



The Rideau Trail NEWSLETTER

FALL 1991

ISSUE No.81



20 YEARS OF TRAIL BLAZING

The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The editor for this issue is Patricia Hardy assisted by Lynn Nolan for the Kingston Rideau Trail Club.

Submissions for the next newsletter are encouraged. Pictures to accompany article are desirable. Black and white are preferable as they print more clearly, but colour is acceptable. These are to be sent to the following person by December 1:

Frank W. Kemp,
701-1705 Playfair Drive,
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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COVER PHOTO

Paul Godin Kingston This Week. May 22, 1991. Used with permission.

OTHER PHOTOS

Norm McLeod

KINGSTON CLUB NEWS ELEVATOR BAY PLAQUE UNVEILED

On May 19, 1991 the Kingston Club unveiled a plaque at Elevator Bay to mark the beginning of the Rideau Trail. (See the cover picture) The club had a display in Ontario Park in the morning. In the afternoon members walked, carrying the banner, to Elevator Bay. The plaque was unveiled by: **Stewart Fyfe** of the Cataraqui Region Conservation Authority.

Brian Evoy, City Alderman, representing Mayor Helen Cooper.

Nanette Whitwam, Rideau Trail Association President

Patricia Lynn, Kingston Club Chair.

We are grateful to the many people who made this event possible.

Nanette, Stewart and Brian, who participated in the ceremony.

Su Nag, whose idea this was and who requested the funding from the Association.

Alan Tattersall, construction co-ordinator who arranged for the purchase and placement of the plaque.

Andre Mercier, who organized the actual installation.

B. Smith, Holmstead Land Holdings
Robert Andrews of Hemlock Construction who kindly loaned equipment and workers to locate and move the very handsome stone to its present location and to place it in a way that presents the plaque so well.

CORRECTION

In the list of the Kingston Club Executive the name of the Human Resources Person was incorrectly given. Please correct your copy to read:

Human Resources - Peggy Harding.

RIDEAU TRAIL ASSOCIATION ANNUAL GENERAL MEETING

THE COVE, WESTPORT

SATURDAY

SEPTEMBER 21, 1991
10:00 A.M.

AGENDA

A business meeting with election of the new executive followed by lunch (Please bring your own or make arrangements with the Cove) 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 the plaque to mark the 20th anniversary of the first hike of the Rideau Trail. |
| 2:30 p.m. | Walks:
Village of Westport (Pearl Peterkin)
or
Foley Mountain (Ray Forester.) |
| 5:30 p.m. | Dinner at the Cove to honour our past presidents |

PRE-REGISTRATION REQUIRED SPACES ARE LIMITED

Contact:
In Kingston Lynn Nolan 389-8747 (After 6)
In Ottawa Elizabeth Mason
729-6596 (Res)
777-6523 (Bus)

CAMPOREE JUNE 21 - 23 1991

I called for Peggy Harding and away we drove to Gould Lake on such a lovely afternoon. Ray and Dorothy Forester arrived first and were already set up. Peggy and I chose a choice spot across from them, and proceeded to set up a new tent with no problem at all. Shortly after Lynn Nolan and her son Jason arrived, and gradually others came until we totalled about 19.

The camping ground presented a very picturesque and colourful scene.

Soon the evening meal was being prepared. Curious chipmunks, racoons, and even a porcupine peeked through the bushes, some being bold enough to come in the open. Our site was also graced with a pair of Orioles.

Swimming, canoe rides, and visiting the various camps provided interesting entertainment.

Later in the evening a bonfire lit up the area with everyone drawn to it like moths to a flame. Songs were sung and jokes exchanged. About 10:30 p.m. everyone returned to their own camp and so to bed.

The night was beautifully quiet with the exception of a dog in another campsite. There were "thumps in the night," probably made by a nosy racoon. Loons, a pair of owls and a few spatters of rain were some of the more pleasant sounds.

Next morning after breakfast we took a hike, and a bit of bushwacking led by Ray Forester. After lunch on the trail we came back to rest, read, and enjoy.

Again in the evening we had that magic campfire and a very jolly time, toasting marshmallows. Prizes were given to Peggy Harding and Alberta Edgar for the neatest camp, to Norm McLeod for the best colour co-ordinated camper (his maroon and gray tent matched his car) and to Michael Tolley for being the youngest camper.

Sunday morning was another glorious day. At ten we hiked the west side of Gould Lake. Some of the hikers enjoyed a lovely, cooling swim. After returning to camp for lunch, saying our goodbyes, and everyone remarking what a wonderful time we had, and thanking Lynn for her excellent co-ordination of the event, we packed up and headed for home. Maybe we can make this an annual event.

Article by Alberta Edgar and photos by Norm McLeod.



