



The Rideau Trail NEWSLETTER

FALL 1993

ISSUE 89



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

Submissions for the next newsletter are encouraged. Pictures to accompany articles are desirable. Black and white are preferred as they print more clearly, but colour with good definition are acceptable. These are to be sent to the following person by **November 1, 1993**.

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 0703-7085

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COVER & PICTURE CREDITS

Cover and pictures on page 4 - Norm McLeod

Note about page 4. These were pictures which the editors had on hand and thought suited the article.

Page 15 - From Frontenac Newsletter with permission.

Symbols on the cover are a tribute to Ontario Provincial Parks which are celebrating 100 years of pleasure and service to hikers. We would especially like to express our thanks to those through which the Rideau Trail goes, Murphy's Point Park and Frontenac Park (the triangular symbol is the symbol of the Friends of Frontenac).

Frontenac Park is having a Centennial event, The Frontenac Challenge. Hikers hiking in the park may register with the park office and receive a certificate of appreciation after they have completed a hike in the park. Length and difficulty should be no problem. Any hike is considered to be a celebration of the park.

WANTED NEWSLETTER EDITOR OTTAWA CLUB

The Ottawa Club requires an editor for the Newsletter.

Twice a year the Ottawa Editor assembles material, prepares a master copy for printing and distributes the News.

Some Computer skills are required with emphasis on the use of word processing software package. Access to a computer system is required.

Assistance will be provided by the current Editor for the initial publication.

If interested contact:

Barbara Sigurdson,
3691 Albion Rd., Unit 62,
Gloucester On., K1T 1P2
(Phone: 521-7311)

LETTER TO THE EDITOR

Re: "Swan song of an activities coordinator," by Bill Grant, summer '93". Congratulations to the RTA executive and to Bill Grant for the number and variety of activities successfully carried out over the past year.

With regard to Bill's suggestion that "the number of non-hiking or hiking plus social activities be gradually increased to meet the growing demand" you might be interested to know that elsewhere, especially in B.C., some hiking clubs have actually become Outing Clubs, offering a great variety of activities for their members.

Bill says he has never been able to explain the relative preponderance of females vs males taking part in Club activities. First this is generally true in many other clubs, and second, the explanation is self-evident - women are smarter than men, especially in matters that are so important as health and ecology. And third, if the editor doesn't censor the following as a male chauvinist remark - the men who do come out are so interesting that . . .

I understand Bill's concern that "two thirds of RTA members are never seen or heard from", but I suggest you shouldn't be too worried about it. In our experience many such people get their enjoyment and satisfaction from knowing they are supporting a worthwhile cause which has long term benefits for their children and their children's children, and they do enjoy the vicarious reading of your interesting newsletter, especially when members have written about hikes.

Best wishes and keep on hikin' and maintaining trail, and producing such a good newsletter.

James Feeley, President National Trail Association of Canada.

NEWSLETTER DELIVERY

The RTA newsletter is now delivered by volunteers in Ottawa and Kingston every quarter. About 500 newsletters are delivered by this method. Most delivery routes have a regular deliverer who is enthusiastic about the job. A big thanks is due to each person who assisted in delivery in June. Because the regular deliverer may not always be available, extra names of people willing to deliver periodically in an area near their home (a bicycle or car is usually needed) are appreciated. In Ottawa call Don Mitchell at 749-9537 if you are East of Bronson or Elizabeth Mason at 729-6596 if you live in the west end. In Kingston call Newsletter Distribution Coordinator - Alberta Edgar Phone 542-9662

FOLEY MOUNTAIN

By Elizabeth Mason

This spring, for the first hike that I led, I decided to do something differently. Bill Grant had asked that I lead a hike on the loop trails in Foley Mountain. Mark Watson and I went out the week before to pre-hike the area because it was years since I had hiked the loop trails and because I was not sure of the timing. I had asked for a starting time of 10 a.m. on a lovely May Sunday morning. I thought a return to Ottawa by supper time was reasonable.

As we did our pre-hike (in the pouring rain as it turned out) the idea of a hiker's quiz had appeal. It might help the group see the beauty of spring on Foley Mountain and learn a little about the wild flowers. As we hiked we looked around and thought about obvious, funny and obscure questions that we might ask. It was fun to plot out the questions. But what reaction would I get from the group? Ottawa has very large turnouts for hikes so I also suspected that if it were a nice day that I would need one if not two additional leaders. I took the plunge and planned for three hiking groups.

By the time that I arrived at the meeting point on the day of the hike, there were already 40 or more people milling about. The decision to go with three groups was easy. Jean Sunter and John Haley accepted my request that they lead a group. A record 62 people arrived at Foley Mountain to begin hiking. We split into three groups and headed out on different loops and/or in different directions on the same loop.

I think that the quiz added a little fun to each group and helped people chat to those that they did not know. The questions on the beaver pond trail were:

1. How many stumps in the beaver pond are moss covered? How many were felled by beaver?
2. What is the average number of slats per bridge on this trail?
3. List the mammals that have left evidence that they use this trail. Bring back some of the evidence!
4. Sketch the most interesting tree profile along this trail.

As stumps were counted in the pond various members noted that there were turtles sunning on logs. One group answered question 4 with the following drawing:



FOLEY MOUNTAIN Continued

This trail has wonderfully unique, giant pine trees that have very unusual profiles. It was these pines that I had in mind when I asked the question about tree profiles. (During the rain of the pre-hike there were certainly no turtles sunning!) Would the hikers have stopped to look at the pond and see the turtles without the quiz? And would it register without the quiz that the stumps in the pond have all been cut by man?

On the loop we did along the Rideau Trail to Sand Lake and then return via Westport there were the following questions.

1. In Westport, how many bells peal out the angelus on Sunday morning?
2. On Foley mountain there is evidence of environmental damage. What evidence did you notice?
3. What fruit will you be able to pick around the stile next month?
4. Name the oldest person who died and is buried in a cemetery along this loop trail. When were they born? When did they die?
5. What is Westport Pond used for?
6. Who were the founders of Westport?
7. After whom was Foley mountain named? What was he/she?
8. How old is the town hall in Westport?
9. What form is the knocker on the Lion's Club door?

