



VOYAGEUR TRAIL NEWS

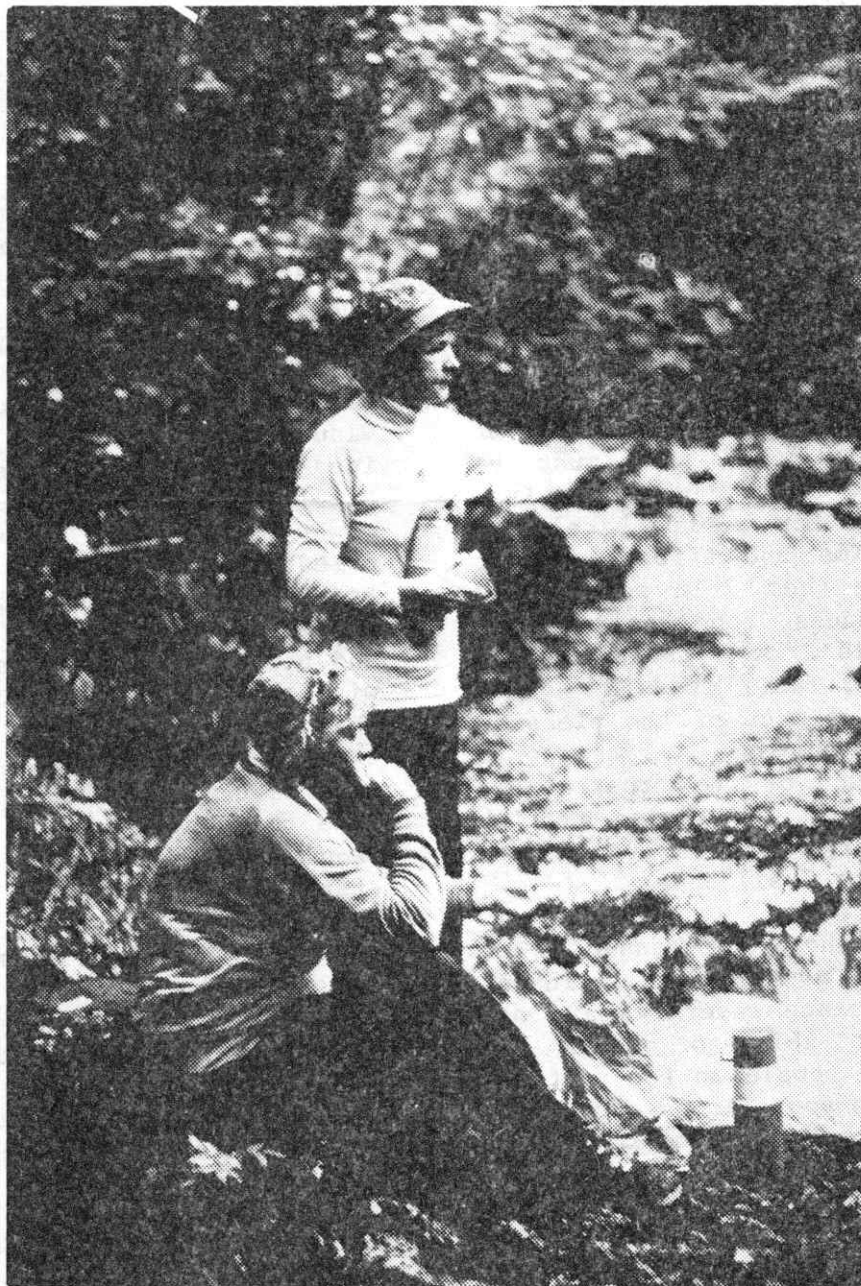
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NO:36

EDITOR: STEVE TAYLOR

SPRING 1987



"LOOK WHAT THEY HAVE FOR LUNCH
OVER THERE!"

1987 EXECUTIVE

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EDITOR'S NOTES

Three things are necessary for survival at any time; shelter, clothing, and food. In the context of hiking, it means that they must be carried with you (although shelter isn't necessary for a day hike), or considerable time and effort must be spent obtaining them. In most of my outdoor experiences, food has been the most enjoyable of these three essentials. In fact, food has often been the focus of much of the pleasure associated with camping. It can also be the focus of much of the frustration. With this in mind, it seemed fitting that food should be the focus of one issue of Voyageur Trail News.

The cover photo was passed on to me a few years ago by Tom Allinson. The hike took place several years ago and I was not able to obtain the identity of the people in the picture. If you recognize yourself on our cover, you are encouraged to let me know, just for the record.

Thanks to those who sent in information for this issue.

A FOOD THOUGHT FOR THOUGHT MIX

So you're planning a camping trip. It's time to pack the food. If

you're car camping, it's no problem. You can cook almost anything you would normally make at home, unless it requires an oven. Your biggest concern will be to pack all of your food in the vehicle before going to bed so you don't come face to face with a bear in the dark.

