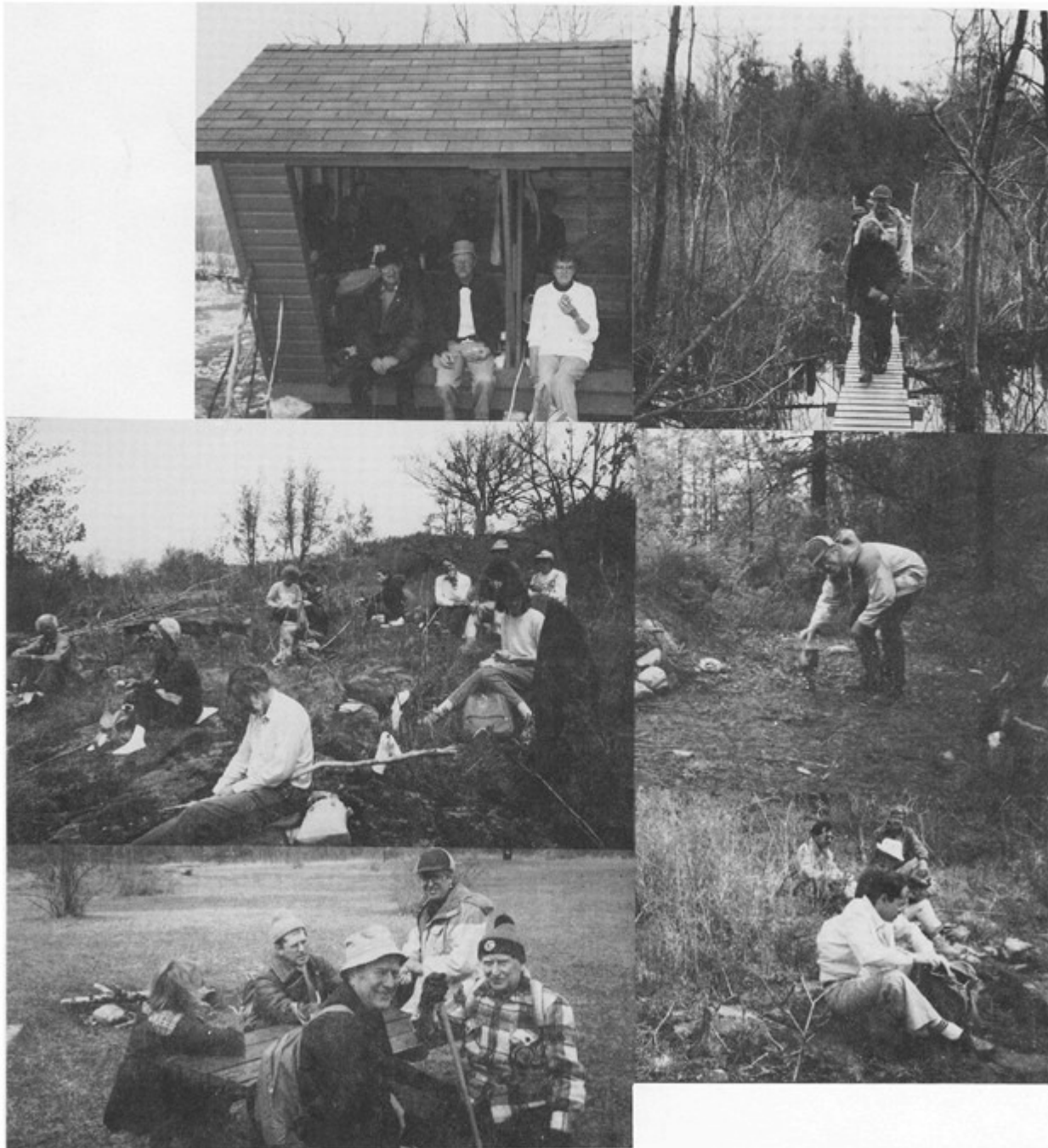




The Rideau Trail NEWSLETTER

FALL 1990

ISSUE No. 77



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

Submissions for the next newsletter are encouraged and should be sent by November 1st, 1990 to Bill Wright, Box 89 Limoges, Ontario, K0A 2M0. Articles and pictures, preferably black and white are welcome.

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

ISSN 0709-7085

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Correction: In the summer issue, the cover photograph "Collecting Sap" was by Don Mitchell and not Elizabeth Mason. Apologies to Don.

