



The Rideau Trail NEWSLETTER

SPRING 1991

ISSUE No.79



Hepaticas opening sharp and new
Have driven holes and let sky through
The forest floor, and in dark moss
There are heavens to step across.
—from a poem by R.T. Coggin.

The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The editor of this letter is Patricia Hardy for the Kingston Trail Club with assistance by Lynn Nolan and John MacPherson.

Submissions for the next newsletter are encouraged. Pictures to accompany articles are desirable. Black and white are preferable, but colour is acceptable. These should be sent by May 1 to:

Frank W. Kemp,
701-1705 Playfair Dr.,
Ottawa, Ontario, K1H 8P6.

Phone (613) 736-9939

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

ISSN 0709-7085.

THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1990-91

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Guidebook	Pearl Peterkin	Ottawa	829-3062

EDITOR'S NOTES

This the first time I have ever tried to do anything quite like this newsletter. I could not have done it alone. I want to acknowledge the help of Lynn Nolan for her expert typing, John MacPherson for his computer assistance and Johanna Koeslag for her knowledge of the Newsletter. And I would like to thank all those who contributed to the Newsletter and for their efforts to get the material to me early. If you have any constructive suggestions for future newsletters I would be glad to hear about them. They will be considered for newsletters to come.

COVER CREDIT

Moir Drummond- Spring on the Trail.

OUTSTANDING SERVICE AWARDS

SEPTEMBER 1990

CATHERINE CUTTS

It was probably no surprise to the Kingston Club members that the executive had selected Catherine Cutts

to receive the first RTA Outstanding Service Award. Having been associated with the Trail since its inception, Catherine's name has become synonymous with the Rideau Trail. She has held most offices of both club and association including Kingston Chair and Association President; she was one of the members responsible for the first guidebook and for the assembling of the audio-visual presentation; she started the Wednesday hiking group and is still very involved in its functioning (and especially in its inclination to end the walk with a tea stop). When members of the Board are going on vacation, Catherine is the one to volunteer to fill in. But, most important, Catherine represents all the qualities that we find in hikers: consideration and thoughtfulness for others, a genuine interest in promoting healthy and happy hiking and a warm, friendly personality. It was a very great pleasure to ask her to accept the Outstanding Service Award and wish her many more happy years of hiking.

Submitted by: Patricia Lynn

CATHY'S 20TH ANNIVERSARY TRIVIA

The postage for the first Newsletter (16 pages) in 1971 was 6 cents. Check today's and if mathematically minded work out the percentage increase. No prize for Math whizz's.

RIDEAU TRAIL ASSOCIATION A.G.M.

Advance notice: The AGM will be held in Westport on Saturday September 21, 1991 beginning at 10 a.m. Activities will include the unveiling of a plaque at Foley Mountain to commemorate the first hike of the Rideau Trail and dinner at the Cove Restaurant at 5:30 p.m. to honour our past presidents. For additional information, please see the next edition of the newsletter

PEARL PETERKIN

The Ottawa Rideau Trail Club presented the first Rideau Trail Association Outstanding Service Award to Pearl Peterkin at the September Annual General Meeting, in recognition of the valuable services she has provided to both the Club and the Association over many years. The criteria for nomination are outstanding service or significant contribution by a member of the Association. Such service or contribution could be in one or more of the following activities:

member of the executive,
maintenance or construction,
continuing service to a Club or the Association
outside executive responsibilities, or
contribution to special projects

Pearl has served the Ottawa Club as Routes and Negotiations Chairman, and as a leader of hikes and backpacking trips, and hostess of many pot luck suppers and soirees. She has presented the Rideau Trail slide show to various groups. Pearl also maintains the loop trails around the schoolhouse, and for several years shared responsibility with Peter Brebner for maintaining the Schoolhouse itself.

Pearl served as chairman of the Guidebook Committee for both editions of the Rideau Trail Guidebook, and for the previous publication, Trail Notes. She continues to serve as our marketing representative for the Guidebook. Her historical research is reflected in the notes for the many historic homes along the Merrickville-Burritts Rapids Blue Loop. She is also responsible for the printing of the large format maps.

Pearl has contributed greatly to the Association in her capacity as Vice-President, President, and Past President. With her determination, firmmindedness and good organization, she has been invaluable to the Rideau Trail, and the Ottawa Club was delighted to have the occasion to acknowledge her contributions.

RIDEAU TRAIL LIFE MEMBERS.

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George and Marjorie Fowler	Sukriti Nag	Caroline Whaley
		Dr. A.K. Wylie

Change of Address

Please send in a change of address as soon as you move. The address change should be sent to the Kingston address on the back of the Newsletter. Make the letter attention of the Membership Secretary. When Newsletters are delivered by volunteers, no automatic forwarding to your new address will occur unless you have arranged this with the new tenant at your old address.

Newsletter Delivery

In December the Ottawa Newsletter was again delivered by volunteers. Ottawa members deliver about 300 Newsletters twice a year. In 1990 this amounted to savings of about \$500. For the first time, possibly in the history of the Rideau Trail, the cost of the newsletter decreased in 1989/90. This was partly due to the efforts of the Ottawa delivery service.

