



The Rideau Trail NEWSLETTER

FALL 1989

ISSUE No. 73



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

Submissions for the next newsletter are encouraged and should be sent by November 1st, 1989 to Elizabeth Mason, 283 Avondale Avenue, Ottawa, Ontario, K1Z 7G7. Articles and pictures, black and white or colour 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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Cover Credit: Thanks once again to Tony Barker for supplying the photos for the cover of this issue. Toni took these on a hike to view mushrooms on Hill Island.

Photo Credit for Summer Newsletter Cover

At the time of printing, the photographer for the cover of the summer newsletter was unknown. That unknown is now known, however, and it is Terri Bolster. Thank you, Terri!

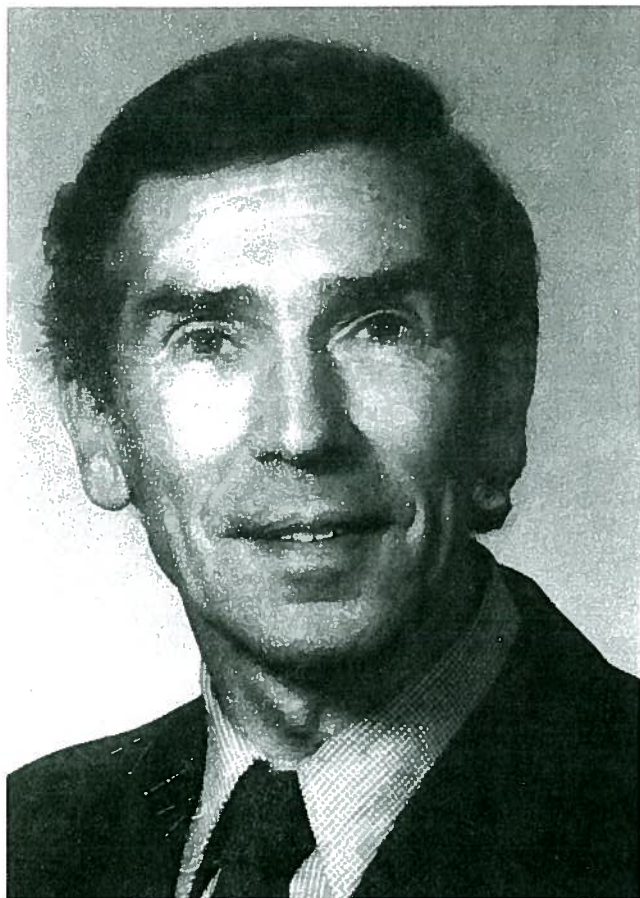
Newsletter Delivery in Ottawa

Ottawa Club volunteers have begun delivering the summer and winter newsletters to those members who live in the city of Ottawa. We need more volunteers to deliver in their own neighbourhoods, especially for Ottawa South and the Craig Henry area. Volunteer to help by phoning Elizabeth Mason at 729-6596 or leave a message at the club number, 596-0572.

Early Days on the Rideau Trail

by Joan Billingham

Ray Billingham, one of the founding members of the Rideau Trail, died in Ottawa on June 3, 1989.



Born in Leicester, England in 1925, Ray spent his youth hiking and cycling throughout much of England. When he came to Canada in 1960 he brought his love of nature and the countryside with him and soon began to explore his adopted home. Early in 1971 he heard that a committee was meeting in Kingston in the hope of creating a hiking trail between Kingston and Ottawa. He was eager to take part in such an enterprise and joined the first Rideau Trail executive as Routes and Negotiating Committee Chairman for the Ottawa end of the Trail. Along with the Hamiltons, the Simpsons, and other early members, he began the time consuming task of exploring possible trail locations, finding out who owned the land, and conducting negotiations with the landowners for permission to put the trail through their property.

That summer the Club was fortunate to obtain the services of 28 students under the Federal Government's Youth Opportunities Program. Eight of these students worked under Ray's general direc-

tion, clearing and marking the part of the trail between Ottawa and Merrickville, erecting stiles and constructing a 350 ft. long boardwalk. Ray thoroughly enjoyed his association with these young people, and had great respect for their enthusiasm and dedication, despite the physical hardships of working in the bush.

All the hard work paid off, however, as the Rideau Trail was officially opened on Sunday, November 7, 1971 with 180 miles of trail already completed.

The early days of the Rideau Trail involved frequent forays into the countryside to explore possible routes. Our intrepid band of trail makers frequently found themselves in waist high weeds, or picking their way around a swamp or across a beaver dam. Mosquitoes, black flies, hornets, wasps, and deer flies were common nuisances. One damp day Ray was out with his family and other trail members marking a section of trail in the Carleton Forest when Clarey Frankton, one of the authors of *The Weeds of Canada* caught up with him. "Do you know what poison ivy looks like, Ray?" asked Clarey. "No," was the response. "Well," said Clarey, "you've been walking through it for the last 2 miles." Thanks to the warning the Billingham family managed to remove their boots very carefully and didn't suffer any ill effects from this outing.

Ray's children, who were only 7 and 5 when the trail started, more or less grew up with the trail, and soon became quite knowledgeable about how to mark and maintain a trail, and about the birds, small animals and wildflowers found along the route. This delighted Ray since one of his reasons for becoming active in the work of the trail was his desire to preserve some of the wilderness for future generations. This interest later led him to become involved with various committees that were formed to study such problems as the encroachment of housing developments and highways on conservation areas, and the pollution of our lakes and rivers.

One of the parts of route planning that our children didn't enjoy was the frequent exploratory trips by car into some of the back roads of the area. Quite frequently the road would peter out, and we would be unable to turn around and would have to back out of the dead end. This led his younger daughter to ask quite often, "Daddy, are we lost?" One particularly dreary day we drove into what turned out to be a municipal garbage dump. There were

small fires burning here and there throughout the area. The children simultaneously bust into tears. It did look like a version of Dante's Inferno!