Bushwacking with Ray



Recipients of the Neatest Camp Award - Alberta and Peggy.

AFTER END TO END

For some it may be as emotionally pleasing as hearing a well-strummed violin, romantic and ecstatic, for others the excitement of an elastic band going phlup and phlup again. No matter what your feelings are about accomplishing end to end it gives a sense of wellbeing. A task completed, rating a pat on the head saying, "Well done, kid."

What's next? Do it over again? You must be kidding seeing the conditions encountered in some areas of the trail. If you are like me you might have made several good friends who, like you, enjoy a hike sniffing nature as it should be - rewarding. It is under these conditions where one finds "What's next?"

Your friends might get you elected to an executive position in the association during the next annual meeting. You find out what's next, lots of it. It rates often more than a pat on the head. Depending on your elected position it might give you sleepless nights. For example: worrying about the irrigation ditch near Richmond or how to dispose of well intended gifts donated by sympathetic outsiders. Occasionally it will be difficult not to feel saintly although very seldom it is justified.

Your friends might persuade you to become a hike leader, having the satisfaction to tell people just where to go and being surprised that your charge knows the trail better than you do. For they are often miles ahead of you. You pray and hope constantly that the frontrunner, anybody who hikes faster than you is a runner, will wait at that worrisome fork in the trail. This is why I love to lead hikes on abandoned railroad tracks, no lost souls. No chance of wandering from the straight and narrow path. Maybe someone, with my permission, will use this last line in a rousing sermon on a Sunday while we are on the trail. If at the end of a successful hike all the hikers are accounted for and cars are driving off into the sunset filled with tired hikers you look forward to the next outing when you will be a tail-end Charley or just a

fellow hiker, feeling like Mom when the kids are in bed.

Or you might join friends, the Ottawa Wednesday Walkers. Going out with the pros. you have arrived. You will be certain that if your legs are still moveable (voluntary) after the walk (a misnomer) that you belong to a special breed. A hiker's hiker.

Another activity, so very satisfying is finding new trails, discovering new outings, going out alone or going impromptu with some friends. As they say on Startrek "To go where no-one, or hardly anyone has gone before." It is a pleasure to call the Outings exec and tell him or her about a new found hike. To promote your find and bask in the glory if, after the end of the ensuing hike at least one fellow hiker tells you, "This was a nice hike." On occasions like this one does not question the sincerity of the complementor.

I have heard that some end to enders found their wedding partner on the trail between Ottawa and Kingston. To suggest to them "What's next?" would be presumptuous even from a brazen hiker like me, Peter de Lepper. See you on the trail.

By Petrus W. de Lepper

CALEDON HILLS BRUCE TRAIL CLUB

Caledon-Bruce Trail Club is holding its 88 km. End-to-End Annual Event.

Dates October 12-13, 1991.

Fee \$11:00

Registration Date October 1

Pre-registration is required please send registrations to:

Antony Pau

Box 364, Caledon, Ont., L0N 1C0

Phone (7-9pm.) 416-883-4718

SKI AT LAKE PLACID FEBRUARY 7TH - 9TH WITH THE KINGSTON CLUB

This year we have selected the Swiss Acres Motor Inn in Lake Placid from which the Jackrabbit cross-country trail and the Whiteface Inn nordic centre are accessible. We will be departing Friday morning at 8:30 a.m. and return Sunday evening at 7:30 p.m. to enable us to have two and a half days of skiing. The total cost of \$198.00 Canadian includes accommodation, 2 dinners, 2 breakfasts, transportation in a washroom equipped bus, tax, gratuities and trail fees. There may be a slight variation should the value of the Canadian dollar change. Accommodation is 2 persons per room with 2 double beds. The single supplement is \$48.00.

A deposit of \$45.00 is required by September 20th, with the balance due January 1st, 1992. These are refundable at any time providing a substitute is available.

Send your deposit to: R.E. Tolley, in trust, at 70 Sherwood Drive, Kingston, Ontario, K7M 2E3

For further information phone Bob Tolley at 549-6277. Places will be reserved according to date of receipt of deposit, with extras put on a waiting list.

JULY 1991 APPALACHIAN TRAIL CONFERENCE

A record number of Kingston Rideau Trail members attended the recent Appalachian Trail conference in Williamstown, Mass. this July. Approximately 15 of our members hiked, biked, attended plays, art exhibits, and went on excursions to such popular places as Tanglewood. The next conference is in Georgia in 1993.

HIKE SCHEDULING

This is probably the most difficult time of year for your hike co-ordinator to make up the fall hike schedule. The hike co-ordinator must try to contact members in July, when many of us are out of town, to ask for a commitment for November and December.

