



# VOYAGEUR TRAIL NEWS

No. 99 SPRING 2008

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*The Voyageur Trail Association is a non-profit, volunteer group dedicated to building and maintaining a public hiking trail along the northern shores of Lakes Superior and Huron, from Thunder Bay to South Baymouth on Manitoulin Island.*

*The VTA is a member of Hike Canada En Marche, Hike Ontario, Ontario Trails Council, and Trans Canada Trail.*

If you would prefer us to email you a short message when the VT newsletter is available on our web site, just send an email to: [cheryl.landmark@sympatico.ca](mailto:cheryl.landmark@sympatico.ca)



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## A TRIP DOWN MEMORY LANE by Cheryl Landmark

*(Editor's Note: For those of you who are new to the VTA, and even for those of us who are long-time members, the following excerpts from an article written by Ian Morrison in the Winter 1995 edition of the Voyageur Trail News describes the early years of the Association and will surely bring back good memories for those dedicated, idealistic volunteers who helped to make the VTA what it is today.)*

It was on March 26, 1973, that the Commissioner of Parks and Recreation for the City of Sault Ste. Marie, Harold A. Brain, convened a meeting at the Community Services Board Offices, then located in the Sault Memorial Gardens, of "persons interested in establishing a hiking trail along the precipice of the Cambrian Shield" from Gros Cap on Lake Superior to Hiawatha Park, just north of Sault Ste. Marie. One of those in attendance, Dr. Paul D. Syme, a Sault Ste. Marie research scientist and member of the Bruce Trail Association, immediately saw the possibility of extending this concept eastward to Espanola, then south across Manitoulin Island to link up with southern Ontario's Bruce Trail. The other seven persons at the meeting needed little convincing, and an association was born. Over the next several months, the group held informal meetings, recruited new members for the project and busied themselves learning the ABCs of trail building. Over the summer, Paul Syme, the acknowledged leader of the group, visited with officials of the Bruce Trail Association, soliciting advice and guidance. Finally, in the fall, the group met again at the Community Services Board Offices and shared their findings. It was at this meeting, on October 24, 1973, that the name "Voyageur Trail Association" was chosen, and that the decision was taken to follow the Bruce Trail model of dividing the trail (at this point the proposed trail eastward was to be known as the North Channel Trail, and the proposed trail to the north, the Superior Trail) into sections and assigning

responsibility for trail building, maintenance, public hikes, etc. to local Voyageur Trail (VT) Clubs. Donald T. Myren was recruited to form a committee to draft a Constitution for the fledgling association. By the next meeting, held on November 15, 1973 in the library of the Great Lakes Forest Research Centre, Don Myren and Dieter Ropke had a draft Constitution to present and, on the basis of this, an interim Executive was installed (President, Paul Syme; Vice-President, Ralph Yanni; Treasurer, Ralph Wood). Ian Morrison acted as secretary at this meeting and was elected Secretary shortly thereafter.

The first of the Clubs formed under the new Constitution was the Sault Ste. Marie (the name was changed in 1975 to the Saulteaux) VT Club, which was organized in January 1974 (President, Bill Foster; Vice-President, Fr. Arnold Megan; Secretary, Rev. Andreas Kaellgren; Treasurer, Ken Griffiths). The Saulteaux VT Club was followed later that year by the Desbarats VT Club, organized largely through the efforts of Dieter Ropke and, in 1975 by the Penewobikong VT Club, organized through the efforts of Norm Lediett. Another club formed early in the life of the Association was the Thessalon VT Club, organized mainly through the work of Don Fulton. By mid-1978, the Association had grown to ten VT Clubs: Thunder Bay, Schreiber (in 1980, renamed Casque Isles), Michipicoten, Saulteaux, Echo Ridges, Desbarats, Thessalon, Penewobikong, Rainbow and Sudbury.

