



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



**A
well-earned
honour!!**

SNOWSHOE EXPEDITION

Six intrepid showshoers met on Dec. 29, 1990 for the 'mystery' snowshoe outing. The only mystery being whether or not the OPP would repeat their 1989 performance and dissuade the group from using the trail at the top of the mile hill. Fortunately this year, there were no hitches except for my usual performance of overshooting the access point of the trail.

We soon discovered that the

snow was much deeper than in town, but with quite a mild temperature (29 degrees F), breaking trail was not the major effort it was last year. We found many animal tracks ranging from a small mouse?? to a moose, and saw signs of an otter at the lake, although no animals were observed. The trees were all laden with snow, which could, with some help, be encouraged to fall off down an-

other person's neck!! We stopped for lunch and sat on a log and enjoyed various Christmas goodies before continuing to Old Goulais Bay Road, where we retraced our steps and were back at the cars for 2 o'clock. We were fortunate enough not to have received any parking tickets.

We ended the day with a very pleasant sojourn at Susan Graham's who plied us with home brew, juice, pop and snacks. Thank you Susan.

-Patrick Capper

VTA EXECUTIVE

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Steve Taylor

PAST PRESIDENT
Peter Stinnissen

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Jesse Latendresse

2nd VICE-PRESIDENT
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Paul Syme

HIKE ONTARIO REP.
Patrick Capper

EDITOR
Virve Manniste Squire

ON THIS ISSUE'S COVER:

Dr. Paul Syme (centre) is being presented with his Corps D'Elite Award by the Honourable Peter North, Minister of Tourism and Recreation (left) and the Lieutenant Governor of Ontario, His Honour, Lincoln Alexander (right). Congratulations again Paul!

PRESIDENT'S REPORT

Early this winter, I took over the position of President of the Voyageur Trail Association, giving up the position of Saulteaux Section President. I'm pleased to say that Susan Graham has accepted this position. Thank you Susan. I'm sure the Saulteaux Club is in capable hands.

Here are some ideas on the direction the VTA should take in the next few years.

At this time, the Association is maintaining what appears to be a status quo. The membership has remained constant around 170 over the past several years. We have been able to maintain existing trail and there has been some new trail development, but trail development is proceeding slowly compared with the early years. There have been some encouraging signs in the past year. There is some new trail near Wawa. The part from Michipicoten South to Noisy Bay makes a beautiful 2-3 day backpacking trip. Perhaps the best sign is the formation of a new Club in Elliot Lake, the Elliot Lake Coureur de Bois Club. The new Trail in this area also lends itself to a three day backpacking trip. Best of luck to Jack Smit, Jesse Latendresse and the folks in Elliot Lake, and let's help them to get established.

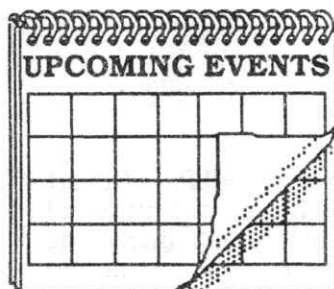
I see three main directions for the Association in the next few years. One is to finish the task of improving the quality of our newsletter. The old method of producing Voyageur Trail News created the occasional issue that was not readable. This not only created a bad selling point for us, but it discouraged people from submitting articles. I should point out that the problem was not in the effort directed to publishing. In fact, Ken Baldwin and Guy Smith should be given medals for perseverance. Rather, we were di-

recting volunteer hours to antiquated equipment that required technical expertise. We are now looking at commercially producing our newsletter. We have received some financial support for this for the first few issues. Virve Manniste Squire has already done a tremendous amount of footwork for us, and the formatting improvements of this and the last issue are due to the efforts of Jack and Paula Dunning. A committee has been set up to finalize how we will produce the newsletter in the future. Virve would appreciate ideas.