After a couple of years on Routes and Negotiations, Ray served as Chairman of the Ottawa Trail Club for several years. During this period he would often lead groups on trail outings. On one such occasion a new member asked me, "Who is that man who leads these walks? He always goes too fast." I replied, "That's my husband, Ray Billingham, and you're quite right, he does walk too fast."

During his last few years of active work on the trail, Ray became interested in developing a ski trail off the Dwyer Hill Road on Ministry of Natural Resources land. There was an old schoolhouse on this property which had recently been used by a local farmer as a stable. An energetic group of volunteers managed to clean this up, install stove and prepare it for use as a ski hut.

While Ray enjoyed the many friendships he made through the Rideau Trail Club, and realized the importance of group outings in order to introduce new members to the pleasures of the countryside, he always emphasized the importance of individual enjoyment of the trail. He loved to be alone with nature, to go on quiet outings to the woods in the hopes of surprising a deer or other animals along the trail, of catching a glimpse of some unusual bird. He was thrilled by the sounds of the Canadian wilderness --the cry of the loon, the honking of Canada geese, and the lonely howl of the wolf.

If Ray could have the last word here, he would probably wish all members of the Rideau Trail Association many more years of happy hiking.

Kingston Club Essay Contest Results

Our judges report that the Grade 7 and 8 students submitted a high calibre of entries. "Many more entrants than we are allowed to award prizes demonstrated thoughtfulness, appreciation of nature, ecological awareness, energy and a strong command of language."

1st Prize: Megan Sara Lam, *The Spirit of Hiking*

2nd Prize: B.S. Warren, *A Sanctuary for Fox*

3rd Prize: Jeff Colgan, *Camping on the Rideau Trail*. Our thanks to members Terry Fuchs and George Parker for acting as our two judges.

The first prize essay by Megan Sara Lam is printed in this issue. Look for the 2nd and 3rd prize winners in future newsletters.

Pennsylvania 1989

by Cathy Cutts

June 1989 was "Rivers Month" in Pennsylvania. On 14 out of 18 days prior to the Appalachian Trail Conference at East Stroudsburg University there had been rain so we had to cope with high levels in streams, rivers and waterfalls. Everywhere looked fresh and green, although wet and muddy in places. The mountain-laurel was in full bloom.

The wide variety of hikes included some which featured listening to taped music, some that were in sequence to allow people to hike a good chunk of the trail and some in state parks of varying lengths and difficulty. In Rickett's Glen State Park there were 21 waterfalls ranging in height from 11 feet to 94 feet.



Donald Cutts' view from Mount Minsi of the Delaware Water Gap

Some of our group of 9 from Kingston met a rattlesnake defending its territory. Some danced the Kahominy with the Munsee Indian Dancers. Some always seemed to be near the dessert table. Some joined in the square dancing. Most of us saw the excellent evening programs. Some visited National Historic landmarks and some enjoyed a leisurely "2 mule power" canal boat ride. A quilting square was made which included 3 maple leaves and it will be part of a wall hanging at A.T. headquarters at Harper's Ferry.

For those who like to plan ahead, the 28th A.T. meeting will be in N.W. Massachusetts, June 1991. Comments were made that registration may be limited to 1000.

In the Spirit of Hiking

by Megan Sara Lam

It was a crisp cool February morning. The sun had barely been up as the last of my hiking gear was loaded on my back, a pair of snow shoes I was told I'd need for part of our hike. The snow crunched underfoot as we set out in a line, with a partner at our side. The sun was now starting to come up and we could see our breath in the cold morning air. The Rideau Trail lay before us, with all it's twists and turns and wonders of nature, and I was determined to take it all in.

With undaunted spirit, we went through bushes and around marshes, and soon found ourselves at an old cemetery. As I studied the stones, I wondered what sadness and joys the old tomb stones held buried below them. Some were so old, you could hardly read the dates, and some were very large and had beautiful carvings on them. Somehow, they didn't seem sad at all. Perhaps because they were so old and so much time had passed, that they seemed instead, to give a message of comfort.

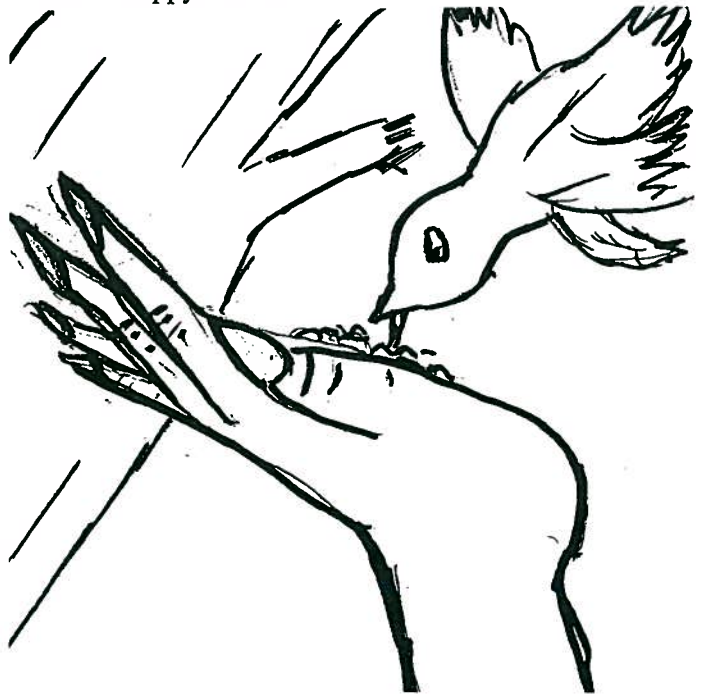


We trudged on over hills and through snow, that seemed more than deep at times. It was now evident to me why we needed the snow shoes.

It was time for a rest, so we stopped for twenty minutes or so. I drank some orange juice and ate a mixture of nuts and chocolate that made up a tasty snack and gave me a boost of energy.

