conservation Area. Then take a refreshing swim in the Big Rideau Lake. Bring a lunch and swimsuit. Meet at Booth and Albert at 9:30 a.m.

Leader: Elizabeth Mason 729-6596

SUNDAY SEPT. 10 END TO END

This is a long hike from Bedford Mills to Perth Road at Maple Leaf Road (19 km.) It is a seldom walked but attractive section of the trail. Bring a lunch and good footwear. Meet at Booth and Albert at 9 a.m.

Leader: Ron Mayberry 489-2255

SATURDAY SEPT. 16 ANNUAL MEETING

Participate in the activities planned for the association annual general meeting. See details of the meeting in this newsletter. Meet at Booth and Albert at 8 a.m.

Contact: Bill Grant 820-0697

SUNDAY SEPT. 24 END TO END

This End-to-end section is Otty Lake Road to North Burgess Road - about 15 km. The hike will be led by Ron Beacock from the Central Club. Bring a lunch and good footwear. Meet at Booth and Albert at 9 a.m.

Leader: Ron Beacock 267-4204
Ottawa Contact: Linda Hayes 234-1045

SATURDAY SEPT. 30 END TO END

Hike from Murphy's Point Park to the Narrow's Locks - about 16 km. This is another attractive section of the trail.

Bring a lunch and good footwear. Meet at Booth and Albert at 9 a.m.

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

CENTRAL CLUB ACTIVITIES

JULY 22-23 BON ECHO

Camping, hiking, swimming weekend. This is an interesting provincial park as it offers hike-in, canoe-in and regular campsites as well as beautiful swimming areas and lots of trails for exploration. Campsites have to be reserved so please contact the leader as soon as possible.

Leader: Ron Beacock 267-4204

AUGUST 5-7 LAVERENDRYE PARK

Canoeing weekend. The planned trip in this Quebec provincial park is an easy three day paddle. There are 3 or 4 portages; the longest is 600 metres. Campsites are large and inviting. This is a wilderness trip. The theme of the weekend is to enjoy and not make it a labour of Hercules. Please contact Ron at least 2 weeks in advance if you wish to participate.

Leader: Ron Beacock 267-4204

MONDAY SEPT. 11 CENTRAL CLUB MEETING

Come to the Central club meeting. Agenda will include upcoming program, the Trail through our area, the future of the Central club and material for the annual meeting on the following Saturday. Come and support your Trail Association. Meet in the Perth Library meeting room at 7 p.m.

Contact: Ron Beacock 267-4204

SATURDAY SEPT. 16 ASSOCIATION MEETING

See ad in this newsletter.

SUNDAY SEPT. 24 END TO END

This End-to-end section is Otty Lake Road to North Burgess Road - about 15 km. Join the Ottawa Club for this outing. Meet at Nixon's Building Supplies parking lot (Rideau Ferry Road, 1 km from Perth boundary) at 10 a.m. Bring a lunch.

Leader: Ron Beacock 267-4204



Rideau Trail Association Kingston Outings

New in this schedule are a series of evening walks. Hike leaders are reminded to send the lists of those attending hikes to the Human Resource Co-ordinator: Shirley Harmer, 549-4852

SUNDAY JUNE 11 , SEQUENTIAL HIKE XII

Hike from Gould Lake barn to Gully road (Map # 2). Bring a lunch and meet at Sears north door at 9.30 am.

Leaders: Bill Priestman, 547-5561
Erwin Wendholt, 384-7582

SATURDAY JUNE 17, GOULD LAKE

Hiking, swimming - east side of Gould Lake. Bring a lunch and meet at Sears north door at 9.30 am.

Leader: Nancy Young, 549-8856

SUNDAY JUNE 25, SLIDE LAKE LOOP

Scenic but rugged terrain - 13.4 km (Map 3). Check with leader about conditions. Bring a lunch and meet at Sears north door at 10 am.

Leader: Klaus Stegeman, 542-5375

WEDNESDAY JULY 5, GOULD LAKE

Hiking and swimming. Bring a lunch and meet at Sears north door at 10 am.

Leader: Emma Martin, 542-1594

SATURDAY JULY 8, SHARBOT LAKE AREA

Outing to the Henriksons' cottage at Sharbot Lake. Hiking, swimming, canoeing. Bring your own canoes, food and beverage. A barbecue will be available. If you plan to attend call Su Nag (546-6041) by the 6th night.

SUNDAY JULY 9, SEQUENTIAL HIKE XIII

Hike from Gully Road to Railton Road (Map 2) with a stop for lunch and a swim at Sydenham beach. Bring a lunch and meet at Sears north door at 9.30 am.