To those who agreed to lead early winter hikes while enduring 35 degree weather - we thank you. I am sure that both Kingston and Ottawa co-ordinators would appreciate both volunteer hike leaders and suggestions for upcoming hikes. Please consider co-leading the first time if you have any doubts

NEWSLETTER DELIVERY

Thank you to the volunteers who delivered the June Ottawa newsletter. They were Peter Brebner, Elizabeth Mason, Peter Andrews, Alex Bissett, Ed Simpson, Chris Omerond, George and Janet Anderson, Erl Cassels, Art Campbell, Bill Grant and Derek Hasler. The east end of Ottawa newsletters were mailed in June because the co-ordinator was unavailable. Additional volunteers are especially welcome. The eastern part of Ottawa, especially Vanier and the St. Laurent area needs deliverers. To volunteer call Elizabeth Mason at 729-6596 or leave a message at 567-2229.

NEWSLETTER SUBMISSIONS

We have been overwhelmed by articles to publish in the newsletter. Some of these are quite lengthy. We really appreciate the interest and effort of the writers. Without these the newsletter would not be as interesting. However, because our space is very limited we would like to suggest that articles be limited to approximately 650 words or less so that the complete text will fit on one page.

RIDEAU TRAIL FALL 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 time indicated below. This is the departure time. There is no charge except for a few dollars for gas, since private cars are used for transportation to the trail head. Where the gas charge exceeds \$3:00, the cost is indicated below. Some outings may be followed by a refreshment stop, but this is usually decided on the day itself, unless specified below and is always optional.

The autumn schedule features a variety of hikes and other activities to suit all tastes, including the first of a new series of END TO END HIKES, which will reach Perth by December. (These hikes will involve a car shuttle). Also included this fall are a number of off-trail and special hikes. Hikes on the Rideau Trail itself, all of which are END TO END hikes, are specified as such and the Trail Guide map number indicated. Please take note of the descriptive details so you will not be disappointed. Except for afternoon walks, hikers should bring a lunch. 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 please send hikers' names & phone numbers to Bill Grant.

Wednesday Walkers continue their Gatineau hikes every Wednesday, meeting at Booth and Albert Streets at 9:30am. These are vigorous outings and not for beginners.
Call Dorothy Belter 523-4420

Saturday, Sept. 21. Rideau Trail AGM.

Rideau Trail Annual General Meeting will be held at Westport. (20th Anniversary of the RTA!)
SEE THE ANNOUNCEMENT ELSEWHERE

Sunday, Sept. 22 Gatineau

A vigorous hike of approximately 16 km. See the fall colours in the Ridge Road area! Good footwear. No beginners, please. Booth and Albert at 9:00 am.
Leader: Don Mitchell 749-9537

Sunday, Sept. 29 Old Perth Road

Old Perth Road and Wolf Grove area, Lanark County near Almonte. A 10 km. walk in this attractive part of Ontario to see the fall colours; a first in this area. Refreshments afterwards. Booth and Albert 9:00 am.
Gas Charge \$4:00
Leader: Frank Kemp 736-9939

Saturday, Oct. 5 Frontenac Park

Hike around Big Salmon Lake (Approximately 20 km.). See the fall colours in this rugged provincial park. Good footwear recommended. Be prepared for a long day. Booth and Albert 8:30 am.
Gas charge \$5:00
Leader: Ron Maybury 489-2255 or
Peter de Lepper 1-269-4700

Sunday, Oct. 6 Gatineau Park

A three and a half hour walk in the Fortune Lake area. See the fall colours. Booth and Albert at 9:30 am.
Leader: Barbara Sigurdson 521-7311

Sunday, Oct. 13 Gatineau Park

An afternoon walk from Mulvihill Lake to MacKenzie King Estate or elsewhere. See the fall colours for Thanksgiving. Booth and Albert at 1:00pm.
Leader: Jean Sunter 828-6077

Monday, Oct. 14 Larose Forest

A leisurely Thanksgiving stroll in this pleasant forest area; perhaps we'll find some mushrooms! Booth and Albert at 10:00 am.
Gas charge \$4:00
Leader: Bob Bennett 749-7440

Saturday, Oct. 19 END TO END

Hike No. 1 Baseline Road to Richmond Road (Map 11) About 16.5 km. through the Stoney Swamp area and along historic Steeplehill Cres. (Piety Hill). Booth and Albert 9:30 am.
Leaders: Earl Cassells 820-8157
Caroline Whaley 726-0237

Sunday, Oct. 20 With Field Naturalists

Joint outing with the Ottawa Field Naturalists. A general interest walk on the old schoolhouse loops of the forest and abandoned farmland. Bring a snack and something to cook around a campfire after the walk. Booth and Albert at 10:00 am.
Contact: E. Evans 741-0789

Wednesday, Oct. 23 Moonlight walk

An evening stroll in the schoolhouse area with campfire. Bring wieners, marshmallows, etc. Booth and Albert at 5:00 pm.