With our packs back in place, we pressed on. In the distance I could hear traffic and a train whistle, but it soon faded as we got deeper in the woods.

We were told to stop and quietly listen. You could hear birds chirping way up in the trees, hidden from view. I had remembered to bring a small bag of bird seed with me, I placed some on the palm of my hand and stood quietly with my arm outstretched. Before I knew what had happened, a small bird swooped down and snatched some bird seed right out of my hand. She flew quickly out of sight and disappeared in the trees. I sprinkled the rest of the seed on the ground, so other birds could feed too. There was chirping everywhere. What a happy sound!



We were told that in about another hour and a half, we would arrive at Gould Lake. I'd been there before but not from so distant a starting point. I vowed not to give in to tiredness, as there was definitely no turning back. Some of us were novice hikers, not as seasoned as our leaders, but needless to say, we had an undying spirit.

When we reached Gould Lake, we were supposed to build a fire and cook a small lunch. We searched for twigs and crumpled up small pieces of newspaper, that we had carried in our packs. With some matches and a bit of lard we started our fires.

Each person had food of their choice. I made hash brown potatoes and some hot chocolate. I'm glad I

remembered some foil and a cooking pot. It tasted great, and a little undercooked. I had actually carried more with me than was necessary,, so perhaps I felt a little more worn out as I remembered the scout motto, "Be prepared!"

I felt full of renewed energy after a rest and my dinner. We extinguished our crackling fires and quickly cleaned up our mess leaving everything as we had found it. We all set our packs in one pile as we set out to explore the lake. It was hard to rill the lake from the shore, as it was all frozen.

I searched for animal tracks in the snow and tried to guess what animal they belonged to. I followed some rabbit tracks but they quickly disappear into the surrounding bush. Then near the lake, up a partly thawed creek, I spotted several beaver lodges. I could hear splashing noises in the distance. How I wished I'd see a beaver, and there it was as it quickly disappeared under the water. I remembered a book I had read in school last year called *The Wise One*. It was all about beavers and I wondered how many lived in the lodge, Perhaps a doe had just had new babies and they were learning to swim and hunt for food.

I'm sure if I searched more, I'd find fox prints in the snow too, but it was time for us to meet and prepare to hike back home. I once again adjusted my many layers of clothes as we helped one another put our packs in place. After several miles through wooded trail, we had to cross a highway. Was that a familiar car parked waiting in the distance? Yes it was. Several of us took a much needed drive home and bid our leaders a tired farewell, till next time.

I think I did quite well, as it was only my third time to hike and my first at such a distance. Maybe I wouldn't carry quite so much next time. All that fresh air made me tired as I dozed off to sleep on the way home, vowing to see it right to the end next time. Although tired, I had a wonderful day and could hardly wait to tell others so they could experience the joy of nature that I felt.

Coming Soon!

Souvenir maps of the Rideau Trail will be available for sale in the near future. Poster size for display, these will make interesting gifts for hikers. Watch for more information in a future newsletter.

Frontenac Park - May 12-14, 1989

by Jane Kennedy

The plans were made, the packs were packed, the forecast was grim, but we went anyway. And so, that Friday evening in early May, six people were sitting around a cosy fire at campsite #8 on the shores of Birch Lake in Frontenac Park. Bob and Dorothy, on their first ever backpack, were the first to arrive. They had to wait out the downpour before starting out but still managed to get a fire going from the soggy wood. Nanette and Pearl only experienced heavy damp on their way in so they rigged up a shelter at camp. Tom and I made it in before dark - dry. Then the moon came out and we heard the loons.

On Saturday morning, what started as thick mist turned into heavy rain. So we ate, packed up wet tents and moved on. But it wasn't cold and we kept pretty dry until that flooded, slippery beaver dam. There, some time was spent scrambling around looking for a better wet log. Only Tom managed to get wet to the knees. After that, the rain eased off and we never looked back. By noon we were at Lynch Lake, our next camp. Once more we were favoured by loons on the lake and our drinking water was clear and easy to reach.

The afternoon was spent checking out the flora and fauna and campsites #9 and #10. We saw porcupine, muskrat, beaver and maybe an otter. The woods were filled with songbirds and we saw an osprey who was defending his nest from us intruders. The leaves were not yet out and only the slight hint of green mist around the trees told us it was spring and not fall. That and the many spring flowers which poked out from the dead leaves on the forest floor. The trail was wet and mushy and flooded in many areas but never impassable. Anyway, once your feet get wet you can relax and concentrate on the scenery.

We did a circuit from campsite #12 to Hardwood Bay and then along Devil Lake and finally back to camp. The sun was well out when we got back where Andrew had now joined the group. Then bugs which were sluggish and not biting at noon were now four million hungry blackflies. Could summer be far away? We wanted a real smoky fire!

By Sunday, heat and sun had arrived to accompany us (including the above four million) on our walk out. The sun made the forest floor a garden of trillium and spring beauty and all too soon the weekend was over.

RIDEAU TRAIL ASSOCIATION

KINGSTON OUTINGS

For more information regarding the scheduled events, please call the leaders. Park charges apply to all events in Frontenac Park. Feedback regarding this program may be directed to Su Nag, 546-6041. Leaders are reminded to send the list of people attending hikes to Shirley Harmer, 549-4852.

Saturday, Sept. 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, Sept. 13. Charleston Lake

Hike in this scenic area. Bring a lunch. Meet at Sears north door at 10:00 am.

Leader: Marg Page, 389-7840.

Saturday, Sept. 16. R.T.A. AGM

Hope to see you at Hotel Kenney for the Annual General Meeting. See announcement on page 10. Those requiring a ride should call Lynn Nolan, 389-8747.

Sunday, Sept. 24. Amherst Island

This will be a ramble to identify the migrating birds. Bring your binoculars, bird guides and a lunch. Meet at Sears north door at 9:00 am sharp for departure to the ferry dock.

