

# VOYAGEUR TRAIL NEWS

PUBLISHED BY THE VOYAGEUR TRAIL ASSOCIATION, A MEMBER OF F.O.H.T.A.

BOX 66, SAULT STE. MARIE, ONTARIO P6A 5L2

NO. 52

Editors: Peter Frederick & Pim Delfgou

FaLL1992

## Serenading Birch Point

About two dozen VTA members staged from the Tourist Centre in the American Sault for a beach hike and barbecue at Betty Nassoly's place at Birch Point, just before Brimley. Although it was a fairly cool August 29, it was a beautiful sunny day.

When we all reached Betty's, we set off along the beach for the point. The sand was pleasant to walk on, so some of us walked barefoot, carrying our shoes until the end of the sand where rocks called for shoes again.

We did some fancy footwork on the rocks, stopping now and then to look at some flowers. After a while, we encountered patches of gravel. Several ships were seen steaming down the river.

Scott Capell and Steve Taylor got several others into skipping stones off the tip of the point. There was a large boulder just off shore, and they decided to bomb it with stones. Steve scored a hit after numerous misses.

Meanwhile, the rest of us including myself began a blueberry feast. The berries were late this year, because of the unseasonably cool and wet summer. The berry crop had been poor at most locations, but here, and in Lake Superior Park during our camping trip earlier, they have been plentiful. After we finished, we worked our way back to Betty's house.

Things became quite warm  
**See Birch Point, p. 8**

**Taking in the view - Birch Point, 1992**



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**HIKE ONTARIO REP.**  
Patrick Capper

**EDITORS**  
Peter Frederick  
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**SAULTEAUX  
CLUB NEWS**

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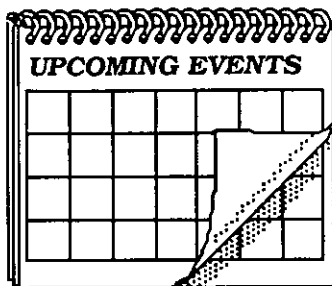
**LEADERLESS AND  
ADRIFT**

*The Saulteaux Club is still without both a President and a Trailmaster. These positions must be filled as soon as possible, as there are many functions they perform which cannot be undertaken on a patchwork basis. Please consider one of these positions! The President is the overall coordinator of the club, and the Trailmaster is charged with a number of duties concerning the physical trail, including maintenance and extension of the trail. This is a perfect opportunity for spending more time hiking!*

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**THE VOYAGEUR TRAIL NEWS** is published three times per year. Your articles and submissions are always welcome! Send them to Editor, VTA, Box 66, Sault Ste. Marie, Ontario P6B 5L2

Submissions for the Fall 1992 issue must be received by September 1, 1992.



**Saturday, Nov. 7, VTA Annual Meeting**

**Saturday Nov 14** - Gales of November hike. Meet at Market Mall by the gas bar at 10:00 am with lunch, warm clothes, waterproof gear and your anemometer.

**Saturday Jan 9** - Ski in the area NW of the Sault. See why skiing off groomed trails is a whole new experience. Modest ski experience required. Bring lunch. No bug repellent needed. Meet at Market Mall by gas bar at 10:00 am.

NOTE - If you think that this list is rather short, you are right. These outings were planned at the last moment without the benefit of a meeting. The reason for this is that the Saulteaux Club is currently without a president. A president is required to call meetings to plan activities. The job can also involve whatever a person is willing to contribute, but the most important task is to call about three planning sessions a year. If you think that these outings are worthwhile, perhaps you could volunteer or try to talk someone else who would make a good president into volunteering. There are also some other positions available in the organization. At this time, outings are generally well attended, but the volunteer base needs to be broadened a bit. Anyone volunteering for any position can count on help from others.

**Voyageur Trail Annual Meeting**

**Saturday Nov 7 Sault Ste Marie**

Mark this day-long event on your calendar. The board will meet at 9:30 for a meeting in the east seminar room at Algoma University. Anyone can attend. All members are asked to meet in the east wing lecture hall at 1:30 (non-members also invited). After a brief activity summary, a short hike of about 1 1/2 hrs duration is planned. We will return to the University around 3:30 for a members slide show. Please bring up to 30 of your best outdoor slides from the past year to show members. These kind of slide shows are usually a hit with modest participation so do your part to make this a success. An informal dinner will be held afterwards for executive, out of town members and anyone else who wants to participate.