If the Sault Ste. Marie Section can boast the first club in the Voyageur Trail system, it is the Rainbow Section that can boast the first hikeable trail. George Morrison, a teacher in Espanola, had one of his outdoor classes develop a loop trail in the Espanola area, known as the Rainbow trail. This trail existed prior

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## MEMORY LANE

(Continued from page 1)

to the formation of the Association. VTA members from Wawa, Sault Ste. Marie and Thessalon were invited by George Morrison to hike the Rainbow Section one week-end in June 1974. This was the first organized outing of the VTA. This led to further exchanges and a tradition of one VT Club helping another.

The Saulteaux Section was officially opened on September 21, 1975 at a ceremony at Gros Cap, before a crowd of 150 persons. The next section to open was the very scenic Desbarats Section, the official opening of which took place on November 6, 1976, followed by the Thessalon Section (1978) and the Echo Ridges Section. With the opening of the Echo Ridges Section in 1980, the Association could boast a continuous footpath from Gros Cap on Lake Superior to Iron Bridge, as well as significant stretches of hikeable trail in the Casque Isles, Michipicoten, Penewobikong and Rainbow Sections.

The design used by the Association for its trail markers goes back to 1974 when, at a meeting on May 6, resolutions were passed defining the form ("being an arrow pointed upwards surrounded by the words Voyageur Trail") and colour (blue on yellow) of trail markers. The thunderbird logo dates from a year later (1975) and was designed by Janet Clark.

The Voyageur Trail News also has a history dating back to the early years of the Association. During 1973 and 1974, it was customary to circulate copies of the Minutes of meetings to members and other interested parties. This was soon replaced by a newsletter, the Voyageur Trail News, the first issue of which was published on January 15, 1975. The VT News has been published regularly ever since. The first Editor was Ken Griffiths, who remained in that post until 1978, when he was succeeded by Mary-Ellen McCallum.

The first President of the Association, Paul D. Syme, was wont to remark on the satisfaction that comes from being part of an idea that is greater than one's self. The Voyageur Trail is just such an idea. Members past and present have developed and maintained a major hiking trail through some of the most rugged, yet scenic, topography in eastern Canada—a remarkable accomplishment for an organization, the membership of which has probably never exceeded 250.



**Looking to hide your millions?**

*Donations to the VTA are tax deductible!*



## LANDOWNERS THANK US (AND WE THANK THEM!)

by Mike Landmark

In the previous edition of the Voyageur Trail News, a letter was sent to the landowners who have allowed us access to their property for our trail systems. I'm pleased to say we received some very positive responses from many of them, who told us they are happy to have their property used by hikers who appreciate the great outdoors and respect the land they are hiking on. Without the landowners' support of the VTA's endeavours, our trail system would not be the great hiking experience it is. Many thanks, once again, to all of those people who have granted us permission to enjoy their land as much as they do.



## OUR SYMPATHIES

We regret to announce the passing of the husband of Joanne Marck, President of the Penewobikong Club. The VTA expresses its sincerest condolences to Joanne and her family.



## SKYLINE HIKERS OF THE CANADIAN ROCKIES

*Celebrating 76 years of hiking in the Canadian Rockies!*

Enjoy a first class wilderness experience with this non-profit organization offering five 6-day base camps in Banff National Park from mid-July to mid-August 2008.



*Hikers carry only a daypack but must be fit for mountain hiking.*

**Hike fee approximately \$900 p/p.**

Includes return bus transportation from Banff to trailhead, tent accommodation with stove, wholesome meals, hot water, camp staff, guided day hikes, evening camp fire program and sing songs.