Leader: Winnie Smith, 542-8219.

Saturday, Sept. 30. Trail Maintenance

We need your help to maintain our trails. Bring tools and a lunch. Meet at Sears north door at 9:30 am. Maintainers please send a report of your section of trail on the RTA Trail Maintenance form to Su Nag, 546-6041, by September 15th.

Sunday, October 1

1. Frontenac Park. Hike the Doe Lake Loop. Bring a lunch. Meet at Sears north door at 9:30 am. Leaders: Jean Thompson, 544-0340 and a park representative.

2. Cataraqui Cemetery. Join a guided walk organized by the City of Kingston as a "tribute to Cataraqui". Meet at the cemetery at 1:30 pm.

Sunday, October 8. Westport Area

Hike in the Foley Mountain Conservation Area and enjoy the spectacular view from Spy Rock. Meet at Sears north door at 1:30 pm.

Leader: Alberta Edgar, 542-9662.

Thanksgiving Dinner. The hike will be followed by Thanksgiving Dinner at the Stage Coach Inn in Newboro. Make dinner reservations by calling Chris Barker, 544-3612 by October 4. Cost of dinner will be \$12.95 + tax.

Saturday, October 14. Frontenac Park

Hike the scenic Cedar Lake Loop. Not difficult, just long (15 km). Bring a lunch. Meet at Sears north door at 9:00 am.

Leader: Janice Ley, 542-9958.

Weekend, October 21-22. Backpacking

Bring your own gear and food for this annual trip in Frontenac Park. Meet at Sears north door on the morning of the 21st at 9:30 am. Day hikers are welcome.

Leaders: Dale & Orla Myrfield, 389-4407.

Wednesday, October 25. Elginburg area

Hike in the Elginburg area (Map 1). Bring a lunch. Meet at Sears north door at 10:00 am.

Leader: Bernard Gates, 389-1835.

Saturday, October 28. K.F.N. Sanctuary

Hike in the scenic but rugged Kingston Field Naturalist sanctuary near Frontenac Park. Bring a lunch. Meet at Sears north door at 9:30 am.

Leader: Johanna Koeslag, 384-5534.

Sunday, November 5. Slide Lake Loop

Scenic but rugged (Map 3, 13.4 km). Boots recommended. Bring a lunch. Meet at Sears north door at 9:30 am.

Leader: Klaus Stegeman, 542-5375.

Saturday, November 11. Opinicon Loop

Hike in the northern part of this trail (Map 4). Bring a lunch. Meet at Sears north door at 9:30 am. Leader: Keith Bull, 546-9693.

Wednesday, Nov, 15. Rideau Trail

Hike in the Maple Leaf Road area. Bring a lunch. Meet at Sears north door at 10:00 am. Leader: Pauline McMichael, 544-1648.

Sunday, November 19. Opinicon Loop

Hike in the southern part of this trail (Map 3). Bring a lunch. Meet at Sears north door at 9:30 am. Leader: Ray Forester, 542-4385.

Saturday, November 25. Bedford Mills

Hike in the Bedford Mills area (Map 4). Bring a lunch. Meet at Sears north door at 9:30 am. Leader: Don Cutts, 542-5414.

Sunday, December 3. Frontenac Park

Hike in the eastern section of the park. Bring a lunch. Meet at Sears north door at 9:30 am. Leader: Eric Usherwood, 542-9958.

Saturday, Dec. 9. Hike, Dessert & Coffee

Come for a leisurely stroll east of Perth Road towards Chaffey's Locks. Bring a lunch. Meet at Sears north door at 9:30 am. Leader: Norm McLeod, 546-9440.

Dessert & Coffee. Our annual dessert and coffee get-together will be held at 8:00 pm. For information call Lynn Nolan, 389-8747.

Wednesday, Dec. 13. Cataraqui Cemetery

A leisurely walk through the cemetery. Bring a lunch. Meet at Sears north door at 10:00 am. Leader: Cathy Cutts, 542-5414.

Sunday, December 17. Lemoine's Point

A good area for a brisk walk or ski? Meet at Sears north door at 1:30 pm. Leader: Marg & John Page, 389-7840.

Kingston Club Members

Help Required!

We plan to repair a bridge on the trail at the West side of Gould Lake on the weekend of September 9-10. Volunteers are needed to help with this project. Meet at Sears north door at 8:30 am on the 9th. For more information, call Shirley Harmer, 549-4852 or Allan Tattersall, 549-4080.

Positions Vacant

The positions of Maintenance Coordinator and Hike Program Coordinator are vacant on the Kingston Club Executive. The need to fill these positions is becoming urgent. Assistance is available to ease anyone volunteering into these jobs.

The Maintenance Coordinator's job involves making sure maintainers are assigned to every section of the Kingston area of trail (as far as Murphy's Point Park) and that the trail is properly maintained.

The Hike Program Coordinator prepares the outings schedule each quarter for insertion in the newsletter. Most of the work is done by telephone during the evening hours.

Either sex can handle either position! Call Keith Bull, 546-9693.

Ski Algonquin Park

with the Kingston Club

at

The Renowned 4 star Bear Trail Inn, Whitney

on

Friday, January 19 - Sunday, January 21, 1990

This is one of the finest cross country ski lodges in southern Ontario. Enjoy miles of groomed trails for all levels of skill! Our package includes two nights accommodation, four meals, bus transportation from Kingston and all gratuities and taxes. The cost is only \$165.00 per person, double occupancy. (Slightly higher for single.)

Departure, 5:00 pm on Friday, return to Kingston by 7:00 pm on Sunday. Our group is limited in size so first come, first served. Reservations must be received by November 14, accompanied by a cheque for \$40 made out to "Kingston Rideau Trail Club, to assure a seat on the bus.

For more information and reservations contact:

Keith Bull, 546-9693
220 Country Club Drive
Kingston, Ontario, K7M 7B6

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 times indicated below. There is no charge except a few dollars gas money, since private cars are used for transportation to the trail head. Some outings are followed by a visit to a place of refreshment, but this is usually decided on the day.