Did you know that Elfrie Hull lived to be 100 and died as recently as 1972? Or that Declan Foley was the owner of the general store in West Port? That the Lion's Club has a brass lion's head as a knocker? The question about the bells was not possible to answer without a few assumptions about how many bells might be in a church steeple and which congregations enjoy the Angelus! The steeples are part of the wonderful view from Spy Rock.

It was the questions about wild flowers that were the most fun. Each group had one or two knowledgeable wild flower experts so that we learned the names and identifying aspects of spring-beauty, hepatica, bloodroot, coltsfoot, trout lily, dutchman's breeches, sedge and violets. Even the leaves of flowers not yet out were spotted - dandelions, strawberry, mullein, columbine, blue cohosh and meadow rue.

Only one group found the RTA plaque. For me it's location is still a mystery. What is unique about the plaque? One group responded with "it is well hidden".

Various hikers were sure that their group would win the prize for the quiz. I think that we were all winners

as we learned new things while enjoying three hours of

hiking. Perhaps the prize should go to the group that presented me with evidence of which animals use the Beaver Pond trail! I still have not opened the bag but would appreciate a volunteer to identify the animal droppings that are no doubt enclosed.



Counting Slats



Counting Beaver Pond Stumps



Mammal Sighting

Hiking Trip Around The Village of Ramsau an Dachstein in Austria

By Andre Mercier

Due to its unique mountain landscape with the precipitous south face of the Dachstein massif towering above the foothills in the background, the Ramsau belongs to one of the most interesting areas in Austria.

The beauty of the landscape in this region is greatly enhanced by its contrasting features. Apart from the wonderful mountain scenery and the typical alpine surroundings we discover a whole variety of vivid elements united together. 1st - broad plains which are usually found in wide valleys. 2nd - hills set in the middle of the plains resembling the outlook typical of the forealps or secondary chain of mountain. 3rd - steep rock faces of the Dachstein group rising to a height of 3,000 meters. 4th - the glacier landscape on the Dachstein mountains emphasises even more significantly the scenery peculiar to high mountain regions.

The Ramsau represents the base of the Dachstein massif lessening in height from the West to the East and bearing deep traces of the periods of glaciation during the Ice Age.

The mountains with the best viewpoints, apart from the Brandriedel, are the Kulmburg, the Sattelberg and the Rittisberg. The Ramsau can be seen from a whole variety of new perspectives. From the summit of the Sattel Mountain, one can see from the beginning of the Ramsau as far as Schildlehen - giving the impression of a mountain valley. Brandriedel - Austrians have often sung to the splendid view this vantage point affords, the south face, the sparse larch woods, the Gamsfeld peaks and the Türl summit, as well as the deep view down on to the Ramsau Ort, all covered in flowers. This view is framed by the beautiful line of peaks of the Schaldminger Tavern Mountains.

The Dachstein massif has an extremely varied alpine flora. A few species of stonebreak (saxifrage) and whitelaw-grass (*Diara Tomentosa*) can be found around the summits at a height of nearly 3,000 meters. We found species of *Aubrieta* on the crevices and rocks where minute amounts of humus accumulate, to which the roots of small rock plants can cling.

Up to a height of over 2,000 meters one can find forests of dwarf-pine trees and in between are hirsute alpine roses known as "almrausch", a plant typical of the limestone mountain areas. The fields are covered with sea-milwort and the summer pastures with composite flowers, gentian, crowfoot and species of

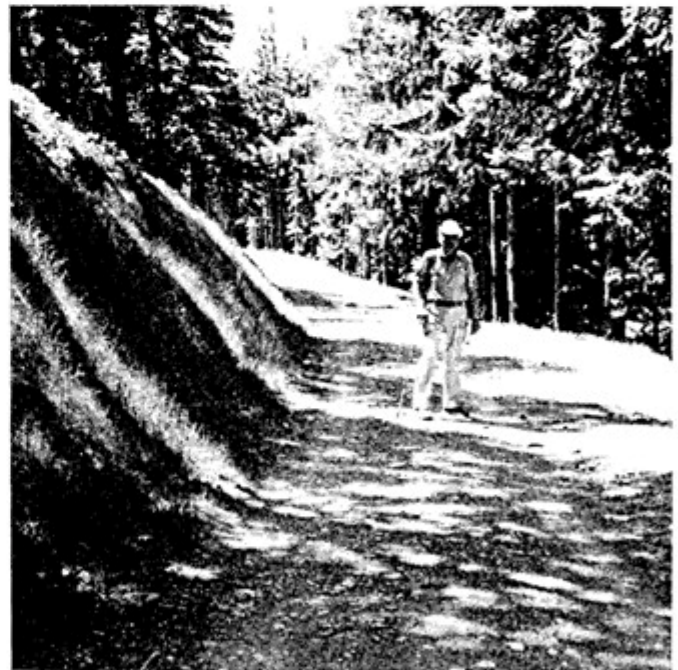
blue-bells as well as with many other alpine plants.

In this area we found light open larch woods and the occasional stone-pine. The pine wood forests reach a height of between 1700 and 1800 meters. All over the wood and right down the valley springtime brings a whole array of xmas roses and heather. We came across a few examples of the largest species of orchids - "Lady Slipper." Making our way down from the high country - from the broad pine-wood forest girt, we reach the wide arable plain of the Ramsau. The plateau is basically used for grazing.

Hiking is a pleasure along the Dachstein massif. Most trails are easily accessible by bus, both in the gentle valleys as well as in the more rugged and strenuous terrains. The most important paths and routes joining up with the circular footpaths have all been connected together including the greater part of the mountain refuges. The round hikes are all marked differently both by number and colour.

I strongly recommend, if you ever walk in Fitzmoos or Ramsau, that you begin with short walks and then gently increase the length and altitude of each ramble.

Further information can be obtained from the Austrian Tourist Bureau in Toronto.



Rideau Trail Association Tercentenary Event

It has been suggested to the editors that we include some archival material in our newsletters. Cathy Cutts suggested the following archival material and provided items from 1973 newsletters.

