



The Rideau Trail

NEWSLETTER

SUMMER 1993

ISSUE No. 88

Central Section

Map 5 Murphys Point (continued)

km

0.0 Elm Grove Road

At the intersection of Elm Grove Road and the entrance to Murphys Point Provincial Park, the Trail turns right and follows the road (Lanark Road #21) for 2.5 km. It then turns left onto North Burgess Road #5. A sign at this intersection points to the Boy Scout Camp.

4.2 Long Lake

After following North Burgess Road #5 for 1.7 km, the Trail passes a small Conservation Area on the left, on the shore of Long Lake. This will provide a pleasant stop for a rest, swim or lunch. Camping is not permitted. Continue along North Burgess Road #5 for another 2.5 km, where the Trail goes over a stile on your right.

6.7

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RIDEAU TRAIL MAP 5

The Rideau Trail Guidebook



Rideau Trail

Kingston - Ottawa
Third Edition
1993

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 AUGUST 1st 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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PHOTOS:

COVER: The Rideau Trail Guidebook, Third Edition, 1993
PAGE 4: From Linda Hayes - Back Pack and Rideau Trail Cairn.
PAGE 10: Linda Hayes - Beveridge Locks?

PUBLICITY: First the Canadian Geographic Magazine covered the Rideau Trail in a article in their November/December, 1992 issue. Now the Canadian Automobile Association in "Leisure Ways" has an article in their February, 1993 issue titled "Rideau Trail - A Refreshing Link With Nature".

CLUB EXECUTIVE

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CENTRAL.

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ANNUAL GENERAL MEETING - RTA

The Annual General Meeting of the Rideau Trail Association will be held on:

SATURDAY, 25 SEPTEMBER 1993

at

**BRANCH 245,
ROYAL CANADIAN LEGION HALL,
MERRICKVILLE.**

The Legion hall is located on the South bank of the Rideau River, West of the Locks.

AGENDA:

10:00 a.m.	Refreshments
10:30 a.m.	Business
12:00 noon	Lunch-bring your own
1:00 p.m.	Afternoon Activities;

two activities are planned;
- an historical tour of Merrickville
and a hike on area trails.

5:30 p.m. Dinner.

Dinner is be reservation only and will cost \$9.00. The Ladies Auxiliary will cater a hot turkey buffet dinner. Reservations are required by **27th AUGUST.**

Reserve dinner by phoning;

Kingston: Dale Ross 384 2959
Perth: John Miller 264 8338
Ottawa: Caroline Whaley 726 0237

TOUCHE' PAS

by Art Campbell.

As hikers, we are careful not to damage or interfere with property which we walk through. Many hikers also are environmentalists, or at least want to protect wild life. Thus to interfere with property and endanger wild-life is a double no-no.

But that is precisely what happened on a recent walk in Gatineau Park and environs. This is a true story. Names have been changed to protect the guilty.

The walk was typical of many. I was trying to lead the group to the area which the leader had agreed should be our goal. Some bushwhacking was involved. Shortly after we left a trail, David, who has a habit of being anywhere else but in the group, discovered string held up by several bushes. I noted that it was roughly along the boundary of the Park, and thought it was odd. However, being a man and thus not able to concentrate on more than one thing at a time, I returned to my job - navigating.

Two days later while on our way for a walk with Patrick and Dorothy, we were, as usual, solving, unbeknownst to the rest of the world, one of the world's problems, namely, people interfering with people; people trying to impose their will or wishes on others.

For some reason, Patrick mentioned the string. He said that Annie and Rosie thought that the string was part of a trap for animals, probably deer. Patrick, being an ex-hunter and knowledgeable about most things, assured them that it was not, but could not explain why a string should be in the middle, as he thought, of no-where. Thus Annie and Rosie, to protect animals, removed the string.

Later on the walk, we came across a cabin, probably a cabin for hunters, about half a mile outside the park.

After Patrick completed his story about Annie and Rosie, I told him that the string marked the boundary of the Park. Patrick came up with an explanation: the string had been placed there by hunters who knew where the boundary was. Thus their friends, also hunting but who did not know the park boundary, would not pursue animals past the string and into the Park.

By removing the string, Annie and Rosie had interfered with other people's property and endangered wild animals.