A big thank you goes to the volunteers who delivered the Newsletter in December. Bev Armstrong, Keith Arnold, Geoff Berry, Alex Bissett, Peter Brebner, Art Campbell, John Cottee, Johanna Ede, Bill Grant, Derek Hasler, Chris Jones, Chris Omerond, Elizabeth Mason, Don Mitchell, Linda Rook, George Sabourin, Barri & Dennis Scully, Dorothy & Mike Shaw, Florence Woolner.

Volunteers are always needed. To volunteer your time phone Elizabeth Mason at 729-6596 or leave a message at 567-2229.

'PACKING' IN PUKASKWA

By: Ron Doll

If you're looking for a hiking experience a little different and fairly challenging, try the Coastal Hiking Trail of Pukaskwa National Park. The highlight of my summer vacation this year, was a ten-day trip to Pukaskwa with my daughter and trip leader, Stephanie.

Pukaskwa National Park is located on Lake Superior's north shore about 1400 km. from Kingston. Travelling the Trans-Canada Highway through this area is spectacular in itself as many people have discovered but hiking the Coastal Trail allows a closeness and an appreciation of the rugged beauty of the landscape not possible from an automobile or a roadside lookout.

We took many slides and photos and I kept a trip log from which I hope to share with other Rideau Trail Association members some sense of adventure and challenge possible "packin' in Pukaskwa".

(The following selection is chosen from Ron's Diary as space will not permit us to print it in its entirety.)

"Day 6, August 5: Today did not begin well as the pancakes stuck to the pan. We left Fish Harbour for Oiseau at 11:00 a.m. under overcast skies and cool, misty, rainy weather. We arrived at Oiseau Bay in 2 1/2 hours, had lunch and decided to press on to Fisherman's Cove. The trail varied as usual between dense forest, sandy beaches and rocky outcroppings. As we had done each day, we stopped several times for photos and wild blueberries. After another 3 1/2 hours and 12.3 km. of trail today, we arrived at Fisherman's Cove at 6:00 p.m. The sun finally broke out, we had a very brisk wash in the lake, the best meal of the trip so far, a beautiful sunset and a good campfire."

We thoroughly enjoyed this hiking experience along the 'inland sea' as challenging as it was and would highly recommend it to others. Literature is available from both 'The Friends of Pukaskwa', Heron Bay, Ontario, P0T 1R0, and Pukaskwa National Park, Marathon, Ontario, P0T 1R0. I would also be willing to share a tabloid, a brochure, a set of coastal trail maps and notes or photos with anyone interested.

WINTER WONDERLAND

Looking up, I see the sky washed clean from the rain. The air felt fresh and crisp, because the wind had swept every speck of dirt out of it.

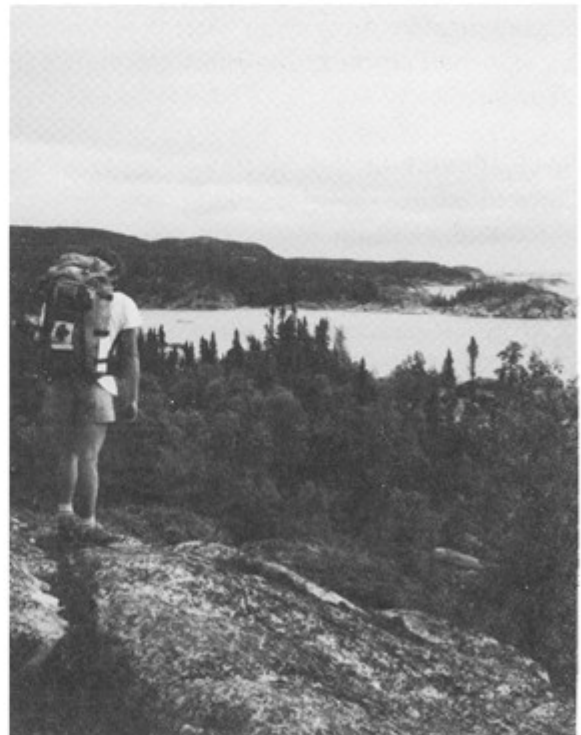
All the trees along the way were made out of glass, their branches hanging down like crystal chandeliers.

The fields were covered with a glittering, gleaming blanket of ice, and the weeds and grass left from a summer past, were formed into shining ornaments.

Spanned from one telephone pole to the next were silver strings, and even the wire fences looked pretty as they seemed all studded with diamonds.

The golden rays of the sun transformed nature into a shining beauty and I was walking in a Winter Wonderland.

By: Elsa Kirschenhofer,
Wolfe Island, Ontario



THE BURRITT'S RAPIDS TO MERRICKVILLE HIKE

By: David Spector

One frequently looks back with nostalgia on the first and last hikes of the season. The final walk of the Ottawa Club on December 9, 1990 along the historic blue loop from Burritt's Rapids to Merrickville was certainly one of the more memorable ones. In brilliant sunshine, eighteen people gathered at Lebreton while another two joined the group at Burritt's Rapids to participate in the eight km. jaunt.

The Burritt's Rapids/Merrickville loop can best be described as an historic and pastoral walk. It is certainly not a vigorous one. Along the route, walkers stopped frequently to admire, discuss and photograph perhaps the best collection of 1830s - 1840s domestic architecture in Ontario. At our lunch stop at Nicholson's Locks, people informally explored this historic lockstation and the nearby ruins of abandoned Andrewsville. At various points along the loop, sweeping vistas of the Rideau River and surrounding farmland enticed hikers to pause for a few moments. For several people one of the more pleasurable diversions was feeding curious horses who had come to the roadside to investigate the hikers.

