



The Rideau Trail NEWSLETTER

SUMMER 1990

ISSUE No. 76



The Rideau Trail Newsletter is published quarterly in March, June, September and December by the Rideau Trail Association. The editors of this newsletter are Wanda Baburek and Bill Wright 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, 1990 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.

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COVER PHOTOS:

Springtime in the Larose Forest
Collecting of Sap, Mill Pond Conservation Area
Lady Slipper Orchid, Purdon Conservation Area

Bill Wright
Elizabeth Mason
Bill Wright

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ESSAY CONTEST 1990

The prize awarded by the Kingston Rideau Trail Club was won jointly by Trevor Pross for his essay *Cross Country Skiing* and Rebecca Tolley for her essay *Magic on the Trail*.

Thanks are expressed to the judges, Mr. Terry Fuchs and Dr. George Parker.

Cross Country Skiing

Trevor Pross, Grade 8 R.G. Sinclair

Picture this scenario: you sling the skis on the roof in high spirits, the snow beneath your feet powdery and smooth, ready for the challenge of speed, grace, style. You start the car and turn on the heat, moving from the driveway you are anticipating your departure from the city and the plunge into a green forest trail.

You turn the radio on, and flick it to an interesting news station. It is then that your spirits drop, as they seemingly always do when you listen to the news these days, it is an environmental show. You are tempted by the off button, but instead you listen as you always do.

And as you drive you get worse and worse, you are mad, sad, you do not want to go on in a world such as the one they are describing; loaded with garbage and hate, cutting the forests down and polluting the air. You dream of the day without cross country skiing, a day without forests.

You speed up as your temperature rises in anger, anger at the world and the people who litter, the people who chop and hunt our forests to extinction, the people who you, the helpless taxpayer pay.

The buildings and loud advertisements eventually get fewer and fewer, and soon you are out of the city. Your hands grip on the wheel and the road whips by, the forest on either side of the road blurs with speed, its green frenzy blurring and mixing.

In your anger you almost forget to turn, but you calm down a little and drive down the gravel road to your favourite skiing spot, desolate and protected by the evil clutches of civilization.

You are alone, like you always are. You breathe in the cold, sharp air, savouring its cleanliness. You are away from the city now, away from the pollution,

recycling programs, junk mail, garbage and commercialism. You are alone.

You strap on your skis, pulling on your hat on and wrapping your gloved fingers around your poles. You start on the trail.

It is as you enjoy the splendour of a day of skiing that you realize just happy you are out here, as opposed to being in the city. You hate the city, you hate the environmental shows that seem to aim at depressing you. You detest the smog, the pollution, the garbage, the noise.

It is as you enjoy the splendour of a day of skiing that you realise you do not want to live any more, you do not want to go back to the city, to work. The forest trail whips you by in a hazy blur of green, the wind rushes past you.

You speed up, feeling your heart race in ecstasy of an incredible exercise. The snow sprays from the powerful stroke of your skis, your body becomes a flowing bird, flying across the sky of white snow. You inhale and exhale furiously, the cold air cooling your working body. You just want to get away, to never stop this bliss, the joy of life.

It is then you stop, you stop and look at the wonder of the forest and the snow below your feet. You look at the clear, sun splashed blue sky, you look at the tall, busy trees dancing in the light wind. They mix and churn in green splendour, blurring suddenly as hot tears fill your eyes. Words of that environmental show echo in your mind. You pant, and suddenly laugh. A hearty chuckle, then a roar, a gleeful laugh of happiness. You tilt your head back in joy, staring at the sky and laughing.

It is not so much that the environmental show was wrong or anything, definitely not. But what does it matter? You still have this - this beauty all around you. You still can let your skis fly in the wind of speed.

It is as you enjoy the splendour of a day skiing that you realise your love of life. Who could not? With places like this the Rideau Trail, where one could fly across the sky of a winter's day, smelling the poignant smell of coniferous trees. With all this incredible life all around you one cannot help but feel an overwhelming passion for it, a longing for the breeze, laden with sweet scents and seeds. Who could not love this beauty?

Who could not?

RIDEAU TRAIL ASSOCIATION ANNUAL GENERAL MEEETING

Saturday September 22, 1990
10:00 a.m.