Clearly, the string should be replaced. To what extent is that the responsibility of

- b) the navigator (he knew the string marked the boundary),
- c) Patrick (he didn't know the string marked the boundary),
- d) Annie and Rosie (they removed the string),
- e) the group, (it is a family),
- f) David (if he had stayed in the group, the string may not have been discovered), or,
- a) the leader (the buck stops here)?

The moral: **TOUCHE' PAS.**



RIDEAU TRAIL ASSOCIATION OUTINGS KINGSTON CLUB

The meeting place for all our outings is the northwest corner of Sears parking lot, unless stated otherwise. Don't forget to include insect repellent and swim suit in your pack on these summer hikes. When a hike is not listed on Wednesday, meet for a walk at 1:30 p.m. Always come prepared for rugged hiking, bring a lunch and respect the hike leaders decisions. Ill-equipped hikers will be discouraged from starting on rugged hikes. Call the leader in advance if in doubt about your ability to handle the outing. There will be car pooling organized, with passengers contributing towards the gas. Fires should be laid only in designated sites. Leaders are reminded to send their attendance to Peggy Harding 546-7202. Members willing to lead hikes, backpacking, canoeing or cycling, during the fall, are invited to contact our new Hike Coordinator, Don Taylor 384-0603.

Sun., June 13. Rideau Trail.

Hike the trail between the entrance to Murphy's Point Park and the Mica Mine Conservation Area, Map #5, 10 km. Bring a lunch and meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Tom Newton 542-9253.

Sun., June 20. Orienteering.

Learn navigation on foot with a map, in Gould Lake area. Morning clinic will be followed by an event at 11 a.m. Bring lunch and meet at Sears northwest parking lot at 9:00 a.m.

LEADER: Gabrielle Savard 545-1079.

Sat., June 26. Rideau Trail.

Hike the trail from Elginburg to Railton. Maps #1 & 2. About 12 km. on fairly level terrain. Car shuttle. Bring lunch and insect repellent. Meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Jean Thompson 544-0340.

Sun., June 27. Canoe trip on Depot Lakes. Canoe the second, third and fourth Depot Lakes. Bring your canoes, paddles, life jackets and food. Call the leader before the 25th, if you plan to attend. Meet at Sears northwest parking lot at 9:00 a.m.

LEADER: Allan Tattersall 549-4080.

Sat., July 3. Foley Mountain.

Hike the trail from Maberly Road on Sand Lake to Little Bay Beach for a swim, and return. Map #4. Bring lunch, insect repellent and meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Dale Ross 384-2959.

Thurs., July 8. Evening Walk.

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

LEADERS: Bird Sampson and Hilda Dee 542-2643

Sun., July 11. Bicycle Outing.

Cycle - Greys Beach (Gananoque) to Browns Bay (Ivy Lea). Bring lunch and swimsuit. Meet at Sears northwest parking lot with bikes loaded at 9:30 a.m., or Greys Beach at 10:00 a.m.

LEADER: Bob Tolley, 542-9626.

Sun., July 11. Catataqui Cemetery.

Enjoy the beautiful gardens and trees on this guided tour through the cemetery. Meet at Sears northwest parking lot at 2 p.m. The tour will be followed by dinner at a local restaurant at 5 p.m. Contact the leader by July 9, if you plan to attend the dinner.

LEADER: Jean Thompson, 544-0340.

Wed., July 14. Charleston Lake.

Hike the west side trail in Charleston Lake Provincial Park. Bring lunch and swimsuit. Meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Margaret Page, 389-7840.

Sun., July 18. Rideau Trail in Frontenac Park.

Hike the trail from Desert Lake Road to Perth Road. Map #3, 15 km. Rugged terrain. Bring lunch, swimsuit and insect repellent. Meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Don Taylor, 384-0603.

KINGSTON CLUB OUTINGS (Cont'd)

Sat., July 24. Murphys Point Park.

Hike the trails in the park. Bring lunch, swimsuit and insect repellent. Meet at Sears northwest parking lot at 9:00 a.m.

LEADER: Ed Luce, 549-5300.

Sat., July 31. Rideau Trail to Gould Lake.

Hike the trail between Gully Road and the beach at Gould Lake Park. There is a toll for use of the park. Bring lunch, swim- suit and insect repellent..