Twenty years ago this September, the Rideau Trail Association had a relay hike from Ottawa to Kingston to celebrate Kingston's Tercentenary. Newsletters preceding the relay hike called for volunteers from Kingston, Ottawa and the Central club to hike sections.

"In Ottawa, the newly elected chairman of the publicity committee of that Club, Harry Walker, has been named Ottawa co-ordinator. He has already announced that several Ottawa hikers have expressed an interest, including Mr. & Mrs. Bill Moorman and their six children, ranging in age from six to fifteen. Harry says that no doubt the Moormans could carry the relay event off by themselves . . ." (Spring/Summer 1973)

The event finally took place between September 17 and October 6. Controller Larry Greenberg of the Ottawa City Council started the relay hike on an idyllic Saturday with a very moving and encouraging impromptu talk. The tube containing the Ottawa Mayor's message of congratulations to Kingston's Mayor was handed to 6 year old Sandra Moorman who would hike the first leg of the journey.

As the hikers ran the relay through the various towns along the trail, messages were added to the tube until it reached the Little Cataraqui Creek Conservation Authority Area where it was passed on to Mayor Speal of Kingston. After the hike members and the public were invited to a barbecue to celebrate both the hike and Kingston's Tercentenary.



Cartoon from Spring/Summer '73

NOTES FROM THE RTA BOARD MEETING

by Ron Maybury

A meeting of the Board of Directors of the Rideau Trail Association was held May 29th at McMartin House in Perth when it was learned that the Study Group on the use of computers by the Association has produced a System Analysis report. This was presented by Frank Kemp. Following the guidelines, changes will be implemented in our computer utilization by stages as needed.

On July 17th a further meeting of the board was held at Murphy's Point Provincial Point Park, when there was discussion on the arrangements and program for the Annual General Meeting of the Association at Merrickville on September 25th. With regards to the budget, of particular concern was the question of a membership fee increase. It was felt that we should maintain a fee structure which would be sufficient to support the operating costs of the Association. On the basis of this, a recommended increase will be to \$20 for annual family membership and \$300 for life membership.

Our Membership Secretary, Paul Smith, has noticed a significant increase in new memberships in the past months, which is attributed to the publicity obtained from articles in the Canadian Geographic and the CAA publication, Liesureways. In addition, we have received enquiring phone calls from all over North America and from the UK.

The Rideau Trail Association has become a partner in the Eastern Ontario Model Forest. Our terms of reference in this relationship concern public awareness and education in the conservation and utilization of forest systems. We are obtaining a grant of \$1000 towards improvements in the Trail. Our thanks to Peter Brebner for this initiative.

The report of the Planning Meetings will be presented and discussed at the AGM. This will have important implications for the future of the Rideau Trail. See you in Merrickville.

KINGSTON CLUB RIDEAU TRAIL FALL OUTINGS

The meeting place for all our outings is the northwest corner of Sears parking lot, unless stated otherwise. When a hike is not listed on Wednesday, meet for a walk at 1:30 p.m. Always come prepared with suitable footwear for rugged hiking. Ill-equipped hikers will be discouraged from starting on hikes. Call the hike leader in advance, if in doubt about your ability to cope with the outing. Bring a lunch and respect the hike leaders directions and decisions. Car pooling will be organized, with passengers contributing towards the gas. Leaders are reminded to send their attendance to Peggy Harding 546-7202. Members willing to lead hikes, backpacking or skiing for the winter season contact Don Taylor 384-0603. Suggestions regarding outings are welcome.

Friday September 10 New Members Night

All new and potential members are invited to attend an information evening at St Lawrence Place, 181 Ontario Street East (Corner of Johnson) at 7:00 p.m.
Call Dale Ross Days 549-5253 Evenings 384-2959

Saturday, September 11 Gould Lake

Hike the side trails at Gould Lake. Bring a lunch and meet at Sears northwest parking lot at 9:30 a.m. About 12 km.
LEADERS: Jim and Caroline Gartenburg 542-8942

Sunday September 19 Rideau Trail

Hike the trail from Foley Mountain to Narrows Locks. Maps #4 & 5. 13 km. Meet at Sears northwest parking lot at 9:00 a.m.
LEADER: Bernie Gates. 389-1835.

Saturday September 25 RTA AGM

The meeting will be held at Branch 245, Royal Canadian Legion Hall, Merrickville. The hall is located on the south bank of the Rideau River, west of the locks. If a ride is needed contact Dale Ross 384-2959. More details elsewhere in newsletter.

Saturday October 2 Rideau Trail Safety Clinic

The clinic will be conducted by Betty McIver and Ray Forrester. Location: District Health Council Office, 544 Princess St., corner of Alfred, 9:00 a.m. to 12:00 noon. Parking at the rear of the building. Direct enquiries to Dale Ross 384-2959.

Sunday October 3 Hike Ontario Day

Hike # 1 Frontenac Park. Bring a lunch and wear strong footwear. Meet at Sears northwest parking lot at 9:00 a.m. There is a charge for cars entering the park.
LEADER: Norm McLeod 546-9440

Hike #2 - Afternoon historic walk through Harrowsmith with Ken Sigsworth. Art and music included. Meet at Sears northwest parking lot at 1:30 p.m.
LEADER: Cathy Cutts 542-5414.

Saturday October 9 Rideau Trail

Hike from Desert Lake Road to Gould Lake barn and back. Rugged terrain. Meet at Sears northwest parking lot at 9:00 a.m. , map # 2
LEADER: Stan Douglas 389-2563

Monday, October 11 Thanksgiving Day Family Hike

Bring family & friends to hike the rolling hills at the Sandbanks in Picton. Meet at Sears northwest parking lot at 9:00 a.m.
LEADER: Dale Ross. 384-2959

Wednesday October 13 Depot Lakes

Hike the trail system in this area. Bring a lunch and meet at Sears northwest parking lot at 10:00 a.m.
LEADER: André Mercier 384-9886

Sunday October 17 Rideau Trail

Hike from Horseshoe Bay to Narrows Locks, with a side trip to Ghost Town. Bring a lunch and meet at Sears northwest parking lot at 9:00 a.m.
LEADER: Bob Tolley 542-9626

Saturday October 23 Maintenance Day

Your help is needed to maintain the trails. Bring a lunch along with suitable implements. Would maintainers please send reports of their sections to Bernie Gates 389-1835. Meet at Sears northwest parking lot at 9:00 a.m.