Trinity United Church
41 Market Street
Smiths Falls

Meeting Agenda

A business meeting with election of new executive followed by lunch (bring your own) and activities in the afternoon.

10:00 a.m.	refreshments
10:30 a.m.	business meeting
noon	lunch
1:00 p.m.	presentation and hikes
5:30 p.m.	Buffet dinner

RESERVE FOR DINNER BY SUNDAY SEPTEMBER 16

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

NOTICE OF CHANGES TO BY-LAWS

The Board of Directors of the Rideau Trail Association is proposing changes to the Bylaws of the Association to be voted on at the Annual General Meeting, Sept. 22, 1990. The text of the proposed changes will be available for review from the Clubs. Contact your Club if you wish to review the revisions to the bylaws.

KINGSTON CLUB EXECUTIVE

The new slate of officers for the Kingston Club executive is as follows:

Chair	Patricia Lynn	546-3993
Vice-Chair	Arch Mason	544-5690
Past-Chair	Su Nag	546-6041
Secretary	Margaret Page	389-7840
Treasurer	Norm McLeod	546-9440
Routes & Negotiating	Ed Gill	389-3108
Construction	Allan Tattersall	549-4080
Maintenance	Don Green	389-5458
Publicity	Jean Thompson	544-0340
Hike Programme	Bernie Gates	389-1835
Special Events	Lynn Nolan	389-8747
Human Resources	Shirley Harmer	549-4852
Representative to RTA	Sig Swanbergson	384-3560
Newsletter Editor	Johanna Koeslag	384-5534
	Chris Barker	544-3612

FRONTENAC PROVINCIAL PARK

Wilderness Skills Training Programme
Schedule for Summer 1990

June 3	Camping Skills and Equipment
June 9/10	Recreational Canoe - Camping Weekend
June 23/24	Lakewater Canoe Certification
July 8	Kayak Touring
July 11	Wilderness Survival for Children (Session I)
July 22	Canoeing Clinic
August 8	Water Safety
Aug. 11/12	Family Canoe Weekend
August 22	Wilderness Survival for Children (Session II)
August 26	Canoe and Paddle Workshop
Sept 8 -10	Canoe Trip and Skills Session (Weekend I: Novice)
Sept 15/16	Canoe Trip and Skills Session (Weekend II: Experienced Canoeists)
Sept 22	Orienteering, Map and Compass
Sept 30	Photography Workshop
Oct 13/14 and 27/28	Wilderness First Aid Rescue and Evacuation Course
Oct 21	Lightweight Nutrition

To register for any of the programmes described above, please telephone 613-376-3489

RIDEAU TRAIL ASSOCIATION OUTINGS

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. Some outings are followed by a visit to a place of refreshment, but this is usually decided on the day.

As indicated below, the summer program provides a variety of outings for all tastes. 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 participants and send them to Bill Grant.

The End-to-End hikes will be completed in June, as indicated below, but a number of hikes are planned for the Trail itself, which End-to-Enders who have not covered the whole trail may wish to note. End-to-Enders who have missed major sections should advise Bill Grant and requests for hikes in the fall on sections of the Trail will be considered in planning the fall schedule.

Some End-to-End hikes will be repeated, in any event, and End-to-Enders should watch for these if they wish to fill in a missing section. It is now our intention to hike all the loop trails and three of these will be found in this list.

Wednesday Walkers continue their Gatineau hikes every Wednesday at 9:30 am, meeting at Booth and Albert Streets. When circumstances permit, there will be both an easier walk and a more vigorous one. Bring a lunch, and a swimsuit, just in case, as well as some form of insect protection. Call Dorothy Belter 523-4420 or Nanette Whitwam 231-5417.

Sat. June 23 End-to-End, Gould Lake

At last! - the final End-to-End hike, in the beautiful Gould Lake area. (Map 2) About 15 km, with a side trail. Car shuttle. To celebrate the completion of the series, if weather permits, we may want a swim in Gould Lake, or a tea stop on the way home. Bring a lunch, good footwear, insect protection, and a swimsuit. Booth and Albert 8:30 a.m.

Leader: Frank Kemp 746-6705

Sun. June 24 Bicycle Tour to Aylmer

About 40 km return, mainly on cycle paths along the Ottawa River. Bring a snack.