LEADER: Andre Mercier, 384-9886.

Sun., Aug. 8., Rideau Trail.

Hike between Gully Road and Railton Road (Map #2) with a stop for a swim at Sydenham beach. Bring lunch and swimsuit. Meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Tom Newton, 542-9253.

Wed., Aug. 11., Lemoines Point.

Enjoy a hike in the park. Bring lunch and swimsuit. Meet at Sears northwest parking lot at 10:00 a.m.

LEADER: Pauline McMichael, 544-1648.

Sat., Aug. 14., Rideau Trail.

Hike from Narrows Lock to Murphys Point Park (Map #5). Car shuttle, 12 km. Bring lunch and swimsuit. Meet at Sears north- west parking lot at 9 a.m.

LEADER: Allan Tattersall, 549-4080.

Thurs., Aug. 19., Evening Hike on Trail.

Hike from Elevator Bay to the Golden Griddle and back. Meet at the trail entrance at 7:00 p.m.

LEADERS: Peck & Sybil Peckover, 544-9190

Sun., Aug. 22., Amherst Island.

Bike around the island or hike along the south shore, meet for a swim and lunch. Meet Sears northwest parking lot at 9:30 or the Millhaven dock for the 10:30 ferry. Phone 545-0823 by the 19th if transportation for your bike is needed.

LEADER: Peggy Harding & Alberta Edgar.

Sat., Aug. 28., K.F.N. Sanctuary.

Anne Robertson will take us on a nature walk through the Field Naturalist Sanctuary. Bring lunch and meet at Sears north- west parking lot at 10:00 a.m.

LEADER: Jean Thompson, 544-0340.

Sun., Sept. 5. Rock Dunder.

Hike to the summit of Rock Dunder for spectacular views of the surrounding area. Bring lunch and meet at Sears northwest parking lot at 10:00 a.m.

LEADER: Peck Peckover, 544-9190.

Wed., Sept. 8. Opinicon Loop.

Hike the trails at Skycroft. Bring lunch and meet with Moira Drummond at Sears northwest parking lot at 9:30 a.m.

LEADER: Jim Blain, 1-359-6282.

Sat., Sept. 11. Gould Lake.

Hike the side trails at Gould Lake. Bring lunch and meet at Sears northwest parking lot at 9:30 a.m. (About 12 km).

LEADERS: Jim & Caroline Gartenburg, 542-8942.

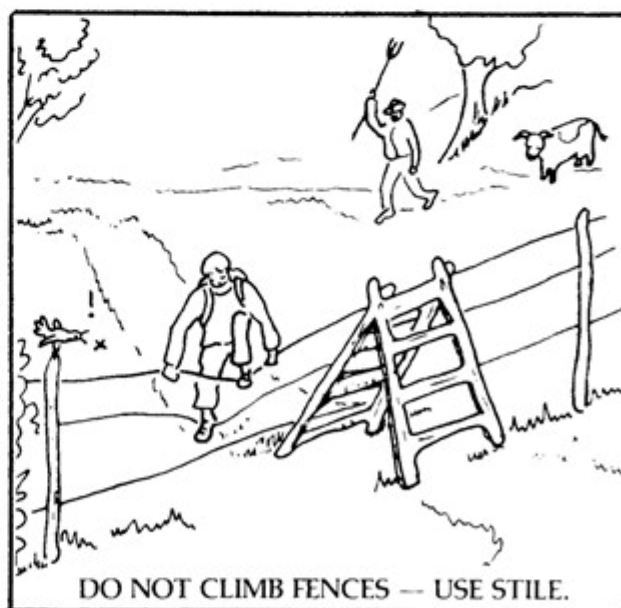
Mon to Wed., Sept. 13 to 15th. B&B Outing. (2 nights, 3 days).

We are planning to visit Prince Edward County. We will explore the trails in the Conservation Areas. Easy and varied terrain - woods, shoreline, beaver meadow, bird house city, etc. To register please send \$40.00 deposit before Sept 1st Cathy and Don Cutts, (613 542-5414) at 160 Johnson St., Kingston, Ont., K7L 1Y1.

Sun., Sept. 19. Rideau Trail.

Hike the trail from Foley Mountain to Narrows Locks. Maps #4 & 5. 13 km. Meet at Sears north- west parking lot at 9:00 am.

