



VOYAGEUR TRAIL NEWS

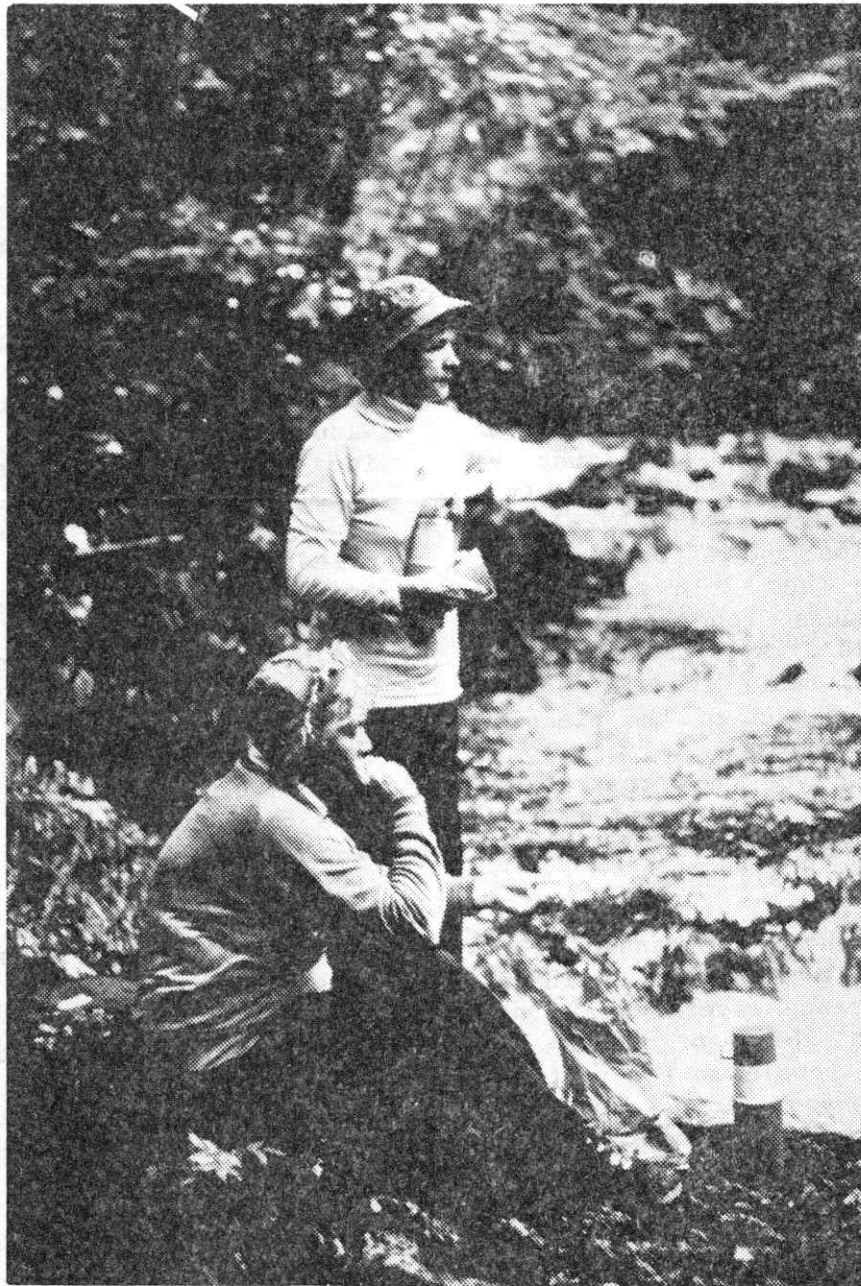
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"LOOK WHAT THEY HAVE FOR LUNCH
OVER THERE!"

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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 stalks 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 Ledgett 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 Sauteaux 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 Sauteaux 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. Sauteaux 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.