Leader: Ed Luce, 549-5300

SUNDAY JULY 16, BICYCLE TRIP

Meet at the information booth below Fort Henry Hill at 10 am. for a bicycle trip along Highway 15, Middle Road and back to Kingston via Kingston Mills. Bring a swim suit and lunch.

Leader: Tom Newton, 544-1517

TUESDAY JULY 18, FULL MOON RAMBLE

Lakeshore walk followed by a refreshment stop. Meet at the parking lot at corner of Bay and Wellington at 7 pm.

Leader: Hilda & Jim Dee, 542-2643

SUNDAY JULY 23, SEQUENTIAL HIKE XIV

Hike from Railton Road to Elginburg Road (Map 2) across fields and woods. Bring a lunch and meet at Sears north door at 10 am.

Leader: Jean Thompson, 544-0340

MONDAY JULY 24 - THURSDAY JULY 27

Explore the varied Conservation areas in Prince Edward County with overnight stops at bed/breakfast places. Bookings have to be made early so contact Cathy Cutts (542-5414) before July 10.

SUNDAY JULY 30, WOLFE ISLAND

Bicycle trip and swim. Bring a lunch and meet at the ferry dock on Ontario Street at 9.20 am.

Leader: Tom Kaddits, 546-0806

WEDNESDAY AUGUST 2, FOLEY MOUNTAIN CONSERVATION AREA

Hiking and swimming. Bring a lunch and meet at Sears north door at 10 am.

Leader: Jen A'Court, 548-7588

SATURDAY AUGUST 12, BEDFORD MILLS AREA
Paddle Massassauga Creek to Bedford Mills via the James Auld Waterway. Bring canoes, paddles, life jackets, a swimsuit and lunch and meet at Sears north door at 9 am. Persons who do not have canoes or those looking for paddling partners call the leader well in advance of the event.
Leader: Janice Ley, 542-9958

THURSDAY AUGUST 17, FULL MOON RAMBLE
Walking along the inner harbour shoreline followed by a refreshment stop. Meet at the parking lot at the corner of Bay and Wellington at 7 pm.
Leader: Don Cutts, 542-5414

SEQUENTIAL HIKE XV, SEE BELOW

SUNDAY AUGUST 20, SEQUENTIAL HIKE XVI
Hike from Cataraqui Cemetery with its stately trees to Elevator Bay (Map 1). Cool off in Lake Ontario at the end of the hike. Bring a lunch and meet at Sears north door at 10 am.
Leader: Alberta Edgar, 542-9662

WEEKEND AUGUST 26/27, CANOE TRIP
Overnight canoe trip in Devil Lake area. Involves a 1/4 mile portage. Bring your own equipment and food and meet at Sears north door at 9 am. Register with the leader by 23rd night.
Leader: Ray Forester, 542-4385

SATURDAY SEPTEMBER 9, SEQUENTIAL HIKE XV
Hike from Elginburg Road to Cataraqui Cemetery through fields and woods (Maps 1 & 2). Meet at Sears north door at 12.30 pm. Leader: Betty McIver, 549-5253

WEDNESDAY SEPTEMBER 13, CHARLSTON LAKE
Hiking in this scenic area. Bring a lunch and meet at Sears north door at 10 am. Leader: Marg Page, 389-7840

SATURDAY SEPTEMBER 16, ASSOCIATION AGM
Hope to see you at Hotel Kenney, Jones Falls. See notice on page 3.

KINGSTON CLUB PHOTO CONTEST

This contest is only open to amateur photographers who are members of the Kingston Club of the R.T.A.

To enter, send a photograph or slide taken along the Rideau Trail in 1989 or 1990 to:

Rideau Trail Photo Committee
C/O Mr. N. McLeod
153 Morentz Cres.
Kingston, Ont. K7K 2X4

Landscapes, animals, rocks, trees or historical buildings are some of the many scenes you may choose to photograph. Snap a picture in any season of the year. Each entry must have a caption, an R.T.A. map number, a description of the location photographed and the date photographed. Photographs submitted must be at least 4" x 6" in size.

Prizes will be awarded in the following categories:

- overall best entry \$40 prize
- best entry for each season \$15 prize
- honourable mention for each season

All entries will become the property of the Kingston Club and may be used in the newsletter or for public displays. Maximum number of entries from each member is four for each season.

Contest deadline is July 1, 1990.
For further information phone 546-9440.

HELP WANTED

The Kingston Club is in need of a maintenance co-ordinator. This position coordinates the many trail maintainers, ensuring that each section of the trail is maintained regularly. Volunteer your services by contacting the Kingston chairman, Su Nag, at 546-6041.