LEADER: Bernie Gates, 389-1835.



RIDEAU TRAIL ASSOCIATION OUTINGS OTTAWA CLUB ACTIVITIES

The activities described below normally take place as scheduled regardless of the weather and the **RENDEZVOUS POINT FOR HIKE IS ALWAYS AT THE CORNER OF BOOTH AND ALBERT STREETS IN OTTAWA** at the departure time indicated. Private cars are used for transportation and participants are asked to contribute to the drivers' gas cost, in the amount indicated below (where not indicated, it is usually \$3.00). Hikers should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing. Some activities involve refreshments after the hike but this may be decided on the day.

This summer program is designed to cater to a variety of tastes and make allowances for the weather. Hikes on the Rideau Trail itself are specified as such. Some activities involve short hikes and a swim. These hikes may be on newly discovered routes. Please take note of the descriptive details for all activities so you will not be disappointed. For specific information on individual events, phone the leader indicated, and for more general information, or if the leader is not available, phone Bill Grant at 820-0697.

Once again we are grateful for the willingness of those club members who volunteer to lead these activities and request participants to make their job as easy as possible. Hike leaders are asked to collect names and phone numbers of participants and send them to Bill Grant.

Wednesday Walkers

Every Wednesday, there are hikes in the Gatineau Park. They tend to be quite vigorous and are definitely not for beginners or for persons not in good physical condition. Good footwear is strongly recommended and hikers should bring a lunch and water. The meeting time is 9:30 am at the corner of Booth and Albert. Call Dorothy Belter 523-4420 or Nanette Whitwam 730-5417 for more information.

Sat., June 26 Rideau Trail

Murphy's Point to Narrows Lock (Map 5) A 16 km walk on this attractive section of the trail. Swim if the weather permits.

Gas - \$4.00.

DEPARTURE TIME: 9:00 P.M.

LEADER: Ken Buckingham 234-5543

Sun., June 27 Purdon Bog

Once again we visit this famous ladyslipper bog on a joint outing with the Central club. 18 km of good hiking in the Lanark countryside. Be prepared for a long day. Gas - \$4.00.

DEPARTURE TIME: 8:30 A.M.

LEADERS: Bill Grant 820-0697

John Miller 1-264-8338

Sun., July 11 Renfrew County

An easy hike on a new route, somewhere in Renfrew County, distance to be determined by weather. Gas - \$5.00.

DEPARTURE TIME: 9:30 a.m.

LEADER: D. Spector 829-6802

Fri., July 16 Canal Walk

Enjoy a balmy **evening walk** along the Canal, of about 10 km. Perhaps refreshments afterwards. Usual meeting place. No gas contribution.

DEPARTURE TIME: 7:00 P.M.

LEADER: Barb Sigurdson 521-7311

Sat., July 17 Rideau Trail

Marlborough Forest (Map 9)

A **short hike** in the forest, followed by a **swim** in Adele's pool and light refreshments. Bring a light snack, swimsuit.

DEPARTURE TIME: 10:00 A.M.

LEADER: Geoff Berry 731-4832

Sat., July 24 Canoe Outing

Enjoy a day's canoeing on the Gatineau River. Participants should bring their own canoe, paddles and life preservers. Canoe owners are welcome to bring guests. Bring a lunch and swimsuit. **Phone the leaders by July 22 to reserve a place.** **Note:** This trip may be postponed if the weather is unsuitable.

LEADERS: Barri & Dennis Scully 565-7710

OTTAWA CLUB ACTIVITIES (Cont'd).

Sun., July 25. King Lake & Ragged Chutes

A pleasant walk of approx. 8 km near the Mississippi River (an old lumbering area) followed by a swim and including refreshments. Gas - \$5.00.

DEPARTURE TIME: 9:30 A.M.

LEADER: Wanda Pelletier 1-278-2157

Or contact Bill Grant 820-0697

Sun., July 25 Gatineau Park

A hike/bushwalk/exploration/swim in the rougher part of the park. Good footwear and insect protection a must; swimwear optional. Be prepared for rough, off-trail walking. Opportunity to practice bush skills and navigation. Gas - \$4.00.

DEPARTURE TIME: 9:30 A.M.