Sunday October 31 Frontenac Park

Hike the Arkon and Salmon Lakes area. Rugged terrain, wear suitable footwear. Bring a lunch and meet at Sears northwest parking lot at 9:00 a.m. There is a vehicle fee at the park.
LEADER: Arne Henrikson 544-0465

Saturday November 6 Frontenac Park

Hike the Cedar Lake Loop, 15 km. Bring a lunch and wear strong footwear. There is a vehicle fee at Frontenac Park. Meet at Sears northwest parking lot at 9:00 a.m.
LEADER: Lynn Nolan 389-8747

Wednesday November 10 Sandbanks, Picton

Hike and / or stroll the rolling hills at the Sandbanks. Bring a lunch and meet at Sears northwest parking lot at 10:00 a.m.
LEADER: Margaret Page 389-7840

Sunday November 14 Frontenac Park

Hike the scenic and rugged terrain of Slide Lake Loop, 21 km. Strong footwear required. Bring lunch, meet at Sears northwest parking lot at 9:00 a.m. There is a vehicle fee at the park.
LEADER: Klaus Stegeman 542-5375

Saturday November 20 Frontenac Park

Hike the big Salmon Lake trail, 19 km. Wear strong footwear. Bring a lunch and meet at Sears northwest parking lot at 9:00 a.m. There is a vehicle fee at the park.
LEADER: Allan Tattersall 549-4080

Sunday November 28 Rideau Trail

Hike the Maple Leaf Road and extension to cottage roads. Wear waterproof footwear. Map #3, 10 km. Bring a lunch and meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Tom Newton 542-9253

Saturday December 4 Rideau Trail

Join John Miller and the Central Club on a hike from Port Elmsley to Perth. Maps #6&7 - 20 km. Bring a lunch and meet at Sears Northwest parking lot at 9:00 a.m.

LEADER: Bernie Gates 389-1835

Wednesday December 8 Little Cataraqui Con. Area

Hike or ski the Sugar Bush and Pine Loop. Bring a lunch and meet at Sears northwest parking lot at 9:00 a.m.

LEADER: Jean Thompson 544-0340

Saturday December 11 Coffee and Dessert Party

Social gathering at Pat Hardy's place. A little R & R in the midst of Christmas shopping. Bring your favorite dessert. 7 p.m. Phone Pat 548-1268 or Dale Ross 384-2959

Sunday December 12 Rideau Trail

Hike from Sydenham to Gould Lake Conservation Area. About 10 km. Bring a lunch and meet at Sears northwest parking lot at 9:30 a.m.

LEADER: Ed Luce 549-5300

Saturday December 18 Gould Lake

Hike or ski the Wagon Trail into Gould Lake Barn. Bring a lunch and meet at Sears northwest parking lot at 10 a.m.

LEADER: Nancy Young 549-8856

SEASONS GREETINGS HAPPY HIKING

ACCOMMODATIONS IN MURPHY'S POINT

Jim Ives came to the board meeting and spoke to us about the facilities of Murphy's Point Park and the Silver Queen Mine which has just been completed. He said that overnight accommodations were available to hikers. **However, it is very important that hikers wishing to use these facilities call ahead.** Please call Jim Ives, Park Superintendent (613) 267-5060 or write RR #5, Perth, Ontario, K7H 3C7. Please remember that these facilities belong to the park and be sure that you leave them exactly as you found them.

RIDEAU TRAIL ASSOCIATION CENTRAL CLUB FALL OUTINGS

For hiking information and for participation in non-listed outings call the hot line 264-8338. After our summer of having all our outings on the water, we resume our activities on the trail in a more conventional manner on foot.

Saturday, September 18 Stump Lake

Join us for this canoe hike experience at Wanda's. Pot luck supper following. Bring canoe or phone in advance to see if space is available. also bring lunch and pot luck supper together with your favorite beverage. Meet at Conlon Farm at 9:00 a.m.

LEADER: Wanda Pelletier 278-2157

Sunday, October 3 Ragged Chutes

Hike from Ragged Chutes to Kings Dam. The scenery on this hike is magnificent so bring a camera, lunch and footwear with firm gripping soles. Meet at Conlon Farm at 9:00 a.m.

LEADER: John Miller 264-8338

Saturday, October 23 Foley Mountain

Wave good-bye to our feathered friends from this vantage point. We will hike the look-out trail and proceed to Little Bay and return. Bring a lunch and meet at Conlon Farm at 9:00 a.m.

LEADER: John Miller 264-8338

Sunday, November 21 Cononto and Palmerston

Visit the Cononto and Palmerston Conservation Area and walk on the power line route back to Highway 509. Bring a lunch and meet at Conlon Farm at 9:00 a.m.

LEADER: Don Sherwin 268-2447

Saturday, December 4 Murphy's Point Prov. Park

Hike the point trail and spot the terrain for upcoming skiing season. Wrap up well, bring a lunch and meet at Conlon Farm at 9:00 a.m.

LEADER: Mary Charlton 267-6802

B & B IN THE MANOTICK AREA

By Cathy Cutts

A Kingston group found this area great for easy access to the blue loops in the Marlborough Forest. Alfred McDonald of Carsonby Manor joined us for a hike on the Earth Star Loop and his wife Madeline served us tea afterwards. Martin and Joan Schwartz of Olde Virginia Manor were excellent hosts for our overnight stays. North Gower Manotick and area have a wide variety of eating places and services.

For information Write the Rideau Valley Homestay Association, 5220 McLean St., Manotick, Ontario, K4M 1G2. Phone (613) 692-3731.

OTTAWA RIDEAU TRAIL CLUB OUTINGS

Nanette Whitwam (730-5417) and John Barron (828-2296) have taken over as coordinators of the Ottawa Club's activity program. The current plan is that they will alternate responsibility for the schedule each newsletter. The coordinator for a particular newsletter will be the primary contact point for questions about that particular schedule. Both can answer general questions about the program.