Booth and Albert 10:30 a.m.

Leaders: Barri and Dennis Scully 233-3770

Sat. July 7 Rideau Trail Murphy's Point Area

Celebrate Canada's birthday with a short hike and a long swim. Bring a lunch, insect protection and swimsuit. Booth and Albert 9:30 a.m.

Leader: Linda Hayes 234-1045

Sun. July 8 (Rain-day, July 15) Canoe Clinic

Improve your stroke. Some expertise required. You must have your own canoe or the use of one. Bring a light snack. Registration required.

Brewer Park (Bronson at Sunnyside) 9:00 a.m.

Contact: Rick Ramsden 733-3656 to register

Sun. July 15 Larose Forest

Our third annual summer visit to this interesting forest, followed by a swim and refreshments at Pat Smith's. An event not to be missed! Bring light snack, insect protection and swimsuit. Booth and Albert 9:00 a.m.

Leaders: Pat Smith 443-2241

Chris Jones 824-3512

Sat. July 21 Bicycle Outing

A good run along the Ottawa River Parkway to Cumberland. Bring a lunch.

Booth and Albert 9:00 a.m.

Leader: Don Mitchell 749-9537

Sun. July 29 Gould Lake Side Trails

(Map following Map 2)

A pleasant 10 km on the scenic trails on the east side of Gould Lake, followed by a tea stop on the way home, if feasible. Bring a lunch, insect protection and a swimsuit, just in case. A fairly long drive.

Booth and Albert 8:30 a.m.

Leader: Don Mitchell 749-9537

RIDEAU TRAIL ASSOCIATION OUTINGS

Monday August 6 Gatineau Park

A good hike in the hills - length depending on weather - followed by a swim. Bring a lunch, good footwear, insect protection and a swimsuit.

Booth and Albert 10:00 a.m.

Leader: Margaret Lafrance 233-8501

Sat. August 11 and Sun. August 12 Bicycle Outing

From Westport to Kingston and return along recommended cycling routes: overnight in Kingston.

Contact: Andrew Oakes 225-8982 by Wednesday August 8

Sun. August 12 Gatineau Park

A vigorous non-stop hike, including bushwhacking, which will proceed regardless of weather. Long pants suggested and good footwear, as well as insect protection. Bring a lunch and swimsuit and be prepared for a long day.

Booth and Albert 9:00 a.m.

Leader: Graham Creedy 233-1657

Sat. August 18 Charleston Lake

The sixth annual visit to this beautiful provincial park for hiking, followed by a swim. This year, we'll do all the shorter trails, if weather permits. Bring a lunch, drinking water, insect protection, and swimsuit. Be prepared for a long drive and a long day - but it is worth it!

Booth and Albert 8:30 a.m.

Leader: Bill Grant 820-0697

Sat. August 25 Bicycle Outing

Along the River to Britannia Park and a loop back. Bring a light snack.

Booth and Albert 1:00 p.m.

Leader: Bev Armstrong 738-0310

Sun. August 26 Rideau Trail (Map 5)

From N. Burgess Rd. and County Rd. 14, down Elmgrove Rd. to Murphy's Point Park. Approximately 8 km.

End-to-Enders please note! Bring a lunch, good footwear, swimsuit, if weather permits.

Booth and Albert 9:00 a.m.

Leader: Alex Bissett 828-4363

Sat. Sept. 8 Rideau Trail Earth Star Loop (Map 9)

A good hike of about 14 km in the heart of the Marlborough Forest. Bring a lunch and good footwear.

Booth and Albert 9:30 a.m.

Leader: Ron Hunt 830-1592

Sun. Sept 9 Mushroom Walk

Location to be decided. This is not a hike, we are going to look for mushrooms. Bring a container, lunch, good footwear.

Booth and Albert 10:00 a.m.

Contact: Bob Bennett 749-7440

OR

Sun. Sept 9 Pinegrove

An easy walk on the NCC Greenbelt trails, southeast of the city. Bring a snack.

Booth and Albert 1:00 p.m.

Leader: Johanna Ede 731-1541

Sat. Sept 15 Nakkertok Ski Club Area

This will be our first occasion in this area which provides excellent hiking north of Gatineau. About 15 km. Bring a lunch and good footwear.