LEADER: Graham Creedy 789-1657

Sat., Aug. 7 Canoe Outing Lac Vert, P.Q.

Bring your own canoe or accompany someone with a canoe. Gas contribution. Register with Bev Armstrong 738-0310 by July 31.

Sun., Aug. 8 Joe Baye Trail

A **short hike** (8 km) on a newly discovered short trail near the village of Clayton in Lanark County, a swim, if possible, and a visit to the general store. Bring swimsuit. Perhaps refreshments on the way home. Gas - \$4.00.

DEPARTURE TIME: 12:30 P.M.

LEADER: Bill Grant 820-0697

Sat., Aug. 14 - Sun. Aug. 15 Biking B & B Weekend - From Stittsville to Perth

Rendezvous in Stittsville. Cycle the back roads to Perth, approximately 60 km.- overnight accommodation to be arranged. Cycle back the next day to Stittsville. An easy and relaxed bike ride - at your own pace - on flat terrain. Register with Margaret Lafrance 731-4832 by July 31.

Sat., Aug. 21 - Sun. Aug. 22 Hiking Weekend A visit to the Bancroft area and Silent Lake Provincial Park where we will hike around the lake - 15 km. Return Sunday evening. **Campers phone Barbara Krieger 235-0604 and for motel accommodation, phone Bill Grant 820-0697 by July 31.**

Sat., Aug. 28 Frontenac Park

A trip around Big Salmon Lake, approx. 18 km. Be prepared for a long day. Gas \$6.00

DEPARTURE TIME: 8:30 A.M.

LEADER: John Haley 225-0590

Sun., Aug. 29 Charleston Lake

Our 8th annual visit to this beautiful provincial park for a hike and a swim. This year we will walk the four short trails; a total of about 12 km. of very scenic hiking. Bring swimsuit. Be prepared for a long day, with a refreshment stop on the way home. Gas - \$5.00.

DEPARTURE TIME: 9:30 A.M.

LEADER: Bill Grant 820-0697

Wed., Sept. 1 Moonlight Walk

Enjoy a walk in the light of the full moon, followed by light refreshments at the schoolhouse. Usual meeting place.

DEPARTURE TIME: 6:30 P.M.

LEADER: Irene Elce 733-3421

Sat., Sept. 11 Bakery Bike Outing Our third annual 40 km round trip to Ollie's Bakery in Manotick. This is not a race! Bring a lunch or buy it in Manotick. Meet "at the Rock" on Riverside Drive beside the Terry Fox complex.

DEPARTURE TIME: 11:00 A.M.

LEADER: Elizabeth Mason 729-6596

Sat., Sept. 11 Renfrew County

An easy hike, partly on country roads, in scenic countryside. Probably a refreshment stop afterwards. Gas \$4.00.

DEPARTURE TIME: 10:00 A.M.

LEADER: David Spector 829-6802

Sun., Sept. 12 Gatineau Park

A vigorous hike in the park, location to be determined. Gas - \$4.00.

DEPARTURE TIME: 9:30 A.M.

LEADER: Dorothy Belter 523-4420

Sat., Sept. 18 Lanark County

A good hike somewhere in the heart of this beautiful county. Enjoy the start of the fall colours. Gas - \$4.00.

DEPARTURE TIME: 9:00 A.M.

LEADER: Caroline Whaley 726-0237

Sun., Sept. 19 Carillon Provincial Park

A first for this heretofore-overlooked attractive park on the Ottawa River (at the Quebec border). About 15 km of easy walking, followed by a refreshment stop. Be prepared for a long day. Gas - \$5.00.

DEPARTURE TIME: 9:00 A.M.

LEADER: Irene Elce 733-3421

RIDEAU TRAIL ASSOCIATION OUTINGS CENTRAL CLUB

Outings for the summer will be mainly on the water. In addition to the advertised outings we will be having other activities so keep in touch via the hot line - 264-8338.

Fri - Sunday, July 9-11. Crotch Lake.

Canoe and camping week-end. If interested phone for reservations by 4 July. Meet at post office in McDonalds Corners 4:00 p.m.

LEADER: Don Sherwin

Sun., Aug. 1. Tay Basin to Beveridge.

Join us for this canoe trip from Perth to Beveridge Locks and into the Rideau. Bring lunch and meet in the Tay Basin at 9:00 a.m.