We must make a request of hike leaders. The sign up sheet that participants are asked to sign is a very important item for coordination purposes, and it is essential that it be turned in after each hike. The sheet must include the leader's name, destination, and date at the top, and the name and phone number of each participant. After the hike, please either give or send the sheet to Nanette Whitwam, 3-151 Glen Ave., Ottawa, Ontario K1S 3A2.

Next spring we hope to restart the "End-To-End" series of hikes that covers the entire Rideau Trail from Kingston to Ottawa. If you are interested in completing the Trail or a long segment thereof, would like to lead one of the hikes, or are willing to help organize the series, call John Barron at 828-2296 before November 1

The activities described below take place regardless of the weather. The RENDEZVOUS POINT FOR HIKES IS ALWAYS AT THE CORNER OF BOOTH AND ALBERT STREETS IN OTTAWA at the departure time indicated. Transportation is by pooling of private cars, and passengers are asked to contribute to the driver's gas in the amount indicated below (\$3 if not indicated). Hikers should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing.

For more information about a particular event, call the leader at the number listed below. If you have trouble reaching a leader for general information about a program, call John Barron at 828-2296

WEDNESDAY WALKERS

Every Wednesday there are hikes in the Gatineau Park. They tend to be quite vigorous and definitely not for beginners or for persons not in good physical condition. Good footwear is essential, and hikers should bring a lunch and water. The meeting time is 09:30 at the corner of Booth and Albert. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for more information.

Saturday, September 25

Rideau Trail Association AGM. For those needing or offering transportation, a car pool will be organized at Booth and Albert

at 09:00

Sunday, September 26

Bushwhacking at Lac des Loups in NW Gatineau Park. Strenuous, not for beginners. Good route finding exercise. Departs 09:30. Gas \$4. LEADER: John Barron (828-2296)

Easy hike TBA Departs 09:30.

LEADER: Robina Bennett (829-0958)

Saturday, October 2

Westport to Narrows Lock. 15km of good trail, spectacular fall colours. Gas \$5. Departs 08:30.

LEADER: Ron Hunt (830-1592)

Gatineau Park. Pine Road to Herridge Lodge with possible extension to Lac Phillippe. Easy Departs 09:30

LEADER: Locy Petraroja (731-3533)

Sunday, October 3

Bushwhacking in Western Gatineau Park. Rough off trail walking route finding by map and compass. Gas \$4. departs 09:30. LEADER: Graham Creedy (789-1657).

Country Roads. A gentle hike through farms and forest near Maberly on the Lanark/Frontenac boundary. Refreshments afterwards near Perth. Gas \$4. Departs 10:00.

LEADER: Bill Grant (820-0697)

Saturday, October 9 - Monday, October 11

Backpacking in Frontenac Park. By reservation only. Phone Pearl Peterkin by October 5 for details.

LEADER: Pearl Peterkin (747-2985)

Saturday, October 16

Gatineau Park. About 15 km, moderately difficult hike on trails. Departs 09:00. LEADER: Alec Bissett (828-4363).

Easy 1/2 day hike TBA, returning about 13:30. Departs 09:00.

LEADER: Roger McCullough (731-7596)

Sunday, October 17

Upper Canada Bird Sanctuary. 12 km on easy trails. Departs 09:00. Gas \$5 LEADER: David Spector (829-6802).

Gatineau Park. Lac Phillippe to Lusk Caves. Excellent trails, easy. Departs 09:30. Gas \$4.

LEADER: Bev Armstrong (738-0310).

Friday, October 22 - Sunday, October 24

Course in off trail navigation by map and compass. There will be an indoor lecture Friday evening, followed by an all day field trip practice session on Sunday. Instructor Graham Creedy. You should attend both sessions, and you must register by calling Graham at 789-1657 or John Barron at 828-2296

Saturday, October 23

Gatineau Park. Destination the Ramparts via ski trails. Departs 09:00. LEADER: Marian Dunning (232-8304)

Easy 1/2 day hike TBA, returning about 13:30. Departs 09:00. LEADER: Roger McCullough (731-7596)

Saturday, October 30

South of Perth on a wooded section of the Rideau Trail. Visit old mica mining village. 14 km. departs 09:00. Gas \$4. LEADER: John Haley (225-0590)

Easy 1/2 day hike TBA. Returning about 13:30. Departs 9:00. LEADER: Roger McCullough (731-7596).

Sunday, October 31

Gatineau Park. 1/2 day hike east of Meech Lake. Partly off trail, some rough terrain. Departs 13:00. LEADERS: Elizabeth Mason (729-6596) and Jean Sunter (828-6077).

Gatineau Park. O'Brien's Beach at Meech Lake to Carbide Mill and on to Meech Valley. Return over the mountain. Moderate. Departs 10:00 LEADERS: Barri & Dennis Scully (565-7710)

Monday, November 1

REMINDER - 1994 END-TO-END SERIES - IF YOU WANT TO HIKE THE WHOLE RIDEAU TRAIL AND/OR ARE WILLING TO HELP LEAD OR ORGANIZE, PLEASE CALL JOHN BARRON AT 828-2296 NOW!

Saturday, November 6

Gatineau Park. Fairly vigorous, route to be determined by weather conditions. Departs 09:30. LEADER: Barbara Kreiger (235-0604)

Gatineau Park. Moderate on-trail hike near Fortune Parkway. Departs 10:00. LEADER: Barbara Sigurdson (521-7311).

Sunday, November 7

Trail Maintenance Day. Your chance to help out the individual maintainers of segments of the Rideau Trail. Bring standard hiking essentials (warm clothes, lunch). Work gloves could help. Arrangements may include a short hike led by Bill Grant. Meet at Booth and Albert at 09:00. ORGANIZER - Peter Andrews (728-3016).

