



THE RIDEAU TRAIL NEWSLETTER

SUMMER 1991

TWENTIETH ANNIVERSARY ISSUE

ISSUE No. 80



the rideau trail
newsletter SUMMER
published quarterly by
the Rideau Trail Association No. 1 **1971**



THIS IS THE COVER OF THE FIRST ISSUE OF THE RIDEAU TRAIL NEWSLETTER, SUMMER, 1971

The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The editor of this issue is Frank Kemp for the Ottawa Rideau Trail Club.

Submissions for the next newsletter are encouraged (pictures preferably should be in black and white) and should be sent **by July 20th, 1991** to:

Patricia Hardy,
115 Wright Cr., Unit 12,
Kingston, Ont., K7L 4T8,

Phone 548-1268.

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

ISSN 0709-7085

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COVER: A reproduction of the cover on the first edition of the Rideau Trail Newsletter
Issue No. 1, Summer 1971.

PHOTOS: Page 4 - Kingston Club hikers, Feb 91 by Sig Swanbergson.
Page 14 - By Lynda Hayes - Map 6 and Grand Canyon.

RIDEAU TRAIL ASSOCIATION ANNUAL GENERAL MEETING

THE COVE, WESTPORT

SATURDAY

SEPTEMBER 21st. 1991
10:00 A.M.

AGENDA

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

10:00 a.m.	Coffee and Muffins
10:30 a.m.	Business Meeting
12:00 noon	Lunch
1:30 p.m.	Hike to Foley Mountain
2:00 p.m.	Unveiling of plaque to mark the 20th anniversary of the first hike of the Rideau Trail.
2:30 p.m.	Walks;
	- Village of Westport led by Pearl Peterkin.
	or
	- Foley Mountain led by Ray Forester.
5:30 p.m.	Dinner at the Cove to honour our Past Presidents - 1971-1991.

PRE-REGISTRATION REQUIRED;
SPACES ARE LIMITED.

Contact:

In Kingston - Lynn Nolan 389-8747
In Ottawa - Elizabeth Mason
729-6596 (Res)
777-6523 (Bus)

CLUB EXECUTIVE

KINGSTON

Chair	Patricia Lynn
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	Pat Smith
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Newsletter Editor	Frank Kemp
Publicity	Roger McCullough
Lot Maintenance	Peter de Lepper

CENTRAL

Chair	Ron Beacock
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WALKING STICKS

MY WALKING STICK

When I noticed Cathy's item on "Third legs" in the Spring Newsletter it brought back many memories of the various walking sticks that I have carried over the years. Although I'll never have the appreciation that Gregory Clark had for walking canes, I have two that to me are very special.

The first cane that I became attached to I purchased in Germany in 1952, while serving with the 27th Infantry Brigade. I had leave in the fall of that year which I took in the Hartz mountains. I had decided that I would like to take a walking holiday in the eastern section of Germany. I purchased my stick in the tiny village of Braunlager which was on the border.

With my new stick in hand I proceeded up one of the mountain trails which are a joy to hike. After walking for an hour or so on the trail I decided to do a little bushwacking and headed off the trail in an easterly direction. After a short walk I came to what appeared to be an open field approximately three to four hundred yards in width and extending left and right as far as the eye could see. Swinging my stick in a jaunty fashion I hiked across the field to the other side and came upon a dirt road which I decided to follow. After a short walk, much to my surprise, I saw a barrier and a guard house in the distance manned by soldiers in unfamiliar uniforms. I realized that I had crossed the recently constructed barrier between east and west and was now in the eastern section of Germany. Smartly turning around I headed back the way that I came.

Having decided that the best thing to do was to follow my original trail back to the western side of the border in the fastest possible manner, my stick and I crossed that strip of land a lot faster the second time, completely ignoring the flora.

Arriving safely in the woods I sat down to catch my breath and check my surroundings. Looking up at one of the trees bordering the strip I noticed a small white sign which stated in German "No man's land". Since then I consider my walking stick as a lucky charm.

My second stick which is more staff than stick was given to me by a close friend. Tom and I were canoeing in Algonquin Park when Tom found a beaver stick floating along the shore line of the lake. It had been half stripped of bark by the beavers and Tom stated that it would make a great walking stick.

A few weeks later Tom arrived at my house and presented me with the stick. It is about five feet in length and he had carved the word "Algonquin" and the year "1984" on the handle.

I have used it consistently since then and it has indeed proven itself to be a "third leg", as well as an excellent bush tool. I have used it to cross beaver dams, climb up and down hills, vault creeks, pull other hikers up steep inclines, smash dead branches aside when bushwacking and occasional to persuade a black rat snake to move off the trail.

The longer a person carries a stick, the more attached one becomes to it. Not only does it become a "third leg" but also a constant hiking companion and a good friend.