The second direction is to expand the membership and participation base. It would be great if some of the executive positions could be filled by election. The potential for this is good. With the recent 'green' revolution, pedestrian forms of recreation are popular. We should be able to capitalize on this.

The third direction may involve capitalizing on the current recession in a couple of ways. While the first two initiatives will maintain a grass roots organization, the route of the Voyageur Trail is one of the most beautiful tracts of land in North America with economic potential. Hiking is big business in England and New Zealand, and our communities are looking to diversify with sights on the tourism potential of the area. We have received an increasing number of letters from outside of northern Ontario from people asking questions like "where can we hike from inn to inn along the trail?" I think that if the Tourism Sector of our economy realizes the potential that our trail creates, there will be extra incentives for volunteers to maintain and extend trail. The problem is that we

... continued, page 9



The Voyageur Trail will be closed all day on Tuesday May 28, 1991.

SAULTEAUX SECTION

May 25 - Echo Lake to Wahbunose Lake and back. A pretty 16 km. Not too difficult terrain, but fairly long and you get your toes cleaned in the Echo River in the first 100 M. Tom Allinson to lead. Meet 9:00 a.m. Churchill Plaza.

June 16 - Biking outing to outrace the insects. We will be doing this in Michigan's Upper Peninsula. Ken Kansikas to lead. Meet 9:00 a.m. behind Collegiate Sports. Note that people are responsible for transporting their bikes. The terrain will be acceptable to all bikes with two wheels.

June 21 - Gros Cap sunset. Bring cameras and flashlight and meet at Bluewater Park at 8:00 p.m. We will only be walking 1-2 km. Those who wish to include dinner can meet at the Bluewater Inn at 6:30. Susan Graham to lead.

SAULTEAUX CLUB GENERAL MEETING - Mon. Sept. 23, 7:30 p.m. at Algoma University College. Main agenda is to plan fall and winter outing schedule.

VOYAGEUR TRAIL ANNUAL GENERAL MEETING is tentatively scheduled in late October in Elliot Lake. Date and time to be confirmed.

June 29 to July 1 - Beginners backpacking extravaganza to Warp Bay. To be done in conjunction with the Hiawatha Paddlers. This should be interesting. Book early so as not to miss out as a limited number of tents will be permitted (could we set records for most campers 'sleeping' in a two man tent?). Potential activities include compass work, day hike Sunday to Chalfant Cove, canoeing, swimming, fishing, out-competing Kayakers in a number of activities. Contact Susan Graham or Steve Taylor by June 15. We will be heading up early on Saturday morning.

July 21 - Beat the heat at Batchawana Bay. This will be a picnic and swim. Meet 11:00 a.m. at the K-mart with picnic material, bathing suit and towel. Susan Graham to lead (Susan! You're getting soft as you head toward middle age).

Aug 14 - Evening St. Mary's Boardwalk Hike. Meet at the Visitor's Centre at the Sault Canal at 7:00 p.m.. Easy evening stroll along the Boardwalk, stop for refreshments and return. Susan Graham to lead.

Aug 17 - Hike to top of King Mountain. A vigorous 10-15 km starting from Stokely Creek Ski Centre. Steve Taylor to lead. Meet at K-mart Plaza at 10:00 a.m.

Sept 21 - Fall colour special. Melvel to Iron Bridge. About 8 km. Tom Allinson to lead. Meet at 9:00 a.m. at Churchill Plaza.

This is an invitational hike sponsored by Hike Ontario! As for all VTA hikes, we encourage all hikers to join us for this event.

Oct 6 - Ontario hiking Day. To Coffee Creek Overlook and perhaps to Echo River. About 8 km

with a sharp climb to spectacular view for those who wish to partake. Steve Taylor to lead. Meet 9:00 a.m. Churchill Plaza.

Sometime - Backpacking trip for hardier souls and soles. Contact Steve Taylor. Time and location to be decided on July 1 trip.