LEADER: John Miller, 264-8338.

7 to 14 August. Killarny Park Canoe Camping Trip. Interested parties to contact well in advance of outing and must be able to manage portaging. Organizational meeting to be held on Crotch Lake canoe camping weekend.

LEADER: Don Sherwin, 268-2447.

Fri - Sunday, August 27 - 29. Palmerston Lake.

Canoe camping weekend at the country estate of a prominent member of our club. A new location.

LEADER: Don Sherwin, 268-2447

Sat., Sep. 18. Stump Lake. Join us for this canoe-hike experience at Wanda's. Pot luck supper following. Bring lunch and Pot Luck.

LEADER: Wanda Pelletier, 278-2157.

END TO END AWARDS.

Put on your walking shoes! The RTA presents a badge and a certificate at the AGM in September to members of the Association who have walked the whole length of the Rideau Trail. If you are a candidate for the award this year, please write to the Secretary of the Association telling a bit about yourself and your hikes, not forgetting your name and address. Include the date when you started hiking the trail, and when you finished. Any comments on the state of the trail will be passed along to the trail maintainers.

Please get your letters in by August 13th. The certificates are coloured and lettered by hand, and it takes time. The address is;

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



SWAN SONG OF AN ACTIVITIES COORDINATOR

By Bill Grant

I am happy to report another successful year of hikes and other activities. From April 1st last year to this date, the Club conducted a total of 66 outings, including 13 hikes on the Trail itself, of which 9 were End-to-End hikes, 11 hikes in the Gatineau, 22 hikes at other locations, including shorter walks and one urban walk. There were also 4 weekend outings, including one bike weekend and one canoe weekend, two bicycle outings, one canoe outing, 15 ski outings, and 3 snowshoe outings. Only one or two activities had to be cancelled. The hikes involved from 15 to 55 participants, the ski outings smaller numbers; and this attendance is on a par with recent years. The second End-to-End series was a success and there were almost always 30 or more people on the End-to-End hikes. A good number will receive their award this September. In addition to the above-mentioned activities, there were two very well attended slide shows, two potluck dinners, three other social events, including a New Year's Eve party, for a grand total of 73 activities. A total of 35 hike leaders and hostesses were involved in leading these activities, often involving large numbers, in a competent and enthusiastic manner and I would like to express our thanks on behalf of the Club to these members.

In addition to the scheduled activities, there were a number of ad hoc hikes, ski outings, and hiking trips involving other trails, e.g. Bruce Trail, Estrie Trail, organized by individual members. The popularity of the social activities and the increase in ad hoc hikes and hiking trips to other trails indicates that the Club has reached a new stage in its development. It has not only attained its mission of maintaining the Trail and promoting hiking in general, but is now serving a very useful social purpose, providing an opportunity for people with common interests to meet each other and, in many cases, develop friendships. In other words, we have become much more than just a hiking club and I believe this is something to take pride in. I am therefore suggesting to the incoming executive and my successors

that the number of these non-hiking or hiking plus social activities be gradually increased to meet the growing demand. There is no shortage of members willing to organize or host these activities.

Having stressed the positive side of things, I would like to take this opportunity to mention the less-than-positive aspects. One, which has often been drawn to my attention over the years is the relative preponderance of females vs males taking part in all the Club activities, a fact of life which I have never been able to explain. A second fact is that relative absence of younger people, i.e. persons in their twenties and even early thirties. Occasionally, younger women, in particular, show up on hikes, but they don't often come out again. Finally, there is the fact that, in spite of our high level of attendance, the great majority, or approximately two thirds of our members, are never seen or heard from and remain only names on the membership list. While this is normal in voluntary organizations, it is somewhat surprising in a recreation focused organization. It may be that the time has come to address these problems and attempt to determine whether we should or can do anything about them.



ADIOS, ARTHRITIS PAIN.

(The following article is reprinted from "Walking Magazine", {January/February 1993 issue}, Walking Inc., 9-11 Harcourt St., Boston, Mass., USA, 02116).