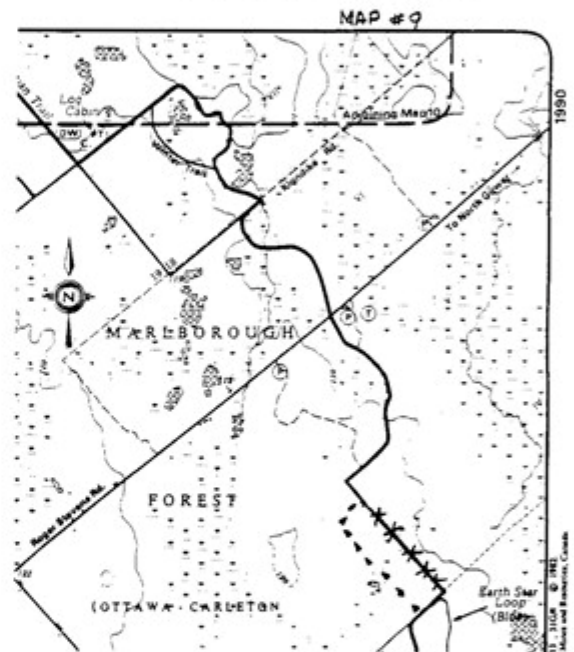
The walk ended at the Merrickville blockhouse - the largest structure of its kind erected on the Rideau Canal. But for most, the hike was far from over. Our group of twenty almost filled both tearooms in Merrickville. Following refreshments many of the hikers divided into small groups. My passengers and I explored the town's historic architecture, industrial sites and the restored cemetery where William Merrick is buried. Above all, we visited every antique and craft shop in Merrickville.

Notice of Trail Closure.

The Rideau Trail, where it crosses private land will be **closed Tuesday, March 12, 1991**. This action is necessary to protect the land owners who generously allow us to cross their land the remainder of the year. Please take care not to trespass on this day.

OTTAWA ROUTE REPORT Route change on map #9

The major change in the routing of the trail occurs at Flood Road in the Marlborough Forest. Heading north from Flood Road across meadow/field. Passing through cedar post fence follow track to Ducks Unlimited dyke. Crossover top of dyke and enter cedar wood. Trail meanders through the cedar entering into farm land which has recently been forested. Cross field to opening into a second field to reach track heading east to Flood Road.



A change that will occur in the spring of 1991 is in the vicinity of the Bruce Pit. Due to preparations for Highway #416 corridor we will be unable to use the parking lot and a section of the trail to the east of Cedarview Road. Our reroute will utilize a turnstile further north along Cedarview Road to reconnect with the trail.

The construction of Highway #416 will inevitably disconnect the trail on occasion in the years ahead. At present Acres Road will be closed from Richmond Road to Highway #417 in the summer of 1992. The Bruce Pit construction will occur sometime between 1994 and 1996. Updates/changes will be provided in the newsletter when available.

Peter Brebner

Rideau Trail Spring Outings Kingston

In addition to the hikes listed below there are hikes leaving from Sears north parking lot at 1:30pm. the first, third and fourth Wednesday of the month. Suggestions for future hikes can be made to Bernie Gates 389-1835.

Car-pooling is encouraged to facilitate parking and drivers would appreciate a contribution towards the gas. Hike leaders are reminded to send their attendance lists to Shirley Harmer 549-4852.

Please note: Although the hike program generally indicates the strenuousness of the event, hikers are responsible to confirm with the hike leader before the hike their ability to meet the conditions of the trail. Proper boots, clothing, equipment and personal conditioning are very important on rugged hikes to ensure that all hikers can enjoy the event. Hike leaders are requested to discourage ill-equipped hikers from attending especially difficult events.

Saturday, March 16. Gould Lake.

Hike the east side of Gould Lake. Bring a lunch and meet at Sears north parking lot at 9:30 am.

Leader: Alberta Edgar 542-9662.

This will be followed by a pot-luck supper hosted by Margaret and John Page at 6:30 pm. Bring a dish to serve at least six. For details contact Lynn Nolan 389-8747.

Saturday, March 23. Hike Leaders' Seminar

For details see article elsewhere in this newsletter.

Sunday, March 24. Amherst Island

Hike the south shore. Bring a lunch and meet at Sears north parking lot at 9 am., sharp, to catch the ferry at 9:30 am.

Leaders: John and Joyce Mayhew 389-9819

Saturday, March 30. Opinicon Loop

Hike from Skycroft to Mount Marvin. Bring a lunch and meet at Sears north parking lot at 9:00 am.

Leader: Harry Gardner 389-9639

Sunday, April 7. Cataraqui Cemetery to Elginburg Road.

Hike this section of the trail. Bring a lunch and meet at Sears north parking lot at 9:30 am.

Leaders: Paul and Eva Smith. 542-6003

Wednesday, April 10. Abandoned Railway

Hike the abandoned railway track along the north shore of Sydenham Lake. Bring a lunch and meet at Sears north parking lot at 10:00 am.

Leader: Bernie Gates 389-1835.

Saturday, April 13. Sydenham to Gould Lake Road.

Hike from Sydenham to Gould Lake Road. Bring a lunch, waterproof footwear, and meet at Sears north parking lot at 9:30 am.