Ray Forester



WALKING STICKS (CONT'D)

FROM BIPED TO TRIPED - THE EVOLUTION OF A STAFF

My first real attempt to use a walking stick was on a climb to the top of Mount Washington. I found a ski pole handy on the climb but an necessity when coming back down. After that there was no turning back; I had to get a staff of my own.

I tried down-hill ski poles and cross-country poles but if the length was right something else wasn't. Hockey sticks provided staffs of different lengths. A hip joint length was great the uphill climb but not on the down-hill stretches. The in-between lengths were out. My preference was the armpit staff, heavier and more difficult to use on the uphill but the perfect length for down-hill.

Having established the correct length I experimented with other materials. I cut a few staves from standing deadwood. They were extremely light and "rustic" but were frail and brittle. A section of steel tent pole was too thin and noisy.

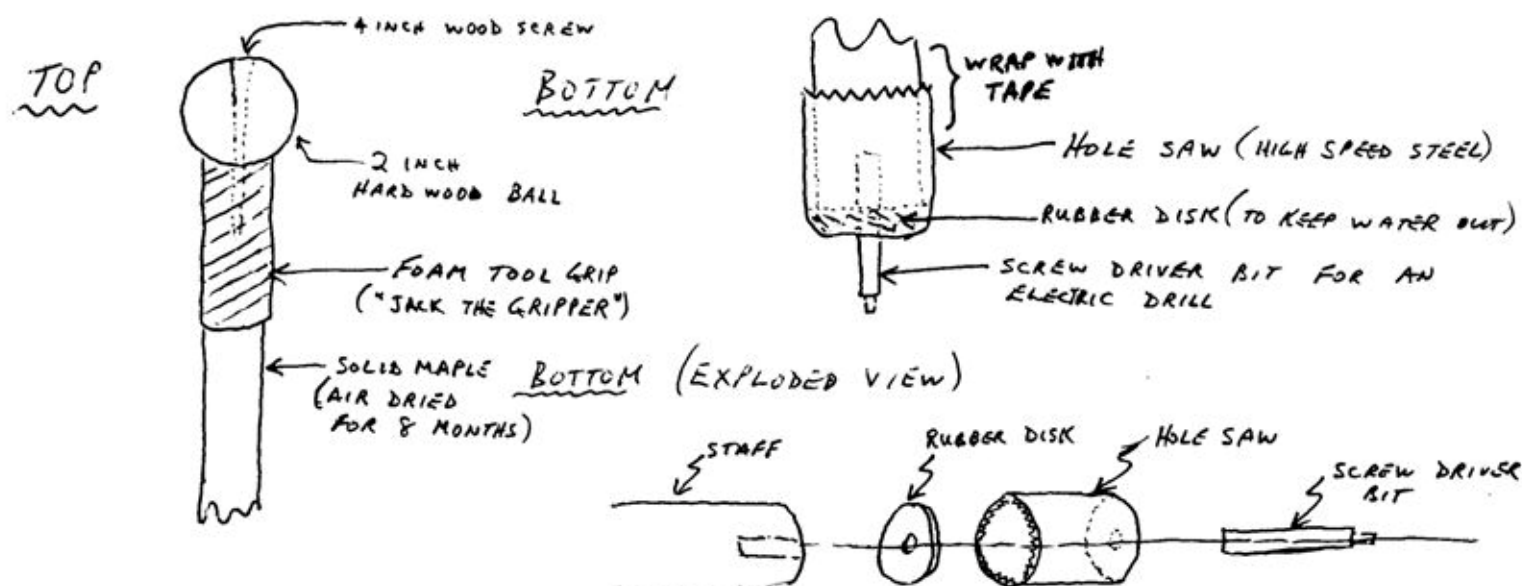
I made improvements to the basic design. Any wooden staff would need a collar to prevent splintering plus a detachable

sharp metal tip. To use the staff like a cane a ball was needed on the top of the staff to spread the pressure over the surface of the palm.

I cut my staff from live wood of 1.25 and 1.75 inches diameter for the most comfortable grip. From a wood-working shop I got a 2 inch diameter hardwood ball. For the tip I used a hole saw as the collar and screw driver blade as a spike (see the diagrams below). For a better hand grip I bought a foam tool grip product called "Jack the Gripper".

I found all kinds of uses for my staff. On uphill climbs I could transfer some of the load to my arms. On down-hill sections I use it to transfer some of my weight onto the staff and relieve the stress on my knees. On the flat sections I use it like a metronome to add rhythm to my gait. I have used it to pole-vault across muddy streams. On wide, fast flowing streams I used it like a third leg to gain extra stability. Last of all I found I could lean on it so that the staff and my legs formed a sort of tripod.

Larry King



ROUTE CHANGES

ROUTE CHANGE ON MAP 4 - OPINICON LOOP

Page 64 to be amended as follows:

18.7 The trail continues along the ridge, through a woods and reaches a stile not now in use. (The fence runs along the Frontenac County and Leeds Grenville County line. The old trail branches to the right and goes downhill to the Opinicon road with a branch to the left leading to the crest of Mount Marvin). The trail continues through woods and areas of sumac passing an old stone building and a nearby well. It then runs along a ridge for 0.2 km. and descends past a swamp going through a wooded area where it meets a cart track.