Cover Credit: "Rideau Trail hikers enjoying the trail". Recognize anyone? Photos in the cover collage by Ron Doll.

20th Anniversary of RTA

1991 is the 20th anniversary of the Rideau Trail Association. The Kingston Club is looking for ideas on how best to celebrate this auspicious year. Please forward your suggestions to President Patricia Lynn, 546-3993 or special events co-ordinator Lynn Nolan, 389-8747. We look forward to your input in order to make this a special year.

Our Annual Bed & Breakfast Outing

by Cathy Cutts

A group of Kingston Club members headed for historic Merrickville to walk some of the Ottawa section of the Trail. Cathy and Moira had already completed that section and Moira was heard to comment whilst swatting some winged wildlife, "Oh, the things we do for fun!" Jean and Diane were new to the hiking holiday idea but were happy to have companions and extra cars to help with the logistics.

The weather was hot and humid with some showers and at certain spots wading was required. We have probably all got memories of being scolded in our younger days for getting wet feet and being admonished to keep out of puddles. There was no one there to monitor us so with damp footwear anyway we all proceeded to wade rather than tussle with the growth at the edges. It helped to know we had a change of socks and shoes at the other end. In the woods the trees gave some shade, but shade was sparse on the road section. Jim produced his rope as an aid when we reached the "ditch". It was near there where Winnie fell backwards, Moira fell forwards and both were pleased that Diane was too slow with the camera. Anyone in the stockmarket should consider buying shares in insect repellents as we used a lot over the four days.

The woods were all shades of green and the brilliant coloured wild flowers were profuse. Winnie was generous sharing her expertise in identification of a wide variety of plants. We were not alone on the trails as we met some young people working on an environmental survey for Goulbourn Township and two men in their truck not far from their hunting camp. We lost track of how many abandoned vehicles we passed. One use of these appeared to be for target practice.

We celebrated Moira's birthday one evening. Donald led the singing. We enjoyed a choice of Chinese, Mexican, Italian, and Canadian food in various restaurants. In Merrickville we visited the tea rooms, bakery, antique shops and other stores and found the service good and the atmosphere very friendly.

We also had time to view the historical areas and enjoyed the interesting buildings and well kept gardens. The texts of the two plaques follows:

Founding of Merrickville

"In 1793 William Merrick, a Loyalist from Massachusetts, acquired from Roger Stevens a sawmill at the Great Falls on the Rideau River. Here he built new mills which formed the nucleus of a small community that grew up before 1816 and was known as Merrick's Mills. The establishment of new settlements on the Rideau and the building of the canal from 1826-1832 stimulated the growth of the village. Streets were laid out and a post office named Merrickville was opened in 1829. By 1850 the community contained about 700 persons, two flour mills, a cloth factory and other industries and was incorporated as a village in 1860."

Merrickville Blockhouse 1832

"This is one of four blockhouses which, with some twelve other defensible buildings, were constructed along the Rideau Canal. The canal, built by Lieutenant-Colonel John By, Royal Engineers, was designed to serve as an alternative military supply route from Montreal to Kingston in the event of war. The Merrickville blockhouse was completed in 1832 to accommodate some fifty men. It was never the scene of military action, but has served as lockmaster's quarters, a church and a canal maintenance building. Restoration of this fine example of early military architecture was completed in 1965, and it is one of the two remaining blockhouses on the canal which retain their original forms."

Other blockhouses are in Kingston Mills, Newboro and Narrows Locks.

If you have the list of Bed & Breakfast homes from a previous newsletter, please delete "Whisperwood House" and add:

Cherry Hill, 218 Lewis Street E., Box 76, Merrickville, Ontario K0G 1N0. 613-269-3133.

Rideau Bank, 423 Main Street E. Box 609, Hwy #43, Merrickville, Ontario K0G 1N0. 613-269-3864.

The host and hostesses certainly made us very welcome. Participants in this outing were Cathy Don, Diane, Hilda, Jean, Jim, Moira, and Winnie.

Summer Wild Flowers on the Merrickville Outing

by Winnifred Smith

As we drove up to the starting place on the first morning, Dwyer Hill Road, there were many pink flowers with a slight purplish tint. The flowers had globular heads and on examination the stems were square and the leaves had an aroma suggesting a herb to those who are knowledgeable. The leaf arrangement was distinctive. When we got back to our B&B and a range of plant books, it was soon found that the plant was Basil, a well known plant to cooks. There were thousands of plants on that stretch of trail but less prevalent as the days wore on.