Leader: David Roeder. 545-0516.

Saturday, April 20. AGM

Kingston Annual General Meeting. See details elsewhere in this newsletter.

Sunday, April 28. Trail Maintenance Day.

Come out with your saw or snips to help clear the trails. Bring a lunch and meet at Sears north parking lot at 9:00 am. Maintainers please have your reports in to Don Green 389-5458 by April 24.

Saturday, May 4 Slide Lake Loop

Hike the Slide Lake Loop in Frontenac Park. This 12 km. hike is over rugged terrain so strong footwear is recommended. Bring a lunch and insect repellent. Meet at Sears north parking lot at 9:00 am.

Leader: Sue Nag 546-6041

Wednesday, May 8, North from Elginburg Rd.

Hike the trail north from Elginburg Road. Bring a lunch and meet at Sears north parking lot at 10:00 am.

Leader: Bernie Gates 389-1835.

Sunday, May 12. Opinicon Loop

Hike the Opinicon Loop through the Massissauga Road. Strong footwear and insect repellent are recommended. Bring a lunch. Meet at Sears north parking lot at 9:00 am

Leader: Keith Bull 546-9693.

Sunday, May 19 - EVENT - Lake Ontario Park

See details elsewhere in the newsletter or phone Lynn Nolan, 389-8747.

Saturday May 25, Sequential Hike

Sequential hike from Gould Lake Barn to Frontenac Trail Centre. Strong footwear required. Hike length is approximately 13 km. Bring a lunch and insect repellent. Meet at Sears north parking lot at 9:00 am.

Leader: Sigfus Swanbergson. 384-3560.

Sunday, June 2 Canoe Trip

Canoe trip in Frontenac Park. Bring a lunch, swim suit, insect repellent, and a change of clothes in a waterproof bag. Canoe owners, please be prepared to take a less experienced paddler with you. Meet at Sears north parking lot at 9:00 am.

Leader: Rick Briese 389-1333

Saturday, June 8. Sequential hike

Sequential hike from Frontenac Park Trail Centre to Perth Road. This is a 13 km. hike. Strong footwear is recommended as this is rugged terrain. Bring a lunch and meet at Sears north parking lot at 9:00 am.

Leader: Arne Henrikson. 544-0465

Wednesday, June 12. Charleston Lake

Hike Charleston Lake Provincial Park. Bring a lunch and swim suit. Meet at Sears north parking lot at 10:00 am.

Leader: Jean Thompson 544-0340.

Sunday, June 16. Sequential Hike.

Sequential Hike from Perth Road to Massissauga Road. This is 20 km. on the main trail. The hike is mostly on gravel roads. Bring a lunch and swim suit. Meet at Sears north parking lot at 9:00 am.

Leader: Ron Doll 384-2387.

Friday to Sunday, June 21-23 Camporee

Camporee at Gould Lake. Campfires, swimming, hikes, canoeing. Pre-registration is required. Telephone Lynn 389-8747.

Saturday, July 6. Foley Mountain

Hike from Westport Lions' Club Beach to Little Bay, in the Foley Mountain Conservation Area. This is a 7 km. hike. Bring a lunch and swim suit to Sears north parking lot at 9:30 am.

Leader: Allan Tattersall 549-4080

Wednesday, July 10 Bicycle Tour

Bicycle tour of Amherst Island. Meet at the Millhaven ferry dock at 10:20 am. Bring a lunch and a swim suit.

Leader: Peggy Harding. 546-7202.

**Rideau Trail Spring Outings
Central**

On our spring outings participants will have to be ready to take into account bad weather and insects, so come prepared. We generally meet at Conlon Farm. To reach this location please take the fourth turn to the right off Scotch Line (County Route 10) travelling west from Perth. Information on outings can be obtained from the contact person listed, or by calling John Miller 267-7422 or 264-8338

Saturday, March 2. Murphy's Point

Joint outing with Ottawa Club, Cross country ski over varied terrain. Meet at Murphy's Point Park 10:30 am.

Leader: Bill Grant 820-0697.

Contact John Miller 267- 1493

Friday-Sunday, March 15-17 Slide Lake Cabin

Hike or snowshoe in the area, with overnight stay at the Cabin. Bring your own food and gear, limited space available so register no later than March 10.

Leader: John Miller 267-1493

Sunday, April 21 Perth Wildlife Sanctuary

Join us for a relaxing afternoon, and enjoy a glimpse of the animal and bird spring frolics. Meet at the Sanctuary, located 2 miles from Town of Perth Boundary, off the Rideau Ferry Road (Map C.). 1:00 pm. start.

Leader: Ian Cameron 264-0598

Saturday, May 25 Foley Mountain

Late spring stroll at this favourite nature spot. Wear good shoes and bring a lunch. Tea afterwards in Westport. Meet at Conlon Farm at 9:30 am.

Leader: Ron Beacock 267-4204

Friday-Sunday, June 21-23 Camporee

20th Anniversary Camp-out at Gould Lake. Join the Kingston and Ottawa clubs for this exciting weekend. For details see notice elsewhere in the Newsletter.

Saturday, June 22 Purdon Cons. Area

Join the Ottawa Club for an 18 km. hike to visit the Beautiful Lady Slipper Orchids in bloom, and finish up a fairly long day with tea at Dalhousie Lake. Bring a lunch and good footwear. Meet at Conlon Farm at 9:00 am.