For information and a free brochure contact: 1-866-445-3774

e-mail: registrar@skylinehikers.ca

website: www.skylinehikers.ca

**Ontario residents contact volunteer:**

Harry Moerschner 1-705-445-0267

## WELCOME NEW MEMBERS!

Margaret Berlinguette  
Carole Blaquiere  
Norman Bottomley  
Dirk Coetsee  
Leigh Colpitts  
Jakob Cornelis  
Carol Curtis  
Bill Dickson  
Pat Dickson  
Brenda Disisto  
Peter Dobbs  
Howard Dupuis  
Ted Edgar  
Judy Ellyson  
Nancy Ferguson  
Robert Fleming  
Brendon Fletcher  
Carol Friesman  
Lionel Frigault  
Brenda Gooding  
Doris Hannigan  
Kathy Holt  
Dennis Jones  
Chris Kuntz  
Glen Labrash  
J.C. Lediett  
Edna Lim  
Patricia Maenpaa  
Gerald Maenpaa  
Patty Manchester  
Peter Meligrana  
Janice Miller  
Trina Mount  
Bruce Munsie

Michael Myles  
Anitta Niessen  
Janet Norman  
Don Norman  
Katie Pearson  
Shirley Perkins  
Ron Prickett  
Sandy Reineck  
Chris Reineck  
Peggy Robb  
Joe Robinet  
Jeff Robinson  
Sheila Shannon  
Tom Shannon  
John Skinner  
Allister Smith  
Carol Stegink  
Judy Thrasher  
Delio Tortosa  
Warren Townsend  
Donna Townsend  
Mike Townsend  
Debora Trumble  
Mike Trumble  
Lisa Venier  
Shawn Warn  
Andrew Weigel  
Susan Weigel  
Mike Wilmers  
Emily Windle  
Al Wright  
Chris Wright  
Valerie Wright

We hope to see you *on the trail!*

## PIERRE SNOWSHOES?!

*Someone caught our little mascot, Pierre the Bear snowshoeing his way on the Voyageur Trail! I'll bet he'll have many stories to tell...*



## FILLING OUT THE FORMS

by Mike Landmark

All participants in Voyageur Trail Association activities are asked to sign an Assumption of Risk Agreement before actively participating in the outing.

This form serves several purposes, not only as a waiver for the participants, but also as a source of useful information and statistics for the VTA.

For instance, there is an age category section, which can assist the VTA and the local clubs in determining what age groups are attracted to what kind of outing. We encourage all participants to fill out this section. We don't need your birth date, just a ball-park estimate of age for statistical purposes.

As well, all outing leaders are asked to provide accurate information regarding the date of the outing, the location of the outing, the nature of the activity (i.e. hike, snowshoe, trail maintenance, etc.), the name of the leader and the sweep, the condition of the trail and the recording of any incidents that may have happened or came close to happening. The reporting of trail conditions is important as a source of information to update our website for each trail section, as well as assisting in planning trail maintenance parties and outings.

The information on the Assumption of Risk form is not only helpful for collecting data, it could also come in handy if Search and Rescue ever needs to be called in to find a lost hiker (we hope this never happens, but it's better to be prepared if it ever does).

These sheets are also used for entering names into draws at the end of each year for free memberships for those who lead and sweep outings and those who serve on trail maintenance parties. Therefore, it is important that outing leaders submit these forms to the VTA on a timely basis.

Membership forms are another valuable source of information for the VTA and its members. Please ensure that all information is accurate and complete when submitting to the Membership Secretary and, if anything changes after you renew or join, please also let the VTA know so that our records remain as up-to-date as possible.

If you are purchasing a "Family" membership, please supply the first names of all your family members so they can get their own VTA Membership Card.

This information is used strictly for the operation of the VTA and its projects and is not shared with any other organizations.



# GETTING YOUTH ON THE TRAIL

 by Katie Pearson

Through a grant from Ontario Ministry of Health Promotion's Communities in Action Fund, the Voyageur Trail Association is getting more young people out on the Trail!

The aim of the Youth Hiking Initiative is to increase youth awareness of the Voyageur Trail, its history, and safe hiking practices through a free, multimedia program involving Geographic Positioning Systems (GPS) technology.



(above) Eleven-year-olds Claudia Reid (left) and Lexus Hall (right) try out their GPS skills on the Voyageur Trail as part of the Youth Hiking Initiative

From April to June, this 2-hour interactive program will be available to groups of youth, 9 to 13 years of age. Elementary school classes and youth groups from communities along the Voyageur Trail\* are eligible to participate in the program.