PIONEER LIME KILNS
by Elizabeth Mason

There are many reminders of pioneer life along the Rideau Trail. Some of these will only be seen by the observant hiker ready to investigate any unusual feature near the trail. Between Dwyer Hill Road and Gilroy Road (map 9) watch for a high pile of stones overgrown with sumac. A closer examination of this rock pile will reveal that the stones are the walls of a cylindrical shape - the centre is hollow and the stones bear marks of high heat. This is a lime kiln used by the early settlers.

Kilns have been used for burning limestone for centuries. The inhabitants of Mesopotamia in 2500 BC knew how to make mortar from lime. The process was used in the French settlements in Canada at least as early as the 1700's.

The chemical processes needed to produce mortar from limestone are:

1. Lime-burning

$\text{CaCO}_3 + \text{heat} \rightarrow \text{CaO} + \text{CO}_2$
The kiln is used to heat the limestone (calcium carbonate) to release carbon dioxide and leave a white powder, quicklime (calcium oxide).

2. Slaking

$\text{CaO} + \text{H}_2\text{O} \rightarrow \text{Ca(OH)}_2$
Water is then added to the quicklime to produce slaked lime (calcium peroxide).

3. Production of mortar

$\text{Ca(OH)}_2 - \text{H}_2\text{O} \rightarrow \text{CaO}$
The slaked lime is mixed with sand and gravel to produce a mortar which, as it dries, releases water and reverts back to lime.

4. Aging

$\text{CaO} + \text{CO}_2 \rightarrow \text{CaCO}_3$

Over the years, the lime of the mortar resorbs carbon dioxide and returns to a limestone once again.

One of the simplest kilns, used for centuries for lime-burning, was the "field" or "pot" kiln. It was built of stone, often in a cylindrical shape. The limestone was loaded in an arch above the fire which was laid and stoked from the bottom. The fire was kept burning from 3 to 5 days. Then the kiln was cooled before the lime was removed. This type of kiln produces relatively clean quicklime because the lime is separated from the fuel. It is termed an "intermittent" kiln because of the need to cool the kiln between loads of limestone.



The wall of the lime kiln on the trail near Gilroy Road. Photo by Don Mitchell.

A slightly more efficient, and yet still simple, kiln was the vertical mixed-feed kiln. It was built of stone and often lined with refractory brick. The kiln was loaded with alternating layers of fuel and limestone. As the fuel burned,

the quicklime dropped to the bottom of the kiln and was removed. More fuel and limestone were added at the top as space permitted. This kiln produced a dirty quicklime because of the close proximity of fuel and limestone. However, the kiln's major advantage was that it could be run continuously without a cooling period, hence the term "continuous" kiln.

Although the pioneer kiln found along the trail could be either type of kiln, it is probably a "field" kiln.

Mortar was in high demand in the 1800's. The locks near Merrickville, the stone homes along the Rideau river as well as the chimneys and plaster of the less wealthy pioneer homesteads probably used lime from the kiln we see today.

If you have any information about how kilns in the Rideau River area were used, please let me know.

A RARE RECIPE

In February Marie and Peter Andrews hosted a pot-luck supper to welcome Kingston club visitors to Winterlude. Among the many dishes served was an unusual pie donated by Patricia Grant. As requested, the recipe and a short explanation of its history are printed below.

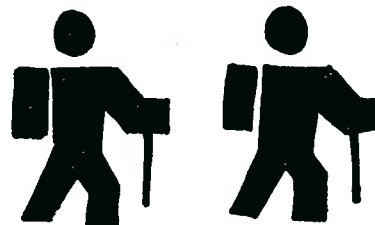
ORANGE AND APPLE PIE

Oringeado or candied orange peel, was a favourite Elizabethan confection, and often made its way into pastries. The Seville orange, rather bitter in flavour, had been imported from Spain and Portugal in small quantities during the Middle Ages, but became more readily available in the sixteenth century. By that time, Portuguese merchants were also trading a sweet variety of orange from Ceylon. The latter grew quickly in popularity and was soon considered the preferred type to preserve.

In this recipe, a delicate hint of bitterness furnished by the honeyed orange peel combines memorably with the mellow flavour of apples.