The summer flower beds on the trail were magnificent this year. The purple spikes of Loosestrife wherever there is damp ground or water make a patch of colour. Unfortunately, this plant is an alien that has moved in and is pushing out our native plants.

On the water there were many kidney shaped leaves with a flower stem often 1-3 inches above the water with their white petals. This is another alien that is also pushing out the water plants. This plant, called Frogbit, is very prevalent in Eastern Ontario waters such as the stream running into Charleston Lake. It is disappointing that we are losing some of the lovely plants by the invasion of intruders such as these.



Cathy & Donald Cutts walk on private land to view a heronry and extra large trees. This tree took 3 people to reach around it. Photo by D. Dunphy

Raspberries and Ice Cream

by Elizabeth Mason

Warm, sunny days of summer are days to take a short hike and a long swim. A bicycle ride also fits the bill as several Ottawa Club members discovered. A round trip bicycle outing to Cumberland was scheduled for late July. I debated about going because Cumberland town is at least 25 miles from Ottawa. Would such a trip be a relaxing bicycle ride or a contest to see how far and how fast we could cycle?

Thirteen members showed up at the Booth and Albert meeting place. Our leader, Don, suggested that we have a pleasant all-day ride as the day promised to be perfect for such an outing. We enthusiastically agreed. Our first stop was at Richmond Landing to see the Rideau Canal Plaque. Tom Bach and John Cottee are doing a fine job cleaning it. But only half of our group saw the improvement. Had the others missed the turn or were they particularly keen to get started?

We cycled along the Ottawa River behind the Parliament buildings and then climbed the Major's Hill to cycle along Sussex and out the Eastern Parkway. There are bike paths along most of this route. Much is well treed and cool and green. A thirst stop at Don's home gave many of us a chance to use indoor facilities. And then we were off to Orleans again on a path right along the River. If any members have dogs, they should be warned that dogs, bicycle paths and Linda do not mix. We are still not sure who got hurt the most - Linda falling off her bicycle or the dog that caused the accident.

Our scheduled lunch stop, even early enough for me, was filled with minor leaguers playing ball. We opted for a quiet park with a picnic table. I am not sure why the picnic table was so important as most of us crowded in the shade of the few small trees in the park. Surely there is something to be said for older residential areas where the trees cast plenty of shade?

On our return trip we stopped once again at Don's home, but this time we were treated to huge bowl of fresh raspberries and ice cream. Fortified with such goodies, we moved off on the last leg of our trip. I am thankful that my bicycle blow out waited to happen two days later. Not so one of our members who broke his axle on the way home. When we got back to the cars we had been gone 6.5 hours - a thoroughly delightful trip.

Rideau Trail Association Fall Outings Schedule

Kingston Club Outings

The fall colours will soon be with us so join us on the trails and enjoy them. 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 Bernice Gates at 389-1835. Car pooling is encouraged to facilitate parking, however, drivers would appreciate a contribution towards gas. Hike leaders are reminded to send the lists of those attending hikes to Shirley Harmer, 549-4852. Happy hiking!

Thursday, September 6. Moonlight Walk
Walk the Inner Harbour to Bell Island Park. Beverage stop planned at the end of the hike. Meet at Bay and Wellington Streets at 7:00 p.m.
Leaders: Don & Cathy Cutts, 542-5414.

Sunday, September 9. Gould Lake Area
Enjoy spectacular views hiking the trails on the west side of Gould Lake. Rugged terrain with steep slopes. Sturdy boots required. Bring a lunch. Meet at Sears north door at 9:00 a.m.
Leader: Stan Douglas, 389-2563.

Saturday, September 15. Blue Mountain
Enjoy a rugged hike up Blue Mountain with wonderful views over Charleston Lake. Bring a lunch. Meet at Sears north door at 9:00 a.m.
Leader: Alberta Edgar, 542-9662.

Wednesday, September 19. Charleston Lake Park
Hike the west side trail in Charleston Lake Provincial Park. Bring a lunch. Meet at Sears north door at 10:00 a.m. Leader: Jean Thompson, 544-0340.