Leaders: Peter de Lepper 1-269-4700
Bill Grant 820-0697

Saturday, Oct. 26 END TO END

Hike No.2, Richmond Road to Munster Road (Map 10) approximately 20 km. This stretch is on roads through farm country around Richmond. Booth and Albert 9:00 am.

Leader: Geoff Berry 731-4832

Sunday, Oct 27 Nakkertok Ski Trails

Our second fall hike in this forested area; a vigorous walk. Booth and Albert 9:30 am.

Gas charge \$4:00

Leader: Phil Herbst 820-0386

Saturday Nov. 2 END TO END

Hike No. 3. Munster Road to Dwyer Hill Road (Map 9) Approximately 20 km. through the Marlborough Forest. A vigorous hike. Booth and Albert 9:00 am.

Leader: Ron Hunt 830-1592

Sunday Nov. 3 North Lanark

An interesting ramble on country roads and bush trails in this beautiful countryside. Good footwear required. Booth and Albert 9:00 am.

Gas charge \$4:00

Leader: Caroline Whaley 726-0237

Saturday, Nov. 9 END TO END

Hike No. 5 Rosedale to Poonamalie Rd. (Map 7) A vigorous hike of about 15 km. mainly on roads and including the town of Smiths Falls. refreshments when it is over. Booth and Albert 9:00 am

Gas charge \$4:00

Leaders: Peter de Lepper 1-269-4700
Bill Grant 820-0697

Sunday, Nov. 10 Opinicon Area

A ramble though the forest and along the abandoned railway embankment; length to be determined, but not too difficult. Booth and Albert 9:00 am. Gas charge \$5:00

Leader: Andrew Oakes 225-8982

Monday, Nov. 11 Gatineau Park

Spend Remembrance Day in the park! A vigorous hike with some bushwacking. Not for beginners. Good footwear required. Booth and Albert 9:00 am.

Leader: Don Mitchell 749-9537

Saturday Nov.16 Raisin River Valley

A gentle walk of about 13 km. fom Martintown and a tour of historic Williamstown. A first time in this part of Ontario about 3 hours walking. Booth and Albert at 9:00 am.

Leader: David Spector 829-6802

Sunday, Nov. 17 END TO END

Hike No. 4, Dwyer Hill Rd. to Rosedale (Map 8) About 17 km. through the Long Bush Opinicon area. Booth and Albert at 9:00 am.

Leader: Elizabeth Mason 729-6596

Saturday, Nov. 23 END TO END

Hike No. 6 Poonamalie Rd. to Frizell Rd (Map 7) At least 12 km. of roads and rough ground, but pleasant surroundings. The trail crosses a weir. Waterproof footwear is recommended! Refreshments Booth and Albert 9:00 am. Gas Charge \$4:00

Leaders: Barri & Dennis Scully 233-3770

Sunday. Nov. 24 Trees and Books Walk

Something a little different. A short forest stroll in the Golden Lake area, followed by a visit to a used book store and a craft store. This is not a hike. Booth and Albert 10:00 am. Gas charge \$5:00

Leader: Bill Grant 820-0697

Saturday, Nov. 30 END TO END

Hike No. 7. Frizell Rd. to Perth (Map 6) Approximately 12 km., including a pleasant stretch beside the Tay Marsh. Refreshments in Perth. Booth and Albert 9:30 am. Gas charge \$4:00

Leader: Johanna Ede 731-1541

Sunday, Dec. 8 Last Hike of '91

An afternoon stroll in the country with refreshment stop after. Location to be determined, depending on the weather... Bring a snack, and hot drink Booth and Albert 12:00 noon

Leader: Margaret Lafrance 233-8501

Wednesday, Dec. 11 2nd Fitness Workshop

Time: 7:30 pm.

Place: Queen Elizabeth Towers, Laurier Ave. W. Two 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. (free parking) where participants will be met. Numbers are limited. Please register by calling Barbara Kreiger 235-0604. For information call Bill Grant 820-0697

RIDEAU TRAIL FALL OUTINGS

Kingston

PREAMBLE AND PROGRAM

1. All hikes start from north-west corner of "Sears" parking lot.
2. In addition to the hikes listed below there are hikes leaving "Sears" at 1:30pm. 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 appreciate a contribution towards the gas.
5. Hike leaders are reminded to send their attendance to Peggy Harding 546-7202.
6. Although the program generally indicates the strenuousness of the event, hikers are reminded that it is their personal responsibility to confirm with the hike leader before the hike their ability to meet the conditions on the trail.
7. Proper equipment and personal conditioning are important on rugged hikes to ensure that all hikers can enjoy the event.
8. Hike leaders are requested to discourage ill-equipped hikers from starting on rugged hikes.
9. **HELP!!** We need more hike leaders. You can gain experience by assisting an experienced leader on a hike.