ROUTE CHANGE ON MAP 2

Page 45 - amend as follows;

22.1 Orser Road - beginning at sentence 2-



-----After 1.7 km the Trail crosses Murton Road continuing along Boundary Road for 0.2 km. It then turns right into a field and heads north. The trail continues through fields crossing the owners private road, through scrub trees and more fields to Railton Road. The

Trail continues North-----.

NOTE: This change was made at the request of a new land owner and the Trail now crosses property belong to Mr. Gary Little.

WHAT KIND OF MEMBER ARE YOU?

Are you an active member
The kind that would be missed?
Or are you just content
Your name is on the list!

Do you attend the meetings
And mingle with the flock?
Or do you stay at home
And criticize and knock!

Do you take an active part
To help the work along?
Or are you satisfied to be
The kind that just belongs!

Do you ever voluntarily
Help with the guiding stick?
Or leave the work to just a few
And talk about the clique?

Come out to meetings often
And help with hand and heart.
Don't be just a member
But take an active part!

Think this over member
You know right from wrong.
Now I ask you: Are you an active member?
Or do you just belong?

RAFFLE

Thanks to the generosity of Gary Kluger of "The Focus Centre" we have two pair of binoculars. One is a compact size and the other a standard size. We will raffle these off at \$2.00 per ticket. They are for sale to members only and will be available on hikes, from members of the executive and at the AGM in September where the draw will take place.

WHAT WAS THAT?

The photo and caption (What Is This) in the December '90 issue has been identified by A. Mason. It was originally a root cellar but became part of "Jack's Camp" and has now fallen into disrepair.

RIDEAU TRAIL ASSOCIATION

OUTINGS

KINGSTON CLUB OUTINGS

The Kingston Club's schedule of summer outings is shown below. In addition the following items should be noted;

1. All hikes start from "SEARS" North Parking Lot.
2. In addition to the hikes listed below, there are hikes leaving from Sears North Parking Lot at 1:30 p.m. the first, third and fourth Wednesday of the month.
3. Suggestions for future hikes can be made to Bernie Gates, 389-1835.
4. Car pooling is encouraged to facilitate parking. Drivers would appreciate a contribution towards the gas.
5. Hike leaders are reminded to send their attendance lists to Peggy Harding, 546-7202.
6. Although the hike program generally indicates the strenuousness of the event, hikers are reminded that it is their personal responsibility to confirm with the hike leaders before the hike their ability to meet conditions on the trail.
7. Proper boots, clothing, equipment and personal conditioning are very important on rugged hikes to ensure that all hikers can enjoy the event.
8. Hike leaders are requested to discourage ill equipped hikers from attending especially difficult events.
9. HELP! We need more hike leaders. You can gain experience by assisting an experienced leader on the hikes.
9. The club wishes to thank the "Sears" Management for their continuing co-operation in allowing us to meet and park in the North West Corner of the parking lot.

Wed. 10 Jul. BICYCLE TOUR OF AMHERST ISLAND.

Meet at Millhaven Ferry dock at 10:20. Bring a lunch, swimsuit and insect repellent.

LEADER: Peggy Harding, 546-7202.

Sun. 14 Jul. POT LUCK SUPPER AT ARNE AND HELEN.

Henricksen's cottage. Bring food and swimsuit. Meet at Sear's NW corner at 1:00 p.m. For information contact Bernie Gates, 389-1835.

Sat. 20 Jul. CANOE TRIP ON DEVEL LAKE.

Starting at Janis Ley's cottage. Bring lunch, swimsuit, insect repellent, change of clothing in a waterproof bag. Canoe owners be prepared to take less experienced paddlers with you. Barbecue at Ley's cottage after trip. Let her know if you plan to attend by 17 July; she will supply hamburgers and fixings. You can pay as you go. Meet Sear's N.W. North door at 9:00 am.

LEADER: Janis Ley, 549-9958.

Thurs. 25 Jul. MOONLIGHT HIKE

Hike around RMC, Point Frederick and Fort Henry. Meet at Bay and Wellington at 7:00 p.m.

LEADER: Jim and Hilda Dee, 542-2643.

Sat. 28 Jul. GOULD LAKE

Hike the Tom Dixon & Mica trails, east side of Gould Lake. Bring lunch & swimsuit. Meet Sear's NW corner 9:30 am. LEADER: Andre Mercier, 384-9886.

Sat. 3 Aug. FOLEY MTH CONSERVATION AREA.

Hike from Spy Rock to Little Bay. Bring lunch & swimsuit. Meet at Sears NW corner at 9:30 am.

LEADER: Patricia Lynn, 546-3993.

Sun. 11 Aug. FRONTENAC PARK.