Saturday, September 22. RTA AGM
The RTA Annual General Meeting will be held this year at Trinity United Church in Smiths Falls. See the notice on page 9. Anyone who needs a ride should call Lynn Nolan, 389-8747 by September 19th.

Sunday, September 30. Amherst Island
Bird watching on Amherst Island. Bring a lunch. Meet at Sears north door at 9:00 a.m. sharp to catch the 9:30 ferry. Leader: Winnie Smith, 542-8219.

Sunday, October 7. Rock Dunder
Hike up Rock Dunder to enjoy the view over the Rideau waterway. There will be a dinner following the hike. For particulars of the dinner call Lynn Nolan, 389-8745, by October 4th. Bring a lunch. Meet at Sears north door at 10:00 a.m.
Leader: Alberta Edgar, 542-9662.

Saturday, October 13. Slide Lake Loop
This is quite a rugged hike of about 14 km. Sturdy boots recommended. Bring a lunch. Meet at Sears north door at 9:00 a.m.
Leaders: Klaus and Helga Stegeman.

Wednesday, October 17. Elginberg to Orser Road
Hike in the Elginberg to Orser Road area. Bring a lunch. Meet at Sears north door at 10:00 a.m.
Leader: Bernard Gates, 389-1835.

Weekend, October 20/21. Frontenac Park Overnight
Enjoy the scenery on this backpacking trip in Frontenac Park. Register with the leader by the night of October 21. There will be a camping charge. Bring your own food and gear and meet at Sears north door at 9:30 a.m. Day hikers are welcome but must arrange their own return transportation to Kingston.
Leaders: Dale and Orla Myrfield, 389-4407.

Saturday, October 27. Trail Maintenance Day
Volunteers needed to help maintain our trails in good shape. Section maintainers please let Don Green, 389-5458 know of any work to be carried out by Wednesday, October 24th. Bring tools and a lunch. Meet at Sears north door at 9:00 a.m.

Sunday, November 4. Frontenac Park Hike
Hike in the north end of Frontenac Park. Good boots recommended. Bring a lunch. Meet at Sears north door at 9:30 a.m. Leader: Janice Ley, 542-9958.

Saturday, November 10. Foley Mountain
Hike the trail from Spy Rock in Foley Mountain to Narrows Locks, about 13 km. Bring a lunch. Meet at Sears north door at 9:30 a.m.
Leaders: Don and Cathy Cutts, 542-5414.

Wednesday, November 14. Sydenham

Hike the trail from Sydenham to Gould Lake. Bring a lunch. Meet at Sears north door at 10:00 a.m.

Leader: Jen A'Court, 548-7588.

Sunday, November 18. KFN Sanctuary

Join the Kingston Field Naturalists to hike on their sanctuary near Frontenac Park. Bring a lunch. Meet at Sears north door at 9:30 a.m.

Leader: Anne Robertson, 389-6742.

Saturday, November 24. Opinicon Loop

Hike the Opinicon Loop from Upper Rock Lake to Mount Marvin about 13 km. Bring a lunch. Meet at Sears north door at 9:00 a.m.

Leader: Ray Forester, 542-4385.

Sunday, December 2. Bedford Mills

Hike the trail from Bedford Mills to Westport, about 13 km. Bring a lunch. Meet at Sears north door at 9:30 a.m. Leader: Betty McIver, 549-8028.

Saturday, December 8. Massasauga Road

Hike the trail along the Massasauga Road. Bring a lunch. Meet at Sears north door at 9:30 a.m.

Leader: Su Nag, 546-6041.

Coffee & Dessert. There will be a coffee and dessert party at 8:00 p.m. Call Lynn Nolan, 389-8747 by Thursday, December 6th for details.

Wednesday, December 12. Frontenac Park

Hike to Big Salmon Lake in Frontenac Park. Bring a lunch. Meet at Sears north door at 10:00 a.m.

Leader: Jim Dee, 542-2643.

Sunday, December 16. Cataraqui Conservation Area

Hike or ski in the Little Cataraqui Conservation Area. Bring a lunch. Meet at Sears north door at 10:00 a.m.

Leader: Norm McLeod, 544-1648.

Saturday, December 22. Lemoines Point

Hike or ski in the Lemoines Point Conservation Area. Meet at Sears north door at 1:30 p.m. or at the Bath Road entrance parking lot at 2:00 p.m.