MICHIPICOTEN SECTION

A number of events have been planned to observe Environment Week, June 2 - 8, in the Wawa area.

Sun. June 2 - Bring your binoculars along as we head out on a bird hike. Afternoon meeting time of 1:00 p.m.

Wed. June 5 - This evening's walk will be to observe wild-flowers in our area. Meet 7:00 p.m.

Sat. June 8 - Go-To-Blazes Day to spruce up the trail and ready it for another season of hiking. Bring lunch, bug dope and lots of energy. Meet 9:00 a.m.

The meeting place for all of the above hikes is at the Post Office in Wawa. For further information on planned outings in the Michipicoten area, contact Peter Stinnissen at 856-4270 or Dorothy Egan at 856-2256. A complete list of events is posted at the Tourist Information Centre in Wawa.

** PLEASE NOTE **

All hike leaders are unpaid volunteers. Participants are encouraged to join us but please do so at your own risk. Pack a lunch, spare clothing and extra socks.



RABIES AND LYME DISEASE...

Rabies...

This spring, rabies became an increasing threat as cases have been reported in the Thessalon area which encompasses our Voyageur Trail. The outbreak is moving steadily westward so no part of our trail can be considered rabies free at this point.

Most of Canada's rabies is carried by wildlife. This makes control difficult and eradication almost impossible. Foxes, skunks, bats and raccoons are the main carriers and pose a continuing threat because they often live close to people. If they infect your farm animals or pets, they may endanger you.

It may take two weeks to six months for symptoms to appear after contact with a rabid animal. The time depends largely on the severity of the bite and the amount of virus in the injected saliva.

Animals do not all behave the same way when they have rabies. The signs described below are characteristic, but a rabid animal may not exhibit all of them, or to the same degree. The disease may take different forms; "furious" or "dumb" rabies, or a combination of the two.

In the early stages of furious rabies, the animal changes its disposition or behaviour (a friendly animal may become shy and hide in a corner, a shy animal may become snappy, uncertain or unusually friendly, and a wild animal may become abnormally tame.) It may bite indiscriminantly - its chain, other animals, people, its owner, itself, etc. Its voice may become hoarse.

In the later stage, the animal may become unusually restless and excitable. It may startle easily, run aimlessly, become watchful and exhibit a puzzled or apprehensive look. It might change its eating habits, and finally develop gradual paralysis in the throat (drooling profusely) and hindlegs. Eventually, it dies.

In dumb rabies, vicious and aggressive signs are less noticeable, but otherwise the course of the disease is similar. Rabies may invade the nervous system faster in this form. Paralysis usually starts in the throat, causing difficulty in swallowing. The animal rapidly loses weight, becomes paralysed and dies.

If you think one of your animals may be rabid, be extremely careful; avoid contact with the animal. Consider whether it has been vaccinated within the past year. Has it contacted wildlife during the last month? Do you live in a high risk area? Tie the animal up and isolate it from other animals and humans until you receive further instructions from the district veterinarian.

Remember that, BY LAW, YOU MUST REPORT THE DISEASE. Notify the following people immediately: Your district veterinarian or local office of Agriculture Canada's Food Production and Inspection Branch (listed in the telephone directory under Government of Canada - blue pages); your local veterinarian; your local police.

If you suspect a person has been exposed, flush the wound or exposed surface immediately with soap and water. Remove any clothing that may be contaminated and wash it promptly. Notify the authorities listed in the previous section and consult your doctor. In Sault Ste. Marie, our district veterinarian can be reached at (705) 256-7451.

In order to keep rabies under control, observe the following guidelines: Have your veterinarian vaccinate your pet regularly. Leash your pet and don't go near strays. Warn your children to stay away from "friendly" wild animals. When camping, hunting or hiking, remember that you might come across a rabid animal. Keep a healthy

distance from wildlife. Report all animal bites and unusual behaviour by animals (including bats) to your local or district veterinarian.