Hike to Big Salmon Lake. Bring lunch, swimsuit and insect repellent. Meet at Sears NW corner at 9:00 am.

LEADER: Johanna Koeslag, 384-5534.

Wed. 15 Aug. BLUE ROOF FARM.

Hike the red and blue trails. Bring lunch, swimsuit and insect repellent. Meet at Sears NW corner 10:00 am.

LEADER: Bernie Gates, 389-1835.

Sat & Sun. 17-18 Aug. OVERNIGHT CANOE TRIP.

Canoe Mississippi river to Cronk Lake with the Catarague Canoe Club. Bring your equipment and food.

Meet at Sears NW corner at 9:00 am.

LEADER: Debbie Fisher, 386-3159.

KINGSTON CLUB OUTINGS (CONT'D)

Sat. 17 Aug. ADOLPHUSTOWN PROV. PARK

Hike and swim in the park. Meet at Sears NW corner at 10:00 am. Bring lunch and swimsuit.

LEADER: Lynn Nolan, 389-8747.

Thurs. 22 Aug. MOONLIGHT HIKE.

On the waterfront. Meet at Bay & Wellington at 7:00 pm.

LEADERS: Don and Cathy Cutts, 542-5414.

Sun. 25 Aug. BICYCLE TRIP.

From Greys Beach (Gananoque) to Browns Bay (Ivy Lea). Bring lunch & swimsuit. Meet at Sears NW corner at 9:00 am. If you can offer transportation or need a ride call the leader by 22 August.

LEADER: Bob Tolley, 549-6277.

Sat. 31 Aug. GOULD LAKE.

Bike the west side trail. Bring lunch and swimsuit. Meet at Sears NW corner at 10:00 am.

LEADERS: Jim and Caroline Gartenburg, 542-8942.

Thurs. 5 Sep. BED & BREAKFAST - 4 DAYS.

Hike in the London Thames Valley Trail area (60 - 70 km). Leaving Kingston 5th Sep, returning 11th Sep. If you are interested phone Donald or Cathy Cutts - 613-542-5414.

Sun. 8 Sep. MURPHY'S POINT PROV. PARK.

Hike in the park. Bring lunch and swimsuit. Meet at Sears NW corner at 09:00 am.

LEADER: Andre Mercier, 384-9886.

Sun. 8 Sep. CANOE TRIP WITH CATARAQUI CANOE CLUB.

Morton Creek to Lyndhurst. Bring lunch and change of clothing in a waterproof bag. Meet at Sears NW corner at 9:00 am. LEADER: Debbie Fisher, 386-3159.

Wed. 11 Sep. SECOND DEPOT LAKE PROV. PARK.

Hike in the park. Bring lunch and swimsuit. Meet at Sears NW corner at 10:00 am. LEADER: Margaret Page, 389-7840.

Sat. 14 Sep. SANDBANKS PROV. PARK WEST.

Hike in the park. Bring lunch and swimsuit. Meet at Sears NW corner at 9:00 am. LEADER: Alberta Edgar.

Sun. 22 Sep. SEQUENTIAL HIKE BEDFORD MILLS TO WESTPORT.

Hike the trail (13 km). Bring a lunch. Waterproof footwear required. Meet at Sears NW corner at 09:30 am. LEADER: Betty McIver, 549-8028.

Sat. 5 Oct. SEQUENTIAL HIKE WESTPORT TO NARROWS LOCKS.

Strong footwear required. 16 km. Bring lunch and meet at Sears NW corner at 09:30 am.

LEADER: Allen Tattersall, 549-4080.

CENTRAL CLUB OUTINGS

Members of the Rideau Trail, Central Club, are invited to join the Kingston and or the Ottawa Clubs on any of the Outings.

OTTAWA CLUB ACTIVITIES

Hikes usually take place as scheduled regardless of the weather. The rendezvous point is at the corner of Booth and Albert Streets at the time indicated below. This is the departure time. 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 on the day itself, unless specified below.

The summer program provides a variety of hikes and other activities to suit all tastes. Hikes on the Rideau Trail itself are specified as such and the Trail Guide map number indicated. Please take note of the descriptive details so you will not be disappointed. For specific information please phone the hike leader indicated. For general information, or if the hike leader is not available, phone Bill Grant at 820-0697. Hike leaders are asked to collect names and phone numbers of participants and send them to Bill Grant.

WEDNESDAY WALKERS continue their Gatineau hikes every Wednesday, meeting at Booth and Albert Streets at 9:30 a.m. These are vigorous outings and not for beginners.

Call - Dorothy Belter - 523-4428

SPECIAL NOTE

The Ottawa Rideau Trail Club has decided to initiate a second series of **END-TO-END** hikes. These will begin in the autumn of this year.

Bill Grant

Sat., 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 lady's-slipper orchids. Wear good footwear, and bring a lunch and insect protection. Tea at Dalhousie Lake at the end of the hike. Be prepared for a long and pleasant day.