Leader: Margaret Page, 389-7840.

Central Club Outings

Come and join a small group of enthusiastic persons for a varied mix of outings. We usually meet at Conlon Farm off the Scotch line (Map 6). Information on outings can be obtained from the contact person listed, or by calling John Miller, 267-1493.

Monday, September 10. Central Club AGM

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

Saturday, September 15. End-to-End

Anybody interested in making this achievement should contact John. Fill in the gaps that you need or just go north or south from Perth. Let's make it fun. Contact John Miller, 267-1493 or Ron Beacock, 267-4204.

Saturday, September 22. RTA AGM

The RTA Annual General Meeting will be held this year at Trinity United Church in Smiths Falls. See the notice on page 9.

Sunday, September 30. Foley Mountain

See the migrating birds leave for the year and enjoy a fall stroll in this popular conservation area. Bring good hiking boots and pack a lunch. Meet at Conlon

Farm at 10:00 a.m. Leader: Ron Beacock, 267-4204.

October 6,7,8. Thanksgiving at Bon Echo

Canoeing, hiking, camping weekend. Bon Echo is an interesting provincial park. It offers excellent facilities for the outdoors person. This will be our last weekend outing for the year so come along and enjoy. Contact Ron Beacock, 267-4204, by September 29th.

Saturday, October 13. Slide Lake Loop

This is a joint outing with the Kingston Club. About 15 km of challenging terrain. Bring a lunch and good footwear. Meet at Conlon Farm at 8:30 a.m.

Contact: John Miller, 267-1493.

Sunday, November 4. Frontenac Park

Joint outing with the Kingston Club. Bring a lunch and meet at Conlon Farm at 9:00 a.m. Contact John Miller, 267-1493.

Saturday, November 17. Frizell Road

A short fall outing across the fields near Smiths Falls along Frizell to Beverage Locks. Bring a lunch and good footwear. Meet at the corner of Frizell Road and Highway 43 (Map 7) at 10:00 a.m.

Contact: Ron Beacock, 267-4204.

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 fall 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 give them to Bill Grant.

The end-to-end hikes were completed in June, 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. It is now our intention to hike all the loop trails and some of these are found in this list.

Wednesday Walkers. They continue their Gatineau hikes every Wednesday at 9:30 a.m. 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 or Nanette Whitwam, 231-5417.

Saturday, September 22. RTA AGM

The RTA Annual General Meeting will be held this year at Trinity United Church in Smiths Falls. See the notice on page 9. Anyone who needs a ride meet at Booth and Albert at 8:45 a.m.

Sunday, September 23. Gatineau Park

A vigorous hike to the Ramparts. Bring a lunch and good footwear. Perhaps the fall colours will have started. Meet at Booth and Albert at 9:00 a.m.

Leader: Don Mitchell, 749-9537.

Sunday, September 30. Rideau Trail

Narrows Locks To Foley Mountain (Maps 4 & 5). Hike about 12-13 km on an interesting section of the trail. End-to-enders please note! Bring a lunch, good footwear and rainwear if appropriate. Meet at Booth and Albert at 8:00 a.m.

Leader: Peter Brebner, 729-8178.

Saturday, October 6. Stony Swamp

At 10:30 a.m. and again at 1:30 p.m. the Ottawa Rideau Trail Club will act as hosts to explain the Rideau Trail to members of the public. We will show our slide show and lead short interpretive hikes in the area. NCC Nature Centre, Stony Swamp (Moody Drive, Nepean).

Monday, October 8. Gatineau

Enjoy Thanksgiving amidst the fall colours! A vigorous hike. Bring a lunch and good footwear. Meet at Booth and Albert at 10:00 a.m.

Leader: Nanette Whitwam, 231-5417.

Saturday, Oct. 13. Dolmen Ridge Road - Mer Bleue

Peter de Lepper will lead us on an easy walk in this greenbelt area to enjoy the fall colours. Bring a lunch and good footwear. Booth and Albert, 11:00 a.m.

Leader: Peter de Lepper. Call Bill Grant, 820-0697.

Sunday, October 14. Compass & Map Reading

Graham Creedy will introduce us to these skills in an indoor session, followed by practice in the Gatineau. This is your chance to learn these arcane skills. Limited number only so phone to register by Thursday, October 11. Graham Creedy, 236-0830 or Bill Grant, 820-0697.