Leader: John Miller 267-1493

Rideau Trail Spring Outings Ottawa

Hikes usually take place as scheduled 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 for gas, since private cars are used for transportation to the trail head. Some outings may be followed by a refreshment stop, but this is usually decided by the participants on the day itself, unless otherwise specified.

The spring program is intended to provide a variety of outings for all tastes, and include the first of a series of hikes on abandoned rail lines. Hikes on the Rideau Trail itself are specified as such. Please take note of the descriptive details so you will not be disappointed. Specific information on the outings can be obtained by phoning the hike leader indicated. General information is available from Bill Grant 820-0697. Hike leaders are asked to collect names and phone numbers of the participants and send them to Bill Grant.

Wednesday Walkers

Wednesday walkers continue their Gatineau hikes every Wednesday at 9:30 am., meeting at Booth and Albert Streets.

Call Dorothy Belter 523-4420
or Nanette Whitwam 231-5417

Friday, April 12 Annual General Meeting

Annual General meeting of the Ottawa Club see notice elsewhere in the Newsletter.

Sunday, April 14 Maberley to Sharbot Lake

This first-time hike on this abandoned rail line, through the bush, south of Highway 7, is approximately 16 km.

Refreshments in Sharbot Lake at the end of the hike. Bring a lunch, good footwear (it may be rough underfoot). Meet at Booth and Albert at 9:00 am.

Leader: Peter de Lepper 1-569-4700
or phone Bill Grant 820-0697

Wednesday, April 17. Hiking Fitness Workshop

Time: 7:30 pm.

Place: Queen Elizabeth Towers, Laurier Ave. W.

Two qualified fitness instructors who are also hike leaders will lead the group in warm-up and cool-

down exercises and stretches for hiking and skiing. Wear appropriate footwear and clothing. Refreshments will be served. Meet at Booth and Albert at 7:30 pm.

(freeparking) where participants will be met. Numbers are limited. Please register by calling Barbara Krieger 235-0604

For information call Bill Grant 820-0697

Saturday, April 20. Cedar Planting In memory of Edith Ikeda

Volunteers are required for the convivial task of planting cedar trees at the former cabin site in the Marlborough Forest. Bring a lunch and a round-bladed spade, if you have one. All are welcome. Booth and Albert at 9:00 am.

Leader: Peter Brebner 729-8178
or call Bill Grant 820-0697

Saturday, April 20. Hike Leaders' Soiree

Pearl Peterkin will again host the soiree at 7:30 pm. at 2576 Sackville St. (West end south of Lincoln Galleria)

All hike leaders, deputy hike leaders and hosts/hostesses are welcome.

Call Bill Grant 820-0697

Sunday, April 21. Mystery Walk

Trust us on this one! Wear good footwear, bring a lunch. Meet at Booth and Albert at 9:30 am.

Leader: Peter de Lepper 1-569-4700
or call Bill Grant 820-0697

Saturday, April 27. Embrun to Russell

This is a pleasant hike on an abandoned railway bed; easy walking to a tea room in Russell for a late lunch or snack (delicious scones!), then return to Embrun, for a total of approximately 13 km. A leisurely day.

Booth and Albert 12:00 noon.

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

Saturday, May 4. Rideau Trail-Slide Lake Loop

Pearl Peterkin will lead us on the most vigorous section of the trail; approximately 18 km. around this beautiful lake. Wildflowers galore! Bring lunch, and wear good footwear and be prepared for a long day. Meet at Booth and Albert at 9:00 am.

Leader: Pearl Peterkin 829-3062

Sunday, May 5. Rideau Trail from Narrows Lock Road to Otty Lake Road.

An attractive section of the trail, about 16 km., which includes our best ghost town. Bring lunch, and wear good footwear. Meet at Booth and Albert at 9:00 am. Leader: Geoff Berry 731-4832

Saturday, May 11. Frontenac Park.

A vigorous hike of approximately 18 km. in the northern section of this beautiful park. See the spring flowers at their best. Bring lunch and insect protection: wear good footwear, and be prepared for a long day. Meet at Booth and Albert at 8:30 am. Leader: Rob Maybury 489-2255

Sunday, May 12. The "Grove", Arnprior and Morris Island.

Two short walks with lunch in between. The Grove is an endangered area of old growth forest on the western edge of Arnprior, which provides excellent walking trails. Morris Island is the newest Conservation Area, with short trails along the Ottawa River. Bring lunch, insect protection for a leisurely day. Meet at Booth and Albert 9:30 am. Leader: Bill Grant 820-0697

Monday, May 20. Rideau Trail Bruce Pit Area

Celebrate the holiday with a leisurely hike in the Bruce Pit area. Bring lunch, good footwear, insect protection and meet at Booth and Albert at 10 am. Leader: Linda Hayes 234-1045

Saturday, May 25. Trail Maintenance.