Thursday, November 11 (Remembrance Day)

Morris Island. A gentle walk, distance to be decided on the day, in this riverine Conservation Area. Refreshments afterwards at a pub in Carp. Departs 13:00. LEADER: Bill Grant (820-0697)

Saturday, November 13

Gatineau Park. Strenuous, Some bushwhacking. Departs 09:00 LEADER: Don Mitchell (749-9537)

Larose Forest, near Limoges (east of Ottawa). Easy hiking. Gas \$4. Departs 09:30. LEADER: Bob Bennett (749-7440)

Sunday, November 14

Moderate hiking in the Schoolhouse area, possibly easy bushwhacking. Departs 10:00. LEADER: Andy Oakes (225-8982)

Gatineau Park. Medium difficulty, some elevation gain, on trail. Departs 09:30. LEADER: Johanna Ede (731-1541)

Saturday, November 20

Gatineau Park. Kingsmere to Champlain Lookout on ski trails (Intermediate level) Huts available for lunch. Departs 09:30. LEADER: Ann Bolster (521-6354)

Sunday, November 21

Frontenac Park. Medium difficulty, very scenic. Departs 08:30. Gas \$6 LEADER: Nanette Whitwam (730-5417)

Fletcher Side Road to Merrickville on the Rideau side trails. Easy. Departs 09:30. Gas \$4. LEADER: John Barron (828-2296).

Saturday, November 27

Rideau Trail, between Perth and Murphy' Point. Gas \$4. Departs 09:00 LEADER: Ken Buckingham (234-5543)

Upper branches of the Jock River. Easy hiking, to be followed by a good meal at a pub in Ashton Station. Departs 09:30. LEADER: Frank Kemp (736-9939).

Sunday, November 28

Eastern Renfrew County. Road walk, distance and location will depend on the weather and snow. Departs 09:00 Gas \$4 LEADER: David Spector (829-6802)

Brunch followed by 1/2 day hike TBD. Depart 09:30. Call leader by Monday, November 22 for brunch reservation and final details. LEADER: Carolyn Whaley (726-0237)

Saturday, December 18

Pot luck party to celebrate Christmas, the end of the hiking season, and the start of skiing. Bring slides and photos of hikes if you have any, non alcoholic beverages, and something to contribute to the supper. Call Erl Cassells at 820-8157 or Nanette Whitwam at 730-5417 for location and menu coordination. Number attending may have to be controlled.

REMINDER

To hike Dunder Rock, permission must be obtained from the Boy Scouts of Canada. Contact person is Kendal Ritchie, 282 Kingscourt Ave., Kingston, On. Phone: 544-2644.

MEMBERSHIP FEE INCREASE?

By Pearl Peterkin - Treasurer

At the RTA Annual General Meeting on Saturday, September 25, one of the most important items to be discussed is the possible increase in membership fees. The Rideau Trail Board of Directors will recommend to the members that the Annual Family Membership fee be increased from \$15.00 to \$20.00. They will also recommend that the Life Membership be increased from \$200.00 to \$300.00. These increases, if approved, will come into effect in the Spring of 1994 when you renew your membership. The reasons that the increases are needed is that, apart from a general increase in expenses, there have been increased production and mailing costs for the Newsletter since the last membership fee increase and also greater financial support is required by the Trail Clubs. These figures will be presented to the membership at the AGM so that they can make an informed decision about this.

WHAT'S THE WELL-DRESSED HIKER WEARING?

A RIDEAU TRAIL SHIRT (of course!)

Fashionable, Practical, Indispensable

T-Shirts \$15.00
Golf Shirts \$20.00
Sweatshirts \$25.00

S, M, L, XL - Choice of fabulous colours
Proceeds support the Rideau Trail activities.

To order call Caroline Whaley at (613) 726-0237
See our display at the AGM Sept. 25/93

MEMORIAL

Submitted by Moira Drummond

It is with regret that we note the recent death of a friend of the Rideau Trail - Ellen Bonwill, on July 24, 1993. Ellen and her husband, Allen, have been firm supporters of the trail for many years.

With their love and joy in nature, their commitment has been passing on the peace and serenity of unspoiled land to others. Ellen will indeed be missed by all those who knew and loved her.

We wish to extend our deepest sympathy to Allen and family.

WINTER WALKS

Like to walk in the wood? Willing to donate some time to learn new skills so that you could help others if the opportunity arose?

The Canadian Ski Patrol System needs you! Frontenac Park Nordic Patrol cover the park, and also a variety of events, such as the Tay Valley Loppet at Murphy's Point Park, and the Algonquin marathon at Whitney. Minimal skiing ability is required; improve as you follow the deer trails in winter. Meet new people of all ages, bonded by a common love of the outdoors! Those who prefer set tracks can be accommodated at Little Cataraqui Conservation Area.

The C.S.P.S. basic requirement is our First Aid course, given over 10 weeks of top-notch practical instruction (includes C.P.R.).

For more information, call Dave Howe, H: 546-7483, W: 545-4375 or Don Coulter H: 542-9998 or W: 541-6024. Course starts Sept. 21st, 1993, and is held Tuesday and Thursday evenings at R.M.C.

APPALACHIAN TRAIL CONFERENCE

Advance Notice

Don and Cathy Cutts from Kingston and Perry Tooker from Brockville attended the Appalachian Trail Conference in Georgia recently. 1200-1300 people were there. The date of the next trail conference is 1995 in Harrisburg, Virginia. It is not too early to think about it.

RIDEAU TRAIL ASSOCIATION

ANNUAL GENERAL MEETING

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

Saturday, September 25th, 1993.
Branch 245 Royal Canadian Legion Hall
Merrickville.

The Legion Hall is located on the south bank of the Rideau River west of the locks.

10:00 a.m.	Refreshments
10:30 a.m.	Business
12:30 p.m.	Lunch
1:00 p.m.	Hikes Historical Tour or Hike on area trails
5:00 p.m.	Dinner

Dinner reservations are required by 27 August. Contact reservation controllers to determine if cancellation space is available

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

Member clubs will arrange transportation for anyone needing a ride:

Kingston	RV at Sears N. Parking lot	08:30 am
Ottawa	RV at Booth and Albert	09:00 am
Perth	RV at usual place	09:30 am

Members are advised to review the article on planning activities in this issue. This will be the basis of a major discussion in the business meeting. Also review the article re the change in fees and Be prepared to present your views.