If you're backpacking, you have several additional considerations. You will want to take items which are light, take up little volume, can be made over a fire or campstove, and are packed so as not to spill in the pack (especially important for jams and honey). There are some recipes in this newsletter which fit this description. "Simple Foods for the Pack", a Sierra Club publication by Vikki Kinmount and Claudia Axcell is a good source of ideas as well. For those who prefer to simplify the task, there have been major improvements in packaged freeze-dried meals. Pioneer and Hardee are brands available now. All you do with these is put them in a pot, add water and heat. You can't go too far wrong with a noodle-spice mix, but beware that the volume of food produced by these packaged meals is sometimes less than desired. Packaged soups will help take the meal further. Dry foods that require the addition of water make good staple ingredients. Rice, lentils, bulgar, and oatmeal are all good staples. A variety of spices and dried foods can be added to make a dinner. Gorp, dried fruit, chocolate, and fruit rollups make good snacking material. Several people have expressed a preference for fruit rollups over fruit bars on VTA dried fruit taste tests on various excursions. Raisins and dried apricots are quite satisfying as snacks. Dried bananas have caused some disappointment. Powdered fruit drinks are a good source of sugar, and they hide the taste of boiled water.

Now that you have chosen some food, it's time for selecting accessories. A small portable stove which

burns white fuel is a good investment. Become familiar with its operation under a variety of conditions before taking it with you. If you can't get fuel to the burner on your stove, it may be because the cork or rubber gasket on the primer is dry, or not air tight. Margarine or oil is often a good quick sealant if this occurs. Don't forget the matches. Some campers like to take a candle. It can facilitate ignition of a stove, or be used to start a fire under damp conditions, as well as providing a little night light.

Most campers prefer to take a medium sized pot with them. This takes up room in the pack, but you can pack stuff inside a pot. An old glove is good for grabbing the pot when it is hot. Remember to take a rope to hang food at least 3 m up in a tree and away from the trunk, or off a cliff. You MUST hang your food at night when camping in Ontario. If you keep it in your tent, you are putting yourself in a life-threatening situation if bears are around. Small mammals such as skunks and raccoons can also cause problems with unattended food. It is not a good idea to eat in your tent either, as the smell will remain to attract animals.

So you are lost and have no food. It's time to make do with a wild harvest. Many plants are edible, but make sure you know what you are eating. Some plant species are harmful. There are many books on edible plants. Be especially careful with mushrooms, as deadly species are present throughout Ontario. Berries are often easy to find in season. Cattail scalls and roots provide good food, as does the soft material under the bark of many of our trees. If birds or animals eat something, it is probably safe for you to eat. Roasted grasshoppers are edible. Porcupines and grouse can often be dispensed with a stick, and are edible. All Canadian species of fish and birds are edible. Wire can be fashioned into a fish hook, and keys make good lures. All meat should be cooked for about 20 minutes per pound.

Boiling is the best way because vitamins are retained. You can then drink the water from boiling.

Now, here's to happy dining on the trails this summer.

TRAIL MIX

Are you interested in spending a day, or a few hours hiking or working on the trail? Would you like some company? Ernie Pringle invites you to give him a call at 253-6988. He is on the trail often from spring through fall.

Some research into our dusty old membership files revealed that some of our members are in a class which is worthy of mention. Dr. Ian Morrison, Ralph Yanni, Dieter and Erica Ropke, Ralph and Gene Ann Wood, Paul Syme, George Harvey, Don Marles, Norman Ledietz and Eve Kersey all have 14 years of continuous membership since 1974.

Volunteer help is the backbone of our organization. Help is always welcomed both at the association or club level. If you are interested, contributions large or small would be welcome. Help with general publicity and liaison is especially needed in the Saulteaux Section.

Please note that material for the next newsletter should reach me by September 20. At the moment, no theme is planned, but there should be plenty to write about after the helping of hikes in the summer.

Is the tax man getting too much of your hard earned dollar? Remember that donations to the Voyageur Trail Association are tax-deductable. Donations have been traditionally important to the organization, and a surprisingly large amount of our income is from this source.

One of our landowners is selling his property in the Casque Isles

Section. There is 80 acres for sale, ranging from the forest on top of Mount Gwynne to sand and rock beach on Worthington Bay, Lake Superior. Some of our hikers have said that the view from the property is spectacular, and you have the Voyageur Trail going through your land. Price is \$12,000 or \$9,600 if you pay cash. Contact Canadian Estate Land Corporation, 2411 Yonge St., Suite 303, Toronto Ontario, Canada, M4P 2Z1.

The Visions Cookbook states that you can make camp coffee by boiling water in a bag. On a recent Saulteaux outing, this technique met with disaster when the top of the bag caught fire. There was consensus that if the bag were wet, and if an attempt was made to keep the top out of the fire, that such an endeavour is possible.