October 5 hike is cancelled because the next day is Hike Ontario Day. The program will be as follows:

Saturday, October 5. Canoe Trip.

Canoe trip with the Cataraqui Canoe Club on Mazinaw Lake. Bring food, life jacket and change of clothing in a waterproof bag. Meet at "Sears" at 8:30am.

Leader: Derek Paul 386-3159.

Sunday, October 6. Hike Ontario.

There will be a hike in Frontenac Park in conjunction with the Park Authorities. Bring a lunch and meet at "Sears" at 9:30am.

Leader: Patricia Lynn 546-3993

There will be a family hike on the first section of the trail starting at Elevator Bay at 1:30pm.

Leader: Bob Tolley 549-6277.

Wednesday, October 9 Narrows Lock

Hike the trail from Narrows Locks to Horseshoe Bay. Bring a lunch and meet at "Sears" at 10:00am.

Leader: Andre Mercier 384-9886.

Saturday, October 12. Rock Dunder

There will be a Thanksgiving hike to Rock Dunder which will be beautiful at that time of the year. Bring a lunch and meet at "Sears" at 9:30am.

Leader: Alberta Edgar 542 9662

Saturday, October 12. Con't

There will be a pot luck supper afterward at Peter Skelton's cottage. For details contact: Lynn Nolan 389-8747.

Saturday, October 19. Maintenance

This is Trail Maintenance Day. Come out and help to keep the trail up to par. Bring a lunch and a friend and meet at "Sears" at 9:30am.

Saturday and Sunday October 26-27.

Back Packing Week-end.

Back-packing into Frontenac Park. Bring your own equipment and food. Meet at "Sears" at 9:30am.

Day hikers are welcome but must provide their own transportation home.

Leader: Tom Kadditts 546-0806.

Sunday, November 3. Opinicon Loop

Hike the northern section of the Opinicon Loop. Bring a Lunch and good footwear. Meet at "Sears" at 9:30am.

Leader: Keith Bull 546-9693.

Saturday, November 9. Britannia Pk.

Sequential hike in Ottawa Britannia Park to Trail's End at the Parliament Buildings. 12.8 km. Page 109 in the guide book. Bring a lunch and meet at "Sears" at **8:30am**.

Leaders: Don & Cathy Cutts. 542-5414.

Wednesday, November 13. Sydenham
Hike from Sydenham to Gully Road then circle back to the start. Some road, Some track. Bring a lunch and meet at "Sears" at 11:00am.

Leader: Bernard Gates 389-1835.

Sunday, November 17. Frontenac Pk.
Hike in Frontenac Park to Big Salmon Lake Area. Bring a lunch and strong footwear. Meet at "Sears" at 9:00am. There is a charge for the cars entering the park.

Leader: Su Nag 546- 6041.

Saturday, November 23 Sydenham L.
Hike the north shore of Sydenham Lake to Wilmer Road. Right to O'Hara Road. Right again to regain the tracks. Left to return to the cars. Bring Lunch and meet at "Sears" at 9:30 am.

Leaders: John and Margaret Page 389-7840.

Sunday, December 1. W. Gould Lk.
Hike the West side of Gould Lake. Bring a lunch and meet at "Sears" at 9:30am.

Leader: Arne Henrikson 544-0465

Saturday, December 7. Bedford Mills
Bedford Mills to Westport. 13 km. Bring a lunch and waterproof footwear. Meet at "Sears" at 9:00am.

Leader: Allan Tattersall 549-4080

Sunday, December 8. Party
Coffee and Dessert Party.

Contact: Lynn Nolan 389-8747

Wednesday, December 11.
Hike from Abby Dawn Road on the north side of the Glen Lawrence Golf Club. Bring a lunch and meet at "Sears" at 10:00am.

Leaders: Jim and Hilda Dee 542-2643

Sunday, December 15. Wagon Trail
Hike or ski the Wagon Trail into Gould Lake Barn. Bring a lunch and meet at "Sears" at 10:00am.

Leader: Betty McIver 549-8028.

Wednesday, January 1. Bernie's
Bernie's place to hike, ski, skate and partake of seasonal fare. Meet at "Sears" at 1:30pm.

Host: Bernard Gates 389-1835

RIDEAU TRAIL FALL OUTINGS Central

Saturday, Sept. 14. Surprise Hike
Bring a lunch and good footwear. Meet at Conlon Farm at 9:00am.

Leader: John Miller 267-1493.