Keeping all this information in mind, hiking on our Trail should continue to be the enjoyable experience it always has been.

*The above information was reprinted from Publication 1805/E, copies of which are available from Communications Branch, Agriculture Canada, Ottawa. K1A 0C7

Lyme Disease...

The Algoma area has reported 3 cases of Lyme disease, one of them confirmed in Sault Ste. Marie. Once again, the Algoma area includes our Trail and members should be aware of this disease transmitted by deer ticks. The ticks carry a bacteria which may develop into Lyme disease. Long term effects of Lyme disease include chronic arthritis, and in some people, cardiac abnormalities and a number of neurological disorders. In the early stage of the disease, a red rash occurs in about 2/3 of the cases and is usually in the area of the bite. It can be uniformly red, or take the form of a bulls-eye. It can vary in size and shape (typically about 4 inches in diameter and somewhat circular), and may be painful, painless or itchy. Other early symptoms include flu-like conditions, fatigue, headaches and muscular or joint aches and pains. If the rash occurs, or if you suspect that you may have Lyme disease, contact a doctor as soon as possible. Early treatment means that the prognosis for avoiding the severe later stages of the disease are much better.

To reduce the exposure to ticks

See Lyme Disease on p. 5...

...Lyme Disease

and to Lyme Disease, there are a number of precautions you can take when hiking in areas where the disease has been reported.

* Ticks won't burrow through clothing to get at skin the way blackflies will. Shirts with cuffs, high socks with pant legs tucked in and boots laced up tightly will go a long way toward preventing tick bites.

* Wear light coloured clothing. Ticks (as well as other insects) are less attracted to bright, light colours.

* Use a bug spray - especially on your ankles and lower legs. (Ticks don't fly, jump or crawl very far. They normally attack only skin that they brush up against.)

* If possible, stay away from moist areas - especially the high, damp swamp grasses that are a favourite habitat for the ticks and their larvae.

* After working or hiking in a tick-infested area, brush off your work clothes, especially the pants and socks, to prevent bringing the tick or larvae into your home.

* If you are bitten, and you will usually feel a tick bite, try to remove the tick immediately. (The tick will actually pump some of its body fluid into the bite to create the suction it needs to draw blood, and this is how the bacteria are transmitted. The process does not take place for up to an hour, so you do have some time to work.) When removing a tick, be sure not to squeeze, pry or dismember it - this may well cause the very transfer of fluids you're trying to avoid.

* Remove the tick by 'persuading' it to release its grip. (Some people use smoke, a hot needle applied to the tick's body, or a tiny drop of medicine-cabinet iodine or rubbing alcohol.)

Finally, be aware that Lyme disease is still in the category of 'rare diseases' in Canada; but, if you're at risk and you experience some of the Lyme Disease symptoms, don't hesitate to suggest the disease as a possibility when you consult your doctor.

HIKE ONTARIO! NEWS

Join Hike Ontario! as an Individual Member. Walking and hiking trails are important. For the past 16 years Hike Ontario! has been the umbrella group for the long-distance trail associations. Current members are Avon, Bruce, Elgin, Ganaraska, Grand Valley, Guelph, Thames Valley and Voyageur, maintaining a total of over 2000 km of trail.

Now - Hike Ontario is opening to individual members, to help to ensure that all walkers and hikers can be part of Ontario's planning process. Hike Ontario is working to make our trails more secure, to ensure that more trails are developed and to protect our landscape.

Hike Ontario! collects and distributes trail information, works with government and sister agencies, encourages workshops and events and publishes a quarterly newsletter. Membership costs \$15 and runs to the end of 1991. Further donations would be welcome and and eligible for a charitable receipt. Sustaining members will receive a receipt for \$85.

Hike Ontario! Facts Sheets are available for your information.