**HIKE ONTARIO ANNUAL GENERAL MEETING**

Hike Ontario's Annual General Meeting will be held Saturday Oct. 24th at Wye Marsh Wildlife Centre, Midland Ontario, 9:00 am to 4:00 pm. Special guest is Rueben Rajala, Trails Program Director of the Appalachian Mountain Club, director of the Appalachian Trail Conference and the American Hiking Society. In the morning, Rueben will transport everyone to the White Mountains of New England, and we will catch up on all the Ontario trail news. In the afternoon there will be a choice of a

workshop with Reuben, a hike on the Ganaraska Trail, or a nature walk around Wye Marsh. Hike Ontario awards will follow. Wye Marsh is adjacent to Sainte Marie Among the Hurons, 150 kms north of Toronto; there is camping nearby. Pre-registration (mailed before October 10th) is \$10 including lunch. Registration at the door is \$15. Details from Geoff Dewar at the Walking Centre, (416) 495-3417. Info and registration form available from the newsletter editor.

Outing leaders are unpaid volunteers. You are welcome to participate, but you must do so at your own risk. You should be reasonably fit. Always bring appropriate footwear and extra clothing and water (coffee, tea or soup in a thermos is welcome on a cold day). Some of our outings are into relatively remote areas. If you are interested and have any questions, please contact one of the people listed below. Transportation to hike locations from meeting places is by car pool.

**Contacts:** Tom Allinson - 942-0768; Steve Taylor - 759-2480; Susan Graham - 949-4105

## Notes From the Editors (And Others)

Thanks to all of you who sent things in to include in the newsletter! We are very grateful for any and all items for inclusion (which, incidentally, relieve us of the necessity of writing them!). Pictures are needed for the cover!! We don't have many at the present time, and can always use extra ones. Most any subject to do with hiking or the outdoors is fine!



### Outing Ideas?

The club is always looking for ideas for future outings as well as social events. One possibility of a new social activity is a "progressive" dinner and Christmas Party. If you have any ideas you would like to use, just let any member of the VTA executive know.

### Which Way Now??

It would appear that the direction signs at the fork of the Saul-teaux Trail and the Northern Extension have disappeared as they were not seen a week or so ago by some hikers using the trail. Also, there is a gap in the blazing at the end of the section logged over last year, recently re-blazed with aluminum siding pieces. This will, hopefully, be repaired by the time the newsletter gets out. If you know of any activity or natural events which might affect the condition of the trail, please let the newsletter editor or someone on the Executive Board know as soon as possible to permit us to make repairs.

### Lake Superior Provincial Park Master Plan

The Lake Superior Provincial Park Preliminary Master Plan is available (at last!). This preliminary plan contains a great deal of information of interest to VTA members concerning hiking, canoeing, and camping in the Park. There are some changes proposed, especially concerning interior camping at remote sites. More information and the plan itself are available from Steve Taylor.

### Cold Buster Bars

Cold Buster Bars are (again) available for \$1.65 each at the Mountain Coop in Toronto. These confections are supposed to raise one's metabolic rate (by supplying ATP) and helping one to stay warm and avoid hypothermia. Now that we know where to get some, will someone try them and report on effectiveness, please?

### Just the Bear Facts

For those who wish to take added precautions while hiking in bear country, ESPA Security Products announced this summer that it is carrying BEAR-GUARD, which is apparently the best known bear deterrent available. They can be contacted at (416)783-1739 or by writing 15 Fraserwood Ave, Suite 5, Toronto Ont., M6B 2N3.

People hiking and camping along the Voyageur Trail should be aware that the entire trail is in bear country. Remember that bears are omnivorous animals with a keen sense of smell. The black bears present in Ontario do not want to bother humans usually, but they will go out of their way to obtain food. DO NOT FEED BEARS UNDER ANY CIRCUMSTANCE. Do not eat in your tent and do not leave any food or garbage in your tent, around your campsite or along the trail. Garbage left behind can become someone else's bear problem if it doesn't become yours. It is recommended that you hang your food in a tree and away from large branches and at your campsite.