This program is offered at no charge to participants, thanks to support from Camp Korah, Sault College, Communities in Action, and the work of many Voyageur Trail volunteers in communities along the trail. Transportation to and from the trail site of the program is the responsibility of the youth group or school. The Sault area will be the focus in April, with outlying regions being targeted in May and early June once the snow has subsided.

## WHEN DOES YOUR VTA MEMBERSHIP EXPIRE?

Check the mailing label on this newsletter's envelope or call Mike at 877-393-4003 (779-3409 in Sault Ste. Marie)!



*Paid a visit to your club's web page recently?* Many new forms and pamphlets are constantly being added. If you have any updates to report, email: [info@voyageurtrail.ca](mailto:info@voyageurtrail.ca)

If you know of a youth group or school class (grades 4-8) along the Trail\* that might be interested in participating in this dynamic program, please call Katie at 705-946-1057 (please leave messages in mailbox #1) or email < [katie.pearson@shaw.ca](mailto:katie.pearson@shaw.ca) >. Call soon, as space is limited!

If you can help Katie out in delivering these sessions in your community, she would also love to hear from you. \*Communities along the trail include Rossport, Terrace Bay, Schreiber, Marathon, Wawa, Batchewana Bay, Goulais Bay, Heyden, Sault Ste. Marie, Garden River, Echo Bay, Desbarats, Bruce Mines, Thessalon, Little Rapids, Iron Bridge, Blind River, and Elliot Lake.



## MARCH SNOWSHOE TO MABEL LAKE



*"Hurry up! We want tea, we want tea!"*

(photos courtesy Huy Lu)



## WANTED: HIKING PARTNER

As a frequent visitor to Algoma, I am looking for an interested person to hike the Coastal Trail in Lake Superior Provincial Park near Wawa this summer. Time frame somewhere between July 21 and August 15. Possibilities are day hikes or backpacking with a tentative excursion to Michipicoten Island. I am flexible and would like to share this experience with a like-minded individual. I am 36 years of age and enjoy photography and wilderness travel. Please contact Andy at: [andy.kroker@t-online.de](mailto:andy.kroker@t-online.de)

# OUTING SCHEDULES

*This schedule was put together early and may have last-minute changes. Please call the outing leader listed to check if any details of the outing have been changed. This schedule is also on our web site < [www.voyageurtrail.ca/saulteaux.html](http://www.voyageurtrail.ca/saulteaux.html) > Unless otherwise indicated, these outings are all a Level 2, slow (according to Hike Ontario recommended ratings.) Typical meeting locations: Goodlife building, 589 Second Line East (Second Line side); Market Mall, 275 Second Line West (on Korah Road corner); Churchill Plaza, 150 Churchill Blvd., (on Trunk Road between Lake & Wellington Streets) near the Beer Store; Wellington Square Mall, 625 Trunk Road, near the now closed restaurant.*

## Saulteaux Club

*(Sault Ste. Marie and area — outings marked with an asterisk (\*) are outside Sault Ste. Marie) For all outings, bring water, a lunch, dress appropriately and be prepared to sign an Assumption of Risk Agreement.*

**Sat., Apr. 26** - Family-friendly geocache hike (1-2 hrs.) Meet Goodlife at 10AM. GPS units available to borrow. Call Katie at 946-1057 for more information.

**MAY WORK PARTIES: Every Thursday 10AM** (May 1, 8, 15, 22, & 29). Tools will be provided. Call Susan at 949-4105 for meeting place.

**\*Sun., May 4** - Hike to Robertson Cliffs with Mark (254-2356). Meet 10 AM at Goodlife to car pool.

**\*Sat., May 10** - Hike to the Pancake Bay lookout with Ila (949-1097). Meet 10AM at Goodlife. Behaved pets welcome.

**Sun., May 11** (Mother's Day) - Hike and hot dog roast with Horst. Meet 10AM at Market Mall. Pets must be leashed and under control at lunch.

**\*Sun., May 18** - "Go to Blazes" work party with Gayle (942-1891). Meet 10AM at Goodlife. Tools will be provided. Behaved pets welcome.