As indicated below, the fall program provides a variety of outings for all tastes and includes end-to-end hikes not necessarily sequential 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 continue their Gatineau hikes every Wednesday at 9:30 am meeting at Booth and Albert. When circumstances permit, there will be both an easier walk and a more vigorous one. Bring a lunch. Call Dorothy Belter, 523-4420.

Sunday, Sept. 10. End-to-End
Bedford Mills to Perth Road and Maple Leaf Road, about 19 km. A seldom walked but attractive section of trail. Bring a lunch and good footwear. Meet at Booth and Albert at 9:00 am.
Contact: Ron Maybury, 489-2255

Saturday, Sept. 16. R.T.A. A.G.M.
See the notice on page 10.

Sunday, Sept. 24. End-to-End
Ottawa Lake Road (south of Perth) to North Burgess Road about 15 km. This hike was postponed in the spring, will be led by Ron Beacock of the Central club, 267-4204. Bring a lunch and good footwear. Meet at Booth and Albert at 9:00 am.
Contact: Linda Hayes, 234-1045

Saturday, Sept. 30. End-to-End
Murphy's Point Park to Narrow's Locks, about 16

km. Another attractive section. Bring a lunch and good footwear. Meet at Booth and Albert at 9:00 am. Contact: Pat Smith, 443-2241 or Chris Jones, 824-3512

Friday-Sunday, Oct. 7,8,9. Frontenac Park
Backpacking trip, no tent necessary this time. Enjoy the fall colours. Contact Pearl Peterkin, 829-3062 by September 23.

Saturday, Oct. 14. Snow Road Area
a relaxed hike of up to 17 km in the area of the Kingston & Pembroke Trail. (Only part of the hike is on this trail, however). Enjoy the fall colours. Meet at Booth and Albert at 8:30 am. Bring a lunch and good footwear. Contact: Ed Simpson, 828-1679 or Bill Grant, 820-0697

Sunday, Oct. 14. Green's Creek
Peter de Lepper will lead us on the first hike in this area to take advantage of the fall colours. About 15 km. Meet at Booth and Albert at 9:00 am. Bring a lunch and good footwear. Be prepared to rough it. Contact: Peter de Lepper, 746-0842

Saturday, Oct. 21. End-to-End
Maple Leaf Road to East entrance of Frontenac Park. Ray Forester of the Kingston club will lead us in this interesting hike of 17 km. Meet at Booth and Albert at 8:00 am. Bring a lunch and good footwear. Contact: Bill Grant, 820-0697 or Ray Forester, 1-542-4385.

Sunday, Oct. 22. 12th Joint Outing with Ottawa Field Naturalists
General interest ramble exploring trails in Murphy's Point Park where the autumn leaves should be at their best. Bring a lunch and good footwear. Optional stop at the Maple Drop Tearoom in Perth on the way home. On this occasion only, meet at Sears, Carlingwood Shopping Centre, Carling and Woodroffe Aves. at 9:30 am.
Contact: Eileen Evens, 741-0789.

Saturday, Oct. 28. Gatineau Park
Enjoy the fall colours on a vigorous hike in the Gatineau hills. Meet at Booth and Albert at 9:00

am. Bring a lunch and good footwear.
Contact: Nanette Whitwam, 733-2118

Sunday, Oct. 29. End-to-End

Sydenham, Gully Road area to Murton Road, about 10 km. Meet at Booth and Albert at 8:00 am. Due to the distance from Ottawa, this will be a long day. Bring a lunch and good footwear.
Contact: Frank Kemp, 749-3328

Sunday, Nov. 5. Children's Hike

A gentle ramble with children in mind, about 3 hours. Bring a light snack and rainwear if appropriate. Meet at Booth and Albert at 1:00 pm.
Contact: Peter Brebner, 729-8178

Monday, Nov. 13. Marlborough Forest

Celebrate the Remembrance Day holiday in the forest. The deer hunting season is over. Meet at Booth and Albert at 9:00 am. Bring a lunch and good footwear and warm clothing.
Contact: Linda Hayes, 234-1045

Saturday, Nov. 18. Trail Maintenance

Help maintain the Rideau Trail (easy work) and get some outdoor exercise too. Bring a lunch and good footwear and a hammer. Meet at Booth and Albert at 10:00 am. Contact: Chris Jones, 824-3512 or Pat Smith, 443-2241.

Sunday, Nov. 26. Bruce Pit-Fallowfield

A good hike of about 15 km through the Stony Swamp area, a popular hiking area. Bring a lunch and good footwear and warm clothing. Meet at Booth and Albert at 9:00 am.
Contact: Chris Jones, 824-3512

Sunday, Dec. 3. Brunch and Hike

The last hike of the year. Meet at Booth and Albert at 10:00 am. Bring a light snack and hot drink. Phone Marg Lafrance, 739-1121, for reservations.

Saturday, Dec. 9. Work Party

Visit the cabin in the Marlborough Forest and get a little exercise gathering firewood, etc. Meet at Booth and Albert at 10:00 am. Bring a lunch and good footwear. Contact: Dave Stinson, 739-2703 or Bill Grant, 820-0697.

Friday, Dec. 15. Christmas Carols

Annual carol singing at 1890 Wembly Ave. (Carling and Maitland area) at 8:00 pm. Bring along your favourite Christmas music. Refreshments.
Contact: Marie Andrews, 728-3016.

RIDEAU TRAIL ASSOCIATION

Annual General Meeting

Saturday, September 16, 1989

Hotel Kenney, Jones Falls

10:00 a.m.