FRONTENAC PARK MAP

This map is now available at these outlets

KINGSTON -	Frontenac Outfitters	376-6220
	Northridge Wilderness	546-4757
	Camera Kingston	384-3747
OTTAWA-	Trailhead	722-0245
	Black's Camping	234-2964
	The Map Store	233-6277
TORONTO	Trailhead	862-0881

KINGSTON CLUB WINTER SKI WEEKEND

Our ski weekend this winter is planned for the Ottawa - Camp Fortune area. Crosscountry skiing there is on 200km of trails, mostly groomed and set, with a choice for all abilities. Downhill facilities are also available. Skiing arrangements are being made by Arne Hendriksen and accommodation and meals by Peck Peckover.

We will leave on Friday, 25 February at 9:30 am. and return Sunday evening, 27 February travelling in a washroom equipped bus. Accommodation will be at the Travelodge Hotel in Ottawa. This is a 3-star hotel with generous rooms, a restaurant and lounge, whirlpool and exercise room. It is within walking distance of the Ottawa City Centre - and skating on the Rideau Canal. Accommodation will be two persons per room with two queen-size beds.

Total cost of the weekend will be \$170 per person including two nights' lodging, two breakfasts, three dinners, bus and all taxes and gratuities. Trail passes and lunches are extra. Single occupancy of a room is \$73 extra.

A deposit of \$50 is required by **30 September.** with the balance of \$120 due by 10 January. The latter may be sent, by post dated check, at the same time as time as the deposit. Checks should be made out to F. L. Peckover, in trust, and sent to 904-165 Ontario Street, Kingston, Ontario K7L 2Y6. Please indicate any special requirements such as vegetarian meals, or more that two people wishing to share a room. Payments are fully refundable if a substitute is available.

For further information call Peck at 944-9190. Places will be reserved according to the date of receipt of deposit and a waiting list will be maintained. The Kingston Club hopes that members of the other clubs will be able to join us on the trails.

HOSTELLING INTERNATIONAL ONTARIO EAST

The International Hostel is located at Johnson and Bagot Streets in downtown Kingston at 210 Bagot Street. It is open all year.

Phone (613) 546-7203

PLANNING ISSUES

During the past eighteen months a lot of work has been done to identify where the RTA Association is at and where it should be going. With the membership this year of close to one thousand, there needs to be changes in the way we do things. The existing structure must be changed if we are to provide optimal service to the members and to make it easy for people to volunteer.

A number of members joined the members of the board in identifying the issues, in articulating the strengths and weakness of each issue, and in describing the desired feature and the activities which must happen to make the desired future a reality. The next step is deciding which issues are a priority and choosing between conflicting directions, i.e. keeping the membership cost reasonable and having an office in two of the clubs.

It is essential that the board have a sense of what the membership feels about the issues and the general direction in which the membership would like to go. One half hour will be allocated during the business meeting of the annual meeting to discuss this issue. If there is extensive discussion, more time will be made available. A document outlining the results of the discussions is available. The next four paragraphs will provide a summary of some of the issues which need extensive discussion because of the potential implications of acting or not acting.

Land Ownership To date the association has always been able to negotiate with private landowners and public agencies the rights to cross the property. Where that has not been possible the trail is on the road. The issue of expanding urbanization may make it more difficult to continue in this direction. The options need to be fully explored.

Space/Storage The lack of any space or storage area has the advantage of no rust but there is a major problem of knowing where things are. Knowledge and sources are spread over many people and when people move this information is lost. Supplies are stored in the homes of many different people.

Computerization Presently everything is done by hand unless the individual has access to a computer. It is difficult to standardize things and to have changes implemented in a consistent manner. Membership registration, newsletter production, and financial recording are a few of the activities which would be much easier with the use of a computer. The down side is the cost of purchase and maintenance.

Safety on Trail Presently each hike leader decides what he/she will carry as a first aid kit and there is no basic level of hike leading knowledge and experience defined as association policy. We have been fortunate that the hike leaders are skilled and that most members are willing to assist. Things could be made better and more predictable with some consistency.

Numerous other issues have been discussed. If you would like to obtain more information, please call Betty McIver at 549-8028. We hope you will join us for the discussion at the annual meeting or that you will provide us with your views in another manner.

Betty McIver

CROTCH LAKE 1993

Central Club policy is to have canoe trips in summer rather than sweaty, exhausting route marches along blackfly infested trails ("Central Club Policy and Procedures Manual" Vol. 8, Chap. V, Section 43, Subsection C, Paragraph ii).

It was early Friday evening when a flotilla of four Central Club canoes left the launching ramp on Crotch Lake, looking for a home for the weekend. Crotch Lake lies northwest of Perth and is a wilderness lake uncluttered with cottages. The level of the lake fluctuates, as it is used by Ontario Hydro to regulate water levels, but recreational use is allowed and impromptu campsites can be found all 'round the perimeter.

We chose a wooded glade big enough to accommodate us all and soon had the campfire going and our tents up. With a pleasant role reversal, the food had been planned and bought by the only two male members on the trip -- Don and John -- and John was soon exhibiting his early training as a chef by producing a delicious meal of salmon and pasta *prima vera* (the latter from a package), followed by hand-picked strawberries. Friday night was very hot and humid even at the campsite -- I can't imagine what it was like back in the city -- but a pre-bed dip cooled us down, unfortunately in swimsuits due to a mixed crowd.

Loons are common on the lake, but early in the morning we were lucky enough to hear the cries of the whippoorwill. We were all up bright and early, too early for a few people, and after a hearty breakfast set off for the day under a cloudless sky. A brisk breeze was blowing. We soon stopped for a swim and, for some, a cigarette and then set off the the head of the lake. Unfortunately once we were out of the lee of an island it became evident that the breeze was becoming a

strong wind, whipping up the waves in a dramatic fashion. We chose another route, but even so, rounding a corner where two currents intermingled one of the canoes capsized. The occupants had not heeded the advice to lash everything onto the canoe, and consequently knapsacks, oranges and heaven forbid, the cooler containing our lunch, were all floating about on the verge of disappearing forever to the bottom of the lake.

My companion and I tried to rescue things, but I could feel us tipping over too, so we left them floating and headed for shore, where the two unfortunates were draining off their canoe. The lake seemed empty and I was wondering if we could swim out and rescue lunch, when two kayaks and a canoe appeared, and their occupants rescued all our gear. One of the canoes turned out to be an old friend of one of the capsizes. "Have you lost anything?" he asked. "Only my pride" was the reply.