Booth and Albert 9:30 a.m.

Leader: Phil Herbst 828-0386

Sun. Sept 16 Gatineau Park

An interesting hike east of the famous (or infamous) Meech Lake.

(Carbide Mill Area). Bring a lunch and good footwear.

Booth and Albert 9:00 a.m.

Leaders: Barri and Dennis Scully 233-3770

OR

Sun. Sept 16 Bicycle Outing

Picnic at Leamy Lake - a short bike outing with a pleasant lunch stop.

Booth and Albert 10:00 a.m.

Leaders: Lois Pearson 521-2124

John Cottee 231-5562

Sat. Sept. 22 Association Annual General Meeting

SEE THE NOTICE ELSEWHERE IN THIS NEWSLETTER

Sun. Sept. 23 Gatineau Park

A vigorous hike to the Ramparts. Bring a lunch and good footwear.

Booth and Albert 9:00 a.m.

Leader: Don Mitchell 749-9537

Sun. Sept. 30 Rideau Trail Narrows to Foley Mountain (Maps 4 and 5)

A hike of about 12-13 km. on a good section of the trail. End-to-Enders please note! Bring a lunch, good footwear and rainwear, if appropriate.

Booth and Albert 8:00 a.m.

Leader: Peter Brebner 729-8178

Central Club Outings

Come join us for a small gathering of enthusiastic persons. We generally meet at Conlon Farm off the Scotch Line. Information on outings can be obtained from the contact person listed or by calling John Miller at 267-1493 or 264-8338. Also contact John if you need transportation.

Sunday June 17 Tay Marsh

Father's day canoe trip. Explore Tay Marsh to see nesting birds. Bring your own canoe or just come along. Please phone Ron Beacock by June 3rd. so that equipment can be arranged. Bring lunch, insect repellent and appropriate clothing. Meet at Conlon Farm at 9:00 a.m. Contact Ron beacock at 267-4204

June 29 & 30 -July 1 Lavarenreye Park

Lavarenreye Park Canoeing weekend with Perth Outings Club. The trip planned to this Quebec Provincial Park is an easy three day paddle. This is a wilderness trip, but with emphasis on enjoyment. Please contact Ron Beacock, 267-4204, at least two weeks in advance.

Sunday July 8 Purdon Conservation Area

Join us for a visit to spy on the famous Lady Slipper Orchids followed by a short hike to Dalhousie Lake and a visit to Balderson Cheese on the way home. meet at Conlon Farm at 1:00 p.m. Contact John Miller 267-1493 or 264-8338.

July 28 & 29 Bon Echo

Camping, hiking, swimming weekend. This is an interesting Provincial Park as it offers hiking, canoeing and regular campsites as well as swimming and lots of trails to explore. Campsites have to be reserved so contact Ron by at least the 19 th. of July at 267-4204

Sunday August 19 Murphy's Point

Hike into Murphy's Point Provincial Park via Lally

Homestead and Mica Mines. Take a swim in the Park. A fairly long hike but it will be different. Meet at Conlon Farm at 9:30 a.m. John Miller 267-1493

Monday September 10 Central Club Annual Meeting

Come and participate. We need your input. You will not be asked to get involved unless you want to. Meet at the Perth Library at 7 p.m.

Saturday September 15 End to End

Anybody interesting in making this achievement should contact John. Fill in the gaps that you need or just go north or south from Perth. It should be fun. Contact John Miller at 267-1493 or 264-8338.

Saturday September 22 Association Annual Meeting**KINGSTON CLUB OUTINGS**

Join the varied outings this summer. Most outings are near water so bring your swimsuits. Call leaders for detailed information about individual outings. In addition to the hikes listed here you may join walks every Wednesday starting from Sears north door at 1:30 p.m. Suggestions for future outings may be made to Bernie Gates at 389-1835. Hike leaders are reminded to send the lists of those attending hikes to Shirley Harmer at 549-4852.

Car pooling is encouraged to facilitate parking; however passengers are encouraged to make a contribution towards the cost of the trip.