A business meeting for the election of new executive will be followed by a bring-your-own lunch, 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 & gratuities extra)

EVERYONE WELCOME

Reserve for dinner by calling:

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

Ottawa Club Executive, June 1989

Chairman	Linda Hayes	993-4078
Treasurer	Aileen Wade	957-7415
Routes & Negotiations	Peter Brebner	729-8178
Newsletter	Elizabeth Mason	729-6596
Outings	Bill Grant	820-0697
Trail Maintenance	Chris Jones	824-3512
	Pat Smith	443-2241
Publicity	Mike McNaughton	748-0234
Cabin Maintenance	Dave Stinson	739-2703
Telephoning	Mickey Narraway	596-1677
Secretary	Jacoba Fuykschot	722-6022
Human Resources	Julie Brunet	236-8601

MUSINGS by Hank

I usually carry a walking stick when I go hiking. It is one of those sturdy stockman's canes that you can get for about \$5 at any county fair or livestock auction barn. I carry the stick primarily because of dogs - my own and others.

Hiking with a dog has some disadvantages. When I take her with me I don't get to see much wildlife. All squirrels, chipmunks and groundhogs sense her approach and have taken cover long before I get there. But that is a small price to pay for the pleasure of her company.

She is getting on for 12 years old, a gentle soul so I don't have to worry about her causing trouble. But she is a good size - a Siberian Husky - and every dog in the countryside has to pay a visit. There are a lot of dogs in the rural areas, mostly running loose. They sound off with furious barking as we approach and run up to the property line with hackles raised and fangs bared. Then they quiet down and come over to check out the visitor.

That is where the walking stick proves useful. A stick seems to be a universal authority symbol for dogs. If the local dogs are getting a bit too boisterous or it looks as though tempers might flare, I just insert the stick between the dogs and a little prod seems to do the trick.

Trying to kick a dog away can be dangerous - you might get bitten - but more likely the dog will just dance out of range of your foot leaving you feeling foolish and frustrated. Throwing a stone could cause injury to the dog.

The stick provides just the right level of authority and protection. Neither my dog nor I have ever been attacked, or even threatened, by any dogs we've met in the country. I personally have a n aversion to noisy dogs and I sometimes wonder how people in the country can put up with the constant barking, but maybe if I lived in the country I would feel differently.

Although my dog generally runs free as we ramble, I always have a leash available. I put it on her when the trail enters private farmland. I don't think my old husky will chase any farmer's sheep or cattle or chickens, but with dogs you can never be really sure. I put her leash on primarily because I feel I owe it to the landowner to demonstrate that I know I am on private land and I respect his property. With the leash, the dog won't go anywhere that I don't.

Walking With My Dog

I am a bit of a loner by nature, but having the dog is one reason why I tend to hike so much alone. People who go out hiking to experience nature, don't want someone's dog romping ahead - and that is what dogs always do - sending every living creature running for cover.

But as I said, she is nearly 12 years old. Her hiking days are numbered. As long as she has the health to enjoy being out on the trails, we'll do our hiking together. When she can no longer muster the energy, you will likely see me on more of the group hikes.

MUSINGS by Hank is an occasional column written by Henry Heald of Ottawa to express his views on a wide range of topics.

Ontario Heart Fund Walkathon

The 8th of May was a cloudy, windy and cold day. Not the sort of day one orders for a Walkathon. Despite the weather about 30 people showed up, including our mayor, Helen Cooper. There were patches of budding trillium, trout lilies, and Dutchman's breeches here and there separated by large puddles of water which we walked through. Ducks were flying around undaunted by the weather. Hot chocolate at the end of the hike added a warming touch.



Thanks to all volunteers for collecting a total of \$2442.00 for the Heart Foundation. Thanks to the following merchants for contributing prizes to the three with the highest amount of pledges:

Alford's Sporting Goods
Canadian Tire, Bath Road

Locks, Pictographs and Portages

by Mark Millan, Outdoor Education Teacher

Day Two

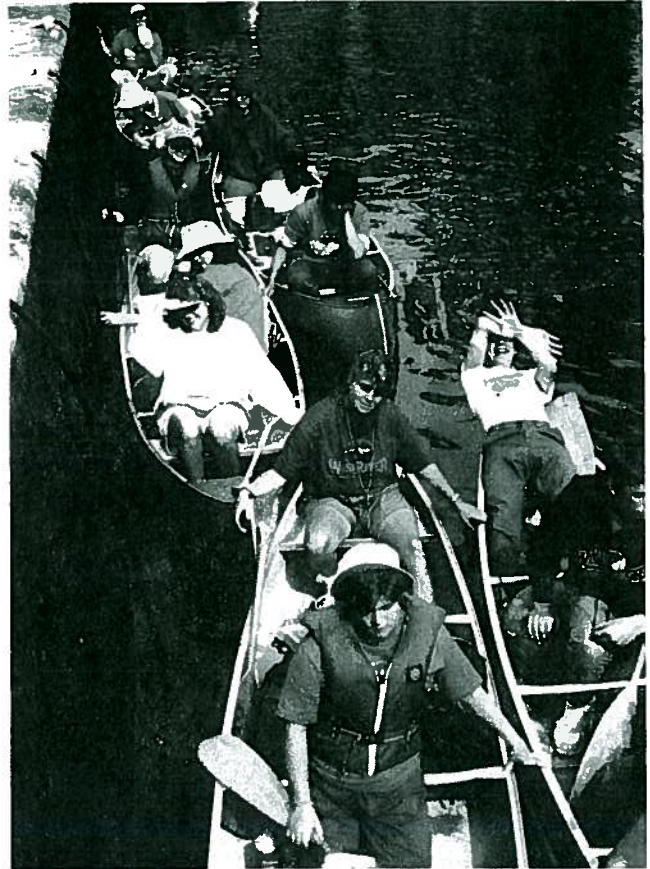
...After lunch we paddled the rest of Morton Creek, finally entering Oak Bay. At the end of Oak Bay we stopped near a cottage. The cottage owner came down to talk to us. The 'French Man' was pretty happy to see 27 people in canoes so he took a picture and offered to show it to us next year. We then paddled across Lower Beverly Lake and entered Lyndhurst Creek. Everybody was tired once we got to Lyndhurst, but everyone worked hard on the portage. The population of Lyndhurst doubled for about 40 minutes... Entry from student log, June 14, 1989.