Booth and Albert 8:30 a.m.

LEADER; John Miller 1-267-1493
or call Bill Grant 820-0697

Sun., June 23 Rideau Trail

Perth to Poonamalie Road via Beveridge Locks (Map 7)
Approximately 20 km., but easy walking. Bring lunch, good footwear, insect protection.

Booth and Albert 8:30 a.m.

LEADER; Ron Hunt 830-1592

Sun., July 14 Larose Forest

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

Booth and Albert 9:00 a.m.

LEADERS: Pat Smith - 443-2241 or Chris Jones 824-3512

Sat., July 20 Rideau Trail

Gould Lake West Side (see Gould Lake Enlargement Map)

Part of the main trail and the short loop trails on the west side of beautiful Gould Lake - approximately 10 km. Swim at the Gould Lake beach afterwards. Bring lunch, good footwear, lots of water, insect protection and swimsuit.

No car shuttle.

Booth and Albert 9:00 a.m.

LEADER: Don Mitchell 749-9537

Sun., July 28 Rideau Trail

Frontenac Park (Map 3)

A vigorous hike of approx 15 km in the southern part of this beautiful park, and a swim. In and out and no car shuttle this time. Be prepared for a long day. Bring lunch, insect protection, good footwear, lots of water, and a swimsuit.

Booth and Albert 8:30 a.m.

LEADER: Peter de Lepper

1 - 269-4700 or call Bill

Grant 820-0697

OTTAWA CLUB ACTIVITIES (CONT'D)

Sat., Aug. 10 Charleston Lake

Our seventh annual visit to this fabulous Provincial Park. This will be almost a repeat of last year's very successful visit - three short trails but will include the Shoreline Trail, where the deep-water swimmers can stop. The others will finish the day on the official beach, if the weather cooperates. Bring lunch, good footwear, insect protection, and swimsuit. Be prepared for a long day, with a stop on the way home. It is worth it!

Booth and Albert 8:30 a.m.

LEADER: Bill Grant 820-0697

Sat., Aug. 10 - Sun., Aug. 11 - Bicycle Outing

A tour around Big Rideau Lake, 4-5 hours of cycling, staying overnight at a cottage. Numbers are limited. Please reserve by calling Andrew Oakes to register by Aug. 3.

LEADER: A. Oakes 225-8982

Sun Aug. 18 Canoe Outing

Enjoy a day's canoeing on the Gatineau River at Low. Bring your own canoe, paddles, life jackets, lunch and swimsuit. Passengers will only be accommodated at the pleasure of the canoe owners; in addition they must have a life jacket and be competent swimmers. Phone the leaders by Sat., Aug. 17 to register.

Booth and Albert: 9:30 a.m.

LEADERS: Barri and Dennis Scully 233-3770

Sat., Aug. 24 - Bicycle Outing

A leisurely tour by bicycle of Ottawa's leading outdoor attractions. Bring lunch.

Booth and Albert 10:00 a.m.

LEADER: Bev Armstrong
738-0310

Sun. Aug., 25 Rideau Trail

Murphy's Point Park (Map 5)

A joint outing with the Central Club. A walk through the park, followed by a swim. Bring lunch, insect protection, and swimsuit.

Booth and Albert 9:00 a.m. or

the forester house inside the park (just before the ticket office) at 10:30 a.m.

LEADER: John Miller 1 - 267-1493
or Bill Grant 820-0697

Mon., Sept. 2 - Labour Day Hike Mer Bleue

A leisurely stroll in this fascinating wild area close to Ottawa. Bring lunch, insect protection and good footwear.

Booth and Albert 100 a.m.

LEADER: Linda Hayes 749-9537

Sat., Sept. 7 - Sun., Sept. 8 -

Bicycle - B & B Package

Participants will cycle to Merrickville on the Saturday, have dinner at the Baldachin, a fine European-style restaurant, stay at a beautiful old stone Bed & Breakfast house and cycle back next day. A leisurely tour at a total cost of just over \$100. Bring swimsuit, lots of water.

Phone Margaret Lafrance 233-8501, not before Aug. 1, but not after Aug. 31.

Sat., Sept 7 Rideau Trail Earth Star Loop (Map 9)

A good hike of about 14 km in the heart of the Marlborough Forest, with a stop at the shelter. A perennial favourite. Bring a lunch and good footwear.

Booth and Albert 9:30 a.m.

LEADER: Ron Hunt 830-1592

Sat., Sept. 14 - Bicycle Outing

A 40 km round trip to Ollie's

Bakery in Manotick (delicious cranberry muffins!).

Bring a lunch or buy it in Manotick.

Meet at Hog's Back Rd. and Riverside Dr. in the parking lot 11.00 a.m.

LEADER: Elizabeth Mason - 729-6596

Sat., Sept 21 - Association Annual General Meeting

see separate notice in this newsletter

Sun., Sept 22 Gatineau

A vigorous hike of approx. 16 km. See the fall colours in the Ridge Rd. area. Bring a lunch and good footwear.