THURSDAY JUNE 7, EVENING WALK

Leisurely walk starting from Elevator Bay at 7 p.m. Beverage stop at the end of the hike.

Leaders: Helen & Arne Henrikson, 544-0465

SUNDAY JUNE 10, WALKATHON

Help to raise money for the new Outdoor Centre at Catarqui Conservation Area. Hike 5, 10, or 15 km. meet at the Conservation Area at 9:30 a.m. and bring a lunch if you plan to walk 15 km. For further information and pledge sheets call Jean Thompson, 544-0340

WEDNESDAY JUNE 13, FOLEY MOUNTAIN CONSERVATION AREA

Hiking in this scenic area (Map 4). Bring a lunch and meet at Sears north door at 10 a.m.

Leader: Jen A'Court, 548-7588

SATURDAY JUNE 16, SYDENHAM BEACH

Hike from Railton Road to Sydenham beach and back (Map2). Bring a lunch and meet at Sears north door at 9:30.

Leader: Jean Thompson, 544-0340

**SUNDAY JUNE 24, MURPHY'S POINT
PROVINCIAL PARK**

Hiking in this area (Map5). Bring a lunch and meet at Sears north door at 9 a.m.

Leader: Larry Dyke, 389-6692

THURSDAY JULY 5, EVENING WALK

Walk to RMC and Point Frederick. Beverage stop at the end of the hike. Meet at Wellington and Bay at 7 p.m.

Leaders: Hilda & Jim Dee, 542-2643

SUNDAY JULY 8 BROWN'S BAY PARK

Bicycle trip from Gananoque to Browns Bay Park. Bring a lunch and meet at Sears north door at 9 a.m. with your bicycles loaded onto your cars.

Leader: Bob Tolley, 549-6277

**WEDNESDAY JULY 12 GOULD LAKE
CONSERVATION AREA**

Hike along the west side of Gould Lake. Bring a lunch and meet at Sears north door at 10 a.m.

Leaders: Paul & Eva Smith, 542-6003

SATURDAY JULY 14 JAMES AULD WATERWAY

Canoe trip in the Bedford Mills Area followed by a barbecue at Jan's cottage on Devil Lake. Bring your canoes, paddles, life jackets and food. Meet at Sears north door at 9 a.m. Those without canoes or paddling partners call the leader (Janice Ley, 542-9958) by the 11 th. night.

**SATURDAY JULY 21 GOULD LAKE
CONSERVATION AREA**

Hiking & swimming on the east side of Gould Lake. Bring a lunch and meet at Sears north door at 9:30 a.m.

Leader: Erwin Wendholt, 384-7582

**MONDAY JULY 23 - THURSDAY JULY 26 B&B IN
MERRICKVILLE AREA**

Walk from Roger Stevens Road towards Ottawa, at a leisurely pace. Time to explore the historical aspects of the area too. Contact Cathy Cutts at 542-5414 by July 3rd so bookings can be made.

SUNDAY JULY 29 WOLFE ISLAND

Bicycle trip. Bring a lunch and meet at Wolfe Island ferry dock at 9:20 a.m.

Leader: David Roeder, 545-0516

THURSDAY AUGUST 2 EVENING WALK

Waterfront walk from downtown to the Filtration Plant and return. Beverage stop planned. Meet at Wellington and Bay at 7 p.m.

Leader: Bird Sampson, 549-5986

WEEKEND AUGUST 10/11, CANOE TRIP

Joint outing with members of the Cataraqui Canoe Club. Overnight camping in the Crotch Lake, Mississippi river area. Bring your own equipment. Register by the 8th. night. Meet at Sears north door at 8:30 a.m.

Leaders: Su Nag, 546-6041, Al Tattersall, 549-4080, & Alan Nicholls, 389-4026

WEDNESDAY AUGUST 15, AMHERST ISLAND

Bicycle trip to Amherst Island followed by a barbecue there. Bring your own food and meet at the ferry dock at 10:20 a.m.

Leader: Peggy Harding, 546-7202

**SATURDAY AUGUST 18, FOLEY MOUNTAIN
CONSERVATION AREA**

Hike from Spy Rock to Little Bay Beach for lunch and a swim (Map4). Meet at Sears north door at 9:30 a.m.