As the day went on the wind seemed to get stronger, and we were forced to rest up for a while on a tiny island, but eventually we set off, keeping a steady course into the waves. I was sterning and terrified, but as we approached our campsite, the fear gave way to exhilaration -- there is certainly something immensely gratifying about that hackneyed phrase, paddling your own canoe.

After another excellent meal -- steak, veggies and beer, followed by instant butterscotch pudding -- we all slept like the logs surrounding us. The next morning, only half the group was up for a canoe trip so the rest stayed while we went round the lake, stopping for a swim and blueberry picking. The wind had dropped, and it was a perfect summer's day, a gentle breeze, low humidity, sunshine and puffy white clouds, a day that made you glad to be alive, paddling quietly along and enjoying Canada's best asset -- water, trees, wild flowers, animals, birds, beavers and solitude.

PLANTAGO - PLANTAIN

Anyone who ever walks has seen this plant: it is found beside every path: it grows in rosettes of oval leaves, and around the end of July it sends up ears of seed stalks. Depending on how well it feels, the leaves can range from very small to the size of a dinner plate. The veins run parallel. To my knowledge no one has ever admired it for its beauty. So why pay it any attention?

It is not a native here; it came from Europe. It prefers trodden ground, you will find it by paths and roadsides, and in lawns only in so far as they get a lot of traffic. The Indians, whose names always show

astute observation, called it "the white man's footstep". Where the white man had been, the plant showed up, slowly spreading across the continent in the wake of the newcomers. So did the burr. While the burr has only one redeeming feature: a small violet brush-like flower, before it forms its awful seeds, that are the bane of all fur bearers, plantain has several.

The early colonists used it as a pot herb. I never cooked it, so I cannot inform you about the taste, but perhaps you will want to try it if you ever do a cookout; there is bound to be some vitamins in it, and considering that it is to be found everywhere by waysides and grows year-round, you need never go hungry.

The Dutch name is Weegbree, which means: way broad, because it is veined like grass and of the same colour, but not thin. It comes in some 200 species, one of which is known as Psyllium. You may be more familiar with the Psyllium seed than you thought: they form the active ingredient in all laxatives. You need not buy the pills; Castleman's Healing Herbs advises: take a teaspoon of seeds three times a day with lots of water. The seeds will swell up with fluid and provide the bulk you need. He also quotes a study in the Archives of Internal Medicine that states it will even reduce your blood cholesterol level if you take it for eight weeks. The Journal of the American Medical Association backs this up.

This is not all the good news. This simple seed may also lower your chances of suffering from toxic food additives, colorectal cancer and diabetes, since it lowers the blood sugar level. Castleman states that Psyllium seeds are safer than prescription drugs for cholesterol reduction. Ask your doctor, he suggests.

I have, however, kept the best news for the last. Plantain is the great friend of the walker. If you feel a blister coming on, bend down where you are, pick one of two good-looking leaves, put them over the hot spot, and cover again with your sock. You will be amazed to feel how cooling and soothing this works. If your walk is long, refresh the leaves as needed, you will never outrun the supply. The used leaves you may discard on the spot: this plaster does not pollute the environment! I have not tried the seeds for any of their many uses, but I have used the leaves. Success guaranteed.

So, plant, pot herb, weed or medicine, you can call it all of these. What you cannot do is outrun it. Happy walking!

Cornelia Fuykschot

A Visitor's Creed



ON JUNE 12, 1990, a small ceremony was held at Frontenac Provincial Park to unveil a plaque donated by the family of Bruce Page, the Park's first superintendent.

Bruce died in 1986, following a few short years of retirement from the Ministry. To commemorate Bruce's long-time association with the Park, the family donated a bronze plaque displaying "A Visitor's Creed"; a code of ethics which canoeists, hikers and campers might consider when travelling the Park's interior areas. Bruce's wife, children and grandchildren all attended the unveiling.

The Page family and Frontenac Provincial Park date back a long way, with ancestors having settled what is now part of the Park before the turn of the century. Throughout three decades of public service, Bruce played a significant role in creating, planning and developing the Park.

- I am a guest in this beautiful land of rock and lakes, of trees and ponds, where deer, beaver and porcupines are at home, where wildflowers bloom and ice creaks and loons cry their lonely calls.

- To free myself to enjoy this land, I plan my trip carefully, carry the appropriate gear, and leave word of my route and destination.

- By following hiking and portage trails, I try to leave as little sign of my passage on the land as a canoe does on water.

- I do not pick plants, cut trees, or feed or harass wildlife.

- To limit the signs of my stay, I camp only at marked campsites.

- By using a portable campstove I leave even fewer scars. If I have a fire, it is small and made in a campsite fireplace with dead, fallen wood. I do not cut standing trees, break off their branches for kindling, or strip their bark.

- My dog is leashed to prevent it from chasing wildlife.

- If I fish, I heed all the rules of good fishing. I bury my fish entrails 35 metres from camp.

- I wash my dishes, clothes and myself 15 metres from lakes

and streams. My soap is biodegradable, and it does not belong in the water.

- I follow sanitary practices. In camp I use privies. Away from my campsite, I bury human waste in a shallow latrine 15 centimetres deep.

- I pack out all my garbage and litter and try to leave my campsite a little better than I found it.

- I talk to park staff about my problems or concerns.

- As much as I can, I want to become a part of this beautiful land, not an intrusion.



Members of Ottawa's Wednesday Walkers celebrated their eighth anniversary with (what else?) a hike, a feast and a family portrait. Photo by Don Mitchell.

SUBSCRIPTION APPLICATION: Membership year is from April 1st to March 31st. Your membership in the Rideau Trail Association provides 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 the 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, Ontario,
K7L 4V6

Ottawa Phone Number 613-567-2229
Kingston Phone Number 613-545-0823
Central Phone Number 613-264-8338

- | | |
|--|---------|
| ☐ 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 are subject to change

PLEASE CHECK New ☐ Renewal ☐

Name _____

Address _____

City _____

Postal Code _____

Telephone _____

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