Booth and Albert 9:00 a.m.

LEADER: Alex Bissett 828-4363

FRONTENAC PROVINCIAL PARK

SUMMER 1991 WILDERNESS SKILLS

If you enjoy being in the outdoors; canoeing, hiking, camping, or just being outdoors in the summer sun, then join the Ministry of Natural Resources at Frontenac Provincial Park for a summer of outdoor activities. The Wilderness Skills Program teaches outdoor enthusiasts hands on experience and valuable outdoor skills. Register early.

Date	Program	Presenter
Sat Jun 1 - Sun Jun 2	Recreation Canoe Weekend	Steve Magee, Toronto Harbourfront Canoe School.
Sun. Jun 9	Camping Skills & Equipment	North Ridge Wilderness, The Trail Shop, Harvest Foodworks, Frontenac Outfitters
Sun. Jun 16	Kayak Touring	Trailhead, Ottawa
Sat. Jun 22- Sun. Jun 23	Basic Lakewater Canoe Weekend	Steve Magee, Toronto Harbourfront Canoe School.
Wed. Jul 10	Smokey the Bear Fire Program	Fire Management Centre, Tweed District, M.N.R.
Thur. Jul 11	Children's Wilderness Survival	Frontenac Staff
Sat. Jul 27	Canoe Clinic	Cataragui Canoe Club
Sun. Jul 28	Canoe & Paddle Workshop	Jim Chatsick & Mike Dearborn, Algonquin Canoe Co.
Tues. Aug 6	Water Safety Program	Canadian Red Cross Society, Ottawa.
Thurs. Aug 7	Children's Wilderness Survival	Frontenac Staff.
Thurs. Aug 8	Smokey the Bear Fire Program	Fire Management Centre Tweed District, M.N.R.
Sat. Aug 24- Sun. Aug 25	Basic Canoe Trip & Skills Weekend (Novice)	Steve Magee, Toronto Harbourfront Canoe School
Sat. Sep 7 - Sun. Sep 8	Canoe Trip & Skills Weekend (Basic to Level I)	Steve Magee, Toronto Harbourfront Canoe School
Sat. Sep. 14- Sun. Sep. 15	Hiking & Camping Skills Weekend	Rideau Trail Association
Fri. Sep. 20- Sun. Sep. 22	Non - 911 Emergency First Aid.	Steve Magee, Toronto Harbourfront, Canoe School.
Sun. Sep. 29	Orienteering Map & Compass	Jim Gilchrist, Silva Compass
Sun. Oct. 6	Photography Workshop	Richard Martin, Kingston Photo. Club
Sun. Oct. 13	ONTARIO HIKING DAY	Rideau Trail Assoc.
Sat. Oct. 19	Meal Trip Planning	Fresh Air Experience

WHAT'S THE HURRY?

I have been a hiker since age 5, and a cross-country skier for the past 13 years. I greatly enjoy both pursuits. In general, I believe, this is what all club members are seeking -Enjoyment.

In some of my fellow hikers, notably hike leaders, however, I detected a new trend over the past year or so: "Lets get this outing over and done with quickly, then back into town and home!"

So what's in a day's outing? To me personally it means enjoying the exercise, fresh air, the nature around me, and the company of fellow hikers for a whole day.

One such day was a Sunday in January; a glorious, sunny day in the Gatineau Park, picture-perfect for skiing. Lots of fresh snow had fallen the previous night. After more than 1 1/2 hours, of non-stop, somewhat strenuous skiing, I requested a five-minute rest. "Oh, we are nearly at the lodge", was the reply of some skiers. So, the marathon continued for another 45 minutes before we finally reached the lodge. I and three other skiers made up the tail-end. We arrived at the lodge tired, dehydrated, and angry. Barely half an hour later the leader, together with the first skiers to arrive at the lodge, were again out the door. The group then split, taking different routes back to the parking lot. My friend and I opted for the easier route since we had "enjoyed" only a blitz lunchbreak. My group then arrived at the parking lot 35 minutes ahead of the second group. How we wished to have this extra time in the lodge! We were back in Ottawa at 2:15 pm!

Is it fair that, because a few hikers, for whatever reason, want to return home early in the afternoon, an otherwise beautiful day should be spoiled for a majority to whom hiking and skiing is leisure?

Irma Stegner-Schierfeld.

END TO END AWARDS

The RTA 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. We like to make this an occasion but to do this we need to know a little 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. To be in time for this year's AGM in Westport on 21 Sep, 1991 have your letters in by 16 Aug.

The letters received in the past have been interesting and entertaining. We have even had poetry! Those that commented on the state of the trail or made suggestions have been shown to the trail maintainers, and are much appreciated.

Happy Hiking,

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

ENGLISH RAMBLERS

An article in the London Times states that Ramblers in England and Wales have on average only a one-in-three chance of completing a two-mile country walk along public rights of way without meeting some kind of obstruction.