Leader: John Heaman, 549-1204

WEEKEND AUGUST 25/26, MAIN DUCK ISLAND

Meet at Collins Bay Marina for an overnight sailing trip to Main Duck Island. Bring your own camping equipment and food for the trip. Places are limited so call early to reserve a place. For information call Dale Myrfield, 389-4407, or Su Nag, 546-6041.

THURSDAY SEPTEMBER 6, EVENING WALK

Walk along the inner harbour to Belle Island Park. Beverage stop planned at the end. Meet at Wellington and Bay at 7 p.m.

Leaders: Cathy & Don Cutts, 542-5414

**SUNDAY SEPTEMBER 9, GOULD LAKE
CONSERVATION AREA**

Enjoy spectacular views while hiking on the west side of Gould Lake. Terrain rugged with steep inclines so wear sturdy boots. Bring a lunch and meet at Sears north door at 9:30 a.m.

Leader: Stan Douglas, 389-2563

**SATURDAY SEPTEMBER 22 ASSOCIATION
ANNUAL GENERAL MEETING**

GROS MORNE NATIONAL PARK

We are going!

August 18 to September 3

If you are interested in backpacking and want to come contact **Ron Beacock at 613-267-4204 RIGHT AWAY**

Magic on the Trail

Rebecca Tolley, 13 years of age

I suppose I was quite young, but 32 kilometres is a long hike for an eight year old. I loved hiking, so when my dad announced this 30 kilometre, overnight hike from Murphy's Point to Perth I was really excited! A whole two days out in the forest with all those tall friendly trees and cute little animals, but my favourite part was the fairies. I was always told to watch out for naughty goblins and beautiful fairies. I had never actually seen a fairy before ... until this hike. I was told that the fairies were seldom seen but always loved. I was told that they were quite small with shiny costumes, so bright that they flicker in the night ... but I wanted to see one for myself ... to see them for real!

There were eight of us in all driving up, but soon three turned back because of the slight drizzle. I told my dad that I wanted to stay so we did.

We started off on a narrow trail about mid-morning. Our leader, Su, said that not many hikers travelled this trail, but that made it more exciting! I ran on ahead, hoping some fairies might show up, there were none; but just as good I was the only one out of the five of us to catch a glimpse of a mother rabbit nursing her baby bunnies. I must have scared them off, too bad the grown-ups couldn't have seen them too. I had heard that elves liked to hide under bushes and low trees so I led everyone beneath them, it was quite amusing to watch grown-ups attempting to crawl beneath the low trees I scampered under.

Up ahead there was a big hill and I scrambled up it much more easily than the boring old road back home that I had to climb to get to school.

When we reached the top there was a beautiful sight. I gazed wondrously at the big wide world surrounding me, how could anyone ever miss such a sight! I'd have to urge my friends to come along next hike and see how absolutely beautiful it was. I felt like a tiny but courageous ant in a big thicket of grass. Only it wasn't a "lost" feeling, it felt more like a feeling at home, the place to be, it was a wonderful sensation. All was peaceful and calm, a moment to cherish for life.

I hopped across the long, flat hill top. I sniffed, yes, I did smell something, two more steps, I looked down at my feet "BLUEBERRIES". I shouted excitedly, " A BIG BLUEBERRY PATCH!". The

grown-ups rushed over and we all began plucking blueberries and popping them in our mouths. Boy, they were delicious! Mmmmm....

That evening we were still munching on the sweet, sugary blueberries we had collected. We set up our tents and built a campfire. I collected wood.

Doug had brought a big bag of marshmallows to share with everyone, so once our stomachs had rested after the blueberries, we filled them up again with marshmallows!

When it was very past bedtime, we put out our fire. I got to dump the bucket of sand on it and the fire sizzled out to nothing. As we walked back to our tents Doug showed me a circle of mushrooms and said it was a fairy ring. He said that the fairies came out at midnight and danced in the fairy ring beneath the moonlight. I stared at the funny little mushrooms forming a circle ... I'd have to see these fairies for myself!