Here's some hot news for the 37 million Americans who suffer from arthritis: A recent study shows that a topical analgesic cream made with capsaicin, the chemical that gives hot peppers their fiery bite, helps rub out arthritis pain. In the double-blind trial, half of the approximately 100 patients rubbed the cream, called Zostrix, into painful arthritic knees four times daily. The other half used a dummy cream. By the fourth week, researchers found that those who used the capsaicin cream, unlike members of the control group, experienced as much as a 57% reduction in pain. These results are especially good news for people trying to avoid using aspirin for arthritis pain relief.

Nearly all of the Zostrix treated patients said they found it easier to perform simple daily tasks like walking, driving, and sitting. And although the first few doses did burn a little, most patients said that side effect disappeared after repeated doses.

How does the hot stuff work? "When applied directly to aching joints, the capsaicin cream depletes substance P, the chemical messenger that carries pain signals to the brain" says rheumatologist Chad Deal of Cleveland's Case Western Reserve University, one of the researchers. "With less substance P available, fewer pain messages make it to the brain".

Movement with less pain might encourage sufferers to tap into another nondrug therapy for arthritis: exercise. The Arthritis Foundation says that any low-impact exercise, like walking, builds muscle strength and keeps joints flexible, protecting them from further stress.

With some combinations of exercise and the right pain reliever, arthritis sufferers can now spice up their lives in new ways.

- Valerie Fahey

Two letters to the Editor appeared in the following issue of "Walking Magazine" and are reprinted below:

Yes, I Cayenne:

With regard to Zostrix ("Adios, Arthritis Pain," February 1993, p11), please warn arthritis sufferers of the "slow burn" they may suffer when they see the price. You can mix lanolin with cayenne for a cheaper cure."

David Drexel
Southern Pines, NC.

AND

I use cayenne for my arthritic knees, in a coating of Vaseline covered lightly with paper towels. I add loose-fitting knee warmers when outdoors in the cold. This warms you immediately when you are chilled and arthritis is slowing you down. Use discretion - don't touch eyes or face - don't forget cayenne will heat.

I also use cayenne for an upset stomach: at least ½ tsp. mixed with jelly or yogurt, followed by a glass of warm water. The civilizations that use cayenne don't have abdominal problems until a McDonald's comes into the neighbourhood.

Helen Rehm
Elyria, Ohio

TO RENEW OR NOT TO RENEW THAT IS THE QUESTION

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived. Henry David Thoreau

If you have not renewed your subscription to the Rideau Trail Club or if you are considering joining the Club consider the following excerpt from The Rideau Trail Guidebook:

"In this technological age we, even more than Thoreau, need to keep in touch with the basic fundamentals of life. More and more human time and energy are devoted to relating to computers and other wonders of technology. If we are to be fully human we must therefore make a deliberate choice to nurture our relationship with the natural world. Regular visits to the woods will remind you of your kinship with other living creatures and the importance of living in harmony with them. In the woods your senses, so dulled by modern living, will come alive again, your physical stamina will be tested, and your resourcefulness and adaptability will be revealed as you confront the unexpected. The pressures to make life increasingly complex will yield to a new appreciation of simplicity and to a realisation that less is more."

Richard Cross

SUBSCRIPTION APPLICATION: Membership year is from 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. **To join or renew complete the form below, place it in an envelope and mail to:**

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

Ottawa Phone Number (613) 730-2229
Kingston Phone Number (613) 545-0823
Central Phone Number (613) 264-8338

PLEASE CHECK New ☐ Renewal ☐

- | | | |
|--------------------------|---------------------------------------|-----------|
| ☐ | Annual Family Membership. | \$15.00 |
| ☐ | Patron (Life Membership). | \$200.00* |
| ☐ | Guide Book - Members. | \$15.00 |
| | Non-Members. | \$20.00 |
| | (plus \$2.00 postage and handling). | |
| ☐ | Car Sticker (Free to new members). | \$1.00 |
| ☐ | Crest. | \$2.00 |
| ☐ | Enamelled pin. | \$3.00 |
| ☐ | Rideau Trail Wall Map. | \$10.00 |
| | (includes \$4.00 postage & handling). | |
| ☐ | Donation to RTA. | (\$.)* |
| ☐ | Donation to the Corridor fund | (\$.)* |

Prices subject to change.
* Qualify for income tax deduction.

Name: _____

Address: _____

City: _____

Postal Code _____

Telephone: _____

CHARITABLE REGISTRATION No. 0041733-56-11.