*More Notes on Page 5*

## More Notes...

### Land Settlement

A few members have noted that about 25 km of Voyageur Trail lies within the settlement area that is currently scheduled to be signed over to the Mississauga First Nation. The trail in question lies between Blind River and Iron Bridge.

Steve Taylor attended an information session in Blind River on Sept 8. All of the negotiating parties have recognized the Trail as an area of concern. We have been assured that hikers will still be able to use the trail. It is not certain as to whether or not we may have to pay a user fee at this time. Hopefully, this will not be the case. The feeling at the meeting is that the band will listen to reasonable requests.

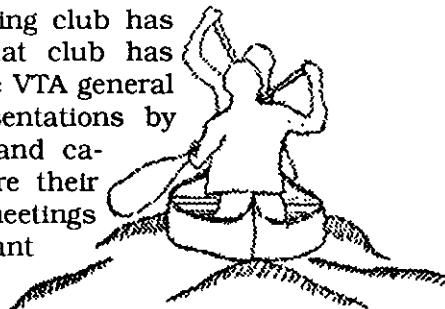
### Four Seasons Shared Trails

A new Council has been organized in Sault Ste. Marie named the Four Season Shared Trails Council. The mission of this council is to advocate, coordinate, promote and facilitate effective four season trail use and development in order to accommodate all possible trail users, and to maximize recreation and economic opportunities to the benefit of citizens of Sault Ste. Marie and surrounding area. Membership is open to all groups and organizations who by nature of their main activity require the use of formalized trail, or are major landholders, on which land, organized trails systems may be located. This is an effort of the city of Sault Ste. Marie, and could have a large impact on the VTA trail system in the

area. Currently, the trail does not cross the city boundaries, but will eventually if the city continues to grow northward. There is also the possibility of publicity connections and financial support as part of an over-all trail program by the city. If you are interested in this issue, Steve Taylor has the information concerning the council. We will probably need to appoint a member to represent us on a relatively permanent basis in the near future.

### Paddlers Welcome

The Hiawatha Paddlers canoeing club has disbanded. The demise of that club has opened an opportunity for future VTA general meetings to include slide presentations by anyone who has done hiking and canoeing trips and wants to share their trip stories. The canoe club meetings had them in the past. If you want to make a slide show of your trip, call Steve Taylor, and he'll fit you in to one of the general meetings. Our general meetings had low turnouts, so perhaps audio visual presentations would provide a drawing card and boost attendance at these meetings.



## VTA SURVEY

### Please Cooperate

With the support of the VTA Executive Committee, Mark Robson, a fellow member and graduate student for the University of Waterloo, asks for your support in his upcoming mail survey of the VTA membership regarding the Voyageur Trail. It is important that you take part in Mark's survey for it will help to understand the needs and wants of VTA members and their use of the trail. The results of the survey will be made available to all interested parties and the VTA. The survey will include questions concerning the perceptions and attitudes of VTA members on a number of subjects. The VTA will be providing mailing labels only to Mr. Robson, who will not be keeping any of the information on the labels (and, indeed, is required to destroy any such information by the University of Waterloo). The survey will be mailed sometime in October or early November, and will be followed by two reminders.

In one of Canada's western parks, two hikers were talking to a park warden. "We are taking extra precautions against bears" they explained. "We always hike with bells around our necks now".

"It is true", said the Warden, "that black bears do not like humans and can easily be scared away".

"Can you tell us how we can tell the difference between grizzly bears and black bears?" asked the hikers.

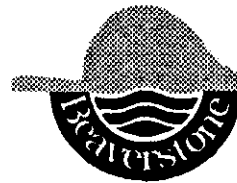
"If you can find some bear scat, sometimes it's easy" replied the Warden. "If it has bells in it, it's a grizzly."

**Q:** What's the title of the campfire song in Hagersville?

**A:** Tire's burning, Tire's burning!

**Q:** What kind of can opener was used to open the sardine can at camp?

**A:** The black furry kind with claws!



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New for 92/93 we will be offering the fine line of FIRST NEED water purifiers from General Ecology. No back country hiker or canoeist should be without one!