Each spring for the last three years, Intermediate students from Rideau Heights Public School in Kingston have gone on a three or four day canoe trip as part of their Outdoor Education Course. This year's four day trip saw the students paddle from Chaffey's Locks to Charleston Lake Provincial Park. This canoe route is a highly recommended one, since there are many historical and natural highlights along the way. In particular, the section between Jones's Falls and Charleston Lake holds many pleasant surprises for Rideau Trail members who take to the water by canoe, or who drive to their destinations for a 'walk about'.

While at Jones Falls, students visited the Blacksmith Shop, Lockmaster's House and the Stone Arch Dam, all built by the British Engineers while building the Rideau Canal. This visit allowed the students to gain a better understanding of pioneer times along the Rideau Corridor. The summer Interpretation program at the locks is second to none, and it is highly recommended, especially the working Blacksmith shop that still does most of the restoration work for the canal today.

Our canoe trip resumed with our canoes being 'locked through' to the northern end of Whitefish Lake. With nine canoes and 27 students and staff, today was going to be a real test of endurance, because we had a good eight hours of canoeing and portaging ahead of us. Since the water was very calm, we quickly paddled around Hog Island and into Morton Bay, where we paddled under the shadow of Rock Dunder. We arrived at the Morton portage and proceeded to make record time across the five-hundred metre, fairly flat walk. With all of our equipment and canoes across, we loaded up and pushed off into Morton Creek, which meanders for approximately five kilometres before entering Oak Bay on Lower Beverly Lake. There

are no really good (of public) places to stop to have lunch while on the Creek, so we had floating lunch in the canoes. The prevailing winds, which usually greet us in the face upon entering Oak Bay were not there, so we continued to make great time, getting to the large body of the Lake about an hour and a half later.



Our canoes are "locked through" at Jones Falls

Lower Beverly Lake can be very dangerous in a canoe, but today the winds were still sleeping. As we had planned, it was best to be off the lake before the winds grew stronger later in the afternoon. We quickly made for Halladay Bay and the entrance to Lyndhurst Creek. After another four kilometre paddle, we arrived at Lyndhurst and completed the five hundred metre portage down Ford Street to Lyndhurst Lake, where we stopped for the night at Wilson's Campgrounds.

Our next day saw us take to the water and paddle down Lyndhurst Creek to Singleton Lake, and along Long Beach through to Red Horse Lake. The portage into Donaldson Bay can be found due east of the peninsula which divides Red Horse

Lake. Several years ago, at the eastern end of the portage into a little bay in which we floated, archaeologists found several well preserved clay pots in the silt. These pots have been dated to over 2000 years ago, as have other finds along the portage. It was a real experience for the students to carry over a portage that was a main connecting route for our very earliest ancestors.

After completing the portage, which has some hilly as well as low wet sections, we paddled over to Bill Island in Donaldson Bay where day use picnic facilities are maintained. A leisurely hour long paddle after lunch brought us to our last camping spot, the Tallow Rock Bay campsites.

Tallow Rock Bay is named after the legend of the Tallow Rocks, where early North Americans smashed open animal bones to get the marrow to combine with animal fat to create tallow. It is said that the flat rocks at the campsite still smell of tallow on a warm summer's day.

Our final day saw us visit historical pictographs on the west side of Runnings Bay and the Gordon Rock Shelter on the Sandstone Island Trail in Charleston Lake Park. This massive rock shelter, used by hunters and gatherers hundreds of years ago, is one of seven rock shelters located in the park. This trip is highly recommended for all those who wish to experience 2000 years of history within a short drive of Kingston or Ottawa.

Day Four

...We started breakfast around 8 am -pancakes and syrup. Khoi caught a sizeable small mouth bass. We started packing while some people ate. We were on the water by 10:30 am. We paddled around the corner to Courage Cove where we saw a monument to two friends who had drowned together. We then paddled around a couple more corners and saw pictographs. We then sailed briskly across the bay to a canoe launch. After lunch we visited the Rock Shelter with our guide, Leslie. The bus arrived at 2:20 pm and we loaded for the bus trip home... Entry from student log, June 16, 1989.

Trip Notes

Length of Route from Jones Falls to Charleston Lake - 43 km
Camping at Jones Falls - \$5 with permission of lockmaster
Lyndhurst - Wilson Campgrounds, 928-2557
Charleston Lake - Tallow Rock Bay - 4 sites
Park Office, 659-2065

From Rails to Trails

by Mary Breig

During my cycle holiday in southern Ontario, I headed towards Port Dover to try out the Lynn Valley Hiking Trail which is the result of their Trail Association's effort to convert an abandoned railway corridor into a trail. It's beautiful!

While it was high noon on a hot June day (hardly the best hour for birds), a symphony of sound surrounded me - feathers big and small, flashes of yellow and red, perhaps because of the proximity to Lake Erie. And trees... a rich variety, each wearing its own shade of green: beech, pine, cedar, poplar, maple, huge willows and tall lean evergreens.

Although it was the height of the black fly season, the width of the right-of-way allowed a slight breeze and kept me high and dry in the open. I was not attacked by black flies or mosquitoes



Lynn Valley Trail Bridge

Congratulations to the Lynn Valley Association for their work in getting this rail line turned into a trail. Public support is needed so that scenic areas will be kept open for recreation. The terrain is solid and even, with bridges and culverts already in place. An interministerial committee has been set up by the Ontario Government to study abandoned railway corridors. You are encouraged to write in support of multi-use recreation trails to:
Mr. Norman Mealing, Chairperson, Interministerial Committee on Railway Line Abandonments
1202 Wilson Avenue, Toronto, Ontario, M3M 1J8

The End in Sight!

by John Anderson

Day 1 Say mister, do you know where we might find a hill.....