1. What is Hike Ontario?
2. Ontario's Long-distance Trails.
3. Walking in Ontario's National Parks
4. Provincial Parks for Walking and Backpacking
5. Walking and Camping in Northern Ontario
6. Maps and Where You Can Get Them
7. Books for Walking in Ontario
8. Organized Hiking Holidays in Ontario
9. 1991 Walking Tours

Fact sheets can be obtained from Hike Ontario! at a cost of 50 cents each. Place orders at 64 Forbes Ave., Guelph, Ont. N1G 1G4. Cheques should be made out to Hike Ontario!

I would like to join Hike Ontario! for 1991.

Name _____

Address _____

Postal Code _____

Telephone _____

I enclose:

☐ \$15 for membership

☐ \$100 for sustaining

membership

Hike Ontario patches @ \$4 each _____

Donation _____

Total _____

Area of Interest:

Trail Club Memberships:

I would be interested in working on:

Return to Mike Curtis,
Hike Ontario Treasurer
22 Argyle St.
Guelph, Ontario, N1G 2P21

LAKE SUPERIOR PROVINCIAL PARK UPDATE

Many of our members use the Park for various activities throughout the seasons. The Park Superintendent has asked that we pass on the following information for anyone using the Park interior.

Things You Should Know: To protect our unique resources, special rules and general park regulations apply in Lake Superior Provincial Park. The following information is provided to assist our interior users in understanding these rules and regulations.

General: Natural objects such as plants, trees, gemstones and archaeological specimens are for everyone to enjoy - do not remove, damage or deface them.

We would appreciate the reporting of flora/fauna sightings and artifact locations to our park office or gatehouses.

An unattended domestic animal can disturb other park users or wildlife, so they must be under control at all times. A leash is not to exceed 2 metres in length.

Lost items may be reported, and found items may be turned in to the park office or gatehouses.

Access: Canoe routes and hiking trails access most of the areas of the park. Some remote areas can be reached by walking on abandoned logging roads or via the Algoma Central Railway.

Park users who camp in the interior of the park must purchase an Interior Camping Permit. Interior permits are not required by day users but we ask you to sign the registers at the interior entry points. Access restrictions help protect vulnerable areas and maintain a wilderness experience. Registration assists us in locating park users if necessary.

Roads open to vehicular traffic

(including bicycles) are the Gargantua, Gamitagama, Minjemungshing and Frater Roads, and part of the Sand River Road. All other roads are closed to vehicular traffic, but open for pedestrian use.

The use of snowmobiles and all-terrain vehicles is not allowed and aircraft may not land in the park.

Boats with either electric or fuel-powered motors are not permitted on inland lakes within the park, with the exception of Sand Lake where motors are restricted to 10 hp or less. On Lake Superior, there are no restrictions on motor size.

Boats, canoes and other personal equipment must not be left unattended or stored in the park interior.

Camping: Camp only at campsites designated by a campsite sign. Park users are not permitted to cut or clear their own campsites, portages and trails as fragile ecosystems such as arctic-alpine communities may be destroyed.

Use latrines or privies where present. When necessary, dig a small hole 15-20 cm deep, at least 35 metres from water. Soil acts as a filter and can protect lakes and streams from pollution by human waste.

Sometimes careless campers destroy the wilderness setting of a campsite by cutting young saplings and boughs for bedding, pot

holders, tent poles or to make a 'better' view. Damaged trees encourage disease, destroy wildlife habitat, reduce future wood supplies and increase fire hazards around campsites. The cutting of live growth for campsite comfort, or any purpose, is prohibited.

No more than 9 persons and 3 pieces of shelter equipment are permitted on an interior camp-

site. Larger groups should split up and camp on adjacent sites or use group campsites where available.

A CAN and BOTTLE BAN is in effect for all interior users. Food and beverage containers designed for repeated use, and for which no deposit is charged, and burnable containers designed for dehydrated foods are permissible. Wide-mouthed, plastic containers and squeeze tubes are good suggestions for jams, peanut butter, mustard, etc. This ban is not in effect for highway corridor day-use areas and campgrounds.