159 Stanley St., Sault Ste. Marie, Ont. P6A 3K5  
Tom and Linda Weldon

(705) 759-2757

## Lake Superior Park Adventure...

The VTA spent the weekend of August 14 - 16 at Agawa Bay, Lake Superior Provincial Park. Although we had booked two group campsites, we didn't have as many campers as we had expected; the 16 people who did show up were all accommodated on one campsite.

We arrived Friday night. By the time we had the tents up and camp set up, darkness was setting in. We didn't bother with a fire as we had been tired and went to bed early. Saturday, we woke up to a nice sunny day. We celebrated the sunrise because that weekend was the only weekend since Canada Day that we didn't have rain. After breakfast we cleaned up camp and prepared for a day hike from Noisy Bay to Smoky Point. Horst Wetzl and Lise Reed stayed behind to look after the camp; the rest went on to the north end of the Park.

We parked at the Fenton Lake landing. Patrick Capper, Bill Robinson and Steve Taylor shuttled vehicles to the North Boundary before we set off for Noisy Bay. The trail was rough as it went over hills and loose rock. We passed a small lake where we briefly lost the trail. After regaining it past thick black spruce, we hiked along a creek to the Bay.

Noisy bay was quite pretty. We took a few pictures, checked out a flat in the woods that was a campsite, and then clambered over rocks onto a point where we had lunch.

When we finished eating, we took up the trail on the other side of the point. This section

had been recut this summer by park interior staff. Some of those interior rangers were a little artistic with the chain saw as we observed many tree stumps with all kinds of figures carved into them, even writing.

At Smoky Point we erected a pair of upended trees to mark the trail. There was some garbage we cleaned up including a bread crate that I dragged out. Some of us skipped stones; the rest simply rested.

We got lost on the way out; the access trail was overgrown and could not be found after a certain point. Patrick Capper saved the day when he found blue ribbon in the next valley where we came out on a rock cut on the highway, a bit off from the boundary.

As we finished the hike late, we didn't have supper until just before sunset. We got a fire going as about half the group including myself barbecued our dinner. By the time we finished supper, it was already time to go to the amphitheatre.

We spent some time around the campfire for a while, exchanging bear stories, camp stories, and other tales. Finally, another day has closed.

Sunday brought out a rejuvenated bunch out of the tents for some pancakes under the sun. A few Michipicoten area members joined us as we finished breakfast. Peter Stin-

nison prepared to lead us on the coastal trail between Berret River and Sinclair Cove.

The going was easier than on the Noisy Bay trail; it ran first over beach, and then on top of rock outcrops. There were lots of opportunities for photography. We considered this to be the nicest section of Coastal Trail in the park.

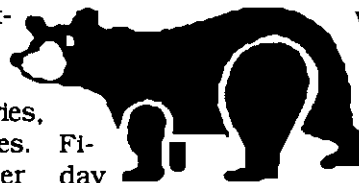
At lunch we stopped at a small beach. I went for a swim just before eating. The water, however was cold. After we finished, we resumed hiking. It was stop and go as every ridge we went over we found blueberries that seemed to get larger and more plentiful the farther we went.

When we finished the hike, some of us shuttled cars over to Sinclair Cove, the rest of us swam or rested on the beach. When we returned to the campground, it was time to break camp and pack up for the trip home. We got together one more time at Agawa Indian Crafts for ice cream before breaking up.

This weekend camping was one of the most enjoyable, the company the finest and the weather very co-operative; it was sunny and warm on an otherwise cool and wet summer.

I would like to acknowledge Steve Taylor and the executive for organizing the camping trip and Peter Stinnison for providing the campsite and park facilities.

--Pim Delfgou



**Birch Point**  
(Continued from p. 8)

by now so we decided to go swimming. The water was nice and refreshing after the walk. Patrick Capper brought out his new toy, a sea kayak, and paddled over to the island. I borrowed Betty's canoe and set off after him.

After we finished playing at the water, Steve and Bill Robinson started up the barbecues. Steak and hamburgers were on the menu, along with tossed salad. This was followed by a variety of desserts that we stuffed ourselves with.