Monday, Sept. 16. Central A.G.M.
Please come and participate. We need your input in order to make our club more vibrant! Meet at McArthur House, 125 Gore St E., Perth at 7:00 pm.

Saturday, Sept. 21. R.T.A., A.G.M.
Rideau Trail Annual General Meeting. See details elsewhere in the Newsletter.

Sunday, Oct. 6 Ragid Chutes
Visit Ted Pearl of Oso and Palmerston. This is a short but very scenic hike. It will be followed by a visit to Robert and Wanda Pelletier's summer residence. Bring a lunch and good footwear with a firm gripping sole. Meet at Conlon Farm at 9:00am.

Leader: Don Sherwin. 268-2447

Saturday, Oct.26. Foley Mountain
A fall stroll through this conservation area. Bring a lunch and a swim suit as the Farmer's Almanac predicts this will be the last opportunity for a dip until next year. Meet at Conlon Farm at 9:00am.

Leader: Mary Wiener 267-6686

Sunday, November 17. Picnic at Perth Dump.

This should have caught your attention! Come and hike from Conlon Farm to Narrows Locks Road (Map 6). Bring a lunch and meet at Conlon Farm at 9:00am. Tea at Noonans following the hike.

Leader: Ian Cameron 264-0598.

Sunday, Dec.15. Ghost Town Hike
Hike part of the trail south of Murphy's Point Park, looping past "Town of Prior Beings." Meet at Conlon Farm at 9:00am.

Leader: Dorothy Hudson
For details call John Miller 267-1493
264-8338

HIKING SAFETY

Part II

Continued from summer issue

Sunburn - avoid the sun, especially at mid-day. Cover exposed skin with sunscreen cream or lotion before you get burned.

Heat Exhaustion - caused by prolonged physical exertion in a hot environment. Cool the victim down by whatever means available and give lots of fluids.

Rivers - Stream crossings take more lives than any other cause. Precautions to take: unbuckle the hip belt on your pack when stepping off from a stream bank onto a log or rock or into the water. It is best to cross on a log or rocks, but if you must wade and the water is more than ankle deep, cross with a rope, if you have a safe means to set the rope in place. Use a sturdy stick or staff for support; never face downstream; stand or walk with your legs and body sideways to the current, always with only one foot or other means of support moving at one time.

Wilderness Water - Preserve its purity, protect your health. Consider all back country water to be contaminated, even if it appears clean. Rapidly boil water used for drinking and brushing teeth. If boiling isn't possible, use a chemical disinfectant filter effective against Giardia.

Be careful not to contaminate any water source. Try a soapless cleanup for yourself, your clothes and your dishes. Wash or eliminate body wastes at least 100 feet away from natural water sources. Use established latrines where available. Use a cat-hole (dig a hole) where no latrine is available. Pour water that is soapy or contaminated with food particles on well-drained, absorbent ground. Carry out or burn all garbage, including food waste and fish entrails. Pick up litter left by others.

Storms - In wind, rain, snow, etc. take shelter and keep warm and dry don't take risks.

Lightning - If thunderstorms are predicted avoid planning trips to high risk areas such as exposed ridges and open country. If caught in a storm find a place to hide, never on a high point of land. Never shelter next to a high point such as a lone tree or cliff base. Avoid metal structures and equipment. Avoid natural electrical conductors such as water. Find a grove of trees, a space between two boulders or any low spot. Sit or crouch, do not lie down.

Hypothermia - (letting your body get too cold) is a very serious condition. Your internal temperature is sliding downward. Without treatment, this leads to stupor, collapse, and death. Prevention is the best treatment. Stay dry, beware of wind, put on your raingear or wool clothes before you start to shiver, make camp before you are exhausted. Symptoms: Shivering, slurred speech, memory lapses, fumbling hands drowsiness. Treatment: get the victim out of the weather if possible, take off wet clothes and get into dry ones, build a fire, give warm drinks. If the victim is semi-conscious or worse, try to keep him awake; put him into a sleeping bag with another person (skin to skin contact is most effective).

High altitude - To prevent altitude sickness, climb to the higher altitudes slowly to allow your body to get used to them gradually. Drink lots of fluids. If you experience nausea, loss of appetite or vomiting, get down to a lower elevation.

Extracted from The American Hiking Society.

CANADIAN SKI PATROL SYSTEM

An excellent First Aid Course September to November (10 weeks), Tuesdays and Thursdays from 7:30 to 10 p.m. High level skiing is not a prerequisite. To be held at RMC. The Ski Patrol patrols at local cross-country ski areas and at Loppets. For information call:
David Howe 546-7483

RAMBLINGS FROM AN IRISH RAMBLER

**or
How I learned to love walking
and joined the R.T.A.**

(This article was too long to print in its entirety. We hope we have recorded the essence of the author's thought - The Editors)

The winter of 1988/89 seemed like a particularly trying one for me. I had taken night courses both before and after Christmas.