Saturday, October 20. Mount Pakenham

A hike on the ski trails of Mount Pakenham to enjoy the fall colours in the company of members of the Ottawa Field Naturalists. Bring a lunch and good footwear. Meet at Booth and Albert at 9:00 a.m.

Leader: Bill Grant, 820-0697.

Sunday, October 21. Frontenac Park

A vigorous hike around attractive Salmon Lake. See the last of the fall colours. Bring a lunch and good footwear. Meet at Booth and Albert at 8:00 a.m.

Leader: Ron Maybury, 489-2255.

Saturday, October 27. Opinicon Loop

Ray Forester of the Kingston Club will lead us for about 15 km on this excellent loop trail (Map 3). Bring a lunch and good footwear. Meet at Booth and Albert at 8:30 a.m.

Contact: Bill Grant, 820-0697.

Sunday, October 28. Orientation on Violet Trail
Peter de Lepper will lead us in a stroll in the Marlborough Forest to practice the use of a compass (perhaps win a prize) and explore the newest addition to the Rideau Trail loops. Bring a lunch and good footwear. Meet at Booth and Albert at 9:00 a.m.
Contact: Bill Grant, 820-0697.

Saturday, November 3. NCC Greenbelt
A good long walk on the NCC Greenbelt pathways on the southern edge of the city, followed by a pub stop. Bring a lunch and good footwear. Meet at Booth and Albert at 10:00 a.m.
Leader: Frank Kemp, 736-9939.

Sunday, November 4. Trail Maintenance
Help maintain the trail and get some exercise at the same time. Easy work and pleasant company. Bring a lunch, good footwear, a hammer and other trail tools if you have them. Booth and Albert at 9:30 a.m.
Leaders: Pat Smith, 443-2241, Chris Jones, 824-3512.

Saturday, November 10. Marlborough Forest
A hike of about 11 km on the trail in the Dwyer Hill Road area (Map 9). The length will depend on the weather. Perhaps a refreshment stop afterwards. Bring a lunch and good footwear. Meet at Booth and Albert at 9:30 a.m. Leader: Geoffrey Berry, 731-4832.

Monday, November 12. Lac La Blanche
Finish the long weekend with a short hike at Lac La Blanche forestry centre north of Buckingham. Dinner on the way home. Bring a lunch and good footwear. Meet at Booth and Albert at 9:30 a.m.
Leader: Linda Hayes, 234-1045.

Saturday, November 17. Lynwood Forest
An afternoon walk in the woods towards Stony Swamp, followed by a refreshment stop in the neighbourhood. Meet at Booth and Albert at 1:00 p.m.
Leader: Jean Sunter, 828-6077.

Sunday, November 18. Brunch Hike
Brunch at the South Ridge Restaurant followed by a hike somewhere south of Ottawa. Phone Barbara of Bill Grant to reserve by Wednesday, November 14. Meet at Booth and Albert at 10:00 a.m. or at the restaurant at 10:30 a.m.
Leader: Barbara Krieger, 235-0604.

Saturday, November 24. K & P Trail
Once again Ed and Shirley Simpson will lead us on a hike on and around the southern end of this trail west

of Ottawa. Up to 15 km and possibly more. Bring a lunch and good footwear. Don't expect an early return to Ottawa. Meet at Booth and Albert at 8:30 a.m.
Contact: Bill Grant, 820-0697.

Sunday, November 25. Marlborough Forest
A vigorous hike of about 15 km on the Earth Star Loop and the newly re-routed Flood Road area (Map 9). Bring a lunch and good footwear. Meet at Booth and Albert at 10:00 a.m.
Leader: Elizabeth Mason, 729-6596.

Saturday, December 1. Rideau Trail
Rosedale to Poonamaline Roads (Maps 7 & 8). A hike of about 15 km on the roads forming part of the trail followed by a pub dinner. End-to-enders please note. Bring a lunch and good footwear and warm clothes. Meet at Booth and Albert at 9:00 a.m.
Leader: Alec Bisset, 828-4363.

Sunday, December 2. Opinicon Loop
The southern portion is mainly on a cottage road (Maps 3 & 4) but we shall also hike an off-road section. This area is attractive even in the late fall. About 12 km of good exercise and perhaps refreshments on the way home. Meet at Booth and Albert at 8:30 a.m. Leader: Andrew Oakes, 225-8982.