**Sat., May 24** - Hike with Doris (942-9466). Goodlife at 10AM. Pets OK.

**Mon., May 26** - Saulteaux Club meeting at 7PM in the Civic Centre (942-1891).

**\*Sat., June 7** - Canoe/Kayak around Camp d' Ours (weather permitting) with Ila (949-1097). Meet at Wellington Square Mall at 9AM. Please leave your pets at home for this outing.

**Sat., June 21** - Summer solstice bonfire (and short hikes) at the Wetzl home-stand. Meet at the northern end of Peoples Road at 8:00 PM. Behaved pets welcome.

**Wed., June 25** - Hike the HUB Trail with Gayle (942-1891). Meet at Fort Creek parking lot at 7PM. Leashed pets OK.

**Sat., June 28** - Hike the LSPP coastal trail with Doris (942-9466). Goodlife at 9AM. Fit pets ok.

**Tues., July 1** (Canada Day)- The Sault Ste. Marie Trans Canada Trail Pavilion MAY be officially opened about this date (along with the city boardwalk expansion to Clergue Park). Watch local media announcements for more info.

**\*Sat., July 12** - Hike east of the city with Ila (949-1097). Meet at Wellington

Square Mall at 9AM. Behaved pets OK.

**Mon., July 21** - Saulteaux Club meeting at 7PM in the Civic Centre. Afterwards, we will plan our fall outing schedule. Call 942-1891 for more info.

**Sun., July 27** - Hike the Red Rock shoreline with Gayle (942-1891). Meet at 10AM in the Market Mall parking lot to car pool. Behaved pets welcome.

**\*Sat., Aug 9** - Hike Orphan Lake (LSPP) with Ila (949-1097). Meet at Goodlife at 9AM. Behaved pets welcome.

**\*Sat., Aug. 16** - Hike in the Desbarats section [50 km drive] with Dieter & Erika (942-9636) with potluck afterwards. Meet 9AM in Churchill Plaza near Beer Store. Please leave your pets at home.

**\*Sun., Aug. 24** - Work party in the Tower Lake area with Gayle (942-1891). Meet at 9:30AM in the Churchill Plaza near the Beer Store. Tools will be provided. Behaved pets welcome.

**\*Sat., Sept. 6** - Hike to Tier Lake with Ila (949-1097). Meet at Goodlife at 10AM. Behaved pets welcome.

**Mon., Sept. 15** - Saulteaux Club meeting at 7PM in the Civic Centre. Call 942-1891 for info.



## COME, JOIN US!

On Saturday, May 3rd the VTA Coordinating Council meets at 10:00AM in the Carolyn Beach Motel in Thessalon. If anyone has an interest in the "goings on" of the VTA Coordinating Council, please feel free to join us! Call 1-877-393-4003 or (705) 779-3409 for more information.

## Coureurs de Bois Outdoors Club (Elliot Lake)

For fun fitness and friendship come and join us. Meet at 10:00 am in the Sears parking lot, unless otherwise noted. Regular Tuesday (easy), Thursday (intermediate) and Saturday (easy) hikes.

For the latest schedule and photos of outings, check our website at: <http://www.coueursdeboiselliotlake.blogspot.com/> and/or The Elliot Lake Standard - Community Bulletin Board.

PLEASE CONTACT HIKE LEADERS FOR MORE INFORMATION.

For outings bring water, lunch, proper footwear and dress appropriately. Be prepared to sign an "Assumption of Risk Agreement". Make sure your fitness level corresponds to the outing level in which you wish to participate.

### Hike Levels

Easy 2-3 hours Level 1 Ontario

Intermediate 3-4 hours Level 2 Ontario



## RETAIL OUTLETS FOR VTA GUIDEBOOKS:

For non-VTA members, Guidebooks were available for sale in the following locations:

**Thunder Bay:** Chaltrek; Lakehead University

**Schreiber/Terrace Bay:** Aguasabon Gorge Campground; Circle Route Motel; Schreiber Tourism (Railway Coach); Terrace Bay Tourist Information Centre; Township of Terrace Bay.