The report published by the Countryside Commission estimates that 25,000 miles (18%) of the 140,000 miles of footpaths, bridleways and byways in England and Wales are unusable.

Ploughed surfaces or growing crops, impenetrable natural vegetation, and fences, hedges or walls without stiles or gates, are the main obstacles. Only a third of footpaths are signposted where they leave roads; half the unsigned paths are difficult to find.

WEDNESDAY WALKERS.

After walking in Gatineau Park for years by myself or with my wife, the thought of walking with 10 or 20 other people seemed ludicrous. After all, we walked and skied in the western part of the park, breaking trail as required.

But John Young was persuasive. I believe he said that he enjoyed walking with the group. So I tried it.

The beginning was not auspicious. It was February so the Wednesday Walkers were skiing. In the confusion of getting my household chores finished I grabbed my spouse's skis. They are identical to mine except for the bindings.

The error was not noticed until we arrived at the trail head about 40 minutes from home. Nought to do but borrow good old John's car and head back. The group did not seem keen on waiting an hour and a half while I retrieved the correct skis so they skied without their new member.

Revenge was a long time coming. More on that later.

There were three surprises. First, some members of the group didn't look like hardy outdoor types. They certainly wouldn't be able to make the walks my wife and I had taken - 4 hour efforts, sometimes stretching to 5 and a half hours. Second, they not only lasted 4 hours but were obviously put out, in a very genteel way, when any walk concluded after only 4 1/2 hours. Five hours is close to the norm, six hours not uncommon.

Where do the Wednesday Walkers walk and ski? Literally anywhere where someone will lead them. My best bogs and swamps, Max's steepest hills and short-cuts, and Graham's "the shortest distance between two points is a straight line" have left them undaunted; mumbling perhaps, but not loud enough to be heard at the front of the line. And the final test, the bottom line of the Wednesday Walkers -they turn up again the following week.

I believe it was John Cottee who said "What we want is someone to lead us who is smart enough not to get lost, and dumb enough to take on the job". That was on occasion of the sixth anniversary party of the Wednesday Walkers. Some of the Walkers remembered and brought extra goodies to pass around to the group at lunch time. As usual, I had lead the group towards, occasionally on, a favourite trail; Max corrected my errors in navigation, we ate at Circle Pond.

Ghislaine brought a bottle of wine. Undaunted, she tried what I believe has not been tried for two thousand years. She assuaged the thirst of 22 people. In a way it was a pathetic sight - our newest member, Pat Clarkin, drank from the top of a plastic water bottle.

Despite their failure to wait 1 1/2 hours for me to get my skis (on the first trip), they are an accommodating lot. In the spring when snow conditions become marginal and some turn up with skis, some with walking boots, a trail usable by both walkers and skiers is selected. I'm certainly glad I had my camera along for one trip. That is the only way I can convince my couch potato friends that people will walk across the top of a beaver dam, sans snow, ON their skis!

Skiing with little snow is reasonable and understandable. But it is not reasonable to drive 40 minutes in teeming rain, then, with no sign of let up, to launch oneself on a walk. But that happened. Twenty three oneself walked. Two of us chickened out. (No slur intended, chickens).

The Wednesday Walkers were organized, and continue to be organized, by Dorothy Belter. (I understand that the name is a throwback to the practice among some peoples of naming families after their possessions or talents. For example, Campbell was a scottish camp or clan, who owned a bell; Young is self explanatory; Belter is suggestive of your fate if you prejudice the Wednesday Walkers.)

WEDNESDAY WALKERS.

CONT'D).

Wednesday Walkers are not for those who want a quite walk along pleasant trails. Nor is it for those who want a rugged, bush-whacking experience. Rather it is for those who will take what they gets.

Remember near the beginning of this expose' I said that there were three surprises, but I named only two? The third should be no surprise by now - walking with eighteen to twenty, over thirty-three (our maximum to date) Wednesday Walkers is more than enjoyable, much more. Mere words are not adequate.

Art Campbell

A NEW LOCAL SPECIES

For several evenings lately, the residents of the village of Sydenham have been flocking down to the beach to watch a peculiar phenomenon know locally as "the return of the kayakers" Unlike the swallows of Capistrano, this species does not return to Sydenham to nest, but to practise basic kayak skills -- and to work on mastering the eskimo roll!

Usually, they pull up to the park at about supper time. Instead of feeding, though, they immediately don odd-looking neoprene or nylon skirts, carry their shells (which resemble large, brightly coloured pea-pods) to the water, crawl into them, and begin a very brilliant display of splashing, spinning, and (we may be mistaken here), deliberate turning "turtle", in order to exit their shells as many times as possible in an evening. Often there are several "mates", without shells, standing in the water beside the participants, giving support, instructions, and, occasionally, pulling the kayaker back into an upright position.