GUIDEBOOK

PLEASE NOTE THAT AFTER CONSIDERABLE TIME AND EFFORT, WE ARE NOW TAKING ORDERS FOR THE SECOND EDITION OF THE GUIDEBOOK. THERE ARE MANY IMPROVEMENTS FROM THE FIRST EDITION. THERE ARE DESCRIPTIONS FOR BRAND NEW SECTIONS AND IMPROVED ACCESS DESCRIPTIONS. THE BEST NEWS IS THAT IT IS AVAILABLE AT THE SAME PRICE AS THE OLD ONE. MEMBERS CAN PURCHASE THIS POCKET SIZED NECESSITY FOR \$5, WHILE NON MEMBERS WILL REQUIRE \$8. REMEMBER, TO AVOID DISTRESS, DON'T LEAVE HOME WITHOUT IT.

MENU OF UPCOMING EVENTS

These events have been organized by the Saulteaux Club and everyone is invited to attend.

May 10 - Spring wildflower hike and barbecue. Good family event for Mother's day. Bring your own food and meet at Market Mall on Second Line (near gas bar) at 10:00 a.m. Hopefully this newsletter will be out for this. Horst Wetzel to organize. We plan to hike from Camp Korah east to Horst's lot.

May 23 - GO TO BLAZES DAY. Get out on the trail and help to get it in shape for the hiking season. Saulteaux Club meet at 9:30 a.m. at Market Mall by the gas bar. Members will be reminded by phone beforehand.

June 20 - Summer Solstice Hike from Melwel Lodge Road to Iron Bridge. Hike a new scenic section of our Trail which runs in part beside the Mississagi R. Meet beside Sunny's Gas Bar, Churchill Plaza at 9:00 a.m. with lunch and insect repellent. Steve Dominy (942-3042) leader.

July 1-5 - Hike Pukaskwa National Park. We will go by boat (weather permitting) and hike from Oiseaux Bay to Hattie Cove (see Autumn 1984 and Winter 1984-1985 Voyageur Trail News for description of trail). Must meet at Hattie Cove around midday on Wednesday July 1. There will be a fee in the \$20-\$40 range per person for the boat. Enrollment will be limited for this memorable trip, and boat arrangements must be made in advance. Contact Steve Taylor 253-7541 or Virve Squire 942-2370 ASAP, and definitely no later than May 31 to confirm. Will hike 30 km in 3 1/2 days. Steve Taylor leader.

July 8 - Wednesday evening sunset hike. Easy hike of about 3 km, mostly flat and downhill from Twin Lakes area to Gros Cap for sunset. Good for families. Meet at 6:30 p.m. at Market Mall beside the gas bar. Steve Taylor leader.

July 11-12 - Overnight hike from Gros Cap Saturday morning to Lake Superior via the Trail. Camp beside the lake and then to Red Rock Road on Sunday. Intermediate in terms of difficulty. Will meet at Market Mall at 9:00 a.m. on Saturday. Participants please contact trip leader Tom Allinson (942-8823) by no later than July 1.

July 25 - Super hike from Jardun Mine road to Thayers Acres. Meet at Churchill Plaza at 9:00 a.m. with lunch. Intermediate in difficulty. Few major climbs, but distance is 16 km. Patrick Capper (253-4470) leader. Bring lunch and insect repellent.

July 31-August 3 - Popular Michigan Pictured Rocks long weekend. Meet Friday night at Munising Campground. Spend Saturday night at Chapel Beach, and Sunday night at Mosquito Bay. Contact trip leader Tom Allinson (942-8823) by July 18.

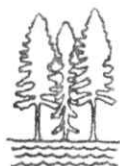
August 29 - Orienteering day at Thayers Acres. Good family fun. Meet at the K-Mart Plaza beside the gas bar at 10:00 a.m. If you have a compass, bring it. Also bring lunch and bug repellent. This is a don't miss event whether or not you can use a compass. Contact Steve Taylor or Tom Allinson.

September 13 - Check to see if the fall colours are starting. Hike Echo Ridges Section from the Bass Lake Road to the Echo Lake cottage road, a distance of appr. 9 km. Intermediate. Wear bright colours. Meet at Churchill Plaza beside Suny's gas bar at 8:30 with lunch. Steve Taylor (253-7541) leader.

October 4 - Celibrate Ontario Hiking Day on the Blind River Section. See the bright Autumn colours on trip led by Norm Lediet. Good family hike, but wear bright colours. Meet at Churchill Plaza beside Suny's gas bar at 8:00 a.m. if you are coming from the Sault. Bring lunch. Norm invites you to his camp for a pot luck dinner afterwards.

October 10 - Hike Red Rock Road to Johnson Lake with Ernie Pringle (253-6988). Meet beside the gas bar at Market Mall at 9:30 with lunch and bright coloured clothing.

Please note that trip leaders are unpaid volunteers. You are encouraged to participate, but at your own risk. You should bring insect repellent from May to September. Always bring rain gear, and when planning your footwear, note that wet ground and rocky terrain can be encountered on trips.