**Wawa and area:** Friends of Lake Superior Provincial Park, Naturally Superior Adventures, Wawa Tourism, Young's General Store and in Montreal River: Northgate Restaurant & Service Centre

**Pancake Bay:** Agawa Indian Crafts

**Batchewana:** Voyageur Lodge & Cookhouse

**Goulais River:** Bellevue Valley Lodge and B&B; Blueberry Hill Campground

**Sault Ste. Marie:** ACR Gift Store, Algoma's Water Tower Inn; Joe's Sports & Surplus; Bush Plane Museum, Airways General Store, Sault Ste. Marie Region Conservation Authority, Stamp 'N Win Postal Outlet (Churchill Plaza), Trading Post.

**St. Joseph Island:** Fort St. Joseph

**Bruce Mines:** Foster's Fresh Mart, Jerry's Live Bait & Rock Shop

**Thessalon:** Forestland Clothing & Gifts

**Iron Bridge:** Red Top Inn

**Elliot Lake:** Elliot Lake Trading Post, 14 Oakland Blvd.

**Barrie:** Sojourn

**London:** Novacks

**Toronto:** Taylor's Outdoor Gear (123 Spadina)

**Ottawa:** World of Maps

**Waterloo:** Adventure Guide

For an up-to-date listing anytime, visit the Guidebook link on our web page at: [www.voyageurtrail.ca](http://www.voyageurtrail.ca)



## VTA MEMBER PUBLISHES GUIDEBOOK

For outdoor enthusiasts, nature-lovers and history buffs who are looking for an adventure not far from home, VTA member, Kas Stone, has published a book called Paddling and Hiking the Georgian Bay Coast (Boston Mills Press, Spring 2008).

This book is a must-have guide to the scenic diversity and fascinating history of Georgian Bay and introduces 38 of the best places for paddling and hiking along the mainland coast of Georgian Bay from Killarney to Parry Sound to Collingwood to Tobermory.

Kas Stone has been an avid supporter and hiker of the Voyageur Trail system for several years now and has contributed a number of wonderful articles to the Voyageur Trail News. She currently makes her home near Toronto and devotes her time to writing guidebooks and articles about the great outdoors, but always finds time to return to our little piece of paradise in Northern Ontario.

We wish her the best in her future writing endeavours.



## REPORT TRAIL CONDITIONS



We **BADLY NEED** trail condition reports to update our web site! When you hike on our trail, **PLEASE** report the trail conditions to: 1-877-393-4003 or email: [info@voyageurtrail.ca](mailto:info@voyageurtrail.ca)

## SAULTEAUX ANNUAL EVENT

by Katie Pearson

Members and friends gathered at Buttermilk Mountain Resort for the 2008 Voyageur Trail Annual Dinner on Saturday, April 5. Long-time friends reconnected and new acquaintances were made around candlelit tables surrounded by views of melting snow on nearby hills.

After a delicious and filling meal and the presenting of door prizes, Garry Koteles shared photographs and stories of travels in South America.

Garry and Gale Koteles flew to Quito, the capital of Ecuador, on March 8, 2007 and spent three weeks touring around the country. On the mainland, Gale and Garry visited Otavalo, Ecuador's most celebrated market town, about 80 km north of Quito. They visited a waterfall sacred to the area's indigenous people, stayed in a 400-year-old hacienda (homestead), and much more!

Since Ecuador straddles the equator, no trip to this country is complete without a visit to the equator. Garry shared a story about the day their guide placed leaves in buckets of water on either side of the equator and participants watched as the leaves spun in opposite directions. Indigenous people had always known the location of the equator, but when the area was surveyed, they were told their calculations were about 12 feet off. When reassessed with more advanced tools, it was found that the actual equatorial line was only about 12 inches from the original line determined by the indigenous people.

Gale and Garry's trip to Ecuador included a week-long boat cruise to the Galapagos Islands, located in the Pacific Ocean, 1000km west of the mainland.