The display does not fit into any common behavioral pattern as observed by local wildlife experts; it is not a courtship, nor is it aggressive in nature. Biologists have been baffled by this peculiar behaviour, but the best description they can come up with for it is that it seems to be a kind of "play" for the participants.

Evidence supporting this hypothesis can be found by studying the reactions of the local children, who look on enviously as the kayakers cavort around. Obviously they wish that they had similar shells to "play" in.

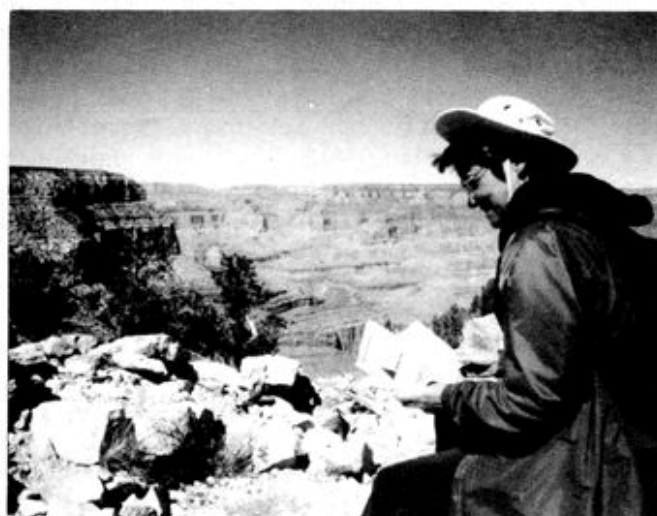
When all the participants are either cold or tired out, usually at about sunset, they gather at a picnic table for a brief meal, load their "shells" onto their respective vehicles, and scatter in all directions.

The local conservation authority is considering starting a leg-banding program to track their migration patterns, but funding is at present unavailable.

Debbie Fisher

NOTE:

- Enquiries welcomed at Cataragui
- Canoe Club's new hotline - 544-8375.
- Open House - May 7th-9th, 7 to 9 pm.
- Water Safety Course - Tues & Thurs, May 14th - 30th. All skill levels.



"Is this supposed to be on Map 6?"
Submitted by Lynda Hayes.

HIKING SAFETY

Extract from The American Hiking Society. Further articles from the AHS will be published in the future.

GENERAL GUIDELINES.

Take Care Of Your Body: Know your own limits. Don't try to go too fast or too far. Enjoy! Your trip is for fun, not a race.

Listen to your body. If you are: Tired? Stop and rest. Cold? Put on another layer of clothes. Warm? Take off a layer. Feel a tiny hot spot on the foot? Stop and pad it with a moleskin or gauze to prevent a blister. Running out of energy? Eat a high energy snack. Carry lightweight, high energy foods. Drink plenty of water. Drink before you are thirsty.

Plan your trip carefully, always letting someone know when and where you are going and when you expect to return.

Weather - Check on conditions before leaving on a hike. Have the courage and common sense not to go or to turn back in threatening bad weather.

Finding Your Way. - Carry a map and compass and learn how to use them. Stay on the blazed trail, if trails are marked. If you get lost stay in one place; don't move about. (The only exception to this rule is if you have not let anyone know where you are going and you are in an extremely remote area, where nobody is likely to come along for several days.) Carry a whistle to signal. Three short blasts of a whistle is the international standard signal for help in any emergency.

Wear proper clothing: Natural fibres are best (wool, cotton, down): some of the new synthetics work well but make sure they breathe and wick moisture away from your skin. Dressing in layers makes it easy to regulate your comfort. Put on a jacket or sweater immediately when you stop to rest in cool weather. Long sleeves and full length

pants will protect you from sun, briars, insects. Much of your body heat is lost through your head. Good cold weather advise is: "If your feet are cold, put on your hat."

Footwear - Hiking boots or good sturdy walking shoes are a must. With boots strongly recommended on rocky or uneven trails. Sandals, thongs, high heels or loafers are a no-no. Break in your boots or walking shoes before an all day-hike. Walk around home in them for several days, wear them to work, or on a shopping trip or two. Two pairs of socks, one lightweight inner sock and a heavy outer sock are strongly recommended with boots.

Groups - It is best not to hike alone but keep groups small (no more than 8 or 10). When hiking with a group, establish a leader and a sweep person, and a plan of action for forks or changes of directions of the trail (for example; leaders wait till all of your group arrives at any fork or junction or any other decision making situation). Make sure everyone knows the destination. Don't leave the trail (for a latrine stop for instance) without asking a buddy to wait for your return. If only one person has first aid knowledge he or she should be at the end of the group.

First Aid - Carry a first aid kit. Make sure at least one person in your group has first aid training or equivalent knowledge of how to deal with injuries.

Food and Water - When day hiking carry an extra snack, just in case!! When backpacking carry at least enough food for one extra day beyond your planned time out on the trail.

Take Home From Your Hike - Nothing but photographs and good memories. Leave only your thanks.



If undelivered, 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	—	
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