9 inch unbaked pastry shell and lid
3 medium juice oranges
3 cups water
1 cup honey
juice of 1/2 small lemon
4 medium apples, peeled, cored, and sliced
1/2 cup brown sugar
1/8 tsp salt
1/4 tsp cinnamon (generous)
1/8 tsp powdered ginger
2 tbsp confectioners' sugar dissolved in 1 tbsp rose water

1. Bake pie shell at 425⁰ F. for 10 minutes. Let cool.
2. Slice oranges as thinly as possible, discarding seeds.
3. Combine water, honey, and lemon juice in a large saucepan. Bring to a boil. Add orange slices. Cover, reduce heat, and simmer about 2 hours or until peel is limp and easily chewed.
4. Drain orange slices and set aside.
5. In a bowl, combine brown sugar, salt and spices. Add apple slices and toss until evenly coated.
6. Place a layer of apple slices in pie shell, then a layer of orange slices. Repeat with remaining fruit.
7. Place pastry lid over filling. Crimp edges and slash lid in a few places to allow steam to escape.
8. Paint lid with rose water icing.
9. Bake at 350⁰ F. for 1 hour.



END-TO-ENDERS

Have you hiked the entire Rideau Trail? To receive your END-TO-END badge at the Annual General Meeting in September 1989, you must send your name and a brief description of your experience, by August 15, 1989 to:

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

NO INJURIES ON SKI OUTING

by Roger McCullough

In February, eleven Rideau Trail members had a memorable weekend at Otter Lake Haus, in the central Laurentians near Huberdeau, Quebec. The Ottawa contingent welcomed Ron, of map and compass workshop fame, and Su, one of the Kingston mainstays.

Because I was the most cautious and slowest of the skiers, I stuck to the lake crossings and the "easy" trails near town. Most of the others did these as a light workout as soon as they arrived Friday, and then went on to the more challenging trails. They eagerly reported the beautiful views of the nearby mountains from the high trails and the thrill of coming down long slopes on the icy snow with just an occasional fall. I wish I could have heard downhiller Johanna's no wax skis screaming down the slopes, and seen Elizabeth, the daredevil of the group, fly down a particularly dangerous section while the others walked. I wish I could have seen Su's face when someone pointed out to her that the trail they had just been on was listed as "very difficult". Then there was Elaine, the determined tail-ender, who never got any sleep, but still kept up the pace even though she sometimes got mad at her skis.

Skiing was not the whole story of the weekend. There were the delicious German-Canadian meals where we had to decide whether to sit on the fat side or the thin side of the table. Aileen was the champion "non-eater", but since decisions against desserts were generally, if temporarily, forgotten, the champion eater was too close to call. Margaret and Geoff made sure they got the best of the Sunday Brunch by sleeping in until it started at 10, and heading for the trails later. There was competitive bridge (who said bridge was a social game?) with Elizabeth the champion player and Don the champion table talker. There was Pictionary, Scrabble, and visiting in the old-fashioned lounge with its

comfortable chairs, shelves of books and magazines, and the mythical Wolpertinger. Late into the night there was the talking in the rooms, either for minutes or hours depending on the story.

Despite the cold mornings (-25⁰ C) and the relative shortage of snow, everyone was pleased with the weekend, and we all thank Nanette for the idea and for making all the arrangements.



Scrabble helped relax sore muscles.
Photo by Don Mitchell.

KINGSTON CLUB NEW EXECUTIVE

The Kingston Club had its annual meeting in April. The new executive for 1989/90 are:

Chairman	Su Nag	546-6041
Vice-chair	Patricia Selkirk	546-3993
Past-chair	Keith Bull	546-9693
Secretary	Margaret Page	389-7840
Treasurer	Peter Skelton	544-0151
Routes & Negotiations	Arne Henrikson	544-0465
Construction	Allan Tattersall	549-4080
Maintenance	---vacant---	
Publicity	Jean Thompson	544-0340
Hikes	Douglas Neilson	544-0849
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Human Resources	Shirley Harmer	549-4852
R.T.A. Rep	Norm McLeod	546-9440
Newsletter Editor	Johanna Koeslag	384-5534
	Christine Barker	544-3612

HIKING THE RIDEAU TRAIL - Part 2
by John Anderson

DAY 1: Martha, why are those strange people camped on our front lawn? ...

We are back this summer to do the second year of our hiking on the Rideau Trail.

There are only a dozen of us now, word apparently having gotten around in the Iroquoia Bruce Trail club about last year's hike. And McCreary's Beach on Mississippi Lake is a nice enough campground from which to sally forth on the Central section of the Rideau Trail. But as I look around at the patio lights, flower beds, 30 foot trailers and a guy cutting his front lawn, I decide that wilderness camping, it ain't.

The walk has gone reasonably well today, I conclude. True, we got lost in Smith's Falls. And yes, we are rather damp due to the sudden downpour near Beveridge Locks. But on the whole, things have gone rather well.

DAY 2: But Mom, what's wrong with taking the bus? ...

The Rideau Trail has taken me completely by surprise. Again. Last year, it was with a wild and rugged beauty unexpected that far south. This year, it is much more sublime.