Pack out all your non-burnable garbage and any that others have left behind. Buried garbage can be dug up by wildlife and can present a future hazard to barefoot campers.

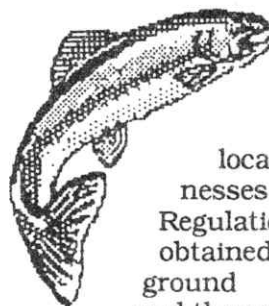
Fishing: To prevent the introduction of non-native species, which can compete with trout for food and habitat, the possession of live bait-fish is prohibited in this park.

Fishing licenses may be purchased at the Red Rock Lake Park Office or at local businesses. Fishing Regulations may be obtained at campground gatehouses and the park office.

To help maintain good fishing opportunities we encourage anglers to practice the technique of catch and release - keep only the fish you can eat. Refer to the Fishing Regulations for proper methods to release your fish.

Fires: Before heading into the interior check park offices for any fire hazard postings as open fires may be prohibited.

See Lake Superior Park p. 7...



... Lake Superior Park

Help conserve firewood by building small fires or using campstoves for cooking. Use only dead wood for fuel. The cutting of live vegetation for any purpose is strictly prohibited.

Build your fires in areas set out for that purpose. Always have control of your fire and ensure that it is extinguished before leaving your campsite.

No person shall smoke while walking - stop, sit down and extinguish it thoroughly.

Possession of fireworks is prohibited in the park - they are an extreme fire hazard.

How You Can Help: We need your help to manage the park and its resources. Any post trip comments on wildlife or plant sightings and conditions of trails, campsites and portages are welcome; or bring garbage left by others to any park office. You may have concerns or comments, notice changes in fish and wildlife populations, or discover something unique - please share your thoughts with one of our staff. As a token of our appreciation, we will present you with a button bearing our logo.

The logo symbolizes the park theme: "Man's response to a rugged shore and hard to penetrate hinterland" and portrays Old Woman Bay where sheer cliffs meet Lake Superior - a scene which represents the rugged nature of Lake Superior Provincial Park.

Editor's Note: Most of the above guidelines apply to our own Voyageur Trail. Please observe and obey them, and our trail will continue to provide a wonderful experience for years to come.

The Voyageur Trail Association will have a new brochure shortly. The final revisions are now underway.

ICE GARDENS AND NATIVE ROCK PAINTINGS

On Feb. 24, with snow in the forecast, 21 people headed up to the pictographs under sunny skies for a ski outing. We ran into problems when we planned a stop along the way. Nothing was open until we got to Agawa Bay.

The sun remained as we put on skis at the top of the road to the pictographs and headed down. The snow was about 40 deep, not deep by local standards. We could ski down to the deep cut in the rocks down the walking trail. Then we walked the rest of the way. We had to negotiate an icy slope down to the pictographs, but when we got down, we found that by skiing on the Lake, we could see more pictographs (Native rock paintings) than in the summer. After some of the people went onto the ice, Anneli Jalkanen (visiting the Sault from Finland) poked her ski pole through the ice by the shore, encouraging the remainder of the group to remain on the shore until we discovered that the ice was thin only within a half meter or so of shore due to heat from the rocks.

We imitated lizards as we basked on the rocks under the pictographs in the sun and ate lunch. Many of the rocks were bare because of the large amount of sun that February had provided. Although we could see open water several kilometres out into the lake, the ice was thick within a few kilo-

metres of shore, except for the narrow band against the rocks. We ventured onto the lake, and entered an other-world zone of patches of jagged multicoloured ice protruding at right angles from the flat ice surface. These ice gardens were a photographer's delight.