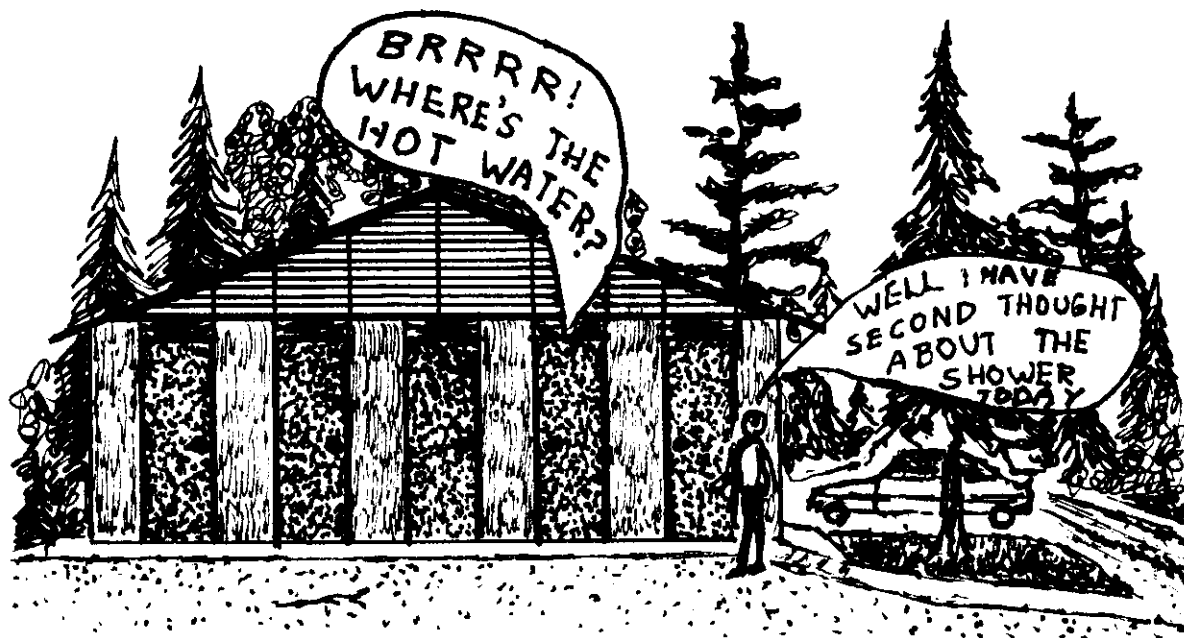
Later, I entertained our group with a campfire sing-a-long. Ray Cormier and I started a fire on the beach, got my guitar out, and played our favourite camp songs that we sang to.

The big event of the day happened as we were leaving. Patrick backed his truck onto a tree stump and hung it up. As a result, we assisted him by jacking it up and off the stump. I certainly put my vehicle rescue skills to use as I have witnessed enough stuck trucks at work at the MNR.

I would like to thank Betty for the hospitality she gave us in hosting this barbecue at her place. We could never had nicer weather than this with all the sunshine and nice temperature that we had.

*Pim Delfgou*

PS. It rained the next day, Sunday.



COMFORT STATION AT AGAWA BAY



# HYPOTHERMIA

With the onset of winter comes the season for getting too cold while enjoying the outdoors. Hypothermia (loss of body core temperature) is quite serious, and can easily lead to death by "freezing". Past a certain point, the body can no longer function properly and fails to produce adequate heat, speeding up the process of heat loss.

The temperature of the human body is a balance of heat production and heat loss -- normal metabolism, exercise, and shivering all produce heat, while heat is lost through radiation (only a small amount, since most of us don't actually glow), convection (air removes heat when it moves past us), and conduction (which is why swimming pools feel cooler than the air). Evaporation of water from the skin greatly increases heat loss as well.

The body retains heat by restricting circulation to the extremities, which can tolerate quite a bit of a temperature drop -- hence cold hands. This keeps the body core warmer. Women tend to be more resistant to cold than men due to a greater layer of subcutaneous fat. Heat is produced by shivering and other muscle activity.