Earn your volunteer badge by joining us on the trail for the semi-annual maintenance outing. See the spring flowers, too! Your help is needed. Bring lunch, pruners, and insect protection. All are welcome. Meet at Booth and Albert 9:30 am. Leaders: P.Smith 443-2241/C.Jones 824-3512

Sunday, May 26. Gatineau

A vigorous hike in the Gatineau. Bring a lunch, and insect protection. Wear good footwear. Meet at Booth and Albert at 9:30 am. Leader: Nanette Whitwam 231-5447

Saturday, June 1. Gatineau

A moderate hike of approximately 14 km. in the Kingsmere area. Attractive hardwood forest, beaver pond. Bring a lunch, insect protection. Meet at Booth and Albert at 9:00 am. Leader: Alex Bissett 828-4363

Sunday, June 2. Bird Sanctuary walk near Upper Canada Village

Approximately 12 km. A repeat of last year's enjoyable walk. No rain this time! Bring lunch. Snack in Morrisburg afterwards. Meet Booth and Albert, 9:30 am. Leader: David Spector 829-6802

Saturday, June 8. Rideau Trail Narrows to Murphy's Point Park

A possible side trip to a hard-to-find ghost town. Approximately 18 km. with a swim at the end, if possible. Bring a lunch, good footwear, insect protection. Be prepared for a long and pleasant day. Meet at Booth and Albert at 9:00 am. Leader: Frank Kemp 736-9939

Sunday, June 9. Gatineau

Bushwhacking in the park, for experienced bushwhackers and orienteers. Long pants, good footwear is strongly advised... Bring lunch, insect protection. Be prepared for a long day. Meet Booth and Albert, 9:30 am. Leader: G. Creedy 233-1657

June 14, 15, 16 Bon Echo Week-End.

A week-end of hiking on the excellent trails in this fine provincial park. (Also swimming if the weather is right). A first time for the Ottawa Club! Departure late Friday afternoon, return on Sunday. Local motels will be reserved for those who require indoor accommodation for the two nights. Campers make their own arrangements. To reserve, please call by the evening of Thursday June 6. Trip organizers are:

Bill Grant 820-0697/Barbara Krieger235-0604

Saturday, June 22. Purdon Bog

A joint outing with the Central Club. A fascinating hike of about 18 km. in northern Lanark County, which includes a visit to the renowned Purdon Conservation Area and its beautiful ladyslipper orchids. Wear good footwear and bring lunch, insect protection. Tea at Dalhousie Lake at the end of the hike. Be prepared for a long day. Meet at Booth and Albert at 8:30 am. Leader: John Miller 1-267-1493 or call Bill Grant 820-0697

Sunday, June 23. Rideau Trail Perth to Poonamalie Road via Beveridge Locks.

Approximately 20 km., but easy walking. Bring lunch, good footwear, insect protection. Meet at Booth and Albert at 8:30 am. Leader: Ron Hunt 830-1592

RIDEAU TRAIL BOARD NOTES

HI! GREETINGS FROM MEMBERS OF THE BOARD.

The last meeting of the Rideau Trail Association Board of Directors (characters listed on page 2) was held in Perth on January 26, 1991. The board members meet four times a year and their mandate is to conduct the business of the Association during that period of time between full membership meetings of the Association. As usual the meeting commenced at 1000 hours and finished at 1500 hours. There were a number of items discussed that you might be interested in knowing about or would like to speak with a board member about.

Several years ago the Rideau Trail Association ceased to be a member of Hike Ontario, a provincial association of hiking clubs. The Rideau Trail Association is the second largest hiking club in Ontario (Grey-Bruce is the largest) and there has been continued discussion about the pro's and con's of joining Hike Ontario. It was agreed that Jim Fish, Ottawa, will attend, as an observer, the next Hike Ontario meeting and report back to the board on the issues the board members asked him to investigate.

The Kingston Club is busy completing the final arrangements for the installation of a plaque in the Elevator Bay area in Kingston to indicate the south end of the trail. They are also busy making arrangements for the installation of a plaque in the Foley Mountain area to indicate the middle of the trail and the first hike in 1971.

Members discussed the Newsletter, its purpose, and how it can better meet the needs of the membership. We could, of course, make some changes of our own, but it would be more appropriate (and probably much more interesting) if we had the benefit of the input of the many people who read this newsletter. The Newsletter Editors or any board member would be delighted to get your ideas. How about it!

The board members are also interested in hearing what issues from the board meeting you would like to see discussed in the Newsletter.

Betty McIver.

WHISTLE TALK

In an emergency, a whistle can save a life if used to sound the International Whistle Code: one blast lasting two to three seconds asks "Where are you?"; two blasts signal "Come to me!" and three say "I need help". All are answered by one long blast. But a clear signal is impossible if the tiny pea that produces the trill in conventional whistles is wet, dirty or overblown enough to stick. Now, a whistle that is designed to eliminate the pea, the Fox 40 Sportsman/Safety Whistle, affords outdoor enthusiasts more reliable assistance in a wide range of situations.

Developed as a loud, dependable whistle for basketball referees, the Fox 40 relies on a unique three-chambered design for a trill so high-pitched and penetrating that users are cautioned against playing with it casually or blowing it in a person's ear. In an informal test, I could hear the whistle clearly over several city blocks. According to William Black Sr., vice president of the company that distributes the whistle, it has a range of nearly 20 miles, depending on weather conditions. "It works slick in the woods," says Black, "and there is no pea to bung it up if it gets wet." The whistle also floats, rinses clean easily and cannot be overblown - the harder you blow it the louder it sounds.