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SUPERIOR WATERSPORTS would like to announce to canoeing, hiking, and outdoor enthusiasts the addition of three lines of brand-name products; EUREKA tents, CAMP TRAILS packs and bags, and TREKK sleeping bags. The availability of these quality products in addition to the fine line of SAWYER canoes and GREY OWL paddles make SUPERIOR WATERSPORTS a good economical source for your outdoor needs. Brochures on these products are available upon request. Also available this season through our affiliation with SAWYER Canada will be the fine lines of Mad River, Oldtown, Bluewater, Scott and Jensen canoes. Call Tom or Joe for details.

OUTLOOK editor, NORMAN DAY, will again be leading BED AND BREAKFAST HIKES in ENGLAND this summer. In May he'll be back hiking on the ISLE OF WIGHT and along the SOUTH DOWNS WAY. In August he'll be helping Canterbury celebrate the 600th anniversary of Chaucer's pilgrims' progress by hiking the NORTH DOWNS WAY and PILGRIMS' WAY. In September he'll hike the DORSET COAST PATH and THOMAS HARDY country. If you'd like to join him on one of his hikes, or get him to tailor-make a hike for eight or more of you, write to NORMAN DAY, DAY HIKING, 17 MARLBOROUGH AVE, TORONTO, ONTARIO M5R 1X5, or call at (416) 964-7281.

Hike Ontario!

OUTLOOK



Box 651, Station K, Toronto, Ontario M4P 2H1

Hike Orangeville to Lake Erie, return via the Bruce

A province-wide network of hiking trails has been a dream of conservationists and outdoor enthusiasts since the construction of the Bruce Trail along the Niagara Escarpment in the 1960's. If the Grand Valley Trails Association has its way, two vital links will be added to the existing network this summer.

After years of internal discussion, Grand Valley is to proceed with extensions to its existing hiking trail, which runs between Elora and Brantford.

Plans call for extending the trail in two directions. The Northeast Extension will connect with the Bruce Trail between Orangeville and Credit Forks; the Southern Extension will run through Caledonia, Cayuga and Dunnville to Lake Erie. A planned walkway along the Welland Feeder Canal will link the Southern Extension with the Merritt Trail, which in turn meets the Bruce Trail at St. Catharines.

The extended trail will run for roughly 300 kilometres. Growing pains are seen as an inevitable result and the Association expects its resources to be stretched to the limit.

However, initial contacts in the affected areas have revealed considerable local interest. The Association will seek to maximize local participation in the planning and execution of the project, seeing this as essential to its success.

The Grand Valley Trails Association

also feels buoyed by the increasing popularity of hiking as a low-cost, safe (no jogger's knee), sociable and extremely healthy form of recreation. The extended trail will be within an hour's drive of roughly six million people, and thus should be a magnet for urban dwellers seeking to breathe fresh air and calm frazzled nerves.

Those interested in working to make real this dream of a loop trail some 600 kilometres in length should contact the Grand Valley Trails Association president, Betty Schneider, at (519) 886-5022. Or contact Michael Helfinger at (519)

742-4782, or Christine Tranmer at (519) 753-3214. If you prefer to write, the address is Grand Valley Trails Association, PO Box 1233, Kitchener, Ontario N2G 4G8.

It is no wild dream and there'll be no stopping Betty now that her plans have been made public. At a meeting in Kitchener in 1972 she rallied support for a hiking trail from Preston to Conestoga, the following year the Conestoga to Elora Gorge section was added and the Grand Valley Trails Association came into being. Two years later the Grand Valley Trail was pushed south as far as Brantford.

Full-colour guidebook planned

Have you ever searched for a winding country road only to discover that what you thought was a winding country road was really a contour line or even a stream? This can happen if you use black and white maps. The Rideau Trail Guidebook Committee hopes to overcome this problem — and many others — by publishing the next edition of maps in full colour!

And there is more! The maps and Trail Notes will no longer be published separately! They will be combined into a handy and compact Rideau Trail Guidebook which will fit

neatly into your pocket. There will be twelve maps, as at present, but on a somewhat smaller scale than the current ones. Maps will unfold in three sections from the guidebook.

And still more! The Rideau Trail will be deemed to start in Kingston and to end in Ottawa. The Kingston area map will be map number one; the Ottawa area map will be map number twelve. This means that the trail description can be written in flowing, lyrical prose rather than the point form that is now used.

The anticipated date of publication is March 12, 1988. Watch for it!

Richard Cross

Random jottings by Doug Campbell

Talking doesn't build trails — or does it? There's been lots of dialogue and correspondence on the National Trail. Too much talk and not enough action?

Not so. Talk is vital. Remember the painful birth of the Bruce Trail? All the committee work, the presentations and submissions; all the talking and walking by Phil Gosling?

The NTAC is going through similar throes, magnified and muddled on a national scale. Let's talk about the National Trail at all levels: national, provincial and local. Talk about philosophy; talk in practical terms. Talk it up or talk it down, but talk it into shape.

In some areas, organization is needed. In others, the organization

needs strengthening. Communication becomes paramount.

The way will indeed be paved. Paved with words. Feet will follow.