Many areas could have been skated on as there was no snow on the ice, but there were too many deep cracks in other areas. The ice provided some interesting groaning sounds as if there were hungry sea monsters lurking beneath. We skied around into Sinclair Cove between some mammoth chunks of ice wedged up out of the water. The north facing rocks had ice formations which had formed from water dripping out of the conifers and peats on top. These formations were coloured white, rusty orange, green and blue. We then returned up the slopes and to our cars.

On the way back to the Sault, it occurred to me that one of the reasons I enjoy these kinds of outings is that some of the most spectacular things are never permanent. You never see all of them if you only go to a place once. We then convened at the Graham residence for tea and coffee and a sample of home-made wine and beer.

By the way, the snow finally came on April 9.

— Steve Taylor



VTA requests

"no logging buffer"

Wawa to Pukaskwa

The Ministry of Natural Resources has just released a draft of "Wawa District Resource Management Plan for Tourism". The VTA had requested that the MNR consider a 2 km no-logging buffer along the Lake Superior shore from Wawa to the Pukaskwa boundary for the future route of the trail. The plan includes a 400 m buffer along the coast from the west end of the Gros Cap Indian Reserve to Pukaskwa Park. No timber harvesting is scheduled within the 2 km zone between 1990 and 1995. However, the MNR cannot restrict mining in this area.

Earth Day Trail Clean-up

In Sault Ste. Marie, eighteen people showed up on Sunday April 21 for an Earth Day outing. People climbed over the rocks to pick up garbage along the Trail and shore in the Gros Cap area.

This helped work off the remnants of the great food consumed the previous evening at the Saulteaux Section Annual Dinner at the Sugar Shack. Interestingly enough, the majority of the garbage was picked up within a couple of hundred metres of a visible garbage can.

Wanted...

Articles on your hikes.
Please submit them to
the editor.

TRAIL MIX. . .

The National Trail group is showing signs of life. They have a new president (Jim Feehey) and trail construction is ongoing in Quebec. Pete Stinnissen is our National Trail rep. The National Trail is scheduled to go from coast to coast and will include our trail.

The Ontario Ministry of Natural Resources is undergoing a change in its structure. It is hoped that our trail will be given even better recognition by this process, which will involve changing some of the longstanding District and Region offices.

Scientists now recognize that we are in a period of Global warming. How might this affect our trail? Stay tuned to a future issue for details. Early indications are that we might see warmer but stormier winters and drier hot summers in the Lake Superior and Lake Huron basins.

A question for thought. How is it that we have an entire Ministry devoted to trails for cars, but we have had to work hard to get any government agency to support walking trails when many people can't afford to drive, but everyone can afford to walk?

Maybe not only squeaky wheels get the grease. Here is a prediction: there will be some squeaky feet in the future. It fits into the green revolution. From Hike Ontario, it appears that most walking clubs are now promoting the concept that walking in a non-urban surrounding is beneficial to a person's physical and mental health.

Labrador Tea is a plant which is common in areas along our trail. It makes a nice fragrant hot drink. Pick 20-30 leaves. Heat about 2 cups of water to boiling and remove from heat. Wash the leaves in this water for about a minute and discard the water. Then bring about a litre of water to a boil and steep the leaves until the tea is at a suitable strength. You need the first rinse to take away some of the bitterness. Make sure that you can identify Labrador Tea; if you accidentally use mountain laurel, you may be sick. Also, to preserve plants, only pick some of the leaves from an individual plant.

Thinking of getting into hiking, camping and possibly backpacking and would like to know what is available and in what price range? Or possibly, you would like to upgrade or even replace that wonderful pair of hiking boots that you can no longer bring into your house (or anyone else's car for that matter). Backpacker Magazine's April 1991 issue contains a very comprehensive listing of outdoor equipment (boots, packs, stoves, sleeping bags and tents) and their suggested retail prices (in U.S. dollars). The products are not reviewed or recommended - just a comparative listing, preceded by an overview of what's what in each category.