"All right," I thought, "As soon as I finish my course, I'm going to treat myself to a vacation! Something different, healthy, but relaxing and out-of-doors that will appeal to my love of history and nature."

And so I found myself signing up for a Heritage Ramble in the west of Ireland.

The trip was organized and guided by Ray McGrath, a native of Waterford, Ireland, now a resident of Low, Quebec. After a career in educating Canadian youngsters he drew on his interest in Irish legends and folklore to develop courses for adults at the local CEGEP de L'outaouais. A further interest in physical fitness for adults led him to the concept of the Heritage Rambles - walking tours in different parts of Ireland, combined with opportunities to learn about the history, geology, flora and fauna of the area.

The group travels together by van to 3 or 4 spots over the course of 10 days. Accommodation is arranged at B & B's or small country hotels. Local (usually circular) walks to places of interest are arranged in each area. Great! I wouldn't have to backpack my belongings! Good food is emphasized. Of particular appeal to me was the promise of storytelling evenings.

I was a little dismayed to find that a "ramble" might well be 10 miles a day. I was amazed to find that people in their seventy's and eighty's were taking these trips and having no difficulty. If they could do it so could I. I left for Shannon in late May.

When Ray picked me up at Bunratty and drove to the first B & B. The B & B was a recently restored farmhouse run by a very relaxed and talkative Irishman named Michael Greene who appeared every morning to cook us filling breakfasts.

The next day was our first full day in the Burren, a fascinating area of deeply fissured limestone terraces. I had never seen landscape like it before. We spent the morning becoming acquainted with some of its beautiful, unique wildflowers. Everywhere we went the flowers and trees and shrubs were in bloom. Also on our first day, our avid birders spotted a peregrine falcon hunting along Black Head.

After lunch, we set off on our first longish walk, along the spectacular Cliffs of Moher past O'Brien's Tower, about 8 to 10 miles round trip. The sunny afternoon was interrupted by showers, but this did not deter from our enjoyment of the trip. Many kinds of sea birds wheeled and dove or nestled in the cliffs around us.

After a sustaining tea break at the Visitors' Centre we all straggled back to our van, tired and a bit footsore, but very happy, ready for a delicious supper and a good night's sleep.

For those used to the flat terrain of the Ottawa Valley, or even the somewhat hillier portions of the Rideau Trail, walking the west of Ireland is indeed a challenge. The hills are high and steep and littered with rocks. The grykes of the Burren can be treacherous, with holes and crevices obscured by tufts of grasses. I learned this the hard way on our third day. After a steep climb up a rocky slope we inspected an iron age ring fort high above the bay and then began to descend over a field of fissured limestone. As I bounded overconfidently I hit a hole with my right foot that brought me to an abrupt stop. Luckily although this hurt considerably I was able to continue the hike only to repeat the procedure with my left foot. In spite of my misfortune, this proved to be one of the most beautiful walks we took on the whole trip.

IRISH RAMBLINGS (Continued)

At Fanore we were treated to an explanation of falconry and the habits of the peregrin falcons. Then there was a long walk back, up the Caher Valley and back across a mountain to our starting place.

I wish that I could tell you about all of our walks, but there isn't space. I'll just leave you with a series of images: narrow roads overhung with fuschia blossoms, fields of yellow flags, the silhouette of a lark trilling and tumbling towards earth, harts tongue ferns clinging to green mysterious depths, rock wall scaling impossible heights, aquamarine waves rolling on white sand beaches, red-billed oyster Catchers wheeling in the sky, Celtic crosses, stone churches, tower houses and hermits' cells and colourful characters. In Ireland there is always time to stop and talk to the relaxed and friendly people you meet along the way.

My brief adventure in Ireland was a turning point for me. I realized what a waste it had been living the sedentary life. It was time to get out and do something! Fortunately, one of my tour companions was a member of the Rideau Trail Association and insisted on sending me membership information. Since joining the regular weekend outings I have met so many interesting people, and had such good times, not to mention feeling so much fitter.

If you would like information about Heritage Rambles you can get write or phone:

Ray McGrath
Brooks Hill, Low, Quebec,
J0X 2C0
Phone (819) 422-3258

Summer Address:
31 High St..
Waterford, Ireland.

By Caroline Whaley

TRAIL MAINTENANCE

Having enjoyed many hours hiking along the Rideau Trail, I felt a mild obligation to assist in trail maintenance. So when volunteers were asked for, I requested "my own" section of trail. to my great surprise I was assigned a 18 km. section of blue markers in the Merrickville - Burrets Rapids area.