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**SAULTEAUX ANNUAL EVENT**

*(Continued from page 6)*

Here, visitors were able to observe many species of wildlife (some found only in this archipelago), including blue-footed boobies, lava lizards, Galapagos tortoises, booted racket-tailed hummingbirds, brown pelicans, sea lions, Galapagos penguins, frigatebirds, and more.

The wildlife and flora photography, combined with Garry's interesting stories, made for a great evening. Thank you to Susan Graham and Doris Welz for organizing this fun and relaxing gathering.

What a great way to end a beautiful spring day and to begin a new season of hiking on the Voyageur Trail!



**OKAY, WE WERE FOOLED...**

Last edition, we printed an article on the use of a dish washing detergent as a mosquito repellent. No sooner did it go to print, than a web site that de-bunks urban myths gave us "the other side of the story" ...

"A few drops of Lemon Joy dish washing soap in a plate or bowl of water is neither an effective mosquito repellent (although it might have limited effectiveness for that purpose if you slathered it all over your body) not a concoction that will cause flocks of mosquitoes to fall out of the sky dead. ...Mosquitoes are attracted to moisture, so putting out an open container of water mixed with soap will draw some of the critters into landing and coating themselves with a sticky film that prevents them from escaping, but that's about it."

For more information, visit the "Old wives tales" section of [www.snopes.com](http://www.snopes.com)



**LYME DISEASE**

Lyme Disease is a bacterial infection transmitted by the bite of a Deer Tick, found on all types of vegetation and animals, especially in the woods. The Deer Tick is most active in the Spring and Fall, and present throughout the summer.

Hikers should wear long sleeves and pants. An insect repellent with DEET can help repel ticks. Brush off clothing and pets before going inside. Check yourself and pets carefully for ticks. Remove attached tick at once with fine-jaw tweezers by grasping the tick's head as close to the skin as possible and gently pull straight out. Be careful not to squeeze the tick's body as this may cause it to inject fluid into you. Wash bite area and apply antiseptic.

Symptoms of Lyme Disease are a ring-shaped rash that may occur within 4-20 days. Some other symptoms may include fever, chills, headache, and stiffness in joints, weakness and fatigue. Common symptoms of Lyme Disease may mimic arthritis. In some cases there are no symptoms. Contact your doctor if you suspect Lyme Disease, or its symptoms. If detected early, Lyme Disease is usually treatable with antibiotics.



**THE VOYAGEUR TRAIL NEWS**

is always looking for articles for the newsletter. If you have an interesting story about an outing, or tips and tidbits about hiking and backpacking, or scenic photos from along the trail, please send them in to the Editor.



We want to hear from you!



----- ✂ ----- ✂ ----- (clip and mail) ----- ✂ ----- ✂ -----

**VOYAGEUR TRAIL ASSOCIATION MEMBERSHIP FORM** *(please print)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov./State: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_

Please check one:  New Member  Renewal Phone (home): \_\_\_\_\_ (work/cell): \_\_\_\_\_

Email address: \_\_\_\_\_

**MEMBERSHIP FEES:**

Individual ~ \$25 / Family or Group ~ \$30.....= \_\_\_\_\_

Student (full-time) ~ \$10.....= \_\_\_\_\_

Donations *(tax receipt will be sent)*. Charitable Reg. #119261923RR0001. = \_\_\_\_\_

Crest ~ \$3 .....= \_\_\_\_\_

\_\_\_\_\_ 2007 Guidebook\*: members \$25 / non-members \$35.....= \_\_\_\_\_

(\*limit of 2 per person)

Shipping/Handling for ALL MAILED Guidebooks.....= \$8.00

For topography maps, call Steve (705) 946-2484

TOTAL AMOUNT ENCLOSED.....= \$ \_\_\_\_\_

04/08

**Please send my VTA newsletter via:**

\_\_\_ Reminder to upload pdf from VTA web site

My email is: \_\_\_\_\_

\_\_\_ Snail mail to my home address.