We are walking east along the Tay river, an offshoot of the Rideau Canal. The sky is blue, the wind is in our hair, and the early morning sun sparkles off the wave tops like diamonds flung from a careless hand. There are cows and grass and ducks and I wish it could go on forever. If all trails were like today, I might never go home.

We have met the first hiker we have ever seen on the Rideau, a grandmother who is backpacking from Kingston to Ottawa to visit her daughter. My mind boggles at the thought that she has carried that pack through the swamps of Cataraqui, the wilderness of Frontenac and the

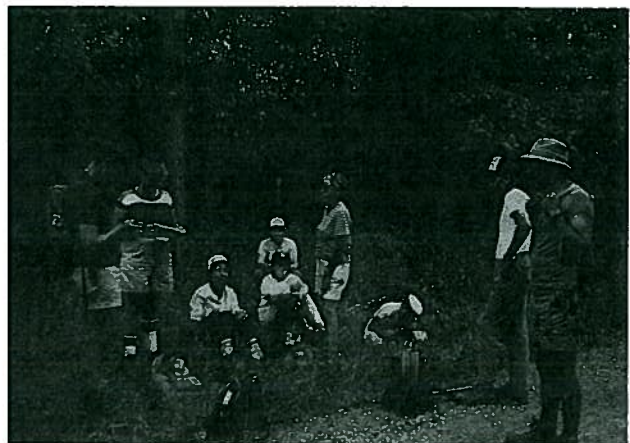
granite of Gould Lake. Like a Jekyll and Hyde, she looks frail and white-haired on the outside, but inside she must have the constitution of a U.S. Marine.

DAY 3: Beware the killer bees ...

We follow the river Tay through Perth which has been called "one of the prettiest little towns in Ontario" and it is beautiful. Every second building seems to be a heritage site and it is with regret that I leave. Then after lunch it happens.

I am striding along when suddenly I feel a sharp pain in my right arm, then another, then a third. Startled, I see that I am surrounded by yellow-jackets and they are not in a negotiating mood. We hastily retreat and somebody does emergency treatment on my arm. I have at least half-a-dozen stings and I have lost the maps. Nobody volunteers to retrieve them.

We explore a ghost village, picking up mica flakes. Because the trail runs along ski paths, it is very well maintained. A good thing too, because I am now feeling lightheaded and my arm is so badly swollen, I can no longer bend my wrist.



Lost again.

DAY 4: Beware the killer tourists ...

This is our rest day so I take it easy by visiting Lanark whose main claim to fame seems to be it's numerous factory outlet stores. They are easy enough to find, you simply follow the hordes of seniors spilling off their tour buses. The bargain hunters soon prove more dangerous than the insects and I retreat while I still have the shirt on my back.

DAY 5: Was that poison ivy? ...

The weather has turned magnificent, blue skies and very warm, and because we have fouled up on the maps again, the walk is very short. On the way back we stop off at the Narrows, one of the busiest locks in the Rideau system. It is chock full of boats, professionals and amateurs alike.

Back at the campsite, I notice that Ginny is wincing and scratching. She confides that she has a rash they think is poison ivy and two bee stings. If killer bees ever make it to Ontario, they will feel right at home around Perth.

DAY 6: You mean the Marquis de Sade is not a member of the trail crew? ...

We have now entered the top end of the Kingston section, the swamps have returned with a vengeance, and we sneak, creep and detour around them. Soon the trail begins to loop off the road into scrub, thorns, and barberry and before long, Ken and I are so badly cut that I have to ask for a band-aid halt in order to prevent the blood from running down into my socks.

And even now, I cannot adequately describe the feeling when, after twenty minutes of getting our legs slashed to ribbons, we emerge on the road a couple of hundred yards from where we left it. However, if you could just leave the guy who laid out this part of the trail with Ken and me for just a few minutes ...

DAY 7: Part 2 finished ...

Our last day of hiking is almost anticlimactic and soon we arrive at the site of last year's debacle. Yes, there are the markers we found and re-posted. And then, it is done.

Will I be back to finish the Ottawa section of the Rideau Trail? Does the Kingston section have swamps? Of course I will.

END-TO-END-HIKER

Are you interested in hiking END-TO-END? I am looking for a hiking companion. I would like to stay at Bed & Breakfasts or similar accommodations. Call Frank Kemp in Ottawa at 749-3328

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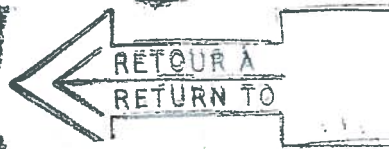
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Membership year, April 1st to March 31st

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