I was looking forward to this new venture, and on the first I arrived early with markers, paint and clippers. Starting down Dwyer Hill road I soon realized the primary ingredient for the new venture was garbage bags. As I turned into Burritts Rapids I saw no markers for two intersections, so I got out the stencil and four thumb tacks. Unfortunately the poles at the critical corners were cement.

"So much for thumb tacks," I thought.

I tried to hold the stencil against the pole with one hand and spray with the other. I had modest success, however. I now had a blue hand.

"This won't look very good walking back through Burritts Rapids with a blue hand." I thought.

The next section of the trail was much easier and I had time to contemplate the cement poles. What I needed was a large artificial hand which could be held at a safe distance from the spray.

After a little experimentation, I formed a four fingered device out of black farming wire on which the stencil was suspended on light elastic bands. This assembly was then mounted at about 45 degrees on the end of a 2 foot pole. The mounting head is rotatable to allow angled painting. This device I found to be very satisfactory and I am completely free of blue hand disease.

By John Geyt

If you are interested in this device call John Geyt at Res. 692-4966 or Bus. 993-6402. He has an ingenious drawing which we found difficult to reprint here, but he would be willing to send one to you.

KAYAKING ON GEORGIAN BAY

The sound of waves breaking on shoals, wind in your hair, the fresh smell of water - these are the tastes of Georgian Bay - an area that has been in my blood since childhood.

Last year my sister-in-law told me about a kayaking trip offered by a wilderness shop near Parry Sound. I wrote asking for a place in the "For Women Only" group.

The trip began on July 5. I expressed one reservation about the trip - would my back stand up to kayaking. I had never been in a sea kayak but sitting on the bottom of the craft with my legs straight ahead sounded like a perfect way to cause a sore back. I discovered that sea kayaks have little seats, a back rest and foot peddles to control a rudder. My back was not a problem.

The first morning we sat in various sea kayaks in order to decide which one best fit our size and shape. We learned how to get gracefully in and out from a dock and the shore. We learned the basic paddling techniques for forward, reverse and turning. And then we tipped the kayak in order to experience a 'wet exit' and to learn how to get back in in deep water.

We packed our gear and one double and five single kayaks onto the van and left for the wharf where we would begin our adventure. We looked at the stack of gear and questioned how it could all fit into the kayaks. But there is a surprising amount of room in the hatches and all the gear was stashed away.

We paddled out past Snug Harbour light and along the edge of Franklin Island where we stopped to set up camp for the night. It was hot so a pre-dinner swim was in order. I especially enjoyed this swim - my first in Georgian Bay in 1991.

The next surprise was the gourmet fare we unpacked for dinner. Fresh fruit and vegetables were high on the list of edibles. (Meat was in short supply as the leaders were "primary food source" enthusiasts). Then a tablecloth, and I mean cloth, was spread on the rock and a litre of wine uncovered. We

had far more food than 7 hungry women could consume.

Day 2 saw us up and seated around the "tablecloth" by 9 a.m. After scrambled eggs, bacon and toast we packed up and headed for Red Rock. This was my first chance to travel alone. The morning was glorious and Red Rock not nearly as far as my childhood memory. We snacked, sunned and tried to avoid the hungry insects. Then we set off for Green Island. The water was rough but I felt secure in my kayak - a very stable craft in choppy water. As we finished lunch the rain began - thunder and lightening had been warning us for about an hour. But a good rain was no problem as I was not the only one ready for a nap. What else does one do in a thunderstorm? It seemed like a very short time before we were called for dinner - just how long did I sleep that afternoon? That night a heavy storm with strong winds passed by. Three of the tents blew about and had to be positioned so that the wind blew through them rather than against the sides, but Trudy and I stayed dry and slept through the commotion. (Perhaps two ensolite pads on rock are more comfortable than I thought!)

On day 3 we decided to paddle out from our island campsite and return for the night. The day was bright and warm with no trace of the storm from the night before. We paddled out along the chain of islands to a heronry. It was unusual to see the herons in the middle of open water - no swamps were nearby but there were dead trees. We stopped for lunch and a swim. By late afternoon when we returned to camp I tested out the solar shower and was surprised at how well it worked.

Our last morning was overcast, wet and windy. We looked at the choppy waters and worried about our paddle home. Paddling was not as difficult as we expected and by lunch time the sun was out although the wind remained strong.

I enjoyed my first kayaking trip and hope to take another one in the future. White Squall offers 4, 5, and 6 day trips. The mailing address is White Squall, R.R. #1, Nobel, Ontario, P0G 1G0.

By Elizabeth Mason



**LOOKING FORWARD
TO
ANOTHER
20 YEARS**



If undeliverable, please return to:
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