So it was at midnight that I crept out of the tent into the cool night air. It felt brisk and fresh. I glanced over at the fairy ring ... Amazingly, six tiny flickering objects bobbed brightly up and down in a circle above the fairy ring! I rubbed my eyes and the fairies remained. As I quietly crept closer towards the ring I could even see their tiny detailed costumes. They were beautiful! I sat down and gazed at the fairies dancing beneath the moonlight. "Rebecca", I heard my name and glanced around to see my dad poking his head out of the tent. Excitedly I turned around to face my father and said, "they're here daddy, they're really here!"

"What's here?", my dad looked puzzled.

"The fairies daddy, look!", but to my disappointment they were gone! I swung back around and ran back to the tent. "But they were there daddy, they were really there!"

"OK, but let's just get to sleep, you can tell me all about it in the morning". I felt delighted that I had actually seen them with my own eyes .. but frustrated that nobody else did.

I fell asleep quickly. Su would believe me, she really would.

Early next morning I woke up and saw Su standing near the fairy ring. I ran over excitedly, not even bothering to change out of my nightie. "Su, Su, I saw them ... I really did! I saw the fairies last night, they were beautiful!" She nodded with a twinkle in her eye.

That day was a bright sunny day. I just couldn't get

my mind off the fairies. I glided through the air. Even near the end, where the whole trail and it's surroundings had been flooded out, I was as happy as could be. We waded out until I was up to my neck in the sticky guck then we turned and rerouted around the swamp. It was funny that's what had made the hike 32 kilometres instead of 30, because we had to reroute, but it was all the more fun. But did we ever smell afterwards!

I'll always remember this amazing hike as one of the most memorable times in my whole life.

A Summer Evening in Springtime

by Bill Grant

When I phoned the Newsletter editor about this summer's outings list, he informed me that it was the only Newsletter material he had so far (four days before the deadline). So if this article appears to have been written in a hurry, dear reader, it was!

Is it the greenhouse effect that gave us a week of summer at the end of April? To take advantage of a bug-free summer evening at income tax time (April 27), I took a stroll in the Ryan Woods in the west end of Ottawa. This small forested park, although completely surrounded by housing, is a favourite haunt of birders. There weren't too many birds to be seen, but the area was covered in trout lilies, easily recognizable, if not by the flower itself, by its long spotted leaves. The earliest spring flowers are said to be the diminutive Hepaticae and their near look-alikes, Spring Beauties. These I did not see. Was it too early or just not the right place? I did see a beautiful yellow flower that looked like a small daffodil, perhaps that's what it was - escaped from a nearby garden. My happiest discovery was one single very bright red trillium (wake-robin). Why does a single flower sometimes create more of an impression than a whole meadow of flowers?

Inspired by this discovery, I moved on to the nearby Britannia Woods. There were no trout lilies in bloom there and not many flowers at all. The blackflies seemed to have started, however, with only the red-winged blackbirds in Mud Lake to keep their numbers down. So in Britannia Woods, it was not a visual spectacle of spring flowers but an auditory performance of blackbirds, frightened ducks taking off, cows and spring peepers.

Two days later, still not yet May, while hiking north of Merrickville, a group of us found a half

dozen of the early spring species: Dutchman's Breeches, Hepaticae, White Trillium and Bellwort - this on a day warm enough for swimming!

My mind went back to the outings list. Why didn't I remember the greenhouse effect and schedule more hikes in April? But if we knew exactly what each spring would be like, there would be less to discover. This spring, I now think, we will have dry trails and, with luck, fewer insects than usual. Just so long as there are lots of flowers!

END TO END AWARDS

The Rideau Trail Association presents an End to End badge and certificate to persons who have walked the length of the Rideau Trail, whether or not they are members of the Association.

The awards are given out once a year, at the Annual General Meeting in September. Since we are proud of the Trail and of your accomplishment in hiking it, we like to make an occasion of the presentation. To do this we need to know a little bit about you.

Would those people who have completed the Trail and wish to receive an award please write to the Secretary of the Association, including your name and address, and tell us about your experiences hiking the Trail. Please include when started, when finished and any special comments you may have.

The letters received in the past have been interesting and entertaining. Some have been very useful. The letter from Mr. W.D. Innes of Montreal, who completed the trail in 1989 but will receive the award this year, has been passed from hand to hand among the trail maintainers, read with attention, and acted upon. Thank you very much, Mr. Innes.