The problem with the Ottawa section, I decide, is that it is just too darn civilized! After the battle of the swamps in the Kingston section and the fight through the barberry of the Central section, the Ottawa section of the Rideau Trail is, well...dull!

The land north from Smith's Falls is as flat as a billiard table and after two days on the trail walking roads, allowances and snowmobile paths, there just doesn't seem to be any challenge anyore. There's not an insect in sight, nobody is threatening to burn down my tent, no one has a scratch, and we haven't put an ambulance on stand-by, even once! I mean, what type of trail is this, anyway?

Days 2, 3, 4 It's a bird, it's a plane. No it's a hill....

Our numbers have increased to 15 this year, all members of the Iroquoia Bruce Trail club and all happily ensconced in the Ottawa-Nepean municipal campground. Here the biggest challenge is directing foreign tourists towards the heart of our nation's capital, a mere 12 miles away.

The walking continues to be easy and the new guidebook makes all the difference. The maps and descriptions are in one book (full colour, no less), and for the first time in 3 years, we can actually figure out where we are! Well, most of the time.

Suddenly, there is a great stir of excitement as we come to a 10 foot drainage ditch. "Quick," says Ken, "take a picture. This is the biggest hill we have seen in 3 days." And you know something, he is absolutely right!

This is the first time in the trail that we don't really need a rest day, but we take one anyways to visit an Ottawa that hasn't really changed much.

Days 5, 6, 7 The end in sight....

The trail continues to be easy and flat, the only climb being a slight bump in the land called "Piety Hill", so named because it once had 4 churches. A little more secular now, it has 2 churches and a cornerstone laid by our buddy, Sir John A. We cross Stoney Swamp Conservation area on a boardwalk that we would have killed for in Kingston! Before you know it, we arrive at the Ottawa River.



Slower hikers are encouraged to catch up!

Linda Hayes of the Ottawa Club joins us on our last Day. She is a comely lass, much like the trail itself, supple, quiet and no-nonsense. It is all park-way now, paved jogging and cycling paths running next to the river. As this is a Saturday morning, runners and cyclists are everywhere! They look at us as if we were some strange new species, we look at them the same way.

Here is a speed walker who shoots past me as if I were going backwards. She walks like a duck! There is an aerobic jogger, his limbs festooned with hugh red weights. He is doing some strange 'Rocky' type contortions as he goes, but the ladies seem to like him anyways! And here are some sweet young things in....say, you know....I could get to like a hiking trail like this!

We walk by rapids, read plaques, zip around the waterworks, and before you know it, there it is! It is a strange feeling to look up from a hiking trail (even a paved one) and see Parliament Hill rising up before you!

Past the old Mill, under the Portage Bridge, around the tourists, and....yes....isn't that it....Richmond Landing....the bronze plaque....the end of the trail!

Linda immediately gets weighted down with a dozen cameras as we all pose for group photos. Afterwards, each of us lovingly touches the plaque, just to make it official. The hike is over!

Postscript.....

That evening, we are joined by Pearl Peterkin, past-president of the R.T.A. And in a touching little ceremony, she presents 10 of us with our coveted Rideau end-to-end awards. With a membership of only 700 and over 200 miles of trail, they definitely have a trail they can be proud of and we congratulate them on a job well done!

After the ceremonies, somebody asks what we intend to do next. I glance over at Ken, he is oblivious, deep in conversation. Once in a while a stray scrap of dialogue drifts my way....rugged.... north of Port Hope....just being completed....Ganaraska, you say?

I can almost see the wheels turning in his head. Maybe I'd better not put those hand clippers away quite yet....or the hip waders....or the bee ointmentOr....

The end!
(or is it just the beginning?)



What a change. Arne Henrikson is walking instead of skiing on this sunny January day. The sign erected by the Ministry of Natural Resources acknowledges that the Slide Lake Loop was originally routed by the Rideau Trail Association who maintain it on a volunteer basis.

Hike for the Health of it by Cathy Cutts

If someone tells you that all of S.W. Ontario is flat, don't believe them. We were on 4 trails in May 1989, when attending the Hike Ontario Conference in London, Ontario.

The most challenging hike was a 20 km one on the newly revitalized Elgin Trail. It winds 35 km through valleys and along wooded hillsides from Paynes Mills on Highway #3 to Port Stanley, in places adjacent to Dodds and Kettle Creeks. We hiked the section from St. Thomas south to Port Stanley. The members are very enthusiastic. Volunteers from other clubs helped on the Elgin Trail and also worked to refurbish the 100 km Avon Trail which was part of the 240 km Heart Valve Hike-a-thon. Cooperation was evident throughout the weekend. Thames Valley Trail Association are planning an extension to link up with the Elgin Trail.

The Medway Valley Heritage Forest is accessible from Western University Campus in the N.W. corner of the city of London. We were privileged to participate in a walk led by Steven Winder, a naturalist who has known the area since his childhood. At several rest stops along the trail he explained the significant aspects relating to geology, history (former mill site), archaeology as well as the flora and fauna. Over the years Steven has worked diligently to retain this as a natural area for passive recreationalists.

The keynote speakers at the banquet were Gary and Joanie McGuffin. I'd heard them being interviewed on the radio and remembered Joanie's "giggling". She was just the same, still giggling, so entertaining, so enthusiastic. Still in their 20's, they have crossed Canada by bicycle and by canoe. Their beautiful slides were of their hike on the Appalachian Trail.

The Rideau Trail had materials in a display called "Footpaths of Ontario". Also we showed R.T.A. slides to members of the Avon Trail in Stratford just prior to the conference. We also walked on the Thames Valley Trail and the Avon Trail. Other notes - Jill Leslie became the new president of Hike Ontario, the square dance, the entertainment, excursions and workshops were well supported, and the mosquitoes were just as hungry as the ones on the Rideau Trail.



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.

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