Used properly with the International Whistle Code, the Fox 40 is a valuable signalling tool for swimmers, hikers, hunters, cyclists, campers, boaters and those who, like farmers, work outside alone. It is recommended for extra security in unsafe environments, such as underground parking garages and as a children's alarm signal. The cost is \$6.95 (\$17.95 for a package of three) plus \$3.00 shipping and handling and Ontario sales tax and G.S.T. Contact: Ancaster Outdoor Safety Inc., Box 7426, Ancaster, Ontario L9G 4G4
Anne Rutherford

Editor's note: The above article was reprinted, with permission, from Harrowsmith Magazine. Also we are given to understand that the Fox 40 is also available in local stores.

COMING EVENTS

KINGSTON HIKE LEADERS' SEMINAR

A seminar for hike leaders and those who wish to become hike leaders will be held on the 23rd of March 1991 in the Board Room of the District Health Council, 544 Princess Street, commencing at 2 pm. The seminar will cover such topics as group control, equipment, safety and other related subjects. For further information, contact Betty McIver, 549-8028 or Ray Forester, 542-4385.

KINGSTON ANNUAL GENERAL MEETING

Saturday, April 20, 1991

Scofield Youth Camp, Old Perth Road

10:00 a.m. Coffee and treats

10:30 a.m. Business Meeting

12:00 noon Brown Bag Lunch

1:00 p.m. Presentation

2:15 p.m. Hikes:

- 1) East of Old Perth Road
- 2) West to Frontenac Park
- 3) Opinicon hike, (if numbers permit)

A display table will be set up to share recent photos of the trail. Enclose them in plastic and add your names please.

For information or transportation, please call Lynn at 389-8747, after 6 p.m.

KINGSTON 20TH ANNIVERSITY

INFORMATION DAY AND PLAQUE UNVEILING

Sunday, May 19, 1991 from 10:00 a.m. to 4 p.m. at Lake Ontario Park. There will be a family picnic, displays, and an A.V. presentation. From 2:00 to 3:30 p.m. there will be a walk to Elevator Bay for a 3:00 p.m. unveiling of the plaque which marks the Kingston beginning of the Rideau Trail. Come and bring the whole family!

KINGSTON GOULD LAKE CAMPOREE

JUNE 21, 22, 23, 1991

Hiking, canoeing (bring your own), and campfires.

Friday June 21 - Registration from 5:00 p.m.

(small fee)

Saturday June 22 - 10:00 a.m. hike - west side of Gould Lake, or canoe trip. Evening campfire and sing song.

Sunday June 23 - 10:00 a.m. hike - east side of Gould Lake, or canoe trip.

Camporee - Pre-registration is required since spaces are limited. Phone Lynn, 389-8747 after 6 p.m.

Please note: We hope that many members of the Central and Ottawa clubs will join us.

APPALACHIAN TRAIL CONFERENCE

JUNE 19 - 26, 1991

Program includes:

Choice of over 100 hikes; Workshops on a wide range of topics; Speakers on important environmental and conservation topics; Exhibits; Excursions into surrounding area; Entertainment in the evenings - music, films, slides, dancing. Lodging and meals are on campus. For information, write to:

Williams ' 91
640 Fern Street
West Hartford, Ct. U.S.A.
06107

OTTAWA RIDEAU TRAIL CLUB

ANNUAL GENERAL MEETING

FRIDAY APRIL 12, 1991

St. Paul University

Room 1139

223 Main Street, Ottawa

7:30 p.m. Refreshments

8:00 p.m. Business Meeting

9:00 p.m. Films by Bill Mason

Bring your reusable cup/mug



WEDNESDAY WALKERS, KINGSTON CLUB

Although the first listing in the newsletter is dated April 7, 1982 the idea had been developing over the two previous years. Joyce Mayhew had arrived in Kingston from New Zealand where she had been a keen hiker. We first met at Scottish Country Dance classes and then on week-end hikes. About that time I reduced my working hours to mornings only so we decided we would strike out together on Wednesday afternoons.

Joyce was chauffeur and I was map reader. After we had finished Kingston to Gould Lake in leisurely fashion we started on the conservation areas and unused road allowances and country roads. With bird and flower identification books at hand we tried to learn some more of the natural history of the area. We both were interested in the architecture of the old farm houses in the countryside. The scenery has changed somewhat now with so many new style homes being built on the rural roads. Is that progress!

At one point we put a note in the newsletter about our jaunts and invited other interested walkers to join us. Numbers were small at first but have increased to over



Members of the Kingston Wednesday Walkers enjoying an after hike snack with hostess Trish Van Luven at Tumbleholme B & B in Sydenham, 376-6958. For information on other B & B's in Sydenham, Westport, Perth and Merrickville, send a stamped, self-addressed envelope to Box 15, Kingston, K7L 4V6.

20 on some days. We now have full day hikes once a month, enabling us to go further afield. The other Wednesdays are still afternoon hikes. With increased numbers has come the wider variety of local places to walk because someone has scouted out a new location.

One aspect which has continued since the beginning is the frequent refreshment stop at the end of the walk. The location for these social occasions have ranged from hikers' homes, country tea-rooms, pancakes at a conservation area and commercial establishments. we have arranged to have lunch at a B & B on Amherst Island, Scottish afternoon tea at the McPherson House in Napanee (only in August) and brown bagged it at a members home on Big Rideau Lake.