Strengthening the links

The National Trail at present rests upon the pillars of three provincial

continued on next page

trail councils: La Fédération Québécoise de la Marche, Hike Ontario! and the Federation of Mountain Clubs of British Columbia. Although enormous gaps exist between trail systems across the country, NTAC members are active in promoting the scheme in strategic centres.

Contacts and addresses are as follows:

Nova Scotia director: Colin Stewart, c/o CHA PO Box 3010 S, Halifax, NS B3J 3G6 (902) 466-7168. The Trails for Tomorrow Conference, April 10-12, 1987, in Halifax will carry the National Trail theme.

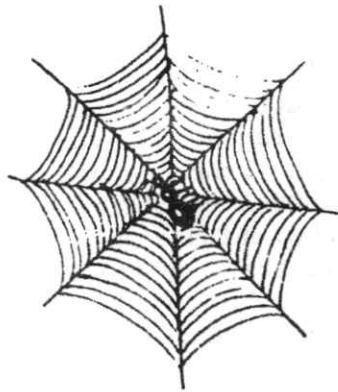
New Brunswick director: Edwin Melanson, 71 Derby Street, Moncton, NB E1C 6Y8 (506) 855-5089. Meetings to organize support are planned during 1987 in the Moncton area.

Ontario director: Dr. Paul Syme, Voyageur Trail Association, PO Box 66, Sault Ste. Marie, Ontario P6A 5L2.

Manitoba director: Mike Fedak, 122 Traill Avenue, Winnipeg MA R3J 2N3 (204) 832-0354. A meeting in the spring of 1987 is scheduled in the Spruce Woods Park area to highlight the National Trail.

Alberta director: Douglas Campbell, 5203 Baines Road NW, Calgary AB T2L 1T9 (403) 282-7152. Meetings with provincial government and at club levels are planned in Calgary during 1987.

Readers in these areas are invited to communicate and to offer assistance. Knowledge of local trails, organizational ability, and secretarial skills are needed.



Time to speak up

by Ross McLean

Political lobbying can be effective. For years naturalists had advocated the creation of the Bruce Peninsula National Park, and last fall their efforts were finally rewarded with the signing of a federal-provincial draft agreement. But the public must be constantly on the watch for short-term political decisions which can have disastrous environmental implications.

Just a week before Christmas, the British Columbia provincial cabinet approved a five-year logging plan for Lyell Island, a part of the southern archipelago of the Queen Charlotte Islands. A recent Globe and Mail editorial described the plan as "a sketch for the devastation of an irreplaceable ecological system." The plan approved by British Columbia provincial cabinet would allow a logging contractor to cut in the environmentally sensitive Windy Bay watershed.

Lyell Island contains a breathtaking mix of sea-bird colonies, salmon grounds, sea lion rookeries, and some of the oldest forests on earth. It is a treasure owned by the province of British Columbia, but its value is of international importance. Federal Environment Minister Tom McMillan has clearly defined his goal to include the area in a future South Moresby national park. To McMillan, the preservation of Lyell Island is a priority "because of the precious ecological resources and because it's under siege ... If something isn't done now we will have lost the opportunity."

In addition, the logging plan has triggered

another confrontation with the Haida Indians. Miles Richardson, president of the Haida Nation, said that once again the government is "brushing aside the interests of the Haida people in dismissing out of hand our relationship to our homeland and our rights as human beings."

There may still be hope, however. A senior British Columbia government spokesman has stated that no logging will take place in the Windy Bay watershed without special approval from the BC cabinet. Both the federal and provincial governments have agreed to continue negotiations on the national park boundaries throughout 1987.

You can have an impact on this basic conflict between short-term economic gain and long-term ecological values. Write to Tom McMillan and to British Columbia Environment and Parks Minister Stephen Rogers. The logging on Lyell Island must be stopped now.

Hon. Thomas McMillan
Minister of the Environment
Environment Canada
Room 582
Confederation Building
House of Commons
Ottawa, Ont. K1A 0A6

Hon. Stephen Rogers
Environment and Parks Minister
Parliament Buildings
Victoria BC V8V 1X4

MAGAZINE REVIEW

A new magazine has recently been gracing our newstands. Its title alone, "The Walking Magazine", makes it stand out from the others, even if its glossy, multi-colored appearance doesn't. In the third issue (January 1987), editor Brad Ketchum Jr. celebrates the virtues of walking with the statement "At the heart of any walk is the chance to see and touch the fundamental qualities of our surroundings - the animate and inanimate, shapes and states, colors, contrasts, and textures". Feature articles cover subjects such as sneakers for the working woman, walking New Zealand's Milford Track, urban walking in Houston, Texas, and snack foods for the pack. Other items include fitness, nutrition, and health articles, not to mention a printed emporium of gadgetry for walkers. The several paged-Portfolio section of breathtaking professional photographs is almost worth the \$3.75 alone. The publisher has combined in a very appealing fashion this broad spectrum of articles, with accompanying photos and drawings. The content is mostly American. Perhaps some of you talented VTA writers will submit some Canadian material to help balance the scale. The target audience appears to be the urban walker of any age who enjoys donning a pack for occasional country strolls (or dreams of doing so). All in all, TWM offers a breath of fresh air to walking, a sport quickly coming into its own in North America. The magazine comes out every two months and a one year subscription will cost \$12.00 U.S. + \$4.00 for Canadian postage (TWM, Box 56561, Boulder, CO 80322-6561).