Because of the End to End hikes organized by the Clubs in the past year, there should be a fair number of persons completing the trail in 1990. It has been suggested as a goal for the 20th anniversary of the Association in 1991 that 200 hikers complete the Trail. Since there are 66 End to Enders, as of the AGM in Sept. 1989, we'd better get out there and do some walking!

Christine Banfill
Secretary
Rideau Trail Association
243 Wilbrod St.
Ottawa, Ont.
K1N 6L8

SUGARING OFF FACTS AND FOLLIES

by Elizabeth Mason

April Fool's Day was the Ottawa Club's first hike outing for 1990. We began the hiking season with a visit to the Mill Pond Conservation Area. I had not been there for over 10 years - I hardly recognized the area! A self-guiding maple syrup display, a sugaring off hut and marked nature trails were new additions since my last visit. Maybe next year the museum will be ready as well.

Each time I visit an historic or nature area I learn something new. For example, did you know that when European settlers came to Canada in the 16th century they found the native Indians tapping maple trees? The Indians used wooden spiles made of hollow sumac or elder stems to direct the sap into birch bark vessels placed at the foot of the tree. They evaporated the sap by dropping hot stones into wooden vessels.

Did you know that only a fraction - less than 10 percent - of Canada's sugar maple trees are tapped? The sugar maple is the most common maple used for sugaring off. But the black maple, red maple and silver maple are sometimes used. A sugar maple takes 30 to 70 years to grow large enough for tapping. It should be 25 cm in diameter before it is first tapped. The diameter of the tree determines the number of tap holes used. No more than 4 taps are recommended.

Did you know that 75% of the world's supply of maple syrup comes from Ontario and Quebec? Here in Canada we have perfect conditions for syrup production. The best sap runs when freezing nights alternate with warm days. Shallow soil, rocky steep slopes and rich humus on the forest floor also contribute to superior sap. We may feel that \$18 a litre is a high price to pay. But when one looks at the work involved in production and the fact that 30 to 40 litres of sap are needed to make one litre of syrup then the price seems low!

Did you know that tubing was tried as early as 1793? More than a century ago, pioneers experimented with spouted pipes, wooden troughs, tin and iron piping. These experiments failed because of the expense and the problems of construction and freezing. But with the cheap availability of plastics, plastic tubing is here, probably to stay. Mischievous squirrels are the major drawback to plastic tubing!

I enjoyed starting the hiking season with a visit to

a sugar bush. I also enjoyed the opportunity to chat with my friends in the club and to learn about their activities since I last saw them!

Guidebook Revised Edition Now Available

Thanks to Linda Hayes and Pearl Peterkin the guidebook has been updated and is now available. The new prices are \$15 for members and \$20 for non-members, plus \$2.00 postage and handling. This price has been increased since the first edition as a result of several factors. This edition has been produced without the benefit of a Wintario grant; the first edition was financed fifty per cent by Wintario. The new edition is printed on recycled paper which, while costing more, reflects the conservationist nature of the RTA. In addition to these factors the guidebook cost, like most other items, has also increased due to inflation.

MAINTENANCE

Murphy's Point to Rosdale

The Ottawa Club is checking this area on a temporary basis. If anyone is currently maintaining a section, or would like to on a regular basis, please contact Chris Jones at 824-3512 or Pat Smith at 443-2241.

Ottawa Club
The new phone number is:

567-2229

TOPOGRAPHIC MAPS

The map sales office in Ottawa has moved to:
130 Bently Ave.
Nepean
613-952-7000



If undeliverable, please return to:

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

Ottawa Phone Number: 613-567-2229

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	\$15.00	PLEASE CHECK New() Renewal ()
☐ Patron (life membership)	200.00*	Name
☐ Guide Book Members	15.00	Address.....
Non-Members	20.00	City.....
(plus \$2.00 postage & handling)		Postal Code.....
☐ Car Sticker (FREE to new members)	1.00	Telephone.....
☐ Crest	2.00	
☐ Enamelled Pin	3.00	
☐ Rideau Trail Wall Map	10.00	
(includes \$4.00 postage and handling)		
☐ Donation to RTA	—*	
☐ Donation to the Corridor Fun	—	
Prices subject to change		
TOTAL	—	

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