However, it is relatively easy to obtain conditions in which the body will lose heat much faster than it can produce it. Respiration, especially when the air is very cold, can remove large amounts of heat from the body. Damp clothing not only conducts heat much more readily than dry clothing, but the evaporation from the damp material removes even more

heat. Even a slight breeze will accentuate this loss.

Symptoms of hypothermia are not always recognizable until the condition is very serious if the victim is not alert to the threat. As the body temperature falls from the normal 37°C to 35°C, uncontrollable shivering will occur, often to the point the victim cannot light matches or work a zipper. At 32°C, he has difficulty in speaking, shivering becomes more violent, and he may be unable to walk. At 27°C, muscles become rigid, and thinking becomes severely impaired. At 25°C the victim will lose consciousness, and will die if chilling continues. Loss of consciousness can occur within 30 min., although this is uncommon.

Treatment consists of getting the victim as warm and dry as possible and, if conscious, feeding hot drinks and fast energy, sugar containing foods. Shelter will probably be required, along with dry clothes. Re-warming can take up to 6 hours. If the episode

was severe, the victim needs to see a doctor as soon as possible.

The best way to avoid hypothermia is to be aware of the threat and the conditions under which it is likely to occur. Wet, windy, cold weather is highly conducive to the development of hypothermia. Travel with adequate clothing -- it is far better to have to take something off when too warm than to be without when it is needed! Wool clothing is warmer than any other type when wet (it keeps sheep warm, too, when they are wearing it!). Waterproof outer clothing can make an enormous difference in heat loss, as it is usually windproof as well. Carry ample food and eat it while outdoors -- it does you no good in your pack. Carry an emergency shelter of some type -- a space blanket is good, as is a lightweight plastic tarp.

A little preparedness and forethought can prevent trouble!

*-Excerpted from the Niagara Bruce Trail Club Newsletter*

## **Voyageur Trail Association ANNUAL MEETING**

**Saturday  
November 7**

**See Page 3 for Details**

### The Trail User's Code

- Hike only along marked routes
- Do not climb fences; use the stiles
- Carry out all garbage (If you can carry it in, you can carry it out)
- Light cooking fires at official campsites only  
-drench fires after use (better still, carry lightweight hiker's stove)
- Leave flowers and plants for others to enjoy
- Never strip bark from trees
- Protect and do not disturb wildlife
- Keep dogs on the leash on or near farmland
- Walk around the edges of fields, not across them
- Leave only your thanks and take nothing but photographs

## V. T. A. Membership Form

**Please check one:**

- New Member**  
 **Renewal**

**Sections (active sections in bold type)**

- Association-at-large  
 **Saulteaux**  
 Echo Ridges  
 Desbarats  
 Thessalon  
 Iron Bridge  
 **Penewobikong (Blind River)**  
 **Coueurs de Bois (Elliot Lake)**  
 Spanish  
 Massey  
 Rainbow  
 Little Current  
 Sheguiandah  
 South Baymouth  
 Sudbury  
  
 Thunder Bay  
 Nipigon  
 Casque-Isles  
 Marathon  
 Pukaskwa Park  
 **Michipicoten (Wawa)**  
 Lake Superior Park  
 Batchawana  
 Goulais

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Postal Code

( ) \_\_\_\_\_  
Phone

Check if you would like to help with...Trail maintenance  Other

**I have read and will abide by the TRAIL USER'S CODE**

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Date

#### FEES

|   |           |         |
|---|-----------|---------|
| Individual .....                              | @ \$10.00 | = _____ |
| Family .....                                  | @ \$10.00 | = _____ |
| Student .....                                 | @ \$5.00  | = _____ |
| Crest .....                                   | @ \$2.00  | = _____ |
| Lapel Pin .....                               | @ \$3.00  | = _____ |
| Guidebook (Members) .....                     | @ \$5.00  | = _____ |
| Guidebook (Non-Members) .....                 | @ \$8.00  | = _____ |
| Donation (Qualifies for Income Tax Deduction) |           | = _____ |

**Total Amount Enclosed** = \_\_\_\_\_

The membership year of the Association runs from January 1st to December 31st. Dues paid after November will be applied to the next membership year.

Fee includes membership in one Voyageur Trail Club. To join additional V.T. Clubs, add an extra \$2.00 (\$1.00 for student memberships) for each Club.