**Make cheques payable and mail to:**

**VOYAGEUR TRAIL ASSOCIATION,**  
P. O. Box 20040, 150 Churchill Blvd.,  
Sault Ste. Marie, ON, Canada P6A 6W3



*(Continued on back)*

**VTA CO-ORDINATING COUNCIL**

**PRESIDENT:**

vacant

**VICE-PRESIDENT – WEST:**

Duncan McKay 807-825-3338

**VICE-PRESIDENT – CENTRAL:**

vacant

**VICE-PRESIDENT – EAST:**

Alan Day 705-848-8776

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Debbie Morettin 705-785-3247

**GENERAL SECRETARY:**

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**MEMBERSHIP/LANDOWNERS:**

Mike Landmark 705-779-3409

**PUBLICITY DIRECTOR:**

Gayle Phillips 705-942-1891

**HIKE ONTARIO REPRESENTATIVE:**

Patrick Capper 519-524-9209

(alternate) vacant

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Bob Sinclair 705-946-3126

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*Editor:* Cheryl Landmark 705-779-3409

*Layout by:* Gayle Phillips

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Glenn Labrash 807-229-2576

**MICHIPICOTEN:**

Andy Stevens 705-856-2884

**SAULTEAUX:**

Gayle Phillips 705-942-1891

**BRUCE MINES/THESSALON:**

Allan Beilhartz 705-842-2159

**PENEWOBKONG:**

Joanne Marck 705-843-2199

**COUREURS DE BOIS:**

Phill Barnes 705-848-8767

*(For information on any of these positions [especially the vacant ones] please contact us at our toll-free number 1-877-393-4003.)*

The VOYAGEUR TRAIL NEWS is published three times a year. Your articles and photos are welcome!

**Deadline for the next issue is:  
August 1, 2008**

Mail to Cheryl Landmark, c/o Voyageur Trail Association,  
PO Box 20040, 150 Churchill Blvd., Sault Ste. Marie, ON P6A 6W3  
Tel: 705-779-3409 or e-mail to: < [cheryl.landmark@sympatico.ca](mailto:cheryl.landmark@sympatico.ca) >

*Articles in this newsletter may be copied if credit is given to the Voyageur Trail Association.*



**Voyageur Hiking Trail Users' Code**

- Hike only along marked routes. Do not take short cuts.
- Do not climb fences.
- Carry out all garbage (if you carry it in, you can carry it out).
- Light cooking fires at official campsites only. Drench fires after use. (or better still, carry a lightweight hiker's stove)
- Leave flowers and plants for others to enjoy.
- Do not damage live trees or strip off bark.
- Protect and do not disturb wildlife.
- Keep dogs under control (leash if necessary) and follow your club's guidelines concerning dogs.
- Respect the privacy of people living along the trail. Walk around the edges of fields, not across them.
- Leave only your thanks and take nothing but photographs.  
**BE A LOW-IMPACT HIKER!**

*(clip and mail)*

**DECLARATION:** I understand that the Voyageur Trail is a wilderness trail and some remote or little-used sections may be in poor condition due to fallen trees or regrowth of vegetation. I understand I hike it at my own risk. I have read and will abide by the Trail Users' Code. *(signature)* \_\_\_\_\_

**I WOULD LIKE TO HELP WITH:**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Trail development                 | <input type="checkbox"/> Trail maintenance                    | <input type="checkbox"/> Newsletter, guidebook, photography        |
| <input type="checkbox"/> Hike leader                       | <input type="checkbox"/> Landowner liaison, records, maps     | <input type="checkbox"/> Publicity committee                       |
| <input type="checkbox"/> Organization—executive, directors | <input type="checkbox"/> Special events; conferences, dinners | <input type="checkbox"/> Please call me and tell me what's needed. |
| <input type="checkbox"/> Sorry, not at this time.          |   |  |

- Please add my membership to the membership list of the club closest to my home, OR
- consider me a member-at-large, OR
- consider me as a member of the following club \_\_\_\_\_.