Sunday December 9. Merrickville Loop
From Burritt's Rapids to Merrickville with stops at Andrewsville (a ghost town) and at a restored pioneer cemetery (Maps 8 & 9). About 11 km. Refreshments in Merrickville. Bring a snack, warm clothing and good footwear. Meet at Booth and Albert at 10:00 a.m. Leader: David Spector, 829-6802.

No Dogs Allowed!

The Board of Directors passed a motion at the last meeting that no dogs be allowed on scheduled RTA hikes in the future. This motion was reluctantly agreed upon because some landowners have revoked permission to cross their land due to incidents involving dogs. Members are asked to please respect this motion.

End-To-End for the Ottawa Club

by Bill Grant

On a hot humid Sunday in June about 30 members of the Ottawa club hiked the section of trail west of Gould Lake to finally complete the series of end-to-end hikes. One of the highlights of this landmark hike was the discovery of a six foot long black rat snake! A refreshing swim in Gould Lake was another highlight of the day.

The end-to-end hikes started more than two years ago, with little expectation of the kind of attention they would receive. From the first, they proved very popular and remained so, even when the practice of two outings per weekend was introduced. Most end-to-end hikes attracted at least 25 people and often there were thirty or more.

Many members who joined after the start of the series were inspired to "fill in the gaps" by organizing small group hikes on their own. A number are still doing so.

Probably the roughest hike was the very long one along Maple Leaf Road last year. A close second was the hike this June into the southern end of Frontenac Park and back on a very hot day! These more recent hikes towards the southern end of the trail stand out in the memory, of course, compared to the earlier hikes near the Ottawa end. All those who participated (about 40) will certainly remember the Kingston weekend in early June, when the southern most end of the trail was hiked on two successive days and a group dinner was arranged by the Kingston Club at Gananoque.

Appreciation must be expressed to the many Ottawa Club hike leaders who did their share in making this a success. Thanks are also due to Ray Forester who led two of the hikes and to other Kingston Club officers who helped arrange the Kingston weekend.

Does the completion of the end-to-end series leave a gap in the Ottawa Club's future programs? Yes and no. For one thing, we are now hiking all the loop trails one by one and this program will be completed next spring. After that, who knows? We are constantly looking for new ideas, new trails and new places to go.

If you have any ideas or have discovered any interesting new locations with hiking possibilities, or if you want to join the Ottawa Club's valiant band of hike leaders, let me know. Happy Hiking!

Rideau Trail Association Annual General Meeting

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

Trinity United Church
41 Market Street
Smiths Falls

10:00 a.m.	Refreshments
10:30 a.m.	Business Meeting
12:00 noon	Lunch
1:00 p.m.	Presentation
3:00 p.m.	Hikes
5:30 p.m.	Buffet Dinner

Buffet Dinner at 5:30 p.m. \$11/person
Reserve for dinner by **Sunday, September 16**

Ottawa	Elizabeth Mason	729-65996
Perth	Ron Beacock	267-4204
Kingston	Lynn Nolan	389-8747



Map Shows How to Get to the location of the AGM

Saying Goodbye

by Irma Stegner-Schierfeld



Some friendships begin in our childhood and continue through life's stages into our autumn years. Other friendships are brief, almost fleeting, barely begun and suddenly over.

When I first met Ingeborg two years ago on one of my early hikes with the RTA, my first impression was of a slim, almost fragile-looking lady who just loved hiking, and who knew how to use her walking stick, pointing at trees, poking in the ground, balancing across a beaver dam, or gracefully leaning on it.

During following hikes, our conversations would turn to our childhood memories in Germany, early experiences in our new homeland, Canada, our travels to other parts of the world.

Hiking through the woods one sunny afternoon, Ingeborg told me she has cancer, that it is too late to operate, nothing can be done. I was perplexed by her calm, almost matter-of-fact approach to her fate.

During the following months, I was particularly happy to see Ingeborg on our hikes. Her continuous energy seemed to belie her progressing illness, though her inner battles must have been tremendous. Twelve, fifteen, even eighteen kilometres over sometimes rough terrain did not deter her; she never complained. She was happy to have celebrated another birthday; she did not think she would make it.

By last fall the illness began to reflect on her face, the expression in her eyes, though her vigour and spirit had not abated.