I'm sure skis are put away for the season by the time the newsletter reaches you, and I do hope they have been put away with care. Contrary to popular belief, skis should not be stored stuck to the wall with the remnants of this season's klister. All traces of old wax, klister and the assorted garbage it accumulates on your skis in the spring should be meticulously cleaned off the top and bottoms of fibreglass skis. Onto these pristine skis, a layer of hot wax should be applied. Not only does it protect the synthetic base of your skis, but the start of next season will be a treat instead of the usual nightmare. Waxed skis will be ready to go after the first snowfall.

THE VOYAGEUR TRAIL NEWS is published three times per year. Your articles and submissions are always welcome! Submissions for the Fall issue must be received by October 10, 1991. Send to Editor, VTA, Box 66, Sault Ste. Marie, Ont. P6B 5L2

PACK TREATS

Susan Graham's Fruit Leather was a big hit on a recent outing and she shares the recipe with us.

Harvey Cranberry Apple Leather

- 1 cup pitted dates
- apple juice
- 2 cups pureed apple (2 medium size apples)
- 1 cup cranberries

Cover dates with apple juice and soak until soft. Put dates in blender and puree. Gradually add apples and cranberries into blender. Puree mixture.

Spread plastic wrap onto cookie sheets. Spread the puree in a thin layer, no more than a 1/8 in thick. Leave a 2 inch border on the plastic.

Preheat oven or food dryer to 140 - 150 degrees F. Keep fruit leather tray at least 8 inches from heating element. Too much heat will sear the fruit leather and not allow moisture to evaporate, or will cook the fruit. The proper amount of heat not only removes moisture, but kills the growth of some spoilers.

The fruit leather is ready when it's pliable and leathery, and stretches slightly when torn. To store, just roll up the leather together with the sheet it was dried on. To store fruit leather, double wrap in plastic to keep out moisture.

FOR SALE

GESTETNER stencil cutter Model 1100, GESTETNER printer Model 360, 9 ink cartridges, 2 boxes of styli, 12 boxes of stencils. Package price \$69.00 FOB Sault Ste. Marie, Ont. This equipment was used to produce the VTA newsletter and is in good working order. We are selling the above to better use our pool of volunteers. In the past it has been difficult to coordinate publication of the newsletter with good quality control. Phone Dieter Ropke at (705) 942-9636 for more information.

Men's heavy duty hiking boot. This is a serious boot for a serious hiker. REDWING Size 10. \$25.00 Call Tom Allinson at 942-0768.

We still have VTA T-shirts and Sweatshirts available. Proudly wear our logo during your travels. Contact Susan Graham at 949-4105.

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Superior Watersports offers the most complete line of quality canoes: Wenonah, Sawyer, Mad River, Old Town, Bluewater, NovaCraft, Jensen, Swift & Dagger. We are also dealers for Grey Owl paddles, Eureka tents, Camp Trails packs, Trekk sleeping bags, Silva compasses, carrying yolks, portage packs and other outdoor equipment.

New as well for 1991, we will be offering the fine line of OSTRUM packs and bags, internationally acclaimed as the best on the market.

159 Stanley St., Sault Ste. Marie, Ont. P6A 3K5
Tom Weldon Joe Meating

President's Report . . .

need to start this process somehow. We have applied for some summer projects to work on trail in the Terrace Bay and Elliot Lake areas, and to work on landowner records and future trail extension. At the time of this writing, we had received projects for Terrace Bay and Elliot Lake. I am also working on a proposal to acquire funding for an Executive Director for a four year term. I believe that we need this position to bridge the gap between where we are now and where I think we can go. The Bruce Trail Association is an example of a club that received funding for an Executive Director and benefitted tremendously from it.

I need the input of members at this time. Is this the direction that people want to see us go in? What do people want from this organization? The organization really is you. Happy hiking in 1991.

— Steve Taylor



VOYAGEUR TRAIL ASSOCIATION

Box 66

SAULT STE. MARIE, ONTARIO P6A 5L2

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.