Steve Dominy

RECIPES

BASIC MIX Virve Squire

This mix can be used for anything, including the recipes below. It is quite portable if stored in an airtight container

5 cups all-purpose flour
5 cups whole wheat flour
1/4 cup sugar
2 tsp salt
2 cups shortening or lard

Mix dry ingredients in a large bowl. Cut in lard with a pastry blender until mixture resembles coarse crumbs.

PANCAKES-Beat together 2 cups of the mix, 2 eggs, 1 cup milk until smooth.

BISCUITS-Place 2 cups of mix in bowl. Stir in 1/2 cup milk, lightly kneading for 10-12 strokes. Roll or pat to 1-2 cm thickness. Cut to desired shape and bake in 450°F oven or in pan on side of fire.

BANNOCK-This recipe needs no precise measurements. Use butter or oil as taste dictates. To the mix, add enough water and oil (butter) to make a thick dough (thick enough to handle). For a lighter breakfast bannock, add a small amount of oil. For a heavier bannock for supper, increase the amount of oil. Pat the dough into flat rounds and pan fry in hot oil on the side of a hot fire. If you are adventurous, you can try wrapping the dough around the end of a stick, and cook over the fire. Raisins, currants or any berries in season can be added to the mix before the liquid ingredients are added. Homemade raspberry jam and butter seems to complement bannock the best.



PESTO PASTA
Roddie Larsen

Makes one large or two small servings

In a small bag, carry:

$\frac{1}{2}$ cup parmesan cheese
1 tsp dried basil leaves
1 tsp dried parsley
several dashes to taste garlic powder
2 tbsp pine nuts or sunflower seeds

In a small bottle, carry 1 tbsp olive oil.

In another bag, bring 3 oz thin noodles.

Boil noodles the required time and drain. Toss well with the oil. Toss with the cheese mix. Enjoy!

BULGAR CORN MEAL CEREAL
Steve Dominy

NOTE - I have successfully inflicted this upon others without personal adverse effects. It comes from the Sierra Club book 'Simple Foods for the Pack' by Vikki Kinmount and Claudia Axcell. Try this on your next outing - you'll be pleasantly surprised!

$\frac{1}{4}$ cup bulgar (cracked wheat)
 $\frac{1}{3}$ cup chopped dried apricots or
peaches or currants or raisins
 $\frac{1}{4}$ tsp salt
1 tbsp butter
 $1 \frac{2}{3}$ cups water

TOPPING

1 tbsp toasted sesame seeds
1 tbsp date sugar (I use brown sugar)
 $\frac{1}{8}$ tsp cinnamon

Mix topping together and put in a separate bag. Mix other dry ingredients in another bag. Combine water, butter, and cereal dry ingredients and stir well. Bring to boil and simmer for 15 minutes, stirring occasionally. Serve sprinkled with topping. Serves two.

Note: for those who have never used bulgar, don't search frantically through your weekly grocery store. Try a bulk, health, or specialty foods store.

BLUEBERRY GRUNT
Steve Taylor

This recipe, from the kitchens of Nova Scotia, has been adapted for the trail. It provides a good way to use some of the berry bounty that we have in the summer.

In a bag, combine 1 cup all purpose flour, 2 tsp double acting baking powder, $\frac{1}{4}$ tsp salt. Put in bowl and add $\frac{1}{2}$ cup light cream. Stir briskly until batter is smooth.

In a pan, combine 2 cups washed blueberries (with stems removed), $\frac{1}{2}$ cup sugar, and 2 cups water. Bring to a boil and cook, stirring for a few minutes. Drop the batter into the pan by the tablespoonful. Cover and simmer undisturbed over a low heat for about 20 minutes. Serve one or two dumplings and some sauce in a dish, and top with some canned thick cream (powdered milk can be used as a substitute for the dairy products, although the cream is best if you can carry it into the bush with you, perhaps in the batter form).

MEXARONI
Erica Ropke

$2\frac{1}{2}$ cups elbow macaroni
1 package French's Enchilada sauce
 $\frac{1}{2}$ cup grated parmesan cheese
 $\frac{1}{4}$ cup powdered non-instant milk
 $\frac{1}{4}$ cup dehydrated mixed vegetables
salt and cayenne to taste
5 cups water

Mix all ingredients except cheese at home in a plastic bag. At camp, pour all of mixture into a pot with the water. Stir until well mixed and bring to a boil. Cover and simmer over coals until macaroni is done. Mix in cheese

just before serving, or add to each serving.