During the long winter months I greatly missed her on our skiing trips and wondered how she spent Christmas and the New Year. When, in early spring, I learned of Ingeborg's death, the news, though not unexpected, felt like a stab. Why do bad things happen to good people?

Yet, somehow I know that, in the years to come, as I continue on my journey, my brief friendship with Ingeborg will always be cherished; it will never be forgotten. Auf Wiedersehen! Your friend, Irma.

To Ingeborg

As autumn leaves silently tumble to the ground,
Golden rays break through the morning mist,
A friend's last journey had begun.
Yet connected with the universe,
I feel her spiritual light transferring,
Her life force flowing through.
Wise, brave and dignified,
She completes the circle of her wandering.

Special Events

Not having a "home" of our own, it is sometimes difficult to find a home, room or hall suitable for certain events. If Kingston Club members can suggest places in which to hold pot luck dinners, family outings, bar-b-q's, or general meetings, we would like to hear from you. If you have accommodation large enough to sponsor a gathering, a call would be appreciated. Lynn Nolan, 389-8747.

Did You Know?

Woodrow Farm Bed and Breakfast welcomes RTA members to stay with them on their journey along the Trail. Enjoy the warm comforts of home at the end of the day. They are happy to transport you to and from Last Duel Park, the point at which the Trail passes through Perth. Partake of hearty hiker breakfasts and dinners that satisfy the appetites that walking promotes. Rates: from \$45 double and \$35 single occupancy. Dinners on request. They also offer horse lovers the opportunity to see beautiful fall colours, while trail riding through the lovely Lanark countryside.

Ann Miller, R.R. #1, Balderson, Ont. K0A 1A0.
(613)267-1493



A group of Kingston Wednesday Walkers visit Terri Czup, member, landowner and maintainer, at her home on Big Rideau Lake near Narrows Lock.

Photo by Terri Czup



Ottawa Club hikers complete a section from Murton Road to the beginning of the trail at Lake Ontario.

Photo by Barb Krieger.

Ski Algonquin Park with the Kingston Club, Friday - Sunday, January 18-20, 1991

Once again we have selected Bear Trail Inn at Whitney for a weekend of cross-country skiing. Those who came with us last year agreed the trails in the Park are great. This year we have upgraded bus transportation to a coach with proper storage for skis and with a washroom. This will eliminate any stop on the way and enable us to arrive in time for dinner.

Our package includes two nights accommodation, two dinners and two breakfasts, coach transportation from Kingston and all gratuities and taxes. Upgrading the bus plus having to GST this year has increased the cost, alas! But at \$217 per person, double occupancy, it is still good value. For those desiring single occupancy, there is an extra charge of \$30.

Departure, 5:00 p.m. on Friday, returning to Kingston at 8:00 p.m. on Sunday. Our group is limited to 46 people, so get your reservation in early! Reservations must be received by November 14th, accompanied by a cheque for \$50 made out to "Keith Bull, in trust".

For information and reservations, contact:

Keith Bull, tel. 546-9693

220 Country Club Drive

Kingston, Ontario. K7M 7B6

Newsletters Hand Delivered

The Ottawa Club delivered about 300 newsletters in the Ottawa area. A special thanks to the following deliverers: Peter Brebner, Mike and Dorothy Shaw, Peter Andrews, Alex Bissett, Grace Hyman, Chris Omerond, Linda Rook, Art Campbell, Bill Grant, Peter Mason, John Cottee, Chris Jones, Nanette Whitwam, Johanna Ede, Peter de Lepper, Eileen Evans, Florence Woolner, Dennis and Barri Scully, Bev Armstrong, Keith Arnold and Don Mitchell. A very special thanks to Eileen Evans who handled the stamping of the mailed newsletters.

If you would like to help deliver the Winter newsletter in December, please call Elizabeth Mason, 729-6596 or leave a message on the club number, 567-2229. Help in postal code K1V and in the Crystal Bay and Kanata area would be appreciated.



If undeliverable, please return to:

Rideau Trail Association
P.O. Box 15
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K7L 4V6

Ottawa Phone Number: 613-596-0572

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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
() Patron (Life Membership).....	200.00*
() Guide Book Members.....	12.00
() Non-Members.....	17.00
(Includes Postage & Handling)	
() Car sticker(FREE to New Members).....	1.00
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