As well as the Rideau Trail Guide Book we have used Conservation Authority pamphlets, historic guides to Bath, Barriefield, and Cataraqui Cemetery as well as a small book Kingston Walk Book by Eileen Thumm and Silver Wyatt, 1980. Of the 10 walks, two included part of the trail and others include the waterfront and city walks with descriptions of historic properties. Looking forward to many more Wednesday Walks!

By Cathy Cutts



Wednesday Walkers listening to a pre-hike briefing.

KINGSTON WEDNESDAY WALKERS CONTINUED . . .

The Kingston Club have had a active and varied fall schedule of hikes including our "Wednesday Walks". The following are some of the highlights of these excursions:

Jim Dee and Margaret Page introduced the "Wednesday Walkers" to some lovely trails in Kingston Township far removed from the Rideau Trail. Although on one ramble we almost ended up in jail for trespassing we did not hold this against Jim. Beavers were very active in one of our sojourns and as can be seen in the following picture where a member helped the beaver by completing the undercut on a partially chewed tree. We do hope the beaver appreciated his efforts.



On the walk from Westport to Bedford Mills led by Betty McIver we were a little concerned when we saw our leader and two hikers looking for our location on the RTA maps. However we were not lost and proceeded down a country trail through the woods, over which a herd of cows had previously passed, leaving the trail muddy, wet, and uncomfortable to navigate.

Jen, who appreciates a good cow head when she sees one, stopped to feed a curly headed creature that she took a fancy to. If I were that cow I would be extremely careful of Jen when bearing gifts.



One of the highlights of this fall's outings was an invitation from Kim Ondaatje to visit her "Blueroot" Farm and hike the 15 kms wilderness trails that she maintains. Not only did she lead us on the hike but prepared a hot carrot soup for all thirty members of the RTA. For anyone who would like to spend a relaxing week-end and be spoiled in the bargain, contact Kim by Phone (613-374-2147). By Ray Forester

THIRD LEGS

Has anyone else noticed an increase in the use of "Third Legs" recently? Quite a variety, too! There must be some historical or hysterical stories about those walking sticks or canes. Why not share your story. Pictures or sketches accepted, too.

Cathy Cutts



BLUEBIRD NESTING BOXES

By Liz Lundell

Spring bird migrations are just around the corner, and within a few weeks we will be treated, once again, to sightings of the Eastern bluebird along the trail. The birds will soon be seeking insects alongside country roads and building nests in hollow trees that border open fields. Its bright blue head, back, wings, and tail, and rust-coloured breast may have become a symbol of happiness, but the Eastern bluebird's story has not always been a cheerful one.

Pesticides and competition for nesting sites drastically reduced bluebird populations up until the 1970s. Since its bill is not strong enough to peck out nesting cavities in trees and stumps, the bluebird must rely on holes created by other species or by rot. European starlings and house sparrows, introduced to North America in the last century, crowded bluebirds out of naturally occurring nesting sites and led to a significant reduction in the numbers of bluebird offspring. The use of DDT also threatened its survival.

Fortunately steps were taken by governments and individuals, and there has been a recovery in the bluebird population over the past 25 years. The banning of DDT and construction of nesting boxes has reversed the decline in their numbers.

Bluebird boxes have been put up on public and private land adjacent to the Rideau Trail, as they have in other areas of the province. Mounted roughly 2 metres off the ground, with a 4 cm opening, the boxes are designed to mimic natural cavities. Frequently, they are placed in pairs, 7 or 8 metres apart. This twinning takes advantage of the guarding instincts of other species against birds of their kind. Early-nesting swallows frequently claim a box before bluebirds arrive in the spring, but because the swallows will aggressively protect their territory against other swallows, the second box may be reserved for the bluebirds' use. In the absence of a vacant box, female bluebirds have also been known to lay eggs in the nest of another bluebird.

This spring, when I spot the more-familiar blue form hunched atop a wire fence, I won't forget the difference that the nesting boxes and the individuals who erected them are making.



"Careful" Photo from Arch Mason



"Lunch Time" Frontenac Park. Photo - Arch Mason

CATARAQUI CANOE CLUB

Open House - May 7th - 9th, 7 - 9 p.m.

Water Safety Course - Tuesday and Thurs. May 14 - 30.

All skill levels welcomed - Call 544-8375 for details.

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Rick Briesse, from the Kingston Club, is going on a sabbatical leave this spring. He would be interested in participating in or helping to organize canoeing/kayaking (flat water trips) or extended hikes in Ontario or Quebec from April to August. Please call at 613-389-1333.

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

Membership year, April 1st to March 31st

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

Your membership in the Rideau Trail Association provides the financial support for the continuous maintenance, improvement, extension and protection of the Rideau Trail Association. As a member you will receive the quarterly newsletter and special mailings as well a voting rights in the local club and association activities.

Ottawa Phone Number: 613-596-0572
Renewal Membership ()
New Membership ()
Membership year, April 1st to March 31st

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

() Annual Family Membership.....\$ 15.00
() Patron (Life Membership)..... 200.00*
() Guide Book Members..... 17.00
() Non-Members..... 22.00
() Rideau Trail Wall Map..... 10.00
() Car sticker(FREE to New Members)... 1.00
() Crest..... 2.00
() Enamelled Pin..... 3.00
() Donation to RTA..... *
() Donation to Corridor Fun..... *

Prices subject to change. TOTAL

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

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.....
Postal Code.....
Telephone.....