RICE PUDDING

Erica Ropke

- 1/3 cup raisins
- 1/2 cup minute rice
- 3 1/2 oz. package vanilla pudding
(regular - not instant)
- 1 cup instant nonfat dry milk
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 2 1/2 cup water

Combine raisins and rice in a plastic bag and seal. Combine pudding mix, dry milk, cinnamon and nutmeg in another bag and seal. At camp, combine water and raisin-rice mixture in covered pot and bring to boil. Cook 5 to 10 min until rice is soft. Stir in pudding mixture, stirring vigorously. Cook until mixture begins to boil and lumps are dissolved. Makes 6 servings.

CASHEW RICE CURRY

Erica Ropke

- 1/2 cup non instant dry milk
- 1/2 tsp salt
- 1 or 2 tsp curry powder
- 2 1/2 cups water
- 1 cup converted rice
- 1/4 cup cashew nut pieces
- 2 oz grated cheddar cheese
- dried fruit of your choice.

Mix dry milk and seasonings with a little water to form a paste. Add the rest of the water, mix well and bring to a boil. Stir in the rice, cover and simmer until the liquid is absorbed and the rice is soft, about 20 min. Stir in nuts, cheese, and fruit. Serves 2 or 3.

The next two recipes were submitted by Wally Belleau and are from "A Genuine First Wilderness Kingdom New Cookbook", published by Prairie Crafts, 215 Wall St, Saskatoon Saskatchewan, S7K 1N5.

BAKED SKUNK

First obtain skunk. This is best done with a box trap. With the skunk in it and using a long pole, carry the trap to the nearest water hole and drown skunk. Skin skunk carefully and remove scent sac from under the tail so it doesn't taint the meat. Cut up and quarter meat and put in pan. Sprinkle with paprika, sage, salt and pepper along with onions. Bake until tender. Invite mother-in-law and favorite politicians. This dish is actually supposed to be delicious.

COOKING BEAVER

The time required to cook a beaver depends on the size of the animal, and the tastes of the diners. You must realize that beavers are very fatty. They are best cooked on a spit or grill so the fat can drop into the fire, or by boiling with the animal completely submerged so that the fat floats to the top. Beaver should be aged a bit. When too fresh, it is a laxative.



PUTTING FIRE INTO YOUR LIFE

Mention camping to me and the first image conjured up in my mind is of the campfire. Its constantly changing shape and steady glow can entertain for hours. Stories just seem to grow naturally from the mouths of those gathered around its warm glow as it takes the chill from a cool night breeze.

Where campfires are permitted, I like to use that same heat also to cook my camp meals. Even on the wettest of days, a little forward thinking will be rewarded with a heartwarming blaze, and after an incident last fall in a torrential downpour, I will never depend

upon my butane single burner again (thanks again for coming to the rescue, Dieter)!

Having seen many fellow hikers struggle to start a blaze and keep it burning, I will briefly outline my tried and true method. First, remember that fire requires three things: fuel, air and heat. Take away any one of these and you lose the fire. The heat of course comes from your matches. The air exists in the spaces between the fuel (usually wood). To start the fire, have an ample supply of wood ranging in size from branch tips to 5 cm in diameter (don't worry about anything larger right away). SELECT ONLY DEAD, dry wood and bark (driftwood, dead standing trees, dead lower branches). Birch bark found on the ground or on dead trees makes a great fire starter. Make a fire pit by digging down to mineral soil and piling rocks around. Put the bark and smallest wood in a small (10-15 cm) pile in the shape of a teepee or inverted cone. It doesn't matter how much small wood you put in the pile as there will still be plenty of air. Add a few larger twigs (up to 1 cm in diameter) around the outside of the pile. Light the pile at the bottom and continue to add progressively larger material as the flames reach the top of the pile. Continue to nurse the fire along until you have the beginnings of a coal bed. Now add the largest material you collected (just 4 or 5 sticks is usually enough) to keep the fire burning while you gather up some larger wood. It sounds complicated, but with a little practise you will soon become the fire chief in your camp group.

Now that the fire is dancing merrily, the real fun of camping begins; Cooking! The best cooking fire is one with plenty of coals and minimal flame. To achieve this, push the burning wood and a few of the coals to one side. Spread the remaining coals to form an even, level bed. An old, thick leather glove makes an excellent pot

holder. Place your pot on this bed and watch it carefully. Turn the pot occasionally if the food starts to burn on one side of the pot. To change the heat, remove coals or add them from the burning fire. Again, some practice may be required to perfect the technique, but then nothing can compare to a meal cooked over an open fire. I hope this discourse has you all fired up. I know I can hardly wait to try my new tapioca pudding recipe this year!

Note that it is not Voyageur Trail Association policy to encourage the use of fire. To the contrary, fire should only be used where the fuel supply is plentiful, and living material should never be used. You might consider leaving some firewood for fellow campers.

Steve Dominy

BACKPACKING - THE SCIENTIFIC METHOD

I was delighted to read that our newsletter editor has realized the place of science in what some people may have thought of as the recreational activity of hiking. A recent management science course has made me more fully realize the potential application of the scientific based method of linear programming to backpacking. This interest was spurred by a mid-term test where we were asked to formulate an appropriate model for a girl guide who was considering ten items for a camping trip. Their values to her and weights were given as follows;

compass	600	0.15 lbs
peanut butter	400	1
portable burner	150	4
canteen	450	5
sleeping bag	500	10
dried meat	250	5
fishing gear	150	7
movie camera	50	4
portable television	20	8
radio	100	2

The maximum allowed weight was 20 lbs. I must assure you that this question was not a figment of my imagination, but the concoction of some mathematician who had probably never even been on a dayhike, let alone camping.

Therefore, as my course project, I decided to formulate a linear integer programme for my backpack contents. Dr. Norman at the University of Waterloo has reported in "Hiking Magazine" that "while most backpackers can carry a 20 kilo (44 lb) pack with little fatigue for long periods of time, increasing the weight beyond 20 kilos seemed to make it much more tiring." Therefore, 44 lbs seemed to be a good target weight for my backpack and contents.

I carefully weighed all possible items I could take backpacking. To simplify the problem, I divided the items into essentials (4.4 lb sleeping bag, 4.4 lb of water, 7.25 lb tent, clothing and pots totalling 31.3 lb, and food for 4 days weighing 5.3 lb), and 7.4 lbs worth of optional items. I chose 0.8 lb of luxury food and 6.6 lb of equipment options to maximize my enjoyment, which included extra water, sleeping pad, small towel, pocket camera, small flashlight, extra underwear, thin sweater, extra socks, kettle, and sneakers. My tent and fuel was sufficient for two people, therefore my optional equipment could increase to 14.6 lb if I shared the weight of tent, stove, fuel and pots with another hiker.

The software disc model was titled "Management Science and the Micro-computer Version 1.2" by James R Burns

and Larry Austin, available from Software Engineering Systems Inc, Box 53091 Lubbock Texas 79453, and runs on an IBM. The major problem was that the integer program could only handle 20 variables and 21 constraints. I therefore considered optional food separately from optional equipment.

Further research determined that the most cost effective method of increasing the optional equipment I could carry was a purchase of a Bike n' Lite tent weighing 4.4 lbs for \$111, or \$39 per lb saved. This was preferable to buying a lighter sleeping bag or stove.

I also investigated using network analysis to determine the shortest route from Sault Ste. Marie to the Grand Canyon, but I won't report on this here. I'm afraid space has prevented me giving full scientific equations etc., but I could supply details to serious enquirers via Box 66. I also would be interested in hearing of other developments combining science and hiking. My humble attempts were to be able to maximize enjoyment by careful selection of backpacking equipment, and to successfully get an A on the project.

Patrick Capper

Corrections

In the printing on the membership list in the last issue, a few mistakes have been noted. Nick Taylor's phone number is 256-6365. Rupert Waas should be 942-3372. Paul Syme's new phone number is 942-9606. Dieter and Erica Ropke are now at 942-9636.





VOYAGEUR TRAIL ASSOCIATION

Box 66, Sault Ste. Marie, Ontario, P6A 5L2.

THE TRAIL USERS 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.

The membership year of the Association runs from January 1st to December 31st. Dues paid after November 1st 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) for each Club.

MEMBERSHIP FORM

NEW [] or RENEWAL [] (Please check.)

Sections (please check)

- ☐ Association-at-large
- ☐ Saulteaux V.T.C.
- ☐ Echo Ridges V.T.C.
- ☐ Desbarats V.T.C.
- ☐ Thessalon V.T.C.
- ☐ Iron Bridge
- ☐ Penewobikong V.T.C.
- ☐ Elliot Lake
- ☐ Spanish
- ☐ Massey
- ☐ Rainbow V.T.C.
- ☐ Little Current
- ☐ Sheguiandah
- ☐ South Baymouth
- ☐ Sudbury V.T.C.

- ☐ Thunder Bay V.T.C.
- ☐ Nipigon
- ☐ Casque-Isles V.T.C.
- ☐ Marathon
- ☐ Pukaskwa Park
- ☐ Michipicoten V.T.C.
- ☐ Lake Superior Park
- ☐ Batchawana
- ☐ Goulais

NAME _____

ADDRESS _____

POSTAL CODE _____ PHONE () _____

DECLARATION

I have read and will abide by the TRAIL USERS' CODE

_____ signed _____ Date _____

FEES

Individual	-----	@ \$7.00	= -----
Family	-----	@ \$7.00	= -----
Student	-----	@ \$3.00	= -----
Crest	-----	@ \$1.00	= -----
Lapel Pin	-----	@ \$3.00	= -----
Guidebook, Members	-----	@ \$5.00	= -----
Guidebook, Non-Members	-----	@ \$8.00	= -----
Donation (qualifies for income tax deduction) = -----			
Total Amount Enclosed = -----			

SIGN UP A FRIEND